

1ST EVER
GCISD SWIM & DIVE
ALUMNI MEET
DECEMBER 17TH, 2022
2PM



MUSTANG SWIMMING
& DIVING



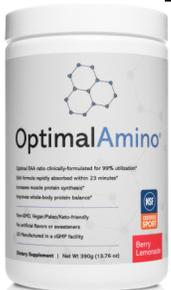
PANTHER SWIMMING
& DIVING

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2022-23 Swim & Dive Season



OptimalAmino®



**Train Hard.
Train Clean.**



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ADMINISTRATORS



DR. ROBIN RYAN

GCISD SUPERINTENDENT 2010-CURRENT
CHHS PRINCIPAL 2004-2006



BILL FRANNEY

GCISD SWIM CENTER DIRECTOR & ASSISTANT
ATHLETIC DIRECTOR 2003-17



DR. BRAD SCHNAUTZ

GCISD DEPUTY SUPERINTENDENT
2017-CURRENT



TODD RAYMOND

GCISD EXECUTIVE ATHLETIC DIRECTOR
2022-CURRENT

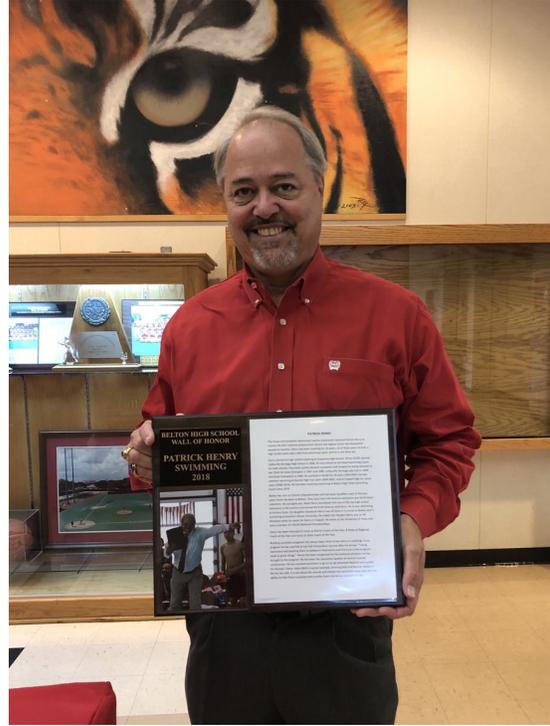
COACHES



TERRI KITZMILLER

HEAD SWIM COACH 1987-1993

1991-92, 1992-93 DISTRICT & 1992-93 REGIONAL SWIM
COACH OF THE YEAR



PATRICK HENRY

HEAD SWIM COACH 1993-2003

TISCA STATE COACH OF THE YEAR 1998 & 2000

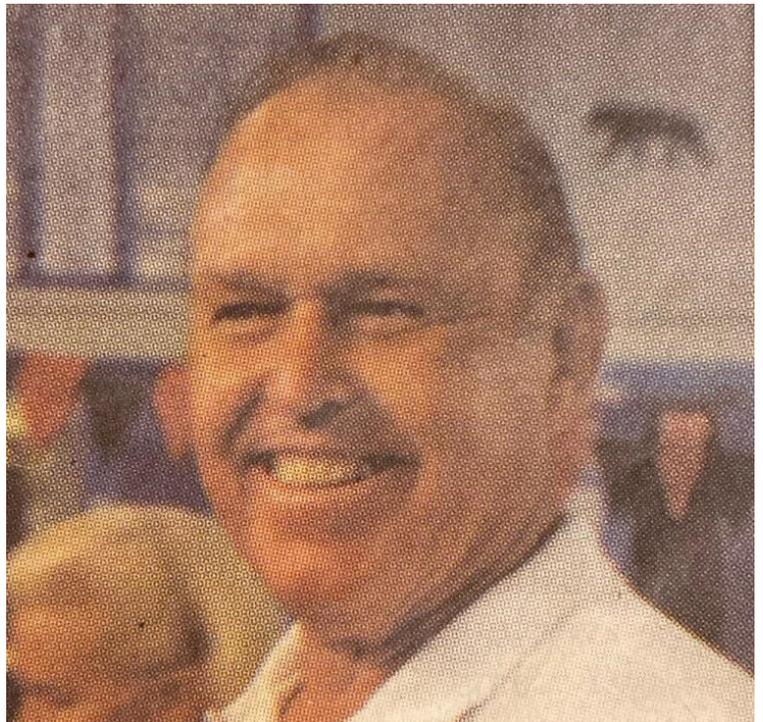


PHIL BINGENHEIMER

HEAD SWIM COACH 2003-2008

ASST SWIM COACH 1998-2002

1980 & 1982 NORTH DAKOTA SWIM COACH OF THE YEAR



DICK WILSON

HEAD DIVE COACH 1998-2004

TISCA STATE COACH OF THE YEAR 1998,1999,2000,2001,2002

COACHES



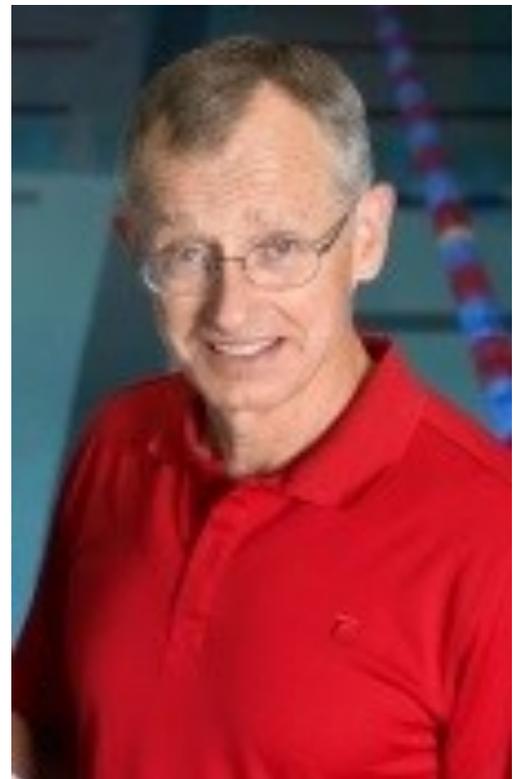
DANIEL JAU HEAD COACH 2008- PRESENT
2017 NFHS STATE COACH OF THE YEAR
2017 NFHS SECTIONAL COACH OF THE YEAR



