

Adam Schmitt

Head Coach • Fifth Season



THIS IS LSU
COACHES
LADY TIGERS
LADY TIGER HISTORY
TIGERS
TIGER HISTORY
MEDIA



Adam Schmitt enters his fifth season as head coach of LSU's swimming and diving teams, and the program continues to thrive under his direction.

With his vision and leadership, Schmitt has guided the program to some of its most productive seasons, both in the pool and in the classroom in recent history. During Schmitt's tenure at LSU, his athletes have amassed 27 All-America honors and have posted 18 school record times that remain standing today. In addition, 75 student-athletes have been named to the Southeastern Conference Academic Honor Roll in the four-year span, which ranks third among campus sports.

Moving forward, he wants to expand on that success and bring the glory days back to LSU swimming and diving. As one of the most decorated swimmers in Tiger history, Schmitt experienced what only one team in school annals can claim – winning an SEC Championship.

As he continues to stockpile talented athletes from not only the United States, but the international levels as well, Schmitt has hopes of leading the teams back to the top of the SEC and pushing the program into the nation's elite.

If the 2007-08 season was any indication, Schmitt and his teams are well on their way to reaching their goals. With a couple of relatively young squads and two of the toughest schedules in the country, Schmitt's teams enjoyed their finest dual-meet seasons in his tenure.

Each squad finished its respective regular season ranked in the top 20 of the College Swimming Coaches Association of America polls. Moreover, the two teams notched more meet victories last season than in any other year under Schmitt.

The men's squad completed the regular season with a 6-3 record, including two impressive victories over nationally-ranked foes and a near-upset of the second-ranked Stanford Cardinal. Furthermore, all four swimmers who competed at the NCAA Championships left the competition with All-America accolades, and the Tigers placed in the top 30 for the third time in the Schmitt era.

Additionally, two school records fell at the national competition as the 200 freestyle relay team of Miko Malberg, Hannes Heyl, Christoph Lubenau and Brandon Selts set a program-best time of 1 minute, 18.46 seconds, and Lubenau shattered his own 100-yard butterfly mark with a clocking of 46.24.

Last season also proved to be another banner year for the men's international swimmers. Under Schmitt's tutelage, three swimmers with European roots – Malberg, Lubenau and Heyl – earned All-America honors.

Schmitt's coaching was especially instrumental in the development of Heyl, a freshman from Germany whose performance at the NCAAs capped one of the most successful first-year campaigns in program history. Heyl departed Federal Way, Wash., as an honorable mention All-American in both the 100 fly and 200 freestyle relay and joined Lubenau as the only swimmers in team history to swim the 100 fly under 47 seconds.

In addition, the international sensation recorded the school's second-fastest all-time mark in the 100 backstroke (47.95) at the same competition.

The Lady Tigers enjoyed a fine season of their own, emerging victorious in eight dual meets during the year for their highest win total since 2003. In addition, two individual school records and a pair of medley relay marks fell, and 10 athletes swam times registering in the program's all-time top 10.

Furthermore, Schmitt played a pivotal role in the emergence of a number of Lady Tiger swimmers. Using his approach, juniors Monica McJunkin and Berit Aljand had the best years of their careers.

McJunkin concluded the season with three LSU records, breaking the 100 back (55.05) and helping both the 200 and 400 medley relay squads post program-best times. Aljand secured six victories during the dual-meet season and shattered a nine-year-old school mark in the 200 back (1:59.75).

Meanwhile, juniors Katie Gilmore and Katherine Noland continued to rise up the ranks of the Lady Tigers' elite. With Schmitt's guidance, Gilmore added two more LSU records to her credit as a member of both record-setting medley relay teams, tying former Lady Tigers' great Lucy Findlay for the most records (5) in school history. Noland won 11 individual races on the year and anchored the record-breaking 400 medley relay squad.

In 2006-07, Schmitt led the women's team to a 17th-place finish at the NCAA Championships, its highest finish since 2001. The men's squad placed 28th, a 12-spot improvement from the previous season. Additionally, seven LSU athletes collected a total of 13 All-America



The Adam Schmitt File

Born: April 21, 1966 in Hammond, Ind.

Age: 42

Hometown: Houston, Texas

Wife: Aimee Schmitt; Stanford, 1989

Children: Hannah (11) and Haley (7)

High School: Cypress Creek; Houston, Texas; 1984

College: LSU, 1989; B.S. in Business Administration (Marketing)

Coaching Experience

1996 -- Head Coach -- Long Beach City College

1997-2001 -- Assistant Coach -- Auburn

2001-2004 -- Associate Head Coach -- Arizona State

2004 -- present Head Coach -- LSU

The Schmitt Coaching Era At LSU By The Numbers

27 -- All-America honors collected

18 -- School records broken that still stand

1 -- U.S. National Champion

3 -- 2008 U.S. Olympic Trials Participants he has coached

2 -- 2008 Beijing Olympics Participants he has coached

20 -- 2008 SEC Academic Honor Roll members

honors, and sophomore Julius Gloeckner surfaced as one of the nation's top swimmers, seizing two All-America accolades, including first team honors in the 400 individual medley.

Moreover, nine LSU swimmers took part in the U.S. National Championships in 2006, including Matt Coenen, who became the school's first national champion of the millennium after a record swim in the 200-meter breaststroke.

The successful development of these athletes and the program can be attributed to Schmitt's rigorous dual-meet schedule, which has been a constant at the school for the past four seasons. LSU has gone up against 18 opponents ranked in the top 10, and the Tigers plan to continue that formula this season.

Achievement at the national and international levels has also been an important aspect of Schmitt's coaching philosophy. Three members of the 2007-08 teams – Katie Gilmore, Stephanie Cota and Kevin Braud – competed in the 2008 U.S. Olympic Team Trials. Furthermore, the Tigers' coach has played a critical role in helping Estonian Miko Malberg and Zimbabwe native Heather Brand qualify for the 2008 Beijing Games.

Schmitt has aspirations of bringing the program back to the standard he helped construct as a student-athlete many years ago. Multiple participants in international games, a top-six NCAA finish and a 1988 SEC swimming and diving championship were accomplished when Schmitt was a swimmer at LSU. Schmitt hopes to attain these goals as a coach as well.

Individually, Schmitt capped his LSU career by capturing the SEC title in the 50-yard freestyle three times. He is also the second-most decorated swimmer in school history, earning a total of 10 All-America honors during his career. Schmitt's All-America awards include being a three-time recipient in both the 100 free and the 400 free relay as well as being honored twice in the 50 free and the 400 medley relay. The 42-year-old still holds the LSU record in the 100 free with a 43.22 clocking, which he set in 1988. He ranks third in school history in the 50 free with a time of 19.65, also recorded in 1988.

On the international level, Schmitt was a member of several U.S. National Teams and participated in the 1986 Goodwill Games, the 1987 World University Games and the 1991 Pan-American Games. He was

the 1989 U.S. Open Champion in the 50-meter free, and he was a finalist in that same event at the 1992 U.S. Olympic Trials.

Schmitt, a native of Houston, Texas, served as associate head coach at Arizona State for three years prior to returning to his alma mater. Schmitt's championship pedigree began when he was an assistant coach at Auburn for four years, helping the Tigers to one NCAA title and a pair of NCAA runner-up finishes.

At Auburn and Arizona State, Schmitt's expertise in the sprint races helped produce multiple top-eight NCAA finishes in both individual and relay races for both schools during his four- and three-year tenures.

Internationally, he placed many athletes on U.S. and foreign national teams, including the 1999 and 2003 Pan American Games, 2002 Pan Pacific Championships and the 2005 World Championships. Schmitt has coached many U.S. Olympic Trials' finalists and helped one Arizona State swimmer secure a spot as an alternate for the 2004 U.S. Olympic Team.

Schmitt's other collegiate head-coaching stop came at Long Beach City College where he served for one season.

Schmitt is a 1989 graduate of LSU in marketing, and he is married to former Stanford swimming All-American Aimee Berzins. The couple has two daughters, Hannah (11) and Haley (7).



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Doug Shaffer

DIVING COACH • SEVENTH SEASON



The LSU diving program is one of storied tradition, and no one has had a more profound impact in the Tigers' recent success than Doug Shaffer. Entering his seventh season at LSU, Shaffer is one of the most respected diving coaches in the nation.

Known for having an eye for talent, Shaffer scours the country for gifted divers who fit the program and molds them into some of LSU's most successful student-athletes. In his previous six years, Shaffer has produced 11 NCAA All-Americans, two Southeastern Conference champions, and a record four consecutive SEC Freshman Divers of the Year.

Moreover, Shaffer's divers continue to shine academically as his athletes have been awarded LSU Scholar-Athlete of the Year honors three times, and numerous divers have received prestigious postgraduate scholarships.

The 2007-08 season proved to be Shaffer's finest season yet as the Tigers' diving coach. Shaffer coached sophomore Rachel Ware to her third All-America accolade in two years with a 12th-place finish in the 1-meter springboard at the NCAA Championships. In addition, his athletes had a superb showing at the SEC Championships as a conference-high four LSU divers received medals for placing in the top three of their respective events.

Ware and senior Paige Brown enjoyed two of the best competitions of their careers at that meet as both departed Tuscaloosa, Ala., as conference champions. Ware won the 1-meter championship and captured the runner-up spot in the 3-meter en route to SEC Female Diver of the Year honors. Brown beat out 20 other competitors to take the platform title with a school record score of 300.30.

Furthermore, both were named to the All-SEC First Team, the first Lady Tigers to receive all-conference recognition since 2003. Shaffer earned the SEC Women's Diving Coach of the Year award for his efforts in guiding the duo to conference excellence.

Under Shaffer's tutelage, the men's side finished second in the points standings among diving teams at the SECs, and a pair of Tiger divers reached the awards podium with record-shattering performances. Junior Niko Dalman took home a medal in the 3-meter springboard, breaking the LSU record in the event with a score of 391.55 to place third. Freshman Michael Neubacher followed two days later with a runner-up finish in the platform competition, crushing the school record with a blistering six-dive total of 431.55.

Neubacher, the SEC's highest scoring freshman, joined Ware, Dalman and Nathan Schreiber as the fourth straight athlete in the Shaffer era to earn the distinction as the conference's top freshman diver.

Outside the pool, Brown truly exemplified the meaning of a student-athlete, joining a long list of former LSU divers who have excelled at the highest levels academically. The Zionsville, Ind., native, who recently graduated Summa Cum Laude with a degree in biological engineering, became the third LSU diver in two seasons to be named a finalist for the esteemed SEC H. Boyd McWhorter Postgraduate Scholarship. Former standouts Hali Saucier and Andrew Keane were nominated in 2007.

She also was the first athlete in school history to earn a spot in the exclusive Tiger Twelve, which recognizes 12 LSU seniors who have shown great academic success and contributed significantly to the Baton Rouge community.

In addition, Brown registered the team's highest grade point average and was a recipient of the Wally Pontiff Jr. Academic Excellence Award, which goes to the school's top scholar-athletes.

Shaffer's list of Tiger All-Americans began in 2002-03 upon his arrival. His guidance enabled three divers to earn five NCAA All-American performances, including junior Jessica Wantz, senior Barb Gorst and senior Kyle VanArsdall. Wantz finished fourth in the 3-meter springboard. Both Gorst and VanArsdall scored in the top-16 in the platform.

The following season Shaffer helped Wantz place third overall in the 3-meter at NAAs, which gave her first-team All-America honors. A third career All-America finish followed in the 1-meter.

In 2004-05, Niko Dalman entered his freshman season with little experience. Seven months later, Dalman embarked on a 12th-place finish as an All-American in the 1-meter. He also became the first diver in school history to be named SEC Freshman Diver of the Year. Dalman added to his accolades with a top-12 finish in the platform at the 2006 NCAA Championships.

Shaffer was no stranger to leading a successful collegiate diving program before taking the job in Baton Rouge. He was the head coach at UCLA in 1988-89 and then at the University of Minnesota from 1989-96.

Shaffer experienced a great deal of success at Minnesota as he was honored as Big Ten Diving Coach of the Year three times, twice on the women's side and once for the men's team. Shaffer coached 11 Big Ten champions, 29 All-Americans and two NCAA champions while at Minnesota. He was named NCAA Diving Coach of the Year in 1993. Shaffer also coached three Pac-10 champions and four All-Americans during his tenure at UCLA.

He has coached the United States in numerous international competitions since 1989, including the U.S. National Diving teams in China, Sweden, Spain and the United States. Shaffer served as the assistant competition manager during the 1996 Olympic Games in Atlanta and was recruited to be the head diving coach at the Sheffield, England, High Performance Center. There, he coached five Olympians on the Lottery Funded World Class Performance Program but declined a four-year contract extension for the opportunity to coach at LSU.

Shaffer graduated from UCLA in 1986 with a B.A. degree in history. He was an 11-time U.S. National champion, the 1986 NCAA Diver of the Year and the NCAA 1-meter and 3-meter champion in 1986 for the Bruins. One of the few divers to defeat the legendary Greg Louganis, Shaffer ousted the four-time Olympian five times in 1987, three of which were in U.S. National competition.

Shaffer was a silver medalist in the 3-meter at the 1987 Pan American Games and won a gold medal at the 1987 USA-USSR dual meet in the 3-meter competition. An Olympic Trials finalist in 1984 and 1988, he retired from competition in 1988 due to a back injury and moved into the nation's coaching ranks.

Shaffer is a native of Canton, Ohio, and is married to Dr. Tracy Stephenson Shaffer, an LSU assistant professor in communication studies. The couple has a three-year-old daughter, Sara Melissa.

The Shaffer File

Born: July 8, 1963 in Baltimore, Md.

Age: 45

Wife: Tracy Stephenson Shaffer

Child: Sara Melissa (3)

High School: Mission Viejo High School, Mission Viejo, Calif.

College: UCLA, 1986; B.A. in History

Records and Achievements at LSU

2008 SEC Women's Diving Coach of the Year

1 SEC Diver of the Year

2 SEC Champions

5 All-SEC selections

11 NCAA All-Americans in six seasons

4 Consecutive SEC Freshman Divers of the Year

3 NCAA All-America honors collected by freshmen

5 NCAA All-Americans in his first season (2002-03)

3 SEC H. Boyd McWhorter Scholar-Athlete Postgraduate Scholarship finalists

3 LSU Scholar-Athlete of the Year recipients

3 Divers who recorded team-high grade point averages

1 NCAA Postgraduate Scholarship recipient

1 ESPN Academic All-American

1 Tiger Twelve Honoree



David Geyer

**Assistant Coach
Fourth Season**

David Geyer, who has been instrumental in the Tigers' success the past three seasons, begins his fourth year as an assistant coach at LSU. Geyer has been a vital part of the team's recruiting efforts the past three years and has helped bring in some of the most talented classes in years.

