

“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!

Greetings from Bison Country and the deck of Kinney Natatorium! The swimming and diving season is in its final phase and that means two words to our swimmers: taper time! While our divers are also enjoying a lighter workload, the swimmers are 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 18 days until the start of the ECAC Championships. Every season is different presenting its own unique challenges, and its own unique achievements but the longer I coach, the one constant seems to be how quickly it can go from September, and a count of 175 days until championships, to February and a single digit count down.

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. For the women's team there was a great deal of excitement coming off of a very successful 2012-13 campaign that culminated in a runner-up finish at the Patriot League Championships and 4th place finish at the ECAC Championships. While we lost several contributing seniors, we also knew that we had a great returning core and a very talented first year class for the women. On the other hand, while performing well at the end of last season, the men's team knew that we faced many challenges if we wanted to improve upon last year's third place finish in the league. A key for both groups to achieve their ultimate goals was to take the lessons learned from the previous year and move forward. We could not afford to cover the same ground in training, technique, or even team building if we wanted to fulfill our full potential. Our goal was not to get back to where we had been but to get better!

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. It was constant improvement! As October turned to November, we really hit a new high in our practices and for a three week stretch we trained at level and consistency that I have not seen in my years at Bucknell. The product of that great stretch in our process was two outstanding competitions in the month of November: our exciting wins over Navy at the Quad meet and our great team performance at our Bucknell Invitational.

Clearly as November drew to a close, we had things rolling as a team, but like all teams and all sports, "streaks" come to an end. December always presents challenges to consistency in a college swimming and diving season when we have to work around holiday vacations, final examinations, and travel. On top of that we also had to deal with our share of misfortune with injury and illness hitting us hard as we worked through December and early January. In spite of the setbacks, we commenced our Training Camp in Boca Raton, FL on December 27th looking to get things "rolling again." After eight days of tough training, we returned to Bucknell to begin our meet schedule for second semester.

Our emphasis for the stretch of meets throughout January was to see improvement each and every week and also to work towards making January's process better than November's process. We needed to continue in our efforts to not cover the same ground again but looked to keep moving forward and improving. The women's team closed out the dual meet portion of the season with an 8-2 record, marking the most wins and best win percentage in my 8 years with the program. The men's team's 7-3 record equals the most wins in my 8 years with the program.

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While our season's success is certainly not defined by dual meets won and lost, both teams have competed well all season long. On a whole our team has come a long ways in the seven weeks since our training camp, not to mention since the count down on the practice read 170 days until Patriots and 179 days until ECACs. Thus we head into our championships excited by the possibilities, but also well aware of the challenges.

This year's Patriot League Championships will definitely have a different look and feel. Not only do we have two new schools participating in Boston University and Loyola University, but we also have a new format. The championships will begin on Wednesday with diving preliminaries at 2pm and swimming and diving finals at 6pm. On Wednesday night we will contest the timed finals of the 200 medley relay, 800 freestyle relay, and championship final of one diving event. The next three days will have a familiar look as the order and make-up of the individual events will remain.

With both the Patriot League Championships and the ECAC Championships being hosted by Navy at Lejeune Hall, the teams know we must be ready to compete well on the road to reach our ultimate goals; however, we are also confident that our Bison Swimming and Diving Alumni, Friends, and Family will be on hand to negate any "home pool" advantage and make their presence felt both in numbers and in vocal volume. (Please note the ticket information for the championships available in this newsletter, as it is possible the spectator seats will sell out prior to the start of the final sessions.)

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

GO BISON!



Dan Schinnerer
Head Swimming and Diving Coach



FROM THE BOARDS & COACH CARTER



Hello From the Deep End of the Pool,

Looking back over the season, we started out pretty strong by putting in some good numbers and getting the majority of our dives back a lot sooner than in years past. The divers worked really hard in beginning of season and have continued to reach and strive to be the best they possibly can. We've not broken any records as of yet this season, but some individuals have put together some lists that are more competitive than last year. It has been pretty exciting to watch them grow, especially newcomer Mariele Saunders-Schultz. Her scores were not the greatest in the world but she has definitely grown as a diver since stepping foot in our pool. She has gained some dives she never thought would be possible. Sophomore Lara Curtis has improved immensely over the year, just missing the ECAC cut by 5 points, and is one heck of a strong diver, more so than she believes. She has been able to maintain and improve dives throughout the progression of the season. Our very talented junior women have been able to be even keeled throughout. We've had solid performances throughout the season from Tori Molchany, Katie Hetherington (four-time *Patriot League Diver of the Week*), and Tara Boyle. These young ladies continue to impress, and have maintained and improved upon performances throughout the year. Each one has stepped up her game in the midst of a not so great performance by a teammate. They compliment one another greatly. We are very excited about Patriots because on the women's side anyone can grab first place. We've seen the majority of the competition and it is very close at the top and our three junior female divers have a legitimate shot.

Rounding out the team are our three male divers, Jonathan Jones, Patrick Alverman, and Tyler Wenzel. These three guys worked their you know whats off trying to get higher degree of difficulty dives. We've hit some bumps and potential road blocks for certain individuals, but have kept eyes forward and noses to the grind. They have seen a lot of tough competition, especially within the league, and each has been able to show confidence and the belief they can hang with the best. All three have either put up a personal record or come within several points of their personal record. This year at Patriots there should be a little wiggle room to sneak more than one guy into the top-eight. Our guys are looking forward to the challenge of doing their very best against a deep league of talented divers. If you happen to be in the Annapolis area during the weekend of Patriots, please stop in -- we'd love to see you. Take care & Go Bison!

