



OCT 27 2010

EASTERN KENTUCKY UNIVERSITY

Serving Kentuckians Since 1906

Barb Shafer
Athletic Director
859-622-1035

Model Laboratory School
521 Lancaster Avenue
Richmond, Kentucky 40475-3102
859-622-3766

October 26, 2010

Dear Nomination Committee :

I would respectfully like to nominate Mr. Tim Cahill for consideration as a candidate for the Dawahares/KHSAA Hall of Fame. I have written this letter a million times in my mind, as I can think of no one more deserving for this prestigious honor than Coach Cahill. Attached to the application is a listing of all of Coach's personal and professional accomplishments, so I will not repeat all of his many accolades, but moreover, I wish to speak to you from the heart.

I feel that as an Athletic Director I have been fortunate to have met and worked with many wonderful coaches and students throughout my 21 year tenure at Model Laboratory School. Coach Cahill has been at my side for all of those years and replacing him in his position as our Swim Coach was probably one of the hardest jobs I've ever encountered in my role as an Athletic Director. As you may know, Coach Cahill lost his battle to pancreatic cancer this past August after a tremendous fight on his part to beat the odds of this disease. Throughout his illness, he still maintained his interest and caring for those around him, especially our swimmers, and left a legacy for those whose lives he touched in so many ways.

I know that in our life time we may only get to meet a few people along the way that will have the profound impact that Coach Cahill has had on so many, and for that I will forever be grateful. It is my hopes that by honoring Coach Cahill for selection to the Hall of Fame, that we can continue to remember such a special person and keep alive those values that he held to such a high esteem. His dedication to our young athletes was beyond reproach and his knowledge of the sport of swimming was immense. He is best known for his key slogan "Attitude is Everything" as he not only lived his life with these words to guide him, but he inspired everyone around him to do the same.

Thank you very much for your consideration of Coach Tim Cahill as a candidate to the Dawahares/KHSAA Hall of Fame and if I can be of further assistance please do not hesitate to contact me.

Respectfully Submitted,

A handwritten signature in cursive script, appearing to read "BH Shafer".

Barbara H. Shafer
Model Laboratory School Athletic Director

Coach Tim Cahill

2010 - National High School Athletic Coaches Association Swim Coach of the Year

2004, 2005, 2006 – National High School Athletic Coaches Association Swim Coach of the Year Finalist

2006 National Interscholastic Swim Coaches Association (NISCA) 25 Year Service Award

2005 - Kentucky High School Athletic Directors Association (KHSADA)

Coach of the Year for All Sports

2001 – 2005 National Federation of State High School Associations Swimming & Diving Rules Committee

1999 - National Federation Interscholastic Coaches Association (NFICA)

Section 2 Distinguished Service Award for Boys Swimming

1996 - Model Laboratory School

Combined State Champions

1984 - Model Laboratory School

Boys State Swimming Champions

1981 - Model Laboratory School

Girls State Swimming Runner-Up

Additionally, Cahill's teams have won over 20 Regional Championship Titles and he has coached almost 40 Kentucky State Champions, 11 Junior National Qualifiers, 9 High School All-Americans, 6 Olympic Trial Qualifiers, 4 Senior National Qualifiers, 2 Junior National Record Holders, 1 Senior National Champion, 1 US World Team Member, and 1 Paralympic Champion. Almost 50 of Cahill's swimmers have gone on to swim at the collegiate level all across the United States. In 2004, March 3rd in Richmond, KY was dedicated as "Coach Tim Cahill Day." In 2009, Cahill was honored for 30 years of service to Eastern Kentucky University and Model Laboratory School. In 2010, Cahill was named National High School Athletic Coaches Association Swim Coach of the Year, the most prestigious award given to coaches in America for their lifetime achievements.

Tim Cahill Bio

June 12, 1947 - Born in Cincinnati, Ohio

Graduated from St. Xavier High School, Cincinnati, Ohio

'69 Earned a BS – Special Education; University of Cincinnati. Captain of Swim Team

'73 Earned Master of Education; Xavier University, Cincinnati, Ohio

1971 – Married Judith Saalfeld

1970 - Founded the Northern Kentucky Piranha's Swim Team (AAU) which is now the Northern Kentucky Clippers

1974 – Moved to Florida and worked at the Tampa Marine Institute to work with mentally challenged juvenile delinquents.

1979 – Moved to Indiana.

1979 – Swim Coach at South Dearborn High School, Lawrenceburg, IN

1979 - Joined ECU as Assistant Varsity Swim Coach, Head Swim Coach for Model Laboratory School, Head Coach and Pool Manager of Arlington Association, and Instructor in Health Education

1990 – Founded Colonel Aquatics (COLA), an age-group swim team associated with United States Swimming.

Tim has served as Model's and Arlington's Swim Coach since 1979. He also started Colonel Aquatics Swim Team (USS) in Richmond, KY which has grown into a highly competitive swim team and attracts young swimmers throughout Kentucky. Swimmers from Colonel Aquatics have gone on to compete on a National level.

Tim has tirelessly devoted his time and coaching talents to hundreds of young people as a swim coach and mentor through various swim teams and the Special Olympics.

He is a devoted husband to Judy Cahill, and proud father of three children, Josh, Adam and Ali. He has two grandchildren.



EASTERN KENTUCKY UNIVERSITY

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Office of the President

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Doug.Whitlock@eku.edu

October 26, 2010

Dawahares/KHSAA Hall of Fame
ATTN: Nominations
2280 Executive Drive
Lexington, KY 40505

Dear Committee:

When it was announced in June 2010 that the National High School Athletic Coaches Association had selected Coach Tim Cahill as its National Coach the Year, it was a fitting capstone to a highly successful career as a swimming coach. I can think of another honor that is equally fitting and that is induction into the Dawahares/KHSAA Hall of Fame.

But another episode just a few days prior to that announcement said even more about Coach Cahill's impact in Richmond and Madison County and the esteem in which he is held. It was the community's annual Relay for Life Event, and past and present swimmers, parents, colleagues, community leaders and average folks alike converged with one purpose in mind: to honor a man who as a coach, teacher, mentor and friend modeled and inspired a commitment to excellence.

Just a few months earlier, Coach Cahill had been diagnosed with Stage 4 pancreatic and liver cancer. By June, the dreaded disease had weakened his once athletic body, but his spirit to fight another day was as strong as ever, continuing to inspire all those who were fortunate enough to know him. The contributions in Coach Cahill's honor came from all over the country and totaled more than \$13,000, but even that figure can't begin to measure the lives he changed and how he helped shape interscholastic swimming in Kentucky.