STACY MARINCASIU HEAD DIVE COACH 2015-PRESENT
UIL STATE DIVE COACH OF THE MEET 2020 & 2021



STACY MCDANIEL ASST COACH 2014-22



JACK ROMINE HEAD DIVE COACH 2008-2013

COACHES



MAUREN PAUL

ASST SWIM COACH 2022-PRESENT



ADRIANA VALENZUELA

ASST SWIM COACH 2022-PRESENT



STEPHANIE LINEHAN (KLOCKE)

ASST SWIM COACH 2010-2014



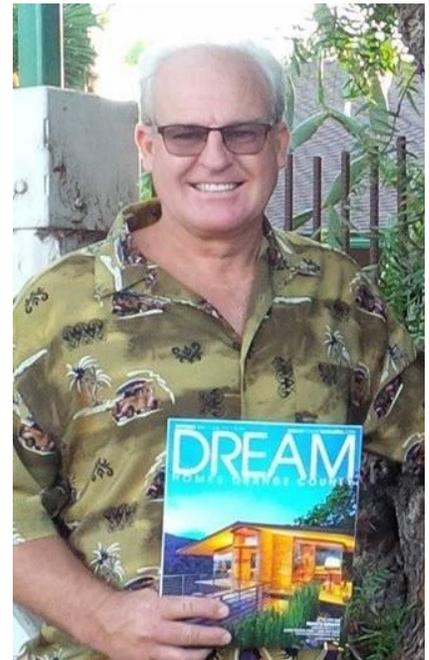
ERIN LOWACK (BROWN)

ASST SWIM COACH 2007-2010



LEE FERIS

ASST SWIM COACH 1992-2001



KEVIN WILSON

HEAD DIVE COACH 2004-2007



LUKE BAGNASCHI

HEAD DIVE COACH 2007-2008

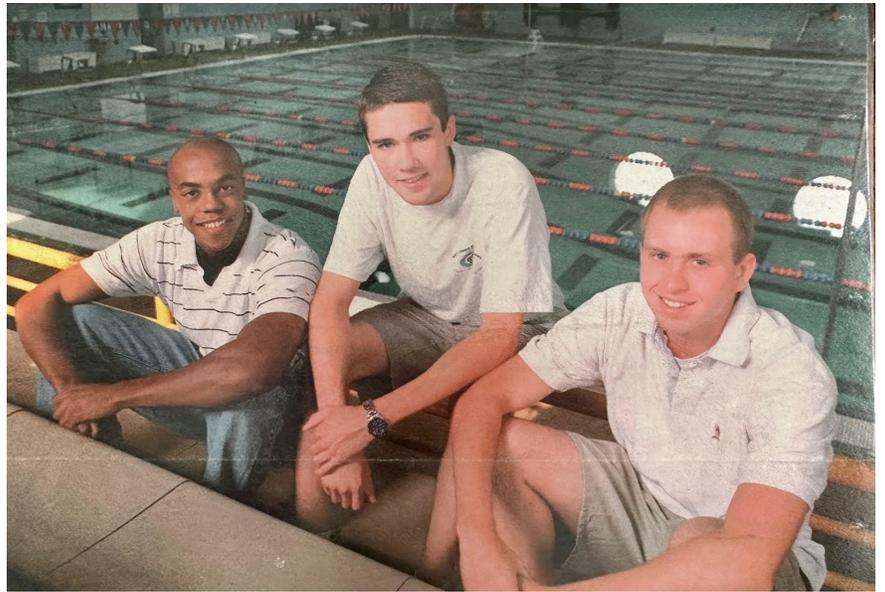
1990s



CHRIS BONSER GHS '98

FONDEST MEMORY : 1998 STATE MEET!

WHAT AM I DOING NOW? Raising 4 girls and building software for swim teams!



CURTIS STRANGE GHS '98

FONDEST MEMORY: 1998 state championship meet with my peers and getting All-American in the 500. It took 20 years for someone to beat my school record.

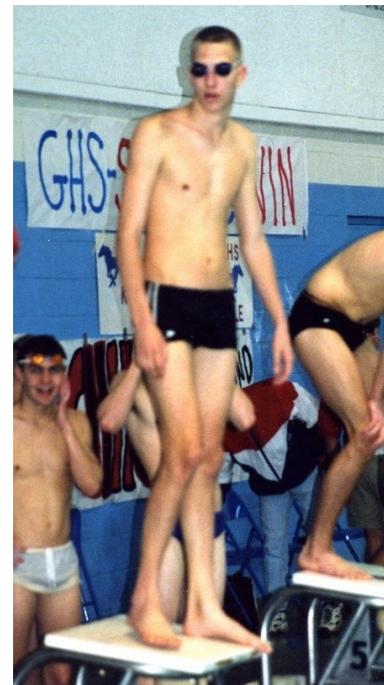
WHAT AM I DOING NOW? Working and driving kids all over town



JANE LOOMIS (TEACHENOR) GHS '98

FONDEST MEMORIES: Just hanging out with all of my teammates and working out together. I was going through some rough times at home and their love and acceptance helped me so much during that difficult time. Funniest involved Lifeguarding memories that we should'nt tell. Moving myself up to boys lane and annoying them by tapping on their feet.

