

## Notes for Seton Swimming Awards – '22-'23

- **Koehr Introduction**

- It was another amazing season for Seton Swimming
  - Our **Girls** were:
    - **VISAA Division II State Champions (9<sup>th</sup> overall) including**
      - **Our Girls 200 Medley Relay** of Ariana Aldeguer (8), Clara Condon (SO), Stella Paradise (JR), and Maggie Gibbons (JR) **taking the 5<sup>th</sup> place medal**
      - **Ariana Aldeguer (8) taking 5<sup>th</sup> in both the 200 IM and the 500 Free.**
      - **Clara Condon taking 10<sup>th</sup> and 14<sup>th</sup> in 100 Fly and 100 Breaststroke, respectively**
      - **Our Girls 200 Free Relay** of Maggie Gibbons (JR), Elodie Brox (SO), Stella Paradise (JR), and Mary Pennefather **scored in 13<sup>th</sup>**
      - **Our Girls 400 Free Relay** of Ariana Aldeguer (8), Stella Paradise (JR), Mary Pennefather (SR), and Maggie Gibbons (JR) **scored in 10<sup>th</sup>**
    - **VCAC Conference Meet Champions**
      - Redemption for losing the Regular Season for the first time in 29 years.
    - **VISAA Division II Invitational Championship Champions**
    - **Our Girls Regular Season record was 23-1**
      - I will always remember that 1!
      - Since 2002 - Girls: 432-55-3
    - **Our girls also broke three (3) team records**
      - **Ariana Aldeguer (8) in 200 IM**
  - Our **Boys** were:
    - **Tied for 3<sup>rd</sup> in the State for VISAA Division II (14<sup>th</sup> overall)**
      - **Just 1-point away from the State Runner-up**
      - **Our Boys 200 Medley Relay** of Connor Koehr (SO), JJ Brox (SR), Joe Wilson (SR), and Lionel Martinez (8) **took 11<sup>th</sup> place.**
      - **Lionel Martinez (8) scored in 14<sup>th</sup> place in the 200 IM as an 8<sup>th</sup> grader.**

- **Our Boys 200 Free Relay** of Lionel Martinez (8), Michael Brox (SO), JJ Brox (SR), and Joe Wilson (SR) miraculously jumped up to the B-Final to **score in 12<sup>th</sup> place**
- The boys also did some **serious scoring in Diving**
  - Our new Diving Team entered its 3<sup>rd</sup> year under Coach Ashley Keapproth brought **seven (7) Divers to States** with:
    - **Connor Koehr (SO)** and **Mick Fioramonti (JR)** both medaled in 5<sup>th</sup> and 7<sup>th</sup> place
    - **JJ Brox (SR)** scored in 15<sup>th</sup> place.
  - **VCAC Conference Meet Champions**
  - **VCAC Regular Season Conference Runner-ups**
    - They've won **25 of the last 29** Conference championships
  - **VISAA Division II Invitational Championship Champions**
  - Our boys **regular season record was 20-1**
    - Losing only to The Heights
    - Since 2002 - Boys: 411-74-0
- It was another **great season for many other reasons too:**
  - **It was great because:**
    - We had **113 kids** on the team this year, counting our Team Managers.
    - That's **32%** of the whole school!
  - **It was great because:**
    - Of our **1,130 Personal Records!**
  - **It was great because:**
    - Of our five (5) Individual VCAC Champions, and
    - Our **fourteen (14) All-Conference Swimmers**
  - **It was great because:**
    - We raised **\$14,099** for Cystic Fibrosis.
  - **It was great because:**
    - Our web site got just over **74,000 pageviews** this season, and
  - **Which brings me to the biggest reason this season was great.**
    - It was **great** because I saw a team that **lived our GEMS:**
      - **G**ratitude

- **"Who has it better than us? Nobody!"**
- **Excellence**
  - **We focus on better. Good takes care of itself.**
  - 1,130 PRs!
- **Meekness**
  - **We help our opponents over the bar we raised by winning.**
  - Among the things for which I am the most proud, is our **strong example of Meekness** in establishing and then **improving swimming in the new VCAC**
- **Sacrifice**
  - **We offer it up. We love our teammates.**
    - I wrote in one of my blogs that one thing we learn about happiness as we get older is:
      - **the things that bring us the greatest joy are the things for which we worked the hardest.**
    - It continues to amaze me that I continue to be amazed by that, but in my weakness, I'm once again reminded that it is **Truth:**
      - **the entire basis of our Catholic faith is that suffering can lead to eternal joy.**

## The Power of the Seton Community

- This season was **not just** a string of **victories for the Seton Swim Team**
  - It was a **triumph of the entire Seton Community**.
  - **Because we came together to host ten (10) meets**, a number that was almost certainly more than any other school in the State of Virginia, public or private.
    - We have the infrastructure at Seton Swimming to be completely self-sufficient.
      - It was long-ago clear that we were not going to get meaningful help from other schools.
      - It was that self-sufficiency that gave us the confidence to help found a new conference last year.
  - **Seton is just a different kind of place.**
    - The **results we see** from the Swim Team year-in and year-out are but **one manifestation of that difference**.
    - **What Mrs. Carroll has created** since she started this school with just a few kids in 1975, as I said in one of my blogs, **must astound even her**.
      - She is the **most powerful conduit for the Holy Spirit** that I have ever met in my life.
    - **I sure hope that woman is praying for me!**
- **Given how many of you were involved** in making this season happen,
  - Let me start this awards celebration by **recognizing all the volunteers** who made this season possible.
  - **On behalf of my own children, I am so grateful to so many** people who have helped make Seton Swimming what it has become.
    - Captains can you join me please?
    - We're going to keep this moving, so when I call your name, just come on up to receive your gift.

- **Thank the Captains**
  - **Captain of Captains**
    - **Mary Pennefather (12)**
  - **Girls**
    - **Kateri Mantooth (12)**
    - **Moira Haggerty (12)**
    - **Maggie Gibbons (11)**
  - **Boys**
    - **Joey Dealey (12)**
    - **JJ Brox (12)**
    - **Joe Wilson (12)**
  - **Captains stay up to help recognize the parent volunteers.**
  
- **Recognize Parent Volunteers**
  - I am about to recognize 67 different names of people who made this season so incredible
  - Coaches
    - Coach Jim Koehr
    - Coach Pat Mulhern
    - Coach Ross Palazzo
    - Coach DD Ross
    - Coach Kimberly Dalrymple
    - Coach John Halisky
    - Coach Scott Kay
    - Coach Jerry Zadnik
    - Coach Joe Hurley
    - Coach Anne Judge
    - Coach Patrick Heiny
    - Coach Matt Schroer
    - Coach Vanessa Oswald
    - Coach Sandy Osilka
    - Coach Jacqueline Oswald, Group 5
    - Coach Madelyn Zadnik, Group 5
    - Coach Joey Dealey, Group 5
    - Coach Ashley Keapproth, Diving
  - Next, I'd like to recognize volunteers who took on leadership roles, went above and beyond, meet after meet, AND behind the scenes to help.

- Bill Dealey – Head Dry Deck official, Seton Sports Network Production IT manager
- Paul Fifield – Seton Sports Network Production Manager, team photographer
- Richard Borneman – Head Official, recruiter, Starter
- Hank Konstanty – Dry Deck Official, CTS, taking over from Bill Dealey
- Will Waldron – Dry Deck official, CTS, diving support
- Chris Condon – Head Timer
- Katie Condon – Logistics & Team Travel Coordinator, head timer recruiter, Banquet help, Team mom
- Katie Lynch – Head Apparel Coordinator
- Paula O’Keefe – Head of Hospitality
- Charles Seltman, the Godfather of Seton swimming
- When I reflect on how many areas of need it takes to run a successful swim meet and team, I am so grateful we have the following additional volunteers who stepped up consistently to make the season a success.
  - Seton Sports Network
    - Haley Fifield, President, Seton Sports Network, Banquet Slide Show
    - Gabe Orellana
    - Gabe Hambleton
    - Kyleigh Fifield
    - Moira Haggerty
    - Joe Benin
- Dry Deck Officials
  - Anne O’Malley, Dry Deck, Scoring
  - Melissa Sokban, Dry Deck, CTS
  - John Kleb, The Voice of Seton Swimming
  - Michael Bingham, Backup Announcer, Timer
  - Andrea Miller, Diving Scorer
  - Carol Ann Miller, Diving Scorer
- Wet Deck Officials
  - David Wilson, Stroke & Turn
  - Claire Nguyen, Stroke & Turn, Travel Meet support
  - Pat Haggerty, Backup Starter
  - Chris Dusek, Stroke & Turn

- Bridget McCardell, Stroke & Turn
- Tommy Reynolds, Stroke & Turn
- Other Key Volunteers
  - Christi Brox, Logistics, Travel Meet support
  - Theresa and Mike Zahorchak, Meet Set-up, Team Doctor/Nurse
  - Anne Judge, Meet Set-up
  - Joey Dealey, Meet Set-up and Clean-up
  - Rosanne Garvey, Hospitality
  - Julie Mantooth, Hospitality
  - Andy Lynch, regular timer
  - Jim Brox, regular timer
  - Yudi Sokban, regular timer
  - Ron Bishop, regular timer
  - Pam Bishop, regular timer
  - Vickie Zadnik, regular timer
  - Liz Paradise, regular timer
  - Calvin Paradise, regular timer
  - Marianne Kohlhaas, regular timer
  - Bernie Osilka, regular timer
  - Joe Aldeguer, regular timer
- Banquet Coordinators
  - Katie Condon
  - Kimberly Dalrymple
  - Mary Pat Blanchette
  - Jessica Morales
  - Haley Fifield
- Behind the Scenes Super Volunteers Keeping Coach Koehr sane
  - Kimberly Dalrymple
  - Colleen Koehr

- **Recognize Seniors** with gift towels
  - Moira Haggerty
  - Amelie Halisky
  - Kateri Mantooth
  - Jacqueline Oswald
  - Mary Pennefather
  - Emma Reynolds
  - JJ Brox
  - Joey Dealey
  - Joe Wilson
  - Tim Blanchette
  - Colin Nguyen



- **Top Cystic Fibrosis Fundraisers**
  - Swim-a-thon
    - 55 participants
    - 54 completed 200 lengths.
      - 5,000 yards or nearly 3 miles
      - The most ever!
  - **Raised \$14,099**
    - The 2<sup>nd</sup> most ever
  - **Top Fundraising Teams**
    - Team Kateri (Mantooth, \$3,025)
    - Team JJ (Brox, \$2,225)
    - Team Mary (Pennefather, \$1,905)
  - **Top Fundraisers, all with 4-digit totals:**
    - Daniel Kohlhaas (6), \$1,450
    - Sofia Kohlhaas (7), \$1,300
    - Nguyen Family, \$1,105
    - JJ Brox (12), \$1,000

## **Diving Team –Coach Ashley Keapproth**

(Announce in reverse order)

### 1. Varsity

- Connor Koehr, SO
  - 3<sup>rd</sup> Varsity letter
  - States Championship Finalist 5<sup>th</sup>
  - Nath Caths-Diving Finalist 5<sup>th</sup>
  - VCAC-Champion
  - All-Conference
  - VISAA D-II Invite-Champion
  - NoVa Caths-Champion
- Mick Fioramonti, JR
  - 3<sup>rd</sup> Varsity letter
  - States Championship Finalist 7<sup>th</sup>
  - Nath Caths-Diving Finalist 8<sup>th</sup>
  - VCAC-Silver
  - All-Conference
  - VISAA D-II Invite-Silver
- JJ Brox, JR
  - 2<sup>nd</sup> Varsity letter
  - States Championship Finalist 15<sup>th</sup>
  - VCAC-Bronze
  - All-Conference
  - VISAA D-II Invite-4<sup>th</sup>
- Gus Kohlhaas, SO
  - 1<sup>st</sup> Varsity letter
  - States Semi-Finalist 19<sup>th</sup>
  - Nath Caths-Diving 19<sup>th</sup>
  - NoVa Caths-6<sup>th</sup>
- Jacob Oswald, SO
  - 1<sup>st</sup> Varsity letter
  - States Semi-Finalist 20<sup>th</sup>
  - NoVa Caths-8<sup>th</sup>

- Max Gonzalez, SO
    - 1<sup>st</sup> Varsity letter
    - States-Diving 22<sup>nd</sup>
    - Nath Caths-Diving Finalist 16<sup>th</sup>
    - VCAC-4<sup>th</sup>
    - VISAA D-II Invite-Bronze
    - NoVa Caths-4<sup>th</sup>
  - Rose Waldron, SO
    - 2<sup>nd</sup> Varsity letter
    - States-Diving Semi-Finalist 23<sup>rd</sup>
    - VCAC-4<sup>th</sup>
    - VISAA D-II Invite-Silver
    - NoVa Caths-8<sup>th</sup>
  - Maria Miller, FR
    - 1<sup>st</sup> Varsity letter
    - VCAC-Silver
    - All-Conference
    - NoVa Caths-11<sup>th</sup>
  - Elizabeth Francis, SO
    - 1<sup>st</sup> Varsity Letter
    - States-Diving Semi-Finalist 29<sup>th</sup>
    - VCAC-8<sup>th</sup>
    - NoVa Caths-12<sup>th</sup>
2. Junior Varsity
- Michael Brox, SO
    - 1<sup>st</sup> JV letter
  - Kieran Kelly, SO
    - 1<sup>st</sup> JV letter
  - Lauren Grinder, 7
    - 1<sup>st</sup> JV letter
  - Meghan Condon, 7
    - 1<sup>st</sup> JV letter
  - Cecilia Kelly, 7
    - 1<sup>st</sup> JV letter
3. SFH Team Members
- Dominic Miller, SO
    - Previous Seton letter winner

## **Seton Homeschool**

(Announce in reverse order)

### 1. Joseph Minarik (JR)

- 3<sup>rd</sup> year on the team
- 50 FR 37.17 to 36.78
- 100 FR 1:30.55 to 1:29.14
- 200 FR 3:52.41
- 500 FR 19:11.00 to 11:29.61
- 100 BK 2:04.68 to 1:59.14

### 2. Daniel Kohlhaas (6)

- 1<sup>st</sup> year on the team
- VISAA JV Invite-50 FR 58<sup>th</sup>
- VISAA JV Invite-50 BK 32<sup>nd</sup>
- VISAA JV Invite-50 BR 37<sup>th</sup>
- Teamed up with Tim Blanchette to complete 200 lengths of the pool at the CF Swim-a-thon.
  - Daniel proved that, if you have enough heart, anyone on the team can swim 200 lengths of the pool.
- 50 FR 1:00.73 to 48.39
- 200 FR 5:38.14 to 4:14.32
- 500 FR 9:17.06
- 100 BK 2:24.43 to 2:11.19
- 100 BR 2:51.09 to 2:36.13

### 3. Camila Quispe (6)

- 1<sup>st</sup> year on the team
- VISAA JV Invite-50 FR 53<sup>rd</sup>
- VISAA JV Invite-50 BK 47<sup>th</sup>
- 50 FR 45.50 to 43.30
- 200 FR 4:25.30 to 3:49.43
- 500 FR 11:01.32
- 100 BK 2:11.41 to 2:10.08
- 100 BR 2:44.93 to 2:44.16

## **Junior Varsity Group 5**

(Announce in reverse order)

