

IOWA SWIMMING NEWSLETTER
AUGUST 2006
2006 HIGHLIGHTS

2006 REGISTRATIONS – Clubs – 19; Athlete – 1459; Season 1 – 711; Individual Season – 31; Non-Athletes – 262

2006 IOWA STATE RECORDS – SHORT COURSE

10 & Under Girls – 50 Free–26.75 Michaela Kinter, UN; 50 Back–31.23 Elle Westercamp, UN; 100 Back–1:08.30 Elle Westercamp, UN; 50 Fly–28.70 Michaela Kinter, UN

10 & Under Boys - 50 Brast–35.05 Josh Gill, DASH; 100 Breast–1:15.32 Josh Gill, DASH

11-12 Girls – 100 Back–59.94 Katharine Anton, CRAA; 200 Back 2:11.38 Katharine Anton, CRAA; 50 Fly–27.26 Jill Broghammer, CRAA

11-12 Boys – 1000 Free–10:38.73 Cameron Herting, ICE; 1650–17:46.54 Cameron Herting, ICE; 200 Back–2:10.81 John Beck, BETT

13-14 Boys – 100 Free–46.66 Jordan Huff, DASH; 200 Free–1:40.92 Jordan Huff

15-16 Girls – 50 Free–23.69 Alexa Mehesan, DMSF

15-16 Boys – 50 Free–20.55 Nick Cordes, BLST; 100 Free–45.48 Nick Cordes, BLST; 1000 Free–9:22.24 Steven Brus, DMET; 1650 Free–15:38.66 Steven Brus, DMET

15-18 Girls Relays – 200 Free Relay 1:36.50 DMSF-Mehesan, Nathanson, Doerge, Wubbena; 400 Free Relay 3:32.69 DMSF-Mehesan, Nathanson, Carr, Doerge; 200 Medley Relay–1:50.83 DMSF-Johnson, Nathanson, Doerge, Mehesan; 400 Medley Relay–4:01.74 DMSF-Kubat, Nathanson, Doerge, Mehesan

17-18 Girls – 100 Back–58.20 Alison Gschwend, IOWA

2006 IOWA STATE RECORDS – LONG COURSE

10 & Under Boys - 400 Free–5:06.65 David Tao, ICE

11-12 Girls – 100 Back–1:08.89 Katharine Anton, CRAA; 200 Back–2:26.87 Katharine Anton, CRAA; 400IM–5:44.88 Allison Orvis, DASH

11-12 Boys – 400 IM–5:35.01 Connor Huff, DASH; 400 Medley Relay–5:03.82 DASH-Orvis, Gill, Huff, Koenig

13-14 Boys – 50 Free–24.58 Jordan Huff, DASH; 100 Free–52.72 Jordan Huff, DASH; 200 Free–1:56.87 Jordan Huff, DASH; 100 Back–1:02.41 Jordan Huff, DASH; 200 Back–2:15.57 Jordan Huff, DASH

15-16 Girls – 50 Free–27.29 Alexa Mehesan, DMSF

15-18 Girls Relays – 200 Free Relay–1:50.23 DMSF-Mehesan, Nathanson, Doerge, Kubat; 400 Free Relay–4:02.13 DMSF-Mehesan, Nathanson, Kubat, Doerge

17-18 Boys – 50 Free–23.58 Nick Cordes, BLST

Senior Girls – 200 Breast–2:40.61 Hayley Fry, CRAA; 200 Free Relay–1:50.23 DMSF-Mehesan, Nathanson, Doerge, Kubat

2006 NATIONAL REPORTABLE TIMES – SHORT COURSE

10 & Under Girls – 50 Free–26.75 Michaela Kinter, UN; 100 Free–58.38 Michaela Kinter, UN; 50 Back–31.23 Elle Westercamp, UN; 50 Fly–28.70 Michaela Kinter, UN

10 & Under Boys – 50 Free–27.25 Josh Gill, DASH; 100 Free–58.47 Josh Gill, DASH; 50 Breast–35.05 Josh Gill; 100 Breast–1:15.32 Josh Gill

11-12 Girls – 50 Back–28.54 Katie Anton, CRAA; 100 Back–59.94 Katie Anton, CRAA; 200 Back–2:11.38 Katie Anton, CRAA; 50 Fly–27.26 Jill Broghammer, CRAA

11-12 Boys – 1000 Free–10:38.73 Cameron Herting, ICE; 1650 Free–17:46.54 Cameron Herting, ICE

13-14 Boys – 50 Free–22.00 Jordan Huff, DASH; 100 Free–46.66 Jordan Huff, DASH; 200 Free–1:40.92 Jordan Huff, DASH; 200 Free Relay–1:33.43 ACAC-Strehlow, Hartwig, Saxton, Stark

