

2008-09 UNIVERSITY of KENTUCKY

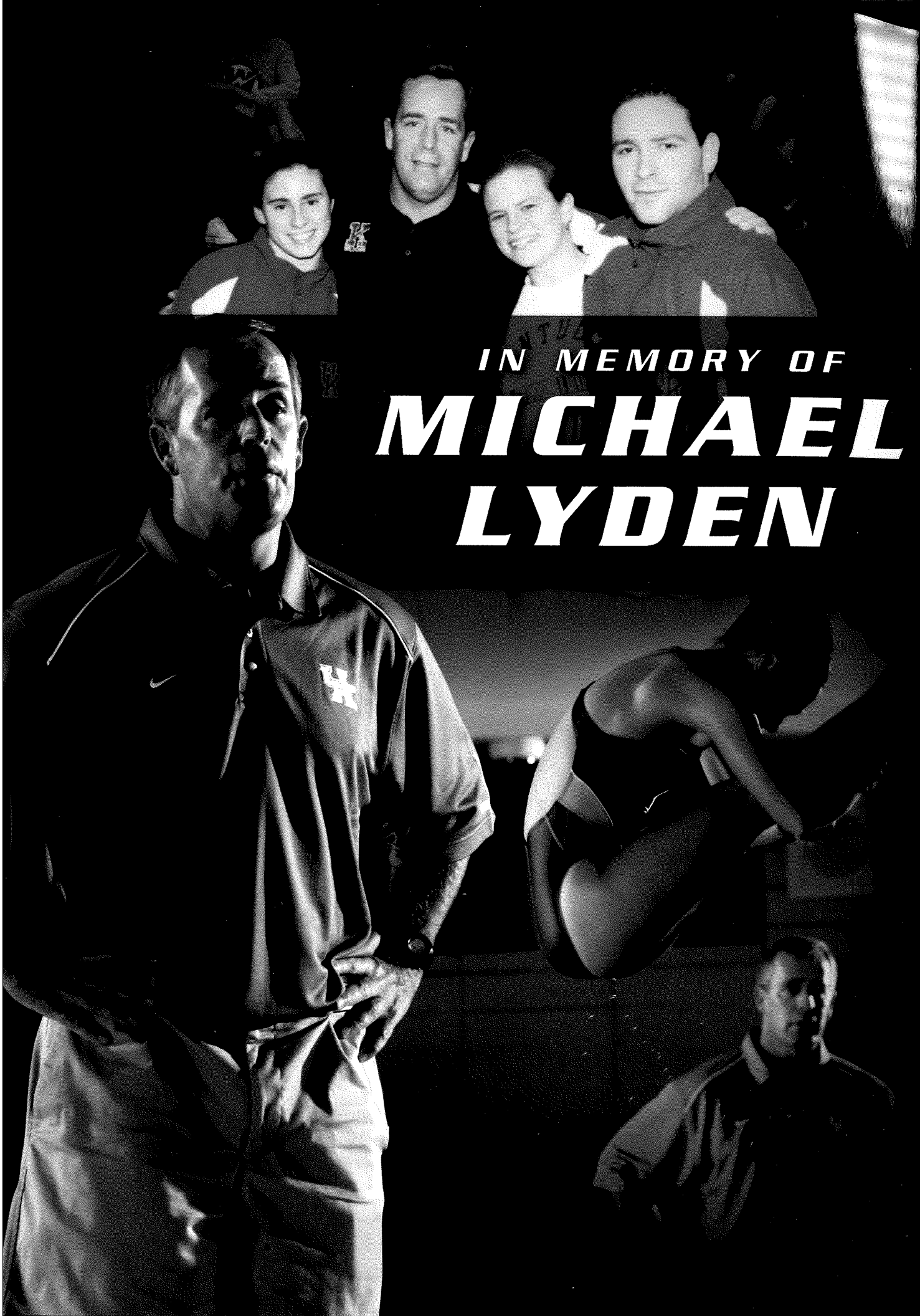
SWIMMING and DIVING

2008-09 MEDIA GUIDE

UK

DEPTH VARIES

DEPTH VARIES



IN MEMORY OF
**MICHAEL
 LYDEN**

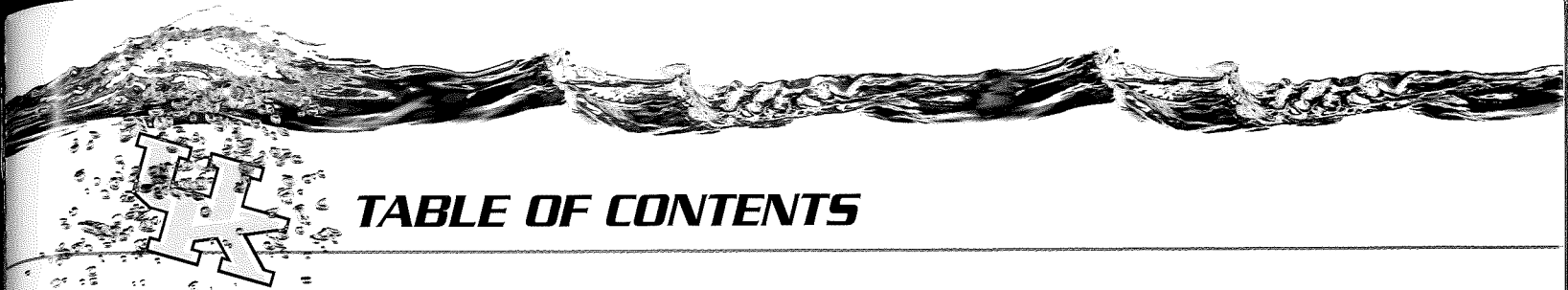


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UK QUICK FACTS

Location: Lexington, Ky.
Enrollment: 27,000
Founded: 1865
Nickname: Wildcats
Colors: Blue & White
Conference: Southeastern
President: Dr. Lee T. Todd Jr.
Athletics Director: Mitch Barnhart
Deputy Director of Athletics: Rob Mullens
Sr. Associate ADs: Sandy Bell, Mark Coyle
Associate ADs: Bob Bradley, John Cropp, Russ Pear, DeWayne Peevy, Lisa Peterson
Assistant ADs: John Butler, Candice Chaffin, Jason Schlafer, Joe Sharpe, Leon Smith, Pam Stackhouse, Rodney Stiles
Athletic Trainer: Katie Naftzinger
Manger: Addison Gray
Academic Counselor: Bob Bradley
Strength and Conditioning: Stephanie Tracey-Simmons

William T. Young Library68
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 Kentucky: The Bluegrass State70
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SWIMMING & DIVING QUICK FACTS

Head Swimming Coach: Gary Conelly (Indiana '73)
Record at UK: 187-138 (17 years)
