

“THE SKIP SHOT”

THE OFFICIAL NEWSLETTER OF THE BISON WATER POLO PROGRAM



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A NOTE FROM HEAD COACH JOHN McBRIDE



Greetings from Lewisburg and the Bucknell Polo program!

Hello from Bison Water Polo. I hope that 2011 for you has been a great year so far. It certainly has been one of the greatest years for me because I am now here at Bucknell as your new Head Coach for the Men's and Women's Water Polo programs. I have settled in to Lewisburg and have enjoyed every moment that I have been here. Both the Men's and Women's programs have hit the ground running. The Men's team has definitely started off on the right path. With big wins over our longtime rivals St. Francis, Navy and Princeton the men have been working very hard at making a NCAA berth a real possibility this year. The last time our Men's team had beaten St. Francis was 1998.

Recently 11 of Bucknell Women's Water Polo players earned ACWPC All-Academic Awards. The Women's Team has also had one of their players earn a 2nd straight Honorable Mention All-American award. The Men's team had 8 players earn ACWPC All-Academic awards and eight players made the CWPA Scholar Athlete Team. Not only do we want to be the best in the pool but I want our teams to attain the highest GPA's in the country. I want our athletes to graduate with a degree that will put them in the best possible situation to be successful in life beyond Bucknell. My priority is to make available every opportunity for our athletes to be successful in the classroom first. In the recruiting process not only am I looking for the best athletes but I am also looking for the best and most well rounded students. I want our student athletes to be the ones that other Water Polo programs in the country aspire to emulate. Recently our Men's Team was the recipient of the NCAA Public Recognition Award. This honor is bestowed on those teams that have an NCAA Division 1 Academic Progress Rate in the top-10 percent of all squads in their respective sports.

I am also still very involved with the United States National Team programs which will aid in bringing the best to Bucknell. I have the unique opportunity to interact with the best athletes in a highly competitive environment. It is very important that Bucknell Water Polo supports our National Governing Board so the sport that we love will continue to grow and help add to the student athlete experience here at Bucknell University.

I want to take the time to thank those that have already contributed with gifts to both programs. As you are aware of our programs are not only successful because of the student athletes that are on the teams but because of the generosity of the Alumni and Parents. Your support has provided us with opportunities to do the things it takes to be successful. If you have not made a contribution to either programs or both it is never too late. It is very easy to do and can be done online on our athletic website at www.bucknellbison.com. Every amount helps and although I may not always be able to say thank you face to face please know that words cannot justify how grateful I am but the athletes are more than grateful as well. You yourselves have started something great at Bucknell and in order for this amazing athletic tradition to continue I ask you for your support. I hope to see you at the pool!

John McBride
Head Water Polo Coach



MARTIN MATTHIES NAMED ASSISTANT COACH

A 2008 graduate of the University of California, Berkeley who helped the Bears to the 2006 NCAA title, Marty Matthies joined the Bucknell water polo coaching staff in the summer of 2011.



"I am very excited to have an Assistant Coach of Marty's caliber and background. What he will bring to the program as a coach is immeasurable. His primary responsibilities will be coaching our centers and center defenders. With his experience those positions will be a dominant force in the East," said McBride.

A three-time All-American at Cal, including a second-team honoree as a senior, Matthies piled up 63 career goals during his college career while also serving as one of the squad's top defenders. A two-time All-Mountain Pacific Sports Federation honoree, he was a team co-captain as a senior when Cal knocked off USC for its first of two consecutive NCAA titles. Matthies, who was named to the All-NCAA Team in 2006, was also part of the 2007 championship team, serving as a student assistant coach.

In addition to his four years at national power Cal, Matthies has an extensive

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background in international water polo, having played on the USA National Youth, National Junior and National Senior Teams. Additionally, Matthies has played professionally in New Zealand (Harbour City Hawks in 2009) and Brazil (Botafogo de Futebol e Regatas in 2010).

Matthies got his first taste of coaching during his undergraduate days at Cal and has already held a number of other posts. He was a volunteer assistant at Pepperdine in 2009, was the head boys' coach at Westlake High School in 2010 and has been involved with the Olympic Development Program as the 18U Coastal Zone coach. Additionally, Matthies has served as the technical director for South Coast Aquatics, coaching the 18U and 16U boys' and girls' teams, and the Lamorinda Water Polo Club Head Coach of the women's 20U, 18U and Senior Teams.

A four-year veteran high school referee in his home state, Matthies was a two-year high school All-American who was the California Interscholastic Federation



Player of the Year and the Los Angeles Times High School Player of the Year in 2001 at Harvard-Westlake.

