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**The Forty-First 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 Crystal Manor  
Glassboro, New Jersey  
Monday, March 27, 2016**

## Tonight's Program:

❖ *Our 3 SJISA Hall of Fame inductees will be introduced periodically throughout the evening.*

- Welcome / Invocation
- The Bill Maschke Scholar-Athlete Awards
  - The NISCA Outstanding Official Award
  - The Eileen Tallman Memorial Scholarship Award
- The William Lyons Jr. Memorial Award
  - The Angela Hallerud Newcomer of the Year Award
    - The Ray Hegel Award
    - The Candy Fenton Manager of the Year Award
- The Jim Roach Diver of the Year Awards
  - The Swimmer of the Year Awards
- Team State Tournament Qualifiers & Section/State Champions Recognition
- Individual State Champion Awards
  - The William J. Lyons Team Sportsmanship Award
- The All-South Jersey Teams
  - The Coaches of the Year

## Congratulations to our state champions & finalists!

Non-Public A Boys  
State Champion



ST. AUGUSTINE PREP  
**HERMITS**  
St. Augustine

Public A Boys  
South Section &  
State Champion



Cherry Hill East

Public B Boys  
South Section &  
State Champion



Mainland

Non-Public A Girls  
State Finalist



Bishop Eustace

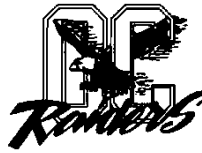


Public C Boys  
South Section Champ  
& State Finalist



Haddonfield

Public B Girls  
South Section Champ  
& State Finalist



Ocean City

Public C Girls  
South Section Champ  
& State Finalist



Haddonfield

Public A Girls  
South Section  
Champion



Cherry Hill East

# **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 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.

♥ 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** for their great shirts.

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

♥ Special thanks go to the **Cape May County Technical School District** for the production of these banquet programs and our Invitationals' meet programs.

## **The South Jersey Interscholastic Swimming Association Trustees**

**President** – Matt McElroy, Cape May Tech

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

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Stephen Tucker, Kingsway

**Advisor** – Kevin Nolan, Gloucester Catholic

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

### **Swimming Officials Association**

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# The 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 \$500 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. A maximum of four runners-ups for each gender will each receive a \$100 award.

**Justin Liu, Mainland**

**Matt Mahon, St. Augustine**

**Matt McGough, Bishop Eustace**

**Zach Washart, St. Augustine**

**Jamie Bowne, Cherokee**

**Marissa Heino, Kingsway**

**Nicole Meskin, Eastern**

**Tess Ruona, Shawnee**

**\$100 honorees:** Chase Knechtel, St. Augustine; Luke Snyder, St. Augustine; John Tyrell, Haddon Twp.; Nick Zeltt, Shawnee; Carrie Baeckstrom, C.H. East; Anne Foley, Paul VI; Colleen Highland, Kingsway; Alexandria Nachadsky, Bishop Eustace

## Previous recipients of the Bill Maschke Award:

- 2016 Pat Cusak, Ocean City; Tom Cusak, Ocean City; Jacob Fleischer, Shawnee; Matt Schillaci, Glassboro; Kara Anderson, Cherokee; Colleen Clancy, C.H. West; Emily Danilak, Kingsway; Kaitlyn Weatherby, GCIT
- 2015 Nick Cianci, Washington Twp.; Colin McHugh, St. Augustine; Hunter McNamara, Clearview; Dragan Vujovic, Lenape; Kaitlyn Conrow, Vineland; Jennifer Klavens, Washington Twp.; Marissa Moskalow, Clearview; Isabel Obregon, Cherokee
- 2014 Brad Donohue, Haddon Twp.; Conrad Eisenhardt, Clearview; Liam Mahoney, C.H. East; Michael Scheipe, Lenape; Brittany Bayes, Clearview; Kacie Dunham, Shawnee; Rachel Kessler, Atlantic City; Maddison Parry, Cinnamon
- 2013 Justin Harvie, Washington Twp.; Chris McClintock, Mainland; John Morris, Cumberland; Andrew Mottola, Sterling; Colleen Callahan, Ayana Cox, Melissa Toy, & Dominique Voso, Atlantic City
- 2012 Jack Gilligan, Shawnee; Joseph Lakits, Pitman; Tom Rebbecchi, C.H. West; Rick Seffrin, Glassboro; Marlee Ehrlich, C.H. East; Lauren Huckel, Cinnamon; Jennifer Kaufman, Atlantic City; Megan Norton, Ocean City
- 2011 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
- 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 Grimmig, Woodbury
- 1994 Jody Sanders, Cherry Hill West; Robert Burroughs, Gateway
- 1993 Sandy Pietrantonio, Woodstown; Bill Peranteau, Gloucester Catholic

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:

**There are no known honorees this year.**

## Previous recipients of the Twenty Year Service Award:

- |                                                                                                     |                                                                                                                     |
|-----------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|
| 2015 Nancy Curtis Pegues, Gloucester Catholic; Steve Skinner, Clearview & Jeff Weigel, Shawnee      | 2005 Sue Rybak, C.H. West; Bill Sheppard, C.H. East; Kevin Nolan, Gloucester Catholic & Bill Howarth, Atlantic City |
| 2014 Brian Booth, Mainland                                                                          | 2003 Bill Hoover, Millville & John Rakowski, Mainland                                                               |
| 2011 Peggy Tedesco, Holy Cross                                                                      | 2002 Pete Kelley, West Deptford/Schalick                                                                            |
| 2010 Emily Kennedy, Delran/Moorestown; Mike Panarella, Shawnee/Eastern & Will Wanamaker, Moorestown | 2001 Ginny Weber, Moorestown & Bo Wood, C.H. East                                                                   |
| 2009 Linda DuBois, A.P. Schalick & Joe Pegues, Gateway/Woodbury                                     | 1998 Dick Haines, Shawnee                                                                                           |
| 2008 Diane Tucker, Sacred Heart                                                                     | 1997 Kathy Ruhl, Pennsauken                                                                                         |
| 2006 John Malatesta, Vineland                                                                       | 1996 Dick Nelson, Gateway; Fred Knouse, C.H. East & John Casadia, Jr., Vineland                                     |

## The 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

**John Battersby, Moorestown**

**Anita Bowser, Cherry Hill East**

**Mike Demarest, Oakcrest**

**Mark Jamison, Egg Harbor Twp.**

**Mike Parker, Bishop Eustace**

**Jessica Slates, Washington Twp.**

**Steve Warrington, Ocean City**

### Boys' Teams

**Brian Booth, Mainland**

**Joe Cucinotti, Cherry Hill East**

**Chrissy Gerber, Seneca**

**Caitlin Hess, Kingsway**

**Jon Stinson, St. Augustine**

**Chris Sylvester, Audubon/C'wood**

## Previous recipients of the Coach of the Year Award:

### Girls' Teams (2005 to present):

### Boys' Teams (2005 to present):

- |                                                                  |                                      |
|------------------------------------------------------------------|--------------------------------------|
| 2016 Heather Lopez, Lenape                                       | 2016 Brian Booth, Mainland           |
| 2015 Ann Rychlik, Cherokee                                       | 2015 Joe Cucinotti, Cherry Hill East |
| 2014 Ann Rychlik, Cherokee                                       | 2014 Andre Lopez, Lenape             |
| 2013 John Rakowski, Mainland                                     | 2013 Joe Pegues, Gateway/Woodbury    |
| 2012 Jessica Semar, Cherry Hill West                             | 2012 Stephen Tucker, Sterling        |
| 2011 Mike Schneider, Vineland                                    | 2011 Matt McElroy, Cape May Tech     |
| 2010 Bill Howarth, Atlantic City                                 | 2010 Brian Booth, Mainland           |
| 2009 Bob Querbin, Haddonfield                                    | 2009 Diane Tucker, Sacred Heart      |
| 2008 Will Wanamaker, Moorestown                                  | 2008 Jon Stinson, St. Augustine      |
| 2007 Mike Schiavo, Holy Spirit & Scott Sweeten, Cherry Hill West | 2007 Brian Sloan, Millville          |
| 2006 John Casadia, Jr., Vineland                                 | 2006 Mike Schiavo, Holy Spirit       |
| 2005 Scott Sweeten, Cherry Hill West                             | 2005 Ryan Sprang, St. Augustine      |
| 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 Querbin, 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 2017 All-South Jersey Team – Girls’ 2<sup>nd</sup> Team

200 Freestyle	Holly Robinson	10 Moorestown
200 Individual Medley	Leenah Sarhan	11 Egg Harbor Twp.
50 Freestyle	Colleen Renshaw	10 Millville
Diving	Brianna Acosta	12 Vineland
100 Butterfly	Kayla Gagnon	12 Eastern
100 Freestyle	Melissa Lowry	9 Cumberland
500 Freestyle	Emily Jones	10 Gloucester Catholic
100 Backstroke	Camryn Greenleaf	12 Egg Harbor Twp.
100 Breaststroke	Nora Woods	11 Audubon/Collingswood

### The 2017 All-South Jersey Team – Boys’ 2<sup>nd</sup> Team

200 Freestyle	Erik Jensen	11 Rancocas Valley
200 Individual Medley	Matt McGough	12 Bishop Eustace
50 Freestyle	Kevin Gillooly	12 Cherry Hill East
Diving	Jay Soukup	12 Clearview
100 Butterfly	Conor Skelly	11 Haddonfield
100 Freestyle	Joey Rogers	11 Mainland
500 Freestyle	Matt Mahon	12 St. Augustine
100 Backstroke	Thomas Schurer	11 Moorestown
100 Breaststroke	Samuel Cossaboom	12 Millville