Record Overall: Same
Diving Coach: Ted Hautau
Assistant Coaches: Shaun Zitani, John Brucato, Margo Greeman
Facility (Capacity): Lancaster Aquatic Center (750)
2007-08 Women's Dual Meet Record: 5-4
2007-08 Men's Dual Meet Record: 4-5
2007-08 Women's SEC Championship Finish: 5th
2007-08 Men's SEC Championship Finish: 5th
2007-08 Women's NCAA Championship Finish: 18th
2007-08 Men's NCAA Championship Finish: 19th

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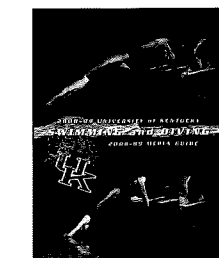
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 Lexington, KY 40506-0604

TO THE MEDIA

The 2008-09 University of Kentucky media guide is intended to answer any questions you might have about the upcoming season and assist you in your coverage of the team throughout the year. If you need additional information, special stories, pictures, or have any questions, please feel free to contact us by writing to the UK Media Relations Office, Joe Craft Center, 338 Lexington Avenue, Lexington, KY 40506-0604 or by calling (859) 257-3838.

Questions about the 2008-09 UK swimming and diving team should be directed to Deb Moore at the UK Media Relations office at (859) 257-3838.



