

# “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 calendar has turned to February, which is one of the most exciting times in college swimming and diving. While college basketball has its “March Madness,” college swimming and diving has its “February Fun” with fast swimming and great diving performances at conference championship meets all across the country.

As many of you know from firsthand experience, the swimming and diving season can be a long grind. We start our first practices right when the academic year begins, often only a week or two after the “fall sports,” and we push right through until championships . . . and then start training again in the spring after a week or two of break! That is the nature of our sport. For those of you who swam for me, you know that I often say “next season” begins in March. Thus, in many ways our focus on this season began last March. Needless to say, you can understand why the swimmers and divers are excited to see the countdown reading 7 days until the Patriot League Championships and 16 days until the ECAC Championships. These meets have been the focus of a long process and now our swimming and divers are looking to fine tune skills and peak in performances. Our goal is simple, to be at our absolute best when it counts the most!

As my ninth season at the helm of the team reaches its climax, I am struck by how each season provides its own challenges and opportunities. There are certainly common goals year in and year out and the basic routine of a college swimming and diving season at a “macro” level remains largely unchanged, but the individuals involved, the obstacles presented, and the rewards of each year’s process are unique and special. This year’s team began the season with a great deal of potential and more focus than I think any group in my time here at Bucknell has started a season with. As a group the team understood not only what it wanted to accomplish, but also what it would take to accomplish it.

The men and women attacked our “build-up phase” of training in September with great attitudes and great efforts. We quickly hit our stride and this helped lead to some very strong performances in our first competition of the year against UMBC in our annual “triple distance meet” with the Retrievers. The early strong performances only helped fuel the team’s enthusiasm for practices and we continued to roll forward in October on a very positive path.

Our first scored competitions of the year provided a number of valuable lessons for both squads. While easily downing GW, the women fell to a strong Boston University team. The women were disappointed, but quickly realized that what happens in mid-October does not have to have any bearing on what happens in mid-February if we continued to focus on improving ourselves each and every day. On the other hand, the men’s team was excited to take both meets against GW and a Boston team that had beaten us the previous season at the League Championships; however, the men’s team drew the same lesson as the women. They knew that in order to replicate our success in February we would have to develop the depth needed to translate dual meet success into championship meet success.

Another important part of preparing for championship success is measuring yourself against top level competition, thus the addition of PITT to our schedule. While we lost both the women’s and men’s meet to the Panthers, we competed very well and continued to show strong progress each weekend we competed. In addition, competing at PITT had the bonus of allowing our swimmers and divers to compete in the venue that will

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## FORMER COACH LYNN COMER KACHMARIK INDUCTED INTO HALL OF FAME

Lynn Kachmarik was inducted into the Bucknell Athletics Hall of Fame on October 31. She was a true coaching pioneer at Bucknell, mentoring both men and women student-athletes in four different sports from 1982-98. Kachmarik was a world-class water polo player when she came to Bucknell in 1982 as a lecturer in physical education as well as head women’s swimming and diving coach. She is the longest-tenured and winningest coach in the history of that program, compiling a 120-52-1 dual-meet record in 16 years. She led the Bison to the 1987 East Coast Conference team championship and coached 43 individuals and 17 relays to league titles. In 1994, Kachmarik succeeded the legendary Dick Russell as head coach of the Bucknell men’s swimming and diving program, and she led the men to a 31-9 dual-meet record and six individual Patriot League gold medals from 1994-98.

Kachmarik will be inducted into the Bucks County (Pa.) Sports Hall of Fame on April 9.

## SWIMMING & DIVING STAFF INFORMATION

**Head Coach:** Dan Schinnerer

**Phone:** 570-577-1530

**E-Mail:** des036@bucknell.edu

**Assistant Coach:** Michael Ginder

**Phone:** 570-577-1294

**E-Mail:** mwg012@bucknell.edu

**Assistant Coach:** Kristine Mann

**Phone:** 570-577-1517

**E-Mail:** kam055@bucknell.edu

**Assistant Coach:** Sandy Elion

**E-Mail:** selion@bucknell.edu

**Diving Coach:** Errol Carter

**Phone:** 570-577-3076

**E-Mail:** ecarter@bucknell.edu

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host the ECAC Championships later in February. Our "Quad Meet" in early November allowed us to once again measure ourselves against top level competition with Navy, the defending league champions on both the men's and women's side, coming to Kinney along with American and Lafayette. After last season's upset victories, we knew both squads would be ready for us this year. Despite falling to Navy, we once again saw great improvement and performances by our swimmers and divers. Particularly for the women's team our depth as a squad was improving and evident in numerous events.

