



## Facilities

The women'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 Women's Swimming and Diving 2009-10



junior swimmer  
*Aimee Doe*

## 2009-10 Season Preview

After finishing 12th at the NCAA Championships a year ago and winning its ninth-straight conference title, the 2009-10 Springfield College women's swimming and diving team is poised to continue its success this season. Despite the loss of three-time NEWMAC Swimmer of the Year **Moira Price**, the Pride return six national participants from last seasons's squad. NEWMAC Rookie of the Year **Kaitlin Reilly** joined classmates **Jaelyn Van Waalwijk** and **Caroline Kosciusko** at nationals, while **Meg Cooney** returns after tremendous showings at the NCAA and NEWMAC Championships. Divers **Meghan Kijanka** and **Michelle Reggio** will anchor the Pride's diving corps. **Aimee Doe** and **Courtney Keefe** each met national qualifying standards last season and hope to reach the

national meet this upcoming season. **Janella Cuyler**, **Paige Rhodes**, and **Molly Potter** appear ready to make an impact as freshmen, while transfer **Kerry Lynch** looks to make a difference in her first year at Springfield.

Head Coach **John Taffe**, who enters his 21st year at Springfield College, will begin this season as a six-time NEWMAC Coach of the Year. Taffe believes that this year's team possesses the appropriate mix of experience, depth, and youth.

Head diving coach **Peter Avdoulos** enters his 25th season at Springfield College since graduating from the College in 1985. Avdoulos is a four-time NCAA Division III Women's Coach of the Year. He is also a five-time NEWMAC Coach of the Year, as Avdoulos has coached three separate National Champions



senior captain  
*Megan Cooney*

## FAST FACTS:

- ▼ Springfield College is considered one of the best collegiate swimming and diving programs in the nation (Division III).
- ▼ Head swimming coach **John Taffe**, who enters his 21st year at Springfield College, begins the 2009-10 season as a five-time NEWMAC Coach of the Year.
- ▼ The Pride won its ninth consecutive NEWMAC title in 2009.
- ▼ Head diving coach **Peter Avdoulos**, in his 25th season as coach, is a four-time NCAA Division III Women's Coach of the Year. He is also a four-time NEWMAC Coach of the Year.
- ▼ 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

## Varsity Records

Event	Name	Record	Year
50 Freestyle	Moira Price	23.69	2008
100 Freestyle	Kaitlin Reilly	52.78	2009
200 Freestyle	Aimee Doe	1:54.18	2009
500 Freestyle	Brenda Bradley	4:58.43	1991
1000 Freestyle	Brenda Bradley	10:10.98	1991
1650 Freestyle	Brenda Bradley	16:53.35	1991
100 Backstroke	Megan Cooney	56.97	2009
200 Backstroke	Megan Cooney	2:03.20	2009
100 Butterfly	Mary Boiczuk	57.92	1999
200 Butterfly	Mary Boiczuk	2:06.95	1999
100 Breaststroke	Moira Price	1:03.88	2008
200 Breaststroke	Moira Price	2:16.42	2009
200 I.M.	Belinda Perry	2:07.55	1994
400 I.M.	Belinda Perry	4:30.23	1994
1-Meter Diving (6)	Nora Kelly	284.85	1998
1-Meter Diving (10)	Melissa Nelson	455.75	2007
1-Meter Diving (11)	Julie Killion	441.20	1992
3-Meter Diving (6)	Alison Mellage	310.88	2001
3-Meter Diving (11)	Alison Mellage	533.80	2002
200 Medley Relay	Cooney, Price, Reilly, Kosciusko	1:45.70	2009
400 Medley Relay	Cooney, Price, Reilly, Kosciusko	3:50.52	2009
200 Freestyle Relay	Price, Kosciusko, Van Waalwijk, Reilly	1:35.65	2009
400 Freestyle Relay	Reilly, Doe, Pottle, Price	3:32.56	2009
800 Freestyle Relay	DeFoe, S. Strout, Kuliga, Skinner	7:46.79	2004

## CONTACT INFORMATION:

### WOMEN'S SWIMMING

Head Coach: **John Taffe**  
Office: Art Linkletter Natatorium  
Telephone: 413-748-3169  
E-mail: [jtaffe@spfldcol.edu](mailto:jtaffe@spfldcol.edu)

### WOMEN'S DIVING

Head Coach: **Peter Avdoulos**  
Office: Art Linkletter Natatorium  
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E-mail: [pavdoulos@spfldcol.edu](mailto:pavdoulos@spfldcol.edu)



## SPRINGFIELD COLLEGE

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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 is regarded as one of the best collegiate swimming and diving programs in Division III. The Springfield women's team won its ninth consecutive New England Women's and Men's Athletic Conference (NEWMAC) Championship in 2009, and finished 12th at the NCAA Division III Championships, its highest finish in 10 years. Eleven Pride squads have finished among the top 20 teams in Division III over the past 13 years. The 2005 men's team placed ninth, the highest ever recorded by a Springfield squad at the NCAA Division III Championships.