CREDITS

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HEAD COACH GARY CONELLY



Gary Conelly begins his 18th season at the helm of the University of Kentucky swimming programs. The women's squads have compiled a 105-64 record since Conelly began coaching the squad in 1991-92. The men, whom he started coaching in 1992-93, have amassed a record of 82-74, bringing his overall coaching record to 186-138.

It was another successful season for Conelly in 2008 as both the men and women placed in the top-20 in the nation at the NCAA Championships. Led by two of the best swimmers in UK history Jenny and Heather Bradford the women scored an 18th place finish behind a school-best fifth place performance in the 200-free relay. On the men's side, freshman Tyler Reed and junior Warren Grobbelaar paced UK to a 19th place finish. Reed and Grobbelaar were integral parts in both the individual and relay events, while Shane Eliason,

Alex Forbes and Eric McGinnis all scored first time All-America nominations. Both teams took fifth place at the annual SEC Championships.

In 2006-07, Conelly's women's squad claimed a school-best 12th place finish at the 2007 NAAs to highlight another quality season for the Wildcats. Conelly guided the 200-freestyle relay team to its first ever top-eight national performance after watching the quartet win the school's first ever relay SEC Championship in February. The women finished fourth for the third consecutive season, while the men placed eighth.

In 2005-06, the Cats were once again a force in the pool. Highlighting the men's accomplishments was senior Steven Manley becoming the school's first SEC Champion in a freestyle event since 1957 when he captured the 200-freestyle crown. The women had a record-breaking season by registering

a school-best 597 points, good for a second-consecutive fourth-place finish, at the SEC Championships. The women continued to set new highs at the NCAA Championships by placing 13th and earning 98.5 points.

The 2004-05 season marked one of the best in Conelly's outstanding career at UK. The men had their highest-ever finish at the SEC Championships placing fourth, while the women had their best finish since 1998-99. The men continued their success at the NCAA Championships finishing 12th, the top mark in school history. The women produced the program's third-best NCAA Championships showing by placing 18th.

Conelly's 2003-04 men's squad sent the largest men's contingent in school history to the NCAA Championships, with eight different Wildcats

heading to East Meadow, N.Y. The 2004 squad earned 15th place, marking the best finish in the history of the program at the time. His UK women's squad sent three student-athletes to the NCAA Championships and moved up three spots to sixth place at the SEC Championships.

In 2002-03, Conelly guided the men's team to its second-highest finish ever in the NCAA championships, a 17th-place showing. Conelly's 2001-02 men's team placed 16th at NAAs, its highest-ever finish at the time. At the SEC Championships, the men had the second-highest point total in school history (282), finishing in sixth-place. Competing at the NAAs for the men were juniors Clayton Moss, Roger Watkins and sophomore Joey Faltraco. Faltraco's 11th-place finish in the 200-yard backstroke earned him honorable mention All-America, the first UK athlete to earn the honor in the event, while Moss was an All-American on the one- and three-meter springboards and the platform. The women also competed at the national championships, continuing a string of 10 consecutive appearances.

During the 2000-01 year, Conelly coached the men's team to a NCAA 17th-place finish. UK also attained its highest SEC finish in 18 years, taking fifth. Five individuals from the men's team competed at the NAAs, seniors Dave Tweedie, Macon White, Aaron Workman and Shaun Zitani and sophomore Roger Watkins, all five of them earning All-America honorable mention. Conelly also guided the women to the NAAs, where they placed 39th. Seniors Melissa Olson and Jaime Siegele competed at the championships, with Siegele earning All-America honorable mention in the 50-freestyle.

During the 1999-2000 season, Conelly led the men's team to a top-20 finish and had two men qualify for the NCAA championships, both earning honorable mention All-America honors. Four women qualified for the NCAA Championships. The women's 800-freestyle relay captured 12th and earned the women honorable mention All-America honors in addition to competing individually. Following the season, nine Wildcats participated in the 2000 Olympic trials.