After the string of first semester dual meets our team is always excited for the Bucknell Invitational and this provides a great opportunity to check where we are at as a team mid-season. The women's team won the competition and our men finished very competitive second place to the Yale men's team. Overall we were very pleased with the way both the men and women competed and performed through the multi-session meet. The Invitational serves 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 are at in our training. These preparations culminated in six new school records and 31 new individual entries into the program's All-Time Top-10 Lists.

The great performances at the Invitational showed us that we were on the right track to reach our ultimate goals, but we also knew that we were entering a crucial six-week stretch in the season that included Thanksgiving Break, Final Exams, Training Trip, and Winter Break. While the women's team was disappointed to drop an early December dual meet to Colgate, overall both the women and men did a great job maintaining the consistency of the training throughout Thanksgiving and Final Exams.

Following a very successful training trip to Boca Raton, Florida after final exams, the Bucknell Swimming and Diving team enjoyed being home for the holidays, but returned to campus on January 1st to start the New Year off right with some good tough training. In addition to working hard in the pool, on the pool deck, and in the weight room the team also spent time focusing on goals, bonding as a team, and of course displaying our many talents out of the pool in our annual "team talent show."

We returned to competition against Army on Saturday, January 10th and then faced Binghamton the next day on January 11th. The first meet back after a long break and tough training is always a challenge, but overall we were pleased with how the teams performed as the women took the victory and the men dropped a close contest against Army. The next day provided the opportunity to compete on back-to-back days which will be key to our success at championships and this provided us good experience. Both the men and the women met the challenge and came away with wins in the dual meet against Binghamton.

Following an off weekend, the team closed out its dual meet season with another back-to-back meet weekend. On Saturday, January 24th we took on Lehigh. The women posted a 163-131 win and the men came out on top 174-119. The meet also served as our senior recognition day and prior to the start we honored our 13 seniors: Tara Boyle, Gina Gautieri, Collin Greene, Erik Heinemann, Katie Hetherington, Steph Koziol, Meg Lattimer, Jon Jones, Tori Molchany, Tim Perley, Lauren Perry, Ben Seketa, and Jackie Shroyer.

After our victories over the Mountain Hawks, the team took to the road on Sunday and competed in New York City against Wagner's women's team and Columbia's men squad. Once again, this opportunity helped prepare our team for the challenge of swimming and diving well over the course of multiple days at our championship meets. The Columbia men are consistently one of the top teams in the Ivy League and sent two swimmers to the NCAA Championships last year, while Wagner won the Northeast Conference Championship last year. We were very pleased with how both the women and men responded to the challenge as the women posted the meet win and the men competed strong throughout the day.

Both the women and men closed the year with solid 7-4 records; however, more important are the lessons learned in the dual meet action that will help us move forward towards our ultimate goals at championships come February. We are excited to once again be hosting the Patriot League Championships from Wednesday, February 18 through Saturday, February 21st. Like last year the meet is now conducted over three and half days and the action will begin on Wednesday with diving preliminaries at 2:00 p.m. and then a finals sessions starting at 6:00 p.m. which will include the 200 Medley Relays, the men's 3-meter springboard, and the 800 Free relays. The ECAC Championships will be at PITT and begin on Friday, February 28th and run through Sunday, March 1st.

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

GO BISON!



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



# WOMEN'S CAPTAINS CORNER



**TARA BOYLE**



**STEPHANIE KOZIOL**

In October, we were working on building momentum as a team to carry us through our season. The team has only grown stronger as a result of long hours spent practicing in the pool and in the weight room. We were able to use this momentum to get us through the end of last semester and were able to have a very successful training trip because of it. While training trip was short in time this year, it was not short on fun! Down in Boca Raton, we trained hard, but we had beautiful weather and even a day at the beach. While flu season left us short a few teammates, the group that was able to travel to Florida and train definitely made the most of it.

After the holidays, the team came back to Bucknell ready to pick up where we left off. We always grow closer during this time of the year due to intensive training in the pool and team activities outside of the pool, such as team dinners and the talent show. This time period set us up for successful completion of the remainder of our dual meet season. Overall, the women's team ended the dual meet season with a winning record of 7-4. Although losing to three of our fellow Patriot League Schools (Navy, Colgate, and Boston University) was tough after having an undefeated Patriot League dual meet record last year, it fueled our fire to put in the work necessary to accomplish our goals at championships.

