

“NEWS FROM THE DECK”

THE OFFICIAL NEWSLETTER OF
THE SWIMMING & DIVING PROGRAM



OCTOBER 2013 • VOL. 7, NO. 1 • LEWISBURG, PA 17837

A NOTE FROM HEAD COACH DAN SCHINNERER



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

A new academic year and a new swimming and diving season are both well underway here at Bucknell. In fact, we have just passed the half-way point of the semester. The beginning of each new school year and new swimming and diving season at Bucknell is exciting because it is a chance to start a new process, set new goals, and create a new team identity, all while trying to build on the positive progress of the past.

Looking at last season there are many positives on which to build. Our women's team finished second and our men's team third at the Patriot League Championships. In addition both squads finished in the top six at the ECAC Championships. All told our women's team set ten new school records and won seven individual events at the Patriot League Championships, while on the men's side we eclipsed five school records and achieved multiple NCAA consideration standards. We backed up our prowess in the pool with continued success in the classroom as both teams were recognized as College Swim Coaches Association Academic All American Teams. Furthermore, the women's team once again led all Patriot League Swimming and Diving programs in the number of individuals placed on the Academic All-League List and the men's team had the Patriot League Scholar Athlete of the Year for Men's Swimming and Diving for the fourth consecutive year. Finally, to close the fiscal year, we established a new program record for fundraising by collectively bringing in \$112,003 for our Bison Swimming and Diving Team.

We are very excited for the season ahead which will bring new challenges in the form of the expanded Patriot League as well as the familiar challenge of maximizing our team's potential. The challenge of fulfilling our team's full potential presents itself each and every year regardless of competition and is a main emphasis as we get started to our new season. In looking at both the men's and women's squads this year, I can say that we have never had a group with more potential but of course the trick is making sure we make the right choices and do the right things to make that potential come to fruition.

We are led by senior class of Kristen Purdy, Alyssa Rollando, Kaitlyn Utkewicz, Emily Wright, Matt Hadley, Eddie Jew, Danny Wallace and senior captains Melissa Besman, Jenn Brennan, Kelly Pontecorvo, Mike Nicholson, and Trevor Reitz. In addition we have fourteen new first year swimmers and divers. Our women's team returns a bulk of the points we scored at our championship meets, while our men's team which was very young a year ago is older and more experienced this season. As usual we focused on building up our training volume and intensity in the first several weeks of the season while also placing an emphasis on fitness through dryland and a good fundamental base with our skills and technique. We also worked to establish a team identity through team bonding and team building exercises.

As we transitioned from September into October, we have begun to really hit our stride in our training. Each week we have focused on getting better and finding new ways to improve ourselves as individuals and as a team. The month of September was about building up and now the month of October is about making quantifiable improvements. We as a team have opportunities to improve every day in practice whether it be on a drill set, a kick set, or a challenging main set. October will also bring with it a number of opportunities to see quantifiable improvement in competition settings. In addition to emphasizing progress and improvement in the pool our men's and women's team worked to collectively establish goals for their teams and standards for the whole program which will serve as our guiding path for the season.

The competitive phase of season began with our "Triple Distance" Meet with UMBC. The alternate format for the meet allowed our swimmers to get up and race multiple times in a short window of time, thus making it both an opportunity to compete for the first time in a season while also getting in some good training. The

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first meet out always brings with it both “the good” and “the bad,” but as I told the team following the meet: “No matter if you were pleased or disappointed with your performances against UMBC, the focus is on improvement over the next six weeks!”

Highlights for the women’s team included a backstroke sweep by sophomore Emma Levendoski who claimed the 50, 100, and 200 distances in the dorsal events. Similarly, first year Rachel McGoff swept the sprint freestyle category with wins in the 50, 100, and 200 freestyle. Senior Kelly Pontecorvo and first year Laureana Zrada combined to take all the events in the distance category with Kelly taking the 1000 and 500 free and Laureana claiming the 200 free for “distance swimmers.” Senior Kristen Purdy and first year Amber McDonnell came close to combing to sweep the butterfly category with Amber taking the 200 fly and Kristen the 100 fly. While there was no “triple distance” option for the divers, junior Tori Molchany did take the 1 meter board.

The men’s team was led the senior Mike Nicholson, who combined with junior Erik Heinemann, to go 1-2 in all the events in the butterfly category. Junior Ben Seketa added an event win in the 200 breaststroke while sophomores Brian Phillips and Steve Grune captured the long end and the short end of the freestyle range with Brian winning the 1000 and Steve the 50.

Our next competition will be this Saturday against George Washington in Washington, DC with a 1:00 p.m. start time. We will then return to the friendly confines of Kinney Natatorium on Homecoming Weekend when we take on PITT on Saturday, October 26th at 1:00 p.m.

We look forward to seeing many of you at these upcoming competitions. As always, we appreciate your enthusiastic interest and support for the program!

GO BISON!



Dan Schinnerer
Head Swimming and Diving Coach



FROM THE BOARDS & COACH CARTER



Hello From the Deep End of the Pool,

This fall has been very productive and has shown signs of great overall improvement from a year ago. The divers, especially on the men’s side, have begun to understand that they need to increase the difficulty of their dives in order to become more competitive. Junior Jonathan Jones and sophomores

Tyler Wenzel (Patriot League finalist, 1-meter 2013) and Patrick Alvermann have bought into the fact that they too can compete most of the more difficult dives and can do well with practice. We’ve started acquiring some of those dives in practice within the past couple weeks.

