



2019
State Champions

CIBA

Swimming

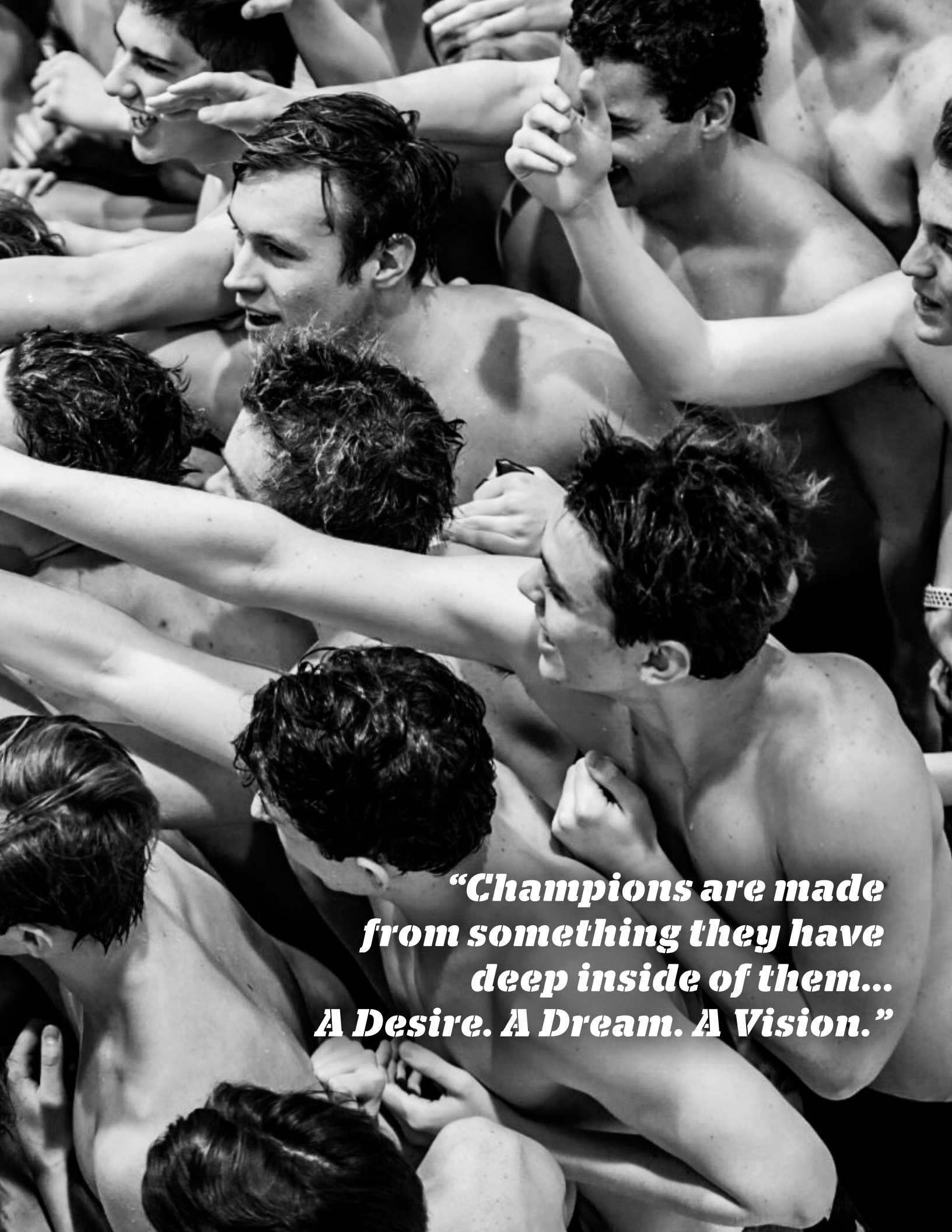
10th
Title



~~~~~ **2018-2019 COLT'S SEASON** ~~~~~







***“Champions are made  
from something they have  
deep inside of them...  
A Desire. A Dream. A Vision.”***







# General Information



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## 2018-19 SCHEDULE/RESULTS

|      |    |                    |         |         |
|------|----|--------------------|---------|---------|
| Dec. | 1  | Peddie             | W ..... | 110-60  |
|      | 4  | Freehold Boro      | W ..... | 131-36  |
|      | 18 | Long Branch        | W ..... | 130-39  |
|      | 19 | Cherry Hill        | W ..... | 93-77   |
|      | 22 | Calvert Hall       | W ..... | 127-43  |
| Jan. | 5  | Mon Co Chmps       | W ..... | 478 pts |
|      | 10 | Marlboro           | W ..... | 120-50  |
|      | 15 | Howell             | W ..... | 137-33  |
|      | 17 | Freehold Twp       | W ..... | 130-39  |
|      | 23 | Middletown South   | W ..... | 118-52  |
|      | 29 | Manalapan          | W ..... | 111-59  |
| Feb. | 3  | Shore Conference   | W ..... | 394 pts |
|      | 18 | St. Joes           | W ..... | 96-74   |
|      | 23 | St. Augustine Prep | W ..... | 106-64  |

## CBA Quick Facts

### GENERAL INFORMATION

|                          |                                              |
|--------------------------|----------------------------------------------|
| School Name .....        | Christian Brothers Academy                   |
| Location .....           | 850 Newman Springs Rd.<br>Lincroft, NJ 07738 |
| Founded.....             | 1959                                         |
| Enrollment .....         | 950                                          |
| Nickname.....            | Colts                                        |
| School Colors.....       | Navy Blue (PMS 289 and White)                |
| Conference .....         | Shore Conference                             |
| Affiliation & Group..... | NJSIAA, Non-Public "A"                       |
| President.....           | Brother Frank Byrne '75, FSC                 |
| Athletic Director .....  | Vito Chiaravalloti II '99                    |
| Home Facility .....      | Neptune Aquatic Center                       |

### COACHING STAFF

|                      |                           |
|----------------------|---------------------------|
| Head Coach .....     | Vito Chiaravalloti II '99 |
| Office Phone.....    | (732) 747-1959 x 217      |
| Assistant Coach..... | Nick Grippo '10           |
| Assistant Coach..... | Rob Whitacre '14          |
| Assistant Coach..... | Alex Fitton '09           |

### TEAM INFORMATION 2018-19

|                        |         |
|------------------------|---------|
| Inaugural Season ..... | 1990-91 |
|------------------------|---------|

#### 2018-19 Dual Meet Record

|                        |      |
|------------------------|------|
| Overall .....          | 12-0 |
| Shore Conference ..... | 7-0  |

#### All-Time Dual Meet Record

|                        |        |
|------------------------|--------|
| Overall.....           | 302-41 |
| Shore Conference ..... | 188-0  |

#### 2018-19 Championship Results

|                                     |     |
|-------------------------------------|-----|
| Monmouth County Championships ..... | 1st |
| Shore Conference Championships..... | 1st |
| NJSIAA State Championships .....    | 1st |

#### Overall Championship Results

|                                     |    |
|-------------------------------------|----|
| Monmouth County Championships ..... | 29 |
| Shore Conference Championships..... | 29 |
| NJSIAA State Championships .....    | 10 |

<http://www.cbalincroftnj.org/>

Prepared by Edward and Joan Truscio & Coach Vito Chiaravalloti. Special thanks to Christian Buckman, and Lynn Retterer & Jennifer Morris for photos & videos

# Leaving a Legacy





# LT. DENNIS W. ZILINSKI II

## OUR HERO

For all of the incredible accomplishments CBA swimming has had in the pool, one man stands head and shoulders above the rest for the commitment and bravery he displayed. On November 19, 2005, former CBA swimmer Dennis W. Zilinski made the ultimate sacrifice while serving our country in Iraq. Assigned to the 101st Airborne Division's 1st Battalion, 187th Infantry Regiment 3rd Brigade Combat Team, Dennis was conducting combat operations when an improvised explosive device detonated near his Humvee during Operation Iraqi Freedom. Dennis was 23 years old. Destined to be a soldier, Dennis, CBA Class of 2000, was a fierce competitor in the pool. He helped CBA win their first state title in 1998 and was named Team Captain as a senior for his unmatched leadership qualities. However, it was at West Point where he flourished as a swimmer, eventually being named Team Captain in his senior season. Lt. Zilinski's medals include a Combat Infantry Badge, Bronze Star, Purple Heart, Global War on Terror, Iraq Campaign Service Medal and the New Jersey Distinguished Service Medal.



## ZILINSKI AWARD WINNERS

|                       |                        |
|-----------------------|------------------------|
| 2008 - Stephen Zapf   | 2016 - Justin Horbacz  |
| 2009 - Brian Swam     | 2017 - Miller Corrigan |
| 2010 - Ryan Keenan    | Joey Huber             |
| 2011 - Joseph Connors | John Shea              |
| 2012 - James Malgieri | 2018 - Peter Warshaw   |
| 2013 - Ryan Dunigan   |                        |
| 2014 - Eddie Healy    |                        |
| 2015 - Peyton Ouano   |                        |

## THE ZILINSKI FOUNDATION

In 2006, family and close friends founded the Dennis W. Zilinski Memorial Foundation in order to honor his memory and spirit for life. The Memorial Foundation, which sponsors many events throughout the year, raises awareness and necessary resources for scholarships and support of wounded military personnel.

In addition, the Zilinski Foundation funds a scholarship at CBA to help families who demonstrate financial need. Students must apply for this scholarship, which includes a service component aimed to help our military men and women. Over the years, these service programs created by CBA students have raised countless funds and provided necessary items such as phone cards, toiletries, clothing, and music to our service men and women defending our country abroad.

## LEAVING A LEGACY

Dennis truly lived by West Point's motto of Duty, Honor, Country, and stood behind the nation's mission to serve and protect freedom. He epitomized the Army's values of Loyalty, Duty, Respect, Selfless-Service, Honor, Integrity, and Personal Courage.

Although no longer with us physically, Dennis' presence can be felt constantly by the CBA swim team and community, constantly pushing us to dig deeper and strive for more. We aim to make him proud in the pool, as well as out of the pool, as he continues to live in our hearts and minds. The Christian Brothers Academy swim team could not be more proud of our fallen hero, Dennis W. Zilinski II.



# History and Tradition



CHRISTIAN  
BROTHERS  
ACADEMY

At Christian Brothers Academy, our students strive toward academic excellence, build their faith and learn to serve others. Here you will find a variety of activities, all rooted in the Lasallian tradition of educating the whole person – mind, body and spirit.

Visiting our campus, you get a true sense of the distinctive history and traditions that have embodied our institution, as well as the energy and enthusiasm that have continued its success. From the first students who entered the Lincroft campus in 1959 to the newest generation of learners, our mission has continued; build Men of Faith, Men of Integrity, and Men of Promise. These are the true benchmarks by which we measure our educational success.

## CBA AT A GLANCE

**1959**

Year CBA was founded

**11,000**

Alumni around the world

**157**

Acre Campus

**900**

Student Enrollment

**65**

Full Time Faculty Members

**75%**

Faculty Holding Advanced Degrees

**\$700,000**

Total Academic Scholarships Given by CBA

**\$800,000**

Financial Aid Awarded by CBA

**24%**

CBA Students on Academic Scholarship or Receiving Financial Aid

**97%**

Attending 4 Year Colleges and Universities

**2%**

Attending 2 Year Colleges

**94%**

Attending Colleges and Universities ranked by US News & World Report

**\$31 M**

Academic Scholarships Awarded to Class of 2018

**64%**

Graduates of 2016 Awarded Academic Scholarships

**75%**

Faculty Members hold advanced degrees

**45**

Extra-Curricular Clubs and Activities

**18**

Interscholastic Athletic Teams

**24**

Advanced Placement Classes

**\$16,300**

2018-2019 Tuition & Fees

**1250**

Average SAT Score for Math & Verbal

**50**

Service Hours required for Graduation

**80**

Number of Sending Schools

**650**

Number of Students who Participate in an Interscholastic Sport

**1,100**

Memberships in Clubs, Music and Theatre Programs



# Home of the Colts



## NEPTUNE AQUATIC CENTER

Since its completion in 2010, the Colts have called the Neptune Aquatic Center home for practices and meets. After spending over a decade at the Monmouth Boys & Girls Club in Asbury Park and another 7 years at the Atlantic Club in Manasquan, CBA was able to secure a coveted spot in this beautiful state-of-the-art swimming facility. The Colts have four lanes, six days a week during the swim season for an hour and a half. The NAC is the home for the Monmouth County Championships, which CBA has won every year since their inaugural season.

The Neptune Aquatic Center is a 32,000 square-foot, 335,000-gallon pool that will be used for instructional, educational, recreational and therapeutic activities. The interior features an eight-lane competition pool with accessibility for wheelchairs via a zero depth entry. Other features include a 12-foot diving well, a movable bulkhead offering both yard and meter courses, twelve cross-pool lanes, men's and women's locker rooms, and Colorado Timing touch-pads and LED scoreboard. Separate seating for competitors and spectators is provided with lavatory facilities close by to each.



## FITNESS CENTER

In 2013, Christian Brothers Academy embarked on a \$2.6 million expansion of the indoor athletic facilities adjacent to the existing Varsity Gym (1961) and McKay Gym (1997). The hub of the expanded facilities is CBA's new Fitness Center, designed to be one of the premier high school sports facilities in New Jersey.

### THE EXPANDED ATHLETIC FACILITIES INCLUDE:

- State-of-the-art Trainers Room, Strength Training Area, and Cardiovascular Area.
- A full range of training equipment including treadmills, bicycles, elliptical equipment, free weights, and Olympic platforms.
- Space and equipment to accommodate leading edge strength and conditioning programs at all levels of fitness.





# Meet the Coaches



## COACHING HIGHLIGHTS & HONORS

- 11 Seasons
- Overall Record 122-10
- 11 Monmouth County and Shore Conference Championships (2009-2019)
- 9 State Championships (2010-2016, 2018-2019)
- 3-Time Shore Coach of the Year (2010, 2011, 2013)
- NFHS State Coach of the Year (2012)
- Has coached 8 High School All-Americans
- Inducted into the CBA Hall of Fame as part of the 1998 Swim Team (2015)

## Head Coach

# Vito Chiaravalloti II

Vito Chiaravalloti '99 became the second head swimming coach in the history of CBA in 2008, taking over for long-time coach Mike Sullivan who served 18 years at the helm and helped start the team in 1991.

Coach Chiaravalloti, who graduated from CBA in 1999, starred for the Colts both in the pool and on the baseball field, achieving multiple All-Shore and All-State recognitions in both sports. In 1998, he helped lead CBA to their first State Championship in swimming and in 1999 was named the Star-Ledger NJ Swimmer of the Year. Overall, Coach Chiaravalloti earned 14 Shore Conference gold medals, two individual State Titles, and was named NISCA All-American in three events.

Since taking over the head coaching duties in 2008, Coach Chiaravalloti has experienced tremendous success. Upon completion of his 11th season in 2019, his teams have won the Monmouth County and Shore Conference Championships every year, continuing the streak started by Coach Sullivan in 1991. In addition, under Coach Chiaravalloti the Colts had a new streak, capturing 7 straight NJSIAA Non-Public 'A' State Championships from 2013-2016. (This is the 5th longest team streak in NJ men's swimming history.) They reclaimed the title of NJSIAA Non-Public 'A' State Champions in 2018.

Coach Chiaravalloti has been named Shore Conference Coach of the Year three times (2010, 2011, & 2013), was named the NFHS State Coach of the Year in 2012, and was honored by the NJSIAA for his coaching achievements in 2013. During his tenure at CBA, the Colts were ranked No. 1 in the state for 68 out of 69 weeks (2010-2015) and have had 8 All-Americans.

A four-year letter winner in baseball at the University of Richmond, Chiaravalloti earned a bachelor's degree in Psychology in 2003. He was drafted in the 2003 Major League Baseball Draft by the Toronto Blue Jays and played 6 years in the minor leagues before beginning his coaching career at CBA. In addition to coaching swimming, Chiaravalloti is the Athletic Director at CBA.

In August 2016, Coach Chiaravalloti married Erin O'Malley. Erin, an assistant coach for Trinity Hall, was instrumental in leading the Monarchs to their first Shore Conference Championship and their second state title. The couple is expecting their first child in April 2019.

*"Success is no accident. It is hard work, perseverance, learning, studying, sacrifice, and most of all, love of what you are doing." - Pele*



# Meet the Coaches



## Assistant Coach | **Nick Grippo**

Nick Grippo '10 joined the Colts staff in 2016-17 as a volunteer assistant coach.

Coach Grippo, co-captain of the 2009-2010 team, helped secure the first State Title since 1998 by sweeping the 100 breaststroke alongside his teammates. He brings with him 10 years of competitive swimming experience from both Christian Brothers and the Red Bank YMCA.

After CBA, Coach Grippo attended the United States Merchant Marine Academy, Kings Point. He graduated in 2014 with a Bachelor's Degree in Logistics & Intermodal Transportation, a US Coast Guard Third Mate Unlimited Tonnage License, and as an Ensign in the Naval Reserve.

Currently, Coach Grippo lives in Middletown and is working for Masters, Mates, and & Pilots on military prepositioned vessels contracted through Military Sealift Command. He has since been promoted to Second Mate and Lieutenant Junior Grade in the Naval Reserve.



## Assistant Coach | **Robert Whitacre**

Rob Whitacre joined the Colts staff in 2018-2019 as an assistant coach.

Coach Rob was the co-captain of the 2013-2014 CBA swim team, arguably the greatest team in Colts swimming history. While at CBA, Coach Rob and his team won four consecutive Monmouth County, Shore Conference, and NJSIAA State Championships. During that same span, the Colts were New Jersey Team of the Year three times (2011, 2013, 2014) and swam the fastest meet in program history, defeating Peddie 86-84 on December 17, 2013 earning 5402 NISCA PowerPoints. Coach Rob holds three CBA school records (200 Medley Relay, 200 IM, 100 Backstroke), was a three-time Shore Conference individual champion and continues to hold three conference records (200 Medley Relay, 200 IM, 100 Backstroke) and three Monmouth County records (200 Medley Relay, 200 IM, 400 Freestyle Relay). In addition, Coach Rob was a three-time NISCA All-American and was a member of Central Jersey Aquatic Club (CJAC).

