

Notes for Seton Swimming Awards – '24-'25

- **Koehr Introduction**

- It was another amazing season for Seton Swimming
 - Our **Girls** were:
 - **VISAA Division II State Championship Runner-Up (9th overall)**
 - Top-3 finishes by Ariana Aldeguer (FR) in the 200 IM and 500 Free.
 - **VISAA Division II Invitational Championship Champions**
 - **VCAC Conference Championship Meet Champion**
 - **VCAC Conference Regular Season Champion**
 - Our girls have won at least a piece of 30 out of 31 Conference Championships
 - **VISAA Junior Varsity Invitational Championship Champions**
 - **Our Girls Regular Season record was 27-1**
 - Since 2002 - Girls: 486-58-3
 - Our **Boys** were:
 - **VISAA Division II State Championship Runner-Up (12th overall)**
 - Top-3 Finish in Boys Diving by Connor Koehr
 - **VISAA Division II Invitational Championship Champions**
 - **VCAC Conference Championship Meet Champion**
 - **VCAC Conference Regular Season Champion**
 - Our girls have won at least a piece of 27 out of 31 Conference Championships
 - **VISAA Junior Varsity Invitational Championship Champions**
 - **NoVA Catholic High School Championship Runner-up**
 - **Our boys regular season record was 24-1**
 - Since 2002 - Boys: 463-76-0
- Coached 725 unique swimmers since 2000
- Hosted 207 Meets since 2000
- It was another **great season for many other reasons too:**
 - **It was great because:**
 - We had **135 kids** on the team this year, counting our Team Managers.
 - That's **40%** of the whole school!
 - **It was great because:**

- Of our **1,144 Personal Records!**
- **It was great because:**
 - Of our two (2) Individual VCAC Swimming Champions (Ariana Aldeguer and Lionel Martinez),
 - Our two (2) Individual VCAC Diving Champions (Connor Koehr and Meghan Condon), and
 - Our **21 All-Conference Swimming and Diving Recognitions from sixteen (16) unique athletes**
- **It was great because:**
 - We raised \$18,152 for Cystic Fibrosis.
 - That's a total of \$110,000 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.
 - 1,144 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.**

- **We also broke nine (9) team records**
 - I never imagined that it was possible
 - **Ariana Aldeguer (SO)** broke four (4)
 - Two (2), 25-year old Katie Shipko records for
 - 200 Free
 - 500 Free
 - 100 Fly by Anna Kenna
 - 200 IM
 - **Meghan Condon (FR)** broke the 6-Dive Record
 - **Connor Koehr (SR)** broke the Diving records for
 - 6-Dives
 - 11-Dives
 - Our **Boys 200 Medley Relay** broke the records from 2006
 - Connor Koehr (SR)
 - Lionel Martinez (SO)
 - Joe Borneman (SR)
 - Liam Halisky (SR)
 - And our **Boys 200 Free Relay** finally broke the 2010 record on their last attempt at States.
 - Lionel Martinez (SO)
 - Connor Koehr (SR)
 - Daniel Sokban (SO)
 - Liam Halisky (SR)
 - **Here's a video that Mr. Fifield put together**

- **Top Cystic Fibrosis Fundraisers**

- Introduce Allie Boge
 - Associate Director of Development
 - Johns Hopkins Children’s Center
- Swim-a-thon
 - 69 participants
 - 67 completed 200 lengths.
 - 5,000 yards or nearly 3 miles
 - The most ever!
- **Raised \$18,152**
 - The 2nd most ever
 - Now over \$110,000 since we started

- **Top Fundraising Teams**

- **Team Connor** (Koehr) **\$3,792**
- **Team Liam** (Halisky) **\$2,371**
- **Team Clara** (Condon) **\$2,220**
- **Team Michael** (Brox) **\$2,160**
- **Team Haley** (Fifield) **\$2,085**
- **Team William** (Sokban) **\$2,195**
- **Team Molly** (Bauer) **\$1,448**
- **Team Elodie** (Brox) **\$1,030**
- **Team Tempest** (TSMV) **\$600**
- **Team Jacob** (Oswald) **\$135**

- **Team Connor included:**

- Luke and Paul Partridge
- CJ Pennefather
- Luke and Gianna Pillion
- Charlotte Poullath
- James Reynolds
- Gabby Russo
- Walter and Philip Saffian
- Maggie and Caroline Schroer
- Dominic Sciscilo

- **Top Individual Fundraisers:**

- Connor Koehr **\$2,130.38**
- Clara Condon **\$1,445**
- Liam Halisky **\$1,200**
- William Sokban **\$1,020**
- Evie Mayer **\$885**

▪ Addi Hadro	\$780
▪ Coach Koehr	\$600
▪ Nguyen Kids	\$556.15
▪ Daniel Sokban	\$550
▪ John Cooley	\$520
▪ Elodie Brox	\$465
▪ Julia Maranian	\$500
▪ CJ Pennefather	\$400
▪ Charlotte Meadows	\$400

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**
 - **Show Video of Connor leading the cheer here**
 - **Captain of Captains**
 - **Connor Koehr (12)**
 - **Girls**
 - **Clara Condon (12)**
 - **Elodie Brox (12)**
 - **Haley Fifield (12)**
 - **Molly Bauer (12)**
 - **Boys**
 - **Michael Brox (12)**

- **Liam Halisky (12)**
 - **William Sokban (12)**
 - **Diving**
 - **Connor Koehr (12)**
 - **Jacob Oswald (12)**
 - **Rose Waldron (12)**
 - **Gus Kohlhaas (12)**
 - **Captains stay up to help recognize the parent volunteers.**
- **Recognize Parent Volunteers**
 - I am about to recognize 92 different names of people who made this season so incredible
 - Isn't that incredible? 92!
 - Coaches
 - Coach Matt Schroer
 - Coach Kevin Koehr
 - Coach John Halisky
 - Coach Scott Kay
 - Coach Joe Hurley
 - Coach Anne Judge
 - Coach Sandy Osilka
 - Coach Jerry Zadnik
 - Coach Casey Beltran
 - Coach Jeremy Kleb
 - Coach Mary Clare Osilka, Group 5
 - Coach Elodie Brox, Group 5
 - Coach Michael Brox, Group 6
 - Coach Briana Shillingburg, Group 6
 - Coach Ashley Keapproth, Diving
 - Coach Joanne Pretz, Diving
 - Coach Mick Fioramonti, Diving
 - Coach Patrick Heiny, Dryland
 - **Special Honorees**
 - Coach DD Ross
 - Coach Kimberly Dalrymple
 - Coach Ross Palazzo
 - Let Ross talk
 - Super Volunteers

- 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
- Imagine having to replace both Kimberly Dalrymple and Bill Dealey at the same time:
 - Anne Judge – JV Coach, Meet Set-up, Travel Mom, State Champs Warm-ups, anything that needed to get done
 - Mike Judge – Head Dry Deck Official, CTS
- 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.
 - Richard Borneman – Head Official, recruiter, Starter
 - Katie Lynch – Head Apparel Coordinator
 - Chris Condon – Head Timer
 - Melissa Sokban – Head CTS, Dry Deck Official
 - Julie Mantooth – Co-head of Hospitality, Banquet Coordinator
 - Mary Partridge – Co-head of Hospitality, Banquet Coordinator
 - Charles Seltman, the Godfather of Seton Swimming, Head Referee
 - Keith Oswald – Head Scorer for Diving
 - Bill Dealey - former Head Dry Deck official, Seton Sports Network Production IT manager, 2012-2024, Consultant, Mentor, Troubleshooter
 - Kimberly Dalrymple – Former Coach 2014-2023, Adult Supervision for Coach Koehr at Swim Meets
- 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
 - William Reynolds
 - Haley Fifield
 - Kyleigh Fifield
 - Luke Fifield
 - James Reynolds
 - Additional Thank Yous:
 - Haley Fifield

- President and foundress of Seton Sports Network with her father Mr. Fifield.
 - Laid the foundation of what our livestream has become and will become.
 - Gabe Hambleton
 - After discussing with Mr. Fifield, we would like to name Gabe Hambleton the new President of the Seton Sports Network.
 - Leading and guiding the next generation of live streamers.
- Dry Deck Officials
 - Hume Nguyen, Dry Deck, CTS
 - Eric Beltran, Dry Deck Scoring
 - John Kleb, The Voice of Seton Swimming
 - Michael Bingham, Backup Announcer, Timer
 - Yudi Sokban, CTS, Back-up Head Timer, regular timer
 - Carol Ann Miller, Diving Scorer, Travel Meet support
 - Bob Miller, Diving Judge
- Wet Deck Officials
 - Tommy Reynolds, Stroke & Turn, Starter
 - David Wilson, Stroke & Turn
 - Claire Nguyen, Stroke & Turn
 - Chris Dusek, Stroke & Turn
 - Bridget McCardell, Stroke & Turn
 - Rosanne Garvey, Stroke & Turn
 - Charles Meadows, Stroke & Turn
 - Darron Hadro, Stroke & Turn
 - Bea Pennefather, Stroke & Turn, Timing
- Other Key Volunteers
 - Christi Brox, Travel Meet support, regular meet volunteer
 - Molly Herwick, Team Nurse, Banquet, Hospitality
 - Theresa Zahorchak, Hospitality, Banquet
 - Annette Saffian, Hospitality, Banquet
 - Stephanie Gibaldi, Hospitality, Banquet
 - Robin Maranian, Hospitality, Banquet
 - Dr. Ara Maranian, Team Doctor

- John Herwick, Hospitality, regular timer
- Will Waldron – Dry Deck official, CTS, diving support
- Mary Pat Blanchette, Team Mom, Banquet Set-up/Clean-up
- Leah Halisky, Photographer
- It was great that we had 27 families who timed at least once.
Here were the regulars:
 - Zack Mikkelson, regular timer
 - Nancy Bauer, Regular Timer
 - Joe Aldeguer, Regular Timer
 - Andy Lynch, Regular Timer
 - John McCardell, Regular Timer
 - Charles McCook, Regular Timer
 - Rocky Poullath, Regular Timer
 - Christi Brox, Regular Timer, Travel Mom
- Claire Nguyen, Travel Mom
- Linda Bingham, Travel Mom
- Sarah Russo, Travel Mom
- Kevin Kohlhaas, Travel Dad
- Tom Pillion, Playlist
- Banquet Coordinators
 - Anne Judge
 - Mary Pat Blanchette
 - Julie Mantooth
 - Paul Fifield
 - Haley Fifield, Banquet Slide Show
- Behind the Scenes Super Volunteers Keeping Coach Koehr sane
 - Kimberly Dalrymple
 - Colleen Koehr
- Team Managers
 - Seth Kellogg
 - Elizabeth Francis

Recognize Seniors with gift towels

- We are recognizing an unbelievable 24 seniors from the Class of 2025
 - Molly Bauer
 - Lucia Bingham
 - Meg Blanchette
 - Elodie Brox
 - Clara Condon
 - Lucy Cunningham
 - Haley Fifield
 - Elizabeth Francis, Diving and Team Manager
 - Orla Haggerty
 - Mary Catherine Hurley
 - Anna Russo
 - Briana Shillingburg
 - Rose Waldron
 - Joe Borneman
 - Michael Brox
 - Liam Halisky
 - Seth Kellogg, Team Manager
 - Connor Koehr
 - Gus Kohlhaas
 - Drew Nguyen
 - Jacob Oswald
 - Walter Saffian
 - William Sokban
 - Max Wilson

- **Letter Requirements**

- Varsity Letters – 9 (not counting Diving)
- JV Letters – 29 (not counting Diving)
- Pins
 - Boy's swimming pins – 12
 - Girl's swimming pins – 23
 - Boy's diving pins – 6
 - Girl's diving pins – 9
- Bars - 90

Diving Team – Coach Ashley Keapproth

(Announce in reverse order)

- **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 5th 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
- **VCAC Diving Coach of the Year!**

Coach Keapproth:

Divers – Coach Keapproth’s Notes

Girls – Group 1-2

- **Meghan Condon (Fr.)**
 - 2nd Varsity Letter
 - Placed 7th at States with a new 11 dive personal record of 298.55. She was the highest scoring freshman at the State Meet and one of only 2 freshmen to make top 16.
 - VCAC Champion and Diver of the Meet
 - 1st at the JV Invite setting a new meet record
 - 4th at DII Championships
 - 16th at National Catholics
 - Learned 201B, 301B, 103B, 104C, 403c, 5122D
 - Broke the Seton record several time with a new Seton 6 dive record of 177.95.
- **Rose Waldron (Sr.)**
 - 4th Varsity Letter
 - Placed 12th at States with a score of 278.75. After a difficult preliminary round, Rose showed maturity and leadership to have a great final round moving up several places in her last three dives.
 - 2nd at VCAC and All Conference
 - 2nd at DII Championships
 - 6th at National Catholics
 - Learned 301B, 203C, 303c, 5231D
 - Leadership, grace, and humility was unparalleled
- **Maria Miller (Jr.)**
 - 3rd Varsity Letter

- Placed 10th at States with an 11 dive score of 285.45 setting a new personal record!
- 3rd at VCAC and all conference
- 5th at DII Championships
- 13th at National Catholics
- Learned 201B, 104C, 5122D
- **Jane Judge (Fr.)**
 - 1st Varsity Letter
 - Placed 18th at States, narrowly missing making finals (top 16). This was an amazing finish for her first year qualifying for States.
 - 9th as VCAC
 - 6th at DII Championships
 - 5th at JV Invite
 - 22nd at National Catholics
 - Learned 103c, 202c, 301c, 302c, 402c, 5121D, 5122D, 5111A
 - First varsity letter
- **Anna Russo (Sr.)**
 - 2nd Varsity Letter
 - Finished 25th at States
 - 11th at VCACs
 - 21st at National Catholics
 - Learned 103c, 5121D
 - 2nd varsity letter
- **Elizabeth Francis (Sr.)**
 - 3rd Varsity Letter
 - Finished 27th at States
 - 8th at DII Championships
 - 10th at VCACs
 - Learned 301A
 - 2nd varsity letter
- **Clare Kay (7)**
 - 2nd JV Letter
 - 5th at JV invite
 - Compete here full 11 dive list, and hit a State Qualifying score of 233.05
 - Learned 103c, 104c, 5122D, 201B, 302C, 402C,
- **Cecelia Kelly (9)**
 - 3rd JV Letter
 - 7th at JV invite
 - Learned 103c, 402C, 5122D
 - 3rd JV letter
- **Lucy Herwick (8)**
 - 2nd JV Letter

- 8th at JV invite 119.10 points -- a new PR for Lucy! Lucy has made incredible improvement this season on her form and height,
- Learned 5121D, 202c,
- I have no doubt that Lucy will be on our State team next year as a Freshman. She has a very bright future in diving.
- 2nd JV letter
- **Mary Catherine Hurley (Sr.)**
 - 2nd JV Letter
 - New 6 dive personal record of 130.80.
 - Mary Catherine has been a joy to coach, with her perpetual smile and positive attitude.
 - She learned several new dives this season including a back flip with a twist which she competed yesterday. She will be greatly missed next season!
 - New dives 202A, 5221D, 402c
 - 2nd JV letter
- **Penny Kramer (So)**
 - 3rd JV Letter
 - Learned enough dives to compete in a few regular season meet setting a PR of 86.75 points with 6 dives.
 - Penny has worked hard this season to learn a six dive list and always comes to practice ready to work her hardest.
 - Learned 401c ,5121d, 5211A
 - 3rd JV letter
- **Betsy Arnold (Fr)**
 - 1st Varsity Letter
 - Placed 9th at JV invite with 105.25 points.
 - Learned 101c, 102c, 103c, 201A, 202c, 401c, 5121D.
 - As a new diver this year, Betsy shows incredible talent and promise. Not only has she learned her full six-dive list, but she is also developing consistent board work and form. She also has a natural ability to hit the water without making a splash, and I have no doubt that Betsy will be on our State team next year.

