



LAKE COUNTRY
PHOENIX
SWIM TEAM

Celebrating 30 Years!

2012-2013

**Awards & Reception Banquet
Silent Auction
April 21
2013**

Program

- Welcome and Season Overview
- Board Recognition
- Parent Award
- Senior Speeches
- Swim Groups - A Year in Review
- Coaches Awards
- Conclusion and Awards Pick Up



Front cover: Ginger Goral original oil painting "Sunset on Upper Nashotah"
Back cover: Photo by Ginger Goral of diving from blocks at LCST pool

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President's Welcome

"Celebrating 30 years of Excellence"

LAKE COUNTRY PHOENIX SWIM TEAM

Dear Lake Country Swim Team Swimmers and Parents,

As we come together to recognize and celebrate another year of swimming excellence, I want to be the first to thank Mark and Bob and the rest of the coaching staff for their dedication to sharing their talents and love of the sport of swimming as they continue to add to the rich and impressive legacy that is **Lake Country Swim Team**.

This year, we are celebrating our 30th anniversary as an organization. This accomplishment can not be achieved without many people coming together over a long period of time to establish a culture of excellence. As a result of your collective efforts, **Lake Country Swim Team** is widely recognized as a team that swims fast, displays outstanding sportsmanship, conducts well run premier swim meets and is welcoming to athletes at all levels.

As we close out one year, we enter the next one stronger than ever with a renewed focus on creating a stronger team culture while striving for winning performances in the pool.

Thank you.



Richard Hein
Lake Country Swim Team Board President

Senior

Rachel Borchardt



Total Years of Swimming 9

Years with LCST 9

Plans after High School

Swimming for Northern Michigan University while studying Speech-Language Pathology

Favorite Swimming Memory

Training trip

Hobbies

Fishing, 4-wheeling, scuba diving, volunteering with Special Olympics, hanging out with friends

Inspirational Quote

"It is during our failure that we discover our true desire for success"

Words of Advice

Don't give up and have fun!

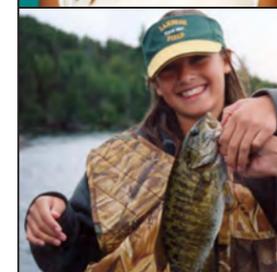
Coaches Reflections

Rachel was a charter member of the Hartford program joining the team in the fall of 2004. Her steady commitment to the team was instrumental in the growth of our Hartford program. She was a state meet contributor by the end of her first season with the team, swimming Free and Breast (yes, breast) on our 10-under relays. That was the beginning of a long run as a great Phoenix relay swimmer and a frequent state finalist in butterfly, free and IM events. She is a two-time Junior National relay swimmer and has represented the team at numerous Speedo Sectional Meets. She should be a major contributor to her Northern Michigan swim team next year.

—Coach Mark

Rachel swam with me consistently for about 6 years. I remember when she got her first state cut – I wasn't there! She called to let me know though. I will always think of her as one of the "originals" and I thank her and her family for their support throughout the last 9 years. I will miss Rachel dearly, look forward to seeing her when she visits and wish her the best of luck in the future – no matter what it brings!

—Coach Whitney



Kayla Nieskes

Total Years of Swimming 8

Years with LCST 8

Plans after High School

Attend Carroll University for a Communications major, travel and write a lot.

Favorite Swimming Memory

From Lake Country, probably the day one summer when there was thunder and rain, so we all hopped out of the pool (the Hartford outdoor) and went into the locker rooms until it passed us over. We all played this crazy memory game involving animals, and it was amazingly funny!

Hobbies

Swimming (obviously), but also reading, writing for fun, learning (especially history), drawing, and watching movies/TV. Sometimes I blast music and dance around my room by myself, but I don't know if that counts as a hobby.

Inspirational Quote

From Dr. Seuss, one of my all-time favorite people:

"I like nonsense. It wakes up the brain cells. Fantasy is a necessary ingredient in living."

Words of Advice

I guess the best advice I can give is to have fun and not take things too seriously all the time!
Have some fun!

Coaches Reflections

Kayla joined the team in 2006 and has been a very loyal team member since then. She is a quiet competitor and trainer but also a great teammate and cheerleader. It has been a lot of fun to watch Kayla's personality grow each year; she was very quiet and to herself early on but as she gained confidence both in and out of the pool, we found someone who is full of humor. Not all are privy to this, but for those of us who are, we are the lucky ones! Having had Kayla with me for the last 6 years, it will be strange to not see her on the pool deck; she will be greatly missed. I wish her nothing but the best as she continues both her education and swimming at Carroll University in the fall.

—Coach Whitney

Hannah Roraff

Total Years of Swimming 4

Years with LCST 3½

Plans after High School

Attending Carroll University this fall and swimming for them as well

Favorite Swimming Memory

My favorite Lake swimming memory was going to the Waukesha Speedo swim meet. I was proud that I had qualified and deserved to be there, but even better was the new friendships I formed with my Lake teammates.

Hobbies

My hobbies include singing, dancing, band (pep band, color guard), horseback riding, hanging out with friends, reading, eating, and relaxing with my cat (which is all besides swimming).

Inspirational Quote

"Being your best is not about overcoming the barriers other people place in front of you as it is about overcoming the barriers we place in front of ourselves."
—Kieren Perkins

Words of Advice

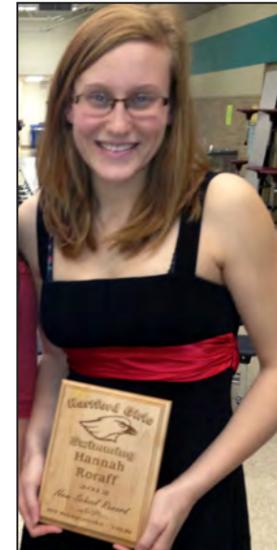
Enjoy the little things in life

Coaches Reflections

After a successful sophomore year of swimming at Hartford Union High School, Hannah joined the JVHS training group on Lake. It took some time to convince her that it was ok to work and train hard, but once she did she saw great improvements in not only her breaststroke, but in everything she did. Over the last year and a half, Hannah really increased her training and

earned her first trip to State and Speedo's this past spring. She had some great relay performances as well! It has been a great pleasure working with Hannah these last few years. She is still young in her swimming career and should continue to improve as she takes her talents to Carroll University in the fall.

—Coach Whitney



Senior



Taylor Teske

Total Years of Swimming 10

Years with LCST 10

Plans after High School

Attending Youngstown State University, Ohio on a Swimming Scholarship

Favorite Swimming Memory

My favorite memory would have to be both training trips to Florida

Hobbies

Golfing, hanging out with friends & watching movies

Inspirational Quote

"Shoot for the moon and if you miss you will land among the stars."
—Les Brown

Words of Advice

- 1) All the hard work and endless hours of practice is worth it & will pay off in the end.
- 2) The friendships you develop on this team are a special bond you will not & cannot find anywhere else.
- 3) If you are having a tough time getting through practice, focus on one or two things. For example make every turn perfect or make sure you have at least 5 dolphin kicks off of each wall. Focusing on the little things distracts you from how hard the set actually is.
- 4) The people on this team are the only people who will truly value & understand this crazy sport we are in.

Coaches Reflections

Taylor is our most veteran graduating senior, having started with the team as an 8-year old in the fall of 2003. Her career totals include having represented Lake Country in 17 state championship meets during which she accumulated more than 400 team points. She has been a backstroke state champion and contender throughout her career, and has represented Lake Country at many next level meets including Zone C, Speedo Sectionals, Grand Prix and Junior National meets. Taylor loves to train underwater. She also has had the only known eyebrow cramp in team history. She has been a loyal and dedicated Phoenix team member, as I am sure she will be for her Youngstown State swim team next year.

—Coach Mark



Senior

David Wright

Total Years of Swimming 11

Years with LCST <1

Plans after High School

I will be attending Mississippi State University to study Mechanical Engineering

Favorite Swimming Memory

My favorite swimming memory is breaking the Wisconsin 13-14 400 meter Freestyle Relay record

Hobbies

I enjoy watching sports, playing guitar, playing video games, and playing football and basketball with friends

Inspirational Quote

"The Lord must have loved ordinary people because he made so many of us... Every single day, and in every walk of life, ordinary people do extraordinary things"
—Jim Valvano

Words of Advice

Set your priorities in life, set your goals high, and don't give up.

Coaches Reflections

David was a welcome addition to our men's team this year. He became an important part of our men's relays at state and contributed points in his freestyle events. Equally as important, he was a positive influence at practice and meets bringing a good work ethic and high self-expectations. I appreciated having the opportunity to work with David this past season and wish him the best of luck as he moves on to college at Mississippi State University.

—Coach Mark



Senior Gold

Submitted by Coach Mark Kohnhorst

Lindsay Adamski

Charting new territory for Lake Country female Breaststrokes swimming the first female 1:01 in the 100 breast and setting both the long course and short course team records for the 200 Breast. Lindsay is the 100 yard Breast stroke state champion (200 Breast runner-up) and placed 6th in USA Swimming's Junior National Championship last December. Her determination may become legendary. She "brings it" in everything she does.

Jake Barry

Jake is a talented all-around athlete with the swimming versatility to help our team in a broad range of events. He always comes up big for us on relays, he is a surprisingly good sprinter with a 21 second 50 who can swim a state final level 400 IM. He reached the podium in the 200 Back with a three second time drop at the SC state meet. He is one of our training leaders, always in the mix and usually in front when the guys start racing.

Alexandria Doty

After working hard to requalify herself for state in her Butterfly events. Doty went one step farther in the 100 Fly by making the Waukesha Sectional meet cut as well. She swam well on our relays at state and picked up her 200 Fly state cut in a time trial. Senator Doty applies consistent hard effort and is a supportive and helpful team mate.



