



# 2007-2008 CRUSADER SWIMMING & DIVING



# HOLY CROSS AT A GLANCE



Location: ..... Worcester, Mass. 01610  
 Founded: ..... 1843  
 Enrollment: ..... 2,790  
 Color: ..... Royal Purple  
 Nickname: ..... Crusaders  
 Affiliations: ..... NCAA Division I, Patriot League  
 Home Pool: ..... Hart Recreation Pool  
 President: ..... Rev. Michael C. McFarland, S.J.  
 Director of Admissions: ..... Ann McDermott '79  
   Office Phone: ..... (508) 793-2443  
 Associate Director of Financial Aid: ..... Lynne M. Myers  
   Office Phone: ..... (508) 793-2265  
 Director of Athletics: ..... Richard M. Regan, Jr. '76  
 Associate Director of Athletics: ..... Bill Bellerose '77  
 Associate Director of Athletics: ..... Ann Zelesky  
 Associate Director of Athletics: ..... Rose Shea '87  
 Assistant Director of Athletics: ..... Ralph Willard '67  
 Assistant Director of Athletics/Marketing, Media Relations: ..... Frank Mastrandrea '88  
 Director of Athletic Media Relations: ..... Charles Bare  
 Assistant Director of Media Relations: ..... Jim Wrobel  
 Assistant Director of Media Relations: ..... Michelle Bradley  
 Athletic Media Relations Assistant/Swimming & Diving Contact: ..... Jessica Cegarra  
   Cegarra's Email: ..... jcegarra@holycross.edu  
   Office Phone: ..... (508) 793-3582  
   Fax: ..... (508) 793-2309  
 Web Site: ..... www.goholycross.com  
 Swimming Head Coach/Aquatics Director: ..... Barry Parenteau (Bridgewater St. '74)  
 Diving Head Coach: ..... Wilson Aybar  
   Office Phone: ..... (508) 793-3430  
   E-Mail: ..... bparenteau@holycross.edu, waybar@holycross.edu

## THE MISSION STATEMENT

### College of the Holy Cross - Department of Athletics

The Mission of the Athletic Department of the College of the Holy Cross is to promote the intellectual, physical, and moral development of students. Through Division I athletic participation, our young men and women student-athletes learn a self-discipline that has both present and long-term effects; the interplay of individual and team effort; pride and self-esteem in both victory and defeat; a skillful management of time; personal endurance and courage; and the complex relationships between friendship, leadership, and service. Our athletics program, in the words of the College Mission Statement, calls for "a community marked by freedom, mutual respect, and civility."

Besides teaching these virtues, a few sports played at Holy Cross have the added value of focusing alumni and student support and enhancing our reputation locally and nationally. While Holy Cross continues to commit itself to accomplishment in these sports, which are a rich part of our tradition, we choose to do so in a way that complements the pursuit of academic excellence.

Holy Cross is committed to the guiding principles of the Patriot League, of which we are a founding member: presidential control of athletics; the cultivation of the ideal scholar-athlete; and participation in a wide variety of sports. Commitment to the last principle assures that the College sponsors, in a very evident way, gender equity. The department of athletics is also committed to compliance with all College policies and regulations involved in Division I membership in the National Collegiate Athletic Association and the Eastern College Athletic Conference. As a member of the NCAA, Holy Cross also advocates student-athlete welfare, diversity, gender equity, sportsmanship, and ethical conduct in its athletic programs.

#### ON THE COVER FROM LEFT TO RIGHT:

**Back row:** Amanda Dugan, Erica Archer, Rachel Quaden

**Front row:** Andrea Doherty, Chris Smith, Shannon Sweeney

# HEAD COACH BARRY PARENTEAU



## Barry Parenteau, 32nd Season

Head Coach Barry Parenteau enters his 32nd season as head coach of the Holy Cross women's swim team and fifth as the men's coach after taking over the program following the retirement of his father, Paul, who guided the Crusader men for more than 30 years.

Parenteau, who has been with the women's team since its inception in 1975, assumed a full-time role at Holy Cross in 1983 when he was named Aquatics Director of the newly built swimming and diving facility at the Hart Recreation Center. The only coach the women's program has ever known, Parenteau also served as an assistant coach with the men since his arrival at Holy Cross.

Parenteau began swimming competitively for the YMCA in Worcester in his youth. After graduating from St. John's High School in Shrewsbury, Mass., he continued his competitive swimming career at Bridgewater State College where he held school records in 50-, 100-, 200-yard freestyle events.

The highly respected Parenteau was honored as Coach of the Year in the Metro Atlantic Athletic Conference after the 1984-85, 1987-88, and 1989-90 campaigns. In 1986-87, the Holy Cross women had their finest season ever, finishing with a 9-1 dual meet slate and a sixth place finish at the New England Championships. Last season, the Crusader women were 1-8 overall placing eighth at the Patriot League Championships. Parenteau is now 119-140-1 for his career. The Crusader Swimming & Diving programs began competition within the Patriot League during the 1990-91 academic year.

Parenteau has produced numerous standout performers in his tenure at Holy Cross. Callie Taffe '81, the former school record holder in the 50-yard breaststroke, earned AIAW All-America honors in 1981. Taffe, Marie Kenny '85 and Mary McNaughton '87 have all been inducted into the Holy Cross Varsity Club Hall of Fame. School record holders Jill Addesa '92 and Coleen Lynch '95 captured Swimmer of the Year honors at the Patriot League Championships.

