



SUNY Cortland *Red Dragons*

2004-05 Team Guide

Swimming and Diving



Season Review

The 2004-05 season brought plenty of success to the Cortland men's and women's swimming and diving teams. Each team posted impressive dual-meet records, finished third at the SUNYAC Championships and the women's team defeated Ithaca in a dual meet for the first time since 1982 and set nine school records at the conference meet. But perhaps the best indication of a rewarding season is how each team continued to close the gap between themselves and the SUNYAC front runners.

The men's team amassed 543 points at the conference meet, 68 behind second place and 396 behind first place. Overall, the Red Dragons improved their score by 119 points from last season. In 2004, the Cortland women finished 341 points out of first and 337 points out of second. This past season, the Red Dragons closed to within 157.50 points of first and finished just 80.50 points out of second. It's a trend that third-year head coach Brian Tobin expected and foresees continuing in the future.



Senior Jack Popper was the co-recipient of the James Fulton Award for his career academic and athletic accomplishments.

second in the one-meter event and was the co-recipient of the distinguished James Fulton Award for athletic and academic achievement.

Senior diver Chris Griffin returned to the team this past winter and claimed second team All-SUNYAC honors with his third-place finish in three-meter diving. Junior Jim Pioli and sophomore Pat Connolly also earned second team All-SUNYAC honors. Pioli finished third in the 100 back and fourth in the 200 back, both in personal-best times. Connolly established three new career-best times at the conference meet, placing second in the 400 IM, fifth in the 200 IM and sixth in the 200 fly.



Senior Trish Heelan was a member of the 800 free relay team that set a school record at the SUNYAC Championships.

The men's team was led by the same core of competitors who churned the water last season. Another year of experience in the pool meant improved times predominantly across the board, and the results were most evident at the SUNYAC meet.

Sophomore Andy Chevalier was a repeat winner in the 200 and 400 individual medleys and earned first team All-SUNYAC honors for his accomplishments. He set new personal-best times in both events, as well as the 200 fly, in which he finished second. Chevalier also swam on three relay teams at the conference meet.

Senior diver Jack Popper capped off a stellar career by earning first team All-SUNYAC honors with a first-place finish off the three-meter board at the conference meet. A provisional national qualifier, he also placed



Sophomore Krista Lennox set a new school and personal record in the 1650 free at the conference meet.

Junior Brendan Quest achieved a personal-best time with a fourth-place finish in the 100 fly, and freshman Coop Paulson placed sixth in the 200 breast with a career-best time. Freshman Alan Marcel contributed points in the 50 free, 100 free and 100 back with personal bests, while sophomores Chad Shelby and Jason Wiese scored points for the Red Dragons in the distance free events.

Freshman Brett Humphreys had a strong conference meet, finishing fourth in the 200 breast, fifth in the 100 breast and winning the "B" final of the 400 IM all in personal-best times. Freshman Jeremy Cuebas won the "B" final of the 200 free and finished third in the "B" final of the 500 free, and senior Chad Lundwall established a personal-best time in the 200 free "B" final.

The women were led by familiar faces and a few new names, who went on to set new school records in all five relays, as well as the 50 free, 100 fly, 200 breast and 1650 free at the conference meet.

Seniors Nicki Damiano and Aubrey Talaska earned first team All-SUNYAC honors and established new school marks in their individual events. Damiano won the 100 fly, won the "B" final of the 200 fly and finished second in the "B" final of the 50 free with lifetime-best swims. She was also a member of three school record-setting relays at the conference meet. Talaska captured the 100-breast title with a personal-best time, set the school record with a second-place finish in the 200 breast and finished third in the 200 IM with a career-best time.

Junior Abby Murphy and sophomores Allie Houseman and Nikki LaBarge each earned second team All-SUNYAC honors. Murphy and Houseman were members of two record-setting relay foursomes, while LaBarge took part in four of the new school-record relays. Murphy placed third in the 100 breast and fourth in the 200 breast. Houseman finished third in the 50 free, fifth in the 100 free and won the "B" final of the 100 breast all in personal-best times. LaBarge set the school record in the preliminaries of the 50 free and placed third in the 100 free and 100 fly with career-best times.

Sophomore Krista Lennox established three new personal bests at the conference meet, including a new school record with her fourth-place finish in the 1650 free. She also earned a fifth-place finish in the 500 free, won the "B" final of the 200 free and swam on two of the record-setting relay teams.

Sophomores Marissa Bechtold, Sarah Gebhard and Nikki Welch, along with freshmen Erica Clark, who was a member of two school record-setting relay teams and swam a personal-best in the 200 back at the conference meet, Amy Jones and Sarah O'Loughlin each contributed to the team's success at the conference meet and will certainly help in future years.

The 2004-05 Cortland Men's and Women's Swimming and Diving Guide was written and edited by Associate SID Dan Surdam. Team and action photos by Darl Zehr Photography. The guide was printed by Graphics Plus Printing of Cortland, N.Y.

ON THE COVER: The team readies itself for another competition with the help of the Red Dragon mascot.

Coaching Staff



Brian Tobin
Head Coach

Brian Tobin completed his third season as head swimming and diving coach at SUNY Cortland in 2004-05. Both the men's and women's teams finished third at the SUNYAC Championships for the second straight year. In his first year, he led the women's team to a 13-3 dual-meet record and a fourth-place finish at the conference meet. The men's team placed fifth in the league.

Prior to his arrival at Cortland, Tobin was a volunteer assistant coach with the men's and women's varsity swimming and diving teams at North Carolina State University during the 2001-02 season, where he was also a lecturer in physical education. Previously, Tobin held the position of head men's and women's swimming and diving coach at the State University of New York at Potsdam from 1996-2001. His initial collegiate coaching position was as a graduate assistant at the University of Wisconsin-La Crosse from 1994-96.

Tobin is a 1994 graduate of SUNY Cortland, where he earned a Bachelor of Science in Education with a minor in sociology. In 1996, he earned his Masters of Science in Recreation Management from Wisconsin-La Crosse.

He was an eight-time All-American as a member the Cortland swimming and diving team, earning seven honors as a competitor on relay teams and one honor in the 100-yard freestyle. He also captured 12 SUNYAC titles over three seasons, owns the school record in the 100-yard butterfly and is a member of four school and conference record-holding relay teams.

A native of Poughkeepsie, Tobin attended Arlington High School, graduating in 1989. He was a four-year member of the swimming and diving team.

For more information on the SUNY Cortland Swimming and Diving program, please contact:

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Corey Ryon
Assistant Coach

Corey Ryon finished his seventh season as an assistant coach for the Cortland men's and women's swimming and diving teams in 2004-05.

Ryon graduated from Cortland with a Bachelor of Science Education degree and received his Master's of Science Education in Outdoor Education from Cortland in December 2003.

While a member of the Red Dragon swimming and diving team, Ryon earned All-America honors in the 500-yard and 1,650-yard freestyle and set the school record in both events. He also holds the Holsten Pool record in the 500 free.

Ryon is a 1993 graduate of Victor High. Besides his coaching duties, he teaches in the Health Department at SUNY Cortland.

Kate Becker
Assistant Coach

The 2004-05 season was Kate Becker's second as an assistant coach for the Red Dragons after completing a four-year career as a member of Cortland's women's swimming and diving team in 2003.

Becker, who received her bachelor's degree in physical education and is currently working on her master's degree in adapted physical education, was a team captain as a senior and a member of the 800 free relay team that set a school record her junior season. As a freshman, Becker was a member of the winning 200 medley relay team at the SUNYAC Championships.

A 1999 graduate of Deer Park, Becker was an all-league and all-county selection as a member of the swimming and diving team and earned all-league honors in track.

Tom Quinn
Diving Coach

Tom Quinn has been associated with the Cortland men's and women's swimming and diving teams since the early 1980s. In that time, Quinn has coached a pair of national champions and his divers have earned more than 50 All-America honors under his supervision.

In the 1990s, Quinn was a member of the NCAA Men's and Women's Swimming Committee and was Vice-Chair of the NCAA Diving Subcommittee.

Quinn earned his bachelor's degree from Cortland in 1981 and his master's degree in recreation from Southern Mississippi in 1982. He later attained his Ph.D in outdoor education at Ohio State and is currently Assistant Professor of physical education at Cortland.

Team Rosters

WOMEN

Name	Events	Yr.	Hometown	High School
Marissa Bechtold	Free, Back	So.	Lockport	Lockport
Lisa Benamati	Free	Jr.	Fredonia	Fredonia
Kelly Bonsted	Free	So.	New Hartford	New Hartford
Miranda Chrispell	Free	Sr.	Kingston	Kingston
Erica Clark	Back	Fr.	Sloatsburg	Suffern
Heather Crowley	Free	Sr.	Woodstock	Kingston
Nicki Damiano	Fly, Back	Sr.	Middletown	Middletown
Holly Fitzgerald	Breast, IM	Fr.	Middletown	Middletown
Julie Frederick	Free, Back	So.	Johnstown	Johnstown
Johanna Fredrickson	Free	Fr.	Cortland	Cortland
Sarah Gebhard	Back	So.	Buffalo	Kenmore West
Angela Granger	Free	Jr.	Pike	Letchworth
Trish Heelan	Free	Sr.	Copiague	Copiague
Allie Houseman	Free, Breast	So.	Wellsville	Wellsville
Caitlin Howe	Free, Breast	Jr.	Brooklyn	Fort Hamilton
Amy Jones	Diving	Fr.	Ballston Lake	Burnt Hills-Ballston Lake
Nikki LaBarge	Fly, IM	So.	Morrisonville	Peru
Ally Lee	Fly	So.	Middletown	Minisink Valley
Krista Lennox	Free	So.	Buffalo	Williamsville East
Kelly Malone	Free	So.	Massapequa Park	Massapequa
Annie Marchetta	Diving	So.	Chester	Monroe-Woodbury
Erin McCoy	Free	Sr.	Wurtsboro	Clarkstown North
Jessica McCrane	Breast	Fr.	Lake Grove	Sachem
Kristin McNally	Breast	So.	Williston Park	Mineola
Erin McNelis	Free, IM	Sr.	Rochester	Our Lady of Mercy
Amy Miller	Free	Fr.	East Amherst	Williamsville East
Abby Murphy	IM, Breast	Jr.	Montour Falls	Odessa-Montour
Seana Murphy	Free	Fr.	Lockport	Lockport
Sarah O'Loughlin	IM, Fly	Fr.	Pleasantville	Pleasantville
Stephanie Petfield	Diving	Fr.	Thornwood	Westlake
Kristin Pucser	Free, Breast	Sr.	Buffalo	Kenmore West
Kristy Richko	Back	Jr.	Seaford	Seaford
Erin Strachan	Diving	Fr.	Eden	Eden
Aubrey Talaska	Breast, IM	Sr.	San Antonio, TX	Sandra Day O'Connor
Nikki Welch	Back	So.	Dansville	Dansville
Karalyn Wendell	Breast	So.	Fairport	Fairport
Stephanie Witinski	Free	Jr.	Oswego	Oswego

