

## Notes for Seton Swimming Awards – '23-'24

- **Koehr Introduction**

- It was another amazing season for Seton Swimming
  - Our **Girls** were:
    - **VISAA Division II State Championship Runner-Up (13<sup>th</sup> overall) by only 9-points**
      - Top-8 finishes by Ariana Aldeguer (FR) in the 200 IM and 500 Free.
    - **VISAA Division II Invitational Championship Champions**
    - **VCAC Conference Championship Regular Season Runner-up**
    - **VCAC Conference Championship Meet Runner-up**
      - Our girls have won at least of a piece of 29 out of 30 Conference Championships
    - **VISAA Junior Varsity Invitational Championship Runner-up**
    - **Our Girls Regular Season record was 27-2**
      - Since 2002 - Girls: 459-57-3
  - Our **Boys** were:
    - **3<sup>rd</sup> in the State for VISAA Division II (12<sup>th</sup> overall)**
      - State Champion in Boys Diving
      - Top-8 Finish in Diving by Mick Fioramonti
        - Five (5) divers scored in the Top-16
      - Top-8 Finish in the Boys 200 Free Relay of Lionel Martinez, Connor Koehr, Liam Halisky, and Michael Brox
    - **VISAA Division II Invitational Championship Champion**
    - **NoVa Catholic High School Champion**
    - **VCAC Conference Championship Regular Season Champion**
    - **VCAC Conference Championship Meet Champion**
    - **VCAC Regular Season Conference Runner-ups**
      - They've won **26 of the last 30** Conference championships
    - **Our boys regular season record was 28-1**
      - Losing only to The Heights
      - Since 2002 - Boys: 439-75-0
- It was another **great season for many other reasons too:**

- **It was great because:**
  - We had **123 kids** on the team this year, counting our Team Managers.
  - That's **35%** of the whole school!
- **It was great because:**
  - Of our **1,205 Personal Records!**
- **It was great because:**
  - Of our two (2) Individual VCAC Champions, and
  - Our **eleven (11) All-Conference Swimmers**
- **It was great because:**
  - We raised **\$11,985 for Cystic Fibrosis.**
  - That's a total of over **\$91,000 since 2012**
- **It was great because:**
  - **Our web site** got just over **75,000 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:**
    - **Gratitude**
      - **"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 eleven (11) 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**
    - **Maggie Gibbons (12)**
  - **Girls**
    - **Madelyn Zadnik (12)**
    - **Clara Condon (11)**
    - **Haley Fifield (11)**
  - **Boys**
    - **Luke Mantooth (12)**
    - **Connor Koehr (11)**
    - **Michael Brox (11)**
    - **Liam Halisky (11)**
  - **Diving**
    - **Mick Fioramonti (12)**
    - **Connor Koehr (11)**
  - **Captains stay up to help recognize the parent volunteers.**
  
- **Recognize Parent Volunteers**
  - I am about to recognize 84 different names of people who made this season so incredible
  - Coaches
    - Coach Ross Palazzo
    - Coach DD Ross
    - Coach John Halisky
    - Coach Scott Kay
    - Coach Jerry Zadnik
    - Coach Joe Hurley
    - Coach Anne Judge
    - Coach Matt Schroer
    - Coach Patrick Heiny
    - Coach Sandy Osilka
    - Coach Tara Judge
    - Coach Madelyn Zadnik, Group 5
    - Coach Michael Brox, Group 5
    - Coach Mary Clare Osilka, Group 5
    - Coach Ashley Keapproth, Diving
    - Special Honoree
      - Coach Pat Mulhern
  - 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.

- Katie Condon – Logistics & Team Travel Coordinator, Diving Meet Director, Head Timer Recruiter, Banquet Coordinator, Team Mom
- Paul Fifield – Seton Sports Network Production Manager, team photographer
- Mike Judge - Dry Deck Official, CTS, taking over from Bill Dealey and Hank Konstanty
- Hank Konstanty – Dry Deck Official, CTS, took over from Bill Dealey and transitioned to Mike Judge
- Richard Borneman – Head Official, recruiter, Starter
- Chris Condon – Head Timer
- Yudi Sokban, Back-up Head Timer, regular timer
- Katie Lynch – Head Apparel Coordinator
- Julie Mantooth – Head of Hospitality, Banquet Coordinator
- Will Waldron – Dry Deck official, CTS, diving support
- Charles Seltman, the Godfather of Seton swimming
- Kimberly Dalrymple – Former Coach 2014-2023, Adult Supervision for Coach Koehr at Swim Meets
- Special Honoree
  - Bill Dealey – former Head Dry Deck official, Seton Sports Network Production IT manager, 2012-2024
- 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
    - James Hill
    - Gabe Hambleton
    - Nora Blanchette
    - Haley Fifield
    - Kyleigh Fifield
    - Luke Fifield
    - James Reynolds
  - Dry Deck Officials
    - Melissa Sokban, Dry Deck, CTS
    - Hume Nguyen, Dry Deck, CTS
    - John Kleb, The Voice of Seton Swimming
    - Michael Bingham, Backup Announcer, Timer
    - Carol Ann Miller, Diving Scorer, Travel Meet support

- Bob Miller, Diving Judge
- Maureen Duran, former Diving Coach, Diving Judge
- Wet Deck Officials
  - David Wilson, Stroke & Turn
  - Ben Borneman, Stroke & Turn
  - Claire Nguyen, Stroke & Turn
  - Chris Dusek, Stroke & Turn
  - Bridget McCardell, Stroke & Turn
  - Tommy Reynolds, Stroke & Turn
- Other Key Volunteers
  - Christi Brox, Travel Meet support, regular meet volunteer
  - Anne Judge, Meet Set-up
  - Mary Partridge, Hospitality, Banquet (even brought Smoked Salmon!)
  - Molly Herwick, Team Nurse, Banquet, Hospitality
  - Ellen Gibbons, Team Nurse, Medals, Travel Meet support
  - Theresa Zahorchak, Hospitality, Banquet
  - Rosanne Garvey, Hospitality, Banquet
  - Annette Saffian, Hospitality, Banquet
  - Mary Pat Blanchette, Team Mom, Banquet Set-up/Clean-up
  - Mark Mantooh, Hospitality, and whatever else Julie wanted done
  - Leah Halisky, Photographer
  - Joanne Pretz, Dive support
  - Jean Cooley, regular timer
  - Jake Cooley, regular timer
  - Zack Mikkelson, regular timer
  - Chuck Cunningham, regular timer
  - Jim Brox, regular timer
  - Vickie Zadnik, regular timer
  - Liz Paradise, regular timer
  - Nancy Bauer, regular timer
  - Tim Mayer, regular timer
  - Rick Armstrong, regular timer
  - Tammy Armstrong, regular timer
  - Christine Wilson, regular timer

- John Herwick, regular timer
- Joe Aldeguer, regular timer
- Banquet Coordinators
  - Katie Condon
  - Mary Pat Blanchette
  - Julie Mantooth
  - Anne Judge
  - Paul Fifield
  - Haley Fifield, Banquet Slide Show
- Behind the Scenes Super Volunteers Keeping Coach Koehr sane
  - Kimberly Dalrymple
  - Colleen Koehr

**Recognize Seniors** with gift towels

- Jed Albin
- Mick Fioramonti
- Maggie Gibbons
- Jack Gregory
- Peter Konstanty
- Luke Mantooth
- Stella Paradise
- Madelyn Zadnik
- Dominic Miller
- Joseph Minarik
- Cate Waldron, Team Manager



- **Top Cystic Fibrosis Fundraisers**

- Swim-a-thon
  - 55 participants
  - 54 completed 200 lengths.
    - 5,000 yards or nearly 3 miles
    - The most ever!
- **Raised \$11,985**
  - The 3<sup>rd</sup> most ever
- **Top Fundraising Teams**
  - Team Connor (Koehr) \$2,600
  - Team Clara (Condon) \$2,050
  - Team Liam (Halisky) \$1,750
  - Team Madelyn (Zadnik) \$1,330
  - Team Luke (Mantooth) \$1,090
- **Team Connor included:**
  - Thomas Keapproth
  - Sofia and Daniel Kohlhaas
  - Colette, Penny and Cora Kramer
  - Joey Lynch
  - Julia and Matthew Maranian
  - Lionel and Thiago Martinez
- **Top Fundraisers, all with 3-digit totals:**
  - Drew, Kenny, Bella, and James Nguyen \$865
  - Maggie Schroer \$655
  - Haley, Kyleigh and Luke Fifield \$600
  - Malia Buser \$300
  - Walter Saffian \$300

- **Letter Requirements**

- Varsity Letters – 12
- JV Letters - 36
- Pins
  - Boy's swimming pins – 12
  - Girl's swimming pins - 14
  - Boy's diving pins – 8
  - Girl's diving pins – 13
- Bars - 63

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

(Announce in reverse order)

### **Coach Koehr: Ad lib for 24-seconds until “Dive” video ramps up**

- **Coach Keapproth**
  - Tennessee State Champion
  - George Mason University Conference Finalist all four (4) years
  - Paid her way through Law School coaching Junior National Diving
  - Just completed her 4<sup>th</sup> year at the Coach at Seton
    - Now has the best Diving program in the VISAA
    - Built the Diving Dryland facility that is the envy of even the USA Diving Clubs
- **“Dive” Music Video by Steven Curtis Chapman**

### **Coach Keapproth:**

- So incredibly proud of the team.
- On the boys side, besides having our first state champion we also put 5 boys into the top 13 going into finals. Unfortunately, the rules limited us to 4, but this a GOOD PROBLEM TO HAVE.
- On the girl’s side, this is the first time we have actually scored points in diving since the virtual state meet in 2021. In prior years, we have had a dominant boys team with a handful of girl divers. This year, for the first time ever, we had more girls than boys.
- I cannot tell you how thrilled I am for the future of girls diving at Seton. In addition to our current state team divers (none of whom graduate this year), we have a strong crop of 6-8 grade girls who will be unstatutable in a few years.
- An while I have boy diver coming out of my ears since I started, it has hit me that I graduate all but two of them next year, so I am really looking to for some 6-8<sup>th</sup> grade boy diver to step up and help continue our dominance on boys diving.
- Before I get into highlighting the kids and their accomplishments, I really need to thank a few of the parents. I know Coach Koehr acknowledge you, but I would be remiss if I did not express my sincerely graduate to these folks:
  - Paul Fifield
  - Carol Ann Miller
  - Katie Condon
  - Jim Koehr

## Boys:

### STATE TEAM:

- 1) Connor Koehr (JR)
  - 405.00
  - State Champion & VISAA Male Diver of the Year
  - Runner up at National Catholics
  - VCAC Championship, Division II Champion, & NoVa Catholic Champion
  - Broke the Seton 6 and 11 dive record (a few times)
  
- 2) Mick Fioramonti (SR)
  - 162.00
  - 6<sup>th</sup> at States
  - 7<sup>th</sup> at National Catholics
  - Runner up at VCAC, Davison II, NoVa Catholic Championships
  - Set new 6 and 11 dive PRs
  - Mick is my only senior, and I had him for 4 years. I will miss him incredibly, but I think I have talked him into helping me coach a bit next season, so hopefully he won't be too far.
  
- 3) Jacob Oswald (JR)
  - 133.00
    - 10<sup>th</sup> at States
    - 8<sup>th</sup> National Catholics
    - 3<sup>rd</sup> at VCAC Championships, Division II Championship, & 4<sup>th</sup> at NoVa Catholics.
  - Set new 6 and 11 dive PRs
  
- 4) Gus Kohlhaas (JR)
  - 78.00
    - Set new 6 and 11 dive PRs
    - 11<sup>th</sup> at States
    - 4<sup>th</sup> at Division II Champs
    - 9<sup>th</sup> at National Catholics
  
- 5) Max Gonzalez (JR)
  - 51.00
    - Set new 6 and 11 dive PRs
    - 13<sup>th</sup> at States going into finals
    - 4<sup>th</sup> at VCACs
    - 5<sup>th</sup> at Division II Champs
    - 5<sup>th</sup> at Nova Catholics
    - 15<sup>th</sup> at National Catholics

## **NON-State Team**

- 6) Philip Gomez (JR)
  - New diver. Learned all 11 dives needed to qualify for states/
- 7) Dan Jackson (FR)
  - Placed **1st** in the JV invite, and set the meet diving record of 148.28 points.
  - Learned 8 of the 11 dives needed to qualify for states and HIT the state qualifying score.
- 8) Max Ashton (6)
  - SFH –
  - He has worked hard to move up to group 2 next year.
- 9) Dominic Miller (SR)
  - SFH
  - Original diver
  - Broke his 6 dive PR this season.

## **Girls:**

### **GROUP 1:**

- 10) Rose Waldron (JR)
  - Diving and Swimming
  - 13<sup>th</sup> at States this year ... 43<sup>rd</sup> as a freshman, 23<sup>rd</sup> as a sophomore
  - Broke the Seton 6 dive record previously held by her sister Clare.
  - 2<sup>nd</sup> at VCACs
  - 3<sup>rd</sup> at Davion II Championships
  - 6<sup>th</sup> at NoVa Catholics
  - 12<sup>th</sup> at National Catholics
- 11) Maria Miller (SO)
  - 80.00
  - 18<sup>th</sup> at States
  - 2<sup>nd</sup> at Division II Champs where she broke the VCAC 11 record!
  - 6<sup>th</sup> at VCACs
  - 8<sup>th</sup> at Nova Catholics
- 12) Meghan Condon (8)
  - 68.00
  - 26<sup>th</sup> at States
  - 3<sup>rd</sup> at JV Invite
  - 4<sup>th</sup> at VCACs
  - 4<sup>th</sup> at Division II Champs
  - 10<sup>th</sup> at Nova Catholics

- 13) Elizabeth Francis (JR)
- 33.00
  - 29<sup>th</sup> at States
  - 5<sup>th</sup> at Division II Champs
  - 9<sup>th</sup> at NoVa Catholics
  - 7<sup>th</sup> at VCACs
- 14) Anna Russo (JR)
- 15.00
  - 24<sup>th</sup> at States
  - 6<sup>th</sup> at Division II Champs
  - 9<sup>th</sup> at VCACs
  - Learned all 11 dives in first year which is a feat.

## **GROUP 2:**

- 15) Elodie Brox (JR)
- Diving and Swimming
  - Set a PR 122.05 points for 6 dives.
  - Learned a full 11 dive list.
- 16) Mary Catherine Hurley (JR)
- Diving and Swimming
  - Set a PR of 127.50 points for 6 dives.
  - She learned 8 of the 11 dives needed for states.
- 17) Cecelia Kelly (8)
- At the JV invite, she came **in 2nd place** with a score of 146.25 point for 6 dives.
  - She learned 8 of the 11 dives needed for states. She even hit the state qualifying score.
- 18) Claire Kay (6)
- SFH
  - Diving and Swimming – Obvious talent from Day 1 - trained with the Seton team.
  - At the JV invite, came in **4th place** scoring 135.95 points, beating her prior PR by over 30 points.
  - She learned 8 of the 11 dives needed for states.

### Group 3

19) Lucy Herwick (7)

- Diving and Swimming
- **5th place in the JV invite** with a score of 117.30 points and scored 10 points for Seton, demolishing her prior PR by over 60 points.
- Lucy learned enough dives to earn a spot in group 2 next year!

20) Lauren Grinder (8)

- Set a PR of 66.60 points competing 4 dives.
- She learned inward dive and a front flip pike, Lauren is now eligible to move up to group 2 for next season.

21) Jane Judge (8)

- Diving and Swimming
- Set a PR of 47.45 points, setting a new PR.
- Learn an inward dive and a front flip pike, making her eligible to move up to group 2.

22) Penny Kramer (FR)

- Diving and Swimming
- New diver this season. She set a PR 60.55 points with 4 dives, doubling her prior PR!
- Learned 4 dives including front dive tuck, back dive, front flip, and inward dive.

23) Rachel Baughman (8)

- New diver this season. She set a PR 69.05 points with 4 dives, doubling her prior PR!
- Learned 4 dives including front dive tuck, back dive, front flip, and inward dive.

24) Grace Catabui (6)

- SFH
- Diving and Swimming
- New diver this season. Set PR of 34.10 points with 2 dives, and learned front dive tuck and back dive.

