

**ZONE 7 REPORT - FALL 2014**

**Submitted by: Gregg Brace - DeWitt High School**

CAAC Division Champions

Blue Division: St. Johns - Kim Brewbaker  
Red Division: Mason - Connie Cantrell

MHSAA Championships

Division II

Okemos 15th

200 Medley Relay 1:52.02 12th

1)Morris, Isabella 10, 2)Chow, Alexandria 12, 3)Garbaccio, Freyja 10, 4)Williams, Sarah 10

50 Freestyle Williams, Sarah 10 24.68 9th

100 Butterfly Garbaccio, Freyja 10 57.49 5th

100 Freestyle Williams, Sarah 10 54.19 15th

100 Backstroke Garbaccio, Freyja 10 58.66 8th

400 Freestyle Relay 3:40.96 14th

1)Seeterlin, Carly 12, 2)Williams, Sarah 10, 3)Chow, Alexandria 12, 4)Garbaccio, Freyja 10

Waverly-LC 26th

100 Freestyle El Jbeily, Rita 9 53.98 12th

Mason 29th

200 Freestyle Relay 1:41.43 16th

1)Namvansy, Kiana 10, 2)Hedglen, Brooke 12, 3)Rogers, Rebecca 12, 4)Johnson, Rachel 12

St. Johns 29th

500 Freestyle Davis, Alexandra 12 5:14.14 15th

Division III

Williamston-LC 22nd

200 Freestyle Relay 1:46.01 16th

1)Dollar, Taylor 12, 2)Hasse, Kelsie 11, 3)Hetherington, Marie 12, 4)Heineman, Allie 11

50 Freestyle Heineman, Allie 11 24.97 8th

100 Freestyle Heineman, Allie 11 55.92 7<sup>th</sup>

Haslett 36th

200 I.M. Lehman, Katherine 12 2:18.83 15th

100 Butterfly Lehman, Katherine 12 1:02.02 15<sup>th</sup>



## M.I.S.C.A Zone 7 All - Zone Team 2014

**Swimmer of the Year:** Freyja Garbaccio (10) – Okemos

### All-Area Swim Team

Freyja Garbaccio (10) - Okemos  
Rachel Ely (10) - St. Johns  
Megan Shaughnessy (12) - Jackson  
Rita El Jbeily (9) - Waverly-LC  
Sarah Williams (10) - Okemos  
Alexandra Davis (12) - St. Johns  
Emma Schaefer (10) - St. Johns  
Allie Heineman (11) - Williamston-LC  
Alexandria Chow (12) - Okemos  
Catherine Voisin (11) - St. Johns  
Meg Pope (10) - St. Johns  
Alexis Lefevre (10) - Holt  
Rebecca Rogers (12) – Mason

**Diver of the Year:** Abby Johnstone (12) - Mason

### All Area Dive Team

Abby Johnstone (12) - Mason  
Sarah Stine (11) - DeWitt  
Mary Grace Fries (12) - Jackson

**Coach of the Year:** Kim Brewbaker – St. Johns

**Diving Coach of the Year:** Tylor Fick – DeWitt, Grand Ledge

## Second Team

Carly Seeterlin (12) - Okemos, Elisabeth Mueller-Hayes (12) - Grand Ledge, Katherine Lehman (12) - Haslett, Kiana Namvansy (10) - Mason, Brooke Hedglen (12) - Mason, Callie LaBar (10) - St. Johns, Taylor Dollar (12) - Williamston-LC, Sydney Bishop (10) - Jackson, Shyenne Fish (12) - Ionia, Sydney Shipps (9) - DeWitt, Anna Clark (9) - Jackson, Emily Bullinger (10) - Jackson, Madelyn Irelan (11) - Owosso, Ingrid Petersen (9) - Holt, Amber Cousineau (10) - St. Johns, Madison Dingeldey (11) – DeWitt, Alexis Alvarado (11) - Okemos, Natalie Crandell (10) - Williamston-LC, Amelia Kach (10) – Haslett, Coach: Pat Saucedo – Okemos, Diving Coach: Mike Wagner - Okemos

## Honorable Mention

Jennifer Przybylo (10) - Okemos, Taryn Schrems (12) - East Lansing, Tess Burnash (9) - St. Johns, Bre Miller (12) - Ionia, Rachel Johnson (12) - Mason, Amiya Harris (9) - Grand Ledge, Grace Jansen (11) - Waverly-LC, Brooke Spitzley (10) - DeWitt, Emily Hieftje (12) - DeWitt, Anna Vostrizansky (10) - DeWitt, Kayla Bellant (11) - St. Johns, Taylor Kehren (11) - Grand Ledge, Sarah Hileman (11) - St. Johns, Isabella Morris (10) - Okemos, Emma Cornell (9) - Grand Ledge, Kelsie Hasse (11) - Williamston-LC, Kendall Ilieff (12) - Grand Ledge, Sabrina Butler (12) - Lansing, Megan Fulton (9) - Haslett, Mallory Irelan (9) - Owosso, Valentina Larrivey (11) - Owosso, Emma Ydreskog (11) - Okemos, Catherine Schertzing (11) - East Lansing, Kaylin Gray (10) - DeWitt, Alyssa Kraft (12) - East Lansing, Haley Clark (12) - Mason, Marie Hetherington (12) - Williamston-LC, Samantha Lu (11) - Okemos, Lindsey Wood (10) - Ionia, Katie Thomas (10) - Grand Ledge, Allison Choi (11) - Haslett, Victoria Powe (9) - DeWitt, Autumn Petrick (10) - St. Johns, Taylor Quillinan (10) - Okemos, Katrina Elzinga (10) - DeWitt, Abigail Mealy (12) - Holt, Rebecca Lathrop (11) - Eaton Rapids, Sarah Clay (11) - Williamston-LC, Alaine Banninga (11) - St. Johns, Abigail Wilson (11) Okemos Coach: Connie Cantrell - Mason, Diving Coach: Andy Rieman – Jackson, Taylor Vandecar – Mason