



Indiana High School Swimming Coaches Association
Press Release March 10, 2010
Swimmer of the Year, Performance of the Year, and Coach of the Year Awards
2009-2010

The Indiana High School Swimming Coaches Association has named the Indiana High School Swimmer of the Year, Performance of the Year, and Coach of the Year for the 2009-2010 season. These awards honor the finest athletes and coaches in the state of Indiana and are based on performances at the IHSAA state championship meet. The Swimmer of the Year and Performance of the Year awards are calculated by using the power point tables published by the National Interscholastic Swim Coaches Association. The Coach of the Year award is determined by a vote of the coaches at the IHSAA state championship meet.

The Indiana Swimmer of the Year for girls swimming is senior Trish Regan of Carmel High School. Regan was the state champion in the 200 yard individual medley (2:00.09) and 100 yard butterfly (:54.30). She was also a member of Carmel's state championship 200 medley relay and 400 freestyle relay teams. Her total number of power points in her two individual events was 325. Regan is coached by Chris Plumb. She will be swimming for the University of Florida Gators next year.

The Indiana Swimming and Diving Performance of the Year goes to **freshman Lacey Locke of Carmel High School** for her performance in the 100 yard backstroke. Locke swam a blistering :54.60, winning the title by more than a full second for a power point score of 166. She was also a member of the 200 medley relay and 200 freestyle relay teams that won state titles. Locke is coached by Chris Plumb.

The Indiana Swimmer of the Year for boys swimming is senior Kyle Whitaker of Chesterton. Whitaker was the state champion in the 200 yard individual medley with a time of 1:44.55, breaking his own state record and setting a national high school record in the event. Kyle also won the state championship in the 500 yard freestyle with a time of 4:19.79, breaking the old record by nearly 6 seconds. The previous record (4:25.73) was held by Brian Hartley of North Central, set in 2002. Whitaker was also part of the Chesterton state champion 200 freestyle relay team. Whitaker's combined total of 344 power points set a new record since the award has been given out. This is the third straight year that he has won the award.

Whitaker's national record setting performance in the 200 IM earned him the Indiana Swimming and Diving Performance of the Year. His time of 1:44.55 earned 179 power points, the most in a single event in the history of Indiana High School boys swimming. He is coached by Kevin Kinel. Whitaker will be taking his incredible aquatic talents northward, as he will become a University of Michigan Wolverine next fall.

Center Grove Head Coach Jim Todd was named the Indiana High School Girls Swimming & Diving State Coach of the Year. Todd led his Trojan team to a second place finish, the third time in his career that Coach Todd has led his team to a state runner-up finish.

Fishers Head Coach Ken Stopkotte was named the Indiana High School Boys Swimming & Diving State Coach of the Year. Stopkotte led his Tigers to a fifth place finish at the IHSAA state meet in only the fourth year of the program.

Mike Penrose, Awards Chairman
Indiana High School Swimming Coaches Association