WHAT AM I DOING NOW? Swim Coach Plano Senior (Govt/Econ)

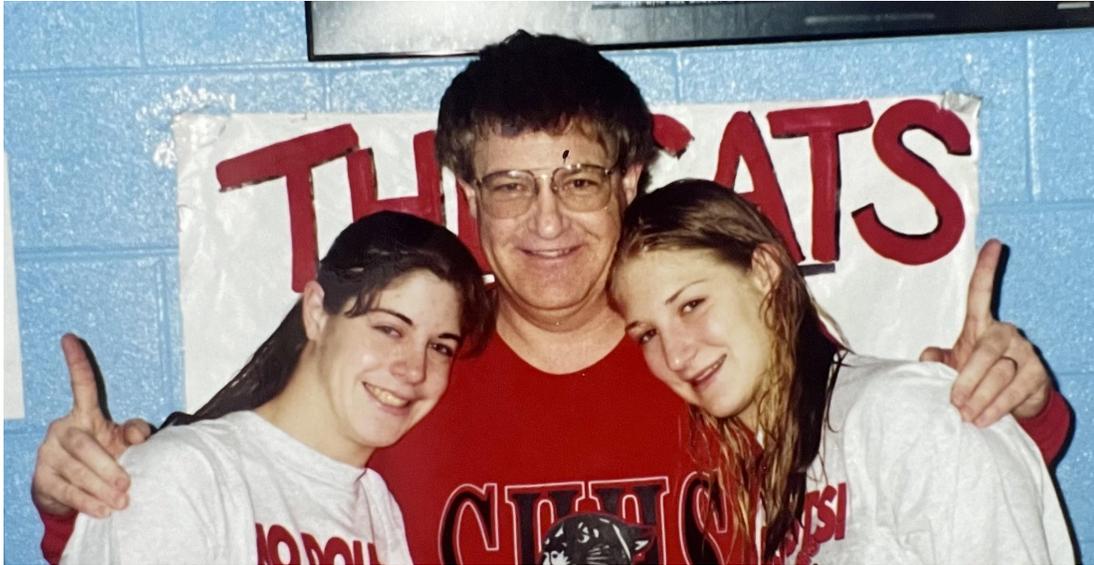


CHRIS FULMER CHHS '99

FONDEST MEMORY: Once swam a 50 no breather underwater with a kick board.

WHAT AM I DOING NOW? Industrial Sales

1990s



Sara Moen (Bingenheimer) CHHS '98

FONDEST MEMORY: So many! The best are all from the people and the friendships that swimming brought into my life. But one of the classic, funny “high school”-type memories would be the celebration after districts at McChevon when the guys all stripped down to their speedos to do a parade out the door. Just plain silly team goofiness! And while it might have been long before camera phones, I still have the photo evidence! 📷

WHAT AM I DOING NOW? Dyslexia Specialist at HEBISD



JANE LOOMIS (TEACHENOR) GHS '98

FONDEST MEMORIES: Just hanging out with all of my teammates and working out together. I was going through some rough times at home and their love and acceptance helped me so much during that difficult time. Funniest involved Lifeguarding memories that we shouldn't tell. Moving myself up to boys lane and annoying them by tapping on their feet.

WHAT AM I DOING NOW? Swim Coach Plano Senior (Govt/Econ)

1990s



MICHAEL NICHOLSON GHS '97

IN MEMORIAM

FONDEST MEMORY: Diving at the state meet and competing for the state championship

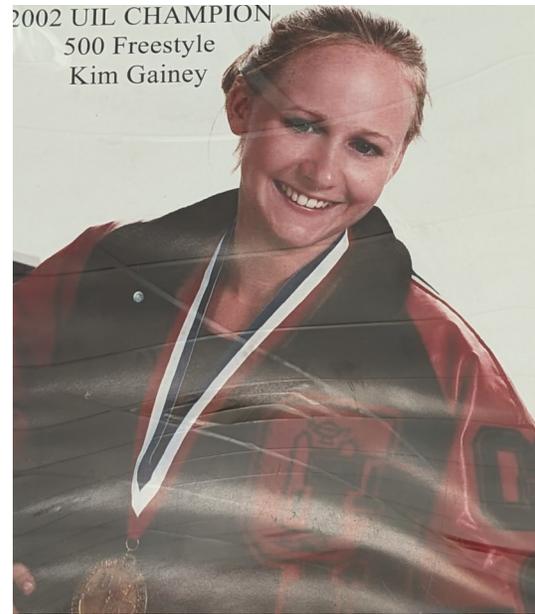
2000-2006



LAUREN ROSE CHHS '03

FONDEST MEMORIES: Pasta parties! I wish I could still eat like that.

WHAT AM I DOING NOW? Director of Communications, 121 Community Church. Full time soccer mom! Masters Swimmer.



KIM SWINDELL (GAINEY) '03

FONDEST MEMORIES: Team meetings about hunt for the red October, the Austin Embassy Suites and moms with shaker bottles

WHAT AM I DOING NOW? Business Process Management



BRIGITTE BURKS (DECATO) CHHS '03

FONDEST MEMORIES: Learning after all those years, coach Henry was chewing tobacco and not drinking coffee at 4:30pm swim practice.

WHAT AM I DOING NOW? North Richland Hills rec center Swim Instructor

2000-2006



ASHLEY LONON GHS '05

FONDEST MEMORIES: Coach Henry-isms! Our parents with their shakers. The lifelong friendships.

WHAT AM I DOING NOW? Investor Relations at a PE Firm. And momming.



SAM SCHILDGEN GHS '06

FONDEST MEMORIES: Coldest showers on earth every morning after practice. Hanging out on the deck at regionals.

