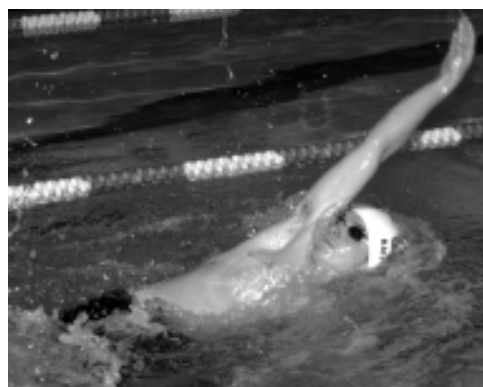


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*Junior Brad Gorter*



*Sophomore Phil Baity*

**Credits:** The 2006-07 swimming and diving media guide is a publication of the Cornell Athletic Communications Office. Editorial content by Marlene Crockford, Robin Dyer, John Holohan and Joe Lucia, with assistance from Jeremy Hartigan. Layout by Marlene Crockford. Photos: Rick Gilbert, Patrick Shanahan, Darl Zehr and Tim McKinney.



*Junior Colleen Murphy*



**JOHN HOLOHAN**

**Fourth Season at Cornell  
Syracuse '74**

**Head Coach of Women's Swimming**

**J**ohn Holohan, one of the top amateur swim coaches in New York state, begins his fourth season at Cornell. Holohan was named the Big Red's head women's swimming coach in August 2003.

Prior to joining the Big Red staff, Holohan was the head coach and director of the Syracuse Sharks since 1988. The club is one of the top club swimming programs in Central New York. Holohan helped develop 20 junior national qualifiers, 10 world-ranked swimmers, six national qualifiers and the 2000 Olympic gold medal winner, Kim Black. He previously served as the sprint coach for LeMoyne College men's and women's swimming teams (1993-98), and he was assistant coach for the Syracuse women's squad (1981-82). Holohan was a graduate assistant coach for the men's water polo team at Syracuse in 1975.

The Syracuse, N.Y., native was also the owner and operator of Precision Coaching, an aquatic management company that manages five pools in the Syracuse area. He was both a coach and participant in the national team training camp for the World University Games in 1999. Holohan is also a member of the American Swim Coaches Association and the USA Swimming Coaches Association.

Holohan received his bachelor's degree in psychology from Syracuse in 1974 and a Master's Degree in exercise science from Syracuse in 2005. His research for his MS degree on how physiology correlates to swimming performance was presented at both the FINA World Sports Medicine Conference and the North American Association of Pediatric Exercise Medicine Conference.

**Coach Holohan on Cornell Swimming:**

The primary goal of the coaching staff is to create a team environment that enhances each individual swimmer's chance to reach her swimming potential.

The Cornell women's swimming training program involves the development of all the components of successful swimming, including stroke mechanics, conditioning, weight training, racing strategies, starts and turns.

In addition, the training regimen is conducted in a manner that encourages the student-athlete to maintain a balance between work, recovery and recreation.

The ultimate goal of the program is for each athlete to achieve lifetime-best performances.

Within this framework, the team will produce individual champions, and eventually, a team championship.



**COREY BERG**

**First Season at Cornell  
Virginia '06**

**Assistant Women's Swimming Coach**

**C**orey Berg is in her first season assisting the women's swimming program at Cornell.

A four-year swimmer at the University of Virginia, she graduated in May of 2006 with a bachelor's degree in economics.

The Hyde Park, N.Y., native was a two-time Olympic Trials qualifier in the 200-meter backstroke. She was also a finalist in the 100 and 200 backstroke and 200 IM at the ACC championships from 2003-2006. Berg represented Virginia at the NCAA championships in the 200 backstroke and 200 IM in 2003 and 2004.

Corey's parents, Brian and Christine, are both high school physical education teachers and coaches. Her brother, Kyle, swims at Boston University and her sister, Shea, swims in high school.

## MEN'S COACHING STAFF



### JOE LUCIA

**20th Season at Cornell  
SUNY Cortland '73**

**The Philip H. Bartels '71 Coach of Men's Swimming**

Joe Lucia has coached the Big Red men's swimming program for 19 years since his appointment at Cornell in October 1987. This is his 11th season with just the men after guiding both the men and women in the first nine campaigns. During this time, Lucia has continually had his men in the top half of the Eastern Intercollegiate Swimming League standings.

Lucia became the first Philip H. Bartels Head Coach of Swimming when the position was endowed in 1998.

A 1973 graduate of Cortland, Lucia came to Cornell after serving as the head swimming coach of Union-Endicott (N.Y.) High School and the Union Aquatic Club for 11 years.

Having taught in the public school system, in addition to coaching at all developmental levels of a United States swimming club, has given Lucia the strong grassroots background to effectively communicate and work with collegiate student-athletes.

Lucia has improved the caliber of Big Red swimming and has been rewarded for his efforts by being named Coach of the Year at the women's Easterns in 1992 and in 1994.

During his tenure at Cornell, Lucia has coached seven individuals to Eastern championships: Dave McKechnie (100 and 200 breast), Mike Smit (200 and 500 free and 200 fly), Sherwood Yuen (100 and 200 breast), Brad Shaw (100 breast), Dave Hager (100 fly), Trina Young (1650 free) and Kim Milligan (100 back). He has also coached the only four relays to ever win the Eastern title at Cornell: the women's 200 free relays in 1994 and 1995 and the men's 400 medley relay and 800 free relay in 2006.

#### The Lucia File:

	Cornell-men			Cornell-women		
1987-88	3	8	0	5	5	0
1988-89	5	6	0	6	4	0
1989-90	6	4	1	3	7	0
1990-91	6	5	0	6	4	0
1991-92	6	4	0	7	3	0
1992-93	4	6	0	6	4	0
1993-94	5	6	0	6	5	0
1994-95	6	5	0	7	4	0
1995-96	7	5	0	7	5	0
1996-97	5	5	0	-	-	-
1997-98	5	5	0	-	-	-
1998-99	4	6	0	-	-	-
1999-2000	5	6	0	-	-	-
2000-01	4	7	0	-	-	-
2001-02	7	4	0	-	-	-
2002-03	7	4	0	-	-	-
2003-04	7	4	0	-	-	-
2004-05	8	2	0	-	-	-
2005-06	8	2	0	-	-	-
<b>Totals</b>	<b>108</b>	<b>94</b>	<b>1</b>	<b>53</b>	<b>41</b>	<b>0</b>

EWSL Coach of the Year: 1992, 1994



### ROBIN DYER

**Sixth Season at Cornell  
Syracuse '73**

**Assistant Men's Swimming Coach**

Robin Dyer is entering his sixth season as an assistant coach with the Cornell men's swimming and diving program and his 34th year overall as a coach. His experience includes club, high school, masters and college teams.

Dyer spent 13 years coaching in Dallas, Texas, after coaching at Binghamton University from 1983-87. He began his coaching career in his hometown of Endicott, N.Y., in 1973. Over the years, Dyer has worked with a variety of age groups and ability levels, including junior and senior national champions, Olympic Trials finalists and high school All-Americans.

A graduate of Syracuse University with a bachelor of arts degree in religion and philosophy in 1973, Dyer received his master's degree in physical education from Syracuse in 1983.

**RICK GILBERT****39th Season at Cornell  
Indiana '65****The Richard W. Gilbert Head Coach of Diving**

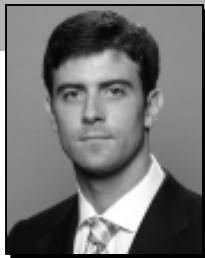
**R**ick Gilbert has been doing an outstanding job of coaching Cornell divers since 1968. He was also head swimming coach from 1971-74 before returning to his diving coach responsibilities.

A 1965 graduate of Indiana University, Gilbert won five Big Ten diving titles and was the NCAA 1-meter champion as a junior. He won four National AAU 3-meter titles and was the victor on both the 1-meter board and 10-meter platform once. Gilbert won both the 3- and 10-meter events at the World Student Games in Budapest, Hungary, in 1965, and was a member of the U.S. team at the 1968 Olympic Games in Mexico City, where he placed 17th on the 10-meter platform.

In Gilbert's 38-year tenure, Cornell divers have won 13 Eastern titles. In addition, four have garnered All-America honors. Gilbert was named Diving Coach of the Meet at the Eastern championships for women in 1991, 1992 and 1993.

A native of Lancaster, Pa., the McCaskey HS graduate was a high school All-American for three years. In 1967, he received his master's degree in physical education from Indiana University. He is a past chairman of the NCAA Diving Rules Committee and was selected as the 1984 EISL men's diving coach of the year. He is a member of the Pennsylvania State Hall of Fame.

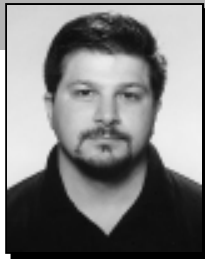
The diving coach's position was endowed in 2001 in Gilbert's name through a gift made by Robert '70 and Maura '72 Dughi.

**ALEX de LATOUR****Sixth Season at Cornell, Second Season as Volunteer Assistant Coach  
Cornell '00****Volunteer Assistant Men's Coach**

**A**lex de Latour is in his second season assisting the men's swimming program.

A long-time swimmer with coaching experience, de Latour graduated from Cornell in 2000 with a bachelor of arts degree. He swam for the varsity for two years and is a varsity letter winner.

After graduating from Cornell, de Latour moved to the California area where he worked for AT&T Business Services. He continued to be an active master swimmer and has coached younger age groups as well as the Northern California special olympic swim team.

**TOM DILLIPLANE****Seventh Season at Cornell  
Akron '94****Assistant Strength and Conditioning Coach**

**T**om Dilliplane begins his seventh year as a full-time assistant strength and conditioning coach at Cornell after serving as a volunteer for the previous three years. Dilliplane worked as a fitness coordinator for the Cornell Fitness Centers for five years before accepting his current position with varsity athletics.

As the assistant strength and conditioning coach, Dilliplane's responsibilities include design and implementation of specialized training programs for a variety of men's and women's teams. He supervises both team and individual training sessions and periodic strength/endurance testing of athletes, as well as maintaining performance records. He works closely with both athletes and coaches to develop training programs to meet specific athletic goals, including injury rehabilitation.

Before arriving at Cornell, Dilliplane served as the interim head strength and conditioning coach at the University of Akron, where he worked with all of its athletic teams.

Dilliplane earned his master's degree at Akron in 1994 in athletic training/exercise physiology

## SUPPORT STAFF

and earned his bachelor's degree at the University of Buffalo in health sciences and exercise physiology in 1991.

Dilliplane and his wife, Melanie, the assistant gymnastics coach at Cornell, have two daughters, Maren and Eva.



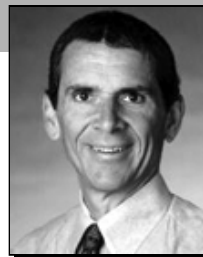
### CAROLE **BISOGNI**

#### Women's Team Academic Adviser

**C**arole Bisogni (Cornell '70, '72, '76) is associate professor and associate director for academic affairs in the division of nutritional sciences.

Since joining the Cornell faculty in 1975, she has taught undergraduate and graduate students, conducted research, and developed educational programs about food and nutrition for the professionals and the public through Cornell Cooperative Extension. Bisogni is a specialist in community nutrition who conducts research about why people (including student-athletes) think and act as they do related to food and eating and about how people change their food practices.

Carole directs the division's undergraduate programs in nutrition and in human biology, health and society and has served on national advisory committees about food safety. She holds a joint appointment in Cornell's Institute of Food Science.



### ED **McLAUGHLIN**

#### Men's Team Academic Adviser

**D**r. Edward McLaughlin is the Robert G. Tobin Professor of Marketing, director of the undergraduate business program and director of the food industry management program at Cornell. He received his master's degree at the University of Vermont and his Ph.D. at Michigan State University.

At Cornell, Dr. McLaughlin teaches courses in the areas of marketing, strategy and international marketing and is the author or co-author of three books and numerous research articles. He was voted the College's Outstanding Professor by the seniors of the college and has received several national awards for distinguished teaching and research.

Dr. McLaughlin has had extensive international experience, having spent four years in Africa with the U.S. State Department, the United Nations and the World Bank. He has been a professor of marketing at the Nitra Economic Institute in Slovakia and he served as a marketing consultant for The Albert Heijn Supermarket Company in The Netherlands. He was also previously professor of retailing at Nyenrode University, The Netherlands School of Business.



