



Facilities

The men's swimming and diving team competes at the Art Linkletter Natatorium in the Physical Education Complex. The facility includes a six-lane, 50-meter pool in addition to a diving area which features two one-meter cheese boards and a three-meter tower containing two cheese boards. The site has been the host of regional and national championships, also serving as the training grounds for Olympic competitors.



SPRINGFIELD COLLEGE ATHLETICS

Men's Swimming and Diving 2009-10



senior captain
Gordon Brown

in the upcoming campaign. Newcomers **Nolan Manley**, **Tim Ramos**, and **Travis Morse** will make an impact in their first years for Springfield, while **Kenny Pancoast** will only improve an already strong diving unit.

Starting his 21st season, head coach **John Taffe** will be patrolling the pool deck at the helm of the Pride. Under Taffe's direction, 11 Pride squads have finished among the top 20 teams in Division III over the past 12 years, while in 2005 the Pride captured its first-ever NEWMAC championship, earning him NEWMAC Coach of the Year honors.

The diving team is led by the 2008 and 2009 NEWMAC Men's Diving Coach of the Year, Coach **Peter Avdoulos** in his 25th season. The 1985 graduate of Springfield College was named the 2005 NCAA Division III Men's Diving Coach of the Year, and was previously tabbed the NEWMAC Men's Diving Coach of the Year in '05 and '06.

2009-10 Season Preview

Headed up by last season's New England Women's and Men's Athletic Conference (NEWMAC) Diver of the Year **Brian Sobel**, as well as a handful of talented returners, the Springfield College men's swimming and diving program looks to continue to develop as one of the top programs in the country.

Last season, the Pride finished tied for 26th at the NCAA Championships and took third at the NEWMAC Championships. Both Sobel and teammate **Matt Fitzgerald** went on to earn All-American honors on the diving boards and will lead the Pride this season.

In the pool, Springfield will look to **Ryan Mackstutis**, **Andrew Blakesley**, and **Brian Way** for continued success

2009-10 Schedule

October

31 Sat. at Holy Cross 1:00 pm

November

14 Sat. at University of Rhode Island 1:00 pm
21 Sat. **Keene State** 1:00 pm
21 Sat. **Wheaton** 1:00 pm
22 Sun. at Middlebury 1:00 pm

December

4 Fri. at Harold Anderson Invit @URI TBA
5 Sat. at Harold Anderson Invit @URI TBA

January

9 Sat. at Hartwick 1:00 pm
9 Sat. vs. Union 1:00 pm
16 Sat. at NYU 1:00 pm
17 Sun. **MIT** 1:00 pm
17 Sun. **Coast Guard** 1:00 pm

January (continued)

23 Sat. **Williams** 1:00 pm
30 Sat. at Babson 1:00 pm

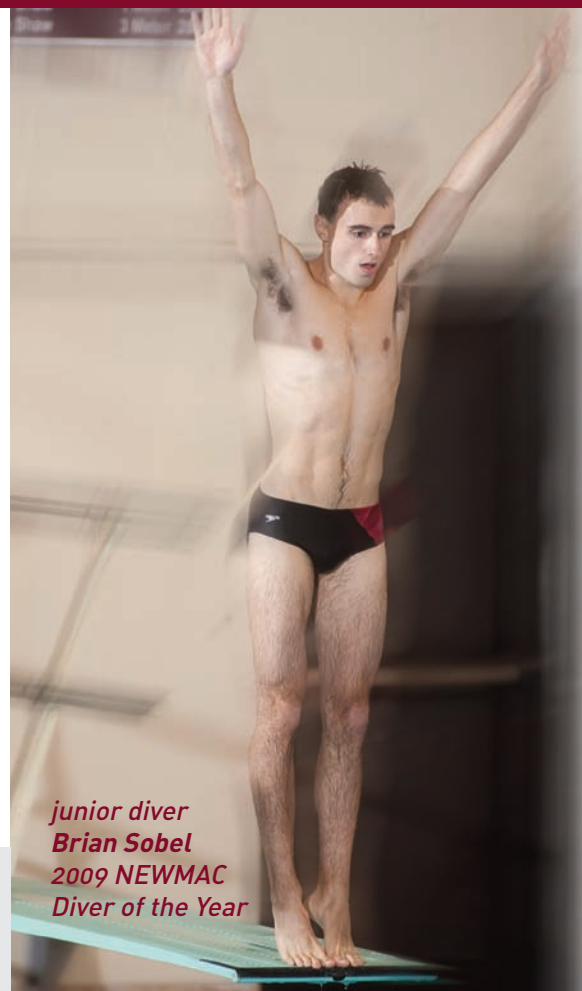
February

6 Sat. at Amherst 1:00 pm
26 Fri. at NEWMAC Championships TBA
27 Sat. at NEWMAC Championships TBA
28 Sun. at NEWMAC Championships TBA

