

# VILLANOVA WOMEN'S SWIMMING & DIVING

## 2019-20 SEASON

### Team Awards

BIG EAST Champions	2020
NCAA Public Recognition Award (APR)	2020 (for 2015-16 through 2018-19 cohort)
BIG EAST Team Academic Excellence Award	2019-20
CSCAA Scholar All-America Team	Fall 2019
CSCAA Scholar All-America Team	Spring 2020
Villanova Athletics Nnenna Lynch Award	2019-20

### COACHING STAFF

Rick Simpson and Staff (Todd Michael, Nate Brown, Conor Hassard)	BIG EAST Women's Coaching Staff of the Year
--	---

### Abbey Berloco

**Sophomore • Freestyle • Cranbury, N.J. • Notre Dame**

BIG EAST Champion (tie)	400 Yard Freestyle Relay (2nd Leg) (3:21.62 / 50.80)
All-BIG EAST	200 Yard Freestyle Relay (2nd Leg)
All-BIG EAST	400 Yard Freestyle Relay (2nd Leg)
BIG EAST All-Academic Team	2019-20
Athletic Director's Honor Roll	Fall 2019, Spring 2020

### Shannon Daine

BIG EAST All-Academic Team	2019-20
----------------------------	---------

### Bridie Dunn

**Senior • Diving • Bethesda, Md. • Winston Churchill**

All-BIG EAST	1 Meter Diving
All-BIG EAST	3 Meter Diving
BIG EAST Notable Performance	October 14
CSCAA Scholar All-America (Honorable Mention)	2019-20
BIG EAST All-Academic Team	2019-20
Athletic Director's Honor Roll	Fall 2019, Spring 2020

### Tarryn Els

**Senior • Butterfly/Freestyle • Port Elizabeth, South Africa • Collegiate Girls'**

All-BIG EAST	200 Yard Butterfly
BIG EAST All-Academic Team	2019-20
Athletic Director's Honor Roll	Fall 2019, Spring 2020

### Andrea Fong

**Junior • Freestyle • Moorestown, N.J. • Moorestown**

BIG EAST All-Academic Team	2019-20
Athletic Director's Honor Roll	Fall 2019, Spring 2020

# V VILLANOVA WOMEN'S SWIMMING & DIVING

## 2019-20 SEASON

<b>Micaela Grassi</b>	<b>Senior • Butterfly/Freestyle • Great Falls, Va. • Langley</b>
BIG EAST Champion	100 Yard Butterfly (55.71p) (54.87f)
BIG EAST Champion	200 Yard Medley Relay (Butterfly) (1:40.44) (24.48)
BIG EAST Champion	400 Yard Medley Relay (Butterfly) (3:43.29) (54.57)
All-BIG EAST	100 Yard Butterfly
All-BIG EAST	200 Yard Medley Relay (Butterfly)
All-BIG EAST	400 Yard Medley Relay (Butterfly)
BIG EAST Scholar-Athlete Sport Excellence Award	2019-20 (Women's Swimming & Diving)
BIG EAST All-Academic Team	2019-20
Athletic Director's Honor Roll	Fall 2019, Spring 2020
<b>Kaitlin Gravell</b>	<b>Freshman • Individual Medley • Ashton, Md. • Sherwood</b>
BIG EAST Champion	200 Yard Breaststroke (2:20.15p) (2:18.53f)
All-BIG EAST	200 Yard Breaststroke
All-BIG EAST	200 Yard Individual Medley
All-BIG EAST	400 Yard Individual Medley
BIG EAST All-Academic Team	2019-20
Athletic Director's Honor Roll	Fall 2019, Spring 2020
<b>Catherine Hamilton</b>	<b>Freshman • Backstroke/Freestyle • Rye, N.Y. • Sacred Heart Greenwich (Conn.)</b>
BIG EAST All-Academic Team	2019-20
Athletic Director's Honor Roll	Fall 2019, Spring 2020
<b>Andrea Holtz</b>	<b>Sophomore • Diving • Rosemount, Minn. • Rosemount</b>
BIG EAST All-Academic Team	2019-20
Athletic Director's Honor Roll	Fall 2019, Spring 2020
<b>Rayann Jaryszak</b>	<b>Junior • Breaststroke/Individual Medley • Arlington, Texas • Nolan Catholic</b>
BIG EAST Champion	200 Yard Medley Relay (Breaststroke) (1:40.44) (28.28)
BIG EAST Champion	400 Yard Medley Relay (Breaststroke) (3:43.29) (1:02.50)
All-BIG EAST	100 Yard Breaststroke
All-BIG EAST	200 Yard Individual Medley
All-BIG EAST	200 Yard Medley Relay (Breaststroke)
All-BIG EAST	400 Yard Medley Relay (Breaststroke)
BIG EAST All-Academic Team	2019-20
Philadelphia Inquirer Academic All-Area Women's Swimming & Diving Team	2019-20
Athletic Director's Honor Roll	Fall 2019, Spring 2020

