



CAROLINA

Andrew Helmich

Diving
Freshman
North Augusta, S.C.
(Augusta Preparatory School)

GAMECOCKS

2010-11 - Competed in every dual meet...Posted a top 1-meter score of 251.63 vs. UNC Wilmington...Best score on 3-meter board came against Clemson (312.68)... Best finish was a runner-up showing in season-opening meet against Western Kentucky.

PRE-COLLEGE - Graduated from Augusta Preparatory Day School...Club team is South Carolina Divers...Has a long list of competitions at the USA Diving Junior Olympic level...Placed in the top 10 on both the 1- and 3-meter boards in 13 age-group competitions from 2006-2009...Top showing was a third-place finish at the 2007 USA Diving JO Summer Regionals.

PERSONAL - Born Jan. 31, 1992, in Augusta, Ga....Parents are Eugene and Rosemary Helmich...Has a sister, Emily...Father ran track at the U.S. Military Academy... Has not declared a major...Chose South Carolina because he enjoyed the city and the campus, and because South Carolina had the top athletic department of all schools he visited...Also considered an offer from College of Charleston.

Helmich's Top Scores			
Event	Score	Date	Meet
1-meter (6)	251.63	1/22/2011	UNC Wilmington (Wilmington, N.C.)
3-meter (6)	312.68	10/29/2010	Clemson (Columbia, S.C.)

CAROLINA

Rylan Ridenour

Diving
Sophomore
Lebanon, Ind.
(Lebanon HS)

GAMECOCKS

2010-11 - Consistently the Gamecocks' top diver and one of the best in the SEC... Top score on 1-meter (358.30) earned a win over Kentucky/Charleston...Posted a personal-best 407.17 in the 3-meter competition vs. Clemson to win going away; missed Andy Bradley's school record by .23 points...Won seven times during the season, including five consecutive events to open the season...Five of seven wins came on 3-meter board...Named SEC Diver of the Week twice during the season after performances vs. Western Kentucky (10/16) and Clemson (11/2)...Qualified for 1- and 3-meter semifinals at USA Diving Winter National Championships.

2009-10 - Top diver for the Gamecocks on the 1- and 3-meter boards... Qualified for NCAA Zone B Regionals... Advanced to finals at Zone meet on 3M board, finished 13th with 12-dive score of 629.35...Just missed finals on 3M at SEC Championships, finishing 9th with a 342.85...Took 11th place at SECs on 1M with 303.40...Top scores came at Gamecock Invitational in 1M (351.55) and 3M (390.80)...Won twice during the season on 3M vs. Kentucky and UNC Wilmington.

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.

Ridenour's Top Scores			
Event	Score	Date	Meet
1-meter (6)	358.30	1/7/2011	Kentucky/Charleston (Columbia, S.C.)
1-meter (12)	629.35	3/12/2010	NCAA Zone B (Atlanta, Ga.)
3-meter (6)	407.17	10/29/2010	Clemson (Columbia, S.C.)

CAROLINA

Nikolas Sachs

Diving
Sophomore
Giesshuebl, Austria
(Sir-Kaul-Poppen HS)

GAMECOCKS

2010-11 - Earned a victory on 3-meter board at East Carolina with a 317.03...High 3-meter score of the season came against Clemson (318.53) where he finished runner-up...Also runner-up on 1-meter board vs. Western Kentucky with season-high 298.20.

2009-10 - Qualified for NCAA Zone B regionals... Barely missed scoring at SEC Championships, finishing 17th on both boards... Won 1M event vs. College of Charleston with score of 300.53... Top score on 1M board was 307.20 at Gamecock Invitational... Also posted his top 3M score (321.25) at Gamecock Invite...Named to SEC Freshman Academic Honor Roll.

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.

Sachs' Top Scores			
Event	Score	Date	Meet
1-meter (6)	300.53	1/23/2011	College of Charleston (Columbia, S.C.)
3-meter (6)	321.25	11/20/2010	Gamecock Invitational (Columbia, S.C.)

CAROLINA

Allison Barr

Diving
Senior
Orlando, Fla.
(The First Academy)

GAMECOCKS

2010-11 - Missed bulk of second half of the season after suffering multiple facial injuries in training accident prior to Tennessee Diving Invitational...Prior to injury, competed in all four meets...Top 3-meter score (340.65) came against Clemson...Also posted top 1-meter score (285.30) against the Tigers...Was runner-up on both boards vs. Vanderbilt/Western Kentucky...Advanced to finals on both boards at Nike Cup.

2009-10 - Scored in two events at SEC Championships, advancing to finals in 1M and platform... Finished seventh in platform final (247.65) to score 12 points for Carolina... Took eighth in 1M final (295.25) to earn 11 points with a season-best score... Made finals in platform and 3M at NCAA Zone B regional... Finished 11th on platform (455.00) despite suffering injury during her final list... Took 14th in 3M (571.00), earning career-best multi-list scores in both events...Won 3M competition in Gamecock Invitational (321.30)...Also won vs. College of Charleston in 1M (277.28)...Named to SEC Academic Honor Roll.

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.

Barr's Top Scores

Event	Score	Date	Meet
1-meter (6)	335.93	1/24/2009	Vanderbilt (Columbia, S.C.)
3-meter (6)	356.78	1/24/2009	Vanderbilt (Columbia, S.C.)
3-meter (12)	571.00	3/12/2010	NCAA Zone B (Atlanta, Ga.)
Platform (5)	254.50	2/20/2010	SEC Championships (Athens, Ga.)
Platform (10)	455.00	3/13/2010	NCAA Zone B (Atlanta, Ga.)

