



**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:** \_\_\_\_\_

