WYOMING

2015-16 SWIMMING & DIVING



2015–16 SCHEDULE

Date	Event	Site	Time
October 2	***Brown and Gold***	***Cheyenne, Wyo.***	***5:00 PM***
October 10	Denver Relays	***Denver***	***Noon***
October 16	***Denver (Men)***	***Laramie, Wyo.***	***4:00 PM***
October 23	New Mexico State (Women)	Las Cruces, N.M.	4:00 PM
October 24	New Mexico (Men)	Albuquerque, N.M.	Noon
October 30-31	NAU, LSU	Flagstaff, Ariz.	TBA
November 6	***Colorado State (Women)***	***Laramie, Wyo.***	***5:00 PM***
November 12	***Air Force (Men)***	***Laramie, Wyo.***	***5:00 PM***
November 13	***NAU, Air Force (Women)***	***Laramie, Wyo.***	***5:00 PM***
November 19-21	Purdue Invite	West Lafayette, Ind.	All Day
December 2-5	AT&T Winter Nationals	Federal Way, Wash.	All Day
December 5	***Utah***	***Green River, Wyo.***	***1:00 PM***
January 9	Denver	Denver, Colo.	1:00 PM
January 16	Arizona State	Tempe, Ariz.	TBA
January 30	UNLV (Men & Women), Nevada (Women)	Las Vegas, Nev.	Noon
February 5-6	Air Force Diving Invite	Colorado Springs, Colo.	All Day
February 17-20	Mountain West Championship	College Station, Texas	All Day
February 24-27	Western Athletic Conference Championship	Houston, Texas	All Day
March 7-9	NCAA Zone "E" Diving Championship	Flagstaff, Ariz.	All Day
March 17-19	NCAA Women's Championship	Atlanta, GA.	All Day
March 24-26	NCAA Men's Championship	Atlanta, GA.	All Day

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2014-15 SWIMMING AND DIVING RESULTS

DATE	EVENT	SITE
Oct. 3	Brown and Gold	Gold, 314-264
Oct. 9	vs. New Mexico (W)	W, 162-95
Oct. 10	Wyoming Diving Invite	
Oct. 11	Wyoming Diving Invite	
Oct. 11	Denver Relays	
Oct. 24	at Colorado State (W)	W, 183-110
Oct. 25	at Air Force	W, W 160-140
		L, M 154-146
Oct. 30	at Denver (M)	NTS
Nov. 6	New Mexico State (W)	W, 188-150
Nov. 14	at UC Santa Barbara	M, W 132-130
		W, W 154-106
Nov. 15	at Cal Poly	M, W 180-109
		W,W 176-118
Nov. 20-22	Texas Diving Invite	NTS
Dec. 4-6	Colorado Mesa Invite	NTS
Jan 17	Denver	M, W 176-124
		W, L 152-148
Jan. 24	Boise State (W)	NTS
	at Colorado School of Mines (M)	W 155-96
Jan. 30-31	Air Force Diving Invite	NTS
Jan. 31	at UNLV, Northern Arizona	M, W W 2-0
Feb. 18-21	Mountain West Championships	4th - 420 points
Feb. 25- 28	Western Championships	3rd - 691.5 points
March 9-11	NCAA Zone "E" Diving Championships	NTS
March 26-28	NCAA Men's Championships	NTS

The University of Wyoming Athletics Media Relations office is always available to assist any media needs. Please contact swimming and diving contact Lincoln Mansch or any member of the media relations staff for assistance. Contact the media relations office via phone **(307) 766-2290**, fax **(307) 766-2346** or by e-mail **lmansch@uwyo.edu**. All interviews for coaches or any student-athlete should be arranged through the office at least 24 hours in advance. Athletes are available as their class schedules, work-outs and team meetings permit. Student-athletes are not available on meet days until after the meet.

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Credits

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UW Swimming & Diving Quick Facts

Location: Laramie, Wyo.
Enrollment: 13,551
Founded: 1886
President: Dr. Richard McGinity
Nickname: Cowboys/Cowgirls
Colors: Brown and Gold
Conference: Mountain West (W)/Western Athletic Conference (M)
Home Pool: Corbett Pool
Capacity: 225
Athletic Director: Tom Burman
Head Coach: Tom Johnson (Wyoming '86) 18th Year
Overall Dual Record (18 years): Men 92-59-1, Women 130-66
Head Diving Coach: Kyle Bogner (Wyoming '11)
Assistant Coach/Recruiting Coordinator:
Kirk Ermels (Wayne State (Neb.) '03)
Assistant Coach: Dave Denniston (Auurn '02)
Graduate Assistant: Sofiia Filatova
2014-15 Dual Record: Women (7-1 overall)
Men (5-1 overall)



2015-16 Coaching Staff
Left to Right:
Assistant coach Kirk Ermels, head coach Tom Johnson, assistant coach Dave Denniston, graduate assistant Sofiia Filatova, head diving coach Kyle Bogner



O. THOMAS JOHNSON

Head Coach

(Wyoming '86)

Wyoming swimming has been a part of Tom Johnson's life for a little more than two decades. Johnson swam at the University of Wyoming for four years, he spent one season as an assistant coach, and for the past 17 years has been head coach.

In the past few seasons at the helm of the Wyoming swimming and diving program, Johnson has led the Cowboys and Cowgirls to their highest conference finishes ever and has been named conference coach of the year four times. At UW, he has seen 30 individual Mountain West Champions, four Western Athletic Conference Champions, four individual Mountain Pacific Sports Federation (MPSF) Champions, three Honorable Mention All-Americans and 11 student-athletes earn Academic All-America honors. He also coached the Cowgirls first back-to-back Honorable Mention All-American in Kelsey Conci. Possibly his greatest achievement came in 2004 when he helped Scott Usher reach the 2004 Olympic Games.

In 2014-15, Johnson led the Cowboy's to a third place finish at the WAC Championship, as well as a fourth place finish at the MW Championship for the Cowgirls. It became the ninth consecutive season the Cowgirls finished in the top four of the conference. Johnson coached Adam Kalms to the NCAA Championship as he became the third Cowboy to make three trips to the championships. He also mentored Austin Rettinghouse and Kari Campbell, as they each qualified for the finals of the platform dive in the NCAA Zone "E" Diving Championships.

The 2013-14 season saw Wyoming become regulars on the EndlessPools/Collegeswimming.com polls. the Cowboys finished the season ranked seventh in the EndlessPools/Collegeswimming.com mid-major ranksings, as the Cowgirls came in ranking eighth in the season ending rankings.

Johnson led Adam Kalms and Ryan Nelson to the NCAA Championship during the 2013-14 season. It marked the first time the Cowboy swimmers qualified two athletes for the NCAA Championships for the first time since 1949 (James Nolan and Marcus Hodges). Kalms became the third Cowboy swimmer to earn back-to-back All-America honors after finishing 14th in the 200 freestyle. Johnson also mentored Cowgirl senior Morgan Hartigan, as she qualified in three events at the NCAA women's Championship. She also became the first Cowgirl swimmer to compete in a an incidivdual medley event at the championship.

In 2012-13, Johnson led the Cowboys to a second place finish at the MPSF Championships, as Wyoming was only nine and a half points behind conference champion UNLV. He also led the women's team to a third place finish at the MW Championships, as the Cowgirls finished in the top-four for the seventh consecutive season. Johnson finished the season with impressive records recording an 8-1 overall record on the men's side and a 6-1 overall record on the women's side. Johnson mentored Honorable Mention All-American Adam Kalms, who was the first Wyoming swimmer to earn Honorable Mention All-America honors since Scott Usher in 2004. Kalms helped Wyoming to one team point to conclude the event in 32nd place.

During the 2011-12 season, Johnson led his teams in two different conferences the MW and MPSF. The Cowboys finished the 2011-12 season with a 4-3 overall dual record. In their first season in the MPSF, the Cowboys finished the championship in third place with four individual championships and one relay championship. In his team's first year of competition in the MPSF, Johnson was voted by his peers as the Coach of the Year in the conference. He also coached 10 individuals to All-MPSF honorees and five relay teams. Also in 2012, senior swimmer Brandon Fischer became the first Cowboys swimmer to earn a place at the NCAA Championships since Usher in 2005. On the women's side, he led the Cowgirls to a 6-3 overall dual record and 3-1 in the MW. The Cowgirls finished the MW Championships in fourth place with two individual champions and one relay championship. Following the championships, eight individual Cowgirls and three relay squads earned All-MW honors. Cowgirl Conci earned her second-consecutive spot at the NCAA Championships. She became the first-ever Cowgirl to earn back-to-back Honorable Mention All-America honors after placing ninth in the 100 backstroke.



In 2010-11, Johnson led the Cowboys and Cowgirls to third-place finishes at the Mountain West Championships, while also helping to coach two individuals to NCAA Championship berths. The 2010-11 Cowgirls finished the season in third place at the conference championships after posting an 11-4 dual record with a 5-3 record in the MW. At the MW Championships the Cowgirls claimed three individual championships and one relay title. Overall nine Cowgirls and three relay teams earned All-MW awards. Lesley Young won two MW Championships in the 100 and 200 breaststroke, while Kelsey Conci picked up the other win for UW in the 100 backstroke. The Cowgirl 200 medley relay team also won a MW Championship setting a new championship record time in the process. Conci also qualified for the NCAA Championships swimming an NCAA `A' cut time in the 100 back portion of the 400 medley relay. At the NCAA Championships, Conci, swam her way into the `B' final and placed second in her final heat giving her 10th place overall. Her 10th-place finish earned her Honorable Mention

All-America honors. She was the first Cowgirl since Norma Hughes in 1992 to earn Honorable Mention All-America honors. The Cowboys also placed third at the 2011 MW Championships, claiming two individual championships. The Cowboys posted a 6-5 overall dual record and a 2-3 MW record during the regular season. The Cowboys had an excellent showing at the 2011 MW Championships with eight student-athletes earning All-MW honors. At the conference championships diver Mark Murdock won two individual championships on the 3-meter springboard and platform. Following that performance Murdock went on to place in the top eight on the platform at the NCAA Zone `E' championships to earn a spot at the NCAA Championships. Murdock placed 12th on the platform earning Honorable Mention All-America honors.

The 2009-10 season was one of Johnson's best years of coaching as he coached the Cowgirls to runner-up at the 2010 MWC Championships and their best dual record ever at 14-1 and 7-1 in the conference. The Cowgirls had 15 individual All-MWC performers, as well as two individual MWC champions. Johnson also saw two of his Cowgirls compete at the 2010 NCAA Championships. The Cowboys also competed well during the 2009-10 season for Johnson. The 'Pokes posed a 7-3 overall dual record and a 3-2 record in the MWC. The Cowboys had nine individual First Team All-MWC performers. Also Cowboy Mark Murdock won the platform diving event at the MWC Championships with a new school and MWC record.

The 2008-09 season started with great momentum from the previous season. At the 2009 MWC Championships the Cowboys matched their highest finish ever in third, while the Cowgirls also placed third for their highest finish ever. Wyoming won three individual championships, broke 16 school records, had 50 performances that rank in the top-five in school history, and had 21 athletes earn all-conference. UW had great success at the conference meet, but they also posted great times and strong records in the regular season. The Cowboys finished the regular season with an overall record of 12-1, while the Cowgirls were 12-4. The Pokes' season did not go unnoticed as they received votes in the College Swim Coaches Association of America (CSCAA) poll, and finished the season ranked 34th in the nation.

One of Johnson's proudest coaching moments came during the summer of 2004. Following his junior season, Wyoming's Scott Usher reached the apex of the swimming world by earning a spot on the coveted United States Olympic Team. Johnson was right by Usher's side as he wore the bucking horse swim cap and raced to a second-place finish in the 200-meter breaststroke at the US Olympic Team Trials on national television.

In support of Johnson and Usher, the Cowboy Joe Club, along with a local businesses, raised enough money to send Johnson to the Olympic Games where he watched Usher reach the finals of the 200-meter breaststroke and swim to a seventh-place finish in the world. In all, Johnson helped guide Usher to four First Team All-America honors, five overall All-America honors and six MWC Championships during his career at UW.

Johnson's coaching philosophy emphasizes maximizing the talent and the potential of our student athletes both academically and athletically.

"We want to maximize their potential athletically to swim at the highest levels of our sport, academically achieving goals allowing them to graduate."

The success Wyoming has had in the pool has been matched in the classroom. In fact, over the past six years, 13 UW swimmers and divers have earned Academic All-District VII honors from Capital One and CoSIDA. Recently, student-athlete Trevor LeValley was named to the Capital One Academic All-District Seven At-Large teams, announced by the College Sports Information Directors of America. LeValley was among 22 student-athletes (11 women and 11 men) selected to the District 7 At-Large teams.

Johnson has also coached 13 individual Academic All-Americans in his time at Wyoming. Most recently Amanda Fay earned Scholar All-American First Team honors, while Jayce Calhoon, Ethan Griffel, Ryan Nelson, Jordan Turner, Molly Coonce, Abby Sullivan and Morgan Hartigan earned Honorable Mention Scholar All-America honors.

The achievements his teams have made in the pool and classroom over the past 15 seasons are helping Johnson to continue to build the Wyoming swimming and diving program. "Our student-athletes understand where this program is headed and the success it can accomplish, and they want to be a part of that," said Johnson. "The goal for us is to continue to strive for consistent and constant improvement in all phases of their life, athletically, academically and socially."



"We want to make them be proud to be a Wyoming Cowboy or Cowgirl, and that they will always be connected to our program and understand the impact they have made over the four years they have been here."

A native of Camillus, N.Y., Johnson was a four-year Wyoming letterwinner as he swam for the Cowboys from 1982-85. Prior to becoming the head swimming and diving coach at Wyoming in 1998, Johnson was the head coach and program director for the Birmingham Swim League in Birmingham, Ala., from the novice level to Olympic trial qualifiers. He guided the Birmingham Swim League from 1994 to 1997, and had 16 swimmers go on to compete at the NCAA Division I level across the United States.

After lettering at UW, and ending his swimming career as the school record holder in the 200 breaststroke, Johnson became an assistant coach at Wyoming during the 1985-86 season. In 1987-88, he became the head coach at Columbine High School in Littleton, Colo. The following year, he returned to his native state of New York as the head coach for the Liverpool Jets Swim Club in Syracuse. From 1989-94, he was the head coach of the Fort Collins Area Swim Team.

Johnson earned a number of awards during his coaching career before to coming to Wyoming. He was named Colorado Swimming Coach of the Year in 1993, was selected as a coach for the United States Swimming's Select Camps at the Olympic Training Center in Colorado Springs in 1993, `94, `96 and `97, and was named the Southeastern Swimming Coach of the year in 1996.

He has achieved a Level 5 certification by the American Swimming Coaches Association, the highest level of certification, and is also a USS and NCAA Division I Level 5 certified coach. Johnson is also a USA Swimming National Team Coach.

Johnson and his wife, Cheryl, a native of Cheyenne, have two children, Tommy and Alexandra.



KIRK ERMELS

Assistant Head Coach

(Wayne State College '04)

Kirk Ermels will begin his third season with Wyoming after joining the UW swimming and diving staff in June of 2014. Ermels will work with the Cowboy and Cowgirl mid-distance and distance swimmers.

"Kirk was a guy I have had on my list and fortunate to have him on our staff with his great coaching background and recruiting footprint in the region," Johnson said. "He just brings a great passion to coaching and coaches at a very high level."

In his only season with Boise State he helped lead the Broncos to a MW Championship in 2013. Ermels mentored 17 All-MW selections, as well as six NCAA qualifiers. Boise State produced 11 top-three finishes with one conference champion at the MW Championship.

"It is a great situation to have someone joins from the Mountain West, he knows our strengths and weakness and that will make for a great transition," Johnson said.

Before his time at Boise State, Ermels helped launch the swimming and diving program as an assistant coach at UNC Asheville. He helped lead the program with only eight athletes to a ninth-place finish at the Coastal Collegiate Swimming Championships. Ermels coached three event finalist and one silver medal winner.

Prior to UNC Asheville, Ermels spent five seasons as the head coach of the Lions Swim team, as well as the head coach in Helena, Mont., at Capital High School and Helena High School. During his time in Montana he was named the Coach of the Year in the state on three occasions. He led Helena to its first state championship in school history in 2011.Between his time in club and high school swimming he guided 18 athletes to state championships. He also earned the title of head coach of the Montana Zones teams twice in his career. Ermels was named the 2013 Helena Education Foundation Distinguished Educator.

"The staff at the University of Wyoming seems like a great fit and I'm so exited to join the program," Ermels said. "There is a great foundation in place and a tremendous opportunity to continue to build a program that will be successful at the conference, national and international levels."

Ermels is a 2003 graduate of Wayne State College (Wayne, Neb.) earning a degree in sport management. While in Nebraska he coached with the Norfolk YMCA for seven years and spent two years at Norfolk Senior High School.



KYLE BOGNER

Head Diving Coach

(Wyoming '11)

Kyle Bogner is in his first season in 2015-16 as Head Diving Coach at the University of Wyoming. Bogner came to UW after most recently being the head diving coach at New Mexico State.

"We are excited to have Kyle come back here," UW head coach Tom Johnson said. "He did a terrific job at Northern Michigan and an even better job at New Mexico State. He is a proven recruiter and has done a great job to show he can handle this position. I know his own diving experiences will help him as a coach and help our student-athletes become successful."

At New Mexico State, Bogner worked under the head coach and was involved in many facets of the program including recruiting, travel and administrative duties. Before working for the Aggies, he was the Graduate Assistant Diving Coach at Northern Michigan.

As a diver for UW, Bogner was the Wyoming Diver of the Year and the 1-meter Mountain West Champion in 2008. Bogner, a five-time MW Diver of the Week award winner, holds two of the top three 1-meter diving scores in school history. His score of 403.20 is also the MW top score in the 1-meter.

Bogner earned his bachelor's degree in communication with a minor in business from Wyoming in 2011, as well as his Master of Science in Administration degree from California State University, Bakersfield in 2013.



DAVE DENNISTON

Assistant Coach
(Auburn '02)

Dave Denniston is in his first season in 2015-16 as an assistant coach at the University of Wyoming. Denniston came to UW after coaching the U.S. Paralympics swim team at the Olympic Training Center in Colorado Springs since 2010.

"We are all excited to have Dave become a part of our staff," UW head coach Tom Johnson said at the time of his hiring. "I believe he will not only bring a lot of knowledge but he has a tremendous amount of experience, as well as great energy and enthusiasm."

Denniston was a member of the University of Auburn swim program from 1997-2002. A two-time team captain at Auburn, he was a three-time individual NCAA champion, including the 1999 national title in the 200-meter breaststroke. Denniston was a 15-time All-American and also helped lead the Tigers to the 1999 NCAA Team Championship.

Denniston competed in the 2000 Olympic Trials in the 100 and 200-meters, where he finished 6th and 9th, respectively. In 2003, he qualified for the World Championship Team in the 200-meter breaststroke before he primarily focused on qualifying for the 2004 U.S. Olympic Team. He finished fourth in the 100-meter breaststroke and fifth in the 200-meter breaststroke at the Olympic Trails. In 2005, Denniston was injured in a sledding accident and then went on to qualify for the 2008 Paralympic games.

Denniston started a motivational speaking company called Mind Over Body. It was created to help people reach their goals despite barriers in life. He has also spent time as an Assistant Editor for Swimming World Magazine. He was awarded the Christopher and Dana Reeve Inspiration award in 2009 and James R. Flowers Coach of the Year award in 2012 while coach of the U.S. Paralympic team.

Denniston is a 2002 graduate of Auburn where he earned a bachelor's degree in communications and a minor in english.



SOFIIA FILATOVA

Graduate Assistant
(Kansas '14)

Sofiia Filatova is in her first season as Graduate Assistant for the Wyoming swimming and diving program in 2015-16. Filatova came to Laramie after most recently working as a swimming instructor at Elite Gymnastics and Aquatics in Lenexa, Kan.

"We are pleased to have Sonia as a part of our staff," UW head coach Tom Johnson said. "She had a terrific career at the University of Kansas and tremendous experiences on the Russian National team. She will be able to help us reach into recruiting areas we have never reached before and is a terrific addition to the staff."

Filatova was a three-year member of the Kansas swimming program, as well as a two-time Academic All-Big 12 First Team selection. She was also named to the Kansas Athletic Director's Honor Roll three times. Filatova competed in the Big 12 Championships all three years as a Jayhawk swimmer. During her senior year, she finished with the top 100 butterfly time for KU at the Championships where she finished seventh in the finals. She also finished sixth in the 100 backstroke at the Championships.

"I'm very excited to begin my coaching career at Wyoming," Filatova said. "I have been a student-athlete and now I will be able to use my knowledge and help other athletes. I have always wanted to be a coach and I know TJ and his staff will be great to work with."

Filatova, who is fluent in both Russian and English, was born in St. Petersburg, Russia and attended National University of Sport and Science in St. Petersburg, as well as participated in the FINA Swimming World Cup before transferring to Kansas. She earned her bachelor's degree in sociology from KU in December of 2014.

Name	Events	Year	Hometown (Previous School)
Danielle Badger	Freestyle	JR	Litchfield Park, Ariz. (Verrado HS)
Keely Bishop	Diving	JR	Eaton Hill, Queensland (Citipointe HS)
Samantha Burke	Backstroke/Freestyle	FR	Chugiak, Alaska (Chugiak HS)
Kari Campbell	Diving	SR	Laramie, Wyo. (Wisconsin)
Keara Chang	Freestyle/Butterfly	SR	Fullerton, Calif. (Sunny Hills HS)
Shannon Chelsvig	Butterfly	FR	Nashville, Tenn. (Hume-Fogg Academic Magent HS)
Molly Coonce	Breaststroke/Butterfly	SR	Batavia, Ill. (Rosary HS)
Kyle Covington	Freestyle	SO	Placerville, Calif. (El Dorado HS)
Kelsey Crane	Butterfly/IM	FR	Bremerton, Wash. (Klahowya HS)
Alanna Dassoff	Backstroke/Freestyle	SO	Oak Park, Ill. (River Forest HS)
Ashleigh Dehls	Diving	FR	Frisco, Texas (Frisco HS)
Ashley Dickerson	Butterfly/Freestyle	SO	Colorado Springs, Colo. (Air Academy HS)
Emma Dow	Distance Freestyle/IM	SR	Salem, Ore. (Sprague HS)
Casey Duckworth	Freestyle	JR	Costa Mesa, Calif. (New Port Harbor HS)
Sarae Dydo	Freestyle/Backstroke	SR	Anaheim, Calif. (Esperanza HS)
Marcela Gramcko	Backstroke	FR	Caracas, Venezuela (U.E. Colegio)
Peyton GrandPre	Diving	FR	Cheyenne, Wyo. (Cheyenne East HS)
Kara Guenther	Freestyle	SO	Flower Mound, Texas (Marcus HS)
CeeJay Harris	Diving	FR	Gillette, Wyo. (Campbell County HS)
Maria Harutjunjan	Breaststroke	SO	Maardu, Estonia (Audentes Sports HS)
Nicole Hlavacek	Distance Freestyle	SR	Loveland, Colo. (Thompson Valley HS)
Lauren McClure	Dist. Free/Butterfly	SR	Carlsbad, Calif. (Carlsbad HS)
Madalyn McGuire	Breaststroke/Freestyle	FR	Littleton, Colo. (Heritage HS)
Rachel McKivigan	Freestyle	SO	Gainesville, Fla. (F.W. Buchholz HS)
Katelyn Olson	Butterfly/Freestyle	FR	Baggs, Wyo. (Little Snake River HS)
Lauren Puglisi	Diving	JR	Woodbury, Minn. (Woodbury HS)
Chynna Randall	Diving	FR	Rock Springs, Wyo. (Rock Springs HS)
Emily Ridout	Sprint Freestyle	SR	Dunstable, England (Queensbury Upper School)
Ashlin Ruiz	Butterfly/Freestyle	FR	Vernon Hills, Ill. (Stevenson HS)
Isobel Ryan	Backstroke/Freestyle	FR	Oamaru, New Zealand (St. Kevin's College)
Lily Salzer	Freestyle/Backstroke	SO	Columbia, Mo. (Rock Bridge HS)
Mandy Schatz	Dist. Free/Butterfly	FR	Yorba Linda, Calif. (Esperanza HS)
Susanna Schumann	Breaststroke	SO	Gelsenuirchen, Germany (Haupstrape)
Claire Sebald	Backstroke/Butterfly	FR	Shorewood, Minn. (Minnetonka HS)
Kelly Sheldon	Freestyle	SO	Loveland, Colo. (Thompson Valley HS)
Emily Stevens	Backstroke	JR	Sherwood, Ore. (Sherwood HS)
Emily Stucky	Mid-Dist. Freestyle	SR	Montrose, Colo. (Montrose HS)
Abby Sullivan	Backstroke/Freestyle	JR	Olympia, Wash. (Tumwater HS)
Connor Tarver	Backstroke	SO	Jackson, Wyo. (Jackson Hole HS)
Abby Urban	IM/Butterfly	FR	Cheyenne, Wyo. (Cheyenne East HS)
Mary Uselmann	Freestyle/Butterfly	JR	Denver, Colo. (St. Peter's Lutheran College)
Marissa Verdi	Freestyle	JR	Corona, Calif. (Santiago HS)
Samantha Zavala	Freestyle	SO	South Pasadena, Calif. (South Pasadena HS)

Roster Breakdown

By Class

Seniors (9)-- Kari Campbell, Keara Chang, Molly Coonce, Emma Dow, Sarae Dydo, Nicole Hlavacek, Lauren McClure, Emily Ridout, Emily Stucky

Juniors (8)-- Danielle Badger, Keely Bishop, Casey Duckworth, Lauren Puglisi, Emily Stevens, Abby Sullivan, Mary Uselmann, Marissa Verdi

Sophomore (11)-- Kyle Covington, Alanna Dassoff, Ashley Dickerson, Kara Guenther, Maria Harutjunjan, Rachel McKivigan, Lily Salzer, Susanna Schumann, Kelly Sheldon, Connor Tarver, Samantha Zavala

Freshmen (15)-- Samantha Burke, Shannon Chelsvig, Kelsey Crane, Ashleigh Dehls, Marcella Gramcko, Peyton GrandPre, CeeJay Harris, Madalyn McGuire, Katelyn Olson, Chynna Randall, Ashlin Ruiz, Isobel Ryan, Mandy Schatz, Claire Sebald, Abby Urban

By State

Wyoming (7)-- Kari Campbell, Peyton GrandPre, CeeJay Harris, Katelyn Olson, Chynna Randall, Connor Tarver, Abby Urban

Alaska (1) -- Samantha Burke

Arizona (1)-- Danielle Badger

California (8)-- Keara Chang, Kyle Covington, Casey Duckworth, Sarae Dydo, Lauren McClure, Mandy Schatz, Marissa Verdi, Samantha Zavala

Colorado (6)-- Ashley Dickerson, Nicole Hlavacek, Madalyn McGuire, Kelly Sheldon, Emily Stucky, Mary Uselman

Florida (1)-- Rachel McKivigan

Illinois (3)-- Molly Coonce, Alanna Dassoff, Ashlin Ruiz

Minnesota (2)-- Lauren Puglisi, Claire Sebald

Missouri (1) -- Lily Salzer

Oregon (2)-- Emma Dow, Emily Stevens

Tennessee (1) -- Shannon Chelsvig

Texas (2)-- Ashleigh Dehls, Kara Guenther

Washington (2)-- Kelsey Crane, Abby Sullivan

International: Australia (1)-- Keely Bishop **England (1)--** Emily Ridout **Estonia (1) --** Maria Hartutjunjan

Germany (1) -- Susanna Schumann **New Zealand (1) --** Isobel Ryan **Venezuela (1) --** Marcela Gramcko

COWGIRL OUTLOOK



The Cowgirls have plenty of experience returning that earned All-Mountain West honors last year. Maria Harutjunjan, Keely Bishop and Molly Coonce each earned multiple honors for the Cowgirls. Harutjunjan was the conference champion in the 100 breaststroke and took second in the 200, as Bishop earned All-MW in the 1-meter and platform dive, and Coonce earned all-conference honors in the 100 and 200 butterfly. Kari Campbell was named All-MW after a solid performance at the MW Championships that included setting a school record in the platform dive. Emma Dow, Aliyah Mikulski, Emily Ridout, Abby Sullivan and Connor Tarver also earned All-MW honors a year ago as well. Campbell became the first Cowgirl to qualify for a final at the NCAA Zone Championship since 2013, as she finished 15th of the 56-diver field. Bishop also finished 31st at the Championships. Harutjunjan represented the Cowgirls and her home country of Estonia at the World University Games. She competed in the 50, 100 and 200 breaststroke events.

Sprint Freestyle:

The Cowgirls return a few talented swimmers in the sprint freestyle events. Emily Ridout is a veteran in the event and will look to lead the group after earning All-MW honors in the 50 freestyle. Emily Stucky is back and hoping to build off a successful season a year ago. Danielle Badger will add to the groups depth along with Rachel McKivigan and Taylor Seagraves.

Mid-Distance Freestyle:

The Cowgirls lose Jordan Denny who led UW a year ago in the group of mid-distance freestyle swimmers. Along with a number of newcomers who will look to prove themselves, Keara Chang adds to the Cowgirls depth after strong seasons for the Cowgirls. Emily Stucky will also be featured in the group alongside Lily Salzer and Alanna Dassoff.

Distance Freestyle:

Wyoming once again returns a strong group of distance freestyle swimmers this season. The school record holder in the 1,650 freestyle Nicole Hlavacek is back and hopes to continue shaping her career as a Cowgirl as she had earned All-MW honors in the 1,650 freestyle the last two seasons. She will be flanked by veterans Lauren McClure and Emma Dow, as some freshmen will also look to make an impact.

Backstroke:

For the most part, youth will highlight this season's backstroke group. Jordan Denny is gone after a successfull career in the 200 backstroke. Abby Sullivan has shown promise and was able to find success in the same event at the MW Championships also earning All-MW honors a couple years ago. Emily Stevens will add to the group after seeing limited action the past two seasons. Talented underclassmen led by Kelly Sheldon will add more presence to the event this season for UW.

Breaststroke:

The Cowgirls lost some veterans in this event but Molly Coonce is a proven leader with a great amount of experience and All-MW honors in the 100 breaststroke will look to lead UW in this event. MW Champion Maria Harutjunjan will once again add to the Cowgirls attack this season as a very talented breaststroker. Harutjunjan had a very impressive showing at her first MW Championships a season ago, as she won the 100 breaststroke. She is joined by fellow international newcomer Susanna Schuman.

Butterfly:

Wyoming lost Claudia Carlson who had been a mainstay in this event for the Cowgirls for the past three seasons but Molly Coonce is also a talented veteran that will look to conitnue her success in the pool after she earned All-MW honors. Mary Uselmann and Samantha Zavala will also bring talent and promise to this group.

