

# ST. BONAVENTURE SWIMMING & DIVING NEWSLETTER

SEPTEMBER 2025



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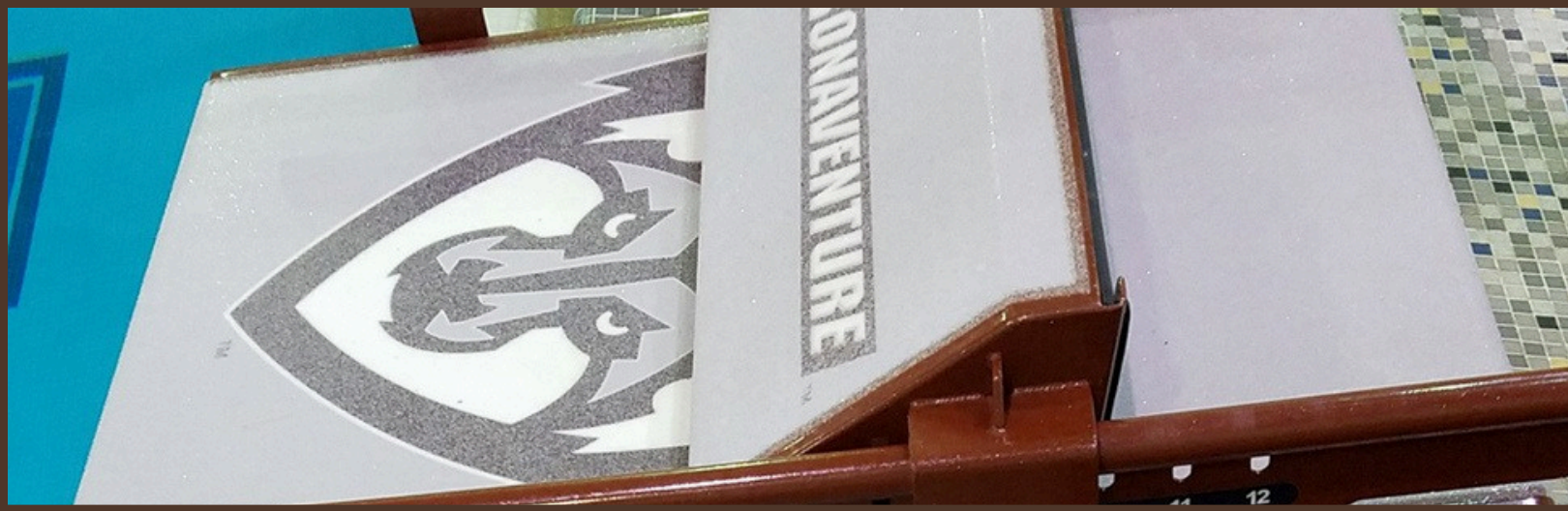
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# From the Pool Deck with Coach Mike



**Click on the picture to hear from Coach Mike**

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# Team Store

Show your support in style! Visit our team store to purchase Bonnies Swim and Dive apparel! The store will be open starting September 12<sup>th</sup>.

[Click Here to Visit the Store](#)



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# Hear From the Coaches



Message from  
Coach Ale



Alejandra Fuentes  
Head Diving Coach



Meet  
Mikaela Snayczuk  
Assistant Coach

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# Senior-Athlete Spotlight



**Nele Vetter**



**Will Foggin**

*Bonnies*<sup>TM</sup>

Click on the each picture to watch the interview

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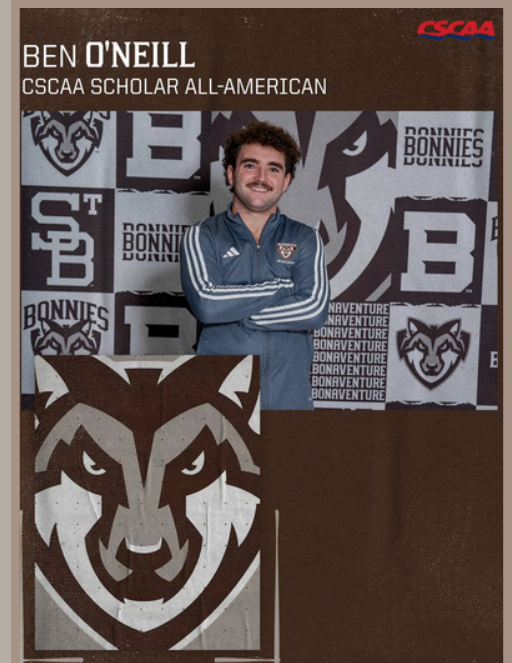
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# 2025 CSCAA Academic All-American



