

2009-10 YSU SWIMMING & DIVING

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QUICK FACTS

Address	One University Plaza
Location (Zip)	Youngstown, Ohio (44555)
Founded	1908
Enrollment	14,682
President	Dr. David Sweet
Colors	Red & White
Nickname	Penguins
Affiliation	NCAA Division I
League	Horizon League
Venue	Beeghly Natatorium

TEAM AT A GLANCE

Head Coach	Matt Anderson (Seventh year)
Alma Mater	Northern Illinois, 1997
Office Phone	(330) 941-3673
Office Fax	(330) 941-2968
Diving Coach	Nick Gavolas (14th year)
Assistant Coach	Jessica Ewald (Third year)
Letterwinners Returning/Lost	11/5
2008-09 Horizon League Finish	5th out of 8

ATHLETIC DEPARTMENT

Executive Director of Athletics	Ron Strollo
Associate Athletic Director/SWA	Elaine Jacobs
Associate Athletic Director	Rick Love
Assistant Athletic Director	Emily Haynam
Assistant Athletic Director	Tom Morella
Assistant Athletic Director	Robb Schmidt
Faculty Representative	Dr. Chet Cooper
Director of Athletic Development	Joe Cassese
Ticket Coordinator	Tim Stuart
Head Athletic Trainer	John Doneyko
Equipment Manager	Carmine Cassese

SPORTS INFORMATION

Sports Information Director	Trevor Parks
Assistant Sports Information Director	Jamie Hall
Assistant Sports Information Director	John Vogel
Swimming & Diving Contact	Trevor Parks
Parks's Office Line	(330) 941-3192
Parks's Email Address	tparks@ysu.edu
Parks's Cell Phone Number	(330) 402-3289
Sports Information Fax	(330) 941-3191
Web site	www.YSUsports.com

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YSU Athletics Mission Statement

The mission of the Department of Intercollegiate Athletics at Youngstown State is to offer broad-based programs which accommodate the needs and interests of the students. The Intercollegiate Athletic Department is committed to: welfare of student-athletes, academic integrity, sportsmanship and ethical integrity, fiscal integrity, ethnic integrity, gender equity and outreach.



2009-10 YSU SWIMMING & DIVING OUTLOOK

Years of planning, hoping and wishing should pay off for Head Coach Matt Anderson and the 2009-10 Youngstown State swimming and diving team. Anderson has worked diligently in his first six years to have a strong and deep squad in all events, and that could come to fruition this season.

The Penguins have depth in the freestyle, backstroke, breaststroke and Individual Medley, which means they have great numbers and options for the relays. Also, five divers are on the roster this season, a big improvement after having just one healthy competitor all of last year. Now, the hard part will be trying to find the right lineup to help the Guins have a successful dual-meet campaign and, enter the Horizon League Championships in late February with chances to score as many points as possible and not only remain in the top five squad at the Horizon League Championships in late February, but climb the standings ladder as well.

"They're going to have to be at their best in order to earn a spot," Anderson said of his lineup options. "That's what we've been shooting for over the last six years. Everyone is going to have to earn their spot instead of someone automatically getting it. That's what we've been shooting for and now we've finally got it. Hopefully we can make it work for us the way we've been planning."

Eleven letterwinners are back from last year's team that placed fifth at the League Championships for the third consecutive year. Joining the mix are 12 newcomers – eight swimmers and four divers – to give the squad 23 competitors, the most since Anderson came aboard in 2003.

"It's going to be great. I've never dealt with it before," Anderson said. "It's the largest squad we've had since I've been here, and it's definitely the most swimmers we've had since I've been here. It's going to be fun to see the combinations that we can do and the different places that we can put people. Part of the fun of it is that some of the new people on the team are multi-event swimmers that are going to be people we can move around a lot. We're going to have some options that we've never had before. That's going to be something that kind of develops as we go through the season and see where they fit well and what they'll be able to do."

In 2009-10, the Guins have just two seniors in Jennifer Johnstone (breaststroke) and Hilary Barrett (Distance Free, IM). Anderson said those two are the primary leaders, but the six juniors and four sophomores will also be counted on to help lead the way.

"We're probably going to be dependent on pretty much every up-

perclassmen to take a role in leadership this year," Anderson said. "With 12 new people on the team, it's going to take more than just two people to really lead. They're a good freshman class, and they've got some leaders within, but they're still freshmen. So they still need some guidance, and it's too much for just two people to handle."

"Hilary and Jen are both going to do a good job for us in that role. They're just going to need some help."

Juniors Ashley Williamson and Caitlin Cook headline the team in the butterfly. Williamson is the school-record holder in the 100 fly, while Cook owns the school mark in the 200.

At the 2009 HL Championships, Williamson placed fourth in the 100-yard butterfly with a school-record time of 56.68 seconds. It was her second career top-five finish after coming in second as a freshman. Cook battled a nagging shoulder injury last year and returned to compete at the conference meet. She placed sixth in the 200 with a school-best time of 2:08.78.

Johnstone returns to anchor a young and talented breaststroke group. She placed 15th in the 100 at the league meet before finishing 22nd in the 200. Johnstone's performance at the HL Championship in the 100 (1:07.83) helped set a new school mark. She ranks fourth in the 200.

Freshmen Rachel Tano, Samantha Roberts and Liseli Baich will help solidify that event. Tano set her school record in the 100 breast while Baich also broke her school's record in the 100 that had stood for 20 years. Roberts placed 12th at the Indiana State Championships in the 100 while also setting her school mark in the discipline. Entering the season, Tano and Roberts had times in high school that would be considered YSU all-time bests.

Also counted on in the breast will be multi-eventer Rachel Harbarger, sophomore Katie Wolf and junior Kari Tridle. Tridle competed in both the 100 and 200 early last year. Wolf competed in 10 different events as a freshman a year ago.

"We're going to be able to leave Jen in the breast events and rotate some other people," Anderson said. "It's going to make for some good depth in that area."

The backstroke is an event that could see some strong improvement.

Sophomore Nishani Cicilson will lead the way after competing in the FINA World Championships in Rome this past summer. Representing her native Suriname, she placed 69th in the 50-meter backstroke and 77th in the 100-meter back. Overall, she participated in five events against the best the world has to offer. At her first Horizon League meet, she was 13th in the 100 back with a time of 59.91 seconds, the second fastest in school history.

Freshman Amanda Ritzenthaler is a newcomer to watch in the back. At the Ohio Division II State Championships, she was 12th in the 100 after finishing eighth in the event as a junior. She is the Bay Village High School school-record holder in the event.

Sophomore Audria Grubbs stepped in at the conference meet, placing 21st in the 100. Cook swam the backstroke early last year before focusing on the fly. Williamson has been a top-10 placer in both backstroke events in her two seasons. At the league meet in 2008, she placed fourth in the 200 and fifth in the 100 back while setting school records in both. In 2009, Williamson placed seventh in the 200 yard back and fourth in the 100. Harbarger could see time in the lineup as well.

The freestyle events feature depth at sprint, middle and distance. Last year, the Guins had scoring power in the distance with Olivia Arnold and Natasha Bray leading the way in the 500, 1,000 and 1,650 freestyles.

"Having both Olivia and Natasha graduate in the same year presents a challenge of replacing both of them," Anderson said. "Quite honestly, we don't have an answer for that yet. We've got some good depth in that distance freestyle area to where it's not like we are going to be hurting there, but we're just not going to have the power like we had



Sophomore Kirstin Walker will look to headline the freestyle group this year. Walker ranks in the top five in school history in the 200, 500 and 1,000 free events.

2009-10 YSU SWIMMING & DIVING OUTLOOK



Junior Ashley Williamson has finished in the top five in four events during her two years at the Horizon League Championships.

there. The one-two punch of those two was great, and they could almost win any race that they got into.

"We're going to have people that are going to compete in those events still. We're looking for the other events to step up. We're probably not going to have any true power people, but we're going to have more depth in everything."

Cicilson leads the way in the sprint freestyle events – the 50 and 100. Last year she had the third-fastest time in the 50 free and the fifth best in the 100 in school history. Cicilson swam the 50 and 100 meters at the World Championships as well. She was 78th in the 50 and 92nd in the 100. At the HL Championships, she placed 12th in the 50 free and 13th in the 100.

Freshmen Soyriah Davis, Baich and Grubbs will figure into the lineup. Anderson said Grubbs is already ahead of her best times at the end of last year. She placed 20th in the 200 yard free last year at the Horizon League meet.

Kirstin Walker, Barrett, Katie Bechtel, Harbarger, Alana Kane, Megan Palmer and Wolf will all figure in the mix in the freestyle as well.

Walker was a key contributor on relays and swam the 100, 200 and 500 at conference. Her best finish came in the 100 where she finished 15th. Kane swam the 100 and 200 frees at last year's league meet. Wolf swam the 1,000 and 1,650 at conference as well as the 400 IM. Bechtel will jump into the longer freestyle events while Palmer will be more of a middle-distance swimmer. Bechtel was a three-time state qualifier while Palmer broke a long-standing record at Boardman High in the 500.

Tano, Roberts, Wolf and Barrett will be among many competing in the individual medley. Barrett and Wolf competed in the 400-yard IM at the Horizon League Championships last year while Johnstone was the lone Guin to swim in the 200 IM.

Junior Amanda Carpin was the lone healthy diver in the program last year and was forced to carry the load the entire campaign. This year reinforcements join the program in junior college transfer Nikki Burelli and freshmen Molly Wroblewski, Casey Hill and Jacqueline Smith.

"The numbers at that spot is going to be huge," Anderson said. "We have five divers right now, and a couple of them we're going to have to wait and see what they can do. We're going to be looking at having a diving program equivalent to what we had five years ago. Since Kalyn (Leveto) left, that's obviously been a gap for us. Right now we're looking for that gap to be filled in.

"Even if we can't get somebody like Kalyn whose going to win it right away, we can fill that spot with four or five people who are going to score top eight points for us to make up for that."

Carpin finished ninth in the one-meter competition at the Horizon League Championships with a score of 206.65 while placing 11th in the three-meter competition with a score of 198.75. She helped the Guins pick up 15 points in the league meet with her two finishes. Contrary to YSU, league-runner-up Milwaukee had five divers earn points in both dives. Green Bay, UIC and Cleveland State each had two score at the HL meet. Anderson said he is expecting her to have a better campaign than last year. Her high scores for 2008-09 were 239.00 in the three meter and 232.00 in the one meter.

Burelli had a standout career at Orange Coast College in California before transferring to YSU in August. Burelli will not be able to compete in the first semester, but can practice with the squad and is eligible in January. She was the California JUCO 2008 State Champion in one-meter and three-meter.

Anderson expects Hill to make an immediate impact. Hill placed seventh at the 2009 Class AAA Pennsylvania state meet in the one meter. She broke a 29-year-old school mark as a sophomore and kept eclipsing it through her senior year at Liberty High in Bethlehem, Pa. She was a top-10 finisher at districts all four years.

Wroblewski had offseason ankle surgery but should be healthy to contribute by January. She was the WPIAL Class AA Champion as a senior and was a four-time Pennsylvania State and WPIAL qualifier. She finished fifth at the PIAA Class AA meet as a junior in the one meter.

Smith is a work-in-progress after spending years out of the pool as a track and field athlete and a gymnast. In gymnastics, she was an Ohio State Champion in her age group at various levels.

"What they do could make up for Olivia and Natasha so we can fill that spot with diving instead of swimming," he said. "Points are points."

Under Anderson, YSU has set school marks in all five relays – the 200-yard medley, the 400-yard medley, 200-yard freestyle, the 400 free and the 800 free (on numerous occasions). Of the five, four were eclipsed at the 2009 Horizon League Championships. The Guins' best relay finish last year at the league meet was fourth in the 400 free.

With greater numbers, options are abound for various lineups this year.

"Our medley relay has more options than it ever has," Anderson said. "It's going to be kind of exciting to see what happens with all of it and see who ends up taking some of those roles."



Senior Hilary Barrett will look to lead the way in the distance freestyle events this year. She is one of just two seniors on the squad, along with Jennifer Johnstone.