Individual Medley:

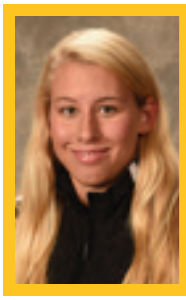
Veteran Emma Dow, who earned All-MW honors a year ago will be looked upon heavily to lead the group in this event. She will be joined by Maria Harutjunjan and a number of underclassmen to guide the Cowgirls this season.

Diving:

Laramie native and veteran Kari Campbell will once again lead the Cowgirls in this event this season. She has earned multiple All-MW honors during her time as a Cowgirl and will be joined by Keely Bishop and Lauren Puglisi. Campbell has qualified for the NCAA Zone "E" Diving Championships the past two seasons.

Relays:

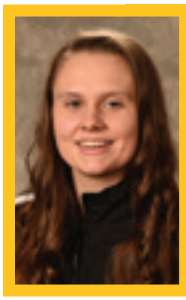
Molly Coonce and Emily Stucky are the clear veterans in this group. Along with a number of newcomers, those two hope to guide the Cowgirls in this event this season. Emily Ridout, Sarae Dydo, Danielle Badger and Abby Sullivan have their share of talent and will also provide experience for the Cowgirls.



DANIELLE BADGER

Junior
Freestyle
Litchfield Park, Ariz.
(Verrado HS)

Sophomore (2014-15): As a sophomore, Badger had a productive season for UW. During the season's opening dual against MW rival New Mexico, Badger was a part of the 200 freestyle team that won the event with a time of 1:35.80. She also finished fourth in the 50 free against UNM with a time of 24.43 and fifth in the 100 free. She brought home a victory for the Cowgirls against Cal Poly as she won the 50 free with a time of 24.40. She closed out the dual with Air Force as part of the 400 freestyle relay that won with a mark of 3:27.45 and also earned a second place finish in the 50 free with a time of 24.25 and fourth in the 100 free with a mark of 53.42. Her season-best time of 52.91 came with a fifth-place finish in the dual with Denver. At the MW Championships, Badger was a part of the 400 free relay team that finished sixth. **Freshman (2013-14):** Badger saw limited action in her first season with the Cowgirls appearing in five meets. She swam a season-best time of 24.72 in the 50 freestyle in duals against UIC and Northwestern. She also competed in the 100 freestyle in the same dual setting a season-best with a time of 53.37. Badger scored big points for the Cowgirls in their win over Border War rival Colorado State finishing third in the 50 freestyle with a mark of 24.76.High School: Badger joins the Cowgirls from Verrado High School. She was a four-year letterwinner and three-time team captain under the direction of head coach Denise Stewart. During her senior season at state, she took second in the 50 and 100 freestyle and was a part 200 and 400 freestyle relays championship teams. At state during her junior season, Badger also was a part of the 200 and 400 championship relay team. Badger also competed in track and field all four years of high school. She was a member of the National Honor Society, while also participating in the SkillsUSA Volunteer Program. **Personal:** She was born Oct. 4, 1994 in Newport Beach, Calif., and is the daughter of Dean and Debra Badger. She has an older brother, David. She plans to major in Electrical Engineering while at UW. Badger was also recruited by Houston and Western Kentucky.



SAMANTHA BURKE

Freshman
Backstroke/Freestyle
Chugiak, Alaska
(Chugiak HS)

High School: Burke is coming off a successful senior season, as she was a high school state champion in the 100 backstroke and 200 freestyle. She helped her team to a fourth-place finish at the Alaska High School State Championships and was also a team captain. She competes in the freestyle, backstroke and butterfly and will be an excellent addition to the Cowgirls lineup right away. She is a four-time letter winner at Chugiak High School. She swims for KNIK Aquatics in Anchorage, Alaska. **Personal:** Sam is looking to study pre-medicine at UW. She developed an interest in that field volunteering at the Special Olympics and hopes to work with special needs children in the medicine field. She is the daughter of Shawn and Audrey. Sam has a younger sister named Cheyenne.



KEELY BISHOP

Junior
Diving
Eaton Hill, Queensland
(Citipointe College)

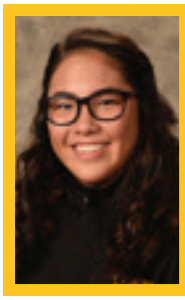
Sophomore (2014-15): Bishop was an All-MW honoree in the 1-meter springboard and platform. She finished eighth at the MW Championships in the 1-meter diving event while her preliminary results became a school record. Bishop intended to compete at NCAA Zone "E" Championships but did not participate due to illness. Bishop finished second, behind teammate Kari Campbell in both boards against Denver, including a score of 283.65 on the 1-meter. She brought home the 1-meter springboard crown with an impressive mark of 244.05 against Cal Poly. She placed second on the 1-meter springboard with a tally of 275.92 in the dual with New Mexico State. Bishop ultimately qualified for the NCAA Zones with a tally of 268.95 on the 1-meter springboard against CSU. At the Wyoming Diving Invite, Bishop finished second on the 1-meter springboard with a tally of 235.90 and fourth on the 3-meter springboard event with a score of 210.40. She also finished ninth at the Air Force Invite on the 3-meter springboard, with a tally of 277.70. **Freshman (2013-14):** Bishop became a big part of the Wyoming diving group during her first season with the program. She qualified for the for the NCAA Zone "E" Diving Championships competing on all three-boards. Her top finish at the Zone Diving Championship came in the 3-meter event finishing in 31st place with a score of 256.10. At the Mountain West Championship her top finish came on the 1-meter springboard, as she finished 24th with a tally of 210.39. Bishop's career-best on the 3-meter springboard came against Colorado State recording an impressive 291.30. Her career-best on the 1-meter event came against Denver recording a 250.80. **High School:** Bishop joins the Cowgirls from Citipointe Christian College in Carindale, Queensland, Australia. She competed in the springboard and platform diving events at Citipointe Christian College.**Personal:** Bishop was born on March 24, 1995 in New Zealand. She is the daughter of Brian and Susanne McGinley and has two younger sisters Mikayla and Cassie. She plans to major in energy management and resource development at UW.



KARI CAMPBELL

Senior
Diving
Laramie, Wyo.
(Wisconsin)

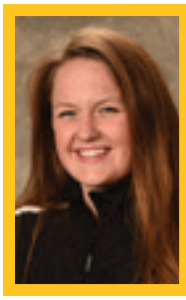
Junior (2014-15): Campbell's second season as a Cowgirl was quite impressive with a number of victories. Campbell had a stellar performance against Denver as she won both boards. On the 1-meter springboard, she recorded a tally of 278.47 and 291.15 on the 3-meter springboard. Campbell was named the Diver of the Meet at the Wyoming Diving Invite after she won the synchronized event and the 3-meter springboard. She took home the 3-meter title with a tally of 243.85 and finished fourth on the 1-meter springboard with a total score of 227.80. Campbell dominated the boards and qualified for the NCAA Zones against Border War rival CSU, as she won the 3-meter springboard with a tally of 308.48 and a score of 279.38 on the 1-meter springboard. Campbell earned All-MW for the second time in her career after she set the school record on the platform dive. She finished her season by qualifying for the NCAA Zone Championship and finished 15th in the 34-diver field with a tally of 451.90. **Sophomore (2013-14):** Campbell had an impressive season in her first season with the Cowgirls earning All-Mountain West honors, as well as qualifying for the NCAA Zone "E" Diving Championships. Campbell set a school record in the platform event at the MW Championships with a tally of 234.96. She finished fourth in the event earning All-MW honors. At the NCAA Zone "E" Diving Championships she recorded the highest finish of any Cowgirl diver at the event finishing 18th in the platform dive with a tally of 222.95. Campbell earned a big first place finish for the Cowgirls against Denver winning the 1-meter event with a tally of 280.40.**Wisconsin:** Campbell competed for Wisconsin during her freshman season. **High School:** Campbell won three-straight Wyoming state diving championships from her sophomore season to senior season. She earned All-State honors all four years at Laramie High School. She also was a state champion in track and field, winning the state title in the pole vault during the indoor and outdoor season. **Personal:** Campbell was born in Laramie, Wyo. Her birthday is December 29, 1993. She is the daughter of Dodi and Casey Campbell. She is the younger sister of Cowboy diver Derek Campbell.



KEARA CHANG

Senior
Freestyle/Butterfly
Fullerton, Calif.
(Sunny Hills HS)

Junior (2014-15): Chang had an impressive junior season for the Cowgirls. In her home state of California against Cal Poly, Chang won the 500 free with a time of 5:02.86 and also the 500 free against UC Santa Barbara with a mark of 5:03.01.Competing against Border War rival CSU, Chang took home two titles as she dominated the freestyle events and won the 200 and 500 freestyles with times of 1:54.53 and 5:07.32. Chang also brought home the title in the 500 freestyle with an impressive time of 5:12.76 during the season's opening dual against MW rival New Mexico. At the MW Championships, Chang finished 18th in both the 500 and 1,650 freestyle event. **Sophomore (2013-14):** Chang continued to be one of the Cowgirls most consistent distance swimmers during her sophomore season. She swam in all every meet for UW mostly in the 500 freestyle. Chang swam a season-best 4:55.79 in the 500 freestyle at the MW Championships finishing in 18th place. She also finished 18th in the 1,650 freestyle at the MW Championships with a time of 17:07.53. Chang had a huge day for the Cowgirls against Colorado State winning the 200 freestyle with a time of 1:55.21 and the 500 freestyle at 5:08.84. **Freshman: (2012-13):** Chang saw a considerable amount of action for the Cowgirls in her first season. She opened her collegiate career in impressive fashion in a dual meet with Colorado State, as she earned a first-place finish in the 200 freestyle and followed her win with a pair of second-place finishes in the 500 freestyle (5:10.31) and 400 freestyle relay. She followed her season opener with another win in the 200 freestyle, as she did it against Air Force. She also was a part of the 200 freestyle relay team that captured first-place against the Falcons. She recorded a time of 5:13.42 in the 500 freestyle in a dual meet against New Mexico, as she finished in second-place. **High School:** Chang is another California recruit joining the Cowgirls from Fullerton from Sunny Hills High School. She swam four seasons under head coach Keith Nighswonger at Sunny Hills. In 2012, she was a Freeway League MVP and her school MVP from 2009 to 2012. During her senior season she set the 100 butterfly league and school record. Her freshman year in the classroom, Chang earned Rotary Top-100 scholar-athlete honors. **Personal:** Chang was born in Newport Beach, Calif. Her birthday is Oct. 18, 1994. She is the daughter of Amy and David Chang and has one younger brother, Nathan. She is undecided about a major at UW. She was also recruited by Drury, Cal State Bakersfield and Fresno State.



SHANNON CHELSVIG

Freshman
Butterfly
Nashville, Tenn.
(Hume-Fogg Academic Magnet HS)

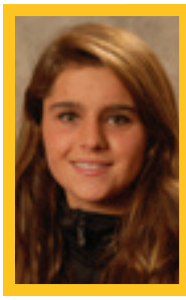
High School: Chelsvig returns to the state of Wyoming after living in Cheyenne as a child before moving to Nashville, Tenn. Shannon has improved tremendously in the last year, earning her first USA Swimming Junior National cuts this past fall. Chelsvig swims for Nashville Aquatic Club, where she is coached by John Morse and Doug Wharam. **Personal:** She is the daughter of Carolyn and Michael Chelsvig and has a younger brother, Nicholas, and sister, Kallie. In addition to swimming, Shannon is active in a number of clubs and service organizations at her high school and in her community. She intends to major in animal sciences at UW with plans of becoming a veterinarian.



MOLLY COONCE

Junior
Breaststroke/IM
Batavia, Ill.
(Rosary HS)

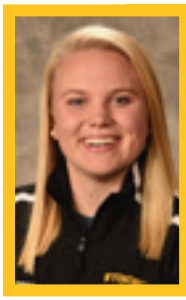
Junior (2014-15): Coonce had an exciting season for UW as a junior. She was awarded the Mountain West Swimmer of the Week once. She led the way for the Cowgirls against defending WAC Champion Northern Arizona by winning the 100 butterfly at 54.72 and the 200 butterfly with a final time of 2:02.15. She added a pair of runner-up finishes at Boise State in the 100 and 200 butterfly. She won the 200 butterfly against Denver with a mark of 2:05.78. Coonce won the 100 butterfly with a time of 56.72 against Cal Poly. Against UC Santa Barbara, Coonce added a win in the 100 butterfly at 55.90 and finished second behind teammate Claudia Carlson in the 200 butterfly. She was on the 400 medley relay team that broke the Corbett Pool record with a time of 3:47.53. She was part of the 200 medley that took home a victory against Air Force with a time of 1:45.46. She won the 100 butterfly against CSU with a time of 56.69. At the MW Championships, Coonce finished third in the 100 butterfly and fourth in the 200 butterfly. She was also a part of the 200 yard medley relay team that took fourth at the Championships. Coonce was named to the All-MW team for her performances in the 100 and 200 butterfly. **Sophomore: (2013-14):** Coonce continued to be one of the most impressive underclassmen in the Mountain West during her sophomore season. She earned All-MW honors in the 100 butterfly and 100 breaststroke for the second consecutive season. She finished third in the 100 butterfly at the MW Championship with a school record and career-best time of 53.72. She finished seventh in the 100 breaststroke at the MW Championships with a career-best time of 1:02.42. Her mark in the race was the fourth fastest time in school history. She also earned All-MW honors in the 400 medley relay. Coonce had a big day for the Cowgirls in duals against UNLV and Nevada. She finished first in the 100 butterfly with a time of 55.70. She also finished first in the 100 breaststroke with a time of 1:04.98. **Freshman: (2012-13):** Coonce was a key performer for the Cowgirls in her first season with the program. Molly earned All-Mountain West honors and was one of three Cowgirls to earn three awards during the championship. Coonce took home individual honors in the 100 breaststroke (sixth-place, 1:03.18), 200 breaststroke (seventh-place, 2:15.21) and 100 butterfly (fifth-place, 54.26), as she set personal-best times in all three events. She recorded the third-best time in Cowgirl history in the 200 breastroke at the MW Championships. Coonce was also part of the 400 medley relay team that finished third at the MW championships. **High School:** Coonce, a native of Batavia, Ill., joins the Cowgirls from Rosary High School in Aurora, Ill. She earned four swimming letters at three different high schools, but finished at Rosary for head coach Bill Schalz. During her senior season she earned All-Conference and All-State honors as well as leading her team to a sectional championship. During her junior season she also earned All-Conference and All-State honors while winning and individual state championship. At Bettendorf High School in Bettendor, Iowa, her sophomore season she earned All-State honors while leading her team to a conference and regional championship as well as a state runner-up finish. As a freshman at Sherrard High School in Sherrard, Ill., Coonce earned All-State honors. In the classroom she was an honor roll student and earned Academic All-Conference all four years. She also earned Scholastic All-American honors during high school. **Personal:** She was born on March 14, 1994 in Aurora, Colo. She is the daughter of Scott Coonce and has three siblings. She is majoring in marketing at UW. Coonce was also recruited by Ohio State, SMU, Boise State and LSU.



KYLE COVINGTON

Sophomore
Freestyle
Placerville, Calif.
(El Dorado HS)

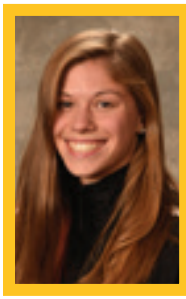
Freshman (2014-15): In her first season as a Cowgirl, Covington saw limited action. She was a part of fifth place 400 free relay team in the dual against Denver. Against New Mexico, she placed 10th in the 100 backstroke with a final time of 1:03.87, and 10th as well in the dual with New Mexico State in the 50 free. **High School:** Graduate of El Dorado High School High School. She was a two-time regional finalist and placed in the regional meet in four-consecutive seasons. Also during her junior and senior season she earned a spot as a conference finalist. Covington earned All-Region honors during her sophomore season. Also excelled in the classroom earning an academic all four years of high school, as well as earning Honor Roll honors in four years. **Personal:** Daughter of Steve and Dana Covington. Her grandfather Lyle Covington played football at Wyoming graduating in 1950. Born on January 31, 1996. Majoring in chemical engineering at UW.



KELSEY CRANE

Freshman
Butterfly/IM
Bremerton, Wash.
(Klahowya HS)

High School: Crane is from Bremerton, Wash and is a very versatile swimmer who qualified for the Washington State Meet in every event except diving. Her best events are the butterfly and the individual medley. She lettered all four years at Klahowya High School. Her junior and senior year she led her high school team, as a Team captain. Her senior year she place second in the 200 individual medley, and fifth in the 100 butterfly at the state meet. **Personal:** She is the daughter of Kevin and Kim Crane. She also earned an Olympic League Scholar Athlete award. At Wyoming she hopes to major in business administration.



ALANNA DASSOFF

Sophomore
Backstroke/Freestyle
Oak Park, Ill.
(River Forest HS)

Sophomore (2014-15): Saw limited action this season for the Cowgirls. She finished 10th in the 200 freestyle with a time of 1:59.89 and second in the 200 backstroke against Air Force with a time of 2:10.42 as well as ninth in the 100 backstroke. She came away with a ninth place finish against New Mexico in the 100 backstroke with a time of 1:00.94. In the dual with Denver in January, Dassoff was a part of the fifth place 400 free relay team that had a mark of 3:44.03. **High School:** Dassoff is a graduate of Oak Park High School swimming for head coach Clyde Lundgren and swam with the Oak Park Swimmers with coach George Adcock. Alanna recorded US Junior National qualifying times in the 200 backstroke.She placed 12th in the state championship in the 100 backstroke, an event that she owns the school record. She was named West Suburban All-Conference for three straight years. She excelled in the classroom as a member of the Spanish Honor Society. **Personal:** Alanna is the daughter of Dennis and Nancy Dassoff. She was born on November 9, 1995. She is majoring in zoology at UW.



ASHLEIGH DEHLS

Freshman
Diving
Frisco, Texas
(Frisco HS)

High School: Ashleigh is a four-year letter winner in diving at Frisco High School, a 5A high school in Texas. She has helped her team to at least a top four finish at the state championship since her freshman year. During her junior season, she was First Team All-State with a seventh-place finish. This past season, as a team captain, she came in third place with a score of 457.80, also earning an All-State title. **Personal:** Ashleigh is the daughter of Carl and Deidre Dehls and has one older brother, Kyle Turner, and a twin sister, Lauren.



ASHLEY DICKERSON

Sophomore
Butterfly/Freestyle
Colorado Springs, Colo.
(Air Academy HS)

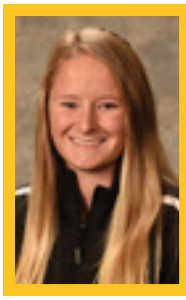
Freshman (2014-15): As a freshman for the Cowgirls, Dickerson competed in limited action for Wyoming. In the opening dual of the season against New Mexico, she finished 10th in the 100 butterfly with a season-best time of 1:03.31 and 13th in the 100 freestyle with 26.63. Against Border War rival Colorado State, Dickerson finished 11th in the 50 free with a time of 26.62, and ninth in the 100 butterfly with 1:03.57. She also competed in the dual against New Mexico State and placed 10th in the 100 butterfly. **High School:** Graduate of Air Academy High School. She was a three-time state qualifier. Placed in the top-eight in the 100 butterfly and 400 freestyle during her senior season. She was a two-time Honorable Mention All-Colorado Springs selection. She also earned the Air Academy High School Rotary award. She is an Air Academy High School record holder in the 400 freestyle relay. Dickerson was also named Air Academy High School team MVP during her senior season. She participated in the USA Swimming Western Zone meet and the USA Swimming Speedo Sectional Series. Also excelled in the classroom as a member of National Honor Society. She graduate Cum Laude. **Personal:** She is the daughter of Richard and Mary Dickerson. Her mother played basketball at Regis University. She was born on April 20, 1996. She is majoring in kinesiology.



EMMA DOW

Senior
Distance Freestyle/IM
Salem, Ore.
(Sprague HS)

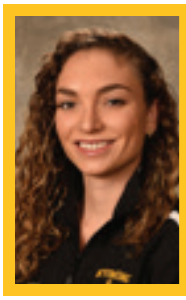
Junior (2014-15): Dow impressed as a junior for Wyoming this season, she dominated the 400 individual medley against New Mexico State with a time of 4:35.89. She also helped UW defeat the defending WAC Champions Northern Arizona by taking home the titles in the 200 individual medley with a time of 2:06.31 and a career-best mark in the 200 breaststroke at 2:19.79. Dow also won the 400 individual medley with a time of 4:28.99. At the MW Championships, she finished sixth in the 400 IM and was named to the All-MW honors for the first time in her career. **Sophomore (2013-14):** Dow competed and contributed to the Cowgirls in every meet in her second season with a program. She scored points for the Cowgirls at the Mountain West Championships in the 1,650 freestyle with a time of 17:01.18. Dow also scored points for UW with a 17th place finish in the 500 freestyle with a season-best time of 4:54.35. Earlier in the season, she earned a pair of wins in the 500 freestyle. She won the event in a dual against UIC with a time of 5:03.38. She also won the race in duals against New Mexico and Grand Canyon with a mark of 5:06.83. **Freshman: (2012-13):** Dow saw significant action for the Cowgirls in her freshman season. She set three personal-best at the Mountain West Championships, in the 1,650 freestyle, she placed ninth with a time of 16:48.74. She followed her 1,650 freestyle performance with a time of 4:23.90 in the 400 individual medley. She also recorded a time of 4:53.91 in the 500 freestyle at the MW Championships. Dow won the 1,000 freestyle in the Cowgirls dual against Northern Colorado as she recorded a time of 10:46.02. **High School:** Dow joins the Cowgirls from Sprague High School in Salem, Ore., as a distance freestyle and individual medley swimmer. Dow swam for Sprague for just her freshman season before focusing on club swimming. In her freshman year she was the 200 IM conference champion and state runner-up on her way to the school record in that event. She swam for Craig Charlson, the head coach of Bearcat Swim Club. Dow is a USA Swimming Scholastic All-American athlete. She is a Grand Prix and Sectional qualifier in the 500, 1000, 1650 freestyles; 100 and 200 breaststrokes; and the 400 IM. She excelled during her club career swimming records in the 1650 freestyle (17:21.47) and 500 free (5:03.32). She also excelled in as a member of National Honor Society and a four-year honor roll member. **Personal:** Dow was born on Sept. 17, 1993 in Portland, Ore. She is the daughter of Roger and Janet. Dow has three siblings, Ellen, Elliot and Evette. She plans to major in business at UW. She was also recruited by New Mexico State, Idaho and Northern Arizona.



CASEY DUCKWORTH

Junior
Freestyle
Costa Mesa, Calif.
(Newport Harbor HS)

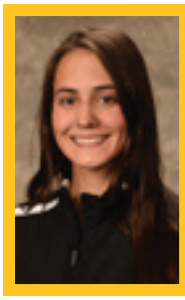
Sophomore (2014-15): Impressed against Denver as she brought home a victory in the 500 free with a time of 4:56.94. Duckworth finished second in the 1,000 freestyle behind teammate Lauren McClure against CSU with a time of 10:40.84. In the dual with New Mexico State, she finished second behind teammate Emma Dow in the 400 IM with a final time of 4:43.15. At the MW Championships, Duckworth finished 16th in the 1,650 freestyle with a time of 17:01.72, 19th in the 400 IM with a mark of 4:29.74. **Freshman (2013-14):** Duckworth saw action in eight meets for the Cowgirls in her first season with the program. She scored points for the Cowgirls in the 1,650 freestyle with a time of 17:01.72 finishing 16th in the event. At the MW Championship she also competed in the 400 individual medley finishing 19th with a season-best time of 4:29.74. In the 500 freestyle at the MW Championship she finished 24th, in the preliminaries of the event she recorded a season-best time of 5:00.82. **High School:** Duckworth was a four-year letterwinner at Newport Harbor High School in Newport Beach, Calif., and joins the Cowgirls to swim distance freestyle and individual medley. She was an All-American her freshman, sophomore and junior season. Duckworth was also a Junior National Qualifier all four years competing in the 500 freestyle. She helped set the school record in the 200 medley relay. During her senior season, Duckworth was recognized as a top-15 athlete at the Newport Harbor award banquet. **Personal:** She was born December 1, 1994 in New York and is the daughter of Stuart Duckworth and Kara Greene. She plans to study criminal justice at UW. Duckworth was also recruited by Utah, San Jose State, Ohio, Denver, Oregon State and Cal State Bakersfield.



SARAE DYDO

Senior
Freestyle/Backstroke
Anaheim, Calif.
(Esperanza HS)

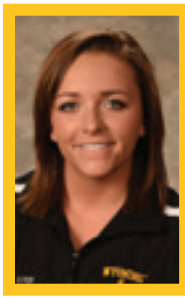
Junior (2014-15): Dydo competed well for Wyoming as a junior. She was on the 200 freestyle relay team that won against New Mexico State. She closed out the dual with Air Force as part of the 400 freestyle relay that won with a mark of 3:27.45. Against Border War rival Colorado State, Dydo finished seventh in the 50 free with a time of 24.63. **Sophomore (2013-14):** Dydo saw action in five events for the Cowgirls during her sophomore campaign. She competed for the Cowgirls against Colorado State finishing eighth in the 50 freestyle with a season-best time of 24.97. She earned a sixth place finish in a dual against Denver with a season-best time of 54.17. She also placed seventh in the 100 backstroke against DU with a time of 59.97. **Freshman: (2012-13):** Dydo saw action in three meets in her freshman season with the Cowgirls. She had an impressive dual against Northern Colorado, as she recorded a pair of first-place finishes, as well as a second-place finish. Dydo won the 100 freestyle with a time of 54.26 and would also help the 200 freestyle relay team to a win over the Bears. She swam a time of 25.21 in the 50 freestyle on her way to a second-place finish. In her first collegiate meet she swam a season best 54.20 in the 100 freestyle against Colorado State. **High School:** Dydo joins the Cowgirls from Esperanza High School in Anaheim, Calif. She did not swim for her high school, but competed for Golden West Swim Club and former US National Team director and Olympic coach Mark Schubert. She swam the 100 freestyle (52.89) and also is a strong backstroke swimmer. **Personal:** Dydo was born in Glendale, Calif., on May 20, 1994. She is the daughter of Marco Dydo and Lisa Weinstein. Dydo has one older sister Sienna. She plans to major in business at UW. She was also recruited by Oregon State, Fresno State, San Diego State and Saint Bonaventure.



MARCELA GRAMCKO

Freshman
Backstroke
Caracas, Venezuela
(U.E. Colegio)

High School: Gramcko is from Caracas, Venezuela and is currently a member of the Venezuelan National team. She has International swimming experience as well as experience racing here in the United States. She represented Venezuela at the South American Junior Championships. She has also competed at the Orland Grand Prix and the Mesa Grand Prix here in the United States. Marcela is very versatile and has good range in the 200 and 400 freestyles and the 100 and 200 Backstrokes. **Personal:** She is an outstanding student and intends to be a pharmacy major at UW. She is the daughter of Carlos Gramcko and Gabriella Weitstruck.



PEYTON GRANDPRE

Freshman
Diving
Cheyenne, Wyo.
(East HS)

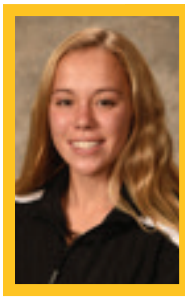
High School: GrandPre comes to UW from right down the road in Cheyenne, Wyoming. She has continually improved and has shown a great desire to gain experience on all boards. Her freshman year, she earned a ninth-place finish at the Wyoming State Meet. From there, she put in the work to make her way from ninth to third her sophomore year, second her junior year and finished her high school career with a first-place finish. **Personal:** She is the daughter of Bob and Julie GrandPre and has two brothers, Parker and Stephen. She plans to major in elementary education.



KARA GUENTHER

Sophomore
Freestyle
Flower Mound, Texas
(Marcus HS)

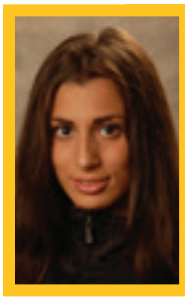
Freshman (2014-15): Saw limited action for the Cowgirls during the season. Against Denver, she finished first in the 200 freestyle and also placed third in the 500 free with a final time of 5:22.27. Against Border War rival CSU, Guenther finished seventh in the 200 free. She also finished seventh in the 1,000 freestyle event during the dual with Air Force and came away with a fourth-place finish in the 1,000 free against New Mexico. In the dual with New Mexico State, Guenther finished fourth in the 200 free with a time of 1:59.57. **High School:** Graduate of Marcus High School. She was a district finalist and regional qualifier. She was named the Rookie of the Year after her freshman season. Guenther was named to the National Team in 2012. She competed at 2013 US Sectionals, where she clocked a 2:07.48 in 200 freestyle, as well as 4:26.67 in 400 freestyle. She competed at 2013 US Summer Junior Nationals in Irvine, California. **Personal:** Daughter of Michael and Jackie Guenther. Born on June 4, 1996. Majoring in food science and human nutrition at UW.



CEEJAY HARRIS

Freshman
Diving
Gillette, Wyo.
(Campbell County HS)

High School: Harris is a diver from Gillette, Wyoming with a very extensive gymnastic background. She is fairly new to the sport of diving, but her gymnastic skills (awareness, flipping), will come in transition to the water. The first year that she attended the Wyoming State Meet, she placed fourth, right behind fellow UW signee Chynna Randall. **Personal:** She is the daughter of Brad and Delight Harris and has one younger brother, Joseph. She plans to major in pre-vet studies.



MARIA HARUTJUNJAN

Sophomore
Breaststroke
Maardu, Estonia
(Audentes Sports HS)

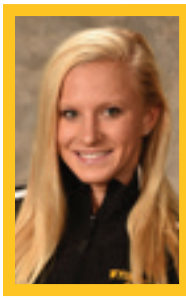
Freshman (2014-15): Harutjunjan had an excellent freshman season for the Cowgirls as she competed and won a number of events for UW. After wrapping up her first season, she went on to compete in the World University Games. She was the MW champ in the 100 breaststroke and also earned All-MW honors in the 200 breaststroke and the 400 medley relay. Harutjunjan set two top-10 marks in the Cowgirl record book this season. Harutjunjan once again won the 100 breaststroke with a mark of 1:05.24 and took second in the 200 breaststroke at Boise State. She helped defeat the defending WAC Champions Northern Arizona by winning the 100 breaststroke with a time of 1:04.15 and as a part of the 200 medley relay team that finished with a time of 1:43.90. She brought home another victory in the 200 breaststroke with a time of 2:19.76. She was on the 400 medley relay team that broke the Corbett Pool record with a time of 3:47.53. She won two events competing against Air Force, as she won both the 100 and 200 breaststrokes with times of 1:04.39 and 2:19.90, respectively. She was part of the 200 medley that took home a victory against Air Force with a time of 1:45.46. Harutjunjan impressed during her first Border War dual, she won three events for the Cowgirls in the 100, 200 breaststroke and 200 individual medley. Harutjunjan won both the 100 and 200 breaststroke against New Mexico with times of 1:04.61 in the 100 and 2:19.96 in the 200 event. She came away with two victories against CSU by winning the 200 individual medley with a time of 2:09.05 as well as the 200 breaststroke with a time of 2:17.82. To end a great freshman season, Harutjunjan was also named to All-MW team in the 100 breaststroke and was a part of the 200 yard medley relay team that took fourth at the Championships. High School: She is a graduate of Audentes Sports High School. She excelled outside the pool, as well as an active member of the Estonian Armenian Youth Union. **Personal:** She is the daughter of Varuzhan and Srapian Agavni. She was born on September 17, 1995. She is majoring in international studies.



