

*2009 T.A.A.F. Male  
State Athlete of the Year*

**Matt Tomas**

**Richmond**



**Regional - T.A.A.F. Swim Competition**

1999 – Medley Relay –Gold; 25 Freestyle – Bronze  
2000 – Medley Relay –Silver; Freestyle Relay – Bronze  
2001 – Medley Relay – Silver; Freestyle Relay – Gold  
2002 – 50 Backstroke – Silver; Freestyle Relay – Gold  
2003 – 50 Backstroke; 100 IM and 100 Freestyle – Gold  
2004 – 50 Backstroke and 50 Fly – Bronze;  
100 Freestyle – Gold  
2005 – Medley Relay; 50 Fly and Freestyle Relay- Gold  
2006 – Medley Relay; 100 Freestyle; 200 Freestyle and  
Freestyle Relay – Gold  
2007 – 100 Freestyle; 200 Freestyle and Freestyle Relay –  
Gold; 50 Fly – Silver  
2008 – 200 Freestyle and Freestyle Relay – Silver

**State – T.A.A.F. Summer Games of Texas**

1999 – 100 yard Freestyle Relay – Bronze  
2001 – 100 yard Freestyle Relay – Gold; 25 yard Fly – Bronze  
2002 – 200 yard Freestyle Relay – Bronze  
2003 – 200 yard Freestyle Relay –Gold  
2004 – 200 yard Freestyle Relay – Bronze  
2005 – 200 yard Freestyle Relay – Silver; 200 yard Medley Relay - Bronze  
2006 – 200 meter Freestyle Relay – Gold – Record set @ 1:42.18;  
200 meter Freestyle-Bronze; 200 meter Medley Relay- Gold – Record set @ 1:56.34  
2007 – 200 meter Freestyle – Bronze; 200 meter Freestyle Relay and 200 meter Medley Relay -Silver  
2008 – 200 yard Freestyle - Silver

**R & R Aquatics Swim Team**

1999 – Swim Team Most Improved  
2001, 2003, 2005, 2006, 2007 –Most Valuable Player  
2009 Selected R & R Aquatics Local Athlete of the Year  
2009 Selected T.A.A.F. Region 1 Athlete of the Year

**High School Swim**

Swim Team Captain  
District Most Valuable Player  
Male Swim Team Athlete of the Year – 3 years  
UIL State Medalist

**Academic and Community**

2007- Solos and Ensembles – 1<sup>st</sup> place  
Eagle Scout - Boy Scouts Troop 309; Order of the Arrow; Church Altar Server – 8 years  
National Honor Society –2 years; Gifted and Talented Program;  
Academic Decathlon Team – Finished 1<sup>st</sup>. place at Regional; 4<sup>th</sup> in State  
2009 – Top 10% of high school graduating class; Service Cord – (160 + service hours)  
Attending the University of Texas

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