

**Quick Facts**

**General Information**

School .....Virginia Military Institute  
 City .....Lexington, Va.  
 Founded .....1839  
 Enrollment .....1,300  
 Nickname .....Keydets  
 Colors .....Red, White & Yellow  
 Home Pool .....Cocke Hall Pool  
 Affiliation .....NCAA Division I  
 Conference .....Northeast Conference  
 Superintendent ..Gen. J.H. Binford Peay, III (VMI '62)  
 Athletic Director .....Donny White (VMI '65)

**Swimming & Diving Team Information**

Head Coach ...Bill Nicholson (SUNY New Paltz '95)  
 Phone .....540-464-7737  
 Email .....nicholsonwj@vmi.edu  
 Volunteer Assistant Coach ...Jim Rodgers (VMI '97)  
 Men's 2006 NEC Finish .....1st  
 Women's 2006 NEC Finish .....12th  
 Men's Letterwinners Returning/Lost .....10/9  
 Men's Newcomers .....10  
 Women's Letterwinners Returning/Lost .....4/0  
 Women's Newcomers .....1

**Sports Information Department**

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**Credits**

The 2006-07 VMI Swimming & Diving Championship Media Guide is a publication of the VMI Sports Information Office. **Written, Edited, Designed and Laid Out** by Christian Hoffman, Asst. SID. **Cover Design & Layout** by Christian Hoffman. **Editorial Assistance** by Bill Nicholson, Head Coach, Wade Branner, Assistant A.D./Media Relations, Joel Balthaser, Assistant SID. **Photography** by Brian Westerholt, Sports On Film, Christian Hoffman. **Printing** by Collinsville Printing, Collinsville, Va.

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 This Is VMI .....IFC  
 VMI Swimming Facilities .....IBC

**2006-07 Men's Results**

|            |   |                |
|------------|---|----------------|
| Oct. 27    | at James Madison  | L, 137-62      |
| Nov. 10-11 | <b><u>Thomas Murphy Invitational</u></b><br>at Loyola (Md.) | L, 293-65      |
|            | vs. Howard  | W, 191.5-144.5 |
|            | vs. Johns Hopkins   | L, 290-58      |
| Dec. 1-2   | at Yellow Jacket Inv'l.                                     | 1st of 6 Teams |
| Jan. 27    | at Davidson   | L, 189-41      |
|            | vs. Wingate   | L, 167-56      |
| Feb. 3     | at Virginia Tech  | L, 121-77      |
|            | vs. Washington & Lee  | L, 156-48      |
| Feb. 15-17 | at NEC Championships  |                |

**2006-07 Women's Results**

|            |   |                  |
|------------|---|------------------|
| Oct. 21    | at Radford  | L, 148-25        |
|            | vs. Campbell  | L, 167-16        |
| Nov. 4     | at Sweet Briar  | L, 103-11        |
|            | vs. Greensboro  | L, 77-27         |
| Nov. 10-11 | <b><u>Thomas Murphy Invitational</u></b><br>at Loyola (Md.) | L, 344-7         |
|            | vs. Howard  | L, 187-52        |
|            | vs. Johns Hopkins   | L, 281-19        |
| Dec. 1-2   | at Yellow Jacket Inv'l.                                     | 10th of 12 Teams |
| Jan. 27    | at Davidson   | L, 178-29        |
|            | vs. Wingate   | L, 150-21        |
|            | vs. Radford   | L, 172-22        |
| Feb. 15-17 | at NEC Championship   |                  |



# Head Coach

## Bill Nicholson

SUNY New Paltz '95 ♦ Fifth Season

As head swimming and diving coach Bill Nicholson enters his fifth season at the Virginia Military Institute, he looks to build on the success he has already achieved in his four previous campaigns in Lexington. His most successful campaign came last season, as Nicholson led his men's team to a Northeast Conference Championship, doing so in only the team's third season in the League.

But the men's team's Championship wasn't the only success story for Nicholson in the 2005-06 season. It also marked the first season of the VMI women's swimming and diving team competing as a varsity sport, doing so under Nicholson's tutelage as well.

In his time at the Institute, Nicholson has seen his Keydets claim nine individual/team relay conference championships, including seven in the 2006 NEC Championships. In last year's meet, he also saw Brenden Geoghagen claim Most Outstanding Diver honors, after the senior claimed both the one-meter and three-meter events.

However, his team's work in the pool only tells half the story. For the past four consecutive semesters, his men's team has received recognition as part of the College Swimming Coaches Association of America National Honor Roll. Teams must post a cumulative 2.80 GPA to qualify for the honor. The Keydets' most recently were one of only eighty programs nationwide to be so honored, as they boasted a 3.01 GPA for the Spring 2006 semester.

In addition to his team's academic excellence, Nicholson coached Tom Petykowski '05, who was VMI's valedictorian and an All-Conference diver in 2005 and was named First Team Academic All-American by ESPN The Magazine. Petykowski was one of 15 honorees nationwide that were chosen to the At-Large team that consisted of NCAA Division I playing members in gymnastics, golf, rifle, tennis, ice hockey, volleyball, fencing, lacrosse, swimming & diving, skiing and wrestling. He still stands as one of six Keydets to ever earn National First Team honors, and is the first to do so in a sport other than football or basketball.

Nicholson (33) took over the VMI swimming and diving program on August 5, 2002. Previously, he spent the 2001-02 season coaching the USS Condors Swim Club in Pleasantville, N.Y., where he coached both the boys and girls programs.

Nicholson spent the previous three years (1998-2001) as the men's and women's head swimming coach at Plattsburgh (N.Y.) State University. In his time at Plattsburgh, his teams broke 15 school records. The programs featured just 12 athletes when Nicholson took over, a number that grew to 35 by the time he departed. He improved the Cardinals men's team's performance at the State University of New York Athletic Conference (SUNYAC) from a ninth place finish (16 points) in his first season to a sixth place finish (330 points) in his final season.

From 1995 to 1998, Nicholson served as the assistant coach for his alma mater, SUNY New Paltz. He worked with the breaststroke and individual medley swimmers primarily during his stint. He helped three swimmers qualify for the Division III NCAA Championships and the men's team's finished in the top four of the SUNYAC each year.

As a collegiate swimmer, Nicholson qualified for the Division III NCAA Championships three times and captured eight school records. He won the SUNYAC title in the 400-yard medley relay in his junior year and was named the team's most valuable swimmer as a senior. Nicholson graduated in 1995.

A native of Horseheads, N.Y., Nicholson swam four years at Horseheads High School and graduated in 1991.



# Volunteer Assistant Jim Rodgers

VMI '97 ♦ First Season

Jim Rodgers is in his first season assisting Coach Nicholson with the VMI Swimming & Diving program. A 1997 graduate of the Institute with a degree in History with an International Studies minor, Rodgers also swam for the Keydets from 1993-96. A native of Jacksonville, Fla., Rodgers has previous swim coaching experience, having coached U.S.S. club teams in both Gainesville and Jacksonville, Fla.

Rodgers currently serves as an officer with the 252nd MP Company of the Tennessee Army National Guard, based out of Cleveland, Tenn.

## 2006-07 Men's Roster

| <u>Name</u>      | <u>Class</u> | <u>Hometown/High School</u>        |
|------------------|--------------|------------------------------------|
| Andrew Baity     | Freshman     | Forest, Va./Jefferson Forest       |
| Charlie Barnett  | Freshman     | Roanoke, Va./Lord Botetourt        |
| Chris Beyer      | Junior       | Reston, Va./Flint Hill             |
| Peter Blades     | Junior       | Almond, N.Y./Alfred-Almond         |
| Peter Borchelt   | Junior       | Evans, Ga./Evans                   |
| Matt Brown       | Sophomore    | Dexter, Mich./Dexter               |
| Alex Brush       | Sophomore    | Mount Pleasant, S.C./Wando         |
| Stuart Craft     | Senior       | Richmond, Va./Mills Godwin         |
| Paul DeValk      | Freshman     | Richmond, Va./Mills Godwin         |
| Justin Ferrell   | Freshman     | Glen Allen, Va./Deep Run           |
| Chris Johnson    | Freshman     | Mattituck, N.Y./Mattituck          |
| Greg Kosh        | Senior       | West Chester, Pa./Bishop O'Connell |
| Hank Lee         | Junior       | Arlington, Va./Hargrave Military   |
| Andrew Morse     | Sophomore    | Chesapeake, Va./Indian River       |
| Will Rowcliffe   | Freshman     | Falls Church, Va./J.E.B. Stuart    |
| Stephen Russell  | Sophomore    | Chesapeake, Va./Hickory            |
| Philip Sgrignoli | Freshman     | Fredericksburg, Va./Massaponax     |
| Paul Sheldon     | Senior       | Glen Allen, Va./Hermitage          |
| Ryan Spahr       | Sophomore    | Springfield, Va./Paul VI           |
| Trevor Stanco    | Sophomore    | Garden City, N.Y./Garden City      |
| Walter Stull     | Junior       | Westminster, Md./South Carroll     |
| Jeff Turner      | Freshman     | Arlington, Va./Yorktown            |
| Kevin Vik        | Senior       | Eagle River, Alaska/Chugiak        |
| Jason Webb       | Junior       | Bowie, Md./DeMatha                 |
| Colin Wu         | Senior       | Foxboro, Mass./Foxborough          |
| Kimball Yamasaki | Senior       | Fremont, Calif./Mission San Jose   |

