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**The Forty-Third 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 25, 2019**

# Tonight's Program:

♦ *Our 4 SJISA Hall of Fame inductees will be introduced periodically throughout the evening.*

- Welcome / Invocation
- The Bill Maschke Scholar-Athlete & Burt German Memorial Service 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 Burt German High School Spirit Swim Team Sportsmanship 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
- 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 sectional champs, state finalists and state champions!

Public B Girls South Section & State Champion

Public B Boys South Section & State Champion

Public A Boys South Section & State Champion

Moorestown

Mainland

Public C Girls South Section & State Champion

Cherry Hill East

Haddonfield

Public A Girls South Section Champ & State Finalist

Cherry Hill East

Public C Boys Central Section Champ & State Finalist

Haddonfield

Non-Public A Boys State Finalist

HERMITS Saint Augustine

Non-Public B Boys State Finalist

Bishop Eustace

**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.

♥ 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  
**Cherry Hill High School West** for the  
production of these banquet  
programs and **Cape May Technical  
School District** for our Invitationals'  
meet programs.

**The South Jersey Interscholastic  
Swimming Association Trustees**

**President** – Matt McElroy, Cape May Tech  
**Vice-President** – Joe Pegues, Gateway/Woodbury  
**Secretary** – Linda DuBois, A. P. Schalick  
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Brian Booth, Mainland  
Theresa DeCoursey, Eastern  
Maura McDermott, Haddon Twp.  
Shane McGrath, Ocean City  
Jessica Slates, Washington Twp.  
Chris Sylvester, Audubon/Collingswood  
**Incoming** – John Battersby, Moorestown  
**Advisor** – Kevin Nolan, Gloucester Catholic  
**Tech Coordinator/Advisor** – Scott Sweeten, C.H. West

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

**Swimming Officials Association**

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**Rules Interpreter** – Bill Clark

# The Bill Maschke Scholar-Athlete & Burt German Memorial Service 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 runner-ups for each gender will each receive a \$100 award.

**Alexander Chiu, Washington Twp.**      **Rocco Evangelista, Collingswood**  
**Maxwell Klenk, Sterling**              **Erik Truong, Mainland**  
**Cara Franceschini, Woodstown**      **Margot Kaczorowski, Haddon Heights**  
**Kelsey McNamara, Clearview**          **Andrea Teofanova, Ocean City**

\$100 honorees: Anthony Cheng, C.H. East; Nate Hays, Ocean City; Peter Horowitz, Ocean City; Sam Pennock, Schalick; Savanna Bruno, Cape May Tech; Janey Galski, Moorestown; Lindsey Monaco, Shawnee

## The accompanying Burt German Memorial Service Awards:

**Maxwell Klenk, Sterling**      **Cara Franceschini, Woodstown**

## Previous recipients of the Bill Maschke Award:

- 2018 Cristian Bell, Egg Harbor Twp.; Jacob Haines, Lenape; Owen MacNamara, Clearview; Connor Shenk, GCIT; Allison Lowry, Schalick; Anna Mecca, C.H. West; Jenna Mesisca, Shawnee; Abby Wilson, Moorestown  
 2017 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  
 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, Cinnaminson  
 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, Cinnaminson; 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  
 2008 Dave Heinemann, Egg Harbor Twp.; Michael Rebeck, Moorestown  
 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  
 2 **See online copies of our old banquet programs for Maschke winners from the 1990s.**

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:

- |   |   |
|---|---|
| 2018 Emily Rottkamp, Vineland   | 2005 Sue Rybak, C.H. West; Bill Sheppard, C.H. East; Kevin Nolan, Gloucester Catholic & Bill Howarth, Atlantic City |
| 2015 Nancy Curtis Pegues, Gloucester Catholic; Steve Skinner, Clearview & Jeff Weigel, Shawnee      |   |
| 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**  
**Bob Queribin, Haddonfield**

