

**2009 Wis. Valley Conference
Girls Swimming All-Conference Team**

1 = 1st Team; 2 = 2nd Team; HM = Honorable Mention

200 Yard Medley Relay

- 1 Wis. Rapids
 - 1) Tori Dorshorst JR
 - 2) Racheal Weiland SO
 - 3) Becca Weiland JR
 - 4) Alexa Pronga SO
- 2 Wausau East
 - 1) Hannah Hawker JR
 - 2) Kendra Hilgemann FR
 - 3) Lea Koenig JR
 - 4) Lauren Sichterman JR
- HM Wausau West
 - 1) Stefanie Sippl SR
 - 2) Clare Sitko SO
 - 3) Caity Coleman FR
 - 4) Mikayla Kramer FR

200 Yard Freestyle Relay

- 1 Wis. Rapids
 - 1) Racheal Weiland SO
 - 2) Katie Hartman SR
 - 3) Alexa Pronga SO
 - 4) Becca Weiland JR
- 2 Wausau East
 - 1) Lauren Sichterman JR
 - 2) Hannah Hawker JR
 - 3) Kendra Hilgemann FR
 - 4) Lea Koenig JR
- HM Stevens Point
 - 1) Lindsey Pavelski JR
 - 2) Janna Check FR
 - 3) Abby Graf JR
 - 4) Natalie Neuwirth FR

200 Yard Freestyle

- 1 Natalie Neuwirth FR Stevens Point
- 2 Katie Brebrick SO Wausau East
- HM Lauren Sichterman JR Wausau East

100 Yard Backstroke

- 1 Zoe Huddleston SO D.C. Everest
- 2 Stefanie Sippl SR Wausau West
- HM Hannah Hawker JR Wausau East

200 Yard IM

- 1 Zoe Huddleston SO D.C. Everest
- 2 Stefanie Sippl SR Wausau West
- HM Abby Graf JR Stevens Point

100 Yard Breaststroke

- 1 Racheal Weiland SO Wis. Rapids
- 2 Erin Bratz JR D.C. Everest
- HM Kendra Hilgemann FR Wausau East

50 Yard Freestyle

- 1 Becca Weiland JR Wis. Rapids
- 2 Lea Koenig JR Wausau East
- HM Janna Check FR Stevens Point

400 Yard Freestyle Relay

- 1 Stevens Point
 - 1) Abby Graf JR
 - 2) Lindsey Pavelski JR
 - 3) Janna Check FR
 - 4) Natalie Neuwirth FR
- 2 D.C. Everest
 - 1) Zoe Huddleston SO
 - 2) Willa Huddleston FR
 - 3) Kaylee Lambrecht FR
 - 4) Erin Bratz JR
- HM Wausau East
 - 1) Hannah Hawker JR
 - 2) Anne Krueger FR
 - 3) Katie Brebrick SO
 - 4) Katie Gajewski SR

100 Yard Butterfly

- 1 Becca Weiland JR Wis. Rapids
- 2 Lauren Sichterman JR Wausau East
- HM Alexa Pronga SO Wis. Rapids

100 Yard Freestyle

- 1 Lea Koenig JR Wausau East
- 2 Racheal Weiland SO Wis. Rapids
- HM Janna Check FR Stevens Point

Swimmer of the Year: Becca Weiland, Wis. Rapids

500 Yard Freestyle

- 1 Natalie Neuwirth FR Stevens Point
- 2 Katie Brebrick SO Wausau East
- HM Kelly Kilgore SR Wausau East

Coach of the Year: Melissa Clay, D.C. Everest