

"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 the deck of Kinney Natatorium here in the heart of Bison Country! A new academic year and new swimming and diving season are well under way here at Bucknell. The beginning of each new school year and swimming and diving season is exciting for our team because it is an opportunity to start a new process, set new goals, and create a new team identity. Each year our primary goal is to improve. All the things we want to do as a team and as individuals,

whether it's wins, records, or qualifying standards, stem from the fundamental goal of improvement.

Looking back on the 2013-14 season it is clear that by almost any measure the Bucknell Swimming and Diving program is doing great things. From a performance standpoint, the women placed 2nd in the Patriot League Championship and 3rd at the ECAC Championships, while the men placed 4th at the Patriot League Championships and 5th at the ECAC Championships. In addition both teams scored impressive dual meet victories over Navy. All told on the season the men and women set 15 new school records in the yards format and recorded over 80 new entries into the program's All-Time Top-10 Lists. The record breaking continued into the summer with many of our swimmers competing at various important regional and national competitions while lowering eight long course school records. On the academic end, our teams were both recognized in the spring as CSCAA Academic All-American teams and three individuals earned CSCAA Academic All-American Honorable mention. Finally, Trevor Reitz fell one step short of earning the prestigious national CoSida Academic All-American honor, but did earn Academic All-District Recognition. Finally, on the fundraising side of things, we established another new program record by collectively raising \$142,249 for Bison Swimming and Diving. This marks the fourth year in a row that this record has gone down. We also set a program record for participation in our fundraising drive.

This year's squads for both the women and men's teams are a great mix of strong returning veterans and talented first year classes. The first six weeks of the season have been busy for the team. Over the course of the initial phase of the season, we have gradually increased our training frequency, intensity, and volume. During this time we have emphasized establishing good habits both in and out of the pool, while building up our aerobic conditioning. In addition, we have worked to create collective team goals as well as specific individual goals for the new season.

Our competitive phase of the season began with our meet against UMBC on Sunday, October 5th. As has become the norm for our meet with the Retrievers, it was done in the alternate "Triple Distance" format that allows our swimmers to get up and race multiple times in a short window of time. Thus, making it both a great opportunity to compete for the first time but also an opportunity to get in some good training. Overall we were pleased with how we competed the first time out, but as I told the team, regardless of how pleased or disappointed you were in your performances at UMBC, the focus is on improving each and every step of the way.

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FORMER COACH LYNN COMER KACHMARIK TO BE INDUCTED INTO HALL OF FAME

Former Bison Swimming and Water Polo Coach, Lynn Comer Kachmarik will be inducted into the Bucknell Athletics Hall of Fame during Homecoming Weekend on Friday, October 31st. Full details of the event and registration information can be found by clicking the link below. We hope many of you are able to make it for this event and opportunity to celebrate Coach Kachmarik's important contributions to Bucknell Aquatics and Bucknell Athletics.

Please use the link below to obtain information about the Hall of Fame Induction Event:

<http://www.event.com/d/n4qtjy>

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It is a long ways to February and we have focus both on short term opportunities to improve while keeping in mind the long term big picture.

Against UMBC our women's team was paced by event category sweeps by junior Emma Levenodoski in the backstrokes and first year Julianna Foss in the butterfly events. Also posting individual event victories were first year Dani Potis in the 1000 freestyle, sophomore Amber McDonnell in the 400 IM, junior Ashley Henderson in the 100 breaststroke, and senior captain Lauren Perry in the 200 freestyle. Senior Katie Hetherington also led the way on the boards claiming the 1 meter event.

On the men's side of the competition, freshmen Chris Devlin posted three wins on the day claiming the 100 and 200 backstrokes, while also taking the 200 freestyle for "distance swimmers." His backstroke times of 50.96 and 1:49.08 in the 100 and 200 events respectively were good enough to place him 10th and 5th in those events on the Program's All Time Top Ten Lists. Classmate Triston Loux also had a strong debut performance taking the 50 and 100 butterfly events. Senior Captain Ben Seketa was also a multiple event winner claiming the 100 and 200 breaststroke events. Other event winners included sophomore Louis Behnen in the 400 IM and freshman Colin Lynch in the 50 backstroke.

