

FLORIDA STATE SWIMMING & DIVING



2012-2013 MEDIA GUIDE

FLORIDA STATE QUICK FACTS

University

Location: Tallahassee, Fla.
 Enrollment: 41,710
 Founded: 1851
 Symbol: Seminoles
 Colors: Garnet & Gold
 President: Eric J. Barron

FSU Athletics

Affiliation: NCAA Division I
 Conference: Atlantic Coast
 Athletics Director: Randy Spetman
 Associate AD (Swimming): Rob Wilson
 Sports Information Director: Elliott Finebloom

SID Mailing Address: P.O. Box 2195
 Tallahassee, FL 32316
 SID Shipping Address: FSU Athletics
 403 Stadium Dr. W.
 Tallahassee, FL 32316

Coaches

Head Coach: Neil Harper
 (Louisiana State '90)
 Men's Record at FSU/Yrs.: 104-43/14 (.707)
 Men's Career Record/Yrs.: 104-43/14 (.707)
 Women's Record at FSU/Yrs.: 143-37/14 (.798)
 Women's Career Record/Yrs.: 143-37/14 (.798)
 Associate Head Coach: Andy Robins
 (William & Mary '83)
 Head Diving Coach: Patrick Jeffrey
 (Ohio State '88)
 Assistant Coaches: Kirk Hampleman
 (Auburn '02)
 Lauren O'Donnell
 (College of New Jersey '04)
 Assistant Diving Coach: Amanda Miller
 (Purdue, '08)
 Office Phone: 850-644-7665
 Home Facilities: Morcom Aquatic Center
 2560 Pottsdamer Street
 Tallahassee, FL 32310

2011-12 In Review

Men's 2011-12 Record:	6-3 (2-2 ACC)	Women's 2011-12 Record:	11-1 (5-0 ACC)
2012 ACC Championships:	4th (542 points)	2012 ACC Championships:	3rd (460 points)
2012 NCAA Championships:	16th	2012 NCAA Championships:	30th
Final CSCAA Ranking:	15	Final CSCAA Ranking:	n/a
Men's Letterwinners R/L:	22/4	Women's Letterwinners R/L:	18/9
Men's Newcomers:	15	Newcomers:	15



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On The Covers (Created by Brandon Lane)

Front: Divers - Junior Katrina Young and senior Nick Klein.
 Swimmers - Junior Tiffany Oliver, senior Mark Weber and senior Danny Nguyen.

Back: Sophomores Elizabeth Pepper and Juan Sequera along with junior Julia Henkel.



2012-13 WOMEN'S ROSTER

Corey Allison	SR	Distance Free	Bradenton, Fla.(Lakewood Ranch)
Jamie Barrett	SR	Breast/IM	Billings, Mo. (Butler)
Kelsey Buckley	FR	IM/Free	Palm Harbor, Fla. (Tarpon Springs)
Ashley Butler	JR	Sprint Free, Fly	Nassau, Bahamas (Bolles)
Jordyn Caldwell	SO	Free/Fly	Eagle River, Alaska (Chugiak)
Olivia Carter	FR	Free/Fly	Mims, Fla. (Astronaut)
Katie Cook	SO	Free/Fly	Tampa, Fla. (Sickles)
Josie Cuda	FR	Free/Fly	Bluffton, S.C (Hilton Head Island)
Kaitlyn Dressel	SO	Free/Breast	Green Cove Springs, Fla.(Clay)
Laura Flewelling	SO	Breast/IM	Scarborough, Me. (Scarborough/Maryland)
Kelsey Goodman	JR	Diving	Moultrie, Ga. (Colquitt County)
Rachel Harrington	SO	Distance Free	Bradenton, Fla.(Manatee)
Julia Henkel	JR	Distance Free/IM	Roswell, Ga. (Roswell)
Ashley Hicks	JR	Back	Sunrise, Fla. (Coral Springs)
Lauren Hine	FR	Distance Free	York, Pa. (Commonwealth Connections Academy)
Grace Hoffman	SO	Free	Jacksonville, Fla. (Nease)
Madison Jacobi	FR	Free/Back	Acworth, Ga. (Harrison)
Jordan Jarmakowicz	FR	Breast/Fly/IM	Winter Spings, Fla.(Trinity Prep)
Mary Elizabeth King	FR	Fly	Duluth, Ga. (St. Pius X)
McKayla Lightbourn	JR	IM/Back	Sarasota, Fla. (Booker)
Sara McMahon	JR	Free	Dunwoody, Ga. (Dunwoody)
Tiffany Oliver	JR	Free	Southwest Ranches, Fla. (West Broward)
Elizabeth Pepper	SO	Free, Fly	Rockville, Md. (Walter Johnson)
Sami Pochowski	FR	Breast/IM/ Free	Muskego, Wis. (Muskego)
Kristine Polley	SR	Breast, IM	Marietta, Ga. (Sprayberry)
Michelle Pope	FR	Fly	Longwood, Fla. (Lake Brantley)
Haley Powell	SO	Free, Back	Raleigh, N.C. (Lake Norman)
Ariel Rittenhouse	SR	Diving	Santa Cruz, Calif. (USC)
Caroline Smith	SR	Back/Free	Lexington, N.C. (South Davidson)
Bianca Spinazzola	FR	Back/Fly/Free	Narragansett, R.I. (Narragansett)
Morgan Stephenson	FR	Breast	Kennesaw, Ga. (Kennesaw Mountain)
Hannah Wilson	SR	Free, Fly	Tupelo, Miss. (Tupelo)
Katrina Young	SR	Diving	Shoreline, Wash (Shorecrest)

TEAM CAPTAINS:



KRISTINE POLLEY



ARIEL RITTENHOUSE



HANNAH WILSON

Pronunciations:

Laura FlewellingFlew-well-ing.
 Julia HenkelHen-kel
 Madison Jacobi.....Jack-obi
 Jordan Jarmakowicz.....ja-mack-o-witcz
 Sami PochowskiPo-chow-ski

Pronunciations:

Kristine Polley.....Paul-e
 Bianca SpinazzolaSpin-a-zole-a



2012-13 MEN'S ROSTER

Lucas Akker	JR	Free	Clearwater, Fla. (Northside Christian)
Ian Apple	FR	Free/Fly	Jacksonville, Fla. (Paxon School)
Trice Bailey	SR	Sprint Free	Lake Mary, Fla. (Seminole)
Tyler Ball	SR	Distance Free/IM	Apollo Beach, Fla. (East Bay)
Harrison Brogden	SO	Back	Greensboro, N.C (Western Guilford)
Nick Brown	FR	IM/Breast	Augusta, Ga. (Greenbrier)
Kalonji Cole	FR	Diving	Tallahassee, Fla. (Leon)
Jack Deedrick	SO	Distance Free	Tampa, Fla. (Home-Schooled)
Kyle Doxtater	FR	Free/IM	Hebron, Md. (James M Bennett)
Alex Fernandez	SR	IM/Free/Breast	Coral Springs, Fla. (Major Stoneman Douglas)
Tyler Fozkos	SO	Free/Fly	Valparaiso, Ind. (Chesterton)
Josh Friedel	SO	Back, IM	Fredericksburg, Va. (Mountain View)
Cole Hensley	FR	Fly/Free	Winter Springs, Fla. (Oviedo)
Richie Hildebrand	JR	Breast	Apopka, Fla. (Indian River State College)
John Jessell	SR	Free	Miami, Fla. (Daytona State College)
Nick Klein	SR	Diving	Chapel Hill, N.C. (East Chapel Hill)
Jake Kingsford	FR	Free/Fly	Winter Park, Fla. (Winter Park)
David Knight	SO	Fly	Juno Beach, Fla. (William T.Dwyer)
Cadell Lyons	JR	Fly/Back	South Oropouche, Trinidad
Dylan Marsolek	FR	Free	Plantation, Fla. (St. Thomas Aquinas)
Anthony McMurry	FR	Free	Duluth, Ga (Wesleyan School)
Max Mitchell	FR	Fly/Free	Dekalb, Ill. (Indian River State College)
Brad Morrison	SR	Back	Land O' Lakes, Fla. (Sunlake)
Paul Murray	JR	Sprint Free	Coconut Creek, Fla. (American Heritage)
Thomas Neubacher	JR	Diving	Windermere, Fla. (Olympia)
Danny Nguyen	SR	Fly/IM	Snellville, Ga. (Brookwood)
Jared Pike	JR	Breast	Winchester Hills, South Africa (Indian River State)
Derek Pridemore	FR	Free	Venice, Fla. (Venice)
Alex Rodriguez	RSJR	Breast	Hialeah Gardens, Fla. (Florida Atlantic)
Kevin Rogers	SO	Back/Free	Raleigh, N.C (Needham Broughton)
David Sanders	SR	Free/Fly	Cincinnati, Ohio, (Kentucky)
Juan Sequera	SO	IM/Breast	Miami, Fla. (Regan)
Robert Swanbeck	SR	Free	Ft. Meyers, Fla. (Ft. Myers)
Jonathan Taddeo	RSO	Free/Back/IM	Clearwater, Fla. (Countryside)
Mike Thomas	JR	IM/Back	Baltimore, Md. (Calvert Hall)
Mark Weber	SR	Sprint Free/Fly	Warner Robins, Ga. (Houston County)
Jason Williams	FR	Free	Palm Harbor, Fla. (Palm Harbor)

TEAM CAPTAINS:



ALEX FERNANDEZ



NICK KLEIN



TRICE BAILEY

Pronunciations:

Lucas Akker Acre
 Kalonji Cole Ka-loon-gi
 Kyle Doxtater Doax-tater

Danny Nguyen.....Win
 Juan Sequera Se-cure-a
 Jonathan Taddeo Tad-day-o



NEIL HARPER

**HEAD COACH -
14TH YEAR AT FSU**

LSU'90

Entering his 14th season as head coach of the Seminoles, Neil Harper has proven he knows how to build one of the elite programs in the ACC and in the country. With 89 ACC Champions, 61 NCAA All-American honors and one National Championship in that time span, Harper's Florida State squads are continually at the top of the ACC standings. In 2012, the women placed third and the men were fourth.

At the end of the 2011-12 season, Harper sent nine swimmers to the NCAA Championships, highlighted by a 16th place finish for the men's team, five- All America honors, three postseason ACC awards, 14 All-ACC performances and added six new swimming school records.

The Seminoles produced a swimming ACC Champion on the men's side for 12th time out of 13 years with Harper at the helm as both Mateo De Angulo and the sprint free relay teams captured ACC titles.

De Angulo earned the ACC Swimmer of the Year and ACC Swimmer of the Meet honors with a double gold performance in the distance races. The Cali, Colombia native finished out his career as a Seminole with a seventh place finish at the NCAA Championship in the 1650 free. De Angulo qualified for the 2012 Olympic Games.

The men's sprint relays smashed records and grabbed two gold medals at the ACC Championships. The team of Paul Murray, Trice Bailey, David Sanders and Mark Weber took seventh place at the NCAA Championships.

Freshman Juan Sequera captured ACC Freshman of the Year with a double ACC bronze performance en route to an NCAA appearance.

On the women's side, McKayla Lightbourn swam to a new school record in the 100 back at 54.27 and Elizabeth Pepper crushed the school record in the 200 fly at 1:56.82 en route to an NCAA appearance.

Being an Olympic Year in 2012, a total of 19 past, present and future Seminoles were represented at the U.S. Olympic Swimming Trials. The week in Omaha was highlighted by the semifinal appearance in the 200 back of Josh Friedel, who took 12th in his first ever trials appearance.

During the 2010-11 season, both men's and women's teams finished in third place at the ACC Championships with Harper guiding a total of four to the NCAA Championships. Three of those athletes walked away with All-America honors and two found themselves on the podium.

ACC Champion, senior Rob Holderness finished out his NCAA career with a seventh place finish in the 200 breast with a time of 1:54.86, capturing All-American status in the event.

On the ladies side, junior Stephanie Sarandros competed at the NCAA Championship in the 200 back. She would go on to finish 28th.

Harper was able to contribute to the overall athletic department success. The 2010-11 season marked the second year in a row that Florida State was represented at the NCAA Championships in all of its sports.

The 2009 season was a year of milestones for Harper. In his 10th season at the helm, Harper reached the 200 win plateau on January 17, 2009 against Clemson. It was also a year in which his athletes had record-breaking success in the pool. In December, Florida State's contingent at the USA Short Course National Championships broke five conference records and seven school records. The team's results were a harbinger for things to come as Seminole swimmers and divers broke 24 school records in 2009. Harper also directed the men to a second-place finish at the ACC Championships and another Top 20 showing at the NCAA Championships.

On the women's side, Harper's squad put together a fourth-place showing at ACC's. Harper has always put his teams up against the toughest competition and 2009 was no different as FSU raced against nine teams ranked in the CSCAA top 25.

Despite the elite level of competition Florida State athletes won ACC Performer of the Week honors six times and Andy Hodgson earned a National Collegiate Swimmer of the Week accolade as well.

Florida State athletes are a

regular sight on top of the medal stand at the ACC Championships under Harper's tutelage. As a women's team Florida State earned its first conference title in 2006. Harper garnered two consecutive ACC Coach of the Year awards, (2006, 2007) his second and third such honors in four years.

Over the last 11 years, the women's team has won 45 individual and relay titles while the men have amassed 37. The 16 combined championships in 2007 were the most during Harper's tenure. Only Florida State and Virginia have produced an individual men's champion in each of the last eight years and the Seminoles are the only ones with at least one gold medal winner since 1992.

As to be expected, the Seminoles have been rewriting the school's record books under Harper. Every record on the men's side has been broken while he has been coaching at FSU including an amazing 17 records in 2009 alone. On the women's side all 22 school marks have fallen during Harper's time at FSU, including 15 marks that were reset or broken in the last three years.

Not only are more of the Florida State records held by Harper's student-athletes than any other head coach's in history, but the all-time top ten contains more of his athletes than all of the former head coach's in the program's history combined. Within the women's lists, 114 of the 130 best times in Seminole lore have been set during Harper's ten years, including either the number one or two spots in every event. The men's team has put its name down 98 times since Harper's arrival in 1999.

Harper's 84-38 (.713) mark on the men's side is second in school history and his winning percentage is first among active ACC coaches. Since the 2001-02 season, the women have won at least nine meets in all but one season and have only one loss outside the Top 25. The men have produced at least nine wins per season in all but two seasons during that same time frame with only five losses beyond the Top 25.

Florida State swimmers and divers excel in the classroom just as well as they do in the pool. Since 2000, the Seminoles have had at least 20 student-athletes on the ACC Academic Honor Roll each year, including a program-high 40 in 2007.

Previous Coaching Experience

In May of 1999, Harper returned to Tallahassee to take over the men's and women's swimming and diving teams after two years as the women's head coach at Ohio State. In



HEAD COACH NEIL HARPER

two seasons with the Buckeyes, Harper's team posted a 15-12 mark while qualifying six athletes for the NCAA Championships. In the classroom, Ohio State excelled as well as both of his teams received NCAA All-Academic selections. Within the conference, the Buckeyes received more than 20 Academic All-Big Ten Conference honors during his two seasons.

From 1994-97, Harper served as the top assistant at Florida State under Don Gibb. One of his main duties was to coordinate the Seminoles' recruiting efforts. His work with the recruiting speaks for itself as during that time Florida State produced numerous All-Americans, including FSU's first NCAA champion, Stephen Parry, in the 200 butterfly. As a top aide, Harper was also in charge of the team's strength and conditioning, while working with the stroke and individual medley swimmers. His work in the pool produced the school's first female All-Americans in six years as former assistant coach Anne Blachford (200 IM), Helen Jepson (200 fly) and Samantha White (100 breast) all enjoyed NCAA success.

A 1990 graduate of Louisiana State University, Harper served as an assistant at his alma mater following graduation up until his first appointment with the Seminoles. During his coaching stint in Baton Rouge, he helped the Tiger swimmers earn 21 NCAA All-America honors and seven Southeastern Conference titles. During the 1991 season, both the men and women posted one of their best finishes at the NCAA meet as both came away with a 14th-place showing.

International Experience

Harper's acumen in the pool extends internationally as he has coached at the biggest international competitions in the last 12 years. During the summer of 2004, he was on deck for his fourth Olympic Games as he traveled to Athens, Greece to coach Wickus Nienaber, the head man for the Swaziland contingent. Nienaber was just one of five of Harper's former Seminoles competing in the Olympics as Chris Vythoukas swam for the Bahamas, Golda Marcus carried the El Salvador flag and Julio Santos represented Ecuador.

The biggest thrill for Harper at the 2004 Olympics was watching one of his former student-athletes reach the medal stand. Stephen Parry – a stand out for the Seminoles while Harper coached him as an assistant – brought home the bronze medal in the 200-meter butterfly.

In 2000, Harper was a member of the South African Olympic coaching staff in Sydney, Australia coaching Olympic medal hopefuls and Olympic finalists Brendon Dedekind and Brett Petersen.

In 2001, he traveled to Fukuoka,

Japan to coach Nienaber in the FINA World Championships. The following summer he mentored Nienaber at the Commonwealth Games in Manchester, England, where he was joined by former Seminole All-American's Parry and Petersen, as well as Vythoukas. In 2003, he returned to the FINA World Championships in Barcelona, Spain to coach Nienaber.

Swimming Experience

As a competitor, Harper is one of the top swimmers in LSU history. He first made his name in the SEC when he won the 100-yard backstroke at the 1986 SEC Championship meet. Throughout his career, Harper collected four SEC titles while earning seven NCAA All-America awards. During his final year, LSU won it's only SEC Team Championship and finished sixth at the NCAA championships, the highest finish in school history. He still ranks on the Tigers' all-time top ten performers in four different events.

The London native represented Great Britain in the 1984 and 1988 Olympics in the 100 and 200-meter backstroke as well

as a member of the 400-meter medley relay with sixth and fourth-place finishes respectively.

