



**2009-10 Short Course Season**  
**Voting Ballot for coaches and swimmers of the year**

**Age Group Coach of the Year:**

**NICOLE TEW-NBSC**

Coached 11-12 girls to state championship 200-500-1000 Free

**MILES ALLIE-FAST**

Miles has taken his group of 13-14 girls to unprecedented levels. He coached state champions K. Holmquist; 100 and 200 back and 200 I.M. State record holder in the 100 back, State runner up in the 100 breast E. Bare, 2 State Champion relays with state records in the 200 and 400 medley relay  
Personally, I think that Miles exemplifies what we all strive for in coaching as far as challenging our swimmers, learning as much as possible from clinics, reading, talking to other coaches, and observing swimmers at meets. He connects very well with his swimmers, who are a fairly young group of talented and hard working swimmers. His backstrokers have really caught my attention this year. When asked about what he is doing to create this strong backstroke component of his team, Miles is always willing to share drills and/or sets that he has felt worked well. As a fellow coach, I really appreciate his willingness to further the sport of swimming by sharing this kind of information.

As a team, FAST has approximately 60 swimmers, of which 27 qualified for state (which includes two recently turning 9 year olds). FAST had 4 individuals with top 16 finishes at the WI State Championship meet and 6 relays that finished top 16. At the WI State Championship Meet 13 & over, FAST swimmers had 2 state championship relays (13-14 girls), one of which set a new state record (200 Medley). An individual that won 3 state events, 100 (new state record) & 200 back, 200 IM and a second place in the 400 IM. Of his 9 13 & over qualifiers, all but 1 placed in the top 16 of at least 1 event. FAST sent 4 swimmers to the Speedo Sectional meet where all placed in the top 24 of an event, highest place finish were 2 third places. FAST finished in 10th place for small team scoring at the WI State Championship Meet for 12 & unders, and 7th place for small team at the WI State Championship Meet for 13 & overs. Pretty impressive!

**BEN GILL-FCY**

Ben lead the 12 & under swimmers to a 2<sup>nd</sup> place finish at the 12 & under state for division 2 in his first year as a head coach. His group of athletes all had fantastic swims at the state meet balancing out who scored points for the team.

**MATT MILLER-SSTY**

Matt Miller guided his group of athletes through the short course season that was highlighted by Alex Meyers new state record in the 13-14 girls 100 free and the #1 4x200 relay for the 13-14 girls in the USA

**MARK GWIDT-OZ**

Mark Gwidt's kids continue to improve and move their way up the state ladder. He has consistently put together relays and individuals that rank nationally in their respected events...

**JACON JOHNSON-BAC**

**ERIK KNIGHT-BAC**

Eric is an integral part of the BAC 12-Under staff and primarily works with 11-12's. Eric's swimmers scored over 1000 points at the 12-Under State meet Eric's swimmers scored in the top 8 in 30 of the 34 individual event at the State meet. Eric has a huge factor in developing BAC swimmers in all strokes and all distances.

**ROBERT JENKYNS-LAKE**

Bob Jenkyns coached the age-group team at LCST to a second place finish (from 5<sup>th</sup> yr. before) at state this past February. He is dedicated to his swimmers reaching their potential. His swimmers won numerous state titles and high points at state.

Bob's Lake Country swimmers improved from 5<sup>th</sup> place at the 2009 SC state meet to second place, scoring 500 more points than the previous year. He had 15 individual and 2 relay state champions, including the 10-Under girl high point winner and the 11-12 boy runner-up. If you were at the meet, you had to notice all of the Lake Country swimmers racing to the front of their heats.

**SENIOR Coach of the Year:**

**ABBY DUNHAM-TIDE**

Abby lead the TIDE to a first place D-2 finish at the 13 & Over state meet. She also has a number of athletes that qualified for Jr. Nationals.

**STUART J. SCHAEFER-MSS**

Stuart's men's team is currently one of the best teams in Wisconsin Swimming. He has nationally ranked individuals and qualifiers.

**ELEANOR FENNIE-CWWM**

**Drew Walden-BAC**

Drew coached a national champion, Aja Van Hout in the 200 IM and coached BAC to a 7<sup>th</sup> place team finish at Jr's; the highest of any Wisconsin team.

Drew Walden's girls and boys swam well through the SCY season. His team showed their results at the NCSA Juniors meet this spring.