**Ian Keyser, Ocean City**  
**Jessica Slates, Washington Twp.**

### Boys' Teams

**Brian Booth, Mainland**  
**Lauren Galetto, Schalick**  
**Shane McGrath, Ocean City**

**Joe Cucinotti, Cherry Hill East**  
**Kieran Keyser, Woodstown**  
**Jon Stinson, Saint Augustine**

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

- |   |                                       |
|---|---------------------------------------|
| <b>Girls' Teams (2005 to present):</b>  | <b>Boys' Teams (2005 to present):</b> |
| 2018 Mike Parker, Bishop Eustace  | 2018 Brian Booth, Mainland            |
| 2017 John Battersby, Moorestown; Anita Bowser, C.H. East & Mark Jamieson, EHT | 2017 Chris Sylvester, Audubon/C'wood  |
| 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 Queribin, 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 Kriff, 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      |

<b>The 2019 All-South Jersey Team – Girls’ 2<sup>nd</sup> Team</b>		
200 Freestyle	Emily Wisniewski	11 Moorestown
200 Individual Medley	Ava Berzanski	11 Haddonfield
50 Freestyle	Colleen Renshaw	12 Millville
Diving	Isabella Wamsher	11 Ocean City
100 Butterfly	Lillian Derivaux	9 Haddonfield
100 Freestyle	Ashley Carper	12 GCIT
500 Freestyle	Megan Fox	9 Atlantic City
100 Backstroke	Page Sugra	10 Rancocas Valley
100 Breaststroke	Christina Levins	10 Moorestown Friends

<b>The 2019 All-South Jersey Team – Boys’ 2<sup>nd</sup> Team</b>		
200 Freestyle	Andrew Taylor	11 Shawnee
200 Individual Medley	Matt Murphy	11 Gloucester Catholic
50 Freestyle	Matt Watts	12 Paul VI
Diving	Colin Hickey	10 Kingsway
100 Butterfly	Jackson Brookover	11 Cherry Hill East
100 Freestyle	Dominick Sheppard	12 St. Augustine
500 Freestyle	Joey Tepper	11 Egg Harbor Twp.
100 Backstroke	Brandon Bell	10 Egg Harbor Twp.
100 Breaststroke	Jack Artis	11 Shawnee

<b>The 2019 All-South Jersey Team – Girls’ 1<sup>st</sup> Team</b>		
200 Freestyle	Erin Cavanagh	10 Bishop Eustace
200 Individual Medley	Katie McClintock	10 Mainland
50 Freestyle	Allison Fenska	10 Moorestown Friends
Diving	Lyndsey Rudolph	11 Egg Harbor Twp.
100 Butterfly	Margot Kaczorowski	12 Haddon Heights
100 Freestyle	Melissa Lowry	11 Cumberland
500 Freestyle	Allie Waggoner	10 Moorestown
100 Backstroke	Annie Behm	10 Cherry Hill East
100 Breaststroke	Grace Yoon	11 Cherry Hill East
“Wild Card” (100 Breast)	Lydia Palmer	9 Cherokee

<b>The 2019 All-South Jersey Team – Boys’ 1<sup>st</sup> Team</b>		
200 Freestyle	Destin Lasco	11 Mainland
200 Individual Medley	David Rucci	12 Gateway/Woodbury
50 Freestyle	T.J. Given	12 Holy Spirit
Diving	John Furner	10 Haddonfield
100 Butterfly	Joshua Fong	12 Moorestown
100 Freestyle	Alexander Chiu	12 Washington Twp.
500 Freestyle	Jacob Narvid	11 Gloucester Catholic
100 Backstroke	Jack Watson	12 Cherry Hill East
100 Breaststroke	Erik Truong	12 Mainland
“Wild Card” (50 Free)	Wilson Carpenter	11 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.

**Ron Kane**

**Previous recipients of the OO Award:**

2017	Darren Hickman	1999	Ed Fahey
2016	Bill Clark	1998	Ellen Higgins
2014	Barbara Biedenbach	1997	Chris Maisch
2012	Ray Cavanaugh	1996	Barry Adamson
2010	Bob Binz	1995	Charlie Lee
2007	Frank Roberts	1994	Marion Bear
2006	Eileen Tallman	1993	Al Shoop
2005	Phil Heery	1992	Frank Forde
2004	George Borger	1991	Ruth Rogers
2003	Bob Horvath	1990	Burt German
2002	Ellen Mace	1989	Dick Wolff
2001	Donna O’Leary	1988	Steve Egbert
2000	Bill Gehringer	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.