### 1. Jack Gregory (JR)

- 1<sup>st</sup> JV Letter
- Completed 200 lengths of the pool at the CF Swim-a-thon
  - Thought that each fundraising team had to swim 200 lengths not each individual. He did it!
- Sum of improvements of 2:00.84 or 68.0%
- Sum of 50 and 100 Free improvements of 41.93 seconds or 51.5%
- He is a senior who came out for the team for the first time.
  - “At the beginning of the season he could barely swim a 25 without stopping and picking his head up multiple times. At the first practice he swam a 50 free in 53.46 seconds. He was unsure in the water and very tense”
  - “It didn't take long to realize he was determined to learn how to swim and was quietly committed. I never heard him complain about swimming. Throughout the season Joey Dealey worked with him extensively and by the end of the season he had a very respectable best time of 35.93 seconds in his 50 free, as well as some of the best dives and relay starts that I've seen on the whole team.”
  - “One of his classmates, in explaining why he didn't swim, was complaining about the early mornings and Jack stepped in saying ‘Yea, but it's so worth it!’”
- 50 FR 53.46 to 35.93
- 100 FR 2:10.25 to 1:45.85
- 500 FR 11:33.12 in January
- 100 BR 2:46.34 and completely legal in January

### 2. Briana Shillingburg (SO)

- 2<sup>nd</sup> JV Letter
- 50 FR 45.92 to 43.10
- 100 FR 2:02.91 to 1:50.21
- 200 FR 4:16.24
- 100 BK 2:17.39 to 1:59.43
- 100 BR 2:38.08 to 2:34.19

3. Aidan McCardell (FR)
  - 3<sup>rd</sup> JV Letter
  - VISAA JV Invite-50 FR 49<sup>th</sup>
  - VISAA JV Invite-50 BK 38<sup>th</sup>
  - VISAA JV Invite-50 BR 28<sup>th</sup>
  - VISAA JV Invite-200 Backstroke Relay 5<sup>th</sup>
  - VISAA JV Invite-200 Breaststroke Relay 4<sup>th</sup>
  - 50 FR 49.75 to 40.13
  - 100 FR 2:03.53 to 1:41.82
  - 200 FR 5:54.87 to 5:13.33
  - 500 FR 13.08.53 to 10:38.60
  - 100 BK 2:30.66 to 2:19.23
4. Victor Henry (FR)
  - 1st JV Letter
  - VISAA JV Invite-50 FR 59<sup>th</sup>
  - VISAA JV Invite-50 BK 37<sup>th</sup>
  - 50 FR 1:01.98 to 48.44
  - 200 FR 6:02.00 to 5:11.41
  - 500 FR 12:35.62
  - 100 BR 3:11.75 to 3:36.65
5. Raphaël Likoy (8)
  - 2<sup>nd</sup> JV Letter
  - 50 FR 1:07.52 to 52.77
  - 100 FR 2:44.43 to 2:07.76
  - 200 FR 4:54.78
  - 500 FR 13.29.97
  - 100 BK 3:06.09 to 2:39.91
  - 100 BR 2:12.42

6. Noah Vaughan (8)

- 1st JV Letter
- VISAA JV Invite-50 FR 38<sup>th</sup>
- VISAA JV Invite-50 BK 23<sup>rd</sup>
- VISAA JV Invite-50 BR 34<sup>th</sup>
- VISAA JV Invite-200 Backstroke Relay 5<sup>th</sup>
- 50 FR 41.01 to 34.79
- 100 FR 1:33.46 to 1:26.21
- 200 FR 4:25.68 to 3:22.11
- 500 FR 8:41.97
- 100 BK 1:59.95 to 1:53.81

7. Cora Kramer (8)

- 2<sup>nd</sup> JV Letter
- VISAA JV Invite-50 FR 56<sup>th</sup>
- VISAA JV Invite-50 BK 46<sup>th</sup>
- Completed 200 lengths of the pool at the CF Swim-a-thon
- 50 FR 47.87 to 44.79
- 100 FR 1:58.23 to 1:45.70
- 200 FR 4:08.71 to 3:56.28
- 500 FR 11:23.56
- 100 BK 2:27.71 to 2:01.31
- 100 BR 1:59.86 to 1:54.46

8. John Cooley (7)

- 1<sup>st</sup> JV Letter
- 50 FR 44.15 to 39.72
- 100 FR 1:40.42 to 1:38.08
- 200 FR 4:22.90 to 3:49.50
- 500 FR 9:48.44
- 100 BK 2:06.02 to 1:58.41
- 100 BR 2:35.38 to 2:14.73

9. Dominic Henry (7)

- 1st JV Letter
- VISAA JV Invite-50 FR 57<sup>th</sup>
- VISAA JV Invite-50 BK 31<sup>st</sup>
- 50 FR 1:01.17 to 46.77
- 100 FR 2:14.29 to 2:01.32
- 200 FR 3:59.82
- 500 FR 11:37.81
- 100 BK 2:26.25 to 2:19.25

10. Kit Blanchette (7)

- 1st JV Letter
- VISAA JV Invite-50 FR 28<sup>th</sup>
- VISAA JV Invite-50 BK 38<sup>th</sup>
- VISAA JV Invite-50 BR 37<sup>th</sup>
- VISAA JV Invite-200 Backstroke Relay 8<sup>th</sup>
- 50 FR 38.57 to 35.36
- 100 FR 1:29.84 to 1:20.84
- 200 FR 3:39.84 to 3:10.77
- 500 FR 9:05.28
- 100 BR 2:10.90 to 1:58.18

11. Veronica Gonzalez (7)

- 1st JV Letter
- VISAA JV Invite-50 FR 49<sup>th</sup>
- VISAA JV Invite-50 BK 54<sup>th</sup>
- VISAA JV Invite-50 BR 35<sup>th</sup>
- Completed 200 lengths of the pool at the CF Swim-a-thon
- 50 FR 45.64 to 40.83
- 100 FR 1:58.41 to 1:46.43
- 200 FR 4:37.59 to 3:45.74
- 500 FR 11:48.75 to 10:56.69
- 100 BR 2:06.47 to 1:54.63



## **Junior Varsity Group 4**

(Announce in reverse order)

1. Tim Blanchette (SR)
  - 1<sup>st</sup> JV Letter
  - My most lasting memory of Tim will be how he teamed up with Daniel Kohlhaas to complete a combined 400 lengths of the pool at the CF Swim-a-thon.
  - 50 FR 43.36 to 37.11
  - 100 FR 1:40.95 to 1:36.11
  - 200 FR 4:17.31 to 3:28.67
  - 500 FR 10:45.68
  - 100 BR 1:40.20 to 1:38.59
2. Emma Reynolds (SR)
  - 3<sup>rd</sup> JV Letter
  - 50 FR 43.41 to 42.03
  - 500 FR 13:05.00 to 12:03.53
  - 100 BR 2:10.96 to 2:07.07
3. Cate Waldron (JR)
  - 4<sup>th</sup> JV Letter
  - 50 FR 35.90 to 33.26
  - 100 FR 1:27.88 to 1:25.24
4. Keira Cooley (JR)
  - 1<sup>st</sup> JV Letter
  - 50 FR 37.11 to 36.50
  - 100 BR 1:48.00 to 1:46.29
5. Joseph Dwane (JR)
  - 2<sup>nd</sup> JV Letter after 2 years off
  - Completed 200 lengths of the pool at the CF Swim-a-thon
  - 50 FR 40.87 to 36.48
  - 100 FR 1:46.87 to 1:28.89
  - 200 FR 4:05.61 to 3:48.54
  - 500 FR 11:09.06 to 10:20.93
  - 100 BK 2:30.07 to 1:59.95
  - 100 BR 2:09.82 to 1:56.48

6. Meg Blanchette (SO)
  - 3<sup>rd</sup> JV Letter
  - Completed 200 lengths of the pool at the CF Swim-a-thon
  - 50 FR 38.95 to 35.58
  - 100 FR 1:26.65 to 1:20.49
  - 100 BK 1:49.44 to 1:43.51
  - 100 BR 1:47.24 to 1:39.65
7. Molly Bauer (SO)
  - 3<sup>rd</sup> JV Letter
  - Completed 200 lengths of the pool at the CF Swim-a-thon
  - 100 FR 1:34.33 to 1:30.40
  - 500 FR 9:44.72 to 9:19.26
  - 100 FL 1:53.58 to 1:49.69
8. Nick Vaughan (SO)
  - 2<sup>nd</sup> JV Letter
  - Sum of improvements of 3:56.94 or 98.1%
  - Sum of 50 and 100 Free improvements of 24.33 seconds or 30.7%
  - 50 FR 35.71 to 32.41
  - 100 FR 1:38.20 to 1:17.17
  - 200 FR 4:32.81 to 3:15.75
  - 500 FR 11:03.15 to 9:20.60
  - 100 BK 1:03.23 to 1:59.40
  - 100 BR 2:21.75 to 1:52.58

9. Nora Blanchette (FR)

- 3<sup>rd</sup> JV Letter
- VISAA JV Invite-50 FR 44<sup>th</sup>
- VISAA JV Invite-100 FR 40<sup>th</sup>
- VISAA JV Invite-50 BR 31<sup>st</sup>
- VISAA JV Invite-200 Backstroke Relay 8<sup>th</sup>
- VISAA JV Invite-200 Breaststroke Relay 7<sup>th</sup>
- Who could ever forget Nora getting in the water with that frightened little girl from The Carmel School to help her get through the 50 Free.
- Completed 200 lengths of the pool at the CF Swim-a-thon
- 50 FR 44.32 to 40.64
- 100 FR 1:41.37 to 1:34.45
- 200 FR 3:44.51 to 3:21.72
- 500 FR 9:46.75 to 8:17.71
- 100 BK 2:08.61 to 1:57.81
- 100 BR 1:52.26 to 1:48.13

10. Maddie Heiny (FR)

- 2<sup>nd</sup> JV Letter
- VISAA JV Invite-50 FR 19<sup>th</sup>
- VISAA JV Invite-50 FL 30<sup>th</sup>
- VISAA JV Invite-50 BR 18<sup>th</sup>
- 50 FR 37.56 to 33.22
- 100 FR 1:25.45 to 1:18.00
- 500 FR 8:24.73
- 200 IM 3:33.84

11. Allison Quispe (FR)

- 2<sup>nd</sup> JV Letter
- VISAA JV Invite-200 Backstroke Relay 8<sup>th</sup>
- 100 FR 1:28.63 to 1:27.04
- 200 FR 3:21.08 to 3:20.56
- 100 BK 1:47.18 to 1:39.41
- 100 BR 1:54.07 to 1:52.26

12. Helena O'Keefe (FR)

- 2nd JV Letter
- VISAA JV Invite-50 FR 27<sup>th</sup>
- VISAA JV Invite-50 BK 32<sup>nd</sup>
- VISAA JV Invite-50 BR 29<sup>th</sup>
- VISAA JV Invite-200 Breaststroke Relay 7<sup>th</sup>
- 50 FR 36.41 to 35.32
- 200 FR 3:05.32
- 500 FR 9:15.13 to 8:31.10
- 100 BR 1:52.90 to 1:48.03

13. Charlie Dusek (FR)

- 1st JV Letter
- VISAA JV Invite-50 FR 44<sup>th</sup>
- VISAA JV Invite-50 BK 22<sup>th</sup>
- VISAA JV Invite-50 BR 31<sup>th</sup>
- VISAA JV Invite- 200 Medley Relay 7<sup>th</sup>
- VISAA JV Invite-200 Breaststroke Relay 4<sup>th</sup>
- 50 FR 38.93 to 36.73
- 100 FR 1:25.62 to 1:24.38
- 100 BK 1:47.18 to 1:45.72
- 100 BR 2:03.55 to 1:49.70

14. JJ Cooley (FR)

- 1st JV Letter
- VISAA JV Invite-50 FR 25<sup>th</sup>
- VISAA JV Invite-50 BK 18<sup>th</sup>
- VISAA JV Invite-50 BR 30<sup>th</sup>
- VISAA JV Invite-200 Backstroke Relay 5<sup>th</sup>
- 50 FR 37.7 to 32.51
- 100 FR 1:25.21 to 1:20.96
- 200 FR 3:34.77 to 3:04.56
- 500 FR 9:02.25
- 100 BK 1:41.61 to 1:37.21
- 100 BR 2:00.87 to 1:43.52

15. Aoife Haggerty (8)

- 2<sup>nd</sup> JV Letter
- VISAA JV Invite-50 FR 20<sup>th</sup>
- VISAA JV Invite-50 BK 29<sup>th</sup>
- VISAA JV Invite-50 BR 25<sup>th</sup>
- Completed 200 lengths of the pool at the CF Swim-a-thon
- Sum of improvements 2:13.05 or 68.2%
- 50 FR 37.59 to 33.43
- 100 FR 1:29.07 to 1:21.16
- 500 FR 10:01.03 to 8:43.49
- 100 BK 1:59.37 to 1:38.82
- 100 BR 2:06.40 to 1:43.51
- 200 IM 3:35.49

16. Kenneth Nguyen (8)

- 1<sup>st</sup> JV Letter
- VISAA JV Invite-50 FR 21<sup>st</sup>
- VISAA JV Invite-50 FL 14<sup>th</sup>
- VISAA JV Invite-50 BK 11<sup>th</sup>
- VISAA JV Invite-200 Breaststroke Relay 4<sup>th</sup>
- VISAA JV Invite-Bronze 200 Free Relay
- 50 FR 32.75 to 30.66
- 200 FR 3:48.21 to 3:03.90
- 500 FR 8:48.47
- 100 BK 1:38.85 to 1:25.37
- 100 BR 1:32.90 to 1:29.10
- 100 FL 1:35.81

17. Ben Ellis (8)

- 2<sup>nd</sup> JV Letter
- VISAA JV Invite-50 FR 27<sup>th</sup>
- VISAA JV Invite-50 FL 16<sup>th</sup>
- VISAA JV Invite-50 BR 16<sup>th</sup>
- VISAA JV Invite- 200 Medley Relay 7<sup>th</sup>
- VISAA JV Invite-Silver 200 Breaststroke Relay
- 50 FR 38.89 to 32.73
- 100 FR 1:32.74 to 1:21.96
- 500 FR 9:40.56
- 100 BK 1:53.67 to 1:41.61
- 100 BR 1:44.06 to 1:34.63
- 200 IM 3:25.39

18. Jane Judge (7)

- 1st JV Letter
- VISAA JV Invite-100 IM 33<sup>rd</sup>
- VISAA JV Invite-50 FL 25<sup>th</sup>
- VISAA JV Invite-50 BK 19<sup>th</sup>
- VISAA JV Invite- 200 Medley Relay 7<sup>th</sup>
- VISAA JV Invite-200 Backstroke Relay 8<sup>th</sup>
- 50 FR 38.61 to 35.24
- 100 FR 1:27.80 to 1:25.29
- 500 FR 8:35.40
- 100 BK 1:38.48 to 1:35.58
- 100 BR 1:55.70 to 1:49.29
- 100 FL 1:48.61
- 200 IM 3:28.80