In a 30-year career at Model Laboratory School and for the Arlington and Colonel Aquatics teams, he coached 40 individual high school state champions, 14 Junior National qualifiers, two Junior National record holders, four Senior National qualifiers, one Senior National Champion, one U.S. World Team member, seven Olympic Trial qualifiers, and one Paralympic champion. His teams at tiny Model Laboratory School won numerous regional and state titles, and many of Coach Cahill's swimmers continued their careers on the collegiate level at various colleges and universities.



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October 26, 2010

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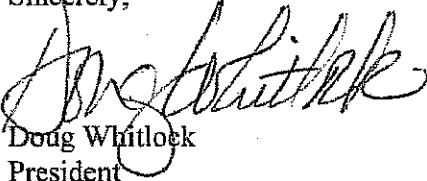
Some of those celebrated champions were in attendance at the Relay for Life event. But so were many who never played starring roles but who nonetheless traced their successful lives in part to this exceptional coach who always inspired their best effort. As his assistant coach, Kyle Knezevich, explained at a banquet in his honor, "To (Coach Cahill) there's no one best swimmer that he's had. They all are. There's not one person better than another. That's a reason why this room is packed."

Approximately two weeks after that banquet, Coach Cahill lost his brave battle with cancer.

A four-time nominee for National High School Coach of the Year, his coaching records may one day be topped, but Coach Cahill's legacy of service to his profession and sport will resonate for years to come. He held numerous offices with the KHSAA and in 2008 received the Outstanding Service Award from the National Interscholastic Swimming Coaches Association. Interscholastic swimming in Kentucky never had a better friend.

For his impressive body of work, and for his positive, far-reaching impact on countless student-athletes, I respectfully request that you give Coach Tim Cahill your utmost consideration for a richly deserved induction into the Dawahares/KHSAA Hall of Fame.

Sincerely,



Doug Whitlock
President



OCT 28 2010

October 26, 2010

Please accept this letter of recommendation in support of the nomination of
Coach Tim Cahill to the Dawahares/KHSAA Hall of Fame

Thank you,

Fuss Saalfeld

October 26, 2010

I am writing in support of the nomination of **Coach Tim Cahill** of Model Laboratory School, Richmond, to the Dawahare's/KHSAA Hall of Fame for the Class of 2012.

Much has been said in recent months about Coach Cahill's 30+ year career as swimming coach at Model Laboratory School. His accomplishments were numerous and are, I am sure, well outlined on the nomination form. Most notably, he was named as the 2010 National Coach of the Year in swimming by the National High School Coaches Association—an award that he had previously been nominated for 3 other times.

As someone who has worked alongside him for 30 years as his Assistant Meet Director at both the Region 5 (formerly Central Kentucky Region) and State Championships, I got to see up close his commitment to the student-athletes— and not just his own. He would often be seen speaking to swimmers from opposing teams, encouraging them, congratulating them. Many would seek him out as well. To his own swimmers he was a surrogate father—someone whom they strove to please. One Model parent yearly referred to Coach Cahill as “the third parent in our household”. Recently retired Coach Nancy Barre recently wrote “he was an inspiration to me as far as his dedication to the sport of swimming and diving. I was always impressed with his relationship with the kids. His enthusiasm and sincere excitement for their successes was always evident”.

Coach Cahill mentored many young coaches over the years. He was the “go to” to get a question answered, or an interpretation of a rule. The consummate sportsman, he led by example. You never saw him berate an official for an unpopular decision. He didn't get rattled when things weren't going well. His calm demeanor defused many a difficult situation.

Through his leadership the KHSAA State Swimming and Diving Championships has grown into one of the finest high school championships in the US. He cared deeply about making the State Championships the best possible experience for Kentucky swimmers and divers. He was directly responsible for the addition of the Outstanding Competitor and Coach awards as well as the All State Team and the Combined Championship. He was always looking for more ways to honor the swimmers' accomplishments as he truly recognized that it was their meet, their chance to shine.

Many are aware of his tragic diagnosis in March of 2010 and his subsequent passing in August of this year. There is a palpable void in Kentucky high school swimming as the new season begins. This is because Coach Cahill was the voice and face of high school swimming in the Commonwealth. There has been no finer advocate for the youth of our state, no finer role model.

I could go on about Coach Cahill. As a coach, as a mentor, as a friend, he was like no other. Please give consideration to his nomination to the Dawahare's/KHSAA Hall of Fame.



Esther E Saalfeld, MD
3511 Reeves Dr.
Ft. Wright, KY 41017

OCT 29 2010

137 Redwood Dr.
Richmond, KY 40475
October 26, 2010

Dawahares/KHSAA Hall of Fame
ATTN: Nominations
2280 Executive Drive
Lexington, KY 40505

Hall of Fame selection committee

The greatest coaches in all sports have one thing in common; they inspire those around them. To these coaches, winning and losing are only as important as the lessons that come with each contest and no one has exemplified this greater than Model Laboratory swimming coach Tim Cahill. Over the course of his more than 30 years at Model, Coach Cahill dedicated himself to the betterment of not just his athletes, but to the sport of swimming as a whole in the State of Kentucky. His knowledge of the sport and his ability to teach others using that knowledge elevated him to a level most coaches can only hope to someday reach.

Coach Cahill's record of success speaks for itself, leading Model to a Boy's State Championship in 1984 and later to a Combined State Title in 1996. He also went on to receive the National Federation of Interscholastic Coaches Association Distinguished Service Award in 1999 and in 2005 was named the Kentucky High School Athletic Director's Coach of the Year for All Sports. Finally, in the summer of 2010, just weeks before passing away from a battle with cancer, Coach Cahill was named the National High School Athletic Coaches Association National Coach of the Year. At a ceremony to recognize this accomplishment, former KHSAA Commissioner Brigid DeVries said of Coach that, "No one has done more for the sport of swimming in the State of Kentucky than Tim Cahill and no one means more to the sport of swimming in Kentucky than Tim Cahill."

Finally, on a personal note, I was fortunate enough to not only be one of Coach Cahill's athletes, but also his assistant coach for the final seven seasons of his career. Even as he taught me countless swimming fundamentals and techniques to pass on to our swimmers, he always emphasized the importance of having the right attitude. After all, the phrase "attitude is everything" has become synonymous with his name in the statewide swimming community since his diagnosis last April. In embracing such words, he continues to teach those who knew him best and even those that never did and it is that legacy that has truly made Coach Cahill such a remarkable individual.

For his countless accomplishments around the pool and so many more outside of it, it is my sincere privilege to submit this recommendation for Coach Tim Cahill to the Dawahares/KHSAA Hall of Fame and appreciate your consideration.