Personal

The 47-year-old Harper is married to the former Paige Busch from Orlando, Florida, who was also an All-American and SEC champion in the 100-yard breaststroke at LSU. The couple have two daughters, Katherine (17) and Kelly (15).



HARPER'S COACHING RESUME:

- 1999-present: Head Coach, Florida State University
- 1997-99: Head Women's Coach, Ohio State University
- 1994-97: Assistant Coach, Florida State University
- 1988-94: Assistant Coach, Louisiana State University

INTERNATIONAL COACHING EXPERIENCE:

- 2004: Swaziland Olympic Games (Athens, Greece)
- 2003: FINA World Championship (Barcelona, Spain)
- 2002: Commonwealth Games (Manchester, England)
- 2001: FINA World Championships (Fukuoka, Japan)
- 2000: South African Olympic (Sydney, Australia)

INTERNATIONAL SWIMMING EXPERIENCE:

- 1984: Great Britain Olympic Games (Los Angeles, USA) - Finalist
- 1986: England Commonwealth Games (Edinburgh, Scotland) - Silver Medalist
- 1986: FINA World Championships (Madrid, Spain) - Finalist
- 1988: Great Britain Olympic Games (Seoul, South Korea) - Finalist



HEAD DIVING COACH PAT JEFFREY



PATRICK JEFFREY

**HEAD DIVING COACH -
14TH YEAR AT FSU**

OHIO STATE '88

To mold a championship diver it takes a true champion, and Florida State's Patrick Jeffrey certainly fits that bill. A three-time NCAA Champion and two-time Olympian, Jeffrey was inducted into the Ohio State University Athletics Hall of Fame in 2005. Entering his 14th year in Tallahassee, his experience has helped Florida State divers re-write the ACC and Seminole record books year after year while maintaining one of the strongest diving programs in the conference. At the 2012 ACC Championships, all eight divers competed in at least one championship final.

With a team of four ladies and four men in 2012, Jeffrey coached six of those eight to All-ACC performances including an ACC Champion in Katrina Young. Young would be the first-ever female platform ACC Champion for the Seminoles since the event was added back in 2008. The Shoreline, Wash. native went onto qualify for the NCAA Championships, where she turned in a fourth place finish on the platform, claiming All-America honors. Her fourth place showing tied the highest individual finish by a female Florida State swimmer or diver at the NCAA event.

As a team Jeffrey's divers displayed dominance at the 2012 ACC Championships with all eight members qualifying for a championship final. He guided three men to the finals in both springboard events, before placing four in the final on the platform. For the ladies, three dove in the championship on the 1-meter, while two competed in the finals of the 3-meter.

Young wasn't the only diver in the spotlight during the 2011-2012 season. Jeffrey coached Ariel Rittenhouse back to her ways as she grabbed the silver medal on the women's 1-meter springboard at ACC's before she qualified for NCAA's. Kelsey Goodman improved from her freshman season as she took third on the women's 3-meter springboard. The lone qualifier for NCAA's on the men's side was Tom Neubacher, who handily won the 1-meter springboard at the NCAA Zone B

qualifier. Nick Klein grabbed the bronze on the men's platform and Ford McLiney took silver on the 3-meter springboard.

Prior to the 2011-12 season, Jeffrey coached a number of Seminole gems including Terry Horner and Landon Marzullo. Horner is the most decorated diver in Florida State history with six All-America performances including one NCAA Championship showing back in 2007. Horner is also a three-time ACC Champion. In 2011, Marzullo finished out his career as a Seminole with an All-America performance on the 3-meter springboard.

In addition to Young and Horner, Jeffrey has also coached six other ACC Champions. Josh Edelman, Louis Gagnet, Dan Friebel, Chelsie Lerew, Courtney McCloy, Tiffany Manning and Brittany Lerew with Young and Horner have earned the Seminoles 20 gold medals in the diving events in 12 years.

Jeffrey has also helped usher in a new era in international competition for the Garnet and Gold with Horner earning a place on the 2009 World Championship team. Horner earned a 16th place finish in the 1-meter. Horner also finished second in the 1-meter at the USA Diving National Championships later in the summer of 2009 and seventh in the 3-meter. Maruzullo would follow those footsteps two years later in 2011 by representing the U.S. at the World University Games. In 2010, the men's team took the team championship at the Winter Nationals.

The 2008 season was business as usual for Florida State divers with three All-American performances, four All-ACC results and two ACC Championships. On the men's side, Jeffrey's four divers earned 10 top-eight finishes at the ACC Championships led by a pair of victories by Horner (1-meter, 3-meter) and a pair of second place finishes by Friebel (three-meter, platform). The women also held their own at the ACC Championships with the team's four divers earning points in 11 in 12 opportunities.

An NCCA Division I Champion himself, Jeffrey can now say he's

coached one with Terry Horner's victory in 2007 on the 1-meter board.

Since Jeffrey's arrival in 1999, he's not only put Florida State Diving on the map, he's set the standard for diving in the entire conference. Seminole divers have captured 20 of the 49 ACC championships on the boards during Jeffrey's tenure. Under his guidance Florida State has claimed at least one conference title on the men's side in seven of the past 12 seasons and the school's four-straight championships on the 1-meter and more in the three-meter have not been equaled in nearly 20 years. Additionally 21 of Jeffrey's divers have earned All-ACC honors and over the last 12 seasons, Florida State divers have claimed four women's ACC Divers of the Meet awards, three Men's ACC Diver of the Meet honors as well as a Women's ACC Swimming & Diving Rookie of the Year accolade.

The only records not owned by Jeffrey's divers are from All-Americans Paul Spray and Wendy Fuller which will stand forever because of event format changes.

Jeffrey's coaching accolades also stretch internationally. He was among the staff at the 2009 World Championships in Rome, Italy where he





coached Horner. In 2007 Jeffrey was a member of the United States World University Games staff where he coached two of his own student-athletes, Horner and Frebel. He was on the 2000 U.S. Olympic team coaching staff along with the 1997 and 1999 US Senior World Cup staffs. He also coached the 2001 U.S. World Championship team in Fukioka, Japan. He has served as a Senior National team coach from 1997-2000 with a one-year stint (1998) with the Junior National Team. Under Jeffrey's tutelage, divers have won five U.S. Senior National titles, three Junior National championships, and a pair of third place finishes for the Senior Men's team in U.S. national competition.

Jeffrey's wealth of diving knowledge is a direct result of his own career. A seven-time All-American, he highlighted his tenure at Ohio State with a tremendous senior season in 1988. He became the first, and still only, diver in NCAA history to sweep all three diving events with championships on the 1-meter, 3-meter and platform, earning him 1988 NCAA Diver of the Year honors. Leading up to those NCAA Championships, he swept the Big Ten Conference meet as well and was honored as the 1988 Big Ten Diver of the Year.

On the international scene, Jeffrey was a finalist on the ten-meter platform at the 1988 Olympics in Seoul, South Korea and the 1996 Olympics in Atlanta, Ga. He is a five-time U.S. National Diving Champion splitting those championships between disciplines with three in the ten-meter platform event while holding a pair of titles in the three-meter springboard event. He was also the U.S. Olympic Trials Champion on platform in 1996. In addition, he won bronze medals at the 1991 and 1995 Pan-Am games. He competed as a member of the US's 1989 and 1995 World Cup teams as well as at the 1993 Goodwill Games team.

Most importantly, Jeffrey has drawn from all his experiences on the boards and as a coach to structure a program that is designed to develop up and coming athletes into national and world level contenders. He takes from the knowledge that he obtained in his 20 years as an athlete and the subsequent 15 years at the world and national levels.

JEFFREY'S COACHING RESUME:

- 2009 World Championship Team
- 2007 World Student Games Team
- 2001 U.S. World Championship Team
- 2000 U.S. Olympic Team
- 1999 U.S. World Cup Team
- 1999-present Diving Coach, Florida State
- 1998 Junior National Team
- 1997 US World Cup Team
- 1996-present U.S. Senior National Team
- 1996-99 Diving Coach, Atlantic Diving Team, Boca Raton, FL

JEFFREY'S DIVING RESUME:

- 1988 United States Olympic team
- 1996 United States Olympic team
- 1996 US Olympic Trials Champion
- 5-time US National Champion
- 3-time NCAA Division I Champion
- 2-time Pan Am Bronze Medalist
- 2-time U.S. World Cup Team Member
- U.S. Goodwill Games Team Member



Katrina Young and Nick Klein show off their Medals from the ACC Championships in 2012.

ASSOCIATE HEAD COACH ANDY ROBINS

Entering his 17th season with Florida State, associate head coach Andy Robins continues to produce some of the top athletes in the ACC and the NCAA.

Robins' sprinters produced a solid year in 2012 with five members of the group moving on to compete at the NCAA Championships. The men's sprint relays highlighted the season by garnering a plethora of accolades during the post season. The team of Paul Murray, Trice Bailey, David Sanders and Mark Weber earned All-American honors in the 400 free relay with a seventh place finish.

Robins guided those same relay team at the ACC meet as they started the competition with a new meet, school and Christiansburg Aquatic Center record in the 200 free relay with a time of 1:17.73 en route to a first place finish. They would finish ninth in the event at the NCAA Championships, capturing All-America honorable mention honors. The same four added another ACC gold in the 400 free relay. All four return for the 2012-13 season.

On the ladies side, sophomore Tiffany Oliver became the first FSU female to break the 49 second mark in the 100 free as she turned in a new school record of 48.93 en route to an NCAA appearance.

In 2009, Robins' group earned Honorable Mention All-American status in the men's 400 free relay at the 2009 NCAA Championships and Jarryd Botha ended his storied career as a Seminole with a pair of All-ACC honors in the 100 free and 100 fly. The Seminole sprint group now has more than 30 All-ACC honors with Robins at the helm. In all, the men's and women's sprint groups had a hand in five school records while almost every swimmer in the group earned a collegiate best time in at least one event.

Robins helped add a new chapter to FSU's illustrious sprinting history in 2008. Under the coaching of Robins, junior Scott Baker had a career year culminating with All-America honors in the 50 free at the NCAA Championships. Robins' also helped lead senior Lauren Sparg to her first career individual Honorable Mention All-America honors with her 11th place finish in the 100 fly. Sparg was also the ACC Champion in the 100 fly and still holds the school record in the event.

Five Seminoles qualified for the 2007 NCAA Championships in sprint events. Florida State sprinters have earned ten All-American honors during Robins' tenure. Christy Cech won back-to-back (2001-02) All-America awards in the 50 freestyle. The Seminoles have also brought home 17

ANDY ROBINS

ASSOCIATE HEAD COACH -
17TH YEAR

WILLIAM & MARY '83



All-America certificates in the 200 and 400 freestyle relays.

Since 2001, when Robins took over the sprint group, FSU has won nine ACC titles in the 50 and 100 freestyle events and 12 gold medals in the 200 and 400 freestyle relays. All told, more than 29 sprinters have collected All-ACC honors.

Prior to coach Harper's return, Robins worked primarily with the stroke disciplines and individual medley specialists. He most notably worked with Stephan Parry, an NCAA Finalist, as well as a 2004 Olympic bronze medalist. During that time Robins also coached Seminole All-Americans, Anne Blachford, Keam Ang and Nelson Mora.

Florida State's team results during his tenure speak for themselves. The men's squad has scored points at the NCAA Championships in nine of his last 13 years. In 2012, the men's team placed 16th behind strong sprint relays. But the highest team finish in school history was a ninth-place showing in 1997. The women's 16th-place finish in 2006 was their best ever and part of 12 trips to the NCAA Championships since 1995.

Even prior to his graduation from college, Robins had been actively involved in coaching and his involvement with local swimming and diving dates back more than 20 years. His association with swimming in the Big Bend began in 1985 when he took a position with the Area Tallahassee Aquatic Club. Robins took over the head coaching duties for ATAC in 1993 and led the squad to a top ten finish at the 1996 Junior National Championships.

In conjunction with his work with ATAC, Robins served as the head coach at Leon High School in Tallahassee from 1986-91. After only his second year on the job he

was named High School Coach of the Year by the Tallahassee Democrat.

He also served as head coach for the Florida All-Star Team in 1990 and 1991 after spending the previous two seasons as an assistant coach. Away from the pool Robins served on the Florida Swimming Board of Directors, the House of Delegates and the Technical Planning Committee from 1987-98.

A 1983 graduate of The College of William & Mary with a bachelor's in psychology, he earned his master's in science education from Florida State in 1987. While in college, Robins swam both the backstroke and distance freestyle events. His swimming accomplishments at William & Mary include setting the school record in the 1650 freestyle while also serving as co-captain.

The 52-year-old Robins and his wife Karen have four children, Beth (34), Kurt (33), Jenna (27) and Annemarie (16).



ROBINS COACHING RESUME:

- 2002-present: Associate Head Coach, Florida State
- 1995-2001: Assistant Coach, Florida State
- 1993-97: Head Coach, ATAC
- 1990-91: Head Coach, Florida All-Stars
- 1989: Assistant Coach, Florida All-Stars
- 1986-91: Head Coach, Leon High School
- 1985-92: Assistant Coach, ATAC



ASSISTANTS

KIRK HAMPLEMAN



**ASSISTANT
COACH**
**FIRST YEAR AT
FSU**
AUBURN '02

Kirk Hampleman is in his first year as an Assistant Coach at Florida State. Hampleman spent six seasons as an assistant at the University of Iowa where he primarily worked with the stroke and IM groups. He will continue that trade and will head up the distance and stroke groups. In six seasons at Iowa, Hampleman helped build the Hawkeyes program each year by improving their finishes at the Big Ten Championships setting new school records and climbing in the CSCAA rankings.

The 2011-12 season for the Hawkeyes was a historical one as Hampleman guided the men's team to their best Big Ten of fifth since 1996 with a fifth place finish. They finished the season with a 7-2 dual meet record, running its four-year mark to 31-5, achieving a program best of 10th in the CSCAA dual meet rankings and finished the season ranked 14th. The women posted a 10-6 record, the most dual victories since the 1985-86 season. Hampleman also coached 14 swimmers to Olympic Trial cuts in 2012.

Hampleman is not a stranger to Tallahassee as he served as a graduate assistant coach at Florida State University from 2004-2006 before joining Iowa's staff. His specialties included training the stroke and sprint freestyle groups. In 2006, Florida State won its first ever women's ACC team championship. His other experience as a coach include an assistant position at Tanoan Country Club in Albuquerque, N.M., in 2002.

Hampleman was a nine-time All-America swimmer at Auburn University from 1998-2002. He helped the Tigers to a 1999 NCAA team title and received the Auburn Swimming Award in 2002, which recognizes superior scholarship, leadership and performance. He finished third in the 200 backstroke and eighth in the 200 individual medley at the 2002 NCAA Championships. He was also an SEC Champion in the 400 Medley Relay in 2002.

Hampleman earned his bachelor's degree in mass communication from Auburn in 2002. He received a master's degree in physical education-sport administration from Florida State in 2006. He and his wife, Kendra, have two sons, Pierce (4) and newborn Kirby.

LAUREN O'DONNELL



**ASSISTANT
COACH**
**FIRST YEAR AT
FSU**
**COLLEGE OF NEW
JERSEY '04**

Lauren O'Donnell joins the Florida State staff after spending the past three years as the head coach at Juniata College from 2009-2012. While at the helm of the Eagles, O'Donnell significantly built up the program, leading the Eagles to a 19-26 record in dual meets over three years, while tripling in roster size.

O'Donnell led Juniata College to its best finish in the Landmark Conference of fifth in 2012. Prior to working at Juniata College, O'Donnell was an assistant at SUNY New Paltz for two years from 2007-2009, where she worked with the sprint group.

O'Donnell served as a coach at the Bauerle Bulldogs Swimming & Diving Camps at the University of Georgia, where she worked with the 2008 U.S. Women's Olympic Team head coach, Jack Bauerle. She's also worked at the University of Texas' swim camp.

O'Donnell earned a bachelor of science degree in elementary education and English from The College of New Jersey in 2004. She was a four-time All-New Jersey Athletic Conference swimmer for the Lions. She earned NJAC and Metropolitan Conference Rookie of the Year honors in 2001, and was a team captain during her senior season. O'Donnell obtained her master of education degree in athletic administration and athletic management from TCNJ in December of 2006.

O'Donnell earned All-America honors twice during the 2003 NCAA Division III championships, both times in relay events, when she swam for The College of New Jersey's third-place team in the 200 Free Relay, and the 16th-place team in the 400 Medley Relay. Her relay teams still hold TCNJ records in the 400 Medley Relay, the 200 Free Relay and the 400 Free Relay - with the last two records both set at the 2003 NCAA Division III championship meet.



ASSISTANTS & STAFF



AMANDA MILLER
ASSISTANT DIVING
COACH
PURDUE '08

Entering her first year as the assistant diving coach, Amanda Miller brings a wealth of diving accolades to the table for the Seminoles.

As a well-rounded standout diver at Purdue University, Miller was a four-time All-American. She still is among Purdue's top five athletes on each board.

In 2007, as the swimming and diving captain she was selected as the Purdue Athlete of the Year after earning three of her four All-America honors at the NCAA Championships. Miller took fourth on both the 1-meter and the platform event, while adding an eighth-place finish on the 3-meter board.

In 2008, Miller was an Olympic Trials finalist, placing ninth in the women's 3-meter springboard event.

A few months prior to her arrival at Purdue, Miller began her coaching experiences at the Northern Virginia Dive Club in Vienna, Va.

She continued to contribute her diving knowledge while enrolled at Purdue when she stayed in West Lafayette over the summers in order to coach the Purdue University Diving Camp from 2004-2008.

