

Colby-Sawyer CHARGERS



2007-08 Colby-Sawyer Swimming & Diving

Colby-Sawyer Athletics

Table of Contents

Mission Statement

The Athletic Department at Colby-Sawyer College is committed to providing each student-athlete with a positive athletic experience within the framework of the six learning outcomes of our liberal arts education. To this end, we believe in supporting the total educational experience for each student-athlete in their pursuit of excellence, through high academic standards, quality athletic competition and a meaningful student life. We, as a department, are dedicated to:

- * Foster and model good sportsmanship and fair play
- * Continue to enhance individual development
- * Enrich and deepen self-knowledge
- * Demonstrate effective teamwork
- * Act ethically and professionally

In doing so, we hope that Colby-Sawyer Athletics will continue to achieve conference, regional and national prominence while ensuring that each student-athlete will be better prepared for life after college. Colby-Sawyer College competes as an NCAA Division III institution, and is a member of The Commonwealth Coast Conference (TCCC), the Eastern College Athletic Conference (ECAC), the Intercollegiate Horse Show Association (IHSA), the United States Collegiate Ski and Snowboard Association (USCSA) and the New England Intercollegiate Swimming and Diving Association (NEISDA).

Quick Facts	IFC
Mission/TOC	2
2007-08 Rosters	3
Coaches	4
2007-08 Season Preview	5-6
2007-08 Chargers	7-9
2006-07 Season Review	10
Women's Records Book	11
Men's Records Book	12
Athletic Facilities	13
About Colby-Sawyer	IBC

Additional photos for this guide provided by Robert Migliaccio.



On the Cover

Jamie Messier and Jillian Bounanno look to lead the 2007-08 Chargers to another outstanding year in the pool. Senior captain Messier (top) looks to help the Chargers to another top 5 NEISDA finish in 2007-08 and Bounanno, also a senior, looks to help the Chargers return to the top 10.

Men's Roster

Name	Year	Event(s)	Hometown/High School
John DeGray	JR	FR/Diving/IM	Wethersfield, Conn./Wethersfield
Max Gaughan	FR	FR	Centerville, Ohio/Archbishop Alter
Nick Hinckley	FR	FR/BK	Topsfield, Mass./Masconomet
Chris Huyler	SR	FR/BK	Hatfield, Mass./Smith Academy
Nick Laurence	JR	Diving	Newton, Mass./Newton
Billy Lyons	JR	FR/BR	Troy, N.Y./Tamarac
Jeffrey Marc-Aurele	FR	FR	Ipswich, Mass./Ipswich
Ryan Martin	SO	FR	Chester, N.H./Pinkerton
Wil McCarthy	JR	Fly/FR	Westboro, Mass./Westboro
Jamie Messier	SR	Diving	Wiscusset, Maine/Wiscasset
Dave Mikita	SO	Diving	Ansonia, Conn./Ansonia
Brian O'Neil	JR	Free/BR	Wakefield, Mass./Wakefield
DJ Poulin	FR	FR	Harwinton, Conn./Lewis S. Mills
James Riley	FR	FR/Fly	Concord, N.H./Concord
Paul Trumper	FR	FR/BR	Plaistow, N.H./Timberlane

Women's Roster

Name	Year	Event(s)	Hometown/High School
Arin Auger	SO	FR/Diving	Alfred, Maine/Massabesic
Betsy Berkenbush	SR	FR	West Newbury, Mass./Pentucket
Krissy Bertelletti	FR	FR	Stoughton, Mass./Stoughton
Rachel Bourne	SO	FR	Lakeville, Mass./Coyle and Cassidy
Danielle Bowen	SO	IM/Fly/Bk	Litchfield, N.H./Campbell
Louise Bowker	FR	FR	Chelmsford, Mass./Chelmsford High
Jillian Buonanno	SR	FR	East Lyme, Conn./East Lyme
Allison Fisher	SR	Bk/Fly	Rumford, R.I./E. Providence
Liz Gross	SR	FR	King Ferry, N.Y./Southern Cayuga
Jill Hadayia	SO	Diving	Dedham, Mass./Dedham
Amanda McCusker	FR	FR	Westford, Mass./Westford Academy
Katie Migliaccio	JR	FR	Barrington, R.I./Barrington
Allison Piersall	FR	FR	Roxbury, Conn./Shepaug Valley
Jackie Preston	SO	Diving	Wilton, N.H./Bishop Guertin
Kaitlin Smith	FR	Diving	Newfields N.H./Exeter
Kallyn Smith	SO	FR	Litchfield, Conn./Litchfield
Stephanie Smith	SO	Fly/FR	Georgetown, Mass./Mount Desert Island
Kara Walker	JR	FR	Westford, Vt./Essex
Natalie Whaley	FR	Bk/Fly/FR	Deep River, Conn./Valley Regional

