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The Thirty-Fourth Annual  
All-South Jersey  
Swimming & Diving Awards Banquet



Sponsored by  
The South Jersey Interscholastic Swimming Association  
& The South Jersey Swimming Officials Association

Masso's Caterers  
Williamstown, New Jersey  
Sunday, March 29, 2009

## Tonight's Program:

- Welcome / Invocation
- State Team Tournament Qualifiers & Team State Champion Awards
- Individual State Champion Awards
- NISCA Outstanding Official's Award
- Presentation of the "Courier-Post" Cups
  - SJISA Hall of Fame Induction
  - The William Lyons Jr. Award
    - The Ray Hegel Award
    - The John Bohanna "Most Courageous" Award
  - The Candy Fenton Memorial Manager of the Year Award
- The Jim Roach Diver of the Year Awards
  - The Swimmer of the Year Awards
- The Bill Maschke Scholar-Athlete Awards
  - The William J. Lyons Team Sportsmanship Award
- The 2009 All-South Jersey Teams
- Twenty Year Service Awards
  - The Coaches of the Year

# Congratulations to our state champions!

Saint  
Augustine  
Prep



Non-Public  
A Boys

Haddonfield  
Memorial



Public  
B Girls

# **The SJISA wishes to extend**

## **very special thanks to:**

♥ **Chris Miller** and the entire GCIT Aquatic Staff for their very capable hosting of our very successful 2008-09 diving, Invitational & McNitt meets.

♥ The absolutely irreplaceable, irreplaceable and truly wonderful **Ms. Lynn McNitt** without whom the organization would not run as smoothly as we have all become accustomed.

♥ Her dedicated right and left-hand helpers, **Edie and Cheryl Cohen.**

♥ All the coaches, parents and athletes who supported swimming throughout the season.

♥ **The South Jersey Swimming Officials of the William J. Lyons Chapter** with their continued support and expertise throughout the year in all aspects of the sport.

### **♥ Designer-T's**

♥ **Paul's Trophies** for their continued masterful service to high school swimming in South Jersey.

## **The South Jersey Interscholastic**

### **Swimming Association Trustees**

**President** – Scott Sweeten, C.H. West Girls

**Vice-President** – Joe Pegues, Woodbury/Gateway

**Secretary** – Linda DuBois, A. P. Schalick

**Treasurer** – Will Wanamaker, Moorestown Girls

Maura McDermott, Haddon Twp.

Matt McElroy, Cape May Tech Boys

Mike Schiavo, Holy Spirit

Brian Sloan, Millville Boys

Peggy Tedesco, Holy Cross

Diane Tucker, Sacred Heart

## **The William J. Lyons Chapter of the NJ**

### **Swimming Officials Association**

**President** – Bob Binz

**Vice-President** – Bob Horvath

**Secretary/Assigner** – Burt German

**Treasurer** – Marla Wander

**Recorder** – Pete DeCuzzi

**Rules Interpreter** – Burt German

## 2009 Team State Championship Recognition Awards

Teams qualified for the NJSIAA Team Tournament based on power points achieved during the course of the regular dual meet season. The SJISA would like to congratulate and award with certificates and plaques those teams from South Jersey who competed in or won a team Sectional or State Team Championship.

### Girls Public A

South: #1 Egg Harbor Twp. (South Champ), #2 Vineland, #3 Mainland, #4 Washington Twp., #5 Oakcrest, #7 Atlantic City & #8 Clearview

Central: #1 Cherry Hill East, #2 Cherry Hill West & #4 Cherokee

### Boys Public A

South: #1 Shawnee (South Champ), #2 Mainland, #3 Egg Harbor Twp., #4 Atlantic City, #5 Eastern & #6 Vineland

Central: #1 Cherry Hill East (Central Champ), #2 Cherry Hill West, #5 Rancocas Valley & #6 Cherokee

### Girls Public B

#1 Haddonfield (South Champ), #2 Moorestown, #3 Ocean City, #5 Woodstown, #6 Cumberland & #7 West Deptford;

### **Public B Girls State Champion - Haddonfield**

### Boys Public B

#1 Haddonfield (South Champ), #2 Moorestown, #3 Ocean City, #4 Woodstown, #5 Cumberland & #6 Glassboro

### Girls Non-Public A & B

#1 Holy Spirit (South A Champ), #1 Bishop Eustace (South B Champ), #2 Gloucester Catholic, #3 Wildwood Catholic & #5 Moorestown Friends

### Boys Non-Public A & B

#1 St. Augustine (South A Champ), #1 Holy Spirit (South B Champ), #2 Bishop Eustace, #3 Gloucester Catholic, #5 Holy Cross, #5 Sacred Heart & #7 Moorestown Friends;

### **Non-Public A Boys State Champion - St. Augustine**

## 2009 Individual State Champion Awards

The SJISA is pleased to honor South Jersey's champions from the 2009 NJSIAA Individual State Championships.

### 200 Yard Freestyle

**Hayley Edwards, Woodstown**

### 50 Yard & 100 Yard Freestyle

**Holly Berenotto, Egg Harbor Twp.**

### 500 Yard Freestyle

**Maureen McCotter, Bishop Eustace**

### 100 Yard Backstroke

**Emily Creran, Haddonfield**

### Diving

**Carissa Santora, Mainland**

### 500 Yard Freestyle

**Sean McCall, Gloucester Catholic**

## Twenty Year Service Award

Each year, the SJISA honors any active high school coaches who have served their school and community for twenty years. All head coaches, assistant coaches and diving coaches in the South Jersey area are eligible for this award.

