

Midwestern Awards – 2013-2014

Coach of the Year: Tom Beck

Age Group Coach of the Year: Marcus (Sam) Bach

Zone Coach 2014: Eric Samson **Allstar Coach 2014:** Eric Samson

Hall of Fame:

Athlete - Georganne Peterson Williams

Athlete - David J Lammel

Midwestern Top 8 – [Listed on the MW Website](#)

Top 3 - Midwestern IMX Awards – 2013-2014 Short Course 2013-2014

Girls

9 & U	Hannah Hailu – GOAL	Isabella Morales – LSS	Joslyn Jacobs – NYA
10	Hannah Hailu = GOAL	Katie Dilsaver – GNST	Mia Snow – GOAL
11	Lauren Mayo – ACE	Lexie Kreizel – GNST	Ryleigh Branstetter – MAC
12	Berkeley Livingston- LSS	Katie Stonehocker – LSS	Morgan Baker – GNST
13	Berkeley Livingston – LSS	Alana Palmer - LSS	Molly Miller – GOAL
14	Dannie Dilsaver – GNST	Caroline Theil – GNST	Ashley Pales – LSS
15	Dannie Dilsaver – GNST	Elizabeth Amato Hanner – GOAL	Ashley Pales – LSS
16	Elizabeth Amato Hanner – GOAL	Jessica Storer – LSS	Brooke Holmes – OSF
17	Brooke Holmes – OSF	Ashlee Wigness Lindaman – GOAL	Rosemary Pynes - LSS
18	Sophia Nelson - LSS		

Boys

9 & &	Brody Spies – SCM	Ian Paul – LSS	Samuel Becker - LSS
10	Luke Barr – SCSC	Bennett Balogh – LSS	Grant Reid – LSS
11	Luke Barr – SCSC	Cael Dice – GNST	Ryan Colwell – SO
12	Josh Pales – LSS	Alex Petty – LSS	Hunter Smithson – GOAL
13	Michael Ayars – LSS	Chasten Larson – GNST	Jackson Allmon – CBSC
14	Michael Ayars – LSS	Chasten Larson – GNST	Jackson Allmon – CBSC
15	Austin Monette-Waters – MOST	Lance Culjat – OSF	Jacob Hangren – GOAL
16	Brennan Balogh – LSS	Vladislav Blashievskiy – GNST	Austin Monette-Waters – MOST
17	Brennan Balogh – LSS	Vladislav Blashievskiy – GNST	Jacob Malashock - MOST
18			

Long Course 2013-2014

Girls

9 & &	Isabella Morales – LSS	Avery Ryder – LSS	Michaela Michalski - ACE
10	Hannah Hailu – GOAL	Diana Brailita – HYAC	Maddy Clark - GOAL

11	Sydney Cole – MOST	Martha Walstad – HLA	Veronica Rohlfing - MOST
12	Katie Stonehocker – LSS	Morgan Baker – GNST	Anna Heinrich - LSS
13	Berkeley Livingston – LSS	Alana Palmer – LSS	Anna Heinrich - LSS
14	Caroline Theil – GNST	Makenzie Delgado – LSS	Cassandra Roberts - LSS
15	Dannie Dilsaver –GNST	Logan Lee – LSS	Sara Sutej – SO
16	Elizabeth Amato-Hanner – GOAL	Emma Vertin – GNST	Paige Knight - SCSC
17	Brooke Holmes – OSF		

18

Boys

9 &	Ian Paup – LSS	Samuel Becker – LSS	Nathan Germonprez - GOAL
10	Bennet Balogh – LSS	Reed Adajar – SCM	Henry Belik - SCSC
11	Luke Barr – SCSC	Bennet Balogh – LSS	Grant Reid - LSS
12	Josh Pales – LSS	Gabriel Paredes Reyes – MAC	Hunter Smithson - GOAL
13	Alex Petty – LSS	Jackson Pope – LSS	Matthew Sutej - SO
14	Chasten Larson – GNST	Jackson Pope – LSS	Matthew Sutej – SO
15	Ben Morris – LSS	Jacob Sutej - SO	
16			
17	Vladislav Blashievskiy – GNST	Eric Smith - OSF	

