

# “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, deep in the heart of Bison Country!

The 2013-14 swimming and diving season officially closed with our end of year banquet on Saturday, April 5th. At the luncheon coaches, staff, team members, parents, and friends gathered to celebrate the many accomplishments of our team this season and also said goodbye to our twelve graduating seniors: Melissa Besman, Jen Brennan, Matt Hadley, Eddie Jew, Mike Nicholson, Kelly Pontecorvo, Kristen Purdy, Trevor Reitz, Alyssa Rollando, Kaitlyn Utkewicz, Danny Wallace, and Emily Wright

Members of the class of 2014 for the swimming and diving program account for an impressive eight individual school records and contributed to six school record relay performances. In addition, their names currently appear on the program's All Time Top 10 list in 22 different places individually. Over the course of their four years, two individuals earned Patriot League Academic Team recognition and four individuals earned All Patriot League First or Second Team Swimming and Diving recognition. The women seniors posted a dual meet record of 25-15 in their careers and earned two runner-up finishes in the Patriot League and a third place showing at the ECAC Championships. The men seniors posted a 26-14 dual meet mark and earned one runner up finish in the Patriot League and one runner-up finish at the ECAC Championships. Far more important than any individual statistics of this class is the great contributions they made in leading and improving the program. Collectively this group helped create a cohesive and supportive team environment that emphasized both team and commitment to the sport.

On behalf of the entire program, we wish our graduating seniors all the best and thank them for all they have done for the team in their four years at Bucknell.

In reflecting back on the 2013-14 swimming and diving season, it is clear the team has much to be proud of from this past season. In addition to our placements at the championship meets, the team all together tallied 15 new school records and 85 new entries into the program's All Time Top Ten Lists. Given the "breakthrough" nature of the 2012-13 season, it is particularly impressive that we matched the number of records and top times again this year; however, what impressed me most this season was the true sense of "team" that this group achieved. At practices, at meets, and on bus rides it was truly evident how much this team supported each other and cared for each other.

This season was also year of change. First and foremost the Patriot League changed this year. The additions of Boston University and Loyola University had a dynamic impact on the league in all sports and swimming and diving was no exception. It is clear that while Patriot League Swimming and Diving was already on a sharp improvement trend

See *SCHINNERER*, page 2

## SIX BISON COMPETE AT ARENA GRAND PRIX AT MESA

### THOUGHTS FROM AMBER McDONNELL & DIANA HANSON

We were so fortunate to be able to represent Bucknell University at the Grand Prix in Mesa, Arizona. Going into the meet, we weren't sure what to expect. Neither of us had ever swum at such an elite, national level meet before, and we hadn't raced long-course meters since the previous summer. The meet garnered so much attention from the news because of the amount of talent that would be competing. Regardless, we were excited to fly across the country with some of our teammates and get to racing!

Going into our races, we tried not to hold onto too many expectations. We knew we had a solid six weeks of training behind us, and we let the excitement of the atmosphere carry our nerves away. Within the first session, we were able to prove ourselves worthy of the trip and the experience. We both qualified for finals for two of the three nights, and Amber made it into the top 16 of the 400 IM. It was so thrilling to get onto the starting blocks and realize that we were a

See *GRAND PRIX*, page 3

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## SCHINNERER, continued from page 1

over the last three to five years the new additions to the conference have accelerated that trend. What it took to be a championship finalist and a consolation finalist has steadily been improving each year and now with two more competitive programs in the league, it is tougher than ever to score points.

As I discussed at our end of year banquet, this year's team raised its expectations, but also learned how to deal with new expectations. Our November victories over Navy in a dual meet format showed what we were capable of, but by the end of the year it was also clear that we need to continue to develop our depth if we want to compete with these teams in a championship meet format. The quality of a team's depth will determine how well it finishes at the championships and if both our men and women are going to challenge for the top spots, this is an area we will need to continue to improve.

With that in mind, I am already looking forward to next year. Our challenges will remain the same but we have a strong group of returners and also what on paper looks to be a deep and talented recruiting class for both the men and women's teams. I am confident that if we build on the lessons learned this season, we can continue to raise and meet our expectations for next year.

