

VIRGINIA TECH

SWIMMING & DIVING



2010



2011



LOGAN SHINHOLSER



CHARLIE HIGGINS



KATARINA FILOVA



ERIKA HAJNAL



LAUREN RITTER

2010-2011 SWIMMING & DIVING

{ UNIVERSITY INFORMATION }

Location.....	Blacksburg, Va.
Founded.....	1872
Enrollment.....	31,000
Colors.....	Chicago maroon and burnt orange
Nickname.....	Hokies
Conference.....	Atlantic Coast
President.....	Charles W. Steger
Director of Athletics.....	Jim Weaver

{ SWIMMING & DIVING INFORMATION }

Head Coach.....	Ned Skinner (LSU, '89)
Office Phone.....	(540) 231-5086
Office Fax.....	(540) 231-3612
Record at Virginia Tech.....	178-77 (12 years)
Head Diving Coach.....	Ron Piemonte (ASU, '86)
Office Phone.....	(540) 231-3301
Associate Head Swim Coach.....	Braden Holloway (NC State, '01)
Office Phone.....	(540) 231-9970
Assistant Swim Coaches.....	Danielle Quarry (Southern Illinois, '09) Reed Robelot (LSU '03)
2009-10 Record Men.....	(8-3, 2-3 ACC)
2009-10 Record Women.....	(10-2, 4-2 ACC)
Men Letterwinners Returning/Lost.....	22/9
Women Letterwinners Returning/Lost.....	21/13
Facility (Capacity).....	Christiansburg Aquatic Center (1,000)

{ ATHLETICS COMMUNICATIONS DIRECTORY }

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{ CREDITS }

The 2010-11 swimming and diving guide is a publication of the Virginia Tech Athletics Communications office, written to assist the working media in their coverage of the Hokies. The 2010-11 guide was written by Marla Glasser and Sarah Hurd. It was edited by Marla Glasser and designed by Mary Frances Czarsty. Rebecca Favret also made contributions to production of the guide. Photography by Dave Knachel, Tyler Henderson and the Virginia Tech swimming & diving coaching staff.

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CHRISTIANSBURG AQUATIC CENTER

The Christiansburg Aquatic Center (CAC) officially opened its doors to the community in July, 2010, and is a joint venture between the town of Christiansburg and Virginia Tech. As one of the newest state-of-the-art facilities in the country, the CAC boasts an 8-lane, 50-meter pool with two 6-foot moveable bulkheads. The facility also showcases a full diving set-up that includes two cement-based 1-meter springboards, two cement-based 3-meter springboards, as well as 5-meter, 7-meter, and 10-meter platforms. The CAC also received two digital



scoreboards, largely due to the fundraising efforts of the Hackin' Hokies, Too.

Aside from being a premier competition facility, the CAC also provides the team and local townspeople with a therapy pool for physical therapy, injuries, arthritic persons and rehabilitation, and a family/leisure pool with a two-story slide, water walking lanes, zero depth entrance, water jets and other recreational features. Cardio and weight room facilities and state-of-the-art locker rooms are also among the CAC's many resources.



"The CAC has been an incredible addition for our program. We have been able to evolve our training and recruiting in noticeable ways already and it is such a pleasant environment to spend the day."

NED SKINNER



"The new facility has truly brought a renewed enthusiasm and atmosphere to the whole diving program. Just being there makes a huge difference. Anybody could walk into the CAC and immediately feel the impact that the new facility has."

RON PIEMONTE



"The new facility will create an outstanding atmosphere for competition."

BRADEN HOLLOWAY

MEN'S ROSTER

NAME	EVENT	HT.	CL.	EXP.	HOMETOWN
Matt Baumler	Fly/IM/Free	6-4	Jr.	2L	Williamsburg, Va.
Karl Botha	Fly/Free	5-11	So.	1L	Ashford, Great Britain
Trevor Carr	Free	6-1	So.	SQ	Woodford, Va.
Nevin Cook	Breast/IM	5-10	Jr.	2L	Catlett, Va.
Emmett Dignan	Sprint Free/Breast	6-4	Fr.	HS	Mystic, Conn.
Ryne Francis*	Back/IM	6-2	Sr.	3L	Gilbertsville, Pa.
Michael Hallock	Back/Free	6-2	So.	SQ	Oak Hill, Va.
Ryan Hawkins	Diver	5-7	Fr.	HS	Charlotte, N.C.
Stephen Hawkins	Sprint/Fly/Back	6-3	Sr.	3L	Forest, Va.
Garrett Hehn	Sprint Free	6-3	Fr.	HS	Murrysville, Pa.
Charlie Higgins	Free/Back/Fly	6-0	Jr.	2L	Weddington, N.C.
Nathan Hoisington	IM/Breast	6-2	Fr.	HS	Leawood, Kan.
Philip LaRosa	Distance Free/IM	5-10	Jr.	2L	Manassas, Va.
Danny Loftus	Breast/IM	6-0	Fr.	HS	Poquoson, Va.
Alex Lutterbein	Distance Free/IM	6-2	So.	1L	Manakin-Sabot, Va.
Gregory Mahon	Fly/IM	6-0	So.	1L	Medford, N.J.
Daniel Martin*	Diver	5-10	Sr.	3L	Fairfax, Va.
Zach McGinnis	Sprint Free/Back	6-5	So.	1L	Raleigh, N.C.
Greg Morgan	Sprint Free	5-11	Jr.	2L	Greer, S.C.
Ben Munster	Distance Free	6-1	So.	SQ	College Station, Texas
Tom Sheranek	Back/IM	6-7	So.	1L	Richmond, Va.
Logan Shinholser	Diver	5-8	So.	1L	Burtonsville, Md.
Adam Skipper	Free/Breast/IM	6-5	So.	SQ	Yorktown, Va.
Trey Stewart	Back/Free	6-1	Sr.	3L	Luling, La.
Blake Trabuchi-Downey*	Distance Free/Fly	5-10	Jr.	2L	Vineland, N.J.
Nick Tremols	Sprint Free/Fly/IM	6-3	Fr.	HS	Gainesville, Va.
John Trope	Diver	6-2	Fr.	HS	Springfield, Va.
Richard Ulatowski	Sprint Free/Fly	6-4	Sr.	2L	Hamden, Conn.
Bryan Uncur	Free	6-5	Jr.	2L	Chesapeake, Va.
Chris Verboncoeur	Sprint Free/Fly	6-2	Fr.	HS	Potomac, Md.

* Denotes captain

HOKIES BY CLASS

Seniors	5
Juniors	7
Sophomores	10
Freshmen	8

PRONUNCIATIONS

Botha	BOTH-a
Hehn	HANE
Lutterbein	LUTTER-bine
Mahon	MAY-HAN
Ryne	RHINE
Sheranek	sher-ANN-ick
Trabuchi-Downey	tra-BU-key DOWN-ey
Verboncoeur	VER-bon-CORE

WOMEN'S ROSTER

NAME	EVENT	HT.	CL.	EXP.	HOMETOWN
Morgan Allen	Sprint Free	5-7	Sr.	SQ	Charlotte, N.C.
Kameron Ansley	Fly/IM	5-6	Fr.	HS	Savannah, Ga.
Sarah Ault	Free/Back	5-11	So.	SQ	Lancaster, Pa.
Paige Ayres	Breast/IM	5-10	Jr.	SQ	Knoxville, Tenn.
England Barimo	Diver	5-8	Fr.	HS	Tulsa, Okla.
Brittany Boone	Back	5-9	Fr.	HS	Ashburn, Va.
Addie Carne	Free/Fly/IM	5-3	So.	SQ	Simpsonville, S.C.
Steffi Drechsel	Sprint Free/Back	5-9	Sr.	3L	Leipzig, Germany
Aubree Duncan	Back	5-8	Fr.	HS	Woodstock, Ga.
Emily Ferguson	Sprint Free	6-0	Jr.	1L	Clifton, Va.
Katarina Filova	Free	5-9	So.	1L	Bratislava, Slovakia
Becky Flora	Free	6-3	So.	SQ	Reistertown, Md.
Kaleigh Gomes*	Sprint Free/Fly	5-10	Sr.	3L	Charlotte, N.C.
Erika Hajnal	Free/IM/Fly	5-8	Jr.	2L	Budapest, Hungary
Caroline Higgins	Back	5-9	Fr.	HS	Charlotte, N.C.
Meaghan Holloway	Fly/Breast/IM	5-9	So.	1L	Yorktown, Va.
Abby Houchin	Breast/Free	5-8	Fr.	HS	Raleigh, N.C.
Jace Howanitz	Sprint/IM/Fly	5-7	Jr.	2L	Knoxville, Tenn.
Dana Kalnins	Fly/Back	5-4	So.	SQ	Manassas, Va.
Natalie Leake	Breast/Sprint Free	5-7	Fr.	HS	Centreville, Va.
Sarah Milton*	Diver	5-5	Sr.	3L	Plano, Texas
Sara Mokhtari	Diver	5-2	So.	1L	Houston, Texas
Cara Murnan	Diver	5-2	Jr.	2L	Great Falls, Va.
Adrienne Pilchard	Distance Free/IM	5-9	Fr.	HS	Marietta, Ga.
Lauren Ritter*	Distance Free/IM	5-10	Sr.	3L	Sterling, Va.
Carissa Santora	Diver	5-5	So.	1L	Somers Point, N.J.
Heather Savage	Sprint Free/Fly	5-3	So.	1L	Canandaigua, N.Y.
Andrea Sawchuk	Diver	5-4	Jr.	1L	Great Falls, Va.
Rachel Sepanski	Sprint Free	5-8	Fr.	HS	Yorktown, Va.
Laura Simon	Distance Free/IM	5-6	So.	1L	Greenville, S.C.
Keri Sink	Breast/IM	5-5	So.	1L	Elgin, Ill.
Katie Steeves	Breast/Fly/IM	5-6	So.	SQ	Newark, Del.

* Denotes captain

HOKIES BY CLASS

Seniors	5
Juniors	6
Sophomores	12
Freshmen	9

HOKIES BY CLASS

Kameron Ansley	KAM-ren ANS-lee
Ayres	AIR-es
Carne	CARN
Drechsel	DREX-el
Hajnal	HOY-nol
Houchin	HOW-chin
Howanitz	HOW-an-its

MEN'S PREVIEW

After back-to-back fifth-place finishes at the ACC Championships in 2008 and 2009, the H2Ogies improved to fourth place last season, taking home two individual bronze medals and a silver. The team returns the majority of its top swimmers from last season, losing just one NCAA competitor, diver Mikey McDonald.

"The men look to be as strong as ever on paper, with strength in every event and returning championship-scoring experience," said Head Coach Ned Skinner. "We are returning the bulk of our point scorers coupled with a very strong recruiting class of nine newcomers, so this season we look to further improve in the ACC standings."

SPRINT

Virginia Tech returns a good crop of sprinters, led by sophomore Karl Botha and seniors Stephen Hawkins and Richard Ulatowski. Botha finished eighth at the ACC Championships in the 50-yard freestyle, and junior Greg Morgan took 14th in the 200 and 16th in the 100. The four sprinters were all members of at least one of the 200 and 400 freestyle relay teams who both finished sixth at ACCs. Freshmen Garrett Hehn, Chris Verboncoeur and Emmett Dignan, sophomore transfer Zach McGinnis, and returning sophomore Tervor Carr all hope to contribute in the sprint events.

MID- AND DISTANCE FREESTYLE

Blake Trabuchi-Downey, Philip LaRosa and Bryan Uncur all return after finishing in the top 20 in distance freestyle events at last year's ACC Championships. Trabuchi-Downey came in ninth in the 1650 free and 13th in the 500, while LaRosa took 13th in the 1650 free and Uncur placed 18th in the 500 and 19th in the 1650. Sophomores Ben Munster, Michael Hallock and Alex Lutterbein also look to add depth to the distance crew.

INDIVIDUAL MEDLEY

Gregory Mahon and Tom Sheranek anchor a very strong 200 individual medley crew that also features Nevin Cook and Matt Baumler, along with Adam Skipper and newcomers Nathan Hoisington, Emmett Dignan and Nick Tremols. Sheranek, Lutterbein and LaRosa lead the 400 IM, where Hoisington hopes to see action as well. Sheranek placed 10th in the 400 IM and 16th in the 200 at ACCs, where Mahon took 10th in the 200 and LaRosa finished 15th in the 400. Additionally, the H2Ogies had a pair of fourth-place medley relay teams, as returners Stephen Hawkins, Mahon and Ulatowski swam in the 200 and Charlie Higgins, Mahon and Botha participated in the 400.

BACKSTROKE

Charlie Higgins, Tom Sheranek and Stephen Hawkins return to the backstroke crew after solid postseason appearances in 2010. Higgins placed in the top 25 at NAAs in both the 100- and 200-yard backstroke events, after placing ninth in the 200 and taking home the bronze medal in the 100 at ACCs. Tom Sheranek finished fourth at ACCs in the 200 and qualified for the Olympic Trials in both backstroke events this past summer. Stephen Hawkins took 12th in the 100 at ACCs and Ryne Francis came in 14th in the 200. Sophomore Michael Hallock will round out the 2010-11 backstroke squad.

BUTTERFLY

Arguably the H2Ogies' strongest core of swimmers, the butterfly crew, led by Gregory Mahon, includes Blake Trabuchi-Downey, Trey Stewart, Matt Baumler, Charlie Higgins and Karl Botha. The team had several finalists in both butterfly events at the ACCs, with Mahon coming in on top with a third-place finish in the 100 and a fourth-place finish in the 200. Higgins, Botha and Baumler came in eighth, 10th, and 15th, respectively, in the 100, and Trabuchi-Downey, Stewart and Baumler all finished in the top 10 in the 200. Freshman Chris Verboncoeur will add to the already strong fly group this season.

BREASTSTROKE

Junior Nevin Cook anchors a young breaststroke crew, which includes Adam Skipper and freshmen Nathan Hoisington, Emmett Dignan and Danny Loftus. Cook posted a top-10 finish in the 200 breast and placed 15th in the 100 at the Volunteer Invitational, while Skipper took third at the College Cup and 14th at the Volunteer Invitational in the 100 breast. A Leawood, Kansas, native, Hoisington was a three-time state silver medalist in the 100, and a three-time Junior National Qualifier. Dignan, a Mystic, Conn., resident, was a high school All-American and a finalist for New England Outstanding Swimmer of the Year, while Poquoson, Va., resident Danny Loftus was a state finalist and state champion who went to both junior and senior nationals.

DIVING

Tech's diving squad is led by senior team captain Daniel Martin and sophomore Logan Shinholser. Martin has scored at ACCs all three years and was a finalist in platform two years in a row. He came in 13th on the 3-meter and seventh on the platform at last season's ACC Championships. Shinholser, the H2Ogies' only returning NCAA diver, took second on the

platform and 12th on the 1-meter at ACCs. He then followed that performance with a pair of 25th-place finishes at the NCAA Championships on the 3-meter and platform, taking 33rd on the 1-meter. Freshman Ryan Hawkins comes to the Tech diving program as one of the top junior divers in the country on all three events, along with classmate John Trope, a multi-time Junior National competitor.

"Ryan is someone to really keep an eye on who could be a huge factor in elevating our program, and John brings huge depth to the squad," said Head Diving Coach Ron Piemonte. "I'm extremely excited about having perhaps the strongest men's program I've ever had here. We have a group of guys who work very well together and continue to push each other to improve and raise the bar."

NCAA MARKS

2010-11 MEN'S QUALIFYING STANDARDS 25-YARD COURSE

EVENT	A STANDARD	B STANDARD
50 Freestyle	:19.35	:20.31
100 Freestyle	:42.26	:44.37
200 Freestyle	1:33.61	1:38.29
500 Freestyle	4:15.68	4:28.46
1650 Freestyle	14:51.15	15:35.70
100 Butterfly	:46.04	:48.34
200 Butterfly	1:42.95	1:48.09
100 Backstroke	:46.28	:48.59
200 Backstroke	1:41.53	1:46.60
100 Breaststroke	:52.87	:55.51
200 Breaststroke	1:54.25	1:59.96
200 Individual Medley	1:44.05	1:49.25
400 Individual Medley	3:43.68	3:54.86
200 Freestyle Relay	1:17.69	1:21.57
400 Freestyle Relay	2:52.47	3:01.09
800 Freestyle Relay	6:23.26	6:42.42
200 Medley Relay	1:25.66	1:29.94
400 Medley Relay	3:08.22	3:17.63

1-Meter Diving Points—Dual 290/300‡
3-Meter Diving Points—Dual 310/320‡
Platform Diving Points—Dual 290/300‡

‡ qualifying point total when using six optional dives with standard D.D.

WOMEN'S PREVIEW

The H2Okie women return several key competitors from last season's ACC and NCAA Championships. In 2010, the women topped their 34th-place finish in the NCAAs, breaking into the top 25 with a 24th-place national finish. While the H2Ogies took fifth at the ACC Championships, they finished third among ACC teams at the NCAAs. Head Coach Ned Skinner is pleased to welcome back junior All-American Erika Hajnal and sophomore All-America Honorable Mention Katarina Filova.

"The women are poised for another great season," Skinner said, "returning strength in all strokes along with NCAA Championship-scoring experience. We look to continue our streak of top-25 finishes at the NCAAs and to maintain our status as one of the elite programs, both nationally and in the ACC."

SPRINT

The H2Ogies are fortunate enough to return Katarina Filova, who took a silver medal and set a school record in the 200-yard freestyle at the ACC Championships and took home the bronze in the 100. Additionally, she placed 16th at NCAAs in the 200, earning her an All-America Honorable Mention. Emily Ferguson and Steffi Drechsel both had strong performances in the sprint events as well. Ferguson finished 11th at the ACC Championships in the 100, and the two swimmers helped lead the team to a bronze medal in the 400 freestyle relay. Seniors Morgan Allen and Kaleigh Gomes and sophomore Sarah Ault return strong sprint experience, and they are joined by freshman Rachel Sepanski, a high school All-American and Virginia state record-holder in the 200 free, and sophomore transfer Heather Savage, who competed in six events for Clemson University last season at the ACC championships.

FREESTYLE

Tech returns All-American Erika Hajnal, who had a stellar sophomore campaign, coupled with team captain Lauren Ritter, who will anchor the mid and distance freestyle crew. Hajnal won gold medals at the ACC Championships in the 500- and 1650-yard freestyle, and placed in the top 30 in both events at the NCAA Championships. Lauren Ritter just missed a medal in the 500 free at ACCs, placing fourth, and took ninth in the 1650. Additionally, the pair, along with Filova and Kelly deMarras, took second at ACCs in the 800 freestyle relay. Sophomores Addie Carne, Laura Simon and Becky Flora add depth to the event, and freshman Adrienne Pilchard, a four-time high school All-American, rounds out the freestyle group.

INDIVIDUAL MEDLEY

Erika Hajnal and Jace Howanitz lead the pack in the individual medley. Hajnal won the bronze medal in the 400 IM at ACCs, setting a new school record, and placed eighth in the nation at NCAAs. Jace Howanitz took 15th at ACCs in the 200 IM and 19th in the 400. Steffi

Drechsel, Emily Ferguson, Katarina Filova and Meaghan Holloway each swam on at least one of the medley relay teams, helping the H2Ogies capture second at ACCs in the 400 medley and eighth in the 200 relay. In addition to freestyle, freshman Adrienne Pilchard will provide depth in the individual medley events, along with sophomore Katie Steeves.

BACKSTROKE

Steffi Drechsel will lead a young backstroke crew, which includes newcomers Brittany Boone, Aubree Duncan and Caroline Higgins. Drechsel posted the women's quickest finish of the season in the 100 backstroke at 55:22, with a 17th-place finish at ACCs. Additionally, she placed second in the 100 at Penn State and ninth at the Volunteer Invitational. Brittany Boone, a native of Ashburn, Va., was a national qualifier in the backstroke events and ranked 18th at NCSA Junior Nationals in the 200-meter backstroke last season. Aubree Duncan, who hails from Woodstock, Ga., was a four-star recruit on the Swimming World rankings, and a three-time all-county swimmer. The H2Ogies' backstroke group is rounded out by Charlotte, N.C., native Caroline Higgins, who placed in the top three at states in the 100 backstroke in 2008 and 2009, and was a Junior National Team member for the 100 in 2009 and 2010.

BUTTERFLY

Hajnal returns as one of Tech's all-time top performers in the butterfly, posting four titles in the 200 throughout the 2009-10 season. Sophomore Meaghan Holloway comes into this season after placing 18th in both the 100- and 200-yard events at ACC Championships. Heather Savage set a school record for Clemson University last season in the 100-yard butterfly, and freshman Kameron Ansley, a four-time state championships medalist in the 100, will add to the butterfly group, along with sophomore Dana Kalnins.

BREASTSTROKE

Sophomore Keri Sink returns to Tech after finishing in the top 15 in two breaststroke events at last season's ACCs. The Elgin, Ill., resident, who took 13th in the 100 and 14th in the 200, just barely missed qualifying for the Olympic Trials this past summer and looks to be a major factor in relays this season. Freshmen Natalie Leake and Abby Houchin will add depth in the breast events for the H2Ogies, along with junior Paige Ayres. Leake, who hails from Centreville, Va., is a two-time high school All-American and a four-time NCSA Junior National Team member, while Houchin was a national qualifier and an All-American.

DIVING

Head Diving Coach Ron Piemonte is pleased to return Sara Milton to the squad after a strong 2009-10 campaign. The Plano, Texas, resident placed fourth in the platform and eighth in the 3-meter at the Zone A

Diving Championships last season. She then placed third in the preliminary round and eighth overall at ACCs in the 3-meter. Additionally, she earned ACC Athlete of the Week twice after setting a new school record in the 3-meter event with a score of 337.80.

Sophomore Sara Mokhtari just barely missed the finals of the 2010 ACC Championships in the platform event, finishing ninth by less than a point, and she also scored in both the 1- and 3-meter springboards. Cara Murnan had a fifth-place finish in the platform event at the 2009 ACCs, and seems to be very healthy following two surgeries last season.

Andrea Sawchuk and Carissa Santora have been training very well and are showing great potential for scoring possibilities this season. Incoming freshman England Barimo rounds out a very solid women's diving squad.

"I think we have a very solid group of girls who can all compete in all three events, which brings some good balance to the squad," Piemonte said. "I'm looking forward to the women really stepping up this year and being a factor in scoring a good amount of points at the ACC championships."

NCAA MARKS

2010-11 WOMEN'S QUALIFYING STANDARDS 25-YARD COURSE

EVENT	A STANDARD	B STANDARD
50 Freestyle	:21.93	:23.02
100 Freestyle	:47.84	:50.23
200 Freestyle	1:44.02	1:49.22
500 Freestyle	4:38.46	4:52.41
1650 Freestyle	15:53.38	16:41.04
100 Butterfly	:52.02	:54.62
200 Butterfly	1:54.95	2:00.69
100 Backstroke	:52.55	:55.17
200 Backstroke	1:53.37	1:59.24
100 Breaststroke	:59.99	1:02.98
200 Breaststroke	2:09.72	2:16.20
200 Individual Medley	1:56.13	2:01.93
400 Individual Medley	4:07.33	4:19.69
200 Freestyle Relay	1:28.35	1:32.76
400 Freestyle Relay	3:14.93	3:24.67
800 Freestyle Relay	7:02.07	7:23.17
200 Medley Relay	1:37.81	1:42.70
400 Medley Relay	3:32.56	3:43.18

1-Meter Diving Points—Dual 255/265‡
3-Meter Diving Points—Dual 270/280‡
Platform Diving Points—Dual 260/225†

‡ qualifying point total when using six optional dives with standard D.D.

† qualifying point total when using five optional dives with standard D.D.

NED SKINNER

{ HEAD COACH • 13TH SEASON • LOUISIANA STATE ('89) }

THE SKINNER FILE

{ PERSONAL }

Full name: Ned Thomas Skinner
Birth Date: May 3, 1966
Hometown: Worthington, Ohio

{ EDUCATION }

High School: Worthington H.S., 1984
College: Louisiana State, 1989
Graduate: Ohio University, 1990
PhD: Virginia Tech, 2004

{ COACHING EXPERIENCE }

1998- Head Coach, Virginia Tech
1994-98 Head Coach, William & Mary
1990-94 Head Coach, Central Connecticut

{ RECORDS }

Overall: 265-177-2 (20 years)
Virginia Tech: 177-78 (12 years)
Women: 100-32; **Men:** 77-48

{ HIGHLIGHTS }

- 2004 BIG EAST Conference Men's Co-Coach of the Year
- 2003 BIG EAST Conference Men's Coach of the Year
- 1998-99 and 1999-00 Atlantic 10 Women's Coach of the Year
- Led the Virginia Tech men's and women's teams to conference titles in 1999-00
- 1998 ECAC Women's Coach of the Year (William & Mary)
- Coached Kristen Schnittger to four consecutive ECAC titles in the 100 breast (William & Mary)
- 1994 East Coast Conference Women's Coach of the Year (Central Connecticut)

BY THE NUMBERS

- 18 ACC Individual Champions
- 8 Olympic Trial Participants
- 11 International National Champions
- 14 All-American Honorable Mention Individual Selections
- 8 All-America Individual Selections
- 4 ACC Relay Championships
- 5 All-American Honorable Mention Relay Selections
- 5 Academic All-America Selections
- 2 ACC Swimmers of the Year
- 1 ACC Freshman of the Year
- 2 ACC Scholar-Athletes of the Year
- 2 University Games Participants
- 1 Mediterranean Games Participant
- 1 Olympian



Coach Ned Skinner and wife Allison, with their daughter Samantha and son Jack.

The 2010-11 season marks the 13th year at the helm of the Virginia Tech men's and women's swimming and diving teams for Head Coach Ned Skinner. The men's squad has registered a 86-50 record during his tenure, while the women have posted a 110-32 mark.

Under Skinner's direction, both the women's and men's teams were ranked nationally in the top 25 at the same time for the first time in program history. The women achieved their highest ranking of 17th, while the men reached 23rd. The 2009-10 squad set nine school records, while 19 different individuals ranked among the season's top times in various events. The men and women boasted respective fourth- and fifth-place finishes at the conference championships, and the women went on to earn 24th at the NAAs. The Hokies sent a combined seven athletes to the NCAA Championships (five swimmers, two divers) and came home with one All-American in Erika Hajnal, an All-America Honorable Mention, Katarina Filova, and four women earned All-America Honorable Mentions in the 800 freestyle relay.

