

# WOMEN'S BIOS



**Romy Altmann**  
Back, Mid-Distance  
Free  
Senior • 6'0"  
Cape Town, South Africa  
(German International School)



### TIMES

100 Back	.....	55.31
200 Back	.....	1:57.16
200 Free	.....	1:48.67

### **NCAA All-American, ACC Champion Two-Time All-ACC, All-ACC Academic ACC Academic Honor Roll**

2005-06: Earned Honorable Mention All-American honors at the NCAA Championships (Mar. 16-18) as a part of the 400 medley relay that finished ninth with a new ACC and school record of 3:39.01 and the 400 free relay that finished 10th with a new school record of 3:20.10...scored points in five events at the ACC Championships (Feb. 15-18)...won the 200 free with an NCAA "B" cut time and personal best of 1:48.67 and was on the winning 400 medley relay that finished with an NCAA "B" cut time of

3:40.60...set a school record in the 100 back (55.31) swimming the leadoff leg of the 400 medley relay...finished second in the 200 back with an NCAA "A" cut time and new school record of 1:57.16 and took third in



**Romy Altmann**

the 100 back with an NCAA "B" cut time of 55.40...was also a part of the 800 free relay that finished third with an NCAA "B" cut time of 7:19.57...won both backstroke events with NCAA "B" cut times at the Georgia Tech Invitational (Nov.18-20)...swam the 100 back in 55.43 and the 200 back in 1:58.65...also was a part of the winning 400 medley (3:42.43) and the 800 free (7:28.30) relays...earned ACC Performer of the Week honors (Oct. 24) after winning three events at an ACC quad meet (Oct. 21-22)...finished the 200 back with an NCAA "B" cut time of 2:01.67, touch the wall in the 100 back with a time of 56.62 and was a part of the 400 medley relay that finished with an NCAA "B" cut time of 3:44.76...earned All-ACC Academic Team honors and was a member of the ACC Honor Roll.

2004-05: Joined the Seminoles at the semester, competing only at the ACC Championships (Feb. 16-19)...tied Andree- Anne LeRoy's school record in the 200 backstroke, touching in at 1:59.50 to take third and earn All-ACC honors...time was also an NCAA "B" Cut...took fourth in the 100 backstroke at the conference meet, posting the third-fastest time in school history with her NCAA consideration time of 55.99...notched her third NCAA provisional time with a 16th-place 1:50.71 in the 200 freestyle that rates as the ninth-fastest in Seminole lore...member of the 800 free relay that set a new school record of

7:19.59 while taking fourth place...swam the backstroke leg of the 400 medley relay that placed second with a time of 3:40.93...made the consolation heat of two events at the 2005 World University Games in Izmir, Turkey...took fourth in the consolation final, 12th overall with a time of 1:03.97 during the 100-meter backstroke...placed fifth in the heat and 13th overall with a 2:20.51 at the 200-meter distance...added a time of 30.65 in the 50-meter backstroke that missed making the consolations by 0.14.

**HIGH SCHOOL:** Swept the backstroke events at the 2004 All-Africa Games with gold medals in the 50, 100 and 200 events...added a silver medal in the 100 backstroke and a third-place finish at the 200-meter distance at the 2004 South African Senior Nationals...collected six gold medals at the 2002 All-Africa Games...advanced to the finals of the 50, 100 and 200 backstroke at the World Cup Championships...won the 2003 Sports Writer Award as the top female athlete in the Western Cape...coached by Wendy Way for both the German International School and CADO club teams.

**PERSONAL:** Born August 17, 1983...majoring in political science and international affairs...daughter of Fritz and Sylvie Altmann.



**Lauren Brick**  
Breast, Free  
Senior • 5'10"  
Culpeper, VA  
(Culpeper County)

### TIMES

100 Breast	.....	1:00.93
200 Breast	.....	2:17.29
50 Free	.....	23.95

### **Two-Time NCAA All-American Three-Time All-ACC Three-Time ACC Champion Three-Time NCAA Qualifier**

2005-06: Earned All-American honors at the NCAA Championships (Mar. 16-18) by placing eighth in the 100 breast with a time of 1:01.50 and as a part of the 200 medley relay that finished third with a time of 1:38.97...also earned Honorable

Mention All-American honors swimming the breaststroke leg of the 400 medley relay that finished ninth with a new ACC record and school record of 3:39.01...won



**Lauren Brick**

her second consecutive title in the 100 breast at the ACC Championships (Feb. 15-18) setting a new school record with an NCAA "A" cut time of 1:00.93...won titles swimming the breaststroke leg of the 200 medley and 400 medley relays...the 200 medley relay recorded an NCAA "A" cut time of 1:38.59 and set new ACC meet, conference and school records...the 400 medley posted an NCAA "B" cut time of



5:40.60...continued to score points taking seventh in the 200 breast in 2:19.30...earned ACC Performer of the Week (Jan. 16) after an outstanding dual meet against Miami (Jan. 14)...finished first in the 100 breast with an NCAA "B" cut time of 1:03.12 and was on the winning 200 medley relay that touched in 1:44.69...posted an NCAA "B" cut time of 1:02.69 in the 100 breast to take first at the Georgia Tech Invitational (Nov. 18-20)...swam the breaststroke leg of the winning 200 and 400 medley relays...finished fourth in the 200 breast (2:22.46) and 11th in the 50 free (24.16)...won the 100 breast with an NCAA "B" cut time of 1:02.72 at the ACC quad meet (Oct. 21-22)...also was a part of the winning 200 and 400 medley relays and finished fifth in the 200 breast in 2:22.27.

2004-05: Captured her first individual ACC title and second All-ACC award by taking the 100-yard breaststroke with a gold medal time of 1:02.45, winning the event by nearly one second. Victory was Florida State's third in a row in the event...took 24th at the NCAA Championships (March 18-20) with a time of 1:02.84...also competed on four relays at the national championships...added a top-16 finish in the 200 breaststroke at the conference meet (Feb. 16-19), posting a 13th-place time of 2:19.97...swam the breaststroke leg of the second-place 400 medley relay...improved all-three of her career-best times at the Georgia Fall Invitational (Dec. 3-5)...took third in the 100 breast with a 1:02.32 that ties Samantha White for the second-fastest time in school history...eighth-place time of 2:19.80 at the 200-yard distance rates 10th...also improved her 50 freestyle standard with a 23.95...posted NCAA "B" cuts six times throughout the season...scored nine first-place finishes during the year, including a victory in the 100 breast against second-ranked Auburn (Jan. 29) and No. 4 Florida (Nov. 16).

2003-04: Made an immediate impact, earning Honorable Mention All-America...swam the breaststroke leg of the 200 medley relay that took 11th, while also taking part in the 12th-place 400 medley relay...individually, placed 26th in the 100 breaststroke with a time of 1:02.96...finished second at the ACC Championships (Feb. 18-21) with a time of 1:02.72...member of the winning 200 medley quartet that set the school and conference meet record (1:40.84)...also notched a season-best time of 2:21.08 during the 200 breaststroke at the conference meet to hit the wall in 17th...captured All-ACC honors in both the 100 breast and 200 medley relay...placed third in the 100 breaststroke at the Texas A&M Fall Invitational (Nov. 21-23) with a season-best time of 1:02.48, the fastest 100 breaststroke time by an ACC freshman in 2003-04 and 24th in the NCAA...scored 11 top three finishes during the season, including four victories...notched four NCAA "B" cuts in the 100 breast throughout the year with one at the 200-yard distance...upbeat demeanor earned her the team's Spirit Award at the annual team banquet.

HIGH SCHOOL: Highlighted prep career with a tremendous senior season...earned a spot in the Senior National meet after winning the 100 breaststroke at the Speedo Eastern Sectional meet...YMCA national champion in the 100 breast and high school All-American her final year...earned All-State honors her final two seasons...owns the Eastern Zone 100 breaststroke record with a 1:02.74 as a junior...coached by Jeff Faust at Culpeper and Bob Herlinger at Rappahanock Area YMCA Swim Team.

PERSONAL: Born May 18, 1985...majoring in international affairs and public administration...daughter of Jonathan and June Brick...father swam at Clemson.

