



2007-08 FSU SWIMMING AND DIVING

TABLE OF CONTENTS

Table of Contents..... 1

TEAM INFORMATION

2007-08 Men's Roster 2
 2007-08 Women's Roster 3
 2007-08 Season Preview 4
 World Class Talent Pool 7

COACHES AND SUPPORT STAFF

Head Coach Bio-Neil Harper 8
 Associate Head Coach Andy Robins 10
 Diving Coach Patrick Jeffrey 11
 Assistant Coaches Liz Klink, Alex Braunfeld 12
 Support Staff 14

ATHLETE BIOS

Men's Senior Bios 16
 Men's Junior Bios 23
 Men's Sophomore Bios 25
 Men's Freshman Bios 29
 Women's Senior Bios 30
 Women's Junior Bios 36
 Women's Sophomore Bios 40
 Women's Freshman Bios 45
 Facilities 46

2006-07 REVIEW

Men's Review 48
 Women's Review 50
 This is the ACC 52
 ACC All-Time Records 53
 2006-07 Men's ACC Summary 54
 2006-07 Women's ACC Summary 55
 ACC Academic Honor Roll 56

SEMINOLE HISTORY

All-Time ACC Champions 57
 Men's All-Americans 58
 Women's All-Americans 59
 All-Time Top 10 Times 60
 Men's All-Time Series Records 62
 Men's Year-by-Year Records 63
 Women's All-Time and Year-by-Year Records 64
 Honors and Awards 65
 All-Time Rosters 66
 National Champions 68
 FSU's Olympic Tradition 70
 International Tradition 76

UNIVERSITY

Premier Programs 78
 This is Florida State 80
 University Facts 82
 Prominent Alumni 83
 This is Tallahassee 84
 Training Facilities 86
 Life Skills and Student Services 87
 NCAA Compliance 88
 A Former Seminole Speaks 89
 2007-08 NCAA Qualifying Standards 90

A NOTE TO THE MEDIA, FANS AND OPPONENTS

Graduate Assistant Layne Herdt of the Florida State Sports Information Office is ready to assist you with any questions or requests you may have regarding the 2007-08 swimming and diving program, media guide, coaches and student-athletes. Please do not hesitate to phone - (850) 644-3920, fax - (850) 644-3820, email - layne.herd@gmail.com or write a letter to the sports information office at PO Drawer 2195, Tallahassee, FL 32316. All package shipments should be sent to Florida State Sports Information, 525 Stadium Drive West, Tallahassee, Fla., 32306.



Layne Herdt
Swimming & Diving SID

PLAYERS AND COACHES INTERVIEWS

All player and coach interviews must be arranged through the Florida State Sports Information Office by contacting Layne Herdt at (850) 644-3920. Player's home phone numbers and cell phone numbers will not be given to members of the media. Players and coaches should not be called directly under any circumstances.

HOW TO COVER THE SEMINOLE

Members of the media will be provided with media guides and weekly releases including current individual bests, as well as conference and national rankings. If you would like to be included on an email or fax release list, please contact Layne Herdt. Media do not need to request credentials for regular season home meets.

FSU ON THE WEB

All the game stories, updated stats, weekly releases, photo galleries, live stat links and Seminole swimming and diving news you could ever ask for is available 24 hours a day, seven days a week at www.seminoles.com, the official athletic website for Florida State University. Be sure to make [Seminole.com](http://www.seminoles.com) your first stop for all Florida State women's soccer information.

SPORTS INFORMATION DIRECTORY

Contact Us At: 850-644-1403; Fax: 850-644-3820
 Address Inquiries To: Florida State Sports Information, PO Drawer 2195, Tallahassee, FL 32316
 Ship Packages To: Florida State Sports Information, 525 Stadium Drive West, Tallahassee, FL 32306



Dr. T.K. Wetherell
Florida State President



Dave Hart, Jr.
Athletics Director



Bernie Waxman
Assoc. Athletics Director of Facilities

MEDIA GUIDE CREDITS



The 2007-08 FSU Swimming and Diving guide is a publication of the Florida State University Sports Information Office. Written and edited by Layne Herdt. Editing assistance provided by Florida State University Sports Information Staff.