## **Seton Family Homeschool**

(Announce in reverse order)

- 1) Joseph Minarik (SR)
  - 4<sup>th</sup> year on the team
  - 50 FR 36.78 to 36.01
  - 100 FR 1:29.14 to 1:25.70
  - 200 FR 3:52.41 to 3:38.30
  - 100 BR 2:44.04 to 2:15.19
- 2) Thomas Keapproth (7)
  - 1<sup>st</sup> year on the team
  - 50 FR 36.19 to 34.52
  - 200 FR 3:18.65 to 3:00.80
  - 500 FR 8:19.78
  - 100 BR 1:46.65 to 1:45.54
  - Part of the Top CF Fundraising Team (Team Connor)
- 3) James Nguyen (6)
  - 1<sup>st</sup> year on the team
  - 50 FR 37.21 to 34.41
  - 100 FR 1:24.43 to 1:23.19
  - 500 FR 8:27.25
  - 100 BK 1:43.95 to 1:35.55
  - 100 BR 1:37.32 to 1:36.93
  - Completed 200 lengths for the Cystic Fibrosis Swim-a-thon
- 4) Paul Partridge (6)
  - 1<sup>st</sup> year on the team
  - 50 FR 31.47 to 31.12
  - 100 FL 1:21.84
  - 200 IM 3:00.25
- 5) Matthew Maranian (6)
  - 1<sup>st</sup> year on the team
  - 50 FR 46.63 to 42.90
  - Part of the Top CF Fundraising Team (Team Connor)

- 6) Maggie Mikkelson (6)
- 1<sup>st</sup> year on the team
  - 50 FR 41.40 to 38.68
  - 100 FR 1:35.03 to 1:34.79
  - 200 FR 3:27.28 to 3:16.64
  - 100 BK 2:05.24 to 1:59.66
  - 100 BR 1:55.69 to 1:46.55
  - Completed 200 lengths for the Cystic Fibrosis Swim-a-thon
  - Perfect practice attendance
- 7) Caroline Schroer (6)
- 1<sup>st</sup> year on the team
  - 50 FR 37.50 to 32.79
  - 100 FR 1:21.44 to 1:16.06
  - 200 FR 3:@6.97 to 2:56.93
  - 500 FR 8:27.46
  - 100 BK 1:46.12 to 1:45.33
  - 100 BR 1:44.60 to 1:33.67
  - 200 IM 3:29.96
  - Completed 200 lengths for the Cystic Fibrosis Swim-a-thon
- 8) Katie Cooley (6)
- 1<sup>st</sup> year on the team
  - 50 FR 36.05 to 33.30
  - 100 FR 1:25.07 to 1:24.15
  - 200 FR 3:34.76 to 3:11.66
  - 500 FR 9:08.90
  - 100 BK 1:44.18 to 1:42.66
  - 100 BR 2:04.00 to 1:54.48
  - 100 FL 2:06.14
  - Very proud she tried this
- 9) Audrey Mayer (6)
- 1<sup>st</sup> year on the team
  - Sum of improvements of 1:38.62 or 70.8%
  - 50 FR 1:14.68 to 53.14
  - 100 FR 2:32.81 to 1:58.84
  - 100 BK 3:38.96 to 2:55.85
  - Perfect practice attendance



- 10) Grace Catabui (6)
- 1<sup>st</sup> year on the team
  - Diving and Swimming
  - 50 FR 46.07 to 43.73
  - 200 FR 4:00.50 to 3:52.26
  - 500 FR 10:24.85
  - 100 BK 2:06.04 to 2:04.42
  - 100 BR 2:04.63 to 1:59.61
  - Perfect practice attendance
- 11) Claire Kay (6)
- 1<sup>st</sup> year on the team
  - Diving and Swimming
  - 50 FR 38.00 to 33.81
  - 200 FR 3:06.89 to 2:50.47
  - 500 FR 7:57.94
  - 100 BK 1:36.86 to 1:33.76
  - 100 BR 1:45.24 to 1:37.54
  - 100 FL 1:36.44
  - Completed 200 lengths for the Cystic Fibrosis Swim-a-thon
  - Perfect practice attendance

## **Junior Varsity Girls**

(Announce in reverse order) (No Lila Partridge)

- 1) Mary Catherine Hurley (JR)
  - 13.50
  - JV Letter – 4th
  - 50 FR 30.02 to 29.98 – broke :30
  - 100 FR 1:12.15 to 1:09.25
  - 100 BR 1:35.25 to 1:32.56
  - 100 FL 1:32.93 to 1:32.09
- 2) Molly Bauer (JR)
  - 2.00
  - JV Letter – 4th
  - 50 FR 37.17 to 33.61
  - 100 FR 1:30.40 to 1:19.28
  - 500 FR 9:19.26 to 8:54.76
  - 100 BK 1:56.36 to 1:37.76
  - 200 IM 3:40.74 to 3:17.49
  - Perfect practice attendance
  - Coach Halisky, ““Molly with her smile and gratitude. It was always good day when Molly came. Never a complaint from her.”
- 3) Orla Haggerty (JR)
  - 1.00
  - JV Letter – 5th
  - 100 FR 1:12.18 to 1:11.28
  - 500 FR 8:01.41 to 7:41.68
  - 100 BK 1:40.26 to 1:34.32
  - 100 BR 1:47.60 to 1:39.22
  - 100 FL 1:45.69 to 1:32.75
  - 200 IM 3:33.33 to 3:17.60
  - Perfect practice attendance

- 4) Meg Blanchette (JR)
  - JV Letter – 4th
  - 50 FR 35.58 to 33.63
  - 100 FR 1:20.49 to 1:17.41
  - 500 R 8:46.08 to 8:15.30
  - 100 BK 1:43.51 to 1:36.78
  - 100 BR 1:39.65 to 1:36.16
  - 100 FL 1:41.47
  - 200 IM 3:18.34
- 5) Briana Shillingburg (JR)
  - JV Letter – 3rd
  - 50 FR 43.10 to 39.74
  - 100 FR 1:50.21 to 1:34.48
  - 500 FR 11:42.37 to 10:27.59
  - 100 BK 1:59.43 to 1:56.54
  - 100 BR 2:34.19 to 2:25.94
  - 200 IM 4:22.89
- 6) Mary Claire Osilka (SO)
  - JV Letter – 4th
  - Coach for Group 5
  - 200 FR 3:13.54 to 2:57.28
  - 100 FL 1:35.08
  - 200 IM 3:18.11 to 3:15.17
  - Completed 200 lengths for the Cystic Fibrosis Swim-a-thon
- 7) Mary Catherine Munsell (SO)
  - 11.00
  - JV Letter – 2nd
  - 50 FR 33.96 to 32.65
  - 100 FR 1:20.55 to 1:16.27
  - 200 FR 3:06.03 to 2:51.84
  - 100 BK 1:34.67 to 1:27.45
  - 100 BR 1:33.08 to 1:29.31
- 8) Allison Quispe (SO)
  - JV Letter – 3rd
  - 50 FR 37.19 to 36.23
  - 100 FR 1:27.04 to 1:22.72
  - 500 FR 9:29.66 to 9:22.12
  - 100 BR 1:52.26 to 1:48.61

- 9) Malia Buser (SO)
- JV Letter – 1st
  - 50 FR 39.69 to 38.06
  - 100 FR 1:33.12 to 1:30.39
  - 200 FR 3:48.52 to 3:37.04
  - 500 FR 10:03.29
  - 100 BK 1:59.81 to 1:56.56
  - Completed 200 lengths for the Cystic Fibrosis Swim-a-thon
- 10) Colette Kramer (SO)
- JV Letter – 3rd
  - Sum of improvements of 7:12.41 or 147.4%
  - 50 FR 54.97 to 41.43
  - 100 FR 2:05.71 to 1:39.22
  - 200 FR 4:22.24 to 3:36.68
  - 500 FR 14:25.00 to 10:25.97
  - 100 BK 2:42.72 to 2:09.08
  - 100 BR 2:40.48 to 1:56.33
  - Completed 200 lengths for the Cystic Fibrosis Swim-a-thon
  - Part of the Top CF Fundraising Team (Team Connor)
  - Perfect practice attendance
- 11) Gabriella Russo (FR)
- 22.50
  - JV Letter – 3rd
  - VISAA JV Invite – 200 Breaststroke Relay – Silver medal
  - VISAA JV Invite – 200 Back Relay – Bronze medal
  - VISAA JV Invite – 100 FR 12<sup>th</sup>
  - VISAA JV Invite – 50 FR 13<sup>th</sup>
  - 50 FR 31.97 to 30.68
  - 100 FR 1:12.74 to 1:09.05
  - 200 FR 2:42.17 to 2:35.92
  - 500 FR 7:32.81 to 7:08.01
  - 100 BK 1:24.97 to 1:21.69
  - 100 BR 1:42.22 to 1:31.31
  - 100 FL 1:31.46 to 1:17.91
  - 200 IM 3:03.18 to 2:55.79
  - Did High School Prep before the season
  - Participating in weekly post-season practices with her friends

- 12) Mariana Bingham (FR)
- 8.00
  - JV Letter – 3rd
  - VISAA JV Invite – 200 Free Relay 6<sup>th</sup>
  - VISAA JV Invite – 200 Medley Relay 8<sup>th</sup>
  - VISAA JV Invite – 50 FL 11<sup>th</sup>
  - VISAA JV Invite – 100 IM 18<sup>th</sup>
  - 200 FR 3:12.58 to 2:50.62
  - 100 BR 1:42.33 to 1:41.85
  - 200 IM 3:20.63 to 3:15.06
  - Completed 200 lengths for the Cystic Fibrosis Swim-a-thon
  -
- 13) Noemi Rodriguez (FR)
- JV Letter – 3rd
  - VISAA JV Invite – 200 Medley Relay 8<sup>th</sup>
  - VISAA JV Invite – 200 Breaststroke Relay 6<sup>th</sup>
  - 50 FR 33.54 to 32.15
  - 100 FR 1:21.51 to 1:15.39
  - 500 FR 9:11.60 to 8:50.88
  - 100 BK 1:36.48 to 1:32.41
  - 100 BR 1:41.73 to 1:38.67
  - 100 FL 2:03.43 to 1:53.90
  - Completed 200 lengths for the Cystic Fibrosis Swim-a-thon
- 14) Aoife Haggerty (FR)
- JV Letter – 3rd
  - VISAA JV Invite – 200 Free Relay 6<sup>th</sup>
  - 50 FR 33.43 to 32.77
  - 100 FR 1:21.16 to 1:13.35
  - 200 FR 3:32.05 to 2:50.13
  - 500 FR 8:43.49 to 8:17.91
  - 100 BK 1:38.82 to 1:32.66
  - 100 BR 1:43.51 to 1:34.61
  - 100 FL 1:36.43
  - 200 IM 3:35.49 to 3:13.27
  - Perfect practice attendance
  - Participating in weekly post-season practices with her friends

- 15) Gigi Gibaldi (FR)
- JV Letter – 1st
  - 50 FR 41.81 to 36.93
  - 200 FR 3:49.93 to 3:20.19
  - 500 FR 9:30.95
  - 100 BK 2:11.86 to 2:02.50
  - 100 BR 2:22.83 to 2:10.92
  - Completed 200 lengths for the Cystic Fibrosis Swim-a-thon
  - Did High School Prep before the season
- 16) Caroline Brand (FR)
- JV Letter – 1st
  - VISAA JV Invite – 200 Back Relay 4th
  - VISAA JV Invite – 200 Breaststroke Relay 6th
  - 50 FR 33.84 to 32.91
  - 100 FR 1:17.59 to 1:12.97
  - 200 FR 3:11.01 to 2:54.92
  - 500 FR 8:04.30
  - 100 BK 1:32.66 to 1:29.93
  - 100 BR 1:45.18 to 1:38.08
  - 100 FL 1:38.18
  - 200 IM 3:18.16
  - Participating in weekly post-season practices with her friends
- 17) Penny Kramer (FR)
- JV Letter – 2nd
  - Diving and Swimming
  - Sum of improvements of 3:09.52 or 116.7%
  - 50 FR 49.15 to 38.94
  - 100 FR 2:16.78 to 1:26.63
  - 200 FR 4:41.49 to 3:13.44
  - 500 FR 10:36.21
  - 100 BK 2:26.74 to 1:45.63
  - Part of the Top CF Fundraising Team (Team Connor)
  - Completed 200 lengths for the Cystic Fibrosis Swim-a-thon
  - Perfect practice attendance

- 18) Cora Kramer (FR)
- JV Letter – 3rd
  - 50 FR 44.79 to 41.97
  - 100 FR 1:55.70 to 1:35.13
  - 200 FR 3:56.28 to 3:36.58
  - 500 FR 11:23.56 to 11:09.98
  - 100 BK 2:01.31 to 1:57.09
  - 100 BR 1:54.46 to 1:46.76
  - 200 IM 3:42.35
  - Completed 200 lengths for the Cystic Fibrosis Swim-a-thon
  - Part of the Top CF Fundraising Team (Team Connor)
  - Perfect practice attendance
- 19) Sage Armstrong (FR)
- JV Letter – 1st
  - 50 FR 42.30 to 41.43
  - 100 FR 1:44.23 to 1:42.82
  - 200 FR 4:20.02 to 3:53.31
  - 500 FR 10:55.68
  - 100 BK 2:05.10 to 1:59.32
  - 100 BR 2:19.94 to 2:12.84
- 20) Betsy Arnold (8)
- 1.00
  - JV Letter – 2nd
  - VISAA JV Invite – 200 Back Relay – Bronze medal
  - VISAA JV Invite – 200 Free Relay – Bronze medal
  - VISAA JV Invite – 50 BK 16<sup>th</sup>
  - 50 FR 31.02 to 29.53
  - 100 FR 1:14.09 to 1:12.21
  - 500 FR 8:03.29 to 7:30.50
  - 100 BK 1:25.15 to 1:23.99
  - 100 BR 1:41.78 to 1:36.26
  - 100 FL 1:36.09 to 1:32.30
  - 200 IM 3:07.95 to 3:03.39

21) Jane Judge (8)

- JV Letter – 2nd
- Diving and Swimming
- VISAA JV Invite – 200 Back Relay 4th
- VISAA JV Invite – 200 Breaststroke Relay 6th
- VISAA JV Invite – Diving 6<sup>th</sup>
- 50 FR 35.24 to 33.18
- 100 FR 1:25.29 to 1:19.70
- 500 FR 8:35.40 to 8:03.10
- 100 BK 1:35.58 to 1:26.67
- 100 BR 1:49.29 to 1:37.30
- 100 FL 1:48.61 to 1:33.79
- 200 IM 3:28.80 to 3:11.72
- Completed 200 lengths for the Cystic Fibrosis Swim-a-thon
- Participating in weekly post-season practices with her friends
- Perfect practice attendance

22) Katie Bauer (8)

- JV Letter – 2nd
- VISAA JV Invite – 200 Breaststroke Relay – Silver medal
- VISAA JV Invite – 200 Free Relay 6<sup>th</sup>
- VISAA JV Invite – 50 BR 12<sup>th</sup>
- Sum of improvements of 2:44.57 or 98.2%
- 50 FR 34.03 to 31.33
- 100 FR 1:18.43 to 1:10.60
- 200 FR 3:33.78 to 2:42.73
- 500 FR 8:00.21 to 7:19.06
- 100 BK 1:39.34 to 1:27.11
- 100 BR 1:48.78 to 1:33.76
- 100 FL 1:58.32 to 1:44.33
- 200 IM 3:28.21 to 3:07.61
- Could swim backstroke with a cup of water on her head.
- Perfect practice attendance
- From Coach Kay:
  - Most coachable swimmer in the group and a good representative of what Seton stands for.