Miller was named as the administrative assistant to the diving coach at Purdue in August of 2008, where she ran the operations for the diving team. After a year serving in that role, Miller joined the Royal Caribbean Cruise Line in Fort Lauderdale, Fla. as a diving entertainer from 2009-2011.

This season marks the second year for Miller in Tallahassee. She served as a graduate assistant for the 2011-12 season before being named as the assistant to head coach Patrick Jeffrey. She is currently working toward her M.S. degree in sport management where she is expected to graduate in May of 2013.



COLEMAN WEIBLEY
DIRECTOR OF
OPERATIONS
TENNESSEE '11

Entering his first season as the Director of Operations, Coleman Weibley joins the Seminole staff after a stint with the University of Tennessee.

During his five seasons with the Volunteers, Weibley spent his first three years as the head manager for the men's swimming and diving team before molding himself into the Director of Operations role for both men's and women's programs. In his last months at Tennessee, Weibley helped the teams mold together in becoming a combined program.

In addition to his operations duties, Weibley was also an asset to both the Greater Knoxville Masters Swim Team and Pilot Aquatic Club. He also played a crucial role as the Camp Director for Tennessee Swim Camps.

Prior to his days in Knoxville, Weibley was a coach for the Big Spring Aquatic Club, which is the local club in his hometown of Carlisle, Pa.

Weibley graduated from the University of Tennessee in 2011 with a degree in recreation and sport management. On top of his duties for Florida State, he will head up the USA swimming club, Club Seminole.



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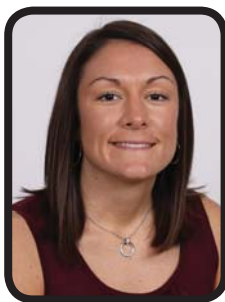
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OVERSIGHT





2012-13 WOMEN'S OUTLOOK

For the third year in a row, the Florida State women's swimming and diving team placed third at the ACC Championships after setting a perfect 5-0 dual meet record in the conference throughout the year. With five returning NCAA qualifiers and a talented recruiting class of 15 members, the Seminoles are hungry to break through the barrier and emerge as the top team in the ACC.

Diving

Three ladies will be returning for the 2012-13 season and this triple threat will be dangerous on not only the conference level, but in the country. Senior Ariel Rittenhouse along with junior Katrina Young and Kelsey Goodman, the Seminoles have a championship caliber squad.

"With those three being upperclassmen it's going to be exciting this season," head diving coach Patrick Jeffrey said. "You get athletes as freshmen you want to develop them so we're going to start seeing those results during this year. All three have a shot to qualify for NCAA's and that's our goal."

Young had herself a record-breaking season on the women's platform event, where she finished fourth at the NCAA Championships earning All-America honors. Young won the Platform event at the ACC Championships with a new school record of 323.05. It was the first time a FSU diver won that event since it was added in 2008.

Rittenhouse joined Young at the NCAA Championships in 2012 where she competed in the springboard events. Rittenhouse took the silver medal at the ACC Championships on 1-meter and placed fourth on 3-meter. Throughout the season, the Santa Cruz, Calif. native was a force to reckon with as she notched 18 victories on both boards.

Goodman should not be one that's excluded from the hunt as she took the bronze medal on 3-meter at ACC's after a fifth place showing on 1-meter.

All three ladies capped off a summer season by competing in the 2012 U.S. Summer Nationals. Young placed third in the platform event, while Goodman made her first-ever national finals in both 1-meter and 3-meter. She placed seventh in 1-meter and eighth in 3-meter. Rittenhouse accomplished a sixth place finish on 3-meter,

a feat that she hasn't accomplished since 2008.

"After last season and this summer, I think we can make a statement at NCAA's," Jeffrey said. "I believe that Katrina has a shot of winning the event on Platform and Ariel has been getting back to her form and she can really challenge for a spot in the top-three. Kelsey had her big breakthrough at nationals and she's working to get to that All-American level. It's going to be a fantastic season with these three."

Fly

The dominant flyer for the Seminoles is sophomore Elizabeth Pepper as she set a new school record in the 200 fly while qualifying for the NCAA Championships. Pepper placed seventh in the 200 fly at ACC's and also competed in the 100 fly, even though it wasn't her specialty.

"Pepper had a great freshman year," head coach Neil Harper said. "We know she is looking for bigger and better things at the ACC and NCAA levels. This group is pretty young and there are a lot of people looking to make improvements this year with a better race strategy and competitive practices. This area should be good."

In the 200 fly Senior Jamie Barrett will use her versatility in order to add depth, while freshman Mary Elizabeth King will look to challenge Pepper, as she too was an Olympic Trial qualifier in both fly events. Freshman Josie Cuda will be another vital competitor in the 200 fly.

Freshman Bianca Spinazzola will be a heavy threat in the 100 fly, while classmate Michelle Pope will provide even more depth.

Free

The Seminoles have two major weapons in the sprint distances. One of those is Tiffany Oliver as she returns for her junior season behind NCAA debut in 2012 while setting a new school record in the 100 free, becoming the first female in FSU history to break 49 seconds (48.93). She was a ACC Championship finalist in both the 50 and 100 free.

The other side to the deadly duo is sophomore Kaitlyn Dressel, who just missed out on the NCAA action during her rookie year. Dressel made her ACC Championship final debut in the 100 free with a sixth place finish. Both Dressel and Oliver are coming off of top 50 finishes in the sprint events at the 2012 U.S. Olympic Trials.

Another good addition to the sprint group will be freshman Kelsey Buckley. Buckley has broken the 51 second barrier in the 100 free at 50.81.

Moving up in distance, Oliver and Dressel have proven themselves in the 200 distance as well. Oliver's top time of 1:47.55 leads the squad and she'll look to continue her reigns for 2012-13.

Pepper is also a factor in the 200 and 500 free events. As an Olympic Trial qualifier



Junior McKayla Lightbourn looks to defend her school record in the 100 back.

2012-13 WOMEN'S OUTLOOK

in the 200 free, Pepper adds depth in the 800 free relay and the 500. Freshman Samantha Pochowski will be a key addition in the 200 free and will add depth to the individual and relay aspects of the event.

In the distance races, Florida State will be led by sophomore Julia Henkel. Henkel was eighth in the mile at the ACC Championships. Corey Allison will look to contribute in these areas.

Freshman Lauren Hine will be an asset in the distance races as she was a 2012 U.S. Olympic Trial qualifier. Hine is a long-time member of the North Baltimore Aquatic Club, where she is coached by FSU Alum, Bob Bowman.

Freshman Madison Jacobi will also be a factor in distance as she too was an Olympic Trial qualifier in the 400 and 800 frees. She is a talented, versatile target that could be used in middle or distance free, backstroke or IM.

"Kaitlyn and Tiff are among that high level at 50 100 and 200 races and both could be factors on the 800 free relay," Harper said. "We cover those events well. Julia Henkel has proven herself in races all the way up to the 1650 and we have great returnees and rookies that are looking to contribute at all the distances of free. Two of those girls were Olympic Trial qualifiers in the 800 free in Lauren Hine and Madison Jacobi and they will be expected to step up and factor in the distance races."

Breast

Looking to lead the Seminoles in the breast events is senior Kristine Polley. Polley put forth some of her best swims at the ACC Championships, where she placed sixth in the 200 breast. During the meet, she posted the second fastest swim in FSU history with a 2:13.39.

"I think in the past she's been a real dedicated leader and her teammates have noticed that," Harper said. "She's had success and we've looked to her to step up before. We're going to keep looking to her for leadership and hopefully she'll finish with a great senior year."

Adding to this group will be sophomore transfer Laura Flewelling, from Maryland. In her rookie season for the Terrapins, Flewelling scored in all three of her events, placing eighth in the 200 breast and ninth



School record holder Tiffany Oliver sets her sights on an All-American berth at NCAA's this season.

in the 100 breast. She also adds to the 200 IM group.

Pochowski will add some much needed speed to the group. Pochowski is the reigning state record holder in the 100 breast from Wisconsin. She also placed 34th in the 100 breast at the 2012 U.S. Olympic Trials. She will be a heavy asset in the 100 and will be a factor in the 200 and 400 medley relays.

The Noles will utilize Barrett's versatility in the 200 breast. Last season she was 17th in the 200 at ACC's.

Another freshman that is looking good in order to contribute in breaststroke is Morgan Stephenson.

Back

After setting a new school record in the 100 back (54.27) at the ACC Championships, junior McKayla Lightbourn returns for the Seminoles looking to build on that performance. She won't be alone as junior Ashley Hicks' time of 54.97 is right behind Lightbourn's. Spinazzola will provide the potential one-two-three punch for the Seminoles in the 100. All three ladies could fight for spots in both medley relays.

"For us, our goal is to make backstroke an event to rely on," Harper said. "For the 100, it's going to be a key event both individually and on relays at ACC's as well as NCAA's. Competition will be fierce and we expect one of those three ladies to take that school record to go down."

Caroline Smith can contribute in both the 100 and 200 back, while Jacobi will race in the 200 as she was a 2012 U.S. Olympic Trial qualifier in the event.

IM

For the past couple seasons, this group is most likely the strongest for the Seminoles in both the 200 and 400 distances.

At the ACC Championships, three Seminoles posted times right at the two-minute mark in Lightbourn, Polley and Barrett. Adding in the scoring heats was Flewelling who was 16th in the event for the Terrapins.

In addition to her sprinting talents, Buckley has recorded a top time of 2:01.40 and could be added depth in the shorter IM distance and freshman Jordan Jarmakowicz will be added in dual meets. Jarmakowicz is also an asset in the sprint fly and breast races.

In the grueling 400 distance, Henkel shattered the school record with a 4:11.91 en route to an NCAA appearance. Barrett went a best time in the prelims, posting a 4:17.00 while swimming in the top heat, placing eighth.

"We have a lot of talent and all are potential scorers in both IM races," Harper said. These events are the backbone of our program. A lot of those girls can switch out and swim other events, including both 100 and 200's of strokes which will be strong for us. We are looking for those ladies to take the jump and not only qualify for NCAA's, but score at that level.



Senior Ariel Rittenhouse will lead the Seminoles on the springboards to will look to improve her Silver Medal ACC performance from 2012.



WOMEN'S PROFILES



COREY ALLISON

Senior- Bradenton, Fla. –
Lakewood Ranch HS – Free/IM
Sarasota YMCA Sharks

Top Times:

500 free: 4:54.54

1000 free: 9:57.95

1650 free: 16:45.38

•Placed 14th at ACC's in the 1650 free (16:45.38) in 2012.

•Swam in the bonus heats of the 500 free and 400 IM at ACC's in 2012.

•Was 15th in the 1650 free (16:55.42) as a sophomore at ACC's in 2011.



JAMIE BARRETT

Senior - Billings, Mo. – Butler
HS - IM - Club Seminole

Top Times

200 breast: 2:15.57

200 IM: 2:00.62

400 IM: 4:17.00

- 2012 U.S. Olympic Trial Qualifier- 400 IM
- 2011-12 FSU women's team captain
- Placed 8th in the 400 IM (4:17.00 prelims) at ACC's in 2012 and 2010.
- Swam in the bonus heats of the 200 IM (2:00.62) and 200 breast at ACC's in 2012
- Finished 11th in the 200 breast (2:15.57) and 14th in the 200 IM at ACC's in 2010.



KRISTINE POLLEY

Senior - Marietta, Ga. –
Sprayberry HS- Breast -
Stingrays

Top Times

100 breast: 1:02.83

200 breast: 2:13.39

200 IM: 2:00.85

- Placed sixth in the 200 breast at ACC's in 2012. Was also 15th in the 100 breast and swam in the bonus heat of the 200 IM.
- Took ninth in the 200 breast and 13th in the 200 IM at ACC's in 2011.
- Made her championship final debut in the 200 breast at ACC's in 2010. Was also 10th in the 200 IM and 16th in the 100 breast.
- 2012 and 2008 U.S. Olympic Trial Qualifier
- Will be a captain for the 2012-13 season



ARIEL RITTENHOUSE

Senior - Santa Cruz, Calif. –
Southern California - Diving -
Trojan Diving Club

Top Score

1M: 326.25

3M: 366.60

- 2008 Olympian- 3-meter Synchronized (Kelci Bryant) - Fourth place.
- 2012 NCAA Qualifier – 1-meter and 3-meter springboard.
- 2008 Bronze Medalist at World Cup - 3-meter synchronized.
- 2009 World Championships fifth place finish- 3-meter synchronize.
- 2012 U.S. Olympic Trial Qualifier
- Earned the silver medal on 1-meter and took fourth on 3-meter at ACC's in 2012.
- Transferred from USC for the 2011 season.



CAROLINE SMITH

Senior - Lexington, N.C. –
South Davidson HS - Free/
Back - Club Seminole

Top Times

200 back: 2:00.07

500 free: 4:45.69

1650 free: 16:34.86

- Placed ninth in the 500 free (4:45.69) and 13th in the 1650 free (16:34.86) at ACC's in 2010.
- Took 13th in the 1650 free and swam in the bonus heats of the 500 free and 200 back at ACC's in 2011.
- 2008 Olympic Trial qualifier- 400 free



ASHLEY BUTLER

Junior-Nassau, Bahamas-
Bolles HS- Free -
Bolles School Sharks

Top Times

50 Free: 24.41

100 Free: 52.02

- Swam her fastest races of 2012 at the Bulldog Invite in the 50 free at 25.13 and the 100 free at 54.18.
- Posted a career best time at the 2010 Georgia Tech invite in the 50 and 100 free.



WOMEN'S PROFILES



KELSEY GOODMAN
Junior - Moultrie, Ga.- Colquitt
County HS - Diving -
Moss Farms Diving

Top Scores

1-meter: 332.40

3-meter: 354.25

- Earned All-ACC honors with a third place finish on the women's 3-meter springboard at ACC's in 2012. Added a sixth place showing on 1-meter.
- Was fourth on 3-meter and 10th on 1-meter at ACC's in 2011.
- Qualified for her first-ever National finals in the summer of 2012, placing seventh on 1-meter and eighth on 3-meter.



JULIA HENKEL
Junior - Roswell, Ga. -
Roswell HS - Free/IM-
SwimAtlanta

Top Times

400 IM: 4:11.91(FSU Record)

500 free: 4:48.95

1650 free: 16:35.37

- Qualified for the NCAA Championships behind her school-record setting performance in the 400 IM at the Bulldog Last Chance Invite (4:11.91) in 2012.
- Placed eighth in the 1650 free, 11th in the 400 IM and 13th in the 500 free at ACC's in 2012.
- In 2011, took seventh in the 400 IM, 10th in the 200 fly and 11th in the 200 IM at ACC's.
- A 2012 U.S. Olympic Trial qualifier- 400 IM.



ASHLEY HICKS
Junior - Sunrise, Fla. - Coral
Springs HS - Back

Top Times

100 Back: 54.94

200 Back: 2:00.12

- Swam her fastest time in the 100 back in the bonus heat of the 2012 ACC Championships at 54.97.
- Placed fifth in the 100 back with a 55.37 and eight in the 200 back at 2:00.80 at the 2011 Georgia Tech Invite.



McKAYLA LIGHTBOURN
Junior - Sarasota, Fla. -
Booker HS - Back/IM-
Sarasota YMCA Sharks

Top Times

100 back: 54.26 (FSU Record)

200 back: 1:56.61

200 IM: 1:59.82

- Owns the school record in the 100 back with a 54.27 - a mark which was set during the prelims at ACC's in 2012. At finals, Lightbourn was sixth in the event. Was also 12th in the 200 back and swam in the bonus heat of the 200 IM.
- Competed in the 2011 Pan-American Games for the Bahamas in Guadalajara, Mexico. Placed Ninth in the 200 back and 200 IM.
- Placed 11th in the 400 IM and 15th in the 200 back at ACC's in 2011.
- Bahamas National Team Member



SARA MCMAHON
Junior - Dunwoody, Ga. -
Dunwoody HS - Back/Free

Top Times:

50 free: 24.30

100 free: 52.74

- Placed 11th in the 100 back at the 2012 Bulldog Invitational.
- Was 18th in the 100 free and 19th in the 50 free at the Senior Champs meet in 2011



TIFFANY OLIVER
Junior- Southwest Ranches,
Fla. - West Broward HS - Free

Top Times:

50 free: 22.30 (FSU Record)

100 free: 48.93 (FSU Record)

200 free: 1:46.72 (FSU Record)

- Qualified for the NCAA Championships behind a school record setting performance at the Bulldog Last Chance Invite in the 100 free (48.93).
- Placed fifth in the 100 free and took sixth in the 50 free at ACC's in 2012.
- Took sixth in both the 50 and 100 free at ACC's in 2011.
- A 2012 U.S. Olympic Trial qualifier - 50 and 100 free.



WOMEN'S PROFILES



HANNAH WILSON

Junior - Tupelo, Miss.- Tupelo HS- Free/Fly - Shock Wave Aquatics

Top Times:

50 free: 23.75

100 free: 51.13

100 fly: 55.98

- Was voted captain for the 2012-13 season and will also serve as president of SAAC.
- Earned the strength and conditioning award in 2012 for the Seminoles.
- Swam her best meet at the Bulldog Last Chance Invite posting times of 55.98 in the 100 fly, 23.75 in the 50 free and 51.30 in the 100 free in 2012.



KATRINA YOUNG

Junior- Shoreline, Wash. - Shorecrest HS- Diving - Northwest Diving Club

Top Scores:

1M- 238.05

3M- 260.95

Platform: 344.20

- Earned All-America accolades for a fourth place finish at the NCAA Championships on platform in 2012.
- Was the Gold medalist on the Platform at ACC's in 2012. Awarded bronze on platform in 2011 at ACC's.
- Finished 12th on Platform at the 2012 U.S. Olympic Trials
- Posted a career high score on Platform at the 2012 AT&T Summer Diving Nationals, where she took third.