Designed by Grant Hawkins Design - Dallas, Texas. Printed by MultiAd.

Photography by Michele Edmunds, Ryals Lee, Ross Obley, Patrick Jeffrey, Tom Casazza, Brandon Goodman, Neil Harper and Wickus Nienaber.

Special thanks to the FSU Photo Lab.



2007-08 MEN'S ROSTER



NAME	CLASS	HT.	EVENT(S)	HOMETOWN (HIGH SCHOOL)
Scott Baker	JR	6-4	Free	Lake Mary, FL (Lake Mary/ IRCC)
Jarryd Botha	SR	6-6	Back, Free	Worcester, South Africa (Paul Roos Gymnasium)
Daniel Bradford	SO	6-8	Free	Rockledge, FL (Rockledge)
Brendan Burke	SR	5-11	Fly, Back	West Des Moines, IA (Valley)
Ed Denton	SR	6-1	Free	Maidenhead, England (Millfield School)
Scott Derner	JR	5-11	Diving	Grapevine, TX (Colleyville Heritage)
Shawn Erickson	SO	6-3	Distance Free	Tallahassee, FL (Chiles)
Dan Frebel	JR	5-10	Diving	Fort Wayne, IN (Homestead)
Nick Graves	SO	5-10	Distance Free	Lexington, KY (Sayre)
Robby Hayes	FR	6-0	Fly, IM, Breast	Alpharetta, GA (Marist School)
Matt Hammond	SR	6-2	Free	Daytona Beach, FL (Port Orange Spruce Creek)
Robert Holderness	FR	5-10	Breast, IM	Butleigh, Somerset, England (Millfield School)
Jimmy Holway	JR	6-0	Free	Gulf Breeze, FL (Gulf Breeze)
Terry Horner	SO	5-6	Diving	Orlando, FL (Lyman / Seminole CC)
Billy Jamerson	SR	6-0	Breast	Savannah, GA (Sandy Creek)
Lloyd Owens	SO	6-10	Free	Oviedo, FL (Oviedo)
Robert Padgett	SO	5-11	Back, IM, Free	Greensboro, NC (Lucy Ragsdale)
Ian Powell	SR	5-8	Back, Fly, IM	Guernsey, Channel Islands (Millfield School)
Michael Rice	SR	5-11	Fly, IM	North Miami, FL (Miami Country Day / Florida)
Ian Rowe	FR	5-9	Distance Free, IM	Towson, MD (Towson)
Jon Rubritz	FR	6-0	Free, Fly	York, PA (Dover Area)
Matthew Skinner	SO	6-3	Breast, Fly, IM	Pensacola, FL (Gulf Breeze)
Matt Shead	FR	6-4	Breast	Welling, Kent, England (Millfield)
Corey Swanson	SO	6-0	Free	Tampa, FL (Sickles)
Scott Thacker	SO		Breast	Lynchburg, VA (Jefferson Forest)
Alex Tilbrook	SR	6-2	Diving	Largo, FL (Seminole Osceola)
David Toffaletti	SO	6-1	Free	Charlotte, NC (Bulter)
Kyle Young	SR	6-2	Distance Free	Oviedo, FL (Oviedo)