- 23) Lily Waldron (8)
- JV Letter – 2nd
  - VISAA JV Invite – 200 Free Relay 6<sup>th</sup>
  - VISAA JV Invite – 200 Medley Relay 8th
  - 50 FR 32.16 to 31.46
  - 200 FR 3:29.58 to 3:14.60
  - 500 FR 9:58.22 to 8:59.30
  - 100 BR 1:50.59 to 1:47.84
- 24) Sofia Kohlhaas (8)
- JV Letter – 2nd
  - 50 FR 36.25 to 34.89
  - 100 BR 1:56.76 to 1:48.51
  - Part of the Top CF Fundraising Team (Team Connor)
- 25) Monica Irving (8)
- JV Letter – 2nd
  - VISAA JV Invite – 200 Medley Relay 8th
  - 50 FR 36.72 to 35.90
  - 100 FR 1:22.78 to 1:21.10
  - 100 FL 1:44.01
- 26) Annie Dusek (8)
- JV Letter – 2nd
  - VISAA JV Invite – 200 Breaststroke Relay – Silver medal
  - VISAA JV Invite – 200 Back Relay 4th
  - VISAA JV Invite – 50 BR 11<sup>th</sup>
  - VISAA JV Invite – 50 FL 16<sup>th</sup>
  - 50 FR 32.90 to 31.86
  - 100 FR 1:15.79 to 1:14.62
  - 200 FR 3:04.00 to 2:46.43
  - 500 FR 8:07.15 to 7:48.66
  - 100 BK 1:35.47 to 1:31.99
  - 100 BR 1:48.27 to 1:34.12
  - 100 FL 1:36.26 to 1:32.30

- 27) Clare Heiny (8)
- JV Letter – 2nd
  - 50 FR 36.66 to 34.87
  - 200 FR 3:50.74 to 3:09.70
  - 500 FR 9:08.97 to 8:43.54
  - 100 BK 1:44.18 to 1:37.18
  - 100 BR 1:56.25 to 1:52.13
  - 100 FL 1:55.90
- 28) Bella Nguyen (8)
- JV Letter – 2nd
  - 50 FR 40.16 to 36.16
  - 100 FR 1:33.98 to 1:21.32
  - 500 FR 9:15.01 to 8:37.37
  - 100 BK 1:45.32 to 1:42.57
  - 100 BR 1:59.61 to 1:54.23
  - 100 FL 1:55.12
  - Completed 73 laps for the Cystic Fibrosis Swim-a-thon
  - Part of the Top CF Fundraising Team (Team Connor)
- 29) Veronica Gonzalez (8)
- JV Letter – 2nd
  - 100 FR 1:46.43 to 1:44.92
  - 500 FR 10:56.69 to 10:48.37
  - 100 BK 2:15.97 to 2:07.46
  - 100 BR 1:54.63 TO 1:52.26
  - 200 IM 4:20.81
- 30) Angela Andreu (8)
- JV Letter – 1st
  - 50 FR 56.84 to 46.45
  - 100 FR 1:58.11 to 1:47.43
  - 200 FR 5L44.50
  - 100 BK 2:20.83 to 1:55.46
  - 100 BR 2:40.55

- 31) Julia Maranian (8)
- JV Letter – 1st
  - 50 FR 53.41 to 44.00
  - 100 FR 1:51.69 to 1:48.18
  - 200 FR 4:41.25 to 4:20.61
  - 500 FR 12:27.72
  - Part of the Top CF Fundraising Team (Team Connor)
  - Completed 200 lengths for the Cystic Fibrosis Swim-a-thon
  - Perfect practice attendance
- 32) Lucy Herwick (7)
- JV Letter – 1st
  - Diving and Swimming
  - VISAA JV Invite – Diving 5<sup>th</sup>
  - 50 FR 41.17 to 37.38
  - 500 FR 9:45.51
  - 100 BR 2:01.07 to 1:49.82
  - Completed 200 lengths for the Cystic Fibrosis Swim-a-thon
- 33) Veronica Bingham (7)
- JV Letter – 1st
  - 2nd year on team
  - 50 FR 38.53 to 37.39
  - 100 FR 1:29.40 to 1:25.53
  - 100 BK 1:59.08 to 1:54.18
  - Completed 200 lengths for the Cystic Fibrosis Swim-a-thon
- 34) Jenny Baughman (7)
- JV Letter – 1st
  - 50 FR 45.50 to 40.73
  - 100 FR 1:37.73 to 1:35.73
  - 200 FR 3:53.22 to 3:20.91
  - 500 FR 9:10.78
  - 100 BK 1:57.93 to 1:53.88
  - 100 BR 1:53.86 to 1:48.25

- 35) Rosie DeWolf (7)
- JV Letter – 1st
  - Sum of improvements of 3:30.67 or 135.6%
  - 50 FR 51.45 to 36.17
  - 100 FR 1:56.78 to 1:29.49
  - 200 FR 4:17.81 to 3:40.44
  - 500 FR 10:33.54
  - 100 BK 2:38.03 to 1:52.06
  - 100 BR 3:37.50 to 2:12.74
  - Completed 200 lengths for the Cystic Fibrosis Swim-a-thon
  - Perfect practice attendance
- 36) Clare Judge (7)
- JV Letter – 1st
  - Sum of improvements of 1:25.81 or 69.2%
  - 50 FR 53.09 to 40.10
  - 100 FR 1:50.88 to 1:40.88
  - 200 FR 4:32.46 to 4:13.05
  - 500 FR 11:08.58
  - 100 BK 2:25.60 to 2:02.74
  - 100 BR 2:38.95 to 2:18.40
  - Completed 200 lengths for the Cystic Fibrosis Swim-a-thon
  - Perfect practice attendance
- 37) Evie Mayer (7)
- JV Letter – 1st
  - Sum of improvements of 1:23.20 or 63.8%
  - 50 FR 1:10.01 to 51.78
  - 100 FR 2:40.98 to 2:11.93
  - 100 BK 3:02.38 to 2:26.46
- 38) Camila Quispe (7)
- JV Letter – 1st
  - 2nd year on team
  - 50 FR 43.30 to 39.54
  - 100 FR 1:44.01 to 1:32.69
  - 500 FR 11:01.32 to 10:33.00
  - 100 BK 2:10.08 to 1:48.06
  - 100 BR 2:44.16 to 2:08.77

39) Annabelle Mikkelson (7)

- JV Letter – 1st
- 50 FR 34.72 to 34.31
- 200 FR 3:12.82 to 2:57.18
- 500 FR 8:35.07
- 100 BK 1:42.92 to 1:40.70
- 100 BR 1:46.98 to 1:40.13
- Completed 200 lengths for the Cystic Fibrosis Swim-a-thon
- Perfect practice attendance

## Varsity Girls

(Announce in reverse order)

1) Ariana Aldeguer (FR)

- 343.00
- Varsity Letter – 2<sup>nd</sup>
- **High Point Award Winner**
- **Seton Team Record – 200 IM, 2:08.57**
- VISAA States – 500 FR Championship Finalist (5<sup>th</sup>)
- VISAA States – 200 IM Championship Finalist (7<sup>th</sup>)
- VISAA States – 200 Medley Relay Finalist (10<sup>th</sup>)
- VISAA States – 400 Free Relay Finalist (11<sup>th</sup>)
- **VCAC All-Conference (2X)**
- VCAC Champs – 200 Medley Relay – Silver medal
- VCAC Champs – 100 FL - Silver medal
- VCAC Champs – 100 BK - Silver medal
- VCAC Champs – 400 Free Relay 4<sup>th</sup>
- **VISAA Division II Invite Champion – 200 FR – Gold medal**
- **VISAA Division II Invite Champion – 500 FR – Gold medal**
- **VISAA Division II Invite Champion – 200 Medley Relay – Gold medal**
- VISAA Division II Invite – 400 Free Relay – Silver medal
- **National Catholics Championship Finalist – 200 IM 6<sup>th</sup>**
- **National Catholics Championship Finalist – 500 FR 4<sup>th</sup>**
- National Catholics – 200 Medley Relay Finalist (10<sup>th</sup>)
- National Catholics – 400 Free Relay 17<sup>th</sup>
- **NoVa Catholic Champion – 200 FR – Gold medal**
- NoVa Catholic – 100 FR – Silver medal
- NoVA Catholic – 200 Medley Relay 4<sup>th</sup>
- NoVA Catholic – 400 Free Relay 6<sup>th</sup>
- 50 FR 26.92 to 26.27
- 200 FR 1:57.99 to 1:56.99
- 100 BR 1:17.06 to 1:16.44

- 2) Clara Condon (JR)
- 280.50
  - Varsity Letter – 4<sup>th</sup>
  - Team Captain
  - VISAA States – 100 FL Finalist (16<sup>th</sup>)
  - VISAA States – 200 Free Relay Finalist (9<sup>th</sup>)
  - VISAA States – 200 Medley Relay Finalist (10<sup>th</sup>)
  - VCAC Champs – 200 Medley Relay – Silver medal
  - VCAC Champs – 100 BR 4<sup>th</sup>
  - VCAC Champs – 200 IM 6<sup>th</sup>
  - **VISAA Division II Invite Champion – 200 Medley Relay – Gold medal**
  - VISAA Division II Invite – 400 Free Relay – Silver medal
  - VISAA Division II Invite Champs – 100 FL – Bronze medal
  - VISAA Division II Invite Champs – 100 BR 5<sup>th</sup>
  - National Catholics – 200 Medley Relay Finalist (10<sup>th</sup>)
  - National Catholics – 400 Free Relay 17<sup>th</sup>
  - NoVA Catholic – 200 Medley Relay 4<sup>th</sup>
  - NoVA Catholic – 400 Free Relay 6<sup>th</sup>
  - NoVA Catholic – 200 IM 5<sup>th</sup>
  - NoVA Catholic – 100 FL 5<sup>th</sup>
  - 100 FR 1:01.63 to 58.27 – lifetime
  - 50 FR split 29.91 to 26.18 – season
  - 100 FR split 1:04.60 to 58.27 - season
  - 100 BR 1:17.97 to 1:12.03 - season
  - 100 FL 1:05.36 to 1:01.23 – season
  - 200 IM 2:29.68 to 2:21.98 – season
  - Completed 200 lengths for the Cystic Fibrosis Swim-a-thon
  - CF Team raised the 2<sup>nd</sup> highest total, \$2,050
  - Perfect practice attendance

- 3) Elodie Brox (JR)
- 271.00
  - Varsity Letter – 2<sup>nd</sup>
  - VISAA States – 200 Free Relay Finalist (9<sup>th</sup>)
  - VISAA States – 200 Medley Relay Finalist (10<sup>th</sup>)
  - VISAA States – 400 Free Relay Finalist (11<sup>th</sup>)
  - VISAA States – 50 FR 29<sup>th</sup>
  - **VCAC All-Conference**
  - **VCAC Champion – 200 Free Relay – Gold medal**
  - VCAC Champs – 200 Medley Relay – Silver medal
  - VCAC Champs – 50 FR – Bronze medal
  - VCAC Champs – 100 FR 4<sup>th</sup>
  - **VISAA Division II Invite Champion – 200 Medley Relay – Gold medal**
  - **VISAA Division II Invite Champion – 200 Free Relay – Gold medal**
  - **VISAA Division II Invite Champion – 50 FR – Gold medal**
  - VISAA Division II Invite Champs – 100 FR – Bronze medal
  - National Catholics – 200 Medley Relay Finalist (10<sup>th</sup>)
  - National Catholics – 200 Free Relay Finalist (15<sup>th</sup>)
  - NoVA Catholic – 200 Medley Relay 4<sup>th</sup>
  - NoVA Catholic – 200 Free Relay 4<sup>h</sup>
  - NoVA Catholic – 100 BR 7<sup>th</sup>
  - NoVA Catholic – 50 FR 8<sup>th</sup>
  - 50 FR 26.63 to 25.22
  - 100 FR 1:00.25 to 56.80
  - 200 FR 2:29.23 to 2:19.21
  - 500 FR 7:34.58 to 6:36.60
  - 100 BK 1:17.50 to 1:14.13
  - 100 BR 1:18.56 to 1:17.49
  - 100 FL 1:30.00 to 1:20.10
  - Completed 200 lengths for the Cystic Fibrosis Swim-a-thon
  - From Coach Kay:
    - *Elodie Brox is a joyful competitor who lifted up the entire team. She was always giving encouragement to her teammates, helping them strive for excellence. She's just a great kid.*



- 4) Stella Paradise (SR)
- 268.00
  - Varsity Letter – 2<sup>nd</sup>
  - VISAA States – 200 Free Relay Finalist (9<sup>th</sup>)
  - VISAA States – 200 Medley Relay Finalist (10<sup>th</sup>)
  - VISAA States – 400 Free Relay Finalist (11<sup>th</sup>)
  - **VCAC All-Conference**
  - **VCAC Champion – 200 Free Relay – Gold medal**
  - VCAC Champs – 200 Medley Relay – Silver medal
  - VCAC Champs – 200 FR – Bronze medal
  - VCAC Champs – 500 FR 4<sup>th</sup>
  - **VISAA Division II Invite Champion – 200 Medley Relay – Gold medal**
  - **VISAA Division II Invite Champion – 200 Free Relay – Gold medal**
  - VISAA Division II Invite Champs – 200 IM – Silver medal
  - VISAA Division II Invite Champs – 100 BR 7<sup>th</sup>
  - National Catholics – 200 Medley Relay Finalist (10<sup>th</sup>)
  - National Catholics – 200 Free Relay Finalist (15<sup>th</sup>)
  - National Catholics – 400 Free Relay 17<sup>th</sup>
  - NoVA Catholic – 200 Medley Relay 4<sup>th</sup>
  - NoVA Catholic – 200 Free Relay 4<sup>h</sup>
  - NoVA Catholic – 50 FR 6<sup>th</sup>
  - NoVA Catholic – 500 FR 7<sup>th</sup>
  - 500 FR 2:05.49 to 5:45.62
  - 100 BR 1:16.74 to 1:14.02
  - 200 IM 224.88 to 2:20.82
  - Completed 200 lengths for the Cystic Fibrosis Swim-a-thon
  - Perfect practice attendance

- 5) Rose Waldron (JR)
- 194.50
  - Varsity Letter – 2<sup>nd</sup>
  - Seton Team Records – 6-Dives, 155.75
  - VISAA – 13<sup>th</sup> Diving
  - VISAA State Championship Qualifier - Swimming
  - **VCAC All-Conference**
  - VCAC Champs – Diving – Silver medal
  - VCAC Champs – 100 BR 6<sup>th</sup>
  - VISAA Division II Invite – 200 Medley Relay 4<sup>th</sup>
  - VISAA Division II Invite – 200 Free Relay 7<sup>th</sup>
  - VISAA Division II Invite Champs – Diving – Bronze medal
  - VISAA Division II Invite Champs – 100 BR 12<sup>th</sup>
  - National Catholic Finalist – Diving 12<sup>th</sup>
  - NoVA Catholic – 200 Medley Relay 8<sup>th</sup>
  - NoVA Catholic – 200 Free Relay 9<sup>h</sup>
  - NoVA Catholic – Diving 6<sup>th</sup>
  - NoVA Catholic – 100 BR 10<sup>th</sup>
  - 50 FR 29.59 to 28.10
  - 100 FR 1:10.70 to 1:07.77
  - 200 FR 3:55.03 to 2:52.14
  - 500 FR 7:45.93 to 7:40.34
  - 200 IM 3:01.51 to 2:52.87

- 6) Haley Fifield (JR)
- 188.50
  - Varsity Letter – 3<sup>rd</sup>
  - Team Captain
  - VISAA State Championship Qualifier
  - VCAC Champs – 400 Free Relay 4<sup>th</sup>
  - VCAC Champs – 100 BK 7<sup>th</sup>
  - VCAC Champs – 100 FL 9<sup>th</sup>
  - VISAA Division II Invite – 200 Medley Relay 4<sup>th</sup>
  - VISAA Division II Invite – 400 Free Relay – Silver medal
  - VISAA Division II Invite Champs – 100 BK 6<sup>th</sup>
  - VISAA Division II Invite Champs – 100 FR 9<sup>th</sup>
  - National Catholic Qualifier
  - NoVA Catholic – 400 Free Relay 6<sup>th</sup>
  - NoVA Catholic – 200 Medley Relay 8<sup>th</sup>
  - NoVA Catholic – 100 BK 5<sup>th</sup>
  - 50 FR 28.74 to 27.79
  - 100 FR 1:02.19 to 1:01.61
  - 200 FR 2:30.18 to 2:26.10
  - 500 FR 7:14.83 to 6:58.84
  - 100 FL 1:18.52 to 1:12.41
  - Completed 200 lengths for the Cystic Fibrosis Swim-a-thon
  - Did High School Prep before the season
  - Organized weekly post-season practices with her friends

- 7) Maggie Gibbons (SR)
- 187.00
  - Varsity Letter – 5<sup>th</sup>
  - Team Captain of Captains
  - VISAA States – 200 Free Relay Finalist (9<sup>th</sup>)
  - VISAA States – 400 Free Relay Finalist (11<sup>th</sup>)
  - VISAA States – 50 FR 33<sup>rd</sup>
  - VCAC Champion – 200 Free Relay – Gold medal
  - VCAC Champs – 50 FR 4<sup>th</sup>
  - VCAC Champs – 200 FR 5<sup>th</sup>
  - VISAA Division II Invite Champion – 200 Free Relay – Gold medal
  - VISAA Division II Invite – 400 Free Relay – Bronze medal
  - VISAA Division II Invite Champs – 200 IM 5<sup>th</sup>
  - VISAA Division II Invite Champs – 100 BK 8<sup>th</sup>
  - National Catholics – 200 Free Relay Finalist (15<sup>th</sup>)
  - NoVA Catholic – 200 Free Relay 4<sup>h</sup>
  - NoVA Catholic – 400 Free Relay 7<sup>th</sup>
  - NoVA Catholic – 200 FR 12<sup>th</sup>
  - 50 FR 26.24 to 26.10
  - 50 FR split down to 25.35 at States
  - 100 FR split 1:01.92 to 56.50 at States
  - 200 FR 2:10.27 to 2:09.48
  - 100 FL 1:18.40 to 1:14.88
  - 200 IM 2:29.93 to 2:29.88
  - Perfect practice attendance

