

January 31, 2013

To Whom it May Concern,

I am writing this letter to recommend Caroline Burckle for induction into the Dawahares/KHSAA Hall of Fame as an athlete for 2014.

I was Caroline's swim coach at Sacred Heart Academy for her entire high school career from 2001-2004. Previously I was Head Swim Coach at Lakeside Swim Club in Louisville, Ky, and had the great fortune to work with some outstanding athlete's, including Olympians Mary T. Meagher, Tori Trees, and Leigh Ann Fetter and Pan American Games Gold Medalist Dorsey Tierney.

Caroline is one of the most outstanding swimmer's I have ever had the pleasure to work with. Her accomplishments speak for themselves. She was an 8 time individual state champion. She never lost an individual race at the state championship meet her entire high school career. She was a member of 7 relay state championship teams. She was also a National High School All-American many times for her performance in the pool as well as a National High School Scholastic All American for her performance in the classroom. She was a member of the Kentucky All State Swim Team all four years and during that time was voted outstanding swimmer of the State Championship Meet several times. She still holds the state record in the 500 freestyle. She is one of the most if not the most decorated high school swimmer's in Kentucky High School Swimming history.

Caroline went on to have an outstanding career at The University of Florida and was a Bronze Medalist at the 2008 Olympics.

What really makes Caroline special though is she is one of the finest young ladies I have ever coached. She was the ultimate team member. Her positive attitude was infectious. She always supported and encouraged her teammates 100% and swam her best races when the team needed her the most. She also led by her actions. No one worked harder than Caroline.

Without hesitation, it is my honor to recommend Caroline Burckle for induction into the Hall of Fame. She will be an excellent addition to an already outstanding group of Kentucky High School athletes.

Sincerely,

Scott Miller

Head Coach, Sacred Heart Academy, 1999-2006

January 22, 2013

Dawahares / KHSAA Hall of Fame

Attn: Nominations
2280 Executive Drive
Lexington, Kentucky 40505

RE: Caroline Burckle – Letter of Recommendation

Dear KHSAA:

Please consider this letter of recommendation for the nomination of Caroline Burckle to the Dawahares / KHSAA Hall of Fame.

Caroline is a graduate of Sacred Heart Academy in 2004 where she swam for four years. During her tenure at Sacred Heart, Caroline was an 8-time individual high school state champion. She won the 200 yard freestyle and 500 yard freestyle at the state championship meet all four years. In addition, she was a 7-time relay state champion giving her 15 state titles in all.

During High School, Caroline was a 15-time High School All-American and was also a High School USA Swimming Scholastic All-American for her outstanding performance in and out of the pool.

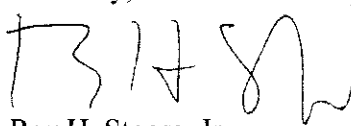
In college, Caroline swam for the University of Florida. In 2008, she was the individual NCAA Champion in both the 200 yard and 500 yard freestyle events. In the 500 yard freestyle, Caroline broke Janet Evans 23 year old NCAA record on her way to winning the event. She was named the NCAA Female Swimmer of the Year in 2008 winning the Honda Sports Award.

Caroline was a member of the 2008 Olympic Swimming Team that went to Beijing where she won a bronze medal in the 4 x 200 meter freestyle relay that set an American Record.

Caroline graduated from the University of Florida and is now pursuing a graduate degree in Sports Psychology. She owns her own business, Stilwellness, which specializes in mentoring, motivating and goal setting for young women.

I have been a swimming official for the KHSAA for 9 years as well as a USA Swimming Official. I have personally seen Caroline compete at state championships and have witnessed not only her competitiveness and strong desire to succeed but also her exemplary behavior and sportsmanship during competition. It is without hesitation that I recommend Caroline for nomination to the Dawahares / KHSAA Hall of Fame.

Sincerely,



Ray H. Stoess, Jr.

 **[PRINT]** **ESPN.com: NCAA**

[\[Print without images\]](#)



Wednesday, April 2, 2008

Florida's Burckle recognized as top female swimmer

Associated Press

Florida senior Caroline Burckle won the Honda Award on Wednesday as the top female college swimmer.