2007-08 WOMEN'S ROSTER



NAME	CLASS	HT.	EVENT(S)	HOMETOWN (HIGH SCHOOL)
Katherine Adham	FR	5-5	Diving	Orlando, FL (Dr. Phillips)
Melanie Cabassol	SO	5-5	Diving	Montgomery, TX (Montgomery)
Jessie Carr	SO	5-6	Free, Breast	Gulf Breeze, FL (Gulf Breeze)
Kelly Dean	JR	5-8	Fly	Longwood, FL (Altamonte Springs Lake Brantley)
Tiffany Elias	SO	5-7	Fly, IM, Free	Phoenix, AZ (Xavier College Preparatory)
Kylsie Grimes	SO	5-10	Free	Hartland, WI (Arrowhead)
Jen Guyler	SO	5-4	Distance Free	Palm Harbor, FL (East Lake)
Carissa Hanna	JR	5-8	Diving	Churchville, PA (Newton Council Rock South)
Elise Hatfield	SR	5-9	Distance Free	Merritt Island, FL (Merritt Island)
C.J. Hendry	FR	5-7	Fly, Back, IM	Evans, GA (Evans)
Kristina Helmers	SO	5-9	IM, Fly, Free	Pennington, NJ (Hopewell Valley Central)
Georgia Holderness	JR	5-9	Breast, Free, IM	Butleigh, Somerset, England (Millfield School)
Kylen Huntwork	JR	5-11	Breast, IM	Apex, NC (Apex)
Lindsay Kenney	SR	5-7	Fly, Free	Plano, TX (Senior)
Abbie King	SR	5-9	Free	Brunswick, ME (Brunswick)
Caitlyn Lambert	FR	5-6	IM	Ocklawaha, FL (Bellevue)
Ashley Lawler	FR	5-8	Distance Free	Iowa City, IA (West)
Meredith Martelle	JR	5-8	Free, Breast, IM	Charlotte, NC (South Mecklenburg)
Holly Mills	FR	5-6	Back	England (St. Augustine Priory)
Aleia Monden	SO	5-1	Diving	Mililani, HI (St. Andrew's Priory)
Jocelyn Phillips	FR	6-0	Free	Napa, CA (Vintage)
Stacy Rademacher	SR	5-9	Back, Fly	Charlotte, NC (South Mecklenburg)
Caroline Robertson	JR	5-10	Breast, IM	Ocala, FL (Forest)
Brittany Selts	FR	5-7	Fly, Free, Back	Miami, FL (Palmetto)
Katie Sirounis	SO	5-9	Diving	Indian Harbor Beach, FL (Satellite)
Kate Skaggs	SR	5-6	Back, Free	Jacksonville, FL (Bolles)
Lauren Sparg	SR	5-7	Free, Fly	Durban, South Africa (Westville Girls' High)
Stevi Steinhauer	SO	5-9	Free	Pensacola, FL (Gulf Breeze)
Katie Stratton	SO	5-8	IM	Naperville, IL (Naperville)
Lowri Tynan	FR	5-9	Breast, Free	Wrexham, Clwyd, Wales (Ysgol Morgan Llwyd)



2007-08 SEASON PREVIEW

MEN'S PREVIEW

The Florida State men's swimming and diving team will enter the 2007-08 season with the target squarely on their backs. The Seminoles enter the new year as the defending ACC Champions led by returning National Champion diver Terry Horner. Bolstered by a top recruiting class, Head Coach Neil Harper's bunch will look to defend their title and bring another championship home to Tallahassee.

SPRINT FREESTYLE

A critical group of events for the Seminoles, Harper is looking for several swimmers to distinguish themselves at the top of the pack in the sprints. Led by junior Jimmy Holway and junior transfer Scott Baker, FSU looks to follow in the tradition of Olympians Brandon Dedekin and Julio Santos. What Harper is looking for now is depth.

HARPER'S OUTLOOK

"We have the potential, we just don't have the fast times yet. We have guys that have opportunities and what they've showed me so far is real good, so it looks like they want to make the most of those opportunities."

DISTANCE FREESTYLE

Losing great distance swimmers like All-Americans Steve Roof (graduation) and Kyle Young (redshirt) would cripple most teams, but FSU will now pass the reigns to a group of youngsters led by one of the nations best recruits, freshman Ian Rowe. Following Rowe will be sophomores Shawn Erickson and Nick Graves to form an elite trio.

