



# SPRINGFIELD COLLEGE ATHLETICS

## Women's Swimming and Diving 2008-09



*senior*  
**Moira Price**  
*two-time NEWMAC Swimmer of the Year*

### FAST FACTS:

- ▼ Springfield College is considered one of the best collegiate swimming and diving programs in the nation (Division III).
- ▼ Head swimming coach **John Taffe**, who enters his 20th year at Springfield College, begins the 2008-09 season as a five-time NEWMAC Coach of the Year.
- ▼ The Pride won its eighth consecutive NEWMAC title in 2008.
- ▼ Head diving coach **Peter Avdoulos**, in his 24th season as coach, is a four-time NCAA Division III Women's Coach of the Year. He is also a four-time NEWMAC Coach of the Year.
- ▼ Conference: New England Women's and Men's Athletic Conference (NEWMAC)
- ▼ Affiliations: National Collegiate Athletic Association (NCAA) Division III, Eastern College Athletic Conference (ECAC)
- ▼ Home Facility: Art Linkletter Natatorium

### CONTACT INFORMATION:

#### WOMEN'S SWIMMING

Head Coach: **John Taffe**  
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#### WOMEN'S DIVING

Head Coach: **Peter Avdoulos**  
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## Head Swimming Coach John Taffe

**John Taffe** enters his 20th season as the head coach of the men's and women's swimming teams at Springfield College. He also serves as an assistant professor of physical education.

Under Taffe's leadership, the Pride has returned to its status as one of the best collegiate swimming and diving programs in Division III. Ten Springfield squads have finished among the top 20 teams in Division III over the past 12 years. Taffe guided the men's squad to its first-ever NEWMAC Championship in 2005. The 2005 team placed ninth at the NCAA Div. III Championships, which was the highest ever recorded by a Pride team.

Most recently, Taffe guided the tandem of Roy Burch and Justin Zook to international success as the duo headed to Beijing for the 2008 Summer Olympics. Burch represented Bermuda in the pool while Zook competed in the Paralympics for the United States.

Taffe has coached countless NCAA All-Americans and conference champions at Springfield College. He is a two-time New England Men's and Women's Coach of the Year, and has been named the NEWMAC Women's Coach of the Year six times.

Taffe served as the head coach for the Netherlands-Antilles squad at the 2000 Olympic Games in Sydney, Australia, coaching Pride All-American Howard Hinds, a 2000 graduate.

Taffe attended the University of Rhode Island, where he was a five-time New England swimming champion as well as a two-time All-New England water polo selection for the Rams. He received his bachelor's degree in physical education from URI in 1985 and his master's degree in education from East Carolina in 1988.



## Head Diving Coach Peter Avdoulos

Entering his 24th year as the diving coach at his alma mater, **Peter Avdoulos** is regarded as one of the top diving coaches in the nation. Avdoulos was a standout diver as an undergraduate and received the Charles Batterman Award as the top New England performer over a four-year period.

Avdoulos has coached numerous All-New England and All-American divers, including All-American Lindsay Moore, the Division III Women's Diver of the Year in 2002.

On the men's side, Avdoulos coached All-American Mike Shaw, the first Springfield male diver to win a national title as he was named the 2005 NCAA Division III National Diver of the Year.

Avdoulos has been the NCAA Division III Women's Diving Coach of the Year four times in the last decade and the NCAA Division III Men's Diving Coach of the Year twice in the last five years. He was named the NEWMAC Men's and Women's Diving Coach of the Year for the 2002-2003 season. A three-time NEWMAC Men's Coach, he most recently earned the honor in 2008 after coaching NEWMAC Diver of the Year, Ben Casavant.

## 2007-08 Results

### October

24	at Holy Cross	W, 126-116
27	at SCSU	L, 125-175
27	w/CCSU	L, 116-184
28	<b>Boston College</b>	L, 115-185

### November

3	<b>Smith</b>	W, 177-119
10	at URI	L, 133.5-164.5
17	<b>Wheaton</b>	W, 165-135
30	at ECAC Winter Championships	4th/15 teams

### December

1-2	at ECAC Winter Championships	4th/15 teams
8	at Middlebury	L, 120-172

### January

12	<b>Hartwick</b>	W, 167-75
12	<b>w/Union</b>	W, 131.5-110.5
16	at NYU	L, 92-151
20	<b>MIT</b>	W, 154-146
20	<b>w/Coast Guard</b>	W, 212-88
26	<b>Williams</b>	L, 84-216

### February

9	at Amherst	L, 103-132
22-24	NEWMAC Championships (at Wellesley)	1st/10 teams

### March

13-15	NCAA Division III Championships (at Miami, Ohio)	T-25th/52 teams
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Home meets in **bold**



## Facilities

The women's swimming and diving team competes at the Art Linkletter Natatorium in the Physical Education Complex. The facility includes a six-lane, 50-meter pool in addition to a diving area which features two one-meter cheese boards and a three-meter tower containing two cheese boards. The site has been the host of regional and national championships, also serving as the training grounds for Olympic competitors.

