

# 2019 Wisconsin Swimming HOD Voting Guide

## Meet Voting

### ❖ 2019 Single Age State **(1)**

1.	Augustine Prep	SSTY
2.	Waukesha South	WEST

### ❖ 2020 Regionals

- BAC (R1), MAC /STAR (R2), WEST (R3), OZ (R5) ---All solo bids (no votes needed)

#### ➤ Region 6 (North) **(2)**

1.	Fond Du Lac Aquatic Center	FSC/WBSC
2.	Ashwaunonon Aquatic Center	ASC

\*For teams in the north region only\*

#### ➤ Region 4 (Southeast) **(3)**

1.	Augustine Prep	SEA
2.	Augustine Pre	SWAT

\*For teams in the southeast region only\*

### ❖ 2020 Short Course State Meet Bids

- 12&U SC State at Walter Schroeder Aquatic Center (LAKE)—Solo bid
- 13&O SC State at Pleasant Prairie RecPlex (PX3)—Solo bid

### ❖ 2020 Silver State

- Host 1: Pleasant Prairie RecPlex (SWAT); Host 2: Waukesha South (WEST)—All solo bids (no vote needed) **(4)**
- Host #3:

1.	Walter Schroeder Aquatic Center	EBSC
2.	Walter Schroeder Aquatic Center	MFSC

### ❖ 2020 Long Course State Meet Bids

#### ➤ 12&U LC State **(5)**

1.	Pleasant Prairie RecPlex	WEST
2.	UW-Madison NICK	MAC

- 13&O LC State at Pleasant Prairie RecPlex (PX3)—Solo bid

## Award Voting

### #6 2018 Long Course Age Group Female Swimmer of the Year

		Club	WI HP	State Rec	Cen. Zone	National
1	<b>Tori Brostowitz</b>	SSTY				NAG (13) 50 Breast (2nd)
2	<b>Bridget Corro</b>	WEST	10&U OW		3rd 400 Free, Open Water Zone Champion	
3	<b>Haley Johnson</b>	WEST	10&U	50FL	10&U 2nd High Point; 2nd 50/100 Free, 1st 200 Free, 1st 50/100 Breast & 2nd 50 Fly	NAG (10) 50 Free (6th), 50 Breast (2nd), 50 Fly (4th), 100 Fly (10th)
4	<b>Lucy Thomas</b>	EBSC		11-12 50 Breast	3rd 50 Free, 1st 50 Breast, 2nd 100/200 Breast	NAG (12) 50 Breast (1st), 100 Breast (7th)
5	<b>Reilly Tiltmann</b>	EBSC		13-14 100 Fly		NAG (14) 100 Free 9 <sup>th</sup> , 100 Fly 8th
6	<b>Maggie Wanazek</b>	EBSC	11-12	50/100 Free, 50/100/200 Back & 200 IM	11-12 2nd High Point; 1st 50/100 Free, 2nd 200 Free, 1st 200 Back, 2nd 50 Fly & 1st 200 IM	NAG (12) 50 Free, (1st), 50 Back (1st), 100 Back (1st), 200 Back (1st)

WI HP= Wisconsin High Point Champion; NAG = National Age Group Top 10 Time

### #7 2018 Long Course Age Group Male Swimmer of the Year

		Club	WI HP	State Rec	Cen. Zone	National
1	<b>Charles Gwidt</b>	OZ	11-12			
2	<b>Will Hayon</b>	MWWM	13-14	100BK, 100FL		NAG (14) 50FR 10 <sup>th</sup> , 100FR 6 <sup>th</sup> , 50FL 1 <sup>st</sup> , 100FL 1st
3	<b>Caden Van Buren</b>	BAC			Zones: 1 <sup>st</sup> 50FR, 2 <sup>nd</sup> 100BR, 1 <sup>st</sup> 50FL	NAG (10) 50FR 10th
4	<b>Dawson Walters</b>	WBSC	10&U		Zones: 3 <sup>rd</sup> 400FR, 3 <sup>rd</sup> 100FL	
5	<b>Sam Wolf</b>	MAC		10&U 50BR, 200IM	10&U 2 <sup>nd</sup> Place HP; Open Water Zone Champ; Zones: 3 <sup>rd</sup> 200FR, 1 <sup>st</sup> 50/100BR, 2 <sup>nd</sup> 100FL, 1 <sup>st</sup> 200IM	NAG (10) 50BR 1 <sup>st</sup> , 100BR 8 <sup>th</sup> , 200IM 5th

### #8 2018 Long Course Age Group Coach of the Year

		Club	Accolades
1	<b>Ben Bartell</b>	SSTY	State Record Relay; COR: Tori Brostowitz
2	<b>Brent Boock</b>	EBSC	NAG Relay
3	<b>Mike Rose</b>	EBSC	10&U State High Point; 11-12 State High Point; COR: Maggie Wanazek, Lucy Thomas, State Record Relay; NAG Relay
4	<b>Abby Tesch-Larson</b>	WYNS	COR: Malia Francis
5	<b>Jay Tomasiewicz</b>	BAC	COR: Caden Van Buren
6	<b>Dan Wohl</b>	WEST	10&U State High Point; COR: Haley Johnson; State Record Relay