15-16 Girls – 50 Free–23.69 Alexa Mehesan, DMSF

15-16 Boys – 50 Free–20.55 Nick Cordes, BLST; 100 Free–45.48 Nick Cordes; 1000 Free–9:22.24 Steven Brus; 1650 Free–15:38.66 Steven Brus; 100 Back–50.28 Nick Cordes, BLST; 100 Fly–50.23 Zach Bartholomew; 100 Fly–50.28 Nick Cordes, BLST

15-18 Girl Relays – 200 Free Relay–1:36.50 DMSF-Mehesan, Nathanson, Doerge, Wubbena

15-18 Boy Relays – 400 Free Relay–3:06.43 BLST-Cordes, S.Wessels, Christensen, J.Wessels; 400 Medley Relay–3:28.56 BLST-Cordes, J.Wessels, S.Wessels, Christensen

2006 NATIONAL REPORTABLE TIMES – LONG COURSE

10 & Under Boys – 100 Free-1:07.11 David Tao, ICE; 200 Free-2:25.64 David Tao, ICE; 400 Free-5:06.65 David Tao, ICE

11-12 Girls – 100 Free-1:01.89 Katie Anton, CRAA; 50 Back-32.81 Katie Anton, CRAA; 100 Back-1:08.89 Katie Anton, CRAA; 200 Back-2:26.87 Katie Anton, CRAA

13-14 Boys – 50 Free-24.58 Jordan Huff, DASH; 100 Free-52.72 Jordan Huff, DASH; 200 Free-1:46.87 Jordan Huff, DASH; 400 Free-4:15.31 Jordan Huff, DASH; 800 Free-8:51.84 Jordan Huff, DASH; 100 Back-1:02.41 Jordan Huff, DASH; 200 Back-2:15.57 Jordan Huff, DASH

15-16 Boys – 50 Free-24.72 Ryan Phelan,, CRAA

15-18 Girls Relay- 200 Free Relay-1:50.23 DMSF-Mehesan, Nathanson, Doerge, Kubat

17-18 Boys – 50 Free-23.58 Nick Cordes, BLST

2006 CENTRAL ZONE CHAMPIONSHIPS was held in Indianapolis, IN at the Indiana University Natatorium on the Campus of IUPUI on August 11, 12 & 13. Team Iowa finished 6th with 50 athletes. The open water competition was on Thursday the 10th with 2 athletes representing Iowa and a 6th place finish.

Athletes attending: Austin Abbas, Hannah Aldridge, Christian Anton, Katie Anton, Eno Augustine-Akpan, Margaret Barber, Morgan Barnes, Nathan Barnes, Emilie Berg, Becca Bott, Matthew Boyd, Jill Broghammer, Madeline Burnham, Courtney Busch, Savannah Butler, Caitlin Campbell, Julia Cunningham, Kean Drake, Joe Gallet, Amanda Gerard, Josh Gill, Nick Glynn, Cameron Herting, Megan Hingtgen, Andrew Howes, Connor Huff, Jordan Huff, Zane Hugo, John Kim, Sam Koenig, Hannah Maher, Mary Maher, Sidney McMillin, Garrett Moses, Alyx Nugent, Danny O’Keefe, Allison Orvis, Andy Peck, Dustin Rhoads, Kanoe Russell, Rachel Shriver, Kyle Siefers, Ali Stearns, Jorden Studer, David Tao, Emily Wiltsie, Johanna Wubbena, Kaisen Yao, Lilian Zhu, Vivian Zhu.

Individual Rankings:

10 & Under Girls – 6th Lilian Zhu; 28th Savannah Butler; 43rd Madeline Burnham

10 & Under Boys – 1st David Tao

11-12 Girls – 29th Ali Stearns; 40th Allison Orvis

11-12 Boys – 14th Connor Huff; 14th Andrew Howes; 18th Jorden Studer; 24th Sam Koenig; 27th John Kim; 34th Josh Gill

13-14 Girls – 14th Jill Broghammer; 17th Katie Anton; 40th Eno Augustine-Akpan; 61st Mary Kathryn Maher; 65th Emily Wiltsie; 68th Hanah Maher; 74th Becca Bott; 74th Alyx Nugent; 74th Courtney Busch

13-14 Boys – 1st Jordan Huff; 16th Cameron Herting; 21st Austin Abbas; 25th Kanoe Russell; 25th Kean Drake; 43rd Dustin Rhoads; 47th Garrett Moses; 63rd Joe Gallet; 76th Nick Glynn

15-18 Girls – 35th Johanna Wubbena

15-18 Boys – 7th Andy Peck; 22nd Danny O’Keefe; 28th Nathan Barnes; 36th Zane Hugo

USA SWIMMING JUNIOR NATIONAL CHAMPIONSHIPS, Irvine, CA - August 7-11, 2006

Four athletes from Iowa Swimming attended Junior Championships – Steven Brus, DMET; Nick Cordes, BLST; Jordan Huff, DASH; and Alexa Mehesan, DMSF. All had great swims and represented Iowa Swimming well – Congratulations!