MEN

Name	Events	Yr.	Hometown	High School
Christopher Berry	Free	So.	Alfred	Alfred-Almond
Andy Chevalier	Fly, IM	So.	Chazy	Chazy Central Rural
Sean Clode	Breast	So.	Yonkers	Yonkers
Pat Colgan	Diving	So.	East Islip	East Islip
Pat Connolly	IM, Fly	So.	Yorktown	Lakeland
Jeremy Cuebas	Free	Fr.	Brentwood	Brentwood
Scott Discepolo	Free	Jr.	Merrick	Calhoun
Andy Graves	IM, Fly	Fr.	Holland Patent	Holland Patent
Chris Griffin	Diving	Sr.	Mexico	Mexico
Brett Humphreys	Breast	Fr.	Amsterdam	Amsterdam
Evan Jones	Fly	Fr.	East Amherst	Williamsville North
Jeff Kunkel	Free	Fr.	Cheektowaga	Cleveland Hill
Chad Lundwall	Free	Sr.	Smithtown	Smithtown
Alan Marcel	Free	Fr.	Central Islip	Central Islip
Anthony Mastracco	Free	Sr.	Syracuse	C.W. Baker
Coop Paulson	Breast	Fr.	Mt. Vision	Laurens
Matt Peters	Diving	Sr.	Croton	Hendrick Hudson
Jim Pioli	Back	Jr.	Grand Island	Grand Island
Jack Popper	Diving	Sr.	Merrick	Bellmore JFK
Sunny Porras	Fly	Jr.	Great Neck	Great Neck North
Brendan Quest	Fly, Free	Jr.	Staten Island	Monsignor Farrell
Chad Shelby	Back	So.	Bohemia	Connetquot
Kevin Stuttle	Diving	Fr.	Dryden	Dryden
Jason Wiese	Free	So.	Buffalo	Kenmore West

Head Coach: Brian Tobin (*Cortland '94*), 3rd Year

Assistant Coaches: Kate Becker, Corey Ryon

Diving Coach: Tom Quinn

Athletic Training Students: Kristen Tucker, Dan Virklin

Women's Captains: Nicki Damiano, Erin McNelis, Trish Heelan

Men's Captains: Andy Chevalier, Chris Griffin, Jack Popper

Men's and Women's Profiles



Marissa Bechtold Sophomore, Free/Back
Major: Undeclared Lockport, NY

2004-05: Marissa placed second in the "B" final of the 200 back (personal-best 2:18.00) and third in the "B" final of the 200 free (2:01.75) at the SUNYAC Championships...Member of the second-place 200 free relay (school-record 1:39.64), third-place 400 free relay (school-

record 3:39.53) and fourth-place 800 relay (school-record 8:05.98) teams at the conference meet...**2003-04:** Placed fifth in the 200 free (personal-best 2:00.96), won the "B" final in the 500 free (personal-best 5:23.63) and finished third in the "B" final in the 200 back (season-best 2:18.33) at the SUNYAC Championships...Was also a member of the third-place 400 and 800 free relay and fourth-place 200 and 400 medley relay teams at the league meet...**High School:** A 2003 graduate of Lockport, where she was a member of the National Honor Society and high honor roll...Five-year member of the swim team...Five-time sectional qualifier...Swam at state meet one season...Also competed in basketball, softball and track and field...**Parents:** Maureen and Robert Bechtold **Brothers/Sisters:** Nathan, Lindsay, Hailey.



Miranda Chrispell Senior, Free
Major: Physical Education Kingston, NY

2004-05: Miranda finished sixth in the "B" final of the 400 IM (5:11.60, personal-best 5:09.06 preliminaries) and 19th in the 1,650 free (19:44.19) at the SUNYAC Championships...Won the 1,000 free (11:41.12) versus

Potsdam...**2003-04:** Finished 10th in the 1,650 free with a season-best time of 19:15.63 at the SUNYAC Championships...Also swam in the 200 and 500 free at the conference meet...**2002-03:** Placed third in the 500 free and 1,650 free at the SUNYAC Championships with personal-best times...Won the 1,000 free at the RPI Invitational...**2001-02:** Finished fifth in the 500 free and sixth in the 1,650 free at the SUNYAC Championships...Won the 500 free and 1,000 free at the RPI Invitational...**High School:** Graduated from Kingston in 2001...Six-year member of the swim team...Scholar Athlete all six years...Member of Kingston pool record-setting 200 and 400 free relay teams...**Other:** Competed in the Empire State Games three straight years...Member of the Dean's List at Cortland...**Parents:** Sandy and Dave Chrispell **Brothers/Sisters:** Jared.



Erica Clark Freshman, Back
Major: Undeclared Slootsburg, NY

2004-05: Erica placed fifth in the 200 back (personal-best 2:14.34), sixth in the 100 back (personal-best 1:02.88) and sixth in the "B" final of the 200 IM (personal-best 2:22.62) at the SUNYAC Championships...Member of the third-place 200 medley (school-record 1:51.56)

and fourth-place 400 medley (school-record 4:05.64) relay teams at the conference meet...**High School:** A 2004 graduate of Suffern...Six-year member of the swimming and diving team...Four-year member of the all-county team...Member of the ski team...**Parents:** Jessica and Allan Clark **Brothers/Sisters:** Stacy.



Nicki Damiano Senior, Fly/Back
Major: Soc. Stud./History Middletown, NY

2004-05: Nicki earned first team All-SUNYAC honors...Won the 100 fly (school-record 59.71), won the "B" final of the 200 fly (personal-best 2:16.39) and finished second in the "B" final in the 50 free (25.95, personal-best 25.67 preliminaries) at the SUNYAC Championships...Member of second-place 200 free relay (school-record 1:39.64),

third-place 200 medley relay (school-record 1:51.56) and fourth-place 400 medley relay (school-record 4:05.64) teams at the conference meet...**2003-04:** Placed fifth in the 100 fly (season-best 1:01.69), seventh in the 100 back (1:04.33, season-best 1:04.26 preliminaries) and finished second in the "B" final in the 200 back (season-best 2:18.28) at the SUNYAC Championships...Also a member of a third-place and three fourth-place relay foursomes at the conference meet...**2002-03:** Swam in five events at the SUNYAC Championships...Member of the third-place 400 medley relay team and fourth-place 200 free relay foursome...Finished fourth in the 100 fly (1:01.05)...Member of Holsten Pool record-setting 200 medley relay team (1:54.66)...Member of the winning 400 medley relay squad at the RPI Invitational...**2001-02:** Placed second in the 200 back, fourth in the 100 fly and was a member of the third-place 200 medley relay team at the SUNYAC Championships...**High School:** Graduated from Middletown in 2001...Six-year member of the swim team...Section Nine champion and four-time state qualifier in the 100 fly...State qualifier in the 100 back...Member of school-record 200 medley relay and 400 free relay squads...**Parents:** Cindy and Peter Damiano **Brothers/Sisters:** P.J.



Johanna Fredrickson Freshman, Free
Major: Psychology Cortland, NY

2004-05: Johanna finished 11th in the 1,650 free (personal-best 19:03.55), second in the "B" final of the 500 free (personal-best 5:26.25) and fifth in the "B" final of the 200 free (2:01.96, personal-best 2:01.57 preliminaries) at the SUNYAC Championships...Member of fourth-

place 800 free relay team (school-record 8:05.98) at the conference meet...**High School:** Graduated from Cortland in 2004...Competed on the swimming and diving team for one season...**Other:** Has competed on YMCA swim team since she was eight...**Parents:** Joan and Jeff Fredrickson **Brothers/Sisters:** Christian, Erik, Stephanie, Gaby.



Sarah Gebhard Sophomore, Back
Major: Math Sec. Education Buffalo, NY

2004-05: Sarah scored in three events at the SUNYAC Championships, setting personal bests in the 100 back (1:06.89 preliminaries), 200 back (2:24.63) and the 200 IM (2:24.62 preliminaries)...**2003-04:** Finished fifth in the "B" final of the 100 back (1:08.25, 1:07.92

preliminaries) and eighth in the 200 back (2:27.31, 2:26.08 preliminaries) at the SUNYAC Championships...**High School:** Graduated from Kenmore West in 2003, where she was a member of the National Honor Society and received the CSEA and Herbert Hoover Middle School Scholarships...Six-year member of the swimming and diving team...Received Sportsmanship Award three straight years...**Parents:** Ann and Gary Gebhard **Brothers/Sisters:** Stephanie.



Trish Heelan Senior, Free
Major: Physical Education Copiague, NY

2004-05: Trish was a member of the fourth-place 800 free relay team that set a school record (8:05.98) at the SUNYAC Championships...Finished 17th in the 200 free and 1,650 free at the conference meet...**2003-04:** Finished 12th in the 1,650 free (personal-best 19:36.94),

fourth in the "B" final of the 200 free (2:03.20, personal-best 2:02.57 preliminaries) and eighth in the "B" final of the 500 free (5:43.80, personal-best 5:35.59 preliminaries) at the SUNYAC Championships...Member of the third-place 800 free relay squad at the league meet...**2002-03:** Qualified for the "B" final in the 200 free (2:07.97, 2:05.93 preliminaries) at the SUNYAC

Men's and Women's Profiles

Championships...Also competed in the 500 free and finished 15th in the 1,650 free (20:32.09) at the conference meet...**2000-01:** Competed in dual meets during the first semester...**Other Schools:** Attended Suffolk CC...**High School:** A 2000 graduate of Copiague, where she was a three-year member of the swim team...**Parents:** Linda and Richard Heelan **Brothers/Sisters:** Craig, Denise.