Drew's senior swimmers at BAC this past season has seen success at the highest levels, with individual top 8 scores at the SC Senior Nationals in December and with the Senior women 1<sup>st</sup> at the 13-Over State meet and the Senior men 2<sup>nd</sup>. The BAC senior swimmers finished the SC season with the women getting 9<sup>th</sup> at NCSC Juniors, the men 8<sup>th</sup> and 7<sup>th</sup> over all in the combined team scoring. This past SC season BAC senior swimmers broke 7 Wisconsin individual state records and 2 Relay records. BAC senior swimmers also had 6 individual swims that made the All-Time Top 100.

**Age Group MALE Swimmer of the year**

**ALEX DELAKIS-ECY**

State Champion, record holder and junior national qualifier at 14 years of age in the 100 and 200 breast

Alex won 5 of 6 events at 13 & over USA STATE meet in March, while also breaking long standing records: In the Men 13-14 200 Yard Breast State Record: 2:06.00 2010 Alex DeLakis the old record was from 1994, in the Men 13-14 200 Yard IM State Record: 1:55.21 2010 Alex DeLakis the old record was from 1983. Alex was also ranked this past year as number ONE in the Nation for USA swimming in the 13 year old 100 yard breaststroke, 200 yard breaststroke, and as a 14 year old is currently ranked 2nd in the Nation in the 100 breaststroke with a 57.98, and 2nd in the Nation in the 200 breaststroke with a 2:06.00.

**JARED KLIKA - GBY**

Broke a number of records in the 11-12 age group

**NICK PETERSEN-OZ**

Nick had a tremendous state meet, winning the 500 free and all of the butterfly events. He has shown himself to be one of the fastest 13-14 boys in the state of Wisconsin.

High Point winner and great strokes and a super racer!

**RYAN SCRIPP-GBY**

**MICHAEL DRAVES-BAC**

Michael at the past 12-Under State meet was the State Champion in all seven of his individual events, winning the high point award by twenty points. Also, he was member of the BAC State record setting 200 Free Relay. Michael holds 8 of the 12 Individual BAC Team Records

**LOGAN KOZLIK-LAKE**

Numerous state titles

Won 5 events at state and finished 2<sup>nd</sup> as 11-12 boy high point champion. Terrific leader and trainer! I'm very proud of his improvement and dedication to the sport of swimming.

**Age Group FEMALE Swimmer of the year**

**BEATA NELSON-MWY**

Broke a 1:00 in the 100 back at age 11.

2010 was a year with a high number of solid 11-12 girls in our state. 7 girls scored at least 100 points in the high point race. Leading this whole field, and at only 11 years old, was Beata Nelson. In addition to being a great swimmer in the pool, she's also a great sport, cheering on her teammates and competitors alike

**MADISON TEW – BBSC**

2009-2010 Short Course State Champion in the 200, 500 and 1000 free

**KATELYN HOLMQUIST-FAST**

State Champion in the 100 and 200 back, state record holder in the 100 back, junior national qualifier in the 100 and 200 back

Katelyn swam as a zone champion in the 100/200 backstrokes (yes, that was long course but, she did represent team Wisconsin well). During the 2010 SC state meet, she won the 100 backstroke, 200 backstroke and 200 IM. She also finished 2nd in the 400 IM while a teammate was having a medical concern three lanes over. As a relay swimmer, she lead off state champion 200 and 400 medley relays. She also set a state record in the 100 backstroke and her 200 medley relay. After the state meet, she attended the zone meet in Minneapolis. She finished 3rd overall in the 100 and 200 backstroke.

**ALEXANDRA MEYERS-SSTY**

23.87 - 51.44 - 1:51.64 - 4:55.75.

**JESSICA SHORT-OZ**

Jessica placed third at the Wisconsin LSC Championships. She set a state record in the 11&12 girls 100 yard backstroke at this past 13 and Over LSC Championship, missing her national cut by less than 3 tenths.

**DOROTHY HALMY-WEST**

Dorothy Halmy (Waukesha Express Swim Team) - Dorothy had a great state meet this winter. She swam to a state record in the 11-12 girls 200 fly by 2 seconds (2:12.17) and helped our 400 free relay to a state record. She also finished 2nd in the 1000 free, had 2 thirds, and 1 fourth place finish. She is a great worker and enjoys challenging her teammates in practice.

**KIERSTON FARLEY-WEST**

Continues to be one of the best all around swimmers at the state, zone, and national level. She won events at the state meet, narrowly missed breaking a couple of state records individually. She was the key to our 400 free relay state record, and helped multiple relays swim to victories including a 58.78 100 Fly split on the 11-12 girls 400 medley relay. Finished the state meet with 1 first place finish, 1 second, 3 thirds, and 2 fourth place finishes (individually). She is a fantastic competitor and a supportive teammate.

