



SUNY Cortland
Red Dragons

2005-06 Team Guide

Swimming and Diving



Season Review

In 2005-06, the Cortland men's and women's swimming and diving teams took their success to the national level for the first time since the 1990s. Along the way, multiple school records were dunked, excellent dual-meet records were posted and second-place finishes at the SUNYAC Championships were secured. The evidence is unmistakable as the steady progression of the program under fourth-year head coach Brian Tobin continues.

The women's team sent four competitors to the NCAA Div. III Championships. Juniors Marissa Bechtold, Allie Houseman and Nikki LaBarge and freshman Lauren Friedlander qualified in the 200 free relay and also participated in the 400 free, 200 medley and 400 medley relays. Individually, Houseman swam in the 50 free, 100 free and 100 breast, LaBarge competed in the 50 free and Friedlander swam in the 200 back. The foursome earned honorable mention All-America honors in the 200 free relay, the first Red Dragon women swimmers to be named All-Americans since 1990.



Freshman Kaelyn Schaefer greatly improved her 100 breast time during the 2005-06 season.

records, as well as the second-place 200 medley relay foursome that set a school record. Friedlander won the 200 back in school-record time and placed second in the 100 back, both personal bests. She also swam on four record-setting relays at the conference meet.

Houseman established a school record in the finals of the 50 free with a second-place finish and eclipsed the mark during a time trial at the league meet. She also posted personal-best times with a third-place finish in the 100 free and a fifth-place finish in the 100 breast and was a member of three record-setting relay squads.



Sophomore Alan Marcel established personal bests in the 50, 100 and 200 free at the SUNYAC Championships.

At the SUNYAC Championships, Cortland totaled 596 points behind the efforts of the previously mentioned four, as well as other strong contributions throughout the roster. The increased depth of the Red Dragons showed itself at the conference meet.

LaBarge and Friedlander earned first team All-SUNYAC honors, while Houseman, senior Abby Murphy and junior Krista Lennox were second team All-SUNYAC performers.

LaBarge set school records in winning the 200 IM and finishing third in the 100 fly in personal-best times. She was also part of the winning 200 free relay and 400 medley relay teams that established school



Junior Andy Chevalier captured SUNYAC titles in the 200 IM and 400 IM for the third straight year.

Murphy posted season-best times in finishing third in the 100 breast and 200 breast and seventh in the 400 IM. She was also a part of the record-setting 200 and 400 medley relays. Lennox placed third in the 500 free with a personal-best time, fourth in the 1,650 free in a season-best time and eighth in the 200 free. She also swam on the record-setting 800 free relay that finished second.

Other key contributors at the SUNYAC meet included Bechtold, seniors Lisa Benamati and Kristy Richko, junior Ally Lee, sophomore diver Amy Jones, sophomores Erica Clark, Johanna Fredrickson and Sarah O'Loughlin and freshmen Cecelia Buhl, Kat Evans and Samantha Long.

For the men, sophomore Brett Humphreys qualified for the national meet in the 100 breast after he posted an NCAA qualifying time and a school and conference record by winning the event at the SUNYAC Championships. Humphreys also competed in the 200 breast and the 200 IM at the NCAA meet and placed second in the 200 breast and fourth in the 200 IM in personal-best times at the conference meet, where the Red Dragons scored 650.5 points.

Junior Andy Chevalier earned first team All-SUNYAC honors for a third straight year after he won the 200 and 400 IM in personal-best times for the third consecutive season. Chevalier also set a personal-best time by finishing third in the 1,650 free at the conference championships and was a member of the school record-setting 400 medley relay team.

Freshman Dave Dow had an immediate impact in distance free events at the SUNYAC Championships, earning first team All-SUNYAC honors by winning the 1,650 free in a personal-best time. He also finished fourth in the 500 free and sixth in the 200 fly. Freshman Drew Hilker earned second team All-SUNYAC honors with a second-place finish in the 100 free. He also won the "B" final of the 50 free and swam on the school record-setting 400 medley relay team.

Sophomore Alan Marcel placed second in the 50 free, after swimming a personal-best time in the preliminaries, to earn second team All-SUNYAC honors. Marcel also established personal bests in the 100 and 200 free and was a member of the winning 200 medley relay team at the conference meet.

Senior Jim Pioli, junior Pat Connolly and sophomore Kevin Stuttle each earned second team All-SUNYAC honors. Pioli set new personal-best times by finishing third in the 100 back, fifth in the 50 free and sixth in the 200 back at the SUNYAC Championships. He also was a member of the winning 200 medley and school record-setting 400 medley relay teams. Connolly placed second in the 400 IM, fourth in the 200 IM and fourth in the 200 fly in personal-best times at the conference meet. Stuttle placed third in the one-meter and fourth in the three-meter diving events at the SUNYAC meet.

Other contributors to the team's success at the SUNYAC meet included junior Sunny Porras, who was a member of the conference winning 200 medley relay team, and sophomore Jeremy Cuebas, who established three personal-best times at the league meet.

Coaching Staff



Brian Tobin Head Coach

Brian Tobin completed his fourth season as head swimming and diving coach at SUNY Cortland in 2005-06. Both the men's and women's teams finished second at the SUNYAC Championships and sent competitors to the national meet for the first time since the 1990s. The two previous years, Tobin guided the men's and women's teams to third-place finishes at the conference meet.

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 three school and one 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 eighth season as an assistant coach for the Cortland men's and women's swimming and diving teams in 2005-06.

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.

Nicole Marshall Assistant Coach

The 2005-06 season was Nicole Marshall's first as an assistant coach for the Cortland men's and women's swimming and diving teams. Prior to Cortland, Marshall was an assistant coach for the SUNY Potsdam swimming and diving teams during the 2003-04 season.

Marshall, who graduated from Potsdam in 2003 and is currently a graduate student at Cortland, was a four-year member of the Bears' swimming and diving team. She earned the Maxcy Molnar Award after her season senior.

A native of Malone, N.Y., Marshall is a 1999 graduate of Franklin Academy, where she was a four-year member of the swim team.

Jack Popper Diving Coach

Jack Popper completed his first season as diving coach for the Cortland men's and women's swimming and diving teams in 2005-06 after a stellar four-year career as a diver for the Red Dragons.

