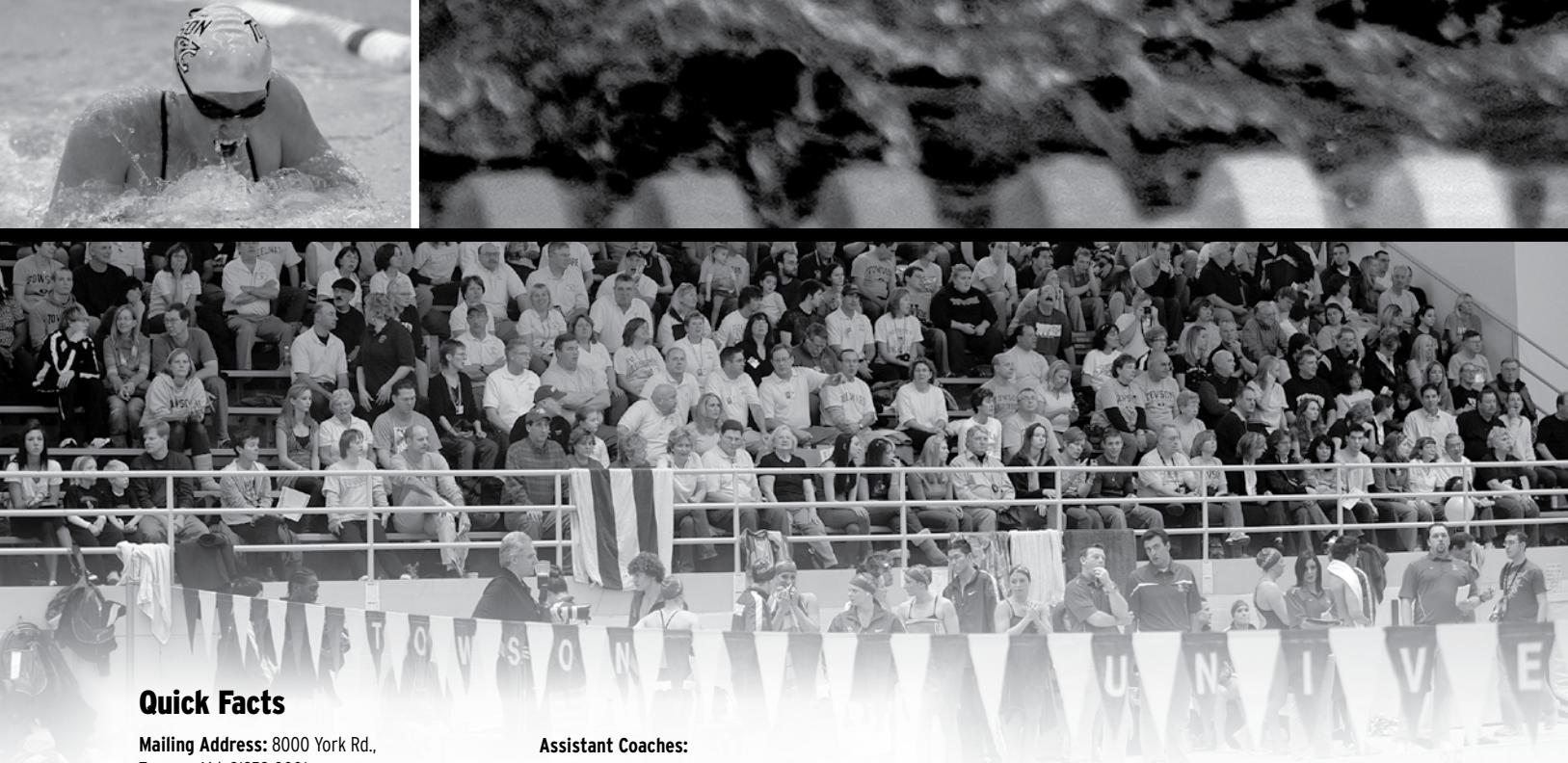


2009-10 SWIMMING & DIVING



Sophomore
Cari Czarnecki





Quick Facts

Mailing Address: 8000 York Rd.,
Towson, Md. 21252-0001
Internet Site: www.TowsonTigers.com
Founded: 1866
Enrollment: 21,176
Nickname: "Tigers"
Colors: Gold, White & Black
Conference: Colonial Athletic Association
President: Dr. Robert Caret
Director of Athletics: Mike Hermann
Sr. Associate Director of Athletics: Tom Brush
Sr. Associate Director of Athletics: Nance Reed
Faculty Representative:
Dr. Gail Gasparich
Top Majors: Business, Biology,
Mass Communication, Psychology,
Elementary Education
Degrees: B.A., B.F.A., B.M., B.S., M.A., M.S.,
M.A.T., M.Ed., M.F.A., M.M.
Home Pool: Burdick Pool
Head Coach:
Pat Mead (Delaware, '92) - 12th season
Mead's Men's Record: 65-61 (11 Yrs.)
Mead's Women's Record: 96-36 (11 Yrs.)
Swimming and Diving Phone: 410-704-3577
Coach's E-Mail: pmead@towson.edu

Assistant Coaches:

Jeb Beaver (Towson, '03) - 2nd season
Margy Keefe (Penn State, '07) - 1st season
Joanne Perez (TCNJ, '88) - 1st season
Diving Coach:
Maureen Mead (Springfield, '94) - 12th season
Women's Captains: Meredith Budner, Brooke Golden, Robin Glaser
2008-09 Men's Record: 1-11
2008-09 Women's Record: 13-1, CAA Champions
All-Time Men's Record: 274-224
All-Time Women's Record: 255-181-1
Head Athletic Trainer: Terry O'Brien
Athl. Equipment Mgr.: Dion Harris
Asst. Athl. Equipment Mgr.: Phil Junis
Athletic Media Relations Dir.: Peter Schlehr
Assoc. Ath. Media Relations Dir.: Dan O'Connell
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TABLE OF CONTENTS

Quick Facts, Contents	2
Coaching Staff	3-8
2009-10 Outlook	9-11
2009-10 Rosters	12-13
Colonial Athletic Association	14
2009-10 Profiles	15-30
Swimming History	31-39
Towson University Nickname	40
Towson University	41-48

2009-10 SWIMMING AND DIVING

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COACHING STAFF



Head Coach
Pat Mead





COACHING STAFF

HEAD COACH - 12TH SEASON

Delaware, '92

Pat Mead

Anyone who follows the Towson University men's and women's swimming and diving teams on a regular basis knows that one of the main reasons for success is the leadership that Coach Pat Mead has provided over the last 11 years.

A three-time selection as the Colonial Athletic Association Coach of the Year, Mead has guided the Tiger women's program to 11 consecutive winning seasons and an 96-36 record. Meanwhile, the Tiger men have compiled a 65-61 mark under Mead's tutelage with eight winning seasons in the last 11 years.

Not only have the Tigers been successful in the pool during Mead's tenure, but they have also made successful progress out of the water. Both the men's and women's teams traditionally have excelled in the classroom during Mead's first 11 years. He has had two former swimmers named as recipients of Towson University's Doc Minnegan Scholarship Award while Tiger swimmers and divers are consistently recognized as members of the CAA Commissioner's List on a yearly basis.

In addition to the strong academic success, the Tiger women's team has used extra resources over the last two years to become one of the top mid-major programs in the country.

During the last two seasons, the added resources have produced some of the biggest results in Mead's tenure at Towson as the women's team has won the last two Colonial Athletic Association championships in convincing fashion. The team has won 24 of 26 dual meets during that time, including a school-record 13 victories last year.

In addition, junior Meredith Budner has developed into one of the top swimmers in the CAA. After earning CAA Rookie of the Year honors in 2007-08, she had the best individual season in school history last year when she qualified for the NCAA Championships in three individual events and became the first female swimmer in school history to earn All-America honors. She was also named as the CAA Female Swimmer of the Year and was honored as Towson's Female Athlete of the Year.

As a team, the Tiger women's squad has been quite successful as members of the CAA. In addition to their CAA championships, the Tigers finished second in the 2005 CAA meet and also had a third place showing at the 2006 meet. The Tiger men's team has also shown success since joining the Colonial Athletic Association for the 2001-02 season, recording a fourth place showing and three fifth place finishes.

In 2006-07, the Tiger women's team finished with a 9-3 dual meet record and earned a third place showing at the CAA Championship Meet. Meanwhile, the Tiger men's team posted a 6-5 record during the regular season and earned a sixth place finish at the CAA Meet. In addition, sophomore diver Bradley Bolin was named as the CAA Rookie Diver of the Year after finishing fifth in the one-meter diving event at the conference championships.

With a youthful squad four years ago, the Tiger women's team won 7 of 12 dual meets during the regular season and finished in seventh place at the CAA meet. Meanwhile, the men's team overcame adversity and finished in ninth place in the CAA meet, but displayed great improvement during the season.



The women's team, which went 8-2 in the regular season, turned in an impressive performance at the CAA Championships during the 2004-05 campaign with a second place finish. Led by Jen Irby, the Tigers broke seven meet records and took home 10 CAA titles. Irby, who was named as the Most Outstanding Swimmer of the CAA Championship Meet and the conference's Swimmer of the Year, captured the 50-free, the 100-free and the 100-fly all in record-setting fashion. She was also swam the anchor leg on the 200-free and 400-free relays which not only captured CAA titles but set new meet records in the process. The Tigers' 800-free and 200-medley relay teams returned to Towson as CAA champions and CAA record holders. Two other individuals captured titles as current senior Liz Lebherz won the 200-free while Aly Whittaker took the 100-breaststroke.

Irby, who was also named as the CAA Scholar-Athlete, was the only female swimmer from the CAA to participate in the NCAA Championships. She placed 35th in the 50-free, 45th in the 100-fly and 56th in the 100-free.

In 2003-04, Mead helped the men's squad to one of its most successful seasons. After leading the Tiger men's team to a 9-2 record, Towson turned in an outstanding performance at the CAA Championship Meet. During the four-day event, the Tigers claimed five individual championships and two relay titles en route to a fifth place showing.

Aaron Krause was named as the CAA Championship's Most Outstanding Performer for the second straight year as he won individual titles in the 200-individual medley, the 100-backstroke and the 200-backstroke. He was also part of the Tigers' 400-medley relay team and the 800-free relay teams which finished first and broke the school records. The Tigers' 400-free relay team finished third and broke the school record while the 200-medley relay team took second place.

In 2002-03, the men's team posted a 10-3 record, which marked the program's best record since 1997-98. The season was highlighted by Towson's first swimmer to qualify for the NCAA Championships as Krause finished 23rd in the 100-backstroke and 25th in the 100-backstroke at nationals.

On the women's side, the Tigers also had a solid year as they posted an 8-6 record. In addition, the women's team made history as Irby won the CAA title in the 50-freestyle event and became Towson's first female NCAA qualifier.

Mead achieved a rare double in 2003 when Krause was named as the Most Outstanding Performer at the Men's Championship while Irby picked up the award at the Women's Championship. Irby was also honored as the CAA Scholar-Athlete for swimming while Krause was named as the CAA Swimmer of the Year.

In the Tigers' first year in the CAA in 2001-02, both teams ended their regular seasons with perfect home records and had identical 8-4 records. The men's team earned a surprising fifth place finish at the team's first appearance at the CAA Championships. Krause took first place in the 100-yard backstroke, the 200-yard backstroke, and the 200-yard freestyle. As a team, the men placed first in the 200-medley relay and the 400-medley relay.

The Tiger women finished sixth at the CAA Meet. Irby won the 50-freestyle in her first college season and led the 200-free relay to a first place finish. She was honored as the CAA Rookie of the Year.

In 2000-01, the Tigers competed in AMERICA EAST for the final season. Towson made it a memorable final appearance as the men's team had a 9-2 record in dual meets and finished second at the conference championship, which marked the team's best finish in the league championship. Meanwhile, the women's team had a 10-1 record in dual meets and finished fourth in the conference.

Coach Mead came to Towson in 1998 to replace Hall of Fame Coach Ray Riordon. The founder of Tiger swimming, Riordon retired after 30 years as the head coach of the men's team. Riordon also spent ten seasons as the head coach of the women's program.



A native of Cherry Hill, N.J., Mead was named as the Tigers' head coach after spending seven years as a college coach.

A 1992 graduate of the University of Delaware, Mead was one of the most outstanding swimmers in Blue Hen history. He graduated from Delaware with four school records. He set UD records in the 100-backstroke and the 200-backstroke. He was also part of the Blue Hens' record-setting 200-medley relay team and the record-setting 400-medley relay team.

A three-year team captain, Mead was the East Coast Conference champion in the 200 backstroke and the 200 medley relay in 1989, helping the Blue Hens win the 1989 ECC championship. He also helped Delaware to a second place finish in the North Atlantic Conference (now AMERICA EAST) in 1992.

Honored as the winner of UD's James F. Baldwin Scholar-Athlete Award in 1992, Mead served as an assistant swimming coach at Springfield College from 1992 to 1994. He coached at Springfield while earning his Master's degree in Education with a concentration in athletics administration.

After spending two years at Springfield as an assistant coach, Mead earned his first head coaching position at Drew University. During his four years at Drew, he founded the men's and women's swimming programs and built the programs on solid foundations.

In three competitive seasons at Drew, he led the men's team to a 21-14 record while the women's squad had a 21-16 mark. The Ranger men's team finished third in the Middle Atlantic Conference in 1996 and 1997, its first two years in the league. The women's team was fourth in 1996 and fifth in 1997.

Mead coached 20 conference champions at Drew, including a two-time All American.

In 1998, Mead returned to his alma mater and spent one year as assistant coach. He helped the Blue Hen men's team win its second straight AMERICA EAST championship while the women's team finished fifth. Both the men's and women's teams compiled 6-4 records in dual meet competition.

Mead is just the second men's coach in the 32-year history of the program. He is also the seventh coach in Tiger women's swimming history.

Along with his coaching duties at Towson, Mead runs Tigerfish Aquatics, a USS team, with his wife and Tiger diving coach, Maureen Mead.

Pat and Maureen are the parents of four young children - Mallory, Elliott, Lilly and Daphne.



COACHING STAFF

Assistant Coaches



Maureen Mead

Diving Coach
12th Season
Springfield, '94

As the diving coach, Maureen Mead returns for her 12th year as a member of the Tigers' coaching staff. During that time, she has coached the CAA Rookie Diver of the Year and an NCAA Zone qualifier.

A 1994 graduate of Springfield College who was a diver for the swim team, Mead was the team captain during her junior and senior years. She was an NCAA qualifier at the Division II level each of her final three years at Springfield. She was also a finalist in both the one- and three-meter boards in the New England Conference. She held the diving records at Springfield on the one-meter and three-meter boards for six years.

She and her husband, Pat, are the parents of four young children, Mallory, Lily, Elliott and Daphne.



Margy Keefe

Assistant Coach
1st Season
Penn State, '07

Former Penn State University swimming standout Margy Keefe enters her first season as a member of the Tiger men's and women's swimming and diving coaching staff.

Prior to joining the Tigers, Keefe was an assistant coach for the Ursuline Academy high school swim team for the last two years. She helped the Lions win the Southwest Ohio district title in 2008 while earning a third place finish at the Ohio State Championships.

A 2007 graduate of Penn State, Keefe was a three-year letter winner for the Nittany Lions. She competed at the 2004 United States Olympic Swimming Trials and also won the silver medal in the 5K Open Water Race during the 2005 World Championships.

In addition, Keefe was a two-year member of Penn State's Student Athlete Advisory Board.





Joanne Perez

Assistant Coach

1st Season

College of New Jersey, '88

Entering her first year as an assistant coach for the Tigers, Joanne Perez brings a wealth of experience as a successful collegiate swimmer to the team.

Perez joins the Tigers after serving as an assistant swim coach at Notre Dame Prep last season.

A 1988 graduate of the College of New Jersey, Perez was a three-year team captain for the Lions and was a member of three record-setting relay teams when she graduated.

Perez and her husband, Lou, reside in Owings Mills with their three daughters, Kelly, Allie and Christina.



Jeb Beaver

Volunteer Assistant Coach

2nd Season

Towson, '03

A former record-setting swimmer for the Tigers, Jeb Beaver enters his second season as a member of the Towson coaching staff.

Beaver joined the Tigers after a four-year stint as an assistant coach at Hood College. He also spent a year as the head coach at Walkersville High School, leading the Lions to their highest single-season win total in school history.

A 2003 Towson graduate with a degree in Business Administration, Beaver was a four-year letter winner for Coach Pat Mead. He was a member of the 200-yard freestyle relay team which won the America East title in 2001. In addition, Beaver helped the Tigers win the 200-yard medley relay crown at the 2003 ECAC Championships.

A two-year co-captain for the Tigers, Beaver ended his career as a member of the record-setting 200-yard and 400-yard medley relay teams.

In addition to his efforts in the pool, Beaver was a member of the Towson University Student-Athlete Advisory Council and also served as a member of Sigma Alpha Lambda. He was the recipient of Towson University's Scholar-Athlete Award in 2003.

Along with coaching for the Tigers, Beaver is a teacher at Linganore High School where he teaches Advanced Placement World History, Political Science, American Studies and Psychology classes.





TIGER QUARTET NAMED TO CAA 25H ANNIVERSARY Team



Four of the greatest swimmers in school history, including **Aaron Krause, '04**, **Jen Irby, '05**, **Liz Lebherz, '07** and junior **Meredith Budner**, have been named as members of the Colonial Athletic Association's 25th Anniversary Men's and Women's Swimming and Diving teams.

In conjunction with its 25th anniversary celebration, the CAA is selecting 25th Anniversary Teams in 21 sports. Each team consists of 25 honorees.

"It is a great honor to have these individuals recognized by the CAA," Towson Coach **Pat Mead** said. "We have only been part of the CAA for eight years, so having four swimmers honored is quite a tribute to their dedication and hard work."

A native of Linthicum, Md., Krause was a two-time CAA Swimmer of the Year and qualified for the NCAA Championships as a junior and senior. He also set five individual school records and three CAA marks in his career.

In his career, Krause won nine individual CAA titles and was part of four CAA champion relay teams.

A three-time CAA champion in the 100-yard and 200-yard backstroke events, Krause set the CAA record in both events as a junior. He won the 100-yard backstroke event with a time of 48.13 seconds while competing the 200-yard backstroke event in 1:45.44.

Krause also set the CAA record in the 200-yard freestyle as a senior, posting a time of 1:36.98 at the CAA Championships. He was a two-time CAA champion in the 200-yard freestyle while also winning the 200-yard individual medley as a senior. Krause also helped the Tigers win CAA titles in four different relay events during his career.

As a junior, Krause qualified for the NCAA Championships in the 100-yard and 200-yard backstroke events. He also qualified for the NCAA Championships in the 100-yard backstroke as a senior along with earning a spot in the 200-yard freestyle. Krause was also honored as Towson University's Male Athlete of the Year as a junior and senior.

"Aaron has had the greatest impact on our men's program in the last decade and maybe even in the history of the program," Coach Mead said. "His work ethic and understanding of what it took to be great set an example for our swimmers long after he graduated."

A native of Elkridge, Md., Irby set school records in three individual events and qualified for the NCAA Championships as a senior. Honored as the 2002 CAA Rookie of the Year and the 2005 CAA Swimmer of the Year, Irby holds the school records in the 50-yard freestyle (:22.75), 100-yard freestyle (:49.86) and 100-yard butterfly (:55.11) events.

A two-time selection as the CAA Championships' Most Outstanding Performer, Irby won nine individual CAA titles. She was a four-time CAA champion in the 50-yard freestyle and she won the 100-yard butterfly three times. In addition, she was the 2004 and 2005 CAA champion in the 100-yard freestyle.



Liz Lebherz, '07

Irby was a member of four CAA champion relay teams as a senior as she led the Tigers to a second place finish in the CAA Championships. She helped the Tigers win the 200-yard free relay, 400-yard free relay, 800-yard free relay and 200-yard medley relay.

A three-time ECAC champion in her career, Irby was a two-time ECAC champion in the 50-yard freestyle and also won the 100-yard freestyle as a senior.

As a senior, Irby became the first Tiger female swimmer to qualify for the NCAA Championships in the 50-yard freestyle, 100-yard freestyle and 100-yard butterfly.

An outstanding student during her undergraduate years, Irby was a two-time selection as the CAA Women's Swimming Scholar-Athlete of the Year and was the co-recipient of the Towson University Tiger Athletic Fund Scholar-Athlete of the Year award in 2005.

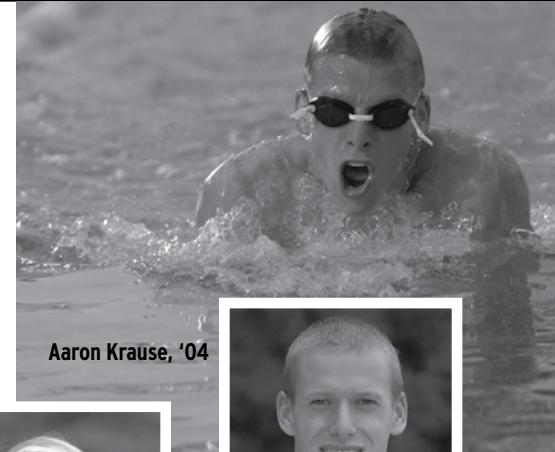
Irby was also honored as the Towson University Female Athlete of the Year as a senior.

"Jen is the best sprinter in the history of our women's program," Mead said. "She laid the foundation for our women's team's success and she has set the standard by which our current women are measured."

Lebherz was a four-time CAA individual champion and a member of six CAA champion relay teams. Named as the 2004 CAA Rookie of the Year, Lebherz holds the school record in the 200-yard freestyle (1:49.97) and is a member of the Tigers' school-record 400-yard freestyle relay team.

In 2004 and 2005, Lebherz won CAA titles in the 200-yard freestyle. As a junior and senior, she was the CAA champion in the 500-yard freestyle. In 2005, she helped the Tigers win CAA titles in the 200-yard freestyle relay, 400-yard freestyle relay and 800-yard freestyle relay.

As a freshman, Lebherz helped the Tigers win the 400-yard freestyle relay event at the CAA Championships. During her junior year, the Frederick, Md. native helped the Tigers to the CAA title in the 800-yard freestyle relay. In her senior year, Lebherz was a member of the Tigers' CAA champion 200-yard freestyle relay team.



Aaron Krause, '04



Jen Irby, '05



Liz Lebherz, '07



Meredith Budner

"Liz is truly one of our best success stories," Coach Mead said. "With little swimming background before attending Towson, she developed into one of our most well-rounded freestyle swimmers, ranking among the best in any freestyle event from the 50-free to the 1650-free. She continued the legacy that Jen created for our women's team."

A native of Rockville, Md., Budner has led the Tigers to CAA championships as a freshman and sophomore. Honored as the 2009 CAA Swimmer of the Year, Budner has won six individual CAA titles in the last two years. In addition, she qualified for the NCAA Championship in three different events as a sophomore.

