

Behrend Lions Swimming and Diving 2009-10



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College



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Behrend Lions Swimming and Diving

2009-10 Season Preview

After winning three straight Allegheny Mountain Collegiate Conference men's and women's swimming and diving championship titles, the blue and white will suit up for the tenth year of varsity competition with high aspirations. The Behrend Lions are stacked hitting the water in 2009-10 with a deeper roster filled with successful and experienced performers.

"I am very excited to see what this season has in store for us", said seventh year Head Coach Jen Wallace. "There is potential to achieve more than we ever have."

Additional leadership for the program will be provided by veteran assistant sprint stroke coach Joe Tristan, diving coach Gordy Schmidt, and former Behrend Lion standout Anthony Spoto. Tristan carries a nice resume and a high level of experience that will push the swimmers. Schmidt returns for his eighth year as the diving coach. He has created high expectations for his divers and is working hard to increase the difficulty and perfection of their list. "I am very fortunate to have Joe, Gordy, and Anthony as key elements to our team," said Coach Wallace.

The Behrend Lions women's roster is full of talent that has been highly decorated and successful in the AMCC. Co-Captain's Danielle Wilson (Pittsburgh/Plum) and Katie Van Epps (Pleasantville/Titusville) will provide a positive influence on the younger members of the roster. Entering her senior season, Wilson is a three year captain and school record holder as member of the 200 medley and 200 free relay teams. She also boasts nine AMCC All-Conference First Team awards and is an ECAC qualifier. Van Epps was named the program's Most Valuable Swimmer last year as a sophomore and was selected all-conference in six events in 2008-09.

The junior class features Jenny LaFuria (North East/North East) and NCAA Championship qualifier, Krystal Kovach (Pittsburgh/Chartiers Valley). Kovach was one of only 21 divers that advanced to the NCAA Championships. She is also a six time AMCC Diver of the Week and earned all-league honors in both the 1 meter and 3 meter. LaFuria returns to the water after a year away from the pool.

Six sophomores looking to continue to make waves for the blue and white this season are Alyssa Baran (Elizabeth/Elizabeth Forward), Julie Cook (Warren/Warren), Anne Lawrence (State College/State College), Hilary MacManus (Beaver Falls/Blackhawk), Leslie Nichols (Corry/Corry), and Heather Vickery (Bradford/Bradford). Baran returns after a year off from competition and will compete in the free events. Cook and Lawrence make up two parts of the record holding 200 medley relay team. MacManus and Vickery were both named to the AMCC All-Conference team in multiple events, while Nichols transfers in to Behrend with a year of collegiate experience.

New faces in the Behrend line-up include freshmen Kim Ballentine (King of Prussia/Upper Merion), Stefania Pontillo (Erie/McDowell), Carly Rice (Meadville/Meadville), MaryEllen Spooner (Springfield, VA/West Springfield), Meghan Stefanko (Elizabeth/Elizabeth Forward), and Brittany Tanilli (Pleasantville/Titusville).

Headlining the men's roster will be junior team captains Ben Strunk (Cogan Station/Williamsport), and Josh Weaver (Franklin/Franklin). These two owned a combined one dozen spots on the 2008-09 AMCC All-Conference squad. They also are members of the school record holding 800 free relay team.

Four seniors return with AMCC Championship experience under their belts and will be assets to the ten freshmen new to the program. John Reish (Pittsburgh/Penn Hills), Harmilee Cousin III (Buckeystown, MD/Tuscarora), and Stephen Graves (McMurray/Peters Township) have carved out very nice Behrend Lions careers. Also returning with two years of Behrend Lions swimming experience is Robert Westhelle (Norwood, NJ/Northern Valley). Reish leads by example while Graves continues

to score a bunch of points off the boards. Graves the Diver of the Year in the AMCC for two years running already holds the team record for one and three meter diving. Cousin and Westhelle will utilize past experiences to provide past scoring opportunities for the blue and white all season long.

The sophomore class has skills to cover several events and will build off strong freshman seasons. Dane Dombrosky (Mt. Pleasant/Mt. Pleasant), Chris Dunleavy (McMurray/Peters Township), Mike Falvo (Pittsburgh/Upper St. Clair), Jacob Sherk (Elizabethtown/



Elizabethtown), and Terrance Watterson (Pittsburgh/Bentwood) make up the class. Dombrosky and Watterson both claimed AMCC Swimmer of the Week honors last year with Dombrosky earning all-league recognition in five events. Falvo will look to score in the free events and Sherk in the breast stroke. Dunleavy returns to the team after a two year absence.

A total of ten freshmen swimmers will join the Behrend Lions for the upcoming season. Clay Altemose (Apollo/Apollo-Ridge), Hunter Backentose (Downingtown/Downington East), Jake DesRoches (Fairfax, VA/WT Woodson), John Kelley (New Kensington/Burrell), Brian Mong (Franklin/Franklin), Andrew Opalewski (Slippery Rock/Slippery Rock), Ricardo Ortiz (Erie/McDowell), Eric Peirce (Harmony/Seneca Valley), Everett Sargent (Gibsonia/Pine-Richland), and Frank Sullivan (Montoursville/Montoursville) make up the freshmen class. Coach Wallace anticipates this group gaining valuable experience throughout the early portion of the team's schedule and then being ready to make contributions at championship events.