### The 2017 All-South Jersey Team – Girls’ 1<sup>st</sup> Team

200 Freestyle	Amanda Nunan	12 Ocean City
200 Individual Medley	Andrea Fong	12 Moorestown
50 Freestyle	Ryann Styer	11 Ocean City
Diving	Sophia Peifer	12 Haddonfield
100 Butterfly	Camryn McHugh	11 Gloucester Catholic
100 Freestyle	Ann Foley	12 Paul VI
500 Freestyle	Maggie Wallace	11 Ocean City
100 Backstroke	Mackenzie O’Connor	11 Bishop Eustace
100 Breaststroke	Grace Yoon	9 Cherry Hill East
“Wild Card” (200 Free)	Lauren Kelly	11 Cedar Creek

### The 2017 All-South Jersey Team – Boys’ 1<sup>st</sup> Team

200 Freestyle	Glenn Lasco	11 Mainland
200 Individual Medley	Destin Lasco	9 Mainland
50 Freestyle	Kyle Worrell	11 Rancocas Valley
Diving	Dillon Hall	11 Cherry Hill West
100 Butterfly	Joshua Fong	10 Moorestown
100 Freestyle	Justin Liu	12 Mainland
500 Freestyle	Zach Washart	12 St. Augustine
100 Backstroke	Christian Bell	11 Egg Harbor Twp.
100 Breaststroke	Andrew Duff	12 Egg Harbor Twp.
“Wild Card” (100 Free)	Luke Snyder	12 St. Augustine

### The NISCA Outstanding Official Award

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

## Darren Hickman

### Previous recipients of the OO Award:

2016	Bill Clark	1999	Ed Fahey
2014	Barbara Biedenbach	1998	Ellen Higgins
2012	Ray Cavanaugh	1997	Chris Maisch
2010	Bob Binz	1996	Barry Adamson
2007	Frank Roberts	1995	Charlie Lee
2006	Eileen Tallman	1994	Marion Bear
2005	Phil Heery	1993	Al Shoop
2004	George Borger	1992	Frank Forde
2003	Bob Horvath	1991	Ruth Rogers
2002	Ellen Mace	1990	Burt German
2001	Donna O’Leary	1989	Dick Wolff
2000	Bill Gehringer	1988	Steve Egbert
		1987	Bill Lyons

### The Eileen Tallman Memorial Scholarship Award

This \$1000 award will be given annually by the Tallman family and presented by the South Jersey Swimming Officials to honor the late Eileen Tallman whose presence on the deck exemplified outstanding officiating. It will be awarded to a senior girl or boy who has been an active participant of her/his high school swim team for at least two years and has demonstrated scholarship, leadership, sportsmanship and financial need.

## Olivia Lepor

### Cape May County Technical High School

### Previous recipients of the Tallman Memorial Scholarship:

2016 Kelsey DeMatte, Schalick; Madeline Maguire, Cape May Tech

### The William Lyons Jr. Memorial Award

This award is presented annually by the South Jersey Swimming Officials to a male or 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. *This was only the fifth year that male candidates were also considered for the award.*

## Sidney Jaramillo

### Kingsway Regional High School

### Previous recipients of the Lyons Memorial Award:

2016	Kaitlyn Weatherby, GCIT	2009	Christina Watts, Vineland
2015	Mackenzie Ropka, C.H. East	2008	Ashley Schneider, Moorestown
2014	MacKenna Angert, West Deptford	2007	Beth Mooney, Holy Spirit
2013	Molly Podosek, Schalick	2006	Tiffany Malatesta, Vineland
2012	Greta vanVeldhuisen, No. Burlington	2005	Karly Daplyn, Vineland
2011	Amanda Pegues, Gloucester Cath.	2004	Jessica Cobb, Moorestown
2010	Allyson Mitidieri, C.H. West		

# The 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.

## Garrett Pendleton

### Northern Burlington High School

I am writing on behalf of Garrett Pendleton, a freshman at Northern Burlington, for the Angela Hallerud “Newcomer of the Year”. Garrett has had an interesting start to his high school career. While all freshmen have to handle the move from middle school to high school, it is a big adjustment; Garrett has had to make the move from home schooling to a school of over 1,000 students. He has made this transition well.

Garrett is an outstanding swimmer. He qualified in multiple events at the SJISA Invitational and Burlington County Open, placing and earning points in both meets. He led us to only our 2<sup>nd</sup> ever state team playoff meet, where he won both of his events. He was our top point scorer for the season. Garrett also swims for Jersey Storm Swimming, on the Joint Military Base, his father is a member of the Air Force.

As great of a swimmer Garrett is, we love his tenacity and toughness in a race, what we have come to appreciate even more is how he is as a teammate. Garrett, never cared about his performance, he will always worried about his teammates and if they were improving. Garrett often came to practice in the beginning of the season just to work with our newer swimmers, teaching them how to do certain strokes just or turns. He really enjoyed this part of the high school team. So much so, that come January, Garrett stepped back from his own club swimming, because he felt like he was missing out on spending time with his teammates and helping them to get better.

After Garrett stopped swimming club and started practicing with us every day, the improvement by everyone at the pool was evident. He would take time talking with all the different swimmers on the bus rides, making sure they were enjoying the sport and the team. When we would be at the wall between sets, he was always the one checking on his teammates, and offering little suggestions on how they could improve. He was a coach in the water and his teammates appreciated it.

