

2008-09 MEN'S ROSTER



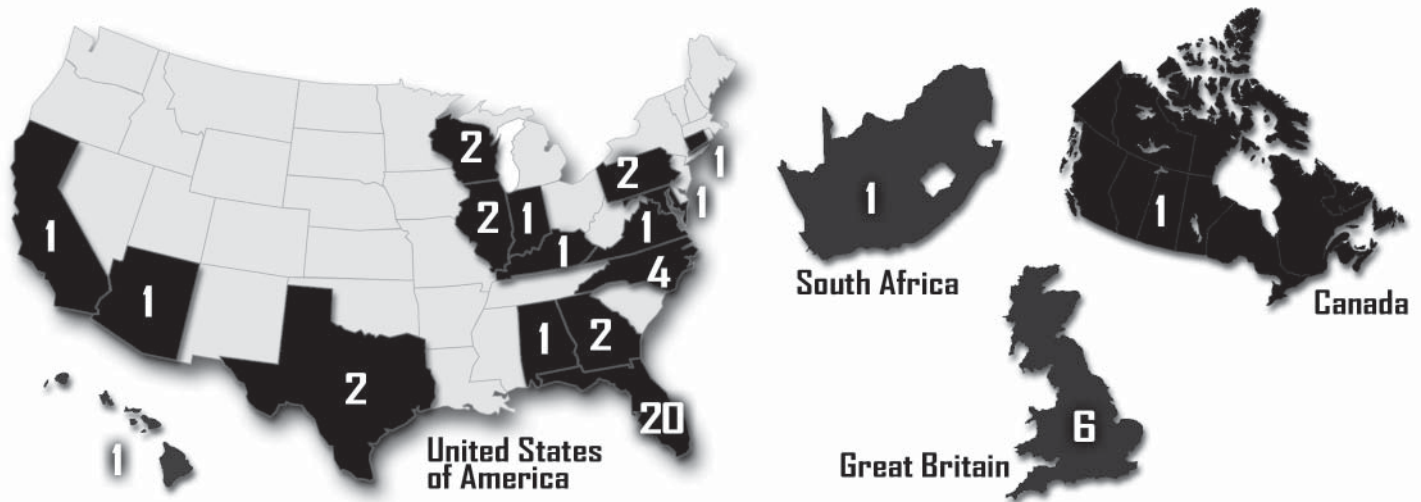
NAME	CLASS	HT.	EVENT(S)	HOMETOWN (HIGH SCHOOL)
Michael Aitken	FR	6-2	Fly	Durham, NC (Northern)
Scott Baker	SR	6-4	Sprint Free	Lake Mary, FL (Lake Mary/ IRCC)
Jarryd Botha	R-SR	6-6	Back, Free	Worcester, South Africa (Paul Roos Gymnasium)
Daniel Bradford	JR	6-8	Free	Rockledge, FL (Rockledge)
Ed Denton	R-SR	6-1	Free, IM	Maidenhead, England (Millfield)
Scott Derner	JR	5-11	Diving	Grapevine, TX (Colleyville Heritage)
Shawn Erickson	JR	6-3	Distance Free	Tallahassee, FL (Chiles)
Dan Frebel	SR	5-10	Diving	Fort Wayne, IN (Homestead)
Marcelo Garcia	FR	5-7	Diving	Seffner, FL (Jesuit)
Nick Graves	JR	5-10	Distance Free	Lexington, KY (Sayre)
Robby Hayes	SO	6-0	Fly, IM	Alpharetta, GA (Marist School)
Andy Hodgson	JR	6-4	Back	Blackpool, England (University of Swansea)
Robert Holderness	SO	5-10	Breast, IM	Butleigh, Somerset, England (Millfield)
Jimmy Holway	SR	6-0	Free	Gulf Breeze, FL (Gulf Breeze)
Terry Horner	JR	5-6	Diving	Orlando, FL (Lyman / Seminole CC)
Glenn Kalata	SO	6-2	IM, Back	Trumbull, CT (Syracuse University)
Lloyd Owens	JR	6-1	Free	Oviedo, FL (Oviedo)
Stephen Pendleton	SO	6-2	Free	Northfield, IL (Denver University)
Ian Rowe	SO	5-9	Distance Free, IM	Towson, MD (Towson)
Jon Rubritz	SO	6-0	Free, Fly	York, PA (Dover Area)
Matt Shead	SO	6-4	Breast	Welling, Kent, England (Millfield)
Sean Spire	FR	6-0	Fly, Free	Weston, FL (Cypress Bay)
Corey Swanson	JR	6-0	IM, Fly	Tampa, FL (Sickles)
James Taddeo	FR	5-10	Free	Clearwater, FL (Countryside)
Scott Thacker	JR	6-1	Breast	Lynchburg, VA (Jefferson Forest)
David Toffaletti	JR	6-1	Free	Charlotte, NC (Bulter)
Kyle Young	R-SR	6-2	Distance Free	Oviedo, FL (Oviedo)