WHAT AM I DOING NOW? Real estate investment



DEREK DOWDY-ERNST CHHS '06

FONDEST MEMORIES: Breaking the 100 and 50 free-style records

WHAT AM I DOING NOW? I am currently a Graphic Designer for a commercial real estate company.

2007-2010



MADISON ORSER (LUCE) CHHS '07

FONDEST MEMORY: My coach, Dick Wilson

WHAT AM I DOING NOW? Mom of two



BEN MANN GHS '08

FONDEST MEMORY: Halloween Denton relay meet

WHAT AM I DOING NOW? Coaching



BRANDON WILKINSON GHS '08

FONDEST MEMORY: Coach B throwing a clip board at me during practice.

WHAT AM I DOING NOW? Sales- United Healthcare

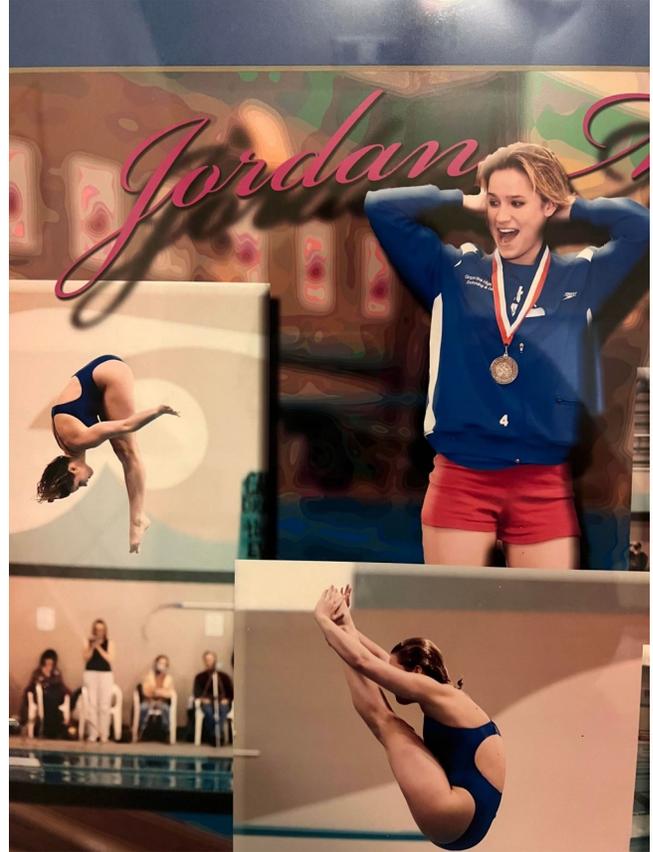
2007-2010



LINDSAY FRYE (LARSON) GHS '08

FONDEST MEMORY: All things Coach B.

WHAT AM I DOING NOW? I'm a CRNA and a mom to two.



JORDAN CAMPBELL (MORCOM) GHS '08

FONDEST MEMORY: Breaking School Record & placing at State!

WHAT AM I DOING NOW? Former teacher at DISD. Currently working in real estate.



ALYSON LIGHT (FEASTER) GHS '08

FONDEST MEMORY: Pasta and Shave Parties!

WHAT AM I DOING NOW? 2nd Grade Teacher - GCISD

2007-2010



JESSICA FORD (BROOKS) GHS '09

FONDEST MEMORY: Homecoming parades and pasta parties

WHAT AM I DOING NOW? Teaching first grade in Carroll ISD



NICK HAN GHS '09

FONDEST MEMORY: 2008 200 Medley Relay at Regionals. Beat Southlake, Plano Senior, and Flower Mound

WHAT AM I DOING NOW? Orthopedic Sales



ASHLEY MOXLEY GHS '09

WHAT AM I DOING NOW? Just took a job with United healthcare!



WILLIAM MCMANUS GHS '09

FONDEST MEMORY: Being on the team

WHAT AM I DOING NOW? Family x3 kiddos, Work (Operations Analyst with the City of Arlington)

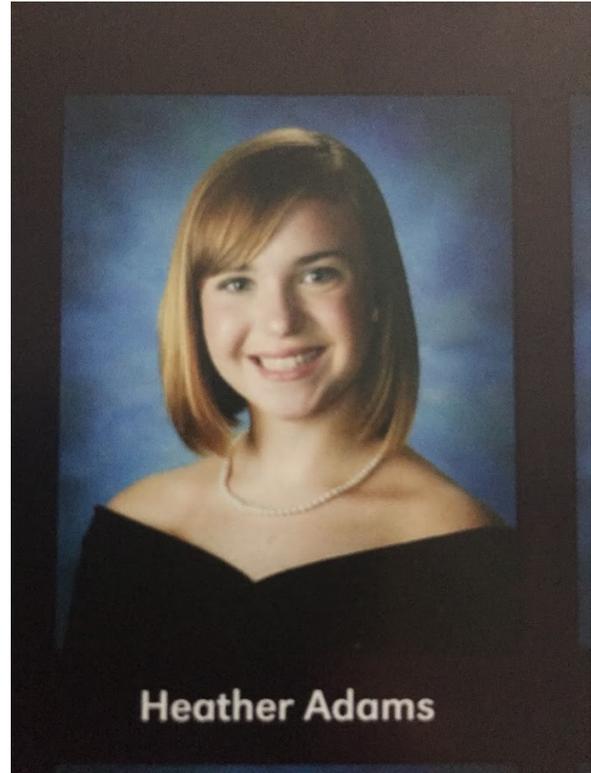
2007-2010



MAGGY DOHERTY (BOYD) GHS '09

FONDEST MEMORY: Driving the younger divers (Kelsey & Tito) from GHS to the pool and pretending to be cool by blowing through a stop sign after saying "no cop, no stop"...and then getting a stop sign ticket

WHAT AM I DOING NOW? I own Doherty Nutrition :)
A registered dietitian private practice