Geyer's strengths lie in the development and training of distance swimmers. That expertise was evident in 2007-08 as he guided a pair of freshman on the men's side to top six all-time marks in both the 1000 and 1650 freestyle races. In 2006-07, LSU produced its best distance freestyle season since 2000 when the 31-year-old coached the Tiger men to school record-shattering performances in the

1000 and 1650, and two women's swimmers posted school all-time top-10 marks in both of those respective events.

Prior to 2005, the Tigers had not delivered a top-five time in distance events since 2000. LSU has since clocked eight school all-time top-five marks in the men's and women's 500, 1000 and 1650 free events in just two seasons. Geyer hopes to perpetuate that success this season.

In addition to his LSU coaching duties, Geyer also serves as the head coach at Tiger Aquatics where he has enjoyed significant success in his first two seasons. Last year, he coached the top 400 IM male swimmer in the country and one NCSA national junior qualifier. In addition, he led the team to its second straight runner-up finish at the USA Swimming Speedo Sectional Championships.

Prior to joining the LSU staff, Geyer gathered five years of coaching experience on the collegiate and club levels. The Pittsburgh, Pa., native served as an assistant coach at Mecklenburg Aquatics from 2002-05. Before his three-year stint at Mecklenburg, Geyer was as an assistant at his alma mater of Shippensburg University from 1999-2001. He helped train all levels of athletes from developmental to national.

A talented athlete himself, Geyer was a four-time All-American in relays at Shippensburg. He graduated from Shippensburg with a bachelor's degree in psychology in 1999 before receiving his master's degree in counseling in 2001. Geyer's leadership skills did not go unnoticed as he received the Rick Marlin Scholarship Award while serving as a team captain.

Geyer is married to the former Lyndi Croft of State College, Pa. The couple has two daughters, Maddilyn (4) and Kayda (7 months).

The David Geyer File

Born: March 15, 1977 in Pittsburgh, Pa.

Wife: Lyndi Geyer

Children: Maddilyn (4), Kayda (7 months)

High School: Elizabeth Forward High School; Pittsburgh, Pa., 1995

College: Shippensburg University of Pennsylvania, 1999; B.S. in Psychology
M.S. in Counseling, 2001



Kevin Clements

**Assistant Coach
First Season**

Kevin Clements, who served as an assistant coach at Maryland from 2005-2008, enters his first year as a member of the LSU coaching staff. Clements will serve as the recruiting coordinator of the men's program and play a pivotal role in the training and development of current swimmers on both teams.

A 14-time NCAA All-American at Auburn from 1999-2002, Clements returns to the Southeastern Conference in a coaching capacity six years after concluding one of the most decorated distance-freestyle careers in the Tigers' illustrious program history.

A member of four SEC championship teams and the 1999 national championship squad, Clements swam to five SEC conference titles and set three school records during his time at Auburn. His program-best marks in the 500- and 1650-freestyle events remain standing today. Following his sophomore season, the Rowland Heights, Calif., native registered top-five finishes in three events at the 2000 U.S. Olympic Trials.

After his stellar collegiate career, Clements swam professionally for Speedo while training with the North Baltimore Aquatic Club. During his professional career, he won the national championship in the 400-meter individual medley at the 2004 Spring Nationals and recorded the third-fastest 200-IM time in U.S. history.

Clements joined the Maryland coaching staff in 2005 after a head coaching stint with the Roland Run Stingrays and Mariners Swim Club. In his first year with the Terrapins, he helped Sasha Malanina secure the ACC Championship in the 400 IM and coached two swimmers to All-America finishes. Additionally, seven athletes broke school records under his tutelage, and three swimmers were named Academic All-Americans.

The Tigers' new assistant reunites with current head coach Adam Schmitt, who recruited Clements when he was an assistant coach at Auburn in 1999.

Clements is married to the former Jaqi Philipps, and the couple has one son, Chase (3 months).

The Kevin Clements File

Born: Feb. 27, 1980

High School: John A. Rowland High School, Rowland Heights, Calif.; 1999

Wife: Jaqi Clements

Children: Chase (3 months)

College: Auburn University, 2002; B.S. in Graphic Design



Jessica Botzum

**Assistant Coach
First Season**

Jessica Botzum, who recently wrapped up a remarkable career at Virginia Tech as arguably the greatest swimmer in school history, begins her first season as an LSU assistant coach.

Botzum brings a wealth of collegiate experience in all of the stroke disciplines and will focus her efforts on developing the middle distance and individual medley swimmers on both squads. She will also serve as the team's travel coordinator and assist in recruiting.

Throughout her stellar four-year career in Blacksburg, Va., Botzum truly exemplified the meaning of a student-athlete, succeeding at the highest levels, not only in the pool, but in the

classroom as well.

As a swimmer, Botzum shattered numerous records and racked up a plethora of accolades. By the end of her collegiate career, the Raleigh, N.C., native had earned eight NCAA All-America honors and had captured five Atlantic Coast Conference titles. Furthermore, she became the only swimmer in Hokie history to be named the ACC Swimmer of the Year, receiving the conference's highest individual honor in both her junior and senior seasons.

Moreover, she broke five school records during her career and set a new ACC record in the 200-yard breaststroke last season.

In July, Botzum competed on the country's largest stage at the United States Olympic Team Trials in Omaha, Neb. She placed ninth in the 100-meter breaststroke, missing the final round of the event by only 0.02 seconds, and finished 18th in the 200m breast.

Outside of the pool, Botzum was named to the ESPN The Magazine Academic All-America team for the second straight year and received a prestigious ACC postgraduate scholarship.

A three-time Academic All-ACC selection, the Tigers' newest coach recently graduated with a degree in biology.

The Jessica Botzum File

Born: Nov. 29, 1985 in Wayne, N.J.

High School: Cardinal Gibbons High School; Raleigh, N.C., 2004

College: Virginia Tech University, 2008; B.S. in biology



Matt Leach

**Volunteer Assistant Coach
Second Season**

Matt Leach, who joined the staff as a graduate assistant in the fall of 2004, begins his second year as an assistant coach at LSU. Leach will assist coach Schmitt and the staff in the development of all swimmers.

Leach also serves as the head age group coach at Tiger Aquatics after taking the post in August 2006. The 27-year-old needed little time in establishing success with the program as he was named the 2007 Louisiana Age Group Coach of the Year for his efforts in his first season.

Leach, a native of Portland, Ore., proved his experience in the pool as a swimmer at Indiana. During his collegiate career, he became a five-time All-American and helped the Hoosiers to a Big 10

Conference championship in the 200 medley relay as a senior. Leach was heavily recruited out of high school after producing All-America seasons at Westview High School. He continued his swimming career as a participant in the 2000 and 2004 U.S. Olympic Trials.

Leach graduated from Indiana in December 2004 after earning a bachelor's degree in environmental management. He received his master's degree in environmental studies from LSU in May of 2007.

The Matt Leach File

Born: Feb. 12, 1981 in Portland, Ore.

High School: Westview High School, 1999

College: Indiana University, 2004; B.S. in Environmental Management

LSU, 2007; M.S. in Environmental Studies

VETERAN EXPERIENCE



KATHERINE NOLAND

SENIOR-LADEN LADY TIGERS SHOOTING FOR EXTRAORDINARY SEASON

Head coach Adam Schmitt regards the 2007-08 seniors as a special group because many of them comprise the first full recruiting class he assembled at LSU. Schmitt played a vital role in guiding most of them to the point where they are now, and collectively, they have rewarded him with three of the best seasons in recent program history.

"My first recruiting class was really a big push for us to get individuals who wanted to see LSU for what it was and what it could become," said Schmitt. "Now that we've gotten into the top 20 of the rankings, I give a lot of credit to these seniors in helping us build, recruit and get better."

The team returns 12 seniors and 20 letterwinners from a year ago, and coach Schmitt will turn to his veterans to lead the way as the Lady Tigers look to finish strong at the Southeastern Conference and NCAA Championships.

"We are going in knowing that we are a good team," Schmitt added. "We're coming in with some athletes who can really do some things in their events, and I can see us repeating what we did a couple of years ago, which is placing in the top 20 at the NCAAs."

However, the road to the postseason won't be easy. The squad faces some

stiff competition in the regular season, but the challenging schedule should have the team well prepared for February and March of 2009.

Beginning their dual-meet season at home on Oct. 23, the Lady Tigers face conference rival Florida, one of the elite teams in the country. The squad follows with two more SEC meets, a road competition at Arkansas one week later and a home contest against Alabama on Nov. 7. The team wraps up the fall season with the Texas A&M Invitational, Nov. 21-23, and a battle with SEC powerhouse, Auburn, on Dec. 30 in Fort Lauderdale, Fla.

Following a road tri-meet against Clemson and Florida Atlantic on Jan. 2, the team hosts three consecutive home meets against Kentucky, Florida State and Delta State, respectively.

The Lady Tigers return to College Station, Texas to take on the perennially-tough Texas A&M Aggies on Jan. 24 before concluding the regular season at home with their annual tri-meet against Houston and Rice.

The SEC Championships in February and the Last Chance Meet hosted by Georgia the following week represent the last opportunity for some athletes to qualify for the NCAA Championships, March 19-21.

Freestyle

No pair of swimmers has had a greater impact on the women's team during the Schmitt era than the freestyle combo of Katherine Noland and Katie Gilmore. The tandem has been a model of consistency over the past three seasons, and the two enter their senior years as the unquestioned leaders of the 2008-09 squad.

Noland returns for her final season after a year in which she earned the distinction as the most outstanding swimmer on the team by the coaching staff. Whether she is anchoring the Lady Tigers' record-shattering 400 medley relay team, or securing critical points for her team in short or middle-distance freestyle races, the senior lifts the squad in every competition.

"Katherine has been an asset to the program since she got here," said Schmitt. "Last year, some light bulbs went off, and she really clicked. This year, she wants to slam dunk it. She wants to come in and do what she knows she can do, be an NCAA scorer individually and perform at her best."

Gilmore enters her last season hoping to peak in postseason play and conclude her career with her

first All-America finish in individual competition. The Loxley, Ala., native is a three-time All-American as a member of the 200 and 400 freestyle relay teams but hasn't been able to get over the hump in individual races.

She already owns the title as the fastest sprinter in program history with a 50-yard free time of 22.63 seconds, but she's capable of improving on that sweltering mark and qualifying for the NCAAs in the event.

"Katie had some great swims last year, but she knows she can be better," said Schmitt. "We all know that, and she's refocused coming into her senior year. I can see Katie making it back to the NCAAs in the 50 free and hopefully the 100 free and helping our relays make a push to the NCAAs as well."

However, Gilmore and Noland won't be the only free swimmers to watch for in 2008-09. Teammates Monica McJunkin, Jane Trepp and Leigh Ann King figure to be in the fold in the sprint races, and Lauren Grandy should carry the squad in the middle distance events.

Keep an eye on junior Stephanie Cota, who sat

out last season after transferring from Florida in 2007. A two-time NCAA Championships qualifier as a member of the Gators, Cota is expected to boost the Lady Tigers' prospects in the distance free races immediately. The Granite Bay, Calif., native placed 4th in the 1650 free at the 2006 SEC Championships.

Backstroke

The Lady Tigers made huge strides in the backstroke last season as two swimmers emerged with the program's top times in the 100 and 200 backs, respectively.

McJunkin recorded the quickest 100 back time in LSU history when she swam to a first-place finish at the Georgia Tech Invitational with an NCAA 'B' cut qualifying standard of 55.05 seconds. She later tallied six points for the team at the 2008 SEC Championships in February, placing 11th in the event.

Fellow backstroker Berit Aljand became the school's 200 back record-holder after registering a time of 1:59.75 in the preliminary rounds of the SECs.



Kannon Betzen

"It's always a good sign to see swimmers come in here and rewrite the record books," Schmitt said. "It tells us that we are getting better over the years, but we have to continue to raise the bar because everyone else is getting faster too."

"Monica had a breakout year last year, and I think she realized that she is pretty darn good and can be a major contributor to this team. Berit has been a solid 200 backstroker for years. She popped a great race to get that record, which was very exciting, and hopefully, it will transcend into her other events."

Furthermore, Gilmore, whose personal best in the backstroke is currently in the program's top three all-time, will see action in the events, and Schmitt expects incoming freshmen Morgan McGee and Samantha Goates to contribute instantly.

McGee, a product of Shreveport, La., is the state's top backstroker, and her personal best of 55.81 in the 100 back is a college-level mark already. Goates, one of the top prep swimmers from the West Coast, boasts a personal record of 56.04 in the race.

Breaststroke

The Lady Tiger breaststrokers have shown steady improvement each year under Schmitt and should continue to improve this year after last season's solid campaign. Sophomores Kannon Betzen and Jane Trepp emerged onto the scene as young freshmen and have the potential for even bigger results this season.

Both athletes finished in the top 16 of the 100 breaststroke at the SECs and swam career bests at the conference meet that rank in the program's all-time top five.

Senior Victoria Givens gives the team stability in both races and will be called upon to anchor the squad's efforts in the 200 breaststroke. Givens recorded the top mark on the season, swimming the event in 2:18.72 to notch runner-up honors in a road sweep of Alabama and Vanderbilt.

Senior Sarah Bedell and sophomore Ali Sanford lend quality depth to the stroke and should see action in these events this fall.

Butterfly

With all of the success that Gilmore has attained as a freestyle sprinter, it's easy to overlook her achievements as a butterfly swimmer, but she is quite capable of competing with the conference's very best in the 100 fly. The senior has noticeably



Katie Gilmore

improved her stroke from her sophomore to junior seasons, shaving well over a second off her career best in the 100 fly with last season's team-best time of 54.86.

Gilmore qualified for the consolation final of the event at the SECs in 2008 but isn't satisfied. She's poised to reach the 'A' final in 2009.

Noland and Trepp will join Gilmore in the 100 fly. Trepp, one of the Lady Tigers' most versatile athletes, figures to further her development in the fly in her second season.

Vanessa Duenas, a transfer from Syracuse who competed for LSU last season, is the team's top returning performer in the 200 fly, but look for the transfer Cota to factor in the event as well.

Individual Medley

Schmitt expected Duenas to come in and upgrade the squad's efforts in the individual medley, and she didn't disappoint. The Syracuse transfer enjoyed a fine season in both IMs and recorded the team's fastest time in the 400 IM (4:24.22).

However, it was the sophomore Betzen who raised more than a few eyebrows in medley competition. Schmitt recruited Betzen as a breaststroke specialist but inserted his talented newcomer into the IMs with promising results. The Hobbs, N.M., product showed off her skills in the 200 IM versus the twentieth-ranked Florida State Seminoles, capturing the title with a team-best time of 2:03.79.

"I think if Kannon can bring that fire and desire she showed at dual meets and make it through the entire season, she could have a really good year," said Schmitt.

The individual medley is yet another area where Cota could be a difference maker in her first year at LSU. A 2008 U.S. Olympic Trials participant, Cota has competed at the national level in both medley events and brings in a short-course best of 4:23.72 in the 400 IM.