In closing, knowing Angela Hallerud as I did, and now watching this young man, I believe Angela would be proud to see Garrett honored. Coach Tedesco

### Previous recipients of the Angela Hallerud Award:

- |                                       |                                       |
|---------------------------------------|---------------------------------------|
| 2016 Emily Jones, Gloucester Catholic | 2012 Andrew Holm, Northern Burlington |
| 2015 Maggie Wallace, Ocean City       | 2011 Katie Bayes, Clearview           |
| 2014 Michael Avallone, Clearview      | 2010 Erika Esposito, Gateway          |
| 2013 Jillian Bujanowski, Holy Cross   |                                       |

# 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 or playoff meets. Today, the organization is proud to note that the fifty-six 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 2017 All-South Jersey Team – Girls’ 3<sup>rd</sup> Team

200 Freestyle	Lilly Black	12 Cinnaminson
200 Individual Medley	Kaitlyn Bansky	11 Haddon Twp.
50 Freestyle	Margot Kaczorowski	10 Haddon Heights
Diving	Klaudia Rzotkiewicz	12 Egg Harbor Twp.
100 Butterfly	Jamie Bowne	12 Cherokee
100 Freestyle	Erin Murphy	11 Absegami
500 Freestyle	Tess Ruona	12 Shawnee
100 Backstroke	Grace Curry	10 Egg Harbor Twp.
100 Breaststroke	Abby Neveling	12 Haddonfield

### The 2017 All-South Jersey Team – Boys’ 3<sup>rd</sup> Team

200 Freestyle	Brett Clauhs	11 Mainland
200 Individual Medley	Jack Watson	10 Cherry Hill East
50 Freestyle	Dylan Regan	12 Clearview
Diving	Zachary Stecher	12 Atlantic City
100 Butterfly	Jack Ruggieri	11 Gloucester Catholic
100 Freestyle	T.J. Given	10 Holy Spirit
500 Freestyle	Joe Skotnicki	12 GCIT
100 Backstroke	Ryan Breenan	11 Haddon Twp.
100 Breaststroke	Erik Truong	10 Mainland

# 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.

## This year's inductees:

**Jeff Farschon**

Swimmer, Woodstown, 1991

**Lynn McNitt**

Coach & SJISA Trustee/Advisor, Cherry Hill West, 1964-Present

**William Peranteau**

Diver, Gloucester Catholic, 1993

## 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 McMahon, 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 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.

## Katie Scott

**Cherry Hill East, Class of 2009**

**Marymount University, Class of 2013**

Katie Scott graduated from Cherry Hill East in 2009. Katie swam for the Old Orchard, Wexford Leas, and Jersey Wahoos swim clubs. In high school, Katie swam the 200 and 500 yard freestyles almost every meet, all four years as a cougar. In 2009, she left for Marymount University in Arlington, Virginia. During her career at Marymount, Katie maintained all conference standing in the 400 IM, 500 freestyle and the 1650 freestyle, placing in the top three each year and is still in the top ten all time standards for the university's team in those events. Upon missing out on her biggest goal of securing a slot on the record board, Katie directed her efforts toward swims outside of the pool.

After several shorter 5k swim wins throughout college, Katie made a leap from 3.1 miles to 12.5 miles around Key West. In June of 2012, Katie swam amongst 140 other swimmers to a first place female finish in the time of 5:52. The following year, she would win the swim again in the time of 5:35. It was after those two swims that Katie found that this was her niche. In October of 2013, Katie was one of only 17 to start, and 8 to finish, the 15.1 mile swim around Cape May, New Jersey. Although rough currents and six foot waves made the swim difficult for many to finish, Katie placed second amongst female professional open water athletes. The next swim on her list would be the Tampa Bay Marathon swim, a distance of 24 miles. This swim hosts swimmers from all over the world. Scott finished second female, third overall in a time of eleven hours and nineteen minutes. After Tampa, Scott began setting her sights on the triple crown which consists of the Catalina Channel, Manhattan Marathon Swim, and the English Channel. In February of 2016, Scott was added from a waitlist for a slot to swim the channel in August. Upon arriving, Katie would swim August 30th 2016 beginning at 5am. Water temperatures and currents would prove to be the biggest challenge, with several previous swimmers being evacuated due to hypothermia days before. Scott successfully crossed the channel in a time of thirteen hours, thirty-nine minutes, accumulating a distance of thirty four miles.