When talking about the start of the 2009-10 schedule, Coach Wallace fired back with a great deal of energy in her voice, "Our dual meet schedule will challenge our athletes to swim faster and more aggressively all season. It will prepare them for postseason competition."

Key meets in the Junker Center pool this winter include home meets against Bethany, St. Vincent, Baldwin-Wallace, Gannon, Mt. Union, and Penn State Altoona. Important road dates in November that will push the blue and white include events at Allegheny, and Frostburg State. December features the highly competitive Blue Devil Invitational at Fredonia State before winter training begins in Largo, Florida, during the first week of January. The second semester will feature six meets in January providing preparation for the AMCC Championships at on February 17-20. "While we have increased both our depth and strength so has our AMCC competition," said Wallace. " I think we will see multiple records fall this year for our team and our conference."

"Our goal this year is to not only defend our AMCC Championship titles, but to move up our standing in the Grove City Invitational as well as our post season competition. To do so, we must swim fast and smart and dive flawlessly," said Wallace.

Quick Facts

Address

Penn State Erie,
The Behrend College
Junker Center
5103 Station Road
Erie, PA 16563-0400

Athletics Web Address

psblions.com

Telephone

814-898-6000

Founded

1948

Enrollment

4,600

Chancellor

Dr. Jack Burke

SportsLine

814-898-6163, press 1

Arena

Junker Center

Capacity

1,600

Nickname

Behrend Lions

Colors

Blue and White

Affiliation

NCAA Division III

Conferences

AMCC and ECAC

Director of Athletics

Brian Streeter 814-898-6379

Athletics Trainers

Jeff Webster 814-898-6340

Angela Meserole 814-898-7227

Jeff Haft 814-898-6017

Sports Information

Paul Benim 814-898-6322

prb3@psu.edu fax: 814-898-7570

Phil Pisano 814-898-6235

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Head Coach

Jen Wallace 814-898-7147

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Alma Mater

University of Pittsburgh, 2000

University of Pittsburgh, 1999

Assistant Coaches

Joe Tristan

Gordy Schmidt

Media Information**College Newspaper**

Behrend Beacon 814-898-6488

fax: 814-898-6019

Newspaper

Erie Times-News 814-870-1700

fax: 814-870-1808

Television

WICU-TV 12 814-454-5201

fax: 814-454-3753

WJET-TV 24 814-868-2424

fax: 814-864-1704

WSEE-TV 35 814-452-5201

fax: 814-454-3753



Behrend Lions Swimming and Diving Coaching Profiles

Head Coach Jennifer Wallace

Jen Wallace is set to begin her seventh year at the helm of the Penn State Behrend men's and women's swimming and diving programs. Both teams continue to excel by breaking records and raising the bar for future Behrend Lions.

In dominating fashion last year, Penn State Behrend captured its third straight AMCC Swimming and Diving Championship. Behrend's roster peppered the All-AMCC squads and have left no doubt to whom the rest of league is continuing to chase. Then Wallace, a two-time AMCC Coach of the Year in 2006-07 and 2007-08, guided five athletes to the ECAC Championships in Boston, MA.

The 2006-2007 marked the inaugural season for AMCC swimming and diving championships. The Behrend women won easily beating the second place finishers 300 to 187 and on the men's side were victories by a 337 to 129 margin. Several Behrend athletes earned first and second team All-conference selections. The following season featured the same results as Behrend won another league title in 2007-08 and the Behrend Lions sent 15 swimmers and divers to the ECAC Championships.

Wallace was a standout swimmer at the University of Pittsburgh. She was a NCAA qualifier in the 500 and 1650 freestyle. Wallace's accolades include being named the team's most improved swimmer as a sophomore, a Big East Scholar Athlete, and the University's Bell Atlantic Scholar. Wallace earned a bachelor's degree in psychology from Pittsburgh in 1999. She then completed her master's degree in education the following year.

Wallace was a staff member at the Nike Swim Camp at Pittsburgh, and was an assistant at Franklin Regional High School during the 1999-00 season. Wallace also serves the Behrend Lions as the aquatics director and a lecturer in the health and physical education.

Assistant Coach Joe Tristan

In his seventh season with the Behrend Lions, Coach Tristan has developed many AMCC and Varsity record holders and has been an integral part of the three AMCC Team Championships the program attained.

Currently Coach Tristan is a certified Level 4 Coach with the American Swimming Coaches Association. He is a member of USA Swimming where he started and coaches the local swimming program Erie Aquatics Club for the last three years. In this time, he led three athletes to Senior National Qualifying Standards, one athlete to Junior National Qualifying standards and guided his swimmers to Division I, II and III swimming programs around the country.

From 1998–2000, Tristan was the Graduate Assistant Coach for Eastern Michigan University where he was part of the 2000 Mid-American Conference team. While at EMU, Tristan worked mainly with the Middle Distance program and helped develop multiple Conference Champions.



Jennifer Wallace



Joe Tristan

Behrend Lions Swimming and Diving Coaching Profiles



Gordy Schmidt

Assistant Coach Gordy Schmidt

Schmidt enters his eighth season as an assistant to the Penn State Behrend men's and women's swimming and diving teams. He has impacted the Behrend program with the blue and white earning AMCC First Team All-Conference men's and women's divers for three straight seasons.

Prior to coaching the Behrend Lions he spent five years at Gannon University.

