



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 2010-11



senior swimmer
Meredith Trumbull

2010-11 Season Preview

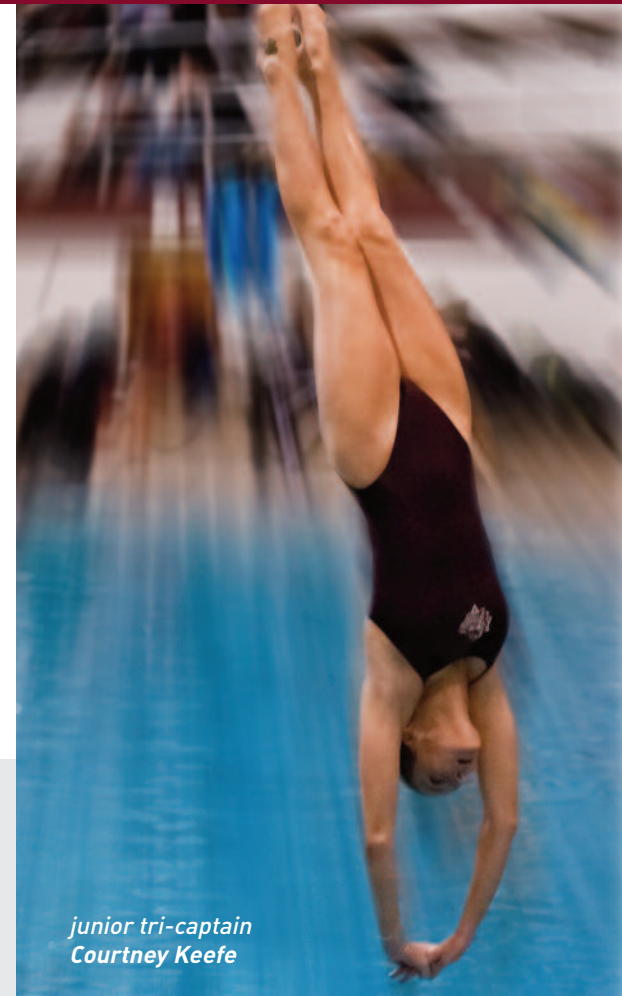
As good as the Springfield College women's swimming and diving team has been in the past decade, the 2010-11 edition could be even better. Coached by **John Taffe** and **Peter Avdoulos**, the Pride has won the last 10 New England Women's and Men's Athletic Conference (NEWMAC) championships.

Returning from last year's team are seven national qualifiers, many of whom hold school records. **Aimee Doe** holds the Springfield College record in the 200 freestyle, and **Kaitlin Reilly** is the record holder in the 100 freestyle. **Caroline Kosciusko** (freestyle and breaststroke), **Jaclyn Van Waalwijk** (freestyle), and divers **Courtney Keefe** and **Paige Rhodes** join distance freestyler and butterflyer **Meghan Sisson** as the other returning national qualifiers. Nearly all of the returning swimmers were

members of relay teams that also hold College records.

Other returnees who will give the Pride needed depth are **Meredith Trumbull**, the NEWMAC champion in the 400 individual medley; **Molly Potter** in the butterfly and middle-distance freestyle; **Laura Hartford** in long-distance freestyle; and **Breonna Harrington** and **Kerry Lynch** in the backstroke and individual medley.

If the returnees were not enough to earmark the Pride as the favorites to retain their team title, there are 16 talented first-year athletes. They include **Kellie Pennington** in the butterfly and freestyle; **Kelsey Poole** in the backstroke, butterfly, and freestyle; **Diana Harkness** in long-distance freestyle; **Nicolle Stracqualursi** in the breaststroke and individual medley; and divers **Jennifer Thompson** and **Kyra Breitweiser**.



junior tri-captain
Courtney Keefe

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 22nd year at Springfield College, is a seven-time NEWMAC Coach of the Year.
- ▼ The Pride won its 10th consecutive NEWMAC title in 2010.
- ▼ Head diving coach **Peter Avdoulos**, in his 26th season, 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)	Alison Mellage	442.50	2001
1-Meter Diving (11)	Michelle Reggio	468.08	2008
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	Reilly, Doe, Kosciusko, Sisson	7:44.02	2010

CONTACT INFORMATION:

WOMEN'S SWIMMING

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

WOMEN'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



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 is regarded as one of the best collegiate swimming and diving programs in Division III. The Springfield women's team won its 10th consecutive New England Women's and Men's Athletic Conference (NEWMAC) Championship in 2010. Eleven Pride squads have finished among the top 20 teams in Division III over the past 13 years.

Taffe has coached countless NCAA All-Americans and conference champions at Springfield College. He has been named the NEWMAC Women's Coach of the Year seven times, most recently in 2010. 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 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 Lindsay Moore, the Division III Women's Diver of the Year in 2002.

In 2010, 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.

Avdoulos has been the NCAA Division III Women's Diving Coach of the Year four times in the last decade and was named the NEWMAC Men's and Women's Diving Coach of the Year for the 2002-2003 season.

2009-10 Results

October

31 at Holy Cross W, 150.5-149.5

November

7 **Smith** W, 172-118
 14 at University of Rhode Island L, 131.5-165.5
 21 **Keene State** W, 154-145
 21 **Wheaton** W, 201-98
 22 at Middlebury L, 132.5-149.5

December

4-5 at TCNJ Invitational no team score
 4 at Harold Anderson Invitational 5th of 5 w/179 pts.
 5 at Harold Anderson Invitational 4th of 5 w/425 pts.

