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



**Sponsored by
The South Jersey Interscholastic Swimming Association
& The William J. Lyons Chapter of the NJSOA**

**Masso's Caterers
Williamstown, New Jersey
Monday, March 28, 2011**

Tonight's Program:

- Welcome / Invocation
- The Bill Maschke Scholar-Athlete Awards
 - The William Lyons Jr. Award
 - The Angela Hallerud Newcomer of the Year Award
 - The Ray Hegel Award
 - The John Bohanna Most Courageous Award
 - The Candy Fenton Manager of the Year Award
- The Jim Roach Diver of the Year Awards
 - The Swimmer of the Year Awards
 - State Team Tournament Qualifiers & Sectional Winners Recognition
 - Individual State Champion Awards
 - The William J. Lyons Team Sportsmanship Award
 - The 2011 All-South Jersey Teams
 - Twenty Year Service Awards
 - The Coaches of the Year

Congratulations to our sectional champions!

Central Public A
Boys



South Public B
Girls



Cherry Hill West

Cherry Hill East

SJISA

South Public A
Boys



Mainland

South Public B
Boys



Haddonfield

South Public A
Girls



Vineland

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 2010-11 diving, Invitational & McNitt meets.

♥ The absolutely irreplaceable, irrepressible 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 – Matt McElroy, Cape May Tech Boys

Secretary – Linda DuBois, A. P. Schalick

Treasurer – Peggy Tedesco, Holy Cross

Maura McDermott, Haddon Twp.

Kevin Nolan, Gloucester Catholic

Joe Pegues, Gateway/Woodbury

Mike Schiavo, Holy Spirit

Jessica Slates, Washington Twp. Girls

Nick Steffanci, St. Augustine

The William J. Lyons Chapter of the NJ

Swimming Officials Association

President – Bob Binz

Vice-President – Bob Horvath

Secretary/Assigner – Burt German

Treasurer – Eileen Tallman

Recorder – Donna O'Leary

Rules Interpreter – Burt German

The 2011 Bill Maschke 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 \$1000 scholarship will be awarded to a maximum of four males and four 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.

Christopher Campbell, Holy Cross
David Campbell, Eastern
Michael Thomas, Holy Cross
Zachary Wister, Haddon Heights
Kaitlin Hare, Oakcrest
Lexi Misiewicz, Sacred Heart
Amanda Pegues, Gloucester Catholic

Previous Recipients:

2010 Dale Davis & Brian Sullivan, Gateway/Woodbury; Chelsea Cioffi, Pitman; Shannon Donohue, Haddon Twp.; Maureen McCotter, Bishop Eustace; Amanda Zipf, Egg Harbor Twp.
 2009 Colleen McClintock, Mainland; Carly Misiewicz, Sacred Heart
 Dave Heinemann, Egg Harbor Twp.; Michael Rebeck, Moorestown
 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, Atlantic 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

Twenty Year Service Awards

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:

Peggy Tedesco

Holy Cross

Previous recipients:

| | | | |
|------|---|------|---|
| 2010 | Emily Kennedy, Delran/Moorestown; Mike Panarella, Shawnee/Eastern; Will Wanamaker, Moorestown | 2003 | Bill Hoover, Millville; John Rakowski, Mainland |
| 2009 | Linda DuBois, A.P. Schalick; Joe Pegues, Gateway/Woodbury | 2002 | Pete Kelley, West Deptford/Schalick |
| 2008 | Diane Tucker, Sacred Heart | 2001 | Ginny Weber, Moorestown; Bo Wood, C.H. East |
| 2006 | John Malatesta, Vineland | 1998 | Dick Haines, Shawnee |
| 2005 | Sue Rybak, C.H. West; Bill Sheppard, C.H. East; Kevin Nolan, Gloucester Catholic & Bill Howarth, Atlantic City | 1997 | Kathy Ruhl, Pennsauken |
| | | 1996 | 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

Mike Schneider, Vineland

Boys' Teams

Bill Albertson, Washington Twp.

