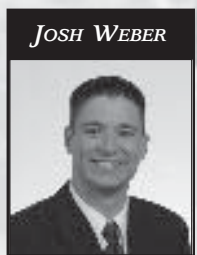


TABLE OF CONTENTS

Women's Roster	2	2004-05 Review	48-51	Honors & Awards	65
Men's Roster	3	This is the ACC	52	All-Time Rosters	66-67
Outlook	4-6	ACC All-Time Records	53	National Champions	68-69
2005-06 Hometown Roster	7	Men's ACC Summary	54	FSU Olympic Tradition	70-73
Neil Harper Bio	8-9	Women's ACC Summary	55	FSU's International Heritage	74-75
Andy Robins Bio	10	ACC Honor Roll	56	Premier Programs	76-79
Patrick Jeffrey Bio	11	All-Time ACC Champions	57	FSU Support Services	80
Liz Klink Bio	12	Men's All-Americans	58	Life Skills	81
James Barber Bio	13	Women's All-Americans	59	NCAA Compliance	82
Support Staff	14-15	Men's All-Time Top Ten	60	This is Florida State	83-86
Men's Bios	16-31	Women's All-Time Top Ten	61	This is Tallahassee	87-88
Women's Bios	32-45	Men's Team Records	62-63	Seminoles.com	89
Facilities	46-47	Women's Team Records	64	2005-06 NCAA Standards	90



JOSH WEBER

A Note to the Media, Fans, & Opponents

Swimming and diving contact Josh Weber of the Florida State University Sports Information Office is ready to assist you with any questions or requests that you may have about the 2005-06 swimming and diving program, media guide, coaches and student-athletes. Please do not hesitate to phone, fax or write to the sports information office at

P.O. Box 2195, Tallahassee, Florida 32316, (850) 644-1403 phone, (850) 644-3820 fax, if we can further assist you.

How To Cover the Seminoles

Members of the media are supplied with weekly press releases, including current individual bests, as well as conference and national rankings and information on upcoming events. Results and statistics may be obtained in the sports information office or on our web site at www.seminoles.com. If you would like to schedule personal interviews with the coaches or players, contact Josh Weber in the FSU sports information office at least 24 hours in advance. Coach Neil Harper is generally available in his office during weekday mornings. Athlete's home phone numbers will not be released.

Where the Home Meets Will Be Held

The 2005-06 home meets will be held at the Bobby E. Leach Center, located on the FSU campus.

MEDIA GUIDE CREDITS

The 2005-06 Swimming and Diving guide is a publication of the Florida State University Sports Information Office. Written and edited by Michael Smoose. Edited by Tina Thomas. Additional writing and editing by Josh Weber. Designed by Cade & Associates Advertising, Inc. Photography by Michele Edmunds, Ryals Lee, Ross Obley, Patrick Jeffrey, Tom Casazza, Brandon Goodman, Neil Harper and Wickus Nienaber. Special thanks to the FSU Photo Lab. Printed by Boyd Brothers Printing.

FSU Media Outlets

Newspapers

Tallahassee Democrat: P.O. Box 990, Tallahassee, FL 32302
Phone: (850) 599-2169 • Fax: (850) 599-2301

FSView: 1235 Airport Road, Tallahassee, FL 32304
Phone: (850) 561-6653 • Fax: (850) 561-6578

The Osceola: 402 Dunwoody Street, Tallahassee, FL 32304
Phone: (850) 222-7733 • Fax: (850) 224-3627

Florida Times-Union: P.O. Box 1949; Jacksonville, FL 32231
Phone: (850) 224-7515 • Fax: (904) 359-4147

Orlando Sentinel: 36 E. College Avenue, Suite 303,
Tallahassee, FL 32301 • Phone: (850) 222-5564
Fax: (850) 224-0979

St Petersburg Times: P.O. Box 1211, St. Petersburg, FL 33731
Phone: (813) 226-3347 • Fax: (813) 226-3381

Television/Radio

WCTV – TV (CBS Affiliate):

4000 County Road 12, Tallahassee, FL 32315
Phone: (850) 906-0477 • Fax: (850) 668-3851

WTLX – TV (ABC Affiliate):

7927 Thomasville Road, Tallahassee, FL 32312
Phone: (850) 893-1313 • Fax: (850) 668-1460

WFLA – Sports Radio 1270 AM:

325 John Knox Road, Building G, Tallahassee, FL 32303
Phone: (850) 422-3107 • Fax: (850) 514-4441



2005-06 WOMEN'S ROSTER

NAME	HT	EVENT(S)	YEAR	HOMETOWN (HIGH SCHOOL)
Romy Altmann	6-0	Back, Free	JR	Cape Town, South Africa (German International School)
Lauren Brick	5-10	Breast, Free	JR	Culpeper, VA (Culpeper County)
Ann Cipoletti	5-7	Breast, IM	FR	Charleston, WV (Vinton (VA) William Boyd)
Kelly Dean	5-8	Fly	FR	Longwood, FL (Altamonte Springs Lake Brantley)
Carrie Ellis	5-8	Free	SR	Valrico, FL (Durant/Virginia)
Carissa Hanna	5-8	Diving	FR	Churchville, PA (Newtown Council Rock South)
Elise Hatfield	5-9	Distance Free	SO	Merritt Island, FL (Merritt Island)
Courtney Hudak	5-7	Back, IM	SO	Sarasota, FL (Riverview)
Kylen Huntwork	5-11	Breast, IM	FR	Apex, NC (Apex)
Lindsay Kenney	5-7	Fly, Free	SO	Plano, TX (Senior)
Abbie King	5-9	Free	SO	Brunswick, ME (Brunswick)
Brittany Lerew	5-2	Diving	JR	Orlando, FL (Lake Higland)
Meredith Martelle	5-8	Distance Free, IM	FR	Charlotte, NC (South Mecklenburg)
Megan Matherly	5-4	Free, IM	FR	Oviedo, FL (Oviedo)
Katie Metka	5-6	Free	SO	Largo, FL (Palm Harbor)
Janine Pariente	5-4	Distance Free	FR	Miami Beach, FL (MAST Academy)
Stacy Rademacher	5-9	Back, Fly	SO	Charlotte, NC (South Mecklenburg)
Christie Raleigh	5-5	Free, Fly	FR	Boca Raton, FL (Ft. Lauderdale Pine Crest)
Caroline Robertson	5-11	Breast, IM	FR	Ocala, FL (Forest)
Katie Ronan	5-9	Free, Back	JR	Pensacola, FL (Washington)
Cameron Russell	5-3	Free	FR	Alcoa, TN (Maryville)
Kate Skaggs	5-6	Back, Free	SO	Jacksonville, FL (Bolles)
Lauren Sprag	5-7	Fly, Free	SO	Durban, South Africa (Westville Girls' High)
Teresa Tessier	5-6	Back, Free	FR	Largo, FL (Seminole)



COACHING STAFF:

Head Coach:

Neil Harper, 7th Season
(Louisiana State, 1990)

Associate Head Coach:

Andy Robins
(William & Mary, 1983)

Diving Coach:

Patrick Jeffrey
(Ohio State, 1988)

Assistant Coaches:

Liz Klink
(Connecticut, 2001),

James Barber
(Auburn-Montgomery, 1996)

Graduate Assistants:

Justin Betts, Kirk Hampleman,
Courtney McClow

2005-06 MEN'S ROSTER

NAME	HT	EVENT(S)	YEAR	HOMETOWN (HIGH SCHOOL)
Jason Beinlich	5-11	Diving	SR	Ridley Park, PA (Ridley)
Jarryd Botha	6-6	Back, Free	SO	Worcester, South Africa (Paul Roos Gymnasium)
Brendan Burke	5-11	Fly, Back	SO	West Des Moines, IA (Valley)
Stephan Connor	6-1	Fly, Free	SR	Burr Ridge, IL (Hinsdale Central/Toledo)
Peter Crane	6-0	Diving	SR	Fairport, NY (Fairport)
Ed Denton	6-1	Free	SO	Maidenhead, England (Millfield School)
Scott Derner	5-11	Diving	FR	Grapevine, TX (Colleyville Heritage)
Paul Erben	6-6	Breaststroke, IM	JR	Panama City, FL (Bay)
Dan Frebel	5-10	Diving	FR	Fort Wayne, IN (Homestead)
Jimmy Holway	6-0	Free	FR	Gulf Breeze, FL (Gulf Breeze)
Matt Hammond	6-2	Free	SO	Daytona Beach, FL (Spruce Creek)
Jared Heine	5-9	Back	SR	Honolulu, HI (Damien Memorial)
Brett Irvin	6-3	Free, IM	JR	Boca Raton, FL (Ft. Lauderdale Pine Crest)
Billy Jamerson	6-0	Breast, Free	SO	Savannah, GA (Sandy Creek)
Derek Jones	5-9	Diving	JR	Jacksonville, FL (First Coast)
Danny Keeling	5-9	IM, Fly	SO	Westminster, CO (Standley Lake)
Alex Kennon	6-1	Free	JR	Winter Haven, FL (Eagle Lake Lake Region)
Carl Marais	6-2	Free, Back	SO	Pretoria, South Africa (St. Albans College / Wyoming)
Bobby Langsett	6-2	Distance Free, IM	SR	Ft. Lauderdale, FL (Ft. Lauderdale High / Florida Atlantic)
Mark Nicholls	5-10	Fly, IM	JR	Charlotte, NC (South Mecklenburg)
Ian Powell	5-8	Back, Fly	SO	Guernsey, Channel Islands (Millfield School)
Michael Rice	5-11	Fly, IM	JR	North Miami, FL (Miami Country Day / Florida)
Steve Roof	5-10	Distance Free, Fly	JR	Canton, OH (Central Catholic)
Joel Roycik	6-2	Free, Fly	SR	Winter Park, FL (Winter Park)
Alex Tilbrook	6-2	Diving	SO	Largo, FL (Seminole Osceola)
Jeffrey Vivo	6-2	Free	SO	Miami, FL (Belen Jesuit Prep/LSU)
Kyle Young	6-2	Distance Free	SO	Oviedo, FL (Oviedo)



2005-06 PREVIEW

There's a buzz surrounding the 2005-06 Florida State University swimming and diving season. Not just because the new facility is starting to become a reality, but because of what's been happening in the water. With only two departed ACC Championship finalists on the men's side and two from the women's squad, Neil Harper's seventh season could be the best ever, and that's saying a lot for a program that has produced 22 All-Americans, 42 ACC Champions and 79 All-ACC performers over the last six years.

Men's Team

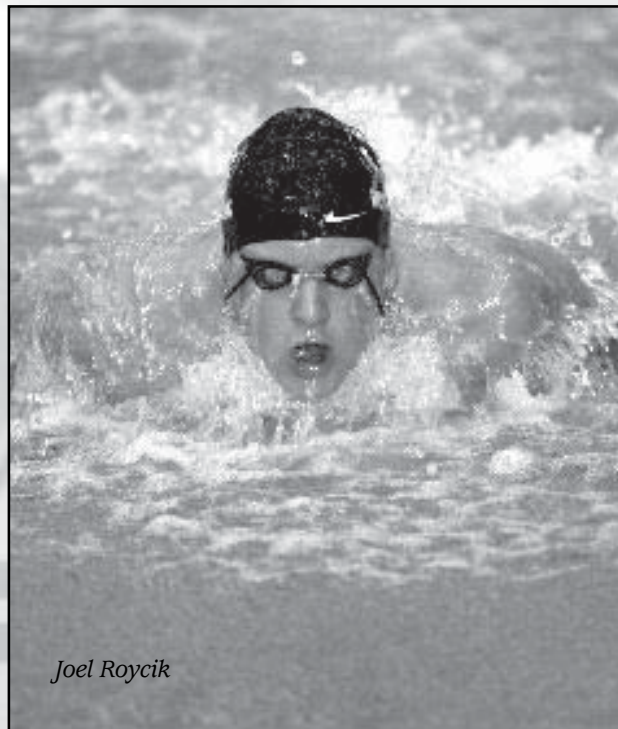
Every year the men's team keeps creeping closer and closer to ACC powerhouse Virginia and in 2005 the Seminoles got as near as anyone has in six years. All five All-ACC performers are back this season as well as three of the four members of the winning 400 freestyle relay. Seventeen returners scored points at last year's league meet with 18 performances in the finals. Since 1992, the Seminoles are the only school on the men's side to win at least one event every year at the conference meet. With 24 returners back for the 2005-06 campaign, Florida State only had to add three incoming freshmen and a pair of transfers.

Sprint

Just as the case has been for the last few years, the sprinters will be the backbone of the team. Seven of the 16 participants in the ACC finals of the 50 and 100 freestyles were Seminoles, topped off by senior Joel Roycik as he earned All-ACC honors for his third-place finish in the 100 free. Roycik was one of only two Seminoles to reach the championship finals in all three individual events. Florida State capped the meet by winning the 400 freestyle relay.