As is always the case for our program, "next year" has already begun and our team did a very good job throughout the spring with their training. Our spring focus was highlighted by a group of swimmers competing in Mesa, Arizona at the end of April in one of USA Swimming's Arena Grand Prix events. For the six Bison swimmers that traveled to the meet this was a great opportunity to compete against some of the best swimmers nationally and internationally, while also providing a jump start to the summer's long course meters focus. Final exams are wrapping up this week here and people have already begun to depart for the summer; however, we will once again have a solid group of swimmers training on campus this summer, as well as many others training and competing with home clubs.

I would like to close by once again thanking all parents, alumni, and friends of Bucknell's Swimming and Diving program for another year of tremendous support. You all support the team in so many ways and you all play a vital role to our continued development and success!

Sincerely



Dan Schinnerer --- Head Swimming and Diving Coach

## FROM THE BOARDS & COACH CARTER

Hello From the Deep End of the Pool,

We've concluded yet another successful diving campaign. Not just on the women's side of things, our guys were able to kick it up a notch over last year. As many of you know, at Patriots, Tara Boyle greatly defended her 1m title by winning for the third straight year in a row, she also missed being the 3m Champ by 3.25pts thus solidifying her Diver of the meet Award. Junior Tori Molchany put in a performance I will remember for a long time having finished 2nd place on 1m at Patriots.

On the guys side Jonathan Jones was able to final both boards which we've not had in at least four years. He put on a pretty spectacular performance in the midst of some very tough competition, finishing 6th on 3m and 7th on 1m. Sophomore Tyler Wenzel added an 8th place finish on 1m.

Over the course of the season, the team saw a ton of success along with challenges of diving better competition and trying to grow as a program. I'd like to point out that Junior Katie Hetherington had another good season, during the season, was rewarded with 4 Patriot League Diver of the Week honors. She has worked very hard all season and this spring.

As we look to the future of the program, we have some great things to look forward to, as we did not graduate a single diver. We have four rising Seniors, so the expectations will be very high, but we'll also be adding three female divers to the program, with the hopes of enhancing competitiveness of our women's team. Thank you all for your continued support, have a safe and wonderful summer.

Errol Carter --- Diving Coach

## SWIMMING & DIVING ANNUAL FUNDRAISING UPDATE

Fiscal Year	2014	2014
Grouping	Gifts	Amt
1940s	2	\$100
1950s	6	\$710
1960s	33	\$11,049
1970s	35	\$23,655
1980s	36	\$10,957
1990s	54	\$14,578
2000s	35	\$5,065
2010s	40	\$1,952
Other	30	\$4,855
Parents	80	\$37,475
Total	351	\$110,396

I wanted to take this opportunity to update everyone on our annual fundraising drive and the standings in our "Decade's Challenge" Contest! As you can from the standings above, the 1970 decade group holds a strong lead in the total dollars given category. Similarly the 1990s group has established a strong lead in the total number of gifts given; however interestingly the 2010 category is well within striking distance. Also worthy of note is the outstanding participation and contributions by our team's parent group!

Overall, we have once again surpassed our department set goal of \$100,000 for this year and actually are quickly closing in on setting a new program annual fundraising record. The record is \$112,003 from last year. At this time we have also set a record for number of gifts given to the program. The 351 and counting from this fiscal year surpasses the 292 record set back in 2008.

Certainly a piece of these strong numbers are the results from the "One Day Trustee Giving Challenge." The Bison Swimming and Diving Program received 84 gifts on April 24th totaling \$14,075. Those figures helped us earn an additional \$8,304.16 from the Trustee's incentive money.

Thank you to all of you who participated in the giving challenge, as well as all of you who have already given to the program this year!

# GRAND PRIX, continued from page 1

part of such a giant spectacle in the swimming world.

