

2006 T.A.A.F. Female Athlete of the Year



Harmony Lynn D'Antoni

Richmond, Texas

Swimming:

2004 T.A.A.F. Region 1 Swim Meet: Gold medal- 50 butterfly; 50 breaststroke; 200 medley relay; 200 freestyle relay

2004 T.A.A.F. Region 1 Record Holder: 50 butterfly; 50 breaststroke; 200 medley relay; 200 freestyle relay

2004 T.A.A.F. Games of Texas: Gold medal - 50 breaststroke; 200 medley relay

2004 T.A.A.F. State Record Holder: 50 breaststroke; 200 medley relay

2005 T.A.A.F. Region 1 Swim meet: Gold medal- 50 butterfly; 50 breaststroke; 200 medley relay; 200 freestyle relay

2005 T.A.A.F. Region 1 Record Holder: 50 butterfly; 50 breaststroke; 200 medley relay; 200 freestyle relay

2005 T.A.A.F. Games of Texas: Gold medal - 50 butterfly; 50 breaststroke

2005 T.A.A.F. Games of Texas: Bronze medal - 50 freestyle

2004 and 2005 Selected R&R Aquatics Swim Team Most Valuable Player

2006 T.A.A.F. Games of Texas: Gold- 50 breaststroke; 100 individual medley; 200 medley relay; 200 freestyle relay

2006 T.A.A.F. State Record Holder: 100 individual medley; 200 medley relay; 200 freestyle relay

2006 Richmond/Rosenberg Aquatics Swim Team Scholarship Recipient

2002-2006 Four-time University Interscholastic League (UIL) District Champion; four-time UIL Regional Finalist;

two-time UIL Regional Champion

2004-2005 and 2005-2006 UIL State Finalist; 2002-2006 Selected UIL First Team All State

2005-2006 UIL District Record Holder in the 100 butterfly; 100 breaststroke & 200 freestyle

2005-2006 UIL Regional Record Holder – 100 breaststroke

2002-2006 Foster High School Swimming Record holder in: 100 butterfly; 100 breaststroke; 500 freestyle; 200 freestyle; 200 individual medley; 100 freestyle; 200 freestyle relay; 200 medley relay, 400 freestyle relay

2004-2005; 2005-2006 Selected Most Valuable Player of Foster High School Varsity Swim Team

2006 Named by the Houston Chronicle as one of the Top 10 Swimmers of the Greater Houston Area

2002-2006 Finished first place in every event that she participated in all Coastal Cities Aquatic Association Circuit and Championship meets; Current C.C.A.A. record holder for 50 butterfly; 50 freestyle and 200 medley relay

Academic and Community:

Volunteered with American Red Cross, Hurricane Katrina Relief Effort and mentored younger swimmers; Worked as a Lifeguard for three years; Signed to swim for the University of Houston

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