*Sophomore Sarah Yan*



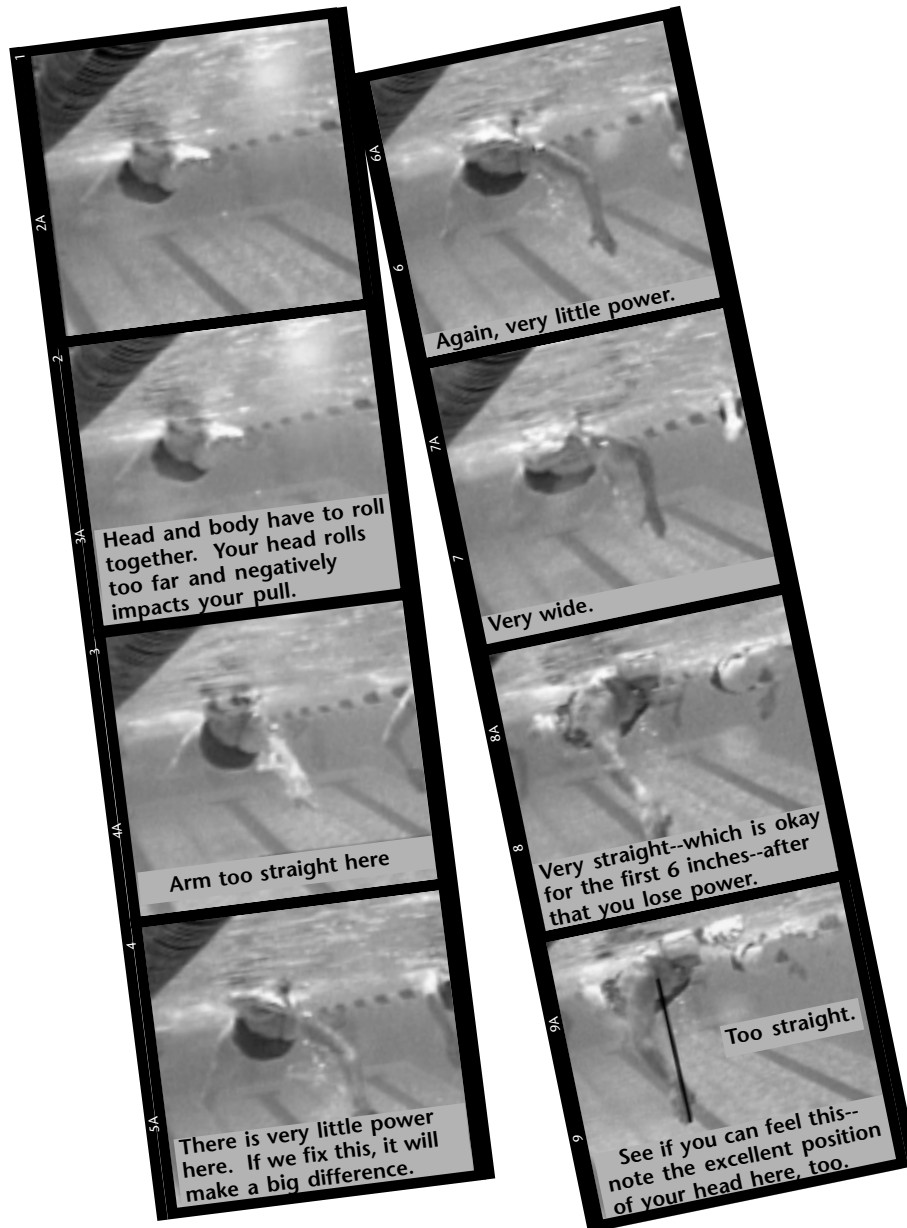
*Sophomore Wes Newman*

## STATE OF THE ART TRAINING

Cornell swimming and diving utilizes the latest in underwater filming technology (see samples below), coupled with computer stroke analysis, to help each swimmer maximize their swimming technique.

The Fuel for Peak Performance Program was implemented to enhance the swimmers' health and performance, in cooperation with Professor Susan Travis, MS, RD, Lecturer and Community Nutrition Coordinator for Dietetics, Division of Nutritional Sciences.

The nutrition program, coupled with a scientific approach to training, have been major factors in the team's improvement.



## 2006-07 Women's Outlook

The upcoming season promises to be one of growth for the women's swimming and diving team. The squad will look to build on the program's solid foundation, while striving to develop each athlete to her full academic and athletic potential.

Last year, the team graduated a talented contingent of young women who will be missed for their contribution in the pool, excellence in the classroom and leadership on and off the deck. A strong and committed group of returning student-athletes, coupled with a large incoming class, will work to continue the resurgence of the program. Over the last three seasons, the team has made solid improvement in the speed of their fastest swimmers (see chart). Last year's squad set five school records, erasing standards that had been on the books for up to 14 years.

The team has demonstrated substantial improvement in the top time for almost every event. The squad will look to continue to improve their top performances, while developing more depth in order to become more competitive in the Ivy League. The Big Red has made strides in that area.

A small but talented and dedicated senior class will lead this year's team. Kristin Conway, a three year Ivy team member, is focused on finishing her athletic career in style. Kristin has been a major contributor in the backstroke and middle distance freestyle events. Last season, she was the team's ninth-highest scorer at the Ivy championships and was a member of the record setting 800 freestyle relay. Teammate Sabrina Kwauk will also be a "go-to" swimmer this season. Through hard work and dedication, Sabrina had lifetime best times last year and performed well at the Ivy championships. She is expected to continue to help the team in the breaststroke events. On the boards, Caitlin Burrows looks to continue her remarkable improvement. Last year, she competed in her first Ivy championships and performed well, and she will provide leadership to the team's three new divers. Rounding out the senior class is Rebecca Nolan. Rebecca swims out of a passion to excel and a love for the sport that inspires every one of her teammates.

The junior class is also small, but packs a wallop. Record breaker Leah Tourtellotte, distance specialist Emilie Rennie and butterfly standout Nicole Tariverdian will lead the team. Last season, Leah made the top eight at the Ivy cham-

pionships in every event she raced, broke a 14-year-old school record in the 200 free and anchored the record-breaking 800 free relay. She also blazed to a 50.9 split in the 400 free relay. For the last two years, classmate Emile has motivated the team with a work ethic that is beyond comparison. Emilie is always up for the big race, and each season she has saved her best for the championship meet. Rounding out the junior class is Nicole Tariverdian. Nicole had an excellent season last year with lifetime best times in the 100 (58.90) and 200 butterfly (2:11.81). After working hard in the off season, she is focused on breaking into the top eight at this year's championship meet.

Mary Cirella, Laura Luedke, Sara Yan and Emma Wondergem lead a talented sophomore

class. Last year, the class was hampered by an unusually high occurrence of illness and injury, but after a summer of solid training they are ready to reach their full potential. Mary Cirella, a breaststroke and IM swimmer, came on strong at the end of the season (100 breast 1:07.7, 200 breast 2:27.90) and is ready to get back into top form. Sprint free swimmer Laura Luedke is also fully recovered and ready to break out this year. She had a solid Ivy meet with season best swims in the 50 (24.88) and 100

free (54.25). Laura will also be a crucial member of the team's relays. Teammate Emma Wondergem is also a solid freestyle sprinter, as well as one of the team's top backstroke swimmers (59.99). Her goals are to improve on last year's lifetime best swims. Rounding out the top returning swimmers from the sophomore class is Sara Yan. She is a multi-talented student-athlete. Last season, she showed true grit by competing most of the year with an undiagnosed illness, but she is healthy now and ready for a run at the record board.

This year's incoming freshman class is fairly large, with 10 swimmers and divers ready to fill the gaps left by graduation. The class of 2010 is led by butterfly specialist JC (Julieclaire) Sheppard (57.7). Joining JC in the butterfly events is Laura Acchione, who is coming off an excellent senior year. The breaststroke events will be handled by Germantown swimmer Danielle Visco and sprint free by Jill Berlin. Emily Caras will add greatly to the team's distance swimming punch. This year's class also includes two excellent divers, Jennifer Park and Gretchen Schroeder. The freshmen are expected to make an immediate contribution to this year's squad.

	2002-03	2005-06
50 free .....	24.11	23.97
100 free .....	52.89	51.96
200 free .....	1:55.40	1:52.14
500 free .....	5:08.53	5:05.07
1000 free ..	10:41.69	10:20.53
1650 free ..	18:00.17	17:03.31
200 IM .....	2:07.63	2:04.08
400 IM .....	4:39.97	4:37.10
100 fly .....	56.37	55.47
200 fly .....	2:08.58	2:05.07
100 bk .....	56.75	56.75
200 bk .....	2:06.43	2:06.01
100 br .....	1:06.67	1:08.58
200 br .....	2:21.90	2:29.89

## 2006-07 Women's ROSTER

Name	Event	Cl.	School/Hometown
Acchione, Laura	Fly	Fr.	Maryvale Prep/Phoenix, Md.
Berlin, Jill	Free	Fr.	Scarsdale HS/Scarsdale, N.Y.
** Brennan, Shana	Back/Free	Jr.	Foothill HS/San Jose, Calif.
*** Burrows, Caitlin	Dive	Sr.	Horace Greeley HS/Chappaqua, N.Y.
Caras, Emily	Fly/Free/IM	Fr.	Cape Elizabeth HS/Cape Elizabeth, Maine
Cholakis, Gena	Dive	So.	Poly Prep/Rockaway Beach, N.Y.
* Cirella, Mary	Breast	So.	Oak Knoll HS/Warren, N.J.
*** Conway, Kristin	Free/Back	Sr.	Nazareth Academy HS/Yardley, Pa.
* Gryka, Katie	Free	So.	Riverside Poly HS/Riverside, Calif.
Judd, Heidi	Free/IM	Fr.	Niskayuna HS/Niskayuna, N.Y.
*** Kwauk, Sabrina	Breast/IM	Sr.	Island School/Hong Kong
* Luedke, Laura	Free	So.	Sheboygan South HS/Sheboygan, Wis.
* Murphy, Colleen	Free/Fly	Jr.	North Brunswick HS/North Brunswick, N.J.
*** Nolan, Rebecca	Back/Free/IM	Sr.	R.E. Fitch HS/Mystic, Conn.
Park, Jennifer	Dive	Fr.	Scarsdale HS/Scarsdale, N.Y.
** Rennie, Emilie	Free	Jr.	Capital HS/Olympia, Wash.
Schroeder, Gretchen	Dive	Fr.	Fairport HS/Fairport, N.Y.
Sheppard, Julieclaire	Free/Fly/IM	Fr.	St. Ignatius Prep/Tiburon, Calif.
** Tariverdian, Nicole	Fly/Free	Jr.	Bishop Fenwick HS/Swampscott, Mass.
** Tourtellotte, Leah	Free/IM	Jr.	Bishop Alemany HS/Mission Hills, Calif.
Tynan, Jenna	Dive	Fr.	A.D. Nease HS/Ponte Vedra, Fla.
Visco, Danielle	Breast/IM	Fr.	Germantown Academy/Lower-Gwynedd, Pa.
* Wondergem, Emma	Back	So.	Arroyo Grande HS/Arroyo Grande, Calif.
* Yan, Sarah	Breast	So.	Shenendehowa HS/Clifton Park, N.Y.

\* letters won

**Head Coach:** John Holohan (fourth season)

**Asst. Coach:** Corey Berg (first season)

**Diving Coach:** Rick Gilbert (39th season)

*The women's team had a great time on their training trip to Hawaii.*



## MEET THE BIG RED



### CAITLIN BURROWS\*\*\*

Senior • Dive • 5-4  
Chappaqua, N.Y. • Horace Greeley HS  
Operations Research and Engineering

**At Cornell:** Caitlin received the team's Hardest Working Award last season as a tribute to her dedication and the incredible improvement in her diving since her freshman year. Her positive attitude and strong work ethic has earned her the respect and admiration of her teammates and a trip to her first Ivy championships last season. Her championship experience should help her build upon her season high scores of 189.07 in the 1-meter and 219.23 in the 3-meter events. As the team's only returning diver, Caitlin will be expected to provide leadership to the incoming freshmen divers. She is enrolled in the College of Engineering. **At Horace Greeley:** A graduate of Horace Greeley HS, Caitlin dove during the 2001 and 2002 seasons. She competed at the section I championships and placed in the top eight in 2002. **Personal:** Caitlin Margarethe Burrows is the daughter of John Burrows and Cathie Mannion and has one younger brother who swims for the University of Rochester.



### MARY CIRELLA\*

Sophomore • Breast • 5-4  
Warren, N.J. • Oak Knoll HS  
English

**At Cornell:** Mary proved herself a hard worker with incredible dedication and devotion to the team in her first year with the Big Red. She was a key point scorer in dual meets and at the Ivy championships in the breaststroke and IM events. Mary's third-place finish in the 200 IM vs. Binghamton and second-place finish in the 200 breast vs. Navy were two standout performances that helped lead Cornell to victory in both cases. Her season-best time of 2:30.06 in the 200 breast was the team's second fastest of the year. At Ivies, she scored points for the team, placing 23rd in the 200 breast and 24th in the 100 breast, with the team's third-fastest time of the season (1:10.55). With her drive and strong work ethic, Mary is expected to return for a breakout sophomore season. She is enrolled in the College of Arts and Sciences. **At Oak Knoll:** A graduate of Oak Knoll HS, Mary swam on a club team for four years and was a USA Scholastic All-American in both 2003 and 2004. **Personal:** Mary Catherine Cirella is the daughter of Vincent and Barbara Cirella and has one older and one younger brother.





