

“NEWS FROM THE DECK”

THE OFFICIAL NEWSLETTER OF
THE SWIMMING & DIVING PROGRAM



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A NOTE FROM HEAD COACH DAN SCHINNERER



Dear Bucknell Swimming and Diving Alumni, Parents, and Friends:

Greetings from the deck of Kinney Natatorium here in the heart of Bison Country! Another new school year and another new swimming and diving season is well under way. We have actually passed the halfway mark of the first semester. In a new twist to the academic schedule, Bucknell began classes on Monday, August 24th and we started our official practices for the swimming and diving team the next week on Monday, August 31st. The beginning of each new school year and new

swimming and diving season is special because it presents a new opportunity for our program to set new goals, create a new team identity, and begin a new process. Each year we try to build on positives of the past, but also identify important ways to improve as individuals and as a team.

Once again both the women and the men are coming off successful seasons in 2014-15. In the pool, the women were runners-up at the Patriot League Championship meet and increased their point total from the previous season. The men also increased their point output from the previous season, but fell just short of moving out of the fourth place position in the Patriot League standings. Both squads secured Top-10 showings at the ECAC Championships with the women placing 4th and the men 8th. All told on the season the men and women combined to set 12 new school records in the yards format and recorded 80 new entries into the program's All-Time Top-10 Lists. Furthermore, senior Emma Levendoski became our program's first female NCAA Division I National Championship qualifier and first Division I qualifier since Jim Harvey in 1988. Our in water success carried into the summer, were four new long course program records fell and our Bison Swimmers represented the team at both the national level in San Antonio, TX and international level in Barcelona, Spain.

In addition, just as our success continued in the pool it also continued in the classroom. On the academic front our women's team was once again recognized as CSCAA Academic All-American Team and we had four individuals honored as either CSCAA Academic All-Americans or Academic Honorable Mention All-Americans. In addition, we had over 30 individuals named to the Patriot League Academic Honor Roll in the spring. Finally, on the fundraising front, we fell just shy of our program record for money raised; however, our final tally of \$140,784 and 347 gifts are both very strong figures that we can be proud of.

This year our squads are led by the senior class of: Leanne Archer, Rachel Brekovsky, Lara Curtis, Emily Gwynn, Emma Levendoski, Lyndsey Marchskie, Alanna Nawrocki, Patrick Alvermann, Steven Grune, Wes Marberry, JT Nangle, Brian Phillips, Will Rapaport, Jeff Shanley and Tyler Wenzel. In addition we have a large class of nine new first year female and nine new first year male swimmers and divers. As usual we focused on building up our training volume and intensity in the first six 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 building and goal setting exercises.

The competitive phase of our season began with our annual "Triple Distance" Meet with the Retrievers of UMBC. The alternate format for the meet allows 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 train-

RECEPTION DURING HOMECOMING WEEKEND

I also wanted to take this opportunity to remind everyone that we will be hosting a "Bison Swimming and Diving Alumni, Parents, and Friends" Reception immediately following our dual meet with PITT on Saturday, October 24th during Homecoming Weekend here at Bucknell. Our meet is set for a 12:00 p.m. start and we anticipate the reception to begin around 2:30 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 we ask that you RSVP to administrative assistant Joan Glick at jls101@bucknell.edu by October 21st.



SWIMMING & DIVING STAFF INFORMATION

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ing. Overall we were pleased with how we competed for the first time out especially given where we are at in our training, but as I told the team, regardless of how pleased or disappointed you were in your performances at UMBC, the focus is on improving as we move forward. It is a long ways to February and we have countless opportunities to improve; however, it is imperative we take advantage of them!

Our women's team was led by Senior Emma Levendoski who once again swept the women's backstroke events claiming the 200, 100, and 50 backstrokes. Sophomore Julianna Foss placed second to Emma in the 200 backstroke before claiming her own event win in the 100 butterfly. Junior Rachel McGoff captured the 100 IM win and sophomore Dani Potis claimed the 200 butterfly. As is often the case at this meet, the first year swimmers made their mark as well, with Abigail Rosenburg taking the 100 freestyle victory and Brittany Bishop the 200 freestyle win.

