

2007-08 Season Outlook

A large incoming class will make the 2007-08 men's and women's swimming and diving teams look unfamiliar, but the Atlantic 10 Conference should see the George Washington Colonials in their familiar top five position come season's end. The men return perhaps the most talented swimmer in the conference, while the women bring back many key performers from 2006-07. With this group of veterans and a spirited group of newcomers, head coach **Dan Rhinehart**, and first-year assistant, **Nicole Fisher**, see no reason why both squads should not move up the ranks in the A-10.

Junior **David Zenk**, who set a pair of A-10 records in the 200- and 400-yard IM at the 2006 conference championships, will lead the men. Zenk should see those times improve even more as a junior, as he also will look to qualify for the NCAA Championships. **Tom Pullen** also returns after two strong seasons in which he has improved significantly in both the IM and butterfly events.

Seniors **Drew Boudreau**, **Mark DeSimone** and **Danny Johnson** return for their final season with the Colonials. Their dedication to the program has been vital to the team's success the past four seasons, and they will be expected to be key performers in each of their events.

Last year's freshmen are now seasoned veterans as **Cascade Tuholske** and **Rick Rogers** lead a talented sophomore class. Fellow sophomore **Stephen Cosme** also returns after playing a pivotal role as freshman in 2007.

Adding to a solid roster are newcomers **Jim Forrest**, **Konrad Kopczynsky**, **Andrew Maguire**, **David Meyer**, **Fred Schneider** and **Dan Thomann**. With the graduation of many key performers from last year's squad, the freshmen will be counted upon heavily to replace them. Thomann will make his presence known on the diving platforms, and coach **Mike Tober** is expecting big things from the two-time all-state diver.

A solid nucleus returns to the women's squad, including senior **Molly Moss**. Moss should lead the team in the fly events and will be looked upon for veteran leadership in the relay. Fellow senior **Andrea Martin** will also be a key performer in the freestyle and backstroke events for the Colonials.

Ariana Berdini and **Lauren Fuchs** lead a strong junior class that will be asked to step up their times in 2008. Berdini and Fuchs both earned top-10 finishes at the A-10 Championships in 2007, and will look to move higher up the ladder in 2008. **Luciana Maggiolo**, **Jessica Miga** and **Laura Myers** round out the third-year members and should lead the Colonials in the sprint freestyle events.

A talented sophomore class headed by **Emily Leik** will look to improve even more from their freshman campaigns in which each turned in personal bests. Leik was one of the most consistent performers for the women in 2007 and capped off the year with a pair of top-10 finishes at the conference championships. **Katrina Timlin** and **Cissey Ye** also return to Foggy Bottom after scoring as freshmen at the A-10 Championships, while **Jen Cohn** and **Christa Gorenflo** return as well.

The women will look to **Sarah Beggs**, **Caitlin Brewer**, **Jessica Chen**, **Sarah Landry**, **Paola Leor**, **Noelle Miesfeld**, **Lesley Pringle** and **Sisi Ruan** to boost GW's chances at A-10's as well. Landry was one of the top divers in Massachusetts as she finished in the top three as a junior and a senior.

The A-10 Championships will again be held in Buffalo, NY (Feb. 20-23) at the Erie Community College Natatorium.



David Zenk will set his sights on qualifying for the NCAA's after setting a pair of A-10 records in 2007.

2007-08 Rosters

Men's

Name	Yr.	Event	Hometown/High School
Drew Boudreau	Sr.	IM/Back	Rochester, NH/St. Thomas Aquinas
Stephen Cosme	So.	Free/Fly	West Simsbury, CT/Westminster School
Mark DeSimone	Sr.	Breast	Stamford, CT/Westhill
Jim Forrest	Fr.	Free	Chicago, IL/Brother Rice
Danny Johnson	Sr.	Free/Fly	Glendale, AZ/Mountain Ridge
Konrad Kopczynsky	Fr.	Fly/IM	New York, NY/MCSM
Andrew Maguire	Fr.	Breast/Fly	Westford, MA/Westford Academy
David Meyer	Fr.	Free/Fly	Naperville, IL/Naperville North
Tom Pullen	Jr.	IM/Fly	New City, NY/Clarkstown North
Rick Rogers	So.	Free/Breast	Newberg, OR/Newberg
Fred Schneider	Fr.	Free/Back	Rockville, MD/Richard Montgomery
Dan Thomann	Fr.	Diving	Chester, CT/Xavier
Cascade Tuholske	So.	Fly/Back/IM	Missoula, MT/Hellgate
David Zenk	Jr.	IM/Back	St. Louis, MO/St. Louis Country Day