The team will enjoyed a "long weekend" during Bucknell's recent Fall Break and is now ready for a busy stretch of competition that will begin on Saturday, October 18th with a double dual meet against George Washington and Patriot League foe Boston University. This will make the first time we will compete against Boston in a dual meet format and we know the Terriers as well as GW will provide a good earlier season test for our squad. The next weekend, we will turn around and travel to PITT to take on another tough opponent from the ACC conference. We know that these challenging early season meets will prepare us for both our November schedule and more importantly the end of season. Looking into November, we will host our annual "Quad" Meet with American, Lafayette, and the Naval Academy on Saturday, November 8th. After upsetting both the men and women of Navy last year, we know that this will be a great competition against the defending Patriot League Champs. Finally, we will close out November with our three day, championship format Bucknell Invitational.

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 steadfast support for our program.

GO BISON!



Dan Schinnerer, Head Coach

FROM THE BOARDS & COACH CARTER



Hello From the Deep End of the Pool,

Down at the diving end of the pool we are excited and looking forward to the start of competition. There are a few reasons why I'm specifically excited this year that I'd like to share. For starters, everyone has returned, so we are looking forward to everyone's improvement. We also added two new-

comers who have stepped in and quickly adapted to the university and the team, first year students Tally Ford and Christine Kehrl.

We have a very talented group of seniors that are trying to maintain and/or surpass the previous accomplishments and improvements they've brought to our program over the past few years. Katie Hetherington won the 3m title at Patriots in 2013, Jon Jones finished among the top-8 in both boards at last year's Patriots, Tori Molchany was the 1m runner up last year, and Tara Boyle is the three-time Patriot League champion on the 1m and was also the 3m runner up last year. Rounding out the returners are standout juniors Tyler Wenzel, Patrick Alverman, Lara Curtis, and sophomore Mariele Saunders-Shultz.

Along with how hard everyone has been working this fall, we had three divers who stayed and did summer research, but also took advantage of continuing to lift weights and dive throughout the summer. We are expecting great things from each of them, especially junior Tyler Wenzel who improved significantly over the summer making him very competition ready for a the season.

Please come and share some of the excitement of competition if you are on campus or near any of our away meets this year. Thanks for your continued support and GO BISON!!!

Errol Carter, Diving Coach



Bison Divers Katie Hetherington (left) and Jon Jones (above)

WOMEN'S CAPTAINS CORNER



TARA BOYLE

It is hard to believe that it is already October. This first month of training has absolutely flown by, and we cannot believe we already have our first meet this weekend against UMBC. We are excited to see what our new team can accomplish this year, both in and out of the pool. Our strong freshman class had an immediate impact on the team and did not miss a beat in transitioning to becoming division-one student athletes. The first few weeks of the season are always difficult as each class transitions to its' new role in the team dynamic. It is hard not to miss the seniors, especially



Tara Boyle accepts her Patriot League Diver of the Meet Award



STEPHANIE KOZIOL



Stephanie Koziol

because our grade has trained alongside them for three years, but the incoming freshman and new team dynamic has given us hope for the upcoming season.

In the first few weeks of the year, another transition occurs from summer training to in-season training. Dan has wasted no time in ramping up the intensity of practices, and Errol has had the divers running



MEG LATTIMER



Meg Lattimer

laps around the school. The positive and encouraging attitude of the team has made this adjustment easier than in years past. No one likes getting their butt kicked at practice, but it is definitely much easier with the support of thirty-four other girls. Our unified attitude was extremely apparent when the team attended the ropes course in early September. Anyone on the team can attest that this years experience was exponentially better than in years past, and we believe that this is a direct result of our cohesiveness as a team.



