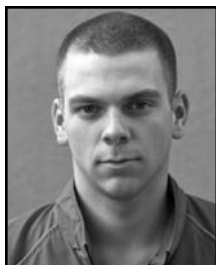


# Meet The Keydets



## Sean Alexander

- Freshman
- Richmond, Va.
- Benedictine

**2008-09:** Competed against Georgetown at JMU in the season-opening event, against New Jersey Tech at home and at the Gardner-Webb Half/Double Invite.

**Personal:** Son of COL Ray and COL Jettaka Alexander...Two-year letterwinner on the swim team at Benedictine...Four-year letterwinner as a lacrosse goalie and a two-year letterwinner running cross country...Biology major.

### Alexander's Top Career Times:

50 yard freestyle . . . . .25.82 . .2009 at Gardner-Webb Invite  
100 yard IM . . . . .1:09.30 . .2009 at Gardner-Webb Invite



## Rory Alfree

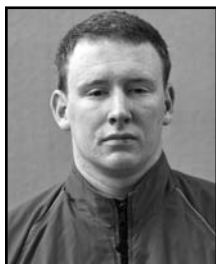
- Junior
- Wilmington, Del.
- Salesianum

**2008-09:** Competed in all but two meets this season.

**Personal:** Son of Henry and Elizabeth Alfree...Four-year letterwinner in the sprint freestyle events at Salesianum...Also a four-year letterwinner on the track and cross country teams...Civil and Environmental Engineering major.

### Alfree's Top Career Times:

50 yard freestyle . . . . .24.84 . .2009 vs. Georgetown at JMU  
100 yard freestyle . . . . .54.30 . .2009 vs. Georgetown at JMU  
200 yard freestyle . . . . .2:14.63 . . . . .2009 at Gardner-Webb



## Charlie Barnett

- Junior
- Roanoke, Va.
- Lord Botetourt

**2008-09:** Competed in every meet of the season.

**2008 CCSA Championship:** Competed in the 50, 100 and 200 freestyle races...Also swam for VMI in the 200 freestyle and 200 & 400 medley relays.

**2007-08:** Competed in every event...Swam a career-best in the 100-freestyle against Delaware...Swam the anchor leg on the team's fastest 800-freestyle relay, coming at the Thomas Murphy Invitational.

**2007 NEC Championship:** Placed sixth in the 200-freestyle, coming up with a career-best 1:54.58 in the finals...Placed seventh in the 200-backstroke with a career-best 2:23.67 in the finals...Also finished 11th in the 50-freestyle, swimming a career-best 23.45...Also swam on the 400 medley relay team that placed third.

**2006-07:** Has competed in each event this season...At

Davidson, turned in personal top times in the 50-freestyle and 100-butterfly...Swam personal-best in 200-backstroke at the Yellow Jacket Invitational...Swam career-best in 100-back and 200-free at Virginia Tech...Helped 200 and 400 freestyle relay teams to VMI's top times at the Yellow Jacket Inv'l.

**Personal:** Son of Tim and Jamie Barnett...Swam for four years at Lord Botetourt...Reached State Championships four seasons and was named team captain as a junior and senior...Twice named team MVP and earned Most Improved Award...School-recordholder in the 100 butterfly...Chemistry major.

### Barnett's Top Career Times:

50 yard freestyle . . . . .23.45 . . . . .2007 NEC Champs.  
100 yard freestyle . . . . .54.20 . . . . .2008 vs. Davidson, VT  
200 yard freestyle . . . . .1:54.58 . . . . .2007 NEC Champs.  
100 yard butterfly . . . . .1:00.65 . . . . .2007 at Davidson  
100 yard backstroke . . . . .1:06.83 . . . . .2007 at Virginia Tech  
200 yard backstroke . . . . .2:23.67 . . . . .2007 NEC Champs.



## Daniel Bogert

- Senior
- Tempe, Ariz.
- Corena del Sol

**2008-09:** One of the team's captains...Competed in all but one meet this season.

**2007-08:** Did not compete.

**Personal:** Son of John and Mary Bogert...Swam for the Rio Salado Swim Club and the Desert Thunder Aquatics Club...Qualified for State in the 200 breaststroke...Brother James competes for USA Swimming...Won gold medals in the 100 free and breast at the Grand Canyon State Games... Qualified Combat Rescue through 396th ATRS Combat Rescue Program...Member of the Phi Eta Sigma Honor Society... Economics and Business major.

### Bogert's Top Career Times:

50 yard breaststroke . . . . .29.16 . .2009 at Gardner-Webb Invite  
100 yard breaststroke . . . . .1:05.61 . . . . .2009 vs. NJIT  
200 yard breaststroke . . . . .2:28.43 . .2009 at Thomas Murphy Inv'l.  
400 yard breaststroke . . . . .5:30.86 . .2009 at Gardner-Webb Invite



**Alex Brush**



## Alex Brush

- Senior
- Mount Pleasant, S.C.
- Wando

**2008-09:** One of team's captains...Competed in all but two meets this season.

**2008 CCSA Championship:** Made the finals of the 100-breaststroke, swimming a career-best 1:06.49 to place 15th...Also swam career-bests in the 50 and 100-freestyle...Also swam the 200 and 400 freestyle relay.