Respectfully



Kyle Knezevich

NOV -4 2010

119 Buckwood Drive
Richmond, KY 40475

October 30, 2010

Dawahares/KHSAA Hall of Fame
ATTN: Nominations
2280 Executive Drive
Lexington, KY 40505

To Whom It May Concern:

“Attitude is Everything,” is a mantra worn by Coach Tim Cahill and now worn on the shirts and hearts of the hundreds, perhaps thousands, of student athletes fortunate enough to have been “touched” by him. As not only a colleague of Tim’s, but as a parent of two of his swimmers, and as a friend, I support his nomination to the KHSAA Hall of Fame without reservation.

One look at Tim’s extensive list of accomplishments in the coaching arena demonstrates just why he deserves this prestigious honor. He spent a professional lifetime preparing for such an award. Tim was a creative, intelligent and gifted coach who was always an integral part of any group with which he was working, constantly striving to identify the best in each team member and always getting optimum results from them. Frequently I speak to groups of students about achieving success, and I believe Tim epitomizes success because of who he was as he touched the lives of student athletes.

Tim didn’t just speak about success, he modeled success for his swimmers. He helped athletes set goals and motivated them to work systematically toward the goals. He encouraged risk-taking and dream-following, but he insisted on honesty and fairness, encouraging students to always finish what they started; he wanted all of his swimmers to strive to learn and improve in and out of the pool. He worked for each student to be comfortable with hard work and to continue trying until success for each individual could be achieved.

Perhaps most important, Tim taught that each student is in charge of his own attitude. He modeled positive attitude and taught his swimmers to look for the good in everything; he did that over and over. Now, it is his turn to be recognized for all he represented and all he gave to the sport of swimming and all of the students to whom HE gave the gift of understanding that “attitude is everything.”

Very Sincerely,



Jacqueline Vance,
Director of Model Laboratory School (Retired)

B1

Friday,
August 6,
2010

REGISTER SPORTS

SWIMMING AND DIVING

WELL-DESERVED CAREER PINNACLE

CAHILL PRESENTED WITH NATIONAL COACH OF THE YEAR HONOR AT BANQUET FOR FAMILY, FRIENDS



Cahill

By Wendy Hain
Register Sports Writer

It was not just a night to honor the reigning National Swimming Coach of the Year.

The guests on Thursday night at the Mule Barn also paid tribute to the thousands of swimmers that Tim Cahill has made an impact in his more than 30 years at the helm of the

Model Laboratory, Arlington and Colonel Aquatics swimming programs.

"When you're the National Coach of the Year, that's obviously a pinnacle," Eastern Kentucky University president Doug Whitlock said. "In your case, it's a pinnacle that is well-deserved and well-earned. ... When you see a turtle on a fence post, you can pretty well figure out that the tur-

tle didn't get there by itself. I know, and you know, that coaches don't become national coaches of the year without a lot of really, really good athletes in the past."

Cahill was honored last month by the National High School Coaches Association as the swim/dive coach of the year. He was formally presented with the award by Jimmie Reed, executive director of the Kentucky High

School Coaches Association.

"To be a coach and do what this man has done in any profession is almost unheard of in the whole United States," Reed said. "The reason we're all here tonight is to honor him."

Cahill also received a few other special gifts. Marc Robbins presented him with a plaque recognizing that he

Turn to CAHILL, page B2

CAHILL

Continued from page B1

was mentioned by the Kentucky District 6 Representative Ben Chandler last month. Chandler read into the Congressional record a statement about Cahill's contributions to swimming in Kentucky and about his current battle with cancer.

Cahill was diagnosed in April with Stage 4 pancreatic and liver cancer and he is still undergoing chemotherapy and radiation. Many of Cahill's former athletes created a Relay for Life team in his name and raised more than \$13,500 for the American Cancer Society in June.

"Just know that as you continue to fight, you've got the strongest team that anybody could ever ask for and whatever we can do, we're going to continue to do for our coach," Model assistant swim coach Kyle Knezevich

said.

Another gift that was presented to Cahill was a beach towel created by Lisa and Megan Laird. The towel included a swatch from a towel from the Barcelona Olympic Games that was given to a trainer, who gave it to the Lairds for use in the towel.

During his tenure, Cahill has coached a state championship team (1996), 40 individual high school state champions, 14 Junior National qualifiers, two Junior National record holders, four Senior National qualifiers, one Senior National champion, one U.S. World Team member, seven Olympic Trial qualifiers and one paralympic champion.

"He wore many hats, which made him an expert that helped shape interscholastic swimming in Kentucky," former KHSAA commissioner Brigid DeVries said. "There are literally thousands of swimmers he has touched, either in swimming lessons,

through USA Swimming, as Arlington coach, through the Model team and as a collegiate coach at Eastern. That is really something I can think of nobody else who has had that type of impact."

More than 500 people RSVP'd to the event. Knezevich said the crowd that showed up to support and honor Cahill proves what kind of an impact he has had on those he has come into contact with.

"Our swim team fosters friendship that crosses big age ranges and become lifelong parts of who we are, and the same bond goes with the coach," he said. "That is something that we have as Model swimmers, everyone feels a special bond with coach Cahill. That's something truly unique that a lot of coaches might miss out on. To him, there's no one best swimmer that he's had. They all are. There's not one person better than another. That's a reason why this room is packed."

"I was overwhelmed. I just couldn't believe that all this was taking place. When some of the alumni came back at Christmas and they would tell me they were looking forward to seeing me on Wednesday night, I just thought they were coming for Alumni Night. I had no idea this was going on."

MODEL SWIM COACH TIM CAHILL



"Thirty years encompass a lot of memories. Tonight, we celebrate 30 years of the good, the bad, the pain and the strong. Tonight, we celebrate 30 years of accomplishment and dedication."

MODEL ASSISTANT KYLE KNEZEVICH

'THIS IS THE BEST'

