

“NEWS FROM THE DECK”

THE OFFICIAL NEWSLETTER OF
THE SWIMMING & DIVING PROGRAM



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A NOTE FROM HEAD COACH DAN SCHINNERER



Greetings from the deck of Kinney Natatorium here in the heart of Bison Country!

The Bison Swimming and Diving team has navigated through a busy stretch of meets in January and now that we enter February the swimming and diving season is in its final phase. This final phase can be summed up in two words to our swimmers: taper time! The team is certainly excited to be spending less time in the water and more time in their beds in the morning. The count down on the practices reads 9 days until the start of the Patriot League Championships and 25 days until the start of the ECAC

Championships.

As my 11th season at Bucknell heads into the homestretch, I am still struck every year by how quickly it can go from the end of August, and a count of 170 days until championships, to February and a single digit count down. While time moving quickly has become a constant, every season presents its own unique set of challenges and obstacles to overcome and every team has a new dynamic and approach to how they attack the challenges of a season.

For those of you who have swam for me or dove for Errol (or even heard me talk about our team) you know the emphasis each and every year is on the process that will lead to our desired outcomes. We begin every season by setting concrete, measurable outcome goals, but more importantly also setting process oriented goals and standards that will provide us a road map to our outcomes. This year was the same process but the clear and important key for both women’s and men’s teams was to take the lessons learned from the previous year and move forward. Just as we could not afford to cover the same ground in training repeatedly, we also knew that we needed to move forward to build our team dynamic and cohesion. Our goal was not to get back to where we had been, but to get better on all fronts!

From the first few weeks of practice it was clear to the coaching staff that this group of men and women were serious about their desire to reach their full potential and throughout September and October we made steady progress, improving in and out of the water. Each week seemed to build upon the previous week and we really did a great job of not having to cover the same ground. As we moved into October, we got our first opportunities to measure where we were at not only with our training but also our racing. Our meet against UMBC provided a starting point in which we knew we had to build from in improving our times, scores, and race strategies.

October also brought a memorable weekend in which we competed against Boston University and the University of Richmond, but most importantly celebrated 60 Years of Bucknell Swimming and Diving. It was awesome to see so many generations of former Bucknell Swimmers and Divers back on campus from the 1950s to the 2010s. We celebrated the pioneers of the program in the first varsity men’s team from the 1956-57 season and the first varsity women’s team from the 1973-74 season. We also honored longtime assistant coach and caretaker of the team, Sandy Elion, who coached here for over one third of the program’s existence.

October also brought us the bittersweet news that Mike Ginder, one of our assistant coaches, had taken a head coaching position at Virginia Wesleyan and the new team starting there. While we were certainly sad to see Mike move on, we were grateful for his over four years of dedication to the program and wished him the best of luck. In order to maintain our coaching staff we were able to bring back a familiar face and add a new

2016-17 RESULTS

10/1	UMBC.....	NTS
10/15	Boston Univ.*	(M) L, 175-121
	Boston Univ.* ...	(W) L, 176-122
	Richmond	(W) L, 179-119
10/30	@ Seton Hall	(M) L, 171-112
	@ Seton Hall	(W) W, 168-107
11/5	@ Navy*.....	(M) L, 188-102
	@ Navy*.....	(W) L, 170-120
	vs. American*	(M) W, 211-75
	vs. American*	(W) W, 218-78
	vs. Lafayette*	(M) W, 212-83
	vs. Lafayette*	(W) W, 239-44
11/20	@ Columbia	(M) L, 193-105
	@ NYU.....	(W) L, 151-149
12/2	Bucknell Invit.....	(M) 5th of 7
	Bucknell Invit.....	(W) 2nd of 7
12/3	Bucknell Invit.....	(M) 6th of 7
	Bucknell Invit.....	(W) 1st of 7
12/4	Bucknell Invit.....	(M) 6th of 7
	Bucknell Invit.....	(W) 2nd of 7
1/13	Loyola*	(M) W, 165-117
	Loyola*	(W) W, 175-114
1/14	Army-West Pt.*	(M) L, 166-117
	Army-West Pt.*	(W) L, 163-137
1/21	Lehigh*	(M) W, 156-123
	Lehigh*	(W) L, 166.5-133.5
1/27	West Virginia	(M) L, 156-83
	West Virginia	(W) L, 158-81
1/28	Bison Invite	NTS
2/15	PL Championships	TBA
2/16	PL Championships	TBA
2/17	PL Championships	TBA
2/18	PL Championships	TBA
3/3	@ ECAC Championships....	TBA
3/4	@ ECAC Championships....	TBA
3/5	@ ECAC Championships....	TBA

* - Patriot League opponent
Home meets in BOLD

See *SCHINNERER*, page 2

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one. Sandy Elion agreed to rejoin the team for the remainder of the season. We are very appreciative to Sandy for interrupting her retirement. We also were able to bring in Kit Raulerson who has extensive experience at both the college and club swim coaching ranks.