# V VILLANOVA WOMEN'S SWIMMING & DIVING

## 2019-20 SEASON

<b>Margaret Kleinsmith</b>	<b>Freshman • Breaststroke • Mount Kisco, N.Y. • Fox Lane</b>
BIG EAST Champion	100 Yard Breaststroke (1:04.28p) (1:03.11f)
All-BIG EAST	100 Yard Breaststroke
All-BIG EAST	200 Yard Breaststroke
BIG EAST All-Academic Team	2019-20
Athletic Director's Honor Roll	Spring 2020
<b>Anastasia Kontrimas</b>	<b>Junior • Freestyle/Individual Medley • Sugar Land, Texas • St. Agnes Academy</b>
All-BIG EAST	200 Yard Freestyle Relay (3rd Leg)
BIG EAST All-Academic Team	2019-20
Athletic Director's Honor Roll	Fall 2019, Spring 2020
<b>Abigail Mastrantoni</b>	<b>Freshman • Diving • Charlotte, N.C. • Ardrey Kell</b>
BIG EAST All-Academic Team	2019-20
Athletic Director's Honor Roll	Fall 2019, Spring 2020
<b>Brenna McLaughlin</b>	<b>Freshman • Freestyle • Milford, Conn. • Luralton Hall</b>
BIG EAST Champion	1650 Yard Freestyle (16:47.33)
All-BIG EAST	500 Yard Freestyle
All-BIG EAST	1650 Yard Freestyle
BIG EAST All-Academic Team	2019-20
Athletic Director's Honor Roll	Fall 2019, Spring 2020

# V VILLANOVA WOMEN'S SWIMMING & DIVING

## 2019-20 SEASON

<b>Kelly Montesi</b>	<b>Sophomore • Butterfly/Backstroke/Individual Medley • Greenwich, Conn. • Greenwich</b>
BIG EAST Champion	200 Yard Backstroke (1:59.83p) (1:58.00f)
BIG EAST Champion	200 Yard Individual Medley (2:02.67p) (2:01.33f)
BIG EAST Champion	400 Yard Individual Medley (4:17.74p) (4:18.19f)
BIG EAST Champion (tie)	400 Yard Freestyle Relay (1st Leg) (3:21.62) (50.52)
BIG EAST Champion	800 Yard Freestyle Relay (1st Leg) (7:16.85) (1:48.54)
BIG EAST Champion	200 Yard Medley Relay (Backstroke) (1:40.44) (25.30)
BIG EAST Champion	400 Yard Medley Relay (Backstroke) (3:43.29) (54.84)
All-BIG EAST	200 Yard Backstroke
All-BIG EAST	200 Yard Individual Medley
All-BIG EAST	400 Yard Individual Medley
All-BIG EAST	400 Yard Freestyle Relay (1st Leg)
All-BIG EAST	800 Yard Freestyle Relay (1st Leg)
All-BIG EAST	200 Yard Medley Relay (Backstroke)
All-BIG EAST	400 Yard Medley Relay (Backstroke)
BIG EAST Female Athlete of the Week	November 25, January 27
BIG EAST All-Academic Team	2019-20
<i>Philadelphia Inquirer</i> Academic All-Area Women's Swimming & Diving Team	2019-20
Athletic Director's Honor Roll	Spring 2020
Office of Academic Support Student-Athlete of the Month	January
<b>Emily Provenzo</b>	<b>Junior • Freestyle/Individual Medley • Glen Allen, Va. • Saint Gertrude</b>
Athletic Director's Honor Roll	Spring 2020