Parenteau has his American Swimming Coaches Association (ASCA) Level III certification, in addition to being certified in lifeguard training and water safety, and standard first aid and adult CPR. He is a 37-year volunteer with the American Red Cross and is a nationally-certified pool and spa director. Parenteau is also a member of the Central Massachusetts Conference of Football Officials, refereeing both high school and college football games in the ECAC. A popular and long-time member of the College's athletic association, Parenteau makes his home in nearby Millbury with his wife Dale and their three daughters, Laine, Kaley, and Malen.





# COACHING STAFF



## **Paul Parenteau, Volunteer Coach**

Paul Parenteau handed over the reigns to his son Barry in 1996 after a successful 30-year reign as men's head coach. A knowledgeable coach and invaluable stroke technician, Parenteau now serves as a volunteer coach for both the men's and women's teams. Since 1965, he has committed himself to building the Holy Cross swimming program. Parenteau started at HC when there was no pool. In the early years, he carpooled his swimmers throughout the Worcester area in order to keep an active program for the Crusaders. Parenteau and his wife, Lorraine, reside in Worcester.



## **Wilson Aybar, Head Diving Coach**

Wilson Aybar joins Holy Cross for his fourth season as the head diving coach. The 1999 graduate of Clark University was a four year member of the swimming and diving team. He received the Most Improved Diver Award in 1996 as well as a record holder for 1 Meter and 3 Meter springboards. He also served as the head diving coach for Clark University and WPI from 2000 to 2003. He has been the head diving coach for the Nashawtuc Country Club Team from the summer of 2000 to the present. He is also currently instructing area high school divers at the Central Massachusetts Diving Club. During his first season at Holy Cross

he has train divers to qualify for NCAA zones as well as place top 5 at championships. Aybar makes his home in Webster with his wife, Marisol, and their 5 year old son Wilson Jr.



## **Ian Hennessey, Assistant Swimming Coach**

Ian Hennessey is entering his first season as the Assistant Swimming Coach for Holy Cross. He will be responsible for much of the strength and conditioning program as well as on-deck coaching. A 2003 graduate of Holy Cross, Hennessey finds himself in the Holy Cross record books for a variety of relays. Along with former teammates Steve Finnoch, Mike Emmons and Scott Rimm, Hennessey helped set school records in the 400 Medley Relay, and the 200, 400 and 800 Free Relays. After graduating from Holy Cross in 2003, Hennessey went into the Air Education Training Command for the United States Air Force. After

completing the training with a rank of 2nd Lieutenant, Hennessey was named Assistant Officer in Charge of the Missile Maintenance Team Section in 2003. After showing impressive leadership skills, Hennessey moved up to 1st Lieutenant and was named Officer in Charge of the Vehicle Support Section in 2004 and then progressed onto be Officer in Charge of the Missile Handling Section in 2005. In high school, Hennessey coached a team of young swimmers in East Greenwich, Rhode Island named the Greenwich Club Gators. Hennessey lives in Marlborough with his wife, Beth Jenusaitis-Hennessey '04.



## **Kevin Mullaney, Volunteer Assistant Coach**

Kevin Mullaney is entering his first season as the Graduate Assistant Swimming Coach for Holy Cross. He will be responsible for much of the strength and conditioning program as well as the recruitment of potential future Crusaders. Mullaney swam for Holy Cross from 2003 until 2007 and served as Captain his Senior year. As Captain he was instrumental in victories against Fairfield, Clark, and WPI. He led the team to its first Worcester City Championship in several years. His events were the 200 IM and 200 Butterfly, and he placed in the Top Sixteen in the 200 Butterfly at The Patriot League Championships in 2006. He

earned a spot on the Patriot League Academic Honor Roll every year he was on the team.



# THE PATRIOT LEAGUE



The Patriot League, which was founded on the principles of admitting athletes who are academically representative of their class, is in its second decade of academic and athletic achievement. Participation in athletics at Patriot League institutions is viewed as an important component of a well-rounded education.

The Patriot League began as a successful Division I-AA football conference in 1986. Full League members include American, Army, Bucknell, Colgate, Holy Cross, Lafayette, Lehigh and Navy. Associate members include Fordham (football) and Georgetown (football).

These member institutions are among the oldest and most prestigious in the nation. Alumni from Patriot League colleges and universities have played a leadership role in the shaping of our country.

In the classroom, the League's full-member institutions, individually and collectively, consistently rank among the top Division I programs in the NCAA Graduation Rates Report. For the sixth straight year the Patriot League ranked first among all Division I conferences in student-athlete graduation rates according to the NCAA Graduation Rates report.

League members have also distinguished themselves on the field of play. Patriot League sponsors championship competition in 23 sports (11 for men; 12 for women). Championship teams from 14 sports are guaranteed advancement into the NCAA Championships: baseball, men's and women's basketball,

field hockey, football, men's golf, men's and women's lacrosse, men's and women's soccer, softball, men's and women's tennis and volleyball.

In the league's history, more than 165 teams have been selected for post-season play in the NCAA, ECAC or National Invitational tournaments. The League also boasts 61 student-athletes who have qualified for NCAA Championships, the pinnacle of collegiate individual competition. A total of 176 Patriot League student-athletes have earned All-America honors.

