



## Financial Aid Checklist

### Regular Admissions

#### Candidates:

- January 1—Application deadline
- February 1—Mail the completed Profile to assure full consideration for aid.
- February 1—Mail FAFSA.
- March 1—Mail applicable supplemental forms.
- March 15—Mail signed copies of prior year federal tax returns along with schedules and W-2s for student and parent(s).

#### Early Decision Candidates:

- Submit completed Profile and supplemental forms as early as November 1 but no later than two weeks after filing admissions application. Prior year tax returns and W-2s are required for initial determination of need.
- February 15—Early Decision date
- Follow other steps as above.

#### January Transfer Students:

- November 1—Submit FAFSA, profile, copies of prior year federal tax returns, schedules, and W-2s for student and parent(s), and applicable supplemental forms.

#### September Transfer Students:

- May 1—FAFSA, profile, copies of prior year federal tax returns, schedules, and W-2s for student and parent(s), and supplemental forms.

## The Lafayette Experience

Lafayette is a place of academic excellence and opportunity, where every student can realize his or her full potential. Four years of The Lafayette Experience means discovery both in and out of the classroom, through student-centered, active-learning that combines the highest academic standards with diverse extracurricular programs. Lafayette graduates are prepared for success and leadership from one of the nation's most academically competitive and respected institutions.

### The Lafayette Experience consists of four key elements:

#### ■ Student-focused teaching and mentoring by an exceptionally qualified faculty, committed to each student's success.

Student-focused teaching, mentoring, and academic excellence are the top priorities of the faculty at Lafayette. Undergraduate research, directed by fully involved and supportive faculty, is a priority and a key component in the primary teaching mission. Lafayette's faculty make deep professional and personal commitments to the success of their students in relationships that can last a lifetime. Faculty members hold the Ph.D. or highest equivalent degree in their field.

#### ■ A challenging, broad-based academic curriculum that offers strong programs in the arts, sciences, and engineering.

Lafayette's approach to teaching and learning goes well beyond traditional classroom methods. Through active-learning experiences in small-group seminars, student-centered team projects, independent study, and student/faculty research, students have the opportunity to cross academic boundaries in the arts and sciences and engineering. Students study abroad, participate in work/study experiential learning opportunities, and hold externships with alumni and internships in government, industry and many other fields.

#### ■ A small college community with large college resources.

Major financial resources make superb facilities and exceptional academic programs available to all students. Lafayette's close-knit residential campus, which is consistently referred to as one of the most beautiful in the nation, creates an atmosphere conducive to learning and achieving one's goals. Also integral to The Lafayette Experience is the strong support the College receives from its global network of loyal alumni.

#### ■ A friendly residential community offering an exciting social life with a broad spectrum of extracurricular activities.

Whether you are a campus visitor or a member of the Lafayette family, friendliness and civility characterize the campus scene. Lafayette's diverse student body provides an enriching social and cultural experience. With more than 200 student groups and special activities, students can explore new areas of interest and numerous opportunities for leadership and personal growth, including participation in 23 Division I intercollegiate sports as well as intramurals, a variety of on-campus cultural enrichment programs, a broad range of living groups marked by special-interests, and fraternities and sororities.

*The Lafayette Experience allows students to take advantage of unique opportunities to prepare for a rewarding future in one of the nation's most academically challenging environments. It is an experience that starts here and lasts a lifetime.*



## Facilities

### Allan P. Kirby Sports Center

Dedicated on June 2, 2000, the \$35 million Allan P. Kirby Sports Center gives Lafayette the finest athletic complex of any college of its size in the country. It includes a new, 110,000-square-foot intramural and recreational sports facility attached to the previously existing Kirby Field House. The field house itself received a \$2.5 million facelift and interior renovations.

The new portion of the center, featuring a distinctive atrium overlooking Fisher Field, includes the Kamine Gymnasium, which includes three 50-by-84-foot courts for basketball and other sports and an elevated  $\frac{1}{10}$ -mile jogging track. The Buck Courts include six courts for racquet sports, two for squash and four that can be configured for squash or racquetball. A 6,600-square-foot fitness center and weight room includes a full strength-training circuit, spacious free-weight area, and more than 30 cardiovascular machines. There is also a 35-foot climbing wall, an aerobics area and several offices.

Built in 1973, the original field house, which contains Ruef Natatorium, is home to several varsity sports teams. It has been enhanced to include a new sports medicine area and a new equipment room and renovated locker rooms and administrative offices. The lobby and Athletic Hall of Fame exhibitry have been completely modernized.

Major support for the sports center was provided by the F.M. Kirby Foundation, which made a \$32.5 million gift to Lafayette, the largest gift ever received by a college, university or other non-profit organization in the Lehigh Valley. The \$32.5 million contribution, which Lafayette has received in full, includes \$26.25 million for the sports complex and an additional \$6.25 million in support of other objectives in the Lafayette Leadership Campaign. The total cost of the Allan P. Kirby Sports Center is \$35 million. This includes \$26.5 million in construction and renovation costs and \$8.5 million in endowment for operation and maintenance of the facility.

Approximately 75 percent of Lafayette students participate in varsity, junior varsity, club, intramural or other recreational sports. The intramural program includes

some three dozen sports. There are 15 club sports. The Kirby Foundation is the family foundation of the Fred Morgan Kirby family, which has been prominent in the life of Lafayette for nearly a century. Seven family members are alumni, four have served as trustees and three received honorary doctorates from Lafayette.

### Ruef Natatorium

The Lafayette men's and women's swimming and diving teams practice and compete in the six-lane Olympic-size Ruef Natatorium. The pool contains dual, wave turbulent lane lines which are the standard 25-yard collegiate length. The pool also features an Omega timing system, which provides an electronic readout for all six lanes. The natatorium is also equipped with two under water viewing windows, three Power racks for in-water weight training and three Vasa trainers.

A separate diving well contains two one-meter boards and one three-meter board with an air-bubbling system. All three boards are Duraflex wafer. Other features include record boards, the coaches' office and men's and women's varsity locker rooms. The balcony seating area accommodates 350 spectators for meets, including the annual Lafayette Invitational.

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## Coaching Staff

### Jim Dailey—Head Coach

Jim Dailey is in his 12th season as head coach of the Lafayette swimming program. Dailey served as the interim coach during the 1993-94 campaign, after which he became the Leopards' 12th pool boss.

A 1989 graduate of the State University of New York at Cortland, Dailey was a two-time qualifier for the NCAA Division III Nationals, advancing in the 200 fly and 400 IM.

Since taking over at Lafayette, Dailey has guided the Leopards to a total of 27 individual Patriot League titles and has had a total of 11 men and four women selected to the All-Patriot League team. His teams have set a total of 41 school marks and earned numerous academic awards. Four of his men were on the Patriot League All-Decade Team.

Displaying a constant commitment to academics and athletics, his women's program has been named Academic All-American by the College Swim Coaches Association of America (CSCAA) in 21 out of his 22 semesters as head coach, while his men's team has done so in 14 out of 22 semesters.

Dailey is also a water safety and lifeguard training instructor. He and his wife Brenda have identical twins, James and Alexander, and live in Bethlehem Township.

### Chris Grabowski '04 —Assistant Coach

Chris Grabowski begins his first season as an assistant at Lafayette. No stranger to Ruef Natatorium, Grabowski swam the final two years of his collegiate career at Lafayette, graduating in 2004 with a degree in Economics & Business.