HARPER'S OUTLOOK

"I think the prospect of losing two All-Americans is something that most coaches would go by themselves with, but for me, I think it's an opportunity for freshmen and sophomores to make a name for themselves. We can rely on them, and they can have our destiny and their destiny in their hands, and they seem up to the task and looking forward to it."



Ian Powell

BACKSTROKE

The Seminole backstrokers will be led by the tandem of senior Ian Powell and sophomore Robert Padgett. Expect the two to fight each other for the top spot all season.

HARPER'S OUTLOOK

"They have made such great improvements over the years, that I expect them to do the same. Both guys can help us in other areas as well, but we'll rely heavily on them in the back."

BREASTSTROKE

For the fourth consecutive season Billy Jamerson will anchor the breaststroke for Florida State. The senior All-American and All-ACC selection has showed steady improvement every year and in 2007 will be pushed by two of the nations top recruits, freshmen Robert Holderness and Matt Shead. Sophomore Scott Thacker will be looked upon to provide depth in the 100 and sophomore Corey Swanson in the 200.

HARPER'S OUTLOOK

"I've got to believe there are not many schools in the nation that have four great breaststrokers like we do, that's something to be proud of and excited about. The breaststrokes are in good hands."



Jimmy Holway



Robert Padgett



2007-08 SEASON PREVIEW

BUTTERFLY

FSU will once again be lead by senior Ian Powell in the butterfly events. Senior Michael Rice and sophomore Corey Swanson will add depth to the 100 fly, and look for freshman Robby Hayes to make a splash in the event as well.

HARPER'S OUTLOOK

"Ian (Powell) will be our go to guy in the fly. We've got a couple of other guys there and our third spot will be up for grabs."

INDIVIDUAL MEDLEY

The 200 IM race is wide open for the Seminoles. Ian Powell, Robert Padgett, Corey Swanson, Mike Rice, Robby Hayes, Robert Holderness and Matt Shead will all vie for the top spot in the event. In the 400 IM, sophomore Shawn Erickson is the top candidate to lead FSU.

HARPER'S OUTLOOK

"We've got seven or eight guys there that are capable to step up and help us out there. We just have to hope that some cream rises to the top, and some people are willing to put it out there to win some events for us."

DIVING

The strength for the men's team will be their depth in the diving events. Sophomore National Champion Terry Horner will lead the charge for the Seminoles. Horner won the 1m competition at the NCAA Championships in the spring and looks to improve on his 3m and platform dive list to score more for FSU. Along with Horner Florida State has three more talented divers in senior Alex Tillbrook and juniors Scott Derner and Dan Frebel. FSU diving coach Patrick Jeffrey expects all 4 to have an impact at the ACC Championships as well at the NCAA meet.

JEFFREY'S OUTLOOK

"What I'm looking for with Terry (Horner) this year is really develop his 3m and a platform list and I think we can score some more points that way. I think both Scott Derner and Dan Frebel could be All-Americans this year, Dan will final easily at the NCAA's on the platform. We could have as many as 3-4 at NCAA's."



Dan Frebel



Lauren Sparg

WOMEN'S PREVIEW

The Seminole women enter 2007 looking to regain the top spot in the ACC after last season's second place finish. FSU will be led by a blend of experience and one of the top recruiting classes in the nation. Florida State will bring a wealth of depth to the pool in almost every event.

SPRINT FREESTYLE

To get a look at FSU's depth look no further than the sprint freestyle events where the Seminoles go 8 deep led by NCAA qualifying seniors Abbie King and Lauren Sparg, and sophomore Kyslie Grimes. Florida State will add two new faces to the group with freshmen Jocelyn Phillips and Brittany Selts.

HARPER'S OUTLOOK

"There are probably nine or ten who would make a roster on some other teams in those events, so we have a lot of options. A lot of girls want to win their way onto that relay."