During the past four academic years, 67 of the Patriot League's 89 Scholar-Athletes of the Year also received All-League status for their exemplary athletic performance. Additionally, 21 of the Scholar-Athletes honored were named Players of the Year or Performers of the Meet in their respective sport.

In the league's history, 131 Patriot League student-athletes have been recognized as CoSIDA Academic All-Americans, while more than 8,600 more have qualified for the League's Academic Honor Roll by accumulating a 3.2 grade-point average and earning a varsity letter. Twenty-seven student-athletes have received NCAA Postgraduate Scholarships. Additionally, Patriot League student-athletes have earned two Fulbright Scholarships, a Rhodes Scholarship, a Luce Foundation Scholarship, a Marshall Scholarship, three NACDA/Disney Scholarships, five National Football Foundation Scholarships and three ECAC/Robbins Scholar-Athlete of the Year awards among their many accomplishments.

## Patriot League Award Winners

### Scholar-Athlete of the Year

Jill Addesa, 1991 & 1992

### Patriot League All-Decade

Jill Addesa '92  
Coleen Lynch '95

### Patriot League Diver of the Year

Kim Rinaldi 2001 & 2002

### P.L. Diving Coach of the Year

Brian Boyer 2001 & 2002

### 2006-2007 Patriot League Academic Honor Roll

Brian Hendrickson  
Matt Frigault  
Brian Jackson  
Kevin Mullaney  
Matthew Shea  
Chris Smith  
Shannon Sweeney  
Matthew Grogan  
Mike Marquet  
Sean O'Reilly  
John Ringwood  
Michael Dougher  
Stefan Opolski  
Michael Ragone

Erika Archer  
Aislinn Kelly  
Andrea Doherty  
Amanda Dugan  
Rachel Quaden  
Emily Cupelo  
Erica Little  
Katie Loughlin  
Mary-Elizabeth Maher  
Katherine Marone  
Maggie Gousman



# 2007-2008 CAPTAINS



## Erica Archer

Junior - Freestyle  
Schenectady, N.Y.

**Personal:** Erica Lynn Archer... Born August 27, 1986...Daughter of Patrick and Patricia Archer ...Has four sisters: Tara, Shannon, Kerry, Leanne...Majoring in

Biology...Career aspiration is to be a ophthalmologist...Swam at Niskayuna High School for coach Kate Bleser...in 2003, the Niskayuna swim team won the Section II Championship...also swam for the Southern Saratoga YMCA Barracudas.



## Rachel Quaden

Junior - Back/Fly  
Chelmsford, Mass.

**Personal:** Rachel Quaden... born June 18, 1986...Daughter of Rob and Carol Quaden...has one brother, Adam...Majoring in

Math-Pre-Med with a career objective of becoming a doctor...Attended Chelmsford High School.



## Andrea Doherty

Junior- Butterfly  
Needham, Mass.

**Personal:** Andrea Marie Doherty...Born January 21, 1986 ...Daughter of Anne Doherty... Has two sisters: Christine and Stephanie...Majoring in English,

Creative Writing...swam at Needham High School for coach Genevieve Carney (Holy Cross alum)... Captain of the team in 2004...Named Team MVP in



## Chris Smith

Senior- Freestyle  
West Haven, Conn.

**Personal:** Christopher John Smith...Nicknamed "Smitty"... Born October 23, 1986...Son of John and Suzanne Smith... Has one sister ... Majoring in Mathematics...Career objective

is to be a teacher...Member of Eco-Action, orientation leader...Named to the Dean's List.



## Amanda Dugan

Senior- Freestyle  
Saddie River, H.J.

**Personal:** Amanda Muriel Dugan...Born September 24, 1986 ...Daughter of Jim and Ruth Dugan...has two brothers and three sisters...Sister, Katie, also

was a member of the swimming team at Holy Cross ...Majoring in Psychology.



## Shannon Sweeney

Senior- Freestyle  
Philadelphia, Pa.

**Personal:** Francis Shannon Sweeney...Born June 3, 1986... Son of Charles and Carol Sweeney...Father was a member of national champion rowing team

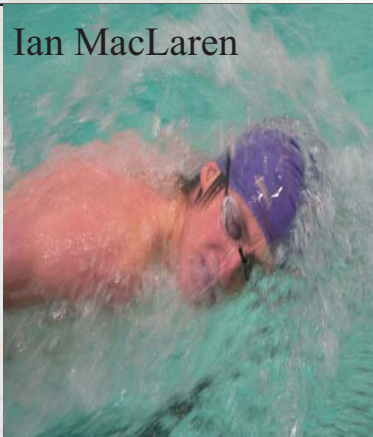
at St. Joseph's University...has three brothers, Kyle, Chris, and Charles and one sister, Alissandra...also has four nieces and five nephews...Majoring in Psychology...Hopes to work with the U.S. Navy, CIA or FBI...Member of Navy ROTC.