Budner, who holds the CAA and school records in three individual events, became Towson's first-ever female swimmer to earn All-America honors when she was an honorable mention All-American in 2009 after placing 11th in the 1650-yard freestyle at the NCAA Championship Meet. She also qualified for the NCAA Meet in the 500-yard free and the 400-yard individual medley. In addition, she holds the school record in the 1000-yard freestyle (9:55.92) and is a member of the Tigers' record-setting 800-yard free relay team and 400-yard medley relay team (3:45.71).

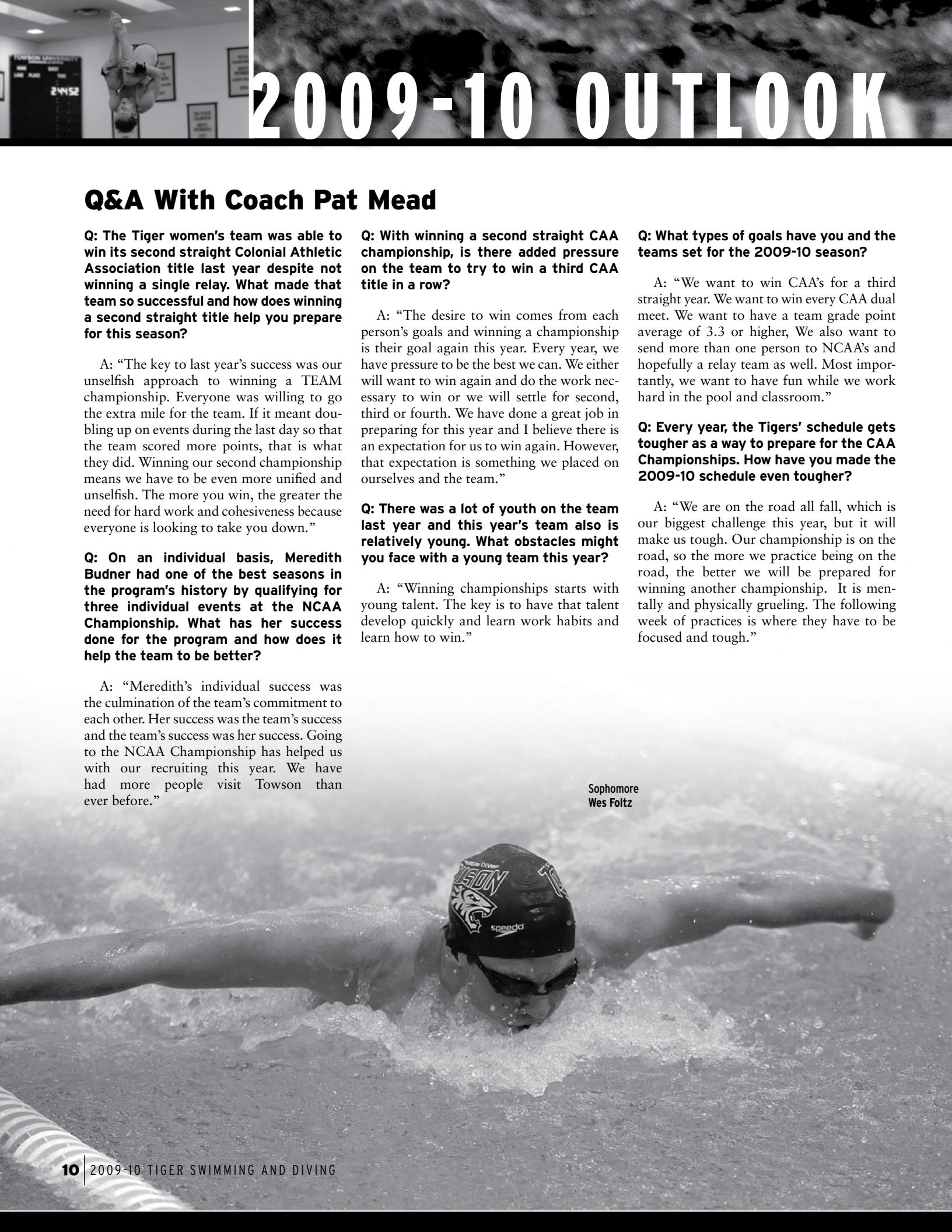
"Meredith is another Cinderella story for our swim program," said Mead. "She has had great success in her first two years at Towson. The future looks very bright and the opportunities are endless for her. Our hope is that she will learn from her predecessors and leave a legacy that other generations of swimmers can look to improve upon."

2009-10 OUTLOOK



Senior
Bradley Bolin





2009-10 OUTLOOK

Q&A With Coach Pat Mead

Q: The Tiger women's team was able to win its second straight Colonial Athletic Association title last year despite not winning a single relay. What made that team so successful and how does winning a second straight title help you prepare for this season?

A: "The key to last year's success was our unselfish approach to winning a TEAM championship. Everyone was willing to go the extra mile for the team. If it meant doubling up on events during the last day so that the team scored more points, that is what they did. Winning our second championship means we have to be even more unified and unselfish. The more you win, the greater the need for hard work and cohesiveness because everyone is looking to take you down."

Q: On an individual basis, Meredith Budner had one of the best seasons in the program's history by qualifying for three individual events at the NCAA Championship. What has her success done for the program and how does it help the team to be better?

A: "Meredith's individual success was the culmination of the team's commitment to each other. Her success was the team's success and the team's success was her success. Going to the NCAA Championship has helped us with our recruiting this year. We have had more people visit Towson than ever before."

Q: With winning a second straight CAA championship, is there added pressure on the team to try to win a third CAA title in a row?

A: "The desire to win comes from each person's goals and winning a championship is their goal again this year. Every year, we have pressure to be the best we can. We either will want to win again and do the work necessary to win or we will settle for second, third or fourth. We have done a great job in preparing for this year and I believe there is an expectation for us to win again. However, that expectation is something we placed on ourselves and the team."

Q: There was a lot of youth on the team last year and this year's team also is relatively young. What obstacles might you face with a young team this year?

A: "Winning championships starts with young talent. The key is to have that talent develop quickly and learn work habits and learn how to win."

Q: What types of goals have you and the teams set for the 2009-10 season?

A: "We want to win CAA's for a third straight year. We want to win every CAA dual meet. We want to have a team grade point average of 3.3 or higher. We also want to send more than one person to NCAA's and hopefully a relay team as well. Most importantly, we want to have fun while we work hard in the pool and classroom."

Q: Every year, the Tigers' schedule gets tougher as a way to prepare for the CAA Championships. How have you made the 2009-10 schedule even tougher?

A: "We are on the road all fall, which is our biggest challenge this year, but it will make us tough. Our championship is on the road, so the more we practice being on the road, the better we will be prepared for winning another championship. It is mentally and physically grueling. The following week of practices is where they have to be focused and tough."

Sophomore
Wes Foltz

Q: Over the last decade, the Towson swimming and diving program has grown and become one of the best mid-major programs in the country. What are some of the major accomplishments in your opinion that have occurred during your tenure?

A: "The best thing we have going with our program is our philosophy. We look to recruit student-athletes. We want a person who wants to go to classes and excel in their area of study. We want athletes who want to work hard and get better year in and year out. We are now known for this and it has helped with our recruiting and it is the foundation that our program rests on. This philosophy is what has resulted in so many academic accolades."

Q: The diving teams have improved over the course of the last several years and had good performances at the CAA Championship last year. What can we expect from the Towson divers this season?

A: "Coach Maureen Mead has done a tremendous job of building our diving program into one of the best in the CAA. Last year was the best year for our diving program in that past 12 years. Our divers are tremendously focused and they have so much fun at workouts. We are looking to send our first diver to the NCAA regional meet this year and it is quite possible we could have three women in the top eight finishers again at the CAA Championship on both boards."

Q: As the program has grown, the level and ability of the athletes you bring increases. As a coach, what are you looking for when you recruit potential student-athletes?

A: "We are looking for student athletes who have untapped potential. We have a reputation for taking good athletes and helping them become great. However, in order for that to happen, there has to be a desire on the part of the student-athlete to want to become exceptional. During the recruiting process, we try to determine who is coachable and who really is special. Everyone wants success, but the key is finding the people who are willing to do what is necessary to be exceptional. At Towson, we have been fortunate in that our team helps the coaches find those special athletes."

Q: As an institution, Towson University has seen many changes during your tenure as the Tigers' coach. How have those changes helped the program to become even better?

A: "Towson is a remarkable institution and within that institution, we have great leadership. Our president, Dr. Robert L. Caret, has been the driving force behind our success. Towson has grown from a regional institution to one that is now nationally recognized. I would say the same could be said of our swimming and diving program. The vision of Dr Caret and Director of Athletics Mike Hermann is what has driven our program's success. Dr. Caret believes that if you are going to do something, you need to be exceptional at it. That philosophy coincides with my own views, which is why I have stayed so long at Towson."

Junior
Chelsea Kling



2009-10 OUTLOOK

2009-10 Women's Roster

Name	Class	Event(s)	Hometown/High School/Previous School
Caroline Baker	So.	Diving	Adamstown, Md./Tuscarora H.S.
Jeanne Ball	So.	Diving	Rockville, Md./Magruder H.S.
Christina Bowman	Sr.	Freestyle	Silver Spring, Md./St. John's College H.S.
Meredith Budner	Jr.	Freestyle/Ind. Medley	Rockville, Md./Walter Johnson H.S.
Kathryne Chalikis	Sr.	Freestyle/Butterfly	Flemington, N.J./Hunterdon Central H.S.
Jordan Crosby	Sr.	Butterfly/Ind. Medley	Port Monmouth, N.J./Middletown H.S. North
Cari Czarnecki	So.	Breaststroke/Butterfly	Denver, Pa./Cocalico H.S.
Megen Donovan	Jr.	Breaststroke/Freestyle	Warminster, Pa./Archbishop Wood H.S.
Robin Glaser	Sr.	Freestyle	Easton, Pa./Easton H.S.
Brooke Golden	Jr.	Freestyle	New Windsor, Md./Home Schooled
Stephanie Guttenplan	Sr.	Breaststroke	Roswell, Ga./Centennial H.S.
Erica Hall	Jr.	Freestyle	Rockville, Md./Martin H.S.
Emilie Hooper	Sr.	Backstroke	Hamilton, Ohio/Mount Notre Dame H.S.
Lee Ingram	Fr.	Backstroke	Howell, N.J./Red Bank Catholic H.S.
Tana King	So.	Freestyle	Oak Hill, Va./Paul VI Catholic H.S.
Chelsea Kling	Jr.	Butterfly	Olney, Md./Our Lady of Good Counsel H.S.
Marianna Kogut	So.	Butterfly/Ind. Medley	Glen Burnie, Md./Glen Burnie H.S.
Gabi LePore	Fr.	Diving	Windsor, Conn./Windsor H.S.
Margaret Macedonia	So.	Freestyle/Backstroke/Ind. Medley	Annandale, Va./Bishop O'Connell H.S.
Maegan McLaughlin	So.	Breaststroke/Ind. Medley	New Brunswick, N.J./Rutgers Prep
Jenny Nevin	So.	Freestyle	Finksburg, Md./Mount de Sales Academy
Adrienne Phillips	Fr.	Freestyle/Backstroke/Ind. Medley	Mechanicsburg, Pa./Trinity H.S.
Lauren Ray	So.	Diving	Ceresco, Mich./Harper Creek H.S.
Kelsey Rouse	Fr.	Breaststroke/Ind. Medley	Severna Park, Md./Severna Park H.S.
Kate Scarbrough	So.	Diving	Weedsport, N.Y./Weedsport H.S.
Wendy Sharer	Fr.	Backstroke/Freestyle	Raleigh, N.C./Leesville Road H.S.
Amanda Skroupa	Fr.	Backstroke	West Friendship, Md./Glenelg H.S.
Ivy Wimberley	Sr.	Breaststroke/Butterfly	Farmingdale, N.J./Red Bank Catholic H.S.
Monica Wolgast	Jr.	Breaststroke	Oreland, Pa./Springfield Township H.S.
Kayla Zeller	Jr.	Freestyle/Ind. Medley	Landisville, Pa./Hempfield H.S.

Head Coach:

Assistant Coaches:

Pat Mead (Delaware, '92) - 12th season
 Margy Keefe (Penn State, '07) - 1st season
 Jeb Beaver (Towson '03) - 2nd season
 Joanne Perez (TCNJ, '88) - 1st season
 Maureen Mead (Springfield, '94) - 12th season

Diving Coach:

2009-10 Tiger Women's Swimming Team

Left to right, front to back

Row 1: Jenny Nevin, Monica Wolgast, Chelsea Kling, Gaby LePore, Ivy Wimberley, Kelsey Rouse, Erica Hall, Stephanie Guttenplan

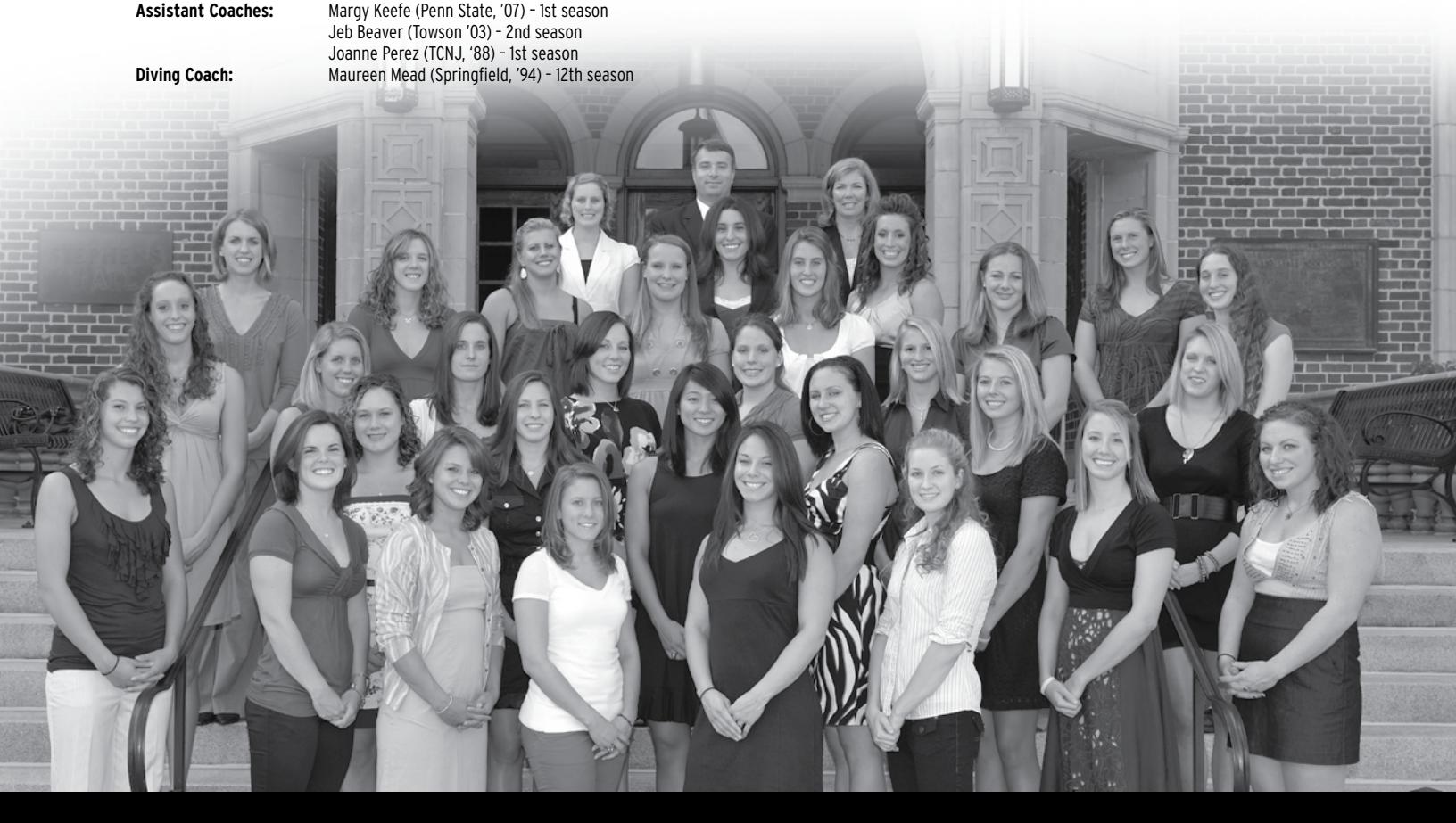
Row 2: Caroline Baker, Tana King, Christina Bowman, Maegan McLaughlin, Kate Scarbrough

Row 3: Wendy Sharer, Kayla Zeller, Robin Glaser, Kathryne Chalikis, Adrienne Phillips, Lauren Ray, Amanda Skroupa

Row 4: Cari Czarnecki, Megen Donovan, Emilie Hooper, Brooke Golden, Lee Ingram, Molly Frantz, Marianna Kogut

Row 5: Meredith Budner, Maggie Macedonia, Jordan Crosby

Row 6: Coach Margy Keefe, Coach Pat Mead, Coach Joanne Perez



2009-10 Men's Roster

2009-10 Tiger Men's Swimming Team

Left to right, front to back

Row 1: Joe Mills, Ryan Westhafer, Colin Bond, Bradley Bolin, Zach Wolfe, Ian Zelaya

Row 2: Zack Stone, Kevin Roeder, Cory Ornstein, Devin Kirby, Sam Fuller

Row 3: Jim Buck, Eric Sparks, Mike Cheslock, Wade Boarman

Row 4: TJ Farley, Wes Foltz, Drew Pallace

Row 5: Coach Margy Keefe, Coach Pat Mead, Coach Joanne Perez

Name	Class	Event(s)	Hometown/High School/Previous School
Wade Boarman	Fr.	Freestyle	Queenstown, Md./Kent Island H.S.
Bradley Bolin	Sr.	Diving	Covina, Calif./Temple City H.S.
Colin Bond	Fr.	Freestyle	York, Maine/York H.S.
Jim Buck	So.	Freestyle	Mechanicsburg, Pa./Cumberland Valley H.S.
Mike Cheslock	So.	Ind. Medley	Harrisburg, Pa./Central Dauphin H.S.
T.J. Farley	Sr.	Breaststroke	Westminster, Md./Westminster H.S.
Wesley Foltz	So.	Freestyle/Butterfly	Chapel Hill, N.C./Chapel Hill H.S.
Sam Fuller	Fr.	Butterfly	Clarkesville, Ga./Habersham Central H.S.
Andrew Gough	Fr.	Diving	Timonium, Md./Dulaney H.S.
Devin Kirby	Sr.	Freestyle	Atco, N.J./Hammonton H.S.
Joe Mills	Fr.	Ind. Medley	Laurel, Md./Cedarbrook Academy
Cory Ornstein	So.	Freestyle	Olney, Md./Sherwood H.S.
Drew Pallace	Sr.	Freestyle/Butterfly	Baltimore, Md./McDonogh School
Eric Sparks	So.	Freestyle/Backstroke/Ind. Medley	Topeka, Kansas/Topeka H.S.
Zack Stone	Fr.	Butterfly/Backstroke	Ellicott City, Md./Centennial H.S.
Ryan Westhafer	Fr.	Breaststroke/Ind. Medley	West Chester, Pa./Bayard Rustin H.S.
Ian Zelaya	Fr.	Breaststroke	Salisbury, Md./James M. Bennett H.S.
Head Coach:	Pat Mead (Delaware, '92) - 12th season		
Assistant Coaches:	Margy Keefe (Penn State, '07) - 1st season Jeb Beaver (Towson '03) - 2nd season Joanne Perez (TCNJ, '88) - 1st season		
Diving Coach:	Maureen Mead (Springfield, '94) - 12th season		





CAA

Colonial Athletic Association

The Colonial Athletic Association celebrates its 25th Anniversary in 2009-10 with memories of a proud and storied past and visions of an exciting future.

Regarded as one of the nation's top collegiate conferences, the CAA encompasses five of the nation's nine largest metropolitan areas with a geographic footprint that stretches from Boston to Atlanta. The conference has produced 16 national team champions in five different sports, 33 individual national champions, 12 national players of the year, 12 national coaches of the year and 12 Honda Award winners. Just as impressive, however, are the honors accumulated away from competition, which include five Rhodes Scholars and 20 NCAA post-graduate scholars. In 2008-09, the CAA had more than 1,700 of the league's 4,000 student-athletes received the Commissioner's Academic Award after posting at least a 3.2 grade point average while lettering in a varsity sport. The conference ranked in the top 10 in the nation in 12 of its 23 sports in the latest APR report released by the NCAA.

The landscape of the conference stretches along the majority of the East Coast, and includes six of the nation's top 25 media markets – New York (1), Philadelphia (4), Boston (7), Atlanta (8), Washington, D.C. (9) and Baltimore (25). The number of television homes in the CAA market exceeds 20 million.

The CAA currently sponsors 23 sports with the addition of a 12-team football league in 2007 and women's rowing in 2009. Male athletes compete for championships in baseball, basketball, cross country, football, golf, lacrosse, soccer, swimming & diving, tennis, track & field and wrestling. Female athletes battle for conference titles in basketball, cross country, field hockey, golf, lacrosse, rowing, soccer, softball, swimming & diving, tennis, track & field and volleyball. In 2008-09, 28 teams earned NCAA Tournament berths and 45 student-athletes received All-America honors.

CAA member institutions are committed to excellence in the classroom. The Colonial Academic Alliance was created in 2002 by the league's

presidents with a goal of expanding their partnership to all aspects of university life outside of intercollegiate athletics. Among the programs already established are an undergraduate research conference, coordination of study abroad programs and granting visiting academic status to student-athletes traveling to an away contest so that they have access to libraries, academic resource centers and computer labs.

In 2002, two faculty members from CAA institutions were awarded academia's most coveted distinction – the Nobel Prize. John B. Fenn, a research professor in the Department of Chemistry at Virginia Commonwealth University, received the Nobel Prize for chemistry, and Vernon Smith, a professor of economics and law at George Mason University, shared the Nobel Prize in economic sciences.

Commissioner Thomas E. Yeager has guided the CAA since its inception. The conference traces its roots back to 1983 when three of its current members- George Mason University, James Madison University, and the College of William and Mary - were aligned with East Carolina University, the United States Naval Academy and the University of Richmond as a basketball league (ECAC South). During the next two years, the league added 11 sports, acquired two new members (the University of North Carolina at Wilmington and American University) and decided to form a new association. The transformation from ECAC South to CAA took place on June 6, 1985.

Charter members George Mason, James Madison, UNC Wilmington and William and Mary were joined by Old Dominion University in 1991 and by Virginia Commonwealth University in 1995. The conference added the University of Delaware, Drexel University, Hofstra University and Towson University in 2001. Georgia State University and Northeastern University became members of the conference on July 1, 2005.

Celebrating its 25th Anniversary, the CAA takes great pride in producing student-athletes who stand out on the playing field and in the classroom.

