

MEN'S BIOS

JASON BEINLICH	DIVING	
	SENIOR	6'2"
	RIDLEY PARK, PA (RIDLEY)	
	TOP SCORES	
	1M DIVING (6):	314.65
	3M DIVING (6):	325.88
	3M DIVING (11):	448.45
High School Coach:	John Dyer	
Club Team:	LAire Bregier	
Club Coach:	Chris Bregier	
Why you chose FSU:	Great school!	
Picked FSU over:	Wisconsin, Indiana, Penn State	

ACC Academic Honor Roll NCAA Zone Qualifier

2004-05: Earned valuable points during the ACC Championships (Feb. 23-26)...Posted a six-dive score of 248.95 to take 15th on the one-meter board...Added an 11-dive score of 398.15 during the three-

meter competition to take 20th...Top six-dive scores of the year came against Florida A&M...Set best three-meter mark with a second-place 290.30 during the October 15 contest...Came back in January 20 meet to take fourth with a 286.58...Had nine top-five finishes throughout the dual meet season.

2003-04: Qualified for the NCAA Zone "B" Championships (March 12-13) on his way to earning Most Improved Diver accolades...Scored points with a pair of top 16 showings at the ACC Championships (Feb. 25-28)...Notched the second-best finish on the team with his 11th-place score of 245.20 on the one-meter board. Added a score of 396.10 to place 13th in the one-meter competition...Placed in the top ten on both boards at the Texas A&M Fall Invitational (Nov. 21-23) with an eighth-place, career-best mark of 448.45 on the three-meter board while taking ninth in the one-meter at 249.20...Finished third or higher on eight occasions during the dual meet season, including three victories...Won the three-meter board in consecutive meets against Florida Atlantic and Indian River (Nov. 1)—scoring a career-best 323.63 that ranked eighth in the league—and Clemson (Nov. 8) to go along with a one-meter victory versus LSU (Jan. 31)...Career-best mark of 314.65 on the one-meter board came against Florida A&M (Oct. 18) and was the ninth-best in the league last year


2002-03: Posted seven top-five victories throughout the year...Top finish of the year was a third-place mark on the three-meter board against UNC-Wilmington (Jan. 4)...Best one-meter tally was a fifth-place 256.50 against Indian River (Nov. 9)...Ranked in the top 25 on both boards at the ACC Championships...Finished 23rd on the three-meter board with an 11-dive mark of 358.50...Academic All-ACC Honor Roll selection.

HIGH SCHOOL: Two-time high school All-American...Twice earned all-state honors...Named All-Delaware County...Broke the Delaware County diving record with a six-dive total of 340.75... Score is also the Ridley High School record, as well as his 11-dive score of 495.000

PERSONAL: Born October 24, 1983...Majoring in criminology... Son of Mary and Stephen O'Prey.



Jason Beinlich

JARRYD BOTHA	BACK • FREE	
	SOPHOMORE	6'6"
	WORCESTER, SOUTH AFRICA (PAUL ROOS GYMNASIUM)	
	TOP TIMES	
	100 BACK:	49.31
	200 BACK:	1:46.26
	50 FREE:	20.60
	100 FREE:	45.61
High School Coach:	Pierre de Roubaix	
Club Team:	Maties, University of Stellenbosch	
Club Coach:	Pierre de Roubaix	
Why you chose FSU:	Good program and a really good school all-around	
Picked FSU over:	Georgia	

All-ACC

2004-05: Joined the Seminoles for the spring semester, competing in two dual meets before the ACC Championships (Feb. 23-26)...Scored points in all three events at the league summit, qualifying for the finals of both backstroke events...Earned All-ACC honors with a third-place finish in the 200 backstroke in a time of 1:46.26...Time is an NCAA "B" Cut, rates third in school history and is the fastest by a Seminole in six years...Tallied a sixth-place finish in the 100 backstroke, hitting the wall in 49.51...Earned points with a 16th-place 20.60 in the 50 free. Member of the 400 medley relay that posted an NCAA "B" cut and second-place mark of 3:15.84...Swam two personal-best times at the Auburn last chance meet, posting a 49.31 in the 100 backstroke that is the fifth-fastest in school history...Also touched in with a 45.61 during the 100 freestyle...Placed in the top five of two of the three races he competed in during a pair of dual meets.

HIGH SCHOOL: Placed second at the 2003 South African Open National Swimming Championships in the 200 backstroke, while taking fourth in both the 50 and 100 back...Converted career-best times of 49.21 and 1:47.32 in the 100 and 200 backstroke would ranked him in FSU top five...Coached by Pierre de Roubaix at Paul Roos and Maties club team...Member of the Student Council at Paul Roos.

PERSONAL: Born March 10, 1985...Double major in economics and finance...Son of Pieter and Jenny Botha.



Jarryd Botha

BRENDAN BURKE	FLY • BACK	
	SOPHOMORE	5'11"
	WEST DES MOINES, IA (VALLEY)	
	TOP TIMES	
	100 FLY:	51.22
	200 FLY:	1:56.50
	50 FREE:	21.73
	100 BACK:	53.59
High School Coach:	Mark Wagner	
Club Team:	Des Moines Swim Federation	
Club Coach:	Kelly Nordell	
Why you chose FSU:	Strong team unity	
Picked FSU over:	Pittsburgh, Clemson, South Carolina, and Missouri	

ACC Academic Honor Roll


2004-05: Competed in three events in his first ACC Championships (Feb. 23-26)...Posted a 51.45 in the 100 fly, 1:58.93 in the 200 butterfly and 21.75 during the 50 freestyle...Best meet of the season was the Georgia Fall Invitational (Dec. 3-5)...Registered all of his personal-best times at the meet with marks in the 100 fly (51.22), 200 fly (1:56.50), 50 free (21.73) and 100 backstroke (53.59)...Totaled six top five finishes during the dual meet season...Member ACC Honor Roll.

HIGH SCHOOL: Earned eight All-America honors, including four individual honors, during his four years at Valley High School...A four-time First-Team All-State selection, he was runner-up at the state meet his last two seasons...Served as team captain his senior year, while earning his fourth all-district and all-conference accolades...Highlighted junior season with district Swimmer of the Year honors...Has been a member of two Senior National qualifying relays, while also meeting the criteria for the US Open where he posted a 100 butterfly time of 50.38... Top times include 50.38 in the 100 fly to go along with a 52.74 in the 100 backstroke... Also excelled in the classroom where he was an Academic All-American, member of the National Honor Society and a four-year member of Valley's honor roll...Coached by Mark Wagner at West Des Moines, while Kelly Nordell was his coach at the Des Moines Swim Federation.

PERSONAL: Born June 3, 1985...Majoring in business...Son of Jerry and Deborah Burke...Father played college football at Loras College...Twin brother Michael swims at South Carolina.



Brendan Burke

STEPHAN CONNOR	FLY • FREE	
	SENIOR	6'1"
	BURR RIDGE, IL (HINSDALE CENTRAL / TOLEDO)	
	TOP TIMES	
	100 FREE:	45.26
	200 FREE:	1:39.56
	500 FREE:	4:32.15
	100 FLY:	49.58
High School Coach:	Harold King	
Club Team:	Hinsdale Swim Club	
Club Coach:	Harold King	
Why you chose FSU:	Respect for direction the team is going.	
Picked FSU over:	Clemson, Missouri, Michigan State, Purdue	

Team Captain


2004-05: Posted a pair of career-best times in the consolation finals at the ACC Championships (Feb. 26-29)...Highest finish was a personal-best 45.26 to take tenth in the 100 freestyle...Started the meet by taking 12th in the 200 freestyle, notching a career-best of 1:39.56...Made the bonus final of the 100 butterfly, finishing 19th with a season-best time of 49.92. Also a member of the fourth-place 800 freestyle relay that notched an NCAA "B" cut of 6:34.20...Placed in the top 16 of two events at the Georgia Fall Invitational (Dec. 3-5)...Took 12th with a 50.28 in the 100 fly, while his 1:41.36 earned him 16th in the 200 freestyle. Recorded a new personal-best 1:56.12 in the 200 butterfly...Beat everyone to the wall in the 100 butterfly against Florida A&M (Oct. 15), posting a winning time of 51.47...Took sixth in both the 100 butterfly and 200 freestyle in an ACC Quad meet in Atlanta (Oct. 30-31)...Had nine top-five finishes throughout the dual meet season...Posted career-best long-course times at the Speedo Southern Zone Championships, notching at 52.19 in the 100 freestyle, along with a 56.13 during the 100 butterfly...Qualified for his first 2005 ConocoPhillips US National Championships where he took 55th in the 100 butterfly (56.64) while hitting the wall in 52.92 for 75th during the 100 freestyle.

2003-04: Notched two top-16 finishes at the ACC Championships (Feb. 25-28)...Lowered his career-best marks in four different events throughout the year...Scored a 14th-place finish with a season-best time of 1:40.00 in the 200-yard freestyle...Added a new low of 49.58 to take 15th in the 100-yard butterfly...Posted two more career-best times at the Texas A&M Fall Invitational (Nov. 21-23)...Placed tenth with a career-best time of 4:32.15 during the 500 freestyle...Hit the wall with a time of 1:56.92 in the 200 butterfly...Earned 12 top-five finishes during the dual meet season.

AT TOLEDO (2002-03): Scored a pair of fourth-places finishes at the 2003 Mid-American Conference Championships...Took fourth in the 500 freestyle after swimming a then career-best 4:31.19—the third-best time in Toledo history—during the prelims...Came back the next day to finish fourth with a time of 1:40.22, ranking him fifth in Rocket lore, in the 200 freestyle...Finished league summit with a ninth-place showing in the 100 freestyle (46.23), the ninth best UT time...Member of the Rockets' winning 800-freestyle relay at the league meet.