**Andrea Teofanova**  
**Ocean City High School**

**Previous recipients of the Tallman Memorial Scholarship:**

2018	Catherine Suarez, Cherry Hill East
2017	Oliva Lepor, Cape May Tech
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.

**Laura Strachan**  
**Shawnee High School**

**Previous recipients of the Lyons Memorial Award:**

2018	Kelly Mesisca, Delran	2010	Allyson Mitidieri, C.H. West
2017	Sidney Jaramillo, Kingsway	2009	Christina Watts, Vineland
2016	Kaitlyn Weatherby, GCIT	2008	Ashley Schneider, Moorestown
2015	Mackenzie Ropka, C.H. East	2007	Beth Mooney, Holy Spirit
2014	MacKenna Angert, West Deptford	2006	Tiffany Malatesta, Vineland
2013	Molly Podosek, Schalick	2005	Karly Daplyn, Vineland
2012	Greta van Veldhuisen, No. Burlington	2004	Jessica Cobb, Moorestown
2011	Amanda Pegues, Gloucester Cath.		

# 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 Wahoons in Mt. Laurel and free lifeguarding certification classes courtesy of the Hallerud family.

## Christian Coombs Audubon High School

Coming into this season, I was a bit worried. You see, my joint high school team had a problem. One of the schools only had six swimmers returning from last season, and recruiting experienced swimmers is tough given that there is no summer feeder program specifically for this school. Enter Christian Coombs.

Christian had been a member of the Audubon tennis for two seasons, and proved himself to be a hard worker and supportive teammate. I floated the idea of Christian swimming his sophomore year as a way to strengthen his shoulders for tennis, but he passed. I was finally able to convince him to join us his junior year. In an amazing stroke of luck, he had a cousin that was an impressive swimmer at Delsea and Christian spent the summer taking 'lessons' from him. That sums Christian up as well as I ever could. He doesn't just participate in a sport; he strives to master it. He was putting work in months before the season even started.

This alone does not qualify Christian for the Hallerud Award. There are hundreds of new swimmers in South Jersey swimming each season. The swimmer must make an impact, a sea change, if you will. This brings me to the low numbers of one of our schools. As stated above, this school had only six swimmers returning from last season. While there were enough swimmers from the other team to be able to compete within our league, I remember thinking it would have been nice to have close to a balance between the two schools. On a daily basis, Christian would go out of his way to stop by my room and tell me more athletes that he recruited. Some were brand new to the sport. Others were swimmers in the past who had a newfound urge to compete. When all was said and done, Christian was responsible for no less than twelve swimmers joining the team, not counting himself. One of those swimmers was a member of a relay that broke the oldest record our team had on the books. The first person to welcome that relay back to our side of the pool? I don't think I need to say it. His excitement was palpable.

By the end of the season, Christian had improved his 50 freestyle time by 7 seconds (27.2), his 100 freestyle time by 13 seconds (104.6), and was able to compete in the 50 backstroke in the McNitt meet at the Coaches' Invitational. With the help of the swimmers that he had recruited, we were able to put together 3 different 200 freestyle relays that finished under 2:00. Given the typical strength of our team, this is a really big deal.

