



# FLORIDA STATE SEMINOLES



**2013-2014  
SWIMMING & DIVING MEDIA GUIDE**





**Table of Contents:**

Quick Facts/Staff/Table of Contents..... 1  
 Coaches Pages .....2-6  
 Women's Outlook..... 7  
 Women's Roster ..... 8  
 Women's Profiles .....9-16  
 Women's Year-in-Review ..... 16  
 Academics ..... 16  
 Men's Outlook..... 17  
 Men's Roster ..... 18  
 Men's Profiles ..... 19-27  
 Men's Year-in-Review..... 28  
 Administration and Board of Trustees..... 28  
 The Morcom Aquatics Center ..... 29  
 Records ..... 30-41

*(Front and back cover art designed by Dustbowl Artistry and put together by Brandon Lane .*

*On the cover - Tiffany Oliver, Jared Pike, Paul Murray, Tom Neubacher, Kaitlyn Dressel and Pavel Sankovich.)*

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**University Facts**

Location: Tallahassee, Fla.  
 Enrollment: 41, 301  
 Founded: 1851  
 Symbol: Seminoles  
 Colors: Garnet & Gold  
 President: Eric J. Barron

**FSU Athletics**

Affiliation : NCAA Division I  
 Conferece: ACC  
 Athletics Director: Stan Wilcox  
 Associate AD (Swimming): Rob Wilson  
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**2012-13 Men's Year-in-Review**

Record : 8-2 (3-1 ACC)  
 ACC Championship Finish: 4th  
 NCAA Finish: 23rd  
 Final CSCAA Finish: 15  
 Men's Newcomers: 9

**2012-13 Women's Year-in-Review**

Record : 13-1 (6-0 ACC)  
 ACC Championship Finish: 4th  
 NCAA Finish: 31st  
 Final CSCAA Finish:T22  
 Women's Newcomers: 7

**The Morcom Aquatics Center**

Address: 2560 Pottsdamer Street  
 Tallahassee, FL 32310  
 Phone: (850)- 644 - 7665

**Coaches**

Frank Bradley - (Florida State - '97) - First Year  
 Andy Robins - (William & Mary - '83) - 18th Year  
 Patrick Jeffrey - (Ohio State - 88) - 15th Year  
 Matt McVittie - (Florida State- '97) - First Year  
 Tori Richmond - (Florida State - '12) - First Year  
 Amy Cozad - (Indiana '13) First Year

**Graduate Assistants and Managers**

Gideon Louw - (Auburn - '10)  
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**Katrina Young**



# Frank Bradley

## Head Coach

### First Year - Florida State '97

Frank Bradley enters his first season as head coach of the Florida State swimming and diving program.

Prior to his hiring at FSU, Bradley was the associate head coach at Auburn University for three seasons where he primarily instructed the distance and individual medley group.

In 2013, Bradley coached junior Zane Grothe to an SEC title in the 1650 free- the Tigers' second-ever mile champion in school history. Under Bradley's instruction, Grothe set new Auburn records in the 500, 1000 and 1650 free events during his freshman year and has lowered each mark since.

Bradley helped Auburn finish among the Top 15 nationally over the last three years. The men's team placed sixth in both 2011 and 2012 before taking eighth at the 2013 NCAA Championships, while the women's squad finished seventh in 2011, eighth in 2012 and 13th in 2013.

Auburn won the SEC men's championship in 2011 and 2012 and totaled 181 All-American honors during his three seasons.

Prior to joining the Auburn staff in 2010, Bradley spent five years coaching at Indian River State College, four of which he served as head coach. During his time at the helm of the NJCAA powerhouse, Bradley's student-athletes turned in 177 NJCAA national titles, 45 NJCAA national records and 53 school records, while 13 athletes garnered Swimmer of the Year accolades. In 2010, Bradley guided the men's team to their 36th straight na-

tional title while the women captured their 29th consecutive championship.

While at IRSC, Bradley worked with former Seminole All-American Mateo De Angulo. De Angulo is the current FSU record holder in the 1000 free and 1650 free and was the 2012 ACC Swimmer of the Year. The Cali, Colombia native still owns the NJCAA national record in the 500 free, a mark which was earned while under the instruction of Bradley. De Angulo moved on to collect nine NJCAA national titles before transferring to FSU.

In just five years, Bradley was named the NJCAA Coach of the Year four times (Men- 2007, 2008; Women- 2009, 2010).

Bradley started out as an assistant at the University of South Carolina during 1999-2005. While with the Gamecocks, Bradley worked with 2000 SEC Swimmer of the Year, Zsolt Gaspar in addition to guiding the Gamecocks to 26 All-American honors, 34 school records and three SEC individual titles.

Throughout his coaching career, Bradley has instructed several Olympians including Gideon Louw (RSA), Arianna Vanderpool-Wallace(BAH), Micah Lawrence (USA) as well as De Angulo (COL).

Bradley returns to his alma mater after a 13-year absence from Tallahassee. While a Seminole, Bradley earned his Bachelor's Degree in social science in 1997 before serving as a graduate assistant for the team from 1997-1999. During his swimming career, Bradley was the 1995 ACC Champion in the 200 IM.

A native of Woodbury, N.J., Bradley is married to the former Susan Hawks - a volleyball standout for FSU from 1995-1998 where she was a four-year letter winner and an All-ACC selection in 1997. Hawks brought home the

**Coaching Resume**  
**Florida State - (Grad Assistant) - 1997-1999**  
**South Carolina - (Assistant) 1999-2005**  
**Indian River State College (Head Coach) - 2005-2010**  
**Auburn - (Associate Head Coach)- 2010-2013**

school's first-ever ACC Championship in 1998. They have two daughters, Grace and Paige.





Entering his 18th season with Florida State, assistant coach Andy Robins continues to produce some of the top athletes in the ACC and the NCAA.

Since 2001 when Robins took over the sprint group, FSU has won 13 ACC titles in the 50 and 100 freestyle events and 13 gold medals in the 200 and 400 freestyle relays.

Robins' produced another championship season, as his group claimed ten medals at the 2013 ACC Championships before moving on to grab three All-America honorable mention accolades. Tiffany Oliver won gold in both the 50 and 100 free, while Kaitlyn Dressel won her first ACC bronze in the 100 free. Both Oliver and Dressel contributed to silvers in the 200 and 400 free relay in addition to setting new FSU records.

Oliver owns the 50 (22.17) and 100 (48.19) free records, while Dressel took down the 200 free (1:46.26) mark.

In the men's events, Paul Murray, Trice Bailey, David Sanders and Mark Weber added more hardware to their shelves, as the four took gold in the 200 free relay at the ACC Championships, the four posted a mark of 1:16.76 at the Georgia Tech Invite, setting new school and ACC records en route to setting one of the fastest times in the country.

Weber and Murray went on to claim individual gold medals at ACC's in the 50 and 100 free.

In 2012, the men's sprint relays highlighted the season by garnering a plethora of accolades during the post season. The team of Murray, Bailey, Sanders and Weber captured their first

# Andy Robins

## Assistant Coach

### 19th Year - William & Mary '83

All-America honors in the 400 free relay with a seventh place finish.

Robins guided those same four at the 2012 ACC where they started the competition with a new meet, school and Christiansburg Aquatic Center record in the 200 free relay with a time of 1:17.73 en route to a first place finish. They would finish ninth in the event at the NCAA Championships, capturing All-America honorable mention honors. The same four added another ACC gold in the 400 free relay.

Under Robins, Oliver became the first FSU female to break the 49 second mark in the 100 free as she turned in a time of 48.93 en route to an NCAA appearance.

In 2009, Robins' group earned Honorable Mention All-American status in the men's 400 free relay at the 2009 NCAA Championships and Jarryd Botha ended his storied career as a Seminole with a pair of All-ACC honors in the 100 free and 100 fly.

Robins helped add a new chapter to FSU's illustrious sprinting history in 2008. Under the coaching of Robins' junior Scott Baker had a career year culminating with All-America honors in the 50 free at the NCAA Championships. Robins' also helped lead senior Lauren Sparg to her first career individual honorable mention All-America honors with her 11th place finish in the 100 fly. Sparg was also the ACC Champion in the 100 fly and still holds the school record in the event.

In 2007, five Seminoles qualified for the NCAA Championships in sprint events.

While first taking over the sprint group, Robins helped Christy Cech to back-to-back (2001-02) All-America awards in the 50 freestyle.

Prior to 2000, Robins worked primarily with the stroke disciplines and individual medley specialists. He most notably worked with Stephan Parry, an NCAA Finalist, as well as a 2004 Olympic bronze

medalist. During that time Robins also coached Seminole All-Americans Anne Blachford, Keam Ang and Nelson Mora.

Even prior to his graduation from college, Robins had been actively involved in coaching and his involvement with local swimming and diving dates back more than 20 years. His association with swimming in the Big Bend began in 1985 when he took a position with the Area Tallahassee Aquatic Club. Robins took over the head coaching duties for ATAC in 1993 and led the squad to a top ten finish at the 1996 Junior National Championships.

In conjunction with his work with ATAC, Robins served as the head coach at Leon High School in Tallahassee from 1986-91. After only his second year on the job he was named High School Coach of the Year by the Tallahassee Democrat.

Robins also served as head coach for the Florida All-Star Team in 1990 and 1991 after spending the previous two seasons as an assistant coach. Away from the pool Robins served on the Florida Swimming Board of Directors, the House of Delegates and the Technical Planning Committee from 1987-98.

A 1983 graduate of The College of William & Mary with a bachelor's in psychology, he earned his master's in science education from Florida State in 1987. While in college, Robins swam both the backstroke and distance freestyle events. His swimming accomplishments at William & Mary include setting the school record in the 1650 freestyle while also serving as co-captain.

Robins and his wife Karen have three daughters and one son, Beth, Kurt, Jenna, and Annemarie.

## ROBINS COACHING RESUME

1995-present: Assistant Coach, Florida State

1993-97: Head Coach, ATAC

1990-91: Head Coach, Florida All-Stars

1989: Assistant Coach, Florida All-Stars

1986-91: Head Coach, Leon High School

1985-92: Assistant Coach, ATAC





# Patrick Jeffrey

## Head Diving Coach

### 15th Year - Ohio State '88

To mold a championship diver it takes a true champion, and Florida State's Patrick Jeffrey certainly fits that bill. A three-time NCAA Champion and two-time Olympian, Jeffrey was inducted into the Ohio State University Athletics Hall of Fame in 2005. Entering his 15th year in Tallahassee, his experience has helped Florida State divers re-write the ACC and Seminole record books year after year while maintaining one of the strongest diving programs in the country. In fact, Jeffrey has coached at least one diver to an All-American honor in 11 of his 14 years while at the helm of Seminole diving.

In 2013, Tom Neubacher became the sixth Seminole in FSU history to garner All-America accolades on the 1-meter, as he placed seventh in the event at the NCAA Championships. He closed his meet with a 13th place on Platform, netting honorable mention accolades. Kelsey Goodman qualified for her first-career NCAA Championships, while Ariel Rittenhouse took home her first

ACC crown in the 3-meter.

After the collegiate season, Jeffrey led Katrina Young to a fifth place finish at the 2013 World Championship Trials on Platform, qualifying her for the World University Games in Kazan, Russia. The Shoreline, Wash. native took sixth on platform with Jeffrey by her side as Team USA's head coach, contributing to a silver medal in the Team Classification.

At the 2012 ACC Championships, all eight divers competed in at least one championship final with a team of four ladies and four men. Jeffrey coached six of those eight to All-ACC performances including an ACC Champion in Young. Young became the first-ever female platform ACC Champion for the Seminoles since the event was added back in 2008. She went on to qualify for the NCAA Championships, where she turned in a fourth place finish on the platform claiming All-America honors. Her fourth place showing tied the highest individual finish by a female Florida State swimmer or diver at the NCAA event.

As a team Jeffrey's divers displayed dominance at the 2012 ACC Championships with all eight members qualifying for a championship final. He guided three men to the finals in both springboard events, before placing

four in the final on the platform. For the ladies, three dove in the championship on 1-meter, while two competed in the finals of 3-meter.

Young wasn't the only diver in the spotlight during the 2011-2012 season. Rittenhouse grabbed the silver medal on the women's 1-meter springboard at ACC's before she qualified for NCAA's. Goodman improved from her freshman season as she took third on the women's 3-meter springboard. Nick Klein and Ford McLinley also took home All-ACC honors.

Prior to the 2011-12 season, Jeffrey coached a number of Seminole gems including Terry Horner and Landon Marzullo. Horner is the most decorated diver in Florida State history with six All-America performances including one NCAA Championship showing back in 2007. Horner is also a three-time ACC Champion. In 2011 Marzullo finished out his career as a Seminole with an All-America performance on the 3-meter springboard.

In addition to Young and Horner, Jeffrey has also coached six other ACC Champions. Josh Edelman, Louis Gagnet, Dan Friebel, Chelsie Lerew Courtney McClow, Tiffany Manning, Brittany Lerew, Young, Rittenhouse and Horner have earned the Seminoles 21 gold medals in the diving events in 14 years.

### JEFFREY'S COACHING RESUME

- 2013 Team USA Head Diving Coach - World University Games
- 2009 World Championship Team
- 2007 World Student Games Team
- 2001 U.S. World Championship Team
- 2000 U.S. Olympic Team
- 1999 U.S. World Cup Team
- 1999-present Diving Coach, Florida State
- 1998 Junior National Team
- 1997 US World Cup Team
- 1996-present U.S. Senior National Team
- 1996-99 Diving Coach, Atlantic Diving Team, Boca Raton, FL

### JEFFREY'S DIVING RESUME

- 1988 United States Olympic team
- 1996 United States Olympic team
- 1996 US Olympic Trials Champion
- 5-time US National Champion
- 3-time NCAA Division I Champion
- 2-time Pan Am Bronze Medalist
- 2-time U.S. World Cup Team Member
- U.S. Goodwill Games Team Member





Jeffrey has helped usher in a new era in international competition for the Garnet and Gold with Horner earning a place on the 2009 World Championship team. Horner earned a 16th place finish in the one-meter second in the one-meter at the USA Diving National Championships later in the summer of 2009 and seventh in the three-meter. Maruzullo would follow those footsteps two years later in 2011 by representing the U.S. at the World University Games. In 2010, the men's team took the team championship at the U.S. Winter Nationals.

The 2008 season was business as usual for Florida State divers with three All-American performances, four All-ACC results and two ACC Championships. On the men's side Jeffrey's four divers earned 10 top-eight finishes at the ACC Championships led by a pair of victories by Horner (one-meter, three-meter) and a pair of second place finishes by Frebel (three-meter, platform). The women also contributed at the ACC Championships with the team's four divers earning points in 11 out-of 12 opportunities.

An NCAA Division I Champion himself, Jeffrey can now say he's coached one with Terry Horner's victory in 2007 on the one-meter board.

Since Jeffrey's arrival in 1999, he's not only put Florida State Diving on the map, he's set the standard for diving in the entire conference. Seminole divers have captured 21 of the 83 ACC championships on the boards during Jeffrey's tenure. Under his guidance Florida State has claimed at least one conference title on the men's side in seven of the past 12 seasons and the school's four-straight championships on the one-meter and three more in the three-meter have not been equaled in nearly 20 years.

Florida State divers have claimed four Women's ACC Diver of the Meet awards, three Men's ACC Diver of the Meet honors as well as a Women's ACC Swimming & Diving Rookie of the Year accolade.

The only records not owned by Jeffrey's divers are from All-Americans Paul Spray and Wendy Fuller which will stand forever because of event format changes.

Jeffrey's coaching accolades also stretch internationally. He was among the staff at the 2009 World Championships in Rome, Italy where he coached Horner. In 2007 Jeffrey was a member of the United States World University Games staff where he coached two of his own student-athletes, Horner and Frebel. He was on the 2000 U.S. Olympic team coaching staff along with the 1997 and 1999 US Senior World Cup staffs. He also coached the 2001 U.S. World Championship team in Fukioka, Japan. He has served as a Senior National team coach from 1997-2000 with a one year stint (1998) with the Junior National Team. Under Jeffrey's tutelage, divers have won five U.S. Senior National titles, three Junior National championships, and a pair of third place finishes for the Senior Men's team in U.S. national competition.

Jeffrey's wealth of diving knowledge is a direct result of his own career. A seven-time All-American, he highlighted his tenure at Ohio State with a tremendous senior season in 1988. He became the first, and still only, diver in NCAA history to sweep all three diving events with championships on the one-meter, three-meter and platform, earning him 1988 NCAA Diver of the Year. Leading up to those NCAA Championships, he swept the Big Ten Conference meet as well and was honored with 1988 Big Ten Diver of the Year.



*Patrick Jeffrey and Katrina Young pose after Team USA won silver at the World University Games.*

On the international scene, Jeffrey was a finalist on the ten-meter platform at the 1988 Olympics in Seoul, South Korea and the 1996 Olympics in Atlanta, Ga. He is a five-time U.S. National Diving Champion splitting those championships between disciplines with three in the ten-meter platform event while holding a pair of titles in the three-meter springboard event. He was also the U.S. Olympic Trials Champion on platform in 1996. In addition, he won bronze medals at the 1991 and 1995 Pan-Am games. He competed as a member of the U.S. 1989 and 1995 World Cup teams as well as the 1993 Goodwill Games Team.

Most importantly, Jeffrey has drawn from all his experiences on the boards and as a coach to structure a program that is designed to develop up and coming athletes into national and world level contenders. He takes from the knowledge that he obtained in his 20 years as an athlete and the subsequent 15 years at the world and national levels.



*Patrick Jeffrey and some members of the diving team cheer for their teammates during the meet against Florida last season.*





# Matt McVittie

## Assistant Coach

### 1st Year - Florida State '99

Matt McVittie returns to his alma mater for the 2013-14 season as a first-year assistant swim coach under Frank Bradley.

While a Seminole from 1995-99, McVittie was known as the ultimate relay swimmer, contributing six ACC titles and 10 All-America honors during his career, guiding FSU to its highest team finish in 1997 at the NCAA Championships (Ninth).

In addition to his relay excellence, McVittie earned his highest finish at the ACC Championships in 1999, where he took silver in the 100 free.

After graduating with a Bachelor of Science in Communications, McVittie ran the Kamehameha Swim Club in Honolulu, Hawaii for three years as one of the head coaches. The club claimed three-consecutive state titles under McVittie with swimmers ranging from age

group speed all the way up to senior national finalists.

Following his time in Hawaii, McVittie followed his former FSU head coach Don Gibb to the University of South Carolina, where he served as an assistant from 2003-2007.

In addition to his coaching responsibilities at South Carolina, McVittie maneuvered administration tasks, such as maintaining the budget, implementing communication strategies and providing logistical support on top of serving as the academic liaison to the athletic advisors.

McVittie guided a total of 14 Gamecocks to All-America honors, highlighted by an 11th place finish at the NCAA Championships in 2004.

He was also valued for his recruiting skills, where he helped South Carolina sign the ninth best recruiting class in the country for the 2007-2008 season.

A native of Chelsea, Mich., McVittie is engaged to Lindsey Williams. The couple have an infant daughter named Ashlyn Mae.



### McVittie's Coaching Resume:

**2003-2007** - University of South Carolina - Assistant Coach

**2000-2003** - Kamehameha Swim - Head Coach



## Tori Richmond

### Interim Assistant Coach

#### 1st Year - Florida State '12

Tori Richmond returns to Florida State to serve as a first-year Interim Assistant Coach.

Richmond swam for the Seminoles for two seasons, joining the team in January of 2011 from Tennessee. Richmond instantly made an impact, breaking the school record at the 2011 ACC Championships with a fourth place finish in the 200 IM with a time of 1:59.04.

The Palm City, Fla. native served the 2011-2012 season as the team captain, where she led the Seminoles to a third place showing at the ACC Championships in 2012. Richmond was named to the All-ACC Academic Team and was awarded the Coaches' Award in 2012.

Richmond also participated in the Coach for College program in the summer of 2011.

In addition to her duties with the Seminoles, Richmond also coaches various ages and levels of Club Seminole, including the newly found U.S. Masters Program.

Richmond graduated from FSU in the fall of 2012 with a degree in Finance and Management of Information Systems.



## Amy Cozad

### Diving Assistant Coach

#### 1st Year - Indiana '13

Amy Cozad joins the Florida State swimming and diving program as a first-year assistant diving coach.

Cozad capped off her four-year diving career at Indiana with her first-ever Big Ten title in 2013 as she won the platform crown with a Big Ten record score of 390.05. During her four years, Cozad had four top-eight finishes at the Big Ten meet, including all three events in 2013. Cozad is a four-time NCAA All-American, including third-place finishes on the platform in 2012 and 2013.

During her career Cozad has also competed internationally, as she recently represented the United States at the FINA World Championships in Barcelona, Spain. She was 14th on platform. Cozad also competed and won the red, white and blue at the 2012 FINA World Cup and the 2011 World University Games.

