

2006-07 NAVY WOMEN'S SWIMMING AND DIVING

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Navy Quick Facts

Location	Annapolis, Md.
Superintendent	Vice Adm. Rodney P. Rempt, USN
Director of Athletics	Chet Gladchuk
Nickname	Midshipmen, Mids
School Colors	Navy Blue and Gold
Home Pool	Lejeune Hall (1,000)
Conference	Patriot League

Sports Information

Swimming SID	Justin Kischefsky
Phone	(410) 293-8772
Fax	(410) 293-8954
E-mail	kischefs@usna.edu
Website	www.navysports.com

Team Information

2005-06 Overall Record	6-7
2005-06 Patriot League Meet	Third (516.5)
Letterwinners Returning/Lost	19/4
Newcomers	14

On the cover – The 2006-07 Navy team.

Right – Navy's 2006-07 senior class. From left to right: Rachel Walker, Hollace Mulliken, Aubra Thomas, Julie Holland.

Coaching Staff

Head Coach	John Morrison
Alma Mater	North Carolina '93
Year at Navy	Third
Navy Record	16-10
Career Record	47-35 (Five Seasons)
Phone:	(410) 293-3081
E-Mail	morrison@usna.edu

Assistant Coach	Rob Lias, Jr.
Alma Mater	Mount Union '00
Year at Navy	First
Phone	(410) 293-3013
E-Mail	lias@usna.edu

Diving Coach	Joe Suriano
Alma Mater	Michigan '70
Year at Navy	29th
Phone	(410) 293-2970
E-Mail	suriano@usna.edu

2005-06 Results

O15	George Washington	W	180-111
O15	Loyola	W	211-84
O22	Johns Hopkins	W	182-112
O29	UMBC	L	141-96
N5	at Colgate	L	166-134
N5	vs. Lehigh	W	220-80
N13	at Bucknell	L	155-143
N13	vs. Lafayette	W	182.5-116.5
D1	Army	W	188.5-111.5
J14	at Cornell	L	178-122
J14	vs. Yale	L	208-92
J28	Penn	L	169-126
F4	at Richmond	L	167-130
F23-25	Patriot League Meet	Third	516.50 pts.

2006-07 Schedule

October

13	%at Potomac Relay Invite	5 p.m.
14	at Loyola, vs. George Washington vs. Catholic	11 a.m.
21	Johns Hopkins	1 p.m.
28	UMBC	12 p.m.

November

4	Colgate, Lehigh	12 p.m.
11	at Bucknell, vs. Lafayette	2 p.m.
17-19	@at Terrapin Invitational	All Day
30	at Army	3:45 p.m.

December

1-2	&at U.S. Open	All Day
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January

13	at Yale, vs. Cornell	2:30 p.m.
27	at Penn	3 p.m.

February

3	at Bucknell Invitational	12 p.m.
15-17	*at Patriot League Championship	

March

1-3	^at NCAA Zone A Diving Championship	
8-10	#at NCAA Championship	
27-31	!at U.S. Swimming Spring Championship	

Home Meets in Bold at Lejeune Hall

- %Potomac Relay Invite — Washington, D.C.
- @Terrapin Invitational — College Park, Md.
- &U.S. Open — West Lafayette, Ind.
- *Patriot League Championship — Lewisburg, Pa.
- ^NCAA Zone A Diving Championship — Piscataway, N.J.
- #NCAA Championship — Minneapolis, Minn.
- !U.S. Swimming Spring Championship — East Meadow, N.Y.





Head Coach John Morrison

Third Year ☆ North Carolina '93

John Morrison enters his third season as the head coach for the Navy women's swimming program, as well as his seventh year at the Naval Academy.

During his initial season back on The Yard, Navy placed second at the Patriot League Championship, recorded its highest winning percentage during the regular season and its most victories in 10 years — 10-3, 76.9 percent. Individually on the year, Aubra Thomas advanced to the World Championship Trials in Indianapolis, Ind., and won her

heat in the 100 breaststroke against an all-star field of nationally-recognized swimmers.

Last season saw perhaps the youngest team in Navy history, with freshman comprising more than half of the roster, faced one of the more challenging schedules in recent years. In addition to competing against fellow Patriot League-member schools Army, Bucknell and Colgate, the Mids also challenged regional standouts UMBC, Richmond, Cornell and Yale during the regular season.