March

17 Wed. at NCAA Division III Championships TBA
18 Thur. at NCAA Division III Championships TBA
19 Fri. at NCAA Division III Championships TBA
20 Sat. at NCAA Division III Championships TBA
21 Sun. at NCAA Division III Championships TBA

Home meets in **bold**



junior diver
Brian Sobel
2009 NEWMAC
Diver of the Year

FAST FACTS:

- ▼ Springfield College is considered one of the best collegiate swimming and diving programs in Division III, with 11 Pride squads finishing among the top 20 teams in Division III over the past 12 years.
- ▼ Head swimming coach **John Taffe** led the Pride to its first-ever NEWMAC championship in 2005, earning him NEWMAC Coach of the Year honors.
- ▼ The 2005 team placed ninth at the NCAA Division III Championships, the highest recorded by a Springfield College team.
- ▼ **Peter Avdoulos**, the current NEWMAC Men's Diving Coach of the Year, is regarded as one of the top diving coaches in the nation. He has been voted the New England Diving Coach of the Year eight times since 1991.
- ▼ Conference: New England Women's and Men's Athletic Conference (NEWMAC).
- ▼ Affiliations: National Collegiate Athletic Association (NCAA) Division III, Eastern College Athletic Conference (ECAC).
- ▼ Home Facility: Art Linkletter Natatorium.

CONTACT INFORMATION:

MEN'S SWIMMING

Head Coach: **John Taffe**
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MEN'S DIVING

Head Coach: **Peter Avdoulos**
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Head Swimming Coach John Taffe

John Taffe enters his 21st season as the head coach of the men's and women's swimming teams at Springfield College. He also serves as an assistant professor of physical education.

Under Taffe's leadership, the Pride has returned to its status as one of the best collegiate swimming and diving programs in Division III. Eleven Springfield squads have finished among the top 20 teams in Division III over the past 12 years. Taffe guided the men's squad to its first-ever New England Women's and Men's Athletic Conference (NEWMAC) Championship in 2005. The 2005 team placed ninth at the NCAA Div. III Championships, which was the highest ever recorded by a Pride team.

Most recently, Taffe guided the tandem of Roy Burch and Justin Zook to international success as the duo headed to Beijing for the 2008 Summer Olympics. Burch represented Bermuda while Zook competed in the Paralympics for the United States.

Taffe has coached countless NCAA All-Americans and conference champions at Springfield. He is a two-time NEWMAC Men's Coach of the Year, and has been named the NEWMAC Women's Coach of the Year six times.

Taffe served as the head coach for the Netherlands-Antilles squad at the 2000 Olympic Games in Sydney, Australia, coaching Pride All-American Howard Hinds, a 2000 graduate.

Taffe attended the University of Rhode Island, where he was a five-time New England swimming champion as well as a two-time First Team All-New England water polo selection for the Rams. He received his bachelor's degree in physical education from URI in 1985 and his master's degree in education from East Carolina in 1988.



Head Diving Coach Peter Avdoulos

Entering his 25th year as the diving coach at his alma mater, **Peter Avdoulos '85** is regarded as one of the top diving coaches in the nation. Avdoulos was a standout diver as an undergraduate and received the Charles Batterman Award as the top New England performer over a four-year period.

Avdoulos has coached numerous All-New England and All-American divers, including All-American Lindsay Moore, the Division III Women's Diver of the Year in 2002. On the men's side, Avdoulos coached All-American Mike Shaw, the first Springfield male diver to win a national title as he was named the 2005 NCAA Division III National Diver of the Year.