Errol Carter
Diving Coach



CAPTAINS CORNER



MELISSA BESMAN



JEN BRENNAN



KELLY PONTECORVO

If we were to put one word on how our swimming & diving season has gone thus far, it would be “streaking.” We started off strong from day one, and we have gained momentum with every practice and competition. As far as numbers go, we have definitely made our presence known. We ended our dual meet season with a winning record of 8-2, our best dual meet record since the '97-'98 season. Additionally, we would be remiss if we failed to mention that in the face of some very stiff competition, we went undefeated in the Patriot League! And it is HOW we win that shows the mettle of this team. We are what one would call a “second-half team.” Many times throughout the season, the meet has come down to the last few events--and that is where we truly shine. We fight together as a team to the last swim in the last relay and never give up! Our outstanding camaraderie and Bison pride is simply unstoppable.

One aspect that we can attribute our success to is our winter training trip. Although the practices, dryland, and weight room were never easy, we always managed to have tons of fun. Aside from being able to train outside in the Florida sun, we spent quality time with one another and built on the strong team bond that we have today.

Looking ahead to championships, we are all very excited. At both Patriots and ECAC's, we have the potential to accomplish amazing things. These upcoming meets are going to be extremely competitive and we intend to keep on “streaking” and finish our season strong, giving us all something to remember and be proud for many years to come.

GO BISON!!!!



Last time we checked in we were getting excited for our homecoming swim meet against PITT on October 27. Needless to say, a lot has happened since then. For one, we handed Navy men their first ever loss in the Patriot League. The meet was incredibly exciting, running down to the wire. A sweep in the 200 IM sealed the meet for us, leaving a memory that the team and our supporters will never forget. While we were excited about our accomplishment, we understood that our season isn't defined by any dual meet in October. We got back to work right away, and put together arguably the best dual meet season our team has had in the past decade.

With all of the hard work put in between dual meets, it was nice to escape from the cold weather of Lewisburg and train for a week in sunny Boca Raton, Florida. Being able to swim outside and make trips to the beach was huge for team morale, not to mention an amplification of the training. We had never hit the weight room with such tenacity, moving heavy things emphatically. The aquatics facility at FAU also assisted in the dedication of our training, making each and every practice an optimal opportunity to get better. We returned home to the snow a week later and translated our hard work back into the aforementioned dual meet season.

As we sit just days from the first races of championship season, we are far from satisfied, we are in fact hungrier than ever. For our entire team, this meet marks a chance to show the rest of the Patriot League and our supporters how much hard work we have put in this year. For our seniors, it chance to showcase the work we have put in our entire lives. Like past years, we will be sending a squad to Patriot League Championships, and one to the ECAC Championships, with many guys competing in both meets. As individuals, we all have multitudes of goals and aspirations going into the next couple of weeks, but as a team we are united in our goals that we set all the way back in September. There is an incredible amount of excitement in the air as we feel we are on the verge of accomplishing great things.

The future for the seniors that have spent four years together has grown very bright over this last year. With the entire senior class having wonderful opportunities post-graduation, we would like to thank the supporters of our team and alumni that have not only set incredible examples, but also stood by us the entire way. Thank you for everything you have done and we will see you in Annapolis.

Go Bison!



MIKE NICHOLSON



TREVOR REITZ

SWIMMING & DIVING ANNUAL FUNDRAISING UPDATE

I also wanted to take this opportunity to update everyone on our Decades Challenge Fundraising contest. As you can see from the chart below at this point in the fiscal year we have raised \$80,031 dollars or just over 80% of the way to our athletic department set goal of \$100,000. This pace puts us ahead of last year's record setting pace. Thank you to all of those who have already made a difference in the success and quality of our program by making a donation this year. Even though we are ahead of last year's pace, it is important that we finish the race strong and rip that last dive to close it out!

Fiscal Year	2014	2014
Grouping	Gifts	Amt
1940s	2	\$100
1950s	3	\$650
1960s	26	\$8,287
1970s	21	\$11,055
1980s	25	\$9,457
1990s	33	\$13,363
2000s	16	\$1,700
2010s	6	\$520
Other	16	\$1,980
Parents	49	\$32,920
Total	197	\$80,031

It is interesting to note that the 1990s have pulled into the lead in both total number of gifts and total dollars given for the Decades Challenge. As a reminder last year the 1980s group won the contest for most gifts and the 1970s group won for most dollars given. The 1990s won the contest for total number of gifts two years ago and it is great to see them make the push for total amount given. Let's see if the other decades can respond to the challenge!

Also worthy of note is that the parent group has donated over twice as much as any single decade group at this point. Thank you parents!

CHAMPIONSHIPS INFORMATION

We look forward to seeing many of you in Annapolis for our championships. The Patriot League meet begins on Wednesday, February 19th and runs through Saturday, February 23rd. The ECAC Championships will begin on Friday, February 28th and run through Sunday, March 2nd. For schedule and ticket information on both events please visit the site below:

<http://www.navysports.com/sports/m-swim/spec-rel/012714aaa.html>

With two new teams in the conference this year, spectator seating and ticket availability could be an issue so advance ticket purchase is recommended.