

## Notes for Trinity Meadow View Swimming Awards – '23-'24

### • Koehr Introduction

- It was an amazing season for Tempest Swimming
  - First of all, *Tempest Swimming is a Thing!*
  - Our **Girls** were:
    - **VISAA State Championship Meet**
      - 27<sup>th</sup> Overall
      - 11<sup>th</sup> in Division II
    - **VISAA Division II Invitational Championship - 4<sup>th</sup>**
    - **VISAA Junior Varsity Invitational Championship - 9<sup>th</sup>**
  - Our **Boys** were:
    - **VISAA State Championship Meet**
      - 26<sup>th</sup> Overall
      - 12<sup>th</sup> in Division II
    - **VISAA Division II Invitational Championship - 7<sup>th</sup>**
    - **VISAA Junior Varsity Invitational Championship - 7<sup>th</sup>**
- It was another **great season** for many other reasons too:
  - **It was great because:**
    - We had **13 kids** on the team this year, counting our Team Managers.
  - **It was great because:**
    - Of our **80 Personal Records!**
  - **It was great because:**
    - We raised **\$1,000** for Cystic Fibrosis.
  - **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.
- Meekness
  - We help our opponents over the bar we raised by winning.
  - I loved seeing the relationships you built with
- Sacrifice
  - We offer it up. We love our teammates.

### The Power of the Trinity Meadow View Community

- This season was **not just** a string of successes for Tempest Swimming
  - It was a **triumph of the entire Tempest Community.**
  - **I can see that Trinity School at Meadow View is just a different kind of place.**
    - The kids are joyful and respectful.
    - The parents are involved.
  - There aren't many schools that would have integrated into what I try to do with kids and swimming as well as you do.
- **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 the kids in this room, I am so grateful to so many** people who have helped make Tempest Swimming possible this year.

## Thank the Captains

- **Never formally appointed Captains, but there were two (2) that became the captains for me.**
  - **Aine Maloney**
  - **Lauren Kelley**
- **Captains stay up to help recognize the parent volunteers.**

## Recognize Parent Volunteers

- I am about to recognize 11 different names of people who made this season possible for our 13 swimmers.
  - I know many teams that come to our Seton meets and can't muster that many parent volunteers.
- School Administration, Stroke & Turn Judge
  - Tim Maloney
- Deck Moms
  - Kelley Arllen
  - Becky Soto
- Regular Timers
  - Jeff Monroe
  - Terry Monroe
  - Abby Mazanec
  - Brian Mazanec
  - Mike Thiede
  - Kelley Arllen
  - Meredith Blankenstein
- Hospitality
  - Becky Soto
  - Kelley Arllen
  - Chau Thiede
- Super Volunteers
  - Andrea Kelley

## Junior Varsity Letters

(Announce in reverse order)

### 1) Joseph Kelley (SR)

- Team Record Holder-200 Free Relay
- Team Record Holder-400 Free Relay
- VISAA 14<sup>th</sup> 200 Free Relay-Finalist
- VISAA 15<sup>th</sup> 400 Free Relay-Finalist
- VISAA Division II-5<sup>th</sup> 200 Free Relay
- VISAA Division II-5<sup>th</sup> 400 Free Relay
- VISAA Division II-16<sup>th</sup> 50 FR
- VISAA Division II-17<sup>th</sup> 100 FR (I couldn't believe the 58.30)
- 50 FR split – 25.19 to 24.20 at States
  - That rocks for a basketball player!
- 100 FR split 58.30 to 56.56 at States
- The first time we had Joe in the water at the VISAA Division II Invitational I was trying to coach him up during warm-ups
  - So funny: *“Coach, Joe hasn't swum since the summer. He's going to be tired!”*
  - I was blown away by his 25.13 50 Free and his 58.30 100 Free
  - Then to split 24.20 and 56.56 at States was just unbelievable

### 2) Levi Soto (8)

- VISAA Division II-27<sup>th</sup> 100 BR
- VISAA Division II-43<sup>rd</sup> 50 FR
- 50 FR 32.93 to 29.25
- 100 FR 1:29.70 to 1:05.67
- 500 FR 7:45.00
- 100 BR 1:23.67
- 50 FL 40.41
- I was very pleased with Levi at the Homecoming Invitational when he realized that he could still push himself to swim well after a couple of hours on a soccer field.