Kim Rotter, Audubon/Collingswood

Matt McElroy, Cape May Tech

Mike Schiavo, Holy Spirit

Brian Newton, Vineland

Lauren Woeller, Haddon Heights

Previous recipients:

Girls' Team COYs (2005 to present):

Boys' Team COYs (2005 to present):

| | | | |
|------|---|------|-----------------------------------|
| 2010 | Bill Howarth, Atlantic City | 2010 | Brian Booth, Mainland |
| 2009 | Bob Queribin, Haddonfield | 2009 | Diane Tucker, Sacred Heart |
| 2008 | Will Wanamaker, Moorestown | 2008 | Jon Stinson, St. Augustine |
| 2007 | Mike Schiavo, Holy Spirit & Scott Sweeten, C.H. West | 2007 | Brian Sloan, Millville |
| 2006 | John Casadia, Jr., Vineland | 2006 | Mike Schiavo, Holy Spirit |
| 2005 | <u>Scott Sweeten, C.H. West</u> | 2005 | <u>Ryan Sprang, St. Augustine</u> |
| 2004 | John Casadia, Jr., Vineland | 1991 | Steve Ariff, Highland |
| 2003 | Brian Booth, Mainland | 1990 | Pete Kelley, West Deptford |
| 2002 | Mike Parker, Bishop Eustace | 1989 | Bill Sheppard, Cherry Hill East |
| 2001 | Bo Wood, Cherry Hill East | 1988 | Dick Nelson, Gateway |
| 2000 | Mike Schiavo, Holy Spirit | 1987 | Beth Kingston, Moorestown |
| 1999 | Mike Panarella, Shawnee | 1986 | Marianne Malcom, Cherokee |
| 1998 | Scott Sweeten, Cherry Hill West | 1985 | George Rhea, Cherry Hill West |
| 1997 | Linda DuBois, Schalick | 1984 | Barry Adamson, Camden Co. Tech |
| 1996 | Bob Queribin, Haddonfield | 1983 | John Myers, Shawnee |
| 1995 | John Rakowski, Mainland | 1982 | Lynn McNitt, Cherry Hill West |
| 1994 | Will Wanamaker, Moorestown | 1981 | Jim DeBolt, Lenape |
| 1993 | Ginny Weber, Moorestown | 1980 | Pete Williams, Haddon Twp. |
| 1992 | Kevin Nolan, Gloucester Catholic | 1979 | John Casadia, Jr., Vineland |

The 2011 All-South Jersey Team - Girls' 2nd Team

| | | |
|-----------------------|-----------------|-------------------------|
| 200 Freestyle | Annie McCotter | 11 Bishop Eustace |
| 200 Individual Medley | Erin Curry | 12 Mainland |
| 50 Freestyle | Samantha Sides | 12 Cherry Hill East |
| Diving | Jenna Santora | 9 Mainland |
| 100 Butterfly | Nicole Jibrine | 12 Cherokee |
| 100 Freestyle | Lauren Carastro | 12 Vineland |
| 500 Freestyle | Mary Kate Davis | 9 Bishop Eustace |
| 100 Backstroke | Katie Gillespie | 11 Audubon/Collingswood |
| 100 Breaststroke | Shannon Howarth | 11 Egg Harbor Twp. |

The 2011 All-South Jersey Team - Boys' 2nd Team

| | | |
|-----------------------|----------------|-------------------|
| 200 Freestyle | Dan Bennett | 12 Cherokee |
| 200 Individual Medley | David Campbell | 12 Eastern |
| 50 Freestyle | Nick Stewart | 12 Holy Spirit |
| Diving | Dan Davis | 12 Mainland |
| 100 Butterfly | Sean McCaffery | 12 St. Augustine |
| 100 Freestyle | Patrick Flynn | 10 St. Augustine |
| 500 Freestyle | Zachary Wister | 12 Haddon Heights |
| 100 Backstroke | Chris Morris | 12 Millville |
| 100 Breaststroke | Anthony Cox | 12 Atlantic City |

The 2011 All-South Jersey Team - Girls' 1st Team

| | | |
|-----------------------|-----------------------|----------------------|
| 200 Freestyle | Courtney Patterson | 11 Cherry Hill West |
| 200 Individual Medley | Colleen Callahan | 10 Atlantic City |
| 50 Freestyle | Rachel Bernhardt | 10 Vineland |
| Diving | Kirby Quinn | 10 Bishop Eustace |
| 100 Butterfly | Kelsi Worrell | 11 Rancocas Valley |
| 100 Freestyle | Rachel Wuko | 11 Wildwood Catholic |
| 500 Freestyle | Marlee Ehrlich | 11 Cherry Hill East |
| 100 Backstroke | Jaimie Lynn Brookover | 10 Cherry Hill East |
| 100 Breaststroke | Meghan Micelli | 12 Moorestown |

The 2011 All-South Jersey Team - Boys' 1st Team

| | | |
|-----------------------|----------------|-------------------------|
| 200 Freestyle | Joseph Petrone | 10 Cherry Hill East |
| 200 Individual Medley | Dillon McHugh | 12 St. Augustine |
| 50 Freestyle | Jeffrey Flynn | 11 St. Augustine |
| Diving | Martin Carbone | 11 Cumberland |
| 100 Butterfly | Mike Krohn | 12 Cherry Hill East |
| 100 Freestyle | Brett Pedersen | 12 St. Augustine |
| 500 Freestyle | Devin McCall | 10 Gloucester Catholic |
| 100 Backstroke | Will Manion | 11 Haddonfield |
| 100 Breaststroke | Andy Schuehler | 10 Audubon/Collingswood |

The 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:

This award is not being presented in 2011.