"We need Stephanie Cota to step up and be that All-American that she was two years ago at Florida," Schmitt added. "We need an SEC finalist out of her, and those are expectations we have to put on her because that's what she came to LSU to do."

Diving

Rachel Ware has accomplished more in her first two seasons at LSU than any other diver in the



Rachel Ware

Lady Tigers' illustrious history. The reigning SEC Diver of the Year enters her junior season coming off a sophomore campaign in which she collected her third All-America honor, won a conference championship in the 3-meter springboard and became an All-SEC performer in two events. She achieved all of this despite having offseason shoulder surgery following her freshman year.

Going into 2008-09, Ware is certainly the premier diver in the conference, and diving coach Doug Shaffer believes her best seasons are in front of her.

"I'm more optimistic this year than in any of Rachel's previous years," said Shaffer. "We are coming off a good summer of training. She has a healthy body and mind and a refreshed spirit, and I think she has the potential to have her best year ever and then, continue to develop from there."

With the graduation of Paige Brown, the 2008 SEC champion in platform diving, Ware is Shaffer's only returning athlete on the women's side, so the diving coach hit the recruiting trails hard in the offseason and brought in three gifted freshmen – a pair of Texas divers, Chelsea McCorvey and Katie Lybbert, and local product, Theresa Garcia.

While Brown's leadership and abilities can't be replaced overnight, Shaffer sees his newcomers stepping in and contributing right away.

"Chelsea McCorvey and Katie Lybbert both have a good deal of Junior Olympic, national-level experience and a great deal of raw talent and ability," Shaffer added. "In some cases, they will make an immediate impact in dual meets and hopefully, at the conference level."

"Theresa Garcia is a local Baton Rouge product, the sister of 2004 Olympic diver Caesar Garcia, so we are excited to have her invest in the opportunity to be a part of our diving program at LSU. It's pretty rare when we get a Baton Rouge athlete, considering there is no high school level diving in the state of Louisiana, but she was a good gymnast, has a great head on her shoulders and comes from a good family background."

Ware and her teammates will take part in two diving meets at Auburn and Tennessee in addition to dual-meet competition. Following the regular season, the divers will return to Auburn, Ala., for the 2009 SEC Championships, and Ware will defend her title in the 3-meter springboard.

Shaffer's athletes will then go to the NCAA Zone Diving Regional in Knoxville, Tenn., where they'll look to receive bids to the NCAA Championships, March 19-21, in College Station, Texas.

Roster

| Name | Pos. | Cl. | Exp. | Hometown (High School/Previous School) |
|-------------------|-------------|-----|------|---|
| Berit Aljand | Back | Sr. | 3L | Talinn, Estonia (Talinn German Gym) |
| Brooke Barnett | Free | So. | 1L | Sarasota, Fla. (Sarasota Christian HS) |
| Sarah Bedell | Breast | Sr. | 3L | Baton Rouge, La. (Episcopal HS) |
| Kannon Betzen | Breast | So. | 1L | Hobbs, N.M. (Hobbs HS) |
| Stephanie Cota | Free/Fly | Jr. | TR | Granite Bay, Calif. (Oakmont HS/Florida) |
| Vanessa Duenas | Fly/I.M. | Sr. | 1L | Miami, Fla. (Lourdes Academy/Syracuse) |
| Theresa Garcia | Diving | Fr. | HS | Baton Rouge, La. (Baton Rouge HS) |
| Katie Gilmore | Free/Fly | Sr. | 3L | Loxley, Ala. (Daphne HS) |
| Victoria Givens | Breast/I.M. | Sr. | 2L | Houma, La. (Vanderbilt Catholic HS/Tulane) |
| Samantha Goates | Back | Fr. | HS | Visalia, Calif. (Exeter Union HS) |
| Lauren Grandy | Free | Jr. | 2L | Humble, Texas (Humble HS) |
| Christina Herubin | Free/I.M. | Sr. | 2L | Coppell, Texas (Coppell HS/Tulane) |
| Leigh Ann King | Free | Jr. | 1L | Baton Rouge, La. (St. Joseph's Academy/Florida St.) |
| Katie Lybbert | Diving | Fr. | HS | Argyle, Texas (Selwyn School) |
| Chelsea McCorvey | Diving | Fr. | HS | Houston, Texas (Memorial Senior HS) |
| Morgan McGee | Back | Fr. | HS | Shreveport, La. (Caddo Parish HS) |
| Monica McJunkin | Back/Free | Sr. | 3L | Charlotte, N.C. (Providence HS) |
| Sabrina Messmer | Free | Sr. | 3L | Daytona Beach, Fla. (Spruce Creek HS) |
| Katherine Noland | Free/Fly | Sr. | 3L | Deerfield Beach, Fla. (St. Thomas Aquinas HS) |
| Ali Sanford | Fly | So. | 1L | Plano, Texas (Plano HS) |
| Lauren Simons | Free | Sr. | 3L | Mobile, Ala. (St. Paul's Episcopal HS) |
| Shanna Spears | Free | So. | SQ | Kennesaw, Ga. (Kennesaw Mountain HS) |
| Jane Trepp | Free/Breast | So. | 1L | Talinn, Estonia (Gustav Adolf G.S.) |
| Nele Trepp | Free | Sr. | 2L | Talinn, Estonia (Gustav Adolf G.S.) |
| Rachel Ware | Diving | Jr. | 2L | Richmond, Texas (Foster HS) |
| Jamie Wright | Free/Fly | Sr. | 3L | Baton Rouge, La. (Baton Rouge HS) |

2009 NCAA Division I Qualifying Times (25-yard course)

| Event | 'A' Cut | 'B' Cut |
|-----------------------|----------|----------|
| 50 Freestyle | 21.93 | 22.80 |
| 100 Freestyle | 47.84 | 49.75 |
| 200 Freestyle | 1:44.02 | 1:48.18 |
| 500 Freestyle | 4:38.46 | 4:49.59 |
| 1650 Freestyle | 15:53.38 | 16:31.51 |
| 100 Butterfly | 52.02 | 54.10 |
| 200 Butterfly | 1:54.95 | 1:59.54 |
| 100 Breaststroke | 59.99 | 1:02.38 |
| 200 Breaststroke | 2:10.32 | 2:15.53 |
| 100 Backstroke | 53.01 | 55.13 |
| 200 Backstroke | 1:53.37 | 1:57.90 |
| 200 Individual Medley | 1:56.13 | 2:00.77 |
| 400 Individual Medley | 4:07.33 | 4:17.22 |
| 200 Freestyle Relay | 1:28.35 | 1:31.88 |
| 400 Freestyle Relay | 3:14.93 | 3:22.72 |
| 800 Freestyle Relay | 7:02.07 | 7:18.95 |
| 200 Medley Relay | 1:37.81 | 1:41.72 |
| 400 Medley Relay | 3:32.56 | 3:41.06 |

| | |
|------------------------|-----------------|
| 1-Meter Diving Points | Dual 255/265*** |
| 3-Meter Diving Points | Dual 270/280*** |
| Platform Diving Points | Dual 260/225### |

***Qualifying point total when using six optional dives with standard D.D.
 ###Qualifying point total when using five optional dives with standard D.D.

Pronunciation Guide

| | |
|------------------------|-----------------|
| Berit Aljand..... | Bear-EET AI-YAN |
| Sarah Bedell..... | BUH-dell |
| Kannon Betzen..... | Bet-ZIN |
| Vanessa Duenas..... | DU-wayez |
| Christina Herubin..... | Huh-ROO-ben |
| Katie Lybbert..... | LIB-ert |
| Sabrina Messmer..... | Mez-MUR |
| Lauren Simons..... | SI-mens |
| Jane Trepp..... | YAH-nay |
| Nele Trepp..... | Neh-LEE |

Support Staff



David Robinson
Graduate Assistant



Rob Wenning
Strength and Conditioning



Craig Fafara
Trainer



Katie Carney
Administrative Assistant



Becca Hubbard
Cox Academic Center



Jake Berman
Manager



Holly Samaha
Manager



Jesse Delerno
Sports Information

Not Pictured: Elizabeth Noland, Manager



Berit Aljand

Senior * 3L * Backstroke
Tallinn, Estonia
Tallinn German Gymnasium

LSU Record Holder in the 200 backstroke
2007 SEC Academic Honor Roll

JUNIOR SEASON (2007-08)

One of the top backstroke swimmers in program history ... Shattered a nine-year-old record in the 200 back (1:59.75) at the SEC prelims. Followed her record-breaking prelim

mark with a finals time of 1:59.79 to take 15th at the SEC Championships ... Also recorded her top time of the season in the 100 back (56.56) at the SECs ... Notched top-ten finishes in both backstroke races at the Georgia Tech Invitational ... Swept both back events in dual-meet victories over Houston and Rice ... Captured the title in the 200 back (2:01.65) versus No. 7 Florida ... Secured first-place in the 200 back and runner-up honors in the 100 back against South Carolina ... Registered a win in the 200 back against Alabama and Vanderbilt ... Earned her third varsity letter.

SOPHOMORE SEASON (2006-07)

Enjoyed a fine season as one of LSU's top backstroke swimmers ... Held the Lady Tigers' fastest time of the season in the 200 back (2:01.94) ... Also participated in relays ... Competed in every dual meet and the SEC Championships ... Just missed qualifying for the finals of the 100 back at SECs, placing 18th in a season-best time of 57.38 ... Also placed 18th in the 200 back at SECs (2:03.98) ... Helped win the 400 medley relay (3:49.68) en route to an upset of Alabama ... One of eight LSU swimmers to compete at the SMU Classic ... Her best finish came with a fourth-place time of 58.28 in the 100 back at SMU ... Opened the season with a win in the 200 back at No. 1 Auburn (2:04.81) ... Recorded several second-place finishes in dual-meet competition ... Named to the SEC Academic Honor Roll ... Earned her second varsity letter.

FRESHMAN SEASON (2005-06)

Turned in a fabulous freshman campaign, posting two all-time top times in the backstroke to go along with several individual victories ... Competed in every meet, including the SEC Championships and Last Chance Meet, in which she earned an NCAA provisional cut ... Owned LSU's top times in the 100 and 200 back ... Recorded the fourth-fastest mark in school history in the 100 back at SECs (56.51) ... Won the "C" final of that event with that time and finished 13th overall ... Reached the consolation final of the 200 back at SECs and placed 11th overall (2:02.68) ... Posted five winning swims in dual-meet competition, including four victories in the 200 back ... Won the 200 back against No. 4 Florida with the fifth-best clocking in school history (2:01.44) ... Helped LSU earn a hard-fought win over Alabama with a critical first-place swim in the 200 back (2:05.85) ... Earned her first varsity letter.

PRIOR TO LSU

National-caliber backstroker in Estonia ... Set numerous country records ... Swam in Estonia with former LSU teammates Miko Malberg and Sven Schneider ... Coached by her father, Riho.

PERSONAL

Born July 8, 1985 ... Parents are Riho and Kaja Aljand ... Both were professional swimmers ... Has one twin sister, Triin and one brother, Martti ... Triin is an All-American swimmer at Texas A&M ... Majoring in international studies.

BERIT'S TOP TIMES

| | | |
|----------------|----------|------------------------|
| 100 backstroke | :56.51 | 2006 SEC Championships |
| 200 backstroke | 1:59.75* | 2008 SEC Championships |

* - indicates school record



Brooke Barnett

Sophomore * IL * Freestyle
Sarasota, Fla.
Sarasota Christian High School

2008 SEC Freshman Academic Honor Roll

FRESHMAN SEASON (2007-08)

Emerged as one of the top distance freestyle swimmers on the squad ... Competed in every dual meet, the Georgia Tech Invitational and the SEC Championships ... Registered career-best times in the 500 free (4:57.73) and 1650 free

(17:04.29) at the SECs ... Both marks were second on the team for the season ... Won the consolation final of the 500 free (4:58.35) at the Georgia Tech Invitational ... Seized runner-up honors in the 200 and 500 freestyle races versus Delta State ... Took second-place in both the 1000 free (10:20.16) and the 500 free (5:01.75) against Alabama and Vanderbilt ... Notched the top time of her career in the 1000 free (10:19.31) at Florida State ... Recorded top-three finishes in the 500 and 1000 free against Houston and Rice ... Named to the SEC Freshman Academic Honor Roll team ... Earned her first varsity letter.

PRIOR TO LSU

A four-time all-area selection at Sarasota Christian High School who specialized in distance freestyle ... Member of two YMCA national championship teams in 2005 and 2006 ...

Recorded a personal-best time of 4:57 in the 500 free ... Recipient of the Olympic Spirit Award ... Class president and a three-time scholastic All-American ... Member of the National Honor Society.

PERSONAL

Born June 15, 1988 in Tampa, Fla. ... Parents are Randy and Donna Barnett ... Has one younger brother, Beau ... Majoring in kinesiology.

BROOKE'S TOP TIMES

| | | |
|----------------|----------|------------------------|
| 500 freestyle | 4:57.73 | 2008 SEC Championships |
| 1000 freestyle | 10:19.31 | 2008 at Florida |
| 1650 freestyle | 17:04.29 | 2008 SEC Championships |



Sarah Bedell

Senior * 3L * Breaststroke
Baton Rouge, La.
Episcopal High School

JUNIOR SEASON (2007-08)

Enjoyed a solid junior campaign in breaststroke races ... Competed in seven dual meets, the Georgia Tech Invitational and the SEC Championships ... Time of 1:06.38 in the 100 breaststroke at the SECs was her best of the season ... Seized runner-up honors in the consolation final of the 100 breaststroke (1:06.46) at the Georgia Tech Invitational ...

Recorded a second-place finish in the 100 breaststroke in a dual-meet victory over Delta State ... Placed third in the 200 breaststroke (2:26.73) against Georgia ... Earned her third varsity letter.

SOPHOMORE SEASON (2006-07)

Versatile, all-around swimmer with a specialty in breaststroke for the second straight season ... Ranked in the Lady Tigers' top three of four events: 100 breaststroke (1:05.63), 200 breaststroke (2:20.17), 200 butterfly (2:13.93) and 400 individual medley (4:39.01) ... Competed in every dual meet and the SEC Championships ... Finished 16th in the prelims of the 200 breaststroke at SECs in a career-best time of 2:20.17 ... Placed 18th in the 100 breaststroke at SECs (1:05.63) and finished 41st in the 200 IM (2:11.08) ... Won the consolation final of the 200 breaststroke at the Art Adamson Invitational and placed ninth overall (2:21.59) ... Earned her second varsity letter.

FRESHMAN SEASON (2005-06)

Proved to be LSU's top breaststroke swimmer as a freshman ... Owned top times in the 100 breaststroke (1:05.41) and 200 breaststroke (2:21.85) ... Time in the 100 breaststroke was recorded as the eighth-best mark in school history and was swam at the Texas A&M Invitational ... Lady Tigers' highest finisher in the 100 and 200 breaststroke at the SEC Championships ... Placed 19th in the prelims of the 100 breaststroke (1:06.13) and 22nd in the prelims of the 200 breaststroke (2:22.95) ... Helped 400 medley relay team finish seventh at SECs (3:49.09) ... Racked up four wins on the year, including three individual victories in breaststroke events ... One of three freshmen to earn first-place finishes in a close victory over Alabama ... Posted a winning swim in the 200 breaststroke in her debut versus No. 1 Auburn (2:21.85) ... Qualified for the championship final of the 100 breaststroke at the Texas A&M Invitational and finished eighth (1:07.11) ... Earned her first varsity letter.