I could go on forever. I don't think I've coached a more well-rounded athlete than Christian. He does not need to be named a captain to be among the best leaders on the team. It's just how he is; the right way is his default. His influence on his teammates extends far beyond the pool. They are better people because of him just as I am a better coach because of him.  
Coach Sylvester

### Previous recipients of the Angela Hallerud Award:

- |  |                                       |
|--|---------------------------------------|
| 2018 Oliva Little, Salem               | 2013 Jillian Bujanowski, Holy Cross   |
| 2017 Garrett Pendleton, No. Burlington | 2012 Andrew Holm, Northern Burlington |
| 2016 Emily Jones, Gloucester Catholic  | 2011 Katie Bayes, Clearview           |
| 2015 Maggie Wallace, Ocean City        | 2010 Erika Esposito, Gateway          |
| 2014 Michael Avallone, Clearview       |                                       |

# 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 2019 All-South Jersey Team - Girls' 3<sup>rd</sup> Team

200 Freestyle	Sydney Mullin	9 Haddonfield
200 Individual Medley	Holly Robinson	12 Moorestown
50 Freestyle	Lyndsey Warner	9 Kingsway
Diving	Frannie Trimble	12 Ocean City
100 Butterfly	Christine Gallagher	12 Haddon Twp.
100 Freestyle	Alex Antonov	10 Ocean City
500 Freestyle	Emily Jones	12 Gloucester Catholic
100 Backstroke	Karolyn Merch	11 Cherry Hill East
100 Breaststroke	Abigail Miller	10 Kingsway

### The 2019 All-South Jersey Team - Boys' 3<sup>rd</sup> Team

200 Freestyle	Kyle Hare	11 Shawnee
200 Individual Medley	Enrique Obregon	11 Cherokee
50 Freestyle	Dan Porter	11 Clearview
Diving	Shay Vitale	11 West Deptford
100 Butterfly	Nathan Piccolo	10 Triton
100 Freestyle	Dave McSorley	11 GCIT
500 Freestyle	Sean Simms	10 Schalick
100 Backstroke	Richard Jaramillo	11 Kingsway
100 Breaststroke	Nolan Jess	9 GCIT

# 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, officials, and journalists in South Jersey.

## This year's inductees, to be introduced throughout the evening:

**John Casadia, Coach, Vineland, 1973-2006**  
**Jon Stinson, Swimmer, Holy Spirit, 2001**  
**Joanna Thomas, Swimmer, Mainland, 2008**  
**Kelsi Worrell, Swimmer, Rancocas Valley, 2012**

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

Alison Maisch Brothers, Diver - Cherry Hill West, 1985  
 Kevin Coogan, Diver - Holy Cross, 1999  
 Heather DeHainaut, Swimmer - Vineland, 1999  
 Steve Egbert, Coach & Official  
 Jeff Farschon, Swimmer - Woodstown, 1991  
 Gary Faykes, Swimmer - Lenape, 1977  
 Chris Gally, Swimmer - 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  
 Lynn McNitt, Coach/SJISA Advisor - Cherry Hill West, 1964-2018  
 William Peranteau, Diver - Gloucester Catholic, 1993  
 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 Burt German High School Spirit Swim Team Sportsmanship Award

This new award may be presented annually by the South Jersey and Coastal Swimming Officials Chapters in memory of Burt German, one of the greatest officials to ever work in New Jersey. Girls or Boys/Combined Teams from nominated schools will be eligible for a Team Award of \$250.00. The award is based on demonstrable sportsmanship, such as remaining in the pool until individual events have been completed, respecting officials at all times, following applicable pool management and facility rules, and displaying humility in victory and courtesy in defeat. One team will be nominated by each coach (with coaches not permitted to nominate their own team) and three additional teams will be nominated by the South and Coastal Official's Chapters.

**Glassboro Girls Team**  
**Lenape Boys Team**

## The Ray Hegel Award

This award may be presented annually by the South Jersey Swimming Officials Association in memory of Ray Hegel, another 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 award is not being presented in 2019.

### Previous recipients of the Ray Hegel Award:

2018	Rachel Bernhardt, Vineland, Drexel	1996	Peter Wright, Delran, Peddie, University of VA, US National Team
2017	Katie Scott, C.H. East, Marymount		
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 Malatesta, Vineland, Pittsburgh	1989	Alison Maisch, CH West, LSU
2009	Christian Sprang, St. Augustine, Michigan	1988	Alison Maisch, CH West, LSU
2008	Kyle Mitrione, Haddonfield, Purdue	1987	Sean Killion, CH East, U. of California-Berkley
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
2003	Matt Campbell, Haddonfield, Rutgers	1985	Sean Killion, CH East

## The John Bohanna Most Courageous Award

**Matthew Stankus**  
**Cherry Hill High School West**

Matthew Stankus was entering his senior year at Cherry Hill High School West this last September. He was excited to finalize his college search and begin his final year as senior captain with the Cherry Hill West Boy's Swim Team.