Burckle broke Janet Evans' 18-year-old record in the 500 freestyle at the NCAA championships last month. She eclipsed the record of 4 minutes, 34.39 seconds, finishing in 4:33.60 to win by nearly 6 seconds.

Burckle, who was selected NCAA swimmer of the year, also defeated defending champion senior Lacey Nymeyer of Arizona by 0.23 seconds to win the 200 freestyle in 1:43.10.

The All-American also earned three titles in the SEC Championships.

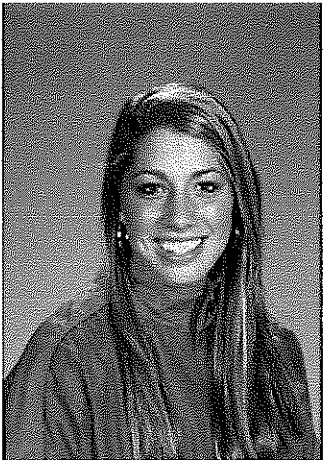
Tracy Caulkins was a three-time Honda award winner for Florida in the 1980s and a role model for Burckle. Caulkins also was a two-time winner of the Honda-Broderick Cup.

"I actually met Tracy about two years ago, she has the attitude of a champion," Burckle said. "I respect her for all her accomplishments and her personality, so I feel really honored to be in her company as a Honda Sports Award winner."

Burckle has been training for the Olympic trials in June.

"I'm just trying to focus on the process," she said. "I know that striving forward and performing my best is the most I can do, but it sure would be exciting if I make the Olympic Team."

She is eligible for the Honda-Broderick award, which will be announced in June.

**2007 WOMEN'S SWIMMING & DIVING
ROSTER**


Caroline Burckle

Free

CLASS
SR

Hometown
Louisville, Ky.
(Sacred Heart
Academy)

Experience
3L
School

23-time All-American
19-time All-SEC
Two-Time SEC record holder
NCAA record holder
2007 Pan American Champion
Two-Time NCAA Champion
2008 NCAA Female Swimmer of the Year
Eight-time SEC champion
2005 SEC Freshman Swimmer of the Year

**Career Best Times
(Yards)**

50 Free - 22.75sp (2007 NCAA Championships)
 100 Free - 48.79s (2007 NCAA Championships)
 200 Free - 1:43.10 (2008 NCAA Championships)
 500 Free - 4:33.60 (2008 NCAA Championships)
 1,000 Free - 9:47.33 (Virginia, 10/11/07)
 1,650 Free - 16:20.23p (2007 ConocoPhillips U.S. Short Course Nationals)
 100 Fly - 56.92 (Indian River CC, 2/5/05)
 200 Fly - 2:09.96 (Tennessee, 1/28/06)
 100 Breast - 1:01.27 (2007 SEC Championships)
 200 Breast - 2:12.49 (2008 SEC Championships)
 200 IM - 2:02.51 (Arkansas/IRCC, 1/5/08)
 400 IM - 4:23.82 (Purdue, 11/6/04)

(Long Course Meters)

50 Free - 26.70 (2005 ConocoPhillips U.S. Nationals)
 100 Free - 56.29 (2007 ConocoPhillips U.S. Nationals)
 200 Free - 1:59.74 (2005 ConocoPhillips U.S. Nationals)
 400 Free - 4:11.83 (2007 ConocoPhillips U.S. Nationals)
 800 Free - 8:35.10 (2007 Pan American Games)
 100 Fly - 1:13.55 (2007 ConocoPhillips U.S. Nationals)
 100 Breast - 1:13.38p (2007 Eric Namesnik Memorial Grand Prix)
 200 IM - 2:26.28 (2004 U.S. Open)

UF All-Time Ranking:

First in the 500 Free with an NCAA record time of 4:33.60 ... First in the 200 free (1:43.10) ... First in the 200 MR (1:37.23) ... First, third and seventh in the 800 FR with times of 7:00.25, 7:06.22 and 7:08.30, respectively ... First, second and third in the 400 MR with times of 3:33.94 and 3:34.73 and 3:35.29 respectively ... First, fifth and tenth in the 200 MR with times of 1:37.23, 1:39.75, 1:39.72 and 1:40.35, respectively ... Tied for second in the 100 free (48.26) ... Second in the 100 breast (1:01.27) ... Second in the 200 breast (2:12.49) ... Second, third, fourth and sixth in the 400 FR with times of

3:16.54, 3:16.63, 3:16.67 and 3:17.09 respectively ... Third in the 100 free (48.79) ... Third in the 200-meter free (1:59.74) ... Third in the 400-meter free with a time of 4:11.83 ... Third and ninth in the 200 FR with times of 1:30.38 and 1:30.70, respectively ... Fourth in the 100-meter free (56.29) ... Fifth in the 800-meter free (8:38.92) ... Seventh in the 100-meter breast (1:13.38) ... Ninth in the 50 free (22.75) ... Tenth in the 800-meter FR (8:31.25) ... Tenth in the 400-meter MR with a time of 4:20.16

National/International Competition:

Named to the U.S. National Team for the 800-meter freestyle thanks to her gold medal performance at the Pan American Games ... Placed sixth in the 500-yard free with a time of 4:44.63 at the 2007 ConocoPhillips U.S. Short Course Nationals ... Earned a seventh place finish in 400 FR (3:22.43), was ninth in the 400 MR (3:44.60), was 10th in the 800 FR (7:24.20) 13th in the 200 free (1:47.39), 19th in the 100 breast (1:02.89) ... Finished tenth in the 100-meter free with a time of 56.29 at the 2007 ConocoPhillips U.S. Nationals ... Finished fifth in the 400-meter free with at time of 4:11.83...Was ninth overall, finishing first in her final heat in the 200-meter free (2:00.87) ... Took 61st in the 100-meter fly (1:13.55) ... Represented the United States at the 2007 Pan American Games, winning a gold medal in the 800-meter free with a time of 8:35.10... Took fourth in the 800-meter free (9:01.89), fifth in the 100-meter breast (1:13.51), sixth in the 400-meter free (4:21.87) and seventh in both the 100-meter (58.75) and 200-meter free (2:05.62) at the 2007 Eric Namesnik Memorial Grand Prix in Ann Arbor, Mich. ... Also finished 24th in the 50-meter free (27.58) ... Placed 12th in the 400-meter free (4:16.47) and seventh in the 800-meter free (8:38.92) at the 2006 ConocoPhillips U.S. Nationals ... Recorded a time of 4:15.80 in prelims, vaulting her to sixth in school history in the event ... Also finished 42nd in the 200-meter free (2:03.45) and 85th in the 50-meter free (27.25) ... Swam in the 2005 World Championship Trials and earned a spot on the 800 FR World Championship team with a 200 free time of 2:00.16 for fourth-place ... Competed in the 800 free, finishing 10th with a 8:53.79 clocking ... Qualified for the 100 free finals at the World Trials with a time of 56.43 and went on to take 15th with a 57.20 effort ... Finished in 35th with 24-individual points scored at the World Trials ... Competed at the 2004 U.S. Olympic Trials in the 200-, 400- and 800-meter free events, finished the 200-meter free prelims in 2:02.85 for 19th-place, took 12th in the 400-meter free (4:13.91) and 13th in the 800-meter free (8:45.02) ... In 2003, was ranked in the top 100 in the World in the 200-, 400- and 800-meter freestyle ... Made the Top 25 USA list in the 200 free in 2003 and the Top 25 USA list in the 400 free in 2002 ... Finished 10th in the 200 free, 16th in the 800 free and 18th in the 400 free at the 2003 Summer Nationals ... Was a record holder in 2003 in the 200 and 400 MR events in the Girls 17-18 National Age Group Relay.

