

2008-09 Season Outlook

The 2008-09 men's and women's swimming and diving team will look very different with 11 incoming freshmen. With the experience of their returnees and talent of their newcomers, head coach **Dan Rhinehart** expects that his George Washington Colonials will return to the top of the Atlantic 10 standings. The men return arguably the most talented swimmer in the conference in **David Zenk**, while the women bring back many key performers from the 2007-08 season.

Zenk, a two-time A-10 Swimmer of the Year, will lead the men once again. He should see his times improve as a senior, as he will look to win his third A-10 Swimmer of the Year award and to qualify for the NCAA Championships. **Tom Pullen** also returns for his senior season and has seen a steady improvement in the individual medley and butterfly each year he has been at GW.

The junior class of **Cascade Tuholske**, **Rick Rogers** and **Stephen Cosme** will be the core of the butterfly and medley relay events and will be asked to score vital points.

The sophomore class, led by **Andrew Maguire**, **Konrad Kopczynski**, **Fred Schneider** and diver **Dan Thomann** will look to step up with a year of experience under their belts and help GW make its push to the A-10 crown.

This year's freshmen class is a talented and exciting group. Junior National qualifier, **Davin Harding** will lead the class by stepping in to help shore up the butterfly events for GW. **Dan Krizan**, **Jason Khoury**, **Alix Montes** and **Marshall Seedorff** round out the new Colonials that will make their presence known in the A-10 Conference.

Ariana Berdini and **Lauren Fuchs** lead a strong senior class that will be asked to step up their times in 2009. Berdini and Fuchs both earned top-10 finishes at last year's A-10 Championships, and will be counted on to finish higher in 2009. **Luciana Maggiolo**, **Jessica Miga** and **Laura Myers** round out the senior class and will lead the Colonials in the sprint freestyle events.

A strong junior class of **Emily Leik**, **Katrina Timlin**, **Cissey Ye**, **Jen Cohn** and **Christa Gorenflo** also return to Foggy Bottom and will look to improve on last season, where each turned in personal bests.

Paola Leor will be looking to improve on her record-breaking freshman year, breaking school records in the 50 and 100-yard freestyle and the 200-yard IM. She will lead a very gifted sophomore class that includes **Noelle Miesfeld**, **Sarah Beggs** and diver **Sarah Landry**.

The incoming freshmen class of **Michelle Cino**, **Sara Dragacevac**, **Kelsey Hurley**, **Kayla Jensen**, **Carolyn Mehrtens**, **Sarah Richards** and **Isabel Tawney** will all be contributors as the Colonials move up the A-10 ladder.



Senior David Zenk will take aim at an unprecedented third Atlantic 10 Swimmer of the Year award

2008-09 Rosters

Men's

Name	Yr.	Event	Hometown/High School
Stephen Cosme	Jr.	Free/Fly	West Simsbury, CT/Westminster School
Jim Forrest	So.	Free	Chicago, IL/Brother Rice
Davin Harding	Fr.	Fly/Free	Coral Springs, FL/Home
Jason Khoury	Fr.	Back	Tampa, FL/Tampa Preparatory
Konrad Kopczynski	So.	Fly/IM	New York, NY/MCSM
Dan Krizan	Fr.	Breast/IM	Battle Creek, MI/Lakeview
Andrew Maguire	So.	Breast/Fly	Westford, MA/Westford Academy
Alix Montes	Fr.	Free	Miami, FL/Coral Reef
Tom Pullen	Sr.	IM/Fly	New City, NY/Clarkstown North
Rick Rogers	Jr.	Free/Breast	Newberg, OR/Newberg
Fred Schneider	So.	Free/Back	Rockville, MD/Richard Montgomery
Marshall Seedorff	Fr.	Free	Marietta, GA/Pope
Eric Shaeffer	Fr.	Breast	Hatboro, PA/Hatboro-Horsham
Dan Thomann	So.	Diving	Chester, CT/Xavier
Cascade Tuholske	Jr.	Fly/Back/IM	Missoula, MT/Hellgate
David Zenk	Sr.	IM/Back	St. Louis, MO/St. Louis Country Day