JORDYN CALDWELL

Sophomore - Eagle River, Alaska- Chugiak HS - Free - KNIK Aquatics

Top Times

500 free: 4:54.17

1650 free: 17:07.14

- Won the 1650 free at the Bulldog Last Chance Invite with a time of 17:07.14 in 2012
- Placed fifth in the 500 free at the same meet with a time of 4:54.17.
- Holds the state record of Alaska in the 1650 free at 17:23.59.



KATIE COOK

Sophomore - Austin, Texas – Sickles HS – Free-Nitro Aquatics

Top Times

50 free: 23.49

100 free: 50.40

- Turned in her best races at the end of the year at the Bulldog Last Chance Invite, swimming a 23.49 in the 50 free and a 51.13 in the 100 free. season



KAITLYN DRESSSEL

Sophomore - Jacksonville, Fla. – Clay HS- Free/Breast- YMCA of Florida's First Coast

Top Times

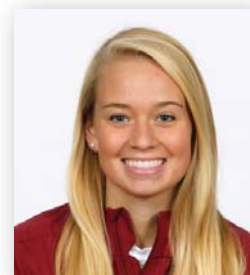
50 free: 22.74

100 free: 48.79

100 breast: 1:02.86

200 free: 1:46.79

- Placed seventh in her ACC debut in the 100 free in 2012. Added a 11th place finish in the 50 free and took 14th in the 100 breast.
- Swam her best time in the 100 free at the Bulldog Last Chance Invite in the 100 free at 49.26.
- A 2012 U.S. Olympic Trial qualifier – 50 and 100 free.



LAURA FLEWELLING

Sophomore – Scarborough, Maine - Scarborough HS – Breast/ IM - Coastal Maine Aquatics

Top Times

100 breast: 1:02.83

200 breast: 2:13.39

200 IM: 2:00.85

- Spent her freshman year at the University of Maryland
- Placed eighth in the 200 breast, took ninth in the 100 breast and finished 16th in the 200 IM at ACC's in 2012.
- A senior national qualifier.



WOMEN'S PROFILES



RACHEL HARRINGTON

Bradenton, Fla.- Manatee HS-
Ohio University - Free – Sarasota
YMCA Sharks

Top Times

500 free: 4:54.17
1650 free: 16:44.39

- Spent her freshman year at Ohio University
- Placed seventh in the 1650 free and took 11th in the 500 free at the Mid-American Conference Championships in 2012.
- Contributed to a second place team finish in MAC's in 2012.



GRACE HOFFMAN

Sophomore- Jacksonville,
Fla.- Nease HS - Free - First
Coast YMCA

Top Times

50 free: 23.50
100 free: 50.82

- Did not compete in 2011- 12
- Junior National Champion in the 400 free relay in 2009.
- Junior National qualifier in the 50, 100 and 200 free, as well as the 100 breast.
- 2009 2A State Champion in the 50 free. 2010 State runner-up in the 200 free relay.



ELIZABETH PEPPER

Sophomore- Poolesville, Md.
– Walter Johnson HS- Fly/Free-
RMSC

Top Times

200 free: 1:50.94
200 fly: 1:56.82 (FSU Record)
500 free: 4:54.34

- Qualified for the NCAA Championships behind a school record breaking performance at the Bulldog Last Chance Invite in the 200 fly (1:56.82).
- Placed seventh in the 200 fly at ACC's in 2012.
- A 2012 U.S. Olympic Trial qualifier- 200 fly and 200 free.



HALEY POWELL

Sophomore - Mooresville,
N.C.- Lake Norman HS - Free/
Back – SwimMAC

Top Times

200 Free: 1:50.69
100 Free: 51:36

- Earned two second swims at the 2012 ACC Championships in the 100 and 200 free.



KELSEY BUCKLEY

Freshman- Palm Harbor, Fla.
– Tarpon Springs HS – Free/
IM- Piranhas Swim Team

Top Times

100 free: 50.81
200 IM: 2:01.40

- A two-time Class 2 A State Champion in the 200 IM in 2010 in 2011 for Tarpon Springs, while garnering All-America honors. Also a two-time silver medalist in the 100 free in her junior and senior years.
- Runner- up in the 200m IM at the 2011 YMCA National Championships at 2:20.57.



OLIVIA CARTER

Freshman- Mims, Fla. – As-
tronaut HS- Free/Fly- Daytona
Beach Speed

Top Times

50 free: 23.65
100 free: 51.55
100 fly: 57.74

- Took the bronze medal at the 2 A State Championships in the 50 free in 2010.
- Finished fourth in the 50 and 100 free at the 1 A State Championships in 2011.
- SpaceCoast Swimmer of the Year in 2011,



WOMEN'S PROFILES



JOSIE CUDA

Freshman - Hilton Head, S.C. - Hilton Head Island HS- Free/ Fly- GCAT

Top Times

200 free: 1:50.95

500 free: 4:53.87

1000 free: 10:10.60

200 fly: 2:06.06

- A five-time state champion while representing Hilton Head High School. Contributed to two
- Was Swim Player of the Year in 2010 and 2011 and a two-time All-State selection.
- A Sectional and NCSA Junior National qualifier.



LAUREN HINE

Freshman – York, Pa. – Commonwealth Connections Academy- Free- NBAC

Top Times

500 free: 4:54.16

1000 free: 9:54.31

1650 free: 16:42.41

- A 2012 U.S Olympic Trial Qualifier – 800m free.
- Placed seventh in the 1500m free at the 2010 Summer Junior National Championships.
- State Champion of Maryland in 2012 in the 500 and 1000 free.
- Scholastic All-America for junior and senior season.



MADISON JACOBI

Freshman- Acworth, Ga. – Harrison HS - Free/back- Marietta Marlins

Top Times

200 free: 1:48

500 free: 4:46

1650 free: 16:30

200 back: 1:59.00

- A 2012 U.S. Olympic Trial qualifier- 400, 800 free, 200 back.
- 2012 Cobby County's Swimmer of the Year.
- Holds seven school records at Harrison High School.
- A two-time Georgia State Champion.



JORDAN JARMAKOWICZ

Freshman - Winter Springs, Fla. – Trinity Prep. – Breast- Trinity Prep Aquatics-

Top Times

200 IM: 2:05.10

100 fly: 56.73

100 breast: 1:05.04

- NISCA All-American in the 100 breast in 2009.
- Trinity Prep team captain for four years.
- USA Swimming Academic All-American 2010-11, 2011-12
- All- Area first team - Central Florida - 100 breast 2009, 2010.
- Trinity Prep MVP 2009



MARY ELIZABETH KING

Freshman- Duluth, Ga. – St. Pius X Catholic High- Fly- SwimAtlanta

Top Times

100 fly: 54.60

200 fly: 2:00.45

- A 2012 U.S. Olympic Trial qualifier- 100 and 200 fly.
- 4- A State Champion in the 100 fly in 2012
- Contributed to a St.Pius X runner – up finish in 2009 and a third place finish in 2012.



SAMANTHA POCHOWSKI

Freshman - Muskego, Wisc.- Muskego HS- Breast/Free- SWAT

Top Times

100 breast: 1:01.70

100 free: 50.70

200 free: 1:48.50

- Placed 34th at the 2012 U.S. Olympic Trials in the 100 breast.
- A three-time State Champion in the 100 breast (2010, 2011) and 200 free (2011). Is the state record holder in the 100 breast.
- A three-year All-American
- Placed second in the 100 breast at the 2011 Junior National Championships.



WOMEN'S PROFILES



MICHELLE POPE

Freshman- Longwood, Fla. –
Lake Brantley HS- Fly- Patriot
Aquatics

Top Times

100 fly: 56.20

200 fly: 2:05.46

- Swam the fly leg for the state championship 200 medley relay team for Lake Brantley in 2011.

- Was a state finalist in 2010 and 2011 at the 3A state meet in the 100 fly.

- Was team captain her senior year.



BIANCA SPINAZZOLA

Freshman - Narragansett,
R. I. – Naragansett HS-Back/Fly-
Bluefish Swim Club

Top Times

100 back: 54.37

100 fly: 55.48

- A four- year team MVP and All-State selection.

- 2012 High School Swimmer of the Year

- 2011 National Qualifier



MORGAN STEPHENSON

Kennesaw, Ga. – Kennesaw
Mountain HS- Breast-
Stingrays Swimming

Top Times

100 breast: 1:05.14

200 breast: 2:18.88

- National qualifier in the 200 breast and state runner-up.

- KMHS record holder in the 100 breast.

- First team All-State in 2012 and first team all-country in 2011 and 2012.





2012-13 MEN'S OUTLOOK

A fourth place finish at the 2012 ACC Championships doesn't seem like a step in the right direction for the Florida State men's swimming and diving team, but the Seminoles are locked and loaded as they'll look to take over the reins in the ACC. The jump from fourth to first seems like a tall task, but the conference meet was up for grabs a season ago as just 84 points separated the Seminoles from winning the title. In 2012-13, the Noles are poised and ready to take over that top spot.

From the 2011-12 season, six swimmers and one diver went on to compete at the NCAA Championships, contributing to a 16th place team finish with several All-America honors in both individual and relay events. With six out of the seven returning for the Noles as well as key addition of freshmen and transfers, Head Coach Neil Harper's squad is set to show vast improvement with their eyes on the ACC Championship.

Free

Andy Robins' sprint corp look to continue their dominance in the ACC in 2012-13 as the Noles will be returning 136 points worth of talent between four swimmers spread over the course of two relays and the 50 and 100 free events from last year's ACC Championships.

Those four carry the All-America accolades from their seventh place showing at the NCAA Championships in the 400 free relay. Seniors Trice Bailey, Mark Weber, David Sanders and junior Paul Murray will settle for nothing less than their success from 2012.

Murray, Bailey, Sanders and Weber kicked

off the ACC Championships big as they swam a new ACC meet, Christiansburg Aquatic Center and school record of 1:17.73 en route to a gold medal performance in the 200 free relay. The same team would win the 400 free relay at the end of the meet.

Individually, Weber earned an invitation to swim in the 50 free at NCAA's. He also swam the 100 free and 100 fly out in Federal Way, Wash., while his relay teammates took part in the 50 free.

"With the success of those four, it has attracted a lot of high school talent from guys who have the potential to challenge for those spots on those relays," Harper said. "The good thing with those chasers is that they'll be in a position for opportunities to score at the ACC meet. We've got both quantity and quality in our sprint events and we'll count on those throughout the year and in the post season."

Although the Seminoles have a deep group of athletes who can race the 50 and 100 free, one of those challengers is freshman Anthony McMurry as he has the talent to swim the 50, 100 and 200 free events in addition to contributing on all relays.

The 200 free will have a mix of talent, however Harper will look to sophomore Kevin Rogers and juniors Jonathan Taddeo and Robert Swanbeck to step in and be the main guys in the event. Senior Brad Morrison, Bailey and Murray will be called upon to step up and improve in that race.

With the departure of the ACC Swimmer of the Year in Mateo De Angulo, it looks as

if the Seminoles could have a rebuilding season in the distance races. However, senior John Jessell made his case for one of the NCAA's most improved swimmers last season as he posted a 4:20.98 in the 500 free at the end of the year. He would go on to qualify for Olympic Trials in the 400m free this past summer.

Joining Jessell in the distance events is a big addition from freshman Derek Pridemore. A Sarasota native, Pridemore is a mile specialist and qualified for Olympic Trials in both the 400 free and 1500 free races. He was third in the 500 free at the 2011 State Championships.

"We've built great depth in the distance," Harper said. "The strength for that group is their depth and they've committed themselves to bigger and better things in order to emerge as one of the strongest distance groups in the country."

IM

The 400 IM could very well be a strong suit for the Seminoles as sophomore Juan Sequera returns on the wings of an NCAA appearance in the event. As a freshmen, Sequera earned ACC Freshman of the Year honors while breaking the school record in event at 3:46.51.

Seniors Tyler Ball and Mike Thomas are both Olympic Trial qualifiers in the 400 IM and are looking to break into that elite IM core in the ACC. Ball scored his first ACC points by placing 14th in the event, while Thomas has scored at ACC's in 2010 and 2011. In addition to their IM duties, both swimmers will be factors in the distance races.

Joining the mix will be rookie Nicholas Brown. With a best time of 3:56.80, Brown could surface as one of the best IM swimmers in the conference.

"The strength of the IM group is that they can step up in the 200 IM and the 200's of strokes," Harper said. "That will help us win meets and score in the conference meet, especially with the versatility of the distance swimmers. Those guys can be factors in three races, which is what we're looking for."

Sequera will also head up the 200 IM looking to improve on his seventh place finish he displayed at ACC's in 2012.

Senior Danny Nguyen and sophomore Josh



David Sanders, Mark Weber, Trice Bailey and Paul Murray show off their relay gold medals at ACC's



2012-13 MEN'S OUTLOOK



Juan Sequera looks to build on his ACC Freshman of the Year performance from 2012.

Freidel will contribute in the 200 IM too. Both men earned a spot in the bonus final of the event of ACC's in 2012. Taddeo is another asset that will be used in the 200 IM distance.

Breast

Last season, the Seminoles looked to Sequera to fill the breaststroke holes. Although his main event is the 400 IM, Sequera took third in the 200 breast at the ACC Championships. The Miami, Fla. native was also looked to for the legs of the 200 and 400 medley relays.

Joining Sequera in the breaststroke events at ACC's last season was junior Alex Rodriguez. Rodriguez scored points in his first-ever ACC Championships as he took 13th in the 100 breast. He was 18th in the 200 distance.

With only two breaststrokers last season, the Seminoles went and beefed up in all areas of the stroke.

Two junior transfers in Jared Pike and Richard Hildebrand could be one of the best newcomers in the country as they both finished first and second in the 100 breast at the NJCAA Championships in 2012 for Indian River State College. In his freshman and sophomore seasons Pike racked up four NJCAA championships between the 100 and 200 breast. While back home in South Africa this summer, Pike made his Olympic Trial finals debut in both the 100 and 200 breast. Hildebrand is a sprint breaststroker and will boost the medley relays and individually in

the 100 breast.

Brown will help out as well in the breaststroke events.

"Jared and Richie could be the fastest newcomers in college swimming," Harper said. "We have at least four dominant breaststrokers and our goal is to have as many of those swimming in the top heat of ACC's in both the 100 and 200 events."

Back

One of the biggest thrills for the Noles came at the 2012 Olympic Trials as Friedel qualified for the semifinals of the 200 back, placing 12th. The Fredericksburg, Va. native came on strong during the ACC Championships, finishing in third place in the 200 back and added a ninth place showing from lane one in the 100 back.

Friedel will be joined by senior Brad Morrison and Rogers in the 200 back. Both men swam in the bonus heat of the event at ACC's, however Morrison has scored at the championship level in 2010 and 2011.

"Josh had a breakthrough year," Harper said. "He'll lead the group that is deep again and as always, our goal is to score really big especially in the 200 back."

At the shorter 100 back distance, junior Cadell Lyons and sophomore Harrison Brogden will add depth. Both gentlemen earned second swims last year at the ACC Championships. Brogden is also dangerous at the 200 distance, while Rogers will contribute as well.

Fly

After a great swim at the 2012 U.S. Olympic Trials, sophomore Connor Knight will look to lead the Seminoles in both the 100 and 200 fly. Fueled by a disappointing 22nd place finish at his first ACC Championships in 2012, Knight looks to burst to the top of the conference in both events.

Nguyen will use his versatility from his IM basis in order to be a threat in the fly events. Last season, Nguyen placed 14th in the 200 distance.

Lyons, Sanders and Weber can be factors in the 100 fly with freshman Cole Hensley hungry for the spotlight in the sprints. "We are going to rely on the flyers for dual meet success," Harper said. "Those guys

training together will make them better, especially in the 200 fly, however I think we are all covered between these two events. It will be a strong suit for us."

Diving

Coach Pat Jeffrey's divers are always at the top of the ACC and they proved to be one of the best groups at the ACC Championships. The men will be led by two returning All-ACC divers in senior Nick Klein and junior Tom Neubacher.

"Coming off a strong top-3 performance between Tom and Nick and Tom's NCAA postseason appearance, I am encouraged about this year," head diving coach Pat Jeffrey said. "Hopefully we can repeat our success from last year and build on it at the NCAA level by breaking into the All-American level."

Neubacher was the lone FSU diver at the NCAA Championships last season. He qualified for the meet by showing his dominance on the 1-meter springboard at the Zone B Qualifier by winning the event by almost 70 points.

Another factor that will help the Seminoles on the boards will be junior transfer Michael Lewark. Lewark spent his freshman and sophomore season as a member of the University of Florida and became the first Gator diver in six years to qualify for NCAA's.

"With the addition of Mikey, he will be a presence at the conference level," Jeffrey said. "We're hoping and he's working to get back to the NCAA meet, which he qualified for last year."



Senior Nick Klein made his first All-ACC performance on the platform in 2012 with a third place finish at ACC's.



MEN'S PROFILES



TRICE BAILEY

Senior- Lake Mary, Fla. –
Seminole HS - Free- Seminole
Aquatics Club

Top Times

50 free: 19.83

100 free: 43.88

- A member of the All-American 400 free relay that took seventh at NCAA's in 2012. Also an honorable mention with a ninth place showing in the 200 free relay at NCAA's.
- A two-time ACC Champion in the sprint relays in 2012. The 200 free relay set a new ACC meet, pool and FSU school record of 1:17.73.
- Competed in the 50 free at NCAA's in 2012.
- Placed seventh in the 50 free ninth in the 100 free and 15th in the 200 free at ACC's in 2012.
- Will serve as team captain for the 2012-13 season.