NICOLE HLAVACEK

Senior
Distance Freestyle
Loveland, Colo.
(Thompson Valley HS)

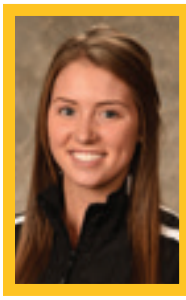
Junior (2014-15): Hlavacek once again made a big impact for the Cowgirls as a junior. She took home the 1,000 freestyle with a mark of 10:36.62 during the opening dual of the season against MW rival New Mexico. She won the 500 freestyle with a time of 5:04.15 to help the Cowgirls defeat the defending WAC Champion Northern Arizona and also won the 500 free against New Mexico State with a time of 5:07.28. Hlavacek continued her dominance against NMSU by winning the 1,000 freestyle with a time of 10:21.88. She helped the Cowgirls get off to a fast start against Denver as she again won the 1,000 freestyle with a time of 10:33.87. And against UC Santa Barbara, she won the 1,000 free with a time of 10:19.81. At the MW Championships, Hlavacek finished fifth in the 1,650 free to open the meet with a final time of 16:35.41, it also broke the Wyoming school record. She was selected for the All-MW team for her performance in the 1,650 freestyle event. **Sophomore (2013-14):** Hlavacek competed in every meet for the Cowgirls in her sophomore season. She earned All-Mountain West honors in the 1,650 freestyle after finishing in fifth-place with a season-best time of 16:37.57, just short of her personal best time. She also scored points for the Cowgirls in the 500 freestyle finishing 11th with a season-best time of 4:53.20. Hlavacek earned a first-place finish with a season-best time of 10:21.60 in the 1,000 freestyle against UIC. She also earned wins in the 1,000 freestyle in duals against UNLV, Nevada, Colorado State and New Mexico. **Freshman: (2012-13):** Hlavacek made an instant impact for the Cowgirls in her first season with UW. She earned All-Mountain West Conference honors in the 500 freestyle and 1,650 freestyle. In the 500 freestyle, she finished eighth with a time of 4:54.39, a personal-best time. In the 1,650 freestyle, She finished fourth with a school record and personal-best time of 16:37.16. At the MW Championships, she also broke a school record in the 1,000 freestyle with a time of 9:59.40. She finished the season with eight event titles. Hlavacek participated in the 2013 USA Swimming National Open Water Select Camp over the summer as she was one of 12 swimmers to be selected and the first ever Wyoming swimmer selected to the camp. **High School:** Hlavacek is a four-time letterwinner at Thompson Valley High School in Loveland, Colo., and joins the Cowgirls to swim distance freestyle. She was a four-time All-Conference and All-State honoree. She helped lead Thompson Valley to three-consecutive state championships. At the 2012 State Championship meet she became the first-ever Loveland native to break five minutes in the 500 freestyle finishing second with a time of 4:59.89. She also finished third in the 200 freestyle at the 2012 state meet. She held the Thompson Valley and Loveland 500 freestyle record after that meet. She is a two-time Northern Conference champion in the 500 freestyle. Her final two seasons she was named swimmer of the year and earned All-Area honors. She is also a Junior National Qualifier in the 800 and 1500 freestyles. At the 2012 Speedo Sectional Championships she placed second in the 1500 free. She was a four-year member of her school's honor roll and graduated with an Honors Diploma. **Personal:** Hlavacek was born on May 28, 1994 in Loveland, Colo. She is the daughter of Jerry and Tawny and has two brothers, Alan and Eric. She is majoring in pre-pharmacy at UW.



LAUREN McCLURE

Senior
Distance Freestyle/Butterfly
Carlsbad, Calif.
(Carlsbad HS)

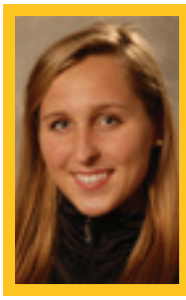
Junior (2014-15): McClure won her first career event as a Cowgirl competing against CSU. She won the 1,000 freestyle with a time of 10:33.02. Finished second in the 500 free with a final mark of 5:19.16 and second in the 1,000 free behind teammate Nicole Hlavacek against Denver. Against Air Force, she finished seventh in the 200 butterfly with a time of 2:17.36. She placed second in the 1,000 freestyle against New Mexico with a time of 10:50.06. At the MW Championships, she placed 16th in the 1,650 freestyle with a time of 17:06.26. **Sophomore (2013-14):** McClure appeared in seven meets in her sophomore season with the Cowgirls. She swam a season-best 10:24.50 in duals against UIC and Northwestern, as she finished fourth in the event. She swam a season-best 5:07.13 against UIC. **Freshman: (2012-13):** McClure saw limited action during her freshmen season with the Cowgirls. She made an impact with three top-five finishes on the season. Against Northern Colorado, she twice finished in the top-three with a second-place finish in the 1000 freestyle with a time of 11:03.54 and a third-place finish 500 freestyle with a time of 5:26.44. McClure recorded a fourth-place finish against New Mexico with a time of 10:51.66 in the 1000 free freestyle. **High School:** McClure joins the Cowgirls from Carlsbad High School in Carlsbad, Calif. She joins UW as a four-year letterwinner from Carlsbad and senior captain. She was a USA Swimming All-America athlete for both high school and club swimming. In 2010, she qualified for the 5k Open Water National. Also in open water swimming she placed second of the Gatorman Open and La Jolla Rough Water Swim in 2011. She earned San Diego Union Tribune Academic Athlete honors. McClure also earned honor roll all four years of high school and graduated with honors. **Personal:** McClure was born on Sept. 22, 1994, in Albuquerque, N.M. She is the daughter of Andy and Stephanie. She has one younger sister, Erin. She is undecided about a major at Wyoming. McClure received interest from Kenyon College, Seattle, Saint Bonaventure and Truman State.



MADALYN McGUIRE

Freshman
Breaststroke/Freestyle
Littleton, Colo.
(Heritage HS)

High School: McGuire is a native of Littleton, Colo. Her best events are the 50 and 100 freestyle and the 100 breaststroke. She is a versatile athlete who lettered in swimming all four years at Heritage High School and also lettered in volleyball twice and track twice. Her freshman fear she was an All-American in the 200 medley relay at the Colorado State Meet. Her junior year she helped her 200 freestyle relay place sixth. Her senior year she led her team as a team captain, and again contributed on relays at both the conference and state meets. **Personal:** She excels in the classroom as a member of National Honor Society her junior and senior year. She is the daughter of Patrick and Cheryl McGuire.



RACHEL McKIVIGAN

Sophomore
Freestyle
Gainesville, Fla.
(F.W. Buchholz HS)

Freshman (2014-15): McKivigan was part of the 200 free relay team that took home a victory against Colorado State with a time of 1:34.35. She also finished fourth in the 200 freestyle with a time of 1:56.17. Against New Mexico State, she took second in the 50 free with a time of 24.15, she finished behind teammate Melanie McDonough. Competing against New Mexico, McKivigan placed seventh in the 200 free with a time of 1:59.07. In the dual with New Mexico, she finished seventh in the 200 freestyle with a final time of 1:57.81. She had a fifth place finish in the 50 freestyle against Air Force as well as a seventh place finish in the 200 freestyle. **High School:** Graduate of F.W. Buchholz High School. During her senior season she was named team captain and MVP. McKivigan also earned City, district and regional championships, as well as placing third in the state in the 100 freestyle and seventh in the state in the 200 freestyle. She also earned the Team Spirit Award during her sophomore and junior seasons. Excelled in the classroom as a member of National Honor Society. Also recruited by Kentucky, Florida Golf Coast and Gardner Webb. **Personal:** Daughter of Pat and Lori McKivigan. Born on July 20, 1996. Majoring in family and consumer science at Wyoming.



KATELYN OLSON

Freshman
Butterfly/Freestyle
Baggs, Wyo.
(Little Snake River HS)

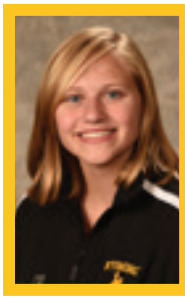
High School: Olson is a real versatile athlete who competed and lettered in swimming, basketball and track at Little Snake River High School. Olson has been a Wyoming All-State performer all four years. Over her High school swimming career she has been a state champion her sophomore year in the 500 freestyle and last year in the 100 butterfly. **Personal:** She has been an Honor Roll or High Honor Roll student all four years and is a member of her school's National Honor Society. She is the daughter of Kurt and Kim Olson.



LAUREN PUGLISI

Junior
Diving
Woodbury, Minn.
(Woodbury HS)

Sophomore (2014-15): Puglisi competed in the Wyoming Diving Invite and finished ninth in the 3-meter springboard event and seventh on the 1-meter with a tally of 195.85. In the dual against Air Force, Puglisi came away with a fourth place finish in the 1-meter event with a tally of 213.60 and finished seventh in the 3-meter diving competition. Against Denver, she finished seventh in both the 1 and 3-meter diving events. **Freshman (2013-14):** Puglisi saw significant action on the boards for the Cowgirls in her rookie season. She recorded a season-best score of 224.10 on the 1-meter springboard against UIC finishing fifth in the event. In a dual meet against Denver she finished fourth in the 3-meter dive with a season-best score of 241.20. At the Arizona Diving Invite she finished 23rd in the highly competitive field in the platform dive with a season-best score of 162.35. **High School:** Puglisi joins the Cowgirls from Woodbury High School in Woodbury, Minn. She was a two-time All-State selection, as well as being named Section Diver of the Year during her senior season. She was named All-Southeast Conference all four years of high school. She also excelled in the classroom graduating from Woodbury High School with high honors. **Personal:** Puglisi was born on Oct. 9, 1994. She is the daughter of Frank and Melissa and has five younger brothers; Joseph, Thomas, Matthew, Edward and Luke. She plans to major in chemical engineering at UW.



CHYNNA RANDALL

Freshman
Diving
Rock Springs, Wyo.
(Rock Springs HS)

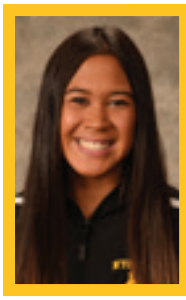
High School: Randall is a four-year state finalist from Rock Springs, Wyoming. She has consistently improved during her career jumping from seventh place at the Wyoming State Meet her junior year to finishing third this past year. She is relatively new to the sport, only diving a few months out of the year. **Personal:** Chynna is the daughter of Cassie Jensen and Jason Randall. She has an older brother, Kayson, and a younger brother, Hudson. She plans to major in physical education.



EMILY RIDOUT

Junior
Sprint Freestyle
Dunstable, Bedfordshire, England
(Queensbury Upper School)

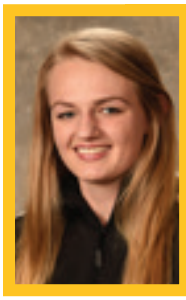
Junior (2014-15): Ridout was nothing short of impressive during her junior season at Wyoming. Ridout helped the Cowgirls defeat defending WAC Champion's in Northern Arizona by winning the 200 backstroke with a mark of 57.31. She added a victory against Denver by winning the 50 free with a time of 23.36. Ridout also won two events against Cal Poly, as she led UW with wins in the 100 free with a time of 52.40 and the 100 breaststroke at 1:04.41. Ridout again won two events in one dual, against UC Santa Barbara she won the 50 free at 23.41 and the 100 free with a time of 52.11. She was on the 400 medley relay team that broke the Corbett Pool record with a time of 3:47.53. She closed out the dual with Air Force as part of the 400 freestyle relay that won with a mark of 3:27.45. Against Border Wat rival CSU, Ridout came away with four wins. She was part of both relay teams that earned victories, the 200 medley relay with a time of 1:44.38 and the 200 freestyle team that won with a final time of 1:34.35. Ridout won two events against Mountain West rival New Mexico, as she brought home victories in the 50 and 100 freestyle with times of 23.60 and 52.93, respectively. She also was a part of the 200 freestyle team that won the event with a time of 1:35.80. At the MW Championships, Ridout finished fifth in the 100 breaststroke with a final time of 1:02.29, 13th in the 50 free with a mark of 23.35, and 15th in the 100 free with a time of 50.50. She was also a part of the 200 yard medley relay team that took fourth at the Championships. She was also named to the All-MW team in the 100 breaststroke. **Sophomore (2013-14):** Ridout was one of the Cowgirls most consistent sprinters during her sophomore season. She earned All-Mountain West honors in the 50 freestyle at the MW Championship finishing seventh in the event with a season-best time of 23.02. She also competed in the 100 freestyle at the MW Championship finishing 24th with a season-best mark of 51.17. Ridout also recorded a season-best in the 200 freestyle at the event with a time of 1:53.11. In duals against UNLV and Nevada She finished third in the 50 freestyle with a time of 23.86. **Freshman: (2012-13):** As a freshman, Ridout established herself as one of the most versatile members on the team. She notched multiple first-place finishes in different meets throughout the year. She was a member of the All- Mountain West 200 freestyle relay team, she also proved herself individually. Against CSU, she placed first in the 50 freestyle with a time of 24.11, first in the 400 freestyle relay and second in the 100 freestyle with a time of 52.90. Against Air Force, Ridout helped the Cowgirls finish first in the 200 freestyle relay. Her best meet may have come against New Mexico, where she recorded three first-place finishes: 400 freestyle relay, 50 freestyle with a time of 24.09, 100 freesrtyle by a time of 52.89. **High School:** Ridout is the first England native to join the Cowgirls. She joins the team from Dunstable and Queensbury Upper School. She is the 50-meter freestyle East Region record holder in the open age group. She was also a National Qualifier from 2008 to 2012 and swam in the Olympic Team trials in the 50 freestyle. **Personal:** Ridout was born in Dunstable, England on Aug. 22, 1993. She is the daughter of Dave and Ania Ridout. Ridout has five siblings. She is majoring in psychology at UW.



ASHLIN RUIZ

Freshman
Butterfly/Freestyle
Vernon Hills, Ill.
(Stevenson HS)

High School: Ruiz is a native of Vernon Hills, Ill. Her best events are the 200 freestyle, 500 freestyle and the 100 and 200 butterfly. She was named team captain at Stevenson High School. She helped her team to three conference championships and two sectional championships. She competed at USA Swimming's Junior National Championships on relays. **Personal:** She is the daughter of Orlando and Ana Ruiz.



ISOBEL RYAN

Freshman
Backstroke/Butterfly
Oamaru, New Zealand
(St. Kevin's College)

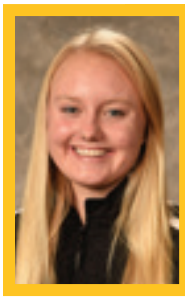
High School: Ryan is the third New Zealand native to attend the University of Wyoming. She received the 2014 junior Women of the Year award for her showing at the Short Course Meter National Age Group Open winning the 100 Freestyle, 100 Backstroke and 50 Freestyle. She has broken many different records including 15 high school records, for her effort of breaking multiple records she was awarded the "Most Records Broken Award" five consecutive years. Ryan has broken multiple regional and district records pushing 50 plus. She swims for Oamaru Swim Club. She is part of the Podium Programme for the next three years, as she has been labeled on the pathway to represent New Zealand in the Olympics. **Personal:** Ryan received top marks in school at St. Kevin's College. Ryan was awarded the Class Act award by the Prime Minister of New Zealand. She is the daughter of Nicky and Kerry Ryan and she has two older sisters, Caitlin and Maeve.



LILY SALZER

Sophomore
Freestyle
Columbia, Mo.
(Rock Ridge HS)

Freshman (2014-15): Salzer saw limited action for the Cowgirls during her first season at Wyoming. She was a part of the fifth place 400 freestyle relay team in the dual with Denver. She finished 10th in the 100 backstroke against Air Force with a final time of 1:01.05 and eighth in the 100 backstroke against New Mexico with a mark of 1:00.72. In the 200 backstroke against UNM she finished 10th with a mark of 2:13.90 and eighth against New Mexico State with a time of 1:58.82. She came away with an eighth place finish against NMSU in the 100 butterfly with a time of 1:00.61. **High School:** Graduate of Rock Bridge High School. Salzer helped her high school win its first ever swimming and diving state championship. She also paced Rock Bridge's state champion 400 freestyle relay team. She competed at USA Swimming's Junior National Championships helping her team in the relay events. **Personal:** Daughter of William and Susan Salzer. Her mother was on the swimming team at Kentucky, while her father was on the rowing team at Boston University. Born on December 2, 1995. Undecided on major at UW.



MANDY SCHATZ

Freshman
Distance Freestyle/Butterfly
Yorba Linda, Calif.
(Esperanza HS)

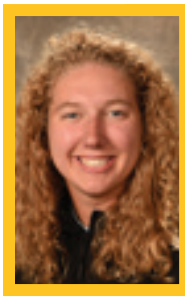
High School: Schatz is a two-time Swimmer of the Year award winner and was a member of a CIF Championship team during her freshman season at Esperanza High School. She swam for Brian Pajer with the Aquazots Swim Club. She also excels in the classroom, having been named to the Principal's Honor Roll all four years of high school. **Personal:** Mandy is the daughter of Rob Schatz and Jennifer Lamarra and has one older sister, Jen. Her uncle, Gene Schatz, was on the rodeo team at the University of Wyoming. She plans on majoring in Business.



SUSANNA SCHUMANN

Sophomore
Breaststroke
Gelsenuirchen, Germany
(Haupstrape)

Freshman (2014-15): Against Border War rival Colorado State, Schumann finished fifth in the 100 breaststroke with a time of 1:06.54. While competing against New Mexico, Schumann was a member of the 200 medley relay team that finished fourth, and also came away from the dual with a fifth place finish in the 200 breaststroke and fifth place finish n the 100 breastroke with a final time of 1:07.64. Against Air Force, she placed seventh in the 200 IM with a final time of 2:22.75, finished fifth in the 200 breaststroke with a mark of 2:30.75, and came away with a season-best finish in the 100 breaststroke with third place and a time of 1:07.73. Against Denver, she was fifth with a time of 1:07.06 in the 100 breaststroke, and a seventh place finish in the 200 breaststroke. **High School:** Graduate of Haupstrape. She did not swim competitively in high school. She was a consistent swimmer for the swimming club SG Gelsenuirchen swimming at the German Championships. She finished in seventh place in the 50 breaststroke. She was also a regional champion in the 50, 100 and 200 breaststroke. **Personal:** She is the daughter of Michael and Barbara Schumann. She has one brother Tobias. She was born on September 3, 1995. Schumann is majoring in management and marketing.



CLAIRE SEBALD

Freshman
Backstroke/Butterfly
Shorewood, Minn.
(Minnetonka HS)

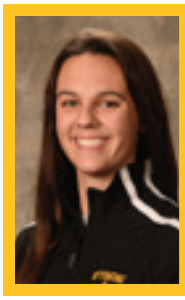
High School: Sebald specializes in the 100 Backstroke and the 100 Butterfly. She was a strong contributor at Minnetonka High School winning a sectional title in 2013. **Personal:** She is the daughter of Christopher and Gretchen Sebald. She is a strong student who wants to study math and the sciences at UW.



KELLY SHELDON

Sophomore
Freestyle
Loveland, Colo.
(Thompson Valley HS)

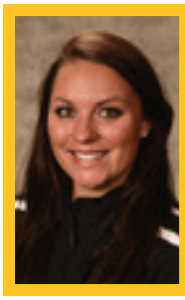
Freshman (2014-15): As a freshman, Sheldon had an exciting season for Wyoming. She helped defeat defending WAC Champion Northern Arizona by winning the 200 free with a time of 1:52.24. In her first MW Championships, Sheldon finished 18th in the 500 free with a time of 4:56.88, 21st in in the 200 free and 22nd in the 200 backstroke. **High School:** Graduate of Thompson Valley High School. Earned All-State, All-Conference and All-Area honors three straight season at Thompson Valley HS. Also helped her team earn three-straight State titles during her freshman, sophomore and junior seasons. Holds school records in the 100 butterfly and 100 backstroke, as well as the 400 freestyle relays. Earned a second place finish in the 100 backstroke at the state championship along with a third-place finish in the 100 butterfly. Named to the All-Golden Eagle team during her senior season. She was named the Freshman of the Year during her first season of high school swimming. Also recruited by Minnesota, Utah, TCU, SMU and Mizzou. **Personal:** Daughter of Lonnie and Andrea Sheldon. Born on April 1, 1996. Plans on majoring in kinesiology at UW.



EMILY STEVENS

Junior
Backstroke
Sherwood, Ore.
(Sherwood HS)

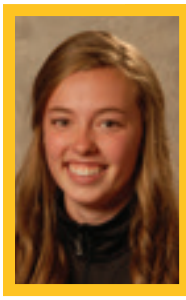
Sophomore (2014-15): Stevens brought home a victory against New Mexico State as she won the 100 backstroke with a time of 57.90. Against Border War rival Colorado State, Stevens finished fourth in the 100 backstroke with a time of 69.40. At the MW Championships, Stevens finished 11th in the 100 backstroke with a final time of 55.52 and 16th in the 200 backstroke with a time of 2:05.02. **Freshman (2013-14):** Stevens competed in four events during her freshman season. She swam a season-best time of 58.71 in the 100 backstroke against UIC. She also competed in the 50 freestyle against the Flames finishing sixth with a time of 25.31. **High School**: Stevens joins the Cowgirls from Sherwood High School in Sherwood, Ore. She was a four year letterwinner in swimming under head coach Robert VanAndel. A team captain her senior year, Stevens became her high school's record holder in the 100 backstroke and placed third at state in the 100 backstroke and 100 butterfly. She finished the season in the top-five in the state of Oregon competing in the 100 butterfly. During her junior year, not only was she a Youth National Qualifier but she placed fourth at state in the 100 backstroke and fifth in the 100 butterfly. In the classroom, Stevens graduated with honors, was a member of the National Honor Society, National Arts Honor Society and the National Society of High School Honors. She also participated in M.S. Society Awareness, NAMI Awarness and helped prepare aid stations for multiple 5k-marathons. **Personal:** She was born June 8, 1995 in Portland, Ore., and is the daughter of Rick and Lori Stevens. She has a younger brother, Ethan and is undeclared on a major. She was also recruited by Western Colorado, Northern Colorado, Cal State Eastbay, Adams State and Fresno State.



EMILY STUCKY

Senior
Mid-Distance Freestyle
Montrose, Colo.
(Montrose HS)

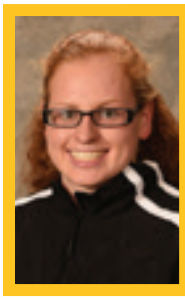
Stucky Junior (2014-15): Stucky had a very exciting season for UW as a junior. She was one of eight swimmers for the Cowgirls to win an event against UC Santa Barbara, which happens to be her former school as she brought home a victory in the 200 free with a mark of 1:52.60. She closed out the dual with Air Force as part of the 400 freestyle relay that won with a mark of 3:27.45 and was part of the 200 medley that took home a victory with a time of 1:45.46. Stucky was also part of the 200 freestyle relay team that won the event against CSU with a time of 1:34.35. She took the title in the 200 freestyle with a time of 1:55.17 against MW rival New Mexico to begin the season. Also against UNM, Stucky was a part of the 200 freestyle team that won the event with a time of 1:35.80. At the MW Championships, Stucky finished in 16th place in the 200 free. **Junior (2013-14):** Redshirted **Sophomore:** (2012-13): Stucky recorded top finishes in multiple meets for the Cowgirls as a freshman. Stucky earned All-Mountain West honors in the 200 freestyle after finishing sixth at the Mountain West Championships with a time of 1:48.82. She was also a part of the 200 freestyle relay. Also at the Mountain West Championships, Stucky was a part of the All-MW 800 freestyle relay team that finished third. She was a part of the first-place relay teams against CSU in the 400 freestyle relay, against Air Force in the 200 freestyle relay and 400 medley relay. Also against Denver and Boise State she was a member of first-place 400 freestyle relay and against New Mexico in the 400 medley relay. Stucky also finished first in the 200 freestyle against UNLV with a time of 1:52.55. **UC Santa Barbara**: Stuckey competed for UC Santa Barbra during her freshman season in 2011-12. **High School:** Stucky enjoyed an excellent career at Montrose High School. She was a five-time Colorado State Champion. During her senior season she was named the Colorado 4A High School Swimmer of the Year. She earned All-America honors in the 100 freestyle. **Personal**: Stuckey was born in Lewiston, Idaho, on Sept. 4, 1992. She is the daughter of Joe and Tamara Stuckey and has three siblings.



ABBY SULLIVAN

Junior
Backstroke/Freestyle
Olympia, Wash.
(Tumwater HS)

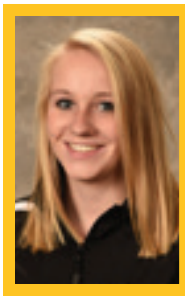
Sophomore (2014-15): Sullivan's sophomore season was just as impressive as her first with the Cowgirls. She won the 200 backstroke against defending WAC Champion Northern Arizona with a mark of 57.31. She won two events against Cal Poly by winning the 100 and 200 backstroke with times of 58.93 and 2:06.45, respectively. She brought home the 200 backstroke against UC Santa Barbara, was on the 400 medley relay team that broke the Corbett Pool record with a time of 3:47.53 and was also a part of the 200 freestyle relay team that won with a time of 1:36.16. She won the 200 backstroke title with a mark of 2:07.26 against Air Force. Sullivan was named to the All-MW team in the 200 backstroke along with teammate Connor Tarver. She finished sixth in the 200 backstroke at the Championships, which proved to be a personal-best and third-fastest time in Cowgirl history with a time of 1:59.48 and 10th in the 100 backstroke with a mark of 55.47. **Freshman (2013-14):** Sullivan made an immediate impact on the Cowgirls in her freshman season earning All-Mountain West honors in the 200 backstroke. At the MW Championship she finished seventh in the event with a time of 1:59.34. In the preliminaries of the event she swam a career-best 1:58.38, a mark that ranks third all-time at UW. She also scored points for the Cowgirls at the MW Championship in the 100 backstroke finishing 14th with a career-best time of 55.57, as her time ranks fifth all-time at Wyoming. She earned her first career event win against UIC taking the crown in the 100 backstroke at 58.15. She also earned a win in the event against UNLV and Nevada. She earned her first 200 backstroke event victory against New Mexico, Nevada and Grand Canyon with a time 2:04.00. **High School:** Sullivan joins the Cowgirls from Tumwater High School in Tumwater, Wash. She earned state titles during her career in the 100 backstroke and 100 freestyle. She was also part of 200 and 400 freestyle relay state championship teams. She helped break a Washington state record in the 200 and 400 freestyle relay. She was a First Team All-State selection during her freshman, sophomore and senior seasons. She also excelled in the classroom as a Tumwater High School Scholar and Math and Science Award recipient. **Personal:** Sullivan was born on July 27, 1995 in Olympia, Wash. She is the daughter of Joe and Debbie and has one younger brother Jay and a younger sister Claire. She is undecided on a major at UW. She was also recruited by Idaho, New Mexico and Kansas.



CONNOR TARVER

Sophomore
Backstroke
Jackson, Wyo.
(Jackson Hole HS)

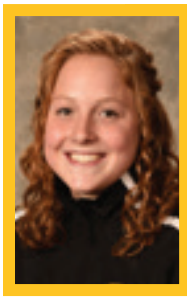
Freshman (2014-15): Tarver saw limited action for the Cowgirls as a freshman. Tarver took second in the 100 backstroke against New Mexico State. She placed seventh against CSU in the 100 backstroke with a time of 1:00.56. Tarver was named to the All-MW team in the 200 backstroke as she finished seventh with a time of 1:59.97. It was a personal-best and fifth-fastest mark in school history. She also finished 18th in the 100 backstroke with a time of 55.31. High School: Tarver is a graduate of Jackson High School and swam for coach Jim Jenkins and Jackson Hole Stingrays with coaches Cindy and Sinead O'Dwyer. Connor was a six-time Wyoming state champion. At the Wyoming state championships, Connor won the 200 Individual medley and the 100 backstroke. She also helped her team win the 200 medley relay and the 400 freestyle relay. Connor helped Jackson High School win three of the last four Wyoming state championships. Connor excels in the classroom as a member of the Junior National Young Leadership Conference, National Honors Society and Principals Honor Role. **Personal:** Connor is the daughter of Michael and Wendy Tarver. She has one brother, Michael. She was born on April 7, 1996. She is majoring in kinesiology at UW.



ABBY URBAN

Freshman
IM/Butterfly
Cheyenne, Wyo.
(East HS)

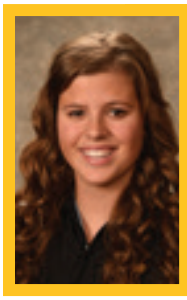
High School: Urban was a four-time letterwinner at Cheyenne East High School. Urban was the state champion in the 100 freestyle during her senior season. She earned All-State honors in every season of her varsity career. She led Cheyenne East to a state team title during her sophomore season. She was also a two-time East High School Athlete of the Year. She owns four school records at East High School. Urban excels in the classroom as a member of National Honor Society. She earned Honor Roll honors all four years of High School. **Personal:** She plans on majoring in nursing at UW. She is the daughter of Jeff and Barbra Horton and has four siblings, Hunter, Zach, Charlyne and Michelle.



