



2021 ASAA/First National Bank Alaska  
**SWIMMING & DIVING**  
**STATE CHAMPIONSHIPS**

# Shaping Tomorrow

For more than 30 years, First National has helped Alaska's youth become tomorrow's leaders. We're proud to support ASAA as the Title Sponsor of championship and main events.



# 100



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NMLS# 640297

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## WELCOME

On behalf of the Alaska School Activities Association (ASAA) Board of Directors and ASAA's corporate partners, welcome to the 2021 ASAA/First National Bank Alaska Swimming & Diving State Championships! To the student-athletes, we applaud your dedication to doing your best for yourself and for your school. To the coaches, counselors and parents, thank you for continuing to support interscholastic sports and activities. And to the spectators, we appreciate you being part of this statewide championship event.

A handwritten signature in black ink that reads "Billy Strickland".

Billy Strickland  
ASAA Executive Director



**The Alaska School Activities Association is a statewide nonprofit organization established to direct, develop and support Alaska’s high school interscholastic sports, academic and fine arts activities.**

## **MISSION STATEMENT**

**Strengthen student wellness, academic and social development by advocating equitable participation and fostering healthy competition for ALL Alaska students. #winforlife**

## **VISION STATEMENT**

**To ensure ALL students have the opportunity to participate in co-curricular activities to develop positive life skills. #winforlife**

#UnlimitedAlaskaLove



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GCI is committed to leading philanthropy efforts across Alaska, donating \$2 million in cash, products, scholarships, and grants to Alaska organizations each year.

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## MEET PERSONNEL

ASAA extends its appreciation to the following people for contributing their time and energy in making this year's 2021 ASAA/First National Bank Alaska Swimming & Diving State Championship a success.

**Wendy Kolberg** - Tournament Director

**Sean McLaughlin** - Meet Referee

**Lief Jacobsen** - Bartlett Activities Principal

**PLUS THE COUNTLESS NUMBER OF VOLUNTEERS THAT  
MAKE THIS STATE CHAMPIONSHIP POSSIBLE! THAN YOU!**

**THANKS FOR ALL YOU DO!**





# Strengthening Alaska Through Our Values

Proud sponsor of the Alaska School Activities Association



 WeAreASRC  @ASRC\_AK  @WeAreASRC

# 2021 ASAA / First National Bank Alaska Swim & Dive State Championships

Bartlett High School Pool in Anchorage

**FRIDAY, NOVEMBER 5, 2021**

## Swim & Dive Preliminaries

7:30 AM Girls Dive Warm-Ups

8:00 AM Girls Dive Prelims Begins

Immediately following Boys Dive Warm-Ups / Boys Dive Prelims

12:45 PM Girls Swim Warm-Ups

1:45 PM Girls Swim Prelims Begins

4:00 PM Boys Swim Warm-Ups

5:00 PM Boys Swim Prelims Begins

7:20 AM Dive Coaches Meeting

7:45 AM Dive Officials Meeting

1:15 PM Officials Meeting

1:30 PM Timers Meeting

4:30 PM Officials Meeting

4:45 PM Timers Meeting

**SATURDAY, NOVEMBER 6, 2021**

## Swim & Dive Preliminaries

9:00 am Girls Dive Warm-Ups

9:30 am Girls Dive Semi-Finals

Immediately following Boys Dive Warmups / Boys Dive Semi-Finals

Dive Finalist warm-ups will begin at the conclusion of the boys semi-final round

11:55 PM Boards Closed

12:00 PM Swim Warm-ups

1:25 PM National Anthem

12:30 PM Judges/Starter/Referee Meeting

1:00 PM Swim Officials Meeting

## Finals - Start at 1:30 pm

Event 1 200 Medley Relay-Girls

Event 2 200 Medley Relay-Boys

Event 3 200 Freestyle-Girls

Event 4 200 Freestyle-Boys

Event 5 200 Ind. Medley-Girls

Event 6 200 Ind. Medley-Boys

Event 7 50 Freestyle-Girls

Event 8 50 Freestyle-Boys

Event 9 1M Diving Finals-Girls

Event 10 1M Diving Finals-Boys

Event 11 100 Butterfly-Girls

Event 12 100 Butterfly-Boys

Event 13 100 Freestyle-Girls

Event 14 100 Freestyle-Boys

Event 15 500 Freestyle-Girls

Event 16 500 Freestyle-Boys

Event 17 200 Freestyle Relay-Girls

Event 18 200 Freestyle Relay-Boys

Event 19 100 Backstroke-Girls

Event 20 100 Backstroke-Boys

Event 21 100 Breaststroke-Girls

Event 22 100 Breaststroke-Boys

Event 23 400 Freestyle Relay-Girls

Event 24 400 Freestyle Relay-Boys

Individual Awards presented following events / Team Awards presented following last event





# WE'RE TEAMING UP!

Giving all Alaska students the opportunity to join in activities and reach their goals.

Thanks to our loyal customers and committed employees, ACC has grown to 35 retail stores throughout the state. Together with our meat processing plant, North Star Quality Meats, and our wholesale division, Pacific Alaska Wholesale, we strive to meet the food and merchandise needs of the communities we serve.

Sponsoring ASAA provides ACC with great opportunity to extend that same dedication to the youth of our villages.



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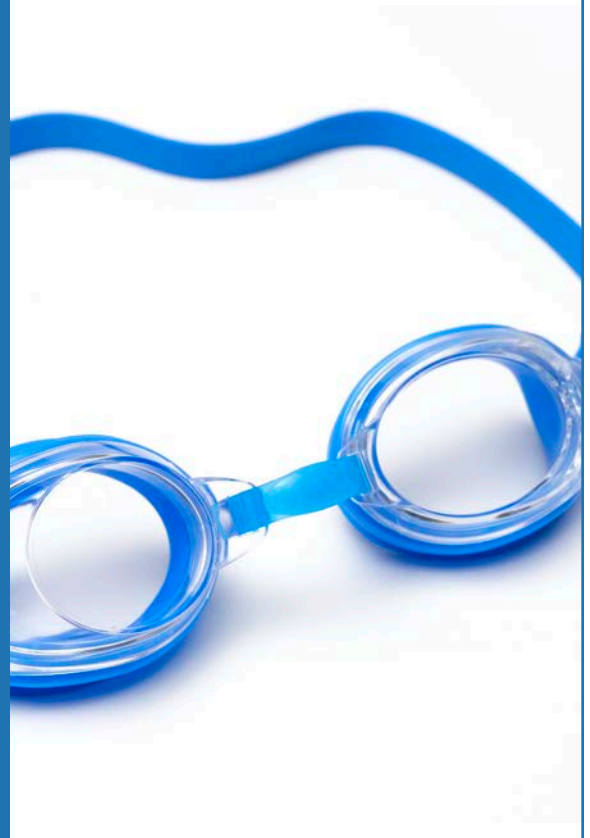


# GO THE EXTRA MILE.

Nice job on all the hard work. Now it's time to shine. The hardworking folks on our team are proud to support the 2021 ASAA/First National Bank Alaska Swim and Dive State Championships. Don't forget to thank mom and dad.

[club49hub.com](http://club49hub.com)

*Alaska*  
AIRLINES





## THE HISTORY OF ASAA

ASAA's roots predate statehood. In the early 1950s, school leaders in the Territory of Alaska recognized the need to separate the high school basketball program from the local town business leagues. William Zahradnicek of Palmer, and W.W. Lahnum and Gordon Guffey of Anchorage, joined forces to organize the Western Alaska High School Activities Association with a mandate to ensure the necessary educational leadership. Sterling Sears of Juneau and Les Wingard and J.E. Danielson of Ketchikan were moving ahead at the same time to form the Southeast Alaska Activities Association.

In 1956, the Territorial Department of Education Superintendents Advisory Commission determined the need for an organization that could establish common rules and regulations to guide the activities of the two associations. In the Fall of 1957, the commission approved the Constitution and Bylaws of the Alaska High School Activities Association (ASAA). Officers representing the two divisions were elected. The first Board of Control consisted of William Zahradnicek, Palmer, as Chairman, J.E. Danielson, Ketchikan, Secretary-Treasurer; and members George McMillan, Juneau, Joe Montgomery, Anchorage, and Sterling Sears, Juneau.