Coach Bowser

## Previous recipients of the Ray Hegel Award:

2016	Brendan McHugh, St. Augustine, UPenn;	1995	Tammy Kouser, Washington Twp., Villanova
	Kelsi Worrell, Rancocas Valley, Louisville, US National Team	1994	Dean Hutchinson, Delran, Auburn
2014	Kevin Steel, Moorestown, Arizona	1993	Julia Mason, Mainland
2013	Kelsi Worrell, Rancocas Valley, Louisville	1992	Sean Killion, CH East, US National Team
2012	Tommy Glenn, Haddonfield, Brown	1991	Jason Rosenbaum, Delran
2011	Emily Creran, Haddonfield, Ohio State	1990	Peter Wright, Delran
2010	Tiffany Malastesta, Vineland, Pittsburgh	1989	Alison Maisch, CH West, LSU
2009	Christian Sprang, St. Augustine, Michigan	1988	Alison Maisch, CH West, LSU
2008	Kyle Mittrione, Haddonfield, Purdue	1987	Sean Killion, CH East, U. of California-Berkeley
2007	Moira McCloskey, Atlantic City, Yale		Brent Mathers, Schalick
2006	Stevi Anderson, Victoria Bonifield, Tiffany Malatesta & Sabrina Warren, Vineland	1986	Theresa Querubin, CH West, Peddie, UPenn
		1985	Sean Killion, CH East
2003	Matt Campbell, Haddonfield, Rutgers	1984	
1996	Peter Wright, Delran, Peddie, University of VA, US National Team		

# The John Bohanna Most Courageous Award

This award is not being presented this year.

## Previous recipients of the John Bohanna Award:

2016	The Girls' Team from Lenape; Tyler McCormack, Seneca	2000	Scott Cowperthwait, Vineland
2015	Olivia Cann, Gloucester Catholic	1999	Michael Herbst, West Deptford
2014	Emma Hood, Vineland	1998	Suzy Boyle, Lenape
2013	Shane Murphy, Paul VI	1997	Heather McVey, Holy Spirit
2012	Courtney Patterson, Cherry Hill West	1996	Amanda Coyle, Cherokee
2011	Amy Stelmazyk, Cherry Hill West; Kathlyn Walker, Delsea	1995	Katie Gipe, Moorestown; Tim Thieler, Egg Harbor Twp.
2010	Shane Tubb, St. Augustine	1994	Tyson Gerhardt, Lenape
2009	Kellianne Bond, Highland; Michelle Bruno, Cherry Hill West; Julia England, Seneca	1993	Mike Diehl, Kingsway
2008	Colin Lawler, Cherry Hill East	1992	Chris Otmani, Eastern
2007	Mark Garbowski, Cherry Hill West	1991	Jason Suder, Cherokee
2006	Jackie Mannon, Washington Twp.	1990	Teresa Byrne, Highland; Kristin Kisselbach, Cherry Hill East
2005	Christopher Gillies, Hammonton	1989	John Capozzi, Kingsway; Michael McIntire, Highland
2004	Cary Gaul, Cherry Hill West; Lisa Hitchner, Woodstown; Molly McGroarty, Mainland; Melissa Settar, Pitman	1988	Joe Werner, Pennsauken
2003	Jason Murowany, Millville	1987	Lisa Fusco, Cherokee; Margaret Sibert, Woodbury
2002	Jason Kenuk, Moorstown	1986	Betty Moher, West Deptford; Diana Sawn, Washington Twp.
2001	Matthew Kane, Collingswood	1985	Harold Wolman, Cherry Hill West
		1980	Sue Rybak, Cherry Hill East
		1978	Kathy Conners, J.F. Kennedy

# The Candy Fenton Manager of the Year Award

**Alyssa White**  
**Woodbury High School**

During swim team sign ups four years ago, Alyssa White approached me about being a manager. I had taught all of her older brothers in school and knew she was a pretty good athlete, so I put in my usual pitch: "We're pretty set for managers. Why don't you come out for the team instead?" She wouldn't go for it, and stubbornly insisted that she did not want to swim but would be happy to serve as a manager. I relented, and I am NOT sorry that I did so. Alyssa White has been one of the most reliable and cheerfully efficient swim team managers I've ever had, and I am now in my 32nd year of high school coaching.

Alyssa is efficient and accurate. She quickly grasped all the subtleties and nuances of the job and has been personally responsible for training several Gateway/Woodbury managers and numerous other new managers from other teams. She has worked at all the championship meets and state playoff meets we've competed in over the last few years, and I have come to rely on her greatly. She has never let me down, and she is untiringly cheerful in all of her endeavors. I have tried to get her to swim every year- even though I would have lost a great manager- because I knew that she was athletic and smart, but I never managed to talk her into hanging up her clipboard and putting on a swim suit.

My favorite story about Alyssa involves the first swim meet her junior year. I was just getting to know all the kids, and we had the very first meet of the season- a 4:00 meet on December 1st. In all the commotion of sorting out the lineup and the first day's attendance, I FORGOT that Alyssa had checked in and then gone back in the building to use the bathroom. The bus took off without her! Any normal kid would have cursed me out and gone home. Not Alyssa! I heard some of the kids on the back of the bus yelling my name, but it didn't register what was happening until I looked out the back window and saw Alyssa sprinting desperately down the street AFTER the bus. I always knew she was a good athlete, and her desperate sprint down the street to catch up with the bus confirmed my suspicions. Needless to say, Alyssa has never left the bus since without double and triple checking with me first.

