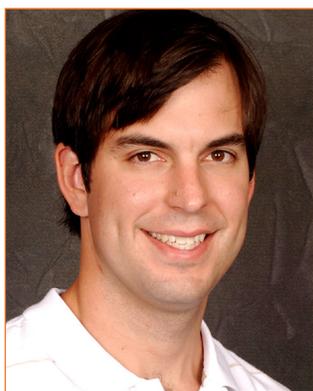


FROMtheDECK

The Official Newsletter of the Bucknell Swimming and Diving Program

www.BucknellBison.com



NOTES FROM COACH Dan Schinnerer

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

The calendar has turned over to February which means that a busy stretch of meets is behind the Bison Swimming and Diving team and it is now time to focus in on our upcoming championship meets. Taper time has arrived for the swimmers and everyone (swimmers and divers alike) is focused on fine-tuning skills and peaking in performances. Our goal is simple; to be at our absolute best when it counts the most!

As I write this newsletter, we sit at eight days until the Patriot League Championships and 16 days until the ECAC Championships. In reflecting back on this group of young men and women's process over the last five months, it is clear that we have faced our challenges but in taking on these challenges we have had the opportunity to fulfill the ultimate mission of any season; to learn and grow as people. As we head into championships, we embrace the opportunity to show how much we have developed as a team throughout the process that led us to this point.

Speaking of the season and process, a lot has transpired since our Fall Newsletter. The first semester of our season concluded with two important competitions. The Bucknell Invitational in mid-November served as a great rehearsal for our championship meets in February with its prelim-final format. As in the past, we let the team rest from their usual intensive training for 2-3 days and wear "championship tech suits" for the meet in order to better evaluate where we're at in our training.

The competition included several highlights for our Bison squad. Three women claimed individual event victories over the course of the weekend. First-year Maggie Wyngowski claimed the 400 IM, sophomore Emma Hadley took the 200 Backstroke and junior Abigail Rosenberg defended her 2016 title in the 100 Freestyle. Abigail and Emma teamed up with senior Leah Bloodgood and junior Lindsay Smalec to claim the 200 Medley Relay, just missing the school record in that event.

We also had a small group of four swimmers make a trip to Columbus, Ohio in early December. Chadd Cummings, Charlie McFarland, and Maggie Wyngowski all competed at USA Swimming's Winter Nationals. The competition's star-studded field included Olympians Nathan Adrian, Melanie Margalis, Ryan Murphy, and Kelsi Worrell to name just a few.

The highlight of the competition for our contingent came when Maggie qualified for the consolation final in the 400 IM and in that "night swim" broke the school record. Maggie's 4:19.84 just clipped the previous record of Steph Koziol '15 by .03 seconds. Charlie and Chadd also posted solid performances in the 50 freestyle and 100 and 200 breaststroke event respectively. This served as a great learning experience for our student-athletes to compete against some of the best in the country and best in the world.

Following final exams, the team remained on campus training hard together up until December 22nd. The team traveled home for the holidays to be with family and friends, but returned January 1st to start the New Year together. After two weeks of grueling training, we returned to our competition with a string of meets throughout January.

We traveled up to West Point to take on both Army and Boston College in a double dual meet. Our women split the meets, taking the win over BC and losing a meet against Army that came down to several close races. Our men dropped both meets. The team returned from Army on Saturday night and turned around the next day to compete at home against strong teams from Columbia on the men's side and James Madison on the women's side. Prior to the meet we honored our 11 seniors: Kyle Bloom, Leah Bloodgood,

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Championships SCHEDULE

Patriot League Championships Annapolis, Md

Finals (F) and Prelims (P)

Wed, Feb 14	(F)	6:00 PM
Thu, Feb 15	(P)	10:00 AM
Thu, Feb 15	(F)	6:00 PM
Fri, Feb 16	(P)	10:00 AM
Fri, Feb 16	(F)	6:00 PM
Sat, Feb 17	(P)	10:00 AM
Sat, Feb 17	(F)	6:00 PM

ECAC Championships New Brunswick, N.J.

