

2010 Wis. Valley Conference
Girls Swimming All-Conference Team

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

200 Yard Medley Relay

- | | | | |
|----|--------------------------|-----------------------|--|
| 1 | Wisconsin Rapids Lincoln | | |
| | 1) Tori Dorshorst SR | 2) Racheal Weiland JR | |
| | 3) Becca Weiland SR | 4) Alexa Pronga JR | |
| 2 | D.C. Everest | | |
| | 1) Zoe Huddleston JR | 2) Erin Bratz SR | |
| | 3) Willa Huddleston SO | 4) Ashley Kroll FR | |
| HM | Wausau West | | |
| | 1) Caity Coleman SO | 2) Clare Sitko JR | |
| | 3) Drew Detert FR | 4) Carly Coleman JR | |

200 Yard Freestyle

- | | | | |
|----|------------------|-----------------------------|--|
| 1 | Natalie Neuwirth | SO Stevens Point | |
| 2 | Racheal Weiland | JR Wisconsin Rapids Lincoln | |
| HM | Kendra Hilgemann | SO Wausau East | |

200 Yard IM

- | | | | |
|----|---------------|-----------------------------|--|
| 1 | Becca Weiland | SR Wisconsin Rapids Lincoln | |
| 2 | Lea Koenig | SR Wausau East | |
| HM | Ashley Kroll | FR D.C. Everest | |

50 Yard Freestyle

- | | | | |
|----|-------------------|-----------------------------|--|
| 1 | Lauren Sichterman | SR Wausau East | |
| 2 | Zoe Huddleston | JR D.C. Everest | |
| HM | Alexa Pronga | JR Wisconsin Rapids Lincoln | |

100 Yard Butterfly

- | | | | |
|----|-------------------|-----------------------------|--|
| 1 | Lauren Sichterman | SR Wausau East | |
| 2 | Alexa Pronga | JR Wisconsin Rapids Lincoln | |
| HM | Willa Huddleston | SO D.C. Everest | |

100 Yard Freestyle

- | | | | |
|---|------------------|-----------------------------|--|
| 1 | Becca Weiland | SR Wisconsin Rapids Lincoln | |
| 2 | Lea Koenig | SR Wausau East | |
| 2 | Natalie Neuwirth | SO Stevens Point | |

500 Yard Freestyle

- | | | | |
|----|------------------|-----------------|--|
| 1 | Katie Brebrick | JR Wausau East | |
| 2 | Kendra Hilgemann | SO Wausau East | |
| HM | Erin Bratz | SR D.C. Everest | |

200 Yard Freestyle Relay

- | | | | |
|----|-------------------------|------------------------|--|
| 1 | Wausau East | | |
| | 1) Lauren Sichterman SR | 2) Kendra Hilgemann SO | |
| | 3) Anne Krueger SO | 4) Lea Koenig SR | |
| 2 | Stevens Point | | |
| | 1) Lindsey Pavelski SR | 2) Katey Neigbauer SR | |
| | 3) Janna Check SO | 4) Natalie Neuwirth SO | |
| HM | Wausau West | | |
| | 1) Becky Eron JR | 2) Carly Coleman JR | |
| | 3) Drew Detert FR | 4) Caity Coleman SO | |

**2010 Wis. Valley Conference
Girls Swimming All-Conference Team**

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

100 Yard Backstroke

1	Zoe Huddleston	JR	D.C. Everest
2	Emma Holbrook	SO	Marshfield
HM	Keely Pattison	SR	Wausau East

100 Yard Breaststroke

1	Racheal Weiland	JR	Wisconsin Rapids Lincoln
2	Ashley Kroll	FR	D.C. Everest
HM	Clare Sitko	JR	Wausau West

400 Yard Freestyle Relay

1	Wisconsin Rapids Lincoln		
	1) Becca Weiland SR	2) Alexa Pronga JR	
	3) Emily Steward SR	4) Racheal Weiland JR	
2	Wausau East		
	1) Lauren Sichterman SR	2) Kendra Hilgemann SO	
	3) Anne Krueger SO	4) Lea Koenig SR	
HM	D.C. Everest		
	1) Erin Bratz SR	2) Willa Huddleston SO	
	3) Ashley Kroll FR	4) Zoe Huddleston JR	

Swimmer of the Year: Becca Weiland, Wis. Rapids Lincoln

Coach of the Year: Bethany Preboske, Merrill and Phillip Potter, Stevens Point.