HEATHER ADAMS CHHS '10

FONDEST MEMORY: Waking up at 4:30 in the morning to carpool to swim practice with a certain someone (Jackie?) singing at the top of lungs while the rest of us were half asleep haha

WHAT AM I DOING NOW? ICU Travel Nurse

2007-2010



TYLER LAWSON GHS '10

FONDEST MEMORY: Pasta & Holiday Parties

WHAT AM I DOING NOW? VP of Underwriting at Lumen Risk Services



PAIGE LAWSON (EBERT) CHHS '10

FONDEST MEMORY: I guess I'd have to say meeting my future husband ;)

WHAT AM I DOING NOW? Work at Southwest Airlines in their marketing department

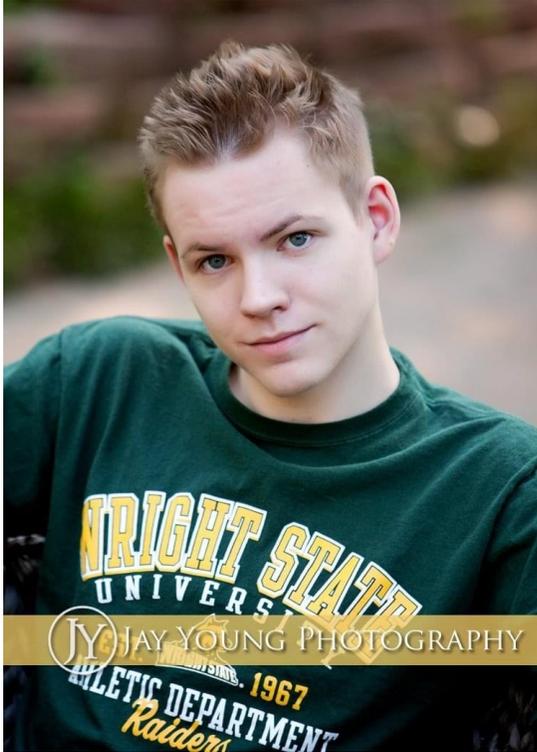


LACEY HEUSINKVELD (MATTSON) CHHS '10

FONDEST MEMORY: Loved the Halloween parties :)

WHAT AM I DOING NOW? High School Instructional Coach

2011-2015



MICHAEL PROCUNIAR CHHS '11

FONDEST MEMORY: Breaking record in relay

WHAT AM I DOING NOW? Plumber perviously a hairdresser



COLE JORDAN CHHS '12

FONDEST MEMORY: Trash Can hot tub or the travel meet to Texas A&M

WHAT AM I DOING NOW? Gardener



MORGAN JOHNSTON (WEAKLEY) GHS '12

FONDEST MEMORY: There's too many to count! Senior swim banquet, all of the swim meets, "breaking 30," etc. :)

WHAT AM I DOING NOW? Complex Claims Advisor at Sedgwick

2011-2015



MARISSA BOURGEOIS GHS'12

FONDEST MEMORY: The swim team getting in trouble and we all had to get out of the pool and do bear crawls around the building.

WHAT AM I DOING NOW? Veterinarian



MADISON MONTEIRO GHS'12

FONDEST MEMORY: Homecoming parade + floats every year!

WHAT AM I DOING NOW? Client Solutions Manager at LinkedIn



ERIC SHORTRIDGE CHHS '13

FONDEST MEMORY: The excitement of beating a Highschool record for the 200 Free relay. Being able to contribute and witness this achievement was the highlight of my HS career.

WHAT AM I DOING NOW? I'm a fleet manager for Fastenal

2011-2015



ISAIAH GREEN GHS '13

FONDEST MEMORY: Being the HS Team Captain in 2013.

WHAT AM I DOING NOW? Recruiter



MICHELLE WILLIAMS CHHS '13

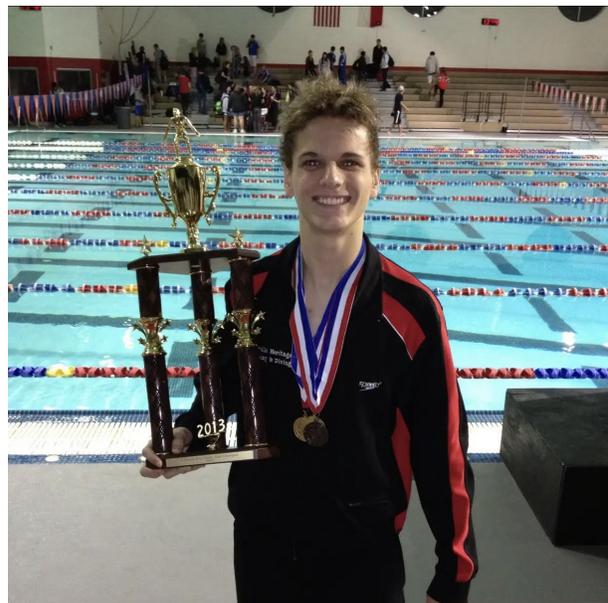
FONDEST MEMORY: JAU throwing the trash can across the pool my freshman year, the bus rides to travel meets at A&M, and senior homecoming parade with the giant shark we made



MATTHEW REITZ CHHS '13

FONDEST MEMORY: "Beating" my best time due to a glitch at one of the A&M meets. I was the team's fastest butterfly champion ever for a good 10 or so minutes before the officials corrected it.