3) Joseph Thiede (7)

- VISAA JV Invite-7<sup>th</sup> 50 BR
- VISAA JV Invite-14<sup>th</sup> 50 FR
- VISAA JV Invite-15<sup>th</sup> 100 FR
- 50 FR 33.12 to 30.25
- 100 FR 1:10.25 to 1:09.28
- 200 FR 3:08.04 to 2:37.81
- 500 FR 7:45.00 to 7:41.28
- 100 BR 1:20.99 to 1:18.78
- 50 FL 42.72
- It is going to be great for Tempest Swimming next year when he is allowed to score, because he will definitely score!
- I wish I had a chance to work with his Breaststroke a bit more.
  - He's a natural.

## **Varsity Letters**

(Announce in reverse order)

1) Aine Maloney (JR)

- 160.50 points
- Team High Point Award Winner
- Varsity Letter winner
- Team Record Holder-200 Medley Relay
- Team Record Holder-200 Free Relay
- Team Record Holder-400 Free Relay
- Team Record Holder-50 FR
- Team Record Holder-100 FR
- Team Record Holder-500 FR
- Team Record Holder-100 BR
- Team Record Holder-100 FL
- Team Record Holder-200 IM
- VISAA State Individual qualifier
- VISAA 14<sup>th</sup> 200 Medley Relay-Finalist
- VISAA 16<sup>th</sup> 200 Free Relay-Finalist
- VISAA 14<sup>th</sup> 100 Breaststroke
- VISAA 15<sup>th</sup> 100 Fly-Finalist
- VISAA Division II-bronze medal 200 Medley Relay
- VISAA Division II-6<sup>th</sup> 200 Free Relay
- VISAA Division II 4<sup>th</sup> 100 BR
- VISAA Division II-6<sup>th</sup> 100 FL
- 50 FR 28.03 to 26.28
- 100 FR 59.51 to 59.12
- 500 FR 6:01.28
- 100 BK 1:10.15 to 1:08.43
- 100 BR 1:15.97 to 1:09.10 at States
- 50 FL split 28.28 to 26.99 at States
- 100 FL 1:03.45 to 1:00.62 at States
- 200 IM 2:24.11

- There are so many moments I will remember with Aine, but probably the most memorable was looking at the smile on her face at States when she went a lifetime best (1:09.10) at States in 100 Breaststroke.
- I also really appreciated how she basically knew most of what I was trying to teach the team, but she threw herself all-in to perfect it anyway.
  - She was a great example to the others.

## 2) Sydney Arllen (SO)

- 141.50 points
- Varsity Letter winner
- Team Record Holder-200 Medley Relay
- Team Record Holder-200 Free Relay
- VISAA State Individual qualifier
- VISAA 14<sup>th</sup> 200 Medley Relay-Finalist
- VISAA 16<sup>th</sup> 200 Free Relay-Finalist
- VISAA 27<sup>th</sup> 400 Free Relay
- VISAA 34<sup>th</sup> 100 Breaststroke
- VISAA Division II-bronze medal 200 Medley Relay
- VISAA Division II-6<sup>th</sup> 200 Free Relay
- VISAA Division II-7<sup>th</sup> 400 Free Relay
- VISAA Division II-15<sup>th</sup> 100 Fly
- 50 FR split 28.81 to 26.60
- 100 FR split 1:08.53 to 1:03.41
- 200 FR 2:30.98
- 500 FR 7:29.68
- 100 BR 1:19.75 to 1:14.83
- 100 FL 1:20.49 to 1:19.59
- 200 IM 2:41.82
- I particularly enjoyed watching our break the team record in 100 Breaststroke at the Homecoming Invitational



