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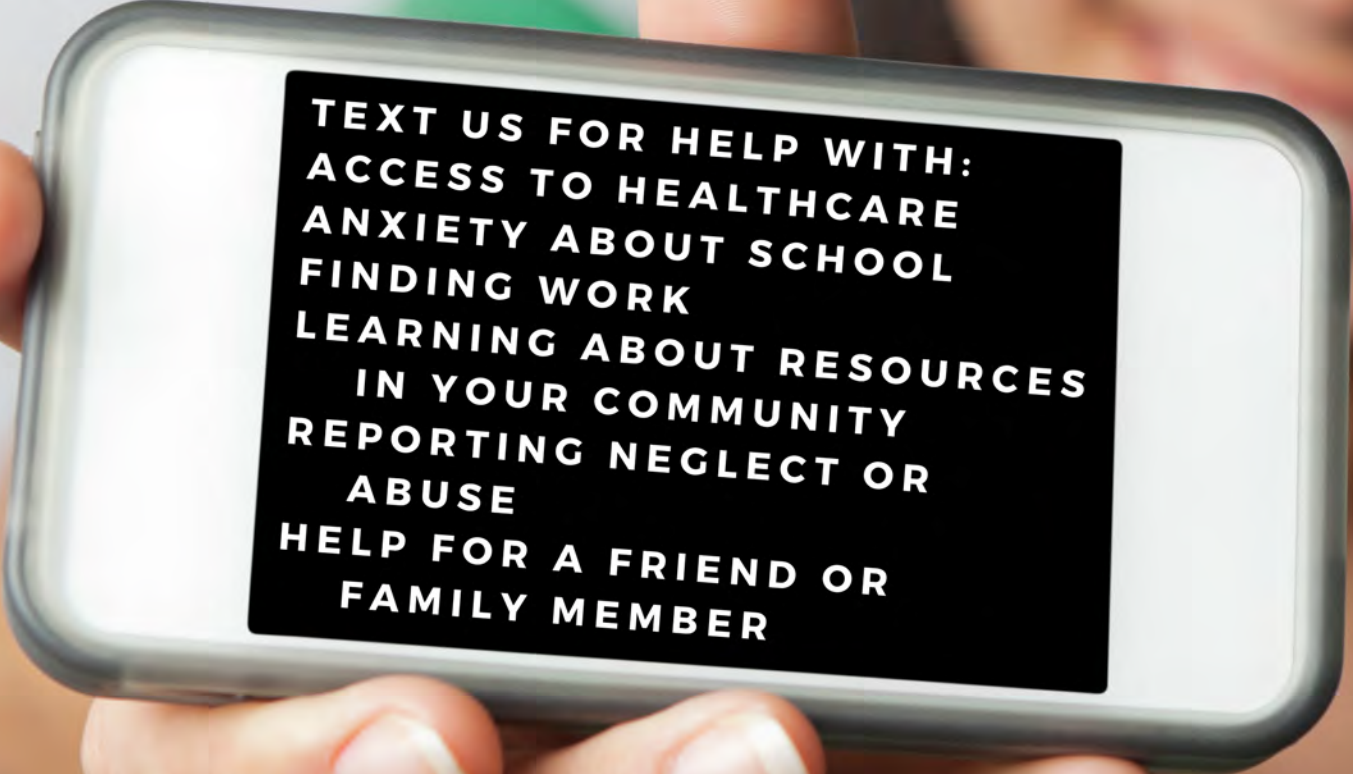
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Welcome from NMAA Executive Director



Sally Marquez
NMAA
Executive Director

It is funny how certain seemingly insignificant moments in our lives come rushing back to us from time to time. As I sat down to craft this letter, I remembered my high school days, sitting in History class, learning about the Spanish Flu. My teacher for that class was a coach, so I, of course, was deeply engaged and sitting in the front row. I can vividly remember him bringing in a mask to demonstrate how society lived and managed during that time and the measures they took to stay safe. It was the first time I had ever heard the word “pandemic.”

Honestly, those memories were washed into the far corners of my mind, as they likely were for most of my classmates, as we considered it history and not something that would have any relevance in our lives. Fast forward over 40 years and the voice of my teacher and his lessons of the Spanish Flu have come back to me, as though my days in his class were just yesterday.

I had always wanted to be an educator. My teachers and coaches became my role models, so knowing what I wanted to study in college came at an early age. As educators, we are taught how to manage a classroom, how to deliver the curriculum in several different manners, how to write lesson plans, and how to communicate with our students. As administrators, we are taught how to evaluate teachers, how to ensure we are following both Federal and State standards, how to manage a budget, and how to

communicate with parents, the community and any other parties within our reach.

Of all of the lessons we were taught and the tools in our proverbial toolboxes, we were never taught how to handle a pandemic! We may have learned about crisis management or how to deal with stressful situations in our classrooms and our schools, but the management of a pandemic was never a lesson taught to or learned by any of us.

However, through our education, experiences, and backgrounds, we learned how to see the light through darkness and how to find the silver lining in the gloomiest and most dismal looking clouds.

“I will love the light for it shows me the way, yet I will endure the darkness for it shows me the stars.” - Og Mandino

We learned how to endure difficult, treacherous and uncertain times.

“I ask not for a lighter burden, but for broader shoulders.” – Jewish Proverb

We learned how to find success in the midst of our most challenging adversities.

“Tough times never last, but tough people do.”– Robert Schuller

Most of all, we learned how to achieve, no matter the circumstances.

“Things turn out the best for the people who make the best of the way things turn out.” – John Wooden

We are all in this together. The membership of the NMAA will persevere and overcome, fueled by the knowledge that what we do matters and is important to the students we serve and to the communities from every part of the Land of Enchantment. Our country endured and overcame the 1918 Pandemic, and we, too, will persist and reemerge from the 2020 pandemic stronger than we were before.

“I learned there are troubles of more than one kind. Some come from ahead, others come from behind. But I’ve bought a big bat. I’m all ready, you see. Now my troubles are going to have trouble with me.” – Dr. Seuss

Let us all carry an attitude of positivity and success forward knowing that how we handle today will affect future generations.

Sally Marquez
Executive Director



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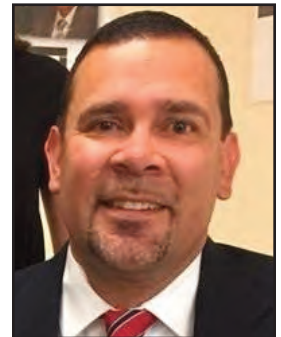
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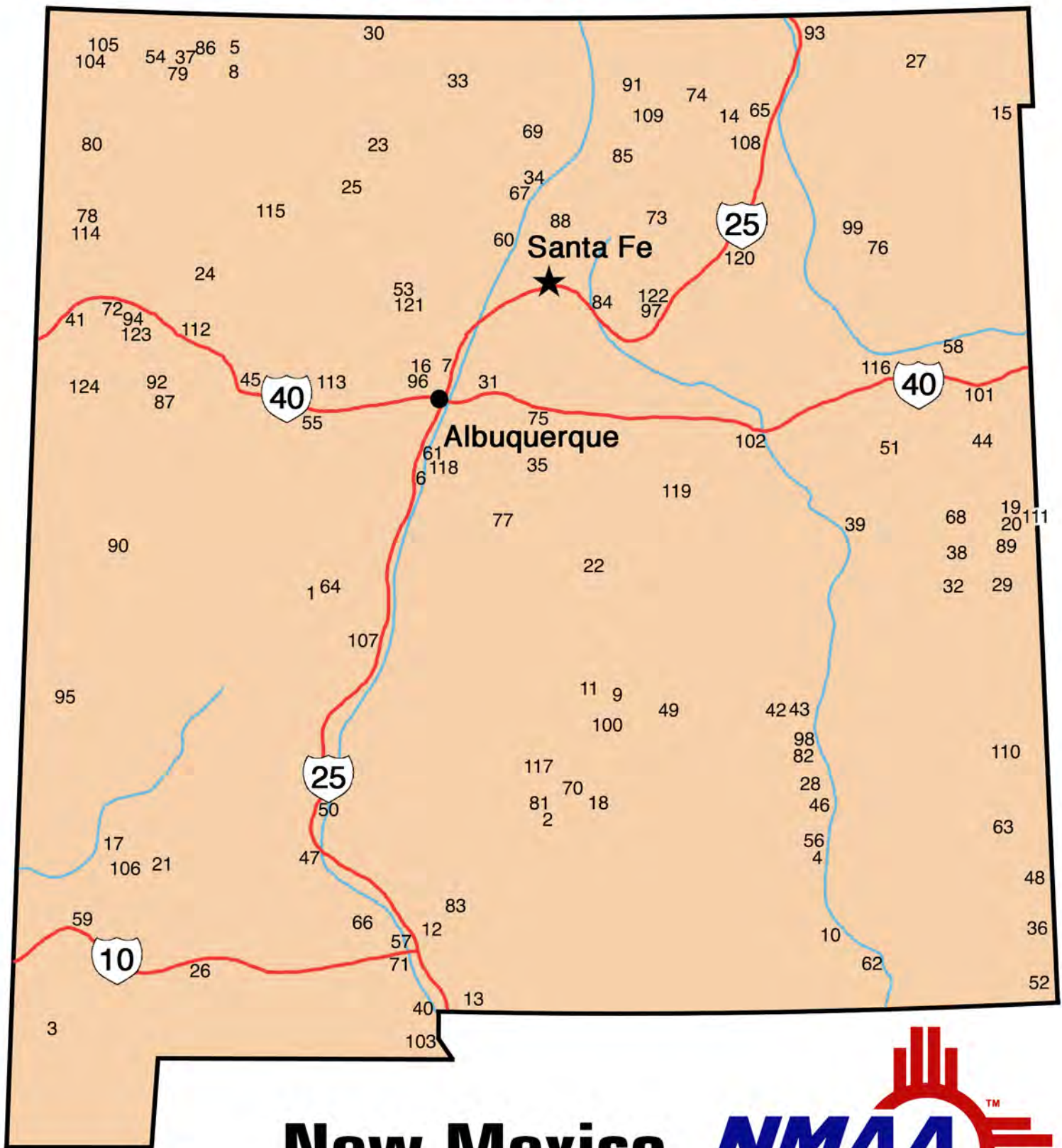
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Swimming & Diving Order of Events

