



SUNY Cortland *Red Dragons*

2006-07 Team Guide

Swimming and Diving



Season Review

In 2006-07, the Cortland men's and women's swimming and diving teams continued their run of success by posting matching 12-1 dual-meet records and finishing second at the SUNYAC Championships for the second consecutive season. The Red Dragons were also represented at the NCAA Division III Championships by junior diver Kevin Stuttle, who placed 19th in both the one- and three-meter events.



Junior Amy Jones established personal-best scores in the one-meter and three-meter diving events at the SUNYAC Championships.

200 medley and 400 free relay teams that established school records.

Bergquist set the school record in the 100 back in the preliminaries and followed with a second-place finish in the event finals. She was also a member of the second-place 400 medley relay team and the third-place 200 medley and 400 free relay squads that broke school records. Taylor Houseman placed second in both the 100 and 200 breast and was a member of the second-place 400 medley relay team and third-place 200 medley relay foursome that set a school record. Molzan touched the wall second in the 100 free and was a member of three record-setting relays, including the winning 200 free squad.



Freshman Samantha Buckley set the school record in the 1,000-yard free in a dual meet at Rochester.

At the conference meet, the women's team scored 656 points, while the men finished with 718 points, just nine and a half points out of first place. The meet was decided in the final event, the 400-yard freestyle relay, where the Red Dragons finished eight-tenths of a second out of first place. Both of fifth-year head coach Brian Tobin's squads received contributions from veterans and underclassmen.

For the women, sophomore Lauren Friedlander earned first team All-SUNYAC honors, and senior Allie Houseman and freshmen Krista Bergquist, Taylor Houseman and Katie Molzan were each second team All-SUNYAC honorees.

Friedlander repeated as the conference winner in the 200 back, finished eighth in the 100 back and 200 free and was a member of the third-place school-record setting 800 free relay team. Allie Houseman placed second in the 50 free, seventh in the 100 breast and won the "B" final of the 100 free. She was also a member of the winning 200 free relay foursome that set a school record and the third-place



Sophomore Drew Hilker earned first team All-SUNYAC honors after winning the 100-yard fly at the conference meet in a personal-best time.

Other key contributors at the conference meet included seniors Marissa Bechtold, Nikki LaBarge and Krista Lennox, juniors Erica Clark, Amy Jones and Sarah O'Loughlin and freshmen Kristin Barnoski, Samantha Buckley and Megan Donlevy.

For the men, senior Andy Chevalier and sophomore Drew Hilker earned first team All-SUNYAC honors, while senior Pat Connolly, junior Brett Humphreys and sophomore Dave Dow earned second team all-conference honors.

For the fourth straight season, Chevalier swept the 200 and 400 IM.

He also placed second in the 200 fly and was a member of two second-place relay teams. Hilker touched the wall first in the 100 fly, placed second in the 100 free and was a member of four second-place relay foursomes.



Junior Kevin Stuttle was the first Cortland diver to qualify for the national meet since 1998.

For the fourth year in a row, Connolly finished second in the 400 IM behind teammate Chevalier, fourth in the 200 fly and fifth in the 200 IM. Humphreys placed second in the 100 breast and the 200 breast and was a member of two second-place relay teams. Dow came in second in the 1,650 free, fourth in the 500 free and eighth in the 400 IM.

Several other Red Dragons gave outstanding efforts at the league meet. Stuttle finished fourth off the one-meter board and fifth off the three-meter board. Junior Jeremy Cuebas had two top-eight finishes in free events and was a member of two second-place relay teams. Junior Alan Marcel placed fourth in the 50 free and was on three second-place relay squads.

Sophomore Brett Poffenbarger took third in the 100 breast and swam on the second-place 200 free relay team. Freshman Daniel Evans had three top-seven finishes in free events and was a member of four second-place relay teams. Freshman Caleb VanSickle turned in two top-eight performances in distance free events and won the "B" final of the 500 free. Freshman Ryan Brooks placed fifth in the 100 back and won the "B" final of the 200 back. Freshman Jeff Moessinger finished fourth in the 100 fly and fifth in the 200 fly.

Coaching Staff



Brian Tobin Head Coach

Brian Tobin completed his fifth season as head swimming and diving coach at SUNY Cortland in 2006-07. He led both the men's and women's teams to second-place finishes at the SUNYAC Championships for the second consecutive year and had a men's

diver compete at the NCAA Division III Championships.

Last season, besides placing second at the SUNYAC Championships, both the men's and women's teams 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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Men's and Women's Swimming and Diving
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Corey Ryon Volunteer Assistant Coach

Corey Ryon finished his ninth season as an assistant coach for the Cortland men's and women's swimming and diving teams in 2006-07.

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.

Miranda Chrispell Assistant Coach

The 2006-07 season was Miranda Chrispell's first as an assistant coach for the Cortland men's and women's swimming and diving teams after serving as a volunteer assistant in 2005-06.

Chrispell, who earned a bachelor's degree in Physical Education from Cortland in 2005 and is currently a graduate student at the College, was a four-year member of the Red Dragons' swimming and diving team.

A native of Kingston, N.Y., Chrispell is a 2001 graduate of Kingston High, where she was a six-year member of the swim team.

Jack Popper Diving Coach

Jack Popper completed his second season as diving coach for the Cortland men's and women's swimming and diving teams in 2006-07 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.

ON THE COVER: (top) The Cortland men's and women's swimming and diving teams between training sessions in Florida. (bottom) Cortland's seniors say farewell to Holsten Pool.

