

Top 10 Things You Should Know About Alabama Swimming and Diving



1. Among those who will swim for the Crimson Tide this season will be a World Champion. Senior Vlad Polyakov beat the best of the best in the 200 breaststroke last spring at the FINA World Championships. He is the first Tide swimmer to win an individual world title.
2. Some of the fastest athletes to ever swim for Alabama are on the Tide roster right now. Between them, Vlad Polyakov, Apostolis Tsagkarakis, Mark Randall, Mike Jones and Victoria Genova own six individual school records and are part of five school relay marks.
3. The Crimson Tide has a long and proud tradition of excellence in the pool. Since first hitting the pool in the fall of 1959, Alabama teams have posted 21 top-10 and 54 top-25 finishes between the men and women's teams.
4. The pool isn't the only place Alabama Swimming and Diving excels. Tide athletes have earned seven NCAA or SEC Postgraduate Scholarships and well over 150 Academic All-SEC honors.
5. The Tide sent nine swimmers to the 2004 Athens Olympics, including four that finaled and two that medaled. That total represents nearly 10-percent of the SEC athletes competing in Athens, in all sports.
6. Over 200 Alabama swimmers and divers have earned over 200 All-American honors since the first in 1970. There are seven All-Americans on this year's roster alone.
7. Alabama has earned 11 SEC "Diver of the Year" honors since 1981 while the Tide's diving coaches have been named SEC "Coach of the Year" 11 times as well.
8. The Tide trains and competes in one of the nation's fastest pools. It's so fast that Martin Zubero set a world record there in the 200m backstroke in 1992.
9. Alabama has won 18 Collegiate National Championships, including four in the last five seasons. Senior Vlad Polyakov won the 200 breaststroke title in 2005 while Lane Bassham earned the NCAA Three-meter title the year before. Assistant coach Stefan Gherghel won back-to-back NCAA 200 butterfly titles in 2002 and 2003.
10. Alabama has sent more than 50 athletes to the Olympic Games since 1972, including 20 at the 1984 Games in Los Angeles where former Tide coach Don Gambriel served as head coach of the United State's squad. Crimson Tide athletes have won 14 medals, including six gold, since 1972.

2007 Quick facts

UNIVERSITY INFORMATION

Location: Tuscaloosa, AL
Enrollment: 23,878
Founded: April 12, 1831
Conference: Southeastern (SEC)
Colors: Crimson & White
Nickname: Crimson Tide
President: Dr. Robert E. Witt
NCAA Faculty Representative: Joe Hornsby
Athletics Director: Mal Moore
Senior Associate Athletics Directors:
 Dr. Finus Gaston, Internal Operation
 Johnny Williams, External Operations
**Associate Athletics Director/
 Senior Woman Administrator:**
 Marie Robbins
Associate Athletics Directors:
 Kevin Almond, Jon Gilbert,
 Wendell Hudson (S/D Administrator),
 Chris King, Sarah Patterson,
 Ronnie Robertson, Doug Walker,
 Larry White
Assistant Athletics Directors:
 Chris Besanceney, Jon Dever,
 Carol Keys, Karin Lee
Swimming & Diving Academics: Heather Anders
**Director of Athletic Marketing & Trademark
 Licensing:** Daniel Hopper
Associate AD/Media Relations Director:
 Doug Walker
Associate Media Relations Director:
 Becky Hopf
Assistant Media Relations Directors:
 Barry Allen, Corey Hoodjer, Ben Blevins,
 Roots Woodruff (S/D Contact)
Athletic Department Photographer:
 Kent Gidley
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 Cory Johnson, Preston Juda, Kathryn
 Lasater, Lauren Logan, Emily Meadows,
 Kyle Murphy, Emily Screws, Jessica Smith,
 Johnathan Thompson and Chris Woodfin

The Staff

Head Coach: Eric McIlquham
 Alma Mater, Year: Oakland, '92
 Year at Alabama: *Fourth
 Year as Head Coach: Eighth
 Overall Record (Years):
 Men — 38-36 (7 years)
 Women — 32-44 (7 years)
 Office Phone: (205) 348-3912
 E-Mail Address: emcilquham@ia.ua.edu
 * as head coach, seventh on UA staff

Associate Head Coach: Sonya Porter
 Alma Mater, Year: Alabama '94
 Year at Alabama: *Fourth
 Office Phone: (205) 348-9919
 E-Mail Address: sporter@ia.ua.edu
 * as associate head coach, seventh on UA staff

Assistant Coach: Craig Nisgor
 Alma Mater, Year: Buffalo '96
 Year at Alabama: Fourth
 Office Phone: (205) 348-3914
 E-Mail Address: cnisgor@ia.ua.edu

Assistant Coach: Stefan Gherghel
 Alma Mater, Year: Alabama, '06
 Year at Alabama: First
 E-Mail Address: sgherghel@ia.ua.edu

Diving Coach: Pat Greenwell
 Alma Mater, Year: Pittsburgh, '80
 Year at Alabama: 20th
 Office Phone: (205) 348-3915
 E-Mail Address: pgreenwell@ia.ua.edu

Administrative Assistant: Nancy Perry
 Office Phone: (205) 348-0977
 E-Mail Address: nperry@ia.ua.edu

Graduate Assistant Coach: Franck Southon
Assistant Athletic Trainer: Sherry Kimbro
Graduate Assistant Athletic Trainer: Connie Andrews

Swimming and Diving Mailing Address:
 Alabama Swimming and Diving
 P.O. Box 870387
 Tuscaloosa, AL 35487

Swimming & Diving Overnight Shipping Address:
 Alabama Swimming and Diving
 415 Bryant Drive
 Tuscaloosa, AL 35487

Media Notes

ALABAMA MEDIA RELATIONS
 The Alabama Media Relations Office is located on the ground level of Coleman Coliseum.