The swimming and the atmosphere of the meet provided such a valuable learning experience. While we obviously learned about our races from analyzing how we attacked and finished our swims, we also learned from being in the vicinity of so many elite swimmers. It was hard to get used to the fact that some of the best swimmers in the world were talking to their coach right in front of us, but by the end of the meet that felt normal. It was so great for us to watch how these leading swimmers would prepare for their races, race, and react to their swims. This was especially crucial on the last day of racing, when it was less than 60 degrees, windy, and raining off and on. It was really easy to get tight and mentally distracted, but watching the top swimmers prepare and still perform in such conditions proved to be a great learning experience. Seeing their races has motivated us to elevate our training and preparations so that we can compete at more meets like Mesa, and even qualify for higher-level national competitions.



While we had so much to focus on and take in at the pool, it was nice to get away from the school setting for a little while before finals. None of the swimmers on the trip had ever been to Arizona before, so there was a lot of excitement going into a city that we had never explored. We easily acclimated our east coast appetites to the western wonders of In-N-Out Burger and authentic Mexican food. It was really special to bond with coaches and teammates in a new setting; one where we are not in their pool and they don't have a stopwatch in hand.

Mesa was a valuable experience and one that we will carry with us as we move forward with our swimming careers. It was so incredible to put into reality how far our goals had brought us, but also to realize how much further we want them to take us.

## THOUGHTS FROM LOUIS BEHNEN & JACK ROBINSON

For many of us, it was a weekend of firsts; first time in Arizona, first time participating at a Grand Prix meet, or even the first time eating at an in-n-out burger. However, what was comfortably familiar was racing. The six of us trained at a high level of intensity during the spring that made the term "off-season" seem obsolete, in order that we'd be prepared for a meet of this caliber.

It was clear from the beginning that the Grand Prix was a star-studded event, especially with the highly anticipated return of swimming legend Michael Phelps. While we were all impressed by the talent, the elite athletes gave us the motivation to one day swim at a level where one could not only participate at a Grand Prix, but also compete and excel alongside those swimmers.

Of course everyone has obstacles, and the six of us were no exception. Swimming outside is common ground in Arizona, but not for swimmers who train in central Pennsylvania. The sun would zap your energy and blind you during backstroke. On the last day we encountered cold, rain, and wind that moved the backstroke flags and led to a difficult current in the pool. Nevertheless we all swam to the best of our abilities and performed very well for the first long-course meet of the summer season. The three of us on the men's side all qualified for multiple night swims at finals.



All things considered, the meet can be seen as a learning experience for those that went. It tested our ability to adapt to different circumstances and compete at a high level. While we did not necessarily "rest" or "taper" for the meet, we were nonetheless called on to perform at our bests due to the vast amount of competition. Our experiences at the Mesa Grand Prix meet will certainly motivate and propel us into not only the long course season this summer, but also our short course season next fall and winter.

# CAPTAINS CORNER



**TARA BOYLE**



**STEPH KOZIOL**



**MEG LATTIMER**



**LAUREN PERRY**

This past season was quite eventful for our team, and we had fantastic results from the entire span of the year. Our swimming and diving performances showed improvement from the first dual meet to the last and culminated with an awesome runner-up finish at Patriot League Championships and a third place finish at ECAC Championships. While we did not face new Patriot League members Loyola or Boston University in a dual meet setting, we were able to come out of our in-season competition as undefeated in the Patriot League. Part of this accomplishment was our win over Navy at the Quad Meet in November, which helped keep us motivated and excited to race. The addition of our talented and hard-working freshmen class, as well as the dedication and motivation from the upperclassmen were major parts of our success this season.

With the end of our season came a short break before returning to spring training. This year we had a few members who qualified for a USA Swimming Grand Prix meet out in Mesa, Arizona at the end of April. The meet was a long course meet, so the incorporation of our long course training helped prepare us for that as well as the upcoming summer season. The swimmers who went swam very well for the training that we had done beforehand, and all of the girls who went achieved at least one new best time! Along with our spring training were our annual spring swim lessons. We have received great feedback in the past and this provides us with the opportunity to serve our Lewisburg community as well as create closer bonds with our teammates. This year was no different as the swimmers and children alike had great experiences, and it is a great feeling to know that our efforts impact more than just our team.