After CBA, Coach Rob attended the University of Notre Dame. He graduated with a Bachelor's Degree in Management Consulting from the Mendoza College of Business. While at Notre Dame, Coach Rob broke four school records and was the captain of the team in 2017-2018. In 2018, he was ACC Champion in the 200 Backstroke with a time of 1:40.17. Most notably, Coach Rob was a three-time NCAA Championship qualifier.

Currently, Coach Rob has recently moved to Chicago, where he is working with a start-up company based in Australia called Sports Performance Tracking (SPT). Coach Rob has said many times that this season has been the most enjoyable season in all of his years of swimming, and it will be very difficult not being a part of the Colts staff next season.



*Coach Vito with swimmers at the Alumni meet and talking strategy with captain Paul Retterer.*



# Meet the Coaches



## Assistant Coach | **Alex Fitton**

Alex Fitton joined the CBA swim team coaching staff in 2018-19 as an assistant coach.

He attended CBA from 2005-2009, and was four-year varsity letter winner. Named Captain his senior year, Coach Alex was also the teams high point scorer. He won multiple Monmouth County and Shore conference titles in the 100 backstroke, 200 IM, (breaking the Shore conference record his senior year), and 200 medley relay, 200 freestyle relay and 400 freestyle relay. Coach Alex held CBA school records in the 200 freestyle and 200 Medley Relay. In addition, Coach Alex was named as a NISCA high-school All-American in 2008. Coach Fitton also swam for the Red Bank YMCA swim team, where he was Captain of the national team, and 21-time All American.

After CBA, Coach Fitton attended the University of South Carolina where he swam for the Gamecocks for four years. As the teams top sprinter, he was a member of the SEC and NCAA Championship teams. His top events were the 50, 100, and 200 Freestyle and 100 Butterfly. Coach Alex helped his team break school records in the 200 and 400 medley relays, as well as the 200, 400, and 800 freestyle relays. In 2012, Coach Alex qualified for Olympic Trials and in 2013 was an NCAA All-American.

Coach Alex has previously coached five years with the Carolina Aquatics age group swim team and assisted with college swim camps during the summers. After college, he spent one year in New York City, one year in Georgia and four years in California before moving back home to New Jersey in 2018. Coach Alex is currently living in Red Bank with his fiance Kelsey and will be married this August.



## THE MAN WHO STARTED THE TRADITION

### Coach | **Mike Sullivan**

Simply stated, without Mike Sullivan, there would be no CBA swimming. Coach Sullivan, or "Sully" as his swimmers loved to call him, was the first coach in CBA history, helping begin the program in 1990. For 18 years, Sully demanded excellence from his swimmers both in and out of the pool and built the outstanding tradition that is now synonymous with CBA swimming.

In the Colts first year, Coach Sullivan helped lead the young and inexperienced CBA team to a stunning victory over Toms River East, as well as Monmouth County and Shore Conference Championships, establishing CBA's place at the top of the shore for the next two decades and beyond.

It wasn't long before Sully took a brand new program and made them one of the top teams in New Jersey, competing against state powerhouses like Shawnee, Westfield, and of course St. Joseph Metuchen. In 1998, Sully brought the program to new heights, winning CBA's first State Championship and displacing St. Joe's as NJ's top team. St. Joe's had won 17 of the last 18 state titles, dating back to 1980, but with the leadership of Coach Sullivan, in only 7 seasons he brought CBA from virtual obscurity to champions.

In his 18 years as head coach, Sully won 18 straight county and conference championships, coached 12 All-Americans, and made CBA swimming one of the nation's best programs. He is still a valued mentor and friend to his former swimmer and now head coach Vito Chiaravalloti, as Sully continues to provide his unmatched experience and irreplaceable knowledge to the CBA program.

### **The "SULLY" File**

- 18 Seasons
- Overall Record. 180-30
- Undefeated in the Shore Conference
- 18 Monmouth County and Shore Titles
- 1998 State Championship
- Coached 12 All-Americans
- Inducted-CBA Hall of Fame (2010)





# 2018-2019 Christian Brothers Academy SWIM TEAM

| NAME               | YEAR | HOMETOWN       |
|--------------------|------|----------------|
| Anthony Addeo      | SO   | Brick          |
| Thomas Ankwicz     | JR   | Ocean          |
| Thomas Antonucci   | FR   | Middletown     |
| Jack Bailey        | SO   | Colts Neck     |
| Joseph Borrino Jr. | FR   | Atl. Highlands |
| Shane Brennan      | JR   | Middletown     |
| Thomas Buckman     | JR   | Oceanport      |
| Ryan Burke         | SR   | Long Branch    |
| Matthew Camillone  | FR   | Fair Haven     |
| Ryan Carroll       | SR   | Manasquan      |
| Brian Conway       | SR   | Pt. Pleasant   |
| Kevin Conway       | SR   | Pt. Pleasant   |
| John Conway        | SO   | Pt. Pleasant   |
| John Crilly        | SR   | Shrewsbury     |
| Matthew D'Elia     | SO   | Old Bridge     |
| Patrick Dolan      | FR   | SeaGirt        |
| Rory Dunigan       | SR   | Little Silver  |
| Benjamin Dupree    | JR   | Neptune City   |
| James Dyer (MGR)   | JR   | Neptune City   |
| Dillon Formato     | SR   | Locust         |
| Edward Gittines    | SO   | Shrewsbury     |
| Jack Green         | SO   | Interlaken     |
| Jack Hipschman     | JR   | Holmdel        |
| Brandon Hulse      | FR   | Middletown     |
| Gavin Kus          | FR   | Jackson        |
| Mike LaGuardia     | SO   | Lavalette      |

| NAME             | YEAR | HOMETOWN           |
|------------------|------|--------------------|
| Owen Larney      | SO   | Farmingdale        |
| Evan Mahns       | SR   | Eatontown          |
| Issaac Marciano  | FR   | Parlin             |
| Jack Martinek    | SO   | Millstone          |
| Aidan McCartin   | SR   | Brielle            |
| Daniel McGuire   | JR   | Middletown         |
| Liam Morris      | JR   | Fair Haven         |
| Neil Neame       | JR   | Fair Haven         |
| Ryan Quigley     | SO   | Little Silver      |
| Cole Ramos       | SR   | Rumson             |
| Colbey Ramsey    | SR   | Cliffwood          |
| Brendan Regan    | JR   | Lincroft           |
| Sammy Rennard    | SR   | Red Bank           |
| Paul Retterer    | SR   | Atlantic Highlands |
| Jack Rosenberg   | JR   | Toms River         |
| Anthony Scala    | JR   | Marlboro           |
| Nicholas Scaturo | FR   | Sea Girt           |
| Trey Shaw        | SO   | Monmouth Beach     |
| Tom Shea         | SO   | Wall               |
| Grant Sikkema    | SO   | Millstone          |
| Kevin Truscio    | SO   | Locust             |
| Matthew Van Lew  | SR   | Tinton Falls       |
| Joseph Wean      | SO   | Manasquan          |
| Mason Wolf       | JR   | Ocean              |
| Sean Wolfe       | SR   | Brick              |
| Matthew Wolfe    | FR   | Brick              |

## COACHING STAFF

| Name               | Position    | Year | Hometown       | High School            | Alma Mater                     |
|--------------------|-------------|------|----------------|------------------------|--------------------------------|
| Vito Chiaravalloti | Head Coach  | 11th | Hazlet, NJ     | Christian Brothers '99 | University of Richmond '03     |
| Alex Fitton        | Asst. Coach | 1st  | Middletown, NJ | Christian Brothers '09 | University of So. Carolina '13 |
| Nick Grippo        | Asst. Coach | 3rd  | Middletown, NJ | Christian Brothers '10 | US Merchant Marine Acad. '14   |
| Robert Whitacre    | Asst. Coach | 1st  | Oceanport, NJ  | Christian Brothers '14 | Notre Dame '18                 |



## Meet the Colts - *Class of 2019*



### Ryan **BURKE**

#### **CAPTAIN**

**School Year:** Senior

**Favorite Event:** 50 Freestyle

**Random Fact About Yourself:** I can ride a unicycle.

#### **On Coach Chiaravalloti...**

Coach Vito has been a great mentor in and out of the pool. He has taught me many important things that I will remember forever. He also gives the best pump up speeches ever.

#### **Favorite CBA Swimming Memory...**

Going to Baltimore this year with the whole team.

#### **Beyond CBA...**

I will continue swimming at Bryant University and plan on majoring in accounting.



Captains Ryan Burke and Paul Retterer lead the cheer and get the team pumped up before their state semi-final.



# Meet the Colts - *Captains*



## Paul **RETTERER**

### **CAPTAIN**

**School Year:** Senior

**Favorite Event:** 200 Free

**Random Fact About Yourself:** I do not like the beach -- especially sand. It's coarse, rough, irritating and gets everywhere.

### **On Coach Chiaravalloti...**

I've had the privilege of knowing Coach Vito for almost my entire life (from the days of Middletown Swim and Tennis Club all the way to now). Coach has had a definite impact on my swimming career, however I am more fortunate to have had the opportunity to grow and learn from such an amazing man. I wouldn't be the person I am today without Coach.

### **Favorite CBA Swimming Memory...**

My favorite CBA Swimming Memory is from my Freshman year. LaSalle was the best team in the nation and went on to win a National Title later that year. We went into the meet heavily favored to get pummeled, yet somehow we were able to slug it out to the 400 free relay. In order to win the meet, we had to place second and third in the event. I remember jumping up and down and screaming at the top of my lungs with my teammates while watching the race. Then when John Shea touched out their B Relay... it still gives me chills.

### **Beyond CBA...**

Next fall I will continue swimming at the University of Southern California. I plan on majoring in Film. FIGHT ON!



Retterer (top left) and Burke (bottom left) in action and holding the State Championship trophy.





## Ryan CARROL

**School Year:** Senior

**Favorite Event:** 100 Breaststroke

**Random Fact About Yourself:** I eat at least two bowls of ice cream a day.

**On Coach Chiaravalloti...**

Coach Vito is great at rallying the team before meets and motivating all to be the best they can be.

**Favorite CBA Swimming Memory...**

When Coach Steve told us about his job in college.

**Beyond CBA...**

I'll be hanging up my Speedo and studying computer science and accounting at Stetson University.

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# Meet the Colts - Class of 2019



## Brian CONWAY

**School Year:** Senior

**Favorite Event:** 100 Breaststroke

**Random Fact About Yourself:** My hype song is "Fire Burning" by Sean Kingston

### On Coach Chiaravalloti...

Athletic Director, Psychologist, Teacher, Hypnotist, Motivational Speaker, Life Coach, Swim Coach, Great Hair, All-Around Beast. Only flaw is his obsession with Chick-fil-a (which is overrated)

### Favorite CBA Swimming Memory...

Swimming 550 yards in a meet because Ryan Carroll can't count to 20.

### Beyond CBA...

Hopefully I will go to Notre Dame where I will be captain of the swim team, and I will get a business degree and work for a super cool wine company while also coaching the CBA swim team.



## Kevin CONWAY

**School Year:** Senior

**Favorite Event:** 50 Freestyle

**Random Fact About Yourself:** I'm allergic to 99% of greens

### On Coach Chiaravalloti...

Eh, he's ok... Seriously though, really great guy and great coach. He's always looking out for each of us in any way that he can. Coach has a more reserved demeanor about him unlike other coaches because he knows that at the end of the day swimming is just a sport. What matters most to him is what kind of men we are and how we can reach our full potential.

### Favorite CBA Swimming Memory...

I have to put the cliché "winning states and coaches jump in" but also "the door" incident at the hotel in Baltimore...

### Beyond CBA...

I want to be happy and have fun in college.



## Meet the Colts - *Class of 2019*



### Jack **CRILLY**

**School Year:** Senior

**Favorite Event:** 50 Freestyle

**Random Fact About Yourself:** I can communicate in Morse code with my nose.

**On Coach Chiaravalloti...**

Vito has been unlike any other coach I have ever had. His passion and determination to make each of his athletes better is astounding and contagious. When I first planned on joining the CBA swim team, I had self doubt and thought that I was not going to be fast enough to matter to the team. But Coach Vito found a way to utilize my skills wherever and whenever, and ultimately renewed my enjoyment for swimming. Vito is able to help all of his swimmers feel a part of the team, even those who may not make Varsity their first year or two. I probably wouldn't be swimming now if he had not seen my potential and pushed me to work hard for each and every race.

**Favorite CBA Swimming Memory...**

My favorite CBA Swimming Memory was during my Freshman year when we took 2nd and 3rd in the 400 Freestyle Relay to defeat Las Salle College High School at their pool.

**Beyond CBA...**

After CBA I hope to attend either the University of Notre Dame or Villanova University.



### Rory **DUNIGAN**

**School Year:** Senior

**Favorite Event:** 50 Freestyle

**Random Fact About Yourself:** Good cook

**On Coach Chiaravalloti...**

Great coach

**Favorite CBA Swimming Memory...**

Winning States Freshman year

**Beyond CBA...**

I plan to study Business. I'm waiting to hear back on a couple of schools.



# Meet the Colts - Class of 2019



## James **DYER**

**School Year:** Senior

**Favorite Event:** 200 Free

**Random Fact About Yourself:**

I enjoy stand up comedy.

**On Coach Chiaravalloti...**

Coach Vito is a great coach. He makes sure he gets to know everyone and encourages all to be their best.

**Favorite CBA Swimming Memory...**

Going to Smash Burger after swim practice Sophomore year.

**Beyond CBA...**

I will be attending Brandeis University to study science and possibly pre-Med.



## Dillon **FORMATO**

**School Year:** Senior

**Favorite Event:** 100 Breaststroke

**Random Fact About Yourself:** I play the Ukulele.

**On Coach Chiaravalloti...**

Easily the best coach I've ever had.

**Favorite CBA Swimming Memory...**

States finals my junior year.

**Beyond CBA...**

I plan on going to College of Charleston majoring in entrepreneurship

COLTS



## Meet the Colts - *Class of 2019*



### Evan **MAINS**

**School Year:** Senior

**Favorite Event:** 100 Freestyle

**Random Fact About Yourself:** I was shouted out on @coachvito44 Instagram

**On Coach Chiaravalloti...**

He gives the best hype speeches and has great hair (mine is better though).

**Favorite CBA Swimming Memory...**

The one practice Dillon Formato went to

**Beyond CBA...**

I am going to play baseball at RPI.



### Aidan **McCARTIN**

**School Year:** Senior

**Favorite Event:** 100 Butterfly

**Random Fact About Yourself:** I can jump pretty height.

**On Coach Chiaravalloti...**

Coach Vito has been a great role model who has encouraged me to be better both in and out of the pool. I am blessed to have had Vito as my coach and want to thank him for everything he has done for me.

**Favorite CBA Swimming Memory...**

One of my favorite memories would have to be the trip to Baltimore. We went to the aquarium, got a team dinner, stayed overnight in a hotel and beat Calvert Hall the next day.

**Beyond CBA...**

College (I don't know where yet), then hopefully Medical School.



# Meet the Colts - Class of 2019



## Cole RAMOS

**School Year:** Senior

**Favorite Event:** 50 Freestyle

**Random Fact About Yourself:**

I did crew before swim.

**On Coach Chiaravalloti...**

Best coach and person and a perfect role model.

**Favorite CBA Swimming Memory...**

When Sean Wolfe jumped into his race during a relay.

**Beyond CBA...**

I will not swim in college but I will take everything I have learned with me.



