



- Season Highlights (page 1)
- Hawaii is for Swimmers (page 2)
- Thanks to Supporters (page 1)
- Save the Date (page 1)

Season Highlights

So far this season, the Nazareth College Men's and Women's Swimming and Diving team has been training hard and competing even harder. With a Women's record of 9-0 it is clear that all their work is paying off.

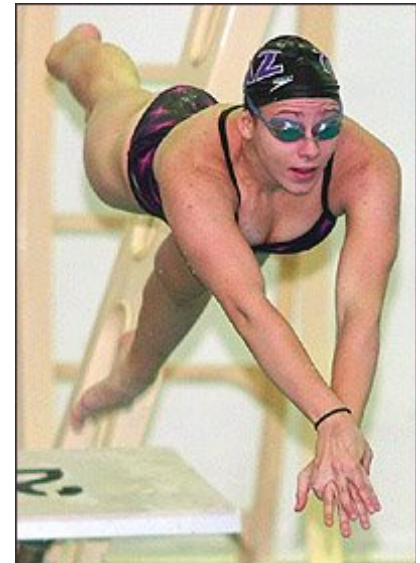
The Women began the season with a 132 to 72 victory against Alfred, taking 12 of 13 events, including victories in both the 1 and 3 meter diving events thanks to Freshman Hilary Ship. The Men although losing 139 to 72, made a stellar effort and took second in both the 800 Freestyle and the 100 Butterfly.

Their record continued to glow as they went on to defeat Brockport 161-74, and St. Lawrence 137 to 97. Emily Leshner, Aubrey Kirchoff, Amy Mehlretter, and Hilary Ship made outstanding efforts to win a combined total of 8 individual events against Brockport. Nazareth's Women also won both the 400 Medley Relay, swam by Kirchoff, Leshner, Kukan, and Sabonis, and the 400 Freestyle Relay, swam by Okoniewski, Sabonis, Dahm, and Flynn.

The Men improved, taking two first place finishes in the 1,000 Freestyle and the 200 Butterfly. At St. Lawrence, the Women's team took 8 events overall. The Men's team took six of the 13 events with superior performances by Tim Baker, Chris Fello, Mike Fritz, Dan Paganin, Matt Muratore, and Jon Campbell.

Both the Men and Women's teams defeated Penn State Behrend in November. This was the first Men's victory of the season, and brought the Women's record up to 4-0. Tim Baker won two individual events, posting season-best times in both the 50 and 100 Freestyle. Overall, the Men's team took 8 of the 13 events. The Women's team took 12. Later, Nazareth's women won their fifth meet against Fredonia, places second at the Fredonia Invitational, and won their sixth meet against Hartwick.

Immediately after returning from Hawaii, the Women's team was once again victorious, defeating LeMoyné 129-114.



Against Utica, Aubrey Kirchoff broke her own pool and school record for the second time in the 100 Breaststroke with a first place time of 1:16.34.

With a final record of 9-0 for the women after defeating RIT at their last home meet, Nazareth is in good spirits and excellent form to finish their season and prepare for the E8 Championships in February.

From the Coach

I wanted to thank all of those Alumni that have donated to the Swimming & Diving NEST fund. This year, we have raised \$3,035 through your contributions so far! I realize money is tight for many people, so thank you. Every dollar goes to supporting the team. Your contributions help pay for our training trip, the equipment like our mounted video camera, the new blocks, and the new 1M diving board. Even the smallest contribution is valued.

If you are in the Syracuse area and want to cheer us on at Championships, see the schedule to the right.

It should be an exciting meet to watch! The women will be attempting for a Top 3 finish at States this year and will be competing for the Empire 8 Title.

All results will be posted on our website if you are unable to make it.

Hope to see you all soon!

Save the Date!

E8 Championships
(at Nottingham High School, Syracuse, NY)

Women: February 16th-18th
Men: February 23rd- February 25th

Prelims start at 10:30am
Finals start 6:30pm

HAWAII ...

Is For Swimmers!



Dr. Barbara Francis, the team's new faculty mentor from the school of education.

“Aloha!” from the Nazareth College Swimming and Diving Coaches. (Above)



The team enjoying dry-lands with a Hawaiian view. (Right)