1/8/09

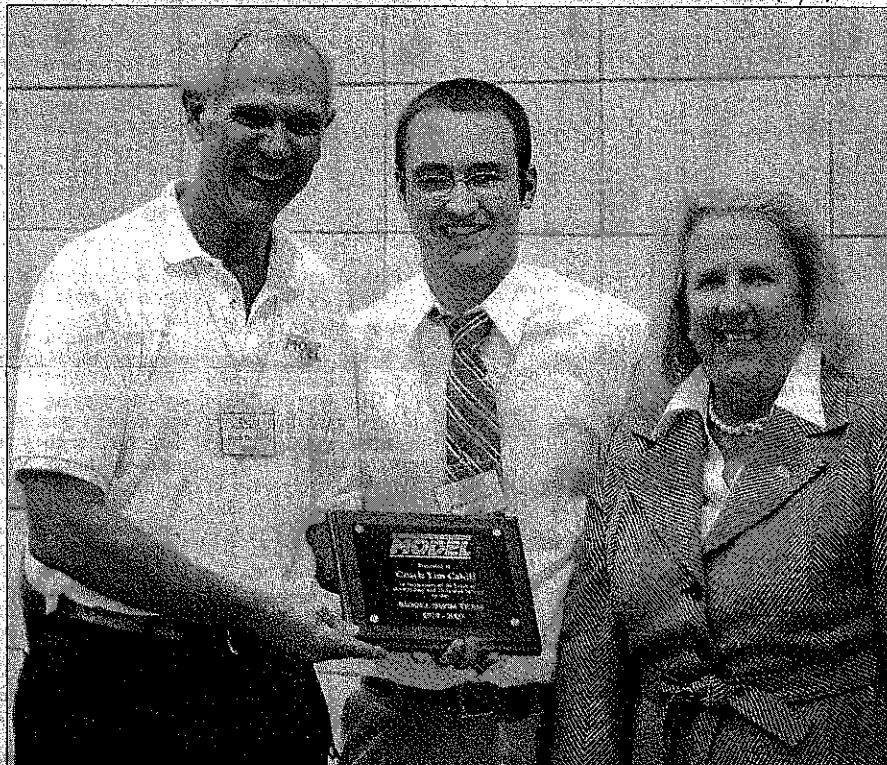
Cahill honored for 30 years of service to Model and EKU

By Nathan Hutchinson
Register Sports Editor

Tim Cahill has enjoyed plenty of memorable moments during his long and distinguished coaching career — including state titles and All-American performances.

However, none of those accomplishments were nearly as special as the honor he received Wednesday during a

Turn to CAHILL, page B2



NATHAN HUTCHINSON/THE REGIS

Above: Model coach Tim Cahill (left) accepts an award commemorating 30 years as a swim coach at Eastern Kentucky University during a meet Wednesday at ECU. Cahill was presented the award by Model assistant coach Kyle Knezevich (middle) and KHSAA Commissioner Bright DeVries.

Left: Model coach Tim Cahill looks at an award commemorating 30 years as an ECU swim coach that he received Wednesday during a meet.

HIGH SCHOOL SWIMMING/BASKETBALL

Patriots roll past Lafayette

Register Staff Reports

The Model Laboratory swim team took first place in 23 of 24 events and rolled to a easy victory over Lafayette Wednesday at Eastern Kentucky University.

Model captured the overall title (251-95), the women's title (151-44) and the men's title (120-49).

The Patriots took first place in all six relays events and had four swimmers claim two individual titles each. Mary Ellen Wimberly took first in the 200-yard IM and the 100-yard free, Kelcy Perry took first place in the 100-yard fly and the 100-yard back, Tate LeForge took first in the 200-yard free

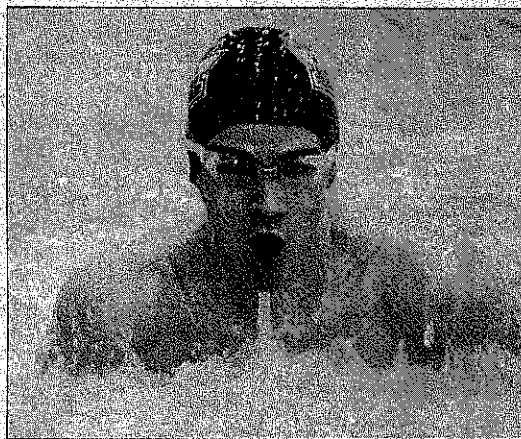
yard IM and the 100-yard breast.

Other first-place finishers for Model included: Kathryn Brown (200-free); Meredith White (50-free); Julie Wedel (1-meter diving); Alex LeForge (500-free); Justine Schwartz (100-breast); David Losson (50-free); Jack Miller (1-meter diving); Matt Tapley (100-fly) and Matt Robbins (100-back).

Model is set to return to action next Wednesday at ECU against Dunbar.

Jackson County 55, Berea 54

Berea Community had several chances to come up with the go-ahead shot in the closing minutes,



NATHAN HUTCHINSON/THE REGIS

Model Laboratory senior Caleb Fligor swims the second leg of the 200-yard

CAHILL

Continued from page B1

surprise event in Richmond.

Cahill was recognized for 30 years of service to Model Laboratory/Eastern Kentucky University during a ceremony during the Patriots swim meet with Lafayette.

EKU President Dr. Doug Whitlock, Kentucky High School Athletic Association Commissioner Brigid DeVries, Model athletic director Barb Shafer and Model Director James Dantic all spoke at the event.

"This is the best — by any stretch of the imagination," Cahill said.

The Model swim coach was presented a special service plaque and a video presentation was shown to a crowd of alumni, family, friends and supporters.

"I was overwhelmed," Cahill said. "I just couldn't believe that all this was tak-

ing place. When some of the alums came back at Christmas and they would tell me they were looking forward to seeing me on Wednesday night, I just thought they were coming for Alumni Night. I had no idea this was going on."

Cahill came to EKU in 1979 and served as the school's assistant swim coach for eight years. He then took over at Model and led the program to an unprecedented level of success.

The Patriots won the combined state title in 1996, they won the boy's state title in 1984 and the girls finished as runner-up in 1981.

Cahill has coached more than 30 individual state champions, 11 Junior National qualifiers, two Junior National record holders, four Senior National qualifiers, one Senior National champion, one U.S. World Team member and one Olympic Trial qualifier.

He has also coached nine All-Americans and 45 individuals who went on to

swim in college.

"I can think of no other person in Kentucky who has meant more to swimming and diving than Tim Cahill," DeVries said.

Whitlock, DeVries and Shafer all spoke about Cahill's commitment to the student-athletes at Model and to his passion for not just swimming, but for teaching young people.

But, perhaps the most emotional tribute of the day came from Kyle Knezevich, who was coached by Cahill and is now an assistant coach at Model.

"Thirty years is a long time," he said at the start of the meet. "Thirty years encompasses a lot of memories. Tonight, we celebrate 30 years of the good, the bad, the painful and the strong. Tonight, we celebrate 30 years of accomplishment and dedication. Tonight, coach Cahill we celebrate you and what you do and the best part about tonight is that is not the end."

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WEDNESDAY
MARCH 19, 2008
Richmond Register

SPORTS



INSIDE

COLLEGE BASKETBALL
Mount St. Mary's opens NCAA
Tourney with win over Coppin State
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REGISTER FILE PHOTO

Model Laboratory freshman swimmer Kaylin Burchell gets up at 4:30 a.m. and runs five miles each day in preparation for the Olympic Trials, which are scheduled for June in Omaha, Neb.