**Melanie Cabassol**  
**Diving**  
**Freshman • 5'5"**  
**Montgomery, TX**  
**(Montgomery)**



HIGH SCHOOL: Graduated early from Montgomery High School in 2005...finished second during two consecutive years at the 4A Texas State Diving Championships and was fifth on the platform at AAU nationals in 2005...won the regional high school diving championship in 2004...earned First Team All-State honors and was an All-American Qualifier during the 2003-04 and 2004-05 seasons...named TAGDA Diver of the Year three times (1997, 1998, 1999) and NWTDA Diver of the Year four times (1998, 1999, 2000, 2001)...earned Academic All-District in 2005.

PERSONAL: Born September 28, 1987...majoring in child development...daughter of Phillippee and Joelle Cabassol.



**Melanie Cabassol**

**Jessie Carr**  
**Free, Breast**  
**Freshman • 5'6"**  
**Gulf Breeze, FL**  
**(Gulf Breeze)**



HIGH SCHOOL: Named team MVP during her freshman and sophomore years...was a two-time all area swimmer of the year...was a three-time FHSAA Pinch-a-Penny all area team member...was an eight-time Florida high school state finalist...finished fifth in the 50 free as a sophomore and third in the 50 and 100 free as a senior at the state meet...trained with the Dutch National Team while living in the Netherlands during her junior year.

PERSONAL: Born July 21, 1987...majoring in pre-med...daughter of David and Stephanie Carr.



**Jessie Carr**



**Ann Cipoletti**  
Breast, IM  
Sophomore • 5'7"  
Charleston, WV  
(Vinton William Byrd)



**Kelly Dean**  
Fly  
Sophomore • 5'8  
Longwood, FL  
(Altamonte Springs  
Lake Brantley)

**TIMES**

100 Breast	1:05.68
200 Breast	2:16.27
200 IM	2:04.31
400 IM	4:21.69

2005-06: Scored points in three events at the ACC Championships (Feb. 15-18)...finished fifth in the 200 breast with a personal best time of 2:16.27 and in the 400 IM with a time of 4:23.43...recorded a personal best of 4:21.69 in the 400 IM during a swim-off...also finished 10th in the 200 IM in 2:04.31...recorded two wins at the Georgia Tech Invitational (Nov. 18-20) taking the 200 breast with an NCAA "B" cut time of 2:16.69 and the 200 IM in 2:05.83...finished second in the 400 IM in 4:26.10 and fifth in the 100 breast with personal best time of 1:05.63...finished second in the 400 IM (4:26.28), third in the 200 breast (2:20.78), fifth in the 200 IM (2:09.41) and 6th in the 100 breast (1:05.96) at an ACC quad meet (Oct. 21-22).



Ann Cipoletti

HIGH SCHOOL: Won the 200 breaststroke at the 2005 YMCA Short Course National Championships with a time of 2:16.21...added a second-place 1:04.62 in the 100 breast as well as fourth-place finishes in the 200 (2:05.87) and 400 (4:27.13) individual medley...swam on a trio of relays that posted top-eight marks...holds West Virginia high school records after winning a pair of events as a junior for George Washington High School in Charleston...won a gold medal for her time of 1:06.83 in the 100 breaststroke, followed by a new 200 IM standard of 2:08.91...Posted NISCA All-America consideration times all three years in the 100 breast with one mark in the 200 IM and 200 medley relay...named All-State, All-Region and All-Conference her three years at GWHS...won the 2002 YMCA Long Course National Championships in the 200 breaststroke, taking the event in 2:39.63...Also finished 12th at the national meet with a time of 2:17.29 in the 200 IM...did not compete for William Byrd her senior year, instead training with her club Virginia Gators under the direction of Doug Fonder... also excels in the classroom as a three-time Scholastic All-American and member of the National Junior Honor Society.

PERSONAL: Born October 27, 1986...majoring in business/marketing...daughter of Sam and Beth Cipoletti...Sister Ellen swam at West Virginia and holds the school record in the 400 IM.

**TIMES**

100 Fly	58.87
200 Fly	2:06.41
200 IM	2:12.95

2005-06: Compete in three events at the ACC Championships (Feb. 15-18)...best finish came in the 200 fly as she touched in 2:08.05 for 21st...finished 35th in the 200 free in 1:55.43...finished sixth in the 200 fly with a time of 2:06.41 during a dual meet with Florida (Nov. 22)...took 11th in the 200 fly with a time of 2:09.35 at the Georgia Tech Invitational (Nov. 18-20)...placed 16th in the 100 fly in 59.25 and 18th in the 200 IM in 2:12.98...recorded a personal best of 2:12.95 in the 200 IM during the prelims...finished 12th in the 100 fly (59.48) at an ACC quad meet (Oct. 21-22).

HIGH SCHOOL: Produced All-America times in both individual events and relays her last two years of high school...concluded senior season with a trio of national honors, topped off by an All-American automatic standard as part of the second-place 400 free relay at the FHSAA 3A meet...200 medley relay earned national consideration time in the prelims before being disqualified in the finals...added All-America consideration for her fifth-place 57.43 in the 100 butterfly...also took tenth in the 200 individual medley with a time of 2:11.34...junior campaign saw her collect her only state title as a member of the winning 400 free relay that produced an automatic All-America time of 3:33.27...2003 meet also saw her record her best individual finish as she took second in 100 fly with a personal-best, All-America automatic time of 57.08...All-America consideration came for third-place 200 medley relay...took fourth in the 200 IM with a mark of 2:09.98...captured conference and district titles in the 100 fly her last three years, while adding both titles in the 200 IM as a



Kelly Dean

junior...named first-team all-county and all-conference her last three years at LBHS...earned Second-Team All-Central Florida from the Orlando Sentinel...served as team captain her senior year...Lake Brantley finished in the top three at the state meet all four years of her prep career, including team titles in 2001 & 2003...coached by Clay Parnell at both Lake Brantley

and Patriot Aquatics club team.  
PERSONAL: Born May 26, 1987...majoring in child development...daughter of Mark and Ann Dean...older brother Clayton is a member of the men's swimming and diving team at Duquesne University.



**Tiffany Elias**  
Fly, IM, Free  
Freshman • 5'7"  
Phoenix, AZ (Xavier  
College Preparatory)



**HIGH SCHOOL:** Won Arizona State High School Championship in the 500 free (2003), 100 fly (2004), and 200 free (2005) at Xavier College Preparatory...during all four years at Xavier, Elias earned All-American, All-State and All-Region honors as well as leading her team to four state / regional titles...was a part of the relay that set the Arizona high school state record in the 400 free relay in 2004 and the National Independent School record in the 200 medley relay in 2005...holds Xavier school records in the 100 fly, 200 IM and 400 free relay...was Girls National Champions in NISCA National Dual Meet Ranking in 2005...was team captain during her senior year and was three-time team MVP...earned first honors, was a NISCA Academic All-American (2005), received the President's Education Award (2006) and named the High School Heisman (2006).

**PERSONAL:** Born October 13, 1987...majoring in exercise science...daughter of Collen Hill and Joe Elias.



Tiffany Elias



**Kyslie Grimes**  
Free  
Freshman • 5'8"  
Hartland, WI  
(Arrowhead)

**HIGH SCHOOL:** Was a 12-time Wisconsin high school state champion...won state championships in the 200 free (1:49.95) and 100 free (50.74) and was part of the state record setting 200 and 400 free relay teams...her time of 1:49.95 in the 200 free is the second fastest in Wisconsin high school swimming history...earned All-American honors eight times...was a junior national qualifier in the 50, 100 and 200 free as well as the 100 back...was a senior national qualifier in the 50 and 100 free...both of her parents swam competitively in college at Illinois State University.

**PERSONAL:** Born June 16, 1988...majoring in business...daughter of Kim and John Grimes.



Kyslie Grimes

**Lindsay Guers**  
Free  
Freshman • 5'5"  
Orwigsburg, PA  
(Blue Mountain)



**HIGH SCHOOL:** Won the Pennsylvania High School State Championship, as a senior, in the 50 and 100 free and also helped lead her team to a district championship...was the runner-up at states in both the 50 and 100 free, as a junior and sophomore...finished third in the 50 free and fourth in the 100 free, as a freshman...was a member of the National Honors Society as well as the Math Honor Society, Mu Alpha Theta.