MARY USELMANN

Junior
Freestyle/Butterfly
Denver, Colo.
(Saint Peters Luthern College HS)

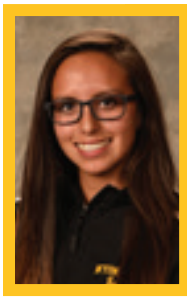
Sophomore (2014-15): Uselmann saw limited action for the Cowgirls as a sophomore. She was on the 200 freestyle relay team that won against New Mexico State. Against Border War rival, Uselmann finished fifth in the 50 freestyle with a season-best time of 24.72. **Freshman (2013-14):** Uselmann appeared in six meets in her first season with the Cowgirls. She swam a season-best time of 24.16 in the 50 freestyle in a dual against UNLV and Nevada. In that same meet she swam season-bests in the 100 butterfly at 58.25 and the 100 freestyle at 53.00. Her best finish of the season was a third-place finish against UIC with a time of 24.44. **High School:** Uselmann joins the Cowgirls from St. Peter's Lutheran College in Brisbane, Australia and before that Service High School in Anchorage, Alaska. During her senior year, she qualified for the Junior Australian Nationals and was a two-time state champion in the 50 freestyle in Alaska. She was awarded the Most Valuable Swimmer for the years 2010, 2011 and 2012. In the classroom, Uselmann had a 4.0 GPA throughout high school and was a member of the National Honor Society. **Personal:** She was born June, 23, 1995 and is the daughter of Charles and Heidi Uselmann. She has one sister, Leah and plans to major in chemical engineering while at UW. She was also recruited by Colorado State, St. Cloud State, Colorado School of Mines and University of Alaska, Fairbanks.



MARISSA VERDI

Junior
Freestyle
Corona, Calif.
(Santiago HS)

Sophomore (2014-15): Verdi saw limited action for the Cowgirls this season. She was a part of the 400 free relay team in the Denver dual that finished fourth. Against Air Force, Verdi posted a 13th place finish in the 100 yard backstroke, she also was a part of the sixth place 200 medley relay and the fourth place 400 freestyle relay team. She came away with an eighth place finish against New Mexico in the 100 freestyle and a member of the 200 freestyle relay team that finished fifth. **Freshman (2013-14):** Verdi appeared in four meets during her first season with Wyoming. She saw action for the Cowgirls against Colorado State finishing 10th in the 50 freestyle with a time of 25.39. Also in the same meet she swam a career-best time of 55.91 in the 100 freestyle. **High School:** Verdi was a four-year letterwinner at Santiago High School in Corona, Calif., and joins the Cowgirls for sprint freestyle. She was All-Conference all four years and team captain her senior year, while also setting the school's 100 freestyle and 200 freestyle relay record. Her junior season, she was awarded the Academic-Athletic Team Award and was a part of the 200 and 400 freestyle relay record teams. As a freshman, Verdi was voted Rookie of the Year for her high school swim team. In the classroom, she was a member of National Honors Society, graduated with Honors with Distinction. **Personal**: She was born November 11, 1994 in Corona, Calif., and is the daughter of Vinnie and Lori Verdi. She has one sister, Savannah and plans to major in Zoology while at UW. Verdi was also recruited by Idaho, Vermont and Colorado State.



SAMANTHA ZAVALA

Sophomore
Freestyle
South Pasadena, Calif.
(South Pasadena HS)

Freshman (2014-15): Against Border War rival Colorado State, Zavala finished fourth in the 200 butterfly with a time of 2:11.12. In the dual against Air Force, Zavala finished fifth in the 200 fly with a time of 2:14.50 and eighth in the 100 fly with a time of 1:00.61. She posted a fifth place finish 200 butterfly against MW rival New Mexico with a final time of 2:13.50 and finished seventh in the 100 butterfly. She finished sixth in the 200 fly against Denver. **High School:** Zavala swam at South Pasadena High School. She was a two-time CIF finalist in the 400 freestyle relay. She led her team to four straight league championships and was a three-time team captain. Zavala was also the first South swimmer to make the CIF Division I preliminaries. She holds the 200 medley relay record at South Pasadena High School. **Personal:** Samantha is the daughter of Jose Luis and Xochitl Zavala. Her father ran track at Cal State- LA. She has two siblings, Sabrina and Diego. She was born on August 3, 1996. She is majoring in psychology.

Name	Events	Year	Hometown (Previous School)
Ryan Ball	Backstroke/IM	SO	Loveland, Colo. (Loveland HS)
Colin Brinkman	Freestyle	SO	Commerce Township, Mich. (Detroit Cath. Cent.HS)
Bryce Carter	Sprint Freestyle	SR	Littleton, Colo. (Chatfield Senior HS)
Matt Cook	Backstroke/Mid-Dist.	SR	La Grande, Ore. (La Grande HS)
Brendan Costello	Backstroke	SR	Montgomery, Texas (Magnolia West HS)
George Eglesfield	Butterfly	SR	Rangiora, New Zealand (Rangiora HS)
Jack Herron	Butterfly/Freestyle	FR	Grass Valley, Calif. (Bear River HS)
Liam Holt	Breaststoke/IM	FR	Carl Junction, Mo. (Carl Junction HS)
Laine Johansen	Breaststroke/IM	FR	College Station, Texas (A&M Consolidated)
Patrick Jones	Backstroke/IM	JR	Loveland, Colo. (Loveland HS)
Austin Layman	Butterfly/Backstroke	SR	Englewood, Colo. (Chatfield Senior HS)
Sam Loescher	Freestyle	SO	Columbus, Ind. (North HS)
Liam Metzsch	Freestyle	FR	Hillsboro, Ore. (Century HS)
Kyle Moore	Distance Freeestyle	FR	Carlsbad, Calif. (Carlsbad HS)
David Murphy	Breaststroke/Free	FR	Ellaville, Ga. (Southland Academy)
Ryan Nelson	Distance Free	SR	Huntington Beach, Calif. (Edison HS)
Wade Nelson	Individual Medley	SO	Huntington Beach, Calif. (Edison HS)
Eric Oleson	Freestyle	SO	Westfield, Ind. (Westfield HS)
Evan Oleson	Individual Medley	RS-JR	Westfield, Ind. (Westfield HS)
Jacob Porter	Butterfly/Freestyle	SO	McMinnville, Ore. (McMinnville HS)
Jacob Rehmeier	Diving	JR	Laramie, Wyo. (Laramie HS)
Austin Rettinghouse	Diving	SO	Worland, Wyo. (Worland HS)
Gabe Rooker	Breaststroke/Free	JR	Forest Grove, Ore. (LSU)
Ryan Russi	Diving	SO	Murrieta, Calif. (Vista Murrieta HS)
Kyle Scalise	Breaststroke/IM	SR	Sparks, Nev. (Reed HS)
Dylan Sether	Butterfly/IM	JR	Bismarck, N.D. (Century HS)
Loren Sether	Breaststroke/IM	FR	Bismarck, N.D. (Century HS)
Slade Sheaffer	Freestyle	SO	Laramie, Wyo. (Laramie HS)
Kyle White	Freestyle	SO	Cheyenne, Wyo. (Central HS)

Roster Breakdown
Seniors (7)-- Bruce Carter, Matt Cook, Brendan Costello, George Eglesfield, Austin Layman, Ryan Nelson, Kyle Scalise
Juniors (5)-- Patrick Jones, Evan Oleson, Jacob Rehmeier, Gabe Rooker, Dylan Sether
Sophomores (10)-- Ryan Ball, Colin Brinkman, Sam Loescher, Wade Nelson, Eric Oleson, Austin Rettinghouse, Ryan Russi, Slade Sheaffer, Kyle White
Freshman (7)-- Jack Herron, Liam Holt, Laine Johansen, Liam Metzsch, Kyle Moore, Daivd Murphy, Loren Sether

By State
Wyoming (4)-- Jacob Rehmeier, Austin Rettinghouse, Slade Sheaffer, Kyle White
California (5)-- Jack Herron, Kyle Moore, Ryan Nelson, Wade Nelson, Ryan Russi,
Colorado (4)-- Ryan Ball, Bryce Carter, Patrick Jones, Austin Layman
Georgia (1) -- Daivd Murphy
Indiana (3)-- Sam Loescher, Evan Oleson, Eric Oleson
Michigan (1) -- Brendan Costello
Missouri (1) -- Liam Holt
Nevada (1)-- Kyle Scalise
North Dakota (2)-- Dylan Sether, Loren Sether
Oregon (4)-- Matt Cook, Liam Metzsch, Jacob Porter, Gabe Rooker
Texas (2)-- Brendan Costello, Laine Johansen
International (1)-- New Zealand (1)-- George Eglesfield

COWBOY OUTLOOK



The Cowboys return a number of key contributors from a year ago in addition to a talented freshmen class. A total of seven newcomers will compete for the Cowbogys this season, while 15 members of this year's squad competed at the Western Athletic Conference Championships last year. Wyoming loses one the the best to compete under head coach Tom Johnson in Adam Kalms. Kalms qualified for the NCAA Championship in three consecutive years. He finished his historic career with the Cowboys as one of three Pokes to make appearances in three NCAA Championships. He was also a two-time All-America honoree in the 200 freestyle earning the accolades in 2013 and 2014. He owns five school records and is a part of four relay records at UW. The 2015-16 Wyoming roster features 29 student-athletes with 22 returners and seven newcomers.

Sprint Freestyle:

Bryce Carter will take the lead after the gradutaion of Adam Kalms and is the lone senior with sprint freestyle experience for Wyoming. Carter, along with Kyle White and Sam Loescher all held their own last season with Kalms and will look to add more success with this event for the Cowboys.

Mid-Distance Freestyle:

Although the loss of Kalms has a huge impact in the water for for the Pokes in this event, the Cowboys mid-distance freestyle is once again another talented group this season. Brenden Costello earned Second Team All-WAC honors the year before last in the 200 freestyle. Senior Matt Cook also brings a tremendous amount of experience in this event for the Cowboys.

Distance Freestyle:

One of the most talented groups for the Pokes as Brendan Costello earned All-conference honors last season in the 500 freestyle. Eric Oleson and Ryan Nelson also earned All-WAC honors a year ago. Wyoming will be exciting to watch in the distance freestyle events. Junior Ryan Nelson brings the most experience in this group alongside Costello and Oleson. His younger brother, junior Evan Oleson also looks to continue to contribute for Wyoming.

Backstroke:

The backstroke event may be the strongest event for the Cowboys this year. A number of returners are back to prove their talent and experience. Ryan Ball was named the WAC Freshman of the Year in addition to a well deserved championship victory in the 200 backstroke at the WAC Championsips. George Eglesfield brings back with him All-WAC honors in the 100 backstroke, as Brendan Costollo adds experience in the 200 backstroke alongside Ball. Senior Austin Layman also hopes to shine as he did a year ago. He brought home All-conference honors in the 100 backstroke as well.

Breaststroke:

Rudi Hanekamp graduated after he earned All-WAC honors in the 100 breaststroke. A solid group of breaststrokers may once again headline the Cowboys roster this season. Senior Kyle Scalise is a First Team All-WAC selection in the 200 breaststroke and also the 100 breaststroke. He will be joined by All-WAC teammates Brendan Costello, Ryan Nelson and sophomore Dylan Sether. LSU transfer Gabe Rooker specializes in the breaststroke and has high hopes to conintue the success the Pokes have had in the event.

Butterfly:

George Eglesfield is once again the clear leader of a talented and experienced group of butterflyers. He won his first WAC title in the 200 butterfly as a sophomore and earned All-conference honors in both the 100 and 200 butterfly as a junior. He will be joined by First Team All-WAC butterfly swimmer Ryan Nelson as well as his younger brother Wade Nelson, who both have the knowledge and exprience to guide the Pokes this season.

Individual Medley:

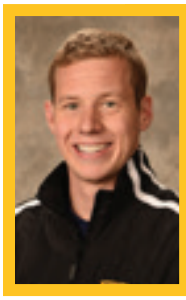
Ryan Nelson, his younger borther Wade and Patrick Jones each competed at the WAC Championships in the 400 IM last season. UW has a number of swimmers that can contribute in this event and will look to rely on them to continue to stay strong in this event as All-WAC performers Adam Kalms and Jordan Turner each graduated.

Diving:

The UW divers bring a great amount of experience back for the 2015-16 season. Jacob Rehmeier, Ryan Russi and Austin Rettinghouse all competed in the WAC Championship for the Cowboys. Last season marked the first time since 2008 that three UW divers qualified for the finals in two events. Freshman Ryan Russi led the way finishing third on the platform. His mark was the third best in school history. Rehmeier finished seventh while Rettinghouse finished eighth. Rehmeier and Rettinghouse, who finished in the final, each competed in their first NCAA Zone Championship.

Relays:

The Cowboys return a lot of experience in the relay events this season. Bryce Carter and Kyle White are back to lead the Pokes in the Relay events. Transfer Gabe Rooker looks to make an impact in the pool for the the Cowboys in the relay events, as does returners George Eglesfield and Slade Sheaffer.



RYAN BALL

Sophomore
Backstroke/IM
Loveland, Colo.
(Loveland HS)

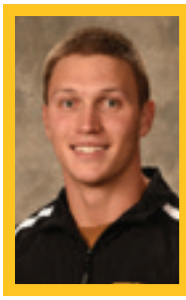
Freshman (2014-15): Ball had a very impressive first season as a Cowboy. He was named the WAC Freshman of the Year after finishing second in the 200 backstroke at the WAC Championships with the second-fastest time in school history of 1:45.22. He also finished third in the 400 IM with a time of 3:50.33, and fifth in the 1,650 freestyle with a time of 15:29.55 which is a personal-best and the sixth fastest time in school history. He helped the Cowboys defeat UNLV for the first time since 2005 by adding a win in the 200 backstroke with a time of 1:47.80. Ball picked up a win against Denver as he finished with a time of 50.68 in the 100 backstroke. He brought home two victories against Air Force, as he won the 1,000 freestyle at 9:35.65 and the 200 backstroke with a time of 1:49.22. **High School:** Ball participated in the 2012 US Olympic Trials where he competed in the 200 backstroke placing 68th. Later that year, he finished fourth in 200 backstroke at the USA Swimming Junior Nationals. At Loveland High School, he was named NISCA High School All-America in the 100 backstroke, 100 butterfly and 200 individual medley and 500 freestyle. This past summer, he finished 26th in the 200 backstroke at the US National Championship. Ball placed 24th in 400 individual medley at the US Open Championships in Irvine, Calif. Ryan competed for the Loveland Swim Club under head coach Jim Nickell. He also excelled in the classroom earning Academic All-State. **Personal:** He is the son of Todd and Susan Ball. He has an older brother, Kevin. His uncle Mike Donovan wrestled for Wyoming. He was born on July 2, 1995. He is undecided on a major at UW.



COLIN BRINKMAN

Freshman
Freestyle
Commerce Township, Mich.
(Detroit Catholic Central HS)

Freshman (2014-15): Brinkman's rookie season with UW got off to a great start. Competing against Air Force, Brinkman finished eighth in the 200 freestyle with a time of 24.83. He also finished eighth against Denver in October in the 200 freestyle with a mark of 1:49.92 and ninth in the 50 yard butterfly with a time of 25.32. Competing against Denver in January, Brinkman finished sixth in the 1,000 free with a time of 10:39.10. He finished fourth in the 200 freestyle against Colorado School of Mines with a time of 1:49.03. **High School:** Graduate of Detroit Catholic Central High School. Earned All-State, All-Area and All-Catholic league honors all four years of high school. Served as the team captain during his junior and senior season. Excelled in the classroom earning USA Swimming Scholastic All-America honors. **Personal:** Son of Martin and Lisa Brinkman. Has three siblings, Annemarie, Joseph and Clare. Annemarie competed in swimming at Hillsdale College and his brother Joseph competes at the University of the Cumberlands. Born on August 13, 1996. Majoring in civil engineering at UW.



BRYCE CARTER

Senior
Butterfly/Backstroke/Free
Littleton, Colo.
(Chatfield Senior HS)

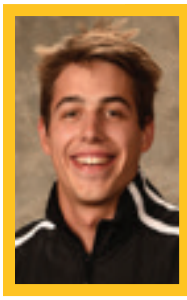
Junior (2014-15): Carter had an impressive meet against Denver in January as he was a part of the 400 freestyle relay team that won and he also added a victory for the Pokes in the 50 freestyle with a time of 20.92. He won the 50 free against Denver in October with the same time of 20.92. He was a part of both the 200 freestyle and 400 medley relay teams that won against Cal Poly. At the WAC Championships, Carter was a part of the fourth place 400 freestyle relay team. Carter was named to the ALL-WAC Academic Team. **Sophomore (2013-14):** Carter had an impressive sophomore season for the Cowboys establishing himself as one of the go to swimmers in sprints and relay events. He earned All-Western Athletic Conference honors in the 200 freestyle and 400 freestyle. He helped the 200 freestyle relay team finish third in the race with a school record time of 1:19.55. He would later help the 400 freestyle relay team finish third with a school record time of 2:55.84. He also scored team points for the Cowboys at the WAC championships in the 50 freestyle with a career best time of 20.38, as he tied for 11th place. His mark in the event is the fourth fastest time in Wyoming history. He recorded a season-best time of 47.45 in the preliminaries of the 100 freestyle at the WAC Championships. **Freshman: (2012-13):** Carter had an impressive freshman season for the Cowboys in 2012-13. He helped the Cowboys set a school record in the 400 freestyle relay with a time of 2:56.76 at the 2013 Mountain Pacific Sports Federation Championships, as the Cowboys finished third in the event. Carter also helped the 400 freestyle relay team to trio of top-three finishes including a first-place finish against Air Force, Seattle and North Dakota. He recorded a personal-best time of 45.20 in the 100 freestyle at the MPSF Championships, as he finished 11th . Carter swam a career-best time of 20.75 in the 50 freestyle at the Houston Invitational. He recorded a first-place finish in the 50 freestyle at the Air Force Academy Invite. High School: Carter joins the Cowboys as a sprint freestyle swimmer from Chatfield Senior High School in Littleton, Colo. He was a four-time letterwinner in swimming and lettered one season in cross country. During this sophomore, junior and senior season he was named his swim team's captain. He also earned All-Conference honors those three seasons. While swimming in high school and club, Carter earned Junior and Senior National qualifying times. He also excelled in the classroom earning honor roll all four years of high school. **Personal:** Carter was born on June 23, 1994 in Littleton, Colo. He is the son of Gerard and Connie and has one younger sister, Abby. He was also recruited by the Air Force and Naval Academies, as well as, Texas A&M. Carter is majoring in philosophy at Wyoming.



MATT COOK

Senior
Butterfly/Backstroke/Free
La Grande, Ore.
(La Grande HS)

Junior (2014-15): Cook had yet another outstanding season as a junior for Wyoming. He finished second in the 200 backstroke in the Colorado Mesa Invite with a mark of 1:53.56. Cook was a part of the 200 medley relay team that placed sixth against Air Force, the 400 free relay team that placed fifth, and the 500 free relay team that placed fifth. He also took sixth in the 200 backstroke with a time of 1:57.42. Against Denver in October, Cook placed eighth in the 50 backstroke with a time of 25.70. In January against Denver, Cook finished sixth in the 100 backstroke with a time of 53.56 and placed sixth as well against Colorado School of Mines with a time of 1:51.74. **Sophomore (2013-14):** Cook made big strides in his sophomore season with the Cowboys. He earned Second Team All-Western Athletic Conference honors in two events at the WAC Championships. Cook finished seventh in the 200 backstroke with a time of 49.19, as his mark was the eighth fastest time in Cowboy history. He also finished fifth in the 100 backstroke with a time of 49.19, as he sits fourth all-time in the event in Wyoming history. Cook swam a career-best 1:47.44 in the 200 backstroke in the preliminaries of the WAC Championship. He also appeared in the 200 freestyle finishing 15th at the WAC Championship at 1:39.13. During the regular season his best swim came against Grand Canyon, as he finished second in the 200 backstroke with a then-best time of 1:52. **Freshman: (2012-13):** Cook appeared in three meets in his first collegiate season for the Cowboys. He set a personal-best time of 1:53.01 in the 200 backstroke at the Houston Invite. He recorded a season-best time of 53.68 in the 100 backstroke at the Cowboys' dual meet with Seattle, North Dakota and Air Force. He also appeared in three events at the Air Force Academy Dual, as he earned a fifth-place finish in the 100 backstroke. **High School:** Cook joins Wyoming as a backstroke and freestyle swimmer from La Grande High School in La Grande, Ore. He lettered in swimming all four years of high school. As a senior captain he won the state championship in the 100-yard backstroke and 200 freestyle. Cook was also a team captain his junior swimming season. At the Summer 2012 Junior Nationals, Cook placed 11th in the 100 backstroke. Cook also had four excellent years in the classroom at La Grande, earning honor roll and National Honor Society membership. **Personal:** Cook was born on Aug. 10, 1994 in Redmond, Ore. He is the son of Christopher and Kelly Cook. He has two siblings, Emily and Georgia. He is majoring in energy systems engineering at UW. Cook was also recruited by Pacific, Cal Poly and Columbia.



BRENDAN COSTELLO

Senior
Backstroke
Montogmery, Texas
(Magnolia West HS)

Junior (2014-15): Costello competed in a number of events for the Pokes this season. Costello brought home a victory in the 200 backstroke against Cal Poly with a mark of 1:49.91. Against Air Force, Costello's best finish came in the 200 backstroke when he took home third with a time of 1:54.04 and in the dual with Denver, he finished fourth in the 200 freestyle with a time of 1:44.59. At the WAC Championships, Costello finished third in the 200 backstroke with a time of 1:47.26. At the WAC Championships, Costello finished third with a time of 1:47.26 in the 200 backstroke. He was named to the ALL-WAC Academic Team. **Sophomore (2013-14):** Costello built off his strong freshman campaign to be one of the Cowboys most consistent swimmers in his sophomore season. He earned Second Team All-Western Athletic conference honors in the 200 freestyle and 200 backstroke. He finished fourth in the 200 backstroke at the WAC Championships with a time of 1:47.49. He swam a career-best 1:47.15 in the preliminaries, a mark that is the fifth fastest time in Cowboy history. He followed that up with an eighth place finish in the 200 freestyle at 1:38.90. He swam a career-best 1:38.54 in the preliminaries, as the mark is the sixth fastest time in UW history. Costello played a big part in the Cowboys dual tie against UNLV on Feb. 1. He finished third in the 200 backstroke with a then season-best 1:50.94. Costello also finished fifth in the 500 freestyle with his then season-best 4:39.76. **Freshman: (2012-13):** Costello gained valuable experience for the Cowboys during his freshman campaign. Brendan appeared in four meets including an appearance in at the Mountain Pacific Sports Federation Championships, as he earned a first-place finish in the consolation finals in the 200 backstroke with a personal-best time of 1:47.23. He set a personal-best time in the 200 freestyle at the AFA Duals with a time of 1:45.13. He set a personal-best in the 500 freestyle at the Houston Invite with a time of 4:36.21. **High School:** Costello joins the Cowboys from Magnolia West High School in Montgomery, Texas where he was an excellent backstroke swimmer. He lettered in swimming for three years at Magnolia West. Costello set eight school records during high school while also earning Junior National qualifying times. As a team captain he earned All-State honors his senior season. He also excelled in the classroom earning Academic All-State. **Personal:** Costello was born on Dec. 3, 1993 in Frederick, Md. He is the son of Joseph and Jakie Costello and has three older siblings. Costello is majoring in criminal justice. He was also recruited by Pittsburgh and Fordham.



GEORGE EGLESFIELD

Junior
Butterfly
Rangiora, New Zealand
(Rangiora HS)

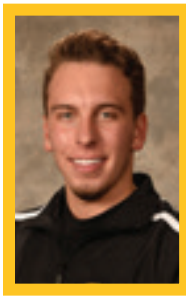
Junior (2014-15): Eglesfield had an exciting junior season for UW. He won two events against Colorado School of Mines, as he won the 100 and 200 backstroke with times of 52.64 and 1:54.92, respectively. Against Cal Poly, Eglesfield carried the Pokes with two wins. He won both the 100 and 200 butterfly with times of 49.94 and 1:50.90, respectively. In January, he also brought home a victory for Wyoming against Denver in the 200 butterfly with a time of 1:52.84. He came away victorious when the Cowboys competed against Air Force, as he won the 200 butterfly. At the WAC Championships, he finished third in the 200 butterfly with a mark of 1:46.98 and seventh in the 200 backstroke final with a time of 50.18. **Sophomore (2013-14):** Eglesfield was a key piece of the Cowboys success during his sophomore season. He was the Western Athletic Conference Champion in the 200 butterfly. Eglesfield won the 200 butterfly event with a school record and career-best time of 1:45.22. For his work in the event he was named First Team All-WAC. He also earned First Team All-WAC honors in the 100 butterfly with his career-best time of 47.81, as he finished third in the event. His mark in the 100 butterfly was second fastest time in the event in Wyoming history and the fastest since 2008. Shortly after the finish of the season Eglesfield competed in the New Zealand Open Championships, as he won the 100 butterfly event to become the National Champion in the event. **Freshman: (2012-13):** Eglesfield made an instant impact for the Cowboys as a freshman. He was named Second Team All-Mountain Pacific Sports Federation in the 200 butterfly, after placing fifth in the event with a personal-best time of 1:47.93, a mark that ranks sixth in Cowboy swimming history. He recorded a pair of first-places finishes in the 200 butterfly at the Air Force Academy Dual (1:51.38) and duals against Seattle, North Dakota and Air Force (1:54.55). He recorded a personal-best time of 51.39 in the 100 butterfly at the Houston Invite. He made an impressive showing in the 200 butterfly at the Houston Invite with a second-place finish with a time of 1:48.75, as he recorded the top time in the preliminaries. **High School:** Eglesfield is another Cowboy from New Zealand, joining UW from Rangiora High School. He had an excellent high school career, as the 2011 New Zealand secondary schools 200-yard freestyle and 200 butterfly champion. He was also the New Zealand 200 butterfly champion in his age group for three-consecutive seasons from 2010 to 2012. He also earned a second-place finish in the 200 fly at the New Zealand Open Championships in 2012. He also earned academic honors all four years of high school. **Personal:** Eglesfield was born on March 12, 1994 in Leeds, England. He is the son of David and Louise Eglesfield and has two siblings, Fergus and Imogen. He is majoring in business economics while at Wyoming. He was also recruited by Missouri State, Florida Tech and George Washington.



JACK HERRON

Freshman
Butterfly/Freestyle
Grass Valley, Calif.
(Bear River HS)

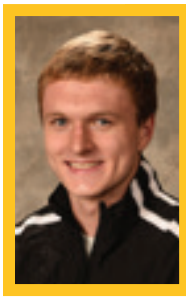
High School: Herron is a talented swimmer who specializes in the butterfly and middle distance freestyle events. Herron was a Junior National qualifier in the 100, 200 and 500 freestyle and the 100 and 200 butterfly. **Personal:** Herron is a strong student who hopes to study engineering at UW. He is the son of Gary and Betsy Herron.



LIAM HOLT

Freshman
Breaststroke/IM
Carl Junction, Mo.
(Carl Junction HS)

High School: Holt is a very versatile athlete who competes in the Breaststroke and the individual medley. Liam is a Junior National qualifier in the 200 individual medley and 200 breaststroke and is a national qualifier in the 100 and 200. **Personal:** Holt is an outstanding student who wants to major in petroleum engineering. Liam is a two-time USA Swimming Academic All-American and has been on Carl Junction High School Honor roll both his sophomore and junior year.



LAINE JOHANSEN

Freshman
Breaststroke/IM
College Station, Texas
(A&M Consolidated)

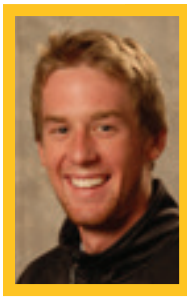
High School: Johansen is a breastroker and individual medley swimmer from College Station, Texas. This past season he was a First Team All-State performer. He competed this past spring at the NCSA Junior Nationals in the 100 and 200 breaststrokes and the 200 individual medley. **Personal:** He is the son of Siguard and Cynthia Johansen. He is a three-time USA Swimming Academic All-American, as well as a two-time Texas All --State Academic honoree. Siguard has also been on the National Honor Society the past two years.



PATRICK JONES

Junior
Backstroke/IM
Loveland, Colo.
(Loveland HS)

Junior (2014-15): Jones' sophomore season was another exciting one for Wyoming, as he began be bringing home the victory in the 200 backstroke in the Colorado Mesa Invite with a time of 1:50.75. Against Denver, Jones finished fifth in the 200 backstroke with a time of 1:56.07 and eighth in the 50 backstroke with a mark of 25.70. He finished sixth in the 100 backstroke against Air Force and was a member of the fifth place 400 freestyle relay team. At the WAC Championships, Jones finished 10th in the 200 backstroke with a time of 1:48.58 and 10th as well in the 400 IM with a time of 3:56.76. Jones was named to the All-WAC Academic Team. **Freshman (2013-14):** Jones made an immediate impact for the Cowboys in his freshman season. He earned All-Western Athletic Conference honors in the in both the 200 and 400 individual medley. He finished eighth in the 400 individual medley at the WAC Championship with a career-best time of 3:57.61. He also finished eighth in the 200 individual medley at the WAC Championship with a mark of 1:57.97, as he swam a career-best 1:50.13 in the preliminaries. Jones also scored points for UW at the WAC Championships in the 200 backstroke with a time of 1:47.98 finishing in 10th place. He appeared in eight meets in his rookie campaign with the Pokes. He was also named to the Academic All-WAC Team. High School: Jones joins Wyoming as a backstroke and individual medley swimmer from Loveland High School in Loveland, Colo. He lettered in swimming and was named All-Conference all four years of high school. As a senior team captain, he was named All-American after earning a fourth- place state finish, while also being an individual conference champion. Jones was also All-American his junior year after a third-place finish at state. An excellent student in the classroom, Jones was on the honor roll while also being an AP Scholar. **Personal:** Jones was born on Sept. 19, 1994 in Fort Collins. He is the son of Steve and Linda Jones. He has three siblings, Dan, Krista and Carol. Dan and Krista swam for the University of Wyoming. Jones was also recruited by Yale, Columbia and Minnesota. He is undecided on a major.