In 1998-99, Conelly steered both the men's and women's teams to top-25 finishes at the NCAA Championships. The men finished at No. 24, while the women finished 21st, their fifth consecutive top-25 showing. The women's squad had 10 athletes advance to the NCAA meet, the most in school history.

Conelly and the 1996-97 men's team achieved a 26th-place NCAA finish and Nat Lewis finished third in the 1,650 freestyle and still ranks as the second-highest NCAA finisher in school history. The women secured 24th place and had three team members earn All-America honors.

In the 1995-96 season, Conelly directed the women's team to a 14th-place finish at the NCAA Championships, the highest finish in school history. In 1994-95, Conelly led the women's team to a fourth-place finish at the SEC Championships and a second straight 19th-place finish at the NCAA Championships. Conelly was named 1995 SEC Women's Coach of the Year for his efforts.

In Conelly's 15 years with UK, the swimming and diving programs have made great strides. In 1990, Conelly coached the team's first female All-American and NCAA finalist, Kellie Moran. Since then, Wildcat swimmers have garnered 95 All-America accolades under Conelly's tutelage.

Prior to becoming head coach at Kentucky, Conelly spent three years with UK as a graduate assistant coach.

Conelly came to the University of Kentucky from the West Florida Lightning Aquatics USS team in Largo, Fla. During his seven years at West Florida, Conelly directed 150 swimmers and produced three Olympic Trial qualifiers, two National Sports Festival team members, and one Sports Festival champion in the 100-backstroke.

CONELLY BY THE NUMBERS

- 95 All-America selections
- 12 NCAA Top-20 Team Finishes
- 6 SEC Individual Champions
- 1 SEC Relay Championship
- 3 Olympians
- 2 NCAA Top-5 Individual Finishes
- 1972 U.S. Olympian
- Former world record holder 400 F.R.

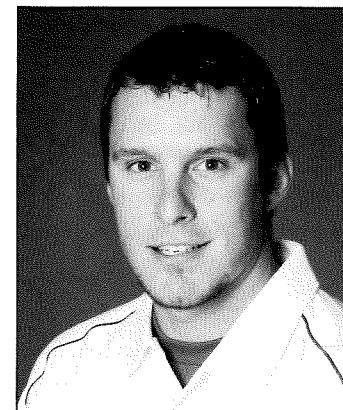
As a swimmer, Conelly was a member of the 1972 U.S. Olympic Team, and he participated on the world record-setting 400-meter freestyle relay team. An Indiana University alumnus, Conelly was a 15-time NCAA All-American and is a member of the Indiana Swimming Hall of Fame. In 1973, Indiana honored him with the Balfour Award for excellence in swimming, leadership, and scholarship.

Conelly is married to Kathleen Healey and has two children, Cody and Emily.

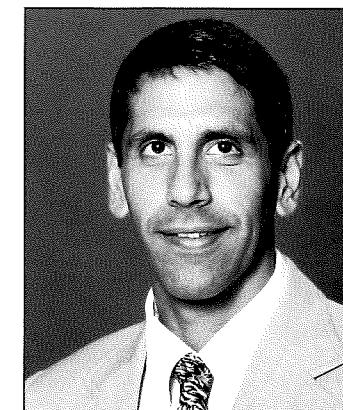


DIVING COACH TED HAUTAU

ASSISTANT COACHES



SHAUN ZITANI
Associate Head Coach



JOHN BRUCATO
Assistant Coach



MARGO GREEMAN
Assistant Coach

Shaun Zitani enters his third year as associate head coach and fourth season overall at the University of Kentucky as a member of the coaching staff.

Zitani is responsible for the Wildcat sprint program and helped guide the women's 200-free relay team to a school-first SEC Championship in 2007. The same relay took fifth in the nation in 2008, the highest finish ever for a relay team at UK. Wildcat sprinters have earned seven All-America distinctions under his tutelage. Zitani is also a valiant recruiter and has brought some of the top recruits to Kentucky in his four seasons.