This informal arrangement worked very well until the early 1970s, when the State Legislature added a section to the Educational Statutes placing the Association under the Department of Education. School populations and the number of participating schools were increasing. After many meetings, the two original associations became five distinct Regions based on school size and geographic location. One year later, in 1976, Regions increased to six. The new Board of Control consisted of one member from each Region, a representative of the Association of Alaska School Boards, and a representative of the Superintendents Association. In 1978, the board added a representative of the Alaska Association of Student Governments.

Due to the increasing number of schools participating in boys and girls basketball, the need for additional statewide culminating events became evident. This required the formation of a classification system that spanned all of the Regions. This task fell to a committee composed of representatives from all six Regions. It was known as the "Black and Blue" Ribbon Study Commission because of the difficulties faced in satisfying the needs of each Region. In June 1981, the Board of Control adopted the Commission's recommendation to establish four classifications based on school enrollment with some overlap in the two smallest classes due to geographic location. The first statewide event for the smaller classes was an invitational basketball tournament held in Anchorage in 1983-84.

In 1986, the Department of Education eliminated funding for ASAA. The Board of Control voted to incorporate as a 501(c)(3) non-profit corporation, beginning July 1, 1987. Because of ongoing jurisdictional issues between the Association and the State of Alaska, both entities sought a legal resolution. This resulted in the 1995 repeal of the Legislative Statute that had placed ASAA under the Department of Education.

In 2007, in order to ensure consistent tobacco, alcohol and controlled substances policies by member schools and districts, the Board of Directors adopted the "Play for Keeps-Win for Life" program for all student participants. In 2011, the Alaska Legislature passed House Bill 15, (amended in 2012 under Senate Bill 119), that sets standards for concussion awareness, education, treatment and return to participation protocols. ASAA developed recommended policies and procedures to assist in the implementation of the law. In 2013, the Alaska Legislature passed Senate Bill 41 that addressed interscholastic participation by "alternative education program students." ASAA developed bylaws and policies to assist schools, students and families in the implementation of the statute.

Currently, the Alaska School Activities Association serves over 200 schools and 26,000 student participants. These student participants are active in 22 athletic activities and 6 academic activities culminating in 54 State Championship events! Without the support of the schools, students, coaches/advisors, parents, and fans ASAA couldn't be as successful as it has been since 1956. **THANK YOU!**



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# STRENGTHENING *PEOPLE, CULTURE, AND HOMELANDS*

Sealaska is proud to support the student athletes competing in the ASAA State Championships.

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# 2021 STATE SWIM/DIVE PSYCH SHEETS

## Event 1 Girls 200 Yard Medley Relay

AK State: 1:46.75 2014		Juneau Douglas High School	
Kelly, Isaak, Ruffin, Walsh			
Team	Relay	Seed Time	
1 DHS		1:47.09 !	
1) Hannah Boyce	2) Isabelle Borke		
3) Dreamer Kowatch	4) Mia Sperbeck		
5) Emma Beltzer	6) Brooke Dittlinger		
7) Caroline Waters	8) Leena Edais		
2 COLHS		1:49.09 !	
1) Josephine Rogness	2) Jasmine Anderson		
3) Avery Palenske	4) Joscelyn Barrette		
5) Merica Miller	6) Jasmine Biederman		
7) Lori Houghton	8) Amaretta Settle		
3 JDHS		1:52.41 !	
1) Tahlia Gerger SR	2) Emma Fellman FR		
3) Samantha Schwarting SO	4) Pacific Ricke FR		
5) Addy Mallott	6) Anita Morrison SO		
7) Parker Boman FR	8) Madelyn Boman		
4 WVHS		1:52.94 !	
1) Evelyn Rupp SO	2) Mayumi Schaetzle SO		
3) Asyia Shank SR	4) Samantha Bristor JR		
5) Tatelyn Dixon JR	6) Blaque Secor JR		
7) Meah McCallum JR	8) Talia Wentz FR		
5 LHS		1:53.21	
1) Timberlyn Wendt SR	2) Avery Hafele SO		
3) Natalie Napolilli SO	4) Symone Bailey SO		
5) Cadence Hollowell FR	6) Josie Adasiak FR		
7) Messiah Garcia FR			
6 TMHS		1:53.29	
1) Caitlin Sanders FR	2) Jamie Heidersdorf SR		
3) Nancy Liddle SR	4) Olivia Mills SO		
5) Gabrielle Anderson SO	6) Jenny Chester SR		
7) Alex Jenkins JR	8) Sadie Jenkins JR		
7 KHS		1:55.45	
1) Amaya Rocheleau 9	2) Evangelia Jones 9		
3) Emily Neo 9	4) Alison Narog 11		
8 SAHS		1:55.60	
1) Zoe Fencil FR	2) Stella Baldessari FR		
3) Kaia Reeg SO	4) Megan McLaughlin SO		
5) Elizabeth Bingham SO	6) Madison Pawlak JR		
7) Reese Romspert FR	8) Ava Rothbarth JR		

## Event 2 Boys 200 Yard Medley Relay

AK State: 1:34.00 2018		Robert Service High School	
Jarupakorn, Wisdom, Sands, Law			
Team	Relay	Seed Time	
1 ERHS		1:37.48 !	
1) Karson Kolberg	2) Matthew Heaphy		
3) Thomas Myers	4) Micah Keen		
5) Donald Carden	6) Elias Rumph		
7) Dean Toole	8) Tiago Tovar		
2 SHS		1:38.03	
1) William Kitchen	2) Preston Kwon		
3) Lucas Wisdom	4) Ben Price		
5) Conrad Fawcett	6) Jacob Leonard		
7) Eric Tyson	8) Jan Beck		

3 DHS		1:38.80	
1) William McKinley	2) Luke Hoen		
3) Kenneth Octuk	4) Andrew Billings		
5) Khalil Edais	6) Paul Cvancara		
7) Owen Thompson	8) James Tatakis		
4 JDHS		1:39.16 !	
1) Harrison Holt JR	2) Matthew Plang FR		
3) Chaz VanSlyke JR	4) Tytan Frawley SR		
5) Chris Degener JR	6) Adrell Mulgrew-Truitt SR		
7) Aaron Mulgrew-Truitt JR	8) Owen Rumsey		
5 TMHS		1:39.45	
1) Benson Boudreaux SO	2) Karthik Sanguni SR		
3) Sven Rasmussen JR	4) Patrick Foy SO		
5) Samson Anderson SR	6) Cael Brown		
7) Kristofer Ely	8) Matthew Godkin		
6 KHS		1:39.96 !	
1) Ian Rocheleau 12	2) Nicholas Carver 12		
3) Jacob Sarnowski 11	4) Spencer Jensen 12		
5) Connor Burnside 10	6) James Berestoff 10		
7) Jackson Krug 12	8) Max Robinson 10		
7 CRAIG		1:43.25	
1) Wesley Mank FR	2) Grant Maygren FR		
3) Ethan Dill SR	4) Elias Mank SO		
8 WVHS		1:45.97 !	
1) Ashton Banks SO	2) Selwyn Wessel FR		
3) Ezra Maio SO	4) Kyan Harnum JR		
5) River Quayle SR	6) Ryder Marshall FR		
7) Henry Repasky FR	8) Nathan McCotter SO		

## Event 3 Girls 200 Yard Freestyle

AK State: 1:50.02 2007		Meghan Cavanaugh	
Name	Yr School	Seed Time	
1 Jillian Crooks	HOMER	1:50.54 !	
2 Dreamer Kowatch	DHS	1:52.05 !	
3 Samantha Schwarting	SO JDHS	1:57.79 !	
4 Hannah Boyce	DHS	1:58.22	
5 Ally Ferguson	PHS	1:59.45	
6 Merica Miller	COLHS	2:00.08	
7 Lola Woodward	ERHS	2:00.12	
8 Emma Gassman	JR SITKA	2:00.13	
9 Samantha Bristor	JR WVHS	2:01.39 !	
10 Paige Antrobus	DHS	2:01.74	
11 Pacific Ricke	FR JDHS	2:03.35	
12 Nicole Coulter	WHS	2:03.48	
13 Lori Houghton	COLHS	2:03.73	
14 Nancy Liddle	SR TMHS	2:03.79	
15 Kaia Reeg	SO SAHS	2:04.10	
16 Razie Guillory	SR SITKA	2:04.98	

## Event 4 Boys 200 Yard Freestyle

AK State: 1:39.78 2016		Talon Lindquist	
Name	Yr School	Seed Time	
1 Kenneth Octuk	DHS	1:43.52 !	
2 Reuben Dobson	CHS	1:45.25	
3 Jackson Krug	12 KHS	1:45.51 !	
4 Conrad Fawcett	SHS	1:46.20	
5 Tytan Frawley	SR JDHS	1:46.79 !	
6 Harrison Holt	JR JDHS	1:48.09	
7 Ethan Dill	SR CRAIG	1:48.93	

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Programs and Benefits Subject to Change

# 2021 STATE SWIM/DIVE PSYCH SHEETS

## Event 4 ... (Boys 200 Yard Freestyle)

Name	Yr School	Seed Time
8 Karson Kolberg	ERHS	1:49.78
9 William McKinley	DHS	1:49.94
10 Ben Price	SHS	1:50.44
11 Koda Poulin	KCHS	1:50.45
12 Samson Anderson	SR TMHS	1:51.73
13 Matt Rice	JR SITKA	1:52.15
14 Jack Beltzer	WHS	1:52.84
15 Max Robinson	10 KHS	1:52.92
16 River Quayle	SR WVHS	1:53.73 !

