

## 2009-10 SEASON PREVIEW

The Florida State men's and women's swimming and diving teams are on course for a breakthrough season this year. Head Coach Neil Harper and Diving Coach Patrick Jeffrey took time to share their thoughts on the teams.

### RETURNERS:

"The returners are going to be key for this year's team. On the men's side 12 athletes, our biggest group ever, went to NCAA Championships last year and over half of them are back this season. That experience will be a key ingredient to this year's success in terms of leadership. On the women's side, we have several women that have been to the NCAA's over the last three years, so we are going to count on them to be firing on all cylinders, to lead the team as well. Men like Andy Hodgson, Terry Horner, Stephen Pendleton, Robby Hayes, Rob Holderness and Scott Thacker all have that great success and experience from the ACC championships and from the NCAA's. Aleia Monden and Stephanie Sarandos have NCAA Championship experience, while CJ Hendry, Tiffany Elias, Jocelyn Phillips, Jessica Sabotin have had great success over the years at the ACC Championships. Our returners know about success in the ACC and what it takes to make it and score at NCAA's."



Carly Cavalieri

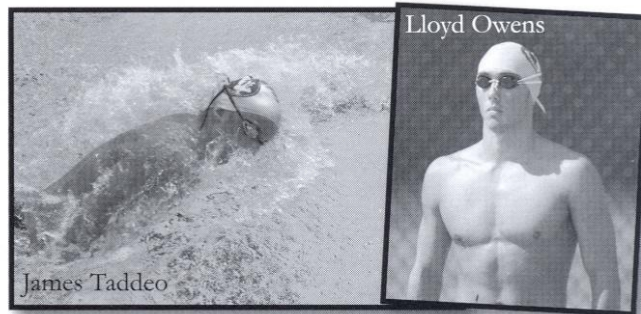


Michael Aitken

### NEWCOMERS:

"The newcomers have great potential and we feel they can really compliment the returners. They are the pieces of the puzzle that could really get us some success and have us vie for a chance at an ACC Championship again on both the men's and women's sides. The teams have really come together. I think the senior leadership and captains have done a nice job. Jessie Carr, Tiffany Elias and Stevi Steinhauer have done a nice job of bringing the women's team together. On the men's side Dan Bradford and Shawn Erickson have done a good job leading our guys. The freshman certainly have talent. On the women's side over half of the incoming class have been to the Olympic trials, many of them were high school All-Americans and senior national finalists. On the men's side, our newcomers were overachievers in high school. I think there are a lot of great athletes coming in who will be fighting for their spot at the conference meet. They are all eager to be able to step up and be counted on and help us try to win a conference meet. With the young enthusiasm on both the men's and women's sides, we are definitely in a position where people are going to fight hard, work hard to really improve and enhance this team's chances this year."

### MEN'S OUTLOOK:

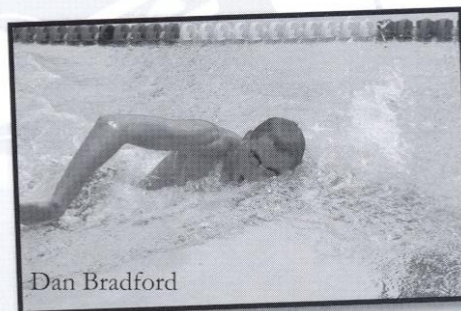


James Taddeo

Lloyd Owens

### SPRINT FREESTYLE:

"This is an area that really has to step up this year. We've had several people in the past such as Scott Baker, Ed Denton, Jimmy Holway and Jaryd Botha who need to be replaced. Sprint is the most critical area, and so as much as Andy Hodgson and Robby Hayes can step up, we also really need Dan Bradford, newcomer Mark Weber and several other athletes in that group that can be counted on. Corey Swanson can also be a nice surprise to compliment the rest of the guys in that group. So again, it's very key. As in years past when we've had ACC success, it's a group that needs to step up to compliment the rest of the team and we need to count heavily on."



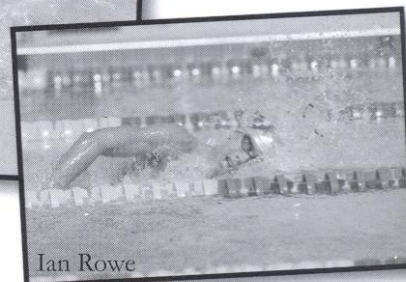
Dan Bradford

### DISTANCE FREESTYLE:

"Distance freestyle has been a staple at Florida State for the last five or six years. We've had one of the best distance programs in the conference and actually rivaled to be a top-three program in the nation. Ian Rowe will lead the way in the distance program followed really closely by Nick Graves. Both of those guys have NCAA All-American success and honors and we also have some young talent that can step through. I think captain Shawn Erickson has the opportunity to really make a name for himself in his senior year. We certainly have the talent, and whoever steps up for us at the ACC Championships and the NCAA Championships is going to have to make a big impact for us to achieve our team goals."