AUSTIN LAYMAN

Senior
Butterfly/Backstroke
Englewood, Colo.
(Chatfield Senior HS)

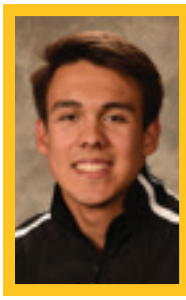
Junior (2014-15): Layman's junior season as a Cowboy got off to a great start as took home a victory against Cal Poly by winning the 100 backstroke with a time of 52.23. He was also a part of the 400 medley relay team that won the event with a time of 3:26.26. Against Air Force, he finished fifth in the 100 backstroke with a time of 53.48 and against regional rival Denver, Layman placed second behind teammate Adam Kalms in the 50 backstroke with a time of 23.94. At the Colorado Mesa Invite, he finished third in the 200 backstroke with a time of 1:54.35. Layman was named to the ALL-WAC Academic Team. **Sophomore (2013-14):** Layman saw action in nine meets for the Cowboys during his sophomore season. He scored points for Wyoming in the 100 backstroke at the Western Athletic Conference Championship. He swam a career-best 50.02 in the 100 backstroke finishing 10th in the race. Layman also competed in the 100 butterfly and 200 backstroke at the WAC Championship finishing 18th in each event. He swam a personal- best 1:50.01 in the 200 backstroke and a personal-best 49.72 in the 100 butterfly at the WAC Championship. He scored valuable points for the Pokes in their tie with UNLV in a dual meet, as Layman finished third in the 100 backstroke with a mark of 50.02. **Freshman: (2012-13):** Layman saw limited action in his first season with the Cowboys. He made one appearance, as he finished seventh in the 100 backstroke at the Air Force Academy Dual with a time of 54.87. High School: Layman joins the Cowboys from Chatfield High School in Littleton, Colo. He earned four letter awards in swimming at Chatfield in the butterfly and backstroke. He earned All-Conference and All-State all four years of high schools and was named team captain his junior and senior seasons. He set the school record in both the 100 butterfly and 100 backstroke his senior season. He was also a four-time honor roll honoree at Chatfield. **Personal:** Layman was born on Dec. 1, 1993, in Spokane, Wash. He is the son of Jay and Karen. He has one older sister, Sarah. He is majoring in petroleum engineering at UW.



SAM LOESCHER

Sophomore
Freestyle
Columbus, Ind.
(North HS)

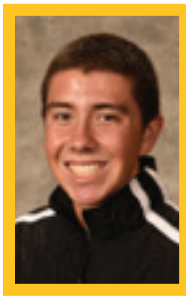
Freshman (2014-15): Loescher saw limited action as a freshman for the Cowboys. Against Air Force he finished seventh in the 50 freestyle with a final mark of 22.06 and was a part of the fourth place 400 freestyle relay team. He came away with a sixth-place finish in the 100 freestyle in the dual against Denver with a final time of 47.98. Competing in the dual against Colorado Mesa, Loescher was a part of the second-place 400 freestyle relay team. He was named to the ALL-WAC Academic Team. **High School:** Graduate of Columbus North High School. During his first three seasons at North, he earned All-America honors in 400 freestyle relay (2012), 50 freestyle (2014), 100 freestyle (2013,14), 200 freestyle relay (2013,14) and 400 freestyle relay (2013,14). Along with his All-America accomplishments, Sam also helped set an Indiana State record in the 200 freestyle relay.Earned All-State honors in the 100 freestyle and both freestyle relays. He also helped lead his team to a second-place team finish at the Indiana state championships during his junior season. Loescher is a staple in the record books with multiple times in the top-five at the Indiana state championships in the 50 freestyle, 100 freestyle and 200 freestyle. Sam was coached by Jim Sheridan, who coaches both his club and high school teams. Also excelled in the classroom as a member of National Honor Society. **Personal:** Son of Rolf and Donna Loescher. Born on April 2, 1996. Majoring in molecular biology at UW.



LIAM METZSCH

Freshman
Freestyle
Hillsboro, Ore.
(Century HS)

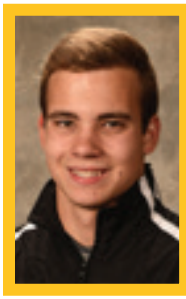
High School: Metzsch continues the Oregon, Wyoming connection, as he joins the team hailing from Hillsboro, Oregon. Liam swims for Tualatin Hill Swim Club in Beaverton, Oregon. He had a great senior year winning state championships in the 50 freestyle and 100 freestyle at the 2015 Oregon High School State Championships for Century High School. As a team, Metzsch helped Century High School finish tied for 13th. He was a member of National Honor Society and is a Scholastic All-American. **Personal:** Liam plans on studying kinesiology/pre-med, as he would like to be a physical therapist. Liam's parents are Jane and Pete, Liam has a younger sister Sara and an older brother Scott.



KYLE MOORE

Freshman
Distance Freestyle
Carlsbad, Calif.
(Carlsbad HS)

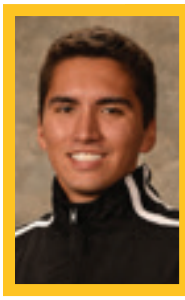
High School: Kyle is relatively new to the sport of swimming and shown a great amount of improvement qualifying for USA Swimming Junior Nationals this past summer. He has helped lead Carlsbad High School to back-to-back section championships during sophomore and junior seasons. On the club side, he swims for North Coast Aquatics and coach Jeff Pease, where he also trains with Cowgirl junior Lauren McClure. **Personal:** Kyle is the son of Gene and Sharon Moore and has one younger sister, Danielle. He plans to major in secondary education at UW.



DAVID MURPHY

Freshman
Breaststroke/Freestyle/IM
Ellaville, Ga.
(Southland Academy)

High School: David swims for Americus Blue Tide Aquatics. He was a four-time letter winner and three-time captain at Southland High School. During his junior season, he was a state champion in the 100 freestyle, 200 freestyle, 100 breaststroke, along with relay champions in the 200 medley relay and 200 freestyle relay. On top of that, during his junior year his team won the Georgia Independent School Association team title. Along the way he set state records in the 100 freestyle and 100 breaststroke and with his teammates he set a relay record in the 200 freestyle relay. During his senior season he also re-broke his own records in the 50 freestyle, 100 freestyle and 100 breaststroke leading his team to their second consecutive state title. He was a four-time Honor Roll member, a USA Swimming Scholastic All American, Beta Club member during his junior and senior year and also the winner of the Biology award and Geography award. **Personal:** He is the son of David and Laura Murphy and has one younger sister Allie.



RYAN NELSON

Senior
Distance Freestyle/IM
Huntington Beach, Calif.
(Edison HS)

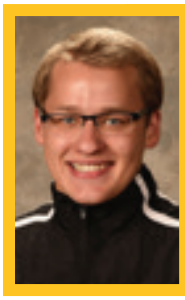
Junior (2014-15): Nelson had a great junior season for UW. He helped lead the Pokes against Cal Poly, as he won two events. He won the 1,000 freestyle at 45.73 and the 500 freestyle with a time of 4:45.64. He won the 200 butterfly against Colorado School of Mines with a stellar time of 1:55.64. Nelson led the way for the Cowboys in helping defeat UNLV for the first time since 2005 as he won the 1,000 freestyle with a time of 9:30.10 as well as the 500 freestyle at 4:34.33 and the 200 individual medley at 1:51.46. Nelson brought home a victory against Air Force as he won the 200 individual medley at 1:53.23. At the WAC Championships, Nelson finished second in the 400 IM with a time of 3:47.63, third with a time of 15:20.49 in the 1,650 freestyle, and he also finished sixth in the 500 freestyle with a time of 4:25.31.Nelson was named to the All-WAC Academic Team. **Sophomore (2013-14):** Nelson had a breakout season in his sophomore year with the Cowboys earning his first bid to the NCAA Championships. He joined junior Adam Kalms, as it was the first time Wyoming has qualified two swimmers for the NCAA Championships for the first time since 1949 (James Nolan and Marcus Hodges). He competed in three events in his first NCAA Men's Championships. His highest finish came in the 400 individual medley, as he placed 31st in the event at 3:48.21. At the Western Athletic Conference Championship, Nelson walked home with a conference title with two First Team and one Second Team All-WAC selections. He won the 400 individual medley with a WAC record and school record time of 3:45.20. He also earned First Team honors in the 200 butterfly with a time of 1:46.26 on his way to a third place finish. His mark in the event was the second fastest time at Wyoming. He swam a school record in the 500 freestyle at the WAC Championship with a time of 4:22.69 finishing fourth earning Second Team honors. He was also a member of the 800 freestyle relay team that earned a WAC title in the event. Nelson swam a 4:04.42 in the 400 individual medley against Colorado School of Mines was the fastest time in Corbett Pool since New Mexico's Gordy Westberg swam a 4:04.84 in 1984. **Freshman: (2012-13):** Nelson put forth a banner freshman season for the Cowboys. Nelson earned First Team All-Mountain Pacific Sports Federation honors in the 400 individual medley and the 1,650 freestyle. Ryan finished second in the 400 individual medley at the MPSF Championships, as he swam a school record time of 3:47.23, just shy of an NCAA qualifying mark. Nelson also made Cowboys history in the 1,650 freestyle, as he broke a 31 year old school record with a personal-best time of 15:16.77 (former record by Lynn Stetson, 15:23.52 in 1982). He also earned Second Team All-MPSF honors in the 500 freestyle with a personal-best time of 4:26.82. Nelson made 15 appearances in the top-five on the season, as he won four events on the season. Ryan finished 19th in the 400 individual medley at the Phillips 66 National Championships & World Championship Trials over the summer. After entering ranked 26th at 4:26.29, He swam at 4:29.29 in the prelims to sit 24th. He moved up to 19th with a 4:26.33 in the finals.**High School:** Nelson joins the Cowboys as an excellent distance freestyle and individual medley swimmer from Edison High School in Huntington Beach, Calif. He was a four-year letterwinner for head coach Keith Ryan. He helped Edison to a Sunset League Conference Championship. He was also a 2012 Junior National Qualifier in four events. At the Junior Nationals, Nelson finished fourth in the 400 IM. He was also a Scholastic All-American during high school. **Personal:** Nelson was born in Pasadena, Calif. His birthday is April 19, 1994. He is the son of Timothy and Irva Nelson. He has three siblings, Wade, Zachary and Dylan. Nelson is majoring in physiology at UW. He was also recruited by Indiana.



WADE NELSON

Sophomore,
Individual Medley
Huntington Beach, Calif.
(Edison HS)

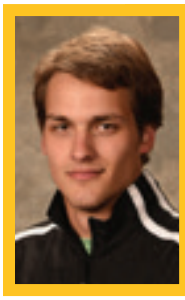
Freshman (2014-15): At the WAC Championships, Nelson finished sixth in the 200 butterfly with a time of 1:48.21. It was a top-10 time in Wyoming history. He also finished fifth in the 400 IM with a time of 3:52.82, and seventh in the 200 IM with a time of 1:49.73. Nelson took home two wins against Colorado School of Mines in the 200 breaststroke with a time of 2:10.92 and the 400 IM at 4:14.68. **High School:** Graduate of Edison High School. Nelson competed for the Golden West Swim Club and was coached by former US National Team Director Mark Schubert. He competed in USA Swimming's Junior National Championships in the 200 Butterfly, the 200 Breaststroke and in the 400 individual medley. As a senior at Edison High School he finished third in the state in the 100 butterfly. He was named MVP his senior season and was inducted into the Edison High School Hall of Fame. Nelson was named an NISCA All-American in the 100 butterfly. Also excelled in the classroom as an Academic All-America selection. Also recruited by Utah, Denver and George Washington. **Personal:** Wade is the son of Tim and Irva Nelson. Wade has an older brother, Ryan who is currently a junior at Wyoming. He also has two young brothers, Zach and Dylan. He was born on June 20, 1996. He is majoring in Physiology/pre-med at UW.



ERIC OLESON

Sophomore
Individual Medley
Westfield, Ind.
(Westfield HS)

Freshman (2014-15): Oleson's freshman season was very exciting as he won the 500 freestyle by 27 seconds with a time of 4:47.09 against Colorado School of Mines. At the Colorado Mesa Invite, he finished sixth in the 1,650 freestyle with a time of 16.18.81, and against Denver he also placed sixth in the 500 freestyle with a time of 4:50.16 as well as a fourth-place finish in the 1,650 with a final mark of 16:35.92. He came away with another fourth-place finish against Air Force in the 500 freestyle with a final time of 4:48.13 and also a fifth-place finish in the 1,000 freestyle. At the WAC Championships, Oleson finished 10th in the 1,650 freestyle with a time of 15:52.92. **High School:** Graduate of Westfield High School. Oleson competed for Viper Aquatics and has been coached by Kyle Messmore. Under Messmore's direction, Eric has had a great success in the water. Oleson was a junior national qualifier in the 500 freestyle and 200 freestyle. He was an Indiana High School state finalist in 200 and 500 freestyle. He earned Westfield High School Swimming MVP honors as team captain. **Personal:** He is the son of Dan and Karen Oleson. Eric has one younger sister, Emma and one older brother, Evan, who is currently a senior on the Wyoming swimming and diving team.



EVAN OLESON

Junior
Individual Medley
Westfield, Ind.
(Westfield HS)

Junior (2014-15): Redshirted due to injury. Sophomore **(2013-14):** Oleson had an outstanding sophomore season with the Pokes earning Second Team All-Western Athletic Conference honors. He earned a sixth place finish in the 400 individual medley with a career-best time of 3:56.26. His mark in the event was the 10th fastest time in school history. Oleson also earned points for the Pokes in the 200 backstroke finishing 12th in the race with a season-best time of 1:49.92. He swam a career-best mark of 9:52.57 in the 1,000 freestyle against Grand Canyon, as he finished second in the event. **Freshman: (2012-13):** Oleson made three appearances in his rookie season with the Cowboys. He recorded a personal-best time of 9:59.02 in the 1,000 freestyle, earning a fifth-place finish in duals against North Dakota, Air Force and Seattle. He also recorded a personal-best time of 16:07.03 in the 1,650 freestyle at the Houston invite. Evan opened his Cowboy career with a then personal-best mark of 10:01.16 at the Air Force Academy Dual. **Personal:** He is the son of Dan and Karen Oleson and is joined on the roster by younger brother, Eric.



JACOB PORTER

Sophomore
Butterfly/Freestyle
McMinnville, Ore.
(McMinnville HS)

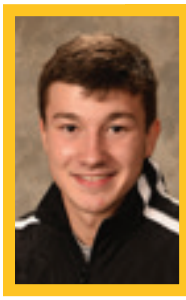
Freshman (2014-15): Porter competed in a number of events for the Cowboys during his junior season. He came away with a victory at the Colorado Mesa Invite by winning the 200 butterfly with a mark of 1:51.95. He finished fifth in the200 butterfly in the dual with Denver, and also finished fourth in the 1-meter diving event with a tally of 258.83. He finished fourth in the 100 butterfly, third in the 200 butterfly with a season-best time of 1:56.81 against Air Force and was also a member of the fourth place 400 freestyle relay team. Against UC Santa Barbara, Porter claimed fifth in the 100 butterfly with a mark of 51.50 and seventh in the 200 freestyle with a time of 1:43.53. Porter was named to the ALL-WAC Academic Team. **High School:** Graduate of McMinnville High School. Holds two school records at McMinnville High School. Placed fifth in the state meet in his junior and senior season. Participated in the Summer Junior Nationals. Also excelled in the classroom as an Academic All-American. **Personal:** Son of Robert and Margy Porter. Has two siblings, Katie and Rosie. His sister Katie swam for four season at Pacific University. Born on July 1, 1995. Majoring in engineering at UW.



JACOB REHMEIER

Junior
Diving
Laramie, Wyo.
(Laramie HS)

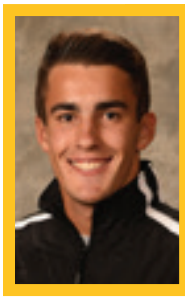
Sophomore (2014-15): Rehmeier had an impressive season for the Cowboys as a sophomore. He was named the Diver of the Meet at the Wyoming Diving Invite, after winning both the 1-meter and 3-meter springboards. He took home the 1-meter title with a score of 224.15 and the 3-meter title with 229.40. Rehmeier won both boards against Cal Poly with a score of 231.60 in the 1-meter springboard and 270.75 in the 3-meter. At the WAC Championships, Rehmeier finished seventh on the platform with a score of 253.25 and ninth in the 1-meter diving finals with a score of 292.50. **Freshman (2013-14):** Rehemier turned in an outstanding freshman season with the Pokes qualifying for the NCAA Zone "E" Diving Championships, as well as earning All-Western Athletic Conference honors. Reheimer earned a third-place finish and First Team All-WAC honors on the 3-meter springboard with a career-best tally of 317.65. He followed that performance up by scoring big points for the Pokes finishing fourth on the 1-meter event on his way to a Second Team All-WAC performance with a score of 298.75. He recorded a career-best tally of 253.70 in the platform event at the WAC Championships. He competed in all three boards at the NCAA Zone "E" Diving Championships for the Cowboys. **High Schoo**l: As a member of the Laramie High School diving team, Rehmeier won a conference and state title his senior season. As a junior, he finished third in conference and fifth at state. As a sophomore finished 14th in the state meet. **Personal**: He is the son of Kenneth and Laura Rehmeier. He was born on June 5, 1995 in Laramie. At UW, Rehmeier plans to major in physics.



AUSTIN RETTINGHOUSE

Sophomore
Diving
Worland, Wyo.
(Worland HS)

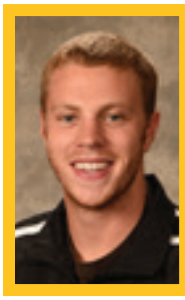
Freshman (2014-15): Rettinghouse had an excellent freshman season for the Cowboys. He brought home a victory against Denver in January by winning the 3-meter springboard with a tally of 306.77. In October against Denver, Rettinghouse took second in the 1-meter with a score of 259.63. At the Wyoming Diving Invite, Rettinghouse took third in the 1-meter with a score of 203.40 and third in the 3-meter springboard with a score of 205.60. He finished behind teammates Jacob Rehmeier and Ryan Russi. At the WAC Championships, Rettinghouse finished fifth in the 1-meter diving finals with a score of 293.75 and eighth on the platform with a tally of 252.40. Rettinghouse qualified for his first NCAA Zone Championship and finished 18th in the 23-diver field with a total tally of 499.35. High School: Graduate of Worland High School. Three-time state champion in diving. Four-time All-Absaraka Conference honoree and three-time All-State selection. Helped lead his team to a conference championship his senior season. **Personal:** Son of Nathan and Kristin Kelton. Born on December 2, 1995. Undecided on a major at UW.



RYAN RUSSI

Sophomore
Diving
Laramie, Wyo.
(Laramie HS)

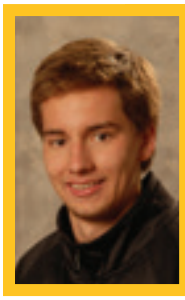
Freshman (2014-15): Finished off a great freshman season at the WAC Championships where he led the way for the Pokes by placing third on the platform with a career-best 285.60, which was third best in school history. At the Wyoming Diving Invite, Russi took second in the 1-meter springboard with a score of 221.50 and also finished second on the 3-meter with a total tally of 208.50. He finished both boards behind teammate Jacob Rehmeier. Russi finished second against Denver in the 1-meter springboard with a score of 285.22, while earlier in the year competing against Denver, Russi, again finished first on the 1-meter springboard with a score of 275.63. **High School:** Russi is a graduate of Vista Murrieta High School. He was a CIF DII champion and consistently finished strong at the USA Diving Age Group Nationals. He also earned AAU All-American at the AAU National Championships in 2011, 2012 and 2013. Russi was the captain of Turn'n'Burn Diving club, as well as his high school team. He also excelled in the classroom with a 3.8 GPA at Vista Murrieta High School. Ryan is a former USA Gymnastics High School Academic All-America, as well as a Life Scout for the Boy Scouts of America. **Personal:** He is the son of Emilio and Patty Russi. He was born on June 5, 1996. Majoring in nursing at UW.



KYLE SCALISE

Senior
Breaststroke
Sparks, Nev.
(Reed HS)

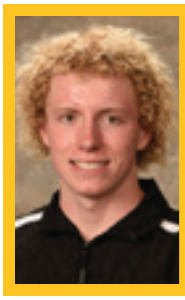
Junior (2014-15): Scalise impressed as a junior for the Cowboys, as he won two events in the dual against Denver, he took home titles in the 100 and 200 breaststroke with times of 57.24 and 2:08.62, respectively. He won the 100 butterfly against Colorado School of Mines with a time of 50.87. He also won the 100 breaststroke with a mark of 56.15 as the Pokes defeated UNLV for the first time since 2005. When the Cowboys competed against Air Force, Scalise brought home one title. He won the 200 breaststroke with a time of 2:06.88. At the WAC Championships, Scalise finished second in the 100 breaststroke with a final time of 54.41. He also finished fifth at the Championships in the 200 IM with a time of 1:49.30 and ninth in the 200 breaststroke with a time of 2:00.57. **Sophomore (2013-14):** Scalise made an impact for the Pokes in his second season with the program earning All-Western Athletic Conference honors in three events. He finished third in the 200 breaststroke at the WAC Championships earning First Team All-WAC with a time of 1:58.36, as it was the fifth fastest time on Wyoming history. Scalise also finished fourth in the 100 breaststroke with a career-best time of 54.03 earning Second Team All-WAC. He finished seventh in the 200 individual medley at the WAC Championship with a time of 1:50.24. In the preliminaries of the 200 individual medley he finished seventh with a career-best time of 1:51.52. His time in the preliminaries of the event was the six fastest time in Pokes' history. **Freshman: (2012-13):** Scalise had a very productive freshman season for the Cowboys. Scalise opened his career with a strong outing at the Air Force Academy Duals with a pair of fourth-place finishes in the 100 (59.45) and 200 (2:13.57) breaststroke. At duals against Air Force, North Dakota and Seattle, he recorded a season-best second-place in the 200 individual medley with a time of 1:56.60. He swam a personal-best at the Mountain Pacific Sports Federation Championships In the 200 individual medley (1:51.52), 100 breaststroke (55:41) and 200 breaststroke (2:01.20). **High School:** Scalise joins the Cowboys from Reed High School in Sparks, Nev. He lettered four years in swimming at Reed in the breaststroke and individual medley. As a senior, Scalise was named team captain and won the 100 breaststroke state championship. It was his second 100 breast state championship after he won it in his freshman season. In club swimming, he was the Aqua 5 Zephyr league champion all four years. He was also a Northern Region Champion. During high school, he was also the Far Western record holder in the 100 breaststroke. In the summer of 2012, he was a Junior National qualifier in the 100 and 200 breast. He also excelled in the classroom during high school earning Nevada All-State Academic team in 2011-12. He also finished high school with a 4.0 grade point average. **Personal:** Scalise was born in Reno, Nev., on March 23, 1994. He is the son of Louis Scalise and has four brothers and two sisters. He is majoring in petroleum engineering at UW.



DYLAN SETHER

Junior
Butterfly/IM
Bismarck, N.D.
(Century HS)

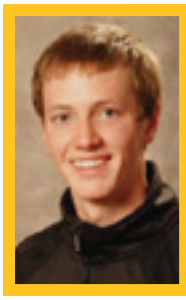
Sophomore (2014-15): Sether competed in numerous duals for the Cowboys as a sophomore. In the Colorado Mesa Invite, Sether finished third in the 200 yard butterfly and in the dual against Denver he finished seventh in the 200 breaststroke with a time of 2:13.16 and eighth in the 400 IM. Against Air Force, Sether placed eighth in the 1,000 freestyle and seventh in the 100 butterfly. At the WAC Championships, Sether finished 10th in the 200 butterfly finals with a time of 1:48.87. **Freshman (2013-14):** Sether competed in four events in his first season with the Pokes. **High School**: Sether joins the Cowboys from Century High School in Bismarck, N.D. Sether was named North Dakota Swimming and Diving Powerade Senior Athlete of the Year in 2012-13. He won three-consecutive 200 freestyle state championships. He is the North Dakota state record holder in the 200 freestyle and 100 butterfly. Also won a state championship during his junior and senior seasons in the 100 butterfly. He was part of the 200 freestyle medley relay team that owns a state record after winning the state championship his senior season. He was team MVP all-four years at Century High School. **Personal**: Sether was born on Feb. 28, 1995. He is the son of Bradley and Tara and has two brothers Levi and Loren and one sister Tess. He plans on majoring in chemical engineering at UW. Also recruited by Missouri S&T.



LOREN SETHER

Freshman
Breaststroke/IM
Bismarck, N.D.
(Century HS)

High School: Sether joins the Cowboys after a very successful high school career at Century high school in Bismarck, N.D. As a senior, he broke his own record in the 200 IM at the state championships. He finished with a 1:53.81 to claim the record. Sether was also a part of the record setting 400 free relay team at the state championships. **Personal:** He is the son of Bradley and Tara and has two brothers Levi and Dylan and one sister Tess.



SLADE SHAEFFER

Sophomore
Freestyle
Laramie, Wyo.
(Laramie HS)

Freshman (2014-15): As a freshman, Sheaffer competed in a number of events for the Cowboys. At the Colorado Mesa Invite, he came away with a fourth-place finish in the 200 backstroke with a time of 1:54.84. Against Denver, he finished seventh in the 50 backstroke with a final mark of 25.01, and during the dual with Air Force, he finished sixth in the 200 freestyle with a time of 1:45.77. **High School:** Graduate of Laramie High School. He was a state champion in the 100 backstroke. He was also an All-State performer leading his team to a Southern Wyoming Athletic conference championship. He helped lead the Plainsman to a third-place finish at the state championship. He is the LHS school record holder in the 200 freestyle, 100 backstroke. Also was a four-year letter winner in golf. Also excelled in the classroom as a member of National Honor Society. He was also a member of Spanish Honor Society and served on the student council. **Personal:** He is the son of Brad and Jennifer Sheaffer. He was born on August 17, 1995. He is majoring in civil engineering.



KYLE WHITE

Sophomore
Freestyle
Cheyenne, Wyo.
(Central HS)

Freshman (2014-15): White saw limited action for the Cowboys during his freshman season. He provided an impressive performance against Cal Poly by winning the 50 free with a time of 21.23. White won two events against Colorado School of Mines, with wins in the 100 breaststroke at 59.33 and the 50 free at 21.46, he was also a part of the 200 free relay team that won with a time of 1:23.88. At the WAC Championships, White finished seventh in the 100 breaststroke with a mark of 55.28, tenth in the 100 free with a time of 44.34 and 13th in the 50 free with a final time of 20.47. **High School:** Graduate of Cheyenne Central High School where he swam for UW Hall of Famer Mark Miller. White was an All-American in the 50, 100 and 200 freestyle during his high school career. He was named Co-Athlete of the state championship after leading his team to a team title, as he won the 50 and 100 freestyle. During his senior season he earned All-State honors in the 200 and 500 freestyle. During his sophomore season White earned All-State in the 100 breast and 200 individual medley. He was also recruited by North Carolina State, Minnesota, UNLV, Arizona, Penn State and Stanford. **Personal:** Son of Andy and Cathy White. Born on February 2, 1996. Plans on majoring in chemical engineering.