Allie Houseman **Sophomore, Free**
Major: Physical Education **Wellsville, NY**
2004-05: Allie earned second team All-SUNYAC honors...Placed third in the 50 free (personal-best 24.73) and fifth in the 100 free (personal-best 55.03) and won the "B" final of the 100 breast (personal-best 1:11.72) at the SUNYAC Championships...Member of the second-place

200 free relay (school-record 1:39.64) and third-place 400 free relay (school-record 3:39.53) teams at the conference meet...**2003-04:** Finished eighth in the 50 free (25.65, season-best 25.37 in preliminaries), and fourth in the "B" final of the 100 free (season-best 56.44) at the SUNYAC Championships...Competed in the 100 breast and was a member of the third-place 400 free relay and fourth-place 200-free relay teams at the conference meet...**High School:** A 2003 graduate of Wellsville, where she was junior class vice president, member of the Student Council and National Honor Society secretary...Six-year member of the swim team...Named Most Improved as a freshman and Team MVP as a junior and senior...Competed in soccer and golf for one season...**Other:** Cousins Kimberly and Ryan Kendrick are Cortland graduates and both swam for the Red Dragons...Ryan was also the Red Dragons' swimming and diving head coach and still holds the conference record in the 50 free...**Parents:** Frances and John Houseman **Brothers/Sisters:** Taylor.



Nikki LaBarge **Sophomore, Fly/IM**
Major: Math/Physics Educ. **Morrisonville, NY**
2004-05: Nikki earned second team All-SUNYAC honors...Set a school record in the 50 free (24.59) in the preliminaries and finished fifth in the finals (25.24), placed third in the 100 free (54.22, personal-best 54.18 preliminaries) and 100 fly (personal-best 1:00.24) at the

SUNYAC Championships...Member of second-place 200 free (school-record 1:39.64), third-place 400 free (school-record 3:39.53), third-place 200 medley (school-record 1:51.56) and fourth-place 400 medley (school-record 4:05.64) relay teams at the conference meet...**2003-04:** Swam in seven events at the SUNYAC Championships...Earned second team All-SUNYAC honors...Placed second in the 50 free (25.00), seventh in the 200 fly (2:20.34, 2:20.00 preliminaries) and eighth in the 100 fly (1:03.41, 1:01.80 preliminaries)...Member of one third-place and three fourth-place relay foursomes at the league meet...**High School:** Graduated from Peru in 2003, where she was secretary of the National Honor Society and a member of the high honor roll...Competed on swim team for seven seasons...Section champion and state qualifier every year...Five-year member of the track team...**Other:** Won a gold medal in the 100 fly at the Empire State Games...Member of the Dean's List at Cortland...**Parents:** Robin and Bruce LaBarge **Brothers/Sisters:** Greg.



Krista Lennox **Sophomore, Free**
Major: Fitness Dev. **Buffalo, NY**

2004-05: Krista set a school record (18:17.75) with a fourth-place finish in the 1,650 free, finished fifth in the 500 free (personal-best 5:20.96) and won the "B" final of the 200 free (personal-best 2:00.32) at the SUNYAC Championships...Member of the third-place 400

free relay (school-record 3:39.53) and fourth-place 800 free relay (school-record 8:05.98) teams at the conference meet...**2003-04:** Finished sixth in the 1,650 free (season-best 19:03.33), seventh in the 500 free (5:27.26, season-best 5:27.07 preliminaries) and won the "B" final in the 200 free (season-best 2:00.57) at the SUNYAC Championships...**High School:** Graduated from Williamsville East in 2003, where she was class secretary...Five-year member of the swim team...Named Team MVP as a junior and senior...Competed on track team for two seasons...Four-year starter in soccer...**Other:** Uncle Doug Lennox swam at Princeton...**Parents:** Debbie and Jeff Lennox...Both parents competed in swimming at Fredonia...**Brothers/Sisters:** Jeffrey.



Abby Murphy **Junior, IM/Breast**
Major: Elem. Educ. **Montour Falls, NY**

2004-05: Abby earned second team All-SUNYAC honors...Finished third in the 100 breast (personal-best 1:09.44), fourth in the 200 breast (2:33.26) and sixth in the 400 IM (season-best 4:51.12) at the SUNYAC Championships...Member of the third-place 200 medley relay (school-record 1:51.56) and fourth-place 400 medley relay (school-record 4:05.64) teams at the conference meet...**2003-04:** Competed in six events at the SUNYAC Championships...Earned second team All-SUNYAC honors...Placed third in the 400 IM (personal-best 4:47.30), fourth in the 200 breast (personal-best 2:30.56) and fifth in the 100 breast (1:10.22, season-best 1:09.93 preliminaries)...Member of third-place 800 free relay and fourth-place 200 and 400 medley relay teams at the conference meet...**2002-03:** Placed third in the 400 IM (season-best 4:51.50), fifth in the 200 breast (season-best 2:33.86) and eighth in the 200 IM (2:18.63, season-best 2:18.46 preliminaries) and was a member of the third-place 400 medley relay team at the SUNYAC Championships...Won the 200 breast at the RPI Invitational...Member of 200 medley relay team that set a Holsten Pool record (1:54.66) versus New Paltz...**High School:** A 2002 graduate of Odessa-Montour...Six-year competitor on swim team...Four-time Team MVP...Five-year member of the track and field team...Team MVP as a junior and senior...**Other:** Received the Red Letter Award as a freshman for Cortland's swimming and diving team...**Parents:** Sue and Kevin Murphy **Brothers/Sisters:** Rick.



Sarah O'Loughlin **Freshman, Fly**
Major: Undeclared **Pleasantville, NY**

2004-05: Sarah placed fifth in the 400 IM (4:50.90, personal-best 4:48.37 preliminaries) at the SUNYAC Championships...Finished second in the 200 fly (2:21.25) at the RPI Invitational...**High School:** A 2004 graduate of Pleasantville...Six-year member of the swimming and diving team...**Parents:** Lillian and John O'Loughlin...**Brothers/Sisters:** Jonathan, Catherine...Jonathan is a member of the crew team at Ithaca...Catherine is a member of the swimming and diving team at Hartwick.



Aubrey Talaska **Senior, Breast/IM**
Major: Athletic Training **San Antonio, TX**

2004-05: Aubrey earned first team All-SUNYAC honors...Won the 100 breast (personal-best 1:09.01), placed second in the 200 breast (school-record 2:28.79) and finished third in the 200 IM (personal-best 2:15.67) at the SUNYAC Championships...**2003-04:** Placed fourth in the 100 breast (season-best 1:09.73), fifth in the 200 breast (season-best 2:31.05) and seventh in the 200 IM (2:18.78, season-best 2:18.40 preliminaries) at the SUNYAC Championships...**Prior to Cortland:** Attended Palo Alto CC and San Antonio CC...Earned JUCO All-America honors at Palo Alto in the 100 breast...**High**

Men's and Women's Profiles

School: Graduated from Sandra Day O'Connor in 2001...Three-year member of the swim team...**Parents:** Patti and Jim Talaska... Father played hockey at Cortland...**Brothers/Sisters:** Baylee, Brenna.



Nikki Welch Sophomore, Back Dansville, NY
Major: Recreation

2004-05: Nikki finished fifth in the "B" final of the 100 back (1:05.98, personal-best 1:05.87 preliminaries), sixth in the "B" final of the 200 back (2:24.19, personal-best 2:23.65 preliminaries) and seventh in the 50 free (26.37, personal-best 26.06 preliminaries) at the

SUNYAC Championships...**Prior to Cortland:** Attended Elizabethtown College, where she competed in swimming, cross country and track...Had six top-10 finishes at the 2004 MAC Swimming Championships...**High School:** A 2003 graduate of Dansville, where she was a member of the National Honor Society...Five-year member of the swimming and diving team... Team MVP and county league all-star each season...Earned Rookie of the Year honors...Conference MVP as a senior... Competed in cross country and track for four seasons...**Parents:** Natalie and James Welch **Brothers/Sisters:** Jimmy.



Andy Chevalier Sophomore, Fly/IM Chazy, NY
Major: Kinesiology

2004-05: Andy earned first team All-SUNYAC honors...Won the 200 IM (personal-best 1:57.54), the 400 IM (personal-best 4:13.35) and placed second in the 200 fly (1:56.95, personal-best 1:56.53 preliminaries) at the SUNYAC Championships...Member of the third-

place 400 medley relay (3:37.42) and 800 free relay (7:17.53) and fourth-place 400 free relay (3:14.94) teams at the conference meet...**2003-04:** Earned first team All-SUNYAC honors and was named Meet MVP...Won the 200 IM (season-best 1:57.95), 400 IM (season-best 4:14.47) and 200 fly (1:56.76, season-best 1:56.58 preliminaries) at the SUNYAC Championships...Member of second-place 800 free, fourth-place 400 free and fifth-place 200 and 400 medley relay teams at the league meet...**High School:** Graduated from Chazy Central Rural in 2003, where he was senior Class Speaker and president of the National Honor Society...Swam for the Lake Champlain Waves club team...Three-year member of the basketball team...Named second team All-MVAC...Team captain as a senior...MVAC Scholar Athlete...**Other:** Six-time Empire State Games qualifier...Won a gold medal in the 200 IM...Member of the President's List at Cortland...**Parents:** Brenda and David Chevalier...Father is a 1972 Cortland graduate and competed in swimming at Norwich...**Brothers/Sisters:** Michelle, Katie...Michelle swam at Colgate...Katie swam at Clarkson.



Pat Connolly Sophomore, IM/Fly Yorktown, NY
Major: Physical Education

2004-05: Pat earned second team All-SUNYAC honors...Placed second in the 400 IM (personal-best 4:16.66), fifth in the 200 IM (personal-best 1:59.95) and sixth in the 200 fly (2:01.58, personal-best 2:00.42 preliminaries) at the SUNYAC Championships...Member of the third-

place 800 free relay team (7:17.53) at the conference meet...**2003-04:** Earned second team All-SUNYAC honors...Placed second in the 400 IM (4:19.26, season-best 4:19.16 preliminaries), fifth in the 200 IM (season-best 2:00.83) and seventh in the 200 fly (2:03.59, season-best 2:03.32 preliminaries) at the SUNYAC Championships...Member of second-place 800 free, fourth-place 400 free and fifth-place 200 free and 400 medley relay foursomes at the league meet...**High**

School: Graduated from Lakeland in 2003...Six-year member of the swim team...Earned all-league and all-section honors...Two-year member of the soccer team...Honorable mention all-section selection as a senior...**Parents:** Maureen and Gene Connolly **Brothers/Sisters:** Katie, Megan.



