

THE PROGRAM

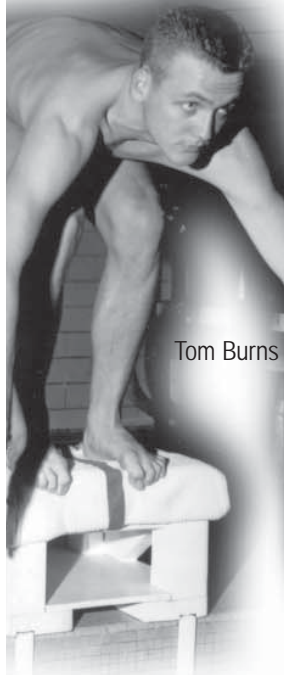
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BOBCAT HISTORY



1969 MAC Champions



Tom Burns



Ed Wright



O.C. Bird



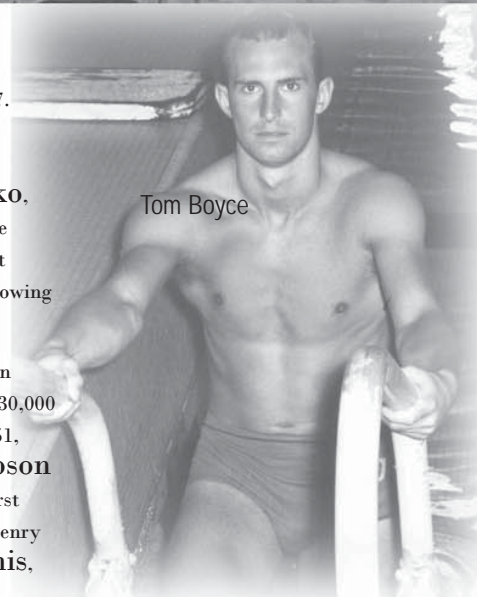
On Sept. 22, 1935, Athletics Director O.C. Bird announced Ohio University was organizing the first varsity swimming and diving team in school history. Bernard E. (Jerry) Hughes, the team's first coach, called for all interested male students to report to the small pool in the old Women's Gymnasium on Oct. 8 of that year.

Eighteen candidates showed up that first day and 32 eventually joined the tryouts. Hughes introduced water polo to build stamina for his team and created a freshmen squad of 20 swimmers against which his varsity unit could train. By Dec. 10, there were 24 varsity squad members and 35 on the freshmen team.

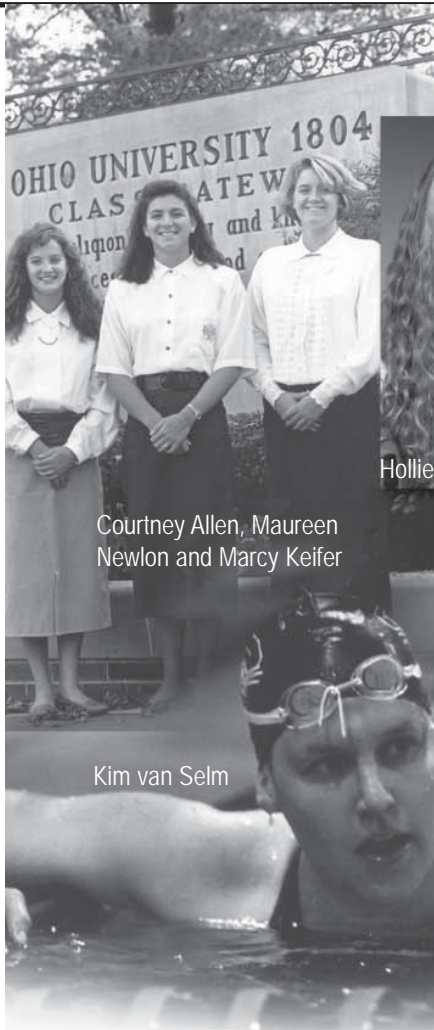
After a schedule was quickly put together, Bird presented the varsity team with old basketball warm-up suits to wear at competitions. Ohio lost its initial meet – on Jan. 10, 1936, at Ohio Wesleyan – by the score of 40-26. The first win came in dramatic fashion on Feb. 15. By winning the final event that day, the Bobcats defeated Akron 44-40 but lost to host Western Reserve 62-13.