PRIOR TO LSU

Completed a brilliant four-year career at Episcopal High School in Baton Rouge ... Awarded as the 2003 and 2004 Nokia Sugar Bowl Outstanding Class 2A Female Swimmer of the Year ... 2002, '03, '04 Louisiana Class 2A breaststroke champion ... 2003, '04 state champion in the 200 individual medley ... High school state record holder in the 100 breaststroke (1:06.12) ... Shattered her own state record in the 100 breaststroke as a senior ... Member of two state champion relay teams in the 200 medley ... Team MVP last three years of high school ... Qualified for U.S. Nationals in the 400 freestyle and medley relay ... Coached in high school by Brian Zelinski and John Roy ... An outstanding club swimmer for Crawfish Aquatics under coach Jimmy Roberts.

PERSONAL

Born Feb. 2, 1987 in Houston, Texas ... Parents are Richard and Gwen Bedell ... Has a twin brother, Matt ... Majoring in communication studies.

SARAH'S TOP TIMES

| | | |
|------------------|---------|-----------------------------|
| 100 breaststroke | 1:05.41 | 2005 Texas A&M Invitational |
| 200 breaststroke | 2:20.17 | 2007 SEC Championships |



Kannon Betzen

Sophomore * IL * Breaststroke/IM
Hobbs, N.M.
Hobbs High School

LSU Record Holder in the 400 Medley Relay
2008 LSU Newcomer of the Year Award

FRESHMAN SEASON (2007-08)

Proved to be one of LSU's most versatile swimmers in her first year ... Played a pivotal role on the record-breaking 400 medley relay team at the Georgia Tech Invitational ... The squad recorded a time of 3:43.58 to shatter the previous best set by the same team against

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LADY TIGER HISTORY

TIGERS

TIGER HISTORY

MEDIA

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- LADY TIGER HISTORY
- TIGERS
- TIGER HISTORY
- MEDIA

Georgia a month earlier ... Finished the season with two top-10 all-time marks in Lady Tigers' history ... Registered the third-best 100-breaststroke time (1:03.32) in program annals at the SEC Prelims ... Helped the 800 freestyle relay team take eighth at the SEC Championships ... Captured third in the 100 breaststroke and took fifth in the 200 IM at the Georgia Tech Invite ... Tallied victories in the 100 breaststroke and 200 IM against Houston and Rice ... Swam a time of 2:03.79 in the 200 IM to emerge victorious versus No. 20 Florida State ... Her mark against the Seminoles is the seventh-best 200 IM time in school history ... Won both the 100 breaststroke and 200 IM versus Notre Dame ... Captured seven individual titles and eight runner-up honors during the dual-meet season ... Voted one of the team's top newcomers at the annual banquet ... Earned her first varsity letter.

PRIOR TO LSU

One of the top breaststroke swimmers in the nation and a five-time letterwinner at Hobbs High School ... A three-time high school state champion in the 100 breaststroke and a two-time state title holder in the 200 individual medley ... Earned All-America honors twice in the 100 breaststroke and 200 IM ... Brings in career-best times of 1:04.51 and 2:22.70 in the 100 and 200 breaststroke, respectively ... Broke records in all events 50 times and posted one state high school record ... Qualified for the state championships in every year of her career ... Maintained a 4.0 grade point average and a two-time U.S. Swimming Scholastic All-American ... Teammates with fellow LSU signee Eric Zeller.

PERSONAL

Born March 9, 1989 in Roswell, N.M. ... Parents are Ray and Diedra Betzen ... Has two older sisters, Raeann and Adrienne ... Majoring in biological sciences.

KANNON'S TOP TIMES

| | | |
|-----------------------|---------|------------------------|
| 200 freestyle | 1:51.46 | 2008 at Florida |
| 100 breaststroke | 1:03.32 | 2008 SEC Championships |
| 200 breaststroke | 2:21.16 | 2008 vs. Texas A&M |
| 200 individual medley | 2:03.79 | 2008 at Florida State |
| 400 individual medley | 4:28.42 | 2008 vs. Texas A&M |



Stephanie Cota

Junior * TR * Freestyle/IM
Granite Bay, Calif.
Florida

2008 U.S. Olympic Trials Participant

JUNIOR SEASON (2007-08)

Sat out the season after transferring to LSU from Florida ... Competed in four events at the 2008 U.S. Olympic Team Trials.

FRESHMAN, SOPHOMORE SEASONS (2005-07 AT FLORIDA)

A talented, versatile swimmer who qualified for the NCAA Championships twice and reached the finals at the 2007 national meet... Transfers to LSU from Florida and will be eligible to compete in 2008-09 ... Earned All-SEC recognition in the 1,650 freestyle with a fourth-place finish at the 2006 SEC Championships (16:29.28) ... Placed fifth in the 400-meter free at the 2006 ConocoPhillips U.S. Nationals (4:14.07) ... Recorded a time of 4:13.51 in the prelims of that race and earned an invitation to the World University Games as a member of the U.S. National Team with that clocking ... Boasts career top times of 4:45.80 in the 500 free, 16:21.57 in the 1,650 free, 2:00.67 in the 200 fly and 4:23.72 in the 400 individual medley ... Named to the SEC Academic Honor Roll.

PRIOR TO COLLEGE

School record holder in the 500 free, 1000 free, 1650 free and 800-meter free at Granite Bay High School in Granite Bay, Calif. ... Club swimmer for the Sierra Marlins coached by Jeff Pearson ... 2002 Junior National champion in the 500 free, 1000 free and 1650 free ... Qualified for Junior Nationals in the 200 butterfly, 400-meter free and 1500-meter free as well ... Earned a fourth-place finish in the 800 free at the 2001 U.S. Open.

PERSONAL

Born July 26, 1987 in Woodland, Calif. ... Parents are Dennis and Rebecca Cota ... Has two brothers, Brian and Andrew ... Majoring in mass communication.



Vanessa Duenas

Senior * IL * Butterfly/IM
Miami, Fla.
Syracuse

JUNIOR SEASONS (2007-08)

Made an immediate impact in individual medley and butterfly events ... Registered the team's best 400 IM mark of the season and the top 200 fly time ... Competed in every dual meet and the SEC Championships ... Swam the 400 IM in a team-best 4:24.22 at the SEC Prelims ... Notched her top 200 IM mark of the season (2:05.76) at the SECs ... Emerged

victorious in the 200 fly against the fourth-ranked Texas A&M Aggies with a season-best clocking of 2:03.76 ... Placed third in the 400 IM at the same meet ... Recorded second- and third-place finishes in the 200 fly and 200 IM, respectively, versus Notre Dame ... Captured runner-up honors in the 200 fly in a road dual-meet against Houston and Rice ... Earned her first varsity letter.

FRESHMAN, SOPHOMORE SEASONS (2004-06 AT SYRACUSE)

A standout swimmer who scored points at the Big East Championships twice in her career ... Transfers from Syracuse to LSU and will be eligible to compete this season ... Reached finals in the 200 butterfly and 400 individual medley at the 2006 Big East Championships ... Registered in the top 50 in the nation in the 400 IM and set a school record in the event with second-place at the 2006 Nike Cup ... Posted 13 wins in individual events during her sophomore season and recorded nine victories during her freshman season ... Competed in five events at the 2005 conference meet with her best finish coming in fifth place in the 200 fly.

PRIOR TO COLLEGE

Four-year most valuable swimmer at Lourdes Academy ... Named an All-American as a senior and received all-state recognition as a junior ... Won the 200 individual medley at the Florida state championship meet as a freshman and was second as a sophomore ... Placed second in the 100 butterfly at the state meet as a junior and senior ... Qualified and finished eighth in the 200 and 400 IM at the 2003 Pan-American Games ... Participated in the 2003 and 2004 World Championships as a member of the Colombian National Team.

PERSONAL

Born June 15, 1986 ... Parents are Olga Uribe and Eduardo Duenas ... Majoring in kinesiology.

VANESSA'S TOP TIMES

| | | |
|-----------------------|---------|-----------------------------|
| 100 butterfly | 57.56 | 2005 Nike Cup Invitational |
| 200 butterfly | 2:02.25 | 2006 Big East Championships |
| 200 individual medley | 2:04.23 | 2005 Nike Cup Invitational |
| 400 individual medley | 4:22.85 | 2005 Nike Cup Invitational |



Theresa Garcia

Freshman * HS * Diving
Baton Rouge, La.
Baton Rouge High School

PRIOR TO LSU

Local product who was named team MVP of her state championship gymnastics team at Baton Rouge High School ... Graduated Magna Cum Laude.

PERSONAL

Born on June 7, 1990 ... Parents are Caesar and Jeanne Garcia ... Has six siblings - Jessica, Caesar, Toby, Gabriel, Catherine and Rachel ... Her brother, Caesar is a former 2004 Olympian in diving ... Father is a former LSU gymnast ... Plans to major in international trade and finance.



Katie Gilmore

Senior * 3L * Freestyle/Butterfly
Loxley, Ala.
Daphne High School

LSU Record Holder in 50 Freestyle, 200 and 400 Freestyle Relays and 200 and 400 Medley Relays
2008 U.S. Olympic Trials Participant
2008 SEC Academic Honor Roll
2007 NCAA Honorable Mention All-American (200 and 400 Freestyle Relays)
2007 SEC Academic Honor Roll

2006 NCAA Honorable Mention All-American (200 Freestyle Relay)
2006 U.S. Spring National Championships Participant

JUNIOR SEASON (2007-08)

One of the elite swimmers in LSU history ... Tied former Lady Tiger great, Lucy Findlay for the most school records (5) in program history ... Added the 200 and 400 medley relay records to her collection this past season ... Swam team-best times in the 50-yard freestyle (22.88) and 100-yard butterfly (54.86) ... Won the consolation final of the 50 free at the SEC Championships with an NCAA 'B' cut time of 22.95 ... Played a vital role on the record-shattering 200 medley relay squad (1:40.39) at the SECs ... Emerged victorious in nine individual events and helped 15 relay squads capture titles during the year ... Received SEC Swimmer of the Week honors for her stellar performance at the Georgia Tech Invitational ... Tied teammate Katherine Noland for the top spot in the 50 free at that competition ... Seized top honors in the 100 fly with a career-best mark of 54.86 in Atlanta, Ga. ... Part of a record-breaking 400 medley relay squad at the same meet (3:43.58) ... Claimed the top spot in the 50 free at the Last Chance Meet in Athens, Ga. ... Recorded victories in the 50 free and 100 fly against both No. 20 Florida State and Notre Dame ... Registered first-place finishes in both the 50 free and 100 fly in dual-meet victories against Alabama and Vanderbilt ... Secured first-place in the 50 free versus Georgia ... Participated in the 100-meter free at the 2008 U.S. Olympic Team Trials ... Posted a time of 58.09 seconds in the race ... Named to the SEC Academic Honor Roll ... Earned her third varsity letter.

SOPHOMORE SEASON (2006-07)

Arguably, the most valuable swimmer on the squad who guided the team to its highest finish at the NCAA Championships since 2001 ... Member of the Lady Tigers' 200 and 400 freestyle relays that broke school records for the second straight year and earned honorable mention All-America honors at NAAs ... Became one of four LSU swimmers to garner multiple All-America honors in relays since 1997 ... 400 relay team swam a time of 3:17.92 in the prelims and placed fifth in the consolation final (13th overall) with a final clocking of 3:18.78 ... 200

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- TIGERS
- TIGER HISTORY
- MEDIA

free relay team improved their school-record prelim mark with a time of 1:29.69 to win the consolation final and finish ninth overall ... That time broke the old record by two seconds she helped set last season ... Joined three other swimmers in becoming the first multiple 200 free relay All-Americans in school history ... Finished 36th overall in the prelims of the 100 free at NCAAs with the third-best time in school history (50.00) and was LSU's highest scorer in the event ... Also the Lady Tigers' highest finisher in the 50 free with 19th place (22.67) ... Helped the NCAA 200 medley relay team place 21st overall (1:43.05) ... Became the first swimmer in school history to post a time in the 22-second range of the 50 free with a school-record clocking of 22.63 ... Took 13th in the 100 free (50.48) and sixth in the 50 free (22.63) at the SEC Championships ... Time in the 50 free shattered her own school record and gave her a lifetime-best finish ... Originally broke the 50 free mark held by Colleen Bertirotti in a consolation final win at the Art Adamson Invitational (22.89) ... Recorded the second-best 100 backstroke time in LSU history with an 11th-place finish at SECs (56.01) ... Named LSU Athlete of the Week after winning five of six events she participated in versus Houston, Rice and UNO quad meet ... Voted the team's Most Outstanding Swimmer at the annual banquet ... Earned SEC Academic Honor Roll recognition ... Earned her second varsity letter.

FRESHMAN SEASON (2005-06)

One of the Lady Tigers' top freestyle swimmers who was a valuable part of relays ... Recipient of the team's Most Improved Swimmer Award at the annual banquet ... Etched her name into the school's all-time top 10 in the 50 and 100 free ... Participated in the 50-meter free and 100-meter butterfly at the U.S. Spring National Championships ... Owns the seventh-best clocking in school history in the 100 free (50.79) ... Posted the sixth-fastest time in school history in the 50 free, swimming a mark of 23.39 at the NCAA Championships in a 52nd-place finish ... Finished 63rd in the 100 free at NCAAs (51.26) ... Earned All-America honors in the 200 free relay at NCAAs after helping the group finish 11th with a mark of 1:31.59 in the finals ... Member of LSU's 400 free record-setting relay team at NCAAs along with Katherine Noland, Colleen Bertirotti and Heather Brand ... Group placed 19th with a time of 3:22.31 ... Part of 200 free relay team that set school record with a third-place finish at the SEC Championships (1:31.10) ... Qualified for the consolation final of the 50 free at the SEC Championships with a prelim time of 23.45 and finished 12th overall with a final time of 23.62 ... Placed 27th in the 100 fly at SECs (57.82) and 23rd in the 100 free (51.87) ... Joined Noland, Brand and Sabrina Messmer to set an LSU Natatorium record in the 200 free relay (1:34.99) versus Tulane on Feb. 3 ... Relay time broke Georgia's old mark set in 1997... Earned her first varsity letter.

PRIOR TO LSU

A two-time state champion freestyle swimmer at Daphne High School ... Earned four letters and All-America consideration ... A four-time all-county selection and a Southeastern region finalist ... The current Alabama state champion and state record holder in the 50 free ... Member of team that placed fourth in state as a senior ... Coached by Terry Smith ... Was a club swimmer at Baldwin Mobile Aquatic Club ... An honor student in the classroom.