Jeremy Cuebas Freshman, Free Brentwood, NY
Major: Physical Education

2004-05: Jeremy won the "B" final of the 200 free (personal-best 1:48.90), finished 10th in the 1,650 free (17:54.41) and third in the "B" final of the 500 free (personal-best 5:03.80) at the SUNYAC Championships...Member of the third-place 800 free relay (7:17.53) and fourth-place

400 free relay (3:14.94) teams at the conference meet...**High School:** Graduated from Brentwood in 2004...Four-year member of the swim team...Earned all-league and all-county honors...Set multiple freestyle school records...Competed in cross country and track and field for one season...**Parents:** Sonia and Felix Cuebas **Brothers/Sisters:** Christine.



Chris Griffin Senior, Diving Mexico, NY
Major: Physical Education

2004-05: Chris earned second team All-SUNYAC honors...Placed third in the three-meter diving event (413.20) and fourth off the one-meter board (394.10) at the SUNYAC Championships...Finished third in the one-meter and three-meter events at the RPI Invitational...

2003-04: Competed during the first semester only...Finished first in the three-meter diving event and second off the one-meter board versus Brockport...**2002-03:** Finished sixth in the one-meter diving event (383.55) and ninth in the three-meter diving event (317.90) at the SUNYAC Championships...Swept the one-meter and three-meter events versus Brockport...**2001-02:** Finished 11th off the three-meter board (298.85) and 13th in the one-meter diving event (282.45) at the SUNYAC Championships...Won the one-meter event versus New Paltz and St. Lawrence...**High School:** Graduated from Mexico High in 2001...Four-year member of the swimming and diving team...Two-time MVP diver...**Other:** Member of the Dean's List at Cortland...**Parents:** Norma and Duane Griffin **Brothers/Sisters:** Sarah.



Chad Lundwall Senior, Free Smithtown, NY
Major: Physical Education

2004-05: Chad finished fifth in the "B" final of the 200 free (personal-best 1:52.00) and competed in the 100 free (personal-best 50.74) at the SUNYAC Championships...Member of the third-place 800 free relay team (7:17.53) at the conference meet...Won the 200 free versus

Potsdam...**2003-04:** Finished seventh in the "B" final of the 200 free (1:53.13) and competed in the 50 free (23.23) and 100 free (51.50) at the SUNYAC Championships...Member of the fifth-place 200 free relay (1:29.33) and 200 medley relay (1:42.31) teams at the conference meet...**Prior to Cortland:** Attended Nassau Community College...**High School:** Graduated from Smithtown in 2001...Six-year member of the swimming and diving team at Smithtown and Hauppauge...**Parents:** Lynn and Paul Lundwall **Brothers/Sisters:** Britt, Kimberly.

Men's and Women's Profiles



Alan Marcel Freshman, Free
Major: Physical Education Central Islip, NY

2004-05: Alan finished second in the "B" final of the 50 free (personal-best 22.30), fourth in the "B" final of the 100 free (personal-best 49.16) and sixth in the "B" final of the 100 back (1:00.17, personal-best 59.89 preliminaries) at the SUNYAC Championships...

Member of the third-place 200 free relay (1:28.27), third-place 400 medley relay (3:37.42), fourth-place 200 medley relay (1:39.46) and fourth-place 400 free relay (3:14.94) teams at the conference meet...**High School:** Graduated from Central Islip in 2004, where he was president of Student Council...Four-year starting outside hitter on the volleyball team...**Parent:** Vashti Emaman **Brothers/Sisters:** Jonathan, Anisha.



Coop Paulson Freshman, Breast
Major: Athletic Training Mt. Vision, NY

2004-05: Coop placed sixth in the 200 breast (personal-best 2:15.01), second in the "B" final of the 100 breast (personal-best 1:02.70) and fifth in the "B" final of the 200 IM (personal-best 2:06.19) at the SUNYAC Championships...

High School: A 2004 graduate of Laurens Central, where he was a member of Student Council and the high honor roll...Academic Honors Athlete...Two-year member of the swim team...Competed in state meet in the 100 breast as a senior...Three-year member of the soccer team...Earned all-star honors as a senior...Six-year member of the track and field team...Three-time Team MVP...**Other:** Member of Cortland's men's outdoor track and field team...**Parents:** Theresa and Skip Paulson **Brothers/Sisters:** Josh.



Jim Pioli Junior, Back
Major: Fitness Grand Island, NY

2004-05: Jim earned second team All-SUNYAC honors...Placed third in the 100 back (personal-best 54.34), fourth in the 200 back (personal-best 1:59.17) and finished fourth in the "B" final of the 50 free (season-best 22.46) at the SUNYAC Championships...Member of the third-

place 200 free relay (1:28.27), third-place 400 medley relay (3:37.42), fourth-place 200 medley relay (1:39.46) and fourth-place 400 free relay (3:14.94) teams at the league meet...**2003-04:** Finished sixth in the 100 back (56:53, season-best 56.03 preliminaries) and 200 back (season-best 2:01.63) and won the "B" final of the 50 free (22.34, personal-best 22.22 preliminaries) at the SUNYAC Championships...Member of second-place 800 free, fourth-place 400 free and fifth-place 200 free and 400 medley relay teams at the league meet...**2002-03:** Member of third-place 400 medley and fourth-place 200 free relay teams at the SUNYAC Championships...Also placed fifth in the 100 back (season-best 56.41), seventh in the 200 back (season-best 2:05.21) and finished third in the "B" final in the 200 IM (personal-best 2:06.26) at the conference meet...Member of winning 400 free relay foursome at the RPI Invitational...**High School:** A 2002 graduate of Grand Island...Three-year member of the swim team...League champ in 100 back and 200 medley relay...Team won league crown with an 11-0 record...Competed in track for two seasons and cross country for one season...**Parents:** Nancy and Bill Pioli **Brothers/Sisters:** Alissa, Susan.



Jack Popper Senior, Diving
Major: Physical Education Merrick, NY

2004-05: Jack earned first team All-SUNYAC honors...Co-recipient of the James Fulton Award for athletic and academic achievement...Won the three-meter diving event (NCAA provisional 468.20) and finished second off the one-meter board (409.65) at the SUNYAC Champion-

ships...Swept the one-meter and three-meter events versus Ithaca, Brockport, Oneonta, Geneseo and at the Cortland and RPI Invitationals...**2003-04:** Earned second team All-SUNYAC honors...Placed second in the one-meter (425.80 points) and the three-meter (424.45) diving events at the SUNYAC Championships...Swept the one-meter and three-meter events versus Ithaca, Potsdam, St. Lawrence and at the Cortland Invitational...**2002-03:** Finished second in the three-meter diving event (NCAA qualifying 447.75) and third off the one-meter board (429.55) at the SUNYAC Championships...Placed second in the one-meter and third in the three-meter events at the RPI Invitational...**2001-02:** Placed second by .45 points off the three-meter board (379.35) and fourth in the one-meter diving event (370.70) at the SUNYAC Championships...Finished eighth in both the one-meter and three-meter events at the ECAC Division III Championships and third off the one-meter board at the RPI Invitational...**High School:** A 2001 graduate of Bellmore JFK...Competed in diving for two seasons...Earned all-conference honors...Two-year starter in football...Wrestled for four seasons...Earned all-county honors twice...Three-year starter in lacrosse...Honorable mention all-county selection...**Other:** Was a member of Cortland's men's lacrosse team for three seasons...**Parents:** Alex and Ronnie Popper **Brothers/Sisters:** Naomi.



Brendan Quest Junior, Fly/Free
Major: Physical Educ. Staten Island, NY

2004-05: Brendan placed fourth in the 100 fly (personal-best 54.18), finished fifth in the "B" final of the 50 free (22.65, season-best 22.62 preliminaries) and eighth in the "B" final of the 100 free (50.50, personal-best 49.74 preliminaries) at the SUNYAC Championships...

Member of the third-place 200 free relay (1:28.27) and fourth-place 200 medley relay (1:39.46) teams at the conference meet...**2003-04:** Won the "B" final in the 100 fly (season-best 55.31), finished third in the "B" final of the 50 free (22.63, personal-best 22.37 preliminaries) and placed fourth in the "B" final of the 100 free (49.98, season-best 49.90 preliminaries) at the SUNYAC Championships...Member of fourth-place 400 free and fifth-place 200 free and 200 medley relay teams at the conference meet...**2002-03:** Member of third-place 400 medley relay, fourth-place 200 free relay and fifth-place 400 free relay teams at the SUNYAC Championships...Also finished second in the "B" final in the 100 fly (season-best 56.69) and seventh in the "B" final in the 50 free (23.12, season-best 22.94 preliminaries) at the conference meet...Member of winning 400 free relay foursome at the RPI Invitational...**High School:** Graduated from Monsignor Farrell in 2002...Four-year member of the swim team...Three-time city all-star...Staten Advance All-Star as a senior...State and Eastern State qualifier...Named a city all-star in baseball...**Parents:** Karen and Edmund Quest **Brothers/Sisters:** Carolyn.

Men's and Women's Profiles



Chad Shelby **Sophomore, Back**
Major: History Education **Bohemia, NY**
2004-05: Chad finished 11th in the 1,650 free (18:12.47), fourth in the "B" final of the 500 free (personal-best 5:03.91) and fifth in the "B" final of the 100 back (59.18, season-best 58.24 preliminaries) at the SUNYAC Championships...
2003-04: Won the "B" final in the 200 back (season-best 2:06.46), finished second in the "B" final of the 100 back (58.78, season-best 58.10 preliminaries) and placed third in the "B" final of the 200 IM (season-best 2:07.87) at the SUNYAC Championships...Also was a member of the fifth-place 200 and 400 medley relay teams at the conference meet...**High School:** Graduated from Connetquot in 2003, where he was a member of the high honor roll...Five-year member of the swim team... Earned all-county honors four times...Two-time MVP...Qualified for state meet as a junior...Received Coaches Award his senior year...**Other:** Won a silver medal in the 800 free relay at the 2001 Empire State Games...**Parents:** Elizabeth and Charles Shelby
Brothers/Sisters: Briana.