Popper was a provisional national qualifier and won the three-meter diving title at the SUNYAC Championships as a senior. He was also the co-recipient of the James Fulton Award at the league meet. Popper played three seasons of lacrosse at Cortland and was a member of three NCAA playoff squads, including the 2003 team that reached the national semifinals.

A native of Merrick, N.Y., Popper earned a bachelor's degree from Cortland in 2005 and is currently pursuing his master's degree at the College. He lettered in football, wrestling and lacrosse at Bellmore JFK High, where he graduated in 2001.

Team Rosters

WOMEN

Name.....	Events	Yr.	Hometown	High School
Keri Baker	Free	Fr.	Endicott	Maine-Endwell
Marissa Bechtold.....	Free, Back	Jr.	Lockport	Lockport
Lisa Benamati.....	Free	Sr.	Fredonia	Fredonia
Kelly Bonsted.....	Free	Jr.	New Hartford	New Hartford
Danielle Bubar	Free	Fr.	East Amherst	Williamsville North
Cecelia Buhl.....	Free	Fr.	Greene	Greene
Nina Camacho.....	Free	Fr.	Yorktown Heights	Yorktown
Bobbi-Jo Card.....	Free	Fr.	Binghamton	Binghamton
Erica Clark.....	Back	So.	Suffern	Suffern
Kat Evans.....	Free, Back	Fr.	Dix Hills	Half Hollow Hills East
Johanna Fredrickson	Free	So.	Cortland	Cortland
Lauren Friedlander	Free	Fr.	Woodbury	Syosset
Allie Houseman.....	Free, Breast	Jr.	Wellsville	Wellsville
Amy Jones.....	Diving	So.	Ballston Lake	Burnt Hills-Ballston Lake
Nikki LaBarge.....	Fly, IM	Jr.	Morrisonville	Peru
Ally Lee.....	Fly	Jr.	Middletown	Minisink Valley
Krista Lennox.....	Free	Jr.	Williamsville	Williamsville East
Chelsea Leone.....	Breast	Fr.	Auburn	Auburn
Samantha Long.....	Free, Fly	Fr.	Cheektowaga	Cheektowaga
Allie Maer.....	Breast, IM	Fr.	Cornwall	Cornwall
Kelly Malone.....	Free	Jr.	Massapequa Park	Massapequa
Jessica McCrane.....	Breast	So.	Lake Grove	Sachem
Jeannine McNamara	Diving	Fr.	Williamsville	Williamsville East
Abby Murphy.....	Breast, IM	Sr.	Montour Falls	Odessa-Montour
Sarah O'Loughlin	IM, Fly	So.	Pleasantville	Pleasantville
Alicia Palmer.....	Fly	Fr.	Hornell	Hornell
Joelle Perkins	Diving	Fr.	Camillus	West Genesee
Stephanie Petfield.....	Diving	So.	Thornwood	Westlake
Kristy Richko.....	Back	Fr.	Seaford	Seaford
Danielle Sacca.....	Free	Fr.	Stony Brook	Ward Melville
Kaelyn Schaefer	Breast	Fr.	Rochester	Gates-Chili
Lanie Simon.....	Free	Fr.	West Seneca	West Seneca West
Katharine Spader	Free	Fr.	Larchmont	Mamaroneck
Kelly Swanson.....	Back	Fr.	Amherst	Amherst
Nikki Welch.....	Back	Jr.	Dansville	Dansville
Elise Yawney.....	Diving	Fr.	West Islip	West Islip

MEN

Name.....	Events	Yr.	Hometown	High School
Chris Berry.....	Free	Jr.	Alfred	Alfred-Almond
Andy Chevalier	Fly, IM	Jr.	Chazy	Chazy Central Rural
Sean Clode.....	Breast	Jr.	Yonkers	Yonkers
Pat Connolly.....	Fly, IM	Jr.	Shrub Oak	Lakeland
Jeremy Cuebas.....	Free	So.	Brentwood	Brentwood
Roy Culkin.....	Back, IM	Fr.	Holtsville	Sachem East
Scott Discepolo.....	Free	Sr.	Merrick	Calhoun
Dave Dow.....	Free	Fr.	Glastonbury, CT	Glastonbury
Sam Fox.....	Free	Sr.	Merrick	Bellmore JFK
Andy Graves.....	IM, Fly	So.	Holland Patent	Holland Patent
Rick Harbers.....	Free	Fr.	Amsterdam	Amsterdam
Drew Hilker.....	Free	Fr.	Ithaca	Ithaca
Jacob Howell.....	Diving	So.	Newfield	Newfield
Brett Humphreys.....	Breast	So.	Amsterdam	Amsterdam
Evan Jones.....	Fly	So.	East Amherst	Williamsville North
Jeff Kunkel.....	Free	So.	Cheektowaga	Cleveland Hill
Andrew Lawlor.....	Free	Fr.	Gloversville	Gloversville
Alan Marcel.....	Free	So.	Central Islip	Central Islip
Jim Pioli.....	Back	Sr.	Grand Island	Grand Island
James Poffenbarger	Breast	Fr.	Owego	Owego Free Academy
Sunny Porras.....	Fly	Jr.	Great Neck	Great Neck North
H. Austin Rhoads.....	Breast	Fr.	Orchard Park	Orchard Park
Jim Roeser.....	Fly, Back	Fr.	Suffern	Suffern
Chad Shelby.....	Back	Jr.	Bohemia	Connetquot
Andy Smith.....	Free	Fr.	Honeoye Falls	Honeoye Falls-Lima
Eric Strahley.....	Back	Fr.	Oswego	Oswego
Kevin Stuttle.....	Diving	So.	Dryden	Dryden
Jason Wiese.....	Free	Jr.	Buffalo	Kenmore West