TOWSON CAA SWIMMING AWARDS

CAA Women's Rookie of the Year:
Jennifer Irby, 2002

CAA Women's Rookie of the Year:
Liz Lebherz, 2004

CAA Women's of the Year:
Meredith Budner, 2008

CAA Women's Swimmer of the Year:
Jennifer Irby, 2005

CAA Women's Swimmer of the Year:
Meredith Budner, 2009

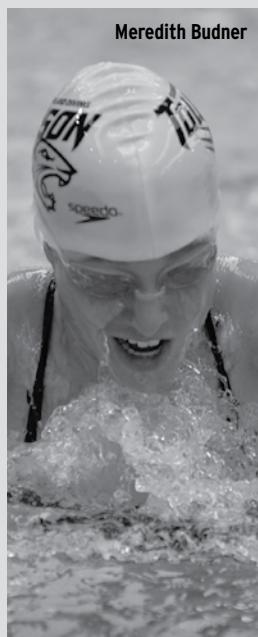
CAA Women's Coach of the Year
Pat Mead, 2005, 2008, 2009

CAA Scholar-Athlete for Women's Swimming:
Jennifer Irby, 2003, 2005

CAA Championship Most Outstanding Performer:
Jennifer Irby, 2003, 2005

CAA Men's Swimmer of the Year:
Aaron Krause, 2003, 2004

CAA Men's Champ. Most Outstanding Performer:
Aaron Krause, 2003, 2004



Meredith Budner



THE REACH OF THE CAA



TIGER PROFILES



Senior
Emilie Hooper





TIGER PROFILES



Caroline Baker

So. • Diving
Adamstown, Md.
Tuscarora H.S.
Mathematics and Secondary
Education Major

AT TOWSON: Helped Tigers win 2009 CAA Championship ... earned seventh place in three-meter diving event by scoring 249.45 points ... placed eighth at CAA Meet in one-meter diving event by scoring 221.30 points.

BACKGROUND: Named as Frederick County Diver of the Year as a senior ... holds school and county championship records ... earned Coaches Award as a junior ... good student who earned Maryland Distinguished Scholar Honorable Mention status ... member of National Honor Society ... honor roll student.

PERSONAL: Career goal is to become a math teacher ... lists her high school math teacher as the person she admires the most ... has been involved in World Changers ... teaches gymnastics at Frederick Gymnastics Club during the summer ... lists Jodi Picoult as her favorite author ... favorite musician is Taylor Swift ... enjoys eating peanut M&Ms and pasta ... uncle played football at Bridgewater College ... parents graduated from Radford and ran for track and field team ... father works as an inspector ... mother is a nurse ... has two younger brothers ... daughter of Bob and Cindy Baker ... born on January 12, 1990 in Rockville, Md. ... majoring in Mathematics and Secondary Education.

CAREER BESTS

1-Meter Diving	237.45
3-Meter Diving	261.40



Caroline Baker



Jeanne Ball

So. • Diving
Rockville, Md.
Magruder H.S.
Undeclared Major

AT TOWSON: Placed eighth at 2009 CAA Championships in three-meter diving event by scoring 200.20 points ... also competed in three-meter diving event at CAA Meet, scoring 180.65 points.

BACKGROUND: Competed for Coach Amy Weiss at Magruder ... placed eighth at Metro Met ... served as class president ... also member of pom squad and helped Colonels to three state titles ... honor roll student.

PERSONAL: Aspires to work in public relations ... enjoys dancing ... favorite athlete is Muhammad Ali ... has worked as a diving coach during the summer in addition to working at Urban Burger Co. ... favorite movie is Finding Nemo ... lists Johnny Depp as her favorite actor ... favorite actress is Kate Beckinsale ... enjoys eating at Chipotle ... lists winning CAA Championship as a freshman as her most memorable experience ... one of five children in family ... daughter of Patrick and Colleen Ball ... born on May 3, 1990 in Rockville, Md.

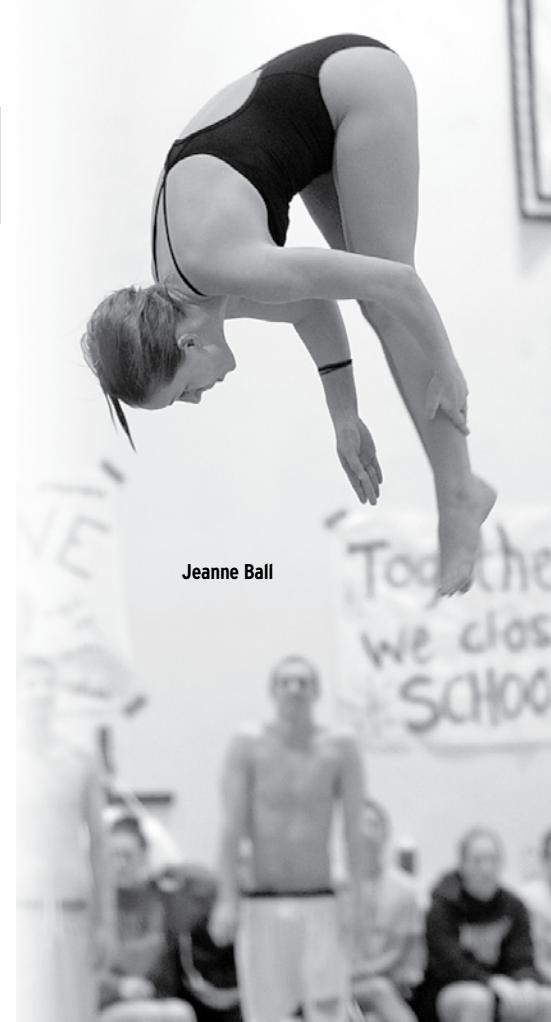
CAREER BESTS

1-Meter Diving	229.90
3-Meter Diving	236.70

PERSONAL: Member of Towson University's Student-Athlete Advisory Council ... lists her father as the person she admires the most ... has worked as a lifeguard and an intern during the summer ... lists Michael Phelps as her favorite athlete ... favorite book is "Crazy Love" ... favorite movie is "The Notebook" ... favorite band is Maroon 5 ... enjoys eating at Bertellini's ... lists winning two CAA Championships as her most memorable experience ... youngest of three children in family ... father works as a government executive and graduated from Willamette University ... mother attended Agnese Scott College ... daughter of Spike and Priscilla Bowman ... born on January 22, 1988 in Seoul, Korea ... major is Business Administration.

CAREER BESTS

500-Free	4:57.41
100-Fly	56.85
200-Fly	2:03.29



Jeanne Ball

Christina Bowman

Sr. • Freestyle
Silver Spring, Md.
St. John's College H.S.
Business Administration Major

AT TOWSON: One of five Tigers to compete in championship final of 200-yard butterfly at 2009 CAA Championships ... took seventh place in event with career-best time of 2:03.29 ... also placed 14th place in 500-yard freestyle at CAA Meet ... finished 16th in 100-yard butterfly at CAA Meet with time of 56.88 seconds ... placed first in consolation heat of 500-yard freestyle at CAA Meet as a freshman and sophomore ... also competed in 200-yard butterfly at conference meet as a sophomore.

BACKGROUND: Competed for Coach Tony Murray at St. John's College H.S.... member of National Honor Society ... recipient of Outstanding Senior Award.



Meredith Budner

Jr. • Freestyle/Ind. Medley
Rockville, Md.
Walter Johnson H.S.
Mathematics Major

2009 CAA SWIMMER OF THE YEAR

AT TOWSON: Holds school records in four individual events and member of two school-record relay teams ... first female swimmer in school history to earn All-America honors ... member of Colonial Athletic Association's 25th Anniversary Team ... honored as 2009 CAA Female Swimmer of the Year ... selected as 2008-09 Towson University Female Athlete of the Year ... two-time CAA champion in 500-yard freestyle, 1650-yard freestyle and 400-yard individual medley ... has been the Tigers' leading scorer at CAA Championships the last two years ... qualified for 2009 NCAA Championships in three events ... finished 11th in 1650-yard freestyle with school-record time of 16:06.82 at NCAA Meet to earn honorable mention All-America honors ... set 500-yard freestyle (4:44.87) school record at NCAA Meet ... holds school record in 1000-yard freestyle (9:46.49) ... helped set school record in 800-yard free relay and 400-yard medley relay events at CAA Championships last year ... also set school record in 400-yard individual medley with time of 4:15.08 at CAA Championship ... earned honorable mention Scholar All-America honors by collegeswimming.com as a sophomore ... honored as an honorable mention All-American by collegeswimming.com as a freshman ... named as CAA Rookie of the Year after scoring 60 points at 2008 CAA Championships ... has been named as CAA Swimmer of the Week twice in her career ... named to CAA Commissioner's List as a sophomore.

BACKGROUND: Helped Walter Johnson H.S. win divisional and county titles four straight years for Coach Jamie Grimes ... set records in 500-yard freestyle and 200-yard individual medley ... honor roll student.

PERSONAL: Career goal is to become an actuary ... lists parents as the people she admires the most ... hobbies include reading and shopping ... has worked as a lifeguard and camp counselor during the summer ... favorite athlete is Michael Phelps ... enjoys reading books by Dale Carnegie ... enjoys eating at Maggiano's ... favorite movie is "Twilight" ... favorite actress is Kristen Stewart ... favorite actor is Johnny Depp ... lists Green Day as favorite musical group ... lists competing at NCAA Championships as most memorable experience ... cousin, Michael Britvan, competed on swim team at Binghamton University ... father is an eye doctor who graduated from Colgate and George Washington ... mother is a receptionist ... has one

younger brother ... daughter of Howard and Lynn Budner ... born on March 31, 1989 in Rockville, Md. ... majoring in Mathematics.

CAREER BESTS

1650-Free	16:06.82*
500-Free	4:44.87*
400-IM	4:15.08*

* - School record



Jordan Crosby

Sr. • Butterfly/Ind. Medley
Monmouth, N.J.
Middletown H.S. South
Exercise Science Major

AT TOWSON: School record holder in 200-yard individual medley ... placed fourth in 200-yard butterfly at CAA Championships as a junior with time of 2:01.14 ... earned eighth place at CAA Meet in 200-yard IM with time of 2:06.52 ... won consolation heat of 100-yard butterfly at CAA Meet ... named as honorable mention All-American by collegeswimming.com as a sophomore ... third-leading individual scorer at CAA Championships as a sophomore with 57 points ... earned CAA title in 200-yard individual medley (2:04.31) and 200-yard butterfly (2:02.24) ... set school record in 200-yard individual medley at 2008 CAA Meet ... swam third leg for Tigers in 200-yard medley relay and 400-yard medley relay, which placed second at CAA Meet ... finished second in 100-yard butterfly with time of 55.57 seconds ... recorded 42 points for the Tigers at CAA Championships as a freshman ... finished ninth in the 200-yard individual medley at CAA Meet ... earned third place in the 100-yard butterfly at CAA Championships with time of 56.58 seconds ... took second place in the 200-yard butterfly at CAA Meet ... set school record in 200-yard butterfly with time of 2:03.98 ... good student who earned honorable mention Academic All-America status by the CSCAA as a sophomore ... three-time selection to CAA Commissioner's List.

BACKGROUND: Competed for Coach Kenneth Sedlack at Middletown H.S. South ... helped the Lions win division title during 2005 season ... won conference titles in 100-yard butterfly and 200-yard individual medley ... finalist at New Jersey state championships in 100-yard butterfly and 200-yard individual medley ... earned all-conference honors three times during her career ... set eight school records.

PERSONAL: Lists her family as the people she admires the most ... career goal is to work in athletic training ... hobbies include cooking and surfing ... has worked as a lifeguard during the summer ... favorite book is "The Five People You Meet in Heaven" ... favorite movie is "Hook" ... younger sister, Taylor, competes on University of North Florida swimming team ... cousin, Emily, is member of crew team at Notre Dame ... has two siblings ... mother is a graduate of the College of New Jersey and works as a teacher ... father works in construction ... daughter of David and Hester Crosby ... born on July 29, 1988 in Long Branch, N.J. ... majoring in Exercise Science.



Kathryne Chalikis

Sr. • Freestyle/Butterfly
Flemington, N.J.
Hunterdon Central H.S.
Speech Pathology and Deaf Studies Major

BACKGROUND: Transfer from University of Massachusetts ... set UMass record in 50-yard freestyle with time of 23.64 seconds ... also ranks second in UMass history in 100-yard butterfly (56.61) and 100-yard freestyle (51.58) ... member of school record 200-yard freestyle relay, 400-yard freestyle relay, 200-yard medley relay and 400-yard medley relay teams ... finished sixth in Atlantic 10 Championships in 50-yard freestyle and 100-yard freestyle events ... four-time first team West New Jersey selection at Hunterdon Central Regional High School ... Hunterdon/Warren County record holder in 200-yard individual medley, 50-yard freestyle and 100-yard freestyle ... won two events at Hunterdon/Warren Championships four straight years.

PERSONAL: Aspires to become a speech pathologist ... lists her parents as the people she admires the most ... favorite book is "The Alchemist" ... enjoys watching "Jerry Maguire" and "IQ" ... lists favorite musician as Dave Barnes ... has worked for the Judge Advocate General for the U.S. Army during the summer ... father is a graduate of the University of Miami who works for Mazda ... mother is a teacher who graduated from Akron ... daughter of George and Thea Chalikis ... born on August 6, 1987 in Flemington, N.J. ... majoring in Speech Pathology and Deaf Studies.

CAREER BESTS

200-IM	2:04.31*
100-Fly	55.57
200-Fly	2:00.81

* - School record



TIGER PROFILES



Cari Czarnecki

So. • Butterfly/Breaststroke/
Ind. Medley
Denver, Pa. • Cocalico H.S.
Elementary Education Major

AT TOWSON: School record holder in 100-yard breaststroke and 200-yard breaststroke events ... earned second place finish in 100-yard breaststroke at CAA Championship with time of 1:01.75 ... set school record in preliminaries of 100-yard breaststroke ... finished third in 200-yard medley relay and 200-yard breaststroke at CAA Meet ... set 200-yard breaststroke school record in preliminaries ... earned fifth place at CAA Meet in 200-yard butterfly, setting career-best time in preliminaries ... also helped Tigers place fourth in 200-yard freestyle relay and 400-yard medley relay ... good student who was named as an honorable mention Scholar All-American by the CSCAA ... also named to CAA Commissioner's List.

BACKGROUND: Holds several school records at Cocalico ... three-time All-State performer ... earned NISCA All-America honors in two events as a senior ... named as Lancaster/Lebanon League Swimmer of the Year.

PERSONAL: Aspires to become an elementary school teacher ... lists her parents as the people she admires the most ... enjoys painting and baking cookies ... has worked as a lifeguard and babysitter during the summer ... favorite athlete is New York Giants quarterback Eli Manning ... enjoys reading "The Perks of Being a Wallflower" ... lists "Jurassic Park" as her favorite movie ... enjoys eating chicken wings ... favorite sportscaster is Stuart Scott ... lists Will Farrell as her favorite actor ... most memorable experience is winning 2009 CAA Championship ... brother competed for University of Tennessee swimming team ... father is a truck driver ... mother works as a nurse ... daughter of Stan and Cindy Czarnecki ... born on October 17, 1989 in Reading, Pa. ... major is Elementary Education.



Megen Donovan

Jr. • Breaststroke/Freestyle
Southampton, Pa.
Archbishop Wood H.S.
Mass Communication/Political
Science Major

AT TOWSON: Placed eighth in 200-yard breaststroke at CAA Championships as a sophomore ... also competed in 100-yard breaststroke at CAA Meet ... finished seventh in 200-yard breaststroke at 2008 CAA Meet with time of 2:22.78 ... also placed eighth at conference meet in 500-yard freestyle with time of 5:01.18 ... earned 15th place in 100-yard breaststroke with mark of 1:07.83 ... two-time selection to CAA Commissioner's List.

BACKGROUND: Competed for Coach Charlie Stilwell at Archbishop Wood ... three-time first team All-Catholic League selection ... finished first in the 500-yard freestyle at PCL meet three straight years ... earned first place in the 100-yard breaststroke as a junior at PCL meet ... won 200-yard individual medley at PCL meet as a senior ... honor roll student.

PERSONAL: Member of Towson University's Student-Athlete Advisory Council ... career goal is to become a journalist ... has worked as a waitress and file clerk during the summer ... favorite author is Mary Higgins Clark ... enjoys eating at Callaway's Bar and Grille, Applebee's and Red Robin ... lists vacationing in Ireland as her most memorable experience ... has two older brothers ... father graduated from Temple University and works as a horticulturist ... daughter of Walter Donovan ... born on February 5, 1989 in Philadelphia, Pa. ... majoring in Mass Communication and Political Science.

CAREER BESTS

500-Free	5:01.18
400-IM	4:35.81
200-Breast	2:19.34



Molly Frantz

Sr. • Manager
Clarksville, Md.
Atholton H.S.
Accounting Major

AT TOWSON: Serving as team manager during the 2009-10 season ... helped Tigers place seventh at ECAC Championships in 400-yard medley relay as a sophomore ... member of 200-yard free relay team which placed 14th at ECAC Meet along with 10th place finish in 200-yard medley relay ... swam second leg of Tigers' 400-yard free relay at ECAC Meet that placed 14th ... also competed in 100-yard and 200-yard breaststroke events at ECAC Meet ... good student who is a three-time selection to the CAA Commissioner's List.

BACKGROUND: Competed for Fairlands Aquatic Swim Team and Coach Manga Dalizo ... set club record in 200-yard breaststroke ... named to National Honor Society ... earned Maryland Distinguished Scholar status ... honored with Merit Scholastic Award.

PERSONAL: Member of Towson University's Student-Athlete Advisory Council and serves as secretary ... aspires to be a certified public accountant and work in an athletic department ... lists her parents as the people she admires the most ... has worked with Special Olympics ... enjoys traveling ... worked as a swim lesson instructor during the summer ... also served an internship at SC&H Group, Inc., a CPA firm ... lists Natalie Coughlin and Mia Hamm as her favorite athletes ... favorite movie is "A Walk to Remember" ... favorite actress is Reese Witherspoon ... favorite musician is Taylor Swift ... lists most memorable experience as a family vacation in Europe ... has two younger sisters ... father is a Towson graduate who played on lacrosse team and works in sales ... mother graduated from Cal State Hayward and works as a registered nurse ... daughter of Joe and Tricia Frantz ... born on September 18, 1987 in San Mateo, Calif. ... major is Accounting.

CAREER BESTS

100-Breast	1:01.64*
200-Breast	2:16.07*
200-Fly	2:01.57

* - School record



Cari Czarnecki


**Robin
Glaser**

Sr. • Freestyle
Easton, Pa. • Easton H.S.
Psychology Major

AT TOWSON: Talented swimmer who is member of four school-record relay teams ... had second place effort in 200-yard freestyle at CAA Championship as a junior with school-recprd time of 1:48.56 ... placed seventh in 100-yard freestyle at CAA Meet ... finished 10th in 50-yard freestyle with time of 23.73 seconds ... had career-best time in 50-yard freestyle preliminaries ... helped Tigers to third place finish and school record at 2009 CAA Championships in 200-yard medley relay by swimming the anchor leg ... member of 200-yard freestyle relay team which finished fourth at CAA Meet and set school record ... also helped Tigers finish second in 400-yard freestyle relay ... scored 39 points for the Tigers at the CAA Championships as a sophomore, good for 16th place among all swimmers ... member of record-setting 800-yard free relay team, which won CAA title ... helped 200-yard free and 400-yard free relay teams finish second at CAA Meet ... placed fifth in 200-yard freestyle (1:51.32) ... earned seventh place at conference meet in 200-yard individual medley (2:07.72) ... helped Tigers finish second in 400-yard medley relay by swimming anchor leg ... scored 38 points at CAA Championships as a freshman ... placed fifth in the 200-yard freestyle at CAA Meet (1:52.38) ... helped Tigers finish first in 200-yard free relay ... earned seventh place in 100-yard freestyle ... member of 400-yard free relay team which finished second ... earned All-CAA honors in 200-yard, 400-yard and 800-yard freestyle relay events ... honorable mention Scholar All-America selection by the CSCAA as a sophomore and junior ... three-time selection to CAA Commissioner's List.

BACKGROUND: Competed for Easton swim team ... earned Academic All-America honors ... also competed on track and field team.

PERSONAL: Enjoys swimming and eating ... lists her parents as the people she admires the most ... has worked as a lifeguard in addition to teaching swim lessons during the summer ... favorite book is "The DaVinci Code" ... favorite movie is "Pirates of the Caribbean" ... lists Johnny Depp as her favorite actor ... lists steak and mashed potatoes as her favorite meal ... most memorable experiences are finishing second in 200-yard freestyle at CAA Championships last year in addition to winning 800-yard freestyle relay at 2008 CAA Meet ... has two sisters ... father is a chemist and a graduate of Rutgers University ... mother gradu-

ated from Montclair State and is a teacher ... daughter of Richard and Barbara Glaser ... born on January 29, 1988 in Phillipsburg, N.J. ... major is Psychology.

CAREER BESTS

500-Free	23.64
100-Free	50.82
200-Free	1:48.56*

* - School record


**Stephanie
Guttenplan**

Sr. • Breaststroke
Roswell, Ga.
Centennial H.S.
Digital Art and Design Major

AT TOWSON: Helped Tigers finish third at 2009 ECAC Championships ... finished fourth in 200-yard breaststroke at ECAC Meet ... contributed to fifth place finish in 400-yard medley relay at ECAC Meet ... earned third place at CAA Championships as a sophomore in 200-yard breaststroke with time of 2:21.48 ... placed ninth in 100-yard breaststroke at conference meet as a sophomore ... also competed in 200-yard individual medley at CAA Meet ... recorded fifth-fastest time in school history in the 200-yard breaststroke as a freshman ... finished sixth in ECAC Championship Meet in 200-yard breaststroke ... earned second place in the 100-yard breaststroke ... named to CAA Commissioner's List three times.

BACKGROUND: Helped Centennial win the state championship as a senior ... earned Coaches' Award ... honored as Spirit Award recipient ... earned All-Star status all four years ... honor roll student.

PERSONAL: Career goal is to work in photography ... lists her father as the person she admires the most ... enjoys photography and art ... has worked as a swim coach during the summer ... worked with Invisible Children ... favorite athlete is Shaun White ... favorite book is "Girl Bomb" ... favorite author is Augusten Burroughs ... lists "Atonement" as her favorite movie ... favorite actor is James McAvoy ... favorite musician is Butch Walker ... enjoys eating breakfast foods ... favorite sportscaster is Charlie Jones ... lists winning CAA Championship as a sophomore as her most memorable experience ... has one older brother ... father is a graduate of Emory College and University of Toledo who works as a doctor ... daughter of Mitch and Linda Guttenplan ... born on September 9, 1987 in Roswell, Ga. ... major is Digital Art and Design.


**Brooke
Golden**

Jr. • Freestyle
New Windsor, Md.
Home Schooled
Nursing Major

AT TOWSON: Member of school record 800-yard freestyle relay team ... Tigers' second-leading scorer at CAA Championships in 2009 ... CAA champion in 200-yard butterfly as a sophomore and set school record in preliminaries ... helped Tigers finish second in 800-yard freestyle relay at CAA Championship, setting school record with time of 7:15.11 ... finished third in 500-yard freestyle with NCAA 'B' cut time of 4:48.13 ... earned fourth place at CAA Meet in 1650-yard freestyle with career-best time of 16:36.30 ... had solid freshman season for the Tigers, earning honorable mention All-America status by collegewimming.com ... eighth-leading individual scorer at CAA Championship with 47 points ... finished third at CAA Meet in 500-yard freestyle (4:54.07) and 200-yard butterfly (2:03.44) ... finished fourth in 1650-yard freestyle with NCAA 'B' cut time of 16:47.77 ... named as CAA Swimmer of the Week after guiding Tigers to win over William & Mary ... good student who earned honorable mention Scholar All-America honors by the CSCAA as a freshman and sophomore ... two-time selection to CAA Commissioner's List.