HIGH SCHOOL: Nine-time NISSCA high school All-American...Named team MVP his senior year...Crowned Illinois High School Association champion in the 100-yard butterfly...Coached by Corky King at both Hinsdale Central and the Hinsdale Swim Club.

PERSONAL: Born August 10, 1984...Majoring in criminology...Son of Scott and Yamina Connor.

PETER CRANE	DIVING	
	SENIOR	6'0"
	FAIRPORT, NY (FAIRPORT)	
	TOP SCORES	
	1M DIVING (6):	314.55
	3M DIVING (6):	307.65
	3M DIVING (11):	427.40
	10M PLATFORM:	361.50
High School Coach:	Sue Crane	
Club Team:	FAST Diving Team	
Club Coach:	Sue Crane & Carolyn Carlton	
Why you chose FSU:	The combination of values & knowledge of the coaching staff & team	
Picked FSU over:	Texas	

Two-Time NCAA Zone Qualifier Team Captain ACC Academic Honor Roll


2004-05: Reset three of his four personal bests while scoring points at the ACC Championships (Feb. 25-26) for the third year in a row...Served as the men's diving captain during his junior season...Took 12th on the three-meter board at the league summit as he chalked up a career-best 11-dive total of 427.40. Started the meet by posting a six-dive mark of 263.00 to take 13th during the one-meter competition...Notched both of his six-dive career highs during a dual meeting against Florida A&M (Jan. 20). Opened with a new personal-best of 314.55 on the one-meter board then came back with a new individual standard of 307.65 on the three-meter...Took 10th during the three-meter competition at the Georgia Fall Invitational (Dec. 3-5) with an 11-dive score of 409.25...ACC quad meet in Atlanta (Oct. 30-31) saw him take third on both the one-meter (286.70) and three-meter (262.00) boards...Scored points in 16-of-18 events during the dual meet schedule, including top five finishes against No. 3 Cal (Oct. 22), No. 4 Florida (Nov. 16) and national champion Auburn (Jan. 29)...Elected team captain and SAAC representative and serves the same position for his senior year...Member ACC Honor Roll.

2003-04: Scored a pair of top-16 finishes at the ACC Championships (Feb. 25-28)...Best showing was a 12th-place mark of 242.60 on the one-meter board...Came back later in the meet to finish 15th during the three-meter competition with a tally of 394.95...Posted three top-ten marks at the Texas A&M Fall Invitational (Nov. 21-23)...Highest mark was a career-best 361.50 to take third on the platform...Added an 11-dive season-high of 410.00 on the three-meter board...Notched a pair of season-best scores against Florida A&M (Oct. 18)...Started with a 308.00 on the one-meter—the tenth-highest score in the ACC last season—before adding a three-meter score of 297.70...Posted 13 top-five finishes during the dual meet campaign, including a victory on the one-meter board against Florida Atlantic and Indian River CC (Nov. 1)

2002-03: Top mark on the one-meter was 231.80...Finished 14th at the ACC Championships on both the one- and three-meter springboards...Scored 410.15 in 11 dives on the three-meter at the conference meet.

HIGH SCHOOL: Two-time high school All-American...Six-time All-Monroe County Diver...Holds the Fairport six and 11-dive records...Competed at the summer Junior Olympics five times starting at age 12...One year prior he began his seven-year run at the winter Junior Olympics...Best finish was a ninth-place showing...Coached by his mother Susan at Fairport...Dove for his mother and Carolyn Carlton at FAST Diving Team...Took home the National English Merit award.

PERSONAL: Born January 14, 1984...Majoring in management...Son of Jeffrey and Susan Crane...Sister Lindsey was a member of the Virginia swimming and diving team.

ED DENTON	FREE	
	SOPHOMORE	6'1"
	MAIDENHEAD, ENGLAND (MILLFIELD SCHOOL)	
	TOP TIMES	
	50 FREE:	20.53
	100 FREE:	44.83
	200 FREE:	1:38.10
	100 BREAST:	57.24
High School Coach:	Doug Campbell	
Club Team:	Windsor	
Club Coach:	Tony Woodward	
Why you chose FSU:	The great opportunities available in the states.	
Picked FSU over:	Loughborough	

ACC Champion • All-ACC



2004-05: Had a tremendous freshman campaign, culminating in two individual finals swims and a relay title at the ACC Championships (Feb. 23-26)...Swam the anchor leg of the winning 400 freestyle relay that posted an NCAA "B" cut of 2:57.26...Led off the 800 freestyle relay with a split of 1:38.10 that ranks as the second-fastest time in school history. Relay took fourth with an NCAA "B" time of 6:34.20...Took fourth in the 200 freestyle with an NCAA "B" time of 1:38.38. Came in sixth in the 100 freestyle with an NCAA provisional time of 44.83 that rates as the ninth-best in Seminole lore...Also scored points in the 50 freestyle, taking 14th with a time of 20.67 and was a member of the 200 freestyle relay that took third with an NCAA "B" time of 1:19.79...Scored a pair of career-best times during four top-12 finishes at the Georgia Fall Invitational (Dec. 3-5). Ninth-place marks in the 50 freestyle and 100 breaststroke resulted in new personal-lows of 20.53 and 57.24, respectively. Best finish was a fourth-place 45.01 in the 100 freestyle...Top ten in three events at the Dallas Morning News Classic (Jan. 14-15) with his best finish coming in the 200 freestyle where he placed fifth with a 1:41.80...Showed his versatility with victories in four different events with seven total wins...Won the 100 free (45.98) at an ACC quad meet in Atlanta (Oct. 30-31), while taking fifth in the 200 freestyle (1:52.85)...Amassed a total of 20 top-10 finishes during the dual meet season, covering six different events...Swam in the finals of two events at the British ASA Commonwealth Games Trials...Took sixth in the 100-meter freestyle with a time of 50.99...Started the competition with a ninth-place time of 23.81 in the 50 freestyle...Member ACC Honor Roll.

HIGH SCHOOL: Posted a pair of second place finishes at the Great Britain National meet with a 23.60 in the 50 freestyle and a 100 meter freestyle time of 51.70...Won gold at the British nationals in 2001 in the 200, 400 and 1,500-meter freestyle while taking second in the 50 and 100 freestyle...Top times include 20.62 (50 freestyle), 44.98 (100 freestyle) and 1:41.60 (200 freestyle)...Coached by Doug Campbell at Millfield and swam for Tony Woodward on the Windsor club team.

PERSONAL: Born January 1, 1986...Majoring in business management...Son of Andy and Yvonne Denton...Attended same high school as teammate Ian Powell and head coach Neil Harper.



Ed Denton


SCOTT DERNER	DIVING	
	FRESHMAN	5-11
	GRAPEVINE, TX (COLLEYVILLE HERITAGE)	
		
	High School Coach:	Dick Wilson & Kevin Wilson
Club Team:	GC Divers	
Club Coach:	Krista Klein & Jeff Bro	
Why you chose FSU:	Great athletic program, coach, team, loved the campus	
Picked FSU over:	Texas, LSU, Minnesota, Missouri	

HIGH SCHOOL: Finished his career with his third All-America and All-State selections following a third-place finish (447.30) his senior year at the class 5A state meet. Captured district and regional titles for the third year in a row with winning scores of 580.85 and 499.60, respectively...Had his best finish at the state meet as a junior, tabulating a second-place 432.25 to earn All-State and All-America accolades...First state and national awards came following his sophomore campaign in which he took third (435.50) at the Texas meet...Named All-Area his last three years by the *Dallas Morning News*, while being placed on the publication's Swimmer/Diver Watch List his last two seasons...Holds Colleyville Heritage six-dive (356.665) and 11-dive records (580.85) on the one-meter...Named Northwest Texas Diving Association's Diver of the Year all four years of his prep career...At last summer's Junior Olympic Nationals he placed third on the one-meter at 450.90, while his 448.95 earned him eighth during the three-meter, an improvement of nine spots and 16 places, respectively, from a year before...Took on the nation's best at the Summer Senior Zone C meet where he finished seventh on the one-meter with a 515.95 to go along with a tenth-place 425.60 in the three-meter...Coached by Kevin Wilson and Dick Wilson at CHHS and Krista Klein and Jeff Bro at Grapevine Carroll Divers...Excels in the classroom as a member of the CHHS honor roll all four years of high school while serving as a member of the National Honor Society his last year.

PERSONAL: Born June 11, 1987...Majoring in biological sciences...Son of Alan and Cindy Derner.



Stephan Connor

PAUL ERBEN	BREAST	
	JUNIOR	6'6"
	PANAMA CITY, FLA. (BAY)	
	TOP TIMES	
	100 BREAST:	55.46
	200 BREAST:	2:02.87
	200 IM:	1:54.05
High School Coach:	Pam Salinas	
Club Team:	PCST	
Club Coach:	Jermy Vail	
Why you chose FSU:	The coaching staff & the great team atmosphere.	
Picked FSU over:	North Carolina, Florida, Emory	

Two-Time ACC Academic Honor Roll

2004-05: Scored points in both breaststroke events at the ACC Championships (Feb. 23-26) for the second year in a row while resetting two of three personal-best times...Best finish at the league summit was a sixth-place mark in the 100 breaststroke with a season-best time of 55.80...Came back to take 11th at the 200-yard distance, posting a career-best time of 2:02.87 to get the last spot in the FSU all-time top ten...Bonus swim in the 200-yard individual medley produced a new personal-best of 1:54.05 as he took 23rd...Finished in the top eight of both breaststroke events at the Georgia Fall Invitational (Dec. 3-5). Earned sixth-place time of 2:05.69 in the 200 breaststroke while his 100 breaststroke time of 57.14 put him one spot back...Hit the wall third in both breaststroke races during an ACC quad meet in Atlanta (Oct. 30-31) with times of 57.84 and 2:06.65 in the 100 and 200 respectively...Won both the 100 (59.45) and 200 (2:11.08) breaststrokes against Florida A&M (Oct. 15)...Chalked up 15 top-five finishes during the dual meet campaign...Qualified for the 2008 US

Olympic Trials with his performance at the Speedo Southern Zone Championships as he won the 100-meter breaststroke in 1:04.28...Took fourth in the 200 breaststroke with a time of 2:21.61...Cracked the top 25 at the 2005 ConocoPhillips US National Championships with a 25th-place time of 1:05.23 during the 100 breaststroke...Added a time of 2:22.62 to take 31st at the 200-meter distance...Member of ACC Honor Roll.