Team Rosters

WOMEN:

Name	Events	Yr.	Hometown	High School
Kristin Barnoski	Free	Fr.	Stanley	Marcus Whitman
Marissa Bechtold	Free, Back	Sr.	Lockport	Lockport
Krista Bergquist	Free	Fr.	West Islip	West Islip
Kelly Bonsted	Free	Sr.	New Hartford	New Hartford
Casey Brandon	Diving	Sr.	Catskill	Catskill
Ciera Broadwell	Free, Back	Fr.	Canandaigua	Marcus Whitman
Danielle Bubar	Free	So.	East Amherst	Williamsville North
Samantha Buckley	Free	Fr.	Holbrook	Sachem North
Bobbi-Jo Card	Free	So.	Binghamton	Binghamton
Erica Clark	Back	Jr.	Sloatsburg	Suffern
Brooke DiMarco	Free	Fr.	Glendale	Archbishop Molloy
Megan Donlevy	Free	Fr.	Lake Grove	Sachem North
Kat Evans	Free, Back	So.	Dix Hills	Half Hollow Hills East
Katie Fitting	Diving	Sr.	Lebanon, PA	Cedar Crest
Holly Fitzgerald	Breast	Jr.	Middletown	Middletown
Lauren Friedlander	Free, Back	So.	Syosset	Syosset
Kristen Harnett	Back	Fr.	Stony Brook	Ward Melville
Allie Houseman	Free, Breast	Sr.	Wellsville	Wellsville
Taylor Houseman	Breast	Fr.	Wellsville	Wellsville
Amber Hrbek	Free	Fr.	Pine Bush	Pine Bush
Amy Jones	Diving	Jr.	Ballston Lake	Burnt Hills-Ballston Lake
Jenny Judge	Free	Fr.	Farmington	Victor
Nikki LaBarge	Fly, IM	Sr.	Morrisonville	Peru
Ally Lee	Fly	Sr.	Middletown	Minisink Valley
Krista Lennox	Free	Sr.	Williamsville	Williamsville East
Katie Leuthauser	Free	Fr.	Potsdam	Potsdam
Samantha Long	Free, Fly	So.	Cheektowaga	Cheektowaga
Kelly Malone	Free	Sr.	Massapequa Park	Massapequa
Jessica McCrane	Breast	Jr.	Lake Grove	Sachem
Jeanine McNamara	Diving	So.	Williamsville	Williamsville East
Michaela McNamara	IM, Breast	Fr.	Endicott	Union-Endicott
Lauren Mikula	Free, Fly	Fr.	Clifton Park	Shenendehowa
Katie Molzan	Free, Breast	Fr.	Plattsburgh	Peru
Sarah O'Loughlin	IM, Fly	Jr.	Pleasantville	Pleasantville
Alicia Palmer	Fly	So.	Hornell	Hornell
Stephanie Petfield	Diving	Jr.	Thornwood	Westlake
Kaelyn Schaefer	Breast	So.	Rochester	Gates-Chili
Liz Schmitt	Free	So.	West Islip	West Islip
Kelly Schwippert	Free	Fr.	East Aurora	Iroquois
Kelly Swanson	Back	So.	Amherst	Amherst
Liz Wasik	Diving	Fr.	Cherry Hill, NJ	Cherry Hill East
Nikki Welch	Back	Sr.	Dansville	Dansville

MEN:

Name	Events	Yr.	Hometown	High School
Ryan Brooks	Back	Fr.	Scotia	Scotia-Glenville
Andy Chevalier	Fly, IM	Sr.	Chazy	Chazy Central Rural
Sean Clode	Breast	Sr.	Yonkers	Yonkers
Pat Connolly	Fly, IM	Sr.	Shrub Oak	Lakeland
Jeremy Cuebas	Free	Jr.	Brentwood	Brentwood
Roy Culkin	Back, IM	So.	Holtsville	Sachem East
Alex D'Amico	Diving	So.	Clarence	Clarence
Dave Dow	Free	So.	Glastonbury, CT	Glastonbury
Daniel Evans	Free	Fr.	Hamburg	Hamburg
Douglas Heigh	Free	Fr.	Staten Island	Port Richmond
Drew Hilker	Free	So.	Ithaca	Ithaca
Brett Humphreys	Breast	Jr.	Amsterdam	Amsterdam
Evan Jones	Fly	Sr.	East Amherst	Williamsville North
Dan Jorgensen	Free	Fr.	Lindenhurst	Lindenhurst
Chris Kwartler	Free, Fly	Fr.	Binghamton	Chenango Forks
Ryan Lindeman	Free	Fr.	Holbrook	Sachem North
Alan Marcel	Free	Jr.	Central Islip	Central Islip
Jeff Moessinger	Fly	Fr.	Buffalo	Iroquois
Cooper Paulson	Breast	Jr.	Mt. Vision	Laurens
Brett Poffenbarger	Breast	So.	Owego	Owego Free Academy
Danny Porras	Back, Free	Jr.	Great Neck	Great Neck North
H. Austin Rhoads	Breast	So.	Orchard Park	Orchard Park
Jim Roeser	Fly, Back	So.	Suffern	Suffern
Chad Shelby	Back	Sr.	Bohemia	Connetquot
Kevin Stuttle	Diving	Jr.	Dryden	Dryden
Caleb VanSickle	Free	Fr.	Stanley	Marcus Whitman
Adam Zuar	Free	Fr.	Lindenhurst	Lindenhurst

Head Coach: Brian Tobin (*Cortland '94*), 5th Year

Assistant Coach: Miranda Chrispell

Diving Coach: Jack Popper

Volunteer Assistant Coaches: Corey Ryon, Tom Quinn

Athletic Training Student: Stephanie Varin

Women's Captains: Ali Houseman, Nikki LaBarge, Krista Lennox

Men's Captains: Andy Chevalier, Pat Connolly

Men's and Women's Profiles



Kristin Barnoski Freshman, Free
Major: Sport Management Stanley, NY

2006-07: Kristin finished third in the 50 free (season-best 24.71) and sixth in the 100 free (season-best 54.84) at the SUNYAC Championships...Member of the winning 200 free relay (school-record 1:37.56) and the third-place 400 free relay teams (school-record

3:38.05) at the conference meet...**High School:** Graduated from Marcus Whitman in 2006, where she was a member of the high honor roll...Four-year member of the swim team...Team captain... Won four sectional titles as a senior...Competed in state meet as a junior and senior...Five-year member of the track and field team... Team captain as a junior and senior...Won two sectional titles her senior year...Competed at state qualifying meet four years...

Parents: Cindy and Bernie Barnoski **Brothers/Sisters:** Michael, Jennifer.



