

# 2006-07 RIDER Swimming & Diving Schedule

## OCTOBER

Sat.	14	15th Alumni Meet	11:00 a.m.
Sat.	21	at Maryland-Baltimore County	12:00 p.m.
Fri.	27	at Rutgers/Seton Hall	4:00 p.m.

## NOVEMBER

Sat.	4	*at Marist	1:00 p.m.
Sat.	11	PENNSYLVANIA/LEHIGH Dive	10:30 a.m.
		Swim	12:00 p.m.
Sat.-Sun.	18-19	at Bucknell Invitational w/Binghamton, Bucknell, Old Dominion, Towson	10:00 a.m./5:00 p.m.
Thu.	30	at U.S. Open Swimming Championships Hosted by Purdue University	TBD

## DECEMBER

Fri.-Sat.	1-2	at U.S. Open Swimming Championships Hosted by Purdue University	TBD
Fri.-Sun.	1-3	at Robert Galbraith Diving Inv Hosted by Rutgers University Sunday Platform	11:00 a.m./5:00 p.m. 11:00 a.m.

## JANUARY

Mon.-Wed.	1-10	Winter Training Trip (Delray Beach, Fla.)	
Sat.	6	at St. Andrew's Scotty Invitational (Boca Raton, Fla.)	
Sat.	13	*at Loyola/Howard	1:00 p.m.
Wed.	24	LAFAYETTE	6:00 p.m.

## FEBRUARY

Thu.-Sat.	8-10	at MAAC Championships, Loyola College	TBD
Fri.-Sun.	16-18	at ECAC Swim/Dive Championships Hosted by Harvard University	TBD

## MARCH

Thu.-Sat.	1-3	at NCAA Zone Diving Championships	TBD
Thu.-Sat.	8-10	at NCAA Division I Women's Championships at University of Minnesota	TBD
Thu.-Sat.	15-17	at NCAA Division I Men's Championships at University of Minnesota	TBD
Tue.-Sun.	27-31	at USA Swimming Spring Championships East Meadow, New York	TBD

HOME MEETS IN CAPS (Coppola Pool - Maurer Center Rider University)


\*MAAC Meet




















# RIDER SWIMMING & DIVING

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# 2006-07 MEN'S SWIMMING & DIVING ROSTER

 <b>Diving</b> Freshman 5-7 160	 <b>Breast IM</b> Junior 5-10 175	 <b>Free</b> Freshman 6-3 175	 <b>Free Fly</b> Freshman 6-1 173	 <b>Free Fly</b> Freshman 5-10 165
 <b>Free IM Fly</b> Senior 5-7 170	 <b>Free</b> Freshman 5-11 163	 <b>Diving</b> Junior 5-6 154	 <b>Free Back</b> Sophomore 5-9 168	 <b>Breast IM</b> Senior 6-0 195
 <b>Fly IM</b> Sophomore 5-10 165	 <b>Free Fly IM</b> Freshman 6-3 170	 <b>Back IM</b> Sophomore 6-0 182	 <b>Back Free</b> Junior 6-0 205	

# 2006-07 WOMEN'S SWIMMING & DIVING ROSTER

 <b>Diving</b> Sophomore 4-11	 <b>Free Fly</b> Senior 5-4	 <b>Free Fly</b> Junior 5-6	 <b>Fly IM</b> Senior 5-5	 <b>Diving</b> Senior 5-8
 <b>Back</b> Sophomore 5-5	 <b>Free</b> Freshman 5-8	 <b>Fly IM</b> Senior 5-5	 <b>Back IM</b> Sophomore 5-8	 <b>Diving</b> Freshman 5-3
 <b>Free</b> Junior 5-7	 <b>Free</b> Sophomore 5-9	 <b>Back Free</b> Freshman 5-8	 <b>Fly IM Free</b> Senior 5-6	 <b>Free</b> Sophomore 5-4
 <b>Back IM</b> Senior 5-5	 <b>Breast IM</b> Freshman 5-3			



**Back Row (l-r)** Bryan Mejia, Paul Apostolakis, Brett Daroci, Drew Palmieri, Matt Bauer, Andy French, Dylan Korn, Diving Coach Dennis Ceppa.  
**Front Row (l-r)** Head Coach Stephen Fletcher, Assistant Coach Shannon Daly, Alex Grubbs, Brandon Modrov, Scott Player, Brian Brady, Cleveland Brown V, Josh Rosenbluth, Peter Starr.



**Back Row (l-r)** Kellyanne Tomasula, Courtney Clark, Ericka Kriedel, Ryan Mitten, Hayley Wittsack, Stephanie Cosentino, Rebecca Sanbower, Adrienne Glasgow.  
**Front Row (l-r)** Assistant Coach Shannon Daly, Head Coach Stephen Fletcher, Amanda Burke, Liz Muller, Kristen Warwick, Lauren Urbanski, Priscilla Modrov, Lovette Leonhard, Shannen Kahler, Erica Yaszemski, Diving Coach Dennis Ceppa.

Year	W	L	Pct.	Coach	Year	W	L	Pct.	Coach
1985-86	0	9	.000	Richard Coppola	1995-96	4	6	.400	Coppola
1986-87	4	7	.364	Coppola	1996-97	4	6	.400	Coppola
1987-88	6	4	.600	Coppola	1997-98	5	4	.556	Brian Gordon
1988-89	7	4	.636	Coppola	1998-99	8	4	.667	Gordon
1989-90	5	5	.500	Coppola	1999-2000	12	2	.857	Gordon
1990-91	8	2	.800	Coppola	2000-01	12	5	.705	Gordon/Jeff Lowe
1991-92	6	6	.500	Coppola	2001-02	7	6	.539	Stephen Fletcher
1992-93	10	0	1.000	Coppola	2002-03	7	5	.583	Fletcher
1993-94	8	2	.800	Coppola	2003-04	6	5	.545	Fletcher
1994-95	6	5	.545	Coppola	2004-05	3	10	.231	Fletcher
					2005-06	5	7	.417	Fletcher

SERIES RECORDS OPPONENTS

Opponent	Series Started	W	L	Last Rider Win	Opponent	Series Started	W	L	Last Rider Win
American	1985-86	0	2	-----	Loyola-MD	1993-94	8	0	2005-06
Boston College	2001-02	0	1	-----	Marist	1991-92	6	9	2003-04
Brooklyn	1991-92	1	0	1991-92	Maryland-Baltimore	1990-91	1	3	1990-91
Bucknell	1988-89	0	3	-----	Millersville	1986-87	1	0	1986-87
Canisius	2000-01	1	0	2000-01	Monmouth	1986-87	2	0	1987-88
Central Connecticut	1989-90	4	0	1992-93	Navy	1999-2000	0	6	-----
Delaware	1988-89	2	15	2000-01	Niagara	1999-2000	3	0	2001-02
Drexel	1985-86	9	8	2005-06	Pennsylvania	2002-03	0	4	-----
East Stroudsburg	1985-86	3	2	1989-90	Rowan/Glassboro	1986-87	1	0	1986-87
Fairfield	1992-93	12	0	2003-04	Rutgers	1987-88	3	3	1990-91
Fordham	1993-94	2	2	1994-95	Saint Peter's	1990-91	12	0	2001-02
Georgetown	1994-95	2	4	1999-2000	Seton Hall	1988-89	7	10	2003-04
Iona	1992-93	14	0	2005-06	Siena	1999-2000	3	0	2001-02
Kean	1995-86	1	1	1986-87	St. Francis-NY	1992-93	5	0	1998-99
Kutztown	1991-92	2	0	1992-93	St. Francis-PA	1994-95	1	0	1994-95
Lafayette	1985-86	7	11	2003-04	Towson State	1986-87	5	1	1988-89
La Salle	2002-03	2	2	2005-06	Trenton State	1985-86	2	2	1988-89
Lehigh	1988-89	3	4	2005-06	Wagner	1998-99	3	1	2000-01



Directions to Rider

From New York and North Jersey:

From the New Jersey Turnpike: Take the NJ Turnpike South to Exit 7A (I-195 West). Follow I-195 West to the exit for I-295 North (Princeton). I-295 North will become I-95 South. Take Exit 7A off of I-95 South to U.S. Route 206 South (Trenton). Rider is a quarter mile on the right.

From U.S. Route 1 South: take the exit for I-95 South (sign says "To Pennsylvania"). Bear right at junction, following signs for I-95 South (Pennsylvania). Take exit 7A off of I-95 South to U.S. Route 206 South (Trenton). Rider is a quarter mile on the right.

From Pennsylvania:

Take I-95 North, straight over the Delaware River into New Jersey. Take Exit 7A off of I-95 to U.S. Route 206 South (Trenton). Rider is a quarter mile on the right.

From the Pennsylvania Turnpike: take the PA Turnpike east to Exit 28 (Philadelphia) and take U.S. Route 1 North to I-95 North. Continue on I-95 North, straight over the Delaware River into New Jersey. Take Exit 7A off of I-95 to U.S. Route 206 South (Trenton). Rider is a quarter mile on the right.

From the South:

Take I-295 North. I-295 North will become I-95 South. Continue on I-95 South and take Exit 7A off I-95 South to U.S. Route 206 South (Trenton). Rider is a quarter mile on the right.

From the East:

Take the Garden State Parkway to Exit 98 (I-195 West). Follow I-195 West to the exit for I-295 North (Princeton). I-295 North will become I-95 South. Take Exit 7A off of I-95 South to U.S. Route 206 South (Trenton). Rider is a quarter mile on the right.

**Location:** Lawrenceville, NJ

**Enrollment:** 5,822 (3,825 full-time undergraduate)

**Founded:** 1865

**Academic Units:** College of Business Administration; College of Liberal Arts, Education and Sciences; College of Continuing Studies; and Westminster Choir College

**Colors:** Cranberry, White

**Nickname:** Broncs

**Athletic Affiliations:** NCAA Division I, ECAC

**Conference:** Metro Atlantic Athletic Conference

**President:** Mordechai Rozanski, Ph.D.

**Athletic Director:** Don Harnum 609-896-5054

**Associate Athletic Director:** Karin Torchia 609-896-5249

**Associate Athletic Director:** Greg Busch 609-895-5642

**Senior Woman Administrator:** Nancy Roberts 609-896-5056

**Manager Athletic Business Operations:** Lucy Sech 609-895-5650

**Academic Support Coordinator:** Sonya Hurt 609-896-5308

**Faculty Athletics Representative:** Jonathan Husch, Ph.D.

**Head Coach:** Stephen Fletcher (Lafayette '92, Rider '95) 609-896-5024 fletcher@rider.edu

**Diving Coach:** Dennis Ceppa (TCNJ '03)

**Associate Coach:** Shannon Daly (Bloomsburg '92, St. Joseph's '96)

**Assistant Coach:** Dean Hutchinson M.P.T. (Auburn '95, Allegheny '98)

**Team Mentors:** Drew Aromando (Rider '94), Dr. Roberta Sethi

**Letterwinners Returning/Lost:** 14/7

**Head Team Physician:** Dr. Kirtida Patel, M.D.

**Head Athletic Trainer:** Tim Lingle, A.T.C.

**Assistant Athletic Trainer for Swimming and Diving:** Karen Cote, A.T.C.

**Strength and Conditioning Coordinator:** John McKenna

**Home pool/capacity:** Richard A. Coppola Pool in Maurer Center/500

**Sports Information Director:** Bud Focht 609-896-5138

**Assistant SID:** Brian David Solomon 609-896-5135 (cell) 609-929-4068

**Sports Information Secretary:** Lynn Rugg 609-895-5778

**Athletics FAX:** 609-896-0341

**Athletics Hotline:** 609-219-2000, 2

**Athletics Home Page:** www.gobroncs.com

**HEAD COACH**



**Stephen Fletcher**

For the second time in three years, Rider University aquatic director Steve Fletcher was named both the Metro Atlantic Athletic Conference Swim Coach of the Year and the Rider University Coach of the Year. In addition he was named the ECAC Coach of the Meet for 2004-05 at the ECAC Championships. "For my peers to recognize our team and myself in such a way, I am truly humbled," said Fletcher upon receiving the awards.

In just five years as the Rider head coach, Fletcher has won one ECAC title with the men (2005), one MAAC title with the men (2004), one MAAC title with the women (2003) and has compiled seven MAAC runner-up finishes. He has come home with six MAAC Diver of the Year awards and five MAAC Most Outstanding Performers.