Boys Group 1-2

- **Connor Koehr (Sr.)**
 - 5th Diving Varsity Letter
 - Placed 3rd at states and finished his Seton diving career by breaking his 11 dive Seton record with a new score of 422.70. He beat his own 6 dive record several times with a final record of 249.20.
 - 1st at VCAC Championship and Diver of the Meet
 - 1st at DII Championship and Diver of the meet
 - 3rd at National Catholics
 - Learned 203B, 404c, 5311A, 5331D,

- **Jacob Oswald (Sr.)**
 - 4th Varsity Letter
 - Finished 9th at States with 298.80 points and set a new 6 dive PR of 201.40.
 - 5th at VCACs
 - 4th at DII Championships
 - 9th at National Catholics
 - Learned 5311A, 5331D
- **Gus Kohlhaas (Sr.)**
 - 3rd Varsity Letter
 - 11th at States with 280.20 points.
 - 2nd at DII Championships
 - 4th at VCACs
 - 11th at National Catholics
- **Tom Waldron (Fr.)**
 - 1st Varsity Letter
 - 22nd at States
 - 6th at VCACs
 - 11th at DII Championships
 - 2nd at JV invite
 - Learned 403c, 301c, 202A, 5121D
- **Daniel Sokban (So.)**
 - 1st Varsity Letter
 - Was 23rd at States
 - 7th at VCACs
 - 12th at DII Championships
 - Was the first of the new boys to Learned full 11 dive list and learned it in time to compete in National Catholics, where he was 26th out of 39 divers.
- **Kenny Nguyen (So.)**
 - 1st Varsity Letter
 - Finished 25th at States
 - 8th at VCACs
 - 10th at DII Championships
 - Learned full 11 dive list
- **John Witter (7th)**
 - 1st JV Letter
 - Learned 6 full six dive list and was able to compete at several regular season meets.
 - Learned 101c, 103c, 104c, 301c, 302c, 401, 402c, 201A, 202c
 - Was 3rd at the JV invite with a score of 117.55 points.

- John has incredible power, form, and flexibility -- all the makings of a phenomenal diver.
- I have no doubt John will be on our State team next year as an 8th grader.
- **Max Ashton (7th)**
 - 1st JV Letter
 - Learned 6 full six dive list and was about to compete at several regular season meets. Learned 202c, 5122d, 301c,
 - Was 5th at the JV invite with a score of 103.10.
 - Max has developed really solid fundamentals and has an incredibly bright future in diving.
 - I have no doubt he will be on our State team next year as an 8th grader.

Girls – Group 3-4

- **Bella Nguyen (Fr)**
 - 3rd JV Letter
 - Placed 10th at JV invite with 95.70.
 - Bella learned 101c, 102c, 103c, 201A, 202c, 401c, 5121D. Bella is a very graceful diver, and has a bright future ahead of her! Bella has learned enough dives this season to move up to group 2, and join the varsity team in our off season training.
- **Cessie Reyes (8th)**
 - 1st JV Letter
 - Competed in JV championship scoring 45.15 points with three dives. Cessie has been a joy to coach and shows up to practice ready to work hard.
 - She learned a front dive tuck, front flip, and back dive this season!
- **Grace Catabui (7th)**
 - 1st JV Letter
 - Competed in JV Championship scoring 41.25 points with three dives.
 - Grace learned a front flip this season, and has been working hard to perform her front dive and back dive with a hurdle.
- **Clare Judge (8th)**
 - 2nd JV Letter
 - Scored 31.45 points with two dives at JV invite
 - Clare learned a front and back dive this season.
- **Jenny Baughman (7th)**
 - 2nd JV Letter
 - Scored 21.00 points with two dives at JV invite
 - Jenny learned front and back dives this season.

Boys Group 3-4

- **Brian Orellana (Fr.)**
 - 2nd JV Letter
 - Scored 55.80 points with 4 dives at JV invite

- Learned 101c, 102c, 201A, 401c
- Brian made good progress this season, and always comes to practice with a smile on his face and willing to try. He has improved tremendously on his front flip both in and out of the water. I have really enjoyed getting to know him this season!
- Will Judge (6th)
 - Scored 64.80 points with 4 dives at JV invite
 - Learned a front dive tuck, back dive, inward dive, and front flip this season.
 - Will did a phenomenal job not only learning new dives, but also developed strong fundamentals in his form and hurdle. He is always smiling and working hard!
- Dominic Sciscilo (6th)
 - Scored 54.20 points with 3 dives at JV invite
 - Dom learned a front dive tuck, back dive, and inward dive this season.
 - Dom was a lot of fun to coach, and I loved seeing his big smile when he learned a new dive or did one really well. Dom is building good and solid fundamentals which will serve him well in years to come!
- Gus Halisky (6th)
 - Scored 49.10 points with 3 dives.
 - Gus learned a front dive tuck, back dive and front flip this season.
 - Gus was part of a group of 6th grade boys that was so much fun to coach! I was so proud of him for learning that front flip, which he has been working on for several weeks. Facing your fear can be incredibly challenging, and I was so proud of Gus for conquering that one!

Seton Family Homeschool - Girls

1. Bethany Allen (6)
 - 50 FR 48.05 to 39.43
 - 100 FR 1:41.35 to 1:40.50
 - 500 FR 9:56.75
 - 100 BK 2:10.03 to 1:45.19
 - 100 BR 2:00.72 to 1:51.35
 - 100 FL 2:20.44
2. Jane Vaughan (6)
 - 50 FR 48.46 to 43.03
 - 100 FR 1:46.34 to 1:43.83
 - 200 FR 4:29.99 to 3:43.14
 - 500 FR 11:20.16
 - 100 BR 2:44.44 to 2:38.14
 - Cystic Fibrosis Swim-a-thon Finisher
3. Avery Youngblut (6)
 - Sum of improvements of 3:27.84 or 106.0%
 - 50 FR 1:01.75 to 48.52
 - 100 FR 2:47.42 to 2:00.59
 - 200 FR 5:52.15 to 4:11.10
 - 500 FR 11:15.00
 - 100 BK 2:38.39 to 2:23.51
 - 100 BR 2:48.66 to 2:17.81
 - Cystic Fibrosis Swim-a-thon Finisher
4. Mia Nguyen (6)
 - Sum of improvements of 1:51.12 or 63.4%
 - 50 FR 57.72 to 46.07
 - 100 FR 2:11.93 to 1:48.28
 - 200 FR 5:11.42 to 3:58.42
 - 500 FR 11:45.50
 - 100 BK 2:34.35 to 2:31.53

Seton Family Homeschool Swimmers - Boys

1. Charbel Pennefather (6)
 - Sum of improvements of 1:11.35 or 65.3%
 - 50 FR 36.24 to 35.01
 - 100 FR 1:48.01 to 1:27.29
 - 500 FR 9:15.72
 - 100 BK 1:52.73 to 1:13.69
 - 100 BR 2:08.55 to 1:58.19
 - Cystic Fibrosis Swim-a-thon Finisher
2. Dominic Sciscilo (6)
 - 50 FR 39.43 to 35.06
 - 200 FR 3:21.06 to 3:04.97
 - 500 FR 8:23.41
 - 100 BK 1:47.59 to 1:45.40
 - 100 FL 1:41.77
 - Cystic Fibrosis Swim-a-thon Finisher
3. Will Judge (6)
 - 50 FR 35.70 to 33.09
 - 200 FR 3:10.91 to 2:53.55
 - 500 FR 8:32.16
 - 100 BK 1:39.05 to 1:38.40
 - 100 BR 1:43.68 to 1:38.76
 - 100 FL 1:37.59
 - 200 IM 2:25.33
 - Cystic Fibrosis Swim-a-thon Finisher
4. James Beltran (6)
 - Sum of improvements of 2:24.88 or 87.0%
 - 50 FR 52.16 to 42.30
 - 100 FR 2:13.21 to 1:43.90
 - 200 FR 5:09.98 to 3:56.02
 - 500 FR 11:12.15
 - 100 BK 2:12.82 to 2:03.87
 - 100 BR 2:27.05 to 2:04.25

Junior Varsity Swimmers - Girls

1. Molly Bauer (SR)
 - 5th JV Letter
 - Captain, such a great role model
 - 50 FR 33.61 to 32.73
 - 100 BK 1:36.78 to 1:31.88
 - 100 FL 1:41.47 to 1:37.98
 - Cystic Fibrosis Swim-a-thon Finisher
2. Orla Haggerty (SR)
 - 6th JV Letter
 - 50 FR 31.35 to 30.86
 - 100 FR 1:11.28 to 1:09.32
 - 200 FR 3:07.36 to 2:45.22
 - 100 BK 1:34.32 to 1:31.98
 - A natural leader
 - Many other years, I would have picked her as a Team Captain, but we just had too many seniors this year
3. Meg Blanchette (SR)
 - 5th JV Letter
 - 50 FR 33.63 to 32.90
 - 200 FR 2:42.73 to 2:39.05
 - 500 FR 7:19.06 to 7:10.56
 - 100 BK 1:27.11 to 1:21.82
 - 100 FL 1:44.33 to 1:33.67
4. Mary Claire Osilka (JR)
 - 5th JV Letter
 - Coach for Group 5
 - 50 FR 31.73 to 30.81
 - 100 FR 1:13.03 to 1:11.55
 - 100 BK 1:27.28 to 1:24.06
 - 100 BR 1:39.25 to 1:34.94
 - 100 FL 1:35.08 to 1:30.16
 - 200 IM 3:15.17 to 3:08.84
 - Cystic Fibrosis Swim-a-thon Finisher

5. Colette Kramer (JR)
 - 4th JV Letter
 - 500 FR 10:25.97 to 9:21.73
 - 100 BK 2:09.08 to 2:06.42
 - 100 BR 1:56.33 to 1:55.38
 - 100 FL 1:57.78
 - 200 IM 4:21.97 to 4:01.18
6. Rose Ellis (JR)
 - 2nd JV Letter (from 8th grade)
 - 50 FR 43.98 to 39.12
 - 100 FR 1:40.20 to 1:33.54
 - 200 FR 3:37.46 to 3:24.50
 - 100 BR 1:53.93 to 1:45.65
7. Mariana Bingham (SO)
 - 4th JV Letter
 - 100 BR 1:41.85 to 1:38.75
 - 200 IM 3:15.06 to 3:14.40
8. Penny Kramer (SO)
 - 3rd JV Letter
 - Diver too
 - 50 FR 38.94 to 36.83
 - 100 FR 1:26.63 to 1:23.73
 - 500 FR 10:36.21 to 8:53.94
 - 100 BK 1:45.63 to 1:40.57
 - 100 BR 2:32.85 to 2:11.95
 - 200 IM 3:44.97
9. Cora Kramer (SO)
 - 4th JV Letter
 - 50 FR 41.97 to 40.56
 - 200 FR 1:35.13 to 1:34.04
 - 200 FR 3:36.58 to 3:22.25
 - 500 FR 11:09.98 to 9:07.16
 - 100 BK 1:57.09 to 1:53.59
 - 100 BR 1:46.76 to 1:42.79

10. Aoife Haggerty (SO)
 - 4th JV Letter
 - 50 FR 32.77 to 31.90
 - 200 FR 2:50.13 to 2:48.93
 - 500 FR 8:17.91 to 7:52.13
 - 100 BK 1:32.66 to 1:29.45
 - 100 FL 1:34.61 to 1:29.94
 - 200 IM 3:13.27 to 3:09.82
11. Gigi Gibaldi (SO)
 - 2nd JV Letter
 - 50 FR 36.93 to 35.27
 - 100 FR 1:30.95 to 1:21.01
 - 500 FR 9:30.95 to 9:04.44
 - 100 BK 2:02.50 to 1:56.91
 - 100 BR 2:10.92 to 2:03.53
 - 100 FL 1:44.13
 - 200 IM 3:44.70
 - Helped with Hospitality for VCAC Champs
 - Cystic Fibrosis Swim-a-thon Finisher
12. Jane Judge (FR)
 - 14.00 points
 - 3rd JV Letter
 - VISAA States – Diving 18th
 - VISAA D-II Invite – Diving 6th
 - National Catholics – Diving 6th
 - VISAA JV Invite – Diving 6th
 - VISAA JV Invite - 200 Medley Relay 7th
 - VISAA JV Invite – 200 Back Relay Bronze medal
 - VISAA JV Invite – Diving 6th
 - VISAA JV Invite – 100 FR 14th
 - 50 FR 33.18 to 31.59
 - 100 FR 1:19.70 to 1:10.72
 - 100 BK 1:26.67 to 1:19.23
 - 100 BR 1:37.30 to 1:30.99
 - 100 FL 1:33.79 to 1:28.95
 - 200 IM 3:11.72 to 2:59.42
 - Cystic Fibrosis Swim-a-thon Finisher

13. Katie Bauer (FR)
 - 10.00 points
 - 3rd JV Letter
 - VISAA JV Invite – 200 Back Relay Silver medal
 - VISAA JV Invite – 50 BK 11th
 - VISAA JV Invite – 100 FR 12th
 - 50 FR 31.33 to 30.62
 - 200 FR 2:42.73 to 2:39.05
 - 500 FR 7:19.06 to 7:10.56
 - 100 BK 1:27.11 to 1:21.82
 - 100 FL 1:44.33 to 1:33.67
 - Cystic Fibrosis Swim-a-thon Finisher
14. Monica Irving (FR)
 - 3rd JV Letter
 - VISAA JV Invite – 200 Free Relay 7th
 - 50 FR 35.90 to 32.81
 - 100 FR 1:21.10 to 1:15.20
 - 500 FR 8:42.45 to 8:13.29
 - 100 BK 1:31.96 to 1:24.85
 - 100 BR 1:41.54 to 1:34.84
 - 100 FL 1:44.01 to 1:33.32
 - 200 IM 3:09.02
15. Julia Maranian (FR)
 - 2nd JV Letter
 - 50 FR 44.00 to 41.89
 - 100 FR 1:48.18 to 1:44.77
 - 100 BK 2:13.22 to 1:50.07
 - 100 BR 3:02.13 to 2:20.23
 - Cystic Fibrosis Swim-a-thon Finisher
16. Bella Nguyen (FR)
 - 3rd JV Letter
 - 50 FR 36.16 to 33.74
 - 200 FR 3:29.30 to 3:07.41
 - 500 FR 8:37.37 to 8:30.80
 - 100 BK 1:42.57 to 1:34.20
 - 100 FL 1:54.23 to 1:49.20

17. Angela Andreu (FR)
 - 2nd JV Letter
 - 50 FR 46.45 to 41.03
 - 100 FR 1:47.43 to 1:41.63
 - 200 FR 5:44.50 to 3:50.62
 - 500 FR 10:45.81
 - 100 BK 1:55.46 to 1:53.24
18. Charlotte Meadows (8)
 - **1st JV Letter**
 - VISAA JV Invite – 200 Breast Relay Bronze medal
 - VISAA JV Invite – 50 FL 5th
 - 50 FR 33.10 to 32.43
 - 200 FR 2:50.92 to 2:48.64
 - 500 FR 7:51.20
 - 100 BK 1:26.94 to 1:22.32
 - 100 BR 1:34.93 to 1:32.75
 - 100 FL 1:20.78
 - 200 IM 3:04.53
 - Cystic Fibrosis Swim-a-thon Finisher
19. Lucy Herwick (8)
 - 2nd JV Letter
 - 50 FR 37.38 to 33.87
 - 100 FR 1:25.81 to 1:20.47
 - 200 FR 3:34.70 to 3:00.24
 - 500 FR 9:45.51 to 8:28.66
 - 100 BK 1:44.79 to 1:39.20
 - 100 BR 1:49.82 to 1:45.50
 - Cystic Fibrosis Swim-a-thon Finisher

20. Annabelle Mikkelson (8)
- 2nd JV Letter
 - VISAA JV Invite – 200 Breast Relay Bronze medal
 - VISAA JV Invite – 200 Free Relay 7th
 - VISAA JV Invite – 50 BR 21st
 - 50 FR 34.31 to 32.75
 - 100 FR 1:21.87 to 1:18.14
 - 200 FR 2:57.18 to 2:54.99
 - 500 FR 8:35.07 to 8:31.12
 - 100 BK 1:40.70 to 1:28.99
 - 100 BR 1:40.13 to 1:35.95
 - 100 FL 1:42.79
 - Cystic Fibrosis Swim-a-thon Finisher
21. Veronica Bingham (8)
- 2nd JV Letter
 - 50 FR 37.39 to 36.20
 - 200 FR 3:40.87 to 3:08.11
 - 500 FR 9:04.99 to 9:00.35
 - 100 BK 1:54.18 to 1:36.61
 - 100 BR 2:12.09 to 1:57.80
 - 100 FL 1:57.35 to 1:46.62
22. Bella Vaughan (8)
- **1st JV Letter**
 - Sum of improvements of 2:28.28 or 81.6%
 - 50 FR 46.56 to 40.75
 - 100 FR 1:48.93 to 1:34.69
 - 200 FR 5:14.21 to 3:51.43
 - 500 FR 11:11.25
 - 100 BK 2:42.19 to 2:10.82
 - 100 BR 2:16.48 to 2:02.40
 - Cystic Fibrosis Swim-a-thon Finisher