Head Coach: Brian Tobin (*Cortland '94*), 4th Year

Assistant Coaches: Nicole Marshall, Corey Ryon

Diving Coach: Jack Popper

Athletic Training Student: Jeremiah Johnson

Women's Captains: Krista Lennox, Nikki LaBarge, Abby Murphy, Kristy Richko

Men's Captains: Andy Chevalier, Jim Pioli

Men's and Women's Profiles



Marissa Bechtold Junior, Free/Back
Major: Fitness Dev. Lockport, NY

2005-06: Marissa earned honorable mention All-America honors in the 200 free relay at the NCAA Div. III Championships...Also competed in the 400 free relay and the 200 and 400 medley relays at the national meet... Finished eighth in the 50 free (25.60, personal-

best 25.40 preliminaries), won the "B" final of the 100 back (personal-best 1:02.48) and placed third in the "B" final of the 100 free (56.02, personal-best 55.84 preliminaries) at the SUNYAC Championships...Member of the winning 200 free relay team (school-record 1:37.76) that qualified for NCAA Championships, second-place 400 free relay squad (3:40.12) and second-place 800 free relay team (school-record 8:05.60) at the league meet...**2004-05:** 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...**Other:** Member of the Dean's List at Cortland...**Parents:** Maureen and Robert Bechtold **Brothers/Sisters:** Nathan, Lindsay, Hailey.



Lisa Benamati Senior, Free
Major: Physical Education Fredonia, NY

2005-06: Lisa finished seventh in the "B" final of the 50 free (26.23, personal-best 25.84 preliminaries) at the SUNYAC Championships... Also competed in the 100 free (58.27) at the league meet...**2004-05:** Competed in freestyle, fly and relay events during the season...Finished

third in the 50 free versus Brockport...**2003-04:** Member of fourth-place 200 free relay (1:41.84) at the SUNYAC Championships...Also competed in the 50 free (26.64), 100 free (58.66) and 200 free (2:13.95) at the conference meet...**2002-03:** Did not compete...**High School:** Graduated from Fredonia in 2002, where she was a member of Student Council...Four-year member of the swimming and diving team...Named Most Improved...Competed in throws on track and field team for two seasons...**Other:** Member of Dean's List at Cortland...President of Habitat for Humanity at Cortland... Member of Phi Kappa Phi and Phi Eta Sigma at Cortland...**Parents:** Mary Ellen and Frank Benamati **Brothers/Sisters:** Mike.



Erica Clark Sophomore, Back
Major: Professional Writing Suffern, NY

2005-06: Erica finished seventh in the 200 back (season-best 2:15.68), fifth in the "B" final of the 100 back (1:03.66, season-best 1:03.47 preliminaries) and sixth in the "B" final of the 200 IM (personal-best 2:21.42) at the SUNYAC Championships...**2004-05:** 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 (season-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.



Johanna Fredrickson Sophomore, Free
Major: Psychology Cortland, NY

2005-06: Johanna finished 10th in the 1,650 free (personal-best 18:52.47) and fifth in the "B" final of the 500 free (season-best 5:27.29) at the SUNYAC Championships...Member of second-place 800 free relay team (school-record 8:05.60) at the conference meet...**2004-05:** Finished 11th

in the 1,650 free (season-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.



Lauren Friedlander Freshman, Free
Major: Physical Education Woodbury, NY

2005-06: Lauren earned honorable mention All-America honors in the 200 free relay at the NCAA Div. III Championships...Also competed in the 200 back, the 400 free relay and the 200 and 400 medley relays at the national meet... Earned first team All-SUNYAC honors...Won

the 200 back (personal-best, school-record and NCAA qualifying 2:09.40), placed second in the 100 back (1:01.87, personal-best 1:01.37 preliminaries) and finished sixth in the 50 free (personal-best 25.31) at the SUNYAC Championships...Member of the winning 200 free relay team (school-record 1:37.76) that qualified for NCAA Championships, winning 400 medley relay (school-record 4:02.89), second-place 200 medley relay (school-record 1:51.36) and second-place 800 free relay (school-record 8:05.60) teams at the conference meet...**High School:** A 2005 graduate of Syosset, where she was a member of the honors society and the honors program...Received President's Scholarship and NYS Phys Ed Award...Seven-year member of the swim team...Six-time MVP... Five-time all-county selection...Four-time state qualifier...Team captain...School record holder in five events...**Other:** Uncle Mike Brooks played baseball at Cortland...**Parents:** Peggy and Stevan Friedlander **Brothers/Sisters:** Jaclyn.



Allie Houseman Junior, Free
Major: Physical Education Wellsville, NY

2005-06: Allie earned honorable mention All-America honors in the 200 free relay at the NCAA Div. III Championships...Also competed in the 50 free, 100 free, 100 breast, the 400 free relay and the 200 and 400 medley relays at the national meet...Earned second team

All-SUNYAC honors...Placed second in the 50 free (24.21), third in the 100 free (personal-best 54.25) and fifth in the 100 breast (1:10.10, personal-best 1:09.52 preliminaries) at the SUNYAC Championships...Broke her own school record in the 50 free (24.14) and qualified for the NCAA Championships in a time trial at the league meet...Member of the winning 200 free relay team (school-record 1:37.76) that qualified for NCAA Championships, the winning 400 medley relay team (school-record 4:02.89), the second-place 400 free relay squad (3:40.12) and the second-place 200 medley relay squad (school-record 1:51.36) at the conference meet...**2004-05:** Earned second team All-SUNYAC honors...Placed third in the 50 free (season-best 24.73) and fifth in the 100 free (season-best 55.03) and won the "B" final of the 100 breast

Men's and Women's Profiles

(season-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.



Amy Jones **Sophomore, Diving**
Major: Physical Education Ballston Lake, NY

2005-06: Amy placed fifth in the three-meter diving event (personal-best 355.20 points) and sixth off the one-meter board (personal-best 359.65 points) at the SUNYAC Championships...**2004-05:** Finished sixth in three-meter diving (333.70 points) and seventh

in one-meter diving (299.55 points, 301.95 preliminaries) at the SUNYAC Championships...**High School:** A 2004 graduate of Burnt Hills-Ballston Lake, where she was a member of the high honor roll...Two-year member of the swimming and diving team...Competed at sectionals...Four-year member of the track and field team...Team captain...Sectional champion and competed in state meet...**Other:** Nine-year member of club gymnastics team...**Parents:** Anne and Tom Jones **Brothers/Sisters:** Eric.



