

ST. BONAVENTURE SWIMMING & DIVING NEWSLETTER

October 2025



Mikaela Snayczuk

Assistant Coach
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Mike Smiechowski

Head Coach
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Ale Fuentes

Diving Coach
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Happy Halloween!



[Click on the video to watch our annual Halloween Practice!](#)

*Bonnies*TM



[Instagram](#)

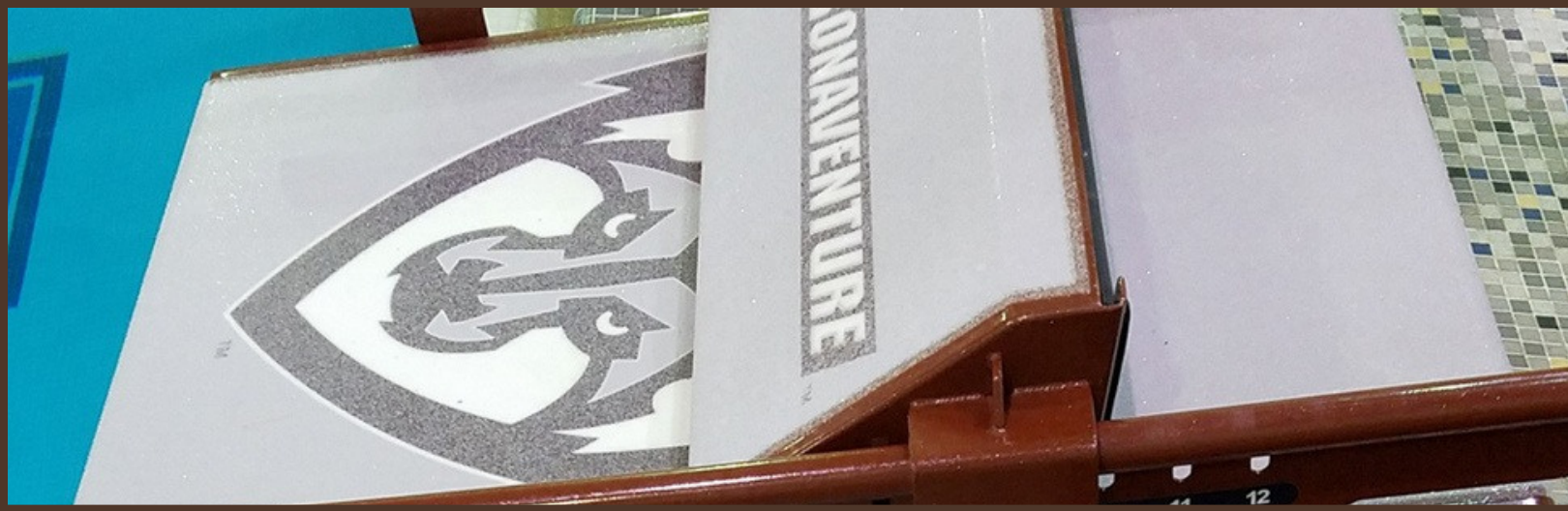
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From the Pool Deck with Coach Mike



Click on the picture to hear from Coach Mike

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Meet New Part-time Assistant



Part-time Assistant
Coach Ani Duffee

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Hear From the Coaches



Message from
Coach Ale



Head Diving Coach
Alejandra Fuentes



Assistant Swimming & Diving Coach
Mikaela Snayczuk

Message from
Coach Mikaela

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Back a Bonnie

A Simple way to support Bonnies Swim and Dive

Join the Back a Bonnie recurring gift program - a meaningful way to support the Bonnies Athletic Fund (BAF) and St. Bonaventure Athletics year-round. Your gift strengthens academic support, travel, training, wellness, and more.

Support Levels

Brown & White Circle

- Monthly Gift: \$25 - \$74
- Thank you card from your coach
- BAF Membership (Brown and White Benefits)
- 20% Discount at Sports Locker
- Back a Bonnie Pin
- Two complimentary tickets to 2 Men's Basketball games*

Reilley Circle

- Monthly Gift: \$75 - \$149
- Thank you card from your coach
- BAF Membership (Reilley Benefits)
- 20% Discount at Sports Locker
- Back a Bonnie Pin
- T-shirt from your favorite Bonas team
- Two complimentary tickets to 3 Men's Basketball games*

The AD Circle

- Monthly Gift: \$150+
- Thank you card from your coach
- Team photo
- BAF Membership (Captain Benefits)
- 20% Discount at Sports Locker
- Back a Bonnie Pin
- Hoodie from your favorite Bonas team
- Two complimentary tickets to 4 Men's Basketball games*
- Priority registration for Golf with the Bonnies (Rochester)

The St. Bonaventure "Back a Bonnie" Athletic Fund is a key initiative that supports the university's student-athletes by providing resources for scholarships, training, and facilities. Contributions to the fund help ensure that Bonaventure's athletic programs continue to thrive, fostering excellence both on the field and in the classroom.



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Alumni Weekend

Bonnies, it's time to come back home!

Alumni Weekend is set for November 7–9, and we can't wait to welcome you back to campus. This is the perfect chance to reconnect with old friends, catch up with teammates, and celebrate everything that makes our Bonnie community so special. Plus, the weekend will be packed with excitement—including a home swim & dive meet and a basketball game you won't want to miss.