Jason Wiese **Sophomore, Free**
Major: Sport Management **Buffalo, NY**
2004-05: Jason finished eighth in the 1,650 free (17:43.89) and fifth in the "B" final of the 500 free (5:04.15, personal-best 5:01.94 preliminaries) at the SUNYAC Championships...
2003-04: Placed fourth in the 1,650 free (personal-best 17:27.15), second in the "B" final of the 500 free (season-best 5:02.40) and fifth in the "B" final of the 200 free (personal-best 1:52.95) at the SUNYAC Championships...Also a member of the second-place 800 free relay foursome at the conference meet...**High School:** A 2003 graduate of Kenmore West, where he was a member of the National Honor Society and Student Council...Competed on the swim team for four years...Sectional qualifier all four years...Two-year starting defensive specialist in volleyball...Team won sectional and state titles in 2001...**Other:** Competed in Empire State Games and Junior Nationals...**Parents:** Mary and William Wiese...Both are Cortland graduates...**Brothers/Sisters:** Mike, Kristin.

2004-05 Results

MEN (10-4)

Date	Meet	Result
10/30	at Oswego Relays	2nd of 5
11/3	ITHACA	L 103-139
11/6	at RIT Invitational	4th of 4
11/13	POTSDAM	W 113-75
11/19-20	CORTLAND INVITATIONAL	2nd of 2
12/3	at Brockport	W 133-110
1/13	ONEONTA	W 120-97
1/15	at RPI Invitational	3rd of 7
	Ithaca	L 100-139
	Rensselaer	W 122-121
	New Paltz	W 153-83
	Oneonta	W 161-81
	Clarkson	W 177-59
	Skidmore	W 199-32
1/17	at Buffalo St.	W 127-87
1/19	at Oswego	L 114-129
1/25	GENESE0	L 108-129
1/29	at New Paltz	W 107-92
2/9-12	SUNYAC Championships	3rd of 9

WOMEN (11-2)

Date	Meet	Result
10/30	at Oswego Relays	2nd of 5
11/3	ITHACA	W 138-103
11/6	at RIT Invitational	1st of 4
11/13	POTSDAM	W 128-91
11/19-20	CORTLAND INVITATIONAL	2nd of 4
12/3	at Brockport	W 143.5-97.5
1/13	ONEONTA	W 148-98
1/17	at Buffalo St.	W 115-107
1/19	at Oswego	L 107-136
1/22	at RPI Invitational	1st of 6
	New Paltz	W 133.5-97.5
	Oneonta	W 170-70
	Rensselaer	W 152-91
	Skidmore	W 183-55
	William Smith	W 164-79
1/25	GENESE0	W 125-117
1/29	at New Paltz	L 93.5-109.5
2/9-12	SUNYAC Championships	3rd of 9

(HOME MEETS IN BOLD CAPS)

(SUNYAC Meet: Flickinger Aquatic Center; Buffalo, NY)

Men's Season Recap

2nd of 5

(Oct. 30; Oswego Relays; Oswego, NY)

Jack Popper won the three-meter diving event and the Red Dragons captured a pair of relay events. Chad Shelby, Jim Pioli and Andy Chevalier teamed up to win the 300 back relay (2:53.38) and the trio of Pioli, Chevalier and Pat Connolly won the 300 medley relay (2:56.41).

Ithaca 139, Cortland 103

(Nov. 3; Cortland, NY)

In Cortland's opening dual meet of the season, Andy Chevalier was a dual winner in the 200 fly (2:01.78) and the 200 IM (2:03.26) and Jack Popper swept the one-meter (254.55) and three-meter (231.85) diving events. The foursome of Chevalier, Jim Pioli, Brett Humphreys and Alan Marcel was victorious in the 400 medley relay (3:45.76).

4th of 4

(Nov. 6; RIT Invitational; Rochester, NY)

Highlights of the meet included Jack Popper's second-place finish off the three-meter board (250.40) and third-place effort off the one-meter board (242.10) and Andy Chevalier's second-place finish in the 200 IM (2:04.69) and fourth-place finish in the 100 breast (1:04.88).

Cortland 113, Potsdam 75

(Nov. 13; Cortland, NY)

The Red Dragons easily won the dual-meet behind strong efforts from a number of competitors. Andy Chevalier won the 200 IM (2:05.61) and the 500 free (5:06.36) as an exhibition entry. Alan Marcel took the 50 free (23.23), Jeff Kunkel captured the 100 free (52.58), Chad Lundwall won the 200 free (1:57.43) and Pat Connolly was victorious in the 1,000 free (11:09.61). Jim Pioli won the 100 breast (1:09.16) as an exhibition entry, and Jack Popper took top honors in the one-meter diving event (468.70).

2nd of 2

(Nov. 19-20; Cortland Invitational; Cortland, NY)

Jack Popper led the Red Dragon effort with a sweep of the one-meter (399.30) and three-meter (271.25) diving events. Chris Griffin placed second off the one-meter (348.40) and three-meter (216.90) boards. Jason Wiese finished first in the 500 free (5:10.94). Cortland also had three other second-place finishers -- Chad Shelby in the 500 free (5:23.99), Andy Chevalier in the 200 IM (2:03.34) and Jim Pioli in the 200 back (2:07.78).

Cortland 133, Brockport 110

(Dec. 3; Brockport, NY)

Jack Popper and Jason Wiese were each double winners with Popper capturing the one-meter (244.55) and three-meter (252.70) diving events and Wiese taking top honors in the 500 (5:15.76) and 1,000 (10:51.33) free. Alan Marcel won the 100 free (51.16), Jim Pioli was victorious in the 100 back (58.21) and the 200 free relay team of Jeff Kunkel, Chad Lundwall, Pat Connolly and Evan Jones took first.

Cortland 120, Oneonta 97

(Jan. 13; Cortland, NY)

Andy Chevalier won the 500 free (5:01.90), 1,000 free (10:28.57) and the 400 IM (4:29.19) to lead Cortland. Jack Popper swept the one-meter (260.20) and three-meter (267.80) diving events, and Brendan Quest captured first in the 50 free (23.41) and Coop Paulson won the 100 breast (1:06.12).

3rd of 7

(Jan. 15; RPI Invitational; Rensselaer, NY)

While finishing third at the meet, the Red Dragons also posted a 5-1 dual mark behind Andy Chevalier's victories in the 200 fly (2:01.38) and 200 IM (2:01.33) and Jack Popper's first-place finishes in the one-meter (255.80) and three-meter (288.90) diving events. Other highlights included Chris Griffin's third-place showings off the one-meter (219.20) and three-meter (244.40) boards and Jim Pioli's third-place finish in the 200 back (2:06.93).

Cortland 127, Buffalo St. 87

(Jan. 17; Buffalo, NY)

The Red Dragons improved their dual-meet record to 9-2 with the comfortable win. Andy Chevalier captured first in the 1,650 free (17:27.86) and the 200 fly (2:02.67), Sunny Porras won the 50 free (24.07) and Pat Connolly won the 200 IM (2:09.13). Chris Griffin won the first portion of the one-meter diving event (175.60 in five dives), while Jack Popper won the second portion of the event (224.90 in six dives) as an exhibition entry. Cortland also won the 200 free and 200 medley relays.

Oswego 129, Cortland 114

(Jan. 19; Oswego, NY)

Andy Chevalier led the Red Dragons with victories in the 200 fly (2:03.09) and the 200 IM (2:01.99). Jason Wiese won the 1,000 free (10:19.43) and Jack Popper took top honors off the one-meter board (254.60).

Geneseo 129, Cortland 108

(Jan. 25; Cortland, NY)

Andy Chevalier and Jack Popper continued to lead the Red Dragon effort. Chevalier captured first in the 400 IM (4:22.10) and the 500 free (5:01.96) and Popper swept the one-meter (447.25) and three-meter (447.80) diving events.

Cortland 107, New Paltz 92

(Jan. 29; New Paltz, NY)

The Red Dragons primed for the conference meet with their 10th dual-meet win of the season. Andy Chevalier earned wins in the 200 IM (2:00.61), the 200 fly (2:06.92) and the 500 free (5:02.95). Jim Pioli won the 200 free (1:52.39) and the 200 back (2:06.30), while Alan Marcel finished first in the 50 free (23.47) and Jason Wiese won the 1,000 free (10:58.70).

3rd of 9

(Feb. 9-12; SUNYAC Championships; Buffalo, NY)

The Red Dragons finished third for the second straight season, but significantly closed the gap in points on the teams ahead of them. Cortland amassed 543 points, 68 points out of second place and 396 points out of first place. Overall, the Red Dragons improved their score by 119 points from 2004. Andy Chevalier won the 200 IM (1:57.54) and the 400 IM (4:13.35) for the second straight year. Jack Popper took the conference crown off the three-meter board (468.20) and placed second off the one-meter board (409.65). Pat Connolly finished second in the 400 IM (4:16.66), Chevalier placed second in the 200 fly (1:56.95), Jim Pioli took third in the 100 back (54.34) and Chris Griffin finished third off the three-meter board (413.20).

Women's Season Recap

2nd of 5

(Oct. 30; Oswego Relays; Oswego, NY)

The Red Dragons won six relays -- the 200 free, 300 back, 300 breast, 300 fly, 300 medley and 400 medley. Erica Clark, Nicki Damiano, Nikki LaBarge and Abby Murphy were each part of three winning relay teams at the meet.

Cortland 138, Ithaca 103

(Nov. 3; Cortland, NY)

The Red Dragons defeated Ithaca in a dual meet for the first time since Feb. 3, 1982. Nikki LaBarge and Aubrey Talaska were double winners for Cortland. LaBarge won the 50 free (25.06) and the 100 free (55.35) and Talaska captured the 200 breast (2:34.42) and the 200 IM (2:20.74). Sarah O'Loughlin won the 200 fly (2:15.98) and the Red Dragons also won the 400 free and 400 medley relays.

1st of 4

(Nov. 6; RIT Invitational; Rochester, NY)

Five different Red Dragons won individual events at RIT -- Allie Houseman in the 50 free (25.58), Erica Clark in the 100 back (1:03.64), Aubrey Talaska in the 100 breast (1:11.83), Nicki Damiano in the 100 fly (1:02.09) and Nikki LaBarge in the 200 IM (2:19.68).