Women's

Name	Yr.	Event	Hometown/High School
Aska Arnautovic	Fr.	Back/Free	Germantown, TN/Lausanne Collegiate
Sarah Beggs	So.	Back/Fly	Voorhees, NJ/Eastern Regional
Ariana Berdini	Sr.	Breast/Fly	Woodstock, GA/Etowah
Caitlin Brewer	So.	Back/IM	Burlington, MA/Burlington
Michelle Cino	Fr.	Free	W. Windsor, NJ/W. Windsor-Plainsboro North
Jennifer Cohn	Jr.	Breast	New Orleans, LA/Isadore Newman
Sara Dragacevac	Fr.	Breast	Rockville, MD/Walter Johnson
Lauren Fuchs	Sr.	IM/Fly	East Setauket, NY/Ward Melville
Christa Gorenflo	Jr.	Breast	Buffalo, NY/Buffalo Seminary
Kelsey Hurley	Fr.	Fly/Back/IM	Hillsborough, NJ/Hillsborough
Kayla Jensen	Fr.	Free/Bk/IM	Plano, TX/Plano West
Sarah Landry	So.	Diving	Carlisle, MA/Concord-Carlisle
Paola Leor	So.	Free/Fly/IM	Miami, FL/Miami Killian
Emily Leik	Jr.	Bk/Free/IM	Greensboro, NC/Walter Hines Page
Luciana Maggiolo	Sr.	Free	Coral Gables, FL/Bishop Carrollton
Carolyn Mehrtens	Fr.	Free	Hillsborough, NJ/Hillsborough
Noelle Miesfeld	So.	Free/Fly	Tucson, AZ/University
Jessica Miga	Sr.	Free	Barneveld, NY/Mercersburg Academy
Laura Myers	Sr.	Free	Cedarburg, WI/Divine Savior Holy Angels
Sarah Richards	Fr.	Free	Lubbock, TX/Lubbock
Isabel Tawney	Fr.	Free/Back	Baltimore, MD/Roland Park Country School
Katrina Timlin	Jr.	Breast	Winchester, MA/Winchester
Cissey Ye	Jr.	Free/Fly	Beaverton, OR/Sunset

All-Time Men's Team Records

Event	Name	Time	Year
50 Freestyle	Rich de Wet	20.42	1999
100 Freestyle	Tim Champney	45.20	1998
200 Freestyle	Wes Teter	1:39.12	2001
500 Freestyle	Glendon Flint	4:27.48	1996
1,000 Freestyle	Chad Senior	9:20.20	1993
1,650 Freestyle	Chad Senior	15:36.48	1997
100 Backstroke	Tim Champney	48.40	1999
200 Backstroke	Tim Champney	1:46.14	1999
100 Breaststroke	Alvaro Fortuny	54.65	2001
200 Breaststroke	Alvaro Fortuny	1:59.37	2001
100 Butterfly	Juan Bocanegra	49.34	1999
200 Butterfly	Juan Bocanegra	1:50.58	1999
200 IM	David Zenk	1:49.38	2007
400 IM	David Zenk	3:54.94	2007
200 Medley Relay	Champney, Fortuny, Simonetti, de Wet	1:31.44	1999
400 Medley Relay	Champney, Taylor, Simonetti, Bocanegra	3:19.83	1998
200 Freestyle Relay	Bocanegra, Serino, de Wet, Champney	1:22.01	1999
400 Freestyle Relay	de Wet, Champney, Teter, Bocanegra	3:01.74	1999
800 Freestyle Relay	Champney, Corallo, Teter, Bocanegra	6:43.58	1999
1-meter Dive (6)	Jeremy Hoders	308.85	2001
1-meter Dive (11)	Jeremy Hoders	531.30	1999
3-meter Dive (6)	Eric Wagner	327.30	1991
3-meter Dive (11)	Jon Klonsky	501.55	1997

All-Time Women's Team Records

Event	Name	Time	Year
50 Freestyle	Paola Leor	24.02	2008
100 Freestyle	Paola Leor	51.75	2007
200 Freestyle	Bambi Bowman	1:49.14	1995
500 Freestyle	Bambi Bowman	4:48.24	1995
1,000 Freestyle	Bambi Bowman	9:57.92	1995
1,650 Freestyle	Bambi Bowman	16:32.08	1995
100 Backstroke	Maggie Moss	57.01	2004
200 Backstroke	Maggie Moss	2:02.35	2003
100 Breaststroke	Nell Friar	1:04.94	2001
200 Breaststroke	Tuba Guvelioglu	2:20.45	1992
100 Butterfly	Ruth DUBYEL	56.14	2003
200 Butterfly	Ruth DUBYEL	2:05.31	2003
200 IM	Paola Leor	2:05.86	2008
400 IM	Jocelyn Finch	4:30.04	1999
200 Medley Relay	Grega, Bolstad, Hoffman, Roark	1:45.93	1999
400 Medley Relay	Moss, Rasmuson, DUBYEL, Fagley	3:50.53	2004
200 Freestyle Relay	Bolstad, Smith, Roark, Janeczek	1:35.14	1999
400 Freestyle Relay	Ballou, Mitchell, Robertson, Bowman	3:31.30	1995
800 Freestyle Relay	Ballou, Shelton, Mitchell, Bowman	7:35.45	1995
1-meter Dive (6)	Lynne McCormick	278.20	2001
1-meter Dive (12)	Katura Horton-Perinchief	543.05	2005
3-meter Dive (6)	Bobbi Ferraro	417.68	1990
3-meter Dive (11)	Katura Horton-Perinchief	511.05	2005