23. Gianna Pillion (8)
- **1st JV Letter**
 - 50 FR 40.45 to 35.52
 - 100 FR 1:42.46 to 1:32.28
 - 200 FR 4:02.77 to 3:27.94
 - 500 FR 9:52.09
 - 100 BK 2:04.39 to 1:54.37
 - 100 BR 1:54.69 to 1:41.84
24. Evie Mayer(8)
- 2nd JV Letter
 - Sum of improvements of 3:55.43 or 105.7%
 - 50 FR 51.78 to 44.83
 - 100 FR 2:11.93 to 1:44.18
 - 200 FR 6:21.00 to 3:51.05
 - 500 FR 10:13.38
 - 100 BK 2:26.46 to 2:13.68
 - 100 BR 2:44.29 to 2:06.29
 - Cystic Fibrosis Swim-a-thon Finisher
25. Clare Kay (7)
- **1st JV Letter**
 - VISAA JV Invite – Diving 6th
 - VISAA JV Invite – 200 Back Relay Bronze medal
 - VISAA JV Invite – Diving 5th
 - 50 FR 33.81 to 32.04
 - 100 FR 1:21.13 to 1:11.92
 - 200 FR 2:50.47 to 2:46.59
 - 500 FR 7:57.94 to 7:29.00
 - 100 BK 1:33.76 to 1:24.99
 - 100 BR 1:37.54 to 1:35.84
 - 100 FL 1:36.44 to 1:28.35
 - 200 IM 3:00.25
 - Cystic Fibrosis Swim-a-thon Finisher

26. Katie Cooley (7)
- **1st JV Letter**
 - VISAA JV Invite – 200 Breast Relay Bronze medal
 - VISAA JV Invite – 200 Free Relay 7th
 - 50 FR 33.30 to 32.41
 - 100 FR 1:24.15 to 1:14.44
 - 100 BK 1:42.66 to 1:31.33
 - 100 BR 1:54.48 to 1:42.57
 - 100 FL 2:06.14 to 1:51.80
27. Charlotte Poullath (7)
- **1st JV Letter**
 - VISAA JV Invite – 200 Back Relay Bronze medal
 - VISAA JV Invite – 200 Breast Relay Bronze medal
 - Missed Time Trials so I wasn't able to capture all of her improvement
 - 50 FR 34.57 to 32.25
 - 100 FR 1:18.00 to 1:16.29
 - 500 FR 8:41.74
 - 100 BK 1:29.39 to 1:25.61
 - 200 IM 3:26.08
28. Caroline Schroer (7)
- **1st JV Letter**
 - VISAA JV Invite - 200 Medley Relay 7th
 - VISAA JV Invite – 200 Back Relay Bronze medal
 - VISAA JV Invite – 50 BR 10th
 - 50 FR 32.79 to 31.59
 - 100 FR 1:16.06 to 1:11.93
 - 200 FR 2:56.93 to 2:51.34
 - 100 BK 1:45.33 to 1:28.06
 - 100 BR 1:33.67 to 1:28.92
 - 100 FL 1:28.29
 - Cystic Fibrosis Swim-a-thon Finisher

29. Grace Catabui (7)
- **1st JV Letter**
 - 50 FR 43.73 to 39.30
 - 100 FR 1:39.06 to 1:36.51
 - 200 FR 3:45.26 to 3:32.75
 - 500 FR 10:24.85 to 9:32.69
 - 100 BK 2:04.42 to 1:53.75
 - 100 BR 1:59.61 to 1:55.62
 - 100 FL 2:07.66
 - Cystic Fibrosis Swim-a-thon Finisher
30. Maggie Mikkelson (7)
- **1st JV Letter**
 - VISAA JV Invite - 200 Medley Relay 7th
 - 50 FR 38.68 to 33.51
 - 100 FR 1:34.79 to 1:17.93
 - 200 FR 3:16.64 to 3:08.01
 - 500 FR 8:54.53
 - 100 BK 1:59.66 to 1:46.00
 - 100 BR 1:46.55 to 1:42.50
 - Cystic Fibrosis Swim-a-thon Finisher
31. Madelyn Fioramonti (7)
- **1st JV Letter**
 - 200 FR 3:45.97 to 3:42.56
 - 500 FR 9:44.78
 - 100 BK 1:55.49 to 1:47.26
 - 100 BR 2:14.32 to 2:09.67
32. Emma Beltran (7)
- **1st JV Letter**
 - 50 FR 40.19 to 35.21
 - 200 FR 3:37.46 to 3:24.50
 - 500 FR 9:22.47
 - 100 BK 1:40.06 to 1:35.60
 - 100 BR 1:53.15 to 1:47.83

33. Addi Hadro (7)
- **1st JV Letter**
 - Sum of improvements of 2:09.06 or 70.6%
 - 50 FR 1:04.01 to 45.75
 - 100 FR 2:07.47 to 1:46.98
 - 200 FR 5:47.65 to 4:17.34
 - 500 FR 13.22.15
 - Cystic Fibrosis Swim-a-thon Finisher
34. Rebecca Kramer (7)
- **1st JV Letter**
 - 50 FR 44.82 to 39.87
 - 500 FR 9:53.16
 - 100 BR 2:05.56 to 1:59.15
35. Gianna Henry (7)
- **1st JV Letter**
 - Sum of improvements of 3:44.08 or 123.2%
 - 50 FR 1:01.62 to 41.60
 - 100 FR 2:09.87 to 1:37.37
 - 200 FR 5:55.41 to 3:52.86
 - 500 FR 10:59.72
 - 100 BK 2:20.72 to 2:03.35
 - 100 BR 2:47.33 to 2:15.70
36. Chiara Gonzalez (7)
- **1st JV Letter**
 - 50 FR 50.22 to 40.71
 - 100 FR 2:00.59 to 1:52.03
 - 500 FR 9:33.51
 - 100 BR 1:58.69 to 1:53.22
37. Adeline Youngblut (7)
- **1st JV Letter**
 - 50 FR 41.49 to 36.04
 - 200 FR 4:18.47 to 4:04.54
 - 500 FR 12:14.17
 - 100 BK 2:00.36 to 1:59.66
 - 100 BR 2:07.65 to 2:01.66
 - Cystic Fibrosis Swim-a-thon Finisher

38. Siobhan Maher (7)
- **1st JV Letter**
 - 50 FR 48.69 to 43.21
 - 100 FR 1:53.54 to 1:49.21
 - 200 FR 4:27.40 to 4:19.84
 - 500 FR 11:27.49
 - 100 BK 1:05.12 to 1:58.35
 - 100 BR 2:10.68 to 1:38.16
 - Learned a flip turn
39. Bella Gorman (7)
- **1st JV Letter**
 - Sum of improvements of 1:25.31 or 64.9%
 - 50 FR 50.64 to 38.89
 - 100 FR 1:43.38 to 1:31.77
 - 200 FR 4:42.00 to 4:04.70
 - 500 FR 10:59.72
 - 100 BK 2:20.72 to 2:03.35
 - 100 BR 2:47.33 to 2:15.70
40. Briana Shillingburg (SR)
- Three (3) previous JV Letters, but had to stop because of injury
 - We really appreciated her continued coaching of Group 6
41. Lily Waldron (FR)
- Two (2) previous JV Letters, but missed too many practices, but improved anyway
 - VISAA JV Invite - 200 Medley Relay 7th
 - VISAA JV Invite – 200 Free Relay 7th
 - VISAA JV Invite – 50 FR 14th
 - 50 FR 31.46 to 29.92
 - 100 FR 1:19.24 to 1:12.89
 - 200 FR 3:14.60 to 2:49.75
 - 500 FR 8:59.30 to 8:13.34
 - 100 BK 1:32.61 to 1:31.26
 - 100 BR 1:47.84 to 1:43.52
 - 100 FL 1:30.80 to 1:27.23
 - Cystic Fibrosis Swim-a-thon Finisher
42. Lara Martinez (7)
- Didn't get to see much of Lara, but we are really looking forward to have her with us as an 8th grader next year.

43. Veronica Gonzalez (FR)
 - Two (2) previous JV Letters, but missed too many practices
 - 100 FR 1:44.93 to 1:36.55
44. Sofia Kohlhaas (FR)
 - Two (2) previous JV Letters, but missed too many practices
 - 100 FR 1:26.61 to 1:23.06
 - 100 BK 1:44.03 to 1:40.80
45. Brianna Jolly (7)
 - 1st Year on team, but missed too many practices
 - 50 FR 57.09 to 48.09
 - 200 FR 2:33.48 to 2:01.34
 - 100 BK 2:33.40 to 2:07.90

Varsity Swimmers - Girls

1. Ariana Aldeguer (SO)

- 340.50 points, 3rd Varsity Letter
- High Point Award Winner, 2nd year in a row
- VCAC Record Holder – 500 FR
- Team Record Holder – 200 FR
- Team Record Holder – 500 FR
- Team Record Holder – 100 FL
- Team Record Holder – 200 IM
- NISCA All-America Consideration, 500 FR
- VISAA All-State
- VISAA States – Silver 500 FR
- VISAA States – Bronze 200 IM
- VISAA States – 200 Medley Relay 6th
- VISAA States – 200 FR Relay 10th
- VCAC All-Conference (2X)
- VCAC Conference Champion – 500 Free
- VCAC Champs Silver medal – 100 Fly
- VCAC Conference Champion – 200 Medley Relay
- VCAC Champs – 400 FR Relay Bronze medal
- VISAA D-II Invite –200 Medley Relay Silver medal
- VISAA D-II Invite –400 FR Relay 4th
- VISAA D-II Invite Champion – 200 IM
- VISAA D-II Invite Champion – 100 BK
- National Catholics – 500 FR Bronze medal
- National Catholics – 200 FR 5th
- National Catholics – 400 FR Relay 13th
- National Catholics – 200 Medley Relay, qualified 9th
- NoVa Catholics – 400 FR Relay Silver medal
- NoVa Catholics – 200 FR Relay 4th
- NoVa Catholic Champion – 100 FL
- NoVa Catholic Champion – 500 FR
- 200 FR 1:56.99 to 1:55.48 - Record
- 500 FR 5:08.05 to 4:58.34 - Record
- 100 BK 59.92 to 57.56
- 100 FL 59.53 to 57.17 - Record
- 200 IM 2:08.57 to 2:05.81 - Record
- Cystic Fibrosis Swim-a-thon Finisher

2. Elodie Brox (SR)
- 241.00 points
 - 4th Varsity Letter
 - VISAA States – 50 FR Finalist
 - VISAA States – 200 Medley Relay 6th
 - VISAA States – 200 FR Relay 10th
 - VISAA States – 400 FR Relay 18th
 - VCAC All-Conference
 - VCAC Champs Silver medal – 50 FR
 - VCAC Champs – 100 FR 6th
 - VCAC Conference Champion – 200 Medley Relay
 - VCAC Champs – 200 FR Relay Silver medal
 - VISAA D-II Invite –200 Medley Relay Silver medal
 - VISAA D-II Invite –200 FR Relay Bronze medal
 - VISAA D-II Invite – 50 FR 4th
 - VISAA D-II Invite – 100 FR 8th
 - National Catholics – 200 FR 5th
 - National Catholics – 200 FR Relay 12th
 - National Catholics – 200 Medley Relay, qualified 9th
 - NoVa Catholics – 200 Medley Relay 4th
 - NoVa Catholics – 200 FR Relay 4th
 - NoVa Catholics – 50 FR 4th
 - NoVa Catholics – 100 FR 6th
 - 50 FR 25.22 to 25.06
 - Split 24.15 at States!
 - 100 BR 1:17.49 to 1:16.64
 - 200 IM 3:08.61 to 2:55.29
 - Cystic Fibrosis Swim-a-thon Finisher

3. Clara Condon (SR)
- 239.00 points
 - 5th Varsity Letter
 - VISAA States – 100 FL 13th
 - VISAA States – 200 Medley Relay 6th
 - VISAA States – 200 FR Relay 10th
 - VISAA States – 400 FR Relay 18th
 - VCAC All-Conference
 - VCAC Champs Bronze medal – 200 IM
 - VCAC Champs – 100 FL 4th
 - VCAC Conference Champion – 200 Medley Relay
 - VCAC Champs – 400 FR Relay Bronze medal
 - VISAA D-II Invite –200 Medley Relay Silver medal
 - National Catholics – Individual qualifier
 - National Catholics – 200 FR Relay 12th
 - National Catholics – 200 Medley Relay, qualified 9th
 - NoVa Catholics – 200 Medley Relay 4th
 - NoVa Catholics – 200 FR Relay 4th
 - NoVa Catholics – 100 FL 4th
 - NoVa Catholics – 100 BR 4th
 - 50 FR 27.64 to 26.61
 - Cystic Fibrosis Swim-a-thon Finisher

4. Anastasia Garvey (JR)
- 221.50 points
 - 3rd Varsity Letter
 - VISAA States – 100 FL 31st
 - VISAA States – 200 Medley Relay 6th
 - VISAA States – 400 FR Relay 18th
 - VISAA States – 200 FR Relay Qualifier
 - VCAC Champs – 200 IM 4th
 - VCAC Champs – 100 FL 5th
 - VCAC Conference Champion – 200 Medley Relay
 - VCAC Champs – 200 FR Relay Silver medal
 - VISAA D-II Invite –200 FR Relay Bronze medal
 - VISAA D-II Invite –400 FR Relay 4th
 - VISAA D-II Invite – 200 FR 8th
 - VISAA D-II Invite – 500 FR 9th
 - National Catholics – Individual qualifier
 - National Catholics – 400 FR Relay 13th
 - National Catholics – 200 Medley Relay, qualified 9th
 - NoVa Catholics – 400 FR Relay Silver medal
 - NoVa Catholics – 200 Medley Relay 4th
 - NoVa Catholics – 200 IM 6th
 - NoVa Catholics – 100 BK 8th
 - 100 FR 1:01.15 to 1:00.08
 - Split 58.60 at States
 - 200 FR 2:19.82 to 2:11.48
 - 500 FR 6:12.55 to 6:00.51
 - 100 FL 1:10.55 to 1:04.55
 - 200 IM 2:30.08 to 2:24.33

5. Isabella McCook (SO)
- 198.00 points
 - **1st Varsity Letter**
 - VISAA States – 200 FR 29th
 - VISAA States – 100 FL 35th
 - VCAC All-Conference
 - VCAC Champs Bronze medal – 200 IM
 - VCAC Champs – 200 FR 5th
 - VCAC Champs – 200 FR Relay Silver medal
 - VCAC Champs – 400 FR Relay Bronze medal
 - VISAA D-II Invite – 400 FR Relay 4th
 - VISAA D-II Invite – 200 FR 4th
 - VISAA D-II Invite – 100 FL 9th
 - National Catholics – Individual qualifier
 - National Catholics – 200 FR Relay 12th
 - National Catholics – 400 FR Relay 13th
 - NoVa Catholics – 400 FR Relay Silver medal
 - NoVa Catholics – 200 FR Relay 4th
 - NoVa Catholics – 200 FR 4th
 - NoVa Catholics – 100 BK 7th
 - 50 FR 27.60 to 26.85
 - 100 FR 58.48 to 57.81
 - 200 FR 2:12.19 to 2:04.99
 - 500 FR 5:32.41
 - 100 BK 1:07.17 to 1:05.39
 - 100 FL 1:05.46
 - 200 IM 2:27.45

6. Philomena Kay (SO)
- 162.75 points
 - 3rd Varsity Letter
 - VCAC Champs – 200 FR 7th
 - VCAC Champs – 100 BR 8th
 - VISAA States – 200 FR Relay Qualifier
 - VISAA States – 400 FR Relay Qualifier
 - VISAA D-II Invite –200 FR Relay Bronze medal
 - VISAA D-II Invite –400 FR Relay 4th
 - VISAA D-II Invite – 500 FR 10th
 - VISAA D-II Invite – 100 BR 10th
 - National Catholics – Individual qualifier
 - NoVa Catholics – 200 FR Relay 8th
 - NoVa Catholics – 400 FR Relay 7th
 - NoVa Catholics – 200 IM 10th
 - NoVa Catholics – 500 FR 11th
 - 200 FR 2:21.60 to 2:14.58
 - 100 BR 1:20.48 to 1:18.47
 - 100 FL 1:14.13 to 1:12.78
 - Cystic Fibrosis Swim-a-thon Finisher

7. Haley Fifield (SR)
- 153.00 points
 - 4th Varsity Letter
 - VISAA States – 100 BK 35th
 - VISAA States – 200 Medley Relay Qualifier
 - VISAA States – 400 FR Relay Qualifier
 - VCAC All-Conference
 - VCAC Champs Silver medal – 100 BK
 - VCAC Champs – 100 FR 9th
 - VISAA D-II Invite –200 Medley Relay 5th
 - VISAA D-II Invite –400 FR Relay 6th
 - VISAA D-II Invite – 100 BK 9th
 - VISAA D-II Invite – 100 FR 14th
 - National Catholics – Individual qualifier
 - NoVa Catholics – 200 Medley Relay 4th
 - NoVa Catholics – 400 FR Relay 7th
 - NoVa Catholics – 100 BK 13th
 - NoVa Catholics – 100 FL 14th
 - 100 BK 1:07.39 to 1:04.51
 - 100 FL 1:12.41 to 1:11.52
 - Cystic Fibrosis Swim-a-thon Finisher
 - President and foundress of Seton Sports Network with her father Mr. Fifield.
 - Laid the foundation of what our livestream has become and will become.