Previous recipients:

| | | | |
|------|----------------|------|---------------|
| 2010 | Bob Binz | 1997 | Chris Maisch |
| 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 | Burt German |
| 2000 | Bill Gehringer | 1989 | Dick Wolff |
| 1999 | Ed Fahey | 1988 | Steve Egbert |
| 1998 | Ellen Higgins | 1987 | Bill Lyons |

The Elmer Christman Award

This award is presented by the South Jersey Swimming Officials to a male 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 Elmer Christman, a long-time official and swimming enthusiast. (Before the founding of the William Lyons Jr. Award in 2004, female candidates were previously eligible.)

This award is not being presented in 2011.

Previous recipients:

| | | | |
|------|----------------------------------|------|--------------------------------|
| 2010 | Matt Radziwill, Cherry Hill East | 1991 | Brad Carlson, Woodbury |
| 2008 | Tim Scattergood, Haddon Twp. | 1990 | Dean Hutchinson, Delran |
| 2007 | Steve Tobin, Holy Spirit | 1989 | Janice Strout, West Deptford |
| 2006 | Kevin Lonabaugh, Woodbury | 1988 | Jennifer Thedford, Vineland |
| 2005 | P.J. Ritter, Cumberland | 1987 | Stefanos Stathos, J.F. Kennedy |
| 2004 | Santiago Verneti, West Deptford | 1986 | Tom Bristow, Haddon Twp. |
| 2003 | Shannon Kelley, Schalick | 1985 | Michael Conte, Highland |
| 2002 | Caroline Merighi, Vineland | 1984 | Linda Warner, Vineland |
| 2001 | Timothy Potter, West Deptford | 1983 | Craig Wolff, Haddon Heights |
| 2000 | Michael Mierkowski, Audubon | 1982 | Ron Wolff, Pemberton |
| 1998 | Joe Molle, Pitman | 1981 | William Lacy, Haddonfield |
| 1997 | Aaron Seliger, Cherry Hill West | 1980 | James Cummings, Willingboro |
| 1996 | Kirsten Doert, Moorestown | 1979 | Brad Land, Camden County Tech |
| 1995 | Brian Puskas, Shawnee | | Val Landi, Vineland; |
| 1994 | Scott Johnson, Audubon | | Tom Louderbach, Shawnee |
| 1993 | Quinn Saunders, Rancocas Valley | 1978 | Steve Tue, Shawnee |
| 1992 | Hillary Burgess, Vineland | 1977 | Denise Morgan, Pennsauken; |
| | | | Blair Weir, Cherry Hill East |

The 2011 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.

Amanda Pegues

Gloucester Catholic High School

Previous recipients:

| | | | |
|------|------------------------------|------|-----------------------------|
| 2010 | Allyson Mitidieri, C.H. West | 2006 | Tiffany Malatesta, Vineland |
| 2009 | Christina Watts, Vineland | 2005 | Karly Daplyn, Vineland |
| 2008 | Ashley Schneider, Moorestown | 2004 | Jessica Cobb, Moorestown |
| 2007 | Beth Mooney, Holy Spirit | | |

The 2011 Angela Hallerud Newcomer of the Year Award

This award will be presented annually to memorialize the life of Lenape swimmer Angela Hallerud by honoring any team member in their first year of high school swimming (regardless of grade) that positively-influenced the culture of his/her team by fostering team unity and the collective achievements of his/her teammates. The winner each year will receive a plaque, a \$100 gift certificate to "The Sprint Lane" shop at Jersey Wahoos in Mt. Laurel and free lifeguarding certification classes courtesy of the Hallerud family.

Katie Bayes

Clearview Regional High School

From the very start, Katie was an excellent addition to our team, both in and out of the water. Katie had immediate success in the pool. Being one of our most talented backstroke swimmers and a member of our record breaking relays, it was obvious to anyone that Katie was a star on our team. More importantly however, Katie was willing to do whatever it took to help our team win. There were numerous occasions where I had to explain to Katie that she was in the 200 IM or 100 Fly because it was what was best for the team, and every time she would smile and do her very best. Katie never complained when she wasn't in the 100 backstroke even though she was so close to qualifying for NJ States. Katie understood that her versatility was a great addition to the team and she cared more about the overall success of our team than her personal goals.