19. Katie Bauer (7)

- 1st JV Letter
- VISAA JV Invite-50 FR 24<sup>th</sup>
- VISAA JV Invite-50 FL 29<sup>th</sup>
- VISAA JV Invite-50 BR 33<sup>rd</sup>
- Completed 200 lengths of the pool at the CF Swim-a-thon
- 50 FR 38.1 to 34.03
- 100 FR 1:26.62 to 1:18.43
- 500 FR 8:00.21
- 100 BK 1:51.00 to 1:39.34
- 100 BR 2:05.41 to 1:48.78
- 100 FL 1:58.32
- 200 IM 3:28.21

20. Lily Waldron (7)

- 1st JV Letter
- VISAA JV Invite-50 FR 12<sup>th</sup>
- VISAA JV Invite-100 FR 30<sup>th</sup>
- VISAA JV Invite-50 BK 21<sup>st</sup>
- VISAA JV Invite-200 Breaststroke Relay 7<sup>th</sup>
- Completed 200 lengths of the pool at the CF Swim-a-thon
- 50 FR 36.58 to 32.16
- 100 FR 1:31.23 to 1:19.24
- 100 BK 1:39.97 to 1:32.91
- 100 BR 1:57.38 to 1:50.59

21. Sofia Kohlhaas (7)

- 1st JV Letter
- Completed 200 lengths of the pool at the CF Swim-a-thon
- Sum of improvements of 3:42.41 or 84.6%
- 50 FR 42.54 to 36.25
- 100 FR 1:47.67 to 1:26.61
- 200 FR 3:11.86
- 500 FR 11:49.37 to 9:09.66
- 100 BK 2:02.96 to 1:44.03
- 100 BR 2:13.18 to 1:56.76

22. Monica Irving (7)

- 1st JV Letter
- VISAA JV Invite-50 FR 34<sup>th</sup>
- VISAA JV Invite-50 BK 20<sup>th</sup>
- VISAA JV Invite-50 BR 24<sup>th</sup>
- VISAA JV Invite-200 Breaststroke Relay 7<sup>th</sup>
- Completed 200 lengths of the pool at the CF Swim-a-thon
- 50 FR 37.25 to 36.72
- 100 FR 1:32.64 to 1:22.74
- 200 FR 3:04.52
- 500 FR 8:54.78 to 8:42.45
- 100 BK 1:41.09 to 1:31.96
- 100 BR 1:52.44 to 1:41.54

23. Clare Heiny (7)

- 1st JV Letter
- VISAA JV Invite-50 FR 33<sup>rd</sup>
- VISAA JV Invite-50 BK 37<sup>th</sup>
- VISAA JV Invite-50 BR 41<sup>st</sup>
- VISAA JV Invite-200 Backstroke Relay 6<sup>th</sup>
- 50 FR 37.21 to 36.66
- 100 FR 1:32.71 to 1:23.38
- 500 BK 10:02.74 to 9:08.97
- 100 BK 1:49.28 to 1:44.18
- 100 BR 2:06.68 to 1:56.25

24. Rachel Baughman (7)

- 1st JV Letter
- VISAA JV Invite-50 FR 30<sup>th</sup>
- VISAA JV Invite-50 BR 27<sup>th</sup>
- VISAA JV Invite-50 BK 23<sup>rd</sup>
- VISAA JV Invite- 200 Medley Relay 7<sup>th</sup>
- 50 FR 36.91 to 34.70
- 200 FR 2:33.13 to 3:25.38
- 500 FR 9:04.13
- 100 BK 1:40.35 to 1:38.61
- 100 BR 1:46.84 to 1:38.57



25. Annie Dusek (7)

- 1st JV Letter
- VISAA JV Invite-50 FR 16<sup>th</sup>
- VISAA JV Invite-50 FL 17<sup>th</sup>
- VISAA JV Invite-100 FR 28<sup>th</sup>
- VISAA JV Invite-200 Backstroke Relay 6<sup>th</sup>
- 50 FR 36.06 to 32.90
- 100 FR 1:19.72 to 1:15.79
- 500 FR 8:07.15
- 100 BK 1:39.10 to 1:35.47
- 100 BR 1:54.01 to 1:48.27
- 100 FL 1:36.26

26. Bella Nguyen (7)

- 1st JV Letter
- VISAA JV Invite-50 FR 43<sup>rd</sup>
- VISAA JV Invite-50 BK 31<sup>st</sup>
- VISAA JV Invite-50 BR 42<sup>nd</sup>
- 50 FR 45.17 to 40.16
- 100 FR 1:39.51 to 1:33.98
- 200 FR 4:01.09 to 3:29.30
- 500 FR 9:15.01
- 100 BR 2:18.24 to 1:59.61

27. Veronica Bingham (6)

- 1st JV Letter
- VISAA JV Invite-50 FR 39<sup>th</sup>
- VISAA JV Invite-50 BK 28<sup>th</sup>
- VISAA JV Invite-50 BR 45<sup>th</sup>
- 50 FR 41.87 to 38.53
- 100 FR 1:34.10 to 1:29.40
- 500 FR 9:04.99
- 100 FL 1:57.35

### **Junior Varsity Group 3**

(Announce in reverse order)

1. Ryan Baughman (FR)
  - 2nd JV Letter
  - VISAA JV Invite-50 FR 34<sup>th</sup>
  - VISAA JV Invite-100 FR 22<sup>nd</sup>
  - VISAA JV Invite-50 BK 17<sup>th</sup>
  - VISAA JV Invite-200 Medley Relay 7<sup>th</sup>
  - VISAA JV Invite-Silver 200 Backstroke Relay
  - 50 FR 36.27 to 34.06
  - 100 FR 1:27.58 to 1:18.11
2. Amelia Geary (JR)
  - 4<sup>th</sup> JV Letter
  - 50 FR 32.67 to 32.59
  - 100 BK 1:38.44 to 1:38.00
3. Julia Atkinson (JR)
  - 4<sup>th</sup> JV Letter
  - Completed 200 lengths of the pool at the CF Swim-a-thon
  - 50 FR 32.87 to 32.28
  - 100 FR 1:18.76 to 1:15.12
  - 100 BK 1:32.65 to 1:27.06
  - 100 BR 1:36.86 to 1:33.42
  - 100 FL 1:35.33 to 1:33.80
  - 200 IM 3:13.34 to 3:11.21
4. Elizabeth Francis (SO)
  - 23.00
  - 3<sup>rd</sup> JV Letter
  - States-Diving Semi-Finalist 29<sup>th</sup>
  - 100 FL 1:37.77 to 1:34.82
  - 200 IM 3:25.39 to 3:23.89

5. Orla Haggerty (SO)
  - 4<sup>th</sup> JV Letter
  - Completed 200 lengths of the pool at the CF Swim-a-thon
  - 50 FR 32.43 to 31.50
  - 100 FR 1:16.33 to 1:12.18
  - 500 FR 8:06.49 to 8:01.41
  - 100 BK 1:44.20 to 1:40.26
  - 100 BR 1:53.56 to 1:47.60
  - 100 FL 1:49.64 to 1:45.69
6. Mary Claire Osilka (FR)
  - 3<sup>rd</sup> JV Letter
  - VISAA JV Invite-50 FR 13<sup>th</sup>
  - VISAA JV Invite-50 FL 19<sup>th</sup>
  - VISAA JV Invite-50 BK 12<sup>th</sup>
  - VISAA JV Invite-Silver 200 Backstroke Relay
  - Completed 200 lengths of the pool at the CF Swim-a-thon
7. Maria Miller (FR)
  - 25.00
  - 2<sup>nd</sup> JV Letter
  - Varsity letter in Diving
  - 200 FR 2:44.40
  - 500 FR 7:56.85 to 7:37.72
  - 100 BR 1:43.50 to 1:40.41
  - 200 IM 3:01.01
8. Mariana Bingham (8)
  - 2<sup>nd</sup> JV Letter
  - VISAA JV Invite-100 IM 18<sup>th</sup>
  - VISAA JV Invite-50 FL 9<sup>th</sup>
  - VISAA JV Invite-100 FR 15<sup>th</sup>
  - VISAA JV Invite-200 Medley Relay 4<sup>th</sup>
  - VISAA JV Invite-200 Free Relay 5<sup>th</sup>
  - Completed 200 lengths of the pool at the CF Swim-a-thon
  - 50 FR 32.63 to 31.70
  - 100 FR 1:19.00 to 1:09.82
  - 500 FR 8:15.81 to 7:45.19
  - 100 BK 1:37.06 to 1:31.03
  - 100 FL 1:44.13 to 1:25.38

9. Gabriella Russo (8)

- 2<sup>nd</sup> JV Letter
- VISAA JV Invite-100 IM 22<sup>nd</sup>
- VISAA JV Invite-100 FR 16<sup>th</sup>
- VISAA JV Invite-50 BK 10<sup>th</sup>
- VISAA JV Invite-200 Backstroke Relay 6<sup>th</sup>
- Completed 200 lengths of the pool at the CF Swim-a-thon
- 50 FR 33.71 to 31.97
- 100 FR 1:19.76 to 1:12.74
- 200 FR 3:17.50 to 2:42.17
- 500 FR 7:32.81
- 100 BK 1:39.77 to 1:24.97
- 100 R 1:51.94 to 1:42.22
- 100 FL 1:31.46
- 200 IM 3:03.18

10. Noemi Rodriguez (8)

- 2<sup>nd</sup> JV Letter
- VISAA JV Invite-100 IM 28<sup>th</sup>
- VISAA JV Invite-50 FR 22<sup>nd</sup>
- VISAA JV Invite-50 FL 26<sup>th</sup>
- VISAA JV Invite-200 Backstroke Relay 6<sup>th</sup>
- Completed 200 lengths of the pool at the CF Swim-a-thon
- 50 FR 35.43 to 33.54
- 100 FR 1:25.21 to 1:21.51
- 500 FR 9:15.41 to 9:11.60
- 100 BK 1:51.13 to 1:36.48
- 100 BR 2:11.20 to 1:41.73
- 100 FL 2:03.43

11. Kyleigh Fifield (8)

- 2<sup>nd</sup> JV Letter
- VISAA JV Invite-100 IM 25<sup>th</sup>
- VISAA JV Invite-100 FR 26<sup>th</sup>
- VISAA JV Invite-50 BK 15<sup>th</sup>
- VISAA JV Invite-Silver 200 Backstroke Relay
- Completed 200 lengths of the pool at the CF Swim-a-thon
- 50 FR 35.50 to 32.76
- 100 FR 1:20.26 to 1:17.30
- 500 FR 8:36.31 to 7:43.47
- 100 BK 1:34.28 to 1:27.20
- 100 BR 1:54.00 to 1:45.27
- 100 FL 1:32.64
- 200 IM 3:07.11

12. Michael Zahorchak (8)

- 2<sup>nd</sup> JV Letter
- VISAA JV Invite-100 IM 12<sup>th</sup>
- VISAA JV Invite-50 FL 12<sup>th</sup>
- VISAA JV Invite-50 BR 4<sup>th</sup>
- VISAA JV Invite-Gold 200 Medley Relay
- VISAA JV Invite-Silver 200 Breaststroke Relay

13. Sophia Halisky (7)

- 1st JV Letter
- Sum of improvements of 2:43.46 or 79.0%
- Completed 200 lengths of the pool at the CF Swim-a-thon
- 50 FR 34.76 to 32.74
- 100 FR 1:27.39 to 1:16.61
- 200 FR 3:15.73 to 2:42.18
- 500 FR 8:48.50 to 7:24.37
- 100 BK 1:46.01 to 1:29.94
- 100 BR 1:50.63 to 1:32.31

#### 14. Betsy Arnold (7)

- 1st JV Letter
- VISAA JV Invite-50 FR 10<sup>th</sup>
- VISAA JV Invite-50 FL 14<sup>th</sup>
- VISAA JV Invite-50 BK 14<sup>th</sup>
- VISAA JV Invite- 200 Medley Relay 7<sup>th</sup>
- VISAA JV Invite-200 Free Relay 5<sup>th</sup>
- Completed 200 lengths of the pool at the CF Swim-a-thon
- Sum of improvements of 1:15.77 or 66.8%
- 50 FR 37.59 to 33.43
- 100 FR 1:28.91 to 1:14.09
- 200 FR 3:23.00 to 2:48.15
- 500 FR 8:03.29
- 100 BK 1:34.26 to 1:25.15
- 100 BR 1:54.43 to 1:41.78
- 100 FL 1:36.09
- 200 IM 3:07.95

#### 15. Avila Mantooth (7)

- 1st JV Letter
- VISAA JV Invite-50 FR 8<sup>th</sup>
- VISAA JV Invite-50 FL 12<sup>th</sup>
- VISAA JV Invite-50 BR 16<sup>th</sup>
- VISAA JV Invite- 200 Medley Relay 7<sup>th</sup>
- VISAA JV Invite-200 Free Relay 5<sup>th</sup>
- Completed 200 lengths of the pool at the CF Swim-a-thon
- 50 FR 33.46 to 30.46
- 100 FR 1:15.47 to 1:11.98
- 200 FR 3:08.72 to 2:40.74
- 500 FR 7:43.09
- 100 BK 1:40.64 to 1:30.14
- 100 BR 1:38.93 to 1:34.19
- 100 FL 1:26.40
- 200 IM 3:03.32

16. Meghan Condon (7)

- 1st JV Letter
- VISAA JV Invite-Silver 50 BR
- VISAA JV Invite-50 FR 17<sup>th</sup>
- VISAA JV Invite-50 FL 23<sup>rd</sup>
- VISAA JV Invite-Silver 200 Backstroke Relay
- VISAA JV Invite-Gold 200 Breaststroke Relay
- 50 FR 34.04 to 33.06
- 500 FR 8:26.22
- 100 BK 1:41.09 to 1:30.47
- 100 BR 1:28.21 to 1:25.25
- 100 FL 1:46.91

17. Elizabeth Hurley (7)

- 1st JV Letter
- VISAA JV Invite-100 IM 16<sup>th</sup>
- VISAA JV Invite-100 FR 20<sup>th</sup>
- VISAA JV Invite-50 BR 13<sup>th</sup>
- VISAA JV Invite-Silver 200 Backstroke Relay
- VISAA JV Invite-Gold 200 Breaststroke Relay
- Sum of improvements of 1:40.95 or 65.1%
- 50 FR 35.24 to 31.03
- 100 FR 1:23.87 to 1:11.74
- 200 FR 3:05.00 to 2:38.63
- 500 FR 8:21.76 to 7:38.23
- 100 BK 1:27.21 to 1:20.32
- 100 BR 1:39.26 to 1:31.44
- 100 FL 1:25.51
- 200 IM 3:00.06
- Coach Judge comment: “Elizabeth Hurley always hustles. I remember a Christmas break practice in particular when many kids were discouraged by the intensity of the practice. It seemed like with every complaint muttered, Elizabeth seemed to dig deeper and deepen the redness of her face almost as a response to her teammates' discomfort!”

