

**A year to remember.** We started the State meet with 4 events and 4 state records, an accomplishment our swimmers haven't done in a long time. The swimmers finished the day setting 6 out of the 11 events state records. WOW!!!!

The 200 Medley relay team of Caleb Coons, Forrest Frazier, Isaac Weigel, and Bryce Edens from Iowa City, City High started the record breaking with an impressive 1:31.58, breaking the previous mark of 1:32.67 set last year. Next up, Trent Frandson from Ankeny swam a 1:35.68 to break Craig Oppel's record from 1985 in the 200 Freestyle. Breaking the 35-year-old year was an awesome accomplishment! Then came the 200 IM with Forrest Frazier from Iowa City, City High swimming a 1:45.96 to break another state record. Finally, Charlie Bunn from Bettendorf went 20.18 in the 50 Free to break our 4<sup>th</sup> state record in as many events. The final two records to fall would come in the last two events. First, Forrest Frazier added to his state record day by breaking his own state record in the 100 Breaststroke, swimming a 53.15. In the last event of the day, the 400 Freestyle relay of Sam Mitvalsky, Noah Mitvalsky, Alex Stone, and Charlie Bunn, swam a 3:02.38 to break the final state record of the meet and put an exclamation mark on an extremely fast meet.

We had 3 outstanding individuals inducted this year into the IHSSCA Hall of Fame. Coach Mike McWilliams, who was instrumental in establishing the Hall of Fame, was inducted with 42 years of service and numerous champions. Then a distance duo from the Davenport area took the other two spots: Charles Cunnick and Steven Brus together put up 6 titles in a row in the 500 Freestyle. The IHSSCA is truly honored to have these individuals inducted into our Hall of Fame.

The team title was a great race to watch throughout the day. Ultimately, the team from Iowa City West won the championship with 262.5 points; they had a great team effort, scoring in each event. Head coach Byron Butler led the team, and his coaching staff from Iowa City West was voted Coaching Staff of the year.

The individual Athlete of the year award was also a close race with 3 different athletes winning state championships (Trent Frandson, Forrest Frazier, and Charlie Bunn) and all three breaking at least one state record. In the end, Forrest Frazier breaking 2 state individual records garnered him the victory as our state athlete of the year.

A huge thank you goes out to the Iowa City West and Linn-Mar staff and swimming communities for helping us have the meet at the CRWC in Iowa City. As it showed today, it truly is one of the best facilities in the nation. There are so many that help put on this great event, so on behalf of the high school swimming community, **thank you!** Your efforts are extremely appreciated.

Sincerely,

Rick Loeffelholz

President, Iowa High School Swim Coaches Association