Matthies, 26, comes from a highly athletic family as his father, Dan, played water polo at Long Beach State, and his mother, Nina, was a standout volleyball player at UCLA and is now the head women's volleyball coach at Pepperdine. His brother, Mo, played water polo at Pepperdine from 2000-03.



Matthies earned his degree from California in interdisciplinary studies with a focus on maturation in modern society.

A WORD FROM CAPTAIN BEAU CAILLOUETTE



This season is undoubtedly an exciting time for Bucknell Water Polo, and the anticipation truly started during the summer months. Unlike some years in the past, all contributing members of our team were actively involved in water polo and stayed very well conditioned through the summer months. This allowed our team to both condition and compete at a higher level during our annual preseason trip to California. During this time our team got to attend together the US Open of water polo and watch NYAC bring home the gold medal in some elite level matches. Our shared time in California in anticipation of this season was inarguably beneficial and created the tight bond between players that sets our team apart from the rest of the CWPA.

On August 18th, our team arrived in Lewisburg eager to begin an exciting week of swimming and legs. When we got together to begin hell week and finally were introduced to our new coaching staff there was a strong feeling of confidence in our team that has not been there in years past. For the first time we were all confident that our team is faster and in better shape than all of our opponents. It was also during this time

that we learned how fortunate we are to have the new leadership of coaches John McBride and Marty Matthies. Both coaches come to us with immense water polo experience at the highest possible level and have a fresh set of goals and expectations for our team. For example, for the first time since Alex Lampley and Gabriel Heiber graduated in 2008, our team is returning to an Olympic style of play. This means that unlike the motion offense we ran in the past, we are focusing on a strong two meter presence on offense and an all out press and front on defense. Our team all seems very together on our strategies and I am confident that this is best type of offense and defense we could possibly run.

Everything is in place this year for our team to have a season to remember, and it is already evident in our 8-2 start. Moving forward from this point the biggest thing for our team to learn is our ability to communicate and play as a team rather than individuals. There is no doubt that we have the talent pool, the quickness, and the goalie required to win an eastern championship this year. What we need to learn is that it takes more than individuals to earn your spot on the banner. For example, our loss against Brown proves to us that it is always that team that plays defense and offense as a unit that will come out on top on the score sheet in the end. The 2012 season for the Bucknell Men's water polo is one with lofty goals and the highest of expectations. I couldn't be more excited to be a part of this amazing community and I cannot wait to do something our team has not done in too long, WIN EASTERNS.

A WORD FROM CAPTAIN SPENCER RICHLEY



I was extremely excited to start this season off, especially after some tough one-goal losses last season. I knew that we had a solid group of guys and with hard work could be the best team on the east coast. I was very anxious to meet the new coaching staff to see what their philosophies and strategies were for our team. I wanted the transition to new coaches to be as smooth as possible, so that we could worry less about a new coaching style and focus more on working toward an Eastern Championship. Thankfully, John McBride and Marty Matthies have been great coaches, and we see eye-to-eye on our goals and team philosophies. They want to win just as badly as I do, and they know what it takes to develop a championship team. This year we are playing more like

a team than we have in my three years of being a Bucknell player. If teams focus too hard on stopping a single player or aspect of our team, then we will hit them from somewhere else.

My outlook for the rest of our season is very optimistic. We have been successful so far, and I don't expect that to stop. We are a very fast team, and that has helped us easily overcome many of our opponents so far. However, by the end of the season, teams will be in better shape, so we cannot get too hung up on our wins at the beginning of the season. The team and coaches are all very committed to the goal of becoming Eastern Champions, a goal that is very achievable if we continue to work hard.

WINNING IS THE ONLY OPTION FOR McBRIDE

*Feature Story Reprinted from the Bucknell Football Game Program
Written by Todd Merriett, Asst. Director of Athletic Communications*

"I am a self-proclaimed workaholic. This morning I was up at 5 a.m., have been here in the office all day and will be here tonight until at least 8 o'clock."

First-year Bucknell head men's and women's water polo coach John McBride listed what many would consider very long hours so matter-of-factly that it is impossible not to think that is the norm for him.

A determined and competitive person, McBride came to Bucknell in May and is living apart from his family -- wife, Sam, and two daughters, Grace, 11, and Lily, 9 -- who remain back in Rhode Island this year until the family can sell their old house. While he is living solo in downtown Lewisburg, McBride is laying the foundation he thinks will lead to the Bison water polo programs becoming regular NCAA Championship participants. The long days and sacrifices he is willing to endure are the first steps to achieving the success he envisions.