8. Maggie Schroer (FR)
- 151.00 points
 - 2nd Varsity Letter
 - VISAA States – 100 FR 38th
 - VISAA States – 200 FR Relay 10th
 - VISAA States – 400 FR Relay 18th
 - VISAA States – 200 Medley Relay Qualifier
 - VCAC Champs – 50 FR 6th
 - VCAC Champs – 100 FR 7th
 - VCAC Champs – 200 FR Relay Silver medal
 - VCAC Champs – 400 FR Relay Bronze medal
 - VISAA D-II Invite –200 Medley Relay Silver medal
 - VISAA D-II Invite –200 FR Relay Bronze medal
 - VISAA D-II Invite – 100 FR 9th
 - VISAA D-II Invite – 50 FR 14th
 - National Catholics – Individual qualifier
 - National Catholics – 200 FR Relay 12th
 - National Catholics – 400 FR Relay 13th
 - NoVa Catholics – 400 FR Relay Silver medal
 - NoVa Catholics – 200 FR Relay 8th
 - NoVa Catholics – 100 FR 7th
 - NoVa Catholics – 50 FR 12th
 - VISAA JV Invite Champion – 200 Medley Relay
 - VISAA JV Invite Champion – 200 Free Relay
 - VISAA JV Invite – 50 FL Silver medal
 - VISAA JV Invite – 50 FR Bronze medal
 - VISAA JV Invite – 100 FR Bronze medal
 - 50 FR 27.74 to 26.65
 - Split 25.81 at States
 - 100 FR 1:00.07 to 57.34
 - 200 FR 2:14.62 to 2:13.79
 - 100 BK 1:14.31 to 1:11.73
 - 100 FL 1:23.75 to 1:13.75
 - Cystic Fibrosis Swim-a-thon Finisher

9. Rose Waldron (SR)
 - 140.50 points
 - 3rd Varsity Letter
 - VISAA States – Diving 12th
 - All-Conference
 - VCAC Champs – Bronze Medal Diving
 - VCAC Champs – 100 BR 13th
 - VISAA D-II Invite – Silver medal Diving
 - VISAA D-II Invite – 100 BR 12th
 - National Catholics – Diving 6th
 - NoVa Catholics – Diving 5th
 - NoVa Catholics – 100 BR 13th
 - 50 FR 28.10 to 27.98
 - 100 FL 1:27.10 to 1:21.16
10. Sophia Halisky (FR)
 - 199.25 points
 - 2nd Varsity Letter
 - VCAC Champs – 200 IM 8th
 - VCAC Champs – 100 BR 9th
 - VISAA States – 200 Medley Relay Qualifier
 - VISAA D-II Invite –200 Medley Relay 5th
 - VISAA D-II Invite –200 FR Relay 5th
 - VISAA D-II Invite – 200 IM 7th
 - VISAA D-II Invite – 100 BR 9th
 - National Catholics – Individual qualifier
 - NoVa Catholics – 200 Medley Relay 9th
 - NoVa Catholics – 200 FR Relay 8th
 - NoVa Catholics – 100 BR 8th
 - NoVa Catholics – 200 IM 11th
 - VISAA JV Invite Champion – 200 Medley Relay
 - VISAA JV Invite Champion – 200 Free Relay
 - VISAA JV Invite – 50 BR Silver medal
 - VISAA JV Invite – 100 IM Bronze medal
 - VISAA JV Invite – 50 FL Bronze medal
 - 500 FR 7:22.25 to 7:10.39
 - 100 BR 1:19.61 to 1:16.30
 - 200 IM 2:42.84 to 2:35.85
 - Cystic Fibrosis Swim-a-thon Finisher

11. Giselle Hill (JR)
 - 106.00 points
 - 2nd Varsity Letter
 - VCAC Champs – 50 FR 11th
 - VCAC Champs – 100 FL 7th
 - VISAA States – 400 FR Relay Qualifier
 - VISAA D-II Invite –200 FR Relay 5th
 - VISAA D-II Invite –400 FR Relay 6th
 - VISAA D-II Invite – 200 FR 12th
 - VISAA D-II Invite – 100 FL 12th
 - National Catholics – Individual qualifier
 - NoVa Catholics – 200 FR Relay 8th
 - NoVa Catholics – 400 FR Relay 7th
 - NoVa Catholics – 100 FL 12th
 - NoVa Catholics – 200 FR 15th
 - 200 FR 2:18.32 to 2:17.43
12. Lucia Bingham (SR)
 - 88.25 points
 - 3rd Varsity Letter
 - VISAA States – 200 FR Relay Qualifier
 - VCAC Champs – 100 BK 7th
 - VCAC Champs – 50 FR 13th
 - VISAA D-II Invite –200 FR Relay 5th
 - VISAA D-II Invite –400 FR Relay 6th
 - VISAA D-II Invite – 200 IM 11th
 - National Catholics – Individual qualifier
 - NoVa Catholics – 200 Medley Relay 9th
 - NoVa Catholics – 400 FR Relay 7th
 - 100 BK 1:14.20 to 1:13.81

13. Avila Mantooth (FR)
- 73.00 points
 - 2nd Varsity Letter
 - VCAC Champs – 100 FR 12th
 - VCAC Champs – 100 BR 15th
 - VISAA States – 200 FR Relay Qualifier
 - VISAA States – 400 FR Relay Qualifier
 - VISAA D-II Invite –200 Medley Relay 5th
 - VISAA D-II Invite –400 FR Relay 6th
 - NoVa Catholics – 100 BR 14th
 - NoVa Catholics – 100 FR 15th
 - VISAA JV Invite Champion – 200 Free Relay
 - VISAA JV Invite – 200 Back Relay Silver medal
 - VISAA JV Invite – 100 IM 8th
 - VISAA JV Invite – 50 FR 8th
 - VISAA JV Invite – 100 FR 8th
 - 50 FR 28.12 to 27.99
 - 100 FR 1:05.64 to 1:02.09
 - 200 FR 2:39.13 to 2:31.78
 - 500 FR 7:42.40 to 7:30.33
 - 100 BK 1:27.66 to 1:22.99
 - 100 BR 1:30.02 to 1:23.57
 - 100 FL 1:24.27 to 1:20.22
 - 200 IM 3:03.32 to 2:54.29
 - Cystic Fibrosis Swim-a-thon Finisher
14. Lucy Cunningham (SR)
- 58.25 points
 - 3rd Varsity Letter
 - VCAC Champs – 500 FR 7th
 - VCAC Champs – 200 FR 8th
 - NoVa Catholics – 500 FR 12th
 - NoVa Catholics – 200 FR 14th
 - 50 FR 30.80 to 29.40
 - 200 FR 2:19.35 to 2:17.21
 - 500 FR 6:35.95 to 6:26.55
 - 100 BR 1:38.93 to 1:35.92
 - Cystic Fibrosis Swim-a-thon Finisher

15. Kyleigh Fifield (SO)
 - 57.00 points
 - 2nd Varsity Letter
 - VCAC Champs – 500 FR 9th
 - VCAC Champs – 200 FR 10th
 - VISAA D-II Invite – 500 FR 11th
 - National Catholics – Individual qualifier
 - NoVa Catholics – 200 Medley Relay 9th
 - NoVa Catholics – 500 FR 16th
 - 100 FR 1:09.30 to 1:06.56
 - 200 FR 2:34.65 to 2:23.70
 - 500 FR 6:38.26 to 6:28.98
 - 100 BK 1:17.27 to 1:14.93
 - Cystic Fibrosis Swim-a-thon Finisher
16. Betsy Arnold (FR)
 - 42.00 points
 - **1st Varsity Letter**
 - VISAA States – 200 Medley Relay Qualifier
 - VCAC Champs – 100 BK 6th
 - VISAA D-II Invite –200 Medley Relay 5th
 - VISAA D-II Invite –200 FR Relay 5th
 - VISAA D-II Invite – 100 FL 14th
 - National Catholics – Individual qualifier
 - NoVa Catholics – 200 Medley Relay 9th
 - VISAA JV Invite Champion – 200 Medley Relay
 - VISAA JV Invite Champion – 200 Free Relay
 - VISAA JV Invite – 50 Back Silver medal
 - VISAA JV Invite – 50 Free 4th
 - 50 FR 29.53 to 28.37
 - 100 FR 1:12.21 to 1:05.30
 - 100 BK 1:23.99 to 1:11.78
 - 100 FL 1:32.30 to 1:11.83
 - 200 IM 3:03.39 to 2:48.24
 - Break out season for Betsy
 - Cystic Fibrosis Swim-a-thon Finisher

17. Gabriella Russo (SO)
- 21.00 points
 - **1st Varsity Letter**
 - VCAC Champs – 100 BK 11th
 - 50 FR 30.68 to 29.00
 - 100 FR 1:09.05 to 1:07.88
 - 500 FR 7:08.01 to 6:48.26
 - 100 BK 1:21.69 to 1:17.21
 - 100 BR 1:31.31 to 1:29.66
 - 200 IM 2:55.79 to 2:48.32
 - Cystic Fibrosis Swim-a-thon Finisher
18. Annie Dusek (FR)
- 7.00 points
 - **1st Varsity Letter**
 - VCAC Champs – 200 IM 13th
 - VISAA D-II Invite – 200 IM 14th
 - VISAA JV Invite – 200 Back Relay Silver medal
 - VISAA JV Invite – 100 IM 6th
 - VISAA JV Invite – 50 BK 9th
 - VISAA JV Invite – 50 BR 15th
 - Sum of improvements of 1:29.57 or 64.7%
 - 50 FR 31.86 to 29.88
 - 100 FR 1:14.62 to 1:05.56
 - 200 FR 2:46.42 to 2:36.41
 - 500 FR 7:48.66 to 7:09.69
 - 100 BK 1:31.99 to 1:22.32
 - 100 BR 1:34.12 to 1:30.52
 - 100 FL 1:32.30 to 1:16.03
 - 200 IM 2:44.49

19. Elizabeth Hurley (FR)

- 6.00 points
- 2nd Varsity Letter
- VISAA JV Invite Champion – 200 Medley Relay
- VISAA JV Invite – 200 Back Relay Silver medal
- VISAA JV Invite – 100 IM 9th
- VISAA JV Invite – 50 FL 9th
- VISAA JV Invite – 50 BK 10th
- Fought through a lot of sickness this season. Hope to get her back healthy next season.
- Cystic Fibrosis Swim-a-thon Finisher

Junior Varsity Swimmers - Boys

1. Walter Saffian (SR)
 - 3.00 points
 - 2nd JV Letter
 - Sum of improvements of 2:07.85 or 72.6%
 - 50 FR 29.809 to 27.63
 - 100 FR 1:13.82 to 1:10.54
 - 500 FR 10:02.62 to 9:07.41
 - 100 FL 2:08.62 to 1:33.98
2. JJ Cooley (JR)
 - 30.50 points
 - 3rd JV Letter
 - 50 FR 30.29 to 28.59
 - 100 FR 1:12.70 to 1:07.52
 - 200 FR 3:04.56 to 2:43.06
 - 500 FR 8:25.91 to 7:46.86
 - 100 BK 8:25.91 to 7:46.86
 - 100 BR 1:42.66 to 1:32.77
 - Cystic Fibrosis Swim-a-thon Finisher
3. Charlie Dusek (JR)
 - 3rd JV Letter
 - 50 FR 35.00 to 34.52
 - 100 FR 1:24.38 to 1:22.68
 - 100 BR 1:45.94 to 1:41.87
 - 100 FL 1:48.52
4. Aidan McCardell (JR)
 - 2nd JV Letter
 - 50 FR 38.91 to 35.64
 - 100 FR 1:30.49 to 1:25.76
 - 500 FR 9:25.16 to 8:16.53
 - 100 BR 1:38.00 to 1:28.67
 - Cystic Fibrosis Swim-a-thon Finisher

5. Rafael De Micoli (FR)
 - **1st JV Letter**
 - VISAA JV Invite – 200 Medley Relay 5th
 - VISAA JV Invite – 200 Back Relay Silver medal
 - VISAA JV Invite – 100 IM 15th
 - VISAA JV Invite – 50 BK 15th
 - 50 FR 37.04 to 32.30
 - 100 FR 1:20.63 to 1:16.49
 - 200 FR 3:41.13 to 2:59.75
 - 500 FR 9:38.63
 - 100 BK 1:47.95 to 1:37.84
 - 100 BR 1:42.19 to 1:30.95
 - 200 IM 3:33.67
 - Cystic Fibrosis Swim-a-thon Finisher
6. John Cooley (FR)
 - 3rd JV Letter
 - VISAA JV Invite – 200 Back Relay Silver medal
 - VISAA JV Invite – 200 Breast Relay 5th
 - Sum of improvements of 2:47.44 or 66.1%
 - 50 FR 36.24 to 33.35
 - 100 FR 1:27.12 to 1:19.23
 - 200 FR 3:49.50 to 3:01.47
 - 500 FR 9:48.44 to 8:12.36
 - 100 BK 1:42.38 to 1:33.43
 - 100 BR 1:56.31 to 1:51.71
 - 100 FL 1:37.18
 - Cystic Fibrosis Swim-a-thon Finisher
7. John Goodman (FR)
 - **1st JV Letter**
 - Sum of improvements of 2:04.94 or 90.9%
 - 50 FR 49.28 to 36.45
 - 100 FR 2:00.24 to 1:39.05
 - 200 FR 4:27.28 to 3:34.58
 - 100 BK 2:20.28 to 2:01.04
 - 100 BR 2:17.90 to 1:58.92
 - Cystic Fibrosis Swim-a-thon Finisher

8. Joe Witter (FR)
 - **1st JV Letter**
 - 50 FR 41.67 to 31.45
 - 100 FR 1:23.06 to 1:15.56
 - 200 FR 4:13.90
 - 100 BK 2:09.13 to 1:39.02
 - Cystic Fibrosis Swim-a-thon Finisher
9. Dominic Henry (FR)
 - **1st JV Letter**
 - Sum of improvements of 3:52.97 or 106.2%
 - 50 FR 46.77 to 38.39
 - 100 FR 2:01.32 to 1:34.87
 - 200 FR 3:59.82 to 3:30.46
 - 500 FR 11:37.81 to 9:47.62
 - 100 BK 2:19.25 to 1:51.37
 - 100 BR 2:47.06 to 2:16.35
10. Luke Fifield (8)
 - 2nd JV Letter
 - VISAA JV Invite – 200 Medley Relay 5th
 - VISAA JV Invite – 200 Breast Relay Bronze medal
 - VISAA JV Invite – 50 FL 15th
 - 100 FR 1:23.24 to 1:18.49
 - 200 FR 3:05.23 to 2:49.04
 - 500 FR 8:32.49 to 8:27.03
 - 100 BK 1:43.15 to 1:40.17
 - 100 BR 1:41.03 to 1:38.51
 - Cystic Fibrosis Swim-a-thon Finisher
11. Eamon Haggerty (8)
 - 2nd JV Letter
 - VISAA JV Invite – 200 Breast Relay 5th
 - VISAA JV Invite – 200 Free Relay 7th
 - Sum of improvements of 1:50.72 or 69.5%
 - 100 FR 1:37.84 to 1:25.15
 - 200 FR 4:07.59 to 3:20.50
 - 500 FR 9:25.14
 - 100 BK 2:12.68 to 1:51.67
 - 100 BR 2:20.62 to 1:50.90