Women's

Name	Yr.	Event	Hometown/High School
Sarah Beggs	Fr.	Back/Fly	Voorhees, NJ/Eastern Regional
Ariana Berdini	Jr.	Breast/IM	Woodstock, GA/Etowah
Caitlin Brewer	Fr.	Back/IM	Burlington, MA/Burlington
Jessica Chen	Jr.	Free	Canoga Park, CA/El Camino Real
Jennifer Cohn	So.	Breast	New Orleans, LA/Isadore Newman
Lauren Fuchs	Jr.	IM/Fly	East Setauket, NY/Ward Melville
Christa Gorenflo	So.	Breast	Buffalo, NY/Buffalo Seminary
Sarah Landry	Fr.	Diving	Carlisle, MA/Concord-Carlisle
Paola Leor	Fr.	Free/Fly/IM	Miami, FL/Miami Killian
Emily Leik	So.	Back/Free/IM	Greensboro, NC/Walter Hines Page
Luciana Maggiolo	Jr.	Free	Coral Gables, FL/Carrollton School of the Sacred Heart
Andrea Martin	Sr.	Free/Back	Clifton, VA/Centreville
Noelle Miesfeld	Fr.	Free/Fly	Tucson, AZ/University
Jessica Miga	Jr.	Free	Barneveld, NY/Mercersburg Academy
Molly Moss	Sr.	Free/Fly	Indianapolis, IN/North Central
Laura Myers	Jr.	Free	Cedarburg, WI/Divine Savior Holy Angels
Lesley Pringle	Fr.	Free/Breast/IM	Rumson, NJ/Rumson-Fairhaven Regional
Sisi Ruan	Fr.	Free	Longmeadow, MA/Loomis Chaffee
Katrina Timlin	So.	Breast	Winchester, MA/Winchester
Cissey Ye	So.	Free/Fly	Beaverton, OR/Sunset

All-Time Men's Team Records

Event	Name	Time	Year
50 Freestyle	Rich de Wet	20.42	1999
100 Freestyle	Tim Champney	45.20	1998
200 Freestyle	Wes Teter	1:39.12	2001
500 Freestyle	Glendon Flint	4:27.48	1996
1,000 Freestyle	Chad Senior	9:20.20	1993
1,650 Freestyle	Chad Senior	15:36.48	1997
100 Backstroke	Tim Champney	48.40	1999
200 Backstroke	Tim Champney	1:46.14	1999
100 Breaststroke	Alvaro Fortuny	54.65	2001
200 Breaststroke	Alvaro Fortuny	1:59.37	2001
100 Butterfly	Juan Bocanegra	49.34	1999
200 Butterfly	Juan Bocanegra	1:50.58	1999
200 IM	David Zenk	1:49.38	2007
400 IM	David Zenk	3:54.94	2007
200 Medley Relay	Champney, Fortuny, Simonetti, de Wet	1:31.44	1999
400 Medley Relay	Champney, Taylor, Simonetti, Bocanegra	3:19.83	1998
200 Freestyle Relay	Bocanegra, Serino, de Wet, Champney, Teter, Bocanegra	1:22.01	1999
400 Freestyle Relay	de Wet, Champney, Teter, Bocanegra	3:01.74	1999
800 Freestyle Relay	Champney, Corallo, Teter, Bocanegra	6:43.58	1999
1-meter Dive (6)	Jeremy Hoders	308.85	2001
1-meter Dive (11)	Jeremy Hoders	531.30	1999
3-meter Dive (6)	Eric Wagner	327.30	1991
3-meter Dive (11)	Jon Klonsky	501.55	1997

All-Time Women's Team Records

Event	Name	Time	Year
50 Freestyle	Kristen Robertson	24.08	1994
100 Freestyle	Bambi Bowman	52.46	1995
200 Freestyle	Bambi Bowman	1:49.14	1995
500 Freestyle	Bambi Bowman	4:48.24	1995
1,000 Freestyle	Bambi Bowman	9:57.92	1995
1,650 Freestyle	Bambi Bowman	16:32.08	1995
100 Backstroke	Maggie Moss	57.01	2004
200 Backstroke	Maggie Moss	2:02.35	2003
100 Breaststroke	Nell Friar	1:04.94	2001
200 Breaststroke	Tuba Guvelioglu	2:20.45	1992
100 Butterfly	Ruth Dubyel	56.14	2003
200 Butterfly	Ruth Dubyel	2:05.31	2003
200 IM	Maggie Moss	2:05.99	2005
400 IM	Jocelyn Finch	4:30.04	1999
200 Medley Relay	Grega, Bolstad, Hoffman, Roark	1:45.93	1999
400 Medley Relay	Moss, Rasmuson, Dubyel, Fagley	3:50.53	2004
200 Freestyle Relay	Bolstad, Smith, Roark, Janeczek	1:35.14	1999
400 Freestyle Relay	Ballou, Mitchell, Robertson, Bowman	3:31.30	1995
800 Freestyle Relay	Ballou, Shelton, Mitchell, Bowman	7:35.45	1995
1-meter Dive (6)	Lynne McCormick	278.20	2001
1-meter Dive (12)	Katura Horton-Perinchief	543.05	2005
3-meter Dive (6)	Bobbi Ferraro	417.68	1990
3-meter Dive (11)	Katura Horton-Perinchief	511.05	2005