A five-time All-American from 1997-2001, Zitani returned to his alma mater after serving three seasons as an assistant swim coach at Indian River Community College in Ft. Pierce, Fla. Zitani helped continue the tradition of excellence for the 31-time national-champion Pioneers, leading Indian River to three national titles while coaching the sprint swimmers to seven national-record finishes. At Indian River, Zitani coached Tim Patrick, who transferred to Kentucky and broke Zitani's 50-yard freestyle record. Zitani coordinated all dry-land and weight-room programs for the Pioneers and served as the head age-group coach for the River Rats swim team.

Zitani brings a wealth of experience as a former student-athlete in addition to his coaching expertise. He placed 12th in the 50-freestyle at the 2000 NCAA Championships to earn an honorable-mention All-America selection and swam on the first Kentucky men's relay teams to compete at the NCAA Championships in 2001. Zitani helped lead the Cats to 13th place in the 200-medley relay and the 800-freestyle relay, 14th place in the 200-freestyle relay and 15th place in the 400-freestyle relay to collect four more honorable-mention All-America honors.

John Brucato is in his 11th season with the UK swimming program. Brucato works primarily with the distance group and breaststrokers.

One of Brucato's long-time athletes Elaine Breedon appeared in the Olympic Games for the USA in both butterfly events in 2008.

Brucato came to UK via the USS club team Wildcat Aquatics in Lexington. Brucato joined WA in the spring of 1990 and has established himself as a leader in the Kentucky swim coaching community.

During his tenure with WA, Brucato produced numerous top-16 qualifiers, Junior National qualifiers, Junior National Champions, Senior National qualifiers, and an Olympic Gold Medalist. He is a former Kentucky Swimming Coach of the Year, in addition to being a Select Camp Coach and an Olympic Festival Coach.

In 1992, Brucato coached Megan Kleine to a gold medal in the 1992 Olympic Games as part of the United States' 400-meter medley relay. Kleine, who swam for six years under Brucato at WA, won Senior Nationals twice in the 100-meter breaststroke. Kleine went on to swim at the University of Texas at Austin.

A native of Covington, Ky., Brucato began his coaching career at the Covington YMCA and then spent two years with the Covington Clippers Swim Team. He spent five years at the Nashville Aquatic Club, 1985-90, as head age group coach.

Brucato is a 1985 graduate of Northern Kentucky University where he received a degree in psychology. He lives in Lexington with his wife Jan, and their daughter, Katie, is a junior at Bellemine University.

UK swimming alumna Margo Greeman begins her fourth season as assistant coach after being elevated to the position in December of 2005. Greeman had spent the previous four seasons working as the staff assistant.

Greeman is responsible for coordinating all aspects of recruiting for the men's and women's swimming teams. In addition to recruitment, Greeman oversees all aquatic and special events in relation to the varsity team.

Her vigorous promotion of the UK swimming and diving teams helped produced an attendance record for a UK dual meet bringing in 1,000 spectators.

In the pool, she primarily works with the middle distance swimmers. She helped guide Tyler Reed to All-America status in 2008 in the 200- and 500-free events.

Greeman swam for the Wildcats from 1991-95 and served as the team captain during her junior and senior seasons. Greeman (Lynch) can be found on the all-time top-10 UK lists in three events; 200-freestyle, 500-freestyle and 1650-freestyle solidifying her expertise in the distance swimming events.

Born in Melbourne, Australia, Greeman came to Kentucky from her family's adopted home of Pittsburgh, Pa.

Prior to returning to her alma mater, Greeman served as a buyer for Phillip Gall's Outdoor & Ski in Lexington.

Greeman was married in May to Josh Greeman, also a UK alum. She completed her master's degree in sports administration in August of 2008 from Eastern Kentucky.

Ted Hautau was named Head Diving Coach at Kentucky in July. Hautau previously coached at N.C. State where he had an impressive season with the Wolfpack as he led Kristin Davies to a 13th place finish on the platform at the NCAA Championships in 2008. Davies earned All-America honorable mention honors for her 243.20 score in the event.

