

2015 MPSF Swimming & Diving
Conference News
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2015 MOUNTAIN PACIFIC SPORTS FEDERATION
SWIMMING AND DIVING ATHLETES AND COACHES OF THE YEAR

University of Hawaii Women's Swimming and Diving has swept the 2015 MPSF major awards. Senior Jasmine Alkhalidi earns MPSF Swimmer of the Year, Kira Webster freshman of the year, Victor Wales swim coach of the year, Aimee Harrison diver of the year, and Mike Brown and Anita Rossing diving co-coaches of the year.

2015 MPSF SWIMMER OF THE YEAR

JASMINE ALKHALDI • SENIOR • HAWAII



University of Hawaii senior **Jasmine Alkhalidi** (Laguna, Philippines) was a rare triple-event individual MPSF Champion, winning the 50 free (22.49), 100 free (48.87), and 200 free (1:46.70), while setting new conference meet records in each of those events. Alkhalidi also provided a leg for Hawaii's winning 200 free relay, 200 medley relay, 400 free relay, and 800 free relay teams, giving her an incredible total of seven championship victories and first-team all-conference honors. She helped Hawaii to its first-ever MPSF Championship in any sport for either gender. Alkhalidi went on to NCAA's and came within two-tenths of all her times from the conference meet. Earlier in the year at the A3 Invite, she won the 200 free, took second in the 100 free, and third in the 50 free.

2015 MPSF FRESHMAN OF THE YEAR

KIRA WEBSTER • FRESHMAN • HAWAII



University of Hawaii freshman **Kira Webster** (Bloomington, IL) swam a leg on the winning 800 free relay team, took second-place in the 1650 free (16:31.46), third in the 500 free (4:50.98), and fifth in the 200 free (1:49.10), giving her four all-conference honors in her first MPSF Championship competition. Playing an important role towards the Rainbow Wahine team title, Webster was the lone freshman to compete in the event finals in the 200 and 500. She won her first two collegiate swims in the 1000 and 500 free against San Diego State in October. At the A3 Invitational, she finished second in the 1650 free, third in the 500 free, and seventh in the 200 free.

2015 MPSF COACH OF THE YEAR

VICTOR WALES • 10TH YEAR • HAWAII



University of Hawaii Head Coach **Victor Wales** guided the Rainbow Wahine to a 2015 MPSF title, leading wire-to-wire through four days. It was the first-ever MPSF Championship for Hawaii in any sport for either gender. Jasmine Alkhalidi took down MPSF records in the 50 free, 100 free, and 200 free on her way to seven titles and swimmer of the meet honors. She went on to compete at her first-ever NCAA Championship. Four UH relay teams won MPSF gold; the 200, 400, and 800 free relays, and the 200 medley relay. There were a total of 32 all-conference honors for the UH women, 24 on the first-team.

2015 MPSF DIVER OF THE YEAR

AIMEE HARRISON • JUNIOR • HAWAII



University of Hawaii junior Aimee Harrison (Winnipeg, Canada/Ecole Oake Park HS) wins her third MPSF Diver of the Year award since the inaugural year of the honor in 2013. She is the first-ever MPSF female athlete, all sports combined, to be named an athlete of the year three times. Harrison defended her one-meter conference title this year, scoring a 291.10, over 25 points ahead of the second-place finisher to headline a Rainbow Wahine top-three sweep in the event. She also dove to a 292.60 on the three-meter board and 214.85 on the championship platform, taking the silver in each event. Harrison earned All-American honors this year on both the one-meter (308.45) and three-meter (316.20), placing 14th and 16th respectively at the NCAA Championship. Her regular season titles included the one-meter at the UCLA Invitational and three-meter at the Hawaii Invitational.

2015 MPSF DIVING CO-COACH OF THE YEAR

MIKE BROWN • 15TH YEAR • HAWAII



University of Hawaii Head Coach Mike Brown, in his 15th year at the helm of the women's diving program, led the Rainbow Wahine to another fantastic showing at the MPSF Championships in Pasadena. Junior three-time MPSF Diver of the Year, and 2015 diver of the meet Aimee Harrison repeated her title on the one-meter (291.10) as did junior Lauren Hall on three-meter (302.65). Genevieve Bradley completed the Hawaii sweep on each of the championship boards, when she won platform (228.95). Harrison added runner-up outcomes on both the three-meter and platform. Hall was second on one-meter, while another first-team all-conference performer was Monica Gavaris, taking third on one-meter and platform. Eight of nine first-team All-MPSF Divers came from UH. Harrison went on to earn a pair of top-16 dives at the NCAA Championship meet, earning All-American Honors on both the one and three-meter events. Brown, along with Co-Coach Anita Rossing, has won all three MPSF Women's Diving Coach of the Year Honors.

2015 MPSF DIVING CO-COACH OF THE YEAR

ANITA ROSSING • 15TH YEAR • HAWAII



University of Hawaii Co-Head Coach Anita Rossing, in her 15th year at the helm of the women's diving program, led the Rainbow Wahine to another fantastic showing at the MPSF Championships in Pasadena. Junior three-time MPSF Diver of the Year, and diver of the meet Aimee Harrison repeated her title on the one-meter (291.10) as did junior Lauren Hall on three-meter (302.65). Genevieve Bradley completed the Hawaii sweep on each of the championship boards, when she won platform (228.95). Harrison added runner-up outcomes on both the three-meter and platform. Hall was second on one-meter, while another first-team all-conference performer was Monica Gavaris, taking third on one-meter and platform. Eight of nine first-team All-MPSF Divers came from UH. Harrison went on to earn a pair of top-16 dives at the NCAA Championship meet, earning All-American Honors on both the one and three-meter events. Rossing, along with Co-Coach Mike Brown, has won all three MPSF Women's Diving Coach of the Year Honors.