Head Coach: Rick Goerlitz, 7th Season (SUNY Potsdam '93)

Assistant Coaches: Karen Vandenberg, Signe Linville (Colby-Sawyer '06),

Diving Coach: Meg Ross (Colby-Sawyer '06)

In just six seasons, Rick Goerlitz has built the Colby-Sawyer swimming and diving teams into one of the top programs in New England.

Last season, Coach Goerlitz, the 2004 New England Intercollegiate Swimming and Diving Association (NEISDA) Women's Coach of the Year, guided his men's team to new heights as they finished fifth in the NEISDA Championship.

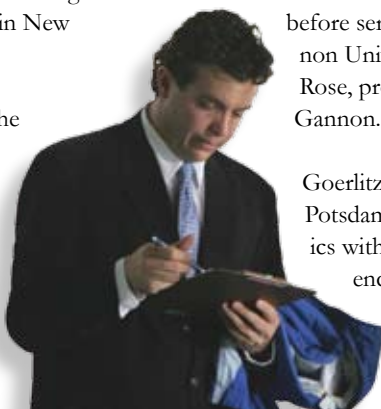
During the 2006-07 season, Coach Goerlitz helped the women's team garner its first top-five NEISDA finish in program history, while the men's team earned a spot in the top 10 for the first time.

Under Coach Goerlitz's guidance, Breien Milton ('07) became the first Colby-Sawyer swimmer to earn an NCAA "B" cut time. Over her career as a Charger, Milton was named 2004 Swimmer of the Meet at the NEISDA Championships and received the 2007 Kay Fromer Award

Wil McCarthy ('09) was also the first male swimmer to compete at the Eastern College Athletic Conference Open Championships for Colby-Sawyer, finishing 16th in the 100 butterfly last season.

Coach Goerlitz began his career as an assistant coach at SUNY Potsdam from 1991-94 before serving as the head coach at Gannon University and the College of St. Rose, producing two All-Americans at Gannon.

Goerlitz, a 1993 graduate of SUNY Potsdam, holds a degree in Mathematics with concentrations in Health Science and Computer Science.



The Goerlitz File Women

Year	College	Record	Conf. Finish
1995-96	St. Rose	5-11	
1996-97	Gannon	10-3	
2001-02	Colby-Sawyer	2-7	17th
2002-03	Colby-Sawyer	6-8	13th
2003-04	Colby-Sawyer	9-5	6th
2004-05	Colby-Sawyer	11-2-1	6th
2005-06	Colby-Sawyer	14-4	5th
2006-07	Colby-Sawyer	5-9	13th
Totals		62-49-1	
Colby-Sawyer		47-35-1	

Men

Year	College	Record	Conf. Finish
1995-96	St. Rose	5-11	
1996-97	Gannon	5-7	
2002-03	Colby-Sawyer	1-7	12th
2003-04	Colby-Sawyer	0-8	11th
2004-05	Colby-Sawyer	3-6	12th
2005-06	Colby-Sawyer	6-8	8th
2006-07	Colby-Sawyer	6-6	5th
Totals		26-53	
Colby-Sawyer		16-35	



Diving Coach
Meg Ross



Assistant Coach
Karen Vandenberg



Assistant Coach
Signe Linville

2007-08 Season Preview

With an influx of new talent and a deep returning core, the future looks bright for Colby-Sawyer swimming and diving. Head Coach Rick Goerlitz, set to begin his seventh season at Colby-Sawyer, is optimistic that the Chargers can improve on last season's finish at the New England Intercollegiate Swimming and Diving Association (NEISDA) Championships.

Last season, the men finished fifth out of 12 teams at championships, despite having only eight swimmers on the team. With a roster double the size of last year, the Chargers are hoping for a top-four finish in 2008 and look to pick up more wins during the regular season.