The year ended with Navy placing third as a team at the Patriot League Championship, and with freshmen Jennie Spencer and Kelly Zahalka competing at the USA Swimming Spring Championship against an elite field of swimmers from across the nation.

In addition to the team's success in the water, the program has been recognized as an Academic All-America Team by the College Swimming Coaches Association of America during of Morrison's four semesters as Navy.

"Returning to Navy has been a dream since the first day I began as an assistant under Dick Purdy," said Morrison upon his hiring at Navy during the 2004 summer. "The Academy is a great institution. The natural beauty speaks for itself, but the real beauty is in the people associated with the Naval Academy. From the mids to the support staff, the Academy attracts and breeds great people and the people make the institution first class. I am proud and humbled to be back."

Morrison served as an assistant coach to Purdy for four seasons beginning in the fall of 1993. The duo coached the Mids to a 33-14 record and to Patriot League titles during each of their years together.

After leaving the Naval Academy, Morrison served as a volunteer assistant men's coach at Tennessee during the 1997-98 season in which the Volunteers placed fourth at the NCAA Championship, followed by one year as an assistant at

Personal History

Hometown	Toms River, N.J.
Education	B.S. North Carolina '93

Coaching History

1991-93	Assistant Coach, Washington & Lee (M&W)
1994-97	Assistant Coach, U.S. Naval Academy (Women)
1998	Volunteer Assistant Coach, Tennessee (Men)
1999	Assistant Coach, Rutgers (M&W)
1999-2001	Head Coach & Aquatics Director, Toms River YMCA
2001-04	Head Coach, Lehigh (M&W)
2005-pres.	Head Coach, U.S. Naval Academy (Women)

Rutgers. After serving as the head coach and aquatics director at the Ocean County YMCA in his hometown of Toms River, N.J., for two years starting in 1999, he was named as the head men's and women's swimming coach at Lehigh in 2001.

Morrison coached the Mountain Hawks to a combined 31-26 record during his three seasons in Bethlehem, a period highlighted by the men's team winning the 2002 Patriot League title.

A successful athlete in his own right, Morrison earned four letters in swimming and in golf while a student-athlete at Toms River High School and was selected as a member of the school's inaugural Hall of Fame class in the spring of 2004. He would go on to earn four letters in swimming at North Carolina, helping the Tar Heels win a pair of Atlantic Coast Conference titles in the process.

Morrison would enter the coaching ranks in 1991 as an assistant swimming coach at Washington & Lee where he helped coach four NCAA Division III All-Americans. He also assisted with the school's 1992 water polo team that won the Division III Eastern Championship and served as the interim golf coach.

John and his wife, Amy, have a seven-year old son, John, and a three-year-old daughter, Avery Grace.



Yearly Division I Head Coaching Record

Year	Team	W-L	PLC Place	PLC Titles (I/R)
2002	Lehigh - M	7-0	First (694)	2 (2 / 0)
2002	Lehigh - W	4-5	Fourth (506)	0 (0 / 0)
2003	Lehigh - M	6-5	Second (632.5)	0 (0 / 0)
2003	Lehigh - W	6-6	Third (530)	1 (1 / 0)
2004	Lehigh - M	4-4	Fourth (462)	1 (1 / 0)
2004	Lehigh - W	4-5	Fifth (422)	0 (0 / 0)
2005	Navy - W	10-3	Second (598)	6 (4 / 2)
2006	Navy - W	6-7	Third (516.5)	1 (1 / 0)
	Overall	47-35		11 (9 / 2)



Joe Suriano

**Diving Coach
29th Season**

Joe Suriano begins his 29th season as Navy's diving coach. Under his tutelage, nine divers on Navy's men's team and two divers on the women's team have qualified for 20 NCAA Division I Championships. All told, his divers have earned 14 Division I All-America accolades.

One of the highlights of his coaching career came in 1991 when he was named as the Division II Coach of the Year after Stacia Johnson captured the NCAA title.

Suriano earned a bachelor's degree from Michigan in 1970 and a master's degree from Eastern Michigan in 1978. Prior to coaching at Navy, he served as the diving coach at Eastern Michigan (1971-72) and Vanderbilt (1973-78).

