



2010-2011 HOLY CROSS MEN'S SWIMMING & DIVING YEARBOOK



SENIORS AIDAN McGRATH, MATTHEW HYNES, SEAN HAGER, MATT MULLANEY, NICK LARSEN

**HOLY CROSS QUICK FACTS**

Location: Worcester, MA 01610
 Founded: 1843
 Enrollment: 2,897
 Color: Royal Purple
 Nickname: Crusaders
 Affiliations: NCAA Division I, Patriot League
 President: Rev. Michael C. McFarland, S.J.
 Director of Admissions: Ann McDermott
 Office Phone: (508) 793-2443
 Director of Financial Aid: Lynne M. Myers
 Office Phone: (508) 793-2265
 Director of Athletics: Richard M. Regan, Jr.
 Associate Director of Athletics: Bill Bellerose
 Associate Director of Athletics: Ann Zelesky
 Associate Director of Athletics: Rose Shea
 Assistant Director of Athletics: Frank Mastrandrea
 Head Athletic Trainer: Anthony Cerundolo
 Manager of Events & Promotions: Jennifer Kagno
 Fundraising Coordinator: Jennifer Whipple
 Web Site: www.GoHolyCross.com

ATHLETIC MEDIA RELATIONS STAFF

Director: Charles Bare
 Assistant Director: Jim Wrobel
 Assistant Director: Meredith Cook
 Assistant Director: Anna Poulter-Hendrickson
 Secretary: Kristen Kearnan

COACHING STAFF

Head Coach: . . Barry Parenteau (Bridgewater State, '74)
 Overall Record: 197-291-1
 Record at Holy Cross (Men's): 37-105 / 14 years
 Record at Holy Cross (Women's): 160-186-1 / 35 years
 Diving Coach: Wilson Aybar (Clark, '99)
 Assistant Coach: Ian Hennessey (Holy Cross, '03)
 Volunteer Assistant Coach: Paul Parenteau
 Men's Swimming Office Phone: (508) 793-3430
 E-Mail Address: bparente@holycross.edu
 Mailing Address: Barry Parenteau
 Head Men's Swimming & Diving Coach
 College of the Holy Cross
 One College Street
 Worcester, MA 01610

TEAM INFORMATION

2009-2010 Overall Record: 1-5
 Letterwinners Returning / Lost: 13 / 8
 Newcomers: 9

CREDITS

The 2010-2011 Holy Cross men's swimming and diving yearbook is published by the College of the Holy Cross Department of Athletics, all rights reserved. Copyright 2010. Writing, layout, design and editing by Anna Poulter-Hendrickson. Editorial assistance by Jim Wrobel. Special thanks to Meredith Cook, Kristen Kearnan, Jim Wrobel, Charles Bare, Jennifer Whipple, Jen Kagno, Frank Mastrandrea, and Rose Shea. Photography by Peter Cooke, Holy Cross Athletic Media Relations and Holy Cross Public Affairs.

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.



CORRESPONDENCE

It is important for prospective student-athletes to get in touch with the coaching staff as soon as possible. An e-mail or letter of inquiry into the program will initiate the recruiting process. Recruiting questionnaires for most sports are also available at www.GoHolyCross.com. The spring of your junior year or early senior year is the most appropriate time to contact the coach.

INTERVIEWS

Students are strongly encouraged to have admissions interviews. The office offers interviews from the summer until Dec. 30. Alumni interviews in most metropolitan areas are available. Students must first submit an application and indicate they would like an alumni interview before Dec. 1.

EARLY DECISION

Students who are absolutely, 100 percent confident Holy Cross is their top college choice are encouraged to apply during the early decision process.

FINANCIAL AID

Financial aid is awarded on the basis of need. Prospective student-athletes should complete the CSS Profile Form in 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 <https://web1.ncaa.org/eligibilitycenter> 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

As per NCAA bylaw 13.1.3.1, institutional staff members may not telephone a prospect (or the prospect's relatives

or legal guardians) prior to July 1 following the prospect's completion of the junior year in high school. After July 1, institutional staff members may telephone a prospect once per week (measured Sunday through Saturday). The once-per-week limit applies to the entire institution.

VIDEO TAPES

In an attempt to make an accurate assessment as soon as possible, it is recommended that video tapes be forwarded to the coach's 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 bylaw 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 bylaw 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 bylaw 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. Prospects must be registered with the NCAA Eligibility Center prior to making an official visit.

UNOFFICIAL VISITS

According to NCAA bylaw 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 before the prospect's senior year in high school.

ADMISSIONS AND IMPORTANT DATES

ADMISSIONS AND APPLICATIONS:

To join our mailing list and receive more information about the College of the Holy Cross, please visit <https://applyweb.com/public/inquiry?hcinq>. The application form (www.commonapp.org) can be sent electronically or mailed to the Admissions Office together with your application fee.

CALENDAR:

A typical recruiting calendar for a prospective student-athlete would go something like this:

- Spring of Junior Year — Make unofficial visits to schools of interest and contact the head coach if Holy Cross falls within your top-five list of potential colleges.
- Summer before Senior Year — The head coach will be in contact regarding student-athlete's interest and possible visit date.
- Dec. 15 of Senior Year — Deadline for admissions early decision.
- Jan. 15 of Senior Year — Deadline for admissions regular decision.