Thus far 18 of the 24 men's team records were set during Fletcher's tenure, while 19 of the women's records have been set in the last five years.

Fletcher began his coaching career at Rider in 1992 as an assistant coach. For five years he worked with 29-year veteran head coach, Rich Coppola, and during that time the men and women captured one Metropolitan Conference (MET) Championship title and earned four Metro Atlantic Athletic Conference (MAAC) runner-up finishes.

After leaving Rider in 1997, Fletcher served as assistant coach at Rutgers University under accomplished head coach, Chuck Warner, former Pan American Team, World University Games and National Junior Team coach. At Rutgers, Fletcher assisted in the training of Junior and Senior National level athletes as well as Big East Conference Champions while supporting the recruitment efforts that would help Coach Warner and the Scarlet Knights regain their national reputation as a championship program.

After Rutgers, Fletcher became the head coach at Franklin & Marshall and led the Diplomats through a dramatic rise to become a power in both the Centennial Champions and Mid-Atlantic region. During Fletcher's tenure at F&M, his swimmers claimed four NCAA All-American performances.

Most importantly, Fletcher's program is highlighted by a coaching philosophy that places a premium on a student-athlete development. Under Fletcher's direction at Rider, it is the coaching staff's goal to push those athletes who exhibit the will to train and desire to compete and continue to improve throughout their four years of collegiate swimming and diving.

A 1992 graduate of Lafayette College where he earned a Bachelor's degree in government and law, Fletcher was a four year member of the Lafayette men's swim team. He remains a school record holder at his alma mater and finished his career with performances that contributed to his earning the T. Gordon Yates award as the Leopard's Most Improved Swimmer and supported Lafayette's highest men's team finish in the Patriot League Championships in 1992. Fletcher added a Master's degree in Human Services Administration from Rider University in 1995.

**ASSISTANT COACHES**



**Dennis Ceppa**

Dennis Ceppa was named the 2005-06 Metro Atlantic Athletic Conference Diving Coach of the Year in his third season at Rider. In his first season, three of his divers reached the finals of the MAAC Championships and he came home with a men's MAAC Diver of the Year, Chris Coles. As an encore, Ceppa again coached the men's Diver of the Year at the 2005 MAAC Championships, Chris Coles, and the ECAC Diver of the Year, Dylan Korn.

Last year his female divers reached the MAAC finals, his male divers won both the one-meter and the three-meter dives and he again came home with the men's MAAC Diver of the Year, Dylan Korn.

A teacher at South Brunswick High School, Ceppa is a graduate of The College of New Jersey where he was twice a National qualifier in diving and a four-time conference finalist.

Ceppa coached the Blue Dolphin Junior Olympic team from 1996 to 2004, where he worked with age group national finalists, senior national qualifiers, NCAA All-Americans and Olympic Trial finalists.

During the summer Ceppa performs at high diving entertainment shows.



**Dean Hutchinson**

Dean Hutchinson returns for his sixth season at Rider as an assistant coach. A former standout swimmer from Delran High School, Jersey Wahoo's and Auburn University, Hutchinson was a seven-time NCAA Division I All-American and USA National Team member. He was a co-captain of Auburn's first ever Southeastern Conference Championship team in 1994 and a flag bearer and silver medalist at the World University Games in 1999. Hutchinson's highest world ranking was eighth in the 50 meter freestyle in 1994. He competed in three Olympic Trials and captured Rookie of the Meet honors at the 1992 Olympic Trials.

Hutchinson earned his B.S. degree in Exercise Science at Auburn University and added an M.S degree in Physical Therapy from Allegheny University in 1998.

Hutchinson practices physical therapy with Dynamic Physical Therapy in Marcus Hook, PA. He has continued to develop his coaching by offering clinics to university teams and sport governing bodies throughout the world. Most recently, Hutchinson has developed a coaching relationship with Olympic champion Pieter von den Hoogenband to teach the track start. While Hutchinson's competitive success has been in the sprint events, he is knowledgeable in all areas of training and will not be limited in his ability to assist with all aspects of the program.

Since winning the Metro Atlantic Athletic Conference Championship in 2002-2003, the Rider University women's swimming & diving team has placed runner-up in the conference every year. This could be the year to break that trend and return to the top of the spot.

"The thing that separates this year's team from other years," said head coach Steve Fletcher, "is the absolute commitment of the seniors to the team culture, which values hard work and dedication. This senior class is a hungry class. They want to be part of a championship team. I think we'll be extremely competitive for the top spot in the MAAC. I really do."

The Broncs will be led by the return of six seniors, including Courtney Clark and Lauren Urbanski.

Clark won the 500 free, the 1000 free and the 1650 free at the MAAC Championships last year and placed third in the 1650 free and fourth in the 500 free at the ECAC Championships. "Courtney is arguably one of the best distance swimmers in the conference," said Fletcher. "She's the one to beat in her events. She already holds the MAAC records in the 1,000 and 500, but she's trained hard for a great senior year. She wants to go out on top."

Urbanski is a team captain this season. Last year she won both the 100 and 200 butterfly at the MAAC Championships, setting a conference record in the 100, and was a member of three MAAC gold medal-winning relays. At the ECACs, she had a pair of top six finishes. "Lauren is one of the hardest workers on the team when it comes to training," Fletcher said. "She doesn't back down to challenges in practice. She still has untapped potential and can get even faster."

Other members of the class of 2007 include Adrienne Glasgow, Shannen Kahler, Ryan Mitten, and Hayley Wittsack.

Glasgow is a team captain who placed third in the 400 IM, fifth in the 200 butterfly and ninth in the 200 IM at the MAAC Championships last year. "We're relying on Adrienne's senior leadership," said Fletcher. "She is coming back from back surgery and is doing remarkably well in her training. She was very aggressive in her rehab and I expect her to have a good senior year and finish well."

Kahler finished fifth in both the one-meter dive and the three-meter dive at the 2006 MAAC Championships and again placed fifth on the three-meter dive at the ECAC Championships. "Shannen competed in dive shows for an entertainment group at amusement parks this summer and has really honed her skills," Fletcher said. "She has made a large improvement this year. She's the diver to beat on our team."

Mitten placed third in the 100 fly and the 400 medley relay and was sixth in both the 200 IM and the 200 fly. "Ryan is one of our senior leaders who is a great representative of our program," Fletcher said. "She had a breakthrough performance at the conference championships with her first 100 yard butterfly swim under one minute. She continues to improve in her four-year career. She'll be a top eight (in the MAAC) competitor in the 100 fly, the 200 fly and the 200 IM. She's a major point scorer at the conference championships."

Wittsack finished 14th in the 400 IM and 16th in the 200 back at the MAAC Championships last year. "Hayley is another part of our strong senior class that is so important to our program," said Fletcher. "She is an incredible trainer with a lot of talent and this year has more confidence. I think she's going to have a terrific senior season. She's always a finalist at the conference championships contributing to our team point total."

The biggest returnee is sophomore Priscilla Modrov who was named the Most Outstanding Female Performer at the 2006 MAAC Championships. "Even at the top levels of our sport there are things where the athletes can improve," said Fletcher. "Priscilla has learned that despite how fast she is now, she's confident she can be better." Modrov placed first at the MAACs and set records in both the 200 free and the 400 IM, and also won the 200 IM; and was part of the winning 200 and 800 free relays. "She's open minded to changing things to get better. Although she was a standout competitor as a freshman, she still has a lot of potential. She'll achieve that because of her attitude."

Other key returnees include juniors Stephanie Cosentino and Rebecca Sanbower and sophomores Ericka Kriedel, Kelsey Tokar and Kristen Warwick.

Cosentino placed third in both the 100 and 200 freestyle events and was part of the winning 200 free and the 800 free relays. "Steph is an important contributor to the team on the relays," said Fletcher. "She is more experienced this year and has really developed as a swimmer. We're going to rely on her to be one of our top four sprinters

in each event and she should be a conference finalist in the 50 and 100." At the 2006 ECAC Championships, Cosentino was part of the 200 free relay which placed fourth and the 800 free relay which placed sixth.

Sanbower placed ninth in the 1000 free and eleventh in the 1650 at the MAAC Championships last year. At the 2006 ECAC Championships she placed eleventh in the 1650 free and was part of the 800 free relay team which finished sixth. "We're optimistic that we're getting Becky back on track this year after injuries have kept her from training," said Fletcher. "She has had several surgeries, but the last one should be her last. She has competed for us, but not nearly at the level she is capable of because of the injuries. Having overcome those obstacles, we're counting on seeing her do a lot more."

Kriedel placed second in the 100 back, third in the 200 back, and eighth in the 50 free at the 2006 MAAC Championships and was part of the second place 200 medley relay and the third place 400 medley relay. "Ericka was a surprise for us as a freshman," said Fletcher. "She was a very consistent trainer and really swam well at the conference championships. She was named our Most Improved Swimmer on the women's side and that was a result of the competitiveness we saw in her."

Tokar placed third the 1000 free, fourth in the 1650 free and sixth in the 500 free at MAACs last year. "Kelsey is one of the freestylers that is always a threat at the conference meet," said Fletcher. "We expect her to be a finalist at the championships again this year."

Warwick placed fifth in both the 1000 free and the 1650 free and finished seventh in the 500 free. "Kristen is one of the distance freestyle swimmers that separates us from most of the conference teams," Fletcher said.

The key newcomers include Kellyanne Tomasula, Amanda Burke and Lovette Leonhard.

Tomasula was a U.S. Open qualifier in the 100 free and the 100 backstroke and earned All-American honors. She placed second in New Jersey in the 100 free while at Vernon Township High where she set five team records and won seven county titles. "Being a high school All-American is quite an accomplishment," Fletcher said. "We haven't been able to recruit many of those. Coming in, her times in high school would be among the best the conference has ever seen in both the 100 free and the 100 back. She is very talented, but also has a lot to learn. She should do very well in the conference and can get better."

Burke finished fourth at the PIAA State Championships and was awarded MVP of the William Tennent High School team. "Amanda is certainly one of the key newcomers," said Fletcher. "We're excited to have her this year. She was a student last year, but this is her first season competing. She should be favored to compete with the top three divers in the MAAC in both the one-meter and the three-meter this year and she has the potential to be even better than that. She should have an impact right away."

Leonhard was a Scholastic All-American as well as a member of both the National Honor Society and the National Art Honor Society at Piscataway High School. "Lovette swam for a club program that emphasized the distance events so she has a large background in those events, both training for them and competing in them," said Fletcher. "She will add depth to our already strong distance events."

Other key newcomers include Liz Muller and Erica Yaszemski.

Muller was a member of the National Honor Society with distinguished honors for four years as well as the class secretary at Ocean City High. "Liz dove for (former Rider coach) Rich Coppola at Ocean City High and could be a finalist in the conference championships as early as this year," said Fletcher. "She's learning the three-meter, which is one of many new experiences for her. She's a motivated athlete who is always positive."

Yaszemski was an All-Burlington County selection in both 2004 and 2005 and earned second team honors in the 100 breast at Moorestown High where she was a four year state finalist. "We're going to rely on Erica a lot this year in both dual meets and the championship meet," said Fletcher. "She should contribute as a finalist in both the 100 and 200 breaststroke."

As always, the goal is to have individuals improve and to strive for a conference title. "This team wants to win the conference," said Fletcher. "That is their goal as a team. We are getting closer and closer to athletes qualifying for the NCAA Championships and that is certainly another over riding goal of our program. We're going to continue to focus on that. Talent-wise we are as good as we've ever been and every member of the team is important. We lost the MAAC championship by one roster spot last year. We don't intend on doing that again."

Rider's enrollment of more than 5,800 consists of approximately 4,600 full- and part-time undergraduate and almost 1,200 graduate students studying on campuses in Lawrenceville and Princeton, New Jersey. The University is comprised of four academic units - the College of Business Administration; the College of Liberal Arts, Education, and Sciences; the College of Continuing Studies; and Westminster Choir College - and offers undergraduate programs in 60 areas and graduate programs in 17 specialties.