2008-09 WOMEN'S ROSTER



NAME	CLASS	HT.	EVENT(S)	HOMETOWN (HIGH SCHOOL)
Katherine Adham	SO	5-5	Diving	Orlando, FL (Dr. Phillips)
Melanie Cabassol	JR	5-5	Diving	Montgomery, TX (Montgomery)
Jessie Carr	JR	5-6	Free, Breast	Gulf Breeze, FL (Gulf Breeze)
Shanda Casella	JR	5-4	Free, Back	Orlando, FL (IRCC/Cypress Creek)
Carly Cavalieri	JR	6-0	Free	Tampa, FL (Gaither)
Kelly Dean	SR	5-8	Fly	Longwood, FL (Altamonte Springs Lake Brantley)
Tiffany Elias	JR	5-7	Fly, IM, Free	Phoenix, AZ (Xavier College Preparatory)
Kylsie Grimes	JR	5-10	Free	Hartland, WI (Arrowhead)
Jen Guyler	JR	5-4	Distance Free	Palm Harbor, FL (East Lake)
Carissa Hanna	SR	5-8	Diving	Churchville, PA (Newton Council Rock South)
C.J. Hendry	SO	5-7	Fly, Back, IM	Evans, GA (Evans)
Georgia Holderness	SR	5-9	Breast, Free, IM	Butleigh, Somerset, England (Millfield School)
Kylen Huntwork	SR	5-11	Breast, IM	Apex, NC (Apex)
Meredith Martelle	SR	5-8	Free, Breast, IM	Charlotte, NC (South Mecklenburg)
Holly Mills	SO	5-6	Back	Ruislip, England (St. Augustine Priory)
Aleia Monden	JR	5-1	Diving	Mililani, HI (St. Andrew's Priory)
Caitlin Nolan	FR	5-6	Distance Free	Toronto, Ontario, Canada (Havergal College)
Jocelyn Phillips	SO	6-0	Free	Napa, CA (Vintage)
Elysse Rowland	FR	5-3	Diving	Chicago, IL (Loyola Academy)
Jessica Sabotin	FR	5-11	IM	Altamonte Springs, FL (The Trinity School)
Stephanie Sarandos	FR	5-7	Back	Waukesha, WI (Kettle Moranie)
Brittany Selts	SO	5-7	Fly, Free, Back	Miami, FL (Palmetto)
Katie Sirounis	JR	5-9	Diving	Indian Harbor Beach, FL (Satellite)
Stevi Steinhauer	JR	5-9	Free	Pensacola, FL (Gulf Breeze)

WORLD CLASS TALENT POOL



UNITED STATES

FLORIDA (20)