# 2007-2008 SEASON PICTURE



Ian MacLaren



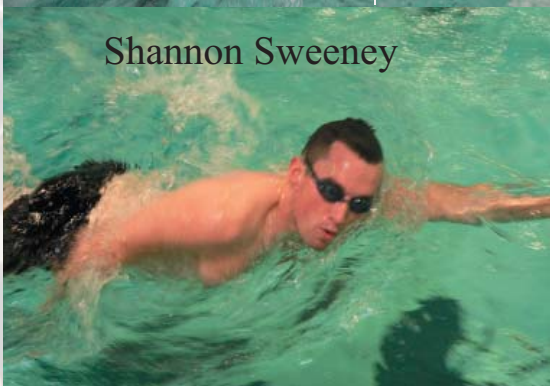
Brian Hendrickson



Brian Livingston



Shannon Sweeney



Brian Lasonde



Amanda Dugan



Dana Jorgensen



Sarah Kearns



Andrea Doherty



Alyson Young





# 2007-2008 MEN'S ROSTER



| NAME              | EVENT(S)      | CL. | HOMETOWN/HIGH SCHOOL                     |
|-------------------|---------------|-----|--|
| Rob Acker         | Free/Back     | JR  | Ames, Iowa/Ames                          |
| Ryan Boate        | Distance/Free | SO  | Pleasantville, N.Y./Fordham Prep         |
| Aaron Brosnan     | IM/Fly        | SO  | Westford, Mass./St. John's Prep          |
| Michael Dougher   | Free          | SO  | Amhers, N.Y./Canisius                    |
| David Drummond    | Free          | JR  | Swampscott, Mass./Swampscott             |
| Matthew Grogan    | Free          | JR  | Allenwood, N.J./Wroll                    |
| Sean Hager        | IM            | FR  | Westfield, N.J./The Pingry School        |
| Brian Hendrickson | Free/Back     | JR  | West Hartford, Conn./Hall                |
| Matthew Hynes     | Free          | FR  | Maywood, N.J./Regis                      |
| Dan Kennedy       | Free          | JR  | Bolton, Conn./Xavier                     |
| Nick Larsen       | Free/Fly      | FR  | Whitman, Mass./Boston College            |
| Brian Lasonde     | Free/Fly      | JR  | East Longmeadow, Mass./East Longmeadow   |
| Brian Livingston  | Breast/IM     | SO  | Auburn, Wash./O'Dea                      |
| Ian MacLaren      | Free          | JR  | Cortez, Colo./Montezuma Cortez           |
| James McCullough  | IM/Fly        | JR  | Orefield, Pa./Allentown Central Catholic |
| Aidan McGrath     | Free/Back     | FR  | Quincy, Mass./Xaverian Brothers          |
| Joseph McShane    | Free          | SO  | Chatham, N.J./Chatham                    |
| Matt Mullaney     | Free          | FR  | Livingston, N.J./Seton Hall Prep         |
| Sean O'Reilly     | Free          | JR  | Bronx, N.Y./Regis                        |
| Stefan Opolski    | Free/Back     | SO  | Haverhill, Mass./Haverhill               |
| Michael Ragone    | Breast        | SO  | New Rochelle, N.Y./Regis                 |
| Matt Reiff        | Free          | FR  | Brookfield, Conn./Brookfield             |
| John Ringwood     | Free          | JR  | Cheshire, Conn./Cheshire                 |
| Joshua Rodriguez  | Diving        | SO  | Dudley, Mass./Shepherd Hill              |
| Chris Smith       | Free          | SR  | West Haven, Conn./Notre Dame             |
| Shannon Sweeney   | Free          | SR  | Philadelphia, Pa./St. Joseph Prep        |

**Head Swimming Coach** - Barry Parenteau (32nd Season, Bridgewater St. '74)

**Diving Coach** - Wilson Aybar (Fourth Season, Clark University '99)

**Assistant Swimming Coach** - Ian Hennessey (First Season, Holy Cross '03)

**Volunteer Assistant Coach** - Paul Parenteau (41st Season)

**Volunteer Assistant Coach** - Kevin Mullaney (first Season)

**Captains** - Chris Smith and Shannon Sweeney





# MEN'S INDIVIDUAL RECORDS



| <b>Dist.</b> | <b>Event</b> | <b>Athlete</b>                                   | <b>Time/Score</b> | <b>Loc.</b> | <b>Date</b>   |
|--------------|--------------|--|-------------------|-------------|---------------|
| 50           | Freestyle    | Scott Rimm                                       | 21.25             | PL          | Feb. 26, 2004 |
| 100          | Freestyle    | Scott Rimm                                       | 46.22             | PL          | Feb. 22, 2003 |
| 200          | Freestyle    | Scott Rimm                                       | 1:41.24           | PL          | Feb. 22, 2003 |
| 500          | Freestyle    | Mike Emmons                                      | 4:38.11           | PL          | Feb. 14, 2002 |
| 1000         | Freestyle    | Mike Emmons                                      | 10:01.66          | VT          | Jan. 13, 2002 |
| 1650         | Freestyle    | Mike Emmons                                      | 16:46.28          | ECAC        | Feb. 28, 2003 |
| 100          | Backstroke   | Scott Rimm                                       | 52.29             | PL          | Feb. 14, 2002 |
| 200          | Backstroke   | Mark Fretta                                      | 1:58.39           | ECAC        | March 2, 1996 |
| 100          | Breaststroke | Kevin Walsh                                      | 59.79             | Holy Cross  | Feb. 10, 1990 |
| 200          | Breaststroke | Kevin Walsh                                      | 2:11.40           | URI         | Feb. 23, 1990 |
| 100          | Butterfly    | Mike Emmons                                      | 51.84             | PL          | Feb. 15, 2002 |
| 200          | Butterfly    | Mike Emmons                                      | 1:53.62           | PL          | Feb. 16, 2002 |
| 100          | IM           | Rich Schoeb                                      | 57.19             | Bridgewater | Feb. 1, 1987  |
| 200          | IM           | Mike Emmons                                      | 1:58.17           | ECAC        | Feb. 28, 2003 |
| 400          | IM           | Mike Emmons                                      | 4:12.17           | ECAC        | Feb. 28, 2003 |
| 200          | Medlay Relay | (Rimm, Tom Connors)                              | 1:39.53           | PL          | Feb. 22, 2003 |
| 400          | Medlay Relay | (Rimm, Steve Finocchi,<br>Emmons, Ian Hennessey) | 3:34.34           | PL          | Feb. 14, 2002 |
| 200          | Free Relay   | (Finocchi, Hennessey,<br>Emmons, Rimm)           | 1:27.03           | PL          | Feb. 14, 2002 |
| 400          | Free Relay   | (Finnocchi, Hennessey,<br>Emmons, Rimm)          | 3:11.59           | PL          | Feb. 16, 2002 |
| 800          | Free Relay   | (Emmons, Hennessey,<br>Finocchi, Rimm)           | 7:02.49           | PL          | Feb. 15, 2002 |

