



## 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 2010-11



sophomore  
Tim Ramos

### 2010-11 Season Preview

Senior **Brian Sobel**, the Springfield College record-holder on the one-meter board (540.60), is the most distinguished returnee for the 2010-11 team. A year ago, Sobel was a two-time, First-Team NCAA Division III All-American. He placed second in the nation on the one-meter board and seventh on the three-meter board. Prior to nationals, he swept the competition at the NEWMAC Championships and repeated as the NEWMAC Diver of the Year. In addition, Sobel was a District I College Division First Team Academic All-American.

Other strong returnees include **Tim Ramos** in long-distance freestyle and the butterfly, **Josh Ernst** in the backstroke and individual medley, **Scott Mackstutis** in the freestyle sprints and butterfly, and **Nolan Manley** and **Scott Peters** in middle-distance freestyle.

In addition, diver **Kenny Pancoast**, distance freestyler **Tony Lambertson**, and individual medley swimmer **Sean Pennington** are expected to be reliable contributors for swimming coach **John Taffe** and diving coach **Peter Avdoulos**.

While many of last season's top performers graduated, a solid class of first-year and transfer students provide quality depth for the Pride.

### 2010-11 Schedule

#### October

30 Sat. **Holy Cross** 1:00 pm

#### November

6 Sat. **University of Rhode Island** 1:00 pm  
20 Sat. at Wheaton w/Keene State 1:00 pm  
21 Sat. **Middlebury** 1:00 pm

#### December

3 Fri. at TCNJ Invitational TBA  
4 Sat. at TCNJ Invitational TBA  
5 Sun. at TCNJ Invitational TBA

#### January

8 Sat. **Union w/Hartwick** 1:00 pm  
15 Sat. **NYU** 1:00 pm

#### January (continued)

16 Sun. at MIT w/Coast Guard 1:00 pm  
22 Sat. at Williams 1:00 pm  
29 Sat. **Babson** 1:00 pm

#### February

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

Home meets in **bold**

### 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 13 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.



sophomore diver  
Kenny Pancoast

### CONTACT INFORMATION:

#### MEN'S SWIMMING

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

#### MEN'S DIVING

Head Coach: **Peter Avdoulos**  
Office: Art Linkletter Natatorium  
Telephone: 413-748-3445  
E-mail: pavdoulos@spfldcol.edu



### SPRINGFIELD COLLEGE

263 Alden Street  
Springfield, MA 01109-3797  
Tel: 413-748-3136 or 800-343-1257  
TTY: 413-748-3383

[www.springfieldcollege.edu](http://www.springfieldcollege.edu)



## Head Swimming Coach John Taffe

**John Taffe** enters his 22nd 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 13 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 Division 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 College. He is a two-time NEWMAC Men's Coach of the Year.

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 26th 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 Mike Shaw, the first Springfield College 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 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 five-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 and 2010.