**2007-08:** Competed in each event in the first semester and against Davidson and Virginia Tech at Radford.

**2006-07:** Competed in team's first three events...Swam career-bests in 50-freestyle and 100 & 200-breaststroke events at the Yellow Jacket Invitational...Turned in career-best time in 100-freestyle at Thomas Murphy Invitational.

**Personal:** Son of Anthony Brush and Brenda Parent...Four-year letterwinner for Coach Swetckie while swimming at Wando...Received All-State, All-Region and All-County honors...Placed third in the 15-18 age group at the LowCountry Splash 2.6-mile open-water swim...Played in the Mount Pleasant Basketball League... Dean's List student... Institute Scholar...International Studies and French major.

### Brush's Top Career Times:

50 yard freestyle . . . . .23.57 . . .2008 CCSA Championships  
100 yard freestyle . . . . .53.42 . . .2008 CCSA Championships  
50 yard breaststroke . . . . .31.91 . . .2009 at Gardner-Webb Invite  
100 yard breaststroke . . . . .1:06.49 . . .2008 CCSA Championships  
200 yard breaststroke . . . . .2:42.79 . . . . .2007 Yellow Jacket Inv'l.



## Preston Craft

- Sophomore
- Richmond, Va.
- Mills Godwin

**2008-09:** Competed against New Jersey Tech at home.

**2008 CCSA Championship:** Made the finals in the 100-backstroke, placing 14th with a career-best time of 1:04.92...Also swam career-best times in the prelims of the 50 and 100-freestyle...Competed in the 200-freestyle and 200-medley relays.

**2007-08:** Competed against Gardner-Webb at Radford, at the Yellow Jacket Invitational and against Davidson and Virginia Tech at Radford.

**Personal:** Son of Gary and Shelley Craft...Four-year letterwinner in Volleyball at Godwin...Earned First Team All-Region and All-District honors and was twice named Team MVP... Brother Stuart swam for the program 2003-07...Economics and Business major with a minor in Spanish.

### Craft's Top Career Times:

50 yard freestyle . . . . .24.67 . . .2008 CCSA Championships  
100 yard freestyle . . . . .55.02 . . .2008 CCSA Championships  
100 yard backstroke . . . . .1:04.92 . . .2008 CCSA Championships



## Matt Dale

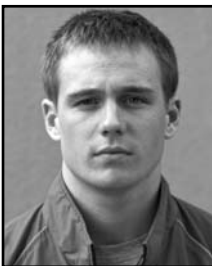
- Freshman
- Corning, N.Y.
- Corning West

**2008-09:** Has competed in every meet this season.

**Personal:** Son of Eric and Jill Dale...Four-year letterwinner under Mike Nicholson at Corning West...Won four section championships and was a two-time State qualifier...Holds school records in the 200 medley relay, 200 freestyle relay and in the 100 backstroke...Team Captain...Also an Empire State Games qualifier...Eagle Scout...Member of the National Honor Society...Swam for the Corning River Rats...Assistant Coach for the Corning Girls Modified team...International Studies major.

### Dale's Top Career Times:

500 yard freestyle . . . . .5:12.57 . . .2009 at Thomas Murphy Inv'l.  
50 yard backstroke . . . . .26.43 . . . . .2009 vs. NJIT  
100 yard backstroke . . . . .57.69 . . . . .2009 vs. NJIT  
200 yard backstroke . . . . .2:09.39 . . .2009 at Thomas Murphy Inv'l.  
400 yard backstroke . . . . .4:38.41 . . .2009 at Gardner-Webb Invite



## Paul DeValk

- Junior
- Richmond, Va.
- Mills Godwin

**2008-09:** Competed at the Gardner-Webb Half/Double Invite.

**2008 CCSA Championship:** Did not compete.

**2007-08:** Competed in the team's first two events...Swam on VMI's fastest 400-freestyle relay of the season, doing so at home against Gardner-Webb...Also swam on the team's fastest 800-freestyle relay this year at the Thomas Murphy Invitational.

**2007 NEC Championship:** Placed seventh in the 200-freestyle, swimming a career-best 1:55.53 in the finals...Came in 11th in the 100-freestyle, posting a career-best time of 51.89 in the prelims...Also swam a career-best 24.00 in a 50-freestyle swim-off.

**2006-07:** Competed in each of team's events this season...Posted a career-best in the 100-freestyle at Virginia Tech...Swam a career-best times in the 50 and 200-freestyle events at the Thomas Murphy Invitational...Helped 800-freestyle and 400-medley relay teams to top times at the Yellow Jacket Invitational.