WHAT AM I DOING NOW? Management Analyst/
Special Assistant - U.S. Department of Defense



ANDREW REINHARDT (KRASNER) CHHS '13

FONDEST MEMORY: Breaking the school record in the 200 free relay

WHAT AM I DOING NOW? Sheet metal fabrication

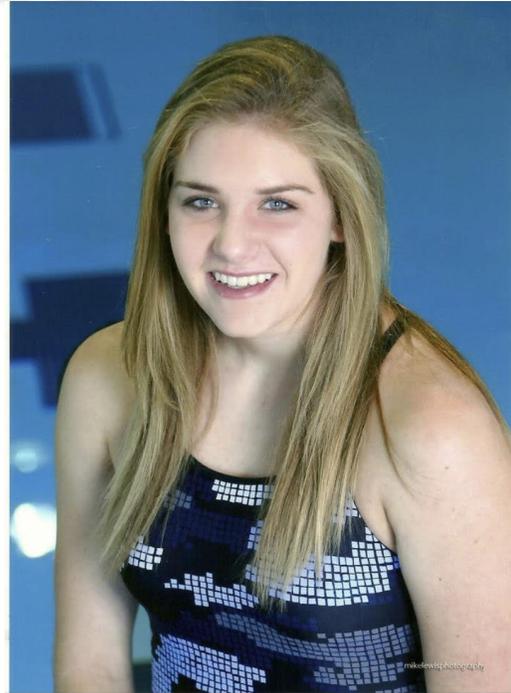
2011-2015



CHRISTIAN KALMBACH GHS '14

FONDEST MEMORY: Running outside in our practice suits when it snowed one winter

WHAT AM I DOING NOW? Senior Analyst at Toyota North America



MEREDITH FLINT CHHS '14

FONDEST MEMORY: The A&M dive meets each year

WHAT AM I DOING NOW? 4th grade Math and Science teacher at Cannon Elementary



MADISON RAKESTRAW (WHITLOCK) CHHS '14

FONDEST MEMORY: Halloween parties!

WHAT AM I DOING NOW? Data analyst in Houston



NATALIE PREOLA CHHS '14

FONDEST MEMORY: Travel meets to A&M!

WHAT AM I DOING NOW? Pediatric ICU nurse at Childrens Health Dallas

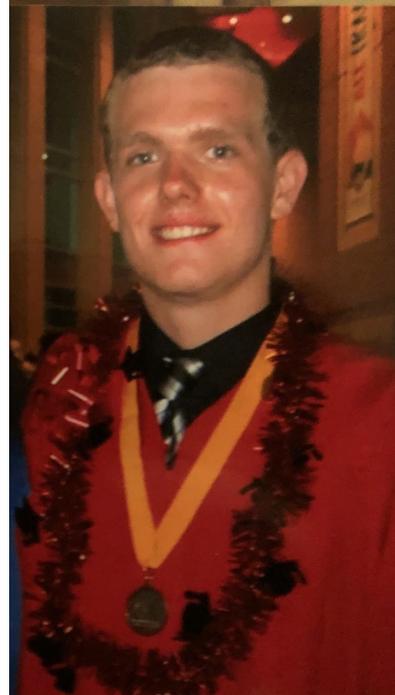
2011-2015



SOPHIA CARDENAS CHHS '14

FONDEST MEMORY: Swim was my happy place through the majority of high school, but one of my funniest memories was when someone brought donuts to a swim meet and coach took the box and licked every single one so that no one would eat them.

WHAT AM I DOING NOW? Currently I work as a Client Success Manager for a company based in Austin. I live in Plano and am planning my wedding for April 2023!



BRETT ROGAN CHHS '14

WHAT AM I DOING NOW? Sales for Ulrich (sheds and cabins)



AUNDREA SCOTT GHS '14

FONDEST MEMORY: A&M travel trip in 2012 I vividly remember all of us sitting in a circle at the hotel singing songs with a banjo and it was SO fun

WHAT AM I DOING NOW? Managing & Opening F45s

2011-2015



SLATON WRIGHT CHHS '15

FONDEST MEMORY: Having Jack as a coach was the most entertaining part of my day. He would constantly yell and name call and we all tried to fight with him but he always won. Jack truly loved us as if we were his own! I'll never forget that.

WHAT AM I DOING NOW? Currently just weight lifting, I haven't been on a diving board since high school!



ARIANA MONTEIRO GHS '15

FONDEST MEMORY: Building the float at the homecoming parade

WHAT AM I DOING NOW? I'm an engineer for an oil and gas company



DAYNE YANAI CHHS '14

FONDEST MEMORY: "Cool down" .

WHAT AM I DOING NOW? Senior financial analyst at UT southwestern



AIDAN MCCUE GHS '14

FONDEST MEMORY: Junior year swim banquet, sophomore year A&M trip

WHAT AM I DOING NOW? PhD student/graduate assistant

2011-2015



FONDEST MEMORY: Coming back after summer and working out so hard I could barely get up the stairs to my class on the 3rd floor

WHAT AM I DOING NOW? Working for a software company



ANDREW JARRETT GHS '15

FONDEST MEMORY: Everyone hanging in the weight room at the pentathlon

WHAT AM I DOING NOW? Mechanical Engineering

2015-2020



BRIDGET SNEED (PACILIO) CHHS '15

FONDEST MEMORY: The yearly A&M travel meet, the state meet, & Coach Jau's iconic scream sessions at 7AM

WHAT AM I DOING NOW? Dental student



HANNAH BENTON CHHS '15

FONDEST MEMORY: A&M travel meets

WHAT AM I DOING NOW? ER case manager in Lubbock



KAARIN STAALSEN GHS '15

FONDEST MEMORY: Getting to swim at meets with friends and my sister :)