2009-10 ROSTER & SCHEDULE

2009-10 YSU SWIMMING AND DIVING ROSTER

Name	Events	Yr.	Hometown/High School
Liseli Baich	Sprint Free, Breaststroke	Fr.	Wheeling, Ill./Wheeling
Hilary Barrett***	Distance Free, IM	Sr.	Vernon, N.J./Vernon Township
Katie Bechtel	Distance	Fr.	Oak Harbor, Ohio/Oak Harbor
Nikki Burelli	Diving	Jr.	Westminster, Calif./Orange Coast/Marina
Amanda Carpin**	Diving	Jr.	Erie, Pa./Harbor Creek
Nishani Cicilson*	Backstroke, Sprint Free	So.	Paramaribo, Suriname/A.A.H.A
Caitlin Cook**	Butterfly, Backstroke	Jr.	Charleston, W. Va./Capital
Soyriah Davis	Sprint Free	Fr.	Coral Springs, Fla./Nova
Audria Grubbs	Sprint Free	So.	Mansfield, Ohio/Lexington
Rachel Harbarger	Distance, Breaststroke	Fr.	Elkridge, Md./Archbishop Spalding
Casey Hill	Diving	Fr.	Bethlehem, Pa./Liberty
Jennifer Johnstone***	Breaststroke	Sr.	Bolivar, Ohio/Massillon Perry
Alana Kane**	Freestyle	Jr.	Greensburg, Pa./Hempfield Area
Megan Palmer	Freestyle	Fr.	Boardman, Ohio/Boardman
Amanda Ritzenthaler	Butterfly, Breaststroke	Fr.	Bay Village, Ohio/Bay Village
Samantha Roberts	Breaststroke, IM	Fr.	Spencer, Ind./Edgewood
Jacqueline Smith	Diving	Fr.	Hartford, Ohio/Badger
Rachel Tano	Breaststroke	Fr.	Butler, Pa./Knoch
Kari Tridle*	Breaststroke, IM	Jr.	Coeur d'Alene, Idaho/Coeur d'Alene
Kirstin Walker*	Middle Distance Free, Fly	So.	Duns, Scotland/The Wallace
Ashley Williamson**	Backstroke, Butterfly	Jr.	Dundee, Scotland/Grove Academy
Katie Wolf*	Breast, Distance Free	So.	Worthington, Ohio/Worthington
Molly Wroblewski	Diving	Fr.	Pittsburgh, Pa./Brentwood

Head Coach: Matt Anderson | Northern Illinois, 1997 (Seventh Season)

Assistant Coach: Jessica Ewald | Ohio Northern, 2007 (Third Season)

Diving Coach: Nick Gavolas | Youngstown State, 1972 (14th Season)

2009-10 YSU SWIMMING AND DIVING SCHEDULE

Day	Date	Meet	Location	Time
Fri.	Oct. 16	at Tom Stubbs Relays	Bowling Green, Ohio	5 p.m.
Fri.	Oct. 23	Green Bay	Beeghly Natatorium	5 p.m.
Sun.	Oct. 25	at Clarion Diving Invitational	Clarion, Pa.	11 a.m.
Fri.	Oct. 30	at Niagara	Niagara Falls, N.Y.	5 p.m.
Fri.	Nov. 6	Cleveland State/Canisius/Malone	Beeghly Natatorium	4:30 p.m.
Sat.	Nov. 7	Marshall	Beeghly Natatorium	2 p.m.
Thurs.-Sun.	Nov. 19-21	Radford Invitational	Radford, Va.	All Day
	Dec. 12-22	YSU, Radford, Campbell, North Carolina A&T, Mount St. Mary's, Millersville	Fort Myers, Fla.	
Fri.	Jan. 9	Ohio	Beeghly Natatorium	5 p.m.
Sat.	Jan. 16	at Saint Francis (Pa.)	Loretto, Pa.	1 p.m.
Sat.	Jan. 23	at Wright State	Dayton, Ohio	4:30 p.m.
Sun.	Jan. 24	at Butler/Ball State/Eastern Illinois	Indianapolis, Ind.	11 a.m.
Fri.	Feb. 6	at Cleveland State/UIC	Cleveland, Ohio	1 p.m.
Sun.	Feb. 8	YSU Diving Invitational	Beeghly Natatorium	11 a.m.
Wed.-Sat.	Feb. 24-27	Horizon League Championships	Chicago, Ill. (Hosted by UIC)	All Day

All Times Eastern and Subject to Change | **Home meets in bold**

STUDENT-ATHLETE BIOGRAPHIES



HILARY BARRETT

Senior

Distance Free/IM

Vernon, N.J.

Vernon Township H.S.

2009-10 (Senior): Named a team captain as a fourth-year member of the team.

2008-2009 (Junior): Had a strong campaign leading into her final season, posting top-10 school performances in the 1,000-yard free, 400 IM and 1,650-yard free...finished in the top 20 at the Horizon League Championships in 1,650 (16th) and 400 IM (17th)...was 25th in the 1,000 freestyle...had success early earning a personal best by two seconds in her 500 free at 5:25.54 against Cleveland State and Niagara...at the same meet, shaved off hundredths to lower her best to 10:56.82 for her 1,000 free...sixth-place finish at Marshall would clock in her personal best in the 1,650 free of 18:30.05, attributing to another personal best on the season...showed versatility by swimming nine different events and was on the relays...earned her third letter.

2007-08 (Sophomore): Placed 12th at the Horizon League Championships in the 400 IM with a time of 4:49.40...finished 18th in the 200 backstroke at the HL Championships with a time of 2:23.48...had a season-best time of 18:36.33 in the 1,650-yard free at the championship meet...had a top 10 time in school history in the 200 back, posting a personal-best time of 2:22.35 at the Carnegie Invite...earned her second letter.

2006-07 (Freshman): Finished 15th in the 200 back at the Horizon League Championships with a season-best time of 2:22.59...that time was 1.54 seconds faster than her previous best time...placed 16th in the 1,650 free (18:51.29) at the championships meet in the only time she swam the event the entire year...added an 18th-place finish in the 100 back with a personal-best time of 1:07.03...completed the 1,000 free in 11:31.63 the only time she swam the event, which ranks her 10th in school history...earned her first letter.

High School: All-West Jersey honors all four years...helped lead the team to the Sussex County Interscholastic League title as a freshman and sophomore...also played lacrosse for two years and was featured in Who's Who Among America's High School Students four years.

Personal: Daughter of Robert and Joan Barrett...has one brother (Brian)...major is Middle Childhood Education...born May 21, 1988...is a member of the Student-Athlete Advisory Committee for the 2009-10 academic year.

Getting to Know...Hilary

Nickname: Hil

Three Words to Describe Me: Caring, Sarcastic, Blunt

Favorite Off-Day Activities: Laying around watching TV or reading a book

Favorite TV Show: Friends and Grey's Anatomy

Favorite Class at YSU: Individuals with Exceptions in Society...It is a special education class

Favorite Musical Artist: Dave Matthews Band and Kenny Chesney

Favorite Movie: Almost Famous

Favorite Food: Chicken Francese

Favorite Vacation Spot: Outer Banks, N.C.

Favorite Place on Campus: Market Place

Favorite Athletes: Michael Strahan and Eli Manning...Go Giants!

Favorite Restaurant: Bella Napoli...It's an Italian restaurant back home

If you could eat dinner with three people, who would they be?: FDR, Dave Matthews and my friend Ryan that passed away two summers ago

Something your teammates don't know about you: They pretty much know everything there is to know about me.

Do you share a birthday with anyone famous?: Notorious B.I.G. and Mr. T.

What is the best advice you ever received?: "If your five minutes early you're on time. If you are on time, you're late!"

from my high school swim coach.



STUDENT-ATHLETE BIOGRAPHIES



JENNIFER JOHNSTONE
Senior
Breaststroke
Bolivar, Ohio
Massillon Perry H.S.

2009-10 (Senior): Named a team captain as a fourth-year member of the squad.

2008-09 (Junior): Swam impressively throughout the season...peaking at Horizon League Championships, had personal bests in three events and set a school record in the 100 breaststroke...finished 15th at the HL Championships with a time of 1:08.23 in finals...had a school-record 1:07.83 in the prelims...was 21st in the 200-yard breast with a personal-best time of 2:32.24...earned a 22nd-place finish and a personal best in her 200 IM performance of 2:18.59...was a member of the 200 and 400 medley record breaking relay teams...had first-place finishes in the 100 breast at Butler and Akron...took third twice in the 200 breast at Saint Francis (Pa.) and Ohio...earned her third letter.

2007-08 (Sophomore): Swam a season-best in the 200 IM at the Horizon League Championships with a time of 2:21.30, a three-second improvement from her previous personal best, placing her 22nd...posted a season-best time of 1:09.85 in the 100 breast at the championships, placing 16th and ranking her third in school history...also ranked seventh in school history in the 200 breast...earned her second letter.



Getting to Know...Jennifer

Nickname: Jen
Three Words to Describe Me: Intelligent, Hard-Working, Compassionate
Favorite Off-Day Activities: Watching movies
Favorite TV Show: It's Always Sunny in Philadelphia
Favorite Class at YSU: Exercise Physiology
Favorite Musical Artist: Jack Johnson
Favorite Movie: The Wizard of Oz
Favorite Food: Strawberries and Bacon
Favorite Vacation Spot: Hilton Head Island, S.C.
Favorite Place on Campus: The couches by the bagel stop
Favorite Athlete: LeBron

James
Favorite Restaurant: Chili's
If you could eat dinner with three people, who would they be?: My Grandpa Johnstone, my Grandpa Lake, and Kathy Reichs (A Forensic Anthropologist that the television show Bones is based off of.)
Something your teammates don't know about you: I have a serious phobia of feet.
Do you share a birthday with anyone famous?: Kate Hudson, Maria Sharapova and Troy Polamalu
What is the best advice you ever received?: "Great minds discuss ideas; Average minds discuss events; Small minds discuss people."

2006-07 (Freshman): Emerged as the squad's second-best 100-yard breaststroker after missing the first four meets of the year...placed 15th in the 100 breast at the Horizon League Championships with a season-best time of 1:09.93...that time was 2.61 seconds faster than her top time during the regular season...also placed 20th in the 200 breast (2:39.19) and 24th in the 200 IM (2:24.41) at the league meet...her time in the 200 IM was a season-best by more than five seconds...posted a season-best time of 2:37.55 in the 200 breast at UIC...earned her first letter.

High School: Was a four-time letterwinner and two-time team captain for the Panthers...named Second-Team All-Federal League three times and honorable mention all-league once...was also a three-time district qualifier...earned Speedo Academic All-America honors and was a member of the National Honor Society...also played volleyball, where she was named team captain.

Personal: Daughter of Raymond and Lisa Johnstone...has one brother (Jason)...major is exercise science...born April 19, 1988...recipient of Lester Donnell Scholarship for 2008-09 academic year...2009-10 recipient of McAtee Family Scholarship...is also a member of the Student-Athlete Advisory Committee for the 2009-10 academic year.

STUDENT-ATHLETE BIOGRAPHIES



AMANDA CARPIN
*Junior
Diving
Erie, Pa.
Harbor Creek H.S.*

2008-09 (Sophomore): Earned team's diver MVP honors for the second season...saw improvement throughout season, posting season bests at Bowling Green and the YSU Invite in February,

accumulating to over a 15-point improvement through the season...at the YSU Invitational, dove a 232.00 for one meter and 239.00 for three meter...both marks were career bests...finished ninth in the one-meter (199.00) and 11th in the three-meter (192.45) at Horizon League Championships...earned her second letter.

2008-09 Track & Field: In her only indoor competition of the season, vaulted a stellar third place at Horizon League Championships with a leap of 10-feet, two inches...outdoor season came with a personal best of 10-2 on April 11, placing her second in school history...finished outdoor season with a sixth-place vault at outdoor Horizon League Championships, helping lead the women's team to the title.

2007-08 (Freshman): Placed 13th in the one-meter dive and three-meter dive during her first appearance in the Horizon League Championships...posted a 196.20 in the finals of the one-meter and a scored a 152.85 in the three-meter...season best of 216.45 in the one-meter at the Butler/Illinois State triangular...

placed first in the three meter against Ohio (161.33) and second in the one-meter and three-meter against Niagara (191.25/172.28)...earned her first letter.

2007-08 Track & Field: Placed eighth in the pole vault at the Horizon League Outdoor Championships (8-8 1/4)...cleared a season-best 9-6 1/4 twice...placed fourth in the pole vault at the indoor league meet, clearing 10 feet.

High School: Was a four-time letterwinner...broke the school diving record...was recognized as an all-state, all-district and all county athlete...additionally was among Who's Who Among American Athletes...also competed in cross country and track and field where she also set multiple school records and was recognized as an all-state, all-district and all-county athlete...was on the honor roll all four years as well as National Honors Society.

Personal: Daughter of Kim and Chris Carpin...has a brother (Chris)...major is special education...born July 9, 1989...is serving as the president of the YSU Student-Athlete Advisory Committee for the 2009-10 academic year.



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STUDENT-ATHLETE BIOGRAPHIES



CATLIN COOK
Junior
Butterfly/Backstroke
Charleston, W. Va.
Capital H.S.

2008-09 (Sophomore): Set the school record in the 200-yard butterfly with time of 2:08.78, finishing sixth at the Horizon League Championships...also swam the 500-yard free (18th) and 100-yard fly (20th) at

the league meet...was a member of the school-record setting 800-yard freestyle relay team at the HL Championships...ranks fourth in school history in the 100 fly (1:00.18)...earned a win in the 200-yard fly in a dual versus Saint Francis (Pa.)...placed second in the 100 fly in a dual at UIC...competed in the 200 free and 200 IM during the year...missed the fall season with a shoulder injury before returning to the lineup in the spring...earned her second letter.

2007-08 (Freshman): Broke into the top 10 performers list in the 200 butterfly, ranking 10th in school history...achieved personal-best time at the Crimson Hawk Invitational in the 50 free, posting a time of 26.76 seconds...emerged as the team's No. 3 butterfly swimmer...season was cut short because of injuries and did not compete in the Horizon League Championships.

High School: Four-year letter winner and one-time captain...set school records in the 100 butterfly and 100 backstroke...honored as all-region, all-conference and all-state...during her career, swimming team has one-time regional champions...also participated on the soccer team who were three-time conference champions and two-time regional champions...earned second place in the West Virginia University High School Journalism Competition.

Personal: Daughter of Carla and Hulin Cook...has two sisters (Carrie and Stacie)...major is journalism...born May 24, 1989...a 2009-10 recipient of a Lester Donnell Scholarship.



ALANA KANE
Junior
Freestyle
Greensburg, Pa.
Hempfield Area H.S.