18

Midwestern Record Breakers – 2013-2014

Short Course 2013-2014

Age	Name	Event	Club
8 & U	LSS	100 Fr Rel	Bella Livingston, Elsie Maxwell, Avery Smith, Taylor Silverberg
8 & U	LSS	200 Fr Rel	Elsie Maxwell, Bella Livingston, Avery Smith, Taylor Silverberg
8 & U	LSS	100 Med Rel	Avery Smith, Taylor Silverberg, Elsie Maxwell, Bella Livingston
8 & U	LSS	200 Med Rel	Avery Smith, Taylor Silverberg, Elsie Maxwell, Bella Livingston
11-12	Katie Stonehocker	100 Breast	LSS
11-12	Katie Stonehocker	200 Breast	LSS
11-12	Berkeley Livingston	200 Back	LSS
11-12	Berkeley Livingstone	50 Fly	LSS
11-12	Berkeley Livingstone	100 Fly	LSS
11-12	Berkeley Livingstone	200 Fly	LSS
11-12	Berkeley Livingstone	200 IM	LSS
11-12	Berkeley Livingstone	400 IM	LSS
11-12	LSS	400 Free Rel	Berkeley Livingston, Katie Stonehocker, Elsie Moorehead, Anna Heinrich
11-12	LSS	200 Med Rel	Abigail Mitchell, Katie Stonehocker, Berkeley Livingston, Anna Heinrich
11-12	LSS	400 Med Rel	Abigail Mitchell, Katie Stonehocker, Berkeley Livingston, Anna Heinrich
13-14	Olivia Caegan	50 Free	UN
13-14	Caroline Theil	100 Free	GNST
13-14	Mykenzie Leahy	100 Free	CBSC

13-14	Dannie Dilsaver	200 Free	GNST
13-14	Caroline Theil	100 Back	GNST
13-14	Caroline Theil	200 Back	GNST
13-14	Olivia Calegan	100 Breast	LSS
13-14	Ashley Pales	200 Breast	LSS
13-14	Caroline Theil	200 Breast	GNST
13-14	Dannie Dilsaver	200 Ind Med	GNST
13-14	Caroline Theil	200 Ind Med	GNST
15-16	Eliz Amato-Hanner	100 Back	GOAL
15-16	Ashley Pales	200 Fly	LSS
15-16	Dannie Dilsaver	200 Fly	GNST
15-16	Dannie Dilsaver	200 Ind Med	UN
15-16	Dannie Dilsaver	400 Ind Med	GNST
17-18	Erin Oeltjen	100 Back	UN
Sr	Taryn Collura	50 Free	UN
Sr	Ariel Weech	50 Free	HUSK
Sr	Taryn Collura	100 Free	UN
Sr	Ariel Weech	100 Free	HUSK
Sr	Olivia Calegan	100 Breast	LSS
Sr	Sam Hardewig	200 Breast	UN
Sr	Taryn Collura	100 Fly	UN
Sr	Brooke Balogh	200 Fly	UN
Sr	Sam Hardewig	200 Ind Med	UN
Sr	Dannie Dilsaver	400 Ind Med	GNST
Sr	GOAL	200 Med Rel	Brynn Robertson, Elizabeth Amato-Hanner, Dana Posthuma, Brianna McCullough
Sr	GNST	400 Med Rel	Taylor Sieperda, Caroline Theil, Dannie Dilsaver, Aimee Fischer
Sr	GOAL	400 Med Rel	Brynn Robertson, Elizabeth Amato-Hanner, Dana Posthuma, Brianna McCullough
9-10	Luke Barr	100 Free	SCSC
9-10	Luke Barr	50 Fly	SCSC
9-10	Luke Barr	100 Fly	SCSC
9-10	Luke Barr	100 Ind Med	SCSC
11-12	Josh Pales	100 Breast	LSS
13-14	GOAL	200 Med Rel	Caleb Piti, Grant Holst, Evan Thorell, Tyler Bowen
15-16	Sean Tate	100 Free	SO
15-16	Brennan Balogh	100 Back	LSS
15-16	Brennan Balogh	200 Back	LSS
15-16	Brennan Balogh	200 Fly	LSS
15-16	Brennan Balogh	200 Ind Med	LSS
15-16	Brennan Balogh	400 Ind Med	LSS
17-18	Jacob Molacek	50 Free	GOAL
17-18	Jacob Molacek	100 Free	GOAL
17-18	Jacob Molacek	200 Free	GOAL
17-18	Jacob Molacek	100 Back	GOAL