2008-09 Schedule

DAY	DATE	OPPONENT	TIME
OCTOBER			
Fri.	3	at Potomac Relays (at American)	3:00 pm
Fri.	17	at Catholic w/ American	5:00 pm
Sat.	18	at American w/ Catholic	9:00 am
Sat.	25	at Georgetown w/ Providence	1:00 pm
NOVEMBER			
Sat.	1	at La Salle	2:00 pm
Sun.	9	DREXEL	
<i>Diving - 11:00 am; Swimming - 1:00 pm</i>			
at Patriot Invitational (at George Mason)			
All Day			
DECEMBER			
Sat.	6	at Old Dominion	
Diving - 11:00 am; Swimming - 1:30 pm			
JANUARY			
Fri.-Sat.	16-17	at Rhode Island Invitational	All Day
Sat.	24	TBA	
Fri.	30	CONNECTICUT	2:00 pm
FEBRUARY			
SUN.	1	GEORGE MASON (SENIOR MEET)	
<i>Diving - 11:00 am; Swimming - 1:00 pm</i>			
Wed.-Sat.	18-21	at Atlantic 10 Championships (Buffalo, NY)	All Day

Home meets in **BOLD CAPS**



2007-08 Results

Date	Opponent	Men	Women
Oct. 5	Potomac Relays	4th/4	3rd/5
Oct. 14	at Navy w/ Loyola & Catholic	3rd/4	3rd/4
Oct. 26-27	American & Catholic	NTS	NTS
Nov. 3	LA SALLE	L, 142-77	L, 134-94
Nov. 16-18	Patriot Invitational	8th/8	6th/8
Dec. 1	OLD DOMINION	L, 185-95	L, 157-124
Jan. 11-12	URI Invitational	4th/4	4th/4
Jan. 20	GEORGETOWN	W, 117.5-104.5	W, 123-114
Jan. 25	ARMY	L, 155-86	L, 125-114
Feb. 2	at George Mason	L, 122-96	L, 130/84
Feb. 20-23	Atlantic 10 Championships	9th/9	10th/10

THE GEORGE WASHINGTON UNIVERSITY

Dan Rhinehart Head Coach

Head Coach Dan Rhinehart is in his 11th year at the helm of the GW men's and women's swimming program.

During the past 10 seasons, the Colonials have rewritten the university's record book by establishing 42 school records and 14 Atlantic 10 records. In addition to these record-breaking performances, GW swimmers also have found success in the classroom, as both squads were recognized by the CSCAA for having one of the top team GPAs in the country. In August of 2007, it was announced that both the men's and women's programs posted team GPAs that ranked among the top 25 in the nation.

Prior to his position as head coach, Rhinehart was the assistant coach for the Colonials for three seasons. Rhinehart has been involved with swimming and coaching since 1976, working with a wide variety of athletes, including Olympic and world-ranked swimmers. He came to the Washington DC area from San Diego where he was the head swim coach at Mt. Carmel High School for five years. Under his direction, several of his swimmers qualified for high school All-America status and his boys team was ranked nationally in 1993. While in San Diego, Rhinehart also served as the founder, head coach and President of the PQ Aquatics Corporation, a United States Swim program, from 1991-95.

Prior to his stint in San Diego, Rhinehart was an assistant swim coach at Brown University in Providence, RI, from 1984-90. In addition to his duties at Brown, he coached the Little Rhody Aquatic Club, where he developed nationally and internationally ranked swimmers. Rhinehart resides in Rockville, MD, with his wife, Jenny, and their 15-year-old son, Sean.



lades, he was also named as the United States National Diving Team Coach from 1995-1996.

He currently resides in College Park, MD.

Mitchell Dalton Assistant Coach

Mitchell Dalton is in his first season as the assistant coach with the George Washington University men's and women's swimming program.

Dalton has spent the last year as a volunteer assistant at James Madison University. While coaching at JMU his athletes broke nine school records, had an average team GPA of 3.1 and improved their overall W-L record from 1-9 to 8-4.

Dalton was also a four-year letterwinner swimming for the Dukes. He swam the 100-yard and 200-yard breaststroke, as well as the 400IM. He holds top-10 school records in each of those events. He graduated in 2007 with a degree in English.



