



2011 Long Course Season
Voting Ballot for coaches and swimmers of the year

Age Group Coach of the Year:

BRETT WILSON-DFAC

Brett has done a great job building a team the past years at DFAC. The team produced several top 8 swims at the 12 and Under State Meet and several zones qualifiers. The team continues to improve and is becoming a great competitive team.

JACOB JOHNSON—BAC

2011 LC Team Champions by a wide margin.

SENIOR Coach of the Year:

BLAINE CARLSON--WEST

Blaine Carlson once again produced an outstanding group of senior athletes this summer. Achievements include 7 swimmers qualified for USA Long Course Junior Nationals, 3 Olympic Trial Swims, Senior Wisconsin State Championship Team, 2 athletes who were members of the USA team that competed in Japan, and was a coaching member of the USA team that competed in Japan.

RANDY TROWBRIDGE –VAC

It's time for Randy Trowbridge to receive this award. I know this nomination is about his accomplishments for this season but really, this is about his continued accomplishments by devoting himself to the sport of swimming in continuing education, mentoring, and believing in every swimmer's ability by accompanying them in their dreams. Randy Trowbridge is so very humble that I know by reading this he will cringe inside. He does not coach for recognition. He coaches because swimming is his passion, his life work. He is nearing that age when most people start thinking of retiring, not Randy. He is dreaming of how many more swimmers he can share his love of swimming with. As far as "accomplishments" this past season...a swimmer with several Olympic Trial Cuts, another within .4 of an Olympic Trial Cut, 2 senior national qualifiers, 5 junior national qualifiers, zone qualifiers, state qualifiers, state record holders, and so much more! These particular mentions come from his highest level training group of only ten swimmers. Aside from those documented accomplishments what is more important is that Randy has an incredible rapport and respect with his swimmers regardless of their ability. He works with each individual to achieve their goals whether it is the Olympics or it to swim a best time. He celebrates every swimmer! Randy cares about each swimmer as "his" own and parents and swimmers could attest to that. He is available to everyone no matter what time of day it is. He isn't just a coach while on deck. And actually, he doesn't even allow anyone to call him "Coach" as he says he doesn't need any title because he is "just a person." He is an extraordinary "person" who has devoted himself to the swimmers of Verona Aquatic Club for 26 years—exclusively! Not only does Randy deserve to be handed this award, his team of kids deserve to see him receive it. His team will be so proud to have an opportunity to "force" him into the limelight for a moment of applause. It is truly an honor and a privilege to not only know this man, but to write this endorsement. He truly is what a coach aspires to be. One who coaches from the heart and continuously promotes the joy of swimming for every child.

STEVE KELLER-OZ

First top 3 finish as a team at LC State. Great swims including multiple individual and relay records.

Steve led his team to the very highly competitive 13-14 girl's team trophy. He also had a top three performance from his senior boys, not to mention setting 5 13 and Over state records!! He qualified Sam Senczyszyn to USA Junior Team and Olympic Trials.

Age Group MALE Swimmer of the year

JONATHAN MARSH--VAC

Jonathan has achieved Wisconsin State records, Junior National qualifying times, as well as Senior National qualifying times. He recently turned 15 years old and is determined to shave the .4 of a second he needs to qualify for the Olympic Trials.

Great performance at LC State. High Point winner and multiple state records.

At both the WGLO and state meet Jonathan finished first overall having won all his events. Jonathan set four new state records in the 13-14 male division: 100 and 200 butterfly and 200 and 400 freestyles. All four of those swims rank in the nation's top 10: 1st in the 200 butterfly, second in the 200 butterfly, fifth in both the 200 and 400 freestyles.. He qualified and swam two events at Junior Nationals where he was one of only three 14 year old males who were entered in the meet. Jonathan's times in the 200 (4th) and 100 butterfly (9th) are among the top 10 times ever swum by a 14 year old male. His 200 butterfly time is about one tent away from being an Olympic Trial Cut.