Altamonte Springs: Jessica Sabotin (The Trinity School); Clearwater: James Taddeo (Countryside); Gulf Breeze: Jimmy Holway (Gulf Breeze), Indian Harbor Beach: Katie Sirounis (Satellite); Lake Mary: Scott Baker (Lake Mary/IRCC); Longwood: Kelly Dean (Altamonte Springs Lake Brantley); Miami: Brittany Selts (Palmetto); Oviedo: Lloyd Owens (Oviedo), Kyle Young (Oviedo); Orlando: Shanda Casella (Cypress Bay), Katherine Adham (Dr. Phillips), Terry Horner (Lyman/Seminole CC); Palm Harbor: Jen Guylar (East Lake); Pensacola: Stevi Steinhauer (Gulf Breeze); Rockledge: Daniel Bradford (Rockledge); Seffner: Marcelo Garcia (Jesusit); Tallahassee: Shawn Erickson (Chiles); Tampa: Carly Cavalieri (Gaither); Corey Swanson (Sickles); Weston: Sean Spire (Cypress Bay)

NORTH CAROLINA (4)

Apex: Kylan Huntwork (Apex); Charlotte: David Toffaletti (Butler), Meredith Martelle (South Mecklenburg); Durham: Michael Aitken (Northern); Greensboro

GEORGIA (2)

Alpharetta: Robby Hayes (Marist School); Evans: C.J. Hendry (Evans)

ILLINOIS (2)

Chicago: Elysse Rowland (Loyola Academy); Northfield: Stephen Pendleton

TEXAS (2)

Grapevine: Scott Derner (Colleyville Heritage); Montgomery: Melanie Cabassol (Montgomery)

PENNSYLVANIA (2)

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

WISCONSIN (2)

Hartland: Kysie Grimes (Arrowhead); Waukesha: Stephanie Sarandos (Kettle Moranie)

ALABAMA (1)

Montgomery: Jessie Carr (Gulf Breeze)

ARIZONA (1)

Phoenix: Tiffany Elias (Xavier College Preparatory)

CALIFORNIA (1)

Napa: Jocelyn Phillips (Vintage)

CONNECTICUT (1)

Trumbull: Glenn Kalata (Trumbull)

HAWAII (1)

Milliani: Aleia Monden (St. Andrews Priory)

INDIANA (1)

Fort Wayne: Dan Frebel (Homestead)

KENTUCKY (1)

Lexington: Nick Graves (Sayre)

MARYLAND (1)

Towson: Ian Rowe (Towson)

VIRGINIA (1)

Lynchburg: Scott Thacker (Jefferson Forest)

INTERNATIONAL

GREAT BRITAIN (6)

Blackpool: Andy Hodgson (University of Swansea); Butleigh, Somerset, England: Georgia Holderness (Millfield School), Robert Holderness (Millfield School); Maidenhead, England: Ed Denton (Millfield School); Ruislip: Holly Mills (St. Augustine Priory); Welling, Kent: Matt Shead (Millfield School)

CANADA (1)

Toronto: Caitlin Nolan (Havergal College)

SOUTH AFRICA (1)

Worcester: Jarryd Botha (Paul Roos Gymnasium)

2008-09 SEASON PREVIEW

MEN'S PREVIEW

The Florida State men's swimming and diving team will enter the 2008-09 season with one of its best teams in the history of the program. After finishing third at the ACC Championships in 2008 the Seminoles return four All-Americans from last season and welcome back three red-shirt seniors who sat out in 2007-08 while training for the Olympic Trials. Combined with a host of newcomers, FSU will look to not only challenge for an ACC crown, but deliver the conference's first top 10 finish at the NCAA Championships since 2003 and the school's first since 1997.

SPRINT FREESTYLE

The Seminole's look to be loaded in the 50 and 100 freestyle events led by returning All-American Scott Baker. Baker finished seventh at the NCAA Championships in the 50 free and owns the second fastest time in school history in the event. Baker will be joined by red-shirt seniors Jarryd Botha and Ed Denton who provide even more speed to Florida State's arsenal. Botha finished second at ACC's in the 50 in 2007 while Denton was ACC Champion in the 100 free. Florida State could also challenge school records in the 200 and 400 free relays with the trio of All-ACC performers being joined by junior Dan Bradford in the relays. All four swimmers have gone under 20 seconds in the 50 free in relay events during their careers.