Domestically, Cozad finished third on the platform at the 2012 U.S. Olympic Trials and won the synchronized platform competition at the 2010 USA Diving National Championships. Cozad is a three-time Academic All-Big Ten honoree.

Cozad has coached at various diving camps hosted at Indiana University.

A native of Indianapolis, Ind., Cozad majored in mathematics and graduated from Indiana in 2013.



## 2013-2014 Women's Swimming and Diving Outlook

Despite the levels of talent on the Florida State women's swimming and diving team, the theme for the year will be 'Massive Development' according to first-year head coach Frank Bradley.

"Massive development is something that we will push over and over," Bradley said. "Especially with the women's team, there is tremendous upside and talent and I think we can really improve into something special."

The Seminoles will return four of their NCAA qualifiers from a season ago in seniors Tiffany Oliver and Kelsey Goodman along with junior Kaitlyn Dressel and sophomore Madison Jacobi. Seniors Ariel Rittenhouse and Julia Henkel as well as redshirt junior Katrina Young return as NCAA qualifiers from the 2011-12 season.

### Freestyle

Last season, the dynamic duo of Oliver and Dressel leaned on each other for support and motivation in addition to their speed. They added to the Seminole relays and turned in one of the most successful seasons for FSU sprinting, setting six new school records while grabbing three ACC medals and three All-America honorable mentions at the NCAA Championships.

Dressel had a breakout year, especially in the 200 free, where she set the school record in the lead-off leg of the 800 free relay at the NCAA Championships, while two-time ACC Champion Oliver will look to defend her ACC titles in the 50 and 100 free from 2013.

"Having Kaitlyn and Tiffany coming back is huge," Bradley said. "I think there are a few people sitting in the chamber and if they adapt to workload and other changes I think the environment will be very fruitful for them. The potential for improvement is enormous, but as far as the leaders of that group, you're looking at Kaitlyn and Tiffany all the way up to the 200 free."

Hannah Wilson and Haley Powell Hicks all have tremendous upside and could be called upon in relay roles.

In the distance events, sophomore Madison Jacobi will look to build off her rookie season where she placed fourth in the 500 free and sixth in the 1650 at the ACC Championships before making an appearance at the NCAA Championships. In the final of the 500 free at ACC's, Jacobi dropped six-seconds off her best time in order to set a new FSU record at 4:41.85.

Sophomores Lauren Hine and Josie Cuda will contribute in distance as well.

"I think both Josie and Lauren have the ability to improve and I think both of them will absolutely do just that," Bradley stated.

As one of FSU's most versatile swimmers, Henkel will be utilized in the middle distance races in addition to her specialty, the 400 IM. Henkel swam the third leg in the school record-breaking 800 free relay at the ACC Championships in 2013, while claiming All-ACC honors with a third place finish in the 400 IM. She also scored points in both the 500 and 1650 free at the ACC Championships for the past two seasons.

### Backstroke

The Seminoles are poised to have a solid backstroke group this season as three ladies have recorded times in the 100 back within a second of each other.

Sophomore Bianca Spinazzola (53.45) returns as the defending school record holder in the 100 back, breaking senior McKayla Lightbourn's previous mark (54.26). Spinazzola placed fourth at ACC's in the 100 back in addition to contributing on the medley relays. In addition to the trio of veterans, freshman Chelsea Britt could be in that mix as well.

"Lots of potential here," Bradley said. "That's a really good group of girls, all the way up through the 200. It gives us a lot of flexibility to move people around. This could prove to be a big part of championship season and I'm excited to watch this group."

### Breaststroke

Breaststroke is another strong suit for the Seminoles, as sophomore Samantha Pochowski returns to improve on her sixth place finish in the 100 breast from the ACC Championships. Junior Laura Flewelling will be called upon to make moves in both races as she took sixth in the 200 distance and ninth in the 100 at the ACC Championships.

"They're talented ladies," Bradley said. "I've watched them train this summer and it has me pumped for the fall and spring. I think they're going to do well. Both Sami and Laura have tremendous ability to improve and Laura has just a powerful stroke and it's just about learning how to connect the 100 and 200. It's going to be great to see."

### Butterfly

With ladies moving from different groups the butterfly races are tricky for the Seminoles due to the vastly different strategies of the 100 and 200 distances. Some ladies will be able to adapt to the underwater speed work required for the 100, while others will be fit to endure the 200.

Britt and Spinazzola will be key assets in the 100 along with Wilson, however the 200 distance could be shaken up a little bit. Mary Elizabeth King a 2012 U.S. Olympic Trial qualifier in the 200, will be used in both races, however Henkel could be seen more in the 200 fly throughout the year.

"Once again a talented group," Bradley stated. "They're going to develop, the question is going to be how much they can in six months. I think they will improve a ton and it's going to be a lot of fun to watch."

### Individual Medley

The 400 IM will mostly contain Henkel. As the school record holder in the event, Henkel will look to get back to the NCAA Championships in her final season.

"I think it's her senior year and she's going to do great," Bradley said, "She had a great summer and she fit into the system right away."

In the 200 IM, Flewelling, Lightbourn and Pochowski did great things last season in the event. Both Flewelling and Lightbourn were under the 2-minute benchmark, while Pochowski fell a few seconds behind. Flewelling placed seventh in the event at the ACC Championships in 2013.

### Diving

Florida State will continue to be a juggernaut on the boards this season. 2013 ACC Champion Ariel Rittenhouse returns for her final season, while senior Kelsey Goodman looks to continue to build off her success from last year. Goodman qualified for her first NCAA Championships before having an outstanding summer, reaching the finals at both the World Championship Trials and AT&T National Championships. After suffering an injury last season, Katrina Young comes back into the lineup after competing at the World University Games, placing sixth on Platform. Young also contributed towards Team USA's silver medal in the team classification. Between the three ladies, each qualified for at least one NCAA Championships throughout their careers in addition to competing on the national and international levels.

"Ariel, Kelsey and Katrina all have valuable experience at the ACC and NCAA levels," head diving coach Patrick Jeffrey said. "I think this is going to be a big year. They're all experienced veterans and I know we're going to have a great year."





# 2013-14 Florida State Women's Swimming and Diving Roster

<b>Athlete</b>	<b>Class</b>	<b>Event</b>	<b>Hometown (Previous School)</b>
Chelsie Britt	FR	Fly/Back	Orlando, Fla. (Boone)
Jordyn Caldwell	JR	Free	Eagle River, Alaska (Chugiak)
Olivia Carter	SO	Free/Fly	Mims, Fla. (Astronaut)
Josie Cuda	SO	Free	Bluffton, S.C. (Hilton Head Island)
Kaitlyn Dressel	JR	Free	Green Cove Springs, Fla. (Clay)
Laura Flewelling	JR	Breast/IM	Scarborough, Maine (Scarborough/Maryland)
Alexia Gonzalez	FR	Diving	Tampa, Fla. (East Lake)
Kelsey Goodman	SR	Diving	Moultrie, Ga. (Colquitt County)
Julia Henkel	SR	Free/IM	Roswell, Ga. (Roswell)
Lauren Hine	SO	Free	York, Pa. (Commonwealth Connections Academy)
Madison Jacobi	SO	Free/Back	Acworth, Ga. (Harrison)
Mary Elizabeth King	SO	Fly	Duluth, Ga. (St. Pius X)
Jordan Jarmakowicz	SO	Breast	Winter Springs, Fla. (Trinity Prep)
McKayla Lightbourn	SO	IM/Back	Sarasota, Fla. (Booker)
Sara McMahon	SR	Free	Dunwoody, Ga. (Dunwoody)
Caroline Neil	FR	Breast/IM	Winston-Salem, N.C. (Ronald Reagan)
Tiffany Oliver	SR	Sprint Free	Southwest Ranches, Fla. (West Broward)
Caroline Page	FR	Back/Fly	Pace, Fla. (Pace)
Sami Pochowski	SO	Breast	Muskego, Wisc. (Muskego)
Haley Powell	JR	Free/Back	Raleigh, N.C. (Lake Norman)
Ariel Rittenhouse	SR	Diving	Santa Cruz, Calif. (Southern California)
Bianca Spinazzola	SO	Fly/Back	Narragansett, R.I. (Narragansett)
Morgan Stephenson	SO	Breast	Kennesaw, Ga. (Kennesaw Mountain)
Katy Stringfield	FR	Free	Waynesville, N.C. (Tuscola)
Lydia Ware	FR	Free/IM	Jacksonville, Fla. (Bishop Kenny)
Hannah Wilson	SR	Free/Fly	Tupelo, Miss. (Tupelo)
Katrina Young	RSJR	Diving	Shoreline, Wash. (Shorecrest)



**Alexia Gonzalez**



**Chelsie Britt**



**Sami Pochowski**



**Kelsey Goodman**

**Senior - Moultrie, Ga.-  
Colquitt County High School  
Diving - Moss Farms Diving**

**Top Scores**

1-meter: 373.05 FSU RECORD  
3-meter: 354.25

- Qualified for her first NCAA Championships behind a second place finish on 1-Meter at the Zone B Qualifier.
- Placed seventh on 1-Meter and 11th on 3-Meter at the ACC Championships.
- Was selected as the teams Most Improved Diver in 2013 at the end of the year banquet.
- Placed sixth on 3-meter and eighth on 1-Meter at the 2013 World Championship Trials.
- Earned All-ACC honors with a third place finish on the women's 3-meter springboard at ACC's in 2012. Added a sixth place showing on 1-meter.
- Was fourth on 3-meter and 10th on 1-meter at ACC's in 2011.
- Qualified for her first-ever National finals in the summer of 2012, placing seventh on 1-meter and eighth on 3-meter.

**Personal:** Born September 9, 1991... majoring in family and child sciences as well as psychology... father dove in college for Cincinnati...daughter of Ed and Mary Pat Goodman.



**Julia Henkel**

**Senior - Roswell, Ga. -  
Roswell High School - Free/  
IM - SwimAtlanta**

**Top Times**

400 IM: 4:11.91 FSU RECORD  
500 free: 4:47.81  
1650 free: 16:35.37

- Earned an All-ACC selection with a third place finish in the 400 IM in 2013.
- Swam her best time in the 500 free at ACC's, placing 10th. Was also 10th in the 1650 free.
- Qualified for the NCAA Championships behind her school-record setting performance in the 400 IM at the Bulldog Last Chance Invite (4:11.91) in 2012.
- Placed eighth in the 1650 free, 11th in the 400 IM and 13th in the 500 free at ACC's in 2012.
- In 2011, took seventh in the 400 IM, 10th in the 200 fly and 11th in the 200 IM at ACC's.
- A 2012 U.S. Olympic Trial Qualifier- 400 IM.

**Personal:** Born October 2, 1991... majoring in business management... daughter of Richard Henkel and Kerste Johnson.



**McKayla Lightbourn**

**Senior - Sarasota, Fla.  
Booker High School - Back/  
IM - Sarasota YMCA Sharks**

**Top Times**

100 back: 54.26  
200 back: 1:55.61  
200 IM: 1:59.45

- Swam her best times in the 200 back and 200 IM at the Auburn Invite.
- Represented the Bahamas at the 2013 FINA World Championships in Barcelona, Spain.
- Lowered her best time at the Georgia Tech Invite in 2012 in the 100 back to 54.26. Also, posted a 1:59.82 in the 200 IM.
- Broke the school record in the 100 back with a 54.27 at ACC's in 2012 before placing sixth at finals. Was also 12th in the 200 back and swam in the bonus heat of the 200 IM.
- Competed in the 2011 Pan-American Games for the Bahamas in Guadalajara, Mexico.
- Placed 11th in the 400 IM and 15th in the 200 back at ACC's in 2011.

**Personal:** Born May 19, 1992... majoring in social science... daughter of Gary and Michelle Lightbourn.



**Kelsey Goodman**



**McKayla Lightbourn**





### Sara McMahon

Senior - Dunwoody, Ga.  
Dunwoody High School  
Back/Free

Top Times:

50 free: 24.12

100 free: 52.49

100 back: 59.50

• Won the Academic Award in 2013 at the end of the year awards banquet.

• Swam her best times at the Bulldog Invite in the 50 free with a mark of 24.12 in addition to the 100 free at 52.49.

• Placed 11th in the 100 back at the 2012 Bulldog Invite.

• Was 18th in the 100 free and 19th in the 50 free at the Senior Champs Meet in 2011.

**Personal:** Born September 21, 1991...daughter of Nebby McMahon...graduated from Dunwoody High School in 2010 as a member of National Honor Society and Spanish Honor Society...majoring in hospitality management.



### Tiffany Oliver

Senior - Southwest Ranches, Fla. - West Broward High School - Free

Top Times:

50 free: 22.17 FSU RECORD

100 free: 48.19 FSU RECORD

200 free: 1:46.72

• Qualified for her second NCAA Championships and earn an All-American honorable mention in the 50 free and as a member of the 800 free relay.

• Was crowned the 2013 ACC Champion in both the 50 and 100 free. Also earned a sixth place in the 200 free.

• Set new school records in the 50 and 100 free and as a member of the 200, 400 and 800 free relay teams.

• Earned ACC Swimmer of the Week to start off the 2012-13 season.

• Was voted as the team MVP in 2013.

• Qualified for the 2012 NCAA Championships performance at the Bulldog Last Chance Invite in the 100 free (48.93).

• Placed fifth in the 100 free and took sixth in the 50 free at ACC's in 2012.

• Took sixth in both the 50 and 100 free at ACC's in 2011.

• A 2012 U.S. Olympic Trial qualifier - 50 and 100 free

**Personal:** Born August 28, 1992... majoring in environmental studies... enjoys reading and listening to music... has two brothers... daughter of Dwight and Diana Oliver.



### Ariel Rittenhouse

Senior - Santa Cruz, Calif.  
USC - Diving

Top Scores:

1-meter: 326.25

3-meter: 369.55 FSU RECORD

• Was crowned an ACC Champion on 3-meter and took fourth on 1-meter at the 2013 Championships.

• Earned two ACC Diver of the Week awards during the 2012-13 season.

• Was named the Most Valuable Diver for the 2012-13 season.

• 2008 Olympian- 3-Meter Synchronized (Kelci Bryant)

• 2012 NCAA Qualifier - 1-Meter and 3-Meter springboard.

• 2012 U.S. Olympic Trial Qualifier

• Earned the silver medal on 1-Meter and took fourth on 3-Meter at ACC's in 2012.

• Transferred from USC for the 2011 season.

**Personal:** Born December 9, 1990 ... daughter of Robert and Sharon Rittenhouse...mother, Sharon, attended USC and was a 1964 Olympic silver medalist in the 400m IM... uncle, Michael Finneran, was an Olympic diver in 1976...was a 2011 Marks Scholar Athlete at the University of Southern California...is majoring in media and communication studies.



### Hannah Wilson

Senior - Tupelo, Miss.  
Tupelo - Free/Fly

Top Times:

50 free: 23.62

100 free: 50.83

100 fly: 55.98

• Won the Strength and Conditioning Award and the Coaches' Award at the end of the year awards banquet in 2013.

• Earned second swims at the ACC Championships in the 50 free and 100 free and set her career-best of 23.62 in the 50 free and 50.83 in the 100 free in 2013.

• Was used as a valuable relay swimmer in the sprint relays all season.

• Was voted captain for the 2012-13 season and will also serve as president of SAAC.

• Earned the Strength and Conditioning award in 2012 for the Seminoles.

• Swam her best meet at the Bulldog Last Chance Invite posting times of 55.98 in the 100 fly, 23.75 in the 50 free and 51.30 in the 100 free in 2012.

**Personal:** Born October 29, 1991... majoring in public relations with minors in psychology and business... president of the Shakespearean Literary Society, Teenage Republicans and Future Business Leaders of America... daughter of Scott and Renee Wilson.



## Katrina Young

RS Junior- Shoreline, Wash.  
Shorecrest High School  
Diving - Northwest Diving Club

### Top Scores:

1M- 319.00

3M- 260.95

Platform: 344.20

- Was selected to compete at the World University Games in 2013 on 10-Meter Platform where she took sixth.
- Earned a silver medal with Team USA for the Team Classification.
- Placed fifth at the World Championship Trials in 2013 on Platform.
- Sat out the 2012-13 season after suffering an injury early in the year.
- Earned All-America accolades for a fourth place finish at the NCAA Championships on platform in 2012.
- Was the Gold medalist on the Platform at ACC's in 2012. Awarded bronze on platform in 2011 at ACC's.
- Broke the school record at ACC's in 2012 with a 323.05 in platform.
- Finished 12th on Platform at the 2012 U.S. Olympic Trials
- Posted a career high score on platform at the 2012 AT&T Summer Diving Nationals, where she took third.

**Personal:** Born January 10, 1992...majoring in music-liberal arts... grandmother was a Olympic bronze medalist in Track and Field... daughter of Patrick Sean Young and Carol Young.



## Jordyn Caldwell

Junior - Eagle River, Alaska  
Chugiak High School - Free  
KNIK Aquatics

### Top Times

500 free: 4:54.17

1650 free: 17:07.14

- Earned a spot in the B finals of the 500 free, 100 fly, 200 free and 200 fly at the Georgia Tech Invite before suffering a season-ending injury.
- Won the 1650 free at the Bulldog Last Chance Invite with a time of 17:07.14 in 2012
- Placed fifth in the 500 free at the same meet with a time of 4:54.17.
- Holds the state record of Alaska in the 1650 free at 17:23.59.

**Personal:** Born May 19, 1993...daughter of Jim and Michelle Caldwell...graduated from Chugiak High School on the Honor Roll...majoring in criminology.



## Kaitlyn Dressel

Junior - Jacksonville, Fla.  
Clay High School - Free  
YMCA of Florida's First  
Coast

### Top Times

50 free: 22.64

100 free: 48.79

200 free: 1:46.36 FSU RECORD

- Swam her best mark in the 50 free at the Auburn Invite.
- Broke the school record in the 200 free with a time of 1:46.26 as the lead-off leg of the All-American honorable mention 800 free relay that placed 16th at the NCAA Championships.
- Placed 14th in the 100 free at the NCAA Championships.
- Was a part of three FSU record-breaking relays in 2013 at ACC's that also qualified for the NCAA Championships (200, 400, 800 free relay). Grabbed bronze in the 100 free, took 10th in the 50 free and placed 13th in the 200 free.
- Placed seventh in her ACC debut in the 100 free in 2012. Added an 11th place finish in the 50 free and took 14th in the 100 breast.
- A 2012 U.S. Olympic Trial qualifier - 50 and 100 free.

**Personal:** Born May 5, 1993...daughter of Mike and Christina Dressel...father swam for the University of Delaware...member of the National Honor Society, National Art Society and Students Working Against Tobacco...majoring in studio art.



## Laura Flewelling

Junior - Scarborough, Maine  
Maryland - Scarborough High  
School - Breast/ IM  
Coastal Maine Aquatics

### Top Times

100 breast: 1:02.27

200 breast: 2:13.39

200 IM: 1:59.56

- Swam in a pair of championship finals at the ACC Championships- placed sixth in the 200 breast with a time of 2:14.37 and took seventh in the 200 IM after swimming a personal best in prelims with a 1:59.56 in 2013.
- Won the 'B' final at ACC's in the 100 breast by out-touching teammate Kristine Polley with a career best of 1:02.27.
- Spent her freshman year at the University of Maryland.
- Placed eighth in the 200 breast, took ninth in the 100 breast and finished 16th in the 200 IM at ACC's in 2012.
- A senior national qualifier.

**Personal:** Born February 16, 1993...daughter of Andrew Flewelling and Sandra Fussell...graduated from Scarborough High School in 2011 where she was a scholastic All-American during the years of 2009-2011...was the Vice President of the National Honors Society...played varsity tennis her freshman and sophomore year... is a member of Coastal Maine Aquatics where she is coached by Leanne Gravel...majoring in exercise science.





### Haley Powell

Junior - Mooreville, N.C.  
Lake Norman High School  
Free/Back - SwimMAC

Top Times
200 Free: 1:50.24
100 Free: 50.98
50 Free: 23.37

- A member of the school record-breaking 200 free relay team that took second at ACC's in 2013.
- Earned two second swims in the C-finals at the 2012 ACC Championships in the 100 and 200 free.

**Personal:** Born July 9, 1993...daughter of Jim and Linda Powell... was a Scholastic All-American her sophomore and junior years in high school...dad played baseball for Ole Miss...plans to major in Hospitality Management.



### Olivia Carter

Sophomore - Mims, Fla.  
Astronaut High School - Free/  
Fly - Daytona Beach Speed

Top Times
50 free: 23.58
100 free: 51.14
100 fly: 56.88

- Earned a seventh place finish in the 100 free with a career best time of 51.14 at the Bulldog Invite and took 12th in the 50 free with a final time of 23.76 before swimming her best time in prelims at 23.58. Added another best time with a 56.88 in the 100 fly and took 15th.
- SpaceCoast Swimmer of the Year in 2011.