DISTANCE FREESTYLE

The distance free events will be anchored by sophomore Jen Guyler. Guyler broke onto the scene last year setting the school record in the 1000. She will be joined by senior Elise Hatfield and junior Meredith Martelle giving FSU three solid options.

HARPER'S OUTLOOK

"I think she's (Guyler) really excited about the coaching staff this year and the opportunity to take what she's learned from last year and step up."

BACKSTROKE

The backstroke events will be carried by a pair of seniors, Stacey Rademacher and Kate Skaggs. Harper also expects freshman Holly Mills to come in and make an immediate impact.

HARPER'S OUTLOOK

"It's exciting to know that we've got some backstrokers. I think the event is going to be in good hands."



2007-08 SEASON PREVIEW

BREASTSTROKE

The breaststroke event will be led by a blend of experience and youth. Junior ACC Champion Georgia Holderness will anchor the 200 breast while one of the top recruits in the country Lowri Tynan will be looked upon to make an instant impact in both the 100 and 200. Junior Kylen Huntwork and senior Caroline Robertson will give the Seminoles great depth in the 100 and 200 respectively.

HARPER'S OUTLOOK

"We're real solid in breaststroke. I feel like Georgia (Holderness) being a past ACC 200 breaststroke champion puts us in great shape. Lowri Tynan is a world-class swimmer that's coming in as a freshman. She's won some big meets this past summer, it will be fun to see her 100, see her 50 breast and see how she does in the 200."

BUTTERFLY

Senior Lauren Sparg will lead FSU in both the 100 and 200 butterfly events. Sparg broke the school record in the 200 fly last season and will be counted on lead a deep group that includes senior Lindsay Kenney, sophomore Tiffany Elias and freshmen Brittany Selts and C.J. Hendry. Harper expects major points to come from the fly group.

HARPER'S OUTLOOK

"Lauren has been sort of a fairy tale. A kid from Durbin, South Africa just wanted the opportunity and we knew that she had potential. She's just been just like a sponge, she's listened to all the skill instruction, technique work, she's a great kicker under water. It's an area where if we're firing on all cylinders it could be a real strong event for us."



Georgia Holderness



2007-08 Freshman Class

INDIVIDUAL MEDLEY

With so much talent in the stroke events, the race for the top spot in the IM is up for grabs. Junior Georgia Holderness is the leader in the 200 IM because of experience at the ACC meets, but look for the freshman duo of C.J. Hendry and Lowri Tynan to bolster the event. Sophomore Katie Stratton is also expected to have an impact in the event. In the 400 IM, senior Caroline Robertson and junior Meredith Martelle will be relied to bring home the points.

HARPER'S OUTLOOK

"That's an area where we don't have that one go-to person. We have several people that we feel can finish top eight at the ACC's."

DIVING

Youth will be served for the FSU women divers. The Seminoles will be led by sophomores Aleia Monden and Katie Sironus. The addition of freshman Katherine Adham will bolster the group as well. Adham's strength will be her ability to twist making her arsenal of dives tough to beat.

JEFFREY'S OUTLOOK

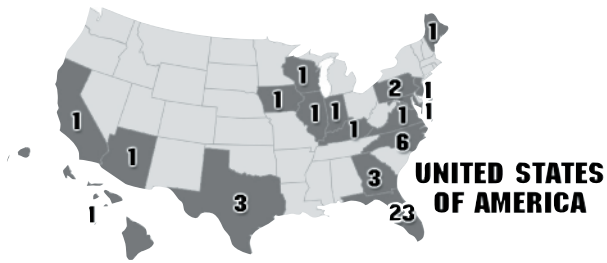
"Aleia (Monden) and Katie (Sironus) were a real force at the ACC Championships and they should be in the finals again this year. I think Katherine (Adham) will make the NCAA's this year and hopefully with a year under their belt, the other two will make it as well."