Don't miss out on the memories, the energy, and the Bonnie spirit—make sure you're registered today! Even if you registered you, must pay and sign up for tickets!

[Click to get tickets now!](#)

GO BONNIES!



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Senior-Athlete Spotlight



Paris Christie



Henry Wilkes

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Click on the each picture to watch the interview

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Meet Schedule

Home meets in bold



'25-26 OPPONENTS



October 9th @ Penn State

October 11th @ Rutgers

October 24th and 25th @
Cleveland State

November 1st @ Niagara

November 7th vs Canisius

November 20th-22nd Magnus Cup
(Mid-Season)

January 10th, 2026 @ Cornell

**January 24th vs Colgate
(Senior Meet)**

January 30th @ Duquesne

February 4th-8th Cavalier Invite

February 18th-21st Atlantic 10
Championship



'25-26 OPPONENTS



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Alumni Spotlight

Jake Ruffolo



Class- 2022

Major - Sport Studies

Current Profession - Event Coordinator for the Advancement team at Dartmouth

Favorite event(s) - 200 IM, 200 Freestyle, 100 Freestyle

Why Bonas?

I chose St. Bonaventure because it's a place where community thrives. When I first went on an official visit, I was welcomed to a team of supportive, competitive, and motivated individuals. I am so grateful for St. Bonaventure and the friends-turned- family that it provided me.

What's a brief story you can tell from your time on the team?

Being a student athlete at St. Bonaventure was the first time that I felt like the stars had aligned for me. I felt this way when I saw my teammates for the first time right before the start of sophomore year. Friends, who were strangers 12 months prior, quickly became family I couldn't imagine my life without. I remember feeling immensely grateful and proud to be surrounded by a team of talented, bright, and special people. This shared sentiment inspired my friends and I to become better athletes, competitors, students, and to enjoy all the times in between.



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Alumni Spotlight

What was your greatest athletic and/or academic accomplishments?

I believe that most athletes in swimming have one main event that they have a “mental block” with. The best way to describe this phenomenon is that the body is physically able to perform but thoughts of uncertainty triumph. For me, this was the case for the 200 freestyle. I was stuck hovering around a certain time (1:40) since my junior year of high school. My freshman and sophomore year performances at A10’s were sub-par, and my junior year was plagued by the unpredictability of the COVID-19 pandemic. Suddenly, I was a senior and only had two chances to break the 1:40 barrier in the 200 freestyle (in the 800 freestyle relay and the individual event). Due to the presence of pressure, I was able to shatter barriers as I swam a time of 1:38 in both the relay and in the individual event at finals. That experience taught me more about perseverance and belief in myself than any accolade or accomplishment could.

What advice would you have for the current team?

I know sometimes the days feel exhausting, the pool feels extra cold, and the laps feel longer than they should. Those are the moments that make the memories of riding the bus to an away meet, eating with the team at the Hickey, or walking to Family in the freezing snow feel that much more special. Stay grateful as these will be the times remembered after graduating.



Bonnies™

Do you have any exciting plans for the future?

I just want to stay true to myself and follow pursuit of passions, wherever they might take me. At this moment two pairs of my closest, most cherished friends are engaged. Both couples met and swam on the team at St. Bonaventure. I can’t wait to celebrate life, love, and share in more special memories with my Bonaventure family; even well after graduation.

What’s a way that your time at Bonaventure positively affected your life in a surprising or unexpected way?

I feel that no matter how unexpected life gets, the older you get, I will always have roots at St. Bonaventure that I feel so proud of and that always feel like home.

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Recruiting Update

With recruiting for our 2027 class well underway, we are excited about what the future holds. Mike, Matt and Ale were very busy over the summer getting on the phone with the 2026 and 2027 class, and we have about 17 swimmers and divers committed to official visits this fall.

Here's our 2026 committed recruits:

[Women- Recruiting Commitments](#)

[Men- Recruiting Commitments](#)

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Bonnies in the Community

Take a look at how our bonnies have showed their support within the community! So far they have volunteered with Table or Treat, the Genesis house, Total Care Senior Center, the Voter Registration Booth, Polar Spray, Suicide Prevention Walk, the Cystic Fibrosis Walk, and the GOACC Christmas lights prep!



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Help Support SBU Swimming and Diving

Without the support of all our Bonnies Alumni, the Swimming and Diving teams would not be in the position that they are in today. We thank each and every one of you who has contributed via fundraising, donations, or volunteering! We ask that you please consider donating to the Swimming and Diving team to help fund future projects and development for our program. If you are interested in making a contribution please follow the link below to the Bonnie's Athletic Fund, where you can donate to the Swimming and Diving Program. We appreciate all that you do for us!

[Donate to Swim & Dive Here](#)

Register for The Bona Bulletin and stay up to date with all Bonnies Athletics and Swim and Dive News throughout the school year!

[Click Here to Register](#)



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Mentor Testimonial

A Rewarding Journey: Mentoring an SBU Swimmer Reflections on Giving Back to St. Bonaventure University



Maureen developed a meaningful mentoring relationship with Maggie that continued beyond graduation, helping her navigate academics, leadership, and career decisions. Through supporting a new generation of SBU student-athletes, Maureen found fulfillment and personal growth while watching Maggie's confidence thrive.

[Click here to read the entire testimony](#)

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