



Freedom
Girls Swimming & Diving
2023

1st Team All-Division

| Student-Athlete Name | School | Year | Position |
|--|------------|-----------|----------------|
| Kaitlyn Schwartz, Josie Marino, Isabel Lee, Nichole Koltsov, | RIDGEWOOD | | 200 MED RELAY |
| Jessie Wolf | NH | Freshman | 200 FREE |
| Alejandra Laynez | HACKENSACK | Senior | 200 IM |
| Isabel Lee | RIDGEWOOD | Junior | 50 FREE |
| Grace Lee | NH | Junior | 100 FLY |
| Meghan Rourke | NH | Senior | 100 FREE |
| Emma Briganti | RIDGEWOOD | Sophomore | 500 FREE |
| Grace Lee, Meghan Rourke, Emma Paccione, Jessie Wolf, | NH | - | 200 FREE RELAY |
| Meghan Rourke | RIDGEWOOD | Senior | 100 BACK |
| Josie Marino | RIDGEWOOD | Freshman | 100 BREAST |
| Grace Lee, Rebecca Hoffer, Meghan Rourke, Jessie Wolf | NH | - | 400 FREE RELAY |
| Katerina Sudentene | FAIR LAWN | Junior | OPEN |
| Niamh Murphy | RIDGEWOOD | Sophomore | OPEN |
| Jill Grayson | RIDGEWOOD | Junior | OPEN |

2nd Team All-Division

| Student-Athlete Name | School | Year | Position |
|--|------------|-----------|----------------|
| Savana Levi, Katie Kaminsky, Sabrina Reed, Elle St. Pierre | NH | - | 200 MED RELAY |
| Nika Chmigelski | FAIR LAWN | Senior | 200 FREE |
| Esme Hendriske | RIDGEWOOD | Sophomore | 200IM |
| Savana Levi | NH | Freshman | 50 FREE |
| Nichole Koltsov | RIDGEWOOD | Junior | 100 FLY |
| Caroline Burmaster | RD/WW | Senior | 100 FREE |
| Olivia Lyons | FAIR LAWN | Sophomore | 500 FREE |
| Isabel Lee, Josie Marino, Nichole Koltsov, Jill Grayson | RIDGEWOOD | - | 200 FREE RELAY |
| Kaitlin Dowling | RIDGEWOOD | Sophomore | 100 BACK |
| Leticia Laynez | HACKENSACK | Sophomore | 100 BREAST |
| Jill Grayson, Emma Briganti, Niamh Murphy, Esme Hendriske, | RIDGEWOOD | - | 400 FREE RELAY |

Honorable Mention All-Division

| Student-Athlete Name | School | Year |
|----------------------|--------------------|--------|
| Eliza Olszewska | RD/WW | Senior |
| Katie Chiong | FAIR LAWN | Junior |
| Alice Rodriguez | HACKENSACK | Junior |
| Sanja Radan | NORTHERN HIGHLANDS | Senior |
| Chloe Cho | RIDGEWOOD | Senior |

Coch of the Year: _____ **School:** _____