The women eclipsed the 10-win mark for the second-straight season, including their first ever dual-meet victory over the No. 25

Florida State women. The men finished with eight victories.

In 2008-09, both teams combined to set 30 new school records and posted new times in each relay event. The men earned a 7-1 record while the women finished 6-1. Skinner and his staff sent six swimmers and one diver to the NCAA Championships, earning All-America Honorable Mentions in the 400 free relay, the 50 free, 1650 free and one- and 3-meter diving events. He coached Erika Hajnal to become the Hokies' first All-American in distance events, while shattering four school records. She then represented Hungary at the 25th Universidad World University Games in Serbia the following summer and earned two top-10 finishes.

In 2007-08, both teams set school records for wins in a season, as the women finished with 14 and the men with 12. The teams combined to break 14 individual and five relay school records, with the women setting two ACC records in the process. The Collegiate Swimming Coaches Association awarded the women with a No. 25 ranking at the end of the season. The men touched in at No. 28.

Skinner has coached Tech's four first-team All-Americans in former Hokie swimmer Jessica Botzum (2005, 2007, 2008), Sara Smith (2007), Gus Calado (2006) and current Hokie Erika Hajnal (2010). The Worthington, Ohio, native coached the Hokies first two-time



ACC Swimmer of the Year, Jessica Botzum. Additionally, several other swimmers at Tech have earned All-America Honorable Mentions over the past six seasons.

Throughout his tenure, Skinner has also coached a handful of ACC individual and relay champions in the school's six seasons in the conference. The list includes Botzum, Smith, Hajnal, Calado, Scott Beard, Mason Walsh, Kaan Tayler and the two freestyle relay teams who swam to conference titles in 2007.

In Tech's inaugural campaign in the ACC, Skinner led the men's and women's teams to fifth- and seventh-place finishes, respectively. Botzum scored a fifth-place finish in that year's NCAA championships to become Tech's first true All-American.

In 2001, the Hokies' first year in the BIG EAST, Skinner led the women to a second-place finish, while the men placed third. In 2003, the men placed second in the conference with the women touching in at fourth place. After his successful showing, Skinner was named the BIG EAST Men's Coach of the Year, while Hokie Kevin Furlong was named the Outstanding Men's Swimmer that same season. Both Tech squads finished third at the 2004 BIG EAST

championships. Skinner was named Co-Coach of the Year for the men, while Calado garnered the Outstanding Men's Swimmer Award.

When Skinner was first named head coach of the Hokie swimming and diving squads, he earned back-to-back Atlantic 10 Women's Coach of the Year honers, while leading the women to two Atlantic 10 championships and the men to their first conference title in 2000.

In the off-season, Skinner directs the Fighting Gobbler Swim Camp, two one-week swim camps held at Virginia Tech, which he founded in 2001.

Skinner came to the Hokies after serving four years as the director of competitive swimming at the College of William & Mary. In his last season, he coached the Tribe women to a second place finish at the ECACs, while the men came in fourth out of 40 teams. Skinner was named ECAC Coach of the Year. The women's team finished in the top 12 at the ECAC event during each of Skinner's four seasons. During Skinner's tenure, both the men's and women's squads were named Academic All-America Teams four straight years.

Before William & Mary, Skinner spent four years as head coach and aquatics director at

Central Connecticut State University.

A 1989 graduate of Louisiana State University, Skinner was captain of the 1988 squad that captured the SEC championship. He graduated from LSU with a bachelor of arts in advertising and a split minor in marketing and economics.

Skinner earned his master of science in athletic administration at Ohio University while serving the swim team as a graduate assistant and helping guide the women's team to the 1990 MAC title.

On the non-collegiate level, Skinner founded, directed and coached the Central Connecticut Aquatics team, a 75-member team of children ages 7 to 17. He also served as the head swim coach for the Kingsmill Swim Team in Williamsburg.

Skinner is married to the former Allison Cox, a lawyer and alumna of Virginia Tech, who currently works in the chambers of the United States District Judge David A. Faber. They have a six-year-old daughter, Samantha, and a 2 1/2 year-old son, Jack. A native of Worthington, Ohio, Skinner received his doctorate in curriculum and instruction from Virginia Tech's School of Education in May of 2004.

RON PIEMONTE

{ HEAD DIVING COACH • 5TH SEASON • ARIZONA STATE ('86) }

The Hokies welcome head diving coach Ron Piemonte back for his fifth season in Blacksburg. Piemonte brings over 30 years of diving and coaching experience, spanning throughout all levels of the sport. His impressive resume as a coach has brought him national and international recognition as one of the top coaches in the United States. He brings in several highly touted recruits for the 2010-11 season, after setting three school records in 2009-10.

In 2009-10, freshman diver Logan Shinholser joined senior Mikey McDonald as an NCAA qualifier. Shinholser and Sara Mokhtari set new school marks in the platform events, while Sarah Milton broke her own school-record mark in the 3-meter to highlight the 2010 season, and the Hokies sent nine divers to the Zone A Diving



Championships in Piscataway, N.J.

Under Piemonte's guidance, McDonald became the first Hokie diver ever to qualify for the NCAA Championships while registering three top-20 finishes at the competition in 2008 and earning Honorable Mention All-America status in the 1-meter and platform events. McDonald returned to the Championships in 2009, posting two top-15 finishes and collecting Honorable Mention All-America status for the second-straight year, this time in the one- and 3-meter events. Piemonte also coached McDonald to 10 individual titles throughout each of the last two seasons.

In 2005, Piemonte was voted the Most Outstanding Age Group Diving Coach in the United States. Prior to joining Tech, he spent five seasons at Moss Farms Diving, where he produced six different East National Champions, two YMCA National Champions, three different high school state champions, as well as three different divers who represented the United States in international competitions – one of whom was a bronze medalist on platform in the Junior Pan-Am Championships in Belem, Brazil. Besides coaching, for the last four years Ron has been the Vice President in charge of junior diving for USA Diving. He is also in his eighth year as an instructor for coaches in safety certification and in educating and certifying coaches in belt spotting over trampoline, dryboard, and water.

Piemonte served 10 years at the Tualatin Hills Dive Club in Beaverton, Ore., where he coached many junior national finalists, senior national qualifiers and finalists, junior and senior national team members who represented the United States in international competitions,



Coach Ron Piemonte with his wife Tina (center) and children Rachele, Ronnie and Leah.

two junior national champions, three Junior World Championship qualifiers (one bronze medalist) and an Olympic Trials finalist in 2000 on platform.

Piemonte was recognized as the Region 10 Coach of the Year and Zone D Coach of the Year in 1999. He is a six-time U.S. National Team coach and was ranked as one of the top-10 Junior Olympic coaches in the country by the International Olympic Committee of USA Diving.

Prior to his stint in Oregon, Piemonte split six seasons of coaching as the head coach for men and women at the University of New Mexico while running an age group team of about 20 divers, and developing a very strong club program in Pheonix that consistently had both junior and senior national qualifiers and finalists.

As a diver, Piemonte competed at the national level from 1974 to 1985. As an athlete at Arizona State University, he was a Pac-10 champion, runner up and NCAA finalist. One of the highlights of his career was being able to train under the Japanese Olympic coach as a senior in college.

Piemonte has been married for 24 years to wife, Tina, and has three children: Rachele, Leah and Ronnie. His oldest daughter Rachele is a junior at Virginia Tech and is in the honors program majoring in chemistry. Leah and Ronnie are both highly ranked divers and compete at the junior national level of USA Diving. Leah was also the AA High School Va. State Champion as a freshman in 2010.

THE SKINNER FILE

{ PERSONAL }

Full name: Ronald Gerard Piemonte
Birth Date: April 12, 1963
Hometown: Mount Kisco, N.Y.

{ EDUCATION }

High School: Washington H.S.
(Phoenix, Ariz.)
College: Arizona State '86

{ COACHING EXPERIENCE }

25 years

{ HIGHLIGHTS }

- Coached two divers who qualified for NCAAs in Mikey McDonald and Logan Shinholser (2009-10)
- Helped Mikey McDonald become the first Tech diver to score NCAA points in the program's history and was a two-time Honorable Mention All-American (2006-2009)
- USA Diving Junior Coach of the Year (2005)
- Region 10 Coach of the Year/Zone D Coach of the Year (1999)

BRADEN HOLLOWAY

{ ASSOCIATE HEAD COACH • 3RD SEASON • N.C. STATE ('01) }

Braden Holloway, who is entering his seventh year with Virginia Tech, embarks on his third season as the associate head coach for men's and women's swimming. Holloway was promoted to his new role in 2008.

Holloway, the Hokies' recruiting coordinator, is responsible for an incoming class for 2010-11 that has been highly touted by CollegeSwimming.com, one of the premier sites covering the sport.

In 2009-10, Holloway helped the women's and men's teams earn national recognition in the top 25 at the same time for the first time in program history. The women achieved their highest ranking of 17th, while the men reached 23rd. The squad set nine school records, as the men and women boasted respective fourth- and fifth-place finishes at the conference championships. The women went on to earn 24th at the NAAs. The Hokies sent a combined seven athletes to the NCAA Championships (five swimmers, two divers) and came home with one All-American in Erika Hajnal, an All-America Honorable Mention in Katarina Filova, and four women earned All-America honorable mention in the 800 freestyle relay. The women eclipsed the 10-win mark for the second-straight season, including their first ever dual-meet victory over the No. 25 Florida State women. The men finished with eight victories.

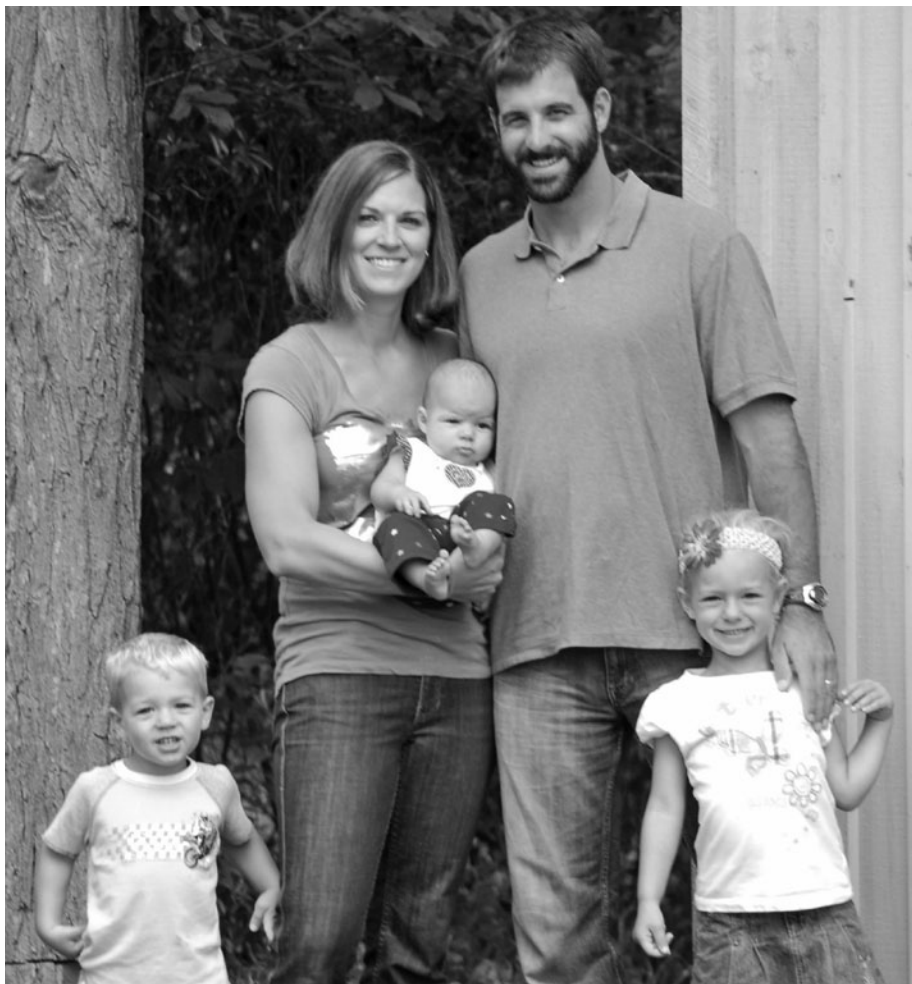


In 2008-09, the team combined to set 30 school records, posted new times in each relay event, and sent six swimmers to the NCAA Championships, where his athletes earned All-America Honorable Mentions in the 400 free relay, the 50 free and the 1650 free. He also helped coach Erika Hajnal to become the Hokies' first All-American in distance events, while shattering four school records. She recently represented Hungary at the 25th Universidad World University Games in Serbia over the summer and earned two top-10 finishes.

Holloway, a 2001 graduate of North Carolina State University, earned his degree in parks, recreation and tourism management. He was the commencement speaker for the College of Natural Resources in the spring of 2001. Upon his graduation from NC State, he earned his master's in education from Virginia Tech in the summer of 2007.

As a member of the NC State Swimming and Diving team, Holloway made the All-ACC team from 1998-2001, becoming both an ACC champion and an ACC record-holder. Announced to the ACC 50th Anniversary

Men's Swimming and Diving Team in 2002, Holloway was a five-time All-American and a two-time Academic All-American. He was ranked internationally in the backstroke events and was an Olympic Trials qualifier. Holloway still holds the Wolfpack record for the 100 backstroke, and his 100 breaststroke mark held for nine years before it was finally broken in 2010.



Coach Braden Holloway with his wife Mary and their children Blythe, Ethan and Brynn.

Prior to joining Tech, Holloway served as an assistant coach at The University of the South from 2003-04. During his tenure, Holloway coached All-American Matthew Martelli, while his teams set four school records and touched in with seven individual titles.

Holloway is a native of Baton Rouge, La. He is married to the former Mary Mittendorf, who was also a collegiate swimmer. They have a 5-year-old daughter, Blythe Marie; a 3-year-old son, Ethan Robert; and a 6-month-old daughter, Brynn Elizabeth.

THE HOLLOWAY FILE

{ PERSONAL }

Full name: Braden Holloway
Birth Date: September 14, 1979
Hometown: Baton Rouge, La.

{ EDUCATION }

High School: Baton Rouge H.S., 1997
College: NC State, 2001
Graduate: Virginia Tech, 2007

{ COACHING EXPERIENCE }

2008- Associate Head Coach, Virginia Tech
2004-08 Assistant Coach, Virginia Tech
2003-04 Assistant Coach, University of the South
2002-03 Head Coach, North Suburban YMCA (Ill.)
2001-02 Volunteer Assistant, NC State

DANIELLE QUARRY

{ ASSISTANT COACH • 2ND SEASON • SOUTHERN ILLINOIS ('09) }



The coaching staff welcomes Danielle Quarry for her first season as a full-time assistant coach, after spending last season as a part-time assistant for the H₂Okie swimming and diving program. Quarry came to Blacksburg after graduating from Southern Illinois University in 2009 with a bachelor's in social work.

As a swimmer at Southern Illinois, Quarry was a backstroke and individual medley specialist and was a four-time MVC Championship finalist and a two-time all-conference selection. She was a team captain her senior season and a student-athlete scholar in 2008.

Prior to coming to Blacksburg, Quarry

spent two years as the head coach and one year as an assistant coach of the Valley Swim Team in Colorado Springs, Colo. She helped guide the team to the Southern State Championships all three years.

A native of Colorado Springs, Colo., Quarry is a graduate of Manitou Springs High School in 2005.

REED ROBELOT

{ ASSISTANT COACH • 1ST SEASON • LOUISIANA STATE ('03) }



Reed Robelot joins the H₂Okie staff for his first season as an assistant coach after serving as assistant coach at Western Kentucky University from 2007-2010.

Robelot joined the Hilltopper staff in August, 2007, and helped the WKU women's squad to its third consecutive Sun Belt Conference title and the men's unit to the 2010 league championship.

Robelot also mentored 2010 Sun Belt Conference Female Swimmer of the Year Claire Donahue in the butterfly events.

Prior to his stint at WKU, Robelot was head coach of the Houston Cougar Aquatic Sports club team and served as a volunteer assistant coach for the University of Houston women's swimming and diving program. Robelot

received his degree in graphic design from Louisiana State University in 2003 and earned his master's from LSU in sport pedagogy in 2006. At LSU, the Baton Rouge, Louisiana, native was a three-year letterwinner for the swimming and diving squad and garnered a spot on the SEC Scholar Athlete Honor Roll from 1998-2002.

COACHING STAFF

JOEY PETERSON

{ GRADUATE ASSISTANT COACH }



Joey Peterson returns to the H₂Okie program for his second year as a graduate assistant coach, after having spent two years at his alma mater, William & Mary, as an assistant coach.

Peterson was a butterfly and individual medley specialist, advancing to the consolation finals at the CAA Championships four times during his career. While team captain in 2006-07, Peterson helped to lead the Tribe to its first winning season in eight years, 6-3-1 (4-2-1 CAA), and post a fourth-place finish at the CAA Championships.

A native of Williamsburg, Va., and a graduate of Lafayette High School, Peterson earned his bachelor of science in neuroscience from William & Mary in May of 2007.

TOM WILLIAMS

{ VOLUNTEER ASSISTANT COACH }



Tom Williams returns for his third season with the H₂Ogies. Prior to coming to Blacksburg, Williams spent one season as a volunteer coach at Wittenberg University in 2005-2006 and two seasons as a volunteer coach at the University of Tennessee from 1998-2000.

Williams swam at the University of Tennessee from 1994-1998. He earned both his bachelor's degree (1999) and master's degree (2001) from Tennessee in forestry/wood utilization. Williams also works full-time as the campus director for Athletes in Action at Virginia Tech. He runs an eight-week Altitude Training Swim Project each summer with Athletes in Action.



COACHING STAFF

SWIMMING AND DIVING SUPPORT STAFF



Dr. Gary Bennett
Sport Psychologist



Amy Freel
Sports Nutrition



Marla Glasser
Athletics
Communications



Jessica Ricci
Athletic Trainer



Lisa Maddux
Administrative
Support



Terry Mitchell
Strength and
Conditioning Coach



Mike Swanhart
Academic Adviser



Daniel Martin

MEN'S PROFILES



MATTHEW BAUMLER
 JUNIOR
 BUTTERFLY/IM/SPRINT FREESTYLE
 WILLIAMSBURG, VA.
 6-4

Skinner on Baumlner: "Matt trained harder than ever over the summer, culminating in a strong appearance at US Nationals. There's no greater H₂Okie than Matt Baumlner."

2009-10: Placed 10th in the 200 butterfly, 15th in the 100 butterfly and 26th in the 200 IM at the ACC Championships ... Was perfect in his events against West Virginia and Duquesne, sweeping both the 100 and 200 butterfly competitions ... Helped the 200 freestyle relay team to a fifth-place finish at the Volunteer Invitational ... Also earned a sixth-place finish in the 200 butterfly and an 11th-place position in the 100 butterfly at the Invite ... Won the 200 butterfly events against Penn State and Duke ... Named to All-ACC Academic Team.

2008-09: Earned his first points at the ACC Championships as a consolation finalist with a 13th-place finish in the 200 butterfly ... Also placed 28th in the 100 butterfly and competed in the 50 free and 100 back at Championships ... Placed 12th in the 200 fly and 15th in the 100 fly at the Volunteer Invitational.

High School: Joins Tech as a eight-time high school All-American, nine-time Virginia State Champion, 12-time all-district member and an Eastern Zone Sectional Champion from Lafayette High ... Was named the Daily Press and VA Gazette Swimmer of the Year as a senior for winning the 100 butterfly and 200 free relay while setting several school records as a team captain ... A Scholastic All-American, he also competed for the Coast Guard Blue Dolphins.

Personal: Matthew Scott Baumlner was born Sept. 24, 1990, in Richmond, Va. ... Son of Bob Baumlner and Lisa Marston ... Majoring in business.

Baumler's Career Best

50 free	21.10	100 fly	48.53
100 free	47.38	200 fly	1:47.54
200 free	1:44.02	200 IM	1:50.91
500 free	4:48.44		



KARL BOTHA
 SOPHOMORE
 BUTTERFLY/FREESTYLE
 ASHFORD, GREAT BRITAIN
 5-11

Skinner on Botha: "Karl had a breakthrough freshman campaign and we are excited to watch him continue to grow."

2009-10: Finished eighth in the 50 freestyle at the ACC Championships to lead the H₂Okiens and placed 10th in the 100 butterfly ... Also helped the 400 medley team to a fourth-place finish and the 200 freestyle relay team to a sixth-place finish ... Earned a top-10 finish in the 100 butterfly and took 14th in the 200 butterfly at the Volunteer Invitational ... Won the 100 butterfly against North and South Carolina ... Named to All-ACC Academic Team.

High School: Attended Millfield High School ... Was elected to the British 2012 Olympian Development Team ... National Champion in the 100 and 200 fly events in 2007 ... Represented Britain in the 2007 European Youth Olympic Festival, earning a bronze medal in the 100 fly ... Member of the England Team vs. Ireland, Wales and Scotland meet, breaking the 100 fly record ... Also reached semifinals at the 2009 British Championships, earning a spot on the European Junior Championships Team and breaking the British record in the 50 free.

Personal: Karl Botha was born on February 2, 1991 ... Son of Frans and Judith Botha ... Undecided major.

Botha's Career Best

50 free	20.16	100 fly	48.23
100 free	44.57	200 fly	1:49.57



TREVOR CARR
 SOPHOMORE
 SPRINT FREESTYLE
 WOODFORD, VA.
 6-1

Skinner on Carr: "Trevor had a good summer of getting stronger and has returned to Blacksburg focused on a big sophomore year."

2009-10: Helped the 200 freestyle relay team to a fifth-place finish at the Volunteer Invitational ... Also competed in the 100 and 200 freestyle events ... Finished fourth in the 50 freestyle and seventh in the preliminaries in the 100 backstroke at the College Cup.

High School: Swam at James Monroe High School and for the RAYS club team ... Named all-district all four years, two-time team MVP ... Also named Swimmer of the Year his senior season and set school records in the 50 and 100 free.

Personal: Trevor Carr was born on May 7, 1991, in Richmond, Va. ... Son of Dwight and Gail Carr ... Undecided major.

Carr's Career Best

100 back	52.45	100 free	45.67
50 free	21.04	200 free	1:45.78



NEVIN COOK
 JUNIOR
 BREASTSTROKE/IM
 CATLETT, VA.
 5-10

Skinner on Cook: "Nevin emerged as our top breaststroker heading into his junior year and he had the summer to back it up. We are very excited for this year."

2009-10: Set career-best performances in the 100 and 200 breaststroke events at the Tarheel Time Trial at North Carolina, ranking as the third-quickest finish on the team ... Posted a top-10 finish in the 200 breaststroke and also placed 12th in the 400 IM and 15th in the 100 breaststroke at the Volunteer Invitational.

2008-09: Placed 19th in the 400 IM, 23rd in the 200 IM and 26th in the 200 back at the ACC Championships ... Also competed in the 100 back at championships ... Placed sixth in the 200 IM, seventh in the 400 IM and ninth in the 100 breast at the Volunteer Invitational.

High School: Competed at Seton School and for the QDD Swim Team ... A two-time Washington Post Independent School Swimmer of the Year ... Named Manassas Journal Swimmer of the Year as a junior ... Took first in the 200 IM and second in the 100 breast at the VSIS State Meet, while also placing first in the 100 breast and second in the 200 IM at the Catholic National Meet ... A multiple-time All-American ... Set several state, conference and team records, while qualifying for the Junior Nationals and the U.S. Open.

Personal: Nevin Michael Cook was born Sept. 23, 1989, in Weymouth, Mass. ... Son of Christopher and Patricia Cook ... Majoring in accounting.

Cook's Career Best

100 back	51.29	200 back	1:48.76
100 breast	55.77	200 breast	2:01.85
200 IM	1:49.21	400 IM	3:54.14



EMMETT DIGNAN
 FRESHMAN
 SPRINT FREE/BREASTSTROKE
 MYSTIC, CONN.
 6-4

Holloway on Dignan: "Emmett is a hidden talent from Connecticut who has a tremendous upside to be a future ACC and national athlete in breast."

High School: Swam at Robert E. Fitch High School and for the Rams Swimming Club ... New England Outstanding Swimmer of the Year Finalist ... ECC state champion in multiple events ... Junior National Finalist ... Ranked in the top five in New England in five events ... High school All-American ... All-ECC 2007, 2010 ... Super Junior Lacrosse Team member 2009 ... All-state swimming and lacrosse 2010.

Personal: Emmett Mitchell Dignan was born on Dec. 20, 1991, in Mystic, Conn. ... Son of Denise Mitchell-Dignan and Michael Dignan ... Has an older sister, Audrey ... Majoring in engineering.



RYNE FRANCIS
 SENIOR
 BACKSTROKE/IM
 GILBERTSVILLE, PA.
 6-2

Skinner on Francis: "Ryne is a great leader for this team and his swimming has evolved to where he is an important component in our success both in and out of the pool."

2009-10: Finished 14th in the 200 backstroke and 18th in the 100 backstroke at the ACC Championships ... Placed 11th in the 200 back and 15th in the 100 back at the Volunteer Invitational ... Won the 200 backstroke against North and South Carolina and Kentucky and finished runner-up in the 200 backstroke against Penn State.

2008-09: Placed 23rd in the 100 back and 25th in the 200 back at the ACC Championships ... Placed sixth in both the 100 back and 200 back at the Volunteer Invitational ... Helped the 400 medley relay team take first in the Pittsburgh dual-meet.

2007-08: Had the 26th best time in the 200 backstroke and 30th in the 500 free at the ACC Championships ... Swam the third legtry for the

second-place 800 free relay squad ... Captured 10th in the 200 back and 12th in the 200 and 500 free.

High School: Swam at Boyertown Senior H.S. and for the Boyertown YMCA Navy Seals ... Placed second in the 100 and 200 backstroke, fourth in the 50 back and fifth in the 200 IM at the YMCA Long Course Championships ... Also performed well at the Short Course Nationals, finishing second in the 200 back and fourth in the 100 backstroke ... As a junior, finished fourth in the 200 free, fifth in the 500 free and fifth in the 200 IM at the PA State finals ... Was named All-America as a junior and senior.