Mariele Saunders-Shultz, our lone freshman who hails from Los Angeles, California, is working hard and shows a lot of potential with her diving career. She is already pushing some of our women in the weight room. A talented class of juniors includes Tori Molchany (2013 Patriot League Finalist 1-meter and 3-meter) Tara Boyle (2013 Patriot League 1-meter Champ and 3-meter finalist), and 2013 Patriot League 3-meter Champ, 1-meter finalist and Patriot League Female Diver of the Meet, Katie Hetherington. Sophomore Lara Curtis, who is in just her second year ever of competitive diving, is starting to increase her difficulty and will be more competitive than last year.

We have some high expectations to repeat or exceed some, if not all, of our accomplishments from a year ago. I believe we are excited about getting into more competition in the near future as proven in our meet vs UMBC. Everyone seemed to enjoy being in competition mode and seeing where we are and what we need to do to get better. Thanks for your continued support and would love to see you at some, if not all, of our upcoming meets.

Errol Carter, Diving Coach



Tara Boyle

CAPTAINS CORNER



MELISSA BESMAN



JEN BRENNAN



KELLY PONTECORVO

The Bison have been training for about a month now and things are going great! We got right back into the swing of things right after classes started in August and we have already made some great progress in the pool. Each year, I feel that our team gets stronger in terms of both talent and team dynamic. This year is no exception. It is always hard to lose a senior class full of leaders and replace them with fresh faces, but we have a very talented group of freshmen women who have jumped right in and we know that they are going to be huge contributors to our success this year.

We have set some pretty lofty goals as a team this year and we have really been pushing ourselves in and out of the pool trying to work towards them. Aside from challenging practices every day, we have been working hard in the weight room and doing a dry land circuit a few times each week. We have our first meet coming up this Saturday against UMBC and we can't wait. The first meet is always exciting because it gives us a chance to see where we are at five weeks into the season and provides us benchmarks so that we can create tangible goals for ourselves in our future meets. Besides wanting to swim fast in the pool we also have the goal

of keeping our energy up for the whole meet. Even though the meet is not scored, we really want to start the season off right by cheering the whole meet and keeping it exciting. We hope that we can get the ball rolling at this first meet to try and lead us to success at our upcoming meets against George Washington and Pitt later this month.



Juniors Erik Heinemann (above) and Lauren Perry (below)



The end of last semester marked a lot of change and triumph for the Bucknell Men's Swimming and Diving team. Chemistry and focus were at maximum, training hard and working at the prospect of this coming season...

After a summer of hard work and downtime from school, the excitement of starting the season was building in the team. The first couple weeks resulted in a lot of good chances to build team chemistry, especially with the small and talented freshmen class coming in. Our new rapport with the freshmen grew exponentially, and the focus that we had built up through the end of the season meshed perfectly. After a few weeks of team dinners and team scavenger hunts, we started training for a season with endless possibilities.

The first month of training, although challenging, demonstrated the chemistry we have built. Refocusing our skills and building up our endurance have been running at a maximum, something that will help us immensely with our upcoming bout against UMBC. Although the meet is the starting point of the season, we, as a team can't wait to dive into the action and knock off our first opponent. Looking ahead, we face several challenging opponents, including PITT, Navy and others. While we understand the challenges that are ahead of us, we are still taking our season one day at a time, focusing on what we can do each individual day to make ourselves and the team better.

This year during homecoming weekend, we will be taking on PITT in our first scored home meet of the season. We hope to see many of our alumni in the stands as we continue the Bucknell Swimming & Alumni legacy built by those before us!



MIKE NICHOLSON



TREVOR REITZ

JOIN US FOR HOMECOMING

We will be hosting a "Bison Swimming and Diving Alumni and Friends" Reception immediately following our dual meet with PITT on Saturday, October 26th during Homecoming Weekend here at Bucknell. Our meet is set for a 1:00 p.m. start and we anticipate the reception to begin around 3:00 p.m. We will be serving refreshments and appetizers so please plan on attending to catch up with parents, alumni, and the current team. In order to have an accurate head count for the event RSVP to Coach Kristine Mann at kam055@bucknell.edu by October 23rd.

SWIMMING & DIVING ANNUAL FUNDRAISING UPDATE

Our fundraising goal as we begin this annual drive is set at \$100,000 by the Bucknell Administration. I believe it is significant that for the first time our goal is actually set below our standard from the previous year. This is recognition of the outstanding level that our alumni and friends gave back to the program last year. We are not asking you to do more and more this year, we are asking you to help sustain our achievements. The goals of the program remain the same, to build a program of national prominence, and our needs continue along a similar path. In order to continue to sustain, prepare, and improve our program it is crucial that we are able to train, compete, and recruit at the highest levels while also providing extraordinary experiences to our student-athletes that help them learn and grow as people.

We will continue our annual “Decades Fundraising Challenge” and once again see which “generation” can be the biggest supporters of the program both in total dollars given and in total number of gifts. As a reminder, the 1970s Decade Group won last year’s title for most dollars given and the 1980s group won the title for most number of gifts. It was also worth noting that the Parents Group outdid all Decade Groups in terms both dollars given and number of gifts.

Let the challenge for this year begin!

Methods of Giving

Check or Cash: This is the most common way to give. When writing a check, make it out to Bucknell University and in the memo section note “Swimming & Diving.”

By Credit Card: The university accepts most major credit cards. Monthly payment plans can be arranged.

Gifts of Stock/Securities: To arrange a stock transfer, call the Office of Development & Alumni Relations at 570-577-3200.

Pledges: You can set up a payment schedule when you make a pledge, and payment reminders will be sent to you.

Corporate matching gifts: Many corporations match their employees’ charitable donations to nonprofit institutions. Check with your benefits department for matching gift information and to see if they will match gifts to athletics.

You can give on-line: www.BucknellBison.com.