We will have a large senior class leaving who provided our team with such great leadership this year, and their presence will absolutely be missed. With their departure we have a great incoming freshmen class and the entire team is anxious to have them be part of our family. It will be exciting to see what comes of next season, as everyone is enthused and eager to get back into the swing of things. We have some exciting goals for next season and with the focus of training hard and having fun, we can continue to strive for excellence!

The 2013-2014 season for our team was truly a remarkable one. This year our team had outstanding success in the face of extreme adversity, both of which helped bring our team closer together than ever before. This year we welcomed in a small, but extremely talented freshman class that made an impact from the very first day of practice. At the beginning of the year, there are numerous meetings held in which the teams discuss the upcoming season and sets goals and standards for the year. During one of these meetings one of our captains, Mike Nicholson, shared a quote with the men's team that really struck home with all of us. The quote was "If everyone on the team acted the way you do, would the team be better for it." Everyone took these words to heart this year working harder than ever before. Thanks too phenomenal motivational speeches from co-captain Trevor Reitz, along with great leadership from the entire senior class our team was able to make history by handing Navy its first loss to a Patriot League team in 23 years (41-1). This historic moment carried our team through the rest of the semester and into winter break during which we were fortunate enough to travel down to Boca Raton again for training trip where the team continued to grind it out in the pool.

The second half of our season started off on the wrong foot with illness and personal tragedies, putting almost a third of our team out of commission for some of the biggest dual meets of the season. However despite these setbacks, our team was able to come together and gut it out with people stepping up all across the board. This rollercoaster of a season tested us at turn and every person on the team was able to make us mentally stronger and had us rearing to go for both the Patriot League Champs and ECACs.

With championship season comes a mix of emotions. With the stress of getting ahead on school work to prepare for the absences that come with this time of the year comes the determination in preparation, excitement of the season's climax, goofiness involved in shaving (for the men), and of course, the endless energy that comes with tapering. The end of the season started with Patriot League Championships in Annapolis. Meeting new foes for the first time in Loyola and Boston was an interesting adjustment to make at this point in the season, as we had never seen these two teams compete. Along with our regular league opponents, racing against new guys in the pool made for tight competition in all of our events. The team met these challenges with resolve, posting numerous new school records, including three new relay marks. Patriots also marked a high point in senior teammate Mike Nicholson's career. Capping off his years of excellence, Nicholson won both of the IM events, posting new school records in both, as well as smashing Jim Harvey's 26-year-old record in the 200 butterfly. Excellent swims came not only from the older members of the team, as freshman, sophomores, and juniors



**ERIK HEINEMANN**



**TIM PERLEY**



**BEN SEKETA**

*See CAPTAINS CORNER, back cover*

# 2014 BUCKNELL SWIMMING & DIVING HIGHLIGHTS

## Team Records

Women's 200 Freestyle.....	Lauren Perry, 1:49.13
Women's 100 Backstroke.....	Emma Levendoski, 54.15
Women's 200 Backstroke.....	Emma Levendoski, 1:56.56
Women's 200 Butterfly.....	Amber McDonnell, 2:02.04
Women's 200 Individual Medley.....	Amber McDonnell, 2:02.14
Women's 1m Diving.....	Tara Boyle, 276.90
Women's 800 Freestyle Relay.....	L. Perry, Koziol, Marcheskie, McGoff, 7:24.74
Women's 200 Medley Relay.....	Levendoski, Henderson, Purdy, Utkewicz, 1:42.94
Women's 400 Medley Relay.....	Levendoski, Henderson, Purdy, L. Perry, 3:45.33
Men's 100 Butterfly.....	Mike Nicholson, 48.76
Men's 200 Butterfly.....	Mike Nicholson, 1:46.17
Men's 200 Individual Medley.....	Mike Nicholson, 1:48.16
Men's 800 Freestyle Relay.....	Heinemann, Hadley, Behnen, Wallace, 6:39.04
Men's 200 Medley Relay.....	Hadley, Seketa, Nicholson, Grune, 1:30.20
Men's 400 Medley Relay.....	Robinson, Seketa, Nicholson, Heinemann, 3:18.96



Emma Levendoski

## Patriot League & Meet Records

Women's 100 Backstroke.....	Emma Levendoski, 54.15
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## Patriot League Champions