Shawn Erickson

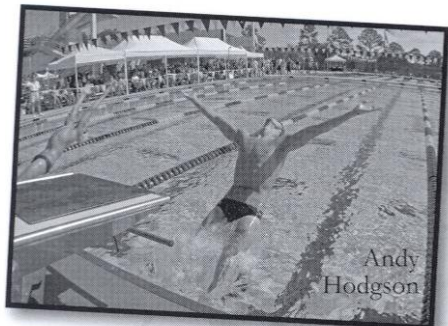


Ian Rowe



## BACKSTROKE:

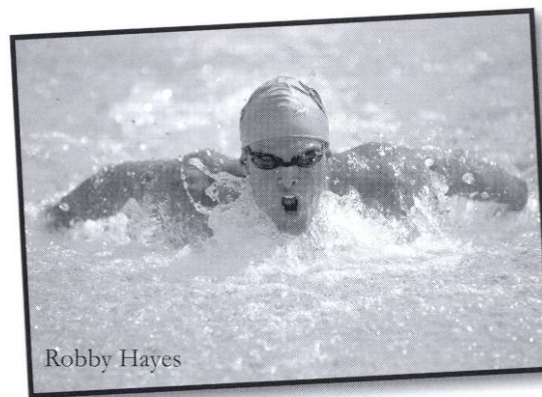
"Backstroke is kind of a one-man-show with a lot of potential. Andy Hodgson has proved he's probably the premier backstroker in the conference and obviously has some high goals at the NCAA Championships, to be an All-American, and even higher. The rest of our backstroke core is kind of unproven, but obviously very talented. I would say that newcomers Brad Morrison and Logan Mosely have the potential to step up in the 100 and 200 backstrokes for us. Glenn Kalata looks really good and he put in a dedicated summer so I think that he definitely has the potential. Also, newcomer Tyler Ball has an opportunity to step up for us too. There's strength at the top in this area but it's kind of unproven in depth. If we come through with three or four of those guys, it could definitely be a big boost for us."



Andy  
Hodgson

## BREASTSTROKE:

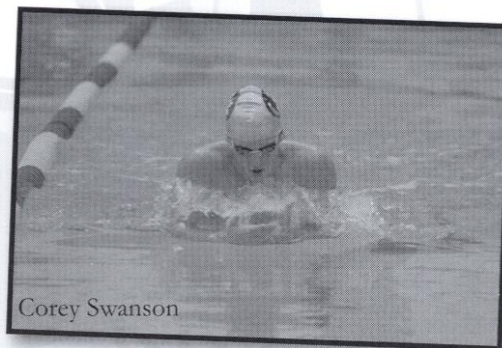
"Breaststroke has always been a very big strength for us. We have one of, if not the best breaststroke squads in the conference. You know, when you have a couple of All-ACC performers returning, things look good. In the 100, we have four key guys that have the potential to be All-ACC performers, Scott Thacker, Rob Holderness, Corey Swanson and Matt Shead. They also all have the opportunity to make and qualify for the NCAA Championships. Couple that with newcomer and top prospect Tanner Lowman, and we've got a solid five in that group. Then all five of those guys have the ability to do really well in the 200 breast. Depending on how those guys perform, especially at the conference meet, will dictate just how successful that group is. We certainly have the potential, the talent and every opportunity to be a huge strength for our team."



