

2008-09 MEN'S REVIEW

Men Send Record 12 Athletes To 2009 NCAA Championships

Florida State's record breaking season ended with 12 athletes earning a berth to the NCAA Championships in College Station, Texas. At the meet, eight athletes earned All-America honors en route to a 20th-place finish. The Seminoles were led by junior Terry Horner who earned his third career top eight finish, placing fifth on the three-meter board. Horner also added a third Honorable Mention All-American award to his resume with an 11th-place finish on the one-meter. Junior Andy Hodgson also earned individual honors with his 13th-place performance in the 200 back. He broke his own conference record in the process of earning Honorable Mention All-American honors (1:41.11). A pair of FSU relays earned top 16 finishes as well. The 800 free relay of Kyle Young, Hodgson, Stephen Pendleton and Robby Hayes placed 16th and the 400 free relay of Jarryd Botha, Jimmy Holway, Ed Denton and Hodgson finished 12th.

Seminoles Race To A Second-Place Finish At ACC Championships

The men once again found themselves in the top two at the ACC Championships, scoring 640 points finishing second to Virginia in College Park, Md. in 2009. The Seminoles had seven athletes earn All-ACC honors led by senior Dan Frebel who won his first career ACC Championship with a school record score of 434.50 on the platform. Andy Hodgson earned an ACC crown with a conference record breaking performance in the 200 back (1:41.14). In total, seven swimmers and divers earned All-ACC honors at the meet. Fifth-year senior Jarryd Botha turned in a pair of second-place finishes. Botha broke the school record in the 100 fly with a time of 46.23 and touched the wall in 43.28 in the 100 free. Junior Terry Horner earned a pair of second-place performances obliterating his school records on both the one and three-meter. Horner scored 447.95 on both boards to earn All-ACC honors. Fifth-year senior Kyle Young broke a pair of school records in the 500 free and 1650 free, respectively. Young placed second in the 500 free with a time of 4:14.60 and third in the 1650 free touching in 14:46.68. Junior Scott Thacker earned his first career All-ACC honor with a second-place showing in the 100 breast (53.30). For the second consecutive season, sophomore Rob Holderenss finished third in the 200 breast, this time breaking the school record, finishing in a time of 1:56.06.

Three Seminoles Earn Weekly Honors

Three Seminoles earned ACC Performer of the week honors in 2008-09. Junior Andy Hodgson earned the distinction twice this season with the first honor coming from an early season performance. Hodgson won six individual titles in FSU's first three meets and was the team's most dominant swimmer. His second award came after his record setting performance at the U.S. Nationals. Hodgson broke two individual school records and set the conference record in the 200 back. He was also part of the conference record breaking 400 free relay. Senior Kyle Yong also garnered Performer of the Week honors for his performance in a loss to LSU. Young won both the 500 free and 1000 free to once again dominate the distance events. Senior diver Dan Frebel also earned an ACC Performer of the Week nod sweeping the diving events against rival Florida.

Hodgson Earns National Honor

Junior Andy Hodgson certainly made a splash in his first season of collegiate swimming. The native of Blackpool, England earned collegeswimming.com's National Collegiate Swimmer of the

Week honors after his four victory performance against Alabama. Hodgson won the 200 free and 200 back and was part of the winning 200 medley and 200 free relays.

Record Breaking Weekend At USA Nationals

Florida State showed that they were going to be a force to be reckoned with at the USA Short Course Nationals in Atlanta, Ga., breaking six school and three conference records. Sophomore Robby Hayes started things off for FSU breaking the school record in the 200 individual medley. Senior Jarryd Botha earned a conference and school record in the 100 fly while junior Andy Hodgson did the same in the 200 back. The Garnet and Gold also broke the school and conference record in the 400 free relay.

Three Seminoles Earn CSCAA All-America Honors

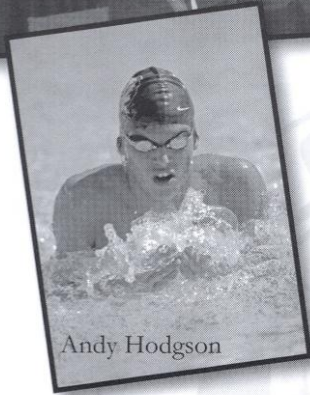
Fifth-year senior Ed Denton, senior Dan Frebel and sophomore Rob Holderenss were named Scholar Athlete All-American's by the CSCAA. To earn the honor a student athlete must have qualified for the NCAA Championships and have a 3.5 grade point average.