TYLER BALL

Senior-Apollo Beach, Fla. –
East Bay HS- IM/Free- Bran-
don Sports & Aquatics

Top Times

400 IM: 3:55.56

500 free: 4:28.88

1650 free: 15:32.86

- A 2012 U.S. Olympic Trials qualifier- 400 IM.
- Placed 12th in the 1650 free and 14th in the 400 IM at ACC's in 2012. Earned his best time in the 500 free in the bonus heat of the event.
- Took ninth at the Georgia Tech Invite in 2010 in the 400 IM.



ALEX FERNANDEZ

Senior- Coral Springs, Fla.–
Major Stoneman Douglas
HS - Breast/IM

Top Times

100 breast: 59.38

200 IM: 1:51.56

- Placed third at the Bulldog Last Chance Invitational in the 200 IM at 1:51.56 in 2012.
- Took 10th in the 200 IM and 11th in the 100 breast at the Georgia Tech Invite in 2011.
- Will serve as team captain for the 2012-13 season.



JOHN JESSELL

Senior- Miami, Fla.- Daytona
State College - Free

Top Times

500 free- 4:20.98

1650 free - 15:12.86

- Won the 1650 free at the Bulldog Invite with a 15:12.86 and took second behind a 10-second drop in the 500 free at 4:20.98
- A 2012 U.S. Olympic Trial qualifier- 400 free



NICK KLEIN

Senior- Chapel Hill, N.C.- East
Chapel Hill HS - Diving

Top Scores

1M- 344.00

3M-356.00

Platform- 394.65

- Earned All-ACC honors on the Platform by taking the bronze at ACC's in 2012 with a career- high score of 394.65.
- A 2012 U.S. Olympic Trial qualifier- 10M Synchronized.
- Finished 11th on Platform in 2011.



BRAD MORISSON

Senior-Land O'Lakes, Fla.-
Sunlake HS -Back/Free-TBAY

Top Times

100 back: 49.65

200 back: 1:46.84

500 free: 4:30.83

- Earned a second swim in the 500 free at ACC's in 2012.
- Took first in the 200 back against Florida in 2011.
- Placed 13th in the 200 back in 2011 at ACC's.
- Finished 11th in the 200 back at ACC's in 2010.



MEN'S PROFILES



DANIEL NGUYEN

Senior- Snellville, Ga.- Brookwood HS -Fly/IM- SwimAtlanta

Top Times

200 IM: 1:49.23

200 fly: 1:46.97

• Took 14th in the 200 fly at the 2012 ACC Championships. Also swam in the bonus heats of the 100 fly and 200 IM.

• Earned a second swim in the bonus heat of the 200 fly in 2011 at ACC's.

• Placed fifth in the 200 fly in ACC Championship debut with a time of 1:47.95.



DAVID SANDERS

Senior-Cincinnati, Ohio - Archbishop Moeller HS-Free-Cincinnati Marilins

Top Times

50 Free : 20.33

100 Free: 44.52

100 Fly: 48.60

• A member of the All-American 400 free relay that took seventh at NCAA's in 2012. Also an honorable mention with a ninth place showing in the 200 free relay at NCAA's.

• A two-time ACC Champion in the sprint relays in 2012. The 200 free relay set a new ACC meet, pool and FSU school record of 1:17.73.

• Transferred from Kentucky in 2011.



MARK WEBER

Senior- Warner Robins, Ga. - Houston County HS- Free-Warner Robins Aquanauts

Top Times

50 free: 19.59

100 free: 43.86

100 fly: 47.72

• A member of the All-American 400 free relay that took seventh at NCAA's in 2012. Also an honorable mention with a ninth place showing in the 200 free relay at NCAA's.

• A two-time ACC Champion in the sprint relays in 2012. The 200 free relay set a new ACC meet, pool and FSU school record of 1:17.73.

• Took fourth in the 50 free and 12th in both the 100 free and 100 fly at ACC's in 2012.

• A 2012 U.S. Olympic Trial qualifier- 50 and 100 free.



LUCAS AKKER

Junior- Clearwater, Fla. - Northside Christian HS- Indian River- Free

Top Times

1650 free: 15:31.22

500 free: 4:31.22

• A 2011 NJCAA All-American in the 200, 500 and 1650 free events.

• Contributed to two NJCAA team championships with Indian River State College.



JACK DEEDRICK

Junior- Tampa, Fla. - Free - Homeschooled

Top Times

200 free: 1:40.56

500 free: 4:30.10

1650 free: 15:38.76

• Had his best meet in 2012 at the Bulldog Last Chance Invitational by posting a 4:31.34 in the 500 free and a 15:49 showing in the 1650 free.

• Competed in the 2011 ACC Championships.

• Placed sixth at the 2010 Georgia Tech Invitational in the 1650 free with a time of 15:38.76.



RICHARD HILDEBRAND

Junior- Apopka, Fla.- Breast-Indian River-Swim Orlando

Top Times

100 breast: 54.96

200 breast: 2:02.60

• NJCAA All-American in the 100 breast in 2012.

• A NJCAA National Champion as a member of the 200 medley relay team for Indian River in 2012.

• Contributed to two team National Championships in 2011 and 2012 for Indian River.



MEN'S PROFILES



MICHAEL LEWARK

Junior - Davie, Fla. - American Heritage HS - Diving

Top Scores

1M:337.66

3M:378.90

Platform: 362.65

- In 2012, was the first NCAA qualifier for the University of Florida in diving in six years.
- Was the 2012 bronze medalist on Platform at the SEC Championships.
- Transferred from Florida in 2012.



CADELL LYONS

Junior- South Oropouche, Trinidad- Presentation College- Fly/Back

Top Times

100 back: 49.05

100 fly: 47.68

100 free: 44.62

- Took ninth in the 100 fly at 47.68 at ACC's in 2012.
- Earned second swims in the 100 free and 100 back at ACC's.



MAX MITCHELL

Stone Mountain Ga. - Chamblee HS- Indian River- Fly/Back-DeKalb Aquatics

Top Times

100 fly: 49.50

200 fly: 1:51.90

100 free: 46.13

- Earned All-American honors in the 100 fly, 200 fly and 100 back in 2012.
- Contributed to two team NJCAA National Championships while at Indian River.



PAUL MURRAY

Junior- Coconut Creek, Fla. - American Heritage HS - Free

Top Times

50 free: 19.35

100 free: 42.78 (FSU Record)

- A member of the All-American 400 free relay that took seventh at NCAA's in 2012. Also an honorable mention with a ninth place showing in the 200 free relay at NCAA's.
- A two-time ACC Champion in the sprint relays in 2012. The 200 free relay set a new ACC meet, pool and FSU school record of 1:17.73.
- Competed in the 50 free at NCAA's in 2012. Took fourth in the 100 free and ninth in the 50 free at ACC's in 2012.



TOM NEUBACHER

Junior- Windermere, Fla. - Olympia HS- Diving

Top Scores

1M: 370.60

3M:403.20

Platform: 364.65

- Qualified for NCAA's in 2012 after a dominating performance on 1-meter (735.23 12 dives) at the Zone B NCAA Qualifier.
- Earned All-ACC honors by grabbing the bronze on 1-meter at ACC's in 2012. Was also fifth on 3-meter and seventh on platform.
- Placed third at the 2012 Winter Diving Nationals on 1-meter.
- Was seventh on all three boards at ACC's in 2011.



JARED PIKE

Winchester Hills, South Africa- St. Benedict's College for Boys- Indian River- Breast- Southern Dolphins Aquatics

Top Times

100 breast: 54.32

200 breast: 1:59.89

- A four-time NJCAA National Champion in the 100 and 200 breast. A three-time relay champion in the 200 and 400 medley relays.
- Earned a berth in the 2012 South African Olympic Trial finals in the 100 and 200 breast.
- The short course national champion in the 50m and 100m breast events in 2011.



MEN'S PROFILES



ALEX RODRIGUEZ

RS Junior- Hialeah Gardens, Fla. – Florida Atlantic- Breast

Top Times

100 breast: 55.31

200 breast: 2:00.21

• Placed 13th in the 100 breast at ACC's in 2012.

• Earned a second swim in the 200 breast at ACC's in 2012.



ROBERT SWANBECK

Junior- Fort Myers, Fla. - Fort Myers HS- Free

Top Times

100 back: 52.26

200 back: 1:54.17

200 free: 1:38.43

• Took fifth in the 100 free at the Bulldog Invite with a final time of 46.22 in 2012.



MIKE THOMAS

Junior- Baltimore, Md.-Calvert Hall HS - IM- NBAC

Top Times

200 IM: 1:50.03

400 IM: 3:54.10

200 fly: 1:50.93

• A 2012 U.S. Olympic Trial qualifier- 400 IM.

• Earned two second swims in the 400 IM and 500 free at ACC's in 2012.

• Placed 10th at ACC's in 2011 in the 400 IM.



JONATHAN TADDEO

RS Sophomore - Clearwater, Fla. - Country Side HS - Free/IM

Top Times

100 free: 45.26

200 free: 1:40.25

200 IM 1:51.87

• Placed second in the 100 free at 45.74 after posting a 45.54 in prelims of the Bulldog Invitational.

• Sat out the 2010-11 season due to injury.



HARRISON BROGDEN

Sophomore- Greensboro, N.C.- Western Guilford HS - Back- STAR

Top Times

100 back: 50.13

200 back: 1:48.93

• Earned a second swim in the 100 back at ACC's in 2012.

• Placed 15th in the 200 back at the Georgia Tech Invite in 2011 with a personal best of 1:50.79. Added a 14th place showing in the 100 back at the same meet.

• Senior National qualifier.



TYLER FOZKOS

Sophomore- Valporasio, Ind. - Chesterton HS - Free/Fly- Duneland Swim Club

Top Times

50 free: 20.62

100 free: 46.07

100 fly: 50.80

• Placed second at the Bulldog Last Chance Invitational in the 50 free and took sixth in the 100 free.

• Went his fastest 100 fly of the season at the Georgia Tech Invite at 52.89.



MEN'S PROFILES



JOSH FRIEDEL

Sophomore- Fredricksburg, Va. – Mountain View HS - Back- Rappahannock RAYS

Top Times

100 back- 48.38

200 back: 1:43.14

200 IM: 1:48.62

• Made his Olympic Trial semifinal berth in the 200 back in 2012. Also competed in the 100 back.

• Accomplished All-ACC honors with a third place finish in the 200 back at ACC's in 2012. Placed ninth in the 100 back and swam in the bonus heat of the 200 IM.



CONNOR KNIGHT

Sophomore- Juno Beach, Fla. – William T. Dwyer HS - North Palm Beach Swim Club

Top Times

100 fly: 47.09

200 fly: 1:45.34

• Earned a second swim in the 200 fly at ACC's in 2012.

• A 2012 U.S. Olympic Trial qualifier- 200 fly.

• Placed 17th in the 100 fly at the Georgia Tech Invite.



KEVIN ROGERS

Raleigh, N.C.- Needham Broughton HS - Back/Free- YMCA of the Triangle Area

Top Times

200 free: 1:37.26

500 free: 4:27.42

200 back: 1:46.73

• Placed 10th in the 500 free and 12th in the 200 free at ACC's in 2012.

• Swam in the bonus heat of the 200 back at ACC's in 2012.



JUAN SEQUERA

Sophomore- Miami, Fla. – Ronald W. Reagan Doral HS - IM/Breast

Top Times

200 IM: 1:47.78

200 breast: 1:57.85

400 IM: 3:46.51 (FSU Record)

• Was named the ACC Freshman of the Year in 2012.

• Qualified for NCAA's behind a school record breaking performance in the 400 IM at 3:46.51. Also competed in the 200 breast and 200 IM at the meet.

• Earned All-ACC honors behind two bronze medals in the 400 IM and 200 breast at ACC's. Also placed seventh in the 200 IM.



IAN APPLE

Freshman- Jacksonville, Fla. – Paxton School for Advanced Studies- Free/Fly- Bolles

Top Times

50 free: 20.63

100 free: 45.34

100 fly: 49.95

• A two-time FHSAA state champion in the 50 free.

• Runner- up at the state meet in the 100 free in 2011.

• A junior national qualifier.



NICHOLAS BROWN

Freshman- Augusta, Ga. – Greenbrier HS - IM/Breast- Aiken-Augusta Swim League

Top Times

400 IM- 3:55.59

200 breast: 2:03.93

100 breast: 58.52

• A 2012 state champion in the 100 breast. Also claimed silver in the 200 IM.

• All-State honors as a senior.

• A senior national qualifier.



MEN'S PROFILES



KALONJI COLE

Freshman- Tallahassee, Fla.-
Leon HS - Diving- Tomahawk

- A 2012 state champion on 1-meter in 2011 while representing Leon County.



KYLE DOXTATER

Freshman- Hebron, Md. –
James M. Bennett HS- Free/
IM- Mid-Delmarva

Top Times

400 IM: 3:54.71

200 fly: 1:52.71

200 IM: 1:52.15

- All-Maryland team honors his freshman through junior years



COLE HENSLEY

Freshman- Winter Springs,
Fla.- Oviedo HS - Fly- Blue
Dolphins Aquatics

Top Times

100 fly: 50.00

200 fly: 1:50.28

- Placed third at the state meet in the 100 fly in 2011.
- Was an All-America honorable mention and first-team All-Central Florida as a junior in water polo.
- A junior national qualifier.



JAKE KINGSFORD

Freshman- Winter Park,
Fla.-Winter Park HS -Free/Fly-
Trinity Prep Aquatics

Top Times

50 Free: 20.62

100 free: 45.00

100 fly: 50.21

- Was the state champion in the 100 fly with a time of 50.80 for Winter Park High School.
- Member of Trinity Prep Aquatics.



DYLAN MARSOLEK

Freshman- Plantation, Fla.
– St. Thomas Aquinas HS -
Free- Plantations Swim Team

Top Times

200 free: 1:42

500 free: 4:31.97

1650 free: 15:55.33

- Contributed to a St.Thomas Aquinas second place finish at the 3A State Championships in 2011.
- A state finalist in the 200 and 500 free his junior and senior years.
- A junior national qualifier



ANTHONY MCMURRY

Freshman- Duluth, Ga. – Wes-
leyan School HS - Free/Back-
SwimAtlanta

Top Times

100 free: 45.33

200 free: 1:38.75

100 back: 51.24

- Captured the state title and All-America accolades in the 100 free as both a junior and senior.
- Was a member of the state record-breaking 200 and 400 free relays in 2011.
- All-time high career point award winner for Wesleyan
- A junior national qualifier



MEN'S PROFILES

GRADUATE ASSISTANTS



DEREK PRIDEMORE

Freshman- Venice Fla. –
Venice HS - Free- Sarasota YMCA Sharks

Top Times

500 free: 4:25.84

1650 free: 15:15.26

- A 2012 U.S. Olympic Trial qualifier- 400 and 1500 free (27th in the 1500)
- Placed second at the 2011 junior national championships in the 800 free and was third at the U.S. open.
- Third at the state meet in the 500 free in his junior and senior seasons.



JASON WILLIAMS

Freshman- Palm Harbor- Palm Harbor HS -
Free- Palm Harbor YMCA Piranhas

Top Times

50 free: 20.62

100 free: 45.90

- Palm Harbor school record holder in the 50 free at 20.80



STEVEN CAUDILL

Graduate Assistant
Gardner- Webb '11



GIDEON LOUW

Graduate Assistant
Auburn - '10



MATT PATTON

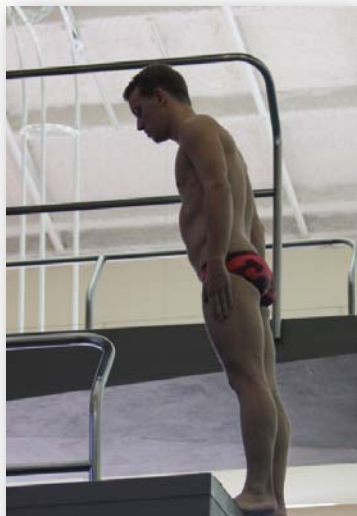
Graduate Assistant
Michigan - '10



ERIN RHODES

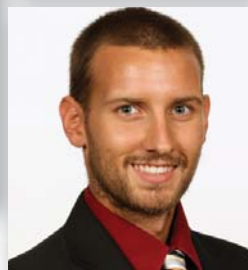
Graduate Assistant
Eastern Michigan- '11

MANAGERS



MARK COX

Team Manager- Senior at
FSU



SHAWN LEONARD

Team Manager- Sophomore
at FSU

Top: Senior John Jessell, Left : Senior Nick Klein, Right : Josh Friedel



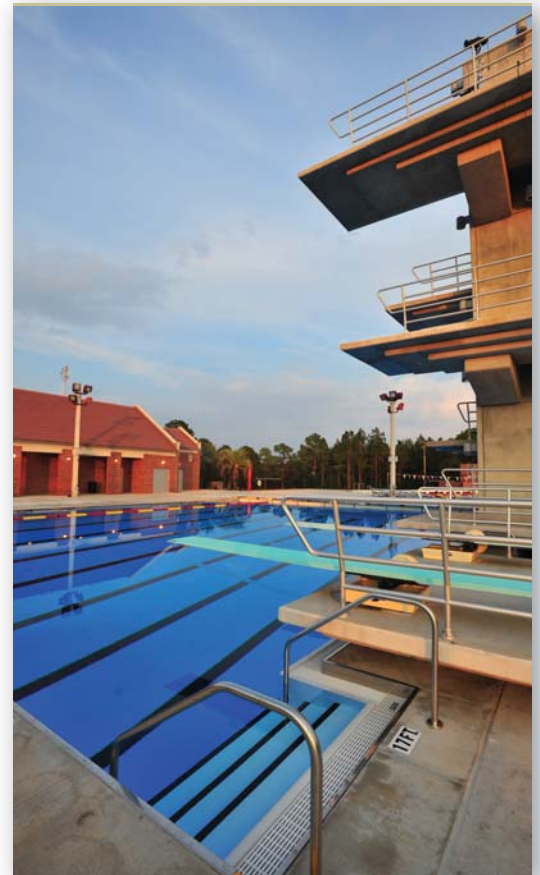
THE MORCOM AQUATICS CENTER

In 2008 Florida State opened its new \$10.5 million Morcom Aquatic Center. The state-of-the-art facility is located off-campus next to the Don Veller Seminole Golf Course. The main pool features up to 30 practice lanes and maintains a temperature of 80 degrees. FSU will be swimming in the same pool that hosted the 2005 FINA World Championships in Montreal, Canada. During those World Championships nine world records were broken. Included in the record breaking performances were American's Aaron Peirsol (200m back), Ian Crocker (100m fly) and Jessica Hardy (100m breast).