COR=Coach of Record

### #9 2018 Long Course Senior Female Swimmer of the Year

		Club	WI HP	State Rec	Cen. Zone	National
1	<b>Cassie Jernberg</b>	SSTY				TYR Pro Finalist: 800/1500FR; 2 <sup>nd</sup> Swim US Nats: 400/800/1500FR
2	<b>Emma Lasecki</b>	GBSC			Speedo Finalist: 200FL, 200/400IM	
3	<b>Beata Nelson</b>	WA				TYR Pro Finalist: 200BK, 200IM; 2 <sup>nd</sup> Swim US Nats: 50/100/200BK, 200IM
4	<b>Kaylyn Schoof</b>	EBSC			Speedo Finalist: 100FR, 200BK, 100FL, 200FL, 200IM, 400IM	
5	<b>Reilly Tiltmann</b>	EBSC		13-14 100FL	Speedo Finalist: 100FR, 100BK, 100FL	NAG (14) 100FR 9 <sup>th</sup> , 100FL 8 <sup>th</sup> , NAG (15) 100FL 6 <sup>th</sup>

### #10 2018 Long Course Senior Male Swimmer of the Year

		Club	WI HP	State Rec	Other
1	<b>Daniel Krueger</b>	MSS		100FR	NAG (18) 100FR 3 <sup>rd</sup> ; 2 <sup>nd</sup> Swim at US Nationals in 100FR
2	<b>Ben McDade</b>	BAC	OW Champ	200, 400, 1500FR, 200IM	Speedo Finalist: 200, 400, 800 Free
3	<b>Max McHugh</b>	DCY		100, 200BR	NAG (18) 50BR 1 <sup>st</sup> , 100BR 3 <sup>rd</sup> , 200BR 5 <sup>th</sup> ; 2 <sup>nd</sup> Swim at US Nationals 50/100/200BR
4	<b>Kaiser Neverman</b>	GBY			NAG (16) 100FL 10 <sup>th</sup>
5	<b>Eric Storms</b>	MAC			2 <sup>nd</sup> Swim at US Nationals in 100BK

### #11 2018 Long Course Senior Coach of the Year

		Club	Accolades
1	<b>Dave Anderson</b>	SSTY	COR: Hannah Saiz
2	<b>Brent Boock</b>	EBSC	COR: Reilly Tiltmann, 17&O Girls State HP
3	<b>Blaine Carlson</b>	WEST	15-16 & 17-18 Boys HP, NAG Top 10 Relays (15-16 Girls, 200 Free)
4	<b>Shane Ryan</b>	MAC	NAG Top 10 Relays (17-18 Girls, 200 Medley & 400 Medley), COR: Eric Storms
5	<b>Yuri Suguiyama</b>	WA	COR: Beata Nelson, NAG Senior Relays

### #12 2018-2019 Short Course Age Group Girls Swimmer of the Year

		Club	WI HP	State Rec	Other
1	<b>Alana Berlin</b>	SSTY			NAG (11) 50FR 10 <sup>th</sup> , 50BK 1 <sup>st</sup> , 100BK 2 <sup>nd</sup> , 50BR 2 <sup>nd</sup> , 100BR 1 <sup>st</sup> , 50FL 2 <sup>nd</sup> , 100IM 1 <sup>st</sup> , 200IM 4 <sup>th</sup>
2	<b>Haley Johnson</b>	WEST			NAG (10) 50BR 5 <sup>th</sup> , NAG (11) 50BR 3 <sup>rd</sup> , 200FL 6 <sup>th</sup> , 400IM 8 <sup>th</sup> , 11YO IMX Champion
3	<b>Emmy Meyer</b>	SWAT	10&U		NAG (10) 50BK 3 <sup>rd</sup> , 100BK 7 <sup>th</sup> , 10YO State IMX Champion
4	<b>Campbell Stoll</b>	EBSC	13-14		NAG (13) 100BK 5 <sup>th</sup> , 200IM 8 <sup>th</sup> , 100IM 1 <sup>st</sup>
5	<b>Maggie Wanazek</b>	EBSC		13-14 100BK	NCSA Finalist 50BK (4 <sup>th</sup> ), NAG (13) 100BK 2 <sup>nd</sup> , 200BK 2 <sup>nd</sup> , 100IM 9 <sup>th</sup>

### #13 2018-2019 Short Course Age Group Boys Swimmer of the Year

		Club	WI HP	State Rec	Other
1	<b>Julian Cortright</b>	TOSA			NAG (11) 100FL 10 <sup>th</sup> , 200FL 7 <sup>th</sup> , 100 IM 9 <sup>th</sup>
2	<b>Will Hayon</b>	MWWM	13-14	100 Fly, 100 IM, 100 Back	NAG (14) 50FR 2 <sup>nd</sup> , 100FR 4 <sup>th</sup> , 100BK 6 <sup>th</sup> , 100FL 1 <sup>st</sup> , 100IM 1 <sup>st</sup> , 200IM 10 <sup>th</sup>
3	<b>Cale Tebeest</b>	MSS	10&U		
4	<b>Sam Wolf</b>	BAC			NAG (11) 50BR 5 <sup>th</sup>
5	<b>Ben Wozniak</b>	SSTY	11-12		