HARPER'S OUTLOOK

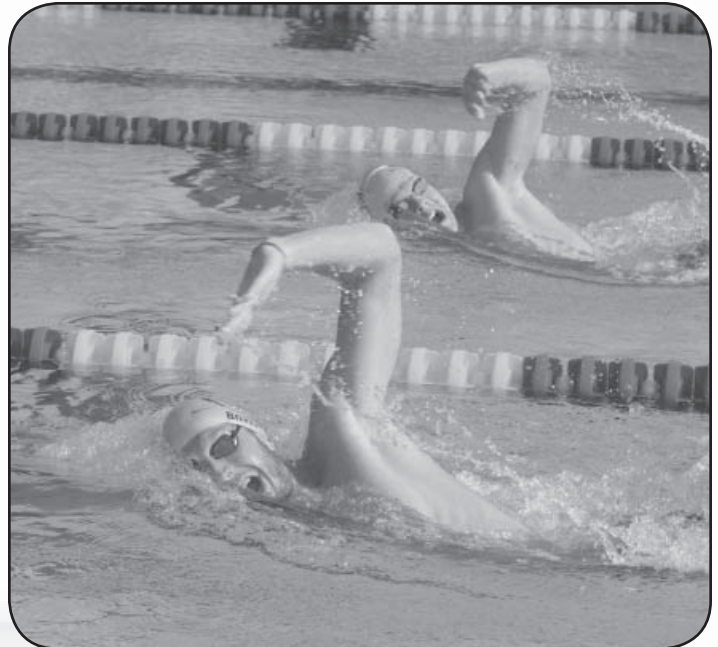
"We have great potential in the sprints and that's a dangerous word. If our sprinters are on things will go really well, if they're off things can all go array. It potentially could be one of our strong points and if things are firing on all cylinders then we'll be very good. We're going to have a bunch of people fighting for third and fourth legs on relays to go to the NCAA Championships and score."

DISTANCE FREESTYLE

Florida State may boast the best group of distance freestyler's in the country led by All-American and U.S. National Team member Kyle Young. The red-shirt senior was the ACC Meet MVP in 2007 after winning the 500 and 1650 free and finished seventh in the 1650 at the NCAA Championships that same year. Young is joined by a pair of honorable mention All-American's in junior Nick Graves and sophomore Ian Rowe who both posted top 16 finish at the 2008 NCAA Championships. The group will also be joined by junior Shawn Erickson who posted career best times in the 500 and 1650 free at ACC's.



Kyle Young



Jarryd Botha and Ed Denton

HARPER'S OUTLOOK

"It has been a lot of fun watching that group materialize and grow. Now we have a senior All-American, a junior All-American and a sophomore All-American who have all scored in the 1650. It's good to know that the commitment we've made in this area with swimmers and coaching is really starting to payoff."

BACKSTROKE

FSU will look to recapture its dominance in the backstroke events by welcoming back two-time ACC Champion Jarryd Botha. The red-shirt senior swept the 100 and 200 events at the ACC meet in 2007. Botha will be pushed by newcomer Andy Hodgson who will battle for the teams top backstroke spot all season with Botha. Sophomore Ian Rowe and transfer Glenn Kalata will provide much needed depth as well.

HARPER'S OUTLOOK

"Jarryd is a proven commodity, he's been here and has had three great years and with Andy coming in, he already comes in with world class times. Between the two of them they have the backstrokes covered. We might not be as deep as we'd like, but we certainly are strong."