Avdoulos has been the NCAA Division III Women's Diving Coach of the Year four times in the last decade and the NCAA Division III Men's Diving Coach of the Year twice. He was named the NEWMAC Men's and Women's Diving Coach of the Year for the 2002-2003 season. A four-time NEWMAC Men's Diving Coach of the Year, Avdoulos is responsible for developing Pride athlete Brian Sobel into one of the top divers in the country. Sobel, who currently owns three of the four school diving records, was named NEWMAC Diver of the Year in 2009.

2008-09 Results

October

22 **Holy Cross** W, 132-106

November

1 vs. Southern Connecticut L, 142.5-155.5
 15 **University of Rhode Island** W, 160-140
 22 vs. Keene State W, 176-124
 22 at Wheaton W, 226.50-67.50
 23 **Middlebury** W, 156.5-139.5

December

5-7 at TCNJ Invitational no team score

January

10 at Union W, 132.5-110.5
 10 vs. Hartwick W, 133-110

January (cont.)

17 **NYU** T, 121.5-121.5
 18 at MIT L, 100.5-197.5
 18 vs. Coast Guard L, 106-194
 24 at Williams L, 110-188
 31 **Babson** W, 154-117

February

7 **Amherst** L, 125-173

March

1 NEWMAC Championships 3rd/7, 613 points
 18-21 NCAA Men's Division III National Championships T-26th, 31 points

Home Meets in **bold**

2008-09 Honors

NCAA Division III First Team All-American: Brian Sobel, 1 and 3 meter diving ▼ **NCAA Division III All-American Honorable Mention:** Matt Fitzgerald, 1 and 3 meter diving ▼ **NEWMAC Diver of the Year:** Brian Sobel ▼ **NEWMAC Diving Coach of the Year:** Peter Avdoulos ▼ **NEWMAC All-Conference First Team:** Brian Sobel, 1 and 3 meter diving; Brian Way, 200 I.M., 400 I.M.; Greg Pearsall, 50 free ▼ **NEWMAC All-Conference Second Team:** Matt Fitzgerald, 1 and 3 meter diving; Brian Way, 800 free relay; Greg Pearsall, 200 free relay, 200 free, 100 free, 400 free relay, 800 free relay; Ryan Mackstutis, 200 free relay, 100 breast; Matt Manoni, 200 free relay, 400 free relay; Andrew Blakesley, 200 free relay, 500 free, 400 free relay, 800 free relay; Anthony Bruno, 400 free relay, 800 free relay ▼ **NEWMAC All-Conference Second Team:** Matt Fitzgerald, 1 and 3 meter diving ▼ **NEWMAC All-Academic Team:** Matthew Fitzgerald, Brian Sobel ▼ **Maroon Club Athletes of the Week:** Oct. 27-Ryan Mackstutis, Nov. 3-Brian Sobel, Jan. 19-Brian Way ▼ **NEWMAC Male Diver of the Week:** Nov. 3, Nov. 24, Dec. 8, Jan. 12, Jan. 19, Jan. 26, Feb. 2, and Feb. 9-Brian Sobel ▼ **ECAC Division III Male Diver of the Week:** Dec. 8, Jan. 12, Jan. 19, and Jan. 26-Brian Sobel

Varsity Records

| Event | Name | Record | Year |
|---------------------|------------------------------------|----------|------|
| 50 Freestyle | Roy Burch | 20.26 | 2008 |
| 100 Freestyle | Howard Hinds | 45.08 | 2000 |
| | Roy Burch | 45.08 | 2008 |
| 200 Freestyle | Louis Arruda | 1:40.30 | 2005 |
| 500 Freestyle | Dan Moran | 4:37.46 | 2005 |
| 1000 Freestyle | Dan Moran | 9:46.50 | 2006 |
| 1650 Freestyle | Dan Moran | 16:17.88 | 2006 |
| 100 Backstroke | Roy Burch | 51.28 | 2008 |
| 200 Backstroke | Justin Zook | 1:55.79 | 2008 |
| 100 Butterfly | Louis Arruda | 51.15 | 2005 |
| 200 Butterfly | Dan Moran | 1:52.22 | 2005 |
| 100 Breaststroke | Ryan Mackstutis | 58.79 | 2008 |
| 200 Breaststroke | Ryan Mackstutis | 2:09.63 | 2008 |
| 200 I.M. | Larry Jordan | 1:53.27 | 1984 |
| 400 I.M. | Brian Way | 4:06.13 | 2009 |
| 1-Meter Diving (6) | Brian Sobel | 334.50 | 2009 |
| 1-Meter Diving (11) | Brian Sobel | 540.60 | 2009 |
| 3-Meter Diving (6) | Brian Sobel | 347.25 | 2009 |
| 3-Meter Diving (11) | Mike Shaw | 573.60 | 2005 |
| 200 Medley Relay | Burch, Blakesley, Bruno, Pearsall | 1:33.92 | 2008 |
| 400 Medley Relay | Burch, Mahoney, Leshnick, Arruda | 3:28.30 | 2005 |
| 200 Free Relay | Manoni, Burch, Blakesley, Pearsall | 1:22.63 | 2008 |
| 400 Free Relay | Bruno, Blakesley, Manoni, Pearsall | 3:04.00 | 2009 |
| 800 Free Relay | LeCompte, Moran, Leshnick, Arruda | 6:53.20 | 2005 |