Corbin Grimes

Corbin stepped up his game this season to re-qualify for the state meet in his Freestyle and Backstroke events after the cuts had been lowered last fall. He met that challenge with an improved focus on technique, particularly on turns and streamlines. His consistent training effort and attendance set him up for a strong taper where he picked up five cuts in one day at the regional meet.

Molly Hein

Molly's hard work earned her a first-time final at state, earning a second swim in the 200 Fly and first-time qualification for Speedo Sectionals. It was a season where Molly achieved 10 new best times. Coaches love to see a hard-working swimmer like Molly rewarded with new successes and faced with new challenges.

Kelly Jacob

Coming off of her first Junior National meet in December, where she swam two relays, Kelly set an individual team record in the 13-14 100 Freestyle at the YDC Meet in December. She was a part of our state champion and team record setting senior 400 Medley Relay and found herself on the podium five times individually. She's not a punch-clock trainer; she stays well past the whistle to get everything done (and then some).



Logan Kozlik

Logan continues to be one of the state's top sprinters, taking State silver in both the long course and short course 50 Free. He scored in 5 out of 6 events and was a reliable cog in all of our men's "A" relays. He is a valuable team leader, both by word and deed. I appreciate his in-the-pool encouragement and even his coaching of his team mates. He was an excellent director for our "Harlem Shake" video as well.

Samantha Kultgen

One of several swimmers who were faced with requalifying for the faster state cuts, Sam was also challenged by a Speedo cut which was faster as well. In the end her careful attention to her preparation was rewarded with her meeting those goals. She was a part of the Cleveland Speedo Team this spring.

Sarah Laabs

Rocky opened our short course championship meet with a 15-16 and Senior team record performance in the 1650 Freestyle. That was her second team record of the year, having set the 400 meter Free record in Florida last June. She was a part of our Junior National team in December, swimming on our 29th place 800 Free Relay and a part of our Cleveland Sectional Team this spring. When she is in a distance groove, you can set your watch to her.

Logan Roberts

Logan can race. Last summer as a 14-year-old he raced to a Silver medal in the 400 IM and a bronze in the 200 Back while medaling in 5 of 6 events. Logan is also a great relay performer, swimming on all five 13-14 gold medal relays which set two state and five team records. His ability and desire to compete in practice give him a great tool to continue to develop his craft.

Taylor Stoll

Taylor kept her eyes on her goal throughout her season, and was rewarded for that focus with two trips to the state podium (100 Breast 4th and 1000 Free 6th) and one trip to the Cleveland Sectional Meet. Her seven best times at the state meet led the team. Taylor has distinguished herself with two courageous and relentless 800 Free relay anchor legs, one at state and one at the Cleveland sectional meet.

Mary Warren

Mary lit up the Senior Women's competition at the SC State meet with a high point title that included 3 gold, 1 silver and 2 bronze medals. Her 50 Free time of 22.98 is the second fastest in state and team history. She was also the anchor swimmer on our team record and gold medal 400 medley relay. In December she was a part of our Junior National team, anchoring our 15th place 200 medley relay and a 27th place in the 50 Free. Her new level of commitment to the sport brought her a new level of success.



Senior Sterling Silver

Submitted by Coach Mark Kohnhorst

Madeline Barta

Maddie was a part of our Winter Junior National Team in December, covering the Backstroke leg on both of our medleys which placed 15th and 29th. As our team's top female Backstroke she also lead-off our record setting and gold medal 400 medley relay at state. She continues to be one of the state's top Backstrokers with a trio of bronzes from the last two state meets.

Duke Bednarke

Duke was a part of last summer's 13-14 record setting state meet. In addition to the five team record relays and two state record relays, Duke set a new team record in the 100 meter Fly while winning the gold. He transitioned well into the next age group, earning a podium trip with a seventh place finish in the 15-16 Fly this spring. Duke's races feature pounding underwater technique and explosive finishes.

Ryan Dunton

Ryan continues to grow as a swimmer as he deepens his commitment. He scored in five of six events, including a podium trip in the 400 IM. Ryan established 10 new lifetime bests over the short course season. Ryan always responds to a racing challenge, whether in a meet or during or after a practice. He also played a key role in our "Harlem Shake" video.

Megan Doty

Megan had a nice breakout season this year. Her spectacular drops in time in the 100 Fly earned her a spot on our December Junior National Team swimming on our 15th and 30th place medleys. By the spring state meet Megan was a versatile contributor to the 13-14 girls age group state title making the podium in 5 of her 6 individual events and swimming on all five "A" relays. Megan is a quietly determined worker.

Nolan Fahey

Nolan keeps getting taller, stronger and faster. He has a great sense of rhythm and pace, which he combines with a killer finishing kick to be a dangerous competitor in distance races. His three state podium appearances this past spring came in the three longest races, the 500, 1000 and 1650 Free. Nolan was one of our hottest swimmers at the state meet, going best times in all six of his races.

Greg Geanon

Greg is a good worker in practice and a good team mate at meets. He swam in the 100 Fly and four of our relays in the state championship meet.



Mitchell Grinwald

Mitchell was a part of Lake Country's dominating 13-14 boys in the summer state meet, contributing his sprint Free ability to the state record setting 200 and 400 meter Free relays. His true specialty is the Butterfly where he was on the podium in both the 100 and 200 meter distances as a 14 year-old.

Annie Harmon

Annie's competitive season was cut short this season, just as she had come off a fine mid-season meet in December which included a best time in the 100 Fly. Last summer Annie had set new lifetime bests in 7 events.

Elizabeth Johnson

Liz stepped up her commitment attending mornings and moving to the sterling group after her high school season this year. She has shown steady improvement in her training and technique. She picked up her state cuts in the Breaststroke and swam best times in all of her events this season.

Taylor Maniaci

Taylor did a nice job of diversifying herself in her first season in sterling silver. Always a state level Breastroker, Taylor swam all of the strokes and IM's to best times this season. She had a three second drop in her 200 Breast event at the state meet this spring.



Jack Quinn

Q picked up his 100 Breast state cut during the boys high school season. With that confidence and a few more weeks of work, he dropped time again at the state meet. He had an all best time regional meet and had improved times in nine different events this season.

Allen Roller

Allen improved in nine different events this season; that improvement gave him five individual events at state and a spot on the Waukesha Speedo Sectional team. He was also a reliable relay swimmer at both the state and sectional meets. I do love the extra work Allen gets whenever he has to ride his bike to practice because his car-pool wasn't there, so whoever is responsible, keep it up.

Zack Schmidt

Zach swam best times in both the 100 and 200 Back at the LC state meet in August. Zach was injured for the state meet this spring, but we look forward to his return this spring.

Senior Silver

Submitted by Coach Tom Coons

Elsa Carey

Elsa did a great job focusing on her dryland to help her in her Backstroke events. Now a Speedo Qualifier she will work on her IM for her next cuts. *Spring SC Speedo Qualifier, 13-14 Girls 2013 SC State Team Champion*

Riley Drewes

No one questions Riley's hard work in the pool. She is a leader by example. If Breaststroke with Monofin was an event Riley would be the best on the team. *Distance Tour 2012*

Tiger Fan

Tiger had a tremendous season. He really established himself as a good sprinter. Tiger is a quiet but diligent worker and it paid off this season. *State Qualifier*

Dominique Hastings

Dominique's successes came from the Long Course Season. She had 6 Personal Best Times this summer. She likes running and dryland.

Chloe Hensen

A very talented swimmer. Chloe showed she is good enough to qualify for the Speedo Meet. The coaches hope her IM will improve as much as her Breaststroke. *Spring SC Speedo Qualifier, 13-14 Girls 2013 SC State Team Champion*

Maggie Held

Maggie had a tremendous training season. She has improved in every event in the past year. She has also done every event this Short Course season. A leader in the group even with her crazy hats and zebra pants. *Spring SC Speedo Qualifier, 13-14 Girls 2013 SC State Team Champion, Distance Tour 2012*

Jasmine Hellmer

Jasmine is a pleasure to coach. She listens to instructions and puts them to effective use. She has distinguished herself as a fine all around swimmer. We are sorry to see her move. We wish you all the success with your new team. *Spring LC Speedo Qualifier, Wisconsin Zone Team, 13-14 Girls 2013 SC State Team Champion*

Rachel Kappler

A good Breaststroker and Butterflyer (even though she may not think so). Rachel works to her limit each day at practice. She is also our team's pole vaulter.

Grace Kilburn

Grace had 7 Best Times this short course season. She has great underwaters and has good arm tempo for her backstroke.

Lane Kohl

Lane is a very talented swimmer. She had a great high school swim season where she got her State cut in the 500 Free. *State Qualifier*

Alyssa Lewandowski

Alyssa has had two good seasons. She qualified for the Speedo Meet during her great swims at the SEA Odd Ball Meet. She has learned so much about Senior swimming. It will only benefit her for her future seasons. *Spring SC Speedo Qualifier, 13-14 Girls 2013 SC State Team Champion*

Laura McCann

The most enthusiastic swimmer in the group. Everyone knows when Laura has a good swim. *State Qualifier, 13-14 Girls 2013 SC State Team Champion*

Cassidy Patscot

Cassidy has a question for the coaches each day. She plans her races very well. She did a great job this season by working on her tempo. Way to go Cassidy. *State Qualifier, 13-14 Girls 2013 SC State Team Champion, Distance Tour 2012*

Amanda Schaefer

"Schaefer" is great to have at practice. She attacks each set and is very motivated by races. The Coaches think she should anchor more relays.