WHAT AM I DOING NOW? Nursing Lubbock

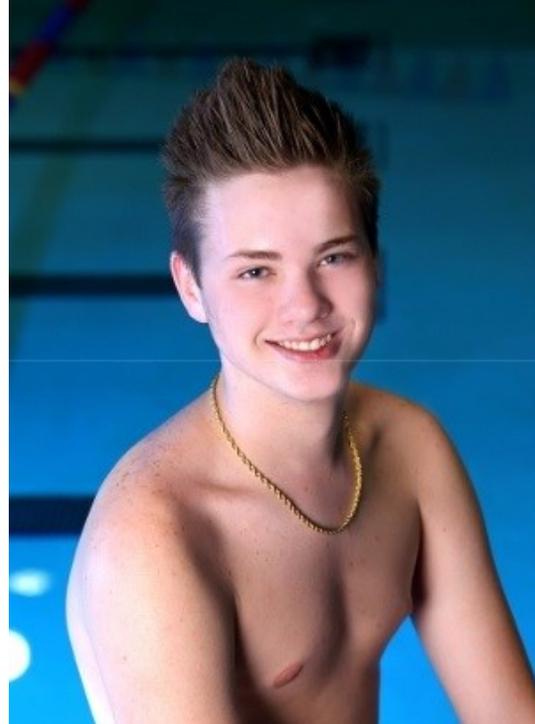
2015-2020



JORDYN ARENDSE GHS '15

FONDEST MEMORY: 400fr. relay senior year and travel trips to A&M

WHAT AM I DOING NOW? Second grade teacher



COREY BEITLER GHS '15

FONDEST MEMORY: Jump street/one of the team building events or water polo

WHAT AM I DOING NOW? Mechanic



MADISON CHAO GHS '16

FONDEST MEMORY: Travel meets!

WHAT AM I DOING NOW? I'm currently a bioanalytical chemist for a rare disease gene editing company in Philadelphia.



SAWYER WRIGHT GHS '15

FONDEST MEMORY: Seeing Coach Jack sitting out in the field to find 4 clovers to give the team before meets.

WHAT AM I DOING NOW? Social Worker at a Primary Care Clinic

2015-2020



CLARE CUSHING CHHS '16

FONDEST MEMORY: Playing in the snow in our swimsuits when it snowed during practice

WHAT AM I DOING NOW? Engineer



MITCHELL GAY CHHS '16

FONDEST MEMORY: Anytime we played St. Marks in water polo

WHAT AM I DOING NOW? Medical Distribution Sales



CHRISTINA PORRAS GHS '16

FONDEST MEMORY: Pasta parties all of them

WHAT AM I DOING NOW? Human Resources



ELIZABETH FRAZIER CHHS '16

FONDEST MEMORY: All the girls running out in the snow after practice to get a picture that made it in the news

WHAT AM I DOING NOW? Working at EY as a senior advisor

2015-2020



BALEIGH HALL CHHS '16

FONDEST MEMORY: Pasta Dinners before meets/
just having a good time.

WHAT AM I DOING NOW? Medical Assistant UT
Health Pulmonary Tyler TX



PARKER SCHULTZ GHS '17

FONDEST MEMORY: Jau throwing a chair in the wa-
ter

WHAT AM I DOING NOW? Real estate



DANIEL RUTLEDGE GHS '17

FONDEST MEMORY: Winning state with the ey boss
cap

WHAT AM I DOING NOW? Engineering

2015-2020



POOJA MANYAM GHS '17

FONDEST MEMORY: Winning regions!

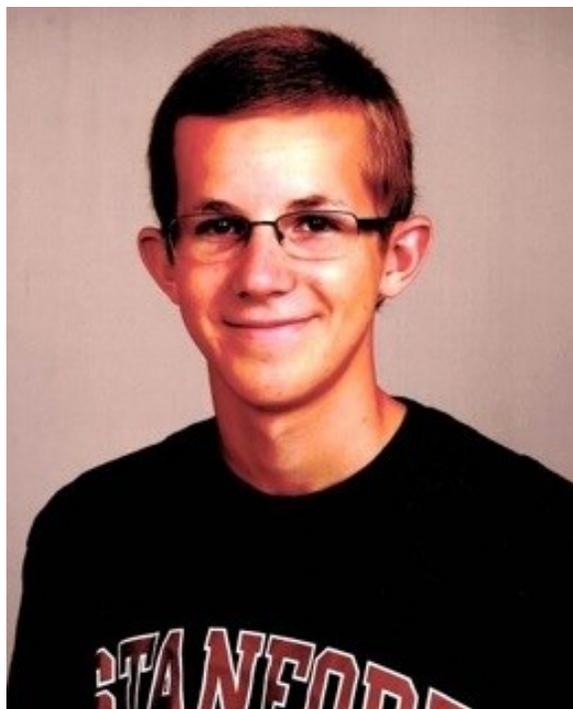
WHAT AM I DOING NOW? I work for a fintech startup



JUSTIN YAN CHHS '17

FONDEST MEMORY: Float decorating with the team!

WHAT AM I DOING NOW? Living in NJ and writing code for Palantir



JIM MOYNIHAN CHHS '17

FONDEST MEMORY: Either state trip 2017, with our poor attempt at sing-along with shot voices on the way back, or shredding people at cards in the bleachers on JV

WHAT AM I DOING NOW? Finishing up at TAMU



RYAN MCMANUS CHHS '17

FONDEST MEMORY: A&M travel trips and state trip

WHAT AM I DOING NOW? Working in IT for General Motors in Austin

2015-2020



JOHN ERIC RIOS CHHS '17

FONDEST MEMORY: Personal Training

WHAT AM I DOING NOW? Structural Engineer



MELANIE URRUTIA GHS '17

FONDEST MEMORY: Genuinely, it was spending time with some of my favorite people while getting ready for school in the locker room! Talking to Madelyn about Wuthering Heights because we hadn't done the required reading (don't tell Mr. Henry) and asking Pooja to explain it to us, or gossiping about whatever random drama 16 year olds have going on. It was the best way to start your day, getting ready with your friends. As for an actual swimming memory - I don't remember what the game was called, but it was essentially a relay where we had to swim with a 3XL t-shirt on and then you had to put it on the person going after you. I just remember laughing so hard while swimming I couldn't breathe. Whenever I think about how much I miss swimming, being on a team and going to practice, that is always something I think about.