Suriano was named an International Olympic Committee diving expert in 1985 and conducted a 21-day clinic for 30 diving coaches in New Delhi, India. In 1994, he was named an official and an assistant diving coach for U.S. Diving at the Dive Canada International Championships. He served as an official in 1995 at the World University Games in Fukouka, Japan, and at the World Military Games in Rome, Italy. He also served as a diving coach at two U.S. Diving National Training Camps and was named to the 1995-96 U.S. Diving national coaching staff. Suriano directed the American diving team at the 1999 World Military Games in Zagreb, Croatia, then completed a term as the chairman of the NCAA Swimming and Diving Rules Subcommittee on Sept. 1, 2001.

In addition to his '91 honor from the NCAA, he also has been named the Patriot League Diving Coach of the Year and the Eastern Intercollegiate Swimming League Diving Coach of the Year during his tenure at Navy.

Personal History & Coaching Honors

Hometown	Dearborn, Mich.
Education	B.S., Michigan '70; M. Ed., E. Michigan '78
NCAA Coach of the Year	1991
Patriot League Coach of the Year	1992, 2005
Eastern Women's Swimming League Coach of the Year	1997

Suriano's Honor Roll of Divers

NCAA D1 Qualifiers

Arthur Conley	1983
Bill McCormack	1983, '84, '85, '86*
Brad Baell	1989
Paul Feduchak	1990
Stacia Johnson	1991, '92
Nate Smith	1993*, '94*, '95*, '96*
Darcy Stuart	1994*, '96*
Bay Dobbins	1996, '97
Jonathan Schiffelbein	2000
Thatcher Carr	2001
Kevin Teague	2004, '06

* Named All-America

1-Meter League Champions

Stacia Johnson	1989, '91, '92
Darcy Stuart	1996
Elizabeth Peterson	1999, 2000
Kevin Teague	2004, '05, '06

3-Meter League Champions

Stacia Johnson	1989, '91, '92
Darcy Stuart	1997
Elizabeth Peterson	1999, 2000
Kevin Teague	2004, '05, '06

Eastern Champions

Stacia Johnson	1992 (1 & 3)
Darcy Stuart	1997 (1)
Nate Smith	1993 (1 & 3), '94 (1 & 3), '95 (1 & 3), '96 (1 & 3)
Bill Dobbins	1997 (1 & 3), '98 (1)
Kevin Teague	2004 (3), '05 (1 & 3)



Rob Lias Jr.

**Assistant Coach
First Season**

Rob Lias Jr., who worked with three NCAA Championship-winning teams during his two years at Auburn, begins his first season as an assistant coach for the Navy women's swimming program this fall.

Lias served as a graduate assistant coach for both the men's and women's programs at Auburn over the last two years. After the men's team won the NCAA championship during his initial season, both teams claimed national titles this past season.

Lias began his coaching career during the summer of 2002 when he served as a volunteer assistant coach at New Paltz High School. After one season on the prep level, he moved on to the collegiate ranks as an assistant at Mount Union College.

A 2000 graduate of Mount Union, Lias was a four-year letterwinner for the Raiders and served as the team captain during his senior year. He earned his way on to All-Ohio Athletic Conference teams 13 times during his career, won a pair of individual event conference titles (1999 in the 100 and 200 breaststroke events) and was named as the team MVP during his junior and senior years.

In addition to his coaching experience, Lias also has run technique based swimming camps across the country through Total Immersion Swimming, Inc.

Personal & Coaching History

Hometown	Cleveland Heights, Ohio
Education	B.A., Mount Union '00; M. Ed., Auburn '06
2004	Assistant Coach, Mount Union
2005-06	Graduate Assistant Coach, Auburn

Support Staff



Maria Schroeder
Faculty Representative



Eric Ruden
Swimming Administrator



Justin Livezy
Strength Coach

2006-07 Season Outlook

Overall Outlook

"After fighting through a 2005-06 season plagued with injury and illness, along with the graduation of one of the program's most prolific classes in the Class of 2005, we expect to turn the corner on scoring success this year," said Navy head coach John Morrison. "Our team fought hard last year, but came up short in several meets. This year, we anticipate being on the high side of our close meets and make a very strong showing at not only the Patriot League Championship but also on a national level. Our staff and athletes are ready to take on the training and preparation needed to achieve this success."