## KRISTIN CONWAY\*\*\*

**Senior • Free/Back • 5-9**  
**Yardley, Pa. • Nazareth Academy HS**  
**Policy Analysis and Management**

**At Cornell:** Kristin has been a strong contributor to the team for the past three years in the distance, middle distance and backstroke events. As a past recipient of the team's Attitude Award, Kristin is a focused and hard worker with a competitive spirit that makes her a great asset to the team.

After not competing at the Ivy championships in her sophomore season due to an injury, Kristin swam 2:11.44 in the 200 back, 1:56.59 in the 200 free, and 5:11.56 in the 500 free at the Ivies this past season. She scored in the 200 free, placing 23rd in the event. Kristin's times in all three events were the team's third-fastest times for the year. In addition to her individual success, she also swam a leg of the school record-breaking 800 free relay at the Ivies. As the ninth-highest point scorer at the Ivy championships last year, Kristin is expected to return as a high scorer and help lead the team both in and out of the pool as a strong member of the senior class. She is enrolled in the College of Human Ecology. **At Nazareth Academy:** A sectional qualifier at Nazareth Academy, Kristin received Scholastic All-America honors and was a member of the all-state first and second teams. **Personal:** Kristin Marie Conway is the daughter of Stephen and Barbara Conway and has a twin sister and a younger brother.



## KATIE GRYKA\*

**Sophomore • Free • 5-7**  
**Riverside, Calif. • Riverside Poly HS**  
**Hotel Administration**

**At Cornell:** Katie earned the respect of her teammates from the first day of the season last year, when she successfully completed the difficult distance test set to earn her place on the team as a freshman. Training day in and day out for the distance events, Katie's hard work paid off with lifetime best times in the 1,000 (10:59.70) and mile (18:46.23), both of which ranked her third on the team in those events for the year. Her third-place finish in the 1,000 at the Buffalo dual meet scored valuable points in the team's close win, and earned her a trip to the Ivy championships. At her first championship meet, Katie scored in the 1,000 and mile, placing 24th in each event. With her strong determination and work ethic, Katie is expected to continue her improvement and contribute to the team's success in the distance freestyle events. She is enrolled in the School of Hotel Administration.

**At Riverside Poly:** A varsity swim team captain for her senior year at Riverside Poly HS, Katie was a four-year letter winner and also received all-league honors during her high school career. **Personal:** Katherine R. Gryka is the daughter of John and Becky Gryka and has one older brother and one younger sister.



## MEET THE BIG RED



### SABRINA KWAUK\*\*\*

**Senior • Breast/IM • 5-5**  
**Hong Kong • Island School**  
**Biology and Society**

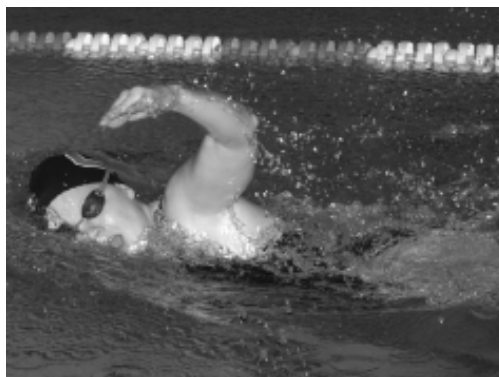
**At Cornell:** Sabrina had a break-out season in 2005-06, swimming lifetime best times in all of her events. She stepped up as a leader in the breast-stroke and IM events during the dual meet season and at the Ivy League championships. A real highlight of the year was Sabrina's performance at Buffalo, where she swam lifetime bests in the 200 (2:29.89) and 100 breast (1:09.79), the team's fastest and second-fastest times of the year in those events, respectively. Her second-place finish in the 200 breast and third-place finish in the 200 IM provided crucial points for Cornell's close win in that dual meet. At the Ivies, Sabrina swam a lifetime best time in the 200 IM (2:13.59) and scored by placing 23rd in the 100 breast and 22nd in the 200 breast. Sabrina's devotion to her training and the team will come out as strong assets as she steps up for her last season with the Big Red. She is enrolled in the College of Arts and Sciences. **At Island School:** Competing in both swimming and cross country, Sabrina was a co-captain of her club swim team. **Personal:** Sabrina Kwauk is the daughter of Walter and Emily Kwauk.



### LAURA LUEDKE\*

**Sophomore • Free • 5-7**  
**Sheboygan, Wis. • Sheboygan South HS**  
**Economics**

**At Cornell:** Laura is a swimmer to watch in the sprint freestyle and relay events this season. She was a significant point scorer throughout the dual meet season, helping lead the Big Red to many of its victories. Some highlights include her second-place finishes in the 50 free vs. Binghamton, Navy and Colgate. Laura was also a member of the 400 free relay teams that placed first vs. Binghamton, Yale, Navy and Colgate. She was a member of the 200 free relay team that now ranks fifth on Cornell's all-time performance list. In addition, Laura scored individual points for the team with her 21st-place finish in the 50 free with a time of 24.98, which was the team's third-fastest time in that event for the year, and was Cornell's fifth-highest point scorer at the Ivies. Coming off a summer of solid training, Laura is fit and ready to race and is expected to have an outstanding sophomore season and continue to be an asset to the team's success. She is enrolled in the College of Arts and Sciences. **At Sheboygan South:** A four-year letter winner, Laura was team captain two years and received all-state honorable mention recognition. In addition, she was all-conference and was a member of both the 200 free and 200 medley relay teams that hold the Sheboygan South HS records. **Personal:** Laura Elizabeth Luedke is the daughter of Steve and Diane Luedke and has one younger sister.





COLLEEN **MURPHY\***

**Junior • Free/Fly • 5-4**  
**North Brunswick, N.J. • North Brunswick HS**  
**Biological Sciences**

**At Cornell:** A determined and hard worker, Colleen trains for the sprint free and butterfly events. She contributed points in dual meets and at the Ivy championships. One highlight was Colleen's second-place finish in the 100 fly to help Cornell defeat Buffalo in a tightly-contested dual meet. At the Ivies, she scored and placed 24th in the 100 fly with a time of 59.72.

Colleen also swam the 50 (25.54) and 100 free (56.05) at the Ivies. She trained consistently this summer and is ready for a breakout year. She is enrolled in the College of Agriculture and Life Sciences. **At North Brunswick:** Colleen is a graduate of North Brunswick HS. **Personal:** Colleen Louise Murphy is the daughter of Gary and Louise Murphy and has one younger sister.



REBECCA **NOLAN\*\*\***

**Senior • Back/Free/IM • 5-7**  
**Mystic, Conn. • R.E. Fitch HS**  
**Landscape Architecture**

**At Cornell:** Rarely do you come across a more passionate swimmer than Rebecca. From her first preseason, when she earned a spot on the team as a walk-on, she has pushed herself to reach her full athletic potential. Rebecca has inspired and supported her fellow teammates. As a backstroke specialist, she has been a key swimmer in the 100 and 200 back,

as well as the medley relay events throughout the dual meet season. As a junior, Rebecca's hard work and dedication paid off as she swam lifetime best times in the 50, 100 and 200 back. As a rising senior, she will certainly contribute to the leadership and growth of the team. Rebecca is enrolled in the College of Agriculture and Life Sciences. **At R.E. Fitch:** A standout in both swimming and track and field, Rebecca was a four time letter winner in swimming and outdoor track as well as a three time letter winner for indoor track. She received the coaches award in both 2001 and 2002, and was also captain of the swimming, indoor track, and outdoor track teams for their 2002 seasons. **Personal:** Rebecca Marie Nolan is the daughter of Charles Nolan and Linda Barbero and has two younger brothers.



EMILIE **RENNIE\*\***

**Junior • Free • 5-4**  
**Olympia, Wash. • Capital HS**  
**Biological Sciences**

**At Cornell:** After an outstanding rookie season, Emilie continued to excel in the distance freestyle events last year. She received the team's Hardest Working Award for the second season in a row for her incredible work ethic and dedication that she brings to the pool every day. At her second Ivy championships, she swam the 500 (5:09.38), 1,000

(10:23.82) and mile (17:18.64) events. Her 1,000 and mile times were the team's fastest for the year in those events. She placed 13th in the 1,000 and 10th in the mile at the Ivies, making her the sixth-highest point scorer for Cornell. Emilie also ranks third and fourth on Cornell's all-time performance list for the mile and 1,000, respectively. With her seemingly endless endurance, Emilie is expected to continue to improve on her already outstanding performances. In addition, she has earned the utmost respect from her teammates as a model student-athlete and should step up into an even greater leadership role on the team in her junior year. Emilie is enrolled in the College of Arts and Sciences. **At Capital:** A four year varsity letter winner, Emilie competed in the Washington state championships three years in a row. **Personal:** Emilie Adelle Rennie is the daughter of Dr. Gordon and Mrs. Cynthia Rennie.

## MEET THE BIG RED



### NICOLE TARIVERDIAN\*\*

Junior • Fly/Free • 5-6  
Swampscott, Mass. • Bishop Fenwick HS  
Fine Arts

**At Cornell:** Nicole truly stepped up in her sophomore year as a key competitor in the fly events, scoring key points in dual meets throughout the season. Her hard work and positive attitude paid off with lifetime-best times in both the 100 and 200 fly. Nicole was a key contributor in the win over Navy with her first-place finish in the 200 fly, swimming a lifetime best of 2:11.81. She scored crucial points with her exciting first-place finish in the 200 fly in the dual meet vs. Colgate where Cornell placed 1-2-3 in that event. Nicole also contributed points at the Ivies, placing 21st in the 100 fly with a career best time of 58.90, the team's third-fastest of the year in that event. She will be expected to continue her improvement and become a leader in the fly events as a junior. Nicole is enrolled in the College of Architecture, Art, and Planning. **At Bishop Fenwick:** A league all star all four years running at Bishop Fenwick HS, Nicole won her conference's 100 fly event in both 2003 and 2004. **Personal:** Nicole Christine Tariverdian is the daughter of Robert and Patty Tariverdian.



### LEAH TOURTELLOTTE\*\*

Junior • Free/IM • 5-8  
Mission Hills, Calif. • Bishop Alemany HS  
Biological Sciences

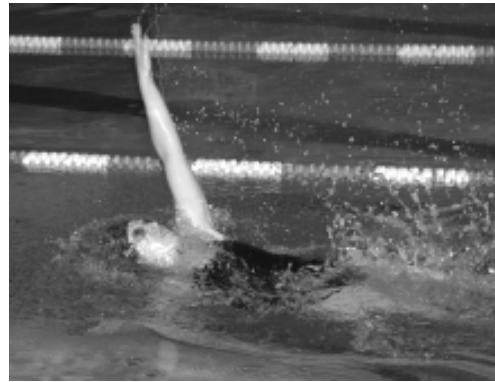
**At Cornell:** After a phenomenal rookie season, Leah continued to be one of the team's "go-to" competitors in her sophomore year and was one of the team's co-MVPs. At the Ivy championships, she not only qualified for her first final, but placed in the top eight for all three of her individual events, making her the team's second-highest point scorer of the meet. She swam a lifetime-best time in the 200 free of 1:52.14, setting a new Cornell record and placing fourth in that event. Leah also made the final heat in the 100 free, placing eighth and swimming a lifetime best of 51.96, ranking her third on Cornell's all-time performance list. And rounding out her events at Ivies, Leah placed fifth in the 50 free with a time of 23.97. Also a key component of the Big Red relays, Leah swam on the 800 free relay which set a new school record, as well as the 400 medley and 200 free relay at the Ivies, which now rank third and fifth on Cornell's all-time performance list, respectively. Entering her junior year, Leah will continue to be a force to be reckoned with in the Ivy League. With her amazing natural talent, work ethic, determination and positive attitude, she will undoubtedly help lead the team both in and out of the water. Leah is enrolled in the College of Arts and Sciences. **At Bishop Alemany:** The second-place finisher in the state in the 100 free, Leah graduated from Bishop Alemany HS. She was also part of the champion 400 free relay team and the 200 medley relay team. **Personal:** Leah Jean Tourtellotte is the daughter of Wally and Aurora Tourtellotte and has both a twin and an older brother.