(Albuquerque Academy Natatorium)

THURSDAY, MAY 13, 2021

DIVING PRELIMINARY EVENTS

Girls Diving Warm-Up	11:30 am
First 8 Dives of the Competition	12:00 pm

SWIMMING & DIVING FINALS

Swimming Warm-Up	1:30-2:20 pm
Swimming Finals	2:30 pm

- | | | |
|----|-------------------------------|-------|
| 1 | 200 Medley Relay | Girls |
| 2 | 200 Freestyle | Girls |
| 3 | 200 Individual Medley | Girls |
| 4 | 50 Freestyle | Girls |
| 5 | Diving Finals (Final 3 Dives) | Girls |
| 6 | 100 Butterfly | Girls |
| 7 | 100 Freestyle | Girls |
| 8 | 500 Freestyle | Girls |
| 9 | 200 Free Relay | Girls |
| 10 | 100 Backstroke | Girls |
| 11 | 100 Breaststroke | Girls |
| 12 | 400 Free Relay | Girls |

Team Award Presentations

SATURDAY, MAY 15, 2021

DIVING PRELIMINARY EVENTS

Boys Diving Warm-Up	11:30 am
First 8 Dives of the Competition	12:00 pm

SWIMMING & DIVING FINALS

Swimming Warm-Up	1:30-2:20 pm
Swimming Finals	2:30 pm

- | | | |
|----|-------------------------------|------|
| 1 | 200 Medley Relay | Boys |
| 2 | 200 Freestyle | Boys |
| 3 | 200 Individual Medley | Boys |
| 4 | 50 Freestyle | Boys |
| 5 | Diving Finals (Final 3 Dives) | Boys |
| 6 | 100 Butterfly | Boys |
| 7 | 100 Freestyle | Boys |
| 8 | 500 Freestyle | Boys |
| 9 | 200 Free Relay | Boys |
| 10 | 100 Backstroke | Boys |
| 11 | 100 Breaststroke | Boys |
| 12 | 400 Free Relay | Boys |

Team Award Presentations

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2021 Boys State Qualifiers

ALBUQUERQUE ACADEMY CHARGERS

Name	Yr.
Ryan Ardalan	Sr.
Brian Armijo	Sr.
Connor Dalton	Jr.
Ryan Dalton	Sr.
Ethan Fricke	Sr.
David Fu	Jr.
Aidan McKinley	Sr.
Pierce McShane	
Sam Papenguth	Sr.
Calvin Ridgeway	
Owen Sinkus	So.
Jack Yu	
Coch: Dave Barney	

ALAMOGORDO TIGERS

Alessio Lucero	So.
Coch: Colleen Moon	

ALBUQUERQUE HIGH BULLDOGS

John Benton	
Ciaran Burckel	Sr.
Alex Lanthiez	Sr.
William Lechman	So.
Marcus Montoya	Jr.
Malcolm Parnall	
Henry Siefert	
Ryan Zamora	So.
Coch: James Phillips	

CARLSBAD CAVEMEN

Zechariah Char	
Jacob DeMichele	
Ty Longoria	
Matthew Pavlik	Sr.
Coch: Moranda Madero	

CIBOLA COUGARS

Jackson Cotter	Sr.
Jamin Harlan	Jr.
Reed Komadina	
Zachary Nowlin	
Abran Salas	
Gabriel Salazar	
Tyler Saline	
Lucas Sandoval	Sr.
Coch: Vickie Fellows	

CLEVELAND STORM

Caleb Jones	
Noah Lee	So.
Philip McLaughlin	Jr.
Seth McLaughlin	
Anthony Sirignano	So.
Wyatt Sutton	

CLEVELAND STORM (CONT)

Robert VanSweden	
Coch: Stacy Salinas	

CLOVIS WILDCATS

Kriday Andiboina	
Matthew Del Toro	Jr.
Porter Kidd	Fr.
William Longhenry	
Thomas Palla	So.
David Reeb	Fr.
Brandon Rodriguez	
Ricky Southern	
Coch: Gordy Westerberg	

COTTONWOOD CLASSICAL COYOTES

Sahil Bhakta	So.
Coch: Colleen Gibson	

ELDORADO GOLDEN EAGLES

Nolan Arnholdt	Fr.
Nolan Arnholt	
Sabastian Benavidez	Sr.
Cole Bettis	Fr.
Krishna Clarke	Fr.
Connor Grimes	Sr.
Murat Jove-Tuncel	
Elias Lines	Fr.
Wyatt Nolen	Sr.
Darien O'Donnell	Sr.
Trey Robison	Sr.
Gage Sheldahl	So.
Coch: Quint Seckler	

FARMINGTON SCORPIONS

Kyle Allen	
Caleb Allred	
Sam Dearing	
Eddie Durphy	
Nicholas Harrelson	Jr.
Cannon Hilton	Jr.
Mckay Merrill	
Helaman Seavey	
Mosiah Seavey	
Coch: Erin McGinley	

HOBBS EAGLES

Sebastian Blevins	
Kason Bowman	
Juaquin Castillo	
Migeual Cornejo	
Nolan Kuykendall	So.
Brendan Massis	Jr.
Benjamin Miller	
Richard Murillo	So.
Enrique Ortiz	

HOBBS EAGLES (CONT)

Gabriel Palomino	
Tristan Pritchett	So.
Coch: Cynthia Calderon	

HOPE CHRISTIANHUSKIES

Abram Elliott	
Mateo Galindo	
Charlie Gibbs	So.
Joshua Grommes	
Joshua Jarrett	
Coch: Becky Caalim	

LA CUEVA BEARS

Diego Flores	Sr.
Camden Fouser	Sr.
Henry Guetersloh	
Jaxon Kinghorn	
Henry Li	Jr.
Santiago Marquez	So.
Peter Matteucci	Sr.
Dylan Nguyen	Sr.
Luke Remington	
Mario Sumali	Jr.
Greyson Ulibarri	Sr.
Coch: Jared Price	

LAS CRUCES BULLDAWGS

Aneirin Hanan	Fr.
Coch: Noah Lambert	

LOS ALAMOS HILLTOPPERS

Tavin Brogan	Sr.
Eric Burns	
Andy Corliss	Jr.
Maximilian Corliss	Sr.
Kyle Hatler	
Duncan Henderson	
Orion Henderson	Jr.
Gabe Katko	
Caleb Kerstiens	
Ming Lo	So.
Konstantin Nelson	Sr.
Nikolai Nelson	Fr.
Matias Rougier	Jr.
Takuma Shiina	Sr.
Brayden Stidham	
Hayden Sutton	
Wayne Williams	Fr.
Coch: Stuart Corliss	

RIO RANCHO RAMS

Jacob Ahyo	Jr.
Dylan Bonnett	
Luke Johnson	
Jason McDonald	Jr.
Trenton McDonald	
Kevin Perez	
Carson Rice	
Coch: Stacy Salinas	

SANDIA MATADORS

Mason Armijo	So.
Ryan Cuevas	
Nicolas Cuneo	Jr.
Jared Frederick	Jr.
Wyatt Hardesty	
Xavier Morris	
Coch: Sean Sacoman	

SANTA FE DEMONS

Daschel Bonners Turner	Fr.
Jacob Duran	
Elias Gibson	So.
Barath Kurapati	
Jace Monson	
Nick Stadick	So.
Coch: Sarah Ramirez	

SANTA FE PREP GRIFFINS

Henry Lyons	Fr.
Nico Roth	So.
Micheal Vimont	
Coch: Dave Caldwell	

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Ethan Manske	Jr.
Coch: Miguel Castillo	

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Elijah Barela	
Jonathan Constable	
Leo Kim	Jr.
Christopher Perea	Sr.
Jacob Quezada	
Grady Whitson	Fr.
Coch: Daryl Wells	

TAOS TIGERS

Dillon Brown	
Lorenzo Cordova	
Eddie Duran	Sr.
Eduardo Munoz	
Juan Romo	Sr.
Estevan Salazar	Fr.
Coch: Greta Brown	

VOLCANO VISTA HAWKS

Andrew Beutler	
Nathan Biddinger	
Isaiah Gomez	So.
Benjamin Henrique	
Conner Jarret	
Jonathan Martinez	So.
Calhan Moses	
Elijah Nix	
Corbyn Pierce-Montague	
Scott Rathbun	Sr.
Dallin Symes	
Coch: Katherine Beaudet	

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Swim & Dive Heat Sheets

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HY-TEK's MEET MANAGER 8.0 - 12:04 PM 5/12/2021 Page 1

2021 Girls State Swimming Diving Championship - 5/13/2021 Meet Program

Event 1 Girls 200 Yard Medley Relay

NM State Rec: 1:45.16 2/20/2016 La Cueva
N Kinney, A Sumali, C Pacheco, N Jones
1:44.21 AA Automatic
1:46.21 AA C Consideration

Lane	Team	Relay	Seed Time
Heat 1 of 2 Finals			
1	Rio Rancho		2:03.99
2	Farmington		2:03.20
3	Santa Fe		2:02.02
4	La Cueva		2:00.13
5	Clovis		2:00.46
6	Hope Christian		2:03.19
7	Cleveland		2:03.70
8	Sandia		2:04.18
Heat 2 of 2 Finals			
1	Los Alamos		1:58.81
2	Eldorado		1:56.95
3	Las Cruces		1:54.27
4	Carlsbad		1:51.93
5	Abq Academy		1:53.25
6	Artesia		1:55.86
7	Albuquerque		1:58.15
8	Cibola		1:59.24