## Colbey RAMSEY

**School Year:** Senior

**Favorite Event:** 100 Butterfly

**Random Fact About Yourself:** I am a really good singer and songwriter

**On Coach Chiaravalloti...**

He has been a great role model and coach over the past 4 years and has helped me develop into the person I am today. He is also a great motivational speaker.

**Favorite CBA Swimming Memory...**

When we beat La Salle sophomore year or the bus rides to big meets like states

**Beyond CBA...**

I will continue swimming at Ramapo and I am majoring in business. I will also hopefully fulfill my music career.

SWIMMER



## Meet the Colts - Class of 2019



### Sammy **RENNARD**

**School Year:** Senior

**Favorite Event:** 500 Freestyle

**Random Fact About Yourself:** I am a beach lifeguard at Long Branch.

**On Coach Chiaravalloti...**

There is nobody around that has better speeches. He is a great coach, motivator, and role model. He has made my time at CBA much better, and has molded me into a better man.

**Favorite CBA Swimming Memory...**

Either breaking the 500 free record, or going to the Baltimore Aquarium during the Maryland trip.

**Beyond CBA...**

I will be swimming at Penn State. I am not sure what I will be majoring in yet.

*Senior Sammy Rennard en route to another 500 freestyle victory against St. Josephs in the State semi-final.*





# Meet the Colts - Class of 2019



## Matthew VAN LEW

**School Year:** Senior

**Favorite Event:** 50 Freestyle

**Random Fact About Yourself:** I work as a lifeguard in Avon.

**On Coach Chiaravalloti...**

He is one of the best coaches I've ever had as a swimmer

**Favorite CBA Swimming Memory...**

Jumping in the pool after winning states

**Beyond CBA...**

I want to go into the medicine field so that I can help others.



## Sean WOLFE

**School Year:** Senior

**Favorite Event:** 100 Breaststroke

**Random Fact About Yourself:** I never swam competitively before Junior Year of high school. I was also featured on the world-famous coachvito44 Instagram.

**On Coach Chiaravalloti...**

Coach Vito is the best coach I have ever had. He challenged me to become the best I can be which led to me getting a Shore Conference cut in only my second year ever swimming.

**Favorite CBA Swimming Memory...**

My favorite CBA Swimming memory would have to be when we won States in 2018. The energy in the pool and on the pool deck at TCNJ was incredible and I truly felt like part of the team.

**Beyond CBA...**

I volunteer at my local hospital.



## Meet the Colts *Class of 2020*



Thomas  
**ANKIEWICZ**



Shane  
**BRENNAN**



Thomas  
**BUCKMAN**



Benjamin  
**DUPREE**



Jack  
**HIPSCHMAN**



Daniel  
**McGUIRE**



Ben Dupree (left) doing what he does best the 100 breaststroke. Neil Nejame (above) getting ready for his backstroke event.



## Meet the Colts - *Class of 2020*



Liam  
**MORRIS**



Neil  
**NEJAME**



Brendan  
**REGAN**



Jack  
**ROSENBERG**



Anthony  
**SCALA**



Mason  
**WOLF**



Sophomore Tom Shea with Juniors Anthony Scala and Liam Morris (left) celebrating a Colt victory. Mason Wolf (above) checking out the scoreboard after another great swim.

COLTS



## Meet the Colts - *Class of 2021*



Anthony  
**ADDEO**



Jack  
**BAILEY**



Jack  
**CONWAY**



Matthew  
**D'ELIA**



Edward  
**GITTINES**



Jack  
**GREEN**



Michael  
**LaGUARDIA**



Owen  
**LARNEY**



Jack  
**MARTINEK**



## Meet the Colts - *Class Of 2021*



**RYAN**  
**QUIGLEY**



**Trey**  
**SHAW**



**Tom**  
**SHEA**



**Grant**  
**SIKKEMA**



**Kevin**  
**TRUSCIO**



**JC**  
**WEAN**



Sophomores Matt D'Elia (left) racing to the finish in 100 Butterfly. Kevin Truscio (above) prepares for his race.



## Meet the Colts - *Class of 2022*



Thomas  
**ANTONUCCI**



Joesph  
**BOMINO JR.**



Matthew  
**CAMILLONE**



Patrick  
**DOLAN**



Brandon  
**HULSE**



Gavin  
**KUS**



Issac  
**MARCANO**



Nicholas  
**SCATURRO**



Matt  
**WOLFE**

COLTS



# Tradition Never Graduates



## CBA SWIMMERS WHO HAVE GONE ON TO COMPETE IN COLLEGE

|                       |                            |                        |                               |
|-----------------------|----------------------------|------------------------|-------------------------------|
| Curt Colby '67        | Princeton                  | Marc Freda '09         | Providence                    |
| Brian Casey '81       | Notre Dame                 | Charles Pataffi '09    | Marist                        |
| George McCurrach '88  | University of Richmond     | Josh Tucci '10         | Georgetown                    |
| Michael Gorman '89    | Loyola                     | TJ McCarthy '10        | Manhattan                     |
| Chris Loeffler '89    | Marist                     | Pat Durning '10        | The College of New Jersey     |
| Shawn Torbert '92     | Lehigh                     | Sean Kilgannon '10     | The College of New Jersey     |
| Robert Kelly '93      | St. Peter's                | Harrison Cefalo '11    | Virginia Tech                 |
| Tom Wilkens '94       | Stanford                   | Joe Connors '11        | Johns Hopkins                 |
| Chris Kelly '95       | Fordham                    | Dan Hellman '11        | Denison                       |
| Brian McHugh '96      | Fordham                    | Nick Vandermolen '11   | Marist                        |
| Matt Thatcher '96     | U.S. Naval Academy         | Connor McColligan      | Providence                    |
| Denis Walker '96      | University of Richmond     | Sean Dunne '12         | St. Peter's                   |
| John Corrigan '97     | Lafayette                  | Tom Wicklung '12       | Albright                      |
| Peter Econonmou '98   | Seton Hall                 | Joe Caucino '13        | Dickinson College             |
| Tom Connors '99       | Holy Cross                 | Avery Alexander '13    | Rowan University              |
| Conor Macdonald '99   | Penn State                 | Stephen Benvenuto '14  | New York University           |
| Wes Donnelly '00      | The College of New Jersey  | Alex D'Anna '14        | University of Massachusetts   |
| Bryant Eadon '00      | Villanova                  | Ed Healy '14           | Carnegie Mellon               |
| Matt Titko '00        | Lehigh                     | Dean Shafritz '14      | Lehigh                        |
| Dennis Zilinski '00   | West Point                 | Rob Whitacre '14       | Notre Dame                    |
| Brendan Connors '01   | Scranton                   | Matt Zebrowski '14     | Seton Hall                    |
| Brian Dorgan '01      | Providence                 | Ryan Andresen '15      | University of Delaware        |
| Chris Farrell '02     | Rutgers                    | Peyton Ouano '15       | Stevens Inst. of Technology   |
| Michael Kerwin '02    | Providence                 | Christopher Tucker '15 | Seton Hall                    |
| Kevin Connors '03     | Marist                     | John Hall '16          | Dartmouth                     |
| Andy Faughnan '03     | Boston College             | Jack Hoagland '16      | Carnegie Mellon               |
| Vincent Tupper '04    | Johns Hopkins              | Brian Tucker '16       | The College of New Jersey     |
| Chris Cefalo '05      | Lasalle                    | Chris Centrella '16    | Providence                    |
| Kelly McCarthy '05    | Duquesne                   | Zach DiGiario '16      | Bryant College                |
| Donato Santangelo '05 | The College of New Jersey  | Tyler Kauth '16        | Seton Hall                    |
| Ryan Guttormsen '06   | Lehigh                     | Michael Munn '16       | Monmouth University           |
| Larkin Macdonald '06  | University of Pennsylvania | Joseph Huber '17       | Lehigh                        |
| Andrew Dipietro '07   | Lehigh                     | Chris McHeffey '17     | Bryant College                |
| Michael Harm '07      | Lehigh                     | Dimitri Maldonado '18  | Rider University              |
| Martin Harm '08       | Princeton                  | Peter Warshaw '18      | Loyola University of Maryland |
| Terry Hubert '08      | Ramapo College             | Joey West '18          | Seton Hall                    |
| Alex Fitton '09       | South Carolina             | Conner Wright '18      | Fordham University            |



Former CBA standouts Tyler Kauth '16, Chris Tucker '15, and Matt Zebrowski '14 helped the Seton Hall Pirates win back-to-back Big East Championships in 2017 and 2018. Zebrowski was also a repeat individual conference champion both of those years in the 200 butterfly.



2018-2019

# Top Individual Performances

## 50 YARD FREESTYLE

|    |                 |       |
|----|-----------------|-------|
| 1  | Ryan Burke      | 22.17 |
| 2  | Paul Retterer   | 22.22 |
| 3  | Rory Dunigan    | 22.89 |
| 4  | Matthew Van Lew | 23.03 |
| 5  | John Crilly     | 23.08 |
| 6  | Mason Wolf      | 23.17 |
| 7  | Colbey Ramsey   | 23.50 |
| 8  | Mike LaGuardia  | 23.71 |
| 9  | Anthony Scala   | 24.34 |
| 10 | Ryan Carroll    | 24.90 |

## 100 YARD FREESTYLE

|    |                 |       |
|----|-----------------|-------|
| 1  | Ryan Burke      | 48.16 |
| 2  | Paul Retterer   | 48.76 |
| 3  | Mason Wolf      | 49.39 |
| 4  | Matthew Van Lew | 50.58 |
| 5  | Mike LaGuardia  | 50.50 |
| 6  | Rory Dunigan    | 52.69 |
| 7  | Jack Martinek   | 52.84 |
| 8  | John Crilly     | 53.80 |
| 9  | Anthony Scala   | 53.89 |
| 10 | Dillon Formato  | 55.34 |

## 200 YARD FREESTYLE

|    |                |         |
|----|----------------|---------|
| 1  | Paul Retterer  | 1:41.57 |
| 2  | Sammy Rennard  | 1:43.38 |
| 3  | Liam Morris    | 1:47.56 |
| 4  | Tom Shea       | 1:47.71 |
| 5  | Mason Wolf     | 1:48.86 |
| 6  | Kevin Truscio  | 1:50.26 |
| 7  | Mike LaGuardia | 1:54.01 |
| 8  | Evan Mahns     | 1:59.17 |
| 9  | Jack Rosenberg | 2:00.51 |
| 10 | Shane Brennan  | 2:00.56 |

## 500 YARD FREESTYLE

|    |                  |         |
|----|------------------|---------|
| 1  | Sammy Rennard    | 4:34.63 |
| 2  | Kevin Truscio    | 4:52.78 |
| 3  | Tom Shea         | 4:53.07 |
| 4  | Shane Brennan    | 5:06.04 |
| 5  | Matthew E'Elia   | 5:06.09 |
| 6  | Liam Morris      | 5:06.23 |
| 7  | Thomas Buckman   | 5:32.32 |
| 8  | Patrick Dolan    | 5:33.60 |
| 9  | Thomas Antonucci | 5:37.18 |
| 10 | Grant Sikkema    | 5:38.60 |

## 100 YARD BACKSTROKE

|    |                  |         |
|----|------------------|---------|
| 1  | Paul Retterer    | 51.39   |
| 2  | Kevin Truscio    | 54.28   |
| 3  | Neil Nejame      | 54.52   |
| 4  | Jack Martinek    | 57.24   |
| 5  | Liam Morris      | 58.11   |
| 6  | Aidan McCartin   | 1:00.88 |
| 7  | Thomas Antonucci | 1:03.30 |
| 8  | Brandon Hulse    | 1:04.33 |
| 9  | Jack Rosenberg   | 1:05.80 |
| 10 | Thomas Buckman   | 1:07.95 |

## 100 YARD BREASTSTROKE

|    |                  |         |
|----|------------------|---------|
| 1  | Ben Dupree       | 59.63   |
| 2  | Liam Morris      | 1:00.60 |
| 3  | Sammy Rennard    | 1:02.49 |
| 4  | Dillon Formato   | 1:02.66 |
| 5  | Trey Shaw        | 1:03.40 |
| 6  | Kevin Truscio    | 1:03.40 |
| 7  | Ryan Burke       | 1:05.10 |
| 8  | Anthony Scala    | 1:07.37 |
| 9  | Ryan Carroll     | 1:07.48 |
| 10 | Nicholas Scaturo | 1:09.29 |

## 100 YARD BUTTERFLY

|    |                  |       |
|----|------------------|-------|
| 1  | Matthew D'Elia   | 52.37 |
| 2  | Kevin Truscio    | 53.20 |
| 3  | Colbey Ramsey    | 54.57 |
| 4  | Aiden McCartin   | 56.23 |
| 5  | Paul Retterer    | 56.44 |
| 6  | Ben Dupree       | 57.45 |
| 7  | Mason Wolf       | 57.48 |
| 8  | Jack Rosenberg   | 58.27 |
| 9  | Nicholas Scaturo | 58.90 |
| 10 | Jack Martinek    | 58.98 |

## 200 YARD INDIVIDUAL MEDLEY

|    |                  |         |
|----|------------------|---------|
| 1  | Liam Morris      | 1:54.60 |
| 2  | Sammy Rennard    | 1:56.53 |
| 3  | Benjamin Dupree  | 1:59.33 |
| 4  | Kevin Truscio    | 1:59.41 |
| 5  | Evan Mahns       | 2:04.10 |
| 6  | Nicholas Scaturo | 2:11.38 |
| 7  | Trey Shaw        | 2:11.47 |
| 8  | Mike LaGuardia   | 2:11.83 |
| 9  | Jack Martinek    | 2:12.84 |
| 10 | Dillon Formato   | 2:15.95 |



# 2018-2019 Top Relay Performances



## 200 YARD FREESTYLE RELAY

|   |         |                              |                    |                      |                    |                    |
|---|---------|------------------------------|--------------------|----------------------|--------------------|--------------------|
| 1 | 1:29.70 | State Final v. St. Augustine | Paul Retterer (SR) | Ryan Burke (SR)      | Mason Wolf (JR)    | Sammy Rennard (SR) |
| 2 | 1:29.98 | Cherry Hill                  | Paul Retterer (SR) | Mason Wolf (JR)      | Tom Shea (SO)      | Sammy Rennard (SR) |
| 3 | 1:30.45 | Peddie                       | Paul Retterer (SR) | Mason Wolf (JR)      | Sammy Rennard (SR) | Ryan Burke (SR)    |
| 4 | 1:30.81 | State Semi v. St. Joe's      | Paul Retterer (SR) | Ryan Burke (SR)      | Mason Wolf (JR)    | Sammy Rennard (SR) |
| 5 | 1:32.29 | Shore Conference             | Mason Wolf (JR)    | Matthew Van Lew (JR) | Ryan Burke (SR)    | Sammy Rennard (SR) |

## 200 YARD MEDLEY RELAY

|   |         |                              |                    |                      |                     |                 |
|---|---------|------------------------------|--------------------|----------------------|---------------------|-----------------|
| 1 | 1:38.93 | Cherry Hill                  | Neil Nejame (JR)   | Benjamin Dupree (JR) | Matthew D'Elia (SO) | Ryan Burke (SR) |
| 2 | 1:39.38 | State Final v. St. Augustine | Neil Nejame (JR)   | Benjamin Dupree (JR) | Matthew D'Elia (SO) | Ryan Burke (SR) |
| 3 | 1:39.95 | Monmouth Counties            | Paul Retterer (SR) | Benjamin Dupree (JR) | Matthew E'Elia (SO) | Ryan Burke (SR) |
| 4 | 1:40.01 | Shore Conference             | Paul Retterer (SR) | Benjamin Dupree (JR) | Matthew E'Elia (SO) | Ryan Burke (SR) |
| 5 | 1:40.30 | State Final v. St. Augustine | Jack Martinek (SO) | Liam Morris (JR)     | Colbey Ramsey (SR)  | Mason Wolf (JR) |

## 400 YARD FREESTYLE RELAY

|   |         |                              |                 |                  |                    |                    |
|---|---------|------------------------------|-----------------|------------------|--------------------|--------------------|
| 1 | 3:13.78 | Cherry Hill                  | Ryan Burke (SR) | Tom Shea (SO)    | Paul Retterer (SR) | Sammy Rennard (SR) |
| 2 | 3:15.12 | Shore Conference             | Mason Wolf (JR) | Ryan Burke (SR)  | Paul Retterer (SR) | Sammy Rennard (SR) |
| 3 | 3:16.99 | State Final v. St. Augustine | Mason Wolf (JR) | Ryan Burke (SR)  | Paul Retterer (SR) | Sammy Rennard (SR) |
| 4 | 3:20.12 | Monmouth Counties            | Ryan Burke (SR) | Liam Morris (JR) | Paul Retterer (JR) | Sammy Rennard (SR) |
| 5 | 3:21.13 | Peddie                       | Ryan Burke (SR) | Tom Shea (SO)    | Sammy Rennard (SR) | Paul Retterer (SR) |



*Monmouth County Champs in the 400 Yard Freestyle Relay: Paul Retterer, Liam Morris, Ryan Burke and Sammy Rennard*





## On Social Media

CBA Swimming @CBASwimming · Feb 3  
29th straight Shore Conference championship for the #AquaColts today!  
@CBAColts



CBA Swimming @CBASwimming · 16 Oct 2018  
Congratulations to distance phenom Sammy Hennard on his commitment to @PennState 1 He will be a welcomed addition to Nitary National  
#CBASwimWolvesCBA @PennStateSwimming



CBA Swimming @CBASwimming · Jan 5  
Monmouth County Champions for the 29th straight year! @CBAColts @ColtsAD  
#swimming #AquaColts



cbaswimming · Follow  
Christian Brothers Academy (New Jers...  