January

9 vs. Union W, 156-86
 9 at Hartwick W, 158-83

January (continued)

16 at NYU L, 120-180
 17 **MIT** L, 133-167
 17 **Coast Guard** W, 168-132
 23 **Williams** L, 105-186

February

6 at Amherst L, 109-177
 19 at NEWMAC Championships 1st of 10 w/293 pts.
 20 at NEWMAC Championships 1st of 10 w/568 pts.
 21 at NEWMAC Championships 1st of 10 w/839 pts.

March

at NCAA Women's Division III National Championships:
 18 25th w/37 pts.
 20 25th w/37 pts.

Home meets in **bold**

2009-10 Honors

NCAA Division III All-American: Meghan Kijanka, 3 meter diving; Michelle Reggio, 1 meter diving ▼ **NCAA Division III All-American Honorable Mention:** Meghan Kijanka, 1 meter diving; Michelle Reggio, 3 meter diving ▼ **NEWMAC All-Conference First Team:** Meghan Cooney, 200 free relay, 100 back, 200 back; Aimee Doe, 200 free relay; Kaitlin Reilly, 200 free relay; Meredith Trumbull, 400 IM; Caroline Kosciusko, 200 free relay; Jaclyn Van Waalwijk, 200 free relay ▼ **NEWMAC All-Conference Second Team:** Meghan Cooney, 200 medley relay; Aimee Doe, 400 free relay, 800 free relay, 500 free; Kaitlin Reilly, 400 free relay, 200 medley relay, 800 free relay, 50 free; Michelle Reggio, 1 and 3 meter diving; Janella Cuyler, 200 medley relay; Caroline Kosciusko, 200 free relay, 400 free relay, 200 medley relay, 800 free relay; Meghan Sisson, 1650 free, 400 IM, 800 free relay; Jaclyn Van Waalwijk, 400 free relay ▼ **NEWMAC Swimming Coach of the Year:** John Taffe ▼ **Maroon Club Athletes of the Week:** Nov. 16-Kaitlin Reilly, Nov. 23-Michelle Reggio, Jan. 19-Meghan Kijanka, Feb. 22-Meghan Cooney ▼ **NEWMAC All-Academic Team:** Aimee Doe, Meghan Feran, Laura Hartford, Elizabeth Munson, Lianne Nihan, Kaitlin Reilly ▼ **NEWMAC Diver of the Week:** Nov. 9-Meghan Kijanka, Dec. 7-Michelle Reggio, Nov. 24-Meghan Kijanka

2010-11 Roster

Name	Cl.	Event(s)	Hometown
Teaghan Abrams	Jr.	Free	Leverett, Mass.
Katherine Batch	Fr.	Distance Free	High Bridge, N.J.
Kyra Breitweiser	Fr.	Dive	Westwood N.J.
Jenna Callahan	Fr.	Distance Free	Shelton, Conn.
Jennifer Carignan	Jr.	Breast, Free	Tyngsboro, Mass.
Janella Cuyler	So.	Breast, I.M.	Mansfield, Conn.
Aimee Doe	Sr.	Free, Fly	Haverhill, Mass.
Kelly Geiling	Fr.	Dive	Fairfield, Conn.
Kelsey Hallowell	Sr.	Fly	Mt. Vernon, Maine
Diana Harkness	Fr.	Distance Free	West Chester, Pa.
Breonna Harrington	So.	Back, I.M.	Ludlow, Mass.
Laura Hartford	Jr.	Distance Free	Merrick, N.Y.
Courtney Keefe	Jr.	Dive	Waltham, Mass.
Kelly Kopac	Jr.	Free, Breast	Tappan, N.Y.
Caroline Kosciusko	Jr.	Free, Breast	West Cornwall, Conn.
Megan Little	Fr.	Sprints, Fly	Scituate, Mass.
Kerry Lynch	Sr.	Free, Fly	Holden, Mass.
Elizabeth Munson	Jr.	Distance Free	Painted Post, N.Y.
Erin Oliver	Fr.	Free	Bristol, R.I.
Kellie Pennington	Fr.	Sprints	Monson, Mass.
Kelsey Poole	Fr.	Back, Fly	Westfield, Mass.
Molly Potter	So.	Fly, I.M.	Haverhill, Mass.
Kaitlin Reilly	Jr.	Free, Fly	Cumberland, R.I.
Paige Rhodes	So.	Dive	Milton, N.Y.
Tanya Roy	Fr.	Breast	Chicopee, Mass.
Amanda Shaw	So.	Free	East Stroudsburg, Pa.
Kaitlin Simpson	Fr.	I.M., Fly	N. Andover, Mass.
Meghan Sisson	Jr.	Distance Free, Fly	Plainville, Conn.
Elizabeth Sottile	Fr.	I.M., Free	Wethersfield, Conn.
Nicolle Stracqualursi	Fr.	Breast, I.M.	Dedham, Mass.
Jennifer Thompson	Fr.	Dive	Ceshire, Conn.
Meredith Trumbull	Sr.	Fly, I.M.	Merrimac, Mass.
Jaclyn Van Waalwijk	Jr.	Free	Newtown, Conn.
Anna Woodward	So.	Back	Longmeadow, Mass.
Caitlin Wright	Sr.	Free	Scarborough, Maine



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: Aimee Doe '11, Courtney Keefe '12, Caitlin Wright '11

2010-11 Schedule

October

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

November

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

December

3-5 Fri.-Sat. at TCNJ Invitational TBA

January

8 Sat. **Union w/Hartwick** 1:00 pm
 15 Sat. **NYU** 1:00 pm
 16 Sun. at MIT w/Coast Guard 1:00 pm
 22 Sat. at Williams 1:00 pm

February

5 Sat. **Amherst** 1:00 pm
 18-20 Fri.-Sun. at NEWMAC Championships TBA

Home meets in **bold**