PERSONAL: Career goal is to become a nurse ... enjoys going to the beach and jet skiing ... lists her family as the people she admires the most ... has worked as a swim lesson instructor during the summer ... lists Janet Evans as her favorite athlete ... favorite authors are John MacArthur and Ted Decker ... enjoys listening to music by Billy Joel ... enjoys eating pasta ... lists most memorable experience as winning CAA Championship last two years and swimming at Nationals and World Championship Trials ... has three brothers ... daughter of Wayne and Candi Golden ... born on October 12, 1989 in Baltimore, Md. ... major is Nursing.

CAREER BESTS

500-Free	4:48.13
200-Fly	1:58.32*
1650-Free	16:36.30

* - School record

CAREER BESTS

200-IM	2:20.96
100-Breast	1:05.66
200-Breast	2:21.48



TIGER PROFILES



Erica Hall

Jr. • Freestyle/Butterfly
Rockville, Md.
Martin H.S.
Biology Major



Emilie Hoeper

Sr. • Freestyle/Backstroke
Hamilton, Ohio
Mt. Notre Dame H.S.
International Studies Major



Lee Ingram

Fr. • Backstroke
Howell, N.J.
Red Bank Catholic H.S.
Undeclared Major

AT TOWSON: Member of school record 400-yard and 800-yard freestyle relay teams ... swam lead leg of 400-yard and 800-yard freestyle relays for Tigers ... placed seventh in 500-yard freestyle at CAA Meet ... finished in 11th place at CAA Championship in 1650-yard freestyle ... helped Tigers win CAA title in 800-yard free relay team as a freshman ... swam first leg for Tigers, who set CAA record with time of 7:20.88 ... also helped 400-yard free relay team place second at conference meet ... finished sixth in 200-yard freestyle (1:51.51) ... placed seventh at CAA Meet in 100-yard freestyle (52.16) ... also competed in 50-yard freestyle, finishing in 19th place ... good student who was honored by CSCAA as an honorable mention Scholar All-America pick as a freshman ... selected to CAA Commissioner's List as a freshman and sophomore.

BACKGROUND: Competed on Martin swim team for Coach Jon Ivonen ... led Warriors to region championship ... earned All-America honors ... placed fifth in region championship ... good student who was a member of the National Honor Society.

PERSONAL: Aspires to work as a pediatrician or physician's assistant ... lists her father as the person she admires the most ... enjoys swimming, reading, eating and coloring ... has worked at a retail store and as a lifeguard during the summer ... lists University of Florida quarterback Tim Tebow as her favorite athlete ... lists Jodi Picoult as her favorite author ... favorite movie is "The Notebook" ... likes to listen to country music ... most memorable experience was winning CAA Championship as a freshman ... enjoys eating cheese ... cousin, Doug Yeager, competes for Duquesne swimming team ... parents are graduates of Pittsburgh ... father works at nuclear power plant ... mother works for AARP ... daughter of Kim and Carolyn Hall ... born on December 22, 1988 in Pittsburgh, Pa. ... major is Biology.

CAREER BESTS

500-Free	4:54.26
200-Free	1:49.54
100-Free	51.31

AT TOWSON: School record holder in 200-yard backstroke after finishing in eighth place at CAA Championships as a junior ... set school record during preliminaries with time of 2:02.38 ... placed 11th at CAA Meet in 100-yard backstroke ... scored 42 points for the Tigers at the CAA Championships as a sophomore ... helped Tigers to a second place finish in 200-yard medley relay and 400-yard medley relay, swimming lead leg in each race ... helped team to third place finish in 200-yard free relay and second place finish in 400-yard free relay ... finished fourth in the 200-yard individual medley (2:05.99) and 200-yard backstroke (2:04.73) ... earned seventh place finish at CAA Meet in 100-yard backstroke with time of 58.57 seconds ... placed 13th in the 500-yard freestyle at CAA Championships as a freshman ... finished seventh in 100-yard backstroke at CAA Meet ... earned fifth place finish in 200-yard backstroke ... named to CAA Commissioner's List as a freshman and sophomore.

BACKGROUND: Competed for Coach Bill Whatley at Mt. Notre Dame ... member of team which made state championships four straight years ... finished ninth in 100-yard backstroke at state meet ... earned 13th place finish in 100-yard freestyle at state meet ... finished 15th in 100-yard backstroke at nationals ... two-time all-conference selection ... team captain as a senior ... earned second team all-conference honors twice ... honor roll student.

PERSONAL: Lists her parents as the people she admires the most ... enjoys making bracelets and baking ... has worked as a lifeguard and swim coach during the summer ... favorite athlete is Cincinnati Bengals quarterback Carson Palmer ... enjoys reading books by David Sedaris ... enjoys watching the movie "High School Musical" ... favorite actor is Jim Carrey ... likes to listen to classical music ... enjoys eating cheese ... lists winning the CAA Championship as her most memorable experience ... has one older sister ... father graduated from Miami and works as a land developer ... mother is a registered nurse who is a Marymount graduate ... daughter of Tim and Amy Hoeper ... born on November 7, 1987 in Cincinnati, Ohio ... major is International Studies.

CAREER BESTS

200-IM	2:05.99
100-Back	57.90
200-Back	2:02.38*
* - School record	

BACKGROUND: Led Red Bank Catholic to four straight Shore Conference and county titles ... placed third in the 100-yard backstroke at the conference meet ... also played soccer for Red Bank Catholic.

PERSONAL: Lists her parents as the people she admires the most ... enjoys sports ... has worked as a lifeguard during the summer ... favorite athlete is Michael Phelps ... enjoys reading books by JK Rowling ... favorite movie is "She's the Man" ... likes to listen to music by Akon ... favorite food is ribs ... lists winning the Shore Conference in high school as her most memorable experience ... has one younger sister ... father works in pharmaceutical sales and graduated from Arizona State ... mother is a graduate of the University of Arizona ... daughter of William and Melissa Ingram ... born on September 17, 1990 in Bryn Mawr, Pa.

Chelsea Kling





Tana King

So. • Freestyle
Oak Hill, Va.
Paul VI Catholic H.S.
Secondary Education and
English Major

AT TOWSON: Helped Tigers to third place finish at 2009 ECAC Championships ... placed ninth in 50-yard freestyle with time of 24.11 seconds ... took ninth in 200-yard freestyle (1:53.22) ... finished 13th in 100-yard freestyle at ECAC Meet with time of 52.89 seconds ... helped Tigers to third place finish in 200-yard freestyle relay and fifth place finish in 400-yard freestyle relay ... contributed to fifth place finish in 400-yard medley relay ... member of 800-yard freestyle relay team which placed seventh at ECAC Meet ... named to CAA Commissioner's List.

BACKGROUND: Three-time team MVP who won the National Catholic Championship in 50-yard freestyle ... earned All-Met Honorable Mention status ... two-time All-State selection ... served as team captain as a senior.

PERSONAL: Career goal is to become a teacher and coach ... enjoys reading, running and watching Law and Order ... has worked as a swim coach, lifeguard and swim lesson instructor during the summer ... favorite athlete is Darrell Green ... enjoys reading "Pride and Prejudice" ... favorite movie is "Notting Hill" ... lists Jennifer Aniston as her favorite actress ... enjoys eating chicken ... favorite restaurant is California Pizza Kitchen ... lists Kurt Menefee as her favorite sportscaster ... youngest of four children in family ... mother is a substitute teacher who graduated from the University of Maryland ... father is a graduate of Arkansas State University ... daughter of Roland and Paulette Rogers ... born on February 29, 1990 in Fairfax, Va. ... major is Secondary Education and English.

CAREER BESTS

50-Free	24.11
100-Free	52.76
200-Free	1:53.22



Chelsea Kling

Jr. • Butterfly
Olney, Md.
Our Lady of Good Counsel H.S.
Finance Major

AT TOWSON: Placed seventh in 100-yard butterfly at 2009 ECAC Championships ... earned eighth place finish in 200-yard butterfly with time of 2:05.69 ... finished 17th in 500-yard freestyle at ECAC Meet ... member of 200-yard medley relay team which placed second at 2009 ECAC Championships ... also contributed to fifth place finish in 400-yard medley relay ... helped Tigers earn seventh place finish at ECAC Championships in 400-yard medley relay as a freshman ... also finished 13th at ECAC Meet in 100-yard and 200-yard butterfly events ... earned CAA Commissioner's List honors as a freshman and sophomore.

BACKGROUND: Served as team captain for Coach Danny Haines at Our Lady of Good Counsel ... helped team set two national records ... four-time league champion ... member of three National Catholic championship teams.

PERSONAL: Aspires to attend law school ... works with autistic children and with Marvavots ... enjoys reading and working with children ... has worked as a lifeguard and swim coach during the summer ... lists Olympic swimmer Dara Torres as favorite athlete ... enjoys reading "The Great Gatsby" ... favorite movie is "High School Musical" ... favorite actor is Zac Efron ... enjoys listening to music by Rascal Flatts ... favorite food is cheese ... lists winning CAA title as most memorable experience ... has one younger brother ... father works in marketing and is a graduate of the University of Maryland ... mother graduated from Bentley College and is an accountant ... daughter of Steve and Marge Kling ... born on March 5, 1989 in Washington, D.C. ... major is Finance.

CAREER BESTS

100-Fly	57.34
200-Fly	2:05.69
500-Free	5:08.17



Marianna Kogut

So. • Butterfly
Glen Burnie, Md.
Glen Burnie H.S.
Exercise Science Major

AT TOWSON: Earned third place in 200-yard butterfly at CAA Championships in 2009 ... also finished seventh in 100-yard butterfly and competed in 200-yard individual medley at CAA Championships ... named to CAA Commissioner's List.

BACKGROUND: Four-time Maryland state qualifier for Coach Crystee Ballard and SPY Club Team ... three-time Short Course YMCA National qualifier ... qualified for Long Course YMCA Nationals four times ... served as Parliamentarian for National Honor Society ... member of Tri-M Honor Society ... earned National Merit Scholar Honorable Mention status.

PERSONAL: Aspires to become a physical therapist ... lists her mother as the person she admires the most ... has worked as a volunteer swim coach and lifeguard ... enjoys going to the movies and sleeping ... enjoys reading "The Things They Carried" by Tim O'Brien ... favorite movie is "The Benchwarmers" ... lists Will Farrell as her favorite actor ... enjoys eating at Bill Bateman's ... lists her third place finish in the 200-yard butterfly at 2008 CAA Championships as most memorable experience ... one of six children in family ... brother, Peter, competed for William & Mary swimming team ... mother is a graduate of UMBC who works as aquatic director at Spy Aquatics ... father graduated from Maryland and works as a security guard ... daughter of Allen and Maureen Kogut ... born on September 29, 1990 in Baltimore, Md. ... major is Exercise Science.

CAREER BESTS

100-Fly	56.07
200-Fly	2:00.94
500-Free	5:17.85



TIGER PROFILES



**Gabi
LePore**

Fr • Diving
Windsor, Conn.
Windsor H.S.
Mass Communication Major



**Maggie
Macedonia**

So. • Freestyle/Backstroke/IM
Annandale, Va.
Bishop O'Connell H.S.
Elementary Education Major



**Maegan
McLaughlin**

So. • Breaststroke/IM
New Brunswick, N.J.
Rutgers Prep
Criminal Justice/Sociology
Major

BACKGROUND: Earned All-State and All-Conference honors for the Warriors ... helped Warriors win Class L state championship in 2007 ... also played lacrosse at Windsor High School.

PERSONAL: Aspires to become a journalist ... lists her parents as the people she admires the most ... enjoys listening to music and spending time with friends ... has worked as a lifeguard and waitress during the summer ... favorite athlete is Laura Wilkinson ... enjoys watching the movie "Crash" ... favorite actor is Will Smith ... favorite food is pasta ... lists winning the state title as a junior as most memorable experience ... has one younger sister ... father works as a police officer ... mother is a bookkeeper ... daughter of Tom and Nicole LePore ... born on January 11, 1991 in Manchester, Conn. ... major is Mass Communication.

Maegan McLaughlin

AT TOWSON: Placed 12th in 200-yard backstroke and 200-yard individual medley at 2009 CAA Championships ... also competed in 100-yard backstroke and placed 18th in preliminaries ... named to CAA Commissioner's List.

BACKGROUND: Earned All-America honors seven times for Coach Evan Stiles ... four-time U.S. Swimming Scholastic All-American ... earned first team All-Met status from The Washington Post as a sophomore in 400-yard freestyle relay ... two-time honorable mention All-Met selection ... two-time team MVP recipient ... earned Coaches Award as a sophomore ... set school records in six events, including three relay events ... named as Swimmer of the Year by Arlington County Better Sports Club as a senior ... two-time member of Principal's List ... honor roll student ... served as captain for Arlington Aquatic Club swim team.

PERSONAL: Career goal is to work in special education or elementary education ... has worked as a Sunday School teacher, lifeguard and swim lesson instructor ... lists her parents as the people she admires the most ... has volunteered at St. James Food Distribution and served as a Sunday School teacher ... enjoys sports, music, traveling, baking, crafts and spending time with family and friends ... favorite athlete is Olympic swimmer Ryan Lochte ... favorite book is The Bible ... enjoys watching comedies and drama movies ... favorite actor is Leonardo DiCaprio ... favorite is Audrey Hepburn ... enjoys listening to rock music ... enjoys eating Vietnamese food ... lists Bob Costas as her favorite sportscaster ... most memorable experience is being a member of the Tigers' CAA Championship team last year ... has four siblings ... brother, Michael, competed on tennis team at Carnegie Mellon ... uncle, Ronald Supansic, played baseball at Pittsburgh ... mother was a cheerleader at William & Mary ... father played on baseball and football teams at West Liberty ... father is a retired school teacher ... daughter of Dave and Margaret Macedonia ... born on September 20, 1989 in Fairfax, Va. ... Elementary Education major.

AT TOWSON: Placed 12th in the 400-yard individual medley at CAA Championships with a time of 4:29.09 ... also competed in 100-yard breaststroke and placed 19th in preliminaries with career-best time of 1:06.76 ... placed 19th in preliminaries of 200-yard breaststroke at CAA with career-best time of 2:23.21 ... named to CAA Commissioner's List.

BACKGROUND: Member of Scarlet Aquatic Club for Coach Tom Speedling ... national and sectional team member ... member of Silver Medal Club in the USA Swimming Club Excellence Program

PERSONAL: Lists her mother as the person she admires the most ... has volunteered for Habitat for Humanity ... enjoys spending time with her friends along with swimming, eating and sleeping ... favorite athletes are Arizona Cardinals wide receiver Larry Fitzgerald and former New York Giants wide receiver Plaxico Burress ... favorite movie is "Pirates of the Caribbean" ... favorite actress is Kat Williams ... enjoys eating Spanish food ... lists winning the CAA Championship as her favorite moment ... has two siblings ... daughter of Dolores McLaughlin ... born on February 11, 1990 in New Brunswick, N.J. ... major is criminal justice and sociology.

CAREER BESTS

100-Breast	1:06.76
200-Breast	2:23.21
400-IM	4:29.09

CAREER BESTS

100-Back	58.28
200-Back	2:02.89
200-IM	2:05.73



Jenny Nevin

So. • Freestyle
Finksburg, Md.
Mount de Sales Academy
Accounting Major

AT TOWSON: Helped Tigers to third place finish at ECAC Championships last year ... placed 18th in 200-yard breaststroke preliminaries ... also competed in 500-yard freestyle and 100-yard breaststroke ... named to CAA Commissioner's List as a freshman.

BACKGROUND: Led Mount de Sales to IAAM A Conference Dual Meet championship as a senior ... helped Sailors finish second in IAAM A Conference Championships four times ... member of National Catholic runner-up team twice ... set school record in 100-yard breaststroke ... member of two record-setting relay teams ... played two years of volleyball.

PERSONAL: Career goal is to become an accountant ... lists her parents as the people she most admires ... enjoys shopping ... has had summer jobs as a lifeguard, swim lesson instructor and swim coach ... favorite athletes are Natalie Coughlin and Jenny Thompson ... enjoys reading books by John Grisham ... likes to watch comedies ... favorite actress is Kate Hudson ... favorite food is Chicken Parmesan ... enjoys eating at Bertucci's ... most memorable experience is her senior trip to Italy and France ... cousin, Colleen Nevin, is a member of the University of Louisville women's lacrosse team ... cousin, Laura, plays lacrosse at U.S. Naval Academy ... parents are both graduates of Towson University ... father works as an accountant ... mother is an underwriter ... has one younger sister ... daughter of Stephen and Carol Nevin ... born on December 5, 1990 in Towson, Md. ... major is Accounting.

CAREER BESTS

200-Free	1:59.10
500-Free	5:19.26
200-Breast	2:28.59

Stephanie Guttenplan



Adrienne Phillips

Fr. • Freestyle/Backstroke/IM
Mechanicsburg, Pa.
Trinity H.S.
Exercise Science Major

BACKGROUND: Earned All-American honors for the Shamrocks at Trinity H.S. ... two-time silver medalist in 400-yard free relay at state championships ... good student who was member of National Honor Society.

PERSONAL: Career goal is to become a sports physician ... lists her parents as the people she admires the most ... enjoys eating ... favorite athletes are Margaret Hoelzer, Olympic swimmer Natalie Coughlan and Hall of Fame basketball player Michael Jordan ... enjoys reading The Bible and "Harry Potter" books ... favorite movie is "Pride" ... lists Johnny Depp as her favorite actor ... enjoys listening to music by Eminem ... favorite meal is Chicken Alfredo from The Olive Garden ... has two sisters ... older sister, Elizabeth, competed for Rochester Institute of Technology swim team for two years ... father is a lobbyist who graduated from Notre Dame ... mother is an administrative assistant and a graduate of Albright College ... daughter of Vince and Claudia Phillips ... born on November 20, 1990 in Mechanicsburg, Pa. ... major is Exercise Science.



Lauren Ray

So. • Diving
Ceresco, Mich.
Harper Creek H.S.
Forensic Chemistry Major

BACKGROUND: Scored 221.30 points in one-meter diving event at CAA Championships for seventh place finish ... also placed ninth in three-meter diving event at CAA Meet as a freshman with season-high score of 255.55 points.

BACKGROUND: Four-time all-conference selection for the Beavers ... two-time all-city champion who earned All-America honors ... two-time academic all-state pick ... helped Beavers finish second in conference three years in a row ... set school, pool and conference records ... won league title three straight years ... finished second in league as freshman ... served as team captain as a senior for soccer team.

PERSONAL: Aspires to become a pharmacist ...

most admires her mother ... enjoys soccer, shopping, reading and watching movies ... has worked as a chef at Mancino's during the summer along with being a lifeguard ... favorite athlete is Christina Lukas ... enjoys reading books by Jodi Picoult, including "The Pact" ... favorite movie is "Boondock Saints" ... enjoys eating pasta ... favorite actor is Matt Damon ... lists Debra Messing as her favorite actress ... favorite sportscaster is Tommy Smyth ... lists winning the CAA Championship last year as her most memorable experience ... youngest of three children in family ... older brother, Darren, played soccer at Kellogg Community College ... mother is a registered nurse who graduated from the University of Michigan ... father is a millwright ... daughter of Larry and Caren Ray ... born on December 3, 1989 in Battle Creek, Mich. ... majoring in forensic chemistry.

CAREER BESTS

1-Meter Diving	243.95
3-Meter Diving	255.55



Lauren Ray



TIGER PROFILES



Kelsey Rouse

Fr. • Breaststroke/Ind. Medley
Severna Park, Md.
Severna Park H.S.
Nursing Major



Kate Scarbrough

So. • Diving
Weedsport, N.Y.
Weedsport H.S.
Elementary Education Major



Wendy Sharer

Fr. • Backstroke/Freestyle
Raleigh, N.C.
Leesville Road H.S.
Exercise Science Major

BACKGROUND: Served as co-captain for SPY Swimming club team ... qualified for YMCA Nationals five times ... helped club team break national YMCA record in 200-yard long course medley relay by swimming breaststroke leg.

PERSONAL: Aspires to become a nurse ... enjoys swimming, eating and sleeping ... has worked as a lifeguard during the summer ... favorite movie is "Aladdin" ... lists making the Towson team as her most memorable experience ... has one older sister ... father serves as Vice President of Motion Industries and graduated from Purdue ... mother is a graduate of Indiana University ... daughter of Jeff and Kathy Rouse ... born on April 2, 1991 in Cincinnati, Ohio ... major is nursing.

Kate Scarbrough

AT TOWSON: Diver who helped Tigers finish third at 2009 ECAC Championships ... scored 160.45 points in one-meter event to place 11th ... named to CAA Commissioner's List.

BACKGROUND: Helped Warriors to Section III Class B Championship and Finger Lakes title ... two-time Class B one-meter diving champion ... won Onondaga High School League one-meter title as a senior ... won one-meter diving title at JD Diving Invitational ... named as team MVP as a junior ... two-time first team All-OHSL selection ... earned OHSL second team All-League honors three times ... earned second team All-League honors in cross country ... also competed on Warriors' track team ... good student who was member of National Honor Society.

PERSONAL: Lists her parents as the people she admires the most ... career goal is to work as an elementary education teacher ... has served as a volunteer for Special Olympics and volunteer fire department charity events ... enjoys spending time with friends ... favorite athlete is Dustin Pedroia of the Boston Red Sox ... enjoys reading "Twilight" ... favorite movie is "Juno" ... lists Olive Garden as favorite restaurant ... favorite food is ravioli ... lists winning sectionals during her senior year of high school as her most memorable experience ... has one older brother ... father competed on golf team at Hiram College ... daughter of Robert and Sue Scarbrough ... born on March 13, 1990 in Williamsport, Pa. ... major is Elementary Education.

CAREER BESTS

1-Meter Diving	221.40
3-Meter Diving	192.50

BACKGROUND: Led Pride to third place finish at state championships ... served as junior marshal ... good student who was named to honor roll and National Honor Society.

PERSONAL: Aspires to become a chiropractor ... lists her mother as the person she admires the most ... enjoys knitting ... has worked as a swim lesson instructor during the summer ... favorite book is "Mind Gym" ... favorite movie is "Zoolander" ... likes to listen to music by Andrew McMahon ... favorite meal is food cooked by her mother ... youngest of three children in family ... mother is a dentist who attended University of Washington ... daughter of David and Patty Sharer ... born on November 6, 1990 in Seattle, Wash. ... majoring in Exercise Science.



Amanda Skroupa

Fr. • Backstroke
West Friendship, Md.
Glenelg H.S.
Communications Major

BACKGROUND: Competed for Eagle Swim Team ... honor roll student at Glenelg H.S.