APPLICATION DEADLINES:

December 1 — Last day to request alumni interview (application needs to be postmarked by this date).
December 15 — Deadline for admissions early decision.
December 30 — Last day for on-campus interviews.
January 15 — Deadline for admissions regular decision.



2010-2011 HOLY CROSS MEN'S SWIMMING & DIVING SCHEDULE

DATE	OPPONENT	TIME
Oct. 15	FAIRFIELD	4:00 p.m.
Oct. 16	LEHIGH *	11:00 a.m.
Oct. 30	at Springfield	1:00 p.m.
Nov. 19	Terrier Invitational (at Boston, Mass.)	10:00 a.m. / 6:00 p.m.
Nov. 20	Terrier Invitational (at Boston, Mass.)	10:00 a.m. / 6:00 p.m.
Nov. 21	Terrier Invitational (at Boston, Mass.)	10:00 a.m. / 6:00 p.m.
Dec. 3	Harold Anderson Invitational (at Kingston, R.I.)	4:00 p.m.
Dec. 4	Harold Anderson Invitational (at Kingston, R.I.)	10:00 a.m. / 3:30 p.m.
Jan. 21	WORCESTER CITY CHAMPIONSHIP	6:00 p.m.
Jan. 22	WORCESTER CITY CHAMPIONSHIP	10:00 a.m. / 3:30 p.m.
Jan. 29	at Providence	1:00 p.m.
Feb. 3	BOSTON COLLEGE	6:00 p.m.
Feb. 5	BRYANT	1:00 p.m.
Feb. 17	Patriot League Championship (at Lewisburg, Pa.)	10:30 a.m. / 6:00 p.m.
Feb. 18	Patriot League Championship (at Lewisburg, Pa.)	10:30 a.m. / 6:00 p.m.
Feb. 19	Patriot League Championship (at Lewisburg, Pa.)	10:30 a.m. / 6:00 p.m.

Home meets, listed in **BOLD CAPS**, held at the Hart Center

*Patriot League Meets

2010-2011 HOLY CROSS MEN'S SWIMMING & DIVING ROSTER

NAME	EVENTS	YR.	HOMETOWN / HIGH SCHOOL
Connor Bowman	Free / Back	Jr.	Princeton, N.J. / Hun
Michael Burns	Breast / Free	Jr.	East Amherst N.Y. / Williamsville North
Ben Chelmow	Free	Fr.	Newton, Mass. / Newton South
Zachary Cietek	Fly	Fr.	Guilderland, N.Y. / Christian Brothers Academy
Patrick Gibbons	Free / Fly	Fr.	Reston, Va. / Paul VI Catholic
Sean Hager	IM	Sr.	Westfield, N.J. / Pingry
Matthew Hynes	Free	Sr.	Maywood, N.J. / Regis
Nick Larsen	Free / Fly	Sr.	Whitman, Mass. / Boston College
Tim Liddy	Breast / IM	Fr.	Garden City, N.Y. / Chaminade
Brian Lyons	Free	So.	Greenwich, Conn. / Fordham Prep
Chris Malfitano	Free	So.	Harrison, N.Y. / Harrison
Aidan McGrath	Free / Back	Sr.	Quincy, Mass. / Xaverian Brothers
Patrick McMahon	Back	Jr.	Middletown, N.Y. / Minisink Valley
Matt Mullaney	Breast	Sr.	Livingston, N.J. / Seton Hall Prep
Kevin O'Connor	Free / IM	Fr.	Ridgewood, N.J. / Bergen Catholic
Richard Pellegrini	Diving	So.	Rockville Centre, N.Y. / South Side
Brian Power	Breast	So.	Southport, Conn. / Fairfield College Prep
Anthony Russo	Free / Fly	Fr.	Stratford, Conn. / Stratford
Matt Sottile	IM	Jr.	Wethersfield, Conn. / Wethersfield
Edward Supple	Free	So.	Needham, Mass. / St. Sebastian's
John Vatararo	Free	So.	Strongsville, Ohio / St. Ignatius
Nick Videtti	Diving	Fr.	Woodcliff Lake, N.J. / Don Bosco Prep
Jan Yburan	Free / IM	Fr.	Livingston, N.J. / Seton Hall Prep

Head Coach: Barry Parenteau (36th Season / Bridgewater State, 1974)

Diving Coach: Wilson Aybar (Eighth Season / Clark, 1999)

Assistant Coach: Ian Hennessey (Fifth Season / Holy Cross, 2003)

Volunteer Assistant Coach: Paul Parenteau

Captains: Sean Hager, Nick Larsen & Aidan McGrath



**BARRY
PARENTEAU**
HEAD COACH
36TH SEASON
BRIDGEWATER STATE, '74

Barry Parenteau enters his 36th season in 2010-2011 as coach of the Holy Cross swimming and diving programs. Parenteau has coached the Holy Cross women's swimming and diving team since its inception in 1975 and took over the head coaching responsibilities for the men's team in 1996 following the retirement of his father, Paul, who guided the Crusader men for more than 30 years. Parenteau assumed a full-time role at Holy Cross in 1983 when he was named Aquatics Director of the swimming and diving facility at the Hart Recreation Center.