Ninety-two percent of Rider's 235 full-time faculty hold doctoral degrees or the highest credential in their field. Rider's faculty are award-winning teachers and researchers dedicated to excellence in teaching, learning and scholarship and 12 have been named Fulbright Scholars. Rider's classes are small and interactive with a student-faculty ratio of 13:1. Rider's curricula balance theory and practice, and emphasize learning by doing through more than 1,000 student internships or field experiences, community service learning placements, and undergraduate research fellowships. Westminster's internationally acclaimed choirs perform with world-famous orchestras and conductors in the United States and abroad, further demonstrating Rider's commitment to experiential learning.

Rider is currently ranked in the top tier of northern regional universities under the designation of "Best Universities - Master's" by *U.S. News and World Report* and has been included in the last five editions of *The Princeton Review's* Best 351 Colleges, its list of the nation's top 10 percent of colleges and universities.

The University's many specialized accreditations attest to the quality of its academic programs. Rider is among the select business

schools to have attained AACSB (Association to Advance Collegiate Schools of Business) accreditation and one of only two schools in New Jersey to hold the specialized AACSB accreditation in accounting. Elementary and secondary education programs and their applicable graduate programs on both campuses are accredited by the National Council for the Accreditation of Teacher Education (NCATE). The undergraduate and graduate music programs of Westminster Choir College are accredited by the National Association of Schools of Music (NASM). In addition, Rider's graduate counseling services program in the School of Education holds the Council for Accreditation of Counseling and Related Education Programs (CACREP) national accreditation. Rider University is regionally accredited by the Middle States Association of Colleges and Schools.

Rider University is a member of the National Collegiate Athletic Association (NCAA) Division I for both men's and women's athletics. The University offers 20 varsity sports - 10 men's and 10 women's teams - 18 in the competitive Metro Atlantic Athletic Conference (MAAC) with field hockey in the Northeast Conference (NEC) and wrestling in the Colonial Athletic Association (CAA).

## ACADEMIC ENHANCEMENT

### Arete'

With the start of the 1990-91 academic school year, Rider University implemented its innovative Arete' Program for all student-athletes. Arete' refers to the ancient Greek ideal of a balanced striving for excellence in all areas of life. The purpose of the program, which has been detailed in *The New York Times* and *The Times of Trenton*, is to help student-athletes develop in all areas of their lives, not just on the playing fields or in the classroom. Subjects of the seminars include time management, stress management, sports nutrition, substance abuse, communication skills, study skills, training techniques, HIV, etiquette/good manners, interview techniques, resume writing, and life after Rider.

### Student Transitional Education Program (STEP)

During the 1993-94 academic year, the Rider Department of Athletics developed STEP for varsity athletics. Under the direction of the associate director of athletics, STEP provides individual and group tutoring, as well as study tables that are mandatory for certain student-athletes. STEP also coordinates progress reports, monitors the student-athletes academic progress, and provides workshops on topics such as library skills, test taking and note taking. In 2003 Rider added its first full-time Academic Support Coordinator, Sonya Hurt.

### Team Mentor

Through the mentor program, established in the fall of 1994, Rider faculty members or administration are paired with varsity athletic teams. Mentors are present for support, advice, cheerleading, as well as other non-coaching duties. The mentor program opens communication lines between faculty/staff members and student-athletes, and gives the student-athlete another person in the Rider community to turn to for support and guidance.

### Student Athlete Advisory Council (SAAC)

Comprised of one student-athlete from each of Rider's varsity teams, the Student-Athlete Advisory Council (SAAC) meets monthly to discuss various student-welfare issues and to organize ways for student-athletes to become involved in the community. Through SAAC, Rider student-athletes have organized toy drives and served meals to the needy at Thanksgiving.



Shannon Daly

Shannon Daly returns for her sixth season as assistant coach in her second stint at Rider, having assisted the teams from 1995-97. After completing the 1996-97 seasons with Rider, Daly acted as recruitment coordinator and assistant coach at her alma mater, Bloomsburg University, before returning to Rider. Daly is a 1992 graduate of Bloomsburg where she earned NCAA All-American honors in the 1650 freestyle and 200 butterfly. Daly earned a B.S. degree in Health & Fitness from Bloomsburg and added an M.S. degree in Health Education from St Joseph's University in 1997. She competed in three NCAA Division II National Swimming Championships throughout her career at Bloomsburg. She was captain of the Huskies squad her senior year and is part of the school record setting 800 freestyle relay set her senior year.

## TEAM MENTOR



Drew Aromando

Drew Aromando was a highly recruited athlete from Toms River East High School in Toms River, NJ. Throughout his high school career, Aromando dominated the T.R. East record books with six school record setting performances. He was a consistent finalist at the New Jersey State High School Championships finishing as high as fourth in the state in the 50 freestyle. As a senior, Aromando was named Ocean County Swimmer of the Year, MVP at Toms River East and was the Southern Sectional champion in the 50 freestyle. He was captain of his team both junior and senior years as they won four straight Shore Conference titles during his career. Aromando continued his championship swimming at Rider, leading the sprint charge from 1990-94. At Rider, Aromando was a finalist in the East Coast Conference in the 50 freestyle, 100 freestyle and the 100 butterfly. He scored at the ECAC Regional Championships in the 50 freestyle and led Rider to the Metropolitan Conference team title. Throughout his high school and collegiate careers, Aromando was a competitor for the Lavallette Beach Patrol. As a nine-year veteran competitor in lifeguard competition, Aromando remains the only member of the Lavallette squad to have won the annual ocean swim, island row and island paddle titles. He earned a B.S. degree in Business from Rider in 1994 and added an MBA from Rider in 2000. His professional career started

with a three-year stint in public accounting which included two years in New York City. Aromando assisted the Princeton University men's swimming team in 2000-2001. Before joining the Tigers, he coached age group swimming for three years in assisting the Whitewaters Swim Club in Princeton NJ. Despite Aromando's current position as associate director of student financial services at Rider, he still finds time to compete and holds two records in masters swimming at the Ocean County YMCA.

## STRENGTH TRAINING CONSULTANT



John McKenna

John McKenna returns for a sixth season as the strength training consultant for the swimming & diving program. McKenna assists the staff in planning and implementing a year-round strength training program for the team. His programs were featured in an issue of *Bigger, Faster, Stronger's* journal which highlighted his most recent work as strength and conditioning coach and associate head football coach at Notre Dame High School in Lawrenceville, NJ. McKenna has also helped train professional athletes like Troy Vincent, formerly of the Philadelphia Eagles, who is now with the Washington Redskins.

**F**ocus. The Rider University men's swimming & diving team has always been able to maintain its focus. "Our focus has always been to help athletes improve and compete to the best of their ability and achieve their potential in swimming and diving," said head coach Steve Fletcher, the Rider University Coach of the Year in 2005-06. "That is something we have always accomplished in the last five years. As long as we continue to do that, I don't think the team will have any regrets."

The Broncos will be more about quality than quantity this year. "We might have a small roster, not a great deal of depth, but we have outstanding talent and we'll certainly put up a good fight as we always do at the MAAC Championships," said Fletcher.

The returnees will be led by seniors Brandon Modrov and Andy French and junior Dylan Korn.

Modrov was named the MAAC Championships Most Outstanding Performer last year and was also named the 2005-06 Rider Male Athlete of the Year. "Brandon was the first Rider swimmer to break four minutes in the 400 IM which is something we take a lot of pride in," said Fletcher. "The 400 IM is like track's decathlon. It is one of the toughest events. We are proud that the MAAC record is held by a Rider swimmer."

Modrov won MAAC gold medals in the 200IM, 400IM, 200 breast, 200 free relay, 400 free relay, 200 medley relay, 400 medley relay, and 800 free relay last year and swam on the ECAC gold medal winning 200 medley relay. "The 200 breast and the 200 IM are probably his best shot at Nationals," said Fletcher, "and that's our goal."

Korn was the MAAC Most Outstanding Diver last season, winning both diving events while setting a 1-meter MAAC record. He finished runner-up in the 1-meter event at the ECAC Championships and advanced to the finals of the one-meter at the 2006 NCAA Zone meet. "Dylan is arguably one of the most successful divers in Rider history with his placement in the zone meet," said Fletcher. "We never had a finalist at the zone meet before place that high. He's very talented and we're excited because he is still improving."

French is a team captain this year. Last year he won the 1650 free at the MAAC Championships, placed second in the 500 free, was third in the 400 IM and was part of the winning 800 free relay. "Andy understands what senior leadership is all about," said Fletcher. "He has improved dramatically over his four years and is the most committed and dedicated swimmer I think I've ever worked with. He's been one of the top performers in the MAAC in the 400 IM, 1650 and the 1000 free. This year he wants to set his mark on the school record board in the 500 free. He wants that record and it is very much within his reach to do that."

Other key returnees include juniors Matt Bauer and Pete Starr and sophomores Josh Rosenbluth, Drew Palmieri and Bryan Mejia.

Bauer was part of the 200 medley relay which finished second at the MAAC Championships and took fourth in both the 100 and 200 breast. "Matt had a breakthrough season last year," said Fletcher. "He had lifetime best performances at the conference championships. The 200 IM is the most competitive event in the conference and Matt stands to be one of the top competitors in that event this year."

Starr won MAAC gold as part of the 200 free relay, finished second in the 100 back, fourth in the 200 back, and fifth in the 50 free. "Pete is a great backstroker in the sprint events," said Fletcher. "He's a real power-event guy with a great start and great sprint speed."

Rosenbluth qualified for the U. S. Nationals in the 200 back after

winning both the 100 and 200 back at the MAACs and placing second in the 100 back at the ECACs. "Josh was a highly sought after recruit and proved why last year as a freshman," said Fletcher. "That was a real notch in our belt as a program to have a U. S. Nationals qualifier. He is still looking to break Sam Engle's team record. He improved a lot last year and we're happy he has three more years here."

Palmieri finished third in the 200 butterfly, sixth in the 500 free and seventh in the 100 fly at the MAACs last year. "Drew was named our Most Improved Swimmer last season," Fletcher said. "He dropped eight seconds in the 200 butterfly in one season and dropped about 15 seconds in the 500 freestyle to be a conference finalist. The 500 free is one of the fastest events in the MAAC."

Mejia finished 10th in the 100 back and 12th in the 50 free at MAACs last year. "Bryan was a walk-on who became a point scorer for us at the conference championships," Fletcher said. "We plan on using him a bit more this year in the backstroke events."

The newcomers are expected to make an immediate contribution to the team, led by freshmen Cleveland Brown V, Brian Brady and Scott Player.

Brown is a unique freshman in that he is a 24-year old Air Force veteran who has served in Iraq. "Cleveland is in a unique position as a leader on the team even though he's a freshman," said Fletcher. "He has a lot of life experiences he can bring to the team and he has a lot of talent in the sprint events. He was a US Open qualifier in the 50 free, the 100 free and the 100 butterfly, so he has a lot of talent. He's just getting back into the training routine after a five-year lay off. He's stronger and more intelligent now and I expect his improvement curve to be very dramatic."

Brady was a First Team All-Conference, Second Team All-Parochial and team MVP selection as a senior at Gloucester Catholic High School. "Brian did very well in his senior year," Fletcher said. "He just recently made the big jump to being a year-round swimmer and he did pretty well with it. It is a major adjustment. He could surprise a lot of people in his distance events."

Player was a two time All-American and league MVP in California. "His results in practice have been phenomenal," said Fletcher. "He is already doing lifetime best swims. He is going to surprise a lot of people. He will have an impact right away on our relays. On our team being on a relay as a freshman is very respectable because those spots are usually occupied by juniors and seniors. Her has a ton of talent."

Other key newcomers include Paul Apostolakis, Brett Daroci and Alex Grubbs. "Our freshman class in general is one that not a lot of people have heard of, but at the end of the year they will have heard a lot about it," Fletcher said.

Apostolakis "is very athletic but has not had a lot of training," said Fletcher. "He's going to improve a ton. He has a lot of ability and natural talent. With consistent training he'll improve a lot and hopefully be a finalist at the MAAC on both boards."

"Brett was one of the top performers in the Shore Conference last year has a lot of untapped potential. He will develop a lot in his four years. He hasn't seen his best swims yet by far. He's very coachable who will contribute at the conference level."

"Alex will surprise some people this year in the 200 and 500 free."

Focus. The Broncos will focus on improvement and reaching their potential while keeping their eye on a MAAC Championship.

