

1996-1997  
FLORIDA STATE UNIVERSITY  
SWIMMING & DIVING

MEDIA GUIDE



# Florida State University Quick Facts

Location ..... Tallahassee, Florida  
 Enrollment ..... 30,200  
 Nickname ..... Seminoles  
 School Colors ..... Garnet and Gold  
 Home Facility ..... Bim Stults Aquatic Center  
    Bobby E. Leach Center  
 Affiliation ..... NCAA Division I  
 Conference ..... Atlantic Coast  
 President ..... Talbot "Sandy" D'Alemberte  
 Athletic Director ..... David Hart, Jr.  
 Associate Athletic Director ..... Kim Record  
 Sports Information Director ..... Rob Wilson

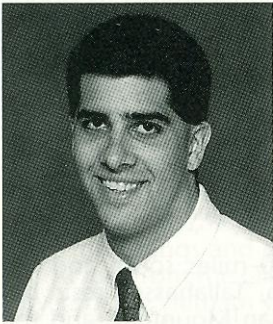
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 SID Mailing Address ..... P.O. Box 2195  
    Tallahassee, FL 32316  
 Head Coach ..... Don Gibb (Florida, '85)  
 Diving Coach ..... Gary Cole (Bowling Green, '75)  
 Assistant Coaches ..... Neil Harper (Louisiana State, '88)  
    Cashel Mack (Drury College, '92)  
    Andy Robins (William & Mary, '83,  
    Florida State, '87)  
 Team Manager ..... Benito Encinias



**1996-97 SEMINOLE TEAM CAPTAINS** (clockwise, from top left):  
 Senior Chip Haberstroh from Canton, MA; senior Lindy Dorminy from Tifton GA;  
 senior Frank Bradley from Fort Lauderdale, FL; senior Helen Jepson from  
 West Yorkshire, England; and senior Maider Gaztanaga from Ordizia, Spain.

# MEDIA INFORMATION

## A NOTE TO THE MEDIA, FANS AND OPPONENTS



**MARK WASIK**  
Swimming & Diving  
Publicist

Seminole swimming and diving publicist Mark Wasik of the Florida State University Sports Information Office is ready to assist you with any questions or requests you may have about the 1996-97 Seminole swimming and diving program, media guide, coaches and student-athletes. Please do not hesitate to phone, fax or write a letter to the sports information office at P.O. Box 2195; Tallahassee, Florida 32316; (904) 644-1403 phone; (904) 644-3820 fax, if we can further assist you.

## HOW TO COVER THE SEMINOLES

Members of the media are supplied with weekly press releases, including updated conference and national rankings and information on upcoming meets or invitations. Results and statistics may be obtained in the sports information office or off the Atlantic Coast Conference's faxback system. If you would like to schedule personal interviews with the coaches or players contact Wasik in the FSU Sports Information office at least 24 hours in advance. Head Coach Don Gibb is generally available in his office during weekday mornings.

## WHERE THE HOME MEETS WILL BE

1996-97 Seminole Swimming and diving home meets take place at the Bim Stults Aquatic Center during the fall season, and at the Bobby E. Leach Center during the winter season, both located on the Florida State campus. Media members may be seated at the officials table at the west end of the pool. Any accredited photographer wishing to shoot the meets must check in with Wasik prior to the day of the meet so that proper credentials can be assigned.

## ACC FAXBACK SYSTEM

ACC swimming standings and statistics are available on ACC FaxBack each Tuesday morning. Call (910) 854-5859, from the handset of your fax machine, and follow the directions. The ACC code for the swimming release is 5950. The FSU swimming release can be found on the system under code 31950, Tuesday afternoons.

## MEDIA GUIDE CREDITS

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### ON THE COVERS

*Front Cover: 1996 Summer Olympic finalist and ACC Rookie of the Year Brendon Dedekind. Photo by Ryals Lee.  
Back Cover: Three-time ACC Champion and 1995 All-American Helen Jepsen.*

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## FLORIDA STATE UNIVERSITY MEDIA OUTLETS

### NEWSPAPERS:

#### TALLAHASSEE DEMOCRAT

P.O. Box 990; Tallahassee, Florida 32302  
Phone: (904) 599-2166 Fax: (904) 599-2301

#### THE FLAMBEAU

P.O. Box 20287; Tallahassee, Florida 32316  
phone: (904) 681-6695 fax: (904) 681-3577

#### FSVIEW

P.O. Box 20331; Tallahassee, Florida 32316  
phone: (904) 561-6653 fax: (904) 561-6578

#### THE OSCEOLA

402 Dunwoody Street; Tallahassee, Florida 32304  
phone: (904) 222-7733 fax: (904) 224-3627

#### FLORIDA TIMES-UNION

One Riverside Ave., Suite 304; Jacksonville, Florida 32301  
phone: (904) 224-7515 fax: (904) 681-2961

#### ORLANDO SENTINEL

336 E. College Ave., Suite 303; Tallahassee, Florida 32301  
phone: (904) 222-5564 fax: (904) 224-0979

### TELEVISION/RADIO:

#### WCTV - TV

P.O. Box 3048; Tallahassee, Florida 32315  
phone: (904) 893-2126 fax: (904) 668-3851

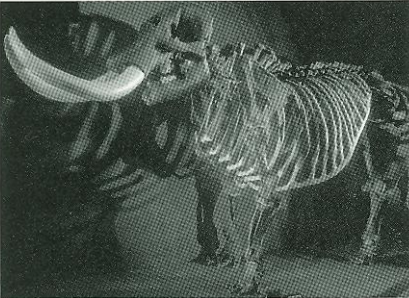
#### WTVL - TV

8927 Thomasville Road; Tallahassee, Florida 32312  
phone: (904) 893-1313 fax: (904) 668-1460

#### WNLS - Sports Radio 1270 AM

325 John Knox Rd., Ste E-200; Tallahassee, Florida 32303  
phone: (904) 386-6143 fax: (904) 385-8789

# THIS IS TALLAHASSEE



Near, but far from the glaring strips of neon amusement, and the castles and crowds of Disney, lies another magical place in the Sunshine State — one of pow-wows, plantations, politics and great pride. Often described as “The Other Florida” with its deep-rooted history, rolling hills, canopy roads of moss-draped oaks, cool climate and Southern-style hospitality; it is a Florida few have seen. It is Tallahassee — Florida with a Southern accent.

Best known as Florida’s capital, Tallahassee is an intimate neo-metropolitan city where the power of state government, the

academic and the artistic are complemented by subtle, old-fashioned charm. It is the perfect two- or three-day diversion for the more than 41 million annual visitors to Florida and 13 million residents.

Tallahassee touts a menagerie of sights including one of the world’s deepest freshwater springs, site of America’s first Christmas, a wildlife habitat, Capitol buildings, fascinating museums of history, sprawling plantations, highly acclaimed fishing and hunting adventures and nearby beaches. Spirited area festivals range from celebrations of Tallahassee’s spectacular spring and swamp stomps to genuine rattlesnake roundups and seafood festivals.

With the Gulf of Mexico just 20 miles south and the Georgia border only 14 miles north, Tallahassee rests between the foothills of the Appalachian Mountains and the juncture of Florida’s panhandle and peninsula. Nearer in miles to Atlanta than to Miami, Tallahassee more closely resembles its Southern neighbors than Florida in topography, climate and lifestyle.

Accentuating Tallahassee’s Southern persona are lush rolling hills, likened to the seven hills of Rome, and five “official” canopy roads of patriarch oaks. The fertile, rich soil and four distinct, yet pleasant, seasons breed floral brilliance and natural vitality year-round.

Like the city itself, the story of how Tallahassee was chosen as the state capital is rich in history. In 1823, two explorers set out — one on horseback from St. Augustine and the other by boat from Pensacola — to find a permanent, central location for the Legislature to convene. The two met at a beautiful site that the Creek and Seminole Indians called “tallahassee” — derived from the words “talwa” meaning town and “ahasee” meaning old. The rendezvous point remains Florida’s capital.

The "old town" has undergone many changes, but one thing remains the same — it is still a government town fiercely proud and dedicated to preserving its heritage. The Capitol buildings, both old and new, epitomize Tallahassee's perseverance.

The 22nd floor of the New Capitol provides a panoramic scope of a sophisticated Southern city awash in a sea of flowering azaleas, snowy dogwoods, towering pines, fragrant magnolias, and hundreds of shimmering lakes, springs, swamps, rivers and sink holes. Special legislative viewing galleries are open during the legislative session.

Below, in the shade of giant live oaks, proudly stands the Old Capitol, originally constructed in 1845 and restored to its 1902 splendor complete with red-and-white candy-striped awnings, a dome adorned with stained glass, antique furnishings and political memorabilia.

Across from the Old Capitol are the 40-foot twin granite towers of the Vietnam Veteran's Memorial, and the blue stone Union Bank, Florida's oldest surviving financial institution. The nostalgic Old Town Trolley, a replica turn-of-the-century street car, carries passengers through restored Adams Street Commons to numerous other historical downtown shops for free — unheard of even 100 years ago.

Minutes from downtown lies the Governor's Mansion, which resembles the home of Florida's military hero Andrew Jackson; and the 52-acre natural animal habitat and 1880s farm of the Tallahassee Museum of History and Natural Science, which provide the rare chance to walk and talk with native Florida animals.

Tallahassee remains firmly linked with the past as evidenced by the unearthed 1539 winter encampment of Spanish Hernando de Soto, the site of the first Christmas celebration in America. Visitors travel back through time as they stand in the shadow of a giant 12,000-year-old American Mastodon at the Museum of Florida History or explore other historical spots including The Knott House that Rhymes, The Columns, San Luis Mission, Lake Jackson State Archaeological Site, Natural Bridge Battlefield, First Presbyterian Church, Brokaw-McDougall House, Goodwood Plantation and Adams Street Commons.

Nearby, alligators lazing in the sunshine and anhinga "snake birds" perched on twisted cypress branches are seen at Wakulla Springs, one of the world's deepest freshwater springs and site of many underwater scenes in the "Tarzan" movies with Johnny Weissmuller and Maureen O'Sullivan. Safaris aboard glass-bottomed and jungle cruise boats whisk visitors within arm's length of "The Other Florida."

Outdoor enthusiasts enjoy adventures including boating and fishing on area lakes, rivers, ponds and the Gulf — just 30 minutes away. Lakes Seminole, Jackson and Talquin are renowned in the bass fishing world for yielding the "big

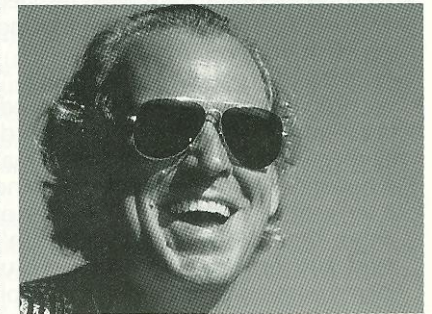
ones," and dense forests offer an abundance of prize-winning game. Local wildlife areas such as the Florida National Scenic Trail, St. Marks National Wildlife Refuge and Apalachicola National Forest are among many spots for camping, picnicking, swimming, biking and exploring.

Appealing to the strokes of different folks, Tallahassee also features 99 holes of golf on six courses and a proliferation of tennis centers. Sideline athletes cheer the nationally-ranked Florida State Seminoles, Florida A&M Rattlers and the Tallahassee Tiger Sharks, of the East Coast Hockey League. And always a sure bet are the nearby greyhound races.

A sport of sorts, shopping at two regional malls and many specialty centers offer many "playing options" — from popular chains to curiosity and antique shops.

Cultural interests are sparked by widely-acclaimed museums and galleries and elaborate entertainment at the 14,000-seat Tallahassee-Leon County Civic Center.

Tallahassee is a collaboration of power-play politics and classical character splashed with a twist of Southern beauty and charm. Tallahassee is Florida with a Southern accent.



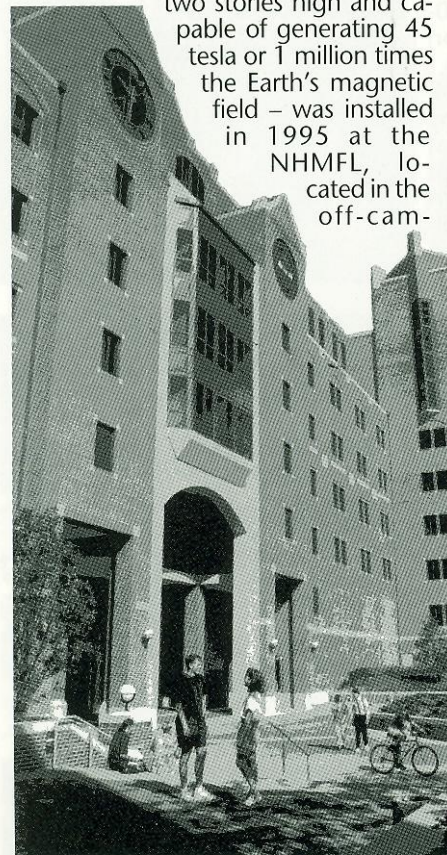
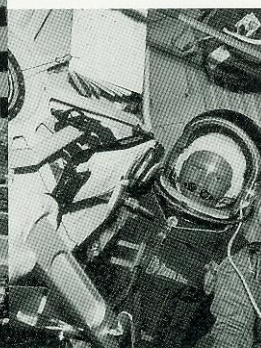
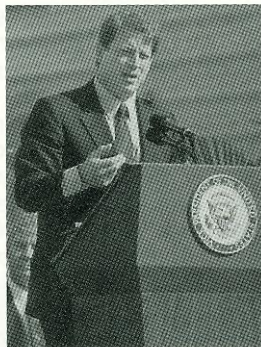
# THIS IS FLORIDA STATE

Florida State University, which will mark its golden anniversary as a coeducational graduate research institution in 1997, has joined the nation's elite in both academics and athletics.

Located on the oldest continuous site of higher education in Florida and building rapidly on the framework of a highly regarded liberal arts college for women, the University has emerged over the past 49 years as an institution of national and international esteem. Its stature is evidenced by a number of additions to its record of excellence in the 1990s:

- In 1994, Florida State was classified a "Research University I" by the Carnegie Foundation, placing it among the nation's top research universities.
- In 1994, the college referral service, "Who's Who Among American High School Students," placed FSU among its top 10 – with such universities as Harvard, Duke, Stanford, North Carolina-Chapel Hill, Michigan-Ann Arbor and Yale – of most frequent choices of more than 100,000 of the nation's best and brightest high school students who asked that a specific college be notified of their recognition in "Who's Who."
- Vice President of the United States Al Gore spoke at the dedication of the National High Magnetic Field Laboratory at Florida State in 1994. The National Science Foundation established the \$100 million magnet lab at FSU, which is partnered in research with the Los Alamos National Laboratory and the University of Florida, in 1990. A Nobel laureate in physics and a top Russian physicist were among the first scholars drawn to the facility. The world's largest magnet –

two stories high and capable of generating 45 tesla or 1 million times the Earth's magnetic field – was installed in 1995 at the NHMFL, located in the off-cam-



pus research complex, Innovation Park. In 1996, the NSF renewed and increased by 50 percent the NHMFL's funding for another five years.

- FSU created the first multipurpose student identification/banking card. The Card Application Technology Center is a national leader in "smart card" systems.
- At the forefront of supercomputing since obtaining its first high speed computer in 1985, FSU took yet another step in ultrafast and parallel computing in 1990 when it acquired two supercomputers, the Thinking Machine Corp. Connection Machine and the Cray Y-MP.
- In fall 1994, the first tenants moved into the east side of the \$100 million University Center, a classroom-and-office facility at Doak Campbell Stadium; the stadium's south end zone was also enclosed and the adjacent Moore Athletic Center expanded. When the west side is completed in 1996, University Center will provide 550,000 square feet of much needed academic space and a centralized location for student services.
- One of the first academic areas to make its home in University Center, was the FSU School of Motion Picture, Television and Recording Arts. Offering training for one of Florida's fastest growing industries, FSU conferred its first master's degree in film in 1991 and it's first bachelor's in film in 1993. The film school's students have already produced national and international award-winning films.
- The Center for Civic Education and Service was established in 1994 aimed at promoting community involvement and civic responsibility as integral elements of a liberal arts education at FSU. The center supports such service-learning programs as Project Amistades, which provides educational services to migrant farmworkers. Through ServScript, student's service may be recorded on their official academic transcript.
- In 1990, Florida State ranked second in popularity nationwide among high school seniors, based on the number of students who request that their Scholastic Aptitude Test (SAT) scores be sent to an institution. FSU was the only institution listed among the top 10 choices of both black and white college-bound students.
- FSU's high-tech program in structural biology in 1991 received the University's largest single foundation grant, \$4 million.
- Capping more than a decade of national prominence in intercollegiate athletics, Florida State's athletic teams, nicknamed "Seminoles," joined the Atlantic Coast Conference as its ninth member in 1990. The FSU football team won the 1993 National Championship and its quarterback, Charlie Ward, won the University's first Heisman Trophy.
- To better understand the world's cultural diversity, FSU undergraduate students are required to complete at least two courses that focus on diverse traditions beyond Western civilization. The multicultural study requirement, in effect since 1991, complements a long-established liberal studies program at Florida State.
- The Dr. Bobby E. Leach Center, a state-of-the-art student recreation facility, with a pool, saunas, basketball and racquet-sport courts, was completed in 1991.
- The Appleton Museum of Art in Ocala, its vast art collection and an eminent scholar chair were donated to FSU and Central Florida Community College in 1990.
- FSU ranked 20th in the nation for 1990-91 in the number of black Ph.D. students it graduates. Over the five years, 1986 to 1990, FSU ranked eighth nationally by granting doctorates to 70 African-Americans.
- FSU acquired the Asolo Performing Arts Center in Sarasota, home to the graduate theater program, the FSU/Asolo Conservatory of Professional Actor Training.

As this list of highlights attests, Florida State is excelling in the 1990's with exceptional strength, energy and vision for the future. Under the leadership of the University's 12th president, Talbot "Sandy" D'Alemberte, who took office in January 1994, FSU

will continue to build on the foundation of its history of excellence in scholarship, research and service.

A senior member of the 10-member State University System, FSU was founded as an institution of higher learning in 1851 by legislative act and began in Tallahassee with its first students in 1857.

Today, FSU's operating budget is \$452.5 million. Faculty and administrators generate more than \$99.9 million annually in external funding to supplement state-sponsored research. Three direct-support organizations serve to bolster the University; FSU Foundation, which raises millions in private gifts to support academics, Seminole Boosters and FSU Alumni Association.

The main campus is spread over 450.6 acres in Tallahassee; FSU, which has one of the smallest campuses in the SUS, has been actively acquiring land in the 1990s after years of being landlocked at 847 acres. FSU owns 1,303 acres in Leon, Bay, Franklin and Sarasota counties.

Within the state, the University maintains facilities at its 25-acre campus in Panama City, its Marine Laboratory on the Gulf of Mexico, the Appleton Museum in Ocala and the Asolo Performing Arts Center in Sarasota. The Center for Professional Development and Public Service, housed in the Augustus B. Turnbull III Florida State Conference Center on the edge of the campus, provides extensive credit and non-credit continuing education programs statewide.

For years FSU has reached far beyond Florida through international programs in Switzerland, France, Panama, Costa Rica and the Caribbean. FSU's study centers in Florence, Italy and London, England are considered by many to be the nation's best in Europe.

Florida State offers 283 graduate and undergraduate degree programs through its eight colleges – Arts and Sciences; Business; Communication; Education; Engineering (operated jointly with Florida A&M University, a historically black institution); Human Sciences; Law; and Social Sciences (which also incorporates the Reubin Askew School of Public Administration and Policy) – and eight schools – Criminology and Criminal Justice; Library and Information Studies; Motion Picture, Television and Recording Arts; Music; Nursing; Social Work; Theatre; and Visual Arts and Dance.

With 1,671 members, the FSU faculty has five National Academy of Sciences members and eight American Academy of Arts and Sciences members, and has included five Nobel laureates. It is backed by 2,990 administrative/professional and support staff.

Library holdings at Florida State include 2.1 million book titles, 18,296 serials and 4.4 million microforms. The main library facility, the Robert M. Strozier Library, is linked by computer to other state university and national research libraries. The Paul A.M. Dirac

Science Center Library is located at the heart of the University's science research complex. FSU also maintains extensive music, library science and law libraries.

On the top floor of the Dirac Library is the headquarters of the Supercomputer Computations Research Institute, a multidisciplinary, multinational program established in 1984 that brings together some 50 scientists, engineers and technicians.

Also providing research opportunities is the tandem Van de Graff Superconducting Accelerator Laboratory, which houses two powerful atom smashers and has been ranked among the top four nuclear research centers in the nation by the National Science Foundation.

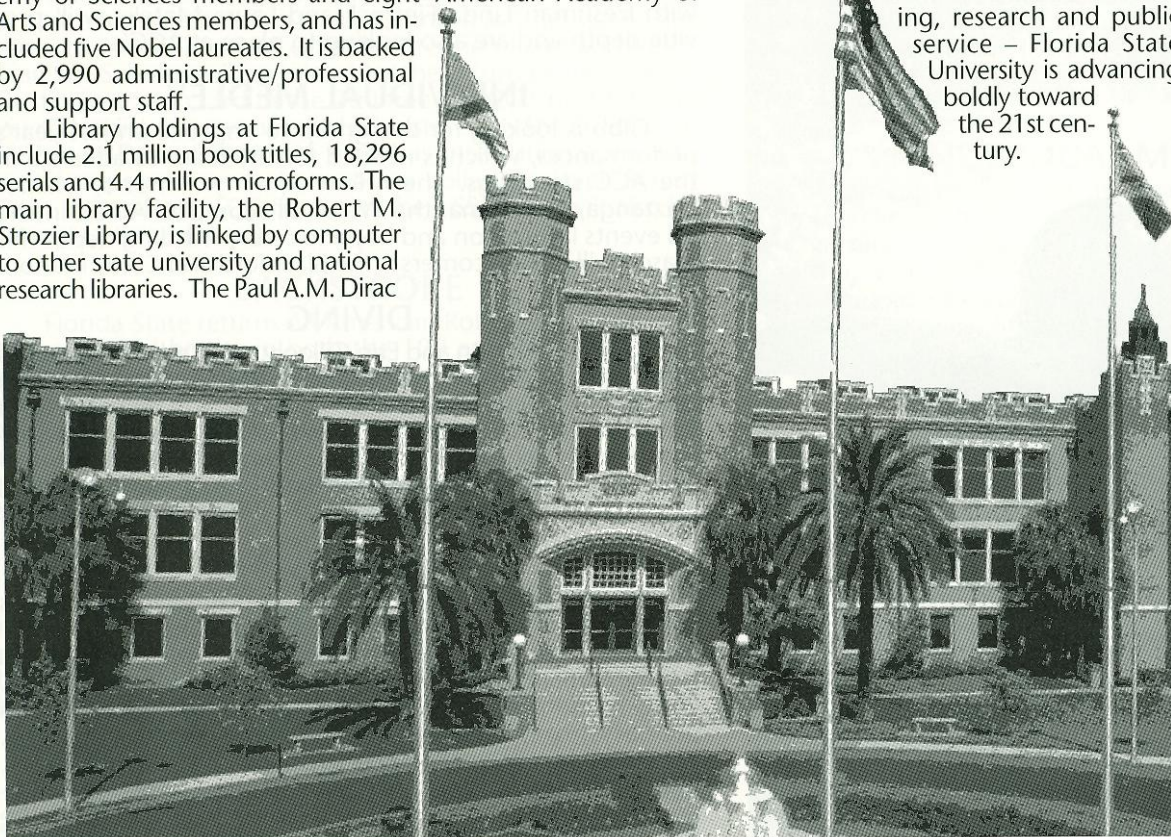
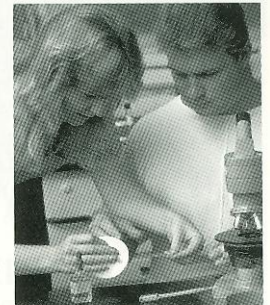
Graduate students, who number more than 5,856, pursue advanced degrees in fields as diverse as business administration and theoretical particle physics. A majority of research done at FSU is the direct result of student effort, culminating in numerous books, monographs and journal articles relating to the whole spectrum of intellectual interests and the practical needs of society.

FSU, a residential campus, places a high priority on its 30,268 students and their needs and interests (of the student population: 45 percent are male; 55 percent are female; 18.5 percent are minorities; and 2.4 percent are foreign students). The University Honors Program, Disabled Student Services, International Student Center, Student Government, Flying High Circus and intramural sports are among more than 200 organizations and activities in which students can participate.

Situated in the heart of the state's thriving capital city, Florida State's main campus blends Gothic and modern styles of architecture with the oaks, pines, dogwoods, palms and azaleas of North Florida.

Florida State continues to progress and grow from its pre-Civil War foundation as the Seminary West of the Suwannee, through the early 20th century as the academically respected Florida State College for Women, returning to coeducational status as a university in 1947, to its modern development as an acclaimed research institution, a top-ranked competitor in intercollegiate athletics and as a standard-setter in the basic sciences and the performing arts.

In all areas of its mission – excellence in teaching, research and public service – Florida State University is advancing boldly toward the 21st century.



# 1996-97 WOMEN'S PREVIEW

The Lady Seminoles are looking to finally make a name for themselves on a national level. The team expects to challenge for the ACC title after completing an offseason where the Seminoles recruited their strongest class ever. The team is facing a tougher schedule this year, with six meets against teams that finished in the top 25 at NCAA's last season. The coaches hope the schedule will better prepare the team for the ACC and NCAA Championship competition at the end of the year.

There are high hopes for the incoming class this year, which includes junior transfer Rachael Amman, NJCAA 50 free champion last year and freshman Anne Blachford from Ontario, Canada. While depth has been a problem in the past, Florida State is deeper in every event this year. According to head coach Don Gibb, "The points that are coming in outweigh what was lost." Assistant coach Neil Harper is very excited about this year's team. "It's a young and enthusiastic team with experience swimming at a national level. How the newcomers blend with the returning athletes will be a key for the team, but I see the potential for a fun and successful season."

The team will be led by the return of All-American Helen Jepson, who redshirted last season in an attempt to qualify for the Olympics for her native Great Britain. Also looking to perform strong are divers Sarah Henderson and Erin Gillooly. Diving coach Gary Cole notes, "This is one very talented group of young ladies and I'm sure the ACC will be keeping a close eye on our progress throughout the year. I believe we have a legitimate shot at winning both boards at the ACC meet and having someone at the NCAA Championships come February and March."



## FREESTYLE

Florida State will be expecting its incoming freshmen to help improve on last year's performances. In the sprint events, sophomore Tenelle Ramer intends to improve on last year's ACC performance, where she placed 2nd in the 100, and 3rd in the 50 and 200. Rachael Amman, who is a junior transfer from Indian River CC and a NJCAA Champion in the 50 free last season, and freshman Anne Blachford will add depth in the sprint events. Coming off her ACC performance last year, senior Maider Gaztanaga will be leading the distance swimmers. Gibb is looking for sophomore Meagan Bradley to improve and join senior Shannon McHugh and freshman Katie Ruscoe at the ACC Championships.

## BACKSTROKE

The Lady Seminoles will be led by sophomore Kristie McRoberts, the only returning letterwinner. The 'Noles will also be looking for strong performances out of Cindy Marion, a transfer from UNLV, who Gibb hopes will fill the loss of ACC Champion Jodi Krieg.

