

Clark Athletics

MEN'S & WOMEN'S SWIMMING & DIVING

2004-05 Men's & Women's Swimming and Diving Newsletter - Postseason (Page 1 of 3)

Men's Swimming & Diving

2004-05 Recap

The men's team was outnumbered in most meets but the swimmers competed and fought hard all season. All-tolled they were able to achieve an exceptional 42 lifetime-best performances with only seven guys on the roster. Second semester regular-season highlights included freshman diver Steven Ratner '08 going undefeated with double wins against UMass/ Dartmouth, Brandeis, Conn. College, Wesleyan, and WPI. At the Worcester City Championship, he placed first on both boards competing against WPI and Division I Holy Cross. Brett Moore won two events against UMass Dartmouth, including a career-best 2:08.65 in the 200 IM, and Sam Swartwout closed out his dual



Steven Ratner '08



Jesse Bausell '06

meet career with a win in the 200 Free against WPI. At NEWMAC Championships Ratner placed 5th on both boards earning Clark's second best point total all-time 1-M and third best all-time 3-M scores. Freshman Dave Critchlow '08 broke a 13 year-old school record in the 50 back, leading off the medley relay, and also finished 11th in the 100 back with the program's fourth fastest swim all-time. Jesse Bausell '06 finished 11th in the 1650, reaching fourth on the all-time list, and Joe Page finished 16th in the 200 fly. Sam Swartwout provided strong senior leadership and finished his career by anchoring the 7th-place 400 free-relay in a career best 50.96. Swartwout also contributed a stellar effort in the 50 fly leg of the 200 Medley Relay.

Women's Swimming & Diving

2004-05 Recap

The women's team made great strides again this year due to the hard work and dedication of every swimmer and diver. The season started off with a win against Gordon, and the women continued to swim well against an improved



Nora Sullivan '05

Bridgewater team. November saw the return of diver Mary Adams after a two-year absence. Her presence was immediately felt, as she went undefeated on both boards in her first three meets. In January, Nora Sullivan earned wins in the 1650 and 500 freestyle events against UMass Dartmouth and the 500 freestyle at Brandeis. The women finished third at the Worcester City Meet, missing second place by only 2 points to WPI; an improvement over 2004 when they finished 74 points behind WPI. Later that week, the women stormed back to beat the Engineers 122-115 in the final dual meet of the season, at home on senior night. Again, they were led by Sullivan who captured the 1650 and 500 while nearly adding a third win in the 200 free. Morgan Dorsey won the 100 fly and Dominique Wilkins the 100 breast to solidify the victory for the Cougars. It was a team effort as there were a total of 13 career-best swims. At the women's conference championship, Dominique Wilkins placed 12th in the 100 breast, Hilary Ohmart finished 14th in 1-meter diving, and Sullivan placed 16th in the 1650. Ohmart achieved all-time top five scores on both 1 and 3-meter boards at NEWMAC's, as the women scored 86 points, up from 70 points in 03-04.



Jillian Manzer '06

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2004-05 Team Awards

Outstanding Performer

Nora Sullivan '05 Jesse Bausell '06

Most Improved

Kate Lied '07 Dave Critchlow '08
Danielle Petroni '07

Unsung Hero

Abby Crowley '07 Sam Swartwout '05

High Point Recognition

Nora Sullivan '05 Jesse Bausell '06

Tampa Training Trip

This year's training trip to Clearwater, Florida was much more enjoyable than last year's "Worcester Training Trip" extravaganza. The hotel was on the beach and the weather was perfect, with average temp around 83°. The team worked hard but of course it was nice to be in the warm weather. Highlights included alumni-sponsored dinners... Jaime Armstrong '03 invited us to her house where we were all entertained by her swimming dog... and Steve Polyak '94 bought dinner for the entire group at a place on the strip called Frenchy's, which was especially enjoyable because it preceded the group's only full day off! Other notable events included the ocean swim and the first annual intersquad relay-meet, which ended in a tie.

Academic Achievement

Team Award (Highest GPA)

Sara Stephenson '06 Jesse Bausell '06

NEWMAC Academic All-Conference

Kate Guilbault '05 Sara Stephenson '06

Clark Scholar Athletes

Kara Bochicchio '08 Kate Guilbault '05
Margo Labadorf '07 Jillian Manzer '06
Samantha Meyer '08 Meghan Rosa '06
Sara Stephenson '06 Nora Sullivan '05

Phi Beta Kappa

Kate Guilbault '05

2004-05 Schedule Results

Men - 1-8, Women - 2-8

October		Men	Women
Sat. 30	vs Gordon College	W 131.5-90.5	W 170-74
November			
Sat. 13	vs Bridgewater State College	L 129-148	L 139-155
Sat. 20	at Wheaton College	L 100-137	L 124-167
December			
Sat. 4	at Babson College	L 77-124	L 105-134
Sat. 11	at Mt. Holyoke College (women only)		L 134-158
January			
Sat. 15	vs UMass Dartmouth	L 70-123	L 108-128
Wed. 19	at Brandeis University	L 81-110	L 109-131
Sat. 22	at Connecticut College	L 68-160	L 56-241
	w/ Wesleyan University	L 39-227	L 59-235
Fri. 28	Worcester City Championships	3rd	3rd
Sat. 29	at Holy Cross College		
February			
Wed. 2	vs WPI	L 71-115	W 122-115
Fri.- Sun 18-20	NEWMAC Women's Championships at Wellesley College		10th
Fri. - Sun. 25-27	NEWMAC Men's Championships at MIT	7th	

Alumni & Community

2005 Alumni Meet Scheduled

Saturday, September 24, 2005 as part of CougarFest Homecoming Weekend. Swimming is not mandatory, please come and join us!