Returning Athletes

Navy returns ...

- 19 of 23 2006 letterwinners
- 333.5 of 346.5 individual event points earned at the Patriot League Meet
- 4 of 4 2006 all-league performers

"The core strength of our program will be our returning athletes," said Morrison. "Their leadership and experience will be a crucial component to our overall performance. We return all of our all-league performers and all but one of our athletes who scored points at the 2006 Patriot League Championship. The upper-class has worked hard in the off season to press for success in the coming season."

Newcomers

Navy welcomes 14 newcomers to its program

"The Class of 2010 is a strong one," said Morrison. "These 14 athletes will seek the guidance, support and experience of our upperclass as they begin to make their mark in our program. We expect our freshmen to be competitive in both the league and on a national level. They will be an instant impact to our success this season."

Backstroke

Returners (career-best times)

Jamie Call — 100 Backstroke, 59.89; 200 Backstroke, 2:10.11
 Darby Driscoll — 100 Backstroke, 1:02.97; 200 Backstroke, 2:11.44
 Julie Holland — 100 Backstroke, 1:01.67; 200 Backstroke, 2:09.00
 Jennie Spencer — 100 Backstroke, 57.07; 200 Backstroke, 2:01.72

Newcomers

Allison Aichele
 Timminy Haycock
 Thuy-Mi Dinh

"Our backstroke event has been very consistent for us in the past," said Morrison. "We placed a lot of the expectation load on them during the last two years and Jennie, Julie, Jamie and Darby always came through with very competitive swims. Our freshmen will look to carry on the strong backstroke tradition."



Breaststroke

Returners (career-best times)

Hollace Mulliken — 100 Breaststroke, 1:08.82; 200 Breaststroke, 2:30.43
 Kristen Simmons — 100 Breaststroke, 1:10.35; 200 Breaststroke, 2:37.91
 Aubra Thomas — 100 Breaststroke, 1:03.14; 200 Breaststroke, 2:17.26

Newcomers

Mallory Dietrich
 Emily McCroan
 Leigh Swiger

"Aubra has anchored the success of the breaststroke events for three seasons," said Morrison. "This year she will be joined by Mallory and we are looking for great performances from the both of them."

"Additionally, Hollace, Kristen, Emily and Leigh will open doors for our entire program, as this will be one of our more versatile groups."

Butterfly

Returners (career-best times)

Dianna Dietrich — 100 Butterfly, 59.74; 200 Butterfly, 2:07.63
 Kristin Lowd — 100 Butterfly, 1:00.47
 Clare McKenna — 200 Butterfly, 2:10.76
 Lauren Milliron — 100 Butterfly, 1:00.63
 Cameron Wallace — 100 Butterfly, 59.33; 200 Butterfly, 2:09.58

Newcomers

Allison Aichele
 Mallory Dietrich
 Kalea Middendorf
 Colleen Quinn
 Annika Thomas

"Our butterfly group continues to grow in both ability and experience," said Morrison. "With the newcomers, our butterfly corps will make huge strides within the league. Diana, Cameron, Clare, Mallory, and Kalea will be hard to beat in the 200 fly, while Colleen, and Annika will add to the sprint fly corps."

Freestyle – Sprint

Returners (career-best times)

Rachel Gray — 50 Freestyle, 24.56; 100 Freestyle, 52.66
Lauren Milliron — 50 Freestyle, 25.41; 100 Freestyle, 55.26
Jennie Spencer — 50 Freestyle, 24.35
Kelly Zahalka — 100 Freestyle, 52.15

Newcomers

Thuy-Mi Dinh
Sara Dorenkott
Stephanie Hebda
Annika Thomas
Heather Waldorf

“Rachel and Jennie will be joined by a host of plebes to make our sprint corps one of the strongest in the league,” said Morrison. “Thuy-Mi, Sara and Annika will make an immediate impact, while Heather and Stephanie will provide much needed depth in the event.”