Finals (F) and Prelims (P)

Fri, Feb 23	(P)	9:00 AM
Fri, Feb 23	(F)	4:00 PM
Sat, Feb 24	(P)	9:00 AM
Sat, Feb 24	(F)	4:00 PM
Sun, Feb 25	(P)	9:00 AM
Sun, Feb 25	(F)	4:00 PM

NCAA Championships Minneapolis, Minn.

Wed, Mar 21 - Sat, Mar 24
Times: TBA

Notes from Coach Dan Schinnerer

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Chris Devlin, Caroline Edelman, Grace Ford, Tally Ford, Julianna Foss, Tarik Lott, Sage Maggi, Maddi Marcheskie and Sam Rutan. During the meet, we were pleased with the many improvements in performance we saw in the second day of back-to-back competition, but unfortunately we lost both the men's and women's meets.

Our competition scheduled rolled on and the next weekend when we traveled over to Bethlehem to take on Lehigh. In a total team effort, our women topped the Mountain Hawks 171-129. We had seven different individuals step up to win nine individual events.

In addition, we recorded four 1-2-3 sweeps in individual events. Unfortunately our men dropped a close battle to Lehigh 155-133.

The team completed its "regular season" schedule with the Navy Invite in Annapolis on the last Saturday of January. This one-day, unscored meet provided a valuable opportunity for our swimmers and divers to fine tune main events, work on "third events" for championships, or in some cases try an entirely new event. The meet also served as a good rehearsal since the Patriot League Championships will be hosted at Navy's Lejeune Hall facility.

In summing up the "regular season", the women's team improved upon last year's 4-7 dual meet record to 6-3 this year. In looking at the league championships, we know that similar to last year it will be a tight team race for 2nd through 5th and this year we are determined to be on the right end of that race. For the men's team it was a challenging dual meet season at 2-7; however, as we look to championships we will look at avenge some of the losses we sustained in dual meet competition when the dust settles at championships.

We look forward to seeing many

of you at our championship meets and hope to provide great results for you to cheer on! As a reminder, the Patriot League Championships run from February 14th-17th at the Naval Academy. ECAC Championships will be hosted by Rutgers University this year and run from February 23rd-25th.



Dan

William Dearstyne '62 Award Recipient

Swimming & Diving Class of 1962, Bucknell Hall of Fame Class of 1982



Bucknell Athletics Hall-of-Famer and trustee emeritus William Dearstyne '62 and former women's basketball standout Christine Center '89 both received Bucknell Athletics Alumni Achievement Awards at a special celebration dinner on campus on Saturday, Feb. 3.

The Bucknell Athletics Alumni Achievement Award is awarded annually to one male student-athlete alumnus and one female student-athlete alumna who have earned distinction in their professional careers. The award recognizes alumni for their leadership aptitude and contributions to their professions, while upholding the highest values of Bucknell Athletics. The recipients of this award

represent the best of our alumni and become role models for current Bison student-athletes.

We truly appreciate all that Bill has done for Bucknell, Bucknell Athletics, and the Bison Swimming and Diving program.

Bill Dearstyne has a long history of success growing and developing people and business, which is evident in his 26-year tenure at Johnson & Johnson. During his career at Johnson & Johnson, he served as the Company Group Chairman, overseeing all of the corporation's medical companies in the Asia Pacific Region while holding multiple international executive positions. In the course of his time with Johnson & Johnson, Dearstyne led billion-dollar acquisitions of both Cordis and Depuy, leaders in interventional cardiology and orthopedics. He also established businesses in Eastern Europe, consistently increasing sales while serving on the company's Corporate Contributions Committee.

Dearstyne is also the Director Emeritus of the EastWest Institute,

a non-profit, global action-oriented think tank focused on confronting critical challenges that endanger peace, and he is a member of the board of directors of a number of European and U.S. healthcare companies.