### #14 2018-2019 Short Course Age Group Coach of the Year

		Accolades
1	<b>Brent Boock</b>	COR: Maggie Wanazek, Campbell Stoll
2	<b>Mike Hruska</b>	11-12 Girls State High Point
3	<b>Rob McCabe</b>	COR: Emmy Meyer
4	<b>Dave Snyder</b>	Write-In
5	<b>Dan Wohl</b>	COR: Haley Johnson

### #15 2018-2019 Short Course Senior Female Swimmer of the Year

		Club	WI HP	State Rec	National
1	<b>Grace Bennin</b>	MAC		100 Breast	NAG (17) 100 Breast 4 <sup>th</sup> , 100 IM 3 <sup>rd</sup>
2	<b>Emma Lasecki</b>	GBSC	SR HP	200 Fly	NAG (17) 200 Fly 9 <sup>th</sup> , 100 IM 5 <sup>th</sup>
3	<b>Alex Moderski</b>	MSS			NAG (17) 100 IM 6 <sup>th</sup>
4	<b>Kaylyn Schoof</b>	EBSC		100 IM	NCSA Finalist 100 IM (4 <sup>th</sup> ), 100 BK (5 <sup>th</sup> ), NAG (16) 200 Back 4 <sup>th</sup> , 100 IM 1 <sup>st</sup>
5	<b>Reilly Tiltmann</b>	EBSC		200 Back	NCSA Finalist 100 BK (3 <sup>rd</sup> ), 200 BK (5 <sup>th</sup> ) 100 Fly (7 <sup>th</sup> ), 50 BK (3 <sup>rd</sup> ), NAG (15) 100FR 7 <sup>th</sup> , 100BK 3 <sup>rd</sup> , 200BK 1 <sup>st</sup>

### #16 2018-2019 Short Course Senior Male Swimmer of the Year

		Club	WI HP	State Rec	National
1	<b>Constantin Bensch</b>	MAC			NCSA Finalist: 50 Fly (7 <sup>th</sup> )
2	<b>Wes Jekel</b>	BAC			NCSA Finalist: 100 Back (5 <sup>th</sup> ), 100 Fly (3 <sup>rd</sup> ), 50 Back (3 <sup>rd</sup> )
3	<b>Kaiser Neverman</b>	GBY	SR HP	200 Fly, 100 IM	YMCA Nationals: 3 <sup>rd</sup> 200 Fly, 5 <sup>th</sup> 100 Fly
4	<b>Desmon Sachtjen</b>	MSS			NAG (18) 100IM 10 <sup>th</sup>

### #17 2018-2019 Short Course Senior Coach of the Year

		Accolades
1	<b>Dave Anderson</b>	COR: H. Saiz, M. Hartlieb
2	<b>Brent Boock</b>	COR: Kaylyn Schoof, Reilly Tiltmann
3	<b>Blaine Carlson</b>	15-16 Girls State Relay Record
4	<b>Teri DeGrand</b>	COR: Emma Lasecki
5	<b>Shane Ryan</b>	13-14 Boys State Relay Record, Senior Girls HP; COR: G. Bennin, S. Fiske, G. Pierbon-Mays