FACILITIES
 The Alabama swimming and diving teams compete and practice in the Don Gambriel Olympic Pool at the Alabama Aquatic Center located on the corner of Paul W. Bryant Drive and Hackberry Lane. The swimming and diving offices are located in the Aquatic Center.

INTERVIEWS
 The coaching staff is available for interviews in person or by telephone by prior arrangement. Athletes may not be interviewed on meet day until post-meet interviews are granted. Interviews with Alabama swimmers and divers must be arranged through Roots Woodruff of the athletic media relations office at (205) 348-6084. The best times for athlete interviews are either before or after practice at the Alabama Aquatic Center. Interview requests should be made at least 24 hours in advance.

SATELLITE FEEDS/TELEVISION
 The University of Alabama, through Crimson Tide Sports Marketing, offers a weekly 15-minute satellite feed consisting of interviews with coaches and athletes, taped video highlights and narrated packages from September through May. Occasionally the swimming and diving teams are featured in this package. Please call the media relations office for more details. During their season, the swimming and diving teams' progress is covered each week on "The Crimson Tide This Week," a 30-minute regional sports show hosted by David Crane.

INTERNET
 Information about University of Alabama athletics can be found at www.rolltide.com, the official internet site of the Crimson Tide athletics department. For information about the University of Alabama, go to www.ua.edu.



On the Cover: With World Champions, Olympians and All-Americans on its roster, the 2007 Crimson Tide will be one to watch this season.

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 Tuscaloosa, AL 35487



2007 Alabama Swimming & Diving



MEN

2005-06 Dual Record/Conference Record: 4-5/2-5

2006 SEC finish: 5th (468 pts)

2006 SEC Champion and All-SEC: Vlad Polyakov, 100 and 200 Breaststroke

2006 NCAA finish: 13th (114.5 pts)

2006 All-Americans (9): Aaron Ashworth, Darren Erasmus, Mike Jones, Ryan Latone, Hunor Mate', Chris Perry, Vlad Polyakov, Mark Randall, Apostolis Tsagkarakis

Returning All-Americans (6):
..... Mike Jones, Hunor Mate', Chris Perry, Vlad Polyakov, Mark Randall, Apostolis Tsagkarakis

2006 Academic All-Americans: Guido Arroyo and Vlad Polyakov

2006 Academic All-SEC (13): Aaron Ashworth, Guido Arroyo, Spiros Bitsakis, William Burke, Darren Erasmus, Igor Erhartic, Chad Frichtl, Tim Hansen, Ryan Latone, Alin Mihalca, Andrew Neff, Vlad Polyakov, Apostolis Tsagkarakis

2006 FINA World Champion: Vlad Polyakov, 200 breaststroke

WOMEN

2005-06 Dual Record/Conference Record: 3-7/1-7

2006 SEC finish: 7th (238 points)

2006 NCAA finish: 32nd (12 points)

2006 All-Americans (1): Crystal Rasmussen

2006 Academic All-SEC (13): Caitlin Anderson, Melina Bassino, Bridget Belyea, Agustina de Giovanni, Caroline Humphreville, Alison Lafevers, Hannah Miluska, Crystal Rasmussen, Mary Kate Sellers, Kim Singer, Erin Sparks, Karissa Tuthill, Vanessa Von der Heyde