At Florida:

2007-08: 2008 NCAA Swimmer of the Year, Named SEC Swimmer of the Week for 10/16, SEC Academic Honor Roll Selection ... Won two national championships, brought home seven All-American honors and was named Swimmer of the Year at the 2008 NCAA Championships in Columbus (3/20-22) ... Broke the NCAA record in the 500 free with a time of 4:33.60 to win her first career individual championship ... Later went on to win the 200 free with a school record time of 1:43.10 ... Also swam as part of four relay teams, the 400 MR team that finished fourth with a school record time of 3:34.05, the 200 MR (prelims only) team that finished seventh (1:38.98), the 800 FR team that finished seventh (7:06.22) and the 400 FR team that finished 10th (3:16.67) ... Won three SEC titles at the SEC Championships meet in Tuscaloosa (2/20-23), first as part of the 200 MR team that broke the SEC record with a time of 1:37.23 ... Won her third individual SEC title of her career in the 500 free with at time of 4:34.87, also won the 200 breast with a time of 2:12.49, to join her brother as the first brother sister combination to ever win an SEC title at the same meet ... Swam with the 400 FR team that finished third with a time of 3:16.63, the 400 MR team that finished second with a time of 3:34.84, and the 800 FR team that finished third with a time of 7:05.81 ... Earned her final win of the regular season against FAU as part of the 200 MR team that finished with a time of 1:44.64... Picked up four provisional times against Tennessee (2/1), finishing second as part of the 400 FR (3:25.29), swimming a 100 split of 50.37, second in the 200 free (1:48.14) and third in the 200 breast (1:57.34) ... Finished third in the 100 breast (1:12.97) and fourth in the 100 free (58.40) against Auburn, the first time all season she did not win her individual events ... Won the 100 free (49.72) and was part of the 200 MR (1:42.07) and 800 FR (1:33.15) teams that finished first against LSU ... Touched first in the 200 IM with at time of 2:02.51 against Arkansas and IRCC ... Also was part of the first place 400 MR team that finished with a time of 3:45.16 and exhibitioned the 400 FR, helping her team to a time of 3:27.47 ... Had three wins in victory against Florida State, claiming first in the 200-yard free (1:47.67), 200-yard breast (2:14.80) and as part of the 400-yard medley relay (3:42.42) ... Picked up one win in the 100 breast at Kentucky, touching with a time of 1:03.81 ... Finished first three times in a long course meter dual meet against Michigan, winning individual races in the 200-meter free (2:04.99), 100 breast (1:13.99), 100 free (57.65) ... Picked up five wins in relay races, including the 200 FR (1:46.64), 400 FR (4:16.95), 400 MR (4:19.82), 200 MR (2:00.17) and 800 FR (8:33.28) ... Won both the 400-meter free (4:17.09) and 800-meter free (8:46.54) at Georgia ... Picked up three wins at Minnesota in the second meet of the year in the 200 free (1:47.74), 500 free (4:47.01) and 400 FR (3:24.78) ... Finished first in three races at Virginia to open the season, claiming the 1,000-yard free (9:47.33), 100-yard breast (1:02.51) and 500-yard free (4:48.47).

2006-07: SEC Academic Honor Roll selection ... Collected seven All-America honors at the NCAA Championships in Minneapolis (3/8-10) ... Claimed runner-up honors in the 500 free with a personal-best 4:38.28, and also placed fifth in the 200 free (1:45.37) ... Led off the sixth-place 400 FR (3:17.80) and the eighth-place 800 FR (7:09.70) units ... Member of the 400 MR squad that took fourth (3:35.72) and the ninth-place 200 MR quartet (1:39.75) ... Earned another All-America by helping the 200 FR squad reach the consolation finals, leading off the prelims race with a career-best 22.75 split in the 50 free ... Won the 100 breast with a career-best time of 1:01.27 and raced to fifth-place finishes in the 100 (49.60) and 500 (4:45.47) free at the SEC Championships in Lexington, Ky. (2/7-10) ... Member of the third-place 400 FR (3:18.90) and 400 MR (3:40.43) teams, as well as the fourth-place 800 FR (7:08.30) and 200 MR (1:40.35) squads, at the conference meet ... Swam the second leg for the first-place 200 MR team (1:42.69) and helped the 200 FR team to a first-