Holly Stoll

Holly had a fantastic season. Age Group Swimmer of the Year, 11-12 State Record in the 400 IM and set 9 Team Short Course Records this season. Great Work Holly! *Age Group Swimmer of the Year -2012, Spring LC Speedo Qualifier, Wisconsin Zone Team, 13-14 Girls 2013 SC State Team Champion*

Amanda Wiedoff

Amanda realized one of her goals this season by qualifying for the Speedo Meet. She put a lot of time into her IM this season as well. *Spring SC Speedo Qualifier, 13-14 Girls 2013 SC State Team Champion*

Nicholas Woida

Nicholas had good year of swimming. His Long Course season was highlighted with a victory in the Open Water at Zones. He trains Fly like it is Freestyle. His Short Course season had ups and downs but had Personal Best Times in most events. Nicholas also competed in every event this season. *Spring LC Speedo Qualifier, Distance Tour 2012, 2012 Zone Open Water Champion*

Tyler Wrasman

Tyler competed in every event this season. I gave him nasty and mean order events most of the season. Tyler took it in stride and competed well every time. A tough IM'er. *State Qualifier*



Senior Bronze

Submitted by Coach Tom Coons

Madelyn Arzbecker

Maddie has the distinction of being the only swimmer in our group to have broken a medicine ball during dryland. She makes best times routine during meets. *Distance Tour 2012*

Megan Clark

An aggressive racer. Megan takes all her events seriously and works hard each day. She is still working toward that first State Cut.

Keenan Cuculi

A talented athlete. He shows up for meets and goes best times. He likes dryland.

Caitlin Englebert

A good trainer. She challenges herself each meet with different events. She is not afraid to try new events or distances. Thanks Caitlin!

Karly Gonzalez

A good Butterflyer, even though she would not admit it. She likes Freestyle and Backstroke.

Sidney Johnson

A great team member. She understands the relationship of hard work to best times. She tests herself each day at practice. She has a kind word for her teammates after hard sets. She is our "Culture Keeper".



Abbey Kilmer

Chased the State Cuts in her 100 and 200 Breaststroke all season. She is focused on this goal. She has made good stroke changes this season and is a monster in the weight room. Abbey came away with many best times this season.

Elizabeth McShane

Elizabeth learned a lot about stroke tempo this season. She is still looking at the 100 and 200 Backstroke State cuts. She works hard in practice and always has a good word during practice for her teammates.

Marisa Mertins

Marisa loves to swim. She trained to improve her IM this past season. Her Best Time came at the WGLO Meet. She also had a great 100 Fly at her High School Conference Meet.

Zach Meyer

Zach came into the group as a developmental swimmer. He ended his season just missing the State Cut in the 100 Fly. He is a talented swimmer who is learning exponentially each practice and race. Keep it up Zach! *Distance Tour 2012*

Phelan Purnell

Phelan is venturing out to try some Distance events. She loves Triathlons. So she is choosing events that will help her in that endeavor.

Elise Skarda

Elise is new to the Bronze Group this season. Elise increased her overall training a lot. She has improved her times and strength significantly. Keep it up Elise.

Carly Smith

Carly came off a successful high school season to try new events with Lake Country. An interesting combination of Breaststroker and Butterflyer, she has had best times this past season in all her events.

Celia Siade-Cox

Celia had a good beginning to the season. She had an injury part way through that stalled her improvement. She also grew three inches. A smart swimmer, she is always thinking of better ways to do skills.

Kara Sorensen

Kara loves to swim. She is also a beast in the weight room. She challenges herself each day at practice. Kara had Best Times in 10 different events this season. Good Work Kara!



Juniors

Submitted by Coach Bob Jenkyns

Adam Braunschweig

Adam was a great addition to the Junior group this past year. His hard work ethic, determination and skills helped move him up from 22nd place high point at the Wisconsin 12-Un Long Course State meet to 3rd at the 12-Un Short Course meet! Top 3 time drops this season: 100 Back (-11.93%), 100 IM (-11.29%), 50 Back (-11.13%); 12-Under SC State Achievements: 10-Un Boys 50 back (1st), 100 Back (2nd), 100 Breast (2nd), 50 Breast (4th), 100 IM (4th), 50 Fly (8th)

Alexandria Braunschweig

Alex is one of our quieter Junior swimmers. Her consistent effort in practice and attention to her technique contributed to her fantastic finish to her season and Junior career. Especially in the Breaststroke! I truly appreciate the opportunity to have coached her as she is an up and coming talent! Top 3 time drops this season: 100 Breast (-15.79%), 200 IM (-10.28%), 100 Free (-12.16%)

Sophia Carey

Sophia was another one of our quieter Junior swimmers. She started a bit nervous but continued to develop confidence and consistent effort in practice and attention to her technique which contributed to her fantastic season. She was another Junior swimmer who I had a short time to work with but I truly appreciate the opportunity to have coached her. She improved quite a bit and will be a great addition to her high school and senior team down the road! Top 3 time drops this season: 200 Free (-16.20%), 100 Back (-14.81%), 200 IM (-13.75%)

Abigail Cabush

Abbey was one of our group leaders this past season. She worked extremely hard in practice and worked her way up from 22nd place at the WI 12-Un Long Course State Meet to 3rd at the 12-Un Short Course meet! She was also a swimmer not afraid to swim any event and went on to be the State Champion, and new team record holder, in the 200 Fly (the first event of the meet) at Short Course State! Top 3 time drops this season: 200 Fly (-23.81%), 100 Fly (-12.55%), 100 IM (-11.40%); 12-Under LC State Achievements: 800 Free (7th), 400 IM (6th); 12-Under SC State Achievements: 11-12 Girls 200 Fly (1st), 200 Free (2nd), 100 IM (3rd), 100 Free (3rd), 400 IM (3rd), 100 Fly (4th)

Addison Dupies

Addison is a great team player and highly energetic at practice. Her sense of humor continues to keep practices light while she trains extremely hard! These traits will continue to develop her into a tremendous swimmer for this summer's long course season. She is a very good Breaststroker and Freestyler which she displayed at the state meet! Top 3 time drops this season: 200 Back (-12.74%), 100 Back (-5.87%), 200 Free (-4.97%)



Brooke Ewer

Brooke was a very quiet individual who dropped huge amounts of time near the end of last season. She barely missed qualifying for state in numerous events. Her consistent hard work approach every day along with her goals assisted her in her swimming development. I am very happy for her in her successful season! Top 3 time drops this season: 100 Fly (-31.40%), 100 Free (-28.98%), 100 Back (-17.72%)

Abigail Fickel

Abby continued to grow as one of our Junior leaders this past season and worked tremendously hard day in and day out. Her development as an up and coming swimmer contributed to numerous time drops in all of her strokes, especially her backstroke where she qualified for state. Her leadership, maturity and hard work ethic will lead to a tremendous summer season which I am looking forward to! Top 3 time drops this season: 100 Fly (-26.47%), 200 IM (-14.33%), 50 Breast (-8.04%)

Francesca Gastrow

Francesca is always a hard worker who is consistently striving to improve her swimming skills. This past season saw tremendous improvement in the underwater kicking which simply added to her developing successful swimming career. She is also one of our most lighthearted and funny swimmers in the Junior group and is a joy to coach! Top 3 time drops this season: 200 Breast (-9.25%), 100 Fly (-5.94%), 100 Free (-5.10%)

Alyssa Graves

Alyssa brought her unique sense of humor to the Junior group this past year. She also brought a developing work ethic and great support for her team mates. I'm equally proud of her successful end of the short course season and her time drops. I'm looking forward to continuing our progress this summer season! Top 3 time drops this season: 200 Free (-18.69%), 50 Breast (-11.79%), 100 Fly (-10.78%)

Hannah Kilburn

Hannah came on fast and strong at the end of the short course season. Her time drops were consistent throughout the final few meets into the state championships. Her continued hard work and

technique development will lead to a very successful summer season in the Senior group. Top 3 time drops this season: 50 Fly (-17.85%), 100 Breast (-15.73%), 200 Free (-13.69%); 12-Under SC State Achievements: 11-12 Girls 50 Back (4th), 100 Back (6th)



Alec Lanza

There are days when you would not ever know what a great swimmer Alec has become if you were to watch practice. He makes practice fun and interesting and is one of our smallest swimmers in the group. But he also is one of the Juniors with the biggest competitive efforts in every race! His attention to detail along with his competitive spirit made for a great short course season. Alec improved so much this season that he finished in 28th place in high point at the short course state meet. Top 3 time drops this season: 50 Fly (-22.36%), 100 IM (-15.13%), 50 Breast (-13.93%); 12-Under SC State Achievements: 11-12 Boys 200 Breast (8th)

Carolyn Lucyshyn

Carolyn evolved into one of our surprise distance swimmers this past season. I am very proud of her willingness to try something different and be proud of her success. She continues to challenge herself daily and will continue to develop into a great senior and high school swimmer. Top 3 time drops this season: 100 Fly (-23.71%), 400 IM (-12.16%), 500 Free (-8.16%)

Caroline McShane

Caroline came a long way this season. Her consistent challenging of herself throughout tough sets and practices improved her swimming skills and dropped her times quite a bit. I am very proud of her "keep at it" attitude and maintaining that bright smile of hers. Top 3 time drops this season: 50 Fly (-21.59%), 100 Back (-12.96%), 100 Breast (-10.85%)

Ben Palatnik

Ben was a bit behind at the beginning of his Junior career. He was patient, worked hard and developed to be one of our top 11-12 boys at the short course state meet. I am very proud of his willingness to accept the challenges thrown at him and stay the course. His continuing to challenge himself daily has developed him into one of our top Junior leaders and we are looking for a tremendous long course season from him this summer. Top 3 time drops this season: 100 IM (-30.49%), 50 Fly (-25.77%), 100 Free (-22.53%); 12-Under SC State Achievements: 11-12 Boys 50 Breast (4th)

Rachel Repka

Rachel continues to be a tough trainer and aggressive racer. Rachel is always striving to become better in her technique and racing every opportunity she gets. She is always a joy to work with and we look forward to a healthy and fast long course season. Top 3 time drops this season: 100 Fly (-13.08%), 50 Fly (-12.84%), 500 Free (-6.73%)