Ohio hosted its first meet later that month, defeating Ohio Wesleyan 39-27. A 15-cent admission price was charged to help pay for new swim suits. Four swimmers – Ed Wright, George Echko, Joe Shafer and John Weber – became the first letterwinners for the Bobcat swimming and diving program following that 1935-36 season.

The program took a huge step forward in 1950 with the completion of a new \$430,000 Ohio University Natatorium. In 1951, Head Coach Oscar L. "Tommy" Thompson led the Bobcats to a 7-3 record in his first season at the helm. Led by freestyler Henry "Tad" Potter and diver John Botuchis, Ohio won the first two Mid-American Conference championships in 1953 and 1954. Potter won six individual conference titles during his career and became the first All-American in the program's history in 1956.



Tom Boyce



Courtney Allen, Maureen Newlon and Marcy Keifer



Hollie Bonewit



Scott Hammond



Kim van Selm



Lynda Flory

After **sweeping** the 50 and 100 freestyle events at the MAC Championships, Tom Burns earned **All-America** status in 1958 and 1959. The **Bobcats**, however, did not **claim** their next conference title until 1961 under second-year Head Coach Fletcher **Gilders**.

Gilders, a 1956 Olympian and two-time NCAA champion diver while at Ohio State, guided **Ohio** to five more MAC titles (1965, 66, 69, 70, 71) during his tenure. **Coaching** until the early 1980s, he mentored Bobcat All-Americans Tom **Boyce** (1961), Bo **Wallsten** (1963), Neal **Wade** (1966, 1969), Dave **Solomon** (1969) and Ned **Steele** (1969, 1970).

According to Women's **Intercollegiate Athletic (WICA) records**, the Ohio women's swimming and diving program **expanded** substantially during the 1974-75 season with a 9-6 record in dual meets during its first full-scale **season**. The Bobcat **women** joined MAC competition in 1981 and by 1985 had their first MAC **Swimmer** of the Year (Lynda **Flory**).

Ohio claimed the MAC Diver of the Year (Dayna **Green**) in 1987 as well as the Swimmer of the Year (Gwynn **Gordon**). It began a streak of six straight Bobcats to **claim** the top swimmer honor. Overall, an Ohio swimmer has won the MAC Female **Swimmer** of the Year award 14 times since 1985 with Maureen **Newlon** (1991-92) and Kim **van Selm** (2000-01) winning the honor twice.

Under the **direction** of head coach Scott **Hammond**, the Bobcat women **won** six straight MAC titles from 1989-95 and **placed** 11 members on the **All-American** list during that span.

Under **current** head coach Greg **Werner** (2000 and 2004 MAC Coach of the Year), Ohio claimed the women's MAC championships in 2000 and 2001. Recent individual honors for members of the Bobcat swimming and diving program include: Hollie **Bonewit**, All-American in 2000; Trisha **Kessler**, 2003 MAC Senior Swimmer of the Year; Shannon **Kelly**, MAC Swimmer of the Year in 2002 and MAC Senior Swimmer of the Year in 2004; and Robert **Krichbaum**, three-time MAC Diver of the Year.

THE AQUATIC CENTER



One of the premier swimming and diving facilities in the Mid-American Conference, the Ohio University Aquatic Center opened in January 1984 at a cost of \$4.7 million.

The Olympic-size pool has 22 25-yard lanes, 10 50-meter lanes and a pair of one-meter and three-meter diving boards. Approximately 645,468.75 gallons create 12,300 square feet of surface water.

The shallow end of the pool is 3 feet 6 inches deep while the deepest part is 13 feet 4 inches deep. There is an underwater window at the deep end and an outdoor sun deck on the second floor.

The 1,105-seat facility hosted the 1984-85 NCAA Diving Regionals and numerous conference championship meets, including the Women's MAC Championships in 1986, 1989, 1992, 1996 and 2000 and the Men's MAC Championships in 1988, 1991, 1998 and 2002. The Aquatic Center will host this year's Men's MAC Championships.

Planning for the center began in the summer of 1979.

Financial support from the Nationwide Insurance Foundation permitted Ohio University to undertake an architectural design competition involving six architects and begin – once a design and architect were selected – with the development of plans and specifications in advance of the capital funding from the state. Capital funding in the amount of \$3,625,000 was provided by Am.Sub.H.B. 552, which was passed Nov. 24, 1981, by the 114th General Assembly.