"Our three captains can really be dominant for us this season," said Coach Goerlitz. Juniors Wil McCarthy (Westboro, Mass.) and John DeGray (Wethersfield, Conn.) along with senior Jamie Messier (Wiscusset, Maine) head the deepest men's team the Chargers have ever had.



Junior Wil McCarthy

"We are looking for Wil to qualify early in the season for an ECAC bid in the 100 butterfly and hopefully he will qualify in even more events as the season goes on," said Coach Goerlitz "Wil has been posting some of his best times ever this pre-season.

"John is already posting his fastest times ever in distance events and looks to best his time in the 500, 1,000, and 1,650 free."

Messier is one of only two seniors on the men's team and will be an important part of Colby-Sawyer's success. "Last year Jamie placed in the one-meter and three-meter diving competitions," said Coach Goerlitz. "He has a real chance at qualifying for the ECAC's this year."

Also looking to play an important role for the Chargers this year are senior Chris Huyler (Hatfield, Mass.) and juniors Billy Lyons (Troy, N.Y.) and Nick Laurence (Newton, Mass.).

According to Coach Goerlitz, "Chris has natural, raw talent in the backstroke events and is coming into the season in the best shape of his career." Last year for the Chargers, Huyler made it into the finals in both the 50 and 100 backstroke.

"Nick is a diver that picked up the sport late. He has only started diving since he's been in college but he is improving quickly. Billy is one of the top breaststrokers we have and should make it to the finals at championships. He trains incredibly hard."

The Chargers have some very talented freshmen coming in to join the team this season, led by Nick Hinckley (Topsfield, Mass.) and D.J. Poulin (Harwinton, Conn.).

"Hinckley is very strong in the backstroke events and he will really push and challenge Chris Huyler," said Coach Goerlitz. "So far those two have been almost neck and neck in their events.

"D.J. should be a top sprinter for us this year," said Coach Goerlitz. "He is still learning the ropes, but posted his personal best 200 free this pre-season."

Rounding out the roster for the Charger men are junior Brian O'Neil (Wakefield, Mass.), sophomores Ryan Martin (Chester, N.H.) and Dave Mikita (Ansonia, Conn.), and freshmen Max Gaughan (Centerville, Ohio), Jeffrey Marc-Aurele (Ipswich, Mass.), James Riley (Concord, N.H.) and Paul Trumper (Plaistow, N.H.).

On the women's side, the Chargers face a rebuilding year, with the graduation Breien Milton ('07), whose name litters the swimming record book. At the same time, Coach Goerlitz is excited about the talented freshmen and a solid group of returnees.

"I think we will move up in the championships where we finished 13th out of 22 teams last year," said Coach Goerlitz. "Our hope is that we can be in the top ten at championships."



Senior Liz Gross

Two swimmers who will lead the Chargers in their quest are captains Jillian Buonanno (East Lyme, Conn.) and Liz Gross (King Ferry, N.Y.). They are, according to Coach Goerlitz, “doing a great job getting the group focused this year.

“Liz is switching events this year and is filling in as a breaststroker, which is a new role for her. It has really helped us a lot,” said Coach Goerlitz. “She will continue swimming distance and freestyle and is already posting her fastest times in the pool.”

Underclassmen that will have an impact include Danielle Bowen (Litchfield, N.H.), Rachel Bourne (Lakeville, Mass.), Natalie Whaley (Deep River, Conn.) and Allison Piersall (Roxbury, Conn.).

“Danielle is posting her fastest times ever. She came back in amazing shape and is swimming very fast in backstroke events,” said coach Goerlitz. “Her swimming in the IM events are really impressing me so far. I believe that she is going to do amazing this year at championships.

“Rachel is doing well at freestyle,” said Coach Goerlitz. “Stephanie is another swimmer having a great pre-season.

“Natalie has been dominating her events. Her times should put her top five in the conference in the butterfly. She is also a very strong back-

stroker.

“Allison is stepping up as a middle distance freestyler and should put up some good times and make championships this year.”

The top divers this year for the women are Jill Hadavia (Dedham, Mass.) and Betsy Berkenbush (West Newbury, Mass.).