Nikki LaBarge **Junior, Fly/IM**
Major: Math/Physics Educ. Morrisonville, NY

2005-06: Nikki earned honorable mention All-America honors in the 200 free relay at the NCAA Div. III Championships...Also competed in the 50 free, the 400 free relay and the 200 and 400 medley relays at the national meet...Earned first team All-SUNYAC honors...Won the 200 IM

(school-record 2:11.48), placed third in the 100 fly (school-record 59.46) and finished sixth in the 200 fly (2:16.41, personal-best 2:15.02 preliminaries) at the SUNYAC Championships...Member of the winning 200 free relay team (school-record 1:37.76) that qualified for NCAA Championships, the winning 400 medley relay team (school-record 4:02.89), the second-place 400 free relay squad (school-record 3:40.12) and the second-place 200 medley relay squad (school-record 1:51.36) at the conference meet...**2004-05:** 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 **Junior, Free**
Major: Fitness Dev. Williamsville, NY

2005-06: Krista earned second team All-SUNYAC honors...Placed third in the 500 free (personal-best 5:18.64), fourth in the 1,650 free (season-best 18:20.41) and eighth in the 200 free (2:01.74, season-best 2:00.57 preliminaries) at the SUNYAC Championships...Member of

second-place 800 free relay team (school-record 8:05.60) and second-place 400 free relay team (3:40.12) at the conference meet...**2004-05:** Set a school record (18:17.75) with a fourth-place finish in the 1,650 free, finished fifth in the 500 free (season-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...Member of the Dean's List at Cortland...**Parents:** Deborah and Jeffrey Lennox...Both parents competed in swimming at Fredonia...**Brothers/Sisters:** Jeffrey.



Abby Murphy **Senior, IM/Breast**
Major: Childhood Educ. Montour Falls, NY

2005-06: Abby earned second team All-SUNYAC honors...Placed third in the 100 breast (season-best 1:09.66) and 200 breast (season-best 2:31.58) and seventh in the 400 IM (season-best 4:52.39) at the SUNYAC Championships...Member of winning 400 medley relay team

(school-record 4:02.89) and second-place 200 medley relay squad (school-record 1:51.36) at the conference meet...**2004-05:** 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.

Men's and Women's Profiles



Sarah O'Loughlin Sophomore, Fly
Major: Anthropology Pleasantville, NY

2005-06: Sarah finished seventh in the 200 fly (2:17.70, personal-best 2:14.63 preliminaries), eighth in the 400 IM (4:54.06, season-best 4:53.05 preliminaries) and second in the "B" final of the 200 IM (personal-best 2:16.92) at the SUNYAC Championships...**2004-05:** 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 swim team at Hartwick.



Nikki Welch Junior, Back
Major: Recreation Dansville, NY

2005-06: Nikki finished eighth in the "B" final of the 50 free (26.51, personal-best 25.87 preliminaries) and the "B" final of the 100 back (1:05.44, personal-best 1:04.92 preliminaries) at the SUNYAC Championships...**2004-05:** Finished fifth in the "B" final of the 100 back (1:05.98,

season-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, season-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...Conference MVP as a senior...Competed in cross country and track for four seasons...**Parents:** Natalie and James Welch **Brothers/Sisters:** Jimmy.



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

2005-06: Andy earned first team All-SUNYAC honors...Won the 200 IM (personal-best 1:57.09) and the 400 IM (personal-best 4:11.11) and placed third in the 1,650 free (personal-best 16:49.60) at the SUNYAC Championships... Member of the second-place 400 medley relay

team (school-record 3:31.17) and the third-place 800 free relay team (7:11.68) at the conference meet...**2004-05:** Earned first team All-SUNYAC honors...Won the 200 IM (season-best 1:57.54), the 400 IM (season-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...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 Junior, IM/Fly
Major: Physical Education Shrub Oak, NY

2005-06: Pat earned second team All-SUNYAC honors...Placed second in the 400 IM (personal-best 4:15.17), fourth in the 200 IM (personal-best 1:59.26) and fourth in the 200 fly (personal-best 1:58.94) at the SUNYAC Championships... Member of third-place 800 free relay team

(7:11.68) at the conference meet...**2004-05:** Earned second team All-SUNYAC honors...Placed second in the 400 IM (season-best 4:16.66), fifth in the 200 IM (season-best 1:59.95) and sixth in the 200 fly (2:01.58, season-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...**Parents:** Maureen and Gene Connolly **Brothers/Sisters:** Katie, Megan.



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

2005-06: Jeremy finished seventh in the 200 free (1:48.84, personal-best 1:47.54 preliminaries), second in the "B" final of the 500 free (personal-best 4:57.61) and 12th in the 1,650 free (personal-best 17:47.33) at the SUNYAC Championships...Member of second-place 400

free (3:11.49) and third-place 800 free (7:11.68) relay teams at the conference meet...**2004-05:** Won the "B" final of the 200 free (season-best 1:48.90), finished 10th in the 1,650 free (17:54.41) and third in the "B" final of the 500 free (season-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.



Dave Dow Free, Freshman
Major: Sport Management Glastonbury, CT

2005-06: Dave earned first team All-SUNYAC honors...Won the 1,650 free (personal-best 16:36.30), finished fourth in the 500 free (personal-best 4:49.35) and sixth in the 200 fly (2:03.21, personal-best 2:00.01 preliminaries) at the SUNYAC Championships...Member of the

third-place 800 free relay team (7:11.68) at the league meet...**High School:** A 2005 graduate of Glastonbury...Four-year member of the swimming and diving team...Named Unsung Hero as a junior... Received the Hartwell Award as a senior...**Parents:** Kathy and David Dow.



Drew Hilker Free, Freshman
Major: Physical Education Ithaca, NY

2005-06: Drew earned second team All-SUNYAC honors...Placed second in the 100 free (personal-best 47.56) and won the "B" final of the 50 free (personal-best 21.89) at the SUNYAC Championships...Member of the second-place 200 free (1:25.15), 400 free (3:11.49) and 400

medley (school-record 3:31.17) relay teams at the conference

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meet...**High School:** A 2005 graduate of Ithaca...Four-year member of the swimming and diving team...Set three school and two Section Four records...Captured eight state medals...Four-year member of the track and field team...State champion in pentathlon...Set three school records...Won six state medals...Team was four-time STAC champion...**Other:** Finished second in the high jump at the Empire State Games...Member of Cortland's outdoor track and field team...**Parents:** Liz and Jim Hilker **Brothers/Sisters:** Adam, Danielle.