## EMMA WUNDERGEM\*

**Sophomore • Back • 5-8**  
**Arroyo Grande, Calif. • Arroyo Grande HS**  
**Industrial and Labor Relations**

**At Cornell:** A spirited and dynamic athlete, Emma's presence was immediately felt in her freshman season. Not only did she bring an incredible enthusiasm and energy to meets, but she was also a significant contributor in the backstroke and medley relay events throughout the year. Emma swam the lead-off backstroke leg in the 400 medley relay that placed second vs. Navy and helped lead Cornell to a win in that meet. She also led off the 200 medley relay team at the Ivies that had the team's fastest time of the year in that event. Individually at the Ivies, Emma scored in the 100 back with a lifetime best time of 59.99, placing 23rd and ranking her third on the team for the year in that event. With her passion for the sport, Emma is sure to continue to improve and make an even bigger impact in her sophomore season with the Big Red. She is enrolled in the College of Industrial and Labor Relations. **At Arroyo Grande:** A league MVP and All-American, Emma was also all-league four years in a row. She was both the captain of her club team for three years as well as captain of her varsity team for two years. **Personal:** Emma Routh Wondergem is the daughter of Bill and Diana Wondergem and has an older brother and a younger sister.



## SARAH YAN\*

**Sophomore • Breast • 5-1**  
**Clifton Park, N.Y. • Shenendehowa HS**  
**Biological Sciences**

**At Cornell:** The future is bright for Sarah as she enters her sophomore year after a challenging freshman season. Unknowingly swimming with an undiagnosed illness for a majority of the season, Sarah faced frustration as her incredible work ethic and dedication to the sport did not yield the expected results. Regardless of her illness, Sarah remained a huge contributor throughout the season in the sprint freestyle and relay events. Her natural racing ability made her a go-to athlete in must-win relay situations. Sarah was a member of the 400 free relay teams that placed first vs. Buffalo and Colgate. Sarah has trained hard all summer in preparation for a breakout sophomore year. She is enrolled in the College of Agriculture and Life Sciences. **At Shenendehowa:** A Speedo sectional and senior national qualifier, Sarah holds four school records. She was named her team's most valuable swimmer for two consecutive years and was a sectional champion six times. **Personal:** Sarah Lynn Yan is the daughter of Ryan and Julie Yan.

## 2006-07 MEN'S OUTLOOK

Confidence and optimism are abundant as the Big Red men's swimmers and divers head into the new season. Last season was one of the best in the men's team history. The team battled to an 8-2 overall dual meet record and finished 6-2 in the league for the second year in a row. The excellent dual meet season propelled the team into the best championship performance in men's history. This year's team enters the season with momentum from these key team highlights of last year:

- Team points record at EISL championships (984, beat previous best of 860)
- Highest championship finish in men's history (fourth)
- First championship relay victories in men's history (400 medley and 800 free)
- Six Cornell wins at the EISL championships
- 10 new school records
- 38 all-time top-10 performances
- Two NCAA championship participants
- All-American performance at NCAA meet

Eight seniors will lead the charge, one of the largest, and arguably, most talented classes in recent years. This competitive group has had a great deal to do with the success the team has enjoyed over the past few years, and now the responsibility of team leadership falls to them.

Diving is always a critical element to dual meet and championship success, and seniors Luke Baer and Trevor Fontes will set the tone for the diving squad. Luke had an excellent season as a junior and was the diving MVP. Trevor was injured for much of last season and the team will look to him to be healthy and productive this year.

Six senior swimmers should make a positive impact on the attitude and success of the team. Mike Balint has made consistent steady improvement each year in both the sprint freestyle and backstroke, and he should be a major player in the league in his events. Rich Bowen is a talented breaststroker, who finaled in the 200 last year and also had excellent swims in the 100 breast and 200 IM. Dave McKechnie returns as the two-time defending league champion in the 100 breast and one of the top contenders in the 200. Co-captain Brad Newman had a breakthrough year as a junior and will be a force in the 100 fly and 100 back. Brad will also be looked to for help on the meet-ending 400 freestyle relay. Braden Orr is a focused tough freestyle sprinter who is a positive energetic team player. Co-captain Mike Smit has proven himself to be one of the finest and toughest

competitors in the league. He won three individual events last year at the championship and was also a part of the two winning relays. Mike also had an All-America performance in the 200 free at the NCAA championships at Georgia Tech. Leadership by the senior class is a key factor in how a team performs and competes, and this group is one the Big Red should be able to count on.

The junior class begins with Brad Gorter, who not only has been making huge gains in performance the past two years, but also has set a standard of hard work each and every day. He has shared the team's Hardest Worker Award in each of his first two seasons. Nick Oates is a solid contributor in the individual medley and made major strides in the breaststroke last year. Rounding out the junior class is freestyle sprinter Thomas Tredennick, who also was a co-winner of last year's Team Spirit Award.

The sophomore class provides punch to the lineup, as eight of them scored at the EISL championships last year as freshmen. Wes Newman had a stellar first season, as he proved to be one of the league's best in the middle distance freestyle. He recorded a second-place finish in the 500 free and third in the 200 free at last year's EISL championships. Wes is versatile and can also provide strength in the butterfly and back events. Chris Donohoe was a finalist on the 1-meter board and should be one of the league's finest once again this season in the diving events. Phil Baity was a finalist last year in both the 100 and 200 back and should be contending for high places in both again. Jackson Wang and Kevin Carey are both fine freestylers, while Jackson is also a strong contender in the 100 fly. Mike Ramos and Nick Cochran both had strong performances in the butterfly last year and the team will be looking for help from Nick in the distance freestyle events as well. Ben Gordon and Ryan McCreery are looking to make strong contributions.

The freshman class has lots of potential and can make an immediate positive impact. Leading the pack are IM and breaststrokers Anthony Mironov, Jim Mertens and Nick Campbell. Colin Laren and Ryan Boyle are both sprint freestyle and butterfly specialists. Max Royster will be swimming the back and butterfly. Ryan Holy should contribute in the distance free and 400 IM, while Alexander Dobrolioubov is looking to make an impact in the middle distance free. Shane Tucker and Alaric Eby are two solid divers who complete this group of talented newcomers.

## 2006-07 MEN'S ROSTER

Name	Event	Cl.	School/ Hometown
** Baer, Luke	Dive	Sr.	Sir Frederick Banting/London, Ont.
* Baity, Phil	Back/Free	So.	Deerfield Academy/Greenwich, Conn.
*** Balint, Mike	Free/Back	Sr.	Thomas Jefferson HS/McLean, Va.
*** Bowen, Rich	Breast/IM	Sr.	Bell HS/Ottawa, Ont.
Boyle, Ryan	Fly/Free	Fr.	Emmaus HS/Emmaus, Pa.
Campbell, Nick	IM/Breast/Fly	Fr.	Northgate HS/Walnut Creek, Calif.
* Carey, Kevin	Free/Back	So.	Chaminade HS/Long Beach, N.Y.
* Cochran, Nick	Free/Fly	So.	Dublin Coffman HS/Dublin, Ohio
Dobrolioubov, Alex	Free	Fr.	Lexington HS/Lexington, Mass.
* Donohoe, Chris	Dive	So.	St. Cloud HS/St. Cloud, Fla.
Eby, Alaric	Dive	Fr.	Dallas HS/Dallas, Pa.
** Fontes, Trevor	Dive	Sr.	Fremont HS/Sunnyvale, Calif.
* Gordon, Ben	Back/IM	So.	Richard Montgomery HS/Potomac, Md.
** Gorter, Brad	Free/Back	Jr.	Cumberland Valley HS/Mechanicsburg, Pa.
* Hammer, Simon	Breast/Fly	So.	Fox Lane HS/Bedford Hills, N.Y.
Holy, Ryan	Free/IM/Fly	Fr.	Hawken HS/North Royalton, Ohio
Laren, Colin	Free/Fly	Fr.	William Penn Charter School/Philadelphia, Pa.
* McCreery, Ryan	Free/Fly	So.	De LaSalle HS/Pleasant Hills, Calif.
*** McKechnie, Dave	Breast/Free	Sr.	Collingwood Institute/Collingwood, Ont.
Mertens, Jim	IM/Breast	Fr.	St. Xavier HS/Cincinnati, Ohio
Mironov, Anthony	Breast/IM	Fr.	Fox Lane HS/Pound Ridge, N.Y.
*** Newman, Brad	Back/Free/Fly	Sr.	Bishop Whelan HS/Chateaugay, Que.
* Newman, Wes	Free/Back/Fly	So.	Bishop Whelan HS/Chateaugay, Que.
** Oates, Nick	Breast/IM	Jr.	Chesterton HS/Chesterton, Ind.
** Orr, Braden	Free	Sr.	Hopewell Valley HS/Pennington, N.J.
* Ramos, Mike	Fly	So.	Germantown Academy/Bala Cynwyd, Pa.
Royster, Max	Fly/Back/IM	Fr.	Hillsboro HS/Sherwood, Ore.
*** Smit, Mike	Free/IM/Fly	Sr.	Mount Sinai HS/Mount Sinai, N.Y.
* Tredennick, Thomas	Free	Jr.	Coronado HS/Lubbock, Texas
Tucker, Shane	Dive	Fr.	New Trier HS/Winnetka, Ill.
* Wang, Jackson	Free/Fly	So.	Seaquam SS/Delta, B.C.

\* letters won

**Head Coach:** Joe Lucia (20th season)

**Assistant Coach:** Robin Dyer (sixth season)

**Diving Coach:** Rick Gilbert (39th season)

**Volunteer Assistant Coach:** Alex de Latour (second season)

**Co-Captains:** Brad Newman, Mike Smit



Senior Rich Bowen



Sophomore Chris Donohoe

## MEET THE CAPTAINS



### BRAD NEWMAN\*\*\*

**Senior • Back/Free/Fly • 6-2**  
**Chateaugay, Que. • Bishop Whelan HS**  
**Communication**

**At Cornell:** Following two excellent seasons for the Big Red, Brad solidified his importance to the team's success with his leadership and his performance. Competing more in the 100 fly and 100 free events, he continued to swim solidly in the backstroke events when called upon. Against Columbia, in perhaps the biggest dual meet of the season, Brad won the 100 butterfly late in the contest. His victory allowed the Big Red to stay within striking distance of the Lions and turned the momentum in Cornell's favor. In stirring fashion, Cornell won the meet in the last event, completing the comeback that started with Brad's victory. At the EISL championships, he scored in each of his three individual events, while turning in lifetime best times. He placed in the 100 fly and the 100 and 200 backstroke. Brad finished the season with the team's fifth-fastest time in the 100 backstroke and third-fastest times in the 100 butterfly and 200 backstroke. His 100 fly time ranks eighth on the team's all-time list. Brad seldom misses a workout and is a team leader in practice and during competition. He is enrolled in the College of Agriculture and Life Sciences. **Personal Bests:** 100 back (51.92), 200 back (1:53.19), 100 fly (49.90), 100 free (47.42), 50 free (21.86). **At Dollard-Des-Ormeaux SC:** Brad competed numerous times in the Canadian Junior Nationals and in the Provincial championships where he often made finals in both the backstroke and IM. He has also competed in France against swimmers from across Europe. **Personal:** Bradley Brian Newman is the son of Brian Newman and Debra Sheen, and he has one younger brother, Wes, who is a sophomore and is also a member of the Big Red's swim team.



### MIKE SMIT\*\*\*

**Senior • Free/IM/Fly • 6-5**  
**Mount Sinai, N.Y. • Mount Sinai HS**  
**Applied Economics and Management**

**At Cornell:** Mike took his performance to another level in 2005-06 and became the first Cornell swimmer since 1986 to attain All America status. He qualified for the NCAA championships in four events—the 100, 200 and 500 freestyle and the 200 butterfly and attained All-American in the 200 free. During the season, Mike showed his versatility by competing in a variety of events and distances, which allowed the team to move him around in the lineup. In his primary events, he proved to be nearly unbeatable in dual meets and at the championships. In eight league meets, Mike finished first in 16 of 18 events. At the EISL championships, he led the way for Cornell, scoring 96 points in individual events and tying for the meet's High Point Award. Mike won three individual events at the EISL meet—the 200 and 500 freestyle and the 200 butterfly. He competed on two relays that won EISL championships, the first ever for the Cornell men's program—the 400 medley relay (3:13.99) and the 800 freestyle relay (6:33.77). He also competed with the Cornell record-setting 200 freestyle relay (1:20.85) and the 400 freestyle relay (3:58.24) squads. Mike finished the season with the team's fastest times in the 100, 200 and 500 freestyle and the 200 butterfly. He had the second fastest time in the 100 butterfly and the third fastest in the 400 IM. After three seasons with the Big Red, Mike has made the all time top-10 list in six individual events, including the No. 1 times in the 100 (44.37), 200 (1:35.42), 500 (4:23.94) and 1000 free events (9:11.80) and the 200 fly (1:46.11). For all of his efforts, he was selected co-MVP of the team and received the Hardest Worker Award for 2005-06. Mike is a student in the College of Arts and Sciences. **Personal Bests:** 50 free (21.18). **At Mt. Sinai:** Mike competed in the New York state high school championships for three seasons and was a finalist in the 200 and 500 free as a senior. He competed in the sectionals (spring and summer) for three years and qualified for the Eastern Zone championships numerous times, beginning at age 10. **Personal:** Michael Willem Smit is the son of Peter and Louise Smit and has one younger sister and one younger brother.