17-18	Brennan Balogh	200 Back	LSS
17-18	Jacob Molacek	100 Breast	UN
17-18	Jacob Molacek	200 Breast	GOAL
17-18	RJ Hemmingsen	100 Fly	UN
17-18	Brennan Balogh	200 Fly	LSS
17-18	Jacob Molacek	200 Ind Med	UN
17-18	Jacob Molacek	400 Ind Med	GOAL
17-18	Brennan Balogh	400 Ind Med	LSS
17-18	GOAL	200 Fr Rel	Jacob Molacek, RJ Hemmingsen, Will Frisbie, Michael Mollak
17-18	GOAL	400 Fr Rel	RJ Hemmingsen, Michael Mollak, Will Frisbie, Jacob Molacek
17-18	GOAL	800 Fr Rel	RJ Hemmingsen, Michael Mollak, Will Frisbie, Jacob Molacek
17-18	GOAL	400 Ind Med	Michael Mollak, Jacob Molacek, RJ Hemmingsen, Will Frisbie
Sr	Jacob Molacek	50 Free	GOAL
Sr	Jacob Molacek	100 Free	GOAL
Sr	Jacob Molacek	200 Free	GOAL
Sr	Jacob Molacek	100 Back	GOAL
Sr	Brennan Balogh	200 Back	LSS
Sr	Jacob Molacek	100 Breast	UN
Sr	RJ Hemmingsen	100 Fly	UN
Sr	Brennan Balogh	200 Fly	LSS
Sr	Jacob Molacek	200 Ind Med	UN
Sr	GOAL	200 Fr Rel	Jacob Molacek, RJ Hemmingsen, Will Frisbie, Michael Mollak
Sr	GOAL	400 Fr Rel	RJ Hemmingsen, Michael Mollak, Will Frisbie, Jacob Molacek, Colin Piti
Sr	GOAL	800 Fr Rel	RJ Hemmingsen, Michael Mollak, Will Frisbie, Jacob Molacek
Sr	GOAL	400 Ind Med	Michael Mollak, Jacob Molacek, RJ Hemmingsen, Will Frisbie, Colin Piti

Long Course 2013-2014

9-10	Hannah Hailu	100 Back	GOAL
9-10	Hannah Hailu	50 Fly	GOAL
9-10	Hannah Hailu	100 Fly	GOAL
11-12	Lauren Mayo	200 Fly	ACE
13-14	Olivia Calegan	50 Free	GNST
13-14	Caroline Theil	100 Free	GNST
13-14	Caroline Theil	200 Free	GNST
13-14	Caroline Theil	200 Back	GNST
13-14	Caroline Theil	200 Ind Med	GNST
13-14	GNST	200 Fr Rel	Caroline Theil, Mady Sieperda, Ally Lunzmann, Olivia Calegan
13-14	LSS	800 Fr Rel	Berkeley Livingston, Anna Heinrich, Makenzie Delgado, Alana Palmer
13-14	GNST	200 Med Rel	Caroline Theil, Olivia Calegan, Mady Sieperda, Ally Lunzmann
15-16	Ashley Pales	200 Breast	LSS
17-18	GOAL	200 Fr Rel	Laura Miksch, Fiona Raynor, Brianna McCullough, Brynn Robrtson