place finish with a provisional time of 1:33.13 against Tennessee (1/26) ... Earned an NCAA automatic-qualifying time of 4:44.91 with a first-place finish in the 500 free and finished first in the 100 breast with a provisional time (1:02.28) against Auburn (1/19) ... Won the 100 free with a provisional time of 50.58 against IRCC (1/13) ... Swam to a first-place finish with a provisional time (1:03.04) in the 100 breast and exhibitioned the 200 breast (2:18.55) against Virginia (1/12) ... Finished 16th in the 800-meter free (8:58.45) and 19th in the 400-meter free (4:20.76) at the U.S. Open in West Lafayette, Ind. (11/30-12/2) ... Also competed in the 200-meter free (2:07.52) ... Won the 200 free with a provisional time of 1:48.62 and finished fourth in the 200 breast (2:16.68) against FSU (11/21) ... Notched a provisional time of 50.91 to finish first in the 100 free, and earned the victory on the 1,000 free (9:49.37), against Minnesota (10/27) ... Won the 500 free with an NCAA automatic-qualifying time of 4:45.21, finished first in the 200 free with a provisional time (1:47.64), and helped the 400 MR team finish first (3:42.61) against Georgia (10/26) ... Finished third in the 200 IM, earned a first-place finish in the 500 free with an NCAA provisional time of 4:49.33, while also placing third in the 200 IM (2:04.13), against Michigan (10/14).

2005-06: Top-five finisher in the 500 free at the 2006 NCAA Championships ... Earned three All-America honors in the 500 free, 400 FR and 800 FR ... Finished in the top-five in two events at the SEC Championships (400 FR, 800 FR) ... Notched nine first-place finishes throughout the season ... Posted 19 NCAA provisional times during the year ... Recorded a time of 4:42.69 in the 500 free at the NCAA Championships (3/16-18) to earn a fifth-place finish ... Claimed eighth place as a member of the 800 FR at the NCAA Championships (3/16-18) in which she swam the second leg of the race ... Swam the third leg of the 16th-place 400 FR team at the NCAA Championships (3/16-18) ... Earned a first-place finish in the 100 freestyle against Virginia (10/14) with a time of 51.06 ... Finished first in two events in the Gators' road swing against South Carolina (10/15), with top placings in the 200 free and 500 free with times of 1:51.33 and 4:57.68, respectively ... Notched a top finish in the 500 free in the Gators home victory over Florida State (11/22) with a provisional time of 4:50.20 ... Posted a 200 free time of 1:50.10 against Penn State (1/7), a provisional mark and good for first-place honors ... Recorded two event wins in Florida's tri-meet against Alabama and Arkansas (1/20) with victories in the 50 free and 1000 free in times of 24.16 and 10:03.94, respectively ... Touched the wall first in the 1000 freestyle against Tennessee (1/28) with a time of 10:04.40 ... Earned top-placement in the 100 free with a time of 51.58 against Indian River.