COR=Coach of Record

## #18 2018-2019 Short Course Female Breakout Swimmer of the Year

		Accolades																		
1	<b>Kathryn Bingenheimer (EBSC)</b>	<p>Kathryn is a Sophomore just a year ago, during the 2018 short course season earned her first state cut in a Saturday time trial of the 100 butterfly at the Waukesha Regional meet. During the 2018 Long Course season, Kathryn swam at the WI LC State meet with one individual cut, the 200 butterfly. During the 2018-2019 short course season, Kathryn really dedicated herself to see how far she could push herself in the pool.</p> <p>Her work ethic, positivity, and grit helped her develop into the successful swimmer she is now and enabled her to not only reach her goals this season, but surpass expectations. At the regional meet in Waukesha, Kathryn swam six events and earned state cuts in 3 of those events (400 IM, 1650 free, and the 1000 free state cut (earned during her 1650 free swim). Untapered, she also achieved a Speedo Sectionals cuts in 2 of those events (400 IM and 1650 free). She finished the meet winning the high point award for Senior women. At her taper meet - the WI state meet - Kathryn time trialed the 100 fly and earned the state and speedo cut in the event. She also earned Speedo cuts in the 1000 free and 200 butterfly. She finished the meet with 5 best times, 1 Finals swim, and 5 Speedo cuts. At the Speedo meet, Kathryn swam her 5 events, plus our A 800 free relay. She made finals in the 200 meter butterfly. She swam the 1500 and 800 for the first time at the meet and in the 1500, got a best time in the 400 free as well. Kathryn is a strong candidate for the 2019 WI Breakout Swimmer of the Year, as she went from a 2-cut level state swimmer to a 5-cut level Speedo swimmer.</p> <p><u>Biggest Drops:</u> <u>August 2018 times/ March 2019 times:</u></p> <table> <tbody> <tr> <td>1000 Free</td> <td>N/A /10:50.92</td> <td></td> </tr> <tr> <td>1650 Free</td> <td>N/A /18:10.41</td> <td></td> </tr> <tr> <td>100 Fly</td> <td>1:03.62 /1:00.35</td> <td>-3.27 seconds</td> </tr> <tr> <td>200 Fly</td> <td>2:25.79 /2:13.67</td> <td>-12.12 seconds</td> </tr> <tr> <td>200 IM</td> <td>2:24.61 /2:19.08</td> <td>-5.53 seconds</td> </tr> <tr> <td>400 IM</td> <td>4:59.61 /4:46.33</td> <td>-13.28 seconds</td> </tr> </tbody> </table>	1000 Free	N/A /10:50.92		1650 Free	N/A /18:10.41		100 Fly	1:03.62 /1:00.35	-3.27 seconds	200 Fly	2:25.79 /2:13.67	-12.12 seconds	200 IM	2:24.61 /2:19.08	-5.53 seconds	400 IM	4:59.61 /4:46.33	-13.28 seconds
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2	<b>Dani Cramer (JHK)</b>	<p>Dani had NCSA national cuts before this past September. She came into the Fall/Winter with more focus &amp; determination and it definitely paid off. Dani achieved winter junior national cuts, in her backstroke events and had significant time drops, across the board, including having some breakthrough swims by going under 2:00, in the 200 back and 4:30, in her 400 IM (dropping 16 seconds). She went from having 4 NCSA cuts, to 9 cuts.</p> <p><u>Biggest Drops:</u> <u>August 2018 times/ March 2019 times:</u></p> <table> <tbody> <tr> <td>400 IM</td> <td>4:46.20 /4:29.90</td> <td>-16.30 seconds</td> </tr> <tr> <td>100 back</td> <td>57.09/55.44</td> <td>-1.65 seconds</td> </tr> <tr> <td>200 back</td> <td>2:05.71/1:59.43</td> <td>-6.28 seconds</td> </tr> <tr> <td>200 breast</td> <td>2:37.44/2:30.20</td> <td>-7.24 seconds</td> </tr> <tr> <td>200 IM</td> <td>2:11.37/2:06.88</td> <td>-4.49 seconds</td> </tr> </tbody> </table>	400 IM	4:46.20 /4:29.90	-16.30 seconds	100 back	57.09/55.44	-1.65 seconds	200 back	2:05.71/1:59.43	-6.28 seconds	200 breast	2:37.44/2:30.20	-7.24 seconds	200 IM	2:11.37/2:06.88	-4.49 seconds			
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3	<b>Brianna Zimdars (JHK)</b>	<p>Brianna did not have senior state cuts until last November, qualifying in the 1000 free and 200 fly. She came into the winter season wanting to make a NCSA relay cut. By the end of the state meet, she not only had 5 state cuts, but 3 Speedo cuts. Her biggest cuts are listed below. She is ending her season at the NCSA national meet, as she helped her team achieve the 400 medley relay cut.</p> <p><u>Biggest Drops:</u> <u>August 2018 times/ March 2019 times:</u></p> <table> <tbody> <tr> <td>100 back</td> <td>1:09.75/1:00.61</td> <td>-9.14 seconds</td> </tr> <tr> <td>200 back</td> <td>2:29.31/2:10.68</td> <td>-18.63 seconds</td> </tr> <tr> <td>100 fly</td> <td>1:04.28/1:01.24</td> <td>-3.04 seconds</td> </tr> </tbody> </table>	100 back	1:09.75/1:00.61	-9.14 seconds	200 back	2:29.31/2:10.68	-18.63 seconds	100 fly	1:04.28/1:01.24	-3.04 seconds									
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## #19 2018-2019 Short Course Male Breakout Swimmer of the Year