Krista Bergquist Freshman, Free
Major: Eng. as a Second Lang. West Islip, NY

2006-07: Krista earned second team All-SUNYAC honors...Placed second in the 100 back (1:00.97, school-record 1:00.76 preliminaries) and finished second in the "B" final of the 100 free (55.41) and sixth in the "B" final of the 50 free (25.95, season-best 25.45 preliminaries) at the SUNYAC

Championships...Member of the second-place 400 medley relay team and the third-place 200 medley relay (school-record 1:50.93) and 400 free relay teams (school-record 3:38.05) at the league meet...**High School:** A 2006 graduate of West Islip, where she was a member of the Dean's List and the National and Foreign Language Honor Societies...Six-year member of the swim team...

Set two school records...Three-time MVP...Earned all-league honors four years, all-county honors three years and all-state accolades as a junior...Played one season of lacrosse...**Parents:** Linda and John Bergquist.



Samantha Buckley Freshman, Free
Major: Elementary Education Holbrook, NY

2006-07: Samantha set the school record in the 1,000 free (10:55.93) in a dual meet at Rochester...Finished fifth in the 1,650 free (personal-best 18:25.01), seventh in the 500 free (5:22.83, personal-best 5:21.47 preliminaries) and eighth in the 400 IM (4:53.87, personal-

best 4:53.61 preliminaries) at the SUNYAC Championships...

High School: Graduated from Sachem North in 2006...Five-year member of the swim team...

Parents: Angela and Richard Buckley **Brothers/Sisters:** Taylor.



Erica Clark Junior, Back
Major: Professional Writing Sloatsburg, NY

2006-07: Erica placed sixth in the 200 back (2:14.42, personal-best 2:14.08 preliminaries) and second in the "B" final of the 400 IM (4:54.24) at the SUNYAC Championships...

Also competed in the 100 back at the league meet...**2005-06:** 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 (season-

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.



Kat Evans Sophomore, Free/Back
Major: Elementary Education Dix Hills, NY

2006-07: Kat finished eighth in the "B" final of the 200 back (2:19.76) and the 400 IM (5:07.93, 5:05.20 preliminaries) at the SUNYAC Championships...Also competed in the 200 IM at the conference meet...**2005-06:** Placed eighth in the 200 back (2:18.23, personal-best 2:16.33

preliminaries) and second in the "B" final of the 400 IM (5:01.20) at the SUNYAC Championships...**High School:** Graduated from Half Hollow Hills East in 2005...Six-year member of the swim

team...Earned all-league and all-county honors each season... Team captain...Competed at state meet...**Parents:** Donna and Brad

Evans **Brothers/Sisters:** Danny.



Holly Fitzgerald Junior, Breast
Major: Physical Education Middletown, NY

2006-07: Holly finished seventh in the "B" final of the 100 breast (1:16.67, 1:16.29 preliminaries) at the SUNYAC Championships...

Also competed in the 200 breast and the 200

IM at the conference meet...**2005-06:** Did not compete...**2004-05:** Competed in breast and free

events during the dual season...**High School:** A 2004 graduate of Middletown...Five-year member of the swim team...Team captain...

Two-year starter in softball...Named Most Improved as a junior...

Team captain and team won county title her senior season...

Other: Member of the Freshman Honors Society, Dean's List and President's List at Cortland...**Parents:** Maureen and Brett Fitzgerald

Brothers/Sisters: Derek.



Lauren Friedlander Sophomore, Free/Back
Major: Physical Education Syosset, NY

2006-07: Lauren earned first team All-SUNYAC honors...Won the 200 back (season-best 2:11.77) and finished eighth in the 100 back (1:05.58, season-best 1:02.76 preliminaries) and the 200 free (2:01.35, season-best 1:59.90 preliminaries) at the SUNYAC Championships...Member

of the third-place 800 free relay team (school-record 8:04.60)

at the conference meet...**2005-06:** 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.

Men's and Women's Profiles



Taylor Houseman Freshman, Free/Breast
Major: Physical Education Wellsville, NY
2006-07: Taylor earned second team All-SUNYAC honors...Placed second in the 100 breast (personal-best 1:08.34) and 200 breast (personal-best 2:29.57) and finished fourth in the "B" final of the 200 IM (2:19.50, personal-best 2:19.31 preliminaries) at the SUNYAC Championships...

Member of the second-place 400 medley relay team and the third-place 200 medley relay team (school-record 1:50.93) at the league meet...**High School:** Graduated from Wellsville in 2006, where she was a member of the National Honor Society, honor roll, Student Council, DECA and received two scholarships...Six-year member of the swim team...Set two individual and two relay school records...Three-time Most Valuable Swimmer...**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:** Fran and John Houseman **Brothers/Sisters:** Allie...Was an All-America member of Cortland's swimming and diving team.



Amy Jones Junior, Diving
Major: Fitness Dev. Ballston Lake, NY
2006-07: Amy finished fourth off the one-meter board (personal-best 388.80 points) and fifth off the three-meter board (367.25 points, personal-best 373.75 preliminaries) at the SUNYAC Championships...**2005-06:** Placed fifth in the three-meter diving event (season-best 355.20

points) and sixth off the one-meter board (season-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.



Samantha Long Sophomore, Free/Fly
Major: Communications Cheektowaga, NY
2006-07: Samantha won the 200 fly (2:35.94) versus Buffalo St. in the first dual meet of the season...**2005-06:** Finished eighth in the 100 fly (1:03.36, 1:03.25 preliminaries) and fourth in the "B" final of the 200 fly (2:26.44, 2:25.42 preliminaries) at the SUNYAC Championships...

High School: Graduated from Cheektowaga Central in 2005, where she was a member of the honor roll...Four-year member of the swim team...**Parents:** Ann and Robert Long **Brothers/Sisters:** Robert.



Jeannine McNamara Sophomore, Diving
Major: Health Science Williamsville, NY
2006-07: Jeannine finished eighth in the one-meter diving event (333.40 points, personal-best 347.90 preliminaries) and competed in the three-meter diving event (278.05 points) at the SUNYAC Championships...**2005-06:** Competed in dual meets during the season...**High School:**

A 2005 graduate of Williamsville East, where she was a member of the honor roll and received the Prudential and President's Student Achievement Awards...Four-year member of the swimming and diving team...Named Most Improved as a junior...Team captain as a senior...Competed at sectional meet...**Parents:** Carol-Lynn and Christopher McNamara **Brothers/Sisters:** Sean, Rachel.