## 2009-10 Results

### October

31 at Holy Cross W, 189-110

### November

14 at University of Rhode Island W, 162-133

21 **Keene State** W, 167.5-129.5

21 **Wheaton** W, 230-67

22 at Middlebury W, 143.5-135.5

### December

4 at Harold Anderson Invitational 2nd of 5/248 pts

4-5 at TCNJ Diving Invitational No Team Score

5 at Harold Anderson Invitational 1st of 5/743 pts

### January

9 vs. Union W, 136-105

9 at Hartwick W, 150-93

16 at NYU W, 167-133

### January (cont.)

17 **MIT** L, 85-215

17 **Coast Guard** L, 91-209

23 **Williams** L, 119-172

30 at Babson W, 170-127

### February

6 at Amherst L, 131-159

26 at NEWMAC Championships 3rd of 7/160 pts

27 at NEWMAC Championships 3rd of 7/426 pts

28 at NEWMAC Championships 3rd of 7/637.5 pts

### March

17-19 at NCAA Division III Championships T-26th, 34 pts

Home Meets in **bold**

## 2009-10 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 meter diving ▼ **NCAA Division III National Runner-up:** Brian Sobel, 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 ▼ **NEWMAC All-Conference Second Team:** Andrew Blakesley, 100 free, 400 medley relay; Josh Ernst, 400 medley relay; Matthew Fitzgerald, 1 meter diving; Ryan Mackstutis, 100 breast, 400 medley relay; ▼ **Maroon Club Athletes of the Week:** Jan. 11-Andrew Blakesley; Jan. 19-Brian Sobel, Mar. 22-Matthew Fitzgerald ▼ **NEWMAC Male Swimmer of the Week:** Nov. 23 and Jan. 11-Andrew Blakesley ▼ **NEWMAC Male Diver of the Week:** Nov. 23 and Dec. 7-Matthew Fitzgerald; Jan. 11, Jan. 25, Feb. 1, and Feb. 8-Brian Sobel

## 2010-11 Roster

Name	Cl.	Event	Hometown
Aidan Burke	So.	Fly, I.M.	Wilbraham, Mass.
Tim Crampton	Fr.	Sprints	Litchfield, Conn.
Dalton Crantek	Fr.	Dive	Saugerties, N.Y.
Jerome Cummiskey	Sr.	Free, Back	Providence, R.I.
Michael DeMellia	Sr.	Free	Haverhill, Mass.
Joshua Ernst	Jr.	I.M.	W. Springfield, Mass.
Benjamin Ernst	Fr.	Fly, Back	W. Springfield, Mass.
Brooks Farrar	Sr.	Dive	Medfield, Mass.
Josh Frey	Fr.	Sprints	E. Hartford, Conn.
Tyler Gunningsmith	Jr.	Dive	Trumansburg, N.Y.
Matt Hendry	So.	Free	Chelmsford, Mass.
Ryan Irwin	So.	Breast	Litchfield, Conn.
Alexander Jensen	Fr.	Distance I.M.	Greenwich, Conn.
Anthony Lamberston	Sr.	Free	Torrington, Conn.
Peter Lensing	Fr.	Free	Barrington, R.I.
John MacDonald	Jr.	Fly, Free	Burnt Hills, N.Y.
Scott Mackstutis	Jr.	Back, Free	Torrington, Conn.
Nolan Manley	So.	Free	Monson, Mass.
Travis Morse	So.	Back	Marbledale, Conn.
Kenny Pancoast	So.	Dive	Monroe, Conn.
Sean Pennington	Jr.	Breast	Monson, Mass.
Scott Peters	So.	Free	Glastonbury, Conn.
Tim Ramos	So.	Fly, I.M.	Chicopee, Mass.
Timothy Russell	Jr.	Free	Andover, Mass.
Eric Scala	Fr.	Breast	Fords, N.J.
David Schupack	Sr.	Free, Breast	Southbury, Conn.
Jason Scotto	Fr.	Distance Free	Southbury, Conn.
Derek Shaver	So.	Dive	Springfield, Mass.
David Shaw	Jr.	Fly, Free	East Stroudsburg, Pa.
Brian Sniffin	Jr.	Breast	Brookfield, Conn.
Brian Sobel	Sr.	Dive	Stratford, Conn.



junior  
Scott Mackstutis

**Head Coach:** John Taffe (22nd season, University of Rhode Island '85)

**Diving Coach:** Peter Avdoulos (26th season, Springfield College '85)

#### Assistant Coaches:

Barrett Roberts, Jordan Crosby, Jenna Weinstein

#### Captains:

Anthony Lambertson '11, David Schupack '11, Brian Sobel '11

## 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	58.05	2010
200 Breaststroke	Ryan Mackstutis	2:08.90	2010
200 I.M.	Larry Jordan	1:53.27	1984
400 I.M.	Brian Way	4:06.13	2009
1-Meter Diving (6)	Brian Sobel	334.95	2010
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