## BREASTSTROKE

This is the team's deepest event top to bottom, with the top six swimmers all capable of scoring at ACC's. The top two returnees are sophomore Samantha White, runner up in the 100 and 200 at ACC's last season, and Allison Smith, 1995 ACC Champion in the 100. Freshman Anne Blachford is also expected to perform well and score high for the team.

## BUTTERFLY

Another strong event for the Seminoles, with seven expected to score at ACC's. The team is led by All-American Helen Jepson, ACC Champion in the 100 and 200 in 1995. Jepson will be joined by a trio of sophomores; Amy Armond, Sherri Fowler, and Katie Wright, all who scored high at ACC's last season and expect to return. Junior Maria Toole, along with freshman Linda Finrock and Laura Mateka, will provide depth and are also looking to place at ACC's.

## INDIVIDUAL MEDLEY

Gibb is looking for this group to improve on last year's performances, which is needed for the team to advance in the ACC standings. Sherri Fowler, Amy Armond, Maider Gaztanga, and Samantha White all scored at ACC's in the IM events last season and hope to return. Adding depth this season will be newcomers Anne Blachford and Cindy Marion.

## DIVING

Sarah Henderson and Erin Gillooly, selected as the squad's Most Valuable Divers in 1996 and 1995, respectively, return to lead the Lady Seminoles as does ACC scorer Karin Schmedeman. Added to the group this year is incoming freshman Marya Sabesky from Canada, which makes this a formidable group of divers that will add to an event that was inconsistent at times last season.

## RELAYS

Expected to be stronger than ever. Both medley relays are looking to make NCAA's and be strong contenders for the ACC title. The ACC champion 200 medley relay team returns Samantha White at breast, and Tenelle Ramer at free. Cindy Marion will be filling in for the departed Jodi Krieg on the backstroke, while Helen Jepson will swim the butterfly. The freestyle relays will also be stronger, with Ramer, Wright, Jepson, Lindy Dorminy, and Rachael Amman. With the addition of Amman and the return of Jepson, Gibb looks for the free relays to finish in the top three at ACC's.



# 1996-97 MEN'S PREVIEW

This year, the men will settle for no less than improvement on both their 3rd place finish at ACC's and 18th at NCAA's last season. Coaches Don Gibb, Neil Harper, and Gary Cole completed an excellent recruiting year, and the team is deeper in every event.

Returnees include sophomore All-American and ACC champions Brendon Dedekind, Stephen Parry, Matt McVittie, and two senior All-Americans, Eduardo Coelho and ACC 400 IM champion Chip Haberstroh. Providing a big boost this year will be the return of two former All-Americans, senior Rob Braknis and sophomore Dustin Bengston, both of whom had taken last season off to train for the Olympics.

Florida State will also be bringing in some strong recruits this season. Danny Chocron, South American champion in the distance freestyle events, will help out the freestylers, while diving coach Gary Cole pulled in three talented freshman, Brent Burkman, Glen Gonzales, and Ben Nuttall. "All the talent is there to be the dominant team in the ACC, but we are young and that in itself is a challenge. I believe someone will step up and win one or two boards at ACC's and go on to the NCAA Championships," said Cole.

The main goals this year is to compete for the ACC title, and to finish in the top ten at NCAA's. "We have a lot of talent and depth this year," said Dedekind, last year's ACC Rookie of the Year. "I'm very excited about the teams chances, because all the guys get along together and this should help us reach our goals."

## FREESTYLE

This is easily the strongest event for the Seminoles. The sprinters hope to continue their success from last year, where sophomore Brendon Dedekind and senior Eduardo Coelho took the top two places in the 50 free at ACC's. With the return of Olympian and 1995 ACC 50 Free Champion Rob Braknis, FSU could take the top three in the 50 free in the conference meet, while All-American sophomore Matt McVittie also will contend for finals at ACC's. In the middle distance events, the team is not as strong as Gibb would like them to be. 500 free ACC finalist Stephen Parry and freshman Bill Schultz will be joined by the return of sophomore Dustin Bengston, 3rd in the 200 free at ACC's his freshman year. The distance events will be bolstered by the addition of freshman Danny Chocron, who has international success, but is unproven on a short course collegiate level. Senior Chip Haberstroh, ACC finalist in the 1650 free, will also be returning to add depth.

## BACKSTROKE

Florida State returns All-American Rob Braknis, ACC and school record holder in both the 100 and 200. Braknis, a senior who redshirted last year while training for the Olympics, is a three time champion in the 100, and finished 16th at the Olympics this past summer. Senior David Semesco anticipates returning to the finals again in both backstroke events. Adding depth will be freshman Julian Daily and sophomore transfer Kile Zeller.

## BREASTSTROKE

An area that has in the past been weaker and has left some room for improvement. The coaches are looking for the sophomores, James Henley and Tim Welsch, to step up and have a breakthrough year. Its a young group this year that will get help from the IMer's, such as senior Frank Bradley.

## BUTTERFLY

Potential to be a very solid stroke force. The 100 and 200 events should be very strong. The Seminoles return



sophomore All-American Stephen Parry, 9th in the 200 at NCAA's, and NCAA qualifiers Eduardo Coelho and Dustin Bengston. Also swimming fly for the Seminoles will be sophomore Nei-Kuan Chia, 1996 ACC consolation finalist, and Julian Daily, who the coaches think could be a sleeper in this stroke.

## INDIVIDUAL MEDLEY

Swimming the 200 IM this season will be 1995 ACC champion Frank Bradley, with help from sophomore transfer Chad Onken. In the 400 IM, All-American and ACC champion Chip Haberstroh returns to defend his title. Stephen Parry, who was 19th at NCAA's, looks to challenge Haberstroh for the title this year and to make All-American status. Also swimming for the Noles will be freshman Bill Schultz.

## DIVING

The men's program returns senior Corey Geraghty, the team's most valuable diver last season, and he should finish his career in grand style. He will be pushed by three freshman, Ben Nuttall from Canada, Glen Gonzales from Pensacola and Brent Burkman from Virginia.

## RELAYS

The goal this year is to have all five relays qualify for NCAA's and to contend for the top sixteen. The coaches expect to contend for the ACC title in every relay. The ACC record holding 200 free relay returns Coelho, McVittie, and Dedekind. Filling in for the graduated John Haynes will be 1995 ACC 50 free champion Rob Braknis. The return of Braknis and Bengston will improve both the medley relays, while Bengston will fill in on the 800 free relay as well.

# THE COACHES



**DON GIBB**  
HEAD COACH (FLORIDA '85)

Entering his fourth year as head coach for the Seminoles, Coach Don Gibb continues to build on his success with both the men's and women's teams.

Gibb, the 1995 ACC Men's Coach of the Year, continues to steadily improve both his men's and women's national and conference team performances. Seven performers garnered All American honors under Gibb's direction in 1996. The men's team finished 18th in the nation in 1996 (up seven spots from the previous year), which was the highest finish for the men's team in Florida State history. Under Gibb's guidance last year, the men's team captured four ACC Championship titles, sent six swimmers to compete in the NCAA Championships and sent one diver to the NCAA Zone Qualifying Meet. Gibb's coaching also produced FSU's first ACC Rookie of the Year, when Brendon Dedekind captured the award in 1996. At last year's ACC Championships, the team made it three consecutive top three finishes. The men's team also set six new school records and set a new ACC conference record in the 200 free relay. Two FSU swimmers went on to compete in the 1996 Olympics held in Atlanta this past summer.

The Lady Seminoles continued to improve on their national ranking as they moved up four spots at the NCAA Championships last year. The women's conference success included placing 4th at the ACC Championships while capturing two ACC Championship titles. They also had two NCAA qualifiers and two divers qualified for the NCAA Zone Qualifying Meet. Additionally, the Lady Seminoles achieved a new school record in the 100 breast.

Prior to becoming head coach for the Seminoles, Gibb spent one year as an assistant on the Seminoles' staff and was the top assistant for the University of Florida's men's program for five seasons.

Gibb, who graduated from the University of Florida in 1985 with a degree in psychology, swam for the Gators for

## COACH GIBB'S CAREER RECORDS

1993-94	OVERALL	CONFERENCE	ACC	NCAA
Men	6-6	2-2	3rd	39th
Women	6-5	2-2	3rd	-
1994-95				
Men	4-6	1-3	2nd	25th
Women	3-7	2-2	3rd	38th
1995-96				
Men	5-4	1-0	3rd	18th
Women	4-5	1-0	4th	34th

two seasons (1981-1983). In 1982, he was the SEC champion in the 100 yard free, and was a finalist in the United States World Championship Trials in the 100 meter free. He swam on the NCAA Champion 400 yard free relay in 1983, which clinched the national title for Florida, and also finished seventh in the 100 free.

Gibb and his wife Gena of 11 years, herself a 1994 graduate of the Florida State School of Nursing, have two daughters, Sarah (6) and Emily (5 mos.).



**GARY COLE**  
DIVING COACH (BOWLING GREEN '75)

Florida State diving has been very successful under the guidance of Gary Cole who, in the past 14 years, has produced some of the best divers in the nation.

A member of the Professional Diving Coaches Association and NCAA Diving Rules Committee, Cole has coached four collegiate All-Americans as well as two World Age Champions. In 1988, Cole was named the Olympic coach for the host country of South Korea.

In the 1994 season, Cole was named ACC Women's Diving Coach of the Year. This was his fifth coach of the year honor since arriving to Florida State. He also has the distinction of winning the ACC team title without having a champion.

A 1975 graduate of Bowling Green, Cole was a standout diver in college and high school. He was tutored by eight time Olympic coach Ron O'Brien. In his free time, Cole is an avid golfer and his biggest fans are his wife Vicki and daughters Angela (4) and Savannah (14 mo.).



**NEIL HARPER**  
ASSISTANT COACH (LOUISIANA STATE '88)

Neil Harper enters his third year as assistant coach at Florida State after two highly successful years working with FSU's IM and stroke group. An excellent recruiter, his efforts have netted immediate success for Florida State, with four freshmen earning All-American honors at the 1996 NCAA's.

Harper is in his ninth year of college coaching. He began his coaching career as recruiter and on-deck coach at his alma mater, Louisiana State. During his six years at LSU, both the men's and women's teams made the NCAA Top 15.

At FSU, Harper continues to handle recruiting duties for both the men's and women's teams, as well as coordinating

the strength and conditioning programs and overseeing the individual medley and stroke groups.

As a performer, Harper competed in two Olympics and was on the British 400 meter Medley Relays that finished 6th and 4th in Los Angeles and Seoul, respectively. He was a seven event NCAA All-American, a four time SEC Champion and captained the 1988 LSU men's team to its only conference championship title.

Harper and his wife Paige, herself an NCAA All-American and SEC Breaststroke Champion, have been married for six years and have two daughters, Katherine who will be 2 in November and Kelly who was born this past August.



**CASHEL MACK**  
ASSISTANT COACH (DRURY COLLEGE '92)

Cashel Mack enters her first year as assistant coach with Florida State's swim program. Although Mack will have responsibilities with both the women's and men's squads, her primary duties will be in assisting with the women's team. Mack will handle many administrative duties for the swimming program including assisting with recruiting, planning the travel itineraries, overseeing the academic support, and supervising strength training and conditioning.

Mack comes to FSU after serving as the head age group coach for Clearwater Aquatics in Clearwater, Fla, since August of 1993. Mack was nominated the 1996 Florida Age Group Coach of the Year. Prior to her head coaching position in Clearwater, Mack served as graduate assistant coach at her alma mater Drury College in 1993. She helped the 1993 Drury team to a NAIA Championship that year.

While a student-athlete at Drury, Mack swam the sprint freestyle and butterfly events. She was named Most Valuable Swimmer in 1989 and 1990 and was captain of Drury's

first NAIA Championship women's team in 1992.

Mack graduated in 1992 from Drury College with a degree in elementary education



**ANDY ROBINS**  
ASSISTANT COACH (WILLIAM & MARY '83)

Andy Robins begins his first full year as an assistant coach with the Seminoles, having joined the program last winter.

In addition to his on deck coaching duties, Robins will assist with recruiting and organize team workout information and data.

Robins has been actively coaching in the swimming field since 1980. He has held various assistant and head coaching positions, especially in the local Tallahassee area. Beginning in 1985, Robins began coaching for the Area Tallahassee Aquatic Club and eventually became head coach for A.T.A.C. in 1993. Robins led A.T.A.C. to a top 10 finish at the spring 1996 Junior Nationals.

Other local swimming coaching positions Robins has held include coaching Leon High School in Tallahassee from 1986-1991. His hard work at Leon earned him recognition as the *Tallahassee Democrat's* High School Coach of the Year in 1987.

Robins also served as head coach of Florida's All-Star Team in 1990 and 1991, after previously holding the assistant coaching position for the team in 1989.

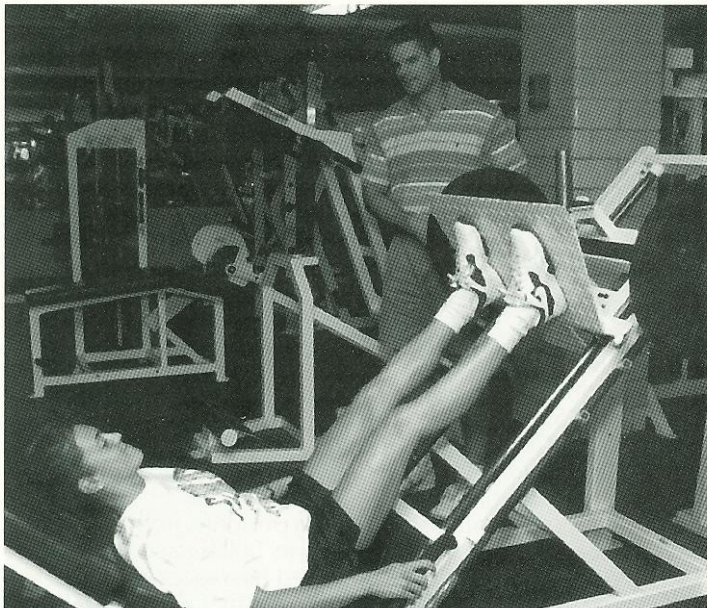
Robins currently serves on the Florida Swimming Board of Directors and House of Delegates, which he has been a member of since 1987.

A graduate of William & Mary, Robins swam both the backstroke and distance freestyle events. His swimming accomplishments at William and Mary include setting a school record in the 1650 free.

Robbins and his wife Karen have 4 children, Beth (18), Kurt (17), Jenna (11), and Annemarie (2 mo.).



# SUPPORT SERVICES



## ACADEMICS

Florida State University is committed to the academic success of its student-athletes. Under the direction of interim academic director Mark Meleney, the FSU athletic department's Academic Support Program is in place to meet the personal, academic and professional needs of each student-athlete.

Meleney and his staff aid student-athletes with admission, class scheduling, registration, and the normal progression towards a degree. Unveiled in the fall of 1994 was a new state-of-the-art academic center as part of the University Center expansion. The center provides study hall and tutoring rooms, as well as a resource area with study carols, computers and basic reference materials.

Class attendance is closely monitored during the playing and practice seasons. Throughout the school year, nightly study halls and tutoring sessions help the student-athletes stay on course. Student-athletes have unlimited access to mentors who provide one-on-one tutoring. The academic support staff works closely with the faculty members at Florida State as well as with the athletic department's own office of Student Services.

For everyone in the Florida State athletic department — from coaches and academic support personnel to student services staff and administration — giving each student-athlete every opportunity to earn a degree is the primary goal. And every year, that goal is becoming reality for more and more Florida State student-athletes.



**JAY ZEMLIAK**  
Women's Strength Coach



**RUSS BARBARINO**  
Men's Strength Coach



**BENITO ENCINIAS**  
Team Manager

## STRENGTH TRAINING & CONDITIONING

Strength training and conditioning is an important part of an athlete's performance in the pool and on the boards. At Florida State, a supervised program is developed for swimming and diving, emphasizing the objectives of not building bodies, but strengthening and conditioning them. Women's strength coach **Jay Zemliak** and men's strength coach **Russ Barbarino**, customize programs for each of the athletes beginning with pre-conditioning before the season gets underway.

Zemliak and Barbarino work with the swimmers and divers in sport specific training which includes conditioning the major muscle groups used in swimming and diving. FSU takes pride in customizing the programs to help student-athletes reach their maximum potential.

## PREVENTION CARE & TREATMENT

Being an athlete at Florida State University means receiving the best care and treatment possible. All of the student-athletes undergo pre-season screening so a certified trainer can detect any potential injuries an athlete may incur. If a problem is detected, the athlete is placed on a prevention care program which may include any kind of treatment from icing to exercising. The program is closely monitored by swimming trainers **Shelley Sturdivent** for the women and **Damon Wooley** for the men.

Rehabilitation is another important component of the Seminole training room. Though preventing injuries is the main objective, they are unavoidable for the athletes who participate in sports. More serious injuries and illnesses are referred to the Seminole team physicians at the Tallahassee Orthopedic Center who, for many years, have worked in conjunction with the FSU training room in successfully rehabilitating numerous athletes after an injury.

Nutrition counseling and drug testing are both responsibilities of the athletic training team which is dedicated to providing the best care possible for all FSU student-athletes.



# 1996-97 SWIMMING & DIVING ROSTERS

## LADY SEMINOLES

NAME	CLASS	EVENT	HOMETOWN
Rachael Amman	JR	Free, Breast	Eustis, FL
Amy Armond	SO	Fly, IM	Snellville, GA
Anne Blachford	FR	Breast, IM, Free	Brampton, Ontario, CAN
Meagan Bradley	SO	Distance Free	Plantation, FL
Kelly Brock	FR	Breast, IM	Roswell, GA
Lindy Dorminy	SR	Sprint Free	Tifton, GA
Jenny Engelbrecht	SO	Sprint Free, Breast	Tallahassee, FL
Linda Finrock	FR	Fly, Free	Winter Park, FL
Sherri Fowler	SO	Fly, IM	Silver Spring, MD
Maidier Gaztanaga	SR	Distance Free, IM	Ordizia, Spain
Erin Gillooly	SR	Diving	Kissimmee, FL
Caroline Hamilton	SR	Breast	Seminole, FL
Sarah Henderson	JR	Diving	Orlando, FL
Helen Jepson	SR	Fly, Free	West Yorkshire, England
Cindy Marion	JR	Back	Marietta, GA
Laura Mateka	FR	Fly, IM, Free	Palm Harbor, FL
Shannon McHugh	SR	Fly, Distance Free	Plantation, FL
Kristie McRoberts	SO	Free, Back	Albany, GA
Tenelle Ramer	SO	Free	Goshen, IN
Katie Ruscoe	FR	Free, Fly	Port Richey, FL
Marya Sabesky	FR	Diving	Winnipeg, Manitoba, CAN
Karin Schmedeman	SR	Diving	Bartow, FL
Sarah Scobey	FR	Sprint Free, Back	Winter Park, FL
Allison Smith	JR	Breast	Columbus, MS
Danielle Stafford	FR	Back, Fly	Jacksonville, FL
Maria Toole	JR	Sprint Free, Fly	Tampa, FL
Samantha White	SO	Breast, Sprint Free	Ormond Beach, FL
Katie Wright	SO	Sprint Free, Fly	Marietta, GA

## SEMINOLES

NAME	CLASS	EVENT	HOMETOWN
Dustin Bengston	SO	Free, Fly	St. Petersburg, FL
Frank Bradley	SR	Breast, IM	Plantation, FL
Rob Braknis	SR	Back, Sprint Free	Chateaugay, Quebec, CAN
Brent Burkman	FR	Diving	Reston, VA
Shaun Chang	JR	Breast	Royal Palm Beach, FL
Nei-Kuan Chia	SO	Spring Free, Fly	Tallahassee, FL
Danny Chocron	FR	Distance Free	Caracas, Venezuela
Eduardo Coelho	SR	Sprint Free, Fly	Rio de Janeiro, Brazil
Julian Daily	FR	Free, Fly, Back	Cincinnati, OH
Brendon Dedekind	SO	Sprint Free	Natal, South Africa
Kerwin Deese	SO	Back, IM	Titusville, FL
Matt Dunn	SR	Distance Free	Gainesville, FL
Kevin Flanagan	FR	Back, Free	Honolulu, HI
Corey Geraghty	SR	Diving	Milford, CT
Glen Gonzales	FR	Diving	Pensacola, FL
Ryan Gratzick	JR	Back, IM	Spotsylvania, VA
Charles Haberstroh	SR	IM, Distance Free	Canton, MA
James Henley	SO	Breast, IM	Baton Rouge, LA
Matt McVittie	SO	Sprint Free, Back	Chelsea, MI
Darren Milun	JR	Free	Great Neck, NY
Kevin Murphy	SR	IM, Breast	Bowie, MD
Ben Nuttall	FR	Diving	Thunder Bay, Ontario, CAN
Chad Onken	SO	Free, IM	Chester, VA
Stephen Parry	SO	Fly, Free	Liverpool, England
Kevin Rowley	JR	Back, IM	Orlando, FL
David Semesco	SR	Back, Free	Ocala, FL
Seth Swisher	FR	Free	Boulder, CO
Bill Schultz	FR	Distance Free, IM	Bowie, MD
Tim Welsch	SO	Breast, Sprint Free	Marietta, GA
Kile Zeller	SO	Back	Marietta, GA

# 1995-96 WOMEN'S REVIEW

## 1995-96 LADY SEMINOLES RESULTS (4-5)

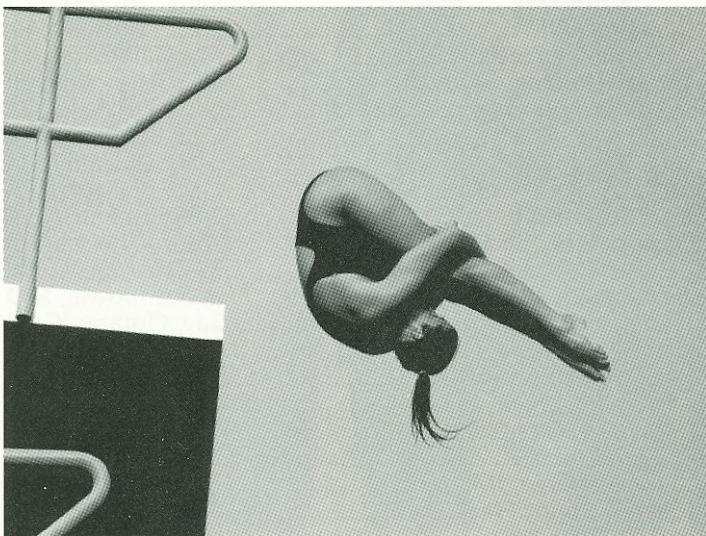
10/7	Miami	L	114-129
10/27	at Florida	L	55-188
11/3	at Auburn	L	95-137
11/17-19	Minnesota Invitational	6th	
1/8	at Alabama	L	38-102
	vs N.C. State	W	107-33
1/13	FAU	W	93-20
	FAMU	W	100-6
	Howard	W	99-8
1/20	at LSU	L	99.5-139.5
2/1-3	ACC Championships	4th	
3/28-31	NCAA Championships	T-34th	

The Lady Seminoles completed another successful season, finishing 34th at the NCAA Championships, an improvement from their 38th place finish the year before. The 'Noles placed six swimmers on the All-ACC squad on their way to a 4th place ACC finish, just 23 points behind second place Virginia (534).

Florida State started the season with a close loss to the University of Miami, 129-114. That was followed by losses to top-10 ranked Florida and Auburn. Stepping up for FSU in the early meets were sophomore Allison Smith and a group of freshmen, led by Samantha White, Sherri Fowler, and Tenelle Ramer. Florida State concluded the season falling to Alabama and LSU but with a win over ACC rival N.C. State to finish at 4-5, 1-0 for the year going into the ACC Championship.

FSU finished 4th at ACC's with 511 points, just 16 points behind third place Clemson (527). North Carolina won the championship title with 862 points. FSU highlights included sophomore Jodi Krieg defending her 100 back title and the 200 medley relay taking first place. Other strong points included Folwer taking 2nd in the 200 fly and Ramer finishing 2nd in the 100 free and 3rd in both the 50 and 200 free. White placed 2nd in the 100 and 200 breast, Smith finished 3rd in the 100 breast, and sophomore Sarah Henderson finished 2nd on the one meter board.

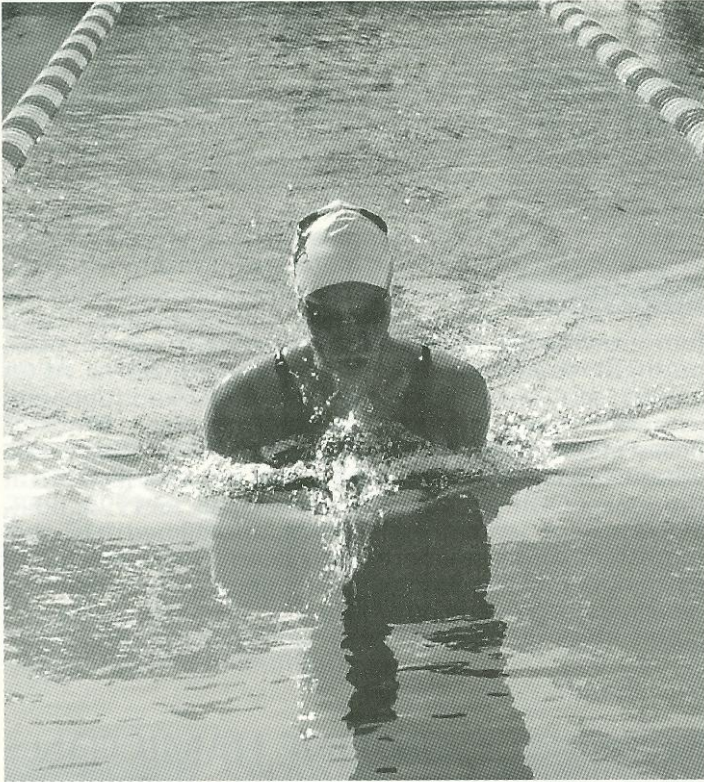
Krieg and White represented FSU at the NCAA Championships in Ann Arbor, Mich. Krieg finished 33rd in the 100 back, while White placed 13th in the 100 breast, earning second team All-American status. White's swim put FSU into a tie for 34th, its highest finish under Coach Gibb.