**Personal:** Born March 9, 1994...daughter of Randall and Laurie Carter... earned Scholastic All-American honors from USA Swimming...graduated AHS with Magna Cum Laude and was a member of the NHS...has three uncles that played football for Vanderbilt, including one that was drafted by the 49ers.



### Josie Cuda

Sophomore - Hilton Head, S.C.  
Hilton Head Island  
High School - Free - GCAT

Top Times
200 free: 1:50.95
500 free: 4:53.87
1000 free: 10:10.60

- A member of the ACC Championship team in 2013 where she swam the 200 free, 500 free and 1650 free.
- Posted her best marks at the Georgia Tech Invite, placing fifth in the 500 free and 12th in the 200 free.
- A five-time state champion while representing Hilton Head High School.
- Was Swim Player of the Year in 2010 and 2011 and a two-time All-State selection.
- A Sectional and NCSA Junior National qualifier.

**Personal:** Born June 17, 1994...daughter of William Cuda and Shannon Stone...graduated from Hilton Head Island High School in 2012 where she was on the honor roll and a member of the National Art Society...was involved in the interact club and was elected to the Homecoming Court in 2010 and 2011...sister Claire swam for Clemson during the 2005-2006 season...a member of the Georgia Coastal Aquatic Team where she was coached by Bill Forrester.



### Lauren Hine

Sophomore - York, Pa.  
Commonwealth Connections  
Academy - Free- NBAC

Top Times
500 free: 4:54.16
1000 free: 9:54.31
1650 free: 16:42.41

- Took fourth in the 1650 free with a season best of 16:52.19 at the at the Georgia Tech Invite and placed sixth with another season best at 4:55.30.
- A 2012 U.S. Olympic Trial Qualifier - 800m free.
- Placed seventh in the 1500m free at the 2010 Summer Junior National Championships.
- State Champion of Maryland in 2012 in the 500 and 100 free.

**Personal:** Born June 24, 1994...daughter of Roger and Barbara Hine...graduated from Commonwealth Connections Academy where she was on the Distinguished Honor Roll for all four years... member of the National Honors Society and was a Scholastic All-American...volunteered at an elementary school where she helped students with their work and taught basic sign language to third graders...has two younger brothers that are also swimmers... a member of NBAC where she is coached by Erik Posegay under FSU alumni Bob Bowman...majoring in special education.



### Madison Jacobi

Sophomore - Acworth, Ga.  
Harrison High School  
Free/Back - Marietta Marlins

#### Top Times

200 free: 1:47.65

500 free: 4:40.18 FSU RECORD

1650 free: 16:16.29

- Set two new school records at the Auburn Invite in the 500 free and 1650 free.
- Qualified for the 2013 NCAA Championships in the 500 free at ACC's after dropping six seconds in the race in order to place fourth.
- Anchored FSU's All-American honorable mention 800 free relay team that took 16th at NCAA's.
- Swam her best time in the 1650 free at NCAA's in 2013.
- Was named the Rookie of the Year.
- A 2012 U.S. Olympic Trial qualifier- 400, 800 free, 200 back.
- 2012 Cobby County's Swimmer of the Year.
- Holds seven school records at Harrison High School.

**Personal:** Born August 9, 1993...daughter of Craig and Lisa Jacobi... graduated from Harrison High School in 2012 where she was a four-year honor roll member...was the literature student of the year her freshman and senior year...a member of the National Honors Society and the Vice President of the French Honors Society... both parents swam for the University of Georgia...mother Lisa was an SEC Champion in the 100 breast in 1986...swam for Marietta Marlins where she is coached by Yit Aun Lim...plans to major in psychology.



### Jordan Jarmakowicz

Sophomore - Winter Springs, Fla.  
Trinity Prep - Breast  
Trinity Prep Aquatics

#### Top Times

200 IM: 2:05.10

100 fly: 56.73

100 breast: 1:05.04

- Placed fifth in the 200 breast with a career best time of 2:21.86 and seventh in the 200 IM at the Bulldog invite with a time of 2:07.06.
- Swam in the B finals of the 200 IM, 100 breast and 200 breast at the Georgia Tech Invitational.
- NISCA All-American in the 100 breast in 2009.
- Trinity Prep team captain for four years.

**Personal:** Born September 24, 1993...daughter of Eddie Jarmakowicz and Laura Segal...graduated from the Trinity Prep School in 2012 where she was on the Honor Roll for her junior and senior year...was awarded The President's Volunteer Service Award in 2009 and 2010...earned Excellence in AP 3D Studio Art as a senior and in Advanced Wheel as a junior...president of the Art Club...is a six-year member of Trinity Prep Aquatics where she is coached by Rocco Aceto...majoring in business.



Mary Elizabeth King  
Sophomore - Duluth, Ga.  
St. Pius X Catholic High School  
Fly- SwimAtlanta

#### Top Times

100 fly: 54.60

200 fly: 2:00.45

- Placed eighth in the 100 fly with a time of 55.63 at the Bulldog Invite.
- Earned second swims in the 500 free, 100 and 200 fly at the Georgia Tech Invite.
- A 2012 U.S. Olympic Trial qualifier- 100 and 200 fly.
- 4A State Champion in the 100 fly in 2012
- Contributed to a St.Pius X runner-up finish in 2009 and a third place finish in 2012.

**Personal:** Born August 17, 1993...daughter of Ray and Michelle King...qualified for Georgia's Hope Scholarship and maintained a 3.0 GPA before graduating from St. Pius X Catholic High School in 2012...is a member of the church youth group where she is an avid volunteer...her grandfather swam for the University of Southern California and was the captain of the water polo team...is a member of SwimAtlanta where she is coached by Chris Davis...plans to major in international affairs.



Samantha Pochowski  
Sophomore - Muskego, Wis.  
Muskego High School  
Breast/Free - SWAT

#### Top Times

100 breast: 1:01.27

200 breast: 2:16.92

200 free: 1:48.50

- Swam her career best in the 100 breast at the Auburn Invite.
- Placed seventh in her ACC Championship final debut in the 100 breast with a time of 1:02.39 in 2013.
- Took 15th in the 200 breast and earned a second swim in the 200 IM at ACC's.
- Placed 34th at the 2012 U.S. Olympic Trials in the 100 breast.
- A three-time State Champion in the 100 breast (2010, 2011) and 200 free (2011). Is the state record holder in the 100 breast.
- A three-year High School All-American
- Placed second in the 100 breast at the 2011 Junior National Championships.

**Personal:** Born April 5, 2012...daughter of Scott and Judy Pochowski...graduated from Muskego High School in 2012 where she was on the honor roll all four years...earned the Academic President's Honor her senior year...a member of SWAT where she is coached by Bob White Jr...majoring in exercise science.



**Bianca Spinazzola**  
Sophomore - Narragansett, R. I.  
Narragansett High School  
Back/Fly - Bluefish Swim Club

Top Times
100 back: 53.47 FSU RECORD
100 fly: 54.86

- Placed fourth in her first ACC Championship final in the 100 back en route to setting a new school record of 53.47 in 2013.
- Added a 15th place finish in the 100 fly at the ACC Championships after swimming her career best time of 54.86
- A four- year team MVP and all-state selection.
- 2012 High School Swimmer of the Year in Rhode Island.
- 2011 National Qualifier
- Brother Luca was an NCAA Qualifier for USC.

**Personal:** Born November 3, 1994...daughter of Gianni and Judith Spinazzola...graduated from Narragansett High School in 2012 after being on the honor roll all four years...brother Luca swims for the University of Southern California while her twin sister swims for the University of Rhode Island...older sister Chiara swam at Cornell...is a surfer...is a current member of the Bluefish Swim Club...plans to major in interior design.



**Morgan Stephenson**  
Sophomore - Kennesaw, Ga.  
Kennesaw Mountain High School - Breast  
Stingrays Swimming

Top Times
100 breast: 1:02.27
200 breast: 2:15.36

- Swam her career best time in the 100 breast and 200 breast at the Auburn Invite.
- National qualifier in the 200 breast and state runner-up.
- KMHS record holder in the 100 breast.
- First team All-State in 2012 and first team all-county in 2011 and 2012.

**Personal:** Born January 7, 1994...daughter of David and Rhonda Stephenson...graduated from Kennesaw Mountain High school in 2012 where she was a member of the National Honors Society and KMHS Senior Hall of Fame her during the 2011-2012 school year... participated in Vision Quest all four years...was a Scholastic All-American her junior and senior years...contributed to Habitat for Humanity, Key Club, Character Ed, mentor for Relay for Life as well as other community outreach programs...a member of Stingrays Swimming where she is coached by Ian Goss...majoring in Biological Science.



**Chelsie Britt**  
Freshman - Belle Isle, Fla.  
Boone High School - Back/Fly/  
IM - Highlander Aquatics

Top Times
100 fly: 53.83
100 back: 54.88
200 IM: 2:01.09
200 fly : 1:58.38

- A state record holder in the 100 fly with a time of 53.83 for Lake Highland Prep.
- A three-time state champion in the 100 fly and a three-time runner up in the 100 back
- A two-time U.S. Olympic Trial Qualifier.
- Was a member of the USA Junior National Team in 2012.

**Personal:** Born October 27, 1994...daughter of Robert and Marcia Britt...graduated from Boone High School in 2013...a member of Highlander Aquatics where she is coached by Michael Curley...is a member of the Braves Animal Rescue Club...sister finished her swimming career at University of North Florida and her father played basketball at UCF.



**Alexia Gonzalez**  
Freshman - Belle Air, Fla.  
East Lake High School  
Diving - WLFA

- Took bronze at the 2011 state meet.
- A three-time conference and district champion.

**Personal:** Born Aug. 21, 1995...daughter of Eduardo Gonzalez and Tammy Farris...graduated from East Lake High School on the honor roll...was awarded the Chevron Award and Principal's Award...a member of the National Honors Society and English National Honors Society...dad played baseball at the University of Tampa...a member of the WFLA diving team where she is coached by Tony Periello.





### Caroline Neil

Freshman - Winston-Salem,  
N.C. - Ronald Reagan High  
School - Breast - Enfinity

#### Top Times

100 breast: 1:03.87
200 breast: 2:17.68

- Swam a career best in the 200 breast at the Auburn Invite.
- Three- time regional champion in the 100 breast and 200 IM
- Three- time all-conference and conference champ in the 200 IM and 100 breast.
- First team All-State in 2012 and first team all-county in 2011 and 2012.

**Personal :** Born Aug. 23, 1995...daughter of Paul and Debbie Neil...graduated from Ronald Reagan in 2013 ranked 20th in her class...a USA Swimming Academic All-American...a member of National Honors Society, National Latin Honors Society, National Junior Classical League, Spanish and Latin Clubs...a Crosby Scholar...a member of Enfinity where she is coached by Tim Hillen...plans to major in business.



### Caroline Page

Freshman - Pace, Fla.  
Pace High School - Back/Fly  
Greater Pensacola Aquatic Club

#### Top Times

100 fly: 56.54
100 back: 57.03

- A two-time state silver medalist in the 100 fly (2010, 2011).
- NISCA All-American as a sophomore. Also was the Pensacola News Journal Female Swimmer of the Year.
- Earned USA Swimming Scholastic All-American and Pensacola Sports Association Senior Female Academic Swimmer of the Year.

**Personal:** Born Aug. 16, 1995...daughter of Spencer and Susan Page...graduated in 2013 from Pace High School with a weighted GPA of 4.18...was a finalist for the Pace High School "Pacesetter Award"...was on the honor roll for all four years...member of NAHS, National Honors Society and BETA...mother played tennis at Purdue...a member of the Greater Pensacola Aquatic Club where she is coached by Phil Kraus.



### Katy Stringfield

Freshman - Waynesville, N.C.  
Tuscola High School- Free  
Smokey Mountain Aquatic Club

#### Top Times

200 free: 1:50.90
500 free: 4:54.50

- A 3A NCSHSAA State Record holder in the 500 free - 4:56.08
- A three-time state champion.
- A High School All-American

**Personal:** Born Dec. 16, 1994...daughter of John and Judy Stringfield...graduated from Tuscola High School as an Academic All-American, ranking sixth in her class...was a part of the French Club and the Ecology Club...sister swam at Davidson and her brother swam at North Carolina...a member of the Smokey Mountain Aquatic Club where she is coached by Andy Wagner...plans to major in business.



### Lydia Ware

Freshman - Jacksonville, Fla.  
Bishop Kenny High School - Free/  
IM - YMCA of Florida's First Coast

#### Top Times

50 free: 23.48
100 free: 51.06
100 back: 56.34
100 fly: 56.47
200 IM : 2:04.41

- Won the state title as a member of the 200 medley relay as a freshmen for Bishop Kenny.
- A 2012 Canadian Olympic Trial qualifier in the 50 and 100 free as well as the 100 back and 100 fly
- First team All-State in 2012 and first team all-county in 2011 and 2012.
- A junior national qualifier.
- Named the team captain her senior year and voted as the 2013 scholar athlete award by the Times Union

**Personal:** Born August 31, 1995...daughter of Earl and Isabelle Ware...graduated from Bishop Kenny in 2013 with a 4.3 GPA and Summa Cum Laude honors...was on the President's Honor Roll and was in the top 10 in her class...a member of the National Honors Society and French National Honor's Society...swims for the YMCA of Florida's First Coast where she is coached by Craig Teeters.



### 2012-13 Year in Review

- Posted a record of 13-2 in dual meets, marking the best season in school history.
- Appeared in every CSCAA poll last season, peaking at No. 17.
- Defeated the No.11 Florida Gators for the third time in school history.
- Nine school records were broken at the 2013 ACC Championships.
- Tiffany Oliver and Ariel Rittenhouse were crowned as individual ACC Champions. Oliver won the 50 and 100 free, while Rittenhouse won the 3-meter springboard.
- Five women garnered All-ACC honors (Oliver, Rittenhouse, Kaitlyn Dressel, Kristine Polley, Julia Henkel)
- The Seminoles placed fourth at the ACC Championships.
- Eight went on to compete at the NCAA Championships
- Oliver placed 10th in the 50 free while Dressel took 14th in the 100 free, earning an All-America honorable mention.
- The women's 800 free relay (Dressel, Oliver, Madison Jacobi, Elizabeth Pepper) placed 16th in the event, taking home All-America honorable mention accolades.
- The 200 and 400 free relays were also in action at NCAA's.
- Kelsey Goodman qualified for her first NCAA Championship.
- Kristine Polley won the ACC Postgraduate Scholarship.

**Postseason Awards:** Tiffany Oliver - Most Valuable Swimmer; Ariel Rittenhouse - Most Valuable Diver; Most Improved Swimmer - Grace Hoffman ; Kelsey Goodman - Most Improved Diver; Hannah Wilson - Coaches' Award & The Strength & Conditioning Award - Madison Jacobi - Rookie of the Year ; Sarah McMahon - Academic Award



**Julia Henkel**



**Sara McMahon**

### Academics Staff



**Deana Ruggeri**  
Academics Advisor



**Dr. Kacy King**  
Academics Advisor



**Cathy Badger**  
Academics Advisor



## 2013-2014 Men's Swimming and Diving Outlook

During the 2012-13 season, Florida State spent the entire year ranked within the top 20 in the country, however with the loss of three heavy contenders in the sprint event, first-year head coach Frank Bradley still thinks the Seminoles could be a factor when it's championship season.

### Freestyle

With the departures of Mark Weber, Trice Bailey and David Sanders, the sprint group has a lot of ground to make up if they want to get back to the country's elite, however they aren't too far off that pace.

Returning for his final season with his All-American speed is ACC Champion Paul Murray.

"Paul's the leader of that group, that's for sure," Bradley said. "He's had a great summer. He adapted to the philosophy right away and he has tremendous upside. I think this is the year he could be utilized at his fullest potential."

Ian Apple, Jake Kingsford, Kevin Rogers and Tyler Fozkos could step into those relay roles, in addition to several freshmen. Pavel Sankovich could also be exercised on the free relays as well.

There are also a few newcomers that will be tossed into the hunt - JR Sims and Jason McCormick, both of which have been teammates and great friends through both club and high school swimming (Boca Raton), can contribute to relay depth.

Fresh off the World Championships, Jemal LeGrand will start his rookie season looking to race in sprint events as well. LeGrand was also an Olympian for Aruba in 2012.

"We've got some guys in here that can do some work," Bradley said. "It's funny because I still remember when I swam, my relay team broke a record and the great thing about it was Sims and McCormick were on the team that took the mark down. It's cool. If you want to talk about the freshmen in general, it's a pretty tight class because they all know each other and I think that can be very powerful leadership down the road because of their bond up front."

"The distance group will be the land of opportunity this year. There are guys here with the talent, they're just going to have to make the adjustments in order to do what they need to do at the end of the year."

Leading that distance group is sophomore Derek Pridemore, who was the only freshman who made the ACC roster last season. Pridemore is also the lone returning distance swimmer from that team as well.

"The upside, potential and ability is there," Bradley said. "We have solid kids coming back but that will be a group that is focused on repetition. We could be three or four deep at conference if they can master the transition."

### Breaststroke

Looking to carry the load for the Seminoles will be the breaststroke group. As the deepest group on the team seniors Jared Pike, Alex Rodriguez and Richie Hildebrand all will be looked upon for leadership in addition to their speed.

"This is such a cool group of guys," Bradley said. "The personalities are awesome. Pike, Rodriguez and Hildebrand all had an outstanding summer. It will be interesting to see how it plays out. I think if they put it all together, they could be a dangerous group. The competition is going to be awesome between these guys and the environment alone will elevate their performances because they'll be used to racing each other."

Junior Juan Sequera will be added in that mix at the 200 distance and newcomer Jason Coombs can make an impact as well.

### Butterfly

Connor Knight returns for his junior year after turning heads with his improvements from a year ago. From the start of the 2012-13 season, every time Knight dove in the pool he consistently dropped time throughout the year in both the 100 and 200. This season he looks to climb the ladder with hopes of a NCAA berth after his fifth place finish in the 100 and ninth place showing in the 200 at the ACC Championships.

Adding to the fly will be Sankovich. With his arrival in January, Sankovich didn't swim much fly, however the Belarusian did post a good swim at the World Championships in the 100 fly this past summer in Barcelona.

"Connor had a great summer and really developed and Pavel has a lot of range and can do a ton for us," Bradley said.

Senior Max Mitchell and Kingsford have 100 speed and Sequera could be raced in the 200 distance too.

### Backstroke

"I think this might be the group with the biggest potential for development we have on our team," Bradley said. "It could be huge. The kids really want it, they're putting in the work and I think from where they are right now, we can push them deep into that progression. They're a great bunch."

Sankovich's specialties are the backstroke events, especially on the sprint end. He returns as the defending ACC Champion in both the 100 and 200, in addition to leading off the 200 medley relay with a scorching 20.99 split that also won gold.

Junior Josh Friedel is a top-end performer, who qualified for the NCAA Championships last season in his specialty - the 200 back. Friedel's talents also led him to a 10th place finish at the 2012 U.S. Olympic Trials in Omaha, Neb.

"It's a top heavy group," Bradley said. "Josh and Pavel will lead this group and I know they can do big things, but others can improve and help out in these events as well."

Senior Cadell Lyons has been known to produce a solid 100, while junior Harrison Brogden can make some moves in both races.

### Individual Medley

As a natural individual medley swimmer, Sequera will lead the charge in both 200 and 400 races. Sequera headlines a very nice group along with Mike Thomas and Kyle Doxtater as well as a few others that could float in and out of the 200 IM (Friedel, Pike, Sankovich.)

"Where we are right now and what I saw out there this summer, I know this could be a good group," Bradley said. "It's a great group of guys that feed off each other really well and when you tie it in with the whole team, I like it. Their personalities mesh well, and they've adapted to our philosophy."

### Diving

This season, the Seminoles are loaded with talent on the boards. All-American Tom Neubacher returns for his senior year, looking to continue to re-write the FSU history books. With his seventh place finish at the NCAA Championships in 2013, Neubacher became just the sixth Seminole to garner All-America accolades on 1-meter.

Classmate Mikey Lewark looks to get back to the NCAA Championships after just missing out on the field a season ago.

In addition to the pair of seniors, head diving coach Patrick Jeffrey brought in an outstanding freshman class that includes a wealth of international diving experience. Dominic Giordano joins the squad after placing 11th on platform at the World Championship Trials. In addition to his platform specialty, Giordano was the 2013 PIAA State Champion on 1-meter, where he set the district and state records for Pennsylvania.

Hailing from Toronto, Dylan Grisell is an international competitor representing Canada for several junior competitions. Grisell was a 2012 Olympic Trial Qualifier.

"This year is going to be unique," head diving coach Patrick Jeffrey said. "We have experienced upperclassmen with Mikey and Tom, but we also have a lot of young talent. Between those two elements, there is no way we aren't going to do well. It's a very exciting year. The tides are coming and going at the same time."