Parenteau has had hundreds of student-athletes named to the Patriot League Academic honor roll and his teams have repeatedly received Division I Academic Progress Rate public recognition awards from the NCAA. Parenteau has had two student-athletes named Patriot League Swimmer of the Meet and one named Diver of the Meet, two student-athletes named Patriot League Scholar Athlete of the Year and two student-athletes named to the Patriot League All-Decade team.

Last season, Parenteau led the women's team to six record-breaking performances at the Patriot League Championship, including Alisha Carrazza in the 200 IM, Annie O'Shea in the 200 butterfly and four relays. Three student-athletes received Patriot League weekly honors under Parenteau and the women's team won 15 events at the Worcester City Championship to bring home its ninth title. 23 student-athletes from the men's and women's teams were named to the Patriot League Academic Honor Roll.

In 2009, Parenteau had 26 student-athletes named to the Patriot League Academic Honor Roll, three student-athletes received Patriot League weekly honors and three student-athletes competed at the ECAC Championship. The women's team claimed its eighth title at the Worcester City Championship. Maggie Gousman reset her own school record



in the 100 breaststroke and Adam DeVito broke school records on the one meter and three meter diving boards.

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 women's team had its finest season ever, finishing with a 9-1 dual meet slate and a sixth place finish at the New England Championship. Parenteau has had three student-athletes receive the Honorable John P. Cooney Memorial Award and one named Crusader of the Year. Callie Taffe, the former school record holder in the 50 yard breaststroke, earned AIAW All-America honors in 1981. Taffe, Marie Kenny, Mary McNaughton, Colleen Lynch and Jill Addesa have all been inducted into the Holy Cross Varsity Club Hall of Fame.

Parenteau began swimming competitively for the YMCA in Worcester as a 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 the 50, 100 and 200 freestyle events.

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. 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.



**WIL
AYBAR
DIVING COACH
8TH SEASON
CLARK, 1999**

Wil Aybar enters his eighth season in 2010-2011 as the head men's and women's diving coach at Holy Cross.

In 2008, Aybar coached Adam DeVito to new school records on the three meter and one meter diving boards. DeVito narrowly missed qualifying for the NCAA Zone Diving Championship and took fifth on the three meter board at the Patriot League Championship.



Aybar has had four student-athletes named Patriot League Diver of the Week and multiple divers earn Worcester City Championship Diver of the Meet honors.

A 1999 graduate of Clark University, Aybar was a four-year member of the swimming and diving team. He received the Most Improved Diver award in 1996 and holds the record for the one meter and three 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 currently instructing area high school divers at the Central Massachusetts Diving Club.

Aybar is currently a Spanish teacher in the Worcester Public School System at Doherty Memorial High School. He makes his home in Webster with his wife Marisol and their son Wil Jr.



**IAN
HENNESSEY
ASSISTANT COACH
5TH SEASON
HOLY CROSS, 2003**

Ian Hennessey is entering his fifth season in 2010-2011 as the assistant swimming coach for Holy Cross. He is 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, 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 Of-

ficer 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.

Hennessey currently works as a middle-school science teacher at Oxford Middle School in Oxford, Mass. and serves as a Captain in the Air Force Reserve. He and his wife, Beth Jenusaitis-Hennessey, reside in Marlborough.





SEAN HAGER

SR. • IM • CAPTAIN
WESTFIELD, N.J.
PINGRY SCHOOL



2009-2010: Swam a personal-best time in the 400 IM (4:31.05) at the Patriot League Championship...recorded a season-best time of 2:05.79 in the 200 IM at the Patriot League Championship... named to the Patriot League Academic Honor Roll.

2008-2009: Swam a personal-best time in the 200 breast (2:20.70) and 100 fly (55.33)

at the Patriot League Championship...placed first in the 400 IM at the Worcester City Championship with a time of 4:37.22...named to the Patriot League Academic Honor Roll.

2007-2008: Had personal-best performances in the 100 breaststroke (1:04.55), 200 breaststroke (2:22.84) and 200 IM (2:05.07) at the Patriot League Championship.

HAGER'S TOP TIMES

Event (yards)	Time	Date
100 Breast	1:04.55	2/21/2008
200 Breast	2:20.70	2/19/2009
100 Fly	55.33	2/19/2009
200 IM	2:05.07	2/21/2008
400 IM	4:31.05	2/18/2010



Before Holy Cross: Four-year varsity swimmer at The Pingry School...named co-captain his senior year...won the swimming award in 2006 and 2007...won 2007 conference honors in the 100 yard breaststroke and the 200 yard IM... *The Star Ledger* 2007 "Unsung Heroes" Award...member

of NJ Prep School Championship Team 2004-2007...record holder in 200 yard free relay and 200 medley relay...scholastic All-American senior year.

Personal: Majoring in Sociology.



NICK LARSEN

SR. • FREE / FLY • CAPTAIN
WHITMAN, MASS.
BOSTON COLLEGE H.S.



2009-2010: Swam personal-best times in the 50 free (23.71), 100 fly (55.53) and 200 IM (2:11.45) at the Patriot League Championship...swam a season-best time of 2:09.79 in the 200 fly at the Patriot League Championship.