COWBOYS' TOP 10

Highlighted Lettering Indicates Record Broken Or Set During 2014-15 Season

50 Freestyle	Time	Year
1. Adam Kalms	:19.96	2014
2. Adam Kalms	**:20.17**	**2014**
3. Adam Kalms	:20.27	2013
4. Ben Walker	:20.33	1995
5. Adam Kalms	**:20.35**	**2014**
6. Jeff Frey	:20.36	2013
Ben Walker	:20.36	1997
8. Bryce Carter	:20.38	2014
Jeff Frey	:20.38	2014
Adam Kalms	**:20.38**	**2014**

100 Freestyle	Time	Year
1. Adam Kalms	:43.05	2014
2. Adam Kalms	:43.13	2013
3. Adam Kalms	:43.21	2013
4. Adam Kalms	**:43.23**	**2015**
5. Adam Kalms	:43.38	2013
6. Adam Kalms	:43.46	2014
7. Adam Kalms	**:43.53**	**2014**
8. Adam Kalms	**:43.54**	**2014**
9. Adam Kalms	**:43.62**	**2014**
10. Adam Kalms	:43.72	2014

200 Freestyle	Time	Year
1. Adam Kalms	1:33.74	2014
2. Adam Kalms	1:33.98	2014
3. Adam Kalms	**1:34.39**	**2015**
4. Adam Kalms	1:34.40	2013
5. Adam Kalms	1:34.52	2013
6. Adam Kalms	1:34.64	2014
7. Adam Kalms	1:34.83	2014
8. Adam Kalms	1:34.85	2013
9. Ethan Griffel	1:35.23	2013
10. Adam Kalms	1:35.24	2014

500 Freestyle	Time	Year
1. Ryan Nelson	4:22.69	2014
2. J. Chudleigh	4:23.68	2003
3. Ethan Griffel	4:24.47	2012
4. Ryan Nelson	4:24.84	2014
5. Ryan Nelson	4:25.32	2014
6. Ryan Nelson	**4:25.31**	**2015**
7. Ethan Griffel	4:25.38	2013
8. Henry Holmberg	4:25.39	2005
9. Ethan Griffel	4:25.43	2012
10. Ethan Griffel	4:25.67	2014

1000 Freestyle	Time	Year
1. Ryan Nelson	9:13.60	2013
2. Kevin Waller	9:20.48	2013
3. Henry Holmberg	9:20.78	2005
4. Ryan Nelson	9:21.21	2014
5. Lynn Stetson	9:21.30	1982
6. Henry Holmberg	9:22.18	2006
7. Robbie Hilton	9:23.23	2010
8. Henry Holmberg	9:23.51	2005
9. Ryan Nelson	9:24.51	2013
10. Kevin Waller	9:25.11	2013

1650 Freestyle	Time	Year
1. Ryan Nelson	15:16.77	2013
2. Ryan Nelson	**15:20.49**	**2015**
3. Lynn Stetson	15:23.30	1982
4. Ryan Nelson	15:23.30	2014
5. Kevin Waller	15:26.55	2013
6. Henry Holmberg	15:27.62	2005
5. Robbie Hilton	15:30.79	2010
6. Kyle Wemhoff	15:34.46	2009
7. Ryan Ball	**15:.29.15**	**2015**
8. Robbie Hilton	15:29.15	2015
9. Ryan Nelson	15:30.79	2013
10. Robbie Hilton	15:33.85	2009
7.Damian Storz	15:37.26	2002
8. Sam Holmes	15:38.12	2010
9. Brett Henehan	15.38.85	2009
10. Jayce Calhoon	15:38.90	2011

100 Backstroke	Time	Year
1.Adam Kalms	:47.75	2014
2. Marshall Dilworth	:47.98	2012
3. Marshall Dilworth	:47.33	2009
4. Marshall Dilworth	:48.42	2012
5. Marshall Dilworth	:48.51	2012
6. Marshall Dilworth	:48.56	2012
7. Adam Kalms	:48.60	2012
8. Marshall Dilworth	:48.64	2011
9. Adam Kalms	:48.72	2013
10. Marshall Dilworth	:48.74	2009

200 Backstroke	Time	Year
1. Jayce Calhoon	1:44.48	2014
2. Jayce Calhoon	1:44.48	2014
3. Ryan Ball	**1:45.22**	**2015**
4. Ryan Ball	**1:45.34**	**2015**
5. Jayce Calhoon	1:46.01	2013
6. Jayce Calhoon	1:46.30	2013
7. Jayce Calhoon	1:46.47	2012
8. Carl Marais	1:46.63	2005
9. Jayce Calhoon	1:46.79	2012
10. Marshall Dilworth	1:46.84	2011

100 Breaststroke	Time	Year
1. Scott Usher	:53.75	2004
2. Scott Usher	:53.77	2005
3. Kyle Scalise	:54.03	2014
4. Scott Usher	:54.11	2014
5. Brandon Fischer	:54.13	2011
6. Scott Usher	:54.19	2003
Brandon Fischer	:54.19	2011
8. Nate Ladner	:54.20	2011
9. Scott Usher	:54.23	2004
10. Soctt Usher	:54.24	2003
Scott Usher	:54.24	2005

200 Breaststroke	Time	Year
1. Scott Usher	1:55.33	2005
2. Brandon Fischer	1:55.75	2011
3. Brandon Fischer	1:56.54	2011
4. Scott Usher	1:56.60	2003
5. Scott Usher	1:56.69	2004
6. Scott Usher	1:56.82	2005
7. Scott Usher	1:57.05	2003
8. Scott Usher	1:57.28	2005
Brandon Fischer	1:57.28	2011
10. Scott Usher	1:57.51	2005
Brandon Fischer	1:57.51	2010

100 Butterfly	Time	Year
1. Matt Urich	:47.65	2008
2. Matt Urich	:47.80	2008
3. George Eglesfield	:47.81	2014
4. Matt Urich	:47.82	2009
5. Gene Birks	:48.04	2004
6. George Eglesfield	**:48.08**	**2015**
7. George Eglesfield	**:48.16**	**2015**
8. George Eglesfield	**:48.19**	**2014**
9. George Eglesfield	:48.27	2014
Gene Birks	:48.27	2005

200 Butterfly	Time	Year
1. George Eglesfield	1:45.22	2014
2. Ryan Nelson	1:46.26	2014
3. George Eglesfield	1:46.54	2009
4. Tyler Kybartas	1:46.60	2009
5. Ryan Nelson	1:46.69	2014
6. Matt Urich	1:46.72	2008
7. George Eglesfield	**1:46.98**	**2015**
8. Ron Fogel	1:47.10	2005
9. Ryan Nelson	1:47.19	2013
10. Ron Fogel	1:47.36	2007

200 Ind. Medley	Time	Year
1. Adam Kalms	1:45.14	2014
2. Adam Kalms	1:45.86	2013
3. Adam Kalms	1:46.00	2014
4. Adam Kalms	1:46.10	2013
5. Adam Kalms	1:46.77	2013
6. Adam Kalms	**1:46.91**	**2015**
7. Adam Kalms	1:47.35	2014
8. Mark Miller	1:47.38	1988
9. Adam Kalms	1:47.69	2012
10. Brandon Fischer	1:47.91	2012

400 Ind. Medley	Time	Year
1. Ryan Nelson	3:45.20	2014
2. Ryan Nelson	3:47.23	2013
3. Ryan Nelson	**3:47.63**	**2015**
4. Ryan Nelson	3:48.21	2014
5. Ryan Nelson	**3:49.19**	**2014**
6. Ryan Nelson	3:49.25	2013
7. Ryan Ball	**3:49.54**	**2015**
8. Jordan Turner	3:49.99	2014
9. Ryan Nelson	**3:50.16**	**2015**
10. Ryan Nelson	3:50.49	2013

1-M Diving (6)	Score	Year
1. Kyle Bogner	403.20	2011
2. Mark Murdock	374.55	2011
3. Andy Welsh	356.30	1985
4. Derek Campbell	343.75	2013-14
5. Scott Anthony	332.50	1985

3-M Diving (6)	Score	Year
1. Mark Murdock	414.45	2011
2. Derek Campbell	379.65	2013-14
2. Andy Welsh	374.10	1985
3. Kyle Bogner	371.03	2011

Platform Diving (6)	Score	Year
1. Mark Murdock	427.90	2010
2. John Lynch	309.05	2007
3. Kevin Bretting	284.10	2007
4. Tyler Miller	282.45	2009

Relays	Time	Year
200 Medley	**1:27.84**	**2015**
(A. Kalms, K. Scalise, G. Eglesfield, B. Carter)		
400 Medley	3:13.32	2014
(Kalms, Scalise, Eglesfield, Griffel))		
200 Freestyle	1:19.55	2014
(Kalms, Carter, Frey, O'Leary)		
400 Freestyle	2:55.84	2014
(Kalms, Griffel, Carter, Frey)		
800 Freestyle	6:24.21	2014
(Kalms, O'Leary, Nelson, Griffel)		

COWGIRLS' TOP 10

Bold Lettering Indicates Record Broken Or Set During 2014-15 Season

50 Freestyle	Time	Year
1.Cassie Stelow	22.45	20 10
2. Kelsey Conci	:22.69	2011
3.Emily Ridout	:22.73	2014
4.Morgan Hartigan	:22.74	2014
5.Shelby Bull	:22.89	2011
6.Makenzie Hewson	:23.18	2010
7. Danielle Badger	:23.31	2014
8. M. McDonough	:23.38	2013
8. Emily Stucky	:23.50	2013
9. Jody Riskowski	:23.61	2003

100 Freestyle	Time	Year
1. Morgan Hartigan	:48.77	2014
2. Kelsey Conci	:49.51	2011
3. Shelby Bull	:49.97	2011
4.Emily Ridout	**:50.03**	**2015**
5. Emily Stucky	:50.36	2013
6. Cassie Stelow	:50.50	2010
7. M. McDonough	:50.84	2013
8. Danielle Badger	**:51.08**	**2015**
9. Claudia Carlson	**:51.27**	**2014**
10. Makenzie Hewson	:51.37	2012

200 Freestyle	Time	Year
1. Jordan Denny	1:47.21	2014
2. Shelby Bull	1:48.45	2011
3. Emily Stucky	1:48.67	2013
4. Stephanie Vint	1:49.78	2011
5. Aimee Stinson	1:50.10	2008
6. Kelly Shledon	**1:50.63**	**2015**
Claudia Carlson	**1:50.63**	**2015**
8. Paige Fischer	1:50.85	2011
9. Kristen Flachbarth	1:51.02	2009
10.Nikki Finnesand	1:51.61	2012

500 Freestyle	Time	Year
1. Stephanie Vint	4:49.76	2010
2. Jordan Denny	4:50.09	2012
3. Aimee Stinson	4:50.33	2009
4. Nicole Hlavacek	4:52.06	2013
5. Lizzie Justice	4:52.53	2011
6. Aliyah Mikulski	4:52.59	2013
7. Paige Fischer	4:53.84	2011
8. Emma Dow	4:53.91	2013
9. Kelly Sheldon	**4:55.04**	**2014**
10. Lauren McClure	**4:55.19**	**2015**

1000 Freestyle	Time	Year
1. Nicole Hlavacek	9:59.40	2013
2.Lizzie Justice	10:02.84	2011
3. Kristen Flachbarth	10:06.77	2011
4. Aliyah Mikulski	**10:09.19**	**2015**
5. Emma Dow	10:09.88	2013
6. Kasey Robinson	10:09.93	2012
7. Aimee Stinson	10:11.72	2009
8. Paige Fischer	10:12.98	2011
9. Keara Chang	10:17.59	2014
10. Jennifer Rice	10:19.08	2000

1650 Freestyle	Time	Year
1.Nicole Hlavacek	16:37.16	2013
2.Lizzie Justice	16:38.89	2011
3. Kristen Flachbarth	16:41.59	2011
4. Aliyah Mikulski	**16:46.82**	**2015**
5.Emma Dow	**16:48.74**	**2013**
6.Kasey Robinson	**16:50.18**	**2012**
7. Aimee Stinson	16:52.52	2008
8. Paige Fischer	16:53.84	2011
9. Casey Duckworth	**17:01.72**	**2014**
10. Jessica Schiffl	17:06.04	1999

100 Backstroke	Time	Year
1. Kelsey Conci	:52.13	2012
2. Morgan Hartigan	:53.06	2014
3. Jordan Denny	:54.73	2013
4. Nikki Finnesand	:55.31	2014
Connor Tarver	**:55.31**	**2015**
6. Abigail Sullivan	**:55.47**	**2015**
7. Emily Stevens	**:55.52**	**2015**
8.Norma Hughes	:55.62	1992
9. Melanie McDonough	:55.88	2014
10.Makenzie Hewson	:55.89	2010

200 Backstroke	Time	Year
1. Jordan Denny	1:56.20	2012
2. Abigail Sullivan	1:58.38	2014
3. Nikki Finnesand	1:58.68	2014
4. Connor Tarver	**1:59.11**	**2015**
5. Norma Hughes	1:59.52	1992
6. Kelly Sheldon	**2:00.52**	**2015**
7. Caroline Wells	2:00.69	2011
8. Emily Stevens	**2:00.78**	**2015**
9. Nicole Hlavacek	**2:01.78**	**2015**
10. Joy Johnson	2:01.94	1993

100 Breaststroke	Time	Year
1.Lesley Young	1:00.75	2011
2. Maria Harutjunjan	1:00.84	2015
3.Morgan Hartigan	1:01.49	2013
4. Emily Ridout	**1:01.80**	**2014**
5. Lauren Hewson	**1:02.09**	**2011**
6. Molly Coonce	1:02.42	2014
7. Stephanie Young	1:02.61	2012
8. Cassie Stelow	1:03.09	2010
9. L. Russenberger	1:03.17	2006
10. Erin Spadinger	1:03.96	2006

200 Breaststroke	Time	Year
1.Lesley Young	2:11.44	2011
2.Lauren Hewson	2:13.42	2011
3. Maria Harutjunjan	**2:13.63**	**2015**
4. Molly Coonce	2:15.21	2013
5. Halie Lacey	2:15.22	2013
6. Morgan Hartigan	2:15.33	2012
7. Jessica Fruhwirth	2:16.86	2008
8. Meghan Swirzcki	2:17.41	2012
9. Stephanie Young	2:17.35	2013
10. L. Russenberger	2:17.61	2006

100 Butterfly	Time	Year
1.Molly Coonce	**53.33**	**2015**
2.Claudia Carlson	53.85	2014
3.Leah Roesler	54.59	2014
4.Heidi Thorson	54.96	2007
5.Jessy Badaracco	55.15	2012
6. Karen Hendrick	55.22	2014
7. Angie Sax	55.87	2000
8. Emily Stucky	**55.88**	**2014**
9. Maggie Bach	56.22	2008
10.Shelby Bull	56.25	2010

200 Butterfly	Time	Year
1.Jessy Badaracco	1:58.45	2013
2.Claudia Carlson	1:59.32	2013
3. Molly Coonce	**1:59.42**	**2015**
4. Leah Roesler	1:59.78	2014
5.Karen Hendrick	2:00.28	2014
6. Stephanie Vint	2:01.20	2011
7..Angie Sax	2:02.74	2000
8.Kari Budd	2:02.88	2010
9.Maggie Bach	2:03.86	2008
10.Nikki Finnesand	2:04.19	2012

200 Ind. Medley	Time	Year
1. Morgan Hartigan	1:58.37	2014
2.Lesley Young	1:59.67	2011
3.Jessy Badaracco	2:00.46	2013
4.Claudia Carlson	**2:00.94**	**2015**
5. Emily Stucky	**2:03.03**	**2015**
6.Mackenzie Norlin	2:03.61	2013
7.Caroline Wells	2:03.53	2012
8. Maria Harutjunjan	**2:04.37**	**2015**
9. Molly Coonce	**2:04.49**	**2014**
10. Megan Evans	2:04.57	2007

400 Ind. Medley	Time	Year
1. Stephanie Vint	4:15.72	2011
2. Jessy Badaracco	4:18.23	2013
3. Megan Evans	4:20.43	2008
4.Emma Dow	**4:22.52**	**2015**
5. Halie Lacey	**4:24.50**	**2015**
6. Kari Budd	4:25.85	2010
7. Mabry Fiddler	4.26.83	2001
8. Lauren Beard	4:27.59	2004
10.Darcrea Corey	4:28.28	2000
9. Casey Duckworth	**4:28.77**	**2015**

1-M Diving (6)	Score	Year
1. Amanda Fay	325.95	2014
2. Allie Smith	320.55	2011
3. Stephanie Ortiz	309.45	2010
4. B. Wainwright	299.55	2006
5. Saara Haapanen	294.85	2007

3-M Diving (6)	Score	Year
1. Stephanie Ortiz	354.05	2010
2. Allie Smith	320.55	2011
3. B. Wainwright	311.30	2007
4. Amanda Fay	306.45	2014
4. Emily Huth	305.78	2009

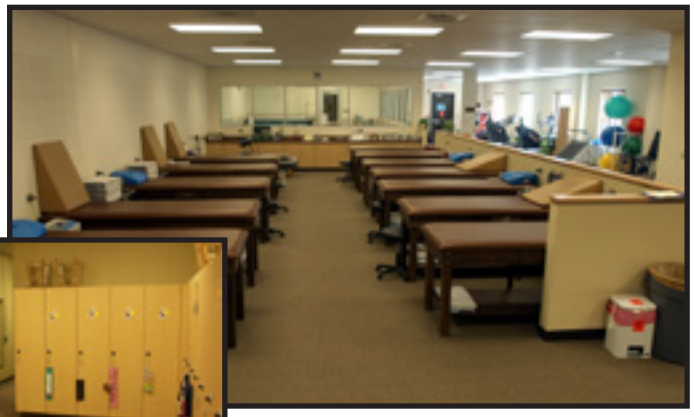
Platform (5)	Score	Year
1.Kari Campbell	234.96	2014
2. Amanda Fay	229.03	2014
3.Emily Keefer	228.10	2007
4. Stephanie Ortiz	225.15	2010
5. G. Van Katwijk	219.95	2006

Relays	Time	Year
200 Medley	1:38.56	2012
(K. Conci, M. Hartigan, M. Norlin, S. Bull)		
400 Medley	3:38.62	2011
(K. Conci, L. Young, J. Badaracco, M. Hartigan)		
200 Freestyle	1:30.55	2010
(C. Stelow, S. Bull, S. Vint, K. Conci)		
400 Freestyle	3:19.67	2014
(M. Hartigan, M. McDonough, E. Ridout, J. Denny)		
800 Freestyle	7:15.89	2013
(J. Denny, E. Stucky,J. Badaracco, P. Fischer)		

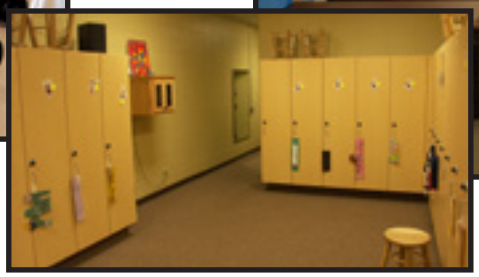
SWIMMING & DIVING FACILITIES



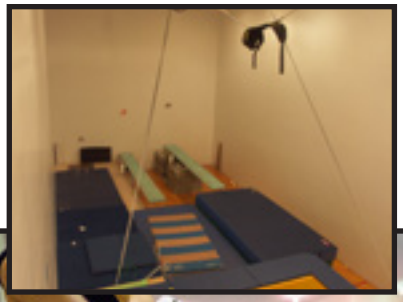
RAC Weightroom



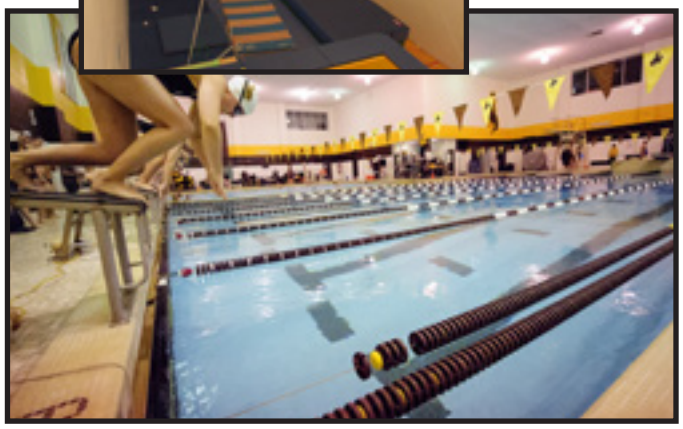
RAC Training Room



Women's Lockerroom



Dry Land Diving Facility





Men's Records

Event	Name / School	Time	Year
50-Freestyle	Brett Allen / BYU	:20.17	2006
100-Freestyle	**Adam Kalms/Wyoming**	**:44.91**	**2013**
200-Freestyle	**Adam Kalms/ Wyoming**	**1:38.68**	**2014**
500-Freestyle	Duncan Cruickshank / UNM	4:32.33	1984
1000-Freestyle	John Mendoza / UNLV	9:31.26	2009
1650-Freestyle	Duncan Cruickshank / UNM	15:50.80	1984
100-Butterfly	Jorge Azevedo / BYU	:48.89	2006
200-Butterfly	**Ron Fogel / Wyoming**	**1:48.95**	**2005**
100-Backstroke	**Marshall Dilworth/ Wyoming**	**:49.14**	**2012**
200-Backstroke	Kyle Milberg / Denver	1:50.89	2010
100-Breaststroke	**Brandon Fischer/ Wyoming**	**:54.95**	**2012**
200-Breaststroke	**S. Usher-B. Fischer/ Wyoming**	**2:01.79**	**'05/'12**
200-Ind. Medley	**Mark Miller / Wyoming**	**1:52.43**	**1988**
400-Ind. Medley	**Ryan Nelson / Wyoming**	**4:04.42**	**2014**
200-Free Relay	**Wyoming**	**1:22.06**	**2014**
400-Free Relay	BYU	3:02.59	1984
800-Free Relay	Hawaii	6:45.63	1984
200-Medley Relay	BYU	1:30.75	2006
400-Medley Relay	**Wyoming**	**3:20.53**	**2005**
1-Meter Diving (6)	**Mark Murdock/Wyoming**	**374.55**	**2011**
1-Meter Diving (11)	**Andy Welsh / Wyoming**	**501.55**	**1984**
3-Meter Diving (6)	**Mark Murdock / Wyoming**	**414.45**	**2011**
3-Meter Diving (11)	Jeff Carter / Hawaii	530.35	1984

Women's Records

Event	Name / School	Time	Year
50-Freestyle	**Cassie Stelow / Wyoming**	**:23.20**	**2010**
100-Freestyle	**Morgan Hartigan/Wyoming**	**:50.76**	**2014**
200-Freestyle	Felicity Cann / Boise State	1:51.83	2014
500-Freestyle	Lisa Ripken / Utah	5:02.80	1996
1000-Freestyle	**Aimee Stinson / Wyoming**	**10:29.56**	**2008**
1650-Freestyle	Carolyn Shermer / BYU	17:38.73	1986
100-Butterfly	Brittany Aoyama / Boise State	:55..59	2014
200-Butterfly	Rachel Grant / BYU	2:03.37	2010
100-Backstroke	**Morgan Hartigan / Wyoming**	**:55.11**	**2014**
200-Backstroke	**Jordan Denny / Wyoming**	**2:02.14**	**2014**
100-Breaststroke	**Morgan Hartigan / Wyoming**	**1:03.87**	**2011**
200-Breaststroke	**Lesley Young / Wyoming**	**2:20.34**	**2010**
200-Ind. Medley	**Morgan Hartigan/Wyoming**	**2:05.40**	**2014**
400-Ind. Medley	Rachel Grant / BYU	4:31.69	2008
200-Free Relay	**Wyoming**	**1:34.89**	**2010**
400-Free Relay	**Wyoming**	**3:28.28**	**2014**
800-Free Relay	**Wyoming**	**7:46.11**	**2008**
200-Medley Relay	**Wyoming**	**1:42.66**	**2012**
400-Medley Relay	**Wyoming**	**3:52.80**	**2013**
1-Meter Diving (6)	**Amanda Fay/ Wyoming**	**325.95**	**2014**
1-Meter Diving (10)	Tristan Baker / BYU	453.35	1986
3-Meter Diving (6)	**Allie Smith / Wyoming**	**338.33**	**2010**
3-Meter Diving (11)	Tristan Baker / BYU	549.40	1986

WYOMING ATHLETES IN THE NCAA CHAMPIONSHIPS

MEN

YEAR	NAME	EVENTS
2015	Adam Kalms	200 IM, 100 & 200 Freestyle
	Jacob Rehmeier	Diving
	Austin Rettinghouse	Diving
2014	Adam Kalms	
	Ryan Nelson	
2013	Adam Kalms	100 and 200 Freestyle***, 200 Indivdual Medley
2012	Brandon Fischer	100 and 200 Breaststrokes, 200 Individual Medley
2011	Mark Murdock	Diving***
2007	Kevin Bretting	Diving
2005	Scott Usher	100 and 200 Breaststrokes*
2004	Scott Usher	100 and 200 Breaststrokes*
2003	Scott Usher	100*** and 200 Breaststrokes*
1999	Oscar Delgado	Diving
1995	Scott Newell	100 and 200 Breaststrokes***
1988	Mark Miller	200 Breaststroke*, 100 Breaststroke*, 200 IM*
1987	Mark Miller	200 Breaststroke*, 200 IM***, 400 IM***
1986	Mark Miller	400 IM
1986	Scott Anthony	Diving
1984	Andy Welsh	Diving*
1983	Andy Welsh	Diving
1982	Lynn Stetson	1650 Freestyle
1980	Arlo Liebeller	Diving
1978	James Percy	50 and 100 Freestyles
1973	Wayne White	200 Freestyle
1969	Robert White	100 Breaststroke
1968	Robert White	100 and 200 Breaststroke
1967	Eric Korsvold	500 Freestyle *, 200 freestyle
1960	Jerry Lipman	100 and 200 Butterfly, 200 IM
1950	James Nolan	440 and 1500 Freestyles
1949	James Nolan	440 and 1500 Freestyles
1949	Marcus Hodges	150 Backstroke
1948	James Nolan	220 and 440 Freestyles

WOMEN

YEAR	NAME	EVENTS
2015	Kari Campbell	Diving
	Keely Bishop	Diving
2014	Morgan Hartigan	
2012	Kelsey Conci	100 Backstroke***, 50 Freestyle, 100 Freestyle
2011	Kelsey Conci	100 Backstroke***, 50 Freestyle, 100 Freestyle
2010	Cassie Stelow	50 Freestyle
2010	Stephanie Ortiz	Diving
1994	Norma Hughes	100 Butterfly and 100 Backstroke
1992	Norma Hughes	100 and 200 Backstrokes***
1991	Norma Hughes	100 and 200 Backstrokes
1985	Ginny Freeman	Diving
1985	Kristen Coates	Diving
1980	200 freestyle relay	
	(Codel Schoengarth, Cathy Cotton, Beth Plevich, Kara Selig)	
1980	Kara Selig	50 Breaststroke
1979	Denise Seal	Diving
1975	Pam Christensen	100 and 200 Freestyles, 100 and 200 Butterfly
1974	Pam Christensen	100 Freestyle*, 200 Freestyle***, 100 Butterfly

* First Team All-America

** Second Team All-America

*** Honorable Mention All-America



OLYMPIAN AND ALL-AMERICAN SCOTT USHER



BACK-TO-BACK ALL-AMERICAN KELSEY CONCI

* First Team All-America

** Second Team All-America

*** Honorable Mention All-America

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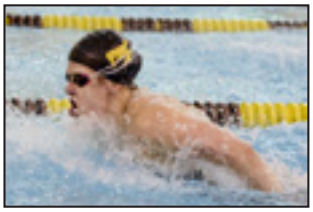
HONORABLE MENTION ALL-AMERICAN MARK MURDOCK



THREE-TIME NCAA QUALIFIER AND HONORABLE MENTION ALL-AMERICAN NORMA HUGHES



2012 QUALIFIER BRANDON FISCHERer



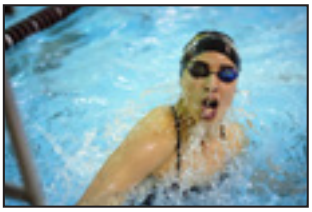
2014 NCAA QUALIFIER MORGAN HARTIGAN

COWBOY AND COWGIRL CONFERENCE CHAMPIONS

YEAR	NAME	EVENTS
2015	Adam Kalms (WAC)	100 Freestyle
	Maria Harutjunjan	100 Breaststroke
2014	Adam Kalms (WAC)	200 Freestyle
	Ryan Nelson (WAC)	400 IM
	George Eglesfield	200 Butterfly
2013	Adam Kalms (MPSF)	100 and 200 Freestyle
		200 IM
2013	Morgan Hartigan	100 Freestyle
2012	Cowboy Team (MPSF)	800 Freestyle Relay
2012	Marshall Dilworth (MPSF)	100 Backstroke
2012	Brandon Fischer (MPSF)	200 Individual Medley
2012	Ethan Griffel (MPSF)	200 and 500 Freestyle
2012	Jordan Denny (MW)	200 Backstroke
2012	Kelsey Conci (MW)	100 Backstroke
2012	Cowgirl Team (MW)	200 Medley Relay
2011	Cowgirl Team	200 Medley Relay
2011	Mark Murdock	Three-Meter and Platform
2011	Lesley Young	100 and 200 Breaststrokes
2011	Kelsey Conci	100 Backstroke
2010	Cowgirl Team	200 Freestyle Relay
2010	Cowgirl Team	400 Freestyle Relay
2010	Cassie Stelow	50 Freestyle
2010	Mark Murdock	Platform Diving
2009	Lesley Young	100 Breaststroke
2009	Stephanie Ortiz	Three-Meter Diving
2009	Marshall Dilworth	100 Backstroke
2008	Kyle Bogner	One-Meter Diving
2008	Aimee Stinson	1650 Freestyle
2008	Matt Urich	100 and 200 Butterfly
2007	Saara Haapanen	One-meter Diving
2007	Ron Fogel	200 Butterfly
2007	Alex Larkin	100 Breaststroke
2006	Ron Fogel	200 Butterfly
2006	Alex Larkin	200 Breaststroke
2005	Carl Marais	200 Freestyle
2005	Scott Usher	200 Breaststroke
2004	Gene Birks	100 Butterfly
2004	Scott Usher	100 and 200 Breaststrokes
2003	Jerram Chudleigh	500 Freestyle
2003	Scott Usher	100 and 200 Breaststrokes
2002	Damian Storz	1650 Freestyle and 400 IM
2002	Scott Usher	200 Breaststroke
2001	Damian Storz	400 IM
2000	Oscar Delgado	Platform Diving
2000	Damian Storz	400 IM



THREE-TIME CONFERENCE CHAMPION
ADAM KALMS



2014 MW 100 BREASTSTROKE CHAMPION
MARIA HARUTJUNJAN



2014 WAC 400 INDIVIDUAL MEDLEY
CHAMPION RYAN NELSON



COWGIRLS 200 FREESTLE RELAY
CHAMPIONS
IN 2010



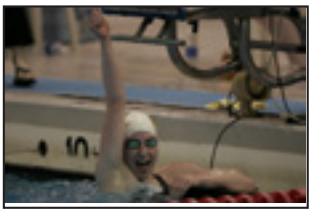
THREE-TIME MW CHAMPION LESLEY YOUNG



TWO-TIME CONFERENCE CHAMPION
MARSHALL DILWORTH



2008 MW 1-METER CHAMPION
KYLE BOGNER



2008 MW 1,650 FREESTYLE CHAMPION
AIMEE STINSON



2009 MW 3-METER CHAMPION
STEPHANIE ORTIZ

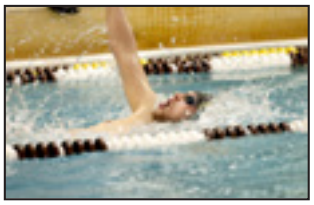
Year	Name	Events
2015	Ryan Ball	200 backstroke, 400 IM
		1,650 freestyle
	Bryce Carter	50 freestyle
	Brendan Costello	200 backstroke, 500 freestyle
	George Eglesfield	100 backstroke, 100 butterfly
		200 butterfly
	Rudi Hanekamp	100 breaststroke
	Patrick Jones	200 IM, 400 IM
	Adam Kalms	100 freestyle, 200 freeestyle
		200 IM
	Austin Layman	100 butterfly, 100 backstroke
	Mike McCormick	200 IM
	Ryan Nelson	500 freestyle, 400 IM
		1,650 freestyle
	Wade Nelson	200 butterfly, 200 IM, 400 IM
	Eric Oleson	400 IM, 500 freestyle
		1,650 freestyle
	Jake Rehmeier	1-meter, 3-meter, platform
	Austin Rettinghouse	1-meter, 3-meter, platform
	Ryan Russi	1-meter, 3-meter, platform
	Kyle Scalise	100 breaststroke, 200 IM
	Dylan Sether	200 butterfly, 200 IM
	Jordan Turner	200 IM, 400 IM
	Kevin Waller	500 freestyle
	Kyle White	50 freestyle, 100 freestyle
		100 breaststroke
	400 Medley Relay	Ryan Ball
		Kyle Scalise
		George Eglesfield
		Adam Kalms
2014	Jayce Calhoon	100 backstroke, 200 backstroke
	Derek Campbell	3-meter, 1-meter, platform
	Matt Cook	100 backstroke, 200 backstroke
	Brenden Costello	200 freestyle, 200 backstroke
	George Eglesfield	100 butterfly, 200 butterfly
	Ethan Griffel	200 freestyle, 500 freestyle
	Patrick Jones	200 IM, 400 IM
	Adam Kalms	100 freestyle, 200 freestyle
		200 IM
	Michael McCormick	200 breaststroke
	Ryan Nelson	200 butterfly, 400 IM
		500 freestyle
	Evan Oleson	400 IM
	Jake Rehmeier	3-meter, 1-meter
	Kyle Scalise	100 breastroke, 200 breaststroke
		200 IM
	Jordan Turner	200 IM, 400 IM
	200 freestyle	Adam Kalms
		Bryce Carter
		Jeff Frey
		Ryan O'Leary
	400 freestyle	Adam Kalms
		Ethan Griffel
		Bryce Carter
		Jeff Frey
	800 freestyle	Adam Kalms
		Ryan O'Leary
		Ryan Nelson
		Ethan Griffel
2013	Adam Kalms #	100 and 200 freestyle, 200 IM
	Ethan Giffel #	200 and 500 freestyle
	Ryan Nelson #	400m IM, 1650 freestyle
	Jordan Turner $	200 and 400 IM, 200 breaststroke
	Michael McCormick $	100 and 200 breaststroke
	Jayce Calhoon $	100 and 200 breaststroke
	Ryan Nelson $	500 freestyle
	Trevor LeValley $	400 IM
	Eric McMillin $	3-meter springboard
	Kevin Waller $	1650 freestyle
	Ethan Griffel $	100 freestyle
	George Eglesfield $	200 butterfly
	Derek Campbell #	1-meter and 3-meter springboard
		Platform $
	200 Medley Relay $	Adam Kalms
		Michael McCormick
		Nick Rutecki
		Jeff Frey
	800 Freestyle Relay $	Adam Kalms
		Ethan Griffel
		Ryan O'Leary
		Tyler Kybartas
	200 Freestyle Relay $	Jeff Frey
		Nick Rutecki
		Ryan O'Leary
		Adam Kalms
2012*	Ethan Griffel #	200 and 500 freestyle
	Brandon Fischer#	200 IM, 100 and 200 breaststroke
	Adam Kalms#	200 freestyle
	Marshall Dilworth#	100 backstroke
	Jayce Calhoon#	200 backstroke
	Trevor LeValley#	400 IM
	800 Freestyle Relay	Adam Kalms,
		Ethan Griffel,
		Ryan O'Leary,
		Jayce Calhoon
	Jayce Calhoon$	500 freestyle, 400 IM
	Adam Kalms$	200 IM, 100 freestyle
	Marshall Dilworth$	200 IM, 200 backstroke
	Nick Rutecki$	50 freestyle
	Derek Campbell$	1-meter, platform
	Jordan Turner$	400 IM
	Trevor LeValley$	200 butterfly
	Valentin Schwarz$	platform
	200 Medley Relay$	Marshall Dilworth,
		Brandon Fischer,
		Nick Rutecki,
		Jeff Frey
	400 Medley Relay$	Marshall Dilworth,
		Brandon Fischer
		Nick Rutecki
		Jeff Frey
	200 Freestyle Relay$	Jeff Frey
		Nick Rutecki
		John Dowd
		Adam Kalms
	400 Freestyle Relay$	Adam Kalms
		Ethan Griffel
		Ryan O'Leary
		Jeff Frey
2011	Kyle Bogner	1-meter, 3-meter
	Jayce Calhoon	1650 freestyle, 400 IM
	Derek Campbell	1-meter