## 1995-96 FSU SWIMMING AND DIVING WOMEN'S TOP TIMES

<b>50 FREE</b>	
1. Tenelle Ramer .....	23.90 (ACC's)
2. Katie Wright .....	24.29 (ACC's)
<b>100 FREE</b>	
1. Tenelle Ramer .....	51.57 (ACC's)
2. Katie Wright .....	53.52 (ACC's)
<b>200 FREE</b>	
1. Tenelle Ramer .....	1:51.30 (ACC's)
2. Kristie McRoberts .....	1:53.74 (ACC's)
<b>500 FREE</b>	
1. Maider Gaztañaga .....	5:03.23 (ACC's)
2. Kristie McRoberts .....	5:05.64 (ACC's)
<b>1000 FREE</b>	
1. Meagan Bradley .....	10:27.70 (NCSU, UA)
2. Maider Gaztañaga .....	10:38.71 (NCSU, UA)
<b>1650 FREE</b>	
1. Maider Gaztañaga .....	17:26.18 (ACC's)
2. Meagan Bradley .....	17:47.65 (Minn. Inv)
<b>100 BACK</b>	
1. Jodi Krieg .....	0:56.37 (ACC's)
2. Kristie McRoberts .....	0:59.63 (ACC's)
<b>200 BACK</b>	
1. Jodi Krieg .....	2:02.15 (ACC's)
2. Claudia Wilson .....	2:06.45 (ACC's)
<b>100 BREAST</b>	
1. Samantha White .....	1:03.23 (Aub. Inv)
2. Allison Smith .....	1:04.57 (ACC's)
<b>200 BREAST</b>	
1. Samantha White .....	2:19.22 (ACC's)
2. Allison Smith .....	2:20.91 (ACC's)
<b>100 FLY</b>	
1. Katie Wright .....	0:58.39 (ACC's)
2. Amy Armond .....	0:58.56 (ACC's)
<b>200 FLY</b>	
1. Amy Armond .....	2:04.00 (Aub. Inv)
2. Sharri Fowler .....	2:05.07 (ACC's)
<b>200 IM</b>	
1. Jodi Krieg .....	2:05.80 (ACC's)
2. Samantha White .....	2:07.78 (ACC's)
<b>400 IM</b>	
1. Amy Armond .....	4:28.55 (ACC's)
2. Maider Gaztañaga .....	4:30.40 (ACC's)
<b>ONE METER DIVING</b>	
1. Sarah Henderson .....	374.00 (ACC's)
2. Julie Henderson .....	344.20 (ACC's)
<b>THREE METER DIVING</b>	
1. Erin Gillooly .....	406.60 (ACC's)
2. Sarah Henderson .....	387.35 (ACC's)
<b>200 FREE RELAY</b>	
1. Krieg, Ramer, Dorminy, Wright .....	1:35.61 (ACC's)
<b>400 FREE RELAY</b>	
1. Krieg, Ramer, McRoberts, Wright .....	3:30.92 (ACC's)
<b>800 FREE RELAY</b>	
1. McRoberts, Campbell, Gaztañaga, Bradley .....	7:43.82 (ACC's)
<b>200 MEDLEY RELAY</b>	
1. Krieg, White, Wright, Ramer .....	1:44.80 (ACC's)
<b>400 MEDLEY RELAY</b>	
1. Krieg, White, Armond, Ramer .....	3:49.31 (ACC's)

# LADY SEMINOLE PROFILES



## LINDY DORMINY

SENIOR, 5-8, SPRINT FREE  
TIFTON, GA – AMERICUS BLUE TIDE  
TIFT COUNTY HIGH SCHOOL

Outstanding sprinter who will be relied on heavily in relays...looking to swim at NCAAs this year...**1996:** Placed 8th in the 100 and 200 breast and 13th in the 50 free at the ACC championship meet...also swam on the 1st place 200 free relay...**1995:** Conference consolation finalist in the 100 breast and anchored the 200 free relay that placed 3rd at the ACCs...**1994:** ACC consolation finalist in the 50 free and swam on the 200 free relay which finished 3rd...personal best times include a 24:33 in 50 free, 58:84 in 100 fly and 1:05.7 in the 100 breast...**PREP:** Was team MVP sophomore through senior year and team captain junior and senior year...holds school records in the 100 and 200 breast...**PERSONAL:** Born January 6, 1975 ...greatest ambition is to make a big name in sports-casting...majoring in political science.



## JENNY ENGELBRECHT

SOPHOMORE, 5-8, SPRINT FREE,  
BREAST, TALLAHASSEE, FL – ATAC  
MACLAY HIGH SCHOOL

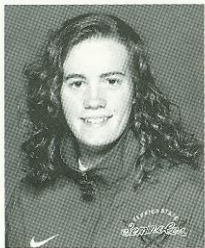
Showned great improvement last season, will challenge to be a member of FSU's breaststroke force at ACC's...named Most Improved Swimmer at FSU last season ...made the ACC Honor Roll for 1995-96...**1996:** Swam at ACC's, her exhibition 100 breast would have placed her 15th ...personal best times include a 1:07.64 in 100 breast, 2:29.14 in 200 breast and 25.36 in the 50 free...**PREP:** Team MVP all four years in high school...**PERSONAL:** Born February 16, 1977...chose Florida State because she liked the school and swimming outdoors...greatest sports memory was dropping eleven seconds off her time at ACC's...majoring in physical therapy.



## SHERRI FOWLER

SOPHOMORE, 5-4, FLY, IM  
SILVER SPRING, MD – ROCKVILLE  
MONTGOMERY SWIM CLUB  
GOOD COUNSEL HIGH SCHOOL

Strong swimmer, expected to score high once again at ACC's this year...very versatile swimmer...All-ACC last year...ranks 6th in school history in the 200 fly and 8th in the 200 IM...**1996:** Conference runner-up in the 200 fly and was also 16th in the 200 IM...personal best times include a 2:04.7 in 200 fly, 2:07.32 in 200 IM and 4:25.5 in the 400 IM...**PREP:** High school All-American...Metro Area champion...used to dive for the Good Counsel High School...**PERSONAL:** Born February 14, 1977...greatest ambition is to make NCAA's...majoring in communications.



## AMY ARMOND

SOPHOMORE, 5-6, FLY, IM  
SNELLVILLE, GA – SWIM ATLANTA  
BROOKWOOD HIGH SCHOOL

Looking to final at ACC's in the fly and IM events...made ACC Honor Roll last year ...ranks 4th in school history in both the 200 fly and 400 IM...**1996:** Took 9th in both the 100 and 200 flys at ACC's, and was 10th in the 400 IM...was on the 2nd place medley relay...personal best times include a 58.1 in 100 fly, 2:04.03 in 200 fly, and 4:28.55 in the 400 IM...**PREP:** National merit scholar...US Swimming scholastic All-American for three years in a row...**PERSONAL:** Born October 21, 1976...chose FSU because of the weather ...majoring in music.



## MEAGAN BRADLEY

SOPHOMORE, 5-5, DISTANCE FREE  
PLANTATION, FL – PINE CREST  
SWIM TEAM  
ST. THOMAS AQUINAS HIGH SCHOOL

One of the team's strongest distance swimmers...plagued by illness last season, she looks to be the key to the Seminoles distance threat...**1996:** Swam on the 6th place 800 free relay at ACCs...personal best times include a 4:59.3 in 500 free, 10:10.13 in 1000 free and 17:09.82 in the 1650 free...**PREP:** Most Valuable Swimmer in her junior and senior years...was an All-American sophomore, junior, and senior year...placed 2nd in the 200 free at high school championships her junior year...**PERSONAL:** Born November 15, 1977...brother Frank also swims for FSU...majoring in business.



**MAIDER GAZTAÑAGA**

**SENIOR, 5-8, DISTANCE FREE, IM  
ORDIZIA, SPAIN – BOLLES  
BOLLES HIGH SCHOOL**

Talented distance and 400 IM swimmer with potential to qualify for the NCAA's...a member of the Dean's List since 1993...ACC Honor Roll three straight years...ranks 6th in school history in the 400 IM and 10th in both the 500 and 1650 frees...**1996:** At ACC's she finished 11th in both the 400 IM and the 1650 free, and took 14th in the 500 free...also swam on the 6th place 800 free relay...**1995:** Conference consolation finalist in the 500 and 1650 free, and 400 IM...**1994:** Consolation finalist in 500 free and 400 IM at the conference championships...personal best times include a 5:01.55 in 500 free, 4:28.31 in 400 IM and 2:08.22 in the 200 fly...**PREP:** Earned All-American status in the 500 free...also an all-state pick in the 1000 free...placed 3rd in the 400 IM at the Spanish Nationals in



1991...**PERSONAL:** Born December 26, 1974...greatest ambition is to make NCAA's...athlete she most admires is Miguel Indurain...majoring in civil engineering.



**ERIN GILLOOLY**

**SENIOR, 5-1, DIVING  
ORLANDO, FL – TEAM ORLANDO  
GATEWAY HIGH SCHOOL**

Talented diver who possesses NCAA qualifying potential...looking to return to her ACC champion form...holds the team record on the three meter board for eleven dives with 474.40 points...**1996:** Took 4th place on the three meter and 15th on the one meter at ACC's ...**1995:** ACC champion in the three-meter and runner up in the one-meter...named ACC Diver of the Year...**1994:** ACC finalist in both the one and three-meter boards...**PREP:** State Class 3A diving champion sophomore year...finished 3rd at the Junior Olympic Age Group Nationals in 1992...**PERSONAL:** Born September 13, 1974...nicknamed "Delight" ...greatest sports memory was taking 3rd at the Junior Olympics...greatest ambition is to graduate from college ...majoring in criminology.



**CAROLINE HAMILTON**

**SENIOR, 5-8, BREAST  
SEMINOLE, FL – ST. PETERSBURG  
AQUATICS  
SEMINOLE HIGH SCHOOL**

Hard working swimmer...made ACC Honor Roll for second year...ranks 8th in school history in the 200 breast...**1996:** Swam at ACC's, missed consolations by two tenths of second in the 100 breast...**1995:** Conference consolation finalist in the 100 breast...**1994:** ACC consolation finalist in the 100 breast...personal best times include a 1:07.26 in 100 breast and a 2:25.15 in the 200 breast...**PREP:** Holds the school record in the 100 breast and a member of the Seminole H.S. record holding 400 free relay team...**PERSONAL:** Born January 15, 1976...greatest ambition is to be successful and happy...majoring in human sciences.



**SARAH HENDERSON**

**JUNIOR, 5-10, DIVING  
ORLANDO, FL – TEAM ORLANDO  
DR. PHILLIPS HIGH SCHOOL**

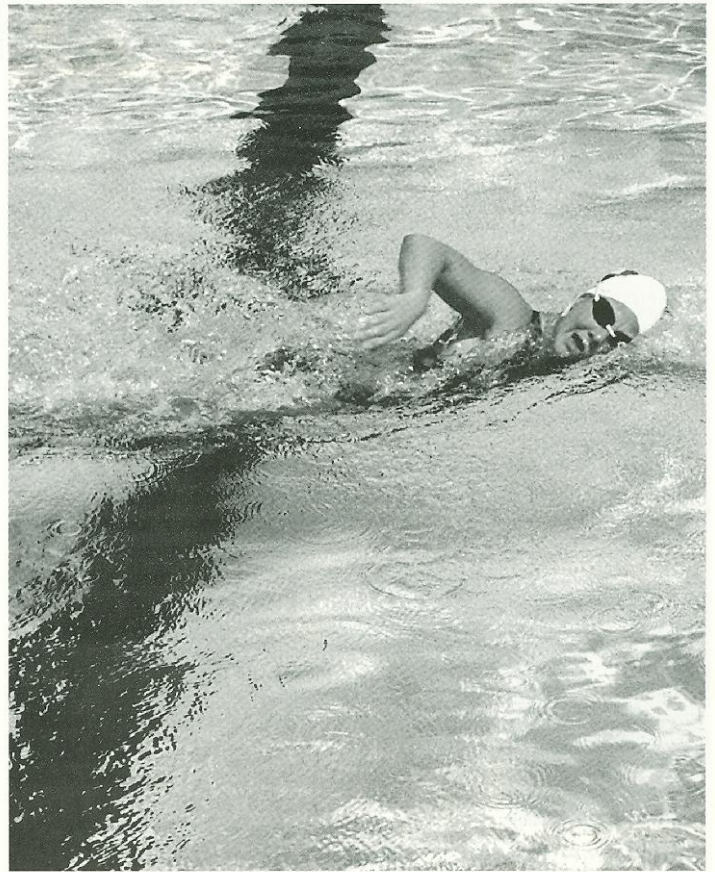
Expected NCAA qualifier...will be contending for the ACC title on the one-meter...FSU Most Valuable Diver last year...**1996:** Conference runner up on the one meter and finished 11th on the three meter...**1995:** Conference consolation finalist on the one and three meter boards...**PREP:** High school state champion junior year...four time All-American and Academic All-American...**PERSONAL:** Born May 29, 1976...sister Julie is a former diver for the team...greatest sports memory was winning the state championship in high school...majoring in communications for business.





**HELEN JEPSON**  
 SENIOR, 5-6, FLY  
 WEST YORKSHIRE, ENGLAND – CITY  
 OF LEEDS  
 WAKEFIELD GIRLS HIGH SCHOOL

Three time NCAA qualifier in the 200 fly...won the 200 meter fly at the British Olympic trials, but did not reach qualifying times to make the 1996 Olympic team...holds school record in 200 fly and on the school record 400 medley relay...two-time All-ACC selection ...swam for Great Britain at the World University Games in Buffalo in 1993 and in Tokyo, Japan in 1995...FSU Team MVP in '93 through '95...has made dean's list freshman through junior years...made ACC Honor Roll last year...**1996:** Redshirted in an attempt to make the 1996 British Olympic team...**1995:** ACC champion in 100 and 200 fly...placed 12th in 200 fly at NCAA's...second team All-American...NCAA All-Academic...**1994:** ACC runner-up in the 200 fly and 3rd in the 100 fly...NCAA qualifier in the 200 fly...**1993:** Conference champion in the 200 fly and 2nd in the 100 fly, consolation finalist in the 1650 free...NCAA qualifier in the 200 fly...personal best times include a 56.05 in 100 fly and 2:00.92 in the 200 fly...**PREP:** Swam at Wakefield Girl's High School...**PERSONAL:** Born September 4, 1972...born in Great Britain...majoring in communications.



**SHANNON McHUGH**  
 SENIOR, 5-4, FLY, DISTANCE FREE  
 PLANTATION, FL – PINE CREST  
 ST. THOMAS AQUINAS HIGH SCHOOL

Excellent work ethic and a tremendous student...made ACC Honor Roll for third straight year...expected to score in distance events at ACC's...**1996:** Swam as exhibition at ACC's...**1995:** Conference consolation finalist in the 1650 free and 200 fly... **1994:** Conference consolation finalist in the 200 fly and the 1650 free...personal best times include a 5:02.5 in 500 free, 10:15.63 in 1000 free, and 17:05.33 in the 1650 free...**PREP:** Four-time state finalist...a three-year honorable mention All-American...**PERSONAL:** Born April 6, 1975...majoring in special education.



**TENELLE RAMER**  
 SOPHOMORE, 5-7, FREE  
 GOSHEN, IN – MICHIANA MARLINS  
 GOSHEN HIGH SCHOOL

Highest scoring woman for FSU at ACC's last year...named All-ACC...ranks 2nd in school history in the 100 free and 3rd in the 200 free...**1996:** At the conference meet, took 2nd in the 100 free and 3rd in both the 50 and 200 frees...also swam on the 1st place 200 medley relay, the 2nd place 200 free and 400 medley relays, and the 4th place 400 free relay...personal best time include a 23.9 in 50 free, 51.57 in 100 free, and 1:51.3 in the 200 free ...**PREP:** High school All-American...state runner-up in the 100 free...Most Valuable Swimmer all four years...**PERSONAL:** Born March 9, 1977...nicknamed "Tenelly"...majoring in nursing.



**KRISTIE McROBERTS**  
 SOPHOMORE, 5-10, FREE, BACK  
 ALBANY, GA – AMERICUS BLUE TIDE  
 WESTOVER HIGH SCHOOL

Scored valuable points at ACC's last season...should shine in the middle distance and backstroke events with renewed dedication this year...**1996:** 13th in 200 free and 15 in the 100 back at ACCs...also on the 4th place 400 free relay...personal best times include a 58.7 in 100 back, 1:53.74 in 200 free and 5:05.64 in the 500 free...**PREP:** Holds private school state record in 500 free and 100 back...Most Valuable Swimmer during all four years...**PERSONAL:** Born October 12, 1976...worked as a volunteer in the Olympic Village in Atlanta...athlete she most admires is Dennis Rodman...majoring in counseling and art history.



**KAREN SCHMEDEMAN**  
 SENIOR, 5-4, DIVING  
 BRANDON, FL – ST. PETERSBURG  
 AQUATICS  
 BLOOMINGDALE HIGH SCHOOL

Consistent diver...looking to improve on last year's ACC performance...**1996:** Finished 15th on the three meter board at ACCs...**1995:** Conference consolation finalist on both the one and three-meter boards...**PREP:** Three-time district champion and two-time conference champion...placed eighth at the state meet as a senior...three-time team MVP...**PERSONAL:** Born November 17, 1975...greatest ambition is to be a lawyer...majoring in criminology.



**ALLISON SMITH**

JUNIOR, 5-6, BREAST  
COLUMBUS, MS – FALCON AQUATIC/  
GPAC  
COLUMBUS HIGH

Strong swimmer...will challenge for the ACC title and looks to qualify for NCAA's in both breaststrokes...**1996:** Finished 3rd in the 100 breast and 4th in the 200 breast at ACC's...**1995:** ACC champion in the 100 breast in ACC record time and runner up in the 200 breast...made All-ACC team...personal best times include a 1:03.9 in 100 breast and 2:19.16 in the 200 breast...**PREP:** Holds six state records...named Outstanding Female Swimmer in Mississippi the last six years...state champion in 100 breast, 100 fly, and 200 IM...**PERSONAL:** Born July 7, 1976...is a member of Pi Beta Phi sorority...athlete she most admires is Cal Ripken Jr...majoring in interior design.



**MARIA TOOLE**

SOPHOMORE, 5-4, SPRINT FREE, FLY  
TAMPA, FL – GREATER TAMPA SWIMMING ASSOCIATION  
PLANT HIGH SCHOOL

After winning a year long battle with cancer, returns to swim the sprint free and fly events...outstanding student...**1996:** Provided the team with valuable depth in the butterfly events...personal best times include a 24.8 in 50 free, 57.77 in 100 fly, and 2:12.19 in the 200 fly...**PREP:** Holds four school records...Hillsborough County Swimmer of the Year in 1991...state runner-up in the 100 fly as a senior...**PERSONAL:** Born February 19, 1976...cousin Kent Corral played football at FSU from 1970 to 1971...greatest sports memory was her final swim at the high school state championships her senior year...athlete she most admires is Summer Sanders...undecided on a major.



**SAMANTHA WHITE**

SOPHOMORE, 5-6, BREAST  
ORMOND BEACH, FL – DAYTONA  
BEACH SA  
SEABREEZE HIGH SCHOOL

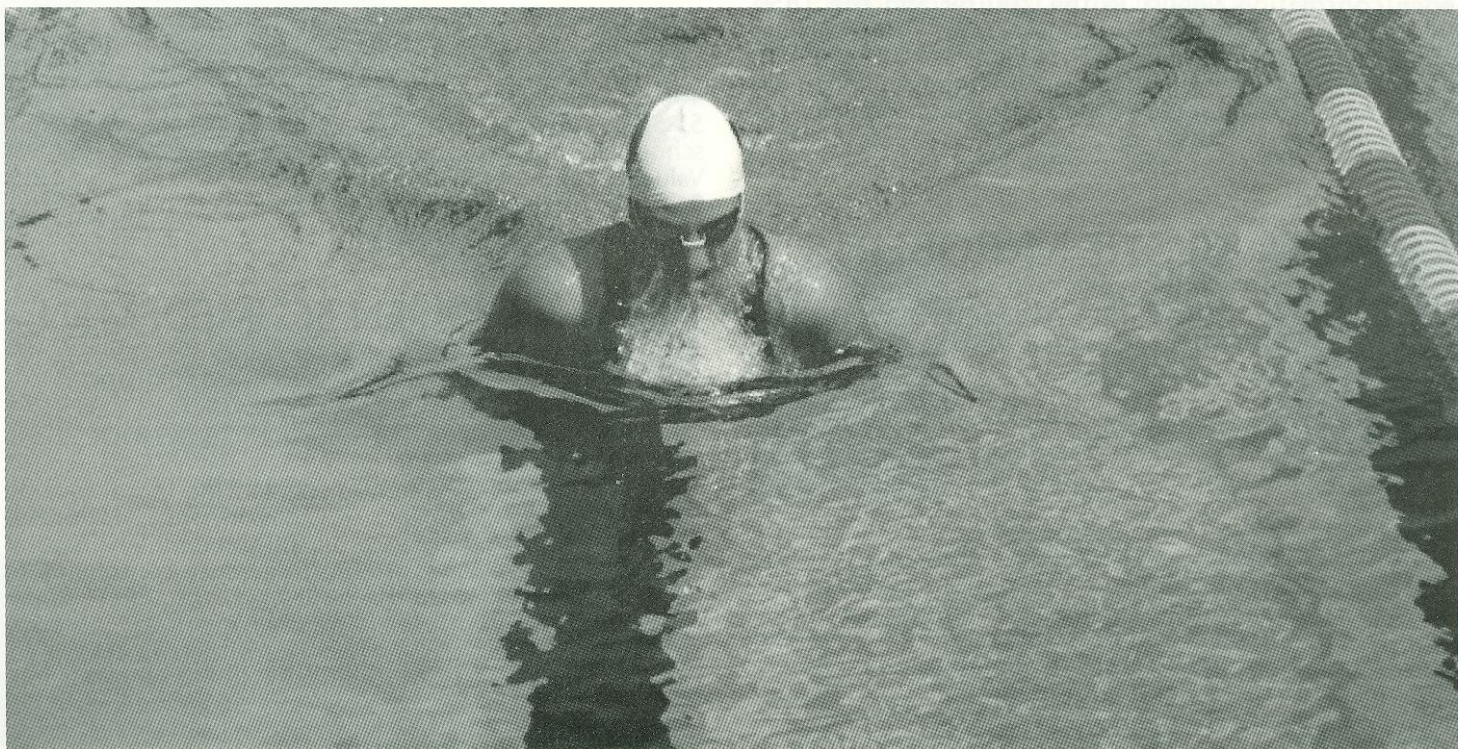
Looking to take the breaststroke titles at ACC's...holds the school record in the 100 breast and is ranked 4th in school history in the 200 breast...2nd team All-American and All-ACC last year...FSU Most Valuable Swimmer last season...**1996:** Conference runner-up in both the 100 and 200 breast, and placed 14th in the 200 IM...swam on the 1st place 200 medley relay and 2nd place 400 medley relay...at NCAA's she finished 13th in the 100 breast...personal best times include a 1:03.23 in 100 breast and 2:19.22 in the 200 breast...**PREP:** State Champion in the 100 breast in her senior year...conference and district record holder in the 100 breast...1993 Junior National Champion in the 200 breast..**PERSONAL:** Born November 14, 1976...nicknamed "Sam"...majoring in accounting.



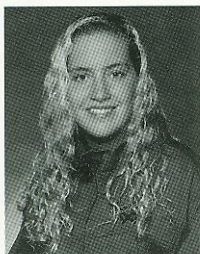
**KATHLEEN WRIGHT**

SOPHOMORE, 5-10, SPRINT FREE, FLY  
MARIETTA, GA – SWIM ATLANTA  
WALTON HIGH SCHOOL

'Built for speed'...strong swimmer who provided valuable points at ACC's last year...made All-ACC team last season...ranks 9th in school history in the 100 fly...**1996:** Took 7th in the 100 fly at ACC's, also finished 11th in the 50 free and 14th in the 100 free...swam on the 1st place 200 medley relay and the 2nd place 200 free relay...personal best times include a 24.29 in 50 free, 53.2 in 100 free, and 58.39 in the 100 fly...**PREP:** Most Valuable Swimmer senior year...1993-95 All-County selection...state champion in the 100 free her senior year...**PERSONAL:** Born December 13, 1976...nicknamed "Katie"...father was an All-American swimmer at Alabama...athlete she most admires is Summer Sanders...majoring in communications.



# NEWCOMER PROFILES



## RACHAEL AMMAN

JUNIOR, 5-8, FREE, BREAST  
EUSTIS, FL – TRIANGLE AREA  
GOLDEN GATORS  
EUSTIS HIGH SCHOOL

Swam at Indian River CC last year...was the National Junior College Athletic Association champion in the 50 free as a freshman and is on the NJCAA record 200 free relay...personal best times include a 24.32 in 50 free, 53.28 in 200 free, and 1:10.98 in the 100 breast...**PREP:** Team MVP all four years, team captain senior year...finished 3rd in the 50 free and 5th in the 100 free at Junior National her senior year...**PERSONAL:** Born October 24, 1976...brother Justin currently a freshman on the FSU football team, and father Richard was a three year letterman on the team from 1969-1971...greatest ambition is to swim in the Olympics...majoring in business.



## ANNE BLACHFORD

FRESHMAN, 5-7, FREE, BREAST  
BRAMPTON, ONTARIO – ETOBICOKE  
SWIM CLUB  
BRAMALEA S.S. HIGH SCHOOL

Outstanding athlete, should qualify for several events at NCAA's...personal best times include a 24.25 in 50 free, 52.76 in the 100 free, and 1:04.24 in the 100 breast...**PREP:** Had a stellar career at Bramalea S.S....**PERSONAL:** Born October 1, 1976...greatest ambition is to be an Olympic medalist...greatest sports memory was being a national bronze medallist in Canada...majoring in sport management.



## KELLY BROCK

FRESHMAN, 5-3, BREAST, IM  
ROSWELL, GA – SWIM ATLANTA  
MILTON HIGH SCHOOL

Talented breaststroker...will provide additional power for a deep breaststroke squad...personal best times include a 1:04.82 in 100 breast, 2:23.64 in 200 breast, and 2:08.96 in the 200 IM...**PREP:** 3-time All-State selection...Senior National qualifier in 100 breast...1995 Seniors 100 breast state champion...**PERSONAL:** Born November 3, 1978...greatest ambition is to final at NCAA's and at Olympic Trials...greatest sports memory was working this summer with the swimming events at the Olympics...athlete she most admires is Jon Olsen...majoring in English.



## LINDA FINROCK

FRESHMAN, 5-5, FLY, FREE  
WINTER PARK, FL – TRINITY  
SWIM CLUB  
WINTER PARK HIGH SCHOOL

An immediate impact, versatile mid-distance and fly competitor...should be a huge factor at ACC's...personal best times include a 58.45 in the 100 fly, 2:04.01 in 200 fly, and 5:05.00 in the 500 free...**PREP:** Top 16 time in the 200 fly in



1994...made honor roll three times in high school... **PERSONAL:** Born July 1, 1978...greatest ambition is to place at NCAA's...is the fifth swimmer in her family...greatest sports memory was placing 2nd at Junior Nationals...athlete she most admires is Mary T. Meagher...majoring in nutrition.



## CINDY MARION

JUNIOR, 5-4, BACK  
MARIETTA, GA – ABT SWIM CLUB  
AMERICUS HIGH SCHOOL

Transfer from UNLV...looks to qualify for NCAA's in both backstroke events...extremely versatile swimmer...personal best times include a 56.5 in the 100 back and 2:01.90 in the 200 back...**PREP:** Two-time state champion...on the national record-holding 200 medley relay...Senior National qualifier in 100 and 200 back and 200 fly... **PERSONAL:** Born October 13, 1975...athlete she most admires is Jackie Joyner-Kersey...majoring in communications.



## LAURA MATEKA

FRESHMAN, 5-3, BACK, FLY, IM  
PALM HARBOR, FL – CLEARWATER  
AQUATIC  
CLEARWATER CENTRAL CATHOLIC  
HIGH SCHOOL

Strong prep swimmer...will provide much needed strength in the distance events...swam for assistant coach Mack at Clearwater Aquatic...personal best times include a 59.59 in 100 back, 59.16 in 100 fly, and 2:08.46 in the 200 IM...**PREP:** Team captain and MVP junior and senior years...Junior National qualifier...**PERSONAL:** Born September 21, 1978...greatest sports memory was the first time she qualified for Juniors at age 13...athlete she most admires is Janet Evans...majoring in nursing or speech therapy.