DANNY LARSON –WEST

Danny won four events at the 2011 Wisconsin 12 and Under State meet, narrowly missing the state record in all four events he won. In the other events Danny competed in he earned 2 second places and a third place. He was an outstanding competitor at the meet and along the way earned a second place finish in the 11-12 boys high point.

JUSTIN CRAIG—SWAT

Boys 10 and Under State High Point winner with 130 points. 4 first places, 2 seconds, and one third.

Age Group FEMALE Swimmer of the year

MEGAN BEAM –WEST

Megan won two events at the 2011 Wisconsin 12 and Under State Meet and was third in the 10 and Under girls high point in a highly contested age group. She went on to continue her fast swimming at the 2011 Central Zones Meet, scoring many points in helping Team Wisconsin to win the meet.

SAM SENCZYSZYN--OZ

Olympic Trial Qualifier 100 Breast. Ranked #1 in the country for 14 year olds.

MADLINE WILLOUGHBY—SWAT

3 state records (10 and Under girls 400 free, anchor of 11-12 girls 200 and 400 medley relays) The 400 relay is ranked #1 in nation. The 200 relay is ranked #3 in nation.

Senior MALE Swimmer of the year

NIC PETERSEN--OZ

Nic continues to impress and swim at a very high level.

Won every event at LC State. Broke a long standing (since 1993) record in 200 IM. Ranked 4th (100 fly) and 8th (200 IM) in the country.

Senior FEMALE Swimmer of the year

SIERRA KUHN – VAC

Sierra is in her last year of swimming with Verona Aquatic Club. She graduates from High School next June. Sierra has a long history of incredible accomplishments with her latest and greatest being many Olympic Trial cuts while also being in the top 16 at Junior and Senior National competitions. She also qualified to represent the United States in Japan this fall.

Sierra Kuhn had a breakthrough LC season. Her significant accomplishments are as follows: At the state meet she won all six of her events and was the high point winner. She qualified and swam seven individual events at Junior Nationals, finishing seventh overall in high point, including a second place (200 backstroke) and fourth place (100 backstroke) finish. She also swam at senior nationals where her top finish was 14th in the 200 backstroke. Sierra set four new 17-18 state records this summer: 200 butterfly, 200 backstroke, 100 backstroke, and 200 IM. Sierra swam four times that were in the nation's top 10 for 17 year old females: 4th in 200 backstroke, 5th in 200 IM, 6th in 100 backstroke, and 8th in 100 butterfly. Sierra's top finishes landed her on two national swim teams: NCSA Junior All-American team and the USA Swimming National Youth Team. Sierra also picked up three additional Olympic Trial Cuts for a total of five.

State high point champion. Multiple finals at Juniors including 2nd in 200 back and 4th in 100 back.

JESSICA WOLF –WEST

Jessica swam to a third place finish in the 1500 at USA Long Course Junior Nationals, along the way achieving the 800 Olympic Trials cut. She was also a member of the USA team that competed in Japan. She continues to impress and improve in the distance events.



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Please return your votes to Carol Graham by **Monday, November 21 2011** – cagraham@wi.rr.com or Wisconsin Swimming - Carol Graham - 1716 Thrush Lane Mequon, WI 53092 – Thank you!

*Name of coach nominating: _____ *Team: _____ USA Registration #: _____

Age Group Coach of the Year:

JACOB JOHNSON –BAC _____ BRETT WILSON--DFAC _____

SENIOR Coach of the Year:

BLAINE CARLSON--WEST _____ RANDY TROWBRIDGE –VAC _____

STEVE KELLER—OZ _____

Age Group MALE Swimmer of the year

JONATHAN MARSH--VAC _____ DANNY LARSON –WEST _____

JUSTIN CRAIG—SWAT _____

Age Group FEMALE Swimmer of the year

SAM SENCZYSZYN – OZ _____ MEGAN BEAM –WEST _____

MADLINE WILLOUGHBY--SWAT _____

Senior MALE Swimmer of the year

NIC PETERSON--OZ _____

Senior FEMALE Swimmer of the year

SIERRA KUHN – VAC _____

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