Grabowski, Lafayette's Most Valuable Swimmer as a junior, was a two-time All-Patriot League Team selection after transferring to Lafayette from Penn State following his sophomore season. Despite competing in just two Patriot League Championship meets, he ranked in the top 10 of all point scorers between 2001-04 at the Patriot League Championships.

"I am very fortunate to have Chris stay with the program after graduation," said Lafayette head swimming coach Jim Dailey. "I've known Chris for a long time as a swimmer and friend. He brings to the program many attributes I expect the athletes to exhibit. His technical skills, communication, desire, internal drive and competition experience are outstanding."

Grabowski graduated from Lafayette as the holder of five individual school records: 500 free, 1,000 free, 200 fly, 200 back and 400 IM. He was also part of the record-setting 200 free relay in 2003.

### Mike Davis—Diving Coach

Mike Davis begins his second season as the diving coach for Lafayette's men's and women's swimming and diving programs.

Davis is a 10-time medalist at the International Masters Swimming, Diving and Water Polo Championships. During the 2003-04 season, he tutored Alana Anzalone, who set new Lafayette records in both the one-meter and three-meter events. Davis has also served as the diving coach at five high schools, most recently Emmaus High School in 2002-03.

"Mike brings a wealth of technical knowledge and practical experience to both the diving well and the pool," said Lafayette head swimming coach Jim Dailey. "I think our divers have a great opportunity to excel under his tutelage."

Davis was a two-time qualifier for the NCAA Championships during his collegiate career at New York University. He was also a two-time team co-captain.

Davis graduated from N.Y.U. in 1986 with a bachelor's degree in political science.



**Jim Dailey**  
Head Coach



**Mike Davis**  
Diving Coach



**Chris Grabowski**  
Assistant Coach

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## Men's Season Outlook

Head coach **Jim Dailey** enters his 12th season at Lafayette faced with the challenge of replacing seven lettermen from the 2003-04 squad. The Leopards closed out last season on a high note, putting together a solid performance at the Patriot League Championships and having two swimmers, **Chris Grabowski** and **Greg Van Volkenburg**, earn All-Patriot League First-Team and Second-Team honors, respectively. According to Dailey, the key to success in 2004-05 lies in the returning underclassmen.

"The underclassmen will have to step it up for us this season," Dailey said. "If they don't we will have strong individual performances but struggle as a team to win our dual meets."

Dailey, however, has confidence in the group coming back, which includes Van Volkenburg and 50 free record-holder **Jakub Pritz**. Grabowski, who graduated the holder of five individual school records, is also back with the program as an assistant coach.

Tri-captains Pritz, **Steve Connlain** and **Colin Sinatro** comprise the heart of the returnees. In addition to the 50 free, Pritz also swims middle distance freestyle and breaststroke events. Connlain will predomi-

nately swim the middle distance free and sprint fly events, while Sinatro will be swimming in the IM and fly events. Combined, the three seniors appear on the Leopards' all-time top 10 list ten different times.

"The men's team is in good hands with these three guys sharing the role of captain," Dailey said. "These three guys are some of the hardest working and most talented swimmers we have."

The junior class consists of some talented student-athletes who made great strides in the pool in 2003-04 and must repeat that effort this season. Led by Van Volkenburg, this class will be the most instrumental for the team's success. Dailey looks for Van Volkenburg to continue to improve in both backstroke events as well as the IM and middle distance free events. **Jeromie Ballreich** dropped a lot of time off his personal bests in the 100, 200 and 500 free events and will have to continue that progress as a junior, while **Rob Gates** set and reset his personal bests almost every meet a year ago in the distance free events. Rounding out the class are **Matt Kemmerer**, who will be competing in both fly events, and **Mark Ranta**, who will be seeing mixed time in the 200 IM, 200 back and 200 breast events.

As a group, the returning sophomores learned a lot from their first time at Patriot League Championships and now will be relied upon to build from that experience. Greg Schwager swam personal best time in the 200 IM and 100 and 200 breast events last season, while **Ryder Pingry**, who continually improved in the sprint free events throughout the season, was selected as the Outstanding First Year Athlete by Dailey. **Alex Hess** switched from diving to swimming midway through the season and still swam personal bests in the sprint free and breast events.

"I know all of them want to become better and contribute more this coming season," Dailey said of the sophomores.

Six freshmen will hit the pool for the Leopards this season and Dailey is excited about the prospects of the class.





“I am impressed with their desire and commitment to swimming,” Dailey said. “This class has already bonded together well and should help us quite a bit during the dual meet season and at Patriot League Championships.”

Sprinter **J. B. Worster**, who can swim fly, back and free, and backstroker **Brian Wolz** should make an immediate impact in the scoring column for Lafayette. In addition, Dailey expects diver **Dean Crystalloski** to improve and challenge the other divers in the league at championships. **Matt Harhen** and **Jaryd Freedman** will add depth in the sprint free and fly events, while **Jung Woo Choi** rounds out the freshman class swimming primarily in the breast events.

Lafayette opens the 2004-05 season on Oct. 1, hosting Seton Hall in the Lafayette Relay Invitational. Also highlighting the fall schedule are the Potomac Relays on Oct. 15, a double-dual meet with defending Patriot League champ Navy and Rider on Oct. 16 and a dual meet with Lehigh in Ruff Natatorium on Nov. 19. The Leopards open the New Year with their annual training trip

to Plantation, Fla., then swim three dual meets leading up to the Bison Invitational at Bucknell on Feb. 12 and the Patriot League Championships, also at Bucknell, Feb. 24-26.

“I will be able to tell a lot about our team and how well we will do at Patriot League Championships by how well we get through October,” Dailey said. “There are a lot of talented swimmers and divers on the team and I anticipate them not letting anyone or themselves down.”

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## 2004 Leopards



### Jeromie Ballreich

Junior  
Huntingdon, Pa./  
Huntingdon  
History

### Jeromie Ballreich

**Coach Dailey on Jeromie:** "Jeromie has come a long way. He improves at staggering rates. At Patriots he swam best times in all his events while swimming a new event, the 500 free. I expect Jeromie to continue to improve."

#### Best Times:

100 free	48.61
200 free	1:47.95
500 free	5:04.31



### Stephen Connlain

Senior  
Moorestown, N.J./  
Moorestown  
Engineering

### Stephen Connlain

**Coach Dailey on Stephen:** "Stephen is the hardest worker on the team every single day. He makes everyone around him do better. That is why he was chosen as one of the captains. I will look for Stephen to have an outstanding senior year."

#### Best Times:

50 free	21.94
100 free	47.78
200 free	1:44.65
100 fly	52.26



### Rob Gates

Junior  
Elizabethtown, Pa./  
Elizabethtown  
Engineering

### Rob Gates

**Coach Dailey on Rob:** "Rob trains and competes hard to the last drop of energy. Because of this tenacity he improves quite a bit every year. He is a great role model for the rest of the team in the pool as well as the classroom."

#### Best Times:

500 free	5:03.68
1000 free	10:31.44
1650 free	17:31.53



### Alex Hess

Sophomore  
Allentown, Pa./  
William Allen  
Government & Law

### Alex Hess

**Coach Dailey on Alex:** "Alex switched from diving to swimming mid-season and with only a half year of training dropped all of his personal bests by quite a bit. I know with a full year of swimming he will surprise himself."