This year, the SJISA is proud to award a gold watch to:

### Linda DuBois

**A.P. Schalick High School**

### Joe Pegues

**Woodbury High School**

### **Previous recipients:**

2008	Diane Tucker, Sacred Heart	2002	Pete Kelley, West Deptford/Schalick
2006	John Malatesta, Vineland	2001	Ginny Weber, Moorestown;
2005	Sue Rybak, C.H. West; Bill Sheppard, C.H. East; Kevin Nolan, Gloucester Catholic & Bill Howarth, Atlantic City	1998	Bo Wood, C.H. East
2003	Bill Hoover, Millville; John Rakowski, Mainland	1997	Dick Haines, Shawnee
		1996	Kathy Ruhl, Pennsauken
			Dick Nelson, Gateway; Fred Knouse, C.H. East; John Casadia, Jr., Vineland

## Coaches of the Year

Each year, this award is presented to the coaches who have shown superior leadership, sportsmanship, excellence and dedication. They are chosen by a peer vote at the March general membership meeting.

The nominees this year are:

### Girls Teams

**Chris Gamble, Wildwood Catholic  
John Malatesta, Vineland**

**Scott Montgomery, Oakcrest  
Bob Querubin, Haddonfield**

### Boys Teams

**Marilyn Brahms, Cherry Hill East  
Tom Gratton, Highland**

**Matt McElroy, Cape May Tech  
Mike Schiavo, Holy Spirit**

**Diane Tucker, Sacred Heart**

### **Previous recipients:**

#### Girls' Team COYs (2005 to present):

2008	Will Wanamaker, Moorestown
2007	Mike Schiavo, Holy Spirit & Scott Sweeten, C.H. West
2006	John Casadia, Jr., Vineland
2005	Scott Sweeten, C.H. West
2004	John Casadia, Jr., Vineland
2003	Brian Booth, Mainland
2002	Mike Parker, Bishop Eustace
2001	Bo Wood, Cherry Hill East
2000	Mike Schiavo, Holy Spirit
1999	Mike Panarella, Shawnee
1998	Scott Sweeten, Cherry Hill West
1997	Linda DuBois, Schalick
1996	Bob Querubin, Haddonfield
1995	John Rakowski, Mainland
1994	Will Wanamaker, Moorestown
1993	Ginny Weber, Moorestown
1992	Kevin Nolan, Gloucester Catholic

#### Boys' Team COYs (2005 to present):

2008	Jon Stinson, St. Augustine
2007	Brian Sloan, Millville
2006	Mike Schiavo, Holy Spirit
2005	Ryan Sprang, St. Augustine
1991	Steve Ariff, Highland
1990	Pete Kelley, West Deptford
1989	Bill Sheppard, Cherry Hill East
1988	Dick Nelson, Gateway
1987	Beth Kingston, Moorestown
1986	Marianne Malcom, Cherokee
1985	George Rhea, Cherry Hill West
1984	Barry Adamson, Camden Co. Tech
1983	John Myers, Shawnee
1982	Lynn McNitt, Cherry Hill West
1981	Jim DeBolt, Lenape
1980	Pete Williams, Haddon Twp.
1979	John Casadia, Jr., Vineland

### **The 2009 All-South Jersey Team – Girls’ 2<sup>nd</sup> Team**

200 Freestyle	Greta Reichert	12 Wildwood Catholic
200 Individual Medley	Lauren Day	10 Oakcrest
50 Freestyle	Rachel Wuko	9 Wildwood Catholic
Diving	Shannon Donohue	11 Haddon Twp.
100 Butterfly	Annie McCotter	9 Bishop Eustace
100 Freestyle	Elise Blaschke	12 Bishop Eustace
500 Freestyle	Leigh Anne Patterson	12 Cherry Hill West
100 Backstroke	Courtney Sepich	11 Delran
100 Breaststroke	Emma Carpenter	10 Haddonfield

### **The 2009 All-South Jersey Team – Boys’ 2<sup>nd</sup> Team**

200 Freestyle	Steve Melchiorre	11 St. Augustine
200 Individual Medley	Tommy Glenn	11 Haddonfield
50 Freestyle	Adam Schneider	12 Cherry Hill East
Diving	Trevor Hiller	11 Absegami
100 Butterfly	Sean McCaffery	10 St. Augustine
100 Freestyle	Eddie Stubits	12 Clearview
500 Freestyle	Bobby Bendzyn	10 Cherry Hill East
100 Backstroke	Andrew Wright	10 Rancocas Valley
100 Breaststroke	Jeff Rowe	12 Cherry Hill East

### **The 2009 All-South Jersey Team – Girls’ 3<sup>rd</sup> Team**

200 Freestyle	Victoria Moorhouse	12 Cumberland
200 Individual Medley	Erin Curry	10 Mainland
50 Freestyle	Jillian Gamble	11 Eastern
Diving	Caitlin Fechter	12 Haddonfield
	Ashlee Steinberger	10 Haddonfield
100 Butterfly	Sarah Bernhardt	12 Vineland
100 Freestyle	Carly Misiewicz	12 Sacred Heart
500 Freestyle	Kyra Adamson	11 Eastern
100 Backstroke	Allison Walker	12 Haddonfield
100 Breaststroke	Tara Wuko	11 Wildwood Catholic

### **The 2009 All-South Jersey Team – Boys’ 3<sup>rd</sup> Team**

200 Freestyle	Rob Mele	11 St. Augustine
200 Individual Medley	Bob Ballance	11 Egg Harbor Twp.
50 Freestyle	Paul Gallagher	11 St. Augustine
Diving	Ryan Ellis	11 Washington Twp.
100 Butterfly	Brian Pauling	11 Clearview
100 Freestyle	Phillip Hawley	12 Rancocas Valley
500 Freestyle	Dan Bennett	10 Cherokee
100 Backstroke	David Woodford	11 Eastern
100 Breaststroke	Anthony Cox	10 Atlantic City

### **The 2009 NISCA Outstanding Official’s Award**

This award recognizes the outstanding achievement of selected officials in each state throughout the nation by the National Interscholastic Swimming Coaches Association.