On the men's side of the meet, senior Tyler Wenzel swept both the 1 meter and 3 meter diving events. Junior Louis Behnen grabbed the win in the 400 IM and the 200 freestyle for "distance swimmers." Sophomore Chris Devlin also claimed the victory in the 200 backstroke. Behnen also teamed up with classmate Jack Robinson, sophomore Sam Rutan, and freshman Vincent Filippini to take the 400 freestyle relay at the conclusion of the meet.

As we move into October and November, we get into the heart of our first semester meet schedule. Our next competition will be against Patriot League rival Boston University in Boston on Saturday, October 17th. For those of you planning to attend the meet, please give yourself plenty of time to travel to Boston's pool as the city is also hosting the "Head of the Charles" Regatta that day. Following our trip to Boston, we will then return to the friendly confines of Kinney Natatorium on Homecoming Weekend when we take on PITT on Saturday, October 24th. Information regarding our Bison Swimming and Diving Alumni, Family, and Friends Reception during Homecoming Weekend is located in this letter.

Also looking ahead to next the next semester, I wanted to highlight our championship meet dates. This year's Patriot League Championships will be hosted by Navy and run from Wednesday, February 17th through Saturday, February 20th in Annapolis. The ECAC Championships are also being held at Navy and run from Friday, February 26th through Saturday, February 28th. We anticipate a Long Course Time Trial meet to be held the Thursday prior to the start of the ECAC meet at Navy for swimmers look to post times in the long course format while in peak racing condition.

We will of course continue to keep you posted of all the happenings with the Bison Swimming and Diving team both in and out of the pool. On behalf of the entire staff and team, we truly appreciate your continued strong support for our program.

Regards and GO BISON!



Dan Schinnerer

Head Men's & Women's Swimming & Diving Coach

FROM THE BOARDS & COACH CARTER



Hello From the Deep End of the Pool,

Having gotten our first competition under our belt, I know we are in a semi-good spot. We have an idea of where we are, and hopefully where we want to go from here. We've been putting in some quality practices in addition to hitting it hard in the weight room. I'm pretty amped about the potential we have to maintain or exceed performances from last year. I know our seniors would like to end their careers on as high a note as they possibly can.

This year's crew is definitely a lot smaller than the past couple years. We have senior Lara Curtis, who finally realized that she is a GREAT diver when she finished in the top-8 at Patriots on the 1-m; senior Patrick Alvermann, who has great potential to finish much higher than the 10th place (1-m) and 13th place (3-m) showings a year ago at Patriots; and senior Tyler Wenzel who has worked so hard to be the diver he's become. He has spent the last two summers on campus doing research, strength training and diving. Last year he finished 6th on 3-m and 8th on 1-m. I am looking forward to seeing what this group of seniors will do for us.

Our only junior, Mariele Saunders-Shultz, is abroad this semester.

Sophomore standout Tally Ford, 6th on 1-m and 9th on 3-m at Patriots, is looking to improve upon performances of last year and Christine Kehrl is currently sidelined and hopeful to get back as soon as she can. Newcomers to the team this year are Madison Weaver, who has potential to do some good things for the team as she develops over time, and Alex Stoner. He is very new to diving, but is strong and powerful which will work to his favor when he gets back into the swing of things as he's been sidelined as well.

Please come out, if you can, and support the teams as we go through the year. Thanks for your continued support and GO BISON!!!

Errol Carter
Men's & Women's Diving Coach

WOMEN'S CAPTAINS CORNER

By Leanne Archer & Alanna Nawrocki

As we delve into the heart of the season, we look back and are thrilled with the significant progress we have already made in these

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first few weeks. We have utilized the beginning of the season to set a solid foundation through team building, training, and goal-setting.

This season is sure to present its fair share of challenges in the pool. We are excited to rise up and meet these challenges. In order to do this, we have been training at an elevated level. Many returners have noticed the increased intensity in both practices and dryland. The team has been taking these changes with stride, knowing that great results are to come from them.

Our first set of results, coming from the unscored dual meet against UMBC, is already telling. Overall, the women's team won eight individual events and had many other strong performances. Many of the returners showed better times and scores than seen in previous dual meet seasons. Our incoming first-years made a strong debut as well, showcasing the great contributions they will be making this year.