Sydney Stoll

Sydney continues to develop into one of our top Junior swimmers. She isn't afraid to lead the lane in any set, never backs down from any challenge and races aggressively every chance she gets. These traits, along with her great smile and positive attitude, will continue to make her one of Wisconsin's best swimmers. Sydney improved from 7th place high point at the 12-Un long course state meet to 3rd at the short course state meet. Top 3 time drops this season: 50 Fly (-30.87%), 50 Breast (-24.07%), 50 Back (-22.05%); 12-Under LC State Achievements: 200 Free (2nd), 400 free (5th), 100 Free (5th), 200 IM (6th), 50 Free (6th), 50 Fly (7th); 12-Under SC State Achievements: 500 Free (2nd), 200 IM (2nd), 200 Free (2nd), 100 Free (3rd), 50 Breast (3rd), 100 Breast (5th)

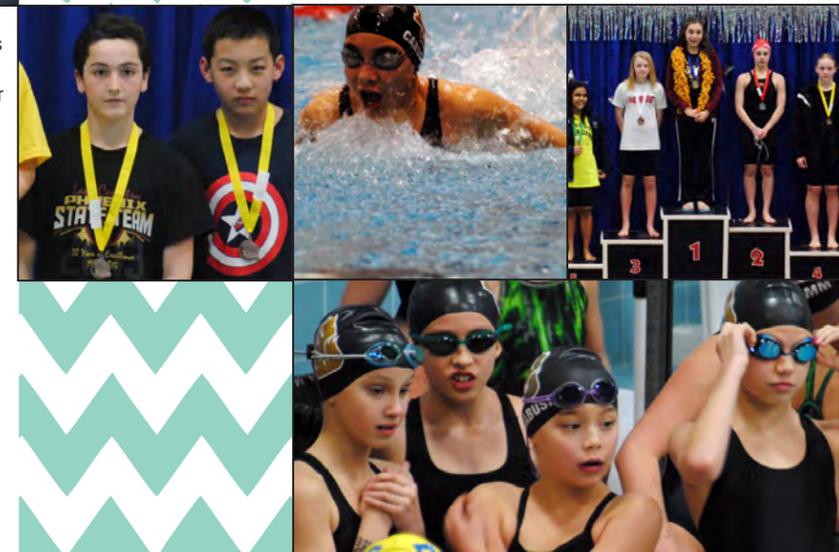
Jeffrey Wiedoff

Jeff was a very quiet individual who has come out of his shell. His leadership this season was tremendous as he opened up. His sense of humor is second to none and constantly makes practices fun. His hard work and outstanding racing improved him from 44th high point in the long course season to 19th at the short course state meet. Top 3 time drops this season: 100 Breast (-8.52%), 50 Breast (-7.91%), 100 Fly (-7.74%); 12-Under State Achievements: 1000 Free (3rd), 500 Free (7th), 200 Free (6th), 400 IM (5th)



Madeline Worgull

Madeline was a great part of our Junior team this past season. Her improvements and hard work inspired those around her. She is developing quickly into a tremendous swimmer and will be a great addition to the senior program and her high school team down the road! Top 3 time drops this season: 50 Fly (-24.53%), 200 Back (-20.63%), 100 Free (-15.02%)



Gold

Submitted by Coach Ruth Ann Ahnen—The Arrowhead age-group Gold group had a great 2012-2013 season. The group consisted of 25 swimmers, ages 7–12 years old. The goals of this group are to continue improvement in all aspects of swimming technique, race strategy, goal setting, time management, strength, teamwork and having fun. Qualifying for the state meet is one of the top goals for many in this group. This season we had 11 of our swimmers participate at the 12 and Under Wisconsin state meet in Madison this past February. Included in that number is the youngest qualifier in the state (7 year-old **Campbell Stoll**).

Amelia Carey (11)

Carefree and easygoing would be a good description of Amelia. She always had a story for me. Amelia did have state cuts, but aged up right before the state meet. Top time drops include: -5.66 in 100 free, -7.99 in 50 fly, -8.48 in 100 IM



Emily Chu (11)

Chu Chu is our fastest kicker. She is blazing fast with her flutter kick. Emily is a very hard worker. Her top time drops include: -4.01 100 free, -1.21 50 fly, -5.25 100 IM.

Eva Coughlin (10)

Eva always has a smile on her face. She was focused this season on making state cuts and she accomplished her goal. Eva qualified in 50 Back (-7.92), 50 Breast (-7.95), 100 Breast (-13.93). Other notable time drops: -16.29 100 free, -13.62 100 IM. I will miss Eva's sunny personality as she moves up to the Junior group.

Samantha DeVillars (9)

At just 9 years old, qualified for state in 6 events. She participated in the 50/100 back, 50/100 breast, 50 fly and 100 IM. Her highest place was 17th in the 50 breast. Samantha was a member of the 4th place 200 medley relay team. Samantha is a hard worker, competitive and an encouraging teammate. I will miss Samantha as she will be moving up to the junior group next season.

Jessie Doty (12)

Jessie is a reader swimmer. By that I mean, I never see Jessie without a book in her hand. She is a girl after my own heart! Jessie had great attendance and was a leader in her lane. Jessie loved the longer events and swam the 400 IM and 200 Breast this season. She had a -7.05 second time drop in the 200 Breast stroke. Jessie is joining the Senior Bronze group this upcoming season.

Andrew Fickel (10)

LCST had 2 individual 10 and under boy qualifiers for the state meet. Andrew was one of them. He swam in three individual events and 2 relays. 50 (-5.31)/100 Back (-11.78) and 100 Breaststroke (-9.98). Andrew is a kind, competitive teammate.

Katie Earnst (11)

Katie is a quiet, hardworking young lady. She is a great listener and had nice time drops in all of her events. Her biggest drops came in the following: -4.04 50 Free, -5.91 50 Fly and -7.32 100 IM.

Ella Frangopoulos (11)

Ella is hardworking and serious about her swimming. She had nice time drops in most of her events. -3.43 50 Breast, -11.94 100 Breast, -7.87 50 Fly, -4.79 100 IM

Ava Glapinski (11)

Ava had one of the highest attendance rates of all the Gold swimmers. It paid off for her with some huge time drops. -8.52 50 Free, -5.51 50 Back, -4.47 50 Breast. Ava has a great attitude and is a hard worker.

Mei Ling Hansen (12)

Mei Ling is a hardworking, quiet leader in the gold group. She also made most practices throughout the season. She had time drops in all her events including -3.07 50 Free, -8.12 100 Fly, -8.07 100 IM. Mei Ling will be joining Coach Bob in the junior group next season.

James Haase (10)

James was a swimmer on a mission. He went to every practice, worked hard in and out of the pool. It paid off with some of the largest time drops of any swimmer in the Gold group. He did qualify to swim on the 200 free and medley relays for the 10 and under boys at the state meet. Some of James notable time drops include: -17.86 100 Free, -25.08 100 Back, -14.55 50 Fly.

Jordan Kovacic (12)

Jordan had to split her swim time with club volleyball but was very successful in the pool. She had nice time drops including: -2.79 50 Free, -11.38 100 Fly, -3.14 100 IM.

Kelly Longhini (11)

Kelly is a hard worker and highly motivated. She had time drops in all of her events including the following: -7.84 100 Back, -3.23 50 Fly, -7.86 100 IM.

Megan Lucyshyn (9)

Megan had a breakout year. Her hard work every day in the pool paid off in big ways. Megan is a team leader in practice. Megan swam 100/200/500 free, 50 fly, 100/200 IM and was on the B 200 Free and 200 Medley relays. Significant time drops include: -5.24 100 Free, -4.46 50 Breast, -12.04 100 Breaststroke.



Joey Maniaci (12)

Joey is a busy guy. He was involved in football and hockey along with swim

team. Joey worked hard when I got to see him. He did not compete in many meets. Joey did drop over 2 seconds in his 100 IM

Ethan Murphy (11)

Smurph was a member of the 11-12 boys 400 Free relay at the state meet. Ethan had a great season and came very close to qualifying for state in an individual event. He had many huge time drops including -8.78 100 Free, -15.47 200 Free, -5.88 100 Back. I will miss Ethan as he will be taking his talent to the Junior group next season.

Joshua Parkinson (11)

Josh brings a good attitude to practice. He saw some nice time drops including -5.91 200 Breast, -14.27 200 IM

Hannah Reynolds (11)

Hannah brings enthusiasm and great work ethic to every practice. She had nice time drops in all of her events including -6.77 100 Free, -6.51 50 Back, -2.55 50 Fly

Maria Opie (10)

Maria was moved into the Gold group from Silver at the beginning of the season because of her work ethic and rapid improvement. She fit in right away. Maria is also a volleyball player. Maria had time drops in all of her events including -3.98 50 Back, -11.90 100 IM, -4.20 50 Fly

Sydney Stemper (9)

Sydney qualified for 5 events at the State meet this past season. She participated in the 100/200/500 Free, 100/200 IM. She was also a part of the A 200 Free relay and B Medley relay. Sydney attended almost every practice and her dedication paid off! Some notable time drops include: -8.69 100 Free, -9.02 200 Free, -8.01 200 IM. Sydney will be a great addition to the Junior group.

Campbell Stoll (7)

Campbell was the youngest qualifier at this year's 12 and under state meet. She qualified in the 50/100 Back and 100 IM. Campbell was also on the B 200 Free and Medley relays at state. Though Campbell is the youngest swimmer in the group, she is a leader and diligent worker. Some notable time drops include: -4.09 50 Free, -15.12 200 Free, -9.10 100 Back, -10.60 100 IM.

Evi Vayts (11)

Evi is a hard worker and brings a focus and great attitude to every practice. She had time drops in all of her events. Some of her time drops include -3.12 50 Free, -5.15 50 Breast, -5.86 100 IM

Olivia Worgull (10)

Olivia was a state qualifier in the 50/100 Breast and the 100 Back. She was also a member of the B 200 Free/Medley relays. Olivia always has a smile on her face and is a great teammate. Some of her time drops include -4.71 50 Free, -9.17 100 Back, -6.40 100 Breast. She will be in Juniors next season.