# 2013-14 Florida State Men's Swimming and Diving Roster

<b>Athlete</b>	<b>Class</b>	<b>Event</b>	<b>Hometown (Previous School)</b>
Lucas Akker	SR	Free	Clearwater, Fla. (Northside Christian)
Ian Apple	SO	Free/Fly	Jacksonville, Fla. (Paxon School)
Harrison Brogden	JR	Back	Greensboro, N.C (Western Guilford)
Kalonji Cole	SO	Diving	Tallahassee, Fla. (Leon)
Jason Coombs	FR	Free	Oviedo, Fla. (Hagerty)
Jack Deedrick	SR	Distance Free	Tampa, Fla. (Home-Schooled)
Kyle Doxtater	SO	Free/IM	Hebron, Md. (James M Bennett)
Tyler Fozkos	JR	Free	Valparaiso, Ind. (Chesterton)
Josh Friedel	JR	Back, IM	Fredericksburg, Va. (Mountain View)
Dominic Giordano	FR	Diving	Wexford, Pa. (Pine Richland)
Dylan Grisell	FR	Diving	Toronto, Ontario (Riverdale Collegiate Institute)
Cole Hensley	SO	Fly	Winter Springs, Fla. (Oviedo)
Richie Hildebrand	SR	Breast	(Indian River State College)
Jake Kingsford	SO	Free/Fly	Winter Park, Fla. (Winter Park)
David Knight	JR	Fly	Juno Beach, Fla. (William T.Dwyer)
Jemal LeGrand	FR	Free	Sannidad, Aruba (Sagemont)
Michael Lewark	SR	Diving	Davie, Fla. (Florida)
Cadell Lyons	SR	Fly	South Oropouche, Trinidad (Presentation College)
Dylan Marsolek	SO	Free	Plantation, Fla. (St. Thomas Aquinas)
Kevin Matheus	FR	Breast/Free/IM	Boca Raton, Fla. (Boca Raton)
Jason McCormick	FR	Free	Boca Raton, Fla. (Boca Raton)
Dustin Miller	FR	Diving	Lafayette, Ind. (Jefferson)
Max Mitchell	SR	Fly/Back	Stone Mountain, Ga. (Indian River State College)
Paul Murray	SR	Sprint Free	Coconut Creek, Fla. (American Heritage)
Thomas Neubacher	SR	Diving	Windermere, Fla. (Olympia)
Jared Pike	SR	Breast	Winchester Hills, South Africa (Indian River State)
Derek Pridemore	SO	Free	Venice, Fla. (Venice)
Alex Rodriguez	RSSR	Breast	Hialeah Gardens, Fla. (Florida Atlantic)
Kevin Rogers	JR	Back, Fly	Raleigh, N.C (Needham Broughton)
Pavel Sankovich	SR	Back, Fly, IM	Hrodna, Hrodna, Belarus, (University of Minsk)
Juan Sequera	JR	IM	Miami, Fla. (Regan)
Phillip Sims	FR	Free	Boca Raton, Fla. (Boca Raton)
Robert Swanbeck	SR	Fly	Fort Myers, Fla. (Fort. Myers)
Mike Thomas	JR	IM	Baltimore, Md. (Calvert Hall)

**Richie Hildebrand****Jared Pike****Dominic Giordano**



## Lucas Akker

Senior - Clearwater, Fla. -  
Northside Christian- Indian  
River- Free

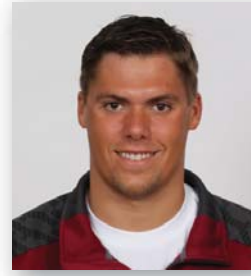
### Top Times

1650 free: 15:34.60

500 free: 4:31.22

- Took 11th place in the 1650 free with a career best time of 15:34.60 at the Bulldog Invite.
- A 2011 NJCAA All-American in the 200, 500 and 1650 free events.
- Contributed to two NJCAA team championships with Indian River State College.

**Personal:** Born March 31, 1991...son of James and Lisa Akker... graduated from Northside Christian High School in 2009...is a member of the WFLA where he competed at Junior Nationals in 2008 and 2009...majoring in social science.



## Jack Deedrick

Senior - Tampa, Fla. - Free

### Top Times

200 free: 1:40.56

500 free: 4:29.74

1650 free: 15:38.76

- Swam his career best time in prelims at the Bulldog Invite in the 500 free with a time of 4:29.74 while placing 13th at finals.
- Started the 2012-13 season by finishing first at the All-Florida Invite in the 1000 free with a time of 9:35.66.
- Had his best meet in 2012 at the Bulldog Last Chance Invitational by posting a 4:31.34 in the 500 free and a 15:49 showing in the 1650 free.
- Competed in the 2011 ACC Championships.
- Placed sixth at the 2010 Georgia Tech Invitational in the 1650 free with a time of 15:38.76.

**Personal:** Born January 27, 1992... is a double major in finance and accounting... father John is a military officer and played football for The Citadel... son of John and Rebecca Deedrick.



## Richard Hildebrand

Senior - Apopka, Fla.  
Breast - Swim Orlando

### Top Times

100 breast: 54.94

200 breast: 2:02.60

- Swam a best time in the 100 breast at the Auburn Invite.
- Placed 14th in the 100 breast at the ACC Championships and competed in the 200 breast and 50 free as well in 2013.
- NJCAA All-American in the 100 breast in 2012.
- A NJCAA National Champion as a member of the 200 medley relay team for Indian River in 2012.
- Contributed to two team National Championships in 2011 and 2012 for Indian River.

**Personal:** Born October 17, 1991...son of Elizabeth and John Muckler...is a member of Swim Orlando YMCA...majoring in Interdisciplinary social sciences.



## Michael Lewark

Senior - Davie, Fla.  
American Heritage - Diving

### Top Scores

1M: 337.66

3M: 378.90

Platform: 362.65

- Placed second on platform at the 2013 Zone B NCAA Qualifier.
- Finaled on platform and placed seventh at the ACC Championships with a score of 343.05 in 2013.
- Finished 11th on 1-meter and 14th on 3-meter at ACC's.
- In 2012, was the first NCAA qualifier for the University of Florida in diving in six years.
- Was the 2012 bronze medalist on platform at the SEC Championships.
- Transferred from Florida in 2012.

**Personal:** Born Jan. 23, 1992...son of Lori Lewark...majoring in Social Science.



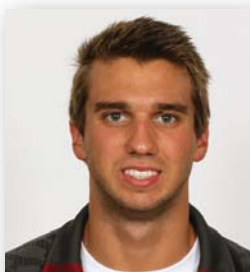
### Max Mitchell

Senior - Stone Mountain Ga.  
Chamblee High School  
Indian River- Fly/Back-  
Dekalb Aquatics

Top Times
100 Fly: 48.70
200 Fly: 1:49.62
100 Free: 46.13

- Placed fifth at the Bulldog Invite with a career best time of 48.70 in the 100 fly in 2013.
- Placed eighth in the 100 fly at the Georgia Tech Invite with a time of 49.52 in 2012.
- Earned All-American honors in the 100 fly, 200 fly and 100 back in 2012.
- Contributed to two team NJCAA National Championships while at Indian River.

**Personal:** Born July 3, 1992...son of Normal Mitchell and Colleen Mackie...was in the top ten percent of students at IRSC while making the Dean's List and President's List...graduated from Chamblee High School in 2012 where he was a National Achievement Semi-Finalist...a member of Dekalb Aquatics where he is coached by Melissa Wilborn...majoring in sport management.



### Paul Murray

Senior - Coconut Creek, Fla.  
American Heritage- Free  
Top Times

50 free: 19.35
100 free: 42.78 FSU RECORD
200 Free: 1:37.86

- Was crowned the ACC Champion in the 100 free and placed second in the 50 free behind teammate Mark Weber in 2013.
- A two-time ACC Champion in relays in 2013 (200 free, 200 Medley)
- Broke the school record in the 100 free as well as the 200, 400 and 200 medley relay races.
- Set new conference records in the 200 free relay (1:16.76) and 200 medley relay (1:24.84).
- Earned All-American honorable mention accolades as a member of the 200 medley relay at the 2013 NCAA Championships behind a 10th place finish.
- A member of the All-American 400 free relay that took seventh at NCAA's in 2012. Also an honorable mention with a ninth place showing in the 200 free relay.
- A two-time ACC Champion in the sprint relays in 2012.
- Took fourth in the 100 free and ninth in the 50 free at the ACC's in 2012.

**Personal:** Born October 29, 1991... majoring in hospitality management... son of Daniel and Joanne Murray.



### Tom Neubacher

Senior - Windermere, Fla.  
Olympia- Diving

Top Scores
1M: 370.60
3M:403.20
Platform: 364.65

- Took home All-American honors after finishing seventh on 1-meter at the 2013 NCAA Championships. Earned honorable mention accolades after a 15th place finish on platform.
- Earned All-ACC honors after winning the bronze on 1-meter at ACC's. Took fourth on both 3-meter and platform.
- Has qualified for nine ACC finals since the start of his career.
- Qualified for NCAA's in 2012 after a dominating performance on 1-meter (735.23 12 dives) at the Zone B NCAA Qualifier.
- Earned All-ACC honors by grabbing the bronze on 1-meter at ACC's in 2012. Was also fifth on 3-meter and seventh on platform.
- Placed third at the 2012 Winter Diving Nationals on 1-meter.
- Was seventh on all three boards at ACC's in 2011.

**Personal:** Born October 21, 1991... majoring in sport management... brother Mike also dove for FSU... son of David and Kim Neubacher... has been on the Dean's List at FSU for three years.



### Jared Pike

Senior - Winchester Hills, South Africa- St. Benedict's College for Boys- Indian River- Breast Southern Dolphins Aquatics

Top Times
100 breast: 53.61
200 breast: 1:59.53

- Swam a career best in the 100 breast at the Auburn Invite.
- A member of the school, conference and pool record-breaking 200 medley relay team that took gold at the ACC Championships in 2013.
- Earned honorable mention accolades behind a 10th place finish in the 200 medley relay at the NCAA Championships in 2013.
- Placed seventh in the 100 breast at the ACC Championships in 2013.
- A four-time NJCAA National Champion in the 100 and 200 breast. A three- time relay champion in the 200 and 400 medley relays.
- Earned a berth in the 2012 South African Olympic Trial finals in the 100 and 200 breast.
- The short course national champion in the 50m and 100m breast events in 2011.

**Personal:** Born April 4, 1991...son of Andrew and Carolyn Pike...father Andrew represented South Africa in 1991-1992 for rowing but just missed qualifying for the Barcelona Olympic games...made the Dean's List while at Indian River State College...also played cricket, tennis, soccer and field hockey...was a member of the Southern Dolphins Aquatics where he was coached by his mom under the mentorship of Koroly Von Toros where he was a two-time South African Olympic Trials qualifier...majoring in psychology.





## Alex Rodriguez

RS Senior- Hialeah Gardens, Fla.  
Florida Atlantic - Breast

### Top Times

100 breast: 53.82
200 breast: 1:59.19

- Improved drastically and placed fourth in the 100 breast at ACC's with a career best time of 53.82 in 2013.
- Was a member of the 400 medley relay that took bronze at ACC's in 2013.
- Placed 13th in the 100 breast at the ACC's in 2012.
- Earned a second swim in the 200 breast at the ACC's in 2012.

**Personal:** Born June 18, 1991...son of Lazaro and Tatiana Rodriguez...majoring in criminology with a minor in business.



## Pavel Sankovich

Senior - Hronda, Hronda Belaus  
University of Minsk - Back/IM

### Top Times

100 back: 45.86 (FSU RECORD/ACC RECORD)
200 back: 1:41.83
200 IM: 1:43.22 (FSU RECORD/ACC RECORD)

- Was named ACC Swimmer of the Meet after turning in three individual gold medals (100 back, 200 back, 200 IM).
- Broke the school and conference records in the 100 back and 200 IM.
- Earned honorable mention accolades in the 200 IM with a 16th place finish as well as in the 100 back with an 11th place showing.
- Also earned an honorable mention as a member of the 200 medley relay.
- Joined the team in January in 2013
- A two-time Olympian for Belarus. Competed in three FINA World Championships for Belarus as well.

**Personal:** Married to Sveta Sankovich...majoring in Social Science.



## Robert Swanbeck

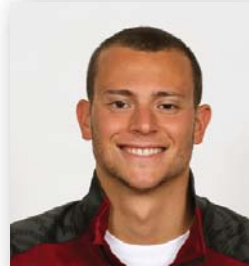
Senior - Ft. Myers, Fla.  
Fort Myers- Free

### Top Times

100 back: 52.26
200 back: 1:54.17
200 free: 1:38.43

- Placed eighth in the 200 free at the Georgia Tech Invite with a time of 1:40.63 after posting a 1:39.77 in prelims in 2012.
- Was the third leg of the relay that took first at the Georgia Tech Invite in 2012.
- Took fifth in the 100 free at the Bulldog Invite with a final time of 46.22 in 2012.

**Personal:** Born June 9, 1992... majoring in economics... plans on attending graduate school... son of Tom and Karen Swanbeck.



## Mike Thomas

Senior - Baltimore, Md.-Calvert  
Hall- IM- NBAC

### Top Times

200 IM: 1:50.03
400 IM: 3:53.56
200 back: 1:47.57

- Swam his best time in the 200 back and 400 IM at the Bulldog Invite in 2013.
- A 2012 U.S. Olympic Trial qualifier- 400 IM.
- Earned two second swims in the 400 IM and 500 free at ACC's in 2012.
- Placed 10th at the ACC's IM in 2011 in the 400 IM.

**Personal:** Born November, 25, 1991... majoring in criminology... plays guitar... father played lacrosse at Maryland and was MVP of the Lacrosse World Games in 1971... club coach is former Semi-nole and coach of Michael Phelps, Bob Bowman... son of Mike and Cathy Thomas.



### Cadell Lyons

RS Junior- South Dropouche,  
Trinidad- Presentation Col-  
lege - Fly/Back

Top Times
100 back: 49.05
100 fly: 47.68
100 free: 44.62

- Placed 12th in the 100 fly with a time of 48.21 at the ACC Championships in 2013.
- Earned a second swim in the 100 free and placed 22nd with a final time of 45.29
- Took ninth in the 100 fly at 47.68 at the ACC's in 2012.
- Earned second swims in the 100 free and 100 back at the ACC's.

**Personal:** Born January 2, 1992...son of Wendell and Shirla Lyons... also is a martial artist and gymnast...swam for the Petrotrin Barracudas where he was coached by his father...majoring in computer science.



### Harrison Brogden

Junior - Greensboro, N.C.  
Western Guilford- Back- STAR

Top Times
100 back: 49.27
200 back: 1:46.58

- Had a two-second drop in the 200 back of 1:46.58 in finals while taking ninth place.
- Posted his person best in prelims of the 100 back at 49.27 before taking seventh place with a 49.62 at the Bulldog Invite in 2013.
- Earned a second swim in the 100 back at ACC's in 2012.
- Placed 15th in the 200 back at the Georgia Tech Invite in 2011 with a personal best of 1:50.79. Added a 14th place showing in the 100 back at the same meet.
- Senior National qualifier.

**Personal:** Born April 23, 1993...son of Lee and Mary Brogden... graduated from Western Guilford High School in 2011 on the honor roll...was a part of National Honors Society as well as a three-time Academic All-American...majoring in business - accounting.



### Tyler Fozkos

Junior - Valporasio, Ind.  
Chesterton- Free/Fly  
Duneland Swim Club

Top Times
50 free: 20.62
100 free: 45.76
100 fly: 50.80

- Swam in the B finals of the 50 and 100 free events at the Bulldog Invite in 2013.
- Posted a career best in the 100 fly at 50.80 at the Georgia Tech Invite in 2012.
- Placed second at the Bulldog Last Chance Invitational in the 50 free and took sixth in the 100 free in 2012.
- Went his fastest 100 fly of the season at the Georgia Tech Invite at 52.89.

**Personal:** Born March 18, 1992...son of Brian and Leigh Fozkos... graduated from Chesterton High School in 2011 as a member of FCA ,student government, as well as the honor roll...majoring in engineering.



### Josh Friedel

Junior - Fredricksburg, Va.  
Mountain View - Back  
Rappahannock RAYS

Top Times
100 back- 48.01
200 back: 1:42.82
200 IM: 1:48.44

- An NCAA qualifier in the 200 back in 2013.
- Placed 12th in the 100 back before taking fifth in the 200 back at the ACC Championships in 2013
- Made his Olympic Trial semifinal berth in the 200 back in 2012. Also competed in the 100 back.
- Accomplished All-ACC honors with a third place finish in the 200 back at the ACC's in 2012. Placed ninth in the 100 back and swam in the bonus heat of the 200 IM.

**Personal:** Born September 28, 1992...son of Mike and Cathy Friedel...majoring in social science.



## Connor Knight

Junior - Juno Beach, Fla. - William T. Dwyer-North Palm Beach Swim Club

### Top Times

100 fly: 46.58

200 fly: 1:44.08

• Swam career bests in the 100 and 200 fly at the Auburn Invite.

• Placed fifth in the 100 fly at the ACC Championships after swimming a career best of 47.06 in prelims also took ninth in the 200 fly with a 1:44.81 in 2013.

• Swam the fly leg in the 400 medley relay that took bronze at ACC's in 2013.

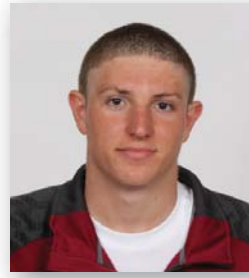
• Earned ACC Swimmer of the Week (Nov. 6, 2012)

• Earned a second swim in the 200 fly at ACC's in 2012.

• A 2012 U.S. Olympic Trial qualifier- 200 fly.

• Placed 17th in the 100 fly at the Georgia Tech Invite.

**Personal:** Born May 27, 1993...son of David Knight...graduated from William T. Dwyer High School where he was on the A/B Honor Roll from 2007-2011...plans to major in professional sales.



## Kevin Rogers

Junior - Raleigh, N.C.- Needham Broughton- Back/Free- YMCA of the Triangle Area

### Top Times

200 free: 1:36.44

500 free: 4:21.00

200 back: 1:44.85

• Swam career best marks in the 200 and 500 free at the Auburn Invite.

• Placed ninth in the 200 free with a career best time of 1:36.44 at the ACC Championships and took 15th in the 200 back in 2013.

• Swam the third leg in the 800 free relay posting the fastest split of 1:35.81 while taking fourth place at ACC's in 2013.

• Placed 10th in the 500 free and 12th in the 200 free at ACC's in 2012.

• Swam in the bonus heat of the 200 back at ACC's in 2012.

**Personal:** Born June 27, 1992...son of Joe and Karen Rogers...graduated from Broughton High School in 2011, where he achieved high honors all four years where he also completed 125 hours of community service...was a USA Swimming Scholastic All-American...majoring in sport management.



## Juan Sequera

Junior - Miami, Fla. - Ronald W. Reagan Doral-IM/Breast

### Top Times

200 IM: 1:47.78

200 breast: 1:57.85

400 IM: 3:46.51 (FSU Record)

• Placed 14th in the 400 IM with a time of 3:51.20 at the ACC Championships in 2013 and took 16th in the 200 IM with a final time of 1:49.44 after swimming a career best in prelims at 1:47.75.

• Was named the ACC Freshman of the Year in 2012.

• Qualified for NCAA's behind a school record breaking performance in the 400 IM at 3:46.51. Also competed in the 200 breast and 200 IM at the meet.

• Earned All-ACC honors behind two bronze medals in the 400 IM and 200 breast at ACC's. Also placed seventh in the 200 IM.

**Personal:** Born November 12, 1993...son of Juan Carlos Sequera and Yolimar Correa...graduated from Ronald W. Reagan Doral High School on the honor roll and an All-American Scholastic...majoring in social science.



## Ian Apple

Sophomore - Jacksonville, Fla. Paxton School for Advanced Studies- Free/Fly- Bolles

### Top Times

50 free: 20.63

100 free: 44.88

100 fly: 50.90

• Placed fourth in the 100 free with a career best of 44.88 at the Bulldog Invite in 2013. Took sixth in the 100 breast with a career best of 56.17.

• Added great depth to the sprint relays all year.

• A two-time FHSAA state champion in the 50 free.

• Runner-up at the state meet in the 100 free in 2011.

• A junior national qualifier.

**Personal:** Born May 11, 1994...son of Steven and Nancy Apple...graduated from the Paxton School for Advanced Studies in 2012 where he was a member of the National Honors Society...earned scholastic All-American honors 2009-2011...was a Golden Eagles Ambassador...both parents graduated from FSU and his brother is currently a junior...swims for Bolles...majoring in Sport Management





### Kalonji Cole

Sophomore - Tallahassee, Fla.  
Leon - Diving- Tomahawk

• Appeared in three meets in 2013 and placed 21st on 3-meter after taking 22nd on 1-meter at the ACC Championships.

• A 2012 state champion on 1-meter in 2011 while representing Leon County.

