

CLARK ATHLETICS

2005-06 Men's & Women's Swimming & Diving Mid-Season Newsletter

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Men's Mid-Season Notes

At 4-1 the men's team is off to its best start in over a decade. With 13 first-years out of 18 total men on the roster, the young Cougars have fared well against more experienced competitors so far this season. The dual meet



schedule opened with a convincing 160-54 win at Gordon. First-year Drew Jackson (Chestertown, MD) was a triple winner (50 Fly, 100 Fr, 200 IM), Dave Critchlow '08 (Northboro, MA) won the 200 Fr and 50 Bk, and first-year Brian Walsh (Wenham, MA) won the 1000 Fr and 100 Bk. On November 5th, the Cougars defeated Bryant University 158-82. Three freshmen were double winners. Walsh in the 1000 Fr and 500 Fr, Jackson in the 200 Fr and 200 Bk, and Mike Smith (Milford, CT) in the 50 Br and 200 Br. Jackson established a new school record in the 50 backstroke leading off the medley relay in a time of 26.54. The third weekend of the season saw the Cougars fall to a more experienced Wheaton team 118-115 in a meet which featured several close finishes. Freshman diver Sal Pezzella (South Windsor, CT) reached 5th place on Clark's all-time list, winning both diving events with scores of 210.70 on 1-Meter, and 219.35 on 3-Meter. One day after losing to Wheaton. The Cougars bounced back



to beat Bridgewater State for the first time in two years 154-113. Pezzella once again swept the diving events, and Mike Smith won the 100 and 200 yard Breast, while also turning in the top time in the 400 IM. Drew Jackson won the 50 and 100 Freestyles, and

finished first in the 100 Fly. First-year Tim O'Keefe (Lee, NH) won the 200 Fly, and finished first in the 500 Free. In the final dual meet of the semester, the men's team defeated Babson College for the first time since 1993 (125.5-101.5). Senior co-captain Jesse Bausell (Towson, MD) won two events including the 1650 Free in 17:57.50, good for fourth on Clark's all-time list. Sal Pezzella remained undefeated, scoring 220.20 on 1-M and 218.30 on 3M, moving up to #2 on Clark's all-time list. Drew Jackson won two events including the 100 Back (57.16) reaching 3rd on the Cougars all-time list. Jackson also broke his own school record in the 50 Back (26.41) leading off the medley relay. The Cougars resume action on January 14 at UMass Dartmouth.

Women's Mid-Season Notes

Off to a 5-2 start, the women's team has already topped it's win total from the previous two years combined. On 10/29 they opened the dual meet schedule with a 155-88 win at Gordon. First-year Jess Cullen (Milford, CT) won the 50 and 100 yard Back,



while classmate Lindsey Stone (Avon, CT) earned wins in the 50 Free and 200 IM. In a double dual-meet with Husson College and Bryant University on 11/5, the Cougars picked up two wins. Three first-years were double winners. Kayleigh Lagasse (Pawtucket, RI) won the 200 Fly and 50 Fly, Cullen the 50 Back and 200 Back, and Korin Danchise-Curtis (Reading, MA) won the 1000 Fr and 500 Fr. Sophomore Dominique Wilkins (Indianapolis, IN) was also a double winner, posting victories in the 50 Breaststroke and coming from behind in a thrilling race to win the 200 Breast. Against Wheaton College the women dropped a 122-108 decision. The Cougars showed a great deal of improvement versus a tough Lyon team that finished 5th in the NEWMAC conference last year, and Wilkins was able to bring home a win in the 100



Breast. The next day, the Cougars bounced back to defeat Bridgewater State 160-120 in a meet they lost last season. Lagasse won the 100 and 200 Fly, reaching fifth on Clark's all-time list in the in the 200 (2:24.38), while Cullen won three events (100 Bk, 200 Bk, 400 IM), and Wilkins swept both the 100 and 200 Breast. The next weekend the women defeated Babson College for the first time in two years, 119-112...Lindsey Stone recorded a pair of victories in the 50 and 100 yard freestyle events. Senior co-captain Hilary Ohmart (Brewer, ME) swept the diving events and Jess

Cullen won the 100 back. In the final dual meet of the semester, the Cougars lost to Mount Holyoke, 156-136. Dominique Wilkins won the 100 Breast in a career-best 1:13.77, while Jess Cullen won the 200 Back. In a close race, Cullen was touched out in the 100 Back but reached fifth on Clark's all-time list with a career-best time of 1:05.56. The Cougars resume action on January 14 at UMass Dartmouth.

Friends of Clark Men's & Women's Swimming & Diving has been formed under the umbrella of Friends of Clark Athletics. If you are interested in supporting the swimming and diving team and would like more information, please contact Head Coach Paul E. Phillips.



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Anaheim Training Trip

Both teams will be traveling to Anaheim, CA from January 3-10th for interseason training at the Janet Evans Aquatic Complex.