The planning for and design of the project involved individuals from the Health and Sports Sciences Department (formerly the School of Health, Physical Education and Recreation) and the Department of Intercollegiate Athletics. The committee involved in the planning – chaired by Dr. James Lavery, Harold McElhane and Alan Geiger – consisted of students, faculty, coaches and staff.

Dan A. Carmichael provided architectural services for the project and bids were received Feb. 25, 1982. The facility's dedication took place Jan. 27, 1984, before a dual meet against Youngstown State.



2005-06 Swimming and Diving

THE CARIN CENTER

A strong athletics program begins in the weight room long before playing seasons start. Because of this, the Dr. Steve and Kathy Carin Strength and Conditioning Center located at Peden Stadium is an important catalyst in helping all of Ohio University's sports teams prepare for successful seasons.

The \$1.1 million facility provides state-of-the-art equipment and enough space to accommodate 100 student-athletes training at any given time. Built completely from donations by Ohio University alumni and friends, the center was dedicated Friday, Nov. 12, 1999, and has since greatly enhanced the opportunities for and abilities of the 600 Bobcat student-athletes who use the facility each year.

"Ohio's strength and conditioning program is designed to help our student-athletes realize their utmost athletic potential while helping them develop self-discipline and mental toughness," says Sonny Sano, the Bobcats' director of strength and conditioning. "We train hard and smart, and we employ a comprehensive approach utilizing strength training, plyometrics, speed and agility development, flexibility exercises and sport-specific conditioning."

Featuring Eleiko weights and a Mondo sports flooring system, the center boasts 10,000 square feet of the best and safest training equipment in use today, as well as a \$5,000 sound system. These



features allow an optimum training experience and further the strength and conditioning program's goal to develop bigger, faster and stronger athletes.

"Our goal is to outwork every single team we face," adds Sano. "To accomplish that, we have to outwork our opponents in our preparation. This facility provides us with an outstanding opportunity to do so."

SONNY SANO
Director of Strength
and Conditioning

Shigeru "Sonny" Sano has directed Ohio University's strength and conditioning program since April 2001, following five successful years at Virginia Tech.

Sano began his career with a short stint at Pittsburgh before working as a graduate assistant at East Carolina from 1995-96. He subsequently became Virginia Tech's strength and conditioning coordinator for men's Olympic sports, working closely with male student-athletes and female swimmers and throwers. In August of 1999, Sano was elevated to assistant director for the Hokies, coordinating all activities of the men's basketball and



volleyball teams. For five years at Virginia Tech, he assisted in all facets of strength and conditioning for the football team. In his final two years there, Sano also was in charge of developing speed and agility for the Hokies' football program, which played in the Sugar Bowl for the 1999 national championship.

A 1989 graduate of Rikkyo University in Tokyo, Japan, Sano earned a bachelor's degree in psychology while playing for the school's varsity ice hockey team. He came to the United States after graduation and earned an additional degree in physical education from Eastern Michigan University in 1991. Sano also completed a master's degree in sports administration from Wayne State University in 1993.

Sano is a member of the National Strength and Conditioning Association and holds certification as a strength and conditioning specialist and as a USA Weightlifting club coach. He and his wife Krissy have a 7-year-old son, Brendan, and a 3-year-old daughter, Erika.



THE PHILLIPS CENTER



Lori Friel



Jason Kelly



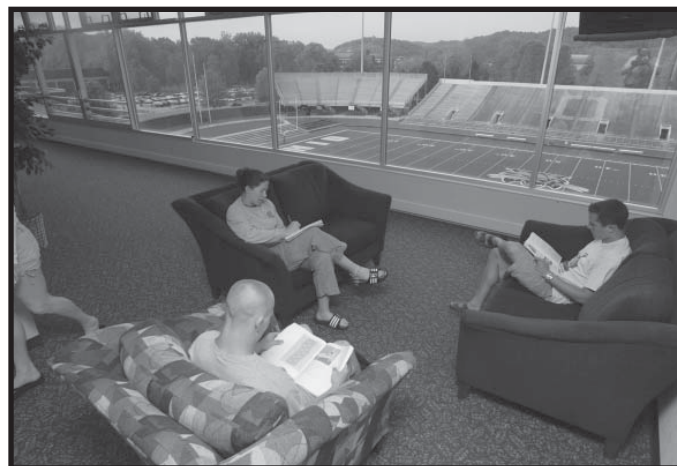
Becca Hubbard

Academic Services

The Joan and Wallace Phillips Center, located on the third and fourth floors of Peden Tower, houses the offices of Academic Services and Compliance. With more than 10,000 square feet of space, the Phillips Center offers two state-of-the-art computer labs, a 42-seat classroom, 10 private tutoring rooms, a 40-seat sound-controlled auditorium, administrative offices and a reception area.