Year	W	L	Pct.	Coach	Year	W	L	Pct.	Coach
1969-70	2	9	.182	Richard Coppola	1988-89	5	5	.500	Coppola
1970-71	6	6	.500	Coppola	1989-90	3	7	.300	Coppola
1971-72	6	6	.500	Coppola	1990-91	4	6	.400	Coppola
1972-73	4	9	.308	Coppola	1991-92	7	5	.583	Coppola
1973-74	9	4	.692	Coppola	1992-93	8	2	.800	Coppola
1974-75	11	1	.917	Coppola	1993-94	7	3	.700	Coppola
1975-76	8	3	.727	Coppola	1994-95	8	2	.800	Coppola
1976-77	8	6	.571	Coppola	1995-96	6	4	.600	Coppola
1977-78	7	4	.636	Coppola	1996-97	6	2	.750	Coppola
1978-79	9	4	.692	Coppola	1997-98	6	3	.667	Brian Gordon
1979-80	9	4	.692	Coppola	1998-99	5	6	.456	Gordon
1980-81	8	4	.667	Coppola	1999-2000	5	6	.456	Gordon
1981-82	8	3	.727	Coppola	2000-01	8	6	.571	Gordon/Jeff Lowe
1982-83	5	3	.625	Coppola	2001-02	7	3	.700	Stephen Fletcher
1983-84	9	3	.750	Coppola	2002-03	7	4	.636	Fletcher
1984-85	12	1	.923	Coppola	2003-04	7	4	.636	Fletcher
1985-86	8	3	.727	Coppola	2004-05	5	8	.385	Fletcher
1986-87	2	7	.222	Coppola	2005-06	9	3	.750	Fletcher
1987-88	5	6	.455	Coppola					

## SERIES RECORDS VS. OPPONENTS

Opponent	Series Started	W	L	Last Rider Win	Opponent	Series Started	W	L	Last Rider Win
American	1969-70	5	12	1983-84	Lycoming	1970-71	13	0	1984-85
Boston College	2000-01	2	0	2001-02	Marist	1991-92	4	11	2005-06
Brooklyn	1991-92	1	0	1991-92	Maryland-Baltimore	1990-91	1	3	2005-06
Bucknell	1983-84	1	6	1984-85	Millersville	1978-79	3	0	1980-81
Central Connecticut	1990-91	3	0	1992-93	Monmouth	1984-85	2	0	1985-86
Delaware	1932-33	18	42	2005-06	Navy	2003-04	0	2	-----
Dickinson	1937-38	2	1	1970-71	Niagara	1999-2000	3	0	2001-02
Drexel	1969-70	3	28	2005-06	Pennsylvania	2002-03	0	4	-----
East Stroudsburg	1979-80	10	0	1989-90	Rowan/Glassboro	1969-70	11	7	1985-86
Fairfield	1992-93	12	0	2003-04	Rutgers	1987-88	0	8	-----
Fordham	1992-93	1	3	1994-95	Rutgers-Camden	1983-84	1	0	1983-84
Georgetown	1994-95	6	1	2000-01	Saint Peter's	1990-91	12	0	2001-02
Iona	1992-93	14	0	2005-06	Seton Hall	1991-92	8	6	2005-06
Kings	1969-70	13	1	1988-89	St. Francis-NY	1992-93	5	0	1998-99
Kutztown	1970-71	10	2	1992-93	Temple	1976-77	0	4	-----
Lafayette	1969-70	22	12	2005-06	Towson State	1984-85	4	4	1988-89
La Salle	2002-03	2	2	2003-04	West Chester	1938-39	31	5	1991-92
Lehigh	1984-85	3	4	2005-06	Widener	1977-78	1	0	1977-78
Loyola-MD	1993-94	7	1	2005-06	William Paterson	1971-72	8	1	1979-80

# Home of the Broncs



Coppola Pool, located in the Maurer Center on the Rider University campus, is home to the Bronc swimming & diving program. The facility, which was built in the mid 1960s, was officially renamed for former Bronc swimming & diving head coach Richard Coppola by the University's Board of Trustees in June of 1997.

Coppola re-established Rider's modern day program in 1968 with the men's team and added the women's team in 1985. He served as head coach and aquatic director until August of 1997 when he became Rider's diving coach. He concluded his 31 years of coaching at Rider in the spring of 1999 and was inducted into the Rider Athletics Hall of Fame in February, 1999.

While Rider's head coach, Coppola compiled a won-loss record of 260-178. His teams captured one Metropolitan Conference Championship, six New Jersey Intercollegiate Championships and his 1992-93 women's team recorded a perfect 10-0 record. Coppola was also recognized as an authority on stroke mechanics and conducted clinics and swimming schools in both New Jersey and Pennsylvania and internationally in both Brazil and the Dominican Republic. Coppola was named Swim Coach Emeritus upon his retirement from Rider.

The Coppola Pool features a competitive swimming course of six 25 yard lanes and diving facilities including one and three-meter boards located over 14 feet of water. There are permanent locker room facilities for Rider's men's and women's teams and offices housing members of the coaching staff. The spectator gallery has permanent seating for 500 spectators and a six-line Colorado Timing System scoreboard.

The Maurer Building also houses Rider's athletics strength and conditioning center, a multi-exercise facility where the swimming & diving teams conduct the dry land and strength training portions of their programs.

In addition to hosting Rider's swimming program, Coppola Pool is the home facility of Notre Dame High School's swimming program and also hosts the Hamilton Aquatic Club USA Swimming club team. In February, Coppola Pool will again serve as one of the sites of the New Jersey Interscholastic Swimming & Diving Championships' team competition.



Dennis Ceppa  
MAAC Diving Coach of the Year



Coach Stephen Fletcher  
MAAC Coach of the Year



Dylan Korn  
MAAC Diver of the Year



Brandon Modrov  
MAAC Most Outstanding Performer  
Men's Swimming



Saint Peter's senior woman's administrator  
Emily Haynam presents the MAAC awards  
to Modrov siblings



Priscilla Modrov  
MAAC Most Outstanding Performer  
Women's Swimming

## Swimming Siblings in Sports Illustrated



Rider University swimmers Brandon and Priscilla Modrov were featured in the March 27th issue of Sports Illustrated Faces in the Crowd segment.

At the Metro Atlantic Athletic Conference Swimming & Diving Championships freshman Priscilla was named the MAAC Women's Most Outstanding Swimmer, and her brother, junior Brandon, was named the MAAC Men's Most Outstanding Swimmer, leading Rider to a pair of runner-up finishes while setting Rider team records in each of their events.

Priscilla set MAAC records in winning the 200 freestyle (1:53.69), the 400 individual medley (4:27.84) and the 200 individual medley (2:05.92), and swam on the MAAC record setting 800 free relay.

Brandon won the 400 individual medley with a MAAC record time (3:59.75), won the 200 breaststroke (2:03.88) and the 200 individual medley (1:52.01), and swam on four winning relays, and was named to the MAAC All-Academic team.

# ▶ MEN'S RECORDS

Rider University Swimming & Diving Media Guide • 2006-2007

Event	Swimmer	Time	Year
50 Freestyle	Jack Schwertzler	20.80	1991
100 Freestyle	Jack Schwertzler	45.30	1991
200 Freestyle	Daniel Burgess	1:39.41	2006
500 Freestyle	Brad Lacey	4:36.23	2003
1000 Freestyle	Brad Lacey	9:31.33	2005
1650 Freestyle	Brad Lacey	15:55.39	2004
100 Backstroke	Samuel Engle	49.84**	2004
200 Backstroke	Samuel Engle	1:47.75**	2004
100 Breaststroke	Mathew Nicolino	57.89	2005
<b>200 Breaststroke</b>	<b>Brandon Modrov</b>	<b>2:03.88</b>	<b>2006</b>
100 Butterfly	Daniel Burgess	50.32	2006
200 Butterfly	Robert DeSandre	1:51.41	2003
200 Individual Medley	Brandon Modrov	1:52.01	2006
<b>400 Individual Medley</b>	<b>Brandon Modrov</b>	<b>3:59.75**</b>	<b>2006</b>
200 Medley Relay	S. Engle, M. Nicolino		
	R. DeSandre, E. McFerlin	1:32.40**	2005
400 Medley Relay	S. Engle, R. DeSandre, A. DiChiara, D. Burgess	3:22.67**	2004
200 Freestyle Relay	D. Burgess, B. Modrov, <b>P. Starr, E. McFerlin</b>	<b>1:23.43</b>	<b>2006</b>
400 Freestyle Relay	D. Burgess, T. Vernal, <b>B. Modrov, E. McFerlin</b>	<b>3:04.57</b>	<b>2006</b>
800 Freestyle Relay	B. Lacey, S. Engle, R. DeSandre, B. Modrov	6:51.08	2005
1 Meter Diving (6-Dual)	Dominic Arcaroli	322.40	1992
<b>1 Meter Diving (Champ)</b>	<b>Dylan Korn</b>	<b>294.45**</b>	<b>2006</b>
1 Meter Diving (11-Retired)	Brendan Smith	466.20	1985
3 Meter Diving (6-Dual)	Dominic Arcaroli	315.05	1992
3 Meter Diving (11-Champ)	Brendan Smith	566.30	1985

\*\*-MAAC Record

## COPPOLA POOL RECORDS

Event	Swimmer	Time	School
50 Freestyle	Jack Schwertzler	21.42	Rider University
100 Freestyle	Andrew Maisch	46.58	Rider University
200 Freestyle	Jack Schwertzler	1:41.62	Rider University
500 Freestyle	Ryan Karrer	4:43.27	UMBC
1000 Freestyle	Lawrence Page	9:34.59	Rutgers University
1650 Freestyle	Patrick Gallagher	16:20.39	University of Pennsylvania
100 Backstroke	Samuel Engle	51.02	Rider University
200 Backstroke	Samuel Engle	1:51.79	Rider University
100 Breaststroke	Grant Flothmeier	58.83	Lehigh University
200 Breaststroke	Matthew Castillo	2:08.08	Marist College
100 Butterfly	Ross Green	51.37	Lehigh University
200 Butterfly	Devon Carr	1:53.15	University of Pennsylvania
200 Individual Medley	Samuel Engle	1:54.36	Rider University
400 Individual Medley	Brandon Modrov	4:08.90	Rider University
200 Medley Relay	S. Engle, M. Nicolino, R. DeSandre, E. McFerlin	1:36.29	Rider University
	T. Rainaud, J. Kaufman, B. Gartner, K. Scott	1:36.29	University of Pennsylvania
400 Medley Relay	J. Rosenbluth, B. Modrov, D. Burgess, S. Barr	3:29.43	Rider University
200 Freestyle Relay	D. Burgess, P. Starr, B. Modrov, E. McFerlin	1:25.92	Rider University
400 Freestyle Relay	D. Burgess, T. Vernal, B. Modrov, E. McFerlin	3:10.28	Rider University

# ▶ ALL-TIME WOMEN'S TOP 10 PERFORMANCES

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## 50 FREESTYLE

1	Melissa Michalov	24.30	2001
2	Stephanie Cosentino	24.45	2005
3	Jen O'Reilly	24.52	2000
4	Lauren Urbanski	24.61	2004
5	Ameriquin Dalmasy	24.97	1990
6	Holly Myers	25.01	2001
7	Sue Groff	25.05	1993
8	Rose Brenner	25.12	2003
9	Priscilla Modrov	25.25	2005
10	Chris Hille	25.26	1990
10	Juliet Lancaster	25.26	1998

## 100 FREESTYLE

1	Melissa Michalov	52.28	2003
2	Jen O'Reilly	52.56	1998
3	Priscilla Modrov	53.03	2006
4	Stephanie Cosentino	53.57	2006
5	Briana Cohen	53.95	2004
6	Madeline Luma	54.26	1998
7	Dianne Bisacky	54.28	1988
8	Chris Hille	54.39	1991
9	Kristin Mund	54.42	1993
10	Susan Groff	54.70	1992

## 200 FREESTYLE

1	Priscilla Modrov	1:53.10	2006
2	Jen O'Reilly	1:53.99	2000
3	Madeline Luma	1:54.96	2000
4	Courtney Clark	1:55.47	2005
5	Melissa Michalov	1:55.53	2003
6	Briana Cohen	1:56.41	2004
7	Stephanie Cosentino	1:56.93	2006
8	Jen Cancro	1:57.01	2001
9	Lauren Urbanski	1:57.54	2004
10	Rosanne Schaeffer	1:57.58	1990