In addition to her success in the water, Katie was a great teammate out of the pool. She was very energetic and would constantly cheer for her teammates regardless of the situation of the meet. Katie was never satisfied sitting back and watching, she was always front and center cheering for a close race, high fiving a personal best, or congratulating a teammate for completing their first 500 free.

I nominated Katie Bayes for the Angela Hallerud "Newcomer of the Year", because I truly believe that she embodies everything that is good about high school swimming. I am looking forward to building the Clearview Swim Team around her abilities in the pool and her selfless attitude out of it.

Previous recipient:

2010 Erika Esposito, Gateway

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-four 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 2011 All-South Jersey Team - Girls' 3rd Team

| | | | |
|-----------------------|--------------------|----|---------------------|
| 200 Freestyle | Holly Gallagher | 12 | Haddon Twp. |
| 200 Individual Medley | Emma Carpenter | 12 | Haddonfield |
| 50 Freestyle | Jenna Zagoren | 9 | Cherry Hill West |
| Diving | Ashlee Steinberger | 12 | Haddonfield |
| 100 Butterfly | Amy Stelmaszyk | 12 | Cherry Hill West |
| 100 Freestyle | Melissa Toy | 10 | Atlantic City |
| 500 Freestyle | Annemarie Ruberti | 11 | Vineland |
| 100 Backstroke | Chelsea Martin | 12 | Mainland |
| 100 Breaststroke | Danielle Dougherty | 12 | Gloucester Catholic |

The 2011 All-South Jersey Team - Boys' 3rd Team

| | | | |
|-----------------------|------------------------|----|---------------------|
| 200 Freestyle | Owen Burns | 12 | Bishop Eustace |
| 200 Individual Medley | Christopher McClintock | 10 | Mainland |
| 50 Freestyle | Troy Cervini | 12 | Vineland |
| Diving | Noah McCarrson | 12 | Clearview |
| 100 Butterfly | Shane Tubbs | 11 | St. Augustine |
| 100 Freestyle | Nick Marks | 10 | Gloucester Catholic |
| 500 Freestyle | Ricky Seffrin | 11 | Glassboro |
| 100 Backstroke | Thien Le | 9 | Atlantic City |
| 100 Breaststroke | Austin Antuzzi | 11 | Delran |

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 2011 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:

Emily Creran

Haddonfield Memorial High School, Class of 2009

Ohio State University, Class of 2013

Emily Creran is a sophomore at Ohio State University who is having one of her best seasons in swimming. Her time of 1:54.26 in the 200 backstroke places her in top 15 in the country in preparation for the NCAA Division I Swimming & Diving Championships that began on March 17. This time is also a school record. Her times of 4:15.01 in the 400 IM and 55.05 in her 100 backstroke are also listed on the championship psych sheet. At Big 10 Championships, Emily finished 5th in the 200 backstroke, 8th in the 400 IM, and 16th in the 100 backstroke. Emily is also a leader outside the pool as she is named one of the captains of the swim team as a sophomore. She still holds 6 of the 8 individual swimming records at Haddonfield as well as being part of a relay record. She was also instrumental in helping her team win two team state titles in her 4 year high school career as well as earning numerous Individual State Championships titles and one state record along the way. But it is because of her accomplishments this season at Ohio State University that have earned her College Swimmer of the Year and we wish her good luck at NCAA Championships!

Previous recipients:

| | | | |
|------|--|------|--|
| 2010 | Tiffany Malatesta, Vineland, Pittsburgh | 1993 | Julia Mason, Mainland |
| 2009 | Christian Sprang, St. Augustine, Michigan | 1992 | Sean Killion, CH East, US National Team |
| 2008 | Kyle Mitrione, Haddonfield, Purdue | 1991 | Jason Rosenbaum, Delran |
| 2007 | Moira McCloskey, Atlantic City, Yale | 1990 | Peter Wright, Delran |
| 2006 | Stevi Anderson, Victoria Bonifield, Tiffany Malatesta & Sabrina Warren, Vineland | 1989 | Alison Maisch, CH West, LSU |
| 2003 | Matt Campbell, Haddonfield, Rutgers | 1988 | Alison Maisch, CH West, LSU |
| 1996 | Peter Wright, Delran, Peddie, University of VA, US National Team | 1987 | Sean Killion, CH East, U. of California-Berkley |
| 1995 | Tammy Kouser, Washington Twp., 'Nova | 1986 | Brent Mathers, Schalick |
| 1994 | Dean Hutchinson, Delran, Auburn | 1985 | Theresa Querubin, CH West, Peddie, U. of Penn |
| | | 1984 | Sean Killion, CH East |