Schmidt competed in YMCA Masters Swimming and Diving, winning three National Titles in one meter and three meter diving, along with gaining All-American honors. He has worked as a swim coach at the Glenwood YMCA, McDowell High School, Villa Maria, and Cathedral Prep. During his coaching career he has trained numerous Pennsylvania high school District 10 winners, eight YMCA National Diving Teams, a National YMCA 1M & 3M performer, and at Gannon he coached a GLEAC Conference 3M winner.

Schmidt received his degree in AeroSpace Engineering from Penn State. Currently he is a Pennsylvania licensed funeral director.



Anthony Spoto

Assistant Coach Anthony Spoto

Anthony Spoto begins his second season of coaching swimming at Penn State Behrend after completing a stellar four-year swimming and water polo career for the blue and white.

In 2007, Spoto was one of only 22 Division III water polo athletes named as All-American. This was Spoto's second selection as he was also a CWPA Honorable Mention All-American as a freshman in 2004. During his career Spoto poured in a school record 247 goals. He is also the leader for single season goals with 76 as a senior, which broke his previous record of 75 during his freshman year. He also is a member of the school record 200 free and 200 and 400 medley relay teams.

In addition, Spoto earned CWPA All-Academic Team honors for his outstanding academic performance. He earned his undergraduate degree from Behrend, and is currently working on his MBA.

Behrend Lions Swimming and Diving

Player Profiles—Women

Danielle Wilson **Senior Free**

Team captain ... Academic All-AMCC in back-to-back seasons ... selected as swimming program's leadership and scholarship award winner two years running ... all-conference in 500 free and as member of 200 medley relay and 400 free relay ... as junior First-Team All-AMCC in seven events ... ECAC qualifier ... majoring in psychology.



Danielle Wilson

Krystal Kovach **Junior Diver**

Behrend's first diver to compete at NCAA Championships last season ... AMCC Diver of the Year as a freshman and sophomore ... All-AMCC Diver, 1 & 3 meter ... tabbed program's Most Improved Player last year ... six time AMCC Diver of the Week ... ECAC qualifier ... record holder in both 1 and 3 meter diving ... majoring in biology.



Krystal Kovach

Jenny LaFuria **Junior Free**

Great depth builder ... returns after one year break ... expected to make time drops ... also competes on Behrend women's water polo team ... will challenge for relay positions ... majoring in communications.

Hometown: North East, PA **High School: North East**



Jenny LaFuria

Katie Van Epps **Junior Butterfly/IM**

Selected as program's Most Valuable Player as a sophomore ... All-AMCC in 200 free relay, 400 medley relay, 200 fly, 400 free relay, 200 and 400 IM ... as sophomore First-Team All-AMCC in seven events ... named program's Rookie of the Year in 2007-08 ... AMCC Co-Newcomer of the Year ... ECAC qualifier ... majoring in finance.

Hometown: Pleasantville, PA **High School: Titusville**



Katie Van Epps

Alyssa Baran **Sophomore Free**

Returns to water after two year break from competition ... earned four varsity letters in freestyle events at Elizabeth Forward ... hardworker ... always looking to improve ... majoring in electrical engineering.

Hometown: Elizabeth, PA **High School: Elizabeth Forward**



Alyssa Baran

Julie Cook **Sophomore Breast/Sprint**

Member of record holding 200 medley relay team set in February of 2009 ... All-AMCC in 200 free relay, 200 medley relay, 400 free relay, 50 free, and 100 breast ... impact performer for blue and white this season ... top notch work rate ... majoring in biology.

Hometown: Warren, PA **High School: Warren**



Julie Cook

Behrend Lions Swimming and Diving

Player Profiles—Women



Anne Lawrence

Anne Lawrence **Sophomore Back/Fly**

Hometown: State College, PA
High School: State College

Behrend Lions Rookie of the Year in 2008-09 ... team record holder in 50 back and 200 medley relay team ... All-AMCC in 200 free relay, 200 and 400 medley relay, 100 fly, and 100 back ... will continue to challenge the record board ... majoring in education.



Hilary MacManus

Hilary MacManus **Sophomore Sprint**

Hometown: Beaver Falls, PA
High School: Blackhawk

Named Academic All-AMCC last season ... point scorer for blue and white ... as freshman earned All-AMCC honors in 200 free relay, 50 free, 400 medley relay, 200 medley relay, 400 free relay, and 100 free events ... majoring in business.



Leslie Nichols

Leslie Nichols **Sophomore Distance**

Hometown: Corry, PA
High School: Corry

Sophomore transfer from California of Pennsylvania ... competes in distance and free events ... earned four varsity letters at Corry in swimming ... was named to First Team All-Region and was four year district qualifier ... majoring in marketing.



Heather Vickery

Heather Vickery **Sophomore Breast/IM**

Hometown: Bradford, PA
High School: Bradford

2008-09 Academic All-AMCC ... as freshmen earned all-conference accolades in 400 medley relay and 200 breast events last season ... improved strength in off season ... majoring in business management.



Kim Ballentine

Kim Ballentine **Freshman Free**

Hometown: King of Prussia, PA
High School: Upper Merion

New to program ... competed in swimming, water polo, and crew at Upper Merion ... was team captain and district medalist in swimming ... majoring in psychology.



Stefania Pontillo

Stefania Pontillo **Freshman Free/Fly**

Hometown: Erie, PA
High School: McDowell

Competed for Trojans as member of both the swimming and water polo programs ... will add points in both the fly and free events for Behrend ... majoring in political science.