cbaswimming The West Coast is the Best Coast for senior Paul Retterer who committed yesterday to swim at USC!! This is a top 10 nationally ranked D-1 program and we are so proud of Paul for earning this opportunity! Congrats! pretterer19  
jenifermorris Congrats Paul!!  
paulaehance8524 Congratulations  
loricentrella Woe- thats huge! Congrats  
95 Likes  
OCTOBER 9, 2018



CBA Swimming @CBASwimming · 16 Oct 2018  
Congratulations to senior Ryan Burke on his commitment to @BryantUniversity 1 Outstanding young man with a bright collegiate swimming career ahead  
@bryantwolves @cbaswim @CBASwimWolvesCBA



### CBA

CBA has built the true modern-day dynasty, owning arguably the most competitive classification in the state over the last decade. This season the Colts continued to dominate Monmouth County and the Shore Conference, while also posting an undefeated campaign.

That regular season included a win over Cherry Hill East, a top contender in Public A, with the Colts a heavy favorite to once again take the Non-Public A crown.



# 2018-2019 Season In Review



## EXPECTATIONS

**The Colts began the 2018 – 2019 season looking to repeat as the Non-Public A State Champions. Led by a talented group of seniors and up and coming underclassmen CBA was going to be hard to beat and was chosen early on as the favorite to win it all.**

### ALUMNI SWIMMERS REUNITE TO COMPETE IN ANNUAL SWIM MEET

On November 24, 2018, the season began with the Alumni meet. This annual event brings generations of CBA swimmers together for an afternoon of fellowship and fun. Swimmers recall that they are part of a tradition greater than themselves, that they are a part of a truly special, permanent brotherhood, and that there are always great expectations for them.

### THE WINNING TRADITION CONTINUES

On December 1st CBA traveled to Peddie to avenge their last season's loss to them. Peddie proved to be of little challenge to CBA as they went on to a dominating win. On December 19th, the Colts gave their fans an early Christmas present with an exciting win over Cherry Hill. Cherry Hill, a dominant program with a history of state championships, was a worthy adversary and the impressive win proved the Colts would be hard to beat this season. The team traveled to Baltimore to take on Calvert Hall which CBA won 127-43. The Colts rolled through the dual meets against other Monmouth County high schools.

On January 5th, the Colts dominated the Monmouth County Championship meet en route to their 29th consecutive County title. Two swimmers won individual titles: Sammy Rennard in the 500 freestyle and Paul Retterer in the 200 freestyle and the 100 backstroke. CBA swept all three relays winning the 200 medley relay and both the 200 and 400 freestyle relay. The Colts won with superb individual performances and a depth no team could match.

On February 3rd, CBA's dominance continued when the AquaColts won their 29th straight Shore Conference championship. There were great individual performances as Sammy Rennard took first place in the 500 freestyle, as did Paul Retterer in the 200 freestyle and the 100 backstroke. Both the 200 medley relay and the 400 freestyle relay took first place with the 200 freestyle relay placing second. Like the County meet, the Colts demonstrated a top to bottom excellence that no other team could come close to matching.

### IT'S TIME FOR ANOTHER STREAK

While the Colts were justifiably proud of their County and Shore Conference championships, the team knew the season really began with the playoffs. Two storied programs would square off and the result would be fireworks. It had been seven years since fifth-seeded St. Joseph (Met.), No. 16 in the NJ.com Top 20, and No. 3 and top-seeded CBA had met, and the result was a tied meet with just three events left. But over those three events CBA pulled away, clinching the meet with a 1-2-4 finish in the 100 breast to emerge with the 96-74 win in the NJSIAA Non-Public A semifinals and advance to the final at the The College of New Jersey where they would take on St. Augustine the team that ended their streak in 2017.

CBA had won seven straight state titles before St. Augustine ended its run two years ago.

The meet was never in doubt.

Christian Brothers won 8 of 11 events to secure the championship.

The Colts came out of the gate

hot, winning the first three events: the 200 medley relay (Neil Nejame, Ben Dupree, Matt D'Elia, Ryan Burke), senior Paul Retterer in the 200 freestyle (school record time, 1:41.57), and junior Liam Morris in the 200 individual medley.

After St. Augustine trimmed CBA's lead to just 12 points, the Colts closed the meet by winning the final five events.

The final five wins included senior Sammy Rennard in the 500 freestyle, the 200 freestyle relay (Retterer, Burke, Mason Wolf, Rennard), Retterer in the 100 backstroke, junior Ben Dupree in the 100 breaststroke, and the 400 freestyle relay (Wolf, Burke, Retterer, Rennard).

The state championship wraps up an undefeated season for CBA Swimming, while also winning the county, conference and state titles.

The Colts have been one of the most feared swimming teams in the state since Chiaravalloti took over in 2009. Aside from winning seven consecutive state titles from 2010 to 2016, CBA has never lost a Shore Conference Championship, winning their 29th straight title a few weeks ago.

"This group was motivated to be the best team possible," Chiaravalloti said. "Now, they will always be remembered for winning our landmark 10th state championship."





# Program History

## PROGRAM HISTORY & OVERVIEW

In 1990, Christian Brothers Academy started an interscholastic swimming program. However, most are unaware that swimming at CBA dates back nearly 50 years and has a much more storied, longer and fascinating history. And although those early pioneers experienced success, few could foresee the incredible triumphs and sheer dominance now synonymous with CBA swimming. Going into their 27th season of interscholastic competition in 2016-17, the Colts have built a legacy of tradition and excellence on the backbone of heart, honor, and determination to become one of the premier high school swimming programs in the nation.

## THE PIONEERS

Few people know that CBA swimming has a history that dates back to the mid-1960's. In 1965, four CBA students competed at the NJSIAA Individual State Championships at Princeton University. The 200-yard medley relay team of Roy Reinalda, Curt Colby, Jeff Corley, and Bob Krueger placed sixth overall with a time of 1:53.20. Curt Colby '67, uncle of CBA graduate and swim team captain Matt Titko '00, also competed in the 100 breast, placing fifth.

CBA would go back in 1966 and '67 and Curt Colby was the star. Colby won the 100 breaststroke in both years, clocking a 1:03.60 in his senior season becoming the first ever state champion for the Colts and the only to win in multiple years. It would be 27 years before another swimmer would win a state championship representing Christian Brothers.

## "LET'S GO COLT!"

Fourteen years after Colby became the first and only decorated swimmer in CBA history, another Colt took his talents to the water. In 1981, senior Brian Casey asked Principal Brother Andrew O'Gara for approval to compete at the NJSIAA Individual State Championships at Princeton University. Brian, a club swimmer at the local Red Bank YMCA and Central Jersey Aquatic Club, had qualifying times in multiple events, including the 100 breaststroke and 100 butterfly.

"What sticks in my mind," states Casey, "was the number of CBA guys who came to the afternoon finals session to cheer



*Brian Casey was the "Lone Colt" in 1981 and went on to swim for Notre Dame.*

me on. They came with a huge banner that said 'Let's Go Colts!'"

Brian took ninth place in the 100 fly and earned a silver medal in the 100 breast.

## THE "DOC" YEARS

In the years between Brian Casey and the first team at CBA, there were a few other swimmers who represented the Academy. From 1987 through 1990, religion teacher Dr. Garry Koch would accompany swimmers to compete at the Shore Conference Championship meet, and CBA did quite well. Among those that competed were George McCurrach '88, Mike Gorman '89, Chris Loeffler '89, and Shawn Torbert '92, whose family would eventually become instrumental in starting the team in his junior year. All four swimmers would go on to compete in college at the Division I level.

Although not officially a team yet, Doc took five swimmers to the 1990 Shore Conference Championships, and impressively CBA would have finished 4th overall if they would have been allowed to score points. This success began the discussion on bringing a full team to the Academy.

## THE TRADITION BEGINS

Twenty-five years after Colby and the first ever CBA swimming pioneers, and in large part due to recent success at the Shore Conference meet, the Academy looked to begin an official varsity interscholastic swimming program. Behind the vision and persistence of two families, the Torbert's and the Lombardino's - both of which had sons that attended CBA and were very good club swimmers - President Brother Andrew and the administration established a team at CBA. The modern era of CBA Swimming was born.

In 1989, Brother Andrew and Athletic Director John Przygocki approached Michael Sullivan about coaching the new program. Although looking at the program today we may assume CBA swimming was destined for greatness from the very beginning, this was not the case. "Sully" was given a difficult task - take a brand new, young, unproven team into the already swimming-rich Shore Conference and compete with some of the best swimmers in the state. Sully and CBA not only competed in those first few seasons, they built the foundation for what is now one of the best swimming programs in New Jersey and the nation.

## THE NEW CHAMPS ARE HERE

On December 5, 1990, CBA officially began its journey, swimming to victory in their first dual meet against Toms River South at Ocean County YMCA. However, the program's first true test came a few weeks later when the Colts faced reigning Shore Conference Champions Toms River East. It was the first "must win" for CBA swimming and the Colts did not disappoint, winning 100-86 behind the efforts of junior Shawn Torbert and freshmen Tom Wilkens. What is most impressive about this victory, and all of their victories in that first year, is that at the time, diving was still one of the 13 events for high school swimming. And the Colts had no divers! Having to forfeit the diving events, CBA gave away 13 points before the meet even began and still managed to beat the reigning conference champs as well as go 6-0 in dual meets that season. They eventually went on to win the county and conference titles



1990-91 CBA Swim Team



as well, starting a streak that still holds strong to this day. Talk about impressive beginnings...

### THE EARLY COLTS SET THE BAR HIGH

The first CBA swimmers truly were pioneers, setting the stage for high expectations throughout the state. Behind the efforts of great swimmers like Shawn Torbert, Tom Brennan, Rob Kelly, and Tom Wilkens, the Colts stormed onto the state swimming scene. The quarter-century tradition of success now expected of CBA swimming can be traced back to those early teams and great individual efforts, which have led to 25-straight Monmouth County and Shore Conference Championships, an undefeated dual meet record in the Shore Conference, in excess of 200 in a row, 7 state titles, 20 All-Americans, and countless All-Shore and All-State selections. However, every great tradition needs a great start and every streak needs a first victory, which is what makes the first CBA swimmers such an important part of the ever-growing legacy of CBA swimming.

### A RIVALRY IS BORN

Although the Colts experienced immediate success in the conference, succeeding at the state level was proving to be difficult. This was largely due to perennial state powerhouse St. Joseph of Metuchen, which at the inception of the CBA program had already won 12 consecutive state championships from 1980 through 1991, to date the longest streak in state history. CBA began a yearly tradition with St. Joe's, swimming a dual meet during the regular season and more times than not facing them in the Non-Public "A" state tournament.

During the early CBA years, St. Joe's would win 6 of the first 7 Non-Public "A" state championships, eliminating the Colts along their way. CBA had some success during the regular season meets, however once St. Joe's shaved and tapered for states it was a different story. And those meets weren't pretty for the Colts, with the Falcons scoring up over 100 points nearly every time against the young CBA program.

And then there was 1998. Led by senior flyer Peter Economou, junior IM and breaststroker Conor MacDonald, and Shore Conference Swimmer of the



Wilkins (right) after receiving his bronze medal in the 2000 Olympic Games in Sydney, Australia



Shawn Torbert, Tom Wilkens, and Rob Kelly were instrumental to CBA's early success and became three of the best swimmers in school history.

Year junior Vito Chiaravalloti, the Colts not only had some of the strongest swimmers in their young history, they also had the depth to compete with any team in the state. CBA got passed St. Joe's in a thrilling semifinal meet and went on to defeat Holy Spirit a week later in the finals to win the program's first ever State Championship.

St. Joseph has been on a decline ever since and the 2013-14 season marked the first since the inception of the CBA program that the Colts and Falcons did not swim against each other.

### OUR OLYMPIAN

If you have a conversation about the best swimmers to come out of New Jersey, the name Tommy Wilkens will always surface. Wilkens was part of the first team at CBA in 1990 as a freshman, and it was immediately apparent that he was good – really good. By the time Tommy graduated in 1994, he became not only the most decorated swimmer in CBA history, but also in state history. As a Colt, Tommy won countless county and conference medals, was a record-setter in multiple events not only for CBA but for the county and Shore Conference as well, was honored as Swimmer of the Year for the conference and state, and earned All-American distinction. As a YMCA swimmer at Red Bank, Tommy held numerous club records and won three individual national championships.

After CBA, Wilkens went on to compete at Stanford University where he took his talent to the national stage, winning NCAA titles in the 200 and 400 IM, and 200 breast, driving the Cardinal to a national team title in 1998.

After Stanford, Wilkens took his talent international, competing on the world stage with staggering success. He was ranked No. 1 in the world in the 200-meter breaststroke in 1998 and represented the United States as team co-captain at the 2000 Olympic Games in Sydney, Australia. Tommy earned his place in CBA and Olympic history, winning a bronze medal in the 200-meter IM at the Sydney Games.

Tommy currently lives locally in New Jersey and is a valued friend and mentor of the CBA swimming program to this day.

### MONMOUTH COUNTY CHAMPIONSHIPS

Since 1991, the Colts have won every Monmouth County Championship meet, tallying 29 in a row. Although the venue has changed from the Boys & Girls Club in Asbury, to the Ocean County YMCA, to now the Neptune Aquatic Center, CBA's dominance in the county has never faltered.

### SHORE CONFERENCE CHAMPIONSHIPS

In 1991, CBA shocked the shore by winning the Shore Conference Championship meet in their first season as a team, dethroning Toms River East. Today, it has become an almost foregone conclusion that the Colts will take home the team title every year, winning 29 straight shore championships. However, the CBA team never takes this yearly tradition lightly, wanting to continue the legacy so many Colts before have left behind.