- 8) Philomena Kay (FR)
- 167.50
  - Varsity Letter – 2<sup>nd</sup>
  - VISAA State Championship Qualifier
  - VCAC Champs – 500 FR 7<sup>th</sup>
  - VCAC Champs – 200 IM 10<sup>th</sup>
  - VISAA Division II Invite – 400 Free Relay – Bronze medal
  - VISAA Division II Invite – 200 Free Relay 7<sup>th</sup>
  - VISAA Division II Invite Champs – 200 IM 7<sup>th</sup>
  - VISAA Division II Invite Champs – 500 FR 8<sup>th</sup>
  - National Catholic Qualifier
  - NoVA Catholic – 400 Free Relay 7<sup>th</sup>
  - NoVA Catholic – 200 Free Relay 9<sup>h</sup>
  - NoVA Catholic – 500 FR 9<sup>th</sup>
  - NoVA Catholic – 100 BR 11<sup>th</sup>
  - VISAA JV Invite – 200 Medley Relay 4<sup>th</sup>
  - VISAA JV Invite – 200 Free Relay – Bronze medal
  - VISAA JV Invite – 100 IM – Bronze medal
  - VISAA JV Invite – 100 FR 4<sup>th</sup>
  - VISAA JV Invite – 50 FR 7<sup>th</sup>
  - 50 FR 28.20 to 28.01
  - 100 FR 1:05.75 to 1:01.75
  - 500 FR 6:28.31 to 6:16.83
  - 100 BR 1:22.42 to 1:20.48
  - 200 IM 2:44.14 to 2:33.79
  - Completed 200 lengths for the Cystic Fibrosis Swim-a-thon
  - Participating in weekly post-season practices with her friends

- 9) Anastasia Garvey (SO)
- 167.50
  - Varsity Letter – 2<sup>nd</sup>
  - VISAA State Championship Qualifier
  - VCAC Champs – 400 Free Relay 4<sup>th</sup>
  - VCAC Champs – 200 IM 8<sup>th</sup>
  - VCAC Champs – 100 FL 8<sup>th</sup>
  - VISAA Division II Invite – 200 Medley Relay 4<sup>th</sup>
  - VISAA Division II Invite – 400 Free Relay – Silver medal
  - VISAA Division II Invite Champs – 200 IM 6<sup>th</sup>
  - VISAA Division II Invite Champs – 100 BK 7<sup>th</sup>
  - National Catholic Qualifier
  - NoVA Catholic – 400 Free Relay 7<sup>th</sup>
  - NoVA Catholic – 200 Medley Relay 8<sup>th</sup>
  - NoVA Catholic – 100 BK 8<sup>th</sup>
  - NoVA Catholic – 100 FL 11<sup>th</sup>
  - 50 FR 30.45 to 28.99
  - 100 FR 1:04.51 to 1:01.15
  - 200 FR 2:20.14 to 2:19.82
  - 100 BK 1:11.29 to 1:07.60
  - 200 IM 2:32.90 to 2:30.08
  - Completed 200 lengths for the Cystic Fibrosis Swim-a-thon
  - Did High School Prep before the season
- 10) Giselle Hill (SO)
- 167.00
  - Varsity Letter – 1<sup>st</sup>
  - National Catholics – 200 Free Relay Finalist (15<sup>th</sup>)
  - National Catholics – 400 Free Relay 17<sup>th</sup>
  - NoVA Catholic – 200 Free Relay 4<sup>h</sup>
  - NoVA Catholic – 400 Free Relay 6<sup>th</sup>
  - NoVA Catholic – 500 FR 10<sup>th</sup>
  - NoVA Catholic – 200 IM 11<sup>th</sup>
  - 100 FR 1:01.91 to 1:00.60, split 1:00.19
  - 200 FR 2:34.47 to 2:18.32
  - 500 FR 6:32.10
  - 100 FL 1:08.86
  - 200 IM 2:37.73
  - Completed 200 lengths for the Cystic Fibrosis Swim-a-thon

11) Maggie Schroer (8)

- 120.50
- Varsity Letter – 1<sup>st</sup>
- VISAA State Championship Qualifier
- VCAC Champion – 200 Free Relay – Gold medal
- VCAC Champs – 400 Free Relay 4<sup>th</sup>
- VCAC Champs – 200 FR 7<sup>th</sup>
- VCAC Champs – 100 FR 9<sup>th</sup>
- VISAA Division II Invite – 400 Free Relay – Bronze medal
- VISAA Division II Invite – 200 Free Relay 7<sup>th</sup>
- VISAA Division II Invite Champs – 200 FR 7<sup>th</sup>
- VISAA Division II Invite Champs – 100 FR 8<sup>th</sup>
- NoVA Catholic – 200 Medley Relay 8<sup>th</sup>
- NoVA Catholic – 400 Free Relay 7<sup>th</sup>
- NoVA Catholic – 100 FR 11<sup>th</sup>
- VISAA JV Invite – 200 Free Relay – Bronze medal
- VISAA JV Invite – 200 Medley Relay 4<sup>th</sup>
- VISAA JV Invite – 100 FR 5<sup>th</sup>
- VISAA JV Invite – 50 FL 6<sup>th</sup>
- VISAA JV Invite – 50 BK 8<sup>th</sup>
- 50 FR 29.11 to 27.74
- 100 FR 1:11.44 to 1:00.07
- 200 FR 2:55.91 to 2:14.62
- 500 FR 7:29.68 to 6:57.18
- 100 BK 1:21.39 to 1:14.31
- 200 IM 2:51.22
- Completed 200 lengths for the Cystic Fibrosis Swim-a-thon
- Perfect practice attendance
- 4<sup>th</sup> and Goal, who wants the ball?
  - I'm looking forward to seeing Maggie on the anchor of our relays in the years to come.

- 12) Lucia Bingham (JR)
- 84.00
  - Varsity Letter – 2<sup>nd</sup>
  - VISAA State Championship Qualifier
  - VCAC Champs – 200 IM 12<sup>th</sup>
  - VCAC Champs – 100 FL 11<sup>th</sup>
  - VISAA Division II Invite Champion – 200 Free Relay – Gold medal
  - VISAA Division II Invite – 200 Medley Relay 4<sup>th</sup>
  - VISAA Division II Invite – 100 FL 13<sup>th</sup>
  - VISAA Division II Invite – 100 BR 16<sup>th</sup>
  - 50 FR 30.51 to 27.77
  - 200 FR 2:42.11 to 2:33.57
  - 100 BK 1:18.02 to 1:14.20
  - 100 BR 1:28.20 to 1:24.75
  - Completed 200 lengths for the Cystic Fibrosis Swim-a-thon
- 13) Lucy Cunningham (JR)
- 56.00
  - Varsity Letter – 2<sup>nd</sup>
  - VCAC Champs – 200 FR 8<sup>th</sup>
  - VCAC Champs – 500 FR 9<sup>th</sup>
  - VISAA Division II Invite Champs – 200 FR 12<sup>th</sup>
  - VISAA Division II Invite Champs – 500 FR 12<sup>th</sup>
  - 50 FR 31.09 to 30.80 – lifetime
  - 100 FR 1:10.16 to 1:07.45
  - 200 FR 2:30.70 to 2:19.35
  - 500 FR 6:36.26 to 6:35.95



14) Kyleigh Fifield (FR)

- 53.50
- Varsity Letter – 1<sup>st</sup>
- VCAC Champs – 500 FR 10<sup>th</sup>
- VCAC Champs – 100 BK 12<sup>th</sup>
- VISAA Division II Invite – 200 Free Relay 7<sup>th</sup>
- VISAA Division II Invite Champs – 500 FR 13<sup>th</sup>
- VISAA Division II Invite Champs – 50 FR 23<sup>rd</sup>
- VISAA JV Invite – 200 Back Relay – Bronze medal
- National Catholic Qualifier
- NoVA Catholic – 200 Free Relay 9<sup>h</sup>
- NoVA Catholic – 500 FR 12<sup>th</sup>
- VISAA JV Invite – 200 Breaststroke Relay 6<sup>th</sup>
- VISAA JV Invite – 50 FR 11<sup>th</sup>
- VISAA JV Invite – 100 FR 16<sup>th</sup>
- VISAA JV Invite – 50 BR 16<sup>th</sup>
- Sum of improvements of 2:08.97 or 72.7%
- 50 FR 32.76 to 28.62
- 100 FR 1:17.30 to 1:09.30
- 200 FR 3:10.73 to 2:34.65
- 500 FR 7:43.47 to 6:38.26
- 100 BK 1:27.20 to 1:17.27
- 100 BR 1:45.27 to 1:39.66
- Completed 200 lengths for the Cystic Fibrosis Swim-a-thon
- Did High School Prep before the season
- Participating in weekly post-season practices with her friends

- 15) Sophia Halisky (8)
- 51.00
  - Varsity Letter – 1<sup>st</sup>
  - VCAC Champs – 100 BR 7<sup>th</sup>
  - VCAC Champs – 100 FR 13<sup>th</sup>
  - VISAA Division II Invite – 400 Free Relay – Bronze medal
  - VISAA Division II Invite Champs – 200 FR 13<sup>th</sup>
  - NoVA Catholic – 200 Free Relay 9<sup>h</sup>
  - NoVA Catholic – 100 BR 8<sup>th</sup>
  - VISAA JV Invite – 200 Breaststroke Relay – Silver medal
  - VISAA JV Invite – 200 Medley Relay 4<sup>th</sup>
  - VISAA JV Invite – 200 Breaststroke Relay – Silver medal
  - VISAA JV Invite – 50 BR 5<sup>th</sup>
  - VISAA JV Invite – 50 100 IM 6<sup>th</sup>
  - VISAA JV Invite – 50 BK 9<sup>th</sup>
  - Sum of improvements of 1:23.56 or 80.5%
  - 50 FR 31.80 to 29.48
  - 100 FR 1:16.61 to 1:04.92
  - 200 FR 2:42.18 to 2:24.18
  - 500 FR 7:24.37 to 7:22.25
  - 100 BK 1:29.94 to 1:18.02
  - 100 BR 1:32.31 to 1:19.61
  - 100 FL 1:24.81 to 1:15.93
  - 200 IM 2L58.77 to 2:42.84
  - Completed 200 lengths for the Cystic Fibrosis Swim-a-thon
  - Perfect practice attendance
- 16) Madelyn Zadnik (SR)
- 30.50
  - Varsity Letter – 4<sup>th</sup>
  - Team Captain
  - Coach for Group 5 for the last 3 years
  - VISAA State Championship Qualifier
  - VCAC Champs – 100 BR 12<sup>th</sup>, 4.73 second drop on last swim!
  - 100 BR 1:28.70 to 1:23.97 at VCAC Champs
  - 200 IM 2:44.88 to 2:43.53 to VCAC Reg Season Champs
  - Completed 200 lengths for the Cystic Fibrosis Swim-a-thon
  - CF Team raised 4<sup>th</sup> highest total, \$1,330

- 17) Elizabeth Hurley (8)
- 14.00
  - Varsity Letter – 1<sup>st</sup>
  - VCAC Champs – 100 BK 14<sup>th</sup>
  - VCAC Champs – 50 FR 19<sup>th</sup>
  - VISAA Division II Invite Champs – 100 BK 14<sup>th</sup>
  - VISAA Division II Invite Champs – 100 FL 16<sup>th</sup>
  - VISAA JV Invite – 200 Back Relay – Bronze medal
  - VISAA JV Invite – 200 Medley Relay 4<sup>th</sup>
  - VISAA JV Invite – 50 BK 14<sup>th</sup>
  - 50 FR 31.03 to 30.46
  - 100 FR 1:11.74 to 1:10.63
  - 100 BK 1:20.32 to 1:17.47
  - 100 BR 1:31.44 to 1:28.29
  - 100 FL 1:25.51 to 1:21.35
  - 3:00.06 to 2:59.36 – broke 3:00
  - Completed 200 lengths for the Cystic Fibrosis Swim-a-thon
- 18) Avila Mantooth (8)
- 9.00
  - Varsity Letter – 1<sup>st</sup>
  - VCAC Champs – 50 FR 10<sup>th</sup>
  - VCAC Champs – 100 FR 15<sup>th</sup>
  - VISAA Division II Invite Champs – 50 FR 16<sup>th</sup>
  - VISAA JV Invite – 200 Free Relay – Bronze medal
  - VISAA JV Invite – 200 Back Relay 4<sup>th</sup>
  - VISAA JV Invite – 50 FR 10<sup>th</sup>
  - VISAA JV Invite – 50 FL 14<sup>th</sup>
  - 50 FR 30.46 to 28.12
  - 100 FR 1:11.98 to 1:05.64
  - 200 FR 2:40.74 to 2:39.13
  - 100 BK 1:30.14 to 1:27.66
  - 100 BR 1:34.19 to 1:30.02
  - 100 FL 1:26.40 to 1:24.27
  - Completed 200 lengths for the Cystic Fibrosis Swim-a-thon
  - Perfect practice attendance

## **Junior Varsity Boys**

(Announce in reverse order)

- 1) Jed Albin (SR)
  - 22.50
  - JV Letter – 4<sup>th</sup>
  - 50 FR 28.06 to 27.70
  - 200 FR 2:25.63 to 2:24.45
  - 500 FR 6:36.61 to 6:24.86
  - 100 BK 1:16.63 to 1:14.48
  - 100 FL 1:22.10 to 1:17.06
  - Completed 200 lengths for the Cystic Fibrosis Swim-a-thon
  - Did High School Prep before the season
  - Perfect practice attendance
- 2) Jack Gregory (SR)
  - JV Letter – 2<sup>nd</sup>
  - Sum of improvements of 2:25.55 or 77.7%
  - 50 FR 35.93 to 32.81
  - 100 FR 1:45.85 to 1:20.83
  - 200 FR 4:02.34 to 3:42.47
  - 500 FR 11:33.12 to 10:41.72
  - 100 BK 1:54.87 to 1:47.49
  - 100 BR 2:46.34 to 2:07.58
  - 200 IM 4:05.15
  - Completed 200 lengths for the Cystic Fibrosis Swim-a-thon
- 3) Walter Saffian (JR)
  - JV Letter – 1<sup>st</sup>
  - Sum of improvements of 1:59.94 or 92.1%
  - 50 FR 40.18 to 29.80
  - 100 FR 1:26.83 to 1:13.82
  - 200 FR 4:26.09 to 3:23.26
  - 500 FR 10:02.62
  - 100 BK 2:20.92 to 2:11.45
  - 100 BR 1:55.80 to 1:31.55
  - 100 FL 2:08.62
  - 200 IM 3:46.49
  - Completed 200 lengths for the Cystic Fibrosis Swim-a-thon
  - Perfect practice attendance

- 4) Evan Rodriguez (JR)
- JV Letter – 1<sup>st</sup>
  - 50 FR 34.85 to 31.61
  - 100 FR 1:29.45 to 1:21.80
  - 200 FR 4:38.66 to 3:33.22
  - 500 FR 10:34.12
  - 100 BK 1:55.01 to 1:46.30
  - 100 BR 1:52.88 to 1:40.81
- 5) Aidan McCardell (SO)
- JV Letter - 4<sup>th</sup>
  - Sum of improvements of 3:51.41 or 89.7%
  - 50 FR 40.13 to 38.91
  - 100 FR 1:41.82 to 1:30.49
  - 200 FR 5:13.33 to 3:25.55
  - 500 FR 10:38.60 to 9:25.16
  - 100 BK 2:19.23 to 2:01.22
  - 100 BR 1:57.63 to 1:38.00
  - Completed 200 lengths for the Cystic Fibrosis Swim-a-thon
  - Perfect practice attendance
- 6) Charlie Dusek (SO)
- JV Letter – 2<sup>nd</sup>
  - VISAA JV Invite – 200 Free Relay 10<sup>th</sup>
  - 50 FR 36.73 to 35.00
  - 500 FR 9:58.25
  - 100 BR 1:49.70 to 1:45.94
  - 200 IM 3:38.87
- 7) JJ Cooley (SO)
- JV Letter – 2<sup>nd</sup>
  - 50 FR 32.51 to 30.29
  - 100 FR 1:20.96 to 1:12.70
  - 500 FR 9:02.25 to 8:25.91
  - 100 BK 1:37.21 to 1:33.75
  - 100 BR 1:43.52 to 1:42.66
  - 100 FL 2:02.27
  - 200 IM 3:24.35