GENERAL

Facility: Don Gambriel Olympic Pool at the Alabama Aquatic Center

capacity: 1,500

Alabama Athletic Department Web Site: www.rolltide.com

University of Alabama Web Site: www.ua.edu

Southeastern Conference Web Site: www.sec.org

NCAA Web Site: www.ncaa.org

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THE UNIVERSITY OF

ALABAMA



- The University of Alabama ranks 13th nationally among public universities and 31st among all universities in the enrollment of National Merit Scholars. In fall 2005, UA's freshman class included 72 National Merit Scholars, 13 National Achievement Scholars and 60 National Hispanic Scholars.
- Six University of Alabama students were named to the 2006 USA Today All-USA College Academic Team, the most of any school in the nation. UA's four-year total of 20 also tops all other colleges and universities.
- Founded in 1831, The University of Alabama is celebrating its 175th anniversary in 2006.
- Enrollment at The University of Alabama reached a record high of 21,750 in fall 2005, up almost 11 percent over 2002. The entering freshman class, at 3,739 students, was the largest in UA history.
- Private giving to The University of Alabama is at an all-time high with gifts and pledges for FY 2005 totaling over \$100 million. Supporters are currently embracing a capital campaign with a major goal of improving scholarship opportunities for deserving students. The campaign theme is Our Students, Our Future.
- The University of Alabama has a dramatic impact on the economy of Alabama, returning three dollars for every one dollar invested in the University by the state. UA each year contributes \$1.7 BILLION to the state's economy.
- U.S. News and World Report perennially ranks the UA School of Law among the top 50 in the nation. An impressive 97.1 percent of the 2005 graduates of the UA School of Law who took the Alabama bar exam in July 2005 passed.
- UA's undergraduate business program ranked 57th nationally in U.S. News and World Report's annual college rankings, fall 2005, while the Manderson Graduate School of Business ranked 60th in U.S. News' annual graduate school rankings, spring 2005. The Culverhouse School of Accountancy is ranked 25th among undergraduate accounting programs.
- The University of Alabama College of Communication and Information Sciences' doctoral program in mass communication is ranked seventh nationally by the National Communication Association. The most recent U.S. News rankings for communication graduate programs placed UA's advertising program 12th and telecommunication 14th in the nation.
- The University of Alabama ranked among the top 50 public universities in the nation for the fifth consecutive year in U.S. News and World Report's annual college rankings, fall 2005.
- The University of Alabama's graduates include 15 Rhodes Scholars, 18 Goldwater Scholars, 10 Truman Scholars, three Hollings Scholars, two Javits Fellows, one Udall Scholar and one Portz Scholar.
- For over a decade, UA has been one of the top public flagship universities in the Southeast in enrollment of African-American students. For the 2005-2006 academic year, African-Americans represented almost 12 percent of the student body.
- This year alone, more than 900 University of Alabama students will receive a total of more than \$2.3 million in scholarships provided by the National Alumni Association.



"In marking the 175th anniversary of the University in 2006, we are doing far more than celebrating 175 years of existence and achievements. We are celebrating the fact that as an academic community we have embraced a vision and we are executing a plan that is transforming that vision into reality. If I could have picked any time in the 175 years of this University's existence to have the privilege and the honor of serving as president, I would pick now, because the decade we are about to enter will be one of the most exciting and important in the history of The University of Alabama." -- Dr. Robert E. Witt



Dr. Robert E. Witt

President
The University of Alabama

As president of The University of Alabama, Dr. Robert E. Witt has committed the University to an ambitious plan for growth

and achievement. His goals include increasing enrollment to 28,000 students by 2013 and stimulating significant growth in research in support of economic expansion for the state and nation.

Under his leadership, enrollment has reached record levels and academic quality has remained high; the University has developed an Honors College, which enrolled more than 600 freshmen in Fall 2005, and the Fall 2005 freshman class included 72 National Merit Scholars and 639 students with 4.0 high school GPAs. The first two phases of a plan to significantly expand student housing on campus have been completed.

Private giving to the University is at an all-time high with supporters embracing a capital campaign with a major goal of improving scholarship opportunities for deserving students. The campaign theme is Our Students, Our Future.

As Alabama's flagship university celebrates its 175th anniversary in 2006, Dr. Witt's vision for the University of the future takes on new relevance in its threefold emphasis:

- *To be a university of choice for the best and brightest students;*
- *To be a student-centered tier-1 research university;*
- *To be an academic community united in its commitment to enhancing the quality of life for all Alabamians.*

Now in his fourth year as president, Dr. Witt came to UA with 35 years' experience in the University of Texas System. He received his B.A. in economics from Bates College, his M.B.A. from Tuck School at Dartmouth College, and his Ph.D. from Penn State University.

He serves on the board of directors of the Black Warrior Council Boy Scouts of America and is a member of the West Alabama Chamber of Commerce, the Tuscaloosa County Industrial Development Authority, and the Elizabeth Project Care Board.



2006 USA Today All-USA
College Academic Team
members from UA
(L-R) Taylor Nichols, Katie
Boyd, Aundrea Lollar, Matthew
Fitzgerald, Joan Garrett and Cody
Locke.

MAL MOORE

Director of Athletics



Mal Moore, in his eighth year as the Tide's Director of Athletics, has put his stamp on one of the nation's most storied athletic programs. Alabama's athletic teams have excelled in the competition arena and he has now directed completion of a \$150 million facilities campaign that has revitalized the Crimson Tide's athletic facilities. It has been Moore's leadership, vision and initiative that has enabled this monumental project to reach fruition.

Alabama's 2006 football team competes in the newly expanded Bryant-Denny Stadium which holds 92,138 fans, making it the fifth-largest on campus facility in the nation. With the north end zone expansion completed, this magnificent edifice now houses 120 skyboxes, a new home team locker room, a club level area hosting 1,680 patrons, a new administrative level and approximately 6,800 additional upper deck seats.

Moore's tenure at UA has been marked by unprecedented facility growth for the athletic department but he has also had a national impact as a key member of several prestigious NCAA and college football committees. Moore currently serves on the NCAA Division I Football issues Committee, the SEC AD Bowl Advisory Committee and on the Big Six Conferences Minority Coaches Forum.

Moore was recently rewarded for his successes with a contract extension that will take him through June, 2010. He received unanimous support from the UA Board of Trustees.