**KATIE RUSCOE**

FRESHMAN, 5-6, FREE, FLY  
PORT RICHEY, FL – 300 CLUB  
GAINESVILLE HIGH SCHOOL

Walk-on that will provide depth in the distance free events...personal best times include a 2:01.99 in 200 free, 5:17.81 in 500 free, and 17:46.87 in the 1650 free...

**PREP:** Team MVP her senior year...**PERSONAL:** Born December 11, 1978...born in England...athlete she most admires is Janet Evans...majoring in health administration.

**PERSONAL:** Born December 11, 1978...born in England...athlete she most admires is Janet Evans...majoring in health administration.



**MARYA SABESLKY**

FRESHMAN, 5-2, DIVING  
WINNIPEG, MANITOBA, CAN – PAN AM  
DIVING CLUB  
SILVER HEIGHTS COLLEGIATE SCHOOL

Very talented diver...will contend for conference top three on both boards...possible NCAA qualifier...**PREP:** Made honor roll in high school all four years...**PERSONAL:** Born May 5, 1978...greatest ambition is to go to the Olympics...greatest sports memory was diving in the 1993 Canada Games...undecided on a major.

**PERSONAL:** Born May 5, 1978...greatest ambition is to go to the Olympics...greatest sports memory was diving in the 1993 Canada Games...undecided on a major.



**SARAH SCOBEY**

FRESHMAN, 5-9, SPRINT FREE, BACK  
WINTER SPRINGS, FL – LONGWOOD  
AQUATIC WAVE  
BISHOP MOORE HIGH SCHOOL

Newcomer to the sport...coaches consider her a "diamond in the rough" in the sprint free and back events...personal best times include a 25.27 in 50 free, 55.27 in 100 free, and 1:06.08 in the 100 back...**PREP:** Was on All-American 200 free relay her senior year...help lead team to district title and runner-up at states...**PERSONAL:** Born July 10,

**PERSONAL:** Born July 10,



1978...greatest sports memory was swimming the anchor leg and out touching her high school's rival team on the 200 free relay at district meet...athlete she most admires is Dan Jansen...majoring in biology.



**DANIELLE STAFFORD**

FRESHMAN, BACK, FLY  
JACKSONVILLE, FL – BOLLES  
BOLLES HIGH SCHOOL

Hard worker who will provide needed depth in the dual meets...personal best times include a 2:10.00 in 200 fly, 1:02.20 in 100 back, and a 2:11.0 in the 200

back...**PREP:** High school state qualifier her freshman, sophomore, and senior years...**PERSONAL:** Born June 19, 1978...her greatest sports memory was when she was twelve and got to push her coach in because she went faster in the 500 free than he thought she could...majoring in engineering.



# WOMEN'S COACHES RECORDS

## ALL-TIME SERIES RECORD

OPPONENTS	W	L	T	PCT.
Alabama	5	6	0	.455
Auburn	3	5	0	.375
Brenau College	5	1	0	.833
Brevard CC	1	0	0	1.000
Charleston College	1	0	0	1.000
Cincinnati	0	1	0	.000
Clemson	3	2	1	.583
Colorado State	1	0	0	1.000
Daytona Beach CC	6	0	0	1.000
Duke	1	0	0	1.000
East Carolina	1	0	0	1.000
Florida	0	21	0	.000
Florida A&M	1	0	0	1.000
Florida Atlantic	10	0	0	1.000
Furman	1	0	0	1.000
Georgia	5	8	0	.385
Georgia Southern	5	1	0	.833
Georgia State	2	0	0	1.000
Harvard	0	1	0	.000
Houston	0	1	0	.000
Howard	1	0	0	1.000
Indian River CC	8	3	0	.727
James Madison	1	0	0	1.000
Louisiana State	2	9	0	.182
Maryland	4	0	0	1.000
Miami (FL)	10	9	0	.526
Miami (OH)	1	0	0	1.000
Michigan State	1	0	0	1.000
Miss. Women's College	2	0	0	1.000
Nebraska	3	0	0	1.000
New Orleans	2	0	0	1.000
North Carolina	0	5	0	.000
North Carolina State	7	2	0	.778
Northeast Louisiana	5	0	0	1.000
Notre Dame	1	0	0	1.000
Ohio State	1	0	0	1.000
Oklahoma State	1	0	0	1.000
South Carolina	3	4	1	.429
South Florida	11	1	0	.917
Southern Illinois	1	0	0	1.000
Southern Miss.	2	0	0	1.000
Tampa	8	0	0	1.000
Tennessee	2	0	0	1.000
Texas A&M	0	1	0	.000
Texas Christian	1	0	0	1.000
Tulane	6	0	0	1.000
Vanderbilt	2	0	0	1.000
Virginia	0	4	0	.000
Virginia Tech	1	0	0	1.000
West Virginia	1	0	0	1.000
<b>ALL TIME</b>	<b>138</b>	<b>88</b>	<b>2</b>	<b>.610</b>



YEAR	W	L	T	PCT.
<b>YEAR-BY-YEAR RECORDS</b>				
<b>UNDER COACH JOHN RANGELEY</b>				
1975	0	3	0	.000
<b>UNDER COACH TERRY MAUL</b>				
1976	2	4	0	.333
1977	8	4	0	.667
1978	6	3	0	.667
1979	10	2	0	.833
1980	9	3	1	.731
1981	11	1	0	.910
1982	6	2	0	.750
1983	6	3	0	.667
1984	7	2	1	.750
1985	3	6	0	.333
1986	7	5	0	.583
1987*	7	4	0	.636
1988*	9	3	0	.750
1989*	8	5	0	.615
1990*	10	5	0	.667
1991	3	5	0	.375
1992	7	6	0	.538
1993	6	5	0	.545
<b>UNDER COACH DON GIBB</b>				
1994	6	5	0	.546
1995	3	7	0	.300
1996	5	4	0	.556
<b>ALL-TIME</b>	<b>138</b>	<b>88</b>	<b>2</b>	<b>.610</b>

\*Co-coached by Bill Shults

# LADY SEMINOLE STATISTICS

## WOMEN'S SCHOOL RECORDS

50 free	Laurie Lehner (1982)	22.77
100 free	Laurie Lehner (1982)	50.01
200 free	Sara Linke (1984)	1:49.39
500 free	Sara Linke (1984)	4:45.80
1000 free	Missy Connolly (1990)	10:01.62
1650 free	Missy Connolly (1990)	16:39.79
50 breast	Sharon Spuler (1982)	29.81
<b>100 breast</b>	<b>Samantha White (1996)</b>	<b>1:03.23</b>
200 breast	Danielle Van Dyke (1989)	2:17.87
50 fly	Laurie Lehner (1982)	24.48
100 fly	Laurie Lehner (1982)	53.42
<b>200 fly</b>	<b>Helen Jepson (1995)</b>	<b>2:00.28</b>
50 back	Jodi Krieg (1995)	26.62
100 back	Jodi Krieg (1995)	55.92
200 back	Jodi Krieg (1995)	2:00.69
200 IM	Jodi Krieg (1995)	2:04.76
400 IM	Claudia Wilson (1994)	4:24.58
200 free relay	Laurie Lehner, Sharon Spuler Simone Kusseling, Lenore Gribble (1982)	1:33.50
400 free relay	Nada Cenanovic, Kristen Chambers, Kristen Harrington, Krissy Myers (1991)	3:25.65
800 free relay	Missy Proctor, Karen Acre Patty Hoffman, Sara Linke (1984)	7:32.26
200 medley relay	Meg McCully, Sharon Spuler Laurie Lehner, Simone Kusseling (1982)	1:42.86
400 medley relay	Jodi Krieg, <b>Allison Smith</b> , <b>Helen Jepson</b> , Ruth Kominski (1995)	3:46.67
1 meter diving		
6 dives	Teri Lukes (1991)	281.25
11 dives	Wendy Fuller (1985)	431.60
3 meter diving		
6 dives	Susan Petry (1994)	300.40
<b>11 dives</b>	<b>Erin Gillooly (1995)</b>	<b>474.40</b>

## LADY SEMINOLE MVPS

YEAR	SWIMMING	DIVING
1985-86	Karen Acre	Patsy O'Toole
1986-87	Karen Acre	Silaron Warning
1987-88	Kathy Isackson	Susan Pollack
1988-89	Kathy Isackson /Danielle Van Dyke	Susan Pollack
1989-90	Kathy Isackson	Susan Pollack
1990-91	Kristan Chambers	Terry Lukes
1991-92	Dorothea Bralic	<b>Julia Henderson</b>
1992-93	<b>Helen Jepson</b>	Susan Petry
1993-94	Dorothea Bralic /Helen Jepson	
1994-95	<b>Helen Jepson</b>	<b>Erin Gillooly</b>
1995-96	<b>Samantha White</b>	<b>Sarah Henderson</b>

## INDIVIDUAL ALL-AMERICANS

YEAR	NAME	EVENT
1975	Susan Clark	50, 100 fly, 100 IM
	Katie Jones	100 back
	Mary Montgomery	400 free
	Jackie Walker	400 free
1976	Laura Barber	50, 100 back
1977	Laura Barber	100 back
	Susie Yates	50 free
1978	Terri Miller	400 IM, 1650 free

1980	Jana Wilkins	100 fly
	Lenore Gribble	100 fly
	Lisa Nencioni	100 breast
	Sharon Spuler	50 breast
1981	Lenore Gribble	100 fly
	Meg McCully	50, 100 back
	Sharon Spuler	50 breast
1982	Kim Foster	200 back
	Lenore Gribble	50, 100 fly
	Laurie Lehner	50, 100 fly, 50, 100 free
	Meg McCully	50, 100, 200 back
	Sharon Spuler	50, 100 breast
1983	Sara Linke	200, 500 free
1984	Sara Linke	200, 500 free
1985	Wendy Fuller	1m diving
1988	Kathy Isackson	100, 200 fly
1989	Kathy Isackson	100 fly
	Danielle Van Dyke	100 breast
1995	<b>Helen Jepson</b>	200 fly
1996	<b>Samantha White</b>	100 breast

## LADY SEMINOLE RELAY ALL-AMERICANS

### 200 FREE

1976	Laura Barber, Kim Reeves, Patty Taylor, Ritchie Dorrier
1977	Laura Barber, Ritchie Dorrier, Susie Yates, Jana Wilkins
1982	Sharon Spuler, Lenore Gribble, Laurie Lehner, Simone Kusseling

### 400 FREE

1975	Mary Montgomery, Susan Clark, Jackie Walker, Kathy McHardy
1976	Laura Barber, Kim Reeves, Ritchie Dorrier, Kathy McHardy
1977	Laura Barber, Ritchie Dorrier, Jana Wilkins, Susie Yates
1978	Terri Miller, Jeanne Dowdle, Laura Barber, Jana Wilkins
1979	Jeanne Dowdle, Lisa Davidson, Kim Dunlap, Kathi Miller
1982	Sharon Spuler, Laurie Lehner, Lenore Gribble, Stacey Deck

### 800 FREE

1977	Laura Barber, Sara Shuster, Nancy Pfaff, Beth Jones
1978	Terri Miller, Jackie Bajus, Jana Wilkins, Sara Shuster

### 200 MEDLEY

1975	Katie Jones, Penny Knutsen, Susan Clark, Mary Montgomery
1977	Terri Wiking, Kim Krueger, Jana Wilkins, Susie Yates
1978	Laura Barber, Jeanne Dowdle, Jana Wilkins, Jackie Bajus
1980	Kim Dunlap, Sharon Spuler, Lenore Gribble, Jeanne Dowdle
1981	Meg McCully, Sharon Spuler, Lenore Gribble, Kim Foster
1982	Meg McCully, Sharon Spuler, Laurie Lehner, Simone Kusseling
1988	Stacia Evans, Jennifer Hazard, Kathy Isackson, Krissy Myers

### 400 MEDLEY

1981	Meg McCully, Sharon Spuler, Lisa Nencioni, Lenore Gribble
1982	Meg McCully, Sharon Spuler, Lisa Nencioni, Lenore Gribble

*Bold indicates active performers*

# WOMEN'S ALL-TIME TOP TEN

## 50 FREE

1. Laurie Lehner	22.77	1982
2. Ruth Kominski	23.28	1995
3. Stacia Evans	23.29	1988
4. Krissy Myers	23.39	1988
5. Susie Lerch	23.86	1993
6. Danielle Van Dyke	23.87	1990
7. Kirsten Harrington	23.90	1990
<b>Tenelle Ramer</b>	<b>23.90</b>	<b>1996</b>
9. Nada Cenanovic	23.91	1991
10. Christy Lindsey	23.93	1993

## 100 FREE

1. Laurie Lehner	50.01	1982
<b>2. Tenelle Ramer</b>	<b>51.57</b>	<b>1996</b>
3. Krissy Myers	51.72	1991
4. Kirsten Harrington	51.75	1991
Danielle Van Dyke	51.75	1990
6. Nada Cenanovic	51.80	1991
7. Ruth Kominski	51.92	1995
8. Susan North	52.03	1988
9. Jill Patla	52.79	1992
10. Susie Lerch	52.84	1992

## 200 FREE

1. Sara Linke	1:49.39	1984
2. Susan North	1:50.10	1988
<b>3. Tenelle Ramer</b>	<b>1:51.30</b>	<b>1996</b>
4. Kathy Isackson	1:51.74	1990
5. Kristan Chambers	1:52.16	1991
6. Jennie Hugus	1:52.95	1987
7. Kristen Campbell	1:53.25	1995
<b>8. Helen Jepson</b>	<b>1:53.60</b>	<b>1995</b>
9. Jodi Krieg	1:53.78	1995
Alison Harvey	1:53.78	1990

## 500 FREE

1. Sara Linke	4:45.80	1984
2. Kathy Turner	4:55.97	1989
3. Missy Connolly	4:56.34	1990
4. Merrie Brennan	4:57.95	1991
<b>5. Helen Jepson</b>	<b>4:58.88</b>	<b>1995</b>
6. Alison Harvey	5:00.06	1990
7. Jennifer Withrow	5:01.25	1993
8. Aurora Valseca	5:01.45	1990
9. Julie Peluso	5:03.20	1993
<b>10. Maider Gaztañaga</b>	<b>5:03.23</b>	<b>1996</b>

## 1650 FREE

1. Missy Connolly	16:39.79	1990
2. Merrie Brennan	16:56.33	1989
<b>3. Helen Jepson</b>	<b>16:57.43</b>	<b>1993</b>
4. Karen Acre	17:00.58	1984
5. Terri Miller	17:02.58	1978
6. Suzie Gunn	17:07.10	1991
7. Courtney Clark	17:07.95	1990
8. Missy Bunnell	17:17.50	1988
9. Aurora Valseca	17:21.69	1990
<b>10. Maider Gaztañaga</b>	<b>17:24.00</b>	<b>1994</b>

## 100 BREAST

<b>1. Samantha White</b>	<b>1:03.23</b>	<b>1996</b>
2. Danielle Van Dyke	1:03.86	1989
<b>3. Allison Smith</b>	<b>1:04.13</b>	<b>1995</b>
4. Dorotea Bralic	1:04.29	1993
5. Sharon Spuler	1:04.43	1982
6. Ruth Kominski	1:04.47	1995
7. Jennifer Hazard	1:05.15	1988
<b>8. Lindy Dorminy</b>	<b>1:05.92</b>	<b>1995</b>

9. Lisa Nencioni	1:06.00	1980
10. Belinda Martin	1:07.02	1991

## 200 BREAST

1. Danielle Van Dyke	2:17.87	1989
2. Dorotea Bralic	2:18.44	1993
<b>3. Allison Smith</b>	<b>2:19.16</b>	<b>1995</b>
<b>4. Samantha White</b>	<b>2:19.22</b>	<b>1996</b>
5. Joanne Bedard	2:22.17	1983
6. Belinda Martin	2:22.80	1988
7. Ruth Kominski	2:25.08	1992
<b>8. Caroline Hamilton</b>	<b>2:25.15</b>	<b>1994</b>
<b>9. Lindy Dorminy</b>	<b>2:25.39</b>	<b>1995</b>
10. Allison Ahrens	2:26.17	1991

## 100 FLY

1. Laurie Lehner	53.42	1982
2. Kathy Isackson	54.80	1989
<b>3. Helen Jepson</b>	<b>56.05</b>	<b>1995</b>
Ruth Kominski	56.05	1995
5. Kristan Chambers	57.13	1991
6. Jennie Hugus	57.60	1988
7. Kirsten Harrington	58.18	1990
<b>8. Maria Toole</b>	<b>58.25</b>	<b>1994</b>
<b>9. Katie Wright</b>	<b>58.39</b>	<b>1996</b>
<b>10. Amy Armond</b>	<b>58.56</b>	<b>1996</b>

## 200 FLY

<b>1. Helen Jepson</b>	<b>2:00.28</b>	<b>1995</b>
2. Kathy Isackson	2:00.99	1988
3. Kathy Turner	2:03.90	1990
<b>4. Amy Armond</b>	<b>2:04.00</b>	<b>1996</b>
5. Paige Schiff	2:04.34	1992
<b>6. Sherri Fowler</b>	<b>2:05.07</b>	<b>1996</b>
7. Sara Linke	2:05.54	1983
8. Kristan Chambers	2:05.78	1991
9. Julie Peluso	2:06.58	1992
10. Merrie Brennan	2:06.93	1991

## 100 BACK

1. Jodi Krieg	55.92	1995
2. Kiki Steinberg	57.65	1993
3. Meg McCully	57.71	1982

4. Susie Lerch	58.09	1993
5. Colleen Carpenter	58.55	1994
6. Claudia Wilson	59.20	1994
7. Valerie Moore	59.29	1992
8. Kristen Campbell	59.04	1995
9. Beth Rosenbluth	59.50	1993
10. Lori Skrobiak	59.78	1984

## 200 BACK

1. Jodi Krieg	2:00.69	1995
2. Kiki Steinberg	2:02.07	1993
3. Claudia Wilson	2:03.04	1994
4. Meg McCully	2:04.04	1982
5. Colleen Carpenter	2:04.18	1994
6. Kristen Campbell	2:05.16	1995
7. Juliet Yenglin	2:07.57	1990
8. Valerie Moore	2:08.40	1992
9. Kristan Chambers	2:08.77	1988
10. Meghan Brennan	2:09.22	1995

## 200 IM

1. Jodi Krieg	2:04.76	1995
2. Natalie Deschamps	2:04.97	1993
3. Dorotea Bralic	2:05.81	1994
4. Kiki Steinberg	2:06.91	1990
5. Claudia Wilson	2:07.08	1994
6. Kristan Chambers	2:08.14	1991
7. Merrie Brennan	2:08.28	1988
<b>8. Sherri Fowler</b>	<b>2:08.46</b>	<b>1996</b>
9. Juliet Yenglin	2:08.69	1990
10. Meghan Brennan	2:09.01	1993

## 400 IM

1. Claudia Wilson	4:24.58	1994
2. Natalie Deschamps	4:24.62	1983
3. Merrie Brennan	4:28.27	1991
<b>4. Amy Armond</b>	<b>4:28.55</b>	<b>1996</b>
5. Anne Spaeder	4:28.66	1989
<b>6. Maider Gaztañaga</b>	<b>4:28.90</b>	<b>1994</b>
7. Kathy Turner	4:29.80	1987
8. Jennifer Withrow	4:30.88	1993
9. Meghan Brennan	4:32.79	1993
10. Aurora Valseca	4:33.23	1990

*Bold indicates active performers*



# 1995-96 MEN'S REVIEW

## 1995-96 SEMINOLES RESULTS (5-4)

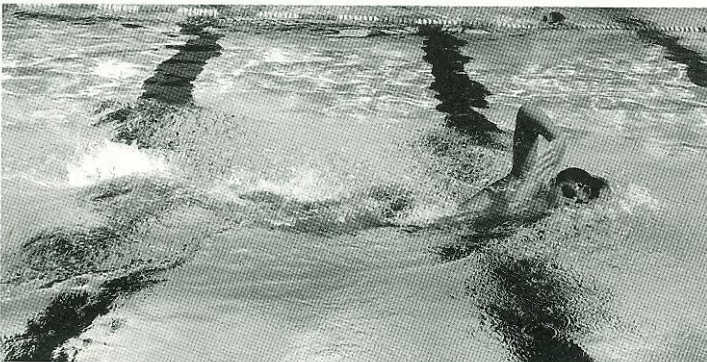
10/7	Miami	W	135-108
10/27	at Florida	L	95-150
11/3	at Auburn	L	106-130
11/17-19	Minnesota Invitational	5th	
1/8	at Alabama	L	61-76
	vs N.C. State	W	69-65
1/13	FAU	W	81-32
	FAMU	W	97-7
	Howard	W	99-7
1/20	at LSU	L	116-127
2/1-3	ACC Championships	3th	
3/28-31	NCAA Championships	18th	

The Seminoles completed one of their most successful seasons in 1995-96, as they finished 3rd at the ACC Championship meet and 18th at the NCAA Championships. There were several question marks coming into the start of last season, because the Seminoles were going to be without the services of Robert Braknis and Dustin Bengston, who took the year off for Olympic training. However, with leadership from the upperclassmen and the addition of a trio of talented freshman, the 'Noles finished with a 5-4 dual meet season record.

In the season's first meet, a 135-108 win over the University of Miami, the Seminoles saw their future as both freshmen Brendon Dedekind and Stephen Parry won events. FSU then went 4-3 going into the season finale at Louisiana State. During the meet, FSU's 400 medley relay was disqualified, and that proved to be the difference as LSU won 127-116. Unfortunately, the relay was a harbinger of the upcoming ACC and NCAA championships.

Florida State finished third at ACC's with 528 points, behind second place N.C. State (661.5) and champion North Carolina (801.5). The highlights of the meet included Dedekind winning both the 50 and 100 freestyles, Chip Haberstroh defending his 400 IM title, and the 200 free relay of Dedekind, Eduardo Coelho, John Haynes, and Matt McVittie winning in a conference record time. However, a disqualification in both the 400 IM and the 200 medley relay kept the Noles' from finishing as high as they would have liked. The NCAA Championship meet was a different story. FSU finished 18th, the program's highest finish ever, and had six individuals capture second team All-American status. Leading the way was Dedekind who placed 9th in the 50 free. Haberstroh and Parry finished 10th in the 400 IM and 200 fly, respectively. Dedekind joined Coelho, Haynes, and McVittie on the 9th place 200 and 400 free relays. Head coach Gibb was pleased with the team's finish.

"Our guys were able to improve on the performance from last year, and we went from 25th to 18th place," said Gibb. "By placing as a second place ACC team at the NCAA's, we proved we have excellent quality, while still needing some depth."



## 1995-96 FSU SWIMMING AND DIVING MEN'S TOP TIMES

### 50 FREE

1. Brendon Dedekind ..... 19.87 (ACC's, NCAA's)
2. Eduardo Coelho ..... 20.06 (ACC's)

### 100 FREE

1. Brendon Dedekind ..... 43.76 (NCAA's)
2. Eduardo Coelho ..... 44.49 (ACC's)

### 200 FREE

1. Brendon Dedekind ..... 1:39.11 (ACC's)
2. Matt McVittie ..... 1:39.83 (ACC's)

### 500 FREE

1. Stephen Parry ..... 4:24.39 (NCAA's)
2. Chip Haberstroh ..... 4:30.11 (ACC's)

### 1000 FREE

1. Chip Haberstroh ..... 9:22.11 (NCSU, UA)
2. Stephen Parry ..... 9:26.00 (vs. FAU)

### 1650 FREE

1. Chip Haberstroh ..... 15:28.01 (NCAA's)
2. Chris Plaisted ..... 15:55.19 (ACC's)

### 100 BACK

1. Erik Schlichenmaier ..... 51.11 (ACC's)
2. David Semesco ..... 51.52 (ACC's)

### 200 BACK

1. David Semesco ..... 1:50.42 (ACC's)
2. Stephen Parry ..... 1:51.18 (vs. LSU)

### 100 BREAST

1. Tim Welsch ..... 0:58.08 (ACC's)
2. Owen Henderson ..... 0:58.29 (ACC's)

### 200 BREAST

1. Matt Schmauch ..... 2:04.40 (ACC's)
2. James Henley ..... 2:04.78 (Aub. Inv)

### 100 FLY

1. Eduardo Coelho ..... 48.79 (ACC's)
2. Erik Schlichenmaier ..... 50.14 (ACC's)

### 200 FLY

1. Stephen Parry ..... 1:46.21 (NCAA's)
2. Thomas Bendixen ..... 1:51.22 (ACC's)

### 200 IM

1. Matt Schmauch ..... 1:51.65 (ACC's)
2. Frank Bradley ..... 1:51.81 (Aub. Inv)

### 400 IM

1. Chip Haberstroh ..... 3:51.02 (NCAA's)
2. Stephen Parry ..... 3:53.47 (NCAA's)

### ONE METER DIVING

1. Cory Geraghty ..... 453.60 (ACC's)
2. Derek Banta ..... 312.95 (ACC's)

### THREE METER DIVING

1. Cory Geraghty ..... 414.25 (Minn Inv.)
2. Derek Banta ..... 286.20 (ACC's)

### 200 FREE RELAY

1. Dedekind, Coelho, McVittie, Haynes .. 1:19.62 (ACC's)

### 400 FREE RELAY

1. Dedekind, Coelho, Haynes, McVittie ..... 2:57.67 (NCAA's)

### 800 FREE RELAY

1. Parry, McVittie, Bendixen, Haynes ..... 6:42.87 (ACC's)

### 200 MEDLEY RELAY

1. Schlichenmaier, Welsch, Chia, Dedekind .. 1:34.61 (NCSU, UA)

### 400 MEDLEY RELAY

1. Schlichenmaier, Schmuach, Coelho, Dedekind .... 3:20.10 (ACC's)



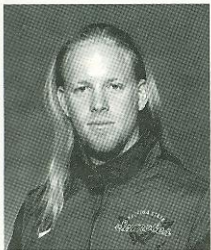
# SEMINOLE PROFILES



## DUSTIN BENGSTON

SOPHOMORE, FREE, FLY, 6-1, 190  
ST. PETERSBURG, FL – ST. PETE  
AQUATICS  
BOCA CIEGA HIGH SCHOOL

Extremely hard worker...looking to make NCAA's this year...member of school record 200 and 400 medley relays...also ranks 2nd in school history in the 100 fly, 3rd in the 200 fly, and 5th in the 200 free...**1996:** Took last season off to train for the Olympic Trials...**1995:** Conference runner-up in the 100 fly, 3rd in the 200 free, and 10th in the 100 free...also swam on the 1st place 200 and 400 medley relays and the 3rd place 800 free relay...made All-ACC team...at NCAA's, swam on the 14th place 200 medley and 15th place 400 medley relays...made All-American status...personal best times include a 48.62 in 100 fly, 1:47.15 in 200 fly, and 1:39.02 in the 200 free...**PREP:** Four-time High School All-American...state champion in 100 fly junior and senior year...state champ in 200 free senior year...**PERSONAL:** Born July 28, 1976...greatest sports memory was being on the winning 200 and 400 medley relays at ACC's...athlete he most admires is Michael Jordan...majoring in criminology.