senior captain
Matt Fitzgerald

2009-10 Roster

| Name | Cl. | Event | Hometown/Previous School |
|-------------------------|-----|--------------------|---|
| Andrew Blakesley | Jr. | Free, Breast | West Springfield, Mass./West Springfield |
| Gordon Brown | Sr. | Free | Litchfield, Conn./Litchfield |
| Aidan Burke | Fr. | Fly, I.M. | Wilbraham, Mass./Minnechaug |
| Jerome Cummiskey | Jr. | Free, Back | Providence, R.I./Bishop Hendricken |
| Michael DeMellia | Jr. | Free | Haverhill, Mass./Haverhill |
| Joshua Ernst | So. | I.M. | W. Springfield, Mass./West Springfield |
| Matt Fitzgerald | Sr. | Dive | Pelham, N.H./Lowell |
| Tyler Gunningsmith | So. | Dive | Trumansburg, N.Y./Dickerson |
| Matt Hendry | Fr. | Free | Chelmsford, Mass./Chelmsford |
| Ryan Irwin | Fr. | Breast | Litchfield, Conn./Litchfield |
| Anthony Lamberston | Jr. | Free | Torrington, Conn./Torrington |
| John MacDonald | So. | Fly, Free | Burnt Hills, N.Y./Burnt Hills |
| Ryan Mackstutis | Sr. | Back, Breast, I.M. | Torrington, Conn./Torrington |
| Scott Mackstutis | So. | Back, Free | Torrington, Conn./Torrington |
| Nolan Manley | Fr. | Free | Monson, Mass./Monson |
| Matt Manoni | Sr. | Free | Brookfield, Conn./Brookfield |
| Travis Morse | Fr. | Back | Marbledale, Conn./Shepaug |
| Kenny Pancoast | Fr. | Dive | Monroe, Conn./Masuk |
| Sean Pennington | So. | Breast | Monson, Mass./Monson |
| Scott Peters | Fr. | Free | Glastonbury, Conn. |
| Tim Ramos | Fr. | Fly, I.M. | Chicopee, Mass./Chicopee Comp. |
| Timothy Russell | So. | Free | Andover, Mass./Andover |
| David Schupack | Jr. | Free, Breast | Southbury, Conn./Pomperaug |
| Derek Shaver | Fr. | Dive | Springfield, Mass./Central |
| David Shaw | So. | Fly, Free | East Stroudsburg, Pa./E. Stroudsburg Senior South |
| Brian Sniffin | So. | Breast | Brookfield, Conn./Brookfield |
| Brian Sobel | Jr. | Dive | Stratford, Conn./Bunnell |
| Christopher Van Amburgh | Sr. | Free | Fitchburg, Mass./Fitchburg |
| Brian Way | So. | I.M., Breast | Beachwood, N.J./Toms River South |
| Gary York | So. | Free | Plainville, Conn./Plainville |

Head Coach:

John Taffe
(21st season, University of Rhode Island '85)

Diving Coach:

Peter Avdoulos
(25th season, Springfield College '85)

Assistant Coaches:

Lindsay Delarosby,
Sarah Healy, John Weaver

Captains:

Gordon Brown '10,
Matt Fitzgerald '10,
Ryan Mackstutis '10