Personal: Ryne Scott Francis was born on Mar. 7, 1988, in Phoenixville, Pa. ... Son of Robert and Carolyn ... Majoring in hospitality and tourism management.

Francis' Career Best

50 free	20.91	100 back	49.55
500 free	4:32.95	200 back	1:47.09



MICHAEL HALLOCK

SOPHOMORE
BACKSTROKE/FREESTYLE
OAK HILL, VA.
6-2

Skinner on Hallock: "Michael is one of the hardest workers on our team. He quietly goes about his business as a great student-athlete."

2009-10: Took second in the 100 backstroke, third in the 200 freestyle and fifth in the 100 freestyle at the College Cup with season-best finishes in all events ... Placed 18th in the 100 backstroke and 19th in the 200 freestyle at the Volunteer Invitational.

High School: Competed for Oakton High School and the Machine Aquatics club team ... Helped his team place second at state championships all four years and first at regionals his senior year ... Named to first-team all-state twice, setting team records in the 100 back, 100 free and 200 free ... First-team All-Met his senior year ... A two-time Junior Nationals qualifier and placed sixth in the 100 back his senior year with the Machine Aquatics ... A four-year scholar-athlete.

Personal: Michael Hallock was born on July 12, 1991 ... Son of Cliff and Andrea Hallock ... Majoring in business.

Hallock's Career Best

50 free	21.89	100 back	50.18
100 free	46.65	200 back	1:56.50
200 free	1:40.31		



RYAN HAWKINS

FRESHMAN
DIVER
CHARLOTTE, N.C.
5-7

Piemonte on Hawkins: "Ryan is one of the top recruits coming into this freshman year. I'm very excited about his ability and level of training in all three events."

High School: Competed for East Gaston High School and the Carolina Diving Academy ... Took first place at high school state championships his junior and senior year ... Multiple-time finalist at the Junior National level on all three levels and has also been a finalist on multiple levels at the Senior Nationals as well ... Placed in the top-five on all three levels at the 2009 Speedo Junior National Diving Championships ... Won the Warrior Award as a freshman ... Team MVP 2008, 2009, 2010.

Personal: Ryan Patrick Hawkins was born on Oct. 6, 1991, in Charlotte, N.C. ... Son of Doug and Robin Hawkins ... Has an older sister ... Majoring in architecture.



STEPHEN HAWKINS

SENIOR
BUTTERFLY/SPRINT FREESTYLE/
BACKSTROKE
FOREST, VA.
6-3

Skinner on Hawkins: "Stephen has had a strong career for the H₂Okiens and we look forward to his senior year being his best year yet."

2009-10: Swam the first leg of the 200 medley relay team that finished fourth at the ACC Championships and helped the 200 freestyle relay team to a sixth-place finish ... Also placed 12th in the 100 backstroke and 17th in the 50 freestyle ... Finished eighth in the 100 back at the Volunteer Invitational ... Earned three titles in the 100 back throughout the season.

2008-09: Placed seventh in the 50 free, eighth in the 100 free and 14th in the 200 free at the ACC Championships, while swimming the last legs in the 400 medley relay and 400 freestyle relay, helping the team finish third and fourth, respectively ... Also helped the 800 freestyle relay team to a sixth-place finish and the 200 freestyle relay team to a fourth-place finish ... Took sixth in the 100 free, 10th in the 50 free and 12th in the 200 free and helped the 400 medley relay team place second at the Volunteer Invitational.

2007-08: Swam the third leg of the ACC Champion 200 free medley relay team to earn All-ACC honors ... Also took 18th in the 50 free, 29th in the 100 free and 33rd in the 100 butterfly at the ACC Championships ... Played a role in Tech's victory at the Nike Cup ... Helped Tech's second 200 and 400 free relay teams finish fourth, second 200 medley relay team take eighth and third 400 medley relay team place ninth ... Also took 12th in the 50 free, 15th in the 100 butterfly and 19th in the 100 free.

High School: Swam for Jefferson Forest High School and his club team, the Virginia Gators ... Won two individual events, the 50 and 100 free, at the AA High School State meet ... Set the meet record in the 100 free ... Named Timesland Swimmer of the Year ... His times for the Gators were Senior National cuts and team records ... A member of the National Honor Society.

Personal: Stephen Paul Hawkins was born on December 11, 1988, in Bedford, Va. ... Son of David Hawkins and Helen Dooley ... Majoring in electrical and nuclear engineering.

Hawkins' Career Best

50 free	19.83	100 back	48.79
100 free	43.96	100 fly	50.36
200 free	1:37.08		



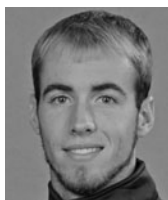
GARRETT HEHN

FRESHMAN
SPRINT FREESTYLE
MURRYSVILLE, PA.
6-3

Holloway on Hehn: "Garrett is a great young man with lots of range in the freestyle events who will be able to help us at any distance."

High School: Swam for Franklin Regional Sr. High School and the Fox Chapel Killer Whales club team ... Was a repeat finalist at the WPIAL Championships and PIAA Championships ... Was an eight-time high school All-American and holds seven school event records ... Was named Hardest Worker as a freshman ... Earned team MVP 2008, 2009, 2010.

Personal: Garrett Nicholas Hehn was born on Nov. 23, 1991, in Charlotte, N.C. ... Son of Gunther and Amy Hehn ... Has an older sister, Jacqui ... Majoring in engineering.



CHARLIE HIGGINS

JUNIOR
BACKSTROKE/FREESTYLE/BUTTERFLY
WEDDINGTON, N.C.
6-0

Skinner on Higgins: "Charlie has been our most prolific swimmer for the last two years and is hungry to break through at the NCAA championships."

2009-10: Qualified for the NCAA Championships for the second-straight year ... Placed 23rd in the 200 back, breaking his own school record in 1:43.72, and 25th in the 100 back ... Placed third in the 100 backstroke and earned an eighth-place finish in the 100 butterfly at the ACC Championships ... Also added a ninth-place performance in the 200 backstroke and swam the first leg to help the 400 medley relay team to a fourth-place finish ... Placed fourth in the 100 back at the Volunteer Invitational ... Earned four titles in the 100 backstroke throughout the season.

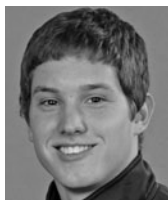
2008-09: Had a standout freshman season and qualified for the NCAA Championships, competing in the 100 and 200 back, placing 20th and 33rd, respectively ... Placed second in the 100 backstroke, 10th in the 200 backstroke and 15th in the 100 butterfly at the ACC Championships ... Helped the 400 medley relay team finish third and the 200 medley relay team finish fifth at championships ... Took fourth in the 100 back and 12th in the 100 fly at the Volunteer Invitational and helped the 400 medley relay team place second ... Named Team Rookie of the Year.

High School: Competed at Charlotte Latin H.S. ... State champion in the 100 back and 100 butterfly his junior and senior season ... Three-year letterwinner.

Personal: Charlie Higgins was born on November 8, 1988, in Winston-Salem, N.C. ... Son of John and Sally Higgins ... Majoring in consumer studies and resource management.

Higgin's Career Best

50 free	21.11
100 free	48.39
200 free	1:41.64
100 back	46.54 (school record)
200 back	1:43.72 (school record)
100 fly	47.96



NATHAN HOISINGTON

FRESHMAN
BREASTROKE/IM
LEAWOOD, KAN.
6-2

Holloway on Hoisington: "Nathan fell in love with Virginia Tech on his trip and not only provides a new energy in breaststroke and IM but a new energy to our men's team."

High School: Swam for Blue Valley North High School and the Kansas City Blazers ... Kansas State Champion in the 200 IM Relay 2008, 2009 ... Placed second in the 100 Breaststroke 2008, 2009, 2010 ... SC Junior National Qualifier 2008 ... Four-time junior national qualifier 2009 ... Three-time national qualifier 2010 ... Placed second at High Point Midwest Sectionals 2010 ... Six-time sectional champion with the Blazers ... First-team all-district 2007, 2008, 2009, 2010 ... First-team all-state 2008, 2009, 2010 ... Holds five school event records.

Personal: Nathan Riley Hoisington was born on Nov. 5, 1991, in Houston, Texas ... Son of Tracy and Scott Hoisington ... Has two sisters, Abby, who swam at Penn State, and Hannah ... Majoring in engineering.



PHILIP LAROSA

JUNIOR
DISTANCE FREESTYLE/IM
MANASSAS, VA.
5-10

Skinner on LaRosa: "Philip has a way about him that is contagious. He is a hard worker who has become a tenacious competitor, and we look to him for this men's team to reach its goals."

2009-10: Earned three top-20 finishes at the ACC Championships, posting a 13th-place finish in the 1650 freestyle, placing 15th in the 400 IM and 20th in the 500 freestyle at the ACC Championships ... Finished third in the 400 IM, eighth in the 1650 free, 12th in the 500 free and 16th in the 200 butterfly at the Volunteer Invitational ... Won the 1000 free against Penn State with his second-fastest finish of the season in 9:26.99 and finished runner-up in the 500 free.

2008-09: Competed in the 400 IM and 1650 free at the ACC Championships ... Placed ninth in the 500 free and 10th in the 1650 free at the Volunteer Invitational ... Posted career-best time in the 200 fly and 200 IM at the Clemson meet.

High School: Was a four-time first-team all-district and three-time All-Met honoree, winning the District Swimmer of the Year award as a senior at Osbourn H.S. ... Won the 500 free at three separate regional meets ... Won the 200 IM twice ... Placed third in the 500 free and fourth in the 200 IM and the 200 free relay at the State Finals ... Was second in total points scored at the Virginia Senior Championships as a member of the QDD Swim Team his senior year ... Set the meet record in the 1650 free while also winning the 500 and 1000 free titles ... Named to the Academic All-America team.

Personal: Philip James LaRosa was born on May 15, 1990, in Manassas, Va. ... Son of James and Susan LaRosa ... Majoring in finance.

LaRosa's Career Best

500 free	4:30.59	200 fly	1:53.84
1000 free	9:24.10	200 IM	1:57.33
1650 free	15:32.03	400 IM	3:57.15



DANNY LOFTUS

FRESHMAN
BREASTROKE/IM
POQUOSON, VA.
6-0

Holloway on Loftus: "Danny comes from an established program that we do very well with and adds more depth in the breaststroke events."

High School: Swam for Menchville High School and the Coast Guard Blue Dolphins ... Team MVP all four years ... Elected Most Athletic Senior 2010 ... Holds four school records ... Went to junior and senior nationals ... Was a state finalist and state champion.

Personal: Daniel Joseph Loftus was born May 30, 1992, in Norfolk, Va. ... Son of Dennis and Joann Loftus ... Has three older siblings, Chris, Kim and John ... Majoring in business information technology.



ALEX LUTTERBEIN

SOPHOMORE
DISTANCE FREESTYLE/IM
MANAKIN-SABOT, VA.
6-2

Skinner on Lutterbein: "Alex has the potential to be one of the best IMers and distance freestylers in our program's history. We are excited about his future."

2009-10: Secured top-three performance at the College Cup, placing first in

the 400 IM, earning the first NCAA "B" qualifying cut of the season for the H₂Okiens, and took third in the 200 back and fourth in the 500 free ... Earned his first title in the 1000 freestyle and added a top finish in the 400 IM against West Virginia and Duquesne ... Placed seventh in the 400 IM at the Volunteer Invitational.

High School: A member of Nova of Virginia Aquatics club team ... Was a high school All-American in the 200 medley relay ... Also named to first-team All-Metro in the 400 IM, second-team All-Metro in the 1000 free and 1650 free and all-state in the 200 IM ... Helped club team place first at the NCSA Junior Nationals, winning the men, women and combined competition.

Personal: Alexander Michael Lutterbein was born on April 4, 1990, in Rochester, N.Y. ... Son of Todd and Carol Lutterbein ... Majoring in philosophy.

Lutterbein's Career Best

- 500 free 4:35.37
- 1000 free 9:29.76
- 200 back 1:50.72
- 200 IM 1:59.00
- 400 IM 3:53.92



GREGORY MAHON
 SOPHOMORE
 BUTTERFLY/IM
 MEDFORD, N.J.
 6-0

Skinner on Mahon: "Gregory has become a major player on our team and within the conference. He looks to use his experience this summer at US Nationals as a segue to the NCAA championships."

2009-10: Had an outstanding freshman campaign at the ACC Championships ... Took the bronze medal with a third-place finish in the 100 butterfly and earned a top-10 finish in the 200 IM, setting a new school record in 1:47.40 ... Also finished fourth in the 200 butterfly ... Helped the 200 and 400 medley relay teams to fourth-place finishes at the ACC Championships ... Placed seventh in the 200 IM, seventh in the 100 butterfly, 10th in the 200 backstroke, 10th in the 200 butterfly and 11th in the 100 backstroke at the Volunteer Invitational ... Named to All-ACC Academic Team.

High School: Competed for St. Joseph's Prep and South Jersey Aquatic Club ... Was a four-time All-Catholic selection at St. Joseph's ... Was also named to the All-American Relay his junior season and was an All-American Individual Penn State Champ in the 200 IM and 100 fly ... Was the team MVP and received All-State honors his senior season ... Earned Top-16 at the YMCA Nationals his junior year and Top-8 his senior year for the South Jersey Aquatic Club ... Was a member of the National Honors Society.

Personal: Gregory Thomas Mahon was born on March 15, 1991, in Vorhees, N.J. ... Son of John and Mary Catherine Mahon ... Majoring in engineering.

Mahon's Career Best

- 100 fly 47.33
- 200 fly 1:45.32
- 100 back 51.05
- 200 back 1:51.19
- 200 IM 1:47.40 (school record)
- 200 free 1:44.82



DANIEL MARTIN
 SENIOR
 DIVER
 FAIRFAX, VA.
 5-10

Piemonte on Martin: "Daniel is a diver that has just continually gotten better every year and I'm looking forward to him culminating his senior year with his best season yet."

2009-10: Earned three top-10 performances at the Zone A Diving Championships, earning fourth in the platform, sixth in the 1-meter and seventh in the 3-meter ... Placed seventh in the platform and 13th in the 1-meter event at the ACC Championships ... Placed second and third, respectively, in the 1- and 3-meter events against Penn State.

2008-09: Placed eighth in the platform diving and 12th in the 1-meter at the ACC Championships ... Placed sixth in the 1-meter and sixth in the 3-meter at the Volunteer Invitational.

2007-08: Posted the 11th-best score in the platform, 14th in the 1-meter and 15th in the 3-meter at the ACC Championships ... Took seventh in the 3-meter and eighth in the 1-meter at the Nike Cup.

High School: Competed for W.T. Woodson H.S. and Patriot Dive Club ... Won the 2007 AAA Virginia state and regional championships ... A 2006 AAU National Qualifier ... Named team's MVP as a senior.

Personal: Daniel Drew Martin was born on Aug. 30, 1988, in Fairfax, Va. ... Son of W. Drew and Deborah Martin ... Majoring in mechanical engineering.

Martin's Career Best

- 1-Meter 332.17
- 3-Meter 363.30
- Platform 315.40



ZACH MCGINNIS
 SOPHOMORE
 SPRINT FREESTYLE/BACKSTROKE
 RALEIGH, N.C.
 6-5

Skinner on McGinnis: "Zach lives his life for greatness and we believe that now that he has found his permanent home here in Blacksburg, he will find it."

2009-10: Swam for the University of Kentucky ... Placed 17th at the SEC Championship in the 100 meter backstroke and sixth in the 200m and 400m medley relays ... Male Freshman of the Year.

High School: Swam for Ravenscroft School and the YMCA of the Triangle Area (YoTA) ... Ravenscroft team MVP 2008, 2009.

Personal: Zachary Scott McGinnis was born on Sept. 20, 1990, in St. Petersburg, Fla. ... Son of Tim and Kate McGinnis ... Has two older brothers, both also swimmers: Matt swam for the University of Texas and Eric was his teammate at the University of Kentucky ... Majoring in political science.



GREG MORGAN
 JUNIOR
 SPRINT FREESTYLE
 GREER, S.C.
 5-11

Skinner on Morgan: "Greg always finds a way to get it done both in the classroom and in the pool. He continues to blossom into an incredible student-athlete for the H₂Okiens."

2009-10: Led Tech with a 14th-place spot in the 200 freestyle at the ACC Championships and took 16th in the 100 freestyle ... Also swam the first leg of the 800 freestyle relay team and helped them to a fourth-place finish ... Helped the 200 freestyle relay team to a fifth-place finish at the Volunteer Invitational and placed 11th in the 200 free and 14th in the 100 free ... Named to All-ACC Academic Team.

2008-09: Competed in the 100 and 200 free at the ACC Championships ... Placed 17th in the 100 free at the Volunteer Invitational and helped the 800 free relay team place third ... Also

participated in the 200 medley relay, 200 free and 400 free relay teams at the Volunteer Invitational ... Won the 100 free at the Maryland meet.

High School: Swam at Eastside H.S. ... Letter winner for five seasons ... All-state honoree from 2005-2008 ... State champion in 2006.

Personal: Greg Morgan was born on January 5, 1990, in Huntington, N.Y. ... Son of Leonard and JoAnn Morgan ... Double majoring in theatre and cinema studies and communication.

Morgan's Career Best

50 free 20.66
100 free 45.14
200 free 1:39.06
500 free 4:36.04
100 fly 51.58



BEN MUNSTER
SOPHOMORE
DISTANCE FREESTYLE
COLLEGE STATION, TEXAS
6-1

Skinner on Munster: "Ben is coming off an excellent summer of training. He comes back to school looking better than ever and is ready for a breakthrough."

2009-10: Posted his season-best finish in the 500 freestyle, taking third at the Triangle College Cup at North Carolina ... Also finished sixth in the 1650 freestyle and ninth in the 200 freestyle at the College Cup ... Placed eighth in the 200 freestyle against Penn State.

High School: Swam at A&M Consolidated High School and for the Aggie Swim Club ... Junior National Qualifier ... Member of the 2009 TISCA All-State Team ... Helped his team earn a top-15 finish.

Personal: Benjamin Joseph Munster was born on January 15, 1991, in Durham, N.C. ... Son of Clyde and Margaret Munster ... Majoring in engineering.

Munster's Career Best

200 free 1:48.85
500 free 4:37.75
1650 free 16:04.97



TOM SHERANEK
SOPHOMORE
BACKSTROKE/IM
RICHMOND, VA.
6-7

Skinner on Sheranek: "The sky's the limit for Tom. He is a physical specimen with an amazing talent and a very good work ethic."

2009-10: Earned top-10 finishes in the 200 back (fourth) and 400 IM (10th) and was the final point scorer in the 200 IM at the ACC Championships with a 16th-place finish ... Placed ninth in the 200 backstroke, 10th in the 400 IM and 15th in the 200 IM at the Volunteer Invitational.

High School: Competed for the Nova of Virginia Aquatics club team, who won the men's women's and combined championships at the NCSA Junior Nationals ... Attended Mills E. Godwin High School, but it had no swimming program ... Was an original member of the Junior Zookeepers of America.

Personal: Tom Sheranek was born on Oct. 17, 1990, in Richmond, Va. ... Son of John and Sheila Sheranek ... Majoring in university studies.

Sheranek's Career Best

100 back 52.16 100 fly 53.57
200 back 1:44.97 200 free 1:47.88
200 IM 1:49.79 400 IM 3:53.88



LOGAN SHINHOLSER
SOPHOMORE
DIVER
BURTONSVILLE, MD.
5-8

Piemonte on Shinholser: "Logan is coming off a really good summer and learned a lot last year as a freshman. I'm looking forward to seeing him take what he learned last year and apply it to this season."

2009-10: Qualified for the NCAA Championships after winning the platform event at the Zone A Diving Championships ... Placed 25th in the 3-meter and platform events and 33rd in the 1-meter at NCAAs ... Broke school record in the platform event at the ACC Championships with a score of 410.55, taking second in the event ... Also finished 12th in the 1-meter event ... Placed second and third, respectively, in the three- and 1-meter events against Penn State ... Named to All-ACC Academic Team.

High School: Dove for Paint Branch High School and the Montgomery Dive Club ... Was named to first-team All-Gazette and first-team All-Metro in high school ... Was a Junior National multiple finalist for the Montgomery Dive Club.

Personal: Logan Shinholser was born on May 29, 1991, in Washington, D.C. ... Son of Steven and Keller Shinholser ... Majoring in engineering.

Shinholser's Career Best

1-Meter 349.73
3-Meter 390.60
Platform 410.55 (school record)



ADAM SKIPPER
SOPHOMORE
BREASTSTROKE/IM/FREESTYLE
YORKTOWN, VA.
6-5

Holloway on Skipper: "Adam has the potential to help Virginia Tech in multiple events. We look forward to his continued development."

2009-10: Finished second in the 200 IM at the College Cup with a season-best time of 1:52.03 and placed third in the 100 breaststroke and seventh in the 50 free ... Placed eighth in the 200 IM and 14th in the 100 breaststroke at the Volunteer Invitational.

High School: Competed for Tabb High School and the Coast Guard Blue Dolphins club team ... Was a four-year all-state letterman at Tabb and named the team MVP all four years ... Qualified for Junior Nationals three times and was a National Qualifier twice with the Blue Dolphins and is a state record holder ... Was a member of the National Honor Society and was a high honors program graduate.

Personal: Adam Skipper was born on June 27, 1991, in Newport News, Va. ... Son of Everett and Sue Skipper ... Majoring in human nutrition, foods and exercise.

Skipper's Career Best

100 breast 57.30 200 breast 2:12.23
50 free 21.36 100 free 48.97
200 IM 1:52.03



TREY STEWART
 SENIOR
 FREESTYLE/BACKSTROKE/BUTTERFLY
 LULING, LA.
 6-1

Holloway on Stewart: "Trey is a rising senior who has accomplished a lot of greatness in the pool but most importantly out of the pool."

2009-10: Placed ninth in the 200 butterfly and 27th in the 100 backstroke at the ACC Championships ... Finished eighth in the 200 butterfly and 20th in the 100 backstroke at the Volunteer Invitational ... Winner of the VT Skelton Award for Academic Excellence in Athletics.

2008-09: Placed fourth in the 200 fly and 14th in the 100 back at the ACC Championships, recording his career-best marks for both events ... Also competed in the 500 free ... Took third in the 200 fly, ninth in the 100 back and 16th in the 100 fly at the Volunteer Invitational ... Set his career-best in the 200 free at Maryland with a third-place finish ... Named to ACC All-Academic Team.

2007-08: Received the team's Rookie of the Year award ... Won the consolation final in the 200 butterfly to finish ninth overall at the ACC Championships ... Posted a NCAA 'B' qualifying time in the event ... Also took 19th in the 400 IM and 24th in the 200 IM ... Won the 200 butterfly at the Nike Cup after finishing 11th in the 200 IM and 26th in the 100 fly ... Also helped Tech's B team in the 800 free relay on the first leg finish eighth and the C team in the 400 medley relay on the third leg finish ninth for more points in Tech's eventual team victory ... Earned All-ACC Academic team honors.

High School: Home-schooled while swimming for the Crawfish Aquatics out of Baton Rouge, La. ... A U.S. National qualifier, U.S. Open qualifier and a Junior National qualifier ... Five-time state champion ... Louisiana state record holder in the 200 butterfly.

Personal: Donald Leon Stewart, III, was born on March 30, 1989, in Charleston, S.C. ... Son of Don and Kim Stewart ... Majoring in biochemistry.

Stewart's Career Best

100 fly	51.76	100 back	49.27
200 fly	1:45.76	200 IM	1:51.89
500 free	4:26.80		



BLAKE TRABUCHI-DOWNEY
 JUNIOR
 BUTTERFLY/DISTANCE FREE
 VINELAND, N.J.
 5-10

Skinner on Trabuchi-Downey: "Blake is a business man. He handles his business as well as any swimmer we've ever coached. He's a genuine leader and a fantastic swimmer."

2009-10: Earned top-10 finishes in the 1650 freestyle and 200 butterfly events, and placed 13th in the 500 freestyle at the ACC Championships ... Helped the 800 freestyle relay team to a fourth-place finish at the ACC Championships ... Finished fifth in the 200 butterfly, seventh in the 1650 free and 13th in the 500 free at Volunteer Invitational ... Won the 1650 free against Duke ... Named to All-ACC Academic Team.

2008-09: Placed 14th in the 1650 freestyle and took first in the bonus consolation final of the 500 free at the ACC Championships ... Also finished eighth in the 200 butterfly event and helped the 800 freestyle relay team to a sixth-place finish ... Placed fifth in the 200 fly, seventh in the 1650 free and 14th in the 200 free at the Volunteer Invitational ... Set his career-best time in the 200 free at the Pittsburgh meet ... Posted two individual wins against Georgia Tech and UNC Wilmington ... Named to ACC All-Academic Team.

High School: Competed for St. Augustine College Preparatory School and the club, GCIT ... Named the Daily Journal and Atlantic City Press Swimmer of the Year after finishing first-team all-state in the 500 free ... Captured multiple state titles, including the 200 medley relay and 100 butterfly ... Selected to the NCSA

All-American team ... A silver medalist on the National Latin Exam ... Member of the National Honor Society.

Personal: Blake Trabuchi-Downey was born on Feb. 16, 1990, in Vineland, N.J. ... Son of Lisa Trabuchi and Dr. John Trabuchi ... Mother swam for the University of Virginia in 1981 and 1982 ... Majoring in biology ... Minor in chemistry.

Trabuchi-Downey's Career Best

200 free	1:41.40	100 fly	51.12
500 free	4:23.46	200 fly	1:46.55
1000 free	9:19.76	200 IM	1:52.40
1650 free	15:24.35		



NICK TREMOLS
 FRESHMAN
 SPRINT FREE/BUTTERFLY/IM
 GAINESVILLE, VA.
 6-3

Holloway on Tremols: "Nick is one of our young flyers who looks to carry on the excellent tradition of great butterfly and will make an immediate impact at the ACC championships this season."

High School: Swam for Battlefield High School and the Curl-Burk Swim Club ... Virginia AAA State Champion in the 100 meter butterfly 2010 ... Qualified for NCSA All-America team that traveled to compete at Irish Nationals 2010 ... First-team all-district 2007, 2008, 2009, 2010 ... MVP 2009, 2010 ... Senior National Qualifier.