2003-04: Surprised many in his inaugural trip to the ACC Championships (Feb. 25-28) with a pair of top 12 finishes, including a swim in the finals of the 100 breaststroke...Dropped his 100 breaststroke time by nearly seven seconds from his first collegiate swim with a sixth-place time of 55.46. Time is the eighth-best in school history...Time was an NCAA "B" cut and the first sub-56.00 100 breaststroke time by a Seminole freshman since Wickus Nienaber in 2001...Slashed four seconds off his previous best time in the 200 breaststroke, finishing 11th with a time of 2:04.02...Efforts at the conference championships made him the obvious choice for Most Improved Swimmer at the annual team banquet...Also added a 200-yard individual medley tally of 1:56.61...Showed early promise during the Texas A&M Invitational, finishing fourth in the 100 breaststroke with a time of 56.97...Posted ten top-five finishes during the dual meet season...Earned high marks in the classroom as a member of the ACC Academic Honor Roll.

HIGH SCHOOL: Capped off senior season with a state championship in the 100 breaststroke (58.79)...Four-time district and county champion...Posted his best times in the 100 and 200 breaststroke at the 2003 spring COD3 southeastern meet, touching in at 58.26 and 2:08.08 respectively...Named team MVP all four years...Swam at Bay High School for coach Pam Salinas...Club coach was Jermy Vail at the Panama City swim team.

PERSONAL: Born September 13, 1984...Majoring in biological science...Son of Julia and Steve Erben...Sister Andrea swam at North Carolina.




Paul Erben

DAN FREBEL	DIVING		
	FRESHMAN	5'10"	
	FORT WAYNE, IN (HOMESTEAD)		
			
	High School Coach:	Jill Eckright	
	Club Team:	Northern Indiana Diving	
Club Coach:	Todd Wickel		
Why you chose FSU:	I liked the coach and thought I would enjoy the school the most		
Picked FSU over:	Purdue, Indiana, Penn State		

HIGH SCHOOL: Matched his best finish at the Indiana High School Athletic Association meet as a senior, taking fifth with an 11-dive score of 435.45 on the one-meter board to earn Honorable Mention All-State honors...Completed the career sweep by taking his fourth Northeast Hoosier Conference one-meter title before winning the sectional title, breaking his own sectional record with a 551.85 and taking third at regionals (447.95)...Junior campaign saw him earn his first All-State award as he took fifth with a tally of 449.10...Won conference, sectional and regional titles that year on the one-meter, setting records at both the sectional and regional level...Collected his first section and regional titles as sophomore before taking ninth at the state meet...Posted a new conference meet standard with a tally of 501.52 as he won his second title...Broke onto the scene with his inaugural NHC one-meter title before taking ninth at the state championships...Earned All-Area honors all four years of his prep career from the Fort Wayne News-Sentinel...Had a pair of top-15 finishes at the Junior Olympic Summer National after winning the JO Region 2 title with a 423.30 on the one-meter...Last four years saw him post nine more top five finishes at Junior Olympic regional meets...Coached by Jill Eckright at Homestead with Todd Wickel handling the duties at Northern Indiana Diving Also a member of the HHS track and field team.

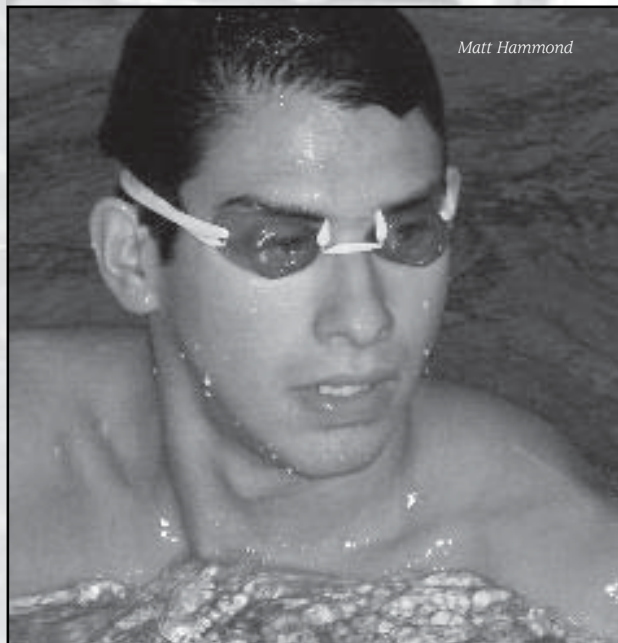
PERSONAL: Born February 10, 1986...Undecided on major...Son of David and Ana Maria Frebel.

MATT HAMMOND	FREE	
	SOPHOMORE	6'2"
	DAYTONA BEACH, FL (PORT ORANGE SPRUCE CREEK)	
	TOP TIMES	
	50 FREE:	21.40
	100 FREE:	47.07
	200 FREE:	1:44.58
High School Coach:	Steve Lochte	
Club Team:	Daytona Beach Swimming	
Club Coach:	Steve Lochte	
Why you chose FSU:	Great team chemistry, team was improving, great coach & recruiting	
Picked FSU over:	Clemson, Kentucky, Florida Atlantic	

2004-05: Finished first campaign strong with good performances at the Georgia Fall Invitational (Dec. 3-5) and ACC Championships (Feb. 23-25)...Posted two of his career-best times in Athens, GA. Hit the wall in 21.40 during the 50 freestyle while his 47.07 in the 100 free was also a personal-best...Dropped more than two seconds off his best 200 freestyle time at the league meet, notching a 1:44.58. Also added times in the 50 freestyle (21.48) and 100 freestyle (47.18)...Collected five top-five finishes throughout the dual meet season.

HIGH SCHOOL: A four-time state finalist at the FHSAA meet, he had his best performance during his senior year...Capped off prep career by taking second in the 50 freestyle along with a fourth-place mark in the 100 freestyle...Member of Spruce Creek's 3A state championships 200 medley relay team, he earned All-Central Florida and All-Volusia/Flagler County honors from the *Orlando Sentinel*...Team captain his final season, he also swam on the Hawks' third-place 400 freestyle relay...Earned a spot in the US Junior National meet during his junior year...Won the 100 freestyle at the district championships...Collected his first All-State award as a freshman, helping Spruce Creek to the team state championship...Coached by Steve Lochte for both Spruce Creek and the Daytona Beach Swimming.

PERSONAL: Born December 22, 1985...Undecided on major...Son of Myron and Diane Hammond.



Matt Hammond

JARED HEINE	BACK	
	SENIOR	5'9"
	HONOLULU, HI (DAMIEN)	
	TOP TIMES	
	100 BACK:	50.08
	200 BACK:	1:49.40
	Club Team:	Kamehameha Swim Club
Club Coach:	Kevin Flanagan	
Why you chose FSU:	Tradition	
Picked FSU over:	Pacific	

Team Captain

2004-05: Continued his improvement, lowering both of his career-best times while scoring points for the second year in a row in both backstroke events at the ACC Championships (Feb. 23-26)...Hit the wall in 1:49.40 during the 200 backstroke at the conference meet to take 10th. Time is the best of his career and rates eighth in Seminole lore...Started the meet by placing 16th in the 100 backstroke with a personal-best of 50.08 that places him tenth all-time at FSU...Finished in the top-eight of both backstroke events at the Georgia Fall Invitational (Dec. 3-5). Took sixth with a 50.33 in the 100 back while his 200 time of 1:49.94 was eighth...Picked up wins in both backstroke events against Florida A&M (Oct. 15), winning the 100 in 52.99 while touching in ahead of the pack in the 200 at 1:56.56...Took second in the 100 backstroke at the ACC quad meet in Atlanta (Oct. 30-31)...Collected 14 top-five finishes during the dual meet campaign.

2003-04: Point scorer for the Seminoles at the ACC Championships (Feb. 25-28) with a pair of top-16 finishes in the backstroke events...Best finish came at the 100-yard distance where he scored a season-best by hitting the wall with a time of 50.68 to place 15th...Added to FSU's point total with a 16th-place mark of 1:51.09 in the 200-yard backstroke...Broke into the Seminole top-ten list for the first time in his career by scoring a time of 1:50.75 in the 200 backstroke, placing him sixth, at the Texas A&M Fall Invitational (Nov. 21-23)...Placed third or higher nine times during the dual meet campaign.



2002-03: Highlighted season with his performance at the ACC meet...Placed 18th in the 100-backstroke with a top time of 51.25...Earned a 22nd-place finish in the 200-backstroke with his season-best mark of 1:52.19.

HIGH SCHOOL: Named team captain his senior year at Damien...Selected as team MVP his sophomore and senior seasons...Coached by former Florida State All-American Kevin Flanagan at Kamehameha Swim Club.

PERSONAL: Born September 6, 1984...Majoring in information science...Son of Claudine Heine.