# Program History

## STATE CHAMPIONSHIPS 1998

It took 8 seasons before the Colts finally got passed rival St. Joseph Metuchen to advance and eventually win the coveted NJSIAA Non-Public "A" State Championship. Led by senior Peter Economou, and juniors Conor MacDonald and Vito Chiaravalloti, the Colts not only had some of the strongest swimmers in their young history, they also had the depth to compete with any team in the state.

On February 17, 1998, the Colts faced their rivals in the state semifinal meet at TCNJ and accomplished something no other CBA team had yet to do. With CBA up 82-74, the Colts needed at least second place in the last event, the 400 freestyle relay. The team of Rick Schibell, Peter Economou, Matt Titko, and Vito Chiaravalloti touched first, securing the first victory ever against the Falcons in the state tournament and propelling CBA to the state finals.

A week later, the Colts would make history by defeating Holy Spirit 104-66 to win the program's first ever State Championship, solidifying their rightful place among the state powerhouses and forever changing the landscape of New Jersey swimming. CBA won 9 of 11 events, including individual victories by Bryant Eadon (200, 500 free), Conor MacDonald (200 IM), Vito Chiaravalloti (50, 100 free), and Wes Donnelly (100 fly).

## THE STREAK

The success of the CBA swimming program has continued to rise during the team's second decade. With the retirement of legendary coach Mike Sullivan, former CBA swimmer Vito Chiaravalloti '99 took over the team. Under Chiaravalloti, the Colts have continued their unprecedented success in the county and conference, continuing both championship streaks. The Colts have also made a splash onto the state scene, creating a new streak winning 6-consecutive Non-Public "A" state championships from 2010-2015. This active streak has taken the already storied program to new heights.

## 2010

If St. Joe's was the team of the 20th century, then St. Augustine Prep was shaping up to be the team of the 21st. The fairly new program was taking the state by storm in the 2000's, winning 5 of 6 state titles between 2004 and 2009, including three straight from '07-'09. Going into the 2010 season, CBA had never beaten the Hermits, losing four straight meets including twice in state tournament play. The year prior, CBA had given their best effort against St. Augustine in the Sectional Final, ultimately losing 91-79. The 2009-10 Colts vowed to change

history, and they would in dramatic fashion.

On February 27, 2010, CBA got their chance for vengeance against the Hermits in the Non-Public "A" State Championship. St. Augustine was going for their 4th consecutive title and were the heavy favorites going into the meet. It was a classic "David vs. Goliath" matchup, with the Colts looking to play spoilers.



Peter Economou '98 helped lead the Colts to their first ever state title. He went on to become Big East champion at Seton Hall.

With two races remaining, St. Augustine held a commanding lead 77-63, all but locking up another state title. The Colts needed a miracle to pull the upset. And then, in one of the most dramatic turning points in CBA swimming history, Nick Grippo, Conor McColligan, and Nick Vandermolen went 1-2-3 in the 100 breaststroke, sweeping the event and pulling the Colts within four points.

With the score 80-76 going into the 400 free relay, CBA needed to place 1st and 3rd to get the 10 points necessary to win the meet. CBA had first place locked, however their second relay team was clearly going to finish in 4th place – which would give the Hermits the crown. As the teams finished the race, the scoreboard would read St. Augustine 86, CBA 84. What would happen next would be one of the most controversial endings to any state

championship meet in NJ history. Officials had determined that the anchor leg of the Hermits' "A" relay team left early, disqualifying their second place finish, giving CBA 1st and 3rd in the event. The scoreboard quickly changed and the Colts were victorious, 86-84.

"I vividly remember looking at Harrison Cefalo immediately after the race and he yelled to me 'He jumped!' " said Coach Chiaravalloti. "It was such an



Vito Chiaravalloti '99 won 14 Shore Conference golds, two individual state titles, and was a 5-time All-American for the Colts. In 2008, he took over as head coach of the program.

emotional ride, to think we just poured our hearts out and almost accomplished the unthinkable to actually winning the meet and a few minutes later hoisting the trophy."

With the victory, CBA captured their second state title and finished No. 1 in the state rankings for the first time in school history.

## 2011-2019

In the years following that miraculous victory in 2011, CBA has won 9 of the last 10 NJSIAA Non-Public "A" titles, carving out their own place in New Jersey swimming history.

From 2010 to 2016, the Colts rattled off 7 straight state titles, a feat that has only been matched by four other programs in state history. During that time, CBA had started and finished the season ranked No. 1 in the state five times and was named NJ "Team of the Year" an astonishing five times (2010, 2011, 2013, 2014, and 2015).

The "Streak" came to an end in 2017 when the Colts fell to rival St. Augustine Prep in the NJSIAA Final 89-81. But as they say, the comeback is always greater than the setback and CBA was on a mission in 2018 to bring the title back to Lincroft. On February 25th, 2018, the Colts did just that, defeating Bergen Catholic in convincing fashion 107.5 - 62.5, continuing the dynasty they started 9 years ago. This was CBA's 8th title in 9 years and the programs 9th title overall. In 2019, CBA started a new streak defeating St. Augustine in the State Final 106-64, their 9th title in 10 years.



# All-Time Records and Captains



| YEAR          | OVERALL       | DIVISION     | CAPTAINS                                                                  |
|---------------|---------------|--------------|---------------------------------------------------------------------------|
| 1990-91       | 7-1           | 6-0          |                                                                           |
| 1991-92       | 9-2           | 6-0          | Anthony Lombardino, Shawn Torbert                                         |
| 1992-93       | 12-1          | 9-0          | Rob Kelly, Greg Sedlock                                                   |
| 1993-94       | 11-2          | 6-0          | Radu Aghini, Tom Wilkens                                                  |
| 1994-95       | 11-2          | 8-0          | Chris Kelly, Chris Warenkiewicz                                           |
| 1995-96       | 10-1          | 8-0          | Brian McHugh, Denis Walker                                                |
| 1996-97       | 8-1           | 7-0          | John Corrigan, Steve Plakoudas                                            |
| 1997-98       | 12-0          | 6-0          | Rick Schibell, Kevin Young, Peter Economou                                |
| 1998-99       | 11-2          | 5-0          | Vito Chiaravalloti, Tom Connors                                           |
| 1999-00       | 11-1          | 4-0          | Matt Titko, Mark Prewett, Denis Zilinski, Bryant Eadon                    |
| 2000-01       | 10-2          | 6-0          | Brendan Connors, Joe Davidow, Brian Dorgan                                |
| 2001-02       | 12-1          | 6-0          | Kevin Connors, Chris Farrell                                              |
| 2002-03       | 12-1          | 7-0          | Andy Faughnan, Gavin Tully                                                |
| 2003-04       | 10-2          | 6-0          | Matt Cuada, Matt Griffin, Vin Tupper                                      |
| 2004-05       | 10-2          | 6-0          | Chris Cefalo, Kelly McCarthy                                              |
| 2005-06       | 9-3           | 6-0          | Ryan Guttormsen, Mike Harm, Dennis Kelly, Larkin MacDonald                |
| 2006-07       | 7-3           | 8-0          | Andrew DiPietro, Sean Gillespie, Stephen Murphy, Kevin Schafer            |
| 2007-08       | 8-3           | 6-0          | Joe Clemente, Terry Hubert, Andrew Robinson                               |
| 2008-09       | 8-2           | 6-0          | Alex Fitton, Chris Hetem                                                  |
| 2009-10       | 12-0          | 6-0          | Nick Grippo, Ryan Keenan, Ron Climes                                      |
| 2010-11       | 11-0          | 6-0          | James Christopher, Harrison Cefalo, Nick Vandermolen                      |
| 2011-12       | 12-0          | 6-0          | Sean Dunne, James Malgieri, Curtis Meade                                  |
| 2012-13       | 13-1          | 6-0          | Joe Caucino, Josh Berger, Cam Wilson                                      |
| 2013-14       | 13-0          | 6-0          | Stephen Benvenuto, Ed Healy, Rob Whitacre                                 |
| 2014-15       | 10-1          | 7-0          | Ryan DesRochers, Peyton Ouano, Christopher Tucker                         |
| 2015-16       | 10-2          | 7-0          | John Hall, Jack Hoagland, Brian Tucker                                    |
| 2016-17       | 10-3          | 8-0          | Miller Corrigan, Joe Huber, John Shea                                     |
| 2017-18       | 11-2          | 7-0          | Dimitri Maldonado, Isaac Mercado, Peter Warshaw, Joey West, Connor Wright |
| 2018-19       | 12-0          | 7-0          | Ryan Burke, Paul Retterer                                                 |
| <b>TOTALS</b> | <b>302-41</b> | <b>188-0</b> |                                                                           |





2010



2011



2012



2013



2014



2015



2016



2018



# CBA / 10-Time State Champions



## STATE CHAMPIONSHIP RESULTS

|      |                                           |                                          |
|------|-------------------------------------------|------------------------------------------|
| 2019 | <b>CBA 106 vs. St. Augustine 64</b>       | <b>Non-Pulbic "A" State Championship</b> |
| 2018 | <b>CBA 107.5 vs. Bergen Catholic 62.5</b> | <b>Non-Pulbic "A" State Championship</b> |
| 2017 | CBA 81 vs. St. Augustine 89               | Non-Pulbic "A" State Championship        |
| 2016 | <b>CBA 126 vs. Seton Hall Prep 44</b>     | <b>Non-Public "A" State Championship</b> |
| 2015 | <b>CBA 104 vs. St. Augustine 66</b>       | <b>Non-Public "A" State Championship</b> |
| 2014 | <b>CBA 98 vs. Bergen Catholic 72</b>      | <b>Non-Public "A" State Championship</b> |
| 2013 | <b>CBA 113, Seton Hall Prep 57</b>        | <b>Non-Public "A" State Championship</b> |
| 2012 | <b>CBA 101, St. Joseph Metuchen 69</b>    | <b>Non-Public "A" State Championship</b> |
| 2011 | <b>CBA 92, St. Joseph Metuchen 78</b>     | <b>Non-Public "A" State Championship</b> |
| 2010 | <b>CBA 86, St. Augustine 84</b>           | <b>Non-Public "A" State Championship</b> |
| 2009 | CBA 79, St. Augustine 91                  | Non-Public "A" South Sectional Final     |
| 2008 | CBA 57, St. Augustine 113                 | Non-Public "A" South Sectional Final     |
| 2007 | CBA 72, St. Joseph Metuchen 98            | Non-Public "A" State Semifinal           |
| 2006 | CBA 62, St. Joseph Metuchen 108           | Non-Public "A" State Semifinal           |
| 2005 | CBA 71, St. Joseph Metuchen 110           | Non-Public "A" State Semifinal           |
| 2004 | CBA 54, St. Joseph Metuchen 116           | Non-Public "A" State Championship        |
| 2003 | CBA 84, Seton Hall Prep 86                | Non-Public "A" State Semifinal           |
| 2002 | CBA 75, St. Joseph Metuchen 95            | Non-Public "A" State Championship        |
| 2001 | CBA 79, Bergen Catholic 91                | Non-Public "A" State Semifinal           |
| 2000 | CBA 63, Holy Spirit 107                   | Non-Public "A" State Championship        |
| 1999 | CBA 76, St. Joseph Metuchen 94            | Non-Public "A" State Championship        |
| 1998 | <b>CBA 102, Holy Spirit 68</b>            | <b>Non-Public "A" State Championship</b> |
| 1996 | CBA 57, St. Joseph Metuchen 113           | Non-Public "A" State Championship        |
| 1995 | CBA 46, St. Joseph Metuchen 124           | Non-Public "A" State Semifinal           |
| 1994 | CBA 74.5, St. Joseph Metuchen 94.5        | Division "A" State Final                 |
| 1993 | CBA 76, St. Joseph Metuchen 94            | Division "A" State Semifinal             |
| 1992 | CBA 63, St. Joseph Metuchen 107           | Division "A" State Semifinal             |
| 1991 | CBA 83, Shawnee 87                        | Division "A" State Semifinal             |

STATE CHAMPIONSHIPS IN BOLD

2019















# CBA Record Book

## HIGH POINT CHAMPIONS

|      |                    |        |
|------|--------------------|--------|
| 2019 | Paul Retterer      | 205.00 |
| 2018 | Paul Retterer      | 192.00 |
| 2017 | Joe Huber          | 201.00 |
| 2016 | Tyler Kauth        | 197.00 |
| 2015 | Tyler Kauth        | 170.00 |
| 2014 | Rob Whitacre       | 246.00 |
| 2013 | Rob Whitacre       | 211.00 |
| 2012 | Sean Dunne         | 209.75 |
| 2011 | Harrison Cefalo    | 200.00 |
| 2010 | TJ McCarthy        | 275.00 |
| 2009 | Alex Fitton        | 175.00 |
| 2008 | TJ McCarthy        | 189.00 |
| 2007 | Martin Harm        | 205.00 |
| 2006 | Larkin MacDonald   | 219.50 |
| 2005 | Larkin MacDonald   | 169.00 |
| 2004 | Chris Cefalo       | 205.50 |
| 2003 | Andy Faughnan      | 221.50 |
| 2002 | Patrick Quinn      | 201.00 |
| 2001 | Chris Farrell      | 129.00 |
| 2000 | Matt Titko         | 290.00 |
| 1999 | Vito Chiaravalloti | 332.50 |
| 1998 | Vito Chiaravalloti | 313.50 |
| 1997 | Vito Chiaravalloti | 220.00 |
| 1996 | Vito Chiaravalloti | 212.50 |
| 1995 | Chris Kelly        | 252.50 |
| 1994 | Tom Wilkens        | 277.50 |
| 1993 | Tom Wilkens        | 186.00 |
| 1992 | Shawn Torbert      | 176.00 |
| 1991 | Shawn Torbert      | 170.00 |

\*In 2015, NISCA changed the PowerPoint system.

## NISCA NATIONAL DUAL MEET

| YEAR | POWER POINTS | NATIONAL RANK |
|------|--------------|---------------|
| 2017 | 4853         | 17            |
| 2016 | 5130         | 15            |
| 2015 | 5136         | 16            |
| 2014 | 5402         | 16            |
| 2013 | 5185         | 19            |
| 2012 | 4955         | 18            |
| 2011 | 5009         | 21            |
| 2010 | 4779         | 20            |
| 2009 | 4667         | 19            |
| 2008 | 4707         | 19            |
| 2007 | 4230         | 21            |
| 2006 | 4343         | 23            |
| 2005 | 4580         | 18            |
| 2004 | 4348         | 24            |
| 2003 | 4330         | 22            |
| 2002 | 4506         | 20            |
| 2001 | 4054         | 25            |
| 2000 | 4404         | 17            |
| 1999 | 4437*        | 12            |
| 1998 | 4437         | 12            |
| 1997 | 4185         | 15            |

## FASTEST MEETS ALL-TIME

| RANK | OPPONENT            | NISCA POINTS | YEAR |
|------|---------------------|--------------|------|
| 1    | Peddie              | 5342         | 2013 |
| 2    | Peddie              | 5264*        | 2015 |
| 3    | Peddie              | 5256         | 2014 |
| 4    | LaSalle             | 5192         | 2013 |
| 5    | St. Augustine       | 5166         | 2015 |
| 6    | Bridgewater-Raritan | 5095         | 2013 |
| 7    | LaSalle             | 5061         | 2012 |
| 8    | LaSalle             | 5047*        | 2015 |
| 9    | St. Augustine       | 5039*        | 2017 |
| 10   | Westfield           | 5035         | 2015 |



# CBA Records



## INDIVIDUAL RECORDS

| EVENT           | NAME                 | TIME           | YEAR        | MEET                 |