#### Best Times:

1m Diving	133.425
100 free	25.31
100 free	55.68
100 breast	1:09.13



### Matt Kemmerer

Junior  
Kingston, Pa./  
Wyoming Valley West  
Computer Science

### Matt Kemmerer

**Coach Dailey on Matt:** "Matt has gotten a lot stronger and that has paid big dividends when he shaves and tapers. This year he saw huge time drops in all of his events at Patriots. I know Matt can do even better this year."

#### Best Times:

100 fly	54.70
200 fly	2:05.66
50 free	23.08



**Ryder Pingry**  
Sophomore  
Huntingdon, Pa./  
Huntingdon  
Engineering

**Ryder Pingry**

**Coach Dailey on Ryder:** "Ryder is awesome to have around. He trains hard, keeps everyone smiling and swims best times every time he enters the pool. He makes everyone else remember why swimming is fun. With such a successful freshman year Ryder will make even bigger improvements this year with more confidence."

**Best Times:**

50 free	23.78
100 free	51.61
200 free	1:56.34



**Jakub Pritz**  
Senior  
Holmes, Pa./  
Cardinal O'Hara  
Physics

**Jakub Pritz**

**Coach Dailey on Jakub:** "Jakub has been the best competitor on the team over the past three years. He rarely loses a race and gives everything he can to improve. He is a great swimmer and I look for him to really shine this year both as a captain and competitor."

**Best Times:**

50 free	20.58
100 free	45.98
200 free	1:42.87
100 free (R)	45.09
100 breast (R)	59.08



**Mark Ranta**  
Junior  
Beverly, Mass./  
St. John's Prep  
Government & Law

**Mark Ranta**

**Coach Dailey on Mark:** "Mark's key to swimming fast is staying healthy. If we can keep him healthy he will be successful, championships will be very beneficial for him and us."

**Best Times:**

200 back	1:59.30
200 IM	2:02.90
200 breast	2:18.30



**Greg Schwager**  
Sophomore  
North Brunswick, N.J./  
North Brunswick  
Engineering

**Greg Schwager**

**Coach Dailey on Greg:** "Greg improved greatly last year swimming much longer events than what he was used to. I look for him to do very well this year after taking most of last season to transition into the program."

**Best Times:**

200 IM	2:13.55
200 breast	2:28.31
100 breast	1:05.91



**Colin Sinatro**  
Senior  
Pittston, Pa./  
Wyoming Seminary  
Economics & Business

**Colin Sinatro**

**Coach Dailey on Colin:** "Colin had some great swims last year. His 200IM, 100 fly and 200 fly improved a lot. The team will need him this year in those events to be a bigger contributor and ultimately drop more time at Patriot League Championships."

**Best Times:**

200 IM	1:59.98
100 fly	52.50
200 fly	1:58.30



**Greg Van Volkenburg**  
 Junior  
 Erie, Pa./  
 Cathedral Prep  
 Engineering

**Greg Van Volkenburg**

**Coach Dailey on Greg:** "Greg trains incredibly hard and hits the books even harder. Greg swam best times again this year while making the All Patriot League Second Team based on his Patriot League performances. I look for Greg to get even better and challenge some of the school records this year."

**Best Times:**

200 IM	1:54.78	100 back	51.72
200 free (R)	1:42.80	200 back	1:53.84
100 free (R)	46.59		



**2004 Men's Swimming Roster**

<b>Name</b>	<b>Event</b>	<b>Yr.</b>	<b>Hometown/High School</b>
Jeromie Ballreich	Free/Back	Jr.	Huntingdon, Pa./Huntingdon
Jung Woo Choi	Breast	Fr.	Wyckoff, N.J./Ramapo
Stephen Connlain	Fly/Free	Sr.	Moorestown, N.J./Moorestown
Dean Crystaloski	Diving	Fr.	Oakdale, Pa./West Allegheny
Jaryd Freedman	Fly/Free	Fr.	Ambler, Pa./Upper Dublin
Robert Gates	Free	Jr.	Elizabethtown, Pa./Elizabethtown
Cliff Haldeman	Breast	Sr.	Westfield, N.J./Westfield
Matt Harhen	Free	Fr.	Duxbury, Mass./Duxbury
Alex Hess	Free	So.	Allentown, Pa./William Allen
Matt Kemmerer	Fly/Free	Jr.	Kingston, Pa./Wyoming Valley West
Ryder Pingry	Free	So.	Huntingdon, Pa./Huntingdon
Jakub Pritz	Free/Breast	Sr.	Holmes, Pa./Cardinal O'Hara
Mark Ranta	Breast/IM	Jr.	Beverly, Mass./St. John's Prep
Greg Schwager	Breast	So.	North Brunswick, N.J./North Brunswick
Colin Sinatro	Fly/IM	Sr.	Pittston, Pa./Wyoming Seminary
Greg Van Volkenburg	Back/IM	Jr.	Erie, Pa./Cathedral Prep
Brian Wolz	Back/IM	Fr.	New Market, Md./Linganore
JB Worster	Fly/Back/Free	Fr.	Lower Gwynedd, Pa./LaSalle Prep

*Head Coach:* Jim Dailey    *Assistant Coach:* Chris Grabowski    *Diving Coach:* Mike Davis

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## 2003-04 Season in Review

Led by a core of eight experienced seniors, the 2003-04 Lafayette men's swimming team had a decidedly more successful season than its dual meet record would indicate. The Leopards were competitive in every meet and closed out the season with a solid showing at the 2004 Patriot League Championships.

Lafayette opened the season with a second-straight runner-up finish behind Seton Hall at the Lafayette Invitational on Oct. 13. **Chris Grabowski** and **Jakub Pritz** led the way, finishing first in the 400 IM and 50 free, respectively. Grabowski added a second-place in the 200 back and took third in the 50 back and 200 free. Pritz added third-place finishes in the 50 and 200 breast.

The Leopards returned to action four days later, competing in the six-team Potomac Relays. A trio of second-place finishes lifted Lafayette to a fourth-place finish. Grabowski was a part of all three runner-up relay teams.

Lafayette remained in the greater-Washington, D.C. area following the Potomac Relays, visiting the U.S. Naval Academy for a double-dual meet with Navy and Rider. The Leopards were on the short end of both scores, with Pritz claiming the team's only first-place finish in the 50 free. He added a third-place finish in the 100 free and joined Grabowski, **Steven Berkowitz** and **Greg Van Volkenburg** on the fourth-place 400 medley relay team, while Grabowski collected a trio of top-four finishes in addition to the 400 medley relay.

The Leopards closed out the 2003 portion of the schedule with dual meets against Drexel and Lehigh. Grabowski was a double-winner in both meets, while Pritz garnered a pair of firsts at Lehigh.

Lafayette opened the New Year with its annual winter training trip to Plantation, Fla. from Jan. 3-11. The Leopards closed the trip by winning the Plantation Relay Invitational. Dual meet action resumed Jan. 15 at Colgate, where the Leopards dropped a narrow 148.5-142.5 decision to the Raiders. Grabowski and Pritz continued their domination of Leopard opponents, tallying four first-place finishes apiece. Grabowski won the 100 back, 200 back, 400 IM and swam with Pritz, Berkowitz and Van Volkenburg on the 400 medley relay, while Pritz claimed first in the 50 free, 100 free

and joined Van Volkenburg, **Stephen Connlain** and **John Veltri** on the victorious 200 free relay team.