**PERSONAL:** Born April 7, 1988...majoring in communication...daughter of Daniel and Joan Guers.



Lindsay Guers



**Jennifer Guyler**  
Mid-Distance Free,  
Distance Free  
Freshman • 5'4"  
Palm Harbor, FL  
(East Lake)

**HIGH SCHOOL:** Won the 2005 Florida 3A state championship in the 200 free with a time of 1:50.46...took second in the 500 free (4:53.09) and was a part of the 400 relay that placed sixth (split - 52.60)...named Clearwater Aquatic Team Swimmer of the Year in 2004, was the district champ in the 200 free (2004, 2005) and the 500 free (2005)...was also the regional champion in the 200 free in 2005...earned All-American honors in the 500 free (2004, 2005) and 200 free (2005)...was a member of the National Honor Society and made the dean's list and honor roll all four years.

**PERSONAL:** Born February 28, 1988...majoring in exercise science...daughter of Mike and Janet Guyler.



Jennifer Guyler



**Carissa Hanna**  
**Diving**  
**Sophomore • 5'8"**  
**Churchville, PA**  
**(Newton Council**  
**Rock South**



**SCORES**

1M Diving (6)	209.40
3M Diving (6)	274.70

**Elise Hatfield**  
**Distance Free**  
**Junior • 5'9"**  
**Merritt Island, FL**  
**(Merritt Island)**



**TIMES**

200 Free	1:55.53
500 Free	4:56.94
100 Free	10:30.74
1650 Free	17:20.12

**ACC Academic Honor Roll**

2005-06: Competed on the 1M and 3M at the ACC Championships (Feb. 15-18)...finished 19th on the 3M with a six dive score of 215.30 and 24th on the 1M with a six dive score of 180.55...recorded a personal best on the 1M with a six dive score of 209.40 to finish sixth at a dual meet against Miami (Jan. 14)...recorded a personal best on the 3M with a six dive score of 274.70 to place sixth at the Georgia Tech Invitational (Nov. 18-20)...also finished 11th on the 1M with a six dive score of 179.30...finished sixth on the 3M (193.55) and eighth on the 1M (180.65) at an ACC quad meet (Oct. 21-22)...member ACC Honor Roll.

HIGH SCHOOL: Earned the first All-State honors of her prep career as a senior, taking sixth the PIAA AAA state meet with a tally of 390.30 on the one-meter

board...Finished fifth at the District 1 meet with an 11-dive total of 403.85...Placed second on the one-meter board her senior year at the league meet after a bronze medal as a sophomore...Holds CRSHS records for six dives

(256.3) and 11 dives (414.65)...A fouryear letterwinner, she was team MVP and captain the last two seasons...Also qualified for the district meet as a member of the 200 free relay as a junior and senior...Took 11th on both boards at the 2005 Junior Olympic Spring Region 1 meet in her third year of competition at the JO level...Tallied a score of 311.30 on the one-meter board to go along with a three-meter tally of 323.50...Competed at the 2004 JO Summer East Zone Championships, highlighting her trip with a 15th-place 265.40 on the three-meter board...Coached by Christine Stocki at Council Rock South and Candice Gottlieb at Blue Dolphin Diving Club...Also excels in the classroom as a member of the National Honor Society.

PERSONAL: Born August 5, 1987...Undecided on major...Daughter of Shawn and Susan Hanna...Older brother Shane plays baseball at Lock Haven University.



**Carissa Hanna**

**ACC Academic Honor Roll**

2005-06: Recorded a personal best of 17:20.12 in the 1650 free at the ACC Championships (Feb. 15-18)...also recorded times of 5:00.66 in the 500 free and 1:55.99 in the 200 free...finish 19th in the 1650 free (17:44.56), 23rd in the 500 free (5:10.37) and 43rd in the 200 free (2:01.17) at the Georgia Tech Invitational (Nov. 18-20)...set a personal best in the 1000 free with a time of 10:30.74 in a dual meet against Clemson (Nov. 12)...finished seventh in the 1000 free with a time of 10:34.78 at an ACC quad meet (Oct. 21-22)...member ACC Honor Roll.

2004-05: Bolstered the Seminoles' distance program during her first season, culminating at the ACC Championships (Feb. 16-19)...posted all three of her season-best times at the meet...just missed breaking into the FSU all-time top 10 with a mark of 4:56.94 in the 500 freestyle...achieved her fastest 1,650 freestyle time of the year by touching in at 17:24.22...posted her best 200 freestyle time with a 1:55.53...had a strong showing at the Georgia Fall Invitational (Dec. 3-5) that included a 15th-place 17:38.19 in the 1,650 freestyle...best time in the 1,000 freestyle was a fourth-place 10:36.63 against Florida A&M, Tulane and North Florida (Oct. 15)...recorded four top five finishes throughout the dual meet season...honored for her hard work and dedication with the Coaches Award at the annual team banquet...member of ACC Honor Roll.

HIGH SCHOOL: Posted a pair of top-eight finishes at the Florida High School Athletic Association Championships in the 500 freestyle during her prep career...best showing was a fourth-place mark as a sophomore...came back two years later to score a sixth-place finish...owns the Merritt Island school record in the 500 freestyle at 5:03.29...two-year recipient of Who's Who Among American High School Athletes...National Honor Society member and as well as French National Honor Society...coached by Christy Zieres at Merritt Island HS and John Hughes was her club coach.

PERSONAL: Born December 28, 1985...majoring in biomedical mathematics...daughter of Marie-France Clusel.



**Elise Hatfield**



**Kristina Helmers**  
**IM, Fly, Free**  
**Freshman • 5'9"**  
**Pennington, NJ**  
**(Hopewell Valley Central)**



**HIGH SCHOOL:** Helped lead her high school to their only sectional title in school history as a freshman...named to the New Jersey All-State Team that season...gave up high school swimming after her freshman year to concentrate on her club team, USS Team: Scarlet Aquatic Club...became a Junior National Qualifier in the 200 IM, 400 IM, 100 fly, 100 free and was a member of the club's National Qualifying relays (400 free, 800 free and 400 medley) for the last three years...was a member of the 400 medley relay that holds the New Jersey state record...earned scholastic All-American honors for three years, was a member of the National Honor Society in 11th and 12th grade and was on the honor roll throughout high school.

**PERSONAL:** Born May 18, 1988...majoring in political science and pre-law...daughter of Mike and Ida Helmers.



Kristina Helmers



**Georgia Holderness**  
**Breast, Free, IM**  
**Sophomore • 5'9"**  
**Butleigh, Somerset,**  
**England (Millfield School)**

**TIMES**

100 Breast	1:02.48
200 Breast	2:14.06
200 IM	2:02.96
100 Free	52.38

**NCAA All-American, ACC Champion**  
**All-ACC, All-ACC Academic**

2005-06: Earned Honorable Mention All-American honors as a part of the 400 free relay that finished 10th with a new school record of 3:20.10 at the NCAA Championships (Mar. 16-18)...also finished 33rd in the 200 breast (2:16.84), 36th in the 100 breast (1:03.81) and 65th in the 200 IM (2:05.22)...captured the 200 breast title at the ACC Championships (Feb. 15-18) after recording an NCAA "B" cut time and personal best of 2:14.06...was a part of the winning 400 free relay that touch the wall in 3:21.54...scored points taking fourth in the 100 breast (1:02.48) and fifth in the 200 IM (2:02.96)...both

times were NCAA "B" cut times and personal bests...swam as a part of the 800 free relay that finished third with a new school record of 7:19.57...joined the team in at the start of the spring semester and in her first competition, a dual meet against Miami (Jan. 14), she finished second in the 100 free with a personal best of 52.38 and second in the 100 breast in 1:04.44...earned All-ACC Academic Team honors.

**HIGH SCHOOL:** Made European juniors in 2002 and 2003 for Great Britain...finished eighth in the 200 IM...earned a spot at the Commonwealth Games for Wales in 2002...won nationals as a member of the 400 free relay team in 2004.

**PERSONAL:** Born October 26, 1987...majoring in child development...daughter of Robert and Helen Holderness...attended same high school as teammates Ian Powell and Ed Denton and head coach Neil Harper.