PERSONAL

Born March 13, 1987 in Hampton, Va. ... Parents are Tom Gilmore and Bea Clayton ... Has one brother, Francis and one sister, Meghan ... Majoring in history.

KATIE'S TOP TIMES

| | | |
|----------------|---------|--------------------------------|
| 50 freestyle | :22.63* | 2007 SEC Championships |
| 100 freestyle | :50.00 | 2007 NCAA Championships |
| 100 backstroke | :56.01 | 2007 SEC Championships |
| 100 butterfly | :54.86 | 2007 Georgia Tech Invitational |

* - indicates school record



Victoria Givens

Senior * 2L * Breaststroke/IM
Houma, La.
Tulane University

LSU Record Holder in the 200 Medley Relay
2008 SEC Academic Honor Roll

JUNIOR SEASON (2007-08)

Proved to be one of the Lady Tigers' most versatile swimmers ... Pivotal performer in the breaststroke and individual medley events ... Swam the second leg of the record-

shattering 200 medley relay team at the SEC Championships ... The squad recorded a program-best time of 1:40.39 to take sixth at the SECs ... Qualified for the finals of both the 200 IM and 100 breaststroke at the Georgia Tech Invitational ... Captured runner-up honors against Alabama and Vanderbilt in the 200 breaststroke with a team-best time of 2:18.72 ... Secured first place in the 200 breaststroke versus Houston and Rice ... Notched a victory in a rare appearance in the 50 free against Delta State ... Won the 200 breaststroke (2:21.48) and placed second in both the 100 breaststroke and 200 IM at South Carolina ... Registered a career-best clocking of 2:04.71 in the 200 IM versus Georgia ... Named to the SEC Academic Honor Roll ... Earned her second varsity letter.

SOPHOMORE SEASON (2006-07)

Made an immediate impact in breaststroke events and was a part of the Lady Tigers' medley relays ... Competed in every dual meet, the SEC Championships, the SMU Classic and the Last Chance Bulldog Invitational ... Held LSU's second-fastest times of the year in the 100 and 200 breaststroke with marks of 1:04.55 and 2:19.21, respectively ... Both times placed in the school's all-time top 10 ... LSU's highest finisher in the 100 breaststroke at SECs, posting the eighth-fastest time in school history to place 15th (1:04.55) ... Finished 16th in the 200

breaststroke prelims at SECs with the ninth-best time in school history (1:04.55) ... Held the second-best time of the season in the 400 individual medley (4:35.13) ... Recorded one individual victory in dual-meet competition versus Delta State ... Earned her first varsity letter.

FRESHMAN SEASON (2005-06 AT TULANE)

A standout breaststroker and individual medalist at Tulane who helped lead the Green Wave to a fifth-place finish at the Conference USA Championships ... Transfers to LSU with three more years of eligibility ... Shattered the school record in the 200 IM prelims at the C-USA Championships (2:05.09) and qualified for the U.S. Open ... Also broke the school record in the 200 breaststroke, finishing fourth at the C-USA meet with a U.S. Open qualifying time of 2:18.90 ... Took fourth in the 100 breaststroke with a U.S. Open qualifying time of 1:03.63 ... Swept both breaststroke events in a dual meet against Rice on Nov. 12 and versus Texas A&M on Jan. 20 ... Senior National qualifier for the 200 and 400 free relays.

PRIOR TO LSU

One of the top high school student-athletes in the state as a standout at Vanderbilt Catholic High School ... Won state titles in the 100 breaststroke and 200 individual medley all four years of high school and set school records in the 50, 100, 200 and 500 freestyles, 100 breaststroke, 100 backstroke, 200 and 400 free relays, and 200 medley relay ... Earned All-America honors in the 100 breaststroke in each of her final three seasons ... Also was an All-American in the 200 IM as a junior ... Prominent club swimmer for the Bayou Barracudas where she was a state champion four times and a Junior National qualifier on three occasions ... Maintained a 4.0 grade point average and served as class president as a sophomore and senior ... A state finalist for the Wendy's High School Heisman award and a member of the National Honor Society.

PERSONAL

Born June 24, 1987 ... Parents are Kenneth and Frances Givens ... Has one younger sister, Olivia ... Majoring in biological sciences.

VICTORIA'S TOP TIMES

| | | |
|-----------------------|---------|-----------------------------|
| 100 breaststroke | 1:03.63 | 2006 C-USA Championships |
| 200 breaststroke | 2:18.72 | 2007 at Alabama, Vanderbilt |
| 200 individual medley | 2:04.71 | 2007 vs. Georgia |
| 400 individual medley | 4:32.55 | 2008 at Houston, Rice |



Samantha Goates

Freshman * HS * Freestyle/Backstroke
Visalia, Calif.
Exeter Union High School

PRIOR TO LSU

One of the top prep swimmers from the West Coast ... Recorded six All-America times in the 50 free and 100 back during her four-year career ... Captured eight individual medals at the high school level ... Named the 2008 Fresno Bee Swimmer of the Year ... Member of her school's athletic

Hall of Fame ... Boasts top times of 23.58 and 56.04 in the 50 free and 100 back, respectively ... Graduated as her class' salutatorian ... Coached by Bruce Montgomery.

PERSONAL

Born March 16, 1990 ... Parents are Larry and Rebecca Goates ... Has one sister, Taylor ... Plans to major in history.



Lauren Grandy

Junior * 2L * Freestyle
Humble, Texas
Humble High School

2008 SEC Academic Honor Roll

SOPHOMORE SEASON (2007-08)

Enjoyed a fine sophomore campaign in middle-distance freestyle events ... Competed in every dual meet, the Georgia Tech Invitational and the SEC Championships ... Set a team-best mark in the 500 free (4:54.37) and a career-best time in

the 200 free (1:49.37) at the SECs ... Emerged victorious in the 200 free consolation final at the Georgia Tech Invitational ... Helped the 800 freestyle relay squad place third at the same competition ... Seized first-place in the 1000 free (10:32.33) versus Delta State ... Tallied second-place finishes in both the 100- and 200-freestyle races against Houston and Rice ... Placed second in the 500 free at the twentieth-ranked Florida State Seminoles ... Named to the SEC Academic Honor Roll ... Earned her second varsity letter.

FRESHMAN SEASON (2006-07)

LSU's top middle distance freestyle swimmer as a freshman ... Competed in every dual meet, the SMU Classic and three days at the SEC Championships ... Was the Lady Tigers' highest finisher in both the 200 and 500 free at SECs ... Posted the sixth-best 200 free time in school history in a 13th-place finish at SECs (1:49.59) ... Reached the consolation finals of the 200 free ... Recorded the ninth-fastest 500 free time in school history in a 18th-place finish at the same meet (4:54.45) ... Helped the 800 free relay team to sixth place at SECs (7:27.66) ... Qualified and placed sixth in the 500 free championship final at the SMU Classic (5:05.40) and finished ninth in the 200 free (1:53.73) ... Tallied two individual wins in dual-meet competition versus Arkansas and Delta State ... Earned her first varsity letter.

THIS IS LSU

COACHES

LADY TIGERS

LADY TIGER HISTORY

TIGERS

TIGER HISTORY

MEDIA

PRIOR TO LSU

Lettered four years in swimming and water polo at Humble High School ... Named Team MVP three times during her career ... Four-year state qualifier and All-American ... Became the school record holder in the 200 and 500 freestyle and 200 and 400 free relays ... 2004 Canadian Olympic Trials qualifier ... Coached by Chuck Blackman.

PERSONAL

Born Oct. 5, 1988 in Fort McMurray, Canada ... Parents are David and Diane Grandy ... Has one brother, Dylan and one sister, Nicole ... Majoring in mass communication.

LAUREN'S TOP TIMES

| | | |
|---------------|---------|------------------------|
| 200 freestyle | 1:49.37 | 2008 SEC Championships |
| 500 freestyle | 4:54.37 | 2008 SEC Championships |



Christina Herubin

Senior * 2L * Freestyle/IM
Coppell, Texas
Tulane University

2008 SEC Academic Honor Roll

JUNIOR SEASON (2007-08)

Versatile performer who contributed in many individual races ... Set new personal bests in four events ... Competed in every dual meet, the Georgia Tech Invitational and the SEC Championships ... Swam career-best times in the 400 IM (4:30.03) and the 500 free (5:07.37) at the SECs ... Registered a victory in the 200 fly in a dual-meet win over Delta State ... Placed sixth in the 1000 free with a personal best of 10:30.14 against Georgia ... Finished 16th in the 400 IM at the Georgia Tech Invitational ... Recorded a career-best clocking of 2:06.54 in the 200 fly at No. 20 Florida State ... Named to the SEC Academic Honor Roll ... Earned her second varsity letter.

SOPHOMORE SEASON (2006-07)

Excellent all-around swimmer who claimed LSU's fastest time of the season in the 400 individual medley while also posting team top-three marks in the 200 butterfly, 500 freestyle and 1000 freestyle ... Saw action in every dual meet and two days of competition at the SEC Championships ... Was the Lady Tigers' highest finisher in the 400 IM and 200 fly at SECs ... Placed 20th in the 400 IM (4:34.94) and 22nd in the 200 fly (2:10.79) ... Recorded LSU's third-best times of the season in the 500 and 1000 free versus Alabama with marks of 5:12.04 and 10:33.59, respectively ... Received her first varsity letter.

FRESHMAN SEASON (2005-06 AT TULANE)

Contributed in freestyle and individual medley events as a freshman and competed at the Conference USA Championships ... One of three swimmers to transfer to LSU from Tulane ... Had a career-best time in the 400 IM at the C-USA Championships (4:33.99), placing eighth overall ... Helped win the 200 free relay versus Houston on Jan. 28 ... Posted the fifth-best time in school history in the 1650 free (17:46.96) at the Texas A&M Invitational.

PRIOR TO COLLEGE

Two-year letterwinner as a freshman and sophomore at Coppell High School ... 2002-03 Team MVP ... 2004 USA Swimming Regional Distance Camp participant ... Was a high school regional finalist in the 100 back in 2003 ... Member of school record 400 free relay team ... Club swimmer at Lakeside Aquatic Club ... Coached in high school by Matt Rowe ... Member of the National Honor Society.

PERSONAL

Born Aug. 11, 1987 in Carrollton, Texas ... Parents are Michael and Margaret Herubin ... Has two sisters, Stephanie and Danielle and two brothers, John and Andrew ... Majoring in microbiology.

CHRISTINA'S TOP TIMES

| | | |
|-----------------------|----------|-----------------------------|
| 500 freestyle | 5:07.37 | 2008 SEC Championships |
| 1000 freestyle | 10:30.14 | 2007 vs. Georgia |
| 1650 freestyle | 17:46.96 | 2005 Texas A&M Invitational |
| 200 butterfly | 2:06.54 | 2008 at Florida State |
| 400 individual medley | 4:30.03 | 2008 SEC Championships |



Leigh Ann King

Junior * 1L * Freestyle/Butterfly
Baton Rouge, La.
St. Joseph's Academy

SOPHOMORE SEASON (2007-08)

Enjoyed a solid season in her first year at LSU ... Competed in 10 dual meets, the Georgia Tech Invitational and the SEC Championships ... Set season-best times in three events at the SECs ... Swam the 50 free in 23.49 seconds and the 200 free in 1:56.45 at the conference meet ... Also recorded a career-best time of 51.66 in the 100 free to place 26th ... Helped the 200 freestyle relay squad register a fifth-place finish at the SECs... Won the 100 free (52.91) against Delta State ... Played a role on the winning 400 freestyle relay team versus Houston and Rice ... Part of three other relay teams that took runner-up honors during the dual-meet season ... Finished third in the 50 free (23.98) and fourth in the 100

free (52.61) at No. 20 Florida State ... Earned her first varsity letter.

FRESHMAN SEASON (2006-07 AT FLORIDA STATE)

Lettered for one season at Florida State ... Helped win the 200 freestyle relay versus Akron in a holiday meet.

PRIOR TO COLLEGE

Holds the Louisiana high school state record in the 50 free (23.11)... Was a four time All-American, senior national qualifier in the 50 free and junior national qualifier in the 100 free... Helped lead St. Joseph's Academy to three Division I state meet championships ... Holds city records in the 50 and 100 free as well as in the 200 and 400 free relays.

PERSONAL

Born Aug. 24, 1987 ... Parents are Joseph and Jodi King ... Has one sister, Erin ... Father attended LSU ... Majoring in mass communication with a concentration in public relations.

LEIGH'S TOP TIMES

| | | |
|---------------|---------|--------------------------------|
| 50 freestyle | 23.49 | 2008 SEC Championships |
| 100 freestyle | 51.66 | 2008 SEC Championships |
| 200 freestyle | 1:56.45 | 2008 SEC Championships |
| 100 butterfly | 59.74 | 2007 Georgia Tech Invitational |



Katie Lybbert

Freshman * HS * Diving
Argyle, Texas
Selwyn School

PRIOR TO LSU

A well-rounded student-athlete and two-time 1-meter springboard state champion at the Selwyn School in Argyle, Texas ... Also recorded two runner-up finishes at state meets ... Placed fifth in the 3-meter at the 2008 USA Diving Spring Junior West Championships ... Also a standout basketball and volleyball player who earned all-district and all-area honors in those respective sports ... Active member of her community who tutored young students on a weekly basis ... Graduated Summa Cum Laude.

PERSONAL

Born April 30, 1990 ... Parents are Chris and Kaki Lybbert ... Has one brother, Chase ... Plans to major in biological sciences.

Chelsea McCorvey

Freshman * HS * Diving
Houston, Texas
Memorial Senior High School

PRIOR TO LSU

A four-time All-American and district champion at Memorial Senior High School in Houston, Texas ... Earned first team all-state recognition as a senior ... Broke two school records in 1-meter springboard events ... Lettered all four years ... Coached by Ed Hooker.

PERSONAL

Born on March 19, 1990 ... Parents are Robert and Helene McCorvey ... Has an older brother, Jason and an older sister, Natasha ... Plans to major in business.

Morgan McGee

Freshman * HS * Backstroke
Shreveport, La.
Caddo Parish HS

PRIOR TO LSU

One of the elite swimmers in the state who figures to make an immediate impact in backstroke races ... Emerged victorious in eight individual events at the 2008 Louisiana Short Course State Championships ... Swam the 100-yard back at that meet in a personal-best time of 55.81 seconds ... Her mark qualified as a U.S. Spring Nationals standard ... Also registered a new top time in the 50 free at the state competition with a mark of 23.95 ... Owns school records in the 50 free and 100 and 200 backstroke races.

PERSONAL

Born Nov. 2, 1989 ... Parents are Jimmie and Renee McGee ... Has one brother, Mason and two sisters, Meredith and Madeline ... Plans to major in education.