Katie Molzan Freshman, Free/Breast
Major: Biomedical Sciences Plattsburgh, NY
2006-07: Katie earned second team All-SUNYAC honors...Placed second in the 100 free (54.32, season-best 54.21 preliminaries), third in the 200 free (season-best 1:57.99) and seventh in the 200 IM (2:16.81, season-best 2:16.31 preliminaries) at the SUNYAC Championships...Member of

winning 200 free relay (school-record 1:37.56), second-place 400 medley relay and third-place 400 free relay (school-record 3:38.05) and 800 free relay teams (school-record 8:04.60) at the conference meet...**High School:** A 2006 graduate of Peru Central, where she was a member of the National Honor Society and the high honor roll and received the Peru Association of Teachers Scholarship...Five-year member of the swim team...Three-time MVP...Two-time team captain...Received NYS Good Sport Award...Member of Section Seven record-setting 400 free relay team...**Parents:** Marcy and Dale Molzan **Brothers/Sisters:** Jonathan.



Sarah O'Loughlin Junior, Fly/IM
Major: Anthropology Pleasantville, NY
2006-07: Sarah placed fifth in the 100 fly (personal-best 1:01.31), sixth in the 200 fly (season-best 2:16.08) and seventh in the 400 IM (4:52.74, season-best 4:49.78 preliminaries) at the SUNYAC Championships...**2005-06:** 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...**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 was a member of the crew team at Ithaca...Catherine was a member of the swim team at Hartwick.



Kaelyn Schaefer Sophomore, Breast
Major: Physical Education Rochester, NY
2006-07: Kaelyn finished sixth in the "B" final of the 100 breast (1:14.71, season-best 1:13.33 preliminaries), seventh in the "B" final of the 200 breast (2:42.32) and competed in the 200 IM (season-best 2:28.61) at the SUNYAC Championships...**2005-06:** Finished eighth in

the 100 breast (1:11.38, personal-best 1:11.05 preliminaries) and won the "B" final of the 200 breast (season-best 2:35.96) at the SUNYAC Championships...**High School:** Graduated from Gates-Chili in 2005, where she was a member of the National Honor Society and class vice president...Five-year member of the swim team...Competed at sectional meet all five seasons...**Parents:** Kathy and Bill Schaefer **Brothers/Sisters:** Kara.



Ryan Brooks Freshman, Back
Major: Exercise Science Scotia, NY
2006-07: Ryan finished fifth in the 100 back (personal-best 54.61), won the "B" final of the 200 back (personal-best 2:01.17) and placed third in the "B" final of the 200 IM (personal-best 2:03.78) at the SUNYAC Championships...Member of second-place 200 and 400 medley

relay teams at the conference meet...**High School:** A 2006 graduate of Scotia-Glenville...Two-year member of the swim team...Two-time team captain...Competed at state meet in 100 back as a junior...Finished 15th in the 100 back at the state meet as a senior...**Parents:** Kathy and Peter Brooks **Brothers/Sisters:** Peter, Kristy, Karly.

Men's and Women's Profiles



Jeremy Cuebas
Major: Physical Education **Junior, Free**
Brentwood, NY

2006-07: Jeremy finished fifth in the 200 free (season-best 1:47.77), eighth in the 500 free (5:00.30, personal-best 4:55.27 preliminaries) and 14th in the 1,650 free (season-best 17:50.75) at the SUNYAC Championships... Member of second-place 400 and 800 free

relay teams at the league meet... **2005-06:** Finished seventh in the 200 free (1:48.84, personal-best 1:47.54 preliminaries), second in the "B" final of the 500 free (season-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.



Roy Culkin
Major: Health **Sophomore, Back/IM**
Holtsville, NY

2006-07: Finished 11th in the 1,650 free (17:38.07), third in the "B" final of the 100 back (season-best 56.68) and sixth in the "B" final of the 200 back (2:05.16, season-best 2:04.89 preliminaries) at the SUNYAC Championships... **2005-06:** Finished seventh

in the 100 back (56.37, season-best 56.26 preliminaries), 10th in the 1,650 free (17:32.36) and second in the "B" final of the 200 back (2:01.54, personal-best 2:00.79 preliminaries) at the SUNYAC Championships... **High School:** Graduated from Sachem East in 2005... Five-year member of the swim team... Finished third in county in 100 back as a senior... Team finished as undefeated county champ two seasons in a row... **Other:** Competed in swimming at the Empire State Games... **Parents:** Patricia and Roy **Brothers/Sisters:** Christopher.



Dave Dow
Major: Sport Management **Sophomore, Free**
Glastonbury, CT

2006-07: Dave earned second team All-SUNYAC honors... Placed second in the 1,650 free (17:02.68), fourth in the 500 free (4:54.44, season-best 4:54.17 preliminaries) and eighth in the 400 IM (4:26.75, season-best 4:25.72 preliminaries) at the SUNYAC

Championships... **2005-06:** 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.



Daniel Evans
Major: Political Science **Freshman, Free**
Hamburg, NY

2006-07: Daniel finished third in the 100 free (47.51, season-best 47.42 preliminaries), fourth in the 200 free (1:46.10, 1:45.67 preliminaries) and seventh in the 50 free (21.99, season-best 21.82 preliminaries) at the SUNYAC

Championships... Member of the second-place 200 free, 400 free, 800 free and 400 medley relay teams at the conference meet...

Prior to Cortland: Attended the Naval Academy Preparatory School... **High School:** Graduated from Hamburg in 2005, where he was a member of the National Honor Society... Five-year member of the swim team... Competed at state meet... Three-year member of the lacrosse team as a midfielder... **Other:** Member of the United States Coast Guard... **Parents:** Janet and David Evans... Both are Cortland graduates... **Brothers/Sisters:** Laura, Jessica.