A return to Ruff Natatorium brought the Leopards back-to-back wins over Georgetown and Binghamton. Lafayette took first in all 11 swimming events in a 135-83 win over Georgetown, led by a pair of wins by both Grabowski and **Janis Eisl**. Against Binghamton, the Leopards finished one-two in four different events and collected second-place finishes in 11 different events overall. Van Volkenburg and Pritz took a pair of individual first-places against the Bearcats.

The Leopards closed out the dual-meet season with a loss at Bucknell on Jan. 31 that was highlighted by a trio of first-place finishes by Grabowski.

Lafayette returned to Bucknell two weeks later, joining Army, Colgate and the host Bisons in an unscored, four-team invitational. Grabowski chipped in his now-routine pair of first-places, while **David Watts** hit the wall second in the 50 free.

Following another two-week layoff, the Leopards trekked to Navy for the Patriot League Championships, contested Feb. 26-28. The men's team competed very well throughout the three-day meet with many of the competitors scoring and swimming personal best times. Pritz, Grabowski, Van Volkenburg and Berkowitz led the Leopards

in scoring. Grabowski turned in the team's best performance on the final day, finishing second in the 200 back in 1:49.54, the second-fastest time in Lafayette history. The Leopards collected four top-five finishes at the league championships en route to a seventh-place finish.

Grabowski and Van Volkenburg were named to the All-Patriot League First and Second Team, respectively, for their performances at the league meet. Grabowski, who was named Patriot League Men's Swimmer of the Week twice during the season, added a fifth place in the 200 IM to his second in the 200 back, while Van Volkenburg scored in six different events.

Out of the pool, the Lafayette men were accorded College Swimming Coaches Academic All-America Team honors for both the fall 2003 and spring 2004 semesters. The team's collective GPA for each semester was 3.14 and 3.19, respectively. This feat continues a strong commitment to receiving academic honors by the men's swimming team. The men's team has now been awarded this honor 14 of 22 semesters under Dailey. The men also placed 10 swimmers on the Patriot League Academic Honor Roll with Watts achieving a 4.0 his final semester. "It was a perfect way to end the season," Dailey said.



## Men's Record Holders

EVENT	RECORD HOLDER	TIME	YEAR
50 free	Jakub Pritz	20:58	2002
100 free	Javier Fente	45.35	1995
200 free	Mark Andrews	1:40.58	1992
500 free	Chris Grabowski	4:34.39	2003
1000 free	Chris Grabowski	9:48.91	2003
1650 free	Dan Rogers	16:14.14	1989
100 fly	Mark Andrews	50.23	1994
200 fly	Chris Grabowski	1:51.51	2003
100 back	Javier Fente	50.99	1995
200 back	Chris Grabowski	1:47.93	2003
100 breast	Andrew Rutherford	54.44	1992
200 breast	Andrew Rutherford	2:02.63	1992
200 IM	Andrew Rutherford	1:51.69	1992
400 IM	Chris Grabowski	4:00.46	2003
1M diving	Matt Vandall/Mike Sanda	261.60/450.30	2000
3M diving	Sanda/Vandall	277.15/495.35	2000
200 free relay	Pritz, Grabowski, Van Volkenburg, Veltri	1:23.65	2003
400 free relay	Rutherford, Brunner, Lindahl, Andrews	3:04.69	1992
800 free relay	Rogers, Brunner, Betjemann, Andrews	6:49.22	1992
200 medley relay	Rogers, Rutherford, Brunner, Fletcher	1:34.66	1992
400 medley relay	Rogers, Rutherford, Brunner, Andrews	3:22.49	1992



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# Men's Awards

## Most Valuable Swimmer

2004	Greg Van Volkenburg
2003	Chris Grabowski
2002	Jakub Pritz
2001	Rob Bateman
2000	Sean Hansen
1999	Ilya Fishman
1998	Greg Smith
1997	Sean Hansen
1996	Will Robb
1995	Javier Fente
1994	Javier Fente

## Coaches Award

2004	Class of 2004
2003	Lucas Kimmel
2002	Colin Sinatro
2001	Dan Sherry
2000	Rob Bateman
1999	Asoka Ratnayake
1998	Chris Mears
1997	William Cason
1996	Nate Went
1995	Zdenek Hezky Will Robb

## T. Gordon Yates Award

*Awarded annually to the student-athlete who has shown great improvement with their swimming and excellence in the classroom.*

2004	Jeromie Ballreich
2003	Robert Gates
2002	Lucas Kimmel
2001	Nate DeLong
2000	James Hertan
1999	Rob Bateman
1998	Joh Levy Mike Sanda (D)
1997	Kevin Brelsford
1996	Jon Levy
1995	Ian King
1994	Mark Andrews
1993	Neil Saydah
1992	Steve Fletcher
1991	Sean Mullen

## CSCAA Honors

*Awarded to teams exhibiting outstanding academic achievement with an overall grade point average of over 2.80*

2004	Spring
2003	Fall
2003	Spring
2002	Fall
2002	Spring
2001	Fall
1997	Spring
1996	Fall
1995	Fall
1995	Spring
1994	Fall
1994	Spring
1993	Fall
1993	Spring

## Academic Achievement

*Awarded each year to the student-athlete with the highest GPA during the current year.*

2004	Dave Watts
2003	Dave Watts
2002	Asoka Ratnayake
2001	Asoka Ratnayake
2000	Asoka Ratnayake
1999	Kevin Brelsford
1998	Kevin Brelsford
1997	Michael Girdley
1996	Michael Girdley
1995	Michael Girdley
1994	Ignacio Fente

## Most Valuable Diver

2004	Not Awarded
2003	Justin Gaudreau
2002	Not Awarded
2001	Justin Gaudreau
2000	Michael Sanda
1996	Mark Hobbie
1993	Matt Vandall
1992	Jeff Yorzyk
1991	Matt Vandall

## Team Spirit Award

2004	Rob Gates
2003	Colin Sinatro
2002	John Veltri
2001	Class of 2004
2000	Asoka Ratnayake
1999	Mike Gary
1998	Mike Gary
1997	Entire Squad
1996	Zdenek Hezky Dennis McKeever

## Outstanding First-Year Athlete

*Awarded annually to the first year swimmer/diver who has shown significant improvements in performance, academics, leadership and team contributions.*

2004	Ryder Pingry
2003	Greg Van Volkenburg
2002	Stephen Connlain
2001	Kris Klein
2000	Lucas Himmel
1999	Matt Haggerty
1998	Mike Gary
1997	Philip Drexler
1996	Ilya Fishman
1995	Greg Smith
1994	Hashim Al-Mashat

## Patriot League Academic Honor Roll

Stephen Connlain
Nathan DeLong
Matt Kemmerer
Kristopher Klein
Ryder Pingry
Jakub Pritz
Colin Sinatro
Derek Stefanik
John Veltri
David Watts



## Women's Season Outlook

The 2004-2005 season outlook for the Lafayette women's team should be the brightest it has been in school history. The 2003-04 season went very well with the women finishing the season breaking 10 school records, moving up one place at Patriot League Championships and finishing the season College Swimming Coaches Association of America (CSCAA) Academic All American for both the fall 2003 and spring 2004 semester.

Twelfth-year head coach **Jim Dailey** graduated a large class of seniors who were instrumental in the team's success at Patriot League Championships. The senior class consisted of nine student-athletes which all contributed somehow in the academic or athletic success of the team. "I will look for the upcoming class of seniors to continue the academic and athletic traditions," Dailey said.