## Event 5 Girls 200 Yard IM

AK State: 2:03.61 2014		Tahna Lindquist	
Name	Yr School	Seed Time	
1 Lydia Jacoby	SEW	2:07.88	!
2 Jasmine Anderson	COLHS	2:11.36	
3 Kiara Borchardt	ERHS	2:11.95	!
4 Jean Cook	SR MHS	2:13.96	!
5 Caroline Waters	DHS	2:14.67	
6 Emma Fellman	FR JDHS	2:16.10	!
7 Megan McLaughlin	SO SAHS	2:17.73	
8 Zoe Fencil	FR SAHS	2:17.97	
9 Tahlia Gerger	SR JDHS	2:19.47	
10 Jasmine Biederman	COLHS	2:21.38	
11 Lylah Murreh	JR NPHS	2:21.56	
12 Aviana Sorich	SHS	2:23.31	
13 Lauren Dorris	WHS	2:24.34	
14 Gabrielle Anderson	SO TMHS	2:25.23	
15 Jenny Chester	SR TMHS	2:26.03	
16 Tatelyn Dixon	JR WVHS	2:26.50	

## Event 6 Boys 200 Yard IM

AK State: 1:50.08 2017		Talon Lindquist	
Name	Yr School	Seed Time	
1 Patrick Foy	SO TMHS	1:55.35	!
2 Ian Rocheleau	12 KHS	1:57.86	!
3 Matthew Heaphy	ERHS	1:58.29	!
4 Chaz VanSlyke	JR JDHS	2:00.20	
5 George Sholton	WHS	2:00.88	
6 Lucas Wisdom	SHS	2:01.52	
7 Preston Kwon	SHS	2:02.62	
8 Sven Rasmussen	JR TMHS	2:04.14	
9 Chris Degener	JR JDHS	2:04.73	
10 Luke Hoen	DHS	2:05.14	
11 Jacob Sarnowski	11 KHS	2:08.38	
12 Tyler Belliston	COLHS	2:12.31	
13 Ezraha Maio	SO WVHS	2:14.80	!
14 Jackson Bird	SEW	2:15.17	
15 Ian Whitlock	SO SAHS	2:16.27	
16 Bentley Altman	SHS	2:16.64	

## Event 7 Girls 50 Yard Freestyle

AK State: 23.20 2014		Ila Hughes	
Name	Yr School	Seed Time	
1 Anna Keen	ERHS	23.65	!
2 Isabelle Borke	DHS	23.96	
3 Alison Narog	11 KHS	24.93	!

4 Mia Sperbeck	DHS	24.94
5 Olivia Mills	SO TMHS	24.96 !
6 Joscelyn Barrette	COLHS	25.09
7 Renee Roberts	SR WRG	25.19
8 Brooke Dittlinger	DHS	25.34
9 Emma Beltzer	DHS	25.53
10 Avery Palenske	COLHS	25.83
11 Josephine Rogness	COLHS	25.87
12 Blaque Secor	JR WVHS	25.98 !
13 Timberlyn Wendt	SR LHS	26.01
14 Addie Charton	PHS	26.07
15 Sadie Jenkins	JR TMHS	26.11
16 Talia Wentz	FR WVHS	26.12

## Event 8 Boys 50 Yard Freestyle

AK State: 20.48 2017		Reed Dittlinger	
Name	Yr School	Seed Time	
1 Andrew Billings	DHS	22.11	!
2 Kyan Harnum	JR WVHS	22.25	!
3 Thomas Myers	ERHS	22.40	
4 Kristofer Vangorder	COLHS	22.43	!
5 Ari Kaufman	WHS	22.49	
6 Wesley Mank	FR CRAIG	22.54	!
7 William Kitchen	SHS	22.64	
8 Fisher Mishmash	JR VHS	22.72	
9 Aaron Mulgrew-Truitt	JR JDHS	22.77	
10 Derick Wengler	COLHS	22.84	
11 Connor Lee	PHS	22.85	
12 Lucas Ruda	PHS	23.03	
13 Spencer Jensen	12 KHS	23.13	
14 Adrell Mulgrew-Truitt	SR JDHS	23.14	
15 Karthik Sanguni	SR TMHS	23.20	
16 James Tatakis	DHS	23.21	

## Event 9 Girls 1 mtr Diving

AK State: 482.75 2015		Jami Stone	
Name	Yr School	Seed Time	
1 Grace Greene	JR HHS	425.75	!
2 Paige Sheridan	FR NPHS	405.90	!
3 Ally Hrcir	PHS	379.85	!
4 Ava Pletnikoff	SO WVHS	374.50	
5 Audrey Dietz	WW	352.50	!
6 Krystal Forbush	CHS	345.60	!
7 Aylin Hawkins	FR WVHS	344.65	
8 Asha Gerteisen	COLHS	338.60	
9 Tori Mack	WW	338.30	
10 Abriella Werner	SOHI	325.30	
11 Lyndsey Payne	COLHS	317.10	
12 Charlize McManus	COLHS	314.40	
13 Emily Bolling	JR KAYHI	297.95	!
14 Kylie Johns	CHS	297.90	!
15 Sophia Sidgman	ERHS	280.80	
16 Kellyn Briggs	FR KAYHI	253.25	!

## Event 10 Boys 1 mtr Diving

AK State: 539.35 2016		Brayden Schachle	
Name	Yr School	Seed Time	
1 Kade Reynolds	WW	486.40	!





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# 2021 STATE SWIM/DIVE PSYCH SHEETS

## Event 10 ... (Boys 1 mtr Diving)

Name	Yr	School	Time	Notes
Ernest Kvidera		DHS	451.00	!
Deshawn Campbell		WW	440.30	!
Xander Backus		COLHS	368.50	
Brayden DeTienne-Falls	FR	TMHS	349.95	!
Joe Jurva		WW	336.85	
Ezra West	SR	WVHS	329.10	!
Bryon Croom		COLHS	327.60	
Roman Billings		DHS	324.30	!
Jacob Light	FR	SAHS	320.10	
Stig Cunningham	JR	TMHS	320.10	!
Noah Coulter	11	KHS	309.30	
Travis Thorton		WW	301.50	
Owen Berger	JR	TMHS	289.45	
Eli West	FR	WVHS	274.30	!
Joshua Christian	FR	SAHS	268.80	

## Event 11 Girls 100 Yard Butterfly

AK State:		55.59	2007	Meghan Cavanaugh	
Name	Yr	School	Seed Time		
Kiara Borchardt		ERHS	56.63	!	
Dreamer Kowatch		DHS	57.10		
Avery Hafele	SO	LHS	57.10	!	
Carly Nelson		HOMER	57.59	!	
Asyia Shank	SR	WVHS	59.07		
Brooke Dittlinger		DHS	1:00.25		
Evelyn Rupp	SO	WVHS	1:00.85		
Mia Nappi		SEW	1:01.11		
Avery Palenske		COLHS	1:01.21		
Hager Elserry		KCHS	1:03.63		
Maria Girbacea		CHS	1:04.64		
Ava Rothbarth	JR	SAHS	1:05.49		
Lucia Chapell	FR	HAI	1:05.99	!	
Ada Creighton	FR	CRAIG	1:06.05		
Lauren Olson	SR	KAYHI	1:06.47		
Emily Neo	9	KHS	1:07.07		