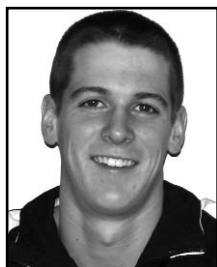
**Team Captains:** Stuart Craft, Paul Sheldon, Kevin Vik

## 2006-07 Women's Roster

| <u>Name</u>    | <u>Class</u> | <u>Hometown/High School</u>       |
|----------------|--------------|-----------------------------------|
| Jessica Daniel | Freshman     | Montclair, Va./Forest Park        |
| Becky Harris   | Sophomore    | Crystal River, Fla./Crystal River |
| Catrina Helsel | Senior       | Palm Bay, Fla./Bayside            |
| Erin Hottle    | Senior       | Cheyenne, Wyo./Central            |
| Ateala Tuff    | Sophomore    | Newnan, Ga./East Coweta           |

**Team Captains:** Catrina Helsel, Erin Hottle

**2006-07 VMI Swimming & Diving**



## Andrew Baity

- ◆ Freshman
- ◆ Forest, Va.
- ◆ Jefferson Forest

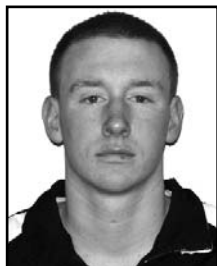
*Freshman that has potential to be one of team's top freestyle distance swimmers...Has ability to reach NEC Finals in his career.*

**2006-07:** Competed in both the 200 yard medley and freestyle relays at JMU and Virginia Tech...Also swam an exhibition in the 500 yard freestyle at Davidson.

**Personal:** Son of Kenneth & Lisa Baity...Four-year letterwinner in swimming at Jefferson Forest under Coaches Reichert & Davidson...Participated in State Championships...Also swam for the Forest Area swim team and Lynchburg swim team...Won the Work Ethic Award...Participated in the Lynchburg "A" meet... International Studies & Political Science major.

### Baity's Top Career Times:

500 yard freestyle ..... 6:07.01



## Charlie Barnett

- ◆ Freshman
- ◆ Roanoke, Va.
- ◆ Lord Botetourt

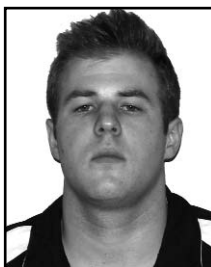
*Very mature athlete for his age who will contribute in the butterfly and sprint-distance freestyle events.*

**2006-07:** Has competed in each event this season...At Davidson, turned in personal top times in the 50-freestyle and 100-butterfly...Swam personal-best in 200-backstroke at the Yellow Jacket Invitational...Swam career-best in 100-back and 200-free at Virginia Tech...Helped 200 and 400 freestyle relay teams to VMI's top times this season at the Yellow Jacket Inv'l.

**Personal:** Son of Tim and Jamie Barnett...Swam for four years at Lord Botetourt...Reached State Championships four seasons and was named team captain as a junior and senior...Twice named team MVP and earned Most Improved Award...School-recordholder in the 100 butterfly...Chemistry major.

### Barnett's Top Career Times:

50 yard freestyle ..... 24.34  
 100 yard freestyle ..... 55.67  
 200 yard freestyle ..... 2:00.82  
 100 yard butterfly ..... 1:00.65  
 100 yard backstroke ..... 1:06.83  
 200 yard backstroke ..... 2:27.69



## Chris Beyer

- ◆ Junior
- ◆ Reston, Va.
- ◆ Flint Hill

*NEC Champion in both the 1650 freestyle and 800 free relay events...Hard worker, committed to the success of the team...Expected to contend for distance freestyle championship for next two seasons.*

**2006-07:** Has missed only one event this season...Swam on VMI's fastest 800-freestyle relay team this season at the Yellow Jacket Invitational...Has been team's second-fastest competitor in 500, 1000 and 1650 freestyle.

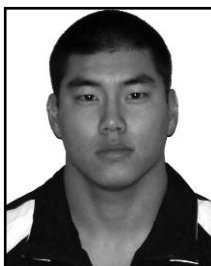
**2006 NEC Championship:** Won Championship with career-best time in 1650-freestyle...Also a member of the 800-freestyle relay championship squad...Placed fourth with a career-best time in the 200-yard freestyle...Also placed third in the 500-freestyle.

**2005 NEC Championship:** Placed fifth in the 1650-freestyle...Also came in seventh in the 500-freestyle, turning in a career-best time...Also took 11th in the 200-freestyle.

**Personal:** Economics and Business major.

### Beyer's Top Career Times:

100 yard freestyle ..... 54.87  
 200 yard freestyle ..... 1:54.38  
 500 yard freestyle ..... 5:06.34  
 1000 yard freestyle ..... 10:55.93  
 1650 yard freestyle ..... 17:35.46



## Peter Blades

- ◆ Junior
- ◆ Almond, N.Y.
- ◆ Alfred-Almond

*One of the team's best sprinters...Well-respected among teammates...Typifies the ideal of the VMI student-athlete.*

**2006-07:** Competed at Davidson, swimming the 100 and 200 freestyle events and on the 200-freestyle relay...Also swam in same events at Virginia Tech.

**2005 NEC Championship:** Came in 13th in the 200-freestyle, swimming a career-best...Placed 15th in the 50-freestyle and 16th in the 100-freestyle, swimming career-bests in the prelims of each event...

**Personal:** Son of Christopher and Karen Blades... International Relations major with an Arabic minor.

**Blades' Top Career Times:**

|                          |         |
|--------------------------|---------|
| 50 yard freestyle .....  | 23.27   |
| 100 yard freestyle ..... | 51.10   |
| 200 yard freestyle ..... | 1:56.32 |



**Peter Borchelt**

- ◆ Junior
- ◆ Evans, Ga.
- ◆ Evans

*One of the team's top backstrokers...Has the ability to contend for NEC Championship in backstroke any given year...Hard-worker and team leader.*

**2006-07:** Has missed only one event this season...Swam a career-best time in the 400 IM at the Thomas Murphy Invitational...Has been team's second-fastest competitor in the 100-backstroke.

**2006 NEC Championship:** Placed third in the 100-backstroke and 200-backstroke, and fourth in the 500-freestyle...Swam on second-place 200-medley relay team.

**2005 NEC Championship:** Came in sixth in the 100 & 200-backstroke...Placed ninth in the 500-freestyle with a career-best time in the event.

**Personal:** Son of Joel & Debra Borchelt...Honor Court Assistant Prosecutor...Four-year letterwinner in swimming under Coach Schuckers...Member of the State team for three consecutive seasons...Won the Most Dedicated Award...Swam in the Aiken-Augusta swim league...Ranks as an S6 Regimental Sergeant...Cumulative 3.9 GPA...Mechanical Engineering major.

**Borchelt's Top Career Times:**

|                                  |          |
|----------------------------------|----------|
| 200 yard freestyle .....         | 1:59.37  |
| 500 yard freestyle .....         | 5:09.27  |
| 1650 yard freestyle .....        | 19:08.68 |
| 100 yard backstroke .....        | 57.52    |
| 200 yard backstroke .....        | 2:05.73  |
| 100 yard breaststroke .....      | 1:10.55  |
| 200 yard breaststroke .....      | 2:42.05  |
| 200 yard individual medley ..... | 2:15.62  |
| 400 yard individual medley ..... | 5:00.56  |



**Matt Brown**

- ◆ Sophomore
- ◆ Dexter, Mich.
- ◆ Dexter

*One of the program's top sprint freestylers that also excels in butterfly events...Strong competitor, has potential to be multiple-time NEC Champion.*

**2006-07:** Missed two events this season...Helped 200 and 400 freestyle relay teams to season's top times at the Yellow Jacket Invitational...Swam career-best time in the 100-freestyle at the Yellow Jacket Invitational.

