

San Diego Mesa College
Women's Swimming and Diving Awards

MOST VALUABLE

1981	Dana Davidson
1982	Dana Davidson
1983	Laura King
1984	Laura King
1985	Maria Umnuss
1986	Maria Umnuss
1987	Robin Nicholson
1988	Kammi Hern
1989	Debbie Veborg
1990	Kristin Bjornstad
1991	Amber Drake
1992	Amber Drake
1993	Brooke MacDonald
1994	Windy Kraynik
1995	Dena Dickens
1996	Liz Couch
1997	Jamie Maddock
1998	Autumn Poulin
1999	Autumn Poulin
2000	Melanie Venter
2001	Kathy Keays
2002	Larabeth Schellenberg
2003	Samantha Peters/Jana Shenefield
2004	Samantha Peters/Jennifer Gonzalez
2005	Ashley Pennoyer
2006	Annie Flynn
2007	Jeanette Islas/Emily Pool
2008	Sasha Beltran/Whitney Porter
2009	Murphy Wimer
2010	Murphy Wimer

MOST IMPROVED

1981	
1982	Leah Esquibel
1983	Mary Romano
1984	Shawnie Zerr
1985	Daisy Sundstrom
1986	Paulette Ferriter
1987	Elizabeth Addison
1988	Melissa Lawrence
1989	Fran Adams
1990	Jennifer Pearce
1991	Kerry Grieser
1992	Dustin Matthew
1993	Momi Rapozo
1994	Dena Dickens
1995	Amy Horn
1996	Allison Wedell
1997	Amy Lebo
1998	Cindy Gegax
1999	Kat Reese
2000	Diana Galvan
2001	Leeanne Broms
2002	Bretaye Gaw
2003	Sara Lebo
2004	Bina Kviatkovsky
2005	Jessica Backen
2006	Jeanette Islas
2007	Leah Mitchell
2008	Branigan Pike
2009	Carrie Christianson
2010	Adriana Herrera