Monica McJunkin

Senior * 3L * Backstroke/Freestyle
Charlotte, N.C.
Providence High School

LSU Record Holder in the 100 backstroke and 200 and 400 Medley Relays
2008 LSU Most Improved Award

JUNIOR SEASON (2007-08)

Produced the finest season of her backstroking career ... Emerged as one of LSU's best swimmers ... Set a new 100-

backstroke record and played a role on two record-breaking medley relay squads ... Competed in every dual meet, the Georgia Tech Invitational and the SEC Championships ... Swam the first leg of the Lady Tigers' record-shattering 200 medley relay team (1:40.39) at the SECs ... Narrowly missed the finals of the 50 free with her top time of the season (23.26) at that competition ... Enjoyed one of the finest meets of her career at the Georgia Tech Invitational ... Topped 41 swimmers in the 100 back with the best event time in program history (55.05) ... Part of two winning relay teams in Athens, Ga., including LSU's record-breaking 400 medley relay squad (3:43.58) ... Also placed fourth in the 50 free at that competition ... Won the 100 back at No. 20 Florida State ... Tallied victories in the 100 back against both Notre Dame and South Carolina ... Captured first in the 100 back (56.19) versus Alabama and Vanderbilt ... Helped 15 relay squads take first-place during the season ... Earned her third varsity letter.

SOPHOMORE SEASON (2006-07)

Added to LSU's backstroke efforts and posted team top-four times in both back events ... Competed in two dual meets in the fall and all meets in the spring as well as the SEC Championships ... Finished 18th in the 100 back at the SECs with the Lady Tigers' third-fastest time of the season (57.46) ... Contributed to a win in the 200 medley relay in a quad meet versus UNO, Houston and Rice ... Posted the fourth-best clocking of the season in the 200 back in season-opening meet at Auburn ... Earned her second varsity letter.

FRESHMAN SEASON (2005-06)

Enjoyed an impressive freshman year as one of the Lady Tigers' top backstrokers ... Posted the fastest time of the season in the 50 back (26.40) at the Texas A&M Invitational ... Was also second on the squad in the 100 back with a time of 57.10 in an eighth-place finish at A&M ... That time was recorded as the seventh-best mark in school history ... Qualified for the "C" final of the 100 back at the SEC Championships and finished fifth (17th overall) with a time of 57.69 ... Just missed reaching the finals of the 200 back at SECs, placing 25th (2:09.94) ... Part of LSU's 200 medley relay that finished eighth at SECs (1:43.38) ... Won the 200 free versus UNO on Jan. 20 (1:57.01) ... Earned her first varsity letter.

PRIOR TO LSU

Specialized in backstroke and freestyle events at Providence High School ... Received team's MVP award as a freshman ... Swam in the 100 and 200 back and 200 free ... Swam at the famed Mecklenburg Aquatic Club and trained under coach Dave Gibson ... Scholastic All-American in the classroom.

PERSONAL

Born May 17, 1987 ... Parents are Chuck and Tina McJunkin ... Has one younger sister, Marissa ... Majoring in communication studies.

MONICA'S TOP TIMES

| | | |
|----------------|---------|--------------------------------|
| 50 freestyle | :23.26 | 2008 SEC Championships |
| 100 backstroke | :55.05* | 2007 Georgia Tech Invitational |
| 200 backstroke | 2:03.31 | 2008 Georgia Tech Invitational |

* - indicates school record



Sabrina Messmer

Senior * 3L * Freestyle
Daytona Beach, Fla.
Spruce Creek High School

LSU Record Holder in 200 and 400 Freestyle Relays
2007 NCAA Honorable Mention All-American (200 and 400 Freestyle Relays)

JUNIOR SEASON (2007-08)

A steady contributor in freestyle races and a pivotal member of the freestyle relay squads ... Competed in every dual meet,

the Georgia Tech Invitational and the SEC Championships ... Recorded her top times of the season in the 50 free (23.95), 100 free (51.97) and 200 free (1:52.00) at the SECs ... Helped the 800 freestyle relay team place third at the Georgia Tech Invitational ... Finished 18th in the 200 free at the same meet ... Registered a fourth-place finish in the 500 free with her top mark on the year (5:15.41) ... Played a vital role on the winning 400 freestyle relay team against Houston and Rice ... A member of four relay squads that finished on top during the dual-meet season ... Earned her third varsity letter.

SOPHOMORE SEASON (2006-07)

A vital member of LSU's freestyle relays who helped the squad establish multiple school records and earn a pair of NCAA All-America honors ... Competed in every dual meet, all four days of the SEC Championships and the NCAA Championships ... Shattered the school record

in the 400 free relay at NCAAs with a time of 3:17.92 in the prelims ... That mark broke the old record by five seconds (3:22.21) ... Posted a finals clocking of 3:18.78 to finish 13th overall and earn honorable mention All-America status ... Broke the 200 free relay school record on the first day of the NCAA meet, recording a mark of 1:29.69 to win the consolation final ... That time broke the old record (1:31.10) and secured honorable mention All-America honors with an overall ninth-place finish ... Became the first relay teams to earn multiple All-America honors since 1997 ... Helped the 200 free relay take fourth place (1:31.59) and the 800 free relay finish sixth at SECs (7:27.66) ... Placed 22nd in the 50 free (23.66) and 25th (51.42) in the 100 free at SECs ... Earned her second varsity letter.

FRESHMAN SEASON (2005-06)

Contributed in freestyle events in her first season at LSU and was a member of several relays ... Competed in every dual meet and the SEC Championships ... Joined Katherine Noland, Katie Gilmore and Heather Brand to set a then-Natatorium record with a win in the 200 free relay versus nationally-ranked Florida on Jan. 12 ... Group swam a time of 1:34.99 to overtake the previous record set by Georgia in 1997 ... A day later, the group won the 400 free relay versus Houston (3:27.00) ... LSU's highest finisher in the 200 free at SECs, finishing 26th (1:52.58) ... Took 29th in the 100 free prelims at SECs (52.35) ... Earned the first individual victory of her career in the 100 free against UNO on Jan. 20 (53.94) ... Helped win the 400 free relay versus Alabama on Jan. 7 (3:26.92) ... Made her debut versus No. 1 Auburn on Oct. 21, placing second in the 500 free (5:08.84) ... Posted the team's second-best time in the 200 free versus Tulane on Feb. 3 (1:52.46) ... Earned her first varsity letter.

PRIOR TO LSU

Talented freestyle swimmer at Spruce Creek High School ... Won the state championship in the 100 free as a freshman ... Named Daytona News Journal and Orlando Sentinel "Swimmer of the Year" as a senior ... Voted as Volusia/Flagler Counties "Swimmer of the Year" ... Coached by Steve Lochte ... Also a club swimmer at Daytona Beach Swim Club.

PERSONAL

Born April 3, 1987 in Minneapolis, Minn. ... Parents are Max and Julienne Messmer ... Has two sisters, Natasha and Simone ... Majoring in communication studies.

SABRINA'S TOP TIMES

| | | |
|---------------|---------|-------------------------------|
| 50 freestyle | :23.66 | 2007 SEC Championships |
| 100 freestyle | :51.42 | 2007 SEC Championships |
| 200 freestyle | 1:51.54 | 2006 Art Adamson Invitational |



Katherine Noland

Senior * 3L * Butterfly/Freestyle
Deerfield Beach, Fla.
St. Thomas Aquinas High School

LSU Record Holder in the 400 Medley Relay and the 200 and 400 Freestyle Relays
2008 LSU Most Outstanding Swimmer Award
2007 NCAA Honorable Mention All-American (200 and 400 Freestyle Relay)
2006 NCAA Honorable Mention All-American (200 Freestyle Relay)

2006 LSU Most Valuable Swimmer Award

2006 LSU Top Newcomer Award

JUNIOR SEASON (2007-08)

Continued to be a force in freestyle events and a critical part of the freestyle and medley relays ... Registered team-best times in two races and top-two marks in five events ... Notched a 10th place finish at the SEC Championships in the 50 free with the second-best time in LSU history (23.00) ... Helped both freestyle relay teams place in the top six at the SECs ... Enjoyed a sensational Georgia Tech Invitational where she was a part of four victories ... A member of three winning relay teams at that competition ... Anchored LSU's record-breaking 400 medley relay squad (3:43.58) ... Tied teammate Katie Gilmore for first-place in the 50 free (23.20) ... Also recorded a career-best clocking of 55.70 in the 100 fly to take fifth at the Invite ... Swept the 100 and 200 free races at No. 20 Florida State ... Seized the 100 fly and 200 free titles against Houston and Rice ... Reached the wall first in the 100 free (50.99) versus Alabama and Vanderbilt ... Tallied wins in the 100 back (58.60) and the 100 fly (57.15) in a dual-meet victory over Delta State ... Swam the 100 free in 50.71 seconds to capture first-place versus Georgia ... Took the top spot in the 200 free (1:48.83) against the fourth-ranked Texas A&M Aggies ... Posted the top 200 free time of her career (1:48.69) in a runner-up finish at No. 7 Florida ... Played a pivotal role on I3 victorious relay squads during the season ... Received the team's Most Outstanding Swimmer Award at the annual banquet ... Earned her third varsity letter.

SOPHOMORE SEASON (2006-07)

One of the top-two freestyle swimmers on the team who helped LSU break a pair of relay records ... Now claims three All-America honors in her career ... Competed in every dual meet, the SMU Classic, the SEC Championships and the NCAA Championships for the second straight season ... Helped shatter the school record in the 400 free relay at NCAAs with a time of 3:17.92 in the prelims ... That mark broke last year's record by five seconds (3:22.21) ... Swam a leadoff split of 49.72 in that race, registering as the second-best 100 free time in school history ... Posted a finals clocking of 3:18.78 to finish 13th overall and earn honorable mention All-America status ... Broke the 200 free relay school record on the first day of the NCAA meet, recording a mark of 1:29.69 to win the consolation final ... That time broke the old record (1:31.10) she helped set last year and secured honorable mention All-America honors with an overall ninth-place finish ... Became the first relay teams to earn multiple All-

- THIS IS LSU
- COACHES
- LADY TIGERS
- LADY TIGER HISTORY
- TIGERS
- TIGER HISTORY
- MEDIA

America honors since 1997 ... Also was a member of the 200 medley relay that finished 21st at NCAAs (1:43.05) ... Placed 46th in the 50 free (23.11) and 39th in the 100 free (50.09) at NCAAs ... Finished 18th in the 50 free (23.51) and 16th in the 100 free (50.83) at SECs ... Helped the 200 free relay take fourth place (1:31.59) and the 800 free relay finish sixth (7:27.66) at SECs ... Won the "C" final of the 100 free at the Art Adamson Invitational (51.26) ... LSU's most outstanding swimmer at the SMU Classic ... Recorded a team-high 11 individual victories in dual-meet competition ... Won three events versus No. 2 Florida -- 50 free, 100 free and 100 fly ... Received her second varsity letter.

FRESHMAN SEASON (2005-06)

The most valuable freshman on the squad and one of the top freshmen in the SEC ... Recipient of the team's Most Valuable Swimmer Award at the annual banquet ... Posted four school individual all-time top 10 times and helped set two records in relays ... Joined Colleen Bertirotti, Katie Gilmore and Heather Brand to set the school record in the 400 freestyle relay at the NCAA Championships (3:22.21) ... The time broke the previous record set in 1993 ... Also helped the squad earn All-America honors in the 200 free relay (1:31.59) ... Time earned the group an 11th-place finish overall and third in the consolation finals ... Placed 53rd in the 50 free prelims at NCAAs (24.10) and 54th in the 100 free prelims (50.81) ... In just one season, posted the third-best marks in school history in the 50 free (23.07) and 100 free (50.29) ... Also held the seventh-fastest mark in the 100 butterfly (55.79) and 200 fly (2:03.68) ... LSU's highest finisher in the 100 free at the SEC Championships, taking ninth overall and third in the consolation final with the third-fastest time in school history (50.63) ... One of nine teams to earn pool records as a member of the 200 free relay at SECs ... Helped the group take third overall with a school-record clocking of 1:31.10 ... Captured third-place honors (ninth overall) in the consolation final of the 50 free (23.37) ... Helped lead the Lady Tigers to a victory over Alabama on Jan. 7 with wins in the 200 free (1:51.77) and 400 free relay (3:26.92) ... Also won the 100 free (50.93) versus Houston and Rice on Jan. 14 and the 200 fly (2:05.37) at No. 21 Florida State on Oct. 28 ... Qualified for the championship final of the 200 fly at the Texas A&M Invitational and placed sixth (2:03.68) ... Later won the consolation of the 100 fly (55.79) at A&M ... Earned her first varsity letter.

PRIOR TO LSU

A four-year letterwinner at St. Thomas Aquinas High School in Fort Lauderdale ... Florida state high school champion in the 100 butterfly and 50 freestyle as a senior ... Member of three state championship teams (2001, '02, '04) and four district championship squads ... Swam six All-America cuts as a senior ... Set three new career-fast times at the 2004 Florida state meet ... Three-time Miami Herald First Team selection ... Honor student in the classroom ... Coached in high school by Jimmy Paramenter.

PERSONAL

Born Dec. 9, 1986 in Boynton Beach, Fla. ... Parents are Howard and Margaret Noland ... Has one brother, Thomas and one sister, Elizabeth ... Majoring in elementary education.

KATHERINE'S TOP TIMES

| | | |
|---------------|---------|--------------------------------|
| 50 freestyle | :23.00 | 2008 SEC Championships |
| 100 freestyle | :49.72 | 2007 NCAA Championships |
| 200 freestyle | 1:48.69 | 2008 at Florida |
| 100 butterfly | :55.70 | 2008 Georgia Tech Invitational |
| 200 butterfly | 2:03.68 | 2005 Texas A&M Invitational |



Ali Sanford

Sophomore * IL * Butterfly
Plano, Texas
Plano High School

FRESHMAN SEASON (2007-08)

Provided quality depth in the butterfly events ... Competed in every dual meet, the Georgia Tech Invitational and the SEC Championships ... Swam the 100-yard breaststroke in a personal best of 1:08.42 at the SECs ... Recorded her top time in the 100 fly (57.31) to place 11th at the Georgia Tech Invitational ... Tallied runner-up finishes in the 100 and 200

fly against Delta State ... Notched third-place in the 100 fly (58.31) versus South Carolina ... Finished seventh in the 200 fly at No. 20 Florida State with a career-best clocking of 2:07.10 ... Earned her first varsity letter.

PRIOR TO LSU

A 13-time All-American at Plano Senior High School ... Lettered in four seasons and qualified for state all four times ... Named Athlete of the Week in 2005 by the Dallas Morning News ... Finished 10th in the 100 butterfly at the 5A state championships (57.38) ... Member of the second-place 200 freestyle relay that was named relay team of the year by the Dallas Morning News ... Club swimmer for the City of Plano Swim Club where she owned top times of 57.30 and 2:06.30 in the 100 and 200 fly, respectively ... Teammates with fellow LSU freshman Lamar Weeks.