PERSONAL: Lists her parents as the people she admires the most ... enjoys swimming and shopping ... has worked as a lifeguard and swim instructor during the summer ... favorite movie is "The Little Mermaid" ... favorite actor is Johnny Depp ... lists Rachel McAdams as her favorite actress ... enjoys eating chicken wings ... has an older brother and younger sister ... father is a graduate of UMBC ... daughter of Mark and Karen Skroupa ... born on April 29, 1991 in Howard County, Md. ... major is Communications.





Ivy Wimberley

Sr. • Breaststroke
Farmingdale, N.J.
Red Bank Catholic H.S.
Exercise Science Major

AT TOWSON: Ranked fourth among Towson swimmers in scoring at 2009 CAA Championships with 45 points ... placed fourth in CAA Championships in 100-yard and 200-yard breaststroke events and 100-yard butterfly ... set career-best time in 100-yard breaststroke preliminaries with time of 1:02.86 ... also recorded career-best time in 200-yard breaststroke finals with time of 2:17.87 ... ranked 10th among individual swimmers with 45 points at CAA Championships in 2008 ... won CAA title in 100-yard breaststroke (1:04.03) and 200-yard breaststroke (2:20.37) ... helped Tigers to second place finish in 200-yard medley relay and 400-yard medley relay at CAA meet ... placed 12th in 100-yard butterfly with time of 57.64 seconds ... earned fourth place finish at CAA Championship Meet in 100-yard breaststroke as a freshman ... also had fourth place finish in 200-yard breaststroke at CAA Meet ... named All-CAA in 400-yard medley relay event ... named to CAA Commissioner's List as a sophomore.

BACKGROUND: Competed for Coach Matt Bowen at Red Bank Catholic ... helped team win three conference titles ... member of four-time county championship team, which was ranked in top 10 in state ... named as team MVP as a junior and senior ... finished second in conference and county championships during junior and senior years ... named second-team All-Shore Conference.

PERSONAL: Career goal is to become a physical therapist and physical education teacher ... lists her mother as the person she admires the most ... enjoys shopping, coloring, eating and going to the beach ... has worked as a swim coach and instructor, lifeguard and waitress during the summer ... favorite athlete is Olympic swimmer Ryan Lochte ... favorite movies are "Breakfast at Tiffany's" and "Almost Famous" ... lists Audrey Hepburn as her favorite actress ... likes to read "Scar Tissue" by Anthony Kiedis ... enjoys listening to country music ... lists favorite foods as Chinese food and sushi ... favorite sportscaster is Summer Sanders ... lists most memorable experience as winning the CAA Championship in each of the last two years ... has two younger sisters ... sister, Meryl, competes on track and field team at The College of New Jersey ... father wrestled at Rowan University and works in sales ... mother is a Temple University graduate and is a physical therapist ... daughter of Keith and Lily Wimberley ... born on February 21, 1988 in Long Branch, N.J. ... major is Exercise Science.

CAREER BESTS

100-Fly	55.88
100-Breast	1:02.86
200-Breast	2:17.87



Monica Wolgast

Jr. • Breaststroke
Oreland, Pa.
Springfield Township H.S.
English and Secondary
Education Major

AT TOWSON: Placed second in 100-yard breaststroke at 2009 ECAC Championships with time of 1:04.26 ... also earned eighth place finish in 200-yard breaststroke at ECAC Meet ... member of 200-yard medley relay team which placed second at 2009 ECAC Championships ... finished tied for 13th place in 100-yard breaststroke at CAA Championships with time of 1:07.18 as a freshman ... also competed in 200-yard individual medley and 200-yard breaststroke at CAA Meet ... named to CAA Commissioner's List as a sophomore.

BACKGROUND: Competed for Coach Andrew Driska at Springfield Township ... two-time All-America honoree ... set records in the 100-yard breaststroke and 200-yard medley relay ... earned George H. Ingram Award ... also played on water polo team.

PERSONAL: Career goal is to become a high school teacher ... has worked with Special Olympics ... enjoys swimming, spending time with friends, reading and tennis ... has worked as a lifeguard during the summer ... favorite athlete is skier Apollo Ono ... favorite actress is Rachel McAdams ... enjoys listening to music by Coldplay ... likes to eat Chinese food ... lists her sophomore year of college as her most memorable experience ... has two younger siblings ... daughter of John and Cathy Wolgast ... born on June 7, 1989 in Philadelphia, Pa. ... has double major of English and Secondary Education.

CAREER BESTS

200-IM	2:15.69
100-Breast	1:04.26
200-Breast	2:26.55



Kayla Zeller

Jr. • Freestyle
Landisville, Pa.
Hempfield H.S.
Speech Pathology Major

AT TOWSON: Tigers' fifth-leading scorer at 2009 CAA Championships with 41 points ... finished fourth in 500-yard freestyle at CAA meet with career-best time of 4:51.64 ... also set career-best time in 400-yard individual medley at CAA Championship with fourth place finish ... placed seventh in 1650-yard freestyle at CAA Meet with career-best time of 16:41.99 ... named as an honorable mention All-American by collegeswimming.com ... contributed to the Tigers' 2008 CAA Championship as a freshman by scoring 43 points at conference meet, good for 11th place among all swimmers ... finished third at CAA Championships in 400-yard individual medley with time of 4:28.51 ... one of three Tigers to earn NCAA 'B' cut time in 1650-yard free at CAA meet with fifth-place time of 16:52.20 ... earned sixth place at CAA Meet in 500-yard freestyle with time of 4:55.56 ... good student who is a two-time selection to CAA Commissioner's List and was named as a honorable mention Academic All-America recipient by the CSCAA.

BACKGROUND: Competed for Steve Beck at Hempfield ... finished eighth at state meet in 500-yard freestyle for Knights ... earned Most Outstanding and Coaches awards ... earned All-America and all-state honors ... member of Key Club ... good student who was named to the superior honor roll.

PERSONAL: Career goal is to become a speech therapist ... hobbies include shopping, eating and spending time with family and friends ... lists her former coach, Pete Clark, as the person she admires the most ... has worked as a lifeguard during the summer ... enjoys shopping and spending time with friends and family ... lists Olympic swimmer Natalie Coughlin as her favorite athlete ... favorite actress is Katherine Heigl ... favorite actor is Shane West ... enjoys country music ... favorite food is sushi ... lists winning the CAA Championship in each of the last two years as her most memorable experience ... has one older sister ... father graduated from West Chester and works in sales ... mother attended Brandywine and works as a secretary at an elementary school ... daughter of Robert and Susan Zeller ... born on July 8, 1989 in Lancaster, Pa. ... major is Speech Pathology.

CAREER BESTS

400-IM	4:23.24
500-Free	4:51.64
1650-Free	16:41.99



TIGER PROFILES



Wade Boarman

Fr. • Freestyle
Queenstown, Md.
Kent Island H.S.
Accounting Major

BACKGROUND: Led Bucs to undefeated season in 2007 ... honor roll student ... named as Business Student of the Year at Kent Islan H.S..

PERSONAL: Has worked as a lifeguard during the summer ... has one older brother ... father works in marine management ... mother is a hair stylist ... son of Thomas Boarman and Evelyn Lyons ... born on December 2, 1991 in Annapolis, Md. ... major is Accounting.



Bradley Bolin

Sr. • Diving
Los Angeles, Calif.
Temple City H.S.
Political Science and
Economics Major

AT TOWSON: Placed 11th in three-meter diving event at 2009 CAA Championships ... scored 165.95 points in one-meter diving event and 225.15 points in three-meter diving event at 2008 CAA Championships as a sophomore ... named as CAA Diver of the Week after winning three-meter diving event against Delaware during 2007-08 season ... honored as the 2006-07 CAA Diving Rookie of the Year ... finished fifth in the one-meter diving event at the 2007 CAA Championships, scoring 246.25 points ... earned sixth place in the three-meter diving event with a score of 236.85 points ... good student who is a three-time selection to CAA Commissioner's List.

BACKGROUND: Member of Temple City diving team ... earned All-America honors ... set high school record for 11-dive meet ... finished sixth in the state.

PERSONAL: Hobbies include reading, playing video games and ... has worked as a diving coach during the summer ... favorite athletes are Greg Louganis and Laura Wilkinson ... favorite movie is "Moulin Rouge" ... lists Hugh Jackman as his favorite actor ... favorite actress is Sandra Bullock ... favorite restaurant is California Pizza Kitchen ... most memorable experience is traveling to Spain ... has four siblings ... son of Brad Bolin and Cyndi Benitez ... born on May 17, 1988 in Orange County, Calif. ... has double major of Political Science and Economics.

CAREER BESTS

1-Meter Diving	272.50
3-Meter Diving	287.95



Jim Buck

So. • Freestyle
Mechanicsburg, Pa.
Cumberland Valley H.S.
Computer Science Major

AT TOWSON: Competed in 1650-yard freestyle at 2009 CAA Championship and placed 17th with time of 16:16.52 ... named to CAA Commissioner's List as a freshman.

BACKGROUND: Member of Eagles' swimming team which won four MidPenn championships ... helped team win 2006 district championship ... served as team captain for Eagles' swimming and water polo teams as a junior and senior ... named to water polo All-State team twice ... honor roll student.

PERSONAL: Member of Towson University's Student-Athlete Advisory Council ... career goal is to become a software engineer ... lists his father as the person he admires the most ... enjoys spending time with friends, playing the guitar, spending time at the beach and eating ... has worked at a movie theater and for a caterer during the summer in addition to serving as a swim team coach ... favorite athlete is Lance Armstrong ... favorite book is "Jimmy's Sunny Day" ... lists favorite movies as "Transformers", "300", "Fight Club" and "Boondock Saints" ... enjoys eating breakfast food ... enjoys listening to music by Led Zeppelin ... has two older sisters ... sister, Diana, is a member of the Slippery Rock University water polo team ... cousin, Kevin Diso, competes for water polo team at Harvard University ... father graduated from Georgia Tech ... son of James and Kathy Buck ... born on September 30, 1989 in Mechanicsburg, Pa. ... major is Computer Science.

CAREER BESTS

200-Free	1:46.26
500-Free	4:43.92
1650-Free	16:16.52

**Mike
Cheslock**

So • Freestyle/Breaststroke
Harrisburg, Pa.
Central Dauphin H.S.
Undeclared Major

AT TOWSON: Competed in 200-yard breaststroke at 2009 CAA Championships ... named to CAA Commissioner's List as a freshman.

BACKGROUND: Two-year captain who helped the Rams win Mid-Penn and District III championships ... qualified for state meet ... competed on cross country team ... good student who was member of National Honor Society.

PERSONAL: Lists his father as the person he admires the most ... enjoys sports, video games and music ... has worked as a lifeguard and server during the summer in addition to tutoring elementary school children ... favorite athlete is Tiger Woods ... enjoys reading "Angels and Demons" ... favorite movie is "Gladiator" ... lists Heath Ledger as his favorite actor ... likes to listen to music by Dave Matthews Band ... enjoys eating steak and potatoes ... older sister, Mary Beth, competed for George Mason swimming team ... father is a claims supervisor who graduated from Penn State ... son of Mark and Mary Ann Cheslock ... born on October 3, 1989 in Harrisburg, Pa.

CAREER BESTS

200-Free	1:45.98
200-Breast	2:16.72

**T.J.
Farley**

Sr. • Breaststroke
Westminster, Md.
Westminster H.S.
Communication Studies Major

AT TOWSON: Finished 12th in 200-yard breaststroke at 2009 CAA Championships ... also placed 13th in 100-yard breaststroke at CAA Meet ... earned 11th place in 200-yard breaststroke as a freshman at CAA Meet.

BACKGROUND: Competed on Carroll County YMCA Piranha team ... honor roll student who had perfect attendance ... named as a scholar athlete ... also ran for Westminster cross country team.

PERSONAL: Member of Towson University's Student-Athlete Advisory Council ... lists his mother as the person he admires the most ... career goal is to become a state trooper ... enjoys bodyboarding, driving and skiing ... has worked as a swim coach and lifeguard during the summer ... enjoys listening to music by "Slightly Stoopid" ... favorite movie is "Transformers" ... favorite actor is Will Ferrell ... favorite food is pizza from Maria's ... older brother, Matt, competed on Elizabethtown College swim team ... older sister, Courtney, competed on swimming and diving team at Frostburg State University ... father graduated from Oklahoma State and played baseball for the Marine Corps ... mother graduated from Mount St. Mary's ... son of Durward and Karen Farley ... born on September 8, 1987 in Westminster, Md. ... major is Communication Studies.

CAREER BESTS

200-IM	2:05.82
100-Breast	58.55
200-Breast	2:05.78

**Wes
Foltz**

So. • Freestyle/Butterfly
Chapel Hill, N.C.
Chapel Hill H.S.
Sport Management Major

AT TOWSON: Finished 13th at CAA Championship in 200-yard butterfly ... also placed 16th at CAA Meet in 500-yard freestyle.

BACKGROUND: Led swim team to state championship as a senior ... finished eighth at state meet in 200-yard freestyle ... member of 200-yard medley and 400-yard free relay teams which placed third at state championship ... two-time Scholastic All-American selection ... member of baseball team.

PERSONAL: Career goal is to become a swim coach or an engineer ... lists his parents and club coach as the people he admires the most ... enjoys golf and surfing ... has worked as a lifeguard and swim lesson instructor during the summer ... favorite athletes are Grant Hackett and Caesar Cielvo ... enjoys reading "Tuesdays With Morrie" ... favorite movie is "Dazed and Confused" ... favorite actor is Mark Wahlberg ... enjoys eating Chinese food ... has one older sister ... father is an engineer who competed on Auburn University swimming team ... mother is a teacher who graduated from Flagler College ... son of Jeff and Sheila Foltz ... born on May 31, 1990 in St. Joseph, Mo. ... major is Sport Management.

CAREER BESTS

200-Fly	1:53.27
500-Free	4:38.54
1650-Free	16:48.29

T.J. Farley



TIGER PROFILES



**Sam
Fuller**

Fr. • Butterfly
Clarksville, Ga.
Habersham Central H.S.
Geography Major



**Devin
Kirby**

Sr. • Sprint Free
Atco, N.J.
Hammonton H.S.
Special Education Major



**Joe
Mills**

Fr. • Individual Medley
Laurel, Md.
Cedarbrook Academy
Undeclared Major

BACKGROUND: Served as a team captain for Coaches Jeanie Huddleston and Lisa Eller at Habersham Central High School.

PERSONAL: Aspires to attend law school ... lists his parents as the people he admires the most ... enjoys swimming, sleeping and eating ... has served as a swim coach during the summer ... favorite athlete is Tiger Woods ... enjoys reading "Angels and Demons" ... likes watching "The Bourne Series" ... enjoys eating steak ... lists traveling to Australia as his most memorable experience ... has two sisters ... older sister, Devon, competed for Hartwick College swim team ... parents graduated from East Carolina and work in medicine ... son of Scott and Andrea Fuller ... born on June 26, 1991 in Augusta, Ga. ... major is Geography.



**Andrew
Gough**

Fr. • Diving
Timonium, Md. • Dulaney H.S.
Undeclared Major

BACKGROUND: Played for Lions' football team.

PERSONAL: Lists his cousin, Ryan, as the person he admires the most ... enjoys diving, animals and playing video games ... has worked as a waiter during the summer ... lists Baltimore Ravens linebacker Ray Lewis as his favorite athlete ... enjoys reading the "Harry Potter" series by J.K. Rowling ... favorite movie is "Dawn of the Dead" ... lists Megan Fox as his favorite actress ... favorite musician is Ben Burnley ... enjoys eating pizza from Maria's Restaurant ... has one younger brother ... parents are graduates of Maryland ... son of Bill and Dawn Gough ... born on January 9, 1991 in Towson, Md.

AT TOWSON: Placed ninth in 50-yard freestyle at 2009 CAA Championships ... finished 13th in 100-yard freestyle at CAA Meet ... earned 12th place in 100-yard freestyle at CAA Championships as a sophomore with time of 46.39 seconds ... also finished 13th in 200-yard freestyle at 2008 CAA Championship ... named to CAA Commissioner's List as a freshman.

BACKGROUND: Competed on swim team for Coach Marsha Lionetti ... set four school records ... earned league championship in 50-yard free ... finished 11th in state in 50-yard free ... earned first team all-league honors in 50-yard free ... earned second team All-South Jersey honors ... also competed on tennis and track and field teams.

PERSONAL: Aspires to become a teacher ... lists his parents as the people he admires the most ... has worked as a lifeguard, coach and painter during the summer ... favorite athlete is Brian Westbrook ... enjoys reading the book "The Stranger" ... favorite actor is Samuel Jackson ... favorite band is The Eagles ... enjoys eating at Outback Steakhouse ... has one older sister ... father is a painter ... mother works as a secretary ... son of Robert and Yvonne Kirby ... born on March 25, 1988 ... major is Special Education.

PERSONAL: Enjoys swimming, sleeping and playing video games ... has worked as a lifeguard during the summer ... enjoys eating at Chick-Fil-A ... lists graduating high school as his most memorable experience ... one of seven children in family ... older sister, Lucy, is a member of swimming team at Lock Haven University ... parents graduated from Maryland ... father is an elementary school teacher ... son of Charles and Jane Mills ... born on June 8, 1991 in Silver Spring, Md.

Cory Ornstein

CAREER BESTS

50-Free	20.62
100-Free	45.93
200-Free	1:42.59





Cory Ornstein

So. • Freestyle
Olney, Md. • Sherwood H.S.
Business Marketing Major

AT TOWSON: Competed in 1650-yard freestyle at 2009 CAA Championship and placed 23rd with time of 16:28.38.

BACKGROUND: Helped team finish seventh at Washington Metropolitan Interscholastic Swimming and Diving Championships ... earned berth in finals of 200-yard and 500-yard freestyle.

PERSONAL: Lists his brother as the person he admires the most ... enjoys swimming and spending time with friends and family ... has worked as a lifeguard and swim coach during the summer ... favorite athlete is Jason Witten of the Dallas Cowboys ... favorite book is "A Clockwork Orange" ... favorite movie is "Cloverfield" ... enjoys eating at Pasta Mista's ... lists his performance in the 1650-yard freestyle at the 2009 CAA Championships as his most memorable experience ... has one older brother ... father graduated from UMBC and works as a florist and event decorator ... mother is a hair stylist ... son of Steve and Connie Ornstein ... born on June 6, 1990 in Silver Spring, Md. ... major is Business Marketing.

CAREER BESTS

200-Free	1:45.75
500-Free	4:47.07
1650-Free	16:28.38



Drew Pallace

Sr. • Backstroke
Baltimore, Md.
McDonogh School
Mass Communication Major

AT TOWSON: Placed ninth at 2009 CAA Championships in 100-yard butterfly with time of 49.14 seconds ... also competed in 100-yard and 200-yard freestyle events at 2009 CAA Meet.

BACKGROUND: Transfer from North Carolina State where he competed for Wolfpack swimming team for two years ... two-time All-America selection for the Eagles ... also served as member of water polo team.

PERSONAL: Career goal is to work in sports media ... lists his parents as the people he admires the most ... enjoys playing the guitar ... has worked as a dog walker during the summer ... favorite athlete is Muhammad Ali ... favorite book is "One Flew Over the Cuckoo's Nest" ... lists favorite movie as "Gladiator" ... enjoys eating beef stroganoff ... favorite sportscaster is Scott Garceau ... favorite actor is Denzel Washington ... enjoys listening to music by Alice in Chains ... has one younger sister ... uncle, Dan Pallace, played lacrosse at Johns Hopkins ... father is a Towson graduate who works in sales ... mother works in advertising and graduated from Towson ... son of Jim and Susan Pallace ... born on October 8, 1987 in Baltimore, Md. ... major is Mass Communication.

CAREER BESTS

100-Fly	49.14
50-Free	22.23
100-Free	46.51



Eric Sparks

So. • Backstroke
Topeka, Kan.
Topeka H.S.
Biology Major

AT TOWSON: Competed in 100-yard freestyle at 2009 CAA Championship.

BACKGROUND: Earned second team All-State honors as a senior ... state finalist in 50-yard freestyle, 100-yard freestyle and 200-yard free relay as a senior ... honor roll student who served as team captain as a senior.

PERSONAL: Lists career goals as becoming a veterinarian or to work in medicine ... most admires Michael Jordan ... enjoys playing basketball and video games ... favorite athlete is LeBron James of the Cleveland Cavaliers ... favorite movie is "Hoosiers" ... favorite book is "I Hope They Serve Beer in Hell" ... lists Tucker Max as his favorite author ... favorite actor is Samuel L. Jackson ... favorite sportscaster is Stuart Scott ... enjoys eating steak ... likes to eat at The Olive Garden ... father played baseball at Fort Hays State University and is a retired professor ... mother graduated from Drury University and is a clinical analyst ... son of William and Beverly Sparks ... born on July 28, 1989 in Ann Arbor, Mich. ... major is Biology.

CAREER BESTS

200-IM	1:58.76
100-Back	56.49
200-Back	2:02.09

Drew Pallace



TIGER PROFILES



Zack Stone

Fr. • Butterfly/Backstroke
Ellicott City, Md.
Centennial H.S.
Nursing Major



Ian Zelaya

Fr. • Breaststroke
Salisbury, Md.
James M. Bennett H.S.
Chemistry Major

BACKGROUND: Competed for Howard County YMCA ... qualified for long course and short course nationals ... played lacrosse for Centennial High School.

PERSONAL: Aspires to become a physician's assistant ... lists his family as the people he admires the most ... attained rank of Eagle Scout ... enjoys playing lacrosse ... has worked as a lifeguard during the summer ... favorite athlete is Ceasar Cielo ... favorite book is "Huck Finn" ... lists Denzel Washington as his favorite actor ... enjoys listening to music by Jay-Z ... favorite meal is Chicken Parmesan ... lists taking a plane ride to Disney with family and friends as his most memorable experience ... has one younger brother ... parents are graduates of UMBC ... father is a fire department chaplain ... mother is a nursing assistant ... son of Steven and Keri Stone ... born on April 24, 1991 in Columbia, Md. ... major is Nursing.



Ryan Westhafer

Fr. • Breaststroke/Ind. Medley
West Chester, Pa. • Bayard
Rustin H.S.
Physical Education Major

BACKGROUND: Earned All-America honors for the Golden Knights, who finished second at district championships ... helped team to 12th place finish at state championship ... good student who earned Academic All-America honors ... also played golf for Golden Knights.

PERSONAL: Career goal is to become a teacher and athletic director ... enjoys golf, listening to music and surfing ... has worked as a lifeguard and swim coach during the summer ... favorite actor is Samuel L. Jackson ... favorite musical group is Owl City ... likes to eat Chicken Parmesan ... father works in computer product sales and graduated from West Chester University ... mother is a graduate of Temple University ... son of Dennis and Kathy Westhafer ... born on August 30, 1991 in Wilmington, Del. ... major is Physical Education.

BACKGROUND: Member of National Honor Society and National Spanish Honor Society.

PERSONAL: Lists his parents as the people he admires the most ... enjoys playing the violin, music, television and eating ... has worked as a lifeguard during the summer ... favorite athlete is Tiger Woods ... enjoys reading the "Harry Potter" series ... favorite musician is Lil' Wayne ... likes to eat at The Cheesecake Factory ... has two younger sisters ... father graduated from Maryland and works as a physician's assistant ... mother graduated from UMBC ... son of Juan and Nancy Zelaya ... born on May 18, 1991 in Rockville, Md. ... major is Chemistry.