Cortland 128, Potsdam 91

(Nov. 13; Cortland, NY)

The Red Dragons won 10 individual events and two relays as they easily defeated the Bears. Amy Jones swept the one-meter (206.70) and three-meter (202.10) diving events and Marissa Bechtold won the 100 free (57.98) and the 500 free (5:43.93) as an exhibition entrant. Other Cortland winners included Nicki Welch (50 free), Allie Houseman (200 free), Miranda Chrisspell (1,000 free), Erica Clark (100 back), Aubrey Talaska (100 breast) and Nikki LaBarge (200 IM).

2nd of 4

(Nov. 19-20; Cortland Invitational; Cortland, NY)

Nikki LaBarge won the 50 free (25.55), Aubrey Talaska captured first in the 100 breast (1:11.82) and second in the 200 breast (2:34.29), Amy Jones won the three-meter diving event (182.10) and Erica Clark placed second in the 100 back (1:03.49) to lead the Red Dragons in their own invitational.

Cortland 143.5, Brockport 97.5

(Dec. 3; Brockport, NY)

Trish Heelan and Marissa Bechtold were each double winners for Cortland. Heelan won the 200 free (2:06.20) and 500 free (5:44.53), while Bechtold took top honors in the 50 free (26.13) and 100 back (1:04.92). Lisa Benamati placed first in the 100 free (58.82), Sarah O'Loughlin won the 100 fly (1:03.74) and Krista Lennox finished first in the 1,000 free (11:43.22) to round out Cortland's individual winners.

Cortland 148, Oneonta 98

(Jan. 13; Cortland, NY)

Seven different competitors won individual events as Cortland won the matchup of Red Dragons. The victorious swimmers were Allie Houseman (50 free, 25.80), Marissa Bechtold (100 free, 57.31), Krista Lennox (200 free, 2:05.24), Seana Murphy (500 free, 5:37.23), Aubrey Talaska (100 breast, 1:13.63), Nicki Damiano (100 fly, 1:03.13) and Abby Murphy (400 IM, 4:57.99).

Cortland 115, Buffalo St. 107

(Jan. 17; Buffalo, NY)

Nikki LaBarge won the 100 free (56.22) and 200 free (2:04.04) to help lead Cortland to its fifth dual-meet win of the season. Other winners included Allie Houseman (50 free, 25.80), Krista Lennox (1,650 free, 19:27.90), Marissa Bechtold (100 back, 1:05.54), Abby Murphy (100 breast, 1:13.93), Sarah O'Loughlin (200 fly, 2:19.86) and Nicki Damiano (200 IM, 2:25.02).

Oswego 136, Cortland 107

(Jan. 19; Oswego, NY)

Nikki LaBarge again won two events, taking first in the 50 free (25.14) and the 100 free (55.55). Erica Clark was victorious in the 200 back (2:19.85), Abby Murphy won the 200 breast (2:35.60) and Amy Jones placed first off the three-meter board (190.95). LaBarge, Clark, Murphy and Nicki Damiano also teamed up to win the 400 medley relay (4:13.74).

1st of 6

(Jan. 22; RPI Invitational; Rensselaer, NY)

Cortland took top honors at RPI and also posted a 5-0 dual-meet record. Nikki LaBarge and Aubrey Talaska posted Cortland's two individual wins at the meet with LaBarge placing first in the 200 fly (2:20.71) and Talaska winning the 200 breast (2:34.61). LaBarge and Talaska teamed with Erica Clark and Nicki Damiano to finish first in the 400 medley relay (4:13.37).

Cortland 125, Geneseo 117

(Jan. 25; Cortland, NY)

The Red Dragons improved their dual-meet record to 11-1 with the narrow win. Allie Houseman won the 50 free (24.92), Aubrey Talaska placed first in the 100 breast (1:11.08), Nicki Damiano was victorious in the 100 fly (1:02.28) and Amy Jones took top honors off the one-meter board (336.15).

New Paltz 109.5, Cortland 93.5

(Jan. 29; New Paltz, NY)

Cortland's lone individual winner was Sarah O'Loughlin in the 200 fly (2:18.47). Erica Clark, Abby Murphy, Nicki Damiano and Nikki LaBarge teamed up to win the 400 medley relay (4:12.75) and Allie Houseman, Krista Lennox, Damiano and LaBarge took first in the 400 free relay (3:46.24).

3rd of 9

(Feb. 9-12; SUNYAC Championships; Buffalo, NY)

The Red Dragons broke nine school records, including every relay mark, in placing third at the conference meet for the second straight season. Much like the men, the point gap closed dramatically. In 2004, the women finished 341 points out of first and 337 points out of second. In 2005, Cortland was 157.50 points out of first and just 80.50 points away from second. Nicki Damiano won the 100 fly (school-record 59.71) and Aubrey Talaska took top honors in the 100 breast (1:09.01). Talaska set the school record in the 200 breast (2:28.79) with a second-place finish, while Krista Lennox finished fourth in the 1,650 free (school-record 18:17.75) and Nikki LaBarge established a new school mark in the 50 free (24.59 preliminaries). Abby Murphy captured third in the 100 breast (1:09.44) and Allie Houseman finished third in the 50 free (24.73).



Sophomore Marissa Bechtold established a personal best in the 200 back and was a member of three record-setting relay teams at the 2005 SUNYAC Championships.

All-Americans (since 1972)

1975

Kerry Quilty, 3-Meter Diving
Randy Taylor, 1-Meter and 3-Meter Diving

1977

Larry Collins, 400 Medley Relay
Jeff Maxwell, 100 and 200 Back,
400 Medley Relay
Mike Meyer, 400 Medley Relay
Bob Slater, 400 Medley Relay

1978

Jeff Maxwell, 100 and 200 Back
Tom Olivo, 3-Meter Diving

1979

Steve Hoff, 400 Freestyle Relay
Kevin Markwardt, 400 Freestyle Relay
Jeff Maxwell, 100 and 200 Back
Ed Morford, 400 Freestyle Relay
Mark Ouimet, 400 Freestyle Relay
Ed Walrath, 200 IM, 200 Back

1980

Jeff Maxwell, 100 and 200 Back
Ed Walrath, 200 IM, 200 Back

Penny Armstrong, 200 Freestyle Relay
Lorie Brown, 3-Meter Diving
Brenda Hickey, 200 Fly, 400 IM
Beth Leonard, 200 Freestyle Relay
Joni Neuendorf, 200 Freestyle Relay
Anne Ross, 200 Freestyle Relay

1981

Steve Hoff, 400 and 800 Freestyle Relays
Bob Kalin, 400 and 800 Freestyle Relays
Jim Lalonde, 200 Fly
Jan Mitchell, 400 Medley Relay,
400 and 800 Free
Jim Swartz, 400 Medley Relay, 200 Back,
400 and 800 Freestyle Relays,
200 and 500 Free
Ed Walrath, 100 and 200 Back,
400 Medley Relay
Bill Wilson, 400 Medley Relay

Carloyn Foley, 200 Medley Relay
Beth Leonard, 200 and 400 Medley Relays
Joni Neuendorf, 200 and 400 Medley Relays
Karen Toper, 200 Breast, 400 Medley Relay
Terry Wallace, 200 and 400 Medley Relays

1982

Mike DiBacco, 800 Freestyle Relay
Steve Hoff, 800 Freestyle Relay
Jeff Holden, 1-Meter and 3-Meter Diving
Jim LaLonde, 200 Fly
Glen Moore, 800 Freestyle Relay
Craig Travers, 800 Freestyle Relay

Judy Baker, 50 Free, 50 and 100 Back,
200, 400 and 800 Freestyle Relays
Wendy Davis, 400 Medley Relay,
200, 400 and 800 Freestyle Relays
Carolyn Foley, 100 Breast,
200 and 400 Medley Relays
Joni Neuendorf, 50 Back,
200 and 400 Medley Relays,
200, 400 and 800 Freestyle Relays
Anne Ross, 50 Free, 200 Medley Relay,
100 Back, 200 and 400 Freestyle Relays
Kay Simonson, 200 Fly, 400 IM,
1650 Free, 800 Freestyle Relay
Lisa Swart, 50 and 100 Back,
200 and 400 Medley Relays

1983

Jeff Holden, 3-Meter Diving,
1-Meter Diving (national champion)

Joanne Adams, 200 and 400 Freestyle Relays
Judy Baker, 50 and 100 Free, 200 Medley Relay,
200 and 400 Freestyle Relays
Wendy Davis, 200 Medley Relay
Charlotte Lyster, 200 and 400 Freestyle Relays
Joni Neuendorf, 50 Back, 200 Medley Relay
Anne Ross, 200 Medley Relay

1984

Jeff Holden, 1-Meter and 3-Meter Diving
Ken Cundy, 1-Meter and 3-Meter Diving

1985

Art Boyko, 200 Breast, 400 Medley Relay
Paul Jensen, 400 Medley Relay
Ron Ouimette, 100 Back, 400 Medley Relay
Craig Travers, 400 Medley Relay

Joanne Adams, 100 Back
Lori Lawler, 1-Meter and 3-Meter Diving

1986

Art Boyko, 100 and 200 Breast
Trae Scott, 3-Meter Diving (HM)
Mike Stulgross, 1-Meter Diving

Joanne Adams, 50 Free (HM), 100 Free
Pam Dworakowski, 1-Meter Diving (HM),
3-Meter Diving (HM)
Cathy Humpleby, 100 Back (HM),
200 Back (HM)
Lori Lawler, 1-Meter and 3-Meter Diving

1987

Art Boyko, 100 and 200 Breast
Trae Scott, 3-Meter Diving (HM)
Mike Stulgross, 3-Meter Diving (HM)

Pam Dworakowski, 1-Meter Diving (HM),
3-Meter Diving (HM)
Cathy Humpleby, 200 Back, 100 Back (HM)

1988

Art Boyko, 100 Breast (HM), 200 Breast (HM)

Cathy Humpleby, 200 Back (HM)

1989

Trae Scott, 1-Meter Diving, 3-Meter Diving (HM)
Steve Volhejn, 1,650 Free (HM)

Laura Landry, 1-Meter Diving,
3-Meter Diving (national champion)

1990

Trae Scott, 1-Meter Diving, 3-Meter Diving (HM)