We are thrilled to see what we have already accomplished and know there is much more to come. The women's team has great talent and depth, something that will surely benefit us in dual meets and looking ahead to championship season. The coming weeks are sure to be busy with meets, but we look forward to the many opportunities we have to get up and race!

As both captains and seniors, we are looking forward to tying a bow on the gift that is our Bucknell Swimming & Diving experience with a great season. Go Bison!

MEN'S CAPTAINS CORNER

By Steve Grune, JT Nangle & Will Rappaport

The season for the Bucknell University Men's Swimming and Diving team officially began on August 31st, as the team jumped backed into training together for the first time since the Spring of 2015. Six members of our team stayed on campus this past summer to swim and dive with the coaching staff in Lewisburg. The summer months offer an great opportunity to focus on swimming in the fifty-meter pool set up. This long course set up is particularly important this year as many members of the team have their sights set on qualifying for the 2016 U.S. Olympic Trials, which can only be done in a fifty-meter pool. Our goals for this season are both long and short term, and reflect the higher standards that the team will hold themselves to this year.

Throughout these past six weeks of training, Coach Schinnerer has been pushing the envelope to get the team ready to compete as quickly as possible. The beginning of the season has been focused on building a solid aerobic base in the pool and general strength in the weight room. In both training and in meets, we focus on four main concepts; prepare, perform, recover, and have fun. Each day in practice, and before meets, we prepare for what's ahead and focus our attention on what we need to accomplish both as individuals and as a team. During the actual practice and race, we push ourselves to the next level to perform to the best of our ability. After performing, we must take care of our bodies and properly recover by warming down after a race and stretching after practice. Finally, and most importantly, we do our best to have fun and enjoy our time together both racing and practicing. Having fun cultivates a positive team mentality that will serve us well and help this team achieve its goals.

The dual meet season began with an un-scored meet at home against UMBC. This meet was a terrific place to start the year and helped to show the freshman what a college dual meet is like. In the upcoming weeks, the team will travel to Boston University for a dual meet on November 17th and then face Pittsburgh at home the following Saturday. These two meets present challenges and fantastic opportunities to swim fast and dive well against two strong programs. The next meet after Pittsburg will be away in Annapolis, Maryland at the Naval Academy for a quad meet between the Midshipmen, American University, and Lafayette. This meet, which will be swam in long course meters, is a chance for us to get accustomed to the longer pool and make strides towards the Olympic Trial time standards. Our team is preparing for these meets with incredible enthusiasm and is excited for the upcoming competition.

In addition to the work we are doing in the pool and on the boards, the team will be volunteering at the RiverWoods independent living community in the next few weeks. We will be carving pumpkins with the residents and assisting with coordinating a trick-or-treat event for local children. Our team feels a strong connection to the local community, which is only bolstered by the swim lessons we give to kids in the Spring months. We are excited to give back to the local community and to have a good time while doing so!

The Men's team has been working to create a team identity that promotes aggressiveness in practice and meets, and a positive environment for individuals to attack the challenges put in front of them. The team is motivated and focused on making the most of the opportunities we have to learn and improve every day. With an incredibly strong group of first years joining what was already a very talented and deep roster the 2015-2016 season is shaping up to be the most exciting in recent memory.

'15-'16 SCHEDULE

MEN'S RESULTS/SCHEDULE

| | | |
|-------|----------------------------------------|----------------|
| 10/3 | UMBC | NTS |
| 10/17 | at Boston University | 1:30 p.m. |
| 10/24 | PITTSBURGH | 12:00 p.m. |
| 11/7 | at Navy* with American* and Lafayette* | 12:00 p.m. |
| 11/20 | Bucknell Invit. | 10 a.m./6 p.m. |
| 11/21 | Bucknell Invit. | 10 a.m./6 p.m. |
| 11/22 | Bucknell Invit. | 10 a.m./6 p.m. |
| 1/9 | at Army* | 1:00 p.m. |
| 1/10 | at Colgate* | 1:00 p.m. |
| 1/17 | COLUMBIA | 1:00 p.m. |
| 1/23 | at Lehigh* | TBD |
| 1/30 | at Navy Invite | TBD |
| 2/17 | PL Championships | 10:30/6:00 |
| 2/18 | PL Championships | 10:30/6:00 |
| 2/19 | PL Championships | 10:30/6:00 |
| 2/20 | PL Championships | 10:30/6:00 |
| 2/25 | at ECAC LCM Time Trials | TBD |
| 2/26 | at ECAC Champ. | 10 a.m./6 p.m. |
| 2/27 | at ECAC Champ. | 10 a.m./6 p.m. |
| 2/28 | at ECAC Champ. | 10 a.m./6 p.m. |