Event 2 Girls 200 Yard Freestyle

NM State Rec: 1:48.45 2/17/2018 Sara Vianco
1:48.74 AA Automatic
1:50.57 AA C Consideration

Lane	Name	Yr School	Seed Time
Heat 1 of 2 Finals			
1	Brown, Lilah	SR CIBL	2:06.78
2	Swinson, Sara	JR STPI	2:05.37
3	Nordquist, Sienna	FR HOPE	2:04.19
4	Marthaler, Annabella	SO LACV	2:03.18
5	Dhenin, Colette	FR CARL	2:03.56
6	Tachias, Eastwood	SR RIOG	2:04.27
7	Matthew, Jude	SO CIBL	2:06.48
8	Creusere, Kathryn	FR LCHS	2:07.45
Heat 2 of 2 Finals			
1	Quintana, Brynn	SR ELDO	2:01.97
2	Benavidez, Francesca	FR ELDO	2:00.64
3	Corder, Isabella	SR CARL	1:59.60
4	Hinnerichs, Reese	SO HOPE	1:56.82
5	Cervantes-Vanderlugt, Elizab	SR LCHS	1:58.15
6	Bernier, Allison	SR ACAD	1:59.70
7	Kissinger, Shyann	SO CLOV	2:00.66
8	Kelley, Emma	JR SPRP	2:02.22

Event 3 Girls 200 Yard IM

NM State Rec: 2:00.44 2/18/2012 Madison Bridges
2:01.51 AA Automatic
2:03.64 AA C Consideration

Lane	Name	Yr School	Seed Time
Heat 1 of 2 Finals			
1			
2			
3	Culley, Jakoda	FR CLOV	2:23.51
4	Deale, Morgan	SO FARM	2:22.64
5	Orr, Lydia	JR LACV	2:23.20
6	Zhang, Karen	FR ACAD	2:23.75
7			
8			
Heat 2 of 2 Finals			
1	Briske, Elizabeth	FR LCHS	2:21.50
2	Corder, Sophia	SO CARL	2:19.43
3	Talcott, Aili	JR FARM	2:15.91
4	Gehlert, Emma	SR ELDO	2:10.32
5	Jarrell, MacKenzie	SR ACAD	2:15.31
6	Martinez, Alynna	FR CIBL	2:19.03
7	Harvey, Jamie	JR ELDO	2:21.36
8	Elton, Katherine	SR LALM	2:22.41

Event 4 Girls 50 Yard Freestyle

NM State Rec: 22.74 2013 Anika Apostolon
23.20 AA Automatic
23.54 AA C Consideration

Lane	Name	Yr School	Seed Time
Heat 1 of 2 Finals			
1	Goler, Grace	JR TAOS	26.51
2	Holesinger, Sylvia	JR LALM	26.43
3	Yost, Bailey	SR LALM	26.32
4	Van Atta, Maya	FR ACAD	26.06
5	Marquez, Emily	JR ALBQ	26.11
6	Kimball, Savannah	SO LALM	26.37
7	Chavez-Rodriguez, Ayyanna	SR CLEV	26.50
8	Hawkins, Bree	JR CIBL	26.54
Heat 2 of 2 Finals			
1	Sallah, Ruby	SNFE	25.97
2	Pieck, Sophia	LALM	25.88
3	Lee, Yunseo	JR CLOV	25.28
4	Gormley, Sarah	SR LCHS	24.47
5	Greenwood, Emma	JR ARTE	24.56
6	Kundeling, Sowang	SR ACAD	25.51
7	Gossum, Sophia	JR SPFR	25.93
8	Fan, Cindy	ACAD	25.97



Swim & Dive Heat Sheets

Albuquerque Academy Natatorium - Site License

HY-TEK's MEET MANAGER 8.0 - 12:04 PM 5/12/2021 Page 2

2021 Girls State Swimming Diving Championship - 5/13/2021

Meet Program

Event 5 Girls 1 mtr Diving

NM State Rec: 540.75 2/21/2015 Natasha Dark

Pool Record: 540.75 2/21/2015 Natasha Dark

Lane	Name	Yr	School	
Flight 1 of 1 Prelims				
1	Coulie, Nadine	ALBQ	244.35	___
2	Norenberg, Sophia	ACAD	212.35	___
3	Beus, Annie	LALM	211.80	___
4	Clark, Anna	LALM	209.45	___
5	Herrera, Mia	VOLC	198.65	___
6	Trotter, Courtney	CLEV	184.60	___
7	Richie, Addison	LALM	166.90	___
8	Farley, Malia	FARM	163.90	___

Event 6 Girls 100 Yard Butterfly

NM State Rec: 55.21 2/20/2016 Zofia Niemczak

54.42 AA Automatic

55.49 AA C Consideration

Lane	Name	Yr	School	Seed Time
Heat 1 of 2 Finals				
1	Longley, Brynn	CLOV	1:05.89	___
2	Nordquist, Sienna	FR HOPE	1:04.41	___
3	Spears, Julia	CLOV	1:03.90	___
4	Fan, Cindy	ACAD	1:02.96	___
5	Harvey, Jamie	JR ELDO	1:03.48	___
6	Armijo, Madison	SO SAND	1:04.36	___
7	Gutierrez-Renteria, Serenity	SR ELDO	1:05.62	___
8				___
Heat 2 of 2 Finals				
1	Martinez, Alyna	FR CIBL	1:02.54	___
2	Lee, Asiana	JR ACAD	1:02.17	___
3	Kundeling, Sowang	SR ACAD	1:01.58	___
4	Corder, Sophia	SO CARL	59.94	___
5	Cervantes-Vanderlugt, Elizab	SR LCHS	1:00.82	___
6	Pino, Grace	SR SAND	1:02.14	___
7	Jarrell, MacKenzie	SR ACAD	1:02.42	___
8	Brown, Lilah	SR CIBL	1:02.94	___

Event 7 Girls 100 Yard Freestyle

NM State Rec: 49.41 2/23/2013 Anika Apostalon

50.19 AA Automatic

51.05 AA C Consideration

Lane	Name	Yr	School	Seed Time
Heat 1 of 2 Finals				
1	Yost, Bailey	SR LALM	58.14	___
2	Herrera, Zoey	FR LCHS	57.69	___
3	Goler, Grace	JR TAOS	57.50	___
4	Gossum, Sophia	JR SFPR	56.73	___
5	Marquez, Emily	JR ALBQ	57.39	___
6	Hunt, Raylee	STMI	57.57	___
7	Rice, Aubrey	JR RIOR	58.04	___
8	Moody, Molly	SO HOBBS	58.35	___

Heat 2 of 2 Finals

1	Dhenin, Colette	FR CARL	56.52	___
2	Lee, Yunseo	JR CLOV	56.05	___
3	Carmody, Kiley	SO ACAD	55.75	___
4	Greenwood, Emma	JR ARTE	53.68	___
5	Gormley, Sarah	SR LCHS	54.74	___
6	Perea, Makaela	FR ELDO	55.99	___
7	Norenberg, Coralie	JR ACAD	56.28	___
8	Van Atta, Maya	FR ACAD	56.63	___

Event 8 Girls 500 Yard Freestyle

NM State Rec: 4:51.47 2/18/2012 Samantha Harding

4:52.18 AA Automatic

4:56.85 AA C Consideration

Lane	Name	Yr	School	Seed Time
Heat 1 of 2 Finals				
1	Tachias, Eastwood	SR RIOG	5:44.78	___
2	Correa, Melia	ACAD	5:43.00	___
3	Schultz, Bella	FR STPI	5:40.03	___
4	Morgan, Kiara	FR CLOV	5:39.02	___
5	Deale, Morgan	SO FARM	5:39.83	___
6	Orem, Izzy	JR ACAD	5:42.93	___
7	Parrill, Ula	SO ALBQ	5:43.73	___
8				___
Heat 2 of 2 Finals				
1	Pieck, Sophia	LALM	5:37.61	___
2	Spears, Julia	CLOV	5:34.51	___
3	Marthaler, Annabella	SO LACV	5:26.38	___
4	Kissinger, Shyann	SO CLOV	5:13.13	___
5	Bernier, Allison	SR ACAD	5:18.62	___
6	Benavidez, Francesca	FR ELDO	5:26.59	___
7	Quintana, Brynn	SR ELDO	5:34.81	___
8	Creusere, Kathryn	FR LCHS	5:38.66	___

Event 9 Girls 200 Yard Freestyle Relay

NM State Rec: 1:36.58 2/17/2017 Academy

S. Carmody, K. Jarry, A. Bernier, S. Vianco

1:35.36 AA Automatic

1:36.94 AA C Consideration

Lane	Team	Relay	Seed Time
Heat 1 of 2 Finals			
1	Sandia		1:51.39
2	Santa Fe Prep		1:50.86
3	Santa Fe		1:50.30
4	Artesia		1:48.64
5	Las Cruces		1:50.06
6	Albuquerque		1:50.67
7	Rio Rancho		1:51.30
8	Farmington		1:51.39



Swim & Dive Heat Sheets

Albuquerque Academy Natatorium - Site License

HY-TEK's MEET MANAGER 8.0 - 12:04 PM 5/12/2021 Page 3

2021 Girls State Swimming Diving Championship - 5/13/2021

Meet Program

Heat 2 Finals (#9 Girls 200 Yard Freestyle Relay)