Kim Iak, 50 Free

*Freshman Brett
Humphreys finished
fourth in the 200
breast and fifth in the
100 breast at the
2005 SUNYAC
Championships.*



1991

Dave Murphy, 1-Meter Diving (HM),
3-Meter Diving (HM)

Becky Drake, 1-Meter Diving (HM)

1992

Ryan Kendrick, 200 Freestyle Relay (HM),
400 Freestyle Relay (HM)
Eric Manale, 400 Freestyle Relay (HM)
Matt Mitchell, 200 Freestyle Relay (HM),
50 and 100 Free, 400 Medley Relay (HM)
Dan Playfair, 400 Freestyle Relay (HM)
Matt Schilling, 200 Medley Relay,
400 Medley Relay (HM)
Brian Tobin, 200 Medley Relay,
200 (HM) and 400 (HM) Freestyle Relays,
400 Medley Relay (HM)
Brian Williams, 200 Medley Relay,
100 Back (HM), 400 Medley Relay (HM),
200 Free Relay (HM)

Dana Cutri, 1-Meter Diving (HM),
3-Meter Diving (HM)

1993

Julian Heyward, 1-Meter and 3-Meter Diving
Ryan Kendrick, 400 Freestyle Relay (HM),
200 (HM) and 400 Medley Relays (HM)
Kyle Kraus, 1-Meter (HM) and 3-Meter (HM) Diving
Matt Schilling, 400 Freestyle Relay (HM),
200 (HM) and 400 (HM) Medley Relays
Brian Tobin, 100 Free (HM),
400 Freestyle Relay (HM),
200 (HM) and 400 (HM) Medley Relays
Brian Williams, 400 Freestyle Relay (HM),
200 (HM) and 400 (HM) Medley Relays

Becky Drake, 3-Meter Diving (HM)

1994

Julian Heyward, 1-Meter and 3-Meter Diving
Ryan Kendrick, 50 Free, 100 Free, 200 Free

1995

Julian Heyward, 1-Meter and 3-Meter Diving

1997

Corey Ryon, 500 Free (HM), 1650 Free (HM)

1998

Kevin Crossman, 200 Ind. Medley (HM),
200 Breast (HM)
Corey Ryon, 1,650 Free (HM)

HM = Honorable Mention (Began 1985-86)

SUNYAC Champions (since 1991)

1991

Todd Krajewski, 200 Medley Relay
Matt Mitchell, 50 Free, 100 Free, 100 Fly, 200 Medley Relay
Dave Murphy, 3-Meter Diving
Jon Rittling, 200 Medley Relay
Brian Williams, 100 Back, 200 Medley Relay

Becky Drake, 1-Meter Diving

1992

Ryan Kendrick, 400 Medley Relay, 200, 400 and 800 Freestyle Relays
Eric Manale, 400 Medley Relay, 400 and 800 Freestyle Relays
Matt Mitchell, 50 and 100 Free, 200, 400 and 800 Freestyle Relays, 200 Medley Relay
Dan Playfair, 400 Medley Relay
Matt Schilling, 200 Breast, 200 and 400 Medley Relays
Brian Tobin, 200 Free, 200 Medley Relay, 200, 400 and 800 Freestyle Relays
Brian Williams, 100 and 200 Back, 200 Freestyle Relay, 200 Medley Relay

Dana Cutri, 1-Meter Diving
Becky Drake, 3-Meter Diving

1993

Julian Heyward, 3-Meter Diving
Ryan Kendrick, 200 and 400 Medley Relays, 200 and 400 Freestyle Relays
Todd Krajewski, 200 and 400 Freestyle Relays
Kyle Kraus, 1-Meter Diving
Matt Schilling, 200 and 400 Medley Relays
Brian Tobin, 100 Fly, 200 IM, 200 and 400 Medley Relays, 200 and 400 Freestyle Relays
Brian Williams, 100 and 200 Back, 200 and 400 Medley Relays, 200 and 400 Freestyle Relays

Adrienne Cass, 200 Breast, 200 Medley Relay
Becky Drake, 1-Meter and 3-Meter Diving
Danielle LeBarron, 100 Back, 200 Medley Relay
Shauna Reilly, 200 Fly, 200 Medley Relay
Andrea Tsikalas, 200 Medley Relay

1994

Julian Heyward, 1-Meter and 3-Meter Diving
Ryan Kendrick, 50 Free

Adrienne Cass, 200 and 400 Medley Relays
Michelle DiPasquale, 200, 400 Medley Relays
Melissa Gruver, 200 and 400 Medley Relays
Shauna Reilly, 100 and 200 Fly, 200 and 400 Medley Relays

1995

Kevin Crossman, 200 IM, 200 Back
Julian Heyward, 1-Meter and 3-Meter Diving

Adrienne Cass, 200 Medley Relay
Beth Dobberstein, 200 Medley Relay
Melissa Gruver, 200 Medley Relay
Shauna Reilly, 100 and 200 Fly, 200 Medley Relay

1996

Kevin Crossman, 200 and 400 IM, 200 Back
Michelle DiPasquale, 200, 400 Medley Relays
Beth Dobberstein, 200 IM, 200 and 400 Medley Relays
Jill Fabian, 100 Back, 200 and 400 Medley Relays
Shauna Reilly, 200 Fly, 200 and 400 Medley Relays

1997

Gary Crossman, 400 Medley Relay
Kevin Crossman, 100 Breast, 200 Breast, 200 IM, 200 Freestyle Relay, 400 Medley Relay
Dave Myers, 400 Medley Relay
Corey Ryon, 500 Free, 200 Freestyle Relay, 400 Medley Relay
Rob Strobel, 200 Freestyle Relay
Chris Williams, 200 Freestyle Relay

Jessica Covert, 200 and 500 Free, 200 Medley Relay
Michelle DiPasquale, 200 Medley Relay
Beth Dobberstein, 200 IM, 200 Medley Relay
Jill Fabian, 200 Medley Relay
Kerry Ormond, 400 IM
Stacy West, 1-Meter Diving

1998

Kevin Crossman, 200 IM, 200 Breast, 400 IM, 200 Medley Relay, 200 Freestyle Relay
Ken Driscoll, 200 Medley Relay, 200 Freestyle Relay
Ricker Fredericks, 3-Meter Diving
Matthew Moore, 200 Medley Relay
Corey Ryon, 500 Free
Ryan Warren, 200 Freestyle Relay
Chris Williams, 200 Medley Relay, 200 Freestyle Relay

Jessica Covert, 200, 500 and 1650 Free, 200 and 400 Medley Relays, 200 and 400 Freestyle Relays
Beth Dobberstein, 200 IM, 100 Free, 100 Fly, 200 and 400 Medley Relays, 200 and 400 Freestyle Relays
Jill Fabian, 200 and 400 Medley Relays, 200 and 400 Freestyle Relays
Beth Whitehead, 50 Free, 100 and 200 Breast, 200 and 400 Medley Relays, 200 and 400 Freestyle Relays

1999

Matt Moore, 200 Medley Relay
Mike Nicholson, 200 Medley Relay
Ryan Warren, 100 and 200 Free
Jason Westervelt, 200 Medley Relay
Jeff Willis, 200 Medley Relay

2000

Matt Moore, 200 and 400 Medley Relays
Todd Muldner, 400 Medley Relay
Adam Musso, 200 Medley Relay
Ryan Warren, 200 IM, 200 and 400 Medley Relays
Derek Yacono, 100 and 200 Breast, 200 and 400 Medley Relays

Katherine Becker, 200 Medley Relay
Kelly Garrity, 100 Fly, 200 Medley Relay
Kat Gregory, 100 Back, 200 Medley Relay
April Parrotte, 200 Medley Relay

2001

Ryan Fecher, 200 IM, 200 and 400 Medley Relays, 200 and 400 Freestyle Relays
Jon Gardner, 200 Freestyle Relay
Colin Mabbett, 200 and 400 Medley Relays, 200 and 400 Freestyle Relays
Ryan Warren, 50, 100 and 200 Free, 200 and 400 Medley Relays, 200 and 400 Freestyle Relays
Derek Yacono, 200 and 400 Medley Relays, 400 Freestyle Relay, 100 Breast

Haley Brown, 3-Meter Diving
Kate Duncan, 200 Breast
Kat Gregory, 100 Back, 200 IM

2002

Kate Duncan, 200 Free
Kat Gregory, 200 and 400 IM
Megan McKenna, 100 and 200 Back
Amy Sislo, 1-Meter and 3-Meter Diving

2003

Amy Sislo, 3-Meter Diving

2004

Andy Chevalier, 200 and 400 IM, 200 Fly

2005

Andy Chevalier, 200 and 400 IM
Jack Popper, 3-Meter Diving

Nicki Damiano, 100 Fly
Aubrey Talaska, 100 Breast



Sophomore Allie Houseman earned second team All-SUNYAC honors with a third-place finish in the 50 free.

Record Book

Cortland Men's Swimming and Diving Records

Event	Name, Year	Time
50-yd Freestyle	Ryan Kendrick, 1994	20.92
100-yd Freestyle	Ryan Kendrick, 1994	45.85
200-yd Freestyle	Ryan Kendrick, 1994	1:42.16
500-yd Freestyle	Corey Ryon, 1998	4:40.40
1,000-yd Freestyle	Corey Ryon, 1997	9:52.72
1,650-yd Freestyle	Corey Ryon, 1998	16:16.24
100-yd Backstroke	Kevin Crossman, 1998	53.06
200-yd Backstroke	Ed Walrath, 1981	1:57.38
100-yd Breaststroke	Art Boyko, 1987	58.89
200-yd Breaststroke	Kevin Crossman, 1998	2:06.71
100-yd Butterfly	Brian Tobin, 1993	51.65
200-yd Butterfly	Jim LaLonde, 1981	1:56.18
200-yd Indiv. Medley	Kevin Crossman, 1998	1:54.29
400-yd Indiv. Medley	Kevin Crossman, 1998	4:08.00
200-yd Freestyle Relay	Brian Williams, Ryan Kendrick, Brian Tobin, Matt Mitchell, 1992	1:24.96
400-yd Freestyle Relay	Brian Tobin, Eric Manale, Ryan Kendrick, Matt Mitchell, 1992	3:08.24
800-yd Freestyle Relay	Steve Hoff, Jan Mitchell, Bob Kalin, Jim Swartz, 1981	6:59.79
200-yd Medley Relay	Brian Williams, Matt Schilling, Brian Tobin, Matt Mitchell, 1992	1:35.11
400-yd Medley Relay	Brian Williams, Matt Schilling, Brian Tobin, Matt Mitchell, 1992	3:31.47
1-meter diving		
11 dives	Trae Scott, 1990	476.20 pts.
6 dives	Jeff Holden, 1984	319.90 pts.
3-meter diving		
11 dives	Trae Scott, 1990	545.00 pts.
6 dives	Jeff Holden, 1984	335.20 pts.