3) Elijah Soto (SO)

- 124.50
- Varsity Letter winner
- Team Record Holder-200 Free Relay
- Team Record Holder-400 Free Relay
- Team Record Holder-50 FR
- Team Record Holder-100 FR
- Team Record Holder-200 FR
- Team Record Holder-500 FR
- Team Record Holder-100 BK
- Team Record Holder-100 BR
- Team Record Holder-100 FL
- Team Record Holder-200 IM
- VISAA State Individual qualifier
- VISAA 14<sup>th</sup> 200 Free Relay-Finalist
- VISAA 15<sup>th</sup> 400 Free Relay-Finalist
- VISAA-100 Fly Finalist
- VISAA-31<sup>st</sup> 100 Back
- VISAA Division II-5<sup>th</sup> 200 Free Relay
- VISAA Division II-5<sup>th</sup> 400 Free Relay
- VISAA Division II-4<sup>th</sup> 100 BK
- VISAA Division II-5<sup>th</sup> 100 FL
- Completed the CF Swim-a-thon
- 50 FR split 23.36 to 22.42
- 100 FR 50.50 to 49.95 at States
- 200 FR 1:58.91 to 1:53.44
- 500 FR 5:21.53
- 100 BK 59.74 to 57.85
- 100 BR 1:17.29, no chance to work on it
- 100 FL 56.59 to 54.65, no chance to work on it
- 200 IM 2:13.71
- I think Elijah thinks he's a sprinter

- I thought his two best races of the year were:
  - At Time Trials when he went 50.50 in 100 Free trying to beat Lionel Martinez
  - In the 200 Free at the Homecoming Invitational when he took it out in 25.32 and swam a 3.58 second PR

#### 4) Lauren Kelley (SO)

- 121.00 points
- None of this would have happened without Lauren
- Varsity Letter winner
- Team Record Holder-200 Medley Relay
- Team Record Holder-200 Free Relay
- Team Record Holder-400 Free Relay
- Team Record Holder-100 BK
- VISAA State Individual qualifier
- VISAA 14<sup>th</sup> 200 Medley Relay-Finalist
- VISAA 16<sup>th</sup> 200 Free Relay-Finalist
- VISAA 27<sup>th</sup> 400 Free Relay
- VISAA 44<sup>th</sup> 50 FR
- VISAA Division II-bronze medal 200 Medley Relay
- VISAA Division II-7<sup>th</sup> 400 Free Relay
- VISAA Division II-7<sup>th</sup> 100 FL
- VISAA Division II-9<sup>th</sup> 500 FR
- Completed the CF Swim-a-thon and led the team fundraising efforts
  - Raised \$1,000!
  - 50 FR split 27.78 to 25.82
  - 100 FR split 1:04.51 to 1:00.02
  - 200 FR 2:23.75
  - 500 FR 6:22.72 to 6:13.26
  - 100 BK 1:08.52 to 1:08.41
  - 100 BR 1:21.01 to 1:19.33
  - 100 FL 1:07.39
  - Aristotle told us that the key to joy is gratitude.
    - I think that is why Lauren is so joyful. She brings a sense of gratitude with her everywhere she goes.
    - I am so happy that she had the courage to call me.