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**LUKE BAER\*\***

**Senior • Dive • 5-7  
London, Ont. • Sir Frederick Banting HS  
Operations Research and Engineering**

**At Cornell:** Last season, Luke continued to make a significant contribution to the success of the team. In eight EISL meets, he scored six first- and seven second-place finishes out of 18 events. Luke scored lifetime best point totals on both the 1- and 3-meter boards by a large margin. At the EISL championships, he scored 40 points (ninth-most on the team) by placing ninth on both the 1- and 3-meter boards. Luke received the team's diving MVP award last season. He is enrolled

in the College of Engineering. **Personal Bests:** 1 meter (316.58 pts.), 3 meter (365.33 pts.). **At Sir Frederick Banting:** Luke is a graduate of Sir Frederick Banting HS. **Personal:** Luke Douglas Baer is the son of Dwight and Erna Baer and has one older and one younger sister.



**PHIL BAITY\***

**Sophomore • Back/Free • 5-11  
Greenwich, Conn. • Deerfield Academy  
Communications**

**At Cornell:** Phil had an outstanding freshman season, and big things will be expected of him in 2006-07. Establishing himself as one of the the EISL's best backstrokers, he should also contribute in the 50 free. At the EISL championships, Phil made the finals in both the 100 (fifth) and 200 back (sixth), scoring 49 points and turning in a lifetime best in the 50 free. Phil finished the season with the team's second fastest times in the 100 and 200 backstroke. His performances in

the backstroke events also landed him on Cornell's career top times list—second in the 100 and third in the 200 backstroke. Phil is enrolled in the College of Agriculture and Life Sciences. **Personal Bests:** 100 back (50.00), 200 back (1:49.46), 50 free (21.30). **At Deerfield:** MVP of his swim team at Deerfield Academy, Phil was a seven-time All-American and garnered six New England titles. He competed in both swimming and water polo at Brunswick HS. **Personal:** Philip James Baity is the son of John and Patricia Baity and has five brothers and two sisters.

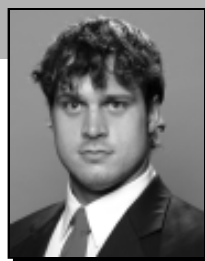


**MIKE BALINT\*\*\***

**Senior • Free/Back • 6-1  
McLean, Va. • Thomas Jefferson HS  
Operations Research and Engineering**

**At Cornell:** Mike was one of the Big Red's premier sprinters last season and contributed greatly to the team's success in the 50 and 100 freestyle and the sprint relays. In dual meets, he consistently placed in the top three in the 50 free, an event often decided by hundredths of a second. Mike had the team's second fastest time in the 50 free last year. His time in the 50 free ranks fourth all-time, and he is ninth in the 100 backstroke. Mike scored 30.5 points in individual events

at the EISL championships and competed on the 200 freestyle relay squad that established a Cornell school record (1:20.85). He is enrolled in the College of Engineering. **Personal bests:** 50 free (20.68), 100 free (46.29), 100 back (51.64). **At Thomas Jefferson:** Mike was twice district champion in the 50 free, district champion in the 100 fly in 2002 and was selected to the all-state team in the 50 free in 2002. **Personal:** Michael Virgil Balint is the son of Virgil and Carmen Balint and has one younger sister, who is also a swimmer.



**RICH BOWEN\*\*\***

**Senior • Breast/IM • 5-11  
Ottawa, Ont. • Bell HS  
Electrical and Computer Engineering**

**At Cornell:** In three seasons with the Big Red, Rich has provided the team with quality and consistency in the breaststroke and IM events and has proven to be a tough and reliable performer at the EISL championships. His versatility allows the team to move him around in the lineup, and Rich consistently gives a strong effort in each event against all opponents. He scored 45 points in individual events

## MEET THE BIG RED

at the EISL championships, increasing his totals from his first two seasons (12 in 2004 and 37 in 2005). Rich scored in each of his three events, while turning in lifetime best performances in the 100 and 200 breaststroke and 200 IM. His time in the 100 breast ranks him ninth all-time, and he also holds the eighth spot in the 200 breast and the 10th-fastest time in the 400 IM. Rich is enrolled in the College of Engineering. **Personal Bests:** 100 breast (57.75), 200 breast (2:05.36), 200 IM (1:53.81), 400 IM (4:04.57). **At Bell HS:** Rich placed second in the 400-meter IM and fifth in the 200-meter breaststroke at the Canadian Junior Nationals. He was the recipient of the Queen's Golden Jubilee Medal in recognition of his work advancing the rights of children. **Personal:** Richard David Bowen is the son of David and Maureen Bowen and has one younger brother.



### KEVIN CAREY\*

**Sophomore • Free/Back • 6-3**  
**Long Beach, N.Y. • Chaminade HS**  
**Policy Analysis and Management**

**At Cornell:** Kevin had a very solid first season for the Big Red, providing depth in the 50, 100 and 200 freestyle events. The Cornell men competed in a lot of close, hard-fought dual meets where every point scored was crucial and Kevin scored many important points for the Big Red. At the EISL championships, he scored in the 100 and 200 freestyle. Kevin finished the 2005-06 season with the fourth-fastest times in the 100 and 200 freestyles and the fifth-fastest time in the 50 free. He is enrolled in the College of Human Ecology. **Personal Bests:** 50 free (21.30), 100 free (45.97), 200 free (1:41.72). **At Chaminade:** Captain of his swim team at Chaminade HS, Kevin also won three varsity letters in lacrosse. **Personal:** Kevin Patrick Carey is the son of Thomas and Anne Marie Carey and has two younger brothers and two younger sisters.



### NICK COCHRAN\*

**Sophomore • Free/Fly • 6-0**  
**Dublin, Ohio • Dublin Coffman HS**  
**Undeclared**

**At Cornell:** Providing the Big Red with much needed depth in the distance and middle distance freestyle events, as well as the 200 butterfly, Nick was a valuable contributor to the team's success in 2005-06. He could be counted on for a solid effort in any of his events, with his specialties being the 1,000 freestyle and 200 butterfly. At the EISL championships, Nick scored in the 200 butterfly, the 1,000 freestyle and the 1650 freestyle, while turning in lifetime best times in all three events. He finished the season with the team's fourth-fastest time in the 1,000 freestyle, the second-fastest time in the 1650 freestyle and the third-fastest time in the 200 butterfly. Nick is a student in the College of Industrial and Labor Relations. **Personal Bests:** 500 free (4:37.88), 1000 free (9:47.08), 1650 free (16:21.75), 200 fly (1:53.42). **At Dublin Coffman:** A four-time All-American at Dublin Coffman HS, Nick served as the swim team's captain in 2004-05. **Personal:** Nicholas Joseph Cochran is the son of Dale and Christine Cochran and has two older brothers and two older sisters.



### CHRIS DONOHOE\*

**Sophomore • Dive • 5-7**  
**St. Cloud, Fla. • St. Cloud HS**  
**Urban and Regional Studies**

**At Cornell:** Chris stepped in and made an outstanding contribution to the men's diving program in 2005-06. He scored important points during the dual meet season, including two first-place finishes. Chris had a highly successful EISL championship meet—scoring 40 points for the Big Red by finishing seventh in the 1-meter competition and 10th in the 3-meter. Including the championships, Chris scored in 18 of 20 EISL events, and he was the winner of the team's Most Improved Diver Award. Chris is enrolled in the College of Architecture, Art and Planning. **Personal Bests:** 1 meter (322.73), 3 meter (280.95 pts.). **At St. Cloud:** An Orange Belt Conference champion at St. Cloud HS, Chris placed seventh at the state championships in 2005 and was a three-time MVP of his swim team. He was also a national qualifier in 2005. **Personal:** Christopher Dean Donohoe is the son of Tom and Kim Donohoe and has one older brother.



## TREVOR FONTES\*\*

Senior • Dive • 6-1

Sunnyvale, Calif. • Fremont HS

Mechanical and Aerospace Engineering

**At Cornell:** After sitting out his freshman year to focus on school, Trevor joined the team in 2004-05, worked his way back into shape and added a number of new dives to his repertoire. He came into the 2005-06 season prepared to build on his success from the previous year, but a back injury sent Trevor from the pool to the training room and he had little opportunity to dive. With his back injury behind him and having spent much of the summer diving again, Trevor is aiming to make a significant contribution to the team during his final season. Trevor is enrolled in the College of Engineering. **Personal Bests:** 1 meter (228.82 pts.), 3 meter (227.92 pts.). **At Fremont:** Besides diving, Trevor ran cross country, played goalkeeper for the soccer team and competed in the mile and discus for the track squad. **Personal:** Trevor Edward Fontes is the son of Clay and Donna Fontes and has one older brother.



## BRAD GORTER\*\*

Junior • Free/Back • 6-2

Mechanicsburg, Pa. • Cumberland Valley HS

Hotel Administration

**At Cornell:** Brad's second campaign for the Big Red proved that his strong freshman season was a sign of things to come. During the dual meet season, he achieved important victories in the 50 free against Harvard, Yale and Columbia. At the EISL championships, Brad scored in each of his three individual events—the 50 free (fourth), the 100 free and the 100 back. In addition, he swam a leg of two school record-setting relay squads—the 200 free relay (1:20.85) and the 400 free relay (2:58.24). Brad finished the season with the fastest 50 free time, the third-fastest 100 free and the third-fastest 100 backstroke. His time in the 50 freestyle was an NCAA "B" cut. At season's end, Brad was a recipient of the team's Hardest Worker Award. He is a student in the College of Hotel Administration. **Personal Bests:** 50 free (20.28), 100 free (45.40), 100 back (51.23). **At Cumberland Valley:** Brad was a four-year competitor in both water polo and swimming. He was district champion twice in the 50 and 100 freestyle and finished third at the state championships in the same events. **Personal:** Bradley Robert Gorter is the son of Douglas and Linda Gorter and has one younger sister.



## DAVE McKECHNIE\*\*\*

Senior • Breast/Free • 6-3

Collingwood, Ont. • Collingwood Institute

Applied Economics and Management

**At Cornell:** Dave suffered a setback during the preseason in 2005-06 when he broke a bone in his ankle. He maintained a positive attitude and kept working hard and, despite the injury, had another outstanding season for the Big Red. Dave scored important wins all season in a series of close dual meets, including Harvard, Yale, Navy and Columbia. At the EISL championships, he successfully defended his championship in the 100 breaststroke, finished third in the 200 breaststroke and scored in the 50 freestyle. Dave swam the breaststroke leg of the 400 medley relay that won the EISL championship, set a new school record of 3:13.99 and attained an NCAA "B" cut. He finished last season with the team's top times in the 100 and 200 breaststroke and the third-fastest time in the 50 free. Dave now holds the top spot on the team's all-time list in two individual events, the 100 and 200 breaststroke, and is also a member of two school-record relays, the 200 medley relay (1:29.12) and the 400 medley relay. Dave is a student in the College of Agriculture and Life Sciences. **Personal Bests:** 100 breast (55.43), 200 breast (2:01.13), 50 free (21.01). **At Barrie SC:** Dave holds five team records in breaststroke, placed fifth in the 2002 Canadian National Championships in the 100 breast and placed in the top ten in the 2003 Canadian World championship trials in both the 100 and 200 breaststroke. **Personal:** David Jonathan McKechnie is the son of Tom and Cindy McAuley and Doug and Janis McKechnie and has one older brother.

## MEET THE BIG RED



### WES NEWMAN\*

**Sophomore • Free/Back/Fly • 6-3**  
**Chateaugay, Ont. • Bishop Whalen HS**  
**Applied Economics and Management**

**At Cornell:** Turning in an outstanding freshman season for the Big Red, Wes is capable of swimming a wide range of events—the 100, 200, 500 and 1,000 freestyle, the 100 fly, and the 100 and 200 back—and provides the team with flexibility in dual meets. In the team's eight EISL meets, Wes captured nine wins and five second-place finishes. At the EISL championships, he finished second to teammate Mike Smit in the 500 freestyle, finished third in the 200 freestyle and placed 11th in the 100 freestyle. Wes' times in the 200 and 500 free were NCAA "B" cuts. He was also a member of two Cornell relays that won EISL championships, the 400 medley and 800 freestyle, as well as the second-place 400 freestyle relay. All three of those teams attained NCAA "B" cuts. Wes finished the season with the team's fastest time in the 1,000 free, the second-fastest times in the 100, 200 and 500 free, the fourth-fastest time in the 200 backstroke and the fifth-fastest times in the 100 butterfly and 200 IM. He ranks second in the 200 and 500 free on Cornell's all-time top 10 list, third in the 100 free and ninth in the 1,000 free. Wes is a member of three school-record relay teams—the 400 medley (3:13.99), the 400 freestyle (2:58.24) and the 800 freestyle (6:33.77). He was last year's recipient of the team's Hardest Worker Award and is a member of the Red Key Athletic Honorary Society. Wes is enrolled in the College of Agriculture and Life Sciences. **Personal Bests:** 100 free (45.18), 200 free (1:37.13), 500 free (4:25.14), 1,000 free (9:35.59), 100 fly (51.14). **At Bishop Whalen:** A graduate of Bishop Whalen HS, Wes was a member of both the Provincial junior and the Canadian junior national teams. **Personal:** Wesley Joseph Newman is the son of Brian and Debra Newman and has one older brother, Brad, who is captain of the Cornell men's swim team.