1	La Cueva	1:47.62	___
2	Eldorado	1:47.02	___
3	Hope Christian	1:45.04	___
4	Abq Academy	1:43.75	___
5	Carlsbad	1:44.19	___
6	Los Alamos	1:47.00	___
7	Clovis	1:47.18	___
8	Cibola	1:48.54	___

Event 10 Girls 100 Yard Backstroke

NM State Rec: 53.78 2/23/2013 Anika Apostalon

54.80 AA Automatic

55.92 AA C Consideration

Lane	Name	Yr	School	Seed Time
------	------	----	--------	-----------

Heat 1 of 2 Finals

1	Orr, Lydia	JR	LACV	1:05.28	___
2	Duran, Ana-Adela	FR	ACAD	1:04.45	___
3	Holesinger, Sylvia	JR	LALM	1:04.17	___
4	Heredia, Rachel	SR	ATHE	1:03.27	___
5	Doyle, Abbey	SR	LACV	1:03.57	___
6	Chavez-Rodriguez, Avyanna	SR	CLEV	1:04.45	___
7	Meek, Katherine	FR	LACV	1:04.63	___
8	Mynatt, Ava	FR	LCHS	1:05.85	___

Heat 2 of 2 Finals

1	Longley, Brynn		CLOV	1:02.70	___
2	Norenberg, Coralie	JR	ACAD	1:01.02	___
3	Corder, Isabella	SR	CARL	59.23	___
4	Kelley, Emma	JR	SPRP	58.98	___
5	Hinnerichs, Reese	SO	HOPE	59.21	___
6	Lee, Asiana	JR	ACAD	59.79	___
7	Perea, Makaela	FR	ELDO	1:01.47	___
8	Watts, Savana	FR	ARTE	1:03.11	___

Event 11 Girls 100 Yard Breaststroke

NM State Rec: 1:02.01 2/18/2107 Lauren Burckel

1:02.58 AA Automatic

1:03.80 AA C Consideration

Lane	Name	Yr	School	Seed Time
------	------	----	--------	-----------

Heat 1 of 2 Finals

1	Culley, Jakoda	FR	CLOV	1:13.51	___
2	Parrill, Ula	SO	ALBQ	1:13.08	___
3	Matthew, Jude	SO	CIBL	1:12.67	___
4	Herrera, Zoey	FR	LCHS	1:12.53	___
5	Doornbos, Ella	JR	ALBQ	1:12.65	___
6	Greenwood, Ann		ARTE	1:13.04	___
7	Swinson, Sara	JR	STPI	1:13.33	___
8	Patnode, Abigail	FR	RIOR	1:13.77	___

Heat 2 of 2 Finals

1	Zhang, Karen	FR	ACAD	1:12.19	___
2	Carmody, Kiley	SO	ACAD	1:10.87	___
3	Talcott, Aili	JR	FARM	1:09.23	___
4	Gehlert, Emma	SR	ELDO	1:06.15	___
5	Pino, Grace	SR	SAND	1:09.13	___
6	Spiers, Samantha	JR	SNFE	1:10.75	___
7	Elton, Katherine	SR	LALM	1:11.55	___
8	Hunt, Raylee		STMI	1:12.22	___

Event 12 Girls 400 Yard Freestyle Relay

NM State Rec: 3:30.34 2005 Academy

J. Schluntz, A. Howell, N. Roberts, M. Stern

3:27.65 AA Automatic

3:31.02 AA C Consideration

Lane	Team	Relay	Seed Time
------	------	-------	-----------

Heat 1 of 2 Finals

1			___
2	Cleveland		4:08.18
3	St. Pius X		4:06.89
4	Albuquerque		4:04.39
5	Cibola		4:06.24
6	Santa Fe		4:07.92
7	Sandia		4:09.76
8			___

Heat 2 of 2 Finals

1	Los Alamos		3:59.47
2	Artesia		3:55.22
3	Clovis		3:52.67
4	Las Cruces		3:45.29
5	Abq Academy		3:47.35
6	Eldorado		3:53.96
7	Hope Christian		3:55.49
8	La Cueva		4:01.87



Swim & Dive Heat Sheets

Albuquerque Academy Natatorium - Site License

HY-TEK's MEET MANAGER 8.0 - 11:57 AM 5/12/2021 Page 1

2021 Boys State Swimming Diving Championships - 5/15/2021

Meet Program

Event 1 Boys 200 Yard Medley Relay

NM State Rec: 1:34.34 2/17/2018 Eldorado
D O'Donnell, T Thibodeau, B Waterman, L Ellis
1:33.21 AA Automatic
1:34.74 AA C Consideration

Lane	Team	Relay	Seed Time
Heat 1 of 2 Finals			
1	Farmington		1:53.50
2	Carlsbad		1:51.31
3	Hobbs		1:50.73
4	Cibola		1:49.27
5	Volcano Vista		1:50.62
6	Santa Fe		1:51.01
7	Rio Rancho		1:52.58
8	Cleveland		1:53.50
Heat 2 of 2 Finals			
1	Sandia		1:48.22
2	Albuquerque		1:46.06
3	Abq Academy		1:39.04
4	Los Alamos		1:38.76
5	La Cueva		1:38.92
6	Eldorado		1:39.67
7	St. Pius X		1:47.50
8	Clovis		1:49.22

Event 2 Boys 200 Yard Freestyle

NM State Rec: 1:38.07 2/17/2018 Jack Hoagland
1:38.40 AA Automatic
1:40.13 AA C Consideration

Lane	Name	Yr School	Seed Time
Heat 1 of 2 Finals			
1	Lechman, William	SO ALBQ	1:56.69
2	Fouser, Camden	SR LACV	1:55.81
3	Nolen, Wyatt	SR ELDO	1:54.57
4	Harrelson, Nicholas	JR FARM	1:53.38
5	Armijo, Brian	SR ACAD	1:54.49
6	Nelson, Nikolai	FR LALM	1:54.79
7	Kuykendall, Nolan	JR HOBBS	1:56.55
8			
Heat 2 of 2 Finals			
1	Nelson, Konstantin	SR LALM	1:50.36
2	Perea, Christopher	SR STPI	1:50.29
3	Arnholdt, Nolan	FR ELDO	1:48.76
4	Hanan, Aneirin	FR LCHS	1:47.83
5	Harlan, Jamin	JR CIBL	1:47.85
6	Sheldahl, Gage	SO ELDO	1:49.13
7	Ulibarri, Greyson	SR LACV	1:50.30
8	Cotter, Jackson	SR CIBL	1:50.58

Event 3 Boys 200 Yard IM

NM State Rec: 1:48.01 2/23/2019 Jack Hoagland
1:49.57 AA Automatic
1:51.57 AA C Consideration

Lane	Name	Yr School	Seed Time
Heat 1 of 2 Finals			
1	Gomez, Isaiah	SO VOLC	2:09.63
2	Dalton, Connor	JR ACAD	2:09.37
3	Li, Henry	JR LACV	2:07.61
4	Benavidez, Sabastian	SR ELDO	2:06.58
5	Shiina, Takuma	SR LALM	2:07.60
6	Zamora, Ryan	SO ALBQ	2:09.33
7	Ardalan, Ryan	SR ACAD	2:09.40
8			
Heat 2 of 2 Finals			
1	Lyons, Henry	FR SFPR	2:05.43
2	Gibson, Elias	SO SNFE	2:05.14
3	Bettis, Cole	FR ELDO	2:00.55
4	Henderson, Orion	JR LALM	1:55.97
5	Sumali, Mario	JR LACV	1:59.68
6	Kim, Leo	JR STPI	2:04.20
7	Henderson, Duncan	LALM	2:05.23
8	Burckel, Ciaran	SR ALBQ	2:05.58

Event 4 Boys 50 Yard Freestyle

NM State Rec: 20.29 2/21/2015 John Holler
20.54 AA Automatic
20.91 AA C Consideration

Lane	Name	Yr School	Seed Time
Heat 1 of 2 Finals			
1	Grimes, Connor	SR ELDO	23.20
2	Williams, Wayne	JR LALM	23.03
3	Nguyen, Dylan	SR LACV	22.79
4	Lanthiez, Alex	SR ALBQ	22.63
5	Fricke, Ethan	SR ACAD	22.76
6	Lo, Ming	SO LALM	22.96
7	Roth, Nico	SO SFPR	23.05
8	Lucero, Alessio	SO ALAM	23.21
Heat 2 of 2 Finals			
1	Brogan, Tavin	SR LALM	22.46
2	Bonniers Turner, Daschel	FR SNFE	22.36
3	Flores, Diego	SR LACV	21.83
4	O'Donnell, Darien	SR ELDO	21.15
5	Robison, Trey	SR ELDO	21.62
6	Rougier, Matias	JR LALM	22.07
7	Pavlik, Matthew	SR CARL	22.44
8	Papenguth, Sam	SR ACAD	22.59



Swim & Dive Heat Sheets

Albuquerque Academy Natatorium - Site License

HY-TEK's MEET MANAGER 8.0 - 11:57 AM 5/12/2021 Page 2

2021 Boys State Swimming Diving Championships - 5/15/2021

Meet Program

Event 5 Boys 1 mtr Diving

NM State Rec: 624.65 2/22/2020 Isaac Newman

Pool Record: 545.10 2/21/2015 Issac Morris

Lane	Name	Yr	School	
Flight 1 of 1 Prelims				
1	Kinghorn, Jaxon	LACV	237.40	___
2	Durphy, Eddie	FARM	239.80	___
3	Cornejo, Migeual	HOBBS	216.90	___
4	Vimont, Micheal	SFPR	238.35	___
5	Stidham, Brayden	LALM	279.35	___
6	Ridgeway, Calvin	ACAD	224.50	___
7	Murillo, Richard	HOBBS	216.30	___
8	Castillo, Juaquin	HOBBS	215.10	___
9	Seavey, Mosiah	FARM	292.70	___
10	Seavey, Helaman	FARM	212.45	___
11	Palomino, Gabriel	HOBBS	298.35	___
12	Hatler, Kyle	LALM	293.15	___