Jared Heine

JIMMY HOLWAY	FREE	
	FRESHMAN	6'0"
	GULF BREEZE, FL (GULF BREEZE)	
		
High School Coach:	Teri Atzhorv	
Club Team:	Club Makos	
Club Coach:	Teri Atzhorv	

HIGH SCHOOL: Concluded his senior season with automatic All-America honors in the 50 freestyle, posting a career-best 21.20 to take second at the Florida High School Athletic Association championships while leading the Dolphins to a third-place finish... Earned All-America consideration for his fourth-place 1:43.27 in the 200 freestyle... Swam on a pair of relays that earned national consideration, swimming the anchor leg of the second place 200 medley relay (1:04.14) and third-place 400 freestyle relay (3:15.05)... Won the FHSAA regional title in the 50 freestyle and took third in the 200 freestyle after winning both events at the district meet... Achievements in the pool earned him Swimmer of the Year and All-Area honors from the Pensacola News Journal... Collected his first All-America honors as a junior at the state meet, swimming on a second-place 400 freestyle relay (3:16.90) and third-place 200 medley quarter (1:40.04)... Advanced to the finals of the 50 freestyle with a seventh-place 22.47 to go along with an eighth-place 48.32 in the 100 free... Gulf Breeze finished fourth in the team standings that season... Captured First-Team All-Area honors from the PNJ his last three years at Gulf Breeze after a Second-Team nod as a freshman... Also was named Swimmer of the Week by the publication during each of his first three years... The Dolphins won the district title his first three years at GBHS... Qualified for the Junior National Short Course Championships the last two years with long-course standards in 2003 & 2004 for the 50 and 200 freestyles as well as relays... Swam at the Southeastern Regional Championships all four years of his prep career, highlighting his resume with fourth-place finishes in the 50 and 200 freestyles... Top times include 21.20 (50 freestyle), 47.86 (100 freestyle) and 1:42.90 (200 freestyle)... Coached by Teri Atzhorv at Gulf Breeze and Club Makos.

PERSONAL: Born January 2, 1987... Majoring in fine arts... Son of Mary and Bill Holway... Exceptional in the art studio as well, as the winner of the State of Florida art competition in the sculpture division.

BRETT IRVIN	FREE	
	JUNIOR	6'5"
	BOCA RATON, FL (PINE CREST)	
	TOP TIMES	
	50 FREE:	21.36
	100 FREE:	45.78
	200 FREE:	1:38.95
	200 IM:	1:55.54
High School Coach:	Jay Fitzgerald	
Club Team:	Pine Crest	
Club Coach:	Jay Fitzgerald	
Why you chose FSU:	I loved the team, the coaches, and I had to stay true to the South	
Picked FSU over:	Clemson, North Carolina, Ohio State, Arizona State	

2004-05: Made huge strides during his second season at Florida State, scoring points at the ACC Championships (Feb. 23-26)... Posted a career-best time of 1:38.95 in the 200 freestyle to take 10th with a mark that rates as the tenth-fastest in school history... Qualified for the bonus heat of the 100 freestyle where he chalked up new personal-best of 45.78 in an 18th-place finish... Equaled his career-best in the 200-yard individual medley, touching in with a time of 1:55.54... Notched a pair of top-16 finishes at the Georgia Fall Invitational (Dec. 3-5)... Originally set his career-best in the 200 IM, putting up a 14th-place 1:55.54. Also took 15th in the 200 freestyle, hitting the wall with a time of 1:40.77... Collected 14 top-five finishes during the dual meet campaign.

2003-04: Qualified for the evening session of the ACC Championships (Feb. 25-28) in a pair of events during his initial trip to the conference championships... Picked up points for his performance in the 200-yard freestyle, taking 16th in a season-best time of 1:40.19... Swam in the bonus heat of the 100 freestyle where his year-best of 46.21 placed him 19th... Added a third career-best time, touching in at 21.36 during the 50 freestyle... Ten top-five finishes highlighted his performances during the dual meet portion of the schedule.

HIGH SCHOOL: Scored All-America honors each of his four years at Pine Crest... Also garnered four All-County and All-State selections... State champion in the 100 freestyle his junior and senior campaigns... Participated in the US Open his junior season... Served as team captain his last two years... Won MVP and Coaches Award as a senior... Swam for Jay Fitzgerald on the Pine Crest High School and club teams.

PERSONAL: Born July 27, 1984... Majoring in environmental sciences... Son of Michael and Debbie Irvin... Swam on the same club and high school team as incoming freshman Christie Raleigh.



Brett Irvin

BILLY JAMERSON	BREAST	
	SOPHOMORE	6'0"
	SAVANNAH, GA (SANDY CREEK)	
	TOP TIMES	
	100 BREAST:	54.13
	200 BREAST:	1:58.74
	50 FREE:	21.05
	200 IM:	1:57.79
High School Coach:	Jamey Myers	
Club Team:	Southern Crescent Aquatic Team	
Club Coach:	Jamey Myers	
Why you chose FSU:	I like the coaches, the team and close to home	
Picked FSU over:	Alabama, Kentucky, NC State	

NCAA All-American All-ACC

2004-05: Had one of the best seasons of any freshmen in the country, culminating in a pair of swims at the NCAA Championships (March 25-27)...Earned the first All-America honors of his career, taking part in the 800 free relay that captured honorable mention accolades with its 16th-place time of 6:51.65. Individual swims included a pair of 27th-place finishes with a 100 breaststroke mark of 54.98 and a 2:00.61 at


the 200-yard distance...Collected a pair of All-ACC honors for second place finishes at the ACC Championships (Feb. 23-26)...Hit the wall with a career-best 54.13 in the 100 breaststroke – after winning the prelims – placing second and ranking third in school history...Went under two minutes for the second time, notching a second-place 1:59.24 in the 200 breaststroke...Added a 21.19 in the 50 freestyle...Garnered national attention by winning both breaststroke events at the Georgia Fall Invitational (Dec. 3-5)...Winning time of 1:58.74 in the 200 breaststroke rates as the second-fastest time in school history. Scored a win with a time of 54.49 during the 100 breaststroke...Notched a pair of NCAA “B” cut times – as part of his six provisional times throughout the year – with two victories in the 100 breaststroke (55.32) and 200 breaststroke (2:00.8) against national champion Auburn (Jan. 29)...Twice earned ACC Performer of the Week Awards (December 6 and January 31) making him the first Seminole to earn the award twice in one year and just the second to collect the accolade twice in a career – after winning both breaststroke events at the Georgia Invite and against Auburn...Both top times are the fastest by a freshman in Florida State history and rated third among all freshmen in the country this season...Named Rookie of the Year at the annual team banquet...Finished in the top four in both breaststroke events at the *Dallas Morning News* Classic (Jan. 14-15). Meet also saw him post a personal-best 1:57.79 in the 200 IM...Won the 200 breaststroke and took second in the 100-yard event at an ACC quad meet in Atlanta (Oct. 30-31)...Collected nine victories throughout the year, including wins against fourth-ranked Florida (Nov. 16) in the 100 breaststroke (55.91)...Had 18 top four finishes during the dual meet campaign and never finished lower than third in either breaststroke race.

HIGH SCHOOL: A two-time member of the US Junior National team in 2003 and 2004, he captured four national titles at the NCSA Junior National Championships, winning the 50 and 100 yard breaststroke both years...Earned All-America honors his final two years in high school to go along with All-State honors for Sandy Creek High School...Mark of 25.63 in the 50-yard breaststroke is a Junior National record...Twice qualified for the US Senior National meet in the 100 meter breaststroke...Holds three Georgia state records in the 100 breaststroke with age group marks in the 100 yard and meter races as well as the high school record...Three-time team MVP as well as the 2003 Fayette County Swimmer of the Year...Swam at Sandy Creek and Southern Crescent Aquatic Team for Jamey Myers.

PERSONAL: Born October 9, 1985...Undecided on major...Son of Dr. John and Shearon Jamerson.



Billy Jamerson

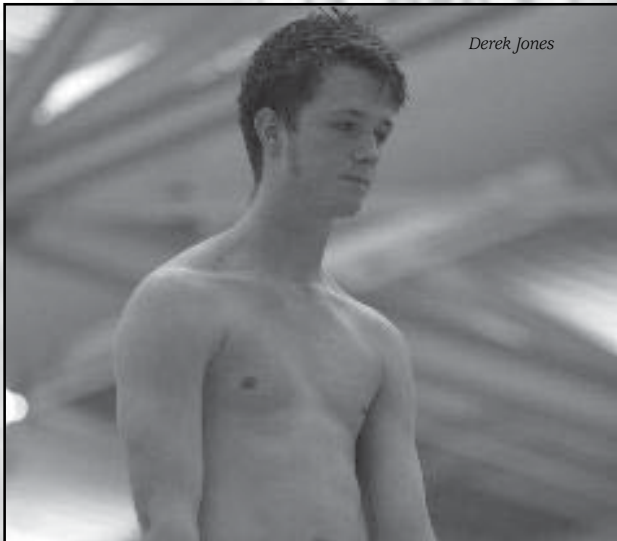
DEREK JONES	DIVING	
	JUNIOR	5'11"
	JACKSONVILLE, FL (FIRST COAST)	
	TOP SCORES	
	1M DIVING:	281.55
	3M DIVING (6):	280.05
	3M DIVING (11):	412.55
High School Coach:	Ron Soder	
Club Team:	North Florida Diving	
Club Coach:	Melissa Moss-Hymes	
Why you chose FSU:	Close to home & Patrick is a great coach	
Picked FSU over:	Florida, Emory, Duke	

2004-05: Notched a pair of top-16 finishes at the ACC Championships (Feb. 23-26)... Tallied a new 11-dive career high of 412.55 in taking 16th during the three-meter competition... Best finish was a 14th-place mark of 261.95 on the one-meter board... Reset both of his six-dive career-highs during the dual meet season... Took second with a personal-high of 280.05 on the three-meter versus Indian River CC (Nov. 12). Posted a new tally of 281.55 on the one-meter against Florida A&M (Jan. 20)... Continuous progress earned him the Most Improved Diver Award at the annual team banquet... Totaled ten top-five finishes during the dual meet campaign.