Emmaleigh Zietlow (9)

Emmaleigh had a breakout season culminating in a podium finish in the 500 Free (5th) at the state meet. Emmaleigh swam the 50/100/500 Free, 50 Fly and 100/200 IM at state. Emmaleigh was also on the A 200 Free/Medley relays who placed 4th. Emmaleigh works hard and is very competitive. Some notable time drops include -8.46 100 Free, -6.88 100 IM, -10.11. Emmaleigh will be taking her talent to the Junior group next season.



Olivia Zietlow (10)

Olivia had a great season and qualified for state in numerous events. She gained much confidence throughout the season.

Olivia competed in the 500 free, 50 and 100 breaststroke, 50 and 100 back and 100 IM. Olivia was a member of the B 200 free and 200 medley relays. Some notable time drops include: -4.81 50 free, -9.66 200 free, -8.30 100 breaststroke. Olivia will be moving up to the Junior group next season.



Silver

Submitted by Coach Ruth Ann Ahnen—The Silver group is made up of 25 swimmers ranging in age from 9–13. We meet 4–5 days a week and continue with the base learned in age group Bronze and Super 8's. We work on technique, racing skills, teamwork and goal setting. We had many outstanding swims and much improvement over the season. We had one individual state qualifier, **Rachel Ceren**, and one state relay qualifier, **Brian Jacob**.

Ryan Adapathya (11)

Ryan has a smile for everyone. He is kind and a hard worker. Ryan had some nice time drops in all of his events including -11.03 50 Free, -10.71 50 Fly, -17.0 200 Free.

Chloe Beckman (10)

Chloe had almost perfect attendance this season. She always has a smile on her face when she comes to practice. Chloe worked very hard and dropped time in all her events including -8.65 50 Free, -12.76 50 Back.

Nayla Brunnbauer (12)

Nayla had one of the highest attendance percentages. She is focused and a very hard worker. Her dedication produced time drops in all her events. Some of her most notable drops were -21.0 100 Free, -8.20 50 Back, -12.85 100 IM. Nayla will be moving up to the Gold group next season.

Hannah Cabush (9)

Hannah has a smile that lights up the pool deck. Hannah works hard and is respectful of her coach and teammates. Hannah's time drops include: -2.54 50 Fly

Rachel Ceren (10)

Rachel was another silver swimmer who made it to most practices. She was the lone Silver qualifier for the state meet when she qualified in the 50 Breast. She also swam the 100 Breast and 100 IM at state. She was on the C 200 Free and 200 Medley relays. She had time drops in all of her events including -7.92 50 Free, -9.51 50 Breast, -13.15 100 IM. Rachel will be moving on to the Gold group next season.

Jacob Duchac (12)

Jacob is a hard worker and strong competitor. Jacob is a good athlete and involved in more than swimming. He saw time drops in all of his events including -5.73 100 Free, -4.33 50 Fly, -6.87 50 Back

Riley Engelbert (12)

Riley is one of our group's leaders and is very competitive. Riley had time drops in all of his events including -5.76 50 Free, -21.10 200 IM and -3.62 50 Breaststroke. Riley will be moving on to the Gold group next season.

Matthew Frangopoulos (10)

Matt is full of energy and comments. He gets an invitation every practice to get in the pool. Matt saw improvements of -5.59 50 Back and -2.65 50 Fly. Matthew will be working hard in the Gold group next season.

Bella Galewski (10)

Bella makes me laugh on a regular basis. She comes up with some original sayings that make me chuckle. Bella marches to her own beat and I enjoy having her in my group.

Brian Jacob (10)

Brian was very focused this season and qualified to swim on the 200 free and 200 medley relay at state this season. Brian saw time drops in all of his events this season. Some of the more notable drops including -8.28 50 Back, -8.53 50 Fly, -9.70 100 IM. Brian will be moving to the Gold group next season.



Alexa Knuth (10)

Alexa is a very hardworking, focused swimmer. She is quick to smile and is a great teammate she had huge time drops this season. Some of her time drops include -7.39 50 Free, -24.50 100 Free, -13.42 100 IM

Jake Lewandowski (10)

Unfortunately Jake was sick for a large portion of the season. Jake is a hard worker and great teammate. I hope to see him back this upcoming season.

Alissa Mickol (10)

Alissa is quiet and hard working. She is kind-hearted and a great team mate. She applied herself and saw huge drops in all her events. Most notable was -11.39 50 Free, -28.91 100 Free, -18.06 100 Back, -14.91 100 IM. Alissa will be a welcome addition in the Gold group next season.



Sam Morgan (12)

Sam is an extremely hard worker and loves to swim. Sam is working toward completing a triathlon this summer. I admire his determination and courage.

Anthony Musbach (11)

Anthony is a hard worker who shares his swim time with basketball and baseball. He had some nice time drops in all of his events including -7.5 50 Free and -5.52 50 Back.

Amelia Oleson (9)

Amelia is following in the footsteps of her older sisters with her backstroke skills. She had nice time drops in all of her events including -6.76 50 Free, -3.92 50 Back and -7.02 50 Fly. She also likes to participate in gymnastics.

Megan Popp (12)

Megan was a practice leader this year. She works extremely hard. Megan had nice time drops in all of her events. She will be moving up to the Gold group next season. -6.46 100 Free

Anna Schmitz (11)

Determination and hard work is what I saw from Anna from the first day of practice. She competed in many meets this season and came very close to qualifying for the state meet. She dropped time in all of her events. Anna will be taking her talent to the Gold group next season. -9.32 50 Free, -20.37 100 Free, -11.63 100 IM.

Jack Tegeder (14)

Jack had some nice time drops this season, including -22.36 in the 100 Free. I will miss Jack next season as he will be moving up to the Senior Bronze.

Lindsay Tierney (10)

Lindsay had great attendance and worked very hard all season. Lindsay dropped time in all of her events. Lindsay has a great attitude and is a joy to coach. She dropped time of -3.88 50 Free, -4.91 100 IM, -2.24 50 Breast.

Kaitlyn Vanderkolk (10)

Kaitlyn is half of the Vanderkolk dynamic duo. Kaitlyn may be tiny but she is mighty. Kaitlyn is a hard worker and very determined. She had time drops in all of her events including -3.65 50 free, -10.44 100 free, -15.03 100 IM. Kaitlyn will be moving up to the Gold group next season.

Kevin Vanderkolk (10)

Kaitlyn's twin brother, Kevin is also a gymnast. Kevin works hard and had time drops in all of his events including -5.10 50 Free, -14.54 100 Free, -10.23 100 IM. Kevin will be joining his sister in the Gold group.

Taylor Vetuschi (10)

Taylor always has a smile on her face and great attitude. She worked hard and dropped time in all of her events including -5.40 50 Free, -3.14 50 Breast, -4.11 50 Free.

Rebecca Wells (9)

Rebecca is one of our younger members but a leader in the group. She is very competitive and had nice time drops in all of her events including -6.45 50 Free, -2.50 50 Back, -12.32 100 IM.

Haley Wolff (10)

Haley had one of the highest practice attendance percentages. She is hard worker and is very competitive. She dropped time in all her events including -4.47 50 Free and -19.47 100 Free.



Bronze

Submitted by Coach Ted Krueger

Nicholas Barta

Despite what Nick says, I know he is looking to be the best he can be in swimming. Every meet, he looks to try and better his times. He did well enough this season for me to move him up into the Silver group. Nick's biggest time drops came in the 50 Free (4.81) and 50 Breast (2.88). He is also a qualifier in the 20 Below Club for 25 Freestyle.

Sean Brazgel

Sean has some peer pressure being applied to him to succeed quickly in swimming as two of his friends are in the group ahead of him. Sean has done a great job this season and will be moving into the Silver group. Since Sean recently joined the team, he has no time improvements over the past season, but the fact that he is moving into Silver says a lot.

Lauren Boray

Lauren dropped 11.41 seconds in her 50 Breast this season, which was her biggest time drop among many. She is doing a great job at leading in practice and making her way into the Silver group.

Clare Bulen

Clare dropped 10.27 seconds this season in her 50 Free. She is a pleasure to have in the bronze group. I am hoping to see her in more meets this coming season in order to quickly get her into the next level.

Kylie Cuculi

Kylie started off in the Super 8 group earlier in the season and moved into Bronze half way through. She took to the group right away and really improved her Butterfly. She dropped 16.75 seconds in her 50 Fly as her best time drop this season. She is also a 20 Below member in the 25 Freestyle.

Brendan Englebert

Brendan did a great job improving his skills this season. He was not afraid to swim some new events this season including the 100 Breast and 100 Back. His biggest time drops came from the 50 Free where he dropped 3.67 seconds.

Amalia Gmur

Molly is always a pleasure to have in group. She moved mid season from my Super 8 group into Bronze and remained one of my listeners. Molly likes to swim with the upper half of her body and I look forward to what she can do once we get her kick as a helper to her races. She dropped the most time in her favorite stroke of Breaststroke this season. 4.94 seconds in the 50 Breast was her biggest time drop in her new age group.

Drew Godsell

Drew's main objective of the season was to get moved into the Silver group as he is looking for bigger challenges and he was successful in getting the job done. Drew dropped 16.72 seconds in the 100 IM and 11.48 seconds in the 100 Free.

Connor Gordon

Connor is always interested in asking me how he can improve and isn't afraid of a challenging swim. He dropped 7.18 seconds in his 50 Fly and 6.18 in the 50 Back to round out his top time drops of the season.

Abigayle Groth

Abigayle was another Bronze swimmer who was not content with being in this group and made sure she did enough to earn her move up into Silver. She dropped 14.10 seconds in her 50 Free and was a huge value in practice.

Alaina Harper

Alaina was another of the mid season move ups from Super 8's. She was less than 1 second away from qualifying in Free for the 20 Below Club. She did a great job in bronze as well as she was a set leader in some very challenging kick sets. Her biggest time drop in her new age group was 5.75 seconds in the 50 Free.