Bradley Bolin



SWIMMING HISTORY



Senior
Robin Glaser





Individual Records

WOMEN'S RECORDS

Event	Record Holder	Time (Year)
400 I.M.	Meredith Budner	4:15.08 (2009)
200 I.M.	Jordan Crosby	2:04.31 (2008)
1650 Free	Meredith Budner	16:06.82 (2009)
1000 Free	Meredith Budner	9:46.49 (2009)
500 Free	Meredith Budner	4:44.87 (2009)
200 Free	Robin Glaser	1:48.56 (2009)
100 Free	Jen Irby	49.86 (2005)
50 Free	Jen Irby	.22.75 (2005)
100 Fly	Jen Irby	.55.11 (2005)
200 Fly	Brooke Golden	1:58.32 (2009)
100 Back	Aly Hunt	.56.70 (2007)
200 Back	Emilie Hoeper	2:02.38 (2009)
100 Breast	Cari Czarnecki	1:01.64 (2009)
200 Breast	Cari Czarnecki	2:16.07 (2009)
200 Free Relay	Robin Glaser, Cari Czarnecki, Veronica Feltrin, Hillary Rieveley	1:33.53 (2009)
400 Free Relay	Erica Hall, Robin Glaser, Meredith Budner, Hillary Rieveley	3:23.20 (2009)
800 Free Relay	Erica Hall, Brooke Golden, Robin Glaser, Meredith Budner	7:15.11 (2009)
200 Medley Relay	Danielle Kelly, Cari Czarnecki, Hillary Rieveley, Robin Glaser	1:42.77 (2009)
400 Medley Relay	Danielle Kelly, Cari Czarnecki, Hillary Rieveley, Meredith Budner	3:45.71 (2009)
One-Meter Diving	Kasey Stroup	410.30 (2000)
Three-Meter Diving	Stacy Barnhill	.408.05 (1993)



Meredith Budner



Aaron Krause, '04

MEN'S RECORDS

Event	Record Holder	Time (Year)
400 I.M.	Aaron Krause	3:59.76 (2004)
200 I.M.	Aaron Krause	1:50.83 (2004)
1650 Free	Ramon Ferrer	15:35.10 (1983)
1000 Free	Ramon Ferrer	9:21.70 (1983)
500 Free	Ramon Ferrer	4:27.38 (1983)
200 Free	Aaron Krause	1:36.98 (2004)
100 Free	Eric Pinno	44.22 (2009)
50 Free	Eric Pinno	20.23 (2008)
100 Fly	Eric Pinno	.48.00 (2009)
200 Fly	John Miller	1:49.02 (2003)
100 Back	Aaron Krause	.48.13 (2003)
200 Back	Aaron Krause	1:45.44 (2003)
100 Breast	Frank Trionfo	.56.42 (2004)
200 Breast	Frank Trionfo	2:01.79 (2004)
200 Free Relay	Eric Pinno, Devin Kirby, Drew Pallace, Zac Jelinek	1:21.99 (2009)
400 Free Relay	Zac Jelinek, Drew Pallace, Devin Kirby, Eric Pinno	3:03.23 (2009)
800 Free Relay	Aaron Krause, Ryan Harrell, Chris Will, Chris Martinetti	6:40.20 (2004)
200 Medley Relay	Aaron Krause, Frank Trionfo, John Miller, Jeb Beaver	1:31.76 (2003)
400 Medley Relay	Aaron Krause, Frank Trionfo, Chris Will, Chris Martinetti	3:21.02 (2004)
One-Meter Diving	Brian Tallon	.291.75 (1989)
Three-Meter Diving	John Sills	309.90 (1983)

Freshman Records

WOMEN'S FRESHMAN RECORDS

Event	Record Holder	Time (Year)
200 I.M.	Cari Czarnecki	2:07.21 (2009)
400 I.M.	Meredith Budner	4:24.20 (2008)
50 Free	Veronica Feltrin23.75 (2009)
100 Free	Veronica Feltrin50.99 (2009)
200 Free	Veronica Feltrin1:50.15 (2009)
500 Free	Meredith Budner	4:49.15 (2008)
1000 Free	Brooke Golden	10:07.77 (2008)
1650 Free	Meredith Budner	16:27.27 (2008)
100 Fly	Marianna Kogut56.07 (2009)
200 Fly	Marianna Kogut2:00.94 (2009)
100 Back	Jen Irby58.03 (2002)
200 Back	Maggie Macedonia2:02.89 (2009)
100 Breast	Cari Czarnecki1:01.75 (2009)
200 Breast	Cari Czarnecki2:16.39 (2009)
1-Meter Diving	Mindy Pfaffe	381.55 (1996)
3-Meter Diving	Vicki Kepller	369.52 (1993)

MEN'S FRESHMAN RECORDS

Event	Record Holder	Time (Year)
200 I.M.	Jonathan Brady	1:55.95 (2008)
400 I.M.	Ryan Harrell	4:05.74 (2003)
50 Free	Ben Sonley21.53 (2004)
100 Free	John Reister46.70 (1981)
200 Free	Chris Will1:40.85 (2004)
500 Free	Ramon Ferrer	4:32.63 (1981)
1000 Free	Ramon Ferrer9:37.14 (1981)
1650 Free	Ramon Ferrer15:46.07 (1981)
100 Fly	Ben Sonley50.99 (2004)
200 Fly	Ryan Godfrey1:54.68 (2006)
100 Back	Nik Haynes51.19 (1997)
200 Back	Aaron Krause	1:51.46 (2001)
100 Breast	Jonathan Brady57.63 (2008)
200 Breast	John Uder2:06.41 (1995)
1-Meter Diving	Mike Weadock	405.10 (1969)
3-Meter Diving	Doug McKay	371.50 (1980)



Brooke Golden



Ryan Godfrey, '09

HISTORY

Women's Top Five Times

50 FREESTYLE	TIME	YEAR	400 INDIVIDUAL MEDLEY	TIME	YEAR	200 BACKSTROKE	TIME	YEAR
1. Jen Irby	22.75	2005	1. Meredith Budner	4:15.08	2009	1. Emilie Hoeper	2:02.38	2009
2. Aly Hunt	23.07	2007	2. Kayla Zeller	4:23.24	2009	2. Danielle Kelly	2:02.59	2009
3. Hillary Rieveley	23.31	2009	3. Brooke Golden	4:28.40	2008	3. Maggie Macedonia	2:02.89	2009
4. Robin Glaser	23.64	2009	4. Maegan McLaughlin	4:29.09	2009	4. Allison Paul	2:03.87	2003
5. Veronica Feltrin	23.75	2009	5. Allison Paul	4:29.10	2003	5. Katherine Nguyen	2:06.07	2008
100 FREESTYLE	TIME	YEAR	100 BUTTERFLY	TIME	YEAR	200 FREE RELAY	TIME	YEAR
1. Jen Irby	49.86	2005	1. Jen Irby	55.11	2005	1. Glaser, Czarnecki, Feltrin, Rieveley	1:33.53	2009
2. Robin Glaser	50.82	2009	2. Hillary Rieveley	55.38	2009	2. Irby, Leach, Hunt, Lebherz	1:34.16	2005
3. Aly Hunt	50.94	2007	3. Jordan Crosby	55.57	2008	3. Hunt, Rieveley, Glaser, Lebherz	1:34.17	2007
4. Veronica Feltrin	50.99	2009	4. Ivy Wimberley	55.88	2009	4. Kelly, Hoeper, Glaser, Rieveley	1:34.29	2008
5. Hillary Rieveley	51.01	2009	5. Marianna Kogut	56.07	2009	5. Irby, Leach, Cona, Hunt	1:35.67	2004
200 FREESTYLE	TIME	YEAR	200 BUTTERFLY	TIME	YEAR	400 FREE RELAY	TIME	YEAR
1. Robin Glaser	1:48.56	2009	1. Brooke Golden	1:58.32	2009	1. Hall, Glaser, Budner, Rieveley	3:23.20	2009
2. Erica Hall	1:49.54	2009	2. Jordan Crosby	2:00.81	2009	2. Rieveley, Glaser, Lebherz, Hunt	3:25.05	2007
3. Liz Lebherz	1:49.97	2007	3. Marianna Kogut	2:00.94	2009	3. Hall, Hoeper, Glaser, Rieveley	3:25.70	2008
4. Veronica Feltrin	1:50.15	2009	4. Cari Czarnecki	2:01.57	2009	4. Lebherz, Hunt, Irby, Kluth	3:26.41	2005
5. Meredith Budner	1:51.13	2008	5. Christina Bowman	2:03.29	2009	5. Lebherz, Hunt, Cona, Irby	3:27.34	2004
500 FREESTYLE	TIME	YEAR	100 BREASTSTROKE	TIME	YEAR	800 FREE RELAY	TIME	YEAR
1. Meredith Budner	4:44.87	2009	1. Cari Czarnecki	1:01.64	2009	1. Hall, Golden, Glaser, Budner	7:15.11	2009
2. Brooke Golden	4:48.13	2009	2. Ivy Wimberley	1:02.86	2009	2. Hall, Rieveley, Glaser, Budner	7:20.88	2008
3. Liz Lebherz	4:53.66	2007	3. Aly Whittaker	1:03.65	2005	3. Hunt, Rieveley, Glaser, Lebherz	7:24.48	2007
4. Kayla Zeller	4:54.21	2008	4. Monica Wolgast	1:04.26	2009	4. Irby, Kluth, Hunt, Lebherz	7:32.67	2005
5. Christina Bowman	4:54.61	2008	5. Stephanie Guttenplan	1:05.66	2008	5. Rieveley, Johanson, Hunt, Lebherz	7:36.20	2006
1000 FREESTYLE	TIME	YEAR	200 BREASTSTROKE	TIME	YEAR	200 MEDLEY RELAY	TIME	YEAR
1. Meredith Budner	9:46.49	2009	1. Cari Czarnecki	2:16.07	2009	1. Kelly, Czarnecki, Rieveley, Glaser	1:42.77	2009
2. Brooke Golden	10:01.51	2009	2. Ivy Wimberley	2:17.87	2009	2. Hoeper, Wimberley, Crosby, Rieveley	1:44.50	2008
3. Kayla Zeller	10:04.51	2009	3. Megen Donovan	2:19.34	2009	3. Mills, Whittaker, Irby, Hunt	1:44.76	2005
4. Erica Hall	10:15.70	2009	4. Stephanie Guttenplan	2:21.48	2008	4. Leach, Wimberley, Crosby, Rieveley	1:46.20	2007
5. Liz Lebherz	10:16.80	2007	5. Jen Cauley	2:21.82	2002	5. DiRenzo, Wolgast, Kling, Entler	1:46.59	2009
1650 FREESTYLE	TIME	YEAR	100 BACKSTROKE	TIME	YEAR	400 MEDLEY RELAY	TIME	YEAR
1. Meredith Budner	16:06.82	2009	1. Aly Hunt	56.70	2007	1. Kelly, Czarnecki, Rieveley, Budner	3:45.71	2009
2. Brooke Golden	16:36.30	2009	2. Danielle Kelly	57.11	2009	2. Hoeper, Wimberley, Crosby, Glaser	3:47.84	2008
3. Kayla Zeller	16:41.99	2009	3. Emilie Hoeper	57.90	2009	3. Hunt, Wimberley, Crosby, Lebherz	3:50.79	2007
4. Erica Hall	17:03.45	2009	4. Jen Irby	57.96	2003	4. Kelly, Czarnecki, Crosby, Feltrin	3:52.04	2008
5. Liz Lebherz	17:04.84	2007	5. Maggie Macedonia	58.28	2008	5. Mills, Whittaker, Cox, Lebherz	3:53.29	2005
200 INDIVIDUAL MEDLEY	TIME	YEAR	Aly Hunt, '07					
1. Jordan Crosby	2:04.31	2008	Aly Hunt, '07					
2. Maggie Macedonia	2:05.73	2009	Aly Hunt, '07					
3. Emilie Hoeper	2:05.99	2008	Aly Hunt, '07					
4. Meredith Budner	2:06.00	2009	Aly Hunt, '07					
5. Aly Whittaker	2:06.50	2005	Aly Hunt, '07					

Men's Top Five Times

50 FREESTYLE

	TIME	YEAR
1. Eric Pinno	20.23	2008
2. Devin Kirby	20.62	2009
3. Chris Will	20.91	2007
4. Kevin Weisenborn	21.01	2002
5. Aaron Krause	21.08	2004

100 FREESTYLE

	TIME	YEAR
1. Eric Pinno	44.22	2009
2. Aaron Krause	44.45	2004
3. John Reister	45.92	1984
4. Devin Kirby	45.93	2009
5. Kevin Weisenborn	46.36	2002

200 FREESTYLE

	TIME	YEAR
1. Aaron Krause	1:36.98	2004
2. Chris Martinetti	1:39.65	2004
3. Eric Pinno	1:39.93	2008
4. Chris Will	1:40.85	2004
5. Zac Jelinek	1:41.44	2009

500 FREESTYLE

	TIME	YEAR
1. Ramon Ferrer	4:27.38	1983
2. Ben Sonley	4:34.02	2005
3. Ryan Harrell	4:38.27	2003
4. Wesley Foltz	4:38.54	2009
5. Aaron Krause	4:39.86	2003

1000 FREESTYLE

	TIME	YEAR
1. Ramon Ferrer	9:21.70	1983
2. Aaron Krause	9:39.21	2003
3. Mark Haynes	9:43.32	1990
4. Miguel Ferrer	9:48.02	1979
5. Jimmy Morris	9:48.34	2005

1650 FREESTYLE

	TIME	YEAR
1. Ramon Ferrer	15:35.10	1983
2. Ryan Godfrey	15:57.42	2009
3. Aaron Krause	16:05.22	2004
4. Mark Haynes	16:11.29	1990
5. Miguel Ferrer	16:11.90	1979

200 INDIVIDUAL MEDLEY

	TIME	YEAR
1. Aaron Krause	1:50.83	2004
2. Gordon Amato	1:53.07	2008
3. Ryan Cogdill	1:53.17	2005
4. Rob Kinnear	1:54.04	1999
5. Mark Haynes	1:54.34	1992

400 INDIVIDUAL MEDLEY

	TIME	YEAR
1. Aaron Krause	3:59.76	2004
2. Mark Haynes	4:01.00	1992
3. Gordon Amato	4:02.26	2008
4. Brendan Magarity	4:04.87	2009
5. Ryan Harrell	4:05.74	2003

100 BUTTERFLY

	TIME	YEAR
1. Eric Pinno	48.00	2009
2. Drew Pallace	49.14	2009
3. Chris Will	50.11	2007
4. John Miller	50.57	2003
5. Aaron Krause	50.69	2004

200 BUTTERFLY

	TIME	YEAR
1. John Miller	1:49.02	2003
2. Chris Will	1:50.02	2005
3. Aaron Krause	1:52.67	2003
4. Ryan Godfrey	1:52.16	2009
5. Eric Pinno	1:52.74	2008

100 BREASTSTROKE

	TIME	YEAR
1. Frank Trionfo	56.42	2003
2. Jonathan Brady	57.63	2008
3. John Uder	57.87	1996
4. Chris Dodds	57.93	2005
5. Mark Haynes	57.96	1992

200 BREASTSTROKE

	TIME	YEAR
1. Frank Trionfo	2:01.79	2004
2. John Uder	2:03.90	1998
3. Gordon Amato	2:04.39	2008
4. T.J. Farley	2:05.78	2009
5. Mark Haynes	2:06.21	1992

100 BACKSTROKE

	TIME	YEAR
1. Aaron Krause	48.13	2003
2. Ryan Cogdill	50.68	2005
3. Eric Pinno	50.98	2008
4. Nik Haynes	51.17	1998
5. Chris Will	51.83	2006

200 BACKSTROKE

	TIME	YEAR
1. Aaron Krause	1:45.44	2003
2. Brendan Magarity	1:49.54	2009
3. Gordon Amato	1:51.58	2007
4. Nik Haynes	1:52.11	1999
5. Ryan Cogdill	1:52.99	2005

200 FREE RELAY

	TIME	YEAR
1. Pinno, Kirby, Pallace, Jelinek	1:21.99	2009
2. Kirby, Will, Scanlon, Pinno	1:23.13	2007
3. Krause, Burns, Dagistan, Weisenborn	1:23.50	2002
4. Pinno, Titcomb, Jelinek, Kirby	1:23.87	2008
5. Jelinek, Sparks, Kirby, Pinno	1:24.25	2008

400 FREE RELAY

	TIME	YEAR
1. Jelinek, Pallace, Kirby, Pinno	3:03.23	2009
2. Krause, Harrell, Will, Martinetti	3:03.24	2004
3. Kirby, Will, Scanlon, Pinno	3:04.14	2007
4. Krause, Burns, Dagistan, Weisenborn	3:04.31	2002
5. Titcomb, Jelinek, Kirby, Pinno	3:05.63	2008

800 FREE RELAY

	TIME	YEAR
1. Krause, Harrell, Will, Martinetti	6:40.20	2004
2. Pinno, Godfrey, Jelinek, Foltz	6:44.57	2009
3. Godfrey, Will, Scanlon, Pinno	6:46.14	2007
4. Harrell, Miller, Martinetti, Krause	6:48.96	2003
5. Reister, M. Ferrer, R. Ferrer, J. Ferrer	6:53.40	1982

200 MEDLEY RELAY

	TIME	YEAR
1. Krause, Trionfo, Miller, Beaver	1:31.76	2003
2. Krause, Trionfo, Miller, Weisenborn	1:31.94	2002
3. Krause, Trionfo, Will, Martinetti	1:32.11	2004
4. Magarity, Amato, Pallace, Kirby	1:32.80	2009
5. Cogdill, Dodds, Sonley, Will	1:33.39	2005

400 MEDLEY RELAY

	TIME	YEAR
1. Krause, Trionfo, Will, Martinetti	3:21.02	2004
2. Krause, Trionfo, Miller, Beaver	3:21.71	2003
3. Krause, Trionfo, Miller, Martinetti	3:22.67	2003
4. Krause, Trionfo, Miller, Weisenborn	3:23.09	2002
5. Pinno, Farley, Pallace, Kirby	3:23.84	2009

Eric Pinno, '09



HISTORY

Women's Year-by-Year Records

WOMEN'S DUAL MEET RECORDS

Season	Record	Captains	Coach	Conference Finish
1972-73	5-0	**	P.J.Harris	
1973-74	**	**	Jerry Finch	
1974-75	**	**	Cathy Fink	-
1975-76	5-5	Jeanne Battle	Cheryl Waltz	-
1976-77	7-5	**	George Kropp	-
1977-78	11-3	Sue Hill	George Kropp	-
1978-79	10-5	**	George Kropp	-
1979-80	12-5	**	George Kropp	1st
1980-81	10-7	**	George Kropp	2nd
1981-82	8-5	**	George Kropp	1st
1982-83	8-8	Julie Coblenz, Sue Kropp	George Kropp	1st
1983-84	9-6	**	George Kropp	6th
1984-85	7-9-1	**	George Kropp	6th
1985-86	6-8	Jeanne Codori, Nancy Zinowski	George Kropp	5th
1986-87	6-10	**	George Kropp	7th
1987-88	3-13	Sabrina Anderson	George Kropp	7th
1988-89	0-11	Jill Kohlenstein, Dana Novotny	Ray Riordon	7th
1989-90	5-8	Jill Kohlenstein, Dana Novotny	Ray Riordon	7th
1990-91	5-8	Jill Kohlenstein, Dana Novotny	Ray Riordon	5th
1991-92	3-7	Jill Kohlenstein, Dana Novotny	Ray Riordon	3rd
1992-93	6-4	Stacy Barnhill, Gail Sutherland	Ray Riordon	2nd
1993-94	8-5	Meilani Smith, Crystee Doles, Holly Stover	Ray Riordon	6th
1994-95	9-5	Kelly Carpenter, Vicki Keppler, Meilani Smith	Ray Riordon	5th in America East
1995-96	8-6	Karen Mellon, Meilani Smith	Ray Riordon	7th in America East
1996-97	8-5	Sara Horowitz, Karen Mellon	Ray Riordon	6th in America East
1997-98	8-6	Sara Horowitz, Karen Mellon, Kelly O'Connell	Ray Riordon	7th in America East
1998-99	8-7	Laura Hershner, Bree Turner	Pat Mead	7th in America East
1999-00	9-1	Laura Hershner, Bree Turner	Pat Mead	5th in America East
2000-01	10-1	Amanda Mellon, Katie Vansickle	Pat Mead	4th in America East
2001-02	8-4	Amanda Mellon, Laura Gilliam, Katie Vansickle	Pat Mead	6th in CAA
2002-03	8-6	Jackie Cona, Laura Gilliam, Morgan Williams	Pat Mead	6th in CAA
2003-04	7-4	None	Pat Mead	4th in CAA
2004-05	8-2	Ashley Bomberger, Jen Irby, Jessika Kluth	Pat Mead	2nd in CAA
2005-06	5-6	None	Pat Mead	7th in CAA
2006-07	9-3	Caroline Cox, Aly Hunt, Melissa Leach	Pat Mead	3rd in CAA
2007-08	11-1	Jordan Crosby, Emilie Hooper, Katie Nguyen	Pat Mead	1st in CAA
2008-09	13-1	Hillary Rieveley, Amy Morlock, Katie Nguyen	Pat Mead	1st in CAA

BOLD - CAA Champion years

* - unavailable

RECORDS VS. OPPONENTS

American	2-7
Binghamton (SUNY)	3-2
Bucknell	2-11
Calvin College	2-0
Catholic	3-0
Central Connecticut	7-1
Colgate	1-0
Coppin State	3-0
C.W. Post	1-0
Davidson	1-0
Delaware	8-26
Drexel	7-8
Duke	0-1
Duquesne	7-5
East Carolina	1-2
Elizabethtown	1-1
Florida A&M	1-0
Franklin & Marshall	5-0
Frostburg State	7-4
Gallaudet	7-0
Georgetown	5-3
George Mason	7-2
George Washington	6-4
Glassboro State	10-0
Goucher College	19-0
Hood College	2-0
Howard	15-1
James Madison	5-6
Johns Hopkins	11-11
Kutztown	1-0
Lafayette	2-2
LaSalle	2-1
Lehigh	0-5
Loyola (Md.)	24-6-1
Maryland	0-7
Mary Washington	3-2
MIT	1-0
Millersville	7-0
Notre Dame College	2-0
Old Dominion	5-0
Pfeiffer College	5-0
Pittsburgh	0-2
Richmond	2-4
Rider	1-5
Rutgers	0-1
Salisbury	5-0
Saint Francis (PA)	5-0
Saint Peter's	10-0
Seton Hall	1-0
Shepherd College	7-5
Shippensburg	0-8
Sweet Briar	2-0
Trenton State	4-0
U.S. Naval Academy	1-13
UMBC	3-14
UNC Wilmington	2-3
Virginia	0-1
Washington College	2-0
West Chester	0-1
West Virginia	0-1
William & Mary	4-7
Overall Record	255-181-1

