

# 2008 Girls Dream Team



MICHIGAN INTERSCHOLASTIC SWIM  
COACHES ASSOCIATION

## 200 Medley Relay



**School:** Holland High School  
Courtney Bartholomew (Freshman)  
Emily Bos (Junior)  
Caroline Meyer (Senior)  
Nicole Cordeo (Freshman)  
**Coach:** Donald Kimble

*Division 2 State Champions in the 200 Medley Relay*

## 200 Freestyle



**Name:** Johanna Cowley (Sophomore)  
**High School:** Ann Arbor Pioneer  
**Parents:** Paul and Laura  
**Coach:** Denny & Liz Hill  
**College choices (if you have not already decided):** University of Michigan, Cal-Berkeley, Purdue, Texas, Georgia  
**Major or subject area that you plan on studying in college:** Math, and Music  
**When did you start swimming competitively?** In Maryland at 7 years old  
**Do you swim year round?** Yes  
**Where do you swim outside of HS?**  
Club Wolverine  
**Who had the greatest influence on you in regards to swimming?** My dad and mom  
**(Explain)** They started a swim team and coached me in Marquette, in the Upper Peninsula, for three years before we moved to Ann Arbor last Spring.  
**What did/do you enjoy most about High School swimming?** Getting the opportunity to swim for a legend, Denny Hill, with incredible teammates. The tradition and history at Pioneer was much greater than I imagined! It was an honor for me to wear the "GO LIKE HILL" team cap.  
**What was your most memorable High School swimming experience?** Joining Pioneer graduate Kara Lynn Joyce in winning the 100 and 200 Freestyle "Double" at the State Meet, and becoming the first swimmer to win State Championships in both the Upper and Lower Peninsula.

*Division 1 State Champion in the 200 Freestyle & 100 Freestyle*

## 200 I.M.



**Name:** Valerie Barthelemy (Senior)

**HS:** Ann Arbor Pioneer

**Parents:** Bruno and Anne

**Coach:** Denny Hill

**College:** Undecided

**College Choices:** University of Michigan, Purdue University, Michigan State

**Major/Subject Area:** Oceanography

**When did you start swimming competitively?** Age 11

**Do you swim year round?** Yes

**Where do you train outside of HS?** Club Wolverine

**Who had the greatest influence on you in regards to swimming?** Eric Namesnik

**Explain:** He inspired me to succeed both in and out of the water. His personality was an inspiration and he was a great role model for me.

**What did you enjoy most about High School Swimming?** The feeling of team unit, the dual meets, the family of eighty girls, and of course the endless amounts of food are among my favorite aspects of high school swimming. However, nothing is comparable to the tradition and honor of being part of the Pioneer swim team.

**What was your most memorable High School swimming experience?** One of the memorable moments was swimming in one of the most exciting dual meets against Mercy High School this season. Also being a part of the state team that was National Champions in 2005 was unforgettable.

*Division 1 State Champion in the 200 Individual Medley*

## 50 Freestyle



**Name:** Emily Bos (Junior)

**HS:** Holland High School

**Parents:** Jim and Karen

**Coach:** Don Kimble

**College:** Undecided

**College Choices:** Its to early for me to list choices

**Major/Subject Area:** Physical Education/Sports Marketing/Kinesiology

**When did you start swimming competitively?** 10 years old

**Do you swim year round?** Yes

**Where do you train outside of HS?** West Michigan Swimmers

**Who had the greatest influence on you in regards to swimming?** My parents, team mates and coaches. **Explain:** Their continued support and encouragement as well as believing in me is what makes me who I am.

**What did you enjoy most about High School Swimming?** The friendships that I have developed over the past 3 years with both the coaches and other swimmers

**What was your most memorable High School swimming experience?**

Winning the 100 backstroke at the state meet my freshman year and then again my sophomore and junior years.

*Division 2 State Champion in the 50 Freestyle and 100 Backstroke*

*Division 2 swimmer of the meet*

*Set new overall state record in the 100 Backstroke*

## Diving



**Name:** Cheyenne Cousineau (Junior)  
**High School:** Bedford Senior High School  
**Parents:** Roland & Diane  
**Coach:** Marianne Kruk  
**College Choices:** Purdue, Indiana University, Duke, Georgia, Texas, Ohio State  
**Major:** Pre-med  
**Started Diving Competitively:** 8th grade  
**Dive year round?** yes at Legacy Diving (club team at EMU)  
**Greatest influence in regards to diving:** Buck Smith  
**Why:** He taught me everything i know about diving, he pushes me to go beyond what i think I'm capable of doing, and i respect his incredible knowledge of the sport.  
**What did/do you enjoy most about HS diving?:** I like being a part of a team, being able to contribute, and cheer for my teammates.  
**What was your most memorable HS diving experience?:** Breaking the D1 state record and my team getting 6th place at state meet.  
*Division 1 State Champion in Diving*  
*Division 1 Diver of the meet*

## 100 Butterfly



**Name:** Ashley Cohagen (Senior)  
**HS:** Ann Arbor Pioneer  
**Parents:** Donald and Rhonda  
**Coach:** Denny Hill  
**College:** University of Michigan  
**College Choices:**  
**Major/Subject Area:** Kinesiology/Movement Science in hopes of becoming a Physicians Assistant  
**When did you start swimming competitively?** Age 7  
**Do you swim year round?** Yes  
**Where do you train outside of HS?** Club Wolverine  
**Who had the greatest influence on you in regards to swimming?** Denny Hill  
**Explain:** He believed in me and pushed me harder than I ever thought possible.  
**What did you enjoy most about High School Swimming?** I loved the team atmosphere, we all became a family during swim season. Everyone was always there for each other and always cheering. Its a lot different than club swimming.  
**What was your most memorable High School swimming experience?** There are two that really stick out in my mind. Freshman year at states was really memorable winning the national championship as well as being on the medley relay that came so close to the national record. Also, this year swimming for the last time with Pioneer, everything went so perfect and it was such a great way to end my career as a high school swimmer.  
  