## 500 FREESTYLE

1	Courtney Clark	5:00.02	2005
2	Madeline Luma	5:02.92	2000
3	Priscilla Modrov	5:04.75	2006
4	Jen Cancro	5:06.34	2001
5	Briana Cohen	5:07.42	2003
6	Rosanne Schaeffer	5:08.08	1992
7	Lindsay O'Shea	5:10.97	2003
8	Rebecca Sanbower	5:11.31	2005
9	Melissa Morrissy	5:11.36	2001
10	Jen O'Reilly	5:12.59	2000

## 100 BREASTSTROKE

1	Kristen Enoch	1:05.43	2003
2	Juliet Lancaster	1:06.03	1997
3	Melissa Morrissy	1:06.55	2004
4	Holly Myers	1:06.68	2001
5	Priscilla Modrov	1:08.81	2006
6	Janet Jungmann	1:08.92	2000
7	Ameriquin Dalmasy	1:09.99	1990
8	Christine Bak	1:10.34	1998
9	Jen Thompson	1:10.62	1991
10	Tracy Arnold	1:10.78	1989

## 1000 FREESTYLE

1	Courtney Clark	10:19.89	2005
2	Priscilla Modrov	10:24.31	2006
3	Jen Cancro	10:24.33	2001
4	Madeline Luma	10:31.51	2000
5	Kristin Mund	10:37.41	1992
6	Becky Sanbower	10:39.15	2005
7	Rosanne Schaeffer	10:39.30	1992
8	Kelsey Tokar	10:40.74	2006
9	Lindsay O'Shea	10:42.46	2004
10	Kristen Warwick	10:45.40	2006

## 1650 FREESTYLE

1	Courtney Clark	17:17.19	2005
2	Madeline Luma	17:28.96	2000
3	Jen Cancro	17:38.49	2001
4	Becky Sanbower	17:42.31	2005
5	Rosanne Schaeffer	17:44.19	1992
6	Lindsay O'Shea	17:49.52	2004
7	Kelsey Tokar	17:52.25	2006
8	Kristen Warwick	17:52.70	2006
9	Erin Haman	18:01.27	2001
10	Lisa Bergh	18:06.82	2003

## 100 BACKSTROKE

1	Melissa Michalov	59.05	2003
2	Ericka Kriedel	59.39	2006
3	Priscilla Modrov	59.50	2005
4	Elizabeth Heim	1:00.65	2000
5	Stephanie Kraml	1:00.74	2004
6	Debbie Scully	1:00.83	1999
7	Jen O'Reilly	1:01.34	2000
8	Rebecca Sanbower	1:01.71	2005
9	Mercedes Aybar	1:01.83	1994
10	Dianne Bisacky	1:01.87	1988

## 200 BACKSTROKE

1	Melissa Michalov	2:06.94	2003
2	Priscilla Modrov	2:07.34	2005
3	Ericka Kriedel	2:09.19	2006
4	Debbie Scully	2:09.48	2000
5	Stephanie Kraml	2:11.53	2004
6	Tricia Hafner	2:12.73	1993
7	Elizabeth Heim	2:12.97	2000
8	Hayley Wittsack	2:14.11	2004
9	Dianne Bisacky	2:14.21	1988
10	Ana Tejada	2:14.42	1993

## 200 BUTTERFLY

1	Lauren Urbanski	2:05.43	2004
2	Kristin Mund	2:06.55	1992
3	Deanna Kazarnowicz	2:09.60	2000
4	Briana Cohen	2:10.98	2003
5	Jen Feenstra	2:11.43	2002
6	Adrienne Glasgow	2:11.72	2005
7	Megan Huhn	2:13.15	2004
8	Ryan Mitten	2:13.96	2004
9	Corrine Tracey	2:15.53	1993
10	Hope Mallon	2:17.41	2002

## 200 BREASTSTROKE

1	Melissa Morrissy	2:22.36	2004
2	Kristen Enoch	2:23.87	2003
3	Juliet Lancaster	2:24.24	1997
4	Holly Myers	2:25.73	2001
5	Janet Jungmann	2:25.90	2000
6	Priscilla Modrov	2:28.69	2006
7	Michelle Wunderlich	2:30.13	1993
8	Lauren Urbanski	2:30.20	2005
9	Jen Thompson	2:32.00	1991
10	Tracy Arnold	2:33.34	1989

## 100 BUTTERFLY

1	Lauren Urbanski	57.12	2006
2	Kristin Mund	57.67	1992
3	Briana Cohen	59.91	2005
4	Ryan Mitten	59.87	2006
5	Jen Feenstra	1:00.00	2002
6	Deanna Kazarnowicz	1:00.34	2001
7	Adrienne Glasgow	1:00.75	2004
8	Hope Mallon	1:00.86	2001
9	Corinne Tracey	1:01.52	1993
10	Caren Goldberg	1:02.00	1989

## 200 INDIVIDUAL MEDLEY

1	Priscilla Modrov	2:05.92	2006
2	Lauren Urbanski	2:08.95	2005
3	Jen O'Reilly	2:10.38	1999
4	Megan Huhn	2:11.11	2004
5	Michelle Wunderlich	2:11.16	1993
6	Kristin Mund	2:11.59	1992
7	Jen Feenstra	2:13.16	2004
8	Ryan Mitten	2:13.57	2005
9	Adrienne Glasgow	2:13.89	2005
10	Deanna Kazarnowicz	2:14.60	2001

## 400 INDIVIDUAL MEDLEY

1	Priscilla Modrov	4:27.84	2006
2	Megan Huhn	4:35.58	2002
3	Deanna Kazarnowicz	4:38.01	2000
4	Kristin Mund	4:41.11	1994
5	Adrienne Glasgow	4:41.52	2005
6	Debbie Scully	4:45.27	1999
7	Elizabeth Heim	4:47.88	2000
8	Erin Haman	4:48.26	2001
9	Michelle Wunderlich	4:48.42	1996
10	Hayley Wittsack	4:49.08	2004

# WOMEN'S RECORDS

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Event	Swimmer	Time	Year
50 Freestyle	Melissa Michalov	24.30	2001
100 Freestyle	Melissa Michalov	52.28	2003
200 Freestyle	Priscilla Modrov	1:53.10**	2006
500 Freestyle	Courtney Clark	5:00.02**	2005
1000 Freestyle	Courtney Clark	10:19.89**	2005
1650 Freestyle	Courtney Clark	17:17.19	2005
100 Backstroke	Melissa Michalov	59.05	2003
200 Backstroke	Melissa Michalov	2:06.94	2003
100 Breaststroke	Kristen Enoch	1:05.43	2003
200 Breaststroke	Melissa Morrissy	2:22.36	2004
100 Butterfly	Lauren Urbanski	57.12**	2006
200 Butterfly	Lauren Urbanski	2:05.43	2004
200 Individual Medley	Priscilla Modrov	2:05.92**	2006
400 Individual Medley	Priscilla Modrov	4:27.84**	2006
200 Medley Relay	E. Kriedel, K. Enoch, L. Urbanski, P. Modrov	1:48.78	2006
400 Medley Relay	S. Kraml, K. Enoch, L. Urbanski, B. Cohen	3:57.67	2005
200 Freestyle Relay	S. Cosentino, L. Urbanski, R. Brenner, P. Modrov	1:37.72	2006
400 Freestyle Relay	S. Cosentino, L. Urbanski, C. Clark, P. Modrov	3:33.06	2006
800 Freestyle Relay	C. Clark, L. Urbanski, S. Cosentino, P. Modrov	7:44.08**	2006
1 Meter Diving (6-Dual)	Kym Zeller	255.25	1993
1 Meter Diving (6-Champ)	Erin Moore	219.60	2004
1 Meter Diving (11-Retired)	Heidi Renfors	418.65	1991
3 Meter Diving (6-Dual)	Kym Zeller	290.25	1991
3 Meter Diving (11-Champ)	Kym Zeller	436.19	1993

\*\*-MAAC Record

## COPPOLA POOL RECORDS

Event	Swimmer	Time	School
50 Freestyle	Jackie Fountaine	24.59	Marist College
100 Freestyle	Christine Williams	52.70	Notre Dame HS
200 Freestyle	Meghan Sackett	1:52.21	UMBC
500 Freestyle	Priscilla Modrov	5:04.75	Rider University
1000 Freestyle	Priscilla Modrov	10:24.31	Rider University
1650 Freestyle	Maureen Schriver	17:22.43	University of Pennsylvania
100 Backstroke	Jamie Falco	58.81	Marist College
200 Backstroke	Jamie Falco	2:06.55	Marist College
100 Breaststroke	Jennifer Steiner	1:06.30	Lawrence HS
200 Breaststroke	Lauren Malski	2:23.29	Marist College
100 Butterfly	Lauren Urbanski	59.07	Rider University
200 Butterfly	Lauren Urbanski	2:07.16	Rider University
200 Individual Medley	Priscilla Modrov	2:08.42	Rider University
400 Individual Medley	Priscilla Modrov	4:32.58	Rider University
200 Medley Relay	S. Kraml, K. Enoch, L. Urbanski, S. Cosentino	1:51.58	Rider University
400 Medley Relay	J. Falco, L. Malski, S. Bujalski, K. Koehler	3:57.37	Marist College
200 Freestyle Relay	S. Colson, J. Aiello, A. Ottensmeyer, L. Hotaling	1:39.10	University of Pennsylvania
400 Freestyle Relay	P. Modrov, J. Feenstra, S. Cosentino, R. Brenner	3:39.38	Rider University

# MEN'S ALL-TIME TOP TEN PERFORMANCES

Rider University Swimming & Diving Media Guide • 2006-2007

## 50 FREESTYLE

1	Jack Schwerzler	20.80	1991
2	Dan Burgess	20.81	2006
3	Eric McFerlin	21.13	2006
4	Shaun Lyons	21.25	1999
5	Michael Smith	21.37	1996
6	Todd Kemmerling	21.47	1985
7	Sam Engle	21.62	2003
8	Bill Gudelunas	21.67	1994
9	Peter Starr	21.68	2006
10	Drew DiChiara	21.70	2004

## 100 FREESTYLE

1	Jack Schwerzler	45.30	1991
2	Dan Burgess	45.59	2006
3	Shaun Lyons	46.54	2001
4	Andy Maisch	46.58	1987
5	David van Heerden	46.59	2002
6	Eric McFerlin	46.84	2005
7	Brandon Modrov	46.91	2005
8	Michael Smith	47.01	1998
9	Manuel Calderon	47.26	1992
10	Brandon Pierce	47.30	2004

## 200 FREESTYLE

1	Dan Burgess	1:39.41	2006
2	Jack Schwerzler	1:39.50	1991
3	Dave van Heerden	1:42.07	2002
4	Sam Engle	1:42.08	2004
5	Brandon Pierce	1:43.12	2004
6	Brad Lacey	1:43.34	2005
7	Trevor Vernal	1:43.38	2006
8	Cliff Young	1:44.33	2002
9	Pat Pope	1:44.40	1982
10	Joshua Rosenbluth	1:44.49	2006

## 500 FREESTYLE

1	Brad Lacey	4:36.23	2003
2	Andy French	4:36.38	2006
3	Pat Pope	4:40.00	1981
4	Bill Sheridan	4:40.77	1987
5	Bobby DeSandre	4:42.10	2003
6	Drew Palmieri	4:43.90	2006
7	Brandon Pierce	4:44.55	2003
8	Jack Schwerzler	4:44.84	1990
9	Larry Schaefer	4:45.90	1980
10	Trevor Vernal	4:46.05	2003

## 100 BREASTSTROKE

1	Mathew Nicolino	57.89	2005
2	Robert DeSandre	57.94	2003
3	Cliff Young	58.41	2003
4	Brandon Modrov	58.69	2005
5	Gennady Goffman	58.84	1996
6	Jack Schwerzler	58.90	1990
7	Dave Kern	59.56	1999
8	Matthew Bauer	59.81	2006
9	Dave Hoover	1:00.13	2002
10	Jason McMillan	1:00.62	1994