18. Joey Lynch (7)

- 1st JV Letter
- VISAA JV Invite-50 FR 23<sup>rd</sup>
- VISAA JV Invite-50 FL 15<sup>th</sup>
- VISAA JV Invite-50 BR 25<sup>th</sup>
- VISAA JV Invite-Silver 200 Backstroke Relay
- VISAA JV Invite-Bronze 200 Free Relay
- 50 FR 35.00 to 31.93
- 100 FR 1:22.31 to 1:14.72
- 200 FR 3:18.74 to 2:47.39
- 500 FR 7:41.79
- 100 BK 1:32.96 to 1:24.11
- 100 BR 1:53.17 to 1:42.44

19. Jonas Wilson (7)

- 1st JV Letter
- VISAA JV Invite-50 FL 19<sup>th</sup>
- VISAA JV Invite-100 FR 21<sup>st</sup>
- VISAA JV Invite-50 BR 20<sup>th</sup>
- VISAA JV Invite-Silver 200 Backstroke Relay
- Completed 200 lengths of the pool at the CF Swim-a-thon
- 50 FR 35.60 to 32.88
- 100 FR 1:19.63 to 1:14.56
- 500 FR 7:45.60 to 7:38.06
- 100 BK 1:30.17 to 1:29.43
- 100 BR 1:41.28 to 1:36.44
- 100 FL 1:34.18
- 200 IM 3:09.30



## **Junior Varsity Group 1 and 2**

(Announce in reverse order)

### 1. Colin Nguyen (SR)

- 1<sup>st</sup> JV Letter
- 50 FR 29.91 to 28.33
- 100 FR 1:08.37 to 1:05.44
- 200 FR 2:55.72 to 2:35.06
- 500 FR 7:58.39
- 100 BK 1:22.18 to 1:15.95
- 100 BR 1:28.27 to 1:24.79
- 100 FL 1:15.72
- 200 IM 2:54.59

### 2. Jed Albin (JR)

- 5.00
- 3<sup>rd</sup> JV Letter
- Previous Varsity Letter winner
- NoVa Caths-500 FR 11<sup>th</sup>
- Completed 200 lengths of the pool at the CF Swim-a-thon
- 200 FR 2:34.05 to 2:25.63
- 100 BR 1:54.68 to 1:31.99
- 100 FL 1:22.10

### 3. Ryan Beltran (JR)

- 3.00
- 3<sup>rd</sup> JV Letter
- Previous Varsity Letter winner
- 100 FR 1:06.57 to 1:05.64
- 200 FR 3:01.43 to 2:46.96
- 100 BR 1:29.25 to 1:24.99
- 100 FL 1:28.02 to 1:23.68
- 200 IM 2:57.18 to 2:53.91

4. Aaron Bishop (JR)
  - 4<sup>th</sup> JV Letter
  - Completed 200 lengths of the pool at the CF Swim-a-thon
  - 50 FR 31.46 to 29.39
  - 100 FR 1:14.99 to 1:08.27
  - 200 FR 2:52.56 to 2:47.35
  - 100 BK 1:36.58 to 1:22.03
  - 100 BR 1:53.02 to 1:41.40
  - 100 FL 1:23.73
  - 200 IM 3:32.24 to 3:06.39
5. Ava Hudson (JR)
  - 10.50
  - 3<sup>rd</sup> JV Letter
  - Previous Varsity Letter winner
  - 100 BR 1:28.90 to 1:28.43
6. Thiago Martinez (7)
  - 1st JV Letter
  - Missed the JV Invite, otherwise he would have crushed it
  - 50 FR 27.36 to 26.96
  - 500 FR 5:40.24
  - Going to be a good one.
7. Patrick Kay (7)
  - 1st JV Letter
  - Completed 200 lengths of the pool at the CF Swim-a-thon
  - VISAA JV Invite-50 FR 9<sup>th</sup>
  - VISAA JV Invite-Silver 50 BK
  - VISAA JV Invite-Gold 200 Medley Relay
  - VISAA JV Invite-Silver 200 Backstroke Relay
  - 50 FR 29.29 to 27.68
  - 100 FR 1:08.47 to 1:05.34
  - 200 FR 2:35.13 to 2:26.41
  - 500 FR 6:38.40
  - 100 BK 1:19.82 to 1:17.25
  - 100 BR 1:28.22 to 1:26.26
  - 100 FL 1:20.17
  - 200 IM 2:39.02

8. Maggie Schroer (7)

- 1st JV Letter
- VISAA JV Invite-100 IM 20<sup>th</sup>
- VISAA JV Invite-50 FL 10<sup>th</sup>
- VISAA JV Invite-50 BR 7<sup>th</sup>
- VISAA JV Invite- 200 Medley Relay 4<sup>th</sup>
- VISAA JV Invite-Gold 200 Breaststroke Relay
- Completed 200 lengths of the pool at the CF Swim-a-thon
- 50 FR 31.42 to 29.11
- 100 FR 1:13.48 to 1:11.44
- 500 FR 7:29.68
- 100 BK 1:24.91 to 1:21.39
- 100 BR 1:38.17 to 1:35.44

## **Boys' Varsity Team**

(Announce in reverse order)

### 1. Connor Koehr (SO)

- 183.25
- 3<sup>rd</sup> Varsity Letter
- High Point Award Winner, 2<sup>nd</sup> year in a row
- States-Diving Championship Finalist 5<sup>th</sup>
- States-100 Back 25<sup>th</sup>
- States-200 Medley Relay Finalist 11<sup>th</sup>
- States-400 Free Relay Finalist
- Nath Caths-Diving Finalist 5<sup>th</sup>
- Nath Caths-400 Free Relay 19<sup>th</sup>
- Nath Caths-200 Medley Relay 20<sup>th</sup>
- VCAC-Champion Diving
- VCAC-Bronze 100 Back
- 2X All-Conference
- VCAC-Champion 200 Medley Relay
- VCAC-Silver 400 Free Relay
- VISAA D-II Invite-Champion Diving
- VISAA D-II Invite-100 BK 6<sup>th</sup>
- VISAA D-II Invite-Silver 200 Medley Relay
- VISAA D-II Invite- 400 Free Relay 6<sup>th</sup>
- NoVa Caths-Champion Diving
- NoVa Caths-100 BK 7<sup>th</sup>
- NoVa Caths-200 Medley Relay 5<sup>th</sup>
- NoVa Caths-400 Free Relay 6<sup>th</sup>
- Massive improvement in 100 Free in the last few weeks of the season
- Completed 200 lengths of the pool at the CF Swim-a-thon
- 50 FR 25.82 to 24.93
- 50 BK 29.10 to 27.25 leading off relays
- 100 FR 59.72 to 55.81
  - Split 54.09 at States
- 200 FR 2:26.94 to 2:20.26
- 100 BK 1:10.34 to 1:00.42
- 100 BR 1:23.09 to 1:20.90
- 100 FL 1:21.02 to 1:15.67
- 200 IM 2:43.25 to 2:34.72

## 2. Lionel Martinez (8)

- 174.00
- States-200 IM Finalist 14<sup>th</sup>
- States-200 Medley Relay Finalist 11<sup>th</sup>
- States-200 Free Relay Finalist 13<sup>th</sup>
- States-400 Free Relay Finalist
- National Caths-200 Medley Relay 20<sup>th</sup>
- 2X VCAC Champion-200 IM and 500 FR
- 2X All-Conference
- VCAC-Champion 200 Medley Relay
- VCAC-Silver 400 Free Relay
- VISAA D-II Invite-Silver 200 IM
- VISAA D-II Invite-Bronze 100 BK
- VISAA D-II Invite-Silver 200 Medley Relay
- VISAA D-II Invite- Bronze 400 Free Relay
- NoVa Caths-Silver 200 IM
- NoVa Caths-100 FL 5<sup>th</sup>
- NoVa Caths-200 Medley Relay 5<sup>th</sup>
- NoVa Caths- Bronze 400 Free Relay
- Completed 200 lengths of the pool at the CF Swim-a-thon
- 50 FR 24.09 to 23.16
- 100 FR 51.58 to 50.72
- 200 FR 1:59.06 to 1:58.56
- 500 FR 5:09.16
- 100 BK 1:00.91 to 58.06
- 100 FL 56.85
- 200 IM 2:04.24
- These are the fastest times on the team

### 3. Joe Wilson (SR)

- 138.25
- 4<sup>th</sup> Varsity Letter
- Remarkable Story
  - Terrible car accident this summer. Started the school year in a wheelchair. Was on crutches two weeks before the season started.
- National Catholic Qualifier
- States-50 Free 24<sup>th</sup>
- States-200 Medley Relay Finalist 11<sup>th</sup>
- States-200 Free Relay Finalist 13<sup>th</sup>
- States-400 Free Relay Finalist
- Nath Caths-200 Medley Relay 20<sup>th</sup>
- VCAC-Silver 100 FR
- VCAC-Bronze 50 FR
- 2X All-Conference
- VCAC-Champion 200 Medley Relay
- VCAC-Silver 400 Free Relay
- VISAA D-II Invite-50 FR 4<sup>th</sup>
- VISAA D-II Invite-100 FL 8<sup>th</sup>
- VISAA D-II Invite-Silver 200 Medley Relay
- VISAA D-II Invite- Bronze 400 Free Relay
- NoVa Caths-100 FR 8<sup>th</sup>
- NoVa Caths-50 FR 10<sup>th</sup>
- NoVa Caths-200 Medley Relay 5<sup>th</sup>
- NoVa Caths- Bronze 400 Free Relay
- 50 FR 24.44 to 23.22
- 200 FR 2:12.81 to 2:10.57

4. JJ Brox (SR)
- 125.75
  - 3<sup>rd</sup> Varsity Letter
  - States-100 BR 26<sup>th</sup>
  - States-Diving Championship Finalist 15<sup>th</sup>
  - States-200 Medley Relay Finalist 11<sup>th</sup>
  - States-200 Free Relay Finalist 13<sup>th</sup>
  - National Catholic Qualifier
  - VCAC-Champion 100 BR
  - VCAC-Bronze Diving
  - 2X All-Conference
  - VCAC-Champion 200 Medley Relay
  - VISAA D-II Invite-Diving 4<sup>th</sup>
  - VISAA D-II Invite-100 BR 7<sup>th</sup>
  - VISAA D-II Invite-Silver 200 Medley Relay
  - VISAA D-II Invite- 200 Free Relay 5<sup>th</sup>
  - NoVa Caths-100 BR 6<sup>th</sup>
  - NoVa Caths-100 FR 7<sup>th</sup>
  - NoVa Caths-200 Medley Relay 5<sup>th</sup>
  - NoVa Caths-200 Free Relay 5<sup>th</sup>
  - Completed 200 lengths of the pool at the CF Swim-a-thon
  - 50 FR 26.04 to 24.47
  - 100 FR 56.95 to 54.20
  - 100 BR 1:08.66 to 1:06.18

## 5. Michael Brox (SO)

- 102.75
- 3<sup>rd</sup> Varsity Letter
- States-100 Fly 34<sup>th</sup>
- States-200 Free Relay Finalist 13<sup>th</sup>
- States-400 Free Relay Finalist
- National Caths-400 Free Relay 19<sup>th</sup>
- VCAC-Silver 100 FL, with a crazy 6.42 second drop
- VCAC-Bronze 500 FR
- 2X All-Conference
- VCAC-Silver 400 Free Relay
- VISAA D-II Invite-500 FR 6<sup>th</sup>
- VISAA D-II Invite- 200 Free Relay 5<sup>th</sup>
- VISAA D-II Invite- Bronze 400 Free Relay
- NoVa Caths-500 FR 8<sup>th</sup>
- NoVa Caths-200 FR 9<sup>th</sup>
- NoVa Caths-200 Medley Relay 6<sup>th</sup>
- NoVa Caths- Bronze 400 Free Relay
- Completed 200 lengths of the pool at the CF Swim-a-thon
- Sum of improvements of :43.61 or 47.2%
- 50 FR 26.34 to 23.54
  - Split 23.22 and then 22.77 at States
- 100 FR 59.91 to 56.25
  - Split 53.98 and then 52.63 at States
- 200 FR 2:13.45 to 2:09.70
- 500 FR 6:18.33 to 6:06.52
- 100 BK 1:13.37 to 1:09.35
- 100 FL 1:09.94 to 1:00.11
- An incredible last 6 weeks of the season.
  - He decided to “win practice”, and the results he got flowed from that.



6. Andrew Nguyen (SO)

- 96.75
- 2<sup>nd</sup> Varsity Letter
- State Qualifier
- National Caths-200 Medley Relay 20<sup>th</sup>
- VCAC-Bronze 200 FR
- VCAC-Bronze 100 BR
- 2X All-Conference
- VISAA D-II Invite-100 FR 8<sup>th</sup>
- VISAA D-II Invite-200 IM 10<sup>th</sup>
- VISAA D-II Invite- 200 Medley Relay 5<sup>th</sup>
- VISAA D-II Invite- Bronze 400 Free Relay
- NoVa Caths-200 FR 7<sup>th</sup>
- NoVa Caths-100 BR 11<sup>th</sup>
- NoVa Caths-200 Medley Relay 6<sup>th</sup>
- NoVa Caths-200 Free Relay 5<sup>th</sup>
- 50 FR 25.44 to 25.01
- 100 FR 57.04 to 54.95
- 200 FR 2:18.13 to 2:04.88
- 500 FR 6:54.85 to 6:30.20
- 100 BK 1:12.70 to 1:09.59
- 100 BR 1:14.26 to 1:09.98
- 200 IM 2:37.99 to 2:25.94

7. Mick Fioramonti (JR)

- 96.25
- 3<sup>rd</sup> Varsity Letter
- States-Diving Championship Finalist 7<sup>th</sup>
- National Caths-Diving Finalist 8<sup>th</sup>
- National Caths-400 Free Relay 19<sup>th</sup>
- VCAC-Silver Diving
- VCAC-100 BK 5<sup>th</sup>
- All-Conference
- VISAA D-II Invite-Silver Diving
- VISAA D-II Invite-100 BK 8<sup>th</sup>
- VISAA D-II Invite- 200 Medley Relay 5<sup>th</sup>
- NoVa Caths-100 BK 9<sup>th</sup>
- NoVa Caths-200 Medley Relay 6<sup>th</sup>
- 50 FR 26.76 to 25.81
- 100 FR 1:02.01 to 59.35
- 100 BK 1:05.23 to 1:03.61
- 100 FL 1:15.76 to 1:10.40
- 200 IM 2:41.56 to 2:39.30

8. David Hudson (JR)
- 88.25
  - 3<sup>rd</sup> Varsity Letter
  - State Qualifier
  - National Catholic Qualifier
  - VCAC-Bronze 100 Fly
  - VCAC-200 IM 4<sup>th</sup>
  - All-Conference
  - VISAA D-II Invite-200 FR 9<sup>th</sup>
  - VISAA D-II Invite-100 FL 9<sup>th</sup>
  - VISAA D-II Invite- 200 Medley Relay 5<sup>th</sup>
  - VISAA D-II Invite- 200 Free Relay 5<sup>th</sup>
  - NoVa Caths-200 IM 11<sup>th</sup>
  - NoVa Caths-100 FL 11<sup>th</sup>
  - NoVa Caths-200 Free Relay 5<sup>th</sup>
  - NoVa Caths-400 Free Relay 6<sup>th</sup>
  - 50 FR 25.30 to 24.66
  - 100 FR 58.50 to 57.10
  - 200 FR 2:17.59 to 2:13.03
  - 500 FR 6:32.57 to 6:29.90
  - 100 BR 1:22.78 to 1:18.20
  - 200 IM 2:29.17 to 2:25.10