2008-09 (Sophomore): Finished top 25 in all events at Horizon League Championships...finished 22nd in her 200-yard freestyle (1:59.74), 24th in the 50 free (25.49

seconds) and 24th in the 100 free (56.29 seconds)...was a consistent top-five finisher during the season in the 50 and 100 free...took first in 50 against Butler with a time of 25.77 seconds...posted season bests against Cleveland State/Niagara of 25.42 seconds in her 50 and 55.25 for her 100 free...earned her second letter.

2007-08 (Freshman): Posted season-best times in all three events at the Horizon League Championships...helped her team to a fourth-place finish and school-record time of 1:37.18 in the 200 free relay...placed 18th in the 200 free (1:59.06), 18th in the 100 free and 19th in the 50 free (25.34)...swam in the 50, 100 and 200 freestyle throughout the year...earned her first letter.

High School: Earned four letters during her high school campaign...member of the 200 medley, 400 and 200 freestyle relays...honored as Rookie of the Year her freshman year.

Personal: Majoring in marketing and advertising...daughter of Karen and Robert Kane...has a sister (Tara)...born March 30, 1989...is the 2009-10 recipient of the Olga D. and Joseph Malmisur Scholarship...is a member of the Student-Athlete Advisory Committee for the 2009-10 academic year.



STUDENT-ATHLETE BIOGRAPHIES



KARI TRIDLE
Junior
Breaststroke/IM
Coeur D'Alene, Idaho
Coeur D'Alene H.S.

2008-09 (Sophomore): Competed in the 50 free and 100 and 200 breaststroke...had a third-place finish in the 100 breast against Akron...ranks ninth in school history in the 100 breast with time of

1:12.48...earned her first letter.

2007-08 (Freshman): Did not compete because of injuries.

High School: Four-year letterwinner...high school team placed second in state championships twice...honored as a Renaissance student all four years.

Personal: Majoring in English...daughter of Deanne and Robert Tridle...born Oct. 29, 1988.



ASHLEY WILLIAMSON
Junior
Backstroke/Butterfly
Dundee, Scotland
Grove Academy

2008-09 (Sophomore): Strong second season seeing continued success...earned a fourth-place finish at the Horizon League Championships in 100 butterfly while improving school record to 56.68 seconds...lowered her school record in the 100-yard backstroke to a 58.18 seconds, placing 10th at the league championships...finished seventh in 200 back (2:06.30)...helped teammates in 200 medley relay and 400 medley as both set school records at championships...claimed the school record in the 200 IM at the Penguin Invite to win the title at 2:10.77...also won the 100 fly and 100 back at the Penguin Invite...won a dual against Butler in the 200 back...won the 200 IM against Niagara and Cleveland State...earned her second letter.

2007-08 (Freshman): Placed second in the 100-yard butterfly at the Horizon League Championships with a then-school-record time of 57.42 seconds...highest finish by a YSU freshman at league meet since joining the conference...placed fourth in the 200 back and fifth in the 100 back, posting times of 2:06.01 and 58.53, breaking both school records...scored a team-high 46 points at the meet...helped her teammates break records in the 200 free relay, 400 free relay, 200 medley relay and 400 medley relay...the 400 free relay team placed third, the best finish in school history...had six wins in the 200 back and six top-three finishes in the 100 back during the year...earned her first letter.

High School: Set district, club and meet records...was a member of the Tayside Swim team that broke the Scottish team and Scottish national 4x50 freestyle relay record...served as school house captain her final year...also participated on the soccer and basketball teams.

Personal: Majoring in exercise science...daughter of Karen and Steven Williamson...has one sister (Samantha)...has a goal to participate in the 2014 Scotland Commonwealth Games...born Jan. 27, 1990.



STUDENT-ATHLETE BIOGRAPHIES



NISHANI CICILSON
Sophomore
Sprint Free/Backstroke
Paramaribo, Suriname
A.A.H.A. School

Summer 2009: Represented her country at the 2009 FINA World Swimming Championships at end of July in Rome...competed in the 50-meter backstroke, 100 back, 50-meter butterfly, 100 fly and 50-meter free and 100 freestyles at Foro Italico...in 100m back swam a 1:07.34 to finish 77th...in 50m back had a time of 31.30 seconds to placed 69th...in 100m free placed 92nd with a time of 59.94 seconds...posted a time of 29.34 seconds in the 50m butterfly to finish 72nd...in the 50m freestyle, finished with a time of 27.22 seconds to place 78th.

2008-09 (Freshman): Impressive first season...earned team Rookie-of-the-Year honors...finished in the top 13 in three individual events at Horizon League Championships...was 12th in the 50 freestyle (24.42), 13th in the 100 back (59.91) and 13th in the 100 free (53.49)...improved personal best in back by four seconds...took top three in the 50 free 10 times during the season...had wins in the 50 free against UIC, Cleveland State (twice), Niagara and Marshall...also swam 200 backstroke during the year...member of school-record relay teams in 200 free, 400 free, 200 and 400 medley...earned her first letter.

High School: Set her club record in the 50-meter backstroke, 50m fly, 100m backstroke, and 200m backstroke, 100m individual medley, and 100m freestyle...recipient of the Giovanni Memorial High Point trophy...was twice named swimmer of the year...named sportswoman of the year in 2004...coach was Labdai Samuel.

Personal: Parents are August Cicilson and S. Bhagwandin...has a sister (Devina)...was born April 7, 1991...major is exercise science...a 2009-10 recipient of a Lester Donnell Scholarship.

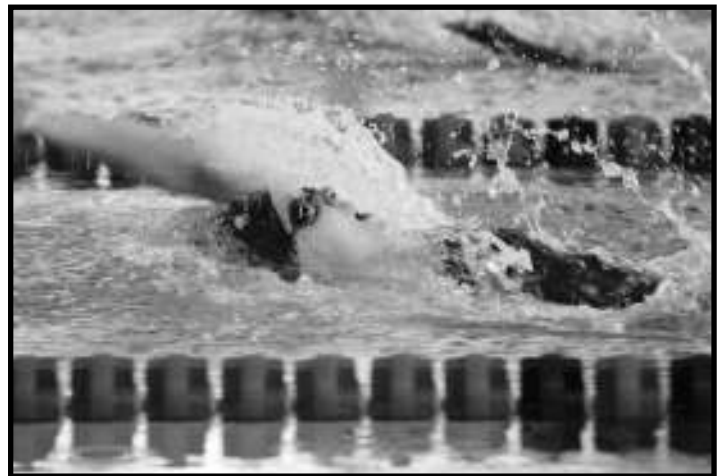


KIRSTIN WALKER
Sophomore
Freestyle, Butterfly
Duns, Scotland
The Wallace School

2008-09 (Freshman): Placed in top 25 in all events at Horizon League Championships...best finish was 15th in the 100 free (53.47 seconds)...was 24th in 500 freestyle and 21st in her 200 free...swam a personal best in lead leg of 200-free relay of 25.57 seconds...had two first-place finishes in the 100 free...had two first-place finishes in the 200 free...at Marshall, swam a 5:12.66 to win the 500 free...also a member of relay teams...member of 400-yard free school-record squad...swam seven different events during the year...earned her first letter.

High School: Represented school and country in 2005, 2006 and 2007 at the Scottish Schools Competition...was a two-time winner in the 800 meters as a track standout...recipient of The Guy Roberts Memorial Cup...winner of the James Maclean Award in 2005...coach was Chris Martin

Personal: Parents are Alan and Angela Walker...has two brothers (Scott and Craig)...born January 26, 1990...major is food and nutrition.



STUDENT-ATHLETE BIOGRAPHIES



AUDRIA GRUBBS
Sophomore
Sprint Free
Mansfield, Ohio
Lexington H.S.

2008-09 (Freshman): At Horizon League Championships, earned personal bests in each event she competed...time of 1:57.90 in the 200-yard freestyle earned her 20th place...was 21st in the

100 back with a time of 1:02.98, accumulating a three-second improvement from start of season...during season finished as high as third in the 200 free...ranks sixth in school history in the 200 free...member of 800-yard freestyle school-record breaking relay...set personal best at UIC in the 50 free at 25.73 seconds...competed in six different events during the year...earned her first letter.

High School: Lettered four times at Lexington...was a member of the two-time state qualifying team...was a member of the district runner up team...recipient of the Captains award...member of the Ohio Cardinal Conference Championship team in 2005...was named first-team OCC three times...coach was Melissa Watters...also played soccer and ran cross country.

Personal: Parents are James and Leigh Grubbs...has four sisters (Alyssa, Amanda, Troie, and Jaimy) and one brother (Nick)...born January 16, 1990...major is electrical engineering...is a member of the Student-Athlete Advisory Committee for the 2009-10 academic year.



KATIE WOLF
Sophomore
Distance Free, Breast
Worthington, Ohio
Worthington H.S.

2008-09 (Freshman): Earned team honors as most improved swimmer during season...finished in top 24 in her events at Horizon League Championships...placed 24th in the 1,000 freestyle with a personal-best

time of 11:10.38...shaved 10 seconds off previous best...finished 19th in 400 IM with a time of 5:04.22...earned 19th place in 1,650-free with a time of 18:37.32...saw action in 10 different events throughout the year...earned her first letter.

High School: Was a four-time letterwinner and one-time team captain...recipient of the Toni Bischoff Award in 2007...four-year Attendance Award recipient...Festivus Award recipient...was the Ohio Cardinal Conference 100 breaststroke Champion in 2006...member of the three time Ohio Cardinal Conference Championship team...coach was Jim Callahan...also ran cross country.

Personal: Parents are John and Stephanie Wolf...has two brothers (Adam and Michael)...born Jan. 27, 1990...major is industrial engineering...is a member of the Student-Athlete Advisory Committee for the 2009-10 academic year.



STUDENT-ATHLETE BIOGRAPHIES



LISELI BAIGH
Sprint Free, Breast
Freshman
Wheeling, Ill.
Wheeling H.S.

High School: Four-time letterwinner and two-time captain honors...coached by John Fournier (coach was former teammate of Matt Anderson at NIU)...primary events were 100 breast, 50 and 100 freestyles...earned all-conference and all-sectional honors...placed third in sectional meet in the 100-yard breaststroke...broke the 20-year-old school record in the event...had the 24th-best time entering state meet...member of 200 freestyle relay team...member of the National Honor Society...also played Water Polo.
Personal: Parents are Ernie and Amparo Baigh...born Nov. 18, 1991...academic interest is civil engineering.



SOYRIAH DAVIS
Sprint Free
Freshman
Coral Springs, Fla.
Nova H.S.

High School: Was a four-year letterwinner and two-time team captain...primary events were 50 and 100-yard freestyle...qualified all four years for state meet...was a finalist in the 50 free as a junior placing 11th...set school marks in the 50 free, 100 breaststroke and 200 IM...was part of school-record relays in 200 and 400 freestyle...was an honorable-mention all-Broward County selection in the 50 free...coach was Karney McNear...honorable-mention all-League in Water Polo...played basketball and competed in track and field...member of the honor roll and National Honor Society.
Personal: Mother is Dawn Morrison...has a sister (Shakirah)...born Feb. 8, 1991...academic interest is biology/pre-med.



KATIE BECHTEL
Distance
Freshman
Oak Harbor, Ohio
Oak Harbor H.S.

High School: Three-time state qualifier...was 15th in the 200-yard freestyle and was a member of the 13th place 400-yard free relay squad at the state meet...was a four-time letterwinner and a captain once... set school records in 200 and 500-yard freestyles...medaled at districts all four years...named a three-time team MVP...coach was Andrea Sorg...also played volleyball...was a member of the National Honor Society.
Personal: Parents are Jim and Shawna Bechtel...has a brother (Lucas)...enjoys music...born Feb 16, 1991...major is undeclared...is a member of the Student-Athlete Advisory Committee for the 2009-10 academic year.



RACHEL HARBARGER
Distance, Breast
Freshman
Elkridge, Md.
Archbishop Spalding H.S.

High School: Participated in the IM and 100 breaststroke...was a four-time letterwinner and served as a team captain...squad won the B Division Championship...coach was Kristen Kohler...member of the honor roll and National Honor Society.
Personal: Parents are Sharon and Kevin Harbarger...has a brother...born March 18, 1991...academic interest is nursing.



NIKKI BURRELLI
Diving
Junior
Westminster, Calif.
Orange Coast/Marina H.S.

Orange Coast: Won the 2008 State One-Meter Diving Championship with a score of 240.10...also won the state crown in the three-meter...named the conference's Diver of the Year...helped lead the Pirates to the 2008 Conference Championship... in 2007 won the one and three meter titles as well.
High School: Placed 19th at 2004 California CIF Diving Championships in the one-meter.
Personal: Parents are Denise and Anthony Burrelli...born June 13, 1988...major is exercise science...is a member of the Student-Athlete Advisory Committee for the 2009-10 academic year.



CASEY HILL
Diving
Freshman
Bethlehem, Pa.
Liberty H.S.

High School: As a senior, finished seventh at the Class AAA state meet in the one-meter dive with a score of 402.70... was sixth after prelims and fourth after semis...placed in the top 10 at districts all four years...best year was senior campaign, placing second...was sixth as a junior, fifth as a sophomore and ninth as freshman at districts...as a junior, placed fifth at the LVIAC meet...eclipsed a 29-year-old school record in the six-dive as a sophomore... named school's most outstanding diver three consecutive years...broke school marks in six and 11 dives multiple times...was a four-year letterwinner and two-year captain...tabbed first-team all-area three straight years...coaches were Barry Stahr (high school) and Cary Lehman (club)...also lettered in softball...member of the honor roll.
Personal: Parents are Mark and Brenda Hill...has a brother (Mark)...born Aug. 11, 1991...academic interest is physical therapy...is a member of YSU's SAAC for the 2009-10 academic year.