2005-06 Captains

Seniors Hilary Ohmart (Brewer, ME) and Sara Stephenson (Lusby, MD) have been selected captains for the women's team... Seniors Jesse Bausell (Towson, MD) and Mike Viotti (Wilmington, DE) have been named men's team captains.

One-On-One Swim Lessons

Spring session registration information is available online here:

<http://www.clarku.edu/departments/athletics/swimming/lessons.shtml>

The growing program which began in 2004, now includes over 60 area children



Teams Finish First at Brandeis Relays

The Cougars combined to win the co-ed Michael Zarilli Memorial Relay invitational at Brandeis, becoming the first team other than Brandeis to win the meet since 1997. Zarilli was a former teammate of Coach Phillips at Brandeis who died tragically in the spring of his sophomore year due to an undiagnosed heart condition.

FALL 2005 TOP PERFORMANCES

Including relay splits

Event	Women	Time	Event	Men	Time
50 Free	Lindsey Stone FR	26.51	50 Free	Dave Critchlow SO	22.80
100 Free	Lindsey Stone FR	58.60	100 Free	Drew Jackson FR	50.91
200 Free	Kayleigh Lagasse FR	2:07.46	200 Free	Drew Jackson FR	1:50.43
500 Free	Kimee Choate FR	5:54.62	500 Free	Drew Jackson FR	5:08.61
1000 Free	Kayleigh Lagasse FR	11:53.55	1000 Free	Brian Walsh FR	10:52.64
1650 Free	Samantha Meyer SO	20:58.96	1650 Free	Jesse Bausell SR	17:57.60
50 Back	Jess Cullen FR	31.05	50 Back	Drew Jackson FR	*26.41
100 Back	Jess Cullen FR	1:05.56	100 Back	Drew Jackson FR	57.19
200 Back	Jess Cullen FR	2:23.63	200 Back	Drew Jackson FR	2:09.89
50 Breast	Dominique Wilkins SO	33.97	50 Breast	Mike Smith FR	29.19
100 Breast	Dominique Wilkins SO	1:13.77	100 Breast	Mike Smith FR	1:06.95
200 Breast	Dominique Wilkins SO	2:42.33	200 Breast	Mike Smith FR	2:28.45
50 Fly	Kayleigh Lagasse FR	29.34	50 Fly	Drew Jackson FR	26.29
100 Fly	Kayleigh Lagasse FR	1:04.78	100 Fly	Drew Jackson FR	57.14
200 Fly	Kayleigh Lagasse FR	2:24.38	200 Fly	Tim O'Keefe FR	2:16.49
200 IM	Caitlin Hanson SO	2:29.17	200 IM	Mike Smith FR	2:08.86
400 IM	Jess Cullen FR	5:17.92	400 IM	Mike Smith FR	4:46.74
1-M (6)	Hilary Ohmart SR	177.95	1-M (6)	Sal Pezzella FR	220.20
1-M (10)	Hilary Ohmart SR	234.60	1-M (11)		
3-M (6)	Hilary Ohmart SR	180.20	3-M (6)	Sal Pezzella FR	219.35
3-M (11)			3-M (11)		

All-time top-five in red

*School record

2005-06 SCHEDULE

Home Meets in Red/Bold, All home meets held in the Kneller Athletic Center

Month	Date	Opponent	Women	Men
October	Sat. 22	Zarilli Relays at Brandeis University	1st	1st
	Sat. 29	at Gordon College	W 155-88	W 160-54
November	Sat. 5	vs Bryant University	W 79-42	W 158-82
		vs Husson College (w)	W 84-32	
	Fri. 11	vs Wheaton College	L 108-122	L 115-118
	Sat. 12	at Bridgewater State College	W 160-120	W 154-113
December	Sat. 3	vs Babson College	W 119-112	W 125.5-101.5
	Sun. 4	at Springfield College Diving Invite	7th	
	Sat. 10	vs Mount Holyoke College (w)	L 136-156	
January	Sat. 14	at UMass Dartmouth	1:00 pm	1:00 pm
	Wed. 18	vs Brandeis University	6:30 pm	6:30 pm
	Sat. 21	at Wesleyan University	1:00 pm	1:00 pm
	Sat. 21	vs Connecticut College	1:00 pm	1:00 pm
	Sat. 21	vs Colby-Sawyer College	1:00 pm	1:00 pm
	Fri. 27	Worcester Championship#	6:00 pm	6:00 pm
	Sat. 28	Worcester Championship#	10:00 am	10:00 am
February	Wed. 1	vs WPI	6:00 pm	6:00 pm
	Sat. 4	at Roger Williams University		
		vs Eastern Connecticut (W)	1:00 pm	1:00 pm
	F-S 17-19	NEWMAC Women's Championships at MIT		
	F-S 24-26	NEWMAC Men's Championships at Wheaton College		
March	T-S 9-11	NCAA Women's Championships at Carleton College, (MN)		
	T-S 16-18	NCAA Men's Championships at Carleton College, (MN)		
		# at Holy Cross		