Junior John DeGray

Coach Goerlitz is excited about the direction that second-year diving coach Meg Ross ('06) has the program headed.

“Having Meg Ross as our diving coach has really helped. Under her direction the program is flourishing.”

Rounding out the roster for the women are senior Allison Fisher (Rumford, R.I.) and juniors Katie Migliaccio (Barrington, R.I.) and Kara Walker (Westford, Vt.). The sophomore members include Arin Auger (Alfred, Maine), Jackie Preston (Wilton, N.H.), Kallyn Smith (Litchfield, Conn.), and Stephanie Smith (Georgetown, Mass.). The freshmen participants are Krissy Bertelletti (Stoughton, Mass.), Louise Bowker (Chelmsford, Mass.), Amanda McCusker (Westford, Mass.), and Kaitlin Smith (Newfields, N.H.).



2007-08 Chargers



Arin Auger
Sophomore
FR/Diving
Alfred, Maine
Massabesic



Betsy Berkenbush
Senior
FR
West Newbury, Mass.
Pentucket



Krissy Bertelletti
Freshman
FR
Stoughton, Mass.
Stoughton



Rachel Bourne
Sophomore
FR
Lakeville, Mass.
Coyle and Cassidy



Danielle Bowen
Sophomore
IM/Fly/BK
Litchfield, N.H.
Campbell



Louise Bowker
Freshman
FR
Chelmsford, Mass.
Chelmsford



Jillian Buonanno
Senior
FR
East Lyme, Conn.
East Lyme



John DeGray
Junior
FR/Diving/IM
Wethersfield, Conn.
Wethersfield



Allison Fisher
Senior
BK/Fly
Rumford, R.I.
E. Providence



Max Gaughan
Freshman
FR
Centerville, Ohio
Archbishop Alter



Jill Hadayia
Sophomore
Diving
Dedham, Mass.
Dedham



Nick Hinckley
 Freshman
 FR/BK
 Topsfield, Mass.
 Masconomet



Liz Gross
 Senior
 FR
 King Ferry, N.Y.
 Southern Cayuga



Chris Huyler
 Senior
 FR/BK
 Hatfield, Mass.
 Smith Academy



Nick Laurence
 Junior
 Diving
 Newton, Mass.
 Newton



Billy Lyons
 Junior
 FR/BK
 Troy, N.Y.
 Tamarac



Jeffrey Marc-Aurele
 Freshman
 FR
 Ipswich, Mass.
 Ipswich



Ryan Martin
 Sophomore
 FR
 Chester, N.H.
 Pinkerton Academy



Wil McCarthy
 Junior
 Fly/FR
 Westboro, Mass.
 Westboro



Amanda McCusker
 Freshman
 FR
 Westford, Mass.
 Westford Academy



Jamie Messier
 Senior
 Diving
 Wiscusset, Maine
 Wiscusset



Dave Makita
 Sophomore
 Diving
 Ansonia, Conn.
 Ansonia

2007-08 Chargers



Katie Migliaccio
Junior
FR
Barrington, R.I.
Barrington



Brian O'Neil
Junior
Free/BR
Wakefield, Mass.
Wakefield



Allison Piersall
Freshman
FR
Roxbury, Conn.
Shepaug Valley



DJ Poulin
Freshman
FR
Harwinton, Conn.
Lewis S. Mills



Jackie Preston
Freshman
Diving
Wilton, N.H.
Bishop Guertin



James Riley
Freshman
FR/Fly
Concord, N.H.
Concord



Kaitlin Smith
Freshman
Diving
Newfields, N.H.
Exeter



Kallyn Smith
Sophomore
FR
Litchfield, Conn
Litchfield



Stephanie Smith
Sophomore
Fly/FR
Georgetown, Mass.
Mount Desert Island



Paul Trumper
Freshman
FR/BK
Plaistow, N.H.
Timberlane



Kara Walker
Junior
FR
Westford, Vt.
Essex



Natalie Whaley
Freshman
BK/Fly/FR
Deep River, Conn
Valley Regional

The Colby-Sawyer College men's and women's swimming and diving teams each turned in sound seasons in their sixth season competing as a varsity program. The men's team finished 6-6 overall including a 5-2 mark in New England Intercollegiate Swimming & Diving Association (NEISDA) events. The women were 5-9 overall and 4-5 in NEISDA events.

