

CAROLINA

GAMECOCKS

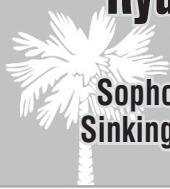
Taryn Zack
2009 SEC 1-Meter Champion



GAMECOCK DIVERS



Carolina Divers



Ryan Kuser

Diving
Sophomore • 5-8
Sinking Spring, Pa.
(Wilson)

2008-09 - Qualified for NCAA Zone meet... Competed at SEC Championships in 1M and 3M events... Finished second in both events in College of Charleston meet... Best meet came at the Gamecock Invitational where he scored 340.15 to earn an NCAA Zone qualifying score and finish fourth in a strong field... Named to SEC Freshman Academic Honor Roll.

PRE-COLLEGE - Graduated from Wilson High School...Named All-American, All-State, All-County and All-Berks...Was Berks Diver of the Year...Three-time district champion...

Was state runner-up in 2008...Helped his team to four straight district titles... Won state titles in 2005 and 2008...Member of PAAC/PA Diving...Qualified for Junior Nationals each year since 2001...Advanced to finals at Senior Zones in 2008...Honor roll student all four years.

PERSONAL - Born October 20, 1989...Parents are Lisa and Kevin Kuser... Major is journalism/mass communications.

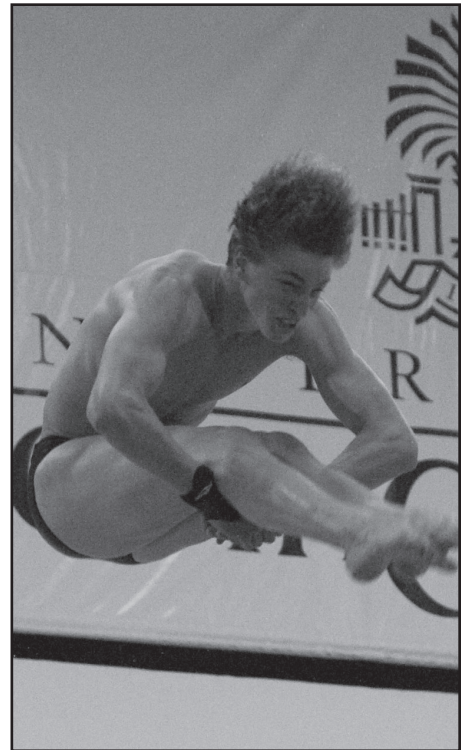


Nikolas Sachs

Diving
Freshman • 6-2
Giesshuebl, Austria
(Sin-Kaul-Poppen)

PRE-COLLEGE - Member of Austrian National Team...Was a national champion as a junior and a senior...Qualified for European Junior Diving Championships.

PERSONAL - Full name is Nikolas Sachs... Born October 20, 1990... Parents are Andreas Sachs and Brigitte Sachs-Schaffer... Plans to major in international business... Chose South Carolina because of its great athletic program and top-ranked international business school...Also had an offer from Brown University.



Rylan Ridenour

Diving
Freshman • 5-7
Lebanon, Ind.
(Lebanon)

PRE-COLLEGE - Graduated from Lebanon High School... Named team MVP as a senior... Three-time state qualifier... Won three conference titles... Was state runner-up in 2008... Club team was Starz Diving... Advanced to finals in 3M springboard at AT&T National Diving Championships in 2009, finishing 12th... Won the 2007 Future Champions Diving Invitational in both the 1M and 3M events... Was runner-up in both events at the same competition in 2008...Qualified for 2009 Spring Nationals.

PERSONAL - Full name is Rylan Ridenour... Born April 27, 1990... Parents are Ty and Luann Ridenour... Has one brother, Robert... Plans to major in music... Chose South Carolina over offers from Kentucky and LSU.