This year, the SJISA is pleased to honor:

**Girls**  
**Eileen Tallman**

**Boys**  
**Philip Heery**

### **Previous recipients:**

2007	Frank Roberts	1996	Barry Adamson
2006	Eileen Tallman	1995	Charlie Lee
2005	Phil Heery	1994	Marion Bear
2004	George Borger	1993	Al Shoop
2003	Bob Horvath	1992	Frank Forde
2002	Ellen Mace	1991	Ruth Rogers
2001	Donna O’Leary	1990	Bert German
2000	Bill Gehringer	1989	Dick Wolff
1999	Ed Fahey	1988	Steve Egbert
1998	Ellen Higgins	1987	Bill Lyons
1997	Chris Maisch		

◇ **Presentation of ◇**  
**the Courier-Post Cups**  
**by Charlie Sprang, C-P Writer**

## **The South Jersey Interscholastic Swimming Association Hall of Fame**

The SJISA is proud to announce the official induction of:

**Sue Stokes Hajec**  
**Moorestown, 1967**

**Introduction by**  
**Vicky Robertson**  
**Former Moorestown Coach**

## The 2009 William Lyons Jr. Award

This award is presented annually by the South Jersey Swimming Officials to a female high school senior swimmer who has shown extraordinary dedication, sacrifice, sportsmanship, scholarship and community leadership. Each high school nominates their own candidate and the winner is selected by a special board of swimming officials in honor of the late William Lyons, Jr., a long-time official and swimming enthusiast.

### Christina Watts Vineland High School

#### Previous recipients:

2008	Ashley Schneider, Moorestown	2005	Karly Daplyn, Vineland
2007	Beth Mooney, Holy Spirit	2004	Jessica Cobb, Moorestown
2006	Tiffany Malatesta, Vineland		

## The 2009 Ray Hegel Award

This award may be presented annually by the South Jersey Swimming Officials Association in memory of Ray Hegel, one of the greatest officials to ever work in South Jersey. Since Ray officiated at every level as his children progressed from Tri-County through to the US National Team, the award was instituted to honor the area's outstanding swimmers or divers from any level of competition.

This year, the award is presented to:

### Christian Sprang

#### St. Augustine `05, University of Michigan `09

Christian Sprang began his swimming career competing for Greenwood Park in the Tri-County Summer League and as an age-group swimmer representing the club program at GCIT. But it was during his high school years at St. Augustine Prep that his career took shape. Christian was a three-time first team All-South Jersey selection in the 500 free. As a junior he helped lead his team to the Parochial B state championship and also won the 500 free at the state Meet of Champions. In his senior year the Hermits won the the Parochial A state championship and Christian was named the boys swimmer of the year by the South Jersey Coaches Association.

For the past four years Christian has represented the University of Michigan. As a sophomore he finished sixth in the 500 free and fifth in the 1650 and swam in the NCAA Championships in both events. As a junior and senior he was a member of the Big 10 Champion Wolverine teams swimming the 200 free, 500 free and 1650 in the championships. Christian was a member of the 2005 National Juniors and has also competed in Olympic Trials twice. As a result of his performances, he has received and accepted an invitation to participate in the National Open Water Select Camp to be held in Fort Meyers, FL this June. Christian will graduate in December with a degree in Psychology. He plans to attend graduate school and study sports psychology.

#### Previous recipients:

2008	Kyle Mitrione, Haddonfield, Purdue	1992	Sean Killion, CH East, US National Team
2007	Moira McCloskey, Atlantic City, Yale	1991	Jason Rosenbaum, Delran
2006	Stevi Anderson, Victoria Bonifield, Tiffany Malatesta & Sabrina Warren, Vineland	1990	Peter Wright, Delran
2003	Matt Campbell, Haddonfield, Rutgers	1989	Alison Maisch, CH West, LSU
1996	Peter Wright, Delran, Peddie, University of VA, US National Team	1988	Alison Maisch, CH West, LSU
1995	Tammy Kouser, Washington Twp., Villanova	1987	Sean Killion, CH East, U. of California-Berkley
1994	Dean Hutchinson, Delran, Auburn	1986	Brent Mathers, Schalick
1993	Julia Mason, Mainland	1985	Theresa Querubin, CH West, Peddie, U. of Penn
4		1984	Sean Killion, CH East

## The History of the All-South Jersey Teams

In 1978, the South Jersey Swimming Officials selected and honored the first All-Star team. From 1978 to 1980, only one team of honorees was named and honored by the Courier-Post. From 1981 to 1986, the paper listed both an All-Star team and a group of honorable mention swimmers. In those early days, the main criteria for choosing the team was the results from the NJSIAA's "Meet of Champions", now called the Individual State Championships.

In 1987, the paper published a first, second and third team of honorees for the first time. The main criteria remained performance at the NJSIAA meet but as the SJISA Invitational and the various conference and league championships evolved, times from those meets began to also be considered for the teams' selections.