All of that got put on hold in early November. Matthew was diagnosed with a rare form of cancer called rhabdomyosarcoma. Instead of swimming on the team that he loved so much, he now had to stand on the side lines and cheer them on. From the very beginning the entire team as well as the entire swimming community has been there to support Matthew. At our annual East/West Swim meet there was a standing room only crowd at Camden County Technical school cheering him on.

CONTINUED→

Both Teams wear T-shirts with his name on the back supporting him. Matthew has always been a "team first swimmer" who had always been one of the Lion's hardest working in previous seasons. The team had voted him the Unsung Hero Award winner three years in a row. He was the swimmer who would swim whatever was necessary for the team - he never worried about himself, the team always came first. Nothing was going to keep him away from the team he loved. He made almost every meet this year, helping out with whatever he could. Matthew's parents told us that the team and the entire swimming community has helped him get through his tough treatments. However, the West Swim Team sees it differently. Matthew's strength and positive outlook has gotten the Cherry Hill West Swim Team farther than it has gone in over 10 years. When the Team received the news about Matthew, we came together. His influence on the Team has been nothing short of amazing.  
Coach Robertson

## Individual State Championship Awards

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

**200 IM: Katie McClintock, Mainland**  
**100 Backstroke: Annie Behm, Cherry Hill East**  
**100 Breaststroke: Grace Yoon, Cherry Hill East**

**200 & 100 Freestyle: Destin Lasco, Mainland**  
**50 Freestyle: T.J. Given, Holy Spirit**  
**100 Butterfly: Joshua Fong, Moorestown**

## The William J. Lyons Team Sportsmanship Award

Each year, the officials of the William J. Lyons Chapter of the New Jersey Swimming Officials Association may 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 conferences, leagues and divisions in South Jersey nominate a team(s) to be considered for the award.

Burlington County  
Swim League:  
**Pemberton**

Cape Atlantic  
League American Boys:  
**Abseami**

Cape Atlantic  
League National Boys:  
**Middle Twp. &  
Wildwood Catholic**

Cape Atlantic  
League American Girls:  
**Vineland**

Cape Atlantic  
League National Girls:  
**Cape May Tech**

SJISL Pacific/Ocean  
Division Boys:  
**Cherry Hill West &  
Lenape**

SJISL Atlantic/Arctic Division  
Boys:  
**Seneca**

SJISL Mediterranean/Caribbean  
Division Girls:  
**Cherokee &  
Haddon Twp.**

SJISL Baltic Division  
Girls  
**Paul VI**

Tri-County Conference Boys:

**Schalick**

Tri-County Conference Girls:

**Gloucester Catholic**

## Previous recipients of the Lyons TS Award:

2018 Paul VI Girls	2005 Cherry Hill West Girls
2016 Camden County Tech	2004 Our Lady of Mercy
2014 Seneca Girls	2003 Woodbury
2013 Pitman Girls	2002 Haddon Heights
2012 Shawnee Girls	2001 Ocean City
2011 Northern Burlington	2000 St. James
2010 Atlantic City Girls	1999 Gloucester
2009 Haddon Heights, Haddon Twp. & Haddonfield	1998 Glassboro
2008 Cape May Tech Boys	1997 Pitman
2007 Wildwood Catholic Girls	1996 Pemberton
2006 Holy Spirit Girls	