**2006 NEC Championship:** Placed third in the 100 & 200-butterfly events after swimming career-bests in prelims...Swam a career-best 50-freestyle time in the preliminaries on his way to a sixth-place finals finish...Competed on the 400-medley relay team that placed second.

**Personal:** Son of Mark and Jill Brown...Four-year letterwinner under Coach Van Rhee while swimming for Dexter...Served as a captain and won the Coaches Award...Also lettered as a guard on the football team...Psychology major.

**Brown's Top Career Times:**

|                          |         |
|--------------------------|---------|
| 50 yard freestyle .....  | 22.99   |
| 100 yard freestyle ..... | 51.59   |
| 100 yard butterfly ..... | 56.03   |
| 200 yard butterfly ..... | 2:11.48 |



**Alex Brush**

- ◆ Sophomore
- ◆ Mount Pleasant, S.C.
- ◆ Wando

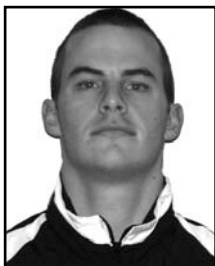
*Has shown much potential after returning to the sport after a couple of years away...Could contend for NEC Finals in sprint freestyle and breaststroke.*

**2006-07:** Competed in team's first three events...Swam career-bests in 50-freestyle and 100 & 200-breaststroke events at the Yellow Jacket Invitational...Turned in career-best time in 100-freestyle at Thomas Murphy Invitational.

**Personal:** Son of Anthony Brush and Brenda Parent...Four-year letterwinner for Coach Swetckie while swimming at Wando...Received All-State, All-Region and All-Country honors...Played in the Mount Pleasant Basketball League...Dean's List student...Stepdad Kevin Parent played semi-pro and professional hockey...International Studies and French major.

**Brush's Top Career Times:**

|                             |         |
|-----------------------------|---------|
| 50 yard freestyle .....     | 24.83   |
| 100 yard freestyle .....    | 57.66   |
| 100 yard breaststroke ..... | 1:12.08 |
| 200 yard breaststroke ..... | 2:45.05 |



## Stuart Craft

- ◆ Senior
- ◆ Richmond, Va.
- ◆ Mills Godwin

**Team Captain...Member of 400m freestyle relay team that won NEC Championship...Best athlete on the team...Has ability to win any sprint freestyle races at NEC Championships and will be one of top competitors in breaststroke.**

**2006-07:** Has competed in each event this season...Turned in team's top 50-freestyle time at the Thomas Murphy Invitational, when he won the event with a time of 22.64...Swam on season's fastest 200 & 400 freestyle relays at Yellow Jacket Invitational...Swam on team's fastest 200-medley relay of the season at VT.

**2006 NEC Championship:** Member of the NEC Championship 400-freestyle relay team...Third-place finisher in the 100-breaststroke after posting a career-best in prelims...Placed fourth in the 50-freestyle with a career-best time and fifth in the 100-freestyle...Swam on the second-place 200-freestyle and 200-medley relays.

**2005 NEC Championship:** Swam on the 200 & 400-freestyle relay teams that each placed third...Placed fifth in the 100-breaststroke and tenth in the 50-freestyle... Also placed 13th in the 100-freestyle.

**2004 NEC Championship:** Finished 11th in the 100-backstroke, posting a career-best in the finals... Placed tenth in the 200-backstroke and 400-IM, swimming a career-best in the prelims of each event.

**Personal:** Son of Gary and Shelley Craft...Four-year letterwinner for Coach Shaffer while playing volleyball at Mills Godwin...Served as captain and was named All-District...Economics and Business major.

### Craft's Top Career Times:

|                            |         |
|----------------------------|---------|
| 50 yard freestyle          | 22.56   |
| 100 yard freestyle         | 49.64   |
| 100 yard backstroke        | 59.87   |
| 200 yard backstroke        | 2:13.41 |
| 100 yard breaststroke      | 1:04.94 |
| 200 yard breaststroke      | 2:34.54 |
| 200 yard individual medley | 2:13.43 |
| 400 yard individual medley | 4:54.55 |



## Paul DeValk

- ◆ Freshman
- ◆ Richmond, Va.
- ◆ Mills Godwin

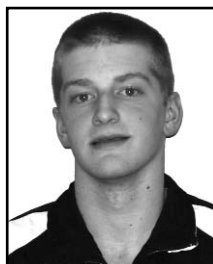
**As a freshman, has shown ability to be one of team's top freestylers at any distance.**

**2006-07:** Has competed in each of team's events this season...Posted a career-best in the 100-freestyle at Virginia Tech...Swam a career-best times in the 50 and 200-freestyle events at the Thomas Murphy Invitational...Helped 800-freestyle and 400-medley relay teams to top times at the Yellow Jacket Invitational.

**Personal:** Son of Dan and Karen DeValk...Four-year letterwinner in outdoor track and three-year letterwinner in indoor track for Coach Wagner at Mills Godwin...Earned All-District, All-Region and All-Academic honors...Also lettered twice in cross country, with a top time of 17:10 in the 5K...Lettered as receiver and kicker on the football team...Member of nationally ranked 400-meter freestyle relay team...Swam at the Three Chopt Recreational Center...Economics and Business major with a psychology minor.

### DeValk's Top Career Times:

|                    |         |
|--------------------|---------|
| 50 yard freestyle  | 24.67   |
| 100 yard freestyle | 53.27   |
| 200 yard freestyle | 2:00.25 |



## Justin Ferrell

- ◆ Freshman
- ◆ Glen Allen, Va.
- ◆ Deep Run

**Freshman that has potential to be one of the top breaststrokers in the Conference in his career... Expected to reach NEC Finals and potentially could claim championship before he graduates.**

**2006-07:** Has not missed an event this season...Swam a career-best in the 100-breaststroke at Virginia Tech...Turned in top career times in the 200-breaststroke and 200-IM events at Yellow Jacket Invitational.

**Personal:** Son of Ronald and Bonnie Ferrell...Lettered twice in wrestling at 160 lbs. and ran for the track & field team...Swam for Shady Grove YMCA on the USS team...Cumulative high school GPA above 4.0...Helped summer team to win League Championship... Participated in three triathlons last summer, winning his age group in two of those...Civil Engineering major.

### Ferrell's Top Career Times:

|                            |         |
|----------------------------|---------|
| 100 yard breaststroke      | 1:10.55 |
| 200 yard breaststroke      | 2:36.67 |
| 200 yard individual medley | 2:24.17 |



# Chris Johnson

- ♦ Freshman
- ♦ Mattituck, N.Y.
- ♦ Mattituck

*Has shown potential in his first year swimming competitively...Could develop into an NEC finalist in the sprint freestyle events in his career.*

**2006-07:** Competed on the 200-freestyle relay and in the 50-freestyle at Virginia Tech.

**Personal:** Son of John Gregory & Connie Stephanie Johnson...Four-year letterwinner in cross country & track...Eagle Scout...International Studies major.

**Johnson's Top Career Times:**

50 yard freestyle .....24.72



# Greg Kosh

- ♦ Senior
- ♦ West Chester, Pa.
- ♦ Bishop O'Connell

*Senior leader that works hard every day...Very committed to the growth of the team...Could contribute as a sprint freestyler.*

**2006-07:** Competed on the 200-freestyle relay and in the 50-freestyle at Virginia Tech.

**Personal:** Son of Ronald and JoAnne Kosh...Four-year letterwinner as a goalkeeper for Coach Bernardi, helping his soccer team to an undefeated season... Earned MVP and First Team All-Area recognition, while also serving as captain...Also a three-year letterwinner for Coach Pebbleman while playing lacrosse...Also lettered in football and wrestled in high school...Played for the AC Stars...USMC Officer Candidates School Honor Graduate...International Studies & Arabic major.

**Kosh's Top Career Times:**

50 yard freestyle .....23.55



# Hank Lee

- ♦ Junior
- ♦ Arlington, Va.
- ♦ Hargrave Military

*Talented competitor that has potential to claim NEC title in sprint & mid-distance freestyle events, as well*

*as in the butterfly...NEC Champion in 400 & 800 freestyle relays last season,..Committed to being best possible swimmer.*

**2006-07:** Joined the team for the second semester, competed at Davidson and at Virginia Tech.

**2006 NEC Championship:** Member of the NEC Championship 400 & 800-freestyle relay teams...Placed second in the 200-freestyle and third in the 100-freestyle...Placed fifth in the 50-freestyle after swimming a career-best in prelims...Swam on the second-place 200-freestyle relay squad.