Brett Humphreys **Sophomore, Breast**
Major: Criminology **Amsterdam, NY**

2005-06: Brett competed in the 100 breast, 200 breast and 200 IM at the NCAA Div. III Championships...Earned first team All-SUNYAC honors...Set a meet and school record with an NCAA provisional qualifying time in winning the 100 breast (personal-best 57.89), finished

second in the 200 breast with an NCAA provisional qualifying time (personal-best 2:08.08) and placed fourth in the 400 IM (personal-best 4:17.59) at the SUNYAC Championships...Member of the winning 200 medley relay (1:36.16) and the second-place 400 medley relay (school-record 3:31.17) teams at the league meet...**2004-05:** Finished fourth in the 200 breast (season-best 2:12.32), fifth in the 100 breast (season-best 1:01.08) and won the "B" final of the 400 IM (season-best 4:27.64) at the SUNYAC Championships...Member of the third-place 400 medley (3:37.42) and fourth-place 200 medley (1:39.46) relay teams at the conference meet...**High School:** Graduated from Amsterdam in 2004...Four-year member of the swimming and diving team...Placed fifth in the 100 breast in Section Two as a senior...Competed in cross country for one season...Sectional qualifier...**Parents:** Deborah and Grant Humphreys **Brothers/Sisters:** Shayna.



Alan Marcel **Sophomore, Free**
Major: Physical Education **Central Islip, NY**

2005-06: Alan earned second team All-SUNYAC honors...Placed second in the 50 free (21.35, personal-best 21.31 preliminaries), second in the "B" final of the 100 free (48.63, personal-best 48.56 preliminaries) and eighth in the "B" final of the 200 free (1:52.74, personal-best

1:51.84 preliminaries) at the SUNYAC Championships...Member of the winning 200 medley relay team (1:36.16) and second-place 200 free (1:25.15) and 400 free (3:11.49) relay squads at the conference meet...**2004-05:** Finished second in the "B" final of the 50 free (season-best 22.30), fourth in the "B" final of the 100 free (season-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 class president and president of Student Council...Four-year member of the swimming and diving team...All-league and all-county all four years...Set three school records...Four-year starting outside and middle hitter on the volleyball team...**Other:** Member of the Dean's List at Cortland...**Parent:** Vashti Emaman **Brothers/Sisters:** Jonathan, Anisha.



Jim Pioli **Senior, Back**
Major: Exercise Science **Grand Island, NY**

2005-06: Jim earned second team All-SUNYAC honors...Finished third in the 100 back (personal-best 53.85), fifth in the 50 free (personal-best 21.82) and sixth in the 200 back (personal-best 1:58.69) at the SUNYAC Championships...Member of the winning 200 medley relay

team (1:36.16) and the second-place 200 free (1:25.15), 400 free (3:11.49) and 400 medley (school-record 3:31.17) relay squads...**2004-05:** Earned second team All-SUNYAC honors...Placed third in the 100 back (season-best 54.34), fourth in the 200 back (season-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.



Sunny Porras **Junior, Fly**
Major: Recreation **Great Neck, NY**

2005-06: Sunny placed third in the "B" final of the 50 free (22.33, personal-best 22.20 preliminaries), fourth in the "B" final of the 100 fly (55.67, personal-best 55.55 preliminaries) and eighth in the "B" final of the 100 free (50.99, personal-best 50.39 preliminaries) at the

SUNYAC Championships...Member of the winning 200 medley relay team (1:36.16) and the second-place 200 free relay squad (1:25.15) at the conference meet...**2004-05:** Finished fourth in the "B" final of the 100 fly (56.53, 56.49 preliminaries) and competed in the 100 free (51.90) at the SUNYAC Championships...**Prior to Cortland:** Attended SUNY Cobleskill, where he was a member of the swim team...Regional champion in the 50 free...Received Coaches Award...Competed at nationals...**High School:** Graduated from Great Neck North in 2002...Four-year member of the swim team...Earned all-division honors three times and all-county honors once...Named Most Dedicated as a sophomore, Most Improved as a junior and MVP as a senior...Two-year member of the soccer team...Competed in track and field for four seasons...Earned all-division honors all four seasons...**Parents:** Mirna and Hector Porras **Brothers/Sisters:** Daniel.



Chad Shelby **Junior, Back**
Major: History Education **Bohemia, NY**

2005-06: Chad competed in the 100 back, 200 back and 1,650 free (season-best 18:33.78) at the SUNYAC Championships...**2004-05:** 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

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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.



Kevin Stuttle **Sophomore, Diving**
Major: Physical Education **Dryden, NY**

2005-06: Kevin placed third in the one-meter (personal-best 410.95 points) and fourth in the three-meter (personal-best 402.85 points) diving events at the SUNYAC Championships...**2004-05:** Finished eighth in the three-meter diving event (344.90 points, 361.55 points preliminaries)

and won the "B" final off the one-meter board (305.25 points) at the SUNYAC Championships...**High School:** A 2004 graduate of Dryden, where he was a member of the National Honor Society... Four-year member of the swimming and diving team...Finished third in the conference in diving as a junior...Two-year starter in soccer...Team won conference crown his senior season...Competed in track and field for one season...Team won conference and Section Four Class B titles...Five-year member of the golf team...**Parents:** Krista and Lee Stuttle...Father is a Cortland graduate...**Brothers/Sisters:** Bryant, Megan.



Jason Wiese **Junior, Free**
Major: Sport Management **Buffalo, NY**

2005-06: Jason competed in the 200 free, 500 free (personal-best 5:00.79 preliminaries) and 1,650 free (18:02.53) at the SUNYAC Championships...**2004-05:** Finished eighth in the 1,650 free (17:43.89) and fifth in the "B" final of the 500 free (5:04.15, season-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.