## 1000 FREESTYLE

1	Brad Lacey	9:31.33	2005
2	Brandon Modrov	9:37.09	2005
3	Andy French	9:44.13	2004
4	Pat Pope	9:48.04	1981
5	Trevor Vernal	9:56.84	2003
6	Scott Berman	9:57.57	1998
7	Andrew Shore	9:58.30	2001
8	Larry Schaefer	9:58.70	1980
9	Dan Burgess	9:58.76	2005
10	Jack Schwerzler	9:58.94	1990

## 1650 FREESTYLE

1	Brad Lacey	15:55.39	2004
2	Andy French	16:04.91	2006
3	Pat Pope	16:20.93	1982
4	Scott Berman	16:28.83	1998
5	Andrew Shore	16:35.45	2001
6	Larry Schaefer	16:40.70	1980
7	Brandon Pierce	16:42.25	2001
8	Trevor Vernal	16:52.66	2004
9	Bill Sheridan	16:54.29	1986
10	Jeff Dixon	16:55.66	2004

## 100 BACKSTROKE

1	Sam Engle	49.84	2004
2	Joshua Rosenbluth	51.20	2006
3	Peter Starr	51.48	2005
4	Roger Power	53.30	1985
5	Art Zawodny	53.78	1988
6	Tim Callahan	53.92	1981
7	Greg Meehan	54.01	1998
8	Jason Snyder	54.23	1998
9	Luis Tejada	54.34	1993
10	Matt O'Connor	54.35	2003

## 200 BACKSTROKE

1	Sam Engle	1:47.75	2002
2	Joshua Rosenbluth	1:49.57	2006
3	Peter Starr	1:53.20	2005
4	Jason Snyder	1:53.91	1998
5	Greg Meehan	1:54.62	1998
6	Roger Power	1:54.97	1985
7	Stuart Barr	1:56.45	2005
8	Javier Nogue	1:56.67	1984
9	Tim Callahan	1:56.69	1982
10	Matt O'Connor	1:57.93	2003

## 200 BUTTERFLY

1	Bobby DeSandre	1:51.63	2003
2	Brandon Muffley	1:53.53	1994
3	Javier Nogue	1:53.77	1984
4	Drew Palmieri	1:54.32	2006
5	Luis Tejada	1:55.45	1992
6	Drew DiChiara	1:55.49	2004
7	Chris Black	1:56.01	1998
8	Andy French	1:56.68	2004
9	David Kern	1:57.01	2001
10	Bob Neary	1:57.25	1996

## 200 BREASTSTROKE

1	Brandon Modrov	2:03.88	2006
2	Cliff Young	2:05.20	2003
3	Mathew Nicolino	2:08.80	2005
4	Gennady Goffman	2:09.29	1996
5	Bobby DeSandre	2:09.98	2003
6	Andy Maisch	2:11.11	1987
7	Jon O' Reilly	2:11.31	2001
8	Cooper Pappas	2:11.82	1992
9	Matt Bauer	2:12.47	2006
10	Dave Kern	2:12.49	1999

## 100 BUTTERFLY

1	Dan Burgess	50.32	2006
2	Bobby DeSandre	50.60	2003
3	Drew DiChiara	50.90	2004
4	Brad Lacey	51.20	2003
5	Brian Carr	51.25	1989
6	Mathew Nicolino	51.79	2005
7	Todd Kemmerling	52.06	1985
8	Brandon Muffley	52.09	1993
9	Javier Nogue	52.85	1985
10	Drew Palmieri	52.91	2006

## 200 INDIVIDUAL MEDLEY

1	Brandon Modrov	1:52.01	2006
2	Bobby DeSandre	1:53.09	2003
3	Sam Engle	1:53.19	2004
4	Cliff Young	1:53.35	2005
5	Joshua Rosenbluth	1:54.32	2006
6	Andy Maisch	1:56.23	1987
7	Roger Power	1:56.67	1985
8	Matt Bauer	1:56.84	2006
9	Jason Snyder	1:56.93	1998
10	Brandon Muffley	1:57.50	1995

## 400 INDIVIDUAL MEDLEY

1	Brandon Modrov	3:59.75	2006
2	Andy French	4:03.84	2005
3	Bobby DeSandre	4:04.18	2004
4	Jason Snyder	4:07.59	1998
5	Joshua Rosenbluth	4:12.98	2005
6	Chris Black	4:14.25	1998
7	Jon O' Reilly	4:16.25	2001
8	BJ Tokar	4:16.70	2003
9	Brian Hartz	4:17.89	1993
10	Gregg Gorniak	4:19.80	1998



**Andy French • Freestyle/IM/Butterfly**

Senior • Richfield, MN • Marine Science major

Team captain...at the 2006 MAAC Championships won the 1650 free (16:04:92), placed second in the 500 free (4:36:38), was third in the 400 IM (4:05:45) and was part of the winning 800 free relay...at the 2006 ECAC Championships placed 15th in the 500 free (4:43:41) and was part of the 800 free relay which placed sixth...against Loyola took first in the 1000 free (9:52:88)...was third in the 1650 free (16:35:23) against Lafayette...against Penn and Lehigh finished third in the 500 free (4:48:77)...against Rutgers and Seton Hall placed third in the 1000 free (9:52:53)...at the 2005 ECAC Championships finished fifth in the 400 IM (4:05:35)...at the 2005 MAAC Championships finished second in the 1650 free (16:05:94) and fourth in the 500 free (4:38:90)...named to the MAAC All-Academic team in 2005...at the 2004 ECAC Championships finished 11th in the 400 IM (4:09:21)...at the 2004 MAAC Championships finished fourth in the 1650 free and 11th in the 400 IM...**at Richfield Senior High School:** swam for Marc Hamren...team captain his senior year and Minnesota State Champion in the 200 IM...five-time All-State and six-time All-Conference honors...six-time MVP of his varsity team...also swam for the Richfield Swim Club under Joel Schinofield and made the finals in the multiple events at the short course and long course Speedo Sectional Championship Series Meets...member of the student government...**Personal:** son of Nelson and Marilyn French.



**Brandon Modrov • Breaststroke/IM**

Senior • Smithtown, NJ • Marketing major

The Rider Male Athlete of the Year for 2005-06...named the Most Outstanding Swimmer of the 2006 MAAC Championships...finished first in the 200 IM (1:52:01), 400 IM (conference record 3:59:75) and the 200 breast (2:05:60)...was also part of the winning 200 free relay, the 200 medley relay, the 400 medley relay, the 800 free relay and the 400 free relay...at the 2006 ECAC Championships placed second in the 200 breast (2:05:85) and was part of the winning 200 medley relay, the fourth place 400 medley relay and the 400 free relay which placed eighth...February 2006 Rider Athlete of the Month...was featured in *Sports Illustrated's* 'Faces in the Crowd' in the spring of 2006...against Drexel finished first in the 200 IM (1:56:21)...was first in the 200 breast (2:16:25) against Loyola...placed second in the 200 breast (2:13:52) against Marist...at the 2005 ECAC Championships won the 400 IM (4:01:66), was second in the 200 breaststroke (2:05:58) and fifth in the 200 IM...at the 2005 MAAC Championships won the 400 IM (4:02:33) and was second in the 200 breaststroke (2:05:82)...at the 2004 ECAC Championships was a finalist in 200 IM, 100 breast and 200 breast...at the 2004 MAAC Championships made finals in every event he swam...finished eighth in the 200 IM (1:57:19) and fourth in the 200 breast...named the Most Improved Swimmer for the 2003-2004 season...one-year participant on the Rough Rider Aquatic Club...**at Hauppauge High School:** was a 2002-2003 qualifier and medalist at the New York State Public High School swimming championships...set the 100 breaststroke record as a senior...200 IM gold medalist at the 2002-2003 N.Y. Empire State Games...graduated with Honors and 21 college credits...**Personal:** son of Barry and Dawn Modrov and brother of Priscilla.



**Matt Bauer • Breaststroke/IM**

Junior • Lansdale, PA • General Business major

At the 2006 MAAC Championships was part of the 200 medley relay which finished second and took fourth in both the 100 breast (1:00:21) and the 200 breast (2:12:47) and placed seventh in the 200 IM (1:57:59)...against Lafayette finished second in the 100 breast... placed third in the 200 IM against Drexel... finished first in the 1000 free (10:23:42) at Iona and against Loyola placed third in the 200 IM...swam on the winning 400 medley relay at Loyola... finished 23rd in the 100 breaststroke at the Princeton Invitational...**at North Penn High School:** earned three varsity letters...lead the Knights to two consecutive state championships...state finalist since freshman year...earned All-American Honors in the 100 breast...also an Academic All-American...placed second at Districts in both the 200 IM (1:57:69) and 100 breast (59.60)...at the State meet placed seventh in the 200 IM and 13th in the 100 breast...also earned three varsity letters as a member of North Penn's water polo team...member of the National Honor Society and co-chair of his high school's Special Olympics...**Personal:** son of William and Ellen Bauer, has two brothers, Brian and Sean.



**Kristen Warwick • Freestyle**

Sophomore • Catonsville, MD • Business Marketing major

At the 2006 MAAC Championships placed fifth in both the 1000 free (10:45:40) and the 1650 free (17:52:70) and finished seventh in the 500 free (5:16:88)...against Iona placed third in the 200 fly (2:20:73)...finished third in the 1000 free (10:54:80) against Loyola...against Lafayette placed third in the 500 free (5:23:71)...took third in the 500 free (5:23) against Marist...**at Mount de Sales Academy:** served as team captain and was team MVP...placed in the top three at the conference championships all four years...a four-year letter winner...named an IAAM all-star...11-year member of the Retriever Aquatic Club...Maryland Zone Team member...Sectional Qualifier.



**Lovette Leonhard • Free**

Freshman • Piscataway, NJ • General Liberal Arts major

**At Piscataway High School:** was a Scholastic All-American as well as a member of both the National Honor Society and the National Art Honor Society. **Personal:** daughter of Carl and Lovane Leonhard, has two sisters Carlee and Melanie.



**Liz Muller • Diving**

Freshman • Seaville, NJ • Spanish and Secondary Education major

**At Ocean City High School:** was a member of the National Honor Society with distinguished honors for four years as well as the class secretary... **Personal:** daughter of William and Colleen William Muller, has three brothers Bill, Kevin, and Michael.



**Kellyanne Tomasula • Backstroke/Freestyle**

Freshman • Sussex, NJ • Sociology major

**At Vernon Township High School:** was a four-year varsity letter winner...in 2006 earned All-American honors and was second in the state of New Jersey in the 100 free... currently holds five team records and seven county titles... **Personal:** daughter of John Tomasula and Mary Katherine Striesel, has two sisters Katrina and Kim.



**Erica Yaszemski • Breaststroke/IM**

Freshman • Moorestown, NJ • Elementary Education major

**At Moorestown High School:** was an All-Burlington County selection in both 2004 and 2005 and earned Second Team in the 100 breast...a four year state finalist... **Personal:** daughter of Eric and Sue Yaszemski, has a younger sister Stephanie.



**Amanda Burke • Diving**

Sophomore • Churchville, PA • Communication major

**At William Tennent High School:** was a three-year varsity letter winner...as a senior finished fourth at PIAA State Championships and was awarded MVP honors. **Personal:** daughter of Richard and Karen Burke, has a sister Allison.



**Ericka Kriedel • Backstroke**

Sophomore • Wethersfield, CT • English major

At the 2006 MAAC Championship meet placed second in the 100 back (59:63), third in the 200 back (2:09:19), eighth in the 50 free (25:31) and was part of the second place 200 medley relay and the third place 400 medley relay...at the 2006 ECAC Championships placed sixth in the 100 back (1:00:28)...was part of the 200 free relay which placed fourth and the 200 medley relay which placed seventh...against Iona took first in the 200 back...placed second in the 200 back against Loyola...**at Wethersfield High School:** set the team and pool record in the 100 yard backstroke...four-year letterwinner...a member of the French Honor Society...**Personal:** daughter of Lisa and Jim Kriedel.