		Rationale																		
1	<b>Constantin Bensch (MAC)</b>	<p>Constantin is a Senior in high school and had a breakout season! I have coached him for ten years and seen growth and maturity in and out of the water. He has become a great leader and teammate that mentors younger teammates. Constantin is a very hard working athlete that has been disciplined and committed to excellence. He has had dramatic time drops through the years, but this year stood out most to me. This season short course season he qualified for summer Long Course Junior Nationals for the first time. He also qualified and competed at the German National Championships in December. Constantin was a NCSA finalist in the 50 Butterfly. He competed in the 100 and 200 Fly and swam in finals for both events. Constantin will be attending and swimming for the University of Wisconsin- Madison next fall.</p> <p><u>Biggest Drops:</u> <span style="float: right;"><u>2018/ 2019:</u></span></p> <table> <tr> <td>100 Free</td> <td>47.99/45.95</td> <td>-2.04 seconds</td> </tr> <tr> <td>200 Free</td> <td>1:43.32/1:39.23</td> <td>-4.09 seconds</td> </tr> <tr> <td>100 Fly</td> <td>51.48/48.59</td> <td>-2.89 seconds</td> </tr> <tr> <td>200 Fly</td> <td>1:55.23/1:47.68</td> <td>-7.55 seconds</td> </tr> <tr> <td>200 IM</td> <td>1:58.26/1:53.44</td> <td>-4.82 seconds</td> </tr> </table>	100 Free	47.99/45.95	-2.04 seconds	200 Free	1:43.32/1:39.23	-4.09 seconds	100 Fly	51.48/48.59	-2.89 seconds	200 Fly	1:55.23/1:47.68	-7.55 seconds	200 IM	1:58.26/1:53.44	-4.82 seconds			
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2	<b>Michael Long (EBSC)</b>	<p>Michael Long made jump as 15 year old from State Level 13 &amp; 14 athlete to Spring Speedo level just shy of achieving NSCA Junior National Standards. Michael showed the dedication and enthusiasm for the sport of swimming to make this jump over the past year. His success is due to his "buy in" to the process. He manages to contribute in the water and is a great teammate all around.</p> <p><u>Biggest Drops:</u> <span style="float: right;"><u>2018/ 2019:</u></span></p> <table> <tr> <td>50 Free</td> <td>24.24/22.43</td> <td>-1.81 seconds</td> </tr> <tr> <td>100 Free</td> <td>52.78/48.84</td> <td>-3.94 seconds</td> </tr> <tr> <td>200 Free</td> <td>2:05.62/1:47.43</td> <td>-18.19 seconds</td> </tr> <tr> <td>100 Back</td> <td>57.42/54.17</td> <td>-3.25 seconds</td> </tr> <tr> <td>200 Back</td> <td>2:05.62/1:55.53</td> <td>-10.09 seconds</td> </tr> </table>	50 Free	24.24/22.43	-1.81 seconds	100 Free	52.78/48.84	-3.94 seconds	200 Free	2:05.62/1:47.43	-18.19 seconds	100 Back	57.42/54.17	-3.25 seconds	200 Back	2:05.62/1:55.53	-10.09 seconds			
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3	<b>Forrest Peterson (BAC)</b>	<p>Forrest Peterson a Junior in high school breakout season and feels like a solid nomination for Male Breakout Swimmer of the Year. Forrest has been active with USA Swimming since he was a 10-under, but he made some huge strides this past year. In 2018 Forrest was 16, and placed 34th overall in the 15-16 category for individual high point at SCY state. In 2019, he was 16th OVERALL for 15-over swimmers. Forrest went from having zero NCSA cuts in 2018 to 5 cuts in 2019, where he competed in 8 different individual events. Here's a summary of the improvements in time for Forrest from 2018 to his current best times.</p> <p><u>Biggest Drops:</u> <span style="float: right;"><u>2018/2019:</u></span></p> <table> <tr> <td>50 Free</td> <td>23.6/21.5</td> <td>-2.1 seconds</td> </tr> <tr> <td>100 Free</td> <td>49.1/46.9</td> <td>-2.2 seconds</td> </tr> <tr> <td>200 Free</td> <td>1:47.4/1:42.4</td> <td>-5.0 seconds</td> </tr> <tr> <td>100 Back</td> <td>55.0/53.1</td> <td>-1.9 seconds</td> </tr> <tr> <td>100 Fly</td> <td>53.6/51.0</td> <td>-2.6 seconds</td> </tr> <tr> <td>200 Fly</td> <td>2:00.00/1:54.4</td> <td>-5.6 seconds</td> </tr> </table>	50 Free	23.6/21.5	-2.1 seconds	100 Free	49.1/46.9	-2.2 seconds	200 Free	1:47.4/1:42.4	-5.0 seconds	100 Back	55.0/53.1	-1.9 seconds	100 Fly	53.6/51.0	-2.6 seconds	200 Fly	2:00.00/1:54.4	-5.6 seconds
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100 Fly	53.6/51.0	-2.6 seconds																		
200 Fly	2:00.00/1:54.4	-5.6 seconds																		
4	<b>Ben Wiegand (SPS)</b>	<p>Ben Wiegand has been swimming for many years now, but made a huge leap in the last year. As a sophomore Ben went from a state qualifier to a futures qualifier to a winter junior national qualifier in about 6 months. From last year's state to this year, he jumped from 15<sup>th</sup> to 6<sup>th</sup> in the 100 breaststroke; from last year's Speedo Sectional meet, he jumped from 76<sup>th</sup> to 3<sup>rd</sup> in the 50 freestyle, 30<sup>th</sup> to 3<sup>rd</sup> in the 100 breaststroke and 36<sup>th</sup> to 2<sup>nd</sup> in the 200 breaststroke. In the WIAA state meet, he jumped from not qualifying to 6<sup>th</sup> place in the 50 freestyle and 21<sup>st</sup> to 4<sup>th</sup> in the 100 breaststroke.</p> <p><u>Biggest Drops:</u> <span style="float: right;"><u>2018/2019:</u></span></p> <table> <tr> <td>50 Free SCY</td> <td>22.32/20.91</td> <td>-1.41 seconds</td> </tr> <tr> <td>50 Free LCM</td> <td>26.59/24.55</td> <td>-2.04 seconds</td> </tr> <tr> <td>100 Breast SCY</td> <td>1:02.77/57.57</td> <td>-4.70 seconds</td> </tr> <tr> <td>100 Breast LCM</td> <td>1:12.60/1:07.19</td> <td>-5.41 seconds</td> </tr> <tr> <td>200 Breast SCY</td> <td>2:20.61/2:07.14</td> <td>-13.52 seconds</td> </tr> <tr> <td>200 Breast LCM</td> <td>2:44.59/2:25.87</td> <td>-18.72 seconds</td> </tr> </table>	50 Free SCY	22.32/20.91	-1.41 seconds	50 Free LCM	26.59/24.55	-2.04 seconds	100 Breast SCY	1:02.77/57.57	-4.70 seconds	100 Breast LCM	1:12.60/1:07.19	-5.41 seconds	200 Breast SCY	2:20.61/2:07.14	-13.52 seconds	200 Breast LCM	2:44.59/2:25.87	-18.72 seconds
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## #20 2018-2019 Sportswoman of the Year