With Patriot League Championships and ECAC's right around the corner, you can feel the excitement on deck. The team is looking forward to what we can accomplish this year at these highly competitive meets. As seniors, it is bittersweet to know that these will be the final meets of our careers, but we truly believe that the team is more prepared than ever to really succeed at championships. We cannot wait to see what the next few weeks bring!



**MEG LATTIMER**



**LAUREN PERRY**

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# MEN'S CAPTAINS CORNER



**ERIK HEINEMANN**

We are in the final stretch of the season. Championship season gets a lot of our attention and is extremely exciting, but in order to achieve our goals this month, dedication, persistence, and a lot of hard work have been put into our training over the last six months. When we started back in early September we knew we had no choice but to come together quickly and take advantage of every practice as the Patriot League has become exponentially more competitive over the past few years. Two weekends ago we finished up our dual meet season with back to back meets. Our final home meet was against Lehigh and the next morning we traveled to New York City to face Columbia. The Lehigh meet brought validation to many that hard work is beginning to show. Our meet versus Columbia was a great test of where we stand outside of the league, and we swam competitively against them from beginning to end.

The captains this year have truly enjoyed watching the progress that has taken place over the last six months. As a program, we have made countless improvements in regards to both our racing capabilities and team unity. As we move into the final weeks of the season, it is up to all of us to realize that the work that we have put in and all that we have accomplished this season has prepared us to achieve our season's goals. Trusting our training will make it easy to believe that we truly are ready to seize the moments that will be given to us at both Patriot League and ECAC championships. Each member of our team will be swimming 3 individual events at one or both of these meets and we feel that the depth of our team is ready to be showcased on our biggest stages. Every one of our swimmers and divers has the capability of scoring big points for the team; if we can meet this mark our ultimate goals will become very attainable. As seniors, we are proud to have played a part in shaping this group of men into something that embodies everything a team should be. Showcasing our talents in the upcoming weeks will be the cherry on top of already successful 2014-2015 season, and four years that have gone by all too quickly.



**TIM PERLEY**



**BEN SEKETA**

# FROM THE BOARDS & COACH CARTER



Hello From the Deep End of the Pool,

As the season draws to a close with Championships on the horizon Bucknell diving is in a very good place. We started the year looking pretty good, with some new individuals on the team stepping up in a major way! First year

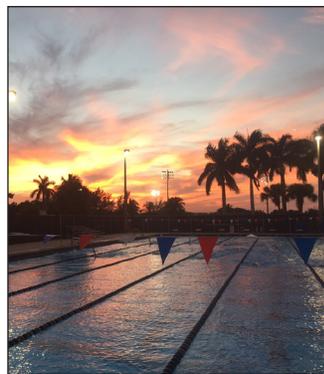
divers Tally Ford and Christine Kehrli jumped onto the scene with a mission, and they were everything and more than the expectations of them. They were very committed to being the best they can from the start. The team started out a little slow in competition, as teams we had competed against in the past had improved. There was a little hesitation but after a couple of meets our senior leadership began to show it's force. With diving it's usually a season of ups and downs, and if someone is not having a great meet someone else is stepping up to help out and complement their teammates.

Seniors Katie Hetherington, Tori Molchany, Tara Boyle, and Jonathan Jones have all stepped up at one point or another throughout our dual meet season. They've demonstrated great leadership and commitment to being great divers. Our juniors, led by Tyler Wenzel, Patrick Alvermann and Lara Curtis, have also contributed greatly to this year's success. Tyler has been chomping at the bit to get bigger and better dives, trying a variety to figure out which fit more appropriately than others. We believe he has found the right set of dives to help continue his near dominance on the boards. He, along with his fellow championship teammates, are slated to do very well. Rounding out this year's team is Mariele Saunders Shultz who has improved from a year ago but still has talent that has yet to be fully tapped.

The season has already been very successful as we have had three divers garner multiple Patriot League Diver of the Week honors for their success on the boards. We should be set up for success at Patriots. We have a couple returning champs from the senior class and even more competition on the women's side. It's going to be very exciting to watch and see how it all plays out. On the guys side the expectations are very high as well. The competition is very good, but we are in the mix of doing great things within both meets. Wish us luck as we head into Patriots this year and hope to see you there. Thanks for the continued support. Go Bison!