# VILLANOVA WOMEN'S SWIMMING & DIVING

## 2019-20 SEASON

### **Milly Routledge** **Junior • Freestyle/Backstroke • North Ascot, UK • Charters School**

BIG EAST Championships Most Outstanding Women's Swimmer 2020

BIG EAST Champion 50 Yard Freestyle (22.95p) (22.79f)  
 BIG EAST Champion 100 Yard Freestyle (50.67p) (49.78f)  
 BIG EAST Champion 200 Yard Freestyle (1:49.68p) (1:47.05f)  
 BIG EAST Champion (tie) 400 Yard Freestyle Relay (Anchor) (3:21.62) (49.04)  
 BIG EAST Champion 800 Yard Freestyle Relay (Anchor) (7:16.85) (1:47.55)  
 BIG EAST Champion 200 Yard Medley Relay (Freestyle) (1:40.44) (22.38)

All-BIG EAST 50 Yard Freestyle  
 All-BIG EAST 100 Yard Freestyle  
 All-BIG EAST 200 Yard Freestyle  
 All-BIG EAST 200 Yard Freestyle Relay (Anchor)  
 All-BIG EAST 400 Yard Freestyle Relay (Anchor)  
 All-BIG EAST 800 Yard Freestyle Relay (Anchor)  
 All-BIG EAST 200 Yard Medley Relay (Freestyle)

BIG EAST Female Athlete of the Week November 4

CSCAA Scholar All-America (Honorable Mention) 2019-20  
 BIG EAST All-Academic Team 2019-20  
*Philadelphia Inquirer* Academic All-Area Women's Swimming & Diving Performer of the Year 2019-20  
*Philadelphia Inquirer* Academic All-Area Women's Swimming & Diving Team 2019-20  
 Athletic Director's Honor Roll Fall 2019, Spring 2020

### **Danielle Scarano** **Freshman • Diving • New Windsor, N.Y. • Newburgh Free Academy**

BIG EAST All-Academic Team 2019-20  
 Athletic Director's Honor Roll Fall 2019, Spring 2020

### **Perri Stahl** **Freshman • Breaststroke/Freestyle • La Grange, Ill. • Fenwick**

BIG EAST Champion 400 Yard Medley Relay (Freestyle) (3:43.29) (51.38)

All-BIG EAST 100 Yard Breaststroke  
 All-BIG EAST 200 Yard Freestyle Relay (1st Leg)  
 All-BIG EAST 400 Yard Medley Relay (Freestyle)

BIG EAST All-Academic Team 2019-20  
 Athletic Director's Honor Roll Fall 2019, Spring 2020

### **Anna Turner** **Freshman • Freestyle • Ridgefield, Conn. • Ridgefield**

All-BIG EAST 1650 Yard Freestyle

BIG EAST All-Academic Team 2019-20  
 Athletic Director's Honor Roll Fall 2019, Spring 2020

## 2019-20 SEASON

<b>Nicole Welch</b>	<b>Sophomore • Freestyle • Beverly, Mass. • Beverly</b>
BIG EAST Champion	500 Yard Freestyle Relay (4:51.31p) (4:49.64f)
BIG EAST Champion	800 Yard Freestyle Relay (3rd Leg) (7:16.85) (1:48.94)
All-BIG EAST	500 Yard Freestyle
All-BIG EAST	800 Yard Freestyle Relay (3rd Leg)
BIG EAST All-Academic Team	2019-20
Athletic Director's Honor Roll	Fall 2019, Spring 2020
<b>Grace Wielar</b>	<b>Sophomore • Backstroke • Richmond, Va. • St. Catherine's</b>
BIG EAST Champion (tie)	400 Yard Freestyle Relay (3rd Leg) (3:21.62) (51.26)
BIG EAST Champion	800 Yard Freestyle Relay (2nd Leg) (7:16.85) (1:51.82)
All-BIG EAST	200 Yard Backstroke
All-BIG EAST	400 Yard Freestyle Relay (3rd Leg)
All-BIG EAST	800 Yard Freestyle Relay (2nd Leg)
BIG EAST All-Academic Team	2019-20
Athletic Director's Honor Roll	Fall 2019, Spring 2020