**Personal:** Son of Dan and Karen DeValk...Four-year letterwinner in outdoor track and three-year letterwinner in indoor track for Coach Wagner at Mills Godwin...Earned All-District, All-Region and All-Academic honors...Also lettered twice in cross country, with a top time of 17:10 in the 5K...Lettered as receiver and kicker on the football team...Member of nationally ranked 400-meter freestyle relay team...Swam at the Three Chopt Recreational Center...Civil Engineering major.

### DeValk's Top Career Times:

50 yard freestyle . . . . .24.00 . . . . .2007 NEC Champs.  
100 yard freestyle . . . . .51.89 . . . . .2007 NEC Champs.  
200 yard freestyle . . . . .1:55.53 . . . . .2007 NEC Champs.

# Meet The Keydets



## Jon-Thomas Doxsee

- Freshman
- Chesapeake, Va.
- Great Bridge

**2008-09:** Competed at home against New Jersey Tech and at the Gardner-Webb Half/Double Invite.

**Personal:** Son of David Watkins and Tiffany Doxsee...Three-year letterwinner on the crew team at Great Bridge...Placed third at Nationals...Two-time state lightweight champion...School record holder in the Lightweight 2000 meter...Team captain...Graduated with Honors...Civil Engineering major.

### Doxsee's Top Career Times:

50 yard freestyle . . . . .24.95 . .2009 at Gardner-Webb Invite



## Matt Elliott

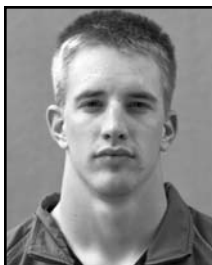
- Freshman
- Norfolk, Va.
- Maury

**2008-09:** Competed in all but one meet this season.

**Personal:** Son of Mark and Rebecca Elliott...Four-year letterwinner on the swim team at Maury...Placed seventh in the state in the 200 freestyle relay and holds a school record in that race...Also played lacrosse, football and volleyball...Biology major.

### Elliott's Top Career Times:

50 yard freestyle . . . . .23.49 . .2009 at Thomas Murphy Inv'l.  
100 yard freestyle . . . . .50.69 . . . . .2009 vs. NJIT  
50 yard backstroke . . . . .26.30 . . . . .2009 vs. NJIT  
100 yard backstroke . . . . .59.66 . .2009 at Thomas Murphy Inv'l.



## Tristan Euritt

- Junior
- Waterloo, Iowa
- West

**2008-09:** Competed in every meet this season.

**2008 CCSA Championship:** Finished 11th with a career-best clocking of 2:11.85 in the 200-butterfly...Placed 15th in the 100-butterfly after swimming a career-best 56.60 in the prelims...Swam a career-best in the prelims of the 200-IM...Competed in the 200 & 400-freestyle relays, as well as the 200 & 400-medley relays.

**2007-08:** Competed in every event...Swam VMI's fastest time of the season in the 200-butterfly and the second-fastest 200-IM time of the season at the Yellow Jacket Invitational.

**Personal:** Son of Douglas and Mary Euritt...Three-year letterwinner for Coach Haley at West...Competed for the VMI rifle team as a freshman...Mechanical Engineering major.

### Euritt's Top Career Times:

50 yard freestyle . . . . .23.40 . .2009 at Thomas Murphy Inv'l.  
100 yard freestyle . . . . .52.32 . . . . .2008 vs. Delaware at JMU  
50 yard butterfly . . . . .25.21 . . . . .2009 vs. NJIT  
100 yard butterfly . . . . .56.60 . . . . .2008 CCSA Championships  
200 yard butterfly . . . . .2:11.85 . . . . .2008 CCSA Championships  
400 yard butterfly . . . . .5:25.07 . .2009 at Gardner-Webb Invite  
200 yard IM . . . . .2:12.47 . . . . .2008 CCSA Championships



Tristan Euritt



## Jamie Fernandes

- Senior
- Kent, England
- Beths Grammar

**2008-09:** Competed at home against New Jersey Tech.

**Personal:** Son of Brian and May Fernandes...Played one season on the VMI soccer team...Was named Player of the Year and won the County Cup while playing soccer at both St. Thomas Moore and Beths Grammar...Also a team captain and served as a coach on the pitch...Won the 1500m Greenwich Championship in 2003...Psychology major.



## Justin Ferrell

- Junior
- Glen Allen, Va.
- Deep Run

**2008-09:** Competed in all but one meet this season.

**2008 CCSA Championship:** Finished 12th in the 100-breaststroke, swimming a career-best 1:03.85 in the prelims...Placed 13th in the 200-breaststroke with a career-best 2:24.32 in the finals...Swam the top 200-IM time of his career in the prelims...Also competed in the 400-medley relay.

**2007-08:** Competed in each event in the first semester and against Davidson and Virginia Tech at Radford...Swam the team's fastest time in the 100-breaststroke this season at the Thomas Murphy Invitational...Also turned in VMI's fastest 200-breaststroke at the Yellow Jacket Invitational...Also swam the second leg for the Keydets' top times of the season in the 200-medley and 400-medley relays.