USA SWIMMING CONOCOPHILIPS NATIONAL CHAMPIONSHIPS, Irvine, CA - August 1-5, 2006 – Hayley Fry, CRAA attended Nationals from Iowa with great swims – Congratulations!

IOWA SWIMMING LONG COURSE CHAMPIONSHIPS, Mercer Aquatic Center, Iowa City – August 4-6

Overall Team Score	1- ICE 4,209	2- CIA 4,125	3- BETT 2,573
Age Group 12 & U	1- CIA 2,375	2- ICE 2,101	3- DASH 1,530
Senior 13 & O	1- ICE 2,107	2- CIA 1,750	3- DMSF 1,478

Team Rankings:

8&U Women	1- CIA 298	2- ICE 199	3- CRAA 184
8&U Men	1- DASH 190	2- CIA 177	3- CRAA 147
9-10 Women	1- ICE 608	2- CIA 517	3- BETT 475
9-10 Men	1- ICE 436	2- PVST 334	3- CIA 290
11-12 Women	1- MCSC 509	2- BETT 499	3- CRAA 441
11-12 Men	1- DASH 712	2- ICE 667	3- CIA 658
13-14 Women	1- CIA 527	2- ICE 526	3- CRAA 492
13-14 Men	1- ICE 734	2- BLST 282	3- CIA 211
15&O Women	1- DMSF 838	2- ICE 508	3- BLST 494
15&O Men	1- CIA 596	2- BLST 550	3- EETT 453

Individual Rankings:

8&U Women	1- Kaitlyn Busswitz, CRAA	2- Meghan Hackett, BLST	3-Rebecca Hess, RCA
8&U Men	1- Jonathan Hays, CIA	2- Oliver Martin, ICE	3- Jack Scafuri, CIA
9-10 Women	1- Lilian Zhu, ICE	2- Emily Tuazon, CIA	3- Ashton Ehrecke, BETT
9-10 Men	1- David Tao, ICE	2- Spencer Clark, CIA	3- Gabe Langner, BLST
11-12 Women	1- Katie Anton, CRAA	2- Allison Orvis, DASH	3- Emma Sougstad, MCSC
11-12 Men	1- Connor Huff, DASH	2- Jordan Studer, CIA	3- Yu-Bin Kim, PVST
13-14 Women	1- Beth Eyanson, ICE	2- Jill Broghammer, CRAA	3- Eno Augustine-Akpan, CIA
13-14 Men	1- Dustin Rhoads, UN	2- Kean Drake, CRAA	3- Colby Kubat, DMSF
15&O Women	1- Alexa Mehesan, DMSF	2- Lisa Nathanson, DMSF	3- Chelsea Hartman, ICE
15&O Men	1- Alex Dragon, BETT	2- Kyle Green, DMET	3- Tyler Verink, BLST

IOWA SWIMMING SHORT COURSE CHAMPIONSHIPS were held at the University of Iowa Fieldhouse in Iowa City - March 3-5, 2006

Overall Team Score 1- CIA 1,984.5 2- ICE 1,793 3- BETT 1,474

Team Rankings:

13-14 Women	1- CIA 656	2- ICE 622.5	3- CRAA 476
13-14 Men	1- ACAC 566	2- BLST 458	3- BETT 414
15&O Women	1- DMSF 624.5	2- CRAA 505	3- ICE 427.5
15&O Men	1- CIA 844.5	2- BETT 602	3- ICE 424

Individual Rankings:

13-14 Women	1- Stephanie Koch, ACAC	2- Jill Broghammer, CRAA	3- Caitlin Campbell, PVST
13-14 Men	1- Scott Strehlow, ACAC	2- Andy White, BETT	3- Steve Stark, ACAC
15&O Women	1- Katie Martin, IOWA	2- Jackie Itzen, BLST	2- Lindsy Garner, BLST
15&O Men	1- Peder Skoog, CIA	2- Alex Dragon, BETT	3- Kyle Green, DMET

12 & UNDER AGE GROUP CHAMPIONSHIPS were held at Coe College, Cedar Rapids – February 24-26, 2006

Overall Team Score 1- CIA 2,650 2- ICE 2,131 3- BETT 1,543

Team Rankings:

8&U Girls	1- CIA 397	2- ICE 290	3- CRAA 224.5
8&U Boys	1- CIA 402	2- PVST 167	3- ICE 150
9-10 Girls	1- CIA 496	2- ICE 335	3- PVST 259
9-10 Boys	1- CIA 527	2- ICE 325	3- CRAA 312
11-12 Girls	1- MCSC 569	2- BETT 549	3- CRAA 515
11-12 Boys	1- DASH 761	2- ICE 693	3- BETT 392

2005-2006 AWARDS BANQUET – Congratulations to ISI Athlete and Non-Athletes recognized during the Awards Banquet held in Amana. Guest speaker was Dan Gable, University of Iowa.