Prior to his time at N.C. State, Hautau spent 13 seasons as the head diving coach at Davidson College. At Davidson, Hautau coached Chris Wroblewski to a school record on the one-meter during a dual meet with South Carolina. Additionally, Hautau guided Liz Nugent to back-to-back Zone Diving Championship appearances. Nugent claimed the three-meter crown at the Southern States Championship in 2000 while setting a school record in the event.

Hautau began his career at his alma mater, as the head diving coach at North Carolina where he coached the women to three ACC titles, while the men earned two crowns. He had two athletes earn ACC Diver of the Year awards under his tutelage, while also coaching All-ACC members in the 1992 and 1994 seasons, and an NCAA All-American in 1992.

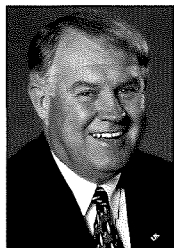
In addition to his duties while at Davidson, Hautau coached for Fuel Diving, a local club diving program in Huntersville. He served as the event coordinator for the 2004 World Cup Trials and 2005 Speedo Jr. National and U.S. Championships in Huntersville, which drew some of the nation's top divers and Olympians. Hautau coached numerous Junior National finalists, a 2004 Olympic Trial qualifier, a silver medalist at the 2005 US Championships and a finalist at the 2006 US Open.

Hautau has a B.A. in Communications from North Carolina-Chapel Hill. He is married to Jessica Thompson, a former Kentucky diver under Mike Lyden. Thompson claimed the 2005 three-meter SEC Championship and was a three-time All-America honorable mention for the Wildcats.

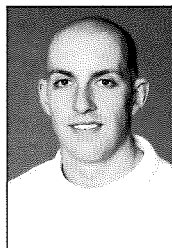
SUPPORT STAFF



BOB BRADLEY
Associate Director of Athletics - CATS



JOHN CROPP
Associate Director of Athletics



ERIC ATNIP
Event Manager

Bob Bradley has been a member of the University of Kentucky Athletics Administrative staff since 1977. He has served both as Assistant Athletics Director for Student Services and later as Associate Athletics Director for Student Services. During Bob's tenure, the University of Kentucky opened the Center for Academic and Tutorial Services (CATS) in 1981. This was recognized by the National Association of Academic Advisors for Athletics (N4A) as the first academic center for student-athletes in the nation.

Bradley has twice been honored as "Academic Advisor of the Year", once in 1989 by the College Football Association and again in 1992 by the N4A. In the fall of 2001, Bob was honored as the NCAA CHAMPS Life Skills "Administrator of the Year" by the Division I-A Athletics Directors' Association.

John Cropp is in his 17th year at the University of Kentucky and his 33rd overall involving collegiate athletics.

As Associate Athletics Director, Cropp oversees the administration of seven of UK's 22 athletic teams, including swimming and diving. He assumed his current responsibilities in April 1995, after having served previously as Assistant AD for Special Projects (1993-95), Athletics Recruiting Coordinator (1992-93) and Assistant Football Coach (1991).

For the first 22 years of Cropp's athletics career he was involved in coaching football. His first head coaching position came at Tennessee High School in Bristol, Tenn. Cropp's squads compiled an impressive 48-15-3 record with two state AAA titles (1971-72) and the '72 mythical national championship.

Cropp returned to his alma mater, Vanderbilt, in 1973 as an assistant coach under Steve Sloan. He followed Sloan as an assistant to Texas Tech (1975-77), Ole Miss (1978-82) and Duke (1983). In 1984, Cropp returned to Vanderbilt under head coach George MacIntyre. He entered private business for two years (1986-88) before returning to Vanderbilt for a third time. Cropp served as Assistant Athletics Director for Compliance at Vanderbilt for three years before coming to Kentucky.

Cropp earned three varsity letters at Vanderbilt as a guard/linebacker. He received the Wade-Looney Memorial Award as a senior and graduated in 1961. He earned his masters of arts in teaching in 1962.

Cropp and his wife, Mary Ann, have two grown children, Karen and David, and two grandchildren, Kate and Baxter.