Taking another big step last year was junior Alex Kennon as he made the finals of both the 50 and 100 freestyles for the first time in his career. Sophomore Ed Denton joined the fold in the 100 and 200 freestyles while nearly breaking the school record in the 200 freestyle when he led off the 800 free relay.

Also making big strides in the sprints last year was senior Stephan Connor and junior Brett Irvin. Connor was 10th in the 100 free and 12th in the 200 while Irvin was two spots better in the 200 free. Bolstering this group will be incoming sophomore Carl Marais. A transfer from Wyoming, he won the 200 free at the Mountain West Conference Championships and set three school records his freshman year.



Joel Roycik

Stroke

A pair of sophomore All-ACC performers in the form of Billy Jamerson and Jarryd Botha head up the stroke squad that is loaded with young talent. Jamerson took second in both breaststroke events at the ACC Championships and had a pair of top-30 marks at the NCAA Championships. Despite joining the Seminoles at the semester, Botha produced a pair of top-eight finishes in the backstroke events at the league summit, including a third-place mark in the 200 back.

A jack of all trades, Roycik produced his second All-ACC honor last year when he took third in the 100 fly. Sophomore Danny Keeling is looking to build off his fifth-place finish in the 200 individual medley as is classmate Ian Powell after he took sixth in the 200 backstroke. Junior Paul Erben qualified for the 2008 US Olympic Trials over the summer and is shooting for All-ACC honors after taking sixth in the 100 breaststroke.

Also making big strides this summer was Connor in the butterfly and senior Jared Heine is poised to break into



Steve Roof

Billy Jamerson



the finals of both backstroke events at the conference meet after consolation swims last year. Marais will be a fixture in the backstroke events and newcomer Michael Rice – a transfer from Florida – will give FSU a presence in the 200 butterfly.

Distance

If you asked the trivia question: Who had the most swimmers in the finals of the distance events at the ACC meet? Your first answer would probably be Virginia, but you'd only be partially right. Both the Cavaliers and the Seminoles had five swimmers apiece in the top eight of both the 500 and 1,650 free as the FSU distance group may have been the surprise of the meet to anyone not wearing Garnet & Gold.

Capped by Thomas Bishop's record-setting, third-place 15:08.47 in the mile, the distance squad enjoyed one of its best ACC meets ever. Also getting under the old school mark in the 1,650 freestyle was Steve Roof and Kyle Young as all three finished in the top eight. Roof and Bishop made the finals of the 500 free where Roof tallied the second-best time in school history as he took fifth, two spots ahead of Bishop.

The trio took its show on the road to the NCAA Championships where FSU had three distance swimmers at the meet for the first time in school history. Bishop, Roof, Young and Jamerson joined together to earn Honorable Mention All-America honors in the 800 freestyle relay. The group is only going to get stronger this year with the addition of Bobby Langsett after he sat out last season in accordance with NCAA transfer regulations.

Diving

Following his first year without at least one All-ACC performer, diving coach Patrick Jeffrey got back on the board when freshman Alex Tilbrook took third on the three-meter. One of two Seminoles to score on both boards, he added a ninth-place performance on the one-meter and went on to place 20th at the NCAA Zone Meet.

Joining Tilbrook as the only other Seminole to score on both boards was junior Derek Jones as he continues to take big steps each year. He scored points with a 13th-place mark on the one-meter followed by a 16th-place tally during the three-meter board. Senior diving captain Peter Crane looks to break into the finals after taking 12th on the three meter as does classmate Jason Beinlich following a 15th-place finish on the one-meter.

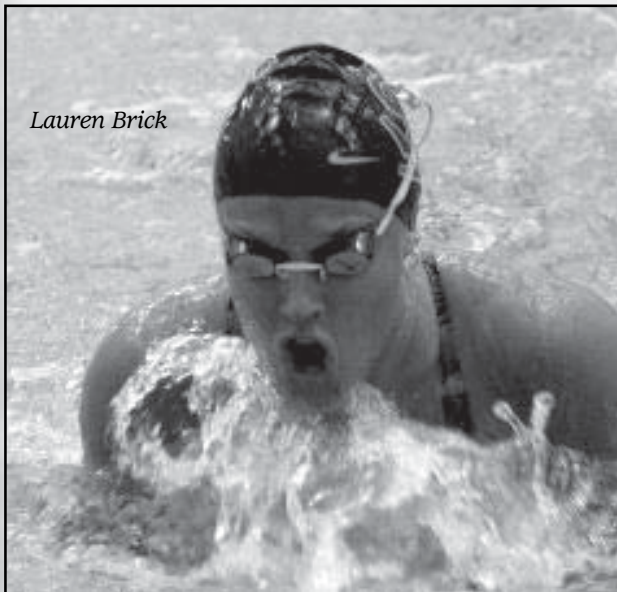
Pushing the veterans will be two of the best incoming freshmen in the country. Scott Derner comes in from Grapevine, Texas, with three years of All-America awards and top-eight finishes at the Junior Olympic National meet. Dan Frebel has also been a finalist at the JO meet to go along with a pair of all-state honors from the Indiana High School Championships.

