

MISCA

Zone 5 Girls Season Report 2025

Zone 5 Coach of the Year: Erica Slenk - Holland Christian

Zone 5 Swimmer of the Year: Ellery Chandler - East Grand Rapids

Zone 5 Diver of the Year: Katelyn Allen - Northview

Conference Champions:

Ottawa-Kent Red: Rockford High School - Samantha Velting

Ottawa-Kent White: East Grand Rapids High School - Butch Briggs/
Jenison High School - Kyle Stumpf

OK Lakeshore: Unity Christian High School - Libby Nelesen

Ottawa-Kent Rainbow East: Caledonia - Amber Pearson

Top 15 State Team Finishes:

Division 1:

Jenison - 2nd
Zeeland - 4th
Rockford - 9th
Caledonia - 10th
Hudsonville - 13th

Division 2:

Byron Center - 6th
Grand Rapids Forest Hills Central - 13th

Division 3:

East Grand Rapids - 1st
Holland Christian - 4th
Unity Christian - 5th
Hamilton - 8th
Wayland - 9th
Grand Rapids Christian - 11th

Individual and Relay State Champions:

Division 1:

50 Yard Freestyle Paralympic	Grace Offman (Muskegon Mona Shores HS)	29.50
100 Yard Butterfly	Emma Albrecht (Jenison HS)	55.12 (AA-Consideration)

Division 2:

*No state champs from Division 2 for 2025.

Division 3:

200 Yard Medley Relay	<u>East Grand Rapids HS</u> Meredith Sperling Addie Hein Ellery Chandler Catherine Sowerby	1:44.65 (AA-Consideration)
200 Yard IM	Addie Hein (East Grand Rapids HS)	2:06.74
50 Yard Freestyle	Camryn Siegers (Holland Christian HS)	22.79 (AA-Cut)
50 Yard Freestyle Paralympic	Charlee Hoover (Hamilton HS)	41.12
1 Meter Diving	Josi Popma (Hamilton HS)	399.40
100 Yard Butterfly	Ellery Chandler (East Grand Rapids HS)	54.11 (AA-Cut)
100 Yard Freestyle	Laney Wolf (Wayland HS)	50.60 (AA-Consideration)
100 Yard Freestyle Paralympic	Charlee Hoover (Hamilton HS)	1:26.12
200 Yard Freestyle Relay	<u>East Grand Rapids HS</u> Nora Camfferman	1:36.74 (AA-Consideration)

	Della Avedt Ivy Chu Ellery Chandler	
100 Yard Backstroke	Camryn Siegers (Holland Christian HS)	53.37 (AA-Cut)
100 Yard Breaststroke	Ellery Chandler (East Grand Rapids)	1:01.78 (AA-Cut)
400 Yard Freestyle Relay	<u>East Grand Rapids HS</u> Meredith Sperling Nalah Mamatela Catherine Sowerby Ivy Chu	3:32.82