## FRANK BRADLEY

SENIOR, BREAST, IM, 6-0, 180  
PLANTATION, FL – PINE CREST  
ST. THOMAS AQUINAS HIGH SCHOOL

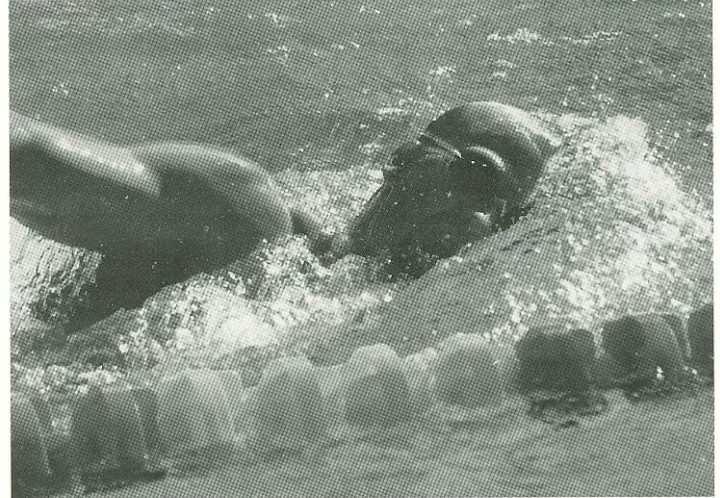
Talented breaststroker and IM specialist looking to score valuable points once again at ACC's...holds the school record in the 200 IM...**1996:** Finished 10th in the 200 IM and 12th in the 400 IM at ACC's...**1995:** ACC champion in the 200 IM, consolation finalist in the 100 breast and 200 back...named to All-ACC team...**1994:** Finished 7th in the 100 breast and consolation finalist in the 200 back...personal best times include a 1:49.5 in 200 IM, 3:58.3 in 400 IM, and 56.6 in the 100 breast...**PREP:** Florida state high school champion in the 100 breast and Broward County Swimmer of the Year as a senior...three year All-American...was on the record breaking 400 medley relay at Junior Nationals in 1993...**PERSONAL:** Born August 6, 1975...greatest sports memory was winning the 200 IM at ACC's in sophomore year...sister Meagan also swims for FSU...athlete he most admires is Michael Johnson...majoring in social science.



## ROBERT BRAKNIS

SENIOR, BACK, SPRINT FREE, 6-3, 195  
CHATEAUGUAY, QUEBEC –  
CHATEAUGUAY AQUATICS  
HOWARD S. BILLINGS HIGH SCHOOL

One of the most successful swimmers in FSU history...looking to challenge for the top three in the backstroke events at NCAA's this year...swam for his native Canada in the 1996 Summer Olympics in Atlanta, finishing 16th in the 100 meter back...also on the 12th place 400 meter medley relay at the Olympics...five year member of the Canadian National team...8 ACC titles...2 ACC records, in the 100 and 200 back...ACC Swimmer of the Year in 1995...three time All-ACC...holds the school record in the 100 and 200 back and is also



on the school record 200 and 400 medley relays...personal best times include a 48.10 in 100 back, 1:43.39 in the 200 back, and a 20.07 in the 50 free...**1996:** Took the year off to train for the Canadian Olympic Team...**1995:** At the ACC Championship meet, won the 50 free, 100 back, 200 back, and was on the winning 200 medley, 400 medley, 200 free, and the 2nd place 400 free relays...named MVP of the meet...took 8th at NCAA's in the 200 back...swam on the 200 and 400 medley relays that finished 14th and 15th...made All-American status...**1994:** Won the conference title in the 100 back, and was runner-up in both the 200 back and the 50 free...swam on the 2nd place 200 free, 400 free, and 400 medley relays...**1993:** Conference champion in the 100 back, 2nd in the 200 back, and 6th in the 50 free...swam on the 2nd place 400 free relay, the 3rd place 200 free and 400 medley relays, and on the 4th place 200 medley relay...personal best times include a 48.10 in 100 back, 1:43.39 in 200 back, and 20.07 in the 50 free...**PREP:** Had a stellar career at Howard S. Billings High School...**PERSONAL:** Born January 8, 1973...greatest sports memory was swimming in the 1996 Summer Olympics in Atlanta...athletes he most admires are Mike Tyson and Donovan Bailey...majoring in criminology.



## NEI-KUAN CHIA

SOPHOMORE, SPRINT FREE, FLY, 6-3,  
160, TALLAHASSEE, FL – AREA  
TALLAHASSEE AQUATIC CLUB  
LEON HIGH SCHOOL

Has the potential to qualify for NCAA's in the fly and sprint freestyle events...out-standing student, 4.0 GPA, made the deal's list three straight semesters and made ACC Honor Roll...Taiwanese National Champion in the 100 fly...**1996:** At ACC's, took 10th in the 100 free and 15th in the 100 fly...personal best times include a 21.04 in 50 free, 46.44 in 100 free, and 50.66 in the 100 fly...**PREP:** State champion in 100 free and runner-up in the 50 free as a senior...1994 Florida All-Big Bend Swimmer of the Year...was on 2nd place 800 free relay at the 1995 Junior Nationals...**PERSONAL:** Born July 23, 1977...nicknamed "Nike"...greatest ambition is to medal in the 2000 Olympics...greatest sports memory was winning high school state championship his senior year...athlete he most admires is Anfernee Hardaway...majoring in biology.



## EDUARDO COELHO

**SENIOR, SPRINT FREE, FLY, 5-10, 175**  
**RIO DE JANEIRO, BRAZIL - CORAL**  
**SPRINGS SWIM CLUB**  
**CORAL SPRINGS HIGH SCHOOL**

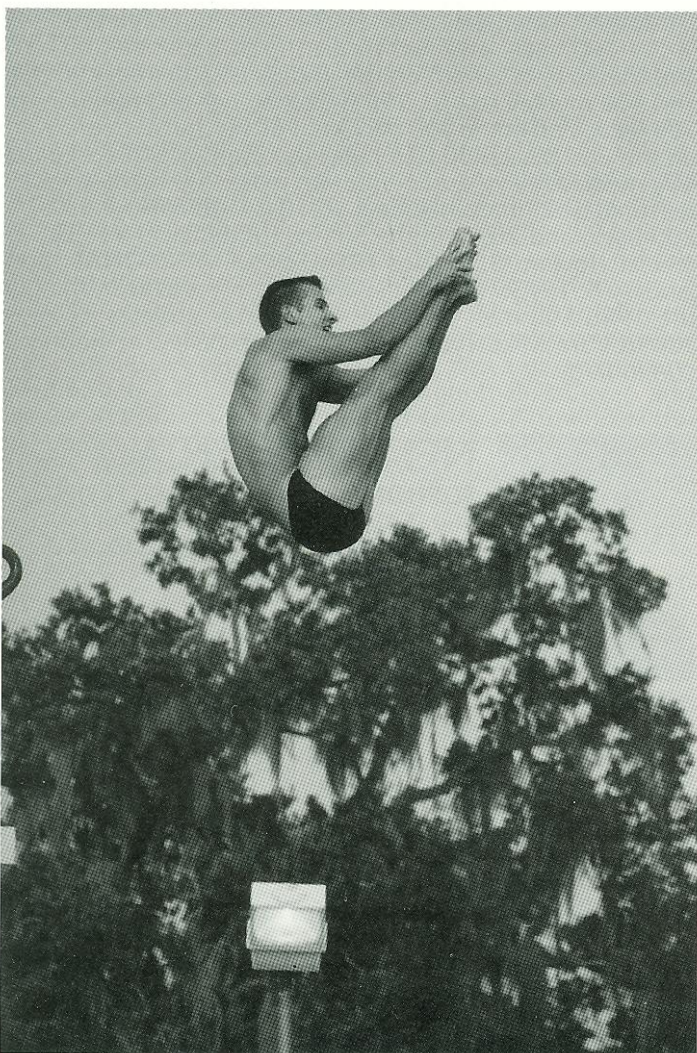
Strong free and fly sprint swimmer expected to return to NCAA's...excellent relay swimmer...was named to the All ACC team for the second straight year, and made second team All-American...made the ACC Honor Roll in 1996 for third straight year...member of school record-holding 200 free, 200 medley, 400 free, and 400 medley relays...ranks 2nd in school history in the 50 free and 3rd in both the 100 free and 100 fly...**1996:** At ACC's, placed 2nd in the 50 free and 100 fly, and 3rd in the 100 free...was also on the ACC record setting 200 free relay, and the 2nd place 400 free and the 400 medley relays...at NCAA's, was on the 9th place 200 and 400 free relays...**1995:** Took 2nd in 100 free, 3rd in 50 free, and 5th in 100 fly at ACCs...was on the 1st place and school record 200 free, 200 medley, and 400 medley relays...helped the 400 free relay to 2nd place finish...**1994:** Finished 5th in 100 free and 6th in the 50 and 200 free...was on the 2nd place 200 and 400 free relays...anchored the 400 medley relay to 2nd place...personal best times include a 20.06 in the 50 free, 44.49 in the 100 free, and 50.69 in the 100 fly...**PREP:** Had an outstanding career at Coral Springs High School...trained at the CSSC under coach Michael Lobergh...**PERSONAL:** Born September 27, 1975...greatest ambition is to win ACC's...athlete he most admires is Michael Johnson...majoring in industrial engineering.



## BRENDON DEDEKIND

**SOPHOMORE, FREE, 6-2, 170**  
**NATAL, SOUTH AFRICA - S.E.A.L.S.**  
**MARZITZBURG COLLEGE**

Outstanding swimmer...at 1996 Summer Olympic Games in Atlanta, placed 5th in the 50 meter free and 26rd in the 100 free...South African national champion in the 50 free, 2nd in 100 free at Olympic Trials this past March...second team All-American...named ACC Rookie of the Year for the 95-96 season...looks to make finals in 50 free at NCAA's this year...holds school records in both the 50 free and 100 free, and also a member of the school record 200 and 400 free relays...made both All-ACC team and ACC Honor Roll last year...**1996:** At ACC's, won the 50 free, 100 free, and was on the ACC record setting 200 free relay...also placed 4th in the 200 free and was on both 2nd place 400 free and 400 medley relays at ACC's...at NCAA's, placed 9th in the 50 free, and was on both 9th place 200 free and 200 medley relays...personal best times include a 19.87 in 50 free, 43.99 in 100 free, and 1:39.11 in the 200 free...**PREP:** Received honors for swimming at Maritzburg in 1992...received colors for Water-Polo in 1993...**PERSONAL:** Born February 14, 1976...nicknamed "Javelin" or "Jav"...greatest ambition is to break the world record in the 50 and 100 free...greatest sports memory was placing 5th in the 50 free at the 1996 Atlanta Olympics...athletes he most admires are Penny Heyns and Carl Lewis...majoring in electrical engineering.



## KERWIN DEESE

**SOPHOMORE, BACK, IM, 6-2, 175**  
**TITUSVILLE, FL - BREVARD SWIM**  
**ASSOCIATION**  
**TITUSVILLE HIGH SCHOOL**

Provides depth in the back and IM events...has potential to final at ACC's...very hard worker...made ACC Honor Roll...**1996:** Competed in back and IM events for FSU...personal best times include a 58.37 in 100 back and 1:54.00 in the 200 back...**PREP:** Cape Coast Conference and District Champion in 1994...state runner-up in 1994...Florida Today Space Coast MVP as a senior...**PERSONAL:** Born July 19, 1977...greatest ambition is to swim in the Olympics...speaks fluent French...athlete he most admires is Tom Dolan...majoring in international business.



## MATTHEW DUNN

**JUNIOR, DISTANCE FREE, 5-11, 170**  
**GAINESVILLE, FL - FLORIDA AQUATICS**  
**BUCHHOLZ HIGH SCHOOL**

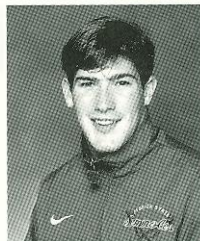
Among team's best in the middle distance free events...looking to score at ACC's this year...made the ACC Honor Roll for the second time...ranks 10th in school history in the 1650 free...**1996:** Competed at ACC's, third on the team in the 1650 free...**1995:** Made consolation finals in the 1650 free at the conference meet...**1994:** Redshirted...personal best times include a 1:41.40 in 200 free, 4:33.00 in 500 free, and 15:54.00 in the 1650 free...**PREP:** Seven-time district champion at Bucholz...team MVP junior and senior year...*Gainesville Sun's* Swimmer of the Year as a junior and senior...**PERSONAL:** Born August 26, 1974...greatest ambition is to live close to the beach...plans to attend graduate school at FSU for athletic administration...nicknamed "Junior"...majoring in sports management.



## COREY GERAGHTY

SENIOR, DIVING, 5-7, 145  
MILFORD, CT  
FOREN HIGH SCHOOL

Transferred from Southern Connecticut State University, where as a freshman he was named All-America after 2nd place finishes on the one and three meter boards at Division II Nationals...started diving for FSU in January of 1995...will challenge for an ACC title this year, and for a spot at NCAA's...**1996:** Took 3rd on the one meter and 11th on the three meter boards at ACC's...**1995:** Was 4th on the one meter and 10th on the three meter at the conference meet...**PREP:** Named All-League and All-State all four years in high school...**PERSONAL:** Born August 21, 1974...greatest ambition is to own his own business...majoring in merchandising.



## JAMES HENLEY

SOPHOMORE, BREAST, IM, 6-0, 170  
BATON ROUGE, LA – BENGAL TIGER  
AQUATIC CLUB  
BATON ROUGE HIGH SCHOOL

Adds needed strength in the breast and IM...expects to improve on last year's performance with a year of growth and experience under his belt...good student, made ACC Honor Roll last year...**1996:** Finished 14th in the 100 breast and 15th in the 200 breast at ACC's...personal best times include a 58.30 in 100 breast, 2:04.78 in 200 breast, and 1:56.20 in the 200 IM...**PREP:** State high school champion in 100 breast as a junior...ranked 2nd nationally in the 200 breast as a junior...**PERSONAL:** Born May 4, 1977...greatest ambition is to manage a professional sports team...athlete he most admires is Michael Jordan...greatest sports memory was making his first Junior National cut...majoring in sport management.



## RYAN GRATZICK

JUNIOR, BACK, IM, 6-1, 170  
SPOTSYLVANIA, VA –  
RAPPAHANNOCH AREA  
YMCA SWIMMING  
SPORSYLVANIA HIGH SCHOOL

Provides depth for the team in the backstroke events...made ACC Honor Roll for second straight year...**1996:** Swam at ACC's, fourth on the team in the 100 back...personal best times include a 53.00 in 100 back, 1:54.00 in 200 back, and 1:59.00 in the 200 IM...**PREP:** Swam at Spotsylvania High School, where he also played basketball, soccer, and ran cross country...**PERSONAL:** Born November 27, 1975...greatest ambition is to make a six digit salary...athlete he most admires is Dennis Rodman...greatest sports memory was the 1994 FSU-UF football game...majoring in finance.



## MATT McVITTIE

SOPHOMORE, SPRINT FREE, IM, 6-2,  
160, CHELSEA, MI – CLUB WOLVERINE  
CHELSEA HIGH SCHOOL

Outstanding swimmer...named All-ACC and second team All-American last year...looks to be a big impact at both ACC's and NCAA's this year...member of school record 200 and 400 free relays...ranks 7th in school history in the 50 free and 10th in both the 100 and 200 free...**1996:** Placed 6th in the 100 free, 8th in the 200 free, and 10th in the 50 free at ACC's...was also on the ACC record setting 200 free relays, and was on the 2nd place 400 free and 3rd place 800 free relays...swam on both 9th place 200 and 400 free relays at NCAA's...personal best times include a 20.69 in the 50 free, 45.46 in the 100 free, and a 1:39.83 in the 200 free...**PREP:** State champion in the 200 IM, and in the 100 and 200 free...made All-State for the 100 back, 200 IM, and the 50, 100, and 200 freestyle...also named All-American for the 100 and 200 free...**PERSONAL:** Born March 22, 1977...greatest ambition is to win the team title at NCAA's...greatest sports memory was being on the 9th place relays at NCAA's...athlete he most admires in Dennis Rodman...undecided on a major.



## CHIP HABERSTROH

SENIOR, DISTANCE FREE, IM, 6-0, 180  
CANTON, MA – MASSACHUSETTS  
BAY MARLINS  
BOSTON COLLEGE HIGH SCHOOL

Three-time NCAA qualifier...looks to score again at this year's NCAA's...named to the All-ACC team for third straight year...finished 11th in the 400 meter IM at the United States Olympic Trials this past March...FSU record holder in the 1000 free and the 1650 free...**1996:** Won 400 IM at ACCs for second year in a row, also placed 6th in both the 500 and 1650 freestyle...took 10th at NCAA's in the 400 IM...named second team All-American...**1995:** Won the ACC title in the 400 IM and placed 4th in the 1650 free...NCAA qualifier...**1994:** Conference runner-up in the 400 IM...finished 6th in the 500 fly...finished 3rd in the 1650 free...NCAA qualifier...personal best times include a 3:51.05 in the 400 IM, 4:29.15 in 500 free, and 15:24.62 in the 1650 free...**PREP:** Named to All-State high school team all four years...Massachusetts Swimmer of the Year as a sophomore, junior and senior...**PERSONAL:** Born May 11, 1975...plans to major in hospitality management.



## KEVIN MURPHY

SENIOR, IM, BACK, 6-0, 200  
BOWIE, MD – BULLDOG AQUATICS  
ELEANOR ROOSEVELT HIGH SCHOOL

Steady performer in the IMs and breaststroke...an extremely hard worker who possesses great work habits...out-standing student...**1996:** Redshirted last season...**1995:** Finished 6th in the 400 IM at ACC's, was a consolation finalist in the 200 IM and 200 breast...**1994:** Finished 6th in the conference meet in the 200 IM, finalist in the 200 breast and consolation finalist in the 400 IM...**1993:** Took 5th in the 200 breast at ACC's...personal best times include a 3:57.0 in 400 IM, 1:52.1 in 200 IM, and 2:04.5 in the 200 breast...**PREP:** Four-time letterwinner...All-Metro pick his junior and senior years...**PERSONAL:** Born August 22, 1974...greatest ambition is to finish a triathlon...greatest sports memory was winning the 500 free at Metro Champs...athlete he most admires is Cal Ripken Jr...majoring in political science.



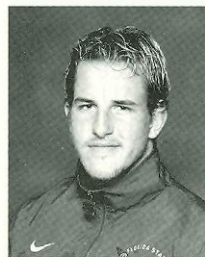
**STEPHEN PARRY**

SOPHOMORE, FLY, FREE, IM, 6-6, 186  
LIVERPOOL, G.B. – CITY OF LIVERPOOL  
LIVERPOOL BLUE COAT SCHOOL

Very strong swimmer...holds school record in the 200 fly and 500 free...competed at the British Olympic Trials this past March and placed 2nd in the 200 fly but did not reach Great Britain's qualifying times...one of the best flyers in the country, looking to make the finals in the 200 fly at NCAA's this year...made All-ACC and the ACC Honor Roll last year...also made second team All-American...**1996:** Took 2nd in the 200 fly at ACC's and was 5th in the 500 free...also swam on the 3rd place 800 free relay...placed 10th in the 200 fly at NCAA's...personal best times include a 1:46.21 in 200 fly, 4:24.39 in the 500 free, and a 3:53.47 in the 400 IM...**PREP:** Junior European Champion in the 200 fly in 1994...British National Champion in the 200 fly in 1995 and 1996, and in the 100 fly in 1996...finished 6th in the 200 fly at 1995 World University Games in Tokyo, Japan...**PERSONAL:** Born February 8, 1977



...greatest ambition is for a team victory at ACC's and a top five team finish at NCAA's...athlete he most admires is Edwin Moses...majoring in international business and finance.



**KEVIN ROWLEY**

JUNIOR, BACK, IM, 6-1, 175  
ORLANDO, FL – TRINITY AQUATIC  
UNIVERSITY HIGH SCHOOL

Adds quality depth in the IM, freestyle and backstroke events...looking to score again at ACC's...ranks 9th in school history in the 200 back...**1996:** Took 14th in the 200 Back and 15th in the 400 IM at ACC's... personal best times include a 4:05.73 in 400 IM, 1:56.08 in 200 IM, and 1:52.39 in the 200 back...**PREP:** Finished 3rd in 200 IM and 4th in 100 free at state championships as a senior...three time team MVP...All-Conference in both swimming and cross country...**PERSONAL:** Born July 2, 1976... greatest ambition is to be a NCAA finalist and to win the ACC team title...athlete he most admires is Michael Jordan ...majoring in computer imaging.



**DAVID SEMESCO**

SENIOR, BACK, FREE, 6-3, 165  
OCALA, FL – CENTRAL FLORIDA  
SWIM CLUB  
FOREST HIGH SCHOOL

Was a surprise at ACCs last year, making finals in both backstroke events ...will be counted on heavily for leadership and backstroke strength...ranks 4th in school history in the 200 back and 6th in the 100 back...**1996:** Finished 4th in the 200 back and 8th in the 100 back at ACC's...**1995:** Made consolation finals in 100 back at ACC's...personal best times include a 51.52 in 100 back and 1:50.42 in the 200 back...**PREP:** Team MVP as a senior...named team's Most Improved Swimmer after his first season...**PERSONAL:** Born April 23, 1975... came to FSU for the swim program and the weather ...nicknamed "Super Dave" ...majoring in criminology.



**TIM WELSCH**

SOPHOMORE, BREAST, SPRINT FREE, 5-10, 158  
MARIETTA, GA – SWIM ATLANTA  
WHEELER HIGH SCHOOL

Adds depth in the breaststroke events ...should make conference team with renewed commitment...made ACC Honor Roll last season...**1996:** His exhibition 100 breast swim at ACC's would have placed him 10th...fastest 100 breaststroker on the team last season...personal best times include a 58.08 in 100 breast, 2:07.94 in 200 breast, and 1:59.16 in the 200 IM...**PREP:** State finalist in 100 breast as a senior...Junior National qualifier in the 100 and 200 breast...**PERSONAL:** Born February 29, 1977...greatest sports memory was attending the Olympics in Atlanta this summer...majoring in marine biology.

# NEWCOMER PROFILES



**BRENT BURKMAN**  
FRESHMAN, DIVING, 5-8, 145  
RESTON, VA – NORTHERN VIRGINIA  
DIVE CLUB  
SOUTH LAKES HIGH SCHOOL

Looks to provide depth for the diving events...**PREP:** Qualified for All-American consideration...**PERSONAL:** Born March 3, 1978...greatest ambition is to place at

NCAA's...majoring in business.



**SHAUN CHANG**  
JUNIOR, BREAST, 5-8, 145  
ROYAL PALM BEACH – WELLINGTON  
WELLINGTON HIGH SCHOOL

Transfer from Bowling Green...will add depth for the team in the breaststroke events...personal best times include a 59.63 in 100 breast and 2:11.68 in the 200 breast...**PREP:** Three time state

qualifier...team MVP senior year...Junior National qualifier...**PERSONAL:** Born July 20, 1976...born in Jamaica, is part Chinese, part Norwegian...greatest sports memory was when he broke one minute in the 100 breast...majoring in computer science.



**DANNY CHOCRON**  
FRESHMAN, DISTANCE FREE, 5-9, 169  
CARACAS, VENEZUELA – BOLLES  
SWIM CLUB  
MORALYLUCES HERZL-BIALIK

Outstanding swimmer...expected to swim at NCAA's...national, Bolivarian, South American, and Centro American champion

and record holder in the 1500m free...personal best times include a 4:00.78 in the 400 meter free and a 15:35.94 in the 1500 meter free...**PREP:** At 1994 World Swimming Championships, finished 16th in the 1500m Free...5th in 1995 Pan American Games in the 1500m...USS National Champion and All-American in the 5km Open Water at USS Senior Nationals...graduated high school with honors...**PERSONAL:** Born October 31, 1973...greatest ambition is to swim in the 2000 Olympics...greatest sports memory was breaking the national record when he finished 16th at World Championships in 1994...athlete he most admires is Rafael Vidal...majoring in business.

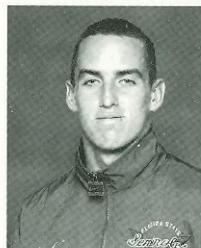


**JULIAN DAILY**  
FRESHMAN, FREE, FLY, BACK, 6-4, 190  
CINCINNATI, OH – CINCINNATI  
MARLINS  
SEVEN HILLS HIGH SCHOOL

Considered a well-kept secret by the coaches until now...could score high in back, fly, and sprint free...personal best times include a 45.50 in 100 free, 52.30

in the 100 back, and 50.60 in the 100 fly...**PREP:** Cincinnati Enquirer Male Swimmer of the year senior year...Seven Hills

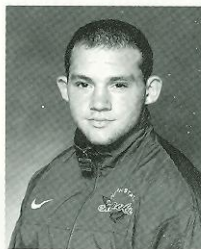
Male Athlete of the Year...**PERSONAL:** Born August 16, 1978...nicknamed "Jules"...greatest sports memory was finishing 2nd at Junior Nationals in the 100 free...athlete he most admires is Muhammed Ali...majoring in international business.



**KEVIN FLANAGAN**  
FRESHMAN, BACK, FREE, 5-11, 145  
HONOLULU, HI – OCST  
PUNAHOU HIGH SCHOOL

Swam for Olympic champion Randy Gaines, hopes to follow in his former coaches' footsteps...personal best times include a 47.00 in 100 free, 1:45.90 in

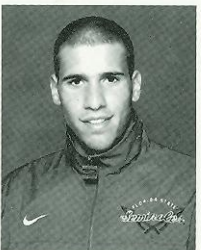
200 free, and 53.00 in the 100 back...**PREP:** All-American consideration junior year...state champion twice in the 100 free and once in the 100 back...made dean's list four straight years...**PERSONAL:** Born August 8, 1978...greatest ambition is to make Collegiate All-American...undecided on a major.



**GLEN GONZALES**  
FRESHMAN, DIVING, 5-7, 175  
PENSACOLA, FL – PENSACOLA  
DIVE TEAM  
PINE FOREST HIGH SCHOOL

Unlimited potential...will be a conference finalist and will challenge for the top three on both boards...**PREP:** Top five finisher at state high school meet all four years

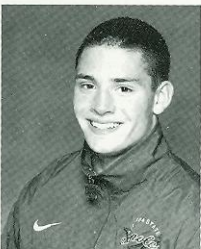
...30th at Junior Nationals in 1995...**PERSONAL:** Born December 5, 1977...nicknamed "Mud"...greatest ambition is to win NCAA's...majoring in computer science.



**DARREN MILUN**  
JUNIOR, FREE, 6-1, 186  
GREAT NECK, NY – L.I.A.C.

Transfer from Suny Buffalo...will add depth to the sprint free...personal best times include a 21.40 in 50 free, 46.01 in 100 free, and 1:40.80 in the 200 free...**PREP:** All-State, team MVP, and outstanding athlete award senior year...**PERSONAL:** Born May

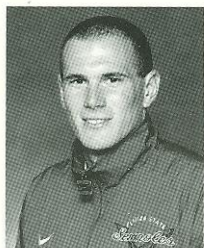
9, 1975...greatest ambition is to place at NCAA's...majoring in computer science and accounting.