9. Joseph Borneman (SO)

- 60.25
- 2<sup>nd</sup> Varsity Letter
- State Qualifier
- National Caths-400 Free Relay 19<sup>th</sup>
- VCAC-50 FR 5<sup>th</sup>
- VCAC-100 FR 5<sup>th</sup>
- VISAA D-II Invite-200 FR 11<sup>th</sup>
- VISAA D-II Invite-100 FR 15<sup>th</sup>
- VISAA D-II Invite- 200 Free Relay 10<sup>th</sup>
- VISAA D-II Invite- 400 Free Relay 6<sup>th</sup>
- NoVa Caths-500 FR 9<sup>th</sup>
- NoVa Caths-Bronze 400 Free Relay
- Sum of improvements 57.18 or 71.2%
- Sum of 50 and 100 Free improvements 16.07 or 30.0%
- 50 FR 28.15 to 24.82
- 100 FR 1:09.97 to 57.23
  - Split 54.69 at States
- 200 FR 2:23.67 to 2:14.54
- 500 FR 6:28.82
- 100 BK 1:26.45 to 1:11.87
- 100 BR 1:37.14 to 1:19.74

## 10. Max Wilson (SO)

- 59.75
- 3<sup>rd</sup> Varsity Letter
- VCAC-Bronze 200 IM
- VCAC-100 BK 6<sup>th</sup>
- All-Conference
- VISAA D-II Invite-100 BK 11<sup>th</sup>
- VISAA D-II Invite-100 BR 21<sup>st</sup> (swam him 3 events in a row)
- VISAA D-II Invite- 400 Free Relay 6<sup>th</sup>
- NoVa Caths-100 BK 8<sup>th</sup>
- NoVa Caths-200 Medley Relay 6<sup>th</sup>
- NoVa Caths-400 Free Relay 6<sup>th</sup>
- Completed 200 lengths of the pool at the CF Swim-a-thon
- 50 FR 28.58 to 26.69
- 100 FR 1:02.01 to 58.28
- 200 FR 2:20.40 to 2:14.89
- 500 FR 6:42.86 to 6:25.27
- 100 BK 1:07.86 to 1:05.10
- 100 BR 1:24.74 to 1:18.14
- 100 FL 1:13.60 to 1:11.39
- 200 IM 2:34.00 to 2:26.11

## 11. Liam Halisky (SO)

- 55.50
- 2<sup>nd</sup> Varsity Letter
- States 200 Free Relay Finalist 13<sup>th</sup>
- National Catholic Qualifier
- VCAC-50 FR 6<sup>th</sup>
- VCAC-100 FR 6<sup>th</sup>
- VISAA D-II Invite-50 FR 12<sup>th</sup>
- VISAA D-II Invite-100 FR 16<sup>th</sup>
- VISAA D-II Invite- 200 Medley Relay 5<sup>th</sup>
- VISAA D-II Invite- 200 Free Relay 5<sup>th</sup>
- NoVa Caths-50 FR 11<sup>th</sup>
- NoVa Caths-200 Free Relay 5<sup>th</sup>
- NoVa Caths-400 Free Relay 6<sup>th</sup>
- Completed 200 lengths of the pool at the CF Swim-a-thon
- Sum of improvements of 1:46.43 or 79.5%
- Sum of 50 and 100 Free improvements of 18.97 seconds or 36.1%
- 50 FR 29.78 to 27.91 (time trials) to 24.86
  - Split 23.87 at States
- 100 FR 1:11.73 to 1:03.06 to 57.68
  - Split 55.51 at States
- 200 FR 3:18.19 to 2:57.26 to 2:26.40
- 500 FR 7:30.68 to 7:05.11
- 100 BK 1:20.46 to 1:15.34
- 100 BR 1:34.80 to 1:29.83

12. Peter Konstanty (JR)

- 35.50
- 4<sup>th</sup> Varsity Letter
- VCAC-200 IM 5<sup>th</sup>
- VCAC-100 FR 8<sup>th</sup>
- VISAA D-II Invite-50 FR 18<sup>th</sup>
- VISAA D-II Invite-500 FR 10<sup>th</sup>
- VISAA D-II Invite- 400 Free Relay 6<sup>th</sup>
- NoVa Caths-200 Free Relay 8<sup>th</sup>
- Completed 200 lengths of the pool at the CF Swim-a-thon
- 50 FR 28.13 to 25.91
- 100 FR 1:01.00 to 59.01
- 200 FR 2:22.94 to 2:19.18
- 500 FR 6:45.13 to 6:25.78
- 100 BR 1:29.11 to 1:20.50
- 100 FL 1:23.31 to 1:18.34
- 200 IM 2:40.81 to 2:34.70

13. William Sokban (SO)

- 31.75
- 2<sup>nd</sup> Varsity Letter
- VCAC-500 FR 5<sup>th</sup>
- VCAC-100 FL 6<sup>th</sup>
- VISAA D-II Invite-500 FR 8<sup>th</sup>
- VISAA D-II Invite-100 FL 15<sup>th</sup>
- NoVa Caths-500 FR 10<sup>th</sup>
- Completed 200 lengths of the pool at the CF Swim-a-thon
- 50 FR 28.28 to 27.02
- 100 FR 1:02.50 to 59.63
- 200 FR 2:20.01 to 2:18.82
- 100 BK 1:15.17 to 1:11.97
- 100 BR 1:29.26 to 1:28.35
- 100 FL 1:12.86 to 1:10.20

#### 14. Luke Mantooth (JR)

- 29.75
- 1<sup>st</sup> Varsity Letter
- VCAC-100 FL 5<sup>th</sup>
- VCAC-100 BR 6<sup>th</sup>
- VISAA D-II Invite-100 FL 17<sup>th</sup>
- VISAA D-II Invite-100 BR 17<sup>th</sup>
- VISAA D-II Invite- 200 Free Relay 10<sup>th</sup>
- NoVa Caths-200 Free Relay 8<sup>th</sup>
- Completed 200 lengths of the pool at the CF Swim-a-thon
- 50 FR 28.68 to 26.08
- 100 FR 1:05.73 to 1:03.89
- 200 FR 2:36.08 to 2:28.89
- 500 FR 7:00.43
- 100 BK 1:24.31 to 1:23.26
- 100 FL 1:20.49 to 1:13.84
- 100 FL 1:08.48
- 200 IM 2:41.87



## 15. Joey Dealey (SR)

- 29.25
- 5<sup>th</sup> Varsity Letter
- VCAC-200 FR 6<sup>th</sup>
- VCAC-100 BK 8<sup>th</sup>
- VISAA D-II Invite-200 FR 16<sup>th</sup>
- VISAA D-II Invite-100 BR 24<sup>th</sup>
- VISAA D-II Invite- 200 Free Relay 10<sup>th</sup>
- NoVa Caths-200 Free Relay 8<sup>th</sup>
- 50 FR 26.58 to 26.40
- 500 FR 6:52.82 to 6:45.86
- 100 BK 1:19.30 to 1:13.53
- 100 FL 1:19.12 to 1:16.48
- 200 IM 2:42.49 to 2:39.59
- Assistant Coach for Group 5
- Coach Zadnik comments: “Joey is not one of our Star swimmers, but he is always willing to share what he has learned with others.”
- Coach Judge comments: “He always was there to set up, and he was always able to help after the meet as well. At the end of the meet at Freedom Center for division champs (2/4), Joey was sweeping the bleachers while everyone else was posing for pics with the cups! :)”

16. Daniel Sokban (8)

- 21.50
- 1<sup>st</sup> Varsity Letter
- VCAC-200 FR 4<sup>th</sup>
- VCAC-50 FR 8<sup>th</sup>
- VISAA D-II Invite-200 FR 10<sup>th</sup>
- VISAA D-II Invite- 200 Free Relay 10<sup>th</sup>
- VISAA JV Invite-Bronze 200 Free Relay
- VISAA JV Invite-Bronze 50 FR
- VISAA JV Invite-100 FR 4<sup>th</sup>
- VISAA JV Invite-50 BR 8<sup>th</sup>
- VISAA JV Invite-Silver 200 Breaststroke Relay
- Completed 200 lengths of the pool at the CF Swim-a-thon
- Sum of improvements of 3:13.39 or 125.5%
- 50 FR 30.53 to 25.94
- 100 FR 1:14.49 to 1:00.53
- 200 FR 3:10.93 to 2:13.30
- 500 FR 7:27.07 to 6:31.19
- 100 BK 1:27.96 to 1:23.72
- 100 BR 1:41.30 to 1:23.20
- 100 FL 1:35.20 to 1:22.51
- 200 IM 3:14.17 to 2:48.87

## 17. Dominic Judge (8)

- 15.00
- 1<sup>st</sup> Varsity Letter
- VCAC-500 FR 4<sup>th</sup>
- VISAA D-II Invite-500 FR 9<sup>th</sup>
- VISAA JV Invite-Gold 200 Medley Relay
- VISAA JV Invite-200 Breaststroke Relay 4<sup>th</sup>
- Sum of improvements of 2:36.90 or 98.1%
- 50 FR 32.73 to 29.62
- 100 FR 1:13.99 to 1:07.01
- 200 FR 2:59.95 to 2:26.77
- 500 FR 7:39.62 to 6:28.63
- 100 BK 1:28.26 to 1:17.67
- 100 BR 1:40.41 to 1:25.74
- 100 FL 1:33.09 to 1:15.71
- 200 IM 2:40.00

18. Josh Fioramonti (FR)

- 8.50
- 1<sup>st</sup> Swimming Varsity Letter
- Previous Varsity Letter for Diving
- VCAC-200 FR 8<sup>th</sup>
- VISAA D-II Invite-50 FR 22<sup>nd</sup>
- VISAA D-II Invite-100 FR 28<sup>th</sup>
- NoVa Caths-200 Free Relay 8<sup>th</sup>
- VISAA JV Invite-50 FR 6<sup>th</sup>
- VISAA JV Invite-50 BK 8<sup>th</sup>
- VISAA JV Invite-100 FR 10<sup>th</sup>
- VISAA JV Invite-Gold 200 Medley Relay
- VISAA JV Invite-Bronze 200 Free Relay
- Sum of improvements of 2:47.16 or 83.5%
- 50 FR 27.47 to 26.24
- 100 FR 1:06.22 to 1:01.53
- 200 FR 2:57.16 to 2:21.17
- 500 FR 8:21.53 to 7:01.94
- 100 BK 1:29.53 to 1:24.47
- 100 BR 1:35.15 to 1:28.32
- 100 FL 1:30.20 to 1:20.78
- 200 IM 3:15.42 to 2:51.07

19. Greg Bauer (FR)

- 7.00
- 1<sup>st</sup> Varsity Letter
- VCAC-100 BR 8<sup>th</sup>
- VISAA D-II Invite-200 IM 11<sup>th</sup>
- VISAA JV Invite-50 BR 5<sup>th</sup>
- VISAA JV Invite-100 FR 6<sup>th</sup>
- VISAA JV Invite-100 IM 7<sup>th</sup>
- VISAA JV Invite- 200 Medley Relay 7<sup>th</sup>
- VISAA JV Invite-Silver 200 Breaststroke Relay
- Completed 200 lengths of the pool at the CF Swim-a-thon
- 50 FR 31.71 to 27.98
- 100 FR 1:11.92 to 1:02.07
- 500 FR 7:18.62 to 6:51.25
- 100 BK 1:29.71 to 1:19.50
- 100 BR 1:33.33 to 1:18.91
- 100 FL 1:27.27
- 200 IM 2:42.41

## **Girls' Varsity Team**

(Announce in reverse order)

### 1. Ariana Aldeguer (8)

- 253.00-High Point Award Winner
- 1<sup>st</sup> Varsity Letter
- Team Record – 200 IM 2:08.35
- States-200 IM Championship Finalist 5<sup>th</sup>
- States-500 Free Championship Finalist 5<sup>th</sup>
- States-200 Medley Relay Championship Finalist 5<sup>th</sup>
- States-400 Free Relay Finalist 10<sup>th</sup>
- National Caths-200 IM Championship Finalist 6<sup>th</sup>
- National Caths-500 FR Championship Finalist 7<sup>th</sup>
- National Caths-400 Free Relay Finalist 13<sup>th</sup>
- National Caths-200 Free Relay 21<sup>st</sup>
- VCAC-Champion 200 Free
- VCAC-Bronze 100 Back
- 2X All-Conference
- VCAC-Champion 200 Medley Relay
- VCAC-Silver 400 Free Relay
- VISAA D-II Invite-Champion 200 IM
- VISAA D-II Invite-Bronze 100 BK
- VISAA D-II Invite- Champion 200 Medley Relay
- VISAA D-II Invite- Champion 400 Free Relay
- NoVa Caths-Champion 200 FR
- NoVa Caths-Champion 500 FR
- NoVa Caths-Bronze 200 Medley Relay
- NoVa Caths-Silver 200 Free Relay
- Completed 200 lengths of the pool at the CF Swim-a-thon
- 100 FR 57.84 to 54.55
- 200 FR 2:06.03 to 1:57.99
  - Team Record 1:55.74
- 500 FR 5:43.10 to 5:08.13
  - Team Record 5:06.98
- 100 BK 1:04.67 to 59.92
- 100 FL 1:05.08 to 59.83
  - Team Record 58.51
- 220 IM 2:16.76 to 2:08.57

## 2. Clara Condon (SO)

- 188.50
- 3<sup>rd</sup> Varsity Letter
- States-100 Fly Finalist 10<sup>th</sup>
- States-100 Breast Finalist 14<sup>th</sup>
- States-200 Medley Relay Championship Finalist 5<sup>th</sup>
- National Caths-100 FL Finalist 10<sup>th</sup>
- National Caths-100 BR Finalist 10<sup>th</sup>
- VCAC-Silver 200 IM
- VCAC-Silver 100 BR
- 2X All-Conference
- VCAC-Champion 200 Medley Relay
- VCAC-Silver 200 Free Relay
- VISAA D-II Invite-Silver 100 BR
- VISAA D-II Invite-Bronze 100 FL
- VISAA D-II Invite- Champion 200 Medley Relay
- VISAA D-II Invite- Champion 200 Free Relay
- NoVa Caths-Bronze 100 FL
- NoVa Caths-200 IM 7<sup>th</sup>
- NoVa Caths-Bronze 200 Medley Relay
- NoVa Caths-400 Free Relay 8<sup>th</sup>
- 50 FR Flat start 27.45, split 25.99 at States

### 3. Stella Paradise (JR)

- 154.75
- 1<sup>st</sup> Varsity Letter
- States-100 Free 31<sup>st</sup>
- States-200 Medley Relay Championship Finalist 5<sup>th</sup>
- States-200 Free Relay Finalist 13<sup>th</sup>
- States-400 Free Relay Finalist 10<sup>th</sup>
- National Caths-400 Free Relay Finalist 13<sup>th</sup>
- VCAC-Champion 200 Medley Relay
- VISAA D-II Invite-Champion 100 FR
- VISAA D-II Invite-Bronze 200 FR
- VISAA D-II Invite- Champion 200 Medley Relay
- VISAA D-II Invite- Champion 400 Free Relay
- NoVa Caths-100 FR 5<sup>th</sup>
- NoVa Caths-50 FR 7<sup>th</sup>
- NoVa Caths-Bronze 200 Medley Relay
- NoVa Caths-Silver 200 Free Relay
- Completed 200 lengths of the pool at the CF Swim-a-thon
- 50 FR 26.20 to 25.98
- 100 FR 57.384 to 55.76
- 200 FR 2:16.37 to 2:05.49