## DIVING RECORDS

|     |        |                                     |        |            |               |
|-----|--------|-------------------------------------|--------|------------|---------------|
| 1 M | Diving | J. Merritt Brown<br>(Five required) | 144.65 | Providence | Feb. 1, 1986  |
| 1 M | Diving | Louis Minora<br>(Optional)          | 210.33 | Providence | Nov. 10, 1998 |
| 1 M | Diving | Tim Tuck<br>(Six dives)             | 228.15 | N/A        | 2003          |
| 1 M | Diving | Louis Minora<br>(11 dives)          | 387.50 | Colgate    | Feb. 14, 1998 |
| 3 M | Diving | Louis Minora<br>(Six dives)         | 213.13 | Maine      | Nov. 14, 1998 |
| 3 M | Diving | Tim Tuck<br>(11 dives)              | 354.20 | N/A        | 2003          |



# 2007-2008 WOMEN'S ROSTER



| NAME                 | EVENT            | CL. | HOMETOWN/HIGHSCHOOL                      |
|----------------------|------------------|-----|--|
| Maddie Alanis        | Distance/IM      | JR  | La Jolla, Calif./Our Lady of Peace       |
| Erica Archer         | Free             | SR  | Schenectady, N.Y./Niskayuna              |
| Kaitlyn Babicz       | Free/Breast      | SO  | Brookfield, Wis./Charlotte Catholic      |
| Alisha Carrazza      | Free/IM/Distance | SO  | Boonton Township, N.J./Mountain Lakes    |
| Gael Carter          | Free/Back        | FR  | Tampa, Fla/Academy of the Holy Names     |
| Bridget Cass         | Free             | SO  | Laconia, N.H./Laconia                    |
| Juliette Cormier     | Diving           | SR  | Morrisville, Vt./Peoples Academy         |
| Emily Cupelo         | Free             | JR  | Manlius, N.Y./Christian Brothers Academy |
| Chelsea Dalphond     | Free             | FR  | Dracut, Mass./Dracut Senior              |
| Andrea Doherty       | Fly              | SR  | Needham, Mass./Needham                   |
| Katie Duffy          | Free             | JR  | Franklin Lakes, N.J./Indian Hills        |
| Amanda Dugan         | Free             | SR  | Saddie River, N.J./Northern Highlands    |
| Caitlin Duggan       | Free             | JR  | Norwood, Mass./Norwood                   |
| Maggie Gousman       | Breast           | SO  | Fanwood, N.J./Mount St. Mary Academy     |
| Dana Jorgensen       | IM/Back/Free     | JR  | New City, N.Y./Clarkstown South          |
| Sarah Kearns         | Diving           | FR  | Marion, Mass./Bishop Stang               |
| Mary-Elizabeth Maher | Breast           | JR  | Milford, Mass./Ursuline Academy          |
| Rachael Martinez     | Diving           | SO  | Chelmsford, Mass./Chelmsford             |
| Erin Meegan          | Free/Fly         | FR  | Woodvine, Md./Glenelg County             |
| Molly O'Brien        | Free             | FR  | Bedford, N.Y./Foxlane                    |
| Stephanie Opolski    | Free/Breast      | SO  | Haverhill, Mass./Haverhill               |
| Rachel Quaden        | Back/Fly         | SR  | Chelmsford, Mass./Chelmsford             |
| Meghan Raimondo      | Free/IM          | FR  | Manchester, N.H./Manchester Memorial     |
| Lauren Tatro         | Back             | SO  | Charlotte, N.C./SouthMecklenburg         |
| Alyson Young         | Diving           | SO  | Maplewood, N.J./Oak Knoll School         |