Georgia Holderness

**Courtney Hudak**  
**Back, IM**  
**Junior • 5'7"**  
**Sarasota, FL**  
**(Riverview)**



**TIMES**

200 IM	2:11.42
400 IM	4:37.29
100 Back	1:01.35
200 Back	2:09.04

2005-06: Swam in three events at the ACC Championships (Feb. 15-18)...recorded a personal best of 4:37.29 in the 400 IM...also recorded a personal best of 5:05.61 in the 500 free...recorded a time of 2:09.35 in the 200 back...best finish at the Georgia Tech Invitational (Nov. 18-20) was 10th in the 400 IM with a time of 4:37.67...finished 16th in the 200 back (2:12.15), 17th in the 200 IM (2:11.42) and 23rd in the 100 back (1:02.85)...recorded personal best during the prelims of the 200 back (2:09.04) and 100 back (1:01.35)...placed 11th in the 400 IM (4:43.44), 12th in the 200 back (2:13.50) and 13th in the 100 back (1:02.00) at an ACC quad meet (Oct. 21-22).



Courtney Hudak



2004-05: Had her best meet of the season at the Georgia Fall Invitational (Dec. 3-5)...posted two of her career-best times at the meet including a 2:12.52 in the 200 individual medley...added a 4:38.77 at the 400 IM to go along with a 2:09.55 in the 200 backstroke...registered her best 200 backstroke time of the year at the ACC Championships (Feb. 16-19) with a 2:09.06...best 100 backstroke time was a 1:02.04 against second-ranked Auburn (Jan. 29)...other times at the ACC Championships included 2:13.02 (200 IM) and 4:39.62 (400 IM)...dotted the dual meet schedule with a trio of top five finishes...member of ACC Honor Roll.

HIGH SCHOOL: A finalist at the FHSAA meet her last three seasons at Riverview, she scored a pair of 10th-place finishes in the 100-yard backstroke...rounded out her prep career with a 14th-place mark in the event...added the 200-yard individual medley to her state finals résumé, placing 12th as a senior, following a tenth-place mark as a junior...captured all-area honors her final two seasons while earning team MVP her freshman, sophomore and senior years...also served as Riverview's captain her senior year...swam for Mike Stewart on the Rams' squad, while Larry Shofe was her club coach for the Sarasota YMCA Sharks squad.

PERSONAL: Born April 29, 1986...majoring in political science...daughter of Mark and Debbie Hudak.



**Kylen Huntwork**  
Breast, IM  
Sophomore • 5'11"  
Apex, NC (Apex)

**TIMES**

100 Breast	1:04.48
200 Breast	2:19.71
200 IM	2:08.59

**ACC Academic Honor Roll**

2005-06: Scored points in both breaststroke events at the ACC Championships (Feb. 15-18)...finished ninth in the 100 breast with a personal best of 1:04.48 and 14th in the 200 breast in 2:20.73...also placed 29th in the 200 IM with a personal best of 2:08.59...finished fifth in the 200 breast (2:19.97) at a dual meet against Florida (Nov. 22)...finished third in the 100 breast (1:04.90) and 200 breast (2:20.95) at the Georgia Tech Invitational (Nov. 18-20)...also finished sixth in the 200 IM (2:09.82) and 20th in the 100 back (1:01.14)...finished fourth in the 200 breast (2:21.86), seventh in the 100 breast (1:05.98) and ninth in the 200 IM (2:12.20) at an ACC quad meet (Oct. 21-22)...member of ACC Honor Roll.

HIGH SCHOOL: Prep career culminated with a state championship her senior year at the NCHSAA 4A meet

as she won the 100 breaststroke with a time of 1:06.47 for All-America consideration...earned a spot in the finals the year before, taking sixth with a 1:08.04...helped Apex to a pair of top-five relay finishes in 2005, taking part in the fourth-place 200 medley relay (1:53.23) and fifth-place 200 freestyle quartet



**Kylen Huntwork**

(1:41.73)...won the consolation heat of the 200 individual medley her last year in 2:12.76, while her 2:15.88 from the year before placed 10th...took third in the 100 breaststroke at the 2005 YMCA National Short Course Championships with a career-best time of 1:04.87...captured bronze at the 200-yard distance, posting a personal standard of 2:19.71...member of two top-five relays, including the 400 medley team that placed second (3:50.32)...also swam a career-best 2:10.49 in the 200 IM at the meet...an allconference selection and team MVP all four years of high school, she was named Tri-Seven Conference MVP her last three years...tied for 47th at the 2005 ConocoPhillips US National Championships in the 100-meter breaststroke, posting a time of 1:13.51...swam for Greg Huff at Apex and at YMCA of the Triangle Area (YOTA) for Ron Turner...also excels in the classroom as a member of the National Honor Society.

PERSONAL: Born June 25, 1987...majoring in marketing...daughter of Richard Huntwork and Dawn Bell...full name is Sarah Sophie Kylen Huntwork.

**Lindsay Kenney**  
Fly, Free  
Junior • 5'7"  
Plano, TX (Senior)



**TIMES**

200 Fly	1:59.92
200 Free	1:49.42
500 Free	4:53.20

**NCAA Qualifier, ACC Champion  
Two-Time All-ACC**

2005-06: Scored points in five events at the ACC Championships (Feb. 15-18) and recorded NCAA "B" cut times in each...earned All-ACC honors taking second in the 200 fly in 2:00.38 and was a part of the winning 400 free relay that touch in 3:21.54...finished fifth in the 200 free (1:49.42) and 11th in the 500 free (4:53.20)...also was a part of the 800 free relay that finished third with a new school record of 7:19.57...won two events at the Georgia Tech Invitational (Nov. 18-20) taking the 200 fly in 2:02.67 and the 500 free with an NCAA "B" cut time of 4:53.79...finished second in the 200 free in 1:51.69 and was a part of the winning 800 relay...won the 200 fly with a time of 2:05.39 at an ACC quad meet (Oct. 21-22)...took second in the 200 free (1:51.68) and 500 free (5:00.60) and placed eighth in the 100 fly (58.47).

2004-05: Broke a 10-year-old school record with her second-place 1:59.92 in the 200 butterfly at the ACC Championships (Feb. 16-19)...first female swimmer in school history to crack the two-minute barrier in the event...competed at the NCAA Championships

(March 18-20), taking 34th in the 200 butterfly with a 2:01.86...also swam on all four relays at the national summit...member of the record-setting 800 freestyle relay at the ACC meet that took fourth with a new school standard of



**Lindsay Kenney**



7:19.59...scored points at the conference meet with a 16th place, career-best time of 2:05.35 in the 200 individual medley that rates as the eighth-fastest time in Seminole lore...took 17th in the 400 IM with a personal-low time of 4:28.77...took fourth in the 200 butterfly (2:01.68) at the Georgia Fall Invitational (Dec. 3-5), while also adding consolations swims in the 200 IM (2:06.38) and 400 IM (4:29.05)...won the 200 butterfly with a 2:05.64 in an ACC quad meet (Oct. 30-31) #15 Maryland, #24 Virginia Tech and host Georgia Tech...recorded five first-place finishes during the dual meet season, including a win in the 200 IM against seventh-ranked California (Oct. 22)...totaled 22 top-five finishes during the dual meet campaign...named Rookie of the Year at the annual team banquet...finished 53rd during the 200-meter butterfly at the 2005 ConcoPhillips US National Championships.

**HIGH SCHOOL:** Finished her prep career with a total of 18 All-America certificates...claimed district and regional Swimmer of the Year honors her last two seasons...an All-State selection her first three years, she won the state title in the 100 butterfly her sophomore season, putting her on the Dallas Morning News All-Area team for the third year in a row...also collected sectional titles in the 200 butterfly and the 400 individual medley...earned a spot in the US Senior National meet in the 100 and 200-meter butterfly races...was captain during her senior year...also swam for the club team City of Plano Swimmers under the direction of Steve Mateer.

**PERSONAL:** Born July 18, 1986...majoring in humanities...daughter of William and Linda Kenney...older sister Laura swam for the Seminoles from 2001-05.



**Abbie King**  
**Free**  
**Junior • 5'9"**  
**Brunswick, ME**  
**(Brunswick)**

**TIMES**

50 Free .....	23.51
100 Free .....	51.13
100 Fly .....	58.14

**NCAA Qualifier, ACC Champion**  
**All-ACC, All-ACC Academic**  
**Two-Time ACC Academic Honor Roll**

2005-06: Competed in two events at the NCAA Championships (Mar. 16-18)...was a part of the 200 free relay that finished 17th with a time of 1:32.25...earned All-ACC honors as a part of the winning 200 free relay at the ACC Championships (Feb. 15-18) that set a new school record of 1:31.54...scored points in the 50 free taking 14th with a time of 23.67...finished third in the 50 free (23.59) and fifth in the 100 free (51.24) at the Georgia Tech Invitational...recorded personal bests in the 50 free (23.51) and 100 free (51.31) during the prelims...also was a part of the winning 200 free relay...finished fifth in the 50 free (24.06) and sixth in the 100 free (52.61) at an ACC quad meet (Oct. 21-22)...also was a part of the winning 200 free and 200 medley relays...earned All-ACC Academic Team honors and



**Abbie King**

was a member of the ACC Honor Roll.