**Personal:** Born April 19, 1994...son of Dwayne Cole...majoring in exercise science.



### Kyle Doxtater

Sophomore - Hebron, Md.  
James M. Bennett- Free/IM  
Mid-Delmarva

Top Times

400 IM: 3:52.42

200 fly: 1:49.89

• Swam career bests in the 400 IM and 200 fly at the Auburn Invite.

• Placed seventh in the 400 IM at the Bulldog Invite with a career best time of 3:53.64.

• Won the 400 IM at the Georgia Tech Invite with a time of 3:54.71.

• All-Maryland team honors his freshman through junior years

**Personal:** Born March 11, 1994...son of Dale and Ellen Doxtater... graduated from James M Bennett High School in 2012 with Summa Cum Laude accolades...earned the President Academic Excellence Award and a three-year academic letter...was a member of the National Honors Society and Mu Alpha Theta...swam for the Mid-Delmarva YMCA where he was coached by Scott McIntire... plans to major in biochemistry.



### Cole Hensley

Sophomore - Winter Springs, Fla.- Oviedo- Fly- Blue Dolphins Aquatics

Top Times

100 fly: 48.89

200 fly: 1:47.94

• Swam a career best time in the 200 fly at the Bulldog Invite at 1:47.94 in prelims before taking fourth at finals. Added another career best of 48.89 and placed sixth.

• Was given the Academic Award at the end of the year banquet.

• Placed third at the state meet in the 100 fly in 2011.

• Was an All-America honorable mention and first-team All-Central Florida as a junior in water polo.

• A junior national qualifier.

**Personal:** Born September 27, 1993...son of Don and Sue Hensley... first name is Thaxter but goes by Cole...graduated from Oviedo High School where he was listed in the top 24 of his class...was a member of the National Honors Society, honor roll, Science Honors Society and was a scholastic All-American...was involved with the Italian club...mother Sue swam for Florida State...also played water polo...is a member of the Blue Dolphins Aquatics where he is coached by Charlie Rose...plans to major in physics.



### Jake Kingsford

Sophomore - Winter Park, Fla.  
Winter Park-Free/Fly  
Trinity Prep Aquatics

Top Times

50 Free: 20.59

100 free: 44.64

100 fly: 50.00

• Placed second in the 100 free at the Bulldog Invite in 2013 while posting a career best of 44.64. Placed eighth in the 50 free.

• Added depth to the sprint relays all season.

• Was the state champion in the 100 fly with a time of 50.80 for Winter Park High School.

• Member of Trinity Prep Aquatics.

**Personal:** Born May 13, 1994...son of Robert and Jean Kingsford... is a member of Trinity Prep Aquatics where he is coached by Rocco Aceto...has two older brother that swam at Alabama and LSU...father Robert swam at LSU...graduated from Winter Park High School in 2012...majoring in business.



## Dylan Marsolek

Sophomore - Plantation, Fla.  
St. Thomas Aquinas- Free-  
Plantations Swim Team

### Top Times

200 free: 1:41.86
500 free: 4:29.33

- Posted his best time in the 500 free at the Auburn Invite.
- Swam career bests in the 200 free and 500 free at the Bulldog Invite in 2013.
- Contributed to a St.Thomas Aquinas second place finish at the 3A State Championships in 2011.
- A state finalist in the 200 and 500 free his junior and senior years.
- A junior national qualifier

**Personal:** Born October 8, 1993...son of Kris and Lon Marsolek... graduated from St. Thomas Aquinas in 2012 where he was on the Principal's Honor Roll all four years...member of National Honors Society...enjoys writing...a member of PST where he is coached by Dave Wathen.



**Derek Pridemore**  
Sophomore - Venice Fla. -  
Venice- Free- Sarasota YMCA  
Sharks

### Top Times

500 free: 4:25.84
1650 free: 15:15.26

- Placed 10th in the 1650 free at the ACC Championships in 2013 and earned a second swim in the 500 free.
- Swam his career best and season best times in the 500 free and 1650 free (15:22.98) at the Georgia Tech Invite in 2012.
- A 2012 U.S. Olympic Trial qualifier- 400 and 1500 free (27th in the 1500)
- Placed second at the 2011 Junior National championships in the 800 free and was third at the U.S. open.
- Third at the state meet in the 500 free in his junior and senior seasons of high school.

**Personal:** Born October 25, 1993...son of Terry and Sandra Pridemore...graduated from Venice High School in 2012 where he was a member of the Spanish honors society...has been a member of the Sarasota YMCA sharks for ten years where he was coached by Steve Brown...plans to major in engineering.



## Jason Coombs

Freshman - Osteen, Fla.  
Hagerty High School  
Blue Dolphins

### Top Times

50 free: 20.99
100 free: 45.08
100 breast: 54.89
200 IM: 1:48.33

- A three-time MVP for Hagerty High School.
- A two-time state champion in the 100 breast (2010, 2011) and as a member of the 400 free relay in 2010.
- A three- time all-state selection.

**Personal:** Born February 20, 1995...son of Scott and Sandra Coombs...played a year of water polo...a member of the Blue Dolphins where he is coached by Charlie Rose...also plays the piano.. plans to major in psychology.



## Dominic Giordano

Freshman - Wexford, Pa.  
Pine Richland - Diving  
Pitt Aquatic Club

- A 2012 AT&T National finalist on Platform - placed 10th.
- A two-time WPIAL Champion.
- A 2013 PIAA State Champion.
- Placed 11th on platform at the 2013 World Championship Trials.

**Personal:** Born Oct. 20 1994...son of Louis and Lisa Giordano... graduated from Pine Richland High School (Wexford, Pa.) in 2013 on the highest honor roll...sister was a diver at Ohio University and mother was a gymnast for Youngstown State...volunteers at church...also swam for Pine Richland for five years.



### Dylan Grisell

Freshman - Toronto, Ont.  
Riverdale Collegiate Insitute  
Diving  
Etobicoke Diving Club

Top Scores:

1-meter: 321.00

3-meter: 380.00

• A two-time Canadian Junior National Champion and a member of the junior national team.

• A Canadian Olympic Trial Qualifier.

• Represented Canada in five International junior meets starting in 2009.

**Personal:** Born June 29, 1995...son of Karen Goldstein and Joel Grisell...graduated from Riverdale Collegiate Institute in 2013... achieved high honors with a 4.0 GPA during grades 9-12...had the highest academic average in his class in grades 9-11...brother Josh plays baseball for Triple-A affiliate...was a gymnast for five years... is coached by Anna Dacyshyn at the Etobicoke Diving Club.



### Jemal LeGrand

Freshman - Sannidad,  
Aruba - Sagemont  
Free - Davie Nadadores

Top Times

100 free: 45.21

200 free: 1:38.38

• Swam his best time in the 200 free at the Auburn Invite.  
• A 2012 Olympian for Aruba. Competed in the 100 free.

• Competed at the 2013 World Championships in the 100 and 200 free.

• Won silver in both the 100 and 200 free at the state championships as a senior.

**Personal:** Born June 20, 1994...son of Arnold Le Grand and Noanni Cham...graduated from Sagemont High School in 2013...a member of the Davie Nadadores where he is coached by Alexander Pussieldi.



### Kevin Matheus

Freshman - Venice Fla. - Ven-  
ice- Free- Sarasota YMCA  
Sharks

Top Times

200 IM: 1:54.65

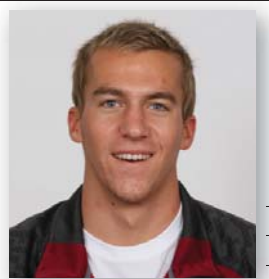
100 fly: 51.05

100 breast: 58.39

• A state champion as a member of the 200 medley relay for Boca Raton

• Won the team Sportsmanship Award for three-consecutive season.

**Personal:** Born November 29, 1994...son of German and Lisbeth Matheus...a member of the Science Engineering Mathematics Honors Program...also a member of AICE Diploma and the honor roll...won the AP Scholar Award...graduated Boca Raton Community High School in the top 20 percent of his class...was given a personalized letter from principal Dr. McKee recognizing his student-athlete success...plays guitar...involved in Calvary Chapel and Youth Group...a lifeguard at The Ocean Club...a member of St. Andrew's Swimming where he is coached by Sid Cassidy...plans to major in engineering.



### Jason McCormick

Freshman - Boca Raton, Fla.  
Boca Raton - Free/Fly - FLA  
Aquatics

Top Times

50 free: 20.35

100 free: 45.03

100 fly: 50.92

• A four-time state champion in 2012 in the 50 free, 100 free, 200 and 400 free relays.

• Contributed to a boys team title in 2012 for Boca Raton.

• Placed sixth in the 50 free at the Winter Junior National Championships.

• A two-time Palm Beach Country Swimmer of the Year

• A 2011 state champion in the 50 free.

• A long-time teammate of Phillip Simms.

**Personal:** Born June 24, 1994...son of Kirk and Dawn McCormick... graduated from Boca Raton High School in 2013...earned a 4.0 HPA ...also played water polo and basketball...a member of FLA Aquatics where he is coached by Allan Williams...plans to major in Business.





**Dustin Miller**

Freshman - Lafayette, Ind.  
Jefferson - Diving  
STARZ Diving

- A two-time Indiana All-State honoree
- Broke Olympic Gold Medalist David Boudia's high school conference record.
- Took third as a senior in the state finals.

**Personal:** Born Aug. 27, 1994...son of Tim and Debbie Miller...graduated from Lafayette Jeff High School on the honor roll...was also a varsity concert choir member...a member of the Boiler Diving Academy where his is coached by Josh Karshen and Sean McCarthy.



**Phillip Sims**

Freshman -Boca Raton, Fla. -  
Boca Raton - Free -  
FLA Aquatics

Top Times
100 free: 47.27
200 free: 1:43.98
100 fly: 52.61

- Placed 10th in the 100 free and 11th in the 200 free at the state meet in 2012.
- Contributed to a team title in 2012.
- Long-time teammate of Jason McCormick.
- Received the Bobcat Coaches Award in 2011 and 2012.

**Personal:** Born February 15, 1995...son of Rex and Lou Sims...was a nominee for the 2012-13 FHSAA Academic All-State team...graduated from Boca Raton Community High School in 2013 with stem cord...earned the President's Award for Educational Excellence all four years...was crowned homecoming king in 2012...was the water polo team captain for his senior season...was the National Honors Society president... a member of FLA Aquatics where he is coached by Allan Williams...plans to major in pre-exercise science.



**Dylan Grisell**



**Jemal LeGrand**



# UNIVERSITY ADMINISTRATION

## 2013-14 FLORIDA STATE BOARD OF TRUSTEES

### 2012-13 Year-in-Review

- Posted a record of 8-2 during the season, marking the best winning percentage (.800) since 2007.
- Appeared in every CSCAA poll this season, peaking at No.13
- Set five new school records.
- Pavel Sankovich arrived in January and electrified the lanes with school and ACC record setting performances in the 100 back at 200 IM races. Sankovich captured four golds at the meet before being named the ACC Performer of the Meet.
- Paul Murray (100 free) and Mark Weber (50 free) were also Individual ACC champions.
- Murray, Trice Bailey, David Sanders and Weber set a new conference record in the 200 free relay at 1:16.76 at the Georgia Tech Invite in November. The relay took gold at ACC's.
- The 200 Medley relay team also swam to a first place finish (Sankovich, Jared Pike, Weber, Murray), setting a new ACC record in the process.
- The men's team placed fourth at the ACC Championships.
- Seven Seminoles were named to the All-ACC roster.
- Weber earned All-America honorable mention accolades in the 50 free with a 14th place finish.
- Sankovich earned a pair of honorable mentions in the 200 IM (16th) and 100 back (11th).
- Sankovich, Pike, Weber and Murray placed 10th in the 200 medley relay.
- Tom Neubacher was an All-American, placing 7th on 1-meter. He also added an honorable mention on platform when he placed 13th.
- The men's team placed 23rd at NCAA's.
- Postseason Awards: Pavel Sankovich - Most Valuable Swimmer; Tom Neubacher - Most Valuable Diver; Paul Murray - Most Improved Swimmer & Strength & Conditioning Award; Nick Klein - Most Improved Diver; Derek Pridemore - Rookie of the Year; Mark Weber - Coaches' Award; Cole Hensley - Academic Award



*Pavel Sankovich arrived in January and was named the ACC Performer of the Meet in 2013.*



Allan Bense, Chair



Kathryn Ballard



Edward E. "Ed"



Joseph L. Camps



Rosalia Contreras



Emily Fleming Duda



Joseph Gruters



Wm. Andrew Haggard



Mark Hillis



Leslie Pantin



Margaret A. "Peggy" Rolando



Brent W. Sembler



Gary Tyson



DR. ERIC J. BARRON  
PRESIDENT



STAN WILCOX  
ATHLETICS DIRECTOR



PAMELA L. PERREWE'  
FACULTY ATHLETICS REPRESENTATIVE



VANESSA FUCHS  
SENIOR ASSOCIATE ATHLETICS DIRECTOR/  
SWA



MONK BONASORTE  
SENIOR ASSOCIATE ATHLETICS DIRECTOR



MATT BEHNKE  
ASSOCIATE ATHLETICS DIRECTOR/CFO



DR. GREG BEAUMONT  
SENIOR ASSOCIATE ATHLETICS DIRECTOR/  
ASSOCIATE DEAN





## THE MORCOM AQUATICS CENTER



In 2008 Florida State opened its new \$10.5 million Morcom Aquatic Center. The state-of-the-art facility is located off-campus next to the Don Veller Seminole Golf Course. The main pool features up to 30 practice lanes and maintains a temperature of 80 degrees. FSU will be swimming in the same pool that hosted the 2005 FINA World Championships in Montreal, Canada. During those World Championships nine world records were broken. Included in the record breaking performances were American's Aaron Peirsol (200m back), Ian Crocker (100m fly) and Jessica Hardy (100m breast).

The diving well features two one-meter and two three-meter springboards as well as one, three, five, seven-and-a-half and 10 meter platforms. The platforms are 10 feet wide making them the widest in the nation. The diving pool is kept temperature controlled at 82 degrees and also features a compression bubble used to soften

a divers impact during entry while practicing platform dives. Divers will also be able to practice their dives using the dryland equipment which includes two springboards attached to an intricate rope and pulley system and a trampoline.

Spacious locker rooms and coaches offices are located in the adjoined 10,000 square-foot building, which house the athletes equipment and coaching staff

Since the unveiling, Florida State has hosted several prime events. The Morcom Aquatics Center served as host to the 2009 USA Diving Nationals, the 2010 National Zone Diving Championships and the 2010 US Master Championships. It also was the diving training site for the 2009 World Championships, which took place in Rome, Italy.

In 2013, the Morcom Aquatics Center was host to the 2013 World Championship Trials, which consisted of a week-long display of the

country's best divers, including 2012 U.S. Olympic Gold Medalist, David Boudia, and silver medalists Kristian Ipsen and Troy Dumais.







# SCHOOL RECORDS

## Women's School Records

Event	Swimmer (Year)	Time/Score
50 Free	Tiffany Oliver (2013)	22.17
100 Free	Tiffany Oliver (2013)	48.19
200 Free	Kaitlyn Dressel (2013)	1:46.26
500 Free	Madison Jacobi (2013)	4:40.18
1000 Free	Marissa Harrington (2010)	9:50.77
1650 Free	Madison Jacobi (2013)	16:16.29
100 Fly	Lauren Sparg (2008)	52.81
200 Fly	Elizabeth Pepper (2012)	1:56.92
100 Back	Bianca Spinazzola (2013)	53.47
200 Back	Stephanie Sarandos (2010)	1:54.14
100 Breast	Lauren Brick (2007)	1:00.51
200 Breast	Emma Dutton (2004)	2:12.76
200 IM	Tori Richmond (2011)	1:59.04
400 IM	Julia Henkel (2012)	4:11.91

### 200 Free Relay

Tiffany Oliver, Kaitlyn Dressel Katie Cook, Haley Powell (2013)	1:29.76
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### 400 Free Relay

Kaitlyn Dressel, Kelsey Buckley Katie Cook, Tiffany Oliver (2013)	3:16.54
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### 800 Free Relay

Kaitlyn Dressel, Tiffany Oliver, Julia Henkel, Elizabeth Pepper (2013)	7:08.84
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### 200 Medley Relay

Christie Raleigh, Lauren Brick Lauren Sparg, Carrie Ellis (2006)	1:38.59
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### 400 Medley Relay

Romy Altmann, Lauren Brick, Lauren Sparg, Christie Raleigh (2007)	3:36.98
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### 1 Meter Diving

6 Dives	Tiffany Manning (2004)	331.05
11 Dives	Wendy Fuller (1985)	431.60

### 3 Meter Diving

6 Dives	Kelsey Goodman	373.05
11 Dives	Brittany Lerew (2005)	556.60

### Platform

6 Dives	Courtney McClow (2005)	348.50
5 Dives	Katrina Young (2012)	323.05

## Men's School Records

Event	Swimmer (Year)	Time/Score
50 Free	Brendon Dedekind (1998)	19.17
100 Free	<b>Paul Murray (2012)</b>	<b>42.78</b>
200 Free	Andy Hodgson (2009)	1:34.80
500 Free	Kyle Young (2009)	4:14.60
1000 Free	Mateo De Angulo (2012)	8:54.28
1650 Free	Mateo De Angulo (2012)	14:42.77
100 Fly	Jarryd Botha (2009)	46.23
200 Fly	Stephen Parry (1998)	1:43.69
100 Back	<b>Pavel Sankovich (2013)</b>	<b>45.86</b>
200 Back	Andy Hodgson (2009)	1:41.11
100 Breast	Brendon Dedekind (1997)	53.16
200 Breast	Rob Holderness (2011)	1:54.39
200 IM	<b>Pavel Sankovich (2013)</b>	<b>1:43.22</b>
400 IM	Juan Sequera (2012)	3:45.83

### 200 Free Relay

Paul Murray, Trice Bailey David Sanders, Mark Weber (2012)	1:16.76
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### 400 Free Relay

Jimmy Holway, Jarryd Botha Ed Denton, Andy Hodgson (2009)	2:52.03
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### 800 Free Relay

Kyle Young, Andy Hodgson, Stephen Pendleton, Robby Hayes (2009)	6:25.11
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### 200 Medley Relay

Pavel Sankovich, Jared Pike, Mark Weber, Paul Murray (2013)	1:24.84
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### 400 Medley Relay

Andy Hodgson, Scott Thacker, Jarryd Botha, Ed Denton (2009)	3:08.89
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### 1 Meter Diving

6 Dives	Terry Horner (2010)	463.00
11 Dives	Paul Spray (1991)	581.65

### 3 Meter Diving

6 Dives	Terry Horner (2010)	458.40
11 Dives	Louis Gagnet (2003)	621.05

### Platform

6 Dives	Landon Marzullo (2011)	441.25
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**Bold denotes active swimmers/divers**



# ALL TIME ALL-ACC SELECTIONS

## Women

### 1993

Dora Bralic  
Julie Henderson  
Helen Jepson

### 1994

Dora Bralic  
Helen Jepson

### 1995

Erin Gillooly  
Helen Jepson  
Ruth Kominski  
Jodi Krieg  
Allison Smith

### 1996

Sherri Fowler  
Sara Henderson  
Jodi Kreig  
Tenelle Ramer  
Samantha White  
Katie Wright

### 1997

Anne Blachford  
Sam White

### 1998

Anne Blachford

### 1999

Tanya Gurr  
Marya Sabesky

### 2000

Kristen Adams  
Anne Blachford  
Christy Cech  
Tanya Gurr

### 2001

Christy Cech  
Caren Hirai  
Keryn Krynauw  
Chelsie Lerew  
Michelle Sekeres

### 2002

Emily Breen  
Christy Cech  
Emma Dutton  
Chelsie Lerew  
Courtney McClow  
Tiffany Manning  
Michelle Sekeres  
Candice Nethercott

### 2003

Emily Breen  
Emma Dutton  
Loren Hansen

Chelsie Lerew  
Andreee-Anne Leroy  
Jennie Lyes  
Tiffany Manning  
Courtney McClow  
Liz Parkinson

### 2004

Emily Breen  
Lauren Brick  
Rachel Dong  
Emma Dutton  
Lisa How  
Taryn Ignacio  
Brittany Lerew  
Andree-Anne LeRoy  
Tiffany Manning  
Courtney McClow

### 2005

Romy Altmann  
Emily Breen  
Lauren Brick  
Carrie Ellis  
Lindsay Kenney  
Brittany Lerew  
Courtney McClow

### 2006

Romy Altmann  
Lauren Brick  
Carrie Ellis  
Georgia Holderness  
Lindsay Kenney  
Abbie King  
Christie Raleigh  
Lauren Sparg

### 2007

Romy Altmann  
Lauren Brick  
Lindsay Kenney  
Abbie King  
Christie Raleigh  
Lauren Sparg