**2005 NEC Championship:** Swam on the 400-medley and 800-freestyle relay teams that each placed second...Led off the 400-freestyle relay team that placed third...Placed second in the 200-freestyle and third in the 100-freestyle.

**Lee's Top Career Times:**

50 yard freestyle .....22.56  
 100 yard freestyle .....48.76  
 200 yard freestyle .....1:46.57  
 100 yard butterfly .....1:02.21



# Andrew Morse

- ♦ Sophomore
- ♦ Chesapeake, Va.
- ♦ Indian River

*One of the hardest workers on the team, very committed to the success of the program...Has shown ability to score points in the breaststroke at Championships.*

**2006-07:** Swam in each event this season...Turned in career-best in 200-IM and 200-breaststroke at the Yellow Jacket Invitational...Also swam top career time in 200-freestyle at Thomas Murphy Invitational, top 50-freestyle at Davidson and top 100-breaststroke time at JMU.

**Personal:** Son of Gary and Katherine Morse...Two-year letterwinner while swimming for Coach Pearsall at Indian River...Served as captain and won Coaches Award...International Studies major.

**Morse's Top Career Times:**

50 yard freestyle .....29.10  
 200 yard freestyle .....2:26.81  
 100 yard breaststroke .....1:18.06  
 200 yard breaststroke .....2:49.62  
 200 yard individual medley .....2:51.87



## Will Rowcliffe

- ♦ Freshman
- ♦ Falls Church, Va.
- ♦ J.E.B. Stuart

*Freshman that has shown ability to contribute in most any event...Will be a contender for multiple NEC Championships until graduates...Hard-worker that is very committed to succeeding in swimming.*

**2006-07:** Has not missed a meet this season...Has excelled in sprint freestyle in his first year on post, turning in team's top three times in the 100-freestyle and team's second-fastest clocking in the 50-freestyle...Has swam on team's top relay teams this season in the 200 & 400 freestyle events, as well as 200 medley.

**Personal:** Son of Charles and Milissa Rowcliffe...Swam for three years in high school for Coach Danny Pick...Won team MVP and Coaches' Award...Swam sprint freestyle and butterfly...Also ran three years of cross country...Swam for the Arlington Aquatic Club...Named Most Improved Swimmer and won Coaches' Award...Holds 5000-free and 100-IM records.

### Rowcliffe's Top Career Times:

|                     |         |
|---------------------|---------|
| 50 yard freestyle   | 22.77   |
| 100 yard freestyle  | 50.49   |
| 100 yard butterfly  | 58.14   |
| 100 yard backstroke | 1:02.45 |



## Stephen Russell

- ♦ Sophomore
- ♦ Chesapeake, Va.
- ♦ Hickory

*Sophomore in his first year on the team..Has shown rapid improvement in the breaststroke events, and could also develop in the distance freestyle events...Hard worker that has potential to reach NEC Finals as early as this season.*

**2006-07:** Has competed in each event this season...Posted top career time in 200-breaststroke and 500-freestyle at Thomas Murphy Invitational...Swam career-best in 50-freestyle at Yellow Jacket Invitational...Posted top career time in the 100-breaststroke at Virginia Tech

**Personal:** Son of Thomas and Susan Russell...Lettered as a senior while swimming at Hickory...Also lettered two seasons in soccer, helping his team to a Conference Championship...Swam for the TAC swim club...Member of the National Honors Society...Brother David was a member of the VMI

Swimming program, graduating in 2001...Mechanical Engineering major.

### Russell's Top Career Times:

|                       |         |
|-----------------------|---------|
| 50 yard freestyle     | 26.42   |
| 500 yard freestyle    | 6:25.27 |
| 100 yard breaststroke | 1:12.81 |
| 200 yard breaststroke | 2:52.76 |
| 200 yard backstroke   | 2:49.90 |



## Philip Sgrignoli

- ♦ Freshman
- ♦ Fredericksburg, Va.
- ♦ Massaponax

*Freshman that has potential to be team's darkhorse at NEC Championships...In his career, has potential to leave VMI as one of the top swimmers in the program's history...Potential to excel in the distance freestyle, butterfly, and individual medley events.*

**2006-07:** Has missed only one meet this season...Posted team's top times of the season in the 100-butterfly, 200-butterfly and 200-IM...Has also contributed to team's top relay times in the 800-freestyle and 400-medley relays...Won the 200-butterfly at the Yellow Jacket Invitational.

**Personal:** English major.

### Sgrignoli's Top Career Times:

|                            |         |
|----------------------------|---------|
| 500 yard freestyle         | 5:22.90 |
| 100 yard butterfly         | 56.84   |
| 200 yard butterfly         | 2:10.88 |
| 100 yard backstroke        | 1:03.79 |
| 200 yard individual medley | 2:12.99 |
| 400 yard individual medley | 4:47.73 |



## Paul Sheldon

- ♦ Senior
- ♦ Glen Allen, Va.
- ♦ Hermitage

*Team Captain...Multiple-time finalist at NEC Championships...Hard-worker that has been a big part of the foundation of team's recent success*

**2006-07:** Has missed only one meet this season...Posted top career time in 500-freestyle at Davidson.

**2006 NEC Championship:** Placed third in the 200-breaststroke and fourth in the 100-breaststroke and 200-IM, with career-best times in each...Swam on the second-place 200-medley relay team.

**2005 NEC Championship:** Swam on the fourth-place 200-medley relay team...Placed sixth in the 200-breaststroke and eighth in the 100-breaststroke...Also placed ninth in the 200-IM.

**2004 NEC Championship:** Placed ninth in the 400-IM, swimming a career-best time...Also came in ninth (tied) in the 100-breaststroke and tenth in the 200-breaststroke.

**Personal:** Son of David and Terri Sheldon...Earned Most Improved Award while playing tennis at Hermitage... President of Electrical Engineering honors society... Brother Adam Sheldon '04 also a member of the VMI Swimming program...Electrical and Computer Engineering major.

**Sheldon's Top Career Times:**

|                                  |         |
|----------------------------------|---------|
| 500 yard freestyle .....         | 5:36.96 |
| 100 yard breaststroke .....      | 1:06.78 |
| 200 yard breaststroke .....      | 2:28.51 |
| 200 yard individual medley ..... | 2:09.33 |
| 400 yard individual medley ..... | 4:56.42 |



**Ryan Spahr**

- ◆ Sophomore
- ◆ Springfield, Va.
- ◆ Paul VI

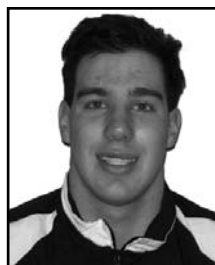
*Sophomore that is studying abroad second semester...Can contribute as a sprint freestyler... Competitor that always gives best effort.*

**2006-07:** Competed in the 200-freestyle relay at JMU.

**Personal:** Son of Bruce and Joy Spahr... International Studies major.

**Spahr's Top Career Times:**

|                         |       |
|-------------------------|-------|
| 50 yard freestyle ..... | 28.54 |
|-------------------------|-------|



**Trevor Stanco**

- ◆ Sophomore
- ◆ Garden City, N.Y.
- ◆ Garden City

*NEC Champion in the 800 freestyle relay as a freshman...Will contend for Championships in distance freestyle and 400 individual medley events for the next three years...Very committed to improving in the pool.*

**2006-07:** Competed in both meets in the second semester, at Davidson and Virginia Tech.

**2006 NEC Championship:** NEC Champion as a

member of the 800-freestyle relay...Placed second in the 400-IM and 1650-freestyle by swimming career-bests... Also placed second in the 500-freestyle after swimming a career-best in prelims...Swam on the second-place 400-medley relay team.

**Personal:** Son of Joseph and Vickie Stanco...Competed for six years on his varsity team and was named team captain as a senior...Named All-Division, All-Conference, All-Long Island and competed in State Championship...Economics and Business major.

**Stanco's Top Career Times:**

|                                  |          |
|----------------------------------|----------|
| 500 yard freestyle .....         | 4:59.80  |
| 1000 yard freestyle .....        | 11:07.96 |
| 1650 yard freestyle .....        | 17:42.60 |
| 100 yard breaststroke .....      | 1:08.36  |
| 200 yard breaststroke .....      | 2:34.74  |
| 200 yard individual medley ..... | 2:12.79  |
| 400 yard individual medley ..... | 4:34.61  |



**Walter Stull**

- ◆ Junior
- ◆ Westminster, Md.
- ◆ South Carroll

*One of the team's top athletes...Has shown much improvement in only his second year of swimming...Dedicated to improving in the sport.*

**2006-07:** Competed at Virginia Tech in the 50-freestyle and at the Yellow Jacket Invitational, where he swam the 50-freestyle, 100-freestyle and 200-freestyle.