#### 4. Maggie Gibbons (JR)

- 138.00
- 4<sup>th</sup> Varsity Letter
- States-50 Free 30<sup>th</sup>
- States-200 Medley Relay Championship Finalist 5<sup>th</sup>
- States-200 Free Relay Finalist 13<sup>th</sup>
- States-400 Free Relay Finalist 10<sup>th</sup>
- National Caths-400 Free Relay Finalist 13<sup>th</sup>
- VCAC-200 FR 4<sup>th</sup>
- VCAC-100 FR 4<sup>th</sup>
- VCAC-Champion 200 Medley Relay
- VCAC-Silver 200 Free Relay
- VISAA D-II Invite-Bronze 50 FR
- VISAA D-II Invite-200 FR 9<sup>th</sup>
- VISAA D-II Invite- Champion 200 Medley Relay
- VISAA D-II Invite- Champion 400 Free Relay
- NoVa Caths-100 BK 7<sup>th</sup>
- NoVa Caths-100 FR 8<sup>h</sup>
- NoVa Caths-Bronze 200 Medley Relay
- NoVa Caths-Silver 200 Free Relay
- Completed 200 lengths of the pool at the CF Swim-a-thon
- 50 FR 27.04 to 26.24
  - Split 25.37 at VCAC Champs
- 100 FR 1:02.50 to 59.31
  - Split 56.91 at States
- 200 FR 2:21.88 to 2:10.27
- 100 BK 1:11.31 to 1:10.5
- 100 BR 1:31.40 to 1:23.31
- 200 IM 2:59.56 to 2:39.93

5. Mary Pennefather (SR)

- 126.00
- 6<sup>th</sup> Varsity Letter
- States-50 Free 49<sup>th</sup>
- States-200 Free Relay Finalist 13<sup>th</sup>
- States-400 Free Relay Finalist 10<sup>th</sup>
- VCAC-Champion 100 Free
- VCAC-Silver 50 Free
- 2X All-Conference
- VCAC-Silver 200 Free Relay
- VCAC-Silver 400 Free Relay
- VISAA D-II Invite-100 FR 7<sup>th</sup>
- VISAA D-II Invite- Bronze 200 Medley Relay
- VISAA D-II Invite- Champion 200 Free Relay
- VISAA D-II Invite- Champion 400 Free Relay
- NoVa Caths-100 FR 11<sup>th</sup>
- NoVa Caths-Silver 200 Free Relay
- NoVa Caths-400 Free Relay 8<sup>th</sup>
- Completed 200 lengths of the pool at the CF Swim-a-thon
- Split 25.40 in 50 FR at States
- 100 BK 1:21.29 to 1:20.36

6. Anastasia Garvey (FR)

- 108.00
- 1<sup>st</sup> Varsity Letter
- State Qualifier
- National Caths-400 Free Relay Finalist 13<sup>th</sup>
- VCAC-Silver 500 FR
- VCAC-100 FL 6<sup>th</sup>
- All-Conference
- VCAC-Silver 400 Free Relay
- VISAA D-II Invite-500 FR 5<sup>th</sup>
- VISAA D-II Invite-100 FL 12<sup>th</sup>
- VISAA D-II Invite-Bronze 200 Medley Relay
- VISAA D-II Invite-400 Free Relay 5<sup>th</sup>
- NoVa Caths-100 BK 5<sup>th</sup>
- NoVa Caths-200 FR 11<sup>th</sup>
- NoVa Caths-200 Medley Relay 10<sup>th</sup>
- NoVa Caths-400 Free Relay 8<sup>th</sup>
- VISAA JV Invite-100 IM 5<sup>th</sup>
- VISAA JV Invite-Bronze 50 FL
- VISAA JV Invite-Silver 50 BK
- VISAA JV Invite-200 Medley Relay 4<sup>th</sup>
- VISAA JV Invite-Gold 200 Breaststroke Relay
- 50 FR 31.16 to 30.45
- 100 FR 1:08.02 to 1:04.51
  - Split 1:00.30
- 200 FR 2:27.57 to 2:20.14
- 500 FR 6:41.09 to 6:12.55
- 100 BK 1:16.60 to 1:11.29
- 100 BR 1:27.55 to 1:21.51
- 100 FL 1:22.97 to 1:10.55
- 200 IM 2:49.08 to 2:32.90

## 7. Elodie Brox (SO)

- 84.00
- 1<sup>st</sup> Varsity Letter
- States-50 Free 27<sup>th</sup>
- States-200 Free Relay Finalist 13<sup>th</sup>
- National Cath Qualifier
- VCAC-50 FR 4<sup>th</sup>
- VCAC-100 BR 6<sup>th</sup>
- VCAC-Silver 200 Free Relay
- VCAC-Silver 400 Free Relay
- VISAA D-II Invite-100 BR 10<sup>th</sup>
- VISAA D-II Invite-100 FR 11<sup>th</sup>
- VISAA D-II Invite- Bronze 200 Medley Relay
- VISAA D-II Invite- Champion 200 Free Relay
- NoVa Caths-200 Medley Relay 10<sup>th</sup>
- NoVa Caths-400 Free Relay 8<sup>th</sup>
- Nath Caths-200 Free Relay 21<sup>st</sup>
- Completed 200 lengths of the pool at the CF Swim-a-thon
- 50 FR 27.12 to 26.63
- 100 FR 1:05.42 to 1:00.25
- 200 FR 2:45.48 to 2:29.23
- 100 BK 1:23.32 to 1:17.50
- 100 BR 1:19.49 to 1:18.56

8. Rose Waldron (SO)

- 81.00
- 1<sup>st</sup> Swimming Varsity Letter
- Diving Varsity Letter winner
- States-Diving Semi-Finalist 23<sup>rd</sup>
- VCAC-Diving 4<sup>th</sup>
- VCAC-100 BR 5<sup>th</sup>
- VISAA D-II Invite-Silver Diving
- VISAA D-II Invite-100 BR 8<sup>th</sup>
- NoVa Caths-Diving 8<sup>th</sup>
- NoVa Caths-100 BR 12<sup>th</sup>
- Completed 200 lengths of the pool at the CF Swim-a-thon
- 50 FR 20.92 to 29.59
- 500 FR 7:58.36 to 7:45.93
- 100 BK 1:36.19 to 1:27.51
- 100 BR 1:30.37 to 1:16.44
- 100 FL 1:28.19 to 1:27.10
- 200 IM 3:31.20 to 3:01.51

9. Philomena Kay (8)

- 61.25
- 1<sup>st</sup> Varsity Letter
- State Qualifier
- National Cath Qualifier
- VCAC-500 FR 6<sup>th</sup>
- VCAC-100 FL 8<sup>th</sup>
- VISAA D-II Invite-500 FR 8<sup>th</sup>
- VISAA D-II Invite-200 FR 13<sup>th</sup>
- VISAA D-II Invite-Champion 200 Free Relay
- VISAA D-II Invite-400 Free Relay 5<sup>th</sup>
- NoVa Caths-200 Medley Relay 10<sup>th</sup>
- NoVa Caths-200 Free Relay 9<sup>th</sup>
- Nath Caths-200 Free Relay 21<sup>st</sup>
- VISAA JV Invite-Bronze 50 FR
- VISAA JV Invite-100 IM 6<sup>th</sup>
- VISAA JV Invite-100 FR 8<sup>th</sup>
- VISAA JV Invite- 200 Medley Relay 4<sup>th</sup>
- VISAA JV Invite-200 Free Relay 5<sup>th</sup>
- Completed 200 lengths of the pool at the CF Swim-a-thon
- 50 FR 29.48 to 28.20
- 100 FR 1:06.10 to 1:05.75
- 200 FR 2:34.65 to 2:21.60
- 500 FR 6:28.31
- 100 BK 1:18.16 to 1:16.28
- 100 BR 1:26.04 to 1:22.42
- 100 FL 1:14.13
- 200 IM 2:44.14

## 10. Jacqueline Oswald (SR)

- 53.00
- 3<sup>rd</sup> Varsity Letter
- Assistant Coach for Group 5
- State Qualifier
- National Cath Qualifier
- VCAC-200 FR 7<sup>th</sup>
- VCAC-500 FR 8<sup>th</sup>
- NoVa Caths-200 Free Relay 9<sup>th</sup>
- NoVa Caths-400 Free Relay 10<sup>th</sup>
- Nath Caths-200 Free Relay 21<sup>st</sup>
- Completed 200 lengths of the pool at the CF Swim-a-thon
- 50 FR 29.80 to 28.69
- 200 FR 2:27.54 to 2:22.93
- 500 FR 6:55.42 to 6:40.90
- 100 BR 1:25.26 to 1:19.67
- Group 5 Coach
- Coach Palazzo comment: “She was the very first person to turn in her goal card to me at the beginning of the season, it was the very next practice and no one else gave one to me that early. She is very purposeful, she listens, is coachable, and dropped time at the conference meet to move up and score when it mattered.”

## 11. Haley Fifield (SO)

- 50.50
- 2<sup>nd</sup> Varsity Letter
- State Qualifier
- National Cath Qualifier
- VCAC-100 BK 5<sup>th</sup>
- VCAC-200 IM 7<sup>th</sup>
- VISAA D-II Invite-200 IM 9<sup>th</sup>
- VISAA D-II Invite-100 BK 10<sup>th</sup>
- VISAA D-II Invite-Bronze 200 Medley Relay
- VISAA D-II Invite-200 Free Relay 7<sup>th</sup>
- NoVa Caths-200 Free Relay 9<sup>th</sup>
- NoVa Caths-400 Free Relay 10<sup>th</sup>
- Completed 200 lengths of the pool at the CF Swim-a-thon
- 50 FR 31.30 to 28.74
- 100 FR 1:06.83 to 1:02.19
- 200 FR 2:40.26 to 2:30.18
- 500 FR 7:23.47 to 7:14.83
- 100 BK 1:14.96 to 1:07.60
- 100 BR 1:31.51 to 1:28.06
- 100 FL 1:33.47 to 1:18.52
- 200 IM 2:45.53 to 2:37.28



## 12. Kateri Mantooth (SR)

- 38.75
- 2<sup>nd</sup> Varsity Letter
- State Qualifier
- National Cath Qualifier
- VCAC-50 FR 7<sup>th</sup>
- VCAC-100 FR 7<sup>th</sup>
- VISAA D-II Invite-50 FR 10<sup>th</sup>
- VISAA D-II Invite-100 FR 17<sup>th</sup>
- VISAA D-II Invite-200 Free Relay 7<sup>th</sup>
- VISAA D-II Invite-400 Free Relay 5<sup>th</sup>
- NoVa Caths-200 Medley Relay 10<sup>th</sup>
- NoVa Caths-200 Free Relay 9<sup>th</sup>
- Completed 200 lengths of the pool at the CF Swim-a-thon
- 50 FR 28.81 to 27.27
- 100 FR 1:07.89 to 1:03.26
- 100 BR 1:31.24 to 1:24.94
- 200 IM 3:10.65 to 3:01/01

### 13. Amelie Halisky (SR)

- 36.75
- 1<sup>st</sup> Varsity Letter
- VCAC-100 BK 8<sup>th</sup>
- VCAC-200 IM 9<sup>th</sup>
- VISAA D-II Invite-500 FR 11<sup>th</sup>
- VISAA D-II Invite-100 BK 16<sup>th</sup>
- VISAA D-II Invite-200 Free Relay 7<sup>th</sup>
- VISAA D-II Invite-400 Free Relay 5<sup>th</sup>
- NoVa Caths-500 FR 12<sup>th</sup>
- NoVa Caths-100 BK 11<sup>th</sup>
- NoVa Caths-400 Free Relay 10<sup>th</sup>
- Completed 200 lengths of the pool at the CF Swim-a-thon
- 50 FR 29.75 to 29.28
- 100 FR 1:15.15 to 1:08.81
- 200 FR 2:54.91 to 2:33.53
- 500 FR 7:29.41 to 6:55.47
- 100 BK 1:21.94 to 1:11.10
- 200 IM 3:12.53 to 2:42.70

### 14. Lucia Bingham (SO)

- 20.25
- 1<sup>st</sup> Varsity Letter
- VCAC-100 FL 7<sup>th</sup>
- VCAC-200 IM 8<sup>th</sup>
- VISAA D-II Invite-200 IM 11<sup>th</sup>
- VISAA D-II Invite-100 FL 16<sup>th</sup>
- VISAA D-II Invite- 200 Free Relay 7<sup>th</sup>
- Completed 200 lengths of the pool at the CF Swim-a-thon
- Sum of improvements of 1:28.53 or 62.2%
- 50 FR 30.75 to 30.51
- 100 FR 1:12.17 to 1:02.76
- 500 FR 7:30.44 to 7:01.82
- 100 BK 1:21.90 to 1:18.02
- 100 BR 1:31.,83 to 1:28.20
- 100 FL 1:32.26 to 1:13.73
- 200 IM 3:03.45 to 2:39.23

15. Lucy Cunningham (SO)

- 17.00
- 1<sup>st</sup> Varsity Letter
- VCAC-500 FR 7<sup>th</sup>
- VCAC-200 FR 10<sup>th</sup>
- VISAA D-II Invite-500 FR 10<sup>th</sup>
- VISAA D-II Invite-100 BK 19<sup>th</sup>
- 50 FR 31.95 to 31.09
- 100 FR 1:12.03 to 1:10.16
- 200 FR 2:43.41 to 2:30.70
- 500 FR 7:17.41 to 6:36.26
- 100 BK 1:18.70 to 1:16.44
- 100 BR 1:42.29 to 1:38.93
- 100 FL 1:24.64 to 1:18.65
- 200 IM 3:11.19 to 2:55.37

16. Shannon O'Malley (SO)

- 12.50
- 1<sup>st</sup> Varsity Letter
- VCAC-100 FR 10<sup>th</sup>
- VCAC-100 BK 12<sup>th</sup>
- NoVa Caths-400 Free Relay 10<sup>th</sup>
- Completed 200 lengths of the pool at the CF Swim-a-thon
- 100 FR 1:08.88 to 1:04.87
- 200 FR 2:40.79 to 2:32.59
- 500 FR 7:22.63 to 7:11.27
- 100 BK 1:19.06 to 1:14.63
- 100 BR 1:37.81 to 1:35.06
- 100 FL 1:25.33 to 1:23.69
- 200 IM 2:57.72 to 2:49.79

17. Madelyn Zadnik (JR)

- 4.75
- 3<sup>rd</sup> Varsity Letter
- VCAC-100 BR 12<sup>th</sup>
- VCAC-100 Fly 13<sup>th</sup>
- VISAA D-II Invite-200 IM 12<sup>th</sup>
- VISAA D-II Invite-100 FL 15<sup>th</sup>
- Completed 200 lengths of the pool at the CF Swim-a-thon
- 100 BK 1:29.23 to 1:26.57
- 100 BR 1:28.95 to 1:28.70
- 100 FL 1:21.19 to 1:17.03
- Group 5 Coach

18. Mary Catherine Hurley (SO)

- 2.00
- 1<sup>st</sup> Varsity Letter
- VCAC-50 FR 13<sup>th</sup>
- VISAA D-II Invite-50 FR 22<sup>nd</sup>
- 50 FR 31.65 to 30.02
- 100 FR 1:13.00 to 1:12.15
- 100 BK 1:26.88 to 1:23.47
- 100 FL 1:36.65 to 1:32.93

19. Moira Haggerty (SR)

- 1<sup>st</sup> Varsity Letter
- VISAA D-II Invite-50 FR 27<sup>th</sup>
- 50 FR 31.92 to 30.73
- 100 FR 1:13.23 to 1:09.80
- 500 FR 7:27.89 to 7:23.35
- 100 BK 1:34.06 to 1:29.09
- 100 BR 1:42.35 to 1:40.81
- 200 IM 3:26.12 to 3:08.88

## Coach Koehr's Talk

### Winning Over Adversity

#### Introduction

- **Imagine someone** who lives in a condition where everything is provided for them:
  - **Free housing** and housekeeping
  - Personal **chef** and **shopping service**
  - **Laundry** service
  - Personal **chauffeur** to take them anywhere they need to go
  - Free **use of a vehicle** including **gas**
  - Private **counseling** whenever required
  - **Free electricity** and **communications**
  - A wide range of free entertainment offerings
- **Can you think of anyone** who lives under those conditions?
  - I can
  - And I'm looking at about 113 of you (i.e., the kids on the Seton Swim Team)
- Think about your life situation right now
  - **Your ONLY real responsibility is to improve yourself**
  - Your **biggest problems** are things like
    - having **three tests** one week.
  - I'm **not belittling** that, believe me.
    - To paraphrase the famous Notre Dame coach **Lou Holtz**:
    - **You've never been 59, but I've been 16.**
- As you grow older, this is **going to change**
  - One day there are likely going to be **people depending on you** for:
    - Housing
    - Meals
    - Laundry
    - Transportation
    - Counseling
    - Electricity and Communications, and
    - Entertainment...
    - **....and more!**
- **And you are going to encounter adversity in the process?**
  - I'm **not going to ask you Dads** this because I don't want to embarrass you.