As the number of meets increased, the SJISA voted in 1991 to select its teams solely on the basis of all electronically-timed results achieved at any championship meets. Today, the organization is proud to note that the fifty-seven athletes whose performances have placed them on these pages represent every swimming league in South Jersey, making them teams truly worthy of the title "All-South Jersey".

### The 2009 All-South Jersey Team - Girls' 1<sup>st</sup> Team

200 Freestyle	Hayley Edwards	12	Woodstown
200 Individual Medley	MacKenzie Howarth	12	Egg Harbor Twp.
50 Freestyle	Samantha Sides	10	Cherry Hill East
Diving	Kara Kosowski	12	Shawnee
	Carissa Santora	12	Mainland
100 Butterfly	Kelsi Worrell	9	Rancocas Valley
100 Freestyle	Holly Berenotto	12	Egg Harbor Twp.
500 Freestyle	Maureen McCotter	11	Bishop Eustace
100 Backstroke	Emily Creran	12	Haddonfield
100 Breaststroke	Lauren Carastro	10	Vineland

### The 2009 All-South Jersey Team - Boys' 1<sup>st</sup> Team

200 Freestyle	Sean McCall	11	Gloucester Catholic
200 Individual Medley	Jason Ho	12	Cherry Hill East
50 Freestyle	Michael Oliva	12	Vineland
Diving	Jesse Lyman	12	Cherry Hill East
100 Butterfly	J.D. Flanagan	12	Shawnee
100 Freestyle	Paul Maneri	11	Shawnee
500 Freestyle	Ian Keyser	12	St. Augustine
100 Backstroke	Will Manion	9	Haddonfield
100 Breaststroke	Kevin Steel	11	Moorestown

# The South Jersey Interscholastic Swimming Association Hall of Fame

In 2001, the South Jersey Interscholastic Swimming Association established the SJISA Hall of Fame. The inductees represented here have established themselves as outstanding swimmers, divers, coaches and officials in South Jersey. The Gloucester County Institute of Technology has been established as the home of the Hall of Fame and the plaques of the recipients will be displayed in the spectator area of the pool.

Here are the existing members of the SJISA Hall of Fame:

**Alison Maisch Brothers, Diver - Cherry Hill West, 1985**

**Kevin Coogan - Holy Cross, 1999**

**Heather DeHainaut - Vineland, 1999**

**Steve Egbert - Coach & Official**

**Gary Faykes, Swimmer - Lenape, 1977**

**Chris Gally - Cherokee, 1986**

**Bert German, Official**

**Judy German, Swimmer - Pennsauken, 1977**

**Diane Gieble, Swimmer - Cherry Hill East, 1971**

**Schafer Henry, Swimmer - Gateway, 1976**

**Lee Hitchner, Swimmer - Moorestown, 1964**

**Sean Killion, Swimmer - Cherry Hill East, 1986**

**Gary Kranzlee, Swimmer - Cherry Hill East, 1972**

**JoAnn Test Le Masters, Swimmer - Moorestown, 1958**

**William Lyons, Jr., Swimmer, Coach & Official**

**Brent Mathers, Swimmer - Schalick, 1987**

**Pat McMahan, Coach - Pennsauken, 1960s-70s**

**Leslie Pike, Swimmer - Cherry Hill East, 1983**

**Leigh Primavera, Diver - Cherry Hill East, 1978**

**George Rhea, Coach - Cherry Hill West, 1961-85**

**Jim Roach, Official**

**Ruth Rogers, Swimmer/Official - Moorestown, 1957**

**Jason Rosenbaum, Swimmer - Delran, 1991**

**Walt Schuman, C-P Sports Editor**

**Rick Seywert, Swimmer - Moorestown, 1972**

**Sue Stokes Hajec - Moorestown, 1967**

**Al Thomas, Coach - Moorestown, 1949-78**

**Bea Thomas, Coach - Moorestown, 1949-76**

**Lisa Iori Trabuchi, Swimmer - Vineland, 1981**

**Al Turner, Swimmer - Atlantic City, 1925**

**Marianne Malcom Venutti - Cherokee Coach/Founder of SJISA**

**Gayle Hegel Wisner, Swimmer - Washington Twp., 1979**

**Peter Wright, Swimmer - Delran/Peddie, 1991**

# The 2009 John Bohanna Most Courageous Award

## Kellianne Bond

### Highland Regional High School

As a freshman, Highland diver Kellianne Bond had all the tools to be the best ever of Highland Diving. Her kinesthetic awareness and her willingness to overcome her own fear of a new dive were impressive. This put Kelli on track to break the team's 20 year old record of 196.25, as well as send her to the state championships.

Kelli's first indication of a problem happened her sophomore year. While surfacing from a dive, her arm stroke dislocated her right shoulder. Kelli's orthopedic was the first to suspect Ehlers-Danlos Syndrome. After a year of testing the diagnosis was confirmed by a genetic specialist. Tests identified she was lacking the protein collagen which results in joint pain, hyper elasticity and dislocations. Kelli's doctors insisted that participation in competitive sports, particularly diving which places extreme stress on every joint, was ill-advised. Kelli and her mom Karen decided differently.