**HOLLY STOLL-LAKE**

High Point winner 10&U state

Won 6 events at state and finished as 10-Under girl high point champion. Always a lane leader and very positive young swimmer! I am very proud of her goal setting, working effort and achievements.

**Senior MALE Swimmer of the year**

**MATT FRIEDE-CWWM**  
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2<sup>nd</sup> at state and 4<sup>th</sup> at juniors in the 50 free and made the Irish all star team at NCSA meet

**TYLER LENTZ-CWWM**

Won the Star Studed 15 & Over High Point at State. He is another all around swimmer.

Tyler finished 13 & O sc State with 5 1<sup>st</sup> places and a 2<sup>nd</sup>. 200 IM 1:51.27, 400 IM 4:01.80, 100 BK 50.49, 200 BK 1:49.48, 100 Fly 49.77 and 2<sup>nd</sup> in the 100 breast 57.41. All swims were AAAA Jr. Nat's. He was senior mens' High Point Winner.

**MITCHELL FRIEDEMANN-SSTY**

20.33 - 44.25 - 47.61(back) – 22.37(back relay) - 48.66(fly) - 1:38.44 (relay) – Won 4 individual events @ Nat's YMCA – New meet record 50 free

**ANDREW teDUITS-BAC**

Drew this past 13-Over State meet broke Neil Walker's 1994 15-1 200 back state record by 4 seconds posting a time of 1:45.07, a time that places him 6<sup>th</sup> best of all time for 15-16 boys in the US. Drew's 100 backstroke also placed in 25<sup>th</sup> all time fr 15-16 boys.

**Senior FEMALE Swimmer of the year**

**AJA VAN HOUT - BAC**

Junior National Champion in the 200 IM and finalist in every event she swam at Jr's and also made the Ireland USA Jr. Team

Junior National Champion in the 200 IM and finalist in every event she swam at Jr's

She had a fantastic season! Girl is just a natural all around swimmer.

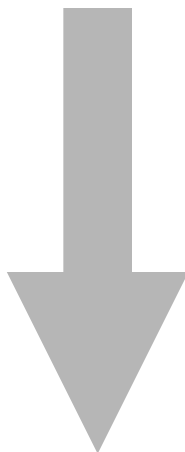
This past season, Aja broke the following WI State records for the 17-18 girls: 100 Free with a time that places her 90<sup>th</sup> of all time for 17-18 girls in the US; the 500 Free, the 1000 Free with a time that places her 84<sup>th</sup> all time. The 200 IM which ranked 74<sup>th</sup> and the 400 IM which was 84<sup>th</sup>. Her 100 Free was also a WI Senior state record. Aja also was 3<sup>rd</sup> in the high point race at NCSC JR Nationals where her win in the 200 IM placed her on the Junior National Team that will compete in Ireland.

**KELSEY HOGAN CLARK-EMSC**  
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Kelsey is consistently one of the best swimmers in the state of Wisconsin, swimming fast both rested and un-rested.

**EMILY SCHWABE-WEST**

Emily had a tremendous performance at the NCSA Jr Nationals in Orlando in March. She swam to a 3<sup>rd</sup> place in the 200 IM (2:02.27), was 5<sup>th</sup> in the 200 Breast (2:14.90), 12<sup>th</sup> in the 400 IM (4:19.27), 12<sup>th</sup> in the 100 breast (1:03.17). Emily helped our 400 medley relay to a state record and 5<sup>th</sup> place finish (1:02.35) 100 breast split. Topping of the meet was her selection to travel to compete in Ireland as a member of the NCSA National All-Star Team. The meet is at the beginning of May.





2009-10 **Short Course Season**

**Voting Ballot for coaches and swimmers of the year**

Please return your votes to Carol Graham by Wednesday, June 16 – or cagraham@wi.rr.com  
1716 Thrush Ln. Mequon WI 53092– Thank you!

\*Name of coach nominating: \_\_\_\_\_ \*Team: \_\_\_\_\_ USA Registration #: \_\_\_\_\_

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BEN GILL-FCY	_____	MATT MILLER-SSTY	_____
MARK GWIDT-OZ	_____	JACON JOHNSON-BAC	_____
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KATELYN HOLMQUIST-FAST	_____	ALEXANDRA MEYERS-SSTY	_____
JESSICA SHORT-OZ	_____	DOROTHY HALMY-WEST	_____
KIERSTON FARLEY-WEST	_____	HOLLY STOLL-LAKE	_____

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