Sr	Rebekah Land	100 Back	HUSK
Sr	GOAL	200 Fr Rel	Laura Miksch, Fiona Raynor, Brianna McCullough, Brynn Robrtson
Sr	HUSK	400 Fr Rel	Rebekah Land, Bria Deveaux, Katt Sickie, Taryn Collura
Sr	HUSK	800 Fr Rel	Katt Sickie, Taryn Collura, Kelly Dunn, Natalie Morris
Sr	GOAL	200 Med Rel	Eliz Amato-Hanner, Lauren Pavel, Dana Posthuma, Laura Miksch
11-12	Josh Pales	50 Free	LSS
11-12	Josh Pales	100 Free	LSS
11-12	Josh Pales	200 Free	LSS
11-12	Josh Pales	400 Free	LSS
11-12	Josh Pales	50 Breast	LSS
13-14	Luke Hemmingsen	50 Free	UN
13-14	Luke Hemmingsen	100 Free	GOAL
13-14	GOAL	200 Fr Rel	Luke Hemmingsen, Kayden McCullough, Tyler Bowen, Evan Thorell
13-14	GOAL	200 Med Rel	Luke Hemmingsen, Grant Holst, Evan Thorell, Kayden McCullough
17-18	Jacob Molacek	100 Back	GOAL
17-18	Brennan Balogh	200 Back	LSS
17-18	Brennan Balogh	200 Fly	LSS
Sr	GOAL	200 Fr Rel	Ryan Miksch, RJ Hemmingsen, Michael Mollak, Jacob Molacek
Sr	GOAL	400 Fr Rel	RJHemmingsen, Michael Mollak, Ryan Miksch, Jacob Molacek
Sr	GOAL	200 Med Rel	Jacob Molacek, Michael Mollak, RJ Hemmingsen, Ryan Miksch

Midwestern Swimming Academic Awards – 2014

The following swimmers have applied and been selected to the inaugural Midwestern Academic Team. Swimmers have completed 9th, 10th, 11th or 12th grade and achieved a 3.5 GPA (no grade lower than a B, calculated for current year academic year only). First team members have achieved at least one Winter Junior National time during the competition period (September 1, 2013 – August 31, 2014). Second team members have achieved at least one AAA time during the competition period.

MW 1 st Team		MW 2 nd Team	
Brennan Balogh - LSS	Nick Dionisopoulous - NA	Lindsey Stalheim - MAC	Anya Lindholm - GOAL
Ashley Pales - LSS	Jessica Storer - LSS	Austin Baker - HLA	Matthew Novinski - HG
RJ Hemmingsen - GOAL	Elizabeth Amato-Hanner - GOAL	Brianna McCullough - GOAL	Holly Hopson - MAC
Dannie Dilsaver - GNST	Collin Piti - GOAL	Thomas Graul - LSS	Daniel Novinski - HG
Dana Posthuma - GOAL	Jacob Pales - LSS	Samantha Gowen - LSS	Ellie Walstad - HLA
Laura Miksch - GOAL	Clara Walstad - HLA	Ethan Shih - SCSC	Benjamin Kellen - GOAL
	Fiona Raynor - GOAL	Caleb Piti - GOAL	Cassandra Watts - HG

Joshua Roh - LSS	Noah Barr - SCSC	Ellen Ellis - GOAL
Billy Salber - SCSC	Jenna Gornall -GOAL	Sarah Koubek - HG
Brooke Holmes - OSF	Jordan McCullough - GOAL	Jim Glover - GOAL
Andrew Feller - ACE		

USA Swimming Scholastic All America Team 2014 - Midwestern

The following Midwestern swimmers have been selected to the 2014 Scholastic All America Team for USA Swimming.

These swimmers all have made the required time standard (2011 Junior National Bonus time) and have a 3.5 GPA or higher. Twelve of the fifteen have a 4.0 GPA. *Robert Hemmingsen is a three-time team member. Congratulations to MW's Scholastic USA Swimming All America Team!

Amato-Hanner	Elizabeth	Greater Omaha Aquatics
Balogh	Brennan	Lincoln Select Swimming
Dionisopoulos	Nicholas	Nebraska Aquatics
Frisbie	William	Greater Omaha Aquatics
Glover	James	Greater Omaha Aquatics
*Hemmingsen	Robert	Greater Omaha Aquatics
Lyons	Carter	Greater Nebraska Swim Team
Luddy	Mary Kate	Swim Omaha
Miksch	Laura	Greater Omaha Aquatics
Molacek	Jacob	Greater Omaha Aquatics
Pales	Ashley	Lincoln Select Swimming
Pales	Jacob	Lincoln Select Swimming
Posthuma	Dana	Greater Omaha Aquatics
Robertson	Brynn	Greater Omaha Aquatics
Tate	Sean	Swim Omaha