Taffe has coached countless NCAA All-Americans and conference champions at Springfield College. He has been both the NEWMAC Coach of the Year twice, and received NEWMAC Women's Coach of the Year honors six times, most recently in 2008. Taffe served as the head coach for the Netherlands-Antilles squad at the 2000 Olympic Games in Sydney, Australia, coaching Springfield 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 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.

In 2009, Avdoulos helped the duo of Michelle Reggio and Meghan Kijanka have tremendous showings at the NCAA Championships as each earned All-America honors on the one and three-meter boards. The 2008 season was a highlight for the Pride, as Springfield was one of just two schools in the country to have at least three student-athletes represented at nationals.

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 six years. He was named the NEWMAC Men's and Women's Diving Coach of the Year for the 2002-2003 season. He was also named the Men's Coach of the Year in 2005, 2006, 2008, and 2009.

## 2008-09 Results

<b>October</b>		18 at MIT	W, 157-143
22 <b>Holy Cross</b>	W, 128-110	18 vs. Coast Guard	W, 201-198
<b>November</b>		24 at Williams	L, 106-192
1 at Central Connecticut	L, 124-174	<b>February</b>	
1 vs. Southern Connecticut State	L, 144-154	7 <b>Amherst</b>	L, 126-172
8 at Smith	W, 158-126	20 at NEWMAC Championships	1st w/290 pts.
15 <b>University of Rhode Island</b>	L, 143.5-156.5	21 at NEWMAC Championships	1st of 10 w/586 pts.
22 vs. Keene State	W, 175-123	22 at NEWMAC Championships	1st of 10 w/872.5 pts.
22 at Wheaton	W, 190-109	<b>March</b>	
23 <b>Middlebury</b>	W, 159-135	at NCAA Women's Division III National Championships:	
<b>December</b>		18	T-17th/13 pts.
5-7 at TCNJ Invitational	no team score	19	13th w/39 pts.
<b>January</b>		20	11th w/72 pts.
10 at Union	W, 151-92	21	12th w/95 pts.
10 vs. Hartwick	W, 161-82		
17 <b>NYU</b>	W, 124-119	Home meets in <b>bold</b>	

## 2008-09 Honors

**NCAA Division III All-American Honorable Mention:** Meghan Kijanka, 3 meter diving; Michelle Reggio, 3 meter diving ▼ **NEWMAC Women's Swimmer of the Year:** Moira Price ▼ **NEWMAC Women's Swimming Rookie of the Year:** Kaitlin Reilly ▼ **NEWMAC All-Conference First Team:** Moira Price, 50 free, 100 breast, 200 breast, 400 free relay, 200 medley relay, 400 medley relay; Meg Cooney, 100 back, 200 back, 400 free relay, 200 medley relay; Meredith Trumbull, 400 IM; Kaitlin Reilly, 400 free relay, 200 medley relay, 400 medley relay; Aimee Doe, 400 free relay, 800 free relay, 400 medley relay; Kallie Pottle, 400 free relay, 800 free relay, 400 medley relay; Caroline Kosciusko, 200 medley relay, 800 free relay; Jaclyn Van Waalwijk, 800 free relay ▼ **NEWMAC All-Conference Second Team:** Moira Price, 200 free relay; Kallie Pottle, 100 back, 200 back; Megan Cooney, 200 IM; Michelle Reggio, 1 meter diving, 3 meter diving; Aimee Doe, 200 free, 500 free; Caroline Kosciusko, 200 free relay; Jaclyn Van Waalwijk, 200 free relay; Kaitlin Reilly, 800 free relay ▼ **Maroon Club Athletes of the Week:** Dec. 8-Michelle Reggio, Feb. 9-Meghan Kijanka, Feb. 23-Megan Cooney, Mar. 23-Moira Price ▼ **NEWMAC All-Academic Team:** Elizabeth Belmont, Meghan Feran, Elizabeth Munson, Caitlin Studer-Sweetman ▼ **CSCAA Scholar All-American:** Moira Price, Meghan Kijanka, Michelle Reggio, Kaitlin Reilly ▼ **ECAC Diver of the Week:** Jan 12-Courtney Keefe, Jan 19-Michelle Reggio ▼ **NEWMAC Diver of the Week:** Jan 12- Courtney Keefe, Dec. 8, Jan. 19-Michelle Reggio, Nov. 24-Meghan Kijanka ▼ **NEWMAC Swimmer of the Week:** Feb. 9-Moira Price, Nov. 24-Aimee Doe