STUDENT-ATHLETE BIOGRAPHIES



MEGAN PALMER
*Freestyle
 Freshman
 Boardman, Ohio
 Boardman H.S.*

High School: Set school record in the 500 and 1,500-yard freestyle...broke the 20-year record in the 500...was part of the Spartans' state qualifying and school-record setting 200-yard freestyle relay team...named second-team All-Federal League... at the Northeast District Championships placed eighth in the 500 free and 24th in the 200 free...team won two sectional and three conference crowns...earned four letters and was two-time captain...won Mark J. Braun Award...won two sectional titles...earned three conference crowns...coaches were Terry O'Halloran and Greg McAtee.

Personal: Parents are Bruce and Kathy Palmer...has two brothers and a sister...born Aug. 23, 1991...academic interest is exercise science.



JACQUELINE SMITH
*Diving
 Freshman
 Hartford, Ohio
 Badger H.S.*

High School: Background from high school is in track and field and gymnastics...competed in the hurdles and relays throughout high school career...was a three-year letterwinner and captain as a senior...also lettered in cheerleading...competed in gymnastics for eight years, reaching Level 8...won state championship for her age group at Level 4, 5 and 6...also participated in ballet.

Personal: Parents are Molly and David Smith...has a sister (Mikayla)... born Aug. 21, 1991...academic interest is education.



AMANDA RITZENTHALER
*Butterfly, Backstroke
 Freshman
 Bay Village, Ohio
 Bay Village H.S.*

High School: At the Division II State Championship Meet as a senior was 12th in the 100 backstroke...as a junior, placed seventh in the 200 IM and eighth in the 100 back...qualified for state three times...set the school record in the 100 backstroke...member of school-record relay teams in the 200 free, 200 medley and 400 freestyle...team MVP three consecutive years...four-time letterwinner and two-year captain...coach was Andy Fleck...also played soccer...member of the honor roll.

Personal: Parents are Mike and Kathy Ritzenthaler...has a brother and two sisters...born Sept. 29, 1990...academic interest is pharmacy.



RACHEL TANO
*Breaststroke
 Freshman
 Butler, Pa.
 Knoch H.S.*

High School: As a senior, placed sixth at the PIAA Class AA Championship in the 200 IM with a time of 2:10.74...was a four-time WPIAL finals qualifier...three-time PIAA state meet participant...as a junior was second in the 100-yard breaststroke and 200 IM at WPIALs...was part of the fifth-place (200 free) and ninth-place (200 medley) relay teams...placed eighth at the PIAA meet in the 200 IM, becoming the first Knoch swimmer to medal at states...set school marks in the 50 free, 100 free, 200 free, 200 IM, 100 breaststroke and 500 free...part of record relay teams in the 200 medley and 200 free...was a four-year letterwinner and two-time captain...coaches were Rick Hasler and John Chamberlain.

Personal: Parents are Gary Tano and Deanna Fair...has three brothers and a sister...born April 14, 1991...academic interest is education...is a member of YSU SAAC for the 2009-10 academic year.



SAMANTHA ROBERTS
*Breaststroke, IM
 Freshman
 Spencer, Ind.
 Edgewood H.S.*

High School: Set school records in the 200 IM, 100 breaststroke, 100 butterfly and 500 free...placed 12th at the IH-SAA State Championships in the 100-yard breaststroke...also part of the relay squads to set records in the 400 freestyle relay, and 200 medley relay...placed second at sectionals in the 100-yard breaststroke and fourth in the 200 IM as a senior...tabbed most valuable swimmer all four years...a 16-time conference individual event champion...coaches were Erica Bales and Jeff LeBeau...named to the honor roll...also earned All Academic-Athletic honors as a junior and senior.

Personal: Parents are Tony and Meshelle Roberts...born May 30, 1991...academic interest is physical therapy.



MOLLY WROBLEWSKI
*Diving
 Freshman
 Pittsburgh, Pa.
 Brentwood H.S.*

High School: Established school records for six and 11 dives...was the WPIAL Class AA Champion as a senior... qualified for the state meet and the WPIAL meet all four years...was a four-year letterwinner and four-time captain...as a freshman placed seventh, as a sophomore was fourth and as a junior was third at WPIAL AA meet...as a junior placed fifth in the one-meter competition at the PIAA Class AA meet...named team's MVP in 2009...coach was Mark Wroblewski...also participated in track and field.

Personal: Parents are Mark and Janet Wroblewski... has a brother and a sister...born Dec. 19, 1990...academic interest is communications.

HEAD COACH MATT ANDERSON



MATT ANDERSON
Head Coach
Seventh Year
Northern Illinois, 1997

When Matt Anderson took over the helm of Youngstown State's swimming and diving program six years ago, he came in with lofty goals and a concrete plan to take the Penguins to a new level of success. Now in his seventh season, Anderson has built a solid foundation to achieve those goals and steadily push the program into the upper echelon of the conference and region.

This year, the Guins have 23 members on the roster - 18 swimmers and five divers - as Anderson finally has the numbers to have depth and point-producing individuals at several spots throughout the lineup.

In Anderson's first six seasons, the program has experienced unprecedented success since its rebirth in 1996. With his guidance, the Penguins have achieved their highest finish ever at the Horizon League Championship, won three individual conference championships and currently own 19 school records. Of those 19, including four of the five relays, 11 were set at the 2008-09 Horizon League Championships. YSU has had 15 top-five finishes at the league meet since he took over prior to the 2003-04 campaign.

At the 2009 Horizon League meet, YSU used a strong final day push to finish fifth for the third straight year. The Penguins finished with a school-record 300 points led by four top-five finishers. Distance swimmer Olivia Arnold was third in the 1,650 and fifth in the 1,000. Ashley Williamson was fourth in the 100-yard butterfly while Megan Rupe placed fifth in the 100 freestyle.

Arnold led the charge for the Penguins throughout the year. For her efforts, during the year and in her career, she became the first swimmer to be named the YSU/The Vindicator Female Student-Athlete of the Year.

It is a stark contrast to the days prior to Anderson taking over the helm before the 2003-04 season. Only three YSU swimming records had been set from 1996 through 2002. YSU also finished last in its two years in the Horizon League by an average of nearly 25 points before Anderson arrived.

Anderson has also worked to keep Beeghly Natatorium a top-notch facility. Over the past three years, the entire pool has been resurfaced, a new filtration system has been installed and renovations to the lighting and sound systems have been completed. Also, upgrades to the locker room and coaches offices have been completed.

Outside of the pool, the Penguins have maintained high academic standards and have been active on campus and in the community.

The team's grade-point average has also consistently ranked among the top of YSU's programs. For the 2008-09 campaign, YSU finished the year with a 3.37 cumulative grade-point average, which ranked 29th in nation among Division I women's programs according to the College Swimming Coaches Association of America. Six student-athletes have earned Academic All-Horizon League honors in his tenure.

In 2008, the Penguins scored 295 points and placed fifth out of eight teams. That was a 42.5-point increase from their finish in the 2007 season.

The team broke nine school records at the 2008 Horizon League Championships, including the 400 freestyle relay, which had stood for 24 years. Freshman Ashley Williamson broke the 100 fly record that had stood since 1985, placing second at the championship. Forty-one personal-best times were posted at the meet and 36 new entries were

made to YSU's top 10 performers list.

At the 2007 Horizon League Championships, YSU got a strong effort from its freestylers to vault ahead of Cleveland State into fifth place on the final day. The two squads were tied before YSU outscored the Vikings 86-52 in the final day.

The Penguins had outstanding individual efforts that led to the breaking of two school records that had stood for more than 20 years. Becky Bertuzzi topped the 24-year-old school record in the 200 free in her final collegiate meet.

In his third year, Anderson led a young squad to an impressive list of individual accomplishments. The team was small in number coming off the loss of 10 seniors from the previous campaign, but the Penguins were still competitive and defeated in-state and conference rival Cleveland State in a dual meet for the first time since joining the Horizon League in 2001.

As a team, 29 new individual entries and nine relay entries were added to YSU's top-10 all-time performers list by the end of the season.

The 2004-05 season saw the culmination of one of YSU's best-ever recruiting classes as 10 seniors competed in their final seasons. In two years under Anderson's leadership, that group went on to break nine school records and win three individual crowns at the league meet.

At the 2005 Horizon League Swimming and Diving Championship, Julia Darling broke the school record in both breaststroke events and had two top-10 finishes. Erin Carter finished fourth in the 400 IM and added a fifth-place finish in the 200 fly. Jordan Dunn also broke two records at the conference meet.

Diver Kalyn Leveto also culminated her career by winning the individual conference crown in the one-meter board and qualified for the NCAA Zone C Championship for the fourth time in her career.

Anderson earned his first career victory as a head coach against Radford on Oct. 26, 2003. On Feb. 8, 2004, YSU earned its first-ever victory over a Horizon League opponent as it defeated Butler 86-51 in a quadrangular that also featured Wright State and Xavier.

The Penguins carried the momentum into the conference championships to place sixth, the best finish in school history at that point. Carter became the first Penguin swimmer to capture an individual crown at the Horizon League Championship, and Leveto defended her title in three-meter diving to earn Horizon League Diver-of-the-Year honors for the second-straight season.

Anderson, who is the ninth head coach in the program's history, came to YSU from Ohio State where he was an assistant coach and recruiting coordinator for four years. He also oversaw the sprint groups for Head Coach Jeanne Fleck, helped run camps, coordinated travel plans, was a key office assistant and was the program's academic adviser. In each of his years, the team's grade-point average increased and was as high as 3.36 in 2002. Also, more than 45 athletes were named OSU Scholar-Athletes and more than 30 were academic All-Big Ten selections.

Before joining the OSU staff, Anderson was the top assistant for the men's and women's programs at Northern Illinois University. At NIU, he spent two years as a full-time assistant developing and coaching all aspects of the Huskies' middle distance swimmers. He served as the program's recruiting and travel coordinator and was in charge of swimming camps and fund raising for the program.

Anderson first became involved in coaching from 1994-97 as a volunteer assistant coach at NIU following his swimming career. From 1990-94, he was a three-time letterwinner for the Huskies, earning the team's most improved swimmer award as a sophomore and being named team captain as a senior.

He earned his bachelor's degree in physical education from NIU in 1997. Anderson is certified as a member of the College Swimming Coaches Association, a member of the American Swim Coaches Association and a member of United States Swimming.

ASSISTANT COACHES



NICK GAVOLAS
Diving Coach
14th Year
Youngstown State, 1972

A former standout as a member of the Youngstown State men's diving team, Nick Gavolas has built the YSU diving program into one of the top programs in the state and region as he enters his 14th season as an assistant swimming coach and head diving coach.

Gavolas, the 2002-03 and 2003-04 Horizon League Diving Coach of the Year, has helped YSU divers win nine conference titles. He has also coached three NCAA Zone C Championship qualifiers and two YSU Student-Athletes of the Year.

Entering the 2009-10 campaign, he has five divers to tutor - the most in the history of the program. In the previous two seasons, Gavolas has had just one healthy diver to coach. That diver, Amanda Carpin, has seen her scores increase each year, and she ranks fifth in school history in both the one-meter and three-meter. At the 2009 Horizon League Championships, Carpin placed in the top 10 in the one meter. She improved her podium position in both dives from her freshman to sophomore campaigns.

In 2005, Gavolas watched diver Kalyn Leveto cap off her career with her fourth Horizon League crown and the distinction of YSU's Vindicator Female Student-Athlete of the Year. Leveto was named Horizon League Diver of the Year her sophomore and junior years. As a sophomore she won both diving events, and she claimed the title in the three-meter and placed second in the one-meter as a junior.

Prior to Leveto's string of championships, Brandi Goettsch was a mainstay on the diving championship podium for the Penguins. Goettsch was a three-time conference Diver of the Year, earning the mark in 2001-02 in the Horizon League and twice in the Mid-Continent Conference. She won the Horizon League's three-meter competition in 2001-02 and won four conference championships in the Mid-Con.

Mandi Smail also had an accomplished career under Gavolas, placing second in the one-meter as a senior at the Horizon League Championship in 2003. She was also a four-time Zone C qualifier and finished in the top three twice at the Mid-Con Championship.

In 2007, Gavolas saw the development of Cortney Harless come to a pinnacle when she posted career-high finishes in both the one-meter and three-meter events at the Horizon League Championships. The season before, Kelly Reese was named the Horizon League Diver of the Week twice during her freshman campaign and posted scores to rank third in YSU history in the three-meter and fourth in the one-meter.

He has coached nine of the top 10 divers in school history.

Gavolas, a YSU Athletics Hall of Fame inductee, competed for the Penguins from 1967-72 and became YSU's first three-time All-American in diving. He earned national runner-up honors at the College National Swimming and Diving Championships in 1969 and was a national qualifier for the AAU Diving team.

Gavolas has spent 23 seasons as a coach and became YSU's first diving coach in 1973 with the men's diving team. Gavolas also went through extensive coaching training under Dick Kimball, a six-time Olympic coach and former diving coach at Michigan.

For over a decade, Gavolas has been the owner, director and coach of Timberbrook Diving. He has also earned his coaching certification to be a U.S. Diving coach.