"This is based on two things: his ability to identify and hire good coaches and secondly, his vision about facilities."

Alabama student-athletes are already utilizing new stadiums for soccer and tennis and football is enjoying a state-of-the-art weight facility, locker room and sports medicine area and a Hall of Champions and administrative area that makes it one of top venues in the nation.

Crimson Tide student-athletes also benefit from a state-of-the-art academic center that came on line in early 2005 and renovation of Coleman Coliseum is complete.

His leadership has been crucial in helping guide Alabama through a period that has, at times, been extremely difficult. It has been his guidance and efforts that have helped Alabama weather the storm, while continuing to move in a positive direction toward a future that will shine as brightly as Alabama's storied past.

During his tenure, Moore has also supervised the completion of a number of other facility projects, highlighted by the expansion of Sewell-Thomas Stadium; new lighting systems for Coleman Coliseum, Sewell Thomas Stadium and the women's soccer field and installation of new artificial turf in the Hank Crisp Indoor Practice Facility.

Under Moore's direction Alabama's athletic teams have produced a number of Southeastern Conference titles, including men's basketball, gymnastics, baseball and softball and SEC tournament titles in both baseball and softball, and an NCAA gymnastics title. Alabama athletes have earned some of the highest honors the SEC and NCAA have to offer, including SEC Athlete of the Year, SEC Scholar-Athlete of the Year, NCAA Top VIII, NCAA Postgraduate Scholarships and NCAA Sportsperson of the Year. These honors are over and above the individual conference and national titles that Alabama athletes continue to bring home to the Capstone.

Hired on Nov. 23, 1999, Moore's stint as Director of Athletics is the latest phase of his 30-plus years of service to the Capstone. Well-known in athletic circles, Moore brings a vision of championships and success to the

office of athletics director thanks to his three decades of experience in collegiate athletics.

As a player and coach at Alabama, Moore was part of seven national championships, 14 SEC championships, and 27 bowl trips.

Alabama capitalized on that background, and Moore's popularity, by naming him as Associate Athletics Director for External Affairs in 1994, a position that required constant travel to speaking engagements around the Southeast.

In his career, Moore has worked with a diversified field of constituents, from fellow coaches to former players, to fans and the business community. All those experiences and relationships make him the ideal person to lead Alabama athletics into the 21st century.

A 1963 graduate of the University of Alabama, Moore holds both an undergraduate degree in Sociology and a 1964 Master's Degree in Secondary Education from the Capstone. A scholarship player for Coach Paul Bryant, Moore was a member of Alabama's 1961 national championship team.

Coaching football for 31 years, 22 of those at Alabama, provided Moore with a wealth of experience and knowledge in the world of college athletics. As a coach, Moore served as Bryant's graduate assistant in 1964 and then Alabama's defensive backfield coach from 1965-70. He served as the Tide's quarterbacks coach from 1971-82 and from 1975-82 took on the additional responsibility and elevated role as the Tide's offensive coordinator.

Alabama won national championships, in 1964, 1965, 1973, 1978, 1979 and 1992 with Moore coordinating all the offensive plays for the last four of those championship teams. He is the only man connected with the Alabama coaching staffs, past or present, who was a member of all seven of those title squads. In addition to Alabama, his coaching career included stops at Montana State, Notre Dame and the NFL's Phoenix Cardinals.

Moore, 66, was born December 19, 1939 in Dozier, Alabama. He has been married to the former Charlotte Davis of Tuscaloosa since July 20, 1968. They have one daughter, Mrs. Steve (Heather) Cook of Scottsdale, Arizona, a granddaughter, Anna Lee and a grandson Charles Cannon.



Finus Gaston
Senior Associate Athletics Director/
Chief Financial Officer

Crimson ties are a family tradition for Finus Gaston, Senior Associate Director of Athletics for Administration. His father, the late Finus C. Gaston, was sports information director at Alabama from 1953-61, allowing his son to grow up around Alabama athletics. And his mother, the late Jewell Gaston,

was a long-time departmental employee in the TIDE PRIDE office.

Gaston joined the University of Alabama Athletics Department on August 8, 1996 after serving the University for 22 years. The Tuscaloosa native was Assistant Vice President of Auxiliary and Support Services before joining the Crimson Tide athletic staff.

His duties now encompass management of the athletics business office, personnel services, capital projects, and general maintenance of building and grounds associated with athletics. Gaston also has direct oversight of administrative duties for football. In 1999, Gaston served as interim athletics director for a short time.

His ties run deep with the department. The 1969 Tuscaloosa High School graduate continued his education at the University of Alabama, working his way through school as Coach Paul "Bear" Bryant's head football manager. In 1973, Gaston earned a degree in business education, then went on to earn a Master of Arts degree in trade and industrial education in 1975. In 1984, Gaston received his Doctor of Education Degree in administration and higher education.

He is a member of Omicron Delta Kappa, Phi Delta Kappa and Kappa Delta Pi honorary fraternities.

Upon graduation, Gaston's career flourished at the University. Working in the Financial Affairs office, he held positions as Buyer, Assistant Purchasing Manager, Purchasing Manager, Director of Licensing, Associate Director of Business Services and Assistant Vice President for Auxiliary and Support Services.