Personal: Nicholas Christopher Tremols was born on Jan. 31, 1992, in Miami, Fla. ... Son of Ed and Chris Tremols ... Has two siblings, E.J. and Nina ... Majoring in communications.



JOHN TROPE
 FRESHMAN
 DIVER
 SPRINGFIELD, VA.
 6-2

Piemonte on Trope: "John had a great summer. He is an incoming freshman that I feel has the ability to really round out our men's diving squad and has already proven to show great signs in his technique and in his overall diving ability."

High School: Competed for West Springfield High School and the Dominion Dive Club ... Placed ninth as a freshman, fifth as a sophomore and third as a junior at states ... High School All-American 2009 ... AAU National Finalist 2007 ... AAU National Qualifier 2008, 2009 ... Junior Olympic National Qualifier for 1m and 3m 2010 ... Holds the 6-dive and 11-dive records at West Springfield.

Personal: John Tyler Trope was born on June 17, 1992, in Fairfax, Va. ... Son of Jim and Laura Trope ... Has two older siblings ... Majoring in business.



RICHARD ULATOWSKI
 SENIOR
 SPRINT FREESTYLE/BUTTERFLY
 HAMDEN, CONN.
 6-4

Skinner on Ulatowski: "Richard has evolved into a fine student-athlete for Virginia Tech. He has prepared himself to make his senior season his best season."



Trey Stewart

2009-10: Helped the 200 medley relay team to a fourth-place finish and the 200 freestyle relay team to a sixth-place finish at the ACC Championships ... Also placed 19th in the 50 freestyle, 20th in the 100 freestyle and 23rd in the 100 breaststroke ... Led the men with a 10th-place finish in the 50 free at the Volunteer Invitational and finished 15th in the 100 free ... Helped the 200 medley relay team to a then season-best finish and title in the 200 medley relay against Penn State.

2008-09: Placed 16th in the 50 free and 14th in the 100 free at the ACC Championships, while also helping the 400 freestyle relay team and the 200 freestyle relay team to fourth-place finishes ... Took eighth-overall in the 50 free and 100 free and 13th in the 100 breaststroke at the Volunteer Invitational.

2007-08: Placed 26th in the 50 free and 30th in both the 100 and 200 free at the ACC Championships ... Took eighth in the 50 and 100 free while placing 19th in the 200 free at the Nike Cup to help Tech win the team title ... Swam the first leg of the 200 free relay and the third leg of the 400 free relay to help the B team take fourth in both events ... Also helped the B team take eighth in the 800 free relay.

High School: A swimmer for Notre Dame H.S. and the Woodbridge Aquatic Club ... Earned All-American and all-state honors all four years ... Set the state record in the 50 freestyle as a senior ... Helped his high school 200 free relay squad post the fastest time in the country as a freshman ... A multiple state champion and junior national qualifier with the club team.

Personal: Richard Joseph Ulatowski was born on Feb. 27, 1988, in Stamford, Conn. ... Son of Susan Anderson and John Ulatowski ... Sister, Michelle, was a swimmer for the University of Connecticut ... Majoring in English with a focus on creative writing.

Ulatowski's Career Best

50 free	20.00
100 free	44.61
100 breast	57.78
100 back	54.01



BRYAN UNCUR
 JUNIOR
 FREESTYLE
 CHESAPEAKE, VA.
 6-5

Skinner on Uncur: "Bryan is an incredibly gifted athlete who has the tools necessary for greatness."

2009-10: Placed 18th in the 500 freestyle, 19th in the 1650 freestyle and 22nd in the 200 freestyle at the ACC Championships ... Helped the 800 freestyle relay team to a fourth-place finish at the ACC Championships ... Finished eighth in the 500 free and posted top-20 finishes in the 200 and 1650 freestyles at the Volunteer Invitational ... Recorded two wins over Penn State in the 200 and 500 freestyle events.

2008-09: Finished 12th in the 1650 free, 16th in the 500 free and 19th in the 200 free at the ACC Championships, while swimming the second leg of the 800 freestyle relay and helping the team to a sixth-place finish ... Placed ninth in the 1650 free at the Volunteer Invitational.

High School: Competed for Hickory H.S. and the Tidewater Aquatic Club ... Qualified multiple times in the NCSA Junior Nationals, achieving US Open cuts in the 200, 800, 1000 and 1500 free ... Captured the 500 free state title as a junior, while setting a state record in the 200 free ... Owns several school records as well ... A three-time Norfolk Sports Club Outstanding Metropolitan Scholastic Male Swimmer Award winner.

Personal: Bryan David Uncur was born on Feb. 13, 1990, in Norfolk, Va. ... Son of David and Mary-Gayle Uncur ... Majoring in economics.

Uncur's Career Best

100 free	46.43
200 free	1:38.16
500 free	4:23.41
1000 free	9:11.54
1650 free	15:19.04

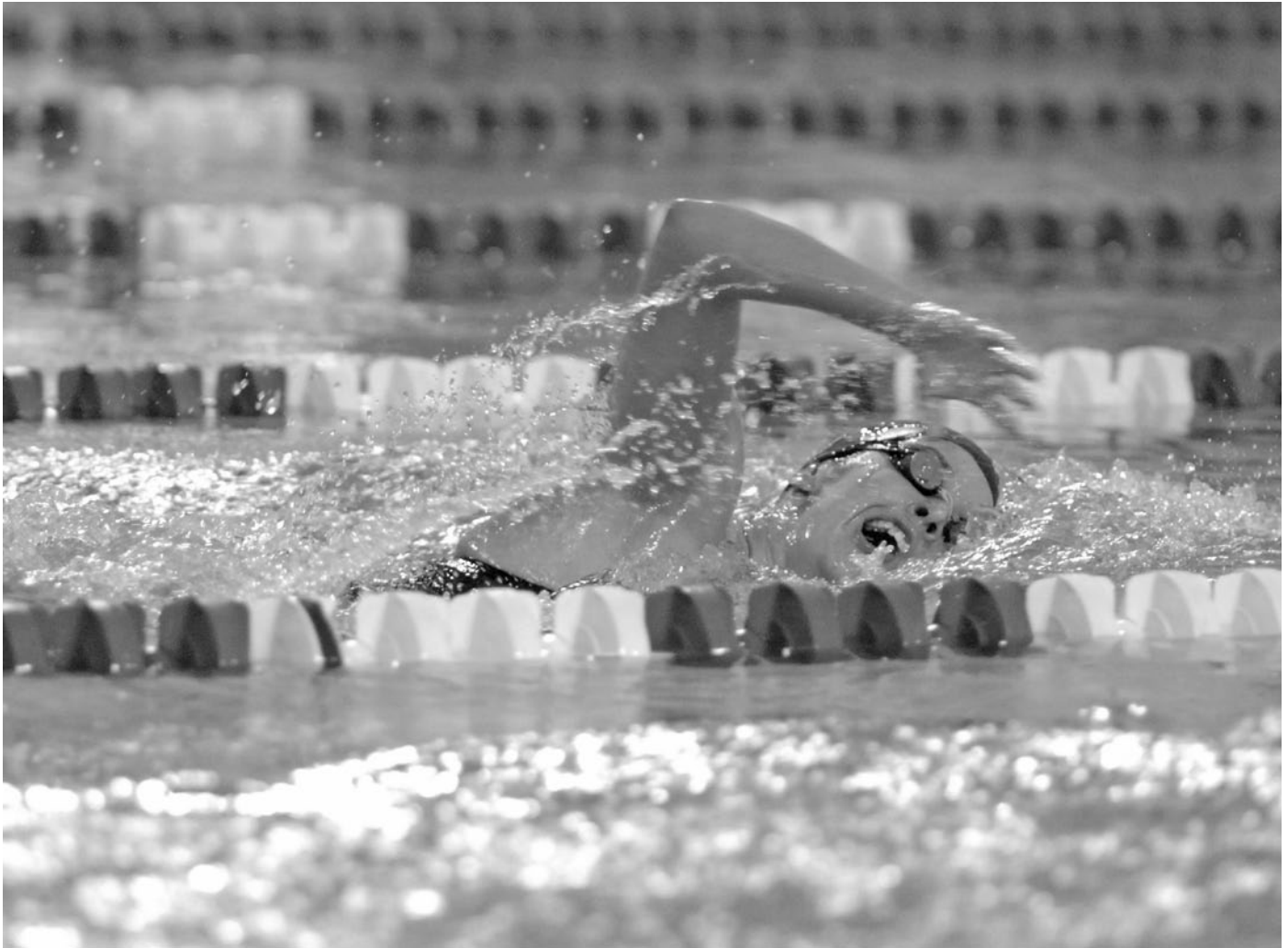


CHRIS VERBONCOEUR
 FRESHMAN
 SPRINT FREE/BUTTERFLY
 POTOMAC, MD.
 6-2

Holloway on Verboncoeur: "Chris was the last addition to our men's team for this upcoming season and he brings a lot of power and explosion to the sprint events."

High School: Swam for Winston Churchill High School and the Rockville Montgomery Swim Club ... Freshman Swimmer of the Year 2007 ... Club Team Captain 2010 ... MVP 2009, 2010 ... Second-team all-metropolitan 2010 ... Holds the school record for the 100 meter butterfly.

Personal: Christopher Parrish Verboncoeur was born on January 6, 1992, in Fairfax, Va. ... Son of Carl and Lynn Verboncoeur ... Has a younger sister, Katy ... Majoring in university studies.



Erika Hanjal

WOMEN'S PROFILES



MORGAN ALLEN
 SENIOR
 SPRINT FREESTYLE
 CHARLOTTE, N.C.
 5-7

Skinner on Allen: "Morgan is the true depiction of an H₂Okie. Her passion and dedication to this program is contagious and she continues to improve."

2009-10: Placed fourth in the 100 freestyle and seventh in the 50 freestyle at the Triangle College Cup at North Carolina, posting season-best finishes ... Helped the 200 freestyle relay team to a sixth-place finish at the Volunteer Invitational.

2008-09: Competed as part of the 200 medley relay team at the Volunteer Invitational ... Placed sixth in the 100 free at the Pittsburgh meet and swam the first leg to help the 200 free relay team earn first-place and defeat the Panthers.

2007-08: Finished 33rd in the 100 free, 34th in the 50 free and 45th in the 200 free at the Nike Cup ... Posted season-best times in the 50 free and 100 free against Pittsburgh and in the 200 free at the Nike Cup.

High School: Was team captain at North Mecklenburg H.S. and for the NOMAD Aqua Devils ... Won conference and regional championships in the 50 free and was also a two-time top-five finisher in the 4A NC State championships ... Named Charlotte Observer Lake Norman Swimmer of the Year as a junior ... Earned All-American honors with the 200 free relay squad that broke a 10-year old 4A state record ... Named MVP in the Blue Ridge Championships ... Member of the National Honor Society and an Academic All-American.

Personal: Morgan Nichole Allen was born on July 30, 1989, in Charlotte, N.C. ... Daughter of Jeff and Sandy Allen ... Majoring in hospitality and tourism management.

Allen's Career Best

50 free 24.10
 100 free 52.80



KAMERON ANSLEY

FRESHMAN
BUTTERFLY/IM
SAVANNAH, GA.
5-6

Holloway on Ansley: "Kameron comes in as a future leader for our women's team in the butterfly events. We look forward to her career getting started."

High School: Swam for Osbourn High School and the Quantico Devil Dolphins ... Represented the USA on the National Junior Team during the Mel Zajac Jr. International Swim Meet in Vancouver, B.C. ... Ranked as a high four-star recruit by Swimming World ... A high school honors student ... Academic All-American 2007, 2008, 2009, 2010 ... Finished in the top three at state championships in the 100 meter butterfly all four years ... U.S. Speedo national meet qualifier 2007, 2008, 2009, 2010 ... Olympic Trial qualifier 2008, 2009, 2010 ... Junior National Team member 2009 ... MVP 2007, 2008, 2009 ... First-team all-district 2009, 2010.

Personal: Kameron Lynch Ansley was born on Oct. 4, 1991, in Savannah, Ga. ... Daughter of Kathleen and Jeff Ansley ... Has three sisters, Rebeka, Stephanie and Megan ... Majoring in psychology.



SARAH AULT

SOPHOMORE
SPRINT FREESTYLE/BACKSTROKE
LANCASTER, PA.
5-11

Skinner on Ault: "Sarah comes in after a strong freshman campaign. She stayed in Blacksburg over the summer, as she is committed to improving her sophomore season."

2009-10: Finished second in the 100 freestyle, third in the 50 freestyle and sixth in the 100 backstroke at the College Cup ... Placed 21st in the 100 backstroke at the Volunteer Invitational.

High School: Competed for Hempfield High School and the Lancaster Aquatic Club ... Has only swam competitively for the past four years ... Three-time All-American and all-state selection.

Personal: Sarah Ault was born on May 18, 1991, ... Daughter of Jeff and Tammy Ault ... Double majoring in art history and classical studies.

Ault's Career Best

50 free 24.04
100 free 51.86
100 back 57.15



PAIGE AYRES

JUNIOR
BREASTSTROKE/IM
KNOXVILLE, TENN.
5-10

Skinner on Ayres: "Paige is an incredible all-around student-athlete. She lives her life for this program in and out of the pool and is ready for her junior year to be a great one."

2009-10: Earned a season-best finish in the 100 breaststroke at the College Cup, taking second in 1:04.87, and finished third in the 200 breaststroke, fourth in the 200 IM and 10th in the 100 butterfly ... Placed 12th in the 200 IM, 13th in the 200 breaststroke and posted a top-20 spot in the 100 breaststroke at the Volunteer Invitational.

2008-09: Competed in the 200 IM at the ACC Championships ... Placed 14th in the 100 breaststroke at the Volunteer Invitational.

High School: Swam for the Webb School of Knoxville and the Pilot Aquatic

Club ... A nine-time All-American ... Finished second in the 200 IM, fifth in the 100 breast and ninth in the 100 fly at state championships ... A two-time short course national qualifier ... A three-time Scholastic All-American and recipient of Webb's Spartan Award.

Personal: Paige Margaret Ayres was born on Aug. 25, 1990, in Knoxville, Tenn. ... Daughter of Martha and Mike Ayres ... Majoring in psychology.

Ayres' Career Best

100 breast 1:04.87 200 IM 2:05.37
200 breast 2:19.45 200 back 2:10.18
100 fly 58.37



ENGLAND BARIMO

FRESHMAN
DIVER
TULSA, OKLA.
5-8

Piemonte on Barimo: "England is an incoming freshman coming off knee surgery. She is working really hard to get back into competitive shape, and I'm looking forward to seeing what she can add to the team."

High School: Competed for the Dominion Dive Club under coach John Appleman ... Placed fourth at states in 2010 ... The team won the state championship her junior and senior year.

Personal: England Elizabeth Barimo was born on Oct. 19, 1991, in Pittsburgh, Pa. ... Daughter of Rebecca and Basil Barimo ... Has a younger brother, Beau ... Majoring in biology.



BRITTANY BOONE

FRESHMAN
BACKSTROKE
ASHBURN, VA.
5-9

Holloway on Boone: "Brittany is an exceptionally fun young-lady who is one of our future leaders in backstroke."

High School: Swam for the Curl Burke Swim Club ... Was a national qualifier in the backstroke events and a finalist in the NI Eastern Zone Champions Series ... An Academic All-American ... Ranked 18th at NCSA junior nationals for 200 meter backstroke 2010 ... Won the 200 meter backstroke event at Super Sectionals in Buffalo and came in second in the 100 meter backstroke.

Personal: Brittany Anne Boone was born on Sept. 5, 1991, in Leesburg, Va. ... Daughter of Tim and Diane Boone and Donna Boone ... Father, Tim, was a pitcher for the Virginia Tech baseball team ... Has one sister, Kristen Stupay, who played ice hockey for Yale University ... Majoring in business.



ADDIE CARNE

SOPHOMORE
FREESTYLE/BUTTERFLY/IM
SIMPSONVILLE, S.C.
5-3

Skinner on Carne: "Addie reinvented her swimming over the summer and has hit the ground running in her sophomore year. We are really excited about her."

2009-10: Finished runner-up in the 200 freestyle at the College Cup after winning the preliminary round and finished fifth in the 200 butterfly ... Helped the 200 freestyle relay team to a sixth-place finish at the Volunteer Invitational ... Finished 13th in the 200 butterfly and also competed in the

200 IM and the 200 freestyle.

High School: Competed at Southside Christian School and for the Y-Spartaquatics Swim Club ... A high school state champion in the 200 IM and 100 fly ... High school MVP and Swimmer of the Year ... USA Academic All-American ... A Junior National Qualifier her junior season with Spartaquatics ... Individual and relay national champion at the YMCA long course in 2009 ... Member of the Junior National Honors Society, the National Honors Society and the Beta Club ... Was the junior and senior class secretary.

Personal: Reagan Addie Carne was born on February 11, 1991, in Greenville, S.C. ... Daughter of Jerre and Jennifer Carne ... Majoring in psychology.

Carne's Career Best

50 free	24.10	100 fly	57.51
100 free	52.80	200 fly	2:04.83
200 free	1:51.73	200 IM	2:08.51



STEFFI DRECHSEL
SENIOR
BACKSTROKE/SPRINT FREESTYLE
LEIPZIG, GERMANY
5-9

Skinner on Drechsel: "Steffi has had a strong career for the H₂Ogies and is committed to ending on a great note."

2009-10: Posted the women's quickest finish of the season in the 100 backstroke at 55.22, with a 17th-place finish at the ACC Championships ... Swam the first legs of the 200 and 400 medley relays at the ACC Championships, helping the women to season-best finishes and also helped the women place third in the 400 freestyle relay ... Helped the 200 freestyle relay team to a third-place finish at the Volunteer Invitational and also placed ninth in the 100 backstroke and 10th in the 100 freestyle ... Placed second in the 100 back and third in the 200 free against Penn State.

2008-09: Swam the first leg and helped the team place 17th in the 200 freestyle relay and 15th in the 400 freestyle relay at the NCAA Championships ... Earned Honorable Mention All-America honors for the 400 free ... Also placed 46th in the 100 back and 51st in the 100 free at the NCAA's ... Took fifth in the 100 back, ninth in the 100 free and 11th in the 50 free at the ACC Championships ... Also helped the 200 free relay team finish third and both the 400 medley relay and 400 freestyle relay teams place second at championships ... Took second in the 100 free and ninth in the 100 fly at the Volunteer Invitational ... Named to ACC All-Academic Team ... Set school record in the 100 back.

2007-08: Took 19th in the 100 back, 24th in the 200 back and 28th in the 50 free at the ACC Championships ... Finished fifth in the 100 back, 14th in the 200 back and 25th in the 100 free at the Nike Cup ... Also helped Tech's B team finish sixth in the 200 free relay on the second leg and in the 400 medley relay swimming on the first.

High School: Swam at Sportgymnasium Leipzig and Ravenscroft School ... Spent two years swimming for the YMCA of the Triangle Area ... Has represented Germany in many international meets on the National Junior Team and participated in the '08 German Olympic Trials ... Helped her club win the combined team championship at the YMCA National Championships ... Earned All-American honors in the 100 back and 400 free relay as a junior and senior ... Germany's National Age Group (12-13) record-holder in the 50 free.

Personal: Stefanie Drechsel was born on October 4, 1988, in Leipzig, Germany ... Daughter of Heike Drechsel and Jurgen Maune ... Majoring in business management.

Drechsel's Career Best

50 free	22.90	
100 free	49.35	
100 back	53.66	(school record)
200 back	2:04.46	
100 fly	56.21	



AUBREE DUNCAN
FRESHMAN
BACKSTROKE
WOODSTOCK, GA.
5-8

Holloway on Duncan: "Aubree is a determined swimmer with a lot of upside as a student-athlete."

High School: Swam for Etowah High School and the Chattahoochee Gold ... Was a four-star recruit on Swimming World rankings ... All-county 2007, 2008, 2009 ... Team Captain 2010 ... MVP 2010 ... High point scorer 2010 ... Member of the National Beta Club, Junior Leadership Council, Fellowship of Christian Athletes, and the Scholastic All-American team.

Personal: Aubree Elizabeth Duncan was born on Nov. 10, 1991, in Marietta, Ga. ... Daughter of Kim and Rob Duncan ... Has three younger siblings, Avery, Alston and Ansley ... Majoring in biology.



EMILY FERGUSON
JUNIOR
SPRINT FREESTYLE
CLIFTON, VA.
6-0

Skinner on Ferguson: "Emily has emerged as a true leader for this program by the way she carries herself every day. She wants to be fast and she cares about her teammates being fast."

2009-10: Helped the H₂Ogies to a season-best finish in the 200 medley and 200 freestyle relays at the ACC Championships ... Placed third in the 400 freestyle relay ... Also earned 11th-place in the 100 freestyle and 12th-place in the 50 freestyle ... Helped the 200 freestyle relay team third at the Volunteer Invitational ... Also earned fifth in the 50 free and sixth in the 100 free at the Invite ... Won the 50 and 100 freestyles against Penn State.

2008-09: Posted a 14th-place finish in the 50 free and finished 16th in the 200 free at the Volunteer Invitational ... Placed second in the 50 free at the Pittsburgh meet.

High School: Competed at Fairfax H.S. and for the Potomac Marlins ... Helped Fairfax win the state title as a senior after finishing second the year before ... Won the 50 free regional while placing second at the state meet ... Helped the 200 medley relay capture the title and break the state record ... Earned first-team All-Metro honors after earning second-team accolades as a sophomore when she won the 200 free regional.

Personal: Emily Ferguson was born on March 15, 1990, in Alexandria, Va. ... Daughter of Charles and Barbara Ferguson ... Majoring in communications.

Ferguson's Career Best

50 free	23.10
100 free	50.02
200 free	1:50.46



KATARINA FILOVA
SOPHOMORE
FREESTYLE
BRATISLAVA, SLOVAKIA
5-9

Skinner on Filova: "Katarina is an exceptional talent with a very fun personality. She has the potential to be one of our best swimmers ever."

2009-10: Earned 16th in the 200 freestyle at the NCAA Championships, garnering honorable mention All-American honors, after setting a new school record in the preliminaries and took 39th in the 100 free and 41st in the 50 free ...

Also helped the 800 freestyle relay team to a 10th-place finish, earning honorable mention All-America accolades in the relay ... Helped the women to a second-place, school-record finish in the 800 freestyle relay in 7:06.93, qualifying for the NCAAs ... Also set her own individual school record with a runner-up finish in the 200 freestyle ... Took third in the 100 freestyle at Championships.

High School: Competed for St. Paul's Anglican High School in Brisbane, Australia, after transferring from Gymnasium Vazovova in Bratislava, Slovakia ... Competed in the World Championships in Rome, the European Short Course Swimming Championship in Istanbul and the FINA/ARENA WORLD Cup in Berlin and Stockholm in 2009.

Personal: Katarina Filova was born on May 14, 1989, in Bratislava, Slovakia ... Daughter of Ivana Filova and Frantisek Filo ... Undecided major.

Filova's Career Best

50 free	22.91	
100 free	49.15	
200 free	1:45.25	(school record)
500 free	4:52.49	



BECKY FLORA

SOPHOMORE
FREESTYLE
REISTERTOWN, MD.
6-3

Skinner on Flora: "Becky has what it takes for greatness. We are very excited about her future."

2009-10: Won the 200 and 500 freestyle events at the Triangle College Cup and finished third in the 100 freestyle ... Finished 16th in the 500 free at Volunteer Invitational ... Recorded two first-place finishes in the 200 and 500 freestyles at the College Cup, including an NCAA "B" mark in the 500 free ... Placed fourth in the 200 free against Penn State.

High School: Competed for the McDonogh School and the Eagle Swim Teams ... Helped the Eagles claim their seventh-straight state title, winning the 200 and 500 freestyle events ... All-American her senior year ... Holds several high school and club team records.

Personal: Rebecca Flora was born on October 17, 1991, in Baltimore, Md. ... Daughter of Michael and Jackie Flora ... Majoring in university studies.

Flora's Career Best

100 free	52.27
200 free	1:50.84
500 free	4:52.25
1000 free	10:22.87
1650 free	17:34.95



KALEIGH GOMES

SENIOR
SPRINT FREESTYLE/BUTTERFLY
CHARLOTTE, N.C.
5-10

Skinner on Gomes: "Kaleigh has had a strong career for the H₂Ogies and we look for her to lead this team in and out of the water in her senior campaign."

2009-10: Competed in the 100 butterfly at the ACC Championships ... Helped the 200 freestyle relay team to a third-place finish at the Volunteer Invitational ... Also led the H₂Ogies with a fourth-place finish in the 50 freestyle and placed 13th in the 100 butterfly at the Volunteer Invite ... Won the 50 free against Duke and the 100 fly against Davidson.

2008-09: Placed 16th in the 50 free, 27th in the 100 free and 34th in the 100 fly at the ACC Championships ... Finished third-overall in the 50 free and 11th in the 100 fly at the Volunteer Invitational and helped the 200 free relay team take first place.

2007-08: Took 13th in the 50 free and 15th in the 100 butterfly to score her

first career points at the ACC Championships ... Also took 26th in the 100 free while helping the 200 free relay team place fifth and the 400 free relay squad take sixth ... Posted three top-10 individual finishes at the Nike Cup ... Placed seventh in the 50 free, eighth in the 100 fly and ninth in the 100 free ... Also helped the 200 free relay team finish third.

High School: Attended Providence H.S. and also swam for Mecklenburg Aquatic Club ... Four-time All-American ... Senior runner-up in the 100 free and 100 fly ... Set state record in the 100 free for the title as a junior ... Won the 100 breast as a freshman and 100 free as a freshman and sophomore.

Personal: Kaleigh Nicole Gomes was born on Nov. 12, 1988, in Charlotte, N.C. ... Daughter of Brian and Sandi Gomes ... Majoring in public relations.

Gomes' Career Best

50 free	23.00
100 free	51.05
200 free	1:54.79
100 fly	56.16



ERIKA HAJNAL

JUNIOR
FREESTYLE/IM/BUTTERFLY
BUDAPEST, HUNGARY
5-7

Skinner on Hajnal: "Already one of our best ever, Erika has shown the women's team what being a champion is all about."