MaryEllen Spooner
Freshman Back

Joins Behrend Lions this winter to compete in backstroke events ... earned four varsity letters at West Springfield High ... major is undecided.

Hometown: Springfield, VA
High School: West Springfield



MaryEllen Spooner

Meghan Stefanko
Freshman Back

First year swimmer for Coach Wallace ... was a four year WPIAL qualifier ... also competed in track and field and cross country ... majoring in engineering.

Hometown: Elizabeth, PA
High School: Elizabeth Forward



Meghan Stefanko

Britanny Tanilli
Freshman Breast

Rookie performer for Behrend Lions ... earned three varsity letters in swimming ... also played volleyball ... three time WPIAL qualifier ... majoring in mechanical engineering.

Hometown: Gibsonia, PA
High School: Deer Lakes



Britanny Tanilli

Carly Rice
Freshman Diver

Rookie for Behrend Lions this winter ... was varsity diver at Meadville High School ... will learn under direction of NCAA qualifier Krystal Kovach ... major is undecided.

Hometown: Meadville, PA
High School: Meadville



Behrend Lions Swimming and Diving

Player Profiles—Men



Harmilee Cousin III

Harmilee Cousin III **Senior Breast**

Hometown: Buckeystown, MD
High School: Tuscarora

Time drops expected throughout season ... adds point scoring opportunities for team ... coming off a great junior year for the blue and white ... added strength in the offseason ... majoring in economics and finance.



Steve Graves

Steve Graves **Senior Diver**

Hometown: McMurray, PA
High School: Peters Township

Selected as AMCC Diver of the Year in consecutive seasons ... named to AMCC All-Academic team in back-to-back seasons ... has been AMCC Diver of the Week 13 times during his career ... AMCC Champion in both 1 meter and 3 meter as junior ... ECAC qualifier as a sophomore ... majoring in electrical engineering.



John Reish

John Reish **Senior Breast**

Hometown: Pittsburgh, PA
High School: Penn Hills

Improved strength and flexibility in off season ... expected to have time drops ... integral member of breaststroke group ... great motivator ... served as a team captain for Behrend Lions in 2008-09 ... member of two AMCC Championship squads ... majoring in biology.



Robert Westhelle

Robert Westhelle **Senior Back**

Hometown: Norwood, NJ
High School: Northern Valley

Expected to make continued improvement ... consistent performer for blue and white ... will add strength to backstroke group ... provides great depth ... member of Behrend Lions water polo team ... majoring in accounting and finance.



Ben Strunk

Ben Strunk **Junior Breast**

Hometown: Cogan Station, PA
High School: Williamsport

Team captain ... multiple ECAC Qualifier ... school record holder ... expected to have continued time drops ... earned All-AMCC honors in four relay events and the 200 IM, 100 breast, and 200 breast ... AMCC Co-Newcomer of the Year as freshman ... majoring in electrical engineering.



Josh Weaver

Josh Weaver **Junior Free**

Hometown: Franklin, PA
High School: Franklin

Team captain ... tabbed to AMCC All-Conference team in four relay events and in the 100, 200 and 500 free ... selected as program's Most Valuable Swimmer last season and the Leadership and Scholarship Award winner ... league Swimmer of the Week, November 17 ... school record holder in 400 and 800 free relay teams ... majoring in mechanical engineering.

Dane Dombrosky
Sophomore Free/Fly

Labeled All-AMCC as member of four relay teams last season ... also earned all-league recognition in 500 free, and 100 fly ... tabbed as Rookie of the Year in the swimming program last season ... two-time AMCC Swimmer of the Week last season ... ECAC qualifier ... majoring in electrical engineering.

Hometown: Mt. Pleasant, PA
High School: Mt. Pleasant



Dane Dombrosky

Chris Dunleavy
Sophomore Free

Talented athlete ... great speed ... added strength will lead to time drops ... also member of Behrend water polo program ... majoring in electrical engineering technology.

Hometown: McMurray, PA
High School: Peters Township



Chris Dunleavy

Mike Falvo
Sophomore Free

Experienced swimmer ... will provide good depth for blue and white ... time drops expected during the season ... four year letterwinner and team captain at Upper St. Clair in free and back events ... WPIAL qualifier ... majoring in marketing.

Hometown: Pittsburgh, PA
High School: Upper St. Clair



Mike Falvo

Jacob Sherk
Sophomore Breast

2008-09 AMCC All-Academic Team ... will provide depth to blue and white breaststroke crew ... made significant time drops as a freshman ... will put points on the board for the Behrend Lions ... talented athlete ... majoring in electrical engineering.

Hometown: Elizabethtown, PA
High School: Elizabethtown



Jacob Sherk

Terrance Watterson
Sophomore Distance Free

Picked as the program's Most Improved Swimmer as freshman ... named the AMCC Swimmer of the Week, January 19 ... had time drops throughout season as a freshman ... with continued development will see more time improvements ... natural distance athlete ... majoring in mechanical engineering.

Hometown: Pittsburgh, PA
High School: Brentwood



Terrance Watterson

Clay Altemose
Freshman Fly/Free/Back

Talented athlete ... hard worker ... will be a point scorer for the blue and white ... WPIAL and state qualifier ... Eastern Zone qualifier ... football and track standout ... majoring in engineering.