Ethan Hortelano

Ethan was a fun guy to have in group. He was a new member to the Bronze group getting moved up from level 6 earlier in the season. He showed a lot of improvement in the short time he was in Bronze and is well on his way to showing us some big improvements in the coming season.

Charles Kellogg

Charlie moved up from Super 8 with Nick earlier in the season and did a good job in adjusting to the new environment. He works harder and harder every practice at getting better and it showed in time drops over the season. His best one came in the 50 Free (6.71 seconds).

Anna Long

Anna was a great performer in practice and her move into the Silver group for next season. She was fun to have in group and was always keeping her eye on getting her group promotion. She dropped 6.79 seconds in her 50 Free this season as her best time drop.

Lyndee Meissner

Lyndee is another talented up and coming swimmer. She continued to perform at the top of the group at every practice. That is one of the reasons she will be swimming in the Silver group next season. Her biggest time drop came in the 50 Free (7.70 seconds).

Seth Murphy

Seth was another move up from the level 6 group that did wonderfully in age group Bronze. Like his older brother he has a talent for swimming and we just need to get him to a few meets to show it.



Novice Coaches

Lindsay Adamski

Maddie Barta

Rachel Borchardt

Jace Dembski

Alexandria Doty

Riley Drewes

Kaeley Dunteman

Caitlin Englebert

Nolan Fahey

Claire Fernandez

Corbin Grimes

Leesha Hall

Annie Harmon

Dominique Hastings

Kelly Jacob

Rachel Kappeler

Liz Johnson

Logan Kozlik

Lizzie Krupski

Sam Kultgen

Rocky Laabs

Taylor Maniaci

Grace Meinberg

Devon Mertins

Marisa Mertins

Kayla Nieskes

Bella Rodamer

Allen Roller

Hannah Roraff

Amanda Schaefer

Miriam Stevanovic

Taylor Teske

Sara Wisniewski



Super 8's

Submitted by Coach Ted Krueger

Helena Cady

Helena had a very good season being new to the Super 8 group. She is less than 1 second away from qualifying for the 20 Below Club in her 25 Free. She has a real talent for competition as she gives it her all every race. Can't wait to see how fast we can get her going in those sprint events.

Lucy Duchac

Lucy came on very strong at the end of the season as she became more and more skilled in her technique. Very fun to have in class she is a leader by example and will move to the Bronze group next season.

Piper Dupies

Just like her sisters before her, we have another talented Dupies on the team. Piper is still working on the last bit of technique she needs in some strokes and has done an excellent job at racing for gold at every competition. She is less than 1 second from qualifying for the 20 Below Club in her Freestyle.

Sophia Gordon

Sophia was a mid-season move up and adapted to the group very quickly. She also made sure to show she was not afraid of competition by signing up for almost every meet. That aided her on her way to being less than 1 second from making it into the 20 Below Club in her Freestyle. Thanks for the Thin Mints!!!

Emma Harshbarger

A pleasure to have in my group, Emma was another mid-season move up. She is a great listener and her quick improvement is a direct result of that. She will have great success in this sport as she moves up through the groups.

Abigail Krahe

Abigail is a self-proclaimed coaches favorite and has worked hard every day in practice to keep her improvement going forward. She came on very strong at the end of the season and participated in meets and was rewarded with many medals, ribbons, and trophies. She is part of the double trouble in Super 8's as she is a twin sister to Elizabeth.

Elizabeth Krahe

Another part of double trouble, and twin sister to Abigail, Elizabeth strives to be a leader in group and makes sure her technique is worthy of demonstration. She did a great job this season at earning herself some very nice medals, ribbons and trophies.

Cassandra Kuenn

Cassy is great in most strokes and is looking to improve her breaststroke every time we work on it. She has had some great times in her debut season with Super 8's. She qualified for the 20 Below Club in Freestyle and did well enough in her longer events to earn a move up to the Silver group next season.

Avery Nelson

Avery is a great leader in class. She is never afraid to avoid the group pressure of distraction in order to listen to coach. Her hard work paid off for her in the form of many best times this season.

Caroline Nunnally

Caroline is a real up and comer for the team. She is finishing up a bit of technique work but is well ahead of where she needs to be in endurance. She will be moved into the Silver group next season. She had one of the fastest times in the 25 Free in the group dropping her time down to 17.29 and making it into the 20 Below Club.

Danielle Stemper

Dani was a great addition to the Super 8 group mid way through the season. Not only did she qualify for the 20 Below Club in Freestyle at age 6, she was also a three-time winner at the 8 & Under All-Star Meet. Those finishes gave her enough points to take home the high point trophy as well from that meet.

Hailey Tierney

I had the pleasure to welcome Hailey (and sister Lindsay) back from south of the Wisconsin border this season. In coming back to the team she did a wonderful job at becoming a lane leader in practice. She also qualified for the 20 Below Club in Freestyle.

Connor Vanderkolk

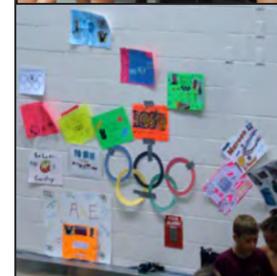
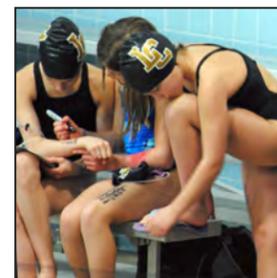
Connor followed in his brother and sister's (twins in Silver) footsteps by having a very productive season in Super 8's even though he came to the group midway through the season. Connor was a pleasure to have in group and has really improved his times, due mostly to the improved technique he has worked so hard on.

Mathew Chu

Mathew may be one of the smallest swimmers in the group but he doesn't let that deter him. He has learned to have one of the best streamlines in the group on his stomach or his back. He dropped quite a few seconds off his times this season and I hope to see him in more meets next season.

Briella Wrench

Briella was at times the hardest swimmer to get into the water at the beginning of practice, but she made every day count once getting in. That showed in meets as she qualified for the 20 Below Club in her Freestyle. Hey B, Ready...steady...



"20-Below Club"

The 20-Below Club recognizes our 8-under swimmers who can complete 25 yards in under 20 seconds. The swimmers below have achieved membership in the Lake Country Phoenix 20-Below Club.

FREESTYLE

Samantha DeVillers	15.74
Megan Lucyshyn	15.97
Sydney Stemper	16.21
Ellie Unferth	17.17
Campbell Stoll	17.21
Caroline Nunnally	17.29
Briella Wrench	18.44
Cassandra Kuenn	18.60
Ryan Parkinson	18.68
Hannah Cabush	18.75
Kylie Cuculi	18.77
Hailey Tierney	19.04
Danielle Stemper	19.17
Nick Barta	19.44
Vivian Hastings	19.47
Audriana Kaiser	19.74
Kylie Lanza	19.78

BACKSTROKE

Samantha DeVillers	18.42
Sydney Stemper	19.99

BUTTERFLY

Megan Lucyshyn	17.09
Samantha DeVillers	17.32
Sydney Stemper	18.27
Campbell Stoll	18.34



Hartford Seniors

Submitted by Coach Whitney Witt

Susan Brown

Susan is a great contributor to her high school team. She has a very positive attitude and is a great "cheer-leader" during tough sets.

Tyler Henn

Tyler has significantly increased his commitment to swimming and has become a much better swimmer because of this. He has high goals for himself and is willing to put in the hours to achieve them. He is looking to qualify for State this season.

Meredith Huber

Meredith re-joined Lake after a fun and successful freshman year of high school swimming. She is very talented and will be a great swimmer with dedication to the sport. She is a very consistent hard worker.

Kayla Nieskes

Kayla is a leader of this group with good practice and meet attendance. She is a hard worker who doesn't complain.

Bella Rodamer

Bella continues to make contributions to her high school team. She works hard during practice.

Hannah Roraff

Hannah qualified for her first State meet in the 100 Breaststroke. She also swam some great relay swims for the team. In addition, she qualified and participated in the Speedo Sectional meet at Waukesha.

Savannah Schill

Savannah was a member of the team as an age grouper, and has joined Lake again to prepare for what she would like to be a very successful senior year of high school swimming. Although sometimes verbally resistant to hard work, she does train hard. She is participating in meets to gain additional experience as well.

Travis Schultz

Travis is very new to the sport, but he stepped up to the full commitment right away. While the increase workload was a challenge at first, when he saw how much improvement he made he knew it was all worth it. Travis swam both the 500 Free and 1000 Free at his first meet last summer. He conquered his first 1650 Free this past February.

Mac Gyver Zepezauer

Mac is attending a local college and continues to train with and swim with Lake. He is a very hard worker, paying great attention to detail. It is nice to have him back in the pool.

Hartford JV Seniors

Members of this training group are mainly focused on getting into shape for their high school season. In addition, they are looking for additional training and technical advice. During the past year, several Hartford High School swimmers participated: *Jon Broesch, Audrey Carroll, Jack Carroll, Amy Crandall, Becca Hochuli, Jozee Killoren, Joe Kraft, Grace Meinberg, Peyton Morey, Tony Renzaglia, Nicole Schweitzer and Thar Yeoman.* All members made great contributions to their high school team.

Hartford Middle School Seniors

Carlie DeBack

Carlie splits herself between two very time demanding sports and she is very successful at both. She earned her first 13/14 State cut in the 50 Free this past fall and swim in 3 events and 2 relays at the State Championships. She has a lot of talent and is a great teammate!

Cora Meinberg

Cora added several state cuts this past season and also earned her first trip to the Speedo Sectional meet in Waukesha. She helped many relays score Top 3 at the short course State meet. With continued dedication to the sport and an increase in attention to detail during practice, Cora should be very successful during the next year.

Mallorie Smits

Mallorie continues to make nice improvements all around. She is not afraid to try new events and is always asking about swimming the 100 Fly! She has also enjoyed swimming the 500 Free. She has good attendance and trains well with her friends.