2009-10: Finished as an All-American in the 400 IM at the NCAA Championships, placing eighth after setting a new school record with her preliminary qualifying time ... Also placed 22nd in the 500 freestyle and 30th in the 1650 freestyle and helped the 800 freestyle relay team to a 10th-place finish, earning honorable mention All-America accolades ... Broke Virginia Tech school records in the 500 freestyle and 400 IM at the ACC Championships ... Won the 500 and 1650 freestyle events and earned a bronze finish in the 400 IM, qualifying for NCAAs in all three competitions ... Helped the women to a second-place, school-record finish in the 800 freestyle relay in 7:06.93, qualifying for the NCAAs ... Won titles in the 200 butterfly and 500 and 1650 freestyle events and placed second in the 400 IM at the Volunteer Invitational ... Was named the ACC Swimmer of the Week after her performances at North Carolina and against Virginia ... Broke her own pool record with a first-place finish against Penn State in the 500 freestyle ... Posted five titles in the 1000 freestyle, four titles in the 500 free and four titles in the 200 butterfly throughout the season.

2008-09: Had a stellar freshman season, qualifying for NCAAs and placing 13th in the 1650 free, 22nd in the 400 IM and 30th in the 500 free, posting four points and becoming the Hokies' first All-American in distance events ... Set school records in the 500, 1000 and 1650 free and 400 IM ... Took second in the 500 free, third in the 400 IM and third in the 1650 freestyle at the ACC Championships ... Also swam the first leg of the 800 freestyle relay, helping the team place sixth ... Took first in the 200 free and 200 IM, setting her season-best 200 IM time at the Pittsburgh meet ... Represented Hungary at the 25th Universidad World University Games, participating in the 400 free (22nd), 800 free (14th), 1500 free (9th), 400 IM (11th) and 200 fly (5th) ... Named Team Rookie of the Year.

High School: Swam at CSIK Ferenc High School in Budapest ... Competed with the Delfin Tiffer 21-SE ... Has represented her country in multiple international competitions ... Swam with the team at the 2003 European Youth Olympic Festival ... Won the 400 IM event at the competition ... Competed at the 2008 Swimming World Cup in Mexico, an open water swimming meet ... Captured first place in the 10k race.

Personal: Erika Hajnal was born on September 7, 1989, in Budapest, Hungary ... Daughter of Janos and Erzsebet Hajnal ... Majoring in wildlife science.

Hajnal's Career Best

100 free	51.40	200 back	2:00.47
200 free	1:48.97	200 fly	1:59.18
500 free	4:40.03 (school record)	400 IM	4:09.33 (school record)
1000 free	9:40.18 (school record)		
1650 free	16:00.16 (school record)		
100 back	59.24		



CAROLINE HIGGINS

FRESHMAN
BACKSTROKE
CHARLOTTE, N.C.
5-9

Holloway on Higgins: "Caroline has a tremendous amount of talent and her ability to kick underwater is first-class."

High School: Swam for Charlotte Latin School and the SwimMac-Carolina Club Team ... Came in third in the 100 meter backstroke at the 2008 state championship ... Placed second at states in the 100 meter backstroke and the 100 meter butterfly in 2009 and 2010 ... Junior National Team member for 100 meter backstroke 2009, 2010 ... All-conference 2008, 2009, 2010 ... Scholastic All-American 2009, 2010.

Personal: Caroline Kristen Higgins was born on Nov. 5, 1991, in Charlotte, N.C. ... Daughter of John and Sally Higgins ... Has two siblings, Charlie, a fellow swimmer at Tech, and Collin ... Majoring in psychology.



MEAGHAN HOLLOWAY

SOPHOMORE
BREASTSTROKE/BUTTERFLY/IM
YORKTOWN, VA.
5-9

Skinner on Holloway: "Meaghan spent the summer focusing on her swimming and has returned hungrier for success than we've ever seen her."

2009-10: Earned top-20 finishes in the 100 and 200 butterfly events at the ACC Championships ... Helped the women to a season-best fourth-place finish in the 400 medley relay ... Placed sixth in the 200 butterfly, seventh in the 100 butterfly, 11th in the 100 breaststroke and 14th in the 200 IM at the Volunteer Invitational ... Swam the team's top time in the 100 butterfly with a finish in 55.14 at the Championships.

High School: Competed at Grafton High School and for the Unique Swimming Club ... USA Swimming All-American and Scholastic All-American her senior year at Grafton ... Four-time first-team all-state selection and team MVP ... Set the state record in the 100 breaststroke ... Was a finalist in the 200 butterfly at NCSA Junior Nationals, finishing eighth-overall her junior season ... Was a runner-up at sectionals.

Personal: Meaghan Patricia Holloway was born on October 8, 1990, in Newport News, Va. ... Daughter of Chip and Laura Holloway ... Majoring in university studies.

Holloway's Career Best

100 free	54.27	100 breast	1:05.10
100 fly	55.14	200 IM	2:06.92
200 fly	2:02.20		



ABBY HOUCHIN

FRESHMAN
BREASTSTROKE/FREESTYLE
RALEIGH, N.C.
5-8

Holloway on Houchin: "Abby comes from a program we've done very well with and we're excited to see her career unfold in the breaststroke events."

High School: Competed at Enloe High School as well as the YMCA of the Triangle ... Was a multiple YMCA National finalist ... A multiple-time team record holder and national qualifier ... An All-American and academic all-conference member.

Personal: Abigail Lynn Houchin was born on Feb. 11, 1992, in Greensboro,

N.C. ... Daughter of Jane and Eddy Houchin, who both swam at NC State ... Has two older siblings: Joe, who swam for George Mason, and Charlie, who swam for the University of Michigan ... Majoring in human development.



JACE HOWANITZ

JUNIOR
SPRINT FREESTYLE/IM/BUTTERFLY
KNOXVILLE, TENN.
5-7

Skinner on Howanitz: "A fiery competitor, Jace continues to search for greatness at the ACC and NCAA level."

2009-10: Led the women in the 200 IM with a 15th-place finish at the ACC Championships and also earned a top-20 finish in the 400 IM ... Placed fifth in the 200 IM, ninth in the 400 IM and 13th in the 200 free at the Volunteer Invitational ... Competed in the 800 free relay at the Volunteer Invitational, helping the squad place first among Alabama, Kentucky and Tennessee.

2008-09: Swam the final leg and helped the 800 free relay team earn a sixth-place finish at the ACC Championships ... Also placed 18th in the 100 breast, 24th in the 200 IM and 34th in the 100 free at Championships ... Placed fifth in the 200 IM at the Volunteer Invitational.

High School: Competed for Knoxville Catholic H.S. and the Pilot Aquatic Club after spending two years at Bishop Gorman H.S. in Las Vegas, Nev. ... Qualified for the 2008 U.S. Olympic Trials in the 200 IM ... Named Las Vegas Review Journal's Sunset Swimmer of the Year as a freshman and sophomore after winning the 100 free state title both years ... Won the Tenn. state title in the 200 IM twice and 100 free once ... Set the city record in the 200 IM ... Earned All-America honors all four years ... Member of the National Honor Society and a regional champion in cross country.

Personal: Jace Clare Howanitz was born on Feb. 9, 1990, in Palm Beach Gardens, Fla. ... Daughter of John "Jack" and Laurel Howanitz ... Majoring in finance.

Howanitz's Career Best

100 free	51.40	100 back	59.24
200 free	1:51.89	200 back	2:06.35
100 breast	1:04.39	100 fly	57.80
200 IM	2:02.22	200 fly	2:06.42
400 IM	4:22.78		



DANA KALNINS

SOPHOMORE
BUTTERFLY/BACKSTROKE
MANASSAS, VA.
5-4

Holloway on Kalnins: "Dana has a natural butterfly and is a great talent for that group."

2009-10: Contributed three top-10 finishes at the College Cup, placing second in the 200 butterfly, seventh in the 100 butterfly and ninth in the 100 backstroke ... Competed in the 200 and 400 IMs at the Volunteer Invitational, placing 11th in the 400 IM ... Also earned top-20 finishes in the 200 backstroke and 200 butterfly.

High School: Four-time first-team all-district selection and MVP at Osborn High School, earning team captain her senior year ... A Scholastic All-American ... Competed for the Curl-Burke club team.

Personal: Dana Kalnins was born on October 12, 1990 ... Daughter of John and Nancy Kalnins ... Majoring in university studies.

Kalnins' Career Best

100 back	58.61	100 fly	57.53
200 back	2:05.88	200 fly	2:03.08
400 IM	4:36.66		



NATALIE LEAKE

FRESHMAN
BREASTSTROKE/SPRINT FREESTYLE
CENTREVILLE, VA.
5-7

Holloway on Leake: "Natalie brings a great personality and a lot of firepower to the H₂Okiens."

High School: Swam for Centreville High School and the Curl Burke Swim Club ... Broke team records in the 100 breaststroke and 200 IM as a freshman ... Medaled at states in the 100 breast 2007, 2008, 2009, 2010 ... All-American 2007, 2009 ... Scholastic All-American 2008, 2009, 2010 ... NCSA Junior National team 2007, 2008, 2009, 2010 ... All-met honorable mention 2007, 2008, 2009, 2010 ... Most outstanding swimmer 2008, 2009 ... High point award 2007, 2010 ... Coaches' Award 2010.

Personal: Natalie Louise Leake was born on Sept. 25, 1992, in Arlington, Va. ... Daughter of Lisa and Myron Leake ... Has an older sibling, Lindsey ... Mother, Lisa, played basketball for Georgetown University and Lindsey swam for the Princeton University club swim team ... Majoring in human development.



SARAH MILTON

SENIOR
DIVER
PLANO, TEXAS
5-5

Piemonte on Milton: "Sara had a great summer of training. I'm really looking forward to Sarah closing out her senior year with her best season yet. She has the best work ethic I've ever seen."

2009-10: Placed fourth in the platform and eighth in the 3-meter at the Zone A Diving Championships ... Placed third in the preliminary round and eighth overall in the 3-meter event at the ACC Championships ... Also finished 15th in the platform event ... Earned ACC Athlete of the Week honors twice after setting a new school record in the 3-meter event with a score of 337.80 ... Named to All-ACC Academic Team.

2008-09: Placed 12th in the platform diving and 15th in the 1-meter and 3-meter diving at the ACC Championships ... Took second in the 1-meter, fourth in the 3-meter and sixth in the platform diving at the Volunteer Invitational, setting her season-best score in the platform diving ... Took first in the 1-meter and 3-meter diving events against #10 Virginia.

2007-2008: Shared the team's Rookie of the Year honors with swimmer Lauren Ritter ... Qualified for the NCAA Zone 'B' Regional and the U.S. Spring Diving Nationals ... Set a school record in the 3-meter at South Carolina ... Took 13th in the platform, 14th in the 3-meter and 17th in the 1-meter at the ACC Championships ... Finished fourth in the 1-meter and fifth in the 3-meter at the Nike Cup.

High School: Trained with the Mustangs in the Sun Diving Club at SMU and also competed for Plano West H.S. ... A district champ her junior and senior year ... Finished top-three in regionals both years ... Placed 10th at state championships as a senior ... Athletic and Academic All-American in diving.

Personal: Sarah Milton was born on Jan. 4, 1989, in Oakville, Ontario, Canada ... Daughter of Judy and Jim Milton ... Majoring in industrial systems engineering.

Milton's Career Best

1-Meter	285.53
3-Meter	337.80 (school record)
Platform	220.25



SARA MOKHTARI

SOPHOMORE
DIVER
HOUSTON, TEXAS
5-2

Piemonte on Mokhtari: "Sara had a very good summer and came back in terrific shape. She is a very hard worker who had to learn a lot last year and I'm looking forward to seeing how her sophomore campaign goes."

2009-10: Led the women with a third-place finish in the platform and placed 11th in the 3-meter at the Zone A Diving Championships among 45 divers ... Broke school record in platform event at the Volunteer Invitational with a score of 252.90, marking the top women's score of the season ... Placed ninth in the platform, 13th in the 3-meter and 14th in the 1-meter event at the ACC Championships ... Posted the third best finish of the season in the 1-meter with a score of 280.05 against Virginia.

High School: Competed at Stratford Senior High School and for the Cougar Diving Club ... Was a three-time All-American and state qualifier ... Reached the finals and recorded an eighth-place finish at senior nationals.

Personal: Sara Mokhtari was born on May 5, 1991, ... Daughter of Julia Wang ... Majoring in business.

Mokhtari's Career Best

1-Meter	280.05
3-Meter	288.60
Platform	252.90 (school record)



CARA MURNAN

JUNIOR
DIVER
LEESBURG, VA.
5-2

Piemonte on Murnan: "I'm looking forward to Cara putting together the best of her last two seasons and showing what her true capabilities are as a diver on all levels."

2009-10: Led the women with a fifth-place finish in the 3-meter event at the Zone A Diving Championships and also placed sixth in the platform event ... Placed 15th in the 3-meter and 16th in the 1-meter event at the ACC Championships ... Earned the third-best score of the season in the 3-meter event against West Virginia with a performance of 324.97 and in the platform event with a score of 221.60 at the Zone A Championships ... Named to All-ACC Academic Team.

2008-09: Placed fifth in the platform diving and 16th in the 3-meter diving at the ACC Championships ... Placed eighth in the 1-meter, third in the 3-meter and second in the platform diving at the Volunteer Invitational ... Set her season-best score for platform diving at the Volunteer Invitational ... Named to the ACC All-Academic Team.

High School: Competed at Heritage H.S. ... Has 10 years of diving experience, six years coming at MDC ... A six time National Qualifier ... 2007 AAU National Platform Champion.

Personal: Cara Murnan was born on Nov. 6, 1989, in Washington, D.C. ... Daughter of Scott and Sandi Murnan ... Majoring in political science and pre-law.

Murnan's Career Best

1-Meter	279.90
3-Meter	324.97
Platform	270.09



ADRIENNE PILCHARD

FRESHMAN
DISTANCE FREESTYLE/IM
MARIETTA, GA.
5-9

Holloway on Pilchard: "Adrienne comes in wanting to be at Virginia Tech and that excites us. She adds a lot of versatility to the program."

High School: Swam for George Walton High School and Stingrays Swimming ... All-American 2007, 2008, 2009, 2010 ... First-team all-county 2007, 2008, 2009, 2010 ... All-state 2008, 2009, 2010 ... State champion in two events 2009, 2010 ... Team captain 2010 ... Speedo Junior Qualifier ... NCSA Juniors Finalist.

Personal: Adrienne Pilchard was born on Aug. 2, 1992, in Woodland, Calif. ... Daughter of Scott and Allison Pilchard ... Has three sisters, Carolyn, Madeleine, who swam for Eastern Michigan, and Katy, who swam for Cal State Northridge ... Undecided major.



LAUREN RITTER

SENIOR
DISTANCE FREESTYLE/IM
STERLING, VA.
5-10

Skinner on Ritter: "One of our strongest ACC swimmers in history, Lauren has emerged as a major team leader as well as a player at the NCAA championships."

2009-10: Qualified for the NCAA Championships in the 200, 500 and 1650 free ... Placed 30th in the 500 free, 35th in the 1650 free, 47th in the 200 free and swam in the 800 freestyle relay, earning a 10th-place finish and honorable mention All-America accolades ... Helped the women to a second-place, school-record finish in the 800 freestyle relay in 7:06.93, qualifying for the NCAAs ... Also placed fourth in the 500 freestyle, ninth in the 1650 freestyle and 13th in the 200 freestyle at ACC's ... Finished among the top-three in the 500 and 1650 freestyle events and fourth in the 200 free at the Volunteer Invitational ... Won the 500 freestyle against Kentucky ... Named to All-ACC Academic Team.

2008-09: Placed 10th in the 500 free, 11th in the 1650 free and 13th in the 400 IM at the ACC Championships ... Also helped the 800 free relay team place sixth ... Set her career-best mark in the 1650 free at conference championships ... Took second in the 500 free and 1650 free, sixth in the 200 free and 10th in the 400 IM at the Volunteer Invitational.

2007-08: Named Team Rookie of the Year with diver Sarah Milton ... Was the top distance swimmer on the team, setting a school record in the 1000 free, while setting the second-fastest times in the 500 and 1650 free events, topping the B standard in the process as well ... Finished ninth in the 1650 free, 15th in the 400 IM and 16th in the 500 free at the ACC Championships ... Took fourth in both the 500 and 1650 free and 10th in the 400 IM at the Nike Cup.

High School: Swam at Dominion H.S. and for the FISH swimming club ... Captured the Virginia AA state championship in the 500 free all four years, including setting the state record as a senior ... Also won the 200 free as a senior ... Team captain for three years ... Loudoun County Swimmer of the Year as a senior ... Named to the Loudoun County All-Extra team all four years ... A U.S. National qualifier in the distance events ... A Scholastic All-American.

Personal: Lauren Ritter was born on Jan. 20, 1989, in Fairfax, Va. ... Daughter of Mark and Maria Ritter ... Plans to major in psychology.

Ritter's Career Best

200 free	1:48.18
500 free	4:43.83
1000 free	9:55.00
1650 free	16:23.30
400 IM	4:22.38



CARISSA SANTORA

SOPHOMORE
DIVER
SOMERS POINT, N.J.
5-5

Piemonte on Santora: "I'm excited about Carissa's sophomore year. She learned a lot her freshman year and has come back with a very ambitious training mindset. I'm happy with where she is right now and I think we're going to see some really great things from her this year."

2009-10: Led the women at the Zone A Diving Championships with a 15th-place finish in the 1-meter and also placed seventh in the platform and 14th in the 3-meter among 45 competitors ... Placed 17th in the 3-meter at the ACC Championships ... Won the 1-meter and finished second in the 3-meter against Penn State.

High School: Competed for Mainland Regional High School and the Spinner Diving club team ... Three-time All-American and four-time Cape-Atlantic League Champ ... Two-time first-team all-state selection.

Personal: Carissa Santora was born on June 15, 1991, ... Daughter of Gabe and Karen Santora ... Majoring in English.

Santora's Career Best

1-Meter	278.10
3-Meter	292.05
Platform	206.95



HEATHER SAVAGE

SOPHOMORE
SPRINT FREESTYLE/BUTTERFLY
CANANDAIGUA, N.Y.
5-3

Skinner on Savage: "Heather has a zest about her that is contagious. We are really excited for her future as an H₂Okie."

2009-10: Swam for Clemson University ... Competed at the ACC Championships in six events ... Set a school record in the 100-yard butterfly ... Most Inspirational Performance.

High School: Swam for Canandaigua Academy and the Fairport Area Swim Team ... All-American 2006, 2007, 2008, 2009 ... Won the 200 free relay at high school state championships 2009 ... YMCA national champion in the 50 meter butterfly 2008.

Personal: Heather Nicole Savage was born on March 17, 1991, in Canandaigua, N.Y. ... Daughter of Henry and Pam Savage ... Majoring in human nutrition, foods and exercise.



ANDREA SAWCHUK

JUNIOR
DIVER
GREAT FALLS, VA.
5-4

Piemonte on Sawchuk: "Andrea will bring a maturity to the team with her experience, and the way she trains will help round out the women's squad. I'm looking forward to Andrea being a contributor on both springboard and platform."

2009-10: Earned an 11th-place finish in the platform event at the Zone A Diving Championships ... Placed 16th in the platform event at the ACC Championships ... Earned season-best finish in the 1-meter against Davidson and in the 3-meter against Kentucky.

2008-09: Placed seventh in the platform diving at the Volunteer

Invitational, ninth in the 3-meter and 10th in the 1-meter.

High School: Competed at Langley High School ... Placed in the top-13 in both the 1-meter and 3-meter dive events ... Competed at 2008 AAU Championships ... A member of the Russian Honor Society.

Personal: Andrea Sawchuk was born on October 26, 1990, in Arlington, Va. ... Daughter of William and Maureen Sawchuk ... Majoring in hospitality and tourism management.

Sawchuk's Career Best

1-meter	252.53
3-meter	246.22
Platform	196.80



RACHEL SEPANSKI

FRESHMAN
SPRINT FREESTYLE
YORKTOWN, VA.
5-8

Holloway on Sepanski: "Rachel is a hidden gem in the sprint freestyle events and we are excited to see her develop further."

High School: Competed for Tabb High School and the Coast Guard Blue Dolphins team ... A multiple-time state finalist ... Was named Star Athlete of the Week twice in Virginia high school swimming ... All-State ... MVP 2009, 2010 ... Captain 2010 ... Set a state record and was named All-American in the 200 freestyle 2010 ... Junior National Qualifier 2009, 2010.

Personal: Rachel Ann Sepanski was born on March 21, 1992, in Ogden, Utah ... Daughter of John and Laurie Sepanski ... Has three siblings, Katie, Megan and John ... Majoring in university studies.



LAURA SIMON

SOPHOMORE
DISTANCE FREESTYLE/IM
GREENVILLE, S.C.
5-6

Skinner on Simon: "Laura emerged as a player at ACCs as a freshman and is a very well-balanced young lady. She is a very important part of the future of this program."

2009-10: Earned three top-20 finishes at the ACC Championships, placing 14th in the 400 IM and 1650 freestyle events and 20th in the 500 freestyle ... Earned three top-10 finishes at the Volunteer Invitational, finishing fifth in the 1650 free, sixth in the 400 IM and eighth in the 500 free ... Placed sixth in the 1000 free against Penn State.

High School: Competed at Mauldin High School and for the Y-Spartaquatics Swim Club ... Helped lead Mauldin to state championships her sophomore year ... Was an individual state champion in the 500 free, 200 IM and two relays ... Named to all-state and all-region teams all four years and was a three-time MVP ... National champion in the 800 free and 100 IM with the Y-Spartaquatics ... National champion in the long course 800 and 1500 free and 400 IM ... Helped set the national 400 and 800 free relay records ... Member of the National Honors Society and a three-year Academic All-American.

Personal: Laura Elaine Anastasia Simon was born on December 30, 1990, in Erie, Pa. ... Daughter of Robert and Renee Simon ... Majoring in biochemistry.

Simon's Career Best

200 free	1:55.07	200 IM	2:08.24
500 free	4:53.79	400 IM	4:21.09
1000 free	10:01.71	200 back	2:09.21
1650 free	16:37.49		



KERI SINK

SOPHOMORE
BREASTSTROKE/IM
ELGIN, ILL.
5-5

Skinner on Sink: "Keri has blossomed exponentially since arriving in Blacksburg and continues to emerge as a superstar."

2009-10: Posted three top-20 finishes at the ACC Championships, placing 13th in the 100 breaststroke, 14th in the 200 breaststroke and 20th in the 200 IM ... Placed seventh in the 400 IM and 15th in the 100 breaststroke at the Volunteer Invitational and led the women in the 200 breaststroke with a sixth-place finish ... Finished runner-up in the 200 breaststroke against Penn State

High School: Swam at St. Edward Catholic High School for two years and Roanoke Catholic High School for two years ... Won the 100 breaststroke event at VA Private School States her senior year and finished second in the 200 IM ... Posted state second-place finishes in the 200 IM and 100 breaststroke her junior year, and top-ten finishes in both her freshman and sophomore campaigns at the Illinois states ... Competed for the Virginia Gators club team, who won the 2008 Eastern Zone Sectional Girls Championship ... Was a two-time YMCA SCY National Champion in the 200 breaststroke ... A four-time Academic All-American.

Personal: Keri Lin Sink was born on March 14, 1991, in Elgin, Ill. ... Daughter of Rod Sink ... Majoring in psychology.

Sink's Career Best

100 breast	1:03.31	200 breast	2:15.91
200 IM	2:03.14	400 IM	4:29.76



KATIE STEEVES

SOPHOMORE
BREASTSTROKE/BUTTERFLY/IM
NEWARK, DEL.
5-6

Skinner on Steeves: "Katie comes off a strong summer of preparation and is hungry for success at the ACC and national level."

2009-10: Earned a title in the 400 IM at the College Cup with a season-best finish in 4:24.68 and placed seventh in the 200 butterfly ... Placed eighth in the 400 IM, 15th in the 200 butterfly and also competed in the 200 IM at the Volunteer Invitational.

High School: Competed for St. Mark's High School and the Delaware Swim Team ... Four-time first-team all-state selection ... Named a Scholastic All-American three years and selected as team MVP her final year ... Named to the National Honors Society her junior and senior years.

Personal: Katie Steeves was born on January 29, 1991, ... Daughter of Kent and Amy Steeves ... Majoring in management.

Steeves' Career Best

100 fly	1:00.78
200 fly	2:05.05
200 IM	2:09.65
400 IM	4:24.68
200 breast	2:20.06

SEASON REVIEW

2009-2010 HIGHLIGHTS:

- Nine new school records
- 19 different individual event leaders
- Both teams nationally ranked simultaneously for the first time ever
- Two ACC Athletes of the Week
- Seven NCAA Qualifiers
- One All-American
- One All-America Honorable Mention
- One All-America Honorable Mention Relay Team
- One ACC Postgraduate Scholarship Recipient
- Last meet ever in War Memorial Pool
- First dual-meet victory ever over the nationally ranked Florida State women

NCAA CHAMPIONSHIPS

The H₂Ogies had a total of seven athletes qualify for the NCAA Championships, four from the women's side and three from the men, and the women earned a strong top-25 finish.

Sophomore Erika Hajnal, marking the only returning H₂Ogie to qualify for the second-straight year, became Tech's first All-American since 2008, after finishing eighth overall in the 400 IM. She broke the school record with a preliminary finish of 4:09.33. Hajnal also took 22nd in the 500 free and 30th in the 1650 free. Freshman Katarina Filova finished 16th in the 200 freestyle, 39th in the 100 free and 41st in the 50 free. Kelly deMarrais and Lauren Ritter also competed for the women. DeMarrais posted a 48th-place finish in the 200 free and a 56th-place finish in the 500 free, while Ritter took 30th in the 500 free, 35th in the 1650 free and 47th in the 200 free.

On the team front, deMarrais, Filova, Hajnal and Ritter earned a strong top-10 finish in the 800 freestyle relay, placing 10th in 7:10.38 and marking their highest relay finish ever. The women's team finished 24th overall with 26 points and were third among ACC teams, topping their 34th-place NCAA finish in 2009 by 12.5 points.

Charlie Higgins, Mikey McDonald and Logan Shinholser qualified and competed for the men. Though the men didn't score any points, Higgins did set a new Virginia Tech school record in the 200 backstroke, recording a 23rd-place preliminary finish in 1:43.72. He also finished 25th in the 100 backstroke.