DIVING



Jacob Sims
 Diving
 Freshman (RS) • 5-8
 Louisville, Ky.
 (Trinity)

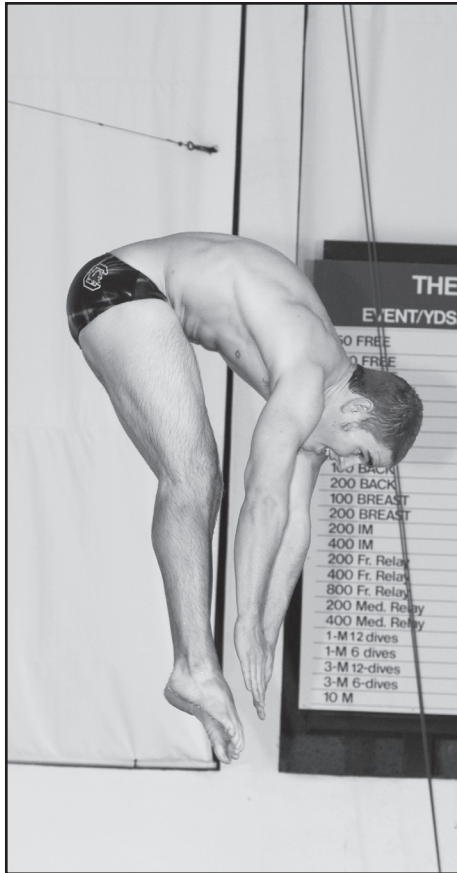
2008-09 - Redshirted as a true freshman.

PRE-COLLEGE -

Graduated from Trinity High School...Was third in the Kentucky state meet in 2007...Honor roll student... Member of Cardinal Dive Club...Also played lacrosse, baseball and participated in track & field in high school.

PERSONAL -

Full name is Jacob Tyler Sims...Born May 12, 1990...Parents are Fred and Jean Sims...Major is marine science.



Allison Barr
 Diving
 Junior • 5-3
 Orlando, Fla.
 (The First Academy)

2008-09 - Advanced to finals in 1M and platform events at SEC Championships... Scored points for the Gamecocks in both events with 276.75 in 1M finals (8th) and 240.30 in platform (8th)... Named SEC Diver of the Week on Jan. 20 for performance in dual meet with Vanderbilt, where she won both 1M (335.93) and 3M (356.78) events...Won 1M event in meet with College of Charleston... Competed at NCAA Zone B diving in all three events...Named to SEC Academic Honor Roll.

2007-08 - Scored 12 points for South Carolina at the SEC Championships, finishing seventh in the three-meter event...Competed in the platform event at the SEC meet...Top scores of the year came in Carolina's meet against Virginia Tech...Scored 295.65 in the three-meter and 290.78 in the one-meter event.

PRE-COLLEGE -

Graduated from The First Academy ... Member of Team Orlando Diving ... Seven-time national team member for both Summer National and East National events ... Earned six varsity letters in diving during prep career ... 2005, 06 Florida High School State Champion ... 2006 Orlando Sentinel Diver of the Year ... Three-time Pinch-A-Penny All-Star, three-time high school all-american and four-time Who's Who of Sports honoree.

PERSONAL - Full name is Allison Christine Barr ... Born September 26, 1988 ... Parents are Gary and Billie Barr ... Major is early childhood education.



Helen Alvey
 Diving
 Sophomore • 5-7
 Marietta, Ga.
 (The Walker School)

2008-09 - Competed in six of seven dual meets, plus the Gamecock Invitational and Ohio State Invite... Named SEC Diver of the Week for her performance in dual meet against Virginia, where she won the one-meter competition...Qualified for NCAA Zone competition...Advanced to finals at NCAA Zones, finishing eighth...Competed at SEC Championships...Named to SEC Freshman Academic Honor Roll.

PRE-COLLEGE - Graduated from The Walker School...Team MVP and team captain as a junior and a senior...Was Georgia state diving champion as a junior and a senior... Member of Atlanta Diving Association...Was a four-time national team member and a four-time regional champion...Earned the Ray A. Kroc award.

PERSONAL - Born April 2, 1990...Parents are Sheila Alvey and Jim Alvey...Major is undecided.