2003-04: Came on during the second half of his freshman season to contribute to FSU's point total at the ACC Championships (Feb. 25-28) with a top-16 finish... Eleven-dive season-high 12th-place mark of 399.70 helped him secure Most Improved Diver honors at the annual team banquet... Showed early promise at the Texas A&M Fall Invitational (Nov. 21) with 12th-place finishes on the one and three-meter boards... Posted a season-best 262.87 in a fourth-place showing against NC State (Jan. 9)... Notched a season-best one-meter total of 254.18 against Florida Atlantic and Indian River CC (Oct. 18).

HIGH SCHOOL: Qualified for the state championships his junior and senior seasons... Conference title holder his senior year... Also advanced to the state tournament in tennis... Team MVP of both the First Coast swimming and tennis teams... Dove for Melissa Moses-Hymes on the North Florida Divers while Ron Soder was his coach at First Coast High School.

PERSONAL: Born March 19, 1985... Majoring in nursing... Son of Michael and Lorri Jones.



Derek Jones

DANNY KEELING	IM • FLY	
	SOPHOMORE	5'9"
	WESTMINSTER, CO (STANDLEY LAKE)	
	TOP TIMES	
	200 IM:	1:48.94
	400 IM:	3:55.79
	200 BREAST:	2:03.34
	200 FLY:	1:52.99
Club Team:	North Jeffco Swim Team	
Club Coach:	Brett Stoyell	
Picked FSU over:	Washington, Wyoming	


2004-05: One of the most versatile swimmers on the team, placed in the top ten in both individual medley events at the ACC Championships (Feb. 23-26)... Took fifth in the 200-yard IM, scoring an NCAA "B" cut of 1:48.94 that places him second in school history and is only three tenths of a second off the school record... Placed tenth in the 400 IM with a mark of 3:56.85. Added a bonus heat swim in the 200 breaststroke, notching a 20th-place 2:06.02... Had a strong showing at the Georgia Fall Invitational, notching a trio of career-best times as part of his four top-eight finishes. Took third in the 400 IM with a time of 3:55.79 that rates fifth in Seminole lore. Also set new personal-marks with 2:03.34 in the 200 breaststroke as well as a 200 butterfly time of 1:52.99 during an eighth-place effort. Touched in at 1:50.48 to take third in the 200 IM... Dallas Morning News Classic (Jan. 14-15) saw him collect career-bests in both backstroke events, as he touched in with a 1:53.84 in the 200 backstroke in addition to a 100 back time of 53.84... Collected a pair of victories during the dual meet season, including a win in the 200 IM (1:55.52) against third-ranked California (Oct. 22)... Amassed 18 top five-finishes in an amazing seven different events.

HIGH SCHOOL: Two-time Colorado High School Athletics Association 5A champion in both the 200 individual medley and 100 backstroke... A two-time All-American in the 100 backstroke and 200 IM, he has qualified for the US Open in the short course 400 IM and long-course 200 IM... Originally set the state record in the 200 IM as a junior before resetting the mark with a 1:51.55 as a senior... Qualified for the US Open meet in the 200 and 400 IM as well as 100 breaststroke in the short course and long course competition... Swam at the US Junior National Championships, posting four top 16 times. Best showing was a seventh-place mark in the 50 backstroke... Captured the Colorado state title last season in the 200 IM and 100 backstroke... Dominated the 2004 Western Region Section Championships with a five top-eight finishes... Set nine of his personal-best long-course meter times at the meet... Top short-course yard times included: 100 backstroke (52.01), 200 IM (1:51.55) and 400 IM (3:59.43)... Swam for Brett Stoyell on the North Jeffco Swim Team

PERSONAL: Born December 11, 1985... Undecided on major... Son of Greg and Colleen Keeling



Danny Keeling

ALEX KENNON	FREE • FLY	
	JUNIOR	6'2"
	WINTER HAVEN, FL (EAGLE LAKE LAKE REGION)	
	TOP TIMES	
	50 FREE:	20.42
	100 FREE:	45.08
	200 FREE:	1:41.17
	100 FLY:	51.52
High School Coach:	Gene Moore	
Club Team:	Winter Haven Stingrays	
Club Coach:	Jim Grazier	
Why you chose FSU:	Love Florida, The team was nice, and I thought I could do well	
Picked FSU over:	Missouri	


ACC Champion • All-ACC Two-Time ACC Academic Honor Roll

2004-05: Made huge strides during his second collegiate season, qualifying for the finals of two events at the ACC Championships (Feb. 23-26) as he earned Most Improved Swimmer honors at the annual team banquet...Earned All-ACC accolades as a member of the winning 400 freestyle relay that posted an NCAA "B" cut of 2:57.26...Member of the 200 freestyle relay that took third with an NCAA "B" time of 1:19.79...Took sixth in the 50 freestyle with a personal-standard of 20.42...Finished eighth with a new career-best of 45.08 in the 100 freestyle...Added a bonus heat time of 1:41.26 in the 200 freestyle...Collected a pair of personal-best marks at the Georgia Fall Invitational (Dec. 3-5). Hit the wall in 1:41.17 during the 200 freestyle to go along with a 51.52 in the 100 butterfly...Took eighth in the 50 freestyle with a time of 20.59...Placed fourth in both 50 freestyle (21.39) and 100 freestyle (46.53) at an ACC quad meet in Atlanta (Oct. 30-31)...Won the 100 freestyle against Florida A&M (Jan. 20) as part of his 13 top-five finishes during the dual meet campaign...Continuous positive attitude every day earned him the Coaches Award for the second year in a row...Posted a pair of top-eight performances at the Speedo Southern Zone Championships, taking sixth in the 100-meter butterfly (56.80) and seventh in the 200 free (1:55.73)...Also turned in a 100-meter freestyle time of 52.02 in a time trial...Took 27th in the 50 free at the 2005 ConocoPhillips US National Championships in 23.71...Recorded a time of 52.25 in the 100 free to take 60th...Member of ACC Honor Roll.

2003-04: Posted his best times of the season at the Seminoles' two biggest meets of the year...Two of his three season-best marks came at the Texas A&M Invitational (Nov. 21-23)...Top 16 finishes produced season-best times of 21.33 in the 50 freestyle to go along with a 100 freestyle time of 45.46...Also notched a 51.83 in the 100 butterfly during the ACC Championships (Feb. 25-28)...Collected seven top five finishes during the dual meet campaign...Positive attitude everyday at practice and in competition earned him the Coaches' Award at the annual team banquet...Strong performance in the classroom earned him ACC Academic Honor Roll status.

HIGH SCHOOL: Four-year letterwinner for Gene Moore at Lake Region...Earned the team's Sportsmanship Award as a junior...Award Best Relay Start as a sophomore...Swam for Gene Moore at Lake Region and Jim Grazier for the Winter Haven Stingrays...Also a member of the Thunder cross country team.

PERSONAL: Born January 12, 1985...Majoring in biological sciences...Son of Don and Debbie Kennon.

BOBBY LANGSETT	DISTANCE FREE • IM	
	SENIOR	6'2"
	FT. LAUDERDALE, FL (FT. LAUDERDALE/FLORIDA ATLANTIC)	
	TOP TIMES	
	500 FREE:	4:24.40
	1650 FREE:	15:24.00
	400 IM:	3:56.10
High School Coach:	Kathy Allen	
Club Team:	Fort Lauderdale Aquatics	
Club Coach:	Duffy Dillon	
Why you chose FSU:	The program is on the rise.	

2004-05: Sat out the season in compliance with NCAA transfer regulations. Competed at the Third Annual FINA World Open Water World Championships in Dubai, United Arab Emirates...Placed 24th with a time of 2:05:02.90 in the 10k competition.

AT FAU (2001-02): Placed third at the National Independent Conference Championships as a sophomore in the 1,650 freestyle (15:26.2) and added a seventh-place 4:26.9 in the 500 freestyle. Both marks would rank in the top 10 on the FSU all-time charts...Transferred to Florida Atlantic following his freshman season at Florida.

HIGH SCHOOL: Grabbed the state championships in the 200 individual medley in 2000...Set the US Junior National record in the 500 freestyle...Placed sixth at USA Nationals in the 800 meter freestyle...Swam for Duffy Dillon at Ft. Lauderdale Aquatics.


PERSONAL: Born June 20, 1983...Majoring in applied economics with a minor in finance...Son of Greg and Kathy Langsett...Member of the US National team.