2008-2009: Swam personal-best times in the 50 free (23.83), 100 free (54.18), 100 fly (55.96) and 200 fly (2:08.33) at the Patriot

League Championship.

2007-2008: Had personal-best performances in the 50 free (24.28), 100 fly (57.49) and 200 fly (2:14.97) at the Patriot League Championship.

LARSEN'S TOP TIMES

Event (yards)	Time	Date
50 Free	23.71	2/18/2010
100 Free	54.18	2/19/2009
200 Free	2:01.17	2/5/2009
100 Fly	55.53	2/18/2010
200 Fly	2:08.33	2/19/2009
200 IM	2:11.45	2/18/2010



Before Holy Cross: Four-year varsity swimmer at Boston College H.S...named captain his senior year...team won state championship in the 2004-2005 season...swam on the Weymouth Waves club team coached by Mike Reilly.

Personal: Majoring in Biology.



AIDAN McGRATH

SR. • FREE / IM • CAPTAIN

QUINCY, MASS.

XAVERIAN BROTHERS H.S.



2009-2010: Did not compete.

2008-2009: Had personal-best times in the 100 back (58.26), 200 back (2:05.86) and 100 fly (56.06) at the Patriot League Championships...named to the Patriot League Academic Honor Roll.

2007-2008: Swam personal-best times in the 100 back (59.50), 200 back (2:06.11) and 100 fly (56.46)

at the Patriot League Championships...named to the Patriot League Academic Honor Roll.

Before Holy Cross: Four-year varsity member of the Xaverian Brothers swim team...named captain during the 2006-07 season...lettered all four years...won the Coach's award for the 2006-07 season...Catholic Conference All Star in 2006-07 season...led the Hawks to a third place finish at the Central/South Sectional Championship and a fifth place finish at the MIAA Division I State Championship during

McGRATH'S TOP TIMES

Event (yards)	Time	Date
500 Free	5:14.81	11/21/2008
1000 Free	11:09.04	11/5/2008
100 Back	58.26	2/19/2009
200 Back	2:05.86	2/19/2009
100 Fly	56.06	2/19/2009



the 2006-07 season...swam the backstroke leg in the 200 medley relay which placed first at Sectionals and second at States in the 2006-07 season...also swims with the national team of the South Shore YMCA Strypers in Quincy, Mass... swam at the University of Maryland in the YMCA Long Course National Championship during the summer of 2006 with the Strypers.

Personal: Son of Gerry and Beverly McGrath...has one sister (Sinead)...majoring in Spanish with a concentration in Environmental Studies.



MATT MULLANEY

Sr. • BREAST

LIVINGSTON, N.J.

SETON HALL PREP



2009-2010: Recorded personal-best times in the 100 free (56.87) and 500 free (5:42.38) at the Patriot League Championship...swam a personal-best time in the 100 fly (56.81) and 50 free (26.74) at Providence...named to the Patriot League Academic Honor Roll.

2008-2009: Swam a season-best time of 1:23.59 in the 100 breast at the Hart Center against Army...named to the Patriot League Academic Honor Roll with a 4.0 grade point average.

2007-2008: Had personal-best performances in the 100 breast (1:16.80) and 200 breast (2:47.22) at the Worcester City Championship...swam a personal-best time of 1:00.27 in the 100 free at the Patriot League Championship...named to the Patriot League Academic Honor Roll with a perfect 4.0 grade point.

Before Holy Cross: Four-year varsity member of the Seton Hall Prep swim team under head coach Randy

MULLANEY'S TOP TIMES

Event (yards)	Time	Date
50 Free	26.74	1/30/2010
100 Free	56.87	2/18/2010
500 Free	5:42.38	2/18/2010
100 Breast	1:16.80	1/25/2008
200 Breast	2:47.22	1/25/2008
100 Fly	56.81	1/30/2010

Schweitzer...helped lead team to four consecutive Essex County and Iron Hills Conference Championships from 2003-2007...won the Senior Award in 2007...received the NJSIAA and ETS Scholar-Athlete Award for Seton Hall Prep in 2007 as a senior.

Personal: Son of Ken and Marie Mullaney...has one brother, Kevin, who was a captain of the Holy Cross men's swimming team...has one sister (Maura)...majoring in Economics.

MATTHEW HYNES

Sr. • FREE

MAYWOOD, N.J.

REGIS H.S.



2009-2010: Did not compete in any meets...named to the Patriot League Academic Honor Roll.

2008-2009: Recorded a personal-best time in the 100 breast (1:13.60) and 200 breast (2:39.61) at the Patriot League Championship...named to the Patriot League Academic Honor Roll.

2007-2008: Swam a personal-best time of 1:18.40 in the 100 breast at the Worcester City Championship...named to the Patriot League Academic Honor Roll.

Before Holy Cross: Competed in track and field and baseball at Regis H.S.

HYNES' TOP TIMES

Event (yards)	Time	Date
50 Free	26.80	2/19/2009
100 Breast	1:13.60	2/19/2009
200 Breast	2:39.61	2/19/2009

Personal: Son of Thomas and Laura Hynes...has two sisters...majoring in Accounting.

CONNOR BOWMAN

Jr. • FREE / BACK

PRINCETON, N.J.