5) Shane Monroe (JR)

- 82.50 points
- Varsity Letter winner
- Team Record Holder-200 Free Relay
- Team Record Holder-400 Free Relay
- VISAA State Individual qualifier
- VISAA 14<sup>th</sup> 200 Free Relay-Finalist
- VISAA 15<sup>th</sup> 400 Free Relay-Finalist
- VISAA 44<sup>th</sup> 50 FR
- VISAA Division II-5<sup>th</sup> 200 Free Relay
- VISAA Division II-5<sup>th</sup> 400 Free Relay
- VISAA Division II-15<sup>th</sup> 100 FL
- VISAA Division II-23<sup>rd</sup> 100 BR
- 50 FR split 25.66 to 22.74
  - 23.89 from a flat start
  - Must have been a pretty good relay start!
- 100 FR split 57.17 to 52.39
- 200 FR 2:23.78
- 500 FR 7:05.14
- 100 BK 1:10.51 to 1:08.01
- 100 BR 1:19.52
- 100 FL 1:08.38 to 1:06.02
- Shane's level of improvement in the sprints was remarkable. He really took to the concept of "effective freestyle".

6) Eamon Schrock (FR)

- 106.50 points
- Varsity Letter winner
- Team Record Holder-200 Free Relay
- Team Record Holder-400 Free Relay
- VISAA 14<sup>th</sup> 200 Free Relay-Finalist
- VISAA 15<sup>th</sup> 400 Free Relay-Finalist
- VISAA Division II-5<sup>th</sup> 200 Free Relay
- VISAA Division II-5<sup>th</sup> 400 Free Relay
- VISAA Division II-7<sup>th</sup> 100 FL
- VISAA Division II-20<sup>th</sup> 100 BR
- VISAA JV Invite-Silver medal 50 FL
- VISAA JV Invite-Bronze medal 50 FR
- VISAA JV Invite- Bronze medal 100 FR
- 50 FR split 26.30 to 24.05
- 100 FR split 57.53 to 53.96
- 200 FR 2:16.62
- 500 FR 6:23.00 to 6:15.31
- 100 BK 1:10.42 to 1:07.58
- 100 BR 1:19.71 to 1:19.18
- 100 FL 1:05.57 to 1:02.01
- 200 IM 2:24.69
- Eamon swam all eight (8) events with some particularly good times in 200 IM and 500 Free.
  - That's what good swimmers do.

- 7) Reagan Mazanec (FR)
- 103.50 points
  - Varsity Letter winner
  - Team Record Holder-200 Medley Relay
  - Team Record Holder-200 Free Relay
  - Team Record Holder-400 Free Relay
  - VISAA 14<sup>th</sup> 200 Medley Relay-Finalist
  - VISAA 16<sup>th</sup> 200 Free Relay-Finalist
  - VISAA 27<sup>th</sup> 400 Free Relay
  - VISAA Division II-bronze medal 200 Medley Relay
  - VISAA Division II-6<sup>th</sup> 200 Free Relay
  - VISAA Division II-7<sup>th</sup> 400 Free Relay
  - VISAA Division II-17<sup>th</sup> 100 FL
  - VISAA JV Invite-5<sup>th</sup> 50 FR
  - VISAA JV Invite-11<sup>th</sup> 50 BK
  - VISAA JV Invite-12<sup>th</sup> 50 FL
  - 50 FR Split 29.51 to 27.57
  - 100 FR split 1:08.32 to 1:03.99
  - 200 FR 2:37.85 to 2:35.46
  - 500 FR 7:22.74
  - 100 BK 1:22.65 to 1:20.47
  - 100 BR 1:37.73 to 1:33.75
  - 100 FL 1:28.52
  - 200 IM 2:54.99
  - It was fun watching a freshman like Reagan start to get comfortable as the anchor on our Medley Relay.

