



HEAD COACH PAUL MONIAK

Seventh Season • Northern Illinois (1990)

Paul Moniak continues to lead the University of Illinois at Chicago men's and women's swimming and diving programs to new heights of success as he enters his seventh season at the helm.

In six years as head coach of the Flames, Moniak has taken UIC's aquatic squads from middle-of-the-pack status to serious Horizon League title contention.

Under Moniak, both the men's and women's teams have gained major ground in talent level, depth, and overall preparation, and the proof is in the numbers. In the past six seasons various school records have been broken countless times, including the men's 50-yard freestyle mark that Blake Booher shattered with an Olympic Trials Qualifying time of 19.97.

Last season the Flames took home six Horizon League event championships. Booher captured an unprecedented third straight 50-yard freestyle title, claimed victory in the 100 free and helped the men's 200-yard medley relay and 400-yard freestyle relay teams to conference crowns. For his efforts Booher was named the meet's Athlete of the Year. The women's 200 and 400 free relays

not only took top honors in their races but set new Horizon League times in the process.

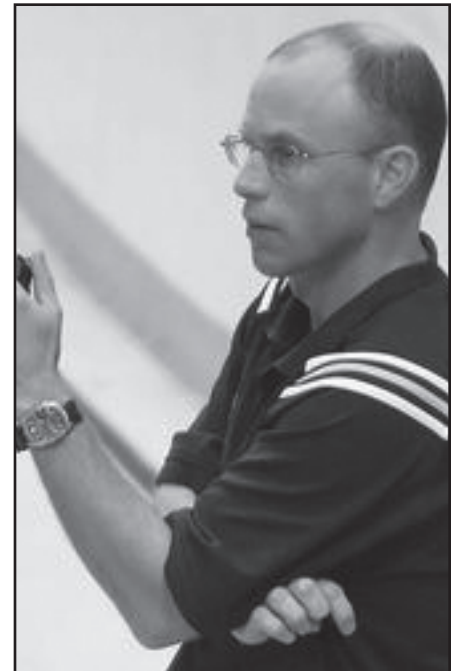
All-in-all, UIC remained one of the Horizon League's top-tier teams after placing fourth on both the men's and women's side. Along with the strong league finishes, the team also thrived against top national competition last season as evidenced by the UIC men's swimming team's sprint duo of Booher and sophomore Cameron Seebeck's top 60 finishes in the 50 freestyle featuring the countries best swimmers at the 2006 U.S. Open.

During the 2006-07 season, Moniak's crew not only had a stellar showing at the conference championships but saw seven school records destroyed in the process. Booher's efforts in the 50 free were fast enough for the NCAA 'B' Time Standard consideration. Andrea Giczewski set new marks in the 50 and 100 freestyle individual events and played a vital role in the 400 medley relay, as well as the fastest 200 and 400 free relays in Horizon League history.

In 2004-05 both the men's and women's swimming and diving teams at UIC reached big-time goals, as the men's team finished third in the Horizon League for the school's highest finish since 1994 and the women's team accumulated the most points at the league championships since 1999. Moniak's superb effort in 2004-05 earned the UIC head coach Horizon League Men's Swimming Coach of the Year honors.

In just six short years Moniak has been recognized as the league's swimming coach of the year three times. Along with his 2005 award, Moniak was also the Horizon League Women's Swimming Coach of the Year in his first season and the conference's Men's Coach of the Year in 2003.

A tireless worker who combines meticulous prepa-



ration with a cool demeanor, Moniak has recruited and coached top talent from the Chicagoland area, the Midwest and the entire nation.

Moniak has built a solid foundation for the UIC swimming and diving program ever since his arrival in 2001. His desire to recruit student-athletes who are committed to both the classroom and the pool is unwavering, and twice during the 2006-07 academic year both the men's and women's swimming and diving teams were awarded Academic All-America honors by the College Swimming Coaches Association of America. UIC has now earned the CSCAA academic recognition eight times in six years under Moniak.

Moniak came to UIC after a two-year stint as an assistant coach at the University of the Pacific, where he coached NCAA Championship qualifiers, multiple school record holders and swimmers with Olympic Time Trial standards for the Tigers. Before Pacific, Moniak served as an assistant coach for UW-Milwaukee from 1991-1999.