## 2008-09 Season Preview

For the eighth-straight year, the Springfield College women's swimming and diving team claimed the New England Women's and Men's Athletic Conference Championship last season. With the return of two-time NEWMAC Swimmer of the Year, **Moira Price**, and a talented group of returners, the ninth title looks to be within reach for the Pride. Price, who finished third in the 100 and 200 breaststroke at the NCAA Championships last season, is arguably the best swimmer in program history.

Head Coach **John Taffe**, who enters his 20th year at Springfield College, will begin this season as a six-time NEWMAC Coach of the Year.

Senior **Kallie Pottle** and junior **Michelle Reggio** both participated in the NCAA Championships last year and will provide valuable leadership from their experiences on the national level.

Several other athletes look to make an impact in the pool this year, as seniors **Kristen Shadow** and **Liz Belmont**, juniors **Megan Cooney**, **Meghan Feran**, and **Meghan Kijanka**, and sophomores **Aimee Dow** and **Meredith Trumbull**, look to power Springfield College to another outstanding season in 2009.

Also expected to make an impact as freshmen are **Brianne Lemoine** (fly, I.M.), **Kaitlin Reilly** (free, fly), **Meghan Sisson** (distance), and **Jaclyn Van Waalwijk** (free).



senior swimmer  
*Kallie Pottle*

## Varsity Records

Event	Name	Record	Year
50 Freestyle	Moira Price	23.69	2008
100 Freestyle	Jessica Defoe	53.31	2003
200 Freestyle	Megan Skinner	1:54.23	2003
500 Freestyle	Brenda Bradley	4:58.43	1991
1000 Freestyle	Brenda Bradley	10:10.98	1991
1650 Freestyle	Brenda Bradley	16:53.35	1991
100 Backstroke	Megan Skinner	57.59	2005
200 Backstroke	Megan Skinner	2:03.46	2003
100 Butterfly	Mary Boiczuk	57.92	1999
200 Butterfly	Mary Boiczuk	2:06.95	1999
100 Breaststroke	Moira Price	1:03.88	2008
200 Breaststroke	Moira Price	2:17.74	2008
200 I.M.	Belinda Perry	2:07.55	1994
400 I.M.	Belinda Perry	4:30.23	1994
1-Meter Diving (6)	Nora Kelly	284.85	1998
1-Meter Diving (10)	Melissa Nelson	455.75	2007
1-Meter Diving (11)	Julie Killion	441.20	1992
3-Meter Diving (6)	Alison Melage	310.88	2001
3-Meter Diving (11)	Alison Melage	533.80	2002
200 Medley Relay	Skinner, Byron, DeFoe, Hart	1:50.05	2004
400 Medley Relay	Pottle, Price, Trumbull, Doe	3:59.11	2008
200 Freestyle Relay	Price, McCormick, Hart, Phillips	1:37.46	2006
400 Freestyle Relay	O'Hara, Price, McCormick, Phillips	3:33.79	2006
800 Freestyle Relay	DeFoe, S. Strout, Kuliga, Skinner	7:46.79	2004

## 2007-08 Honors

**NCAA Division III First Team All-American:** Moira Price, 100 breast, 200 breast ▼ **NCAA Division III All-American Honorable Mention:** Moira Price, 50 free; Erin White, 3 meter diving ▼ **NEWMAC Women's Swimmer of the Year:** Moira Price ▼ **NEWMAC Swimming Coach of the Year:** John Taffe ▼ **NEWMAC All-Conference First Team:** Moira Price, 50 free, 100 breast, 200 breast, 800 free relay, 400 free relay; Kallie Pottle, 100 back, 200 back, 800 free relay, 400 free relay; Aimee Doe, 800 free relay, 400 free relay; Emily Sheahan, 800 free relay; Lianne Nihan, 400 free relay ▼ **NEWMAC All-Conference Second Team:** Moira Price, 200 medley relay, 400 medley relay; Kallie Pottle, 200 medley relay, 400 medley relay; Meredith Trumbull, 200 medley relay, 400 medley relay; Aimee Doe, 200 medley relay, 400 medley relay; Megan Cooney, 200 back ▼ **Maroon Club Athletes of the Week:** Nov. 19-Michelle Reggio; Dec. 3-Erin White; Jan. 14-Kallie Pottle; Jan. 21-Melissa Nelson; Mar. 17-Moira Price ▼ **NEWMAC All-Academic Team:** Elizabeth Belmont, Meghan Feran, Melissa Nelson, Kelley Okerbloom, Kristen Schadow, Caitlin Studer-Sweetman ▼ **ECAC Diver of the Week:** Erin White