In Kelli's junior year she was elected team captain, qualified for states and was second team all conference. As a senior she was once again captain, qualified for states and stepped aside to allow her teammate to earn second team all conference honors. Kelli's responsibility to her team, her role as a leader as well as her personal competitiveness kept her diving as a senior. It was necessary for Kelli to wear a back, knee and ankle brace as she dove in practice and meets. Two of these meets she dove in extreme pain and against the advice of her coaches. Near the end of the season against Woodstown Kelli's back gave out during her last dive causing severe pain and a failed dive. This was the fear we had for Kelli all season.

Despite the very real risk of severe injury and possible life long damage Kelli competed in every dual meet this season. Her only concerns were the points she could bring the team and her responsibilities as a leader. Every day she was in pain and every day she faced the potential of a catastrophic injury. She never spoke to her teammates about her condition, she never missed a practice and she always presented a positive and competitive attitude. In 30 years as a coach I have never seen an athlete deal with pain and frustration with such grace and courage. - Coach Smith

## Michelle Bruno

### Cherry Hill High School West

During the four years I have known Michelle, she has defined for me as a teacher and a coach what the phrase "beyond the call of duty" and the word "sacrifice" truly mean. Michelle also suffers from the same disorder as Kellianne, Ehlers-Danlos Syndrome. Its creation of an undesirable degree of looseness and flexibility in ligaments and therefore also in the body's various joints held together by those bone-to-bone connectors is equally as dangerous for a swimmer. As if that wasn't bad enough for an athlete of a sport where pressure is constantly being applied to joints, Michelle's stroke of expertise (and her personal favorite) is butterfly. The mechanics of fly in particular place tremendous amounts of stress on one's shoulders, knees and hips at different times during each stroke-kick cycle. A bag or two of ice on Michelle's shoulders and knees between sets is a common sight at our practices. She accepts even more pain at our meets as her shoulders and hips can sometimes dislocate during the most intense races at the start, during her turns or just when sprinting hard to the finish. I have asked her why she was willing to accept the pain over the years. She simply tells me that it's because she loved the team and cherished the opportunities she had to earn points that were crucial toward the outcome of our meets. Michelle would be the first to tell you that she is not a superstar but she is a solid swimmer that often earns important third, fourth or fifth places for us in the 100 butterfly or as a part of our second medley relay team. She knows though that our "stars" are often equaled by the other teams' "stars", making her points the ones that help us win meets. Michelle's Lady Lion swimming career unfortunately ended in early January against our rival East when the dislocations were so frequent during the 100 fly that nerve damage occurred from which she is still recovering, resulting in a loss of feeling for days in her arms and hands. Nevertheless, she swam to a time of 1:05.77, a near personal best and a 3<sup>rd</sup> place. On a team that was the Public A state champion in 2006 and the southern New Jersey champion in 2007, to have been voted "Most Improved" and a big vote-getter for our "Unsung Heroine" award each year indicates how much her teammates appreciate her effort and sacrifice on their behalf. Through the self-sacrifice and determination I have seen her demonstrate, I consider Michelle one of the most remarkable young people I have known in my eighteen-year career as a teacher and coach. I am thankful to have been permitted to work with her. - Coach Sweeten

John Bohanna Most Courageous Award - continued on page 6→

# The 2009 John Bohanna Most Courageous Award (Continued)

## Julia England Seneca High School

As a freshman four years ago, Julia England placed in the top 16 in the state in both the 500 Freestyle and the 200 IM. Everyone was sure that there were tremendous accomplishments ahead of this young woman - definitely Sectionals, probably Junior Nationals, maybe Senior Nationals. Unfortunately, Julia England hasn't been able to reach those goals.

After struggling through her entire sophomore year, Julia was diagnosed with Postural Orthostatic Tachycardia Syndrome (POTS), a syndrome that causes extreme fatigue, dizziness, and fainting. As a swimmer with a severe case of POTS, Julia struggles to complete even ¼ of a practice now that she barely even broke a sweat to get through a few years ago. Every time Julia steps up on the blocks to race, she has a different goal than anyone else in the group. Their goals are for best times, or first place - Julia's goal is to stay conscious, finish, and be able to pull herself out of the pool. The determination this young woman has been able to show through all of the struggles she's had is absolutely admirable. To know that she will go into a race, being fully aware that she could pass out while in the water, shows a level of commitment and courage that is unmatched by any other athlete in the pool.

Julia truly has the most heart of any athlete I've ever coached. Most athletes would have given up, or found another sport - but Julia has continued to come to every practice and every meet, giving 110% to everything she does - even when she doesn't have anything left to give. - Coach Gersbach

### Previous Recipients:

2008	Colin Lawler, Cherry Hill East	1994	Tyson Gerhardt, Lenape
2007	Mark Garbowski, Cherry Hill West	1993	Mike Diehl, Kingsway
2006	Jackie Mannon, Washington Twp.	1992	Chris Otmani, Eastern
2005	Christopher Gillies, Hammonton	1991	Jason Suder, Cherokee
2004	Cary Gaul, Cherry Hill West; Lisa Hitchner, Woodstown; Molly McGroarty, Mainland; Melissa Settar, Pitman	1990	Teresa Byrne, Highland; Kristin Kisselbach, Cherry Hill East
2003	Jason Murowany, Millville	1989	John Capozzi, Kingsway; Michael McIntire, Highland
2002	Jason Kenuk, Moorstown	1988	Joe Werner, Pennsauken
2001	Matthew Kane, Collingswood	1987	Lisa Fusco, Cherokee; Margaret Sibert, Woodbury
2000	Scott Cowperthwait, Vineland	1986	Betty Moher, West Deptford; Diana Sawn, Washington Twp.
1999	Michael Herbst, West Deptford	1985	Harold Wolman, Cherry Hill West
1998	Suzy Boyle, Lenape	1980	Sue Rybak, Cherry Hill East
1997	Heather McVey, Holy Spirit	1978	Kathy Conners, J.F. Kennedy
1996	Amanda Coyle, Cherokee		
1995	Katie Gipe, Moorestown; Tim Thieler, Egg Harbor Twp.		