As October turned to November, we continued to push ourselves in our practices and measure ourselves in competition. Both teams had an overall successful "Quad Meet" with both the men and women taking victories over American and Lafayette, while falling to Navy. Despite our loss to the defending league champs we competed well and showed that we continued to improve as a team each meet out this season. With our team posting over 80 percent season best times and also numerous lifetime best in-season performances, we knew that we are making the progress we needed to reach our ultimate goals in February and March; however, we also realized that continued improvement is essential.

Prior to heading home for the Thanksgiving holiday, our team headed to New York City where our men's team lost to a strong Columbia Lions team and our women's team dropped an excruciatingly close meet, 151-149, to the Violets of NYU. We consistently emphasize to our team the importance of every person, every swim, and every dive in a meet and to lose by just two points underscored the point of needing everyone to contribute to a total team result. While certainly disappointed by the losses, we were pleased with how both teams competed throughout the meet.

December brought our team's its first opportunity to back off from its intense training and compete at our Bucknell Invitational. Overall, we were pleased with the progress we showed in our performances. Our women's team finished a very close runner-up to Towson and our men's team placed sixth overall. The Invitational serves as a great rehearsal for our championship meets in February with its prelim, final format. The Invite culminated in two new school records, 20 new individual entries into the program's All-Time Top-10 Lists, and nearly 100 percent season best times.

Final Exams quickly followed our Invite but after taking care of their academic priorities, the team enjoyed a great week of training (and weather) in Boca Raton, Florida. The team headed home for the holidays on December 23rd, but we returned to Bucknell and started 2017 out right with practice on Monday morning January 2nd. As a team, we once again underscored the important point that January was not a time for "rebuilding" or "regrouping" but a time to continue to move forward and get better and better every week.

While certainly not pleased with our overall dual meet records this season, both the women's team and men's team have taken on tough schedules. We know this tough schedule has prepared us for championships and the stage that matters the most. As we look back on the month of meets in January which included contests against Loyola, Army, Lehigh, West Virginia, and the Bison Invite, we can see many good strides in our performances. We have seen nearly everyone swimming "in season" best times as we moved through January and we look to this as a positive sign for the championships ahead. We also know that a key will be to get healthy and stay healthy in the final stretches of the season. We head into our championships excited by the possibilities and well aware of the challenges we will face.

We also look forward to once again be hosting the Patriot League Championships from Wednesday, February 15 through Saturday, February 18th. Like the last few years the meet is now conducted over three and half days and the action will begin on Wednesday with diving preliminaries at 2pm and then a finals sessions starting at 6pm which will include the 200 Medley Relays, the men's 3 meter springboard, and the 800 Free relays. The ECAC Championships will be at Navy and begin on Friday, March 3rd and run through Sunday, March 5th.

On behalf of the entire staff and team, we look forward to seeing many of you at the championship meets. We truly appreciate your continued support and we are excited to see the results of this year's process. GO BISON!



Dan Schinnerer --- Head Men's & Women's Swimming & Diving Coach

FROM THE BOARDS & COACH CARTER



Greetings Alumni,
Families &
Friends,

It has been a
very interesting
season of ups and
downs. You re-
member how we

began not sure we'd have the numbers. Well as we got going, our junior, Christine Kehrli, took home the first Patriot League Diver of the Week award. Things were looking promising, but less than a week later she was sidelined completely due to illness and we had lost our upperclassman influence for our freshmen divers.

The team has great potential and has been working hard despite our challenges. We struggled with the unknown and not having the upperclass influence has been felt. The remaining divers, Paige Schoelkopf, Isabel Gardner and Peter Sigward, worked through it while learning to deal with their differences and similarities. We were able to put together some good dives in competition, but not consistent enough for the scores to reflect their growth.

The training camp and return of junior Tally Ford helped us a lot. We've gotten better as a team and have started to pull things together a little late. I know they will finish strong. All of our women are poised to get to the ECAC Championship meet. This past Saturday at Loyola they had an opportunity to do just that. Tally made it by going a season-best 233 on 3-meter, and Paige narrowly missed the marks by six points on 1-meter and five points on 3-meter. We have one more opportunity for them to qualify the Saturday after Patriots. We hope to see you at ECACs the first weekend in March!

Thank you for your continued support. Take care and GO BISON!!!

Errol Carter
Men's & Women's Diving Coach



Caroline Orem

WOMEN'S CAPTAINS CORNER

By Caroline Orem & Rachel Perry



Rachel Perry

At the start of the season, the team's main focus was training hard and getting ready for the dual meet season to begin. As the semester went on, we were able to keep that mentality which showed solid results for us in our meets. Our tough training throughout the fall set us up to swim fast at our mid-season invitational at Bucknell. This 3-day meet showed us how much we had improved over the prior months and reinforced the importance of training hard the rest of the season. We carried that motivation into our training trip down in Boca Raton at the end of finals. While it was exciting to change up the scenery, we kept our focus and made significant improvements in our performance at practices and lifts.

After the holidays, the team arrived back at Bucknell for training camp where we continued to build momentum together. During this time, we were able to further our group dynamic by spending time together outside of the pool at team dinners, a community swim clinic, and our annual talent show. The energy and cohesiveness helped us in our most recent dual meets this semester against Loyola, Army, and Lehigh. Although our results were not exactly what we had hoped for, the focus we have had on our goals and training throughout the season will lead us to a successful championships.