## Event 12 Boys 100 Yard Butterfly

AK State:		49.19	2008	Cody Brunette	
Name	Yr	School	Seed Time		
Chaz VanSlyke	JR	JDHS	52.56	!	
Ashton Banks	SO	WVHS	53.71	!	
Benson Boudreaux	SO	TMHS	54.20		
Thomas Myers		ERHS	55.15	!	
Sven Rasmussen	JR	TMHS	55.42		
Stewart Sawyer		PHS	55.94	!	
Skyler Rodriguez		HOMER	56.78		
Trevor Dash	SO	KAYHI	57.03		
James Tatakis		DHS	57.21		
Paxton Hill		SEW	57.31		
Derick Wengler		COLHS	57.53		
Khalil Edais		DHS	57.93		
Matthew Plang	FR	JDHS	58.02		
Jacob Sarnowski	11	KHS	58.62		
Justice Arola		WHS	58.96		
Hayden Woodring		COLHS	59.24		

## Event 13 Girls 100 Yard Freestyle

AK State:		50.51	2014	Ila Hughes	
Name	Yr	School	Seed Time		
Jillian Crooks		HOMER	51.13	!	
Isabelle Borke		DHS	52.74	!	
Carly Nelson		HOMER	53.76		
Joscelyn Barrette		COLHS	54.38		
Ally Ferguson		PHS	54.62		
Olivia Mills	SO	TMHS	54.75	!	
Renee Roberts	SR	WRG	54.78		
Caitlin Sanders	FR	TMHS	55.19		
Mia Sperbeck		DHS	55.28		
Alison Narog	11	KHS	55.40		
Blaque Secor	JR	WVHS	55.53	!	
Emma Beltzer		DHS	56.15		
Billi Lovell	JR	VHS	56.98		
Aviana Sorich		SHS	57.05		
Heidi Snyder		SOHI	57.30		
Cassidy Welsh	SR	HHS	57.46		

## Event 14 Boys 100 Yard Freestyle

AK State:		44.90	2014	Abel Aulbach	
Name	Yr	School	Seed Time		
Jackson Krug	12	KHS	47.52	!	
Reuben Dobson		CHS	48.31	!	
Ethan Dill	SR	CRAIG	49.08	!	
Lucas Wisdom		SHS	49.24		
Micah Keen		ERHS	49.30		
Kristofer Vangorder		COLHS	49.44		
Kyan Harnum	JR	WVHS	49.50	!	
Ari Kaufman		WHS	49.54		
Ben Price		SHS	49.98		
Lucas Ruda		PHS	49.98		
Andrew Billings		DHS	50.22		
Aaron Mulgrew-Truitt	JR	JDHS	50.31		
John Bullock	SR	KAYHI	50.77		
Jack Roberts	SO	WRG	50.81		
Kyan Klinger	SR	KAYHI	50.94		
Donald Carden		ERHS	51.06		

## Event 15 Girls 500 Yard Freestyle

AK State:		4:53.50	2014	Tahna Lindquist	
Name	Yr	School	Seed Time		
Samantha Schwarting	SO	JDHS	5:18.47	!	
Lori Houghton		COLHS	5:25.89	!	
Paige Antrobus		DHS	5:26.79	!	
Pacific Ricke	FR	JDHS	5:29.82		
Samantha Bristor	JR	WVHS	5:30.89	!	
Nancy Liddle	SR	TMHS	5:31.83		
Nicole Coulter		WHS	5:32.38		
Cassidy Welsh	SR	HHS	5:36.49		
Kaia Reeg	SO	SAHS	5:36.82		
Meah McCallum	JR	WVHS	5:39.18		
Emily Taylor		DHS	5:41.11		
Elise Petrie		CHS	5:45.68		
Heidi Snyder		SOHI	5:46.50		
Madison Pawlak	JR	SAHS	5:49.71		

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# 2021 STATE SWIM/DIVE PSYCH SHEETS

## Event 15 ... (Girls 500 Yard Freestyle)

Name	Yr School	Seed Time
15 Talia Wentz	FR WVHS	5:52.46
16 Madison McDonald	KCHS	5:52.69

## Event 16 Boys 500 Yard Freestyle

AK State: 4:35.30 2013		Michael Summers	
Name	Yr School	Seed Time	
1 Conrad Fawcett	SHS	4:46.62	!
2 Kenneth Octuk	DHS	4:47.04	
3 Tytan Frawley	SR JDHS	4:56.63	!
4 Jan Beck	SHS	4:56.72	
5 Karson Kolberg	ERHS	4:58.63	
6 Koda Poulin	KCHS	5:02.35	!
7 Matt Rice	JR SITKA	5:03.24	
8 Kole Rhodes	JR SAHS	5:06.29	
9 Jack Beltzer	WHS	5:06.51	
10 Larry Kuharich	JR KAYHI	5:08.73	
11 Hunter Fry	HOMER	5:09.04	
12 Nikita Monyahan	SOHI	5:09.25	
13 Max Waters	DHS	5:12.91	
14 Chris Degener	JR JDHS	5:12.94	
15 London Lee	PHS	5:19.38	
16 Ryder Marshall	FR WVHS	5:41.64	!

## Event 17 Girls 200 Yard Freestyle Relay

AK State: 1:36.36 1999		Lathrop High School	
Team	Relay	Seed Time	
1 DHS		1:38.51	!
1) Brooke Dittlinger	2) Mia Sperbeck		
3) Emma Beltzer	4) Isabelle Borke		
5) Dreamer Kowatch	6) Leena Edais		
7) Hannah Boyce	8) Caroline Waters		
2 ERHS		1:38.74	
1) Kiara Borchartd	2) Lola Woodward		
3) Maya Solomonson	4) Anna Keen		
5) Sierra Mercer	6) Jamisen Rasmussen		
7) Evelyn Toole	8) Willa Pruner		
3 HOMER		1:41.73	!
1) Jillian Crooks	2) Carly Nelson		
3) McKenna Carlin	4) Cassidy Carroll		
5) Hazel Pearson	6) Annabelle Franciscone		
7) Olivia Overdorf	8) Caitlin Gamble		
4 TMHS		1:42.04	!
1) Sadie Jenkins JR	2) Alex Jenkins JR		
3) Olivia Mills SO	4) Caitlin Sanders FR		
5) Gabrielle Anderson SO	6) Jamie Heidersdorf SR		
7) Jenny Chester SR	8) Nancy Liddle SR		
5 COLHS		1:42.58	
1) Jasmine Anderson	2) Jasmine Biederman		
3) Avery Palenske	4) Joscelyn Barrette		
5) Josephine Rogness	6) Merica Miller		
7) Lori Houghton	8) Amaretta Settle		
6 WVHS		1:42.61	!
1) Asyia Shank SR	2) Meah McCallum JR		
3) Blaque Secor JR	4) Samantha Bristor JR		
5) Evelyn Rupp SO	6) Tatelyn Dixon JR		
7) Talia Wentz FR	8) Mayumi Schaetzle SO		

7 LHS		1:43.47
1) Natalie Napolilli SO	2) Symone Bailey SO	
3) Timberlyn Wendt SR	4) Avery Hafele SO	
5) Cadence Hollowell FR	6) Josie Adasiak FR	
7) Messiah Garcia FR		
8 SHS		1:45.87
1) Hannah Katchen	2) Sophie Bacon	
3) Destiny DeLara	4) Aviana Sorich	
5) Josie Chistensen	6) Hayden Rasor	
7) Madison Kolb	8) Elizabeth Gresham	

## Event 18 Boys 200 Yard Freestyle Relay

AK State: 1:25.47 2018		Robert Service High School	
Team	Relay	Seed Time	
1 ERHS		1:28.13	!
1) Matthew Heaphy	2) Thomas Myers		
3) Karson Kolberg	4) Micah Keen		
5) Donald Carden	6) Tiago Tovar		
7) Elias Rumph	8) Jackson Delacruz		
2 DHS		1:28.96	
1) Andrew Billings	2) Luke Hoen		
3) Owen Thompson	4) James Tatakis		
5) Jonathan Szymanski	6) Kenneth Octuk		
7) William McKinley	8) Max Waters		
3 PHS		1:29.80	!
1) Stewart Sawyer	2) Benjamin Doland		
3) Lucas Ruda	4) Connor Lee		
5) London Lee	6) Aidan Houser		
7) Craig Elledge	8) James Fleckenstien		
4 TMHS		1:31.52	!
1) Benson Boudreaux SO	2) Samson Anderson SR		
3) Karthik Sanguni SR	4) Patrick Foy SO		
5) Cael Brown	6) Sven Rasmussen JR		
7) Kristofer Ely	8) Matthew Godkin		
5 SHS		1:31.84	
1) Lucas Wisdom	2) Eric Tyson		
3) Jacob Leonard	4) Conrad Fawcett		
5) Ben Price	6) William Kitchen		
7) Zane Warner	8) Preston Kwon		
6 KHS		1:32.18	
1) James Berestoff 10	2) Nicholas Carver 12		
3) Jacob Sarnowski 11	4) Jackson Krug 12		
5) Connor Burnside 10	6) Spencer Jensen 12		
7) Max Robinson 10	8) Ian Rocheleau 12		
7 COLHS		1:32.37	
1) Derick Wengler	2) Pieter Venema		
3) Hayden Woodring	4) Kristofer Vangorder		
5) Aleks Tokalich	6) Thomas Smith		
7) Karsen Spradling	8) Grady Dhondt		
8 WVHS		1:37.18	!
1) River Quayle SR	2) Selwyn Wessel FR		
3) Ezra Maio SO	4) Kyan Harnum JR		
5) Ashton Banks SO	6) Ryder Marshall FR		
7) Henry Repasky FR	8) Nathan McCotter SO		