Women's Team

Only at Florida State would a down year be categorized by having just two ACC Champions and one All-American, but after the loss of six All-Americans from the year before, the 2004-05 season was a rebuilding campaign. With only one senior on this year's squad, coach Harper has once again built a strong team to contend amongst the conference leaders for years to come. In addition to the 10 point scorers from last year's ACC Championships that return for the 2005-06 campaign, this year's roster will be bolstered by one of the best women's recruiting classes that Harper has ever put together.



Alex Tilbrook



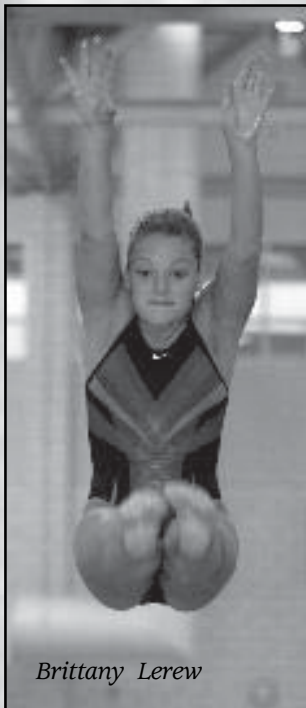
Lauren Brick

Stroke

Of the eight swimmers who scored at last year's ACC meet, six made their mark in the stroke events. Leading this group was conference champion Lauren Brick in the 100 breaststroke and the junior returns to defend her title. With her victory last year, she has the chance to join All-American Chelsie Lerew as the only Seminole to win an event three years in a row. Brick had FSU's best individual finish in the pool at the national championships, taking 24th in the 100 breast.

Sophomore Lindsay Kenney earned All-ACC honors as she took second in the 200 butterfly and broke the school record on her way to the NCAA Championships. She also made the consolation finals of the 200 IM. Despite joining FSU at the semester, junior Romy Altmann was in the top four of both backstroke events, including a third-place finish in the 200-yard backstroke in which she tied the school record. Another mid-season addition, Lauren Sparg made the finals of the 100 butterfly. Her classmates Kate Skaggs and Stacy

Rademacher will look to move up in both backstroke events after consolation swims last year.



Brittany Lerew

Florida State may take over the breaststroke like it has diving with the addition of three All-America breaststrokers. Ann Cipoletti won the 200 breast at the 2005 YMCA Short Course National Championships and was second in the 100 breast, while fellow newcomer Kylan Huntwork was third in both events. Caroline Robertson is an All-American in both the 100 breast and 200 IM. All-American and FHSAA state champion Christie Raleigh will bolster the 100 butterfly as will fellow All-American and FHSAA finalist Kelly Dean.

Sprint

With a full year of swimming under her belt after a two-year absence, senior Carrie Ellis is poised for a tremendous senior year. Runner-up at the ACC meet and an NCAA participant in both 50 and 100 free, she became just the second Seminole to go under 50 seconds when she led off the 400 freestyle relay. Ellis was one of only two Seminoles to score points in all three individual events at last year's conference championships.

Sophomore Abbie King will look to move into the finals of the 50 free after winning the consolation heat last year and classmates Sparg and Katie Metka should pick up valuable points following bonus heat swims last year. Altmann and Ellis scored points in the 200 freestyle last year and Kenney has the potential in the event after a 1:47.96 split in the 800 free relay. Newcomer Raleigh will reinforce the 50 and 100 freestyles after winning three sprint titles at the Florida High School state championships.