I will miss her warm smile and her cheerful efficiency next year, but she has done an excellent job in training her replacements. She has done a great job for the Gateway/Woodbury Swim Team over the last four years; however, and is highly deserving of this award and recognition. Coach Pegues

## Previous recipients of the Candy Fenton Award:

2016	Kelsey DeMatte, Schalick	2001	Julie Turt, Eastern
2015	Erin Lang, Kingsway	2000	Valerie Gallina, Vineland
2014	Maggie Heinsman, Gloucester Catholic	1999	Abby Harvey, Cherry Hill East
2013	Isabella Strom, Woodbury	1998	Nicole McIntyre, West Deptford
2012	Francesca Romero, Gloucester Catholic	1997	Jennifer Dappalone, Cherry Hill West
2011	Caitlyn Stulpin, Gloucester Catholic	1996	Lisa Piechoski, Vineland
2010	Rosa Melillo, Vineland	1995	Shana Pinti, Haddonfield
2009	Katie Bradley, Washington Twp.	1994	Judy Hoffman, Woodbury
2008	Kariann Talone, Vineland	1993	Tiffany Facchine, Gloucester Catholic
2007	Brooke Murray, Sterling	1992	Heather Gehman, West Deptford
2006	Jackie DiAdezzio, Washington Twp.	1991	Dee Velasco, Highland
2005	Lara Castorina, Vineland	1990	Shannon Murphy, Glouc. Catholic
2004	Valentina Cruz, Vineland	1989	Teresa Seger, Gerri Strickler, Virginia Schubert
2003	Jen Sharpless, Millville	1987	Brittany Layton, Woodstown
2002	Krista Hess, Vineland	1986	Beth Sawicki, Kingsway

# Individual State Champion Awards

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

**200 & 500 Yard Freestyle: Amanda Nunan, Ocean City**

**50 Yard Freestyle: Ryann Styer, Ocean City**

**Diving: Sophia Peifer, Haddonfield**

**100 Yard Breaststroke: Grace Yoon, Cherry Hill East**

**200 Yard Medley Relay: Destin Lasco, Erik Truong,**

**Joey Rogers & Justin Liu, Mainland**

**200 Yard Individual Medley & 100 Yard Backstroke:**

**Destin Lasco, Mainland**

**50 & 100 Yard Freestyle: Justin Liu, Mainland**

**200 Yard Freestyle Relay: Matt Mahon, Dominick Sheppard,**

**Mark Taccard & Luke Snyder, Saint Augustine**

**400 Yard Freestyle Relay: Justin Liu, Glenn Lasco,**

**Joey Rogers & Destin Lasco, Mainland**

# The 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. The following 8 conferences or pairs of divisions within a league in South Jersey nominate a team(s) to be considered for the award:

Burlington County	Cape Atlantic	Cape Atlantic
Swim League:	League Boys:	League Girls:
<b>Delran</b>	<b>Cape May Tech</b>	<b>Absegami &amp; Egg Harbor Twp.</b>
SJISL Pacific/Ocean	SJISL Atlantic/Arctic	
Division Boys:	Division Boys:	SJISL Girls:
<b>Haddon Twp.</b>	<b>Camden County Tech</b>	<b>Seneca</b>
	Tri-County Conference Boys:	
	<b>Kingsway</b>	

## Previous recipients of the Lyons TS Award:

2016	Camden County Tech	2005	Cherry Hill West Girls
2014	Seneca Girls	2004	Our Lady of Mercy
2013	Pitman Girls	2003	Woodbury
2012	Shawnee Girls	2002	Haddon Heights
2011	Northern Burlington	2001	Ocean City
2010	Atlantic City Girls	2000	St. James
2009	Haddon Heights, Haddon Twp. & Haddonfield	1999	Gloucester
2008	Cape May Tech Boys	1998	Glassboro
2007	Wildwood Catholic Girls	1997	Pitman
2006	Holy Spirit Girls	1996	Pemberton



## Previous recipients of the SOY Award:

2016 Amanda Nunan, Ocean City; Brian McGroarty, Mainland  
2015 Amanda Nunan, Ocean City; Steven Shek, Lenape  
2014 Amanda Nunan, Ocean City; Zachary Fong, Moorestown  
2013 Colleen Callahan, Atlantic City; Nick Marks, Gloucester Catholic; Andy Schuehler, Collingswood  
2012 Colleen Callahan, Atlantic City; Kelsi Worrell, Rancocas Valley; Will Manion, Haddonfield  
2011 Colleen Callahan, Atlantic City; Marlee Ehrlich, Cherry Hill East; Will Manion, Haddonfield; Joseph Petrone, Cherry Hill East  
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 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

## Team State Championship Recognition

Teams qualified for the NJSIAA Team Tournament based on power points achieved during the course of the regular dual meet season. The SJISA hereby recognize those teams from South Jersey that qualified for the tournament, won a Sectional Championship, made an appearance in a State Final or were crowned State Champions.

