



BROWNELL-TALBOT SCHOOL AQUATICS

presents the 2008-09 **FACE-UP FAST** BACKSTROKE AWARDS

Awarded for the fastest 100-yard backstroke performances of the Short Course Season

B-T Aquatics uses our own Face-Up First method of swimming instruction in our swim school and promotes the use of backstroke in training as an excellent way to build core strength and stability, and to improve aquatic balance for all strokes. We are proud to present this award to recognize and encourage excellence in backstroke swimming by Midwestern age group swimmers. The **Face-Up Fast** Backstroke Awards are presented to the Midwestern Swimming registered 10&U boy and girl who achieve the fastest 100-yard backstroke times at MW sanctioned events during the short course season. All winning performances in the 100-yard backstroke are also recognized.



2008-2009 WINNING PERFORMERS

Sammi Baker, SO	Nicholas Satterlee, MS
Holly Hopson MAC	Jackson Thompson, ACE
Frankie Grijalva, SCM	Thomas Gaul, LSS
Niran Balu, GOAL	Caleb Shudak, CBSC
Jordan McCullough, MS	Landon Friesen, NA
Shelby Mullendore, HLA	J. Kelly, YST
Jo Loos, HLA	Luke Hezel, MS
Dannie Dilsaver, GNST	Luke Hemmingsen, CBSC
Ellen Ellis, GOAL	Conor Kearns, HLA
Hannah Oeltien, MAC	Jonathan Johnson, GNST
Breanna Harthorn, NYA	Brenden O'Brien, CBSC
Sydney Schneider, HLA	Michael Ayars, HLA
Anya Lindholm, GOAL	Patrick Kelly, ACE
Macey Wiebe, LSS	Bailey Brewster, HLA
Molly Zuercher, NA	Blake Kakacek, SCM
Deborah, Cvrk, SLS	Connor Johnson, SO
Alex Ketzler, CBSC	Parker Moos, SCM
Claire Kilborn, GOAL	Tanner Herchenbach, ACE
Linzie Kreizel, GNST	Connor Love, SCM
Emma Vertin, GNST	Lance Culjat, MOST
	Cameron Camey, NYA
	River-Sage Tucker, ACE
	Grayson Stanton, MS
	Jacob Sutej, SO
	Michael Simmons, SO

2008-2009 AWARD WINNERS

Emma Vitner, GNST, 1:12.36
Michael Simmons, SO, 1:13.21

YOU'RE INVITED!

APRIL 20, 7:00 PM

FOLLOWING THE 5:30 PM SPLASH MEET

Please accept our invitation to attend an award ceremony and celebratory pizza party following our April Splash Meet. Emma, Michael, and **all** the swimmers from the Winning Performers List along with their coaches are invited.

Emma and Michael will receive trophies and see their names and times posted to our Face-Up Fast Wall of Fame. Other invited swimmers and coaches will receive certificates. Everyone will be treated to pizza!

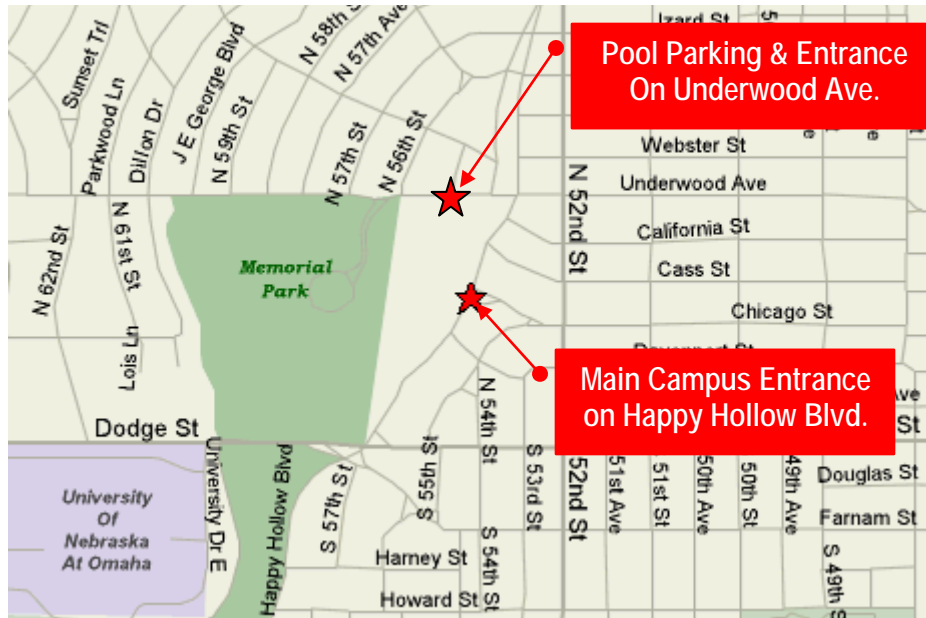
The Splash Meet starts at 5:30 for those competing (warm-up at 5:00 PM). Entry information is attached. Splash Meets are open to **everyone!** The awards ceremony is scheduled for 7:00 PM with pizza to follow. Please RSVP to Coach Jeanie Neal by Friday afternoon, April 17. 402.556.1205 or jeneal@brownell.edu

WE SWIM FOR GOOD TIMES!

www.btaquatics.org/FaceUpFastAward.htm

Theisen Pool at Brownell-Talbot School

400 Happy Hollow Blvd. Omaha, NE 68132 402-556-1205



Swimming Pool entrance is on Underwood Avenue.
Additional parking available at Happy Hollow entrance.

www.btaquatics.org