# 2008-09 South Jersey Interscholastic Swimming Association Member Schools

Atlantic City High School	Kingsway Regional High School
Audubon High School	Lenape High School
Bishop Eustace Preparatory School	Lower Cape May Reg. High School
Bridgeton High School	Mainland Regional High School
Camden Catholic High School	Middle Township High School
Camden County Vo-Tech School	Millville High School
Cape Christian Academy	Moorestown High School
Cape May County Vo-Tech School	Northern Burlington High School
Collingswood High School	Oakcrest High School
Cherokee High School	Ocean City High School
Cherry Hill High School East	Paul VI High School
Cherry Hill High School West	Pemberton High School
Cinnaminson High School	Pennsauken High School
Cumberland Regional High School	Pitman High School
Clearview Regional High School	Rancocas Valley Reg. High School
Delran High School	Sacred Heart High School
Delsea Regional High School	Saint Augustine Preparatory School
Deptford High School	Salem High School
Eastern Regional High School	Schalick High School
Egg Harbor Township High School	Seneca High School
Gateway Regional High School	Shawnee High School
Glassboro High School	Sterling High School
Gloucester Catholic High School	Timber Creek Regional High School
Gloucester Co. Institute of Technology	Triton Regional High School
Haddon Heights High School	Vineland High School
Haddon Township High School	Washington Township High School
Haddonfield Memorial High School	West Deptford High School
Hammonton High School	Wildwood Catholic High School
Highland Regional High School	Williamstown High School
Holy Cross High School	Willingboro High School
Holy Spirit High School	Woodbury High School
	Woodstown High School

### The 2009 William J. Lyons Team Sportsmanship Award

Each year, the officials of the William J. Lyons Chapter of the New Jersey Swimming Officials Association choose to honor the team(s) that in their opinion best exemplified the true spirit of sportsmanship. This was the underlying theme in the coaching and officiating of one of the truly great officials ever to walk the pool deck, Mr. Bill Lyons. This honor is the testimonial to his teaching and way of life. Each conference in South Jersey may nominate one team to be considered for the award. The nominees for 2009 were:

<u>Conference</u>	<u>Team</u>	<u>Conference</u>	<u>Team</u>
Tri-County	Highland	Cape Atlantic Boys	Sacred Heart & Holy Spirit
Cape Atlantic Girls	Cape May Tech	Colonial	Haddon Heights, Haddon Twp. & Haddonfield
Burlington County	No. Burlington		
Olympic Boys	Paul VI		
SJSJ Girls	Moorestown		

### Previous Recipients:

2008	Cape May Tech	2001	Ocean City
2007	Wildwood Catholic Girls	2000	St. James
2006	Holy Spirit Girls	1999	Gloucester
2005	Cherry Hill West Girls	1998	Glassboro
2004	Our Lady of Mercy	1997	Pitman
2003	Woodbury	1996	Pemberton
2002	Haddon Heights		



# The 2009 Bill Maschke Memorial Scholar-Athlete Awards

The SJISA is pleased to present this award in the memory of Bill Maschke, an outstanding scholar, swimmer and coach here in South Jersey. A \$500.00 scholarship will be awarded to two males and two females from the senior class that are chosen by a special committee from a pool of qualified applicants whose coaches have submitted transcripts, meet sheets and other supporting documents. To be considered, an applicant must have carried a minimum cumulative 3.7 GPA (on a weighted 4.0 scale) through seven semesters of work and have participated in 80% of the team's meets during the season. The committee evaluates the criteria based on a point system approved by the general membership and the award's winners are selected out of the pool of qualifying finalists by the committee.

**Colleen McClintock, Mainland**  
**Carly Misiewicz, Sacred Heart**  
**Dave Heinemann, Egg Harbor Twp.**  
**Michael Rebuck, Moorestown**

**Honorable Mention: Alyssa Wasserman, Lenape;**  
**Hayley Edwards, Woodstown; Carly Winton, Holy Cross;**  
**Kelsey Theriault, West Deptford; Catharine Wood,**  
**Washington Twp.; Kelsey Wilson, Eastern**