The diving well features two one-meter and two three-meter springboards as well as one, three, five, seven-and-a-half and 10 meter platforms. The platforms are 10 feet wide making them the widest in the nation. The diving pool is kept temperature controlled at 82 degrees and also features a compression bubble used to soften a divers impact during entry while practicing platform dives. Divers will also be able to practice their dives using the dryland equipment which includes two springboards attached to an intricate rope and pulley system and a trampoline.

Spacious locker rooms and coaches offices are located in the adjoined 10,000 square-foot building, which house the athletes equipment and coaching staff

Since the unveiling, Florida State has hosted several prime events. The Morcom Aquatics Center served as host to the 2009 USA Diving Nationals, the 2010 National Zone Diving Championships and the 2010 US Master Championships. It also was the diving training site for the 2009 World Championships, which took place in Rome, Italy.





SCHOOL RECORDS

Women's School Records

Event	Swimmer (Year)	Time/Score
50 Free	Tiffany Oliver (2012)	22.30
100 Free	Tiffany Oliver (2012)	48.57
200 Free	Tiffany Oliver (2012)	1:46.72
500 Free	Charlotte Broadbent (2011)	4:42.92
1000 Free	Marissa Harrington (2010)	9:50.77
1650 Free	Charlotte Broadbent (2010)	16:16.44
100 Fly	Lauren Sparg (2008)	52.81
200 Fly	Elizabeth Pepper(2012)	1:56:82
100 Back	McKayla Lightbourn(2012)	54.26
200 Back	Stephanie Sarandos (2010)	1:54.14
100 Breast	Lauren Brick (2007)	1:00.51
200 Breast	Emma Dutton (2004)	2:12.76
200 IM	Tori Richmond (2011)	1:59.04
400 IM	Julia Henkel (2012)	4:11.91
200 Free Relay	Stevi Steinhauer, Shanda Casella Brittany Selts, C.J. Hendry (2009)	1:30.33
400 Free Relay	Tiffany Oliver, Holly Mills Brittany Selts, C.J. Hendry (2010)	3:19.67
800 Free Relay	Holly Mills, C.J. Hendry, Stephanie Sarandos, Jocelyn Phillips (2010)	7:10.13
200 medley relay	Christie Raleigh, Lauren Brick Lauren Sparg, Carrie Ellis (2006)	1:38.59
400 medley relay	Romy Altmann, Lauren Brick, Lauren Sparg, Christie Raleigh (2007)	3:36.98
1 Meter Diving	6 Dives Tiffany Manning (2004)	331.05
	11 Dives Wendy Fuller (1985)	431.60
3 Meter Diving	6 Dives Lisi Rowland (2011)	365.65
	11 Dives Brittany Lerew (2005)	556.60
Platform	6 Dives Courtney McClow (2005)	348.50
	5 Dives Katrina Young (2012)	323.05

Men's School Records

Event	Swimmer (Year)	Time/Score
50 Free	Brendon Dedekind (1998)	19.17
100 Free	Paul Murray (2012)	42.78
200 Free	Andy Hodgson (2009)	1:34.80
500 Free	Kyle Young (2009)	4:14.60
1000 Free	Mateo De Angulo (2012)	8:54.28
1650 Free	Mateo De Angulo(2012)	14:42.77
100 Fly	Jarryd Botha (2009)	46.23
200 Fly	Stephen Parry (1998)	1:43.69
100 Back	Andy Hodgson (2009)	47.31
200 Back	Andy Hodgson (2009)	1:41.11
100 Breast	Brendon Dedekind (1997)	53.16
200 Breast	Rob Holderness (2011)	1:54.36
200 IM	Robby Hayes (2011)	1:45.81
400 IM	Juan Sequera	3:45.83
200 Free Relay	Paul Murray, Trice Bailey David Sanders, Mark Weber (2012)	1:16.76
400 Free Relay	Paul Murray, Trice Bailey, David Sanders, Mark Weber (2012)	2:53.06
800 Free Relay	Kyle Young, Andy Hodgson, Stephen Pendleton, Robby Hayes (2009)	6:25.11
200 Medley Relay	Andy Hodgson, Scott Thacker, Jarryd Botha Ed Denton (2009)	1:26.14
400 Medley Relay	Andy Hodgson, Scott Thacker, Jarryd Botha Ed Denton (2009)	3:08.89
1 Meter Diving	6 Dives Terry Horner (2010)	463.00
	11 Dives Paul Spray (1991)	581.65
3 Meter Diving	6 Dives Terry Horner (2010)	458.40
	11 Dives Louis Gagnet (2003)	621.05
Platform	6 Dives Landon Marzullo (2011)	441.25

Bold denotes active swimmers/divers
Bold denotes active swimmers/divers



WOMEN'S ALL-TIME ACC CHAMPIONS

1993

Dora Bralic, 100 Breast
Helen Jepson, 200 Fly

1994

Dora Bralic, 100 Breast

1995

Erin Gillooly, 3M Diving
Helen Jepson, 100 Fly & 200 Fly
Jodi Kreig, 100 Back & 200 Back
Allison Smith, 100 Breast
200 Medley Relay (Kreig, Smith, Jepson, Kominski)
400 Medley Relay (Kreig, Smith, Jepson, Kominski)

1996

Jodi Kreig, 100 Back
200 Medley Relay (Kreig, White, Wright, Ramer)

1997

Samantha White, 100 Breast

2000

Christy Cech, 100 Free
Tanya Gurr, 200 Free
400 Free Relay

2001

Chelsie Lerew, 1M Diving & 3M Diving

2002

Christy Cech, 100 Free
Chelsie Lerew, 3M Diving
Courtney McClow, 1M Diving
400 Medley Relay (Breen, Dutton, Nethercott, Cech)

2005

Lauren Brick, 100 Breast
Brittany Lerew, 3M Diving



Brittany Lerew



Emma Dutton



Katrina Young

2007

Christie Raleigh, 50 Free, 100 Free & 100 Fly
Lauren Brick, 100 Breast
Romy Altmann, 100 Back, 200 Back
200 Medley Relay (Raleigh, Brick, Sparg, King)
400 Medley Relay (Altmann, Brick, Sparg, Raleigh)

2003

Emma Dutton, 100 Breast
Chelsie Lerew, 1M Diving & 3M Diving
Andree-Anne Leroy, 200 IM
200 Free Relay (Lyres, Hansen, Breen, Parkinson)
400 Free Relay (Lyres, Hansen, Breen, Dutton)

2004

Emma Dutton, 50 Free, 100 Breast & 200 Breast
Tiffany Manning, 1M Diving & 3M Diving
200 Free Relay (Breen, Dong, How, Dutton)
400 Free Relay (Breen, Dong, How, Dutton)
200 Medley Relay (Breen, Brick, Dong, Dutton)
400 Medley Relay (Leroy, Dutton, How, Breen)

2006

Romy Altmann, 200 Free
Lauren Brick, 100 Breast
Carrie Ellis, 100 Free
Georgia Holderness, 200 Breast
Christie Raleigh, 50 Free, 100 Fly
200 Free Relay (Ellis, King, Sparg, Raleigh)
400 Free Relay (Raleigh, Holderness, Kenney, Ellis)
200 Medley Relay (Raleigh, Brick, Sparg, Ellis)
400 Medley Relay (Altmann, Brick, Raleigh, Ellis)

2008

Lauren Sparg, 100 Fly

2012

Katrina Young, Platform Diving



MEN'S ALL-TIME ACC CHAMPIONS

1992

Desmond Koh, 200 Breast
Paul Spray, 1M Diving & 3M Diving

1993

Ignacio Merino, 200 Fly
Rob Braknis, 100 Back

1994

Rob Braknis, 100 Back

1995

Frank Bradley, 200 IM
Rob Braknis, 50 Free, 100 Back & 200 Back
Chad Haberstroh, 400 IM
200 Free Relay (Brakins, Coelho, Schlichenmaier, Gerrard)
200 Medley Relay (Brakins, Merino, Bengston, Coelho)
400 Medley Relay (Brakins, Merino, Bengston, Coelho)

1996

Brendon Dedekind, 50 Free & 100 Free
Chad Haberstroh, 400 IM
200 Free Relay (Dedekind, Coelho, McVittie, Haynes)

1997

Rob Braknis, 100 Back & 200 Back
Brendon Dedekind, 50 Free, 100 Free & 100 Breast
Stephen Parry, 200 Free & 200 Fly
200 Free Relay (Dedekind, Coelho, McVittie, Brakins)
400 Free Relay (Dedekind, Coelho, McVittie, Brakins)
200 Medley Relay (Brakins, Peterson, Parry, Coelho)
400 Medley Relay (Brakins, Peterson, Parry, Dedekind)

1998

Brendon Dedekind, 50 Free & 100 Breast
200 Free Relay (Santos, McVittie, Flanagan, Dedekind)
400 Free Relay (Santos, McVittie, Flanagan, Dedekind)
200 Medley Relay (Parry, Petersen, Ang, Dedekind)

1999

Brendon Dedekind, 50 Free, 100 Free, 100 Breast
Stephen Parry, 200 Free, 200 Fly & 200 Back
200 Free Relay (Santos, McVittie, Flanagan, Dedekind)
400 Free Relay (Santos, McVittie, Flanagan, Dedekind)
800 Free Relay (McVittie, Mora, Santos, Parry)
200 Medley Relay (Brakins, Petersen, Parry, Dedekind)
400 Medley Relay (Brakins, Petersen, Parry, Dedekind)

2000

Brent Burkman, 1M Diving
200 Free Relay (Main-Baillie, Ammons, Marshburn, Flanagan)
200 Medley Relay (Powell, Jamerson, Swanson, Botha)
400 Medley Relay (Botha, Jamerson, Kennon, Denton)



Mateo De Angulo

2001

Devin Crock, 100 Fly
Josh Edelman, 1M Diving & 3M Diving
Greg Main-Baillie, 50 Free

2002

Louis Gagnet, 1M Diving & 3M Diving
200 Medley Relay (Ammons, Betts, Crock, Mashburn)

2003

Justin Betts, 100 Breast
Louis Gagnet 1M Diving & 3M Diving
200 Free Relay (Ammons, Marshburn, Carmen, Nienaber)
200 Medley Relay (Cook, Betts, Marshburn, Ammons)

2004

Wickus Nienaber, 100 Breast
Joel Roycik, 100 Fly
200 Medley Relay (Vythoukcas, Nienaber, Averett, Paulus)

2005

400 Free Relay (Roycik, Kennon, Averett, Denton)

2006

Jarryd Botha, 200 Back
200 Free Relay (Botha, Denton, Kennon, Roycik)
400 Free Relay (Kennon, Botha, Denton, Roycik)

2007

Kyle Young, 500 Free & 1650 Free
Alex Kennon, 50 Free
Jarryd Botha, 100 Back, 200 Back
Ed Denton, 100 Free

2008

Terry Horner, 1m and 3m

2009

Dan Frebel, Platform
Andy Hodgson, 200 Back

2010

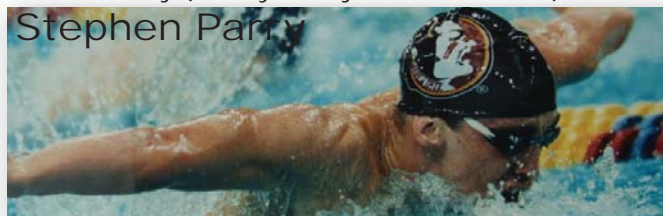
Andy Hodgson, 200 Back
Rob Holderness, 200 Breast
Terry Horner, 3m
Scott Thacker, 100 Breast

2011

Rob Holderness, 100 and 200 Breast

2012

Mateo De Angulo, 500 and 1650 free
200 free relay (Murray, Bailey, Sanders, Weber)
400 Free relay (Murray, Bailey, Sanders, Weber)



Stephen Parry



WOMEN'S ALL-TIME ALL-AMERICANS

All-American Individuals

1975	Susan Clark	50 Fly, 100 Fly, 100 IM
	Katie Jones	100 Back
	Mary Montgomery	400 Free
	Jackie Walker	400 Free
1976	Laura Barber	50 Back, 100 Back
1977	Laura Barber	100 Back
	Susie Yates	50 Free
1978	Terri Miller	400 IM, 1650 Free
	Jana Wilkins	100 Fly
1980	Lenore Gribble	100 Fly
	Lisa Nencioni	100 Breast
	Sharon Spuler	50 Breast
1981	Lenore Gribble	100 fly
	Meg McCully	50 Back, 100 Back
	Sharon Spuler	50 Breast
1982	Kim Foster	200 Back
	Lenore Gribble	50 Fly, 100 Fly
	Laurie Lehner	50 Fly, 100 Fly, 50 Free, 100 Free
	Meg McCully	50 Back, 100 Back, 200 Back
	Sharon Spuler	50 Breast, 100 Breast
1983	Sara Linke	200 Free, 500 Free
1984	Sara Linke	200 Free, 500 Free
1985	Wendy Fuller	1M Diving
1988	Kathy Isackson	100 Fly (HM), 200 Fly (HM)
1989	Kathy Isackson	100 Fly (HM)
	Danielle Van Dyke	100 Breast (HM)
1995	Helen Jepson	200 Fly (HM)
1996	Samantha White	100 Breast (HM)
1997	Samantha White	100 Breast (HM)
	Anne Blachford	200 IM (HM)
2001	Christy Cech	50 Free, 100 Free (HM)
2002	Christy Cech	50 Free (HM)
	Tiffany Manning	Platform Diving
	Chelsie Lerew	1M Diving (HM)
2003	Tiffany Manning	Platform Diving (HM)
2004	Emma Dutton	100 Breast, 200 Breast
	Tiffany Manning	Platform, 3M (HM), 1M (HM)
	Taryn Ignacio	Platform (HM)
2005	Courtney McClow	1M Diving (HM), Platform
2006	Lauren Brick	100 Breast
	Christie Raleigh	100 Fly (HM)
2007	Lauren Brick	100 Breast
	Romy Altmann	200 Back
2008	Aleia Monden	Platform (HM)
	Lauren Sparg	100 Fly (HM)
2010	Stephanie Sarandos	200 Back (HM)
2012	Katrina Young	Platform

All-American Relays

200 Free

- 1976** - Laura Barber, Kim Reeves, Patty Taylor, Ritchie Dorrier
- 1977** - Laura Barber, Ritchie Dorrier, Susie Yates, Jana Wilkins
- 1982** - Sharon Spuler, Lenore Gribble, Laurie Lehner, Simone Kusseling - *

2000 - Christine Williams, Christy Cech, Tanya Gurr, Anne Blachford (HM)

2003 - Jennie Lyes, Emma Dutton, Emily Breen, Loren Hansen (HM)

2004 - Emily Breen, Emma Dutton, Rachel Dong, Lisa How (HM)

400 Free

1975 - Mary Montgomery, Susan Clark, Jackie Walker, Kathy McHardy

1976 - Laura Barber, Kim Reeves, Ritchie Dorrier, Kathy McHardy

1977 - Laura Barber, Ritchie Dorrier, Jana Wilkins, Susie Yates

1978 - Terri Miller, Jeanne Dowdle, Laura Barber, Jana Wilkins

1979 - Jeanne Dowdle, Lisa Davidson, Kim Dunlap, Kathi Miller

1982 - Sharon Spuler, Laurie Lehner, Lenore Gribble, Stacey Deck

2000 - Kristen Adams, Anne Blachford, Tanya Gurr, Christy Cech (HM)

2006 - Georgia Holderness, Romy Altmann, Carrie Ellis, Christie Raleigh (HM)

800 Free

1977 - Laura Barber, Sara Shuster, Nancy Pfaff, Beth Jones

1978 - Terri Miller, Jackie Bajus, Jana Wilkins, Sara Shuster

2000 - Kristen Adams, Anne Blachford, Tanya Gurr, Christy Cech (HM)

200 Medley

1975 - Katie Jones, Penny Knutsen, Susan Clark, Mary Montgomery

1977 - Terri Wiking, Kim Krueger, Jana Wilkins, Susie Yates

1978 - Laura Barber, Jeanne Dowdle, Jana Wilkins, Jackie Bajus

1980 - Kim Dunlap, Sharon Spuler, Lenore Gribble, Jeanne Dowdle

1981 - Meg McCully, Sharon Spuler, Lenore Gribble, Kim Foster

1982 - Meg McCully, Sharon Spuler, Laurie Lehner, Simone Kusseling - *

1988 - Stacia Evans, Jennifer Hazard, Kathy Isackson, Krissy Myers (HM)

2004 - Emily Breen, Lauren Brick, Rachel Dong, Emma Dutton (HM)

2006 - Christie Raleigh, Lauren Brick, Lauren Sparg, Carrie Ellis

2007 - Christie Raleigh, Lauren Brick, Lauren Sparg, Abbie King

400 Medley

1981 - Meg McCully, Sharon Spuler, Lisa Nencioni, Lenore Gribble

1982 - Meg McCully, Sharon Spuler, Lisa Nencioni, Lenore Gribble

2004 - Emily Breen, Lauren Brick, Lisa How, Emma Dutton (HM)

2006 - Romy Altmann, Lauren Brick, Christie Raleigh, Carrie Ellis (HM)