*This award embodies a male and female 13 & Over swimmer from Wisconsin who exemplifies great sportsmanship, makes lots of cross-team friendships and/or is encouraging or motivating or energizing on the pool deck. The award must be nominated by an athlete and will be voted on by the athletes in the WI Swimming HOD.*

		Accolades
1	<b>Carina Monroe PX3</b>	Hello Wisconsin swimming! I swim for the Pleasant Prairie Patriots, and I would like to nominate Carina Monroe for sportsman of the year. Carina has always exemplified a positive attitude on the team, as well as creating a community of support on our swim team. Our team would not be the same without her! Thank you for your consideration!
2	<b>Maggie Teng EBSC</b>	<p>I nominate Maggie Teng, EBSC. As someone who's been present on the pool decks of Wisconsin club swimming for almost my entire life, I think it is important to recognize who I have really seen stand out this year. I met Maggie a few years ago but didn't really get to start talking to her until rather recently. She never fails to get a goofy conversation started with a boat of random strangers behind the blocks to lighten the mood or just give a wholehearted smile. Her branching out to so many people from other teams really inspires me to meet more people from this crazy swimming community around us. Thank you.</p> <p>I nominate Maggie Teng from Elmbrook Swim Club. Maggie is someone who not only shows leadership to her teammates but to other teams as well. She always shows encouragement and is so kind to everyone around her even if she's not having the best day herself. She always lifts other's spirits and puts others before herself. She is a great teammate and I believe that she is a role model for all of us.</p> <p>I would like to nominate Maggie Teng from Elmbrook Swim Club. This is because when ever she is at meets I always see her cheering for other both on her team and for others that she knows. I'm always seeing her go out of her way to say hi to others on the deck and is always spreading positivity. I don't think I've ever seen another athlete that has so many other friendships with other swimmers from other teams, especially for never being on another WI LSC team besides EBSC. For example, when I walk with her at meets, every couple of steps she is saying hello or waving to swimmers and coaches that she knows. Maggie loves watching her friends succeed and is always cheering them on when they do great things. Maggie is one of a kind with her constant positivity and great sportsmanship that is obvious to everyone when she steps onto the pool deck</p>
3	<b>Kiarra Kahl BAC</b>	The person who I feel should win this award is my best friend (and a great swimmer) Kiarra Kahl. Kiarra, who swims for Badger Aquatics Club (BAC), has not only made swimming my favorite sport by she also always manages to cheer me up after a not so good race. Kiarra is also my sister from another mother and has taken the spot of my sister. I say this because I am an only child and feel lonely sometimes. To wrap it up Kiarra is an amazing swimmer and an amazing friend and I believe she deserves the award!
4	<b>Carley Miller SWAT</b>	I would like to nominate Carley Miller form SWAT for the SPORTSMAN OF THE YEAR. Carley is the most positive and encouraging person I know. She motivates her teammates and congratulates them after every race. Every meet she is the first person to get behind a teammates lane and start cheering for them. Before she races, she always wishes her competitors good luck even if she doesn't know them. She also gives her competitors a high five when the race is over. Whenever another teammate is about to swim she goes behind their lane to give them an encouraging pep talk. When a teammate is swimming she runs up and down the lane with them, cheering them on. When she cheers, she is on of the few people you can actually hear when you're swimming! She has made many cross team friendships through friendly competition and at zone meets when everyone becomes one team. She frequently greets friends from other teams with a hug hello at the beginning of a meet. She is genuinely happy to see others succeed and reach their goals. She is passionate and positive about the sport of swimming, and is a great representative of Wisconsin Swimming.
5	<b>Megan Bingenheimer EBSC</b>	<p>Hello! My name is Kathryn, and I would like to nominate my sister, Megan Bingenheimer for the Wisconsin Sportsman of the Year award.</p> <p>Among being the hardest worker I know, Megan is the best teammate I know. She is constantly cheering on swimmer younger and older, more experienced and less. It is not uncommon to hear of Megan texting a teammate words of hope, congratulations, and encouragement before or after a big race.</p> <p>Megan recently competed at the Speedo sectional meet in Rochester, Minnesota, a meet she didn't plan on going to. She had been training to achieve her biggest goal – an NCSA cut and a chance to swim down in Orlando, Florida representing the Elmbrook Swim Club. Megan unfortunately missed the 100 Fly cut after a swim at the Wisconsin State meet and an additional time trial. Although she was disappointed at not achieving her own goal, Megan stayed on deck after her time trial to cheer on and later consoled another swimmer from the Elmbrook Swim Club who missed her own NCSA cut.</p>