Gaston and his wife, Martha, have two children: Will, a 1995 graduate of Alabama, and Curri, a 1998 graduate of the Capstone and one granddaughter, Anna Carson.



Johnny Williams
Senior Associate Athletics Director/
External Operations

Johnny Williams joined Alabama's athletic department in October, 2004 as Senior Associate Athletics Director for External Affairs. Williams joined the Tide after serving as Athletics Director at Troy University for 11 years.

Williams' responsibilities include oversight of Tide Pride, Marketing and Promotions, Media Relations and the Ticket Office.

Under Williams' watch at Troy, the athletic department moved to Division I-A, completing a change from Division II in all sports.

In January 2002, Williams was honored for his progressive leadership by the All-American Football Foundation with its prestigious Gen. Robert Neyland Athletics Director Award.

Williams began his athletic career at Troy as a graduate assistant football coach under Rick Rhoades.

During his coaching tenure with the Trojans, Williams also held several administrative positions within the department. In 1986 and 1987, he coordinated the football program's marketing and development efforts as a special assistant to the athletics director, in addition to his coaching duties. In 1988, he coordinated travel and ticket sales.

Prior to his arrival in Troy, Williams was the head football coach and athletics director at Pickens County High School in Reform, Ala., in 1984. He also served as an assistant coach at his alma mater, the University of North Alabama, from 1979-83.

A 1980 graduate of UNA with a degree in health/physical education, Williams was a four-year defensive starter for the Lions, earning "Defensive Lineman of the Year" honors in 1978. He was selected to the "UNA Team of the Decade" for the 1970s.

A 1975 graduate of Holt High School, he is married to the former Robin Libby of Huntsville. The couple has two sons, Andrew and David.

Athletic Department Senior Support Staff



Kevin Almond
Associate AD
Support Services



Chris Besanceney
Assistant AD
Ticket Office/TIDE PRIDE



Jon Dever
Assistant AD
Student Services



Jon Gilbert
Director Major Gifts
Development



Daniel Hopper
Director Athletic
Marketing



Wendell Hudson
Associate AD
Alumni Relations



Carol Keys
Assistant AD
Business



Chris King
Associate AD
Compliance



Karin Lee
Assistant AD
Community Outreach



Sarah Patterson
Associate AD
Community Relations



Thad Turnipseed
Director Athletic
Capital Projects



Ronny Robertson
Director
Major Gifts



Joe Hornsby
Faculty Athletics Representative

Dr. Joe Hornsby is an Associate Professor of English and Director of the Blount Undergraduate Initiative. He was born and raised in Gadsden, Alabama.

He received his B.A (1976) and M.A in English (1980) and J.D. (1979) in Law from the University of Alabama. After his extended stint as a student at Alabama, he continued his studies at the University of Toronto where he specialized in Old English and Chaucer. He received his Ph.D. in English from the University of Toronto in 1984 and then has returned to the English department of the University of Alabama. There he has taught a variety of courses, including Chaucer, and served as Undergraduate and Graduate Director.

In 2000 he left the department of English to serve as Director of the Blount Undergraduate Initiative. Hornsby's publications include articles on law and medieval literature, and a book entitled "Chaucer and the Law."

During his tenure at Alabama he has received several honors, including the University of Alabama Outstanding Commitment to Teaching, College of Arts and Sciences Distinguished Teaching Fellow, Penny Allen Award for Commitment to Students, SAADE Distinguished Teaching Award and the Morris L. Mayer Award.

His wife, Anne Sikes Hornsby, is an attorney who practices in Birmingham.



Marie Robbins
Associate AD and Senior Woman Administrator

In November of 2001, athletics director Mal Moore added the Senior Woman Administrator title to Marie Robbins' duties, giving her sport oversight and a more direct role in leading the Crimson Tide to future success.

As a former University of Alabama gymnast, Robbins led the Crimson Tide to an SEC and NCAA title in 1988 and another SEC title in 1990. She earned four All-America honors, an SEC all-around title and three Academic All-SEC accolades and a Southeastern Conference Postgraduate scholarship.

After her competitive career, she enrolled in The University of Alabama School of Law in the fall of 1990. While in law school, Marie stayed in touch with athletics, working as a graduate assistant with CASS (Center for Athletic Student Services).

After law school, Robbins accepted an internship with the SEC office, working with championships. After her first year with the SEC office she moved into the compliance section. At that time, the SEC was taking over the national letter of intent program and then-SEC Commissioner Roy Kramer tapped Robbins to run the program.

In September of 1996, Robbins returned to the Capstone, joining Alabama's senior staff as Associate Athletics Director for Compliance.

In addition to her work with the University, Robbins served on the NCAA Women's Gymnastics Committee starting in 1998 and chairing the committee in 2000-02.



Wendell Hudson
Associate Athletics Director

Wendell Hudson has sports oversight over swimming and diving, as well as men's basketball and men's track and field and cross country.

Hudson an All-American basketball player and member of the ASHOF, has returned to the University of Alabama as Associate Athletics Director for Alumni Relations. Hired on Sept. 18, 2003, Hudson left McLennan Community College in Waco, Texas, where he had served as Athletics Director for six years, to return to his Alma Mater. He had served as assistant AD for four years before being named McLennan's AD.