**BEN NUTTALL**  
FRESHMAN, DIVING, 5-6, 155  
THUNDER BAY, ONTARIO – THUNDER  
BAY DIVING CLUB  
HAMMARSKOLD HIGH SCHOOL

Has great attitude and talent...will contend for top three at ACC's and a possible NCAA qualifier...**PREP:** 14th on Tower at Canadian Senior Nationals...**PERSONAL:**

Born March 21, 1977...nicknamed "Nutz"...greatest ambition is to dive for Canada in the 2000 Olympics...majoring in Mechanical Engineering.



## CHARLES ONKEN

SOPHOMORE, FREE, IM, 6-2, 180  
CHESTER, VA – POSEIDEN SWIM CLUB  
MIDLOTHIAN HIGH SCHOOL

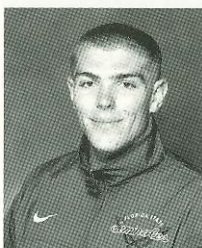
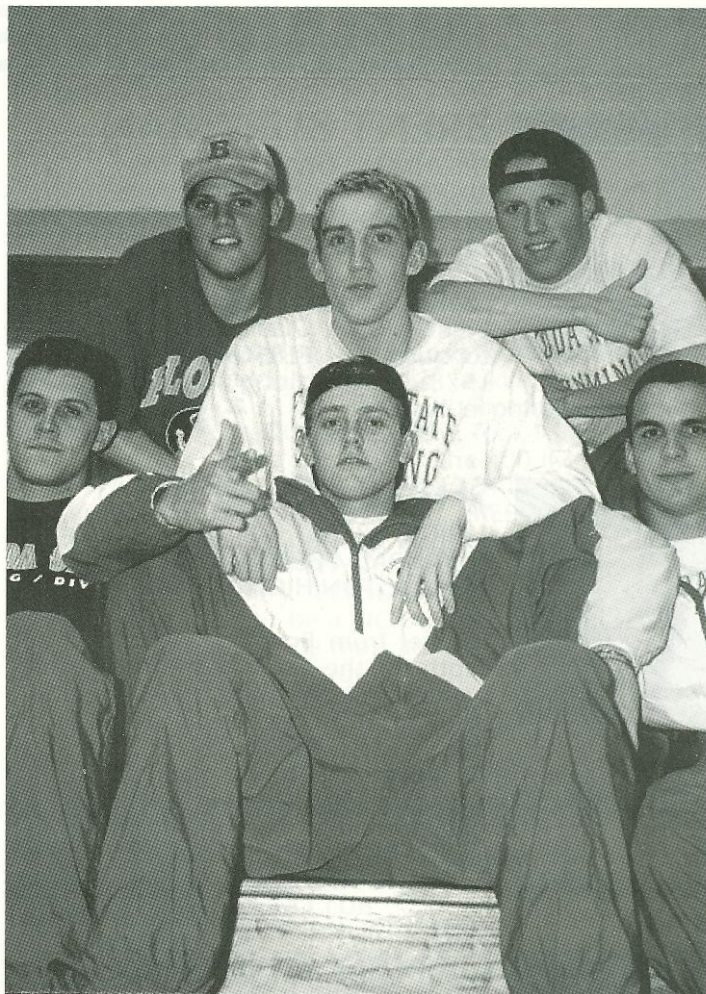
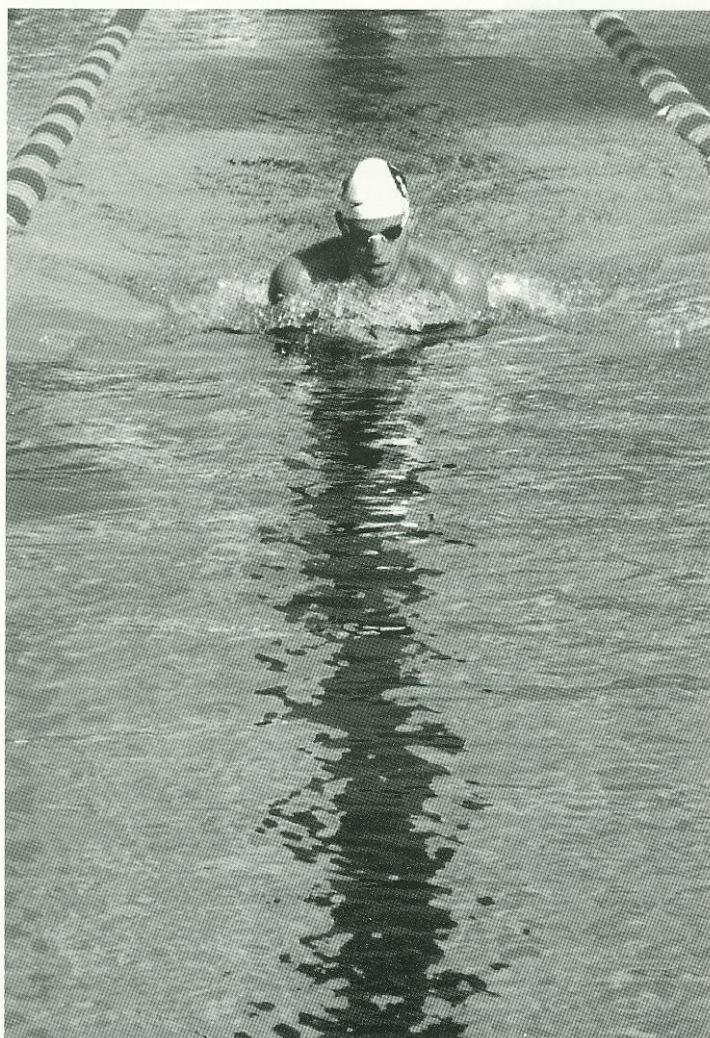
Transfer from University of Tennessee... personal best times include a 1:51.90 in 200 IM, 46.14 in 100 free, and 1:41.83 in the 200 free...**PREP:** Junior National qualifier all four years...team captain and record holder in the 200 IM...honor roll junior and senior year...**PERSONAL:** Born February 10, 1977...nicknamed "Chad"...greatest ambition is to make Olympic Trials...athlete he most admires is Eric Namesnik...majoring in pre-law.



## BILL SCHULTZ

FRESHMAN, DISTANCE FREE, IM, 5-10,  
152, BOWIE, MD – NAJSC  
BOWIE HIGH SCHOOL

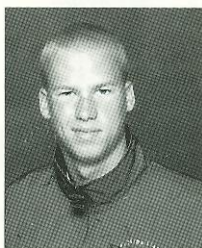
Versatile IM and distance freestyle swimmer...will make an immediate impact at the conference meet...personal best times include a 4:34.00 in the 500 free, 9:47.20 in the 1000 free, and 4:00.56 in the 400 IM...**PREP:** Made Honor Roll senior year...**PERSONAL:** Born December 11, 1977...nicknamed "Billa Bong"...greatest ambition is to gold medal in the 400 IM in the 2000 Olympics...greatest sports memory was his first Junior National cut...undecided on a major.



## SETH SWISHER

FRESHMAN, FREE, 6-3, 190  
BOULDER, CO – BOULDER POSEIDONS  
FAIRVIEW HIGH SCHOOL

Relatively new to the sport, will provide support for the freestyle events...personal best times include a 47.6 in the 100 free and 1:45.37 in the 200 free...**PREP:** State Finalist in 100 free senior year...team captain junior and senior year...MVP senior year...Junior National Qualifier senior year...**PERSONAL:** Born May 25, 1978...greatest ambition is to make collegiate All-American...greatest sports memory was qualifying for Junior Nationals...majoring in sport management.



## KILE ZELLER

SOPHOMORE, BACK, 6-1, 175  
MARIETTA, GA – CHATTAHOOCHEE  
GOLD  
LOVETT HIGH SCHOOL

Transfer from the University of Kentucky ...another threat in the backstroke events ...personal best times include a 53.13 in 100 back and 1:55.26 in 200 back...**PREP:** High School All-American senior year...state runner-up in 200 back senior year...**PERSONAL:** Born December 13, 1976...nicknamed "Coolio"...greatest ambition is to set the world record in the 100 back...athlete he most admires is Jeff Rouse...undecided on a major.

# MEN'S COACHES RECORDS

## ALL-TIME SERIES RECORD

OPPONENTS	W	L	T	PCT.
Alabama	8	7	0	.533
Arkansas	0	1	0	.000
Auburn	0	10	0	.000
Bethany	1	0	0	1.000
Birmingham Southern	1	0	0	1.000
Brevard CC	1	0	0	1.000
Bowling Green	2	0	0	1.000
Cincinnati	0	1	0	.000
Clemson	8	1	0	.889
Daytona Beach CC	5	0	0	1.000
Drexel	1	0	0	1.000
Duke	2	0	0	1.000
East Carolina	13	1	0	.930
Emory	11	1	0	.917
Evansville	4	0	0	1.000
Florida	21	37	1	.364
Florida A&M	1	0	0	1.000
Florida Atlantic	5	0	0	1.000
Furman	2	0	0	1.000
Georgia	39	12	1	.765
Georgia Southern	5	0	0	1.000
Georgia State	2	0	0	1.000
Georgia Tech	20	1	0	.950
Howard	1	0	0	1.000
Indian River CC	10	0	0	1.000
Jacksonville Navy	4	0	0	1.000
James Madison	1	0	0	1.000
Kentucky	4	0	0	1.000
LaSalle	1	0	0	1.000
Louisiana State	6	7	0	.462
Louisville	2	0	0	1.000
Maryland	4	0	0	1.000
Miami (FL)	23	15	0	.605
Miami (OH)	2	0	0	1.000
NE Louisiana	5	0	0	1.000
NW Louisiana	1	0	0	1.000
North Carolina	10	8	0	.556
North Carolina State	5	10	0	.500
Notre Dame	1	0	0	1.000
Oberlin	1	0	0	1.000
Pensacola Navy	2	2	0	.500
Rice	3	0	0	1.000
St. Bonaventure	1	0	0	1.000
Suwanee	4	0	0	1.000
South Carolina	10	9	0	.526
South Florida	22	0	0	1.000
Southern Illinois	0	2	0	.000
Southern Methodist	2	4	0	.333
Southern Mississippi	2	0	0	1.000
Tampa	7	1	0	.875
Tennessee	0	4	0	.000
Texas A&M	8	2	0	.800
Texas Christian	1	0	0	1.000
Tulane	19	5	0	.792
UNC-Wilmington	1	0	0	1.000
Vanderbilt	1	0	0	1.000
Virginia	1	3	0	.250
Virginia Tech	1	0	0	1.000
Wake Forest	1	0	0	1.000
West Virginia	1	0	0	1.000
<b>ALL TIME</b>	<b>319</b>	<b>144</b>	<b>2</b>	<b>.688</b>

## YEAR-BY-YEAR RECORDS

YEAR	W	L	T	PCT.
<b>UNDER BIM STULTS</b>				
1949	3	5	0	.375
1950	7	2	0	.778
1951	7	0	0	1.000
1952	5	2	1	.688
1953	7	1	0	.875
1954	9	0	0	1.000
1955	6	0	0	1.000
1956	9	2	0	.818
1957	9	3	0	.750
1958	10	1	1	.875
1959	8	1	0	.889
1960	10	0	0	1.000
1961	9	1	0	.900
1962	11	1	0	.917
1963	6	3	0	.667
1964	7	0	0	1.000
1965	9	0	0	1.000
1966	7	1	0	.875
1967	9	2	0	.818
1968	4	4	0	.500
1969	8	2	0	.800
1970	8	3	0	.727
1971	8	3	0	.727
1972	4	6	0	.400
1973	5	5	0	.500
<b>UNDER COACH TERRY CARLISLE</b>				
1974	4	5	0	.444
1975	5	4	0	.556
1976	6	3	0	.667
1977	5	5	0	.500
<b>UNDER COACH JOHN STAFFORD</b>				
1978	9	2	0	.818
1979	6	2	0	.750
1980	5	5	0	.500
1981	4	5	0	.444
1982	6	2	0	.750
<b>UNDER COACH BILL SHULTS</b>				
1983	5	3	0	.625
1984	3	9	0	.333
1985	4	4	0	.500
1986	8	5	0	.615
<b>Under Co-Coaches</b>				
<b>BILL SHULTS AND TERRY MAUL</b>				
1987	7	4	0	.636
1988	8	3	0	.727
1989	5	5	0	.500
1990	7	4	0	.636
<b>UNDER COACH TERRY MAUL</b>				
1991	4	2	0	.667
1992	10	4	0	.714
1993	8	4	0	.667
<b>UNDER COACH DON GIBB</b>				
1994	6	6	0	.500
1995	4	6	0	.400
1996	5	4	0	.556
<b>ALL-TIME</b>	<b>319</b>	<b>144</b>	<b>2</b>	<b>.688</b>

# SEMINOLE STATISTICS



1987-88	Vance Tankersley	Ben Seguin
1988-89	Craig Zettle	Zach McIver
1989-90	Charlie Rose	Zach McIver
1990-91	Craig Zettle	Paul Spray
1991-92	Desmond Koh	Paul Spray
1992-93	<b>Rob Braknis</b> /Ignacio Merino	Rob Ciacedo
1993-94	Ignacio Merino	Jair Castrillion
1994-95	<b>Rob Braknis</b>	Derek Banta
1995-96	<b>Brendon Dedekind</b>	<b>Cory Geraghty</b>

## MEN'S SCHOOL RECORDS

50 free	<b>Brendon Dedekind (1996)</b>	<b>19.87</b>
100 free	<b>Brendon Dedekind (1996)</b>	<b>43.76</b>
200 free	Scott Mundell (1991)	1:38.25
500 free	<b>Stephen Parry (1996)</b>	<b>4:24.39</b>
1000 free	<b>Chip Haberstroh (1994)</b>	<b>9:14.69</b>
1650 free	<b>Chip Haberstroh (1994)</b>	<b>15:24.62</b>
100 breast	Craig Zettle (1991)	55.03
200 breast	Ignacio Merino (1993)	2:00.01
100 fly	Ignacio Merino (1994)	48.38
200 fly	<b>Stephen Parry (1996)</b>	<b>1:46.21</b>
100 back	<b>Rob Braknis (1995)</b>	<b>48.10</b>
200 back	<b>Rob Braknis (1995)</b>	<b>1:43.39</b>
200 IM	<b>Frank Bradley (1995)</b>	<b>1:49.56</b>
400 IM	<b>Chip Haberstroh (1994)</b>	<b>3:50.76</b>
200 free relay	<b>Brendon Dedekind, Eduardo Coelho, Matt McVittie, John Haynes (1996)</b>	<b>1:19.62</b>
400 free relay	<b>Brendon Dedekind, Eduardo Coelho, Matt McVittie, John Haynes (1996)</b>	<b>2:57.67</b>
800 free relay	Scott Mundell, Dieter Holtz, Charlie Rose, Jose Gutierrez (1991)	6:33.18
200 medley relay	<b>Rob Braknis, Ignacio Merino, Dustin Bengston, Eduardo Coelho (1995)</b>	<b>1:29.97</b>
400 medley relay	<b>Rob Braknis, Ignacio Merino, Dustin Bengston, Eduardo Coelho (1995)</b>	<b>3:15.82</b>
1 meter diving		
6 dives	Phil Boggs (1971)	360.90
11 dives	Paul Spray (1991)	581.65
3 meter diving		
6 dives	Phil Boggs (1971)	359.35
11 dives	Paul Spray (1992)	591.90

## SEMINOLE MVPs

<b>YEAR</b>	<b>SWIMMING</b>	<b>DIVING</b>
1985-86	Mike Kowalski	Ben Seguin
1986-87	Jim Van Farowe	Ben Seguin

## INDIVIDUAL ALL-AMERICANS

YEAR	NAME	EVENT
1950	Roger Slater	1m diving
1951	Roger Slater	1m diving
1954	Ernest Stock	100 breast
1959	Curt Genders	1m diving
	Buck Hiles	400 free
	Robert Weber	1m, 3m diving
1960	Curt Genders	1m, 3m diving
	Robert Weber	1m, 3m diving
1961	Curt Genders*	1m, 3m diving
	Buck Hiles	100 fly
1962	Paul Thompson	220, 440 free
1969	Phil Boggs	1m diving
1970	Phil Boggs	1m, 3m diving
	Dean Jerger	50 free
1971	Phil Boggs*	1m, 3m diving
1978	Steve Allbritton	50 free
1979	Kevin Connell	200 breast
1985	Dan Akre	200 breast
	Mike Kowalski	100 back
1986	Mike Kowalski	100 back
1991	Paul Spray	1m diving
	Craig Zettle	100 breast
1992	Paul Spray	1m, 3m diving
	Craig Zettle	100 breast
1994	Ignacio Merino	200 fly
1995	<b>Rob Braknis</b>	200 back
	Ignacio Merino	200 fly
1996	<b>Brendon Dedekind</b>	50 free
	<b>Chip Haberstroh</b>	400 IM
	<b>Stephen Parry</b>	200 fly

\*National Champion

## RELAY ALL-AMERICANS

	<b>200 FREE RELAY</b>
1996	<b>Brendon Dedekind, Eduardo Coelho, John Haynes, Matt McVittie</b>
	<b>400 FREE RELAY</b>
1996	<b>Brendon Dedekind, Eduardo Coelho, Matt McVittie, John Haynes</b>
	<b>800 FREE RELAY</b>
1974	John, Hegert, Bob Horne, Steve Meisel, Cliff Schlak
1976	Larry Brown, Steve Meisel, Mike Gratton, Cliff Schlak
1990	Vance Tankersly, Dieter Holtz, Scott Mundell, Charlie Rose
1991	Jose Gutierrez, Dieter Hotlz, Scott Mundell, Charlie Rose
	<b>200 MEDLEY RELAY</b>
1995	<b>Robert Braknis, Ignacio Merino, Dustin Bengston, Eduardo Coelho</b>
	<b>400 MEDLEY RELAY</b>
1995	<b>Robert Braknis, Ignacio Merino, Dustin Bengston, Eduardo Coelho</b>

*Bold indicates active performers.*



# MEN'S ALL-TIME TOP TEN

## 50 FREE

1. <b>Brendon Dedekind</b>	<b>19.87</b>	<b>1996</b>
2. <b>Eduardo Coelho</b>	<b>20.06</b>	<b>1996</b>
3. <b>Rob Braknis</b>	<b>20.07</b>	<b>1995</b>
4. Pat McConnell	20.30	1986
5. Steve Allbritton	20.51	1981
6. Scott Mundell	20.66	1990
7. <b>Matt McVittie</b>	<b>20.69</b>	<b>1996</b>
8. Sam Seiple	20.77	1982
9. Sean Gerrard	20.80	1995
10. John Haynes	20.88	1995
Paul Lizon	20.88	1995

## 100 FREE

1. <b>Brendon Dedekind</b>	<b>43.76</b>	<b>1996</b>
2. <b>Rob Braknis</b>	<b>44.46</b>	<b>1995</b>
3. <b>Eduardo Coelho</b>	<b>44.49</b>	<b>1996</b>
4. Skip Laing	44.91	1995
5. Jeff Feldman	45.05	1990
6. John Haynes	45.24	1995
7. Mike Kowalski	45.28	1985
8. Scott Mundell	45.29	1990
9. Sam Seiple	45.34	1982
10. <b>Matt McVittie</b>	<b>45.46</b>	<b>1996</b>
Jose Gutierrez	45.46	1992

## 200 FREE

1. Scott Mundell	1:38.25	1991
2. Jose Gutierrez	1:38.47	1991
3. Vance Tankersley	1:38.51	1990
4. Skip Laing	1:38.58	1989
5. <b>Dustin Bengston</b>	<b>1:39.02</b>	<b>1995</b>
6. <b>Brendon Dedekind</b>	<b>1:39.11</b>	<b>1996</b>
7. Charlie Rose	1:39.31	1991
8. Dieter Holtz	1:39.33	1991
9. John Haynes	1:39.66	1995
10. <b>Matt McVittie</b>	<b>1:39.83</b>	<b>1996</b>

## 500 FREE

1. <b>Stephen Parry</b>	<b>4:24.39</b>	<b>1996</b>
2. Vance Tankersley	4:25.10	1988
3. Scott Mundell	4:28.10	1991
4. Henrick Janguall	4:28.89	1987
5. <b>Chip Haberstroh</b>	<b>4:29.15</b>	<b>1995</b>
6. Thomas Bendixen	4:30.00	1993
7. Dan Niemer	4:30.07	1982
8. <b>Chris Plaisted</b>	<b>4:30.30</b>	<b>1995</b>
9. Jay Wilkerson	4:33.54	1990
10. Davie Stevens	4:33.67	1985

## 1650 FREE

1. <b>Chip Haberstroh</b>	<b>15:24.62</b>	<b>1994</b>
2. Henrick Janguall	15:26.85	1987
3. Mike Russell	15:30.53	1986
4. Brian Davey	15:34.03	1993
5. <b>Chris Plaisted</b>	<b>15:36.94</b>	<b>1995</b>
6. Kris Zuments	15:45.64	1988
7. Steve Roberts	15:47.01	1984
8. John Tyler	15:50.42	1991
9. Brad Stetson	15:54.15	1977
10. <b>Matt Dunn</b>	<b>15:54.32</b>	<b>1995</b>

## 100 BACK

1. <b>Rob Braknis</b>	<b>48.10</b>	<b>1995</b>
2. Mike Kowalski	49.37	1986
3. Eric Schlichenmaier	51.11	1996
4. Greg Miller	51.18	1993
5. Brad Hoffman	51.43	1992
6. <b>David Semesco</b>	<b>51.52</b>	<b>1996</b>

7. Bill Dornbach	51.60	1982
8. Jim Hamilton	51.66	1981
9. Mike Herman	51.77	1990
10. Charlie Rose	52.34	1991

## 200 BACK

1. <b>Rob Braknis</b>	<b>1:43.39</b>	<b>1995</b>
2. Brad Hoffman	1:48.44	1992
3. Greg Miller	1:49.77	1992
4. <b>David Semesco</b>	<b>1:50.42</b>	<b>1996</b>
5. Charlie Rose	1:50.82	1990
6. <b>Stephen Parry</b>	<b>1:51.18</b>	<b>1996</b>
7. <b>Frank Bradley</b>	<b>1:51.32</b>	<b>1995</b>
8. Keith McConnell	1:51.89	1978
9. <b>Kevin Rowley</b>	<b>1:52.39</b>	<b>1996</b>
10. Jim Van Farowe	1:52.46	1987

## 100 BREAST

1. Craig Zettle	55.03	1991
2. Mike Roder	55.89	1990
3. Dan Akre	55.96	1985
4. <b>Frank Bradley</b>	<b>56.61</b>	<b>1995</b>
5. Erik Hoag	56.79	1995
6. John McCullough	56.90	1989
7. Ignacio Merino	57.38	1995
8. Kyle Gilliam	57.54	1995
9. Kevin Marshburn	57.89	1977
10. <b>Tim Welsch</b>	<b>58.08</b>	<b>1996</b>

## 200 BREAST

1. Ignacio Merino	2:00.01	1993
2. Dan Akre	2:01.27	1985
3. Desmond Koh	2:01.65	1992
4. Matt Schmauch	2:03.29	1995
5. Kevin Connell	2:03.51	1977
6. Mike Roder	2:03.53	1990
7. Kevin Murphy	2:04.78	1995
8. Mark LaPalme	2:05.45	1995
9. Craig Zettle	2:06.22	1990
10. <b>Frank Bradley</b>	<b>2:06.28</b>	<b>1995</b>

## 100 FLY

1. Ignacio Merino	48.38	1994
2. <b>Dustin Bengston</b>	<b>48.62</b>	<b>1995</b>

3. <b>Eduardo Coelho</b>	<b>48.79</b>	<b>1996</b>
4. Sam Seiple	48.88	1982
5. Scott Mundell	49.24	1990
6. Richard Greenw.	49.62	1989
7. David DeGrunchy	49.95	1984
8. Erik Schlichenmaier	50.14	1996
9. <b>Stephen Parry</b>	<b>50.26</b>	<b>1996</b>
10. Jeff Feldman	50.35	1991

## 200 FLY

1. <b>Stephen Parry</b>	<b>1:46.21</b>	<b>1996</b>
2. Ignacio Merino	1:47.11	1994
3. <b>Dustin Bengston</b>	<b>1:47.15</b>	<b>1995</b>
4. David DeGrunchy	1:48.32	1984
5. <b>Chris Plaisted</b>	<b>1:49.12</b>	<b>1995</b>
6. Sean McKenzie	1:50.43	1991
7. Mike Kupan	1:50.78	1982
8. Marc LaPalme	1:50.98	1982
9. Thomas Bendixen	1:51.00	1995
10. Jose Gutierrez	1:51.50	1993

## 200 IM

1. <b>Frank Bradley</b>	<b>1:49.56</b>	<b>1995</b>
2. Desmond Koh	1:50.55	1992
3. Ignacio Merino	1:50.70	1995
4. Matt Schmauch	1:50.89	1995
5. David DeGrunchy	1:50.96	1984
6. Dan Aker	1:50.97	1985
7. Charlie Rose	1:51.13	1990
8. Dieter Holtz	1:51.41	1991
9. Brad Hoffman	1:51.91	1992
10. George Willard	1:52.19	1991

## 400 IM

1. <b>Chip Haberstroh</b>	<b>3:50.76</b>	<b>1994</b>
2. <b>Stephen Parry</b>	<b>3:53.47</b>	<b>1996</b>
3. Desmond Koh	3:53.69	1992
4. Brad Hoffman	3:56.11	1992
5. Charlie Rose	3:56.52	1990
6. George Willard	3:58.06	1991
7. Kevin Murphy	3:58.07	1995
8. Matt Schmauch	3:58.26	1995
9. Mike Lockhart	3:58.42	1988
10. David DeGrunchy	3:58.61	1984

*\*Bold denotes active swimmers*



# OLYMPIC GLORY

Most Florida State swimmers relax their training during the summer offseason. Some will take summer classes or work summer jobs, such as coaching youth swim teams. They will keep in shape training with local age group swim teams either in Tallahassee or in their hometowns. But two FSU swimmers took another path when they competed against the best in the world this summer at the 1996 Summer Olympic Games in Atlanta, Ga.

If you had asked Brendon Dedekind a year ago if he thought he would be swimming in the Olympics, he would have looked at you as if you were crazy. When he started school at Florida State last fall, the Olympics were the last thing on his mind. But midway through the season, Brendon's improvement was so great that graduate assistant coach Nada Cenanovic mentioned to him that he had a realistic chance to qualify for the Olympic Games. Then came the Atlantic Coast Conference Championships, where Dedekind won both the 50 and 100 freestyles, setting school records in both. This performance convinced Brendon, a native of Natal, South Africa, that he may just be able to swim with the best. So when the South African trials came around, Dedekind wasn't surprised when he won the 50 meter free and finished 2nd in the 100 free, qualifying for the Olympic team in both events.

Dedekind said that competing in the Centennial Olympics was an amazing experience for him and he made the most of it. After finishing 26th in the 100 free with a time that equaled the South African national record, he went into the preliminaries of the 50 free with a goal of finishing in the top eight, thus qualifying for the final heat that night. He not only reached his goal, but finished fourth overall.

"I was happy to accomplish one of my goals, to finish in the top eight," said Dedekind. "After my morning swim I went back to relax in my room and get ready for the final and my ultimate goal, which was to medal."

Dedekind finished fifth in the final, in what was the fastest heat in history in the 50 meter free. He was happy with his performance, but not yet satisfied and plans on working

to reach his ultimate goal in the 2000 Games in Sydney.