Top 10 Awards - 2013

Short Course 2012-2013

10 th	11	400 Yd Ind Medley	Berkeley Livingston – Lincoln Select Swimming
10 th	11	100 Yd Breaststroke	Alex Petty – Lincoln Select Swimming
10 th	11	200 Yd Breaststroke	Alex Petty – Lincoln Select Swimming
1 st	13	100 Yd Breaststroke	Olivia Caegan – Lincoln Select Swimming
7 th	13	200 Yd Breaststroke	Olivia Caegan – Lincoln Select Swimming
5 th	13	100 Yd Breaststroke	Ashley Pales – Lincoln Select Swimming
6 th	13	200 Yd Breaststroke	Ashley Pales – Lincoln Select Swimming
10 th	14	400 Yd Ind Medley	Dannie Dilsaver – Greater Nebraska Swim Team

7 th	14	100 Yd Breaststroke	Ashley Pales – Lincoln Select Swimming
7 th	15	200 Yd Backstroke	Brennan Balogh – Lincoln Select Swimming
9 th	15	200 Yd Ind Medley	Brennan Balogh – Lincoln Select Swimming
4 th	15	400 Yd Ind Medley	Brennan Balogh – Lincoln Select Swimming
9 th	15	100 Yd Freestyle	Ryan Tate – Swim Omaha
2 nd	15	50 Yd Freestyle	Sean Tate - Unattached
9 th	17	50 Yd Freestyle	Jacob Molacek – Greater Omaha Aquatics

Long Course 2013

4 th	11	50 M Breaststroke	Kate Stonehocker – Lincoln Select Swimming
6 th	11	100 M Breaststroke	Kate Stonehocker – Lincoln Select Swimming
8 th	11	200 M Breaststroke	Kate Stonehocker – Lincoln Select Swimming
10 th	11	200 M Freestyle	Josh Pales – Lincoln Select Swimming
8 th	11	800 M Freestyle	Josh Pales – Lincoln Select Swimming
5 th	11	50 M Breaststroke	Josh Pales – Lincoln Select Swimming
10 th	11	200 M Ind Medley	Josh Pales – Lincoln Select Swimming
8 th	12	1500 M Freestyle	Alana Palmer – Lincoln Select Swimming
2 nd	13	100 M Breaststroke	Olivia Calegan – Lincoln Select Swimming
7 th	13	200 M Breaststroke	Olivia Calegan – Lincoln Select Swimming
10 th	13	100 M Backstroke	Caroline Theil – Greater Nebraska Swim Team
5 th	13	100 M Breaststroke	Caroline Theil – Greater Nebraska Swim Team
8 th	13	200 M Breaststroke	Caroline Theil – Greater Nebraska Swim Team
3 rd	13	200 M Ind Medley	Caroline Theil – Greater Nebraska Swim Team
6 th	13	400 M Ind Medley	Caroline Theil – Greater Nebraska Swim Team
7 th	14	200 M Ind Medley	Dannie Dilsaver – Greater Nebraska Swim Team
8 th	14	100 M Breaststroke	Ashley Pales – Lincoln Select Swimming
4 th	14	200 M Breaststroke	Ashley Pales – Lincoln Select Swimming
5 th	16	100 M Backstroke	Brennan Balogh – Lincoln Select Swimming
2 nd	16	200 M Backstroke	Brennan Balogh – Lincoln Select Swimming
7 th	17	50 M Freestyle	Jacob Molacek – Greater Omaha Aquatics
6 th	17	100 M Freestyle	Jacob Molacek – Greater Omaha Aquatics
3 rd	17	100 M Breaststroke	Jacob Molacek – Greater Omaha Aquatics
10 th	17	200 M Breaststroke	Jacob Molacek – Greater Omaha Aquatics