Hometown: Apollo, PA
High School: Apollo-Ridge



Clay Altemose

Behrend Lions Swimming and Diving

Player Profiles—Men



Hunter Backenstose

Hunter Backenstose **Freshman Free**

Hometown: Downingtown, PA
High School: Downingtown East

Rookie for Behrend Lions this winter ... untapped talent ... natural ability ... will challenge for relay positions ... district and state qualifier ... cross country athlete ... majoring in engineering.



Jake DesRoches

Jake DesRoches **Freshman Back/Free**

Hometown: Fairfax, VA
High School: Tuscarora

Dedicated athlete ... great work ethic ... very coachable ... will add strength to the backstroke events ... member of High School 200 and 400 free relay with All American Consideration times ... also member of Behrend water polo program ... majoring in business.



John Kelley

John Kelley **Freshman Back/Distance Free**

Hometown: New Kensington, PA
High School: Burrell

Team player ... willing to work hard ... time improvements expected ... adds strength to team ... high school state qualifier ... holds three high school team records ... majoring in electrical engineering.



Brian Mong

Brian Mong **Freshman Fly/Free**

Hometown: Franklin, PA
High School: Franklin

Strong swimmer ... hard worker ... great ability to pace ... will make an immediate impact for the blue and white ... four-time PIAA Medalist ... high school record holder, 3-time District 10 Team Champs ... majoring in accounting.



Ricardo Ortiz

Ricardo Ortiz **Freshman Breast**

Hometown: Erie, PA
High School: McDowell

Puts heart in to everything he does ... time improvements expected throughout season ... also two year member of Behrend water polo program ... majoring in political science.



Eric Peirce

Eric Peirce **Freshman Back/IM**

Hometown: Harmony, PA
High School: Seneca Valley

First year member of the blue and white ... adds great depth to the Behrend Lions squad ... will see time drops ... pushes himself in practice ... major is undecided.

Everett Sargent
Freshman Free

Good background ... lots of potential ... will challenge for relay positions ... size is an advantage ... WPIAL qualifier ... high school team captain ... majoring in engineering.

Hometown: Gibsonia, PA
High School: Pine-Richland



Everett Sargent

Frank Sullivan
Freshman Free/Fly

Great speed ... ready to learn ... will be a point scorer for the blue and white... motivated swimmer ... holds several high school records ... district and state qualifier ... All State Honorable Mention ... majoring in political science.

Hometown: Montoursville, PA
High School: Montoursville



Frank Sullivan

Andrew Opalewski
Freshman Free

Undeveloped talent ... hard worker ... will push for relay positions ... good base to build on ... individual and relay high school record holder ... also member of Behrend water polo program ... majoring in mechanical engineering.

Hometown: Slippery Rock, PA
High School: Slippery Rock



Allegheny Mountain Collegiate Conference

2008-09 Results—Men

Overall Record

Regular Season

Penn State Behrend _____	4-6-1
Penn State Altoona _____	5-3
Pitt-Bradford _____	2-5
Frostburg State _____	2-8