The reception from home after the Olympics was one of amazement according to Dedekind.

"They were all impressed and awestruck at what I had accomplished," Dedekind said. "The whole experience was even more unbelievable to them, because I had gone from nothing to an Olympic finalist."

It was indeed a learning experience for Dedekind, competing against swimmers he had only seen in pictures and had idolized before. Being surrounded on the pool deck and swimming against such stars as Alexandar Popov and Gary Hall Jr., had humanized the whole process for Dedekind. He expects the experience will help him in the upcoming season, especially at the NCAA championship meet.

Competing in the Olympics was always a life-time dream for Robert Braknis, a native of Chateauguay, Canada. Having swam on an international level since 1991 at the Pan Pacific Championships, Braknis always knew there was a possibility of qualifying for the Canadian Olympic Team. During his four years competing for the national team, Braknis gained more experience and the dream of the Olympics became more of a reality.

Swimming in front of a crowd as large as 16,000 strong was quite an experience for Braknis. He was excited and not as nervous as he expected at an event he had waited his whole life to compete in. Having swam in international meets before, Braknis knew he must not worry about the pressures of the excitement around him, he just had to concentrate on his swims.

Swimming in his first event, the 100 meter backstroke, Braknis had hopes of swimming well. But even he didn't expect to finish so high, placing 10th in the morning preliminaries. Swimming as the top seed in the consolation heat that night, Braknis finished last in the heat and 16th overall.

"I had a great swim in the morning, and when I saw the time I thought making the final was even possible," Braknis said. "When all the heats were finished and I came in 10th, I was happy, but a little disappointed not to make the final after coming so close. That probably contributed to my swim at night, as my heart just wasn't in it after coming so close to the finals."

Braknis also swam on the 400 meter medley relay which finished 12th in the preliminaries, missing the finals by just .81 seconds.

Upon returning home, everyone was very supportive. Parties were thrown in his honor, and everybody made sure to congratulate him.

Braknis has set high goals for this season, including defending his 100 and 200 backstroke titles at the ACC Championships, and for Florida State to win the overall title.

"We've been so close the last two years, and this year we really believe we have a chance to take first," Braknis said.

As for NCAA's, he plans on challenging for the top three in both the 100 and 200 backs.

"I plan on challenging for first at NCAA's," Braknis said. "It's still early in the season and I don't know what other swimmers will be out there, but I'll still give it a shot."

Dedekind and Braknis weren't the only Seminoles with Olympic dreams. Sophomore Stephen Parry and senior Helen Jepson both had hopes to represent their native Great Britain at the Centennial Games. But while Parry finished 2nd in the 200 meter butterfly and Jepson won the same event on the women's side, they did not reach qualifying times set by Great Britain to allow them to compete in Atlanta. Another Seminole attempting to swim for his country, senior Chip Haberstroh, swam at the United States Olympic Trials, finishing 11th in the 400 IM.



# "A TRADITION OF EXCELLENCE"

## THE TRADITION

Consistency. It's the mark of true excellence in any endeavor.

However, in today's intercollegiate athletics, competition has become so balanced and so competitive that it is virtually impossible to maintain a high level of consistency.

Yet the Atlantic Coast Conference has defied the odds. Now in its 43rd year of competition, the ACC has long enjoyed the reputation as one of the strongest and most competitive intercollegiate conferences in the nation. And that is not mere conjecture, the numbers support it.

Since the league's inception in 1953, Atlantic Coast Conference schools have captured 56 NCAA and AIAW championships, including 27 in men's competition and 29 in women's. In addition, 96 men and 24 women have earned the coveted title of NCAA champion.

The conference had an immediate impact on the national college football scene in the fall of 1953 when the University of Maryland captured the first of what would eventually be four national football titles for the ACC.

The ACC is one of only two conferences to capture three or more national football titles since 1980. Clemson laid claim to the league's second national title in 1981, Georgia Tech followed suite in 1990 while Florida State pocketed national title No. four in 1994.

The nine schools that take to the field this fall under the ACC banner have produced 310 first or second team gridiron All-Americans and 48 first-team academic All-Americans. ACC teams have had 1,336 players selected in the annual professional football draft, including 82 first round selections.

If success if measured best in terms of wins and losses, then the ACC over the years has proved itself to be among the elite in Division I-A football. After posting a 3-1 bowl mark in 1995, the ACC moved past the Pacific 10 as the conference with the best all-time bowl winning percentage. The league's teams are a combined 76-63-5 (.614) in post-season play.

Two ACC teams, Florida State and Georgia Tech, are tied as the nation's winningest bowl teams. The Seminoles are 15-8-2 in bowl play while the Yellow Jackets are 17-8. Clemson is eighth at 12-8 (.600).

The ACC also stands at the forefront of intercollegiate athletics in terms of academic accomplishments of its' student-athletes. Ten times over the past 16 years, an ACC member school has claimed the CFA Academic Achievement Award which is awarded to a CFA member institution with the highest graduation rate among members of its football team.

This past year, Duke tied with Boston College of Vanderbilt for the coveted award. In addition Florida State, Maryland, N.C. State, Virginia and Wake Forest were accorded honorable mention for having graduation rates of 70 percent or better.

## 1995-96 SEASON IN REVIEW

The 1995-96 academic year concluded with the league pocketing two more national team titles and seven individual NCAA crowns. In all, the ACC has won 23 national team crowns in the last six years.

The ACC's 1995-96 national champions were North Carolina in field hockey and Maryland in women's lacrosse. The league also had four teams participate in national title games — Duke in men's soccer, Virginia in men's lacrosse, North Carolina in women's lacrosse and Maryland in field hockey. Overall, the ACC posted a 67-48-1 (.575) mark in NCAA Tournament play.

In addition, seven ACC schools — North Carolina (6), Virginia (21), Florida State (23), Clemson (27), N.C. State (32) and Duke (39) — were ranked in the Top 40 of the Sears Directors' Cup, an all-sports award honoring the Divi-

sion I school with the best performance by women's and men's athletic teams during the 1995-96 academic year.

The ACC placed at least one team in the Top 10 nationally in 13 of 23 sports sponsored by the league. Other records of note during the 1995-96 season include 83 teams competing at NCAA Championships, four bowl teams and 20 Top 10 showings.

Six ACC teams, in six different sports, representing three of the nine member institutions, earned a No. 1 ranking during the course of the past academic year.

The ACC Academic Honor Roll record was broken for the 10th-straight year as 1,185 student-athletes were recognized for their work in the classroom.

## THE CHAMPIONSHIPS

With the additional of women's lacrosse, the ACC will conduct championship competition in 24 sports during the 1996-97 academic year — 12 for men and 12 for women.

The first ACC championship was held in swimming on February 25, 1954. The conference did not conduct championships in cross country, wrestling or tennis during the first year.

The 12 sports for men include football, cross country, soccer, basketball, swimming, indoor and outdoor track, wrestling, baseball, tennis, golf and lacrosse. Fencing, which was started in 1971, was discontinued in 1981.

Conference championship for women are currently conducted in cross country, volleyball, field hockey, soccer, basketball, swimming, indoor and outdoor track, tennis, golf, lacrosse and softball.

## THE HISTORY

The Atlantic Coast Conference was founded May 8, 1953, at Sedgefield Inn near Greensboro, N. C. with seven charter members — Clemson, Duke, Maryland, North Carolina, North Carolina State, South Carolina and Wake Forest — drawing up the conference by-laws.

On December 4, 1953, conference officials met again at Sedgefield and officially admitted the University of Virginia. The first, and only, withdrawal of a school from the ACC came on June 30, 1971 when the University of South Carolina tendered its resignation.

The conference operated with seven members until April 3, 1978, when Georgia Tech was admitted. The Atlanta school had withdrew from the Southeastern Conference in January of 1964.

The ACC expanded to nine members on July 1, 1991, with the addition of Florida State.

## THE SCHOOLS

**CLEMSON** — Charter member of the SIAA in 1894, charter member of the SC in 1921, charter member of the ACC in 1953.

**DUKE** — Joined the SC in December, 1928, charter member of the ACC in 1953.

**FLORIDA STATE** — Charter member of the Dixie Conference in 1948, joined the Metro Conference in July, 1976, joined the ACC September 15, 1990.

**GEORGIA TECH** — Charter member of the SIAA in 1894, charter member of SC in 1921, charter member of the SEC in 1932, joined the ACC in July, 1979.

**MARYLAND** — Charter member of the SC in 1921, charter member of the ACC in 1953.

**NORTH CAROLINA** — Charter member of the SIAA in 1894, charter member of the SC in 1921, charter member of the ACC in 1953.

**N.C. STATE** — Charter member of the SC in 1921, charter member of the ACC in 1953.

**VIRGINIA** — Charter member of the SIAA in 1894, charter member of the SC in 1921, resigned from SC in December, 1936, joined the ACC in December, 1953.

**WAKE FOREST** — Joined the SC in February, 1936, charter member of the ACC in 1953.

# ACC WOMEN'S SUMMARY

**NORTH CAROLINA — ACC CHAMPION & 18TH PLACE NCAA CHAMPIONSHIPS**  
**CLEMSON — 33RD PLACE NCAA CHAMPIONSHIPS**  
**FLORIDA STATE — T34TH PLACE NCAA CHAMPIONSHIPS**

## Final Standings

	CONFERENCE			OVERALL		
	W	L	Pct.	W	L	Pct
North Carolina	5	0	1.000	10	2	.833
<b>Florida State</b>	<b>1</b>	<b>0</b>	<b>1.000</b>	<b>4</b>	<b>5</b>	<b>.444</b>
Clemson	3	1	.750	7	3	.700
Maryland	3	2	.600	10	2	.833
Virginia	2	3	.400	7	6	.538
N.C. State	1	5	.187	3	7	.300
Duke	0	4	.000	3	8	.333

ACC CHAMPIONSHIP (Chapel Hill, NC, Feb. 1-3)	
1. North Carolina .....	801
2. Virginia .....	534
3. Clemson .....	527
<b>4. Florida State .....</b>	<b>511</b>
5. N.C. State .....	399
6. Maryland .....	362
7. Duke .....	175

**ACC INDIVIDUAL CHAMPIONS:** *50 Free*-Kari Haag, UNC (23.74). *100 Free*-Kari Haag, UNC (50.88). *200 Free*-Kari Haag, UNC (1:48.35). *500 Free*-Chrissy Miller, UNC (4:48.45). *1650 Free*-Chrissy Miller, UNC (16:17.88). **100 Back**-Jodi Kreig, FSU (56.37). *200 Back*-Tracey Barrett, UNC (1:59.88). *100 Breast*-Gina Galligan, NCS (1:03.10). *200 Breast*-Leslie Repetto, UVa (2:18.22). *100 Fly*-Valerie Zammiti, UVa (56.38). *200 Fly*-Valerie Zammiti, UVa (2:02.60). *200 IM*-Leslie Repetto, UVa (2:03.12). *400 IM*-Chrissy Miller, UNC (4:16.00). *1-Meter Diving*-Laurie Wagner, UVa (453.80). *3-Meter Diving*-Laurie Wagner, UVa (453.80). *200-Free Relay*-North Carolina (1:34.30). *400 Free Relay*-North Carolina (3:25.69). *800 Free Relay*-North Carolina (7:22.57). **200 Medley Relay**-Florida State (1:44.80). *400 Medley Relay*-North Carolina (3:48.55).

**ALL-ATLANTIC COAST CONFERENCE TEAM:** *Clemson* (3)-Sarah Borowski, Wendy Henson, Megan Oakley. **Florida State** (6)-Sherry Fowler, Sara Henderson, Jodi Kreig, Tenelle Ramer, Samantha White, Katie Wright. *Maryland* (1)-Sarah Borst. *North Carolina* (9)-Tracey Barrett, Christy Garth, Kari Haag, Janey Hooff, Jennifer Latimer, Merel Hommen, Chrissy Miller, Tracey Rankin, Beth Schlessman. *N.C. State* (1)-Gina Galligan. *Virginia* (4)-Maureen Burnham, Leslie Repetto, Laurie Wagner, Valerie Zammiti.

**ACC MEET MOST VALUABLE SWIMMER:** Chrissy Miller, North Carolina.

**ACC MEET MOST VALUABLE DIVER:** Laurie Wagner, Virginia.

**ACC SWIMMER OF THE YEAR:** Kari Haag, North Carolina.

**ACC ROOKIE OF THE YEAR:** Wendy Henson, Clemson.

**ACC CO-COACH OF THE YEAR:** Frank Comfort, North Caro-

lina; Mark Bernardino, Virginia.

**NCAA CHAMPIONSHIPS (Austin, Texas, March 21-23):** 1-Stanford (478); 2-SMU (397); 3-Michigan (363.5); 4-Southern Cal (356); 5-Georgia (268); 6-Arizona (258); 7-Florida (220); 8-Texas (189); 9-Tennessee (186); 10-Nebraska (167); 11-UCLA (182); 12-Auburn (130.5); 13-Alabmaa (112.5); 14-Kentucky (97.5); 15-Minnesota (66); 16-Cincinnati (65); 17-California (64); 18-north Carolina (57); 19-Northwestern (52); 20-LSU (42); 33rd -Clemson (5); **T34th-Florida State (4).**

**ACC INDIVIDUAL IN THE NCAA CHAMPIONSHIPS:** *50 Free:* 8th-Kari Haag, UNC (23.10). *100 Free:* 5th-Kari Haag, UNC (49.69). *200 Free:* 3rd-Kari Haag, UNC (1:46.48); 12th(c)-Wendy Henson, Clem (1:49.21). **100 Breast:** 13th(c)-Samantha White, FSU (1:03.67). *400 IM:* 13th(c)-Chrissy Miller, UNC (4:19.84). *800 Free Relay:* 12th-North Carolina (7:24.59).

**NEW ACC MEET RECORDS:** *100 Breast:* 1:03.10 by Gina Galligan, N.C. State (old record: 1:04.13 by Allison Smith, Florida State, 1995). *400 IM:* 4:18.00 by Chrissy Miller, UNC (old record: Carrie Szulc, UNC, 1993). *1650 Free:* 16:17.88 by Chrissy Miller, UNC (old record: 16:19.24 by Nicole Rutkowski, UVa, 1994).

**NEW ACC CONFERENCE RECORDS:** *1650 Free:* 16:17.88 by Chrissy Miller, UNC (old record: 16:19.24 by Nicole Rutkowski, UVa, 1994).

**FINAL CSCAA POLL:** 1-Stanford, 2-Michigan, 3-SMU, 4-Southern Cal, 5-Florida, 6-Arizona, 7-Georgia & Texas, 9-UCLA, 10-Nebraska, 11-Auburn, 12-Tennessee, 13-Northwestern, 14-Alabama, 15-Minnesota, 16-Wisconsin, 17-Kansas, 18-Arizona State, 19-North Carolina, 20-Texas A&M, 21-Kentucky, 22-Penn State, 23-California, 24-LSU, 25-Indiana.

## 1996 TOP INDIVIDUAL PERFORMERS

50 Free: Kari Haag, UNC .....	23.01
100 Free: Kari Haag, UNC .....	49.69
200 Free: Kari Haag, UNC .....	1:46.48
500 Free: Chrissy Miller, UNC .....	4:46.45
1000 Free: Chrissy Miller, UNC .....	9:50.10
1650 Free: Chrissy Miller, UNC .....	16:17.88
100 Fly: Valerie Zammiti, UVa .....	56.38
200 Fly: Chrissy Miller, UNC .....	2:02.33
<b>100 Back: Jodi Kreig, FSU .....</b>	<b>56.37</b>
200 Back: Tracey Barrett, UNC .....	1:59.88
100 Breast: Gina Galligan, NCS .....	1:03.10

200 Breast: Leslie Repetto, UVa .....	2:18.22
200 IM: Leslie Repetto, UVa .....	2:03.12
400 IM: Chrissy Miller, UNC .....	4:16.87
200 Free Relay: North Carolina .....	1:34.30
400 Free Relay: North Carolina .....	3:24.92
800 Free Relay: North Carolina .....	7:19.99
<b>200 Medley Relay: Florida State .....</b>	<b>1:44.80</b>
400 Medley Relay: North Carolina .....	3:48.52
1-Meter Diving: Laurie Wagner, UVa .....	391.75
3-Meter Diving: Megan Oakley, Clem .....	540.25

# ACC MEN'S SUMMARY

**NORTH CAROLINA — ACC CHAMPION & 15TH PLACE NCAA CHAMPIONSHIPS**  
**FLORIDA STATE — 18TH PLACE NCAA CHAMPIONSHIPS**  
**N.C. STATE — T30TH PLACE NCAA CHAMPIONSHIPS**

## Final Standings

	CONFERENCE			OVERALL		
	W	L	Pct.	W	L	Pct
North Carolina	5	0	1.000	10	1	.909
<b>Florida State</b>	<b>1</b>	<b>0</b>	<b>1.000</b>	<b>5</b>	<b>4</b>	<b>.556</b>
N.C. State	5	2	.714	7	4	.636
Clemson	3	2	.600	8	3	.727
Virginia	2	3	.400	5	8	.385
Maryland	1	4	.200	7	4	.836
Georgia Tech	0	2	.000	4	7	.364
Duke	0	4	.000	3	6	.333

ACC CHAMPIONSHIP (Chapel Hill, NC, Feb. 8-10)	
1. North Carolina	801.50
2. N.C. State	681.50
3. <b>Florida State</b>	<b>528.00</b>
4. Clemson	487.00
5. Virginia	367.50
6. Maryland	309.50
7. Duke	168.00
8. Georgia Tech	158.00

**ACC INDIVIDUAL CHAMPIONS:** *50 Free*-Brendon Dedekind, FSU (19.94). *100 Free*-Brendon Dedekind, FSU (43.99). *200 Free*-Carlos Santander, NCS (1:37.31). *500 Free*-Trevor Runberg, UNC (4:22.74). *1650 Free*-Mike Chorba, UNC (15:15.57). *100 Back*-Ted Brisson, UNC (49.75). *200 Back*-Trevor Runberg, UNC (1:46.13), *100 Breast*-Scott Troy, UNC (55.36). *200 Breast*-Scott Troy, UNC (2:00.25). *100 Fly*-Tucker Shade, UNC (48.02). *200 Fly*-Tucker Shade, UNC (1:46.72). *200 IM*-Tucker Shade, UNC (1:48.96). *400 IM*-Chip Haberstroh, FSU (3:52.87). *1-Meter Diving*-Brian Haecker, Clem (457.20). *3-Meter Diving*-Todd Smith, NCS (488.80). *200-Free Relay*-FSU (1:19.62). *400 Free Relay*-N.C. State (2:57.95). *800 Free Relay*-North Carolina (6:32.31). *200 Medley Relay*-North Carolina (1:29.80). *400 Medley Relay*-North Carolina (3:17.37).

**ALL-ATLANTIC COAST CONFERENCE TEAM:** *Clemson (1)*-Brian Haecker. *Florida State (6)*-Eduardo Coelho, Brendon Dedekind, Chip Haberstroh, John Haynes, Matt McVittie, Stephen Parry. *Maryland (1)*-Ryan Prosser. *North Carolina (11)*-Ed Abele, Steve Bonack, Matt Branum, Ted Brisson, Mike Chorba, Micah Copeland, Eric Fehr, Trevor Runberg, Tom Schmelzer, Tucker Shade, Scott Troy. *N.C. State (5)*-J.J. Marus, Carlos Santander, Todd Smith, Aaron Swartzman, Brandon Walts. *Virginia (2)*-Michael Gaughen, Steven Smith.

**ACC MEET MOST VALUABLE SWIMMER:** Tucker Shade, North Carolina.

**ACC MEET MOST VALUABLE DIVER:** Brian Haecker, Clemson.

**ACC CO-SWIMMERS OF THE YEAR:** Steve Bonack & Trevor Runbert, North Carolina.

**ACC ROOKIE OF THE YEAR:** Brendon Dedekind, Florida State.

**ACC COACH OF THE YEAR:** Frank Comfort, North Carolina.  
**NCAA CHAMPIONSHIPS (Austin, Texas, March 28-30):** 1-Texas (479); 2-Auburn (443.5); 3-Michigan (358); 4-Stanford (312); 5-Ten-

nessee (311.5); 6-SMU (288); 7-Southern Cal (188); 8-Miami (151); 9-Arizona State (142); 10-Florida (140); 11-Georgia (127); 12-Minnesota (116); (116); 13-California (114); 14-Arizona (106.5); 15-North Carolina (90); 16-Harvard (68); 17-LSU (59); **18-Florida State (58)**; 19-Indiana (55); 20-Florida Atlantic (54); T30-N.C. State (18).

**ACC INDIVIDUAL IN THE NCAA CHAMPIONSHIPS:** *50 Free:* 9th(c)-Brendon Dedekind, FSU (19.87). *500 Free:* 7th-Trevor Runberg, UNC (4:22.69); 14th(c)-Micah Copeland, UNC (4:24.51). *1650 Free:* 12th-Mike Chorba, UNC (15:16.90). *100 Breast:* 7th-Steve Bonack, UNC (55.23); 10th(c)-Scott Troy, UNC (1:59.94); 12th(c)-Eric Fehr, UNC (2:00.17). *200 Breast:* 8th-Steve Bonack, UNC (2:00.48); 11th(c)-Scott Troy, UNC (1:59.94); 12th-Eric Fehr, UNC (2:00.17). *200 Fly:* 10th Stephen Parry, FSU (1:46.21). *400 IM:* 12th(c)-Eric Fehr, UNC (3:52.34). *200 Free Relay:* 9th(c)-Florida State (1:20.40); 12th(c)-N.C. State (1:20.58). *400 Free Relay:* 8th(c)-Florida State (2:57.87); 13th(c)-N.C. State (2:59.17). *800 Free Relay:* 10th-North Carolina (6:33.11). *200 Medley Relay:* 15th(c)-North Carolina (1:30.63). *400 Medley Relay:* 14th (c)-North Carolina (3:17.70).

**NEW ACC MEET RECORDS:** *200 Free Relay*-1:19.62 by Florida State (Dedekind, Coelho, McVittie, Haynes) (old: 1:19.99 by N.C. State, 1992). *200 Medley Relay*-1:29.80 by North Carolina (Brisson, Bonack, Shade, Branum) (tie: 1:29.80 by N.C. State, 1992).

**NEW ACC CONFERENCE RECORDS:** *200 Free Relay*-1:19.62 by Florida State (Dedekind, Coelho, McVittie, Haynes) (old: 1:19.99 by N.C. State, 1992). *200 Medley Relay*-1:29.80 by North Carolina (Brisson, Bonack, Shade, Branum) (tie: 1:29.80 by N.C. State, 1992).

**FINAL CSCAA POLL:** 1-Auburn, 2-Michigan, 3-Texas, 4-Tennessee, 5-Stanford, 6-Southern Cal, 7-SMU, 8-Minnesota, 9-Arizona, 10-Georgia, 11-California, 12-Florida, 13-Arizona State, 14-North Carolina, 15-Miami, 16-Nebraska, 17-Iowa, 18-Texas A&M, 19-LSU, 20-Alabama, 21-Ohio State, 22-Indiana, 23-Kansas, 24-Princeton, 25-Penn State.

**ACC vs. NON-ACC OPPONENTS:** 32-20, .615.

## 1996 TOP INDIVIDUAL PERFORMERS

<b>50 Free:</b> Brendon Dedekind, FSU	19.87
<b>100 Free:</b> Brendon Dedekind, FSU	43.76
<b>200 Free:</b> Carlos Santander, NCS	1:37.31
<b>500 Free:</b> Trevor Runberg, UNC	4:20.49
<b>1000 Free:</b> Michael Chorba	9:14.23
<b>1650 Free:</b> Michael Chorba, UNC	15:15.57
<b>100 Fly:</b> Tucker Shade, UNC	48.02
<b>200 Fly:</b> Stephen Parry, FSU	1:46.21
<b>100 Back:</b> Trevor Runberg, UNC	49.55
<b>200 Back:</b> Trevor Runberg, UNC	1:48.13
<b>100 Breast:</b> Steve Bonack, UNC	55.03

<b>200 Breast:</b> Steve Bonack, UNC	1:58.99
<b>200 IM:</b> Tucker Shade, UNC	1:48.96
<b>400 IM:</b> Chip Haberstroh, FSU	3:51.02
<b>200 Free Relay:</b> Florida State	1:19.82
<b>400 Free Relay:</b> Florida State	2:57.67
<b>800 Free Relay:</b> North Carolina	6:32.31
<b>200 Medley Relay:</b> North Carolina	1:29.80
<b>400 Medley Relay:</b> North Carolina	3:17.37
<b>1-Meter Diving:</b> Todd Smith, NCS	536.90
<b>3-Meter Diving:</b> Brian Haecker, Clemson	537.975

# ACC RECORDS

## MEN'S ALL TIME

Event	Time	Name	Year
<b>50 FREESTYLE</b>			
Conference:	19.14	David Fox, NC State	1993
Meet:	19.40	David Fox, NC State	1992
<b>100 FREESTYLE</b>			
Conference:	43.07	David Fox, NC State	1993
Meet:	43.25	David Fox, NC State	1992
<b>200 FREESTYLE</b>			
Conference:	1:35.59	John Davis, North Carolina	1990
Meet:	1:35.59	John Davis, North Carolina	1990
<b>500 FREESTYLE</b>			
Conference:	4:17.88	Peter Wright, Virginia	1993
Meet:	4:19.53	David Monasterio, N. Carolina	1991
<b>1650 FREESTYLE</b>			
Conference:	14:59.64	Peter Wright, Virginia	1994
Meet:	15:03.36	Stephen Warner, Virginia	1995
<b>100 BACKSTROKE</b>			
Conference:	<b>48.10</b>	<b>Rob Braknis, Florida State</b>	<b>1995</b>
Meet:	<b>48.10</b>	<b>Rob Braknis, Florida State</b>	<b>1995</b>
<b>200 BACKSTROKE</b>			
Conference:	<b>1:43.39</b>	<b>Rob Braknis, Florida State</b>	<b>1995</b>
Meet:	<b>1:43.39</b>	<b>Rob Braknis, Florida State</b>	<b>1995</b>
<b>100 BREASTSTROKE</b>			
Conference:	54.99	Gary Gauch, North Carolina	1991
Meet:	54.99	Gary Gauch, North Carolina	1991
<b>200 BREASTSTROKE</b>			
Conference:	1:58.74	Chris Graber, Virginia	1993
Meet:	1:59.68	Jeff Weiss, North Carolina	1995
<b>100 BUTTERFLY</b>			
Conference:	47.59	Adam Boch, Virginia	1992
Meet:	47.59	Adam Boch, Virginia	1992
<b>200 BUTTERFLY</b>			
Conference:	1:45.30	David Monasterio, N. Carolina	1991
Meet:	1:45.30	David Monasterio, N. Carolina	1991
<b>200 IND. MEDLEY</b>			
Conference:	1:47.33	John Davis, North Carolina	1990
Meet:	1:47.33	John Davis, North Carolina	1990
<b>400 IND. MEDLEY</b>			
Conference:	3:47.98	Bill Smyth, Virginia	1994
Meet:	3:47.98	Bill Smyth, Virginia	1994
<b>200 FREE RELAY</b>			
Conference:	<b>1:19.62</b>	<b>FSU (Dedekind, Coelho, McVittie, Haynes)</b>	<b>1996</b>
Meet:	<b>1:19.62</b>	<b>FSU (Dedekind, Coelho, McVittie, Haynes)</b>	<b>1996</b>
<b>400 FREE RELAY</b>			
Conference:	2:56.61	UNC (Davis, Schroeder, Sedlak, D. Monasterio)	1991
Meet:	2:56.61	UNC (Davis, Schroeder, Sedlak, D. Monasterio)	1991
<b>800 FREE RELAY</b>			
Conference:	6:26.71	UNC (Monasterio, Hamrick, Summerlin, DeFabrique)	1993
Meet:	6:29.46	UNC (Monasterio, Hamrick, Summerlin, DeFabrique)	1992
<b>200 MED. RELAY</b>			
Conference:	1:29.80	NCSU (Cox, Torson, Dunaway, Fox)	1992
		UNC (Brisson, Bonack, Shade, Branum)	1996
Meet:	1:29.80	NCSU (Cox, Torson, Dunaway, Fox)	1992
		UNC (Brisson, Bonack, Shade, Branum)	1996
<b>400 MED. RELAY</b>			
Conference:	3:15.64	Virginia (Smyth, Calver, Boch, Meehan)	1993
Meet:	3:15.64	Virginia (Smyth, Calver, Boch, Meehan)	1993