HIGH SCHOOL/COLLEGE SPORTS

Burchell not slowing down as Olympic Trials approach

By Jenny Elder

Register Sports Writer

Hearing Kaylin Burchell's workout schedule might make almost anyone tired, but the 14-year-old swimmer loves it. Her 4:30 a.m. wake-up call for a five-mile run sounds like the hardest way to prepare for the day.

But, not for Burchell.

"It's really hard to get into," the Model freshman said. "But, once I'm doing it, it's great. It gets me energized for the day."

The four-time state champion — three 100-yard breaststroke titles and one 200-yard individual medley title — has not slowed down or slept in, even though high school season is over.

Burchell is busy pushing herself to prepare for the Olympic Trials in June in Omaha, Neb. Less than a year ago, she qualified for the 100-meter breaststroke and since has had a world wind tour of life in the fast lane.

Turn to BURRELL, page B2

BURCHELL

Continued from page B1

The freshman spent time in Australia during the Christmas season swimming for the U.S. Junior Nationals team against Olympic athletes from around the world.

And it was in that time she got to size up some of her competition for the June meet.

"I learned how other swimmers train," Burchell said. "And I learned how much I need to push myself. While we were (in Australia) we were tapering, so we weren't really training as hard to prepare for the meet. But, you can definitely tell they train hard."

Burchell said she runs in the morning, usually five miles, swims after school and then does more dry land work with running, chin-ups or push-ups. She says the next few months she and coach Tim Cahill will continue to use a rigorous schedule before starting to taper off heading into the Olympic Trials.

Traveling with the Junior National team also

led to a tip that possibly helped her win her first individual medley state championship. The past two years, Burchell has been in the top three in the 200-yard IM. But, a little hint on her backstroke might have been what pushed her to the title.

"He taught me to keep my head back and not bob my body so much," she said. "And I ended up getting my best time in the backstroke in the individual medley."

Burchell splashed onto the national scene when she was 10-years-old with record-setting breaststroke times in the short course 50-meter, 31.82, and long course 50-meter, 56.17. She set the short course record in Oct. 2004, breaking the one she set in Dec. 2003.

Another Olympic hopeful

Amy Sowash, former Model valedictorian and 2007 University of Kentucky graduate, is currently training at the Olympic training facility in Colorado.

Sowash is hoping to make the U.S.A. rifle team. At the beginning of March, she led in the airgun trials in Colorado Springs, but

ended up outside the top spots. This means she has one more chance to secure a spot at the Beijing Olympics.

The former Lady Patriot will travel to Ft. Benning, Ga., for the three position rifle competition May 12 through 22.

Running the race

Robert Byrne, a 1975 Model graduate, recently finished first in his age category (50-59) in the 2008 Racing the Planet run in Vietnam.

Byrne did not compete in high school sports, but has found a love for racing especially with the Racing the Planet series. He has run across all of the world's deserts except for Antarctica.

The recent race in February was an endurance event compared by the organizers to the Tour de France, but on foot. Athletes race for six days in six stages covering roughly 155 miles across northwest Vietnam.

Byrne finished in 35 hours, 28 minutes and 23 seconds through the jungles, mountains and country side of Vietnam.



SUNDAY
FEBRUARY 8, 2009
Richmond Register

SPORTS



NATHAN HUTCHINSON/T

Model Laboratory's Kelcy Perry swims during the 100-yard butterfly Saturday at the Region 5 swim meet at Eastern Kentucky University. Perry finished third in the event and also took third in the 100-yard backstroke.

TEAM EFFORT

Burchell breaks two records as Lady Patriots win Region 5 swim meet

By Nathan Hutchinson
Register Sports Editor

Kaylin Burchell provided two record-breaking individual performances, however it was solid overall effort that carried the Lady Patriots to another championship.

Model racked up 244 points and easily outdistanced Dunbar (202 points) to claim a fourth-straight girl's Region 5 swimming title Saturday at Eastern Kentucky University.

Burchell took first place in two events — 100-yard breaststroke and 200-yard individual medley — and all three Lady Patriot relay teams qualified to compete in next weekend's state championship.

"It was one of our best performances ever," Model coach Tim Cahill said. "From top to bottom, we had a really fine preliminary showing and qualified well, then in the finals we just blew things away. We just got on a roll and got in the zone."

Madison Central also had two swimmers earn spots in the state meet — Rikki Babuka and Summer Spillman — and



NATHAN HUTCHINSON/T

Model Laboratory's Kaylin Burchell swims to a first-place finish in the 200-yard individual medley Saturday at the Region 5 Eastern Kentucky University. Burchell set a new meet record as Model rolled to a fourth-consecutive regional title.

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PATRIOTS

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finished fourth in the girls competition with 158 points.

Model (101 points) finished fifth in the boys competition and Madison Central (57 points) was eighth.

In the combined team standings, Model was fourth (345 points) and Madison Central was sixth (215 points).

Burchell, a four-time state champion, set new regional meet records in both her individual events. The sophomore won the 200-yard IM by more than 10 seconds, posting a time of 2:06.96.

In the 100-breaststroke, she broke the long-time record of former Olympian Megan Kleine. The sophomore posted a mark of 1:02.86, beating the Kleine's time of 1:05.62 set in 1992.

"That's the one she's been chasing for a little bit," Cahill said of Burchell. "Any time you have (a record set by) an athlete of that caliber, it becomes a

focal point and a challenge that you focus on."

Burchell also helped the 4x200 medley team take first place and the 4x400 free relay team finish second.

The Lady Patriots' 4x200 free relay team also took second place.

Several other Model swimmers had standout performances in the finals. Kathryn Brown took third in the 200-yard free and sixth in the 100-yard free, Kelcy Perry was third in both the 100-yard fly and 100-yard backstroke. Meredith White was third in the 50-yard free, Christa Nnoromele was sixth in the 50-yard free and Mary Ellen Wimberly was fifth in the 100-yard free.

Julie Wedel also took third place in the diving competition, which took place earlier in the week.

"Virtually everyone had exceptional swims," Cahill said. "It was really a quality effort from the entire team."

Babuka finished second in both the 200-yard free and 500-yard free and Spillman qualified for the state meet with a

second-place finish in the 200-yard IM. She also took third in the 100-yard breaststroke.

