



**American**  
**Girls Swimming & Diving**  
**2023**

**1st Team All-Division**

Student-Athlete Name	School	Year	Position
Ava D'Antonio,Soumya Pal,Deana Syrneva,Lucia Kim	IH		200 MED RELAY
Trianha Puente	NVD	Sophomore	200 FREE
Katie Lawrence	IH	Sophomore	200 IM
Deana Syrneva	IH	Senior	50 FREE
Casey McLaughlin	RAMS	Senior	100 FLY
Julia Weir	RAMS	Senior	100 FREE
Keely McGhee	RAMS	Sophomore	500 FREE
Julia Weir,Keely McGhee,Casey McLaughlin,Lily Huggard	RAMS	-	200 FREE RELAY
Marta Gershanok	NVD	Junior	100 BACK
Elaine Kim	NVD	Senior	100 BREAST
Julia Weir,Keely McGhee,Casey McLaughlin,Lily Huggard	RAMS	-	400 FREE RELAY
Arden Dowd	RAMS	Senior	OPEN
Cameron Burns	RAMS	Freshman	OPEN
Samantha Oring	RAMAPO	Freshman	OPEN

**2nd Team All-Division**

Student-Athlete Name	School	Year	Position
Katie Paul,Lily Frick,Carli Silverman,Samantha Oring	RAMAPO	-	200 MED RELAY
Abigail Ortiz	TEANECK	Junior	200 FREE
Lucia Kim	IH	Senior	200 IM
Lily Huggard	RAMS	Freshman	50 FREE
Joyce Baik	IH	Senior	100 FLY
Ava D'Antonio	IH	Sophomore	100 FREE
Lily Frick	RAMAPO	Senior	500 FREE
Deana Dyrneva,Katie Lawrence,Lucia Kim,Joyce Baik	IH	-	200 FREE RELAY
Temmie Yu	RAMS	Senior	100 BACK
Carli Silverman	RAMAPO	Senior	100 BREAST
Ava D'Antonio,Katie Lawrence,Joyce Baik,Lucia Kim	IH	-	400 FREE RELAY

**Honorable Mention All-Division**

Student-Athlete Name	School	Year
Megan Weir	RAMSEY	Freshman
Molly Fear	MAHWAY	Junior
Erin Freeman	RAMAPO	Senior
Kiera Lau	NV-DEMAREST	Junior
Ruby Ha	TEANECK	Senior
Tara Flynn	INDIAN HILLS	Senior

**Coch of the Year:** \_\_\_\_\_ Gary Bach \_\_\_\_\_ **School:** \_\_\_\_\_ RAMSEY \_\_\_\_\_