## Previous recipients of the John Bohanna Award:

2018 Ryann Styer, Ocean City	2000 Scott Cowperthwait, Vineland
2016 The Girls' Team from Lenape;	1999 Michael Herbst, West Deptford
Tyler McCormack, Seneca	1998 Suzy Boyle, Lenape
2015 Olivia Cann, Gloucester Catholic	1997 Heather McVey, Holy Spirit
2014 Emma Hood, Vineland	1996 Amanda Coyle, Cherokee
2013 Shane Murphy, Paul VI	1995 Katie Gipe, Moorestown;
2012 Courtney Patterson, Cherry Hill West	Tim Thieler, Egg Harbor Twp.
2011 Amy Stelmazyk, Cherry Hill West;	1994 Tyson Gerhardt, Lenape
Kathlyn Walker, Delsea	1993 Mike Diehl, Kingsway
2010 Shané Tubb, St. Augustine	1992 Chris Otmani, Eastern
2009 Kellianne Bond, Highland;	1991 Jason Suder, Cherokee
Michelle Bruno, Cherry Hill West;	1990 Teresa Byrne, Highland;
Julia England, Seneca	Kristin Kisselbach, Cherry Hill East
2008 Colin Lawler, Cherry Hill East	1989 John Capozzi, Kingsway;
2007 Mark Garbowski, Cherry Hill West	Michael McIntire, Highland
2006 Jackie Mannon, Washington Twp.	1988 Joe Werner, Pennsauken
2005 Christopher Gillies, Hammonton	1987 Lisa Fusco, Cherokee;
2004 Cary Gaul, Cherry Hill West;	Margaret Sibert, Woodbury
Lisa Hitchner, Woodstown;	1986 Betty Moher, West Deptford;
Molly McGroarty, Mainland;	Diana Sawm, Washington Twp.
Melissa Settar, Pitman	1985 Harold Wolman, Cherry Hill West
2003 Jason Murowany, Millville	1980 Sue Rybak, Cherry Hill East
2002 Jason Kenuk, Moorstown	1978 Kathy Connors, J.F. Kennedy
2001 Matthew Kane, Collingswood	

## The Candy Fenton Manager of the Year Award

### Zoe Goldberg & Kaitlyn Scheiter Eastern Regional High School

Zoe and Kaitlyn have been an integral part of our swim team for the past four years. Although starting as the managers for only our boys team, the girls quickly assumed the role of manager for our girls as well, giving up a lot more of their time to do double the work. These two girls have invested an incredible amount of time into the team by making their own scoring sheets, keeping stats and records, baking personalized cookies for the swimmers and dedicating their entire day each year to work at the Invitationals.

On the pool deck, these girls do not miss a beat. Running two versions of every meet sheet to double check scores and times seems excessive at times but these girls did it every time. As the coach, I always knew I had these two to count on - and I have had many officials say the same! This year, Zoe and Katie took the opportunity to recruit and train new managers in the hopes of filling a portion of the role they have played for us for 4 years. The love and dedication these girls show for our teams and South Jersey swimming as a whole is insurmountable and will be greatly missed.  
Coach DeCoursey

## Previous recipients of the Candy Fenton Award:

2018 Catherine Knoll, Kingsway	2002 Krista Hess, Vineland
2017 Alyssa White, Woodbury	2001 Julie Turt, Eastern
2016 Kelsey DeMatte, Schalick	2000 Valerie Gallina, Vineland
2015 Erin Lang, Kingsway	1999 Abby Harvey, Cherry Hill East
2014 Maggie Heinsman, Gloucester Catholic	1998 Nicole McIntyre, West Deptford
2013 Isabella Strom, Woodbury	1997 Jennifer Dappalone, Cherry Hill West
2012 Francesca Romero, Gloucester Catholic	1996 Lisa Piechoski, Vineland
2011 Caitlyn Stulpin, Gloucester Catholic	1995 Shana Pintti, Haddonfield
2010 Rosa Melillo, Vineland	1994 Judy Hoffman, Woodbury
2009 Katie Bradley, Washington Twp.	1993 Tiffany Facchine, Gloucester Catholic
2008 Kariann Talone, Vineland	1992 Heather Gehman, West Deptford
2007 Brooke Murray, Sterling	1991 Dee Velasco, Highland
2006 Jackie DiAdezzio, Washington Twp.	1990 Shannon Murphy, Glouc. Catholic
2005 Lara Castorina, Vineland	1989 Teresa Seger, Gerri Strickler, Virginia Schubert
2004 Valentina Cruz, Vineland	1987 Brittany Layton, Woodstown
2003 Jen Sharpless, Millville	1986 Beth Sawicki, Kingsway