2007 - Romy Altmann, Lauren Brick, Lauren Sparg, Christie Raleigh (HM)

* - National Champions (HM) - Honorable Mention



MEN'S ALL-TIME ALL-AMERICANS

All-Americans Individuals

1950	Roger Slater	1M Diving
1951	Roger Slater	1M Diving
1954	Ernest Stock	100 Breast
1959	Curt Genders	1M Diving
	Buck Hiles	400 Free
	Robert Weber	1M, 3M Diving
1960	Curt Genders	1M, 3M Diving
	Robert Weber	1M, 3M Diving
1961	Curt Genders	1M*, 3M Diving
	Buck Hiles	100 Fly
1962	Paul Thompson	220 Free, 440 Free
1969	Phil Boggs	1M Diving
1970	Phil Boggs	1M, 3M Diving
	Dean Jerger	50 Free
1971	Phil Boggs	1M*, 3M Diving
1978	Steve Allbritton	50 Free
1979	Kevin Connell	200 Breast
1985	Dan Akre	200 Breast (HM)
	Mike Kowalski	100 Back (HM)
1986	Mike Kowalski	100 Back
1991	Paul Spray	1M, 3M Diving
	Craig Zettle	100 Breast
1992	Paul Spray	1M Diving (HM)
	Craig Zettle	100 Breast
1994	Ignacio Merino	100 Fly (HM)
1995	Rob Braknis	200 Back
	Ignacio Merino	200 Fly (HM)
1996	Brendon Dedekind	50 Free (HM)
	Chip Haberstroh	400 IM (HM)
	Stephen Parry	200 Fly (HM)
1997	Brendon Dedekind	50 Free, 100 Free, 100 Breast
	Stephen Parry	100 Fly, 200 Fly*
1998	Brendon Dedekind	50 Free*, 100 Breast, 100 Free (HM)
	Stephen Parry	200 Fly, 200 Free (HM)
1999	Brendon Dedekind	100 Breast*, 50 Free, 100 Free (HM)
	Stephen Parry	100 Fly (HM), 100 Back (HM), 200 Fly (HM)
	Julio Santos	50 Free (HM)
	Brett Peterson	100 Breast (HM)
2003	Louis Gagnet	3M Diving (HM)
2006	Steve Roof	1650 Free (HM)
2007	Terry Horner	1M Diving*, 3M Diving
	Kyle Young	1650 Free, 500 Free (HM)
	Steve Roof	1650 Free (HM)
2008	Scott Baker	50 Free
	Terry Horner	1M Diving, 3M (HM)
	Nick Graves	1650 Free (HM)
	Ian Rowe	1650 Free (HM)
2009	Terry Horner	3M Diving, 1M (HM)
	Andy Hodgson	200 Back (HM)
2010	Terry Horner	1M Diving, 3M Diving
	Andy Hodgson	200 Back (HM)
	Rob Holderness	200 Breast (HM)
	Landon Marzullo	1M Diving (HM), 3M Diving (HM)
2011	Rob Holderness	200 Breast
	Landon Marzullo	3M Diving
	Mike Neubacher	1M Diving (HM)
2012	Mateo De Angulo	Platform (HM)
		1650 Free, 500 free (HM)

Men's All-American Relays

200 Free Relay

1996 – Brendon Dedekind, Eduardo Coelho, John Haynes, Matt McVittie (HM)

1997 – Brendon Dedekind, Eduardo Coelho, Matt McVittie, Rob Braknis (HM)

1998 – Kevin Flanagan, Brendon Dedekind, Matt McVittie, Julio Santos

1999 – Brendon Dedekind, Julio Santos, Kevin Flanagan, Matt McVittie

2006 – Joel Roycik, Alex Kennon, Ed Denton, Jarryd Botha (HM)

2012-Paul Murray, Trice Bailey, David Sanders, Mark Weber (HM)

400 Free Relay

1996 – Brendon Dedekind, Eduardo Coelho, Matt McVittie, John Haynes (HM)

1997 – Brendon Dedekind, Eduardo Coelho, Matt McVittie, Stephen Parry (HM)

1998 – Matt McVittie, Julio Santos, Brendon Dedekind, Stephen Parry

1999 – Matt McVittie, Brandon Dedekind, Kevin Flanagan, Stephen Parry (HM)

2006 – Stephan Connor, Joel Roycik, Alex Kennon, Ed Denton (HM)

2009- Jarryd Botha, Ed Denton, Jimmy Holway, Andy Hodgson (HM)

2012- Paul Murray, Trice Bailey, David Sanders, Mark Weber

800 Free Relay

1974 – John Hegert, Bob Horne, Steve Meisel, Cliff Schlak

1976 – Larry Brown, Steve Meisel, Mike Gratton, Cliff Schlak

1990 – Vance Tankersly, Dieter Holtz, Scott Mundell, Charlie Rose (HM)

1991 – Jose Gutierrez, Dieter Holtz, Scott Mundell, Charlie Rose (HM)

1997 – Brendon Dedekind, Stephen Parry, Darren Milun, Matt McVittie (HM)

1999 – Matt McVittie, Nelson Mora, Julio Santos, Stephen Parry (HM)

2005 – Thomas Bishop, Billy Jamerson, Steve Roof, Kyle Young (HM)

2007 – Kyle Young, Alex Kennon, Ed Denton, Steve Roof (HM)

2009- Kyle Young, Andy Hodgson, Stephen Pendleton, Robby Hayes (HM)

200 Medley Relay

1995 – Rob Braknis, Ignacio Merino, Dustin Bengston, Eduardo Coelho (HM)

1996 – Erick Schlichenmaier, Tim Welsch, Nea-Kuan Chia, Brendon Dedekind, (HM)

1997 – Rob Braknis, Brett Peterson, Stephen Parry, Brendon Dedekind

1998 – Brett Peterson, Brendon Dedekind, Stephen Parry, Julio Santos

400 Medley Relay

1995 – Robert Braknis, Ignacio Merino, Dustin Bengston, Eduardo Coelho (HM)

1997 – Rob Braknis, Brett Peterson, Stephen Parry, Brendon Dedekind

1999 – Stephen Parry, Brett Peterson, Keam Ang, Brendon Dedekind

* - National Champions (HM) – Honorable Mention(HM) – Honorable Mention

WOMEN'S ALL-TIME SERIES

School	W	L	T	Pct.
<i>Alabama</i>	10	8	0	.529
Arizona	0	1	0	.000
Arkansas	2	0	0	1.000
Army	2	0	0	1.000
Auburn	3	13	0	.188
Boston College	1	0	0	1.000
Brigham Young	1	0	0	1.000
Brenau College	5	1	0	.830
Brevard CC	1	0	0	1.000
California	0	1	0	.000
Charleston College	1	0	0	1.000
Cincinnati	0	1	0	.000
Clemson	10	4	1	.700
Colorado State	1	0	0	1.000
Daytona Beach CC	6	0	0	1.000
Duke	3	0	0	1.000
East Carolina	1	0	0	1.000
Emory	1	0	0	1.000
Florida	3	35	0	.079
Florida A&M	12	0	0	1.000
Florida Atlantic	27	0	0	1.000
Florida Gulf Coast	6	0	0	1.000
Florida International	9	0	0	1.000
Florida Southern	1	0	0	1.000
Furman	1	0	0	1.000
Georgia	6	8	0	.429
Georgia Southern	6	1	0	.857
Georgia State	2	0	0	1.000
<i>Georgia Tech</i>	<i>10</i>	<i>0</i>	<i>0</i>	<i>1.000</i>
Harvard	1	1	0	.500
Houston	0	1	0	.000
Howard	1	0	0	1.000
Indian River SC	22	3	0	.880
James Madison	2	0	0	1.000
UL-Monroe	6	0	0	1.000
Louisiana State	10	16	0	.360
Maryland	6	1	0	.857
Maryland-BCo.	1	0	0	1.000
Miami	25	11	0	.694
Miami (OH)	1	0	0	1.000
Michigan	1	1	0	.500
Michigan State	2	0	0	1.000
Minnesota	0	1	0	.000
Miss. Women's College	2	0	0	1.000
Nebraska	3	0	0	1.000
New Orleans	3	0	0	1.000
UNLV	1	0	0	1.000
North Carolina	0	6	0	.000
UNC-Wilmington	8	0	0	1.000
<i>NC State</i>	<i>15</i>	<i>2</i>	<i>0</i>	<i>.875</i>
North Florida	7	0	0	1.000
Notre Dame	1	0	0	1.000
Nova Southeastern	1	0	0	1.000
Ohio State	1	0	0	1.000
Oklahoma State	1	0	0	1.000
Pacific	1	0	0	1.000
Penn State	0	1	0	.000
Rice	1	0	0	1.000
Savannah College A&S	1	0	0	1.000
South Carolina	6	4	1	.550

South Florida	11	1	0	.917
Southern Illinois	1	0	0	1.000
Southern Mississippi	2	0	0	1.000
Tampa	8	0	0	1.000
Tennessee	2	0	0	1.000
Texas	0	1	0	.000
Texas A&M	0	1	0	.000
TCU	1	0	0	1.000
Truman State	1	0	0	1.000
Tulane	7	0	0	1.000
Utah	1	0	0	1.000
Vanderbilt	2	0	0	1.000
Villanova	1	0	0	1.000
Virginia	0	7	0	.000
Virginia Tech	5	1	0	.833
Washington State	2	0	0	1.000
West Virginia	1	0	0	1.000
William & Mary	1	0	0	1.000
Total	296	132	2	.688

*Red indicates that records were updated on Dec. 13, 2012

*Italics indicate opponents remaining in 2012-13 season.



Kaitlyn Dressel



The Senior Class from the 2006 ACC Championship team

COACHING RECORDS

Women's

Under Terry Maul

Year	W	L	T	Pct.
1976	2	4	0	.333
1977	8	4	0	.667
1978	6	3	0	.667
1979	10	2	0	.833
1980	9	3	1	.731
1981	11	1	0	.910
1982	6	2	0	.750
1983	6	3	0	.667
1984	7	2	1	.750
1985	3	6	0	.333
1986	7	5	0	.583
1987*	7	4	0	.636
1988*	9	3	0	.750
1989*	8	5	0	.615
1990*	10	5	0	.667
1991	3	5	0	.375
1992	7	6	0	.538
1993	6	5	0	.545
Total	125	68	2	.647

Under Don Gibb

Year	W	L	T	Pct.
1994	6	5	0	.546
1995	3	7	0	.300
1996	4	5	0	.444
1997	5	5	0	.500
1998	5	2	0	.714
1999	4	4	0	.500
Total	27	28	0	.491

Under Neil Harper

Year	W	L	T	Pct.
2000	9	4	0	.643
2001	8	5	0	.615
2002	14	2	0	.875
2003	12	2	0	.857
2004	15	2	0	.882
2005	13	4	0	.764
2006	13	2	0	.867
2007	9	1	0	.900
2008	17	3	0	.850
2009	7	7	0	.500
2010	8	3	0	.727
2011	10	1	0	.909
2012	11	1	0	.917
Total	146	37	0	.798

Men's

Year	W	L	T	Pct.
1949	3	5	0	.375
1950	7	2	0	.778
1951	7	0	0	1.000
1952	5	2	1	.688
1953	7	1	0	.875
1954	9	0	0	1.000
1955	6	0	0	1.000
1956	9	2	0	.818
1957	9	3	0	.750
1958	10	1	1	.875
1959	8	1	0	.889
1960	10	0	0	1.000
1961	9	1	0	.900
1962	11	1	0	.917
1963	6	3	0	.667
1964	7	0	0	1.000
1965	9	0	0	1.000
1966	7	1	0	.875
1967	9	2	0	.818
1968	4	4	0	.500
1969	8	2	0	.800
1970	8	3	0	.727
1971	8	3	0	.727
1972	4	6	0	.400
1973	5	5	0	.500
Totals	185	48	2	.793

Under Terry Carlisle

Year	W	L	T	Pct.
1974	4	5	0	.444
1975	5	4	0	.556
1976	6	3	0	.667
1977	5	5	0	.500
Totals	20	17	0	.541

Under John Stafford

Year	W	L	T	Pct.
1978	9	2	0	.818
1979	6	2	0	.750
1980	5	5	0	.500
1981	4	5	0	.444
1982	6	2	0	.750
Totals	30	16	0	.652

Under Bill Shults

Year	W	L	T	Pct.
1983	5	3	0	.625
1984	3	9	0	.333
1985	4	4	0	.500
1986	8	5	0	.615
Totals	20	21	0	.489

Under Bill Shults & Terry Maul

Year	W	L	T	Pct.
1987	7	4	0	.636
1988	8	3	0	.727
1989	5	5	0	.500
1990	7	4	0	.636
Totals	27	16	0	.628

Under Terry Maul

Year	W	L	T	Pct.
1991	4	2	0	.667
1992	10	4	0	.714
1993	8	4	0	.667
Totals	22	10	0	.688

Under Don Gibb

Year	W	L	T	Pct.
1994	6	6	0	.500
1995	4	6	0	.400
1996	5	4	0	.556
1997	10	0	0	1.000
1998	6	1	0	.857
1999	6	1	0	.857
Totals	37	18	0	.673

Under Neil Harper

Year	W	L	T	Pct.
2000	7	4	0	.636
2001	6	7	0	.462
2002	10	3	0	.769
2003	11	2	0	.846
2004	9	3	0	.750
2005	10	3	0	.769
2006	9	3	0	.750
2007	6	2	0	.750
2008	10	5	0	.667
2009	7	4	0	.636
2010	6	2	0	.750
2011	7	2	0	.778
2012	6	3	0	.666
Totals	104	43	0	.707



Neil Harper



WOMEN'S ALL-TIME TOP 10

Women's All-Time Top 10

50 Freestyle

1. Tiffany Oliver	22.30	2012
2. Christy Cech	22.54	2001
3. Emma Dutton	22.64	2004
4. Christie Raleigh	22.67	2007
5. Brittany Selts	22.74	2010
5. Kaitlyn Dressel	23.01	2012
7. Carrie Ellis	22.76	2006
8. Laurie Lehner	22.77	1982
9. Jennie Lyes	22.96	2003
10. Stevi Steinhauer	22.97	2009

100 Freestyle

1. Tiffany Oliver	48.57	2012
2. Kaitlyn Dressel	48.79	2012
3. Carrie Ellis	49.32	2006
4. Christy Cech	49.36	2001
5. Christie Raleigh	49.56	2007
6. Stevi Steinhauer	49.98	2009
7. Abbie King	50.01	2008
7. Laurie Lehner	50.01	1982
9. Emma Dutton	50.27	2003
10. Jocelyn Phillips	50.31	2009

200 Freestyle

1. Tiffany Oliver	1:46.72	2012
2. Jocelyn Phillips	1:46.76	2009
3. Kaitlyn Dressel	1:46.79	2012
4. Holly Mills	1:47.70	2010
5. Tanya Gurr	1:48.14	2000
6. Christy Cech	1:48.45	2001
7. Romy Altmann	1:48.67	2006
8. Julia Henkel	1:48.74	2010
9. Georgia Holderness	1:49.02	2008
10. Kyslie Grimes	1:49.12	2008

500 Freestyle

1. Charlotte Broadbent	4:42.92	2011
2. Caroline Smith	4:45.69	2010
3. Sara Linke	4:45.80	1984
4. Marissa Harrington	4:46.41	2010
5. Madison Jacobi	4:47.38	2012
6. Julia Henkel	4:48.95	2011
7. Jocelyn Phillips	4:49.28	2008
8. Lisa How	4:49.56	2004
9. Holly Mills	4:49.67	2010
10. Jen Guyler	4:49.98	2007

1000 Freestyle

1. Marissa Harrington	9:50.77	2010
2. Charlotte Broadbent	9:51.42	2010
3. Caroline Smith	9:55.42	2010
4. Corey Allison	9:57.95	2010
5. Jen Guyler	9:58.06	2006
6. Madison Jacobi	10:00.06	2012
7. Holly Mills	10:01.11	2009
8. Missy Connolly	10:01.62	1990
9. Sara Linke	10:03.17	1984
10. Julia Henkel	10:06.62	2011

1650 Freestyle

1. Charlotte Broadbent	16:16.44	2010
2. Marissa Harrington	16:16.65	2010
3. Madison Jacobi	16:31.50	2012
4. Caroline Smith	16:34.86	2010
5. Julia Henkel	16:35.37	2012
6. Holly Mills	16:37.59	2009
7. Missy Connolly	16:39.79	1990
8. Rachel Harrington	16:44.39	2012
9. Corey Allison	16:45.38	2012
10. Jen Guyler	16:50.84	2007

100 Breaststroke

1. Lauren Brick	1:00.51	2007
2. Emma Dutton	1:00.84	2004
3. Melissa Cooper	1:00.92	2012
4. Georgia Holderness	1:01.67	2009
5. Lowri Tynan	1:02.25	2008
6. Tori Richmond	1:02.32	2011
6. Samantha White	1:02.32	1997
8. Sami Pochowski	1:02.37	2012
9. Anne Blachford	1:02.57	2000
10. Kylene Huntwork	1:02.64	2009

200 Breaststroke

1. Emma Dutton	2:12.38	2004
2. Kristine Polley	2:13.39	2012
3. Georgia Holderness	2:14.06	2006
4. Keryn Krynauf	2:14.93	2001
5. Tori Richmond	2:15.09	2012
6. Lauren Brick	2:15.51	2007
7. Kylene Huntwork	2:15.72	2009
8. Lowri Tynan	2:15.99	2008
9. Jamie Barrett	2:16.15	2010
10. Ann Cipoletti	2:16.27	2006