Individual Honors

Newcomer of the Year

Adam Capatch _____ Altoona

Swimmer of the Year

Cameron Lynch _____ Pitt-Bradford

Diver of the Year

Steve Graves _____ **Behrend**

Coach of the Year

Ed Bahan _____ Pitt-Bradford

Swimmer-of-the-Week

11/10 **Dane Dombrosky** _ **Behrend**

11/17 _ **Josh Weaver** _ **Behrend**

11/24 _ Charlie Swartz _ Frostburg

12/8 _ **Tom Weir** _ **Behrend**

1/12 _ Adam Capatch _ Altoona

1/19 **Terrance Watterson** _ **Behrend**

1/26 _ Bryan Dau _ Altoona

2/2 _ Jack Hudson _ Frostburg

2/16 _ **Dane Dombrosky** _ **Behrend**

Diver-of-the-Week

11/10 _ **Steve Graves** _ **Behrend**

11/17 _ **Steve Graves** _ **Behrend**

11/24 _ Peter Losticito _ Frostburg

12/8 _ **Steve Graves** _ **Behrend**

1/12 _ **Steve Graves** _ **Behrend**

1/19 _ **Steve Graves** _ **Behrend**

1/26 _ Peter Losticito _ Frostburg

2/2 _ **Steve Graves** _ **Behrend**

2/16 _ **Steve Graves** _ **Behrend**

All-Conference Teams

First-Team

200 Free Relay _____ **Behrend**

Steve Zoncik

Dane Dombrosky

Ben Strunk

Josh Weaver

500 Free _____ **Behrend**

Dane Dombrosky

200 IM _____ Altoona

Adam Capatch

50 Free _____ **Behrend**

Steve Zoncik

1m. Diving _____ **Behrend**

Steve Graves

400 Medley Relay _____ **Behrend**

Dane Dombrosky

Steve Zoncik

Ben Strunk

Josh Weaver

200 Medley Relay _____ Altoona

Dan Palermo

Adam Capatch

Brian Dau

Jimmy Reilly

400 IM _____ Pitt-Bradford

Jacob DeVolder

100 Fly _____ **Behrend**

Dane Dombrosky

200 Free _____ **Behrend**

Josh Weaver

100 Breast _____ Altoona

Adam Capatch

100 Back _____ Pitt-Bradford

Cameron Lanich

800 Free Relay _____ **Behrend**

Dane Dombrosky

Josh Weaver

Steve Zoncik

Ben Strunk

1650 Free _____ Pitt-Bradford

Cameron Lanich

200 Back _____ Pitt-Bradford

Cameron Lanich

100 Free _____ **Behrend**

Josh Weaver

200 Breast _____ Altoona

Adam Capatch

200 Fly _____ Pitt-Bradford

Mike Dixon

400 Free Relay _____ **Behrend**

Dane Dombrosky

Steve Zoncik

Ben Strunk

Josh Weaver

Second-Team

200 Free Relay _____ Frostburg

Sean Samakow

Jack Hudson

Charlie Swartz

Josh Green

500 Free _____ **Behrend**

Josh Weaver

200 IM _____ **Behrend**

Ben Strunk

50 Free _____ Altoona

Dan Bodde

1m. Diving _____ Frostburg

Peter Lostritto

400 Medley Relay _____ Altoona

Dan Palermo

Adam Capatch

Bryan Dau

Dan Brodde

200 Medley Relay _____ Pitt-Bradford

Cameron Lanich

Eric Greenawalt

Mike Dixon

Roland Cross

400 IM _____ Frostburg State

Jack Hudson

100 Fly _____ Altoona

Bryan Dau

200 Free _____ Altoona

Dan Bodde

100 Breast _____ **Behrend**

Ben Strunk

100 Back _____ Altoona

Dan Palermo

800 Free Relay _____ Altoona

Adam Capatch

Jimmy Reilly

Dan Bodde

Dan Palermo

1650 Free _____ **Behrend**

Terrance Watterson

200 Back _____ Altoona

Dan Palermo

100 Free _____ **Behrend**

Steve Zoncik

200 Breast _____ **Behrend**

Ben Strunk

200 Fly _____ Frostburg

Jack Hudson

400 Free Relay _____ Altoona

Bryan Dau

Jimmy Reilly

Dan Bodde

Dan Palermo

2008-09 Results—Women

Overall Record

Regular Season

Penn State Behrend	_____	5-7
Penn State Altoona	_____	5-5
Frostburg State	_____	3-9
Pitt-Bradford	_____	1-7