## Previous recipients of the SOY Award:

2018 Maggie Wallace, Ocean City; Grace Yoon, C.H. East; Destin Lasco, Mainland  
2017 Amanda Nunan, Ocean City; Destin Lasco & Justin Liu, Mainland  
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 Lenape, #7 Eastern, #6 Cherokee, #3 Kingsway,  
#2 Egg Harbor Twp. & #1 Cherry Hill East

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

### Boys Public A

South Section - #8 Sterling, #7 Washington Twp., #5 Eastern, #4 Lenape, #3 Cherokee,  
#2 Egg Harbor Twp. & #1 Cherry Hill East;

Central Section - #5 Rancocas Valley

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

### Girls Public B

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

**South Section & State Champion: Moorestown**

### Boys Public B

South Section - #8 Cinnaminson, #7 Cherry Hill West, #6 Kingsway, #5 GCIT,  
#4 Moorestown, #3 Shawnee, #2 Ocean City & #1 Mainland

**South Section & State Champion: Mainland**

### Girls Public C

South Section - #8 Cumberland, #7 Cedar Creek, #6 Cape May Tech, #5 Delsea,  
#4 Oakcrest, #3 Woodstown, #2 Middle Twp. & #1 Haddonfield

**South Section & State Champion: Haddonfield**

### Boys Public C

South Section - #7 Schalick, #6 Cape May Tech, #5 Delsea, #4 Oakcrest,  
#3 Woodstown and #2 Cedar Creek

Central Section - #7 Haddon Twp. & #1 Haddonfield

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

### Girls Non-Public

A: #4 Bishop Eustace B: #8 Gloucester Catholic & #7 Moorestown Friends

### Boys Non-Public

A: #2 St. Augustine B: #4 Gloucester Catholic & #3 Bishop Eustace

**State Finalist: Bishop Eustace**

## 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.

### Lyndsey Rudolph Egg Harbor Township High School

Lyndsey has only been diving for two years at Egg Harbor Township High School. During those two years she has been an outstanding student of diving. She had a great foundation of skills from her time as a gymnast coming into the sport allowing her to tackle dives that most athletes new to the sport would not have the skill set to attempt. 2019 was a great year for Lyndsey on the board. She won both the Jim Roach 6 dive and 11 dive meets for Division A, broke our school record, as well as placing 6<sup>th</sup> overall at NJSIAA Meet of Champions, all of which were a vast improvement in place from last season. Lyndsey is a great teammate, always encouraging her teammates to keep pushing to achieve their goals. Throughout her success Lyndsey remains very humble as she has continued to achieve beyond her years. It is with great honor Egg Harbor Township celebrates Lyndsey Rudolph's achievement of being named Diver of the Year. Coach Jamieson

### John Furner Haddonfield Memorial High School

John Furner is a sophomore in Haddonfield High School and he has been diving since age 4. One could say, John dived head-on from the womb straight into the water. John dove for Woodcrest swim club up until third grade, where he broke several swim club records and also broke a south Jersey dive record. John started diving nationally in third grade with Blue Dolphin swim club. During this time John experienced two house fires which tested John both emotionally and physically, and ultimately contributed to John's notorious positive outlook, as John always finds the light at the end of a tunnel. During freshman year of high school, John placed second in conference and seventh in state. John's adaptability and quick reaction to various situations shines through in his diving abilities and scores. During batch three/six dive, John had a score of 209.95. For batch four/six dive, John had a score of 251.70; and for his Coaches Invitational six dive, John had a score of 278.75. Through all of John's dedication and hard work, John has been able to improve his diving skills immensely, showing that he is force to be reckoned with, ranking first place in the sixth dive championship in his conference with a score of 218.15, and ranking second place in the eleventh meet dive at Gloucester County Technical school. John also ranked fifth place at the Montgomery eleventh dive meet; and ending the year with a strong finish by placing fourth in the New Jersey State Championship with a score of 456.33. John Furner currently dives for Lords of Boards with Lesley and Fred Woodruff at Rutgers University in New Brunswick five days a week; and he is ranked nationally with both USA Dive and AAU Diving. John Furner's passion for diving pours out of him, and it shows through his positive outlook and his dedication to the sport of dive.. There is no obstacle that John Furner cannot tackle, and he always does so with determination and grace. Coach Queribin