The son of a military father, McBride's family was heavily into swimming as he was growing up. At the age of 10, his younger brother started beating him, so the cutthroat McBride had to find a new sport where he could guarantee victory. The Little Rhody Aquatic Club, to which both McBride boys belonged, also sponsored water polo. The coach of the team was the Brown University head coach and the Pan-Am National Team coach, meaning McBride received top-notch instruction.

"Having that kind of coaching made me fall in love with the sport," remarks McBride, who has led the Bison men to an impressive 7-2 mark so far this fall with wins over a pair of nationally ranked opponents. "I never saw myself not doing it. I gave up so much just to be at the pool every day."

All that work paid off as McBride was a three-time First Team All-New England selection and was twice a First Team All-East honoree at the University of Rhode Island. He continued playing after his 1992 graduation as the goalie on the U.S. National "B" Team.

Despite his love for the sport, McBride took a decade-long break from water polo. He attended the Rhode Island Department of Corrections Academy and the Donald W. Wyatt Detention Facility Corrections Academy and eventually graduated from the Rhode Island Municipal Police Academy in 1996. He then served as a patrolman and SWAT officer for the North Providence Police from 1996 to 2004.

"You could say that leadership and being able to vocalize the things you need to get done, but it's two different kinds of pressure," says McBride as he tries to compare his experience as a SWAT officer with his current coaching duties. "You have one kind of pressure where you don't want to die (SWAT). You have another kind of pressure where you don't want to lose (coaching). In the SWAT team, losing was never an option. You trained every day for hours upon hours to make sure you never lost. And in water polo that is what I am trying to do every day. Prepare, prepare, prepare so we never lose. In sports, somebody always loses. The SWAT team never lost. Losing can be difficult when you come back to coaching."

McBride was injured in the line of duty and was forced out of service, which led him back to water polo.

"It came full circle," says McBride. "I left water polo in 1993 thinking I would never get back into it again. I had completely changed who I was as a person. When I got back into the sport, it had completely changed as well."

McBride returned to the sport he loves in 2004 when a former water polo opponent informed him of an open assistant coaching position at Brown. McBride threw his hat in the mix and was hired. He spent the next seven years of his life making the 35-minute drive from his house on the beach to the downtown Providence campus of Brown.



MEN'S SCHEDULE

Navy Labor Day Open -- Annapolis, Md.

Sept. 3	vs. Gannon	W, 21-6
	vs. Lindenwood	W, 17-1
Sept. 4	vs. #11 St. Francis (NY)	W, 16-10
	vs. Cerritos	W, 14-6

Bison Invitational -- Lewisburg, Pa.

Sept. 10	vs. Diablo Valley	Cancelled
Sept. 11	vs. NOVA	Cancelled
	vs. Toronto	Cancelled

North vs. South Invit. -- Annapolis, Md.

Sept. 17	vs. Harvard	W, 18-8
	vs. Brown	L, 8-7
Sept. 18	vs. Iona	W, 16-11
	vs. Fordham	W, 12-7

Sept. 24	at Johns Hopkins*	L, 11-9 (OT)
	at #16 Navy*	W, 10-9
Sept. 25	at George Washington	W, 10-8
Oct. 8	at #13 Princeton*	W, 10-6
Oct. 14	vs. Princeton*	8:00 p.m.
Oct. 15	vs. Johns Hopkins	12:00 noon
	vs. George Washington*	5:00 p.m.
Oct. 16	vs. Navy*	11:30 a.m.

Santa Clara Rodeo -- Santa Clara, Calif.

Oct. 22	vs. Stanford	2:40 p.m.
	vs. UC Davis	9:20 p.m.
Oct. 23	at Santa Clara	12:20 p.m.
	vs. Pepperdine	4:20 p.m.

Southern Championships -- Princeton, N.J.

Nov. 5	vs. TBA	TBA
Nov. 6	vs. TBA	TBA

Eastern Championship -- Cambridge, Mass.

Nov. 18	vs. TBA	TBA
Nov. 19	vs. TBA	TBA
Nov. 20	vs. TBA	TBA

* - Conference opponent
All times Eastern



Sophomore Alex Nowlin

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While at Brown, McBride helped guide the Bears to unprecedented success. The men's squad captured the 2009 Collegiate Water Polo Association Northern Division title, its first conference crown in nearly 25 years. Additionally, the team went undefeated in regular-season conference play in 2008 and finished as high as fourth at the Eastern Championship.

On the women's side, McBride led the Bears to back-to-back ECAC Championship titles in 2009 and 2010 and a fourth-place finish at the Eastern Championship, the best showing at Brown since 2001.

Both the men's and women's squads appeared regularly in the national top-20 rankings during McBride's tenure, which also featured 43 All-Northern Division selections and 22 All-East players. Additionally, three Bears earned CoSIDA Academic All-America honors.