Besides coaching at the collegiate level, Moniak has also served as the Associate Head Coach for Tiger Aquatics in Stockton, Calif., from 1999-2001, and as the Age-Group Coach for the North Shore Swim Club in Whitefish Bay, Wis., from 1994-1999.

Along with his coaching duties for the Flames, Moniak coaches the Chicago Masters Swim Club.





ASSISTANT COACH
EMILY COCKS
 First Season

Emily Cocks enters her first season as an assistant coach for the UIC swimming and diving program.

Cocks brings outstanding credentials into her first venture as a collegiate assistant coach. As a swimmer for the University of Michigan from 1995-2000, she was a three-time NCAA Qualifier in the 100-yard breaststroke. During her senior campaign in 2000, she earned an All-American Honorable Mention for her role on the Wolverines' 200 medley relay.

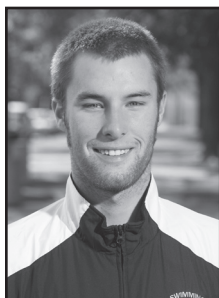
Prior to joining UIC's coaching staff, Cocks worked with the Wolfpack Aquatic Club, a Chicago-based youth swim team where she assisted members with stroke mechanics. She has also worked with multi-sport athletes as a triathlon coach for Visionquest Coaching, located in Chicago.

Cocks graduated from Michigan in 2000 with a bachelor's degree in sociology and concentration in law. She has worked as a paralegal in Chicago for the past five years.

A native of Albion, Michigan, Emily is an avid triathlete and competes in national and international events. She won the Olympic Distance 2006 Lake Geneva Triathlon and finished as the top American amateur in the long course at the International Triathlon Union World Championships.



STUDENT
ASSISTANT COACH
EMILY BIANCALANA



STUDENT
ASSISTANT COACH
MIKE CONROY



STUDENT
ASSISTANT COACH
COLLEEN DOUGHERTY



HEAD DIVING
COACH
LARRY BARCHESKI
 17th Season

Larry Barcheski enters his 17th season as the head diving coach at UIC, teaming his outstanding diving athletes with Paul Moniak's swimming standouts to form one of the deepest overall squads in the Horizon League.

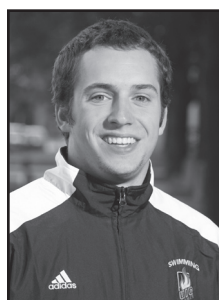
Barcheski has coached 16 different UIC divers to NCAA Zone Qualification. Mark Pappalardo qualified for the Zone C Championships every year of his collegiate career (2003-04 to 2006-07), Ryan Fitzer was a three-time Zone C participant and Sarah Economides attended the post-season event during her sophomore, junior and senior seasons.

School diving records have been broken seven times during Barcheski's tenure. In the 2006-2007 season, Pappalardo set new marks in both the one and three-meter events.

In 2003 Barcheski tutored standout senior Mike Magee to the Horizon League Championships' Diver of the Meet honors and his third NCAA Zone C Diving Championship appearance. Magee's victory in the three-meter diving finals, along with his second-place finish in the one-meter dive and the strong performances by all of the UIC divers, earned Barcheski the 2003 Horizon League Men's Diving Coach of the Year award.

Barcheski, who starred as a conference diving champion and national qualifier for UIC in 1973, has remained a competitive diver. He participated in the 1997 Prairie State Games and earned gold medals for the one-meter and three-meter diving events. Barcheski was recognized as the Prairie State Games Citgo Male Athlete of the Year and was recently inducted in the Prairie State Games Hall of Fame. He also earned a medal at the 1995 U.S. Master's National Diving Championships.

Before returning to UIC as a coach, Barcheski was the boys diving coach at Fremd High School from 1981-1990. The Vikings took home IHSA titles in 1984 and 1986 under his tutelage, earning Barcheski Illinois Diving Coach of the Year honors in both of those seasons. He also coached girls diving teams at Fremd from 1982-1984 and at St. Viator from 1986-1990.



STUDENT
ASSISTANT COACH
MARK PAPPALARDO