

## 2013-14 FRANKE BELL COACH OF THE YEAR NOMINEES

### **CHAD ONKEN**

YMCA of the Triangle Area

#### **ACHIEVEMENTS**

USA Swimming SCY Virtual Club Champs – 19<sup>th</sup> (highest finish in team history)  
USA Swimming LCM Virtual Club Champs – 25<sup>th</sup> (highest finish in team history)  
Broke National Age Group Record for 17-18 LCM Men's 200 Free Relay  
Multitude of JR and Sr National qualifiers and participants  
YOTA broke over 50 team records during the 2013-2014 season  
2104 SCY YMCA Nationals – Women (5<sup>th</sup>), Men (3<sup>rd</sup>), and Combined (3<sup>rd</sup>)  
2014 LCM YMCA Nationals – Women (1<sup>st</sup>), Men (4<sup>th</sup>), and Combined (2<sup>nd</sup>)  
Broke 5 YMCA National Relay Records  
12<sup>th</sup> place combined team finish at 2013 SC Junior Nationals  
New State Records in the Women's and Men's 15-18 LC 200 Free Relays  
5 athletes selected as USA Swimming Scholastic All-Americans

#### **COMMUNITY SUPPORT**

YOTA Senior Team participated in three different service activities – Baker of the Day, Brown Bag Lunch with a local church, and taught swim lessons to disadvantaged youth in the Triangle area..

#### **CLUB LEADERSHIP**

2013 Head Coach USA Swimming National Select Camp (Men's Team)  
NCS Senior Committee member  
Chair – USA Swimming Club Leadership Committee  
President – YMCA of the USA Coaches Advisory Committee  
Vice-President of the Greater YMCA Sunbelt Swimming Association

### **CASEY CHARLES**

East Carolina Aquatics

#### **ACHIEVEMENTS**

NATIONALS/US OPEN – Qualifiers- Perdue, Cepulis, Bittner, Woods, Sellers  
JUNIORS – Perdue (Finalist LCM/SCY), Dalton Shaw Finalist SCY, qualifier LCM), Eyan Eagle (Qualifier SCY/LCM) 800 FR-R- 2<sup>nd</sup> place finish, 200 FR-R 7<sup>th</sup>  
ESSZ (or other) SENIOR SECTIONALS – 9 Participants, Dalton Shaw – 2<sup>nd</sup> 400 IM & 3<sup>rd</sup> 200 IM  
NCS SENIOR CHAMPIONSHIPS – 1<sup>st</sup> place Men's Team both SCY & LCM. Second place team overall LCM. Most points ever scored at LCM Champs, 400 FR-R 1<sup>st</sup> & 2<sup>nd</sup>, 800 FR-R 1<sup>st</sup>

& 3<sup>rd</sup>, 400 Med-R, 1<sup>st</sup> & 5<sup>th</sup>, 5 individual top swim  
ESSZ14&U AGE GROUP SECTIONALS – 11 Participants. Will Barker 6 top 3 swims.  
NCS 14&U AGE GROUP CHAMPIONSHIP – SCY - over 35 Participants. Will Barker 50 Free Champion, 8 top 3 swims. Bethany Tart 2<sup>nd</sup> 100 Free. LCM – 20 Swimmers – 3<sup>rd</sup> place relay 10 & Under girls  
Over 45 team records set  
US Masters- Todd Torres set the World Record in 45-49 LCM 100 Breast (1:04.39)

#### **COMMUNITY SUPPORT**

Coach Charles ran over 15 Free Summer league clinics for each of the summer league teams in Greenville  
Was part of the NCSwim Nominating Committee  
Raised more than \$1000 for a local charity  
Raised \$3000 to help an ECA swimmer in need.  
Under his leadership ECA gave more than \$5000 to allow local swimmers to participate in ECA programs  
Continued to run the Master's group associated with the ECA (including a Master's National Record Holder)  
He has been a guest on various news broadcasts – TV and Radio

#### **CLUB LEADERSHIP**

Casey works tirelessly and selflessly toward the improvement of ECA. He works with the Board of Directors towards in making difficult decisions for the future of the team, including advocating for a name change to better fit the structure of ECA being a regional team instead of just Greenville. Casey was the driving force in the addition of the Carteret Currents to the ECA structure.