JESSICA EWALD
Assistant Coach
Third Year
Ohio Northern, 2007

Jessica Ewald is in her third season as a member of the Youngstown State swimming and diving coaching staff.

Ewald works closely with the entire group of swimmers and monitors splits during all events. In the two full years since she has been a member of the staff, YSU has set

10 school records in individual swimming events while establishing new marks in all five relays. She is also responsible for the community outreach of the program and assists Head Coach Matt Anderson in recruiting.

Ewald, who previously coached at the Total Performance Swim Camp and the Seneca Aquatic Klub, was a three-time NCAA Division III national qualifier at Ohio Northern University as a collegian.

She finished her Polar Bear career as a 12-time Ohio Athletic Conference champion and a two-time Academic All-OAC honoree. Four of those titles came her senior year when she led Ohio Northern to its first ever OAC title.

Ewald also became the first ONU swimmer to win three straight conference titles in any event by winning the 100 and 200-yard breaststroke her final three years. She was named team MVP and team captain her final two years.

In addition to her coaching experience, Ewald completed a facility internship at the University of Akron's Ocasek Natatorium prior to joining the YSU program.

Ewald was also active outside of the water at ONU. She served as the treasurer of the Student-Athlete Advisory Committee as a senior, and she was involved in the Health Performance and Sports Sciences Club, the Society of Success and Leadership and the Emerging Leaders Program.

She graduated in May 2007 with a Bachelor of Arts & Science in Sports Management and Coaching Certification.

HORIZON LEAGUE...RAISE YOUR SIGHTS

Entering its 31st season of operation in the 2009-10 academic year, the Horizon League continues to aspire toward its goal of being one of the nation's leading athletics conferences while being recognized as a leader in the development of student-athletes as leaders and role models.

The Horizon League membership features ten public and private institutions that have impressive academic reputations and a storied tradition of broad-based athletic programs. Current membership includes Butler University, Cleveland State University, the University of Detroit Mercy, the University of Illinois at Chicago, Loyola University Chicago, Valparaiso University, the University of Wisconsin-Green Bay, the University of Wisconsin-Milwaukee, Wright State University and Youngstown State University.

The Horizon League's primary focus is on adding value to the educational experience through its four platforms: athletic performance, academic achievement, community outreach, and personal responsibility and accountability. It is the League's belief that athletics is a powerful and visible resource tool that can be used to enhance student-athletes' collegiate experience. The Horizon League's goals are to enhance the holistic university experience for the student-athlete, to create an affiliation of institutions with similar athletic goals, and to adhere to the principals of integrity, diversity, excellence and growth.

The Horizon League sponsors competition in 19 sports – nine for men (baseball, basketball, cross country, golf, soccer, swimming and diving, indoor track and field, outdoor track and field and tennis) and ten for women (basketball, cross country, golf, soccer, softball, swimming and diving, indoor track and field, outdoor track and field, tennis and volleyball).

The League receives automatic bids to NCAA championships in baseball, men's and women's basketball, men's golf, men's and women's soccer, softball, men's and women's tennis, women's volleyball and for the first time in League history, women's golf.

The Horizon League is headquartered in Indianapolis, the "Amateur Sports Capital of the World," with offices in the Pan American Plaza (201 S. Capitol Avenue), located a block from Lucas Oil Stadium and just minutes from Conseco Fieldhouse, the State Capitol Building, Victory Field (home of the Indianapolis Indians) and the NCAA national office.

A PROUD HISTORY

Founded on June 16, 1979, as the Midwestern City Conference with six charter members, the League changed its name to the Midwestern Collegiate Conference in 1985 and added women's sports for the 1986-87 academic year. Charter members of the conference included current members Butler and Loyola as well as the University of Evansville, Oklahoma City University, Oral Roberts University and Xavier University.

Among other current members, Detroit joined in 1980, and Cleveland State, UIC, Green Bay, Milwaukee and Wright State came aboard in 1994 in the largest non-merger conference expansion. YSU joined in 2001 and Valparaiso in 2007.

On June 4, 2001, the Horizon League unveiled its current name and ushered in a new dynamic direction that has brought the League closer to its stated goal of being one of the nation's top ten collegiate athletic conferences with a focus on enhancing the student-athletes' experience by upgrading the League's market and competitive positions.



ATHLETIC & ACADEMIC SUCCESS

In the past few years, the Horizon League has enjoyed unprecedented success on the national stage, highlighted by three Sweet Sixteen appearances (Butler 2003, 2007; Milwaukee 2005) and nine wins in the NCAA Men's Basketball Championship in the past seven seasons.

In other sports, League teams have won at least one game in their respective NCAA Championships each of the last seven seasons in men's soccer (Milwaukee 2002-05, UIC 2006-08), with UIC just one win away from the College Cup in 2007. In softball, League teams won a game in the national tournament four straight years earlier in the decade (UIC 2002, 2004; Wright State 2003; Green Bay 2005) while advancing into the second round in women's soccer three of the last five seasons (Detroit 2004, Milwaukee 2005-06).

Green Bay's women's basketball team added to that résumé with a victory in the 2007 NCAA Women's Basketball Championship. Butler's Victoria Mitchell became the League's first NCAA individual champion when she won the 3,000-meter steeplechase at the 2005 NCAA Outdoor Track and Field Championships.

Horizon League student-athletes also excel in the classroom as more than 500 have been named to the Academic Honor Roll each of the past seven semesters for carrying a grade-point average of 3.2 or better, including more than 600 for the fall 2007 and spring 2008 semesters. Twenty-five student-athletes were named to ESPN The Magazine/CoSIDA Academic All-District teams in 2008-09, while eight earned Academic All-America honors.

2009 Horizon League Championships

February 25-29, 2008 • Hosted by Milwaukee
Brown Deer, Wis. | Walter Schoeder Aquatic Center

Women's Team Scores		Men's Team Scores	
1. Green Bay	859	1. UIC	703
2. Milwaukee	737	2. Wright State	685
3. Wright State	564	3. Milwaukee	647
4. UIC	546	4. Cleveland State	612
5. Youngstown State	300	5. Green Bay	583
6. Cleveland State	290	6. Valparaiso	183
7. Valparaiso	214		
8. Butler	134		

YSU SWIMMING & DIVING PERSONAL-BEST MARKS

OLIVIA ARNOLD (SR.)

50 Free	26.94 (S)	2/25/09
100 Free	56.35 (S)	2/25/09
200 Free	1:56.13 (L)	2/25/09
500 Free	5:03.43	11/21/08
1,000 Free	10:17.96 (S)	2/25/09
1,650 Free	17:11.30	2/27/09
100 Fly	1:03.24(S)	11/21/08
100 Back	1:03.24 (S)	11/22/08
100 Breast	1:10.13	2/3/06
200 Breast	2:29.04	11/7/08
200 IM	2:13.15	1/30/09
400 IM	4:36.20	11/22/08

HILARY BARRETT (JR.)

50 Free	29.27 (S)	2/23/08
100 Free	1:01.63 (S)	11/21/08
200 Free	2:07.28 (S)	11/7/08
500 Free	5:25.54 (S)	11/7/08
1,000 Free	10:56.82	11/7/08
1,650 Free	18:30.05	10/24/08
100 Fly	1:05.02 (S)	2/23/08
200 Fly	2:30.80	11/7/08
50 Breast	34.62 (S)	11/21/08
100 Breast	1:14.07	2/6/09
200 Breast	2:37.83	11/1/08
100 Back	1:07.03	2/23/07
200 Back	2:22.35	2/1/08
200 IM	2:21.64	11/21/08
400 IM	4:49.30	2/26/09

NATASHA BRAY (SR.)

50 Free	28.26 (L)	2/6/09
100 Free	59.29 (S)	11/21/08
200 Free	2:01.71 (L)	11/21/08
500 Free	5:13.69 (S)	2/25/09
1,000 Free	10:35.44 (S)	2/25/09
1,650 Free	17:33.41	2/28/09
50 Fly	29.99 (S)	2/25/09
100 Fly	1:04.24 (S)	2/25/09
200 Fly	2:18.97	11/7/08
100 Back	1:05.08 (S)	11/22/08
200 Back	2:18.86	11/1/08
100 Breast	1:16.34 (S)	11/17/06
200 Breast	2:39.72	11/19/06
200 IM	2:18.50	1/12/07
400 IM	4:39.26	2/26/09

AMANDA CARPIN (SO.)

1-Meter	232.00	2/8/09
3-Meter	239.00	2/8/09

NISHANI CICILSON (FR.)

50 Free	24.35 (L)	2/25/09
100 Free	53.49	2/27/09
50 Back	28.14 (L)	2/25/09
100 Back	59.91	2/26/09
200 Back	2:16.95	11/23/08

CAITLIN COOK (SO.)

50 Free	26.76	11/15/07
100 Free	58.09 (S)	11/7/08
200 Free	1:59.69	1/19/09
500 Free	5:12.91	2/25/09
50 Fly	28.35 (S)	2/25/09
100 Fly	1:00.18	2/25/09
200 Fly	2:08.36	2/29/09
50 Back	33.18 (S)	11/15/08
100 Back	1:08.38	11/15/08
200 Back	2:19.82	11/15/08

JESSICA FRONT (SR.)

50 Free	25.58	2/21/08
100 Free	55.08 (S)	11/19/06
200 Free	1:58.30	11/19/06
500 Free	5:19.69	11/19/06

AUDRIA GRUBBS (SO.)

50 Free	25.73	1/30/09
100 Free	54.98	2/28/09
200 Free	1:57.90	2/26/09
50 Fly	33.60 (S)	11/1/08
100 Fly	1:12.02 (S)	11/1/08
50 Back	31.16 (S)	2/25/09
100 Back	1:02.98	2/27/09
200 Back	2:18.98	11/7/08
400 IM	5:03.88 (X)	11/1/08

LAURA HANLEY (SO.)

50 Free	27.62	11/15/07
100 Free	1:00.03	10/26/07
50 Fly	30.22 (S)	11/14/08
100 Fly	1:05.63 (S)	2/23/08
200 Fly	2:27.07	10/24/08
100 Breast	1:12.11 (S)	2/23/08
200 Breast	2:34.29	2/23/08
100 Back	1:06.92 (S)	11/22/08
200 Back	2:26.71	11/3/07
200 IM	2:18.70	11/21/08
400 IM	4:56.00	2/22/08

JENNIFER JOHNSTONE (JR.)

50 Free	26.96	1/21/09
100 Free	55.25	11/7/08
50 Fly	29.80 (S)	11/21/08
50 Breast	31.58 (S)	2/25/09
100 Breast	1:07.83	02/26/09
200 Breast	2:32.24	2/28/09
200 IM	2:19.64	2/26/09

ALANA KANE (SO.)

50 Free	25.34	2/21/08
100 Free	54.68 (L)	2/23/08
200 Free	1:59.06	2/22/08
500 Free	5:31.52 (X)	11/1/08
100 Breast	1:18.68	11/16/07
200 IM	2:19.61	11/21/08

MEGAN RUPE (JR.)

50 Free	24.21	2/25/09
100 Free	52.21 (twice)	2/25/09
200 Free	1:54.54	2/25/09
500 Free	5:17.96	11/15/07
100 Fly	1:02.35	11/3/06

KARI TRIDLE (FR.)

50 Breast	34.47 (S)	11/1/08
100 Breast	1:12.48	11/14/08
200 Breast	2:37.90	11/23/08
50 Free	28.36	11/21/08

KIRSTIN WALKER (FR.)

50 Free	25.57 (S)	2/25/09
100 Free	53.47 (L)	2/25/09
200 Free	1:57.04	11/7/08
500 Free	5:12.66	10/24/08
100 Fly	1:02.12	11/14/08
50 Back	30.23 (L)	11/1/08
200 IM	2:15.29	11/21/08
400 IM	4:50.22	11/21/08

SARA WEIGEL (SO.)

1-Meter	215.20	10/28/07
3-Meter	209.62	11/2/07

ASHLEY WILLIAMSON (SO.)

50 Free	25.60 (L)	11/21/08
200 Free	2:03.51 (L)	11/15/07
50 Fly	26.11 (S)	2/25/09
100 Fly	56.68	2/25/09
200 Fly	2:09.49	11/23/08
100 Back	58.18	2/25/08
200 Back	2:06.01	2/23/08
200 IM	2:10.77	11/21/08

KATIE WOLF (FR.)