### Girls Public A

South Section - #8 Vineland, #7 Cherokee, #6 Kingsway, #4 Eastern, #2 Egg Harbor Twp. & #1 Cherry Hill East

**South Section Champion: Cherry Hill East**

### Boys Public A

South Section - #8 Vineland, #7 Audubon/Collingswood, #6 Washington Twp., #5 Atlantic City, #4 Eastern #3 Egg Harbor Twp., #2 Cherokee & #1 Cherry Hill East;

Central Section - #8 Northern Burlington & #3 Rancocas Valley

**South Section & State Champion: Cherry Hill East**

### Girls Public B

South Section - #8 GCIT, #6 Cherry Hill West, #5 Mainland, #4 Clearview, #3 Shawnee, #2 Ocean City & #1 Moorestown

**South Section & State Finalist: Ocean City**

### Boys Public B

South Section - #8 Cherry Hill West, #7 #7 Haddon Twp., #6 Ocean City, #5 Lenape, #4 Clearview, #3 GCIT, #2 Shawnee & #1 Mainland

Central Section - #7 Delran, #3 Cinnaminson & #2 Moorestown

**South Section & State Champion: Mainland**

### Girls Public C

South Section - #8 Gateway/Woodbury, #7 Glassboro, #6 Cedar Creek, #5 Woodstown, #4 Delsea, #3 Middle Twp., #2 Oakcrest & #1 Haddonfield

**South Section Champion & State Finalist: Haddonfield**

### Boys Public C

South Section - #8 Middle Twp., #7 Gateway/Woodbury, #6 Schalick, #5 Cedar Creek, #3 Oakcrest, #2 Haddon Heights & #1 Haddonfield

**South Section Champion & State Finalist: Haddonfield**

### Girls Non-Public

A: #2 Bishop Eustace B: #6 Holy Spirit & #4 Gloucester Catholic

**State Finalist: Bishop Eustace**

### Boys Non-Public

A: #3 St. Augustine B: #7 Holy Spirit & #3 Gloucester Catholic

**State Champion: St. Augustine**

## The 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.

### Sophia Peifer

## Haddonfield Memorial High School

Sophia has been such an outstanding student athlete over the last four years. Her work ethic and drive to excel are like no one that I have ever coached before. This effort has been so consistent throughout her time diving for Haddonfield. This season was filled with new records for Sophia. She is the only diver in South Jersey history to ever win all 4 of both the McNitt 6-Dive Championship and the Jim Roach 11-Dive Championship. She also swept all 4 state championships. She currently holds both high score records for Haddonfield and also pool records at GCIT and Montgomery High School. She then went on to compete at states last week at Montgomery High School.

Whether it is practice, or a meet, she always wants to be the first diver on the board and will stay in warm-ups until the officials close the board. But it is not just about her diving. During practices and warm-ups she is always willing to help other divers, give encouraging compliments, and applaud each diver. This is a true testimony to her character and sportsmanship. Her dedication to the sport is clearly visible by all who watch her compete; whether it is other divers, parents, even officials have made comments about how well she is doing. People just like to see her dive. Even through all the victories and praise from spectators, journalists, and officials she remains unbelievably humble. She is just as proud for her fellow divers, many of them friends, as she is for herself.

I am honored to have been able to coach her throughout her time at Haddonfield. I'll miss her greatly, but I know she has left such an incredible imprint on the program at Haddonfield. Sophia has set the bar high in New Jersey diving and will continue to be someone that other divers strive to reach her level. I know that she is going to do amazing well at Princeton University in the fall where she plans to enter the medical field. They are lucky to have her in all facets; she is an incredible student, athlete, daughter, sister, and friend. Best of luck, Sophia. Thank you for everything.

Coach Dortone

### Dillon Hall

## Cherry Hill High School West

Dillon had his best season with high school diving this year. He has been a summer diver since the age of 7 and started diving with the Blue Dolphin Dive Team at The College of New Jersey his sophomore year. Dillon defended his 2016 title at the Jim Roach 11-Dive Meet by taking first place as well as receiving first place at the SJISA 6-Dive meet. In the NJ State Meet he placed third overall, breaking the 500 mark, and he achieved his personal best individual dive score of 70.2 on his Front 2 ½ Somersault Pike where all five judges scored him a 9. Dillon broke the West school 11-Dive Meet Record that had held for the past 13 years with a score of 502.6. The Cherry Hill West Swim and Dive Team wish to congratulate Dillon on all his hard work and dedication this year.

Coach Robertson 7

## Previous recipients of the Jim Roach Award:

2016	Sophia Peifer, Haddonfield; Dillon Hall, Cherry Hill West		
2015	Sophia Peifer, Haddonfield; Ethan O'Neill, Cherry Hill East		
2014	Sophia Peifer, Haddonfield; Logan McHenry, Atlantic City		
2013	Kirby Quinn, Bishop Eustace; Jenna Santora, Mainland; Logan McHenry, Atlantic City		
2012	Jenna Santora, Mainland; Ethan O'Neill, Cherry Hill East		
2011	Kirby Quinn, Bishop Eustace; Martin Carbone, Cumberland		
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		
1990	Tamara Herriston, Mainland		
1989	Kym Zeller, Cherry Hill East	1983	Alison Maisch, Cherry Hill West
1988	Alicia Urbani, Lenape	1982	Alison Maisch, Cherry Hill West
1987	Bill Brennan, Cherokee	1981	Betsy Baker, Haddonfield
1986	Alicia Urbani, Lenape	1980	Betsy Baker, Haddonfield
1985	Alison Maisch, Cherry Hill West	1979	Josh Shapiro, Cherry Hill East
1984	Alison Maisch, Cherry Hill West	1978	Leigh Primavera, Cherry Hill East

## The Swimmers of the Year

### Amanda Nunan Ocean City High School

Race winner, record holder, and record breaker...that's what Amanda does every time she swims. In my two seasons as her coach, I have never seen her lose a race at any meet. A remarkable athlete, a remarkable individual, and a remarkable high school career!