Men's Year-by-Year Records

MEN'S DUAL MEET RECORDS

RECORDS VS. OPPONENTS

American	2-2
Binghamton	3-2
Bloomsburg	1-8
Bucknell	1-11
Calvin College	2-0
Central Connecticut	5-3
Colgate	1-0
Coppin State	3-0
Davidson	1-0
Delaware	6-17
Dickinson	3-2
Drexel	2-12
Duke	0-1
Duquesne	8-4
East Carolina	0-3
Elizabethtown	3-0
Florida A&M	1-0
Fordham	0-2
Franklin & Marshall	3-1
Frostburg State	6-0
Gallaudet	2-0
Georgetown	10-6
George Mason	3-6
George Washington	5-8
Glassboro State	5-7
Goucher College	8-0
Howard	22-0
James Madison	3-16
Johns Hopkins	2-5
Kutztown	6-2
Lafayette	1-3
LaSalle	3-0
Lehigh	0-5
Loyola (Md.)	30-9
Lynchburg	2-1
Maryland	0-1
Mary Washington	2-0
MIT	1-0
Millersville	10-5
Morgan State	7-2
Old Dominion	2-4
Richmond	4-17
Rider	4-4
Saint Mary's	3-0
Saint Peter's	10-0
Salisbury	1-0
Seton Hall	1-0
Shepherd College	20-3
Shippensburg	2-7
UMBC	2-17
UNC Wilmington	0-5
Virginia	0-1
Virginia Commonwealth	3-3
Virginia Military Institute	21-0
Washington & Lee	5-5
West Chester	0-1
Western Maryland	3-0
West Virginia	0-1
West Virginia Wesleyan	2-3
William & Mary	1-10
York College	10-1
Overall Record	274-224

Season	Record	Captains	Coach	Conference Finish
1968-69	0-10	Bruce Culley	Ray Riordon	5th
1969-70	6-6	Larry Albright, Steve O'Connell	Ray Riordon	4th
1970-71	11-5	Ted Marble, Tom McHamer	Ray Riordon	4th
1971-72	10-7	Dave Farmer	Ray Riordon	4th
1972-73	13-5	Dave Farmer	Ray Riordon	3rd
1973-74	12-5	Chris Gauthier, Dave Taylor	Ray Riordon	3rd
1974-75	12-5	Bob Jennings, Bob Miller	Ray Riordon	1st
1975-76	11-5	Bob Myer, Joe Mulhern	Ray Riordon	2nd
1976-77	11-8	Elliott Daye, Cliff Harbeson	Ray Riordon	1st
1977-78	11-5	Cliff Harbeson, Pat Mulhern	Ray Riordon	1st
1978-79	11-5	Marty Hendricks, Pat Mulhern	Ray Riordon	1st
1979-80	8-7	Bryan Graff, Dave Ruhl	Ray Riordon	2nd
1980-81	13-0	Bryan Graff	Ray Riordon	1st
1981-82	12-0	Miguel Ferrer, Bruce Macmillan	Ray Riordon	1st
1982-83	10-2	Ramon Ferrer, Jeff Tilghman	Ray Riordon	4th
1983-84	5-8	George Cockey, Kurt Eckhardt	Ray Riordon	7th
1984-85	3-10	Marc LeGoff, Rich Sheats	Ray Riordon	7th
1985-86	4-10	M. Brockway, B.Hoyer, B. Wells	Ray Riordon	7th
1986-87	8-8	Andrew Hoyer	Ray Riordon	6th
1987-88	9-8	Mark McVearry	Ray Riordon	7th
1988-89	7-6	Scott Kappes, Mark McVearry	Ray Riordon	7th
1989-90	6-7	Ross Edwards, Don Morris	Ray Riordon	6th
1990-91	8-5	Steve Garth, John Gliatis, Joe Turner	Ray Riordon	4th
1991-92	5-5	Mark Haynes, Brent Morehart, Jon Wray	Ray Riordon	3rd
1992-93	6-4	Marc Caren, Roy Jensen, Tom Hemmenway	Ray Riordon	5th
1993-94	10-4	Kevan Hall, Jay Hussey, Rob Wallace	Ray Riordon	**
1994-95	7-6	Kevin Bulgarelli, Matt Goode	Ray Riordon	5th
1995-96	6-7	David Dowler, Geoff Schaefer, Greg Smith	Ray Riordon	**
1996-97	5-7	David Dowler, Rob Kirkland, Greg Smith	Ray Riordon	5th in America East
1997-98	6-6	Rob Kinnear, Rob Kirkland, John Uder, Darryl Waldon	Ray Riordon	5th in America East
1998-99	6-7	Rob Kinnear, Alex Milovic	Pat Mead	3rd in America East
1999-00	7-4	Chris Cavallero, Nik Haynes	Pat Mead	5th in America East
2000-01	9-2	Chris Cavallero, Ryan Hahn, David Adkins	Pat Mead	2nd in America East
2001-02	8-4	David Adkins, Ryan Hahn, Jeb Beaver	Pat Mead	5th in CAA
2002-03	10-3	Jeb Beaver, Aaron Krause, Matt Masturzo	Pat Mead	5th in CAA
2003-04	9-2	None	Pat Mead	4th in CAA
2004-05	5-5	Sam Gordon, Chet Goudy, Ben Sonley	Pat Mead	5th in CAA
2005-06	2-9	None	Pat Mead	9th in CAA
2006-07	6-5	Chris Will, Ryan Godfrey, Mike Toolan-Miller	Pat Mead	6th in CAA
2007-08	2-9	Gordon Amato, Bradley Bolin, Ryan Godfrey	Pat Mead	6th in CAA
2008-09	1-11	Ryan Godfrey, Drew Pallace	Pat Mead	7th in CAA

* unavailable

HISTORY

Women's Honor Roll

COLONIAL ATHLETIC ASSOCIATION CHAMPIONS

2002

Jennifer Irby	50-Freestyle	23.77
A. Mellon, M. Williams, L. Gilliam, J. Irby	200-Free Relay	1:36.40

2003

Jennifer Irby	50-Freestyle	23.14*
Jennifer Irby	100-Butterfly	55.99

2004

Jennifer Irby	50-Freestyle	23.41
Jennifer Irby	100-Freestyle	50.58*
Jennifer Irby	100-Butterfly	55.94
Liz Lebherz	200-Freestyle	1:52.74

2005

Jennifer Irby	50-Freestyle	22.75*
Jennifer Irby	100-Freestyle	49.86*
Liz Lebherz	200-Freestyle	1:50.72
Jennifer Irby	100-Butterfly	55.11*
Aly Whittaker	100-Breaststroke	1:03.68
M. Leach, L. Lebherz, A. Hunt, J. Irby	200-Free Relay	1:34.16*
J. Kuth, L. Lebherz, A. Hunt, J. Irby	400-Free Relay	3:26.41*
J. Irby, J. Kluth, A. Hunt, L. Lebherz	800-Free Relay	7:32.67*
K. Mills, A. Whittaker, J. Irby, A. Hunt	200 Medley Relay	1:44.76*

2006

Aly Hunt	50-Freestyle	23.58
Liz Lebherz	500-Freestyle	5:01.96
H. Rieveley, K. Johanson, A. Hunt, L. Lebherz	800-Freestyle Relay	7:36.20

2007

Liz Lebherz	500-Freestyle	4:53.66*
Aly Hunt	100-Backstroke	56.70
A. Hunt, H. Rieveley, R. Glaser, L. Lebherz	200-Freestyle Relay	1:34.17

2008

Meredith Budner	500-Freestyle	4:49.15*
Meredith Budner	1650-Freestyle	16:27.27*
Meredith Budner	400-Individual Medley	4:24.40
Jordan Crosby	200-Butterfly	2:02.24
Jordan Crosby	200-Individual Medley	2:04.31
Ivy Wimberley	100-Breaststroke	1:04.03
Ivy Wimberley	200-Breaststroke	2:20.37
E. Hall, H. Rieveley, R. Glaser, M. Budner	800-Freestyle Relay	7:20.88*

2009

Meredith Budner	500-Freestyle	4:45.99*
Meredith Budner	1650-Freestyle	16:16.50*
Meredith Budner	400-Individual Medley	4:15.08*
Brooke Golden	200-Butterfly	1:59.44

ECAC CHAMPIONS

2003

Jennifer Irby	50-Freestyle	23.64
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2004

Jennifer Irby	50-Freestyle	23.50
Jennifer Irby	100-Freestyle	51.20

AMERICA EAST CHAMPIONS

2000

A. Mellon, P. Seall, A. Seall, A. Paul	800-Free Relay	7:46.38
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2001

Amanda Mellon	500-Free	5:03.04
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COLONIAL ATHLETIC ASSOCIATION AWARDS

CAA Rookie of the Year:	Jennifer Irby, 2002
CAA Rookie of the Year:	Liz Lebherz, 2004
CAA Rookie of the Year:	Meredith Budner, 2008
CAA Swimmer of the Year:	Jennifer Irby, 2005
CAA Swimmer of the Year:	Meredith Budner, 2009
CAA Coach of the Year:	Pat Mead, 2005, 2008, 2009
CAA Scholar-Athlete for Women's Swimming:	Jennifer Irby, 2003, 2005
CAA Championship Most Outstanding Performer:	Jennifer Irby, 2003, 2005

Jordan Crosby

Men's Honor Roll

COLONIAL ATHLETIC ASSOCIATION CHAMPIONS

2002

Aaron Krause	200-Backstroke	1:47.06
Aaron Krause	100-Backstroke	48.88*
Aaron Krause	200-Freestyle	1:39.18
A. Krause, F. Trionfo, J. Miller, K. Weisenborn	200-Medley Relay	1:31.94
A. Krause, F. Trionfo, J. Miller, K. Weisenborn	400-Medley Relay	3:23.09

2003

Aaron Krause	200-Freestyle	1:37.77
Aaron Krause	100-Backstroke	48.47
Aaron Krause	200-Backstroke	1:45.44*

2004

Aaron Krause	100-Backstroke	48.89
Aaron Krause	200-Backstroke	1:45.61
Aaron Krause	200 I.M.	1:50.83
Frank Trionfo	100-Breaststroke	56.47
Frank Trionfo	200-Breaststroke	2:01.79
A. Krause, R. Harrell, C. Will, C. Martinetti	400-Medley Relay	3:21.02
A. Krause, R. Harrell, C. Will, C. Martinetti	800-Free Relay	6:40.20

2007

Eric Pinno	100-Butterfly	49.35
Eric Pinno	50-Freestyle	20.62

2008

Eric Pinno	100-Butterfly	49.23
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ECAC CHAMPIONS

2003

A. Krause, F. Trionfo, J. Miller, J. Beaver	200-Medley Relay	1:32.85
R. Harrell, J. Miller, C. Martinetti, A. Krause	800-Free Relay	6:48.96
Aaron Krause	100-Backstroke	48.96
Aaron Krause	200-Backstroke	1:48.22

2004

Aaron Krause	100-Backstroke	49.10
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AMERICA EAST CHAMPIONS

1997

John Uder	100-Breaststroke	58.61
Nik Haynes	100-Backstroke	51.19

1998

John Uder	100-Breaststroke	58.35
Nik Haynes	100-Backstroke	52.30

1999

Rob Kinnear	200 I.M.	1:54.04
Nik Haynes	100-Backstroke	51.98
Nik Haynes	200-Backstroke	1:54.08

2000

Nik Haynes	200-Backstroke	1:53.72*
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2001

Aaron Krause	200-Backstroke	1:51.46*
Aaron Krause	100-Backstroke	51.59
J. Beaver, J. Miller, K. Weisenborn, K. Dagistan	200-Free Relay	1:26.19
A. Krause, F. Trionfo, A. Gregos, K. Weisenborn	400-Medley Relay	3:29.30

*Meet records

COLONIAL ATHLETIC ASSOCIATION AWARDS

CAA Swimmer of the Year:	Aaron Krause, 2003
CAA Swimmer of the Year:	Aaron Krause, 2004
CAA Champ. Most Outstanding Performer:	Aaron Krause, 2003
CAA Champ. Most Outstanding Performer:	Aaron Krause, 2004

ACADEMIC AWARDS

CoSIDA Academic All-America At Large:	David Adkins, 2002 (2nd team)
America East Scholar-Athlete for Men's Swimming:	David Adkins, 2001

Eric Pinno, '09



TIGERS



Towson Athletic
Logo - 2002



Athletic Logo
circa - 1995



Athletic Logo
circa - 1985



Athletic Logo
circa - 1979



Athletic Logo
circa - 1977

Towson University Nickname

Towson University is one of 28 NCAA member institutions using The tiger is the most popular mascot among American colleges and universities.

However, its obvious popularity was not the real reason the Tiger was selected to represent Towson.

When Towson was a two-year normal school the Baltimore media referred to its teams as the "Teachers." As the school expanded to three and four year programs, the newspapers granted Towson student athletes tenure, calling them the "Professors" and even shortening it to "Profs." Later, it was changed again to the "Schoolmasters."

The "Indians" and "Golden Knights" were other nicknames used over the years. But as the tale goes, the moniker was finally decided after a soccer match.

One autumn afternoon a sportswriter was covering the Towson soccer team in an uphill struggle. The next day the writer wrote that although the team had lost the game, "...they played like tigers."

The soccer team appreciated the comment and adopted "Tigers" as its nickname. Enthusiasm for it spread throughout the campus and the tiger eventually became the official designated mascot.

The Towson Tiger logo has also experienced change. Several years ago, the new "stylistic" tiger was unveiled, replacing the upright caricature that had been used since the mid-80's. That took the place of the old block tiger which served as the logo from 1979. The present logo was altered slightly this past July, deleting the word "State" in keeping with the University's renaming of Towson University from Towson State University.

The Towson logo is registered. Approval for its use commercially is required. For color reproduction purposes, please contact the Towson Sports Information Office for separation instructions.

Other schools across the country who are also members of the "Tiger" fraternity include Auburn, Bishop, Clemson, Colorado College, DePauw, Doane, Grambling, Hampden-Sydney, Jackson State, Lincoln (Mo.), Livingston, LSU, Memphis, Missouri, Morehouse, Occidental, Pacific, Princeton, Rochester Tech, St. Paul's, Savannah State, Sewanee, Tennessee State, Texas Southern, Trinity (Tex.), Tuskegee and Wittenberg.

According to the NCAA, other popular nicknames include Bears (16), Wildcats (12) and Eagles (12).



TOWSON UNIVERSITY



In the decades following the Revolution, Americans clamored for free public schooling for their children. Maryland's elected officials and others who valued a literate citizenry also recognized that public school systems would require qualified, dedicated teachers. They pressed for a systematic, reliable means of producing teachers, and in 1865 – the final year of the Civil War – the legislature allocated funds for Maryland's first teacher-training school. On January 15, 1866, the State Normal School opened its rented quarters in Baltimore with a principal, M.A. Newell, 11 students and three faculty ("Normal School" is the English translation for Ecole Normale, the term used by the French teacher-training schools that served as models for U.S. educators). Today, Towson University is an institution of higher learning with a president, Dr. Robert Caret, an enrollment of 21,111 and a faculty numbering over 1,400.





TOWSON UNIVERSITY

Towson At A Glance

QUICK FACTS

(latest published information)

Address Information:

Mailing: 8000 York Road
Towson, Maryland 21252-0001 USA
Main Phone: 410-704-2000
Admissions Phone: 410-704-2113
Admissions Toll-free Phone: 1-888-4Towson
Admissions' Fax: 410-704-3030
E-mail: admissions@towson.edu
Website: www.towson.edu

Towson Dates:

1866 founded in Baltimore as the State Normal School
1915 moved to Towson
1935 State Teachers College at Towson
1963 Towson State College
1976 Towson State University
1997 Towson University

Colleges:

College of Business and Economics
College of Education
College of Fine Arts and Communication
College of Health Professions
College of Liberal Arts
The Jess and Mildred Fisher College of Science and Mathematics
Honors College
College of Graduate Studies and Research

Degree Programs:

62 undergraduate majors
39 master's programs
4 doctoral programs

Degrees Offered:

Au.D., B.A., B.F.A., B.M., B.S., B.T.P.S., Ed.D., M.A., M.A.T., MBA, M.Ed., M.F.A., M.M., M.S., Sc.D.

Popular Undergraduate Programs:

Business Administration, Psychology, Mass Communication, Nursing, Elementary Education

Popular Graduate Programs:

Reading Education, Human Resource Development, Instructional Technology, Teaching, Early Childhood Education

Academic Profile of the 2008 Freshman Class:

Rank In High School Class: 26% were in Top 10%, 37% were in Top 15% of class
Average Grade Point Average: 3.5
SAT Range (combined reading, math and writing): 1520-1730
Percent of Applicants Admitted: 61%



The largest comprehensive university in the Baltimore area, Towson University is nationally recognized for its excellent programs in the arts and sciences, communications, business, health professions, education, fine arts and computer information systems. The university is located in the suburban community of Towson, Maryland, eight miles north of downtown Baltimore. The 328-acre campus is beautifully landscaped. It is a blend of traditional and modern architecture, open space, woods and streams.

COLLEGE DEANS

The College of Business and Economics
SHOHREH KAYNAMA

The College of Education
RAYMOND P. LORION

The College of Fine Arts and Communication
CHRISTOPHER H. SPICER

The College of Health Professions
CHARLOTTE E. EXNER

The College of Liberal Arts
TERRY COONEY

The Jess and Mildred Fisher College of Science and Mathematics (Acting Dean)
DAVID VANKO

The College of Graduate Studies and Research (Acting Dean)
CHAO LU

The Honors College
MARIA P. FRACASSO



Administration



Dr. Robert L. Caret
President



Ms. Dyan Brasington
Vice President for Economic
and Community Outreach



Katherine Denniston
Acting Provost and Vice
President of Academic Affairs



Mr. Mike Hermann
Director of Athletics



Dr. Debra Moriarty
Vice President for
Student Affairs



Dr. Gary Rubin
Vice President for University
Advancement



Mr. James P. Sheehan
Vice President for
Administration and Finance and
Chief Fiscal Officer



Mr. Ted Zaleski
Chief of Staff

Demographic Profile:

Students come from 47 states and 100 countries
70% in state
30% out of state
11.4% African American
3.7% Asian
2.3% Hispanic

Total Enrollment: (Fall 2008)

21,111

Undergraduate Enrollment: (Fall 2008)

Full-time: 15,321
Part-time: 2,041

Graduate Enrollment (Fall 2008)

3,839

Faculty: (Fall 2008)

Full-time: 780
Part-time: 676
More than 75 percent of Towson University's full-time, permanent faculty members have earned the highest degree of academic preparation expected for their fields of specialization.
Student-Faculty Ratio: 18:1
(More than 77% of classes enroll 25 or fewer students)

Other Staff:

Full-time: 1,243
Part-time: 212

Physical Plant:

328-acre campus
44 structures including 24 academic/support buildings, 15 on-campus residence halls where approximately 4,500 students reside, 2 dining halls, 3 parking garages

2009-10 Annual Tuition, Fees, and Room and Board **:

In state: \$7,418
Out-of-state: \$18,232
Average annual room and board: \$9,230
** The university reserves the right to make changes in tuition, fees and other charges at any time such changes are deemed necessary by the university and the University System of Maryland Board of Regents.

Financial Aid Recipients:

8,133 undergraduate students
582 graduate students
Albert S. Cook Library:
579,824 volumes
1,240 journal titles (owned in print format)
4,367 journal titles (owned in electronic format)
55,674 journals (print and electronic) accessible to our students, faculty and staff
9,432 films and videos
8,189 sound recordings

BOARD OF VISITORS

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President
The Rasmussen Group

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Mr. Frank P. Bramble, Sr.

Ms. Phyllis Brotman
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Image Dynamics Inc.

Mr. Raymond J. Brusca '80
Vice President of Benefits
The Black & Decker Corporation

Mr. Stephen A. Burch.

Ms. Myrna E. Cardin '65

Ms. Linda M. Chinnia '69 '74
Chief Academic Officer
Baltimore City Public School System

Mr. P. Douglas Dollenberg
Nottingham Properties, Inc.

Ms. Barbara Dreyer '76
President
Connections Academy, Inc.

Mr. John B. Ferber '96
Founder & CEO
Vandelay Industries

Ms. Susan J. Ganz
Chief Executive Officer
Lion Brothers Company, Inc.

Mr. Gary T. Gill '74
President & CEO
Mackenzie Comm. Real Estate Services, LLC

Dr. Nancy Grasmick '61
State Superintendent of Schools
Maryland State Department of Education

Mr. Edwin Hale, Sr.
Chairman of the Board
1st Mariner Bank

Ms. Ruth R. Marder

Mr. Dennis B. Mather '72

Mr. Laurence M. Merlis
President
Greater Baltimore Medical Center

Mr. Fred F. Mirmiran
President & CEO
Johnson, Mirmiran and Thompson

Mr. Kenneth V. Moreland, CPA '78
Chief Financial Officer
T. Rowe Price Associates, Inc.

Mr. James P. O'Conor
General Manager
O'Conor Enterprises

Ms. Nancy Palmer '79
General Manager
Caves Valley Country Club

Mr. Steve Peck
President & CEO
Axon Americas

Mr. Sherman L. Ragland, II '84
President & CEO
Tradewinds International

Mr. John B. Schuerholz '62
Executive VP & General Manager
Atlanta Braves

Ms. Molly Shock '75

Mr. Francis S. Soistman, Jr. '79
Executive Vice President
Coventry Health Care

Mr. Glenn Stearns '87
Chief Executive Officer
Stearns Lending, Inc.

Mr. Joseph C. Tischer '59
President
Tischer Surety, Inc.

Mr. W. Daniel White
Executive Vice President
The Whiting-Turner Contracting Company

Ms. Marcia Zercoe '82
HONORARY MEMBER:
The Honorable

William Donald Schaefer
FACULTY
REPRESENTATIVE:

Dr. Timothy Sullivan
Chair, University Senate & Associate Professor of Economics

**ALUMNI ASSOCIATION
REPRESENTATIVE:**
Ms. Kim Fabian '88

**STUDENT
REPRESENTATIVE:**
Mr. Jonathan Graf
SGA President



Getting to Towson University

Just 10 minutes from the nationally acclaimed Inner Harbor and five minutes from the picturesque Maryland countryside, Towson University is located in the northern suburbs of Baltimore City. Towson is the county seat for Baltimore County. As a result, all interstate routes intersecting the Baltimore Beltway (I-695) are signed indicating an easterly or westerly direction to Towson.

The 328-acre campus is within reasonable driving distances from major East Coast cities, including approximately six hours by car (330

miles) from Upstate New York, four hours (190 miles) from New York City, two hours (90 miles) from Philadelphia, 45 minutes (40 miles) from Washington, D.C., and 25 minutes from Annapolis, our state capital. The Baltimore-Washington International Thurgood Marshall (BWI) Airport is 40 minutes (non-rush hour) from campus. It handles air traffic from all major carriers. An airport shuttle runs between the Towson Sheraton and BWI. Train service is available via Amtrak in and out of Baltimore's Penn Station for commuter and long haul travel.