## WOMEN'S ALL TIME

Event	Time	Name	Year
<b>50 FREESTYLE</b>			
Conference:	22.72	Sarah Perroni, N. Carolina	1993
Meet:	22.95	Melissa Douse, N. Carolina	1992
<b>100 FREESTYLE</b>			
Conference:	48.84	Mitzi Kremer, Clemson	1989
Meet:	49.64	Mitzi Kremer, Clemson	1989
<b>200 FREESTYLE</b>			
Conference:	1:44.78	Mitzi Kremer, Clemson	1989
Meet:	1:47.14	Mitzi Kremer, Clemson	1989
<b>500 FREESTYLE</b>			
Conference:	4:39.18	Mitzi Kremer, Clemson	1989
Meet:	4:45.66	Mitzi Kremer, Clemson	1989
<b>1650 FREESTYLE</b>			
Conference:	16:17.88	Chrissy Miller, N. Carolina	1996
Meet:	16:17.88	Chrissy Miller, N. Carolina	1996
<b>100 BACKSTROKE</b>			
Conference:	54.74	Sue Walsh, North Carolina	1983
Meet:	55.41	Karen Burgess, Virginia	1993
<b>200 BACKSTROKE</b>			
Conference:	1:58.82	Sue Walsh, North Carolina	1984
Meet:	1:58.88	Karen Burgess, Virginia	1993
<b>100 BREASTSTROKE</b>			
Conference:	1:03.08	Patty Watters, N.C. State	1981
Meet:	1:03.10	Gina Galligan, N.C. State	1996
<b>200 BREASTSTROKE</b>			
Conference:	2:16.34	Polly Winde, North Carolina	1984
Meet:	2:17.70	Polly Winde, North Carolina	1983
<b>100 BUTTERFLY</b>			
Conference:	53.91	Melanie Buddemeyer, N. Carolina	1985
Meet:	54.56	Melanie Buddemeyer, N. Carolina	1987
<b>200 BUTTERFLY</b>			
Conference:	1:58.04	Melanie Buddemeyer, N. Carolina	1985
Meet:	1:58.41	Melanie Buddemeyer, N. Carolina	1985
<b>200 IND. MEDLEY</b>			
Conference:	2:00.81	Karen Burgess, Virginia	1993
Meet:	2:00.81	Karen Burgess, Virginia	1993
<b>400 IND. MEDLEY</b>			
Conference:	4:11.32	Polly Winde, North Carolina	1984
Meet:	4:16.00	Chrissy Miller, N. Carolina	1996
<b>200 FREE RELAY</b>			
Conference:	1:32.15	UNC (Pless, Scott, Mitchell, Walsh)	1984
Meet:	1:32.86	UNC (Pless, Mesmer, Walsh, Harris)	1981
<b>400 FREE RELAY</b>			
Conference:	3:21.02	UNC (Hart, Haag, Huber, Perroni)	1993
Meet:	3:21.02	UNC (Hart, Haag, Huber, Perroni)	1993
<b>800 FREE RELAY</b>			
Conference:	7:15.96	Virginia (Valerio, Sawyer, Hallin, O'Donnell)	1988
Meet:	7:21.75	UNC (Haag, Allison, Huber, Perroni)	1993
<b>200 MED. RELAY</b>			
Conference:	1:42.63	UNC (Walsh, Pless, Berizzi, Harris)	1981
Meet:	1:43.99	UNC (Haag, Nemeth, Garth, Perroni)	1993
<b>400 MED. RELAY</b>			
Conference:	3:44.42	UNC (Walsh, Strickland, Mitchell, Pless)	1984
Meet:	<b>3:46.67</b>	<b>FSU (Krieg, Smith, Jepson, Kominski)</b>	<b>1995</b>

*Bold indicates Seminoles*

# 1996-97 OPPONENTS

## ACC OPPONENTS

### CLEMSON

Nickname ..... Tigers  
 Location ..... Clemson, SC  
 Conference ..... Atlantic Coast  
 Facility ..... McHugh Natatorium  
 Head Coach ..... Bruce Marchionda  
 1995-96 (overall, conference) ..... Men: 8-3/3-2  
 Women: 7-3/3-1  
 1995-96 (conference finish, NCAA) .. Men: 4th/NA  
 Women: 3rd/NA  
 SID Contact .. Jessica Reo/Meredith Merritt  
 SID Phone ..... (864) 656-2114

### DUKE

Nickname ..... Blue Devils  
 Location ..... Durham, NC  
 Conference ..... Atlantic Coast  
 Facility ..... Duke Aquatic Center  
 Head Coach ..... Bob Thompson  
 1995-96 (overall, conference) ..... Men: 3-6/0-4  
 Women: 3-6/0-4  
 1995-96 (conference finish, NCAA) .. Men: 7th/NA  
 Women: 7th/NA  
 SID Contact ..... Tom Kosempa  
 SID Phone ..... (919) 684-2633

### GEORGIA TECH

Nickname ..... Yellow Jackets  
 Location ..... Atlanta, GA  
 Conference ..... Atlantic Coast  
 Facility ..... Georgia Tech Aquatic Center  
 Head Coach ..... Bill Humber  
 1995-96 (overall, conference) ..... Men: 4-7/0-2  
 1995-96 (conference finish, NCAA) . Men: 8th/NA  
 SID Contact ..... Matt Rehm  
 SID Phone ..... (404) 894-5445

### MARYLAND

Nickname ..... Terrapins  
 Location ..... College Park, MD  
 Conference ..... Atlantic Coast  
 Facility ..... Cole Field House Pool  
 Head Coach ..... Jim Wenhold  
 1995-96 (overall, conference) ..... Men: 7-4/1-4  
 Women: 10-2/3-2  
 1995-96 (conference finish, NCAA) Men: 6th/NA  
 Women: 6th/NA  
 SID Contact ..... Nicole Hawkins  
 SID Phone ..... (301) 314-7064

### NORTH CAROLINA

Nickname ..... Tar Heels  
 Location ..... Chapel Hill, NC  
 Conference ..... Atlantic Coast  
 Facility ..... Koury Natatorium  
 Head Coach ..... Frank Comfort  
 1995-96 (overall, conference) ..... Men: 10-1/5-0  
 Women: 10-2/5-0  
 1995-96 (conference finish, NCAA) Men: 1st/15th  
 Women: 1st/18th  
 SID Contact ..... Dave Lohse  
 SID Phone ..... (919) 962-2123

### NORTH CAROLINA STATE

Nickname ..... Wolfpack  
 Location ..... Raleigh, NC  
 Conference ..... Atlantic Coast  
 Facility ..... Casey Aquatics Center  
 Head Coach ..... Scott Hammond  
 1995-96 (overall, conference) ..... Men: 7-4/5-2  
 Women: 3-7/1-5  
 1995-96 (conference finish, NCAA) .. Men: 2nd/T-30th  
 Women: 5th/NA

SID Contact ..... Wendi McLendon-Pruett  
 SID Phone ..... (919) 515-2102

### VIRGINIA

Nickname ..... Cavaliers  
 Location ..... Charlottesville  
 Conference ..... Atlantic Coast  
 Facility ..... University of Virginia  
 Aquatic & Fitness Center  
 Head Coach ..... Mark Bernardino  
 1995-96 (overall, conference) ..... Men: 5-8/2-3  
 Women: 7-6/2-3  
 1995-96 (conference finish, NCAA) . Men: 5th/NA  
 Women: 2nd/NA  
 SID Contact ..... Charlie Bare  
 SID Phone ..... (804) 982-5500

## OTHER OPPONENTS

### AUBURN

Nickname ..... Tigers  
 Location ..... Auburn, Alabama  
 Conference ..... Southeastern  
 Facility ..... Martin Aquatics Center  
 Head Coach ..... David Marsh  
 1995-96 (overall, conference) ..... Men: 6-0/3-0  
 Women: 5-2/2-1  
 1995-96 (conference finish, NCAA) .. Men: 2nd/2nd  
 Women: 5th/12th  
 SID Contact ..... Julie King, Eric Cerny  
 SID Phone ..... (334) 844-9701

### FLORIDA ATLANTIC

Nickname ..... Owls  
 Location ..... Boca Raton  
 Conference ..... Independent  
 Facility ..... Florida Atlantic University Pool  
 Head Coach ..... Steve Eckelkamp  
 1995-96 (overall) ..... Men: 8-7  
 Women: 7-7  
 1995-96 (conference finish, NCAA) .. Men: NA/20th  
 Women: NA/NA  
 SID Contact ..... Katrina McCormack  
 SID Phone ..... (561) 367-3063

### FLORIDA A&M

Nickname ..... Rattlers  
 Location ..... Tallahassee, FL  
 Conference ..... Mid-Eastern Athletic  
 Facility ..... FAMU Aquatic Center  
 Head Coach ..... Jamey Myers  
 1995-96 (overall, conference) ..... Men: 2-7/NA  
 Women: 2-7/NA  
 1995-96 (conference finish, NCAA) .. Men: NA/NA  
 Women: NA/NA  
 SID Contact ..... Arthur Hightower  
 SID Phone ..... (904) 599-3200

### FLORIDA

Nickname ..... Gators  
 Location ..... Gainesville, FL  
 Conference ..... Southeastern  
 Facility ..... O'Connell Natatorium  
 Head Coach ..... Chris Martin  
 1995-96 (overall, conference) ..... Men: 5-3/1-2  
 Women: 9-0/3-0  
 1995-96 (conference finish, NCAA) ..... Men: 3rd/10th  
 Women: 1st/7th  
 SID Contact ..... Mary Wagner  
 SID Phone ..... (352) 375-4683

### GEORGIA SOUTHERN

Nickname ..... Eagles  
 Location ..... Statesboro, GA

Conference ..... Independent  
 Facility ..... Hanner Natatorium  
 Head Coach ..... Derek Chaput (Men)  
 Anne Marie Woznick (Women)  
 1995-96 (overall, conference) ..... Men: 9-5/NA  
 Women: 6-5/NA  
 1995-96 (conference finish, NCAA) .. Men: NA/NA  
 Women: NA/NA  
 SID Contact ..... TBA  
 SID Phone ..... (912) 681-5239

### GEORGIA

Nickname ..... Bulldogs  
 Location ..... Athens, GA  
 Conference ..... Southeastern  
 Facility ..... Calhoun Natatorium  
 Head Coach ..... Jack Bauerle  
 1995-96 (overall, conference) ..... Men: 9-1/4-1  
 Women: 8-2/4-1  
 1995-96 (conference finish, NCAA) .. Men: 4th/11th  
 Women: 2nd/5th  
 SID Contact ..... Leigh Dillard  
 SID Phone ..... (706) 542-7945

### HARVARD

Nickname ..... Crimson  
 Location ..... Cambridge, MA  
 Conference ..... Ivy League  
 Facility ..... Blodgett Pool  
 Head Coach ..... Mike Chasson  
 1995-96 (overall, conference) ..... Men: 12-1/9-0  
 Women: 8-2/6-1  
 1995-96 (conference finish, NCAA) .. Men: 1st/16th  
 Women: 3rd/NA  
 SID Contact ..... John Veneziano  
 SID Phone ..... (617) 495-2206

### MIAMI

Nickname ..... Hurricanes  
 Location ..... Coral Gables, FL  
 Conference ..... Big East  
 Facility ..... Whitten Student Union Pool  
 Head Coach ..... Sid Cassidy  
 1995-96 (overall, conference) ..... Men: 8-2/3-0  
 Women: 12-2/3-0  
 1995-96 (conference finish, NCAA) .. Men: 3rd/8th  
 Women: 2nd/24th  
 SID Contact ..... Rob Wilson  
 SID Phone ..... (305) 284-3244

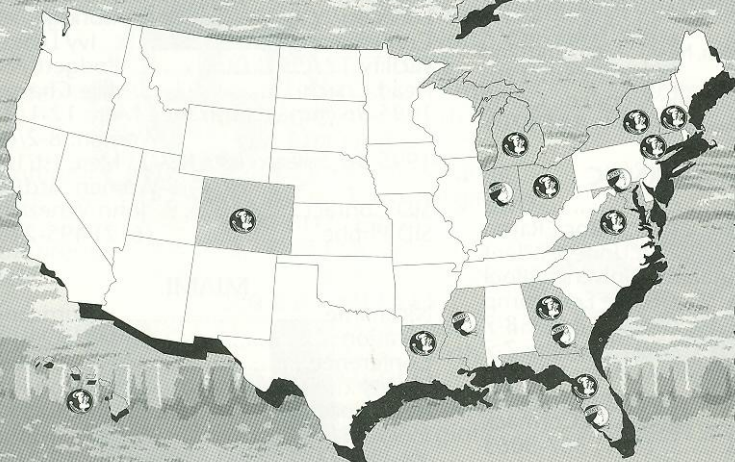
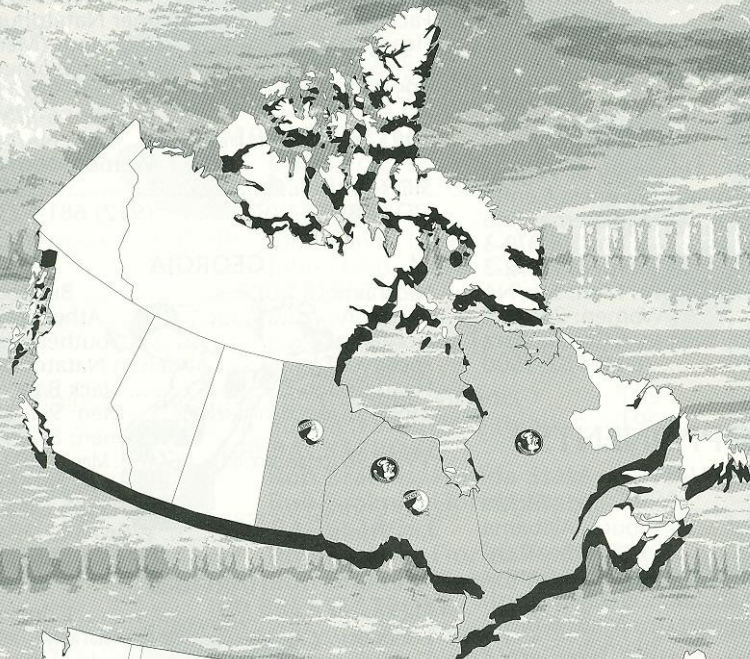
### LOUISIANA STATE

Nickname ..... Fighting Tigers  
 Location ..... Baton Rouge, LA  
 Conference ..... Southeastern  
 Facility ..... LSU Natatorium  
 Head Coach ..... Rick Meador  
 1995-96 (overall, conference) ..... Men: 6-3/2-1  
 Women: 6-3/2-1  
 1995-96 (conference finish, NCAA) .. Men: 5th/17th  
 Women: 7th/20th  
 SID Contact ..... Shawn Darrah  
 SID Phone ..... (504) 388-8226

### VILLANOVA

Nickname ..... Wildcats  
 Location ..... Villanova, PA  
 Conference ..... Big East  
 Facility ..... duPont Swimming Pool  
 Head Coach ..... Ed Bartsch  
 1995-96 (overall, conference) ..... Men: 5-4/3-1  
 Women: 7-6/3-1  
 1995-96 (conference finish, NCAA) . Men: 4th/NA  
 Women: 1st/NA  
 SID Contact ..... Caryn Feeny  
 SID Phone ..... (610) 519-4120

# REGIONAL ROSTERS



## LADY SEMINOLES BY STATE/COUNTRY

- CANADA (2)** – Blachford (Ontario), Sabesky (Manitoba)
- ENGLAND (1)** – Jepson (West Yorkshire)
- FLORIDA (15)** – Amman (Eustis), Bradley, McHugh (Plantation), Engelbrecht (Tallahassee), Finfrook, Scobey (Winter Park), Gillooly (Kissimmee), Hamilton (Seminole), Henderson (Orlando), Mateka (Palm Harbor), Ruscoe (Port Richey), Schmedeman (Bartow), Stafford (Jacksonville), Toole (Tampa), White (Ormond Beach)
- GEORGIA (6)** – Armond (Snellville), Brock (Roswell), Dorminy (Tifton), Marion, Wright (Marietta), McRoberts (Albany)
- INDIANA (1)** – Ramer (Goshen)
- MARYLAND (1)** – Fowler (Silver Spring)
- MISSISSIPPI (1)** – Smith (Columbus)
- SPAIN (1)** – Gaztañaga (Ordizia)

## SEMINOLES BY STATE/COUNTRY

- BRAZIL (1)** – Coelho (Rio de Janeiro)
- CANADA (2)** – Braknis (Quebec), Nuttall (Ontario)
- COLORADO (1)** – Swisher (Boulder)
- CONNECTICUT (1)** – Geraghty (Milford)
- ENGLAND (1)** – Parry (Liverpool)
- FLORIDA (9)** – Bengston (St. Petersburg), Bradley (Plantation), Chang (Royal Palm Beach), Chia (Tallahassee), Deese (Titusville), Dunn (Gainesville), Gonzales (Pensacola), Rowley (Orlando), Semesco (Ocala)
- GEORGIA (2)** – Welsch, Zeller (Marietta)
- HAWAII (1)** – Flanagan (Honolulu)
- LOUISIANA (1)** – Henley (Baton Rouge)
- MARYLAND (2)** – Murphy, Schultz (Bowie)
- MASSACHUSETTS (1)** – Haberstroh (Canton)
- MICHIGAN (1)** – McVittie (Chelsea)
- NEW YORK (1)** – Milun (Great Neck)
- OHIO (1)** – Daily (Cincinnati)
- SOUTH AFRICA (1)** – Dedekind (Natal)
- VENEZUELA (1)** – Chocron (Caracas)
- VIRGINIA (3)** – Burkman (Reston), Gratzick (Spotsylvania), Onken (Chester)



# 1996-97 TIME STANDARDS

## MEN'S DIVISION I

EVENT	5-YARD COURSE		25-METER COURSE		50-METER COURSE	
	STANDARD A	STANDARD B	STANDARD A	STANDARD B	STANDARD A	STANDARD B
50 Freestyle	19.88	20.47	21.76	22.40	22.86	23.54
100 Freestyle	43.82	45.13	47.95	49.38	50.37	51.88
200 Freestyle	1:36.39	1:39.28	1:45.47	1:48.63	1:50.17	1:53.47
500 Freestyle	4:21.03	4:28.86	3:48.38	3:55.23	3:56.23	4:03.32
1,650 Freestyle	15:10.61	15:37.92	15:05.18	15:32.33	15:33.96	16:01.97
100 Butterfly	47.68	49.11	52.17	53.74	53.88	55.50
200 Butterfly	1:46.41	1:49.60	1:56.43	1:59.92	2:00.34	2:03.95
100 Backstroke	47.97	49.40	52.49	54.05	55.14	56.79
200 Backstroke	1:44.69	1:47.83	1:54.55	1:57.98	2:00.34	2:04.55
100 Breaststroke	55.07	56.72	1:00.26	1:02.06	1:03.67	1:05.58
200 Breaststroke	1:58.78	2:02.34	2:09.96	2:13.86	2:17.32	2:21.44
200 Individual Medley	1:47.16	1:50.37	1:57.25	2:00.76	2:03.89	2:07.60
400 Individual Medley	3:50.23	3:57.13	4:11.90	4:19.45	4:24.64	4:32.57
200 Freestyle Relay	1:19.41	1:21.79	1:26.89	1:29.49	1:31.28	1:34.02
400 Freestyle Relay	2:55.60	3:00.86	3:12.13	3:17.88	3:21.85	3:27.89
800 Freestyle Relay	6:28.35	6:40.00	7:04.90	7:17.64	7:23.83	7:37.15
200 Medley Relay	1:28.58	1:31.23	1:36.92	1:39.82	1:41.47	1:44.51
400 Medley Relay	3:13.14	3:18.93	3:31.32	3:37.65	3:41.24	3:47.88

1-Meter Diving Points — Dual 290/Championship 465

3-Meter Diving Points — Dual 310/Championship 480

Platform Diving Points — 10 Dives 430/14 Dives 618

## WOMEN'S DIVISION I

EVENT	25-YARD COURSE		25-METER COURSE		50-METER COURSE	
	STANDARD A	STANDARD B	STANDARD A	STANDARD B	STANDARD A	STANDARD B
50 Freestyle	23.12	23.81	25.30	26.06	26.28	27.06
100 Freestyle	50.15	51.65	54.87	56.52	56.99	58.70
200 Freestyle	1:48.54	1:51.79	1:58.76	2:02.31	2:02.65	2:06.32
500 Freestyle	4:47.24	4:55.85	4:11.31	4:18.84	4:16.47	4:24.16
1,650 Freestyle	16:20.68	16:50.10	16:14.84	16:44.08	16:40.70	17:10.72
100 Butterfly	55.09	56.74	1:00.28	1:02.08	1:01.91	1:03.76
200 Butterfly	2:00.29	2:03.89	2:11.61	2:15.55	2:15.16	2:19.21
100 Backstroke	55.27	56.92	1:00.48	1:02.28	1:02.46	1:04.32
200 Backstroke	1:58.19	2:01.73	2:09.32	2:13.19	2:13.55	2:17.55
100 Breaststroke	1:02.33	1:04.19	1:08.20	1:10.24	1:11.65	1:13.79
200 Breaststroke	2:15.03	2:19.08	2:27.74	2:32.17	2:33.45	2:38.05
200 Individual Medley	2:01.52	2:05.16	2:12.96	2:16.94	2:18.10	2:22.23
400 Individual Medley	4:17.93	4:25.66	4:42.21	4:50.66	4:51.45	5:00.19
200 Freestyle Relay	1:32.25	1:35.01	1:40.94	1:43.96	1:44.84	1:47.97
400 Freestyle Relay	3:21.52	3:27.56	3:40.49	3:47.10	3:49.01	3:55.87
800 Freestyle Relay	7:17.94	7:31.07	7:59.15	8:13.52	8:14.85	8:29.69
200 Medley Relay	1:41.85	1:44.90	1:51.44	1:54.78	1:55.61	1:59.08
400 Medley Relay	3:42.18	3:48.84	4:03.09	4:10.38	4:12.20	4:19.76

1-Meter Diving Points — Dual 245/Championship 375

3-Meter Diving Points — Dual 255/Championship 425

Platform Diving Points — 8 Dives 325/12 Dives 405

# 1995-96 SEMINOLE HIGHLIGHTS

**WOMEN – 2 ACC CHAMPIONS  
MEN – 4 ACC CHAMPIONS**

**WOMEN – ACC 34D • NCAA 34TH  
MEN – ACC 3ND • NCAA 18TH**

**WOMEN – 1 SCHOOL RECORD  
MEN – 1 ACC CONFERENCE RECORD • 1 ACC MEET RECORD  
• 6 SCHOOL RECORDS**

**WOMEN – 1 ALL-AMERICAN  
MEN – 3 ALL-AMERICANS • 2 ALL-AMERICAN RELAYS**

**WOMEN – MVPS SAMANTHA WHITE & SARAH HENDERSON  
MEN – MVPS BRENDON DEDEKIND & COREY GERAGHTY**

**MEN'S ACC ROOKIE OF THE YEAR – BRENDON DEDEKIND**



## 1996-1997 FSU MEN'S SWIMMING & DIVING TEAM



1996-97 SEMINOLES (top row, l-r): Matt McVittie, Kevin Rowely, Chad Onken, Matt Dunn, Kevin Murphy, David Semesco, Kile Zeller, Julian Daily, James Henley, Stephen Parry, Brendon Dedekind, Seth Swisher, Kevin Flanagan, Nei-Kuan Chia, Jonathan Mount, Bill Schultz; (bottom row, l-r): Kerwin Deese, Nathan Eley, Paul Lizon, Ryan Gratzick, Eduardo Coelho, Chip Haberstroh, Frank Bradley, Rob Braknis, Tim Welsch, Danny Chocron, Dustin Bengston, Mark Draper, Glen Gonzales, Brent Burkman, Brian Christensen, Cory Geraghty, Ben Nuttall; (not pictured): Shaun Chang, Darren Milun

## 1996-1997 FSU WOMEN'S SWIMMING & DIVING TEAM



1996-97 LADY SEMINOLES (top row, l-r): Lindy Dorminy, Caroline Hamilton, Kristie McRoberts, Jenny Engelbrecht, Tenelle Ramer, Allison Smith, Katie Wright, Helen Jepson, Maider Gaztanaga, Marya Sabesky, Rachael Amman, Pam Kuznia; (bottom row, l-r): Laura Mateka, Kelly Brock, Anne Blachford, Sherri Fowler, Samantha White, Meagan Bradley, Linda Finrock, Amy Armond, Cindy Marion, Sarah Henderson, Maria Toole, Erin Gillooly, Karen Schmedeman, Shannon McHugh; (not pictured): Katie Ruscoe, Sarah Scobey, Danielle Stafford

# 1996-1997

# FLORIDA STATE UNIVERSITY SWIMMING & DIVING

## MEET SCHEDULE

DATE	MEET	PLACE	TIME
September 28	Pentathlon	HOME	
October 4	Garnet/Gold Meet	HOME	
October 11	Florida Atlantic	Boca Raton, FL	1:00
October 12	Miami	Miami, FL	9:30
November 1-3	Seminole Invitational	HOME	All Day
November 9	FAMU		
	Georgia Southern		
	Georgia Tech	HOME	TBA
November 15-17	Georgia Invite	Athens, GA	All Day
November 22-24	Nike Sprint Classic	Lincoln, NE	All Day
November 29	Florida	HOME	5:00
December 6	Villanova/Virginia	Charlottesville, VA	TBA
December 7	Harvard	Charlottesville, VA	TBA
January 18	Broward (Diving only)	HOME	10:00
January 25	Auburn, LSU	HOME	11:00
February 20-22	Women's ACC's	Chapel Hill, NC	All Day
Feb. 27-Mar. 1	Men's ACC's	Chapel Hill, NC	All Day
March 7-8	Georgia	Athens, GA	TBA
March 12-14	NCAA Zone Qualifying Meet (D)	Auburn, AL	All Day
March 20-22	Women's NCAA's	Indianapolis, IN	All Day
March 27-29	Men's NCAA's	Minneapolis, MN	All Day