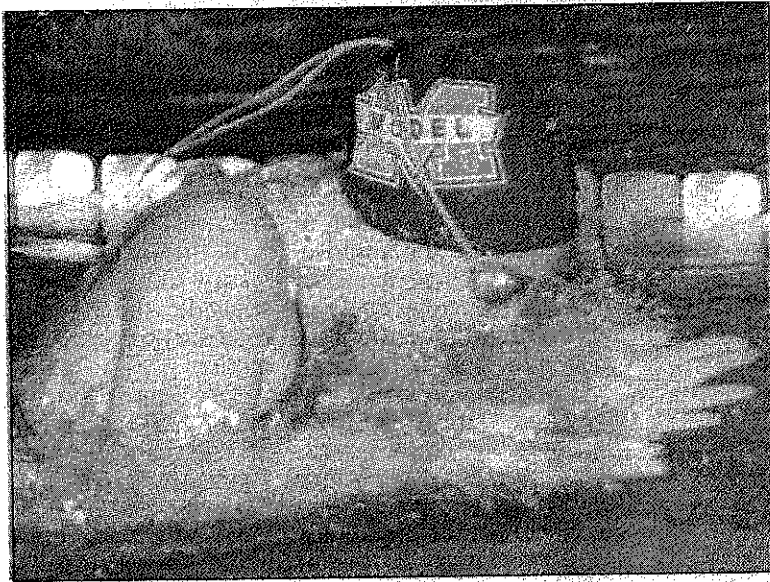
Central's Caroline Smith was fourth in the 200-yard free and third in the 100-yard free and Megan Laird was fifth in the 100-yard fly.

The Lady Indians finished third in the 4x400 free relay, fourth in the 4x200 free relay and seventh in the 4x200 IM relay.

In the boys competition, the Patriots took fourth in both the 4x400 free and 4x200 medley relay. Model's Blake Neumann was fourth in the 100-yard breaststroke and fifth in the 200-yard IM and Caleb Fligor was fifth in the 100-yard breaststroke.

The Indians took fifth in the 4x400 free relay. Central's Thomas Brown was fourth in the 100-yard fly.

The top two finishers in each event at the regional qualify for the state meet. The next 14 best times from across the state also get a chance to compete in the championships, which are scheduled for next weekend in Louisville.



JENNY ELDER/THE REGISTER

Model Laboratory's Kaylin Burchell won the state title in the 100-yard breast-stroke Saturday in Louisville. It was her second straight state title in the event.

HIGH SCHOOL SWIMMING

2/11/07

Model's Knezevich, Burchell win state titles

By Jenny Elder
Register Sports Writer

LOUISVILLE — It is hard to catch a team that posts 497 points alone in the girls' meet.

But, Model's swim coach Tim Cahill never counts his team out.

The Lady Patriots finished the morning session of the Kentucky High School Athletic Association State Swimming and Diving meet with 148 points in the Ralph Wright Natatorium in Louisville.

The fifth place finish was just 12

points behind Paul Laurence Dunbar's third place. However, DuPont Manual blew the competition out of the water, literally, with a 305 point lead over Sacred Heart Academy.

"They are a force to be reckoned with," Cahill said of Manual. "They have excellent balance. ... But, we never count ourselves out. We held together today and we have another opportunity."

The boys' meet in the afternoon gave the Patriots a chance to close the gap in

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TITLES

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the combined team competition. They finished sixth for the boys' title with 131 points.

That moved Model from fifth to third in the overall competition, 30 points behind PLD.

Kevin Knezevich started his final high school swim meet with some disappointment. His late start in the extremely fast 50-yard freestyle only fueled him for his 100-yard butterfly.

The senior did exactly what he wanted to do with his second race. He set the pace and never looked back in winning his first-ever state title.

"Shear determination and will right there," Cahill said.

Knezevich had finished sixth in the freestyle as Ryle High School's Colin Faris set a new state record of 20.77 in the event.

"I had a really late start so I was catching up the whole time," Knezevich said. "Any wrong thing, any little tiny thing you do messes up the entire race, it's very frustrating."

Finishing right on his heels was best friend and teammate Chris Upchurch in seventh, while D.J. Reynolds finished 11th.

Upchurch took 10th in the 100-yard butterfly, while Reynolds was 15th in the 100-yard freestyle.

Glenn Walker got the day



JENNY ELDER/THE REGISTER

Kelcy Perry takes her last breath before making her turn in the 100-yard backstroke Saturday at the state swim meet in Louisville. She finished fifth in the event.

started for the Patriots with a 13th place finish in the 200-yard freestyle. He finished his individual meet with a 10th in the 500-yard freestyle.

Model finished strong with fourth place finishes in both the 200-yard and 400-yard freestyle relays.

For the Lady Patriots, Kaylin Burchell successfully defended her 100-yard breaststroke title.

Cahill wanted her to swim her own race, something the eighth-grader has had to learn to do as her closest competition was two seconds behind.

"That is what I used to go by for competition," Burchell said about looking around for other racers. "But, now I've learned to push myself because I can't rely on others to push me."

She also helped Model's 200-yard medley relay to a second place finish and the

400-yard freestyle relay to a third place.

The eighth-grader took third in the 200-yard individual medley, while teammate Kelcy Perry finished eighth in the same event. Perry also took fifth in the 100-yard backstroke.

Christa Nnoromele, 11th; Ali Cahill, 13th; and Megan Laird, 15th; scored points for the Lady Patriots in the 50-yard freestyle. Cahill also finished 12th in the 100-yard freestyle.

The 200-yard freestyle relay finished 15th, just ahead of Madison Central's team which finished 16th.

The Lady Indians' Jennifer Hamilton finished 13th in the 100-yard freestyle. And their 400-yard freestyle relay team took 10th.

Overall Central scored 20 points to take 27th place in the girls' team competition.

Cahill to sit on national committee

Appointment is four-year term on swimming/diving rules team

BY RONICA BRANDENBURG
News editor

Tim Cahill, a professor in the department of health promotion and administration, has been appointed to a four-year term on the Swimming and Diving Rules Committee of the National Federation of State High School Associations.

Cahill joined the Eastern faculty in 1979. He has been the swim team coach at Model Laboratory School and Arlington for 22 years.

"My reaction is one of surprise," Cahill said. "I am flattered that I would be selected out of so many talented and successful coaches and officials in the swimming community."

The purpose of the National Federation of State High School Associations is to encourage sportsmanship and participation in extracurricular activities and encourage positive learning experiences.

The goal of NFHS is to protect

the tradition of fair and proper play. In order to do this, the NFHS has constructed a list containing 10 elements to consider when making the rules of play.

Cahill has brought Model's swim team to success at the national level and has also been the coach of dozens of high school swim teams. Many of Cahill's past members have gone on to successfully compete at the national level.

Cahill has been involved with the NFHS for 22 years. He served as a member of the advisory committee for the state of Kentucky.

Cahill sees it as important to provide opportunities for young people who haven't had any.

"My desire is to see young people achieve what they feel are impossible goals," he said. "I want to help supply them with the skills both athletically and socially to continue their journey to higher education and later adult-

hood."

Some of Cahill's accomplishments include Bluegrass Conference Champion, Kentucky State Champion and Regional Champion.