Event 6 Boys 100 Yard Butterfly

NM State Rec: 48.55 2/20/2016 Anthony Kim

48.92 AA Automatic

49.95 AA C Consideration

Lane	Name	Yr	School	Seed Time
Heat 1 of 2 Finals				
1	Whitson, Grady	FR	STPI	55.86
2	Pavlik, Matthew	SR	CARL	55.43
3	Dalton, Ryan	SR	ACAD	54.77
4	Stadick, Nick	SO	SNFE	54.74
5	Rathbun, Scott	SR	VOLC	54.76
6	Papenguth, Sam	SR	ACAD	55.02
7	Jove-Tuncel, Murat	SR	ELDO	55.71
8	Reeb, David	FR	CLOV	56.92
Heat 2 of 2 Finals				
1	Clarke, Krishna	FR	ELDO	54.56
2	Nguyen, Dylan	SR	LACV	53.72
3	Cuneo, Nicolas	JR	SAND	52.75
4	O'Donnell, Darien	SR	ELDO	52.50
5	Nelson, Konstantin	SR	LALM	52.74
6	Bhakta, Sahil	SO	CCPS	53.19
7	Yu, Jack	ACAD		54.48
8	Corliss, Andy	JR	LALM	54.72

Event 7 Boys 100 Yard Freestyle

NM State Rec: 44.72 2/21/2015 John Holler

44.95 AA Automatic

45.73 AA C Consideration

Lane	Name	Yr	School	Seed Time
Heat 1 of 2 Finals				
1	Lucero, Alessio	SO	ALAM	51.96
2	Brogan, Tavin	SR	LALM	51.16
3	Roth, Nico	SO	SFPR	50.90
4	Lanthiez, Alex	SR	ALBQ	49.64
5	McLaughlin, Philip	JR	CLEV	50.57
6	Harrelson, Nicholas	JR	FARM	50.95
7	Lines, Elias	FR	ELDO	51.52
8	Lee, Noah	SO	CLEV	51.96

Heat 2 of 2 Finals

1	Fricke, Ethan	SR	ACAD	49.24	___
2	Sheldahl, Gage	SO	ELDO	49.00	___
3	Bonnars Turner, Daschel	FR	SNFE	48.79	___
4	McKinley, Aidan	SR	ACAD	47.97	___
5	Robison, Trey	SR	ELDO	48.34	___
6	Ulibarri, Greyson	SR	LACV	48.85	___
7	Corliss, Maximilian	SR	LALM	49.19	___
8	Rougier, Matias	JR	LALM	49.35	___

Event 8 Boys 500 Yard Freestyle

NM State Rec: 4:28.19 2/16/2018 Jack Hoagland

4:28.38 AA Automatic

4:33.10 AA C Consideration

Lane	Name	Yr	School	Seed Time
Heat 1 of 2 Finals				
1	Jove-Tuncel, Murat	SR	ELDO	5:15.02
2	Palla, Thomas	SO	CLOV	5:13.54
3	Kidd, Porter	FR	CLOV	5:10.94
4	Lyons, Henry	FR	SFPR	5:08.47
5	Nolen, Wyatt	SR	ELDO	5:09.70
6	Sandoval, Lucas	SR	CIBL	5:13.33
7	Nelson, Nikolai	FR	LALM	5:13.97
8	Zamora, Ryan	SO	ALBQ	5:16.05

Heat 2 of 2 Finals

1	Henderson, Duncan		LALM	5:02.26	___
2	Cotter, Jackson	SR	CIBL	4:59.34	___
3	Manske, Ethan	JR	STMI	4:53.85	___
4	Henderson, Orion	JR	LALM	4:47.93	___
5	Hanan, Aneirin	FR	LCHS	4:51.97	___
6	Perea, Christopher	SR	STPI	4:56.53	___
7	Arnholdt, Nolan	FR	ELDO	5:01.42	___
8	Marquez, Santiago	SO	LACV	5:07.36	___

Event 9 Boys 200 Yard Freestyle Relay

NM State Rec: 1:25.95 2/17/2018 Sandia

M Hawton, C Wintheiser, J Jaramillo, J Cecco

1:24.80 AA Automatic

1:25.86 AA C Consideration

Lane	Team	Relay	Seed Time
Heat 1 of 2 Finals			
1	Farmington		1:38.94
2	Cleveland		1:38.78
3	Albuquerque		1:37.97
4	Hobbs		1:37.83
5	Volcano Vista		1:37.85
6	Clovis		1:38.64
7	Rio Rancho		1:38.93
8	Hope Christian		1:39.20



Swim & Dive Heat Sheets

Albuquerque Academy Natatorium - Site License

HY-TEK's MEET MANAGER 8.0 - 11:57 AM 5/12/2021 Page 3

2021 Boys State Swimming Diving Championships - 5/15/2021

Meet Program

Heat 2 Finals (#9 Boys 200 Yard Freestyle Relay)

1	Santa Fe	1:36.36	___
2	Sandia	1:35.68	___
3	Los Alamos	1:30.26	___
4	Eldorado	1:27.46	___
5	Abq Academy	1:29.53	___
6	La Cueva	1:30.94	___
7	Cibola	1:36.25	___
8	Taos	1:37.62	___

Event 10 Boys 100 Yard Backstroke

NM State Rec: 48.87 2/19/2016 Anthony Kim

49.38 AA Automatic

50.37 AA C Consideration

Lane	Name	Yr	School	Seed Time
------	------	----	--------	-----------

Heat 1 of 2 Finals

1	Martinez, Jonathan	SO	VOLC	1:00.80	___
2	Sutton, Hayden	FR	LALM	1:00.26	___
3	Benavidez, Sabastian	SR	ELDO	59.72	___
4	Fouser, Camden	SR	LACV	58.18	___
5	Dalton, Connor	JR	ACAD	59.02	___
6	Salazar, Estevan	JR	TAOS	59.99	___
7	McShane, Pierce		ACAD	1:00.77	___
8	Sandoval, Lucas	SR	CIBL	1:01.22	___

Heat 2 of 2 Finals

1	Matteucci, Peter	SR	LACV	57.31	___
2	McKinley, Aidan	SR	ACAD	55.07	___
3	Bhakta, Sahil	SO	CCPS	53.73	___
4	Flores, Diego	SR	LACV	52.23	___
5	Harlan, Jamin	JR	CIBL	52.67	___
6	Manske, Ethan	JR	STMI	54.17	___
7	Lo, Ming	SO	LALM	56.60	___
8	McLaughlin, Philip	JR	CLEV	58.13	___

Event 11 Boys 100 Yard Breaststroke

NM State Rec: 56.29 2/17/2018 Joshua W Harlan

55.84 AA Automatic

56.98 AA C Consideration

Lane	Name	Yr	School	Seed Time
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Heat 1 of 2 Finals

1	Shiina, Takuma	SR	LALM	1:04.42	___
2	Dalton, Ryan	SR	ACAD	1:03.66	___
3	Blevins, Sebastian	SR	HOBB	1:03.40	___
4	Burckel, Ciaran	SR	ALBQ	1:03.05	___
5	Ardalan, Ryan	SR	ACAD	1:03.10	___
6	Yu, Jack		ACAD	1:03.56	___
7	Fu, David	JR	ACAD	1:04.12	___
8	Williams, Wayne	JR	LALM	1:05.72	___

Heat 2 of 2 Finals

1	Clarke, Krishna	FR	ELDO	1:02.84	___
2	Li, Henry	JR	LACV	1:02.14	___
3	Sumali, Mario	JR	LACV	1:00.43	___
4	Kim, Leo	JR	STPI	59.74	___
5	Corliss, Maximilian	SR	LALM	1:00.07	___
6	Bettis, Cole	FR	ELDO	1:01.81	___
7	Corliss, Andy	JR	LALM	1:02.21	___
8	Bonnett, Dylan	SO	RIOR	1:03.00	___

Event 12 Boys 400 Yard Freestyle Relay

NM State Rec: 3:09.39 2/17/2018 Eldorado

D O'Donnell, B Sheldahl, L Ellis, B Waterman

3:06.28 AA Automatic

3:09.26 AA C Consideration

Lane	Team	Relay	Seed Time
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Heat 1 of 2 Finals

1	Volcano Vista	3:39.94	___
2	Farmington	3:39.20	___
3	Cleveland	3:36.48	___
4	Taos	3:34.59	___
5	Sandia	3:35.77	___
6	St. Pius X	3:38.09	___
7	Hope Christian	3:39.80	___
8	Rio Rancho	3:40.28	___

Heat 2 of 2 Finals

1	Hobbs	3:31.05	___
2	Cibola	3:29.39	___
3	Eldorado	3:18.83	___
4	Los Alamos	3:17.34	___
5	Abq Academy	3:18.51	___
6	La Cueva	3:24.20	___
7	Albuquerque	3:30.02	___
8	Clovis	3:32.71	___



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BOYS STATE

Swimming & Diving Records

200 Medley Relay	1:34.34	2018	Eldorado (D. O'Donnell, T. Thibodeau, B. Waterman, L. Ellis)
200 Free	1:38.07	2018	Jack Hoagland (La Cueva)
200 IM	1:48.01	2019	Jack Hoagland (La Cueva)
50 Free	20.29	2015	John Holler (Cibola)
1 Meter Diving	624.65	2020	Isaac Newman (Eldorado)
100 Fly	48.55	2016	Anthony Kim (ABQ Academy)
100 Free	44.72	2015 2019	John Holler (Cibola) Keelan Hart (Cibola)
500 Free	4:28.19	2018	Jack Hoagland (La Cueva)
200 Free Relay	1:25.95	2018	Sandia (M. Hawton, C. Wintheiser, J. Jaramillo, J. Cecco)
100 Back	48.87	2016	Anthony Kim (ABQ Academy)
100 Breast	56.29	2018	Joshua Harlan (Cibola)
400 Free Relay	3:09.39	2018	Eldorado (D. O'Donnell, B. Sheldahl, L. Ellis, B. Waterman)