|-----------------|----------------------|----------------|-------------|----------------------|
| 200 IM          | Rob Whitacre         | 1:52.26        | 2014        | Shore Conference     |
| <b>200 Free</b> | <b>Paul Retterer</b> | <b>1:41.57</b> | <b>2019</b> | <b>St. Augustine</b> |
| 50 Free         | Vito Chiaravalloti   | 21.23          | 1999        | St. Joseph (Met)     |
| 100 Fly         | TJ McCarthy          | 51.34          | 2009        | St. Peter's Prep     |
| 100 Free        | TJ McCarthy          | 46.49          | 2010        | St. Augustine        |
| <b>500 Free</b> | <b>Sammy Rennard</b> | <b>4:34.63</b> | <b>2018</b> | <b>Cherry Hill</b>   |
| 100 Back        | Rob Whitacre         | 49.59          | 2014        | Shore Conference     |
| 100 Breast      | Harrison Cefalo      | 58.23          | 2011        | Shore Conference     |

## RELAY RECORDS

|                                                         |         |      |        |
|---------------------------------------------------------|---------|------|--------|
| 200 Medley Relay                                        | 1:33.73 | 2013 | Peddie |
| Rob Whitacre, Alex D'Anna, Matt Zebrowski, Chris Tucker |         |      |        |
| 200 Freestyle Relay                                     | 1:27.57 | 2014 | Peddie |
| Chris Tucker, Brian Tucker, John Hall, Ryan Andresen    |         |      |        |
| 400 Freestyle Relay                                     | 3:10.45 | 2015 | Peddie |
| John Hall, Zach DiGiario, Kevin Volkov, Tyler Kauth     |         |      |        |



Paul Retterer setting a new CBA 200 freestyle record of 1:41.57 at State Finals.

## MONMOUTH COUNTY RECORDS

### INDIVIDUALS

| EVENT      | NAME            | TIME    | YEAR |
|------------|-----------------|---------|------|
| 200 IM     | Rob Whitacre    | 1:55.46 | 2014 |
| 50 Free    | Martain Harm    | 21.42   | 2008 |
| 100 Breast | Harrison Cefalo | 58.23   | 2011 |

### RELAYS

|                     |                                        |         |      |
|---------------------|----------------------------------------|---------|------|
| 200 Medley Relay    | Whitacre, D'Anna, Zebrowski, C. Tucker | 1:37.73 | 2014 |
|                     | Whitacre, D'Anna, Shafritz, Berger     | 1:37.73 | 2013 |
| 200 Freestyle Relay | Pataffi, Harm, McCarthy, Hubert        | 1:28.51 | 2008 |
| 400 Freestyle Relay | Whitacre, Meade, Malgieri, Dunne       | 3:16.22 | 2012 |

## SHORE CONFERENCE RECORDS

### INDIVIDUALS

|          |              |         |      |
|----------|--------------|---------|------|
| 200 IM   | Rob Whitacre | 1:52.26 | 2014 |
| 100 Back | Rob Whitacre | 49.59   | 2014 |

### RELAYS

|                     |                                        |         |      |
|---------------------|----------------------------------------|---------|------|
| 200 Medley Relay    | Whitacre, D'Anna, Zebrowski, C. Tucker | 1:37.19 | 2014 |
| 200 Freestyle Relay | D'Anna, C. Tucker, Whitacre, Berger    | 1:28.59 | 2013 |



# CBA Honors

The following swimmers have been recognized by the National Interscholastic Swim Coaches Association (NISCA) as High School All-Americans.

## CBA INDIVIDUAL ALL-AMERICANS

| YEAR | NAME               | EVENT                     |
|------|--------------------|---------------------------|
| 1994 | Tom Wilkens        | 200 IM/100 Fly            |
| 1998 | Vito Chiaravalloti | 50 Free/100 Back          |
| 1999 | Vito Chiaravalloti | 50 Free/100 Free/100 Back |
| 2006 | Larkin MacDonald   | 100 Back                  |
| 2008 | Martin Harm        | 50 Free                   |
|      | Harrison Cefalo    | 100 Breast                |
| 2010 | Harrison Cefalo    | 100 Breast/100 Fly        |
|      | TJ McCarthy        | 100 Free/100 Fly          |
| 2014 | Rob Whitacre       | 100 Back                  |

## CBA RELAY ALL-AMERICANS

| YEAR | EVENT            | SWIMMERS                                         |
|------|------------------|--------------------------------------------------|
| 2005 | 400 Free Relay   | C. Cefalo, Guttormsen, L. MacDonald, K. McCarthy |
| 2006 | 200 Free Relay   | DiPietro, L. MacDonald, Michael Harm, Guttormsen |
|      | 400 Free Relay   | DiPietro, Michael Harm, Guttormsen, L. MacDonald |
| 2008 | 200 Medley Relay | Fitton, H. Cefalo, Hubert, Pataffi               |
| 2013 | 200 Medley Relay | Whitacre, D'Anna, Shafritz, Berger               |
| 2014 | 200 Medley Relay | Whitacre, D'Anna, Zebrowski, Tucker              |

## CBA INDIVIDUAL STATE CHAMPIONS

| YEAR      | NAME               | EVENT             |
|-----------|--------------------|-------------------|
| 1966, '67 | Curt Colby         | 100 Breast        |
| 1994      | Tom Wilkens        | 200 IM/100 Breast |
| 1999      | Vito Chiaravalloti | 100 Free/100 Back |

## MONMOUTH COUNTY MEET – MOST VALUABLE SWIMMERS

| YEAR      | NAME               |
|-----------|--------------------|
| 1993, '94 | Tom Wilkens        |
| 1998, '99 | Vito Chiaravalloti |
| 2006      | Larking MacDonald  |
| 2011      | Harrison Cefalo    |
| 2014      | Rob Whitacre       |
| 2019      | Paul Retterer      |

# All-Time Top 10 List



## 50 YARD FREESTYLE

|    |                    |       |      |
|----|--------------------|-------|------|
| 1  | Vito Chiaravalloti | 21.28 | 1999 |
| 2  | Martin Harm        | 21.42 | 2008 |
| 3  | Curtis Meade       | 21.51 | 2012 |
| 4  | Josh Berger        | 21.75 | 2012 |
| 5  | Christopher Tucker | 21.77 | 2013 |
| 6  | John Shea          | 21.81 | 2015 |
| 7  | TJ Mccarthy        | 21.90 | 2010 |
| 8  | Kelly Mccarthy     | 21.95 | 2004 |
| 9  | John Hall          | 22.06 | 2014 |
| 10 | Tyler Kauth        | 22.07 | 2015 |

## 100 YARD FREESTYLE

|    |                    |       |      |
|----|--------------------|-------|------|
| 1  | TJ Mccarthy        | 46.49 | 2010 |
| 2  | Vito Chiaravalloti | 47.06 | 1999 |
| 3  | Harrison Cefalo    | 47.30 | 2010 |
| 4  | Christopher Tucker | 47.46 | 2013 |
| 5* | Joseph Huber       | 47.69 | 2017 |
| 5* | Ryan Andresen      | 47.69 | 2015 |
| 7  | Robert Whitacre    | 47.71 | 2013 |
| 8  | John Hall          | 47.76 | 2015 |
| 9  | Peyton Ouano       | 47.95 | 2015 |
| 10 | Tyler Kauth        | 47.96 | 2015 |

## 200 YARD FREESTYLE

|    |                      |                |             |
|----|----------------------|----------------|-------------|
| 1  | <b>Paul Retterer</b> | <b>1:41.57</b> | <b>2019</b> |
| 2  | John Hall            | 1:41.85        | 2015        |
| 3  | Robert Whitacre      | 1:42.68        | 2014        |
| 4  | Kevin Volkov         | 1:42.80        | 2015        |
| 5  | <b>Sammy Rennard</b> | <b>1:43.38</b> | <b>2019</b> |
| 5  | Joseph Huber         | 1:43.73        | 2017        |
| 7  | TJ Mccarthy          | 1:44.53        | 2010        |
| 8  | Dan Hellman          | 1:44.82        | 2011        |
| 9  | Ryan Andresen        | 1:45.06        | 2013        |
| 10 | Edward Healy         | 1:46.01        | 2013        |

## 500 YARD FREESTYLE

|    |                      |                |             |
|----|----------------------|----------------|-------------|
| 1  | <b>Sammy Rennard</b> | <b>4:34.63</b> | <b>2018</b> |
| 2  | <b>Paul Retterer</b> | <b>4:42.18</b> | <b>2018</b> |
| 3  | Kevin Volkov         | 4:42.50        | 2015        |
| 4  | Connor Wright        | 4:42.93        | 2015        |
| 5  | Matt Zebrowski       | 4:43.27        | 2013        |
| 6  | Stephen Benvenuto    | 4:43.36        | 2013        |
| 7  | Joseph Huber         | 4:47.42        | 2015        |
| 8  | Chris Kelly          | 4:48.22        | 1995        |
| 9  | Edward Healy         | 4:50.28        | 2011        |
| 10 | Tom Wilkens          | 4:51.42        | 1994        |

## 100 YARD BACKSTROKE

|    |                      |              |             |
|----|----------------------|--------------|-------------|
| 1  | Robert Whitacre      | 49.59        | 2014        |
| 2  | Tyler Kauth          | 51.30        | 2014        |
| 3  | <b>Paul Retterer</b> | <b>51.39</b> | <b>2019</b> |
| 4  | Vito Chiaravalloti   | 51.61        | 1999        |
| 5  | John Shea            | 51.64        | 2015        |
| 6  | Joseph Huber         | 52.53        | 2017        |
| 7  | Dean Shafritz        | 52.62        | 2013        |
| 8  | Connor Wright        | <b>52.71</b> | <b>2018</b> |
| 9  | Tom Wilkens          | 52.77        | 1994        |
| 10 | Christopher Tucker   | 52.99        | 2015        |

## 100 YARD BREASTSTROKE

|    |                        |                |             |
|----|------------------------|----------------|-------------|
| 1  | Harrison Cefalo        | 58.23          | 2011        |
| 2  | Alex D'Anna            | 58.31          | 2012        |
| 3  | <b>Benjamin Dupree</b> | <b>59.63</b>   | <b>2019</b> |
| 4  | Conor MacDonald        | 1:00.11        | 1999        |
| 5  | Kevin Mchugh           | 1:00.18        | 1994        |
| 6  | Joey West              | 1:00.57        | 2018        |
| 7  | <b>Liam Morris</b>     | <b>1:06.00</b> | <b>2019</b> |
| 8  | Tom Wilkens            | 1:00.74        | 1992        |
| 9  | Chris Mcheffey         | 1:00.92        | 2015        |
| 10 | Andrew Farrell         | 1:00.94        | 2017        |

## 100 YARD BUTTERFLY

|    |                    |              |             |
|----|--------------------|--------------|-------------|
| 1  | TJ Mccarthy        | 51.34        | 2009        |
| 2  | Harrison Cefalo    | 51.52        | 2010        |
| 3  | Dean Shafritz      | 52.00        | 2013        |
| 4  | Zach Digiaro       | 52.04        | 2015        |
|    | Tom Wilkens        | 52.04        | 1994        |
|    | Matt Zebrowski     | 52.04        | 2014        |
| 7  | Joseph Connors     | 52.05        | 2011        |
| 8  | Dimitri Maldonado  | 52.09        | 2018        |
| 9  | Jack Hoagland      | 52.23        | 2015        |
| 10 | <b>Matt D'Elia</b> | <b>52.37</b> | <b>2018</b> |

## 200 YARD INDIVIDUAL MEDLEY

|   |                      |                |             |
|---|----------------------|----------------|-------------|
| 1 | Robert Whitacre      | 1:52.26        | 2014        |
| 2 | Tyler Kauth          | 1:53.29        | 2014        |
| 3 | Tom Wilkens          | 1:53.31        | 1994        |
| 4 | <b>Liam Morris</b>   | <b>1:54.06</b> | <b>2018</b> |
| 4 | Harrison Cefalo      | 1:55.39        | 2011        |
| 5 | <b>Sammy Rennard</b> | <b>1:56.46</b> | <b>2018</b> |
| 6 | Alex D'Anna          | 1:56.99        | 2013        |
| 7 | Matt Zebrowski       | 1:57.17        | 2013        |
| 8 | Sean Dunne           | 1:57.22        | 2010        |
| 9 | Conor Macdonald      | 1:58.06        | 1999        |

## 200 YARD MEDLEY RELAY

|   |                                      |         |      |
|---|--------------------------------------|---------|------|
| 1 | Whitacre, D'Anna, Zebrowski, Tucker  | 1:33.73 | 2013 |
| 2 | Whitacre, D'anna, Shafritz, Berger   | 1:34.68 | 2013 |
| 3 | Shea, Mcheffey, Digiaro, Kauth       | 1:36.27 | 2015 |
| 4 | Kauth, Desrochers, Digiaro, C.Tucker | 1:36.66 | 2014 |
| 5 | Shea, Centrella, Digiaro, Kauth      | 1:38.48 | 2016 |

## 200 YARD FREESTYLE RELAY

|   |                                        |         |      |
|---|----------------------------------------|---------|------|
| 1 | C. Tucker, B. Tucker, Hall, Andresen   | 1:27.57 | 2014 |
| 2 | D'Anna, Andresen, Digiaro, Tucker      | 1:27.90 | 2013 |
| 3 | J. Connors, Vandermolen, Dunne, Cefalo | 1:28.29 | 2010 |
| 4 | D'Anna, Whitacre, Tucker, Berger       | 1:28.59 | 2013 |
| 5 | Kauth, Hall, Andresen, C. Tucker       | 1:28.68 | 2015 |

## 400 YARD FREESTYLE RELAY

|   |                                       |                |             |
|---|---------------------------------------|----------------|-------------|
| 1 | Hall, Digiaro, Volkov, Kauth          | 3:10.45        | 2015        |
| 2 | Andresen, Zebrowski, Healy, Whitacre  | 3:12.55        | 2013        |
| 3 | Digiaro, Andresen, Shea, Kauth        | 3:12.91        | 2014        |
| 4 | <b>Burke, Shea, Retterer, Rennard</b> | <b>3:13.78</b> | <b>2018</b> |
| 5 | Berger, Zebrowski, Tucker, Whitacre   | 3:14.28        | 2012        |

\*2018-2019 IN BOLD





# Monmouth County CBA Individual Champions

| YEAR | NAME               | EVENT               |
|------|--------------------|---------------------|
| 1991 | Tom Brennan        | 500 Free            |
|      | Tom Wilkens        | 100 Breast*/200 IM  |
| 1992 | Tom Brennan        | 200 Free/500 Free   |
|      | Tom Wilkens        | 200IM*/100 Breast*  |
|      | Shawn Torbert      | 100 Free/100 Back*  |
| 1993 | Rob Kelly          | 200 Free            |
|      | Chris Warenkiewicz | 200 IM              |
|      | Tom Wilkens        | 100 Free*/100 Back* |
|      | Chris Kelly        | 500 Free            |
|      | Kevin McHugh       | 100 Breast          |
| 1994 | Tom Wilkens        | 200 Free*/100 Fly*  |
| 1995 | Chris Kelly        | 200 Free/500 Free   |
|      | Chris Warenkiewicz | 100 Fly             |
|      | Brian McHugh       | 100 Free            |
|      | Matt Thatcher      | 100 Back            |
| 1997 | Vito Chiaravalloti | 100 Fly/100 Back*   |
|      | John Corrigan      | 200 Free/500 Free   |
|      | Conor MacDonald    | 100 Breast          |
| 1998 | Vito Chiaravalloti | 200 Free/100 Back*  |
|      | Conor MacDonald    | 200 IM              |
|      | Ricky Schibell     | 50 Free             |
|      | Peter Economou     | 100 Fly             |
|      | Bryant Eadon       | 500 Free            |
| 1999 | Vito Chiaravalloti | 50 Free/100 Free    |
|      | Conor MacDonald    | 200 IM              |
|      | Wes Donnelly       | 100 Fly/100 Back    |
| 2000 | Wes Donnelly       | 100 Fly*/100 Back   |
|      | Matt Titko         | 100 Free            |
|      | Bryant Eadon       | 500 Free            |
| 2001 | Chris Farrell      | 500 Free            |
|      | Vincent Tupper     | 100 Breast          |
| 2002 | Kevin Connors      | 200 IM/100 Back     |
|      | Pat Quinn          | 100 Fly*            |
|      | Chris Farrell      | 500 Free            |
|      | Donato Santangelo  | 100 Breast          |
| 2003 | Andy Faughnan      | 200 Free/100 Free   |
|      | Vinny Tupper       | 200 IM/100 Breast   |
|      | Kelly McCarthy     | 100 Fly             |
|      | Michael Matthews   | 500 Free            |
|      | Dan O'Connor       | 100 Back            |
| 2004 | Chis Cefalo        | 200 Free            |
|      | Kelly McCarthy     | 100 Fly             |
|      | Vinny Tupper       | 100 Breast          |
| 2005 | Kelly McCarthy     | 200 Free/100 Fly    |
|      | Chis Cefalo        | 50 Free/100 Free    |
|      | Larkin MacDonald   | 100 Back*           |

| YEAR | NAME               | EVENT               |
|------|--------------------|---------------------|
| 2006 | Ryan Guttormsen    | 50 Free/100 Free    |
|      | Larkin MacDonald   | 100 Fly*/100 Back*  |
| 2007 | Alex Fitton        | 200 IM              |
|      | Martin Harm        | 100 Fly             |
| 2008 | Martin Harm        | 50 Free*            |
|      | Harrison Cefalo    | 100 Breast          |
| 2009 | Alex Fitton        | 200 IM*             |
|      | Harrison Cefalo    | 100 Breast          |
| 2010 | Harrison Cefalo    | 200 IM              |
|      | TJ McCarthy        | 100 Free            |
|      | Nick Grippo        | 100 Breast          |
| 2011 | Harrison Cefalo    | 200 IM*/100 Breast* |
|      | Joesph Connors     | 100 Fly             |
| 2012 | Sean Dunne         | 200 IM/100 Fly      |
|      | Stephen Benvenuto  | 500 Free            |
| 2013 | Dean Shafritz      | 100 Fly             |
|      | Stephen Benvenuto  | 500 Free            |
| 2014 | Rob Whitacre       | 200 IM*/100 Back    |