2004-05: Scored valuable points at the ACC Championships (Feb. 16-19), winning the consolation heat with a time of 23.69...other times at the meet included a 52.65 in the 100 freestyle to go along with a 59.89 in the 100 butterfly...notched two of her three best times of the year at the Georgia Fall Invitational (Dec. 3-5)...turned in a season-low 23.68 during the 50 freestyle to go along with a 52.07 at the 100-yard distance...best 100 butterfly time of the year came during her first swim in the event as she hit the wall in 59.03 against Florida A&M, Tulane and North Florida (Oct. 15)...finished in the top four of the 50 freestyle in every dual meet with a pair of victories...added two more top five marks in the 100 freestyle and 100 butterfly...member of ACC Honor Roll.

**HIGH SCHOOL:** Set a career best in the 50-yard freestyle as she won the title at the YMCA National meet with a time of 23.51...improved one spot in the event in each of her last three years with a second place finish in 2003 after a third-place mark the year before...capped off her prep career by winning both the 50 and 100 freestyle at the Maine Class A State Championships for Brunswick High School, earning her All-State honors...captured both events at the Kennebec Valley Athletic Conference championships and set four league records on her way to Swimmer of the Meet honors...a US Senior National qualifier in the 50 freestyle, she has earned her way to the US Open on four different occasions...two-time US Junior Olympic champion (2003 & 2004) in both the 50 and 100 freestyles...holds nine YMCA state records to go along with her 42 team, pool and age group records for the Long Reach Swim Club under coach Jay Morissette...other top times include a 52.01 in the 100 freestyle, 1:55.95 in the 200 freestyle as well as 58.45 in the 100 butterfly...member of the National Honor Society.

**PERSONAL:** Born June 2, 1986...majoring child development and nutrition...daughter of Bruce and Evelyn King...attended the same high school as Florida State men's basketball player Ralph Mims.

**Leigh Ann King**  
**Free**  
**Freshman • 5'9"**  
**Baton Rouge, LA**  
**(St. Joseph's**  
**Academy)**



**HIGH SCHOOL:** Holds the Louisiana high school state record in the 50 free (23.11)...was a four time All-American, senior national qualifier in the 50 free and junior national qualifier in the 100 free...helped lead St. Joseph's Academy to three division one state meet championships...holds city records in 50 and 100 free as well as in the 200 and 400 free relays.

**PERSONAL:** Born August 24, 1987...major is dietetics...daughter of Jodi and Joseph King.



**Leigh Ann King**





**Ashley Lawler**  
**Distance Free**  
**Freshman • 5'8"**  
**Iowa City, IA (West)**

**HIGH SCHOOL:** Earned All-American status in 2005 as she won the Iowa high school state championship in the 500 free (4:58.96) and earned All-American consideration as she picked up another state title in the 200 free (1:54.06)...also earned All-American honors in the 500 free in 2003...earned first team All-State in the 500 free four times and in the 200 free three times...possesses school records in the 200 and 500 free as well as the 200 and 400 free relays...as a member of the USA Swimming Club she won a sectional championship in the 1650 free in 2003 and was sectional runner-up in the 1500 free (2005) and 800 free (2003)...was a US Open qualifier in the 800 and 1650 free (2004)...was a member of the National Honor Society and earned USA Swimming Scholastic All-American on two separate occasions.



Ashley Lawler

**PERSONAL:** Born June 16, 1987...major is undecided...daughter of Jan and Bryan Lawler.

**Meredith Martelle**  
**Free, Breast, IM**  
**Sophomore • 5'8"**  
**Charlotte, NC (South Mecklenburg)**



**TIMES**

500 Free	4:54.69
1000 Free	10:11.21
1650 Free	16:54.09
200 IM	2:09.70
400 IM	4:23.27

2005-06: Scored points at the ACC Championships (Feb. 15-18) finishing 10th in the 400 IM with a personal best and NCAA "B" cut time of 4:23.27...placed 17th in the 500 free (4:54.69) and the 1650 free (17:21.10)...won the 400 IM in 4:23.94 at the Georgia Tech Invitational (Nov. 18-20)...finished fourth in the 1650 free with a personal best of 16:54.09...also finished seventh in the 500 free (5:01.55) and 13th in the 200 free (1:54.83)...recorded a personal best in the 1000 free (10:30.74) in a dual meet against Clemson (Nov. 12)...recorded a personal best in the 200 IM (2:09.70) to finish fifth at an ACC quad meet (Oct. 21-22)...took fourth in the 500 free (5:03.38) and fifth in the 1000 free (10:27.18).

**HIGH SCHOOL:** Garnered All-America consideration honors her final season at the NCHSAA state meet in three events...best fin-

ish was a second-place 5:02.12 in the 500 freestyle...added a fourth-place 2:08.92 in the 200 individual medley...swam on a pair of fourth-place relays, earning All- America honors in the 400 freestyle (3:38.93)...took fourth in the 100 breaststroke as a sophomore at the state championships, while placing fifth in the 200 IM...member of third-place 200 medley relay...South Mecklenburg won the team title her sophomore campaign...three-time All- Mecklenburg selection by the Charlotte Observer...named N.C. All-Star Conference Swimmer of the Year as a senior...posted the best times of her career the 2004 US Senior Nationals and the NCS Senior Championships...top marks at the US Nationals include 400m freestyle (4:36.35), 800m freestyle (9:27.34) and 1500m freestyle (17:56.45)...at the NCS meet, she posted times of 1:55.58 (200 freestyle), 4:59.38 (500 freestyle) and 16:54.00 (1,650 freestyle)...equally as strong in the classroom where she is a Scholastic All-American and a member of the National Honor Society...coached by Ellen Mullis at South Mecklenburg and Dave Gibbson coached her at Mecklenburg Aquatic Club...took 51st in the 1,500 meter freestyle with a time of 17:36.65...finished two spots back of that with a 9:16.06 in the 800 freestyle.

**PERSONAL:** Born March 16, 1987...majoring in education...daughter of Joseph and Nancy Martelle...swam on the same high school and club teams as current Seminoles Mark Nichols and Stacy Rademacher...youngest of nine children.



Meredith Martelle



**Megan Matherly**  
**Free, Fly**  
**Sophomore • 5'4"**  
**Oviedo, FL (Oviedo)**

**TIMES**

200 Free	1:54.88
500 Free	5:05.10
1000 Free	10:36.03
1650 Free	17:42.01
200 Fly	2:09.72

**ACC Academic Honor Roll**

2005-06: Competed in the 200 free (1:54.88), 500 free (5:05.10) and 200 fly (2:09.72) at the ACC Championships (Feb. 15-18)...finished seventh in the 1000 free with a personal best of 10:36.03 at a dual meet against Florida (Nov. 22)...recorded a personal best of 17:42.01 in the 1650 free to finish 18th in the Georgia Tech Invitational (Nov. 18-20)...also finished ninth in the 400 IM (4:36.74), 16th in the 500 free (5:13.61) and 37th in the 200 free (1:59.59)...finished ninth in the 400 IM (4:38.18), 10th in the 1000 free (10:44.76) and 12th in the 200 fly (2:12.39)...member of ACC Honor Roll

**HIGH SCHOOL:** Earned All-America consideration times with a



pair of swims in the finals of the FHSAA 3A state meet...took sixth in the 200 freestyle with a personal-best time of 1:52.82...came back with another career-best, touching in with a 5:03.94 in the 500 freestyle to take sixth...member of 10th-place 200 medley and 400 freestyle relays...won the 200 and 500 freestyle titles at the district meet before taking third in both at the regional competition....placed ninth in the 500 freestyle (5:06.75) at the state meet as a junior...finished one spot back in the 200 freestyle (1:55.84)...registered a second place finish in the 200 freestyle and third in the 500 freestyle at the district meet...team MVP all four years at Oviedo, she holds school records for the 100, 200 and 500 freestyle as well as the 100 butterfly and 200 medley and 400 freestyle relays...served as captain her last two seasons, while also playing on the water polo team...Swam on the Oviedo High School and YMCA Team Orlando club team for Charlie Rose, a former All-America swimmer at Florida State...Competed at the 2005 US Open Water National Championships, taking 28th in the 5k race with a time of 1:16:47.00...member of the Dean's List her senior year.