WHAT AM I DOING NOW? I am a Senior Recruiting Coordinator for Deloitte Consulting in Denver!

2015-2020



VIVEK TANNA GHS '18

FONDEST MEMORY: Attending state for two years, as an alternate

WHAT AM I DOING NOW? Health Education Specialist in the Bay Area



KATIE MATHISEN GHS '18

FONDEST MEMORY: Bringing a bottle of ranch to every banquet because the chicken was always so dry!

WHAT AM I DOING NOW? Just finished my Associate's at TCC and will be at UNT Denton in the spring for Fashion Merchandising. I am currently working in downtown Fort Worth.

KEELIE SHUCK GHS '18

FONDEST MEMORY: My favorite memory was when Jau coached me my freshman year in Diving.

WHAT AM I DOING NOW? Getting my MBA and interning at Wise Health Systems in Decatur.



2015-2020



OSWALDO ORTIZ CHHS '19

FONDEST MEMORY: Pasta parties

WHAT AM I DOING NOW? Citi Tech Analyst



MADELINE OLIVER CHHS '19

FONDEST MEMORY: Pasta parties

WHAT AM I DOING NOW? Senior year at Baylor University



SHRAVYA YARLAGADDA GHS '19

FONDEST MEMORY: Cheering for teammates during swim meets:)

WHAT AM I DOING NOW? Senior in college

2015-2020



ARIANNE ROMERO GHS '19

FONDEST MEMORY: My fondest memory was when I got to help make the Wizard of Oz float and I got to be Dorothy!

WHAT AM I DOING NOW? I am in my final year of my bachelor's in animal science and am currently working as a veterinary technician.



ZOE SCANLAN CHHS '19

FONDEST MEMORY: pasta parties

WHAT AM I DOING NOW? Senior year of bachelors of nursing



OLIVIA BRADSHAW GHS '19

FONDEST MEMORY: A&M travel trips... taking naps in the weirdest spots throughout the day and on the bus back

WHAT AM I DOING NOW? Attending UT Austin



SARANG KIM CHHS '19

FONDEST MEMORY: Going to my A&M travel meet junior year!

WHAT AM I DOING NOW? I am a senior studying public health at UT Austin!

2019-2021



ERIC HE GHS '19

FONDEST MEMORY: Jau getting mad at me not coming to practice and smashing his phone

WHAT AM I DOING NOW? Investment Banking



ASHWINI VIVEK CHHS '20

FONDEST MEMORY: Eating pizza, talking, and playing games at A&M!

WHAT AM I DOING NOW? Studying neuroscience



BRIDGET FERRIS CHHS'20

FONDEST MEMORY: Spending time on the bus and hanging out with her best friends at meets.

WHAT AM I DOING NOW? Studying chemistry and math in college.

2019-2021



ELIZABETH HYUN CHHS '20

FONDEST MEMORY: Going to the A&M meets and becoming friends some of the best people!

WHAT AM I DOING NOW? Studying neuroscience and global health at Northwestern University



EMILY RUGGLES CHHS '21

FONDEST MEMORY: Jau's Halloween costumes

WHAT AM I DOING NOW? Going to college



NICK RENNHACK CHHS '21

FONDEST MEMORY: Going to state with Blake and Ethan

WHAT AM I DOING NOW? Swimming at Carson Newman university

2021-2022



MEGAN ARENDSSE GHS '21

FONDEST MEMORY: A&M travel trips, Jau teaching me to bowl. Jau walking around deck in his panda costume

WHAT AM I DOING NOW? Swimming and studying nursing at Oklahoma Christian university



TESS MILLER GHS '21

FONDEST MEMORY: Coach Jau dressing as a panda for Halloween

WHAT AM I DOING NOW? Music Teacher at Stage Notes School of Music and Arts



GABRIELLA HOWLAND CHHS '21

FONDEST MEMORY: Back in freshman year we would send water bottles "out to see" with the kick boards and see how long the owner would notice.

WHAT AM I DOING NOW? I'm at UTSA majoring in kinesiology with a concentration in health science. I'm pursuing a career in pediatric PT and I'm currently doing volunteer work for young disabled swimmers.

2021-2022



GRANT GHORMLEY GHS '21

FONDEST MEMORY: A&M and State meets and playing golf

WHAT AM I DOING NOW? Going to college at Texas A&M



CARSON HALL GHS '22

FONDEST MEMORY: My senior year state meet.

WHAT AM I DOING NOW? I am currently going to college at OU for aviation.



MONA ASCENCIO CHHS '21

FONDEST MEMORY: When Makena put scented lotion on her face and broke out in hives lol

WHAT AM I DOING NOW? In school for biology

2021-2022



BENJAMIN KOBEL GHS '22

FONDEST MEMORY: Carson getting stuck under a sink at A&M meet

WHAT AM I DOING NOW? Studying architectural engineering at UT Austin



IMAN MINHAS CHHS '22

FONDEST MEMORY: A&M Meet

WHAT AM I DOING NOW? College student



KATHRYN DEZURIK GHS '22

FONDEST MEMORY: When Coach Jau would try to stall the hero swims

WHAT AM I DOING NOW? College Student

2021-2022



NAOMI DRORI GHS '22

FONDEST MEMORY: Grapevine Girls winning the 200 Medley relay at 2022 Region Champs

WHAT AM I DOING NOW? Mechanical Engineering at Texas A&M



MAKENA WALLER CHHS '22

FONDEST MEMORY: the countless times i couldn't get my swim suit up and so many people had to help me lol

WHAT AM I DOING NOW? I'm in school for nursing



RAYLEY MCNUTT GHS '22

FONDEST MEMORY: meeting cool people

WHAT AM I DOING NOW? College Student