### 2008

Georgia Holderness  
Holly Mills  
Lauren Sparg  
Lowri Tynan

### 2009

Katie Sirounis  
Stephanie Sarandos

### 2010

Katherina Adham  
Charlotte Broadbent  
Aleia Monden  
Stephanie Sarandos  
Katie Sirounis

### 2011

Lisi Rowland  
Stephanie Sarandos  
Katrina Young

### 2012

Melissa Cooper  
Kelsey Goodman  
Ariel Rittenhouse  
Katrina Young

### 2013

Kaitlyn Dressel  
Julia Henkel  
Tiffany Oliver  
Kristine Polley  
Ariel Rittenhouse

## Men

### 1992

Robert Caicedo  
Desmond Koh  
Paul Spray

### 1993

Robert Caicedo  
Rob Branknis  
Ingacio Merino

### 1994

Rob Branknis  
Chip Haberstroh  
Ingacio Merino

### 1995

Dustin Bengston  
Frank Bradley  
Rob Branknis  
Eduardo Coelho  
Sean Gerrard  
Chip Haberstrih  
John Haynes  
Ingacio Merino

### 1996

Eduardo Coelho  
Brendon Dedekind  
Chip Haberstroh  
John Haynes  
Matt McVittie.  
Stephen Parry

### 1997

Rob Branknis  
Eduardo Coelho  
Brendon Dedekind  
Chip Haberstroh  
Matt McVittie  
Stephen Parry  
Brett Petersen

### 1998

Keam Ang  
Brendon Dedekind  
Kevin Flanagan  
Matt McVittie  
Stephen Parry  
Brett Peterson  
Julio Santos

### 1999

Keam Ang  
Brendon Dedekind  
Kevin Flanagan  
Greg Main-Baillie  
Matt McVittie  
Nelson Mora  
Stephen Parry  
Brett Petersen  
Julio Santos

### 2000

Nnamnse Ammons  
Brent Burkman  
Kevin Flanagan  
Greg Main-Baillie  
Joey Mashburn  
Brett Petersen

### 2001

Devin Crock  
Josh Edelman  
Greg Main-Baillie  
Wickus Nienaber

### 2002

Nnamnse Ammons  
Justin Betts  
Louis Gagnet  
Devin Crock  
Joey Mashburn

### 2003

Nnamnse Ammons  
Justin Betts  
Matt Carmen  
Devin Crock  
Louis Gagnet  
Joey Marshburn  
Joel Roycik  
Wickus Nienaber  
Michael Paulus

### 2004

Michael Averett  
Wickus Nienaber  
Michael Paulus  
Joel Roycik  
Chris Vythoukas

### 2005

Michael Averett  
Tommy Bishop  
Jarryd Botha  
Ed Denton

Billy Jamerson  
Alex Kennon  
Joel Roycik

### 2006

Jarryd Botha  
Alex Kennon  
Ed Denton  
Carl Marais  
Paul Erben  
Joel Roycik  
Danny Keeling  
Kyle Young

### 2007

Jarryd Botha  
Ed Denton  
Terry Horner  
Billy Jamerson  
Alex Kennon  
Ian Powell  
Steve Roof  
Corey Swanson  
Kyle Young

### 2008

Scott Baker  
Dan Frebel  
Rob Holderness  
Terry Horner  
Ian Powell  
Ian Rowe

### 2009

Jarryd Botha  
Dan Frebel  
Andy Hodgson  
Rob Holderness  
Terry Horner  
Scott Thacker  
Kyle Young

### 2010

Andy Hodgson  
Rob Holderness  
Terry Horner  
Landon Marzullo  
Mike Neubacher  
Scott Thacker

### 2011

Robby Hayes  
Rob Holderness  
Jordan Horsley  
Landon Marzullo  
Mike Neubacher  
Matt Shead

### 2012

Trice Bailey  
Mateo DeAngulo  
Josh Friedel  
Nick Klein

Ford McLiney  
Paul Murray  
Tom Neubacher  
David Sanders  
Juan Sequera  
Mark Weber

### 2013

Trice Bailey  
John Jessell  
Paul Murray  
Tom Neubacher  
Jared Pike  
David Sanders  
Pavel Sankovich  
Mark Weber



# ALL-TIME ACC CHAMPIONS

## Women's

- 1993 - Dora Bralic, 100 Breast  
Helen Jepson, 200 Fly
- 1994 - Dora Bralic, 100 Breast
- 1995 - Erin Gillooly, 3M Diving  
Helen Jepson, 100 Fly, 200 Fly  
Jodi Kreig, 100 Back, 200 Back  
Alison Smith, 100 Breast  
200 Medley Relay (Kreig, Smith, Jepson, Kominski)  
400 Medley Relay (Kreig, Smith, Jepson, Kominski)
- 1996 - Jodi Kreig, 100 Back  
200 Medley Relay (Kreig, White, Wright, Ramer)
- 1997 - Samantha White, 100 Breast
- 2000 - Christy Cech, 100 Free  
Tanya Gurr, 200 Free  
400 Free Relay (Adams, Blachford, Gurr, Cech)
- 2001 - Chelsie Lerew, 1M Diving, 3M Diving
- 2002 - Christy Cech, 100 Free  
Chelsie Lerew, 3M Diving  
Courtney McClow, 1M Diving  
400 Medley Relay (Breen, Dutton, Nethercott, Cech)
- 2003 - Emma Dutton, 100 Breast  
Chelsie Lerew, 1M Diving, 3M Diving  
Andree-Anne Leroy, 200 IM  
200 Free Relay (Lyres, Hansen, Breen, Parkinson)  
400 Free Relay (Lyres, Hansen, Breen, Dutton)
- 2004 - Emma Dutton, 50 Free, 100 Breast, 200 Breast  
Tiffany Manning, 1M Diving, 3M Diving  
200 Free Relay (Breen, Dong, How, Dutton)  
400 Free Relay (Breen, Dong, How, Dutton)  
200 Medley Relay (Breen, Brick, Dong, Dutton)  
400 Medley Relay (Leroy, Dutton, How, Breen)
- 2005 - Lauren Brick, 100 Breast  
Brittany Lerew, 3M Diving
- 2006 - Romy Altmann, 200 Free  
Lauren Brick, 100 Breast  
Carrie Ellis, 100 Free  
Georgia Holderness, 200 Breast  
Christie Raleigh, 50 Free, 100 Fly  
200 Free Relay (Ellis, King, Sparg, Raleigh)  
400 Free Relay (Raleigh, Holderness, Kenney, Ellis)  
200 Medley Relay (Raleigh, Brick, Sparg, Ellis)  
400 Medley Relay (Altmann, Brick, Raleigh, Ellis)
- 2007 - Christie Raleigh, 50 Free, 100 Free, 100 Fly  
Lauren Brick, 100 Breast  
Romy Altmann, 100 Back, 200 Back  
200 Medley Relay (Raleigh, Brick, Sparg, King)  
400 Medley Relay (Altmann, Brick, Sparg, Raleigh)

- 2008 - Lauren Sparg, 100 Fly
- 2012 - Katrina Young, Platform Diving
- 2013 - Tiffany Oliver, 50 free, 100 free  
Ariel Rittenhouse, 3M Diving

## All-Time Winningest Seminoles (By ACC Titles)

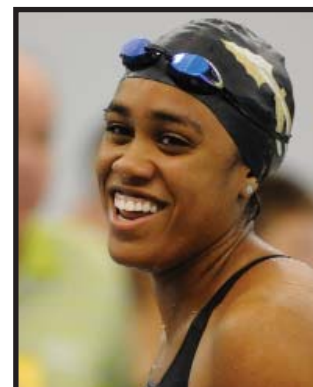
- Emma Dutton - 10
- Christie Raleigh - 10
- Emily Breen - 7
- Lauren Brick - 7
- Romy Altmann - 5
- Chelsie Lerew - 5
- Carrie Ellis - 5
- Lauren Sparg - 5
- Jodi Kreigh - 5
- Helen Jepson - 5
- Christy Cech - 4
- Lisa How - 4

## Men's

- 1992 - Desmond Koh, 200 Breast  
Paul Spray, 1M Diving, 3M Diving
- 1993 - Ignacio Merino, 200 Fly  
Rob Braknis, 100 Back
- 1994 - Rob Braknis, 100 Back
- 1995 - Frank Bradley, 200 IM  
Rob Braknis, 50 Free, 100 Back, 200 Back  
Chad Haberstroh, 400 IM  
200 Free Relay (Brakins, Coelho, Schlichenmaier, Gerrard)  
200 Medley Relay (Brakins, Merino, Bengston, Coelho)  
400 Medley Relay (Brakins, Merino, Bengston, Coelho)
- 1996 - Brendon Dedekind, 50 Free, 100 Free  
Chad Haberstroh, 400 IM  
200 Free Relay (Dedekind, Coelho, McVittie, Haynes)



Ariel Rittenhouse - ACC Champion (2013)



Tiffany Oliver - Two-Time-ACC Champion (2013)





- 1997** - Rob Brankis, 100 Back, 200 Back  
Brendon Dedekind, 50 Free, 100 Free, 100 Breast  
Stephen Parry, 200 Free, 200 Fly  
200 Free Relay (Dedekind, Coelho, McVittie, Brankis)  
400 Free Relay (Dedekind, Coelho, McVittie, Brankis)  
200 Medley Relay (Brankis, Peterson, Parry, Coelho)  
400 Medley Relay (Brankis, Peterson, Parry, Dedekind)
- 1998** - Brendon Dedekind, 50 Free, 100 Breast  
200 Free Relay (Santos, McVittie, Flanagan, Dedekind)  
400 Free Relay (Santos, McVittie, Flanagan, Dedekind)  
200 Medley Relay (Parry, Petersen, Ang, Dedekind)
- 1999** - Brendon Dedekind, 50 Free, 100 Free, 100 Breast  
Stephen Parry, 200 Free, 200 Fly, 200 Back  
200 Free Relay (Santos, McVittie, Flanagan, Dedekind)  
400 Free Relay (Santos, McVittie, Flanagan, Dedekind)  
800 Free Relay (McVittie, Mora, Santos, Parry)  
200 Medley Relay (Brankis, Petersen, Parry, Dedekind)  
400 Medley Relay (Brankis, Petersen, Parry, Dedekind)
- 2000** - Brent Burkman, 1M Diving  
200 Free Relay (Main-Baillie, Ammons, Marshburn, Flanagan)
- 2001** - Devin Crock, 100 Fly  
Josh Edelman, 1M Diving, 3M Diving  
Greg Main-Baillie, 50 Free
- 2002** - Louis Gagnet, 1M Diving, 3M Diving  
200 Medley Relay (Ammons, Betts, Crock, Mashburn)
- 2003** - Justin Betts, 100 Breast  
Louis Gagnet, 1M Diving, 3M Diving  
200 Free Relay (Ammons, Marshburn, Carmen, Nienaber)  
200 Medley Relay (Cook, Betts, Marshburn, Ammons)
- 2004** - Wickus Nienaber, 100 Breast  
Joel Roycik, 100 Fly  
200 Medley Relay (Vythoulikas, Nienaber, Averett, Paulus)

- 2005** - 400 Free Relay (Roycik, Kennon, Averett, Denton)
- 2006** - Jarryd Botha, 200 Back  
200 Free Relay (Botha, Denton, Kennon, Roycik)  
400 Free Relay (Kennon, Botha, Denton, Roycik)
- 2007** - Kyle Young, 500 Free, 1650 Free  
Alex Kennon, 50 Free  
Jarryd Botha, 100 Back, 200 Back  
Ed Denton, 100 Free  
200 Medley Relay (Powell, Jamerson, Swanson, Botha)  
400 Medley Relay (Botha, Jamerson, Kennon, Denton)
- 2008** - Terry Horner, 1M Diving, 3M Diving
- 2009** - Dan Frebel, Platform Diving  
Andy Hodgson, 200 Back
- 2010** - Andy Hodgson, 200 Back  
Rob Holderness, 200 Breast  
Terry Horner, 3M Diving  
Scott Thacker, 100 Breast
- 2011** - Rob Holderness, 100 Breast, 200 Breast
- 2012** - Mateo De Angulo, 500, 1650 free  
200 Free Relay (Murray, Bailey, Sanders, Weber)  
400 Free Relay (Murray, Bailey, Sanders, Weber)
- 2013** - Pavel Sankovich, 200 IM, 100 Back, 200 Back  
Mark Weber, 50 Free  
Paul Murray, 100 Free  
200 Free Relay (Murray, Bailey, Sanders, Weber)  
200 Medley Relay (Sankovich, Pike, Weber, Murray)

#### **All-Time Winningest Seminoles (By ACC Titles)**

- Brendon Dedekind - 20  
Rob Brankis - 14  
Stephen Parry - 11  
Eduardo Coelho - 7  
Jaryd Botha - 7  
Matt McVittie - 6  
Paul Murray - 5  
Mark Weber - 5



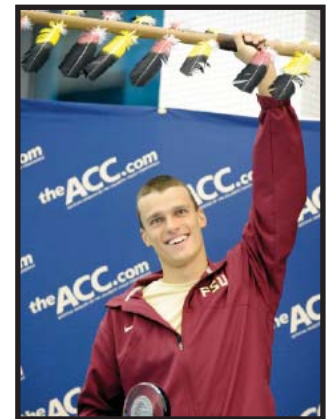
**Mark Weber - Five-Time ACC Champion (2012, 2013)**



**Paul Murray - Five-Time ACC Champion (2012, 2013)**



**Mateo De Angulo - Two-Time ACC Champion (2012)**



**Pavel Sankovich - Four-Time ACC Champion (2013)**



# ALL-TIME ALL-AMERICANS

## Women's

<b>1975</b>	Susan Clark	50 Fly - 11th (HM), 100 Fly - 14th (HM), 100 IM - 7th
	Katie Jones	100 Back - 16th (HM)
	Mary Montgomery	400 Free - 4th
	Jackie Walker	400 Free - 9th (HM)
<b>1976</b>	Laura Barber	50 Back - 16th (HM), 100 Back - 16th (HM)
<b>1977</b>	Laura Barber	100 Back - 14th (HM)
	Susie Yates	50 Free - 10th (HM)
	Jana Wilkins	100 Fly - 14th (HM)
<b>1978</b>	Terri Miller	400 IM - 11th (HM), 1650 Free - 11th (HM)
	Jana Wilkins	100 Fly - 7th
<b>1980</b>	Lenore Gribble	100 Fly - 16th (HM), 200 Free - 11th (HM)
	Lisa Nencioni	100 Breast - 16th (HM)
	Sharon Spuler	50 Breast - 15th (HM)
<b>1981</b>	Lenore Gribble	50 Fly - 11th (HM), 100 Fly - 9th (HM)
	Meg McCully	50 Back - 16th (HM), 100 Back - 14th (HM)
	Sharon Spuler	50 Breast - 8th
<b>1982</b>	Kim Foster	200 Back - 8th
	Lenore Gribble	50 Fly - 7th, 100 Fly - 7th, 100 IM - 9th (HM), 50 free - 10th (HM), 100 free - 10th(HM)
	Laurie Lehner	50 Fly - 2nd, 100 Fly - 2nd, 50 Free - 2nd, 100 Free - 6th
	Meg McCully	50 Back - 2nd, 100 Back - 2nd, 200 Back - 3rd
	Lisa Nencioni	100 IM - 8th, 200 IM - 15th (HM)
	Sonya Booth	200 IM - 13th (HM)
	Simone Kusseling	50 free - 12th (HM)
	Sharon Spuler	50 Breast - 4th, 100 Breast - 7th
<b>1983</b>	Sara Linke	200 Free - 12th (HM), 500 Free - 11th(HM)
<b>1984</b>	Sara Linke	200 Free - 5th, 500 Free - 7th, 400 IM - 13th (HM)
<b>1985</b>	Wendy Fuller	1M Diving - 15th (HM)
<b>1988</b>	Kathy Isackson	100 Fly - 15th (HM), 200 Fly - 10th (HM)
<b>1989</b>	Kathy Isackson	100 Fly - 9th (HM), 200 Fly - 16th (HM)
	Danielle Van Dyke	100 Breast - 10th (HM), 200 Breast - 10th (HM)
<b>1995</b>	Helen Jepson	200 Fly - 12th (HM)
<b>1996</b>	Samantha White	100 Breast - 13th(HM)
<b>1997</b>	Samantha White	100 Breast - 9th (HM)
	Anne Blachford	200 IM - 13th (HM)
<b>2001</b>	Christy Cech	50 Free - 4th, 100 Free - 15th (HM)
<b>2002</b>	Christy Cech	50 Free - 9th (HM)
	Tiffany Manning	Platform Diving - 7th
	Chelsie Lerew	1M Diving - 14th (HM)
<b>2003</b>	Tiffany Manning	Platform Diving - 10th (HM)
<b>2004</b>	Emma Dutton	100 Breast - 8th, 200 Breast - 8th
	Tiffany Manning	Platform Diving - 5th, 3M Diving - 9th (HM), 1M Diving - 10th (HM)
	Taryn Ignacio	Platform - 15th (HM)
<b>2005</b>	Courtney McCLOW	1M Diving - 10th (HM), Platform - 13th (HM)
<b>2006</b>	Lauren Brick	100 Breast - 8th
	Christie Raleigh	100 Fly - 9th (HM)
<b>2007</b>	Lauren Brick	100 Breast - 5th
	Romy Altmann	200 Back - 7th

<b>2008</b>	Aleia Monden	Platform Diving - 11th (HM)
	Lauren Sparg	100 Fly - 14th (HM)
<b>2010</b>	Stephanie Sarandos	200 Back - 13th (HM)
<b>2012</b>	Katrina Young	Platform - 4th
<b>2013</b>	Kaitlyn Dressel	100 Free - 14th (HM)
	Tiffany Oliver	50 Free - 10th (HM)

## 200 Free Relay

**1976**- Laura Barber, Kim Reeves, Patty Taylor, Ritchie Dorrier - 16th (HM)  
**1977**- Laura Barber, Ritchie Dorrier, Susie Yates, Jana Wilkins - 16th (HM)  
**1980** - Lenore Gribble, Sharon Spuler, Jeanna Dowdle, Kim Dunlop - 11th (HM)  
**1982**- Shanon Spuler, Lenore Gribble, Laurie Lehner, Simone Kusseling \* - 1st  
**2000** - Christine Williams, Christy Cech, Tanya Gurr, Anne Blachford - 14th (HM)  
**2003** - Jennie Lyes, Emma Dutton, Emily Breen, Loren Hansen - 16th (HM)  
**2004** - Emily Breen, Emma Dutton, Rachel Dong, Lisa How - 14th (HM)

## 400 Free Relay

**1975** - Mary Montgomery, Susan Clark, Jackie Walker, Kathy McHardy - 10th (HM)  
**1976** - Laura Barber, Kim Reeves, Ritchie Dorrier, Kathy McHardy - 16th (HM)  
**1977** - Laura Barber, Ritchie Dorrier, Jana Wilkins, Susie Yates - 10th (HM)  
**1978** - Terri Miller, Jeanne Dowdle, Laura Barber, Jana Wilkins - 16th (HM)  
**1979** - Jeanne Dowdle, Lisa Davidson, Kim Dunlap, Kathi Miller - 16th (HM)  
**1982** - Sharon Spuler, Laurie Lehner, Lenore Gribble, Stacey Deck - 3rd  
**2000** - Kristen Adams, Anne Blachford, Tanya Gurr, Christy Cech (HM) - 16th  
**2004** - Emily Breen, Rachel Dong, Emma Dutton, Lisa How - 16th (HM)  
**2006** - Georgia Holderness, Romy Altmann, Carrie Ellis, Christie Raleigh - 10th (HM)



Tiffany Manning - Five-Time All-American



Emma Dutton - Seven-Time All-American



### **800 Free Relay**

1977 - Laura Barber, Sara Shuster, Nancy Pfaff, Beth Jones - 16th (HM)  
 1978 - Terri Miller, Jackie Bajus, Jana Wilkins, Sara Shuster - 14th (HM)  
 1982 - Jane Triau, Stacey Deck, Kim Foster, Meg McCully- 13th (HM)  
 2000 - Kristen Adams, Anne Blachford, Tanya Gurr, Christy Cech (HM) - 16th  
 2013 - Kaitlyn Dressel, Tiffany Oliver, Madison Jacobi, Elizabeth Pepper (HM) - 16th

### **200 Medley Relay**

1975 - Katie Jones, Penny Knutsen, Susan Clark, Mary Montgomery - 8th  
 1977 - Terri Wiking, Kim Krueger, Jana Wilkins, Susie Yates  
 1978 - Laura Barber, Jeanne Dowdle, Jana Wilkins, Jackie Bajus - 14th (HM)  
 1980 - Kim Dunlap, Sharon Spuler, Lenore Gribble, Jeanne Dowdle  
 1981 - Meg McCully, Sharon Spuler, Lenore Gribble, Kim Foster - 6th  
 1982 - Meg McCully, Sharon Spuler, Laurie Lehner, Simone Kusseling - \*1st  
 1988 - Stacia Evans, Jennifer Hazard, Kathy Isackson, Krissy Myers - 13th (HM)  
 2004 - Emily Breen, Lauren Brick, Rachel Dong, Emma Dutton - 11th (HM)  
 2006 - Christie Raleigh, Lauren Brick, Lauren Sparg, Carrie Ellis - 3rd  
 2007 - Christie Raleigh, Lauren Brick, Lauren Sparg, Abbie King - 11th (HM)