Women's 100 Backstroke.....	Emma Levendoski, 54.15
Women's 200 Backstroke.....	Emma Levendoski, 1:56.56
Women's 1m Diving.....	Tara Boyle, 276.90
Men's 200 Individual Medley.....	Mike Nicholson, 1:48.16
Men's 400 Individual Medley.....	Mike Nicholson, 3:52.84



Mike Nicholson

## Patriot League Awards

Female Diver of the Meet.....	Tara Boyle
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## All-Patriot League

Women's First Team.....	Tara Boyle, Diana Hanson, Emma Levendoski, Amber McDonnell, Lauren Perry
Women's Second Team.....	Ashley Henderson, Stephanie Koziol, Tori Molchany, Kelly Pontecorvo
Men's First Team.....	Mike Nicholson, Louis Behnen
Men's Second Team.....	Erik Heinemann, Ben Seketa



Tara Boyle

## Academic All-Patriot League

Women.....	Tara Boyle, Lauren Perry
Men.....	Trevor Reitz

## ECAC Champions

Women's 500 Freestyle.....	Kelly Pontecorvo, 4:51.55
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## Bucknell Athletic Department Awards

Bradley N. Tufts Award.....	Mike Nicholson
Bradley N. Tufts Award.....	Kelly Pontecorvo
John F. Zeller Award.....	Kristen Purdy



Kelly Pontecorvo

## **CAPTAINS CORNER, cont. from page 4**

all saw swims in championship finals. Although we finished fourth, the team was in high spirits after the meet, as we knew we still had ECAC championships in another week.

Back to back weekends of competing on the highest level can take a toll on a swimmer, but the comfort level with the setting of ECAC's made for an easier transition for the team. As ECAC's is the same caliber meet at Patriots the week before, we knew that everyone had to keep their edge to perform well. Again, the men's team saw great success across the board, from seniors competing in their final meet to freshmen having their first taste of the big leagues. The team finished fifth at the meet, but the true mark of our success could be seen on the bus ride back to Lewisburg. Coach Schinnerer later quoted this as his favorite memory of the season, and all can agree that it was a telling time for the men's team. After a season filled with emotional highs and lows and two weeks of grueling work, one may think they would find a team quietly reflecting upon where they had been. However, as Dan made his way to the back of the bus he saw a group of nearly 30 friends laughing, yelling, and enjoying each other, not worn out from all that had happened but rather energized and excited for what came next. This, to me, shows more than anything that although we are a team, we are so much more. To all of the guys on the team, we are a family, a support group, and friends. These ideas lead us forward and into the next season.

Heading into this summer the majority of the team will be balancing internships, jobs, and swimming making it very similar to our lives during the school year. Having the privilege to represent Bucknell in the water demands a lot of our time throughout the entire year but the joy, friendships, and moments given to us because of what Bucknell has to offer makes it all worth while. All of the returning members of the men's team understand the opportunity we have on the near horizon. With a large and extremely talented incoming freshman class we know our ceiling is extremely high. As stated before one of our favorite quotes is "If everyone acted the way you do, would the team be better or worse?" That message has been preached throughout the last year but it must be placed firmly in all of our minds throughout this summer and at the beginning of the school year. It will be our responsibility to make our incoming freshman become acclimated to college life and comfortable within our men's program. Fortunately though the senior class is filled with outstanding high character individuals who are looking forward to bringing our new members into our bison family. We have decided, as captains to make team unity be one of our majority priorities for next season. The idea of team can be lost sometimes within the world of swimming but the most successful swim teams understand the power created when individuals buy into a program that is bigger than just them. As captains we must stress the importance of team unity and constant positive energy because with the patriot league continuing to grow we cannot become a dominant force unless everyone is a key contributor to the program. Contributions come in many forms though not just points, if we as a collective group can also understand that we must all become leaders and we must all make decisions to help better this program than the sky's the limit for the 2014-2015 season. As us captain's head into our last round of college swimming we feel blessed to do it here at Bucknell and with a group of people filled with talent and true passion for the sport of swimming.