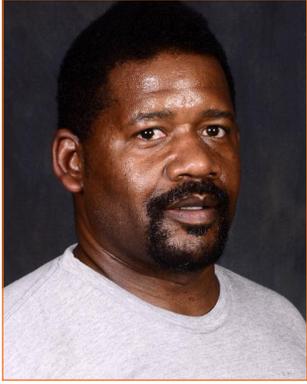
Dearstyne holds a Bachelor of Arts degree in psychology from Bucknell, as well as a Masters of Business Administration in international business from Syracuse University. While at Bucknell, Dearstyne was a two-time captain of the Bison men's swimming and diving team. He won Middle Atlantic Conference 100 and 200-yard backstroke championships three straight years. Dearstyne was the Eastern 100-yard backstroke champion in 1960, when he also led the Bison to their first-ever MAC championship. He won 30 consecutive 200-meter backstroke races, and he also captured two Middle Atlantic Conference titles in the 400 medley relay. Dearstyne made history as the first-ever Bucknell swimmer to compete at the NCAA Championships. He was

awarded the prestigious honor of Most Outstanding Bucknell Senior Athlete in 1962.

Following graduation, Dearstyne has remained a strong supporter of Bison Athletics. His contributions have led to an endowment for the creation of the Bucknell Athletics Leadership Institute, which develops and enhances leadership skills in the more than 750 student-athletes at Bucknell. Dearstyne also created and contributed to the Robert A. Latour Swimming and Diving Endowment, and he has provided generous support for numerous athletics programs and initiatives at Bucknell. Additionally, he served on the Board of Trustees from 1991-2015 and is currently a trustee emeritus.

Dearstyne lives with his wife, Elizabeth, in Bregnez, Austria. They have two daughters, Katherine Bell Dearstyne '89 and Elizabeth Dearstyne Geletka, and four grandchildren. ■

FROMtheBOARDS *Coach Errol Carter*



I wanted to share how the season has been progressing on the boards as we get set for the league championships. In January

we saw marked improvement across the board for our divers. After the new year we were able to get some quality diving done during training camp where we did two-a-days, continued getting stronger in the weight room, and more importantly, began to believe in our potential and abilities on the boards. We also got Paige Schoelkopf back from injury/illness. She has come on really strong and has helped the team with several solid performances, capping it off with a 3-m win at Lehigh in our final dual meet.

Freshman Garrett Sommer has

continued to do well for the team. He has gone up against some very stiff competition so far and has risen to the challenges for the most part. He has been working on adding some extra degree of difficulty to his lists to become even more competitive within the league. Our other freshman, Alaina Schumann, put up some season best scores this past January especially on the 3-m board.

Lone senior Tally Ford seems to be hitting her stride and getting comfortable on 3-m again. She's been doing some great stuff in practice that led to her placing

first on the 1-m at Lehigh with a season-high score in the final dual meet. She also put in solid performances against JMU and Army. She's been working hard at 3-m to get it back to where we'd like her to be. Overall, we are very excited to bring divers to Patriots this year! I believe we have a shot of doing well and contributing to the team's point totals.



Errol Carter

From the Captains

Caroline Edelman and Julianna Foss

Coming out of the winter holiday, on January 1st the women's team looked to continue making progress in the pool with a solid two-week stretch of intense training while classes were not in session. This aspect of our season is important for making gains toward championships in February and included long hours swimming, lifting, and most importantly, napping. The two weeks of training camp culminated in a weekend of dual meet competition, first at Army West Point against Army and Boston College and then at home for our Senior Meet with the women taking on James Madison University. While the team faced tough losses to both Army and James Madison, these meets certainly sparked a desire to focus on improving and hone our skills with championships on the horizon. Our next opportunity to face league competition came a week later in Bethlehem against Lehigh. With the loss to Army fueling our drive, the women's team stepped up and took down Lehigh in a decisive 171-129 victory. This was

a very exciting meet and boosted our confidence going into the championship season.

