

***Fourth Annual  
SouthCoast Regional***



***Swimming Awards Night  
May 5, 2005***



The Fourth Annual SouthCoast Regional Swimming Awards Night, held Thursday May 5, 2005 at Whites of Westport in Westport, MA. sponsored by SouthCoast Aquatics was a huge success! We had over 225 swimmers, divers, coaches, parents and friends in attendance. The initial reviews of the evening have been outstanding; the media coverage was excellent and SouthCoast Aquatics will use the proceeds from the event to help fund our upcoming aquatics facility project! Without the support of our community, area merchants and friends of SCA we could never have accomplished so much!

The event honored 66 of the top swimmers and divers on the SouthCoast of Massachusetts. These children, from grades 6-12 represented the best athletes from 10 area teams. The SouthCoast Aquatics Board of Directors selected the top two high school senior nominees to receive the "Coaching Legends" awards. Amalia Zychowicz from Bishop Stang High School received the Whalen/Smith Female Senior Swimmer of the Year Award, and Chris French from Apponequet Regional High School received the Medeiros/Filippo Male Senior Swimmer of the Year Award. These individuals were presented with beautiful trophies and each was given a \$1000 college scholarship. The swimmers and divers in grades 6-11 were honored as the SouthCoast Regional Swimming & Diving All-Stars and presented with very memorable trophies.

The highlight of the evening was guest speaker Josh Davis. Mr. Davis was a three-time Olympic Gold Medalist in the 1996 Atlanta games and two-time Silver Medalist in the 2000 Sydney games. You could have heard a pin drop as Josh spoke of his experiences and the pyramid of success he has used to guide his life. Josh made an effort during the evening to speak with all the swimmers individually, sign autographs, take pictures and answer all of the athletes' questions. He was a shining example to all present of what this evening is promoting through the sport of swimming in our area.

SCA would like to sincerely thank everyone involved in the awards night for their efforts in making this event a success. The generosity of our community, area merchants and friends of SCA played such a crucial role in making this night the tradition it has become here in Southeastern Massachusetts. The state of swimming on the SouthCoast is strong and we are very proud to say it is because of our SouthCoast community.

Thank You,

The SouthCoast Aquatics Board of Directors

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The following teams were invited to the 4th Annual SouthCoast Regional Swimming Awards Night:

**Apponequet High School · Bishop Stang High School · BMC Durfee High School**  
**SouthCoast Aquatics · New Bedford High School · YMCA of Middleboro**  
**Fall River Boys & Girls Club · YMCA of Greater Fall River · YMCA of Greater New Bedford**  
**· River City Swim Club**

*Copies of all documents submitted by nominating coaching staff, documents used in the selection process by SCA and point totals for individual nominees may be obtained by contacting SCA in writing without charge other than reasonable fees for copying and postage.*

**Whalen/Smith Female Senior Swimmer of The Year Nominees**

SouthCoast Aquatics:	Sarah Hunt
New Bedford:	Jillian Coache
Apponequet:	Kendra Merrill
New Bedford YMCA:	Meghan Feeney
Bishop Stang:	Amalia Zychowicz

**Medeiros/Fillipo Male Senior Swimmer of The Year Nominees**

Bishop Stang:	Cody Fernandes
New Bedford:	Oscar Esteves
Apponequet:	Chris French
Durfee:	Pat Nichols

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ach  
Olympic Gold Medalist  
Josh Davis  
Senior Swimmer of the Year  
Amalia Zychowicz

**Whalen/Smith  
Female Senior Swimmer of The Year:**

Amalia Zychowicz  
nominated from  
Bishop Stang High School

**Medeiros/Filippo  
Male Senior Swimmer of The Year:**

Chris French  
nominated from  
Apponequet Regional High School



Olympic Gold Medalist  
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**6<sup>th</sup>/7<sup>th</sup> Grade Regional All-Stars:**

SouthCoast Aquatics:	Katherine Medeiros	Luke Gauvin
New Bedford YMCA:	Megan Hagberg	Christian Hopp
Fall River YMCA:	Stephanie Hon	Ethan Rancour
Fall River Boys/Girls Club:	Melyssa Looker	Kyle Couture
River City Swim Club:	Rachel Brown	Brandon Winn

**8<sup>th</sup>/9<sup>th</sup> Grade Regional All-Stars:**

SouthCoast Aquatics:	Erika Fernandes	Nathan Medeiros
New Bedford YMCA:	Alicia Sousa	Owen Worden
Middleboro YMCA:	Victoria Gavin	Alexander Souza
Fall River YMCA:	Brooke Strollo	Thomas Landry
Fall River Boys/Girls Club:	Amy Astle	Nick Ratcliffe
River City Swim Club:	Emma Santoro	

**10<sup>th</sup>/11<sup>th</sup> Grade Regional All-Stars:**

SouthCoast Aquatics:	Caitlyn Zielinski	Bahaa Amer
New Bedford YMCA:	Sadie Hagberg	Chris Demule
Middleboro YMCA:	Jessica Perry	
Fall River Boys/Girls Club:	Cassandra Alves	
River City Swim Club:	Allison Sirois	

**Regional All-Star Divers:**

Bishop Stang:	Jen Luiz	Kevin Jones
Apponequet:	Sarah Benevides	Ian Funk
Durfee:	Courtney Flanagan	Cory Bedard

**Freshman High School All-Stars:**

Bishop Stang:	Amy D'Olympia	James Kearns
New Bedford:		Vincent Femenella
Durfee:	Alexandra Fiola	Jacob Costa
Apponequet:	Lauren Connolly	Ashlin Niles

**Sophomore High School All-Stars:**

Bishop Stang:	Jackie Grenon	Chris Kelley
New Bedford:	Angela DeMello	Joey Welch
Durfee:	Rachael Sirois	Jared Pacheco
Apponequet:	Renee Marcos	Brian Bouchard

**Junior High School All-Stars:**

Bishop Stang:	Julie Gauvin	Paul Zychowicz
New Bedford:	Tricia Sullivan	Justin Gregoire
Durfee:	Erin Bentley	Will McGuinness

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**Top swimmers to be honored tonight**

*STAFF REPORT*

Four senior boys and five senior girls have been nominated for the SouthCoast Regional Swimmer of the Year Award, to be presented to the outstanding male and female tonight.