BREASTSTROKE

The Seminole's long standing tradition of standout breaststrokers will continue in 2008-09 led by All-ACC performer Rob Holderness. Holderness will lead the way in the 200 breast after finishing third in the event at ACC's in 2008 and earning a bronze medal at the World Junior Championships. Sophomore Matt Shead will lead FSU in the 100 breast with junior Scott Thacker pushing both Holderness and Shead in the 100 and 200. Junior Corey Swanson will also swim the 100 breast.

HARPER'S OUTLOOK

"Those three [Rob Holderness, Matt Shead and Scott Thacker] are young and enthusiastic and they are starting to come into their own. Realistically they all have the potential to make and score at NCAA's. We also have some of our IM'ers and fliers who can swim breaststroke as well, we have some great depth."

2008-09 OUTLOOK

2008-09 SEASON PREVIEW

BUTTERFLY

After losing All-ACC performer Ian Powell to graduation, the brunt of the butterfly duties will be left to junior Corey Swanson. Swanson will be counted on heavily in particular in the 100 fly. Senior Jarryd Botha will also contribute in the 100 while freshmen Michael Aitken and Sean Spire will have the chance to get their feet wet early in the season in both the 100 and 200 events.

HARPER'S OUTLOOK

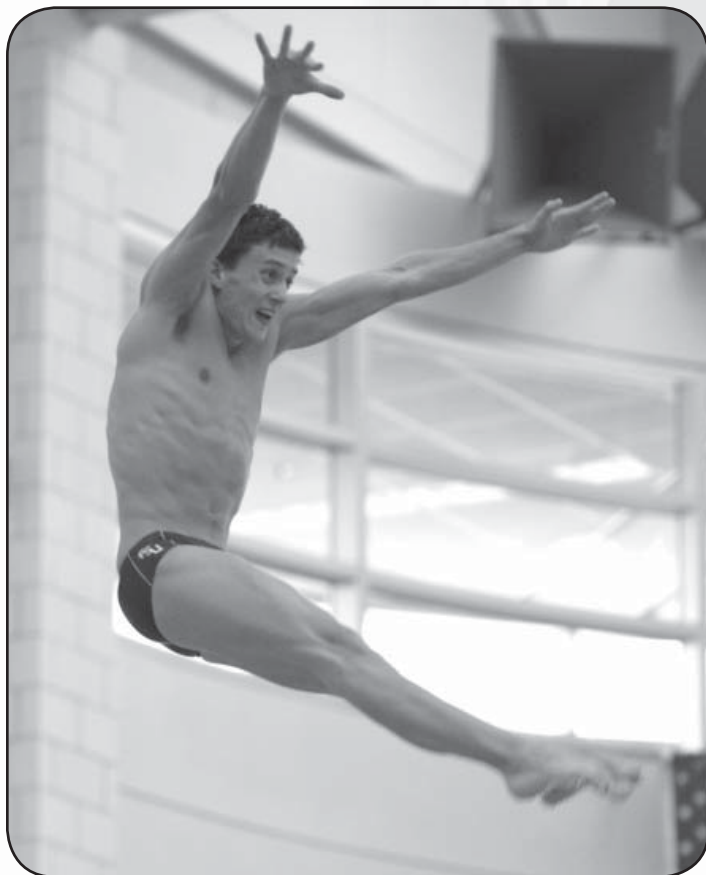
"This is going to be an area where we will be tested. Corey has done well for us in the medley relays and Jarry Botha is a guy who can do a great 50 and 100 fly and we're bringing in Michael Aitken and Sean Spire as freshman. So there is an opportunity for some youngsters to step in and fill some holes and have a chance to get on a relay and make an impact."

INDIVIDUAL MEDLEY

Florida State will be led in the 200 IM by redshirt-senior Ed Denton and junior Corey Swanson. Denton was an All-ACC performer in the 200 IM in 2007 while Swanson finished in the top eight at the ACC meet last season. In the 400 IM sophomore Rob Holderness and junior Shawn Erickson look to lead the way.