This past December, former Bison head coach John Abdou departed for a coaching job in his native California and McBride was immediately interested in the open position.

"The facilities are state of the art, some of the best on the East Coast," raves McBride about Bucknell's impressive Kinney Natatorium when asked what attracted him to the Bison head coaching position. "Secondly, the student-athlete is identical to where I came from at Brown - high-level students and high-level athletes in a Division I program. Third, the opportunity to coach both men and women was a big positive. It's great to be competitive all year 'round. If I was coaching one sport I would be waiting nine months to have any kind of competition, which would be miserable.

"Finally, the program has a long history and it's endowed by Dan '78 and Chris (Peterjohn '76) Richards. The program is stable and isn't going anywhere. Lewisburg is a great community. It's great to be a part of and is really supportive of Bucknell. All those things together made it a no-brainer for me."

McBride was not the only one excited he landed the job and was heading to Bucknell. Water polo is an extremely tight-knit community and many of the Bison players had been familiar with him from their recruiting days, including senior co-captain Beau Caillouette.

"He's a really good recruiter," explains Caillouette about his new coach. "He is a really strong part of the Olympic Development Program and is a big figure in our sport. All the young players coming up know him. It was really exciting for our program because he can bring in top-level guys that will be very important to the future of Bucknell Water Polo."

If anyone would have had the right to not believe in McBride it is Caillouette and his four senior classmates who have had to adjust to a new coaching style for their final year in Orange and Blue. But they have all been on board with the new leadership since day one.

"It was a little sad at first because we all loved John Abdou," reflects Caillouette, who is fourth on the Bison in goals (12) and points (19) this season. "It would have been my senior year with a coach I had known for a really long time. I was nervous because a new coach could come in and change the system and get rid of what's been going on for a long time, but it has been nothing but excellent and positive. McBride has come in and worked really well with me and (co-captain) Spencer (Richley). (Assistant coach) Marty (Matthies) is great. Both have played at the highest levels on the National Team. They come from tons and tons of experience. They are no nonsense kind of guys. It couldn't have been more seamless."

Caillouette and his Bison teammates have made the transition much easier by buying into some of the new systems McBride has installed. Bucknell, in the past, had traditionally run a motion offense, but McBride believes in the Olympic style, which focuses on pressure defense and getting the ball to the center position on offense.

"Our offense is playing at a higher level of strategy, but it's a lot harder to execute," explains Caillouette, a native of Newport Beach, Calif. "Defensively, we have changed from relying on a help structure to an all-out press, which takes a lot more skill, but also a lot more energy and physicality."

The new style of play paid dividends on the opening weekend of the men's season last month when the Bison, who were ranked No. 19 in the nation at the time, defeated then-No. 11 St. Francis (N.Y.) by a whopping six goals, ended a 22-game losing streak to the Terriers that stretched back 13 years.

"I had beaten St. Francis before," says a confident McBride, who was disappointed in the team's 5-1 start because he fully expected to be 6-0 despite some formidable opponents. "I never thought it was impossible to do. I think our guys felt intimidated by the aura of St. Francis because they are all from Eastern Europe, where water polo is king. Now that our guys know they can beat a St. Francis, they think they can beat anybody. The sky is the limit."

Caillouette agrees that the sky is the limit. In fact, he thinks if the Bison can accomplish their goal and win Easterns for the first time since 1980 that a three-peat might be in order. He is basing that bold prediction on the talent behind him in the program as well as his confidence in McBride's recruiting ability.

If Bucknell does not meet Caillouette's positive outlook, it certainly won't be because someone else out-worked McBride. In fact, he is probably in his office or on the pool deck right now.



BISON WATER POLO AND SWIMMING & DIVING ALUMNI ... HAVE YOU STEPPED UP TO THE CHALLENGE?



Frequently Asked Questions

Water Polo and Swimming & Diving Endowment

Q: What is this endowment called, who created it, and what does it support? A: The “Coach Dick Russell Varsity Aquatics Fund” is being established by several donors to support both varsity water polo and swimming & diving. It honors former head coach Dick Russell.

Q: Do I support the Aquatics Fund or the other endowment created by the Richards? A: The Richards’ have asked that matching contributions be designated for the Coach Dick Russell Varsity Aquatics Fund. While both Dan and Chris Richards are former Bucknell swimmers, their entire \$1.5 million commitment to the Russell Endowment has been designated for varsity water polo. They structured the matching challenge to encourage additional support for all of Bucknell’s varsity aquatics programs in honor of Coach Russell. Contributions to the Coach Dick Russell Varsity Aquatics Fund, which supports both water polo and swimming & diving, help to achieve this goal.