McDonald earned 18th, 26th and 24th-place finishes, respectively, in the 1-meter, 3-meter and platform events, while Shinholser finished 33rd, 25th and 25th.

ACC MEN'S CHAMPIONSHIPS

The men improved upon their fifth-place finish in 2009 with a fourth-place performance at the 2010 ACC Championships. Led by numerous underclassmen, including two freshmen who broke

school records, the men scored 417.5 points. First-year diver Logan Shinholser set a new program mark in the platform event, posting a runner-up finish with 410.55 points. Freshman Gregory Mahon set a new Tech record in the 200 IM with a 10th-place finish in 1:47.40 and earned a bronze medal in the 100 butterfly. Freshman Tom Sheranek posted top-10 finishes in the 400 IM and 200 back events, securing H₂Ogie season-best times in each event. Sophomore Charlie Higgins enjoyed a strong conference meet as well, earning third in the 100 back and ninth in the 200 back. The men earned season-best finishes in each relay event throughout the championships.

ACC WOMEN'S CHAMPIONSHIPS

The H₂Ogie women totaled 385.5 points for a fifth-place finish at the 2010 ACC Championships. Sophomore Erika Hajnal and freshman Katarina Filova were the driving forces for Tech throughout the four-day event. Hajnal, who was an All-American in the 1650 freestyle in 2009 and collected a silver and two bronze medals, continued her dominance, breaking two school records and earning two gold medals and a bronze in 2010. Hajnal posted a school-record mark of 4:40.03 and an event title in the 500 freestyle, and later added a third-place finish in the 400 IM with a school record time of 4:10.78, breaking the former school record which she set in 2009. Hajnal also then took home a second gold medal for the 1650 free event. Filova etched her name in the record books as the runner-up in the 200 freestyle event, earning a program-best finish in 1:45.75. She also added a third-place finish in the

100 freestyle. Filova and Hajnal also contributed to Tech's school-record performance in the 800 freestyle relay, teaming with Lauren Ritter and Kelly deMarrais for a second-place school-record finish. Three Tech women finished in the top 15 in both the 100 and 200 breaststroke events, while many other H₂Ogies posted top 20 finishes.

VOLUNTEER INVITATIONAL

Both teams combined to set several school-record times at the Volunteer Invitational in Knoxville, Tenn., in late fall. The women took second with 799 points, while the men finished fourth with a score of 598. Erika Hajnal led the women with titles in the 1650 free, 200 fly and 500 free and a runner-up finish in the 400 IM. She also broke the pool record in the 1650 free. Sara Mokhtari and Logan Shinholser shined on the board, earning fourth- and second-place finishes respectively in the platform event. Kelly deMarrais secured two NCAA qualifying marks at the meet, while Philip LaRosa led the men with top-10 finishes in the 400 IM and 1650 freestyle.

THE END OF AN ERA: H₂Ogies' LAST MEET AT WAR MEMORIAL POOL

Both teams combined for 23 victories over Davidson as 13 seniors were honored on Senior & Parent's Day at War Memorial Pool on Jan. 16. Both teams earned victories in the 400 medley and 200 freestyle relays. Both teams also swept titles in the 50 freestyle, 200 freestyle, 500 freestyle, 1000 freestyle, 100 butterfly, 100 backstroke and 100 breaststroke events, as well as both 1- and 3-meter diving events.

2009-2010 RESULTS

Women (10-2, 4-2 ACC), Men (8-3, 2-3 ACC)

Date	Opponent	Site	Women	Men
Oct. 17	North Carolina* South Carolina	Chapel Hill, N.C. Chapel Hill, N.C.	L, 118-182 W, 210.50-89.50	L, 128-172 W, 202-98
Oct. 21	Virginia*	Blacksburg, Va.	L, 120-180	L, 123-177
Oct. 31	Penn State	Blacksburg, Va.	W, 160-140	W, 184-116
Nov. 6	Kentucky	Blacksburg, Va.	W, 176-122	W, 161.5-136.5
Nov. 7	Duke*	Blacksburg, Va.	W, 174-126	W, 180-112
Nov. 19-21	Miami* (women only) Volunteer Invitational	Blacksburg, Va. Knoxville, Tenn.	W, 208-86	--
Jan. 16	Davidson	Knoxville, Tenn.	2nd, 799 pts	4th, 598 pts.
Jan. 23	Florida State*	Blacksburg, Va.	W, 134-100	W, 144-87
Jan. 30	Georgia Tech* West Virginia Duquesne	Atlanta, Ga. Atlanta, Ga. Morgantown, W. Va.	W, 154.50-145.50 W, 220-78 W, 156-128	L, 117-183 W, 187-111 W, 165-130
Feb. 17-20	Women's ACC Championships	Morgantown, W. Va.	W, 136-125	W, 142-119
Feb. 24-27	Men's ACC Championships	Chapel Hill, N.C.	Fifth, 385.5 pts.	--
Mar. 13-15	Zone A Diving Championships	Chapel Hill, N.C.	--	Fourth, 417.5 pts.
Mar. 19-21	Women's NCAA Championships	New Brunswick, N.J.	--	--
Mar. 26-28	Men's NCAA Championships	West Lafayette, Ind. Columbus, Ohio	24th, 26 pts. --	-- --

AWARDS & HONORS



Katarina Filova

CONFERENCE HONORS

ACC Medalists

Gold- First Team All-Conference

Erika Hajnal 500 freestyle, 1650 freestyle

Silver - Second Team All-Conference

Kelly deMarrais..... 800 free relay
 Katarina Filova..... 200 freestyle, 800 free relay
 Erika Hajnal 800 free relay
 Lauren Ritter..... 800 free relay
 Logan Shinholser..... Platform event

Bronze - Third Team All-Conference

Kelly deMarrais.....400 freestyle relay
 Steffi Drechsel400 freestyle relay
 Emily Ferguson.....400 freestyle relay
 Katarina Filova..... 100 freestyle, 400 freestyle relay
 Erika Hajnal400 IM
 Charlie Higgins100 backstroke
 Gregory Mahon..... 100 butterfly

All-ACC Academic Team

Matt Baumler, Karl Botha, Kelly deMarrais, Jonathan Huss, Gregory Mahon, Sarah Milton, Gregory Morgan, Cara Murnan, Lauren Ritter, Logan Shinholser, Blake Trabuchi-Downey

ACC Postgraduate

Scholarship Recipient Nominee

Abby Barney

ACC Swimmer of the Week

Erika Hajnal- Oct. 27, 2009
 Sarah Milton- Jan 19, 2010; Feb. 2, 2010

TEAM HONORS

MVP

Erika Hajnal
 Mikey McDonald

Coaches' Award

Charlie Higgins
 Lauren Ritter

Rookie of the Year

Katarina Filova
 Greg Mahon

Skelton Award for Academic

Excellence in Athletics
 Trey Stewart

ALL-AMERICA HONORS



Kelly deMarrais

800 Freestyle Relay (10th)



Katarina Filova

800 Freestyle Relay (10th)
 200 Freestyle (16th)



Erika Hajnal

400 IM (8th)
 800 Freestyle Relay (10th)



Lauren Ritter

800 Freestyle Relay (10th)

Top 8 at NCAAs qualify for AA, 9-16 qualify for honorable mention.



Charlie Higgins

SEASON RESULTS

MEN'S ACC CHAMPIONSHIPS

February 24-27, 2010
Koury Natatorium
Chapel Hill, N.C.

Final Team Standings

1	Virginia806
2	North Carolina656.5
3	Florida State566.5
4	Virginia Tech417.5
5	Georgia Tech308.5
6	Duke305
7	Clemson254
8	Maryland197
9	NC State169
10	Boston College67
11	Miami31

Event Champions/Virginia Tech Results

Individual	Prelims	Finals
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Day 1

Event 1: 200 Medley Relay

1. North Carolina 1:26.63

(Finals: Josh Hafkin, Vinny Pryor, Tommy Wyher, Steve Cebertowicz)

4. Virginia Tech 1:27.67

(Finals: Stephen Hawkins, Jonathan Huss, Greg Mahon, Richard Ulatowski)

Event 2: 800 Freestyle Relay

1. Virginia 6:19.23

(Finals: John Azar, Taylor Smith, Scot Robison, Matt McLean)

7. Virginia Tech 6:35.35

(Finals: Greg Morgan, Chip Hughes, Blake Trabuchi-Downey, Bryan Uncur)

Day 2

Event 3: 500 Freestyle

1. Matt McLean (Virginia) 4:17.43 4:17.21

13. Blake Trabuchi-Downey.. 4:27.19 4:25.49

18. Bryan Uncur..... 4:29.07 4:28.16

Event 4: 200 IM

1. Gal Nevo (GA Tech)..... 1:45.02 1:44.14

10. Greg Mahon..... 1:48.06 1:47.40

16. Tom Sheranek 1:49.79 1:51.55

Event 5: 50 Freestyle

1. Scot Robison (Virginia)..... 19.59 19.64

8. Karl Botha 20.16 20.19

Event 6: 1 Meter Diving

1. Nick McCrory (Duke) 433.05 499.95

5. Mikey McDonald 392.60 391.85

12. Logan Shinholser..... 319.75

Event 7: 200 Freestyle Relay

1. Virginia..... 1:19.07

(Finals: Scot Robison, Peter Geissinger, Eric Oleson, John Azar)

6. Virginia Tech 1:21.12

(Finals: Karl Botha, Stephen Hawkins, Richard Ulatowski, Chip Hughes)

Day 3

Event 8: 400 IM

1. Gal Nevo (Ga. Tech)..... 3:47.06 3:40.47

10. Tom Sheranek 3:55.49 3:53.88

15. Philip LaRosa 3:57.15 3:58.71

Event 9: 100 Butterfly

1. Tommy Wyher (UNC) 46.21 45.57

3. Greg Mahon..... 47.40 47.33

8. Charlie Higgins 47.96 52.08

10. Karl Botha 48.23 48.25

15. Matt Baumler 48.53 48.77

Event 10: 200 Freestyle

1. Scot Robison (Virginia)..... 1:33.34 1:32.45

14. Greg Morgan 1:39.42 1:39.13

Event 11: 100 Breaststroke

1. Scott Thacker (FSU)..... 53.88 53.59

7. Jonathan Huss..... 54.32 54.81

16. Scott Harkins 55.66 56.64

Event 12: 100 Backstroke

1. Tommy Wyher (UNC) 46.93 46.08

3. Charlie Higgins 47.32 47.55

12. Stephen Hawkins..... 48.79 48.86

Event 13 - 3 Meter Diving

1. Terry Horner (FSU)..... 368.65 458.40

5. Mikey McDonald 381.80 394.30

13. Daniel Martin 318.55

Event 14 - 400 Medley Relay

1. Virginia..... 3:10.63

(Finals: Eric Oleson, Tom Casey, Peter Geissinger, Scot Robison)

4. Virginia Tech 3:13.65

(Finals: Charlie Higgins, Jonathan Huss, Greg Mahon, Karl Botha)

Day 4

Event 15 - 1650 Freestyle

1. Chip Peterson (UNC)..... 14:49.36

9. Blake Trabuchi-Downey..... 15:24.35

13. Philip LaRosa 15:36.28

19. Bryan Uncur..... 15:48.27

Event 16 - 200 Backstroke

1. Andy Hodgson (FSU)..... 1:44.37 1:42.13

4. Tom Sheranek 1:44.97 1:45.01

9. Charlie Higgins 1:47.01 1:45.70

14. Ryne Francis 1:47.09 1:48.03

Event 17 - 100 Freestyle

1. Scot Robison (Virginia)..... 42.42 42.58

16. Greg Morgan 45.14 45.64

Event 18 - 200 Breaststroke

1. Rob Holderness (FSU) 1:57.73 1:55.41

11. Jonathan Huss.....	2:01.47	2:00.66
13. Scott Harkins.....	2:01.42	2:02.13

Event 19 - 200 Butterfly

1. Gal Nevo (Ga. Tech).....	1:44.99	1:43.43
4. Greg Mahon.....	1:46.03	1:45.32
7. Blake Trabuchi-Downey....	1:46.78	1:49.63
9. Trey Stewart.....	1:48.08	1:47.77
10. Matt Baumler.....	1:47.54	1:48.20

Event 20 - Platform Diving

1. Nick McCrory (Duke).....	481.55	523.95
2. Logan Shinholser.....	364.95	410.55
6. Mikey McDonald.....	292.30	326.20
7. Daniel Martin.....	315.40	303.50

Event 21 - 400 Freestyle Relay

1. Virginia.....	2:52.11
(Finals: Scot Robison, Peter Geissinger, John Azar, Matt McLean)	
6. Virginia Tech.....	2:59.09
(Finals: Karl Botha, Chip Hughes, Richard Ulatowski, Greg Morgan)	

MEN'S NCAA CHAMPIONSHIPS

March 26-28, 2010
McCorkle Aquatic Pavilion
Columbus, Ohio

Final Team Standings

1. Texas.....	500
2. Cal.....	469.5
3. Arizona.....	397
10. Virginia.....	123
15. North Carolina.....	76.5
18. Duke.....	52
19. Florida State.....	49.5
23. Georgia Tech.....	35
28. Miami.....	21

Event Champions/Virginia Tech Results

Individual	Prelims	Finals
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Event - 1 Meter Diving

1. David Boudia (Purdue).....	422.25	468.65
18. Mikey McDonald.....		340.95
33. Logan Shinholser.....		274.70

Event - 3 Meter Diving

1. David Boudia (Purdue).....	438.95	494.90
25. Logan Shinholser.....		312.30
26. Mikey McDonald.....		306.45

Event - Platform Diving

1. Nick McCrory.....	469.70	534.00
24. Mikey McDonald.....		267.60
25. Logan Shinholser.....		245.05

Event - 100 Backstroke

1. Eugene Godsoe (Stan).....	45.82	45.11
25. Charlie Higgins.....		47.65

Event - 200 Backstroke

1. Cory Chitwood (Arizona) ..	1:40.45	1:39.29
23. Charlie Higgins.....		1:43.72

WOMEN'S ACC CHAMPIONSHIPS

February 17-20, 2010
Koury Natatorium
Chapel Hill, N.C.

Final Team Standings

1. Virginia.....	877.5
2. North Carolina.....	642.5
3. Florida State.....	545
4. Maryland.....	388
5. Virginia Tech.....	385.5
6. Duke.....	283
7. NC State.....	271
8. Clemson.....	177.5
9. Georgia Tech.....	155.5
10. Miami.....	94.5

11. Boston College.....	48
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Event Champions/Virginia Tech Results

Individual	Prelims	Finals
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Day 1

Event 1 - 200 Medley Relay

1. Virginia.....	1:37.33
(Finals: Mei Christensen, Katherine McDonnell, Lauren Smart, Hannah Davis)	
8. Virginia Tech.....	1:42.59
(Finals: Steffi Drechsel, Jessica Earl, Abby Barney, Emily Ferguson)	

Event 2 - 800 Freestyle Relay

1. Virginia.....	7:04.74
(Finals: Jen Narum, Kelly Flynn, Jenna Harris, Lauren Perdue)	
2. Virginia Tech.....	7:06.93
(Finals: Katarina Filova, Kelly deMarrais, Erika Hajnal, Lauren Ritter)	

Day 2

Event 3 - 500 Freestyle

1. Erika Hajnal.....	4:43.77	4:40.03
4. Lauren Ritter.....	4:43.83	4:44.81
10. Kelly deMarrais.....	4:50.51	4:45.98

Event 4 - 200 IM

1. Amanda Faulker (Virginia) ..	1:58.95	1:57.89
15. Jace Howanitz.....	2:02.22	2:02.42
20. Keri Sink.....	2:03.48	2:03.14

Event 5 - 50 Freestyle

1. Lauren Perdue (Virginia) ..	22.35	22.29
12. Emily Ferguson.....	23.14	23.21

Event 6 - 1 Meter Diving

1. Abby Johnston (Duke).....	331.75	338.25
7. Natalie West.....	256.20	264.65
14. Sara Mokhtari.....		237.10

Event 7 - 200 Freestyle Relay

1. Virginia.....	1:29.25
(Finals: Mei Christensen, Lauren Perdue, Kelly Flynn, Hannah Davis)	
7. Virginia Tech.....	1:32.83
(Finals: Katarina Filova, Emily Ferguson, Abby Barney, Kelly deMarrais)	

Day 3

Event 8 - 400 IM

1. Laura Moriarty (UNC).....	4:19.46	4:10.42
3. Erika Hajnal.....	4:13.68	4:10.78
14. Laura Simon.....	4:20.05	4:21.09
19. Jace Howanitz.....	4:23.64	4:22.78

Event 9 - 100 Butterfly

1. Lauren Smart (Virginia).....	52.78	52.76
18. Meaghan Holloway.....	56.21	55.14

Event 10 - 200 Freestyle

1. Lauren Purdue (Virginia) ..	1:43.86	1:43.98
2. Katarina Filova.....	1:46.54	1:45.75
5. Kelly deMarrais.....	1:47.97	1:47.80

Event 11 - 3 Breaststroke

1. Laura Moriarty (UNC).....	1:01.25	1:00.93
11. Jessica Earl.....	1:03.71	1:03.20
13. Keri Sink.....	1:03.46	1:03.31

Event 12 - 100 Backstroke

1. Mei Christensen (Virginia) ..	52.11	52.09
16. Sara Shapiro.....	55.51	56.15

Event 13 - 3 Meter Diving

1. Abby Johnston (Duke).....	346.55	439.70
8. Sarah Milton.....	307.00	275.50
13. Sara Mokhtari.....		267.15

Event 14 - 400 Medley Relay

1. Virginia.....	3:32.97
(Finals: Mei Christensen, Kat McDonnell, Lauren Smart, Lauren Perdue)	
2. Virginia Tech.....	3:41.65
(Finals: Steffi Drechsel, Sarah Losinger, Meaghan Holloway, Katarina Filova)	

Day 4

Event 15 - 1650 Freestyle

1. Erika Hajnal.....	16:01.99
9. Lauren Ritter.....	16:23.30

14. Laura Simon.....	16:37.49
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Event 16 - 200 Backstroke

1. Mei Christensen (Virginia) ..	1:54.79	1:52.98
16. Sara Shapiro.....	2:00.50	2:00.67

Event 17 - 100 Freestyle

1. Lauren Perdue (Virginia) ..	48.88	48.65
3. Katarina Filova.....	49.58	49.26
11. Emily Ferguson.....	50.21	50.02

Event 18 - 200 Breaststroke

1. Laura Moriarty (UNC).....	2:10.89	2:09.94
9. Jessica Earl.....	2:17.99	2:14.75
14. Keri Sink.....	2:16.73	2:15.91

Event 19 - 200 Butterfly

1. Liz Shaw (Virginia).....	1:57.86	1:57.17
18. Meaghan Holloway.....	2:02.30	2:02.20
20. Abby Barney.....	2:02.49	2:03.30

Event 20 - Platform Diving

1. Hannah Hopkins (NC State) ..	285.10	312.35
9. Sara Mokhtari.....	213.40	
11. Natalie West.....	207.70	

Event 21 - 400 Freestyle Relay

1. Virginia.....	3:15.24
(Finals: Mei Christensen, Kelly Flynn, Kristen Moores, Lauren Perdue)	
3. Virginia Tech.....	3:17.97
(Finals: Katarina Filova, Kelly deMarrais, Steffi Drechsel, Emily Ferguson)	

WOMEN'S NCAA CHAMPIONSHIPS

March 18-20, 2010
Purdue Boilermaker Aquatic Center
West Lafayette, Ind.

Final Team Standings

1. Florida.....	382
2. Stanford.....	379.5
3. California.....	363
9. Virginia.....	151
20. North Carolina.....	42
24. Virginia Tech.....	26
25. Maryland.....	24
28. Duke.....	21
44. Florida State.....	4

Event Champions/Virginia Tech Results

Individual	Prelims	Finals
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Event - 500 Freestyle

1. Allison Schmitt (Georgia) ..	4:39.47	4:34.13
22. Erika Hajnal.....	4:40.03	4:43.93
30. Lauren Ritter.....	4:43.83	4:44.60
56. Kelly deMarrais.....	4:45.98	4:49.51

Event - 50 Freestyle

1. Liv Jensen (Cal).....	22.21	22.04
41. Katarina Filova.....	22.93	22.91

Event - 400 IM

1. Julia Smit (Stanford).....	4:04.41	4:00.90
8. Erika Hajnal.....	4:09.33	4:12.83

Event - 200 Freestyle

1. Allison Schmitt (UGA).....	1:43.29	1:42.84
16. Katarina Filova.....	1:45.25	1:45.99
47. Lauren Ritter.....	1:48.44	1:48.18
48. Kelly deMarrais.....	1:47.80	1:48.30

Event - 800 Freestyle Relay

1. Georgia.....	6:55.61
(Finals: Morgan Scroggy, Megan Romano, Chelsea Nauta, Allison Schmitt)	
10. Virginia Tech.....	7:10.38
(Finals: Katarina Filova, Kelly deMarrais, Erika Hajnal, Lauren Ritter)	

Event - 100 Freestyle

1. Julia Wilkinson (T A&M).....	47.89	47.61
39. Katarina Filova.....	49.15	49.80

Event - 1650 Freestyle

1. Wendy Trott (Georgia).....	15:48.87
30. Erika Hajnal.....	16:25.00
35. Lauren Ritter.....	16:34.29

MEN'S HONOR ROLL

CONFERENCE TEAM CHAMPIONSHIPS

Southern

1957, 1964

Atlantic-10

2000

CONFERENCE EVENT CHAMPIONSHIPS

Southern

1938 - Walker (1-meter)

1943 - Thompson (200 Breast)

1951 - Mac Jones (1500 M)

1955 - Bill Grossmann (200 Breast),
Lineweaver (100 Free)

1956 - Bill Grossmann (50 Free, 200 IM),
Tom Plymale (200 Fly)

1957 - Bill Grossmann (100 Breast, 200 Breast,
200 IM), Ronnie Hedley (220 Free, 440
Free, 1500 Free)

1958 - J.V. Blondell (1-meter), Bill Grossmann
(100 Breast, 200 Breast, 200 IM)

1959 - J.V. Blondell (1-meter), Bob Grossmann
(100 Breast, 200 Breast, 200 IM)

1960 - Bob Grossmann (200 Breast),
Bob Overstreet (200 IM)

1961 - Mike Stoner (100 Back), Virginia Tech (400
Medley Relay)

1962 - Charlie Moore (200 Breast), Mike Stoner
(100 Back), Tom Tomlinson (100 Fly, 200
Fly), Steve West (200 IM), Virginia Tech
(400 Medley Relay)

1963 - Bob Buie (100 Breast, 200 Breast), Steve
Garland (1650 Free), Tom Tomlinson (100
Fly, 200 IM, 400 IM), Virginia Tech (400
Medley Relay)

1964 - Bob Buie (100 Breast, 200 Breast), Steve
Garland (1650 Free), Ed Harvey (200 Fly),
Virginia Tech (400 Medley Relay)

1965 - Bob Kirchner (200 Breast), Ed Harvey (100
Fly, 200 Fly), Bruce Reynolds (1-meter)

Metro

1989 - Todd Sturgeon (1,650 Free)

1990 - Scott Santucci (200 Fly)

Atlantic 10

1996 - Jonathan Wong (200 Fly)

1997 - Jonathan Wong (100 Fly)

1998 - Steve Cromer (1650 Free)

1999 - Rob Duffy (200 Fly, 500 Free), Sky King
(1650 Free)

2000 - Rob Duffy (200 Fly), Ray Hrabe (400 IM),
Brian Russ (1650 Free)

Big East

2003 - Kevin Furlong (100 Breast) Joey Piekarski
(200 IM), Steve Tozer (100 Back), Anders
Frahm (200 Back), Virginia Tech (200
Medley Relay, 400 Medley Relay)

2004 - Kevin Furlong (100 Breast), Joey Piekarski
(200 IM), Chris Lindberg (50 Free, 100
Free, 100 Back), Gus Calado (200 Fly, 500
Free), Virginia Tech (200 Free Relay, 200
Medley Relay, 400 Medley Relay)

Atlantic Coast

2006 - Scott Beard (100 Fly), Gus Calado (200 Fly)

2007 - Scott Beard (100 Fly), Virginia Tech (200
Free Relay, 400 Free Relay)

2008 - Scott Beard (100 Fly), Kaan Tayla (50
Free, 100 Free), Virginia Tech (200 Free
Relay)

CONFERENCE AWARDS

Atlantic 10

1998 - Steve Cromer, Most Outstanding Rookie

1999 - Rob Duffy, Most Outstanding Rookie

2000 - Gregg Doulé, Student-Athlete of the Year

Big East

2003 - Kevin Furlong, Most Outstanding Swimmer
Ned Skinner, Coach of the Year

2004 - Gus Calado, Most Outstanding Swimmer
Ned Skinner, Coach of the Year

Atlantic Coast

2008 - Virginia Tech, Team Sportsmanship Award

NATIONAL ACHIEVEMENTS

All-Americans

2004 - Gus Calado, 12th, 200 Fly (HM)

2005 - Kevin Furlong, 14th, 100 Breast (HM)

2006 - Gus Calado, 4th, 200 Fly

Tom Alberi/Scott Beard/Calado/Zac
Czaplicki, 15th, 800 Free Relay (HM)

2008 - Mikey McDonald, 11th, 1-meter (HM)

Mikey McDonald, 15th, Platform (HM)

2009 - Mikey McDonald, 14th, 1-meter

Mikey McDonald, 15th, 3-meter

Academic All-American

2000 - Greg Doulé, CoSIDA (third-team at-large)

Academic All-District (CoSIDA)

2000 - Greg Doulé, first-team

2006 - Neil Savage, second-team

2007 - Neil Savage, second-team

Swimmer of the Week

2004 - Gus Calado, Oct. 20

(CollegeSwimming.com)

2008 - Kaan Tayla, Jan. 29

(CollegeSwimming.com)

VIRGINIA TECH HALL OF FAME



Bill Grossmann



Bob Grossmann

WOMEN'S HONOR ROLL

CONFERENCE TEAM CHAMPIONSHIPS

Atlantic 10

1999, 2000

CONFERENCE EVENT CHAMPIONSHIPS

Metro

1986 - Carolyn Anderson (1,650 Free)

1989 - Margaret Soulen (200 IM, 100 Back, 200 Back)

1991 - Kara Boyer (200 Fly)