The 2004-05 team will be led by seniors **Crissy MacDonald**, the school three-meter diving record holder, **Suzanne Dommerich**, a sprint fly and backstroke swimmer, **Veronica LaMura**, who swims distance freestyle, **Erin Rosensteel** in the sprint free and backstroke events and **Jenny Moerschbacher**, who swims middle distance free and backstroke events. The latter two have teamed up with members of the underclass to break both the 200 and 400 free relay team records last spring. "The senior class will be outstanding leaders for the rest of the women," Dailey said. "The five seniors are some of the hardest workers on the team. They are very motivated and want the team to achieve to higher standards."

The junior class is very talented as well. Among the junior class are three swimmers that established themselves on the team record board. **Tory Littlefield** broke the 200 fly record with a time of 2:09.52 and went 59.50 in the 100 fly. **Jen Totten** broke her former 200 breaststroke record by over four seconds, swimming the event in 2:24.61. Sprinter **Lori Anderson** split 24.76 in the 50 free to contribute to the breaking of the 200 free relay record. Dailey will not be looking for just his record

breakers to be major contributors from this class but will count on everyone to be successful. **Daniele Menard** will be counted on to contribute in both the one-meter diving event as well as 400 IM and 200 breast. **Lindsay McCarthy** will be scoring in the distance frees and the 200 fly. **Corry Marcincin** will be swimming backstroke and sprint free while **Kristine Kath** will be seeing time in the sprint free and breaststroke events. **Meghan Goodwin**, a multi-sport student-athlete, will be swimming distance freestyle and in the spring playing golf for the Leopards.

The sophomore class really showed its athleticism last year as first year swimmers. **Liz Helwig** tops the list with four individual records. "She had an amazing year," Dailey said. "Both she and I know it is just a beginning. The NCAA Division I qualifying standards are just in front of her and we will be pushing hard to get her there this season." Helwig broke the 100 fly (56.76), 200 IM (2:06.74), 100 free (52.95) and 200 free (1:54.74) records during her freshman season.

The accomplishments of her classmates, however, should not go unnoticed. "Last year's first year class scored 185 more points than the team did the year before. That shows how strong the class was for us," Dailey said. "Many of the performances throughout the year were fast enough to be entered into the women's all-time top 10 times." Outstanding performances by backstrokers **Michelle Oswald** and **Alli Paul** contributed to many points throughout the dual meet season and championships. **Sara Berberich** swam best times in the 100 and 200 fly while still concentrating on the distance free events. **Ashley Posey** did very well in the 100 fly, 1650 free and 500 free. Dailey was pleased with how Posey adjusted to the 1650 free and 500 free, both new events for her. The trio of **Kara Boodakian**, **Rachel Gallagher** and **Elizabeth Verrochi** contribute in the sprint free events while **Stephanie Mishik** swims both breaststroke events.

The incoming first year class may be the most talented class recruited by Dailey. "This

class will contribute right away and challenge our team as well as other teams to improve or get beat," Dailey said. "Most members of the first year class are club swimmers and high school. All of them can swim virtually any event and do it very well. I am looking forward to the team coming together and doing well but having fun while doing it."

Dailey will be counting on **Liz Geary**, **Paige Hulsizer**, **Shelby Grabowski**, and **Lindsay Messina** in the backstroke events as well as other events ranging from distance frees to the IM events. **Lauren Bedard** and **Christine Moore** will be swimming both breaststroke events while **Julie Sauer** and **Julia Kumpan** concentrate on the fly events and sprint free.

**Katie Kaczka** and **Lindsay Grimes** will be seeing time in the sprint to middle distance events while twin sisters **Ashley** and **Danielle Rosiejka** will be swimming predominately IM and breast stroke.

"I believe the 2004-05 season will be a great season for us both as a team and individually," Dailey said. "All the student-athletes contribute in their own way and I truly believe the chemistry on the team is ripe. This season should be very special.

"I expect all of our school records may be coming down this year," he added. "The women saw ten break last year and if we can start the season with the same focus and determination it shouldn't be a miracle for it to happen."



## 2004 Women's Swimming Roster

Name	Event	Yr.	Hometown/High School
Lori Anderson	Breast/Free	Jr.	Haworth, N.J./North Valley-Demarest
Lauren Bedard	Breast/Free	Fr.	Longmeadow, Mass./Longmeadow
Sara Berberich	Free/Fly	So.	Silver Spring, Md./Paint Branch
Kara Boodakian	Free/Fly	So.	Winchester, Mass./Winchester
Suzanne Dommerich	Fly/Back	Sr.	Riverside, Conn./Greenwich-Folsom
Rachel Gallagher	Free	So.	Allentown, Pa./William Allen
Elizabeth Geary	Back/Free	Fr.	Boyertown, Pa./Boyertown
Meghan Goodwin	Free	Jr.	Dresher, Pa./Germantown Academy
Shelby Grabowski	IM/Back	Fr.	Pottsville, Pa./Pottsville
Lindsay Grimes	Free	Fr.	Cherry Hill, N.J./Cherry Hill East
Liz Helwig	Fly/IM/Free	So.	Basking Ridge, N.J./Madison
Paige Hulsizer	Back/Free	Fr.	Olney, Md./Sherwood
Katherine Kaczka	Free/Fly	Fr.	South Plainfield, N.J./South Plainfield
Kristine Kath	Free/Beast	Jr.	Berkeley Heights, N.J./New Providence
Julie Kumpan	Fly/Free	Fr.	Danville, Calif./San Ramon Valley
Veronica LaMura	Free	Sr.	Shrewsbury, N.J./Red Bank Catholic
Tory Littlefield	Fly/Free	Jr.	Duxbury, Mass./Duxbury
Cristin MacDonald	Diving	Sr.	Glendora, N.J./Gloucester Catholic
Corry Marcincin	Back/Free	Jr.	Bethlehem, Pa./Liberty
Lindsay McCarthy	Free/Fly	Jr.	Peabody, Mass./Beverly
Daniele Menard	Breast/IM/Fly	Jr.	Westwood, Mass./Westwood
Lindsay Messina	Back	Fr.	Basking Ridge, N.J./Ridge
Stephanie Mishik	Breast	So.	Mantua, N.J./Bishop Eustace
Jenny Moerschbacher	Free/Back	Sr.	Selinsgrove, Pa./Selinsgrove Area
Christine Moore	Breast/Free	Fr.	Fredericksburg, Va./Stafford
Michelle Oswald	Back/IM	So.	Timmonium, Md./Carver Center
Allison Paul	Back	So.	Southampton, N.J./Lenape
Ashley Posey	Free/Fly	So.	Mertztown, Pa./Brandywine Heights
Erin Rosensteel	Back/Free	Sr.	Hershey, Pa./Hershey
Ashley Rosiejka	IM/Breast	Fr.	Allentown, N.J./North Burlington
Danielle Rosiejka	IM/Fly	Fr.	Allentown, N.J./North Burlington
Julie Sauer	Fly/IM	Fr.	Rochester, N.Y./Rush Henrietta
Tacie Steidel	Back	Jr.	Allentown, Pa./Salisbury
Jen Totten	Breast	Jr.	Mantua, N.J./West Deptford
Elisabeth Verrochi	Breast	So.	Plymouth, Mass./Plymouth

Head Coach: Jim Dailey  
Diving Coach: Mike Davis

Assistant Coach: Chris Grabowski





**Lori Anderson**  
Junior  
Haworth, N.J./  
North Valley Demarest  
Economics &  
Business

## 2004 Leopards

### Lori Anderson

**Coach Dailey on Lori:** "Lori had a great year in both the sprint free events and breaststroke. Her contributions are noticed with the 200 free relay breaking the school record at the 2004 Patriots. She will be even better this year with this new confidence."