### NICK OATES\*\*

**Junior • Breast/IM • 6-2**  
**Chesterton, Ind. • Chesterton HS**  
**Psychology/International Relations**

**At Cornell:** After his freshman year ended prematurely with a broken foot, Nick came back in the spring and started to work himself back into shape. He dedicated himself to a solid training regimen during the summer and returned to the team for his second season in great condition. The work paid off for Nick, as he made the Big Red's championship team and turned in a great performance, scoring in each of his three events in his first EISL championship, while achieving personal best times in each event. Nick scored in the 200 and 400 IM and the 200 breaststroke. On the team's season-best times list, he was first in the 400 IM, third in the 200 IM and 200 breaststroke and fourth in the 100 breaststroke. Nick's time in the 400 IM ranks seventh on Cornell's all-time list. He is a student in the College of Arts and Sciences. **Personal Bests:** 200 breast (2:08.73), 200 IM (1:54.61), 400 IM (4:03.27). **At Chesterton:** Nick is a graduate of Chesterton HS. **Personal:** Nicholas James Oates is the son of Jim and Lisa Oates and he has a younger brother and two younger sisters.



### BRADEN ORR\*\*

**Senior • Free • 6-4**  
**Pennington, N.J. • Hopewell Valley HS**  
**Policy Analysis and Management**

**At Cornell:** Braden has been a positive force for the men's program since his arrival in January of last year. He is a very upbeat person, a hard worker and a very coachable athlete. Braden shows up at the pool every day ready to do his best and, as a sprinter, he's one of the strongest athletes on the team. He's also a serious "technician," spending many hours during the season, as well as the off-season, working on his stroke mechanics. Braden finished last season with the team's ninth-fastest time in the 50 freestyle and the 12th-fastest time in the 100 freestyle. He is a member of Cornell's Red Key Athletic Honorary Society. Braden is a student in the College of Human Ecology. **Personal Bests:** 50 free (21.44), 100 free (47.73). **At Hopewell Valley:** Braden is a graduate of Hopewell Valley HS. **Personal:** Braden Robison Orr is the son of Rob and Benji Orr and has one younger brother.



**MIKE RAMOS\***

**Sophomore • Fly • 5-11**  
**Bala Cynwyd, Pa. • Germantown Academy**  
**Undecided**

**At Cornell:** In his first year with the Big Red, Mike turned in a very solid season. Swimming primarily the 100 and 200 butterfly, he provided the team with critical depth and scored valuable points in every meet. Mike's hard work and meet performances earned him a spot on the championship team, where he scored in both the 100 and 200 butterfly. Mike finished the 2005-06 season with the team's second-fastest time in the 200 and sixth-fastest time in the 100 butterfly. His 200 butterfly time ranks 10th on Cornell's all-time top 10 list. Mike is enrolled in the College of Arts and Sciences. **Personal Bests:** 100 fly (51.59), 200 fly (1:52.17). **At Germantown Academy:** A four-year swimmer at Germantown Academy, Mike was an Eastern champion. **Personal:** Michael P. Ramos is the son of Walther and Marjorie Ramos and has one younger brother.



**THOMAS TREDENNICK\***

**Junior • Free • 6-4**  
**Lubbock, Texas • Coronado HS**  
**Biological and Environmental Engineering**

**At Cornell:** Thomas is the Big Red's "go-to" guy for energy and enthusiasm. He has a motor that never stops, and he channels that into the team's workouts. A former tight end in high school, Thomas brings a football mentality to the pool and the weight room. Thomas saw significant improvement during his second season and achieved lifetime best times in both the 50 and 100 freestyle. His time in the 50 freestyle was the team's sixth-fastest and his 100 freestyle time ranked ninth. Thomas was the recipient of the team's Sprit Award, and he is a member of Cornell's Red Key Athletic Honorary Society. Thomas is a student in the College of Engineering. **Personal Bests:** 50 free (21.31), 100 free (47.52), 100 back (55.90). **At Coronado HS:** Thomas was a district champion and regional finalist in 2004 and qualified for the Texas high school championships in the 50 and 100 freestyle. He earned All-America honors in the 50 free. Thomas was the valedictorian of his graduating class. **Personal:** Thomas Jeffrey Tredennick is the son of William and Debera Tredennick and has one younger brother.



**JACKSON WANG\***

**Sophomore • Free/Fly • 5-9**  
**Delta, B.C. • Seaquam SS**  
**Biological and Environmental Engineering**

**At Cornell:** Jackson made his long journey from Delta, B.C., well worth the effort during his first year with the Big Red. With the ability to swim 100 butterfly and the 100 and 200 freestyle, Jackson proved to be a valuable asset during the EISL dual meet season. Besides his individual events, Jackson could be counted on for a solid leg in the 200 and the 400 medley relay (fly or free) and the 400 free relay. He added depth to the lineup and scored important points for the team in close meets. At the EISL championships, Jackson scored in the 100 butterfly and the 100 freestyle. He was also a member of the school record 800 freestyle relay team that won the EISL championships, turning in an outstanding split of 1:40.65. Jackson finished the season with the team's fourth-fastest time in the 100 butterfly, fifth-fastest time in the 200 freestyle and the sixth-fastest time in the 100 freestyle. His time in the 100 butterfly ranks ninth on Cornell's all-time top 10 list. Jackson is a student in the College of Agriculture and Life Sciences. **Personal Bests:** 200 free (1:42.71), 100 fly (50.14), 100 free (46.60), 50 free (21.34). **At Seaquam:** A Provincial team member for the Canada Games, Jackson is a graduate of Seaquam SS. He is a two-time gold medalist at the High School Provincials in the 50 and 100 free. **Personal:** Jackson Z. Wang is the son of Michael Wang and Jenny Chen.

## WOMEN'S SEASON IN REVIEW

### 2005-06 Cornell Results (3-8; 0-7 Ivy)

Date	Opponent	Corn.	Opp.	Date	Opponent	Corn.	Opp.
Nov. 12	at Harvard*	111	189	Jan. 21	at Colgate	149	151
	w/Dartmouth*	122	176	Jan. 28	at Columbia*	112.5	187.5
Nov. 19	at Princeton*	102	190		w/Brown*	77.5	222.5
	w/Penn*	97	203	Feb. 11	at Buffalo	163	135
Nov. 30	Binghamton	170	71	Feb. 23-26	Ivy Championships	8th	
Dec. 1-3	at US Open	NTS			at Harvard		
Jan. 14	Yale*	108	192	Mar. 11	Zone Diving	NTS	
	w/Navy	178	122		Champs. at Navy		

\*Ivy League meet

### 2005-06 Top Cornell Performances

#### 50 Free

Leah Tourtellotte	23.97
Elissa Kline	24.63
Laura Luedke	24.88

#### 100 Free

Leah Tourtellotte	51.96
Jessica Brookman	52.77
Elissa Kline	52.84

#### 200 Free

Leah Tourtellotte	1:52.14
Elissa Kline	1:52.83
Kristin Conway	1:56.59

#### 500 Free

Elissa Kline	5:08.36
Emilie Rennie	5:09.38
Kristin Conway	5:11.56

#### 1000 Free

Emilie Rennie	10:23.82
Ashleigh Walker	10:55.47
Katie Gryka	10:59.70

#### 1650 Free

Emilie Rennie	17:18.64
Ashley Walker	18:24.15
Katie Gryka	18:46.23

#### 200 IM

Jessica Brookman	2:04.08
Leah Tourtellotte	2:09.35
Ashley Johnson	2:10.19

#### 400 IM

Jessica Brookman	4:37.10
Ashley Johnson	4:41.07
Mary Cirella	4:54.68

#### 100 Fly

Jessica Brookman	55.44
Ashley Johnson	57.77
Nicole Tariverdian	58.90

#### 200 Fly

Jessica Brookman	2:05.07
Ashley Johnson	2:10.46
Lauren Taylor	2:10.55

#### 100 Back

Jessica Brookman	57.37
Leah Tourtellotte	59.26
Emma Wondergem	59.99

#### 200 Back

Jessica Brookman	2:06.01
Leah Tourtellotte	2:11.27
Kristin Conway	2:11.44

#### 100 Breast

Jessica Brookman	1:08.58
Sabrina Kwauk	1:09.79
Mary Cirella	1:10.55

#### 200 Breast

Sabrina Kwauk	2:29.89
Mary Cirella	2:30.06
Marjorie Ollayos	2:30.64

#### 1-Meter Dive (6 dives)

Kristin Rayhack	259.28
Caitlin Burrows	189.07

#### 3-Meter Dive (6 dives)

Kristin Rayhack	298.00
Caitlin Burrows	219.23

### 2005-06 Final Regular Season Ivy Standings

1.	Harvard	7-0	1.000	5.	Penn	3-4	.429
2.	Princeton	6-1	.857		Yale	3-4	.429
3.	Brown	4-3	.571	7.	Dartmouth	1-6	.143
	Columbia	4-3	.571	8.	Cornell	0-7	.000



Junior Emilie Rennie



Junior Leah Tourtellotte

**2005-06 Cornell Results (8-2; 6-2 EISL)**

Date	Opponent	Corn.	Opp.	Date	Opponent	Corn.	Opp.
Nov. 12	at Harvard*	137.5	162.5	Jan. 21	at Colgate	195.5	100.5
	w/Dartmouth*	238	62	Jan. 28	at Columbia*	157	143
Nov. 18	at Princeton*	79	164	Feb. 11	Brown*	126	102
	w/Penn*	171	72	Mar. 2-4	EISL Championships	4th	
Nov. 30	Binghamton	132	100		at Harvard		
Jan. 14	Navy*	149	94	Mar. 23-25	NCAA Champs.	46th	
	w/Yale*	136	107		at Ga. Tech		

\*EISL meet

**2005-06 Top Cornell Performances**

**50 Free**

Brad Gorter	20.28
Mike Balint	20.68
Dave McKechnie	21.01

**100 Free**

Mike Smit	44.37
Wes Newman	45.18
Brad Gorter	45.48

**200 Free**

Mike Smit	1:35.42
Wes Newman	1:37.13
Jared Levan	1:40.65

**500 Free**

Mike Smit	4:24.26
Wes Newman	4:25.14
Rob Manor	4:41.93

**1000 Free**

Wes Newman	9:35.59
Rob Manor	9:41.51
Mike Smit	9:44.27

**1650 Free**

Rob Manor	16:21.41
Nick Cochran	16:21.75

**200 IM**

Rich Bowen	1:53.81
Stefano Caprara	1:53.94
Nick Oates	1:54.61

**400 IM**

Nick Oates	4:03.27
Rob Manor	4:05.14
Mike Smit	4:05.97

**100 Fly**

Stefano Caprara	48.98
Mike Smit	49.87
Brad Newman	49.90

**200 Fly**

Mike Smit	1:46.11
Mike Ramos	1:52.17
Nick Cochran	1:53.42

**100 Back**

Stefano Caprara	47.97
Philip Baity	50.00
Brad Gorter	51.23

**200 Back**

Stefano Caprara	1:45.95
Philip Baity	1:49.46
Brad Newman	1:53.04

**100 Breast**

Dave McKechnie	55.43
Rich Bowen	57.75
David Lim	1:01.05

**200 Breast**

Dave McKechnie	2:02.96
Rich Bowen	2:05.36
Nick Oates	2:08.73

**1-Meter Dive ..... Dual ..... EISL**

Chris Donohoe	322.73	..	250.35
Luke Baier	16.58	..	270.55
Joe Weiss	233.63	..	196.00

**3-Meter Dive ..... Dual ..... EISL**

Luke Baer	365.33	..	305.85
Chris Donohoe	280.95	..	259.65
Joe Weiss	234.30	..	184.80