Individual Honors

Co-Newcomer of the Year

Arielle Harding _____ Frostburg

Co-Swimmers of the Year

Thirza Roberto _____ Frostburg

Morgan Kinville _____ Bradford

Diver of the Year

Krystal Kovach _____ **Behrend**

Coach of the Year

Kaymee Kelly _____ Frostburg

Swimmer-of-the-Week

11/10 ___ Arielle Harding _ Frostburg

11/17 _ Whitney Weston _ Altoona

11/24 ___ Arielle Harding _ Frostburg

12/1 ___ Danielle Wilson _ Behrend

1/12 ___ Whitney Weston _ Altoona

1/19 _____ Anne Morgan _ Pitt-Bradford

1/26 ___ Thirza Roberto _ Frostburg

2/2 ___ Katie Van Epps _ Behrend

Diver-of-the-Week

11/10 ___ Krystal Kovach _ Behrend

11/17 ___ Krystal Kovach _ Behrend

12/1 ___ Krystal Kovach _ Behrend

1/12 ___ Krystal Kovach _ Behrend

1/19 ___ Krystal Kovach _ Behrend

2/2 ___ Krystal Kovach _ Behrend

All-Conference Teams

First-Team

200 Free Relay _____ **Behrend**

Hilary MacManus

Katie Van Epps

Anne Lawrence

Julie Cook

500 Free _____ Pitt-Bradford

Morgan Kinville

200 IM _____ Frostburg

Arielle Harding

50 Free _____ **Behrend**

Hilary MacManus

3m. Diving _____ Penn St. Behrend

Krystal Kovach

400 Medley Relay _____ **Behrend**

Anne Lawrence

Heather Vickery

Hilary Van Epps

Katie Van Epps

200 Medley Relay _____ **Behrend**

Danielle Wilson

Julie Cook

Anne Lawrence

Hilary MacManus

400 IM _____ Frostburg State

Shannon Dunnigan

100 Fly _____ **Behrend**

Anne Lawrence

200 Free _____ Pitt-Bradford

Morgan Kinville

100 Breast _____ Frostburg

Thirza Roberto

100 Back _____ Frostburg

Thirza Roberto

800 Free Relay _____ Frostburg

Arielle Harding

Emily Harris

Michelle Nash

Thirza Roberto

1650 Free _____ Frostburg State

Hannah Seay

200 Back _____ Frostburg State

Thirza Roberto

100 Free _____ Bradford

Morgan Kinville

200 Breast _____ Frostburg

Arielle Harding

200 Fly _____ **Behrend**

Katie Van Epps

1m. Diving _____ **Behrend**

Krystal Kovach

400 Free Relay _____ **Behrend**

Katie Van Epps

Danielle Wilson

Julie Cook

Hilary MacManus

Second-Team

200 Free Relay _____ Frostburg

Arielle Harding

Emily Harris

Michelle Nash

Thirza Roberto

500 Free _____ **Behrend**

Danielle Wilson

200 IM _____ **Behrend**

Katie Van Epps

50 Free _____ **Behrend**

Julie Cook

400 Medley Relay _____ Frostburg

Michelle Nash

Thirza Roberto

Arielle Harding

Emily Harris

200 Medley Relay _____ Frostburg

Thirza Roberto

Arielle Harding

Michelle Nash

Emily Harris

400 IM _____ **Behrend**

Katie Van Epps

100 Fly _____ Pitt-Bradford

Rachel Davis

200 Free _____ Altoona

Whitney Weston

100 Breast _____ **Behrend**

Julie Cook

100 Back _____ **Behrend**

Anne Lawrence

800 Free Relay _____ Altoona

Caroline Smith

Melissa DeFelice

Brittany Bauer

Whitney Weston

1650 Free _____ Frostburg

Meghan Flood

200 Back _____ **Behrend**

Anne Lawrence

100 Free _____ **Behrend**

Hilary MacManus

200 Breast _____ **Behrend**

Heather Vickery

200 Fly _____ Frostburg

Michelle Nash

1m. Diving _____ Altoona

Mollie Torello

400 Free Relay _____ Altoona

Caroline Smith

Melissa DeFelice

Emily MacAleer

Whitney Weston

Penn State Behrend Athletic Facilities

Junker Center

The growth of athletics at Penn State Behrend led to the development of new indoor facilities in 2001. The \$10.2 million Junker Center comprises 72,800 square feet, including outstanding volleyball and basketball facilities.



The center features three all-purpose courts and a gymnasium seating 1,600, an eight-lane swimming pool, three-lane running track, jumping pits, aerobics room, locker rooms, offices, and a variety of exercise equipment. The fully equipped Jageman Fitness Room provides a variety of exercise equipment for students, faculty, and staff.

Behrend Fields

The college's soccer teams compete on the Behrend Fields, located northwest of the baseball and softball complex and across the bridge over Trout Run. The complex comprises four multi-purpose athletic fields and a putting green. The facility was created in 1988, thanks to a pacesetting gift of \$1.4 million from an anonymous donor. The fields are also used for intramurals and course instruction. They accommodate a variety of play configurations, including flag football and softball. Other outdoor facilities on campus include lighted tennis courts and sand volleyball courts.



Baseball and Softball Complex

Penn State Behrend's baseball and softball complex, located adjacent to the main campus entrance, ranks as one of the region's best facilities. Each field features a built-in irrigation system, seventy-foot in-ground dugouts, batting cages, bullpens, scoreboards, a full warning track, permanent fences, a concession stand, and scorekeepers' stations.



Behrend Lions Swimming and Diving

Team Records

Women	Time	Event	Time	Men
Sara Breese	25.09	50 Free	21.95	Steve Zomcik
Sara Breese	55.24	100 Free	48.48	Dane Dombrosky
Whitney Marshall	1:59.11	200 Free	1:46:55	Dustin Fairchild
Cyndi Morales	5:12.15	500 Free	4:52.84	Dustin Fairchild
Cyndi Morales	10:43.53	1000 Free	10:17.07	Jeff Howard
Cyndi Morales	17:54.67	1650 Free	17:21.05	Dustin Fairchild
Anne Lawrence	30.12	50 Back	25.03	Casey Doody
Christine Williams	1:03.40	100 Back	53.91	Casey Doody
Christine Williams	2:16.22	200 Back	1:57.70	Casey Doody
Missy Pilewski	1:09.21	100 Breaststroke	1:00.04	Lucas Dushac
Missy Pilewski	2:34.26	200 Breaststroke	2:11:28	Dustin Fairchild
Colby Seibert	1:01.21	100 Fly	52.65	Joe Reese
Colby Seibert	2:17.10	200 Fly	1:59:78	Joe Reese
Christine Williams	2:20.90	200 IM	2:01.51	Lucas Dushac
Cyndi Morales	4:59.96	400 IM	4:30.63	Eric Phillips
Sara Breese	1:42:95	200 Free Relay	1:28.89	Jason Hall
Katie Van Epps				Chris Graves
Danielle Wilson				Tom Weir
Shannon Strong				Anthony Spoto
Whitney Marshall	3:46.94	400 Free Relay	3:17.25	Pat Allen
Missy Pilewski				Chris Graves
Brittany Yost				Jason Hall
Cyndi Morales				Anthony Spoto
Whitney Marshall	8:17.72	800 Free Relay	7:20.88	Dane Dombrosky
Alexis Puhala				Steve Zomcik
Brittany Yost				Ben Strunk
Cyndi Morales				Josh Weaver
Brittany Yost	1:58.52	200 Medley Relay	1:38.79	Jason Hall
Missy Pilewski				Dustin Fairchild
Whitney Marshall				Joe Reese
Cyndi Morales				Anthony Spoto
Brittany Yost	4:17.91	400 Medley Relay	3:38.09	Tom Weir
Missy Pilewski				Dustin Fairchild
Whitney Marshall				Joe Reese
Cyndi Morales				Anthony Spoto
Krystal Kovach	274.55	1 Meter, 6 Dives	254.65	Mike Sandretto
Krystal Kovach	433.35	1 Meter, 11 Dives	395.45	Mike Sandretto
Krystal Kovach	209.20	3 Meter, 6 Dives	247.70	Steve Graves
Krystal Kovach	433.80	3 Meter, 11 Dives	378.45	Mike Sandretto