**Personal:** Son of Ronald and Nada Stull...Ran track for Coach White at South Carroll...Member of the National Honors Society...Won the Patriot Award...Chemistry major.

**Stull's Top Career Times:**

|                          |         |
|--------------------------|---------|
| 50 yard freestyle .....  | 27.30   |
| 100 yard freestyle ..... | 1:01.99 |
| 200 yard freestyle ..... | 2:24.42 |



**Jeff Turner**

- ◆ Freshman
- ◆ Arlington, Va.
- ◆ Yorktown

*As a freshman, already ranks as one of the top divers in the Conference...Will contend for NEC Championships at 1M & 3m over next four years... Very knowledgeable and has a great understanding of the sport.*

**2006-07:** Competed in three events, at Thomas Murphy Invitational, Davidson and Virginia Tech...Won the one-meter and three-meter events at Thomas Murphy Invitational and Virginia Tech.

**Personal:** Son of Joseph and Melanie Turner...Part of the Overlee Community Association...Eagle Scout...Civil Engineering major.

**Turner's Top Career Scores**

|                          |         |
|--------------------------|---------|
| One-Meter Diving .....   | .213.60 |
| Three-Meter Diving ..... | .236.78 |



**Kevin Vik**

- ♦ Senior
- ♦ Eagle River, Alaska
- ♦ Chugiak

**Team Captain,...Five-time NEC Champion that will contend for championships in any event he competes in...One of the best all-around swimmers in the League...Varsity recordholder in 1000m freestyle... Tremendous competitor with strong work ethic.**

**2006-07:** Has not missed an event this season... Currently holds season's top times in 200, 500, 1000 & 1650 freestyle events, as well as 400-IM...Also part of team's top 800-freestyle relay time of the season.

**2006 NEC Championship:** Won the 400-IM and 500-freestyle events, while also swimming the anchor leg on the Championship 800-freestyle relay team...Also placed third in the 1650-freestyle...Member of the second-place 400-medley relay team.

**2004 NEC Championship:** Conference Champion in the 500 & 1650-freestyle, setting personal-bests in each...Also placed third in the 400-IM with a personal-best time in the final...Led off the 800-freestyle relay team that placed second.

**Personal:** Son of James and Kathy Vik...Four-year letterwinner while swimming at Chugiak...Placewinner at State Championships on several occasions...Team Captain...Swam for the Northern Lights swim club...Eagle Scout...NJROTC Lieutenant Commander... Brother Erik Vik also swam for VMI...Biology major.

**Vik's Top Career Times:**

|                                  |           |
|----------------------------------|-----------|
| 100 yard freestyle .....         | .53.19    |
| 200 yard freestyle .....         | 1:55.64   |
| 500 yard freestyle .....         | 4:54.09   |
| 1000 yard freestyle .....        | 10:12.42* |
| 1650 yard freestyle .....        | 17:02.44  |
| 200 yard backstroke .....        | 2:13.31   |
| 200 yard individual medley ..... | 2:09.88   |
| 400 yard individual medley ..... | 4:19.43   |

\*-Denotes School Rat & Varsity Record



**Jason Webb**

- ♦ Junior
- ♦ Bowie, Md.
- ♦ DeMatha Catholic

**One of the top competitors in the NEC in the backstroke, individual medley and distance freestyle events...Highly-motivated competitor that is a threat to win an individual championship in any event he competes in.**

**2006-07:** Has missed only one event this season... Team's top backstroker this season...Part of team's top medley relay times this season...Won the 200-backstroke at the Yellow Jacket Invitational

**2006 NEC Championship:** Came in second in the 100 & 200-backstroke and third in the 200-IM with career-best times in the finals of each race...Swam on second-place 400-medley relay team.

**2005 NEC Championship:** Member of the 200-medley relay team that placed fourth...Placed fourth in the 100-backstroke and fifth in the 200-backstroke...Also Finished eighth in the 500-freestyle, swimming a career-best in prelims.

**Personal:** Son of Jim and Janis Webb...Second Class President...Swam varsity for four years at DeMatha Catholic... Team Captain as a senior of top-ranked team in Maryland...Led DeMatha to second place finish at Metro Championships...As a junior, led team to third place finish at Metro Championships, as team was ranked 10th in the nation...Competed in the National Catholic and WMPSSDL Championships...Also swam for the Annapolis Swim Club...Civil Engineering major.

**Webb's Top Career Times:**

|                                  |         |
|----------------------------------|---------|
| 50 yard freestyle .....          | .24.29  |
| 500 yard freestyle .....         | 5:08.87 |
| 100 yard backstroke .....        | .56.47  |
| 200 yard backstroke .....        | 2:03.10 |
| 200 yard individual medley ..... | 2:08.83 |
| 400 yard individual medley ..... | 4:48.16 |



**Colin Wu**

- ♦ Senior
- ♦ Foxboro, Mass.
- ♦ Foxborough

**In only his third year swimming, will score points at the NEC Championships in the breaststroke and distance freestyle events...One of the hardest workers**

on the team...Committed to improving as a swimmer and has done a great job of developing throughout his career.

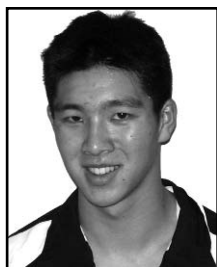
**2006-07:** Has competed in each event this season...Clinched team victory at Yellow Jacket Invitational with finish at 1650-freestyle...Posted career-best in 200-freestyle at Thomas Murphy Invitational and in 500-freestyle at Virginia Tech.

**2006 NEC Championship:** Turned in career-best times to place seventh in the 200-breaststroke and eighth in the 100-breaststroke.

**Personal:** Son of Joseph and Frances Wu...Three-year letterwinner in both indoor and outdoor track & field...Also lettered for two seasons while playing football at Foxborough...Mechanical Engineering major.

**Wu's Top Career Times:**

|                       |          |
|-----------------------|----------|
| 50 yard freestyle     | 32.84    |
| 100 yard freestyle    | 1:21.45  |
| 200 yard freestyle    | 2:49.33  |
| 500 yard freestyle    | 7:21.91  |
| 1650 yard freestyle   | 26:33.70 |
| 100 yard breaststroke | 1:17.17  |
| 200 yard breaststroke | 2:53.66  |



**Kimball  
Yamasaki**

- ◆ Senior
- ◆ Fremont, Calif.
- ◆ Mission San Jose

*Strong all-around swimmer that can compete in the butterfly, backstroke, breaststroke and individual medley events...Will contend for NEC Championship in any of those races.*

**2006-07:** Has missed only one event this season...Team's top breaststroker this season...Helped to post team's top 400-medley relay time at Yellow Jacket Invitational...Posted career-bests in the 100 & 200-breaststroke and 100-butterfly at Yellow Jacket Invitational.

**2004 NEC Championship:** Placed fifth in the 100-breaststroke, turning in a career-best in the prelims...Placed ninth in the 200-IM and 200-breaststroke, swimming career-best times in the finals of each...Member of the 200-medley relay team that placed fourth.

**Personal:** Son of Kinji and Sue Yamasaki... Psychology major.

**Yamasaki's Top Career Times:**

|                            |         |
|----------------------------|---------|
| 100 yard butterfly         | 57.85   |
| 100 yard breaststroke      | 1:03.75 |
| 200 yard breaststroke      | 2:24.58 |
| 200 yard individual medley | 2:06.62 |



**Jessica  
Daniel**

- ◆ Freshman
- ◆ Montclair, Va.
- ◆ Forest Park

*Has shown great improvement in first year on post, especially in the sprint freestyle...Also has potential to be a very good backstroker.*

**2006-07:** Posted career-bests in 100-freestyle and 100-backstroke at the Yellow Jacket Invitational...Swam top career time in 200-freestyle at Thomas Murphy Invitational and in 50-freestyle at Radford...Helped 400-free relay team to school record at Yellow Jacket Invitational...Swam in every event this season.

**Personal:** Daughter of Timothy and Tracy Daniel...Swam for the Hickam swim team...Placed second in a National Championship meet in the backstroke...Also swam for the Montclair swim team...Three-year academic letterwinner... International Studies major.