100 Butterfly

1. Lauren Sparg	52.81	2008
2. Christie Raleigh	53.00	2007
3. Laurie Lehner	53.42	1982
4. C.J. Hendry	54.08	2010
5. Emily Breen	54.15	2004
5. Candice Nethercott	54.17	2002
7. Brittany Selts	54.39	2009
8. Lisa How	54.49	2004
9. Abbie King	54.73	2008
10. Kathy Isackson	54.80	1989

200 Butterfly

1. Elizabeth Pepper	1:56.62	2012
2. Lauren Sparg	1:57.87	2008
3. C.J. Hendry	1:58.80	2010
4. Tiffany Elias	1:59.85	2010
5. Lindsay Kenney	1:59.92	2005
6. Helen Jepson	2:00.28	1995
7. Lisa How	2:00.41	2004
8. Julia Henkel	2:00.64	2011
9. Kathy Isackson	2:00.99	1988
10. Jessica Sabotin	2:01.02	2009

100 Backstroke

1. McKayla Lightbourn	54.26	2012
2. Stephanie Sarandos	54.33	2010
3. Bianca Spinazzola	54.37	2012
4. Romy Altmann	54.39	2007
5. Ashley Hicks	54.94	2012
6. Emily Breen	55.48	2004
7. Brittany Selts	55.66	2010
8. C.J. Hendry	55.75	2010
9. Jodi Krieg	55.92	1995
10. Liska Dedekind	56.01	1999

200 Backstroke

1. Stephanie Sarandos	1:54.14	2010
2. Romy Altmann	1:55.36	2007
3. McKayla Lightbourn	1:56.61	2012
4. Holly Mills	1:58.10	2008
5. Emily Harris	1:59.12	2010
6. C.J. Hendry	1:59.45	2008
7. Andree-Anne LeRoy	1:59.50	2004
8. Caroline Smith	2:00.07	2011
9. Ashley Hicks	2:00.12	2010
10. Jodi Krieg	2:00.69	1995

200 Individual Medley

1. Tori Richmond	1:59.04	2011
2. Andree-Anne LeRoy	1:59.59	2003
3. McKayla Lightbourn	1:59.82	2012
4. Jessica Sabotin	1:59.91	2009
5. Stephanie Sarandos	2:00.18	2010
6. Jamie Barrett	2:00.62	2012
7. Kristine Polley	2:00.85	2012
8. Anne Blachford	2:01.60	1997
9. Emma Dutton	2:01.71	2003
10. Laura Flewelling	2:02.53	2012

400 Individual Medley

1. Julia Henkel	4:11.91	2012
2. Jessica Sabotin	4:14.32	2009
3. Charlotte Broadbent	4:16.80	2010
4. Jamie Barrett	4:17.00	2012
5. McKayla Lightbourn	4:17.54	2011
6. Tori Richmond	4:18.37	2012
7. Andree-Anne LeRoy	4:18.40	2003
8. Meredith Martelle	4:20.67	2009
9. Ann Cipoletti	4:21.26	2007
10. Lisa How	4:21.49	2003



MEN'S ALL-TIME TOP 10

50 Freestyle

1. Brendon Dedekind	19.17	1998
2. Paul Murray	19.35	2012
3. Scott Baker	19.49	2008
4. Mark Weber	19.59	2012
5. Jimmy Holway	19.68	2009
6. Jarryd Botha	19.73	2009
7. Julio Santos	19.74	1998
8. Trice Bailey	19.83	2012
9. Alex Kennon	19.84	2007
10. Ed Denton	19.93	2009

100 Freestyle

1. Paul Murray	42.78	2012
2. Brendon Dedekind	42.96	1999
3. Jarryd Botha	43.28	2009
4. Robby Hayes	43.38	2011
5. Jimmy Holway	43.54	2009
6. Ed Denton	43.68	2009
7. Joel Roycik	43.75	2006
8. Mark Weber	43.86	2012
9. Trice Bailey	43.88	2012
10. Alex Kennon	44.00	2006

200 Freestyle

1. Andy Hodgson	1:34.80	2009
2. Kyle Young	1:35.65	2009
3. Stephen Parry	1:36.18	1997
4. Mateo De Angulo	1:36.26	2012
5. Robby Hayes	1:36.52	2011
6. Carl Marais	1:36.99	2006
7. Trice Bailey	1:37.26	2012
8. Alex Kennon	1:37.42	2006
9. Kevin Rogers	1:37.59	2012
10. Ed Denton	1:37.65	2009

500 Freestyle

1. Kyle Young	4:14.60	2009
2. Mateo De Angulo	4:15.43	2011
3. Ian Rowe	4:20.30	2009
4. Steve Roof	4:20.60	2007
5. John Jessell	4:20.89	2012
6. Nick Graves	4:22.76	2008
7. Stephen Parr	4:23.28	1997
8. Thomas Bishop	4:25.01	2005
9. Vance Tankersley	4:25.10	1988
10. Stephen Pendleton	4:25.19	2009

1000 Freestyle

1. Mateo De Angulo	8:54.28	2012
2. Kyle Young	8:54.94	2009
3. Ian Rowe	9:00.28	2009
4. Nick Graves	9:04.35	2009
5. Steve Roof	9:05.84	2006
6. Tommy Bishop	9:07.98	2005
7. Tyler Sell	9:10.42	2011
8. Chip Haberstroh	9:14.69	1994
9. Henrick Jangvall	9:18.85	1986
10. Shawn Erickson	9:22.99	2009

1650 Freestyle

1. Mateo DeAngulo	14:42.77	2012
2.. Kyle Young	14:46.68	2009
3.. Ian Rowe	14:56.22	2009
4. Steve Roof	15:03.15	2007
5. Nick Graves	15:05.01	2008
6. Thomas Bishop	15:08.47	2005
7. Tyler Sell	15:12.78	2011
8. John Jessell	15:12.86	2012
9. Derek Pridemore	15:16.17	2012
10. Chip Haberstroh	15:24.62	1994

100 Backstroke

1. Andy Hodgson	47.31	2009
2. Stephan Perry	47.72	1999
3. Jarryd Botha	47.98	2009
4. Rob Braknis	48.10	1995
5. Josh Friedel	48.38	2012
6. Chris Vythoulkas	49.00	2003
7. Cadell Lyons	49.05	2012
8. Ian Rowe	49.15	2011
9. Ian Powell	49.18	2007
10. Greg Main-Baillie	49.25	1999

200 Backstroke

1. Andy Hodgson	1:41.11	2009
2. Josh Friedel	1:43.14	2012
3. Rob Braknis	1:43.39	1995
4. Stephen Parry	1:44.90	1999
5. Jarryd Botha	1:45.10	2007
6. Ian Rowe	1:45.66	2011
6. Carl Marais	1:46.10	2006
7. Brad Morrison	1:46.36	2010
8. Kevin Rogers	1:46.73	2012
9. Ian Powell	1:47.20	2007
10. Greg Main-Baillie	1:47.80	1999

100 Breaststroke

1. Brendon Dedekind	53.16	1999
2. Scott Thacker	53.30	2009
3. Rob Holderness	53.55	2010
4. Brett Peterson	53.64	2000
5. Billy Jamerson	53.98	2007
6. Matt Shead	54.46	2010
t7. Corey Swanson	54.18	2009
t7. Wickus Nienaber	54.18	2003
9. Justin Betts	54.29	2002
10. Jared Pike	54.72	2012

200 Breaststroke

1. Rob Holderness	1:54.36	2010
2. Juan Sequera	1:57.85	2012
3. Wickus Nienaber	1:58.30	2003
4. Billy Jamerson	1:58.74	2005
5. Matt Shead	1:58.97	2011
6. Scott Thacker	1:59.05	2010
7. Paul Erben	1:59.24	2007
8. Justin Betts	1:59.55	2003
9. Tal Stricker	1:59.68	2002
10. Ignacio Merino	2:00.01	1993

100 Butterfly

1. Jarryd Botha	46.23	2009
2. Connor Knight	47.09	2012
3. Stephen Parry	47.16	1997
3. Joel Roycik	47.16	2006
5. Corey Swanson	47.83	2009
6. Cadell Lyons	47.68	2012
7. Mark Weber	47.72	2012
8. Devin Crock	48.03	2002
9. Brendon Dedekind	48.04	1999
10. Igancio Merino	48.38	1994

200 Butterfly

1. Stephen Parry	1:43.69	1998
2. Connor Knight	1:45.34	2012
3. Ian Powell	1:46.11	2008
4. Keam Ang	1:46.29	1999
5. Nelson Mora	1:46.44	1999
6. Robby Hayes	1:46.64	2009
7. Danny Nguyen	1:46.97	2010
8. Ignacio Merino	1:47.11	1994
9. Dustin Bengston	1:47.15	1995
10. Mark Cox	1:47.44	2010

200 Individual Medley

1. Robby Hayes	1:45.81	2011
2. Rob Holderness	1:47.65	2010
3. Juan Sequera	1:47.78	2012
4. Corey Swanson	1:47.95	2009
5. Matt Shead	1:48.30	2009
6. Ed Denton	1:48.56	2007
7. Justin Betts	1:48.61	2003
8. Josh Friedel	1:48.62	2012
9. Danny Keeling	1:48.94	2005
10. Stephen Parry	1:49.15	1998

400 Individual Medley

1. Juan Sequera	3:46.51	2012
2. Mateo De Angulo	3:47.23	2011
3. Kyle Young	3:47.93	2009
4. Ian Rowe	3:50.67	2010
5. Chip Haberstroh	3:50.76	1994
6. Steve Roof	3:53.16	2007
7. Stephen Parry	3:53.47	1996
8. Desmond Kohn	3:53.69	1992
9. Shawn Erickson	3:53.86	2009
10. Mike Thomas	3:54.15	2011



SEMINOLE OLYMPIANS



For an athlete, the highest honor a nation can bestow upon them is to have them represent their country in the Olympic Games. It is a childhood dream that comes true. Since the 1976 Games in Montreal, Canada, the Summer Olympics have had a Garnet and Gold feel to them. All told, 15 current and former Florida State swimmers and divers have represented 11 different countries.

Dating back to Florida State's first Olympic representative in the pool, diver Phil Boggs at the 1976 Games, the Seminoles have had at least one representative in all but two of the last eight Olympics. At the 2004 Games in Athens, Greece, Florida State had five representatives – the second highest total in school history – and former Seminole Parry produced the school's second medal in the pool as he took the bronze in the 200-meter butterfly.

Montréal 1976

The last three Olympic Games have been especially bountiful for Florida State representation at the aquatics center. Eleven of the Seminoles' 14 Olympians took part in either the Atlanta, Sydney, Athens or Beijing Games. The 2000 Sydney Olympics saw FSU's highest participation as six former Seminoles competed at the event. In the last two Games, Florida State has had eight different participants.



Success was immediate for the Seminoles the first time they had an athlete in the pool at the Olympics. Diving for the United States, Boggs captured the school's first medal when he won gold during the springboard event in Montreal. It would be another 28 years before a Seminole would appear on the medal stand after Great Britain's Stephen Parry captured the bronze in the 200-meter butterfly. In 2012 Parry was inducted into the FSU Hall-of-Fame.



Games of the XXIIIrd Olympiad Los Angeles 1984

While Parry ended Florida State's 28-year medal drought, a different dry spell of almost equal length was halted as well in Athens. In 1980, Wendy Fuller became the first female FSU swimmer or diver, and only the second overall, to complete in the Olympics when she dove for her native Canada. It wasn't until 2004 when the Seminoles had their second female in the water as Golda Marcus, competing for El Salvador, swam in the 400 and 800-meter freestyle. Besides being only the second female Olympian in the program's history. Marcus is part of another elite group. She and teammate Chris Vythoukas (Bahamas) are two of only four FSU swimmers to ever compete in the Olympics while still part of the active roster. The first pair of current Seminoles to compete in the Games was South African Brendon Dedekind and Rob Braknis of Canada when they swam in the 1996 Atlanta Games.



Historically speaking, no Seminole had participated in more than two Olympic Games until 2004 as Julio Santos made his third appearance in the games for Ecuador. A two-year All-American, Santos made his first trip to the Games in 1996 then returned in 2000. All told, five Florida State swimmers and divers have participated in more than one Olympics.

In 2008 as a 17 year old, Ariel Rittenhouse teamed up with Kelci Bryant and finished fourth in the 3-meter synchronized event. Rittenhouse competed in these games prior to her days at USC.

After just missing the Beijing Games in 2008, Mateo De Angulo became the most recent Seminole Olympian as he qualified in the 400 free for the 2012 London Games. De Angulo represented Colombia.



GAMES OF THE XXIVTH OLYMPIAD SEOUL 1988

Florida State has been well represented on the pool deck by a pair of coaches. Head coach Neil Harper, an Olympian himself in 1984 and 1988, served as the head coach for South Africa in 2000, while returning in 2004 as a member of the Swaziland coaching staff. Diving coach Patrick Jeffrey made the trip to Seoul and Atlanta as an athlete and then four years later to Sydney as a coach for the United States.

Before enrolling as a graduate assistant, Gideon Louw made his second appearance (2008, 2012) at the Olympic Games for South Africa in 2012. Louw led off the fifth place finishing 4x100 free relay and made the semi-finals in the 50 and 100 free events.



Stephen Parry



Mateo De Angulo



AND INTERNATIONAL COMPETITIONS

When the collegiate careers of Florida State University swimmers and divers are finished, it doesn't necessarily mean they are done in the water. Over the last ten years current and former Seminoles have made a name for themselves on the international scene. Representing ten different countries, Florida State athletes have competed at the top level of swimming and diving in biggest events on the planet, including the Olympics and World Championships.

2011 Pan-American Games

Taking a break from collegiate competition, senior Mateo De Angulo competed in the 200m and 1500m free for Colombian and sophomore McKayla Lightbourn swam the 200 IM, 200 back, 100 and 200 breast events for the Bahamas.

2011 FINA World Championships

Senior Mateo DeAngulo competed in the 200m, 400m, and 800m freestyle events for Colombia. While in Shanghai, DeAngulo became the fastest distance swimming in Colombian history, by setting the national record in the 800m free. He currently holds all the national records in the distance events.

2011 World University Games

Seniors Landon Marzullo competed in the 1-meter and 3-meter springboards as well as the 10 meter platform. His best event was the 3-meter synchronized event where he was a part of a fourth place finish. Assistant Diving Coach Yayha Radman also represented the United States as a coach.

2010 Commonwealth Games

Senior Rob Holderness began his final season at Florida State in Dehli, India, competing in the Commonwealth Games. Holderness represented his native Wales in style placing sixth in the 200 breast and ninth in the 100 breast. The Honorable Mention All-American hopes that this meet will be a stepping stone to the 2012 Olympics in London.

2009 World Diving Championships

Florida State diver Terry Horner accomplished many things as a Seminole, but perhaps one of his greatest achievements was representing his country at the 2009 World Championships in Rome, Italy. The NCAA Champion qualified for the event on the one-meter and earned the opportunity to compete against the worlds elite on one of the events biggest stages. Current transfer from USC, Ariel Rittenhouse earned fifth place on the 3-meter synchronized event.

2008 FINA World Junior Swimming Championships

Sophomore Rob Holderness competed against some of the world's best young swimmers and placed third in the 200 breast at the 2008 FINA World Junior Swimming Championships in Monterrey, Mexico. Holderness touched the wall in 2:15.67 to earn a bronze medal.

2008 World Diving Cup

Before her appearance at the Olympic Games, Junior Ariel Rittenhouse earned the bronze medal in the 3-meter synchronized event at the World Cup in Beijing.

2007 World University Games

In 2007 three Florida State athletes competed in the World University Games in Bangkok, Thailand. Jarryd Botha, Dan Frebel and Terry Horner competed against the world's best swimmers and divers with Horner coming away with the groups best finish a seventh place mark on the 1m board. Horner was the highest American finisher in the event.

2007 Pan American Games

At the age of 16, Ariel Rittenhouse earned the silver medal in the 3-meter synchronized event in Rio de Janeiro, Brazil.



ATHENS 2004



Beijing 2008



Wickus Nienaber



Ariel Rittenhouse

SWIMMING & DIVING 2012-2013 SCHEDULE

SEPT. 14	FSU PENTATHLON	3:00PM
SEPT. 21	GARNET VS. GOLD MEET	3:00PM
SEPT. 28 - 30	@ ALL FLORIDA INVITE (M&W)	ALL DAY
OCT. 6	@ FLORIDA GULF COAST UNIV. (W)	11:00AM
OCT. 12	FSU ALUMNI MEET	3:00PM
OCT. 19	@ * UNIVERSITY OF MIAMI	4:00PM
OCT. 20	@ FLORIDA ATLANTIC UNIVERSITY	10:00AM
OCT. 27	@ *VIRGINIA TECH (M&W)	11:00AM
	@ *DUKE UNIVERSITY (M&W)	
NOV. 3	FLORIDA SOUTHERN UNIVERSITY EMORY UNIVERSITY	11:00AM
NOV.15	UNIVERSITY OF FLORIDA (M&W)	4:00PM
NOV.30 - 1	@ GEORGIA TECH INVITE (M&W)	ALL DAY
JAN. 18	@ ARKANSAS (W) AND S. CAROLINA	4:00PM
JAN. 19	@ *GEORGIA TECH AND *NC STATE	1:00PM
FEB. 20 - 23	#WOMEN'S ACC CHAMPIONSHIP	ALL DAY
FEB. 27 - 2	#MEN'S ACC CHAMPIONSHIPS	ALL DAY
MAR. 15 - 17	NCAA DIVING ZONE QUALIFIER	ALL DAY
MAR. 28 - 30	^MEN'S NCAA CHAMPIONSHIPS	ALL DAY
MAR. 21 - 23	^WOMEN'S NCAA CHAMPIONSHIPS	ALL DAY

HOME AWAY *DENOTES ACC MEET
 #ACC CHAMPIONSHIPS IN GREENSBORO, NC
 ^NCAA CHAMPIONSHIPS IN INDIANAPOLIS, IN



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