HARPER'S OUTLOOK

"The individual medley is the one event we aren't really sure on. We have several people who have the potential to step up in that area. You have Ed that's been top three at the ACC's and holds the school record and then you have Corey [Swanson] and Robby Hayes who have potential. In the 400 IM, we have some guys who can improve in that area and that will be an area where we will look for some guys to step forward and help us out."



Dan Frebel

DIVING

Diving has been one of the Seminole's strengths for years and once again FSU will rely heavily on this talented group. Junior Terry Horner will once again head the group and will compete for ACC and National Titles on the one and three-meter boards. The most decorated diver in Florida State history is the defending ACC Champion on the one and three-meter and won a National Championship on the one-meter in 2007. Senior Dan Frebel will lead the Seminole's on the platform and will compete for an ACC Championship as well as a top eight finish at the NCAA meet. Frebel will also be counted on to score big on the three-meter after finishing second at ACC's in 2008. Senior Scott Derner will also be a major contributor on the one and three-meter disciplines after posing a pair of top eight finishes at last year's ACC Championships.

JEFFREY'S OUTLOOK

"I think that this year is going to be one of our best years ever. I think that Terry has a great shot at another National Title on the one-meter and his three-meter is coming along as well so he could possibly win in more than one event. Dan and Scott are now veterans are looking to get them to the same level at NCAA's and hopefully acquire All-American status."

WOMEN'S PREVIEW

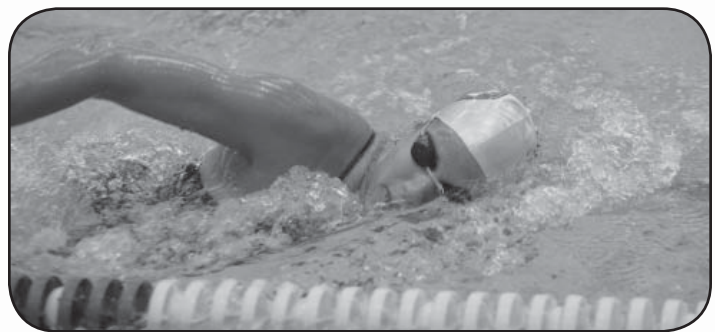
The Florida State women look to improve upon a third-place showing at the 2007 ACC Championships and to do so the Seminoles will rely heavily on their heralded underclassmen. After a spectacular freshman year, the new sophomore class looks to build upon a strong first year and with another great group of newcomers, youth will definitely be served in the pool. Coupled with a key group of senior and junior leaders, FSU will once again make a push to be one of the best in the ACC.

SPRINT FREESTYLE

After losing two key sprinters to graduation, Florida State will look upon a pair of juniors to carry the load in the 50 and 100 free events. Kyslie Grimes and Stevi Steinhauer will lead the Seminole sprint group this season. The duo each scored points at the ACC meet and will be joined by sophomore Brittany Seltz and Jocelyn Phillips (in the 100 free) both of whom competed in at the United States Olympic Trials. The group will also be bolstered by Junior College National Champion Shanda Casella who joins the Seminoles from Indian River Community College.

HARPER'S OUTLOOK

"When you look at the sprints, Stevi really began coming into her own and Kyslie and Jocelyn help make us two or three deep. We also have Shanda coming in as the National Junior College Champion in the 50 and 100 so she will be able to step in with two years of college experience. In terms of the 50 and the 100 we feel like we are solidified there."



Kyslie Grimes

2008-09 SEASON PREVIEW

DISTANCE FREESTYLE

The distance freestyle group will be bolstered by newcomer Caitlin Nolan who is one of Canada's top junior distance swimmers and will be counted on heavily in the 1000 and 1650 freestyle events. Depth will not be a problem in the 500 free where sophomore Jocelyn Phillips holds the second fastest time in school history while sophomore Holly Mills and senior Georgia Holderness can also be counted on to swim the 500 for FSU. Junior Jen Guyler will also be critical to the team's success with her ability to swim the 500 and 1650 after breaking the school record in the 1000 free as a freshman.