2005-06 Results

MEN (12-2)

Date	Meet	Result
10/28	at Buffalo St.	W 131-92
10/29	SPRINT RELAYS	1st of 5
11/5	at Ithaca	W 134-105
11/12	at Potsdam	W 112-55
11/19	CORTLAND INVITATIONAL	1st of 9
12/2	BROCKPORT	W 116-109
1/6	Wis.-Eau Claire (Puerto Rico)	no scoring
1/7	Diving at NYU	no scoring
1/12	at Oneonta	W 99-81
1/14	at RPI Invitational	2nd of 7
	Rensselaer	L 120-122
	Ithaca	W 125-109
	Oneonta	W 175-61
	New Paltz	W 180-47
	Clarkson	W 184-43
	Skidmore	W 199-17
1/17	OSWEGO	W 129-112
1/22	Diving at Rochester	no scoring
1/24	at Geneseo	L 108-126
1/28	NEW PALTZ	W 125-78
2/4	at Oswego Last Chance Meet	no scoring
2/9-12	SUNYAC Championships	2nd of 9
2/18	at Case Western Veale Classic	no scoring
3/16-18	NCAA Div. III Championships	no score

(HOME MEETS IN BOLD CAPS)

(SUNYAC Meet: Flickinger Aquatic Center; Buffalo, NY)
(NCAA Div. III Championships: Minneapolis, MN)

WOMEN (9-3-1)

Date	Meet	Result
10/28	at Buffalo St.	W 129-88
10/29	SPRINT RELAYS	2nd of 5
11/5	at Ithaca	T 121-121
11/12	at Potsdam	W 125-83
11/19	CORTLAND INVITATIONAL	1st of 9
12/2	BROCKPORT	W 114-105
1/6	Wis.-Eau Claire (Puerto Rico)	no scoring
1/7	Diving at NYU	no scoring
1/12	at Oneonta	W 110-86
1/17	OSWEGO	L 102-141
1/21	at RPI Invitational	2nd of 6
	New Paltz	L 111-126
	Rensselaer	W 142-101
	Oneonta	W 163-180
	Skidmore	W 178-65
	William Smith	W 178-65
1/22	Diving at Rochester	no scoring
1/24	at Geneseo	L 117-120
1/28	NEW PALTZ	W 116-89
2/4	at Oswego Last Chance Meet	no scoring
2/9-12	SUNYAC Championships	2nd of 9
2/18	at Case Western Veale Classic	no scoring
3/9-11	NCAA Div. III Championships	Tied for 51st

ON THE COVER: Cortland's NCAA Div. III Championships competitors. Top (left to right): Nikki LaBarge, Allie Houseman, Marissa Bechtold, Lauren Friedlander. Bottom: Brett Humphreys.

Men's Season Recap

Cortland 131, Buffalo St. 92 (Oct. 28; Buffalo, NY)

Jeremy Cuebas won the 100 free (51.65), 200 free (1:54.40) and 500 free (5:28.45), and Andy Chevalier was a double winner in the 200 fly (2:03.23) and the 1,000 free (10:19.87) to lead the Red Dragons. Other Cortland winners were Jeff Kunkel in the 50 free (23.19), Jim Pioli in the 200 back (2:05.96) and Kevin Stuttle off the one-meter board (237.55 points).

1st of 5

(Oct. 29; Cortland Sprint Relays; Cortland, NY)

Cortland won seven relay events on its way to the first-place finish. Andy Chevalier and Jim Pioli were members of five winning teams, while freshman Drew Hilker participated in four winning events.

Cortland 134, Ithaca 105 (Nov. 5; Ithaca, NY)

Andy Chevalier took first in three events -- the 200 IM (2:02.80), the 500 free (4:57.07) and the 1,000 free (10:18.02). Kevin Stuttle swept the one-meter (221.30) and the three-meter (197.30) diving events. Also earning first-place finishes were Drew Hilker in the 100 free (50.47), Jim Pioli in the 200 back (2:03.35) and Dave Dow in the 200 fly (2:04.12).

Cortland 112, Potsdam 55 (Nov. 12; Potsdam, NY)

The Red Dragons cruised to the win as a number of competitors contributed to the effort. Dave Dow captured first in the 200 IM (2:14.28), Andy Chevalier won the 200 back (2:13.31), H. Austin Rhoads took first in the 200 breast (2:31.78), Jason Wiese finished first in the 500 free (5:13.67) and Kevin Stuttle won the three-meter diving event (217.70).

1st of 9

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

The Red Dragons easily outdistanced eight junior colleges to capture their own Invitational. Kevin Stuttle won the one-meter (228.55) and the three-meter (245.50) diving events and five other Red Dragons earned first-place finishes -- Alan Marcel in the 100 free (51.37), Brett Humphreys in the 100 breast (1:02.17), Pat Connolly in the 100 fly (57.90), Drew Hilker in the 200 free (1:54.58) and Jim Pioli in the 200 back (2:05.86).

Cortland 116, Brockport 109 (Dec. 2; Cortland, NY)

Jeremy Cuebas was a double winner in the 200 free (1:54.36) and the 500 free (5:23.11) to lead the Red Dragons to the narrow win. Joining Cuebas as winners were Alan Marcel in the 50 free (22.28), Jim Pioli in the 100 back (56.34), Brett Humphreys in the 100 breast (1:01.62), Drew Hilker in the 100 fly (56.47), Dave Dow in the 1,000 free (10:26.35) and Kevin Stuttle in three-meter diving (232.30).

Cortland 99, Oneonta 81 (Jan. 12; Oneonta, NY)

Jim Pioli led the way for Cortland with a win in the 200 free (1:54.53) and an exhibition victory in the 100 back (56.55). Seven other Red Dragons won events, including Evan Jones in the 50 free (24.11), Andy Chevalier in the 100 fly (55.85), Pat Connolly in the 200 IM (2:06.60) and Dave Dow in the 1,000 free (10:39.59).

2nd of 7

(Jan. 14; RPI Invitational; Rensselaer, NY)

While finishing second at the meet, the Red Dragons also posted a 5-1 dual mark behind Andy Chevalier's victories in the 200 fly (2:03.06), the 200 IM (2:01.48) and the 1,000 free

(10:13.57). Other highlights included Alan Marcel's victory in the 50 free (22.42), Jim Pioli's second-place finish in the 200 back (2:02.19), Brett Humphreys' second-place showing in the 200 breast (2:13.99) and third-place finishes by Jeff Kunkel in the 50 free (22.66) and Jeremy Cuebas in the 100 free (50.97).