Carrie Ellis

Diving

Just like in every other sport, the diving board has become a classic battle between Florida State and Miami. The Seminoles held on to their ACC supremacy last year with a pair of ACC titles, including the first by junior Brittany Lerew. Having laid claim to a conference title, she has her sights set on NCAA hardware as Patrick Jeffrey looks for his fifth-straight All-American on the heels of Courtney McClow's performance last year. Joining the fold this year is freshman Carissa Hanna who is fresh off an all-state appearance at last year's Pennsylvania State Championships.

Distance

The distance group was the hardest hit by graduation last year, but sophomore Elise Hatfield made huge strides at the ACC Championships where she posted all three of her best times of the year and nearly broke into the all-time FSU top ten list. Junior Katie Ronan made the bonus heat of both the 200 and 500 free last year and should be a point scorer this season.

Strengthening this group will be a pair newcomers with All-America credentials. Meredith Martelle was runner-up at last year's North Carolina state meet following a strong showing at the 2004 US Senior National meet. Tennessee native Cameron Russell posted All-America times last season in both the 200 and 500 free and Oviedo's Meghan Matherly has impressive All-America credentials as well.

HOMETOWN ROSTER



UNITED STATES

FLORIDA (23) Boca Raton: Brett Irvin (Ft. Lauderdale Pine Crest), Christie Raleigh (Ft. Lauderdale Pine Crest); Daytona Beach: Matt Hammond (Spruce Creek); Ft. Lauderdale: Bobby Langsett (Ft. Lauderdale High); Gulf Breeze: James Holway (Gulf Breeze); Jacksonville: Kate Skaggs (Bolles), Derek Jones (First Coast); Largo: Katie Metka (Palm Harbor), Teresa Tessier (Seminole), Alex Tilbrook (Seminole Osceola); Longwood: Kelly Dean (Altamonte Springs Lake Brantley); Merritt Island: Elise Hatfield (Merritt Island); North Miami: Michael Rice (Miami Country Day); Miami: Jeffery Vivo (Belen Jesuit Prep); Miami Beach: Janine Pariente (MAST Academy); Ocala: Caroline Robertson (Forest); Orlando: Brittany Lerew (Lake Highland); Oviedo: Megan Matherly (Oviedo), Kyle Young (Oviedo); Panama City: Paul Erben (Bay); Pensacola: Katie Ronan (Washington); Sarasota: Courtney Hudak (Riverview); Valrico: Carrie Ellis (Durant); David Ellis (Durant); Winter Haven: Alex Kennon (Eagle Lake Lake Region); Winter Park: Joel Roycik (Winter Park)

NORTH CAROLINA (4) Apex: Kylen Huntwork (Apex); Charlotte: Meredith Martelle (South Mecklenburg); Mark Nichols (South Mecklenburg); Stacy Rademacher (South Mecklenburg)

PENNSYLVANIA (3) Churchville: Carissa Hanna (Newtown Council Rock South); Erdenhiem: Stuart de la Rosa (Springfield Township); Ridley: Jason Beinlich (Ridley)

TEXAS (2) Grapevine: Scott Derner (Colleyville Heritage); Plano: Lindsay Kenney (Senior)

GEORGIA (1) Savannah: Billy Jamerson (Sandy Creek)

COLORADO (1) Westminster: Dan Keeling (Standley Lake)

HAWAII (1) Honolulu: Jared Heine (Damien Memorial)

ILLINOIS (1) Burr Ridge: Stephan Connor (Hinsdale Central)

INDIANA (1) Fort Wayne: Dan Frebel (Homestead)

IOWA (1) West Des Moines: Brendan Burke (Valley)

MAINE (1) Brunswick: Abbie King (Brunswick)

NEW YORK (1) Fairport: Peter Crane (Fairport)

OHIO (1) Canton: Steve Roof (Central Catholic)

TENNESSEE (1) Alcoa: Cameron Russell (Maryville)

VIRGINIA (1) Culpeper: Lauren Brick (Culpeper County)

WEST VIRGINIA (1) Charleston: Ann Cipoletti (Vinton, Va. William Boyd)

INTERNATIONAL

SOUTH AFRICA (4) Cape Town: Romy Altmann (German International School); Durban: Lauren Sparg (Westville Girls' High); Pretoria: Carl Marais (St. Albans College); Worcester: Jarryd Botha (Paul Roos Gymnasium)

GREAT BRITAIN (2) Guernsey, Channel Islands: Ian Powell (Millfield School); Maidenhead, England: Edward Denton (Millfield School)