## Event 19 Girls 100 Yard Backstroke

AK State: 54.78 2011		Samantha Wicks	
Name	Yr School	Seed Time	
1 Hannah Boyce	DHS	58.91	!

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## OPA Certified Athletic Trainers

*Brittany Bergens,  
MA, MEd, ATC*

*Mary Perez,  
MS, ATC*

*Bryan Beechem,  
MS, ATC*

*Lynne Young,  
MEd, ATC, ITAT*

*James Berry,  
MS, ATC, LAT*

*Kristi Castellaw,  
ATC*

*Kimberly Gilmore,  
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# 2021 STATE SWIM/DIVE PSYCH SHEETS

## Event 19 ... (Girls 100 Yard Backstroke)

Name	Yr	School	Seed Time
2 Amaya Rocheleau	9	KHS	58.92 !
3 Avery Hafele	SO	LHS	59.00 !
4 Josephine Rogness		COLHS	59.90
5 Evelyn Rupp	SO	WVHS	1:00.14
6 Lola Woodward		ERHS	1:00.22
7 Emma Gassman	JR	SITKA	1:00.79 !
8 Caitlin Sanders	FR	TMHS	1:01.39
9 Megan McLaughlin	SO	SAHS	1:01.54
10 Tahlia Gerger	SR	JDHS	1:02.28
11 Asyia Shank	SR	WVHS	1:02.66
12 Billi Lovell	JR	VHS	1:02.76
13 Zoe Fencil	FR	SAHS	1:02.89
14 Manami Lehman	SO	CRAIG	1:03.20
15 Hager Elserry		KCHS	1:03.21
16 Merica Miller		COLHS	1:03.74

## Event 20 Boys 100 Yard Backstroke

AK State: 49.50 2016			Talon Lindquist
Name	Yr	School	Seed Time
1 Ian Rocheleau	12	KHS	52.80 !
2 Wesley Mank	FR	CRAIG	53.61 !
3 William Kitchen		SHS	55.42 !
4 William McKinley		DHS	55.43
5 Harrison Holt	JR	JDHS	55.61
6 Ashton Banks	SO	WVHS	55.71 !
7 Max Robinson	10	KHS	56.27
8 Samuel Anderson		KCHS	56.99
9 Tiago Tovar		ERHS	57.40
10 Maximillian Yagodin	SO	SAHS	57.68
11 Benson Boudreaux	SO	TMHS	57.99
12 Owen Thompson		DHS	58.57
13 Donald Carden		ERHS	58.99
14 Paxton Hill		SEW	59.87
15 Grant Maygren	FR	CRAIG	1:00.19
16 Bengimin Ambrosiani		SEW	1:00.55

## Event 21 Girls 100 Yard Breaststroke

AK State: 1:00.61 2019			Lydia Jacoby
Name	Yr	School	Seed Time
1 Lydia Jacoby		SEW	1:00.22 !
2 Jasmine Anderson		COLHS	1:03.77
3 Anna Keen		ERHS	1:05.73 !
4 Jean Cook	SR	MHS	1:06.78 !
5 Mia Nappi		SEW	1:07.71
6 Jasmine Biederman		COLHS	1:07.78
7 Emma Fellman	FR	JDHS	1:07.96 !
8 Jamie Heidersdorf	SR	TMHS	1:09.91
9 Madison Snyder		SOHI	1:10.36
10 Parker Boman	FR	JDHS	1:10.78
11 Caroline Waters		DHS	1:10.84
12 Stella Baldessari	FR	SAHS	1:11.42
13 Lylah Murrah	JR	NPHS	1:12.04
14 Lauren Olson	SR	KAYHI	1:13.54
15 Taiya Wells	FR	CRAIG	1:13.73
16 Kinsey Mishmash	FR	VHS	1:14.09

## Event 22 Boys 100 Yard Breaststroke

AK State: 56.40 2000		Joshua Gemmill	
Name	Yr	School	Seed Time
1 Patrick Foy	SO	TMHS	56.60 !
2 Matthew Heaphy		ERHS	58.07 !
3 Micah Keen		ERHS	58.29
4 Nicholas Carver	12	KHS	1:00.02 !
5 Preston Kwon		SHS	1:00.55
6 George Sholton		WHS	1:01.31
7 Luke Hoen		DHS	1:02.01
8 Trevor Dash	SO	KAYHI	1:02.26
9 Karthik Sanguni	SR	TMHS	1:02.67
10 Stewart Sawyer		PHS	1:03.82
11 Matthew Plang	FR	JDHS	1:03.86
12 Paul Cvancara		DHS	1:04.93
13 Spencer Jensen	12	KHS	1:04.93
14 Brandon Stevens	JR	SITKA	1:05.17
15 Ezraha Maio	SO	WVHS	1:05.87 !
16 Selwyn Wessel	FR	WVHS	1:06.13

## Event 23 Girls 400 Yard Freestyle Relay

AK State: 3:31.88 1999		Lathrop High School
Reeves, Paskvan, Foley, Spores		
Team	Relay	Seed Time
1 DHS		3:39.37 !
1) Dreamer Kowatch	2) Brooke Dittlinger	
3) Hannah Boyce	4) Emma Beltzer	
5) Isabelle Borke	6) Mia Sperbeck	
7) Caroline Waters	8) Paige Antrobus	
2 JDHS		3:49.10 !
1) Samantha Schwarting SO	2) Tahlia Gerger SR	
3) Emma Fellman FR	4) Pacific Ricke FR	
5) Madelyn Boman	6) Addy Mallott	
7) Parker Boman FR	8) Anita Morrison SO	
3 COLHS		3:49.28 !
1) Merica Miller	2) Josephine Rogness	
3) Lori Houghton	4) Jasmine Biederman	
5) Joscelyn Barrette	6) Jasmine Anderson	
7) Avery Palenske	8) Amaretta Settle	
4 WVHS		3:52.56 !
1) Blaque Secor JR	2) Meah McCallum JR	
3) Talia Wentz FR	4) Evelyn Rupp SO	
5) Asyia Shank SR	6) Tatelyn Dixon JR	
7) Samantha Bristor JR	8) Mayumi Schaetzle SO	
5 SAHS		3:52.95
1) Reese Romspert FR	2) Megan McLaughlin SO	
3) Zoe Fencil FR	4) Kaia Reeg SO	
5) Stella Baldessari FR	6) Elizabeth Bingham SO	
7) Ava Rothbarth JR	8) Madison Pawlak JR	
6 KHS		3:54.64
1) Amaya Rocheleau 9	2) Emily Neo 9	
3) Evangelia Jones 9	4) Alison Narog 11	
7 WHS		3:55.38
1) Nicole Coulter	2) Norah Fredenhagen	
3) Lauren Dorris	4) Brooke Congdon	
5) Kestrel Wigglesworth	6) Olivia Croy	
7) Nora Hulse	8) Phoebe Bales	



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# 2021 STATE SWIM/DIVE PSYCH SHEETS