**Best Times:**

50 free	25.52	50 free (R)	24.76
100 breast	1:10.11	200 breast	2:30.78
100 free	54.60		



**Sara Berberich**  
Sophomore  
Silver Spring, Md./  
Paint Branch  
Engineering

### Sara Berberich

**Coach Dailey on Sara:** "Sara had a great dual meet season and was injured near the end. She trains harder than many swimmers I have had in the past. She puts her all into each event, race and practice. She will be outstanding this year in the fly and distance free events."

**Best Times:**

500 free	5:13.00
1000 free	10:45.00
1650 free	17:56.00
200 fly	2:11.81



**Kara Boodakian**  
Sophomore  
Winchester, Mass./  
Winchester  
Undeclared

### Kara Boodakian

**Coach Dailey on Kara:** "Kara had a great season. She swam best times in the 50 and 100 free events and was a tremendous asset to the team. Her outgoing personality and fierceness as a competitor will make her even faster this season."

**Best Times:**

50 free	26.93
100 free	56.95



**Suzanne Dommerich**  
Senior  
Riverside, Conn./  
Greenwich-Folsom  
Anthropology &  
Sociology

### Suzanne Dommerich

**Coach Dailey on Suzanne:** "Suzanne missed last year's championships due to being abroad a semester. We are glad she is back and able to provide sound leadership and swimming talent back to the team. I look for her to swim best times in the 100 back, 100 fly and 200 backstroke events."

**Best Times:**

100 fly	1:01.83
100 back	1:01.83
200 back	2:15.67



**Liz Helwig**  
Sophomore  
Basking Ridge, N.J./  
Madison  
Biology

### Liz Helwig

**Coach Dailey on Liz:** "What can we not say about her first year. She broke six school records and swam best times in everything she performed in. She was named to the All-Patriot League First Team last year and she knows she can do even better this year. I expect her to do so."

**Best Times:**

100 free	52.95
200 free	1:54.74
100 fly	56.76
200 IM	2:06.74



**Kristine Kath**  
Junior  
Berkeley Heights, N.J./  
New Providence  
Neuroscience

**Kristine Kath**

**Coach Dailey on Kristine:** "Kristine is a big contributor in so many ways. She trains extremely hard and competes with the same tenacity. She is willing to assist those that need technical help with their swimming, academic assistance in the classroom and general help with their Lafayette Experience. She is a great role model and I look for her to swim best times again this year."

**Best Times:**

100 free	56.71
200 free	2:03.31
100 breast	1:12.21



**Veronica LaMura**  
Senior  
Shrewsbury, N.J./  
Red Bank Catholic  
International  
Economics &  
Business

**Veronica LaMura**

**Coach Dailey on Veronica:** "Veronica is an ideal swimmer and leader for the team. She leads by example completing everything from homework to meet performances with top notch efforts. I expect her to have the best season she has ever had this year. She will be sorely missed next year."

**Best Times:**

200 free	1:59.12
1000 free	11:06.12
500 free	5:18.02
1650 free	18:23.19



**Tory Littlefield**  
Junior  
Duxbury, Mass./  
Duxbury  
Biology

**Tory Littlefield**

**Coach Dailey on Tory:** "Tory continues to impress everyone. This was her best season in quite a while due to a plague of injuries. She is a perfect example of never give up and always give it your best. Last season she was rewarded for her efforts by breaking the school record in the 200 fly."

**Best Times:**

100 fly	59.50
200 fly	2:09.52
200 free	2:02.35



**Crissy MacDonald**  
Senior  
Glendora, N.J./  
Gloucester Catholic  
Engineering

**Crissy MacDonald**

**Coach Dailey on Crissy:** "Crissy has made some great improvements in her diving. She has been very good on the boards for us and excels in the classroom. She will have a lot of pressure on her this year as a senior and leader of the team. I know she can handle the pressure and make everyone better."

**Best Times:**

1m diving	225.68
3m diving	365.55



**Corry Marcincin**  
Junior  
Bethlehem, Pa./  
Liberty  
Biology

**Corry Marcincin**

**Coach Dailey on Corry:** "Corry has improved almost every time she steps in the pool. Her training this year was much better than previous years and her times reflect it. She swam best times throughout the season in the 50 free, 100 back and 200 back events."

50 free	26.05
100 back	1:04.82
200 back	2:17.23



**Lindsay McCarthy**  
Junior  
Peabody, Mass./  
Beverly  
Engineering

**Lindsay McCarthy**

**Coach Dailey on Lindsay:** "Lindsay performed very well throughout the season before becoming ill immediately prior to Patriot League Championships. By the end of the meet she was feeling much better and made it back in the 200 fly. Now this season will start from there. The key for Lindsay is staying healthy."

**Best Times:**

200 fly	2:12.61	200 free	1:57.00
500 free	5:11.50	1650 free	17:42.10



**Daniele Menard**  
Junior  
Westwood, Mass./  
Westwood  
Chemistry

**Daniele Menard**

**Coach Dailey on Daniele:** "Daniele is an outstanding two sport student-athlete. She has excelled on the diving board and in her swimming events to 200IM, 400IM, 200 breast and 200 fly. This year will not be an exception for her. For the team to be successful she will need to score in all of her events. I am positive she can handle it and come out the winner."

**Best Times:**

1m diving	212.45
400 IM	4:41.00
200 breast	2:29.00
200 fly	2:14.00



**Jenny Moerschbacher**  
Senior  
Selinsgrove, Pa./  
Selinsgrove  
Engineering

**Jenny Moerschbacher**

**Coach Dailey on Jenny:** "Jenny quite simply is the student-athlete all coaches wish for. She is an ideal role model, hard trainer and competitor, great leader and good friend to everyone. I expect her senior year to be amazing both in and out of the pool, especially now because she has had a taste of the record board."

**Best Times:**

200 free	1:57.57
200 back	2:12.30
100 back	1:01.00
500 free	5:21.05



**Michelle Oswald**  
Sophomore  
Timonium, Md./  
Carver Central  
Engineering

**Michelle Oswald**

**Coach Dailey on Michelle:** "Michelle surprised herself this past season. From the very first meet she was swimming best times in the 100 back, 200 back, and 200 IM events. She never let up from there. With her first season under her belt I know she can swim much faster knowing now what to expect."

**Best Times:**

100 back	1:01.09
200 back	2:12.47
200 IM	2:17.48
400 IM	4:47.80



**Allison Paul**  
Sophomore  
Southampton,  
N.J./Lenape  
Chemistry

**Allison Paul**

**Coach Dailey on Allison:** "Alli had a great year despite some training setbacks. She learned a lot from all of her experiences this year and will be an outstanding competitor this year. She is a strong student and swimmer. I look forward to her sophomore year being her best swimming season ever."

**Best Times:**

100 back	1:01.77
200 back	2:12.58
100 free	56.34



**Ashley Posey**  
Sophomore  
Mertztown, Pa./  
Brandywine Heights  
Biochemistry

**Ashley Posey**

**Coach Dailey on Ashley:** "Ashley had a great ending of her first year. It took me that long to figure out her best events weren't the ones she did in high school. We switched things up and she started to swim much better and with more confidence. I look for this season to start where we left off at Patriot League Championships."