HUN SCHOOL



2009-2010: Swam personal-best times in the 50 free (23.46), 100 back (57.25) and 200 back (2:05.80) at the Patriot League Championship...swam team-best times the 100 and 200 back.

2008-2009: Did not compete.

Before Holy Cross: Four-year member of the varsity swimming and diving team at the Hun School of Princeton...team captain senior year...named MVP sophomore year...also a two-year member of the rowing team...member of the Honor Roll sophomore, junior and senior years.

Personal: Son of Ronald and Maureen '83 Bowman...mother was a member of the Holy Cross field hockey and rowing teams...has one sister, Ceara...grandfather Richard Gralton '54 was a member of the Holy Cross swim team...aunt Cassie Gralton '79 was a member of the rowing team...uncle John '81 was a member of the rowing team...majoring in Political Science.

BOWMAN'S TOP TIMES

Event (yards)	Time	Date
50 Free	23.46	2/18/2010
100 Free	51.43	11/20/2009
100 Back	57.25	2/18/2010
200 Back	2:05.80	2/18/2010



MICHAEL BURNS

JR. • FREE / BREAST

EAST AMHERST, N.Y.

WILLIAMSVILLE NORTH H.S.



2009-2010: Swam personal-best times at the Patriot League Championship in the 100 free (54.04), 500 free (5:13.41) and 200 breast (2:14.72)...hit a personal-best time of 25.73 in the 50 free at the Terrier Invitational...named to the Patriot League Academic Honor Roll.

2008-2009: Had personal-best times in the 1650 free (18:13.54), 100 breast (1:02.13) and 200 breast (2:17.30) at the Patriot League Championship...named to the Patriot League Academic Honor Roll.

Before Holy Cross: Four-year letterwinner at Williamsville North H.S. under coach Flynn Burroughs...helped team to two ECIC, one section VI championship and two undefeated



BURNS' TOP TIMES

Event (yards)	Time	Date
50 Free	25.73	11/20/2009
100 Free	54.04	2/18/2010
500 Free	5:13.41	2/18/2010
1650 Free	18:13.54	2/19/2009
100 Breast	1:02.13	2/19/2009
200 Breast	2:14.72	2/18/2010

seasons...New York state qualifier in 100 breaststroke senior year...swims for STAR swim club (UBAM branch) under coaches Flynn Burroughs and Michael Tomes...served as captain of both high school and club team...four-year member of volleyball team...treasurer of WNHS National Honor Society.

Personal: Son of Michael and Barbara Burns... has two sisters...majoring in Biology.



PATRICK McMAHON

JR. • BACK

MIDDLETOWN, N.Y.

MINISINK VALLEY H.S.



2009-2010: Swam personal-best times in the 50 free (24.51), 100 free (52.45), 100 back (59.45), 200 back (2:08.68), and 200 IM (2:10.61) at the Patriot League Championship...named Most Improved.

2008-2009: Swam personal-best times in the 100 back (1:02.01), 200 back (2:12.16) and 400 IM (4:55.01) at the Patriot League

Championship.

McMAHON'S TOP TIMES

Event (yards)	Time	Date
50 Free	24.51	2/18/2010
100 Free	52.45	2/18/2010
100 Back	59.45	2/18/2010
200 Back	2:08.65	2/18/2010
200 IM	2:10.61	2/10/2010
400 IM	4:55.01	2/19/2009



Before Holy Cross: Five-year member of Minisink Valley H.S. swim team...team captain senior year...named Hardest Trainer '07-'08...also a member of the cross country team...swam for the Middletown Recreation swim team.

Personal: Son of Richard McMahon and Marianne Mc-Goldrick...brother, Richard, swam at Colgate...majoring in Accounting.



MATT SOTTILE

Jr. • IM

WETHERSFIELD, CONN.

WETHERSFIELD H.S.



2009-2010: Swam a personal-best in 200 free (2:01.36) at the Terrier Invitational...recorded personal-best times in the 100 free (55.30) and 500 free (5:28.25) at the Patriot League Championship.

2008-2009: Swam a personal-best time in the 50 free (26.00) against Army...had personal-best times in the 500 free (5:35.38) and 1650

free (19:09.05) at the Terrier Invitational.

Before Holy Cross: Four-year member of the Wethersfield H.S. swim team...All-Conference junior and senior year...All-Academic all four years...Connecticut Scholar Athlete...member of the tennis team...swam on the LEHY club team.

Personal: Son of John and Mary Sottile...has one brother and one sister...majoring in Physics.

SOTTILE'S TOP TIMES

Event (yards)	Time	Date
50 Free	26.00	11/5/2008
100 Free	55.30	2/18/2010
200 Free	2:01.36	11/20/2009
500 Free	5:28:25	02/18/2010
1650 Free	19:09.05	11/21/2008
200 IM	2:25.52	10/22/2008

BRIAN LYONS

So. • FREE

GREENWICH, CONN.

FORDHAM PREP



2009-2010: Swam season-best times in the 50 free (23.69), 100 free (50.34), 200 free (1:48.86), and 500 free (4:52.70) at the Patriot League Championship...swam a team-best time in the 1,000 free (10:35.86) at Springfield.