This merger is a good example of Casey's dedication to making ECA a better team. He drove on multiple occasions to the various pools in Carteret County to meet with all the Carteret parents to make the merger a reality. In addition to this, Casey has been an advocate in the community for building a new aquatics facility in Greenville. He is likely to be at the pool to fill in as a coach any time from 0500 to 2030 at night. This is on top of a full time job as an English teacher for a local high school. His commitment to the success of this team is the reason the team is still functioning and growing.

Casey's Senior group had the most successful seasons in team history, despite finishing the year without our home pool and with the questions as to where we would swim for the 2014-2015 season. Our kids persevered through swimming in an outdoor pool with 70 degree water temperatures and 50 degree outdoor temperatures through much of the early summer. The group worked very hard all

season to make up for lost time. Despite the less than ideal practice conditions, Casey's swimmers set over 45 team records and had the highest finish in team history at NC Senior Champs placing 3<sup>rd</sup> as a team in the spring of 2013 and 2<sup>nd</sup> in the summer of 2014. ECA men's swimmers won the championship in both short and long course state championship meets. In total, ECA swimmers qualified 4 individuals for Junior National with 3 of those swimmers making finals and 6 relays with 2 additional relay-only swimmers. The Men's 800 Free Relay placed 2<sup>nd</sup> overall, the best relay finish in team history. In addition, the ECA also qualified 5 swimmers for the 2014 US Open. Of ECA's 10 graduating seniors, 8 will continue to swim at the collegiate level with 4 competing for Division I schools.

Casey Charles is truly passionate about this sport. His continued advocacy for ECA has led to growth and success beyond anyone's imagination in the past few years. Casey has prepared new group structures to better accommodate and address the needs of the swimmers at all levels on the program for the upcoming season. Even though ECA graduated 10 seniors this year, the up and coming leaders of the program will thrive under Casey's leadership and fill those large shoes. The future of ECA is bright thanks to the guidance of Casey Charles.

### **ALAN PFAU**

SwimMAC Carolina

#### **ACHIEVEMENTS**

USA Swimming Club Excellence- 1<sup>st</sup> place for third year in a row.  
USA Swimming Scholastic All-American- 1<sup>st</sup> place  
USA Swimming Short Course Virtual Club- 5<sup>th</sup> place.  
USA Swimming Long Course Virtual Club- 2<sup>nd</sup> place.  
ESSZ- Short Course Senior Sectional Champions- Women, Men & Combined.  
ESSZ- Long Course Senior Sectional Championships- women 3<sup>rd</sup>, men 2<sup>nd</sup>, 3<sup>rd</sup> combined.  
USA Swimming Winter Junior Nationals- Girls Team Champions, 4<sup>th</sup> place Combined.  
USA Swimming Long Course Junior Nationals- Women 3<sup>rd</sup>, 2<sup>nd</sup> place Combined.  
Southern Zone Senior Championships- Women 2<sup>nd</sup>, Men 1<sup>st</sup>, 1<sup>st</sup> Combined.  
NCS Short Course season- coached 21 swimmers placing NC Top-5 in an event.  
NCS Long Course season- coached 16 swimmers placing NC Top-5 in an event.

Short Course season- coached swimmers that contributed to 8 USA Swimming National Age Group Record Relays- Girls 17-18 200fr, 400fr, 800fr, 200med, 400med, Girls 15-18 800fr, 200med, 400med.

Long Course- coached 3 swimmers in the top 10 nationally- Elsa Welshofer 100 fly 8<sup>th</sup> for 18 & Under, also 26<sup>th</sup> in Top-100 All time; Nathan Murray 5<sup>th</sup> 200 bk for 15-16 age group, Nora McCullagh 50 fr 8<sup>th</sup> for 17-18 age group.