Most State Championships Won (first and most recent year)

24	Albuquerque Academy (1972, 2017)
19	Los Alamos High School (1956, 2020)
10	Eldorado High School (1995, 2018)
10	La Cueva High School (1995, 2019)
8	Highland High School (1958, 1970)
5	New Mexico Military Institute (1957, 1966)

Most Consecutive State Championships Won

9	Los Alamos High School (1976-1984)
6	Albuquerque Academy (2006-2011)
5	Albuquerque Academy (1999-2003)
4	Highland High School (1967-1970)
3	Highland High School (1963-1965)

Individual Coaching Records

Most Boys State Championships Won (Career)

21	Dave Barney, Albuquerque Academy (1983-2017)
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Most Consecutive Boys Championships Won

6	Dave Barney, Albuquerque Academy (2006-2011)
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Cumulative Boys Won-Loss Record (Career)

569-17	Dave Barney, Albuquerque Academy (1983-2020)
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Life Lessons Sports Teaches Us



Now more than ever, we are reminded how many life lessons can be taught by participating in sports. Coaches are teachers that can lead others in lessons such as how to stay positive, how to overcome adversity, how to work together for a common purpose, how to be resilient and how to be there for others. Achieving goals and overcoming obstacles can help teens persevere in uncertain times like these. Students can find a sense of belonging and accomplishment through individual sports and team dynamics.

Sports are symbolic of life. Life requires teamwork, discipline, resiliency, respect, compassion, and character. Sports can develop those skills to apply on the playing field and in their life.

We recently spoke with several different coaches from all over New Mexico, in a variety of sports, about the importance of sports and the lessons it can teach.

COMMITMENT

For coaches, sports are an extension of the classroom. They encourage their athletes to always do their best on the field, in the classroom, and in life. Champions can be determined by their commitment to goals.

"I remember a conversation with a former athlete of mine and they were contemplating dropping out of college. Then this person told me, 'Coach, I thought to myself that is not who I am. I never quit! I will fight to the end!' I was never more proud as a coach and, yes, he graduated!" -Ryan Galindo, Carlsbad High School Tennis

SELF-DISCIPLINE

Tough times don't last, but tough people do. It's a saying coaches are used to preaching. Get up when you get knocked

down. The self-discipline taught in sports allows a person to thrive in life with a work ethic to improve. Self-discipline spills over into every aspect of life and is a highly common trait among successful people.

"For me, the example that resonates over and over is that of the kid with a less than optimal home life. A kid that doesn't have the nice clothes, fancy shoes, or even a car to drive to school. This specific kid has every excuse to 'not make it' and no one would judge him for that. Yet, he decides to get involved in sports and realizes that dreams can come true through hard work and determination. Through the experiences and lessons learned in sports, new things are possible and maybe even attainable with the right mindset. Goals can be reached regardless of where you begin. Success can be achieved at any level if the proper self-discipline and work ethic are put in place. This example happens very often. A player falls in love with a sport, a coach, or a program and it drastically changes their attitude towards life and propels them to seek a future that once wasn't an option for them. I guess this life lesson can be summed up in one word that sports can provide... HOPE. Players need HOPE." -Heath Ridenour, Sue V. Cleveland High School Football

MENTAL TOUGHNESS

Sports can teach a person to be strong in body and mind. Athletes learn to push their bodies beyond what they ever believed they could to achieve their goal. Whether it's in practice or competition, a person can learn to overcome adversity they may not have faced without sports.

"The life-lesson I learned through volleyball came my Junior season in college when I tore my ACL & MCL during a spring workout. Volleyball was my life, my days revolved around the

game and my teammates. I was devastated. However, through this injury and set back I learned what mental and physical toughness truly meant. My rehab took 9 months, many hours a day, was very painful and caused separation from my teammates. Nevertheless, it taught me so much about what I was really made of. The injury helped me develop a stronger faith in God, established new friends outside the game and led me to other passions as well as volleyball. I came back to the game stronger and a more complete player. I now use my injury every time a player in our program is injured...because, I lived it as well.” -Kristen Scanlan, Texico High School Volleyball

LEARNING TO WORK WITH OTHERS

Everyone doesn't come from the same place. Everyone has different skills and talents to contribute, but everyone has value. Athletes learn quickly that a team can achieve success when everyone contributes. Through collective hard work, kids learn to contribute to a greater good.

“I had a young lady from our program who authored ‘How to Survive Piedra Vista Softball: A guide by the 2016 Varsity Team’. I opened it up and read it again and, as always, got choked up on some of the things the girls wrote.” -Kevin Werth, Piedra Vista High School Softball

SAMPLE FROM THE GUIDE

“I want everyone in this program to know the joy of a hard-fought win, and also learn how to be gracious in defeat. I want everyone in the program to understand that adversity is inevitable, but that doesn't mean you still can't kick its butt. I want everyone in the program to believe in themselves and each other.” -Haley Parson

“Probably just knowing that there's going to be a next pitch coming, there's going to be another day to come, that things are going to get better no matter what.” -Katie Jensen

“Try to gain respect by giving respect the best you can, and love your teammates.” -Tyra Garcia

TEAMWORK

Sacrificing one's personal gain for the better of the group is a lesson taught in all team sports. Athletes understand how they can best contribute using their strengths. Together Everyone Achieves More (T.E.A.M.). Players learn quickly that their best chance at success will be through cooperation with the teammates.

“I had a young man back in 2001 by the name of Phil Sakala who had won the 800 meters and 1600 meters at the State Track Meet. He was favored to win the 3200 meters the next day and become one the first distance runners to sweep all three distance events. My 800-meter anchor leg, Frank Hemingway, in the Medley Relay developed a stress fracture in the prelims and could not run the Medley in the finals the next day. I spoke with Phil that night explaining to him that I know he has a chance of becoming a state champion in all three distance events, but we really need him to anchor our Medley since we had no other backup 800-meter runner. The next day, Phil sacrificed his personal individual 3200-meter opportunity for the principle of teamwork and he anchored our Medley relay to a state champion finish. Phil was quoted in our local paper as saying ‘I just helped three of my best friends win a state title’. Phil went on to attend and graduate from the West Point Academy where today he carries a rank of Major continuing to apply the concept of teamwork, leading soldiers in military endeavors.” -David Nunez, Onate High School Track and Field

HANDLING FEAR AND FAILURE

Whether it's striking out, making an error, or just losing a game, failures happen in sports as well as life. Learning that not



everyone gets to win can be a valuable lesson in someone's early development. Life isn't always fair. Injuries happen, calls are missed. Players learn that getting angry or frustrated doesn't always help and can affect their performance. Losing with dignity is just as important as winning with class. A person can find success after learning from their failures.

“I try to give as many life lessons through the game of baseball. I think sports closely parallels everyday life and the lessons you learn on the field can be applied to successful living. We teach kids to deal with frustration, controlling their emotions and adjusting to change. By playing sports you can learn maturity, honesty, loyalty, and patience.” -Gil Padilla, Las Cruces High School Baseball

RESILIENCE

Not everything always goes according to plan. Sometimes you get thrown a curveball at the plate, and in life. Athletes need to know how to bounce back. It's ok to make a mistake, but how you come back from the setback will define you.

“The biggest life lesson that I have learned as a coach is that the sun will come up the next day. No matter the outcome of the day, process it, learn from it and make the best of the next day that has been given to you. Bad things are going to happen as a competitor and as a coach; how you react to those bad things are ultimately going to shape and mold you into the person you are.” -Evan Copeland, Cleveland High School Wrestling

GOAL SETTING

Setting a goal in place and finding a way to accomplish that goal in the face of adversity is a useful skill. After setting a goal, an athlete knows to work hard to reach it. That goal can be a motivator for improvement.

“The best example I can think of was when our golf team played in the 2017 NMAA State Championship in Roswell. Our boys team put in the work all year and gotten their brains beat in by Cleveland High School, which was the best team in the state by far. The boys played with poise and a ‘no-fear’ attitude and ended up winning the tournament by 8 shots...until they didn't. One of our players got disqualified for signing an incorrect

scorecard and we ended up losing by 3 shots instead of winning the school's first blue trophy in boys golf. The team had to juggle an emotional roller coaster of the highest high and the lowest low and also console a devastated teammate. The boys not only handled it with grace, but also put together a plan on the bus ride home to start preparing the very next day for 2018. They named the season 'The Redemption Tour' and ended up working harder than this coach thought was possible. In 2018, they left no doubt in winning their first ever state championship at Pinon Hills Golf Course. I have never seen a group of boys handle adversity of that magnitude and then channel their emotions into a positive goal for the next year. It truly was a story of redemption and it was quite a journey as a coach...and one I will never forget!" - **Tom Yost, Piedra Vista High School Golf**

TIME MANAGEMENT

Being a successful athlete takes a lot of dedication, but it also takes a lot of time. Athletes have to juggle their time between school, practice, and sometimes a job. Being on a team can be a job in itself. Sports teaches a person how to organize, prioritize, and focus on the importance of academics. Athletes know what they need to do and when to do it.

"I had a student-athlete that wasn't living up to the expectations of our volleyball team and herself. As a result, she did not attend a week-long summer trip/team camp as an upperclassman, and it definitely sent a message to the player. Years later, and after college, the player contacted me and said 'Thank you, coach. That was an experience that changed my life for the better, I owe a lot to you coach. My path to be successful began with the expectations/discipline that you provided a young kid.'" - **Toby Mananares, Rio Rancho High School Volleyball**

DEDICATION

Every athletic season has a beginning and an end. Coaches preach to their kids to finish what you start. It's one of the foundations of sport. Everyone wants to quit at some point, but dedication to improvement and becoming the best you can be is what keeps the athlete going.