Isabella Staton

Isabella made a big commitment to the sport of swimming this past fall. She attends practice regularly and swam in many meets. She dropped time in nearly every event she swam this year! I know she is looking forward to continuing to improve and helping her high school team this upcoming fall.

Hartford Juniors, Gold, Bronze & Super 8's

Submitted by Coach Whitney Witt

Cody Clauer

Cody is one of the hardest workers both in and out of the pool – always giving 100%. He added several new State cuts this past season and contributed many points during both the short and long course State meets. His top podium finishes were 8th place in both the 400 and 800 Freestyle and 6th place in the 1000 Freestyle at State. Cody also finished the 2012 Mini-Distance Tour.

Jasmine Maller

Jasmine earned her first trip to State last summer and now has almost all of the 10-under cuts. She has her eyes set on Zone cuts this year! She had a great short course state meet, just missing the podium in several events. I expect to see her making her way there this summer. She has been a fun addition to the group. Jasmine also finished the 2012 Mini-Distance Tour.

Olivia Meinberg

Olivia was a member of the 10-under girls 200 meter medley relay that placed 2nd at State. She also earned her first Zone cut and participated in that meet last August. She turned 11 late last year and worked hard to get her new state cuts. Thankfully she listened to her coach about which events to try :). Olivia also finished the 2012 Mini-Distance Tour.

Hartford Age Group Gold

Kalena Clauer

Kalena started the season in Silver and proved that hard work and excellent attendance pays off. She moved up to Gold right before the 2012 Mini-Distance Tour and she stepped up to that challenge with a successful outcome. Kalena is making steady improvement in all her events and technique.

Cory Maxwell

Cory started swimming in January 2012 and has worked his way thru AG Bronze, Silver, Gold and is now swimming in the Middle School Seniors group. Cory has great attendance, training and attitude. He participates in many meets, which is gaining him great experience as he continues to drop time in just about everything. Cory also finished the 2012 Mini-Distance Tour one week after joining AG Gold.

Ellie Unferth

Ellie joined the team last spring after moving here from California. She is a member of the 20-Below Club in the 25 Freestyle. She earned a trip to her first WI State meet and had a very successful 500 Free. With a continued commitment to team and an increase in attention to detail during practice, Ellie will continue to improve. She also finished the 2012 Mini-Distance Tour twice! Hartford Age Group Silver

Rylie Christnovich

Rylie is a hard little worker. Even though she gives me sad puppy eyes when I give the group a "hard set", she pushes herself to do it, gets all red in the face and then feels good about herself for doing it! She is very coachable, applying all stroke advice given to her, which will be very helpful long-term.

Erik Doll

Erik joined mid-season and is looking to contribute to his high school team in the future. He participated in a couple meets this past winter, which have been helpful in introducing him to the competitive side of this sport. He will find he improves more as he commits more to the sport.

Alex Fielden

Alex is a very thoughtful trainer. He is a good racer when he swims on "Fun Friday" relays.

Maddy Jacobi

Maddy really stepped up her training this past season. She always wants to make sure she is doing everything "right." There are not too many practices that she does not leave without a red face! Thanks to Maddy, we always had Rainbow to help us through tough practices.

Hartford Age Group Bronze & Super 8's

While the focus is still on technique and skill improvement, members of these two groups are also learning the importance of commitment, never giving up, trying new things and having fun through it all. Swimmers are encouraged to participate in as many meets as possible to gain both experience and knowledge. Proper preparation requires attention during practice to ensure all swimming rules are being followed. Those swimmers, who have great attention to detail, good attendance at both practice and meets and a healthy attitude, will find the most success and happiness. Members of Age Group Bronze and Super 8's during the past year were: *Ben Ayulo, Abbi Block, Ryan Buretta, Logan DeBack, Josie DeRosa, Joe Huber, Sophia Ilding, Johnny Hall, Dayanna Klessig, Megan Klink, Johnna Luby, Lindsey Luby, Alissa Luby, Izzy McCauley, Ella Merklein, Kamryn Meyer, Luke Mixon, Nicholas Neuman, Maddison Stachura, Cady Uttech, Mady Uttech, Lydia Wagner and Irene Wilson.* Congratulations to Abbi, Ryan, Logan, Josie, Johnna, Lindsey, Cady and Irene who have moved up to Silver. To all swimmers – keep up the hard work, keep smiling and having fun, too!



Major Meet Qualifiers

The swimmers below represented Lake Country Phoenix Swim Team in upper level meets against swimmers from around the mid-west, the nation and in some cases the world. We are proud to have so many swimmers continue on to these meets for the best of the best.

2012 Zone C Team

This meet is for swimmers with AAA times only. The meet was in Pleasant Prairie, Wisconsin and the swimmers below represented Team Wisconsin in a meet with all-star teams from around the Central Zone.



- | | |
|--------------------------|------------------------|
| Adam Braunschweig | Hannah Kilburn |
| Abby Cabush | Olivia Meinberg |
| Francesca Gastrow | Holly Stoll |
| Jasmine Hellmer | Sydney Stoll |

2012 Open Water Zone C Team

This meet is for swimmers with an AA time in the longest distance event for their age group. The swimmers represent Team Wisconsin in an open water distance meet with distance from .5 miles to 1.5 miles. The meet was in Pleasant Prairie, WI.

- | | |
|----------------------|-----------------------|
| Abby Cabush | Holly Stoll |
| Maggie Held | Sydney Stoll |
| Kelly Jacob | Taylor Stoll |
| Sarah Laabs | Nicholas Woida |
| Matt Nienhaus | Tyler Wrasman |
| Logan Roberts | |

2012 Summer Speedo Sectional Team —Iowa City

This USA Swimming Sponsored meet is for the top senior swimmers in Wisconsin, Illinois, Minnesota, Iowa and North and South Dakota. Swimmers must meet qualifying standards to compete in this meet, which was held at the University of Iowa last summer.

- | | |
|-------------------------|--------------------|
| Rachel Borchardt | Sarah Laabs |
| Stephanie Hein | Mary Warren |

2012 Olympic Team Trials

This meet is for USA's top swimmers to qualify for the 2012 USA Olympic Team. This meet, held in Omaha last summer, has the toughest qualifying standards of any meet run by USA Swimming. We were proud to have two swimmers participating in USA Swimming's grandest event.

- | | |
|----------------------|---------------------|
| Haley Pietila | Tyler Rimmel |
|----------------------|---------------------|



2012 USA Winter Junior National Team

This meet, for nation's top 18 and under swimmers, was held in Knoxville, TN Dec. 6-8. We had two swimmers with individual cuts, Lindsay and Mary, and 5 others to swim on our three relays. The team took 39th of about 200 teams in the women's competition.

- Lindsay Adamski**
Maddie Barta
Rachel Borchardt
Megan Doty
Kelly Jacob
Sarah Laabs
Mary Warren



Distance Tour

These swimmers met the 1,000,000 inch challenge, swimming 27,775 yards in one day in our annual Distance Tour challenge.

- Madeline Arzbecker**
Riley Drewes
Maggie Held
Kelly Jacob
Sam Kultgen
Sarah Laabs
Zach Meyer
Cassidy Patcot
Nicholas Woida



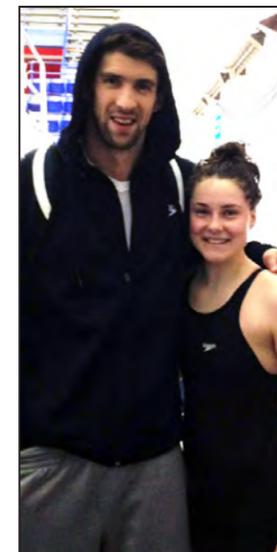
2013 Spring Speedo Sectional Team —Waukesha

The Section 1 Speedo Sectional Championship is for the top senior swimmers in Wisconsin, Illinois, Minnesota, Iowa and North and South Dakota. Swimmers must meet qualifying standards to compete. Speedo's was held at the Waukesha South High School this spring.

- | | |
|------------------------|---------------------------|
| Jake Barry | Chloe Hensen |
| Abby Cabush | Logan Kozlik |
| Elsa Carey | Alyssa Lewandowski |
| Alexandria Doty | Cora Meinberg |
| Megan Doty | Logan Roberts |
| Ryan Dunton | Allen Roller |
| Nolan Fahey | Hannah Roraff |
| Molly Hein | Amanda Wiedoff |
| Maggie Held | David Wright |

2013 Spring Speedo Sectional Team —Cleveland

Our short course season ending championship meet is the Section 3 Speedo Sectional Championship. This meet is conducted in long course meters and gives our swimmers a chance to end their season in the Olympic course. Time standards for this meet are faster than the Section 1 meet.



- Lindsay Adamski**
Maddie Barta
Rachel Borchardt
Jasmine Hellmer
Kelly Jacob
Sam Kultgen
Sarah Laabs
Holly Stoll
Taylor Stoll
Mary Warren



State & Team Records



State Records

Lake Country Swim Team has had scores of state record holders. Below are new Wisconsin State records set by Lake Country swimmers in the last year.

Holly Stoll

11-12 400 Yard IM, 4:37.05

Relays

13-14 Boys 200 Meter Free Relay 1:43.41

Duke Bednarke, Logan Roberts, Mitchell Grinwald, Nicholas Woida

13-14 Boys 400 Meter Free Relay, 3:47.96

Duke Bednarke, Logan Roberts, Mitchell Grinwald, Nicholas Woida

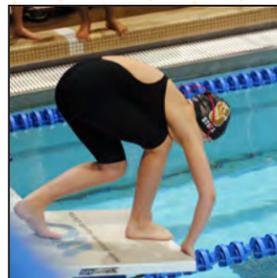
Team Records

Lake Country Phoenix has a long history of very fast swimming at all ages and in both genders. Establishing a Phoenix team record is a major accomplishment; here are the team records set (and current) in the last 12 months.



