

APPLETON NORTH LIGHTNING ATHLETIC HALL OF FAME

CORTNEE ADAMS

Cortnee Adams graduated from Appleton-North High School in 1999. After High School, she received a full scholarship to swim at Auburn University and then transferred under scholarship to BYU and graduated from Brigham Young University in Recreation Management.

Cortnee participated in swimming for four years at North High School and graduated with many accomplishments in her high school career.

All- American

- ◆ She was selected as an All-American swimmer SEVEN times.
- ◆ She received honorable mention one time.

State

State Championships

- ◆ 50 free in 1995, 1996, 1997, 1998
- ◆ 100 free in 1996, 1997, 1998
- 2ND place in 1995

State Record Holder

- ◆ 50 Free
- ◆ 100 Free
- ◆ 1998 State Swimmer of the Year
- ◆ One of 10 female swimmers in WIAA history to win an event all Four years of her high school career.

Conference

- ◆ Conference swimmer of the Year in 1997 and 1998.
- ◆ 1st team all-conference all four Years
- Conference Record Holder

- ◆ 50 Free

- ◆ 100 Free

Appleton-North

- ◆ Holds ALL 8 individual team records
- ◆ Was apart of all 3 record relay teams
- ◆ Only lost one race in her high school career.
- ◆ Post-Crescent Athlete of the year for 1998

Academic

Accumulated a 3.7 GPA
National Honor Society

After high School, Cortnee became a four-time letter winner at Auburn University and Brigham Young University in swimming.

- ◆ College Athlete of the Week at BYU

- ◆ College Conference swimmer of the week while at BYU

- ◆ SEC and Mountain West Conference qualifier and winner

- ◆ SEC and Mountain West First Team All Conference

- ◆ High Point winner at Mountain West Conference Meet

- ◆ BYU Swimmer of the Year

- ◆ NCAA Qualifier. finalist, and 5 time All-American

- ◆ Olympic Trial Qualifier in 2000 and 2004

- ◆ Graduated from BYU in Recreation/ Business Management

- ◆ Coached swim camps at both Auburn and BYU

- ◆ Volunteer coach at BYU

- ◆ Head Coach of USS swim team in Provo, Utah

- ◆ Internship with Los Angeles Angels and Texas Rangers Minor League Clubs; League Champions

- ◆ Currently working in retail in a managerial position