2007-08 Schedule

DAY	DATE	OPPONENT	TIME
OCTOBER			
Fri.	5	at Potomac Relays (at American)	5:00 pm
Sat.	13	at Navy w/ Loyola	11:00 am
Fri.	26	at Catholic w/ American	5:00 pm
Sat.	27	at American w/ Catholic	All Day
NOVEMBER			
Sat.	3	LA SALLE	
Diving - 11:00 am; Swimming - 1:00 pm			
Fri.-Sun.	16-18	at Patriot Invitational (at George Mason)	All Day
DECEMBER			
Sat.	1	OLD DOMINION	
Diving - 11:00 am; Swimming - 1:00 pm			
JANUARY			
Fri.-Sat.	11-12	at Rhode Island Invitational	All Day
Sun.	20	GEORGETOWN	
Diving - 11:00 am; Swimming - 1:00 pm			
Fri.	25	ARMY	3:00 pm
FEBRUARY			
Sat.	2	at George Mason	TBA
Wed.-Sat.	20-23	at Atlantic 10 Championships (Buffalo, NY)	All Day

Home meets in **BOLD CAPS**



Molly Moss will be a key performer in both the freestyle and butterfly events.

2006-07 Results

Date	Opponent	Men	Women
Oct. 13	Potomac Relays	1st	6th
Oct. 14	Catholic, Loyola and Navy	3rd	3rd
Oct. 21	Georgetown	W, 120-96	L, 138-90
Oct. 27-28	American and Catholic	NTS	NTS
Nov. 17-19	Patriot Invitational	6th	9th
Dec. 2	Old Dominion	L, 129-89	L, 130-94
Jan. 12-13	URI Invitational	4th	4th
Jan. 20	George Mason	W, 116-112	L, 139-96
Feb. 3	Army	L, 166-86	L, 156-104
Feb. 21-24	Atlantic 10 Championships	7th	9th

THE GEORGE WASHINGTON UNIVERSITY

Dan Rhinehart Head Coach



Head Coach Dan Rhinehart is in his 10th year at the helm of the GW men's and women's swimming program.

During the past nine seasons, the Colonials have rewritten the university's record book by establishing 39 school records and 14 Atlantic 10 records. In addition to these record-breaking performances, GW swimmers also have found success in the classroom as both squads were recognized by the CSCAA for having one of the top team GPAs in the country. In August of 2007, it was announced that both the men's and women's programs posted team GPAs that ranked among the top 25 in the nation.

Prior to his position as head coach, Rhinehart was the assistant coach for the Colonials for three seasons. Rhinehart has been involved with swimming and coaching since 1976, working with a wide variety of athletes, including Olympic and world-ranked swimmers. He came to the Washington D.C. area from San Diego where he was the head swim coach at Mt. Carmel High School for five years. Under his direction, several of his swimmers qualified for high school All-America status and his boys team was ranked nationally in 1993. While in San Diego, Rhinehart also served as the founder, head coach and President of the PQ Aquatics Corporation, a United States Swim program, from 1991-95.

Prior to his stint in San Diego, Rhinehart was an assistant swim coach at Brown University in Providence, RI, from 1984-90. In addition to his duties at Brown, he coached the Little Rhody Aquatic Club, where he developed nationally and internationally ranked swimmers. Rhinehart resides in Rockville, MD, with his wife, Jenny, and their 14-year-old son, Sean.

Nicole Fisher Assistant Coach



Nicole Fisher is in her first season as the assistant coach with the George Washington University men's and women's swimming programs.

Fisher has spent the last two years as a Graduate Assistant at GW, teaching classes in personal health and wellness, weight training and swimming. While concurrently pursuing her master's degree in exercise science, Fisher also has spent time as an assistant coach at the Columbia Country Club, in Chevy Chase, MD, and, most recently, at the Rockville Montgomery Swim Club, in her hometown of Germantown, MD.

Prior to coming to the DC area, Fisher served as an assistant at the University of Evansville for two seasons. In her brief stint with the Aces, Fisher assisted in leading 15 swimmers to numerous all-conference and academic all-conference awards.

A 2003 graduate of Western Kentucky University, Fisher earned

a degree in physical education, with an emphasis in exercise science. While attending WKU, Fisher posted several times that are still among Hilltopper bests. In 2002, she was a member of the 200-yard medley relay team that still holds the school record.

Mike Tober Head Diving Coach



Mike Tober is in his second year as the head diving coach for the Colonials.

He came to Foggy Bottom from the University of Maryland where he spent three seasons, his second stint, as the Terrapins' Head Diving Coach. He also served as the Terps Head Diving Coach from 1982-93. In his first stint, he was also the head coach of the Montgomery Dive Club.

Prior to his return to College Park, he was named as the Diving Coach and Weight Room Coordinator at Indian River Community College in Fort Pierce, FL. While at Indian River he was a four-time NJCAA Diving Coach of the Year.

As a diver at North Carolina State, he was a five-time ACC champion, an NCAA All-American and a member of the USA National Dive Team. He also was a gold medalist on the three-meter springboard and 10-meter platform at the Maccabiah Games.

In addition to his numerous collegiate diving and coaching accolades, he was also named as the United States National Diving Team Coach from 1995-1996.

He currently resides in College Park, MD.



Smith Center Pool — Home of GW Swimming and Diving



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SWIMMING & DIVING

2007-08



Ariana
Berdini

David
Zenk

Emily
Leik



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