



*America's longest-running program
recognizing excellence in high school athletics*

**Miami Palmetto's Saco Named
2009 Florida Dairy Farmers Boys' Swimmer-of-the-Year**

Gainesville (Jan. 26) --- Miami Palmetto senior Michael Saco was named the 2009 Florida Dairy Farmers Boys' Swimmer-of-the-Year following a final round of voting by a statewide panel of high school swimming coaches.

Saco is the 18th winner of the annual award sponsored by Dairy Farmers, Inc. and the Florida Athletic Coaches Association to honor the top high school boys' swimmer for the 2009 season.

Saco broke the state record in the 50-yard freestyle with a time of 20.11 and won the 100-yard freestyle with a time of 44.65 at the Class 3A state championships.

Saco, who was earlier selected as the Class 3A Swimmer-of-the-Year, finished ahead of Patrick Ceddia of Cardinal Mooney the 1A Swimmer-of-the-Year and Jon Nunez of Fort Myers, the 2A Swimmer-of-the-Year.

The Florida Dairy Farmers Sports Awards program exemplifies Dairy Farmers, Inc.'s commitment to the state's youth. While honoring the state's top athletes and coaches in all 26 FHSSA-sanctioned sports for the 18th consecutive year, the program also emphasizes to young people the importance of keeping dairy products a primary part of their diet in their overall nutrition plan.