*Division 1 State Champion in the 100 Butterfly*  
*Division 1 Swimmer of the meet*

## 100 Freestyle



**Name:** Katherine Carl (Senior)  
**HS:** Bloomfield Hills Lahser  
**Parents:** Steven and Kathleen  
**Coach:** Michael Rado  
**College:** Undecided  
**College Choices:** Michigan, Miami of Ohio, Villanova  
**Major/Subject Area:** Pre-med, Physical Therapy  
**When did you start swimming competitively?** Freshman year in HS  
**Do you swim year round?** Yes  
**Where do you train outside of HS?** Birmingham Blue Dolphins  
**Who had the greatest influence on you in regards to swimming?** Michael Rado (High School Coach) **Explain:** "He believed in me and pushed me to be the very best I could be"  
**What did you enjoy most about High School Swimming?** "The girls on the team and the friendships I made"  
**What was your most memorable High School swimming experience?**  
"Achieving my personal goals my senior year at the state championships"

*Division 3 State Champion in both the 50 and 100 Freestyle  
Set new Division 3 records in both the 50 and 100 freestyle  
Division 3 Swimmer of the meet*

## 500 Freestyle



**Name:** Amelia Marsh (Junior)  
**HS:** Okemos High School  
**Parents:** Terry and Pam  
**Coach:** Patrick Saucedo  
**College:**  
**College Choices:** I would like to attend and swim at a Big Ten school  
**Major/Subject Area:** undecided  
**When did you start swimming competitively?** 9 years old  
**Do you swim year round?** yes  
**Where do you train outside of HS?** Capitol Area Swim Team  
**Who had the greatest influence on you in regards to swimming?** My dad,  
**Explain:** My dad supports and encourages me to do my best both in and out of the water  
**What did you enjoy most about High School Swimming?** The team atmosphere  
**What was your most memorable High School swimming experience?**  
Winning my first state championship and watching my team mates get their first state cuts

*Division 2 State Champion in the 500 Freestyle*

## 200 Freestyle Relay



**School:** Mercy High School  
Taylor Steffl (Sophomore)  
Nikki Barczak (Sophomore)  
Megan Gegesky (Senior)  
Sato Kakahara (Freshman)  
**Coach:** Shannon Dunworth

*Division 2 State Champions in the 200 Freestyle Relay*

## 100 Backstroke



**Name:** Erin Cameron (Junior)  
**HS:** Oscar A Carlson High School  
**Parents:** Dan and Karen  
**Coach:** Amy Hulderman  
**College:** Undecided  
**College Choices:** University of Toledo, Grand Valley, University of Wisconsin  
**Major/Subject Area:** Physical Therapy  
**When did you start swimming competitively:** 8 year old  
**Do you swim year round?** Yes  
**Where do you train outside of HS?** Dearborn Dolphins  
**Who had the greatest influence on you in regards to swimming?** Parents  
**Explain:** They have been very supportive, driving me to practice every day when I was younger, attending all my swim meets and knowing what to say.  
**What did you enjoy most about High School Swimming?** I love the team atmosphere. Having all your friends around you cheering. I love the excitement  
**What was your most memorable High School swimming experience?** This year at state meet. Winning two individual events was amazing. It was such a great feeling.

*Division 3 State Champion in the 200 Individual Medley and 100 Backstroke  
Set new Division 3 records in both the 200 IM and 100 Backstroke*

## 100 Breaststroke



**Name:** Rachel Dekar (Senior)  
**HS:** Bloomfield Hills Cranbrook  
**High School:** Cranbrook Kingswood Upper School  
**Parents Names:** Tom and Linda  
**Coach:** Scott Hedges  
**College:** Pepperdine University  
**Major or Subject Area:** Business, Marketing and Advertising  
**When did you start swimming competitively:** 7 years old  
**Do you swim year round? Yes If yes, where do you swim outside of HS?**  
Birmingham Blue Dolphins, Pine Lake Country Club  
**Who had the greatest influence on you in regards to swimming?**  
My childhood swim coach, Annie. I wanted to be an amazing swimmer just like her when I grew up and her passion and great enthusiasm for swimming is what initially made me fall in love with sport.  
**What did/ do you enjoy most about High School swimming?**  
The things that I have enjoyed most about High School swimming are the lifelong friendships I have made with my teammates. The girls I have swam with for the past 4 years are my second family and I wouldn't trade the memories I have with them for anything.  
**What was your most memorable High School swimming experience?**  
My most memorable High School swimming experience was being a part of the 200 Medley Relay that touched out Groves in the at the 2006 States Meet. I was only a sophomore, and I could hardly believe that I was a state champion.

*Set new overall state record and was Division 3 State Champion in the 100 Breaststroke.*

## 400 Freestyle Relay



**School:** Holland High School  
Courtney Bartholomew (Freshman)  
Klare Northuis (Freshman)  
Haley Thompson (Freshman)  
Emily Bos (Junior)  
**Coach:** Donald Kimble

*Division 2 State Champions in the 400 Freestyle Relay*