|      | Matt Zebrowski     | 100 Fly             |
|      | Ryan Andresen      | 100 Free            |
|      | Alex D'Anna        | 100 Breast          |
| 2015 | Tyler Kauth        | 200 Free            |
|      | Christopher Tucker | 50 Free             |
|      | Zach DiGiaro       | 100 Fly             |
|      | Kevin Volkov       | 500 Free            |
|      | John Shea          | 100 Back            |
|      | Ryan DesRochers    | 100 Breast          |
| 2016 | John Hall          | 200 Free            |
|      | Tyler Kauth        | 200 IM/100 Free     |
|      | Kevin Volkov       | 500 Free            |
|      | Chris Centrella    | 100 Breast          |
| 2017 | Joe Huber          | 200 Free/100 Free   |
|      | Sammy Rennard      | 500 Free            |
|      | John Shea          | 100 Back            |
| 2018 | Paul Retterer      | 200 Free/100 Back   |
|      | Dimitri Maldonado  | 100 Fly             |
|      | Sammy Rennard      | 500 Free            |
| 2019 | Paul retterer      | 200 Free/100 Back   |
|      | Sammy Rennard      | 500 Free            |

\*DENOTES SETTING NEW COUNTY RECORD

# Monmouth County Relay Champions



| YEAR | RELAY       | SWIMMERS                                         |
|------|-------------|--------------------------------------------------|
| 1991 | 200 Medley  | Torbert, Wilkens, Brennan, Damas                 |
|      | 400 Free    | Damas, Brennan, Torbert, Wilkens                 |
| 1992 | 200 Medley  | Wilkens, McHugh, R. Kelly, Torbert               |
|      | 400 Free    | Brennan, Fronapfel, Sedlock, Damas               |
| 1993 | 200 Medley  | Aghinii, McHugh, Warenkiewicz, Yerich            |
|      | 200 Free    | Alvino, Sedlock, Nelson, DeBari                  |
|      | 400 Free    | C. Kelly, R. Kelly, Wilkens, King                |
| 1994 | 200 Medley  | Pinther, McHugh, Wilkens, Yerich                 |
|      | 400 Free*   | McHugh, Pinther, Warenkiewicz, Wilkens           |
| 1995 | 200 Free    | Economou, Schibell, Thatcher, McHugh             |
|      | 400 Free    | McHugh, Pinter, Warenkiewicz, Kelly              |
| 1997 | 200 Medley  | Chiaravalloti, Plakoudas, Economou, Schibell     |
|      | 200 Free    | Economou, Titko, Schibell, Chiaravalloti         |
|      | 400 Free    | Economou, Schibell, MacDonald, Corrigan          |
| 1998 | 200 Free*   | Economou, Titko, Schibell, Chiaravalloti         |
|      | 400 Free*   | Economou, Titko, Schibell, Chiaravalloti         |
| 1999 | 200 Medley  | Chiaravalloti, MacDonald, Dnnelly, Titko         |
|      | 200 Free    | Titko, Kanaval, D. Zilinski, Chiaravalloti       |
| 2000 | 200 Medley  | Donnelly, Davidow, Kanaval, Prewett              |
|      | 200 Free*   | Prewett, Kanaval, Zilinski, Titko                |
|      | 400 Free*   | Eadon, Donnelly, Prewett, Titko                  |
| 2001 | 200 Medley  | K. Connors, Tupper, B. Connors, Davidow          |
|      | 200 Free    | Davidow, B. Connors, M. Zilinski, Farrell        |
|      | 400 Free    | Faughnan, Meara, M. Zilinski, Farrell            |
| 2002 | 200 Medley* | K. Connors, M. Zilinski, Quinn, Peterson         |
|      | 200 Free    | Faughnan, Peterson, Kerwin, Grill                |
|      | 400 Free*   | Quinn, C. Cefalo, Faughnan, Farrell              |
| 2003 | 200 Medley* | O'Connor, Tupper, K. McCarthy, C. Cefalo         |
|      | 200 Free*   | C. Cefalo, Grikas, K. McCarthy, Faughnan         |
|      | 400 Free    | C. Cefalo, Doyle, K. McCarthy, Faughnan          |
| 2004 | 200 Medley  | Grikas, Tupper, Plakoudas, Doyle                 |
|      | 200 Free*   | C. Cefalo, Grikas, K. McCarthy, Sadecki          |
|      | 400 Free*   | M. Harm, C. Cefalo, K. McCarthy, Sadecki         |
| 2005 | 200 Medley* | L. MacDonald, Santangelo, G. Plakoudas, Doyle    |
|      | 200 Free*   | C. Cefalo, Guttormsen, M. Harm, K. McCarthy      |
|      | 400 Free*   | C. Cefalo, Guttormsen, L. MacDonald, K. McCarthy |
| 2006 | 200 Medley  | L. MacDonald, Schafer, Ma. Harm, Hubert          |
|      | 200 Free    | Ma. Harm, Mi Harm, Guttormsen, Gillespie         |
|      | 400 Free    | DiPietro, Guttormsen, Mi. Harm, L. MacDonald     |

| YEAR | RELAY       | SWIMMERS                                      |
|------|-------------|-----------------------------------------------|
| 2007 | 200 Medley  | Murphy, Schafer, Hubert, Gillespie            |
|      | 200 Free    | DiPietro, Hubert, Gillespie, Martin Harm      |
|      | 400 Free    | Fitton, H. Cefalo, Hubert, Martin Harm        |
| 2008 | 200 Medley  | Fitton, H. Cefalo, Hubert, Martin Harm        |
|      | 200 Free*   | Hartin Harm, Pataffi, Hubert, TJ McCarthy     |
|      | 400 Free    | Robinson, Pataffi, Fitton, TJ McCarthy        |
| 2009 | 200 Free    | Pataffi, Keenan, Vandermolten, Johnson        |
|      | 400 Free    | Dunne, Hellman, J. Connors, Fitton            |
| 2010 | 200 Medley* | Durring, H. Cefalo, TJ McCarthy, Vandermolten |
|      | 200 Free    | Vandermolten, J. Connors, Dunne, H. Cefalo    |
|      | 400 Free    | H. Cefalo, Dunne, Vandermolten, TJ McCarthy   |
| 2011 | 400 Free    | Hellman, Healy, J. Connors, H. Cefalo         |
| 2012 | 200 Medley* | Whitacre, D'Anna, Dunne, Meade                |
|      | 200 Free    | Berger, Alexander, Malgieri, D'Anna           |
|      | 400 Free*   | Whitacre, Maligieri, Meade, Dunne             |
| 2013 | 200 Medley* | Whitacre, D'Anna, Shafritz, Berger            |
|      | 200 Free    | Berger, Alexander, Malgieri, D'Anna           |
|      | 400 Free    | D'Anna, Tucker, Berger, Whitacre              |
| 2014 | 200 Medley* | Whitacre, D'Anna, Zebrowski, C. Tucker        |
|      | 200 Free    | D'Anna, Andresen, DiGiaro, C. Tucker          |
|      | 400 Free    | Zebrowski, Shafritz, Healy, Whitacre          |
| 2015 | 200 Medley  | Ouano, DesRochers, DiGiaro, C. Tucker         |
|      | 200 Free    | Kauth, Hall, Andresen, C. Tucker              |
|      | 400 Free    | Kauth, DiGiaro, C. Tucker, Andresen           |
| 2016 | 200 Medley  | Kauth, McHeffey, DiGiaro, B. Tucker           |
|      | 200 Free    | Hall, Hoagland, Horbacz, B. Tucker            |
|      | 400 Free    | Hall, DiGiaro, Volkov, Kauth                  |
| 2017 | 200 Medley  | Huber, McHeffey, Maldonado, Shea              |
|      | 400 Free    | Huber, Maldonado, Wright, Shea                |
| 2018 | 200 Medley  | Wright, West, Maldonado, Warshaw              |
|      | 400 Free    | Burke, Retterer, Rennard, Wright              |
| 2019 | 200 Medley  | Retterer, Dupree, D'Elia, Burke               |
|      | 200 Free    | Van Lew, Crilly, Wolf, Rennard                |
|      | 400 Free    | Burke, Morris, Retterer, Rennard              |

\*DENOTES SETTING NEW COUNTY RECORD





# Shore Conference CBA Individual Champions

| YEAR | NAME               | EVENT              |
|------|--------------------|--------------------|
| 1991 | Shawn Torbert      | 200 IM/100 Free    |
| 1992 | Rob Kelly          | 200 Free           |
|      | Tom Wilkens        | 200 IM/100 Breast* |
|      | Shawn Torbert      | 100 Free/100 Back  |
|      | Tom Brennan        | 500 Free           |
| 1993 | Rob Kelly          | 200 Free/100 Free  |
|      | Tom Wilkens        | 200 IM*/100 Back*  |
|      | Chris Kelly        | 500 Free           |
|      | Kevin McHugh       | 100 Breast         |
| 1994 | Tom Wilkens        | 200 IM*            |
|      | Kevin McHugh       | 100 Breast*        |
| 1995 | Chris Kelly        | 200 Free           |
|      | Matt Thatcher      | 100 Back           |
| 1996 | Vito Chiaravalloti | 100 Fly/100 Back   |
|      | Brian McHugh       | 200 IM             |
|      | Matt Thatcher      | 50 Free            |
| 1997 | Vito Chiaravalloti | 100 Fly/100 Back   |
| 1998 | Vito Chiaravalloti | 100 Back           |
|      | Peter Economou     | 100 Fly            |
|      | Conor MacDonald    | 100 Breast         |
| 1999 | Vito Chiaravalloti | 100 Fly/100 Back   |
| 2000 | Matt Titko         | 50 Free/100 Free   |
|      | Wes Donnelly       | 100 Fly/100 Back   |
| 2001 | Chris Farrell      | 500 Free           |
| 2003 | Andy Faughnan      | 200 Free/100 Free  |
|      | Michael Matthews   | 500 Free           |
|      | Dan O'Connor       | 100 Back           |

| YEAR | NAME             | EVENT              |
|------|------------------|--------------------|
| 2005 | Kelly McCarthy   | 100 Fly            |
|      | Larkin MacDonald | 100 Back           |
| 2006 | Larkin MacDonald | 100 Fly/100 Back*  |
| 2007 | Martin Harm      | 50 Free/100 Fly    |
| 2008 | Harrison Cefalo  | 100 Breast         |
| 2009 | Alex Fitton      | 200 IM/100 Back    |
|      | Harrison Cefalo  | 100 Breast         |
| 2010 | Harrison Cefalo  | 200 IM/100 Breast* |
| 2011 | Harrison Cefalo  | 200 IM/100 Breast  |
|      | Joseph Connors   | 100 Fly            |
| 2013 | Rob Whitacre     | 100 Back*          |
| 2014 | Rob Whitacre     | 200 IM*/100 Back*  |
| 2015 | John Hall        | 100 Free           |
|      | Kevin Volkov     | 500 Free           |
|      | John Shea        | 100 Back           |
| 2016 | Kevin Volkov     | 200 Free/500 Free  |
|      | John Shea        | 100 Back           |
| 2017 | Joe Huber        | 200 Free           |
|      | Sammy Rennard    | 500 Free           |
|      | John Shea        | 100 Back           |
| 2018 | Paul Retterer    | 200 Free           |
|      | Sammy Rennard    | 500 Free           |
|      | Connor Wright    | 100 Back           |
| 2019 | Paul Retterer    | 200 Free/100 Back  |
|      | Sammy Rennard    | 500 Free           |



CBA record holders  
Sammy Rennard  
(500 free) and  
Paul Retterer  
(200 free)

# Shore Conference Relay Champions



| YEAR | EVENT             | SWIMMERS                                           |
|------|-------------------|----------------------------------------------------|
| 1991 | 200 Medley Relay  | Torbert, Wilkens, Brennan, Damas                   |
|      | 400 Free Relay    | Damas, Brennan, Wilkens, Torbert                   |
| 1992 | 200 Medley Relay  | Wilkens, McHugh, R. Kelly, Norbert                 |
|      | 400 Free Relay*   | R. Kelly, Brennan, Wilkens, Torbert                |
| 1993 | 200 Free Relay    | Alvino, Yerich, Sedlock, R. Kelly                  |
| 1994 | 200 Medley Relay* | Pinther, K. McHugh, Wilkens, Yerich                |
| 1995 | 200 Medley Relay  | Pinther, Carroll, Warenkiewicz, B. McHugh          |
| 1996 | 200 Medley Relay  | Thatcher, MacDonald, Chiaravalloti, B. McHugh      |
| 1997 | 200 Medley Relay  | Chiaravalloti, MacDonald, Economou, Titko          |
|      | 400 Free Relay    | Chiaravalloti, Economou, Corrigan, Schibell        |
| 1998 | 200 Medley Relay  | Chiaravalloti, MacDonald, Economou, Schibell       |
|      | 400 Free Relay*   | Economou, Titko, Schibell, Chiaravalloti           |
| 1999 | 200 Medley Relay  | Chiaravalloti, MacDonald, Donnelly, Titko          |
|      | 200 Free Relay    | Chiaravalloti, D.Zilinski, Kanaval, Titko          |
|      | 400 Free Relay    | Eadon, D. Zilinski, Kanaval, Donnelly              |
| 2000 | 200 Medley Relay  | Donnelly, Davidow, Kanaval, Prewett                |
|      | 200 Free Relay    | Prewett, Kanaval, D. Zilinski, Titko               |
|      | 400 Free Relay    | Eadon, Prewett, Donnelly, Titko                    |
| 2001 | 200 Medley Relay  | K. Connors, Tupper, B. Connors, Davidow            |
|      | 200 Free Relay    | David, K. Connors, M.Zilinski, Farrell             |
|      | 400 Free Relay    | Faughnan, B. Connors, M. Zilinski, Farrell         |
| 2003 | 200 Medley Relay  | Matthews, Tupper, O'Connor, Grikas                 |
|      | 200 Free Relay    | C. Cefalo, Grikas, K. McCarthy, Faughnan           |
|      | 400 Free Relay    | Michael Harm, C. Cefalo, K. McCarthy, Faughnan     |
| 2005 | 200 Medley Relay* | L. MacDonald, Santangelo, G. Plakoudas, Slate      |
|      | 200 Free Relay    | C. Cefalo, Doyle, Cuttormsen, K. McCarthy          |
|      | 400 Free Relay*   | C. Cefalo, Michael Harm, L. MacDonald, K. McCarthy |
| 2006 | 200 Medley Relay  | L. MacDonald, Schafer, Martin Harm, Hubert         |
|      | 200 Free Relay*   | DiPietro, Michael Harm, Martin Harm, Guttormsen    |
| 2007 | 200 Free Relay*   | TJ McCarthy, Hubert, Martin Harm, DiPietro         |
|      | 400 Free Relay    | TJ McCarthy, Fitton, Gillespie, DiPietro           |
| 2008 | 200 Medley Relay  | Fitton, H. Cefalo, Zapf, Pataffi                   |
|      | 200 Free Relay*   | Martin Harm, pataffi, Hubert, TJ McCarthy          |
|      | 400 Free Relay    | Robinson, Martin Harm, Fitton, TJ McCarthy         |
| 2009 | 200 Medley Relay  | Fitton, H. Cefalo, Dunne, Pataffi                  |
|      | 200 Free Relay    | Vandermolen, Quinn, Keenan, Johnson                |
|      | 400 Free Relay    | Fitton, Dunne, Pataffi, H. Cefalo                  |
| 2010 | 200 Medley Relay* | Durning, H. Cefalo, TJ McCarthy, Vandermolen       |
|      | 400 Free Relay    | Dunne, Hellman, H. Cefalo, TJ McCarthy             |
| 2011 | 200 Free Relay    | Dunne, J. Connors, Vandermolen, H. Cefalo          |
|      | 400 Free Relay    | Dunne, Hellman, McColligan, J. Connors             |
| 2012 | 200 Medley Relay  | Whitacre, D'Anna, Shafritz, Berger                 |
|      | 200 Free Relay*   | Dunne, Malgieri, Meade, D'Anna                     |
| 2013 | 200 Medley Relay  | Whitacre, D'Anna, Shafritz, Berger                 |
|      | 200 Free Relay*   | D'Anna, Whitacre, Tucker, Berger                   |
| 2014 | 200 Medley Relay* | Whitacre, D'Anna, Zebrowski, C. Tucker             |
|      | 200 Free Relay    | D'Anna, DiGiaro, Andresen, C. Tucker               |
|      | 400 Free Relay    | Kauth, Ouano, Andresen, Whitacre                   |
| 2015 | 200 Medley Relay  | Kauth, DesRochers, DiGiaro, C. Tucker              |
|      | 200 Free Relay    | Hall, B. Tucker, Andresen, C. Tucker               |
|      | 400 Free Relay    | Kauth, Ouano, Andresen, C. Tucker                  |
| 2016 | 200 Medley Relay  | Shea, Centrella, DiGiaro, Kauth                    |
|      | 200 Free Relay    | Hall, Horbacz, Shea, B. Tucker                     |
|      | 400 Free Relay    | Hall, DiGiaro, Volkov, Kauth                       |
| 2017 | 200 Medley Relay  | Huber, McHeffey, Maldonado, Shea                   |
|      | 200 Free Relay    | Huber, Corrigan, Burke, Shea                       |
|      | 400 Free Relay    | Huber, Retterer, Wright, Shea                      |
| 2018 | 400 Free Relay    | Maldonado, Retterer, Rennard, Wright               |
| 2019 | 200 Medley Relay  | Retterer, Dupree, D'Elia, Burke                    |
|      | 400 Free Relay    | M. Wolf, Burke, Retterer, Rennard                  |

\*denotes Shore Conference record





*We are what we repeatedly do. Excellence, therefore, is not an act but a habit.*

—ARISTOTLE

**Congratulations to all the CBA swimmers and coaches this year and best of luck to our seniors!**

*Love,  
The Buckman Family*







## Congratulations Aqua Colts! The Regan Family



## CBA SWIMMING

Congratulations to Mason, fellow teammates and coaches on a successful season this year!

Looking forward to another Championship Win in 2020.

The Wolfs  
Peter, Marideth, Malia

# ***Congratulations Aquacolts On Another Great Season!***

Best of luck to the seniors!  
Keep up the great work in the classroom  
and in the pool, Tom!



Love, Mom, Dad, John, Brady,  
Stella & Ford





CONGRATULATIONS  
**COLTS**  
ON ANOTHER WINNING SEASON!!



**THANK YOU**

COACH VITO, COACH ROB, COACH ALEX  
AND COACH NICK FOR ALL YOUR TIME,  
SUPPORT AND DEDICATION!!

**THE FORMATO FAMILY**





# CONGRATULATIONS!

## KEVIN AND CBA SWIM TEAM



*We are very proud of you!*  
*Thank you coaches!*