Errol Carter, Men's & Women's Diving Coach

# SNAPSHOTS FROM THE FLORIDA TRAINING TRIP



# 2014-2015 SWIMMING & DIVING RESULTS/SCHEDULE

<u>Date</u>	<u>Opponent</u>	<u>Results/Time</u>	<u>Location</u>
Sunday, October 5	UMBC	unscored	Lewisburg, Pa.
Saturday, October 18th	George Washington	Men - W (249-37) Women - W (184-115)	Lewisburg, Pa.
Saturday, October 25	Boston University	Men - W (159.5-139.5) Women - L (198-102)	Pittsburgh, Pa.
	Pittsburgh	Men - L (185.5-109.5) Women - L (195-100)	
	Navy	Men - L (168-127) Women - L (164-136)	
Saturday, November 8	American	Men - W (246-52) Women - W (246-54)	Lewisburg, Pa.
Friday-Sunday, November 21-23	Lafayette	Men - W (229-71) Women - W (248-50)	
	Bucknell Invitational	Men - 2nd of 9 Women - 1st of 9	
Saturday, December 6	Colgate	Men - W (202-86) Women - L (150-148)	Lewisburg, Pa.
December 19-23	Training Trip		Boca Raton, Fla.
Saturday, January 10	Army	Men - L (167-133) Women - W (180-120)	Lewisburg, Pa.
Sunday, January 11	Binghamton	Men - W (168-127) Women - W (170-125)	Binghamton, N.Y.
Saturday, January 24	Lehigh	Men - W (174-119) Women - W (163-131)	Lewisburg, Pa.
Sunday, January 25	Columbia (M), Wagner (W)	Men - L (159-83) Women - W (134-109)	New York, N.Y.
Saturday, January 31	Bison Invite	unscored	Lewisburg, Pa.
Wednesday-Saturday, February 18-21	Patriot League Championships	10:30 a.m./6 p.m.	Lewisburg, Pa.
Friday-Sunday, February 27-March 1	ECAC Championships	10 a.m./6 p.m.	Pittsburgh, Pa.
March 12-14	NCAA Diving Zones	TBD	TBD
Thursday-Saturday, March 19-21	Women's NCAA Championships	11 a.m./7 p.m.	Greensboro, N.C.
Thursday-Saturday, March 26-28	Men's NCAA Championships	11 a.m./7 p.m.	Iowa City, Iowa
Wednesday-Saturday, April 15-18	USA Swimming Grand Prix		Mesa, Arizona

## SWIMMING & DIVING ANNUAL FUNDRAISING UPDATE

I wanted to take this opportunity to update everyone on our annual “Decades Challenge” Fundraising Contest.

As you can see from the chart below the 1960s group holds a small lead for the total number of gifts, but the race is extremely close and nearly all the Decades Groups are still in contention. As a reminder the 1990s group claimed this title last year. In the race for the most total dollars given the 1970s group is out to a commanding lead as the hope to three-peat in this category; however, there is still a lot of time left for the other Decade Groups to deny them!

Fiscal Year Grouping	2015 Gifts	2015 Amt
1940s	1	\$25
1950s	5	\$725
1960s	21	\$7,068
1970s	14	\$20,525
1980s	19	\$3,885
1990s	15	\$3,980
2000s	13	\$2,180
2010s	14	\$385
Other	23	\$2,830
Parents	43	\$43,822
Total	168	\$85,425

Overall, we are approximately 70% of the way towards reaching our fundraising goal of \$125,000 as set by the Bucknell Athletic Administration. We are actually slightly ahead of last year in terms of dollars given. Last year at this time we had raised \$80,031; however, we are behind in total number of gifts as at this point last year we had 197 total gifts.

It is also worth highlighting that at this point in our fundraising drive, parents of the current team account for over 50% of the money raised. This is outstanding support by our parent group, but also worthy of a challenge to the alumni!

## RECEPTION & DINNER AT PL CHAMPIONSHIPS

For those of you that are able to purchase tickets and planning on attending the Patriot League Championships, we will be hosting a reception and dinner for all Bucknell Swimming and Diving Alumni, Family, Friends, and Team following the conclusion of the meet after Saturday night’s final session. This will be a great way to get together and have the team, families, and alumni enjoy each other following a long and exciting competition. There is no cost to attend the reception and dinner, but so that we can properly plan for the event we ask that you e-mail to [jlsl101@bucknell.edu](mailto:jlsl101@bucknell.edu) to RSVP for the event.