"Sometimes my kids don't understand why I get on them for being 'a few minutes late to practice'. But in life, 'a few minutes late' here and there can cost you a job or an opportunity. Life is about dedicating and committing yourself to something you believe in and giving yourself to that belief even when it is hard and isn't maybe always going your way. You don't quit, you keep moving and giving everything you have." - **Stacy Salinas, Rio Rancho/Sue V. Cleveland Swimming**

OVERCOMING ADVERSITY

In sports, there are hurdles to get over, much like in life. Sometimes things can surprise you or catch you off guard. They say life is not about what happens to you, but how you deal with it.

"I had a player who lost both his parents. He lost his mom when he was 5 and dad when he was 15. This young man had several offers from families to move in with them, but he was a very proud young man and refused. Well, he was able to find housing and remained in the school district and on the team. The year after his dad died, he had many ups and downs but fought his way through it as he had a lot of support from friends, families, and coaches. This young man ended up contributing to 3 Cross Country Championships, 1 State Track Championship, and 2 State Basketball Championships. He more than overcame his adversity!" - **Ira Harge, Espanola High School Athletic Director**

PERSEVERANCE

Having the tenacity and determination to accomplish some-



thing despite the level of difficulty doesn't just apply to student-athletes, sports can teach the same perseverance to coaches too. Fight through it, don't run from a situation when adversity strikes. There will be setbacks. There will be obstacles, but success doesn't happen overnight.

"There was a girl who I coached almost 15 years ago, she was a good player, and was starting at the beginning of the year. But through the end of September, she could not keep her breath and was having a hard time running. Well, she went to the doctor and they could not find out what was wrong, but she was not getting any better. She was so loyal to the team, never missed practice and was at every game. Even her senior year she still was around for everything, but would get sick quite often and had a hard time playing, but we kept a great relationship through all this. She went off to college and we always would meet when she came back into town. We talked life lessons each time, and each time she said how playing soccer taught her so much. She now has a wonderful professional job in New York City and what she has learned through sports has helped her with everything she has accomplished in her professional life. She still gets sick and has a hard time with her health, but she never gave up and always pushed forward. Sports teaches you things like that." - **Amber Ashcraft, La Cueva High School Soccer**

PATIENCE

Winning takes time. Championship teams aren't built overnight. In sports you have a coach and in life you have a boss. You learn to take instruction, develop patience and become a member of a team.

"I tell my players that when we do something, we do it right and we do it that way every time. I give our players and parents a booklet every year. It talks about how to perform under pressure. They understand that the role of discipline and self-sacrifice play an important part of being successful. Experiencing the pains of commitment and the thrill and joy of success is an integral part of

being a basketball player; those same feelings that will be experienced in the real world.” -Marty Zeller, Los Lunas High School Girls Basketball, 41 Years of Coaching

RESPECT

Athletes must respect their coaches, officials, teammates, and their opponent. It is important to recognize the worth of another.

“As an athlete, I think the biggest thing I gained was confidence to pursue. I learned how to set my sights on something and be willing to put in the work even if I had underlying doubts. It’s the idea of relentlessly putting one foot in front of the other, even when things get hard. Along with that came an ability to give to and receive from others in a collective effort.” -Kathy Hipwood, Los Alamos High School Cross Country

INTEGRITY

Morals and ethics come into play every day in sports. Honesty and adherence to the rules is a foundation of every game. Many coaches will tell you that with some athletes it takes time and patience for them to realize their self-worth and value, but people can develop into some of the strongest members of their team when they realize there are no short cuts.

“My suggestions are to smile when the headwind makes us work harder, laugh when we fall down bleeding, and never let anyone else control our emotions.” -Tim Host, ATC Cross Country

RESPONSIBILITY

Taking accountability is a major characteristic of successful student athletes. Participating in sports brings many obligations, to your teammates, to your coach, and to your academics.

“I had a athlete that started wrestling his sophomore year with no prior experience. He was failing in school and was ineligible to compete. His junior year, he was 2.8 GPA student with a less than .500 win percentage. His senior year, he was a 3.4 GPA student and made the state finals! I believe the lessons he learned on the mat has transformed him to the man he is today, being a highly well-respected police officer.” -Nate Sellers, Miyamura High School Wrestling

COMPASSION

Athletes can learn about caring for another as their coach cares for them. Young adults can witness, first hand, the sympathy and care for the suffering of others. Coaches themselves can

relate to another’s pain because it’s something they might have gone through themselves at one time.

“The one incident that stands out to me was a life-long lesson learned by one of my athletes that decided they were going to run away from home with their significant other as a sophomore in high school. The couple had purchased bus tickets, and this athlete informed their grandparents they were living with, that they were leaving. The athlete was begged to stay and of course did not. The grandmother called me in the middle of the night begging me to talk to this individual as the departure time was getting closer. At first I was hesitant, but then I thought – ‘what if this was my kid doing this and I had the confidence in their coach to try and assist during this time of need?’ So, of course, I jumped in the car and headed to the bus station. By the time I arrived, my athlete was on the bus, the grandmother was crying in the parking lot and I was thinking to myself – ‘What am I going to be able to say to change their mind?’ I boarded the bus, looked my athlete in the eye and explained how disappointed I was that they could disrespect their grandmother like this, disrespect themselves and let their teammates down. The responsibility/commitment they made when becoming a part of the team was just about to be broken. I cried, they cried....we talked about feelings, respect, etc., and just as the time for departure arrived, the athlete grabbed their belongings and got off the bus. At this point, I don’t know who cried more...me, the athlete or the grandmother. This event that happened was unfortunate, however, I believe the athlete learned some very valuable life lessons, as did I, having children of my own. This individual had a very successful high school career both on and off the court and went on to play at the next level on a scholarship, graduated from college, married and has 3 beautiful children. To me, this is what coaching is all about.” -George Maya, Mayfield High School Girls Basketball, 37 Years of Coaching

DREAM BIG, ANYTHING IS POSSIBLE

At all levels, sports have given us memorable moments when we say ‘I can’t believe that just happened!’ Athletes think about what they want and forget all the reasons why it can’t become a reality. They work hard to make their dreams come true. If you believe it, you can achieve it.

“I had a student athlete who happened to have down syndrome. She was on the dance team all 4 years of high school. She participated in everything but competition. Every year she would put on her uniform and get hair and makeup done for State. She would join me up front and cheer on the team. Her senior year, this young lady got to do the one thing left undone. She walked down the ramp and this time her teammates joined me upfront and cheered her on as she performed on the PIT floor in front of 15,000 people. I hope the lesson learned by my team and others, is that nothing is impossible. We can all achieve our dreams, and maybe help someone else achieve theirs.” -Nicole List, Cheer/Dance Coach

All of those lessons we learn from competing. We haven’t even touched on how sports can teach loyalty, leadership, and maturity. Sometimes self-improvement can’t be measured in wins, losses, time or distance. Self-improvement is connected to one’s determination in the face of unexpected obstacles.

I’d like to finish with this thought. Adversity is a part of life. Never quit. That’s the lesson **Heath Ridenour** says sports taught him, both as a player and a coach. *“Find the light amidst the darkness,”* he reminds others. *“Overwhelm the negative thought with a positive action. Choose to wake up and win every single day. This applies to athletics, but it is 100% relevant in every aspect of life as well.”*

Spoken like a true coach.





GIRLS STATE

Swimming & Diving Records

200 Medley Relay	1:45.16	2016	La Cueva (N. Kinney, A. Sumali, C. Pacheco, N. Jones)
200 Free	1:48.45	2018	Sara Vianco (ABQ Academy)
200 IM	2:00.44	2012	Madison Bridges (Albuquerque High)
50 Free	22.74	2013	Anika Apostalon (ABQ Academy)
1 Meter Diving	540.75	2015	Natasha Dark (St. Pius X)
100 Fly	55.21	2016	Zofia Niemezack (Volcano Vista)
100 Free	49.41	2013	Anika Apostalon (ABQ Academy)
500 Free	4:51.47	2012	Samantha Hardin (Las Cruces)
200 Free Relay	1:36.58	2017	Albuquerque Academy (S. Carmody, K. Jarry, A. Bernier, S. Vianco)
100 Back	53.78	2013	Anika Apostalon (ABQ Academy)
100 Breast	1:02.01	2017	Lauren Burckel (Eldorado)
400 Free Relay	3:30.34	2005	Albuquerque Academy (A. Howell, M. Stern, N. Roberts, J. Schluntz)

Most State Championships Won (first and most recent year)

20	Albuquerque Academy (1975, 2020)
15	Los Alamos High School (1970, 2004)
8	La Cueva High School (1995, 2016)
6	Eldorado High School (1973, 2015)

Most Consecutive State Championships Won

7	Los Alamos High School (1976-1982)
5	La Cueva High School (1995-1999)
4	Albuquerque Academy (2009-2012) & (2017-2020)

Individual Coaching Records

Most Girls State Championships Won (Career)

20	Dave Barney, Albuquerque Academy (1975-2020)
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Most Consecutive Girls Championships Won

5	Quint Seckler, Las Cueva High School (1995-1999)
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Cumulative Girls Won-Loss Record (Career)

620-59	Dave Barney, Albuquerque Academy (1975-2020)
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2020 State Championship Recap

LOS ALAMOS BOYS EARN BLUE TROPHY – FIRST SINCE 2005



Los Alamos Boys, 2020 State Champions



St. Michael's Boys, 2020 A-3A State Champions

It wasn't decided until the very last event of the day that the Los Alamos Hilltoppers claimed the boys' state title at the 2020 U.S. Bank State Swimming and Diving Championships. It was their first blue trophy in the sport since 2005. Los Alamos finished with 377 points. Albuquerque Academy was a close second with 372 points and La Cueva was third, with 246. Los Alamos only had one individual title on the day; Orion Henderson touched the wall first in the 500-yard freestyle event (4:38.42). The St. Michael's boys posted the highest score for a small school, with 34 points.