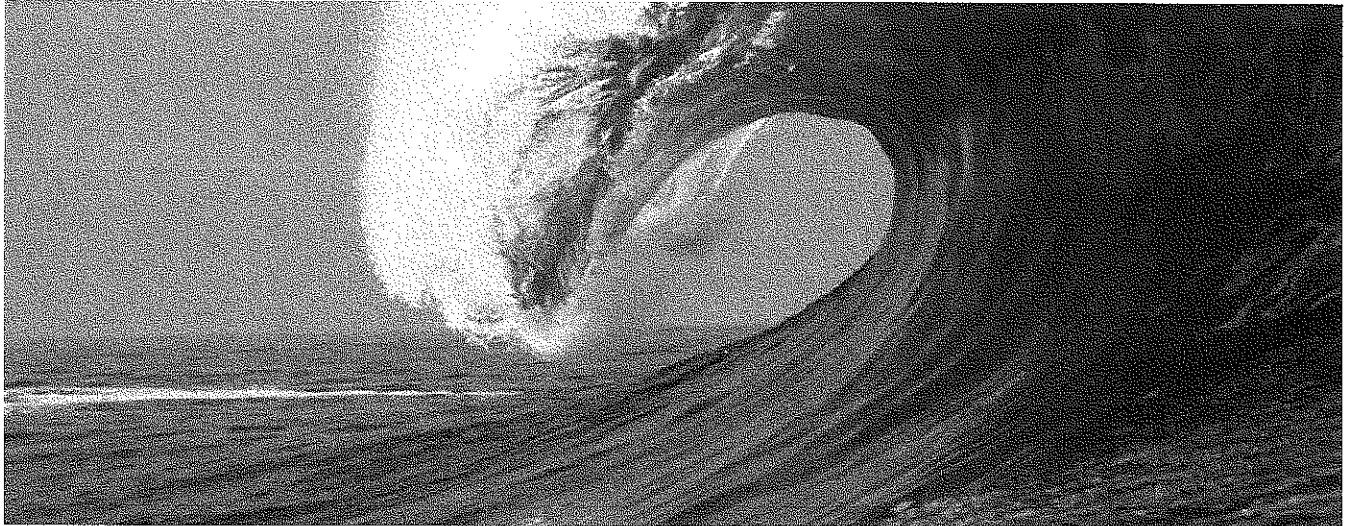
2004-05: Honored as the 2005 Southeastern Conference Freshman of the Year ... Named to the *Knoxville News-Sentinel* All-SEC first team ... NCAA runner-up in the 500 free as a freshman ... All-American in four relays (400 MR, 200, 400 and 800 FR) and two individual events (200 and 500 free) ... Set the SEC record in the 500 free at her first conference meet ... Won four SEC crowns; two relays (400 MR and 800 FR) and two individual championships (200 and 500 free) ... Notched 38 top-five finishes, including 15 first-place finishes ... Had nine automatic times and 18 provisional efforts ... Swam the anchor leg of the Gator NCAA champion 400 MR unit ... Recorded two top-three finishes at the NCAA Championships, and earned runner-up honors in the 500 free and won the bronze in the 200 free ... Swam on the 800 FR team which finished fourth, the fifth-place 400 FR unit and the 200 FR quartet which placed sixth at the NCAA Championships ... Placed in the top 25 in the 100 free at the NCAA Championships ... Had a phenomenal showing at first SEC Championship meet, and claimed four titles as part of two SEC record-setting efforts ... Captured the SEC crown in the 500 free, set a conference meet record in the prelims (4:40.81) and also bettered the mark in the finals (4:38.32), and garnered automatic times in both races ... Won the 200 free crown in 1:44.64, good enough for automatic times in the prelims and finals ... Swam the second leg on the SEC champion 800 FR unit which set new SEC, NCAA and pool records in a championship time of 7:00.25 ... Added another conference crown as the anchor to the 400 MR unit at the SEC Championships and also swam on the 200 and 400 FR squads which captured bronze medals ... Finished fifth in the 100 free at the SEC Championships, setting automatic times in the prelims and the finals ... Won the 100 free with a provisional time (50.96), and earned second place with a provisional time (1:49.29) in the 200 free; also competed in the 200 FR against Tennessee (1/29) ... Finished first in the 100 free with a provisional time (50.51) and swam on the 400 MR unit which finished first against Virginia (1/28) ... Earned a provisional-qualifying time (16:43.54) in the 1,650 free in a third-place finish against Alabama (1/22) ... Swam the anchor leg on the 400 MR team which finished first against Auburn (1/21) ... Tallied runner-up finishes and provisional times in the 200 (1:47.68) and 500 (4:49.51) free events against the Tigers ... Won the 100 free, finished fourth in the 50 free and swam the second leg on the championship 400 FR team at the Miami Invitational (1/7-8) ... Finished second in the 50 free against South Carolina (11/12) ... Captured first-place in the 200 free and clocked provisional times in the 100 (50.70), 500 (4:49.15) and 1,650 (16:31.33) free races, and third in each event against Purdue (11/6) ... Swam on the first-place 800 FR and on two other top-five relay units, the 400 FR and the 400 MR teams against the Boilermakers ... Tallied another provisional time (1:48.34) in the 200 free and finished fourth against Georgia (10/28) ... Won the 200 and 500 free against Michigan, setting provisional times in each event (10/16) ... Finished first in the 1,000 free against Florida Atlantic (10/8) ... Competed in the U.S. Open and finished first in the 400 MR with a 4:20.16 time as the anchor leg ... Took fourth in the 800-meter FR with a 8:31.25 time.

