



# SPRINGFIELD COLLEGE ATHLETICS

## Men's Swimming and Diving 2008-09



*junior swimmer*  
**Ryan Mackstutis**

### FAST FACTS:

- ▼ Springfield College is considered one of the best collegiate swimming and diving programs in Division III, with ten Pride squads finishing among the top 20 teams in Division III over the past twelve 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.
- ▼ Head diving coach **Peter Avdoulos** 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**  
Office: Art Linkletter Natatorium  
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#### MEN'S DIVING

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## Head Swimming Coach John Taffe

**John Taffe** enters his 20th 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. Ten 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 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 in the pool while Zook competed in the Paralympics for the United States.

Taffe has coached countless NCAA All-Americans and conference champions at Springfield College. He is a two-time New England Men's and Women'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 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 24th year as the diving coach at his alma mater, **Peter Avdoulos** 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 in the last five years. He was named the NEWMAC Men's and Women's Diving Coach of the Year for the 2002-2003 season. A three-time NEWMAC Men's Coach, he most recently earned the honor in 2008 after coaching NEWMAC Diver of the Year, Ben Casavant.

## 2007-08 Results

### October

24	at Holy Cross	L, 113-128
27	at HCSU	L, 130-164
28	<b>Boston College</b>	L, 133-165

### November

10	at Rhode Island	L, 121-176
17	<b>Wheaton</b>	W, 158-99
30	ECAC's at East Meadow, N.Y.	3rd/16 teams

### December

1-2	ECAC's at East Meadow, N.Y.	3rd/16 teams
8	at Middlebury	L, 129-170

### January

12	<b>Hartwick</b>	W, 157-82
12	<b>w/Union</b>	W, 145-96
16	at NYU	L, 104-139

### January (cont.)

20	<b>MIT</b>	L, 117-181
20	<b>w/Coast Guard</b>	L, 113-187
26	at Williams	L, 106-192

### February

2	<b>Babson</b>	W, 128-96
9	<b>Amherst</b>	L, 105.5-129.5
29	NEWMAC Championships at MIT	3rd/7 teams

### March

1-2	NEWMAC Championships at MIT	3rd/7 teams
20-22	NCAA Championships at Miami, Ohio	14th/62 teams
	Home Meets in <b>bold</b>	

# 2007-08 Honors

**NCAA Division III First Team All-American:** Roy Burch, 50 free, 100 free, 200 free relay; Matt Manoni, 200 free relay; Greg Pearsall, 200 free relay; Andrew Blakesley, 200 free relay ▼ **NCAA Division III All-American Honorable Mention:** Roy Burch, 200 medley relay, 400 free relay, 100 back; Andrew Blakesley, 200 medley relay; Anthony Bruno, 200 medley relay, 400 free relay; Ben Casavant, 1 meter diving; Matt Manoni, 400 free relay; Greg Pearsall, 200 medley relay, 400 free relay ▼ **NEWMAC Diver of the Year:** Ben Casavant ▼ **NEWMAC Diving Coach of the Year:** Peter Avdoulos ▼ **NEWMAC All-Conference First Team:** Roy Burch, 200 free relay, 50 free, 100 free, 100 back, 400 free relay; Matt Manoni, 200 free relay, 400 free relay; Andrew Blakesley, 200 free relay; Greg Pearsall, 200 free relay, 400 free relay; Ben Casavant, 1 and 3 meter diving; Anthony Bruno, 400 free relay ▼ **NEWMAC All-Conference Second Team:** Brian Sobol, 1 and 3 meter diving; Justin Zook, 200 back; Greg Pearsall, 50 free, 400 medley relay; Roy Burch, 400 medley relay; Ryan Mackstutis, 400 medley relay, 200 breast; Anthony Bruno, 400 medley relay ▼ **NEWMAC All-Academic Team:** Matthew Fitzgerald, Scott Teti, Justin Zook ▼ **Maroon Club Athletes of the Week:** Oct. 29-Matt Manoni; Nov. 26-Ben Casavant; Mar. 3-Roy Burch ▼ **ECAC Division III Male Swimmer of the Week:** Jan. 17-Roy Burch

# 2008-09 Roster

Name	Cl.	Event(s)	Hometown/Previous School
Andrew Blakesley	So.	Free, Breast	West Springfield, Mass./West Springfield
Gordon Brown	Jr.	Free	Litchfield, Conn./Litchfield
Anthony Bruno	Sr.	Free, Fly	Southbury, Conn./Pomperaug
Jerome Cummisskey	So.	Free, Back	Providence, R.I./Bishop Hendricken
Michael DeMellia	So.	Free	Haverhill, Mass./Haverhill
Eamonn DiGaetano	Sr.	Free	Bridgewater, Conn./Shepaug Valley
Nicholas DiGiacomo	So.	Free, Back	Meriden, Conn./Platt
Joshua Ernst	Fr.	I.M.	W. Springfield, Mass./West Springfield
Matt Fitzgerald	Jr.	Dive	Pelham, N.H./Lowell
Tyler Gunningsmith	Fr.	Dive	Trumansburg, N.Y./Dickerson
Anthony Lamberston	So.	Free	Torrington, Conn./Torrington
John MacDonald	Fr.	Fly, Free	Burnt Hills, N.Y./Burnt Hills
Ryan Mackstutis	Jr.	Back, Breast, I.M.	Torrington, Conn./Torrington
Scott Mackstutis	Fr.	Back, Free	Torrington, Conn./Torrington
Matt Manoni	Jr.	Free	Brookfield, Conn./Brookfield
Greg Pearsall	Sr.	I.M., Breast	Litchfield, Conn./Litchfield
Sean Pennington	Fr.	Breast	Monson, Mass./Monson
Thomas Potenza	Jr.	Free	Cranston, R.I./Cranston East
Timothy Russell	Fr.	Free	Andover, Mass./Andover
David Schupack	So.	Free, Breast	Southbury, Conn./Pomperaug
David Shaw	Fr.	Fly, Free	East Stroudsburg, Pa./E. Stroudsburg Senior South
Brian Sniffin	Fr.	Breast	Brookfield, Conn./Brookfield
Brian Sobol	So.	Dive	Stratford, Conn./Bunnell
Brian Way	Fr.	I.M., Breast	Beachwood, N.J./Toms River South
Gary York	Fr.	Free	Plainville, Conn./Plainville