Albuquerque Academy senior and University of Arizona-bound Jake Hand tried to lift his team to the title with a pair of individual championships. Hand won the 200-yard individual medley (1:53.37) and the 100-yard breaststroke (56.43-All American Consideration). Hand also swam on Academy's winning group in the 200-yard (1:26.42) and 400-yard (3:09.84) freestyle relays.

The La Cueva boys won the first event of the day, the 200-yard medley relay in a time of 1:36.70 (Mario Sumali, Henry Li, Quanwei Lei and Greyson Ulibarri). After coming up short the previous year, Cibola sophomore Jamin Harlan finished first in the 200-yard freestyle with a time of 1:41.27. Eldorado junior Darien O'Donnell was a dual winner in both the 50-yard freestyle (21.08) and 100-yard butterfly (50.66). The 100-yard freestyle title went to Las Cruces senior Asa Mynatt with a time of 47.01 seconds. La Cueva sophomore Mario Sumali won the 100-yard backstroke in 52 seconds flat.

The highlight of the weekend was in boys diving. Eldorado senior and defending state champ Isaac Newman was out to break the state record set by Cibola's Kurt Burgeson back in 1981. The previous mark was 575.40 points. Newman not only broke the record, he shattered it with a score of 624.65 and Burgeson in attendance watching the event.



2020 State Championship Recap

ALBUQUERQUE ACADEMY GIRLS WIN FOURTH STRAIGHT

For the fourth year in a row, the Albuquerque Academy girls' swim team lifted the blue trophy at the U.S. Bank State Swimming and Diving Championships. It was quite the team effort, as the Chargers finished first without winning one individual championship. Academy finished with 390 total points. The Eldorado girls were second, with 220 points and Clovis third, with 196. For the second year in a row, Santa Fe Prep was the highest small school finisher, with 77 points.

Albuquerque Academy claimed the first win of the day, capturing the 200-yard medley relay in a time of 1:50.32 behind the efforts of Coraline Norenberg, Asiana Lee, Sowang Kundeling and Sofia Taylor. The Charger girls also won the 200-yard freestyle relay (1:39.12) with the team of Taylor, Mackenzie Jarrell, Kundeling and Allison Bernier.

Eldorado's Gehlert sisters won some hardware on the day, combining for three individual state titles. Emma, a junior, won the 200-yard individual medley (2:06.75) and 100-yard breaststroke (1:04.02). Her older sister, Grace, finished first in the 50-yard freestyle (24.33). The two were also a part of Eldorado's winning team in the 400-yard freestyle race (3:36.60).

Hope Christian freshman Reese Hinnerichs was a dual event winner. She finished first in the 200-yard freestyle race (1:52.09) and the 500-yard freestyle (5:01.85). Sandia senior Fiona Trotz-Chavez won the 100-yard butterfly in a time of 57.82 seconds. La Cueva junior Hannah Meek won the 100-yard freestyle event (52.34). Sandia Prep sophomore Emma Kelly took top honors in the 100-yard backstroke (58.42). The girls' diving champion was Albuquerque High sophomore Nadine Coulie with a total of 471.95 points.



Albuquerque Academy Girls, 2020 State Champions



Santa Fe Prep Girls, 2020 A-3A State Champions



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Swim & Dive State Champions

BOYS CHAMPS

YEAR	WINNING TEAM	HEAD COACH
2020	Los Alamos	Stuart Corliss
	St. Michael's (A/3A)	Elaine Pacheco
2019	La Cueva	Jared Price
	Santa Fe Prep (A/3A)	Dave Caldwell
2018	Eldorado	Maureen Abeita
	Santa Fe Prep (A/4A)	Dave Caldwell
2017	Albuquerque Academy	Dave Barney
	Santa Fe Prep (A/4A)	D. Caldwell/J. Weyhrauch
2016	Albuquerque Academy	Dave Barney
2015	Albuquerque Academy	Dave Barney
2014	Cibola	Janet Lyon-Huffman
2013	Eldorado	Quint Seckler
2012	Eldorado	Quint Seckler
2011	Albuquerque Academy	Dave Barney
2010	Albuquerque Academy	Dave Barney
2009	Albuquerque Academy	Dave Barney
2008	Albuquerque Academy	Dave Barney
2007	Albuquerque Academy	Dave Barney
2006	Albuquerque Academy	Dave Barney
2005	Los Alamos	William Connell
2004	Los Alamos	Steve Myers
2003	Albuquerque Academy	Dave Barney
2002	Albuquerque Academy	Dave Barney
2001	Albuquerque Academy	Dave Barney
2000	Albuquerque Academy	Dave Barney
1999	Albuquerque Academy	Dave Barney
1998	Farmington	Jens Nelson
1997	Albuquerque Academy	Dave Barney
1996	La Cueva	Quint Seckler
1995	Albuquerque Academy	Dave Barney
1994	Albuquerque Academy	Dave Barney
1993	Eldorado	Ron Rhinehart
1992	Albuquerque Academy	Dave Barney
1991	Los Alamos	Bob Pies
1990	Los Alamos	Dee Loose
1989	Albuquerque Academy	Dave Barney
1988	Los Alamos	Steve Myers
1987	Los Alamos	Steve Myers
1986	Albuquerque Academy	Dave Barney
1985	Albuquerque Academy	Dave Barney
1984	Los Alamos	Steve Myers
1983	Los Alamos	Steve Myers
1982	Los Alamos	Steve Myers
1981	Los Alamos	Sam Jones
1980	Los Alamos	Sam Jones
1979	Los Alamos	Bill Hudson
1978	Los Alamos	Bill Hudson
1977	Los Alamos	Bill Hudson
1976	Los Alamos	Bill Hudson
1975	Albuquerque Academy	Peter Barney
1974	Los Alamos	Bill Hudson
1973	Albuquerque Academy	Peter Barney
1973	Del Norte	Mary Rogers
1972	Albuquerque Academy	Peter Barney
1971	Los Alamos	Bill Hudson
1970	Highland	Tom McCollum
1969	Highland	Tom McCollum
1968	Highland	Tom McCollum
1967	Highland	Tom McCollum
1966	NMMI	Arnold Joyce
1964	Highland	Jim Stevens
1964	Highland	Jim Stevens
1963	Highland	Jim Stevens
1962	NMMI	Arnold Joyce
1961	Roswell	Ed Romary
1960	NMMI	Sam Jones

BOYS CHAMPS (cont)

YEAR	WINNING TEAM	HEAD COACH
1959	NMMI	Guy Troy
1958	Highland	Tom Hogg
1957	NMMI	Guy Troy
1956	Los Alamos	Bill Hudson

GIRLS CHAMPS

2020	Albuquerque Academy	Dave Barney
	Santa Fe Prep (A/3A)	Dave Caldwell
2019	Albuquerque Academy	Dave Barney
	Santa Fe Prep (A/3A)	Dave Caldwell
2018	Albuquerque Academy	Dave Barney
	Cottonwood Classical (A/4A)	Colleen Gibson
2017	Albuquerque Academy	Dave Barney
	Hope Christian (A/4A)	Becky Caalim
2016	La Cueva	Vince Sanchez
2015	Eldorado	Quint Seckler
2014	Eldorado	Quint Seckler
2013	Eldorado	Quint Seckler
2012	Albuquerque Academy	Dave Barney
2011	Albuquerque Academy	Dave Barney
2010	Albuquerque Academy	Dave Barney
2009	Albuquerque Academy	Dave Barney
2008	La Cueva	Vince Sanchez
2007	Albuquerque Academy	Dave Barney
2006	Albuquerque Academy	Dave Barney
2005	Albuquerque Academy	Dave Barney
2004	Los Alamos	Steve Myers
2003	Albuquerque Academy	Dave Barney
2002	Albuquerque Academy	Dave Barney
2001	La Cueva	Quint Seckler
2000	Albuquerque Academy	Dave Barney
1999	La Cueva	Quint Seckler
1998	La Cueva	Quint Seckler
1997	La Cueva	Quint Seckler
1996	La Cueva	Quint Seckler
1995	La Cueva	Quint Seckler
1994	Albuquerque Academy	Dave Barney
1993	Los Alamos	Bob Pies
1992	Los Alamos	Bob Pies
1991	Albuquerque Academy	Dave Barney
1990	Albuquerque Academy	Dave Barney
1989	Albuquerque Academy	Dave Barney
1988	Los Alamos	Steve Myers
1987	Albuquerque Academy	Dave Barney
1986	Albuquerque Academy	Dave Barney
1985	Los Alamos	Steve Myers
1984	Los Alamos	Steve Myers
1983	Las Cruces	Jerry Olszewski
1982	Los Alamos	Steve Myers
1981	Los Alamos	Sam Jones
1980	Los Alamos	Sam Jones
1979	Los Alamos	Bill Hudson
1978	Los Alamos	Bill Hudson
1977	Los Alamos	Bill Hudson
1976	Los Alamos	Bill Hudson
1975	Eldorado	Ron Rhinehart
1975	Highland	Bob Dobell
1974	Eldorado	Ron Rhinehart
1973	Eldorado	Ron Rhinehart
1972	Los Alamos	Bill Hudson
1971	Farmington	Roger Ward
1970	Los Alamos	Bill Hudson

LIST COMPILED WITH ASSISTANCE FROM DAVE BARNEY OF ALBUQUERQUE ACADEMY.




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