High School: A 2004 graduate of Sacred Heart Academy ... Current SHA school record holder in the 50, 100, 200, 400 and 500 free events, as well as the 200 MR ... Ranked No. 3 in the 50 free and 100 free, No. 2 in the 200 free and No. 7 in the 500 free in the high school national rankings ... Named NISCA All-American in 2004 in the 50, 100, 200, and 500 free, the 100 fly, 200 MR, and the 400 FR ... Was a 10-time NISCA high school All-American from 2001-03 ... Kentucky State high school record holder in the 100, 200 and 500 free events; state high school relay record holder in the 200 MR and the 200, 400 FR ... Kentucky state high school individual champion from 2001-04 in the 200 and 500 free ... Named the state high school outstanding swimmer in 2003 and 2004 ... Received the Region 2 Outstanding Swimmer of the Meet award all four years ... Named the Sacred Heart Academy individual athlete of the year from 2001-04 ... Received Fox 41 Student Athlete of the Week award in Feb. 2004 ... 2003 USA Swimming Scholastic all-American ... Four-year Honor Roll student ... Lettered all four years ... Coached by Scott Miller.

Club: Member of the Lakeside Swim Team for the past 10 years and was coached by Mike DeBoor ... Received the Jack Thompson 110% Award in 2003 ... Was the state record holder in the 15-18 age group in the 100 free, 1000 free, the 400 IM, as well as the 400 and 800 free.

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Highlights

- 2008 Olympic Bronze Medalist, 800 Free Relay
- American Record Holder
- NCAA Record Holder
- 3-Time NCAA Champion
- 2008 Honda Sports Award Recipient
- 2008 NCAA Swimmer of the year
- Gold Medalist 2007 Pan American Games
- Gold Medalist 2005 World Championships
- 23-Time NCAA All American
- Professional Designation in Merchandise Product Development from Fashion Institute of Design and Merchandising 2009-2010
- Certified Health and Wellness Coach --- Wellcoaches School 2011



With her radiant smile and beaming personality to match, Caroline Burckle has been a force on the American swimming scene since she was young. Born and raised in Louisville, Kentucky, Caroline swam for Lakeside Swim Team under coach Mike DeBoor until she signed on to become a Florida Gator in 2004. In Gainesville, Caroline fine-tuned her skills in the middle distance and distance events. In her senior year, Caroline won NCAA Titles in both the 200 and 500 yard freestyles. She also was declared the 2008 NCAA Swimmer of the Year.