Drew Hilker
Major: Physical Education **Sophomore, Free**
Ithaca, NY

2006-07: Drew earned first team All-SUNYAC honors... Won the 100 fly (personal-best 52.87), placed second in the 100 free (personal-best 47.41) and tied for fifth in the 50 free (21.93, personal-best 21.63 preliminaries) at the SUNYAC Championships... Member of

the second-place 200 free, 400 free, 800 free and 200 IM relay teams at the conference meet... **2005-06:** Earned second team All-SUNYAC honors... Placed second in the 100 free (season-best 47.56) and won the "B" final of the 50 free (season-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 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
Major: Criminology **Junior, Breast**
Amsterdam, NY

2006-07: Brett earned second team All-SUNYAC honors... Placed second in the 100 breast (season-best 58.55) and the 200 breast (season-best 2:10.11) and finished fifth in the 400 IM (season-best 4:20.09) at the SUNYAC Championships... Member of the second-place

200 medley and 400 medley relays at the league meet... **2005-06:** 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.

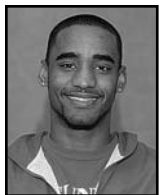
Men's and Women's Profiles



Evan Jones Junior, Fly
Major: Childhood Educ. East Amherst, NY

2006-07: Evan finished fifth in the "B" final of the 400 IM (personal-best 4:35.17) and seventh in the "B" final of the 100 free (personal-best 49.47) at the SUNYAC Championships...**2005-06:** Finished fifth in the "B" final of the 100 free (season-best 50.19) and the 400 IM (season-best

4:36.39) at the SUNYAC Championships...**2004-05:** Competed in free, fly and relay events during the season...**High School:** A 2004 graduate of Williamsville North...Three-year member of the swimming and diving team...Led the team in points and finished fifth in the 100 fly at sectionals as a senior...**Parents:** Kristie and James Jones...Father competed in swimming at Niagara University...**Brothers/Sisters:** Lauren.



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

2006-07: Alan finished fourth in the 50 free (21.68, season-best 21.56 preliminaries) and second in the "B" final of the 100 free (personal-best 48.33) at the SUNYAC Championships...Member of the second-place 200 free, 400 free and 200 medley relay teams at the league

meet...**2005-06:** 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, season-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.



Jeff Moessinger Freshman, Fly
Major: Undeclared Buffalo, NY

2006-07: Jeff placed fourth in the 100 fly (personal-best 53.49) and fifth in the 200 fly (personal-best 2:00.89) at the SUNYAC Championships...**High School:** Graduated from Iroquois Central in 2006...Six-year member of the swimming and diving team...Played two

seasons of football as a running back...Team reached Class A state semifinals...**Parents:** Molly and Larry Moessinger **Brothers/Sisters:** Rick, Aaron, Matt...Aaron competes in swimming at the University at Buffalo.



Cooper Paulson Junior, Breast
Major: Athletic Training Mt. Vision, NY

2006-07: Cooper finished second in the "B" final of the 200 breast (season-best 2:19.99) and seventh in the "B" final of the 200 IM (2:07.61, season-best 2:07.59 preliminaries) and competed in the 100 breast (season-best 1:03.47) at the SUNYAC Championships...**2005-06:** Did not

compete due to injury...**2004-05:** 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:** Was a member of Cortland's men's outdoor track and field team...**Parents:** Theresa and Skip Paulson **Brothers/Sisters:** Josh.



Brett Poffenbarger Sophomore, Breast
Major: Sport Management Owego, NY

2006-07: Brett finished third in the 100 breast (personal-best 59.81) and fifth in the "B" final of the 50 free (22.48, personal-best 22.33 preliminaries) at the SUNYAC Championships...Member of the second-place 200 free relay team at the league meet...**2005-06:** Finished sixth in

the 100 breast (1:01.50, 1:01.47 preliminaries), won the "B" final of the 200 breast (2:18.57) and finished seventh in the "B" final of the 50 free (22.82) at the SUNYAC Championships...**High School:** Graduated from Owego Free Academy in 2005...Four-year member of the swim team...Two-time state qualifier...Conference all-star...Team won three straight section and state titles...Three-year starter in baseball...Earned all-conference honors...**Parents:** Mary and Greg Poffenbarger **Brothers/Sisters:** Mike.



H. Austin Rhoads Sophomore, Breast
Major: Exercise Science Orchard Park, NY

2006-07: H. Austin finished fourth in the 100 breast (season-best 1:02.13) and fifth in the "B" final of the 200 breast (season-best 2:21.22) at the SUNYAC Championships...**2005-06:** Competed in dual meets during the season...**High School:** A 2005 graduate of Orchard Park,

where he was junior class vice president...Four-year member of the swim team...Conference champion in the 100 breast as a junior...Four-year member of the rowing team at West Side High...Finished second in state...**Other:** Eagle Scout...Qualified for Empire State Games in rowing...**Parents:** Debbie and Dusty Rhoads **Brothers/Sisters:** Ryan, Lauren.



Jim Roeser Sophomore, Fly/Back
Major: Physical Education Suffern, NY

2006-07: Jim finished eighth in the 200 fly (personal-best 2:02.09), second in the "B" final of the 100 fly (personal-best 54.98) and fourth in the "B" final of the 200 back (personal-best 2:02.59) at the SUNYAC Championships...**2005-06:** Finished seventh in the 200 fly (season-

best 2:04.51), fifth in the "B" final of the 100 fly (season-best 55.94) and seventh in the "B" final of the 200 back (season-best 2:06.06)...**High School:** Graduated from Suffern in 2005...Six-year member of the swim team...Two-time team captain...State qualifier and all-section as a senior...Earned all-county honors three straight seasons...Competed in track for one season...**Other:** Eagle Scout...**Parents:** SueAnn and Jack Roeser **Brothers/Sisters:** Danny, Kenny, Chrissy.

Men's and Women's Profiles



Kevin Stuttle Junior, Diving
Major: Physical Education Dryden, NY

2006-07: Kevin finished 19th in the one-meter (359.45 points) and the three-meter (372.80) diving events at the NCAA Division III Championships...Finished fourth in the one-meter (421.20 points, 435.40 preliminaries) and fifth in the three-meter (422.55, personal-best 453.75 preliminaries) diving events at the SUNYAC Championships...**2005-06:** Placed third in the one-meter (season-best 410.95 points) and fourth in the three-meter (season-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.