		<p>Megan put aside her own disappointment to support another swimmer. Acts of selflessness like this are regular actions from her.</p> <p>Megan constantly sets aside her own wants to compromise and support her teammates. After a race no matter how out of breath she is, Megan is always the first to lean over the lane line and congratulate the other swimmers on their race.</p> <p>Additionally, Megan takes charge to include the entire team. On her recent Speedo trip which was a team travel meet for Elmbrook Swim Club, Megan was the first to make a group chat of all the swimmers making sure all were included in it. She also took the initiative in organizing a carbo cram, helping younger swimmers know what to pack, and making a grocery list for the chaperons. Megan consistently goes above and beyond to ensure her teammates feel welcome and encouraged.</p> <p>Megan’s sportsmanship also extends beyond the boundaries of Elmbrook Swim Club. She has formed numerous friendships over her seven years of swimming, many of which are with swimmers from other teams. When seeing people she knows at swim meets, Megan will ask how they are doing, and of course wish them luck in their races.</p> <p>Megan is also a strong teammate at practice, constantly bringing a positive attitude, a smile, and a strong work ethic to practice. As any swimmer knows practices can get long and hard especially during the school year, and so this past year Megan took charge of keeping up her teammates spirits by dubbing her lane the “positivity lane,” which actually extended to the entire pool. She would yell out words of encouragement before hard rounds of the set and remind her teammates what their end goals were and how worth the pain would be in the end.</p> <p>Megan gives back to the community and inspires the next generation of athletes through teaching young swimmers at the Elmbrook Swim School.</p> <p>Finally, Megan is always willing to go the extra mile for her teammates. At this years past Long Course State meet, a teammate was experiencing severe cramping after a race. While numerous swimmers were shocked and didn’t know how to help, Megan sprang into action, grabbing a coach, a water bottle, and support for her teammate.</p> <p>Megan’s attitude, support, and genuine care for her teammates makes her a true example of what an athlete and a swimmer is.</p>
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## #21 2018-2019 Sportsman of the Year

		Rationale
1	<b>Cole Bell BAC</b>	<p>I am writing to nominate Nicolas (Cole) Bell, Badger Aquatics swimmer, as Sportsperson of the year. Cole is my brother, which might seem weird in my nominating him, but he has also be my teammate in summer league, high school at Madison Memorial and at BAC, as well as high school Soccer. I believe that there is not a more deserving person of this award.</p> <p>Cole’s love for a team, and any sport he dedicates himself to, is obvious. Cole is the guy who loves to practice almost more than race, partly because he pushes himself to bring the best to every minute, but because he loves being with teammates. Cole was disappointed when our high school coach had less morning practices one year, because he loved starting his day with the team. He also loves to see teammates succeed. I’m told a story in which I was a 5-year-old scared summer swimmer, who was placed on a relay with my brother and 2 other 8-year olds. I was AT LEAST twice as slow as everyone else. But my brother pulled this little relay team together and said “boys, we gotta swim harder than ever, because Jack might earn his first ribbon if we can go fast for him.” We got that third-place ribbon, and Cole was as excited to earn that as any first places they could have had. A few years later, Cole started winter club swimming, and earned a full list of swims at 12 and under State as a 10-year-old. He was so excited to represent his club, so excited in fact, that he slipped on the playground 24 hours before his first race and broke his collarbone. Despite lots of pain and sadness, Cole insisted on seeing the team at pasta dinner that night and spent a long three days on the deck with a sling and ice, to cheer on everyone else, despite how hard it was to see “his” empty lanes.</p> <p>Fast forward to my time with him as a teammate in high school. Cole and I are two sport athletes, we play soccer in spring and Fall, and swim in winter and summer. In the higher levels of Club, you probably know this is hard to “keep up” with swimmers who swim all year. Even socially, swimmers create stronger friendships when they are traveling to the same meets and practicing every day together. At the end of our Fall soccer season, Cole and I return to BAC for a high school warm up. I’ve been lucky to walk on the pool deck with him as we return. And every time, I notice the warm welcome Cole gets from so many guys including coaches. He’s a swimmer that everyone likes and loves to</p>