**2007 NEC Championship:** Placed third in the 100-breaststroke, turning in a career-best time of 1:05.67 in the finals...Also took third in the 200-breaststroke with a career-best time of 2:26.60 in the prelims...Took seventh in the 200-IM, posting a career-best time of 2:13.73 in the finals.

**2006-07:** Competed in every event...Turned in top season times in the 200-breaststroke and 200-IM events at Yellow Jacket Invitational.

**Personal:** Son of Ronald and Bonnie Ferrell...Lettered twice in wrestling at 160 lbs. and ran for the track & field team...Swam for Shady Grove YMCA on the USS team... Cumulative high school GPA above 4.0...Helped summer team to win League Championship... Participated in three triathlons last summer, winning his age group in two of those...Civil Engineering major.

### Ferrell's Top Career Times:

50 yard freestyle . . . . .23.12 . .2009 at Thomas Murphy Inv'l.  
 100 yard freestyle . . . . .51.19 . .2009 at Thomas Murphy Inv'l.  
 50 yard breaststroke . . . . .30.51 . .2009 at Gardner-Webb Invite  
 100 yard breaststroke . . . . .1:03.85 . .2008 CCSA Championships  
 200 yard breaststroke . . . . .2:24.32 . .2008 CCSA Championships  
 200 yard IM . . . . .2:10.78 . .2008 CCSA Championships



**Justin Ferrell**



## James Goodwillie

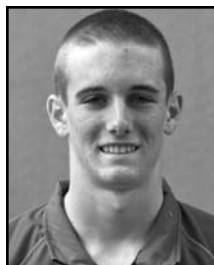
- Freshman
- Richmond, Va.
- Mills Godwin

**2008-09:** One of the top freshmen to come through the program in recent history...Has broken three varsity records as a freshman and swam on a rat-record relay squad...Has competed in all but one event this season.

**Personal:** Son of James and Staci Goodwillie...Father, James, is a VMI graduate that was a member of the track and field team, competing in the pole vault...Sister, Ashton, swam at James Madison...National Top 16 qualifier...Junior National qualifier in several events...Competed for NOVA Aquatics...Biology major.

### Goodwillie's Top Career Times:

**1000 yard freestyle . . . . .10:04.89 . . . . .2009 vs. NJIT**  
 100 yard backstroke . . . . .55.14 . . . . .2009 vs. NJIT  
**200 yard backstroke . . . . .1:58.36 . . . . .2009 at Gardner-Webb**  
 200 yard IM . . . . .2:00.37 . .2009 at Thomas Murphy Inv'l.  
**400 yard IM . . . . .4:14.31 .2009 at Thomas Murphy Inv'l.**  
**Bold Italic-** School Varsity Record



## David Hayes

- Freshman
- Manassas, Va.
- Osbourn Park

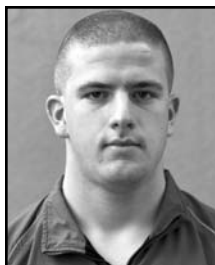
**2008-09:** Competed in the final three meets of the year.

**Personal:** Son of David and Diane Hayes...Two-year letter-winner on the swim team at Osbourn Park...District Champions his final three years there...Also played lacrosse...Competed for the Wellington Dolphins and QDD swim teams...Earned Academic Letters and graduated with a 3.6 GPA...Computer Science major.

### Hayes' Top Career Times:

50 yard breaststroke . . . . .31.32 . .2009 at Gardner-Webb Invite  
 100 yard breaststroke . . . . .1:09.21 . . . . .2009 vs. NJIT  
 400 yard breaststroke . . . . .5:39.72 . .2009 at Gardner-Webb Invite  
 100 yard IM . . . . .1:05.48 . .2009 at Gardner-Webb Invite





## Benji Howard

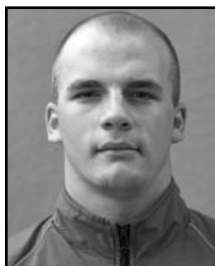
- Freshman
- Bristol, Va.
- Family Christian Acad.

**2008-09:** Competed in each meet this season.

**Personal:** Son of Richard and Doreen Howard...Four-year letterwinner on the swim team at FCA...Placed ninth in the 200 freestyle and 18th in the 100 breaststroke at State Championships...School record holder in several freestyle events and the 100 and 200 breaststroke...Two-year letterwinner as a goalie on the soccer team...Swam for the Bristol Area Swim Association...Ranked in Top 5 of graduating class...Eagle Scout...Brother, Stephen, swims at King College...Civil Engineering major.