**Head Swimming Coach** - Barry Parenteau (31st Season, Bridgewater St. '74)

**Diving Coach** - Wilson Aybar (Fourth Season, Clark University '99)

**Assistant Swimming Coach** - Ian Hennessey (First Season, Holy Cross '03)

**Volunteer Assistant Coach** - Paul Parenteau (41st Season)

**Volunteer Assistant Coach** - Kevin Mullaney(1st Season)

**Captains** - Erica Archer, Rachel Quaden, Adrea Doherty and Amanda Dugan

# WOMEN'S INDIVIDUAL RECORDS

| Dist.      | Event            | Athlete  | Time/Score   | Loc.        | Date                |
|------------|------------------|--|--------------|-------------|---------------------|
| 50         | Freestyle        | Laura Brennan  | 24.34        | PL          | Feb. 14, 2002       |
| 100        | Freestyle        | Coleen Lynch   | 51.53        | ECAC        | Mar. 4, 1995        |
| 200        | Freestyle        | Coleen Lynch   | 1:50.52      | Navy        | Feb. 17, 1995       |
| 500        | Freestyle        | Coleen Lynch   | 4:56.20      | Navy        | Feb. 16, 1995       |
| 1000       | Freestyle        | Coleen Lynch   | 10:23.29     | Holy Cross  | Jan. 17, 1995       |
| 1650       | Freestyle        | Liz Abbott   | 17:16.26     | Army        | Feb. 14, 1988       |
| <b>50</b>  | <b>Butterfly</b> | <b>Andrea Doherty</b>  | <b>27.09</b> | <b>Army</b> | <b>Nov. 8, 2006</b> |
| <b>100</b> | <b>Butterfly</b> | <b>Andrea Doherty</b>  | <b>59.30</b> | <b>PL</b>   | <b>Feb. 2006</b>    |
| 200        | Butterfly        | Allyssa Bates  | 2:10.16      | Army        | Feb. 29, 1992       |
| 50         | Backstroke       | Emily Ferris   | 28.32        | PL          | Feb. 21, 2003       |
| 100        | Backstroke       | Emily Ferris   | 59.71        | PL          | Feb. 21, 2003       |
| 200        | Backstroke       | Emily Ferris   | 2:08.36      | PL          | Feb. 21, 2003       |
| 50         | Breaststroke     | Kristen Spissinger   | 31.90        | PL          | Feb. 15, 1997       |
| 100        | Breaststroke     | Maggie Gousman   | 1:07.52      | PL          | Feb. 18, 2007       |
| 200        | Breaststroke     | Kristen Spissinger   | 2:26.62      | Colgate     | Nov. 1, 1997        |
| 200        | IM               | Kara Brennan   | 2:10.60      | PL          | Feb. 13, 1998       |
| 400        | IM               | Kara Brennan   | 4:37.16      | PL          | Feb. 13, 1998       |
| 200        | Medlay Relay     | (Kelly Wilde, Siobhan O'Neil,<br>Maura Malone, Stefanie Lawlor)    | 1:49.96      | PL          | Feb. 12, 1999       |
| 400        | Medlay Relay     | (Malone, O'Neil,<br>Brennan, Lawlor)                               | 4:01.64      | PL          | Feb. 11, 1999       |
| 200        | Free Relay       | (O'Neil, Liz Sorcinelli,<br>Malone, Lawlor)                        | 1:39.44      | PL          | Feb. 11, 1999       |
| 400        | Free Relay       | (Erica Archer, Andrea Doherty,<br>Maggie Gousman, Alisha Carrazza) | 3:38.08      | PL          | Feb. 18, 2007       |
| 800        | Free Relay       | (Lynch, Whalen,  | 7:54.49      | Army        | Feb. 28, 1992       |

## DIVING RECORDS

|     |        |                                   |         |            |               |
|-----|--------|-----------------------------------|---------|------------|---------------|
| 1 M | Diving | Amy Straskulic<br>(Five required) | 166.50  | Providence | Nov. 10, 1998 |
| 1 M | Diving | Amy Straskulic<br>(Optional)      | 169.73  | Providence | Nov. 10, 1998 |
| 1 M | Diving | Carrie Pucko<br>(Six dives)       | 270.15  | CCSU/VT    | 2003          |
| 1 M | Diving | Carrie Pucko<br>(11 dives)        | 391.20  | URI        | Dec. 1, 2000  |
| 3 M | Diving | Kim Rinaldi<br>(Six dives)        | 283.13  | Fairfield  | Jan. 24, 2001 |
| 3 M | Diving | Kim Rinaldi<br>(11 dives)         | 456.70* | PL         | Feb. 16, 2002 |

\* Patriot League Record



# HART RECREATION POOL

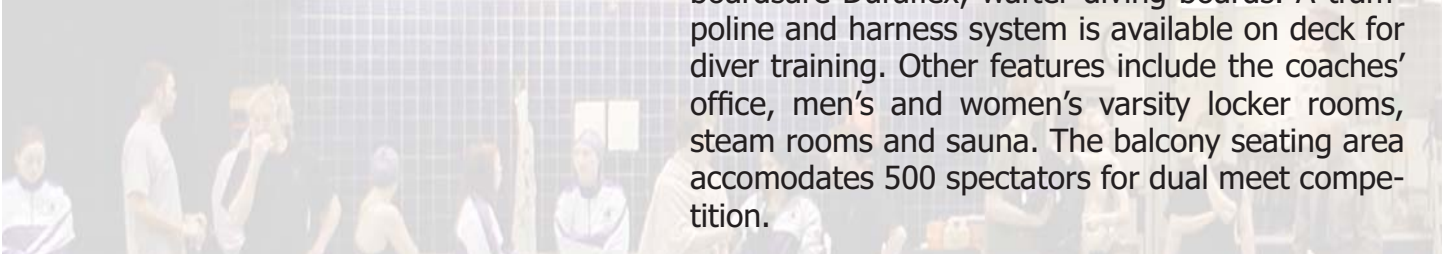


The Holy Cross swimming and diving teams practice and compete in the six-lane pool at the Hart Recreation Center.