Aleia Monden



WORLD CLASS TALENT POOL



UNITED STATES

FLORIDA (23)

Daytona Beach	Matt Hammond (Port Orange Spruce Creek)
Gulf Breeze	Jimmy Holway (Gulf Breeze) Jessie Carr (Gulf Breeze)
Indian Harbor Beach	Katie Sirounis (Satellite)
Jacksonville	Kate Skaggs (Bolles)
Lake Mary	Scott Baker (Lake Mary/IRCC)
Largo	Alex Tilbrook (Seminole Osceola)
Longwood	Kelly Dean (Altamonte Springs Lake Brantley)
Merritt Island	Elise Hatfield (Merritt Island)
Miami	Michael Rice (Miami Country Day) Brittany Selts (Palmetto)
Ocala	Caroline Robertson (Forest)
Oviedo	Lloyd Owens (Oviedo) Kyle Young (Oviedo)
Ocklawaha	Caitlyn Lambert (Bellevue)
Orlando	Katherine Adham (Dr. Phillips) Terry Homer (Lyman/Seminole CC)
Palm Harbor	Jen Guylar (East Lake)
Pensacola	Matt Skinner (Gulf Breeze) Stevi Steinhauer (Gulf Breeze)
Rockledge	Daniel Bradford (Rockledge)
Tallahassee	Shawn Erickson (Chiles)
Tampa	Corey Swanson (Sickles)

NORTH CAROLINA (6)

Apex	Kylen Huntwork (Apex)
Charlotte	David Toffaletti (Butler) Meredith Martelle (South Mecklenburg) Stacy Rademacher (South Mecklenburg)
Greensboro	Robert Padgett (Lucy Ragsdale)

GEORGIA (3)

Alpharetta	Robby Hayes (Marist School)
Evans	C.J. Hendry (Evans)
Savannah	Billy Jamerson (Sandy Creek)

TEXAS (3)

Grapevine	Scott Derner (Colleyville Heritage)
Montgomery	Melanie Cabassol (Montgomery)
Plano	Lindsay Kenney (Senior)

PENNSYLVANIA (2)

Churchville	Carissa Hanna (Newton Council Rock South)
York	Jon Rubritz (Dover Area)

ARIZONA (1)

Phoenix	Tiffany Elias (Xavier College Preparatory)
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CALIFORNIA (1)

Napa	Jocelyn Phillips (Vintage)
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HAWAII (1)

Mililani	Aleia Monden (St. Andrews Priory)
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ILLINOIS (1)

Naperville	Katie Stratton (Naperville)
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INDIANA (1)

Fort Wayne	Dan Frebel (Homestead)
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IOWA (1)

West Des Moines	Brendan Burke (Valley)
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KENTUCKY (1)

Lexington	Nick Graves (Sayre)
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MAINE (1)

Brunswick	Abbie King (Brunswick)
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MARYLAND (1)

Towson	Ian Rowe (Towson)
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NEW JERSEY (1)

Pennington	Kristina Helmers (Hopewell Valley Central); Toms River
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VIRGINIA (1)

Culpeper	Lauren Brick (Culpeper County)
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WISCONSIN (1)

Hartland	Kylsie Grimes (Arrowhead)
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INTERNATIONAL

GREAT BRITAIN (7)

Butleigh, Somerset, England	Georgia Holderness (Millfield School) Robert Holderness (Millfield School)
Guernsey, Channel Island	Ian Powell (Millfield School)
Maidenhead, England	Ed Denton (Millfield School)
Ruislip	Holly Mills (St. Augustine Priory)
Welling, Kent	Matt Shead (Millfield School)
Wrexham	Lowri Tynan (Ysgol Morgan LLwyd)

SOUTH AFRICA (2)

Durban	Lauren Sparg (Westville Girls' High)
Worcester	Jarryd Botha (Paul Roos Gymnasium)