- 8) Charlotte Mazanec (SO)
- 98.00 points
  - Varsity Letter winner
  - Team Record Holder-400 Free Relay
  - Team Record Holder-200 FR
  - VISAA 27<sup>th</sup> 400 Free Relay
  - VISAA Division II-7<sup>th</sup> 400 Free Relay
  - VISAA Division II-20<sup>th</sup> 50 FR
  - VISAA Division II-20<sup>th</sup> 100 FR
  - 50 FR split 29.89 to 29.18
  - 100 FR 1:10.49 to 1:04.69
  - 200 FR 2:31.65 to 2:23.66
  - 500 FR 6:48.00 to 6:46.95
  - 100 BK 1:21.06 to 1:20.92
  - 100 BR 1:29.60 to 1:29.22
  - 200 IM 2:52.68
  - The highlight of the season for me with Charlotte was when she broke the team record in 200 Free at the December Invitational
- 9) Sophie Blankenstein (JR)
- 55.50 points
  - Varsity Letter winner
  - VISAA Division II-25<sup>th</sup> 100 BR
  - VISAA Division II 26<sup>th</sup> 100 FR
  - 50 FR split 33.81 to 30.90
  - 100 FR 1:20.19 to 1:13.82
  - 200 FR 3:00.47 to 2:54.20
  - 100 BR 1:36.28 to 1:31.31
  - 200 IM 3:09.61
  - The highlight of the season for me with Sophie was when she tackled the 200 IM at the Homecoming Invitational

10) Lizzie Neal (FR)

- 40.00 points
- Varsity Letter winner
- VISAA Division II-27<sup>th</sup> 100 FR
- VISAA Division II-29<sup>th</sup> 50 FR
- VISAA JV Invite-7<sup>th</sup> 50 BR
- VISAA JV Invite-19<sup>th</sup> 50 FR
- VISAA JV Invite- Bronze medal 100 FR
- 50 FR 33.50 to 32.19
- 100 FR split 1:16.87 to 1:12.52
- 200 FR 2:47.23
- 500 FR 7:55.81
- 100 BK 1:22.68
- 100 BR 1:24.87
- 200 IM 3:00.10
- The highlight of the season for me with Lizzie was when she tackled the 500 Free at the Winter Invitational with a stroke that looked so much longer than when she started the season.



## Coach Koehr's Talk

### Coach Koehr's Tempest Swimming Awards Dinner Talk February 29, 2024

#### How To Be Average

#### The Parable of the Talents

- My favorite passage of the Bible is the **Parable of the Talents**
- You remember the story?
  - The Master went on a journey and called in his three (3) servants:
    - To one he gave five (5) Talents, to one he gave two (2) Talents, and to one he gave one (1) Talent
    - ***“to each according to his ability”***
  - Then the servants with five (5) and two (2) doubled what they had
    - But the one with only one (1) Talent buried his
  - When the Master returned home, he settled accounts.
    - To the ones with five (5) and two (2) Talents, he was well pleased:
      - ***“Well done my good and faithful servant. Since you were faithful in small matters, I will give you great responsibilities. Come, share your Master’s joy.”***
    - But to the servant who buried his Talent out of fear that he might fail, he was not pleased at all.
      - ***“You wicked, lazy servant!”***
      - ***“Throw this useless servant into the darkness outside, where there will be wailing and grinding of teeth.”***
  - Whoa!
- I have spent a lot of time pondering that parable:

- Jesus only had 1,000 days, so I **don't think he was saying anything superfluous.**
  - So **why** did Jesus choose to **tell that story.**”
- Is there **more to our path to heaven than just being a “good” person?**
  - Surely, you can be a “good” person
    - Without working really hard, or
    - Without continually improving yourself, or
    - Without taking any risks
  - Can't you?
  - So, there **must be more to being a “good” person** that just being pious, loving, and kind.
- More to the point we are discussing here though
  - Is there a reason **why**, in Jesus' story, the **Master gave a different number of Talents to each servant?**
    - In my 58 years in this world, I've noticed that it is quite normal to see that the **people around me start with different levels of ability** in various things.
    - Doesn't the fact that Jesus told this story sort of imply that that is **part of God's plan?**
      - If God wanted us all to be great swimmers in the objective sense, wouldn't he have made us all 6'5” tall with big muscles, long arms, and tiny hips?
- And isn't it interesting that the Master **seemed equally pleased** with the servant who returned five (5) Talents and the servant who returned two (2)?
- In pondering this Parable, **the inescapable conclusions** I come to are these:
  - **There IS more to being a “good” person that just being pious, loving, and kind,**
  - It doesn't matter how many Talents we have been given, **as long as we use them to the best of our ability,** and
  - If we have a talent and are afraid to use it, that is a waste of a gift from God.