## Previous Recipients:

2008 Carolyn Brooks, Vineland; Jill Smaniotto, Millville  
 Joe Contino, Cumberland; Matt Cramer, Gateway  
 2007 Stevi Anderson, Vineland; Maureen O'Neill, Cherry Hill West  
 Evan Schindewolf, Egg Harbor Twp.; Andrew Wood, Washington Twp.  
 2006 Tiffany Malatesta, Vineland; Kelly Williams, Washington Twp.;  
 Josh Bryan, Cherokee; Eric Mooney, Holy Spirit  
 2005 Julia Brinberg, Cumberland City; Danielle Trinkner, Triton;  
 P.J. Ritter, Cumberland; Craig Schindewolf, Egg Harbor Twp.  
 2004 Jessica Cobb, Moorestown; Julia Pustizzi, Vineland;  
 Michael Cobby, Eastern; Joe Madres, Cherry Hill West  
 2003 Emily Bateman, Mainland; Amanda Smaniotto, Millville;  
 Nikhil Thakeer, Eastern; David Traini, Moorestown  
 2002 Sara Jaggi, Haddon Heights; Caroline Merighi, Vineland;  
 Tom Bogle, Eastern; Richard Logar, Shawnee  
 2001 Deanna Kloss, Holy Cross; Heather Mierkowski, Audubon;  
 Jason Jennings, Cherry Hill West; Joe Murowany, Millville  
 2000 Katie Kopil, Cherry Hill West; Erin Sykes, Holy Spirit;  
 Michael Mierkowski, Audubon; Ryan Restrepo, Haddon Heights  
 1999 Kristie Herbst, West Deptford; Shannon Lynch, Lenape;  
 Sean Patterson, Haddon Heights; Joe Petrini, Gateway  
 1998 Anne-Marie Casperite, Holy Cross; Kathleen Kennedy, Delran; Kate  
 McDonnel, Haddon Twp.; Charles Gersbach, Shawnee; Joe Molle, Pitman  
 1997 Lisa Marandola, St. James; Karyn Singer, Cherry Hill West;  
 Anthony Scarpaci, Washington Twp.; Michael Weiss, Cherry Hill East  
 1996 Kirsten Doert, Moorestown; Cheryl Lemon, Gateway;  
 Mark Beckler, Pennsauken, Clifford Bircks, Haddonfield  
 1995 Julie Mason, Mainland; Robert Grimming, Woodbury  
 1994 Jody Sanders, Cherry Hill West; Robert Burroughs, Gateway  
 1993 Sandy Pietrantonio, Woodstown; Bill Peranteau, Gloucester Catholic

# The 2009 Candy Fenton Memorial Manager of the Year Award

## Katie Bradley

## Washington Township High School

Katie Bradley has not only been a manager on the team for four years, but a dedicated, supportive, and hard-working individual. From freshman year to senior year she has always put forth her time and effort at every single meet. If it wasn't for Katie, it would have been a struggle for the structure of our team to be kept at meets. Katie was most definitely a key team player. Her dedication was greatly appreciated at every meet, at every practice, and at every team event. But not only did Katie manage the meet times and records, she supported the team as a whole, giving her time to cheer on and encourage every single member of the team. It takes so much will power to attend both practices and meets as a manager. We wish her tons of luck as she continues to display her love for the team and for the sport in college, being manager of the Rowan University swim team! I know those at Rowan will be happy to have such an outstanding manager as a part of the team. Thank you so much Katie! Who ever decides to take on manager next year has some huge shoes to fill!! We love you so much and will miss her next year!  
 - The WT Girls Swim Team

## Previous Recipients:

2008	Kariann Tallone, Vineland	1997	Jennifer Dappalone, Cherry Hill West
2007	Brooke Murray, Sterling	1996	Lisa Piechoski, Vineland
2006	Jackie DiAdezzio, Washington Twp.	1995	Shana Pinti, Haddonfield
2005	Lara Castorina, Vineland	1994	Judy Hoffman, Woodbury
2004	Valentina Cruz, Vineland	1993	Tiffany Facchine, Gloucester Catholic
2003	Jen Sharpless, Millville	1992	Heather Gehman, West Deptford
2002	Krista Hess, Vineland	1991	Dee Velasco, Highland
2001	Julie Turt, Eastern	1990	Shannon Murphy, Glouc. Catholic
2000	Valerie Gallina, Vineland	1989	Teresa Seger, Gerri Strickler, Virginia Schubert
1999	Abby Harvey, Cherry Hill East	1987	Brittany Layton, Woodstown
1998	Nicole McIntyre, West Deptford	1986	Beth Sawicki, Kingsway

## The 2009 Jim Roach Diving Awards

The Jim Roach Diving Awards honor the outstanding female and male divers from the past season. The award is presented jointly by the SJISA and SJSOA.

## Carissa Santora Mainland High School

Carissa is the New Jersey State Champion for 2009, scoring a total of 445.20 points. She has been a high school All-American as a sophomore and junior and should also repeat that honor this past season. Carissa never dove before her freshman year, where she placed 7th at States. She steadily improved, placing 5th at states as a sophomore, 3rd as a junior and finally reaching her goal as state champion her senior year.

During her senior season, Carissa was undefeated and broke her own school record twice, finally setting the mark at 254.6 points for 6 dives. Carissa works extremely hard and is a dedicated year-round athlete. She is a pole vaulter for her high school track team, also qualifying for states in that event. Carissa also displayed her versatile athletic abilities by swimming for her team the last two years. Carissa has accepted a partial scholarship to attend Virginia Tech University this fall. Her teammates and coaches know that she will be a success due to her outstanding work ethic and positive attitude.