The Charger men won four of their first six meets of the season including an October 28th win over Norwich, the first in the history of the Colby-Sawyer program.

At The Commonwealth Coast Conference (TCCC) Invitational hosted by Roger Williams, the men's team finished second as Ryan Martin, Wil McCarthy and Jamie Messier picked up a combined eight wins to lead the Chargers. McCarthy set a school record in the 200 medley, with a time of 26.16 in the 50 backstroke. Martin also broke the 1650 freestyle mark with a time of 18:29.54. Messier had 370 points in the meet, an NCAA conditional score.

On the team's trip to Key Largo, Fla. for the Orange Bowl Classic, a non-scoring meet, McCarthy had two first-place finishes. He won both the 50 and 100-meter butterfly races, and was also a runner-up in the 50 freestyle. Several other swimmers captured top-10 spots in the meet, including sophomore John DeGray, Martin, Eric Driver and Billy Lyons.

At the New England Championships hosted by the University of New Hampshire, the men had their best finish, placing fifth out of 13 schools.

McCarthy remained conference champion in the 50 fly, 100 fly and moved up a spot to second in the 200 fly. McCarthy posted new school records in the 50 fly (23.55), 200 fly (1:59.79) and in the lead leg of the 200 free relay where his time of 22.07 set a new 50 free school record.

Messier finished the meet second in the 3-meter dive with a score of 347.00 and 3rd in the 1-meter with a score of 343.30. DeGray broke his own school records in the 1000 free (10:41.66) and in the 1650 free (17:50.66).

Martin set the new mark in the 500 free with a time of 5:05.51 while Zac Lamas set a new school record in the 200 breaststroke with a time of 2:24.04. Four out of the five relays the men's team swam broke school records.

New marks were set in the 200 free relay (1:32.88 Martin, Lamas, Chris Huyler, McCarthy), 200 medley relay (1:42.35 Huyler, Lyons, McCarthy, Martin), 400 medley relay (3:46.21 Huyler, Lamas, McCarthy, Martin) and 800 free relay (7:42.02 Martin, DeGray, Lamas, McCarthy).

The Charger women started the season winning three of their first six meets, picking up wins against Bridgewater, Norwich and Elms. Against Elms, a 163-129 victory for the Chargers, senior Breien Milton won four events, including the 50 backstroke, the 50 freestyle and the 100 backstroke. Milton also led the winning 200 freestyle relay team, which included Rachel Bourne, Sarah Zirnkilton, and Cailee Hawkins.

At TCCC invitational, the Chargers took third place, as Milton secured four wins and Jen Pine won the three-meter dive. One of Milton's four wins, the 200 medley relay, was assisted by teammates Hawkins, Danielle Campbell and Danielle Bowen.

Hawkins won three events at the conference invitational, picking up wins in the 50 freestyle, 50 butterfly and 200 freestyle relay. She also finished second in the 200 breaststroke. O'Leary took home second in the 200 medley and three third-place finishes in the 100 butterfly, 200 backstroke and 200 IM.

The women finished 13th at the New England Championships as both Hawkins and Milton were finalists in all their events. Milton was awarded the Kay Fromer Award, an award given to the senior who scores the most points over four years. Milton, a conference champion in the back stroke events and the 100 IM for several seasons, led the Colby-Sawyer relay teams into the finals numerous times over her career.



Breien Milton ('07)

Women's Records

Event	Holder	Time	Date
50 FR	Signe Linville	25.99	02/20/04
100 FR	Breien Milton	54.98	02/22/04
200 FR	Liz Gross	2:05.57	02/19/05
500 FR	Signe Linville	5:20.77	02/20/04
1000 FR	Signe Linville	11:05.24	02/19/05
1650 FR	Signe Linville	18:34.60	02/22/04
50 FL	Cailee Hawkins	28.98	02/21/04
100 FL	Signe Linville	1:04.27	01/28/06
200 FL	Signe Linville	2:27.00	02/14/06
50 BK	Breien Milton	27.76	02/07/04
100 BK	Breien Milton	59.76	02/21/04
200 BK	Breien Milton	2:10.63	02/20/04
50 BR	Breien Milton	32.78	02/18/07
100 BR	Susan Jaescke	1:13.18	02/19/05
200 BR	Susan Jaescke	2:36.36	02/20/05
100 IM	Breien Milton	1:02.66	02/07/04
200 IM	Breien Milton	2:18.70	01/31/04
400 IM	Signe Linville	4:55.34	02/19/06