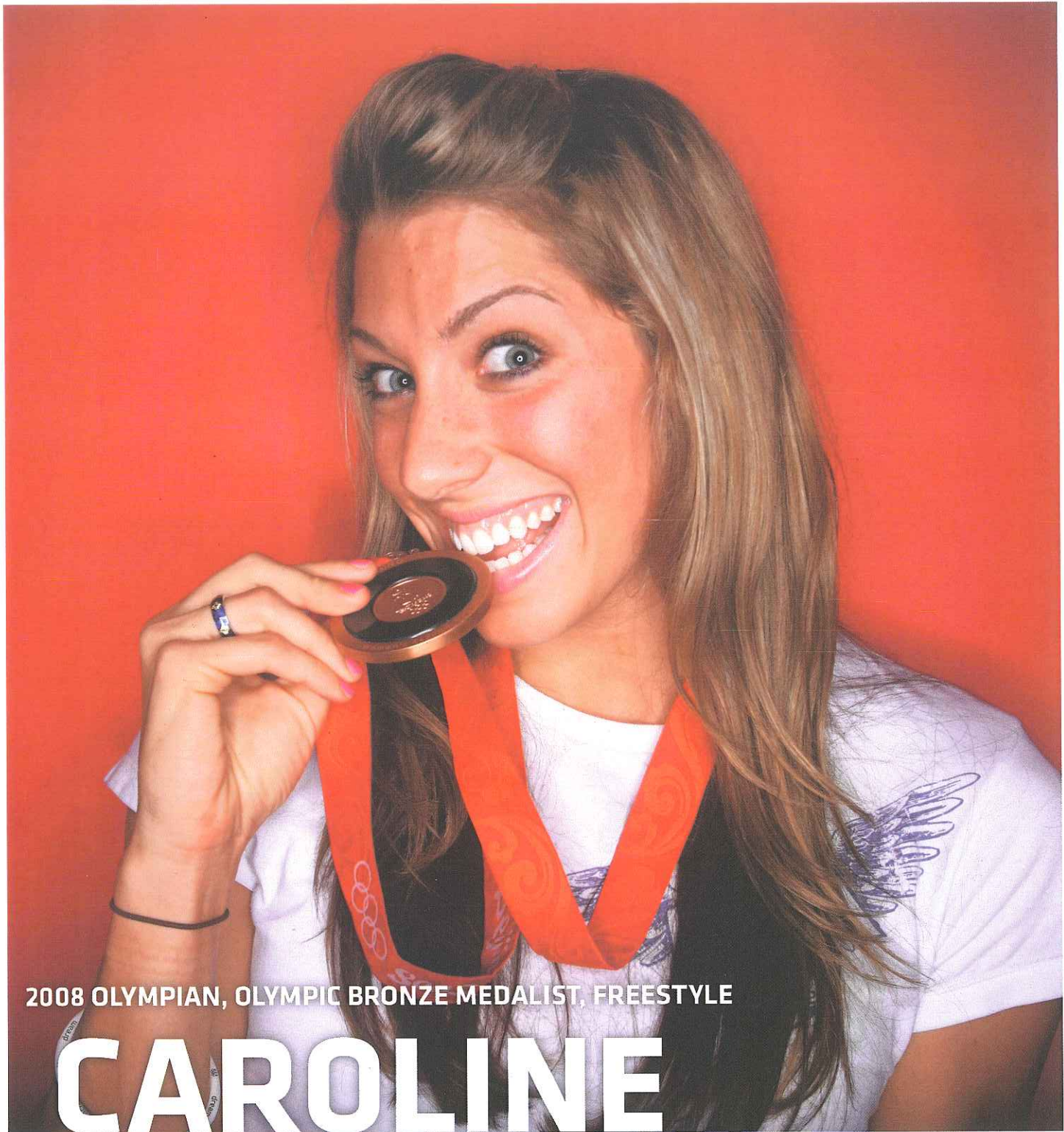
In the following summer, Caroline swam her way to a spot on to the United States Olympic Team. In Beijing, she paired with teammates to capture a bronze medal in the 800 free relay in an American- record setting time. She has been consistently ranked among the top swimmers in the world in the 200, 400 and 800 freestyle events.

In 2009, Caroline moved to Southern California to continue training under coach Sean Hutchinson. In addition to training, Caroline

On 6/1/2011, she moved to San Diego to take a position in a startup women's apparel line, working both in technical design and marketing and sales. By December 2011, she moved back to her home of Louisville, KY to set her sights on a true passion of hers: helping people become the most successful versions of themselves that they can be through Health and Wellness Life Coaching. She is acquiring a degree from Wellcoaches School and is a member of the International Coaching Federation and Ohio Valley Professional Coaching Alliance. Along with running her own business and studying, Caroline is also continuing to show her love for Lululemon, where she works in the showroom in Louisville, Ky.







2008 OLYMPIAN, OLYMPIC BRONZE MEDALIST, FREESTYLE

CAROLINE BURCKLE

KRISTIAN DOWLING/GETTY IMAGES