50 Free	28.69 (S)	2/25/09
100 Free	1:00.22 (S)	2/25/09
200 Free	2:05.54 (S)	2/25/09
500 Free	5:26.56 (S)	2/25/09
1,000 Free	11:10.38	2/25/09
1,650 Free	18:37.32	2/25/09
50 Fly	33.03 (S)	11/14/08
100 Fly	1:12.34 (S)	11/7/08
200 Fly	2:33.89 (X)	11/7/08
50 Back	37.25 (S)	1/30/09
100 Back	1:14.81 (S)	11/22/08
50 Breast	36.56 (S)	2/6/09
100 Breast	1:15.32	1/31/09
200 Breast	2:45.31	1/31/09
200 IM	2:28.24	11/14/08
400 IM	5:04.22	2/25/09

(S) • Split Time | (L) • Led Off Relay
(X) • Exhibition

2008-09 YSU SWIMMING & DIVING TOP MARKS

50 FREESTYLE

Megan Rupe	24.21	Horizon League Championship	2/26/2009
Nishani Cicilson	24.35 L	Horizon League Championship	2/26/2009
Alana Kane	25.42	vs. Cleveland State/Niagara	11/7/2008
Ashley Williamson	25.60 L	YSU Invitational	11/21/2008
Kirstin Walker	25.57	Horizon League Championship	2/26/2009
Jessica Front	25.73	YSU Invitational	11/21/2008
Audria Grubbs	25.73	at UIC	1/30/2009
Olivia Arnold	26.94 S	Horizon League Championship	2/25/2009
Jennifer Johnstone	26.96	YSU Invitational	11/21/2008
Caitlin Cook	28.04 S	vs. Cleveland State/Niagara	11/7/2008
Natasha Bray	28.26 L	at Bowling Green/Buffalo	2/6/2009
Kari Tridle	28.36	YSU Invitational	11/21/2008
Katie Wolf	28.69 S	Horizon League Championship	2/25/2009
Hilary Barrett	29.47 S	YSU Invitational	11/21/2008

100 FREESTYLE

Megan Rupe	52.21	Horizon League Championship	2/28/2009
Kirstin Walker	53.47	Horizon League Championship	2/28/2009
Nishani Cicilson	53.49	Horizon League Championship	2/28/2009
Audria Grubbs	54.98	Horizon League Championship	2/28/2009
Alana Kane	55.25	vs. Cleveland State/Niagara	11/7/2008
Jessica Front	56.00	Horizon League Championship	2/28/2009
Olivia Arnold	56.35 S	Horizon League Championship	2/25/2009
Caitlin Cook	58.09 S	vs. Cleveland State/Niagara	11/7/2008
Natasha Bray	59.29 S	YSU Invitational	11/23/2008
Katie Wolf	1:00.22 S	Horizon League Championship	2/25/2009
Hilary Barrett	1:01.63 S	YSU Invitational	11/21/2008

200 FREESTYLE

Megan Rupe	1:54.54	Horizon League Championship	2/27/2009
Olivia Arnold	1:56.13 L	Horizon League Championship	2/25/2009
Kirstin Walker	1:57.04	vs. Cleveland State/Niagara	11/7/2008
Audria Grubbs	1:57.90	Horizon League Championship	2/27/2009
Jessica Front	1:59.22	vs. Cleveland State/Niagara	11/7/2008
Caitlin Cook	1:59.69	vs. Saint Francis (Pa.)	1/17/2009
Alana Kane	1:59.74	Horizon League Championship	2/27/2009
Natasha Bray	2:01.71 L	YSU Invitational	11/21/2008
Katie Wolf	2:05.54 S	Horizon League Championship	2/25/2009
Hilary Barrett	2:07.28 S	at Cleveland State/Niagara	11/21/2008

500 FREESTYLE

Olivia Arnold	5:03.43	YSU Invitational	11/21/2008
Kirstin Walker	5:12.66	at Marshall	10/24/2008
Caitlin Cook	5:12.91	Horizon League Championship	2/26/2009
Natasha Bray	5:13.69 S	Horizon League Championship	2/25/2009
Megan Rupe	5:18.66	YSU Invitational	11/21/2008
Hilary Barrett	5:25.54 S	vs. Cleveland State/Niagara	11/7/2008
Katie Wolf	5:26.56	Horizon League Championship	2/26/2009
Alana Kane	5:31.52 (x)	vs. Butler	11/1/2008

1,000 FREESTYLE

Olivia Arnold	10:17.96 S	Horizon League Championship	2/25/2009
Natasha Bray	10:35.44	Horizon League Championship	2/25/2009
Hilary Barrett	10:56.82	vs. Cleveland State/Niagara	11/7/2008
Katie Wolf	11:10.38	Horizon League Championship	2/25/2009

1,650 FREE

Olivia Arnold	17:11.30	Horizon League Championship	2/28/2009
Natasha Bray	17:33.41	Horizon League Championship	2/28/2009
Hilary Barrett	18:30.05	at Marshall	10/24/2008
Katie Wolf	18:37.32	Horizon League Championship	2/28/2009

100 BUTTERFLY

Ashley Williamson	56.68	Horizon League Championship	2/27/2009
Caitlin Cook	1:00.18	Horizon League Championship	2/27/2009
Kirstin Walker	1:02.12	at Akron	11/14/2008
Olivia Arnold	1:03.24 S	YSU Invitational	11/21/2008
Natasha Bray	1:04.24 S	Horizon League Championship	2/25/2009
Laura Hanley	1:08.75 S	at Marshall	10/24/2008
Hilary Barrett	1:09.83 S	vs. Cleveland State/Niagara	11/7/2008
Audria Grubbs	1:12.02 S	vs. Butler	11/1/2008
Katie Wolf	1:12.34 S	vs. Cleveland State/Niagara	11/7/2008

200 BUTTERFLY

Caitlin Cook	2:08.36	Horizon League Championship	2/28/2009
Ashley Williamson	2:09.49	YSU Invitational	11/23/2008
Natasha Bray	2:18.97	vs. Cleveland State/Niagara	11/7/2008
Laura Hanley	2:27.07	at Marshall	10/24/2008
Hilary Barrett	2:30.80	vs. Cleveland State/Niagara	11/7/2008
Katie Wolf	2:33.89 (x)	vs. Cleveland State/Niagara	11/7/2008

100 BACKSTROKE

Ashley Williamson	58.18	Horizon League Championship	2/27/2009
Nishani Cicilson	59.91	Horizon League Championship	2/27/2009
Audria Grubbs	1:02.98	Horizon League Championship	2/27/2009
Olivia Arnold	1:03.24 S	YSU Invitational	11/22/2008
Kirstin Walker	1:04.11 S	YSU Invitational	11/22/2008
Natasha Bray	1:05.08 S	YSU Invitational	11/22/2008
Laura Hanley	1:06.92 S	YSU Invitational	11/22/2008
Caitlin Cook	1:08.38 S	vs. Ohio	11/15/2008
Hilary Barrett	1:10.22 S	YSU Invitational	11/22/2008
Katie Wolf	1:14.81 S	YSU Invitational	11/22/2008

200 BACKSTROKE

Ashley Williamson	2:06.30	Horizon League Championship	2/28/2009
Nishani Cicilson	2:16.95	YSU Invitational	11/23/2008
Natasha Bray	2:18.86	vs. Butler	11/1/2008
Audria Grubbs	2:18.98	vs. Cleveland State/Niagara	11/7/2008
Caitlin Cook	2:19.82	vs. Ohio	11/15/2008
Hilary Barrett	2:24.62	vs. Saint Francis (Pa.)	10/24/2008

100 BREASTSTROKE

Jennifer Johnstone	1:07.83	Horizon League Championship	2/27/2009
Olivia Arnold	1:11.96 S	vs. Cleveland State/Niagara	11/7/2008
Laura Hanley	1:12.15	at Akron	11/14/2008
Kari Tridle	1:12.48	at Akron	11/14/2008
Hilary Barrett	1:14.07	at Bowling Green/Buffalo	2/6/2009
Katie Wolf	1:15.32 S	vs. Illinois State/UWGB	11/31/2009

200 BREASTSTROKE

Olivia Arnold	2:29.04	vs. Cleveland State/Niagara	11/7/2008
Jennifer Johnstone	2:32.24	Horizon League Championship	2/28/2009
Laura Hanley	2:35.23	vs. Butler	11/1/2008
Hilary Barrett	2:37.83	vs. Butler	11/1/2008
Kari Tridle	2:37.90	YSU Invitational	11/23/2008
Katie Wolf	2:45.31	at Green Bay	1/31/2009

200 IM

Ashley Williamson	2:10.77	YSU Invitational	11/21/2008
Olivia Arnold	2:13.15	at UIC	1/30/2009
Kirstin Walker	2:15.29	YSU Invitational	11/21/2008
Laura Hanley	2:18.70	YSU Invitational	11/21/2008
Alana Kane	2:19.61	YSU Invitational	11/21/2008
Jennifer Johnstone	2:19.64	Horizon League Championship	2/26/2009
Hilary Barrett	2:21.64	YSU Invitational	11/21/2008
Natasha Bray	2:24.70	at Bowling Green/Buffalo	2/6/2009
Katie Wolf	2:28.24	at Akron	11/14/2008

400 IM

Olivia Arnold	4:36.20	YSU Invitational	11/22/2008
Natasha Bray	4:39.26	Horizon League Championship	2/27/2009
Hilary Barrett	4:49.30	Horizon League Championship	2/27/2009
Kirstin Walker	4:50.22	YSU Invitational	11/22/2008
Laura Hanley	4:58.44	YSU Invitational	11/22/2008
Audria Grubbs	5:03.88 (x)	vs. Butler	11/1/2008
Katie Wolf	5:04.22	Horizon League Championship	2/25/2009

1 METER DIVE (DUAL)

Amanda Carpin	232.00	YSU Diving Invitational	2/8/2009
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3 METER DIVE (DUAL)

Amanda Carpin	239.00	YSU Diving Invitational	2/8/2009
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L - Leadoff relay leg | S - Split | X - exhibition

YSU SWIMMING SCHOOL RECORDS

50-YARD FREESTYLE

1. Janet Kemper	23.94	3/10/1984
2. Megan Rupe	24.21	2/26/2009
3. Nishani Cicilson	24.42	2/26/2009
4. Brittany Senn	24.45	2/20/2008
5. Lena Arens	24.55	2/28/2004
6. Leigh Bareman	24.86	11/19/2006
7. Katy Malys	25.24	2/23/2005
8. Alana Kane	25.34	2/21/2008
8t. Missy Wiese	25.34	11/5/2004
10. Kirstin Walker	25.57	2/26/2009

100-YARD FREESTYLE

1. Janet Kemper	51.80	3/15/1986
2. Megan Rupe	52.21	2/28/2009
3. Becky Bertuzzi	53.31	2/24/2007
4. Brittany Senn	53.35	2/23/2008
5. Kirstin Walker	53.47	2/28/2009
6. Nishani Cicilson	53.49	2/28/2009
7. Lena Arens	53.76	2/28/2004
8. Carol Sipka	54.45	2/20/1987
9. Cathy Sipka	54.65	2/16/1985
10. Alana Kane	54.68	2/23/2008

200-YARD FREESTYLE

1. Megan Rupe	1:54.54	2/27/2009
2. Becky Bertuzzi	1:55.11	2/23/2007
3. Janet Kemper	1:55.51	2/12/1983
4. Olivia Arnold	1:56.13	2/25/2009
5. Kirstin Walker	1:57.04	11/7/2008
6. Cathy Sipka	1:57.11	2/11/1984
7. Audria Grubbs	1:57.90	2/26/2009
8. Erin Carter	1:57.98	2/28/2004
9. Jessica Front	1:58.30	11/19/2006
10. Alana Kane	1:59.06	2/22/2008

500-YARD FREESTYLE

1. Olivia Arnold	5:03.43	11/21/2008
2. Cathy Sipka	5:08.31	3/8/1984
3. Kirstin Walker	5:12.66	10/24/2008
4. Caitlin Cook	5:12.91	2/26/2009
5. Natasha Bray	5:13.69	2/25/2009
6. Jordan Dunn	5:15.04	2/28/2005
7. Megan Rupe	5:17.96	11/15/2007
8. Carol Sipka	5:18.47	1/27/1984
9. Erin-Michelle Gordon	5:19.45	11/19/2006
10. Jessica Front	5:19.69	11/19/2006

1,000-YARD FREESTYLE

1. Olivia Arnold	10:21.05	2/26/2009
2. Natasha Bray	10:35.44	2/26/2009
3. Jordan Dunn	10:43.86	2/23/2005
4. Cathy Sipka	10:50.95	2/12/1983
5. Leah Krout	10:53.98	2/20/2008
6. Erin-Michelle Gordon	10:56.00	11/19/2006
7. Hilary Barrett	10:56.82	11/7/2008

8. Erika Gregos	11:03.30	2/23/2005
9. Michelle Von Duhn	11:08.12	2/28/2004
10. Katie Wolf	11:10.38	2/26/2009

1,650-YARD FREESTYLE

1. Olivia Arnold	17:11.30	2/28/2009
2. Natasha Bray	17:33.41	2/28/2009
3. Jordan Dunn	17:56.50	2/26/2005
4. Cathy Sipka	18:06.60	2/15/1986
5. Leah Krout	18:07.93	2/23/2008
6. Hilary Barrett	18:30.05	10/24/2008
7. Erika Gregos	18:32.31	2/26/2005
8. Erin-Michelle Gordon	18:32.75	2/24/2007
9. Katie Wolf	18:37.32	2/28/2009
10. Michelle Von Duhn	18:59.59	2/26/2005

100-YARD BUTTERFLY

1. Ashley Williamson	56.68	2/27/2009
2. Janet Kemper	57.43	3/16/1985
3. Becky MacFadyen	58.92	2/10/1984
4. Caitlin Cook	1:00.18	2/25/2009
5. Erin Carter	1:00.54	10/26/2003
6. Brittany Senn	1:00.83	2/22/2008
7. Carol Sipka	1:00.90	2/20/1987
8. Sarah Porchak	1:01.24	2/25/2005
9. Becky Bertuzzi	1:01.99	10/28/2008
10. Kirstin Walker	1:02.12	11/14/2008

200-YARD BUTTERFLY

1. Caitlin Cook	2:08.36	2/28/2009
2. Ashley Williamson	2:09.49	11/23/2008
3. Becky MacFadyen	2:10.69	2/15/1986
4. Erin Carter	2:11.34	11/5/2004
5. Becky Bertuzzi	2:13.44	2/24/2007
6. Lara Munro	2:13.63	2/1/2007
7. Janet Kemper	2:16.23	1983
8. Brittany Senn	2:18.76	1/26/2007
9. Natasha Bray	2:18.97	11/7/2008
10. Carol Sipka	2:19.37	2/20/1987

