

# Clark Athletics

## MEN'S & WOMEN'S SWIMMING & DIVING

2004-05 Men's & Women's Swimming and Diving Newsletter - Midseason (Page 1 of 2)

### Message from Coach Phillips



Greetings from the swimming & diving office! I would like to take this opportunity to say that my first year and a half at Clark has been nothing short of fantastic. We began last year returning less than 10 total members of both teams combined and we have been able to assemble a truly dynamic, motivated, dedicated group, most of whom were recruited right from the on-campus student-body last year. This season we added some quality recruits and we are well

on our way toward rebuilding a quality swimming & diving program for years to come! The athletic department staff and coaches have been great and I am thankful for this opportunity to become a member of the Clark family.

Please visit the team website to learn more about our group and to view the "Program Overview" which describes the goals and general philosophy of our program.



### 2004-05 Schedule Results Men - 1-4, Women - 1-4

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

Month	Date	Opponent	Men	Women
October	Sat. 30	vs Gordon College	W 131.5-90.5	W 170-74
	November			
November	Sat. 13	vs Bridgewater State College	L 129-148	L 139-155
	Sat. 20	at Wheaton College	L 100-137	L 124-167
December	Sat. 4	at Babson College	L 77-124	L 105-134
	Sat. 11	at Mt. Holyoke College (women only)		L 134-158
January				
Sat. 15	vs UMass Dartmouth			1:00 pm
Wed. 19	at Brandeis University			6:30 pm
Sat. 22	at Connecticut College			
		w/ Wesleyan University & Colby-Sawyer College		1:00 pm
Fri. 28	Worcester City Championships at Holy Cross College			6:00 pm
Sat. 29	Worcester City Championship at Holy Cross College			10:00 am
February				
Wed. 2	vs WPI			6:00 pm
Fri.- Sun 18-20	NEWMAC Women's Championships at Wellesley College			
Fri. - Sun. 25-27	NEWMAC Men's Championships at MIT			
March				
Fri.- Sun. 10-12	NCAA Women's Championships at Hope College, Holland, MI			
Fri. - Sun. 18-20	NCAA Men's Championships at Hope College, Holland, MI			

### Kneller Pool Renovated!



After a great deal of planning and hard work, the Kneller Pool was renovated in the summer of 2004. Coach Phillips designed and oversaw the project which included a complete re-tiling of the deck, installation of a new drainage system around the perimeter of the pool and

a complete resurfacing of the pool's interior. The project was completed when the pool was filled in late September and the walls were re-painted shortly thereafter. New lane lines and flags were purchased in the Spring of 2004. Anyone who has seen the "new" pool has truly been impressed. Please visit the website for pictures!



### Tampa Training Trip '05

The Cougars will head to Tampa, Florida for their 2005 training trip from January 5th-12th. We would love to meet up with alums in the area, so please contact Coach Phillips if you live nearby!

### 2004-05 Team Captains

Seniors Kate Guilbault and Nora Sullivan are serving as team captains this year for the women. Senior Sam Swartwout is the men's team captain.

*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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### Alumni Assistant Coaches

**Gavin Viano '01** returns for his second season as the lead assistant. Gavin has been an invaluable member of the staff for his dedication to Clark swimming & diving since he returned from a stint on the west coast in the fall of 2003. Gavin has recently taken a job in University Advancement and he has assumed the role of alumni liaison for the team, organizing our first alumni meet in October.

**Laura O'Tell '03** began her second season as diving coach this year and she has done a phenomenal job working with beginners as well as experienced divers. Since Laura began coaching last year, every diver on our team has improved their scores and three divers have cracked the all-time top-five list.

**Roy Barnum '04** joined the staff this season as a second assistant coach and has been instrumental in the creation of our dryland circuit groups which meet three times daily throughout the first semester.

Roy was an accomplished swimmer and as a Clark alum he brings a great perspective to the staff helping our



Doug Denny-Brown '87

current team members with recruiting prospectives.