The 2011 John Bohanna Most Courageous Award

Amy Stelmaszyk Cherry Hill High School West

Amy suffers from postural orthostatic tachycardia syndrome (POTS), an illness that can be completely debilitating for some that she instead has chosen to face head on in a defiant but quiet, humble way. After growing 7 inches during 7th and 8th grade, her cardiovascular system was left behind (a common cause of POTS), bringing on many of the condition's standard symptoms - low blood pressure, lightheadedness, exercise induced extreme fatigue, fainting and excessive thirst. She also experiences arrhythmias and headaches which usually plague her during swim practices. While some with POTS choose to avoid intense exercise, Amy and her cardiologist believe that excessive exercise could help with the disease, the opposite of what most think and she shares this belief with others as a member of a POTS support group on Facebook. Her attitude toward her situation is apparent in this quote from a 2009 "Inquirer" article: "It's just an obstacle - other people have worse situations that they have to deal with."

When POTS was combined in meets with the nervous energy brought on by facing the best swimmers from teams like CH East, Eustace and Haddonfield during our season in crucial races, Amy often experienced mid-race nausea and weakness that she fought through to still swim some of the most amazing, hard-closing 200 free and 100 fly races I have witnessed in our team's history. The resulting extreme fatigue Amy experienced throughout our season after such meets led her to give up huge amounts of personal time in favor of necessary rest and recovery to be ready for our next big meet to help our team. Amy is on medication to increase her blood pressure and the good news is that most sufferers of POTS see improvement in their twenties. Amy's family and teammates alike consider what she has done to work through POTS one of the most courageous things we have had the opportunity to see.

Coach Sweeten

Kathlyn Walker Delsea Regional High School

The word "courage" in the dictionary states: the ability to face danger, difficulty, uncertainty, or pain without being overcome by fear or being deflected from a chosen course of action. Kathlyn Walker was born with a rare genetic disorder known as Thrombocytopenia Absent Radii. It is characterized by low levels of platelets in the blood and absence of the long, thin bones of the forearm. It is a disorder that could impede ones goal in the sport of swimming; except for an athlete who has the courage to prove what she can and can't do for herself.

Kat has been swimming since she was three years old. Her mother, Kathy, signed her up for lessons at the YMCA and she hasn't stopped since. Kat has never let her disability get in her way! She has shown adversity both in and out of the classroom. She is currently an honor student at Delsea HS. She has been in the Girl Scouts for 11 years now and has earned her way onto the Board of Directors. This has given Kat a chance to travel to England with her troop. She also sings with the Gloucester County Children's Choir which allowed her a chance to travel to Austria, as well. In addition to school work and home life; Kat contributes her time to being the team manager for the Delsea Girl's Varsity Softball team.

Kat joined the Delsea Swim Team in 7th grade. She shows up to practice, ready to work every day. On the first day of her freshman year, she walked up to the edge of the pool with her cap and goggles on and dove in! On most days, Kat can get about 2000 yards in, which is pretty remarkable. This year, Kat got a few chances to swim in a meet. Her goal was to get under 1:40:00 in the 50 free. She got a personal best of 1:21:22 and earned her first Varsity point for a 5th place finish. She also competed in both the Gloucester County and Camden County meets. Courage is something Kat was born with. Courage is something she possesses everyday and she shares that possession with everyone around her. Kathlyn Walker is the definition of Courage!

Coach Meehan

Previous recipients:

| | | | |
|------|-----------------------------------|------|--------------------------------------|
| 2010 | Shane Tubb, St. Augustine | 1996 | Amanda Coyle, Cherokee |
| 2009 | Kellianne Bond, Highland; | 1995 | Katie Gipe, Moorestown; |
| | Michelle Bruno, Cherry Hill West; | | Tim Thieler, Egg Harbor Twp. |
| | Julia England, Seneca | 1994 | Tyson Gerhardt, Lenape |
| 2008 | Colin Lawler, Cherry Hill East | 1993 | Mike Diehl, Kingsway |
| 2007 | Mark Garbowski, Cherry Hill West | 1992 | Chris Otmani, Eastern |
| 2006 | Jackie Mannon, Washington Twp. | 1991 | Jason Suder, Cherokee |
| 2005 | Christopher Gillies, Hammonton | 1990 | Teresa Byrne, Highland; |
| 2004 | Cary Gaul, Cherry Hill West; | | Kristin Kisselbach, Cherry Hill East |
| | Lisa Hitchner, Woodstown; | 1989 | John Capozzi, Kingsway; |
| | Molly McGroarty, Mainland; | | Michael McIntire, Highland |
| | Melissa Settar, Pitman | 1988 | Joe Werner, Pennsauken |
| 2003 | Jason Murowany, Millville | 1987 | Lisa Fusco, Cherokee; |
| 2002 | Jason Kenuk, Moorestown | | Margaret Sibert, Woodbury |
| 2001 | Matthew Kane, Collingswood | 1986 | Betty Moher, West Deptford; |
| 2000 | Scott Cowperthwait, Vineland | | Diana Sawm, Washington Twp. |
| 1999 | Michael Herbst, West Deptford | | Harold Wolman, Cherry Hill West |
| 1998 | Suzy Boyle, Lenape | 1985 | Sue Rybak, Cherry Hill East |
| 1997 | Heather McVey, Holy Spirit | 1980 | Kathy Connors, J.F. Kennedy |
| | | 1978 | |