The Birmingham native graduated from Alabama in 1973 with a Bachelor of Science degree. Alabama's first African American scholarship athlete of any sport, he was a 2nd round draft pick by the NBA's Chicago Bulls. He also played for the ABA's Memphis Tams before returning to Tuscaloosa as an assistant basketball coach from 1974-79. Other coaching stops included UNA (1979-82), Rice (1982-83), Ole Miss (1983-85) and Baylor (1985-86) before he turned his career to athletics administration at McLennan CC in 1986.

He is married to the former Belinda Urvie and has five children; Traci, Tasha, Michelle, David and Hawvy.

The University of Alabama Athletic Department's Mission Statement

The mission of the University of Alabama Department of Intercollegiate Athletics is to actively support the University's mission of teaching, research and service by providing an atmosphere in which student-athletes can succeed at championship levels within the spirit of fair play, sportsmanship and integrity.

Towards this mission, the following athletics-related objectives are promoted:

- * Development of the total person
- * Demonstration of academic achievement
- * Adherence to NCAA and SEC rules of competition
- * Development of programs and services which ensure equitable treatment, respect and opportunity for men and women
- * Expectation of success in all sponsored programs
- * Recognition and enhancement of the athletic traditions at The University
- * Programmed outreach initiatives for student-athletes, coaches and athletics staff to serve The University and local communities

The Story of the Elephant

The story of how Alabama became associated with the "elephant" goes back to the 1930 season when Coach Wallace Wade had assembled a great football team.

On October 8, 1930, sports writer Everett Strupper of the Atlanta Journal wrote a story of the Alabama-Mississippi game he had witnessed in Tuscaloosa four days earlier. Strupper wrote, "That Alabama team of 1930 is a typical Wade machine, powerful, big, tough, fast, aggressive, well-schooled in fundamentals, and the best blocking team for this early in the season that I have ever seen. When those big brutes hit you I mean you go down and stay down, often for an additional two minutes.

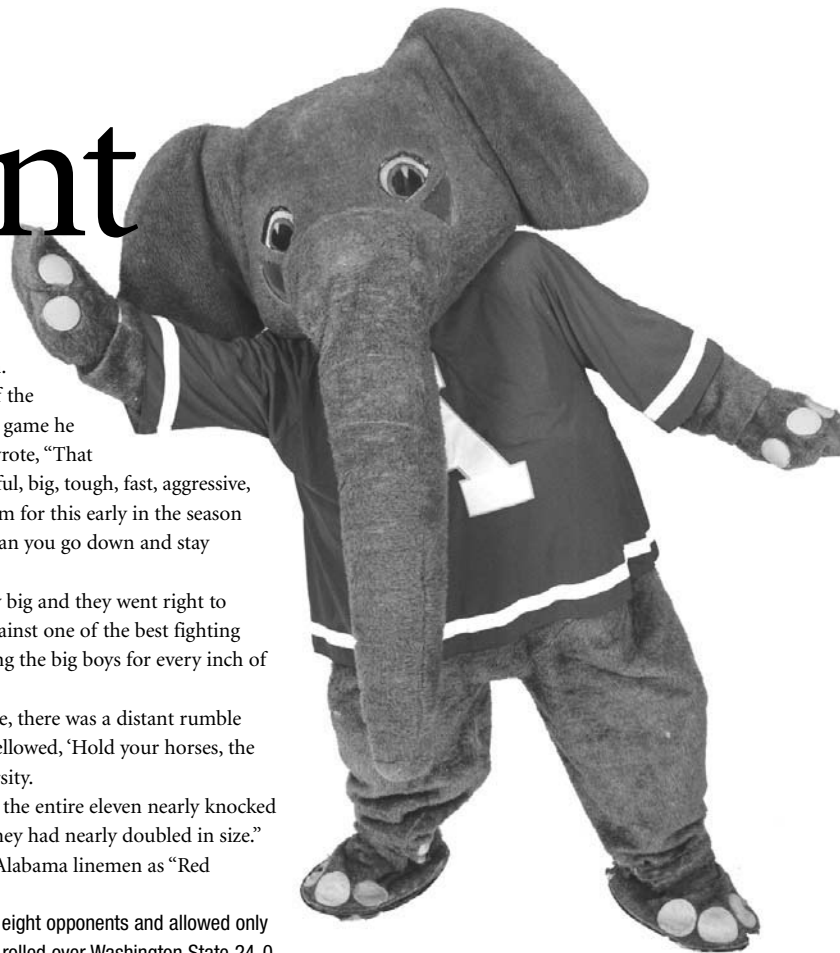
"Coach Wade started his second team that was plenty big and they went right to their knitting scoring a touchdown in the first quarter against one of the best fighting small lines that I have seen. For Ole Miss was truly battling the big boys for every inch of ground.

"At the end of the quarter, the earth started to tremble, there was a distant rumble that continued to grow. Some excited fan in the stands bellowed, 'Hold your horses, the elephants are coming,' and out stamped this Alabama varsity.