**Daniel's Top Career Times:**

|                     |         |
|---------------------|---------|
| 50 yard freestyle   | 32.30   |
| 100 yard freestyle  | 1:07.23 |
| 200 yard freestyle  | 2:30.10 |
| 100 yard backstroke | 1:24.48 |



**Becky  
Harris**

- ◆ Sophomore
- ◆ Crystal River, Fla.
- ◆ Crystal River

*Sophomore that already holds rat & varsity records in the 50 & 100 freestyle, as well as the 100 butterfly...Very good sprinter in the freestyle and butterfly that could potentially score individual points at the NEC Championships in butterfly.*

**2006-07:** Swam career-best in 100-butterfly at Yellow Jacket Invitational...Team's top sprint freestyler and butterflyer this season...Helped 400-free relay team to school record at Yellow Jacket Invitational...Has missed only one meet this season.

**2006 NEC Championship:** Swam on the school-record breaking 200 & 800-freestyle relays...Also competed in the 50 & 100-freestyle and 100-butterfly events.

**Personal:** Daughter of Rosemarie Harris...Swam for the SunCoast swim team...Three-year letterwinner for Captain Holme in swimming at Crystal River...County & Region Champion...Also a three-year letterwinner on the track & field team...Placed first in division in 4H Maryland Horse Show...Biology major.

**Harris' Top Career Times:**

|                          |          |
|--------------------------|----------|
| 50 yard freestyle .....  | 28.89    |
| 100 yard freestyle ..... | 1:03.96* |
| 200 yard freestyle ..... | 2:25.94  |
| 500 yard freestyle ..... | 6:19.27  |
| 100 yard butterfly ..... | 1:10.47* |

\*-Denotes School Varsity Record



**Catrina  
Helsel**

- ◆ Senior
- ◆ Palm Bay, Fla.
- ◆ Bayside

**Team captain...One of the team's hardest workers... Committed to the team and its continued growth... The team's top breaststroker for each of the past three years.**

**2006-07:** Team's top breaststroker this season...Owns team's top times in the 100 & 200-breaststroke... Helped 400-free relay team to school record at Yellow Jacket Invitational...Swam in every event this season.

**2006 NEC Championship:** Swam on the school-record breaking 200 & 800-freestyle relays...Also competed in the 100 & 200-breaststroke and 200-IM events.

**2005 NEC Championship:** Swam exhibitions in the 100 & 200-breaststroke and 200-IM events.

**2004 NEC Championship:** Swam exhibitions in the 100 & 200-breaststroke and 200-IM, posting a career-best in the 200-breaststroke.

**Personal:** Daughter of Don and Margie Helsel...Ranks as an S-5 1st Battalion Lieutenant...Four-year recipient of a Navy Scholarship...Member of the VMI ERT and Lexington Rescue Squad...Won the Wilbur S. Hinman, Jr. '26 Research Award...Lifeguard CIC... Four-year letterwinner in swimming at Bayside...Team Captain as a junior and senior...Computer Science major.

**Helsel's Top Career Times:**

|                                  |          |
|----------------------------------|----------|
| 50 yard freestyle .....          | 32.70    |
| 100 yard breaststroke .....      | 1:25.94* |
| 200 yard breaststroke .....      | 3:03.63* |
| 200 yard individual medley ..... | 2:33.27  |

\*-Denotes School Varsity Record



**Erin  
Hottle**

- ◆ Senior
- ◆ Cheyenne, Wyo.
- ◆ Central

**Team captain...Best female swimmer in VMI history...Very versatile swimmer that has the potential to**

**score points at the NEC Championships.**

**2006-07:** Owns team's top times in 200, 500 & 1650-freestyle, 200 & 400-IM, and 200-backstroke...Helped 400-free relay team to school record at Yellow Jacket Invitational...Swam in every event this season.

**2006 NEC Championship:** Swam on the school-record breaking 200 & 800-freestyle relays...Swam a career-best in the 400-IM...Also competed in the 500 & 1650-freestyle.

**2005 NEC Championship:** Swam exhibitions and set career-bests in the 200, 500 & 1650-freestyle events.

**2004 NEC Championship:** Swam exhibitions in the 200, 500 & 1650-freestyle events.

**Personal:** Daughter of Rod and Deb Hottle...Four-year letterwinner for Coach Miller at Central HS...Chemistry major.

**Hottle's Top Career Times:**

|                                  |           |
|----------------------------------|-----------|
| 50 yard freestyle .....          | 27.76*    |
| 200 yard freestyle .....         | 2:09.91*  |
| 500 yard freestyle .....         | 5:47.52*  |
| 1000 yard freestyle .....        | 12:03.26* |
| 1650 yard freestyle .....        | 19:59.43* |
| 100 yard backstroke .....        | 1:11.41*  |
| 200 yard backstroke .....        | 2:28.75*  |
| 200 yard individual medley ..... | 2:35.77*  |
| 400 yard individual medley ..... | 5:19.62*  |

\*-Denotes School Varsity Record



**Ateala  
Tuff**

- ◆ Sophomore
- ◆ Newnan, Ga.
- ◆ East Coweta

**A hard-worker that is committed to improving in the pool...Will continue her development over the next couple of seasons, and will contribute primarily in the distance freestyle events.**

**2006-07:** Swam in first event this season at Davidson...Participated in the 200 & 500-freestyle, while also competing on the 200-freestyle relay.

**2006 NEC Championship:** Swam on the school-record breaking 200 & 800-freestyle relays...Turned in a career-best in the 100 & 200-freestyle...Also competed in the 500-freestyle.

**Personal:** Psychology major.

**Tuff's Top Career Times:**

|                          |         |
|--------------------------|---------|
| 100 yard freestyle ..... | 1:14.38 |
| 200 yard freestyle ..... | 2:48.26 |
| 500 yard freestyle ..... | 7:28.61 |

# A Proud Tradition

The VMI Swimming & Diving program has a proud tradition, one that includes ten championships dating back to its days as a power in the Southern Conference. The Keydets took eight SoCon Championships in nine seasons between 1954-1962, and added a ninth title in 1965. That tradition was continued last year, as VMI claimed the Northeast Conference Championship in only their third season in the League. In addition, the program boasts ten former members in the VMI Sports Hall of Fame, and most recently saw one of its members achieve First Team Academic All-America status.

## Mark Roltch '83

Roltch is the program's most recent inductee into the VMI Sports Hall of Fame, earning induction in 2001. A three-time NCAA qualifier in the three-meter dive, Roltch also qualified in the one-meter dive as a senior. In his first three years on post, he won the Southern Conference three-meter competition three times, before the League discontinued its sponsorship of the sport prior to his senior season.

But that did not deter Roltch. As a senior, Roltch went undefeated in 16 competitions, and again qualified for the NCAA's for the third consecutive season. He finished his career as the school record-holder in each of the six diving categories.

## Tom Petykowski '05

In the spring of 2005, Petykowski was not only named as VMI's Valedictorian, but also became the first member in the swimming program's history to be named an ESPN The Magazine Academic First Team All-America selection. That came on the heels of his selection as an All-Northeast Conference diver, as he helped the Keydets to a second-place finish at the Championships.

Petykowski was the Institute's first Academic All-American to receive First Team designation in 17 years, and was only the sixth Keydet to ever receive First Team honors. He was also the first of those six to achieve the honor in a sport other than football or basketball.



### Champions

1954

1955

1956

1958

1959

1960

1961

1962

1965



### Champions

2006

## VMI Sports Hall of Fame Inductees

|                               |      |                            |      |
|-------------------------------|------|----------------------------|------|
| William A. Irving '39         | 1972 | John T. Cunningham '58     | 1980 |
| Benjamin H. Hardaway, III '40 | 1972 | Brad Lampshire '60         | 1999 |
| Harry E. Stengele, III '41    | 1983 | George J. Collins, Jr. '62 | 1973 |
| Charles H.T. Wilkins '42      | 1976 | William R. Rimm '64        | 1975 |
| Reginald H. Ridgely, III '55  | 1979 | Mark Roltch '83            | 2001 |