Cortland 129, Oswego 112 (Jan. 17; Cortland, NY)

The Red Dragons had six individual winners and captured two relays to hand the Lakers their first dual-meet loss of the season. Cortland took first in three freestyle events -- Alan Marcel in the 50 free (22.28), Drew Hilker in the 100 free (48.47) and Andy Chevalier in the 200 free (1:48.59). Other winners included Jim Pioli in the 200 back (2:03.13), Brett Humphreys in the 200 breast (2:15.92) and Pat Connolly in the 200 IM (2:05.00).

Geneseo 126, Cortland 108 (Jan. 24; Geneseo, NY)

Cortland swimmers earned four first-place finishes, all in freestyle events. Andy Chevalier was a double winner, touching the wall first in the 200 free (1:48.98) and the 500 free (4:55.88). Alan Marcel won the 50 free (22.62), and Dave Dow captured first in the 1,650 free (17:15.17) for the Red Dragons.

Cortland 125, New Paltz 78 (Jan. 28; Cortland, NY)

The Red Dragons improved their dual-meet record to 12-2 with the convincing win. Kevin Stuttle swept the one-meter (425.15) and three-meter (163.70) diving events, while Brett Humphreys was victorious in the 200 free (1:54.52) and the 200 breast (2:15.58). Andy Chevalier and Drew Hilker also won two events. Chevalier took first in the 200 fly (2:00.70) and the 200 IM (2:01.13). Hilker took top honors in the 50 free (22.51) and the 100 free (49.01).

2nd of 9

(Feb. 8-11; SUNYAC Championships; Buffalo, NY)

The Red Dragons moved closer to the top of the conference with their second-place finish, breaking two school records along the way. Cortland's 650.5 points were an improvement of more than 100 from 2005. Andy Chevalier captured titles in the 200 IM (1:57.09) and 400 IM (4:15.17) for the third year in a row and placed third in the 1,650 free (16:49.60). Brett Humphreys set a school record with a victory in the 100 breast (57.89) and finished second in the 200 breast (2:08.08). Dave Dow gave the Red Dragons a first-place finish in the 1,650 free (16:36.60). The 400 medley relay team of Jim Pioli, Humphreys, Chevalier and Drew Hilker established a new school mark (3:31.17) with a second-place finish. Hilker also finished second in the 100 free (47.56), while Alan Marcel placed second in the 50 free (21.35) and Kevin Stuttle took third place in the one-meter diving event (410.95).



Freshman Dave Dow swam a personal best in winning the 1,650 free at the SUNYAC Championships.

Women's Season Recap

Cortland 129, Buffalo St. 88 (Oct. 28; Buffalo, NY)

Four Red Dragons won two events each. Krista Lennox touched the wall first in the 500 free (5:42.68) and the 1,000 free (11:42.28). Marissa Bechtold captured first in the 200 free (2:07.75) and the 200 back (2:24.54). Nikki LaBarge took top honors in the 100 free (57.06) and the 400 IM (4:57.39), and Allie Houseman won the 50 free (25.78) and the 200 breast (2:41.26) as an exhibition entry.

2nd of 5

(Oct. 29; Cortland Sprint Relays; Cortland, NY)

The Red Dragons scored 282 points at the meet. Marissa Bechtold, Allie Houseman, Nikki LaBarge and Nikki Welch teamed to win the 200 free relay (1:43.62). The Red Dragons also finished second in six other relay events.

Cortland 121, Ithaca 121 (Nov. 5; Ithaca, NY)

Ithaca edged out Cortland by two-tenths of a second in the final relay to earn the tie. Amy Jones swept the one-meter (206.70 points) and the three-meter (220.70) diving events, and Allie Houseman and Nikki LaBarge also won two events. Houseman took top honors in the 50 free (24.72) and the 100 free (54.69), while LaBarge captured first in the 200 fly (2:15.12) and the 200 IM (2:15.48). Cortland's other winner was Erica Clark in the 200 back (2:16.13).

Cortland 125, Potsdam 83 (Nov. 12; Potsdam, NY)

Abby Murphy won the 200 breast (2:37.30) and the 500 free (5:36.52) and Amy Jones placed first off the one-meter (194.35) and three-meter (192.30) boards to pace Cortland. Other event winners were Kat Evans in the 1,000 free (11:53.10), Johanna Fredrickson in the 200 free (2:06.77), Sarah O'Loughlin in the 200 fly (2:23.29) and Lauren Friedlander in the 100 free (59.49).

1st of 9

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

The Red Dragons easily outdistanced eight junior colleges to win their own Invitational, scoring 794 points, more than 400 points ahead of the second-place team. Abby Murphy was victorious in the 200 breast (2:38.03) and the 400 IM (5:00.96), and Amy Jones swept the one-meter (218.45) and three-meter (236.50) diving events. Eight other individuals took top honors in events for Cortland.

Cortland 114, Brockport 105 (Dec. 2; Cortland, NY)

Allie Houseman and Nikki LaBarge won two events for the Red Dragons. Houseman captured the 200 free (2:08.58) and the 100 breast (1:11.46) in an exhibition, and LaBarge finished first in the 100 fly (1:02.70) and 200 IM (2:19.78). Other event winners included Nina Camacho in the 50 free (26.91), Marissa Bechtold in the 100 back (1:06.25), Johanna Fredrickson in the 500 free (5:49.38) as an exhibition entry and Sarah O'Loughlin in the 1,000 free (11:50.22).

Cortland 110, Oneonta 86 (Jan. 12; Oneonta, NY)

Krista Lennox won the 100 free (58.18) and the 200 free (2:04.99), Allie Houseman placed first in the 50 free (25.95), Kat Evans won the 1,000 free (12:01.05) and Nikki LaBarge touched the wall first in the 100 fly (1:02.59). Lauren Friedlander won the 100 back (1:04.64), Abby Murphy captured the 100 breast (1:12.13) and Marissa Bechtold won the 500 free (5:39.69) as exhibition entries.