12. Evan Wible (8)
 - 2nd JV Letter
 - VISAA JV Invite – 200 Breast Relay Bronze medal
 - VISAA JV Invite – 200 Medley Relay 5th
 - VISAA JV Invite – 50 BR 7th
 - VISAA JV Invite – 50 FR 16th
 - 50 FR 34.97 to 30.71
 - 100 FR 1:27.62 to 1:18.43
 - 500 FR 10:09.39 to 9:04.41
 - 100 BK 1:59.90 to 1:51.17
 - 100 BR 1:44.01 to 1:31.88
13. Philip Saffian (8)
 - **1st JV Letter**
 - VISAA JV Invite – 200 Back Relay 6th
 - VISAA JV Invite – 200 Free Relay 7th
 - Sum of improvements of 1:25.69 or 65.4%
 - 50 FR 45.93 to 35.11
 - 100 FR 1:13.82 to 1:10.54
 - 500 FR 10:02.62 to 9:07.41
 - 100 BK 2:11.45 to 1:38.90
 - 100 FL 2:08.62 to 1:33.98
14. James Reynolds (8)
 - 2nd JV Letter
 - VISAA JV Invite – 200 Back Relay 6th
 - VISAA JV Invite – 200 Breast Relay 5th
 - 50 FR 38.78 to 35.82
 - 100 FR 1:27.52 to 1:21.95
 - 500 FR 11:08.28 to 8:40.34
 - 100 BK 2:01.32 to 1:42.63
 - 100 BR 1:54.39 to 1:40.53
 - Cystic Fibrosis Swim-a-thon Finisher

15. Paul Partridge (7)
 - **1st JV Letter**
 - VISAA JV Invite – 200 Medley Relay Silver medal
 - VISAA JV Invite – 200 Free Relay Silver medal
 - VISAA JV Invite – 50 FL 5th
 - VISAA JV Invite – 100 IM 6th
 - VISAA JV Invite – 50 FR 5th
 - 50 FR 31.12 to 28.16
 - 100 FR 1:10.53 to 1:03.32
 - 200 FR 2:46.09 to 2:30.25
 - 500 FR 7:02.67
 - 100 BK 1:20.78 to 1:16.20
 - 100 BR 1:39.44 to 1:26.56
 - 100 FL 1:21.84 to 1:18.09
 - 200 IM 3:00.25 to 2:45.43
 - Cystic Fibrosis Swim-a-thon Finisher
16. Thomas Goodman (7)
 - **1st JV Letter**
 - 50 FR 54.09 to 45.74
 - 100 FR 1:54.56 to 1:43.75
 - 200 FR 4:45.81 to 4:03.39
 - 500 FR 11:21.21
 - Cystic Fibrosis Swim-a-thon Finisher
17. James Nguyen (7)
 - **1st JV Letter**
 - VISAA JV Invite – 200 Back Relay Silver medal
 - VISAA JV Invite – 200 Breast Relay Bronze medal
 - VISAA JV Invite – 50 100 FR 16th
 - 50 FR 34.41 to 33.43
 - 100 FR 1:23.19 to 1:14.85
 - 200 FR 4:28.46 to 3:50.75
 - 500 FR 9:20.43
 - 100 BK 1:53.75 to 1:46.00
 - 100 BR 2:12.25 to 2:07.34

18. Philip Nguyen (7)
 - **1st JV Letter**
 - VISAA JV Invite – 200 Back Relay 6th
 - 50 FR 41.25 to 37.78
 - 100 FR 1:48.22 to 1:43.14
 - 200 FR 1:48.95 to 1:46.38
 - 100 BK 56.71 to 55.70
19. Matthew Maranian (7)
 - **1st JV Letter**
 - VISAA JV Invite – 200 Back Relay 6th
 - VISAA JV Invite – 200 Free Relay 7th
 - 50 FR 42.90 to 35.04
 - 100 FR 1:46.27 to 1:30.67
 - 100 BK 2:14.29 to 1:52.78
20. Brian Orellana (FR)
 - Previous JV Letter winner, but missed too many practices
 - VISAA JV Invite – Diving 6th
 - 50 FR 51.01 to 44.84
 - 100 FR 2:10.69 to 1:58.15
 - 100 BK 2:33.75 to 2:19.67
21. Daniel Kohlhaas (8)
 - Previous JV Letter winner, but missed too many practices
 - 100 FR 1:42.78 to 1:33.26
 - 100 BK 2:11.19 to 2:01.31
22. William Orellana (7)
 - 1st Year on team, but missed too many practices
 - 50 FR 1:17.16 to 44.52
 - 100 FR 2:23.83 to 1:50.14
 - 200 FR 4:53.80
 - 100 BK 2:37.97 to 2:19.68
23. Patrick Heiny (7)
 - 1st Year on team, but missed too many practices
 - VISAA JV Invite – 200 Breast Relay 5th
 - 50 FR 44.15 to 38.19
 - 100 FR 1:38.20 to 1:33.58
 - 200 FR 4:08.05 to 3:49.03
 - 500 FR 1-:42.25
 - Cystic Fibrosis Swim-a-thon Finisher

Varsity Swimmers - Boys

1. Connor Koehr (SR)

- 314.50 points
- 5th Varsity Letter in Swimming and 5th in Diving
- High Point Award Winner, 4th year in a row
- Team Record Holder – 6-Dives
- Team Record Holder – 11-Dives
- Team Record Holder – 200 Medley Relay
- Team Record Holder – 200 FR Relay
- VISAA All-State
- VISAA States – Bronze Diving
- VISAA States – 200 Medley Relay 10th
- VISAA States – 200 FR Relay 9th
- VISAA States – 400 FR Relay 15th
- VCAC All-Conference (2X)
- VCAC Conference Champion – Diving
- VCAC Champs Silver medal – 50 FR
- VCAC Conference Champion – 200 Medley Relay
- VCAC Conference Champion – 200 FR Relay
- VISAA D-II Invite – Champion Diving
- VISAA D-II Invite – 500 FR 6th
- VISAA D-II Invite – Champion 200 Medley Relay
- VISAA D-II Invite – Meet Record 200 Medley Relay
- VISAA D-II Invite – 200 FR Relay Silver medal
- National Catholics – Diving Bronze medal
- National Catholics – 200 Medley Relay, qualified 9th
- National Catholics – 200 FR Relay 18th
- NoVa Catholics – Silver medal Diving
- NoVa Catholics – 200 FR 8th
- NoVa Catholics – 200 Medley Relay Bronze medal
- NoVa Catholics – 400 FR Relay Bronze medal
- 50 FR 24.39 to 22.92
 - Split 22.62 at States
- 100 FR 55.81 to 52.10
 - Split 51.47 at States
- 500 FR 6:05.23 to 5:45.43
- 100 FL 1:10.80 to 1:05.43
- Cystic Fibrosis Swim-a-thon Finisher

2. Lionel Martinez (SO)
- 210.00 points
 - 3rd Varsity Letter
 - Team Record Holder – 200 Medley Relay
 - Team Record Holder – 200 FR Relay
 - VISAA States – 100 FR 8th
 - VISAA States – 100 FR 12th
 - VISAA States – 200 Medley Relay 10th
 - VISAA States – 200 FR Relay 9th
 - VISAA States – 400 FR Relay 15th
 - VCAC All-Conference (2X)
 - VCAC Conference Champion – 100 FR
 - VCAC Champs Silver medal – 200 FR
 - VCAC Conference Champion – 200 Medley Relay
 - VCAC Conference Champion – 200 FR Relay
 - VISAA D-II Invite – Champion 200 Medley Relay
 - VISAA D-II Invite – Meet Record 200 Medley Relay
 - VISAA D-II Invite – 200 FR Relay Silver medal
 - VISAA D-II Invite – 100 FR Silver medal
 - VISAA D-II Invite – 100 BK 6th
 - National Catholics – 100 FL 6th
 - National Catholics – 200 FR 15th
 - National Catholics – 400 FR Relay 17th
 - National Catholics – 200 Medley Relay, qualified 9th
 - NoVa Catholics Champion – 200 FR Relay
 - NoVa Catholics – 200 Medley Relay Bronze medal
 - NoVa Catholic Champion – 100 FL
 - NoVa Catholics – 50 FR Silver medal
 - 50 FR 22.51 to 22.22
 - Split 21.71 at VCAC Champs
 - 100 FR 49.20 to 47.99
 - 200 FR 1:48.95 to 1:46.38
 - 100 BK 56.71 to 55.70
 - 100 FL 52.97 to 51.94 – close to team record

3. Joe Borneman (SR)
- 267.00 points
 - 4th Varsity Letter
 - Team Record Holder – 200 Medley Relay
 - VISAA States – 100 FL 19th
 - VISAA States – 50 FR 28th
 - VISAA States – 200 Medley Relay 10th
 - VCAC All-Conference
 - VCAC Champs Silver medal – 100 FR
 - VCAC Champs – 200 FR 4th
 - VCAC Conference Champion – 200 Medley Relay
 - VCAC Conference Champion – 400 FR Relay
 - VISAA D-II Invite – Champion 200 Medley Relay
 - VISAA D-II Invite – Meet Record 200 Medley Relay
 - VISAA D-II Invite – 400 FR Relay Silver medal
 - VISAA D-II Invite – 100 FL 4th
 - VISAA D-II Invite – 200 FR 8th
 - National Catholics – Individual qualifier
 - National Catholics – 400 FR Relay 17th
 - National Catholics – 200 Medley Relay, qualified 9th
 - NoVa Catholics – 200 Medley Relay Bronze medal
 - NoVa Catholics – 400 FR Relay Bronze medal
 - NoVa Catholics – 100 FL Silver medal
 - NoVa Catholics – 50 FR 5th
 - Sum of improvements of 1:42.81 or 70.6%
 - 50 FR 24.04 to 23.39
 - 100 FR 53.73 to 51.17
 - 200 FR 2:06.17 to 1:57.12
 - 500 FR 6:28.82 to 5:38.51
 - 100 BK 1:10.26 to 1:02.80
 - 100 BR 1:16.89 to 1:07.35
 - 100 FL 1:00.40 to 55.56
 - 200 IM 2:33.37 to 2:14.97
 - Cystic Fibrosis Swim-a-thon Finisher

4. Liam Halisky (SR)
- 230.00 points
 - 4th Varsity Letter
 - Team Record Holder – 200 Medley Relay
 - Team Record Holder – 200 FR Relay
 - VISAA States – 50 FR 25th
 - VISAA States – 200 Medley Relay 10th
 - VISAA States – 200 FR Relay 9th
 - VISAA States – 400 FR Relay Qualifier
 - VCAC All-Conference
 - VCAC Champs Silver medal – 50 FR
 - VCAC Champs – 100 FR 4th
 - VCAC Conference Champion – 200 Medley Relay
 - VCAC Conference Champion – 200 FR Relay
 - VISAA D-II Invite – Champion 200 Medley Relay
 - VISAA D-II Invite – Meet Record 200 Medley Relay
 - VISAA D-II Invite – 200 FR Relay Silver medal
 - VISAA D-II Invite – 50 FR 4th
 - VISAA D-II Invite – 100 FR 11th
 - National Catholics – Individual qualifier
 - National Catholics – 200 FR Relay 18th
 - National Catholics – 200 Medley Relay, qualified 9th
 - NoVa Catholics Champion – 200 FR Relay
 - NoVa Catholics – 200 Medley Relay Bronze medal
 - NoVa Catholics – 50 FR 4th
 - NoVa Catholics – 100 FR 4th
 - 50 FR 23.61 to 23.21
 - Split 22.16 at NoVa Catholics
 - 100 FR 56.19 to 53.29
 - Cystic Fibrosis Swim-a-thon Finisher

5. Andrew Nguyen (SR)
- 220.00 points
 - 4th Varsity Letter
 - VISAA States – 100 FR 38th
 - VISAA States – 400 FR Relay 15th
 - VISAA States – 200 Medley Relay Qualifier
 - VISAA States – 200 FR Relay Qualifier
 - VCAC Champs – 200 FR 5th
 - VCAC Champs – 100 BR 6th
 - VCAC Conference Champion – 400 FR Relay
 - VISAA D-II Invite –200 Medley Relay 6th
 - VISAA D-II Invite –400 FR Relay Silver medal
 - VISAA D-II Invite – 100 BR 7th
 - VISAA D-II Invite – 50 FR 8th
 - National Catholics – Individual qualifier
 - NoVa Catholics – 200 Medley Relay 6th
 - NoVa Catholics – 200 FR Relay 6th
 - NoVa Catholics – 100 FR 5th
 - NoVa Catholics – 100 BR 5th
 - 50 FR 24.71 to 23.98
 - 100 FR 53.43 to 52.89
 - Split 51.30 at States
 - 200 FR 2:03.62 to 2:01.63
 - 500 FR 6:30.20 to 6:24.59
 - 100 BR 1:07.80 to 1:06.68
 - Split 28.89 in 50 BR at D-II Invite
 - 100 FL 1:13.35 to 1:10.25
 - Cystic Fibrosis Swim-a-thon Finisher

6. Maximilian Wilson (SR)
- 212.00 points
 - 5th Varsity Letter
 - VISAA States – 100 BK 25th
 - VISAA States – 400 FR Relay 15th
 - VISAA States – 200 Medley Relay Qualifier
 - VISAA States – 200 FR Relay Qualifier
 - VCAC All-Conference (2X)
 - VCAC Champs Silver medal – 100 BK
 - VCAC Champs Bronze medal – 200 FR
 - VCAC Conference Champion – 400 FR Relay
 - VISAA D-II Invite –200 FR Relay 5th
 - VISAA D-II Invite –400 FR Relay Silver medal
 - VISAA D-II Invite – 200 FR 6th
 - VISAA D-II Invite – 100 FR 10th
 - National Catholics – Individual qualifier
 - National Catholics – 400 FR Relay 17th
 - National Catholics – 200 FR Relay 18th
 - NoVa Catholics Champion – 200 FR Relay
 - NoVa Catholics – 400 FR Relay Bronze medal
 - NoVa Catholics – 100 BK 4th
 - NoVa Catholics – 200 FR 5th
 - 50 FR 24.43 to 23.90
 - 100 FR 56.00 to 51.81
 - Split 50.26 at States
 - 200 FR 2:05.81 to 1:56.75
 - 500 FR 6:04.46 to 5:38.63
 - 100 BK 1:02.11 to 57.46
 - 200 IM 2:20.32 to 2:17.76

7. Daniel Sokban (SO)
- 207.50 points
 - 3rd Varsity Letter
 - Team Record Holder – 200 FR Relay
 - VISAA States – 200 FR Relay 9th
 - VISAA States – 400 FR Relay 15th
 - VISAA States – 200 Medley Relay Qualifier
 - VISAA States – Diving 23rd
 - VCAC Champs – 100 FR 7th
 - VCAC Conference Champion – 200 FR Relay
 - VCAC Conference Champion – 400 FR Relay
 - VISAA D-II Invite –200 FR Relay Silver medal
 - VISAA D-II Invite –400 FR Relay 4th
 - VISAA D-II Invite – 200 FR 12th
 - VISAA D-II Invite – 100 FR 16th
 - National Catholics – Individual qualifier
 - National Catholics – 200 FR Relay 18th
 - National Catholics – Diving 26th
 - NoVa Catholics Champion – 200 FR Relay
 - NoVa Catholics – 200 Medley Relay 6th
 - NoVa Catholics – 50 FR 10th
 - 50 FR 24.46 to 23.43
 - Split 22.52 at States
 - 100 FR 55.44 to 55.33
 - Split 52.22 at States
 - 100 BK 1:14.71 to 1:12.94
 - 100 FL 1:20.40 to 1:08.44
 - Cystic Fibrosis Swim-a-thon Finisher