Tentative Top 10 Awards - 2014

Short Course 2013-2014

Certificates will be presented at the 2015 Awards

9 th	12	50 Yd Breaststroke	Katie Stonehocker – Lincoln Select Swimming
6 th	12	100 Yd Breaststroke	Katie Stonehocker – Lincoln Select Swimming
3 rd	14	100 Yd Breaststroke	Olivia Calegan – Lincoln Select Swimming
10 th	14	200 Yd Breaststroke	Ashley Pales – Lincoln Select Swimming
10 th	15	200 Yd Breaststroke	Ashley Pales – Lincoln Select Swimming
7 th	16	400 Yd Ind Medley	Brennan Balogh – Lincoln Select Swimming
3 rd	17	50 Yd Freestyle	Jacob Molacek – Greater Omaha Aquatics
5 th	17	100 Yd Freestyle	Jacob Molacek – Greater Omaha Aquatics
2 nd	17	100 Yd Breaststroke	Jacob Molacek – Greater Omaha Aquatics
6 th	17	200 Yd Backstroke	Brennan Balogh – Lincoln Select Swimming
7 th	18	50 Yd Freestyle	Jacob Molacek – Greater Omaha Aquatics
2 nd	18	100 Yd Breaststroke	Jacob Molacek - Unattached
5 th	18	200 Yd Ind Medley	Jacob Molacek - Unattached
6 th	11-12	400 Yd Med Relay	LSS-Abigail Mitchell, Katie Stonehocker Berkeley Livingston, Anna Heinrich
10 th	15-18	400 Yd Free Relay	GOAL-RJ Hemmingsen, Michael Mollak Will Frisbie, Jacob Molacek

Long Course 2014

5 th	11	100 M Breaststroke	Paige Hunt – Aquatic Club of Elkhorn
10 th	11	200 M Breaststroke	Paige Hunt – Aquatic Club of Elkhorn
5 th	12	50 M Freestyle	Josh Pales – Lincoln Select Swimming
4 th	12	100 M Freestyle	Josh Pales – Lincoln Select Swimming
8 th	12	200 M Freestyle	Josh Pales – Lincoln Select Swimming
2 nd	12	50 M Breaststroke	Josh Pales – Lincoln Select Swimming
3 rd	14	50 M Freestyle	Olivia Calegan – Greater Nebraska Swim Team
10 th	14	100 M Breaststroke	Olivia Calegan – Unattached
10 th	14	200 M Breaststroke	Olivia Calegan - Unattached
7 th	14	50 M Freestyle	Luke Hemmingsen – Unattached
4 th	14	200 M Breaststroke	Caroline Theil – Greater Nebraska Swim Team
6 th	14	200 M Ind Medley	Caroline Theil – Greater Nebraska Swim Team
7 th	15	100 M Breaststroke	Ashley Pales – Lincoln Select Swimming
1 st	15	200 M Breaststroke	Ashley Pales – Lincoln Select Swimming
10 th	18	100 M Backstroke	Jacob Molacek – Greater Omaha Aquatics
9 th	18	100 M Breaststroke	Jacob Molacek – Greater Omaha Aquatics
10 th	13-14	200 M Free Relay	GNST-Caroline Theil, Mady Sieperda,

9th 13-14 200 M Med Relay Ally Lunzmann, Olivia Calegan
GNST-Caroline Theil, Olivia Calegan,
Mady Sieperda, Ally Lunzmann

Swimmer of the Year Awards:

2013-2014 Short Course

10 & U Girls -	Hannah Hailu	Greater Omaha Aquatics
10 & U Boys -	Luke Barr	Sarpy County Swim Club
11-12 Girls -	Berkeley Livingston	Lincoln Select Swimming
11-12 Boys -	Josh Pales	Lincoln Select Swimming
13-14 Girls -	Caroline Theil	Greater Nebraska Swim Team
13-14 Boys -	Ben Morris	Lincoln Select Swimming
15-16 Girls	Dannie Dilsaver	Greater Nebraska Swim Team
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

2013-2014 Long Course

10 & U Girls -	Hannah Hailu	Greater Omaha Aquatics
10 & U Boys -	Bennett Balogh	Lincoln Select Swimming
11-12 Girls -	Katie Stonehocker	Lincoln Select Swimming
11-12 Boys -	Josh Pales	Lincoln Select Swimming
13-14 Girls -	Caroline Theil	Greater Nebraska Swim Team
13-14 Boys -	Michael Ayars	Lincoln Select Swimming
15-16 Girls -	Dannie Dilsaver	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