### Howard's Top Career Times:

100 yard freestyle .....52.11 .....2009 vs. NJIT  
 200 yard freestyle .....1:54.26 .....2009 at Thomas Murphy Inv'l.  
 500 yard freestyle .....5:15.16 .....2009 at Thomas Murphy Inv'l.  
 100 yard breaststroke .....1:10.00 .....2009 at Gardner-Webb



## Alex Hufnagel

- Freshman
- Sykesville, Md.
- Glenelg

**2008-09:** Competed against New Jersey Tech at home and at the Gardner-Webb Half/Double Invite.

**Personal:** Son of Mark and Karin Hufnagel...Member of the West Howard Swim Club...Won Most Improved and Most Dedicated honors from WHSC...Three-year letterwinner on the wrestling team at Glenelg, winning a Country Championship at 160 lbs...Member of the State Championship Team as a senior...Twice named All-County...Also a two-year letterwinner at linebacker...Brother, Erik, pitched at Johnson & Wales (R.I.)...Chemistry major.

### Hufnagel's Top Career Times:

50 yard freestyle .....25.02 .....2009 at Gardner-Webb Invite  
 50 yard butterfly .....30.00 .....2009 at Gardner-Webb Invite  
 50 yard breaststroke .....33.81 .....2009 at Gardner-Webb Invite



**Alex Hufnagel**



## Josh Jeffcoat

- Sophomore
- Virginia Beach, Va.
- Gateway Christian

**2008-09:** Competed in all but two meets this season.

**2008 CCSA Championship:** Swam a career-best 26.52 in the 50-freestyle...Also swam the 100-freestyle for the first time.

**2007-08:** Competed at the Yellow Jacket Invitational and against Davidson and Virginia Tech at Radford.

**Personal:** Son of Ricky James and Lucille Marie Jeffcoat...Three-year letterwinner under Coach Mentor on the Gateway Christian Soccer team...Arabic major with a minor in Spanish.

### Jeffcoat's Top Career Times:

50 yard freestyle .....26.52 .....2008 CCSA Championships  
 100 yard freestyle .....1:00.18 .....2008 CCSA Championships  
 500 yard freestyle .....6:33.72 .....2009 vs. NJIT  
 1000 yard freestyle .....14:17.17 .....2009 at Gardner-Webb



## Andrew Jeter

- Sophomore
- Bristol, W. Va.
- Liberty

**2008-09:** Has competed in each meet this season.

**2008 CCSA Championship:** Swam career-bests in the 50 and 100-freestyle...Swam the 200-freestyle for the first time in his career...Also competed in the 200-freestyle relay.

**2007-08:** Competed against Gardner-Webb at Radford, at the Yellow Jacket Invitational and against Davidson and Virginia Tech at Radford.

**Personal:** Son of Walter and Beth Jeter...Four-year letterwinner under Coach Mann at Liberty HS...Two-year captain and participated at the state championship meet all four years...Also a two-year letterwinner as a catcher, member of the state runners-up...Also named All-County and All-State while playing defensive end on the football team...Chemistry major.

### Jeter's Top Career Times:

50 yard freestyle .....25.32 .....2008 CCSA Championships  
 100 yard freestyle .....56.49 .....2008 CCSA Championships  
 200 yard freestyle .....2:05.38 .....2008 CCSA Championships  
 50 yard backstroke .....31.04 .....2009 at Gardner-Webb Invite  
 100 yard backstroke .....1:05.27 .....2009 vs. NJIT  
 200 yard backstroke .....2:23.70 .....2009 at Thomas Murphy Inv'l.  
 400 yard backstroke .....5:09.69 .....2009 at Gardner-Webb Invite



## Josh Kenny

- Senior
- Prince Frederick, Md.
- Calvert

**2008-09:** Competed in all but two meets this season.

**Personal:** Son of Donald and Sharon Kenny...Four-year letter-winner swimming the breaststroke at Calvert...Placed third in the SMAC Conference as a senior with the 200 medley relay team...Three-year letterwinner playing tennis and two-year letter-winner on the cross country team at Calvert...Played one semester of rugby at VMI...VMI Institute Scholar...Biology major.

### Kenny's Top Career Times:

50 yard breaststroke . . . . .32.96 . .2009 at Gardner-Webb Invite  
 100 yard breaststroke . . . . .1:13.59 . . . . .2009 vs. NJIT  
 200 yard breaststroke . . . . .2:50.92 . .2009 vs. Georgetown at JMU  
 400 yard breaststroke . . . . .5:43.91 . .2009 at Gardner-Webb Invite

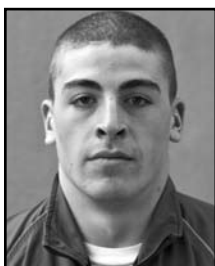


## David Miles

- Junior
- Virginia Beach, Va.
- Ocean Lakes

**2008-09:** Has not competed this season.

**Personal:** Son of Craig and Gina Miles...Three-year letter-winner as an infielder on the Ocean Lakes baseball team...played goalie for the Skanska SandSoccer Team...Brother, Craig, played baseball at Mary Washington...Economics & Business major.



## Paul Ponsiglione

- Freshman
- Virginia Beach, Va.
- Ocean Lakes

**2008-09:** Competed at home against New Jersey Tech and at the Gardner-Webb Half/Double Invite.

**Personal:** Son of Anthony and Paula Ponsiglione...Father played football at California-Berkeley...Dean's List and Honor's List student...Biology major.