Atlantic 10

1996 - Angel Manchester (100 Fly, 200 Fly), Jennifer Finotti (200 Back), Jackie Davoud (1-meter, 3-meter), Virginia Tech (200 Free Relay)

1997 - Jennifer Finotti (200 Back, 200 IM)

1998 - Jordan Huegerich (100 Back, 200 Back), Lindsey Tew (100 Fly), Lexie White (200 IM, 400 IM), Jackie Davoud (1-meter, 3-meter), Virginia Tech (400 Medley Relay)

1999 - Lindsey Tew (50 Free), Kate Keeton (100 Breast, 200 Breast), Karen Most (100 Fly), Erin Milfeit (200 Back, 500 Free), Lexie White (200 IM), Jordan Huegerich (400 IM), Jackie Davoud (1-meter, 3-meter) Virginia Tech (200 Free Relay, 400 Free Relay, 400 Medley Relay)

2000 - Jill Turner (50 Free, 100 Free), Lindsey Tew (100 Fly, 200 Fly), Erin Milfeit (200 Back, 200 Free, 500 Free), Kelly Furlong (200 IM), Jordan Huegerich (400 IM), Virginia Tech (200, 400, 800 Free Relay, 200, 400 Medley)

BIG EAST

2001 - Lindsey Tew (50 Free), Virginia Tech (400 Free Relay)

2002 - Jen McLaughlin (200 Fly)

2004 - Mason Walsh (50 Free)

Atlantic Coast

2005 - Mason Walsh (50 Free)

2006 - Sara Smith (200 IM)

2007 - Jessica Botzum (200 Breast, 200 IM)

2008 - Jessica Botzum (100 Breast, 200 Breast), Sara Smith (50 Free, 100 Free), Virginia

Tech (200 Medley Relay)

2009 - Sara Smith (50 Free, 100 Free)

2010 - Erika Hajnal (500 Free, 1650 Free)

CONFERENCE AWARDS

Metro

1989 - Margaret Soulen, Swimmer of the Year

Atlantic 10

1997 - Karen Gerrior, Most Outstanding Rookie

1998 - Jackie Davoud, Most Outstanding Diver
Lexie White, Most Outstanding Rookie
Chris Hansen, Coach of the Year

1999 - Jackie Davoud, Most Outstanding Diver
Kate Keeton, Most Outstanding Rookie
Ned Skinner, Coach of the Year

2000 - Erin Milfeit, Most Outstanding Swimmer
Jill Turner, Most Outstanding Rookie
Ned Skinner, Coach of the Year

Atlantic Coast

2005 - Jessica Botzum, Freshman of the Year

2007 - Jessica Botzum, Swimmer of the Year

2008 - Jessica Botzum, Swimmer of the Year
Sara Smith, Scholar-Athlete of the Year

2009 - Sara Smith, Scholar-Athlete of the Year

ACC Swimmer of the Week

2010 - Erika Hajnal, Oct. 27

Sarah Milton, Jan 19, Feb. 2

NATIONAL ACHIEVEMENTS

National Swimmer of the Week

2005 - Sara Smith, Oct. 19 (CollegeSwimming.com)

All-Americans

1989 - Margaret Soulen, 13th, 100 Back (HM)
Margaret Soulen, 13th, 200 Back (HM)

2005 - Jessica Botzum, 7th, 200 Breast
Jessica Botzum, 17th, 100 Breast (HM)

2006 - Jessica Botzum, 9th, 200 Breast (HM)

2007 - Jessica Botzum, 4th, 200 Breast

Sara Smith, 7th, 100 Free

Jessica Botzum, 8th, 100 Breast

Sara Smith, 10th, 50 Free (HM)

2008 - Jessica Botzum, 5th, 100 Breast

Jessica Botzum, 6th, 200 Breast

Sara Smith, 16th, 100 Free (HM)

Jordan McHorney/Botzum/Megan Newell/
Smith, 13th, 200 Medley Relay (HM)

Jordan McHorney/Botzum/Megan Newell/
Smith, 14th, 400 Medley Relay (HM)

2009 - Sara Smith, 11th, 50 Free

Erika Hajnal, 13th, 1650 Free

Stefanie Drechsel/Newell/McHorney/Smith,
15th, 400 Free Relay

2010- Erika Hajnal, 8th, 400 IM

Katarina Filova, 16th, 200 Free

Hajnal/Kelly deMarrais/Filova/Lauren
Ritter, 10th, 800 Free Relay

ACADEMIC ALL-AMERICAN

1998 - Kristina Neptun, CoSIDA (third-team at-large)

2007 - Jessica Botzum, CoSIDA (third-team at-large)

2008 - Jessica Botzum, CoSIDA (second-team at-large)

Academic All-District (CoSIDA)

1998 - Kristina Neptun, first-team

2000 - Jordan Huegerich, second-team

2002 - Jill Turner, first-team

2007 - Jessica Botzum, first-team

2008 - Jessica Botzum, first-team

Sara Smith, second-team

2009- Sara Smith, second-team

VIRGINIA TECH HALL OF FAME



Margaret Soulen

MEN'S EVENT RECORDS

Event	Virginia Tech*	War Memorial Pool**	Atlantic Coast Conference**
50 Free	Kaan Tayla 19.50 (2008)	Kaan Tayla, Virginia Tech 19.87 (2008)	Cullen Jones, NC State 19.07 (2006)
100 Free	Kaan Tayla 43.30 (2008)	Kaan Tayla, Virginia Tech 43.86 (2008)	Scot Robinson, Virginia 42.42 (2010)
200 Free	Zac Czapliski 1:37.05 (2006)	Evan Gregg, H ₂ Okie Aquatics 1:37.48 (2009)	Scott Robison, Virginia 1:32.45 (2010)
500 Free	Gus Calado 4:22.50 (2005)	Gus Calado, Virginia Tech 4:25.50 (2007)	Matt McLean Virginia 4:10.00 (2009)
1000 Free	Ben Miller 9:10.06 (2009)	Fran Crippen, Virginia 9:11.61 (2005)	Matt McLean, Virginia 8:46.50 (2009)
1650 Free	Caglar Gokbulut 15:15.92 (2009)	Taylor Smith, Virginia 15:33.76 (2010)	Matt McLean, Virginia 14:35.12 (2009)
100 Back	Charlie Higgins 46.54 (2009)	Scott Beard, Virginia Tech 49.32 (2007)	Tommy Wyher, North Carolina 45.93 (2010)
200 Back	Charlie Higgins 1:43.72 (2010)	Stephen Mellor, NC State 1:48.52 (2008)	Andy Hodgson, Florida State 1:41.14 (2009)
100 Breast	Kevin Furlong 53.54 (2003)	Mikey Malul, Georgia Tech 55.34 (2009)	Ed Moses, Virginia 52.60 (2000)
200 Breast	Jonathan Huss 1:59.36 (2009)	John Azar, Virginia 2:01.83 (2010)	Ryan Hurley, Virginia 1:53.93 (2009)
100 Fly	Scott Beard 47.05 (2006)	Scott Beard, Virginia Tech 47.95 (2008)	Tommy Wyher, North Carolina 45.57 (2010)
200 Fly	Gus Calado 1:44.25 (2006)	Gus Calado, Virginia Tech 1:44.99 (2004)	Michael Raab, Virginia 1:42.84 (2003)
200 IM	Gregory Mahon 1:47.40 (2010)	Evan Gregg, H ₂ Okie Aquatics 1:48.13 (2009)	Gal Nevo, Georgia Tech 1:42.79 (2009)
400 IM	Gus Calado 3:51.63 (2006)	Darren Ankosko, Virginia 3:59.47 (2010)	Gal Nevo, Georgia Tech 3:38.00 (2009)
200 Free Relay	deToll, Hawkins , Holmes, Ulatowski 1:18.75 (2009)	Tayla, Bova, deToll, Beard Virginia Tech 1:21.32 (2007)	Sousa, Plummer, Copeland, Robberson Georgia Tech 1:17.84 (2009)
400 Free Relay	deToll, Hawkins , Holmes, Ulatowski 2:55.49 (2009)	Tayla, Bova, Czapliski, Beard Virginia Tech 3:00.21 (2008)	Robberson, Azar, Geissinger, McLean Virginia 2:51.50 (2008)
800 Free Relay	Hughes, Trabuchi-Downey Uncur, Hawkins 6:30.03 (2009)	Robison, Karasek, Wren, Ankosko Virginia 6:44.41 (2010)	Azar, Robison, Karasek, McLean Virginia 6:15.02 (2009)
200 Medley Relay	Higgins , Huss deToll, Holmes 1:27.11 (2009)	Ayzenshtok, Wagner, Malul, Sousa Georgia Tech 1:30.47 (2009)	Olesen, Hurley, Robertson, Robison Virginia 1:25.99 (2009)
400 Medley Relay	Higgins , Huss, deToll, Hawkins 3:11.18 (2009)	Tozer, Furlong, Frahm, Lindberg Virginia Tech 3:20.14 (2004)	Olsen, Robertson, Hurley, Robinson Virginia 3:08.71 (2009)
1M Diving (6)	Mikey McDonald 397.90 (2009)	Mikey McDonald, Virginia Tech 394.28 (2010)	Nick McCrory, Duke 499.95 (2010)
1M Diving (11)	Artie Waters 490.55 (1985)		Paul Spray, Florida State 560.25 (1992)
3M Diving (6)	Mikey McDonald 435.15 (2007)	Mikey McDonald, Virginia Tech 435.15 (2007)	Reuben Ross, Miami 474.30 (2009)
3M Diving (11)	Doug Roper 505.40 (2004)		Louis Gagnet, Florida State 621.05 (2003)
Platform (6)	Logan Shinholser 410.55 (2010)		Nick McCrory, Duke 534.00 (2010)
Platform (10)	Doug Roper 392.00 (2005)		

Current swimmers in **bold**

Virginia Tech records in **bold**

WOMEN'S EVENT RECORDS

Event	Virginia Tech*	War Memorial Pool**	Atlantic Coast Conference**
50 Free	Sara Smith 21.96 (2009)	Sara Smith, Virginia Tech 22.18 (2009)	Sara Smith, Virginia Tech 21.96 (2009)
100 Free	Sara Smith 48.10 (2009)	Kayla Andrews, West Virginia 49.91 (2008)	Sara Smith, Virginia Tech 48.10 (2009)
200 Free	Katarina Filova 1:45.25 (2010)	Lauren Perdue, Virginia 1:47.89 (2010)	Lauren Perdue, Virginia 1:43.86 (2010)
500 Free	Erika Hajnal 4:40.03 (2010)	Erika Hajnal, Virginia Tech 4:51.25 (2010)	Whitney Sprague, North Carolina 4:38.72 (2010)
1000 Free	Erika Hajnal 9:40.18 (2009)	Erika Hajnal, Virginia Tech 9:47.12 (2009)	Cara Lane, Virginia 9:36.35 (2001)
1650 Free	Erika Hajnal 16:00.16 (2009)	Ashley Twichell, Duke 16:28.82 (2010)	Whitney Sprague, North Carolina 15:51.02 (2008)
100 Back	Steffi Drechsel 53.66 (2009)	Mei Christensen, Virginia 54.73 (2010)	Mei Christensen, Virginia 51.58 (2010)
200 Back	Kelly deMarrais 1:57.50 (2009)	Amy Modglin, Penn State 1:58.89 (2010)	Mei Christensen, Virginia 1:52.22 (2009)
100 Breast	Jessica Botzum 1:00.56 (2008)	Jessica Botzum, Virginia Tech 1:02.85 (2006)	Layne Brodie, North Carolina 1:00.02 (2009)
200 Breast	Jessica Botzum 2:10.13 (2008)	Jessica Botzum, Virginia Tech 2:16.64 (2007)	Layne Brodie, North Carolina 2:10.04 (2009)
100 Fly	Megan Newell 52.61 (2009)	Megan Newell, Virginia Tech 53.99 (2009)	Richelle Depold, North Carolina 52.34 (1997)
200 Fly	Megan Newell 1:58.40 (2009)	Elizabeth Shaw, Virginia 2:00.56 (2010)	Megan Evo, Virginia 1:54.59 (2009)
200 IM	Jessica Botzum 2:00.53 (2007)	Sara Smith, Virginia Tech 2:03.45 (2009)	Megan Evo, Virginia 1:56.17 (2009)
400 IM	Erika Hajnal 4:09.33 (2010)	Claire Crippen, Virginia 4:19.17 (2010)	Laura Moriarty, North Carolina 4:07.66 (2010)
200 Free Relay	McHorney, Newell, Drechsel, Smith 1:29.29 (2009)	Walsh, Guschke, Johnson, Daniell Virginia Tech 1:34.04 (2006)	Christensen, Wallace, Evo, Davis Virginia 1:29.12 (2009)
400 Free Relay	Drechsel, McHorney, Smith, Newell 3:16.21 (2009)	Brown, Safritt, Redcay, Wallace Pittsburgh 3:24.56 (2006)	Christensen, Wallace, Moores, Evo Virginia 3:15.22 (2009)
800 Free Relay	Filova, deMarrais, Hajnal, Ritter 7:06.93 (2010)	Harris, Perdue, Shaw, Flynn Virginia 7:29.09 (2010)	Narum, Flynn, Harris, Perdue Virginia 7:04.74
200 Medley Relay	McHorney, Earl, Newell, Smith 1:38.56 (2009)	McHorney, Earl, Newell, Smith Virginia Tech 1:40.95 (2009)	Christensen, McDonnell, Smart, Davis Virginia 1:37.33 (2010)
400 Medley Relay	Drechsel, Losinger Newell, Smith 3:36.50 (2009)	Shoust, Redman, Tielking, Brown Virginia 3:46.63 (2005)	Christensen, McDonnell, Evo, Wallace Virginia 3:32.74 (2009)
1M Diving (6)	Jackie Davoud 312.68 (1998)	Jackie Davoud, Virginia Tech 312.68 (1998)	Jenna Dreyer, Miami 379.98 (2007)
1M Diving (11)	Jackie Davoud 439.05 (1998)		Jennie Graviss, Clemson 459.80
3M Diving (6)	Sarah Milton 337.80 (2010)	Abby Johnston, Duke 355.95 (2010)	Abby Johnston, Duke 439.70 (2010)
3M Diving (11)	Laura Lunn 487.35 (2005)		Agnes Gerlach, NC State 567.15 (1993)
Platform (5)	Sara Mokhtari 252.90 (2010)		Brittany Viola, Miami 367.20 (2008)
Platform (9)	Laura Lunn 388.85 (2005)		

Current swimmers in **bold**

Virginia Tech records in **bold**
Current VT members in **bold italics**



Stephen Hawkins

MEN'S ALL-TIME BEST PERFORMANCES

RECORD BOOK

50 FREESTYLE

Kaan Tayla	19.50	2008
Christian Lindberg	19.82	2004
Stephen Hawkins	19.83	2009
Zach Holmes	19.94	2009
Richard Ulatowski	20.00	2009

100 FREESTYLE

Kaan Tayla	43.30	2008
Stephen Hawkins	43.96	2009
Christian Lindberg	44.14	2004
Ian deToll	44.17	2009
Zach Holmes	44.25	2009

200 FREESTYLE

Zac Czaplicki	1:37.05	2006
Stephen Hawkins	1:37.08	2009
Chip Hughes	1:37.54	2009
Gus Calado	1:37.81	2005
Bryan Uncur	1:38.16	2009

500 FREESTYLE

Gus Calado	4:22.50	2005
Bryan Uncur	4:23.41	2009
Blake Trabuchi-Downey	4:23.46	2009
Ben Miller	4:25.09	2009
Zac Czaplicki	4:25.27	2007

1,000 FREESTYLE

Ben Miller	9:10.06	2009
Bryan Uncur	9:11.54	2009
Caglar Gokbulut	9:16.62	2009
Blake Trabuchi-Downey	9:19.76	2009
Griffin Lutterbein	9:20.83	2007

1,650 FREESTYLE

Caglar Gokbulut	15:15.92	2009
Ben Miller	15:16.28	2009
Bryan Uncur	15:19.04	2009
Blake Trabuchi-Downey	15:24.35	2010
Griffin Lutterbein	15:26.62	2007

100 BACKSTROKE

Charlie Higgins	46.54	2009
Scott Beard	48.43	2008
Stephen Hawkins	48.79	2010
Tom Alberi	48.98	2005
Christian Lindberg	49.08	2004

200 BACKSTROKE

Charlie Higgins	1:43.72	2010
Tom Sheranek	1:44.97	2010
Gus Calado	1:46.29	2005
Anders Frahm	1:46.98	2003
Scott Beard	1:47.03	2005

100 BREASTSTROKE

Kevin Furlong	53.54	2003
Jonathan Huss	53.56	2009
Scott Harkins	54.71	2009
David Litchfield	55.63	2003
Joey Piekarski	55.65	2004

200 BREASTSTROKE

Jonathan Huss	1:59.36	2009
Scott Harkins	1:59.76	2009
Joey Piekarski	1:59.88	2004
Kevin Furlong	2:00.56	2003
David Szabo	2:01.43	2003

100 BUTTERFLY

Scott Beard	47.05	2006
Gregory Mahon	47.33	2010
Ian deToll	47.67	2009
Gus Calado	47.84	2007
Charlie Higgins	47.96	2010

200 BUTTERFLY

Gus Calado	1:44.25	2006
Gregory Mahon	1:45.32	2010
Trey Stewart	1:45.76	2009
Blake Trabuchi-Downey	1:46.55	2009
Matt Baumler	1:47.54	2010

200 INDIVIDUAL MEDLEY

Gregory Mahon	1:47.40	2010
Dan Flynn	1:48.53	2009
Nevin Cook	1:49.21	2009
Joey Piekarski	1:49.33	2004
Tom Sheranek	1:49.79	2010

400 INDIVIDUAL MEDLEY

Gus Calado	3:51.63	2006
Tom Sheranek	3:53.88	2010
Alex Lutterbein	3:53.92	2010
Nevin Cook	3:54.14	2009
Ben Miller	3:54.35	2009

200 MEDLEY RELAY

1. deToll, Huss, Holmes, Higgins	1:27.11	2009
2. Hawkins , Huss, Mahon , Ulatowski	1:27.67	2010
3. Beard, Harkins, deToll, Tayla	1:28.03	2008

Current team members are in bold.



Greg Mahon

4. Tozer, Furlong, Piantadosi, Lindberg	1:28.49	2003	Alberi, Furlong			6. Morgan, Hughes, Trabuchi-Downey, Uncur	6:35.35	2010
5. Alberi, Furlong, Calado, Sherman	1:28.98	2005	6. Beard, Cancila Bova, Alberi	1:21.03	2006	7. Calado, Czaplicki, Riley, Beard	6:40.15	2005
6. Lindberg, Furlong, Calado, Moore	1:29.08	2004	7. Botha, Hawkins, Ulatowski, Hughes	1:21.12	2010	8. Tayla, Hughes, Francis, Beard	6:41.75	2007
7. Calado, Bova, Beard, Tayla	1:29.34	2007	8. Lindberg, Moore, Piantadosi, Furlong	1:21.27	2003	9. Cline, Willis, Murray, Flanders	6:43.86	1991
8. Alberi, Furlong, Calado, DeLollo	1:29.56	2004	9. Ulatowski, Hawkins, Cancila, Holmes	1:21.53	2007	10. Alberi, Szabo, Jamerson, Calado	6:44.45	2004
9. Beard, Bova, deToll, Tayla	1:29.76	2007	10. Hawkins, Holmes, deToll, Ulatowski	1:21.73	2009			
10. Tozer, Furlong, Frahm, Lindberg	1:30.20	2002				1-METER BOARD		
400 MEDLEY RELAY			400 FREESTYLE RELAY			(6 Dives)		
1. Higgins, deToll, Huss, Hawkins	3:11.18	2009	1. deToll, Hawkins, Holmes, Ulatowski	2:55.49	2009	Mikey McDonald	397.90	2009
2. Higgins, Huss, Mahon, Botha	3:13.65	2010	2. Tayla, Bova, Czaplicki, Beard	2:56.67	2007	Logan Shinholser	349.73	2010
3. Tozer, Furlong, Frahm, Lindberg	3:15.24	2003	3. Tayla, Bova, Holmes, Beard	2:57.13	2008	Daniel Martin	332.17	2010
4. Alberi, Furlong, Beard, Czaplicki	3:17.03	2005	4. Hawkins, Ulatowski, deToll, Holmes	2:57.74	2009	Doug Roper	326.92	2005
5. Beard, Harkins, deToll, Tayla	3:18.35	2007	5. Tayla, Bova, deToll, Beard	2:58.27	2007	Chris Waldheim	322.28	2007
6. Tozer, Furlong, Duffy, Piantadosi	3:18.65	2002	6. Beard, Czaplicki, Cancila, Alberi	2:58.92	2006	3-METER BOARD		
7. Calado, Czaplicki, Beard, Cancila	3:18.87	2006	7. Botha, Hughes, Ulatowski, Morgan	2:59.09	2010	(6 Dives)		
8. Holmes, Huss, Cancila, Czaplicki	3:19.91	2008	8. Lindberg, Sherman, Alberi, Calado	2:59.36	2004	Mikey McDonald	435.15	2007
9. Higgins, Huss, Mahon, Ulatowski	3:19.98	2010	9. Beard, Bova, Cancila, Czaplicki	3:00.95	2005	Logan Shinholser	390.60	2010
10. Lindberg, Furlong, Calado, Litchfield	3:20.14	2004	10. Murray, Cline, Willis, Flanders	3:01.49	1991	Daniel Martin	363.30	2010
						Chris Waldheim	338.80	2007
200 FREESTYLE RELAY			800 FREESTYLE RELAY			Artie Waters	333.50	1985
1. deToll, Hawkins, Holmes, Ulatowski	1:18.75	2009	1. Hughes, Trabuchi-Downey, Uncur, Hawkins	6:30.03	2009	(11 Dives)		
2. Tayla, Bova, Hawkins, Beard	1:19.37	2008	2. Calado, Czaplicki, Beard, Alberi	6:30.55	2006	Doug Roper	505.40	2004
3. Tayla, Bova, deToll, Beard	1:19.47	2007	3. Beard, Czaplicki, Tayla, Calado	6:32.83	2007	Shawn Reed	494.95	1991
4. Hawkins, Ulatowski Holmes, deToll	1:19.82	2009				Artie Waters	492.95	1984
5. Lindberg, Moore	1:20.46	2004	4. Calado, Czaplicki, Beard, Jamerson	6:34.10	2005	Ken McDonnell	488.75	1983
			5. Czaplicki, Hughes, Tayla, Beard	6:34.20	2008	Shawn Lewis	467.05	1999
						PLATFORM		
						(6 Dives)		
						Logan Shinholser	410.55	2010
						Mikey McDonald	357.40	2009
						Daniel Martin	315.40	2010
						(10 Dives; discontinued in 2005)		
						Doug Roper	392.00	2005



Lauren Ritter

WOMEN'S ALL-TIME BEST PERFORMANCES

50 FREESTYLE			Jamie Spradlin	10:08.11	2003	Sarah Losinger	2:13.85	2009
Sara Smith	21.96	2009				Jessica Earl	2:14.75	2010
Mason Walsh	22.55	2006	1,650 FREESTYLE			Millie Campbell	2:15.31	2007
Jordan McHorney	22.88	2009	Erika Hajnal	16:00.16	2009	Keri Sink	2:15.91	2010
Stefanie Drechsel	22.90	2009	Lauren Ritter	16:23.30	2010			
Katarina Filova	22.91	2010	Laura Simon	16:37.49	2010			
			Jeanette Batten	16:41.82	2005	100 BUTTERFLY		
			Jamie Spradlin	16:46.37	2003	Megan Newell	52.61	2009
100 FREESTYLE						Sara Smith	53.14	2009
Sara Smith	48.10	2009	100 BACKSTROKE			Meaghan Holloway	55.14	2010
Katarina Filova	49.15	2010	Stefanie Drechsel	53.66	2009	Abby Barney	55.22	2009
Stefanie Drechsel	49.35	2009	Jordan McHorney	54.63	2009	Lindsey Tew	55.34	2001
Mason Walsh	49.98	2005	Sara Shapiro	55.38	2009			
Emily Ferguson	50.02	2010	Lauren Haley	55.60	2009	200 BUTTERFLY		
			Sarah Ameen	55.72	2009	Megan Newell	1:58.40	2009
						Erika Hajnal	1:59.18	2010
200 FREESTYLE			200 BACKSTROKE			Jen McLaughlin	2:01.07	2002
Katarina Filova	1:45.25	2010	Stefanie Drechsel	53.66	2009	Meaghan Holloway	2:02.20	2010
Kelly deMarrais	1:47.58	2009	Jordan McHorney	54.63	2009	Abby Barney	2:02.49	2010
Lauren Ritter	1:48.18	2010	Sara Shapiro	55.38	2009			
Sara Smith	1:48.30	2007	Lauren Haley	55.60	2009	200 INDIVIDUAL MEDLEY		
Erika Hajnal	1:48.97	2009	Sarah Ameen	55.72	2009	Jessica Botzum	2:00.53	2007
						Sara Smith	2:00.71	2006
500 FREESTYLE			200 BACKSTROKE			Jace Howanitz	2:02.22	2010
Erika Hajnal	4:40.03	2010	Kelly deMarrais	1:57.50	2009	Abby Barney	2:02.74	2009
Lauren Ritter	4:43.83	2010	Sara Shapiro	1:57.80	2009	Keri Sink	2:03.14	2010
Kelly deMarrais	4:45.98	2010	Katy Peterson	2:00.15	2004			
Erin Milfeit	4:49.36	2000	Erin Milfeit	2:00.37	2001	400 INDIVIDUAL MEDLEY		
Sara Shapiro	4:50.31	2009	Lauren Haley	2:00.47	2010	Erika Hajnal	4:09.33	2010
						Allison Luttermoser	4:20.19	2009
1,000 FREESTYLE			100 BREASTSTROKE			Laura Simon	4:21.09	2010
Erika Hajnal	9:40.18	2009	Jessica Botzum	1:00.56	2008	Lauren Ritter	4:22.38	2009
Lauren Ritter	9:55.00	2010	Mason Walsh	1:02.24	2005	Jace Howanitz	4:22.78	2010
Laura Simon	10:01.71	2010	Sarah Losinger	1:02.42	2009			
Jeanette Batten	10:08.04	2005	Jessica Earl	1:02.65	2009			
			Millie Campbell	1:02.84	2007			
			200 BREASTSTROKE					
			Jessica Botzum	2:10.13	2008			