2011 Individual State Championship Awards

The SJISA is pleased to honor South Jersey's champions from the 2011 NJSIAA Individual State Championships.

200 & 500 Yard Freestyle
Marlee Ehrlich, Cherry Hill East
200 Yard Individual Medley & 100 Yard Breaststroke
Colleen Callahan, Atlantic City
100 Yard Butterfly
Kelsi Worrell, Rancocas Valley
200 Freestyle Relay
Vineland: Rachel Bernhardt, Annemarie Ruberti,
Allison Humphries & Lauren Carastro
200 & 500 Yard Freestyle
Joe Petrone, Cherry Hill East
200 Yard Individual Medley
Will Manion, Haddonfield
50 Yard Freestyle
Jeffrey Flynn, St. Augustine

The 2011 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 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 league in South Jersey may nominate one team to be considered for the award. The nominees for this season were:

| <u>Burlington Co. League</u> | <u>Cape Atlantic Boys</u> | <u>Cape Atlantic Girls</u> |
|--------------------------------|----------------------------------|----------------------------|
| Northern Burlington (winner) | Absegami | Millville |
| <u>SJSL Pacific/Ocean Boys</u> | <u>SJSL Atlantic/Arctic Boys</u> | <u>SJSL Girls</u> |
| Shawnee | Sterling | Cherokee & Shawnee |
| <u>Tri-County Boys</u> | <u>Tri-County Girls</u> | |
| Glassboro | Pitman | |

Previous Recipients:

| | | | |
|------|---|------|----------------|
| 2010 | Atlantic City Girls | 2002 | Haddon Heights |
| 2009 | Haddon Heights, Haddon Twp. & Haddonfield | 2001 | Ocean City |
| 2008 | Cape May Tech Boys | 2000 | St. James |
| 2007 | Wildwood Catholic Girls | 1999 | Gloucester |
| 2006 | Holy Spirit Girls | 1998 | Glassboro |
| 2005 | Cherry Hill West Girls | 1997 | Pitman |
| 2004 | Our Lady of Mercy | 1996 | Pemberton |
| 2003 | Woodbury | | |

Previous Recipients of the SOY Award:

| | |
|------|---|
| 2010 | Colleen Callahan, Atlantic City; Maureen McCotter, Eustace; Kevin Steel, Moorestown |
| 2009 | Emily Creran, Haddonfield; Sean McCall, Gloucester Catholic |
| 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, C.H. West |
| 2001 | Christine Leupold, Clearview; Jon Stinson, Holy Spirit |
| 2000 | Jayne 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 |

2011 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 plaques those teams from South Jersey who won a team Sectional or State Team Championship.

Girls Public A

South: #7 Washington Twp., #6 Oakcrest, #5 Egg Harbor Twp., #4 Clearview, #3 Atlantic City, #2 Vineland & #1 Mainland

Section Champion: Vineland

Central: #5 Shawnee, #4 Cherokee & #1 Cherry Hill East

Boys Public A

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

Section Champion: Mainland

Central: #8 Lenape, #6 Cherokee, #3 Shawnee & #1 Cherry Hill East

Section Champion: Cherry Hill East

Girls Public B

South: #8 GCIT, #5 Woodstown, #4 Moorestown, #3 Ocean City, #2 Haddonfield & #1 Cherry Hill West

Section Champion: Cherry Hill West

Boys Public B

South: #8 Cape May Tech, #7 Woodstown, #6 Haddon Heights, #5 Haddon Twp., #4 C.H. West, #2 Moorestown & #1 Haddonfield