The awards will be presented during SouthCoast Aquatics' fourth annual Coaching Legends Scholarship Dinner and Awards Night at 6 p.m. at White's of Westport.

In honor of the region's coaching legends, the girls award has been named after coach Trix Whalen and the late coach Sally Smith (Whalen/Smith Award) and the boys award named after coaches Jim Medeiros and Jim Filippo (Medeiros/Filippo Award).

The top male and female seniors will be awarded \$1,000 college scholarships.

Winners must meet stringent criteria selected by SouthCoast Aquatics' Board of Directors. Each coach was asked to nominate a swimmer and provide background information on the candidates: best times in all strokes and distances in both short-course yards and long-course meters; official class academic rank; history of training and competing during the past four years, and community service. Nominees are assigned point values based on each category.

Participating teams are: New Bedford, Apponequet, Bishop Stang and Durfee high schools, SouthCoast Aquatics and YMCA of Greater New Bedford.

This year's nominees are: Jillian Coache and Oscar Esteves of New Bedford High, Kendra Merrill and Christopher French of Apponequet, Amalia Zychowicz and Cody Fernandes of Stang, Patrick Nichols of Durfee, Sarah Hunt of SouthCoast Aquatics and Meghan Feeney of YMCA.

Past winners include: Colleen Colarusso (YMCA) and Gino Escalante (Durfee) in 2002, Sarah Warren (YMCA of Middleboro) and James Bodington (SouthCoast Aquatics) in 2003 and Ashley Bailey (SouthCoast Aquatics) and Zach Gauvin (Stang) in 2004.

Three-time Olympic gold medalist Josh Davis will be the guest speaker and will assist in presenting the awards tonight. Tickets are available at the door. For more information, visit [swimsca.org](http://swimsca.org).

This story appeared on Page B4 of The Standard-Times on May 5, 2005.

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#### **French and Zychowicz win swimming awards**

*By ED COLLINS, Standard-Times staff writer*

WESTPORT -- Amalia Zychowicz enjoyed two golden moments last night at the SouthCoast Aquatics' Fourth Annual Coaching Legends Scholarship Dinner and Awards Night at White's of Westport.

A senior at Bishop Stang, Zychowicz was named the girls SouthCoast Regional Swimmer of the Year and she also got a chance to pose with guest speaker Josh Davis while wearing one of the three gold medals that Davis won in swimming events at the 1996 Olympic Games in Atlanta.

It was a nice end to an enjoyable evening for Zychowicz, who won the Whalen/Smith Award named in honor of two outstanding coaches, Trix Whalen and the late Sally Smith, and Davis got a kick out of it too.

"It's still cool to be able to share my medals with the kids and see their eyes light up," said Davis, who struck gold in the 400-meter freestyle, the 800 freestyle, and the 4x100 relay. "I'm on the road for about 100 engagements like this a year and over 150,000 kids have been able to see them up close and personal the last nine years."

Apponequet senior Christopher French was selected as the winner of the boys Medeiros/Filippo Award named in honor of coaches Jim Medeiros and Jim Filippo, and it was a nice reward for someone who needed a little coaxing to even go out for the swim team.

"I was lucky enough to coach him at the Middleboro YMCA when he was a kid and I knew he had some talent," said Apponequet coach Brett Pacheco. "When I heard he wasn't swimming on the high school team, I sat down with him and convinced him to come out for the team. He proved to be a great addition to the team, because he always swam with a lot of heart and he was a team leader that everybody looked up to."

Both winners also received a \$1,000 college scholarship. Zychowicz will use hers as a biology major at Saint Michael's College in Vermont, and French plans to use his to help defray the costs of studying accounting at Johnson & Wales University in Providence.

A 500-yard freestyle specialist, Zychowicz finished in the top 12 in the event at the state meet and helped lead the Spartans to the Eastern Athletic Conference and South Sectional championships this past season.

"Amalia was a great leader by example, someone who worked hard to make herself a better swimmer," said Bishop Stang coach Dave Ponte. "She was kind of a project when she first started, but she was willing to help the team wherever she was needed and she went on to distinguish herself in the 500."

French did well in the 100 backstroke, the 100 butterfly, and the 200 individual medley for the Lakers, who qualified for the South Sectional and were unable to practice or host a meet the last three years because the pool at Apponequet has been closed.

"We had to drive back and forth to UMass Dartmouth every day and we only had 90 minutes to practice, so all of our workouts were intense," said French. "All that travel gave everybody on the team a chance to get to know each other. It brought us closer. I'm glad that I decided to go out for the team, because I had great teammates and a great coach."

The winners were picked by SouthCoast Aquatics' Board of Directors according to criteria that included the nominees' performances in the pool, their official class rank in school, their history of training and competing the last four seasons, and any community service performed.

This story appeared on Page C1 of The Standard-Times on May 6, 2005.