# School Records

## Men's Records

| <u>Rat (Freshmen) Records</u> |          |   | <u>Varsity Records</u> |   |
|-------------------------------|----------|---|------------------------|---|
| 50 Free                       | :21.89   | K. Schnute                                      | :21.10                 | J. Cafarella                                    |
| 100 Free                      | :47.24   | K. Schnute                                      | :47.24                 | K. Schnute                                      |
| 200 Free                      | 1:44.99  | B. Piccioni                                     | 1:44.22                | B. Piccioni                                     |
| 500 Free                      | 4:48.04  | B. Piccioni                                     | 4:47.26                | B. Piccioni                                     |
| 1000 Free                     | 10:12.42 | K. Vik (2004)                                   | 10:12.42               | K. Vik (2004)                                   |
| 1650 Free                     | 17:00.41 | B. Piccioni                                     | 17:00.41               | B. Piccioni                                     |
| 100 Back                      | :52.72   | K. Schnute                                      | :52.72                 | K. Schnute                                      |
| 200 Back                      | 1:59.45  | K. Schnute                                      | 1:58.40                | J. Walters                                      |
| 100 Breast                    | 1:01.92  | D. Ford   | 1:00.49                | P. Donovan                                      |
| 200 Breast                    | 2:16.34  | M. Ans  | 2:12.60                | M. Ans  |
| 100 Fly                       | :52.70   | Tysinger  | :52.40                 | E. Vik  |
| 200 Fly                       | 2:00.17  | M. Hopkins                                      | 1:58.74                | M. Hopkins                                      |
| 200 IM                        | 1:59.00  | W. Tucker                                       | 1:59.00                | W. Tucker                                       |
| 400 IM                        | 4:16.38  | P. Cadek  | 4:16.38                | P. Cadek  |
| 200 Free Relay                | 1:31.03  | K. Rhee, B. Payne,<br>C. Eaton, D. Elles (2003) | 1:28.04                | K. Miller, J. Walters,<br>B. Piccioni, D. Ford  |
| 400 Free Relay                | 3:19.48  | D. Ford, B. Piccioni,<br>C. East, B. Rouse      | 3:10.09                | J. Jones, B. Piccioni,<br>K. Miller, R. Moore   |
| 800 Free Relay                | 7:55.61  | H. Lee, C. Beyer,<br>J. Webb, J. Jackson (2004) | 7:09.84                | J. Jones, B. Piccioni,<br>K. Miller, R. Moore   |
| 200 Medley Relay              | 1:44.38  | E. Jones, J. Powell,                            | 1:39.64                | J. Walters, K. Morello,<br>D. Ford, B. Piccioni |
| 400 Medley Relay              | 3:50.05  | S. Chiles, M. Ans,<br>A. Lavin, R. Skiff        | 3:34.55                | S. Chiles, P. Donovan,<br>P. Jarvis, D. Whalen  |

## Women's Records

| <u>Rat (Freshmen) Records</u> |          |                  | <u>Varsity Records</u> |  |
|-------------------------------|----------|------------------|------------------------|--|
| 50 Free                       | :28.89   | B. Harris (2005) | :27.76                 | E. Hottle (2006)                         |
| 100 Free                      | 1:03.96  | B. Harris (2006) | 1:03.96                | B. Harris (2006)                         |
| 200 Free                      | 2:12.23  | E. Hottle (2004) | 2:09.91                | E. Hottle (2006)                         |
| 500 Free                      | 5:54.31  | E. Hottle (2004) | 5:47.52                | E. Hottle (2005)                         |
| 1000 Free                     | 12:33.31 | E. Hottle (2004) | 12:03.26               | E. Hottle (2005)                         |
| 1650 Free                     | 20:22.05 | E. Hottle (2004) | 19:59.43               | E. Hottle (2005)                         |
| 100 Back                      | 1:13.65  | E. Hottle (2004) | 1:11.41                | E. Hottle (2006)                         |
| 200 Back                      | N/A      |                  | 2:28.75                | E. Hottle (2005)                         |
| 100 Breast                    | 1:26.06  | C. Helsel (2004) | 1:25.94                | C. Helsel (2005)                         |
| 200 Breast                    | 3:03.63  | C. Helsel (2004) | 3:03.63                | C. Helsel (2004)                         |
| 100 Fly                       | 1:10.47  | B. Harris (2006) | 1:10.47                | B. Harris (2006)                         |
| 200 Fly                       | N/A      |                  |                        |  |
| 200 IM                        | 2:59.13  | C. Helsel (2004) | 2:35.77                | E. Hottle (2006)                         |
| 400 IM                        | N/A      |                  | 5:19.62                | E. Hottle (2006)                         |
| 200 Free Relay                | N/A      |                  | 2:00.79                | Hottle, Harris,<br>Tuff, Helsel (2006)   |
| 400 Free Relay                | N/A      |                  | 4:27.75                | Harris, Hottle,<br>Daniel, Helsel (2006) |
| 800 Free Relay                | N/A      |                  | 9:52.04                | Hottle, Harris,<br>Tuff, Helsel (2006)   |
| 200 Medley Relay              | N/A      |                  | 2:17.37                | Hottle, Helsel,<br>Harris, Ortiz (2005)  |
| 400 Medley Relay              | N/A      |                  | 5:03.23                | Hottle, Helsel,<br>Harris, Tuff (2006)   |

# 2006 NEC Championship Recap

Thanks in large part to seven event winners, the VMI men's swimming and diving team claimed its first conference title in 41 years by claiming the 2006 Northeast Conference Championship. VMI's 999 points bested St. Francis' (N.Y.) 629 points and Howard's 543 points at the meet held in Landover, Md., from Feb. 16-18.

Keydet sophomore Brenden Geoghagen earned individual honors and was named the Meet's Outstanding Diver.

"I am happy for all the swimmers on the team, they have worked very hard these past few years, and that hard work put them in a position to take this championship," said head coach Bill Nicholson.

"Personally my goal from the first day I stepped on post was to bring a championship to VMI, and I am excited that it has been accomplished and that we are in a position to bring home more titles."

On day one, the Keydets posted 335 pts., besting St. Francis' total of 205 pts. and Howard's 167 pts. After taking the top five spots in the 500 freestyle, the Keydets boosted their point total with second place performances in the 200 free relay, 200 IM, 50 free and 400 medley relay. In the 200 IM, the Keydets notched second through fifth places, while in the 50 free they notched second through sixth.

On day two, VMI extended its lead, with the Keydets totalling 668 points, compared to St. Francis's (N.Y.) score of 445 and Howard's 371. The team took the top three spots in the 400 IM and took home the gold in the 800 freestyle relay. Taking home top honors in the 400 IM and claiming his second gold individual medal in as many days was Kevin Vik, while Trevor Stanco placed second and Ian Kakumu completed the medal sweep with his third place finish. The Keydets' 800 freestyle relay squad claimed another victory to cap the night.

On day three, Geoghagen won his second diving title with a win in the three-meter diving event after taking the one-meter title on day one. Meanwhile, Chris Beyer won the gold in the 1,650 free, stopping the clock in 17:35.46. In the final event of the meet, the VMI squad took the gold in the 400 free relay.

Meanwhile, the VMI women's team, consisting of Erin Hottle, Becky Harris, Ateala Tuff and Catrina Helsel, made history by becoming the first female swimmers to compete in a Conference Championship, as the 2005-06 season marked the first season of women's swimming attaining varsity status at VMI.



*The Keydets accept their first NEC Championship trophy*



*Brenden Geoghagen was named the meet's Outstanding Diver after winning the 1M and 3M events.*



*The swimming and diving program received special recognition from VMI Superintendent Gen. J.H. Binford Peay III for its NEC Championship title last season. Peay presented head coach Bill Nicholson and members of the program with a certificate of excellence in a ceremony last Spring.*



## 2006-07 Top Times

## Men's

## 50-Yard Freestyle

|                   |       |              |
|-------------------|-------|--------------|
| 1. Stuart Craft   | 22.64 | 12/1 at YJl  |
| 2. Will Rowcliffe | 22.77 | 10/27 at JMU |

## 100-Yard Freestyle

|                   |       |                         |
|-------------------|-------|-------------------------|
| 1. Will Rowcliffe | 50.49 | 10/27 at JMU            |
| 2. Will Rowcliffe | 50.99 | 12/1 at YJl & 2/3 at VT |

## 200-Yard Freestyle

|              |         |             |
|--------------|---------|-------------|
| 1. Kevin Vik | 1:55.64 | 1/27 at DAV |
| 2. Hank Lee  | 1:56.18 | 2/3 at VT   |

## 500-Yard Freestyle

|              |         |              |
|--------------|---------|--------------|
| 1. Kevin Vik | 5:07.59 | 2/3 at VT    |
| 2. Kevin Vik | 5:10.47 | 11/11 at TMI |

## 1000-Yard Freestyle

|              |          |              |
|--------------|----------|--------------|
| 1. Kevin Vik | 10:43.47 | 1/27 at DAV  |
| 2. Kevin Vik | 10:55.59 | 10/27 at JMU |

## 1650-Yard Freestyle

|              |          |              |
|--------------|----------|--------------|
| 1. Kevin Vik | 17:57.53 | 12/1 at YJl  |
| 2. Kevin Vik | 18:06.09 | 11/11 at TMI |