8. Patrick Kay (FR)
- 180.00 points
 - 2nd Varsity Letter
 - VISAA States – 200 IM 35th
 - VISAA States – 100 BK 39th
 - VISAA States – 400 FR Relay Qualifier
 - VCAC All-Conference
 - VCAC Champs Bronze medal – 100 BK
 - VCAC Champs – 200 IM 6th
 - VISAA D-II Invite –400 FR Relay 4th
 - VISAA D-II Invite – 200 IM 10th
 - VISAA D-II Invite – 100 BK 10th
 - National Catholics – Individual qualifier
 - NoVa Catholics – 400 FR Relay 4th
 - NoVa Catholics – 500 FR 4th
 - NoVa Catholics – 200 IM 9th
 - VISAA JV Invite – 200 Medley Relay Silver medal
 - VISAA JV Invite – 200 Free Relay Silver medal
 - VISAA JV Invite Champion – 100 IM
 - VISAA JV Invite Champion – 100 FR
 - VISAA JV Invite – 50 BK Silver medal
 - 50 FR 26.33 to 25.54
 - 100 FR 1:00.17 to 55.31
 - 200 FR 2:26.41 to 2:09.42
 - 500 FR 5:55.72 to 5:49.30
 - 100 BK 1:09.67 to 1:02.14
 - 100 BR 1:19.99 to 1:13.20
 - 100 FL 1:11.95 to 1:05.88
 - 200 IM 2:26.31 to 2:17.11
 - Cystic Fibrosis Swim-a-thon Finisher

9. Gregory Bauer (JR)
- 172.50 points
 - 3rd Varsity Letter
 - VISAA States – 200 FR Relay Qualifier
 - VISAA States – 400 FR Relay Qualifier
 - VCAC All-Conference
 - VCAC Champs Bronze medal – 500 FR
 - VCAC Champs – 100 BR 8th
 - VISAA D-II Invite –200 FR Relay 5th
 - VISAA D-II Invite –400 FR Relay 4th
 - VISAA D-II Invite – 500 FR 8th
 - VISAA D-II Invite – 50 FR 10th
 - NoVa Catholics – 200 FR Relay 6th
 - NoVa Catholics – 400 FR Relay 4th
 - NoVa Catholics – 100 BR 6th
 - NoVa Catholics – 200 FR 9th
 - 50 FR 25.52 to 24.37
 - 100 FR 57.85 to 56.02
 - 100 FR 2:20.45 to 2:06.46
 - 500 FR 6:31.28 to 5:57.01
 - 100 BK 1:15.00 to 1:11.51
 - 100 BR 1:12.67 to 1:09.23
 - 100 FL 1:17.95 to 1:12.84
 - 200 IM 2:30.04 to 2:29.66
 - Cystic Fibrosis Swim-a-thon Finisher

10. Jack Herwick (FR)
- 166.50 points
 - 2nd Varsity Letter
 - VISAA States – 200 FR Relay Qualifier
 - VCAC Champs – 50 FR 5th
 - VCAC Champs – 100 FL 4th
 - VISAA D-II Invite – 100 FL 10th
 - VISAA D-II Invite – 100 BK 16th
 - VISAA D-II Invite – 200 FR Relay 5th
 - VISAA D-II Invite – 400 FR Relay 4th
 - NoVa Catholics – 200 FR Relay 6th
 - NoVa Catholics – 400 FR Relay 4th
 - NoVa Catholics – 100 FL 10th
 - NoVa Catholics – 100 BK 11th
 - VISAA JV Invite – 200 Medley Relay Silver medal
 - VISAA JV Invite – 200 Free Relay Silver medal
 - VISAA JV Invite Champion – 50 FR
 - VISAA JV Invite Champion – 50 BK
 - VISAA JV Invite – 50 FL Silver medal
 - Cystic Fibrosis Swim-a-thon Finisher
 - 50 FR 26.48 to 24.34
 - 100 FR 57.42 to 56.53
 - 100 FR 2:22.13 to 2:14.89
 - 100 BK 1:12.46 to 1:07.80
 - 100 BR 1:21.52 to 1:18.74
 - 100 FL 1:10.06 to 1:02.09
 - 200 IM 2:37.46 to 2:29.36

11. Dominic Judge (SO)
 - 165.50 points
 - 3rd Varsity Letter
 - VISAA States – 200 IM 36th
 - VCAC Champs – 200 IM 5th
 - VCAC Champs – 100 FL 5th
 - VISAA D-II Invite – 100 FL 11th
 - VISAA D-II Invite – 200 IM 12th
 - VISAA D-II Invite – 200 FR Relay 5th
 - NoVa Catholics – 200 FR Relay 6th
 - NoVa Catholics – 500 FR 5th
 - NoVa Catholics – 200 IM 8th
 - 50 FR 27.83 to 25.05
 - 100 FR 1:03.89 to 59.85
 - 100 FR 2:19.19 to 2:11.40
 - 100 BR 1:23.00 to 1:12.67
 - 100 FL 1:11.88 to 1:02.81
 - 200 IM 2:35.28 to 2:15.47
 - Cystic Fibrosis Swim-a-thon Finisher
12. Michael Zahorchak (SO)
 - 147.00 points
 - 2nd Varsity Letter
 - VCAC Champs – 200 IM 7th
 - VCAC Champs – 100 FL 8th
 - VISAA D-II Invite – 200 Medley Relay 6th
 - VISAA D-II Invite – 200 IM 15th
 - VISAA D-II Invite – 100 BR 15th
 - NoVa Catholics – 400 FR Relay 4th
 - NoVa Catholics – 500 FR 10th
 - NoVa Catholics – 200 IM 12th
 - 50 FR 28.01 to 25.63
 - 100 FR 59.09 to 56.76
 - 500 FR 6:42.25 to 6:26.79
 - 100 BK 1:18.91 to 1:14.26
 - 100 BR 1:18.52 to 1:16.22
 - 100 FL 1:18.41 to 1:09.85
 - 200 IM 2:54.08 to 2:28.37
 - Cystic Fibrosis Swim-a-thon Finisher

13. Thiago Martinez (FR)
- 128.50 points
 - 2nd Varsity Letter
 - VISAA States – 200 IM 18th
 - VISAA States – 500 FR 24th
 - VISAA States – 200 Medley Relay Qualifier
 - VISAA States – 400 FR Relay Qualifier
 - VCAC All-Conference (2X)
 - VCAC Champs Silver medal – 200 IM
 - VCAC Champs Silver medal – 500 FR
 - VISAA D-II Invite –200 Medley Relay 6th
 - VISAA D-II Invite –400 FR Relay Silver medal
 - VISAA D-II Invite – 500 FR Silver medal
 - VISAA D-II Invite – 200 IM 5th
 - National Catholics – Individual qualifier
 - National Catholics – 400 FR Relay 17th
 - NoVa Catholics – 200 Medley Relay 6th
 - NoVa Catholics – 400 FR Relay Bronze medal
 - NoVa Catholics – 200 IM 5th
 - NoVa Catholics – 100 BK 5th
 - 100 FR 56:76 to 53.66
 - 500 FR 5:29.35 to 5:16.32
 - 100 BK 1:02.34 to 59.77
 - 200 IM 32:12.97 to 2:07.24
14. William Sokban (SR)
- 111.00 points
 - 4th Varsity Letter
 - VCAC Champs – 500 FR 5th
 - VCAC Champs – 100 FL 6th
 - NoVa Catholics – 500 FR 9th
 - NoVa Catholics – 100 FL 13th
 - 50 FR 27.02 to 26.98
 - 200 FR 2:18.82 to 2:16.21
 - 100 BK 1:11.97 to 1:10.22
 - Cystic Fibrosis Swim-a-thon Finisher

15. Jonas Wilson (FR)
 - 46.50 points
 - 1st Varsity Letter
 - VCAC Champs – 500 FR 4th
 - VCAC Champs – 100 BR 11th
 - VISAA D-II Invite – 200 FR 16th
 - NoVa Catholics – 100 BR 11th
 - NoVa Catholics – 100 FR 15th
 - VISAA JV Invite – 200 Medley Relay 5th
 - VISAA JV Invite – 200 Free Relay 7th
 - VISAA JV Invite – 50 BR 4th
 - VISAA JV Invite – 50 100 IM 5th
 - VISAA JV Invite – 50 FL 9th
 - Sum of improvements of 2:53.43 or 97.7%
 - 50 FR 32.38 to 28.12
 - 100 FR 1:14.56 to 1:04.53
 - 200 FR 2:47.59 to 2:14.71
 - 500 FR 7:38.06 to 6:10.24
 - 100 BR 1:35.14 to 1:19.15
 - 100 FL 1:31.72 to 1:25.70
 - 200 IM 3:03.71 to 2:47.28
 - Cystic Fibrosis Swim-a-thon Finisher
16. Luke Partridge (SO)
 - 42.00 points
 - 2nd Varsity Letter
 - VCAC Champs – 100 BK 5th
 - VISAA D-II Invite –200 Medley Relay 6th
 - VISAA D-II Invite – 100 BR 14th
 - NoVa Catholics – 200 Medley Relay 6th
 - NoVa Catholics – 100 FR 13th
 - NoVa Catholics – 100 BK 14th
 - 50 FR 27.09 to 26.68
 - 100 BR 1:16.52 to 1:14.89
 - 200 IM 2:41.88 to 2:36.27
 - Cystic Fibrosis Swim-a-thon Finisher

17. Joey Lynch (FR)
- 28.00 points
 - 1st Varsity Letter
 - VCAC Champs – 100 BK 6th
 - VISAA JV Invite – 200 Medley Relay Silver medal
 - VISAA JV Invite – 200 Free Relay Silver medal
 - VISAA JV Invite – 50 BR 6th
 - VISAA JV Invite – 50 FR 7th
 - VISAA JV Invite – 100 FR 7th
 - 50 FR 30.45 to 27.54
 - 100 FR 1:11.59 to 1:03.07
 - 200 FR 2:47.39 to 2:32.33
 - 500 FR 7:33.35 to 7:09.29
 - 100 BK 1:18.06 to 1:13.36
 - 100 FL 1:27.73 to 1:19.88
 - 200 IM 2:59.26 to 2:47.81
 - Cystic Fibrosis Swim-a-thon Finisher
18. JJ Garvey (8)
- 10.00 points
 - 1st Varsity Letter
 - VISAA D-II Invite – 500 FR 13th
 - VISAA D-II Invite – 100 FR 16th
 - VISAA JV Invite – 200 Back Relay Silver medal
 - VISAA JV Invite – 200 Breast Relay Bronze medal
 - VISAA JV Invite – 50 BK 9th
 - VISAA JV Invite – 50 BR 11th
 - 50 FR 32.62 to 29.57
 - 200 FR 2:41.56 to 2:30.18
 - 500 FR 7:46.18 to 6:49.29
 - 100 BK 1:23.99 to 1:19.05
 - 100 BR 1:36.37 to 1:31.62
 - 100 FL 1:33.63 to 1:27.59
 - Cystic Fibrosis Swim-a-thon Finisher

19. Bennett Ellis (SO)
 - 8.00 points
 - 1st Varsity Letter
 - NoVa Catholics – 100 BR 9th
 - 50 FR 30.35 to 28.83
 - 100 FR 1:11.48 to 1:06.10
 - 200 FR 3:43.81 to 2:40.24
 - 500 FR 8:24.72 to 8:12.56
 - 100 BK 1:33.34 to 1:25.47
 - 100 BR 1:24.69 to 1:17.14
20. Daniel Hurley (JR)
 - 2.00 points
 - 1st Varsity Letter
 - VCAC Champs – 100 BR 13th
 - 50 FR 34.60 to 31.51
 - 100 FR 1:25.29 to 1:17.35
 - 200 FR 3:59.99 to 3:13.41
 - 100 BK 1:41.22 to 1:34.21
 - 100 BR 1:35.86 to 1:21.44
 - Cystic Fibrosis Swim-a-thon Finisher
21. Luke Pillion (SO)
 - 1st Varsity Letter
 - 50 FR 31.67 to 29.08
 - 100 FR 1:11.56 to 1:09.87
 - 200 FR 3:32.78 to 2:43.26
 - 100 BK 1:35.24 to 1:29.80
 - 100 BR 1:35.44 to 1:24.66
 - 100 FL 1:25.62
22. Michael Brox
 - Previous Varsity Letter winner, 4X
 - Team Captain
 - Coach for Group 5
 - Cystic Fibrosis Swim-a-thon Finisher, Kicked with his brother Christopher

Coach Koehr's Swimming Awards Banquet Talk

March 2, 2025

Purposeful Leadership

A. Introduction

- a. Connor is too young to remember **my wife's grandfather, Pops**
 - i. He died in the 1990s in his 90s
 - ii. Pops was a **wonderful old Irishman** who proved that the **fountain of youth flows with Schmitz beer and vodka**
- b. Pops used to say, "**Hard work ain't easy**"
 - i. I **never** actually **agreed with that**.
 - 1. No, **Hard Work is the easy part**
 - ii. **What's hard is being responsible**
 - 1. **What's hard is being the leader**
- c. And all of you are built for "hard"
 - i. Earlier this season, Meg Blanchette reminded me of a quote from Saint John Paul the Great:
 - 1. "***The world offers you comfort. But you were not made for comfort. You were made for greatness.***"
 - ii. Leadership is hard, but it is a calling for almost all of you
- d. This is a particularly **important topic for me**
 - i. So, I thought it might be useful to devote this year's talk to what I have learned about leadership during my time leading the Seton Swimming & Diving team.

B. Reflecting on 25-Years

- a. I just finished my **25th year coaching at Seton**
 - i. 2 years as an assistant coach, and 23 years as the head coach
 - ii. When you get to my age, you start to **get more reflective about**
 - 1. The **people you've loved** and the people who have loved you
 - 2. The **things you've accomplished** and the ways you have failed
 - 3. The **joys of the good choices** you've made, and the pains from the bad choices you've made
 - 4. The **adversity you've faced** and the ways you have responded to it – or failed to respond to it
 - iii. One of the ways that you get more reflective is,
 - 1. you start to **move beyond the "who" and the "what"**
 - 2. to think about the **"why" and the "how"**
 - a. The **"why"** has certainly been the **source of great reflection** for me, particularly last summer as I faced

the prospect of a turning point in my life with Connor's upcoming graduation

i. But that is going to have to be another talk.

b. Today, I want to focus on the "how"

b. When I started coaching in 2000, we **already had a very successful team** by nearly any standard of the time

i. We had already won **11 Conference Championships**

ii. We were **regularly hosting multiple dual meets** each season using a **homegrown excel application** to score

1. Thank you, **Mrs. Seltman**

2. The state of the art at the time was for swimmers to get a **card from me** to bring to the blocks so timers could write the times on it and give it back to the swimmer to deliver to Mrs. Seltman

3. **Relay splits** required a manual stopwatch and someone far less ADD than me to capture them

iii. We had a **big team** compared to most others

1. **Seton** had just recently ramped up to **350 students**

2. Our team had **16 girls** and **13 boys**, many with last names you will likely recognize even today

a. Kaitlyn and Kelly **Koehr**

b. Stephanie **Seltman**

i. Charles Seltman's youngest daughter

c. Jennifer Planchak

d. Kathleen Lytle

i. Her brothers own The Bone in town

e. Casey Rafter

f. Will and John **Rogers**

i. As in Cat Rogers

g. Bryan Morch

i. A 7th grader on that famous 2006 medley relay

h. Jack and Anna Murphy

i. The portrait of The Chief in Corpus Christi was painted by Jack

i. And, of course, Katie **Shipko**

iv. We practiced in **5 lanes at Georgetown South**

1. An old summer meter-pool in a tough neighborhood that was covered over with a cinder block building

v. We had **three caring Coaches** led by Katie Shipko's mother, **Terri Shipko**

1. Plus, **Dan Flook and me**

2. The team President was **Joanne Pretz**

- vi. All **communication** utilized the relatively new technology of e-mail with a dial-up connection over your home phone line
 - 1. **“You’ve got mail!”**
- vii. And one stroke of genius by **Mr. Westhoff and Mr. Seltman**
 - 1. We were already a **separate 501©3 corporation**
- c. Think about **how far we’ve come** since those early days. We have developed a program:
 - i. That can encourage **135 kids of all ability levels** to participate
 - 1. And **725 unique kids** since 2000
 - ii. That can entice **92 volunteers** to commit so much time this season
 - 1. Including **21, all-volunteer, coaches**
 - 2. With several incredibly talented people with no children at Seton who have **come to us on their own** because they saw an opportunity to make a difference
 - iii. That can generate **1,114 Personal Records** in a single season, **each one a personal win** for a young man or woman
 - iv. That practices in 14-lanes at the premier aquatic center in our area
 - v. That **can host 207 swim meets**, mostly large invitationals, since 2000
 - 1. Including **75 large championship meets**, more than 50 of which were meets created by us
 - 2. **Utilizing so much technology** to capture, display, and disseminate individual and meet results.
 - 3. With a **livestream capability** that NCAA Conference Championship meets would be pleased to have
 - vi. That can host a high school swimming team website that gets more than **77,000 hits** per season
 - vii. That can win **949 regular season meets, 57 conference championships** and **ten (10) state championships** since 2002
 - viii. That can raise **\$110,000 for Cystic Fibrosis**, and
 - ix. That can be a **model for other schools** on how to improve their programs, and that can even **help multiple other schools create** a swimming program at all.
- d. As I reflect on my 25 years of Seton Swimming and Diving, I see something really unique and amazing in the world of high school swimming
 - i. It begs the question, **“How did we get here”**
 - ii. Well, there are many answers to the question
 - 1. Certainly, **the Holy Spirit was guiding us** the whole way, and we tried to stay as open as possible to the path that the Lord had laid before us.