# The 2009 Jim Roach Diving Awards (Continued)

## Jesse Lyman Cherry Hill High School East

### Previous Recipients:

2008	Erica Serpico, Moorestown; Zach Castelli, Atlantic City
2007	Kara Koszowski, Shawnee; Mark Balesteri, Egg Harbor Twp.
2006	Kara Koszowski, Shawnee; Kyle Mitrione, Haddonfield
2005	Natalie Thomas, Cherokee; Kyle Mitrione, Haddonfield
2004	Natalie Thomas, Cherokee; Dan Cuilla, Cherry Hill West
2003	Liza Marianni, Cherry Hill West; Dan Cuilla, Cherry Hill West
2002	Emily Weigand, Haddonfield; Dan Cuilla, Cherry Hill West
2001	Emily Weigand, Haddonfield; Jesse Rappaport, Glassboro
2000	Melissa Ginsberg, Rancocas Valley; Michael Sullivan, Holy Cross
1999	Melissa Ginsberg, Rancocas Valley; Kevin Coogan, Holy Cross
1998	Megan Kernan, Haddon Twp.; Kevin Coogan, Holy Cross
1997	Siobhan Kernan, Haddon Twp.; Kevin Coogan, Holy Cross
1996	Cheryl Lemon, Gateway; Mike Savicky, Gloucester Catholic
1995	Cheryl Lemon, Gateway; Mike Savicky, Gloucester Catholic
1994	Cheryl Lemon, Gateway; Mike Savicky, Gloucester Catholic
1993	Aimee Hogan, Cherry Hill West; Bill Peranteau, Gloucester Catholic
1992	Jackie Fessler, Camden Catholic; Bill Peranteau, Gloucester Catholic
1991	Bill Peranteau, Gloucester Catholic
1990	Tamara Herriston, Mainland
1989	Kym Zeller, Cherry Hill East
1988	Alicia Urbani, Lenape
1987	Bill Brennan, Cherokee
1986	Alicia Urbani, Lenape
1985	Alison Maisch, Cherry Hill West
1984	Alison Maisch, Cherry Hill West
1983	Alison Maisch, Cherry Hill West
1982	Alison Maisch, Cherry Hill West
1981	Betsy Baker, Haddonfield
1980	Betsy Baker, Haddonfield
1979	Josh Shapiro, Cherry Hill East
1978	Leigh Primavera, Cherry Hill East

## The 2009 Swimmers of the Year

### Emily Creran Haddonfield Memorial High School

I proudly introduce Emily Creran as female swimmer of the year in South Jersey swimming. She has been an excellent representative of Haddonfield over her high school career and I think she is equally well-deserved to represent the best in South Jersey swimming. Her accomplishments in and out of the water this season prove what individual athletes can achieve through goal setting and commitment to excellence.

Emily has devoted herself to the sport of swimming over the years and her individual accomplishments during the season are a direct result of that commitment. She defended her state title in the 100 backstroke at the Meet of Champions as well as finishing second in the 200 IM, despite breaking her own meet record in the process. Her lead-off 100 free time in the 400 free relay would have placed her 3rd in the individual meet. Her 2 individual swims are NISCA automatic All American time standards and her 100 free earned All America consideration. Throughout the season, and her school career for that matter, she has always competed with the utmost respect for her competitors, congratulating them after races and acknowledging their effort. She shares a unique bond among South Jersey swimmers, which is to provide the best effort they have to give in every race, regardless of the level of competition.

(Continued→)

Emily graduates this season with many accolades that include team records, South Jersey Championship meet event winner, Individual State Championship winner and State record holder, and captain of the State Team Championship to name a few. I will remember Emily for these accomplishments as well as her role in positively affecting her teammates to achieve a team goal and always striving to get to the next level, both individually and from a team standpoint.

- Coach Querubin

## Sean McCall Gloucester Catholic High School

Sean is a junior at Gloucester Catholic. He swims at GC as well as GPAC with Matt Sprang. With the graduation of 9 seniors from last year's team, someone needed to step up and lead this year's team. Sean and some fellow swimmers did just that. Sean did whatever was needed to win a meet. Sean swam every race but the 100 breast. He set school records in the 50, 100, 200 and 500 free as well as the 100 fly. He helped our team that was rebuilding reach the South Jersey Non-Public B finals. He won the 200 and 500 free at the Invitational meet. He won for the third straight year the 200 free in Tri-County, where he broke his own record. He swims the 200 free even though he could choose to do the 500 because he knows what the 200 means to the our program. He capped his year by being the only male swimmer from South Jersey to win an event at States this year.

### Previous Recipients:

2008	Emily Creran, Haddonfield; Jason Mattingly, Cherry Hill West
2007	Joanna Thomas, Mainland; Bill Cregar, Washington Twp.
2006	Joanna Thomas, Mainland; Mark Neiman, Cherry Hill West
2005	Joanna Thomas, Mainland; Christian Sprang, St. Augustine
2004	Tiffany Malatesta, Vineland; Graham Parker, Cherry Hill East
2003	Emily Bateman, Mainland; Bobby Daplyn, Vineland
2002	Emily Bateman, Mainland; Eric Brumberg, Washington Twp.; Andrew Patrizzi, Cherry Hill West
2001	Christine Leupold, Clearview; Jon Stinson, Holy Spirit
2000	Jayme Majek, Schalick; Jon Stinson, Holy Spirit
1999	Heather DeHainaut, Vineland; Seamus Quinn, Moorestown
1998	Katherine Conroy, Haddonfield; Joe Molle, Pitman
1997	Heather DeHainaut, Vineland; Jeff Leupold, Clearview
1996	Leslie Hoh, Cherry Hill West; Tim Tallman, Camden Catholic
1995	Julia Mason, Mainland; Glenn Thomsen, Lenape
1994	Marisa Chuliver, Moorestown; Sean Tedesco, Holy Cross
1993	Gwen Mayo, Camden Catholic; Josh Lipson, Delran
1992	Tammy Kouser, Washington Twp.; Tim Rogers, West Deptford; Tom Forrest, Vineland
1991	Gwen Mayo, Camden Catholic; Jason Rosenbaum, Delran; Jeff Farschon, Woodstown
1990	Karen Hafner, Cinnaminson; Jason Rosenbaum & Peter Wright, Delran
1989	Joanna Dinsmore, Gateway; Brian Forrest, Vineland
1988	Jeff Farschon, Woodstown