Mike Tober Diving Coach

Mike Tober is in his third year as the head diving coach for the Colonials.

He came to Foggy Bottom from the University of Maryland where he spent three seasons, his second stint, as the Terrapins' Head Diving Coach. He also served as the Terps Head Diving Coach from 1982-93. In his first stint, he was also the head coach of the Montgomery Dive Club.

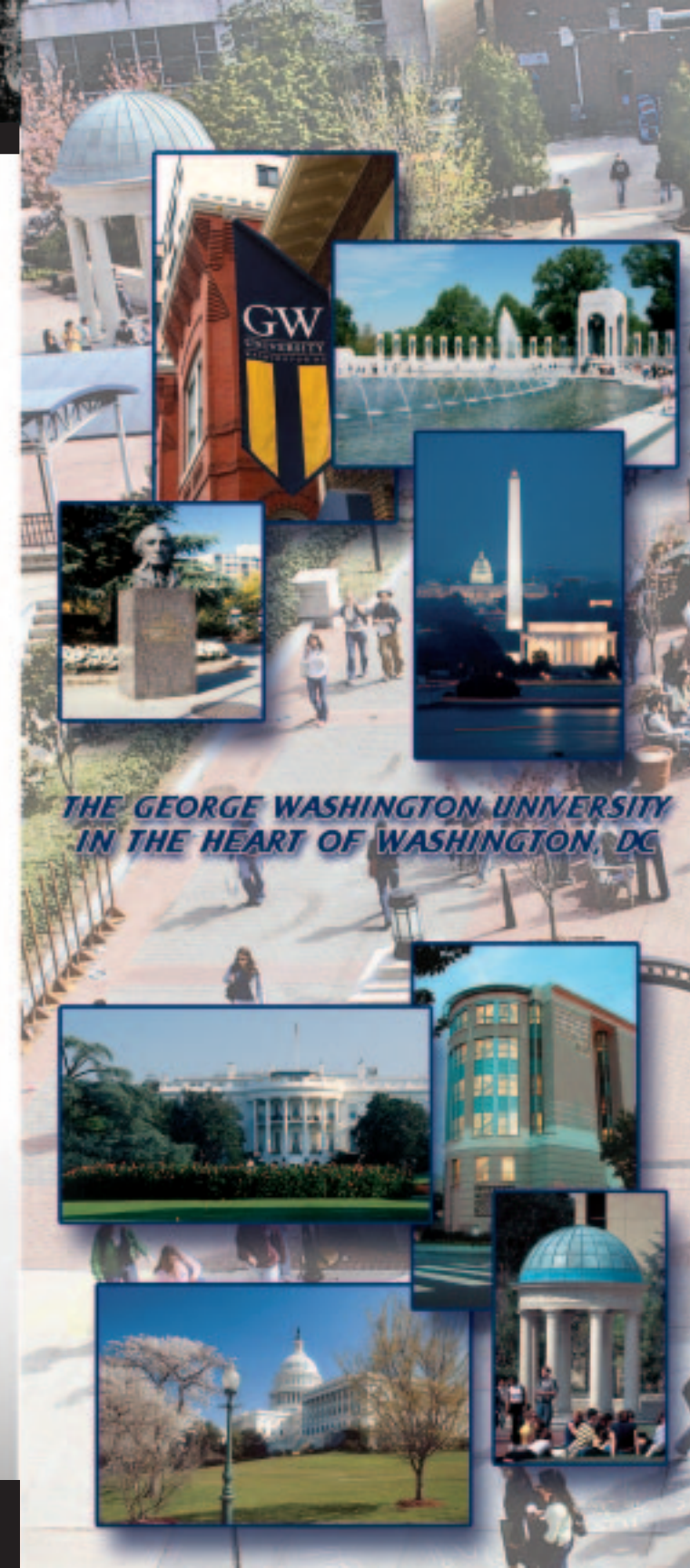
Prior to his return to College Park, he was named as the Diving Coach and Weight Room Coordinator at Indian River Community College in Fort Pierce, FL. While at Indian River he was a four-time NJCAA Diving Coach of the Year.

As a diver at North Carolina State, he was a five-time ACC champion, an NCAA All-American and a member of the USA National Dive Team. He also was a gold medalist on the three-meter springboard and 10-meter platform at the Maccabiah Games.

In addition to his numerous collegiate diving and coaching acco-



Smith Center Pool — Home of GW Swimming and Diving



GW GEORGE WASHINGTON WASHINGTON



SWIMMING & DIVING 2008-09