"It was the first time that I had seen it and the size of the entire eleven nearly knocked me cold, men that I had seen play last year looking like they had nearly doubled in size."

Strupper and other writers continued to refer to the Alabama linemen as "Red Elephants," the color referring to the crimson jerseys.

The 1930 team posted an overall 10-0 record. It shut out eight opponents and allowed only 13 points all season while scoring 217. The "Red Elephants" rolled over Washington State 24-0 in the Rose Bowl and were declared National Champions.



YEA ALABAMA

*Yea Alabama!
Drown'em Tide,
Every Bama man's behind you,
Hit your stride...
Go teach the Bulldogs
to behave
Send the Yellow Jackets to a watery grave,
And if a man starts to weaken,
That's a shame,
'Cause Bama's pluck and grit have
Writ her name in Crimson Flame,
Fight on, Fight on, Fight on, men!
Remember the Rose Bowl we'll win then.
Go, roll to victory,
Hit your stride!
You're Dixie's football pride,
Crimson Tide!*

Why the Tide?

In early newspaper accounts of Alabama football, the team was simply listed as the "varsity" or the "Crimson White" after the school colors. The first nickname to become popular and used by headline writers was the "Thin Red Line." The nickname was used until 1906. The name "Crimson Tide" is supposed to have first been used by Hugh Roberts, former sports editor of the Birmingham Age-Herald. He used "Crimson Tide" in describing an Alabama-Auburn game played in Birmingham in 1907, the last football contest between the two schools until 1948 when the series was resumed. The game was played in a sea of mud and Auburn was a heavy favorite to win. But, evidently, the "Thin Red Line" played a great game in the red mud and held Auburn to a 6-6 tie, thus gaining the name "Crimson Tide." Zipp Newman, former sports editor of the Birmingham News, probably popularized the name more than any other writer.





Alabama Swimming and Diving and Laps for Life

Lending a Helping Hand

If you lined her up with the Alabama swimming and diving team, she might get a little lost, she is after all not quite five feet tall yet, which is understandable, because she's just 13-years-old. But to the members of the Crimson Tide program, Emily Schreiber is a giant.

"It's hard to describe the heart and courage this young woman has," Alabama head coach Eric McIlquham said. "And for us to be a part of what she's doing is huge for us as a team and as an athletics department."

At age nine, Schreiber was diagnosed with cystic fibrosis and immediately she decided to make a difference in the fight against her disease. So she started a swim-a-thon, hoping to raise some money for research, maybe as much as \$3,000. That first year she raised nearly \$60,000. From that point on, her "Laps for CF" campaign has grown and grown. Last year, she and McIlquham combined to bring "Laps for CF" to Tuscaloosa and the Don Gambriel Aquatic Center on April 22nd for a festival-like day that centered around her 100-lap effort in the pool. The event was a huge success and helped push her overall fundraising effort to over \$500,000.

"It's amazing," Schreiber said. "The event has grown every year. That it's gotten this big and this much attention is just phenomenal. We never expected it to get this big."

But it certainly has gotten big. In addition to local and regional coverage, Schreiber's swim in Tuscaloosa drew national attention and was featured on The Today show.

And if McIlquham and Schreiber have anything to say about it, the event, which is making a return engagement in April of 2007, is only going to get bigger.

"Last year was great," McIlquham said. "But we're really just getting started. I really think that 'Laps for CF' is going to continue to grow and get bigger and bigger here at Alabama. It is certainly something that we as a program are very excited about and are really behind."





Vlad Polyakov - 2006 World Champion

Top of the World

For Vlad Polyakov, competing at the highest level is nothing new, but in Shanghai, China this past spring he took it straight to the top. The senior from Kazakhstan outraced the best of the best to win the World Championship in the 200 breaststroke.

"I wanted to achieve something unbelievable," Polyakov said. "I had the bronze from Montreal, and I was looking for silver in Shanghai, and I was surprised by the gold."

Polyakov may have been surprised, but those around him weren't.

"Vlad works incredibly hard and is very driven," head coach Eric McIlquham said. "He just continues to get better and better with each day and with each race. His potential is limitless."

Polyakov won the 200 breaststroke with a 2:06.95 in a thrilling showdown with Australia's Brenton Rickard. Rickard led the first half of the race before Polyakov chased him down over the last 100-meters to take the gold.

"It was an amazing thing and I never expected I could do it," Polyakov said. "It was a long flight and all. I went there with the attitude that I had nothing to lose."

The gold medal was extra special since it was the first world title for the nation of Kazakhstan.

His Shanghai win is just the latest in a long line of accomplish-

ments by the Marketing-World Business major. At the 2004 Olympic Games in Athens, Greece he was one of just three men to final in both the 100 and 200 breaststrokes joining gold medalist Kosuke Kitajima and world record holder Brendan Hansen. At the 2004 World Championships, held in Indianapolis, Ind., he took home the bronze in both the 100 and 200 breaststrokes.

Already one of the most accomplished athletes in Alabama history, Polyakov comes into his final Alabama season looking to go out in style. The 2005 NCAA 200 Breaststroke Champion, he has finished no lower than second in that event at the national championships. The two-time defending Southeastern Conference 100 and 200 breaststroke champion, he shattered his own league record in the 200 breaststroke last season.