The staff of the Phillips Center coordinates a multitude of programs involving Ohio student-athletes with the Mid-American Conference and National Collegiate Athletics Association. They also serve as the official liaisons between the athletics department and all academic units on campus. With a goal of providing maximum support for all student-athletes, daily contact with faculty allows the staff to monitor those individuals with the greatest need for assistance.

The Phillips Center has six staff members plus numerous tutors in a variety of subjects. The Academic Services staff provides academic advising, career and resume counseling and life skills programming. Director Lori Friel, in her fifth year, came to Ohio from UNLV with 12 years of experience in the academic services field. Assistant Director Jason Kelly assumed his duties in the spring of 2004 following a one-year internship with the Phillips Center while Becca Hubbard joined the staff in August 2004 as the academic services coordinator.

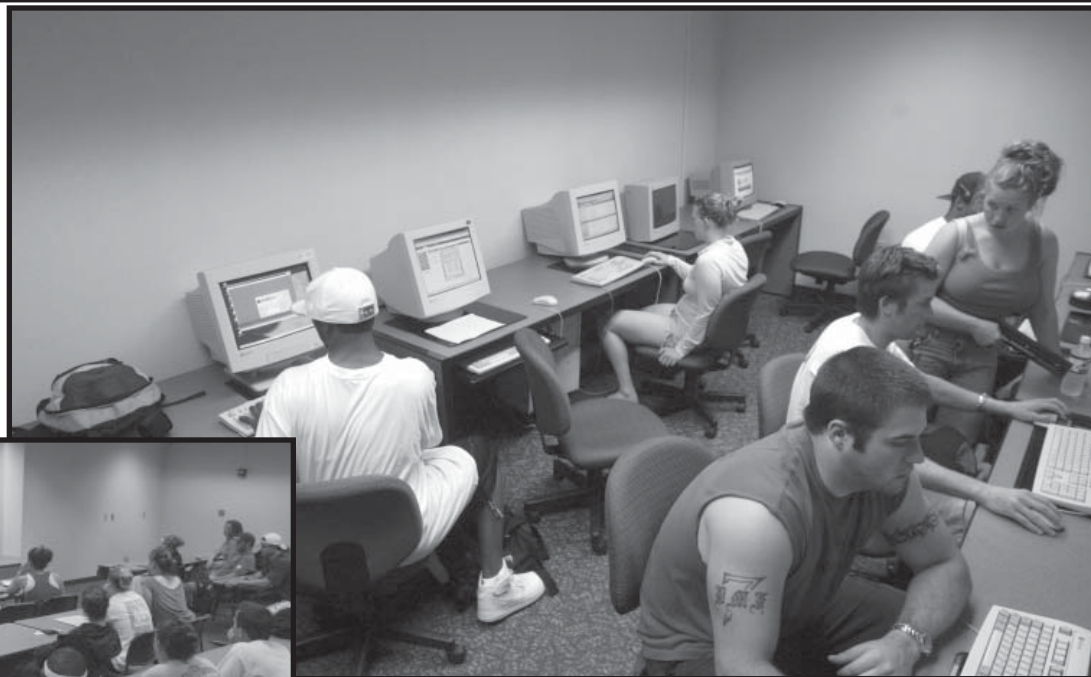


Special Programs

NEW STUDENT-ATHLETE ORIENTATION CLASS: This class is mandatory for all new student-athletes. This CHAMPS/Life Skills program focuses on the transition into college life and the challenges facing a Division I student-athlete.

CAREER SYMPOSIUM: Student-athletes have the opportunity to interact with executives – including many successful Ohio alumni – from a variety of fields. With the goal of preparing students for a transition into the workplace, presenters cover topics such as résumé writing and interviewing techniques.

STUDENT-ATHLETE ADVISORY COMMITTEE (SAAC): This group, composed of representatives from each team, serves as the voice of Ohio's student-athletes. The committee offers comments on NCAA proposals, coordinates community service projects and addresses issues and concerns of all student-athletes.