However, Cahill says that his greatest accomplishment is "the Combined State Championship and the Boys State Championship. Those are impressive of a school Model's size. Since there is no class system in swimming in Kentucky, Model competes against the largest schools yearly."

Cahill has also received the National Federation Interscholastic Coaches Association's Section 2 Distinguished Service Award for Boys Swimming and Diving.



Tim Cahill is a professor in the department of health promotion and administration.

In the News

Cahill Receives Prestigious Coaching Honor

His Model Laboratory High School swimming teams have captured two state championships, a state runner-up finish and more than 20 girls, boys and combined team regional titles.

And now Tim Cahill has a crown of his own – the National Federation Interscholastic Coaches Association's Section 2 Distinguished Service Award for Boys Swimming and Diving. The Section includes the states of Delaware, Kentucky, Maryland, Ohio, Pennsylvania, Virginia, West Virginia and the District of Columbia.

Cahill, a member of EKU's health education faculty since 1979, is in his 19th year as Model coach. He also was the assistant coach for the University's swimming team from 1979 to 1987 and has coached the Arlington swim team since 1987.



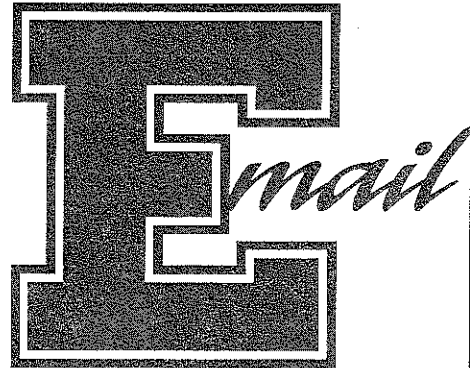
Cahill

"This honor . . . is just a reflection of how good the kids have been as far as learning and growing and accepting the challenges put in front of them," Cahill said. "My goal is for them to be the best they can be. Everybody has a different level of talent and potential, and it's my job to develop that in and out of the water and support their classroom activities, because they're students first and athletes second."

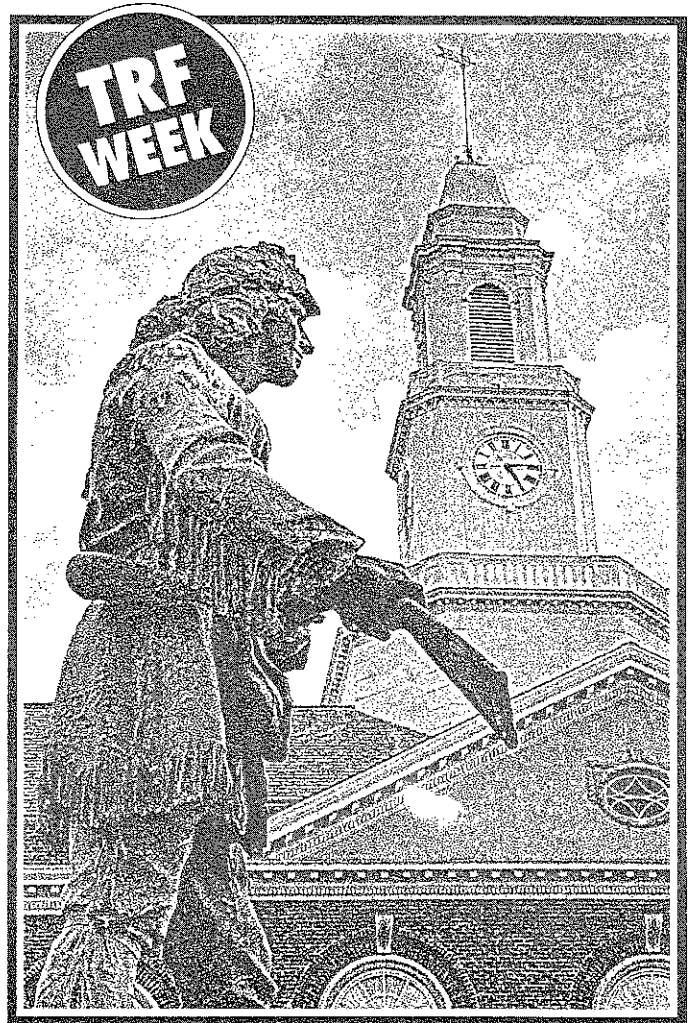
The Model Lab boys team captured the state championship in 1984 and the combined boys and girls title in 1996. The girls team was runner-up in 1981. Since 1982, the Model boys teams have dominated the Central Kentucky Regional, winning top honors 12 times.

On the individual level, nine swimmers under Cahill's tutelage have earned High School All-American status and 45 of his swimmers have gone on to perform at the collegiate level. Three went on to earn All-American honors in college: Peg Saalfeld and Brent Lichty at the University of Tennessee and Kerry Fraas at the University of South Carolina.

In addition, Cahill has coached 34 high school individual state champions, 11 Junior National qualifiers, two Junior National record-holders, four Senior National qualifiers, one Senior National champion, one U.S. World Team member and one Olympic Trial qualifier.



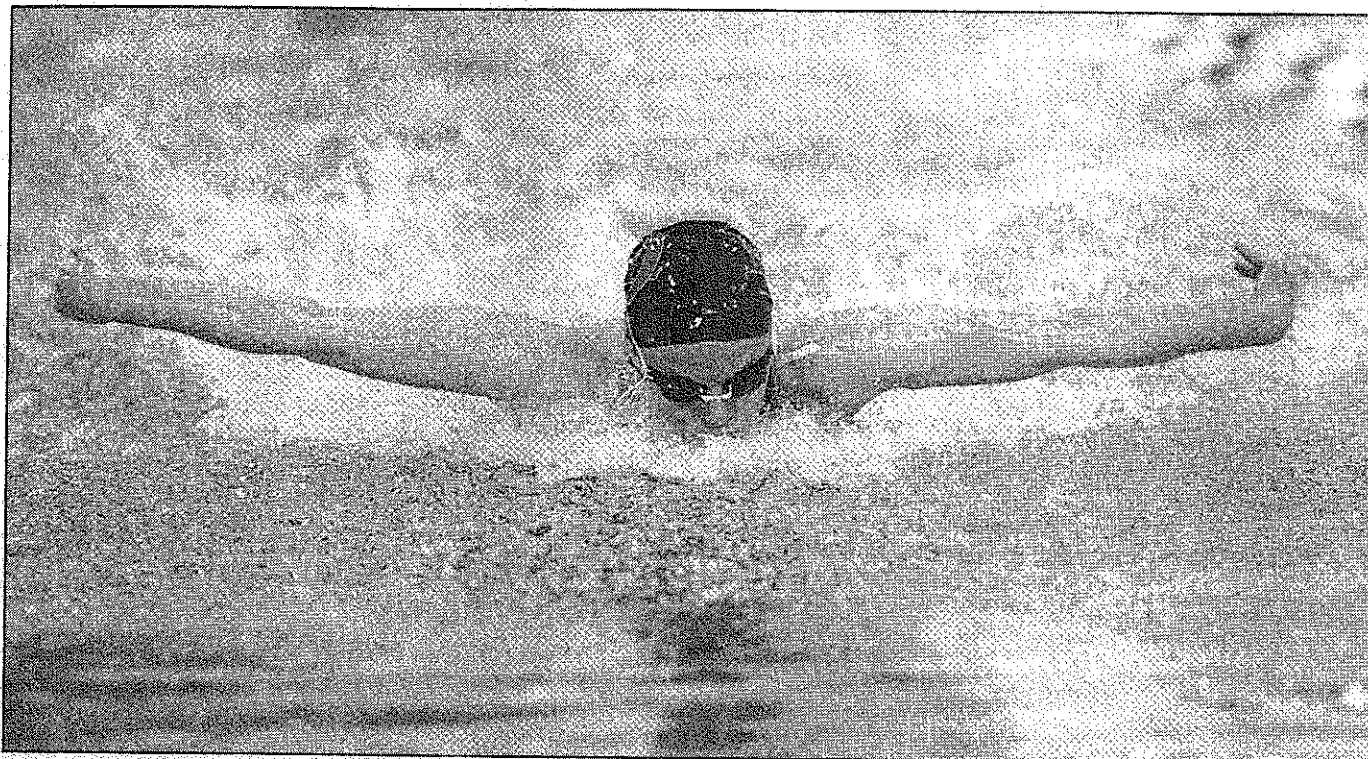
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HIGH SCHOOL SPORTS