LAUREN PERRY



Lauren Perry

The upcoming season presents unique opportunities and obstacles for the team. Our dual meet schedule contains some very competitive teams, but we are up for the challenge! We believe that the team has the potential to achieve great success this year if we continue building momentum throughout the season. We cannot wait to kick off the season and are excited to see what the year brings.

MEN'S CAPTAINS CORNER



ERIK HEINEMANN



Erik Heinemann



TIM PERLEY

Throughout our first month together we have been training at an incredibly high level. We believe this is due to the fact that this year, we're treating the team like a team. Swimming is traditionally an individual sport, and a swim team is composed of many, very different people. To drive home this team-centered atmosphere, we have developed a motto which we see every day in our locker room; "Your success is our success, your failure is our failure." Nobody else can physically swim a race for you, but the greatest teams push themselves by swimming for each other instead of just themselves.



Tim Perley



BEN SEKETA

The captains this year, Ben Seketa, Erik Heinemann, and Tim Perley have truly put an emphasis on tweaking the culture of our men's team. Throughout our years here we have had the privilege of being a part of great teams with some fantastic teammates but we have fallen short of some of our largest goals. We have learned that the best way to achieve these goals is to improve in every aspect of the sport. We cannot expect to succeed in this competitive league in February without first putting in the work necessary today. As we begin this new season we hope to see as many Bucknell Swimming and Diving alumni as possible, they are the ones who built this program. We hope to have the support of all the alumni parents, and friends of Bison Swimming and Diving as we continue to bring the team to new heights!



Ben Seketa

2014-2015 SWIMMING & DIVING SCHEDULE

<u>Date</u>	<u>Opponent</u>	<u>Time</u>	<u>Location</u>
Sunday, October 5	UMBC	1:00 p.m.	Lewisburg, Pa.
Saturday, October 18th	Double Dual: George Washington & Boston Univ.	1:00 p.m.	Lewisburg, Pa.
Saturday, October 25	Pittsburgh	1:00 p.m.	Pittsburgh, Pa.
Saturday, November 8	Quad Meet: Navy, American, Lafayette	12:00 noon	Lewisburg, Pa.
Friday-Sunday, November 21-23	Bucknell Invitational	10 a.m./6 p.m.	Lewisburg, Pa.
Saturday, December 6	Colgate	1:00 p.m.	Lewisburg, Pa.
December 19-23	Training Trip		Boca Raton, Fla.
Saturday, January 10	Army	12:00 noon	Lewisburg, Pa.
Sunday, January 11	Binghamton	1:00 p.m.	Binghamton, N.Y.
Saturday, January 24	Lehigh	1:00 p.m.	Lewisburg, Pa.
Sunday, January 25	Columbia (M), Wagner (W)	1:00 p.m.	New York, N.Y.
Saturday, January 31	Bison Invite	TBD	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

Our fundraising goal as we begin the annual drive has been set at \$125,000. While this is a significant increase over last year's goal, it is also significantly less than we raised in total last year. Some of you may wonder where does this money go? While exact allocation of our fundraising dollars vary from year to year based on our travel schedule, recruiting efforts, and equipment needs the chart below will give you an idea of what the money we raise goes towards:

\$10,000 Meet Management/Set-up (i.e. cost of running dual meets, Invitationals and the Patriot League Championships which is not entirely covered by the league)

\$25,000 Team Equipment (training gear, practice suits, championship suits, video for stroke analysis, power towers for resistance training, etc.)

\$45,000 Team Travel (Hotels, Meals, Buses, Flights, etc.)

\$25,000 Recruiting (Coaches travel for off campus contacts and evaluations, official visits, etc)

\$20,000 Kinney Natatorium Upgrades (New air filtration system, new touch pads and back-up pads for all lanes, new starting block mounts to fit new NCAA rules).

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 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 and the 1990s took the crown for most number of gifts. Worthy of note for all involved was the fact that the "Parent Group" gave more dollars and total gifts than any single decade group. Thus perhaps a new challenge for the decade groups is can you out do our parents?