Before Holy Cross: Four-year member of the Fordham Preparatory varsity swim team...received Coach's award in 2007

and 2009...team went undefeated in 2008 and 2009...state champions in 2007, 2008 and 2009...one-year member of the varsity hockey team...two-year member of the varsity tennis team...member of the Badger Swim Club...named to the Principal's Honor Roll in 2007 and 2008...member of the National Honor Society.

Personal: Son of Robert and Brenda Lyons...has one brother (Sean) and one sister (Deirdre)...major is undeclared.

LYONS' TOP TIMES

Event (yards)	Time	Date
50 Free	23.69	2/18/2010
100 Free	50.34	2/18/2010
200 Free	1:48.86	2/18/2010
500 Free	4:52.70	2/18/2010
1000 Free	10:35.86	10/31/2009

CHRIS MALFITANO

So. • FREE

HARRISON, N.Y.

HARRISON H.S.



2009-2010: Swam personal-best times in the 50 free (24.43), 100 free (54.67) and 100 fly (1:01:94) at the Patriot League Championship...recorded a personal-best time in the 200 free (2:12:17) at Providence and in 200 fly (2:45.58) at the Worcester City Championship.

Before Holy Cross: Member of the Harrison H.S. swim team.

Personal: Majoring in Chemistry.

MALFITANO'S TOP TIMES

Event (yards)	Time	Date
50 Free	24.43	2/18/2010
100 Free	54.67	2/18/2010
100 Back	1:15.01	1/20/2010
100 Fly	1:01.94	2/18/2010
200 Fly	2:45.58	1/22/2010



RICHARD PELLEGRINI

So. • DIVING

ROCKVILLE CENTRE, N.Y.
SOUTH SIDE H.S.



2009-2010: Did not compete.

Before Holy Cross: Member of the soccer, lacrosse and track and field teams at South Side H.S... member of National Honor Society...was an International Baccalaureate Diploma Student.

Personal: Son of Richard and Kathryn Pellegrini...has three brothers and one sister...majoring

in Psychology.

BRIAN POWER

So. • BREAST

SOUTHPORT, CONN.
FAIRFIELD COLLEGE PREP



2009-2010: Swam personal-best times at the Patriot League Championship in the 100 breast (1:00.42), 200 breast (2:14.10) and 200 IM (2:02.88)...second on the team with a season-best time of 4:39.85 in the 400 IM at the Worcester City Championship... named Most Valuable Swimmer... named to the Patriot League Academic Honor Roll.

Before Holy Cross: Three-year member of the varsity swimming and diving team at Fairfield College Preparatory...team captain senior year...received Coach's Award senior year...named a *Connecticut Post* All-Star...also a two-time YMCA Nationals qualifier...member of National Honor Society and Cardinal Key Club.

Personal: Son of Jay and LeeAnne Power...has one brother (Jamie) and one sister (Caroline)...majoring in Biology.

POWER'S TOP TIMES

Event (yards)	Time	Date
100 Breast	1:00.42	2/18/2010
200 Breast	2:14.10	2/18/2010
200 IM	2:02.88	2/18/2010
400 IM	4:39.85	1/22/2010

EDWARD SUPPLE

So. • FREE

NEEDHAM, MASS.
ST. SEBASTIAN'S SCHOOL



2009-2010: Swam personal-best times in the 50 free (23:49), 100 free (52.69) and 200 free (1:55.07) at the Patriot League Championship...also a swam a personal-best at Worcester City Championship in the 500 free (5:35:22).

Before Holy Cross: Member of the St. Sebastian's School swim team.

Personal: Majoring in Political Science.

SUPPLE'S TOP TIMES

Event (yards)	Time	Date
50 Free	23.49	2/18/2010
100 Free	52.69	2/18/2010
200 Free	1:55.07	2/18/2010
500 Free	5:35.22	1/22/2010



JOHN VATALARO

So. • FREE

STRONGSVILLE, OHIO

ST. IGNATIUS H.S.



2009-2010: Swam personal-best times in the 50 free (22.83), 100 free (50.89) and 200 free (1:58.85) at the Patriot League Championships...named to the Patriot League Academic Honor Roll.

Before Holy Cross: Four-year member of the varsity swim team at Saint Ignatius H.S...team captain senior year...named Most

Improved sophomore season...received the John B. Lewis award senior year...two-year member of the varsity baseball team...received All-Cuyahoga River baseball conference honorable mention in 2008...team was 2008 Division I state runner-up and 2009 Division I state semifinalist...member of National Honor Society...graduated with High Honors.

Personal: Son of Peter and Doreen Vatalaro...has one sister (Michelle)...major is undeclared.

VATALARO'S TOP TIMES

Event (yards)	Time	Date
50 Free	22.83	2/18/2010
100 Free	50.89	2/18/2010
200 Free	1:58.85	2/18/2010

BEN CHELMOW

FR. • FREE

NEWTON, MASS.

NEWTON SOUTH H.S.



Before Holy Cross: Four-year member of the varsity swim team at Newton South H.S...team captain senior year...received the Booster Club 110% award sophomore and junior seasons...member of the Newton South Honor Roll.

Personal: Son of David and Fay Chelmow...has one sister (Jenny)...has not yet declared a major.

ZACH CIETEK

FR. • FLY

GUILDERLAND, N.Y.