Behrend Lions Swimming and Diving 2008-09 Results

Date	Opponent		
October 25	@ Pitt-Bradford	2/5	160 points
November 1	@ Bethany	W 123-89	M 153-24
November 7	Buffalo State	W 120-92	M 120-120
November 8	@ St. Vincent	W 103-139	M 115-141
November 15	Allegheny	W 67-127	M 98-131
November 22	Frostburg State	W 106-89	M 115-105
December 5-7	@ Fredonia State Invitational	W 4/5 372	M 4/6 565
January 10	Edinboro	W 68-115	M 102-118
January 16	@ Gannon	W 66-120	M 96-114
January 17	@ Penn State Altoona	W 109-89	M 124-85
January 24	Washington and Jefferson	W 73-117	M 93-134
January 30	@ Pitt-Bradford	W 58-30	M 55-35
January 31	@ Mt. Union	W 78-133	M 84-129
February 12-14	AMCC Championships @ Grove City		
	Women's Results	Penn State Behrend	213
		Frostburg State	213
		Penn State Altoona	189
		Pitt-Bradford	118
	Men's Results	Penn State Behrend	250
		Penn State Altoona	175
		Frostburg State	171
		Pitt-Bradford	146
February 28-March 1	@ ECAC Championships		
	Home Meets in BOLD		

Behrend Lions Swimming and Diving 2009-10 Rosters

Women

Name	Yr.	Hometown/High School
Kim Ballentine _____	Fr. _____	King of Prussia/Upper Merion
Alyssa Baran _____	So _____	Elizabeth/Elizabeth Forward
Julie Cook _____	So. _____	Warren/Warren
Krystal Kovach _____	Jr. _____	Scott Township/Chartiers Valley
Jenny LaFuria _____	Jr. _____	North East/North East
Anne Lawrence _____	So. _____	State College/State College
Hilary MacManus _____	So. _____	Beaver Falls/ Blackhawk
Leslie Nichols _____	So. _____	Corry/Corry
Stefania Pontillo _____	Fr. _____	Erie/McDowell
Carly Rice _____	Fr. _____	Meadville/Meadville
MaryEllen Spooner _____	Fr. _____	Springfield, VA/West Springfield
Meghan Stefanko _____	Fr. _____	Elizabeth/Elizabeth Forward
Brittany Tanilli _____	Fr. _____	Gibsonia/Deer Lakes
Katie Van Epps _____	Jr. _____	Pleasantville/Titusville
Heather Vickery _____	So. _____	Bradford/Bradford
Danielle Wilson _____	Sr. _____	Pittsburgh/Plum

Men

Name	Yr.	Hometown/High School
Clay Altemose _____	Fr. _____	Apollo/Apollo-Ridge
Hunter Backenstose _____	Fr. _____	Downingtown/Downingtown East
Harmilee Cousin III _____	Sr. _____	Frederick, MD/Tuscarora
Jake DesRoches _____	Fr. _____	Fairfax, VA/WT Woodson
Dane Dombrosky _____	So. _____	Mt. Pleasant/Mt. Pleasant
Chris Dunleavy _____	So. _____	McMurray/Peters Township
Mike Falvo _____	So. _____	Pittsburgh/ Upper St. Clair
Stephen Graves _____	Sr. _____	McMurray/Peters Township
John Kelley _____	Fr. _____	New Kensington/Burrell
Brian Mong _____	Fr. _____	Franklin/Franklin
Andrew Opalewski _____	Fr. _____	Slippery Rock/Slippery Rock
Ricardo Ortiz _____	Fr. _____	Erie/McDowell
Eric Pierce _____	Fr. _____	Harmony/Seneca Valley
John Reish _____	Sr. _____	Pittsburgh/Penn Hills
Everett Sargent _____	Fr. _____	Gibsonia/Pine Richland
Brian Saylor _____	Fr. _____	Easton/Easton Area
Jacob Sherk _____	So. _____	Elizabethtown/Elizabethtown
Ben Strunk _____	Jr. _____	Cogan Station/Williamspport
Frank Sullivan _____	Fr. _____	Montoursville/Montoursville
Terrance Watterson _____	So. _____	Pittsburgh/Brentwood
Josh Weaver _____	Jr. _____	Franklin/Franklin
Robert Westhelle _____	Sr. _____	Norwood, NJ/Northern Valley Regional

Behrend Lions Swimming and Diving

2009-10 Schedule

Date	Opponent	Time
Oct. 24	@ Pitt-Bradford Relays _____	1:00 p.m.
Oct. 31	Bethany _____	2:00 p.m.
Nov. 6	@ Buffalo State _____	5:00 p.m.
Nov. 7	St. Vincent College & Baldwin Wallace _____	1:00 p.m.
Nov. 14	@ Allegheny College _____	1:00 p.m.
Nov. 21	@ Frostburg State _____	1:00 p.m.
Dec. 4	@ Fredonia State Invitational _____	6:00 p.m.
Dec. 5	@ Fredonia State Invitational _____	10:00 a.m.
Dec. 6	@ Fredonia State Invitational _____	10:00 a.m.
Jan. 1-9	@ Winter Training, Largo, FL _____	TBA
Jan. 15	Gannon _____	5:00 p.m.
Jan. 16	Penn State Altoona _____	1:00 p.m.
Jan. 22	@ Chatham _____	6:00 p.m.
Jan. 23	@ Washington & Jefferson _____	1:00 p.m.
Jan. 29	@ Grove City & Pitt-Bradford _____	5:00 p.m.
Jan. 30	Mt. Union _____	1:00 p.m.
Feb. 5	@ Edinboro _____	5:00 p.m.
Feb. 17-20	@ AMCC Championships* @ Grove City _____	10:00 a.m.
Feb. 26-28	@ ECAC Championships @ University of Pittsburgh _____	10:00 a.m.
March 17-20	@ NCAA Championships @ University of Minnesota _____	TBA

Home Meets in **BOLD**

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