

Midwestern Awards – 2012-2013

Coach of the Year: Pat Rowan

Age Group Coach of the Year: Louie Balogh

Zone Coach 2013: Eric Samson **Allstar Coach 2013:** Eric Samson

Hall of Fame:

J Bradley Barr
Kristian Rutford
Keith Eckerman

Midwestern Record Breakers – 2012-2013

Short Course 2012-2013

11-12	Shelby Mullendore	50 back	HLA
11-12	Shelby Mullendore	100 back	HLA
11-12	Shelby Mullendore	200 back	HLA
11-12	LSS	200 fr rel	Berkeley Livingston, Kate Stonehocker, Jerica Barber, Alana Palmer
11-12	LSS	400 fr rel	Berkeley Livingston, Kate Stonehocker, Amber Storer, Alana Palmer
11-12	LSS	200 med rel	Amber Storer, Kate Stonehocker, Berkeley Livingston, Alana Palmer
11-12	LSS	400 med rel	Amber Storer, Kate Stonehocker, Berkeley Livingston, Alana Palmer
13-14	Dannie Dilsaver	200 back	GNST
13-14	Dannie Dilsaver	200 IM	GNST
13-14	Dannie Dilsaver	400 IM	GNST
13-14	Olivia Calegan	100 breast	LSS
13-14	Ashley Pales	200 breast	LSS
13-14	GNST	200 med rel	Emma Vertin, Caroline Theil, Dannie Dilsaver, Chloe Larson
15-16	LSS	200 fr rel	Olivia Appleget, Emma Ebitto, Kenna Batterton, Jessica Storer
15-16	HG	200 med rel	Cassie Watts, Sarah Koubek, Carly Wahlmeier, Amy Wahlmeier
15-16	Brennan Balogh	200 back	LSS
15-16	Brennan Balogh	200 IM	LSS
15-16	Brennan Balogh	400 IM	LSS
17-18	Mary Kate Luddy	200 fly	SO
17-18	Jacob Molacek	50 free	GOAL
17-18	Jacob Molacek	200 free	UN
17-18	Jacob Molacek	200 back	GOAL
17-18	Jacob Molacek	100 breast	GOAL
17-18	Jacob Molacek	200 breast	GOAL
17-18	Jacob Molacek	100 fly	UN
17-18	Jacob Molacek	200 IM	GOAL
17-18	GOAL	200 med rel	Bob Glover, Szymmy Day, RJ Hemmingsen, Jacob Molacek
17-18	GOAL	400 med rel	Bob Glover, Szymmy Day, RJ Hemmingsen, Will Frisbie

Senior	Hayley Martin	50 free	UN
Senior	Hayley Martin	100 back	UN
Senior	Ariel Weech	100 free	UN
Senior	Shannon Guy	100 fly	UN
Senior	Brooke Balogh	200 fly	UN
Senior	Brooke Balogh	400 IM	UN
Senior	Jacob Molacek	50 free	GOAL
Senior	Jacob Molacek	200 free	UN
Senior	Jacob Molacek	100 fly	UN
Senior	Jacob Molacek	200 IM	GOAL
Senior	GOAL	200 fr relay	RJ Hemmingsen, Bob Glover, Jim Glover, Jacob Molacek
Senior	GOAL	200 med rel	Bob Glover, Szymmy Day, RJ Hemmingsen, Jacob Molacek
Open	GOAL	400 med rel	Bob Glover, Szymmy Day, RJ Hemmingsen, Will Frisbie

Long Course 2012-2013

8 & U	Bella Morales	50 free	LSS
8 & U	Bella Morales	100 free	LSS
8 & U	Bella Morales	200 free	LSS
8 & U	Bella Morales	50 back	LSS
8 & U	Bella Morales	50 fly	LSS
8 & U	Bella Morales	200 IM	LSS
11-12	Alana Palmer	800 free	LSS
11-12	Alana Palmer	1500 free	LSS
11-12	LSS	200 fr rel	Berkeley Livingston, Jerica Barber, Anna Heinrich, Alana Palmer
11-12	LSS	400 fr rel	Kate Stonehocker, Berkeley Livingston, Jerica Barber, Alana Palmer
11-12	LSS Elizabeth Amato- Hanner	400 med rel	Berkeley Livingston, Kate Stonehocker, Alana Palmer, Jerica Barber
13-14	Caroline Theil	200 back	GOAL
13-14	Caroline Theil	100 back	GNST
13-14	Caroline Theil	200 back	GNST
13-14	Ashley Pales	200 breast	LSS
13-14	Caroline Theil	200 IM	GNST
13-14	Caroline Theil	400 IM	GNST
13-14	LSS	400 fr rel	Michael Ayars, Josh Roh, Masen Louviere, Ben Morris
13-14	LSS	800 fr rel	Michael Ayars, Josh Roh, Nolan Reid, Ben Morris
15-16	Sean Tate	50 free	SO
15-16	Sean Tate	200 free	SO
15-16	Brennan Balogh	100 back	LSS
15-16	Brennan Balogh	200 bakc	LSS
15-16	Brennan Balogh	200 fly	LSS
15-16	Brennan Balogh	400 IM	LSS
17-18	Jacob Molacek	100 free	GOAL

17-18	Jacob Molacek	100 breast	GOAL
17-18	Jacob Molacek	200 breast	GOAL
17-18	Jacob Molacek	200 IM	GOAL
17-18	GOAL	200 med rel	Bob Glover, Szymmy Day, RJ Hemmingsen, Jacob Molacek
17-18	GOAL	400 med rel	Bob Glover, Szymmy Day, RJ Hemmingsen, Jacob Molacek
Senior	GOAL	200 fr rel	Alexandra Bilunas, Laura Miksch, Brynn Robertson, Fiona Raynor
Senior	HUSK	400 fr rel	Natalie Morris, Bailey Pons, Shannon Guy, Taryn Collura
Senior	HUSK	800 fr rel	Bailey Pons, Taryn Collura, Kelly Dunn, Natalie Morris
Senior	HUSK	400 med rel	Jacqueline Juffer, Kristin Strecker, Shannon Guy, Taryn Collura

Midwestern Scholastic All America Team 2013

The following Midwestern swimmers have been selected to the 2013 Scholastic All America Team for USA Swimming.