**Priscilla Modrov • Backstroke/IM**

Sophomore • Smithtown, NY • Accounting major

Named the Most Outstanding Female Performer at the 2006 MAAC Championships when she placed first and set records in both the 200 free (1:53:69) and the 400 IM (4:27:84), placed first in the 200 IM (2:05:92), was part of the winning 200 free relay, and 800 free relay, and swam on the second place 200 medley relay and the 400 free relay...at the ECAC Champions placed third in both the 200 IM (2:07:88) and the 400 IM (4:32:10) and was part of the 200 free relay which placed fourth and the 400 free relay which placed third...named the Rider Athlete of the Month in November and January and the MAAC Swimmer of the Week Nov 14-20...was featured in a *Sports Illustrated's* 'Faces in the Crowd' in the spring of 2006...**at Hauppauge High School:** earned All-Long Island and All-New York honors...received All-American consideration in the 200 IM and 400 free relay...graduated a year early from high school...a member of the National Honor Society...recipient of RPI Gold Medallion Award...Scholar-Athlete at NYS Girls Swim & Dive Championships...**Personal:** daughter of Dawn and Barry Modrov...sister of Brandon.



**Kelsey Tokar • Freestyle**

Sophomore • Frederick, MD • Elementary Education/Psychology major

At the 2006 MAAC Championships placed third the 1000 free (10:40:74), fourth in the 1650 free (17:52:25) and sixth in the 500 free (5:14:73)...against Iona finished third in the 200 free (2:02:10)...took first in the 1000 free (10:51:42) against Drexel... placed second in the 500 free against Loyola... placed fifth in the 200 free (2:01:96) against Marist...against Lafayette placed second in the 1650 free...**at Gov. Thomas Johnson High School:** set record in the 500 free and helped set the school record in the 400 free relay...County Champion in the 200 and 500 free...swam for the Monacacy Aquatic Club and set records in the 1000 and 1650 freestyle...was a Sectional Qualifier and Maryland Zone Team participant... **Personal:** daughter of John and Sylvia Tokar.



**Dylan Korn • Diving**

Junior • Hawthorne, NY • Communication major

Named the Most Outstanding Diver at the 2006 MAAC Championships, winning both the three-meter dive (495.75) and the one-meter dive (279.55)...advanced to the finals of the one-meter at the 2006 NCAA Zone meet...set a new MAAC record in the one-meter dive...at the 2006 ECAC Championships finished second in the one-meter dive (276.95) and seventh in the three-meter dive (229.85)...against both UMBC and Lafayette took first in the one-meter dive (242.17/242.70)...against Loyola placed second in the three-meter dive (248.85)... named the 2005 ECAC Championships Diver of the Meet, winning both the one-meter and the three-meter events... at 2005 MAAC Championships won the one-meter dive (260.05)...**at Westlake High School:** was a four-time Section 1 Champion...two-time All-American...four-time YMCA All-American...**Personal:** son of Lewis and Barbara Korn.



**Peter Starr • Backstroke/Freestyle**

Junior • Boyertown, PA • Business Administration major

At the 2006 MAAC Championships finished second in the 100 back (51:48), fourth in the 200 back (1:53:30) and fifth in the 50 free (21:68)...was also a member of the winning 200 free relay and the 200 medley relay which placed second...at the 2006 ECAC Championships placed 14th in the 200 back (1:56:01) and was part of the winning 200 free relay and the 400 medley relay which finished fourth...against Loyola finished second in the 200 back (2:02:77)...placed third in the 50 free (22:72) against Marist...against Iona placed second in the 1000 free (10:38:27)...finished third in the 50 free (22:63) against Drexel...at the 2005 ECAC Championships was eighth in the 100 back (53.02)...at the 2005 MAAC Championships placed third in the 200 back (1:53.20) and seventh in the 50 free (21.90)...**at Boyertown High School:** placed fifth in both the 50 free and 100 back at the 2004 Pennsylvania State High School Championships...swam for coach Linda Jones...four-year varsity letterwinner...captain senior year...placed ninth in the 100 back and 10th in the 200 back at the YMCA Spring Short-Course Nationals...**Personal:** son of Peter and Ann Starr.



**Bryan Mejia • Freestyle/IM**

Sophomore • Long Branch, NJ • General Liberal Arts major

At the 2006 MAAC Championships finished 10th in the 100 back (55.48) and 12th in the 50 free (22:45)...against Iona finished second in the 50 free (22.84)... placed fourth in the 200 back (2:08:47) against Drexel...against Lafayette finished fourth in the 50 free (23:24)...was a member of the Red Bank YMCA team for seven years where he was a New Jersey Zone Qualifier...qualified for YMCA Nationals in 2003 and 2004...**at Long Branch High School:** set records in 50 free, 200 free, 500 free, 100 back, 200 IM, 200 free relay, 400 free relay and 200 medley relay...served as team captain...three-time team MVP in high school...twice qualified for New Jersey Meet of Champions.



**Drew Palmieri • Butterfly/IM**

Sophomore • Hanover, MA • Business Major

At the 2006 MAAC Championships finished third in the 200 butterfly (1:53:03), sixth in the 500 free (4:46:33) and seventh in the 100 fly (52:91)...against Loyola finished second in the 200 fly (2:06:35)...placed second in the 200 free (1:49:81) against Iona...finished third in the 200 fly (2:02:34) against Marist...against Drexel placed second in the 1000 free (10:09:32)...**at Boston College High School:** was a four-time Catholic Conference all-star...was the Massachusetts State Champion and earned All-American honors in the 400 free relay...also placed third in the 200 IM and fourth in the 100 backstroke at States...earned the Coaches Award and was the Boston Globe All-Scholastic Swimmer as a senior...represented South Shore YMCA at YMCA Nationals six consecutive years, earning YMCA All-America honors...competed in the 3.3 mile Falmouth (MA) to Martha's Vineyard open water swim last summer...**Personal:** son of Peter and Virginia Palmieri.



**Josh Rosenbluth • Backstroke/IM**

Sophomore • Lawrenceville, NJ • Accounting major

Qualified for the U.S. Nationals in the 200 back...at the 2006 MAAC Championships won both the 100 back (51:20) and the 200 back (1:49:57) and placed third in the 200 IM (1:54:69)...at the 2006 ECAC Championships placed second in the 100 back (52:68), sixth in the 200 back (1:52:87) and 10th in the 200 IM (1:54:50) and was a member of the 800 free relay which placed sixth and the 400 free relay which placed eighth...against Marist finished first in the 200 IM (1:55:40)... first in the 100 back (53:57) against Lafayette... against UMBC placed second in the 400 IM (4:12:98)...finished first in the 200 back against Delaware and La Salle...**at Lawrence High School:** won the 200 IM at the New Jersey State Championships and placed third in the 100 back...2004 Eastern Zone Champion in both the 100 and 200 backstroke...2005 Speedo Section 1 finalist in the 100 back and the 100 fly...four-time Mercer County Tournament champion, MVP in 2005...named the MVP of his team his junior and senior years...swam for Coach Dean Mason...**Personal:** son of Len and Mindi Rosenbluth who are both accountants.



**Paul Apostolakis • Diving**

Freshman • Brooklyn, NY • Liberal Arts major

**At Fort Hamilton:** set the school record in the one-meter...was presented the US National Guard Athletic Award as the most outstanding senior athlete...placed second overall in the New York Public School Athletic League City Championships the day after hitting his head on the board during a dive...New York State Qualifier, Empire State Games Qualifier...**Personal:** son of John and Pauline Apostolakis, has an older sister Agatha.



**Brian Brady • Freestyle**

Freshman • Turnersville, NJ • Liberal Arts major

**At Gloucester Catholic High School:** was a four-year varsity letter winner...earned First Team All-Conference, Second Team All-Parochial and team MVP honors as a senior...**Personal:** son of Edward and Bonnie Brady has two brothers, Edward and Daniel.



**Lauren Urbanski • Butterfly/IM/Freestyle**

Senior • Lansdowne, PA • Elementary Education/Psychology major

Team captain...at the 2006 MAAC Championship placed first in both the 200 butterfly (2:05:97) and the 100 butterfly (57:12), setting a MAAC record in the 100...placed third in the 200 IM (2:10:01), was part of the winning 800 free relay, the 400 free relay and the 200 free relay, and was part of the 200 medley relay which finished second...at the 2006 ECAC Championships finished fifth in the 200 butterfly (2:07:87), sixth 100 free (54:15) and was part of the 400 free relay which finished third...against Iona finished first in the 200 butterfly (2:09:77)...placed first in the 500 free (25:44) against Drexel... against Marist finished second in the 50 free (25:21)...placed second in the 200 butterfly against UMBC...at the 2005 ECAC Championships was second in the 200 butterfly (2:05:60) and finished fifth in the 100 butterfly (57:33)...at 2005 MAAC Championship won the 200 butterfly (2:05:95), the 100 butterfly (57:37), placed second in the 200 individual medley (2:08:95), swam on winning 200 free relay and the silver medal winning 400 medley relay...finished fifth in the 200 butterfly in a Rider record time of 2:05.43 at the 2005 Princeton Invitational...co-winner of the 2004 MAAC Most Outstanding Performer award after winning the 100 butterfly (57.90) and the 200 butterfly (2:07.40), finishing second in the 50 free (24:61) and being a member of second place 200 free relay, the second place 400 free relay and the second place 200 IM relay...at the 2004 ECAC Championships finished fifth in the 100 butterfly and placed sixth in 200 fly...February 2004 Rider Athlete of the Month... **at Upper Darby High School:** was a four-year letterwinner under coach Tara Burke...a four-time MVP...team captain senior year...four-time State qualifier and earned Athlete of the Year honors...four-time All-DELCO and All-Central League honors...also swam for Charlie Kennedy at the Suburban Swim Center for 11 years and qualified for the suburban sectional team...also a four-year member of the lacrosse team and was captain her senior year...**Personal:** daughter of John and Nancy Urbanski.



**Hayley Wittsack • Backstroke/IM**

Senior • Gaithersburg, MD • Accounting major

At the 2006 MAAC Championships finished 14th in the 400 IM (5:05:77) and 16th in the 200 back (2:23:60)...against Loyola finished fifth in the 200 back (2:23:60)...placed sixth in the 100 back (1:08:64) against Lafayette...placed fifth against Iona in the 200 IM (2:27:45)...a member of the 2005 MAAC All-Academic team...at the 2004 MAAC Championships finished 10th in the 400 IM, fourth in the 100 back (1:04.56) and seventh in the 200 back (2:14.36)...**at Damascus High School:** was a four-year letter winner under Beth Silva...captain her senior year...Harry Stripe Award Nominee for female swimming (scholarship for academic performance in athletes)...member of the Maryland Swimming Zone Team...swam for Damascus Dolphins summer league and was the number one team in the MCSL for six consecutive years...**Personal:** daughter of Pete and Judy Wittsack.



**Stephanie Cosentino • Freestyle/Butterfly**

Junior • Staten Island, NY • Business Administration major

At the 2006 MAAC Championships placed third in both the 200 free (1:57:13) and the 100 free (53:57) and was part of the winning 200 free and the 800 free relays...at the 2006 ECAC Championships was part of the 200 free relay which placed fourth and the 800 free relay which placed sixth...also placed eleventh in the 200 free (1:56:93)...won the 200 free and the 100 free against Iona...won the 50 free against Loyola...at the 2005 MAAC Championships placed second in the 50 free (24.45) and in the 100 free (53.68), and swam on the winning 800 free relay and 200 free relay teams...also placed seventh in the 200 individual medley (2:14.11)...**at Notre Dame Academy:** four-year letter winner...**Personal:** daughter of Robert and Nancy Cosentino.



**Rebecca Sanbower • Freestyle**

Junior • Lancaster, PA • Accounting major

At the 2006 MAAC Championships placed ninth in the 1000 free (10:53:12) and eleventh in the 1650 (18:21:59)...at the 2006 ECAC Championships placed eleventh in the 1650 free (18:12:38) and was part of the 800 free relay which finished sixth...at the 2005 MAAC Championships placed fourth in the 1650 free (17:42.31) and fifth in the 500 free (5:13.83)...swam on the winning 400 free relay team at Loyola...**at Manheim Township High School:** was a four-year letter winner under Dan Graybil...won the District championship in the 500 free (5:04)...placed eighth at the PIAA State Meet...earned Academic All-American and All-American Honorable Mention honors...**Personal:** daughter of John and Peggy Sanbower.