JAYCE CALHOON



ETHAN GRIFFEL



TREVOR LAVALLEY

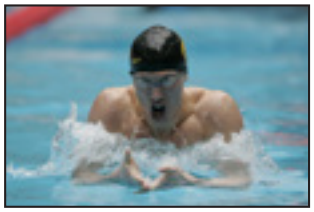
COWBOYS' ALL-CONFERENCE PERFORMERS

	Marshall Dilworth	100 backstroke
	Brandon Fischer	100 and 200 breaststroke, 200 IM
	Nathan Fuller	200 backstroke
	Mark Murdock	1-meter, 3-meter, platform
	Narayan Naik	200 butterfly, 400 IM
2010	Kendrick Bachman	200 breaststroke
	Kyle Bogner	1-meter, 3-meter
	Marshall Dilworth	100 backstroke, 200 IM
	Brandon Fischer	100 and 200 breaststroke, 200 IM
	Brett Henehan	400 IM
	Robbie Hilton	1650 freestyle
	Tyler Kybartas	200 butterfly
	Trevor LeValley	400 IM
	Mark Murdock	1-meter, 3-meter, platform
	800 Freestyle Relay	Tyler Kybartas, Christian Johnson, Brett Henehan, Tommy Gregory
	400 Medley Relay	Marshall Dilworth, Brandon Fischer, Tyler Kybartas, Tommy Gregory
2009	Eli Bell	200 freestyle
	Kyle Bogner	1-meter, platform
	Marshall Dilworth	100 backstroke, 200 IM
	Brandon Fischer	100 breaststroke, 200 breaststroke
	Brett Henehan	400 IM
	Robbie Hilton	1650 freestyle
	Tyler Kybartas	200 butterfly
	Alex Larkin	200 breaststroke
	Tyler Miller	1-meter, platform
	Mark Murdock	3-meter, platform
	James Rigg	200 IM
	Matt Urich	500 freestyle, 100 butterfly
	200 Medley Relay	Marshall Dilworth, Alex Larkin, Matt Urich, Tommy Gregory
	400 Medley Relay	Marshall Dilworth, Brandon Fischer, Matt Urich, Eli Bell
2008	Eli Bell	100 freestyle
	Levi Bell	200 breaststroke
	Kyle Bogner	1-meter, 3-meter, platform
	Sam King	200 IM, 400 IM
	Alex Larkin	100 and 200 breaststroke
	Will McCallum	100 and 200 breaststroke
	Tyler Miller	1-meter, 3-meter, platform
	Mark Murdock	1-meter, 3-meter, platform
	Matt Urich	100 and 200 butterfly
	Colter Yancey	platform
	400 Medley Relay	Nathan Fuller, Alex Larkin, Matt Urcih, Eli Bell
2007	Levi Bell	100 breaststroke
	Kevin Bretting	1-meter, 3-meter, platform
	Ron Fogel	200 butterfly
	Sam King	200 IM
	Alex Larkin	100 and 200 breaststroke
	John Lynch	1-meter, 3-meter, platform
	Will McCallum	100 breaststroke
	Tyler Miller	3-meter
	Matt Urich	100 and 200 butterfly
	400 Medley Relay	Sam Shook, Alex Larkin, Matt Urich, Eli Bell
2006	Kevin Bretting	1-meter
	Ron Fogel	200 butterfly
	Alex Larkin	200 breaststroke
	John Lynch	3-meter
2005	Ron Fogel	200 butterfly
	Henry Holmberg	500 and 1650 freestyles
	John Lynch	1-meter, platform
	Carl Marais	200 freestyle and 200 backstroke
	Scott Usher	100 and 200 breaststrokes
	800 Freestyle Relay	Gene Birks, Carl Marais, Grant Kritzinger, Henry Holmberg
2004	Gene Birks	100 butterfly
	Ron Fogel	200 butterfly
	John Lynch	platform
	Scott Usher	100 and 200 breaststrokes
	800 Freestyle Relay	Ethan Maclean, Scott Usher, Gene Birks, Grant Kritzinger
2003	Jerram Chudleigh	500 freestyle, 200 butterfly
	Damian Storz	400 IM, 1650 freestyle
	Scott Usher	100 and 200 breaststrokes
	Jake Weidert	400 IM
	800 Freestyle Relay	Jerram Chudleigh, Gene Birks, Ted Dibble, Grant Kritzinger
2002	Jerram Chudleigh	200 butterfly
	Guy Fulfer	200 freestyle
	Damian Storz	400 IM, 500 and 1650 freestyles
	Scott Usher	200 breaststroke
2001	Buddy Boysen	100 butterfly
	Oscar Delgado	1-meter, 3-meter
	Damian Storz	400 IM, 1650 freestyle
	Jake Weidert	400 IM, 200 butterfly
2000	Oscar Delgado	3-meter, platform
	Al Jarrell	200 IM
	Damian Storz	400 IM
	Jake Weidert	200 butterfly

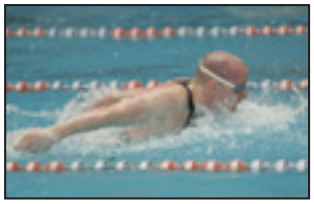
*The Cowboys began swimming in the Mountain Pacific Sports Federation during the 2011-12 season.
# Denotes First Team All-MPSF Selection
$ Denotes Second Team All-MPSF Selection



TYLER KYBARTAS

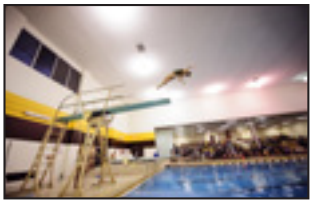


SAM KING



RON FOGEL

Year	Name	Events
2015	Keely Bishop	1-meter, platform
	Kari Campbell	platform
	Claudia Carlson	100 butterfly
	Molly Coonce	100, 200 butterfly
	Jordan Denny	100 backstroke
	Emma Dow	400 IM
	Maria Harutjunjan	100, 200 breaststroke
	Nicole Hlavacek	1,650 freestyle
	Aliyah Mikulski	1,650 freestyle
	Emily Ridout	100 breaststroke
	Abby Sullivan	200 backstroke
	Connor Tarver	200 backstroke
	400 Medley Relay	Jordan Denny
		Maria Harutjunjan
		Molly Coonce
		Emily Ridout
2014	Kari Campbell	Platform
	Claudia Carlson	200 butterfly
	Molly Coonce	100 butterfly, 100 breaststroke
	Jordan Denny	500 freestyle, 200 freestyle, 200 backstroke
	Amanda Fay	1-meter, 3-meter, platform
	Morgan Hartigan	200 IM, 100 backstroke 100 freestyle
	Nicole Hlavacek	1,650 freestyle
	Halie Lacey	200 breastroke
	Emily Ridout	50 freestyle
	Leah Roesler	200 butterfly
	Abby Sullivan	200 backstroke
	400 Medley Relay	Morgan Hartigan
		Stephanie Young
		Molly Coonce
		Jordan Denny
2013	Jessy Badaracco	200 butterfly, 200 and 400 IM
	Claudia Carlson	100 and 200 butterfly, 200 IM
	Molly Coonce	100 and 200 breaststroke, 100 butterfly
	Jordan Denney	200 backstroke
	Amanda Fay	3-meter springboard, platform
	Nicole Hlavacek	500 and 1650 freestyle
	Morgan Hartigan	50 and 100 freestyle, 100 breaststroke
	Halie Lacey	200 breaststroke
	Leah Rosler	200 butterfly
	Emily Stucky	200 freestyle
	Stephanie Young	100 breaststroke
	200 Freestyle Relay	Morgan Hartigan
		Emily Ridout
		Emily Stucky
		Melanie McDonough
	800 Freestyle Relay	Jordan Denney
		Emily Stucky
		Jessy Badaracco
		Paige Fischer
	400 Medley Relay	Jordan Denney
		Stephanie Young
		Molly Coonce
		Morgan Hartigan
2012	Kelsey Conci	50 and 100 freestyle
		100 backstroke
	Morgan Hartigan	100 and 200 breaststroke
		200 IM
	Jordan Denny	200 backstroke, 200 and 500 freestyle
	Jessy Badaracco	200 butterfly, 400 IM
	Claudia Carlson	100 and 200 butterfly
	Kasey Robinson	1650 freestyle
	Meghan Swirzcki	200 breaststroke
	Stephanie Young	100 breaststroke
	200 Freestyle Relay	Kelsey Conci,
		Morgan Hartigan
		Kenzie Hewson
		Shelby Bull
	200 Medley Relay	Kelsey Conci,
		Morgan Hartigan
		Mackenzie Norlin
		Shelby Bull
	400 Medley Relay	Kelsey Conci
		Morgan Hartigan
		Jessy Badaracco
		Shelby Bull
2011	Shelby Bull	50, 100 and 200 freestyle
	Kelsey Conci	100 backstroke, 50 and 100 freestyle
	Paige Fischer	1650 freestyle
	Kristen Flachbarth	1650 freestyle
	Lauren Hewson	100 and 200 breaststroke
	Lizzie Justice	500 and 1650 freestyle
	Allie Smith	1-meter, 3-meter
	Stephanie Vint	500 freestyle, 200 butterfly 400 IM
	Lesley Young	100 and 200 breaststroke 200 IM
	200 Freestyle Relay	Kelsey Conci
		Morgan Hartigan
		Makenzie Hewson
		Shelby Bull
	200 Medley Relay	Kesley Conci
		Lesley Young
		Shelby Bull
		Makenzie Hewson



AMANDA FAY



JESSY BADARACCO



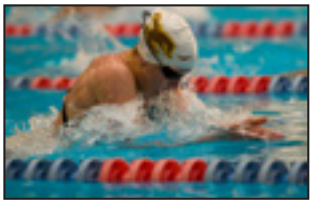
SHELBY BULL

COWGIRLS' ALL-CONFERENCE PERFORMERS

	400 Medley Relay	Kelsey Conci
		Lesley Young
		Jessy Badaracco
		Morgan Hartigan
2010	Kari Budd	200 butterfly
	Shelby Bull	100 and 200 freestyle
	Kelsey Conci	50 and 100 freestyle
		100 backstroke
	Kristen Flachbarth	1650 freestyle
	Lauren Hewson	100 and 200 breaststroke
	Kenzie Hewson	50 freestyle
	Emily Huth	1-meter, platform
	Paige Fischer	500 and 1650 freestyle
	Molly Janak	100 backstroke
	Stephanie Ortiz	1-meter, 3-meter, platform
	Cassie Stelow	50 freestyle,
		100 breaststroke
	Allie Smith	1-meter, 3-meter
	Stephanie Vint	500 freestyle, 200 butterfly
		400 IM
	Caroline Wells	200 backstroke
	Lesley Young	200 IM, 100 and
		200 breaststroke
	200 Freestyle Relay	Kelsey Conci
		Shelby Bull
		Makenzie Hewson
		Cassie Stelow
	400 Freestyle Relay	Kelsey Conci
		Shelby Bull
		Makenzie Hewson
		Cassie Stelow
	800 Freestyle Relay	Stephanie Vint
		Caroline Wells
		Kristen Flachbarth
		Shelby Bull
	200 Medley Relay	Kelsey Conci
		Lesley Young
		Shelby Bull
		Cassie Stelow
	400 Medley Relay	Kelsey Conci
		Lesley Young
		Stephanie Vint
		Cassie Stelow
2009	Emily Huth	1-meter, 3-meter, platform
	Tiffany Izatt	3-meter
	Stephanie Ortiz	1-meter, 3-meter, platform
	Allie Smith	1-meter
	Cassie Stelow	50 freestyle
	Aimee Stinson	500 freestyle
	Stephanie Vint	500 freestyle, 400 IM
	Lesley Young	100 and 200 breaststroke,
		200 IM
2008	Maggie Bach	200 butterfly
	Megan Evans	200 IM, 400 IM, 200
		breaststroke
	Jessica Fruhwirth	100 and 200 breaststroke
	Krista Jones	100 and 500 freestyle,
		200 backstroke
	Stephanie Ortiz	1-meter, 3-meter, platform
	Cassie Stelow	50 freestyle
	Aimee Stinson	200 freestyle,
		500 freestyle,
		1650 freestyle
	Stephanie Vint	500 freestyle, 400 IM
	Brittany Wainwright	1-meter, 3-meter, platform
	Lesley Young	100 breaststroke,
		200 breaststoke
2007	Kari Budd	200 butterfly
	Jessica Fruhwirth	200 breaststroke
	Saara Haapanen	1-meter, platform
	Emily Keefer	3-meter
	Tamara Lehnertz	200 freestyle
	Stephanie Ortiz	1-meter, platform
	Erin Spadinger	100 and 200 breaststroke
	Aimee Stinson	200, 500 and 1650 freestyle
	Heidi Thorson	100 butterfly
	Brittany Wainwright	1-meter, platform
	200 Medley Relay	Molly Janak
		Erin Spadinger
		Heidi Thorson
		Cassie Stelow
2006	Saara Haapanen	3-meter
	Lindsey Russenberger	100 and 200 breaststroke
	Aimee Stinson	1650 freestyle
	Brittany Wainwright	1-meter
2005	Lauren Beard	200 IM
	Lindsey Russenberger	100 and 200 breaststrokes
	Ginni van Katwijk	3-meter, platform
	200 Freestyle Relay	Heidi Thorson
		Haley Bonin
		Kenzie Kotby
		Tamara Lehnertz
2004	Saara Haapanen	1-meter
2001	Darcrea Corey	200 butterfly
	Mabry Fiddler	400 IM, 200 breaststroke
2000	Darcrea Corey	400 IM
	Jen Rice	1650 freestyle
	Angie Sax	100 butterfly
	Jessica Schiffl	1650 freestyle



STEPHANIE VINT



LAURA HEWSON



CASSIE STELOW

A

Adams, Jennifer, 1995
Ahrens, Lindsay, 2002-03
Albanese, Pamela, 1980
Alderman, Dominy, 1997-00
Allen, Jena, 1980
Andrie, Sasha, 2011-2013
Apostol, JoAnn, 1981
Atoe, Jehan, 2011-12

B

Bach, Maggie, 2007-08
Badaracco, Jessica, 2009-2013
Badger, Danielle, 2014
Bastian, Elizabeth, 1987-89
Beard, Lauren, 2004-07
Behrens, Carrie, 1998-01
Belanger, Krista, 1995-97
Bell Casscells, Roxanne, 1980-82
Bella, Kim, 1987
Beranek, Ruth, 1982-84
Bietz, Eugenie, 1981-83
Bigger, Katie, 2004-07
Bishop, Keely, 2014
Black, Bridget, 1984-87
Blake, Carlyn, 1986-89
Boggs, Megan, 2006-07
Bohler, Hillary, 2008-09
Bonin, Haley, 2005
Boyce, Nicole, 2012-pres.
Boyer, Sara, 1994-95
Boyle, Shea, 2002-04
Bray, C.J., 2006
Braslins, Leann, 1984
Briggs, Janis, 1980-81
Brockman, Nancy, 1981-83
Brown, Yvonne, 1985
Brownlee, Billie, 1981, 83
Brush, Alison, 1981-82
Budd, Kari, 2007-10
Bull, Shelby 2008-12
Bush, Lauren, 2001

C

Calhoun, Amy, 1982-85
Campbell, Elizabeth, 1992-95
Campbell, Kari, 2014-pres.
Carlson, Claudia, 2012-pres.
Carlson, Lynn, 1993-96
Cerrezin, Anne, 1980-81
Chang, Keara, 2013-pres.
Cheramine, Kim, 1990
Christensen, Kali, 1990-94
Christensen, Pam, 1974-75
Christian, Lisa, 1999
Christopher, Vanessa, 1989
Clift, Kathy, 1980-81
Coates, Kristen, 1985
Colaric, Lauren, 2001
Conci, Kelsey, 2008-12
Coonce, Molly, 2013-pres.
Corbaley, Donna, 1980-82
Corey, Darcrea, 2000-01
Corsberg, Carol, 1980-81
Cotton, Kathy, 1980
Covington, Kyle, 2014
Cox, Hannah, 2012-2013
Crawford, Ashley, 1997

D

Daird, Cindy, 1989
Dassoff, Alanna 2014
DeFauw, Deborah, 1988-89
DeWolf, Angela, 2005-08
Denny, Jordan, 2012-2014
Dow, Emma, 2013-pres.
Dehls, Ashleigh, 2014
Duckworth, Casey, 2014-pres.
Dupis, Laura, 2008
Dydo, Sarae, 2013-pres.

E

Evans, Megan, 2008
Everard, Joan, 1991
Evers, Julie, 1988-92

F

Fay, Amanda, 2011-2014
Fiddler, Mabry, 2002
Finnesand, Nikki, 2011-2014
Fischer, Paige, 2009-2013
Flachbarth, Kristen, 2008-11
Fontcuberta, Anna, 1996
Fornstorm, Kiesa, 1991-94
Forrister, Amanda, 2008-09
Frazee, Mary, 1995-98
Freeman, Ginny, 1985
Fruhwirth, Jessica, 2007-08
Fuller, Stephanie, 1999

G

Gebhert, Jean, 1993-96
Glaab, Laura, 2004, 06
Goff, Katlin, 2012-2013
Goodner, Kathryne, 1994-97
Graham, Elizabeth, 1987-88
Grey, Susan, 1987
Grylevich, Robyn, 1988
Guenther, Kara, 2014
Gutierrez, Suzanne, 1981-82

H

Haapanen, Saara, 2004-07
Hansen, Holly, 2004-06
Hartigan, Kaella, 2008-10
Hartigan, Morgan, 2011-2014
Harutjunjan, Maraia, 2014
Hauswirth, Jennie, 1995-96
Haywood, Anne, 2000-03
Haywood, Katie, 2001-04
Hedges, Dawn, 1990
Heiden, Pamela, 1982-85
Heimerdinger, Carlyn, 1985-89
Hellenberg, Jayne, 1987-88
Hendrick, Karen, 2012-pres.
Hennings, Erin, 2001-03
Hester, Karen, 1986
Heussner, Holly, 2012-pres.
Hewson, Makenzie, 2009-12
Hewson, Lauren, 2009-12
Hiatt, Sandra, 1992
Hlavacek, Nicole, 2013-pres.
Hollon, Emily, 1997-00
Holmes, Laura, 1980-81
Hughes, Norma, 1991-94
Huth, Emily, 2007-10

I

Izatt, Tiffany, 2009

J

James, Mary, 1981
Janak, Molly, 2007-10
Jankovsky, Kelley, 1982-85
Jennings, Jessica, 2003
Johnson, Deanna, 1982-83
Johnson, Joy, 1992-93
Johnson, Stacy, 1983
Jones, Krista, 2006-09
Jones, Tracey, 1987-90
Jugler, Joni, 1985-87
Justice, Lizzie, 2011

K

Kalber, Susan, 1981
Kalocinski, Erika, 1997-98
Kazerooni, Helen, 1990
Keefer, Emily, 2004-07
Kerr, Christi, 1987
Kiepke, Shannon, 1989-90
Kimball, Channing, 2001-04
Kinne, Leslie, 1986
Kireilis, Sonja, 1992-94
Kirkwood, Sheri, 1989-92
Koithan, Jennifer, 1994-97
Koop, Natalie, 1999
Kopischka, Shauna, 1994
Kotby, Kenzie, 2003-06
Kreger, Jennifer, 2002

L

LaBrayere, Jamie, 1998-00
Lacey, Halie, 2012-pres.
Larsen, Bethany, 1996-99
Lasher, Briana, 1995-98
Lazecki, Kim, 1982
Lehnertz, Tamara, 2004-07
Lewis, Kristin, 2002-05
Lewis, Missy, 2000-02
Leyes, Rachel, 2005-06, 08
Leziy-Miller, Alexandra. 2003-05
Lilly, Janelyn, 2001-04
Loveland, M., 1986-89
Lubeck, Jade, 2011
Lynch, Jill, 1981

M



ANN HAYWOOD, 2000-03



JODIE RISKOWSKI, 2000-03



EMILY HUTH, 2007-10



KAELLA HARTIGAN, 2008-10

COWGIRL LETTERWINNERS

Mallett, Ashley, 2001-04
Malys, Sheri, 1985
Mansfield, Jean, 1980-82
Marcon, Virginia, 2008
Massar, Laurie, 1982-83
McCullough, Tamra, 1987-89
McDonough, Melanie, 2012-pres.
McFarland, Tolly, 1981-83
McKivigan, Rachel, 2014
McNaught, Sarah, 1994-97
Mecham, Crystal, 2001
Merriam, Melinda, 1984
Merten, Heather, 1990-93
Meyer, Heather, 1987
Meyer, Tara, 1999
Michelena, Samantha, 2003-05
Mikulski, Aliyah, 2012-pres.
Miller, Hillarie, 1986-88
Millhouse, Julia, 2002
Mitchum, Twila, 1982
Miyake, Cindy, 1980
Moher, Olena, 2007
Monsen, Karen, 1983-85
Moore, Carol, 1983
Moore, Kathleen, 1994-97
Morgan, Sharon, 1986, 89

N

Nakao, Theresa, 1999
Naviaux, Nicky, 1987
Nelson, Shauna, 2007-08
Niederer, Ashlie, 2002-03
Nishi, Krishanne, 1985
Norlin, Mackenzie, 2011-2014
Nowak, Elizabeth, 2000-01

O

O'Brein, Cathy, 1980
O'Connell, Wendy, 1999-01
Ortiz, Stephanie, 2007-10

P

Parola, Casey, 1990-92
Peters, Kate, 1994-96
Platte, Kirsten, 1983-86
Plevich, Beth, 1980
Puglisi, Lauren, 2014

R

Ray, Nancy, 1981-83
Reid, Diedre, 1994
Rice, Jennifer, 1997-00
Ridout, Emily, 2013-pres.
Riedel, Naria, 1993
Riskowski, Jody, 2000-03
Roberts, Penny, 1986-87
Robinson, Kasey, 2011-pres.
Roesler, Leah, 2011-2014
Russenberger, Lindsey, 2005-06

S

Sacks, Amy, 1989
Salzer, Lily, 2014
Sax, Angie, 2000-01
Scala, Nichole, 1993-96
Schiffl, Jessica, 1997-00
Schoengarth, Codel, 1980-82
Schlesinger, Karen, 1984
Schmid, Allison, 2000-03
Schurz, Jennifer, 1999-00, 02
Schumann, Susanna, 2014
Scifres, Norma, 1990-94
Seal, Denise, 1980
Sebo, Suzanne, 1983
Seifert, Kari, 1995-98
Selig, Kara, 1980
Seymour, Katie, 2001
Sheldon, Kelly, 2014
Simmons, Jane, 1981
Skinner, Tara, 1982-85
Smith, Allie, 2009-11
Smith, Kathy, 1981-83
Smith, Wendy, 1981-84
Spadinger, Erin, 2004-07
Spencer, Cara Sue, 1984-87
Springer, Lindsay, 2000-03
Springer, Ryan, 2000-01
Stallings, Ganae, 2003
Stelow, Cassie, 2007-10
Sterns, Margot, 1988-91
Stevens, Emily, 2014
Stinson, Aimee, 2006-09
Stucky, Emily, 2014
Sullivan, Abby, 2013-pres.
Sullivan, Christie, 1983
Susick, Sheila, 1987
Swanson, Shayna, 2012-2013
Swirzcki, Meghan, 2009-2013

T

Tabert, Kimi, 1982-84
Tarver, Connor, 2014
Taylor, Lindsay, 2004-06
Taylor, Whitney, 2008-11
Teets, Briana, 1998
Tejada, Rasha, 2012-2013
Thorson, Heidi, 2004-07
Tierney, Laura, 1997-00
Timm, Trish, 1983
Timmons, Heather, 1995-96
Tomlinson, Kathy, 1990-93
Tomlinson, Patty, 1993
Tristani, Renee, 1986-88
Turtle, Carolanne, 1993-96

U

Underwood, Mary Ann, 1986
Uselmann, Mary, 2014

V

Van Duyn, Virginia, 1985-86
van Katwijk, Ginni, 2005-06
Vanhala, Helja, 2002-03
Verdi, Marissa, 2014
Vint, Stephanie, 2008-11
Voigt, Debbie, 1980

W

Wagner, Erin, 2008
Wainwright, Brittany, 2005-08
Wallace, Carolyn, 2011-pres.
Watson, Charlotte, 1983
Wegner, Debbie, 1980
Weidert, Jennifer, 1997-00
Wells, Caroline, 2009-12
Welsh, Susan, 1983
Wendler, Theresa, 1996-99
West, Ashley, 1999
West, Sadie, 1999-00
Wiggins-Goodell, Wendy,1980
Wiltshire-Woodruff, Carrie, 1991-95
Woods, Shawna, 1991

Y

Yarmer, Pamela, 1980
Yelton, Tonya, 1986
Young, Lesley, 2008-11
Young, Stephanie, 2012-2014

Z

Zans, Nicole, 2007
Zavala, Samantha, 2014
Zenker, Stacey, 2004
Zupence, Anna, 1980



AMANDA FAY, 2011-14



KRISTA JONES, 2006-09



LINDSAY SPRINGER, 2000-03



STEPHANIE YOUNG, 2012-14



MOLLY JANAK, 2007-10



ERIN SPADINGER, 2004-07

A

Aberle, Mickey, 1995-99
Agajanian, Walter, 1975
Agee, Richard, 1962
Aldrich, Allyn, 1957-58
Allen, William, 1978
Allen, John, 1938
Anderson, Bred, 1992
Anderson, Greg, 1990
Anderson, Kevin, 1990
Anderson, Matt, 2011-12
Anderson, Robert, 1962
Andrau, William, 1951
Anthony, Scott, 1982-86
Appleby, Edmund, 1941
Austad, Craig, 1989-92
Aydin, Emre, 2004

B

Bachman, Kendrick, 2009-10
Ball, Ryan, 2014
Baker, William, 1964
Baker, Brent, 2004-06
Baldacci, Michael, 1990-91
Bartlett, Brent, 1996-97
Baumgardner, Mike,1973-74
Baumgardner, Peter,1972-75
Beahm, Herschel, 1950
Behney, Charles, 1950-52
Bell, Eli, 2005-09
Bell, James, 1971-72
Bell, Levi, 2004-08
Bell, David, 1979
Bennaton, John, 1963
Benson, John, 1963
Birks, Roger, 1975
Birks, Gene, 2003-05
Blake, John, 1988-89
Blessing, Robert, 1950-52
Boettcher, Anthony, 1984-85
Bogner, Kyle, 2008-11
Booth, Stan, 1962
Boysen, Robert, 1999-01
Bradley, Bruce, 1949-50
Bradford, Daniel, 2012-2013
Brandenburg, Charles, 1959-61
Brashier. William, 1975, 77, 79
Breaux, Ronald, 1949
Brennan, Timothy, 1978, 80-81
Brenner, Tim, 1971
Breslin, William, 1950
Bretting, Kevin, 2003-07
Brienza, Christian, 1998-01
Briggs, Robert, 1979-82
Briggs, William, 1979-82
Brinkman, Colin, 2014
Brittain, Dennis, 1961-62
Brookover, P. Chris, 1982-85
Brown, Nicholas, 1980-83
Brown, Jim, 1980-81
Bruce, Gordon, 1951-53
Buckingham, Dale, 1979-82
Bunten, Robert, 1951-52
Burnham, Steve, 2005

C

Caird, Jeffrey, 1980-82
Calhoon, Jayce, 2011-2014
Campbell, Derek, 2011-2014
Carlson, Sven, 1975
Carr, Ralph, 1959
Carroll, William, 1956-58
Carter, Bryce, 2013-Pres.
Carter, Dustin, 2001
Chandler, James, 1969-70
Channer, John, 1953
Chapin, Ron, 1983
Chapin, James, 1956
Chaplin, Donald, 1954
Chlubna, Richard, 1963-64
Christensen, Charles,1938-41
Christensen, John, 1940
Christianson, Jon, 2001
Chudleigh, Jerram, 2002-03
Clark, William, 1947
Clayton, Robert, 1988-91
Cochran, Bryan, 1994
Cochran, Harold, 1969-72
Cole, Geoffrey, 1956-58
Collinson, Richard, 1942
Colvin, Phil, 1992-95
Comrie, Jamie, 2007-10
Cook, Matt, 2014-Pres.
Cook, Richard, 1978-79
Cossairt, Timothy, 1979-81
Costello, Brendan, 2013-Pres.
Creek, James, 1985-88
Curtiss, Mike, 1994

D

Damon, Dennis, 1960
Darr, Flip, 1960-61
Davis, Casey, 1997
Davis, Steven, 1988-91
Davis, Tyler, 2009-10
Dazerooni, David, 1990
DeBall, Brandon, 1993-96
DeFraene, Gary, 1964
Delgado, Oscar, 1999-01
Dell, David, 1962-63
Dempsey, Ryan, 1994
Derby, Shawn, 1980
Dertinger, Lowell, 1957-58
Dibble, Ted, 2000-03
Dillon, James, 1954-56
Dilworth, Marshall, 2009-12
Doherty, Paul, 1938
Donlin, Joe, 1947-48
Donohue, James, 1981
Donovan, Dennis, 1959-61
Downey, Matthew, 1990

E

Eglesfield, George, 2013-Pres.
Ellenburg, Russ, 1971-74
Ellis, Andrew, 1984
Erdman, Richard, 1953, 56-57
Etchepare, Michael, 1982-85

F

Farris, William, 1948
Feierabend, Steve, 1981
Ferber, Guy, 2003-04
Ferreri, Joseph, 2012-2013
Fernandez, Joseph, 1947
Fernando, Mark, 1975
Fershisnik, Fred, 1977
Fichtner, Fred, 1982-84
Fish, Boyce, 1990
Fischer, Brandon, 2009-11
Fisher, Richard, 1964, 66
Fisher, Jason, 1995-98
Fisher, Alan, 1980
Fisser, Alan, 1980
Flatness, D.J., 1999
Flusch, Hollies, 1955
Fogel, Ron, 2003-07
Frazee, Daniel, 1993-96
Frey, Jeff, 2011-2014
Frickey, Gary, 1976
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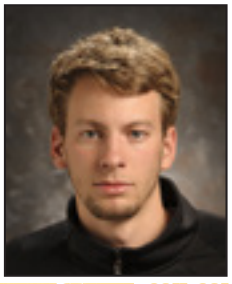
OSCAR DELGADO, 1999-01



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The University of Wyoming recognizes the special needs of today's Division I student-athlete and has made the commitment to address those needs with a comprehensive counseling program. In addition to the demands of being a student at the University of Wyoming, our student-athletes must also deal with the extra pressures associated with participating athletically in the most competitive major college division in the country.