Garnet And Gold Earn ACC Academic Honors

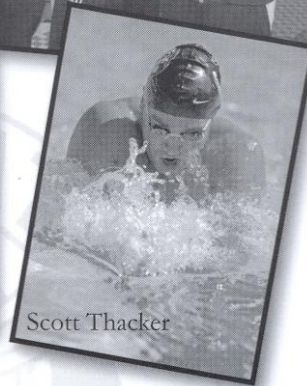
Three Florida State men earned a spot on the All-ACC Academic Team in 2008-09. Fifth-year senior Ed Denton, senior Scott Derner and junior Andy Hodgson all made the team. This was the second selection for Denton and the third for Derner. To make the team student-athletes must have a 3.0 GPA in the fall of 2008 and a cumulative GPA of at least 3.0. In addition, the men must have finished in the top 13 at the ACC Championships in at least one event.



Andy Hodgson



Andy Hodgson



Scott Thacker

MEN'S 2008-09 RESULTS

(7-4, 2-1 ACC)

Oct. 3	vs. Florida Atlantic	W, 198-97
Oct. 11	ALABAMA	W, 179.5-120.5
Oct. 18	GEORGIA TECH	W, 164-135
Nov. 11	Indian River State College	W, 181-114
	Florida A&M	W, 217-26
Nov. 14-15	at Virginia	L, 194-157
	vs. Penn State	W, 225.5-127.5
Nov. 25	FLORIDA	L, 167-133
Jan. 10	at Louisiana State	L, 159-141
Jan. 17	CLEMSON	W, 189-106
Feb. 7	AUBURN	L, 167-122
Feb. 25-28	ACC Championships	2nd/ 640 pts.
Mar. 26-28	NCAA Championships	20th/ 36 pts.

MEN'S ACC CHAMPIONSHIPS

2nd/640 Points

All-ACC

Andy Hodgson	200 Backstroke	1st
Dan Frebel	Platform	1st
	Three-meter	3rd
Jarryd Botha	100 Freestyle	2nd
	100 Butterfly	2nd
Terry Horner	One-meter	2nd
	Three-meter	2nd
Kyle Young	500 Freestyle	2nd
	1650 Freestyle	3rd
Scott Thacker	100 Breaststroke	2nd
Rob Holderness	200 Breaststroke	3rd

MEN'S NCAA CHAMPIONSHIPS

20th/36 Points

All-America Honors

Terry Horner	Three-meter	5th
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Honorable Mention All-America Honors

Andy Hodgson	200 Backstroke	13th
Terry Horner	One-meter	11th
Kyle Young	800 Freestyle Relay	16th
Andy Hodgson		
Stephen Pendleton		
Robby Hayes		
Jarryd Botha	400 Freestyle Relay	12th
Ed Denton		
Jimmy Holway		
Andy Hodgson		

2008-09 WOMEN'S REVIEW

Sarandos Competes At 2009 NCAA Championships

Freshman Stephanie Sarandos earned a trip to the NCAA Championships in College Station, Texas in her first season at Florida State. Sarandos competed for the Garnet and Gold in the 100 and 200 back, placing 25th in the 200 (1:55.35) and swimming a personal best time of 54.71 in the 100 back preliminary race.

Women Ride Wave of Record Breaking Times To Fourth-Place Finish At ACC Championships

Florida State scored 398.5 points to earn a fourth-place finish at the ACC Championships in College Park, Md. Florida State was paced by All-ACC performers freshman Stephanie Sarandos and junior Katie Sirounis who earned third-place performances. Sarandos broke the school record in her 200 backstroke with a time of 1:55.18 while Sirounis earned her first career All-ACC honor on the platform with a career best score of 263.05. In addition to Sarandos breaking the school record in the 200 back, three other Seminoles broke individual school records at the Championships. Sophomore Holly Mills broke a 19 year-old school record in the 1650 free with a time of 16:37.59. Freshman Jessica Sabotin broke the school record in the 400 individual medley in her first career ACC meet touching the wall in 4:14.32. Sophomore Jocelyn Phillips broke her own school record in the 200 free (1:46.76) to round out the individual records for the women. Phillips along with senior Georgia Holderness, Sarandos and Mills set a new school record in the 800 free relay (7:10.42) and the team of juniors Stevi Steinhauer and Shanda Casella and sophomores Brittany Selts and C.J. Hendry broke the 200 free relay (1:30.33) school record.

ACC Honors For Three Seminoles

The Seminoles had a pair of student-athletes earn ACC Performer of the Week honors in 2008-09. The Garnet and Gold's first honor came against rival Florida. Georgia Holderness swept the 100 and 200 breast events against the rival Gators. FSU's second award came after the final dual meet of the season where junior Katie Sirounis earned the honor for sweeping the diving events against soon to be National Champion Auburn.