Sarah Milton

200 MEDLEY RELAY

1.	McHorney, Earl, Newell, Smith	1:38.56	2009
2.	McHorney, Botzum, Newell, Smith	1:38.88	2008
3.	McHorney, Earl, Newell, Smith	1:40.95	2009
4.	Suhr, Botzum, Newell, Smith	1:41.08	2007
5.	McHorney, Earl, Newell, Smith	1:41.54	2009
6.	McHorney, Earl, Newell, Smith	1:42.00	2009
7.	McHorney, Earl, Newell, Smith	1:42.10	2009
8.	Drechsel , Earl, Barney, Ferguson	1:42.59	2010
9.	Ribeiro, M. Walsh, Horning, Smith	1:43.10	2005
10.	Furlong, Brielmaier, McLaughlin, Tew	1:43.54	2001

400 MEDLEY RELAY

1.	Drechsel , Losinger, Newell, Smith	3:36.50	2009
2.	McHorney, Botzum, Newell, Smith	3:37.06	2008
3.	Drechsel , Losinger, Holloway , Filova	3:41.65	2010
4.	Shapiro, Botzum, Newell, Smith	3:43.50	2007
5.	Ribeiro, Botzum, Horning, M. Walsh	3:45.42	2006
6.	Peterson, Brielmaier, McLaughlin, Turner	3:46.89	2003
7.	Peterson, Sample, McLaughlin, Turner	3:46.98	2002
8.	Furlong, Brielmaier, McLaughlin, Tew	3:47.02	2001
9.	Peterson, Botzum, Horning, M. Walsh	3:47.04	2005
10.	Ribeiro, Botzum, Newell, Smith	3:47.31	2006

200 FREESTYLE RELAY

1.	McHorney, Drechsel , Newell, Smith	1:29.29	2009
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2.	Smith, Newell, Gomes , McHorney	1:30.87	2009
3.	McHorney, Newell Botzum, Smith	1:32.02	2008
4.	Smith , Gomes , McHorney, Horning	1:32.13	2008
5.	M. Walsh, Smith, Ribeiro, Guschke	1:32.42	2006
6.	M. Walsh, Smith Guschke, Ribeiro	1:32.47	2005
7.	Turner, Drolet, Freese, Tew	1:32.58	2001
8.	Filova , Ferguson , Barney, deMarrais	1:32.83	2010
9.	Ribeiro, M. Walsh, Guschke, Daniell	1:33.09	2005
10.	Smith, McHorney, C. Walsh, Newell	1:33.37	2007

400 FREESTYLE RELAY

1.	McHorney, Drechsel , Newell, Smith	3:16.21	2009
2.	Filova , deMarrais, Drechsel , Ferguson	3:17.97	2010
3.	Drechsel , McHorney, Newell, Smith	3:20.94	2009
T-4.	Smith, M. Walsh, C. Walsh, Ribeiro	3:23.04	2006
T-4.	Smith, M. Walsh, Guschke, Ribeiro	3:23.04	2005
6.	McHorney, Gomes Newell, Smith	3:23.06	2008
7.	Turner, Drolet, Freese, Tew	3:23.28	2001
8.	M. Walsh, Guschke C. Walsh, Ribeiro	3:23.37	2005
9.	deMarrais, Filova , Drechsel , Ferguson	3:23.98	2010
10.	Turner, Guschke, Drolet, Spradlin	3:24.80	2003

800 FREESTYLE RELAY

1.	Filova , deMarrais, Hajnal , Ritter	7:06.93	2010
2.	Filova , deMarrais, Hajnal , Ritter	7:10.38	2010
3.	Hajnal , Ritter , deMarrais, Howanitz	7:15.10	2009
4.	deMarrais, Ritter ,	7:21.52	2010

5.	Smith, M. Campbell, Luttermoser, Jones	7:22.62	2007
6.	Smith, deMarrais, Howanitz , Barney	7:23.47	2009
7.	Spradlin, Drolet, Guschke, Turner	7:25.92	2003
8.	Turner, Spradlin, Drolet, Milfeit	7:26.34	2001
9.	M. Campbell, Guschke, Gardner, Batten	7:27.45	2005
10.	Luttermoser, M. Campbell, deMarrais, Barney	7:30.06	2008

1-METER BOARD

(6 Dives)			
Jackie Davoud	312.68	1998	
Sarah Milton	285.53	2007	
Sara Mokhtari	280.05	2010	
Cara Murnan	279.90	2010	
Natalie West	278.62	2010	

3-METER BOARD

(6 Dives)			
Sarah Milton	337.80	2010	
Cara Murnan	324.97	2010	
Natalie West	322.50	2010	
Laura Beth Elder	298.10	2006	
Laura Lunn	297.85	2005	

(11 Dives)			
Laura Lunn	487.35	2005	
Jackie Davoud	483.85	1997	
Debbie Williams	435.00	1982	
Kelly-Ayn McKay	431.70	1990	
Robin Wood	414.65	2003	

PLATFORM

(5 Dives)			
Sara Mokhtari	252.90	2010	
Cara Murnan	247.65	2009	
Sarah Milton	220.25	2010	
Natalie West	207.70	2010	
Carissa Santora	206.95	2010	

(9 Dives; discontinued in 2005)			
Laura Lunn	388.85	2005	

Current team members are in bold.

YEAR-BY-YEAR RESULTS

Year	Conference	Rec.	Conf. Finish	Year	Conference	Men's Record	Conf. Finish	Women's Record	Conf. Finish
1933-34	-	4-0	-	1976-77	State Meet	6-2	-	5-1	-
1934-35	Southern	2-3	Fifth	1977-78	STATE MEET	2-7	Second	7-6	FIRST
1935-36	-	0-4	-	1978-79	Metro (M)/STATE	6-3	Fourth/Second	8-4	FIRST
1936-37	Southern	2-5	Seventh	1979-80	Metro	7-2	Second	7-4	Second
1937-38	Southern	1-6	Sixth	1980-81	Independent †	6-3	Seventh	6-2	First
1938-39	Southern	3-7	Eighth	1981-82	Independent †	6-3	Seventh	8-2	Sixth
1939-40	-	1-7	-	1982-83	Independent †	2-6	Seventh	3-5	Fifth
1940-41	Southern	1-7	Seventh	1983-84	Metro	4-6	Fifth	5-4	Fourth
1941-42	Southern	3-4	Fourth	1984-85	Metro	3-6	Third	3-7	Fourth
1942-43	Southern	4-2	Fourth	1985-86	Metro	5-2	Third	5-3	Fourth
1946-47	State Meet	2-5	Second	1986-87	Metro	3-3	Fourth	2-5	Fourth
1947-48	State Meet	4-6	Third	1987-88	Metro	2-7	Fourth	6-4	Fourth
1948-49	Southern/State	4-4	Fifth/Third	1988-89	Metro	5-5	Fourth	8-3	Fourth
1949-50	Southern/State	2-5	Fifth/Second	1989-90	Metro	4-4	Third	6-3	Fourth
1950-51	State Meet	3-5	Third	1990-91	Metro	6-3	Third	6-3	Third
1951-52	-	2-5	-	1991-92	Independent †	6-4	Second	4-6	Third
1952-53	Southern/State	2-4	Fifth/Third	1992-93	Independent †	7-6	Fourth	7-7	Third
1953-54	-	1-2	-	1993-94	Independent †	8-4	Ninth	7-4	Seventh
1954-55	Southern	2-1	Second	1994-95	Independent †	7-3	Fifth	5-4	Sixth
1955-56	Southern/State	5-1	Second/Second	1995-96	Atlantic 10	3-7	Sixth	5-4	Fourth
1956-57	SOUTHERN	5-2	FIRST	1996-97	Atlantic 10	5-7	Sixth	7-5	Second
1957-58	Southern	4-1	Second	1997-98	Atlantic 10	10-3	Fifth	12-1	Second
1958-59	Southern	2-4	Fifth	1998-99	ATLANTIC 10	3-8	Second	5-5	FIRST
1959-60	Southern	3-1	Third	1999-00	ATLANTIC 10	5-6	FIRST	11-1	FIRST
1960-61	Southern	4-1	Second	2000-01	BIG EAST	5-5	Third	6-4	Second
1961-62	Southern	4-3	Second	2001-02	BIG EAST	5-3	Third	9-1	Fourth
1962-63	Southern	2-5	Second	2002-03	BIG EAST	5-3	Second	7-3	Fourth
1963-64	SOUTHERN	6-3	FIRST	2003-04	BIG EAST	6-3	Third	7-3	Third
1964-65	Southern	5-3	Second	2004-05	Atlantic Coast	6-5	Seventh	7-4	Fifth
1965-66	-	3-3	-	2005-06	Atlantic Coast	5-6	Sixth	9-2	Fourth
1966-67	-	4-6	-	2006-07	Atlantic Coast	10-2	Fourth	9-2	Fourth
1967-68	-	5-3	-	2007-08	Atlantic Coast	12-3	Fifth	14-2	Fourth
1968-69	-	2-4-1	-	2008-09	Atlantic Coast	7-1	Fifth	6-1	Third
1969-70	-	4-6	-	2009-10	Atlantic Coast	8-3	Fourth	10-2	Fifth
1970-71	State Meet	2-3	Third	Total		307-286-1		232-113	
1971-72	-	6-2	-						
1972-73	State Meet	4-4	Fifth						
1975-76	State Meet	4-5	Third						

* 1943-46, 1973-75 — no team competition

† Conference finishes are from the National Independent Championships or the Eastern Intercollegiate Championships.

* Conference finish denotes where the team placed at the conference championships

** Conferences are listed in ALL CAPS in seasons where Tech finished first



COACHING HISTORY

Coach	Tenure	No. Years	Record	Pct.
Philip C. Sherer	1933-47	14*	23-50	.315
Louis A. Onesty	1947-53	6	17-29	.370
Dick Redding	1954-71	18	63-52-1	.574
Fred Robinson	1971-72	1	6-2	.750
Bob Kirchner	1972-74	2*	4-4	.500
Ted Manley	1974-76	2*	4-5	.444
Bill Beecher	1976-78	2	20-16	.556
Greg Spradling	1978-80	2	28-13	.683
Scott Morris	1980-83	3	31-21	.596
Richard Bader	1983-86	3	25-28	.472
Wayne Norris	1986-1996	10	107-86	.544
Chris Hansen	1996-1998	2	34-16	.680
Ned Skinner	1998-present	12	177-78	.694
Total	1933-present	77	539-400-1	.574

*No team competition through the years of 1943-1946 and 1973-75.



Stefanie Drechsel

TECH'S RECORD VS. 2010-2011 OPPONENTS

OPPONENT	Men			Women			:	Men			Women			
	W	L	First-Last	W	L	First-Last		W	L	First-Last	W	L	First-Last	
Cincinnati	1	1	1990-1992	0	2	1990-1992	:	Princeton	0	0	---	0	0	---
Charleston	6	0	1992-2005	6	0	1992-2005	:	Radford	0	0	---	4	0	2001-2008
Indiana	0	0	---	0	0	---	:	Richmond	8	2	1935-1984	12	0	1980-2004
Kentucky	2	0	2007-2009	2	0	2007-2009	:	Virginia	11	45	1938-2009	1	26	1978-2009
Louisville	2	1	1990-2003	3	0	1990-2003	:	William & Mary	24	11	1935-2003	18	1	1977-2003
Penn State	2	0	2006-2009	1	1	2006-2009	:	Total	48	58	1933-2010	47	30	1971-2010

STUDENT-ATHLETE ACADEMIC SUPPORT SERVICES

Expectations placed on Virginia Tech student-athletes are high both in the classroom and on the field. Working together with the Tech Athletics Department, Student-Athlete Academic Support Services (SAASS) acts as the backbone for Hokie student-athletes in order to help them achieve their full potential, both inside and outside of athletics. Tutors, study assistance, computer and technology aid and individual skill development programs are just some of the services available.

In addition, SAASS assists students in arranging appointments with various university departments, such as their academic advisors, the Registrar, the Office of Scholarships and Financial Aid, deans offices, Career Services and the Cook Counseling Center for Academic Enrichment and Excellence.

SAASS is committed to providing a comprehensive academic and personal development program with counseling and advising for student-athletes, offering academic counseling to ensure students receive a complete system of support.

Student-athletes have access to the department's spacious facilities, located in the West Side of Lane Stadium. Opened during the 2006-07 academic year, the SAASS suite, located in the Quillen Family Academic Center, features 18 private tutor rooms,



All student-athletes have access to the SAASS computer lab in Lane Stadium.

a state-of-the-art classroom, a 36-station computer lab with printer access, a conference room, three quiet areas for reading and studying and a reference library. The office is available between classes, after practice and in the evenings. Hours of operation

are flexible and may be tailored to maximize the student-athlete's limited time. The collection of SAASS programs housed in Lane Stadium guarantees that all student-athletes achieve success during their time at Virginia Tech.

STUDENT LIFE

At Virginia Tech, student-athletes don't just play sports. With help from the Athletics Office of Student Life, Hokie student-athletes work outside the athletic venue to develop into community assets and responsible adults.

Led by the Virginia Tech Student-Athlete Advisory Committee, Hokie student-athletes volunteered countless hours in the local community last year. In addition, over 300 Virginia Tech student-athletes earned a 3.00 grade point average during one or both semesters, while achieving great success within athletics as well.

Inspired by the NCAA/CHAMPS (Changing Athletes' Minds for Personal Success) Life Skills Program, the Athletics Office of Student Life creates programs designed to enhance student-athletes in five areas of commitment: athletic excellence, academic excellence, personal and leadership development, community service and career development. The program has been previously honored for its commitment to serving the good of the student-athletes by the Division I-A Athletic Director's Association as a program of excellence.

STUDENT-ATHLETE ADVISORY COMMITTEE

The Student-Athlete Advisory Committee (SAAC) is a committee made up of student-athletes

assembled to provide insight on the student-athlete experience. They also offer input on the rules, regulations and policies that affect student-athletes' lives on NCAA member institution campuses. Two members of each sports team serve on SAAC each academic year.

PERSONAL DEVELOPMENT

The Office of Student Life aims to help student-athletes lead balanced lifestyles, encouraging emotional well-being, personal growth and decision-making skills. Each team attends two personal development workshops during the year to educate members in healthy living, service learning, career development, diversity and life skills.

CAREER DEVELOPMENT

Virginia Tech student-athletes savor their collegiate athletic experiences with the understanding that they will need to secure a job upon graduation. The Office of Student Life works to enhance student-athlete career development by collaborating with the Virginia Tech Career Services Office. Student-athletes also receive assistance in learning about majors and minors, preparing for career fairs, and obtaining scholarships and internships.

ACADEMIC EXCELLENCE

The Office of Student Life is also responsible for nominating student-athletes for academic honors and awards. Athletes are nominated for on-campus, Atlantic Coast Conference and national awards. Student-athletes with a 3.0 GPA are rewarded and honored on the Athletic Director's Honor Roll. In 2009-10, 370 student-athletes were named to this prestigious list, an increase of nearly 30 from 2008-09.

COMMUNITY OUTREACH

Virginia Tech student-athletes are now involved more than ever in the local community. In conjunction with the mission of the Office of Student Life and the Ut Prosim motto, student-athletes are encouraged to volunteer throughout their college experience. Each team partners with a local community organization and volunteers time at community-wide events. Along with large volunteer efforts, student-athletes engage in community support with visits to local hospitals and elementary and middle schools. Community organizations can also request Tech student-athletes to attend local outreach events. Involvement in this program helps maintain and improve the positive relationship between student-athletes and the surrounding community.

ATHLETIC PERFORMANCE

STRENGTH & CONDITIONING

One of the most important aspects of the Virginia Tech swimming and diving program, now entering its fifth season in the competitive Atlantic Coast Conference, is its strength and conditioning program.

Thanks to the direction of Assistant Athletics Director for Athletic Performance Mike Gentry, the Virginia Tech strength and conditioning program is among the best in the nation.

SPORTS NUTRITION

Eating healthy and choosing nutritious diets are important aspects of a Virginia Tech student-athlete's life. Amy Freel is in her eighth year as the nutritionist. Freel, who is one of 16 full-time college dietitians in the country, also serves on the nutrition and performance committee with Dr. Gary Bennett.

Freel provides individual players with diet counseling on issues such as gaining lean muscle mass, losing body fat, and eating choices to improve performance. She also designs preseason menus, snacks and training table menus for the swimming and diving teams.

Also in July 2002, the Virginia Tech Athletics Department purchased the Bod Pod body composition system. Tech is one of a handful of college athletic departments using this type of technology. It accurately measures body composition (percent of body fat, lean muscle mass and fat mass) through air displacement within five minutes. Research has shown that an



The Bod Pod.

increase in lean muscle mass will increase athletic performance. The sports nutrition program has helped countless Tech athletes maximize their athletic performance.

SPORT PSYCHOLOGY

Virginia Tech offers another important service to all of its student-athletes – sport psychology. Dr. Gary Bennett coordinates the sport psychology

department, which offers psychological and performance enhancement services for student-athletes. Bennett also works closely with the Cook Counseling Center.

Bennett meets with student-athletes on an individual basis for personal counseling and to discuss the mental aspects of the sport. He also works on team building, communication and performance enhancement.

SPORTS MEDICINE

The Sports Medicine Department at Virginia Tech is constantly evolving to incorporate new ideas utilizing state-of-the-art resources for the betterment of all Hokie student-athletes. Under the leadership of Assistant Athletics Director for Athletic Training Mike Goforth, the department is constantly improving and developing new strategies to provide the most current and comprehensive care.



Jessica Ricci
Athletic Trainer

Their team of certified athletic trainers, orthopaedic surgeons, Board Certified primary care physicians, chiropractors, physical therapists, sport psychologists, nutritionists, massage therapists and orthotists are available on site to manage the health care needs of Tech athletes. The staff continually looks for ways to enhance the services provided for their

athletes as evidenced by its participation in local and national projects pertaining to related topics such as concussion management, prevention of antibiotic resistant types of staph infection (MRSA), high ankle sprains and collegiate health care management strategies. Research is considered instrumental to the sports medicine department. The department has participated in several projects with the engineering department and school of education, respectively.

The 4,300-square-foot Eddie Ferrell Memorial Training Room gives the training staff a centralized area to care for the needs of all Virginia Tech student-athletes. There is top-of-the-line equipment and a unique style of architecture, developed by Glenn Reynolds, AIA and Larry Perry as the consulting engineer. In 2010, Reynolds again helped Tech spearhead another 3,000-square-foot expansion of the training room to encompass the weight room.

The Ferrell Training Room nearly doubled the size of the former Merryman Center facility. Tech

now has more than 10,000 square feet dedicated to sports medicine, placing it in the top five percent nationally. The \$10 million Merryman Center includes 2,400 square feet of medical space and a physician's suite. The suite is equipped with a new state-of-the-art X-ray system, a fluoroscopy unit and a minor procedure room. The training room also has offices for the staff, dozens of training tables, two cold tubs, whirlpools, an underwater treadmill, a Biodex System 3 and various other pieces of rehabilitation equipment and treatment modalities.

Athletes have many options to help prevent or protect them from injuries. The sports medicine staff takes great pride in treating athletes year-round. Special attention is paid to off-season activity. The staff will analyze past injury data from each participant and construct a preventative program that is followed over a nine-week period between the end of the season and the beginning of spring practice. This same procedure is followed during the summer.

MEDIA INFORMATION

Virginia Tech swimming and diving meets are held at the Christiansburg Aquatic Center and are free of charge. Media interested in attending home meets are encouraged to notify the Virginia Tech Sports Information office at least 24 hours in advance.

COACH/PLAYER INTERVIEWS

Please schedule all interviews at least 24 hours in advance. For interviews with head coach Ned Skinner or any of the athletes, please contact Marla Glasser at the Virginia Tech Athletics Communications Office.

Coach Skinner is usually available for interviews during morning office hours Monday through Thursday. Interviews with players will be available according to class and practice schedules. At no time will an athlete's telephone number be released to the media. Members of the media are asked not to contact an athlete at home or on their cell phone.

POST-MEET INTERVIEWS

Coach Skinner and his athletes will be available for interviews after home contests at the Christiansburg Aquatic Center. Please make all requests for interviews to Marla Glasser.

MEET RESULTS

Results will be available immediately following the conclusion of the meet and will also be available at hokiesports.com. A short meet release story will be e-mailed to all major media outlets in Virginia and also will be made available online following all home and away meets. Team and individual statistics will be updated and available shortly after each meet.

DIRECTIONS TO AQUATIC CENTER

From I-81 Southbound:

- Take the US-11/US-460 exit, Exit 118C-B-A, toward Christiansburg/Blacksburg. 1.6 mi.
- Merge onto US-460 W via Exit 118B toward Blacksburg. 2.7 mi.
- Take the US 460 Business exit, Exit 3AB, toward Christiansburg. 0.4 mi.
- Merge onto US-460 BR E/N Franklin St via Exit 3A toward US-460-BR E/VA-111/Downtown. 0.8 mi
- Stay in the right lane, proceed through the next two stop lights. The Aquatic Center will be on your left. 0.6 mi.

From I-81 Northbound:

- Take the VA-8 exit, Exit 114, toward Christiansburg/ Floyd. 0.2 mi.
- Turn left onto VA-8 N/W Main St.
- Turn left onto N Franklin St/US-460 BR W. 0.6 mi.
- The Aquatic Center will be on the right.

From 460-Eastbound:

- Take the US-460-BR E Exit toward Downtown. 0.5mi.
- Merge onto US-460 BR E/N Franklin St. 1.1 mi.
- Stay in the right lane. Proceed through the next two stop lights. The Aquatic Center will be on the left. 0.6mi.

CONTACT INFORMATION

Contact Marla Glasser
 Glasser's Office Phone (540) 231-1494
 Athletic Communications Main Office Phone (540) 231-6726
 Athletics Communications Fax (540) 231-6984

Mailing Address:

460 Jamerson Athletic Center
 Blacksburg, VA 24061

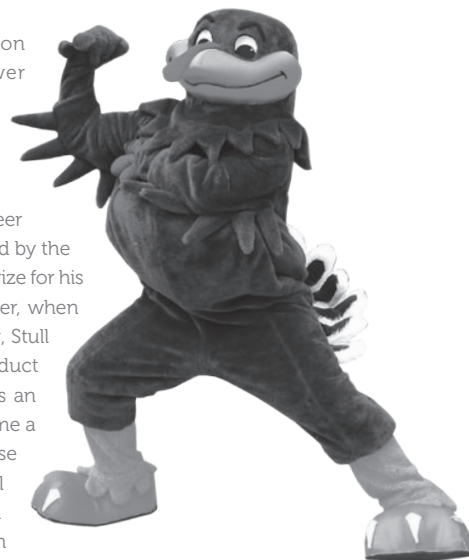
THE HOKIE STONE STORY

Most of the buildings on the beautiful Tech campus are constructed using Hokie Stone. This natural rock is a 475-million-year-old dolomite limestone, some of which is mined from a quarry located not far from Cassell Coliseum. In constructing the building at Tech, a stonemason shapes individual stones, arranges them and cements them together with mortar to create walls of great strength and durability.



BY THE WAY...WHAT IS A HOKIE?

That's the most often-asked question in Virginia Tech athletics. The answer leads all the way back to 1896 when Virginia Agricultural and Mechanical College changed its name to Virginia Polytechnic Institute. With the change came the necessity for writing a new cheer and a contest for such a purpose was held by the student body. Senior O.M. Stull won first prize for his "Hokie" yell which still is used today. Later, when asked if "Hokie" had any special meaning, Stull explained the word was solely the product of his imagination and was used only as an attention-getter for his yell. It soon became a nickname for all Tech teams and for those people loyal to Tech athletics. The official school colors – Chicago maroon and burnt orange – also were introduced in 1896. They were chosen because they made a "unique combination" not worn elsewhere at the time.





Virginia Tech



From its humble beginning in 1872 with 132 students and two programs of study, Virginia Polytechnic Institute and State University, popularly known as Virginia Tech, has evolved into a comprehensive university of national and international prominence. With about 27,500 students in Blacksburg and about 2,500 other students statewide, the university produces world-class scholarship in a challenging academic environment. University tradition is firmly rooted in its motto, *Ut Prosim* (That I May Serve), and its historic land-grant mission is brought to life through learning, discovery and engagement.

Virginia Tech's challenging academic standards attract high-achieving students. Nine colleges (Agriculture & Life Sciences, Architecture & Urban Studies, Engineering, Liberal Arts & Human Sciences, Natural Resources, Pamplin Business, Science, the Virginia Tech Carilion School of Medicine and Virginia-Maryland Regional College of Veterinary Medicine) and Graduate School offer more degree programs – approximately 200 – than any other university in the state. More than 85 percent of departments offer e-learning courses, which have attracted more than 100,000 enrollments since 1998.

For more information about Virginia Tech,
visit the university's Web site — www.vt.edu.





{ 2010-2011 SCHEDULE }

SARAH MILTON

OCTOBER			
16	CHARLESTON w/RADFORD (Women)	9 AM	
23	@ Penn State	11 AM	
NOVEMBER			
12-13	@ Virginia w/Princeton	10 AM	
18-20	@ Volunteer Invitational (Knoxville, Tenn.)	All Day	
JANUARY			
3	@ Yellow Jacket Invitational (Atlanta, Ga.)	All Day	
15	WILLIAM & MARY (Senior's and Parents Day)	Noon	
22	RICHMOND (Women)	1 PM	
28	@ Louisville w/Indiana	5 PM	
29	@ Cincinnati w/Kentucky	11 AM	Diving
		1 PM	Swimming
FEBRUARY			
16-19	Women's ACC Championships (Atlanta, Ga.)	All Day	
23-26	Men's ACC Championships (Atlanta, Ga.)	All Day	
MARCH			
11-13	NCAA Zone A Diving Championships (Annapolis, Md.)	All Day	
17-19	Women's NCAA Championships (Austin, Texas)	All Day	
24-26	Men's NCAA Championships (Minneapolis, Minn.)	All Day	

Home meets (in **BOLD CAPS**) are held at the Christiansburg Aquatic Center
 * Denotes ACC competition