### **400 Medley Relay**

1981 - Meg McCully, Sharon Spuler, Lisa Nencioni, Lenore Gribble - 8th  
 1982 - Meg McCully, Sharon Spuler, Lisa Nencioni, Lenore Gribble - 2nd  
 2004 - Emily Breen, Lauren Brick, Lisa How, Emma Dutton - 12th (HM)  
 2006 - Romy Altmann, Lauren Brick, Christie Raleigh, Carrie Ellis - 9th (HM)  
 2007 - Romy Altmann, Lauren Brick, Lauren Sparg, Christie Raleigh - 10th (HM)

\* - National Champions(HM) – Honorable Mention



The 200 Free Relay National Champions - 1982

### **Men's**

1951 Roger Slater 1M Diving - 6th, 3M Diving- 10th (HM)  
 1954 Ernest Stock 100 Breast - 4th  
 1958 Robert Weber 1M Diving - 15th (HM), 3M Diving -15th (HM)  
 1959 Curt Genders 1M Diving - 7th, 3M Diving - 11th (HM)  
 Buck Hiles 440 Free - 6th  
 Robert Weber 1M Diving - 8th, 3M Diving - 10th (HM)  
 1960 Curt Genders 1M Diving - 9th (HM), 3M Diving - 14th(HM)  
 Robert Weber 1M Diving - 10th (HM), 3M Diving - 12th (HM)  
 Paul Thompson 220 Free - 12th (HM), 440 Free - 15th(HM)  
 1961 Curt Genders 1M Diving - 1st, 3M Diving  
 Buck Hiles 100 Fly - 6th  
 1962 Paul Thompson 220 Free, 440 Free  
 1969 Phil Boggs 3M Diving - 4th  
 1970 Phil Boggs 1M Diving - 4th, 3M Diving - 9th (HM)  
 Dean Jerger 50 Free  
 Phil Boggs 1M Diving\* - 1st, 3M Diving  
 1978 Steve Allbritton 50 Free - 6th  
 1979 Kevin Connell 200 Breast - 15th (HM)  
 1985 Dan Akre 200 Breast - 13th (HM)  
 Mike Kowalski 100 Back - 9th (HM)  
 1986 Mike Kowalski 100 Back - 8th  
 1991 Paul Spray 1M Diving - 12th  
 Craig Zettle 100 Breast - 13th (HM)  
 1992 Paul Spray 1M Diving - 5th  
 Craig Zettle 100 Breast  
 1994 Ignacio Merino 100 Fly - 13th (HM)  
 1995 Rob Brakins 200 Back - 8th  
 Ignacio Merino 200 Fly - 13th (HM)  
 1996 Brendon Dedekind 50 Free - 9th (HM)  
 Chip Haberstroh 400 IM - 10th (HM)  
 Stephen Parry 200 Fly - 10th (HM)  
 1997 Brendon Dedekind 50 Free - 3rd, 100 Free - 4th,  
 100 Breast - 5th  
 Stephen Parry 100 Fly - 9th (HM), 200 Fly\*- 1st  
 1998 Brendon Dedekind 50 Free\*- 1st, 100 Breast - 5th  
 100 Free - 4th (HM)  
 Stephen Parry 200 Fly - 4th, 200 Free - 14th (HM)  
 1999 Brendon Dedekind 100 Breast\* - 1st, 50 Free - 2nd,  
 100 Free - 10th (HM)  
 Stephen Parry 100 Fly - 14th (HM), 100 Back - 11th  
 (HM), 200 Fly - 3rd  
 Julio Santos 50 Free - 15th (HM)  
 Brett Peterson 100 Breast - 14th (HM)  
 2003 Louis Gagnet 3M Diving - 9th (HM)  
 2006 Steve Roof 1650 Free - 15th (HM)  
 2007 Terry Horner 1M Diving\*- 1st, 3M Diving - 8th  
 Kyle Young 1650 Free - 7th, 500 Free (HM)  
 Steve Roof 1650 Free - 11th (HM)  
 2008 Scott Baker 50 Free - 7th  
 Terry Horner 1M Diving - 3rd, 3M Diving - 16th (HM)  
 Nick Graves 1650 Free - 10th(HM)  
 Ian Rowe 1650 Free - 14th (HM)  
 2009 Terry Horner 3M Diving - 5th, 1M Diving - 11th (HM)  
 Andy Hodgson 200 Back - 13th (HM)  
 2010 Terry Horner 1M Diving - 2nd, 3M Diving - 5th  
 Andy Hodgson 200 Back - 11th (HM)  
 Rob Holderness 200 Breast - 9th (HM)  
 Landon Marzullo 1M Diving - 15th (HM),  
 3M Diving - 15th (HM)





- 2011** Rob Holderness 200 Breast - 7th  
Landon Marzullo 3M Diving - 7th, 1M Diving - 15th (HM)  
Mike Neubacher Platform - 11th (HM)
- 2012** Mateo De Angulo 1650 Free- 7th, 500 Free - 10th (HM)
- 2013** Tom Neubacher 1M Diving - 7th , Platform - 15th (HM)  
Pavel Sankovich 200 IM - 16th (HM), 100 Back - 11th (HM)  
Mark Weber 50 Free - 14th (HM)

**200 Free Relay**

- 1996** - Brendon Dedekind, Eduardo Coelho, John Haynes, Matt McVittie (HM) - 9th
- 1997** - Brendon Dedekind, Eduardo Coelho, Matt McVittie, Rob Braknis (HM) - 7th
- 1998** - Kevin Flanagan, Brendon Dedekind, Matt McVittie, Julio Santos - 7th
- 1999** - Brendon Dedekind, Julio Santos, Kevin Flanagan, Matt McVittie - 6th
- 2006** - Joel Roycik, Alex Kennon, Ed Denton, Jarryd Botha (HM) - 15th
- 2012** - Paul Murray, Trice Bailey, David Sanders, Mark Weber (HM) - 9th

**400 Free Relay**

- 1996** - Brendon Dedekind, Eduardo Coelho, Matt McVittie, John Haynes (HM)- 9th
- 1997** - Brendon Dedekind, Eduardo Coelho, Matt McVittie, Stephen Parry (HM)- 11th
- 1998** - Matt McVittie, Julio Santos, Brendon Dedekind, Stephen Parry- 7th
- 1999** - Matt McVittie, Brandon Dedekind, Kevin Flanagan, Stephen Parry (HM)- 10th
- 2006** - Stephan Connor, Joel Roycik, Alex Kennon, Ed Denton (HM)- 14th
- 2009**- Jarryd Botha, Ed Denton, Jimmy Holway, Andy Hodgson (HM)- 12th
- 2012**- Paul Murray, Trice Bailey, David Sanders, Mark Weber- 7th

**800 Free Relay**

- 1974** - John Hegert, Bob Horne, Steve Meisel, Cliff Schlak - 14th
- 1976** - Larry Brown, Steve Meisel, Mike Gratton, Cliff Schlak - 14th
- 1990** - Vance Tankersly, Dieter Holtz, Scott Mundell, Charlie Rose (HM) - 16th
- 1991** - Jose Gutierrez, Dieter Hotlz, Scott Mundell, Charlie Rose (HM)- 12th
- 1997** - Brendon Dedekind, Stephen Parry, Darren Milun, Matt McVittie (HM) - 16th
- 1999** - Matt McVittie, Nelson Mora, Julio Santos, Stephen Parry (HM)- 16th
- 2005** - Thomas Bishop, Billy Jamerson, Steve Roof, Kyle Young (HM)- 16th
- 2007** - Kyle Young, Alex Kennon, Ed Denton, Steve Roof - 15th (HM)
- 2009**- Kyle Young, Andy Hodgson, Stephen Pendleton, Robby Hayes (HM) - 16th

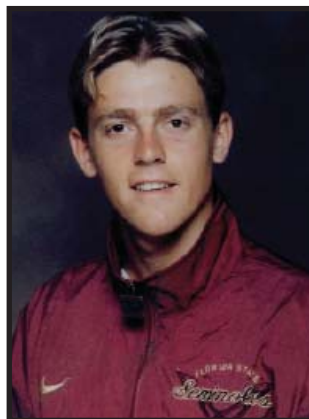
**200 Medley Relay**

- 1995** - Rob Braknis, Ignacio Merino, Dustin Bengston, Eduardo Coelho (HM) - 16th
- 1996** - Erick Schlichenmaier, Tim Welsch, Nea-Kuan Chia, Brendon Dedekind, (HM)
- 1997** - Rob Braknis, Brett Peterson, Stephen Parry, Brendon Dedekind - 7th
- 1998** - Brett Peterson, Brendon Dedekind, Stephen Parry, Julio Santos - 8th
- 2013**- Pavel Sankovich, Jared Pike, Mark Weber, Paul Murray (HM) - 10th

**400 Medley Relay**

- 1995** - Robert Braknis, Ignacio Merino, Dustin Bengston, Eduardo Coelho (HM) - 16th
- 1997** - Rob Braknis, Brett Peterson, Stephen Parry, Brendon Dedekind - 7th
- 1999** - Stephen Parry, Brett Peterson, Keam Ang, Brendon Dedekind - 10th

**\* - National Champions (HM) – Honorable Mention(HM) – Honorable Mention**



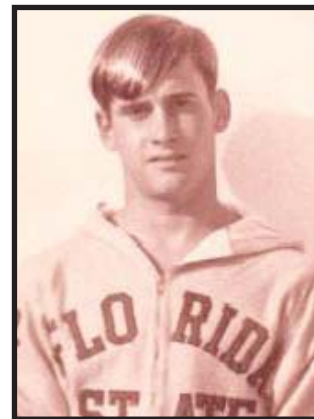
**Brendon Dedekind - National Champion - 50 Free - 1998, 100 Breast- 1999**



**Stephen Parry - National Champion - 200 Fly - 1997**



**Terry Horner - National Champion - 1-Meter Diving - 2007**



**Phil Boggs - National Champion- 1-Meter Diving - 1971**



# WOMEN'S ALL-TIME SERIES

School	W	L	T	Pct.
Alabama	10	8	0	.556
Arizona	0	1	0	.000
Arkansas	2	1	0	.667
Army	2	0	0	1.000
Auburn	3	13	0	.188
Boston College	1	0	0	1.000
Brigham Young	1	0	0	1.000
Brenau College	5	1	0	.833
Brevard CC	1	0	0	1.000
California	0	1	0	.000
Charleston College	1	0	0	1.000
Cincinnati	0	1	0	.000
Clemson	10	4	1	.714
Colorado State	1	0	0	1.000
Daytona Beach CC	6	0	0	1.000
Duke	3	0	0	1.000
East Carolina	1	0	0	1.000
Emory	1	0	0	1.000
Florida	3	35	0	.079
Florida A&M	12	0	0	1.000
Florida Atlantic	27	0	0	1.000
Florida Gulf Coast	6	0	0	1.000
Florida International	9	0	0	1.000
Florida Southern	1	0	0	1.000
Furman	1	0	0	1.000
Georgia	6	8	0	.429
Georgia Southern	6	1	0	.857
Georgia State	2	0	0	1.000
Georgia Tech	11	0	0	1.000
Harvard	1	1	0	.500
Houston	0	1	0	.000
Howard	1	0	0	1.000
Indian River SC	22	3	0	.880
James Madison	2	0	0	1.000
UL-Monroe	6	0	0	1.000
Louisiana State	10	16	0	.385
Maryland	6	1	0	.857
Maryland-BCo.	1	0	0	1.000
Miami	25	11	0	.694
Miami (OH)	1	0	0	1.000
Michigan	1	1	0	.500
Michigan State	2	0	0	1.000
Minnesota	0	1	0	.000
Miss. Women's College	2	0	0	1.000
Nebraska	3	0	0	1.000
New Orleans	3	0	0	1.000
UNLV	1	0	0	1.000
North Carolina	0	6	0	.000
UNC-Wilmington	9	0	0	1.000
NC State	16	2	0	.889
North Florida	7	0	0	1.000
Notre Dame	1	0	0	1.000
Nova Southeastern	1	0	0	1.000
Ohio State	1	0	0	1.000
Oklahoma State	1	0	0	1.000
Pacific	1	0	0	1.000
Penn State	0	1	0	.000
Rice	1	0	0	1.000
Savannah College A&S	1	0	0	1.000
South Carolina	7	4	1	.636

School	W	L	T	Pct.
South Florida	11	1	0	.917
Southern Illinois	1	0	0	1.000
Southern Mississippi	2	0	0	1.000
Tampa	8	0	0	1.000
Tennessee	2	0	0	1.000
Texas	0	1	0	.000
Texas A&M	0	1	0	.000
TCU	1	0	0	1.000
Truman State	1	0	0	1.000
Tulane	7	0	0	1.000
Utah	1	0	0	1.000
Vanderbilt	2	0	0	1.000
Villanova	1	0	0	1.000
Virginia	0	7	0	.000
Virginia Tech	5	1	0	.833
Washington State	2	0	0	1.000
West Virginia	1	0	0	1.000
William & Mary	1	0	0	1.000
<b>Total</b>	<b>311</b>	<b>133</b>	<b>2</b>	<b>.697</b>



Kaitlyn Dressel



The 2006 ACC Championship Team



# MEN'S ALL-TIME SERIES

School	W	L	T	Pct.
Alabama	11	11	0	.500
Arizona	0	1	0	.000
Arkansas	0	1	0	.000
Army	2	0	0	1.000
Auburn	0	18	0	.000
Bethany	1	0	0	1.000
Birmingham Southern	1	0	0	1.000
Boston College	1	0	0	1.000
Bowling Green	2	0	0	1.000
Brevard CC	1	0	0	1.000
Brigham Young	0	1	0	.000
California	0	1	0	.000
Cincinnati	0	1	0	.000
Clemson	15	4	0	.789
Daytona Beach CC	5	0	0	1.000
Darton	1	0	0	1.000
Drexel	1	0	0	1.000
Duke	4	0	0	1.000
East Carolina	13	1	0	.929
Emory	12	1	0	.923
Evansville	4	0	0	1.000
<b>Florida</b>	<b>24</b>	<b>51</b>	<b>1</b>	<b>.316</b>
Florida A&M	12	0	0	1.000
Florida Atlantic	20	0	0	1.000
Florida Southern	1	0	0	1.000
Furman	2	0	0	1.000
Georgia	39	12	1	.765
Georgia Southern	6	0	0	1.000
Georgia State	2	0	0	1.000
Georgia Tech	35	1	0	.973
Harvard	1	1	0	.500
Howard	1	0	0	1.000
Indian River SC	22	1	0	.957
Jacksonville Navy	4	0	0	1.000
James Madison	2	0	0	1.000
Kentucky	4	0	0	1.000
LaSalle	1	0	0	1.000
Louisiana State	15	11	0	.577
UL-Monroe	6	0	0	1.000
Louisville	2	0	0	1.000
Maryland	7	0	0	1.000
Maryland-BCo.	1	0	0	1.000
Miami	30	15	0	.667
Miami (OH)	2	0	0	1.000
UNLV	1	0	0	1.000
NW Louisiana	1	0	0	1.000
North Carolina	11	8	0	.579
North Carolina St.	10	12	0	.445
UNC-Wilmington	8	0	0	1.000
Notre Dame	1	0	0	1.000
Nova Southeastern	1	0	0	1.000
Oberlin	1	0	0	1.000
Pacific	1	0	0	1.000
Penn State	1	0	0	1.000
Pensacola Navy	2	2	0	.500
Rice	3	0	0	1.000
Rutgers	1	0	0	.000
St. Bonaventure	1	0	0	1.000
Savannah College A&S	1	0	0	1.000
Sewanee	4	0	0	1.000

School	W	L	T	Pct.
South Carolina	13	9	0	.591
Southern Illinois	0	2	0	.000
SMU	2	6	0	.250
Southern Mississippi	2	0	0	1.000
Tampa	7	1	0	.875
Tennessee	0	4	0	.000
Texas A&M	8	2	0	.800
TCU	1	0	0	1.000
Truman State	1	0	0	1.000
Tulane	19	5	0	.792
Utah	1	0	0	.000
Vanderbilt	1	0	0	1.000
Villanova	1	0	0	1.000
Virginia	2	5	0	.286
Virginia Tech	4	2	0	.667
Wake Forest	1	0	0	1.000
West Virginia	1	0	0	1.000
William & Mary	1	0	0	1.000
<b>Totals</b>	<b>426</b>	<b>190</b>	<b>2</b>	<b>.689</b>



Mark Weber



Scott Derner and Dan Frebel





# COACHING RECORDS

## Women's

### Under Terry Maul

Year	W	L	T	Pct.
1976	2	4	0	.333
1977	8	4	0	.667
1978	6	3	0	.667
1979	10	2	0	.833
1980	9	3	1	.692
1981	11	1	0	.917
1982	6	2	0	.750
1983	6	3	0	.667
1984	7	2	1	.700
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>Total</b>	<b>125</b>	<b>68</b>	<b>2</b>	<b>.641</b>

### Under Don Gibb

Year	W	L	T	Pct.
1994	6	5	0	.546
1995	3	7	0	.300
1996	4	5	0	.444
1997	5	5	0	.500
1998	5	2	0	.714
1999	4	4	0	.500
<b>Total</b>	<b>27</b>	<b>28</b>	<b>0</b>	<b>.491</b>

### Under Neil Harper

2000	9	4	0	.692
2001	8	5	0	.615
2002	14	2	0	.875
2003	12	2	0	.857
2004	15	2	0	.882
2005	13	4	0	.764
2006	13	2	0	.867
2007	9	1	0	.900
2008	17	3	0	.809
2009	7	7	0	.500
2010	8	3	0	.727
2011	10	1	0	.909
2012	11	1	0	.917
2013	13	1	0	.929
<b>Total</b>	<b>159</b>	<b>38</b>	<b>0</b>	<b>.807</b>

## Men's

Year	W	L	T	Pct.
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>Totals</b>	<b>185</b>	<b>48</b>	<b>2</b>	<b>.761</b>

### Under Terry Carlisle

1974	4	5	0	.444
1975	5	4	0	.556
1976	6	3	0	.667
1977	5	5	0	.500
<b>Totals</b>	<b>20</b>	<b>17</b>	<b>0</b>	<b>.541</b>

### Under John Stafford

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>Totals</b>	<b>30</b>	<b>16</b>	<b>0</b>	<b>.652</b>

### Under Bill Shults

1983	5	3	0	.625
1984	3	9	0	.250
1985	4	4	0	.500
1986	8	5	0	.615
<b>Totals</b>	<b>20</b>	<b>21</b>	<b>0</b>	<b>.488</b>

### Under Bill Shults & Terry Maul

1987	7	4	0	.636
1988	8	3	0	.727
1989	5	5	0	.500
1990	7	4	0	.636
<b>Totals</b>	<b>27</b>	<b>16</b>	<b>0</b>	<b>.628</b>

### Under Terry Maul

1991	4	2	0	.667
1992	10	4	0	.714
1993	8	4	0	.667
<b>Totals</b>	<b>22</b>	<b>10</b>	<b>0</b>	<b>.688</b>

### Under Don Gibb

1994	6	6	0	.500
1995	4	6	0	.400
1996	5	4	0	.556
1997	10	0	0	1.000
1998	6	1	0	.857
1999	6	1	0	.857
<b>Totals</b>	<b>37</b>	<b>18</b>	<b>0</b>	<b>.673</b>

### Under Neil Harper

2000	7	4	0	.636
2001	6	7	0	.462
2002	10	3	0	.769
2003	11	2	0	.846
2004	9	3	0	.750
2005	10	3	0	.769
2006	9	3	0	.750
2007	6	2	0	.750
2008	10	5	0	.667
2009	7	4	0	.636
2010	6	2	0	.750
2011	7	2	0	.778
2012	6	3	0	.667
2013	8	2	0	.800
<b>Totals</b>	<b>112</b>	<b>45</b>	<b>0</b>	<b>.713</b>



# WOMEN'S ALL-TIME TOP 10

## Women

### 50 Freestyle

1. Tiffany Oliver	22.17	2013
2. Christy Cech	22.54	2001
3. Emma Dutton	22.64	2004
3. Kaitlyn Dressel	22.64	2013
5. Christie Raleigh	22.67	2007
6. Brittany Selts	22.74	2010
7. Carrie Ellis	22.76	2006
8. Laurie Lehner	22.77	1982
9. Grace Hoffman	22.78	2013
10. Jennie Lyes	22.96	2003