Caleb VanSickle Freshman, Free
Major: Recreation Stanley, NY

2006-07: Caleb finished seventh in the 200 free (personal-best 1:48.96), eighth in the 1,650 free (17:22.78) and won the "B" final of the 500 free (personal-best 4:55.05) at the SUNYAC Championships...**High School:** Graduated from Marcus Whitman in 2006, where he was a member of the National Honor Society and the high honor roll...Four-year member of the swim team...Two-time MVP...All-league every season...Two-time double Section Five champion...Six-year member of the golf team...Captain...Received Coaches Award...Played two seasons of tennis...**Parents:** Lisa and Carl VanSickle
Brothers/Sisters: Trevor.



2006-07 Results

MEN (12-1)

Date	Meet	Result
10/27	BUFFALO ST.	W 122-81
10/28	at Oswego Sprint Relays	2nd of 4
11/4	ITHACA	W 168.5-70.5
11/11	at Brockport Invitational	1st of 4
11/18	MORRISVILLE	W 115-68
12/1-3	ECAC Div. III Championships	8th of 16
12/8	ONEONTA	W 159-129
1/12	at Rochester	L 136-160
1/13	at RPI Invitational	1st of 7
	Rensselaer	W 132-111
	Ithaca	W 159-80
	New Paltz	W 169-62
	Oneonta	W 186-51
	Clarkson	W 189-39
	Skidmore	W 202-23
1/16	at Oswego	W 151-149
1/27	at New Paltz	W 109-94
2/7-10	SUNYAC Championships	2nd of 9
2/17	LAST CHANCE INVITE	no scoring
3/15-17	NCAA Div. III Championships	no score

WOMEN (12-1)

Date	Meet	Result
10/27	BUFFALO ST.	W 123-79
10/28	at Oswego Sprint Relays	2nd of 4
11/4	ITHACA	W 168-75
11/11	at Brockport Invitational	1st of 4
11/18	MORRISVILLE	W 128-90
12/1-3	ECAC Div. III Championships	7th of 14
12/8	ONEONTA	W 153-142
1/12	at Rochester	W 155-145
1/16	at Oswego	L 145-155
1/20	at RPI Invitational	1st of 7
	New Paltz	W 119-118
	Rensselaer	W 138-105
	Oneonta	W 188-55
	Skidmore	W 187-54
	William Smith	W 191-52
	Roger Williams	W 200-42
1/27	at New Paltz	W 115.5-89.5
2/7-10	SUNYAC Championships	2nd of 9
2/17	LAST CHANCE INVITE	no scoring

(HOME MEETS IN BOLD CAPS)

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

The 2006-07 Cortland Men's and Women's Swimming and Diving Guide was written and edited by Associate SID Dan Surdam. Team and inside cover action photos by Darl Zehr Photography. Top front cover photo Courtesy of Nikki LaBarge. Bottom front cover photo by Corey Ryon. Beach run and Katie Molzan photos by Brian Tobin. Krista Bergquist and Lauren Friedlander photo by Stevan Friedlander. The guide was printed by Graphics Plus Printing of Cortland, N.Y.

Men's Season Recap

Cortland 122, Buffalo St. 81 (Oct. 27; Cortland, NY)

Andy Chevalier won the 200 fly (2:04.63) and the 500 free (5:11.58), and Kevin Stuttle won both the one-meter (271.70 points) and the three-meter (271.50) diving events as an exhibition entry. Other individual winners were Chris Kwartler in the 50 free (23.86), Daniel Evans in the 200 free (1:52.62), Ryan Brooks in the 200 back (2:09.03) and Dave Dow in the 1,650 free (18:31.55).

2nd of 4

(Oct. 28; Oswego Sprint Relays; Oswego, NY)

The Red Dragons scored 275 points, just three points shy of the winning score. Cortland finished first in seven of the 11 events.

Cortland 168.5, Ithaca 70.5 (Nov. 4; Cortland, NY)

Andy Chevalier touched the wall first in three events -- the 200 fly (2:05.27), the 500 free (5:05.55) and the 1,000 free (10:33.71). Kevin Stuttle swept the one-meter (270.35) and three-meter (254.90) diving events, and Drew Hilker was a double winner, taking first in the 100 free (48.44) and the 200 free (1:49.00). Also earning first-place finishes were Daniel Evans in the 50 free (22.13), Pat Connolly in the 200 IM (2:05.79), Ryan Brooks in the 200 back (2:06.78) and Brett Humphreys in the 200 breast (2:15.21).

1st of 4

(Nov. 11; Brockport Invitational; Brockport, NY)

Andy Chevalier led Cortland with victories in the 100 fly (55.70), the 500 free (5:04.98) and the 1,000 free (10:31.05) as the Red Dragons scored 483 points to finish 78 points ahead of the second-place team. Drew Hilker won the 100 free (48.78) and the 200 free (1:48.12), and Kevin Stuttle finished first off the one-meter (231.65) and three-meter (234.70) boards.

Cortland 115, Morrisville 68 (Nov. 18; Cortland, NY)

The Red Dragons had four double winners and five other individual winners with many as exhibition entries. Drew Hilker captured the 100 breast (1:03.31) and the 500 free (5:06.33), Alan Marcel won the 50 free (22.81) and the 100 free (53.03), Cooper Paulson touched the wall first in the 200 free (2:00.86) and the 200 IM (2:13.72).

8th of 16

(Dec. 1-3; ECAC Div. III Championships; East Meadow, NY)

Highlights for the Red Dragons included Alex D'Amico's fifth-place finish in three-meter (287.90 points) and ninth-place finish in one-meter diving (236.85), and Andy Chevalier's ninth-place showing in the 200 fly (2:03.23). The 200 free relay team of Alan Marcel, Daniel Evans, Jeff Moessinger and Chevalier finished seventh in 1:30.80.