#### **COMMUNITY SUPPORT**

Technical Planning Chair for NCS

#### **CLUB LEADERSHIP**

Coach Alan serves as our Senior Division Director for our entire high school age senior program as well as our Division Lead and Senior 1 Lead Coach at our South site. He's also involved with our program that helps student-athletes transition from 8<sup>th</sup> to 9<sup>th</sup> grade and starting up in our Senior Division training groups.

He brings a leadership that is strategic and well thought out, keeping the long term approach in mind, passionate and has attention to detail with aspects that help each swimmer know why they are doing what they are doing. Much of the organization, planning and success on the senior end is put in place by Coach Alan.

#### **MARK DELL**

North Mecklenburg Aquatics

#### **ACHIEVEMENTS**

Top 8 internationally ranked 18 & under swimmer

Nationals/US Open Qualifiers

JR National Qualifiers

National Camp Qualifier

National Junior Team/Junior B Team Qualifier

International Team Qualifier

79 out of 86 lifetime best times at JO's,

NCS SR Champs, Juniors, and Nationals

4 High School Individual State Champions

Multiple swimmers in top 100 all time swims with USA Swimming

Multiple swimmers ranked in top 20 age group swims with USA Swimming

48 top 8 finishes in NC Championship meets

#### **COMMUNITY SUPPORT**

Coaches masters program including multiple top 5 national swims

Parent chaperone Primrose Academy  
Actively involved with his son's kindergarten class  
NCS senior committee member

#### **CLUB LEADERSHIP**

Mark has been a solid leader within North Carolina Swimming for a number of years. He has taken a program that had less than 5 swimmers at NC state meets to an International qualifying level. His Senior program at NOMAD has continued to excel at all levels. Emily Allen and Christina Lappin have broken onto the national scene, with Emily qualifying for the Junior Pan Pac Team this summer. Mark demonstrates the ability to train swimmers at various levels, focusing on the technique, and the bigger picture of the program. He continuously teaches his swimmers to see the bigger picture of his training and knows the results will come with hard work and effort. He exemplifies the qualities that are listed for the Franke Bell award.

#### **PAUL SILVER**

Marlins of Raleigh

#### **ACHIEVEMENTS**

8 Scholastic All-Americans

10 swimmers competed at Dec Jrs – MOR had no qualifiers as of July 1, 2013

2<sup>nd</sup> at NSS Sr Meet

Won NCS SC Sr Champs unshaved

3<sup>rd</sup> at Senior Sectionals – Justin Ress 18-U

High Point winner

19<sup>th</sup> in Virtual Club Champs

8 swimmers qualified for Summer Jr

Nationals where MOR's men finished 16<sup>th</sup>

and 33<sup>rd</sup> combined

Justin Ress – performances at JRs broke 3

NCS State records, and two #1 rankings in

USA Swimming for 16 yr olds

Adam Linker – 3 top 8 finishes at JRs

MOR Men's 400 and 800 Free Relays

finished 16<sup>th</sup> at JRs

SR Nationals – Victoria Mitchell (17<sup>th</sup> –

1500 Free) and Hannah Lincoln

5<sup>th</sup> Overall at SR Sectionals

MOR 1<sup>st</sup> overall at NCS LC SR Champs

without any Jr/Sr National qualifiers and

Sectional swimmers in off events

Justin Ress chosen to 2014 National Select

Camp

#### **COMMUNITY SUPPORT**

Member of 2013-14 USA Swimming SR development committee in charge of time standards

Presented January USA Swimming Webinar

Member 2013-2014 NCS Board of Directors

Conducted 2 Summer League Stroke Clinics and directed staff that conducted over 30 Summer League Stroke Clinics  
Raised \$1000 through Swim-A-Thon that was donated to Kay Yow Foundation for Cancer Research

#### **CLUB LEADERSHIP**

Supervises Full Time Staff of 8 and part time staff of over 20

Has led MOR from 6 swimmers in 2001 to 550 swimmers in 2014

Arranged Speedo Free Clinic for MOR swimmers with Olympic Gold Medalist – Cullen Jones

MOR achieved level 4 in the USA

Swimming Club Recognition Program