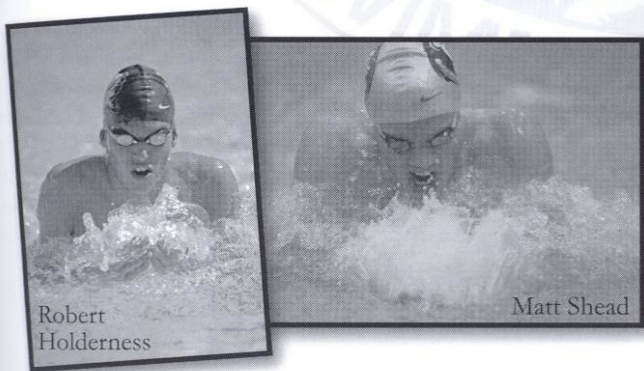
Robby Hayes

## INDIVIDUAL MEDLEY:

"The medleys are going to be key for us this year. We're certainly at the top in the 200 IM. Again, Corey Swanson, Robby Hayes, Matt Shead and Rob Holderness really come in with some depth and could score top-eight at the ACC meet. If our upper guys do really well they could all break some school records and have an opportunity to score at the NCAA Championships. The 400 IM is an event that is a need for us and is a priority for us. Whether Rob Holderness, Ian Rowe or some of the newcomers like Tyler Ball or team captain Shawn Erickson step up, the 400 is an event that we need to score points in at the ACC Championships. If we're going to challenge the defending champions Virginia the 400 IM is certainly an event where we don't need to take a step backwards."



Corey Swanson



Robert  
Holderness

Matt Shead

## DIVING:

"I feel like this year's men's team is one of the strongest teams in the entire country. Between Landon Marzullo and Terry Horner, both all-Americans and Terry is already a Division-I National Champion, we have the ability to have two guys in the finals of the NCAA Championships in all of the events. It's really exciting, and we also have several kids waiting in the wings to have a chance to qualify for the NCAA Championships as well. I think at the conference championships we can dominate."



Marcelo Garcia

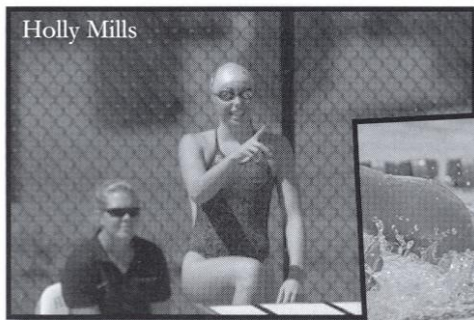
## BUTTERFLY:

"Butterfly is area in which Corey Swanson and Robby Hayes proved they will be the go-to people this year. Corey is strongest in the 100 and Robby does very well in the 200. Matt Shead could definitely step up for us in a surprise event in the 100-fly. We also have some great newcomers; Logan Mosely in the 100-fly and Mark Cox and Danny Nguyen in the 100 and 200 butterfly can certainly make an impact. There are a lot of people that can be counted on for points at the conference meet and if the youngsters step up and train with the upperclassmen, the fly events could be an area where we weren't really expecting too much, but could end up with a lot at the end of the year."



## 2009-10 SEASON PREVIEW

### WOMEN'S OUTLOOK:



Holly Mills



Kylsie Grimes

### SPRINT FREESTYLE:

"We certainly have the depth and experience in the sprint freestyle. Stevi Steinhauer, Shanda Casella, Carly Cavalieri and Jessie Carr are all in their last year and have experience and success. All four of those girls continue to make improvements year after year and so it's key that they continue to do that, and the four of them go out with a big bang this year. We really need them to step up on relays and individual events, in the 100 and 200 and their third events for us to be successful. So, realistically those seniors need to lead by example and use their experience. Obviously, we have several strokers that compliment that group such as Jocelyn Phillips and CJ Hendry and then Brittany Selts is a butterflyer that is really coming into her own in the sprint area. If any one of those can break through, we have chances to send relays to the NCAA Championships and relays that can challenge for titles at the conference meet."



Stevi Steinhauer

### DISTANCE FREESTYLE:

"Distance freestyle is certainly something that I think we addressed with our incoming freshman class. I think we signed two of the top prospects in the country. I think Marissa Harrington and Caroline Smith are probably two of the best recruits we've had coming in as distance freestylers and they have certainly hit the ground running. They looked good pre-season and they're training really hard, so looking towards the 500, the 1000 and especially the miles, those two young ladies can certainly gain experience in the dual-meet season and definitely help us out at the end of the year in the championship season. Some other athletes that can certainly help in the distance events are Holly Mills, a school record holder after just trying it for the first time last year, and Charlotte Broadbent, who can really learn a lot and hopefully contribute a lot at the end of the season. We've certainly got some youngsters that can step up and perform in those areas."

### BACKSTROKE:

"In backstroke Stephanie Sarandos has proven herself as an All-ACC performer her freshman season, now we need to raise the bar and go to NCAA Championships again. Holly Mills is someone who has had success at the conference level in the 200 back. CJ Hendry has also had success in the backstrokes. Emily Harris and Jenna Jacoby are certainly two of the incoming freshman that have stepped up and should help us in those areas. In the 200 backstroke Charlotte Broadbent can certainly chime in as well. So we have depth, we just need some quality to step through and help us at the conference meet."