## 2008-09 Roster

Name	Cl.	Event(s)	Hometown/High School
Teaghan Abrams-Fruend	Fr.	Free	Leverett, Mass./Amherst
Elizabeth Belmont	Sr.	Free	Haverhill, Mass./Haverhill
Sorrell Cardello	Fr.	Breast, I.M., Free	Hermon, Maine/Bangor
Jennifer Carigan	Fr.	Breast, Free	Tyngsboro, Mass./Academy of Notre Dame
Megan Cooney	Jr.	Breast, I.M.	Hershey, Pa/Hershey
Aimee Doe	So.	Free, Fly	Haverhill, Mass./Haverhill
Lauren Fahey	Jr.	Back, Free	Berkeley, Mass./Cardinal Spellman
Meghan Feran	So.	Free, Fly	Haverhill, Mass/Haverhill
Kathryn Goyette	Fr.	Free	Adams, Mass./Hoosac Valley
Kelsey Hallowell	So.	Fly	Bath, Maine/Morse
Laura Hartford	Fr.	Distance Free	Merrick, N.Y./Holy Trinity
Courtney Keefe	Fr.	Dive	Waltham, Mass./Waltham
Meghan Kijanka	Jr.	Dive	Methuen, Mass/Methuen
Kelly Kopac	Fr.	Free, Breast	Tappan, N.Y./Tappan Zee
Caroline Kosciusko	Fr.	Free, Breast	West Cornwall, Conn./Torrington
Brianne Lemoine	Fr.	Fly, I.M.	Tyngsboro, Mass./Tyngsborough
Elizabeth Munson	Fr.	Distance	Painted Post, N.Y./Corning-Painted Post
Lianne Nihan	Jr.	Free	Reading, Mass./Reading
Kallie Pottle	Sr.	Back, Fly	Brewer, Maine/Brewer
Moira Price	Sr.	Free, Breast	Berkeley Heights, N.J./Governor Livingston
Michelle Reggio	Jr.	Dive	Brooklyn, N.Y./James Madison
Kaitlin Reilly	Fr.	Free, Fly	Cumberland, R.I./LaSalle Academy
Kristen Schadow	Sr.	Fly, I.M.	Ballston Spa, N.Y./Burnt Hills-Ballston Lake
Kacie Singleton	Jr.	Back	Leominster, Mass./Leominster
Meghan Sisson	Fr.	Distance Free, Fly	Plainville, Conn./Plainville
Jani Springer	So.	Dive	Niantic, Conn./East Lyme
Caitlin Studer-Sweetman	Sr.	Free, Back	Layton, N.J./Kittatinny Regional
Meredith Trumbull	So.	Fly, I.M.	Merrimac, Mass./Pentucket
Rannan Tyrrell	Jr.	Free	Torrington, Conn./Torrington
Jaclyn Van Waalwijk	Fr.	Free	Newtown, Conn./Newtown
Caitlin Wright	So.	Free	Scarborough, Maine/Scarborough

**Head Coach:** John Taffe (20th season, University of Rhode Island '85)

**Diving Coach:** Peter Avdoulos (24th season, Springfield College '85)

**Assistant Coaches:** Sarah Healy, Lindsay Delarosby, John Weaver

**Captains:** Kallie Pottle, Moira Price

*junior diver*  
**Michelle Reggio**



## 2008-09 Schedule

### October

22 Wed. **Holy Cross** 6:00 pm

### November

1 Sat. at CCSU w/SCSU 1:00 pm

8 Sat. at Smith 1:00 pm

15 Sat. **URI** 1:00 pm

22 Sat. at Wheaton w/Keene 1:00 pm

23 Sun. **Middlebury** 1:00 pm

### December

5-7 Fri.-Sun. TCNJ Invitational  
at Ewing, N.J. TBA

### January

10 Sat. at Union w/Hartwick 1:00 pm

17 Sat. **NYU** 1:00 pm

24 Sat. at Williams 1:00 pm

### February

7 Sat. **Amherst** 1:00 pm

20 Fri. NEWMACs at MIT TBA

21 Sat. NEWMACs at MIT TBA

22 Sun. NEWMACs at MIT TBA

### March

18-21 Wed.-Sat. NCAA Div. III Champ.  
at University of Minnesota TBA

Home meets in **bold**