2. And we certainly **can't answer without using the names of countless people** who have been uniquely instrumental in the development of our program over the years:
 - a. In the time leading up to my involvement
 - i. **Bill Shaw,**
 - ii. **Charles Seltman, and**
 - iii. **Joanne Pretz**
 - b. During the most formative times since I started
 - i. **Chris Cook**
 - ii. **Bill Dealey**
 - iii. **Rich Lowell**
 - iv. **Pat Mulhern and DD Ross**
 - c. And more recently,
 - i. **Ashley Keapproth**
 - ii. **Ross Palazzo**
 - iii. **Paul Fifield**
 - iv. **Mike and Anne Judge**
 - d. And **countless others**, many in this room, whose names I could spend the next 10 minutes reciting.
3. But the portion of the answer I want to focus on today is
 - a. **“Purposeful Leadership”**

C. The Meaning of “Purposeful Leadership”

- a. The people that live in my house know how I feel about this, and I want all of you to know also:
 - i. **I don’t just think** you can be leaders in this world
 - ii. **I expect** you to be leaders in this world
- b. When you **pray** for God to **send someone** to make something better
 - i. You should **be open** to the idea that **he’s sending you**
 - 1. Maybe you are being called to answer someone else’s prayer
 - ii. And that is likely **going to require leadership**
- c. I can already **hear my wife** telling me that **some people are natural leaders** and some people aren’t
 - i. That is certainly true
 - ii. But that **doesn’t mean that everyone** in this room **cannot be a leader,**
 - 1. if that is your purpose
 - 2. You don’t have to be the CEO or Head Coach to lead
 - 3. Jesus wasn’t a CEO or head of anything in particular
- d. **Purposeful leadership**
 - i. Purposeful leadership as I hope to describe it **does not just apply to large organizations** like the Catholic church, large businesses, sovereign governments or the military.
 - 1. It **applies to group of people**
 - a. Schools
 - b. Clubs and associations
 - c. Boy Scout and Trail Life Troops
 - d. High school swimming & diving teams
 - e. Groups of friends going annually to Notre Dame football games
 - 2. It even applies to the **most fundamental unit** in our society
 - a. The domestic church
 - b. The family
 - ii. All of these **require leadership to achieve their ultimate purpose**
 - 1. Which I why I often **apply the adjective “purposeful”** when I use the word “leadership”
 - 2. Leadership is **not an accident**
 - a. **Some of it comes naturally**, that is true
 - b. But the **“purposeful” part does not**
 - i. It **requires**
 - 1. a **consciousness of that purpose**, and
 - 2. the **application of principles** that can be applied by anyone

- a. from the Bishop of a Diocese,
 - b. to the CEO of a company,
 - c. to the leadership at a school,
 - d. to the leaders of a Trail Life Troop,
 - e. to the coach of a swimming team,
 - f. to the father of a family.
- e. So, I'd like to spend the rest of my time **talking about some of the most important things I have learned** about "Purposeful Leadership" over the past 25 years
- i. My hope is that all of you, young and old alike, **will see opportunities in your lives to apply** some of these principles as you seek to
 - 1. **Follow God's plan, and Help others follow it too**

D. Culture is King

- a. The most **important pre-requisite** to strong leadership is the **establishment of a strong culture**.
 - i. At the **root of the word culture** is the word “**cult**”
 - ii. So, “culture” is **the manifestation of what we value** and what we believe in
 1. Or, extending the “**cult**” **metaphor**, it is what we “**worship**”.
- b. **Three points** about the strongest cultures:
 - i. First, the strongest **cultures develop within a context**
 1. For instance, **American culture developed within the context of our history**, particularly
 - a. A **revolution** in defense of **individual liberties**,
 - b. the **principles of government** established by our founders, and
 - c. **patterns of immigration**
 2. **Seton Swimming & Diving culture has developed within the context of Seton School**
 - a. It would be **very difficult** for our **team to develop** the way it has **if we were disconnected** from the **culture of the school**.
 - b. Seton’s culture is **certainly Catholic**, but there are plenty of **Catholic schools that don’t share** our culture
 - i. The Seton culture has also **grown** out of a:
 1. **Founder** who relied on **her faith and hard work** rather than a lot of **outside professional help**, and
 2. A base of families **from homeschool communities**
 - a. Also comfortable with **relying on faith and hard work** rather than **outside professional help**
 - ii. It is entirely **normal to see parents** teaching in a classroom at Seton
 1. **Some are actual professional** teachers with all the right certifications, but
 2. Many are **not professional** teachers.
 - a. I’m fond of saying that **Alan Greenspan** couldn’t teach economics in a public school, but

- b. At Seton, a guy with **no education certifications at all can teach Pre-Calculus** and find pretty good success doing it
- 3. This **context has made so many things possible** that even the best leader would struggle to do in a different context
 - a. Image **attracting parents with no swimming experience** to be coaches for instance?
 - i. We had 21 of them!
 - b. We have **13 stroke & turn judges** who volunteered to learn the rules in detail
 - i. **Very few are parents of USA swimmers** or have more experience with swimming than their kids on a summer swim team.
 - c. **Other schools** in our conference **can't seem to get even one**
 - i. Even **much larger catholic schools** like Oakcrest and John Paul the Great who have much larger student populations than us.
 - ii. Because **their cultures**, which try to be Catholic like ours, **rely on paid professionals** that keep parents on the periphery
 - d. **At Seton, parents are at the center.**
 - i. The **primary educators** of their children
 - ii. So, **it follows** that they are the primary people **running the athletics programs** at the school too.
- ii. **Secondly, Culture needs to be purposeful too**
 - 1. Its why companies try to articulate their **Mission and Vision Statements and their Values**
 - a. They are trying to **communicate what is important**,
 - i. What should be “worshipped” in the root sense of “cult”
 - 2. We have **done the same thing with our GEMS**
 - a. Our GEMS were my **attempt to combine**
 - i. The **foundational teachings of our Catholic faith**,
 - ii. The **culture that Mrs. Carroll has created** at the school as a whole, and
 - iii. The **competitive nature of our enterprise**
 - b. To articulate what was important to us

- c. It is important to note that **the word “swimming” or “fast” is not used at all.**
 - i. Sure, **swimming fast feels important** to us, but it is the really just the **natural byproduct** of what **actually is important to us.**
 - ii. If we live our GEMS, swimming fast takes care of itself because

1. *Swimming ain’t about swimming*

- 3. It is the very counter-intuitive key to our culture that **must be purposefully communicated** because it would be so easy to focus on the obvious fact that we are a **swimming and diving team.**
- iii. And **Finally, Culture needs to be lived by the leaders**
 - 1. All of us in leadership positions need to **repeatedly reference and model our GEMS**
 - 2. We model our **Gratitude** by trying to be joyful
 - a. I know I fail often
 - b. **Thomas Aquinas** defines Joy as “**the conscious possession of the good**”.
 - i. There can be a lot of good in my life that I am not conscious of, so I **don't have joy if I don't** frequently take a moment to **reflect on all of it.**
 - c. It reminds me of a **story my son Patrick**, a father of three (3) young boys, sent me:
 - i. Imagine it's a Sunday morning.*
 - ii. You've been allowed to sleep in as long as you want, and*
 - iii. You have no chores or responsibilities for the day.*
 - iv. There's fresh fallen snow on the ground.*
 - v. Your Mom makes Cinnamin rolls and serves you breakfast.*
 - vi. But you are almost 3, so you are blind with rage.*
- d. **“Who has it better than us?”**
 - i. Kids yell: “Nobody!”
 - ii. That is **purposeful culture in action**

- e. And it **leads to action**
 - i. For any of you who are stroke & turn judges or regular timers, have **you ever had a Seton kid say thank you** on deck?
 - ii. I bet you have.
- 3. We model **Excellence** by always trying to get better ourselves
 - a. On the fireplace in the “Man Room” of my house, I have a sign with a quote attributed to Abraham Lincoln
 - i. **“Whatever you are, be a good one.”**
 - ii. I love that quote, but
 - 1. If I could go back in time to see Abraham Lincoln, **I think I would suggest a small revision:**
 - iii. **“Whatever you are, be a better one.”**
 - b. We **model excellence by continually getting better ourselves.** For instance,
 - i. In 2002, when **Ray Bennett** went 23.48 in 50 Free, or
 - 1. or in 2010 when **Cat Rogers** split 24.50 in the 200 Free Relay at States,
 - 2. **Both very fast times** for their day
 - ii. **I didn’t know about “Effective Freestyle”.**
 - 1. I had to learn that
 - iii. **How much faster was that 200 Free Relay** because we continually improved ourselves as coaches?
 - c. Many of you don’t know this, but our team has a **subscription to GoSwim** where every coach, even Ross Palazzo, gets a daily e-mail with a video on stroke technique.
 - d. For you seniors or you parents who have been around for a while,
 - i. **Are our meets run better than they were 6 years ago?**
 - e. If you ever been on the other end of a phone call from **Mr. Fifield** that starts with **“I was thinking**”, then you know what I mean by **someone who is always trying to top** what he’s done before.
 - f. That is **purposeful culture in action**
- 4. We model **Meekness** by being Meek ourselves

- a. Are we **“helping our opponents over the bar that we have raised by winning?”**
 - b. I hate to lose,
 - i. Just ask my wife
 - c. But does that keep me from **writing in my blogs about the great swims from our opponents?**
 - i. If you read my blogs regularly, you probably **know many of the names of the Trinity Christian girls**
 - ii. **When they read their names** used in flattering terms on the opposing coach’s website, **how do you think they feel?**
 - d. I’ve **helped start or run teams** from four (4) schools not called Seton
 - i. What **message does it send** to our organization to watch me coach the Trinity Meadowview boys relay on how to beat my own Seton relay?
 - e. That is purposeful culture in action.
5. We model **Sacrifice** by giving of ourselves without the hope for any material reward.
- a. **Saint Pope John Paul the Great** calls it the **Law of the Gift**:
 - i. Responsible self-giving, not self-assertion, is the road to human fulfillment*
 - ii. Wojtyla's favorite lines from Vatican II says, "Man finds himself only by making himself a sincere gift to others" (Gaudium et Spes, no. 24).*
 - iii. Radical personal autonomy is not the key to happiness.*
 - 1. The key to happiness is total self-giving.*
 - b. Riding my Harley in West Virginia on no particular time schedule, being home at no particular time,
 - i. is NOT the key to happiness
 - ii. although it sure sounds like it some days.
 - c. It’s why it is so important to our culture to use volunteers.
 - d. That is **purposeful culture in action**.

E. A Framework for Leadership in Action

- a. **Once you have nurtured a culture, the ground is fertile to lead**
- b. **How do you purposefully apply the culture** to an organization and get the most out of it
 - i. **How do you maximize the results** for the organization, and most importantly, **the people in the organization?**
- c. I consciously use a **simple four-part framework** that, if properly applied, **will get people to follow you anywhere**
 - i. **Including to the cold waters** of the Freedom Center at 6:04 a.m.
- d. **People will follow** you anywhere
 - If they know that you **love them**,
 - If they feel a **part of something bigger** than themselves,
 - If they feel like they are **personally getting better**, and
 - If they feel like they are **winning**
- e. **They know that you love them**
 - i. **Lead for the benefit of others, not yourself.**
 1. Rule #1 is always to ***Make Other People Successful.***
 2. Imagine that in each person you lead is the Christ.
 - ii. It's why:
 1. We use an **all-volunteer labor force**
 2. We **don't make cuts**
 - a. We take people of all ability levels
 3. We **meet kids and families where they are**
 - a. **Some are deeply committed athletes, and some are participating** in an organized sport for **the very first time** in their lives
 - b. The **demands** you put on kids at those extremes **need to be different**
 - c. Yes, it is super-frustrating for me when kids don't show up and don't tell me, but I'm slowly, very slowly, learning to handle that better too.
 4. I write a **weekly blog**
 - a. I'm not sure there are many things I do to **demonstrate my love for you** every week than spending most of the day Sunday **writing a 5,000-word research paper** about you and your accomplishments.
 5. And it is why I'm **not afraid to confront you on deck** when you are not living up to the expectations of our GEMS.

- a. Believe me, it would be much easier just to ignore you.
 - f. They feel like they are part of something bigger than themselves
 - i. Shared values, a shared mission, and a shared tradition are vital to a sense of belonging.
 - ii. It's why we constantly celebrate our tradition
 - 1. Coach Mike Stott, introduced me to Coach Don Heirdary in Oakland, CA about who he also writes in SwimmingWorld Magazine
 - a. Coach Heirdary has a saying that *“Tradition Never Graduates”*
 - b. I like that.
 - 2. One way you foster tradition by celebrating your past heroes
 - a. I recall being at my son Daniel's graduation ceremony from Army Engineering School at Ft. Leornard Wood in central Missouri
 - i. I don't remember what the commanding officer said, but I do remember what he didn't say
 - ii. He didn't tell me a single story about a hero who was an Army Engineer.
 - 1. Not a single story about a person worthy of emulation
 - 2. Not single story about the inspiring accomplishments of Army Engineers throughout history
 - iii. And as a result, I found it to be incredibly uninspiring
 - iv. I vowed not to make that same mistake
 - 3. That's why we have:
 - a. An All-Time Greatest Swims YouTube Channel
 - b. A 10-foot-high record board in the Seton gym
 - c. An All-Time Top-20 fastest times list
 - d. An annual Homecoming Meet
 - e. Countless stories told in my blogs and on the livestream and in informal settings about the Seton greats of the past
 - iii. The desire to have kids feel like they are part of something bigger than themselves is why I care so much about
 - 1. Uniforms on deck
 - 2. The way we run our Meet warm-up sessions

3. How we **line up** for the National Anthem
4. The team is **not just about you**
 - a. You are **part of something bigger** that can make **you bigger too**
- iv. And its **why we have such a big team**
 1. I had a great conversation with my son, **Coach Kevin Koehr**.
 - a. Kevin was **talking about the legacy** of every **member of our team**.
 2. Insightfully, he told me, ***“Nothing that happened this season could have happened without the people who went before.”***
 - a. ***For every person you don’t remember their name, someone accomplished something great because of them.***
 - b. ***Even the people that never scored a point contributed to the team that has become Seton Swim & Dive today***
 - c. ***If the whole team was Group 1, we wouldn’t even have the Group 1 we have.***
 - i. ***A lot of members of this team might not even be on team without the encouragement of someone else on the team***
 - ii. ***And then they encouraged someone else to live up to our GEMS.”***
 - d. I remember when a very young **Cora Kramer** finished the Cystic Fibrosis Swim-a-thon.
 - i. I’m sure that have helped **Jack Gregory** and **Addi Hadro** finish it.
 1. It **became “normal”** for everyone on the team to be able to do it, even from Group 6.
 - e. I wonder if **Meg Blanchette** would have swum again had **Molly Bauer, Orla Haggerty, and Walter Saffian** not swum again also.
 - i. And that **would have been a shame**, because I never would have heard **Meg remind me that I was not built for comfort**

- v. **They feel like they are personally getting better**
 - 1. **Excellence is not about *good*; it is about *better*.**
 - a. **Start by making people better technically** and
 - i. **move to making them better people,**
 - ii. **capable of leadership** also.
 - b. **Set the example** by continuously improving yourself.
 - c. ***“Excellence is very attractive”***
 - 2. **It’s why:**
 - a. We **focus on stroke technique** over conditioning
 - i. We know that the fastest way to make a high school swimmer faster is to do the stroke right
 - ii. And the results can be very swift
 - b. We **meticulously measure Personal Records**
 - c. We make **everyone swim the 500 Free** and encourage everyone to participate in the **Cystic Fibrosis Swim-a-thon**
 - i.* It is very enlightening for a young person to discover the **fundamental truth** that ***you can always do more than you think you can do***
 - d. We try to get kids to **swim all eight (8) events**
 - e. We have developed the **infrastructure to host** all our own meets
 - i. So, **everyone has a chance to demonstrate improvement** every week
- vi. **They feel like they are winning**
 - 1. Anyone who has ever run in a military formation knows that it is **easier to run from the front.**
 - a. **Celebrate victories.**
 - 2. **It’s why:**
 - a. We have created so many **opportunities to excel**
 - i. You have **two (2) or more chances to get a Personal Record every week**, and that can be a big win in a young person’s life, I know
 - b. We **created so many big championship meets** with **traveling trophies:**
 - i. **NoVa Catholics**
 - ii. **VISAA JV Invitational Championship**
 - iii. **VISAA Division II Invitational Championship**

- iv. I can't even describe the **joy that I felt** when we **had our team and coaches all jump into the pool** after we won both the boys and girls at the JV Invitational
 - 1. **How many JV competitions** in the history of high school sports have **elicited that sort of excitement?**
 - 2. We won!
- c. I **write about victories**, both in and out of the pool, **in my blogs**
- 3. It even **applies to the adults** that work as volunteers
 - a. **I love to let you run!**
 - i. And run you have!
 - ii. The best of you figured out a long time ago that **you aren't waiting for me** to tell you what to do
 - b. I know **I feel like I'm winning here**, and
 - i. **I want you to share that feeling with me**
 - ii. By knowing that you are in control of your area of responsibility
 - 1. You can win too!