Carolina Divers



Christina Canali



Diving
Freshman • 5-8
North Potomac, Md.
(Thomas S. Wootton)

PRE-COLLEGE - Competed for Thomas S. Wootton HS under coach Howard Bloom... Team captain... Earned scholar athlete award... Was team's top scorer... Club team was Montgomery Dive Club.

PERSONAL - Full name is Christina Marie Canali...Born Dec. 31, 1990...Parents are Luigi and Eileen Canali...Has two brothers, Luigi and Joey...Major is psychology and exercise science...Chose South Carolina because of its beautiful campus, great academics and how much she loved the sports facilities and the team.



Sarah Deuell



Diving
Freshman (RS) • 5-3
Irmo, S.C.
(Dutch Fork)

2008-09 - Redshirted.

PRE-COLLEGE - Graduated from Dutch Fork HS in 2008...Was a state qualifier in diving... Member of South Carolina Diving club, coached by former Gamecocks Brandon Hulko and Allison Brennan...Also played tennis...Member of National Honor Society and Principal's Council...Is a USC Alumni Scholar.

PERSONAL - Born July 5, 1990...Parents are Diane Bernard and Russell Deuell...Major is computer science and mathematics.



Courtney Forcucci



Diving
Junior • 5-4
Fort Mill, S.C.
(Fort Mill/Univ. of Houston)

2008-09 (at Houston) - Competed at NCAA Championships in 1-meter and 3-meter events... Finished in the top 10 in all three events at NCAA Zone D Diving... Runner-up in 1-meter and 3-meter events at C-USA Championships; finished third in platform... Finished 11th at AT&T National Diving Championships in 3-meter (245.60)...Earned sixth-place finish at USA Diving Spring Nationals in 3M synchronized.

2007-08 (at Houston) - Finished 15th in platform diving at NCAA Championships to earn first All-America honor...Was runner-up in 1-meter event at NCAA Zone D with 566.25 points...Won the Conference USA 3-meter championship with a score of 287.25... Was runner-up in the C-USA 1-meter event... Named Diver of the Meet at the 2008 C-USA Championships... Named Conference USA Diver of the Week twice, once after sweeping the 1M and 3M events in a tri-meet with Florida International and Indian River CC, then again later when sweeping LSU and Rice... Named to C-USA Commissioner's Honor Roll.

PRE-COLLEGE -

Graduated from Fort Mill High School... Competed for coach and former Gamecock Brandon Hulko on the South Carolina Divers club team... Four-time national qualifier and was a three-time national finalist... Six-time East National qualifier... Three-time Canada-US Challenge qualifier... Won the 3-meter championship at the 2002 Canada-US



DIVING



Challenge... Was a Junior Pan-Am Trials qualifier in both 2002 and 2003... Worked as a student athletics trainer and was recognized as a Junior Marshal and AP Scholar.

PERSONAL - Full name is Courtney Amanda Forcucci... Born on Dec. 30, 1988, in Dover, N.H.... Daughter of Jay and Michelle Forcucci... Father, Jay, was an All-America lacrosse player at Rensselaer and uncle David played goalie on the lacrosse team at Brown... Mother, Michelle, works in the athletics department at Charlotte.



Morgan Ricke
Diving
Senior • 5-11
New Albany, Ind.
(New Albany)

2008-09 - Earned berth in NCAA Zone B Diving with strong performances against Vanderbilt... Competed at SEC Championships... Top scores came against the Commodores with a 288.00 in 1M and a 315.00 in 3M... Named to SEC Academic Honor Roll.

2007-08 - Competed in the SEC Championships...Top score in the three-meter event came against Virginia Tech with a 266.93...Scored a 224.02 in Carolina's home meet with Florida State for her top one-meter mark of the year...Named to SEC Academic Honor Roll.

2006-07 - Competed at NCAA Zone B Diving Championship ... Posted top one-meter effort of rookie campaign against N.C. State (237.00) ... Turned in top three-meter performance of the year against Arkansas (245.02).

PRE-COLLEGE - Graduated from New Albany HS ... 2006 Indiana State Diving Finalist... 2006 Sectional Champion 2006 Conference Championship... Senior Swimming and Diving Captain... Named Diving MVP in 2003 and 2006.