Compliance

Ohio University is committed to the principle of institutional control and operating its athletics program in a manner consistent with the letter and spirit of the National Collegiate Athletics Association, the Mid-American Conference and Ohio University regulations. Compliance is a wide-ranging area, covering all functions of the athletics department including – but not limited to – recruiting, financial aid, eligibility, playing seasons, awards, extra benefits and rules education.

As a member of the NCAA, Ohio is responsible for the actions of its student-athletes, staff, alumni, boosters and fans. The Compliance Office coordinates, monitors and verifies adherence to all NCAA and MAC regulations. We are dedicated to providing educational programs and interpretive support to ensure that all individuals involved with our athletics program understand and meet Ohio's compliance expectations.

If you should ever have questions regarding NCAA, MAC or Ohio rules and regulations, we encourage you to contact a member of the Compliance Office staff:

Academic Highlights

- Both the men's and women's squads have been named NCAA Academic All-American teams for the last 10 years.
- The cumulative grade point average of the women's team, 3.231, is the highest of any women's team at the university.
- The cumulative grade point average of the men's team, 3.102, is second only to the men's golf team.



Mike Shelby was named to the Academic All-MAC Team last year.



Amanda Smith earned Academic All-MAC honors last year.



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SPORTS MEDICINE

The primary objectives of the Ohio University Sports Medicine Team are the prevention of athletic injury and safe return for the competitive student-athlete. The comprehensive staff of experienced professionals is dedicated to providing a healthy environment for athletic competition. When a student-athlete is injured, the sports medicine team works to ensure proper diagnosis and treatment, appropriate specialty referrals, communication with sport coach, strength and conditioning staff and student-athlete to secure a complete and prompt recovery to the playing fields.

These specialists utilize advanced techniques for the wellness of the Bobcat student-athletes. Orthopedic coverage for Ohio student-athletes has been led by Dr. Raymond Tesner since 1988. Dr. Tesner serves as the director of Sports Medicine Grant and is also the head team physician for the NHL's Columbus Blue Jackets. Physical therapist Chris Rettos is responsible for post-surgical rehabilitative programs. Dr. Will Rosenberg is the newest addition to the sports medicine team and will assume day-to-day care of Bobcat injuries. Dr. Rosenberg formerly worked with the University of Oklahoma Sooners.

John Bowman serves as the director of athletic training services. A 1987 graduate of Ohio University, Bowman has been employed by the athletic department since 1994. He received his master's degree from the University of Virginia. He serves as the head football athletic trainer as well as overseeing the four full-time and three part-time athletic trainers. Previously, he was an assistant athletic director and head athletic trainer at Wagner College in Staten Island, N.Y.

Each of Ohio's assistant athletic trainers brings valuable experience. Scott Gardner works with the baseball and

field hockey teams. He also has experience working with Ohio's wrestling program and with the United States Olympic Team in Colorado Springs. Gardner is a graduate of the University of Kentucky (BS) and Louisiana State University (MS). Shannon Gordon is responsible for men's basketball and women's soccer. He previously served as the head athletic trainer of the Arena Football League's Nashville Kats. Gordon is a graduate of Indiana State University (BS) and Indiana University (MS). Michelle Godek works with football and women's basketball. She is a graduate of the University of Florida and Ohio's graduate athletic training program. Alana Eichman is the staff's latest addition. She will be responsible for volleyball, softball and track and field. Eichman worked as a graduate assistant athletic trainer for Auburn University and worked with the Tigers' football and equestrian teams. She received her undergraduate degree from the University of Central Florida.

Ohio University's athletic training program has been one of the most successful of its kind. The third-oldest curriculum program in the country has produced nearly 350 alumni. Many have demonstrated excellence in their careers working with teams including the NFL's Tampa Bay Buccaneers, Detroit Lions and Chicago Bears, MLB's Cincinnati Reds and Chicago Cubs, the USOC and universities in nearly every major conference in the country.

The health care team works with specific professional organizations like the NCAA Medical Safeguards Committee, the National Athletic Trainers Association and the American College of Sports Medicine. Current broad-based endeavors include use of neuropsychological testing for treatment of concussions, managing and evaluating injury patterns and statistics, eating-disorder recognition and counseling for nutritional supplements.



John Bowman
Director of Athletic
Training



Scott Gardner
Assistant Athletic
Trainer



Shannon Gordon
Assistant Athletic
Trainer



Michelle Godek
Assistant Athletic
Trainer



Alana Eichman
Assistant Athletic
Trainer