**Courtney Clark • Freestyle/Butterfly**

Senior • Broomall, PA • Elementary Education/Psychology major

At the 2006 MAAC Championships won the 500 free (5:04:43), the 1000 free (10:23:93) and the 1650 free (17:31:99)...swam on the winning 800 free relay and was part of the 400 free relay which took second overall...at the 2006 ECAC Championships placed third in the 1650 free (17:27:45) and fourth in the 500 Free (5:06:42) and was part of the 400 free relay which placed third...won the 1000 free (10:37:01) and the 500 free (5:12:53) against UMBC...won the 500 free against Penn and Lehigh...Rider Athlete of the Month February 2005...won four gold medals at the 2005 MAAC Championships...placed among the top 12 in three events at the 2005 ECAC Championships, winning the 500 free in a MAAC Championship record time (5:00.2), as well as the 1,000 free, the 1,650 free and swam on the winning 800 free relay...led the 400 free relay and the 800 free relay teams to eighth place finishes and finished 11th in the 500 free and the 1,650 free at the 2005 ECAC Championships...at the 2004 MAAC Championships won the 1650 free and placed second in the 500 free and the 400 free relay team...Most Improved Award as a freshman...**At Cardinal O'Hara:** Four-time All-Catholic League selection under head coach Kevin Speicher and assistant coach Kathleen McLaughlin...team captain her senior year...team MVP her freshman year...won the Coaches' Award three years...also swam under head coach Charlie Kennedy at the Suburban Swim Center for seven years and qualified for the sectional team her sophomore year...**Personal:** Daughter of Kathleen and Jamie McLaughlin/David and Kathy Clark.



**Adrienne Glasgow • Butterfly/IM**

Senior • Davidsonville, MD • Political Science and Philosophy major

Team captain...at the 2006 MAAC Championships placed ninth in the 200 IM (2:16:33), third in the 400 IM (4:43:76), and fifth in the 200 butterfly (2:13:17)...last year placed third in the 200 fly against Marist and against Loyola...at the 2005 MAAC Championships was third in the 200 butterfly (2:11:72) and placed seventh in the 200 individual medley (2:14:11)...named to the 2005 MAAC All-Academic team...finished 10th in the 400 IM and fourth in the 200 fly at the 2004 ECAC Championships...placed third in the 200 fly (2:12:48) and 10th in the 400 IM at the 2004 MAAC Championships...**at Saint Mary's:** was captain and three-year MVP...Maryland swimming representative and six year member of Retriever Aquatic Club where she was a member of the Sectional and Zone Team...participated in Great Chesapeake Bay Open Water swims for five years, placing in the top three in her age group each year...captured the Female Maryland Open Water Swimmer of 2002 & 2003 awards...2002-2003 U.S. Swimming Scholastic All-American...**Personal:** daughter of Raymond and Andrea Glasgow.



**Shannen Kahler • Diving**

Senior • Ojai, CA • Music Education major

At the 2006 MAAC Championships finished fifth in both the one-meter dive (202.95) and the three-meter dive (365.25)...at the 2006 ECAC Championships placed fifth on the three-meter dive...against Iona last season placed first in the three-meter dive (240.07)...was second in the three meter dive (185.55) at Loyola...placed first in the three-meter dive (228.68) at Drexel...was third in the one-meter dive (183.40) against Delaware and La Salle...**Personal:** attends Rider's Westminster Choir College.



**Ryan Mitten • Butterfly/IM**

Senior • Lititz, PA • Elementary Education and Psychology major

At the 2006 MAAC Championships placed third in the 100 fly (59:98) and sixth in both the 200 IM (2:14:46) and the 200 fly (2:14:31) and was part of the 400 medley relay which took third...at the 2006 ECAC Championships was part of the 200 medley relay which placed seventh...against Drexel placed second in the 200 IM (2:18:41)...against Loyola placed third in the 200 IM (2:19:42)...at 2005 MAAC Championships was fourth in the 200 butterfly (2:14:14) and placed fifth in the 200 IM (2:13:57)...reached the finals at the 2004 MAAC Championships in the 200 IM (2:12), the 100 butterfly (1:00) and the 200 butterfly (2:33)...also qualified for the 2004 ECAC Championships...**at Manheim Township High School:** was a four year letter winner...earned MVP honors her junior year under coach Don Graybill...district meet qualifier state meet qualifier, and an All-American LL-League qualifier...also coached by Mark Daum at the Five Star Swim Club...**Personal:** daughter of Neal and Beth Mitten



**Cleveland Brown V • Freestyle/Butterfly**

Freshman • Fort Defiance, AZ • Liberal Studies major

**At Shaker Heights High School:** swam as a sprinter with the Lake Erie Silver Dolphins. US Open qualifier in the 50 free, the 100 free and the 100 butterfly...served in Iraq in the Air Force. **Personal:** son of Cleveland IV and Kathleen Brown, has two sisters Carla D. and Kari Nichol.



**Brett Daroci • Freestyle/Butterfly**

Freshman • Bayville, NJ • Biology major

**At Central Regional High School:** was team MVP his sophomore, junior and senior years... Rookie of the Year as a freshman and a varsity letter winner for four years. **Personal:** son of Steve and Karen Daroci, has a younger sister Kelly.



**Alex Grubbs • Freestyle**

Freshman • York, PA • Business Administration major

**At Suburban High School:** was team captain and a four-year letter winner in both swimming and soccer...**Personal:** son of Paul and Wendy Grubbs, has two brothers Andrew and Mac.



**Scott Player • Freestyle/Butterfly/IM**

Freshman • Chino Hills, CA • English major

**At Ruben S. Ayala High School:** was a two time All-American and Sierra League MVP...a four year varsity letter winner...earned First-Team Honorable Mention in the sport of water polo... two-year varsity letter winner in water polo...**Personal:** son of Robert and Deborah Player, has an older sister Kimberly.

# ▶ MEN'S ROSTER • 2005-06 RESULTS

Rider University Swimming & Diving Media Guide • 2006-2007

Name	Cl.	Ht.	Wt.	Event	Hometown/High School/Previous School
Paul Apostolakis	Fr.	5-7	160	Dive	Brooklyn, N.Y./Fort Hamilton
*Matt Bauer	Jr.	5-10	175	Breast/IM	Lansdale, Pa./North Penn
Brian Brady	Fr.	6-3	175	Free	Turnersville, N.J./Gloucester Catholic
Cleveland Brown V	Fr.	6-1	173	Free/Fly	Fort Defiance, Ariz./Shaker Heights
Brett Daroci	Fr.	5-10	165	Free/Fly	Bayville, N.J./Central Regional
*Andy French	Sr.	5-7	170	Free/IM/Fly	Richfield, Minn./Richfield Senior
Alex Grubbs	Fr.	5-11	163	Free	York, Pa./York Suburban
*Dylan Korn	Jr.	5-6	154	Diving	Hawthorne, N.Y./Westlake
*Bryan Mejia	So.	5-9	168	Free/Back	Long Branch, N.J./Long Branch
*Brandon Modrov	Sr.	6-0	195	Breast/IM	Smithtown, N.Y./Hauppauge
*Drew Palmieri	So.	5-10	165	Fly/IM	Hanover, Mass./Boston Coll. HS/Mercersburg Acad.
Scott Player	Fr.	6-3	170	Free/Fly/IM	Chino Hills, Calif./Ruben S. Ayala
*Josh Rosenbluth	So.	6-0	182	Back/IM	Lawrenceville, N.J./Lawrence
*Peter Starr	Jr.	6-0	205	Back/Free	Boyertown, Pa./Boyertown Area Senior

\*letterwinner

Head Coach: Stephen Fletcher (Lafayette '92, Rider '95) • Diving Coach: Dennis Ceppa (TCNJ '03) • Assistant Coach: Shannon Daly (Bloomsburg '92, St. Joseph's '97) • Assistant Coach: Dean Hutchinson (Auburn '95, Alleghany '98) • Team Mentors: Drew Aromando (Rider '94), Dr. Roberta Sethi • Strength Training Consultant: John McKenna • Head Coach Emeritus: Richard A. Coppola (Rider Swimming & Diving Coach 1968-1997) • Team Captains: Andy French, Brandon Modrov

## 2005-06 RESULTS

UMBC	W 130.5-110.5
*MARIST	W 127.5-115.5
at Pennsylvania	L 138-154
vs. Lehigh	W 111-89
at La Salle	L 107-112
vs. Delaware	W 136.5-82.5
at Rutgers Invitational vs. American, Columbia, Drexel, La Salle, Lehigh, Rutgers, Shippensburg, TCNJ, Connecticut, Massachusetts, Villanova	5th of 12
at Rutgers	L 131-165
vs. Seton Hall	W 188.5-95.5
*LOYOLA	W 163-68
at Drexel	W 126.5 -107.5
Lafayette	W 194-90
*IONA	W 130-93
at MAAC Championships, Loyola College at ECAC Swimming & Diving Championships, University of Pittsburgh	2nd of 8  5th of 19

HOME MEETS IN CAPS

\*-Metro Atlantic Athletic Conference Meet

# ▶ WOMEN'S ROSTER • 2005-06 RESULTS

Rider University Swimming & Diving Media Guide • 2006-2007

Name	Cl.	Ht.	Event	Hometown/High School/Previous School
Amanda Burke	So.	4-11	Dive	Churchville, Pa./William Tennett
Courtney Clark	Sr.	5-4	Free/Fly	Broomall, Pa./Cardinal O'Hara
Stephanie Cosentino	Jr.	5-6	Free/Fly	Staten Island, N.Y./Notre Dame Academy
Adrienne Glasgow	Sr.	5-5	Fly/IM	Davidsonville, Md./Saint Mary's
Shannen Kahler	Sr.	5-8	Diving	Ojai, Calif./Chaparral/Grossmont CC
Erica Kriedel	So.	5-5	Back	Wethersfield, Conn./Wethersfield
Lovette Leonhard	Fr.	5-8	Free	Piscataway, N.J./Piscataway
Ryan Mitten	Sr.	5-5	Fly/IM	Lititz, Pa./Manheim Township
Priscilla Modrov	So.	5-8	Back/IM	Smithtown, N.Y./Hauppauge
Liz Muller	Fr.	5-3	Dive	Seaville, N.J./Ocean City
Rebecca Sanbower	Jr.	5-7	Free	Lancaster, Pa./Manheim Twp.
Kelsey Tokar	So.	5-9	Free	Frederick, Md./Gov. Thomas Johnson
Kellyanne Tomasula	Fr.	5-8	Back/Free	Sussex, N.J./Vernon Township
Lauren Urbanski	Sr.	5-6	Fly/IM/Free	Lansdowne, Pa./Upper Darby
Kristen Warwick	So.	5-4	Free	Catonsville, Md./Mount de Sales Academy
Hayley Wittsack	Sr.	5-5	Back/IM	Gaithersburg, Md./Damascus
Erica Yaszemski	Fr.	5-3	Breast/IM	Moorestown, N.J./Moorestown

\*letterwinner

Head Coach: Stephen Fletcher (Lafayette '92, Rider '95) • Diving Coach: Dennis Ceppa (TCNJ '03) • Assistant Coach: Shannon Daly (Bloomsburg '92, St. Joseph's '97) • Assistant Coach: Dean Hutchinson (Auburn '95, Alleghany '98) • Team Mentors: Drew Aromando (Rider '94), Dr. Roberta Sethi • Strength Training Consultant: John McKenna • Head Coach Emeritus: Richard A. Coppola (Rider Swimming & Diving Coach 1968-1997) • Team Captains: Adrienne Glasgow, Lauren Urbanski

## 2005-06 RESULTS

UMBC	L 95-146
*MARIST	L 115.5-127.5
at Pennsylvania	L 130.5-153
vs. Lehigh	W 92-85
at La Salle	W 126-90
vs. Delaware	L 92-132
at Rutgers Invitational vs. American, Columbia, Drexel, La Salle, Lehigh, Rutgers, Shippensburg, TCNJ, Connecticut, Massachusetts, Villanova	6th of 12
at Rutgers	L 85-209
vs. Seton Hall	L 128-170
*LOYOLA	W 150-93
at Drexel	W 152-73
at Lafayette	L 135-164
*IONA	W 130-99
at MAAC Championships, Loyola College at ECAC Swimming & Diving Championships, University of Pittsburgh	2nd of 10  4th of 23

HOME MEETS IN CAPS

\*-Metro Atlantic Athletic Conference Meet