Q: How can the new funds supporting water polo and swimming & diving be used? A: Income from the fund may be used to provide resources the programs would not otherwise have available for travel, assistant coaches, and even scholarships to athletes. The language governing this endowment makes clear that the expenditures can be only for programs, purposes and personnel that are not covered by the university’s operating budget support, and that the university’s budget support of the programs will NOT be reduced due to the additional income available from the funds.

Q: How is income from the Coach Dick Russell Varsity Aquatics Fund allocated between water polo and swimming & diving and who decides which sport gets what amount? A: The director of athletics and recreation is responsible for all varsity sports programs at Bucknell, and will allocate income from the Fund between the four teams (men’s and women’s water polo and men’s and women’s swimming & diving) based on the opportunities and needs of each; the goal is to achieve the best athletic and the best student academic records possible.

Q: How does the endowment work and what will it provide? A: The endowed fund is a permanent, predictable support for varsity aquatics. The principal of endowment gifts is never spent; only income is expended, with extra growth and earnings reinvested to grow the endowments’ principal value. The funds are invested in Bucknell’s pooled endowment, and earn growth and income as part of that pool. Each year, roughly 4.5% of the market value is spent, so that a \$100,000 endowment will yield about \$4,500 for varsity aquatics.



Q: How does Bison Club support fit into the picture? Should I support that or the endowment, or what? A: Gifts to the Bison Club are available for the coaches to spend immediately, and help support the regular operations of the teams. Bison Club support is critical; both sports depend on these funds. The endowment named for Coach Russell will provide extra resources, over and above what can be received from the regular budget. However, remember that extras are important only if the basics are covered, so both Bison Club and endowment support are important: Ideally, you will support both!

Q: How do I get matching gifts from the Richards Challenge for varsity aquatics at Bucknell? How will this help varsity aquatics? A: Make a gift or pledge of at least \$5,000 designated for the *Coach Dick Russell Varsity Aquatics Fund*, and all payments made by June 30, 2012, will be matched 1:1 by an early payment from Dan and Chris Richards to the Russell Endowment. Building this endowment faster provides more endowment income sooner for the water polo teams’ new programs, scholarships, and personnel.

A WORD FROM CO-CAPTAIN HALLIE KENNAN



After coming back to pre-season last January from being abroad in the fall, I thought going into our off-season this September would be a breeze. This was not the case. Because of the new CWPA leagues this year, we were not allowed to start water polo practices until September 19. This meant we could only use our practices for conditioning, and we did just that. I don't think I've ever gotten into shape so quickly in all my years as an athlete. After just the first practice, my voracious Division 1 athlete appetite came back and hasn't left since. Our bodies were beginning to heal from our first week of pool conditioning just in time for our dryland lift sessions to start! Each day I feel as though a new muscle I didn't even know existed has been found and has made itself very aware. Now what I say may come across as complaining or a passive way of hinting to Marty and Coach McBride that they've gone above and beyond making us work, however this is not my intention. My goal is to reiterate the vigorous activity and mental push that every member of our team has been going through. I further want to express how utterly impressed I have been with everyone's attitude throughout. We have accomplished a lot in our first few weeks due to a combination of players attitudes with coaches attitudes. Not only have I not conditioned this hard in years, but I can't remember the last time WANTING to still come back to it the next day as much as I do now. Having a support system encouraging you to push on from both in the water as well as from the pool deck really makes a world of difference. I have yet to see any women on our team give up on a set, even if that means swimming straight without rest for an entire swim set. If this positive, supporting attitude has already helped us through miles of

swimming and dozens of minutes treading with weight balls, I don't think any team in the league can stop us once we actually get to the fun, team-oriented aspects of water polo!

Continuing with this theme of support and enthusiasm, Parents Weekend was held recently on campus. On that Saturday afternoon, Amanda and I decided to arrange a small, optional gathering for teammates and parents who were coming out for the weekend. We had no idea that every single visiting family was going to stop by, in addition to many players who didn't even have family there. I was amazed to see the support that the parents have for us, even when we aren't in season! Every parent seemed excited to see returning players and parents, and enthusiastic to meet the newcomers to the group. I think one of the best things our program has offered over the years is a community. We are not a team made up of 20 robots that have been programmed to play, fight, win under any circumstance (cough, Maryland, cough, Hartwick...). We are people who have developed relationships with each other and need the support of one another to keep pushing. Knowing that this encouragement is coming at us from all sides (pool, deck, stands) has been one of major contributors to keeping me in love with this sport and this team all these years.