Holly Stoll

- 11-12 500 Yard Free, 5:14.95
- 11-12 1000 Yard Free, 10:56.33
- 11-12 1650 Yard Free, 18:26.75
- 11-12 50 Yard Fly, 26.31
- 11-12 100 Yard Fly, 58.90
- 11-12 100 Yard IM, 1:01.04
- 11-12 200 Yard IM, 2:12.48
- 11-12 400 Yard IM, 4:37.05
- 11-12 200 Meter Free, 2:14.33
- 11-12 400 Meter Free, 4:41.77
- 11-12 800 Meter Free, 9:45.80
- 11-12 1500 Meter Free, 18:56.28
- 11-12 50 Meter Fly, 29.89
- 11-12 200 Meter IM, 2:29.77
- 11-12 400 Meter IM, 5:22.05
- 13-14 400 Yard IM, 4:29.21



Jasmine Hellmer

11-12 200 Meter Breast, 2:47.18
11-12 100 Meter Fly, 1:06.29

Lindsay Adamski

15-16 100 Yard Breaststroke, 1:01.98
Senior 100 Yard Breaststroke, 1:01.98
15-16 200 Yard Breaststroke, 2:17.92
Senior 200 Yard Breaststroke, 2:17.92
15-16 200 Meter Breaststroke, 2:42.02

Rocky Laabs

15-16 1650 Yard Freestyle, 17:14.12
Senior 1650 Yard Freestyle, 17:14.12
13-14 400 Meter Freestyle, 4:30.55

Leah Reisker

10-Under 100 Meter Back, 1:14.16
10-Under 200 Meter Back, 2:46.10

Abby Cabush

11-12 200 Yard Fly, 2:12.79

Kelly Jacob

13-14 100 Yard Free, 51.22

Nicholas Woida

13-14 200 Meter Fly, 2:14.90

Duke Bednarke

13-14 100 Meter Fly, 1:00.27

Evan Barta

17-18 100 Meter Backstroke, 59.32

RELAYS

13-14 Boys 200 Meter Free Relay 1:43.41

Duke Bednarke, Logan Roberts, Mitchell Grinwald, Nicholas Woida

13-14 Boys 400 Meter Free Relay, 3:47.96

Duke Bednarke, Logan Roberts, Mitchell Grinwald, Nicholas Woida

13-14 Boys 800 Meter Free Relay, 8:38.23

Tyler Wrasman, Nicholas Woida, Duke Bednarke, Logan Roberts

13-14 Boys 200 Meter Medley Relay, 1:58.38

Tyler Wrasman, Nicholas Woida, Duke Bednarke, Logan Roberts

13-14 Boys 400 Meter Medley Relay, 4:20.97

Tyler Wrasman, Nicholas Woida, Duke Bednarke, Logan Roberts

Senior Boys 200 Meter Medley Relay, 1:48.62

Evan Barta, Tyler Rimmel, John Kangas, Jake Prodoehl

10-Under Girls 200 Meter Free Relay 2:07.72

Leah Reisker, Sydney Stoll, Stephanie Holtz, Alyssa Graves

11-12 Girls 200 Meter Free Relay 1:57.35

Jasmine Hellmer, Holly Stoll, Abby Cabush, Hannah Kilburn

11-12 Girls 400 Meter Free Relay 4:14.98

Jasmine Hellmer, Hannah Kilburn, Abby Cabush, Holly Stoll

11-12 Girls 200 Meter Medley Relay 2:10.94

Hannah Kilburn, Jasmine Hellmer, Holly Stoll, Abby Cabush

11-12 Girls 400 Meter Medley Relay 4:47.38

Hannah Kilburn, Jasmine Hellmer, Holly Stoll, Abby Cabush

13-14 Girls 800 Yard Free Relay, 7:49.20

Taylor Stoll, Holly Stoll, Maggie Held, Megan Doty

Senior Girls 400 Yard Medley Relay, 3:47.35

Maddie Barta, Lindsay Adamski, Kelly Jacob, Mary Warren



Mini-Distance Tour

These swimmers met the three hour 10,000 yard practice challenge in our annual Mini-Distance Tour for our age group swimmers. This year's theme was *Train Like There's No To-Maya*. Congratulations to the following participants who receive a t-shirt to commemorate their accomplishments:

- Abigail Cabush
- Amelia Carey
- Sophia Carey
- Emily Chu
- Cody Clauer
- Kalena Clauer
- Brooke Ewer
- Abby Fickel
- Francesca Gastrow
- Ava Glapinski
- Alyssa Graves
- Mei Ling Hansen
- Hannah Kilburn
- Jordan Kovacik
- Caroline Lucyshyn
- Megan Lucyshyn
- Jasmine Maller
- Cory Maxwell
- Olivia Meinberg
- Ethan Murphy
- Ben Palatnik
- Josh Parkinson
- Hannah Reynolds
- Sydney Stemper
- Ellie Unferth
- Evi Vayts
- Jeff Weidoff
- Madeline Worgull
- Tyler Wrasman
- Emmaleigh Zeitlow
- Olivia Zeitlow

Spring Training Trip 2012



Training Trip - Fort Lauderdale Attendees

- | | |
|--------------------|------------------|
| Lindsay Adamski | John Kangas |
| James Barry | Rachel Kappeler |
| Evan Barta | Grace Kilburn |
| Madeline Barta | Logan Kozlik |
| Duke Bednarke | Samantha Kultgen |
| Kate Bednarke | Sarah Laabs |
| Rachel Borchardt | Taylor Maniaci |
| Elisabeth Carey | Laura McCann |
| Alexandria Doty | Devon Mertins |
| Megan Doty | Marisa Mertins |
| Riley Drewes | Haley Pietila |
| Nolan Fahey | Phelan Purnell |
| Claire Fernandez | John Quinn |
| Gregory Geanon | Logan Roberts |
| Corbin Grimes | Allen Roller |
| Mitchell Grinwald | Amanda Schaefer |
| Ann Harmon | Zach Schmidt |
| Dominique Hastings | Taylor Stoll |
| Amanda Hedrich | Taylor Teske |
| Molly Hein | Mary Warren |
| Stephanie Hein | Amanda Wiedoff |
| Miranda Helbig | Sara Wisniewski |
| Kelly Jacob | MacGyver Zepezau |
| Elizabeth Johnson | |



Officials Recognition

Thank you to our dedicated Lake Country Swim Team Officials. You each put in countless hours at the pool helping our young people be the best swimmers they can be.

Special congratulations to our 2012 Wisconsin Swimming Official of the Year award recipient Starter/Referee **Kim Stoll**.



- Gregg Barta** Starter/Referee
- Henry Fan** Stroke and Turn Judge
- George Geanon** Starter/Referee
- Cindy Hein** Starter/Referee
- Richard Hein** Starter/Referee
- Jill Hellmer** Stroke and Turn Judge
- Ken Krahe** Stroke and Turn Judge
- Andy Lucyshyn** Starter/Referee
- Traci Roberts** Starter/Referee
- Mike Roller** Starter/Referee
- Jonathan Siade-Cox** Stroke and Turn Judge
- Kim Stoll** Starter/Referee
(Member of Wisconsin Swimming Officials Committee)
- Colleen Vanderkolk** Stroke and Turn Judge
- Jason Wiedoff** Stroke and Turn Judge

If you are interested in becoming a Lake Country Swim Team Official please contact Rich Hein or Kim Stoll for more information!

Awards & Recognition

Wisconsin Swimming Awards

Two Lake Country members were recognized for their outstanding accomplishment by being selected by Wisconsin coaches as the best. The state of Wisconsin awards Age Group and Senior achievement awards twice each year for a coach and a male and female swimmer.

- 2012 Long Course Age Group Coach of the Year – **Bob Jenkyns**
- 2012 Long Course Age Group Swimmer of the Year – **Holly Stoll**

2013 Zone C Select Camp

Swimmers invited to this camp are among the top 28 swimmers in the Zone. This Spring the swimmers below will attend a 3-day camp in Oxford, Ohio (Miami University), training with the top swimmers from all of the Central Zone.

- Jasmine Hellmer** **Holly Stoll**

Top 10 National Rankings

The national rankings below are released in the fall of 2012. The swimmers below were ranked in the top 10 in the nation for their ages.

INDIVIDUALS

Holly Stoll

- 6th, 11 year old 50 Yard Butterfly, 27.05
- 8th, 11 year old 100 Yard IM, 1:03.48
- 10th, 11 year old 100 Yard Butterfly, 1:00.45

Jasmine Hellmer

- 8th, 12 year old 100 Meter Breaststroke, 1:17.05
- 10th, 12 year old 50 Meter Breaststroke, 35.31

Nicholas Woida

- 6th, 13 year old 200 Meter Butterfly, 2:14.90

RELAYS

6th, 11-12 Girls 400 Meter Free Relay 4:14.98

Jasmine Hellmer, Hannah Kilburn, Abby Cabush, Holly Stoll

5th, 11-12 200 Yard Freestyle Relay, 1:42.24

Alyssa Lewandowski, Jordanne Panton, Holly Stoll, Jasmine Hellmer

10th, 15-18 200 Meter Medley Relay, 2:00.88

Kate Jones, Lindsay Adamski, Miranda Helbig, Haley Pietila

7th, 13-14 Boys 200 Meter Free Relay 1:43.41

Duke Bednarke, Logan Roberts, Mitchell Grinwald, Nicholas Woida

8th, 13-14 Boys 400 Meter Free Relay, 3:47.96

Duke Bednarke, Logan Roberts, Mitchell Grinwald, Nicholas Woida

USA Swimming Scholastic All-American

Swimmers must meet time standards and have at least a 3.5 GPA to receive this award from USA Swimming.

- Evan Barta**
- Kate Jones**
- Miranda Helbig**
- Taylor Teske**



Lake County Phoenix Swim Team





Thanks to Mortenson Construction for printing and
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