PERSONAL - Full name is Morgan Shea Ricke ... Oldest child of Michael and Tammie Ricke ... Four younger siblings ... Born on August 6, 1987 ... Major is marine biology.



Taryn Zack
Diving
Junior • 5-8
Stony Plain, Alberta, Canada
(Vimy Ridge Academy)

2008-09 - SEC Champion in 1-meter diving (325.90)...SEC runner-up in 3-meter event (360.90)...First-team All-SEC selection...Competed at NCAA Championships in both events... Named SEC Diver of the Week four times; honors came after North Carolina, Clemson, Gamecock Invitational and College of Charleston meets... Achieved great success despite battling wrist injury all season... Finished second in 1M at NCAA Zone B competition (569.85, 12 dives)... Won eight times during the regular season, three times in 1M and five times in 3M...Best score in 3M came in meet vs. Clemson (376.28)... Top 1M score came in the SEC Championship... Named to SEC Academic Honor Roll.

2007-08 - All-American in the three-meter event with an eighth-place finish at the NCAA Championships... Honorable Mention All-American in the one-meter event with an 11th-place finish...Became the 14th different Gamecock women's diver to earn All-America honors... Won the NCAA Zone B Diving competition in the one-meter event with a score of 584.20 (12 dives), breaking Allison Brennan's school record...Scored 28 points at the SEC Championships



with fifth-place finishes in both the one-meter and three-meter events...Top six-dive score in the three-meter came against Florida State with a 323.85...Top one-meter score was in the season-opener against Virginia Tech (336.45)...Named to SEC Academic Honor Roll.

PRE-COLLEGE - Graduated from Vimy Ridge Academy ... Member of the Edmonton Springboard and Platform Diving Club ... 2002-2006 Member of the Canadian Senior National Traveling Team ... Four time Junior National Champion (3m) ... Competed for Canada at the Junior World Championships in Aachen, Germany in 2002 ... Competed at the Junior Pan American Games in Ft. Lauderdale, Fla., in 2005 ... 2005 Canada Games Double Gold Medalist (3m/3m Synchro) ... Finished eighth at the 2004 Olympic Trials (3m).

PERSONAL - Full name is Taryn Amy Elizabeth Zack ... Born April 24, 1987 ... Parents are Gordon and Lori Zack ... Major is biological sciences.



Gamecock Diving - 2008-09 in Review

With two medals at the SEC Championships and one invitation to the NCAA Women's Championships, the South Carolina diving program continued to exhibit its elite status in the collegiate diving world during the 2008-09 season. Between the men's and women's teams, Gamecock divers combined to bring home eight SEC Diver of the Week awards, two mentions as South Carolina's AgSouth Athlete of the Week, one SEC Championship, four berths in finals at the conference meet, and 19 event victories in dual meets and in-season championships meets.

Sophomore Taryn Zack earned South Carolina's ninth Southeastern Conference diving championship with her victory in the one-meter event at the Martin Aquatic Center in Auburn, Ala. Coupled with her runner-up finish in the three-meter event, the native of Stony Plain, Alberta, Canada helped earn big points for South Carolina as the women's team posted a seventh-place finish, their best since 2005-06.

Zack was named SEC Diver of the Week four times during the season after big performances against North Carolina (won both 1M and 3M), Clemson (won both events), the Gamecock Invitational (won both events) and the College of Charleston (won 3M; 3rd in 1M). She finished second in 1M at the NCAA Zone B event in Knoxville, Tenn., to earn her second berth in the NCAA Championships. All of her accomplishments the second half of the season were made even more astounding by the fact that she dealt with a wrist injury the whole time. She was hurt at the Ohio State Invitational in December, but battled through the pain all spring.

Not to be lost in Zack's accomplishments was sophomore Allison Barr. The native of Orlando, Fla., turned in three winning performances on the year, sweeping the competition with Vanderbilt on Jan. 17 and winning the 1M competition against Charleston the following week. For her efforts against the Commodores, she was named SEC Diver of the Week for the first time in her career.