Eric Atnip begins his fifth season as pool manager at the Lancaster Aquatic Center. Atnip began a stint as a lifeguard at the Lancaster Aquatic Center in 1999 and has since served as a lifeguard supervisor and the strength and swim coach for the Wildcat Aquatics swim team. As a student, this amateur triathlete and cyclist helped start the University of Kentucky triathlon club.

Atnip is a two-time graduate of the University of Kentucky after earning a bachelor's degree in political science in 2000 and a master's degree in health promotion in 2003.

Atnip is married to Beth Atnip, a former goalie for the Kentucky women's soccer team.



EMILY LYDEN
Staff Assistant

Emily Lyden begins her first season as staff assistant for the UK swimming and diving program.

Lyden's primary responsibilities include assisting with the coordination and planning recruiting weekends, setting up and running timing systems and computers for all UK home meets and assisting planning team travel.

Lyden was married to former UK diving coach Mike Lyden. She has three children, Jessica, Jack and Brittany.

Lyden herself was a standout diver at Texas.



ADDISON GRAY
Team Manager

Addie Gray is in her first season with the Wildcats. Gray helps in all facets of the UK program, serving as the team's head manager.

2008-09 WILDCAT WOMEN

KENTUCKY WOMEN'S SWIMMING & DIVING ROSTER

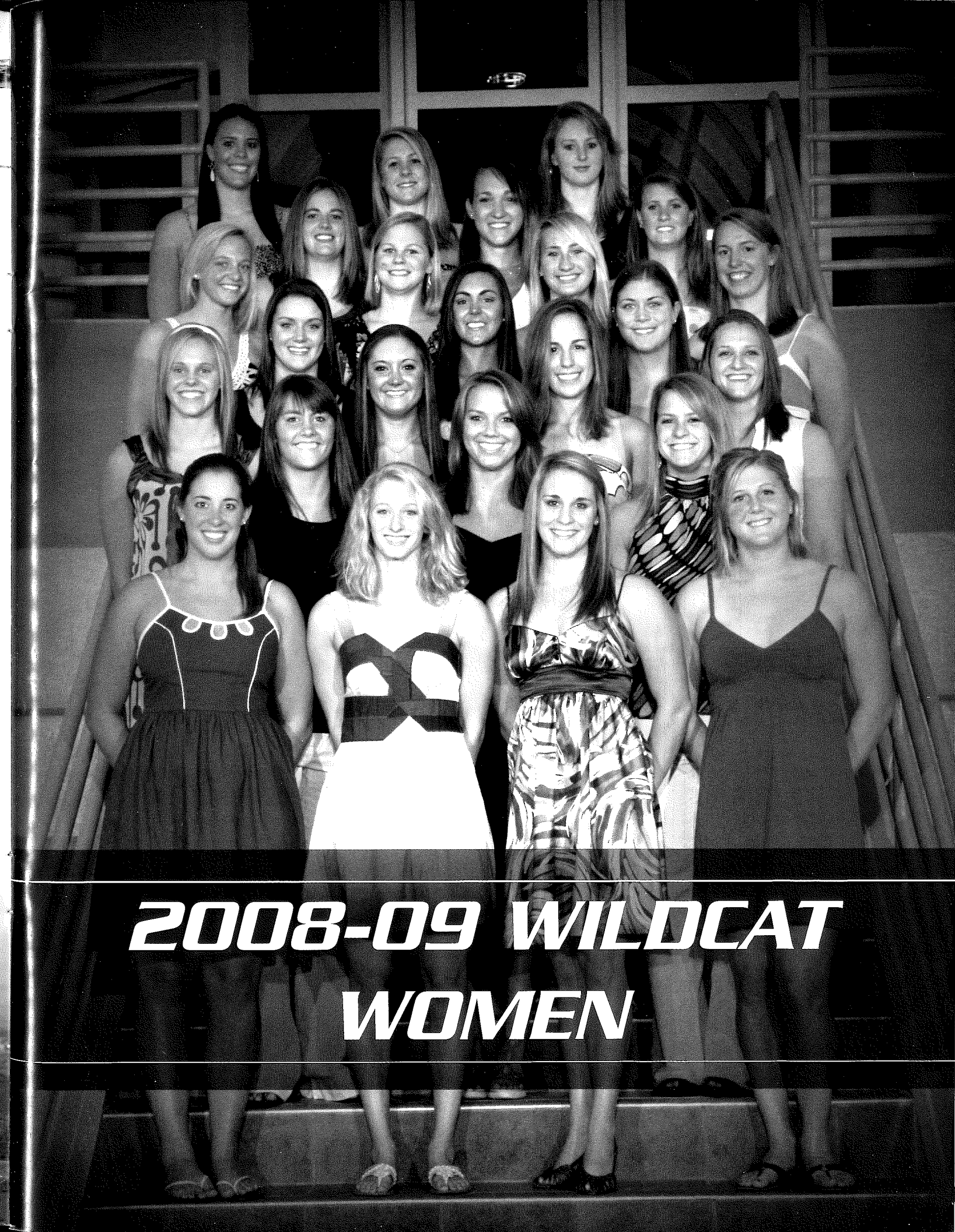
Name	Event	Class	Ht.	Hometown/Previous School
Claire Archibald	Back/IM/Free	FR	6-0	Johannesburg, South Africa (St. Andrews HS for Girls)
Lindsey Graessle	Breaststroke	SO	5-6	Mason, Ohio (Kings)
Kelsi Hall	Free/Breast	FR	5-9	Yorktown, Ind. (Yorktown HS)