HARPER'S OUTLOOK

"We're looking Jocelyn, Kysie, Georgia and Holly to be the mainstays in the 500. Obviously Caitlin is coming in with her strong point being the mile and the 1000 free. We are also looking forward to Jen Guyler who at her best can be one of our best. Meredith Martelle can also be a key contributor in the mile."

BACKSTROKE

The Seminoles will certainly look at the 100 and 200 backstroke as a strength this season led by a pair of sophomores. C.J. Hendry will look to be the team leader in the 100 while Holly Mills will attempt to break the school record in the 200. Freshman Stephanie Sarandos will also compete for the title of FSU's best backstroker after competing at the U.S. Olympic Trials in both the 100 and 200 back.

HARPER'S OUTLOOK

"C.J. and Holly had some great times last season as freshman and Stephanie will come in after having a phenomenal year and a great Olympic Trials and could have some times that may actually be faster than the girls we had last year so between them we feel like we have those events covered."

BREASTSTROKE

Senior Georgia Holderness will highlight the Florida State breaststroke this season. Holderness finished third in the 100 breast and first in the 200 at the Great Britain Olympic Trials and earned All-ACC honors in both events in 2008. Senior Kylen Huntwork will provide depth in both the 100 and 200 events, while junior Jessie Carr and freshman Jessica Sabotin will make an impact in the 100 and 200 races respectively.

HARPER'S OUTLOOK

"Georgia is a past ACC Champion in the 200 and is coming off a phenomenal off-season almost making the British Olympic team and posting some times that are off the charts. She's been working with her stroke and has gotten some things squared away so we're excited to see what she does."



Aleia Monden



Holly Mills

BUTTERFLY

Florida State loses its best butterflyer Lauren Sparg to graduation and will now rely on sophomores C.J. Hendry and Brittany Selts in the 100 and junior Tiffany Elias in the 200 to carry the load. Senior Kelly Dean will help the Seminoles score points in both the 100 and 200 fly as well.

HARPER'S OUTLOOK

"This event is really open and there is the opportunity for people to step up. Someone like Brittany Selts who has a year of experience has the potential to be a great 100 butterflyer for us as well as C.J. Jessica Sabotin can help us in the 200 fly plus we have Tiffany Elias and Kelly Dean returning for us so we won't be short on depth in this event."

INDIVIDUAL MEDLEY

Freshman Jessica Sabotin will shoulder most of the load in the 200 and 400 individual medley events after competing in the 200 IM at the U.S. Olympic Trials. Joining Sabotin will be senior Georgia Holderness and junior Tiffany Elias in the 200 IM and senior Meredith Martelle in the 400 IM.

HARPER'S OUTLOOK

"Jessica was an Olympic Trial qualifier in the 200 IM so obviously as a freshman that's a great recruit to have on your team. We also have some Imer's who can do it all. Georgia has scored in the IM at the ACC's, Tiffany can do great IM's so we have some options there. Meredith is someone who has put up times that are capable of scoring at the league meet and will be counted on in the 400."

DIVING

The Seminoles large cast of divers will be led by honorable mention All-American Aleia Monden on the platform. The trio of Monden, Kat Adham and Katie Sirounis will be tough to beat on the one and three-meter boards as well. Florida State also expects freshman Elysse Rowland to make a splash in her first season in Tallahassee. FSU boasts a deep rotation with anyone of the four being capable of taking home a victory on any given day. Junior Melanie Cabassol also adds depth particularly on the platform.

JEFFREY'S OUTLOOK

"I think Aleia should at least repeat what she did last year and with the new facility she should be even better. Kat [Adham] is one who could have a breakout year, I think she could qualify for nationals and if she gets there the sky's the limit. I also think that Elysse Rowland is going to be a major player in our conference and possibly on the national level while Katie Sirounis who made some big changes in her diving last year and is going to see the benefits of that this season."

2008-09 OUTLOOK