With Patriot League Championships and ECAC's coming up, our excitement is really starting to build. Both of these meets are highly competitive and provide us the opportunity to display the results of all our hard work this season. As seniors, it is bittersweet to know that these will be the final meets of our careers but we truly believe in the foundation our coaching staff has given us to succeed at championships. We are excited to see what the next few weeks will bring. Go Bison!



Sean Lyons

MEN'S CAPTAINS CORNER

By Sean Lyons & Jack Robinson



Jack Robinson

As we begin the final stretch of our 2016-2017 season, we're optimistic that our tireless dedication and commitment will pay dividends. As seniors, it's a bittersweet feeling to get ready for Patriots and ECAC's one last time, but watching the first-years get ready for their first college post-season is a gratifying feeling. It's hard to believe that this process began six months ago in September, and now we're down to the last couple of weeks. Every practice this past year has led to tremendous improvement, and our potential in the pool has increased substantially. We were fortunate this year

to be able to go back to Florida and continue our hard training in the sunshine. The week we spent in Boca Raton brought the team closer together and allowed us the opportunity to enter the holiday season in peak shape. As we brought in the new year, we were able to translate our hard work in training towards our dual meets in January, where we beat two Patriot League competitors in Loyola and Lehigh. As our dual meet season came to a close, we ended with a hard fought loss against West Virginia as well our one-day invitational at Kinney Natatorium. Our meet against West Virginia was a Friday night lights special and our last home dual meet of the season. The one-day invitational proved to be intense, but enjoyable. Now that our regular season has come to a close, we can begin to center our focus on both Patriots and ECACs.

In a sport that's only getting faster, each and every member of this program is ready to meet the challenge of competing and scoring at Patriots at ECAC's. With Patriot League Championships back at Bucknell this year, we have the pleasure and advantage of competing in a natatorium that has been our home. After half a year of hard work and progress, it's time for us to showcase our talents at the biggest stage, and represent Bucknell the best way we know how. As captains, we're extremely proud of this group and our accomplishments thus far. We are confident in our ability to meet our goals that we agreed upon back in the fall, and end the 2016-2017 season on a successful note. 'Ray Bucknell!

TICKET INFORMATION FOR PATRIOT LEAGUE CHAMPIONSHIPS AT BUCKNELL

I also wanted to take this opportunity to remind everyone about the ticket information for the Patriot League Championships. Seating will be limited due to the expanded league size and limited capacity of the stands of Kinney Natatorium. Below is the release from the Patriot League describing this year's championship ticket policy:

Any tickets left over (not purchased through the pre-sale to the ten institutions) will be sold to the general public as individual session tickets (not all-session tickets). These tickets can be purchased on line at www.bucknell.edu/boxoffice under the miscellaneous tab or by phone (570-577-1000). These tickets will go on sale at 10:00am on February 9, 2017. At the beginning of each session the facility operation staff will assess the spectator seating area to determine whether additional space/seating due to no-shows could be made available to the public. These individual standing-room-only (SRO) tickets will go on sale 30 minutes prior to each session start time. Enrolled students from a Patriot League institution will receive complimentary admission to each session, so long as there are tickets or SRO admission space available. Enrolled students will need to present their ID's at the box office to pick up a ticket.

Swimming & Diving Office
Bucknell University
One Dent Drive
Lewisburg, PA 17837

UPDATE ON OUR DECADES FUNDRAISING CHALLENGE

I wanted to take this opportunity to update everyone on our annual “Decades Challenge” Fundraising Contest. Overall, we approximately 65 percent of the way towards reaching our fundraising goal of \$125,000 as set by the Bucknell Athletic Administration.

In our first report back in October, the 1990s had thrown down an opening challenge when they jumped out to a large early lead in the category for most gifts given. Four time defending champions in that category, the 1970s Decade Group, has since responded to the challenge and pulled back into the lead. Now it is another Decade Groups chance to get into the mix! The 1960s Decade Group’s a small lead in the category for total number of gifts has also given way to the 1970s Decade Group as well; however, on both sides we still have a lots of time left in the challenge!

Fiscal Year Grouping	2017 Gifts	2017 Amt
1940s	-	-
1950s	4	\$850
1960s	21	\$8,333
1970s	23	\$24,280
1980s	12	\$4,532
1990s	18	\$19,335
2000s	6	\$3,170
2010s	18	\$1,204
Other	8	\$1,030
Parents	43	\$18,212
Total	153	\$80,945

THE DAY OF GIVING IS COMING!

The chance for you to maximize your gift to Bucknell Swimming & Diving is coming soon! Stay tuned for more information on the BISON MARCH FOR EXCELLENCE ... a 24-hour day of giving to Bucknell Athletics from 12:00 noon on March 21 to 12 noon on March 22.

Any gift to swimming & diving during that time period will help the program potentially earn extra support in the MARCH FOR EXCELLENCE challenge. Go Bison!