Holsten Pool -- Men's Records

Event	Name	Team	Year	Time
50-yd Freestyle	Brian Tobin	Cortland	1993	21.38
100-yd Freestyle	Louis Petto	New Paltz	1993	47.01
200-yd Freestyle	Louis Petto	New Paltz	1993	1:41.13
500-yd Freestyle	Corey Ryon	Cortland	1997	4:43.27
1,000-yd Freestyle	Matt Feinberg	Binghamton	1997	9:50.48
1,650-yd Freestyle	Matt Feinberg	Binghamton	1997	16:15.04
100-yd Backstroke	John Schnell	Hartwick	1995	53.27
200-yd Backstroke	Kevin Rusch	Colgate	1983	1:56.90
100-yd Breaststroke	Pat Chetney	Oswego	1993	59.54
200-yd Breaststroke	Pat Chetney	Oswego	1993	2:10.91
100-yd Butterfly	Brian Tobin	Cortland	1993	51.65
200-yd Butterfly	Pat Fish	Geneseo	1993	1:54.96
200-yd Indiv. Medley	Kevin Crossman	Cortland	1997	1:57.75
400-yd Indiv. Medley	Tim Menges	Geneseo	1993	4:10.31
200-yd Freestyle Relay	Kendrick, Krajewski, Williams, Tobin (Cortland)		1993	1:25.58
400-yd Freestyle Relay	Connolly, Kocharczyk, Atkins, Erb (Fredonia)		1990	3:10.58
800-yd Freestyle Relay	Petto, Swift, Nolan, O'Brien (New Paltz)		1993	7:03.15
200-yd Medley Relay	Williams, Schilling, Tobin, Kendrick (Cortland)		1993	1:35.65
400-yd Medley Relay	Kendrick, Schilling, Williams, Tobin (Cortland)		1993	3:31.47

Cortland Women's Swimming and Diving Records

Event	Name	Time
50-yd Freestyle	Nikki LaBarge, 2005	24.59
100-yd Freestyle	Kate Duncan, 2002	53.55
200-yd Freestyle	Jessica Covert, 1998	1:57.23
500-yd Freestyle	Jessica Covert, 1998	5:14.01
1,000-yd Freestyle	Jessica Covert, 1998	11:00.98
1,650-yd Freestyle	Krista Lennox, 2005	18:17.75
100-yd Backstroke	Megan McKenna, 2002	1:00.98
200-yd Backstroke	Megan McKenna, 2002	2:10.61
100-yd Breaststroke	Beth Whitehead, 1998	1:08.15
200-yd Breaststroke	Aubrey Talaska, 2005	2:28.79
100-yd Butterfly	Nicki Damiano, 2005	59.71
200-yd Butterfly	Kay Simonson, 1982	2:12.21
200-yd Indiv. Medley	Beth Dobberstein, 1998	2:13.14
400-yd Indiv. Medley	Kat Gregory, 2002	4:45.54
200-yd Freestyle Relay	Allie Houseman, Marissa Bechtold, Nicki Damiano, Nikki LaBarge, 2005	1:39.64
400-yd Freestyle Relay	Allie Houseman, Krista Lennox, Marissa Bechtold, Nikki LaBarge, 2005	3:39.53
800-yd Freestyle Relay	Trish Heelan, Marissa Bechtold, Johanna Fredrickson, Krista Lennox, 2005	8:05.98
200-yd Medley Relay	Erica Clark, Abby Murphy, Nicki Damiano, Nikki LaBarge, 2005	1:51.56
400-yd Medley Relay	Erica Clark, Abby Murphy, Nicki Damiano, Nikki LaBarge, 2005	4:05.64
1-meter diving		
10 dives	Becky Drake, 1993	423.20 pts.
6 dives	Laura Landry, 1989	281.05 pts.
3-meter diving		
11 dives	Lori Lawler, 1986	477.63 pts.
6 dives	Laura Landry, 1989	286.75 pts.

Holsten Pool -- Women's Records

Event	Name	Team	Time
50-yd Freestyle	Lyons	Ithaca	24.52
100-yd Freestyle	Lyons	Ithaca	53.36
200-yd Freestyle	Linek	Binghamton	1:56.01
500-yd Freestyle	Morford	Columbia	5:06.37
1,000-yd Freestyle*	Dudley	Columbia	10:42.55
1,650-yd Freestyle	Dudley	Columbia	17:39.55
100-yd Backstroke	Seidman	Columbia	1:01.02
200-yd Backstroke	Seidman	Columbia	2:07.42
100-yd Breaststroke	Alexander	Columbia	1:07.05
200-yd Breaststroke	McCue	Columbia	2:27.87
100-yd Butterfly	Ros	Monroe CC	57.07
200-yd Butterfly	Qu	Binghamton	2:06.53
200-yd Indiv. Medley	McCue	Columbia	2:09.29
400-yd Indiv. Medley	Swartwout	Columbia	4:34.33
200-yd Freestyle Relay		Syracuse	1:36.70
400-yd Freestyle Relay		St. Lawrence	3:39.96
800-yd Freestyle Relay		Syracuse	8:07.98
200-yd Medley Relay		Columbia	1:52.72
400-yd Medley Relay		Columbia	4:01.73

* Set during the 1,650-yard freestyle

About SUNY Cortland

Located atop one of the rolling hills in central New York's "City of Seven Valleys," the State University of New York College at Cortland was founded in 1868 as the Cortland Normal School, which included among its earliest students inventor and industrialist Elmer A. Sperry of Sperry-Rand Corp. fame.

Over the decades, the campus expanded and in 1941, by an act of legislature and the Board of Regents, the institution officially became a four-year college providing courses leading to the bachelor's degree. In 1948, Cortland was a founding member of the State University of New York.

Today, approximately 7,500 students are pursuing degrees within the College's three academic divisions — arts and sciences, professional studies and the school of education. Twenty-three departments with a faculty of more than 400 offer the SUNY Cortland student body 70 majors and 44 minors from which to choose.

The College's main campus covers 191 acres and includes 30 traditional and modern buildings. Fourteen of these structures are residence halls providing on-campus housing for approximately 3,000 students. Cortland also operates its Outdoor Education Center at Raquette Lake in the Adirondacks, the Hoxie Gorge Nature Preserve outside Cortland, and the Brauer Memorial Geological Field Station on the Helderberg Escarpment near Albany.

At Cortland, athletics are viewed as having an important role in the educational mission of the College. During the fall, winter and spring seasons, Cortland participates in 25 intercollegiate sports — 14 women's and 11 men's — in an attempt to provide a broad program which meets the needs, interests and abilities of its students.

The Cortland athletic program placed eighth nationally out of 430 colleges and universities in the 2003-04 all-sport National Association of Collegiate Directors of Athletics (NACDA) Directors' Cup Division III standings. The award was

formerly known as the Sears Directors' Cup from 1995-2002. Cortland is the only New York school and one of only six nationwide to finish in the top 20 each of the last nine years. Since 1989, the Red Dragons have captured 12 NCAA Division III team titles.

The College offers its student-athletes excellent athletic facilities. The newly-constructed on-campus stadium features two artificial turf fields. One field seats 6,500 spectators, the other 1,500. The Cortland football, field hockey, men's and women's soccer, men's and women's lacrosse and men's and women's track and field teams are among those who utilize the facility, which the *New York Times* called "...a new stadium worthy of a major university power."

The Bessie L. Park Physical Education and Recreation Center, opened in 1973, features the Whitney T. Corey Gymnasium with a 3,500 seating capacity; the Olympic-sized Harriet Holsten swimming pool with gallery seating for 1,500; the Alumni Ice Arena, a facility which can accommodate 2,500 spectators; a 500-seat gymnastics arena, racquetball and squash courts, a wrestling room, modern athletic training facilities and the state-of-the-art Francis Woods Fitness Facility.

Nearby Clayton R. Lusk Field House, with its tartan-textured surface, is home for the indoor track teams, varsity practice sessions and recreational activities. Cortland's soccer teams play on T. Fred "Prof" Holloway Field, which has lights for night contests and newly installed bleachers. The College also has 22 outdoor tennis courts and two outdoor basketball courts and boasts Robert H. Wallace Field (baseball) and Dragon Field (softball) as part of its 51 acres of athletic fields.



Cortland
State University of New York College at Cortland

R E D D R A G O N S

CORTELWAD



2004-05 Red Dragon Men's and Women's Swimming and Diving Team (left to right): Front Row: Scott Discepolo, Sean Clode, Andy Chevalier, Alan Marcel, Kevin Graves, Jeremy Stuttle, Jeremy Cuebas, Chad Shelby, Brett Humphreys, Jim Pioli, Brendan Quest, Coop Paulson, Jason Wiese, Chad Lundwall, Andy Graves, Pat Connolly, Sunny Porras, Middle Row: Holly Fitzgerald, Seana Murphy, Sarah Gebhard, Aubrey Talaska, Miranda Chispell, Kristin Pucser, Alie Houseman, Nicki Damiano, Kelly Malone, Kristy Richko, Marissa Bechtold, Kelly Bonsted, Ally Lee, Abby Murphy, Krista Lennox, Trish Heelan, Nikki Labarge, Erin McNeils. Back Row: Athletic Training Student Kristen Tucker, Head Coach Brian Tobin, Jeff Kunkel, Anthony Mastocco, Chris Griffin, Amy Miller, Angela Granger, Stephanie Pettfield, Sarah O'Loughlin, Jessica McCrane, Johanna Fredrickson, Erica Clark, Amy Jones, Nikki Welch, Erin McCoy, Heather Crowley, Christopher Berry, Jack Popper, Assistant Coach Corey Ryon, Assistant Coach Kate Becker.