Lyndsay Barnes of Paul Laurence Dunbar won the girls' 100-yard butterfly, beating last year's co-champions Caroline Casper of Manual and Lisa Cummins of Sacred Heart. Barnes also finished fifth in the 200 individual medley.

MARK CORNELISON/
HERALD-LEADER



■ SWIMMING

Model splashes to combined title

Sacred Heart girls, St. X boys earn championships

BY JENNIFER SCROGGINS
HERALD-LEADER STAFF WRITER

Tim Cahill could hardly believe it, even though he had the dripping-wet clothes and a good-sized trophy to prove it.

Richmond Model, with an enrollment of 224 students, claimed the combined boys' and girls' swimming and diving state championship yesterday, handily defeating several larger schools along the way and prompting the Patriots to uphold the time-honored tradition of throwing the victorious coach in the pool.

Despite his soggy celebration, Cahill said yesterday's win would take months to fully sink in.

"It's outstanding, just outstanding," he said. "For a school our size to be able to do something like this is unbelievable."

Last year's overall runner-up, Model scored 397.5 points to blow out Ballard (268) and last year's champion, Highlands (261).

Cahill, who shared Girls Coach of the Year honors last year, was

named Boys Coach of the Year this time around.

For Francie Neubacher, 1996 Girls Coach of the Year, her distinction was bittersweet, as her Notre Dame squad finished second to defending champion Sacred Heart Academy. The Valkyries beat the Pandas by five points (231-226), in part because Notre Dame's 200-yard freestyle relay team was disqualified after its swimmer in the third leg was called for a false start.

Sacred Heart Coach Jack Martin acknowledged the circumstances behind his team's state title but said it didn't take anything away from the Valkyries' win.

"We came in underdogs, and we left as champions," Martin said.

Henry Clay finished third in the girls' standings.

The boys' bracket lacked the drama of the girls' competition.

St. Xavier won its eighth consecutive title and 32nd overall with 342 points. Covington Catholic challenged with 275.5, and Model

posted a third-place 239.5. Lexington's highest-finishing school — Bates Creek (104) — was fifth.

The Tigers posted only three first-place finishes in their commanding win. Jason Hornbeck won the 100-yard backstroke (54.27), Andy Cunningham took the 1-meter diving (416.25), and the 200-yard medley relay won in 1:40.31.

"We had a lot of depth there," Coach Marty O'Toole said.

Covington Catholic's Nate Dusing was named the Outstanding Boys Performer in the meet, setting a record in the 200-yard freestyle (1:39.59), cruising to a win in the 500-yard freestyle (4:32.58) and powering his 400-yard freestyle relay team to a come-from-behind victory over St. X in 3:13.14.

Highlands' Scott Van Epps claimed the blue ribbon in the 200-yard individual medley (1:54.26) and the 100-yard breaststroke (58.13) in which he defended his record-setting title.

Daniel Garrison of Bates Creek also was a double winner, touching first in the 50-yard freestyle (21.50)

and the 100-yard freestyle (47.27). Beechwood's Matt Staley won the 100-yard butterfly in :52.03, and Model edged St. X in the 200-yard freestyle relay (1:28.52).

Louisville Male's Diane Oliver was named the Girls' Outstanding Competitor, defending her 50 free title (23.64) and adding a championship in the 100 free (51.51).

Ashley Wagner of Notre Dame repeated last year's wins in the 200 IM (2:07.42) and the 100 breast (1:05.56). Her teammate, Emily Bresser, won the 100 back (58.16), and the two chipped in their efforts in Notre Dame's victorious medley (1:50.32) and 400 free (3:39.40) relays. The medley relay time set a state record.

Scott County's Megan Zerhusen defended her 200 free championship (1:52.77), but last year's 100 butterfly co-champions Caroline Casper (59.96) and Lisa Cummins (59.43) were beaten by Paul Laurence Dunbar's Lyndsay Barnes (59.32).

Kathleen Tonini of Sacred Heart breezed to a win in the 500 free (5:08.61), and Model captured the 200 free relay (1:42.59).

Local Sports Roundup

Model swimmers honored as Athletic-Academic All-Americans by NISCA

Richmond Register Saturday, September 12, 1992 Page 7A

The National Interscholastic Coaches Association have named four Model swimmers as Athletic-Academic All-Americans.

Patriot coach Tim Cahill said Ashley Wolfe, John Dewey, Kerry Fraas and Sarah Whitcopf received the honor which requires the students to be a two-year letter winner and have a cumulative core GPA of 3.75.

Wolfe is now attending Eastern Kentucky University, Fraas is at South Carolina, Whitcopf is enrolled at Emory University and Dewey is at Wabash College.

There were only nine Kentucky swimmers chosen for the honor, an honor Coach Tim Cahill says the athletes and their teachers should relish.

"That's really an incredible accomplishment," said Cahill in a released statement. "It's a compliment to all the teachers these young people had in school. They



Wolfe



Whitcopf



Dewey



Fraas

too, should feel very proud that these students are in the nation's elite."