#### Just a brief recap of her high school career and final season:

- 1<sup>st</sup> Place in the 200 and 500 Freestyle events at the Hackney Meet  
Times: 200 meter Free - 2:05.95; 400 Meter Free - 4:23.32; meet record holder in the 200 and 400 Meter Free; Times: 200 Meter Free - 2:04.45 (2016) & 400 Meter Free - 4:20.87 (2015)
- 1<sup>st</sup> Place in the 200 and 400 Meter Freestyle events at the CAL Championships  
Time: 200 Meter Free - 2:05.82; 400 Meter Free - 4:21.74; meet record holder in the 200 and 400 Meter Free; Times: 200 Meter Free - 2:03.53 (2016); 400 Meter Free - 4:18.38 (2016)
- 1<sup>st</sup> Place in the 200 and 500 Yard Freestyle events at the South Jersey Coaches Invitational  
Times: 200 yard Free - 1:53.76; 500 yard Free - 4:58.01; meet record holder in the 200 and 500 yard Freestyle; Times: 1:51.54 (2016) & 4:54.64 (2016)
- 1<sup>st</sup> Place in the 200 and 500 Yard Freestyle events at the Meet of Champions  
Times: 200 yard Free - 1:49.30; 500 yard Free - 4:48.12; meet record holder at the Meet of Champions in the 500 Freestyle Event; Time: 4:46.31, breaking a 28 year old record last year, 2016

Aside from dominating the individual events, she has been a pivotal part of our 200 and 400 Freestyle Relay teams. Both relays have had great wins, records broken and dramatic finishes at every meet this season: dual meets, post season meets, the Hackney Invitational, CAL Championships, the SJISA Coaches Invitational and the Meet of Champions.

I will miss her "refuse to lose" performances, her contributions to our team, and the impact she has made on South Jersey Swimming.

Coach Warrington

## Destin Lasco

### Mainland Regional High School

It is not often that a swimmer of Destin's ability comes along. The Mainland Boys Swim Team was fortunate to have him compete this season.

We knew with Destin coming in this season that our team chances would improve. What we did not know was how fast he could go individually or how fast he could make our team. It started in his first meet where he began to dismantle our school record board. Record by record would fall this year, and all had the name D. Lasco next to them. By the end of the season he broke, or was a part of 8 school records in meters, and 5 on the yards side. Breaking school records was not the highest accomplishment that happened for Destin this year. He set his sights on National Records as well. He was part of 5 NISCA National Records this past season. He was part of the 200 and 400 Free Relays as well as breaking the 200 IM and 100 Freestyle. He is the first boy to break the 50 second barrier in the 100 Freestyle.

It seemed that each big meet we went to Destin was a part of something special. In the CAL Championship Meet, the SJISA Championship Meet and the Meet of Champions, Destin not only won each of his individual events but also set new time standards in them. He was also a part of winning relays as well that also set new records. By the end of the season he has qualified to be NISCA All American in the following events: 200 Medley Relay, 200 IM, 100 Fly, 100 Free, 500 Free, 200 Free Relay, 100 Back and the 400 Free Relay.

His training and his work ethic are second to none. For this reason we salute Destin for being named the Swimmer of the Year for the SJISA.

Coach Booth

## Justin Liu

### Mainland Regional High School

Whether in the classroom or the pool, Justin Liu has dominated the competition. Over the course of his high school swimming career, Justin has improved to become the best sprinter in all of South Jersey. He started out as a freshman swimming the 200 IM and backstroke but quickly transitioned into a dominant sprint freestyler.

Over the last couple of years, Justin has won almost every sprint race he has entered. The culmination was winning the 50 and 100 Freestyle at the Individual State Meet of Champions this past season. Justin has put in countless hours of work, either at his club or high school practice. He is a quiet leader who lets his actions in the pool dictate to the other kids on the team. Justin leaves Mainland this year with several outstanding accomplishments. He is part of 3 relays that broke NISCA National Records. He won his events and set new records in the CAL Championship meet this past year as well as winning the SJISA Championship meet. Justin has qualified to be a NISCA All American in the following events: 200 Medley Relay, 50 Freestyle, 100 Freestyle, 200 Freestyle Relay and 400 Freestyle Relay.

He has set a bar that few people could attain at Mainland. Not only a fantastic swimmer but an even better student. He has won our High GPA Award for the last 3 years. Swimming may be a sport that he enjoys but his academics play a bigger role. He was recently accepted to MIT for his high academic achievements. His time at Mainland may be ending but it was a magical four years that resulted in two State Team Titles and six Individual State Titles.

Coach Booth