*sophomore swimmer*  
**Andrew Blakesley**

**Head Coach:** John Taffe  
(20th season, University of Rhode Island '85)

**Diving Coach:** Peter Avdoulos  
(24th season, Springfield College '85)

**Assistant Coaches:**  
Lindsay Delarosby, Sarah Healy, John Weaver

**Captains:** Anthony Bruno '09, Greg Pearsall '09

# 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.	Stephen Kozowyk	4:07.50	1994
1-Meter Diving (6)	Mike Shaw	324.975	2006
1-Meter Diving (11)	Mike Shaw	530.40	2003
3-Meter Diving (6)	Mike Shaw	344.10	2006
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	Burch, Manoni, Bruno, Pearsall	3:04.15	2008
800 Free Relay	LeCompte, Moran, Lechnick, Arruda	6:53.20	2005



**Justin Zook '08**, who graduated in May 2008, set a world record and won a gold medal in the 100 meter backstroke at the Paralympic Games in Beijing, China in September 2008.

*Photo credit: Xinhua*



## 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.

## 2008-09 Season Preview

Anytime a program graduates an Olympic and Paralympic qualifier as well as the NEWMAC Diver of the Year, it's a fair assumption that the level of success will level out. That will certainly not be the case for the Springfield College men's swimming and diving team in 2009. Coming off a 14th place finish at the NCAA Championships last spring, the Pride are loaded with returners who have experience at the national level and are poised to remain in the upper tier of programs in the New England Women's and Men's Athletic Conference (NEWMAC).

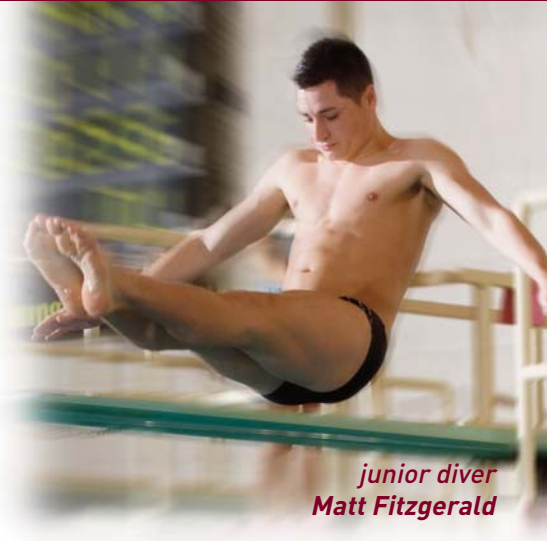
Springfield will be paced by returning All-Americans in seniors **Greg Pearsall** and **Anthony Bruno**, junior **Matt Manoni**, and sophomore **Andrew Blakesley**. Also looking to continue to impress will be sophomore **Brian Sobol**, who was named an alternate in the diving competition at the NCAA Championships last year.

For the 20th season, head coach **John Taffe** will be patrolling the pool deck at the helm of the Pride. Under Taffe's direction, 10 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.

Other returners to watch include junior **Ryan Mackstutis** who set two school records last year in the breaststroke, as well as **Tony Lamberston** on long distance freestyle, and **Mike DeMellia** in the sprints.

Freshmen expected to make an impact include **Josh Ernst** (I.M., free), **John MacDonald** (fly, free), **Scott Mackstutis** (back, fly, free), and **Brian Way** (I.M., breast).

The diving team is led by the 2008 NEWMAC Men's Diving Coach of the Year, Coach **Peter Avdoulos**, in his 24th 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.



*junior diver  
Matt Fitzgerald*

## 2008-09 Schedule

### October

22 Wed. **Holy Cross** 6:00 pm

### November

1 Sat. at CCSU w/SCSU 1:00 pm  
 15 Sat. **URI** 1:00 pm  
 22 Sat. at Wheaton w/Keene 1:00 pm  
 23 Sun. **Middlebury** 1:00 pm

### December

5-7 Fri.-Sun. TCNJ Invitational at Ewing, N.J. TBA

### January

10 Sat. at Union w/Hartwick 1:00 pm  
 17 Sat. **NYU** 1:00 pm  
 18 Sun. at MIT w/USCGA 1:00 pm

### January (continued)

24 Sat. at Williams 1:00 pm  
 31 Sat. **Babson** 1:00 pm

### February

7 Sat. **Amherst** 1:00 pm  
 20-22 Fri.-Sun. NEWMAC Championships at Wheaton All Day

### March

18-21 Wed.-Sat. NCAA Division III Championships at University of Minnesota TBA

Home meets in **bold**