~~~~~ THE TRUSCIO FAMILY ~~~~~

CONGRATULATIONS COLTS!



Evan – Oh, how we love to watch you swim! We are so proud of you & all your accomplishments in/out of the pool.

Thank you Coach Vito, Alex & Rob for everything!



BEST OF LUCK IN COLLEGE TO
THE CLASS OF 2019!



CONGRATULATIONS, *Michael and all the CBA Aqua Colts!*



We are very proud to be part of this great team!

Thank you coaches for another fantastic season!

Good luck to our seniors, we wish you the best!

THE LAGUARDIA FAMILY



CONGRATLATIONS CBA AQUACOLTS



on an AMAZING SEASON!



J.C., know we are proud of your effort, commitment and enthusiasm this season.

Love, Mom & Dad

Thank you to the coaches for the support, time & dedication you give to this team!



CLASS OF 2021

Congratulations CBA Swim Team 2019 State Champions



The
Hipschman
&
McGuire
Families

LIVE FREESTYLE

Your best life begins with a home that inspires you. Kerri Brennan proudly supports the CBA Swim Team.

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CONGRATULATIONS!



AQUACOLTS

Ten Time State Champs

RYAN

*State Championship
2010, 2011, 2012, 2013*



RORY

*State Championship
2016, 2018, 2019*



**THANK YOU COACH VITO, COACH ROB AND
COACH ALEX FOR AN AMAZING SEASON.**

As the Dunigan family finishes our eighth and final season as an Aquacolt we are forever grateful to Coach Vito for his continued guidance and inspiration. We will miss being a part of the CBA family

“Just keep swimming.”

— DORY



AIDAN McCARTIN

Congratulations on an awesome 4 years at CBA!



*We are so proud of you and the outstanding young man that you have become. As you continue on your journey, we wish you happiness and success, and know that we will **ALWAYS** be cheering you on!*



Love,
Mom, Dad & Kelsey

“Its not the actual physical exertion that counts towards a man’s progress, nor the nature of the task, but the spirit of faith with which it is undertaken”

– ST. FRANCIS XAVIER

Jack,

Great job on your 3rd year swimming for the Colts. We are so proud of your accomplishments in and out of the pool!



THE ROSENBERG FAMILY
CONGRATULATES CBA SWIMMERS
AND COACHES ON ANOTHER
OUTSTANDING SEASON!

**WAY TO GO
COLTS!!**



Congratulations
CBA Swim Team
on another Outstanding Season!!



THANK YOU
Coaches for Your Hard Work
and Dedication



Rosenberg, Kirby, Cahill, Stankowitz & Richardson

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Congratulations to the Class of 2019!

To Coach Vito and the entire coaching staff,
thank you for our 6 great years of
CBA Swimming!!

The Dyer Family



Class of 2017



SAMMY RENNARD

CONGRATULATIONS, SAMMY AND THE CBA SWIM TEAM!

3 YEARS MONMOUTH COUNTY AND SHORE CONFERENCE CHAMPION IN 500 FREE



**GOOD LUCK
AT PENN STATE
NEXT YEAR.**

Love, Magga, Pop-pop, Theo, Charlie, Maeve, Mom and Dad



Anthony Addeo



**Congratulations to all CBA Swimmers
on another exciting season!
HUGE THANK YOU to Coaches for
everything you do for this team!**

Anthony we are so proud of your progress!



THE ADDEO FAMILY



Paul,

Look how far you have come. We are so proud of you and your CBA Swimming career! Go do great things at USC! We love you.

Love, Mom, Dad & Lucy

Thanks Coaches, Teammates and our fellow CBA Families!



**Bugsmom
Photography
supports
CBA Swimming!**

<http://bugsmom.smugmug.com>



Congratulations **COLTS!**



Ryan,

We are very proud of you and wish you all great things the future has in store for you. Thank you for all the wonderful memories, we've enjoyed watching you grow and become a great young man.

*Love,
Mom and Dad*

**WAY TO GO
COLTS!**



**AWESOME YEAR CBA!
THANKS FOR ALL THE MEMORIES.
THE CARROLL FAMILY**

**Congratulations on another great season
and championship!**

**Cole, we are so proud of you
and your teammates!!**



And thank you to the best coaches!!!

**Inspiring, supportive and
great role models:**

Coach Vito, Coach Rob, and Coach Alex!

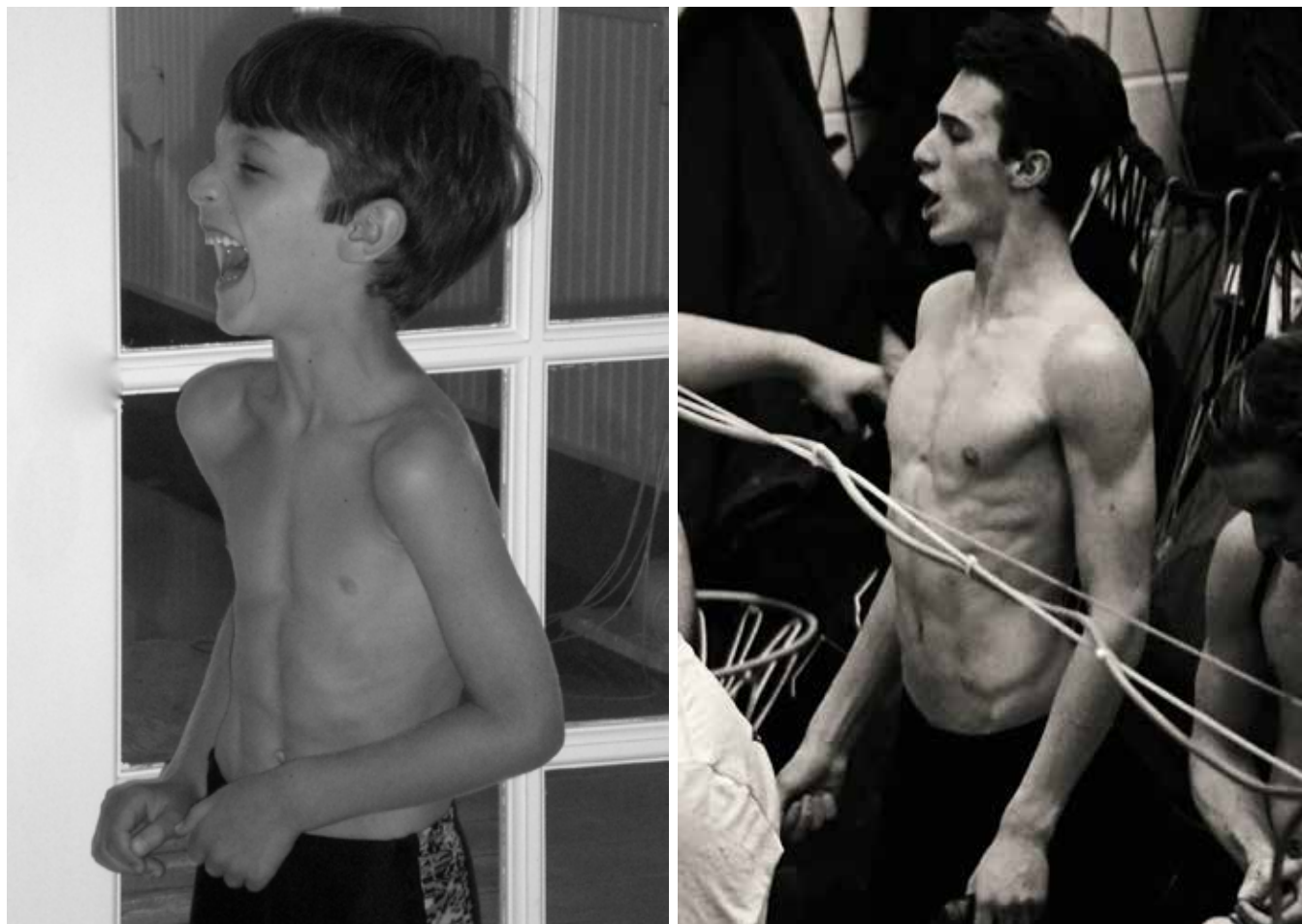


- The Ramos Family



ALL GROWN UP

What a Difference 10 Years Make



*What you get by achieving your goals is not as important as
what you become by achieving your goals.*

~ Henry David Thoreau

Jack, we have enjoyed this journey with you and the
man you have become. We love you dearly.

~ Mom, Dad, Kate, Tara

CHAMPS AGAIN!



*Colbey we are so proud of
you, good luck to you and all
the seniors in college.*

**Congratulations and thank
you to the coaches.**

THE RAMSEY FAMILY



Congratulations

CBA Swim Team 2018-2019



THE VAN LEWS

Congratulations Aquacolts!



CBA



Thank you coaches for being the best role models and inspiring this incredible group of young men.

Liam, we love you and are so proud of you.
- Mom, Dad & Aidan

BENJAMIN DUPREE

Congratulations Ben and the entire CBA Swim Team on capturing your 2nd straight State Title!
Thank you Coach Vito, Coach Alex and Coach Rob for your dedication



Ben, We are so proud of all your hard work in and out of the pool!
Keep reaching for your goals!
Love, Mom, Dad & Matthew



CONGRATULATIONS CBA SWIMMING ON YOUR 10th CHAMPIONSHIP!!!



JUST KEEP SWIMMING!

THE DYER FAMILY

CONGRATULATIONS COLTS



ON YOUR 10TH STATE CHAMPIONSHIP



**THANKS TO COACH VITO, COACH ROB, COACH NICK AND COACH ALEX
GOOD LUCK TO THE SENIORS, OH THE PLACE YOU'LL GO!**

*The Sikkema Family
Grant '21*



Brian '19 **Kevin** '19

Jack '21

The Conway Family



**Congratulations
Nicholas and the
CBA Aqua Colts for a
terrific season!**

Love, Mom & Dad

***"All of our dreams can come true, if we have the courage to
pursue them." – Walt Disney***



CONGRATULATIONS COLTS!!



**GREAT SEASON NEIL..SO PROUD OF YOU.
BEST OF LUCK TO OUR SENIORS!**

~~~~~  
**THE NEJAME FAMILY**



Building a tradition  
one stroke at a time.



## Congratulations

To Pat, The Entire  
CBA Swim Team  
& Coaches

On An Outstanding  
2018-2019 Season!

The Dolan Family

CONGRATULATIONS  
CBA SWIMMING  
ON YOUR  
10<sup>TH</sup>  
CHAMPIONSHIP!



*Thank you to Coach Vito  
and the coaching staff  
for all your hard work  
and dedication.*

**GOOD LUCK TO ALL  
THE SENIORS!!**

**THE SCALA FAMILY**





***The Shaw Family  
congratulates the  
2018-19 Colts on their  
10th State Championship!!***



*We are so  
proud of your  
hard work and  
dedication,  
Trey!*



The CBA families  
thank our coaches  
for another great season  
and wish our seniors  
good luck in college.





# ***What a Season!!!***