DIRECTIONS

FROM WASHINGTON, D.C., RICHMOND

Proceed on I-95 North to the Baltimore Beltway, I-695. Exit left on to I-695 toward Towson to Charles Street (Exit 25) south. Proceed 1.7 miles. Turn left on Towsontown Boulevard and proceed to the first stoplight on Osler Drive proceed one-half mile to Auburn Drive. Take a right onto Auburn. The Towson Center is just over the hill on the right and Johnny Unitas Stadium and the Fieldhouse is on left.

FROM UPSTATE NEW YORK AND EASTERN PENNSYLVANIA

Follow I-81 South until it intersects with I-83 in Harrisburg, Pa. Follow I-83 South to the Baltimore Beltway, I-695. Take the I-695 Towson ramp, staying in the right lane to exit immediately onto Charles Street. Bearing right off the ramp, follow Charles Street south for 1.7 miles to Towsontown Boulevard. Follow directions from Towsontown Boulevard.

FROM NEW YORK CITY, NEW JERSEY, PHILADELPHIA AND DELAWARE

Follow I-95 South to the Baltimore Beltway, I-695 West (extreme right lane as you approach I-695). Follow I-695 towards Towson to Exit 25 Charles Street. At the end of the ramp at the stop sign, turn left and then make another left at the roundabout onto Charles Street. Follow Charles Street south for 1.7 miles to Towsontown Boulevard. Turn left at the traffic signal. Follow directions from Towsontown Boulevard.

FROM PITTSBURGH AND WESTERN PENNSYLVANIA

Follow Interstate 70 East past Hagerstown and Frederick. I-70 deadends at the Baltimore Beltway I-695. Left exit on to I-695 to Towson. Proceed on I-695 to Charles Street (Exit 25 off I-695). Bear right off the ramp on to Charles Street. Follow Charles Street south for 1.7 miles to Towsontown Boulevard. Follow directions from Towsontown Boulevard.

FROM BALTIMORE PENN STATION

Proceed north on Charles Street for 5 miles. Turn right on Towsontown Boulevard. Follow directions from Towsontown. (www.amtrak.com).

FROM BWI/THURGOOD MARSHALL AIRPORT

Exit the airport via I-195. Follow the signs for the Baltimore Beltway, I-695 to Towson. Proceed on I-695 to Charles Street (Exit 25 off I-695). Bear right off the ramp on to Charles Street. Follow Charles Street south for 1.7 miles to Towsontown Boulevard. Follow directions from Towsontown Boulevard (www.bwiairport.com).

DINING SUGGESTIONS ...

On Campus:

The University Club
at Burkshire Marriott Conference Hotel
www.burkshiremarriott.com
10 West Burke Ave.
1-800-435-5986

Bill Bateman's Bistro
www.billbateman.com
towsonbistro@comcast.net
7800 York Road
410-296-2737

Other Area Suggestions:
Glory Days Grill (8 minutes)
www.glorydaysgrill.com
towson@glorydaysgrill.com
Joppa Road & LaSalle, Towson
443-901-0270

The Greene Turtle (5 minutes)
www.greeneturtle.com
gttowson@thegreeneturtle.com
408 York Road, Towson
410-825-3980

Qdoba Mexican Grill (8 minutes)
www.qdoba.com
[\(qmex4@verizon.net\)](mailto:(qmex4@verizon.net))
1265 E. Joppa Road, Towson
410-296-2787

Seasons Pizza (5 minutes)
www.seasonspizza.com
40 York Rd
Towson, MD 21204
410-321-8707

WHERE TO STAY ...

On Campus:

Burkshire Marriott Conference Hotel
www.burkshiremarriott.com
10 West Burke Avenue
1-800-435-5986

Other Area Hotels:

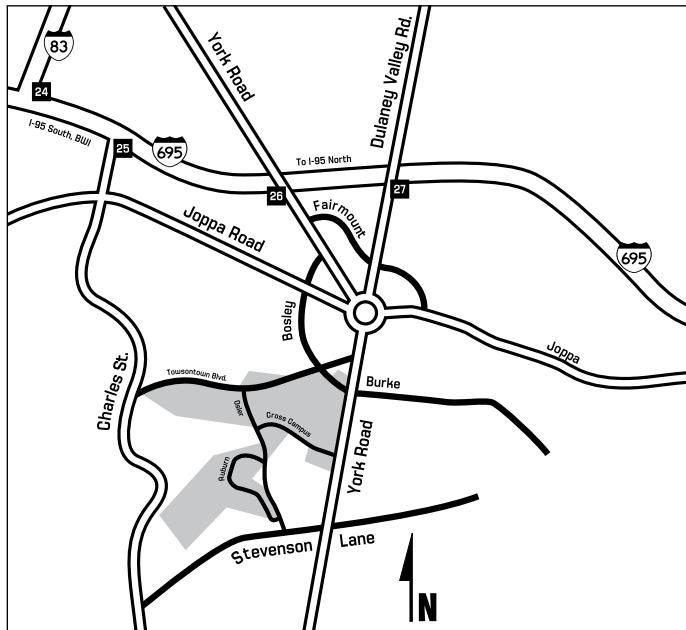
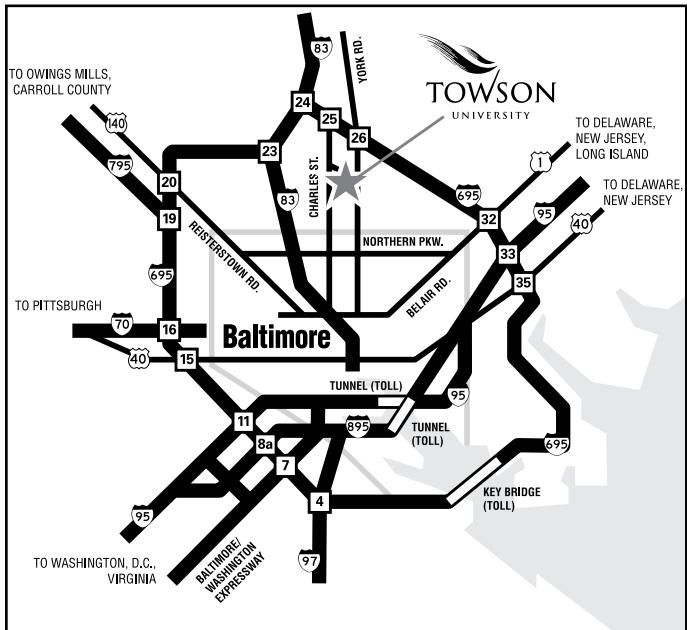
Sheraton Baltimore North (8 minutes)
sheratonbaltimorenorth.com
info@sheratonbaltimorenorth.com
903 Dulaney Valley Road
Towson, Maryland
1-888-627-7147

Holiday Inn- Towson (12 minutes)
fwinner@lodgian.com
1100 Cromwell Bridge Road
Towson, Maryland
410-823-4410

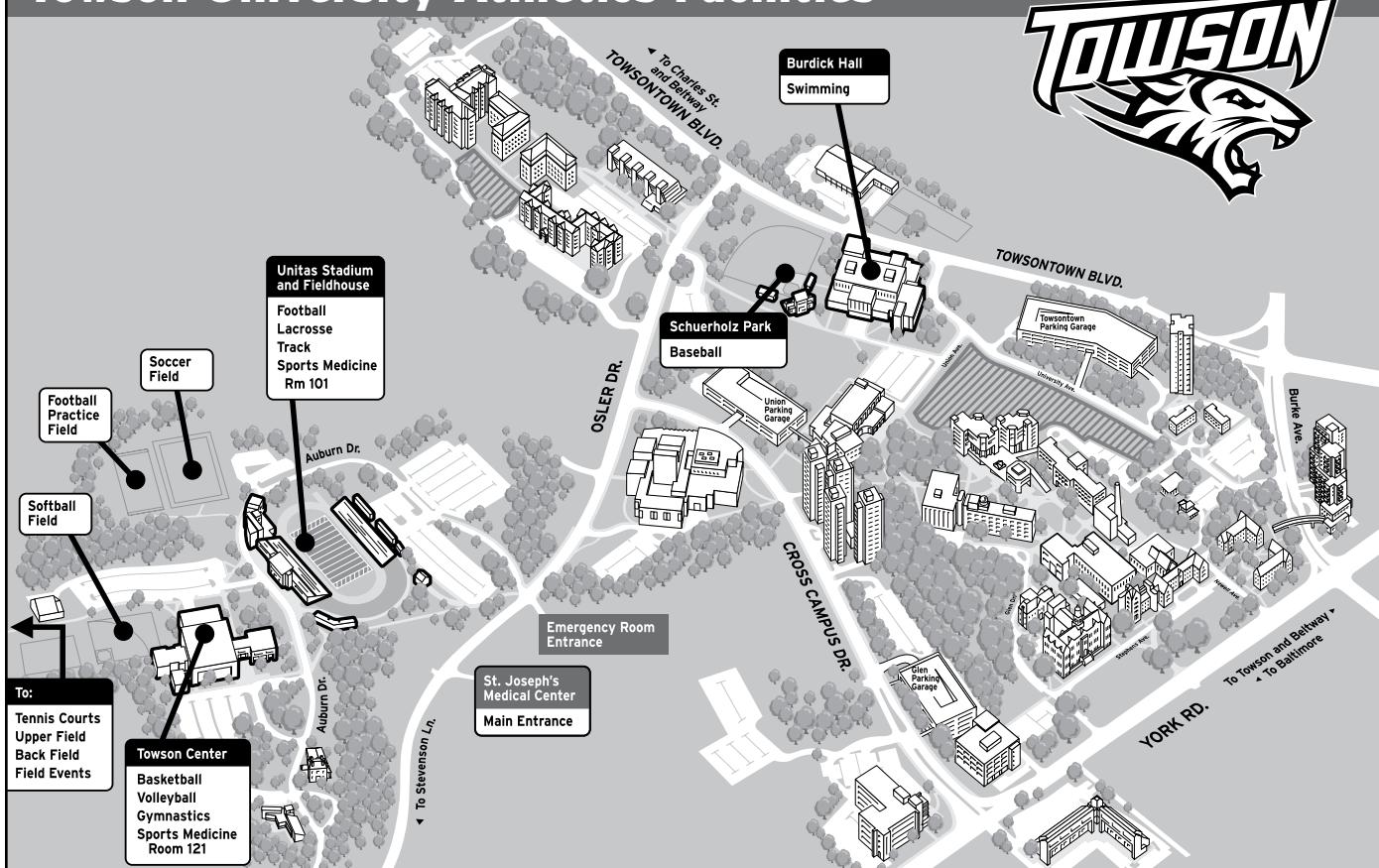
Courtyard by Marriott (15 minutes)
www.marriott.com
221 International Circle
Hunt Valley, Maryland
410-584-7070

Hunt Valley Marriott (20 minutes)
www.marriott.com
245 Shahan Road
Hunt Valley, Maryland
410-785-7000

Crowne Plaza (15 minutes)
www.crownplaza.com
sales@cpbaltimore.com
2004 Greenspring Drive
Timonium, Maryland
410-252-7373



Towson University Athletics Facilities





TOWSON UNIVERSITY



Strength and Conditioning

The philosophy of the Towson University Strength and Conditioning department places an emphasis on bridging the gap between training and competition. The athleticism of each student-athlete is continuously evaluated and programs are implemented to match every imposed demand, specific to the sport and position.

Scientific evidence demonstrates that the combination of explosive weight lifting, plyometric activity, and movement efficiency prevails throughout the development of athletes. Each training session for every Tiger athlete incorporates these principles in a progressive overload, forcing the body into positive adaptation. Additional repetition-based exercises are utilized to develop the muscle activation patterns and coordination associated with decreased injury potential, as well as increased muscle mass. The yearly training program at Towson University not only emphasizes speed, strength, mobility and fitness, but also the proper nutrition and recovery habits for optimal performance.

The Tiger Weight Room is located on the first floor of the Towson Center and is fully equipped to meet the demands of each athlete, no matter what the sport. Over 20,000 pounds of weight, two full sets of dumbbells ranging from five to 150 pounds, 10 lifting platforms, and 10 power racks provide each group of athletes with the opportunity to develop a foundation of strength with compound, multijoint exercises. A full complement of Hammer Strength machines, along with reverse hyper, glute/ham benches, plyometric boxes, and two sets of medicine balls round out the room.

Jesse Judy directs the day-to-day operation of Towson's Strength and Conditioning Department, Jeremy Pick and Hunter Treuchet oversee the programming of several teams and all three coaches work collaboratively in training the 20 Tiger athletic programs.

"At Towson, we expect our athletes to train throughout the year, every year of their athletic career," says Judy. "Our philosophy places an emphasis on doing the little things well and working to get better at what we do. In most cases, more is not necessarily better, better is better, and that's what we strive for in every session."



Academic Support

Towson University's Athletic Academic Support unit provides leadership, supervision, monitoring, counseling, tutors and other services to student-athletes. It facilitates, coordinates and expedites all academic matters within the department and university, and it maintains the highest standards of integrity, accountability and loyalty at all times.

Its primary goals are:

- To support the efforts of every student-athlete who is in pursuit of a degree at Towson.
- To provide assistance in the S-A's development of values, emphasizing the qualities of leadership.
- To enhance the S-A's interpersonal relationships and communication skills.
- To facilitate the S-A's fulfillment of career and life goals.
- To safeguard Towson's academic integrity by insuring compliance with all rules of the NCAA, conferences and the University.

ATHLETIC ACADEMIC ADVISORS

To best serve the student-athletes, the Athletic Academic Advisors provide the following support services:

- Offer effective academic advising and up-to-date campus information to S-A's; conduct individual advising appointments with S-A's who have concerns about his/her choices, degree progress, grades and any other aspect of the education that might impede success toward graduation or jeopardize NCAA eligibility.
- The advisors pay particular attention to the "at-risk" S-A's that have not yet decided on a major course of study.
- Schedule regular meetings to monitor academic progress.
- Encourage S-A's to utilize all the academic support services provided by the unit including study hall, tutorial program and individual meetings with athletic academic advisors.
- Participate in Freshman Orientation and assistance with registration.
- Encourage S-A's to take advantage of support services offered on campus, including but not limited to, Academic Achievement Center, Writing Center, Counseling Center, Disability Resource Center, SAGE and Career Services.
- Participate in official recruiting visits for all sports.

TIGER ADVISORS-ACADEMIC SERVICES FOR STUDENT-ATHLETES

Bobbi Madison – Director (bmadison@towson.edu) Men's Basketball, Men's Lacrosse, Volleyball

Michele O'Connor – Coordinator (moconnor@towson.edu) Gymnastics, Cross Country, Track & Field, Swimming & Diving, Tennis, Men's Soccer

Erin Mandahl – Advisor (emandahl@towson.edu) Women's Basketball, Women's Lacrosse

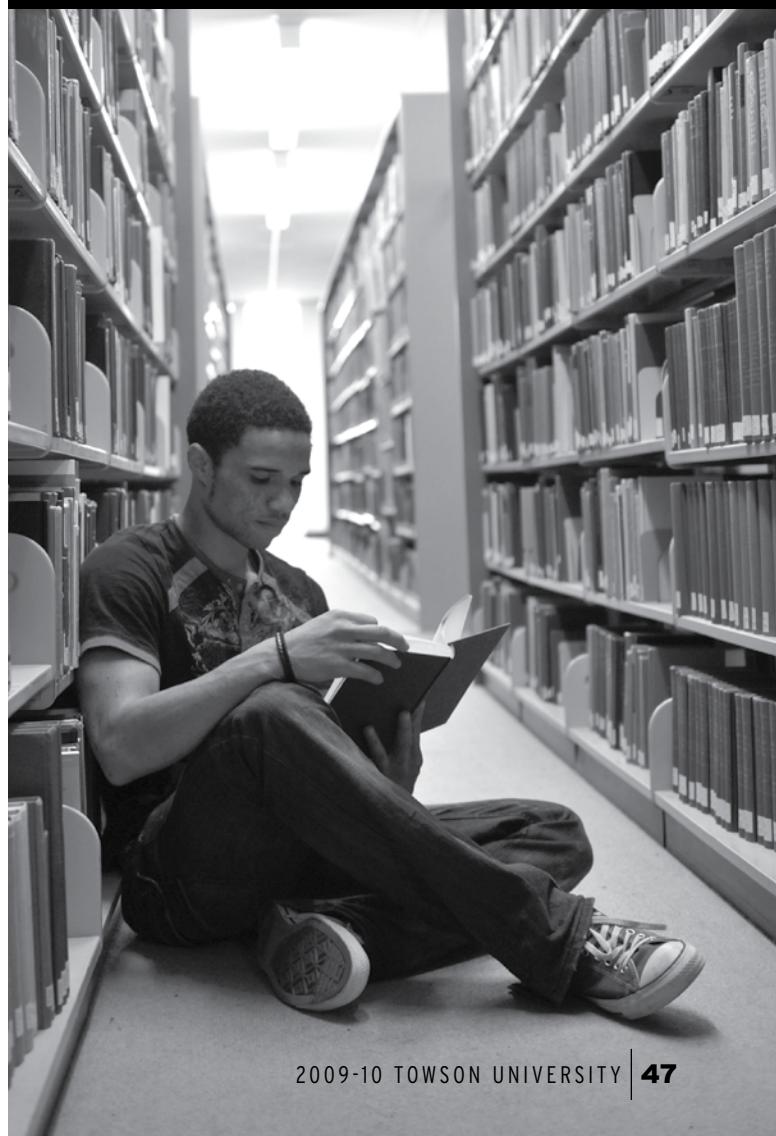
Michael Harris – Advisor (mharris@towson.edu) Football

Geoff Gordon – Advisor (wgordon@towson.edu) Baseball, Softball, Golf, Field Hockey

"One of the reasons I like working at Towson University is because of the genuine concern for the academic success of the student-athlete. The quick growth of the athletic academic unit is proof of the commitment from the Administration. The Athletic Academic Advisors focus on academic advising, time management and organization skills, as well as providing a quiet study hall and tutoring atmosphere. The entire academic staff is committed to helping the student-athletes adjust to college and be successful in life."

- BOBBI MADISON

Director of Academic Support Services for Student-Athletes
Towson University





Directory (410) Area Code

MEN'S SPORTS COACHES

Baseball: Mike Gottlieb	704-3775
Basketball: Pat Kennedy	704-3173
Football: Rob Ambrose	704-3155
Lacrosse: Tony Seaman	704-4698
Soccer: Frank Olszewski	704-3260

WOMEN'S SPORTS COACHES

Basketball: Joe Mathews	704-5787
Cross Country: Roger Erricker	704-3972
Field Hockey: Michelle Webber	704-3159
Gymnastics: Dick Filbert	704-3895
Indoor Track: Roger Erricker	704-3972
Lacrosse: Missy Doherty	704-3572
Outdoor Track: Roger Erricker	704-3972
Softball: Lisa Costello	704-3164
Soccer: Greg Paynter	704-3165
Tennis: Doug Neagle	704-6399
Volleyball: Paul Koncir	704-4028

COMBINED SPORTS COACHES

Golf: Brian Yaniger	704-2759
Swimming: Pat Mead	704-3577

FAX NUMBERS

Athletics Director	704-3002
Athletics Business Office	704-3009
Compliance	704-4322
Coaches (Towson Center)	704-3748
Coaches (Fieldhouse)	704-2898
Coaches (Burdick Hall)	704-5544
Media Relations	704-3861
Marketing/Promotions	704-3861
Sports Medicine (Fieldhouse)	704-2727
Sports Medicine (Towson Center)	704-4386

ADMINISTRATIVE STAFF

Director of Athletics:	Mike Hermann	704-3936
Executive Administrative Assistant:	Mary Perry	704-2758
Administrative Assistant (Auburn House):	Carolyn Carter	704-5507
Administrative Assistant (Towson Center):	Debbie Cumberland	704-4709
Administrative Assistant (M&W Basketball):	Carolyn Hund	704-6391
Administrative Assistant (Field House):	Susan Becker	704-3970
Administrative Assistant (External Affairs):	Phyllis Brown	704-2962
NCAA Faculty Representative:	Dr. Gail Gasparich	704-4515
Intercollegiate Athletic Committee Chair:	Dr. Terry Berkeley	704-2511

INTERNAL OPERATIONS

Senior Associate Director of Athletics:	Nance Reed	704-4177
Assistant Athletic Director (Business):	Tim Knavel	704-3287
Assistant Athletics Director (Facilities):	Mark Temmel	704-4176
Account Clerk:	Patricia Filipiak	704-3978
Coordinator of Team Support Services:	Jenn Judy	704-2745
Equipment Manager (Towson Center):	Dion Harris	704-2732
Assistant Equipment Manager (Field House):	Phil Junis	704-5505
Video Coordinator:	Greg Rex	704-2712
Ticket Manager:	Joanne Forrester	704-2244
Assistant Manager, Facilities:	Steve Zamagias	704-5498
Assistant Manager, Facilities:	Tom Mandato	704-5499
Sports Turf Technician	Shawn Mahonski	704-2197
Lead Groundskeeper:	Fred Simmons	704-5506
Groundskeeper:	Marcos Alvarado	704-5506

STUDENT SERVICES

Associate Director of Athletics (Student Services)	Margie Tversky	704-3285
Assistant Athletics Director (Compliance)	Lindsey McDonnell	704-3573
Athletic Academic Services Coordinator:	Michele O'Connor	704-3171
Academic Advisor:	Michael Harris	704-4355
Academic Advisor:	Erin Mandahl	704-3319

Academic Advisor:

Geoff Gordon	704-2403
Director of Academic Services:	Bobbi Madison
Compliance Assistant Director	Porsha Tidwell
Director of Strength and Conditioning	Jesse Judy

ATHLETIC TRAINING

Head Athletics Trainer:	Terry O'Brien	704-3606
Assistant Athletic Trainers:	Brian Bradshaw	704-5501
	Jennifer Gleisner	704-2737
	Bryan Koprowski	704-5503
	Dana Parisi	704-3438
	Chris Martin	704-5502
	Lacy Hatfield	704-2890
Team Physician:	Dr. Terri McCambridge	704-2075
Team Orthopedist:	Dr. Scott Tarantino	704-2075

EXTERNAL AFFAIRS

Associate Director of Athletics (External Affairs)	Tom Brush	704-2710
Assistant Athletics Director (Media Relations):	Peter Schlehr	704-2232
Assistant Athletic Director (Development):	Greg LaCour	704-5564
Assistant Athletic Director (Marketing):	John Latteri	704-3571
Assistant Athletic Director (Corporate Sales):	Marge Steele	704-5084
Marketing/Game Day Activities:	Mark Forester	704-5497
	Steve Sowers	704-4366
Marketing/Corporate Sales:	Brad Tarr	704-5184
Group Tickets and Corporate Sales Coordinator:	Tim Kaiser	704-4366
Website/Broadcast Specialist:	Tom Judd	704-6270
Athletic Media Relations Associate Director:	Dan O'Connell	704-3102
Athletic Media Relations Assistant Director:	Eric Rhew	704-6258
Athletic Media Relations Assistant Director:	Megan O'Brien	704-4972
Media Relations Photographers:	Kanji Takeno	704-2561
	Desiree Stover	704-3993
	Scott Thornton	704-2232
Associate Director of Bands:	John Miliauskas	704-2765
Cheerleading Coordinator:	Kim Jones	704-6257