**Best Times:**

500 free	5:20:87
100 fly	59.80
200 free	1:58.75



**Erin Rosensteel**  
Senior  
Hershey, Pa./Hershey  
Psychology

**Erin Rosensteel**

**Coach Dailey on Erin:** "Rosie had quite the season last year. During her first two years we committed our training to be sprint free specific and this year decided to go with back-stroke. It was a great idea. She swam best times in the 100 back and 200 back events while still earning on spot on the record board in the 200 free relay."

**Best Times:**

100 back	1:01.81	200 back	2:11.82
100 free	54.10	50 free (R)	24.66
200 free	1:57.64		



**Jen Totten**  
Junior  
Mantua, N.J./  
West Deptford  
American Studies

**Jen Totten**

**Coach Dailey on Jen:** "Jen had quite the Patriot League Championship meet last year. She had great performances in the 100 breast and 200 breast breaking the school record by three seconds in the 200 breast. I would anticipate Jen to have a better dual meet season this year and I know we need her to."

## Women's Record Holders

Event	Record Holder	Time	Year
50 free	Carey Krause	24.66	1990
100 free	Liz Helwig	52.95	2004
200 free	Liz Helwig	1:54.74	2004
500 free	Beth Wynstra	5:03.27	1999
1000 free	Courtney Siegel	10:30.46	1995
1650 free	Courtney Seigel	17:35.93	1995
100 fly	Liz Helwig	56.76	2004
200 fly	Tory Littlefield	2:09.52	2004
100 back	Christine Knudsen	58.78	1993
200 back	Jen Maloney	2:07.03	1995
100 breast	Corinne Brophy	1:08.28	1999
200 breast	Jen Totten	2:24.61	2004
200 IM	Liz Helwig	2:06.74	2004
400 IM	Jen Maloney	4:34.94	1995
1M diving	Alana Anzalone	241.05	2004
3M diving (6)	Alana Anzalone	263.32	2004
3M diving (11)	Crissy MacDonald	365.55	2002
200 free relay	Helwig, Anderson, Malone, Rosensteel	1:38.76	2004
400 free relay	Brown, Simes, Moyer Rosiecki	3:36.21	1995
800 free relay	Helwig, Berberich, Dailey, Moerschbacher	7:50.33	2004
200 medley relay	Butcofski, Grubb, Krause, Curti	1:51.38	1991
400 medley relay	Matheson, Grubb, Krause, Antonides	4:02.17	1990

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## 2003-04 Season Review

An influx of young talent made waves for the Lafayette women's swimming and diving team in 2003-04. Steady progress and improvement throughout the season climaxed in a total of eight school records being broken at the 2004 Patriot League Championships and another two being broken during the dual meet season.

Freshman **Liz Helwig** set the tone for the year in the season-opening Lafayette Invitational. Helwig took first in the 50 fly, 200 IM and 50 free, second in the 50 back and third in the 200 free as the Leopards defended their title against Seton Hall and Kutztown. Freshman **Michelle Oswald** (400 IM) and sophomore **Jen Totten** (200 breast) also collected wins for Lafayette.

Following a seventh-place finish at the Potomac Relays, Lafayette fell just short in both ends of a double-dual meet against Navy and Rider. Helwig was first in the 50 free and 200 IM, while classmate **Sara Berberich** took second in both the 200 fly and 400 free.

The Leopards broke into the win column with a convincing 148-81 victory over Drexel on Nov. 8. Lafayette had five individuals record first-place finishes and had a relay hit the wall first: Berberich (200 free, 500 free), Helwig (200 IM, 100 free), Oswald (200 back), **Erin Rosensteel** (50 free), **Lindsay McCarthy** (200 fly) and **Alana Anzalone** (three-meter diving) were all individual winners, while the 400 medley relay team of Helwig, Totten, Rosensteel and **Allison Paul** also took first.

Lafayette closed out the 2003 portion of the schedule at Lehigh on Nov. 21. Helwig broke her first school record of the season, claiming the 200 IM in 2:09.91. She also took the 100 free in 53.66, the second-fastest time ever at Lafayette. Anzalone was victorious in both the one-meter and three-meter diving events.

The 2004 portion of the season started with great performances at the Plantation Relay Invitational during the team's winter training trip to Plantation, Fla. Upon returning to Lafayette the Leopards made the trip to Hamilton, N.Y. on Jan. 15 to face Colgate

in a dual meet. Helwig took a trio of first-places (50 free, 100 free, 100 fly), but the Raiders handed Lafayette a 164-130 defeat. Oswald touched the wall first in the 100 back and 400 IM, while Berberich won the 200 fly and the 200 free relay team of **Tory Littlefield, Lori Anderson, Erin Malone** and Rosensteel also took first.

A pair of tight dual meets in Ruef Natatorium rounded out the home schedule. Lafayette scored 27 points in the final two events to rally for a 124-117 win over Georgetown on Jan. 24, then was edged by Binghamton, 122-121, four days later. Helwig again won a pair of individual events against Georgetown, while Totten and Anderson's one-two finish in the 200 breast and a one-three finish in the 200 free relay fueled the late-meet surge to win.

Anzalone set new school records in both the one-meter (241.05) and three-meter (263.325) diving events against Binghamton, while Totten took first in the 200 breast against the Bearcats.

Lafayette wrapped up the dual meet season with a 191-101 loss at Bucknell on Jan. 31. The Leopards posted a one-two-three finish in both the 100 fly and 200 IM, with Littlefield, **Maura Dailey** and **Ashley Posey** completing the trifecta in the 100 fly and Oswald, **Carrie Abildgaard** and **Daniele Menard** sweeping the 200 IM.

The Leopards returned to Bucknell's Kinney Natatorium for the Bison Invitational on Feb. 14. Ten individuals and one relay

accounted for at least one top-five finish in the unscored meet that served as a tuneup for the 2004 Patriot League Championships. Helwig claimed Lafayette's only first-place finish on the day in the 100 back.

Lafayette's seventh-place finish at the Patriot League Championships did not do justice to the team's success at the meet. Eight school records were broken, including four (200 IM, 100 fly, 100 free and 200 free) individual records by Helwig. Also establishing new school standards at the league meet were: Totten in the 200 breast, Littlefield in the 200 fly, the 800 free relay team of Helwig, Dailey, Berberich and **Jenny Moerschbacher** and the 200 free relay team of Helwig, Anderson, Malone and Rosensteel.

Helwig, who collected Patriot League Swimmer of the Week honors after her trio of first-places at Colgate, was named to the All-Patriot League First Team for her efforts at championships. The women's team earned Academic All-America honors from the College Swim Coaches Association of America for the 21st time in 22 semesters under head coach **Jim Dailey**. The team posted a collective GPA of 3.22 during the fall and 3.29 during the spring. To finish the academic year and swimming season 18 women achieved Patriot Academic Honor Roll status for having a GPA higher than 3.20 the semester of the Patriot League Swimming Championships.