### Ponsiglione's Top Career Times:

50 yard freestyle . . . . .25.63 . .2009 at Gardner-Webb Invite  
 50 yard breaststroke . . . . .34.72 . .2009 at Gardner-Webb Invite



## Will Rowcliffe

- Junior
- Falls Church, Va.
- J.E.B. Stuart

**2008-09:** Has competed in every meet this season.

**2008 CCSA Championship:** Finished seventh in the 100-freestyle, setting a new career-best time with a 47.92 in the prelims...Placed ninth in the 50-freestyle with a career-best 21.70 in the final...Also placed 11th in the 100-butterfly, coming up with a career-best 52.83 in the prelims...Competed in the 200-medley and 200 & 400-freestyle relays.

**2007-08:** Competed in each event in the first semester and against Davidson and Virginia Tech at Radford...Swam the team's fastest 50-freestyle, 100-freestyle, 100-butterfly and 200-IM...Also swam on the team's fastest 200-freestyle, 200-medley and 400-medley relays.

**2007 NEC Championship:** Placed second in the 50-freestyle and the 100-freestyle, swimming what were then career-bests in the finals of each event...Also finished third in the 100-butterfly...Swam the third leg of the 200-freestyle relay team that finished second and the third leg of the 200-medley relay that placed third.

**2006-07:** Competed in every event...Excelled in sprint freestyle in his first year on post, turning in team's top three times in the 100-freestyle and team's second-fastest clocking in the 50-freestyle...Swam on team's top relay teams in the 200 & 400 freestyle events, as well as 200 medley.

**Personal:** Son of Charles and Milissa Rowcliffe... Swam for three years in high school for Coach Danny Pick...Won team MVP and Coaches' Award...Swam sprint freestyle and butterfly...Also ran four years of cross country...Swam for the Arlington Aquatic Club...Named Most Improved Swimmer and won Coaches' Award...Holds 5000-free and 100-IM records...Ranks as a Company Corporal in the VMI Corps of Cadets...International Studies major.

### Rowcliffe's Top Career Times:

50 yard freestyle . . . . .21.70 . .2008 CCSA Championships  
 100 yard freestyle . . . . .47.92 . .2008 CCSA Championships  
 50 yard butterfly . . . . .24.61 . . . . .2009 vs. NJIT  
 100 yard butterfly . . . . .52.83 . .2008 CCSA Championships  
 100 yard backstroke . . . . .1:02.45 . .2006 Thomas Murphy Inv'l.  
 200 yard IM . . . . .2:09.64 . . . . .2007 Yellow Jacket Inv'l.



**Will Rowcliffe**

# Meet The Keydets



## Stephen Russell

- Senior
- Chesapeake, Va.
- Hickory

**2008-09:** One of the team's captains...Competed in the season-opening event against Georgetown at JMU and at home against New Jersey Tech.

**2008 CCSA Championship:** Finished 10th in the 200-breaststroke, turning in a career-best 2:20.28 in the finals...Placed 11th in the 100-breaststroke, swimming a career-best 1:03.26 in the prelims...Swam a career-best in the 500-freestyle...Also swam in the 200-medley relay

**2007-08:** Competed in every event this season.

**2007 NEC Championship:** Placed sixth in the 200-breaststroke and seventh in the 100-breaststroke, posting then-career-best times in the finals of each event...Finished eighth in the 500-freestyle, swimming a then-career-best in the prelims.

**2006-07:** Competed in each event...Posted top career time in 200-breaststroke and 500-freestyle at Thomas Murphy Invitational...Swam career-best in 50-freestyle and 200-backstroke at Yellow Jacket Invitational... Posted top career time in the 100-breaststroke at Virginia Tech

**Personal:** Son of Thomas and Susan Russell...Lettered as a senior while swimming at Hickory...Also lettered two seasons in soccer, helping his team to a Conference Championship... Swam for the TAC swim club...Member of the National Honors Society...Brother David was a member of the VMI Swimming program, graduating in 2001...Mechanical Engineering major.

### Russell's Top Career Times:

50 yard freestyle . . . . .26.42 . . . . .2006 Yellow Jacket Inv'l.  
 500 yard freestyle . . . . .5:36.45 . . .2008 CCSA Championships  
 100 yard breaststroke . . . . .1:03.26 . . .2008 CCSA Championships  
 200 yard breaststroke . . . . .2:20.70 . . .2008 CCSA Championships  
 200 yard backstroke . . . . .2:49.90 . . . . .2006 Yellow Jacket Inv'l.



## Mark Schumacher

- Freshman
- Fairfax, Va.
- W.T. Woodson

**2008-09:** Competed in all but two meets this season.

**Personal:** Son of John and Adrienne Schumacher...Three-year letterwinner on the swim team at Woodson...Also a three-year letterwinner on the lacrosse team...Won district championships in swimming and lacrosse...Brother, John, swam at Valparaiso...International Studies major.