Bobby Langsett




Alex Kennon

CARL MARAIS	BACK • FREE	
	SOPHOMORE	6'2"
	PRETORIA, SOUTH AFRICA (ST. ALBANS COLLEGE / WYOMING)	
	TOP TIMES	
	100 FREE:	44.51
	200 FREE:	1:36.50
	100 BACK:	49.73
	200 BACK:	1:46.63
Club Team:	PAC	
Club Coach:	Gerhard Vd Walt	
Why you chose FSU:	Great program, school, and weather	
Picked FSU over:	Arizona State, Kentucky, Southern Methodist	

AT WYOMING (2004-05): Had a remarkable freshman year at Wyoming, culminating in a Mountain West Conference championship...Posted an NCAA "B" cut of 1:36.50 to win the conference title in the 200 freestyle. Time is a Wyoming school record and would rate him just 0.32 off Steve Parry's FSU record...Set three other school records during the meet...Established a new Cowboy standard in the 200 backstroke, taking second with his 1:46.63 that would put him fourth all-time at FSU...Fifth-place NCAA "B" cut time of 44.51 in the 100 freestyle is a new UW record and would be seventh at Florida State...Lead off the third-place 400 medley relay with a 100 backstroke split of 49.73 to set his fourth school record...Three of the relay teams he swam on set new school marks in the 200 and 400 medley as well as the 800 freestyle relay...Named MWC Swimmer of the Week on October 28 after winning three individual events and taking part in three relay titles at the Early Bird Invitational, his first collegiate meet.

HIGH SCHOOL: Team captain and honor swimmer at St. Albans...Coached by Gerhard vd Walt for the PAC club team.

PERSONAL: Born December 18, 1984...Majoring in marketing...Son of Mathilda and Elbert Marais

MARK NICHOLLS	FLY • IM	
	JUNIOR	5'11"
	CHARLOTTE, NC (SOUTH MECKLENBURG)	
	TOP TIMES	
	100 FLY:	51.54
	200 FLY:	1:51.06
	400 IM:	4:06.84
	500 FREE:	4:39.17
High School Coach:	Ellen Mullis	
Club Team:	Mecklenburg Aquatic Club	
Club Coach:	Dave Gibson	
Why you chose FSU:	Closeness of team, warm weather, nice scenery	
Picked FSU over:	Alabama, Virginia Tech	

2004-05: Missed most of the second half of the season after being sidelined with a medical condition...Rebounded to post a pair of career-best at the ACC Championships (Feb. 23-26)...Preservation in the face of adversity earned him the Comeback Award at the annual team banquet...Posted a career-best 1:51.06 during the bonus heat of the 200 butterfly, placing 23rd...Dropped his personal-standard in the 100 butterfly, notching a 51.54 in the prelims...Lowered his career-best in the 500 freestyle with a 4:39.17 at the Georgia Fall Invitational (Dec. 3-5)...Posted a season-best 400 IM time of 4:07.97, taking 16th place...Tallied six top-five finishes during dual meets.

2003-04: Had his best meet of the season at the Texas A&M Fall Invitational (Nov. 21-23)... Participated in the bonus heat of two events at the ACC Championships (Feb. 25-28)...Placed 17th with a time of 1:52.08 in the 200 butterfly, followed by a 22nd-place 400 IM mark of 4:07.07...Notched eight top-five finishes during his first dual meet season, including a second place mark—his highest of the year—in the 200 butterfly against Georgia Tech (Jan. 17).


HIGH SCHOOL: Ended high school tenure with a regional championship in the 100 butterfly his senior year...Earned a pair of all-conference accolades as a junior and senior...Named All-Region his



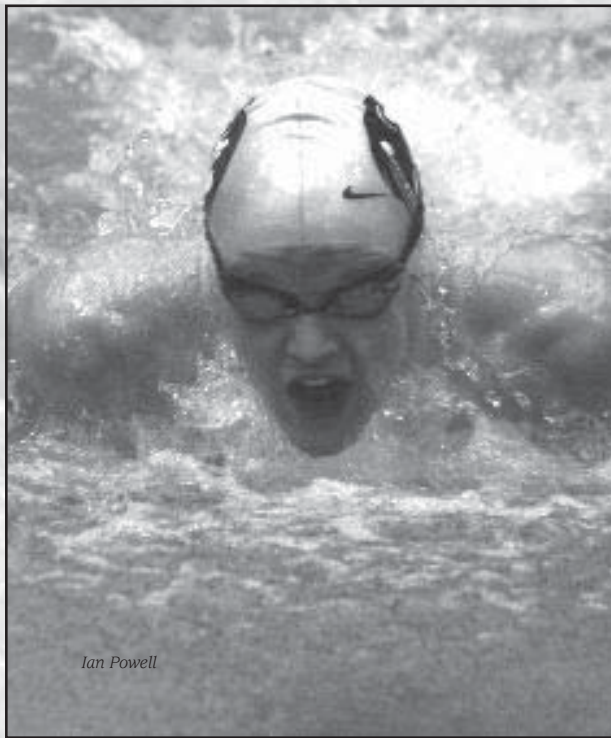
Mark Nicholls

final two seasons...Southern Zone champion in the 200-yard butterfly...Shared team MVP honors his last year...Named captain as a sophomore...Swam for Ellen Mullis at South Mecklenburg and for Dave Gibson on the Mecklenburg Aquatic Club.

PERSONAL: Born May 15, 1985...Majoring in communications...Son of Tony and Sandy Nicholls...Older sister Claire swims at NC State...High school and club teammate of sophomore Stacy Rademacher and freshman Meredith Martelle.

IAN POWELL	BACK • FLY • IM	
	SOPHOMORE	5'8"
	GUERNSEY, CHANNEL ISLANDS (MILLFIELD SCHOOL)	
	TOP TIMES	
	100 BACK:	50.08
	200 BACK:	1:47.63
	200 IM:	1:52.29
	200 FLY:	1:51.88
High School Coach:	Doug Campbell	
Club Team:	Beau Sejour Barracudas	
Club Coach:	Alison Frankland	
Why you chose FSU:	Once in a lifetime opportunity I had to take.	
Picked FSU over:	Loughborough	

2004-05: Point scorer at the ACC Championships (Feb. 23-26) in both backstroke events...Qualified for the finals of the 200 backstroke where he placed sixth with a 1:47.63 to tie his career best. Time rates as the fourth-best in Seminole history...Came in 13th during the 100 backstroke, notching a time of 50.33...Added a bonus heat swim in the 200 individual medley, touching in with a time of 1:53.00...Best meet of the year was the Georgia Fall Invitational (Dec. 3-5) where he set all four of his top times...Took fifth in the 200 backstroke with a mark of 1:47.63...Pair of ninth place finishes included a 50.08 in the 100 backstroke – the eighth-fastest time ever at FSU – to go along with a 1:52.29 in the 200 IM...Placed sixth in the 200 butterfly, notching a personal standard of 1:51.88...Top five in both backstroke events at the Dallas Morning News Classic (Jan. 14-15), taking fourth in the 200 backstroke (1:49.94) and fifth at the 100-yard distance (51.82)...Amassed eight victories during the dual meet campaign...One FSU's best swimmers during the dual meet season, notching a top-five finish in all 20 races he swam...Swam in the four events at the British ASA Commonwealth Games Trials, making the finals of all three backstroke races...Best finish was a seventh-place 27.38 during the 50-meter backstroke...Took ninth at the 200-meter




Ian Powell

distance (2:07.33), while touching in with a tenth-place 58.91 during the 100 backstroke...Added a 100-meter butterfly time of 56.04 to take 12th in the semifinals.

HIGH SCHOOL: Won a gold medal at the British National Youth Championships, taking first in the 200 meter backstroke... Also finished second in the 100 meter backstroke and fourth in the 200 meter...Top times in short course meters include 100 backstroke: 56.90 (50.98 – converted), 200 backstroke: 2:00.79 (1:48.23) and 200 butterfly: 2:04.11 (1:51.81)... Long course meters marks: 100 backstroke (59.67), 200 backstroke (2:05.58) and 200 butterfly (2:06.52)...Swam for Doug Campbell on the Millfield School team while Alison Frankland was his club coach for the Beau Sejour Barracudas.

PERSONAL: Born December 16, 1985...Undecided on major...Son Allan and Pam Powell...Attended same high school as Seminole teammate Edward Denton and head coach Neil Harper.

MICHAEL RICE	FLY • IM	
	SOPHOMORE	5'11"
	NORTH MIAMI, FL (MIAMI COUNTRY DAY/FLORIDA)	
	TOP TIMES	
	100 FLY:	50.12
	200 FLY:	1:50.81
	200 IM:	1:57.13
	400 IM:	4:08.17
High School Coach:	Denise Pichardo	
Club Team:	Fort Lauderdale Aquatics	
Club Coach:	Duffy Dillon	
Why you chose FSU:	Great opportunity for athletics and academics	
Picked FSU over:	Clemson, Hawaii	

AT FLORIDA (2003-05): Did not compete for Florida during his sophomore season, concentrating on academics and will have three years of eligibility at Florida State...Highlighted freshman year with a fourth-place finish against the Seminoles (Nov. 11) in the 200 butterfly (1:54.85)...Took sixth in 200 butterfly (1:57.07) vs. Kentucky (Jan. 3)...Ninth in 100 butterfly (52.73) at Florida Invitational (Oct. 18).

HIGH SCHOOL: Finished second in the 100 butterfly at the Florida High School Athletic Association Class A Championships in 2002 with a time of 50.53...Was also fourth in the 200 freestyle (1:43.20)...Earned All-Dade County honors four times...Was his team's MVP four years - three at Archbishop Curley and one at Miami Country Day...Set Miami Country Day records in the 100 butterfly and 200 freestyle...Swam for Fort Lauderdale Swim Team under the direction of Duffy Dillon and Denise Pichardo at Miami Country Day...Was MVP of his club team in 2002...Set records in the 100 fly and the 200 freestyle.

PERSONAL: Born October 25, 1984...Majoring in management...Son of Howard and Gail Rice.