- 8) Michael Brand (SO)
- JV Letter – 1<sup>st</sup>
  - 50 FR 28.78
  - 100 FR 1:11.72
  - Spent most of the season in the hospital.
  - All-State Cross-Country
  - So pleased to have him back!
- 9) Bennett Ellis (FR)
- JV Letter – 3<sup>rd</sup>
  - VISAA JV Invite Champion – 200 Breaststroke Relay – Gold medal
  - VISAA JV Invite – 50 FR 16<sup>th</sup>
  - 50 FR 32.73 to 30.35
  - 100 FR 1:21.96 to 1:11.48
  - 500 FR 9:40.56 to 8:24.72
  - 100 BK 1:41.61 to 1:33.34
  - 100 BR 1:34.63 to 1:24.69
  - 100 FL 1:29.35
- 10) Kenneth Nguyen (FR)
- 7.00
  - JV Letter – 2<sup>nd</sup>
  - VISAA JV Invite Champion – 200 Breaststroke Relay – Gold medal
  - VISAA JV Invite – 200 Free Relay – Silver medal
  - VISAA JV Invite – 50 FL 7<sup>th</sup>
  - VISAA JV Invite – 50 BR 8<sup>th</sup>
  - VISAA JV Invite – 50 FR 9<sup>th</sup>
  - 50 FR 30.66 to 28.55
  - 100 FR 1:13.92 to 1:08.88
  - 500 FR 8:48.47 to 8:03.13
  - 100 BK 1:25.37 to 1:19.00
  - 100 BR 1:29.10 to 1:21.31
  - 100 FL 1:35.81 to 1:30.43
  - 200 IM 2:50.79
  - Completed 200 lengths for the Cystic Fibrosis Swim-a-thon

- 11) Patrick Judge (FR)
- JV Letter – 1<sup>st</sup>
  - Sum of improvements of 1:22.00 or 71.6%
  - 50 FR 49.00 to 37.42
  - 100 FR 1:53.58 to 1:41.42
  - 200 FR 5:48.50
  - 100 BK 2:40.14 to 2:07.01
  - 100 BR 2:31.53 to 2:06 40
  - Completed 200 lengths for the Cystic Fibrosis Swim-a-thon
- 12) Jonas Wilson (8)
- 3.00
  - JV Letter – 2<sup>nd</sup>
  - VISAA JV Invite Champion – 200 Breaststroke Relay – Gold medal
  - VISAA JV Invite – 200 Back Relay – Silver medal
  - VISAA JV Invite – 50 BR 10<sup>th</sup>
  - 50 FR 32.88 to 32.38
  - 200 FR 2:56.59 to 2:47.59
  - 100 BK 1:29.43 to 1:28.09
  - 100 BR 1:36.44 to 1:35.14
  - 100 FL 1:34.18 to 1:31.72
  - 200 IM 3:09.30 to 3:03.71
  - Perfect practice attendance
- 13) Joey Lynch (8)
- JV Letter – 2<sup>nd</sup>
  - VISAA JV Invite – 200 Back Relay – Silver medal
  - VISAA JV Invite – 200 Breaststroke Relay – 4<sup>th</sup>
  - VISAA JV Invite – 50 FL 10<sup>th</sup>
  - 50 FR 31.93 to 30.45
  - 100 FR 1:14.72 to 1:11.59
  - 500 FR 7:41.79 to 7:33.35
  - 100 BK 1:24.11 to 1:18.06
  - 100 BR 1:42.44 to 1:37.23
  - 100 FL 1:27.73
  - 200 IM 2:59.26
  - Completed 200 lengths for the Cystic Fibrosis Swim-a-thon
  - Part of the Top CF Fundraising Team (Team Connor)

- 14) John Cooley (8)
- JV Letter – 2<sup>nd</sup>
  - 50 FR 39.72 to 36.24
  - 100 FR 1:38.08 to 1:27.12
  - 100 BK 1:58.41 to 1:42.38
  - 100 BR 2:14.73 to 1:56.31
  - 200 IM 3:41.67
- 15) Brian Orellana (8)
- JV Letter – 1<sup>st</sup>
  - VISAA JV Invite – 200 Free Relay 10<sup>th</sup>
  - Sum of improvements of 7:20.69 or 138.6%
  - 50 FR 1:10.52 to 51.01
  - 100 FR 2:46.81 to 2:10.69
  - 200 FR 9:33.00 to 4:50.01
  - 100 BK 4:15.81 to 2:33.75
  - Perfect practice attendance
- 16) Joel Bookwalter (7)
- JV Letter – 1<sup>st</sup>
  - VISAA JV Invite – 200 Back Relay – Silver medal
  - VISAA JV Invite – 200 Breaststroke Relay – 4<sup>th</sup>
  - 50 FR 35.20 to 31.95
  - 100 FR 1:16.32 to 1:15.62
  - 200 FR 3:10.19 to 2:44.82
  - 500 FR 7:50.38
  - 100 BK 1:33.87 to 1:31.41
  - 100 BR 1:40.11 to 1:35.88
  - Completed 200 lengths for the Cystic Fibrosis Swim-a-thon



- 17) JJ Garvey (7)
- JV Letter – 1<sup>st</sup>
  - VISAA JV Invite – 200 Back Relay – Silver medal
  - VISAA JV Invite – 200 Breaststroke Relay – 4<sup>th</sup>
  - VISAA JV Invite – 50 BK 8<sup>th</sup>
  - 50 FR 34.41 to 32.62
  - 100 FR 1:13.31 to 1:11.89
  - 200 FR 3:04.03 to 2:41.56
  - 500 FR 7:46.18
  - 100 BK 1:26.70 to 1:23.99
  - 100 BR 1:38.19 to 1:36.37
  - 100 FL 1:33.63
  - 200 IM 3:01.43
- 18) Luke Fifield (7)
- JV Letter – 1<sup>st</sup>
  - VISAA JV Invite – 200 Breaststroke Relay – 4<sup>th</sup>
  - 50 FR 38.60 to 33.61
  - 100 FR 1:28.52 to 1:23.24
  - 200 FR 3:50.44 to 3:05.23
  - 500 FR 8:32.49
  - 100 BK 1:43.15
  - 100 BR 1:48.07 to 1:41.03
  - Completed 200 lengths for the Cystic Fibrosis Swim-a-thon
  - Did High School Prep before the season
  - Participating in weekly post-season practices with his friends
- 19) Eamon Haggerty (7)
- JV Letter – 1<sup>st</sup>
  - 50 FR 44.01 to 37.23
  - 100 FR 1:44.70 to 1:37.84
- 20) Daniel Kohlhaas (7)
- JV Letter – 1<sup>st</sup>
  - VISAA JV Invite – 200 Free Relay 10<sup>th</sup>
  - 50 FR 48.39 to 38.29
  - 100 FR 2:08.65 to 1:42.78
  - 200 FR 4:14.32 to 3:41.35
  - 100 BR 2:36.13 to 2:23.66
  - Part of the Top CF Fundraising Team (Team Connor)

- 21) James Reynolds (7)
- JV Letter – 1<sup>st</sup>
  - 50 FR 43.22 to 38.78
  - 100 FR 1:43.06 to 1:27.52
  - 200 FR 4:14.63 to 3:37.97
  - 500 FR 11:08.28
  - 100 BK 2:14.32 to 2:01.32
  - 100 BR 1:58.55 to 1:54.39
  - Completed 200 lengths for the Cystic Fibrosis Swim-a-thon
- 22) Evan Wible (7)
- JV Letter – 1<sup>st</sup>
  - VISAA JV Invite – 200 Free Relay 10<sup>th</sup>
  - Sum of improvements of 1:22.86 or 66.1%
  - 50 FR 42.30 to 34.97
  - 100 FR 1:38.84 to 1:27.62
  - 200 FR 3:69.41 to 3:22.39
  - 500 FR 10:09.39
  - 100 BK 2:11.60 to 1:59.90
  - 100 BR 1:59.60 to 1:44.01
  - Completed 200 lengths for the Cystic Fibrosis Swim-a-thon
  - Perfect practice attendance

## Varsity Boys (Announce in reverse order)

### 1) Connor Koehr (JR)

- 405.00
- Varsity Letter – 4<sup>th</sup> in Swimming and 4<sup>th</sup> in Diving
- **High Point Award Winner**, 3<sup>rd</sup> year in a row
- Team Captain for both Swimming and Diving
- **Seton Team Record – 6-Dives, 231.10**
- **Seton Team Record – 11-Dives, 389.90**
- **VISAA – State Champion Diving**
- **VISAA Diver of the Meet**
- VISAA States – 200 Free Relay Championship Finalist (8<sup>th</sup>)
- VISAA States – 400 Free Relay Finalist (10<sup>th</sup>)
- VISAA States – 200 Medley Relay Finalist (16<sup>th</sup>)
- **VCAC All-Conference (2X)**
- **VCAC Champion – Diving – Gold medal**
- **VCAC Champion – 200 Free Relay – Gold medal**
- VCAC Champs – 100 BK – Bronze medal
- VCAC Champs – 200 Medley Relay – Bronze medal
- **VISAA Division II Invite Champion – Diving – Gold medal**
- VISAA Division II Invite – 200 Medley Relay – Silver medal
- VISAA Division II Invite – 200 Free Relay – Bronze medal
- VISAA Division II Invite Champs – 100 BK 5<sup>th</sup>
- **National Catholics Championship Finalist – Diving – Silver medal**
- National Catholics – 200 Medley Relay Finalist (15<sup>th</sup>)
- National Catholics – 400 Free Relay Finalist (16<sup>th</sup>)
- **NoVA Catholic Champion – Diving – Gold medal**
- **NoVA Catholic Champion – 200 Free Relay – Gold medal**
- NoVA Catholic – 200 Medley Relay – Bronze medal
- NoVA Catholic – 100 BK – Bronze medal
- 50 FR split 24.93 to 22.85 at States
- 100 FR split 55.81 to 51.47 at States
- 50 BK 28.31 to 26.25 at States
- 200 FR 2:20.26 to 2:04.20
- 500 FR 6:13.10 to 6:05.23
- 100 BK 1:00.42 to 59.78
- 100 FL 1:15.67 to 1:10.80
- Top CF Fundraising team, \$2,600
- Perfect practice attendance

- 2) Michael Brox (JR)
- 298.00
  - Varsity Letter – 4<sup>th</sup>
  - Team Captain
  - Coach for Group 5
  - VISAA States – 50 Free Finalist (15<sup>th</sup>)
  - VISAA States – 200 Free Relay Championship Finalist (8<sup>th</sup>)
  - VISAA States – 400 Free Relay Finalist (10<sup>th</sup>)
  - VISAA States – 200 Medley Relay Finalist (16<sup>th</sup>)
  - **VCAC All-Conference (2X)**
  - **VCAC Champion – 200 Free Relay – Gold medal**
  - VCAC Champs – 50 FR – Silver medal
  - VCAC Champs – 100 FR - Silver medal
  - VCAC Champs – 200 Medley Relay – Bronze medal
  - VISAA Division II Invite – 200 Medley Relay – Silver medal
  - VISAA Division II Invite Champs – 100 FR – Silver medal
  - VISAA Division II Invite – 200 Free Relay – Bronze medal
  - VISAA Division II Invite Champs – 50 FR – Bronze medal
  - National Catholics – 200 Medley Relay Finalist (15<sup>th</sup>)
  - National Catholics – 400 Free Relay Finalist (16<sup>th</sup>)
  - National Catholics – 200 Free Relay 18<sup>th</sup>
  - **NoVA Catholic Champion – 200 Free Relay – Gold medal**
  - NoVA Catholic – 200 Medley Relay – Bronze medal
  - NoVA Catholic – 100 FR 4<sup>th</sup>
  - NoVA Catholic – 200 FR 6<sup>th</sup>
  - Sum of improvements of :39.05 or 48.80%
  - 50 FR 23.54 to 22.30
  - 100 FR 56.25 to 49.54
  - 200 FR 2:09.70 to 1:59.79
  - 500 FR 6:06.52
  - 100 BK 1:09.35 to 1:04.44
  - 100 BR 1:23.94 to 1:12.55
  - 200 IM 2:28.53 to 2:23.64
  - Completed 200 lengths for the Cystic Fibrosis Swim-a-thon
  - Perfect practice attendance

- 3) Lionel Martinez (FR)
- 286.50
  - Varsity Letter – 2<sup>nd</sup>
  - VISAA States – 200 Free Relay Championship Finalist (8<sup>th</sup>)
  - VISAA States – 400 Free Relay Finalist (10<sup>th</sup>)
  - VISAA States – 200 Medley Relay Finalist (16<sup>th</sup>)
  - VISAA States – 100 FL 18<sup>th</sup>
  - **VCAC All-Conference (2X)**
  - **VCAC Champion – 200 IM – Gold medal**
  - **VCAC Champs – 200 Free Relay – Gold medal**
  - VCAC Champs – 500 FR - Silver medal
  - VCAC Champs – 200 Medley Relay – Bronze medal
  - VISAA Division II Invite – 200 Medley Relay – Silver medal
  - VISAA Division II Invite – 200 Free Relay – Bronze medal
  - VISAA Division II Invite Champs – 200 IM 4<sup>th</sup>
  - VISAA Division II Invite Champs – 100 FL 4<sup>th</sup>
  - National Catholic Finalist – 100 FL 16<sup>th</sup>
  - National Catholic Finalist – 500 FR 13<sup>th</sup>
  - National Catholics – 200 Medley Relay Finalist (15<sup>th</sup>)
  - National Catholics – 400 Free Relay Finalist (16<sup>th</sup>)
  - **NoVA Catholic Champion – 200 Free Relay – Gold medal**
  - **NoVA Catholic Champion – 100 FL – Gold medal**
  - NoVA Catholic – 200 Medley Relay – Bronze medal
  - NoVA Catholic – 200 FR – Bronze medal
  - 50 FR 23.16 to 22.51
  - 100 FR 50.72 to 49.20
  - 200 FR 1:58.56 to 1:48.95
  - 500 FR 5:09.16 to 4:56.18
  - 100 BK 58.06 to 56.71
  - 100 FL 56.85 to 52.97
  - 200 IM 2:04.24 to 1:59.46
  - Completed 200 lengths for the Cystic Fibrosis Swim-a-thon
  - Part of the Top CF Fundraising Team (Team Connor)

- 4) Max Wilson (JR)
- 226.00
  - Varsity Letter – 4<sup>th</sup>
  - VISAA States – 400 Free Relay Finalist (10<sup>th</sup>)
  - VCAC Champs – 400 Free Relay – Bronze medal
  - VCAC Champs – 200 IM 4<sup>th</sup>
  - VCAC Champs – 100 BK 4<sup>th</sup>
  - VISAA Division II Invite – 200 Medley Relay – 5<sup>th</sup>
  - VISAA Division II Invite – 400 Free Relay 4<sup>th</sup>
  - VISAA Division II Invite Champs – 100 BK 7<sup>th</sup>
  - VISAA Division II Invite Champs – 200 IM 13<sup>th</sup>
  - National Catholic Qualifier
  - NoVA Catholic – 400 Free Relay – Bronze medal
  - NoVA Catholic – 200 Free Relay 5<sup>th</sup>
  - NoVA Catholic – 200 IM 6<sup>th</sup>
  - NoVA Catholic – 500 FR 6<sup>th</sup>
  - 50 FR 26.69 to 24.42
  - 50 FR split 23.74
  - 100 FR 58.28 to 56.00
  - 100 FR split 52.51 at States
  - 200 FR 2:14.89 to 2:05.81
  - 500 FR 6:25.27 to 6:04.46
  - 100 BK 1:05.10 to 1:02.11
  - 100 BR 1:18.14 to 1:15.04
  - 100 FL 1:11.39 to 1:06.33
  - 200 IM 2:26.11 to 2:20.32
  - Completed 200 lengths for the Cystic Fibrosis Swim-a-thon
  - Perfect practice attendance

