



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

**Gainesville Buchholz's Sintjago Named  
2009 Florida Dairy Farmers Girls' Swimming Coach-of-the-Year**

Gainesville (Jan. 26) ---Rinaldo Sintjago of Buchholz High School was named the 2009 Florida Dairy Farmers Girls' Swimming Coach-of-the-Year following a final round of voting by a statewide panel of high school swimming coaches.

Sintjago is the 18<sup>th</sup> winner of the annual award sponsored by Dairy Farmers, Inc. and the Florida Athletic Coaches Association to honor the top high school girls' swim coach for the 2009 season.

Sintjago was named as the Coach-of-the-Year by leading Buchholz to the Class 3A state championship with 171 total points. Sintjago, who was earlier selected as the Class 3A Swimming Coach-of-the-Year, finished ahead of Jon Allen of Gainesville Eastside, the 2A Coach-of-the-Year, Sid Cassidy (Boca Raton St. Andrews) and Sergio Lopez of Jacksonville Bolles, the 1A Co-Coaches-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 18<sup>th</sup> 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.