

**ZONE 7 REPORT - FALL 2023****Submitted by: Gregg Brace - DeWitt High School**

## CAAC Division Champions

Blue Division:

Okemos – Patrick Saucedo

Rick Edwards Award: Ella Schafer – St. Johns

Red Division:

Haslett – Bob Oliver

Rick Edwards Award: Maya Canady - Haslett

**MHSAA Championships**

## Division II

Holt 23<sup>rd</sup>

| Event               | Name        | Grade | Place | Time   |
|---------------------|-------------|-------|-------|--------|
| 1 Meter Diving (11) | Bella Emery | 12    | 1     | 383.65 |

East Lansing 27<sup>th</sup>

| Event               | Name            | Grade | Place | Time   |
|---------------------|-----------------|-------|-------|--------|
| 1 Meter Diving (11) | Bronwyn Minnick | 11    | 10    | 327.05 |

Okemos 22<sup>nd</sup>

| Event          | Name             | Grade | Place | Time    |
|----------------|------------------|-------|-------|---------|
| 100 Backstroke | Miki Perdikakis, | 9     | 14    | 1:00.72 |

## Division III

St. Johns 18<sup>th</sup>

| Event         | Name         | Grade | Place | Time    |
|---------------|--------------|-------|-------|---------|
| 200 Freestyle | Ella Schafer | 12    | 2     | 1:52.42 |
| 500 Freestyle | Ella Schafer | 12    | 2     | 5:12.79 |

Mason 26<sup>th</sup>

| Event            | Name         | Grade | Place | Time    |
|------------------|--------------|-------|-------|---------|
| 100 Freestyle    | Vivian Chase | 10    | 16    | 56.63   |
| 100 Breaststroke | Vivian Chase | 10    | 6     | 1:08.20 |

Ionia 30<sup>th</sup>

| Event          | Name         | Grade | Place | Time    |
|----------------|--------------|-------|-------|---------|
| 100 Backstroke | Amelia Mcgee | 10    | 9     | 1:00.08 |

Haslett 31<sup>st</sup>

| Event               | Name              | Grade | Place | Time   |
|---------------------|-------------------|-------|-------|--------|
| 1 Meter Diving (11) | Sarah Littlejohn, | 10    | 13    | 313.90 |
| 1 Meter Diving (11) | Alicia Viaches    | 12    | 14    | 309.40 |



## M.I.S.C.A Zone 7 All-Area-Team 2023

**Swimmer of the Year: Ella Schafer (12) - St. Johns**

### All-Area Swim Team

Amelia McGee (10) - Ionia  
Vivian Chase (10) - Mason  
Sarah Weller (10) - DeWitt  
Miki Perdikakis (9) - Okemos  
Sarah Bergdolt (12) - East Lansing  
Hannah Henrys (10) - Grand Ledge  
Maya Canady (11) - Haslett  
Maia Smet (11) - Okemos  
Emma Heinzelman (10) - Okemos  
Alana Rose (12) - DeWitt  
Adriana Longoria (11) - St. Johns  
Bethany Stowell (12) - Eaton Rapids  
Ava Zimmerman (11) - Haslett  
Delilah Zingelewicz (11) - Holt

**Diver of the Year: Bella Emery (12) - Holt**

### All Area Dive Team

Alicia Viaches (12) - Haslett  
Bronwyn Minnick (11) - East Lansing  
Sarah Littlejohn (10) - Haslett

**Coach of the Year: Stacie Smith - St. Johns**

**Diving Coach of the Year: Kristin Nelson - Holt**

### Second Team

Rachel Capriotti (11) - East Lansing, Ashlyn Harris (12) - Grand Ledge, Anja Zakrzewski (10) - Grand Ledge, Mary Claire Zimmerman (10) - Haslett, Rylan Nelson (12) - Haslett, Macy Simon (10) - DeWitt, Katherine Aupperlee (10) - East Lansing, Alicia Zhang (10) - Okemos, Ellie Burm (12) - Grand Ledge, Natalie Ott (11) - St. Johns, Peyton Roland (11) - East Lansing, Abi Spitzley (9) - DeWitt, Ava Shuart (12) - Okemos, Alison Jacobsen (10) - Holt

**Divers:** Ella Dudley (11) - Charlotte, Lindsey Smith (11) - St. Johns, Natalie LaBean (12) - St. Johns

**Coach:** Marcie Flood - Grand Ledge

**Diving Coach:** Mike Wagner - Haslett/Okemos

### Honorable Mention

Caitlin Smart (11) - Haslett, Adelyn Palmer (11) - Williamston, Sophia Fickies (11) - East Lansing, Emma Dean (12) - Grand Ledge, Phoebe Elder (10) - Haslett, Ahja Crawford (12) - Holt, Kenadie McCorkle (11) - Williamston, Katelyn Lamphere (11) - Ionia, Audrey Harmon (12) - Holt, Pia Sanares (10) - DeWitt, Julia Kelsaw-Adami (12) - Okemos, Seoulena Ferreri (11) - Okemos, Ava Harmon (9) - Holt, Ella Luyendyk (9) - Okemos, Rebecca Freitag (11) - Grand Ledge, Courtney Ries (9) - Grand Ledge, Ellie Meninga (11) - Mason, Elizabeth Hall (12) - DeWitt, Gabby Garza (12) - Grand Ledge, Belle Potter (10) - East Lansing, Olin Moyer (10) - East Lansing, Erin Cowan (12) - East Lansing, Holyn Walsh (11) - East Lansing, Lilyanna Morehead (9) - Okemos, Tessa Jesse (9) - Williamston, Sophia Collins (10) - Holt, Claire Thomas (9) - DeWitt, Lillian Howell (12) - St. Johns, Samie Johnson (12) - Okemos, Grey Roebke (11) - St. Johns, Fiona Macfarlane (12) - Haslett, Skylar Beals (9) - Okemos

**Divers:** Audrey Vanderploeg (9) - Grand Ledge, Kaelin Griffin (11) - Mason, Sydney Ooten (11) - East Lansing, Kylee Bleicher (11) - Holt

**Coach:** Bob Oliver - Haslett, Pat Saucedo - Okemos

**Diving Coach:** Tom Kuhlman - East Lansing, Cole Hughes - Mason