100-YARD BREASTSTROKE

1. Jennifer Johnstone	1:07.83	2/25/2009
2. Julia Darling	1:08.46	2/25/2005
3. Danielle Blagg	1:09.46	2/28/2004
4. Olivia Arnold	1:10.13	2/3/2006
5. Angie Wood	1:10.88	2/21/1998
6. Carol Sipka	1:11.26	2/11/1984
7. Laura Hanley	1:12.11	2/23/2008
8. Pam Strainak	1:12.67	2/20/1987
9. Kari Tridle	1:12.48	11/14/2008
10. Gwynee Stacy	1:13.11	1/21/1998

200-YARD BREASTSTROKE

1. Julia Darling	2:28.27	2/26/2005
2. Olivia Arnold	2:29.04	11/7/2008
3. Danielle Blagg	2:30.69	11/5/2004
4. Jennifer Johnstone	2:32.24	2/28/2009

5. Carol Sipka	2:34.25	1/26/1985
6. Laura Hanley	2:34.29	2/23/2008
7. Angie Wood	2:34.62	2/21/1998
8. Hilary Barrett	2:37.83	11/1/2008
9. Kari Tridle	2:37.90	11/15/2008
10. Pam Straniak	2:38.80	2/20/1987

100-YARD BACKSTROKE

1. Ashley Williamson	58.18	2/27/2009
2. Nishani Cicilson	59.91	2/27/2009
3. Gwynee Stacy	1:00.34	2/21/1998
4. Erin Carter	1:00.36	2/28/2004
5. Sarah Porchak	1:01.37	2/28/2005
6. Lori Greenlee	1:02.31	1/31/1984
7. Audria Grubbs	1:02.98	2/27/2009
8. Becky MacFadyen	1:03.17	2/16/1985
9. Megan McAtee	1:03.28	12/4/1999
10. Brittany Senn	1:03.97	2/22/2007

200-YARD BACKSTROKE

1. Ashley Williamson	2:06.01	2/23/2008
2. Gwynee Stacy	2:09.57	2/21/1998
3. Erin Carter	2:12.87	10/17/2004
4. Nishani Cicilson	2:16.95	11/23/2008
5. Lori Greenlee	2:18.20	1/27/1984
6. Megan McAtee	2:18.37	12/4/1999
7. Natasha Bray	2:18.86	11/1/2008
8. Audria Grubbs	2:18.98	11/7/2008
9. Cathy Sipka	2:19.15	2/26/1983
10. Sarah Porchak	2:19.48	11/5/2004

200-YARD INDIVIDUAL MEDLEY

1. Ashley Williamson	2:10.77	11/21/2008
2. Erin Carter	2:11.15	2/28/2004
3. Olivia Arnold	2:13.15	1/30/2009
4. Kirstin Walker	2:15.29	11/21/2008
5. Carol Sipka	2:15.68	2/15/1985
6. Julia Darling	2:15.82	2/24/2005
7. Becky MacFadyen	2:15.91	2/15/1985
8. Natasha Bray	2:18.50	1/12/2007
9. Laura Hanley	2:18.70	11/21/2008
10. Brittany Senn	2:18.87	11/15/2007

400-YARD INDIVIDUAL MEDLEY

1. Erin Carter	4:33.82	2/28/2004
2. Olivia Arnold	4:36.20	11/22/2008
3. Natasha Bray	4:39.26	2/26/2009
4. Hilary Barrett	4:49.30	2/26/2009
5. Jordan Dunn	4:50.09	3/1/2003
6. Kirstin Walker	4:50.22	11/22/2008
7. Gwynee Stacy	4:51.12	2/21/1998
8. Laura Hanley	4:56.00	2/22/2008
9. Carol Sipka	4:57.43	2/4/1984
10. Lara Munro	4:57.82	2/23/2007

Current Members in Italics



YSU SWIMMING & DIVING SCHOOL RECORDS

1-METER DIVING (6 DIVES)

1. Kalyñ Leveto	329.55	1/31/2004
2. Brandi Goettsch	269.48	11/13/1999
3. Mandie Smail	264.10	2/1/2003
4. Kelly Reese	254.80	2/4/2006
5. Amanda Carpin	232.00	2/8/2009
6. Erin Mazzant	221.15	1/29/2005
7. Cortney Harless	218.20	2/3/2006
8. Sherrie Zimmerman	217.10	1/24/1987
9. Sara Weigel	215.45	10/28/2007
10. Aren Barbee	204.30	11/15/1997

3-METER DIVING (6 DIVES)

1. Brandi Goettsch	323.40	11/17/2001
2. Kalyñ Leveto	307.57	11/6/2004
3. Kelly Reese	254.40	2/4/2006
4. Mandie Smail	254.15	2/1/2003
5. Amanda Carpin	239.00	2/8/2009
6. Sherrie Zimmerman	230.15	2/8/1986
7. Cortney Harless	219.20	10/26/2003
8. Lynea Harrill	210.50	10/26/2003
9. Sara Weigel	209.62	11/2/2007
10. Erin Mazzant	208.15	1/31/2004

1-METER DIVING (11 DIVES)

1. Kalyñ Leveto	522.95	2/9/2003
2. Mandie Smail	453.10	2/9/2003
3. Brandi Goettsch	406.00	12/5/1998
4. Nadine Churlik	352.25	2/15/1986
5. Sherrie Zimmerman	348.95	2/15/1986
6. Anne Murphy	273.70	2/16/1985
7. Amanda Bartolo	266.20	2/21/1999
8. Courtney Schuller	253.10	2/21/1999
9. Katie Balestra	221.00	12/4/1999
10. Kristin Doyle	219.10	12/4/1999

3-METER DIVING (11 DIVES)

1. Brandi Goettsch	499.75	2/20/2001
2. Kayln Leveto	485.55	10/30/2001
3. Mandie Smail	384.75	3/1/2003
4. Sherrie Zimmerman	365.55	1/26/1986
5. Nadine Churlik	349.30	2/15/1986
6. Erin Mazzant	338.30	2/28/2004
7. Anne Murphy	304.55	2/15/1985
8. Amanda Bartolo	294.50	2/21/1999
9. Lynea Harrill	271.55	10/31/2004
10. Cortney Harless	267.05	2/26/2005

200-YARD MEDLEY RELAY

1. Cicilson, Johnstone, Williamson, Rupe	1:48.53	2/25/2009
2. Williamson, Darling, Senn, Rupe	1:49.00	2/20/2008
3. Porchak, Darling, Carter, Malys	1:51.57	2/26/2005
4. Cicilson, Johnstone, Williamson, Rupe	1:52.33	1/17/2009
5. Williamson, Darling, Senn, Rupe	1:52.38	2/1/2008
6. Greenlee, Carol Sipka, MacFadyen, Kemper	1:52.58	3/10/1984
7. Cicilson, Johnstone, Williamson, Rupe	1:52.62	11/15/2008
7. Williamson, Johnstone, Walker, Cicilson	1:52.62	10/17/2008
9. Cicilson, Johnstone, Williamson, Rupe	1:52.65	1/30/2009
10. Williamson, Darling, Senn, Rupe	1:52.75	11/15/2007

400-YARD MEDLEY RELAY

1. Cicilson, Johnstone, Williamson, Walker	3:58.60	2/26/2009
2. Williamson, Darling, Senn, Rupe	4:01.08	2/21/2008
3. Porchak, Darling, Carter, Senn	4:03.12	2/26/2005
4. Senn, Darling, Bertuzzi, Rupe	4:04.23	2/22/2007
5. Williamson, Darling, Senn, Rupe	4:05.13	11/15/2007
6. Carter, Blagg, Bertuzzi, Arens	4:05.33	2/28/2004
7. Williamson, Johnstone, Cook, Rupe	4:05.38	11/7/2008
8. Greenlee, Carol Sipka, MacFadyen, Kemper	4:05.51	2/4/1984
9. Williamson, Darling, Senn, Rupe	4:05.89	1/26/2008
10. Cicilson, Johnstone, Williamson, Rupe	4:06.83	1/31/2009

200-YARD FREESTYLE RELAY

1. Senn, Rupe, Williamson, Kane	1:37.18	2/20/2008
2. Cicilson, Rupe, Walker, Kane	1:37.43	2/25/2009
3. Senn, Rupe, Bareman, Front	1:38.51	2/21/2007
4. Cathy Sipka, MacFadyen, Carol Sipka, Kemper	1:39.60	3/1/1986
5. Arens, Wiese, Carter, Dunn	1:39.74	2/28/2004
6. Malys, Senn, Wiese, Dunn	1:39.82	2/28/2005
7. Rupe, Cicilson, Kane, Walker	1:39.96	1/30/2009
8. Cicilson, Rupe, Walker, Kane	1:40.04	11/21/2008
8. Senn, Barman, Front, Rupe	1:40.04	11/17/2006
9. Cicilson, Rupe, Walker, Kane	1:40.26	2/6/2009
10. Senn, Rupe, Bareman, Front	1:40.28	2/2/2007

400-YARD FREESTYLE RELAY

1. Walker, Williamson, Cicilson, Rupe	3:30.48	2/28/2009
2. Kane, Williamson, Senn, Rupe	3:31.73	2/23/2008
3. Kane, Cicilson, Walker, Rupe	3:35.28	11/23/2008
4. Cathy Sipka, MacFadyen, Carol Sipka, Kemper	3:35.41	3/10/1984
5. Bertuzzi, Rupe, Senn, Front	3:36.08	2/24/2007
6. Senn, Bertuzzi, Malys, Carter	3:37.42	2/26/2005
7. Kane, Front, Walker, Rupe	3:38.50	11/7/2008
8. Kemper, Carol Sipka, Cathy Sipka, MacFadyen	3:39.23	1/21/1984
9. Kane, Walker, Cicilson, Rupe	3:39.27	1/31/2009
10. Bertuzzi, Senn, Front, Gordon	3:39.41	2/25/2006

800-YARD FREESTYLE RELAY

1. Arnold, Grubbs, Cook, Rupe	7:45.57	2/27/2009
2. Cathy Sipka, MacFadyen, Carol Sipka, Kemper	7:47.64	3/10/1984
3. Bertuzzi, Senn, Dunn, Carter	7:54.57	2/26/2005
4. Arnold, Walker, Kane, Rupe	7:58.52	11/22/2008
5. Cathy Sipka, Walter, Carol Sipka, Kemper	7:58.75	1/6/1984
6. Bertuzzi, Senn, Gordon, Front	8:01.70	2/23/2007
7. Kemper, MacFadyen, Cathy Sipka, Carol Sipka	8:02.33	1/10/1985
8. MacFadyen, Cathy Sipka, Carol Sipka, Kemper	8:03.55	2/1/1985
9. Bertuzzi, Front, Arnold, Gordon	8:03.78	2/24/2006
10. Aronld, Bray, Front, Kane	8:03.79	2/22/2008

2008-09 TOP RELAY PERFORMANCES

200 FREESTYLE RELAY

Cicilson, Rupe, Walker, Kane	1:37.43	Horizon League Championship	2/25/2009
Rupe, Cicilson, Kane, Walker	1:39.96	at UIC	1/30/2009
Cicilson, Rupe, Walker, Kane	1:40.04	YSU Invitational	11/21/2008

400 FREESTYLE RELAY

Walker, Williamson, Cicilson, Rupe	3:30.48	Horizon League Championship	2/28/2009
Kane, Cicilson, Walker, Rupe	3:35.28	YSU Invitational	11/21/2008
Kane, Front, Walker, Rupe	3:38.50	Cleveland State/Niagara	11/7/2008

800 FREESTYLE RELAY

Arnold, Walker, Kane, Rupe	7:45.57	Horizon League Championship	2/27/2009
Arnold, Walker, Kane, Rupe	7:58.92	YSU Invitational	11/21/2008
Aronld, Kane, Cook, Walker	8:04.86	at Marshall	10/24/2008

200 MEDLEY RELAY

Cicilson, Johnstone, Williamson, Rupe	1:48.53	Horizon League Championship	2/25/2009
Cicilson, Johnstone, Williamson, Rupe	1:52.33	Saint Francis (Pa.)	1/17/2009
Cicilson, Johnstone, Williamson, Rupe	1:52.62	at Ohio	11/15/2008

400 MEDLEY RELAY

Cicilson, Johnstone, Williamson, Walker	3:58.60	Horizon League Championship	2/26/2009
Williamson, Johnstone, Cook, Rupe	4:05.38	Cleveland State/Niagara	11/7/2008
Cicilson, Johnstone, Williamson, Rupe	4:06.83	at UWGB/Illinois State	1/31/2009

YSU SWIMMING & DIVING ALL-TIME ROSTER

1975-76 to 1986-87; 1996-97 to Present (Program discontinued from 1987-1995)