Our final in-season competition took place at Navy, the host of Patriot League Championships this year. This meet was an opportunity to practice the essentials of any competition, namely starts, turns and dives, and get a feel for the PLC host pool while getting one last opportunity to race and dive before taper kicks in. In a more relaxed environment, we saw some great races and established a familiarity with Navy's pool.

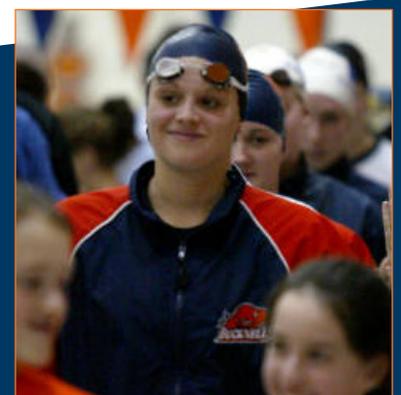
Looking forward to championships, from February 14-18, the Bucknell Women's Swimming and Diving team will be taking 17 swimmers and two divers to the Patriot League Championship Meet at the Naval Academy in Annapolis, Maryland. The following week, from February 20-22, we will be travelling to Rutgers University for the ECAC championship meet. In the last three years we have recorded a 2nd, 4th and 5th place finish at the PLC meet, respectively. Last year the difference between 2nd

and 5th place was within only 30 points. This difference has really motivated the swimmers and divers to work diligently and meticulously in practice with the goal to improve our times and to outperform Boston, Army and Lehigh. With the right mindset and attitude this is a very plausible goal to achieve.

ECAC championships provide another great opportunity to compete in a prelims-finals format and to race against other teams that are not in our conference. Each year the teams that enter are slightly varied, so it's nice to race new people and see new teams. Last year ECACs was hosted at the Naval Academy and the women finished in 2nd place. This year our goal is to do just as well or even better with strong performances in the pool and on the boards. Ending the regular season on a positive note by beating Lehigh has given us the confidence entering into championship season. We look forward to finishing out the year strong at PLCs and ECACs! 'Ray Bucknell! ■

Lectie Altman '06

critically injured in accident



I wanted to pass on a piece of news regarding alumna and recent Bucknell Athletics Hall of Fame Inductee, Lectie Altman '06. Sadly she was struck by a car while training on her bike in her home of Hawaii. More information can be found by clicking the links below:

www.kitv.com

www.staradvertiser.com

www.syracuse.com

The thoughts and prayers of the entire Bucknell Swimming and Diving family are with Lectie, her friends and her family. ■

LET THE
MARCH
BEGIN

3.20.18



Join us in this 24-hour athletics-specific giving challenge and help support Bison student-athletes! Support Bison Athletics as we work to develop scholars, leaders and champions!



BISON MARCH for *Excellence*

Tuesday, March 20th to Wednesday, March 21st
Noon to Noon.

Stay tuned to www.BucknellBison.com
for more details as 3.20.18 approaches.



Swimming and Diving
 Bucknell University
 One Dent Drive
 Lewisburg, PA 17837



Annual Decades Challenge Update

I wanted to take this opportunity to update everyone on our annual “Decades Challenge” Fundraising Contest. Overall, we are just under 50 percent of the way towards reaching our fundraising goal of \$125,000 as set by the Bucknell Athletic Administration.

As you can see from the chart above the 1990s group has the current lead in number of gifts given, while the 1970s group has the lead in total dollars given. Also worth highlighting is the parent groups lead in both categories over all decade groups. As a reminder the 1970s decade group swept both titles last year.

Thank you to the many of you who made contributions during the Holiday time! ■

Swim and Dive		
Fiscal Year	2018	2018
Grouping	Gifts	Amount
1940s		
1950s	2	\$300
1960s	15	\$4,920
1970s	20	\$11,975
1980s	21	\$8,720
1990s	23	\$5,145
2000s	8	\$3,600
2010s	7	\$525
Other	8	\$1,600
Parents	33	\$21,823
Total	137	\$58,608



SWIMMING AND DIVING CONTACT INFORMATION

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 Diving Coach: Errol Carter / 570-577-3076 / ecarter@bucknell.edu

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