## Event 23...(Girls 400 Yard Freestyle Relay)

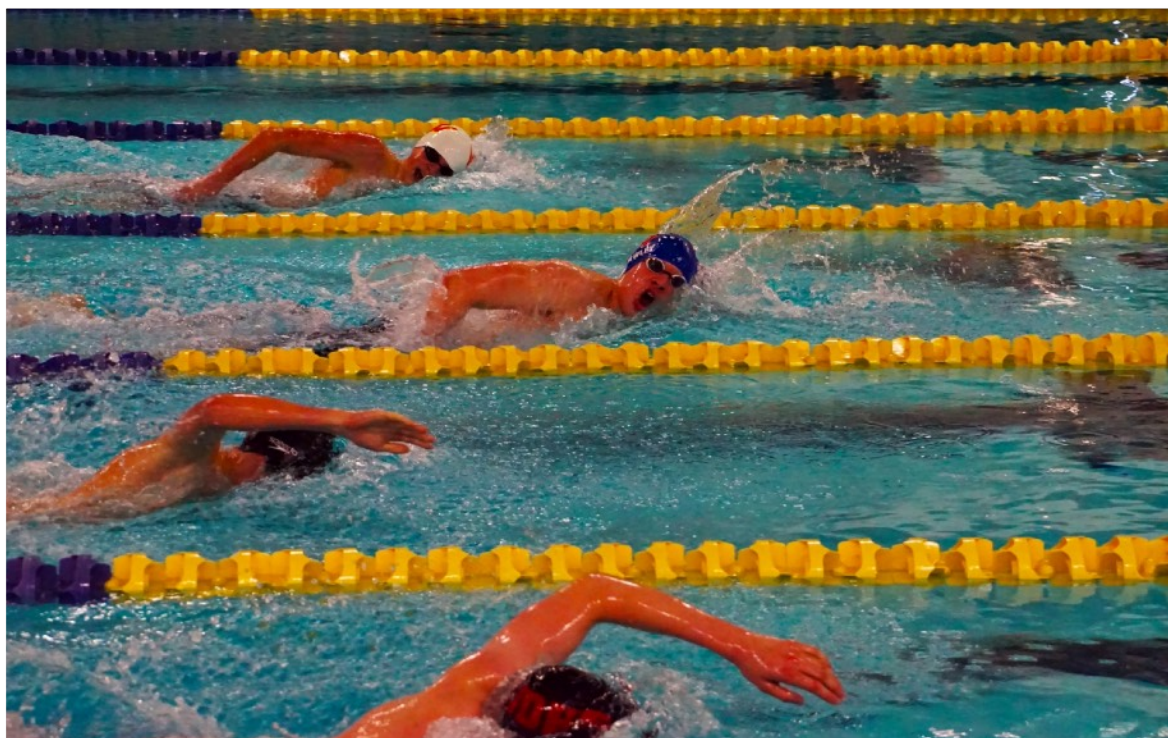
Team	Relay	Seed Time
8 TMHS		3:55.42
1) Sadie Jenkins JR	2) Gabrielle Anderson SO	
3) Alex Jenkins JR	4) Nancy Liddle SR	
5) Jenny Chester SR	6) Jamie Heidersdorf SR	
7) Olivia Mills SO	8) Caitlin Sanders FR	

## Event 24 Boys 400 Yard Freestyle Relay

Team	Relay	Seed Time
AK State: 3:09.05 2016	Dimond High School	
Addington, Alfano, Chung, Dittlinger		
1 KHS		3:19.03 !
1) Ian Rocheleau 12	2) Max Robinson 10	
3) Nicholas Carver 12	4) Jackson Krug 12	
5) James Berestoff 10	6) Connor Burnside 10	
7) Spencer Jensen 12	8) Jacob Sarnowski 11	
2 SHS		3:19.94 !
1) Conrad Fawcett	2) Jacob Leonard	
3) Ben Price	4) William Kitchen	
5) Jan Beck	6) Preston Kwon	
7) Eric Tyson	8) Lucas Wisdom	
3 DHS		3:20.31
1) Kenneth Octuk	2) James Tatakis	
3) William McKinley	4) Owen Thompson	
5) Andrew Billings	6) Kieran Erwin	
7) Luke Hoen	8) Max Waters	
4 JDHS		3:20.75 !
1) Chaz VanSlyke JR	2) Adrell Mulgrew-Truitt SR	
3) Harrison Holt JR	4) Tytan Frawley SR	
5) Chris Degener JR	6) Owen Rumsey	
7) Aaron Mulgrew-Truitt JR	8) Matthew Plang FR	

## Event 24 Boys 400 Yard Freestyle Relay

Team	Relay	Seed Time
AK State: 3:09.05 2016	Dimond High School	
Addington, Alfano, Chung, Dittlinger		
5 WHS		3:21.98
1) Ari Kaufman	2) Jack Beltzer	
3) Justice Arola	4) George Sholton	
5) Tristan Stuemke	6) Sayeed Mahmood	
7) Gabe Caterinichio	8) Hugo Castellano Figueroa	
6 PHS		3:23.46
1) Stewart Sawyer	2) Aidan Houser	
3) Lucas Ruda	4) Connor Lee	
5) London Lee	6) Craig Elledge	
7) Benjamin Doland	8) James Fleckenstien	
7 CHS		3:28.47
1) Reuben Dobson	2) Chris Michael	
3) Hunter Rhodes	4) Gabriel Gray	
5) Benjamin Strickland	6) Abel Lewis	
7) Maxwell Merizon		
8 WVHS		3:40.95 !
1) River Quayle SR	2) Ryder Marshall FR	
3) Henry Repasky FR	4) Ashton Banks SO	
5) Kyan Harnum JR	6) Ezra Maio SO	
7) Selwyn Wessel FR	8) Nathan McCotter SO	





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[AthletesAsLeaders.org](http://AthletesAsLeaders.org)

Athletes As Leaders (AAL) is a program for high school athletes on girls' sports teams. The program aims to empower youth to take an active role in challenging stereotypes, promoting healthy relationships and creating a safe and welcoming community for all.

AAL is based on research and best practices in the field of sexual assault prevention. Athletes are encouraged to be leaders in changing peer norms and school climate to a culture of safety and respect.



**KATHLEEN NAVARRE**  
**Program Coordinator**  
**Email: [kathleen@asaa.org](mailto:kathleen@asaa.org)**  
**Phone: 907-375-4400**

# SCHOOL SWIM/DIVE COACHES



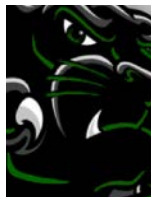
## **CHUGIAK MUSTANGS**

**Head Coach** Anne Williams  
**Activities Principal** Travis Morgan



## **COLONY KNIGHTS**

**Head Coach** Patrick Penoyar  
**Assistant Coaches** Jessica Seltzer & Emily Worley  
**Athletic Director** Kristy Johnston



## **CRAIG PANTHERS**

**Head Coach** Jen Creighton  
**Assistant Coach** Chris Purdy  
**Athletic Director** Troy Thain



## **DIMOND LYNX**

**Head Coach** Scott O'Brien  
**Assistant Coaches** Matt McDaniel  
**Activities Principal** Christopher Kleckner



## **EAGLE RIVER WOLVES**

**Head Coach** Patrick Garrity  
**Assistant Coaches** Bryce Carpenter & Jami Stone  
**Activities Principal** Vikki McConnell