- Moms, how many of you have **been up at 2:30 in the morning cleaning up puke?**
- Have you ever stopped for gas on the way to swim practice and seen all those **work trucks at 7-11?**
  - And you **complain about getting up early?**
  - Those guys get up earlier than we do during swim season **for 40 or 50 years**
    - And they **work outside** in the cold of the winter and the heat of the summer
  - And **I complain** because **the air not flowing** well in the pool area
    - I have to say to myself, **“Oh stop!”**
  - And I’ll tell you a **little secret**, I hate getting up early just as much as you do.
  - These guys have gotten so used to this adversity that **they would laugh if we called it “adversity”**
  - It’s **just what adults must do** for those that they love.
- Believe it or not, **this is what I think about on a pool deck**
  - There are loads of people who can **coach swimming better than me**
    - Coach Mulhern, Ross, and Palazzo for instance
    - Why do you think I have them coaching the top two groups instead of me?
  - But preparing you to swim fast is **not what this is all about**
  - I’m **trying to prepare you for the rest of your life**
    - And that life is **going to involve adversity**
    - And it could involve **significant adversity**
  - **With people depending on you**, you are going to have to **be able to overcome that adversity** and thrive.
- **Imagine** that the company your **Manufacturer’s Rep Agency** has represented for more than 20 years gets **taken over by the bank** and flipped to a **competitor**
  - And then imagine,
    - A company in which you are **heavily invested**, and for which you **raised a bunch of money** from friends, is informed they are **losing their key integration partner**,
    - And to **top it all off**,
      - your high school swim team **loses the conference championship for the first time in 29 years** because of you **weren’t paying close enough attention.**
  - **All in the same week!**
- You might start to ask yourself, **“What did I do to anger the God’s”**

- It has been a **painful run for me since early January**.
  - Even my **weight has been going back up**
  - I knew I had an issue when I was **standing on the scale** and caught myself **sucking it in**
    - **Colleen** said, “you realize that’s **not going to make you weigh less?**”
    - I said, “I know but it’s the **only way I can see the numbers**”
- Shortly after all of this went down, I was having a **conversation with the Director of National Accounts** at my customer.
  - We were having our own little **pity party**, and
  - He said, “**Man, you’re sure taking this pretty well.**”
  - I said, “**David, we’re lucky. This is the way we get to suffer.**”

### Suffering as a Blessing

- For me, one of the reasons that I **love the Catholic faith** is that it helps me **make sense of the world** in which I live.
- Despite what charlatans like **Joel Osteen** says, you **can’t pray your way to prosperity or out of pain**
  - It’s **obvious**
    - Just living in the world, we can **readily observe** that **bad things happen to good people**
  - Our faith **doesn’t dismiss** something that obvious
    - It **explains by connecting**
      - the **role of suffering** in our lives
      - with **what happens next**
- The Catholic faith has what I think is a **beautiful teaching** on this connection
  - I’m no theologian, but I had a very good friend, **Deacon Bernie Ragan**, who described it to me in a way that made a lot of sense to me:
    - He always told me that **he did not believe God would have to judge us**
      - Because he believed that **we judge ourselves** first.
    - That when we **look into the face of God**,
      - it would be **like a little child** who **knows he’s done wrong**,
      - **looking up at his mother**
        - **ashamed** and sad that he’s disappointed her.
    - That **suffering is something we would want** to endure so that our **soul would be cleansed** for the beatific vision.
      - Even **suffering on earth**.



- Such an **easy concept intellectually** - but how **hard** it is to internalize.
    - **Suffering is a blessing?**
    - When **offered up**, it **cleanses our soul so that we can stare into the face of God with joy?**
    - Really?
    - How **easy it is to lose faith and wonder** why an almighty God allows anyone to suffer
      - Much less some of the families who are suffering in our own Seton community.
- **After my conversation** with David, I thought,
  - **“Man, that was pretty good.”**
  - **“But why doesn’t it feel very good.”**
- I was really **struggling hard** with that question for those middle weeks in January
  - I think **some of you may have noticed**
    - I’m sorry for that
  - But since that time, I’ve had **four (4) important realizations** that completely changed the way I was thinking about this
    - I hope they might help you one day when you **take the inevitable “big hit”** in some aspect of your life.

### A Call to Humility

- The **most immediate** and impactful realization was **my total lack of humility**.
  - **What makes my problems so special?**
  - If I **thought** about it for even just a **few seconds**,
    - I could **think of 10 people with bigger problems** than me.
  - Compared to them, it is **sort of embarrassing to even use the word “suffering”?**
- I was sitting in a **Board meeting with a CEO** whose company we are **selling for less than the debt** right now
  - **Another source of pain** for me on top of everything else
  - **10 years of his life** is coming to less than nothing, and
    - In our pre-meeting chit-chat, I was **telling him about my business problems**
  - Then it hit me
    - **“Hey Jim, wake up! The world is not about you!”**
- I thought about that GK Chesterton book, **The Invisible Man**

- **Listen up** here, you middle schoolers, because this is going to be a **summer reading assignment** for you.
- It's a bizarre little story that is actually about the **people that pass through our lives, unseen.**
  - Like the **woman who set up the coffee and breakfast** in the hotel at States
    - Can anyone **remember what she looked like?**
  - Or the guy **cleaning the bathroom** at **O'Hare Airport.**
    - On a recent trip, after walking past him on my way out of the restroom, I turned around and said, "**Thanks for cleaning up after us.**"
      - He just **noded and smiled**
      - But **you know who was smiling bigger – me!**
- **Was part of my problem that I needed to start thinking of someone other than myself?**
- I thought about a book on **John Paul the Great** to which I recently listened
  - He called it the "**The Law of the Gift**"
    - ***Responsible self-giving, not self-assertion, is the road to human fulfillment***
  - Then Cardinal Wojtyla's said that his favorite line from Vatican II says, "***Man finds himself only by making himself a sincere gift to others***" (Gaudium et Spes, no. 24).
- How **paradoxical**
  - **If I want to re-find myself, I need to look away from myself.**
- I could feel it **starting to work.**
- This doesn't **require big showy acts**
  - It can be in the **little mortifications**
  - One thing I've been doing for years that not even my wife knows about
    - **I never walk past a single piece of trash.**
      - I'm not going to dive into a big mess, but
      - If there is just **a lone piece of trash screaming to be picked up**, I bend down and
      - Say a **little prayer for someone, usually Fr. Sean** who repeatedly asks me to pray for him.
        - Fr. Sean gets all my trash prayers 😊
- That is why, by the time we got to the Championship season, I finally realized that **as hard as the season had been on me, swimming was actually gift to me.**
  - **Turning outside of myself** was **more than a mere distraction** from my struggles

- These **daily acts of humility** gave me a sense of purpose
- I was feeling better


## We Must Live with Our Choices

- The next thing I realized is that my adversity was founded **in a choice I, myself, had made.**
  - **This was my own darn fault.**
- **How many times have I told all of you** how lucky you are because:
  - You were born in a **free country** where
    - any **advantages or disadvantages**
    - can be **negated or overcome**
    - by the **choices** you make
- **Bad choices are frequently the cause of suffering**
  - **Quit your job** for a dumb reason
  - **Drink too much**
  - **Have sex** before you are married, or
  - **Not doing your Algebra homework**
- **But that leads back to humility**
  - **We are not special**
  - If we **make a bad choice**, and **bad things happen** as a result
    - **We just need to own it**
- **Suffering can also happen from good choices too**
- In this case, **I don't think I made a bad choice**, but
  - **I did choose to make my living** as an entrepreneur and a private equity and venture capital investor
    - It is **not exactly a risk-free way** to support a family.
- I have this **picture of Sam Walton**, the founder of Walmart, hanging in my office
  - I see his "**Entrepreneur's Creed**" every time I walk through the door
    - "**I seek opportunity, not security**"
    - "**I want to take the calculated risk, to dream and to build, to fail and to succeed.**"
- **Sometimes I fail**, and sometimes I succeed
  - I **have consciously chosen** to run without a net
  - It's what **allows me to coach** and teach
  - Yes, **I work all the time**, but I **don't "go to work"**
- When things go poorly, I'm fond of saying, "**that's why they call it risk**"
  - Sure, **I could get a job**, probably a pretty good job
    - With a salary and bonus and benefits and a 401K match.
    - Maybe even a pension if I stay there for 30 years
  - But **that is not the choice** I made
    - Now **I have to own that**

- As I pondered whether, knowing all that I now know, **would I make a different choice**
  - **No!**
  - **“So, suck it up sweetheart”**
- I know a bunch of you boys were **pretty upset** when your **400 Free Relay got DQ’d** in the Final at States for an early take-off.
  - It **didn’t faze me one bit**
  - We all **knew we had to beat Covenant** to win the Boys State Championship
    - And we also knew that, with Will Charlton on the back end of their relay, **that was unlikely**
    - So, **we were going to have to take a risk**
  - Yes, it **cost us the State Runner-up** by a single point
    - But I’d **do that 100 out of 100 times**
    - You’ll never catch me playing for 2nd place
  - There were tears and **there was suffering**, but **we made a choice**
    - And I think **you all can proudly own that choice**

### It’s Time to Work Harder

- The **realization** that **I am living with a choice** I made and had to own it **led logically to my third realization**:
  - It was time to **head back** to the cold water of **the Freedom Center** at 6:04 a.m. and **get back to work**.
- Again, quoting former Notre Dame Coach **Lou Holtz**
  - *“Life is 10% what happens to you and ninety percent how you respond to it”*
- I have a **slightly different twist** on that same concept that some of you have heard me say many times:
  - *“Never play the victim, even if you are.”*
- **Why?**
  - Because **it’s just not helpful**.
  - **When you play the victim** and blame someone else for your problems
    - You are **just quitting**
    - You are **succumbing to the things you can’t control**
  - If we are going to live God’s plan, we need to **control the things that we can control**
    - And **one of those is how hard we work**.
- So, I’ve **jumped back into the fight**
  - **Thanks to Vickie Zadnik** who has been helping me with my Algebra class, and

- **To Pat Mulhern, Ross Palazzo, and DD Ross** for handling so many practices without me
  - The truth is they **handle them without me** even when I'm there  

- You **can't be a quitter** if you are going to be a good swimmer, and
  - you can't be a quitter if you choose to make your living the way I do
- I **understand why you might be upset** when you have a bad race or don't swim a PR, but
  - that **doesn't necessarily mean you didn't do your best** on that particular day
    - You can **sulk but that turns out to not be particularly helpful**, or
    - You **can own it** and ask what went wrong?
      - How did I **eat**?
      - How did I **sleep**?
      - Was I properly **hydrated**?
      - Did I **warm-down properly** after my last race
  - And most importantly,
    - **am I going to get back in the water on Monday** with a renewed commitment?
- It's **OK** for you **to say that someone is better than you**, but
  - **no one should be able to say they try harder than you.**
- It's why **I just go crazy**
  - when you can swim a 50 Free in 24 or 25 seconds and **you take the 100 out in 28**, or
  - when you take the 100 out really fast and then **shut it down at 80 yards when it really starts to hurt.**
- It is why I was even **more passionate** than normal **about the 500 Free** this year.
  - If you **can't face up to 9 or 10 minutes** of continuous swimming,
  - **I've failed to prepare you** for what's coming in your life.

## Who's Got It Better Than Me?

- And finally, in the midst of all these sleepless ponderings, I came to the **biggest realization of all:**
  - **If this is what suffering looks like to me, I'm pretty darn lucky**
- My **challenges became increasingly manageable** as I pondered the **countless good things in my life.**
  - **What am I worried about?**
    - I have the **important things**
  - Starting with **the most important**
    - I am **still madly in love** with the varsity swimmer I met at Notre Dame more than 40 years ago
      - And **she**, quite understandably 😊, **is madly in love with me too!**
      - She was **a little slow on the uptake** early on, but she finally figured it out.
  - And this is **not an existential crisis for me**
    - I've **spent a lifetime developing the gifts** that God gave me
    - I have **ability to figure this out**
    - **And I will.**
- My **mother** always used to say, "*Everything happens for a reason.*"
  - I believe that
  - I know that this, in God's providence, **will lead to some good somehow**
    - I'm **just hoping** that good is **while I'm still on this earth!**
- Maybe this an **opportunity the change?**
  - Fr. John Heisler once said, "*Pain and sorrow are the movements that lead you to change*"
  - **What change can I make** to turn this into a some good?
    - The answer to that question is **going to take some more sleepless nights**, but I'll figure it out too.

## Conclusion

- When I **first told** my customer David, “**We’re lucky. This is the way we get to suffer**”,
  - I knew that **was true intellectually**, but I’m not sure I fully accepted it.
- It was only after I:
  - **Recognized** my own **arrogance**,
  - **Accepted** that this was ultimately **my own choice**,
  - **Recommitted** myself to **more hard work**, and
  - **Acknowledged** all the reasons that I had **to be grateful** in my life
- that I **fully understood how powerful what I had instinctively said** to David actually was.
  
- **For all my trials this season**, I have come to realize that **I truly am a very lucky man**
  - *Who has it better than us? Nobody!*

Now let’s move on to the **final part of our program**.