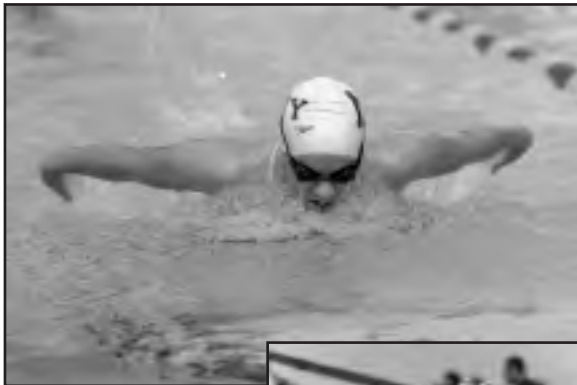
Freestyle – Middle Distance

Returners (career-best times)

Sally Bakewell — 500 Freestyle, 5:17.24
Darby Driscoll — 200 Freestyle, 1:56.51
Rachel Gray — 200 Freestyle, 1:54.07; 500 Freestyle, 5:20.43
Mary Hesler — 200 Freestyle, 1:56.37
Kristin Lowd — 200 Freestyle, 1:55.83
Kelly Zahalka — 200 Freestyle, 1:56.27

Newcomers

Tara Chapmon
Mallory Dietrich
Thuy-Mi Dinh
Sara Dorenkott



*Kelly
Zahalka*



Katie Griffin

“Rachel and Kristin have been headlining our middle distance group for two seasons and we are expecting another two great years out of them,” said Morrison. “Mary, Sally, and Darby added to our depth and consistency throughout last season. As in the sprint group, our freshmen will raise the level of competition in the middle distance events. Together, I feel they will make up the strongest middle distance corps in Navy history.”

Freestyle – Distance

Returners (career-best times)

Sally Bakewell — 1000 Freestyle, 10:42.70
Diana Dietrich — 500 Freestyle, 5:10.23
Erika Hubbard — 1000 Freestyle, 10:50.17; 1650 Freestyle, 17:59.76
Clare McKenna — 1000 Freestyle, 10:55.17; 1650 Freestyle, 18:13.08
Kelly Zahalka — 1000 Freestyle, 10:27.01

Newcomers

Allison Aichele
Tara Chapmon
Breanne Petrella

“Our distance corps continues to grow and improve,” said Morrison. “Sally, Kelly, Clare and Erika pushed themselves hard throughout last year. This season our distance group grows even stronger with the addition of Allison, Tara and Breanne. We will need this group to lead the way, as our program prepares for a championship run.”

Individual Medley

Returners (career-best times)

Jamie Call — 200 Ind. Medley, 2:14.16
Julie Holland — 200 Ind. Medley, 2:11.83
Aubra Thomas — 200 Ind. Medley, 2:03.19
Cameron Wallace — 200 Ind. Medley, 2:14.68
Kelly Zahalka — 200 Ind. Medley, 2:05.22; 400 Ind. Medley, 4:24.41

Newcomers

Allison Aichele
Mallory Dietrich
Emily McCroan
Leigh Swiger

“One staple of a strong team is a stable of fast individual medley swimmers and our depth in the event continues to grow in ability,” said Morrison. “Kelly and Aubra will continue to lead the league, while Mallory, Allison, Emily, and Leigh will solidify our position in the IM events throughout the season.”

Divers

Returners

Katie Griffin
Desiree' Robison
Rachel Walker

Newcomers

None

“Katie has finished among the top divers at the Patriot League Meet throughout her career,” said head diving coach Joe Suriano. “She is ready to take the next step and win a league championship and possibly qualify for the NCAA Championship.

“Desiree' and Rachel are both talented divers who have the ability to score points for us at the league meet.”