- 5) Joe Borneman (JR)
- 219.00
  - Varsity Letter – 3<sup>rd</sup>
  - VISAA States – 200 Free Relay Championship Finalist (8<sup>th</sup>)
  - VCAC Champs – 400 Free Relay – Bronze medal
  - VCAC Champs – 200 FR 4<sup>th</sup>
  - VCAC Champs – 100 FL 4<sup>th</sup>
  - VISAA Division II Invite – 400 Free Relay 4<sup>th</sup>
  - VISAA Division II Invite – 200 Free Relay 7<sup>th</sup>
  - VISAA Division II Invite Champs – 200 FR 7<sup>th</sup>
  - VISAA Division II Invite Champs – 100 FL 9<sup>th</sup>
  - National Catholics – 400 Free Relay Finalist (16<sup>th</sup>)
  - National Catholics – 200 Free Relay 18<sup>th</sup>
  - NoVA Catholic – 400 Free Relay – Bronze medal
  - NoVA Catholic – 200 Free Relay 5<sup>th</sup>
  - NoVA Catholic – 100 FL 7<sup>th</sup>
  - NoVA Catholic – 200 FR 9<sup>th</sup>
  - 50 FR 24.82 to 24.04
  - 50 FR split 23.45
  - 100 FR 57.23 to 53.73
  - 200 FR 2:14.54 to 2:06.17
  - 100 BK 1:11.87 to 1:10.26
  - 100 BR 1:19.74 to 1:16.89
  - 100 FL 1:15.30 to 1:00.40
  - 200 IM 3:09.66 to 2:33.37

- 6) Thiago Martinez (8)
- 198.00
  - Varsity Letter – 1<sup>st</sup>
  - VISAA States – 50 FR 25<sup>th</sup>
  - VISAA States – 500 FR 38<sup>th</sup>
  - **VCAC All-Conference**
  - VCAC Champs – 100 FL – Bronze medal
  - VCAC Champs – 500 FR 5<sup>th</sup>
  - VISAA Division II Invite – 200 Medley Relay – 5<sup>th</sup>
  - VISAA Division II Invite – 400 Free Relay 4<sup>th</sup>
  - VISAA Division II Invite Champs – 500 FR 4<sup>th</sup>
  - VISAA Division II Invite Champs – 200 IM 9<sup>th</sup>
  - National Catholic Qualifier
  - NoVA Catholic – 500 FR – Bronze medal
  - NoVA Catholic – 200 IM 4<sup>th</sup>
  - NoVA Catholic – 400 Free Relay 5<sup>th</sup>
  - NoVA Catholic – 200 Medley Relay 6<sup>th</sup>
  - 50 FR 26.96 to 25.23
  - 100 FR 1:00.07 to 56.76
  - 500 FR 5:40.24 to 5:29.35
  - 100 BK 1:07.42 to 1:02.34
  - 100 BR 1:16.92 to 1:13.81
  - 100 FL 1:04.62 to 59.80
  - 200 IM 2:22.85 to 2:12.97
  - Completed 200 lengths for the Cystic Fibrosis Swim-a-thon
  - Part of the Top CF Fundraising Team (Team Connor)



- 7) Liam Halisky (JR)
- 187.50
  - Varsity Letter – 3<sup>rd</sup>
  - Team Captain
  - VISAA States – 200 Free Relay Championship Finalist (8<sup>th</sup>)
  - VISAA States – 50 FR 56<sup>th</sup>
  - **VCAC Champion – 200 Free Relay – Gold medal**
  - VCAC Champs – 50 FR 4<sup>th</sup>
  - VCAC Champs – 100 FR 7<sup>th</sup>
  - VISAA Division II Invite – 200 Free Relay – Bronze medal
  - VISAA Division II Invite – 400 Free Relay 7<sup>th</sup>
  - VISAA Division II Invite Champs – 50 FR 7<sup>th</sup>
  - VISAA Division II Invite Champs – 100 FR 14<sup>th</sup>
  - National Catholics – 200 Free Relay 18<sup>th</sup>
  - **NoVA Catholic Champion – 200 Free Relay – Gold medal**
  - NoVA Catholic – 400 Free Relay 5<sup>th</sup>
  - NoVA Catholic – 50 FR 7<sup>th</sup>
  - NoVA Catholic – 100 FR 11<sup>th</sup>
  - 50 FR 24.86 to 23.61
  - 50 FR split 23.14
  - 100 FR 57.68 to 56.18
  - 200 FR 2:26.40 to 2:21.90
  - 500 FR 7:05.11 to 6:50.41
  - 100 BK 1:15.34 to 1:11.86
  - 100 BR 1:29.83 to 1:21.64
  - 100 FL 1:15.79
  - 200 IM 2:36.40
  - Completed 200 lengths for the Cystic Fibrosis Swim-a-thon
  - Did High School Prep before the season
  - CF Team raised 3<sup>rd</sup> highest total, \$1,750
  - Perfect practice attendance

- 8) Andrew Nguyen (JR)
- 177.00
  - Varsity Letter – 3<sup>rd</sup>
  - VISAA States – 400 Free Relay Finalist (10<sup>th</sup>)
  - VISAA States – 200 Medley Relay Finalist (16<sup>th</sup>)
  - **VCAC All-Conference (2X)**
  - VCAC Champs – 200 FR – Bronze medal
  - VCAC Champs – 100 BR – Bronze medal
  - VCAC Champs – 400 Free Relay – Bronze medal
  - VCAC Champs – 200 Medley Relay – Bronze medal
  - National Catholics – 200 Medley Relay Finalist (15<sup>th</sup>)
  - National Catholics – 200 Free Relay 18<sup>th</sup>
  - NoVA Catholic – 200 Medley Relay – Bronze medal
  - NoVA Catholic – 400 Free Relay – Bronze medal
  - NoVA Catholic – 100 BR 5<sup>th</sup>
  - NoVA Catholic – 200 FR 7<sup>th</sup>
  - 50 FR 25.01 to 24.71
  - 50 FR split 23.94
  - 100 FR 54.95 to 53.43
  - 200 FR 2:04.88 to 2:03.62
  - 100 BR 1:09.98 to 1:07.80
  - 50 BR split 31.43 to 29.37
  - Completed 200 lengths for the Cystic Fibrosis Swim-a-thon

- 9) Luke Mantooth (SR)
- 159.00
  - Varsity Letter – 2<sup>nd</sup>
  - Team Captain
  - VISAA State Championship Qualifier
  - VCAC Champs – 100 FL 6<sup>th</sup>
  - VCAC Champs – 100 BR 7<sup>th</sup>
  - VISAA Division II Invite – 200 Medley Relay – Silver medal
  - VISAA Division II Invite – 200 Free Relay 7<sup>th</sup>
  - VISAA Division II Invite Champs – 100 BR 10<sup>th</sup>
  - VISAA Division II Invite Champs – 100 FL 10<sup>th</sup>
  - National Catholic Qualifier
  - NoVA Catholic – 200 Medley Relay 6<sup>th</sup>
  - NoVA Catholic – 200 Free Relay 5<sup>th</sup>
  - NoVA Catholic – 100 BR 6<sup>th</sup>
  - NoVA Catholic – 200 IM 8<sup>th</sup>
  - 50 FR 26.08 to 25.45
  - 100 FR 1:03.89 to 59.64
  - 200 FR 2:28.89 to 2:21.66
  - 500 FR 7:00.43 to 6L49.53
  - 100 BK 1:23.26 to 1:14.50
  - 100 BR 1:13.84 to 1:09.99
  - 100 FL 1:08.48 to 1:04.11
  - 200 IM 2:41.87 to 2:34.65
  - Completed 200 lengths for the Cystic Fibrosis Swim-a-thon
  - Did High School Prep before the season
  - CF Team raised 5<sup>th</sup> highest total, \$1,090
  - Perfect practice attendance

10) Daniel Sokban (FR)

- 151.00
- Varsity Letter – 2<sup>nd</sup>
- VISAA State Championship Qualifier
- VCAC Champs – 400 Free Relay – Bronze medal
- VCAC Champs – 200 FR 5<sup>th</sup>
- VCAC Champs – 100 FR 8<sup>th</sup>
- VISAA Division II Invite – 200 Medley Relay – 5<sup>th</sup>
- VISAA Division II Invite – 400 Free Relay 4<sup>th</sup>
- VISAA Division II Invite Champs – 200 FR 8<sup>th</sup>
- VISAA Division II Invite Champs – 50 FR 15<sup>th</sup>
- NoVA Catholic – 400 Free Relay – Bronze medal
- NoVA Catholic – 200 Free Relay 5<sup>th</sup>
- NoVA Catholic – 50 FR 8<sup>th</sup>
- NoVA Catholic – 100 FR 10<sup>th</sup>
- VISAA JV Invite Champion – 200 Medley Relay – Gold medal
- VISAA JV Invite – 200 Free Relay – Silver medal
- VISAA JV Invite – 100 IM – Silver medal
- VISAA JV Invite – 50 FR – Silver medal
- VISAA JV Invite – 100 FR – Silver medal
- 50 FR 25.94 to 24.46
- 50 FR split 23.92 at D-II Invite
- 100 FR 1:00.53 to 55.44
- 100 FR split 54.53
- 200 FR 2:13.30 to 2:05.80
- 500 FR 6:31.19 to 6:18.35
- 100 BK 1:23.72 to 1:14.71
- 100 FL 1:22.51 to 1:20.40
- 200 IM 2:48.87 to 2:40.15
- Completed 200 lengths for the Cystic Fibrosis Swim-a-thon
- Perfect practice attendance

11) Peter Konstanty (SR)

- 129.00
- Varsity Letter – 5<sup>th</sup>
- VCAC Champs – 50 FR 10<sup>th</sup>
- VISAA Division II Invite – 200 Free Relay 7<sup>th</sup>
- VISAA Division II Invite – 400 Free Relay 7<sup>th</sup>
- VISAA Division II Invite Champs – 100 BR 18<sup>th</sup>
- VISAA Division II Invite Champs – 50 FR 25<sup>th</sup>
- NoVA Catholic – 400 Free Relay 5<sup>th</sup>
- NoVA Catholic – 100 BR 9<sup>th</sup>
- NoVA Catholic – 100 FL 11<sup>th</sup>
- 200 FR 2:19.18 to 2:16.48
- 100 BK 1:23.38 to 1:19.27
- 100 BR 1:20.50 to 1:17.31
- 100 FL 1:19.34 to 1:12.03
- 200 IM 2:33.70 to 2:33.74
- Perfect practice attendance

12) William Sokban (JR)

- 122.00
- Varsity Letter – 3<sup>rd</sup>
- VCAC Champs – 100 FL 7<sup>th</sup>
- VCAC Champs – 100 FR 10<sup>th</sup>
- VISAA Division II Invite – 400 Free Relay 7<sup>th</sup>
- VISAA Division II Invite Champs – 500 FR 8<sup>th</sup>
- VISAA Division II Invite Champs – 100 FL 14<sup>th</sup>
- NoVA Catholic – 100 FL 8<sup>th</sup>
- NoVA Catholic – 500 FR 8<sup>th</sup>
- 100 FR 59.63 to 58.73
- 500 FR 6:20.12 to 6:08.96
- 100 BR 1:28.35 to 1:25.47
- 100 FL 1:10.20 to 1:05.84
- 200 IM 2:46.52 to 2:32.67
- Completed 200 lengths for the Cystic Fibrosis Swim-a-thon
- Perfect practice attendance
- From Coach Anne Judge:
  - *I heard he was going in extra days to swim which worked out for him in a few races where he needed to drop time. He is extremely polite and would always ask if he could do anything to help me. He would be a great captain but he's quiet and unassuming at times so he may fly under the radar. He stepped up to sing the National Anthem.*

13) Patrick Kay (8)

- 110.50
- Varsity Letter – 1<sup>st</sup>
- VCAC Champs – 200 IM 6<sup>th</sup>
- VCAC Champs – 500 FR 7<sup>th</sup>
- VISAA Division II Invite – 200 Free Relay 7<sup>th</sup>
- VISAA Division II Invite – 400 Free Relay 7<sup>th</sup>
- VISAA Division II Invite Champs – 500 FR 7<sup>th</sup>
- VISAA Division II Invite Champs – 200 IM 16<sup>th</sup>
- NoVA Catholic – 200 IM 7<sup>th</sup>
- NoVA Catholic – 500 FR 7<sup>th</sup>
- VISAA JV Invite Champion – 200 Medley Relay – Gold medal
- VISAA JV Invite Champion – 200 Back Relay – Gold medal
- VISAA JV Invite Champion – 50 BK – Gold medal
- VISAA JV Invite – 100 IM 4<sup>th</sup>
- VISAA JV Invite – 100 FR 7<sup>th</sup>
- 50 FR 27.68 to 26.33
- 100 FR 1:05.34 to 1:00.17
- 500 FR 6:38.40 to 5:55.72
- 100 BK 1:17.25 to 1:09.67
- 100 BR 1:26.26 to 1:19.99
- 100 FL 1:20.17 to 1:11.95
- 200 IM 2:39.02 to 2:26.31
- Completed 200 lengths for the Cystic Fibrosis Swim-a-thon
- Participating in weekly post-season practices with his friends
- Perfect practice attendance

14) Dominic Judge (FR)

- 88.50
- Varsity Letter – 2<sup>nd</sup>
- VCAC Champs – 500 FR 6<sup>th</sup>
- VCAC Champs – 100 BK 6<sup>th</sup>
- VISAA Division II Invite Champs – 500 FR 5<sup>th</sup>
- VISAA Division II Invite Champs – 100 BK 10<sup>th</sup>
- NoVA Catholic – 100 BK 8<sup>th</sup>
- VISAA JV Invite Champion – 200 Back Relay – Gold medal
- VISAA JV Invite – 200 Free Relay – Silver medal
- VISAA JV Invite – 50 BK – Bronze medal
- VISAA JV Invite – 50 FL 5<sup>th</sup>
- VISAA JV Invite – 50 100 IM 8<sup>th</sup>
- 50 FR 29.62 to 27.83
- 100 FR 1:07.01 to 1:03.89
- 200 FR 2:26.77 to 2:19.19
- 500 FR 6:28.63 to 5:51.19
- 100 BK 1:17.67 to 1:09.07
- 100 BR 1:25.74 to 1:23.00
- 100 FL 1:15.71 to 1:11.88
- 200 IM 2:40.00 to 2:35.28
- Completed 200 lengths for the Cystic Fibrosis Swim-a-thon
- Participating in weekly post-season practices with his friends
- Perfect practice attendance



15) Luke Partridge (FR)

- 73.00
- Varsity Letter – 1<sup>st</sup>
- VCAC Champs – 100 BK 5<sup>th</sup>
- VCAC Champs – 50 FR 14<sup>th</sup>
- VISAA Division II Invite – 200 Medley Relay – 5<sup>th</sup>
- VISAA Division II Invite Champs – 100 BK 9<sup>th</sup>
- VISAA Division II Invite Champs – 100 FR 20<sup>th</sup>
- NoVA Catholic – 100 BK 9<sup>th</sup>
- VISAA JV Invite Champion – 200 Medley Relay – Gold medal
- VISAA JV Invite Champion – 200 Back Relay – Gold medal
- VISAA JV Invite – 50 BK 5<sup>th</sup>
- VISAA JV Invite – 50 BR 8<sup>th</sup>
- VISAA JV Invite – 100 FR 9<sup>th</sup>
- 200 FR 2:32.09 to 2:23.34
- 500 FR 6:57.61
- 100 BK 1:11.73 to 1:07.53
- 100 BR 1:17.49 to 1:16.52
- 100 FL 1:20.89
- 200 IM 2:41.88
- Coach Halisky,
  - “Luke with his gratitude and always trying to find ways to be an excellent swimmer.”
- Perfect practice attendance

16) Jack Herwick (8)

- 72.00
- Varsity Letter – 1<sup>st</sup>
- NoVA Catholic – 400 Free Relay 5<sup>th</sup>
- NoVA Catholic – 200 Medley Relay 6<sup>th</sup>
- NoVA Catholic – 100 BK 11<sup>th</sup>
- VISAA JV Invite Champion – 200 Medley Relay – Gold medal
- VISAA JV Invite Champion – 200 Back Relay – Gold medal
- VISAA JV Invite – 50 FL – Bronze medal
- VISAA JV Invite – 50 100 IM 5<sup>th</sup>
- VISAA JV Invite – 100 FR 6<sup>th</sup>
- 50 FR 27.14 to 26.48
- 100 FR 1:02.27 to 57.42
- 200 FR 2:29.59 to 2:22.13
- 500 FR 6:40.63
- 100 BK 1:15.21 to 1:12.46
- 100 BR 1:25.92 to 1:21.52
- 100 FL 1:10.06
- 200 IM 2:37.46
- Completed 200 lengths for the Cystic Fibrosis Swim-a-thon
- Perfect practice attendance