## Captains for Next Season

1. One big goal for the past several seasons was to create the **warmest, most welcoming, and most fun** team that we've ever had
2. Our **metrics for success?**
  - One will be another set of **Conference Championships and State Championships.**
  - But I've had bigger goals:
    - Are we living our GEMS?
      - Gratitude,
      - Excellence,
      - Meekness, and
      - Sacrifice
3. Achieving this 2<sup>nd</sup> Goal took **leadership** – from our **Captains**
  - I'm going to **expect even more than ever** from our Captains next season.
    - I hope our Captains next season will:
      - **Set the example** with
        - their work ethic
        - their fundraising for the CF Swim-a-thon
        - their performance in the pool
        - their commitment to the team as their **primary activity** for the winter
      - But they will also be the **Servant Leaders** who take the lead by
        - creating **warm, welcoming, and fun environment** on our team,
        - **knowing everyone's name,**
        - Arriving early to every practice and meet to **greet everyone** as they arrive.
        - Staying until the end to cheer for the final struggling swimmers and organize clean-up
    - There should be **no surprise** at this point about **what I value and how I think**
      - **As Captains, you represent me personally to the team.**
4. Picking **Captains for Next Season**
  - **Diving Coaches**, can you please join me?
  - Several years ago, I **changed the way we do this.**
    - We began the tradition of picking the Captains for next season at the end of the previous season
    - Selections based on **three inputs:**

- How the coaches saw the live our GEMS **all season** long
- What their **teammates thought, particularly for candidates below rising seniors**
- How much I think I can **develop** them into leaders.
- So, it was not a simple vote, but your responses definitely carried the most weight.
- So, here is who are **eligible**, based on this criterion, for **Swimming**:
  - Come on up when I say your name:
    - **Girls**
      - **Maggie Gibbons (JR)**
      - **Madelyn Zadnik (JR)**
      - **Amelia Geary (JR)**
      - **Clara Condon (SO)**
    - **Boys**
      - **Luke Mantooth (JR)**
      - **Mick Fioramonti (JR)**
      - **David Hudson (JR)**
      - **Connor Koehr (SO)**
  - **Coach Keapproth announces:** And here is who are **eligible** for **Diving**:
    - **Mick Fioramonti (JR)**
    - **Connor Koehr (SO)**
  - We say “**eligible**” because:
    - We are first going to **need to hear from each you** that are **willing to commit** to that level of excellence.
      - Reread the description of our expectations of you on the web site, think about it, and then let me know.
      - I’ve reposted in at the top of the Blog section on the site.
    - I certainly expect you to prioritize your commitment to this team, and attend every meet, particularly the championship meets.
      - If you have a USA meet, and we talk about it in advance, I can be super flexible on that one.
      - But fortunately, USA meets don’t conflict with our championship meets.
    - If you decide that you cannot make this level of commitment for whatever reason
      - No big deal
      - **We make choices**, and I can respect that.

- But I do want you to know that both the coaches and your teammates think you would be a good captain.
- But the choice is yours
- So, for now, congratulations on earning the respect of your coaches and teammates!
- Our process to pick captains has worked well for several years, but there is **one thing changed last year that worked very well:**
  - With such a large team, I've been selecting a large number of Captains
    - It left too little accountability.
      - I needed some help with holding our team's leaders more accountable.
    - I decided it was time for me to also select a **Captain of Captains**
  - I've had this thought for a while, so I've been watching
    - **Maggie Gibbons** has found a great balance this year between
      - the seriousness of an athlete and
      - the joy of a great leader
    - I'd like to see her help me and the other coaches strike that balance with the entire team
  - So, **Maggie Gibbons, if you are willing to commit to it**, I'd like to appoint you as the Seton Swimming Captain of Captains.

## Most Improved

- And now, let's conclude our awards for the season with the two awards that are the most important to me.
  - **Most Improved Awards**
  - **Coach's Awards**
- First, some fun facts:
  - Since last season and since Time Trials, **our team has dropped a total of 42:21.36**
    - **More than an entire work week**
    - And that doesn't count improvements for kids who swam an event for the first time after Time Trials.
- It's **always tricky** figuring out who's the Most Improved for a couple of reasons:
  - So many people make so much improvement.
  - **What's better?** Going from a :53 to a :35 in 50 Free or from :27 to :24?
- So, here's how I do it
  - I **compare everyone's time** from
    - Last year
    - Time Trials this year
    - The end of the season this year
  - Then I sum the time improvements and the percentage improvements for:
    - All the events
    - For just the 100s and 50 Free
      - I look at just the 100s and 50 Free because sometime the totals can get skewed by a 30 second drop in 500 Free
        - I really like to see 30 second drops in the 500, but not everyone who could have dropped that much got a chance to.
  - Then I sort it all a several different ways, throw in some personal judgment, and pick two boys and two girls - normally.

- This year, the Most Improved Awards go to:
  - Girls
    - **Sofia Kohlhaas (7)**
      - Sum of improvements of 3:42.41 or 84.6%
      - 50 FR 42.54 to 36.25
      - 100 FR 1:47.67 to 1:26.61
      - 200 FR 3:11.86
      - 500 FR 11:49.37 to 9:09.66
      - 100 BK 2:02.96 to 1:44.03
      - 100 BR 2:13.18 to 1:56.76
    - **Sophia Halisky (7)**
      - Sum of improvements of 2:43.46 or 79.0%
      - 50 FR 34.76 to 32.74
      - 100 FR 1:27.39 to 1:16.61
      - 200 FR 3:15.73 to 2:42.18
      - 500 FR 8:48.50 to 7:24.37
      - 100 BK 1:46.01 to 1:29.94
      - 100 BR 1:50.63 to 1:32.31
    - **Honorable Mentions:**
      - **Aoife Haggerty (8)**
        - Sum of improvements 2:13.05 or 68.2%
        - 50 FR 37.59 to 33.43
        - 100 FR 1:29.07 to 1:21.16
        - 500 FR 10:01.03 to 8:43.49
        - 100 BK 1:59.37 to 1:38.82
        - 100 BR 2:06.40 to 1:43.51
        - 200 IM 3:35.49
      - **Betsy Arnold (7)**
        - Sum of improvements of 1:15.77 or 66.8%
        - 50 FR 37.59 to 33.43
        - 100 FR 1:28.91 to 1:14.09
        - 200 FR 3:23.00 to 2:48.15
        - 500 FR 8:03.29
        - 100 BK 1:34.26 to 1:25.15
        - 100 BR 1:54.43 to 1:41.78
        - 100 FL 1:36.09
        - 200 IM 3:07.95

- **Elizabeth Hurley (7)**
  - Sum of improvements of 1:40.95 or 65.1%
  - 50 FR 35.24 to 31.03
  - 100 FR 1:23.87 to 1:11.74
  - 200 FR 3:05.00 to 2:38.63
  - 500 FR 8:21.76 to 7:38.23
  - 100 BK 1:27.21 to 1:20.32
  - 100 BR 1:39.26 to 1:31.44
  - 100 FL 1:25.51
  - 200 IM 3:00.06
- **Lucia Bingham (SO)**
  - Sum of improvements of 1:28.53 or 62.2%
  - 50 FR 30.75 to 30.51
  - 100 FR 1:12.17 to 1:02.76
  - 500 FR 7:30.44 to 7:01.82
  - 100 BK 1:21.90 to 1:18.02
  - 100 BR 1:31.83 to 1:28.20
  - **100 FL 1:32.26 to 1:13.73**
  - **200 IM 3:03.45 to 2:39.23**

- Boys
  - **Daniel Sokban (8)**
    - Sum of improvements of 3:13.39 or 125.5%
    - 50 FR 30.53 to 25.94
    - 100 FR 1:14.49 to 1:00.53
    - 200 FR 3:10.93 to 2:13.30
    - 500 FR 7:27.07 to 6:31.19
    - 100 BK 1:27.96 to 1:23.72
    - 100 BR 1:41.30 to 1:23.20
    - 100 FL 1:35.20 to 1:22.51
    - 200 IM 3:14.17 to 2:48.87
  - **Dominic Judge (8)**
    - Sum of improvements of 2:36.90 or 98.1%
    - 50 FR 32.73 to 29.62
    - 100 FR 1:13.99 to 1:07.01
    - 200 FR 2:59.95 to 2:26.77
    - 500 FR 7:39.62 to 6:28.63
    - 100 BK 1:28.26 to 1:17.67
    - 100 BR 1:40.41 to 1:25.74
    - 100 FL 1:33.09 to 1:15.71
    - 200 IM 2:40.00
  - **Jack Gregory (SR)**
    - Sum of improvements of 2:00.84 or 68.0%
    - Sum of 50 and 100 Free improvements of 41.93 seconds or 51.5%
    - He is a senior who came out for the team for the first time.
      - “At the beginning of the season he could barely swim a 25 without stopping and picking his head up multiple times. At the first practice he swam a 50 free in 53.46 seconds. He was unsure in the water and very tense”
      - “It didn't take long to realize he was determined to learn how to swim and was quietly committed. I never heard him complain about swimming. Throughout the season Joey Dealey worked with him extensively and by the end of the season he had a very respectable best time of 35.93 seconds in his 50 free, as well as some of the best dives and relay starts that I've seen on the whole team.”

- “One of his classmates, in explaining why he didn't swim, was complaining about the early mornings and Jack stepped in saying ‘Yea, but it's so worth it!’”
  - 50 FR 53.46 to 35.93
  - 100 FR 2:10.25 to 1:45.85
  - 500 FR 11:33.12 in January
  - 100 BR 2:46.34 and completely legal in January
- **Honorable Mentions:**
  - **Nick Vaughan (SO)**
    - Sum of improvements of 3:56.94 or 98.1%
    - Sum of 50 and 100 Free improvements of 24.33 seconds or 30.7%
    - 50 FR 35.71 to 32.41
    - 100 FR 1:38.20 to 1:17.17
    - 200 FR 4:32.81 to 3:15.75
    - 500 FR 11:03.15 to 9:20.60
    - 100 BK 1:03.,23 to 1:59.40
    - 100 BR 2:21.75 to 1:52.58
  - **Josh Fioramonti (FR)**
    - Sum of improvements of 2:47.16 or 83.5%
    - 50 FR 27.47 to 26.24
    - 100 FR 1:06.22 to 1:01.53
    - 200 FR 2:57.16 to 2:21.17
    - 500 FR 8:21.53 to 7:01.94
    - 100 BK 1:29.53 to 1:24.47
    - 100 BR 1:35.15 to 1:28.32
    - 100 FL 1:30.20 to 1:20.78
    - 200 IM 3:15.42 to 2:51.07
  - **Liam Halisky (SO)**
    - Sum of improvements of 1:46.43 or 79.5%
    - Sum of 50 and 100 Free improvements of 18.97 seconds or 36.1%
    - 50 FR 29.78 to 27.91 (time trials) to 24.86
      1. Split 23.87 at States
    - 100 FR 1:11.73 to 1:03.06 to 57.68
      1. Split 55.51 at States
    - 200 FR 3:18.19 to 2:57.26 to 2:26.40



- 500 FR 7:30.68 to 7:05.11
- 100 BK 1:20.46 to 1:15.34
- 100 BR 1:34.80 to 1:29.83
- **Michael Brox (SO)**
  - Sum of improvements of :43.61 or 47.2%
  - 50 FR 26.34 to 23.54
    1. Split 23.22 and then 22.77 at States
  - 100 FR 59.91 to 56.25
    1. Split 53.98 and then 52.63 at States
  - 200 FR 2:13.45 to 2:09.70
  - 500 FR 6:18.33 to 6:06.52
  - 100 BK 1:13.37 to 1:09.35
  - 100 FL 1:09.94 to 1:00.11
- **Joseph Borneman (SO)**
  - Sum of improvements 57.18 or 71.2%
  - Sum of 50 and 100 Free improvements 16.07 or 30.0%
  - 50 FR 28.15 to 24.82
  - 100 FR 1:09.97 to 57.23
  - 200 FR 2:23.67 to 2:14.54
  - 500 FR 6:28.82
  - 100 BK 1:26.45 to 1:11.87
  - 100 BR 1:37.14 to 1:19.74

## Coach's Award

From the beginning, I have always given an award to the one Boy and one Girl who **best exemplify the values on which I speak and write so profusely.**

It is never an easy decision because there are many possible choices every year.

Let us start with **Diving**. **Coach Keapproth**, please come up?

- Honorable Mention
  - Meghan Condon (7)
- **Rose Waldron (SO)**

And for **Swimming**, the Coach's Award goes to:

- Girls
  - Honorable Mention
    - Jacqueline Oswald (SR)
    - Madlyn Zadnik (SR)
    - Elizabeth Hurley (7)
    - Nora Blanchette (9)
  - **Mary Pennefather (SR)**
    - I looked back at my notes from last year, and I said this about Mary:
      - And I've seen a greatness in Mary Pennefather
      - We have a lot of swimmers from large families. In large families
        - Some are big personalities bringing joy to the house every time they are around
          - 1. Some love to laugh, but quietly serve
        - Some shout out for attention
          - 1. Some just go with the flow
        - Some are vocal opponents of injustice
          - 1. And some are quiet problem solvers
        - Mary is the later
        - I can see this role being quite a challenge for Mary, but
          - 1. I can also see this role being quite a growth opportunity for her
    - My prediction turned out to be exactly correct:
      - It was a growth opportunity for her, and I saw more greatness in her
    - I'm sure it was hard for Mary with all of the young competition around her this year

- Imagine being a senior and just scoring 2,000 points on the basketball court.
  - Then you come to the swim team for your senior year, and you get knocked off the “A” Medley Relay – a relay you’ve been on for your entire swimming career.
  - As one coach said, ***“but she still led with the same vigor and commanded the respect of her teammates without ever belittling anyone and I don't think I ever saw the team respond uniformly like I would see them respond to a Mary huddle, prayer, announcement, or cheer.”***
- Boys
  - Honorable Mention
    - Michael Brox (SO)
    - Joe Wilson (SR)
    - Tim Blanchette (SR)
  - **Joey Dealey (SR)**
    - Without being the best swimmer on the team became recognized as a team leader.
      - He was the most faithfully cheering Captain
      - He was also a huge help to his Dad with the meet set-up
      - Made sure the Freedom Center looked great after every meet
        - Just quietly got to work
    - Coach Palazzo: ***“One thing that jumped out to me was at states after I changed from jumping in the pool, I saw Joey as I walked out of the locker room and he was cleaning the deck of trash, not even our meet, at a meet where he didn't compete in a scoring event. I thought that was pretty remarkable.”***
    - Coach Zadnik: ***“He was one of the three student coaches to teach and encourage younger swimmers on Wednesday and Friday. He came in quietly and left quietly (never commented or complained about the early hour), but he was very effective in going through the drills he learned from Coach Koehr. Often, I would look over in his lane and ask myself ‘how did he get them to do that?’”***
    - Joey is a great example of a servant leader
      - Jesus said that the last shall be first, and that is exactly what is going to happen right now.

## Conclusion

- It certainly has been another great season for Seton.
- I'm already **looking forward to next season**
  1. This isn't like the old days where the only question was by how much we would win the conference
  2. **Trinity Christian** is still gunning for us
    - And we are going to have to get better
  3. We have a **load of good young swimmers** who want to get better
    - Look at this fast crop of middle school girls who are going to count next season
    - And look at what our boy's sophomores and below did this year
  4. **Two things** you can do now:
    - Help **recruit more kids** to the team for next year
    - **If you think that you have a gift for swimming** that you want to **develop further**, please talk to me
      1. We are incredibly lucky to have so many great options for competitive swimming in our area
- Thank you again and I'll see you next Tuesday, November 5<sup>th</sup> for the first day of practice!

## Captains Thank yous

Mary Pennefather does her thing