Cougar Swim Clinic

On March 28th assistant coaches Gavin Viano '01 and Roy Barnum '04 conducted the annual Cougar swim clinic for the Tri-Community YMCA swim team. Fifteen members of the Cougar varsity instructed about thirty members of the Tri-Y team and everyone who participated had a great time!

Swim/Dive-A-Thon Fundraiser

We were very successful with this fundraiser, which was held during the week after we returned from Clearwater. Special thanks to everyone who contributed to our cause; we really appreciate your support and we won't forget it!

Swim Lesson Program Growing!

Our private one-on-one swim lesson program is continuing to grow each semester. It has been very rewarding for our team members to gain personal experience in teaching, and creating lasting relationships with their students. We will be starting up again in the fall, and there are plenty of openings. For info contact Coach Phillips.

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Kneller Pool Renovated



After a great deal of planning and hard work, the Kneller Pool was renovated in the summer of 2004. Coach Phillips designed and oversaw the project which included a complete re-tiling of the deck, installation of a new drainage system around the perimeter of the pool and

a complete resurfacing of the pool's interior. The project was completed when the pool was filled in late September and the walls were re-painted shortly thereafter. New lane lines and flags were purchased in the Spring of 2004. Anyone who has seen the "new" pool has truly been impressed. Please visit the website for pictures!



Past, Present & Future

The Return of Dynasty and The Coconut

The return of tradition has connected our team with the past, giving us a strong base for the future. The Dynasty symbol was flashed multiple times during men's NEWMAC's, as the team consistently placed relays on the awards stand including sixth place in the 800 Free, and Steven Ratner's two individual fifth place finishes. At the banquet, assistant coach Roy Barnum '04 handed down the coconut mascot originally passed to him by his twin brother, All-American breaststroker, Parker Barnum. The coconut was passed to Dave Critchlow in recognition for his performance and leadership potential, while acknowledging his school record in the 50 Bk. In presenting the coconut, Barnum wrote of the team mascot, "He may look old and wrinkly, but he is full of wisdom and power."

First-years Making Noise!

The future looks bright as first-years stepped up to make major contributions this season. For the women, breaststroker Dominique Wilkins recorded wins this season against Gordon, UMass/Dartmouth, and WPI, and made great contributions to the medley relay teams. For the men, Dave Critchlow '08 broke the school record in the 50 back, and posted the fourth best all-time swim for Clark in the 100 back at NEWMAC's. He also led the team with the fastest times in the 200 back and 50 free this year. Diver Steven Ratner '08 was undefeated in the second semester, including his first Worcester City Championships in both events at Holy Cross. Ratner achieved all-time top-five scores in both 1-M and 3-M dual meet events, and at NEWMAC's, he placed fifth on both boards, earning the program's second best score all-time on the 1-Meter, and third all-time on the 3-Meter. Other first-years who made significant contributions this season were Cassie Crawford in the sprints, and Danielle Dufresne and Monica Piedrahita in the backstroke events.

Recruiting News

The coaching staff is pleased to announce that we had a very successful recruiting season in 2005. Beginning next year, we will add at least 8 freshmen to our men's squad which will bring us back to a legitimate competitive level for the first time in two-years, so we are very excited about that. On the women's side we are adding several very good athletes to our team and will definitely be improving our overall depth in 2005-06.

2004-05 TOP PERFORMANCES

Including relay splits

Event	Women	Time	Men	Time
50 Free	Anna Jolley	26.05	Dave Critchlow	23.00
100 Free	Anna Jolley	57.74	Brett Moore	50.81
200 Free	Anna Jolley	2:09.15	Brett Moore	1:52.78
500 Free	Nora Sullivan	5:40.76	Jesse Bausell	5:14.34
1000 Free	Nora Sullivan	11:40.47	Jesse Bausell	10:53.08
1650 Free	Nora Sullivan	19:29.13	Jesse Bausell	18:02.57
50 Back	Monica Piedrahita	32.28	Dave Critchlow	*26.69
100 Back	Monica Piedrahita	1:10.30	Dave Critchlow	57.36
200 Back	Nora Sullivan	2:32.92	Dave Critchlow	2:11.18
50 Breast	Dominique Wilkins	33.91	Jesse Bausell	30.43
100 Breast	Dominique Wilkins	1:12.91	Jesse Bausell	1:09.54
200 Breast	Dominique Wilkins	2:43.89	Jesse Bausell	2:36.22
50 Fly	Morgan Dorsey	30.40	Brett Moore	24.79
100 Fly	Morgan Dorsey	1:08.53	Brett Moore	54.55
200 Fly	Morgan Dorsey	2:37.72	Brett Moore	2:10.81
200 IM	Sara Stephenson	2:28.40	Brett Moore	2:08.65
400 IM	Sara Stephenson	5:22.89	Jesse Bausell	4:52.68
1-M Dual	Mary Adams	208.75	Steven Ratner	203.85
1-M Champ	Hilary Ohmart	259.25	Steven Ratner	209.30
3-M Dual	Mary Adams	202.75	Steven Ratner	361.30
3-M Champ	Hilary Ohmart	255.25	Steven Ratner	354.10

All-time top-five in red *School record



Dominique Wilkins '08

Friends of Clark Men's & Women's Swimming & Diving has been formed under the umbrella of Friends of Clark Athletics. If you are interested in supporting the swimming and diving team and would like more information, please contact Head Coach Paul E. Phillips.

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