CHRISTIAN BROTHERS ACADEMY



Before Holy Cross: Member of the varsity track and field, lacrosse and soccer teams at Christian Brothers Academy...swam for the Schenectady Swim Club in the Adirondack Swimming League...member of National Honor Society and JROTC.

Personal: Son of Scott and Nora Cietek...has two sisters (Kendall and Mackenzie)...majoring in

Biology.

PATRICK GIBBONS

FR. • FREE / FLY

RESTON, VA.

PAUL VI CATHOLIC H.S.



Before Holy Cross: Four-year member of the varsity swim team at Paul VI Catholic H.S...member of National Honor Society and Spanish Honor Society.

Personal: Son of Joseph (Class of 1986) and Anneke Gibbons...has one brother (Brian)...grandfather Richard F Gibbons, Sr. (Class of 1960) and uncle Richard Gibbons, Jr. (Class of 1984) attended Holy

Cross...has not yet declared a major.

TIM LIDDY

FR. • BREAST / IM

GARDEN CITY, N.Y.

CHAMINADE H.S.



Before Holy Cross: Four-year member of the varsity swim team at Chaminade H.S...served as a co-captain...swam for the Long Island Express club team...member of National Honor Society.

Personal: Son of James and Eileen Liddy...has one brother (Kevin) and two sisters (Colleen and Bridget)...has not yet declared a major.



KEVIN O'CONNOR

FR. • FREE / IM

RIDGEWOOD, N.J.

BERGEN CATHOLIC H.S.



Before Holy Cross: Four-year member of the varsity swim team at Bergen Catholic H.S...team captain senior year...team was NNJIL champions in 2007...swam for the Ridgewood YMCA Breakers club team...team was New Jersey YMCA men's state champions in 2008...member of National Honor Society.

Personal: Son of Kevin (Class of 1985) and Kathleen O'Connor...has one brother (Patrick) and two sisters (Brigid and Virginia)...uncle (Tom Bacon) graduated from Holy Cross in 1985, and cousin (Sarah Daly) is a member of the Holy Cross women's lacrosse team...has not yet declared a major.

ANTHONY RUSSO

FR. • FREE / FLY

STRATFORD, CONN.

STRATFORD H.S.



Before Holy Cross: Four-year member of the varsity swim team at Stratford H.S...team captain junior and senior year...named Stratford High School Male CAS-CIAC Scholar Athlete...received the Southwest Conference Sportsmanship Award in 2008...named to the SWC All-Academic team all four years...was Student Council president...member of Spanish Honor Society.

Personal: Son of Anthony and Donna Russo...has one sister (Jamie)...has not yet declared a major.

NICK VIDETTI

FR. • DIVING

WOODCLIFF LAKE, N.J.

DON BOSCO PREP



Before Holy Cross: Two-year member of the varsity soccer team at Don Bosco Prep...team was county champions in 2010...also a member of the varsity bowling team.

Personal: Majoring in Psychology.

JAN YBURAN

FR. • FREE / IM

LIVINGSTON, N.J.

SETON HALL PREP



Before Holy Cross: Four-year member of the varsity swim team at Seton Hall Prep...team captain senior year...named to the All-Essex first team 2006-2010...team won Super Essex conference championship 2006-2010 and was Public North A NJSIAA champions 2007-2008 and 2008-2009...swam for the Montclair Dolphins club team.

Personal: Has not yet declared a major.



DATE	OPPONENT	RESULT
October 17	Lehigh	L, 92-143
October 18	at Fairfield	L, 120-166
October 31	Springfield	L, 110-189
November 11	Army	L, 89-189
November 20-22	at Terrier Invitational	6th of 6
December 4-5	at Harold Anderson Invitational	5th of 5
January 20	at Bryant	L, 99-160
January 22-23	Worcester City Championship	2nd of 3
January 30	Providence	L, 76-220
February 4,	at Boston College	L, 124-147
February 18-20	at Patriot League Championship	8th of 8



2009-2010 Holy Cross Men's Swimming & Diving Team



SWIMMING RECORDS

EVENT	ATHLETE	TIME	LOCATION	YR
50 Freestyle	Scott Rimm	21.25	PL Championship	2004
100 Freestyle	Scott Rimm	46.22	PL Championship	2003
200 Freestyle	Scott Rimm	1:41.24	PL Championship	2003
500 Freestyle	Mike Emmons	4:38.11	PL Championship	2002
1000 Freestyle	Mike Emmons	10:01.66	Vermont	2002
1650 Freestyle	Mike Emmons	16:46.28	ECAC	2003
100 Backstroke	Scott Rimm	52.29	PL Championship	2002
200 Backstroke	Mark Fretta	1:58.39	ECAC	1996
100 Breaststroke	Kevin Walsh	59.79	Holy Cross	1990
200 Breaststroke	Kevin Walsh	2:11.40	Rhode Island	1990
100 Butterfly	Mike Emmons	51.84	PL Championship	2003
200 Butterfly	Mike Emmons	1:53.62	PL Championship	2002
100 IM	Rich Schoeb	57.19	Bridgewater	1987
200 IM	Mike Emmons	1:58.17	ECAC	2003
400 IM	Mike Emmons	4:12.17	ECAC	2003
200 Medley Relay	Scott Rimm, Tom Connors, Mike Emmons, Ian Hennessey	1:39.53	PL Championship	2003
400 Medley Relay	Scott Rimm, Steve Finocchi, Mike Emmons, Ian Hennessey	3:34.34	PL Championship	2002
200 Free Relay	Stephen Finocchi, Ian Hennessey, Mike Emmons, Scott Rimm	1:27.03	PL Championship	2002
400 Free Relay	Stephen Finocchi, Ian Hennessey, Mike Emmons, Scott Rimm	3:11.59	PL Championship	2002
800 Free Relay	Mike Emmons, Ian Hennessey, Stephen Finocchi, Scott Rimm	7:02.49	PL Championship	2002