Garnet and Gold Impress At USA Short Course Nationals

Nine Seminole women competed against some of the best competition in the world at the ConocoPhillips USA Short Course National Championships in Atlanta, Ga. Freshman Stephanie Sarandos turned in the best performance for the Garnet and Gold with her seventh place finish in the 200 back. Her time of 1:56.81 was a NCAA provisional qualifying mark. The 200 free relay team of Stevi Steinhauer, Shanda Casella, Kyslie Grimes and Brittany Selts turned in a fifth place showing.

CSCAA All-American Team

The Florida State women's swimming and diving team was named to the 2009 CSCAA All-American team for its performance in the classroom. To make the list a team must have a cumulative grade point average of at least 3.0. Four athletes also earned individual honors from the CSCAA. Freshman Stephanie Sarandos was named a Scholar Athlete All-American, while junior Katherine Adham and freshmen Lisi Rowland and Jessica Sabotin were named Scholar Athlete Honorable Mention All-Americans. To earn All-America status a swimmer or diver must have qualified for the NCAA Championships and had at least a 3.5 grade point average. To earn honorable mention status a student-athlete must have earned a NCAA consideration time or score and have a least a 3.5 grade point average.

Noles Earn Six All-ACC Academic Team Honors

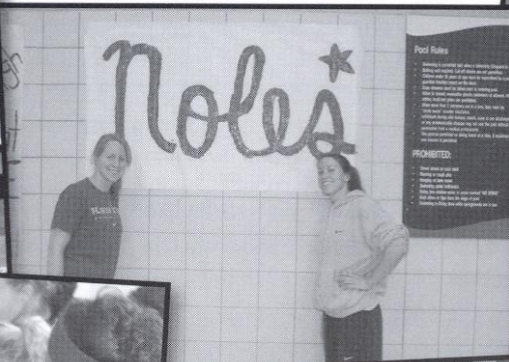
Six Florida State swimmers and divers on the women's side were named to the All-ACC Academic Team in 2009. Senior Georgia Holderness, junior Melanie Cabassol, sophomore Katherine Adham and freshmen Elyse Rowland, Jessica Sabotin and Stephanie Sarandos all earned a spot on the squad. This is the third consecutive season Holderness, an elementary education major, has made the All-ACC Academic team. She finished fourth in the 100 breast at the ACC Championships and was part of the school record breaking 800 free relay. Cabassol, a childhood development and psychology major, placed seventh on the platform and Adham, a hospitality major, finished fourth on the platform at the conference meet to earn their honors. Rowland was sixth on the three-meter board and is planning on majoring in education. Sabotin broke the school record en route to a fourth-place finish in the 400 individual medley at the ACC Championships and is majoring in early childhood education. Sarandos was an All-ACC performer in her freshman year finishing third in the 200 back, breaking the school record and qualifying for the NCAA Championships in the process. She is majoring in exercise science. Florida State was second only to ACC Champion Virginia (8) for the most student-athletes on the team. To earn a position on the All-ACC Academic Team, a student-athlete must have had a 3.0 GPA during the 2008 fall semester and a cumulative GPA of at least 3.0. In addition, the women must have finished in the top seven in at least one event at the ACC Championships.



Stephanie Sarandos



Katie Sirounis



Stephanie Sarandos



WOMEN'S 2008-09 RESULTS

(7-7, 2-2 ACC)

Oct. 3	vs. Fla. Atlantic.....	W, 213-75
	at Florida International.....	W, 206-88
Oct. 4	at Miami	W, 143-99
	vs. Florida Gulf Coast	W, 170-73
Oct. 11	ALABAMA.....	L, 157-143
Oct. 18	GEORGIA TECH.....	W, 193.5-103.5
Nov. 1.....	Indian River State College	W, 208-82
	Florida A&M.....	W, 213-11
Nov. 14-15.....	at Virginia.....	L, 216-129
	vs. Penn State.....	L, 207-146
Nov. 25.....	FLORIDA	L, 197-98
Jan. 10.....	at Louisiana State.....	L, 166-134
Jan. 17.....	CLEMSON	L, 151-149
Feb. 7.....	AUBURN.....	L, 166-120
Feb. 25-28.....	ACC Championships.....	4th/ 270 pts.
Mar. 26-28	NCAA Championships.....	N/A.



Katie Sirounis

WOMEN'S ACC CHAMPIONSHIPS

4th/270 Points

All-ACC

Stephanie Sarandos	200 Backstroke.....	3rd
Katie Sirounis	Platform.....	3rd