Cortland 159, Oneonta 129 (Dec. 8; Cortland, NY)

Pat Connolly took first in the 100 fly (56.07) and the 200 IM (2:07.55), Daniel Evans won the 100 free (49.03) and 200 free (1:51.11) and Andy Chevalier took top honors in the 200 fly (2:02.31) and the 500 free (5:06.46). Other winners included Alan Marcel in the 50 free (23.29), Brett Poffenbarger in the 100 breast (1:04.12) and Dave Dow in the 1,000 free (10:45.81).

Rochester 160, Cortland 136 (Jan. 12; Rochester, NY)

Kevin Stuttle swept the one-meter (249.85) and three-meter (261.90) diving events and Brett Humphreys was also a double winner, taking first in the 100 breast (1:00.75) and the 200 breast (2:15.20). Daniel Evans won the 50 free (22.41), while Andy Chevalier finished first in the 200 fly (2:00.71).

1st of 7

(Jan. 13; RPI Invitational; Rensselaer, NY)

Andy Chevalier led the Red Dragons to the first-place finish and 6-0 dual-meet record by capturing the 200 IM (2:02.06) and the 1,000 free (10:23.92) and finishing second in the 200 fly (2:04.07). Other Cortland winners included Brett Humphreys in the 200 breast (2:14.80), Drew Hilker in the 50 free (21.88) and Daniel Evans in the 100 free (49.05). Cortland also had two winning relays -- the 400 medley and the 400 free.

Cortland 151, Oswego 149 (Jan. 16; Oswego, NY)

Trailing by seven points with one event left, Cortland earned 13 points by finishing first and third in the 400 free relay to claim the narrow win. Individually, Brett Humphreys won the 100 breast (1:01.34) and the 200 breast (2:18.38), Drew Hilker touched the wall first in the 50 free (22.35), Andy Chevalier captured the 200 fly (2:02.13) and Pat Connolly won the 200 IM (2:04.32).

Cortland 109, New Paltz 94 (Jan. 27; New Paltz, NY)

The Red Dragons wrapped up their dual-meet season with a 12-1 record as Drew Hilker won the 50 free (22.15) and the 100 free (48.28). Jim Roeser finished first in the 200 fly (2:06.28), and Brett Poffenbarger touched the wall first in the 200 breast (2:21.66). Cortland also won the 400 medley and the 400 free relays.

2nd of 9

(Feb. 7-10; SUNYAC Championships; Buffalo, NY)

The Red Dragons missed winning the SUNYAC title by less than one second on the final relay of the meet. Cortland finished the meet with 718 points, just nine and a half points behind the winning score, and continued its ascent toward the top of the conference. Andy Chevalier, who received the Fulton Award following the meet, swept the 200 (1:57.78) and 400 IM (4:13.02) for the fourth straight year and placed second in the 200 fly (1:57.55) to lead the Red Dragons. Other highlights for the Red Dragons included Drew Hilker's win in the 100 fly (52.87) and second-place finish in the 100 free (47.41) and second-place showings by Brett Humphreys in the 100 (58.55) and 200 breast (2:10.11), Pat Connolly in the 400 IM (4:17.13) and Dave Dow in the 1,650 free (17:02.68). Cortland also finished second in all five relays at the meet.



Women's Season Recap

Cortland 123, Buffalo St. 79 (Oct. 27; Cortland, NY)

Amy Jones swept the one-meter (229.24 points) and three-meter (269.40) diving events as an exhibition entry and Marissa Bechtold finished first in the 200 free (2:05.03) and won the 500 free (5:42.81) as an exhibition entry. Seven other Red Dragons captured individual events.

2nd of 4

(Oct. 28; Oswego Sprint Relays; Oswego, NY)

Cortland's 283 points were 17 short of the winning score. The Red Dragons won four of the 11 relay events.

Cortland 168, Ithaca 75 (Nov. 4; Cortland, NY)

Nikki LaBarge, Samantha Buckley and Amy Jones each won two events to pace Cortland. LaBarge touched the wall first in the 100 fly (1:01.43) and the 200 IM (2:16.27), Buckley was victorious in the 500 free (5:22.37) and the 1,000 free (11:03.23) and Jones took first off both the one-meter (258.60 points) and three-meter (262.05) boards. Allie Houseman added a win in the 50 free (24.95), while Krista Bergquist finished first in the 100 free (56.02).

1st of 4

(Nov. 11; Brockport Invitational; Brockport, NY)

The Red Dragons finished with 546.5 points, more than 150 points ahead of the runner-up team. Amy Jones won both the one-meter (236.30 points) and three-meter (230.20) diving events and five other Red Dragons captured individual events -- Samantha Buckley in the 1,000 free (11:01.22), Lauren Mikula in the 200 free (2:02.56), Allie Houseman in the 50 free (25.22), Nikki LaBarge in the 100 fly (1:01.50) and Taylor Houseman in the 100 breast (1:10.00).

Cortland 128, Morrisville 90 (Nov. 18; Cortland, NY)

The Red Dragons won 12 individual events, many as exhibition entries, to easily win the dual meet. Katie Molzan was Cortland's lone double winner as she touched the wall first in the 50 free (25.36) and the 500 free (5:35.63). The 200 medley relay team of Erica Clark, Holly Fitzgerald, Krista Bergquist and Nikki Welch was also victorious.

7th of 14

(Dec. 1-3; ECAC Div. III Championships; East Meadow, NY)

Cortland's top finish came in the 200 free relay with the foursome of Allie Houseman, Nikki LaBarge, Nikki Welch and Krista Bergquist placing second in 1:41.61. Individually, Lauren Friedlander finished fourth in the 200 back (2:13.69), Taylor Houseman placed fourth in the 100 breast (1:09.08), Nikki LaBarge came in fourth in the 100 fly (1:01.14), Kristin Barnoski finished fifth in the 50 free (25.19) and Samantha Buckley placed fifth in the 500 free (5:22.42) and the 1,650 free (18:29.93).

Cortland 153, Oneonta 142 (Dec. 8; Cortland, NY)

Eleven different members of the team won a total of 12 events and two relay squads touched the wall first as Cortland won the matchup of Red Dragons. Taylor Houseman was Cortland's lone double winner, taking first in the 100 breast (1:09.67) and the 200 breast (2:36.35).