F. Conclusion

- a. Let's wrap up here
- b. I **won't claim to have understood** all of this when I first got involved with the team as **37-year-old parent**
 - i. My **time as a father and as a corporate executive certainly helped prepare me for leadership** of a bunch of high school kids, but
 1. **Nothing can fully prepare you** for that!
- c. **With God's grace, an openness to His plan for my life, and the support of a good woman,**
 - i. I **gradually put together the leadership concepts and framework** that, today, I have labeled "**Purposeful Leadership**".
 - ii. **And the result is the team organization** we have today.
 1. It was **not an accident.**
 2. With the help of God's grace, **we were purposefully leading toward His plan.**
- d. My hope is that you have **all learned just a little bit about**
 - i. The **importance of culture**
 - ii. How to **purposefully nurture a culture** that instills shared values,
 - iii. **And how to excite people to follow you** because
 1. They know **you love them**
 2. They feel like they are **part of something bigger than themselves**
 3. They feel like they are **personally getting better**
 4. They feel like they are **winning**
- e. I **tell you** all these things, **not because some of you will be leaders** one day
 - i. I tell you these things because **I believe that God has called all of us to be leaders**
 - ii. Some of you will **lead big things** like
 1. Powerful military formations,
 2. Large companies, or
 3. Prestigious Colleges
 - iii. Some of you **will lead smaller things** like
 1. Departments at work,
 2. Schools,
 3. Sports organizations, or
 4. Civic organizations
 - iv. **And most of you will lead the most important organization** of all - **your own families**
- f. It doesn't matter the size
 - i. The **basic principles I have described are the same**

- ii. Your leadership should be purposeful
- g. For **Christmas of 2020**, I gave all my children their own **framed copy of my favorite quote** from the Parable of the Talents in the bible, **Matthew 25:23**
 - i. ***“His master said to him, “Well don, my good and faithful servant. Since you were faithful in small matters, I will give you great responsibilities. Come share your master’s joy.”***
 - ii. They all have a note on the back that was the basis of this talk.
 - 1. I encourage you to take a look before you leave.
- h. If you get nothing else from me in this life, hear this:
 - i. ***Always do your best. Have the courage to lead.***

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 2nd 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 is **eligible** for **Diving**:
 - **Maria Miller (SR)**
 - **Meghan Condon (SO)**
 - **Daniel Sokban (JR)**
- So, here is who is **eligible**, based on this criterion, for **Swimming**:
 - Come on up when I say your name:
 - Boys
 - **Greg Bauer (JR)**
 - **Dominic Judge (SO)**
 - **Daniel Sokban (SO)**
 - Girls
 - **Anastasia Garvey (JR)**
 - **Philomena Kay (SO)**
 - **Gabby Russo (SO)**
 - **Kyleigh Fifield (SO)**
- We say “**eligible**” because:
 - We are first going to **need to hear from each you** that are **willing to commit** to that level of excellence.
 - Reread the description of our expectations of you on the web site, think about it, and then let me know.
 - I’ve reposted in at the top of the Blog section on the site.
 - I certainly expect you to prioritize your commitment to this team, and attend every meet, particularly the championship meets.
 - If you have a USA meet, and we talk about it in advance, I can be super flexible on that one.
 - But fortunately, USA meets don’t conflict with our championship meets.
 - If you decide that you cannot make this level of commitment for whatever reason
 - 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!

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.
 - This year, the mix is a bit different

- Let's start with Diving – Coach Keapproth, please come forward?
 - The **Most Improved Award for Diving** goes to:
 - **Jane Judge (FR)**
- This year, the **Most Improved Awards** for Swimming go to:
 - **Girls**
 - **Gianna Henry (7)**
 - Sum of improvements of 3:44.08 or 123.2%
 - 50 FR 1:01.62 to 41.60
 - 100 FR 2:09.87 to 1:37.37
 - 200 FR 5:55.41 to 3:52.86
 - 500 FR 10:59.72
 - 100 BK 2:20.72 to 2:03.35
 - 100 BR 2:47.33 to 2:15.70
 - **Avery Youngblut (6)**
 - Sum of improvements of 3:27.84 or 106.0%
 - 50 FR 1:01.75 to 48.52
 - 100 FR 2:47.42 to 2:00.59
 - 200 FR 5:52.15 to 4:11.10
 - 500 FR 11:15.00
 - 100 BK 2:38.39 to 2:23.51
 - 100 BR 2:48.66 to 2:17.81
 - **Evie Mayer (8)**
 - Sum of improvements of 3:55.43 or 105.7%
 - 50 FR 51.78 to 44.83
 - 100 FR 2:11.93 to 1:44.18
 - 200 FR 6:21.00 to 3:51.05
 - 500 FR 10:13.38
 - 100 BK 2:26.46 to 2:13.68
 - 100 BR 2:44.29 to 2:06.29
 - **Honorable Mentions:**
 - **Bella Vaughan (8)**
 - Sum of improvements of 2:28.28 or 81.6%
 - 50 FR 46.56 to 40.75
 - 100 FR 1:48.93 to 1:34.69
 - 200 FR 5:14.21 to 3:51.43
 - 500 FR 11:11.25
 - 100 BK 2:42.19 to 2:10.82
 - 100 BR 2:16.48 to 2:02.40

- **Addi Hadro (7)**
 - Sum of improvements of 2:09.06 or 70.6%
 - 50 FR 1:04.01 to 45.75
 - 100 FR 2:07.47 to 1:46.98
 - 200 FR 5:47.65 to 4:17.34
 - 500 FR 13.22.15
- **Bella Gorman (7)**
 - Sum of improvements of 1:25.31 or 64.9%
 - 50 FR 50.64 to 38.89
 - 100 FR 1:43.38 to 1:31.77
 - 200 FR 4:42.00 to 4:04.70
 - 500 FR 10:59.72
 - 100 BK 2:20.72 to 2:03.35
 - 100 BR 2:47.33 to 2:15.70
- **Annie Dusek (FR)**
 - Sum of improvements of 1:29.57 or 64.7%
 - 50 FR 31.86 to 29.88
 - 100 FR 1:14.62 to 1:05.56
 - 200 FR 2:46.42 to 2:36.41
 - 500 FR 7:48.66 to 7:09.69
 - 100 BK 1:31.99 to 1:22.32
 - 100 BR 1:34.12 to 1:30.52
 - 100 FL 1:32.30 to 1:16.03
 - 200 IM 2:44.49

- **Boys**
 - **Dominic Henry (FR)**
 - Sum of improvements of 3:52.97 or 106.2%
 - 50 FR 46.77 to 38.39
 - 100 FR 2:01.32 to 1:34.87
 - 200 FR 3:59.82 to 3:30.46
 - 500 FR 11:37.81 to 9:47.62
 - 100 BK 2:19.25 to 1:51.37
 - 100 BR 2:47.06 to 2:16.35
 - **Honorable Mentions:**
 - **Jonas Wilson (FR)**
 - Sum of improvements of 2:53.43 or 97.7%
 - 50 FR 32.38 to 28.12
 - 100 FR 1:14.56 to 1:04.53
 - 200 FR 2:47.59 to 2:14.71
 - 500 FR 7:38.06 to 6:10.24
 - 100 BR 1:35.14 to 1:19.15
 - 100 FL 1:31.72 to 1:25.70
 - 200 IM 3:03.71 to 2:47.28
 - **John Goodman (FR)**
 - Sum of improvements of 2:04.94 or 90.9%
 - 50 FR 49.28 to 36.45
 - 100 FR 2:00.24 to 1:39.05
 - 200 FR 4:27.28 to 3:34.58
 - 100 BK 2:20.28 to 2:01.04
 - 100 BR 2:17.90 to 1:58.92
 - **James Beltran (6)**
 - Sum of improvements of 2:24.88 or 87.0%
 - 50 FR 52.16 to 42.30
 - 100 FR 2:13.21 to 1:43.90
 - 200 FR 5:09.98 to 3:56.02
 - 500 FR 11:12.15
 - 100 BK 2:12.82 to 2:03.87
 - 100 BR 2:27.05 to 2:04.25
 - **Walter Saffian (SR)**
 - Sum of improvements of 2:07.85 or 72.6%
 - 50 FR 29.809 to 27.63
 - 100 FR 1:13.82 to 1:10.54

- 500 FR 10:02.62 to 9:07.41
- 100 FL 2:08.62 to 1:33.98
- **Joe Borneman (SR)**
 - Sum of improvements of 1:42.81 or 70.6%
 - 50 FR 24.04 to 23.39
 - 100 FR 53.73 to 51.17
 - 200 FR 2:06.17 to 1:57.12
 - 500 FR 6:28.82 to 5:38.51
 - 100 BK 1:10.26 to 1:02.80
 - 100 BR 1:16.89 to 1:07.35
 - 100 FL 1:00.40 to 55.56
 - 200 IM 2:33.37 to 2:14.97
- **Eamon Haggerty (8)**
 - Sum of improvements of 1:50.72 or 69.5%
 - 100 FR 1:37.84 to 1:25.15
 - 200 FR 4:07.59 to 3:20.50
 - 500 FR 9:25.14
 - 100 BK 2:12.68 to 1:51.67
 - 100 BR 2:20.62 to 1:50.90
- **John Cooley (FR)**
 - Sum of improvements of 2:47.44 or 66.1%
 - 50 FR 36.24 to 33.35
 - 100 FR 1:27.12 to 1:19.23
 - 200 FR 3:49.50 to 3:01.47
 - 500 FR 9:48.44 to 8:12.36
 - 100 BK 1:42.38 to 1:33.43
 - 100 BR 1:56.31 to 1:51.71
 - 100 FL 1:37.18
- **Philip Saffian (8)**
 - Sum of improvements of 1:25.69 or 65.4%
 - 50 FR 45.93 to 35.11
 - 100 FR 1:13.82 to 1:10.54
 - 500 FR 10:02.62 to 9:07.41
 - 100 BK 2:11.45 to 1:38.90
 - 100 FL 2:08.62 to 1:33.98
- **CJ Pennefather (6)**
 - Sum of improvements of 1:11.35 or 65.3%
 - 50 FR 36.24 to 35.01

- 100 FR 1:48.01 to 1:27.29
- 500 FR 9:15.72
- 100 BK 1:52.73 to 1:13.69
- 100 BR 2:08.55 to 1:58.19

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?

- **Meghan Condon (FR)**

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

- Girls
 - **Honorable Mention**
 - Mary Clare Osilka
 - Coached Wednesday and Friday
 - Continued to fight to get better
 - Haley Fifield
 - Comment from the Team: *She was always so supportive to everyone around her. No matter what she was going through, she always put others first.*
 - Addi Hadro
 - From Coach Judge: *Someone who struggled but never gave up*
 - Ariana Aldeguer
 - From Coach Palazzo: *Even though it seems like another year of Ariana being Ariana, I think this year was a big leap. Even through limited exposure with her, I could tell her confidence was high and was able to trust herself, but she didn't let her confidence come between her and her coaches in which she also had a lot of trust. These things can be very difficult for an evolving elite athlete. Pairing those attributes made her an exceptionally coachable athlete and enabled her to have 4 individual team records all in one season and swam her best in the moments that mattered.*
 - Elodi Brox (SR)
 - Coached Wednesday and Friday with great joy
 - Comment from the Team: *Elodie is such an inspiration and a role model and has been all season. I have watched her rise to the occasion I definitely wouldn't be the swimmer I am today without her.*
 - **Molly Bauer (SR)**
 - From Coach Kay, *“For the coaches award, they all have merit but I did want to share a story about Molly since she was in Group 3. We allowed the group 3 kids who had older siblings in groups 1 and 2 to come to practices over Christmas. Molly jumped at the opportunity to get better. We swam them hard and it was more yards than any group 3 kid had ever done before. After the first*

practice, Molly got out of the water and started tearing up but with a big smile, just saying, "Coach - I did it!". The tearing up turned into a full fledged cry. That practice was clearly a mountain that she needed to climb and it was great watching her succeed. I love to see that passion and work ethic."

- Boys

- **Honorable Mention**

- Michael Brox
 - Coached Wednesday-Friday
 - From Coach Pretz: *He was faithfully active with the team while forced by injury to be on the sideline. He coached the Wednesday and Friday groups with enthusiasm. He is always friendly, kind and polite.*
 - Dominic Judge
 - Comment from team: *Every meet, he would help clean up even though he is not a captain, and although he is quiet, he is a great example of the gems.*
 - Patrick Kay
 - From Coach Palazzo: *Very dedicated at a young age. Unafraid to not only take charge in practice and lead the lane, but also unafraid of winning in situations where we wasn't necessarily supposed to be. Doing that in an environment of upperclassmen shows a desire for success and a knowledge that what he is doing is making him the best he can be.*
 - Daniel Sokban
 - Comment from team: *He worked hard and did it in silence. He got the relay spot he worked for.*
 - Greg Bauer
 - Comment from team: *Models a great Seton Swimmer in every way*
 - Liam Halisky
 - Comment from team: *Liam was always giving me tips or encouraging me or asking me how my race went. He pushed me towards excellence.*

- **William Sokban (SR)**
 - From Coach Pretz: *William is the stealth captain, silently appearing when anything needs attention whether in operations, management or his teammates.*
- **Max Wilson (SR) and Joe Borneman (SR)**
 - From Coach Palazzo: *They were consistent leaders all year. They lead nearly every set for the entirety of the season. They were on top of leaving on the right interval, paying attention to the instructions from coaches, and were receptive to feedback. Not only did they do this for themselves, but in handling themselves well and keeping their lanes in line, they made my job easier and I was able to coach them better AND reach MORE kids in other lanes. On top of everything here, they both committed to be better after last year's state meet in training with club teams in the "off season". They did this realizing the goals that they had and that it meant a tough road ahead. They performed tremendously well and I never witnessed any tension between them, which I have seen occur in teammates gunning for similar opportunities. They were able to uplift each other and the level of the rest of their teammates.*

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** and **Immanuel Christian** are 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 5th for the first day of practice!

Captains' Thank You's

Connor Koehr does his thing