### Schumacher's Top Career Times:

100 yard freestyle . . . . .56.64 . . .2009 vs. Georgetown at JMU  
 200 yard freestyle . . . . .2:02.41 . . .2009 at Thomas Murphy Inv'l.  
 200 yard IM . . . . .2:18.05 . . . . .2009 vs. NJIT



**Mark Schumacher**



## Tyler Snow

- Freshman
- Trophy Club, Texas
- Carroll

**2008-09:** Has competed in all but one meet this season.

**Personal:** Son of Wayne Snow and Donna Felton...Three-year letterwinner on the swim team, competing in freestyle and backstroke...Took third in the 200 free and 400 free relay at State Championships...Swam for the Southlake and Trophy Club Summer Swim Leagues...A Texas Distinguished Scholar...Electrical Computer Engineering major.

### Snow's Top Career Times:

200 yard freestyle . . . . .2:05.76 . . . . .2009 at Gardner-Webb  
 500 yard freestyle . . . . .5:38.54 . . .2009 at Thomas Murphy Inv'l.  
 1000 yard freestyle . . . . .11:47.08 . . .2009 vs. Georgetown at JMU



## Ryan Spahr

- Senior
- Falls Church, Va.
- Paul VI

**2008-09:** Has not competed.

**2007-08:** Was not with the team.

**2006-07:** Competed in the 200-freestyle relay at JMU.

**Personal:** Son of Bruce and Joy Spahr...Swam, played football and ran track at Paul VI...International Studies major.





## Trevor Stanco

- Senior
- Garden City, N.J.
- Garden City

**2008-09:** One of the team's captains...Has competed in all but two meets this season.

**2008 CCSA Championship:** Came in 10th in the 1650-freestyle...Finished 13th in the 400-IM...Placed 16th in the 200-IM with a career-best 2:07.15 in the prelims...Competed in the 800-freestyle relay.

**2007-08:** Competed in every event...Swam the team's fastest 400-IM time this season at the Thomas Murphy Invitational...Swam on the team's fastest 800-freestyle relay at the Thomas Murphy Invitational.

**2007 NEC Championship:** Placed second in the 500-freestyle...Finished third in the 400-IM, swimming a career-best 4:33.57 in the finals...Also placed third in the 1650-freestyle.

**2006-07:** Competed in both meets in the second semester, at Davidson and Virginia Tech.

**2006 NEC Championship:** NEC Champion as a member of the 800-freestyle relay...Placed second in the 400-IM and 1650-freestyle by swimming career-bests...Also placed second in the 500-freestyle after swimming a career-best in prelims...Swam on the second-place 400-medley relay team.

**Personal:** Son of Joseph and Vickie Stanco...Competed for six years on his varsity team and was named team captain as a senior...Named All-Division, All-Conference, All-Long Island and competed in State Championship...Economics and Business major.

### Stanco's Top Career Times:

500 yard freestyle	.....	4:59.80	.....	.2006 NEC Champs.
1000 yard freestyle	.....	11:07.96	.....	.2006 at Virginia Tech
1650 yard freestyle	.....	17:42.60	.....	.2006 NEC Champs.
100 yard breaststroke	.....	1:08.36	.....	.2006 NEC Champs.
200 yard breaststroke	.....	2:34.74	.....	.2006 Davidson Inv'l.
200 yard IM	.....	2:07.15	.....	.2008 CCSA Championships
400 yard IM	.....	4:33.57	.....	.2007 NEC Champs.



## Briana Allard

- Sophomore
- Fairfax, Va.
- Robinson Secondary

**2008-09:** Established school records in both one-meter and three-meter diving...Helped the women's swimming program to its first-ever win, taking down NJIT in November...Competed in VMI's two home meets and at the Thomas Murphy Invitational.

**2008 CCSA Championship:** Placed 15th in one-meter diving.

**2007-08:** Competed in four events this season...Became VMI's first female competitor in diving, scoring a 118.05 at home against Pfeiffer and Randolph on Oct. 27.

**Personal:** Daughter of David and Cindy Allard...Played for the BRYC soccer team, winning the championship four consecutive years...Served as Unit Commander in AFJROTC...Civil Engineering major.

### Allard's Top Career Times & Scores:

50 yard freestyle	.....	.36.67	.....	.2007 Yellow Jacket Inv'l.
<b>One-Meter Diving</b>	.....	<b>137.93</b>	.....	<b>.2009 at Thomas Murphy Inv'l.</b>
<b>Three-Meter Diving</b>	.....	<b>139.60</b>	.....	<b>.2009 vs. NJIT &amp; MSM</b>

**Bold Italic-** School Varsity Record



## Lizanne Carlos

- Sophomore
- Great Falls, Va.
- Langley

**2008-09:** Swam on the 200-freestyle relay that that broke the school record at home against New Jersey Tech...Helped the women's swimming program to its first-ever win, taking down NJIT in November...Has competed in every meet this season.