**PERSONAL:** Born April 15, 1987...majoring in child development...daughter of Bob and Nancy Matherly...swam on the same high school team Kyle Young and Lloyd Owens...older brother Todd plays lacrosse on the FSU club team.



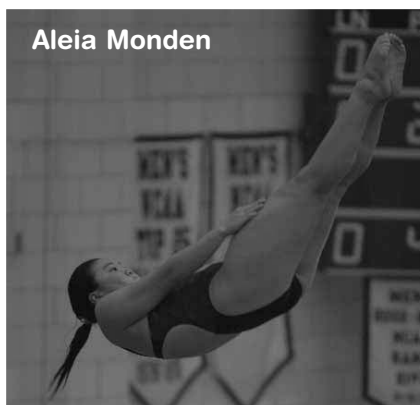
Megan Matherly

**Aleia Monden**  
**Diving**  
**Freshman • 5'1"**  
**Mililani, HI**  
**(St. Andrew's Priory)**



**HIGH SCHOOL:** Was a three-time NISCA All-American...won the Interscholastic League of Honolulu (ILH) Diving Championships three consecutive years (2004-06)...won the Hawaii High School Athletic Association Diving Championship four consecutive years (2003-06)...also is the current recorded holder with a score of 491.05 set on Feb. 25-26, 2006...was a two-time ILH Diver of the Year (2005-06)...won the 2005 Amateur Athletic Union 1M National Championship...was a 2006 junior national finalist on the 1M and platform and a 2006 senior national finalist on the 10M platform.

**PERSONAL:** Born October 10, 1988...majoring in sports medicine...daughter of Glenn and Nancy Monden.



Aleia Monden



**Janine Pariente**  
**Distance Free**  
**Sophomore • 5'4"**  
**Miami Beach, FL**  
**(MAST Academy)**

**TIMES**

500 Free	.....	5:06.3
1000 Free	.....	10:24.5
1650 Free	.....	17:30.1

**ACC Academic Honor Roll**

2005-06: Competed in the 200 free (2:02.74), 500 free (5:14.40) and 1650 free (17:41.35) at the ACC Championships (Feb. 15-18)...finished 22nd in the 1650 (17:51.46), 33rd in the 500 free (5:18.80) and 41st in the 200 free (2:01.16) at the Georgia Tech Invitational (Nov. 18-20)...finished sixth in the 1000 free (10:40.21) in a dual meet against LSU and FIU (Oct. 28)...member of ACC Honor Roll.

**HIGH SCHOOL:** Four-year MAST Academy swim team MVP and state qualifier...placed fifth in the 400 freestyle (4:32.4) and eighth in the 800-meter race at the southern zone sectional meet...club and high school recorder holder in the 1000 freestyle (10:24.5), 1650 freestyle (17:30.1), 200 freestyle (1:57.30), 500 freestyle (5:06.30), and a pair of relays...recipient of the Islander News journalism award in her senior year...Calvin Webb was her coach at MAST Academy while swimming for Bob Karl on the Bob Karl Swim Club...yearbook editor-in-chief from 2004-05...member of the National Honor Society for three years.

**PERSONAL:** Born November 27, 1986...majoring in nutrition and English....daughter of Robert and Murielle Pariente.



Janine Pariente



**Stacy Rademacher**  
**Back, Fly**  
**Junior • 5'9"**  
**Charlotte, NC (South Mecklenburg)**



**TIMES**

100 Back	.57.26
200 Back	2:01.78
200 Fly	2:06.87

**All-ACC Academic**  
**Two-time ACC Academic Honor Roll**

2005-06: Scored points in both backstroke events for the second consecutive year at the ACC Championships (Feb. 15-18)...finished eight in the 200 back (2:02.20) and 14th in the 100 back (57.76)...recorded a personal best and NCAA "B" cut time of 2:01.78 in the 200 back prelims... finished second in the 200 back (2:03.31) and seventh in the 100 back (58.67) at the Georgia Tech Invitational (Nov. 18-20)...took fifth in the 200 back (2:05.77) and seventh in the 100 back (59.44) at an ACC quad meet (Oct. 21-22...earned All-ACC Academic Team honors and was a member of the ACC Honor Roll.

2004-05: Scored points in both backstroke events in her first trip to the ACC Championships (Feb. 16-19)...took 13th in the 200 backstroke with a time of 2:03.17...added a 14th-place finish with a career-best time of 57.26 that puts her seventh in school history...made an appearance in the bonus heat of the 200 butterfly where she scored a personal-best of 2:06.87 to take 23rd...finished 10th in the 200 back (2:02.47) at the Georgia Fall Invitational (Dec. 3-5)...

also took 11th in the 100 backstroke with a 57.53...swept both the 100 and 200 backstroke against Florida Atlantic, Florida International and Indian River CC (Nov. 13)...took second in the 200 backstroke at an ACC quad meet in Atlanta (Oct. 30-31)...amassed four first-place finishes during the dual-meet campaign with 15 top-five finishes...scored points in all but one backstroke race during the year...member of ACC Honor Roll.



**Stacy Rademacher**

**HIGH SCHOOL:** Earned All-America status for her efforts on the 400 freestyle relay, a squad that also captured the state title as part of South Mecklenburg's team championship her junior year...garnered All-America consideration in the 100 backstroke, 100 butterfly and 200 individual medley...a member of the Charlotte Observer All-Area team, she capped off her senior year by being named Southwestern Conference Swimmer of the Year and Outstanding Athlete...captured the league championships in the 100 butterfly and 100 backstroke, setting the school's butterfly record in the process...also won the regional title in the 100 backstroke her junior year after capturing the conference title plus regional and team MVP honors...picked up her first league title in the 100 backstroke as a sophomore to go along with a second 200 IM title...stood on top of the winner's stand for the first time as a freshman after capturing the 200 IM crown...the Southwestern Conference 4A champion in the 200 IM, she made her first appearance at the US Senior Nationals in 2003, taking part in both the spring and summer

competitions...also excels in the classroom with Academic All-American, North Carolina scholar, CMS scholar and National Honor Society accolades...top prep times including 57.62 in the 100 backstroke with a 57.48 in the 100 butterfly...coached by Ellen Mullis at South Mecklenburg and Dave Gibbson coached her at Mecklenburg Aquatic Club.

**PERSONAL:** Born Month July 12, 1985...undecided on major...daughter of Paul and Jacquie Rademacher...high school and Mecklenburg Aquatic Club teammate of junior Mark Nicholls and freshman Meredith Martelle.



**Christie Raleigh**  
**Free, Fly, Back**  
**Sophomore • 5'4"**  
**Toms River, NJ (Ft. Lauderdale Pine Crest)**

**TIMES**

50 Free	22.75
100 Free	49.71
100 Fly	53.72
100 Back	57.31

**NCAA All-American**  
**ACC Freshman of the Year**  
**ACC Champion, All-ACC**

2005-06: Named ACC Freshman of the Year after an outstanding first season...earned All-American honors at the NCAA Championships (Mar. 16-18) swimming the backstroke leg of the 200 medley relay that finished third with a time of 1:38.97...also earned Honorable Mention All-American honors in the 100 fly and 400 medley and 400 free relays...finished ninth in the 100 fly with a time of 53.72...swam the fly leg of the 400 medley relay that finished ninth with a new ACC record and school record of 3:39.01...the 400 free relay finished 10th with a new school record of 3:20.10...also finished 27th in the 50 free (23.01) and 38th in the 100 free (50.39)...won the 50 free with a personal best and NCAA "A" cut time of 22.75 and won the 100 fly with an NCAA "B" cut time of 54.01 at the ACC Championships (Feb. 15-18)...also won championships as a part of four winning relays...the 200 medley relay recorded new ACC meet, conference and school records after finishing with a NCAA "A" cut time of 1:38.59...the 200 free relay finished with a new school record and NCAA "B" cut time of 1:31.54...the 400 medley (3:40.60) and 400 free (3:21.54) relays each finished with NCAA "B" cut times...finished second in the 50 free (23.03) and in the 100 fly (56.84) at the Georgia Tech Invitational (Nov. 18-20) recording NCAA "B" cut times in both...was a part of the winning 200 medley and 200 free relays...also finished fourth in the 100 free (51.13) and 100 back (57.46)...took first-place in the 50 free with an NCAA "B" cut time of 23.33 and 100 fly with a time of 56.30 at an ACC quad meet (Oct. 21-22)...also was a part of the winning 200 free and 200 medley relays.