17) Greg Bauer (SO)

- 52.00
- Varsity Letter – 2<sup>nd</sup>
- VCAC Champs – 200 IM 7<sup>th</sup>
- VCAC Champs – 100 BR 10<sup>th</sup>
- NoVA Catholic – 200 Medley Relay 6<sup>th</sup>
- NoVA Catholic – 100 BR 7<sup>th</sup>
- Sum of improvements of 1:18.89 or 64.7%
- 50 FR 27.98 to 25.52
- 100 FR 1:02.07 to 57.85
- 200 FR 2:40.26 to 2:20.45
- 500 FR 6:51.25 to 6:31.28
- 100 BK 1:19.50 to 1:15.00
- 100 BR 1:18.91 to 1:12.67
- 100 FL 1:27.27 to 1:17.95
- 200 IM 2:42.41 to 2:30.04
- Perfect practice attendance

18) Michael Zahorchak (FR)

- 22.00
- Varsity Letter – 1<sup>st</sup>
- VCAC Champs – 200 FR 6<sup>th</sup>
- VISAA Division II Invite Champs – 200 FR 10<sup>th</sup>
- VISAA Division II Invite Champs – 100 BR 18<sup>th</sup>
- VISAA JV Invite Champion – 200 Breaststroke Relay – Gold medal
- VISAA JV Invite – 200 Free Relay – Silver medal
- VISAA JV Invite – 50 BR 5<sup>th</sup>
- VISAA JV Invite – 50 FR 7<sup>th</sup>
- 50 FR 29.93 to 28.01
- 100 FR 1:06.90 to 59.09
- 200 FR 2:45.15 to 2:12.96
- 500 FR 6:57.34 to 6:42.25
- 100 BK 1:21.17 to 1:18.91
- 100 BR
- 1:22.16 to 1:18.52
- 100 FL 1:31.00 to 1:18.41
- Completed 200 lengths for the Cystic Fibrosis Swim-a-thon
- Did High School Prep before the season
- Participating in weekly post-season practices with his friends

Coach Koehr's Swimming Awards Banquet Talk  
March 3, 2024

212-Degrees - The Extra Degree

**A. Excellence Comes at 212-degrees**

- Several years ago, my son Kevin sent me a book that hit me.
  - By Sam Parker & Mac Anderson
  - I think he knew I'd like it
  - Maybe because it had big words and lots of pictures
- **212 degrees – the extra degree**
  - **At 211 degrees, water is hot**
  - **At 212 degrees, water boils**
  - **And with boiling water, comes steam**
  - **And steam can power a locomotive**
- Wow! What a great metaphor for a life of excellence
- Seemingly small things can make all the difference
  - Just **one more degree** of
    - Effort
    - Commitment
    - Responsibility
    - Kindness
    - Sacrifice
  - Exponential results
- Countless examples where small things made a difference:
  - In sports
    - **Indy 500**
      - 500 miles
      - Average margin of victory over past 10 years? 1.54 seconds
      - 1<sup>st</sup> place prize: \$1.2 mil.
      - 2<sup>nd</sup> place prize: \$600K
      - Imagine driving from Washington to Boston and losing \$600K for being 1.54 seconds late!
    - **Pro Golf**
      - 4 major tournaments
        - US Open, British Open, PGA Champs, The Masters
      - 4 days, 72 holes,
      - Average margin over last 25 years? 3 strokes

- **Olympics**
  - Athens 2004 Women’s long jump – difference of 11 cm
  - **Beijing 2008 100 Fly**
    - Michael Phelps secured his **seventh gold medal** by defeating Serbia’s Milorad Čavić by a mere **0.01 seconds**.
    - Čavić picked up his head at the finish
  - **Atlanta 1996 Men’s 100 Breaststroke**
    - Our friend Jeremy Linn lost the gold medal by .07 after beating the world record time
    - As he told me, “I hit the turn a foot shorter than normal, and I knew immediately – Silver”
- **Seton Swimming**
  - 2024 **VISAA Division II Invitational** Championship
    - There were **eight (8) races decided by .36 seconds** or less
      - Three (3) of those were by .14 seconds, and
      - One (1) was by .02 seconds.
    - Seton **won all eight (8)**
      - The girls won the meet by just over 100 points and
      - The boys won by just under 100 points
    - **We were boiling!**
  - 2024 **VCAC Conference Championship**
    - **With 600 points scored, we lost by 1-point!**
    - **Girls 50 Free**
      - Girls seeded .02 seconds apart
      - Both dropped exactly .09 seconds
      - Finished .02 seconds apart
      - That could have been the difference between touching with your fingertips or your palm
        - Or breathing out of your turn
        - Or pulling on your breakout with your top hand instead of your bottom hand
        - Or not kicking on the breakout until you reached the surface
        - Or picking up your head into the turn or the finish
        - Or any number of other “1-degree” details

- **Girls 100 Breaststroke**
  - **Madelyn Zadnik**, in her final swim pushed herself just “1 degree more”, dropped 4.73 seconds
    - Jumped from 15<sup>th</sup> seed to score 1-point in 12<sup>th</sup>
    - That could have been the difference!
    - She was boiling!
- **Girls Diving**
  - A Trinity Christian girl named **Laela Lu**
    - Probably came to the meet thinking that she didn’t really matter to the outcome
  - She had the courage to get those two reverses
    - It’s scary to flip back toward the board
  - And just by completing them at all, she scored 4-points.
- How many other small things could have turned only 1-point?
  - Countless chances to get just 1 more degree
- And the results would have powered a locomotive
  - Or in this case, won the Conference Championship
- Mr. Dealey and Mr. Fifield
  - We have incredible examples of this on our own team
  - It’s always scary when Mr. Fifield calls me
    - “I was thinking.....”
    - Yes, he’s always thinking about how to get that “Extra Degree”
    - The result?
      - Our livestreams are not just better than other livestreams
      - They are exponentially better!
      - Mr. Fifield is boiling!
  - Did it ever occur to you how all of those results and text show up on the screen while watching the livestream?
    - Mr. Dealey wrote custom software to do that!
    - And you probably didn’t notice those scoreboard templates we use
      - They didn’t come from the Freedom Center
      - Mr. Dealey did that
    - Have you seen all the tech on the scoring table these days?

- And the dolphin stopwatches we use to send times electronically to the scoring systems rather than handwritten cards?
        - Mr. Dealey did all of that
        - Mr. Dealey has been boiling for a decade!
    - Between Mr. Fifield and Mr. Dealey, we have more tech at our regular season meets than they have at States!
  - **The last time I had a job interview was 1985**
    - Why?
      - Well, since 2000, it was because I've worked for myself
      - But prior to that, it was because I never needed to
      - In fact, I **never even had a resume until a bank asked for it** in 2001.
    - When I was in the corporate world, I always made it a personal policy to **do everything at least one-step beyond what was required**
      - It turns out that bosses like to have employees who anticipate the next issue and deal with it before it even comes up
      - And the best bosses really appreciate employees who make things better than they expected
    - It's why I enjoy working with people like:
      - **Kimberly Dalrymple**
      - **Bill Dealey**
      - **Paul Fifield**
      - **Katie Condon, and**
      - **Anne Judge**
    - It also turns out that people like those five (5)
      - **Don't ASK for a job**
      - **They GET ASKED for a job**
    - I never had to interview for a job because I always tried to follow "**Jim's Rule #1: Make Other People Successful**"
      - And those people **came after me instead of the other way around**
    - Leaders like people on their team who try to find that "Extra Degree"
  - That's not a message that many of you are getting these days though:
    - Here's an example on the other end of the spectrum:
      - I got my MBA from the Darden Graduate School of Business at the University of Virginia
        - So, I get their magazine called "**The Darden Report**".
      - In the Summer of 2023 issue, they had what should have been a **totally embarrassing article** called "**On Quiet Quitting**":

- Darden Professor Jim Detert published an article where he said:
  - *It's generally not a compliment to be called a quitter. It's not neutral. So when we use the term 'quiet quitting', we're essentially putting the blame on employees. We're saying they're lazy, not committed, or behaving selfishly or irrationally.*
- No kidding
  - He was right so far
  - But then he continued to outline his thesis in a book called **“Choosing Courage: The Everyday Guide to Being Brave at Work”**:
  - Detert said that a better way to label that behavior is **“calibrated contributing”**.
  - *“In many instances, though, employees choosing to fulfill their job description – but no more – are behaving quite rationally.....They're simply trying to restore a sense of equity at work – a sense that what they put in matches what they get out”*.
- Is it **“brave”** to do the minimum and keep taking a paycheck?
  - This line of thinking is only **“rational”** if you believe that the whole world is about you.
  - Is this the message to America's future business leaders?
    - **“If the minimum wasn't good enough, it wouldn't be the minimum.”**
    - **Absolutely pathetic**
- Remember a basic principle of life that you will never fully understand until you try it....
  - ....until you go all-in to get that **“Extra Degree”**  
**You get out of it what you put into it**



### Skip these examples for time:

- Countless examples in history
  - Tell Story of 20<sup>th</sup> Maine on Little Round Top at Gettysburg
  - Tell Antietam story
    - Highlight Union advantages
      - Special Order 191 wrapped in 3 cigars
        - Confederate Army split
      - 80,000 Union troops vs. 50,000 confederates
      - Confederates were falling out by the thousands eating only green apples and green corn
      - 25% of confederates didn't have shoes
    - Highlight where the union didn't get the extra degree
      - Waited 18 extra hours
      - 3 uncoordinated attacks in the north
      - Reserves stayed put after bloody lane
      - Burnside bridge
        - Didn't reconnoiter to see creek was shallow
          - Snavelly Ford was only 3/4s of a mile from the Bridge and would have flanked Robert Toombs and his two (2) Georgia Regiments
        - Stopped for 2 hours before capturing Ford
        - Porter: "I am the last reserves for the last Army of the Republic"
        - Allowed A.P. Hill to get 15 miles from Harper's Ferry
- Noland Bulter at Conference Swim Champs Story
  - Give the "Yankee" lecture before every conference meet
  - Loaded up 50 Free to get record leaving 200 Free open
  - Bulter from Fredericksburg Academy won 200 Free
  - Went over to FA team area, asked for Noland and told her publicly what a great race she had
  - An hour later, her mother came over to me
  - Striking: How easy it was to get that exponential result

## **B. Obstacles to that Extra Degree**

- **212 degrees – it’s a commitment to action**
  - You have to keep the heat up on yourself every day
  - Showing up isn’t enough
  - Because, very often, the difference between excellence and mediocrity
    - Or excellence and failure
    - is often a very small thing.
- So, what keeps us from going all-in to start boiling?
- I thought of four (4) things:
  - **Looking for the quick fix**
    - If you spend a **little time on “that Google thing”**, it’s all over the place:
      - Liposuction
      - CoolSculpting
      - Nutri-Systems
      - Sono Bello One-Day Fat Removal
      - Buy Foreclosures
      - How to Get Rich from Nothing: 12 Proven Strategies
        - Unsurprisingly, that one comes from “The Millennial Money Woman”
      - Invest of Solar for Passive Income
      - Lottery Tickets
      - 6-minute meals for 6 pack abs
      - 6 pack abs in 2 minutes a day without pain
    - **Or at school**
      - Cliff notes
      - Using other people’s review sheets
      - SAT Prep Classes
      - Red Bull
    - **Or for Interpersonal Communication**
      - **Do you text or do you call?**
      - Do you send a **thank you e-mail** or do you **write a thank you note?**
      - I already know the answer
        - It’s so normal for people your age to take these short-cuts
        - That needs to change if you want to boil

- Trinity Meadow View Swim Team
  - This **16-year girls calls my cell phone**
    - **Has a conversation with me**
    - And asks if I will help them start a swim team
  - That girl, Lauren Kelley, is a very unique young woman
    - How do you say “no” to that
  - How do you think I would have responded if she just e-mailed me
    - One a several hundred e-mails I get every day that I’m just trying to rip through
  - The personal connection was that “1 extra degree” that made all the difference.
    - And the result was an inaugural swimming season for Trinity Meadow View that boiled.
- No quick fixes
  - Lose weight – run and control eating
  - Get wealthy – work hard, be excellent and take risks
  - 6 pack abs? – Hard work every day and no body fat – and pain
  - High SAT Score – read a lot and do your math homework reliably for many years
  - Want something from an adult – look them in the eye and talk to them!
- Back in the day, one of the big industrial laundry plants for which was I responsible was in Morgantown, WV
  - The plant manager was an old and wise country-boy named **Rod Rakosi.**
  - I was still in my 30s, but I’ll never forget the day he told me,
    - ***“Everyone wants to go to heaven, but nobody wants to die”***
- So, the message here is that there are no quick fixes
  - We all need to stop pretending that we are going to lose weight without eating less, running more, and doing a lot of push-ups.

\*\*\*\*\*

**Skip this example for time:**

- History is loaded with examples of quick fixes that went awry
  - **Athens in the 5<sup>th</sup> century BC**
    - The world's first great democracy and first working free market system
    - Also, one of the first to use coins of equal weight to make trade easier
    - But they liked to
      - Do huge public works programs, like the Parthenon
      - Fight multiple wars
    - So they had a big problem – they were spending far more money than then they were taking in
      - And they couldn't tax any more without hurting their thriving free market system
    - Stroke of genius!
      - Take in 1,000 coins in taxes
      - Melt them down and mix the gold and silver with 50% copper
      - Now you can spend 2,000 coins!
    - The result was a severely devalued currency that weakened the whole city-state
      - Smart people starting running commercials on TV telling Athenians to buy real gold because it was now worth twice as much
      - But it was too late
    - The weakened Athens eventually lost the war to Sparta and ultimately became a province of the next great power, Rome.
    - Rather than speculate on possible historical parallels, I'll just say that history has shown repeatedly that just printing more money doesn't mean that you have more money.

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## Playing the Victim

- **Never play the victim, even if you are**
- **Control what you can control – yourself**
- Kids in my math classes that struggle
  - I had a **bad teacher last year**
    - **Did you do your homework?**
  - I **didn't learn anything from your sub**, he/she doesn't teach it like you
    - **Did you do your homework?**
- I invested in a real estate broker who wanted to start a brokerage
  - Lost my butt
  - She wasn't doing the actions we outlined in our business plan
  - **When results weren't coming, she'd play the victim**
    - The market is bad
    - Average home price is dropping
    - Both true, but who cares – can't control that
  - So why are other brokerages in this town making money?
  - We couldn't control the market
    - But we could control how many agent recruiting appointments we had each week – 2 a week?
    - We could control the quality of our training – continually canceling?
    - We could control the new agent boot camp that we ran – executed poorly?
- I love a line one of the other VPs I worked with used to use on his General Managers
  - He was another wise country-boy named **Jim McNemar**,
  - ***“We are going to choose not to participate in the recession”***
  - Or better yet, find an opportunity in it
- If you **start making excuses now**
  - Bad teacher
  - Bad coach
  - Project partner didn't do his part
  - The ref made a bad call
- You'll **continue later years later**
  - I haven't been trained on that
  - Management is bad
  - Sales underbid the job
  - Superintendent messed up the job

- My budget was unreasonable
- Or worse,
  - I got fired from my sales job because I was old, fat, disabled, minority, etc.
  - How about the fact that you didn't sell anything!
- We still live in a meritocracy where excellence and risk are the keys to success
  - We all have obstacles to overcome
    - Some of us more than others
  - Concentrate on the things you can control and quit using the things you can't control as an **excuse for your own mediocrity**
    - If you don't, you'll never get to 212-degrees

## ○ Selective Excellence

- As you know, my father died during the season
  - I hope you were able to read the Eulogy I wrote about him, because he could have pretty much written this little book that Kevin gave me.
- Growing up, 2-inch lift on my dress shoe
  - Already a bad athlete
  - But that didn't stop him from having me play football, baseball, basketball every season
    - I played poorly, but that's not what he cared about
- One question I always got from my Dad:
  - "Did you do your best?"
  - Didn't matter if that was good, as long as it was my best
- As I got older, he'd tell me "Bloom where You're Planted"
  - Picture in the "Man Room"
  - That was his code for finding the "Extra Degree"
- That's why I push all of you for PRs
  - **Personal best effort every time you hit the water**
- Years ago, my **niece Shannon invited me to talk** at the induction ceremony for the History Honor Society at Tappan Zee High School
  - A public high school in New York
    - A serious danger zone for a guy like me 😊
  - To prepare for the talk, I was talking to her father
    - She had been **voted "Most likely to go all out in gym class"**
    - Kids **cheered "Rudy" on the sidelines**
    - At the time, she was **approaching the 100 Goal** mark in lacrosse
    - I'll tell you a secret
      - You don't score 100 goals by just playing hard in the games
      - **You score 100 goals by playing hard every practice**
    - Ever hear me say "**You play the way your practice**"
      - Yes, and it's why some of you breathed out of your turn at States.
    - The same was true of her AP Stats grades
      - Not earned just by participating in class
      - Earned at the desk in her bedroom
    - And I **bet she got good letters of recommendations** from her teachers