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# Meet Schedule

Home meets in bold



'25-26 OPPONENTS



October 9<sup>th</sup> @ Penn State

October 11<sup>th</sup> @ Rutgers

October 24<sup>th</sup> and 25<sup>th</sup> @  
Cleveland State

November 1<sup>st</sup> @ Niagara

**November 7<sup>th</sup> vs Canisius**

November 20<sup>th</sup>-22<sup>nd</sup> Magnus Cup  
(Mid-Season)

January 10<sup>th</sup>, 2026 @ Cornell

**January 24<sup>th</sup> vs Colgate  
(Senior Meet)**

January 30<sup>th</sup> @ Duquesne

February 4<sup>th</sup>-8<sup>th</sup> Cavalier Invite

February 18<sup>th</sup>-21<sup>st</sup> Atlantic 10  
Championship



'25-26 OPPONENTS



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# Induction to the Hall of Fame



We are proud to celebrate the induction of Sean McNamee into the St. Bonaventure Hall of Fame! This honor recognizes not only Sean's outstanding accomplishments in the pool, but also the lasting impact made on our program and community. Congratulations, Sean, on this well-deserved achievement!

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# Alumni Spotlight

## Bernie Colligan



**Major** - Social Sciences

**Current Profession** - Supply chain process improvement

**Favorite event(s)** - I love the 1 m. I had a great deal of confidence and would try almost anything on the 1 m board.

### **Why Bonas?**

I had an instant reaction when I arrived on campus that Bonas was the place for me. I visited several other campuses and didn't have the same feeling. It was probably mostly due to the experience I had with the team on my recruiting visit. I felt special and knew that this was a group of people that I would get along with just fine.

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

As a diver, we were often subjected to good natured harassment from the swimmers (although at the time it did not seem that way). However, when it mattered most, especially during big meets, the whole team came together to support and encourage each of us. In fact, they developed a special cheer for me based on my last name which they sang in unison each time I came up to the board. "C O double L I, G A N spells Colligan". I will never forget how good that made me feel and how proud I was to be part of that team.



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# Alumni Spotlight

## **What was your greatest athletic and/or academic accomplishments?**

For me, my greatest moment was at the Eastern championships my senior year when I hit all 11 of my dives on the 1 m to win first place. It was such a great feeling hitting the water on my last dive knowing I did my best and then coming up while hearing the scores and seeing my name overtake the lead on the leaderboard.

## **What advice would you have for the current team?**

Throughout my life since leaving Bonaventure, much more than what I learned in the classroom, it was the intangible lessons I learned from being on the swim team that have benefited me the most in my career and personal life. It's the teamwork, the interpersonal relationship building, the discipline, the willingness to take on a challenge and commit to it, being a reliable friend and teammate, etc. These are the qualities you don't simply learn, but you develop through practical experience. There were so many days where I just did not want to go to the pool or I dreaded getting up on that board. But I'm sure that I did it anyway.



## **Do you have any exciting plans for the future?**

In recent years, I have become invested in learning and developing my yoga practice and I try to go on at least 3 to 5 yoga retreats a year. Next one will be in Portugal.

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

Even 34 years after graduating, my Bonaventure swim team network is still a very active part of my life as we are in regular contact with each other and often get together every one to two years. It's been an amazing source of strength throughout my life.



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# Incoming Class

We're excited to welcome our incoming freshman to the Bonnies Swim and Dive Team! These talented athletes bring incredible dedication and potential. We can't wait to see the impact they'll have in and out of the pool this season!

[Click on each image to read the article](#)



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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!

**[Click here to register](#)**

**GO BONNIES!**



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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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# Mentorship Program

We would like to invite you to take part in the Alumni Mentorship Program. This initiative connects our current student-athletes with alumni who can share their experiences, guidance, and professional insights. Your involvement can make a lasting impact by helping the next generation navigate both their academic and athletic journeys while building valuable connections within our Bonnies community.



**If you are interested in joining the program for next school year, please contact Molly Moretti:**  
**[moretti@sbu.edu](mailto:moretti@sbu.edu)**



Pictured Above- Alumni Steph Karnas and Emily Ciraolo and their mentees Ellie Kraus, Daciana Colon, and Eylul Alli

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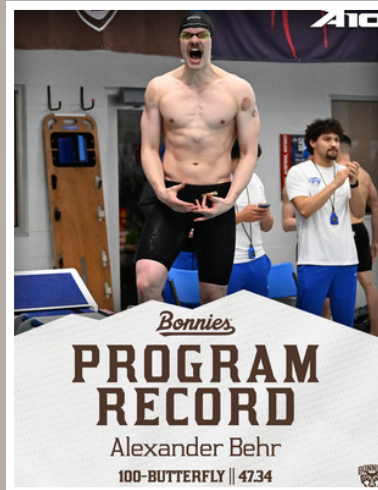
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# New Program Records from A10s



*Bonnies*<sup>TM</sup>



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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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