**HIGH SCHOOL:** Capped high school career with her sixth state championship and 11th All-America award at the 2004 FHSAA



**Christie Raleigh**



1A state meet...won the 50 freestyle for the second year with an All-America automatic time of 23.48...scored another automatic time with her second-place 55.20 in the 100 butterfly...swam on the second-place 200 medley and fifthplace 200 freestyle relays that registered All-America consideration standards...brought home a pair of gold medals at the 2003 FHSAA meet, taking her first 50 freestyle (23.43) and second 100 butterfly (55.53) crowns to earn her Florida High School Female Swimmer of the Year...both times are automatic All-American marks...member of a pair of second place relays that posted All-America standards...a three-time All-Broward selection by the Miami Herald, she won her first FHSAA title in 2002 when she captured the 100 butterfly in 55.45...set the New Jersey state record with a winning time of 23.36 in the 50 freestyle as a freshman at Toms River High School...also won the 100 butterfly that year, earning her NJSIAA Female Swimmer of the Year...twice named Pine Crest Female Athlete of the Year, while serving as team captain her final two seasons...Top 100 freestyle time in yards is a 51.24 set at the 2002 YMCA Short Course Nationals...2004 US Summer Nationals saw her post a 100-meter freestyle time of 59.03...won the 50 freestyle in a time of 23.33 at the 2002 YMCA Short Course National Championships...coached by Jay Fitzgerald at Pine Crest high school and club teams.

PERSONAL: Born June 20, 1987...majoring in hospitality administration...daughter of Bill and Peaches Raleigh...both parents swam at St. Peter's College in New Jersey, father was an All-American there.

**Caroline Robertson**  
**Breast, IM**  
**Sophomore • 5'10"**  
**Ocala, FL (Forest)**



**TIMES**

100 Breast	1:06.61
200 Breast	2:19.25
200 IM	2:04.37
400 IM	4:24.50

2005-06: Scored points in two events at the ACC Championships (Feb. 15-18)...finished 10th in the 200 breast with a personal best of 2:19.25...finished 12th in the 200 IM in 2:04.95...recorded a personal best of 2:04.37 in the 200 IM during the prelims...also took 17th in the 400 IM in 4:24.50...finished third in the 200 IM (2:06.24) and 400 IM (4:26.58) at the Georgia Tech Invitational (Nov. 18-20)...finished seventh in the 200 breast (2:24.04) and eighth in the 100 breast (1:07.21)...placed fourth in the 200 IM (2:08.68) and 400 IM (4:32.96) at an ACC quad meet (Oct. 21-22).

HIGH SCHOOL: Earned All-America honors all four years of high school in both the 100 breaststroke and 200 individual medley...won a pair of state titles in the 100 breaststroke as a freshman and sophomore...won the event with a 1:05.47 her rookie season, followed by a career-best 1:05.02 as a sophomore...took second at the 2004 FHSAA meet with an All-



**Caroline Robertson**

America automatic mark of 1:05.28, while posting a third-place 1:06.11 in 2003...took third in the 200 IM her last three years with her best time coming as a junior with an automatic All-America time of 2:05.36...placed fourth in the event as a freshman...holds the Forest High School records in the 100 breaststroke, 200 IM and 500 freestyle...named Swimmer of the Year four times by the Ocala Star-Banner and garnered national attention even before her prep career began as Swimming World Magazine's TYR Swimmer of the Month for July 2001...coached by Bill Vargo at Forest and Central Florida Marlins.

PERSONAL: Born May 14, 1987...majoring in business...daughter of James and Barbara Robertson.



**Katie Ronan**  
**Free, Back**  
**Senior • 5'9"**  
**Pensacola, FL**  
**(Washington)**

**TIMES**

100 Back	58.39
200 Back	2:04.23
200 Free	1:51.99
500 Free	4:55.76

**Three-Time ACC Academic Honor Roll**

2005-06: Competed in three events at the ACC Championships (Feb. 15-18)...finished 17th in the 200 back (2:04.29), 23rd in the 500 free (5:03.01) and 26th in the 200 free (1:53.85)...finished fourth in the 500 free (4:58.00) at the Georgia Tech Invitational (Nov. 18-20)...also placed eighth in the 200 free (1:54.82), 12th in the 200 back (2:07.93) and 16th in the 100 back (1:01.47)...finished sixth in the 500 free (5:04.00), seventh in the 200 back (2:07.42) and eighth in the 200 free (1:55.91) at an ACC quad meet (Oct. 21-22)...member of ACC Honor Roll.

2004-05: Had one of the best ACC Championships (Feb. 16-19) of any member of the team as she reset all of her career-best times...made the bonus heat of the 200 backstroke, 200 freestyle and 500 freestyle...swam the anchor leg of the 800 freestyle relay that set a new school record with its fourth-place time of 7:19.59...best individual finish was a 17th-place mark in the 200 backstroke as she hit the wall in 2:04.23, an improvement of five seconds off her previous best time...placed 18th in the 200 freestyle, just missing out on the FSU all-time top 10 with her new personal standard of 1:51.99...cut seven seconds off her previous career best in the 500 freestyle, taking 23rd with a time of 4:55.76 that rates as the ninth-fastest in school history...rightfully earned Most Improved Swimmer honors at the annual team banquet...posted seven top-five finishes during the dual meet season...recognized for her efforts in the classroom with her second nod to the ACC Honor Roll.

2003-04: Made tremendous strides during her first season, in then lifetime-best times at the ACC Championships (Feb. 18-21)...dropped more than four seconds off her previous fastest time when she hit the wall at 5:06.47 in the 500-yard freestyle...slashed three seconds for a personal-best time of 17:35.08 during the 1,650 freestyle...also added a career-best mark of 58.39 in the 100-yard backstroke...placed in the top five nine times during the dual meet season, including a victory in the 1,000 freestyle against UNC-Wilmington and North Florida (Jan. 3)...also performed well in the classroom, earning ACC Academic Honor Roll recognition.

HIGH SCHOOL: Capped off senior season with FHSAA Area 1



All-Star accolades...named Athlete of the Year by the Pensacola News Journal...picked as the team's Swimmer of the Year her junior year...garnered team's Athlete of the Year...earned Academic Excellence Award as a sophomore and senior...named Most Dedicated Athlete as a freshman...swam for coach Sonia Miller at Washington while Joe Goeken was her club coach at GPAC...Who's Who Among High School Students.



Katie Ronan

PERSONAL: Born September 25, 1984...majoring in civil engineering...daughter of Kevin and Vicki Ronan.



**Katie Sirounis**  
**Diving**  
**Freshman • 5'9"**  
**Indian Harbor Beach, FL (Satellite)**

HIGH SCHOOL: Was a two-time 2A Florida High School State Champion in diving at Satellite High School...was also the regional, district and conference champion...named the Orlando Sentinel Athlete of the Year, made the Florida Today First Team for two years in a row and was selected as an All-American...named to the Pinch a Penny All-State Team.

PERSONAL: Born November 24, 1987...majoring in business...daughter of Michelle and Mike Sirounis.



Katie Sirounis



Kate Skaggs

**Kate Skaggs**  
**Back, Free**  
**Junior • 5'6"**  
**Jacksonville, FL (Bolles)**



**TIMES**

100 Back	57.57
200 Back	2:00.93
200 Free	1:54.12
500 Free	4:59.22

**ACC Academic Honor Roll**

2005-06: Scored points in both backstroke events for the second consecutive year at the ACC Championships (Feb. 15-18)...finished 10th in the 200 back with a personal best and NCAA "B" cut time of 2:00.93 which is the fourth fastest in FSU history...took 12th in the 100 back in 57.57...also placed 21st in the 500 free with a time of 4:59.22...finished seventh in the 200 back (2:05.82), 10th in the 500 free (5:01.39) and 11th in the 100 back (59.39) at the Georgia Tech Invitational (Nov. 18-20)...member of ACC Honor Roll.