**2005-06 Final Regular Season EISL Standings**

1.	Harvard	7-1	.875	6.	Navy	3-5	.375
	Princeton	7-1	.875	7.	Brown	2-6	.250
3.	<b>Cornell</b>	<b>6-2</b>	<b>.750</b>	8.	Penn	1-7	.125
	Columbia	6-2	.750	9.	Dartmouth	0-8	.000
5.	Yale	4-4	.500				



Junior Nick Oates



Sophomore Mike Ramos

## WOMEN'S ALL-TIME TOP PERFORMERS

### 50 FREESTYLE

- 1) Ashley Mosher, 23.68, Easterns, 1994
- 2) Elin Westrick, 23.79, Easterns, 1994
- 3) Kim Milligan, 23.86, Easterns, 1997
- 4) Leah Tourtellotte, 23.95, Ivy, 2005
- 5) Jessica Brookman, 24.11, Ivy, 2003

### 100 FREESTYLE

- 1) Kim Milligan, 51.48, Easterns, 1994
- 2) Ashley Mosher, 51.91, Easterns, 1995
- 3) Leah Tourtellotte, 51.96, Ivy, 2006
- 4) Heather Roberts, 52.17, Easterns, 1991
- 5) Jessica Brookman, 52.19, Ivy, 2004

### 200 FREESTYLE

- 1) Leah Tourtellotte, 1:52.14, Ivy, 2006
- 2) Helen Barfield, 1:52.80, Easterns, 1992
- 3) Elissa Kline, 1:52.83, Ivy, 2006
- 4) Bridget Coll, 1:53.17, Easterns, 1990
- 5) Trina Young, 1:53.27, Easterns, 1995

### 500 FREESTYLE

- 1) Helen Barfield, 4:53.42, Easterns, 1993
- 2) Trina Young, 4:57.81, Ivy, 1998
- 3) Courtney Tawresey, 4:57.83, Ivy, 2001
- 4) Julie Wright, 5:00.25, Easterns, 1989
- 5) Charlotte Simpson, 5:02.68, Easterns, 1995

### 1000 FREESTYLE

- 1) Helen Barfield, 10:07.22, Easterns, 1993
- 2) Trina Young, 10:13.05, Easterns, 1996
- 3) Julie Wright, 10:17.57, Brown, 1989
- 4) Emilie Rennie, 10:20.53, Ivy, 2005
- 5) Liz Thomson, 10:24.56, Buffalo, 1996

### 1650 FREESTYLE

- 1) Helen Barfield, 16:43.98, Easterns, 1993
- 2) Trina Young, 16:53.81, Easterns, 1996
- 3) Emilie Rennie, 17:03.31, Ivy, 2005
- 4) Suzanne Bishop, 17:16.17, Easterns, 1992
- 5) Charlotte Simpson, 17:22.28, Easterns, 1995

### 100 BACKSTROKE

- 1) Kim Milligan, 56.06, Easterns, 1994
- 2) Jessica Brookman, 56.75, Ivy, 2003
- 3) Kate MacKenzie, 58.05, Ivy, 1998
- 4) Heather Roberts, 58.14, Easterns, 1992
- 5) Karen Ching, 58.33, Yale, 2000

### 200 BACKSTROKE

- 1) Liz Thomson, 2:03.48, Easterns, 1995
- 2) Kate MacKenzie, 2:03.95, Ivy, 1998
- 3) Whitney Yates, 2:05.12, Ivy, 1999
- 4) Bridget Coll, 2:05.29, Easterns, 1992
- 5) Jessica Brookman, 2:06.01, Colgate, 2006

### 100 BREASTSTROKE

- 1) Hilary Joy, 1:05.89, Ivy, 1998
- 2) Deanne Moyer, 1:06.06, Ivy, 2002
- 3) Courtney Tawresey, 1:06.18, Ivy, 2001
- 4) Shane Geneva, 1:06.27, Ivy, 2002
- 5) Marisa Sweetser, 1:06.67, Ivy, 2003

### 200 BREASTSTROKE

- 1) Shayne Geneva, 2:21.54, Ivy, 2002
- 2) Marisa Sweetser, 2:21.90, Ivy, 2003
- 3) Courtney Tawresey, 2:21.92, Ivy, 2001
- 4) Hilary Joy, 2:22.35, Ivy, 1998
- 5) Alyson Melin, 2:22.87, Ivy, 2005

### 100 BUTTERFLY

- 1) Jessica Brookman, 55.44, Ivy, 2006
- 2) Jessica Brookman, 56.12, Ivy, 2004
- 3) Ashley Johnson, 57.00, Ivy, 2005
- 4) Holly Chance, 57.40, Ivy, 2003
- 5) Maureen Pozzi, 57.63, Ivy, 1999

### 200 BUTTERFLY

- 1) Jessica Brookman, 2:05.07, Ivy, 2006
- 2) Emily Dearlove, 2:05.65, Easterns, 1995
- 3) Kristin Arioli, 2:06.38, Ivy, 1998
- 4) Ashley Johnson, 2:07.40, Ivy, 2005
- 5) Stephanie Kusko, 2:07.78, Ivy, 2005



Ashley Mosher



Kim Milligan



Leah Tourtellotte



Helen Barfield

## WOMEN'S ALL-TIME TOP PERFORMERS

### 200 INDIVIDUAL MEDLEY

- 1) Jessica Brookman, 2:04.08, Ivy, 2006
- 2) Kim Milligan, 2:06.01, Easterns, 1994
- 3) Jessica Brookman, 2:07.63, Ivy, 2003
- 4) Liz Thomson, 2:07.81, Easterns, 1995
- 5) Ashley Johnson, 2:08.41, Ivy, 2005

### 400 INDIVIDUAL MEDLEY

- 1) Helen Barfield, 4:24.17, Easterns, 1993
- 2) Liz Thomson, 4:28.68, Easterns, 1995
- 3) Kim Cobb, 4:32.90, Easterns, 1996
- 4) Meredith Blackman, 4:34.64, Ivy, 2005
- 5) Jayme Majek, 4:35.89, Ivy, 2001

### 200 FREESTYLE RELAY

- 1) 1:34.72—Westrick, Milligan, Mosher, Roberts—Easterns, 1994
- 2) 1:35.48—Pitera, Poydence, Milligan, Mosher—Easterns, 1995
- 3) 1:35.82—Griffiths, Westrick, Ogintz, Roberts—Easterns, 1993
- 3) 1:35.82—Brookman, Chance, Kline, Tourtellotte—Ivy, 2005
- 5) 1:35.95—Kline, Luedke, Brookman, Tourtellotte—Ivy, 2006

### 400 FREESTYLE RELAY

- 1) 3:28.19—Roberts, Griffiths, Coll, Dean—Easterns, 1991
- 2) 3:29.06—Westrick, Milligan, Mosher, Barfield—Easterns, 1994
- 3) 3:29.20—Chance, Kline, Brookman, Tourtellotte—Ivy, 2005
- 4) 3:30.02—Roberts, Griffiths, Westrick, Barfield—Easterns, 1993
- 5) 3:30.17—Barfield, Griffiths, Coll, Roberts—Easterns, 1992

### 800 FREESTYLE RELAY

- 1) 7:37.31—Kline, Conway, Tourtellotte, Brookman—Ivy, 2006
- 2) 7:37.70—Thomson, Milligan, Young, Dearlove—Easterns, 1996
- 3) 7:38.53—Dean, Conoscenti, Coll, Roberts—Easterns, 1991
- 4) 7:39.30—Milligan, Thomson, Dearlove, Young—Easterns, 1995
- 5) 7:39.80—Barfield, Thomson, Dearlove, Rankin—Easterns, 1997

### 200 MEDLEY RELAY

- 1) 1:46.89—Milligan, Steere, Mosher, Westrick—Easterns, 1994
- 2) 1:46.94—Milligan, Joy, Mosher, Pitera—Easterns, 1995
- 3) 1:47.93—MacKenzie, Ruth, Pozzi, Stites—Ivy, 1998
- 4) 1:48.05—Stites, Merrill, Milligan, Pitera—Easterns, 1997
- 5) 1:48.64—MacKenzie, Ruth, Pozzi, Shih—Ivy, 1999

### 400 MEDLEY RELAY

- 1) 3:53.77—Brookman, Melin, Johnson, Tourtellotte—Ivy, 2005
- 2) 3:54.99—Brookman, Melin, Chance, Gutman—Ivy, 2003
- 3) 3:55.13—Brookman, Tourtellotte, Johnson, Kline—Ivy, 2006
- 4) 3:55.64—MacKenzie, Joy, Arioli, Stites—Ivy, 1992
- 5) 3:55.85—Brookman, Melin, Johnson, Majek—Ivy, 2004



Liz Thomson



Hilary Joy



Shayne Geneva



Jessica Brookman

## MEN'S ALL-TIME TOP PERFORMERS

### 50 FREESTYLE

- 1) Randy Sprout, 19.84, NCAAs, 1986
- 2) Brad Gorter, 20.28, EISL, 2006
- 3) Julian King, 20.58, EISL, 2003
- 4) Mike Balint, 20.68, EISL, 2006
- 5) Andy Epstein, 20.70, Easterns, 1983  
Charlie Ernst, 20.70, EISL, 2003
- 7) Jeremy Sample, 20.86, EISL, 2003
- 8) Chris Roat, 20.89, EISL, 1995
- 9) Dave Hager, 20.90, Easterns, 1990
- 10) Anthony Allen, 20.97, Easterns, 1990

### 100 FREESTYLE

- 1) Mike Smit, 44.37, NCAAs, 2006
- 2) Randy Sprout, 44.49, Easterns, 1985
- 3) Wes Newman, 45.18, EISL, 2006
- 4) Brad Gorter, 45.40, EISL, 2005
- 5) Jeremy Sample, 45.44, EISL, 2003
- 6) Andy Wood, 45.72, EISL, 1999  
Danny Diette, 45.72, EISL, 2005
- 8) Chris Roat, 45.77, EISL, 1995
- 9) Charlie Ernst, 45.87, EISL, 2003
- 10) Will Norgard, 45.92, EISL, 1998

### 200 FREESTYLE

- 1) Mike Smit, 1:35.42, EISL, 2006
- 2) Wes Newman, 1:37.13, EISL, 2006
- 3) Dave Hager, 1:39.51, Columbia, 1991
- 4) Jared Levan, 1:40.05, EISL, 2005
- 5) Danny Diette, 1:40.38, EISL, 2004
- 6) Chris Roat, 1:40.76, EISL, 1995
- 7) Matt Harting, 1:40.95, EISL, 2000
- 8) Andy Laats, 1:40.96, Easterns, 1989
- 9) Dave McNeil, 1:41.24, Easterns, 1984  
Mike Cimonetti, 1:41.24, Easterns, 1985

### 500 FREESTYLE

- 1) Mike Smit, 4:23.94, EISL, 2004
- 2) Wes Newman, 4:25.14, EISL, 2006
- 3) John Rudel, 4:31.76, Easterns, 1984
- 4) Bob Buche, 4:32.05, Easterns, 1985
- 5) Eric Gonzalez, 4:34.17, EISL, 2002
- 6) Scott Paavola, 4:34.23, EISL, 2002
- 7) John Bower, 4:34.24, Syracuse, 1984
- 8) Mark Plandowski, 4:35.15, EISL, 1998
- 9) Dave McNeil, 4:35.92, Princeton, 1984
- 10) John Kenny, 4:36.04, Easterns, 2000

### 1000 FREESTYLE

- 1) Mike Smit, 9:11.80, EISL, 2004
- 2) Bob Buche, 9:17.65, Easterns, 1985
- 3) Mark Plandowski, 9:25.99, EISL, 1998
- 4) John Kenny, 9:27.44, EISL, 2001
- 5) Eric Gonzalez, 9:28.23, EISL, 2002
- 6) John Rudel, 9:31.00, Easterns, 1984
- 7) Charlie Larsen, 9:33.19, Columbia, 1992
- 8) Dave McNeil, 9:34.10, Navy, 1984
- 9) Wes Newman, 9:35.59, Harvard, 2005
- 10) Rob McMorrow, 9:36.79, Easterns, 1985

### 1650 FREESTYLE

- 1) Bob Buche, 15:29.42, Easterns, 1984
- 2) John Kenny, 15:43.75, EISL, 2001
- 3) Mark Plandowski, 15:47.94, EISL, 1998
- 4) John Rudel, 15:57.69, Easterns, 1984
- 5) Eric Gonzalez, 15:59.52, EISL, 1999
- 6) Bob Haas, 16:01.65, EISL, 1997
- 7) Rob McMorrow, 16:04.39, Easterns, 1985
- 8) Dave Belcher, 16:05.16, Easterns, 1986
- 9) Matt Liberty, 16:05.25, EISL, 1994
- 10) Seth Sweetser, 16:08.06, Easterns, 1993