### 100 Freestyle

1. Tiffany Oliver	48.57	2012
2. Kaitlyn Dressel	48.79	2012
3. Carrie Ellis	49.32	2006
4. Christy Cech	49.36	2001
5. Christie Raleigh	49.56	2007
6. Stevi Steinhauer	49.98	2009
7. Abbie King	50.01	2008
7. Laurie Lehner	50.01	1982
9. Emma Dutton	50.27	2003
10. Jocelyn Phillips	50.31	2009

### 200 Freestyle

1. Kaitlyn Dressel	1:46.26	2013
2. Tiffany Oliver	1:46.72	2012
3. Jocelyn Phillips	1:46.76	2009
4. Madison Jacobi	1:47.65	2013
5. Holly Mills	1:47.70	2010
6. Tanya Gurr	1:48.14	2000
7. Christy Cech	1:48.45	2001
8. Romy Altmann	1:48.67	2006
9. Julia Henkel	1:48.74	2010
10. Georgia Holderness	1:49.02	2008

### 500 Freestyle

1. Madison Jacobi	4:40.17	2013
2. Charlotte Broadbent	4:42.92	2011
3. Caroline Smith	4:45.69	2010
4. Sara Linke	4:45.80	1984
5. Marissa Harrington	4:46.41	2010
6. Julia Henkel	4:47.81	2013
7. Jocelyn Phillips	4:49.28	2008
8. Lisa How	4:49.56	2004
9. Holly Mills	4:49.67	2010
10. Jen Guyler	4:49.98	2007

### 1000 Freestyle

1. Marissa Harrington	9:50.77	2010
2. Charlotte Broadbent	9:51.42	2010
3. Madison Jacobi	9:51.65	2013
4. Caroline Smith	9:55.42	2010
5. Corey Allison	9:57.95	2010
6. Jen Guyler	9:58.06	2006
7. Holly Mills	10:01.11	2009
8. Missy Connolly	10:01.62	1990
9. Sara Linke	10:03.17	1984
10. Julia Henkel	10:06.62	2011

### 1650 Freestyle

1. Madison Jacobi	16:16.29	2013
2. Charlotte Broadbent	16:16.44	2010
3. Marissa Harrington	16:16.65	2010
4. Caroline Smith	16:34.86	2010
5. Julia Henkel	16:35.37	2012
6. Holly Mills	16:37.59	2009
7. Missy Connolly	16:39.79	1990
8. Rachel Harrington	16:44.39	2012
9. Corey Allison	16:45.38	2012
10. Jen Guyler	16:50.84	2007

### 100 Breaststroke

1. Lauren Brick	1:00.51	2007
2. Emma Dutton	1:00.84	2004
3. Melissa Cooper	1:00.92	2012
4. Sami Pochowski	1:01.27	2012
5. Georgia Holderness	1:01.67	2009
6. Lowri Tynan	1:02.25	2008
7. Laura Flewelling	1:02.27	2013
8. Tori Richmond	1:02.32	2011
9. Samantha White	1:02.32	1997
10. Morgan Stephenson	1:02.42	2013

### 200 Breaststroke

1. Emma Dutton	2:12.38	2004
2. Kristine Polley	2:13.32	2013
3. Georgia Holderness	2:14.06	2006
4. Laura Flewelling	2:14.37	2013
5. Keryn Krynauw	2:14.93	2001
6. Tori Richmond	2:15.09	2012
7. Morgan Stephenson	2:15.36	2013
8. Lauren Brick	2:15.51	2007
9. Kylan Huntwork	2:15.72	2009
10. Lowri Tynan	2:15.99	2008

### 100 Butterfly

1. Lauren Sparg	52.81	2008
2. Christie Raleigh	53.00	2007
3. Laurie Lehner	53.42	1982
4. Chelsie Britt	53.84	2013
5. C.J. Hendry	54.08	2010
6. Emily Breen	54.15	2004
7. Candice Nethercott	54.17	2002
8. Brittany Selts	54.39	2009
9. Lisa How	54.49	2004
10. Abbie King	54.73	2008

### 200 Butterfly

1. Elizabeth Pepper	1:56.62	2012
2. Lauren Sparg	1:57.87	2008
3. Chelsie Britt	1:58.38	2013
4. C.J. Hendry	1:58.80	2010
5. Tiffany Elias	1:59.85	2010
6. Lindsay Kenney	1:59.92	2005
7. Helen Jepson	2:00.28	1995
8. Lisa How	2:00.41	2004
9. Julia Henkel	2:00.64	2011
9. Kathy Isackson	2:00.99	1988
10. Jessica Sabotin	2:01.02	2009

### 100 Backstroke

1. Bianca Spinazzola	53.47	2013
2. Ashley Hicks	53.69	2013
3. McKayla Lightbourn	54.26	2012
4. Stephanie Sarandos	54.33	2010
5. Romy Altmann	54.39	2007
6. Emily Breen	55.48	2004
7. Brittany Selts	55.66	2010
8. C.J. Hendry	55.75	2010
9. Jodi Krieg	55.92	1995
10. Liska Dedekind	56.01	1999

### 200 Backstroke

1. Stephanie Sarandos	1:54.14	2010
2. Romy Altmann	1:55.36	2007
3. McKayla Lightbourn	1:55.66	2013
4. Ashley Hicks	1:56.98	2013
5. Holly Mills	1:58.10	2008
6. Emily Harris	1:59.12	2010
7. C.J. Hendry	1:59.45	2008
8. Andree-Anne LeRoy	1:59.50	2004
9. Caroline Smith	2:00.07	2011
10. Jodi Krieg	2:00.69	1995

### 200 Individual Medley

1. Tori Richmond	1:59.04	2011
2. McKayla Lightbourn	1:59.45	2013
3. Laura Flewelling	1:59.56	2013
4. Andree-Anne LeRoy	1:59.59	2003
5. Jessica Sabotin	1:59.91	2009
6. Jamie Barrett	2:00.16	2012
7. Stephanie Sarandos	2:00.18	2010
8. Kristine Polley	2:00.85	2012
9. Anne Blachford	2:01.60	1997
10. Emma Dutton	2:01.71	2003

### 400 Individual Medley

1. Julia Henkel	4:11.91	2012
2. Jessica Sabotin	4:14.32	2009
3. Jamie Barrett	4:15.08	2013
4. Charlotte Broadbent	4:16.80	2010
5. McKayla Lightbourn	4:17.54	2011
6. Tori Richmond	4:18.37	2012
7. Andree-Anne LeRoy	4:18.40	2003
8. Meredith Martelle	4:20.67	2009
9. Ann Cipoletti	4:21.26	2007
10. Lisa How	4:21.49	2003



# MEN'S ALL-TIME TOP 10

## Men

### 50 Freestyle

1. Brendon Dedekind	19.17	1998
<b>2. Paul Murray</b>	<b>19.34</b>	<b>2013</b>
3. Mark Weber	19.44	2013
4. Scott Baker	19.49	2008
5. Jimmy Holway	19.68	2009
6. Jarryd Botha	19.73	2009
7. Julio Santos	19.74	1998
8. Trice Bailey	19.82	2013
9. Alex Kennon	19.84	2007
10. Ed Denton	19.93	2009

### 100 Freestyle

<b>1. Paul Murray</b>	<b>42.78</b>	<b>2012</b>
2. Brendon Dedekind	42.96	1999
3. Jarryd Botha	43.28	2009
4. Robby Hayes	43.38	2011
5. Mark Weber	43.52	2013
6. Jimmy Holway	43.54	2009
7. Ed Denton	43.68	2009
8. Trice Bailey	43.72	2013
9. Joel Roycik	43.75	2006
10. Alex Kennon	44.00	2006

### 200 Freestyle

1. Andy Hodgson	1:34.80	2009
2. Kyle Young	1:35.65	2009
3. Stephen Parry	1:36.18	1997
4. Mateo De Angulo	1:36.26	2012
<b>5. Kevin Rogers</b>	<b>1:36.44</b>	<b>2013</b>
6. Robby Hayes	1:36.52	2011
7. Carl Marais	1:36.99	2006
8. Trice Bailey	1:37.26	2012
9. Alex Kennon	1:37.42	2006
10. Ed Denton	1:37.65	2009

### 500 Freestyle

1. Kyle Young	4:14.60	2009
2. Mateo De Angulo	4:15.43	2011
3. John Jessell	4:20.09	2013
4. Ian Rowe	4:20.30	2009
5. Steve Roof	4:20.60	2007
<b>6. Kevin Rogers</b>	<b>4:21.00</b>	<b>2013</b>
7. Nick Graves	4:22.76	2008
8. Stephen Parry	4:23.28	1997
9. Thomas Bishop	4:25.01	2005
10. Vance Tankersley	4:25.10	1988

### 1000 Freestyle

1. Mateo De Angulo	8:54.28	2012
2. Kyle Young	8:54.94	2009
3. Ian Rowe	9:00.28	2009
4. Nick Graves	9:04.35	2009
5. Steve Roof	9:05.84	2006
6. Tommy Bishop	9:07.98	2005
7. Tyler Sell	9:10.42	2011
8. Chip Haberstroh	9:14.69	1994
9. Henrick Jangvall	9:18.85	1986
10. Shawn Erickson	9:22.99	2009

### 1650 Freestyle

1. Mateo DeAngulo	14:42.77	2012
2. Kyle Young	14:46.68	2009
3. Ian Rowe	14:56.22	2009
4. John Jessell	14:58.89	2013
5. Steve Roof	15:03.15	2007
6. Nick Graves	15:05.01	2008
7. Thomas Bishop	15:08.47	2005
8. Tyler Sell	15:12.78	2011
9. Derek Pridemore	15:16.17	2012
10. Chip Haberstroh	15:24.62	1994

### 100 Backstroke

<b>1. Pavel Sankovich</b>	<b>45.86</b>	<b>2013</b>
2. Andy Hodgson	47.31	2009
3. Stephan Perry	47.72	1999
4. Jarryd Botha	47.98	2009
<b>5. Josh Friedel</b>	<b>48.01</b>	<b>2013</b>
6. Rob Braknis	48.10	1995
7. Chris Vythoulkas	49.00	2003
<b>8. Cadell Lyons</b>	<b>49.05</b>	<b>2012</b>
9. Ian Rowe	49.15	2011
10. Ian Powell	49.18	2007

### 200 Backstroke

1. Andy Hodgson	1:41.11	2009
<b>2. Pavel Sankovich</b>	<b>1:41.83</b>	<b>2013</b>
<b>3. Josh Friedel</b>	<b>1:43.14</b>	<b>2012</b>
4. Rob Braknis	1:43.39	1995
<b>5. Kevin Rogers</b>	<b>1:44.85</b>	<b>2013</b>
6. Stephen Parry	1:44.90	1999
7. Jarryd Botha	1:45.10	2007
8. Ian Rowe	1:45.66	2011
9. Brad Morrison	1:45.92	2013
10. Carl Marais	1:46.10	2006

### 100 Breaststroke

1. Brendon Dedekind	53.16	1999
2. Scott Thacker	53.30	2009
3. Rob Holderness	53.55	2010
<b>4. Jared Pike</b>	<b>53.61</b>	<b>2013</b>
5. Brett Peterson	53.64	2000
<b>6. Alex Rodriguez</b>	<b>53.82</b>	<b>2013</b>
7. Billy Jamerson	53.98	2007
8. Matt Shead	54.46	2010
9. Corey Swanson	54.18	2009
9. Wickus Nienaber	54.18	2003

### 200 Breaststroke

1. Rob Holderness	1:54.36	2010
<b>2. Juan Sequera</b>	<b>1:57.85</b>	<b>2012</b>
3. Wickus Nienaber	1:58.30	2003
4. Billy Jamerson	1:58.74	2005
5. Matt Shead	1:58.97	2011
6. Scott Thacker	1:59.05	2010
<b>7. Alex Rodriguez</b>	<b>1:59.14</b>	<b>2013</b>
8. Paul Erben	1:59.24	2007
<b>9. Jared Pike</b>	<b>1:59.53</b>	<b>2013</b>
10. Justin Betts	1:59.55	2003

### 100 Butterfly

1. Jarryd Botha	46.23	2009
<b>2. Pavel Sankovich</b>	<b>46.49</b>	<b>2013</b>
<b>3. Connor Knight</b>	<b>46.58</b>	<b>2013</b>
4. Stephen Parry	47.16	1997
4. Joel Roycik	47.16	2006
6. Corey Swanson	47.83	2009
<b>7. Cadell Lyons</b>	<b>47.68</b>	<b>2012</b>
8. Mark Weber	47.68	2013
9. Devin Crock	48.03	2002
10. Brendon Dedekind	48.04	1999

### 200 Butterfly

1. Stephen Parry	1:43.69	1998
<b>2. Connor Knight</b>	<b>1:44.08</b>	<b>2013</b>
3. Ian Powell	1:46.11	2008
4. Kean Ang	1:46.29	1999
5. Nelson Mora	1:46.44	1999
6. Robby Hayes	1:46.64	2009
7. Danny Nguyen	1:46.97	2010
8. Ignacio Merino	1:47.11	1994
9. Dustin Bengston	1:47.15	1995
10. Mark Cox	1:47.44	2010

### 200 Individual Medley

<b>1. Pavel Sankovich</b>	<b>1:43.22</b>	<b>2013</b>
2. Robby Hayes	1:45.81	2011
3. Rob Holderness	1:47.65	2010
<b>4. Juan Sequera</b>	<b>1:47.75</b>	<b>2013</b>
5. Corey Swanson	1:47.95	2009
6. Matt Shead	1:48.30	2009
<b>7. Josh Friedel</b>	<b>1:48.44</b>	<b>2012</b>
8. Ed Denton	1:48.56	2007
9. Justin Betts	1:48.61	2003
10. Danny Keeling	1:48.94	2005

### 400 Individual Medley

<b>1. Juan Sequera</b>	<b>3:46.51</b>	<b>2012</b>
2. Mateo De Angulo	3:47.23	2011
3. Kyle Young	3:47.93	2009
4. Ian Rowe	3:50.67	2010
5. Chip Haberstroh	3:50.76	1994
6. Nicholas Brown	3:50.85	2013
7. Kyle Doxtater	3:52.42	2013
8. Steve Roof	3:53.16	2007
9. Stephen Parry	3:53.47	1996
<b>10. Mike Thomas</b>	<b>3:53.56</b>	<b>2013</b>





# ACC Awards Olympians

## Women's

### Swimmer of the Year

2004 - Emma Dutton

### Freshman of the Year

2002 - Tiffany Manning

2006 - Christie Raleigh

### Coach of the Year

2004 - Neil Harper

2006 - Neil Harper

### ACC Meet MVP

2004 - Emma Dutton

2007 - Christie Raleigh

### ACC Meet Diver MVP

1995 - Erin Gillooly

2001 - Chelsie Lerew

2002 - Chelsie Lerew

2003 - Chelsie Lerew

2004 - Tiffany Manning

## Men's

### Swimmer of the Year

1995 - Rob Brankis

1997 - Stephen Parry and

Brendon Dedekind

1998 - Brendon Dedekind

1999 - Brendon Dedekind

2012 - Mateo De Angulo

### Diver of the Year

2007 - Terry Horner

### Freshman of the Year

1996 - Brendon Dedekind

2007 - Terry Horner

2012 - Juan Sequera

### Coach of the Year

1995 - Don Gibb

1998 - Don Gibb

2007 - Neil Harper

### ACC Meet MVP

1995 - Rob Brankis

1997 - Brendon Dedekind

2007 - Kyle Young

2012 - Mateo De Angulo

2013 - Pavel Sankovich

### ACC Meet Diver MVP

1992 - Paul Spray

2001 - Josh Edelman

2002 - Louis Gagnet

2003 - Louis Gagnet

2008 - Terry Horner

**Phil Boggs** - USA- 1976 Montreal - Gold Medal 1-meter diving

**Wendy Fuller**- Canada 1980 Moscow, 1988 Seoul

**Keam Ang**- Malaysia - 1996 Atlanta

**Nelson Mora**- Venezuela - 1996 Atlanta

**Rob Brankis**- 1996 Atlanta

**Brendon Dedekind**- South Africa - 1996 Atlanta, 2000 Sydney

**Brett Peterson**- South Africa - 2000 Sydney

**Tal Stricker**- Israel - 2000 Sydney

**Stephen Parry**- Great Britain- 2000 Sydney, 2004 Athens - Bronze Medal 200 Fly

**Chris Vythoulkas**- Bahamas - 2004 Athens

**Wickus Neinaber**- Swaziland - 2000 Sydney, 2004 Athens

**Golda Marcus** - El Salvador - 2004 Athens, 2008 Beijing

**Ariel Rittenhouse** - USA - 2008 Beijing

**Mateo De Angulo**- Colombia - 2012 London

**Pavel Sankovich**- Belarus- 2008 Beijing, 2012 London

**Jamal Le Grand**- Aruba - 2012 London



*Mateo De Angulo representing Colombia*

### 2013 FINA World Championships

While representing Belarus, Pavel Sankovich placed 15th in the 50m back, 21st in the 100 fly and 22nd in the 100 back. He also helped his country to a 17th place showing in the 4x100 relay. Mateo DeAngulo competed for Colombia, plac-

ing 38th in the 200 free and 28th in the 1500 free. McKayla Lightbourn represented the Bahamas in the 200 IM and 100 back and incoming freshman Jemal LeGrand competed in the 100 and 200 free for Aruba.

### 2013 World University Games

Katrina Young placed sixth in the women's 10-meter platform event while grabbing a Team USA silver in the Team Classification. Head Diving Coach Patrick Jeffrey led Team USA throughout the meet.

### 2012 London Olympics

After receiving word that he wouldn't be included in the field, FINA was able to grant Mateo De Angulo (COL) a spot in the 400m free in the Olympic Games. Pavel Sankovich competed in his second Olympics for Belarus, placing 18th in the 100 back. Jemal LeGrand swam his best time in the 100 free while representing Aruba in his first international meet.

### 2011 Pan-American Games

Taking a break from collegiate competition, senior Mateo De Angulo competed in the 200m and 1500m free for Colombia and sophomore McKayla Lightbourn swam the 200 IM, 200 back, 100 and 200 breast events for the Bahamas.

### 2011 FINA World Championships

Senior Mateo De Angulo competed in the 200m, 400m, and 800m freestyle events for Colombia. While in Shanghai, De Angulo became the fastest distance swimmer in Colombian history, by setting the national record in the 800m free. He currently holds all the national records in the distance events. Pavel Sankovich competed for Belarus.

### 2011 World University Games

Senior Landon Marzullo competed in 1-meter and 3-meter springboards as well as the 10 meter platform. His best event was the 3-meter synchronized event where he was a part of a fourth place finish. Assistant Diving Coach Yayha Radman also represented the United States as a coach.

### 2010 Commonwealth Games

Senior Rob Holderness began his final season at Florida State in Dehli, India, competing in the Commonwealth Games. Holder-



*Katrina Young's Team USA Silver*

ness represented his native Wales in style placing sixth in the 200 breast and ninth in the 100 breast.

### 2009 World Diving Championships

Florida State diver Terry Horner accomplished many things as a Seminole, but perhaps one of his greatest achievements was representing his country at the 2009 World Championships in Rome, Italy. The NCAA Champion qualified for the event on the one-meter and earned the opportunity to compete against the worlds elite on one of the events biggest stages. Current transfer from USC, Ariel Rittenhouse earned fifth place on the 3-meter synchronized event.

### 2008 Beijing Olympics

While representing the United States, Ariel Rittenhouse placed fourth in the 3-meter synchronized event alongside Kelci Bryant. Pavel Sankovich represented Belarus.



# FLORIDA STATE SEMINOLES

## 2013-14 SWIMMING & DIVING SCHEDULE

9/27-29	@ALL FLORIDA INVITE	ALL DAY
10/11	@WEST FLORIDA/TULANE**	2PM
10/12	@ALABAMA	NOON
10/18	FLORIDA GULF COAST**	2PM
10/25	NC STATE/GEORGIA TECH	4PM
11/22-24	@AUBURN INVITE	ALL DAY
12/17-22	@USA DIVING NATIONALS	ALL DAY
1/4	@FLORIDA	1PM
1/17	FLORIDA ATLANTIC	3PM
2/1	MIAMI**	11AM
2/19-22	ACC DIVING CHAMPIONSHIP	ALL DAY
2/19-22	ACC WOMEN'S CHAMPIONSHIP	ALL DAY
2/26-3/1	ACC MEN'S CHAMPIONSHIP	ALL DAY
3/20-22	NCAA WOMEN'S CHAMPIONSHIP	ALL DAY
3/27-29	NCAA MEN'S CHAMPIONSHIP	ALL DAY

\*\*DENOTES WOMEN'S ONLY MEET

ACC CHAMPIONSHIP'S  
GREENSBORO, NORTH CAROLINA

NCAA CHAMPIONSHIP'S  
WOMEN- MINNEAPOLIS, MN  
MEN- AUSTIN, TX



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