The Athletic-Academic Counseling Office offers programs designed to assist each student-athlete in achieving their athletic and academic goals. The entire staff is dedicated to achieving the program goal of providing comprehensive services to ensure a successful student-athlete experience -- academically, personally, vocationally and athletically.

The University of Wyoming's Athletics Counseling Office offers a full range of services in the following four areas:

1. Academic Counseling

The core of our academic-support services is the tutorial and mentor program. A qualified staff of tutors and mentors assist students in clarifying their study material and, in the case of travel, help students catch up on what material was missed. In addition to the tutorial program, attention is given to each individual in the development of their class schedule. All UW student-athletes must take a minimum of twelve hours of classes each semester which directly apply to their chosen degree, and appropriate scheduling is a critical priority.

Study skills assistance is available for those who need special help in areas including test preparation, note taking and time-management techniques.

Finally, each student-athlete's academic progress is closely monitored during the semester for such things as attendance, current grade and class participation. Steps are taken to address deficiencies identified by student-athlete progress reports on an individual basis.

UW Academic Quick Facts

***Founded*:** 1886
President: Richard McGinity
Enrollment: 13,929
Campus Size: 785 acres
Undergraduate Colleges: 6
Graduate/Professional Colleges: Graduate School, College of Law
Average Class Size of All Undergraduate Courses: 29
Average Class size of Freshman Classes: 35
Student/Faculty Ratio: 15:1

2. Personal Counseling

College life can be a stressful, as well as a rewarding experience. The additional pressures and stress of being a student-athlete can create problems which may inhibit the effectiveness of the individual in all aspects of life. Issues involving family, friends, school or sport may have a serious impact on the individual and these issues can be addressed with the help of the professional counseling that is available to each student-athlete.

3. Career Counseling

The purpose of obtaining a college education is to prepare an individual for meaningful employment following graduation. Needless to say, the act of choosing a useful major is indeed a challenging task considering the multitude of possibilities. Career counseling is available to assist student-athletes in the very important process of selecting a major that will lead to a desired career.

4. Personal Growth and Development

This component of the student-athlete counseling program consists of presentations and workshops that address the needs and concerns of today's student-athletes. Presentations feature issues such as Drugs/Alcohol Abuse, Becoming Your Personal Best, Sexual Awareness and Responsibility and Cultural Diversity. Our goal is to provide student-athletes with information that allows them to make informed choices about their personal behavior.

WYOMING STRENGTH AND CONDITIONING PROGRAM

The University of Wyoming strength and conditioning staff recognizes each UW student-athlete will spend a large amount of their undergraduate experience training and preparing to be successful in their chosen sport. The Wyoming strength and conditioning staff works diligently to enhance this experience using our expertise, knowledge and coaching abilities. Each full time coach is a certified strength and conditioning specialist.

The mission of the Wyoming strength and conditioning department is to foster a positive, safe, challenging and properly equipped training environment while developing all of the individuals physical qualities needed to be successful in their sport. Our approach calls for all coaches and athletes to work together towards developing an athlete's full physical and mental potential and thereby improving sport performance.



The Poke Power Plant inside the Rochelle Athletics Center

Training programs incorporate sport specific and scientifically proven training methods to produce a progressive and year-round training program. The focal points of this comprehensive training program includes: mastery of correct training techniques, developing functional strength training, improving sport specific speed, power and agility, improving sport and position specific conditioning, work capacity and flexibility while also increasing the athletes knowledge of proper dietary practices. We feel this holistic approach will facilitate the individual's and team's ability to successfully compete in conference, regional and national championships.

MOUNTAIN WEST

From its inception in 1999, the Mountain West has been committed to excellence in intercollegiate athletics, while promoting the academic missions of its member institutions. Progressive in its approach, the MW continues to cultivate opportunities for student-athletes to compete at the highest level, while fostering academic achievement and sportsmanship. Now in its 16th year, the MW has been assertive in its involvement with the NCAA governance structure and has taken a leadership role in the overall administration of intercollegiate athletics.

The Mountain West Conference was conceived on May 26, 1998, when the presidents of eight institutions — Air Force, Brigham Young, Colorado State, New Mexico, San Diego State, UNLV, Utah and Wyoming — decided to form a new NCAA Division I-A intercollegiate athletic conference.



Nine MW schools compete in women's swimming and diving. San Diego State won the 2015 MW Women's Swimming and Diving Championship.

The Cowgirls finished in fourth place at the MW Championships in 2014 and 2015.

The 2016 MW Championship will be held Feb. 17-20 at the Texas A&M Natatorium in College Station, Texas.

WESTERN ATHLETIC CONFERENCE

The Western Athletic Conference announced that it added the sport of men's swimming and diving beginning with the 2013-14 season.

"We are excited about the reinstatement of men's swimming and diving to the Western Athletic Conference," said Jeff Hurd, WAC Interim Commissioner. "We look forward to one of our original sports returning to the WAC and watching these teams work toward winning a conference championship."

This is the the second time that the WAC has sponsored men's swimming & diving as the sport was part of the conference from its inaugural 1962-63 season through 1999-2000. Three of the programs joining the WAC this upcoming year competed previously in the conference. Wyoming was an original member during all but one of those years while Air Force was added in 1980 and UNLV joined in 1996.

The 2016 WAC Championship meet will be held Feb. 24-27 at the CRWC Natatorium in Houston, Texas and will be combined with the women's programs.

MEN'S SWIMMING MEMBER INSTITUTIONS

Air Force Academy
CSU Bakersfield
Grand Canyon
North Dakota
Seattle U
UNLV
Wyoming

Follow Wyoming Swimming and Diving on GoWyo.com

Wyoming swimming and diving news releases, event recaps, schedule, roster, records, historical information, photos and biographical sketches of athletes and coaches are all available. Along with features on current swimmers and divers, prospective student-athletes can submit their information to the UW coaching staff at this site.

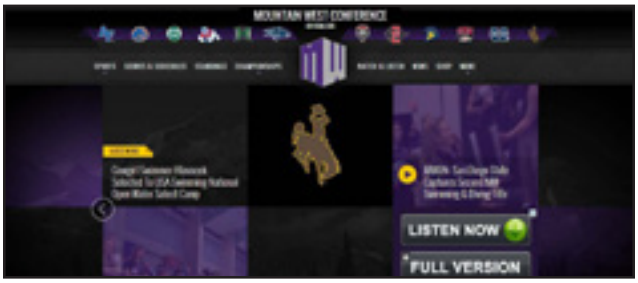
Launched in 1998 and relaunched in 2013, as the official University of Wyoming Athletics website, gowyo.com.com has annually expanded in both content and usership and boasts a graphic design that is appealing and user friendly for alumni, students, fans and media. Partnered with CSTV-Online, Wyoming's home on the internet has become the one source for all information on UW's 17 NCAA scholarship sports.

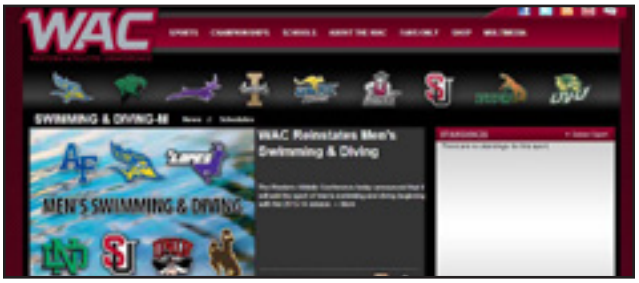
CSTV-Online and its network of 250 official athletic sites for top colleges and universities, is the number one online source for college sports broadband content, news, information, scores and analysis and e-commerce, generating more than 6.5 million unique users.



Follow Wyoming Swimming and Diving on themw.com and wacsports.com

To see more conference information about Cowgirl Swimming and Diving see the MW women's swimming website.





To see more conference information about Cowboy Swimming and Diving see the WAC men's swimming website.

WYOMING TRADITIONS



RAGTIME COWBOY JOE

The familiar fight song of the University of Wyoming athletics teams is Ragtime Cowboy Joe. This song is performed by the band as UW teams enter the playing surface, following a score or big play, and to fire up the fans. The Cowboy and Cowgirl student-athletes traditionally sing this following each Wyoming victory.



RAGTIME COWBOY JOE

"He always sings raggy music to the cattle as he swings back and forward in the saddle, on a horse - a pretty good horse! He's got a syncopated gaiter, and you ought to hear the meter to the roar of his repeater; how they run - yes run! - when they hear that he's 'a-comin', cause the western folks all know, he's a high-falootin', rootin, tootin', son of a gun from ol' Wyoming, Ragtime Cowboy, Talk about your Cowboy, Ragtime Cowboy Joe."

THE WILD BUNCH

The Wild Bunch is the official athletics fan club for University of Wyoming students. The Wild Bunch is one BIG fan club for all 17 NCAA Division I sports at the University of Wyoming. The Wild Bunch leads Wyoming fans in spirit, tradition and passion for Wyoming Athletics. Members of the Wild Bunch receive multiple benefits, and as a student at UW, The Wild Bunch is the best way to become involved in Wyoming Athletics.





COWBOY NICKNAME

The nickname "Cowboys" was applied to Wyoming athletic teams as early as 1891 - two years before the first official football game. The story is that the Wyoming pick-up football team appealed to a 220 pound cowpuncher, Fred Bush, for help in a game against the Cheyenne Soldiers. Bush signed up for a course or two and came out for the team. When he trotted onto the field decked out in a checkered shirt and Cowboy hat, someone yelled, "Hey, look at the Cowboy!" Since many of the members of the team were also ex-cowboys, the name stuck. When women's sports were added at UW, the nickname of Cowgirls was applied to those squads.





COWBOY JOE PONY

Cowboy Joe IV, a fourth generation Wyoming mascot, trots around War Memorial Stadium after each Cowboy touchdown, a tradition which started in 1950 when the Farthing Family of Cheyenne made a generous donation of a young pony to become Wyoming's mascot. Cowboy Joe also represents UW in parades around the region, appears in Tailgate Park on football game days and leads the band and team in the pre-game Cowboy Walk. This beautiful little pony is very popular with Cowboy & Cowgirl fans of all ages.

WYOMING TRADITIONS



SPIRIT SQUADS

The primary purpose of Wyoming's Spirit Squads is to support the Cowboys and Cowgirls, and to serve as public relations ambassadors for the University of Wyoming. The UW cheer and pom squads work hard to get the crowd involved, lead cheers, entertain, and to boost the level of fan excitement and support to new extremes. In addition to their game-day involvement at UW Athletics' contests, Wyoming Spirit Squad members also make numerous appearances at university activities, functions, programs, charitable and public events. Cowboy and Cowgirl sports are flying high and the Wyoming Spirit Squads are leading the way.





PISTOL PETE

Pistol Pete is a UW student mascot who works alongside the Wyoming Spirit Squads, encouraging the crowd and getting fans involved in the game.







WESTERN THUNDER MARCHING BAND

The University of Wyoming Marching Band - "Western Thunder" - features musicians from nearly every major on campus, who perform for thousands of football fans each year at home and road Cowboy football games. The Wyoming Pep Band plays at numerous other UW sporting events.

UW'S LOGO - STEAMBOAT

One of the nation's best, and most distinctive logos, the image on Wyoming's uniforms depicts a cowboy riding a bucking horse. This symbol has been a part of the University of Wyoming Athletics Department since the early 1920's, when UW Equipment Manger Deane Hunton obtained a photograph of a cowboy, Guy Holt, riding the world famous bucking horse Steamboat. Hunton had the photo made into a logo, which was then utilized by UW athletic teams. While there are differing opinions on exactly which horse and rider is depicted on all of UW's athletic uniforms today, it is the symbol that is important. The bucking horse and rider represents the toughness, and the never-say-die spirit that is Wyoming. A statue honoring the symbol called 'Fanning a Twister', was erected at the north entrance of UW's athletics facilities in 1991.



BROWN AND GOLD COLORS

The story behind the colors of the University of Wyoming dates back to 1895. In the spring of that year, the first ever UW Alumni Banquet was held. Decorations for the banquet included Brown-Eyed Susans, a flower native of Southeastern Wyoming. The Alumni were so impressed with the colors (brown and yellow) and the beauty of the flowers that they decided to select these colors as the official school colors at UW. Currently, the colors are described as brown and gold.

ATHLETICS FACILITIES

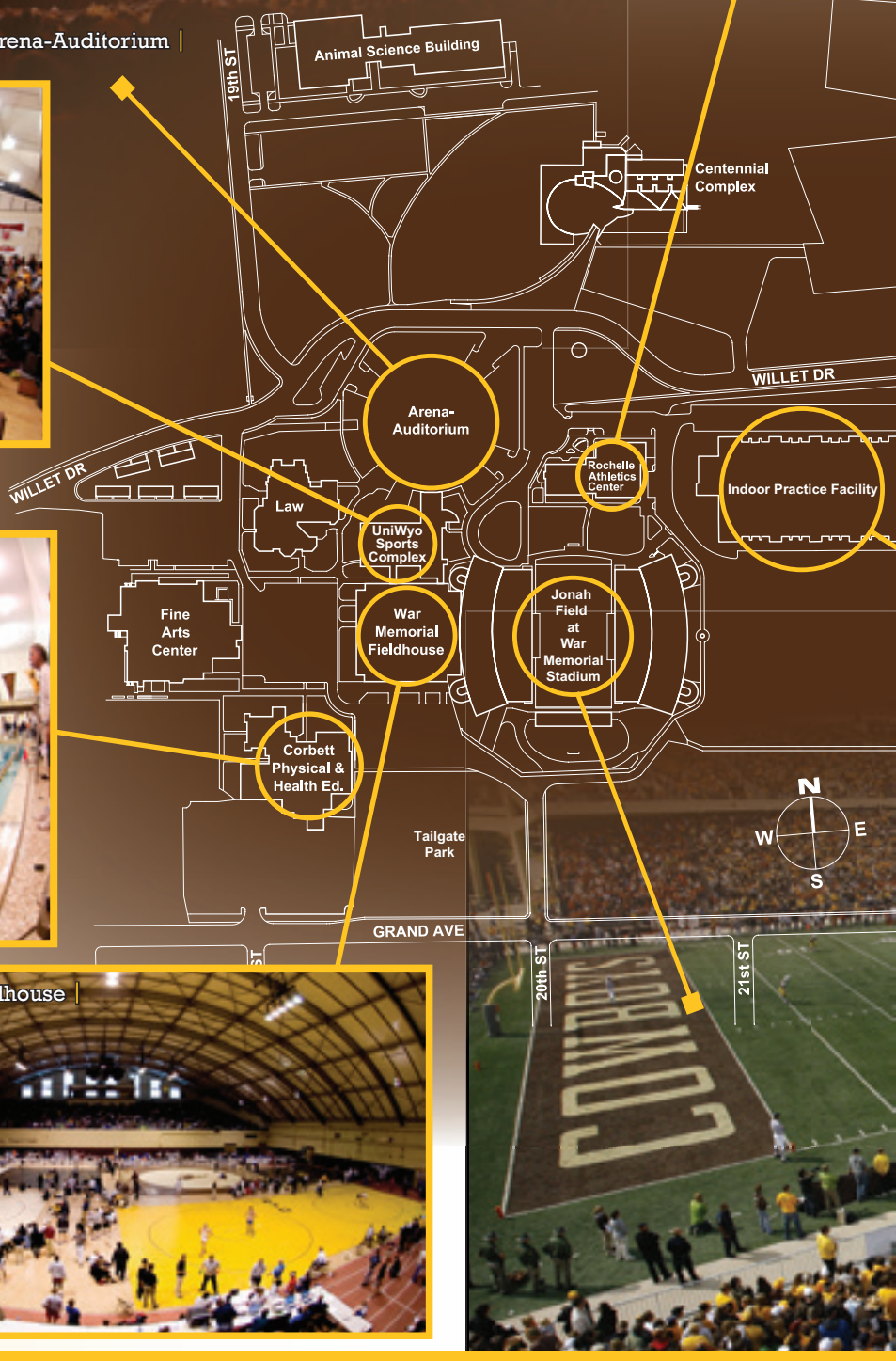




| UniWyo Sports Complex |



| Arena-Auditorium |





| Corbett Pool |

| War Memorial Fieldhouse |

ATHLETICS FACILITIES

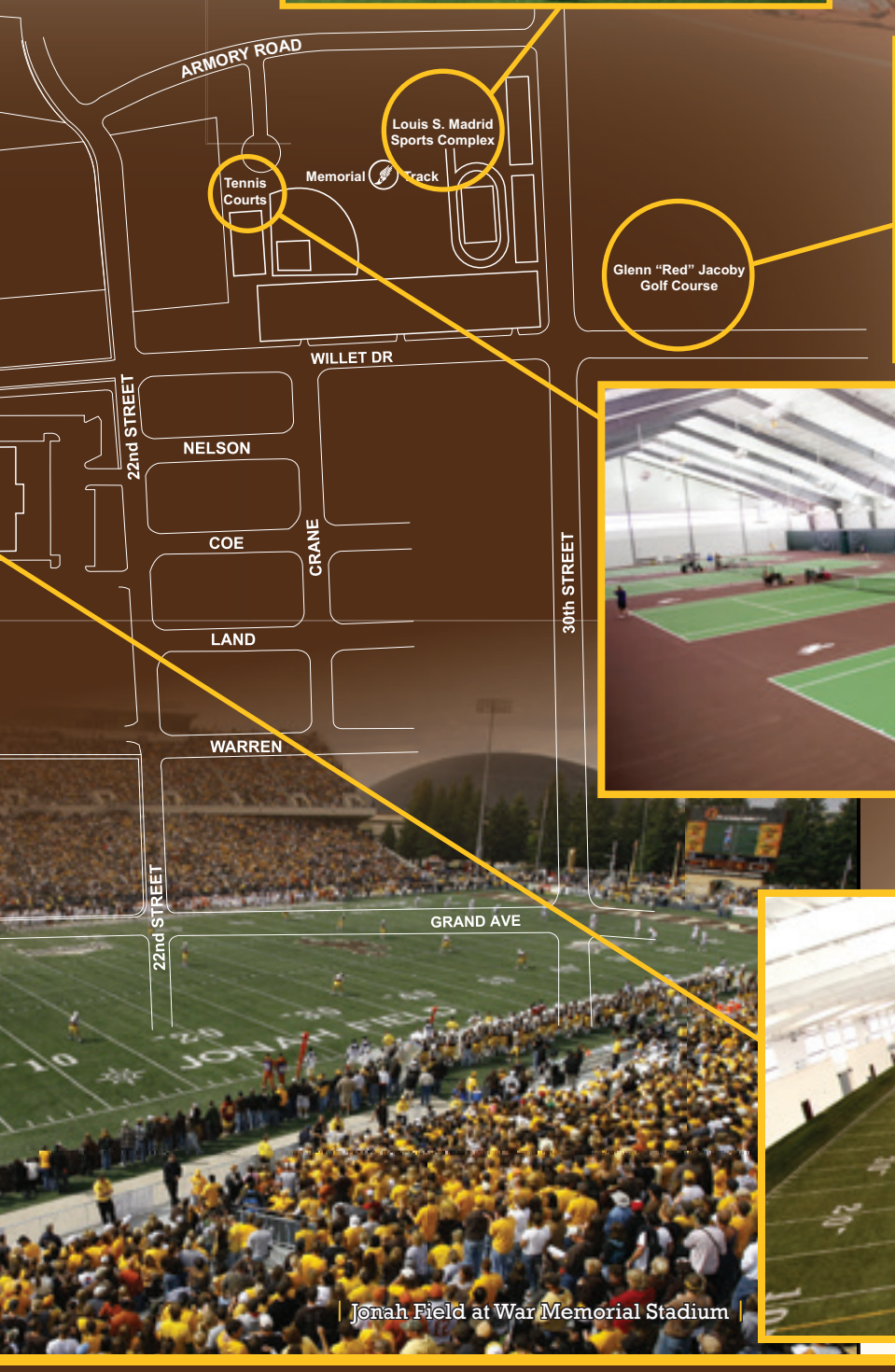


Rochelle Athletics Center



Louis S. Madrid Sports Complex







Glenn "Red" Jacoby Golf Course



UW Tennis Courts

Indoor Practice Facility



Jonah Field at War Memorial Stadium



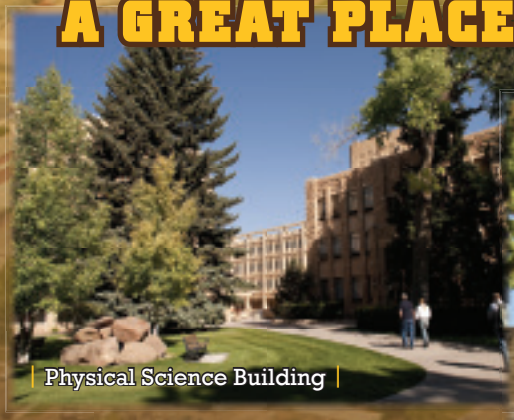




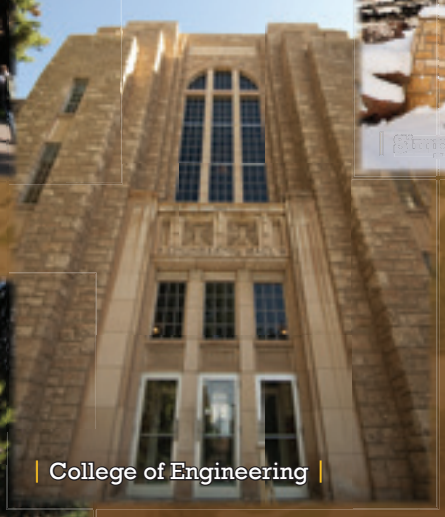


A GREAT PLACE TO LEARN

Great people, great su and a great educatio here at the University


Physical Science Building




College of Engineering


McWhinney Hall


Old Main


Classroom Building

AMERICA'S BEST

In August of 2010, UW was named one of the nation's best institutions for undergraduate education, according to the Princeton Review.

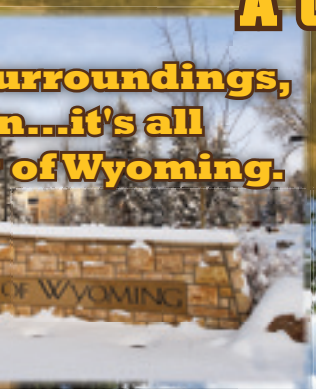
The University of Wyoming is listed 17th among "America's Best Public Colleges" in rankings released in 2009 by Forbes.com. Additionally, Forbes ranked UW fifth among its "America's Best College Buys."

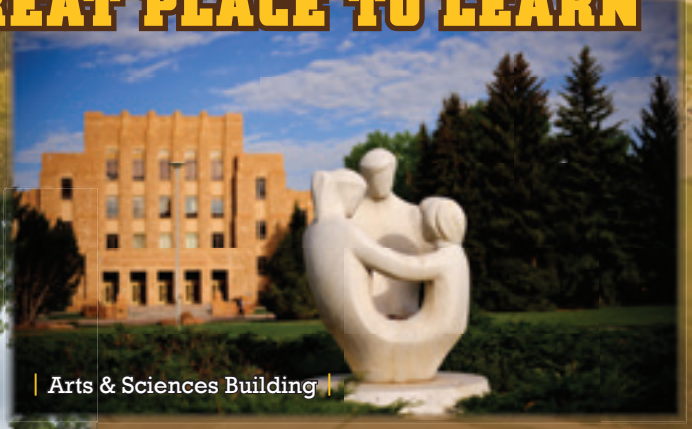

College of Education


American Heritage Center

A GREAT PLACE TO LEARN

urroundings,
n...it's all
of Wyoming.





Arts & Sciences Building

Half Acre Gymnasium





Spend some time here and you'll agree that much of UW's character is shaped by this great "home on the range." Laramie, the location of the main campus, is a safe, friendly community of 30,000 people. Nestled between the Laramie and Snowy Range mountains in southeastern Wyoming, it's a beautiful, unspoiled place with a special life-style.

The campus extends over 785 tree-shaded acres. There's an attractive mix of modern and traditional structures; many were built with native Wyoming sandstone. It's a place where the sun shines 320 days each year. It's hard to be gloomy here. When you view it from 7,200 feet, you see things more clearly. But it's not just a pretty place; it's also a place that works.

Up-to-date facilities support the learning and research mission that makes UW special. There are classrooms with state-of-the art computer technology, laboratories with the latest equipment, excellent libraries, computer systems with universal Internet access, and a long list of premier research facilities both on campus and in the surrounding area.



Coe Library

Health Sciences Building



Washakie Center













WYOMING...Like No Place on Earth

They say it's beauty is like no other, and you fall in love with its people.

Wyoming, it is like no place on earth. Within it's boundaries is America's first and largest national park, Yellowstone. The unbounding beauty there includes "Old Faithful" geyser and Yellowstone Lake, the world's largest high-mountain lake. There is Yellowstone Falls, so awe-inspiring, it'll take your breath away. There are over 260 different species of animals and birds located there.

Wyoming's wonders seem to be unending. There is Grand Teton National Park, whose centerpiece is the spectacular Teton Mountain Range. There is Devil's Tower, America's first national monument. There is the world's largest mineral hot springs located in Thermopolis. There is the beauty of Ten Sleep Canyon and a hundred other places.

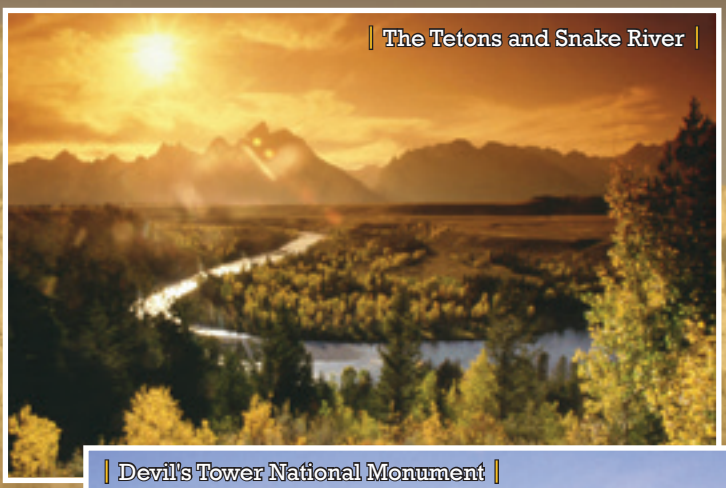
For breathtaking beauty, Wyoming is unmatched. Its reputation brings millions of visitors to its borders each year. Plus, some of the best skiing in America can be found in Wyoming. Tourists and sportsmen can't wait to get here to enjoy the clean mountain air and limitless outdoor attractions.

The history of the great American West can be heard whistling through the trees of Wyoming. Wyoming had an historic place in the taming of the West in the late 1800's. Butch Cassidy and the Sundance Kid were two of Wyoming's most famous citizens during the era of lawlessness. There remain plenty of reminders of an age that will live forever in American lore.

People are Wyoming's strongest resource. These folks are down to earth, friendly and helpful. And, oh how proud they are of their Cowboys and Cowgirls. Wyoming has some of the best fans in America. As their only four-year university, Wyoming folks are tremendously supportive of their teams.

Yet, as down to earth as they are, many Wyomingites are on the cutting edge of politics, entertainment and business. Among some of the most famous are: former Vice President of the United States Dick Cheney; Dr. Jerry Buss, owner of the Los Angeles Lakers; Dean Conger, former chief photographer of the National Geographic Society; Curt Gowdy, the most decorated national sportscaster in history; Alan Simpson, former United States Senator; Gerry Spence, attorney and television personality; and General Pete Schoomaker, former U.S. Army Chief of Staff.

For great people, great scenery and a great education, there is no place quite like Wyoming.


The Tetons and Snake River


Devil's Tower National Monument


Yellowstone Falls


Old Faithful

Photos on this Page:
We wish to thank the Wyoming Division of Tourism for the photos featured on this page. (Top) The Tetons and Snake River.
(Middle Top) Devil's Tower National Monument.
(Middle Bottom) Yellowstone Falls. (Bottom) Old Faithful.

LARAMIE...the Clear Choice

One of the best things about Laramie is its location between two beautiful mountain ranges. It's a place of blue skies and clean air. Much of the area surrounding Laramie is public National Forest land. That means great access! You can head for the nearby mountains and find yourself on a hiking, biking or skiing trail within 15 minutes. There's also nearby rock climbing at the impressive Vedauwoo formations. You can be downhill skiing in the Snowy Range within 45 minutes. Laramie is convenient to the world-class skiing offered in Steamboat Springs and other Colorado resorts.

For a different kind of fun, you can be in Denver within two and a half hours. There is an amazing array of culture throughout the area, plus the tremendous sports heritage of the Rockies, Broncos, Nuggets and Avalanche.

With its colorful Western heritage, cultural activities and outstanding outdoor recreation, the Laramie area offers a unique flavor that delights visitors from all over the world.





Things to Check Out In Laramie:

- ✓ **Rappel down a rock face at Vedauwoo**
- ✓ **Ski, mountain bike or hike the trails at Happy Jack**
- ✓ **Snowboard the slopes at the Snowy Range Ski Area**
- ✓ **Catch a trophy fish at Lake Hattie**