STEVE ROOF	DISTANCE FREE • FLY	
	JUNIOR	5'10"
	CANTON, OH (CENTRAL CATHOLIC)	
	TOP TIMES	
	200 FREE:	1:39.74
	500 FREE:	4:24.59
	1000 FREE:	4:17.26
	1650 FREE:	15:16.48
	200 FLY:	1:50.57
High School Coach:	Sam Seiple	
Club Team:	Canton City Schools	
Club Coach:	Sam Seiple	
Why you chose FSU:	Wanted to go on my own adventure away from home	
Picked FSU over:	Ohio State	

**NCAA All-American
Two-Time ACC Academic
Honor Roll**

2004-05: Earned the first All-America honors of his career, taking part in the 800 freestyle relay at the NCAA Championships (March 25-27) that captured honorable mention accolades with their 16th-place 6:51.63...Best individual finish at the national meet was a 27th-place 15:17.17 in the 1,650 freestyle. Also took 42nd during the 500

freestyle with a time of 4:27.22...Holds the second-fastest time in school history in the 500 after the ACC Championships (Feb. 23-26)...Held the school record in the 1,650 freestyle for 45 minutes, tallying a time of 15:16.48 – that placed him sixth – during a timed final that was later broken by teammate Thomas Bishop...Recorded a new personal-best in the 1,000 freestyle during the 1,650 freestyle at the conference meet with a time of 9:17.20...Notched a fifth-place time of 4:24.59 during the 500 freestyle...Took 17th in the 200 butterfly with a time of 1:52.30...Took fourth in both the 500 freestyle (4:27.20) and 1,650 freestyle (15:32.33) at the Georgia Fall Invitational (Dec. 3-5)...Twelfth-place time of 1:39.74 in the 200 freestyle set a new personal milestone. Added a season-best 200 butterfly time of 1:51.70...Times in both the 500 and 1,650 freestyle at the ACC Championships and Georgia Invite were all NCAA “B” cuts...Nabbed a third-place finish in the 500 freestyle (4:30.23) and fifth in the 200 butterfly (1:52.95) at the Dallas Morning News Classic (Dec. 3-5)...Top five in four events at an ACC quad meet in Atlanta (Oct. 30-31)...Second in the 500 freestyle (4:36.20), fourth in both the 200 freestyle (1:42.23) and 1,000 freestyle (9:29.11) and fifth in the 200 butterfly (1:54.70)...Posted three victories during the dual meet season in three separate events...Versatile swimmer, nabbing 20 top-five finishes in six different events...Member of ACC Honor Roll.


2003-04: Scored valuable points with three top-16 finishes at his first ACC Championships (Feb. 25-28)...Ninth-place swim of 4:26.62 in the 500 freestyle made the NCAA “B” cut list...Finished one spot back in the 200 butterfly where his career-best time of 1:50.57 which places him just outside the FSU top ten...Took 12th in the 1,650 freestyle with a mark of 15:44.01...Member of the 800 freestyle relay that finished third...Produced his first NCAA consideration time at the Texas A&M Fall Invitational (Nov. 21-23)...Posted four top-six finishes at the meet, including a fourth-place on a season-best 4:26.62...Aggie Invite also saw him produce a year-best 15:35.44 in the 1,650 freestyle...Swam his best 1,000 freestyle time of the year (9:20.54) in a third-place finish against Alabama (Jan. 23)...Notched five victories during the dual meet portion of the schedule with 21 top three finishes...Failed to finish in the top three on only three occasions...Accolades in the classroom including ACC Academic Honor Roll.

HIGH SCHOOL: State champion his junior year in the 500-yard freestyle...Came back the next year to finish second in the 200 and 500 freestyle...Senior national qualifier in the 1,000 freestyle...Named Stark County Swimmer of the Year (2001-03) by the Canton Repository...Holds multiple Central Catholic pool records...Four-year MVP...Top times include: 200 freestyle (1:40.10), 500 freestyle (4:28.10), 100 freestyle (9:15.00), 200 butterfly (1:52.50) and 200 individual medley (1:55.00)...High school and club coach Sam Seiple swam at Florida State.

PERSONAL: Born July 22, 1984...Majoring in biological sciences...Son of Terry and Pam Roof...Brother Tom is on the track and field team at Ohio State.



Steve Roof

JOEL ROYCIK	FLY • FREE	
	SENIOR	6'3"
	WINTER PARK, FL (WINTER PARK)	
	TOP TIMES	
	50 FREE:	20.32
	100 FREE:	44.34
	200 FREE:	1:39.22
	100 FLY:	47.53
High School Coach:	Chris Emig	
Club Team:	YTO	
Club Coach:	Rick Benner	
Why you chose FSU:	Close to home and wanted to contribute to the team	
Picked FSU over:	Clemson, Florida	

NCAA Participant
Two-Time ACC Champion
Three-Time All-ACC
ACC Academic Honor Roll

2004-05: Swam the leadoff leg of the winning 400 free relay that posted an NCAA "B" cut of 2:57.26 at the ACC Championships (Feb. 23-26)...Earned All-ACC honors for the third year in a row with a pair of top three finishes...Lowered his personal-best with a time of 44.34 in the 100 freestyle to take third...Received the bronze medal for his 48.10 in the 100 butterfly. Both times are NCAA "B" cuts...Took seventh in the 50 freestyle with a season-best 20.43...Also swam on three more relays - 200 freestyle, 200 medley and 400 medley - that all finished in the top three and recorded NCAA provisional times...Finished in the top eight of four races at the Georgia Fall Invitational (Dec. 3-5)...Took second in the 100 fly, posting an NCAA "B" standard of 48.39...Finished fifth in the 200 freestyle, setting a new career-best of 1:39.22...Added a fifth-place time in the 50 freestyle (20.48) and a seventh-place 45.04 in the 100 freestyle...Top three in the 100 butterfly (51.57), 50 freestyle (21.14) and 100 freestyle (46.52) at an ACC quad meet in Atlanta (Oct. 30-

31)...Chalked up eight wins throughout the dual meet season, including victories in the 50 freestyle and 100 freestyle against third-ranked California (Oct. 22)...Also had multiple victories against Pacific (Oct. 23) and Florida Atlantic (Nov. 13)...Never finished lower than third in 20 dual meet races...Shared men's team MVP honors and captain's duties with Michael Averett at the annual team banquet.

2003-04: Made the jump to the elite level in the ACC with a breakout performance during his sophomore campaign...Stood on top of the podium at the ACC Championships (Feb. 25-28) as the league's top swimmer in the 100-yard butterfly—only the second Seminole to win the event—with his NCAA "B" standard of 47.53. Time ranks as the second-fastest in the school history and was the 19th-best in the country during 2003-04...Also took third in the 100 freestyle with an NCAA conditional standard of 44.46...Rounded out league championships with a fourth-place 20.32 in the 50 free...Victory and third-place finish earned him All-ACC honors for the second year in a row...Took part in four relays that posted top three finishes at the ACC Championships, including second-place marks in the 200 freestyle and 400 medley...Earned FSU Most Valuable Swimmer Award as one of only two Seminoles to qualify for the NCAA Championships (March 25-27)...Best finish at the national meet came in the 100 butterfly where he placed 34th with time of 48.98. Also placed 49th in the 100 freestyle and 52nd in the 50 freestyle...Recorded a trio of top three finishes at the Texas A&M Fall Invitational (Nov. 21) for his efforts in the 100 freestyle (second), 50 freestyle (third) and 100 butterfly (third)...Finished no lower than third in all 19 races during the dual meet season with nine victories in four different events...Two of his victories came against sixth-ranked Florida as he won the 50 and 100 freestyle...Also posted multiple triumphs against Florida Atlantic and Indian River CC (Nov. 1) as well as Georgia Tech (Jan. 17).


2002-03: Third-place mark in the 100 freestyle at the ACC Championships was the best time turned in by a league rookie...NCAA B-cut time of 44.39 earned him All-ACC...Only freshman member of the 400-freestyle relay team that finished second at ACCs with a NCAA B-cut time of 2:57.67...Placed 11th in the 200-freestyle with a season-best time of 1:39.65...Finished 12th in the 50-freestyle with a mark of 20.73 at the conference championships after swimming a time of 20.68 in the prelims...Member of the winning 400 freestyle relay and runner-up 200 medley crew at the Georgia Invitational (Dec. 6-8)...Led all freshmen in dual meet competition with eight wins, including four individual victories...Produced two victories against Miami (Oct. 12) in the 50 and 100 freestyles, while winning the 100 yard distance against Georgia Tech (Nov. 2) and LSU (Jan. 25)...Took part in winning relays against Tech, Utah (Nov. 23), UNC-Wilmington (Jan. 4) and NC State (Jan. 10)...All-ACC Academic Honor Roll.

HIGH SCHOOL: Finished prep career by winning a pair of state titles his senior year...Placed first in the 50 freestyle at the 2000 FHSAA Championships with a state-record time of 20.41...Won the same event the year before, touching the wall with a time of 21.03...Also captured the 100 butterfly (49.53) as a senior, moving up one spot from his junior year when he placed second with a 50.68...Coached by Chris Emig at Winter Park and Rick Benner for the YMCA Team Orlando.

PERSONAL: Born June 8, 1984...Majoring in criminology...Son of Mark and Mary Susan Roycik...Married the former Jessica Moore on August 6, 2005.