DIVING RECORDS

EVENT	ATHLETE	SCORE	LOCATION	YR
1 M (Five dives)	Adam DeVito	175.87	Providence	2009
1 M (Six dives)	Adam DeVito	305.63	Holy Cross	2009
1 M (11 dives)	Adam DeVito	425.40	Holy Cross	2009
3 M (Six dives)	Adam DeVito	311.50	Holy Cross	2009
3 M (11 dives)	Adam DeVito	467.35	Holy Cross	2009



PATRIOT LEAGUE ACADEMIC HONOR ROLL

Rob Acker (2008, 2009)
Matthew Arthur (2001, 2002)
Mathieu Aubuchon (1996, 1997)
Brian Bauman (1996, 1997)
Eric Bovlm (1998, 1999)
Nick Braccia (1995, 1998)
Michael Brombach (2009)
Aaron Brosnan (2010)
Roger Brunelle (1994)
Tyler Burbridge (1999)
Jerome Burke (2003, 2004)
Michael Burns (2009, 2010)
Sean Callahan (2002)
Kevin Carolan (1993)
Todd Chen (2005)
Dennis Collins (1992)
Thomas Connors (2001, 2002)
Joseph Corsetti (1999, 2001)
Brian Crimmins (1998)
Patrick Cronan (2001)
Dennis Dillingham (1995, 1996)
Paul Donerty (1994)
Michael Dougher (2007, 2008)



Brian Hendrickson

David Drummond (2006)
Andrew DuMont (1999, 2001, 2002)
Michael Durkin (1998)
Sean Egan (1999)
Garrett Eucalitto (2003)
Andrew Ferrara (2006)
Stephen Finocchi (2002)
Matthew Frigault (2004, 2005, 2006, 2007)
Richard Fronapfel (1996)
Andrew Gassman (1997, 1998)
Jason Gintert (2005)
Rich Griffen (1992, 1993, 1995)
Matthew Grogan (2006, 2007)
Sean Hager (2009, 2010)
Hugh Hayden (2005, 2006)
Brian Hendrickson (2006, 2007, 2008, 2009)
Ian Hennessey (2003)
Michael Holzapfel (1997, 1998)
Matthew Hynes (2008, 2009, 2010)
Brian Jackson (2007)
Peter Juda (2001)
Robert Kavanagh (2001)
Ryan Keating (2005)
Thomas Kelly (1998)
Dan Kennedy (2009)
Robert Kennedy (1994, 1995)
Kevin Kitson (2006)
Christopher Kral (1997)
Brian Lasonde (2009)
Brian Lawless (1998)
Jason Longchamps (1994)
Chris Lorette (1999, 01)
Ian MacLaren (2006, 2008, 2009)
Mike Marquet (2007, 2009)
Aiden McGrath (2008, 2009)
Dekker McKeever (2002)
Joseph McShane (2008, 2009, 2010)
Louis Minora (1998)
Kevin Mullaney (2004, 2005, 2006, 2007)



Sean O'Reilly

Matt Mullaney (2008, 2009, 2010)
Stefan Opolski (2007, 2008, 2009, 2010)
Robert O'Connell (1995, 1996, 1997)
Sean O'Reilly (2007, 2008)
David Picotte (2004)
Brian Power (2010)
Aaron Qureshi (1995, 1996, 1998)
Michael Ragone (2007, 2008, 2010)
John Ringwood (2006, 2007, 2008)
Joshua Rodriguez (2009)
Michael Sandstrom (2002)
Michael Santulli (2002)
Jim Shea (1992)
Matthew Shea (2007)
William Sheehan (1994, 1995, 1996, 1997)
Mike Shiekh (1992, 1993)
Chris Smith (2006, 2007, 2008)
Timothy Streeto (1993)
Michael Sugrue (1995)
Shannon Sweeney (2005, 2007, 2008)
Matt Talucci (2005, 2006)
George Tarr (1998, 1999)
John Vatalaro (2010)
Joshua Wright (1995)

PATRIOT LEAGUE DIVING COACH OF THE YEAR

Brian Boyer, 2001
Brian Boyer, 2002

PATRIOT LEAGUE SWIMMER OF THE WEEK

Mike Emmons, 1/28/2003
Aaron Brosnan, 2/12/2007

PATRIOT LEAGUE DIVER OF THE WEEK

Tim Tuck, 11/26/2003
Connor O'Neil, 2/12/2007
Adam DeVito, 10/22/2008
Adam DeVito 10/12/2009