Barr's greatest accomplishment on the season, though, did not result in a victory. She advanced to the event finals in platform diving at the SEC Championships despite being unable to practice on a 10-meter platform on a regular basis (South Carolina only has a 5-meter platform). She finished eighth, but earned big points for the Gamecocks with her advancement to the finals in that event along with the 1M finals.

Freshman Helen Alvey provided strong depth for the Carolina women, earning an event victory in the 1M against Virginia to garner recognition as the SEC's Diver of the Week on Oct. 27. She also qualified for NCAA Zone competition, where she finished eighth in a strong field in the 1M competition.

For the Carolina men, Corry Christian led the way during the dual meet season with wins against Virginia and Charleston, earning SEC Diver of the Week recognition after both meets. Freshman Ryan Kuser competed at the SEC Championships and NCAA Zone B, gaining valuable experience at the collegiate level.

The Gamecocks' success, however, wasn't limited to its current student-athletes. Assistant coach Allison Brennan earned a spot on the USA Diving Grand Prix team through tryouts in February. She would shine in the spotlight as she took the gold medal in the 3-meter event at the Grand Prix in May in Fort Lauderdale, Fla. She became the first American woman in eight years to win gold at a Grand Prix event as she downed 2008 Olympic gold medalist Wu Minxia of China. For her efforts, she was named U.S. Olympic Athlete of the Month.

South Carolina diving continues to move forward with talent across the board. But the 2008-09 season was special, and won't soon be forgotten.



Taryn Zack won the 2009 SEC Championship in the 1-meter event, becoming Carolina's ninth SEC Diving Champion.

2008-09 South Carolina Diving Honors/Awards

Athlete	Awards/Honors
Helen Alvey	SEC Female Diver of the Week (Oct. 27) NCAA Zone Qualifier
Allison Barr	SEC Female Diver of the Week (Jan. 20) NCAA Zone Qualifier SEC Championships Finalist (1M, Platform)
Corry Christian	SEC Male Diver of the Week (Oct. 27; Jan. 27)
Ryan Kuser	NCAA Zone Qualifier
Morgan Ricke	NCAA Zone Qualifier
Taryn Zack	SEC Champion (1M) SEC Runner-Up (3M) First-Team All-SEC SEC Diver of the Week (Oct. 20, Nov. 3, Nov. 24, Jan. 27) AgSouth Athlete of the Week (Oct. 20, Feb. 23) NCAA Championships Qualifier

2008-09 Top Carolina Diving Performances

Athlete	Opponent	Event	Finish (Score)
Helen Alvey	Virginia	1M	1st (306.60)
	NCAA Zone B	1M (12)	8th (531.15)
Allison Barr	Vanderbilt	1M	1st (335.93)
	Vanderbilt	3M	1st (356.78)
	Coll. of Charleston	1M	1st (324.38)
	SEC Championships	1M	8th (276.75)
	SEC Championships	Platform	8th (240.30)
Corry Christian	Virginia	1M	1st (308.32)
	Virginia	3M	1st (342.07)
	Florida	3M	1st (335.17)
	Coll. of Charleston	1M	1st (369.90)
	Coll. of Charleston	1M	1st (404.33)
Ryan Kuser	Coll. of Charleston	1M	2nd (302.85)
	Coll. of Charleston	3M	2nd (318.00)
	Virginia	3M	1st (297.98)
Morgan Ricke	Vanderbilt	3M	2nd (315.00)
	North Carolina	1M	1st (284.17)
Taryn Zack	North Carolina	3M	1st (314.10)
	Clemson	1M	1st (320.55)
	Clemson	1M	1st (376.28)
	Gamecock Invite	1M	1st (317.40)
	Gamecock Invite	3M	1st (339.75)
	Duke/Davidson	3M	1st (337.35)
	Coll. of Charleston	3M	1st (358.13)
	SEC Championships	1M	1st (325.90)
	SEC Championships	3M	2nd (360.90)
	NCAA Zone B	1M (12)	2nd (569.85)