Joel Roycik

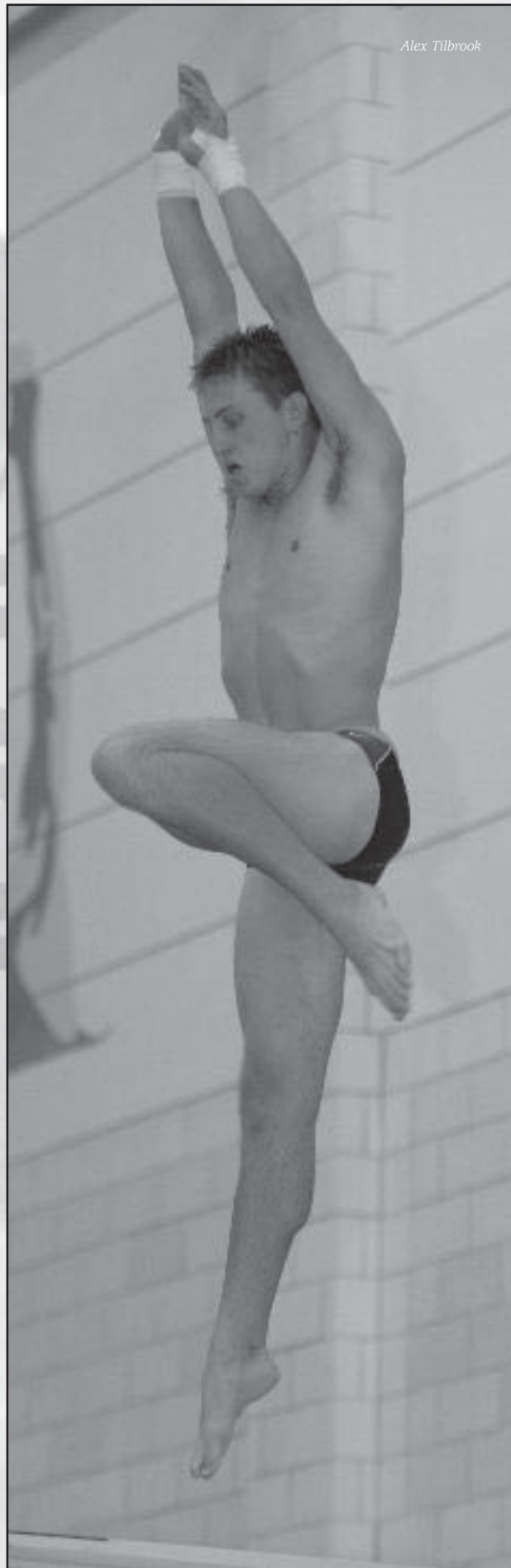
ALEX TILBROOK	DIVING	
	SOPHOMORE	6'0"
	LARGO, FL (SEMINOLE OSCEOLA)	
	TOP SCORES	
	1M DIVING:	339.60
	3M DIVING (6):	359.10
	3M DIVING (11):	537.20
PLATFORM:	474.55	
High School Coach:	Earnie Whalen	
Club Team:	WFLA	
Club Coach:	Tony Perriello	
Why you chose FSU:	Had a good recruiting trip	
Picked FSU over:	Kentucky, Alabama	

NCAA Zone Qualifier
All-ACC
ACC Academic Honor Roll

2004-05: First men's diver in three years to earn All-ACC honors as he took second on the three-meter board at the ACC Championships (Feb. 23-26)...Career-best 11-dive total of 537.20 earned him the silver medal...Took ninth at the conference meet with a score of 271.95 during the one-meter competition...Lone men's representative at the NCAA Zone "B" Qualifier...Placed 20th on the three-meter at 290.25 while his 232.40 during the one-meter placed him 35th...Chalked up both of his career-best six-dive marks with winning scores against Florida A&M (Jan. 20). Started with a 339.60 on the one-meter followed a three-meter score of 359.10...Georgia Fall Invitational (Dec. 3-5) saw him post three top-eight marks. Took third on the platform with a career-best 474.55...Scored a 510.45 during an 11-dive performance during the three-meter competition. One-meter score of 272.20 placed him seventh...Top five on both boards at the Dallas Morning News Classic (Jan. 14-15), taking fourth on the one-meter (276.25) and fifth on three-meter (269.75)...Fourth on the one-meter and three meter at an ACC quad meet (Oct. 30-31) with scores of 278.50 and 259.35, respectively...Produced seven victories during the dual meet season as part of his 18 top-five finishes...Tremendous season earned him Most Valuable Diver honors at the annual team banquet...Member of ACC Honor Roll.


HIGH SCHOOL: Capped prep career by capturing the FHSAA 1A state title for Osceola High School...Posted a winning score of 546.00 on the one-meter board after winning the district title with a tally of 576.85...Finished runner-up in the event as a sophomore and junior...Earned All-America status his first three years for the Warriors...Named team MVP following his sophomore campaign...Placed fourth in the Pan-Am Junior Trials to go along with a sweep of both boards at the American/Canadian Challenge...Four-year competitor at the US Junior Championships he took eighth at last year's competition on the three-meter board...Took part in the Speedo National Diving Championships, taking 27th in the three-meter competition...Member of the dean's list his last three years in high school after earning honor roll status as a freshman...Coached at Osceola by Tony Perrielle.

PERSONAL: Born September 21, 1985...Undecided on major...Son of Wayne and Jackie Tilbrook.



Alex Tilbrook



KYLE YOUNG	DISTANCE FREE	
	SOPHOMORE	6'2"
	OVIEDO, FL (OVIEDO)	
	TOP TIMES	
	200 FREE:	1:41.69
	500 FREE:	4:26.71
	1000 FREE:	4:28.45
	1650 FREE:	15:16.42
High School Coach: Charlie Rose		
Club Team: YTO, Blue Dolphins		
Club Coach: Charlie Rose		
Why you chose FSU: Because it's a good school		
Picked FSU over: Every other school ever		

NCAA All-American ACC Academic Honor Roll

2004-05: Earned the first All-America honors of his career, taking part in the 800 freestyle relay at the NCAA Championships (March 25-27) that captured honorable mention accolades with its 16th-place time of 6:51.63... Top individual finish at the national meet was a 28th-place 15:18.79 in 1,650 freestyle... Finished 46th in the 500 freestyle at 4:30.94... Scored points at the ACC Championships (Feb. 23-26) in both the 500 and 1,650 freestyle. Eighth-place time of 15:23.50 would have broken the 1,650 school record, but was beaten by teammates Thomas Bishop and Steve Roof... Took 10th in the 500 freestyle, notching a time of 4:26.71 that ranks fifth all-time at Florida State... Both times were meet NCAA "B" standards... Conference meet also saw him score a personal-best time of 1:41.69 during the bonus heat of the 200 freestyle... Moved up to second in school history with a 15:16.42 at the Auburn Invitational (March 4-5)... Set his career-best of 9:28.45 in the 1,000 during an ACC quad meet in Atlanta (Oct. 30-31)... Georgia Fall Invitational (Dec. 3-5) saw him chart a fifth-place 15:36.71 in the 1,650 freestyle and 4:30.81 to take tenth in the 500 freestyle... Recorded a pair of victories during his first year, winning the 1,000 freestyle (9:34.88) against Florida A&M (Oct. 15) then won the 500 freestyle (4:39.02) during a rematch with the Rattlers (Jan.

20)... Had 15 top-five finishes during the dual meet season... Competed at the 2005 US Open Water National Championships in Fort Myers, Fla., taking 13th-place in the 5k (1:02:31.00) and 14th in the 10k (2:07:47.00)... Highest finish at the 2005 ConcoPhillips US National Championship was a 26th-place 15:57.03 during the 1,500-meter freestyle... Added marks of 8:19.69 in the 800 freestyle (33rd) and 4:02.71 (42nd) during the 400 freestyle.

HIGH SCHOOL: Earned All-America status his senior year in the 500-yard freestyle with All-America consideration for the 200 freestyle... Garnered All-Seminole County honors from the Orlando Sentinel after medaling in the 200 and 500 freestyle at the FHSAA 3A state meet... Best finish was a fourth-place showing in the 200 freestyle... Participated in the US Senior Nationals, posting a time of 15:57.55... Qualified for the US Junior National meet in the 500, 1,000 and 1,650 freestyle, earning a medal in the 1,650 freestyle... Also advanced to the US Open in the 1,650 freestyle... YMCA Champion and record holder in the 1,500-meter freestyle... Swam on the Oviedo High School and YMCA Team Orlando club team for Charlie Rose, a former All-America swimmer at Florida State.

PERSONAL: Born June 9, 1986... Majoring in business... Son of Gary and Julia Young.



Kyle Young

JEFFREY VIVO	FREE • FLY	
	SOPHOMORE	6'2"
	MIAMI, FL (BELEN JESUIT PREP / LSU)	
	TOP SCORES	
	50 FREE:	21.29
	100 FREE:	47.21
	100 FLY:	51.61
High School Coach: Kirk Peppas		
Club Team: Metro Aquatic Club of Miami		
Club Coach: Kirk Peppas		

AT LSU (2004-05): Posted all three of his career-best times at the SEC Championships... Touched in with a 21.49 in the 50 freestyle, followed by a 100 butterfly time of 51.61 while rounding out the competition with a 47.92 in the 100 freestyle... Participated in meets for the Tigers against Alabama, Tennessee, Louisiana Monroe and Virginia... Finished third in 100 butterfly against Alabama with a time of 52.55 and finished fourth in the 100 freestyle in 48.65.

HIGH SCHOOL: Was an All-American in the 50 freestyle as a junior and senior... Won the FHSAA Class A state title in the 50 freestyle as a junior, touching in at career-best 21.29... Also swam on a pair of top-eight relays... and was state champion in the 100 freestyle as a senior, posting a winning time of 47.21... Took second in the 50 with a time of 21.39... Finished seventh in the 50 freestyle at the 2003 Spring Junior Nationals... Finished fourth in the 50 freestyle and ninth in the 100 freestyle at the 2003 Summer Junior Nationals... Named the 2003 Miami Herald Swimmer of the Year... Voted "Athlete of the Year" in 2002 at Belen Jesuit... Earned Academic All-American honors.

PERSONAL: Born March 24, 1986... Majoring in political science... Son of Peggy and Jose Vivo.