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# Women's Awards

## Most Valuable Swimmer

2004 Liz Helwig  
2003 Jenny Moerschbacher  
2002 Brenda Thayer  
2001 Brenda Thayer  
2000 Katie DeVoldre  
Karyn Sluzar  
1999 Corinne Brophy  
Beth Wynstra  
1998 Jen Maloney  
1997 Corinne Brophy  
1996 Corinne Brophy  
1995 Jennifer Maloney  
1994 Courtney Moyer  
1993 Christine Knudsen  
1992 Elisabeth Curti

## Coaches Award

2004 Tory Littlefield  
2003 Brenda Thayer  
2002 Jenny Moerschbacher  
2001 Maura Dailey, Carrie Abildgaard  
2000 Mimi Smith  
1999 Becky Laudemberger  
1998 Erin Teeple  
1997 Karyn Sluzar  
1996 Heather Thompson  
1995 Kristen Brown

## T. Gordon Yates Award

*Awarded annually to the student-athlete who has shown great improvement with their swimming and excellence in the classroom.*

2004 Erin Malone  
2003 Liz Edwards  
2002 Katie Duffy  
2001 Ellen Rogers  
2000 Erika Hoke  
1999 Rachel Carr  
1998 Marisa Gaudreau (D)  
Beth Wynstra  
1997 Reed Cotter (D)  
Katie DeVoldre  
1996 Emily Ough (D)  
Amanda Jervis  
1995 Kendal Waltrich  
Courtney Siegel  
1994 Maia Allison  
1993 Debbie Campbell

## Academic Achievement

*Awarded each year to the student-athlete with the highest GPA during the current year.*

2004 Carrie Abildgaard  
2003 Carrie Abildgaard  
2002 Ellen Rogers  
2001 Jessika Luth  
2000 Erin Teeple  
1999 Larissa Dodson, Jessika Luth  
1998 Karen Ohsiek  
1997 Karen Ohsiek  
1996 Karen Ohsiek  
1995 Carolyn Rosiecki  
1994 Debbie Campbell

## Most Valuable Diver

2004 Alana Anzalone  
2003 Crissy MacDonald  
2002 Not Awarded in 2002  
2001 Alana Anzalone  
2000 Marisa Gaudreau  
1993 Debbie Campbell  
1992 Sandy Ehret  
1991 Kathy O'Shea

## Team Spirit Award

2004 Kara Boodakian  
2003 Maura Dailey  
2002 Jayme MacKinnon  
2001 Class of 2003  
2000 Joelle Biedenbach  
1999 Team of 1999  
1998 Team of 1998  
1997 Becka Dresner  
1996 Becka Dresner

## Outstanding First-Year Athlete

*Awarded annually to the first year swimmer/diver who has shown significant improvements in performance, academics, leadership and team contributions.*

2004 Liz Helwig  
2003 Daniele Menard  
2002 Erin Rosensteel  
2001 Liz Tutschek  
2000 Brenda Thayer  
1999 Katie Duffy  
1998 Tracey Rolls  
1997 Erin Teeple  
1996 Larissa Dodson  
1995 Karen Ohsiek  
1994 Kristen Brown

## CSCAA Honors

*Awarded to teams exhibiting outstanding academic achievement with an overall grade point average of over 2.80*

2004	Spring	1996	Fall
2003	Fall	1996	Spring
2003	Spring	1995	Fall
2002	Fall	1995	Spring
2002	Spring	1994	Fall
2001	Fall	1994	Spring
2001	Spring	1993	Spring
2000	Fall	1992	Fall
2000	Spring	1992	Spring
1999	Fall	1991	Fall
1999	Spring	1991	Spring
1998	Fall	1990	Fall
1998	Spring	1990	Spring
1997	Fall		
1997	Spring		

## 2003 Patriot League Academic Honor Roll

*Student-athlete must earn a 3.20 GPA in the spring semester and be awarded a varsity letter.*

Carrie Abildgaard  
Lori Anderson  
Alana Anzalone  
Maura Dailey  
Elisabeth Edwards  
Kate Ehling  
Rachel Gallagher  
Meghan Goodwin  
Elisabeth Helwig  
Kristine Kath  
Liz King  
Tory Littlefield  
Cristin MacDonald  
Erin Malone  
Lindsay McCarthy  
Jenny Moerschbacher  
Allison Paul  
Erin Rosensteel

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# The Patriot League

## Today's Scholar-Athletes, Tomorrow's Leaders



The Patriot League is proud of its mission of promoting opportunities for "Today's Scholar-Athletes, Tomorrow's Leaders."

The League led NCAA Division I conferences in graduation rates for the fifth-straight year in 2003. Patriot League graduates consistently excel as professionals in their chosen fields and are contributors to the betterment of society.

Patriot League teams and scholar-athletes are also achieving triumphs and accolades on the intercollegiate fields of competition: Consider some team successes in the last few years:

- Two Patriot League teams advanced to their respective NCAA Championship game in 2003-04 (Colgate football and Navy men's lacrosse);
- The Patriot League advanced three teams to an NCAA Championship Tournament twice in the last two years (2002 men's soccer and 2004 men's lacrosse);
- The Patriot League has advanced a team to the quarterfinal round of the NCAA Division I-AA Football Championship five of the last six years, including three wins each by Colgate and Lehigh.

Individual achievements have been similarly impressive:

- Army's **Anita Allen** will represent the U.S.A. in the modern pentathlon and **Dan Browne** will run in the marathon at the 2004 Olympics in Athens, Greece;
- Colgate junior **Jamaal Branch** won the 2003 Walter Payton Award as the outstanding Division I-AA football player;
- Three-time PL Volleyball Player of the Year **Karla Kucerkova** of American won her second-straight CoSIDA Academic All-American of the Year award in 2003;
- Bucknell's **Molly Creamer** was a first-round draft pick, No. 10 overall, by the New York Liberty in the 2003 WNBA draft. She was one of a handful of former PL standouts playing professional basketball overseas in 2003-04;
- Navy's **Richie Meade** was named the national Coach of the Year in men's lacrosse while sophomore **Matt Russell** was a first-team All-American and national Goalie of the Year;
- Lafayette soccer standout **Meghan Ramsey** captured her second-straight



ECAC-Robbins Scholar-Athlete award in 2004 and was awarded an NCAA post-graduate scholarship;

- Colgate's **John Frieser** earned first-team Academic All-American honors, won two post-graduate scholarships and signed a free-agent contract with the NFL St. Louis Rams;
- **Kevin Miller** of Bucknell and **Drew Bigda** of Holy Cross were selected in the 2004 Major League Baseball June free-agent draft. It marks the sixth-straight year at least one Patriot League player was picked in the draft.
- A handful of men's soccer (**Steve Fisher** and **Evan Bruno** of Lehigh) and men's lacrosse (Army's **Jeff Bryan** along with **Blaise Fletcher** and **Justin Sussman** of Bucknell) players also were drafted or began professional playing careers this year.
- Navy's **Billy Hurley** capped his All-America collegiate golf career as the winner of the Byron Nelson Award and as a second-team CoSIDA Academic All-American.

The Patriot League's athletic success is achieved while remaining committed to its founding principle that student-athletes are academically representative of their class. Participation in athletics at Patriot League institutions is viewed as an important component of a well-rounded education.

The origins of Patriot League excellence date back to 1986 with the inception of a successful Division I-AA football conference. In 1990, the Patriot League expanded to an all-sports conference, now featuring 23 championship sports.

Full League members include American, Army, Bucknell, Colgate, Holy Cross, Lafayette, Lehigh and Navy. Associate members include Fordham and Georgetown for football and Villanova in women's lacrosse.

These member institutions are among the oldest and most prestigious in the nation. Alumni from Patriot League colleges and universities have played a leadership role in the shaping of our country.

"The Patriot League — Today's Scholar-Athletes, Tomorrow's Leaders" is still the League's primary vision. However, the League is demonstrating annually that our student-athletes really can play.