CAROLINA

Courtney Forcucci

Diving
RS-Junior
Fort Mill, S.C.
(Fort Mill HS/Houston)

GAMECOCKS

2010-11 - One of the top divers in the SEC...Has the Gamecocks' top score on the 3-meter board with a 367.80 vs. Clemson...Posted career-best 311.05 on 1-meter board vs. Alabama/Georgia...Named SEC Diver of the Week following sweep of 1- and 3-meter boards vs. Western Kentucky in season-opener (10/16) and again after another sweep against Alabama/Georgia (1/29)...Defeated defending ACC Champion Abby Johnston on 1-meter board with then-career high 308.93 vs. Duke...Has won seven times during the season...Qualified for 2012 Olympic Trials by advancing to 3-meter finals at USA Diving Winter National Championships...Also won 1-meter preliminary round and advanced to semifinals.

2009-10 - Awarded a medical redshirt after suffering a broken leg in November... Injury derailed a promising season... Won six of eight events entered during first four dual meets... Swept both boards in meets at North Carolina/Virginia Tech and Clemson... Named SEC Diver of the Week following UNC/VT meet...Took first place on 3M vs. Kentucky and Tennessee...Score of 330.23 on 3M at Tennessee set a pool record... Top score on 3M was 333.53 vs. Clemson... Top 1M score was 291.08 in season-opening meet vs. Kentucky... Transferred from the University of Houston before the season... Named to SEC Academic Honor Roll.

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 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.

Forcucci's Top Scores

Event	Score	Date	Meet
1-meter (6)	311.05	1/29/2011	Alabama/Georgia (Columbia, S.C.)
3-meter (6)	367.80	10/29/2010	Clemson (Columbia, S.C.)

CAROLINA

Chay Malvasio

Diving
Sophomore
Columbia, S.C.
(Irmo HS/North Carolina)

GAMECOCKS

2010-11 - Competed in every meet for the Gamecocks after transferring from North Carolina at the beginning of the year...Qualified for NCAA Zone Diving on both boards...Top scores were 321.60 on the 3-meter board vs Clemson and a 300.75 in 1-meter diving vs. Kentucky/Charleston...Swept the 1- and 3-meter boards in dual meet at UNC Wilmington...Had two runner-up finishes at East Carolina...Advanced to consolation finals on 1-meter board at Tennessee Diving Invitational.

2009-10 (at North Carolina) - Advanced to finals at ACC Championships in 1-meter event, finishing in eighth place with score of 248.65...Top 1-meter score came at 2009 Gamecock Invitational where she scored 286.15 to finish in fourth place...Also had an NCAA Zone qualifying score in 3-meter with a 305.40 in a dual meet vs. Virginia...Competed twice in platform diving, with her top score a 166.50 at the Georgia Diving Invitational.

PRE-COLLEGE - Graduated from Irmo High School...Has been diving for eight years, specializing in springboard events... Two-time district champion...PIAA state team championship member...State runner-up once and placed third and fifth in state competitions as well...Dennis McGinley Most Outstanding Diver Award...Club team is South Carolina Divers...Qualified for East Nationals since age 13...Three-time high school All-America...Three-time L.V.I.A.C. All-Star team participant...two-time team district champion...Member of the National Honor Society.

PERSONAL - Full name is Chay Nicole Malvasio...Born Nov. 29, 1990, in Bethpage, N.Y....Parents are Michael and Lynda Malvasio...Has two brothers, Christopher and Daniel...Major is exercise and sport science...Chose South Carolina because of the history of the diving program and the athletes it has produced, as well as the knowledge and experience of the coaching staff.

Malvasio's Top Scores

Event	Score	Date	Meet
1-meter (6)	300.75	1/7/2011	Kentucky/Charleston (Columbia, S.C.)
3-meter (6)	321.60	10/29/2010	Clemson (Columbia, S.C.)

CAROLINA

Taryn Zack

Diving
Senior
Stony Plain, Alberta, Canada
(Vimy Ridge Academy)

GAMECOCKS

2010-11 - Has the Gamecocks' top score in 1-meter diving with a 313.73 vs. Clemson...Named SEC Diver of the Week following performance against the Tigers where she won the 1-meter board and was runner-up on the 3-meter...Every score posted on both boards during the season met the NCAA Zone qualifying standard...Won the 1-meter competition vs. Kentucky/Charleston...Was runner-up on the 1-meter board at Nike Cup Invitational.

2009-10 - All-American in 1-meter event with seventh-place finish at NCAA Championships... Took 20th place in 3-meter event at NCAAs...Earned way to NCAA Championships with third-place finish on 3M at NCAA Zone B...Set school records in both 1M (357.75) and 3M (389.03) in dual-meet wins vs. UNC-Wilmington...Broke re-



cards previously held by assistant coach Allison Brennan...Named SEC Diver of the Week twice during the season...Finished fourth on both boards at SEC Championships... Won five events during the season...Finished fifth on 3M board at Canadian National Championships, earning a spot on Canada's Grand Prix team...Women's team MVP...Named to SEC Academic Honor Roll.

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 584.40 (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 ... Graduated in August 2010 with a degree in exercise science... Enrolled in physical therapy school as a graduate student.

Zack's Top Scores

Event	Score	Date	Meet
1-meter (6)	357.75!	1/23/2010	UNC Wilmington (Columbia, S.C.)
1-meter (12)	584.40!	3/14/2008	NCAA Zone B (Auburn, Ala.)
3-meter (6)	389.03!	1/23/2010	UNC Wilmington (Columbia, S.C.)
3-meter (12)	669.30	3/11/2010	NCAA Zone B (Athens, Ga.)

! - school record