PERSONAL

Born Jan. 25, 1989 in Dallas, Texas ... Parents are Doug and Renee Sanford ... Has one older brother, Robert and one younger sister, Sallie ... Majoring in communication studies.

ALI'S TOP TIMES

| | | |
|------------------|---------|--------------------------------|
| 100 butterfly | :57.31 | 2007 Georgia Tech Invitational |
| 200 butterfly | 2:07.10 | 2008 at Florida State |
| 100 breaststroke | 1:08.42 | 2008 SEC Championships |



Lauren Simons

Senior * 3L * Freestyle
Mobile, Ala.
St. Paul's Episcopal High School

- 2008 SEC Academic Honor Roll
- 2008 SEC Community Service Team
- 2007 SEC Academic Honor Roll
- 2006 LSU Most Improved Swimmer Award
- 2006 SEC Freshman Academic Honor Roll

JUNIOR SEASON (2007-08)

Saw action in distance freestyle events ... Competed in five dual meets and the Georgia Tech Invitational ... Swam her top times of the season in the 500 free (5:16.56) and the 1000 free (10:42.13) against Houston and Rice ... Placed 21st in the 1650 free at the Georgia Tech Invitational with her best clocking on the year (18:12.25) ... Recorded a third-place finish in the 1000 free in a dual-meet victory over Delta State ... Named to the SEC Community Service Team for her contributions to the LSU CHAMPS/Life Skills Program ... Earned SEC Academic Honor Roll honors ... Received her third varsity letter.

SOPHOMORE SEASON (2006-07)

Contributed in distance freestyle events for the second consecutive year ... Competed in every dual meet, the Art Adamson Invitational and the SEC Championships ... Placed 36th in the 500 free (5:12.25) and 28th in the 1650 free (18:08.39) at SECs ... Posted a career-best 1000 free time in a sixth-place finish versus UNO, Rice and Houston (10:31.84) ... That time was the second-fastest mark produced by an LSU swimmer all season ... Named to the SEC Academic Honor Roll Earned her second varsity letter.

FRESHMAN SEASON (2005-06)

Provided quality depth to LSU's distance freestyle efforts ... Competed in every dual meet and the SEC Championships ... Finished 35th in the 500 free at SECs (5:14.45) ... Swam a season-best 1650 free time in a 20th-place finish at SECs (17:46.95) ... Enjoyed her best dual meet against UNO on Jan. 20 ... Knocked five seconds off her previous best time in the 1000 free to win the race against the Privateers (10:46.48) ... One of 33 LSU athletes named to the SEC Freshmen Academic Honor Roll ... Earned her first varsity letter.

PRIOR TO LSU

Lettered at St. Paul's Episcopal School ... Team co-captain as a senior and voted "Most Improved Swimmer" ... Member of the All-American 200 freestyle relay team that was a state record holder for three years ... Team was state champions in final two seasons of her high school career ... An Academic All-America selection and a member of the National Honor Society and Interact Club ... Was a club swimmer for the City of Mobile Swim Association ... Coached by John Hartman.

PERSONAL

Born Feb. 4, 1987 ... Parents are Greg and Brenda Simons ... Majoring in international studies.

LAUREN'S TOP TIMES

| | | |
|----------------|----------|-----------------------------|
| 1000 freestyle | 10:31.84 | 2007 vs. UNO, Houston, Rice |
| 1650 freestyle | 17:46.95 | 2006 SEC Championships |



Shanna Spears

Sophomore * SQ * Freestyle
Kennesaw, Ga.
Kennesaw Mountain High School

FRESHMAN SEASON (2007-08)

Contributed in distance freestyle events in her first year at LSU ... Competed in every dual meet, the Georgia Tech Invitational and the SEC Championships ... Notched career-best marks in the 100 free (54.44) and the 200 free (1:56.51) at the SECs ... Placed sixth in the 1000 free with her top time of the season (10:39.25) at No. 7 Florida ... Swam

the 500 free in a career-best time of 5:14.64 to finish seventh at the same meet ... Registered a fifth-place finish in the 200 fly against Delta State ... Earned her first varsity letter.

PRIOR TO LSU

Four-year letterwinner at Kennesaw Mountain High School ... Participated in distance freestyle and individual medley events ... Named team MVP three times and was a recipient of team leadership, excellence and dedication awards ... Also was a member of the track and field team ... Coached by David Reason ... Club coach was Ian Goss.

PERSONAL

Born April 25, 1989 in Riverdale, Ga. ... Parents are Chris and Robbie Spears ... Has one younger sibling, Taylor ... Plans to major in microbiology.

SHANNA'S TOP TIMES

| | | |
|----------------|----------|------------------------|
| 100 freestyle | :54.44 | 2008 SEC Championships |
| 200 freestyle | 1:56.51 | 2008 SEC Championships |
| 500 freestyle | 5:14.64 | 2008 at Florida |
| 1000 freestyle | 10:39.25 | 2008 at Florida |



Jane Trepp

Sophomore * IL * Freestyle/Breaststroke
Tallinn, Estonia
Gustav Adolf Grammar School

LSU Record Holder in the 200 Medley Relay
2008 SEC Freshman Academic Honor Roll
2008 LSU Newcomer of the Year Award

FRESHMAN SEASON (2007-08)

Incredibly versatile swimmer who provided an immediate impact in a multitude of events ... Registered three top-10 all-time marks in school history ... Swam the third leg of LSU's record-breaking 200 medley relay team at the SEC Championships (1:40.39) ... Took 14th in the 100 breaststroke (1:04.32) at the SECs ... Her time of 1:03.74 in the SEC Prelims of that event is the fourth-best in program annals ... Part of a remarkable 1-2-3-4 LSU finish among 61 competitors in the 50-yard freestyle (23.36) at the Georgia Tech Invitational ... Helped the Lady Tigers' winning 200 freestyle relay squad at the same competition ... Also won the consolation final of the 100 fly (55.85) in Atlanta, Ga. ... Anchored victorious 200 freestyle relay teams against both No. 4 Texas A&M and No. 7 Florida ... Recorded a runner-up finish in the 50 free versus No. 20 Florida State with a clocking of 23.74 ... Placed third in both the 100 free and 100 fly in a dual-meet victory over Notre Dame ... Notched second in the 50 free versus Alabama and Vanderbilt ... Voted one of the team's top newcomers at the annual banquet ... Named to the SEC Freshman Academic Honor Roll team ... Earned her first varsity letter.

PRIOR TO LSU

An eight-time Estonian national champion -- 50 breaststroke (2003-07), 100 breaststroke (2003, '06) and 100 individual medley (2005) ... Estonian record holder in the 50 breaststroke and 100 IM ... Placed 12th in the 50 breaststroke at the 2006 World Short Course Championships in Shanghai ... Finished ninth in the 100 IM at the 2005 Short Course Championships ... Took eighth in the 50 breaststroke at the 2004 European Championships ... Brings in career-best times of 32.56 and 1:12.53 in the 50-meter and 100-meter breaststroke events, respectively ... Voted "Best Athlete" at her school three straight years.

PERSONAL

Born March 13, 1988 ... Parents are Madis and Angela Trepp ... Older sister, Nele, is also a swimmer on the team ... Majoring in psychology.

JANE'S TOP TIMES

| | | |
|-----------------------|---------|--------------------------------|
| 50 freestyle | :23.34 | 2008 Last Chance Meet |
| 100 freestyle | :51.36 | 2008 SEC Championships |
| 100 butterfly | :55.85 | 2007 Georgia Tech Invitational |
| 100 breaststroke | 1:03.47 | 2008 SEC Championships |
| 200 individual medley | 2:09.99 | 2008 at Houston, Rice |



Nele Trepp

Senior * 2L * Freestyle
Tallinn, Estonia
Gustav Adolf Grammar School

2008 SEC Academic Honor Roll
2006 SEC Freshman Academic Honor Roll

JUNIOR SEASON (2007-08)

Saw action in freestyle, butterfly and breaststroke races ... Competed in seven dual meets, the Georgia Tech Invitational and the SEC Championships ... Recorded her top times of the season in the 100 free (54.56), 200 free (1:56.24) and 500 free (5:07.50) at the SECs ... Played a role in the 200 freestyle relay team's runner-up finish against the seventh-ranked Florida Gators ... Placed fourth in the 200 free versus Delta State ... Named to the SEC Academic Honor Roll ... Earned her second varsity letter.

SOPHOMORE SEASON (2006-07)

Provided quality depth to sprint freestyle and breaststroke events ... Competed in every dual meet, the Art Adamson Invitational and the SEC Championships for the second consecutive season ... Posted a career-best time in the 100 breaststroke versus seventh-ranked Florida State (1:08.99) ... Clocking a time of 5:16.99 in the 500 free time trials at SECs ... Recorded a season-best 200 breaststroke time at the Art Adamson Invitational (2:32.05).

FRESHMAN SEASON (2005-06)

Added depth to LSU's sprint freestyle and breaststroke events as a freshman ... Competed in every dual meet and set career highs at the SEC Championships ... Also saw action in relays ... Owned the Lady Tigers' third-best time of the season in the 100 breaststroke (1:09.78) ... Placed 40th in the 50 free at SECs with a season-best time of 24.62 and finished 37th in the 100 free (53.72) ... Set another career-best time in the 100 breaststroke, taking 25th at SECs (1:09.78) ... Named to the SEC Freshman Academic Honor Roll

PRIOR TO LSU

International freestyle swimmer in Estonia ... Participated in the 50 and 100 free and 50 butterfly ... Swam with former LSU great and 2008 Olympian Miko Malberg.

PERSONAL

Born March 28, 1985 ... Parents are Madis and Angela Trepp ... Has one sister, Jane, who also swims for LSU ... Majoring in communication studies.

NELE'S TOP TIMES

| | | |
|------------------|---------|-------------------------------|
| 50 freestyle | :24.62 | 2006 SEC Championships |
| 100 freestyle | :53.40 | 2007 SEC Championships |
| 100 breaststroke | 1:08.99 | 2007 vs. Florida State |
| 200 breaststroke | 2:32.05 | 2006 Art Adamson Invitational |



Rachel Ware

Junior * 2L * Diving
Richmond, Texas
Foster High School

2008 NCAA Honorable Mention All-American (1-meter)
2008 SEC Women's Diver of the Year
2008 SEC Champion (1-meter)
2008 SEC Runner-up (3-meter)
2008 First-Team All-SEC
2008 LSU Most Outstanding Diver Award
2007 NCAA First-Team All-American (Platform)

2007 NCAA Honorable Mention All-American (1-meter)
2006-07 SEC Freshman Diver of the Year

SOPHOMORE SEASON (2007-08)

Arguably the Lady Tigers' top performer ... The best female diver in the SEC and one of the top divers in the country ... Placed 12th in the 1-meter springboard to earn Honorable Mention All-America honors at the NCAAs ... Named the SEC Female Diver of the Year after a sensational performance at the SEC Championships ... Joined teammate Paige Brown as the first LSU divers to earn All-SEC honors since Barb Horst was named to the team in 2003 ... Reached the finals in all three diving events at the SEC Championships ... Emerged victorious in the 1-meter (315.55) at the SECs ... Became LSU's first conference champion in that event since 2001 ... Captured runner-up honors in the 3-meter springboard at the same competition with a career-high score of 328.85 ... Her 3-meter mark registered as the fourth-highest score in program history ... Swept both springboard events against the seventh-ranked Florida Gators ... Recorded a victory in the 1-meter versus No. 4 Texas A&M ... Finished second in the 1-meter and third in the 3-meter at the Georgia Tech Invitational ... Took home top honors in the 3-meter competition at No. 20 Florida State with a six-dive total of 291.10 ... Won the 1-meter title against Alabama and Vanderbilt ... Voted the team's most outstanding diver at the annual banquet ... Earned her second varsity letter.

FRESHMAN SEASON (2006-07)

The top freshman diver in the SEC and one of the elite freshman divers in the nation ... Enjoyed the best freshman season at LSU in nearly 10 years and was voted the SEC Freshman Diver of the Year ... Became only the third freshman in school history to earn multiple All-America accolades in the same season ... Placed eighth in the championship final of the platform to earn first-team All-America honors at the NCAA Championships (244.75) ... Scored a mark of 280.20 in the platform prelims ... Joined Hali Saucier in becoming the first LSU diver to earn a top-eight finish in the platform since Barb Horst in 2002 ... Earned honorable mention All-America honors in the 1-meter in her first event at NCAAs ... Was the second highest scoring freshman in the finals of the 1-meter at NCAAs with a 14th-place finish (323.90) ... That score registered as the second-best mark in school history ... Became the first LSU freshman diver to post an All-America score since Ashley Culpepper in 1998 ... Was the Lady Tigers' highest scorer in the 3-meter at NCAAs by placing 25th in the prelims (293.55) ... Qualified for NCAAs with a sixth-place mark in the 1-meter at the NCAA Zone B Regional (525.95) ... Reached championship finals in two of three events at the SEC Championships and was the lone freshman in the league to post top-10 scores in all three events during the season ... Finished 10th in the 3-meter (267.10), eighth in the 1-meter (271.65) and sixth in the platform (226.60) at SECs ... Tallied four wins and five second-place finishes in dual-meet competition, which included a sweep of both boards in an upset over Alabama ... Tied for first place in the 1-meter in her first career event at No. 1 Auburn ... Recipient of the team's Newcomer Award at the annual banquet ... Earned her first varsity letter.

PRIOR TO LSU

A two-time 4A state champion and two-time NISCA All-American at Foster High School ... Has gathered plenty of national experience, most recently competing in the 2006 Speedo Junior National Championships ... Finished fifth in the 1-meter final at that event ... Also competed at the USA Diving Senior Zone C Championships, taking fifth in the 1-meter and eighth in the 3-meter ... Won the 3-meter at the 2006 Junior Summer Region Seven Championships ... Coached by Toni Schramme.

PERSONAL

Born Oct. 26, 1987 in Houston, Texas ... Parents are Kevin and Gayla Ware ... Majoring in psychology.

RACHEL'S TOP SCORES

| | | |
|-----------------------|--------|-------------------------|
| 1-meter (six dives) | 323.90 | 2007 NCAA Championships |
| 3-meter (six dives) | 328.85 | 2008 SEC Championships |
| Platform (five dives) | 280.20 | 2007 NCAA Championships |

- THIS IS LSU
- COACHES
- LADY TIGERS**
- LADY TIGER HISTORY
- TIGERS
- TIGER HISTORY
- MEDIA



Jamie Wright

Senior * 3L * Freestyle/Butterfly
 Baton Rouge, La.
 Baton Rouge High School

2007 SEC Academic Honor Roll
 2006 SEC Freshman Academic Honor Roll

JUNIOR SEASON (2007-08)

Added quality depth to freestyle and butterfly events ... Saw action in eight dual meets and the Georgia Tech Invitational ... Notched runner-up honors in the 50 free against Delta State

with a clocking of 25.04 ... Placed fourth in the 100 fly at the same meet ... Swam a season-best time of 54.20 in the 100 free versus Houston and Rice ... Finished seventh in the 100 back (1:00.69) against the fourth-ranked Texas A&M Aggies ... Earned her third varsity letter.