These swimmers all have made the required time standard (Junior National Bonus time) and have a 3.5 GPA or higher. *Robert Glover is a three-time team member. Congratulations to MW's Scholastic All America Team!

Balogh	Brennan	Lincoln Select Swimming
*Glover	Robert	Greater Omaha Aquatics
Hemmingsen	Robert	Greater Omaha Aquatics
Luddy	Mary Kate	Swim Omaha
Miksch	Laura	Greater Omaha Aquatics
Molacek	Jacob	Greater Omaha Aquatics
Pavel	Lauren	Greater Omaha Aquatics

Top 10 Awards - 2012

Short Course 2011-2012

4 th	Age 11	100 yd Freestyle	Michael Ayars – Lincoln Select Swimming
4 th	Age 11	100 yd Breaststroke	Michael Ayars – Lincoln Select Swimming
8 th	Age 11	100 yd Ind Medley	Michael Ayars – Lincoln Select Swimming
9 th	Age 12	50 yd Breaststroke	Ashley Pales – Lincoln Select Swimming
10 th	Age 12	100 yd Breaststroke	Ashley Pales – Lincoln Select Swimming
6 th	Age 12	200 yd Breaststroke	Ashley Pales – Lincoln Select Swimming
10 th	Age 12	200 yd Breaststroke	Olivia Calegan – Lincoln Select Swimming
10 th	Age 13	200 yd Breaststroke	Ashley Pales – Lincoln Select Swimming
7 th	Age 14	100 yd Backstroke	Brennan Balogh – Lincoln Select Swimming
5 th	Age 14	200 yd Backstroke	Brennan Balogh – Lincoln Select Swimming
8 th	Age 14	200 yd Ind Medley	Brennan Balogh – Lincoln Select Swimming
6 th	Age 14	400 yd Ind Medley	Brennan Balogh – Lincoln Select Swimming

Long Course 2012

9 th	Age 11	200 m Breaststroke	Alex Petty – Lincoln Select Swimming
1 st	Age 12	50 m Breaststroke	Olivia Calegan – Lincoln Select Swimming
3 rd	Age 12	100 m Breaststroke	Olivia Calegan – Lincoln Select Swimming
5 th	Age 12	200 m Breaststroke	Olivia Calegan – Lincoln Select Swimming
7 th	Age 12	200 m Ind Medley	Olivia Calegan – Lincoln Select Swimming
9 th	Age 12	100 m Breaststroke	Ashley Pales – Lincoln Select Swimming
6 th	Age 12	200 m Ind Medley	Caroline Theil – Greater Nebraska Swim Team
3 rd	Age 12	400 m Ind Medley	Caroline Theil – Greater Nebraska Swim Team
9 th	Age 13	100 m Breaststroke	Ashley Pales – Lincoln Select Swimming
5 th	Age 13	200 m Breaststroke	Ashley Pales – Lincoln Select Swimming
10 th	Age 14	200 m Backstroke	Brennan Balogh – Lincoln Select Swimming
10 th	Age 15	200 m Backstroke	Brennan Balogh – Lincoln Select Swimming
6 th	Age 15	100 m Backstroke	Jacob Molacek – Greater Omaha Aquatics
9 th	Age 15	50 m Freestyle	Sean Tate – Swim Omaha
1 st	Age 16	100 m Breaststroke	Jacob Molacek – Greater Omaha Aquatics
7 th	Age 16	200 m Breaststroke	Jacob Molacek – Greater Omaha Aquatics

Swimmer of the Year Awards:

2012-2013 Short Course

10 & U Girls -	Katie Stonehocker	Lincoln Select Swimming
10 & U Boys -	Grant Johnson	Hastings Y Aquatic Club
	Josh Pales	Lincoln Select Swimming
11-12 Girls -	Alana Palmer	Lincoln Select Swimming
11-12 Boys -	Michael Ayars	Lincoln Select Swimming
13-14 Girls -	Dannie Dilsaver	Greater Nebraska Swim Team
13-14 Boys -	Ben Morris	Lincoln Select Swimming
15-16 Girls	Aimee Fischer	Greater Nebraska Swim Team
15-16 Boys -	Brennan Balogh	Lincoln Select Swimming
17-18 Girls -	Mary Kate Luddy	Swim Omaha
17-18 Boys -	Jacob Molacek	Greater Omaha Aquatics

2012-2013 Long Course

10 & U Girls -	Kate Dilsaver	Greater Nebraska Swim Team
10 & U Boys -	Luke Barr	Sarpy County Swim Club
11-12 Girls -	Alana Palmer	Lincoln Select Swimming
11-12 Boys -	Alex Petty	Lincoln Select Swimming
13-14 Girls -	Carolyn Theil	Greater Nebraska Swim Team
13-14 Boys -	Ben Morris	Lincoln Select Swimming
15-16 Girls -	Elizabeth Amato-Hanner	Greater Omaha Aquatics
15-16 Boys -	Brennan Balogh	Lincoln Select Swimming
17-18 Girls -	Aimee Fischer	Greater Nebraska Swim Team
17-18 Boys -	Jacob Molacek	Greater Omaha Aquatics