		<p>welcome back. High School swim is no different. Swimmers from across the state know that Cole will be having fun and making the races less stressful behind the blocks and always shaking your hand before and after a race, no matter if he is above or below you on a podium. Cole is also the swimmer who is usually last to leave a meet, it takes him that extra time to be sure he's congratulated swimmers, checked with coaches and even cleaned up our space. Our home is the lost and found because Cole is that swimmer who picks up everyone's stuff. As a captain (both in soccer and swim) he led the team with his motivation and hard work. He didn't just do this in the pool, but by supporting others. For instance, Cole gets the team to show up at a dive meet which is appreciated. Not all divers get that support from their teams. In the recent Senior Club State meet, Cole was placed on a F relay, with some guys nearly 4 years younger. At 18, as a senior in a final meet, some guys might take this as an insult to the ego, and not want to swim with "kids" on a lower relay. Instead, Cole rallied the team, getting them pumped up and laughing before the race, which made the younger guys feel more at ease. I believe he even swam a best time as lead off, showing the guys that it didn't matter who was with him or what seed the relay was, he would always go after his best. Last summer, Cole started coaching the littlest ones at our summer pool. His love for swimming, his positive encouragement and gentle coaching made him a favorite coach quite quickly. It's not uncommon to see Cole with 2-3 little swimmers hanging off him at any time during practice.</p> <p>All that I write to you is my impression that my brother is a well-respected swimmer in our state. But I think anyone who was watching the most recent Div. 1 state meet would agree that the respect Cole has earned across teams, across the state was most obvious after Cole swam under a minute in the 100 breast, which has been a goal for a long time. While he bumped a whole heat, that didn't matter to him. It was the pure joy of reaching a goal, and the joy of seeing so many react in happiness for him. His post swim hug with a rival in the next lane nearly delayed the meet! I was lucky to be on deck for that, but even as his brother I had to wait in line to hug him, because so many from other teams wanted to do the same. To me, that told the whole story. Cole is a swimmer who supports so many, but that moment the respect and support was returned to him. Cole was once again one of the last out of the Nat that night, not because our team got any of its big honors like the past, but because Cole was sure to be congratulating so many others and savoring those last moments on the Nat deck in the sport he loves.</p> <p>Cole is not the fastest of the fast in WI. Being a two-sport athlete has its up and downs. I'm quite certain Cole would be "faster" if he chose to focus on one sport. In fact, many of Cole's friends from high school drop out of Club swimming – feeling as if they don't "keep up" with top level if not swimming all year round. But each year, Cole returns to BAC after high school swim season and before soccer. He always swims to his "final" meet, even if his closer buddies are not, and even if he's on an F relay, he makes new friends at practices and meets. Sophomore year his final meet was Club state, Junior year was long course Speedos, and this year, he is proud to be able to represent BAC at NCSAs. He doesn't have many swims, nor any high school teammates to hangout with, but it's important to him to finish what he started, to keep making new friends and to represent the team he has swam for so long. And I'm pretty sure the guys are happy to have him around, not for his speed, but because for Cole, it's mostly about the friendships and experiences swimming has given him.</p>
2	<b>Christian Hedeem FSC</b>	<p>When I saw Wisconsin Swimming was awarding a sportsman of the year, I could not think of anyone in my life more deserving than Christian Hedeem, from Fond du Lac Swim Club. When I think of a role model in my life, the first person I think of is Christian Hedeem. Despite him being the same age as me, and a heck of a lot faster, I still strive to possess the elite character and impact on the others that Christian has. There were many Tuesday, Thursday, and Saturday morning practices this season that I was dreading to wake up for, but knowing I could be around Christian's uplifting character did not only get me out of bed but excited for practice. Swimming behind him during every morning practice was an honor because no matter what was thrown at us, he was always joking around and getting the best efforts out of those around him. No matter how fast or slow the swimmers around him are, he always encourages them to lay everything out on the line during practice. I remember one time someone said to him "It must hurt so bad going as fast as you on these 175s repeats" but he responded with "The pain is all relative to each individual, we are hurting just as bad as you are right now, but we can get through it together." This humbler character carries into meets where he never talks about his own times, but instead the inspiring performances of his friends and teammates around him. You can always find Christian at meets behind someone's lanes cheering them on. All in all, I have been so thankful to have him as not only a role model but a close friend. People like Christian show what the sport of swimming is all about by enhancing the lives of those around them. This fall is attending the University of Indianapolis where he will continue to positively impact the lives of others in both the classroom and pool. Thank you for considering Christian for this award.</p>
3	<b>Ben Gabbey</b>	<p>I would like to nominate my cousin, Ben Gabbey, for the Wisconsin Swimming Sportsman of the Year Award.</p>

<b>WEST</b>	<p>Ben has been swimming competitively in Wisconsin since he was 8 years of age. During that time he experienced a tremendous amount of success as a breastroker. He has been a WI State Champion and a WIAA State Champion. Next year, he plans to continue swimming for the University of Illinois at Chicago with Division I Scholarship.</p> <p>Ben's accomplishments in swimming, however, are not why I want to nominate him for the Sportsman of the Year Award. Ben has always been a leader on whatever team he swims with. When we were small, we swam together on SEA. Later, Ben's family moved and he swam with SWAT. Today, he swims for WEST. In 2018, after having only swam for WEST for the Spring and Summer seasons, he was awarded the team's Leadership Award for his ability to bring his teammates together and encourage others to reach their goals. Ben never has an unkind thing to say about anyone and always tries to make people around him feel good about themselves.</p> <p>On his high school team he was a captain both his junior and senior years, and was the first person there to welcome freshman and encourage boys who were new to swimming to stay with it. In 2018, he even gave his time, and served as a team manager for the girls swim team at his on the deck and off for those girls, making sure he was at their conference championship to offer support and advice. Parents of swimmers on both the girls and the boys teams have gone out of their way to thank Ben for his support.</p> <p>As Ben became a senior swimmer, the number of boys begins to thin out and only those who were more committed to swimming remained. Ben has befriended other senior boys from across Wisconsin, and keeps in touch with them on their swimming and progress. While swimming at National meets this past season, he continues to connect with these same senior boys and cheer them on as they advanced to some of the highest levels of swimming.</p> <p>Ben also serves as a Student Athlete Representative for Wisconsin Swimming. In April of 2019, he and the other athlete representative will travel to Colorado Springs for a Leadership Conference. Ben is aware that while he stands out as a leader in and out of the pool, he appreciates that there is always room to improve. Attending this conference and participating on the board are just additional examples of why Ben is a standout athlete.</p> <p>My cousin Ben has truly demonstrated true sportsmanship as a swimmer in Wisconsin, and I believe he should be named the Sportsman of the Year.</p>
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### #22 Conoco Philips 66 Award

		Club	WI HP	State Rec	Gen. Zone	National
1	<b>John Carabelli</b>					
2	<b>Jacqueline Jugenheimer</b>					
3	<b>Cynthia Raatz</b>					