## 200-Yard Individual Medley

|                     |         |              |
|---------------------|---------|--------------|
| 1. Philip Sgrignoli | 2:12.99 | 12/1 at YJl  |
| 2. Kimball Yamasaki | 2:13.08 | 11/11 at TMI |

## 400-Yard Individual Medley

|              |         |             |
|--------------|---------|-------------|
| 1. Kevin Vik | 4:28.25 | 12/1 at YJl |
| 2. Kevin Vik | 4:31.34 | 2/3 at VT   |

## 100-Yard Backstroke

|               |       |             |
|---------------|-------|-------------|
| 1. Jason Webb | 57.39 | 2/3 at VT   |
| 2. Jason Webb | 58.38 | 12/1 at YJl |

## 200-Yard Backstroke

|               |         |              |
|---------------|---------|--------------|
| 1. Jason Webb | 2:08.90 | 12/1 at YJl  |
| 2. Kevin Vik  | 2:13.31 | 11/11 at TMI |

## 100-Yard Breaststroke

|                     |         |             |
|---------------------|---------|-------------|
| 1. Kimball Yamasaki | 1:04.98 | 12/1 at YJl |
| 2. Kimball Yamasaki | 1:05.04 | 2/3 at VT   |

## 200-Yard Breaststroke

|                     |         |              |
|---------------------|---------|--------------|
| 1. Kimball Yamasaki | 2:25.33 | 12/1 at YJl  |
| 2. Kimball Yamasaki | 2:31.93 | 11/11 at TMI |

## 100-Yard Butterfly

|                     |       |             |
|---------------------|-------|-------------|
| 1. Philip Sgrignoli | 56.84 | 12/1 at YJl |
| 2. Philip Sgrignoli | 56.96 | 1/27 at DAV |

## 200-Yard Butterfly

|                     |         |              |
|---------------------|---------|--------------|
| 1. Philip Sgrignoli | 2:10.88 | 12/1 at YJl  |
| 2. Philip Sgrignoli | 2:11.60 | 11/11 at TMI |

## 200-Yard Freestyle Relay

|                                     |         |              |
|-------------------------------------|---------|--------------|
| 1. Rowcliffe, Brown, Barnett, Craft | 1:31.61 | 12/1 at YJl  |
| 2. Craft, Rowcliffe, Brown, DeValk  | 1:32.91 | 10/27 at JMU |

## 400-Yard Freestyle Relay

|                                     |         |              |
|-------------------------------------|---------|--------------|
| 1. Rowcliffe, Craft, Barnett, Brown | 3:26.32 | 12/1 at YJl  |
| 2. Craft, Brown, Rowcliffe, Vik     | 3:33.15 | 11/11 at TMI |

## 800-Yard Freestyle Relay

|                                  |         |              |
|----------------------------------|---------|--------------|
| 1. Vik, Beyer, Sgrignoli, DeValk | 7:48.59 | 12/1 at YJl  |
| 2. Vik, Rowcliffe, Beyer, DeValk | 7:55.42 | 11/11 at TMI |

## 200-Yard Medley Relay

|                                     |         |             |
|-------------------------------------|---------|-------------|
| 1. Webb, Yamasaki, Rowcliffe, Craft | 1:42.94 | 2/3 at VT   |
| 2. Webb, Craft, Brown, Rowcliffe    | 1:43.41 | 12/1 at YJl |

## 400-Yard Medley Relay

|                                      |         |              |
|--------------------------------------|---------|--------------|
| 1. Webb, Yamasaki, Sgrignoli, DeValk | 3:58.05 | 12/1 at YJl  |
| 2. Webb, Sheldon, Brown, DeValk      | 4:03.83 | 11/11 at TMI |

## 1-Meter Diving

|                |        |             |
|----------------|--------|-------------|
| 1. Jeff Turner | 213.60 | 2/3 at VT   |
| 2. Jeff Turner | 147.12 | 1/27 at DAV |

## 3-Meter Diving

|                |        |              |
|----------------|--------|--------------|
| 1. Jeff Turner | 236.78 | 11/11 at TMI |
| 2. Jeff Turner | 151.80 | 1/27 at DAV  |

## Women's

## 50-Yard Freestyle

|                 |       |              |
|-----------------|-------|--------------|
| 1. Becky Harris | 29.32 | 12/1 at YJl  |
| 2. Becky Harris | 29.69 | 11/11 at TMI |

## 100-Yard Freestyle

|                 |         |                  |
|-----------------|---------|------------------|
| 1. Becky Harris | 1:04.10 | 12/1 at YJl      |
| 2. Becky Harris | 1:05.74 | 10/21 at Radford |

## 200-Yard Freestyle

|                   |         |              |
|-------------------|---------|--------------|
| 1. Erin Hottle    | 2:13.13 | 1/27 at DAV  |
| 2. Jessica Daniel | 2:30.10 | 11/11 at TMI |

## 500-Yard Freestyle

|                |         |              |
|----------------|---------|--------------|
| 1. Erin Hottle | 5:57.91 | 12/1 at YJl  |
| 2. Erin Hottle | 6:00.76 | 11/11 at TMI |

## 1650-Yard Freestyle

|                |          |             |
|----------------|----------|-------------|
| 1. Erin Hottle | 20:57.65 | 12/1 at YJl |
|----------------|----------|-------------|

## 200-Yard Individual Medley

|                   |         |                  |
|-------------------|---------|------------------|
| 1. Erin Hottle    | 2:37.31 | 10/21 at Radford |
| 2. Catrina Helsel | 2:49.00 | 1/27 at DAV      |

## 400-Yard Individual Medley

|                |         |              |
|----------------|---------|--------------|
| 1. Erin Hottle | 5:23.07 | 11/11 at TMI |
| 2. Erin Hottle | 5:24.57 | 12/1 at YJl  |

## 100-Yard Backstroke

|                   |         |             |
|-------------------|---------|-------------|
| 1. Jessica Daniel | 1:24.48 | 12/1 at YJl |
| 2. Jessica Daniel | 1:31.93 | 1/27 at DAV |

## 200-Yard Backstroke

|                |         |              |
|----------------|---------|--------------|
| 1. Erin Hottle | 2:33.26 | 11/11 at TMI |
|----------------|---------|--------------|

## 100-Yard Breaststroke

|                   |         |                  |
|-------------------|---------|------------------|
| 1. Catrina Helsel | 1:26.63 | 12/1 at YJl      |
| 2. Catrina Helsel | 1:28.53 | 10/21 at Radford |

## 200-Yard Breaststroke

|                   |         |              |
|-------------------|---------|--------------|
| 1. Catrina Helsel | 3:10.04 | 12/1 at YJl  |
| 2. Catrina Helsel | 3:12.11 | 11/11 at TMI |

## 100-Yard Butterfly

|                 |         |              |
|-----------------|---------|--------------|
| 1. Becky Harris | 1:10.47 | 12/1 at YJl  |
| 2. Becky Harris | 1:13.39 | 11/11 at TMI |

## 200-Yard Medley Relay

|                                   |         |              |
|-----------------------------------|---------|--------------|
| 1. Daniel, Helsel, Harris, Hottle | 2:19.19 | 12/1 at YJl  |
| 2. Hottle, Helsel, Harris, Daniel | 2:22.52 | 11/11 at TMI |

## 400-Yard Medley Relay

|                                   |         |              |
|-----------------------------------|---------|--------------|
| 1. Hottle, Helsel, Harris, Daniel | 5:04.38 | 11/11 at TMI |
|-----------------------------------|---------|--------------|

## 200-Yard Freestyle Relay

|                                   |         |              |
|-----------------------------------|---------|--------------|
| 1. Harris, Hottle, Helsel, Daniel | 2:03.21 | 11/11 at TMI |
| 2. Hottle, Daniel, Tuff, Helsel   | 2:09.95 | 1/27 at DAV  |

## 400-Yard Freestyle Relay

|                                   |         |                  |
|-----------------------------------|---------|------------------|
| 1. Harris, Hottle, Daniel, Helsel | 4:27.75 | 12/1 at YJl      |
| 2. Harris, Hottle, Helsel, Daniel | 4:33.01 | 10/21 at Radford |

## 800-Yard Freestyle Relay

|                                   |         |             |
|-----------------------------------|---------|-------------|
| 1. Hottle, Harris, Helsel, Daniel | 9:59.85 | 12/1 at YJl |
|-----------------------------------|---------|-------------|

JMU- Dual Meet vs. James Madison

TMI- Thomas Murphy Invitational

YJl- Yellow Jacket Invitational

DAV- Men: Tri-Meet at Davidson, Women: Quad-Meet at Davidson

SBC- Tri-Meet at Sweet Briar College

VT- Tri-Meet at Virginia Tech