Oswego 141, Cortland 102 (Jan. 17; Cortland, NY)

Nikki LaBarge was Cortland's lone double winner, taking first in the 100 free (55.44) and the 200 IM (2:15.22). Other first-place efforts were turned in by Allie Houseman in the 50 free (25.15), Lauren Friedlander in the 200 back (2:18.69) and Abby Murphy in the 200 breast (2:37.76).

2nd of 6

(Jan. 21; RPI Invitational; Rensselaer, NY)

The Red Dragons posted a 4-1 dual record at the meet. Amy Jones captured first in three-meter diving (212.10) and second off the one-meter board (212.00). Other highlights included second-place finishes for Nikki LaBarge in the 50 free (24.80) and the 200 fly (2:16.46) and a second-place finish for Abby Murphy in the 200 breast (2:34.67).

Geneseo 120, Cortland 117 (Jan. 24; Geneseo, NY)

Amy Jones swept the one-meter (211.50) and the three-meter (218.45) diving events to lead the Red Dragons. Nikki LaBarge was also a double winner, taking first in the 50 free (25.07) and the 100 fly (1:00.36).

Cortland 116, New Paltz 89 (Jan. 28; Cortland, NY)

Cortland finished its dual-meet schedule with a 9-3-1 mark. Allie Houseman won the 50 free (24.61) and the 100 free (54.50), and Nikki LaBarge took first in the 200 fly (2:13.50) and the 200 IM (2:13.94). Other winners were Krista Lennox in the 1,000 free (11:18.53), Marissa Bechtold in the 200 free (2:03.09), Erica Clark in the 200 back (2:17.33), Abby Murphy in the 200 breast (2:33.25), Amy Jones in one-meter diving (411.00) and Stephanie Petfield in three-meter diving (425.15).

2nd of 9

(Feb 8-11; SUNYAC Championships; Buffalo, NY)

The Red Dragons dunked eight school records, four individual and four relay standards, on their way to the second-place finish with 596 points. Nikki LaBarge set a school mark with her victory in the 200 IM (2:11.48), and her third-place showing in the 100 fly (59.46) was also a school record. Lauren Friedlander established a school-best time with a win in the 200 back (2:09.40) and placed second in the 100 back (1:01.87). Allie Houseman set a school standard with a second-place finish in the 50 free (24.21), then eclipsed the mark with a 24.14 in a time trial. Houseman also finished third in the 100 free (54.25). Other individual highlights included third-place finishes for Abby Murphy in the 100 breast (1:09.66) and the 200 breast (2:31.58) and a third-place showing for Krista Lennox in the 500 free (5:18.64). The winning foursome of LaBarge, Houseman, Marissa Bechtold and Friedlander set a school record in the 200 free relay (1:37.76), while Friedlander, Murphy, LaBarge and Houseman teamed up to win the 400 medley relay in a school-record time of 4:02.89.



Sophomore diver Amy Jones achieved personal-best scores in the one-meter and three-meter diving events at the 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

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 Ryan, 500 Free (HM), 1650 Free (HM)

1998

Kevin Crossman, 200 Ind. Medley (HM),
200 Breast (HM)

Corey Ryan, 1,650 Free (HM)

2006

Marissa Bechtold, 200 Freestyle Relay (HM)
Lauren Friedlander, 200 Freestyle Relay (HM)
Allie Houseman, 200 Freestyle Relay (HM)
Nikki LaBarge, 200 Freestyle Relay (HM)

HM = Honorable Mention (began 1985-86)



Cortland's 2006 All-Americans (left to right): Lauren Friedlander, Allie Houseman, Marissa Bechtold and Nikki LaBarge.

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

2006

Andy Chevalier, 200 and 400 IM
Dave Dow, 1,650 Free
Brett Humphreys, 100 Breast, 200 Medley
Relay
Alan Marcel, 200 Medley Relay
Jim Pioli, 200 Medley Relay
Sunny Porras, 200 Medley Relay

Marissa Bechtold, 200 Freestyle Relay
Lauren Friedlander, 200 Back, 200
Freestyle Relay, 400 Medley Relay
Allie Houseman, 200 Freestyle Relay, 400
Medley Relay
Nikki LaBarge, 200 IM, 200 Freestyle Relay,
400 Medley Relay
Abby Murphy, 400 Medley Relay



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	Brett Humphreys, 2006	57.89
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	Jim Pioli, Brett Humphreys, Andy Chevalier, Drew Hilker, 2006	3:31.17
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	Allie Houseman, 2006	24.14
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	Lauren Friedlander, 2006	2:09.40
100-yd Breaststroke	Beth Whitehead, 1998	1:08.15
200-yd Breaststroke	Aubrey Talaska, 2005	2:28.79
100-yd Butterfly	Nikki LaBarge, 2006	59.46
200-yd Butterfly	Kay Simonson, 1982	2:12.21
200-yd Indiv. Medley	Nikki LaBarge, 2006	2:11.48
400-yd Indiv. Medley	Kat Gregory, 2002	4:45.54
200-yd Freestyle Relay	Nikki LaBarge, Allie Houseman, Marissa Bechtold, Lauren Friedlander, 2006	1:37.76
400-yd Freestyle Relay	Allie Houseman, Krista Lennox, Marissa Bechtold, Nikki LaBarge, 2005	3:39.53
800-yd Freestyle Relay	Marissa Bechtold, Johanna Fredrickson, Lauren Friedlander, Krista Lennox, 2006	8:05.60
200-yd Medley Relay	Lauren Friedlander, Abby Murphy, Nikki LaBarge, Allie Houseman, 2006	1:51.36
400-yd Medley Relay	Lauren Friedlander, Abby Murphy, Nikki LaBarge, Allie Houseman, 2006	4:02.89
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 31 traditional and modern buildings. Fifteen 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 13th nationally out of 434 colleges and universities in the 2004-05 all-sport United States Sports Academy Directors' Cup Division III standings. The award was formerly known as the Sears Directors' Cup from 1995-2002 and the National Association of Collegiate Directors of

Athletics (NACDA) Directors' Cup in the 2002-03 school year. Cortland is the only New York school and one of only six nationwide to finish in the top 20 each of the last 10 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