Name for Reverend Francis J. Hart, S.J. the guiding force behind intramurals at Holy Cross for more than 40 years, the Hart Center was constructed in 1975 and houses a 3,600 seat basketball arena as well as an ice rink. The 25-yard pool with separate diving area, racquetball and squash courts as the crew tank opened in January of 1983.

The pool contains dual wave turbulent lane lines which are the standard 25-yard collegiate length. A movable bulkhead can be adjusted to a length of either 25 yards or 25 meters. The pool also features a Colorado timing system which provides an electronic readout for all six lanes.

A separate diving well contains two one-meter boards and one three-meter board. All three boards are Duraflex, wafter diving boards. A trampoline and harness system is available on deck for diver training. Other features include the coaches' office, men's and women's varsity locker rooms, steam rooms and sauna. The balcony seating area accommodates 500 spectators for dual meet competition.





# ATHLETIC FACILITIES



## Hart Recreation Center

The Hart Recreation Center is one of the premier athletic facilities in the Northeast. The 3,600-seat facility is named for Reverend Francis J. Hart, S.J., the guiding force behind intramurals at the college for more than 40 years.

The Hart Center is located upon Mount St. James overlooking the Worcester skyline. It opened its doors in December of 1975 and has housed many athletic teams and events. Men's and women's basketball have played their



home games there since its inception. Adjacent to the basketball floor is the ice hockey rink with a 1,600 person capacity. The Hart

Center Pool also makes its home in the center. The 25-yard pool with a separate diving area, racquetball and squash courts as well as crew tanks opened in January of 1983. A modern training facility is also located in the Hart Center

that services Holy Cross' 600 student-athletes. The college employs two full-time trainers to assist with athletic coverage in addition to two interns and a number of student trainers.

Behind the Hart Center is a full size track, four practice fields, soccer field and a lighted Omniturf field which has housed numerous sports such as lacrosse and field hockey, along with numerous intramural programs.

## Carol & Park B. Smith Wellness Center

The Carol and Park B. Smith Wellness Center, a new two-story facility which was built as an addition to the Hart Recreation Center, was unveiled in January of 1998. A \$1.5 million gift from Carol and Park B. Smith '54 kicked off the campaign to fund the facility. The Wellness Center provides state-of-the-art fitness equipment for varsity athletes and all other members of the Holy Cross community.

The 15,000-square foot facility provides a highly versatile strength and conditioning center for Holy Cross' 600 student-athletes on the first level. There are areas for speed development programs, as well as for strength and endurance conditioning. The second floor has been designed for use by all students, faculty and staff. It has two sections: one for aerobic training and the other for cardio-



vascular, variable-resistance and strength training. A diverse selection of equipment accommodates users ranging from beginners to advanced athletes. Its South-facing wall is mostly glass, allowing users a view of the practice fields and the rolling hill of central New England.

The center also offers programs that explore the connections between fitness and wellness, and help students learn how good health can complement and enhance other aspects of their educational experience. Sixty-five hundred square feet of the Center is devoted solely to varsity athletes and is run by a full-time strength and conditioning coach. This space accommodates a much greater number of athletes at one time and allows teams to train together at times more convenient to their busy schedules as student-athletes.



# RECRUITING INFORMATION



## Correspondence

It is important for prospective student-athletes to get in touch with head coach Barry Parenteau as soon as possible. A simple letter of inquiry into the swimming and diving program will initiate the recruiting process. The spring of your junior year or early senior year is the most appropriate time to contact Coach Parenteau.

## Interviews

Students are strongly encouraged to have admissions interviews. The office offers interviews from the summer until January 15. Alumni interviews in most metropolitan areas are available. Students must first submit an application and indicate they would like an alumni interview before December 31.

## Early Decision

Students who are absolutely, 100% confident Holy Cross is their top college choice are encouraged to apply during the Early Decision process.

## Financial Aid

All financial aid is awarded on the basis of need. Prospective student-athletes should complete the CSS "Profile Form" in the early Fall.

## NCAA Eligibility Certification

The NCAA Eligibility Center certifies academic eligibility and amateurism for all prospective student-athletes who wish to compete in intercollegiate athletics at the Division I or II level. Prospective student-athletes must register at [www.ncaaclearinghouse.net](http://www.ncaaclearinghouse.net) and complete the online release form. Prospective student-athletes must arrange for the appropriate national testing agency to send copies of standardized test scores (e.g., SAT or ACT) directly to the NCAA Eligibility Center. Prospects must also complete the amateurism questionnaire. An institution may not provide an official visit to a prospective student-athlete until he or she registers with the NCAA Eligibility Center.

## Telephone Calls

One telephone call to a prospect or prospect's relatives or legal guardians may be made during March of the prospect's junior year in high school. Additional telephone calls may not be made to a prospect before July 1 following the prospect's completion of the junior year in high school. Coaches are limited to one call per week.

## Video Tapes

In an attempt to make an accurate assessment as soon as possible, it is recommended videotapes be forwarded to Head Coach Barry Parenteau attention as soon as possible. The video need not be an elaborate production. Some simple game or practice tape is sufficient with you being easily identified.

## Evaluations

As per NCAA by law 13.02.6.1, an evaluation is any off-campus activity designed to assess the academic qualifications or athletic ability of a prospect, including any visit to a prospect's educational institution (during which no contact occurs) or the observation of a prospect participating in any practice or competition at any size. We are limited in our number of evaluations per prospective student-athlete.