## **HAINES GLACIER BEARS**

**Head Coach** Lexie Dewitt  
**Athletic Director** Lynne Swinton



## **HOMER MARINERS**

**Head Coach** Caleb Miller  
**Assistant Coaches** Dana Jaworski  
**Athletic Director** Chris Perk



## **HUTCHISON HAWKS**

**Head Coach** Katherine Matthews  
**Athletic Director** Lynn Bernheim



## **JUNEAU-DOUGLAS CRIMSON BEARS**

**Head Coach** Seth Cayce  
**Assistant Coaches** Amber Kelly & Nathan Teal  
**Athletic Director** Chad Bentz



## **KENAI-CENTRAL KARDINALS**

**Head Coach** Will Hubler  
**Assistant Coaches** Alice Moran-Tacey  
**Athletic Director** Jesse Settlemyer



## **KETCHIKAN KINGS**

**Head Coach** Gary Crowe  
**Assistant Coaches** Eryn Brooks  
**Athletic Director** Beth Sandefur



## **KODIAK BEARS**

**Head Coach** Maggie Rocheleau  
**Assistant Coaches** Lindsey Glenn & Dave Horne  
**Athletic Director** Debbie Rohrer



## **LATHROP MALEMUTES**

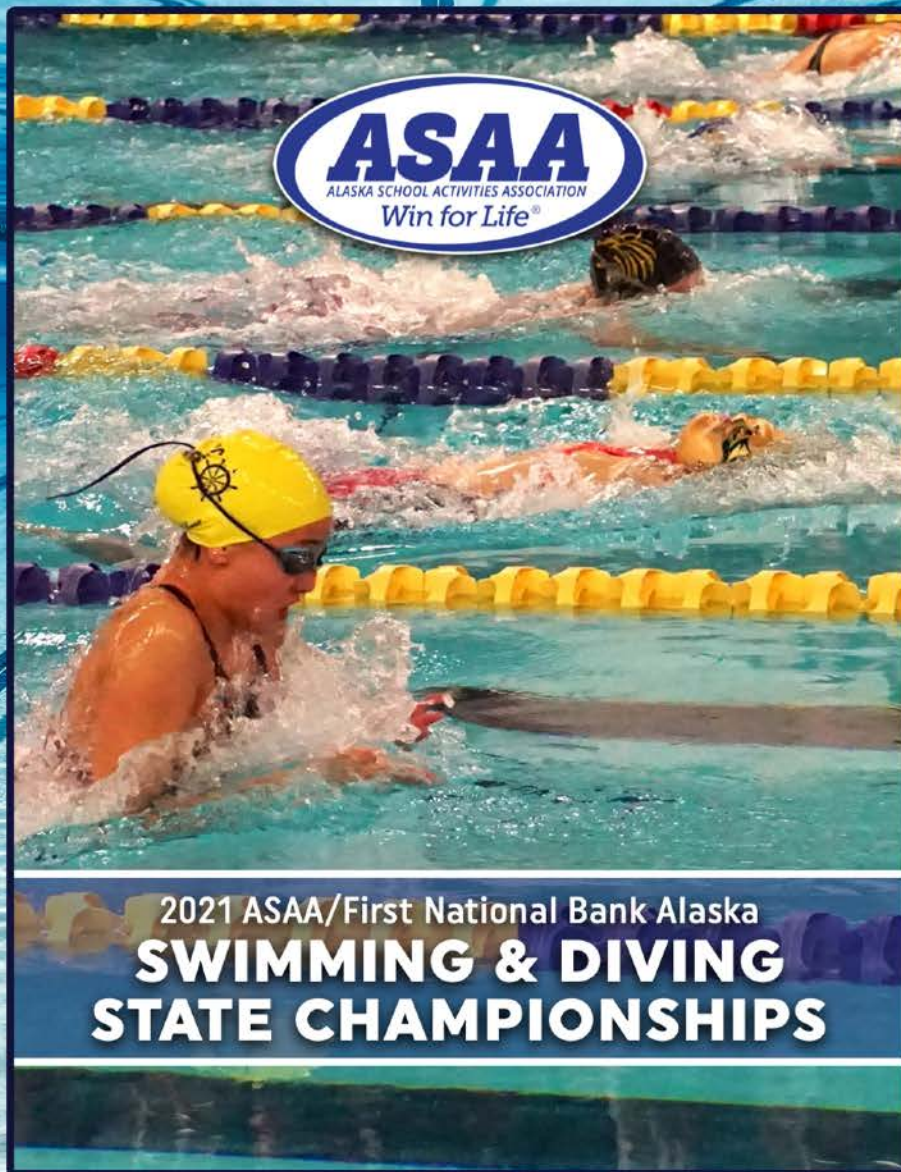
**Head Coach** Kate Matthews  
**Athletic Director** Steve Zanazzo



## **MONROE CATHOLIC RAMS**

**Head Coach** Christine Keill  
**Athletic Director** Frank Ostanik

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# SCHOOL SWIM/DIVE COACHES



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**Head Coach** Elizabeth Beks  
**Assistant Coach** Jennifer Young  
**Athletic Director** Robyn Myrum



## **PALMER MOOSE**

**Head Coach** Christine Morgan  
**Assistant Coaches** Leo Overdyn & Emily Worley  
**Athletic Director** Dale Ewart



## **SERVICE COUGARS**

**Head Coach** William Kitchen  
**Assistant Coaches** Grant Gamblin | Chad Fricke  
**Activities Principal** James Bell



## **SEWARD SEAHAWKS**

**Head Coach** Solomon D'Amico  
**Assistant Coaches** Greer Etheridge  
Cassidy Kelly, Myriah Ariza-Balter, Andy Koster  
**Athletic Director** Al Plan



## **SITKA WOLVES**

**Head Coach** Trade Harang  
**Assistant Coach** Meghan Devine  
**Athletic Director** Rich Krupa



## **SOLDOTNA STARS**

**Head Coach** Luke Herman  
**Assistant Coaches** Loren Reese | Shonia Werner  
**Athletic Director** Kyle McFall



## **SOUTH ANCHORAGE WOLVERINES**

**Head Coach** Kenny Fox  
**Assistant Coaches** Sam Wicks | Chad Fricke  
**Activities Principal** Chris Ruggles



## **THUNDER MOUNTAIN FALCONS**

**Head Coach** Josiah Loseby  
**Assistant Coaches** Cody Brunette  
Savona Kiessling Nathan Teal  
**Athletic Director** Luke Adams