If he sweeps the titles again this season, he will have the most individual SEC titles of any Alabama swimmer. Holder of the school 100 and 200 breaststroke records, Polyakov is the fastest 200 breaststroker in Alabama history by more than four seconds. He is also a member of the fastest 200 and 400 medley relays in school history.

The pool isn't the only place that Polyakov shines. In the classroom he is a two-time member of the prestigious ESPN the Magazine CoSIDA Academic All-American at-large team.

Alabama's Strength & Conditioning Program

The Alabama Swimming and Diving team has a comprehensive strength and conditioning program that is considered one of the nation's best, and stands on the cutting edge in terms of being designed with the specific purpose of making swimmers faster.

"With the dryland program," head coach Eric McIlquham explained. "I'm always trying to stay current with what we're doing, always trying to read more and learn from others. I am a firm believer in constantly upgrading what we are doing, learning and adapting to what we need to do in order to be successful here at the University of Alabama."

The success of the Tide's strength and conditioning program can be measured in seconds over the span of McIlquham's career.

"Through this program, every year we have been able to produce athletes who have done some amazing things," McIlquham said. "We have athletes every year who seem-

ingly come out of no where and make some really great leaps forward and surprise a lot of people, including themselves. There is nothing better than to watch the face of one of your athletes, after they have the swim of their lives, and total sense of achievement."

The Crimson Tide uses a three pronged attack out of the water that includes a weights, plyometric and abdominal programs that runs six days a week. All three programs were developed by McIlquham with input from some of the leading experts in this area.

"Everything we do here at Alabama is the result of years of research and study," McIlquham said. "I have worked with and consulted some of the best in the business and put together a system that is specifically designed for swimmers. A lot of strength programs are created with football in mind and that doesn't work for us. The typical football play lasts from 6-10 seconds. Our sprinters will race anywhere between 19 sec-

onds and 2 minutes. We have different needs and have to train our systems very specifically to meet all of our needs."

The weight program at Alabama was created by McIlquham when he was an assistant coach with the Tide in the mid-90s and he has been refining it ever since.

"What we're doing in the weight program basically encompasses everything we need to do to swim fast," McIlquham said. "It doesn't matter if you can go in and bench press a VW Beetle. If you can't transfer that power to the water, it doesn't make any sense."

McIlquham, who earned his graduate degree in exercise physiology, draws on his educational background daily when creating and refining his current system.

"Everything we do is based in the science of physiology," he explained. "It's based on muscle fibers and the anaerobic and aerobic systems. Everything we do has those two components because during a race we are





The Alabama Swimming and Diving teams work out in the Crimson Tide's state-of-the-art weight room. The 22,000 square foot facility is part of a \$100 million-plus dollar facility upgrade the athletics department has underway.

hitting different energy systems at different levels. And that's what we do in our weight program, we hit different energy systems at different levels so that we can combine the two to make it work and be fluid through out a race.

"For example, in a 200 freestyle, off the blocks it's a very explosive, anaerobic action and you need to get in a good rhythm on that first 50, however in the middle part of your 200, we need to fall into more of an aerobic mode and then the last 50 we need to be explosive again, taking care of the back end. The training we do encompasses all aspects of the glycolytic system as well as developing a very specific neuromuscular recruitment pattern for swimming"

Alabama also utilizes an extensive testing regimen to make sure the athletes are on the right track in the weight room and that their efforts are translating to the pool

"We work very closely in conjunction with our exercise physiology department here," McIlquham said. "On a monthly basis we do our power testing through the physiology lab to see where we are, to keep track of our athletes to give them feedback.

"We're actually doing some testing, a power test, in conjunction with standards we setup with USA Swimming last year to test strength gains made in the water," McIlquham continued. "Our partnership with USA Swimming allows us to do that. It's easy to test strength gains on land, but it's trickier to gauge those made in the water, and we're going to be able to do that with some of the tools and systems we have set up here at Alabama."

In addition to its three days a week in the weight room, the Tide also utilizes a six week plyometrics program in the fall. The system is based on three two-week cycles which build from one cycle to the next.

"It's a program that works both upper and lower body plyometrics," McIlquham said. "There isn't a lot out there on upper body plyometrics, so we're kind of the cutting edge of that area."

"We measure our vertical jump and more importantly our vertical power in conjunction with our plyo program which directly correlates to our starts and our turns. When you're talking about 100ths of seconds, it's going to make a huge difference in what we do."

"Our kids really get into the plyometrics; they really get after each other and get fired up. It's an individual program, so they can compare where they are week to week and see their progress."

Alabama also uses a dryland program that strengthens the athletes' core, which is the key to power.

"It doesn't do us any good if we have good lower and upper body strength if we can't connect the two with a strong core," McIlquham said. "That is why we work abdominals two to three times a week with a specific regiment that includes sit ups and medicine ball work."

And with each part of the program, Alabama athletes are kept in the loop as to what they are doing and why.

"We're here to make these kids students of the sport," McIlquham said. "I always tell them what we're going to do, how we're going to do it and we also tell them why we're doing it. That's important, because the athletes need to understand what's going on with their bodies and why we're training them a certain way."