- Because she sucked up to those teachers for a couple weeks during her senior year?
  - No, because **she was excellent all of the time** and her teacher's saw that
- Key to being "Average"
  - On a continuum from abject failure to massively successful, what's the middle called?
    - Average? Mediocre?
  - Here's the formula for being average: **Only do the things you like to do**
  - If you want to be good at something, there's going to be some sacrifice involved
- Extends to your whole life
  - **Math grade doesn't matter?**
    - "I'm going to Christendom"
    - "I'm going to study history"
  - **Are you kidding?**
- **What are you going to be doing** when you are in your 30s, 40s, and beyond?
  - **If you don't know, then how do you know what you're going to have to be good at?**
  - Trust me when I tell you that **being a Math Teacher and Swimming coach were not big goals** in my life when I was sitting in Algebra class and going to swim practice
  - We should always be discerning God's plan for us, but we seldom know God's plan
    - Especially at your age
  - This is what we can know though:
    - **We all have God-given gifts, and we got them for a reason**
      - **Even if we don't know the reason**
      - You have an obligation to use those gifts to serve others
      - Make sure you are prepared
  - It's why I'm so fond of saying:
    - **Catholicism isn't merely compatible with excellence – it requires excellence.**



- **Lack the Confidence to try**
  - Man, I hate the words, “I can’t” – just ask my kids
  - I remember when **Fr. Sean** was growing up
    - My most frequently asked question of him was: “**What, are you helpless?**”
  - “**Dad, can you make this phone call** – you can do it better”
    - Son, I’m SURE that is true, but that doesn’t mean I’m going to do it for you
    - I **knew he had gotten the message** when I e-mailed asking for his zip code
      - He e-mailed me back asking “What, are you helpless?”
  - I’ll never forget when **6-year-old Shane Koehr was accidentally put in 100 FR** in a meet at the newly built WARF.
    - I was terrified for him, but afterwards, he asked to do it again after
    - Why?
    - “Just to see if I’m any better”
    - Not premeditated answer – natural
  - That was more than 15-years ago, but **it was a lesson I’ve never forgotten**
    - It’s why everyone on this team swims the 500 Free
    - I can’t tell you the number of times I’ve had a mother **tell me that one of you wanted to quit the team because I might put you in the 500**
      - So, what do I do?
      - I put in the 500 Free at the first opportunity
      - And I can’t tell you how many kids later tell me that it was the highlight of their season
  - I **was not immune to it myself** though
    - I remember years ago **when I was struggling to run**
      - I was convinced that the best I could do was to run/walk
    - Started training with **a heart rate monitor**
      - **The monitor told me when I needed to start walking**
    - I gave blood, and that really me back
    - I had a big breakthrough after I returned from a backpacking trip at a place called Philmont in the Rocky Mountains of New Mexico
      - Was it the high altitude?
        - Maybe

- I later realized that was not it.
  - **The breakthrough came when heart rate monitor broke!**
- What is your **first thought** when you look at a hard math problem?
  - **I'll never figure it out?**
    - **Or I'm sure I can eventually figure this out?**
  - Your first thought makes all the difference
  - Probably an indication of how you are likely to think whenever you encounter any obstacle
- Think of it this way:
  - **How can you expect others to bet on you if you aren't even willing to bet on yourself!**
- I know this is natural for even the most confident people
  - That's why I don't tell my students that the homework assignments I put in my syllabus are the suggested assignments out of the book for "Advanced" students
  - Then I demand they do all of their homework 100% correctly
- You've all heard me say this a hundred times, but one of favorite quotes is from Thomas Edison:
  - **"If we did all the things we are capable of, we would literally astound ourselves"**
- And another quote I saw recently from Henry Ford:
  - **"One of the greatest discoveries a person makes is to find they can do what they were afraid they couldn't do."**

## C. Conclusion

- Unique time in your life – **your entire vocation is to improve yourself**
  - This will never happen again
  - Next time you **skip America’s Got Talent to study Algebra II**
    - You’re boiling
  - Next time you **draft a paper a week early** so that teacher who is dying to see you do well can comment on it in advance
    - You’re boiling
  - Next time you **don’t breathe out of the turn at swim practice** even though you know the coach is not looking
    - You’re boiling
  - Or the next time you **wake up early to do P90X with your daughter** even though you were up late with your brother-in-law
    - You’re boiling
- Excellence is **not one big act**
  - It is a **collection of many, daily and small acts of the will**
  - It is a near infinite **collection of good choices** that are not always the easy choices
  - **Excellence is habit nurtured by taking advantage of countless opportunities** every day
  - Excellence is **not about being objectively good**
    - It is about doing your best and being better than you were yesterday
- **Choose excellence in the many small things and you’ll get exponential results in the few big things!**
- And remember, don’t ever
  - **Look for the quick fix**
  - **Play the victim**
  - **Be selectively excellent**
  - **Say “I can’t”**
- That’s a **formula that will only put you in hot water**
- It’s YOUR life
  - YOU are responsible for your results – and those results are not a matter of luck
  - **You have greatness in you**, or you wouldn’t be here
  - **It’s time to turn up the heat**

## 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.
- **Coach Keapproth announces:** And here is who are **eligible** for **Diving**:
  - **Connor Koehr**
  - **Rose Waldron**
  - **Jacob Oswald**
- So, here is who are **eligible**, based on this criterion, for **Swimming**:
  - Come on up when I say your name:
    - Boys
      - Connor Koehr
      - Michael Brox
      - Liam Halisky
      - William Sokban
    - Girls
      - Clara Condon
      - Haley Fifield
      - Elodie Brox
      - Molly Bauer
- 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
    - Others have decided not to do it
    - 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 two (2) years ago 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**
  - It has worked very well for the last couple of years.
  - So, in consultation with the other coaches, I think we have found a leader who 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, I'd like to offer **Connor Koehr** the position as next year's 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 47:19.23**
    - **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.

- Let's start with Diving – Coach Keapproth, please come forward?
  - The **Most Improved Award for Diving** goes to:
    - **Cecilia Kelly (8)**
- This year, the **Most Improved Awards** for Swimming go to:
  - **Girls**
    - **Colette Kramer (SO)**
      - Sum of improvements of 7:12.41 or 147.4%
      - 50 FR 54.97 to 41.43
      - 100 FR 2:05.71 to 1:39.22
      - 200 FR 4:52.24 to 3:36.68
      - 500 FR 14:25.00 to 10:25.97
      - 100 BK 2:42.72 to 2:09.08
      - 100 BR 2:40.48 to 1:56.33
    - **Rosie DeWolf (7)**
      - Sum of improvements of 3:30.67 or 135.6%
      - 50 FR 51.45 to 36.17
      - 100 FR 1:56.78 to 1:29.49
      - 200 FR 4:17.81 to 3:40.44
      - 500 FR 10:33.54
      - 100 BK 2:38.03 to 1:52.06
      - 100 BR 3:37.50 to 2:12.74
    - **Honorable Mentions:**
      - **Penny Kramer (FR)**
        - Sum of improvements of 3:09.52 or 116.7%
        - 50 FR 49.15 to 38.94
        - 100 FR 2:16.78 to 1:26.63
        - 200 FR 4:41.49 to 3:13.44
        - 500 FR 10:36.21
        - 100 BK 2:26.74 to 1:45.63
      - **Katie Bauer (8)**
        - Sum of improvements of 2:44.57 or 98.2%
        - 50 FR 34.03 to 31.33
        - 100 FR 1:18.43 to 1:10.60
        - 200 FR 3:33.78 to 2:42.73
        - 500 FR 8:00.21 to 7:19.06
        - 100 BK 1:39.34 to 1:27.11
        - 100 BR 1:48.78 to 1:33.76
        - 100 FL 1:58.32 to 1:44.33



- 200 IM 3:28.21 to 3:07.61
- **Sophia Halisky (8)**
  - Sum of improvements of 1:23.56 or 80.5%
  - 50 FR 31.80 to 29.48
  - 100 FR 1:16.61 to 1:04.92
  - 200 FR 2:42.18 to 2:24.18
  - 500 FR 7:24.37 to 7:22.25
  - 100 BK 1:29.94 to 1:18.02
  - 100 BR 1:32.31 to 1:19.61
  - 100 FL 1:24.81 to 1:15.93
  - 200 IM 2:58.77 to 2:42.84
- **Kyleigh Fifield (FR)**
  - Sum of improvements of 2:08.97 or 72.7%
  - 50 FR 32.76 to 28.62
  - 100 FR 1:17.30 to 1:09.30
  - 200 FR 3:10.73 to 2:34.65
  - 500 FR 7:43.47 to 6:38.26
  - 100 BK 1:27.20 to 1:17.27
  - 100 BR 1:45.27 to 1:39.66
- **Audrey Mayer (6)**
  - Sum of improvements of 1:38.62 or 70.8%
  - 50 FR 1:14.68 to 53.14
  - 100 FR 2:32.81 to 1:58.84
  - 100 BK 3:38.96 to 2:55.85
- **Clare Judge (7)**
  - Sum of improvements of 1:25.81 or 69.2%
  - 50 FR 53.09 to 40.10
  - 100 FR 1:50.88 to 1:40.88
  - 200 FR 4:32.46 to 4:13.05
  - 500 FR 11:08.58
  - 100 BK 2:25.60 to 2:02.74
  - 100 BR 2:38.95 to 2:18.40
- **Evie Mayer (7)**
  - Sum of improvements of 1:23.20 or 63.8%
  - 50 FR 1:10.01 to 51.78
  - 100 FR 2:40.98 to 2:11.93
  - 100 BK 3:02.38 to 2:26.46

- **Boys**
  - **Brian Orellana**
    - Sum of improvements of 7:20.69 or 138.6%
    - 50 FR 1:10.52 to 51.01
    - 100 FR 2:46.81 to 2:10.69
    - 200 FR 9:33.00 to 4:50.01
    - 100 BK 4:15.81 to 2:33.75
  - **Walter Saffian**
    - Sum of improvements of 1:59.94 or 92.1%
    - 50 FR 40.18 to 29.80
    - 100 FR 1:26.83 to 1:13.82
    - 200 FR 4:26.09 to 3:23.26
    - 500 FR 10:02.62
    - 100 BK 2:20.92 to 2:11.45
    - 100 BR 1:55.80 to 1:31.55
    - 100 FL 2:08.62
    - 200 IM 3:46.49
  - **Honorable Mentions:**
    - **Aidan McCardell**
      - Sum of improvements of 3:51.41 or 89.7%
      - 50 FR 40.13 to 38.91
      - 100 FR 1:41.82 to 1:30.49
      - 200 FR 5:13.33 to 3:25.55
      - 500 FR 10:38.60 to 9:25.16
      - 100 BK 2:19.23 to 2:01.22
      - 100 BR 1:57.63 to 1:38.00
    - **Jack Gregory**
      - Sum of improvements of 2:25.55 or 77.7%
      - 50 FR 35.93 to 32.81
      - 100 FR 1:45.85 to 1:20.83
      - 200 FR 4:02.34 to 3:42.47
      - 500 FR 11:33.12 to 10:41.72
      - 100 BK 1:54.87 to 1:47.49
      - 100 BR 2:46.34 to 2:07.58
      - 200 IM 4:05.15

- **Patrick Judge**
  - Sum of improvements of 1:22.00 or 71.6%
  - 50 FR 49.00 to 37.42
  - 100 FR 1:53.58 to 1:41.42
  - 200 FR 5:48.50
  - 100 BK 2:40.14 to 2:07.01
  - 100 BR 2:31.53 to 2:06 40
- **Evan Wible**
  - Sum of improvements of 1:22.86 or 66.1%
  - 50 FR 42.30 to 34.97
  - 100 FR 1:38.84 to 1:27.62
  - 200 FR 3:69.41 to 3:22.39
  - 500 FR 10:09.39
  - 100 BK 2:11.60 to 1:59.90
  - 100 BR 1:59.60 to 1:44.01
- **Greg Bauer**
  - Sum of improvements of 1:18.89 or 64.7%
  - 50 FR 27.98 to 25.52
  - 100 FR 1:02.07 to 57.85
  - 200 FR 2:40.26 to 2:20.45
  - 500 FR 6:51.25 to 6:31.28
  - 100 BK 1:19.50 to 1:15.00
  - 100 BR 1:18.91 to 1:12.67
  - 100 FL 1:27.27 to 1:17.95
  - 200 IM 2:42.41 to 2:30.04
- **Michael Brox**
  - Sum of improvements of :39.05 or 48.80%
  - 50 FR 23.54 to 22.30
  - 100 FR 56.25 to 49.54
  - 200 FR 2:09.70 to 1:59.79
  - 500 FR 6:06.52
  - 100 BK 1:09.35 to 1:04.44
  - 100 BR 1:23.94 to 1:12.55
  - 200 IM 2:28.53 to 2:23.64
  -

## **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?

- **Connor Koehr (JR)**

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

- Girls
  - Honorable Mention
    - Sage Armstrong (nominated by Mary Clare Osilka)
    - Molly Bauer (nominated by Coach Halisky and Coach Schroer)
      - “Molly with her smile and gratitude. It was always good day when Molly came. Never a complaint from her.”
    - Maggie Gibbons (nominated by Coach Dalrymple)
    - Haley Fifield (nominated by Coach Dalrymple)
    - Mary Clare Osilka (nominated by Coach Dalrymple)
    - Molly Bauer (nominated by Coach Dalrymple)
    - Clara Condon (nominated by Coach Mulhern)
    - Elodie Brox (nominated by Coach Mulhern)
    - Katie Bauer (nominated by Coach Kay)
  - **Madelyn Zadnik (SR)**
    - From Coach Hurley, *“When I think of the GEMS, she comes to mind. She has been coaching the little kids for several years. She is always willing to pitch in and always seems to have a great disposition. She was also a fine example of a swimmer who, in spite of not being the most talented, continued to do her best and even knocked off some significant time at the end of the season.”*
    -

- Boys
  - Honorable Mention
    - Luke Partridge (nominated by Coach Halisky)
      - Coach Halisky, *“Luke with his gratitude and always trying to find ways to be an excellent swimmer.”*
    - Gabe Hambleton (nominated by Coach Schroer, Coach Halisky, and Coach Dalrymple)
    - Michael Brox (nominated by Coach Dalrymple and Coach Mulhern)
    - Dominic Judge (nominated by Coach Dalrymple)
    - Greg Bauer (nominated by Coach Dalrymple)
    - Max Wilson (nominated by Coach Mulhern)
    - William Sokban (nominated by Coach Anne Judge)
      - *I heard he was going in extra days to swim which worked out for him in a few races where he needed to drop time. He is extremely polite and would always ask if he could do anything to help me. He would be a great captain but he’s quiet and unassuming at times so he may fly under the radar. He stepped up to sing the National Anthem.*
    - Brian Orellana (nominated by Coach Tara Judge)
      - *He exemplifies the Seton GEMS in the following ways:*
        - *Gratitude: I don’t think he ever missed saying thank you to Coach Jerry or me at practice. He was always appreciative of the rides I gave him to school. And he told me he was so thankful for the swimming experience at Seton even though he struggled to master stroke technique quickly. He looks forward to coming back next year. And the next.*
        - *Excellence: Brian concentrated on getting better each week. His joyful attitude focused on incremental improvements because he knew they added up! And added up they did because he had some impressive time drops.*
        - *Meekness: Brian displayed patience and persistence at practice. He didn’t get flustered easily. He took everything in stride and with such a JOYFUL attitude. Additionally, he excitedly and genuinely supported his teammates.*
        - *Sacrifice: Again, his JOYFULness comes out strong here - he cares for and respects his teammates, his coaches.*

- **Jack Gregory (SR)**
  - From Coach Schroer:
    - *Gratitude - Wow*
    - *Excellence – Wow! He dropped time this year!*
    - *Meekness - Of course*
    - *Sacrifice - I think he embodies this character trait*
  - From Coach Dalrymple:
    - *What a role model!*
  - From Coach Zadnik last year:
    - *He is a junior 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!’”*

## 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 You's

Maggie Gibbons does her thing