~ A ~			Gellatly, April _____ 2001-03	McAtee, Megan _____ 1997-2001	Sipka, Carol _____ 1983-87	
Adair, Cheance _____ 1980-81	Goda, Agnes _____ 1980-82	McAtee, Molly _____ 1999-02	McCracken, Traci _____ 1980-81	Smail, Amanda _____ 1999-2003	Smith, Cheryl _____ 1977-78	
Alt, Michelle _____ 1986-87	Goetsch, Brandi _____ 1998-02	McGee, Marla _____ 1999-01	Meese, Julia _____ 1986-87	Sommerlad, Joan _____ 1981-83	Soroka, Mariellen _____ 1976-77	
Arens, Lena _____ 2001-04	Golden, Kelli _____ 1982-83	Mizer, Melissa _____ 2001-02	Moffatt, Kristen _____ 2003-05	Spiropoulos, Maria _____ 1980-81	Stacey, Gwynne _____ 1997-98	
Arnold, Olivia _____ 2005-09	Gordon, Erin-Michelle _____ 2005-08	Montgomery, Susan _____ 1976-77	Munro, Lara _____ 2006-07	Stipe, Bonnie _____ 1998-2000	Straniak, Pam _____ 1986-87	
~ B ~			Greenlee, Lori _____ 1982-86	Murphy, Anne _____ 1983-85	Thompson, Amy _____ 1998-2002	
Baca, Diana _____ 1999-2000	Groza, Sandra _____ 1975-76	Murphy, Marnie _____ 1986-87	Muntean, Dianna _____ 1996-97	Tornero, Melissa _____ 1998-99	Tridle, Kari _____ 2008-present	
Balestra, Kate _____ 1999-2000	Grubbs, Audria _____ 2008-present	Murphy, Michelle _____ 1976-77	~ T ~			
Baker, Susan _____ 1975-76	Gurski, Denise _____ 1977-78	~ O ~			Vaughn, Evie _____ 1980-81	
Barbee, Aren _____ 1997-2002	~ H ~			Virgalitte, Julie _____ 1996-97	Von Duhn, Michele _____ 2001-05	
Bareman, Leigh _____ 2005-07	Hanley, Kim _____ 2003-07	~ P ~			~ W ~	
Barrett, Hilary _____ 2006-present	Hanley, Laura _____ 2007-09	Parillo, Sharon _____ 1996-97	Walker, Kirstin _____ 2008-present			
Bartolo, Amanda _____ 1996-2000	Hanson, Erin _____ 2001-03	Parker, Susan _____ 1986-87	Wallace, Sylvia _____ 1986-87			
Bastin, Jennifer _____ 1996-97	Harless, Cortney _____ 2003-07	Payne, Kristen _____ 2003-04	Walter, Kay _____ 1983-87			
Bernard, Mary _____ 1977-79	Harrill, Lynea _____ 2003-05	Peterson, Joanie _____ 1977-78	Washnut, Debbie _____ 1976-77			
Bertuzzi, Becky _____ 2003-07	Herbberts, Jan _____ 1976-77	Pike, Megyn _____ 2002-03	Weigel, Sara _____ 2007-09			
Blagg, Danielle _____ 2001-05	Herman, Becky _____ 2002-03	Pitlik, Erica _____ 1998-2000	Wiese, Melissa _____ 2001-05			
Blazek, Megan _____ 2001-05	Hibbard, Bonnie _____ 1976-77	Plummer, Kasey _____ 2003-04	Will, Heather _____ 1996-97			
Blum, Michelle _____ 1977-78	Holan, Lisa _____ 1978-80	Porchak, Sarah _____ 2004-05	Williams, Karen _____ 1979-83			
Bradshaw, Julia _____ 1978-80	Horwatt, Lynn _____ 1975-76	~ R ~			Williamson, Ashley _____ 2007-present	
Bray, Natasha _____ 2005-09	Humes, Kara _____ 1997-2001	Raupach, Heidi _____ 1986-87	Wolf, Katie _____ 2008-present			
~ C ~			Reagle, Sabra _____ 1980-83	Wood, Angela _____ 1997-2000		
Campean, Jeannette _____ 1985-86	~ I ~			Wynn, Barb _____ 1976-78		
Campean, Mary Beth _____ 1983-86	Ihle, Stephanie _____ 1976-78	~ J ~			~ Y ~	
Capute, Mary Jane _____ 1975-77	~ K ~			Yarb, Nancy _____ 1976-77		
Caprin, Amanda _____ 2007-present	Kane, Alana _____ 2007-present	~ L ~			Yasher, Cindy _____ 1983-85	
Carter, Erin _____ 2001-05	Katz, Laura _____ 1998-2001	Ladd, Amanda _____ 2004-08	Yozwiak, Kelly _____ 2000-01			
Catheline, Shannon _____ 1996-97	Keim, Valerie _____ 2002-'03	LaFace, Alycia _____ 1998-01	~ Z ~			
Chamberlain, Liz _____ 1983-85	Kemper, Janet _____ 1982-'86	Leihgaber, Kelly _____ 1985-86	Zhelesnik, Amanda _____ 2005-07			
Chuey, Wendy _____ 1980-82	Kenney, Valerie _____ 1978-'80	Leszunov, Tiffany _____ 2006-07	Zimmerman, Sherrie _____ 1984-87			
Churlik, Nadine _____ 1984-87	Kilpatrick, Alaina _____ 1997-2001	Leveto, Kalyn _____ 2001-05				
Connolly, Lauren _____ 2002-04	Knight, Dawn _____ 2001-'02	Loeber, Leotine _____ 1996-97				
Cicilson, Nishani _____ 2008-present	Kohut, Kathryn _____ 2001-'03	~ M ~				
Cook, Caitlin _____ 2007-present	Krainock, Karen _____ 1976-'77	MacFadyen, Becky _____ 1982-86				
Covert, Joni _____ 1984-85	Kralka, Nicole _____ 2000-'01	Malys, Katy _____ 2002-05				
Crelin, Abby _____ 1981-85	Krout, Leah _____ 2006-'08	Martin, Patty _____ 1980-81				
Crossley, Jeannine _____ 1977-79	~ S ~					
Curry, Kelly _____ 1985-86	Salata, Judy _____ 1975-77					
~ D ~			Salata, Kathlene _____ 1976-77			
Darling, Julia _____ 2004-08	Sanders, Patty _____ 1980-81					
Davis, Caitlin _____ 2007-08	Sayre, Erin _____ 2005-06					
DeVall, Peggy _____ 1981-84	Schmidt, Kristi _____ 1998-2001					
Dickson, Bonnie _____ 1978-80	Schuller, Courtney _____ 1999-2002					
Doyle, Kristen _____ 1997-2000	Sciortino, Missy _____ 1980-81					
Dunn, Jordan _____ 2001-05	Seiple, Joyce _____ 1978-82					
~ E ~			Senn, Brittany _____ 2004-08			
Eakin, Heidi _____ 1984-85	Serich, Jane _____ 1980-81					
Edling, Margie _____ 1977-78	Shilliday, Karen _____ 1980-81					
Emery, Maria _____ 1975-76	Shoaff, Katie _____ 1996-97					
Evans, Nancy _____ 1996-98	Simpson, Rebecca _____ 1998-99					
~ F ~						
Fortunato, Cara _____ 1977-78						
Front, Jessica _____ 2005-09						
Fulks, Heather _____ 2000-01						
~ G ~						
Galvin, Mary _____ 1980-81						



ERIN CARTER
Horizon League
Champion
400 IM
2004

Penguins Strive to Maintain Level of Excellence

Women's swimming and diving began at Youngstown State in the 1975-76 season with Cindy Loehr as the sport's first head coach. For the first few years, the team steadily built up to be competitive, but the program took off in the 1982-83 season under head coach Joe Kemper.

On March 16, 1983, at the Division II National Championship, six Penguins combined to score over 50 team points and earn 14th place. Janet Kemper earned All-America status in five events, setting school records in all five. She won the 50-yard fly while setting a national record with a time of 26.24 seconds that still stands. She also finished second in the 100 fly, third in the 50 free, third in the 100 free and was part of the 200 medley relay that placed 10th. Cathy Sipka, Peggy DeVall and Becky MacFadyen also earned All-America honors as part of the 200 medley relay.

YSU had its highest finish ever at the 1984 National Championship as it scored 81 points to place 11th. Kemper again had a standout meet, placing third in the 50 free in a school-record time of 23.94, second in the 100 free and third in the 100 fly. Her time of 57.96 in the preliminary heat of the 100 fly set a meet record. The Penguins also fared well in the relays as Cathy Sipka, MacFadyen, Carol Sipka and Kemper finished fourth in the 800 free relay and fifth in the 400 free relay. Lori Greenlee, Cathy Sipka, MacFadyen and Kemper finished 12th in the 200 medley relay while Greenlee, Carol Sipka, MacFadyen and Kemper teamed up to place 14th in the 400 medley relay.

Kemper had another good showing in the 1985 national competition as she placed third in the 100 fly in a school-record time of 57.43, fourth in the 100 free and sixth in the 50 free to pace the team to a 20th-place finish with 58 points.

The Penguins accumulated a school-best 85.5 points in 1986 to place 15th in the nation. Kemper closed out her career finishing third in the 50 free, fourth in the 100 free and ninth in the 100 fly. She also teamed up with the Sipka sisters and MacFadyen to place seventh in the 400 free relay and eighth in the 800 free relay.

The program was discontinued after the 1986-87 season until 1996 when Kristie Stacey took over as the sixth head coach in school history.

Brandi Goettsch began her run of helping turn coach Nick Gavolas' diving program into a regional power by sweeping both diving events and being named Diver of the Year at the Mid-Continent Conference Championships. She also won the conference title in the 1-meter in the 1999-2000 series and was named Diver of the Year for winning the 3-meter in 2000-01. Kalyn Leveto was then named Horizon League Diver of the Meet twice and earned four Horizon League individual titles from 2002 to 2005.

Matt Anderson is the longest tenured coach in YSU history. Anderson took over the program in 2003 and has been at the reigns for five seasons. The previous high of any Penguin coach had been four years.

In 2004, Erin Carter became the first-ever swimmer to win a Horizon League championship. Carter won the 400 IM at the Horizon League Championships.

The Beeghly Natatorium holds its own bit of history as it was the venue for the 1977, 1980 and 1981 Men's Division II Swimming and Diving Championships.

Three members of the program have been inducted into the YSU Athletics Hall of Fame -- Janet Kemper in 1995, Becky MacFadyen in 2006 and Cathy Sipka in 2009.

Conference Champions

1-Meter Diving

1999	Brandi Goettsch	406.00 (Mid-Con)
2000	Brandi Goettsch	374.90 (Mid-Con)
2003	Kalyn Leveto	243.00 (Horizon)
2005	Kalyn Leveto	284.00 (Horizon)

3-Meter Diving

1999	Brandi Goettsch	464.20 (Mid-Con)
2001	Brandi Goettsch	492.20 (Mid-Con)
2002	Brandi Goettsch	458.05 (Horizon)
2003	Kalyn Leveto	416.40 (Horizon)
2004	Kalyn Leveto	449.20 (Horizon)

Horizon League Diver of the Meet

- 2002 • Brandi Goettsch
- 2003 • Kalyn Leveto
- 2004 • Kalyn Leveto

400 IM • Horizon League

2004	Erin Carter	4:33.82
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NCAA Division II Team Finishes

- 1983 • 14th
- 1984 • 11th
- 1985 • 20th
- 1986 • 15th

NCAA Division II National Champion

1983	50-Yard Butterfly	
	Janet Kemper	26.24



Carol Sipka, Becky MacFadyen, Janet Kemper, Cathy Sipka and Lori Greenlee helped turn YSU into a Division II national power in the mid 1980s.

All-Time Head Coaches

Coach	Years	Total
Cindy Loehr	1975-76	1
Tucker DiEdwardo	1976-78	2
Gretchen Julian	1978-81	3
Joe Kemper	1981-84	3
Tammy Swearingen	1984-87	3
Kristie Stacey	1996-98	2
Nick Gavolas	1998-99	1
Jackie Bak	1999-03	4
Matt Anderson	2003-Present	6

YSU Hall of Fame Inductees

- Janet Kemper • 1995 | Becky MacFadyen • 2006
- Cathy Sipka • 2009

YSU Student-Athletes of the Year

- Brandi Goettsch • 2001-02 | Kalyn Leveto • 2004-05
- Olivia Arnold • 2008-09

BEEGHLY CENTER NATATORIUM...HOME OF THE GUINS

The Beeghly Center Natatorium is the home of the Youngstown State University women's swimming and diving teams.

The pool features a diving well and a 25-yard by 50-meter swimming pool. With 10 lanes, the racing course starts at six feet and reaches to 16 feet at its deepest.

The Natatorium is also equipped with two one-meter springboards and a three-meter springboard. There are also five-meter, seven-and-a-half meter and 10-meter diving platforms.

The arena features an 800-seat capacity on the east side, a high-powered sound system and four underwater viewing windows.

In the summer of 2005, the natatorium received \$300,000 in improvements that included a new ceiling, new lighting, painting of the walls and painting of the pool lining.

The Natatorium played host to the 1977, 1980 and 1981 NCAA Division II Men's Swimming and Diving Championships.



THIS IS YOUNGSTOWN STATE SWIMMING & DIVING



The Youngstown State swimming and diving program took the trip of a lifetime last January when they traveled to Hawaii to spend 10 days training and sightseeing. In recent years, YSU has been to Fort Lauderdale, Fla. (2007-08), San Juan, Puerto Rico (2006-07), Cocoa Beach, Fla. (2005-06) and Nassau, Bahamas (2004-05). This year's training trip is in Fort Myers, Fla.

Prior to the 2009-10 season, the Penguins held their first "Learn to Swim" clinic at the Beeghly Center Natatorium. Nearly 20 children participated in the event with the student-athletes.