SOPHOMORE SEASON (2006-07)

Excellent all-around swimmer who contributed in sprint freestyle, butterfly and backstroke events ... Competed in every dual meet, the Art Adamson Invitational and the SEC Championships ... Posted personal-best times in the 100 fly and 100 free at SECs ... Finished 21st in the 100 fly at SECs with a lifetime-best clocking of 56.77 ... Finished 32nd in the 50 free (24.10) and 40th in the 100 free (52.38) at SECs ... Named to the SEC Academic Honor Roll ... Earned her second varsity letter.

FRESHMAN SEASON (2005-06)

One of the Lady Tigers' freshman standouts in sprint freestyle and butterfly events ... Owned LSU's third-fastest time of the year in the 50 fly (26.83) and was fourth on the team in the 100 fly (57.15) ... Participated in relays as well ... Turned in a solid performance with a 24th-place finish in the 50 free at the SEC Championships ... Swam a season-best time of 23.91 in that race ... Finished 32nd in the 100 free at SECs with another career best (52.68) ... Just missed the consolation final of the 100 fly at SECs, taking 24th (57.15) ... One of seven swimmers named to the SEC Freshman Academic Honor Roll ... Earned her first varsity letter.

PRIOR TO LSU

One of the most coveted swimming prospects in the state ... A product of Baton Rouge High School and the Bengal Tiger Aquatic Club ... Coached by John Roy ... A Junior National qualifier and multi-time finalist in the freestyle, butterfly and backstroke events ... Louisiana representative for the Wendy's High School Heisman Award and an Academic All-American ... Was the captain and MVP at BHS and BTAC ... Earned All-America honors in the 50 and 100 free and 100 fly ... Louisiana state high-point winner and sectionals finalist ... Graduated Suma Cum Laude.

PERSONAL

Born Oct. 7, 1987 ... Parents are Rob and Amy Wright ... Has two brothers, Robbie and Travis ... Father, Rob and brother, Robbie attended LSU ... Travis is a 100 fly swimmer at Tennessee ... Has lived near the LSU campus all of her life ... Majoring in biological sciences.

JAMIE'S TOP TIMES

| | | |
|---------------|--------|------------------------|
| 50 freestyle | :23.91 | 2006 SEC Championships |
| 100 freestyle | :52.38 | 2007 SEC Championships |
| 100 butterfly | :56.77 | 2007 SEC Championships |



Jane Trepp

SEASON IN REVIEW



Paige Brown fought back from a serious injury in the SEC Preliminaries to secure the 2008 SEC championship in platform diving.

There wasn't a better pair of divers in the Southeastern Conference last season than LSU's Rachel Ware and Paige Brown. Together, the duo combined to win two of three event titles, capture three medals and tally 81 points at the SEC Championships in February and gave diving coach Doug Shaffer his first SEC Diving Coach of the Year honor at LSU.

Ware, who was named the SEC Female Diver of the Year, edged Kentucky's Kari Retrum by two points in the 1-meter springboard finals to seize the gold in the event at the conference meet. The sophomore added a runner-up finish in the 3-meter on the following day to take a spot on the podium for the second consecutive day.

In March, Ware placed 12th in the 1-meter competition at the NCAA Championships, notching her third All-America accolade in two seasons.

Brown turned in the most courageous performance of the meet as she overcame a serious foot injury in the preliminaries to become the school's first SEC platform champion since 2002. In her final dive of the preliminary round, Brown attempted an inward two-and-a-half summersault in the pike position but knocked both of her heels against the platform while she was rotating.

She was rushed to the hospital and received 11 stitches to patch the wounds, but the resilient senior would not let the mishap deny her a chance at the championship. Returning to the Alabama Aquatics Center just a few hours after the accident, Brown blew away the competition in record-setting fashion, earning the platform title and setting a new Lady Tigers' all-time mark with a score of 300.30.

Ware's exploits and Brown's perseverance highlighted what was another accomplished year for the Lady Tigers. In 2007-08, the squad registered its highest win total under head coach Adam Schmitt with eight dual-meet victories.

The Lady Tigers opened the season on a good note, winning four of their first five dual meets, including impressive victories over SEC foes South Carolina, Alabama and Vanderbilt.

After a two-week layoff from competition, the team traveled to Atlanta, Ga., to compete in the Georgia Tech Invitational and wrapped up a stellar weekend, finishing second out of seven teams. The 400-

yard medley relay squad of Monica McJunkin, Kannon Betzen, Katie Gilmore and Katherine Noland registered a first-place finish with the best time in program history, 3 minutes, 43.58 seconds.

Gilmore enjoyed arguably the best all-around competition of her career, capturing five titles at the meet – two individual and three in relay races. Her sensational performance earned her SEC Swimmer of the Week honors.

In addition, Noland and McJunkin had fine meets as well. Noland was a part of all three winning relay teams and recorded three top-five finishes in individual events. McJunkin broke the school's 100-yard backstroke record when she touched the wall ahead of 41 other swimmers in 55.05 seconds.

The team returned to action on New Year's Day and emerged victorious against the Notre Dame Fighting Irish. Following a victory over No. 20 Florida State and a pair of solid efforts against top-ten opponents, Florida and Texas A&M, the Lady Tigers concluded the regular season with wins over Houston and Rice in a weekend tri-meet in late January.

Gilmore led the swimming team's efforts at the SEC Championships one month later. The junior qualified for three points races and swam to victory in the consolation final of the 50 free. Moreover, the 200 freestyle relay squad of McJunkin, Victoria Givens, Jane Trepp and Gilmore broke the school mark with a time of 1:40.39 to place sixth.

Junior Berit Aljand also shattered an LSU record at the conference meet, breaking the 200 back with a mark of 1:59.75 in the SEC Prelims.

Outside the pool, the team continued to flourish as 12 student-athletes earned SEC Academic Honor Roll recognition for their work in the classroom.

Brown headlined the Lady Tigers' academic accomplishments, becoming yet another diver to be named a finalist for the prestigious SEC H. Boyd McWhorter Postgraduate Scholarship. The Zionsville, Ind., native graduated Summa Cum Laude with a degree in biological engineering and led the team with a 3.9 grade point average.

THIS IS LSU

COACHES

LADY TIGERS

LADY TIGER HISTORY

TIGERS

TIGER HISTORY

MEDIA

Results at 2008 SEC Championships (Top Three and Highest LSU Finisher)

50-yard Freestyle

| | | |
|-----------------------|-----------|--------|
| 1. Christine Magnuson | Tennessee | :22.03 |
| 2. Jenny Bradford | Kentucky | :22.18 |
| 3. Heather Bradford | Kentucky | :22.24 |
| 9. Katie Gilmore | LSU | :22.95 |

100-yard Freestyle

| | | |
|-----------------------|-----------|--------|
| 1. Christine Magnuson | Tennessee | :48.08 |
| 2. Ava Ohlgren | Auburn | :48.33 |
| 13. Kara Denby | Auburn | :48.70 |
| 13. Michele King | Tennessee | :48.70 |
| 14. Katie Gilmore | LSU | :50.31 |

200-yard Freestyle

| | | |
|---------------------|---------|---------|
| 1. Emily Kukors | Auburn | 1:43.47 |
| 2. Caroline Burckle | Florida | 1:44.25 |
| 3. Chelsea Nauta | Georgia | 1:46.32 |
| 20. Lauren Grandy | LSU | 1:49.37 |

500-yard Freestyle

| | | |
|---------------------|-----------|---------|
| 1. Caroline Burckle | Florida | 4:34.87 |
| 2. Maggie Bird | Auburn | 4:40.72 |
| 3. Aleksa Akerfelds | Tennessee | 4:42.91 |
| 20. Lauren Grandy | LSU | 4:54.37 |

1650-yard Freestyle

| | | |
|---------------------|-----------|----------|
| 1. Maggie Bird | Auburn | 15:58.27 |
| 2. Aleksa Akerfelds | Tennessee | 16:00.11 |
| 3. Chelsea Haser | Auburn | 16:03.00 |
| 17. Clare Schepens | LSU | 16:59.37 |

100-yard Backstroke

| | | |
|---------------------|---------|--------|
| 1. Gemma Spofforth | Florida | :51.57 |
| 2. Margo McCawley | Auburn | :52.76 |
| 3. Alek Putra | Georgia | :53.17 |
| 11. Monica McJunkin | LSU | :55.48 |

200-yard Backstroke

| | | |
|--------------------|---------|---------|
| 1. Gemma Spofforth | Florida | 1:50.56 |
| 2. Alek Putra | Georgia | 1:53.29 |
| 3. Melissa Marik | Auburn | 1:54.17 |
| 15. Berit Aljand | LSU | 1:59.79 |

100-yard Breaststroke

| | | |
|--------------------|-----------|---------|
| 1. Kara Denby | Auburn | 1:00.37 |
| 2. Kelly McNichols | Georgia | 1:00.43 |
| 3. Michele King | Tennessee | 1:00.46 |
| 14. Jane Trepp | LSU | 1:04.32 |

200-yard Breaststroke

| | | |
|---------------------|---------|---------|
| 1. Caroline Burckle | Florida | 2:12.49 |
| 2. Amanda Hartley | Florida | 2:13.22 |
| 3. Josefin Wede | Auburn | 2:13.68 |
| 23. Victoria Givens | LSU | 2:21.61 |

100-yard Butterfly

| | | |
|-----------------------|-----------|--------|
| 1. Christine Magnuson | Tennessee | :51.00 |
| 2. Margo McCawley | Auburn | :53.22 |
| 3. Heather Bradford | Kentucky | :53.36 |
| 16. Katie Gilmore | LSU | :55.09 |

200-yard Butterfly

| | | |
|--------------------|----------|---------|
| 1. Emily Kukors | Auburn | 1:54.97 |
| 2. Elizabeth Hill | Georgia | 1:56.12 |
| 3. Katie Kastes | Arkansas | 1:57.87 |
| 24. Vanessa Duenas | LSU | 2:04.19 |

200-yard Individual Medley

| | | |
|--------------------|---------|---------|
| 1. Ava Ohlgren | Auburn | 1:54.97 |
| 2. Emily Kukors | Auburn | 1:55.14 |
| 3. Gemma Spofforth | Florida | 1:57.46 |
| 28. Vanessa Duenas | LSU | 2:05.76 |

400-yard Individual Medley

| | | |
|---------------------|-----------|---------|
| 1. Ava Ohlgren | Auburn | 4:05.78 |
| 2. Stephanie Proud | Florida | 4:11.58 |
| 3. Aleksa Akerfelds | Tennessee | 4:13.12 |
| 16. Vanessa Duenas | LSU | 4:28.91 |

200-yard Freestyle Relay

| | | |
|---|-----------|---------|
| 1. King, Mathes, Magnuson, Nauta | Tennessee | 1:29.07 |
| 2. Bradford, Willis, Pulskamp, Bradford | Kentucky | 1:29.12 |
| 3. Ohlgren, Denby, Ewing, Kukors | Auburn | 1:29.26 |
| 5. Gilmore, Noland, McJunkin, King | LSU | 1:31.34 |

400-yard Freestyle Relay

| | | |
|-------------------------------------|-----------|---------|
| 1. Ohlgren, Marik, Kukors, Denby | Auburn | 3:13.09 |
| 2. King, Mathes, Magnuson, Nauta | Tennessee | 3:16.22 |
| 3. Burckle, Pike, Napier, Spofforth | Florida | 3:16.63 |
| 6. Noland, Gilmore, Trepp, McJunkin | LSU | 3:21.78 |

800-yard Freestyle Relay

| | | |
|--------------------------------------|---------|---------|
| 1. Ohlgren, Geary, Marik, Kukors | Auburn | 6:57.28 |
| 2. Nauta, McNichols, Scroggy, Miller | Georgia | 7:03.47 |
| 3. Burckle, Pike, Larson, Kemp | Florida | 7:05.81 |
| 8. Noland, Betzen, Grandy, Messmer | LSU | 7:23.28 |

200-yard Medley Relay

| | | |
|--------------------------------------|-----------|---------|
| 1. Spofforth, Burckle, Healy, Napier | Florida | 1:37.23 |
| 2. McCawley, Denby, Dilletta, Ewing | Auburn | 1:38.00 |
| 3. Weaner, King, Magnuson, Mathes | Tennessee | 1:38.09 |
| 6. McJunkin, Givens, Trepp, Gilmore | LSU | 1:40.39 |



2008 SEC Championships

Feb. 20-23
Alabama Aquatics Center
Tuscaloosa, Ala.

Women's Team Results

| | |
|-------------------|-------|
| 1. Auburn | 761.5 |
| 2. Florida | 706.0 |
| 3. Georgia | 566.5 |
| 4. Tennessee | 477.0 |
| 5. Kentucky | 332.0 |
| 6. LSU | 238.5 |
| 7. Arkansas | 229.0 |
| 8. Alabama | 202.5 |
| 9. South Carolina | 199.0 |
| 10. Vanderbilt | 80.0 |

400-yard Medley Relay

| | | |
|--------------------------------------|---------|---------|
| 1. McCawley, Denby, Ohlgren, Kukors | Auburn | 3:33.40 |
| 2. Spofforth, Burckle, Healy, Pike | Florida | 3:34.84 |
| 3. Putra, McNichols, Broome, Miller | Georgia | 3:37.68 |
| 8. McJunkin, Betzen, Gilmore, Noland | LSU | 3:45.29 |

1-meter Diving

| | | |
|-----------------|-----------|--------|
| 1. Rachel Ware | LSU | 315.55 |
| 2. Kari Retrum | Kentucky | 313.95 |
| 3. Lauren LeRoy | Tennessee | 311.05 |

3-meter Diving

| | | |
|-----------------|-----------|--------|
| 1. Lauren LeRoy | Tennessee | 344.05 |
| 2. Rachel Ware | LSU | 328.85 |
| 3. Hannah Moore | Georgia | 317.25 |

Platform Diving

| | | |
|---------------------|----------|--------|
| 1. Paige Brown | LSU | 300.30 |
| 2. Jessica Snowden | Kentucky | 273.80 |
| 3. Elizabeth Hughes | Alabama | 248.35 |

2008 Women's SEC Honors

SEC Women's Swimming Co-Coaches of the Year
Gregg Troy, Florida and Matt Kredich, Tennessee

SEC Women's Diving Coach of the Year
Doug Shaffer, LSU

SEC Women's Swimmer of the Year
Christine Magnuson, Tennessee

SEC Women's Diver of the Year
Rachel Ware, LSU

SEC Women's Freshman Swimmer of the Year
Aleksa Akerfelds, Tennessee

SEC Women's Freshman Diver of the Year
Jessica Snowden, Kentucky

SEC Women's Co-Scholar-Athletes of the Year
Kara Denby, Auburn and Christine Magnuson, Tennessee



Vanessa Duenas