WOMEN'S RESULTS/SCHEDULE

| | | |
|-------|----------------------------------------|----------------|
| 10/3 | UMBC | NTS |
| 10/17 | at Boston University | 1:30 p.m. |
| 10/24 | PITTSBURGH | 12:00 p.m. |
| 11/7 | at Navy* with American* and Lafayette* | 12:00 p.m. |
| 11/20 | Bucknell Invit. | 10 a.m./6 p.m. |
| 11/21 | Bucknell Invit. | 10 a.m./6 p.m. |
| 11/22 | Bucknell Invit. | 10 a.m./6 p.m. |
| 1/9 | at Army* | 1:00 p.m. |
| 1/10 | at Colgate* | 1:00 p.m. |
| 1/17 | WAGNER | 1:00 p.m. |
| 1/23 | at Lehigh* | TBD |
| 1/30 | at Navy Invite | TBD |
| 2/17 | PL Championships | 10:30/6:00 |
| 2/18 | PL Championships | 10:30/6:00 |
| 2/19 | PL Championships | 10:30/6:00 |
| 2/20 | PL Championships | 10:30/6:00 |
| 2/25 | at ECAC LCM Time Trials | TBD |
| 2/26 | at ECAC Champ. | 10 a.m./6 p.m. |
| 2/27 | at ECAC Champ. | 10 a.m./6 p.m. |
| 2/28 | at ECAC Champ. | 10 a.m./6 p.m. |

**Swimming & Diving Office
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SWIMMING & DIVING NEEDS YOUR SUPPORT

Our fundraising goal as we begin this annual drive is set at \$125,000. I believe it is significant that for the first time in my nine years with the program our goal is actually set at the same level as the previous year. This is recognition of the outstanding level that our alumni and friends gave back to the program for the last few years. Our fundraising goal has not changed, but our needs also remain very similar to last year as well. The exact allocation of our fundraising dollars varies from year to year based on our travel schedule, recruiting efforts, and equipment needs. The information below will give you an idea of what the money we raise goes towards:

- \$5,000 Meet Management/Set-up (i.e. cost of running dual meets, Invites, etc)
- \$25,000 Team Equipment (training gear such as stretch cords, parachutes, and fins, practice suits, championship suits, video for stroke analysis, etc.)
- \$50,000 Team Travel (Hotels, Meals, Buses, Flights, etc. Of specific note is this year's multiple away championship meets)
- \$25,000 Recruiting (Coaches travel for off campus contacts and evaluations, official visits, etc)
- \$20,000 Kinney Natatorium Upgrades and Maintenance (Over the summer a new UV system was installed as well as enhancements to our water filtration system. In addition, the NCAA has approved new backstroke starting devices that will need to be purchased for all starting blocks in the coming year)

Also, the money that we raise in excess of our goal that is not immediately utilized in a given fiscal year by the program is rolled forward into the next year. It does not go towards other Bucknell athletic teams, thus any and all gifts are utilized to support the Bison Swimming and Diving Program.

We need your support so that we can continue to build on the tremendous tradition and achievements of the Bison Swimming and Diving program. I will continue to keep everyone posted on the happenings both in and out of the pool throughout the season. In addition, we will continue our annual "Decades Challenge" Fundraising Contest and once again see which "generation" can be the biggest supporters of the team in both total dollars given and total number of gifts. As a reminder the 1970s took the title last year for most dollars given, the 2010s took the crown for most number of gifts, and the "Parent Group" surpassed all alumni group totals!

Thank you to all of you who help make Bison Swimming and Diving so special.