C.J. Hendry



Holly Mills

### BREASTSTROKE:

"Breaststroke is in event where we are not very deep. Our incoming freshman Kristine Polley is one of the best breaststrokers coming out of high school and I expect her to step up immediately. We are going to need for her to perform well in dual-meets. That will be a lot of pressure that she has to take on her shoulders, but if we can make some adjustments on some of her technique she can step up and be a leader in the 100 and 200 breaststroke. Jessica Sabotin and Jamie Barrett can help us out in the 200 breaststroke. I think seniors Jessie Carr and Kelsey Grimes have fun with those events and may be able to step through and help us on relays and in dual-meets too. It's certainly an area if we get some people to step up and be counted on, it might be some nice bonuses for us come ACC Championships time."



Jessica Sabotin



Jessie Carr



## BUTTERFLY:

"Butterfly is an event that could be key for us. CJ Hendry and Tiffany Elias are returners that we have come to rely on in the last couple of years. CJ is stronger in the 100 and Tiffany is stronger in the 200, but they complement each other in both events. Brittany Selts has the opportunity to become one of our fastest 100 butterflyers ever. Katie Coleman, an Olympic trial qualifier, has the opportunity to help us in the 100 and 200 fly. Caroline Smith can definitely contribute in the 200 butterfly, so we have a core of about five or six girls that can compete at the dual-meet level, but definitely looking for them to score big points at the end of the year. I think this area is in good hands, we just need everyone to elevate their game so we can score top-eight at the conference meet, have strong legs in our relays and have a couple of those girls step even further forward and qualify for the NCAA Championships."



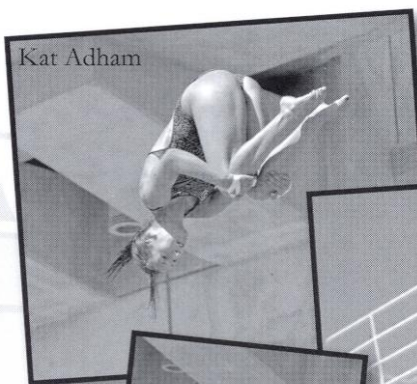
Brittany Selts



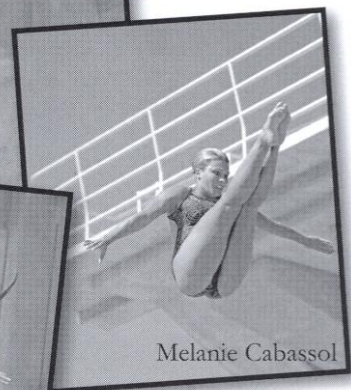
Tiffany Elias

## DIVING:

"The women's team is strong this year. We've had the addition of Jaq Schroder, who's a really strong and proven platform diver. And with the addition of platform in our conference, I think that's really going to help us. Kat Adham, a junior is really coming around. Aleia Monden is really going to contribute this year in all three events. Aleia is a great platform diver and her springboard has really come along this year. Katie Sorounis has really improved on her three-meter springboard and we will look to her to possibly make it to the NCAA Championships. Melanie Cabassol, who is going to be returning from an ankle surgery, will be back and hopefully ready to repeat at the finals at the conference meet on platform."



Kat Adham



Melanie Cabassol



Elyse Rowland

## INDIVIDUAL MEDLEY:

"We are very young in the individual medley area. We did recruit very well, and this year's freshman class will step up. Jessica Sabotin is our go-to person in the IM. She had great success her freshman year, made tremendous improvements in the 200 and 400 IM and now we have some new athletes for her to train with. Kristine Polley has the potential to be a great in the 200 IM. Jamie Barrett, an Olympic trial qualifier, brings great credentials out of high school in both the 200 and 400 IM. I think Stephanie Sarandos can do a great 200 IM, so we certainly have some great depth in that area, and quality is good. So, the potential for the freshmen to step up and match Jessica's achievements of last year will be key for us to be competitive at the conference level."



Jessica Sabotin

## OVERALL:

"One of the most important things is how the freshmen accept the challenge on a team that has great leadership and returners. The freshmen that can contribute at the ACC level will really dictate the success of the team. Obviously making the ACC team is going to be a challenge, but it's a good position for us to be in. I can already see this early in the season that it's having an effect on everyone's day-to-day dedication and their results in practice. Everyone is motivating one another to raise the bar. The competitiveness has been really good and we certainly have great depth and great potential. We can definitely be dangerous at the end of the year. As long as our leadership and our freshmen enthusiasm continues, there are no limits to how good we can be this year."