Philips Petroleum Service Award 2006

Kelly Eyanson, ICE

Senior Coach of the Year

Nick Lakin, BLST

Jr/Age Group Coach of the Year

Dave Joensen, CIA

Judy Hoffman Memorial Scholarship Award

Ella Doerge, DMSF

ISI Scholarship Award

Ashley Lawler, ICE & Tyler Verink, BLST

ISI Outstanding Senior Swimmer

Catie Baker, CRAA & Steven Brus, DMET

Top 5 Athletes Long Course

10 & Under – Girls	1-Elle Westercamp, UN; 2-Michaela Kinter, UN; 3-Emma Sougstad, MCSC; 4-Gabbie Stecker, PVST; 5-Anne Whalen, MCSC
10 & Under – Boys	1-Josh Gill, DASH; 2-Yu-Bin Kim, PVST; 3-Matthew Boyd, RCA; 4-Ben Severino, CIA; 5-David Tao, ICE
11 – 12 – Girls	1-Jill Broghammer, CRAA; 2-Eno-Augustine-Akpan, CIA; 3-Vivian Zhu, ICE; 4-Tanelle Berard, DMSF; 5-Hannah Maher, DASH
11 – 12 – Boys	1-Cameron Herting, ICE; 2-John Beck, BETT; 3-Sidney McMillin, ICE; 4-Eric Ferring, DASH; 5-Stuart McMillin, ICE
13 – 14 – Girls	1-Danielle Harris, DMSF; 2-Beth Eyanson, ICE; 3T-Chelsea Hartman, ICE; 3T-Stephanie Koch, ACAC; 3T-Lisa Nathanson, DMSF
13 – 14 – Boys	1-Jordan Huff, DASH; 2-Ben Utesch, ACAC; 3-Scott Strehlow, ACAC; 4-Andy Peck, BLST; 5-Devin St.John, ICE
15 & O – Girls	1-Hayley Fry, CRAA; 2-Catie Baker, CRAA; 3-Aparil Allen, CRAA;

15 & O – Boys	4-Ashley Lawler, ICE; 5-Ella Doerge, DMSF 1-Steven Brus, DMET; 2-Nick Cordes, BLST; 3-Bobby Sundvold, CIA; 4-Alex Dragon, BETT; 5-Tyler Verink, BLST
Top 5 Athletes – Short Course	
10 & Under – Girls	1-Michaela Kinter, UN; 2-Gabbie Stecker, PVST; 3-Anne Whalen, MCSC; 4-Julia Cunningham, CIA; 5-Elle Westercamp, UN
10 & Under – Boys	1-Josh Gill, DASH; 2-Thomas Burrill, ICE; 3-Ben Severino, CIA; 4-Yu-Bin Kim, PVST, 5-David Tao, ICE
11 – 12 – Girls	1-Jill Broghammer, CRA; 2-Katharine Anton, CRAA; 3-Allison Orvis, DASH; 4-Ali Stearns, MCSC; 5-Michaela Kinter, UN
11 – 12 – Boys	1-John Beck, BETT; 2-Cameron Herting, ICE; 3-Blake Louscher, MCSC; 4-Andrew Howes, RCA; 5-Nathan Harris, DMSF
13 – 14 – Girls	1-Stephanie Koch, ACAC; 2-Jil Broghammer, CRAA; 3-Beth Eyanson, ICE; 4-Caitlin Campbell, PVST; 5-Grace Murray, ICE
13 – 14 – Boys	1-Jordan Huff, DASH, 2-Brian Verink, BLST; 3-Scott Strehlow, ACAC; 4-Austin Abbas, BLST; 5-Andy White, BETT
15 & O – Girls	1-Alexa Mehesan, DMSF; 2-Liz Horvat, BETT; 3-Jaryn Studer, CIA; 4-Catie Baker, CRAA; 5-Ella Doerge, DMSF
15 & O – Boys	1-Steven Brus, DMET; 2-Alex Dragon, BETT; 3-Kyle Green, DMET; 4T-Max Dittmer, BETT; 4T-James Dragon, IOWA