## Previous recipients of the Jim Roach Award:

2018	Isabella Wamsher, Ocean City; Dillon Hall, Cherry Hill West		
2017	Sophia Peifer, Haddonfield; Dillon Hall, Cherry Hill West		
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	Aimée Hogan, Cherry Hill West; Bill Peranteau, Gloucester Catholic		
1992	Jackie Fessler, Camden Catholic; Bill Peranteau, Gloucester Catholic		
1991	Bill Peranteau, Gloucester Catholic	1984	Allison 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 Swimmers of the Year

### Katie McClintock

#### Mainland Regional High School

Katie had an exciting and successful season thanks to her great work ethic and great character. Locally she earned two wins at the CAL's annual Hackney meet in the 200 IM and setting a meet record in the 100 back. She also had the fastest 100 free time of the day leading off the 400 free relay. At the South Jersey Coaches Invitational she won the same two events, setting a meet record in the 200 IM. At our CAL championships, Katie won the IM and breaststroke events - setting meet and school records in the breast and also setting school, meet, and a NISCA National meter record in the IM. At our state Meet of Champions, Katie was first in the IM and 2<sup>nd</sup> in the back. Her IM time was also a meet record and a NISCA Automatic All-American cut. Katie was also a very large part of our relay and team successes this season as evidenced by our top 8 finishes at MOC in two relays and our team's third place finish at the SJ Coaches Invitational. Her breaststroke split in our prelim Medley Relay was almost a full second faster than any other athlete that weekend. For an athlete that was already pretty fast, Katie enjoyed surprisingly large time drops this season, thanks to her tremendous work ethic and attitude.

As a teammate, Katie is self-less. She will swim whatever is needed for the best of the team and did swim every individual event throughout our dual meet season - qualifying for MOC in each event as well. In practice she sets a tempo for her teammates to follow, allowing for our team to see what is possible and chase after stronger goals. Katie is quite knowledgeable regarding our great sport and enjoys discussing meet lineup strategy with her coaches. During meets she is engaged in all that is going on and very aware of her teammates' successes, even those that she is not sharing a lane with in practice - those that are new to the sport. She is endlessly encouraging to all of her teammates, readily sharing her experiences and wisdom with all. Katie also engages in positive interactions with all - including those that are on other teams. Katie is simply a wonderful role model for her teammates and our great sport. We look forward to watching her continue to progress as an athlete, a student and a leader at Mainland Regional High School.

Coach Schiavo

### Destin Lasco

#### Mainland Regional High School

With every season comes new goals and expectations. This year was somewhat different with the same results. Destin once again exceeded expectations by competing on a higher level.

Our season always starts the same by mapping out goals for individual and team success. Destin was determined to bring another championship to our team. In order to have team success, it meant that Destin was going to have to move around the lineup to give the team its best chance to win. He swam in a variety of events to enable the team to have its best chance. During the course of the season, he broke the only remaining records that he did not have. The 200 Freestyle (which he broke with a NISCA National Record), 50 Freestyle, and the 100 Butterfly.

When we arrived at the post season you could really see the focus and determination to have team success. He continually pushed the team and himself to get better. He enabled the team to have the ultimate success and win the State Title for the fourth year in a row. Now he was on to the Individual Championships. He decided that the 200 and 100 Freestyle would be his focus this year. He wound up winning both in meet and school record times. Both times will put him in the automatic All American status. His day was not done. He led off the 200 Freestyle Relay and 400 Freestyle Relay and helped his teammates earn a 2<sup>nd</sup> place finish in both.

It is with great pride that we honor Destin as the Male Swimmer of the Year once again.