Section Champion: Haddonfield

Girls Non-Public

A: #7 Holy Spirit & #1 Bishop Eustace

B: #6 Wildwood Catholic & #5 Gloucester Catholic

Boys Non-Public

A: #2 St. Augustine

B: #4 Bishop Eustace, #3 Gloucester Catholic & #2 Holy Spirit

The 2011 Candy Fenton Manager of the Year Award

Caitlyn Stulpin

Gloucester Catholic High School

Caitlin Stulpin is no ordinary manager. Not only does she faithfully and expeditiously carry out all the expected managerial duties during meets, she also attends every practice, enters all the results from every meet into a database, and she is an indispensable contributor to the positive team chemistry on the Gloucester Catholic HS Swim Team. She is amazingly upbeat, but she also is very nurturing and supportive to her fellow managers and the members of the swim team. Caitlin has worked every championship level swim meet that the GCHS Swim Team has competed in since her freshman year. She can take splits, run the table, announce diving and serve as a runner and a computer operator. Moreover, she seldom has to receive instructions more than once, and she has trained her fellow managers and several managers from other teams how to perform their tasks properly. Consequently it is a fitting honor for Caitlin to be named Manager of the Year by the SJISA for the 2010-2011 season. Her contributions will be missed, but her legacy will live on in the multitude of managers and swimmers she has assisted and trained in her four years as manager of the GCHS Swim Team.

Previous Recipients:

| | | | |
|------|---------------------------------|------|--|
| 2010 | Rosa Melillo, Vineland | 1998 | Nicole McIntyre, West Deptford |
| 2009 | Katie Bradley, Washington Twp. | 1997 | Jennifer Dappalona, Cherry Hill West |
| 2008 | Kariann Talone, Vineland | 1996 | Lisa Piechoski, Vineland |
| 2007 | Brooke Murray, Sterling | 1995 | Shana Pinti, Haddonfield |
| 2006 | Jackie DiAezio, Washington Twp. | 1994 | Judy Hoffman, Woodbury |
| 2005 | Lara Castorina, Vineland | 1993 | Tiffany Facchine, Gloucester Catholic |
| 2004 | Valentina Cruz, Vineland | 1992 | Heather Gehman, West Deptford |
| 2003 | Jen Sharpless, Millville | 1991 | Dee Velasco, Highland |
| 2002 | Krista Hess, Vineland | 1990 | Shannon Murphy, Glouc. Catholic |
| 2001 | Julie Turt, Eastern | 1989 | Teresa Seger, Gerri Strickler, Virginia Schubert |
| 2000 | Valerie Gallina, Vineland | 1987 | Brittany Layton, Woodstown |
| 1999 | Abby Harvey, Cherry Hill East | 1986 | Beth Sawicki, Kingsway |

The 2011 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.

Kirby Quinn

Bishop Eustace Prep School

Kirby Quinn, a sophomore at Bishop Eustace Preparatory School, has had a very strong start to her high school diving career. This season she won both the SJISA 6-Dive and the Jim Roach 11-Dive championships. She placed second at the New Jersey State Championship Meet. Kirby also dives as a JO diver for Centennial diving. She has qualified for the USA diving JO East National Championships to be held this April in Tennessee.

Martin Carbone

Cumberland Regional High School

Martin placed 3rd in the Individual State Championships in 2011 as a junior. He also won Tri-County Championships and was voted as First Team All Conference in the Tri-County Royal Division. Martin placed 2nd in the SJ 6-Dive and 5th in the 11-Dive SJ Dive Championships. He was recently named a First Team All-SJ Selection by the Courier Post with the possibility of several other awards from local newspapers as well. Throughout the season, Martin has continually increased his scores and will challenge for the Cumberland Regional Diving Record next year as the best male diver that Cumberland has ever had.

The diving program at Cumberland has had a recent run of state qualifying divers over the last decade. The one part of the program that doesn't get brought up often enough is how hard these athletes work at their craft. Martin leads a group of divers that go to the pool after the swimming practice is over and work until 10:30 pm twice a week to become better for our program. He also dives over the weekends as well to make sure that they do not have a long layoff between practices and meets. Martin is also a dedicated swimmer to our program and has made himself into one of our more productive swimmers as well scoring us valuable points in dual meets. He willingly gives up his spot on the diving board in certain meets where it would be more beneficial for our team to use him in other events without hesitation or complaint. Martin is truly a team player and a major reason why we have had success over the three years that he has been in our program.