## How Not To Double Your Talents

- Let's define success in the theological sense then as doubling your Talents.
  - If you live a life where you consistently do that, then you've done at least part of what is required to say that you lived a good life.
- Imagine a continuum from **Complete Failure** to **Complete Success**
  - Success is the sense we just agreed upon
- In the center of the continuum is **Average**
  - Or less charitably, "mediocre".
  - Not where you EVER want to be
  - Certainly not where God wants us to be
- Formula for being Average
  - **Only do things that you like to do**
- Swimmers that experience success, don't follow that formula
  - You don't hear good swimmers say,
    - "I'm not a morning person"
      - They just get up
    - "I was saving it for the 2<sup>nd</sup> 50"
      - They give it all they have, even if it hurts
    - "I only like to swim the 50"
      - They learn to swim everything
    - "When are we going to stop doing these basic drills?"
      - They are always trying to perfect their strokes
- In this way, swimming is a training ground for your future success
  - When you **wake at 5:00**, you're training yourself to comfort that child afraid of the storm
  - When you **PR after a hard week of practice**, you're training yourself to pull society's wagon, not ride on it
  - When you **practice hard** on Monday **after some bad swims** on Saturday, you're training yourself to persevere if you ever lose your job

- When you **try to negative split a 100**-yard race, you are training yourself to take a risk, the kind of risk you will need to take if you ever want to own your own business
- So, the next time you need to do something that you don't want to do, just remember that **you must do it** if you ever want to be anything more than "average"
- And "average" is a place where no one in this room should want to be

I like these last awards most because it gives me the opportunity to recognize people that have refused to settle for being "average".

## 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**
- 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?
- Fortunately, the math and my intuition lined up pretty well this time.
  - It's fun to give this award to someone who also
    - seems hungry to improve
    - works hard
    - listens and works hard to apply what they are hearing.
- **Shane Monroe (JR)**
  - 50 FR split 25.66 to 22.74
    - 23.89 from a flat start
    - Must have been a pretty good relay start!
  - 100 FR split 57.17 to 52.39
  - 200 FR 2:23.78
  - 500 FR 7:05.14
  - 100 BK 1:10.51 to 1:08.01
  - 100 BR 1:19.52
  - 100 FL 1:08.38 to 1:06.02

## Coach's Award

From the beginning, I have always given an award to the athlete who **best exemplifies the values on which I speak and write so profusely.**

- Who is joyful and grateful?
- Who is trying to get the most from the gifts God gave them?
- Who is making the people around them better, even their competitors?
- Who is willing to sacrifice for the good of others?

And who is willing to cold call a 60-year-old man she's never met, and ask him to help start a swim team at the school who beat his kids for the Lacrosse State Championship a decade and half earlier?

**Lauren Kelley**, that's who.

## Conclusion

- **Tempest Swimming is a Thing!**
- It has been one of the great joys of this season to me to be able to help make it so.
- I told Seton's Athletic Director that **the folks at Trinity School at Meadow View are our people.**
  - I remember the **first time I ever heard of Trinity School** at Meadow View.
    - An iconic Seton family, **the Rooney Family**, who lived in this direction, transferred from Seton to Trinity
  - I remember how much I **enjoyed talking to your parents** on the sidelines of those epic 2007 and 2008 back-and-forth **lacrosse battles**
  - And now, I have had an **in-depth experience** with your **school's culture** and **all of you.**
- Thank you for the opportunity to share my passion for teaching kids to strive to be more than they think they can be.
  - It's been a great joy.