## Contacts

As per NCAA by law 13.02.3, a contact is any face-to-face encounter between a prospect or the prospect's parent or legal guardian and an institutional staff member or athletics representative during which any dialogue occurs in excess of an exchange of a greeting. Any such face-to-face encounter that is prearranged or takes place on the grounds of the prospect's high school, or at the site of organized competition or practice involving the prospect's high school, preparatory school, two year college, or all-star team is considered a contact, regardless of the conversation that occurs. We are limited to three off-campus contacts per prospective student-athlete.

## Official Visits

According to NCAA by law 13.7.1.2, a prospect may not make more than five expense-paid visits to NCAA member institutions, regardless of the number of sports in which the prospect is involved. An institution may not provide an expense-paid visit to a prospect who has not presented the institution with a high school (or college) academic transcript and a score from a PSAT, an SAT, a PACTPlus or an ACT test taken on a national testing date under national testing conditions.

## Unofficial Visits

According to NCAA by law 13.8.1, a prospect may visit an institution's campus at the prospect's own expense an unlimited number of times and may make an unofficial visit

## Admissions - Important Dates

### Admissions and Applications

You can reach our Admissions Office by calling (508) 793-2443. To receive an application, please call our admissions office or send a written request to: Admissions Office, College of the Holy Cross, One College St., Worcester, MA 01610.

### Calendar

A typical recruiting calendar for a prospective student-athlete interested in women's ice hockey would go something like this:

- Summer of 2007 -- make unofficial visits to schools of interest.
- September 2007-- contact Head Coach Barry Parenteau if Holy Cross falls within your top five list of potential colleges.
- October of 2007 -- Head Coach Barry Parenteau will be in contact regarding student-athlete's interest and possible visit date.
- December 15 -- Deadline for Admissions Early Decision.
- January 15 -- Deadline for Admissions Regular Decision.

### Application Deadlines

December 15 - Early Decision

January 15 - Regular Decision

January 15 - last day for on-campus interviews

December 15 - last day to request alumni interview (application needs to be postmarked by this date)



## Holy Cross Ranks Among the Best Undergraduate Liberal Arts Colleges in the Nation



Among America's top liberal arts colleges, Holy Cross is the only one that embraces a Catholic, Jesuit identity. And of the 28 Jesuit colleges and universities in the United States, Holy Cross stands alone in its exclusive commitment to undergraduate education.

The result is that Holy Cross offers an educational experience unlike any other. There are no graduate students at Holy Cross; the undergraduate student is the sole focus. Students receive complete faculty attention and full access to the College's facilities. Professors conduct all classes and laboratories—there are no graduate teaching assistants.

The academic program gives graduates a strong foundation not just for their first job, but the seven job changes experts predict today's students will make. Holy Cross students learn not only for career advancement, but for personal enrichment. Students begin the process of lifelong learning, not just in a single specialty, but in a broad range of areas.

Graduates leave Holy Cross with a better understanding of the world and their place in it.

### How Holy Cross Measures Up

- Ranked by *Barron's Profiles in American Colleges* among the nation's 50 "most competitive" colleges and universities.
- Ranked by a leading college guide among the top 30 liberal arts colleges nationally, and in the top 10 in alumni satisfaction, retention of students and graduation rate.
- Graduates are admitted to medical school at rates better than twice the national average.
- Graduates 90 percent of all students in four years.
- Students regularly awarded highly prestigious Fulbright and Watson Fellowships to study, conduct research and teach abroad.
- Attracts financial support from alumni at rates more than double the national average for U.S. colleges and universities, an indication of the extent to which alumni value their Holy Cross education.
- 174-acre campus (including a recently renovated campus center, outstanding art spaces and a full array of sports facilities) recognized with five national and international awards for excellence in architecture and landscaping.
- Highest rank of 28 Jesuit colleges and universities in the percentage of graduates who go on to serve in the Jesuit Volunteer Corps.

# 2007-2008 SCHEDULE

| DAY DATE | OPPONENT                       | LOCATION             | TIME    |
|----------|--------------------------------|----------------------|---------|
| 10/12/07 | Fairfield                      | Fairfield, Conn.     | 7PM     |
| 10/24/07 | Springfield                    | Worcester, Mass.     | 6PM     |
| 10/31/07 | Siena (women)                  | Worcester, Mass.     | 7PM     |
| 11/02/07 | Army                           | Worcester, Mass.     | 3PM     |
| 11/16/07 | Boston University Invitational | Boston, Mass.        | 10:00AM |
| 11/17/07 | Boston University Invitational | Boston, Mass.        | 10:00AM |
| 11/18/07 | Boston University Invitational | Boston, Mass.        | 10:00AM |
| 01/15/08 | Boston University              | Worcester, Mass.     | 7:00PM  |
| 01/25/08 | Worcester City Championship    | Worcester, Mass.     | 5:00PM  |
| 01/26/08 | Worcester City Championship    | Worcester, Mass.     | 10:00AM |
| 02/02/08 | Providence                     | Worcester, Mass.     | 1:00PM  |
| 02/05/08 | Boston College                 | Chestnut Hill, Mass. | 6:00PM  |
| 02/21/08 | Patriot League Championship    | Annapolis, Md.       | 10:00AM |
| 02/22/08 | Patriot League Championship    | Annapolis, Md.       | 10:00AM |
| 02/23/08 | Patriot League Championship    | Annapolis, Md.       | 10:00AM |