Previous Recipients of the Jim Roach Award

| | | |
|------|-------------------------------------|--|
| 2010 | Shannon Donohue, Haddon Twp.; | Trevor Hiller, Absegami |
| 2009 | Carissa Santora, Mainland; | Jesse Lyman, Cherry Hill East |
| 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 | 1984 Alison Maisch, Cherry Hill West |
| 1990 | Tamara Herriston, Mainland | 1983 Alison Maisch, Cherry Hill West |
| 1989 | Kym Zeller, Cherry Hill East | 1982 Alison Maisch, Cherry Hill West |
| 1988 | Alicia Urbani, Lenape | 1981 Betsy Baker, Haddonfield |
| 1987 | Bill Brennan, Cherokee | 1980 Betsy Baker, Haddonfield |
| 1986 | Alicia Urbani, Lenape | 1979 Josh Shapiro, Cherry Hill East |
| 1985 | Alison Maisch, Cherry Hill West | 1978 Leigh Primavera, Cherry Hill East |

The 2011 Swimmers of the Year

Colleen Callahan

Atlantic City High School

Again it is my pleasure to introduce Colleen Callahan as female Co-Swimmer of the Year in South Jersey. After what she accomplished last year as a freshman it was hard to believe she could top winning two state titles. This year she went undefeated for the year and won the 200 IM and the 100 breaststroke again, but this time in state record times for both events. She did all that while hitting a few bumps in the road. Colleen had a minor shoulder problem that kept her out of the water for about 10 days in late January, but the tough one was being sick at home the week of states. She learned a lot about handling adversity and staying mentally tough. In the prelims, she fought through feeling lousy and made it to the finals. Colleen told me she got tired real fast and could not breathe. Other than that everything was good. On Sunday morning, when she arrived at the pool I could see right away she was going to be OK. She has the heart of a champion and showed everyone at the pool that day.

Coach Howarth

Marlee Ehrlich

Cherry Hill High School East

Seldom does one have the chance to coach a talented, but also selfless individual like Marlee Ehrlich. Marlee in her junior year has already accomplished so much. She was the MVP of her class for her freshman, sophomore, and junior year, while also being named to the All South Jersey Team in her sophomore and junior season. Undoubtedly, individual feats such as breaking the school records in the 200 and 500 free and remaining undefeated this season in both events garnered much attention. However, it was placing first in both events at The Meet of Champions that solidified the recognition she deserves.

(continued ►)

Though Marlee's individual accomplishments are impressive, her commitment to her team is just as gratifying. She always put the team's needs first, swimming superbly anywhere we need her, as evidenced by her qualifying in 4 events for states out of 8. In close meets, Marlee's cheers and words of encouragement are always loudest. While in the pool, she leads by example. Accordingly, her teammates voted Marlee the most spirited swimmer. Applying the same desire for excellence and the same work ethic has allowed Marlee Ehrlich to be a star in the classroom. This year, Marlee was chosen for Scholastic All-American.

Talented, diligent, spirited, selfless -- Marlee Ehrlich is the model for the student athlete.
Coach Kov and Riccio

Will Manion

Haddonfield Memorial High School

Will is a self-motivated individual who set a school record in the 100 back as a freshman and continues to improve from year to year in all of his events. This year was no different. He finished the season undefeated in ALL individual events he competed in, including the Individual State Meet in the 200 IM where he also finished first. His time of 50.33 in the 100 backstroke placed 3rd in arguably the strongest event of the boys meet where the top 2 finishers bettered the State record and the top 3 including Will obtained NISCA AUTOMATIC All-American status in the event. The top South Jersey time Will achieved at the State Meet was the lone Automatic standard obtained by a South Jersey boy. He leads the Haddonfield Boys team with 4 top times in the 8 individual events given the limited number of times he swam in all of these events throughout the season. His strength is his ability to focus on goals from week to week as well as having his sights set on season-ending goals. He is very respectful of competition, always giving a best effort each and every time he competes. This effort has earned him respect from his teammates and peers and Will Manion is an excellent representation of South Jersey swimming in being named Co-Boys Swimmer of the Year.

Coach Queribin

Joseph Petrone

Cherry Hill High School East

Every coach encourages their athletes to "Do Their Best" during competition. It is a way to inspire their athletes while developing a sense of accomplishment regardless of the outcome of the event. Not every swimmer is going to win every race. That is an unrealistic expectation. However, Joseph Petrone is one swimmer who defies this logic. There is never any doubt that Joseph gives 100% of his effort in every race. However, that is not good enough for him. Joe expects to win. When he doesn't win, he feels that he hasn't given his best effort. The amount of time and self-sacrifice Joseph puts into his talents raises his level of self-expectation. In return, he is raising the level of swimming and competition in New Jersey. His abilities are now making his teammates challenge themselves to raise their level of performance. Joseph has captured three State Championships in four races at the Meet of Champions in his first two years of high school swimming. He expects more because anything less wouldn't exemplify his best efforts. That would be enough to settle the desire of many athletes but not Joseph. There are more accomplishments ahead for Joseph and it they will only help improve the quality of swimming in New Jersey.

Coach Cucinotti