Cortland 155, Rochester 145 (Jan. 12; Rochester, NY)

Taylor Houseman captured the 100 breast (1:10.65) and the 200 breast (2:34.52), Amy Jones swept the one-meter (241.85 points) and the three-meter (271.80) diving events and Samantha Buckley set a school record in the 1,000 free (10:55.93) with a second-place finish. Other event winners included Krista Bergquist in the 100 back (1:02.22), Nikki LaBarge in the 100 fly (1:01.46) and Lauren Friedlander in the 200 back (2:15.47).

Oswego 155, Cortland 145 (Jan. 16; Oswego, NY)

Nikki LaBarge paced the Red Dragons with victories in the 50 free (25.54), 100 fly (1:01.14) and the 200 IM (2:17.37). Taylor Houseman captured the 100 breast (1:09.09) and the 200 breast (2:34.39), Amy Jones won both the one-meter (244.45 points) and three-meter (264.05) diving events and Krista Bergquist touched the wall first in the 100 back (1:02.55).

1st of 7

(Jan. 20; RPI Invitational; Rensselaer, NY)

Besides placing first overall, the Red Dragons also posted a 6-0 dual-meet record. Amy Jones won the one-meter (235.05 points) and the three-meter (221.10) diving events and Samantha Buckley captured first in the 500 free (5:25.15). Other highlights included second-place finishes for Allie Houseman in the 50 free (25.26) and Nikki LaBarge in the 200 fly and third-place showings by Katie Molzan in the 50 free (25.41) and Sarah O'Loughlin in the 200 fly (2:17.07).

Cortland 115.5, New Paltz 89.5 (Jan. 27; New Paltz, NY)

Cortland concluded its dual-meet season with a 12-1 record as Samantha Buckley won the 500 free (5:27.01) and the 1,000 free (11:05.81), Lauren Friedlander captured the 200 free (2:02.84) and the 200 back (2:17.87) and Nikki LaBarge won the 200 IM (2:15.37).

2nd of 9

(Feb. 7-10; SUNYAC Championships; Buffalo, NY)

The Red Dragons established five school records, one individual and four in relays, while finishing second at the conference meet for the second consecutive year. Lauren Friedlander captured first in the 200 back (2:11.77) for the second year in a row, and Krista Bergquist set the school record in the preliminaries of the 100 back (1:00.76) before finishing second in the finals (1:00.97). Taylor Houseman placed second in the 100 breast (1:08.34) and the 200 breast (2:29.57), Allie Houseman touched the wall second in the 50 free (24.35) and Katie

Molzan finished second in the 100 free (54.32). The foursome of Molzan, Allie Houseman, Kristin Barnoski and Nikki LaBarge won the 200 free relay in a school-record 1:37.56. Cortland also set school records in the 200 medley (1:50.39), 400 free (3:38.05) and 800 free (8:04.60) relays.



Freshman Katie Molzan earned second team All-SUNYAC honors and was a member of three school-record setting relay teams at the conference meet.

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

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

1998

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

Corey Ryon, 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)



Freshman Krista Bergquist (top) set the school record in the 100 back in 2007, and junior Lauren Friedlander established the school record in the 200 back in 2006.

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

2007

Andy Chevalier, 200 and 400 IM
Drew Hilker, 100 Fly

Lauren Friedlander, 200 Back
Kristin Barnoski, 200 Freestyle Relay
Allie Houseman, 200 Freestyle Relay
Nikki LaBarge, 200 Freestyle Relay
Katie Molzan, 200 Freestyle 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	Samantha Buckley, 2007	10:55.93
1,650-yd Freestyle	Krista Lennox, 2005	18:17.75
100-yd Backstroke	Krista Bergquist, 2007	1:00.76
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	Katie Molzan, Allie Houseman, Kristin Barnoski, Nikki LaBarge, 2007	1:37.56
400-yd Freestyle Relay	Katie Molzan, Krista Bergquist, Kristin Barnoski, Allie Houseman, 2007	3:38.05
800-yd Freestyle Relay	Katie Molzan, Megan Donley, Krista Lennox, Lauren Friedlander, 2007	8:04.60
200-yd Medley Relay	Krista Bergquist, Taylor Houseman, Nikki LaBarge, Allie Houseman, 2007	1:50.93
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 Education Center 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 fifth nationally out of 438 colleges and universities in the 2005-06 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 11 years. Since 1989, the Red Dragons have captured 13 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



2006-07 Red Dragon Men's and Women's Swimming and Diving Team (left to right): Front Row: Evan Jones, Kevin Stuttle, Caleb VanSickle, Douglas Heigh, Dan Jorgensen, Jeremy Cuebas, Dave Dow, H. Austin Rhoads, Andy Chevalier, Pat Connolly, Chad Shelby, Roy Culkin, Ryan Brooks, Drew Hilker, Sean Clode. Middle Row: Chris Kwartler, Alan Marcel, Sarah O'Loughlin, Stephanie Petfield, Kelly Swanson, Casey Brandon, Jeannine McNamara, Katie Fitting, Liz Wasik, Bobbi-Jo Card, Allie Houseman, Kelly Bonsted, Krista Lennox, Nikki LaBarge, Marissa Bechtold, Nikki Welch, Lauren Friedlander, Samantha Buckley, Kelly Malone, Holly Fitzgerald, Brett Poffenbarger. Back Row: Head Coach Brian Tobin, Volunteer Assistant Coach Corey Ryon, Brett Humphreys, Alex D'Amico, Katie Leuthauser, Lauren Milkula, Krista Bergquist, Kristin Barnoski, Megan Donlevy, Jenny Judge, Kaelyn Schaefer, Ally Lee, Alicia Palmer, Liz Schmitt, Erica Clark, Michaela McNamara, Kelly Schwippert, Amy Jones, Taylor Houseman, Katie Molzan, Kat Evans, Ciera Broadwell, Jeff Moessinger, Ryan Lindeman, Daniel Evans, Assistant Coach Miranda Chrispell, Diving Coach Jack Popper.