**Jamie Clark '03** played an important role on our staff last season as a volunteer. Jamie was invaluable helping to run the timing system at home meets and coming on the road with us making his presence felt on the deck and on the bus. We have missed him this year but would like to thank him and recognize him for his efforts on behalf of the team.

### Swim Lesson Program

The team runs its own private swim lesson program each semester with lessons held on Friday afternoons and Saturday mornings each week. This program has been a success so far and is growing each semester. Clark faculty/staff and alums receive preferred scheduling, so please visit the team website for more details.

### Swim/Dive-A-Thon

The team will be holding a swim/dive-a-thon fundraiser on January 13th. Swimmers will be doing 300 lengths continuous and divers 150 dives each. Pledges will be collected per length/dive. If you would like to support the team in this effort, please contact Coach Phillips.

### Red/Black Meet

The annual Red/Black Meet was held On October 15-16. The all-time series stood at Black 7, Red 5, and the Black team was able to prevail this year by a score of 249-205. Brett Moore '07 set a meet record in the 100 fly with a time of 57.39 beating the old record of 59.43 set in 1997 by Doug Shea '99. Sara Stephenson '06 set meet a record in the 100 IM, beating Morgan Dorsey's record set in 2003.

### First Annual Alumni Meet

On Saturday, October 23rd, Clark Swimming & Diving Alumni "competed" against the Varsity Squad in the 1st Annual



Alumni Swim Meet. It was an

extremely exciting and comical afternoon at the Kneller Pool, as many alums were returning to competition for the first time in years. After it was all said and done, the Alumni were able to squeeze out a victory over the varsity by half a point, 106.75 to 106.25. The following alumni participated in the meet: Dena DeForge '98, Shannon Krista '02, Jordana Herman '03, Kelliann Connolly '03, Laura O'Tell '03, Doug Denny-Brown '87, Aileen Giovanello '98, Karen (Maxcy) Pearson '98, Trevor Thompson '02, Lynne Burns '03, Gavin Viano '01, Roey Ahram '02, L. Parker Barnum '04 and Roy Barnum '04. [ Pictured above right (L-R), Kelliann Connolly '03, Lynne Burns '03, Shannon Krista '02 ]

### First Semester Top Times

Event	*All-Time Top 5 in bold	
	Women	Men
50 Free	Anna Jolley 26.45	Brett Moore 23.44
100 Free	Anna Jolley 58.62	Brett Moore 51:00
200 Free	Mackenzie Kamm 2:13.68	Brett Moore 1:52.78
500 Free	Nora Sullivan 5:51.93	Sam Swartwout 5:20.50
1000 Free	Nora Sullivan 11:57.69	Jesse Bausell 11:15.27
1650 Free	Nora Sullivan 20:02.44	Jesse Bausell 18:55.85
50 Back	Danielle Dufresne 32.34	David Critchlow 28.20
100 Back	Danielle Dufresne 1:11.21	David Critchlow 59.48
200 Back	Monica Piedrahita 2:34.46	David Critchlow 2:11.18
50 Breast	Dominique Wilkins 35.32	Jesse Bausell 32.12
100 Breast	Dominique Wilkins 1:15.82	Jesse Bausell 1:09.54
200 Breast	Dominique Wilkins 2:45.15	Jesse Bausell 2:43.57
50 Fly	Morgan Dorsey 31:02	Brett Moore <b>24.99</b>
100 Fly	Morgan Dorsey 1:09.20	Brett Moore 57.39
200 Fly	Morgan Dorsey 2:37.75	Brett Moore 2:10.81
200 IM	Sara Stephenson 2:30.21	Brett Moore 2:10.20
400 IM	Sara Stephenson 5:27.33	Jesse Bausell 4:52.68
1-Meter (6)	Mary Adams <b>208.45</b>	Steven Ratner <b>200.03</b>
3-Meter (6)	Mary Adams <b>194.95</b>	Steven Ratner <b>209.30</b>