## **VALDEZ BUCCANEERS**

**Head Coach** Carl Young  
**Assistant Coaches** Amy MacPherson | Jeff Prevost  
**Athletic Director** Todd Wegner



## **WASILLA WARRIORS**

**Head Coach** Hadley Remele  
**Assistant Coaches** Wendy DiGerlando | Eli Chan  
**Athletic Director** Stacia Rustad



## **WEST ANCHORAGE EAGLES**

**Head Coach** Lauren Langford  
**Assistant Coaches** Annie Madsen  
**Activities Principal** Ja Dorris



## **WEST VALLEY WOLFPACK**

**Head Coach** Kris Hagglund  
**Assistant Coaches** Sam Wuttig | Toni Hawkins  
**Athletic Director** Wayne Sawchuk



## **WRANGELL WOLVES**

**Head Coach** Jamie Roberts  
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# SCHOOL SWIM/DIVE COACHES



**CHUGIAK MUSTANGS**



**COLONY KNIGHTS**



**CRAIG PANTHERS**



**DIMOND LYNX**



**EAGLE RIVER WOLVES**



**HAINES GLACIER BEARS**



**HOMER MARINES**



**HUTCHISON HAWKS**

# SCHOOL SWIM/DIVE COACHES



**JUNEAU-DOUGLAS CRIMSON BEARS**



**KEANI-CENTRAL KARDINALS**



**KODIAK BEARS**



**LATHROP MALEMUTES**



**MONROE CATHOLIC RAMS**



**NORTH POLE PATRIOTS**



**PALMER MOOSE**



**SEWARD SEAHAWKS**

# SCHOOL SWIM/DIVE COACHES



**SITKA WOLVES**



**SOLDOTNA STARS**



**SOUTH ANCHORAGE WOLVERINES**



**THUNDER MOUNTAIN FALCONS**



**VALDEZ BUCCANEERS**



**WASILLA WARRIORS**



**WEST VALLEY WOLFPACK**



**WRANGELL WOLVES**

# Coaching Boys INTO MEN

CoachesCorner.org

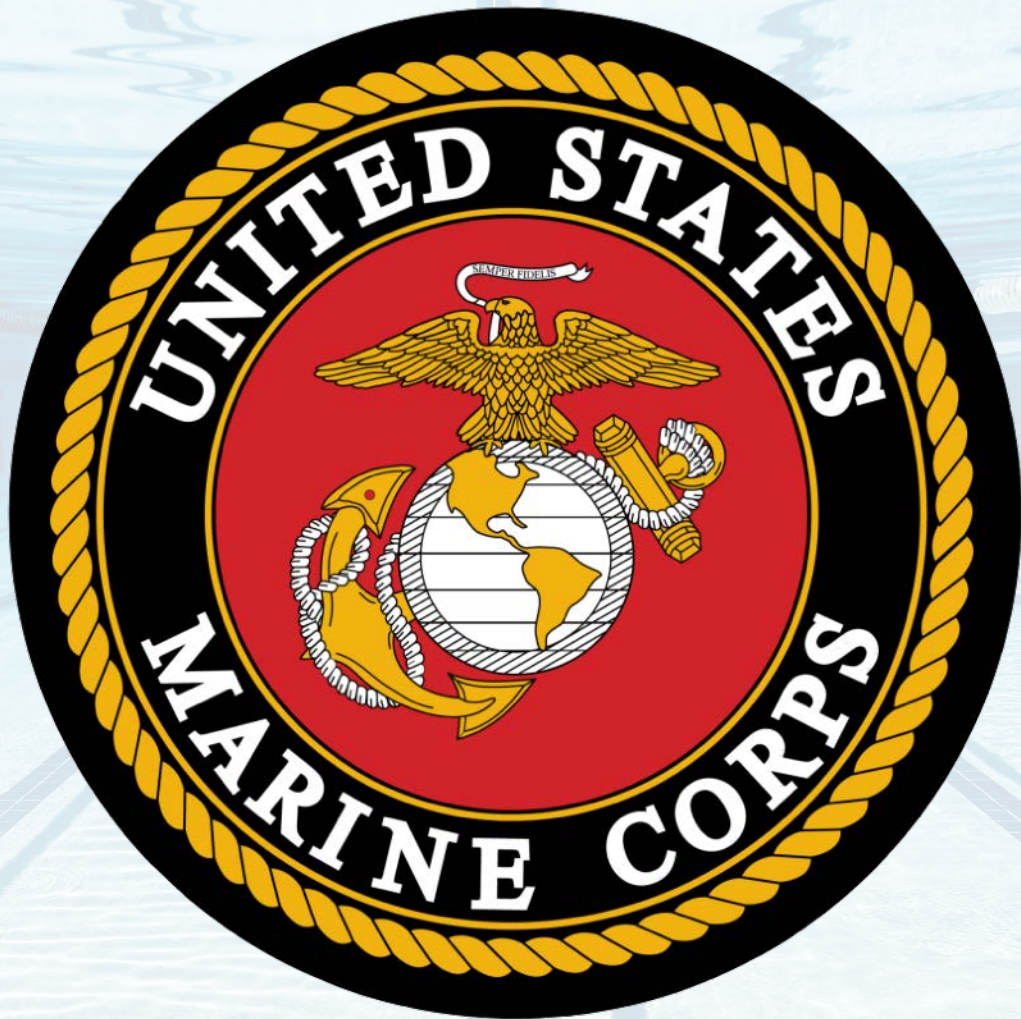
Athletic coaches play an extremely influential and unique role in the lives of young men. Because of these relationships, coaches are poised to positively influence how young men think and behave, both on and off the field.

Coaching Boys Into Men (CBIM) is the only evidence-based prevention program that trains and motivates high school coaches to teach their young male athletes healthy relationship skills and that violence never equals strength.



**BRIAN HOSKEN**  
**Program Coordinator**  
**Email: [brian@asaa.org](mailto:brian@asaa.org)**  
**Phone: 907-375-4402**





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# 2021 STATE CHAMPIONSHIPS RESULTS

## GIRLS

### TEAM RESULTS

Champion	Dimond	98
Runner-up	West Valley	70
3 <sup>rd</sup>	Colony	62
4 <sup>th</sup>	Eagle River	49
5 <sup>th</sup>	Homer	43
5 <sup>th</sup>	Juneau-Douglas	43
7 <sup>th</sup>	Lathrop	38
8 <sup>th</sup>	Kodiak	31
9 <sup>th</sup>	Seward	23
10 <sup>th</sup>	Thunder Mt	22
11 <sup>th</sup>	Palmer	14
12 <sup>th</sup>	Monroe	13
13 <sup>th</sup>	South Anchorage	11
14 <sup>th</sup>	Hutchison	10
15 <sup>th</sup>	Wasilla	7
16 <sup>th</sup>	Sitka	6
17 <sup>th</sup>	Soldotna	5
18 <sup>th</sup>	North Pole	4
18 <sup>th</sup>	West Anchorage	4
20 <sup>th</sup>	Service	2

### AWARDS

Academic Award: Homer (3.92)  
 Sportsmanship: Lathrop  
 Outstanding Competitor: Lydia Jacoby (SEW)  
 Jillian Crooks (HMR)

### INDIVIDUAL CHAMPIONS

#### GIRLS

200 Medley Relay	Dimond	1:48.37
200 Freestyle	Jillian Crooks (HMR)	1:49.85
200 Ind Medley	Lydia Jacoby (SEW)	2:05.70
50 Freestyle	Anna Keen (ERHS)	23.61
Diving	Grace Greene (HUT)	373.10
100 Butterfly	Avery Hafele (LHS)	55.70
100 Freestyle	Jillian Crooks (HMR)	50.70
500 Freestyle	Samantha Bristor (WV)	5:12.35
200 Freestyle Relay	Dimond	1:36.91
100 Backstroke	Avery Hafele	58.04
100 Breaststroke	Lydia Jacoby (SEW)	59.66
400 Freestyle Relay	Dimond	3:36.51

## BOYS

### TEAM RESULTS

Champion	Kodiak	79
Runner-up	Dimond	71
3 <sup>rd</sup>	Eagle River	69
4 <sup>th</sup>	Juneau-Douglas	62
5 <sup>th</sup>	Service	60
6 <sup>th</sup>	Thunder Mt	49
7 <sup>th</sup>	West Valley	43
8 <sup>th</sup>	Palmer	27
9 <sup>th</sup>	Wasilla	22
10 <sup>th</sup>	West Anchorage	17
11 <sup>th</sup>	Craig	16
12 <sup>th</sup>	Chugiak	13
13 <sup>th</sup>	Colony	12
14 <sup>th</sup>	Kenai	5
15 <sup>th</sup>	Homer	2
15 <sup>th</sup>	South Anchorage	2
16 <sup>th</sup>	Thunder Mt	8
17 <sup>th</sup>	Ketchikan	1
17 <sup>th</sup>	Valdez	1

### AWARDS

Academic Award: West Valley (4.0)  
 Sportsmanship: Craig  
 Outstanding Competitor: Patrick Foy (TMHS)

#### BOYS

Kodiak	1:35.67
Tytan Frawley (JDHS)	1:43.42
Patrick Foy (TMHS)	1:50.55
Andrew Billings (DHS)	21.55
Kade Reynolds (WW)	508.25
Chaz VanSlyke (JDHS)	52.17
Jackson Krug (KHS)	46.64
Conrad Fawcett (SHS)	4:41.59
Eagle River	1:27.92
Ian Rocheleau (KHS)	51.16
Patrick Foy (TMHS)	55.45
JDHS & KHS	3:15.32



TO SEE MORE RESULTS PRIOR TO 2021, PLEASE VISIT:  
[ASAA Swim/Dive State Championships Records page](#)

# 2021 GOOD SPORT RECIPIENTS

Schools with 4 or more boys, or 4 or more girls, may select a student who exemplifies outstanding citizenship and sportsmanship through out the season. Schools with 8 or more may select 2. Coaches chose the following athletes. CONGRATULATIONS!

## Chugiak

James Blackstone

## Colony

Jasmine Biederman  
Joscelyn Barrette  
Kristopher VanGorder  
Tyler Belliston

## Craig

Ethan Dill

## Dimond

Dreamer Kowatch  
Emma Beltzer  
Kenneth Octuk  
Luke Hoen

## Eagle River

Jamisen Rasmussen  
Karson Kolbeerg  
Kiara Borchardt  
Micah Keen

## Homer

Carly Nelson  
Olivia Overdorf

## Juneau-Douglas

Adrell Mulgrew-Truitt  
Tahlia Gerger

## Ketchikan

Kyan Klinger

## Kodiak

Amaya Rocheleau  
Max Robinson  
Nick Carver

## Lathrop

Timberlyn Wendt

## Palmer

Connor Lee  
Stewart Sawyer

## Service

Aviana Sorich  
Conrad Fawcett  
Gavin Kitchen  
Sophie Bacon

## South Anchorage

Madison Pawlak  
Megan McLaughlin

## Thunder Mt

Jamie Heidersforf  
Jenny Chester  
PJ Foy  
Sven Rasmussen

## Wasilla

Kade Reynolds

## West Anchorage

Justice Arola  
Lauren Dorris  
Norah Fredenhagen

## West Valley

Asyia Shank  
Ezra West  
Meah McCallum  
River Quayle



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A photograph of a swimming pool event. In the foreground, a swimmer in a blue suit is diving from a starting block. Another swimmer in a blue and black suit is in a starting crouch on a block behind. A man in a white polo shirt and black pants stands to the left. In the background, several people are watching from the pool deck. The scene is set in an indoor pool with blue lane lines and yellow and blue triangular flags hanging from the ceiling.

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WHAT YOU THINK**

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<http://asaa.org/go/eval>

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ALASKA SCHOOL ACTIVITIES ASSOCIATION

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**The program is designed to reinforce good decisions and a healthy lifestyle for young people.**

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