## 2009-10 Roster

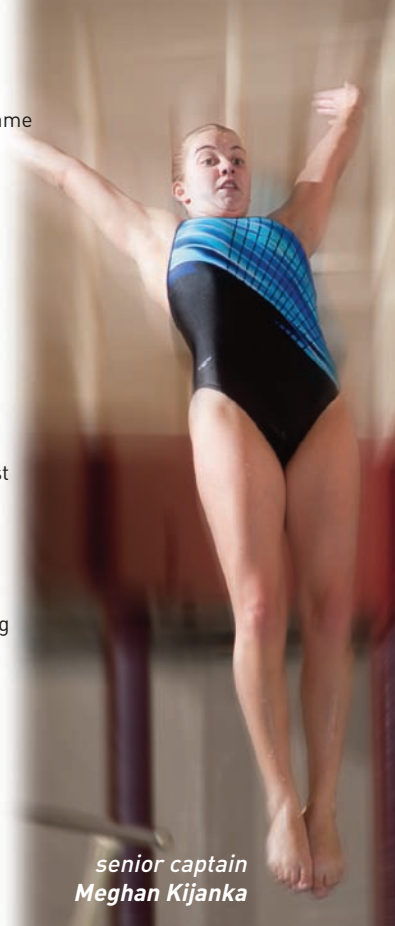
Name	Cl.	Event(s)	Hometown/High School
Teaghan Abrams	So.	Free	Leverett, Mass./Amherst
Jennifer Carignan	So.	Breast, Free	Tyngsboro, Mass./Academy of Notre Dame
Megan Cooney	Sr.	Breast, I.M.	Hummelstown, Pa./Hershey
Janella Cuyler	Fr.	Breast, I.M.	Mansfield, Conn./E.O. Smith
Aimee Doe	Jr.	Free, Fly	Haverhill, Mass./Haverhill
Lauren Fahey	Sr.	Back, Free	Berkeley, Mass./Cardinal Spellman
Meghan Feran	Sr.	Free, Fly	Haverhill, Mass./Haverhill
Kelsey Hallowell	Jr.	Fly	Mt. Vernon, Maine/Morse
Breonna Harrington	Fr.	Back, I.M.	Ludlow, Mass./Ludlow
Laura Hartford	So.	Distance Free	Merrick, N.Y./Holy Trinity
Courtney Keefe	So.	Dive	Waltham, Mass./Waltham
Meghan Kijanka	Sr.	Dive	Methuen, Mass./Methuen
Kelly Kopac	So.	Free, Breast	Tappan, N.Y./Tappan Zee
Caroline Kosciusko	So.	Free, Breast	West Cornwall, Conn./Torrington
Kerry Lynch	So.	Free, Fly	Holden, Mass./Worcester Academy
Elizabeth Munson	So.	Distance	Painted Post, N.Y./Corning-Painted Post
Lianne Nihan	Sr.	Free	Reading, Mass./Reading
Molly Potter	Fr.	Fly, I.M.	Haverhill, Mass./Haverhill
Michelle Reggio	Sr.	Dive	Brooklyn, N.Y./James Madison
Kaitlin Reilly	So.	Free, Fly	Cumberland, R.I./LaSalle Academy
Paige Rhodes	Fr.	Dive	Milton, N.Y./Marlboro
Amanda Shaw	Fr.	Free	East Stroudsburg, Pa./East Stroudsburg
Meghan Sisson	So.	Distance Free, Fly	Plainville, Conn./Plainville
Jessica Stocker	So.	Back	Buckfield, Maine/Lewiston
Meredith Trumbull	Jr.	Fly, I.M.	Merrimac, Mass./Pentucket
Rannan Tyrrell	Sr.	Free	Torrington, Conn./Torrington
Jaclyn Van Waalwijk	So.	Free	Newtown, Conn./Newtown
Caitlin Wright	Jr.	Free	Scarborough, Maine/Scarborough

**Head Coach:** John Taffe (21st season, University of Rhode Island '85)

**Diving Coach:** Peter Avdoulos (25th season, Springfield College '85)

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

**Captains:** Megan Cooney '10, Meghan Feran '10, Meghan Kijanka '10, Lianne Nihan '10



senior captain  
Meghan Kijanka

## 2009-10 Schedule

October	October (continued)
31 Sat. at Holy Cross 1:00 pm	16 Sat. at NYU 1:00 pm
<b>November</b>	17 Sun. <b>MIT</b> 1:00 pm
7 Sat. <b>Smith</b> 1:00 pm	17 Sun. <b>Coast Guard</b> 1:00 pm
14 Sat. at University of Rhode Island 1:00 pm	23 Sat. <b>Williams</b> 1:00 pm
21 Sat. <b>Keene State</b> 1:00 pm	<b>February</b>
21 Sat. <b>Wheaton</b> 1:00 pm	6 Sat. at Amherst 1:00 pm
22 Sun. at Middlebury 1:00 pm	19-21 Fri.-Sun. at NEWMAC Championships TBA
<b>December</b>	<b>March</b>
4-5 Fri.-Sat. at Harold Anderson Invit @URI TBA	17-21 Wed.-Sun. at NCAA Div. III Championships TBA
<b>January</b>	Home meets in <b>bold</b>
9 Sat. at Hartwick 1:00 pm	
9 Sat. vs. Union 1:00 pm	