### 100 BACKSTROKE

- 1) Stefano Caprara, 47.97, EISL, 2006
- 2) Phil Baity, 50.00, EISL, 2006
- 3) Pieter Hommen, 50.34, EISL, 1995
- 4) Danny Diette, 51.12, EISL, 2003
- 5) Ryan Buckham, 51.14, EISL, 2000
- 6) Brad Gorter, 51.23, EISL, 2006
- 7) Dan Wilson, 51.39, EISL, 1998
- 8) Luiz Soares, 51.51, Dartmouth, 1993
- 9) Mike Balint, 51.64, EISL, 2006
- 10) Jim Drvostep, 51.67, Harvard, 2001

### 200 BACKSTROKE

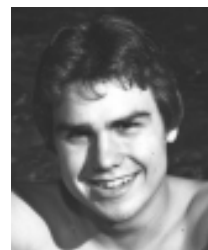
- 1) Stefano Caprara, 1:45.95, EISL, 2006
- 2) Luiz Soares, 1:49.13, Columbia, 1992
- 3) Phil Baity, 1:49.46, EISL, 2006
- 4) Pieter Hommen, 1:49.88, EISL, 1995
- 5) Dan Wilson, 1:50.79, EISL, 1998
- 6) Danny Diette, 1:50.92, EISL, 2002
- 7) Charlie Larsen, 1:51.00, Easterns, 1993
- 8) Howard Flowers, 1:51.73, EISL, 1996
- 9) Ryan Buckham, 1:52.10, EISL, 2002
- 10) Marc Grabisch, 1:52.30, Easterns, 1992



Randy Sprout



Mike Smit



Bob Buche

## MEN'S ALL-TIME TOP PERFORMERS

### 100 BREASTSTROKE

- 1) Dave McKechnie, 55.43, EISL, 2006
- 2) Brad Shaw, 55.75, EISL, 1998
- 3) Sherwood Yuen, 56.20, EISL, 1998
- 4) Stewart Cowan, 57.24, EISL, 1997
- 5) Mike Echols, 57.28, Easterns, 1992
- 6) Christian Sweetser, 57.53, EISL, 2000
- 7) Jim Janik, 57.59, EISL, 1996
- 8) Danny Royce, 57.61, EISL, 2004
- 9) Rich Bowen, 57.75, EISL, 2006
- 10) Stewart Cowan, 57.85, EISL, 1995

### 200 BREASTSTROKE

- 1) Dave McKechnie, 2:01.13, EISL, 2005
- 2) Sherwood Yuen, 2:02.36, EISL, 1999
- 3) Brad Shaw, 2:03.14, EISL, 1998
- 4) Danny Royce, 2:03.68, EISL, 2004
- 5) Jim Janik, 2:03.73, EISL, 1996
- 6) John Dyste, 2:04.74, EISL, 2002
- 7) Christian Sweetser, 2:05.17, EISL, 1998
- 8) Rich Bowen, 2:05.36, EISL, 2006
- 9) Dave Hafer, 2:05.53, Easterns, 1990
- 10) Sean Maher, 2:06.13, Easterns, 1993

### 100 BUTTERFLY

- 1) Danny Diette, 48.79, EISL, 2005
- 2) Dave Hager, 48.98, Easterns, 1992
- Stefano Caprara, 48.98, EISL, 2006
- 4) Randy Sprout, 49.30, Easterns, 1985
- 5) Andy Laats, 49.47, Easterns, 1989
- 6) Doug Ernst, 49.73, EISL, 2005
- 7) Anthony Allen, 49.80, Easterns, 1990
- 8) Mike Smit, 49.87, EISL, 2006
- 9) Brad Newman, 49.90, EISL, 2006
- 10) Jackson Wang, 50.14, EISL, 2006

### 200 BUTTERFLY

- 1) Mike Smit, 1:46.11, EISL, 2006
- 2) Dave Hager, 1:50.53, Easterns, 1992
- 3) Takashi Naito, 1:50.55, EISL, 1994
- 4) Craig Christie, 1:50.56, Easterns, 1978
- 5) Rob Payne, 1:50.66, EISL, 2004
- 6) Forrest Kennedy, 1:50.97, EISL, 2001
- 7) Doug Ernst, 1:52.01, EISL, 2002
- 8) Bob Meade, 1:52.03, Easterns, 1976
- Phil Seaman, 1:52.03, Easterns, 1992
- Stephen Rodiger, 1:52.03, Easterns, 1992

### 200 INDIVIDUAL MEDLEY

- 1) Stefano Caprara, 1:49.98, EISL, 2005
- 2) Sean Maher, 1:51.27, Easterns, 1993
- 3) Pieter Hommen, 1:51.31, EISL, 1995
- 4) Jeff Evans, 1:52.92, Harvard, 1986
- 5) Brad Shaw, 1:53.21, EISL, 1998
- 6) Danny Royce, 1:53.34, EISL, 2002
- 7) Rich Bowen, 1:53.81, EISL, 2006
- 8) Marc Grabisch, 1:54.04, EISL, 1995
- 9) Danny Diette, 1:54.08, EISL, 2003
- 10) Dave McNeil, 1:54.39, Princeton, 1984

### 400 INDIVIDUAL MEDLEY

- 1) Sean Maher, 4:00.22, Easterns, 1993
- 2) Danny Royce, 4:01.03, EISL, 2002
- 3) Charlie Larsen, 4:02.03, EISL, 1995
- 4) Howard Flowers, 4:02.08, EISL, 1996
- 5) Max Talcott, 4:02.97, EISL, 1997
- 6) Erik Weinick, 4:03.05, EISL, 1995
- 7) Nick Oates, 4:03.27, EISL, 2006
- 8) Matt Liberty, 4:03.75, Easterns, 1993
- 9) Pieter Hommen, 4:04.45, Easterns, 1993
- 10) Rich Bowen, 4:04.57, EISL, 2004

### 200 FREESTYLE RELAY

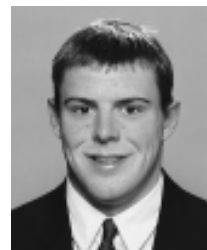
- 1) 1:20.85—Gorter, Balint, Caprara, Smit—EISL, 2006
- 2) 1:21.48—Gorter, Balint, Caprara, Levan—EISL, 2006
- 3) 1:21.49—Balint, Gorter, Diette, Levan—EISL, 2005
- 4) 1:22.17—Balint, Diette, D. Ernst, Gorter—EISL, 2005
- 5) 1:22.25—Hager, Dougall, Jester, Allen—Easterns, 1990
- 6) 1:22.60—C. Ernst, King, Sample, Teta—EISL, 2003
- 7) 1:22.97—Grabisch, Allen, Hager, Voekler—Easterns, 1991
- 8) 1:23.14—Hager, Soares, Kim, Voekler—Easterns, 1992
- 9) 1:23.20—D. Ernst, Sample, Caprara, Levan—EISL, 2004
- 10) 1:23.26—Hager, Sweeney, Kim, Voekler—Easterns, 1992



Stefano Caprara



Dave McKechnie



Danny Diette

## MEN'S ALL-TIME TOP PERFORMERS

### 400 FREESTYLE RELAY

- 1) 2:58.24—Smit, W. Newman, Gorter, Caprara—EISL, 2006
- 2) 3:00.51—Smit, Caprara, Levan, Gorter—EISL, 2005
- 3) 3:01.61—Sample, Diette, Caprara, Smit—EISL, 2004
- 4) 3:02.22—Grabisch, Hager, Allen, Voekler—Easterns, 1991
- 5) 3:02.57—Grabisch, Kim, Voekler, Hager—Easterns, 1992
- 6) 3:03.08—Epstein, Laird, Recker, Sprout—Easterns, 1986
- 7) 3:03.18—Wood, Norgard, Harting, Williams—EISL, 1999
- 8) 3:03.47—C. Ernst, Sample, King, Caprara—EISL, 2003
- 9) 3:03.59—Grabisch, Soares, Kim, Hager—Easterns, 1992
- 10) 3:04.16—B. Newman, Gorter, W. Newman, Smit—Columbia, 2006

### 800 FREESTYLE RELAY

- 1) 6:33.77—W. Newman, Wang, Levan, Smit—EISL, 2006
- 2) 6:38.16—Diette, Caprara, Smit, Levan—EISL, 2005
- 3) 6:44.98—Hager, Maher, Grabisch, Soares—Easterns, 1992
- 4) 6:45.73—Hager, Grabisch, Steele, Wisniewski—Easterns, 1990
- 5) 6:46.52—Diette, Levan, Royce, Smit—EISL, 2004
- 6) 6:46.55—Hager, Maher, Steele, Grabisch—Easterns, 1991
- 7) 6:46.64—Harting, Plandowski, Sweetser, Shaw—EISL, 1998
- 8) 6:47.22—Rudel, Recker, Cimonetti, McNeil—Easterns, 1984
- 9) 6:48.09—Laats, Wisniewski, Hager, Dougall—Easterns, 1989
- 10) 6:49.05—Soares, Maher, Steele, Grabisch—Easterns, 1991

### 200 MEDLEY RELAY

- 1) 1:29.12—Caprara, McKechnie, Diette, Gorter—EISL, 2005
- 2) 1:29.70—Caprara, McKechnie, B. Newman, Gorter—EISL, 2006
- 3) 1:29.83—Caprara, McKechnie, D. Ernst, Balint—EISL, 2005
- 4) 1:30.72—Caprara, McKechnie, Smit, Gorter—Columbia, 2006
- 5) 1:31.17—Caprara, McKechnie, D. Ernst, Sample—EISL, 2004
- 6) 1:31.23—Caprara, Royce, D. Ernst, C. Ernst—EISL, 2003
- 7) 1:31.83—Caprara, McKechnie, D. Ernst, Gorter—Columbia, 2005
- 8) 1:32.01—Balint, McKechnie, Wang, Levan—EISL, 2006
- 9) 1:32.16—Caprara, Graham, D. Ernst, C. Ernst—EISL, 2003

- 10) 1:32.90—Buckham, Yuen, Dillon, Sweetser—EISL, 2000

### 400 MEDLEY RELAY

- 1) 3:13.99—Caprara, McKechnie, Smit, W. Newman—EISL, 2006
- 2) 3:15.92—Caprara, McKechnie, Diette, Smit—EISL, 2005
- 3) 3:20.68—Caprara, Royce, D. Ernst, Sample—EISL, 2004
- 4) 3:22.30—Caprara, McKechnie, D. Ernst, Gorter—Princeton, 2004
- 5) 3:23.02—Buckham, Yuen, Dillon, Harting—EISL, 2000
- 6) 3:23.41—Soares, Echols, Hager, Sweeney—Easterns, 1992
- 7) 3:23.45—Soares, Echols, Hager, Kim—Easterns, 1992
- 8) 3:23.70—Caprara, McKechnie, B. Newman, Gorter—Penn/Princeton, 2005
- 9) 3:23.94—Caprara, McKechnie, B. Newman, Levan—Navy/Yale, 2006
- 10) 3:24.18—Hommen, Timmons, Schillinger, Roat—EISL, 1995

### 1-Meter Diving (1956-2000)\*

- 1) Steve Bannerot, 516.75, Easterns, 1987
- 2) Paul Steck, 503.00, Easterns, 1979
- 3) Laurence More, 499.50, Easterns, 1971
- 4) John Krakora, 460.00, Easterns, 1981
- 5) Mike Guzewicz, 449.20, Easterns, 1977
- 6) Jason Schiciano, 444.85, Easterns, 1992
- 7) Ken Light, 422.00, Easterns, 1971
- 8) James Ackerman, 420.40, Easterns, 1982
- 9) Ardyn Smith, 420.10, Easterns, 1976
- 10) Phil Harmon, 413.70, Easterns, 1976

### 1-Meter Diving (2001-2006)\*

- 1) Luke Baer, 270.55, EISL, 2006
- 2) Tony Schultz, 263.95, EISL, 2004
- 3) Chris Donohoe, 238.60, EISL, 2006
- 4) Tim Lenz, 218.15, EISL, 2003
- 5) Jon Cebulski, 210.60, EISL, 2001
- 6) Andrew Wolf, 198.70, EISL, 2002
- 7) Joe Weiss, 196.00, EISL, 2006

### 3-Meter Diving

- 1) Laurence More, 566.15, Easterns, 1971
- 2) Steve Bannerot, 522.90, Easterns, 1987
- 3) Paul Steck, 519.15, Easterns, 1979
- 4) Jim Ackerman, 474.95, Easterns, 1982
- 5) Ken Light, 471.95, Easterns, 1971
- 6) Luke Baer, 464.85, EISL, 2004
- 7) John Krakora, 460.80, Easterns, 1981
- 8) Phil Harmon, 459.05, Easterns, 1976
- 9) Jason Schiciano, 452.80, Easterns, 1992
- 10) Larry Somma, 447.90, Easterns, 1987

\*1-Meter Diving: 11 dives at championships from 1956-2000; six dives at championships 2001-2005