**Personal:** Daughter of Benjamin and Ana Carlos...Two-year letterwinner on the Langley swim team...Competed for the Newbridge Swim Team...Part of the Honors Program in High School...VMI Institute Scholar...Civil Engineering major.

### Carlos' Top Career Times:

50 yard freestyle	.....	.31.96	.....	.2009 at Thomas Murphy Inv'l.
100 yard freestyle	.....	1:14.47	.....	.2009 vs. Radford
500 yard freestyle	.....	8:07.59	.....	.2009 vs. NJIT & MSM
50 yard backstroke	.....	.39.22	.....	.2009 vs. NJIT & MSM



**Briana Allard**

# Meet The Keydets



## Veronica Lentsch

- Freshman
- St. Paul, Minn.
- Cretin-Derham Hall

**2008-09:** Swam on the 200-freestyle relay that that broke the school record at home against New Jersey Tech...Helped the women's swimming program to its first-ever win, taking down NJIT in November...Completed in all but one meet this season.

**Personal:** Daughter of David and Elizabeth Lentsch...Two-year letterwinner on the swim team at Cretin-Derham Hall...Also a three-year letterwinner in gymnastics and a one-year letterwinner in track & field...Competed for USAG and Gleasons Egan Gymnastics School...Father, David, ran track and cross country in college...Psychology major.

### Lentsch's Top Career Times:

50 yard freestyle .....29.46 .....2009 vs. NJIT & MSM  
 100 yard freestyle .....1:09.55 .....2009 vs. NJIT & MSM  
 One-Meter Diving .....1:11.20 .....2009 vs. NJIT & MSM



## Chelsea Nugent

- Sophomore
- Glendale, Calif.
- Flintridge Sacred Heart

**2008-09:** Swam on the 200-freestyle relay that that broke the school record at home against New Jersey Tech...Helped the women's swimming program to its first-ever win, taking down NJIT in November...Has competed in every meet this season.

**2008 CCSA Championship:** Swam career-bests and school-record times in the 500-freestyle (5:43.27) and 200-butterfly (2:24.96)...Also swam the 100-butterfly...Competed in the 200, 400 & 800-freestyle and 200-medley relays.

**2007-08:** Competed in every event this season...Has established new VMI Rat records in each of the nine events she has competed in this season, and also established eight new VMI Varsity records.

**Personal:** Daughter of Randall and Ileana Nugent...Two-year captain on the Flintridge Sacred Heart swim team, swimming for Coach Appel...Also competed for Rose Bowl Aquatics...National Honors Society...Mechanical Engineering major with a minor in Philosophy.

### Nugent's Top Career Times:

50 yard freestyle .....27.14 .....2009 vs. Radford  
 100 yard freestyle .....59.32 .....2007 vs. GVVU at Radford  
 200 yard freestyle .....2:07.05 .....2007 vs. Pfeiffer, Randolph  
 500 yard freestyle .....5:43.27 .....2008 CCSA Championships  
**100 yard backstroke . . . . .1:09.71 2009 at Thomas Murphy Inv'l.**  
 200 yard backstroke .....2:31.59 .....2009 at Thomas Murphy Inv'l.  
 100 yard breaststroke . . . . .1:19.25 .....2007 at Radford  
 200 yard breaststroke . . . . .2:50.95 .....2007 vs. GVVU at Radford  
 50 yard butterfly .....29.03 .....2009 vs. NJIT  
 100 yard butterfly .....1:04.10 .....2007 vs. Pfeiffer, Randolph  
 200 yard butterfly .....2:24.96 .....2008 CCSA Championships  
 200 yard IM .....2:27.80 .....2007 at Radford  
**Bold Italic- School Varsity Record**



## Stephanie Ortiz

- Senior
- Stafford, Va.
- Brooke Point

**2008-09:** One of the team's captains...Swam on the 200-freestyle relay that that broke the school record at home against New Jersey Tech...Helped the women's swimming program to its first-ever win, taking down NJIT in November...Has competed in every meet this season.

**2008 CCSA Championship:** Swam in the 50-freestyle, turning in a career-best 31.00...Also swam a career-best 1:09.55 in the 100-freestyle...Completed in the 200-freestyle for the first time...Completed in the 200, 400 & 800-freestyle and 200-medley relays.

**2007-08:** Competed at Radford in the season's final meet.

**Personal:** Daughter of Paul and Michelle Ortiz...Three-year letterwinner on the swim team at Brooke Point and team captain as a senior...Lettered twice in softball...Played club tennis...Brother, Paul, was on the wrestling team at Navy...Psychology major.

### Ortiz's Top Career Times:

50 yard freestyle .....30.29 .....2009 vs. NJIT & MSM  
 100 yard freestyle .....1:08.67 .....2009 vs. Radford  
 200 yard freestyle .....2:38.33 .....2008 CCSA Championships  
 50 yard breaststroke .....40.86 .....2009 vs. NJIT & MSM



**Stephanie Ortiz**



**Chelsea Nugent**