Diving

1m (6)	Jen Pine	222.47	02/12/07
1m (11)	Jen Pine	309.45	12/02/06
3m (6)	Jen Pine	212.80	12/02/06
3m (11)	Jen Pine	310.65	02/18/07

Relays

200 FR	Linville, Kamal, Bordeau, Milton	1:43.68	02/20/04
400 FR	Milton, Lull, Bordeau, Linville	3:48.52	02/22/04
800 FR	Bordeau, Milton, Hawkins, Linville	8:45.72	012/5/03
200 MR	Milton, Jaescke, Hawkins, Linville	1:56.08	02/21/04
400 MR	Milton, Jaescke, Cox, Linville	4:16.60	02/18/05

Event	Holder	Time	Date
50 FR	Wil McCarthy	22.07	02/18/07
100 FR	Wil McCarthy	50.29	12/03/05
200 FR	Wil McCarthy	1:52.83	02/04/06
500 FR	Ryan Martin	5:05.51	02/18/07
1000 FR	John DeGray	10:41.66	02/18/07
1650 FR	John DeGray	17:50.66	02/18/07
50 FL	Wil McCarthy	23.55	02/18/07
100 FL	Wil McCarthy	51.79	02/25/06
200 FL	Wil McCarthy	1:59.79	02/18/07
50 BK	Wil McCarthy	26.16	12/02/06
100 BK	Wil McCarthy	57.65	12/09/06
200 BK	Sam Herman	2:08.70	11/12/05
50 BR	Billy Lyons	29.35	02/17/06
100 BR	Derek Perkins	1:03.95	02/22/03
200 BR	Zac Lamas	2:24.04	02/18/07
100 IM	Wil McCarthy	58.50	01/27/06
200 IM	Wil McCarthy	2:08.35	01/21/06
400 IM	Wil McCarthy	4:42.41	02/01/06

Diving

1m (6)	Jamie Messier	280.45	12/09/06
1m (11)	Jamie Messier	346.35	02/11/06
3m (6)	Jamie Messier	257.65	12/09/06
3m (11)	Jamie Messier	347.00	02/18/07

Relays

200 FR	Martin, Huyler, Lamas, McCarthy	1:32.88	02/18/07
400 FR	Grinnell, Blaszkka, Huyler, McCarthy	3:28.85	02/17/06
800 FR	Martin, DeGray, Lamas, McCarthy	7:42.02	02/18/07
200 MR	Huyler, Lyons, McCarthy, Martin	1:42.35	02/18/07
400 MR	Huyler, Lyons, McCarthy, Martin	3:46.21	02/18/07

Home of the Chargers

The Dan and Kathleen Hogan Sports Center is the heart of indoor athletics and fitness on campus. The 63,000-square-foot facility features a competition-size swimming pool (Knight Natatorium), field house with basketball and volleyball courts, an aerobics room, and racquetball, squash, wallyball and handball courts. There is also a fully equipped fitness center for team use, for individual athletes and for students' personal fitness. Mercer Hall, which recently underwent a full renovation, houses the Ray Indoor Climbing Wall, as well as a human performance laboratory that provides computerized health and fitness assessments.



2007-08 Colby-Sawyer Chargers Swimming and Diving Schedule

October

27 at Norwich 1:00 pm

November

3 **Keene State** 1:00 pm

10 at St. Michael's 1:00 pm

17 **Elms** 1:00 pm

December

1 at U. of New England w/Western New England 1:00 pm

8 at CCC Invitational at Roger Williams TBA

January

8 **Roger Williams** 1:00 pm

18 **Gordon** 1:00 pm

19 **Regis** 1:00 pm

26 at Wesleyan w/ Conn. College & Clark 1:00 pm

February

2 at UMass - Dartmouth 1:00 pm

15-17 New England Championships TBA

22-24 ECAC Championships - at PITT TBA

March

13-15 Women's NCAA Championships TBA

20-22 Men's NCAA Championships TBA

Home meets in **BOLD**