2006-07 Roster

Name	Cl.	Event	Hometown (High School)
Allison Aichele	Fr.	Backstroke/Butterfly/Freestyle/IM	Middletown, Md. (Middletown)
Sally Bakewell	So.	Freestyle	St. John's, Fla. (Fleming Island)
Jamie Call	Jr.	Backstroke/Individual Medley	Valdez, Alaska (Valdez)
Tara Chapmon	Fr.	Freestyle	Virginia Beach, Va. (Cox)
Dianna Dietrich	Jr.	Butterfly/Freestyle	Pittsburgh, Pa. (Oakland Catholic)
Mallory Dietrich	Fr.	Breaststroke/Butterfly/Freestyle/IM	Pittsburgh, Pa. (Oakland Catholic)
Thuy-Mi Dinh	Fr.	Backstroke/Freestyle	Anaheim, Calif. (Kennedy)
Sara Dorenkott	Fr.	Freestyle	Hudson, Ohio (Hawken School)
Darby Driscoll	So.	Backstroke/Freestyle	Pennington, N.J. (Hopewell Valley Central)
Rachel Gray	Jr.	Freestyle	Latrobe, Pa. (Mercersburg Academy)
Katie Griffin	Jr.	Diving	Ellicott City, Md. (Seton Keough)
Timminy Haycock	Fr.	Backstroke	Las Vegas, Nev. (Las Vegas Academy)
Stephanie Hebda	Fr.	Freestyle	Pittsburgh, Pa. (North Hills)
Mary Hesler	So.	Freestyle	Charlotte, N.C. (Charlotte Catholic)
Julie Holland	Sr.	Backstroke/Individual Medley	Shrewsbury, Mass. (Germantown)
Erika Hubbard	So.	Freestyle	Madison, Wis. (Madison Memorial)
Kristin Lowd	Jr.	Butterfly/Freestyle	High Point, N.C. (Wesleyan Christian Academy)
Emily McCroan	Fr.	Breaststroke/Individual Medley	Tallahassee, Fla. (Lawton Chiles)
Clare McKenna	So.	Butterfly/Freestyle	Garden City, N.Y. (Garden City)
Kalea Middendorf	Fr.	Butterfly	Aurora, Ill. (Rosary)
Lauren Milliron	So.	Butterfly/Freestyle	Richmond, Va. (Walker Governor's School)
Hollace Mulliken	Sr.	Breaststroke	Ephraim, Wis. (Gilbraltar)
Breanne Petrella	Fr.	Freestyle	Marlton, N.J. (Cherokee)
Colleen Quinn	Fr.	Butterfly	Lighthouse Point, Fla. (Pine Crest)
Desiree' Robison	So.	Diving	Tucson, Ariz. (Salpointe Catholic)
Kristen Simmons	So.	Breaststroke	Elizabethtown, Pa. (Lancaster Catholic)
Jennie Spencer	So.	Backstroke/Freestyle	Smithburg, W. Va. (Doddridge County)
Leigh Swiger	Fr.	Breaststroke/Individual Medley	Leesburg, Va. (Mercersburg Academy)
Annika Thomas	Fr.	Butterfly/Freestyle	Pittsburgh, Pa. (Keystone Oaks)
Aubra Thomas	Sr.	Breaststroke/Individual Medley	Pittsburgh, Pa. (Keystone Oaks)
Heather Waldorf	Fr.	Freestyle	Virginia Beach, Va. (Peddie School)
Rachel Walker	Sr.	Diving	Katy, Texas (Taylor)
Cameron Wallace	So.	Butterfly/Individual Medley	Fredericksburg, Va. (Chancellor)
Kelly Zahalka	So.	Freestyle/Individual Medley	Richmond, Va. (Walker Governor's School)

Head Coach — John Morrison (Third Season, North Carolina '91)

Assistant Coach — Rob Lias Jr. (First Season, Mount Union '00)

Diving Coach — Joe Suriano (29th Season, Michigan '70)

Officer Representative — Cmdr. Anne Hammond, USN

Faculty Representative — Maria Schroeder

Team Captain — MIDN 1/C Aubra Thomas

Head Manager — MIDN 1/C Eli Edelkind

Mids by Class

Seniors (4)

Julie Holland
Hollace Mulliken
Aubra Thomas
Rachel Walker

Juniors (5)

Jamie Call
Dianna Dietrich
Rachel Gray
Katie Griffin
Kristin Lowd

Sophomores (11)

Sally Bakewell
Darby Driscoll
Mary Hesler
Erika Hubbard
Clare McKenna
Lauren Milliron
Desiree' Robison
Kristen Simmons
Jennie Spencer
Cameron Wallace
Kelly Zahalka

Freshmen (14)

Allison Aichele
Tara Chapmon
Mallory Dietrich
Thuy-Mi Dinh
Sara Dorenkott
Timminy Haycock
Stephanie Hebda
Emily McCroan
Kalea Middendorf
Breanne Petrella
Colleen Quinn
Leigh Swiger
Annika Thomas
Heather Waldorf