2004-05: Scored points in both backstroke events during her first ACC Championships (Feb. 16-19)...took 12th in the 200 backstroke, posting a career-best time of 2:02.92 that rates as the 10th-fastest time in school history...hit the wall in 57.91, setting another personal-best, to place 15th at the 100-yard distance...also swam a 5:03.03 in the 500 freestyle...Best 500 freestyle time came at the Georgia Fall Invitational (Dec. 3-5) where she turned in a time of 5:01.77...took 14th in the 200 backstroke at the event with a 2:04.21...Collected one victory as part of her 15 top five finishes during the dual meet season, winning the 200 backstroke with at time of 2:06.85 against Florida A&M (Jan. 20)...took sixth in the 200 backstroke during an ACC quad meet in Atlanta (Oct. 30-31)...member of ACC Honor Roll.

HIGH SCHOOL: Capped prep career as member of the winning 400 freestyle relay at the state meet...individual finishes included a second place time in the 100 backstroke (58.12) to go along with a third-place finish in the 200 freestyle...won the FHSAA backstroke title as a junior with a career-best time of 57.70 and was a member of the winning 200 medley relay...claimed All-America awards from the National Interscholastic Swimming Coaches Association four years in a row...a member of the Florida Times-Union First-Coast Team/Pinch-a-Penny All- Area Squad, she held the 200-meter backstroke mark (2:19.69) at the Florida Senior Championships...member of the highly successful Bolles High School program that captured the state title all four years of her high school career...other top times include a 1:50.60 in the 200 freestyle and a 100 freestyle mark of 52.50...swam for Jeff Poppell at The Bolles High School and The Bolles School Sharks club team.

PERSONAL: Born June 9, 1986...majoring in sports management...daughter of Ken and Bonnie Skaggs...older brother Andrew swam at Florida State. Brother Brady swam at Georgia Tech and was a graduate assistant at FSU. Father swam at Tennessee.



**Lauren Sparg**  
**Free, Fly**  
**Junior • 5'7"**  
**Durban, South Africa (Westville Girls' High)**

**TIMES**

100 Fly .....	54.40
200 Fly .....	2:01.97
50 Free .....	23.60

**NCAA All-American, ACC Champion, All-ACC**

2005-06: Earned All-American honors at the NCAA Championships (Mar. 16-18) swimming the butterfly leg of the 200 medley relay that finished third with a time of 1:38.97...swam as a part of the 200 free relay that finished 17th in 1:32.25...finished 35th in the 100 fly in 54.87...swam the butterfly leg of the winning 200 medley relay that recorded an NCAA "A" cut time of 1:38.59 which set new ACC meet, conference and school records at the ACC Championships (Feb. 15-18)...also was a part of the winning 200 free relay that recorded a new school record of 1:31.54...finished third in the 100 fly with a personal best of 54.40, sixth in the 200 fly (2:02.30) and 11th in the 50 free with a personal best of 23.60...recorded a personal best in the 200 fly (2:01.97) during the prelims...won the 100 fly with an NCAA "B" cut time of 56.77 at the Georgia Tech Invitational (Nov. 18-20)...finished second in the 200 fly (2:03.79) and seventh in the 50 free (23.91)...also was a part of the winning 200 medley, 400 medley and 200 free relays...took second in the 100 fly (56.44) and fifth in the 200 fly (2:08.37) at an ACC quad meet (Oct. 21-22)...also was a part of the winning 200 and 400 medley relays.

2004-05: Joined the Seminoles in the spring semester, competing in two meets before competing in the ACC Championships (Feb. 16-19)...scored points and put her name down in the FSU top ten in both butterfly events at the league summit...took fifth in the 100 butterfly, notching a career-best time of 54.86 that ranks as the sixth-best in school history...missed the final heat of the 200 butterfly by just 0.26, but came back to take 10th with a top time of 2:03.76 that rates eighth in Seminole lore...made the bonus heat of the 50 freestyle, taking 21st with a season-best time of 23.95...posted top five times in all four dual meet races she swam, including a pair of fourth-place finishes in both butterfly events against second-ranked Auburn (Feb. 16-19).

HIGH SCHOOL: Dominated the South African Age Group National meet in the 50 and 100-meter butterfly every year since she was 12 years old...posted five top three finishes at the



**Lauren Sparg**

South African Open Championships...best finish was a second-place mark in 2002 in the 100 butterfly...finished third in the 50-meter butterfly from 2001-03 and added another bronze medal at the 100 butterfly in 2003...rated number one among the high school ranks in all four strokes at the 50-meter distance...earned South African Open Colours for her silver medals in the 50 and 100-meter butterfly at the 2003 All-Africa Games...top long-course times include 50 freestyle (27.27), 100 butterfly (1:02.40) and 200 butterfly (2:22.00)...coached by Graham Hill at Westville Girls' High School and Mr. Price Seagulls club squad.

PERSONAL: Born June 29, 1984...majoring in sport management...daughter of Dalton and Monica Sparg...first member of her family to attend college in the United States.

**Stevi Steinhauer**  
**Free**  
**Freshman • 5'9"**  
**Gulf Breeze, FL (Gulf Breeze)**



HIGH SCHOOL: Started swimming in high school during her junior year...placed fourth in the 50 free with a time of 24.78 at the 2005 2A FHSAA Championships...swam as a part of the 200 free relay that finished third and 200 medley relay that finished fourth...earned a junior cut in the 50 free of 24.4 two weeks after the state meet.

PERSONAL: Born July 19, 1988...majoring in exercise science...daughter of Kathy Wharton, Tom Wharton and Steve Steinauer.



**Stevi Steinhauer**



**Katie Stratton**  
**IM, Fly, Breast**  
**Freshman • 5'8"**  
**Naperville, IL**  
**(Naperville)**

**HIGH SCHOOL:** Was a four time All-American after her freshman year as she earned the honor in the 100 breast (1:05.29), 200 IM (2:04.83), 200 Medley Relay and 400 free relay...placed second in the 200 IM and third in the 100 breast at the Illinois High School State Championships...as a sophomore, won the State Championships in the 100 breast (1:04.29) and 200 IM (2:03.39)...went on to win the 200 IM and 400 IM at the 2003 YMCA Long Course National Championships...after undergoing heart surgery her junior year, she bounced back and helped her club team to a second place finish at the YMCA Long Course National Championships...swam the lead-off leg of the winning 800 free relay, took second in the 200 IM, fifth in the 100 fly, eighth in the 200 back and seventh in the 100 breast...made the honor roll throughout high school.

**PERSONAL:** Born March 29, 1988...majoring in nutrition...daughter of Christine and Gary Stratton.



**Katie Stratton**

**Teresa Tessier**  
**Fly, Free, Back**  
**Sophomore • 5'6"**  
**Largo, FL**  
**(Seminole)**



TIMES	
100 Free	.53.03
100 Back	.59.76
100 Fly	.58.08

**2005-06:** Competed in three events at the ACC Championships (Feb. 15-18)...recorded a personal best in the 100 back (59.76)...finished the 100 fly with a time of 58.69 and 100 free with a time of 53.59...finished 14th in the 100 back (1:00.66) and 100 fly (59.07) at the Georgia Tech Invitational (Nov. 18-20)...also placed 18th in the 100 free (53.84) and 21st in the 50 free (24.78)...took 11th in the 100 back (1:01.18), 12th in the 50 free (25.18) and 13th in the 100 free (54.43) at an ACC quad meet (Oct. 21-22).

**HIGH SCHOOL:** All-American 200 and 400 freestyle relays in 2003...All-America consideration 100 butterfly in 2004 and 2005...2001-04 state qualifier and finalist ...member of the winning 200 freestyle relay at the FHSAA championships...holds Seminole High School records in 100 butterfly, 200 and 400 freestyle relays ...graduated Summa Cum Laude and was a Academic All- American...coached at Seminole by Thomas Haight, while Cashel Mack was her club coach at West Florida Lightning Aquatics...swam on the same prep team as diver Alex Tilbrook and was a club teammate of Katie Metka.

**PERSONAL:** Born November 11, 1986...majoring in psychology...daughter of Paul and Donna Tessier.



**Teresa Tessier**