Leah Harms	Distance Free	SR	5-6	Chesterfield, Va. (Manchester)
Haleigh Kerns	Freestyle	SR	5-5	Grand Bay, Ala. (St. Paul's Episcopal)
Amanda Lehotan	Back/IM	FR	5-7	Paducah, Ky. (Paducah Tilghman)
Lindsay Lash	Back/IM/Fly	FR	5-8	Pickerington, Ohio (Westerville North)
Anna Mattox	Fly/Free	FR	5-3	Opelika, Ala. (Opelika)
Casey Miller	Breast/IM/Free	JR	5-9	St. Louis, Mo. (Marquette)
Christina Morgan	Freestyle	JR	5-7	Orlando, Fla. (Winter Springs)
Mandy Myers	Freestyle	FR	5-10	Apex, N.C. (Apex)
Jenna Newsome	Sprint Free/Back	SO	5-10	Marietta, Ga. (North Cobb)
Chatham Penrod	Backstroke	JR	5-10	Arcanum, Ohio (Arcanum)
Chelsea Peterson	Freestyle	FR	5-11	Plymouth, Wisc. (Plymouth)
Megan Puskamp	Fly/Free	JR	5-7	Spartanburg, S.C. (Spartanburg)
Kelly Rames	Free/Fly/IM	SR	5-9	Duluth, Ga. (North View)
Sam Sellick	Breast/Free	FR	5-11	Toledo, Ohio (Notre Dame Academy)
Kayla Sergesketter	Freestyle	SO	5-9	Jasper, Ind. (Jasper)
Anna Sirmon	Butterfly	JR	5-9	Mobile, Ala. (St. Paul's Episcopal)
Kristina Sledge	Freestyle	SR	6-0	San Antonio, Texas (Ronald Reagan)
Jessica Snowden	Diving	SO	5-9	Issaquah, Wash. (Issaquah)
Jenna Willis	Breast/IM	FR	5-5	Lafayette, Ind. (Central Catholic)
Sydney Witzky	Freestyle	JR	5-10	Nashville, Tenn. (Franklin)



2008-09 WILDCAT MEN

KENTUCKY MEN'S SWIMMING & DIVING ROSTER

Name	Event	Class	Ht.	Hometown/Previous School
James Batley	Free/Fly	SR	5-11	Somerset, England (Millfield)
Matt Bierwirth	Butterfly/IM	SR	6-4	Edgewood, Ky. (Scott High)
Morne' Boshoff	Free/IM	FR	6-2	Cape Town, South Africa (Tuks Sport Study Centre)
Elvis Burrows	Free/Fly	JR	5-11	Freeport, Grand Bahama (Seneca)
Grant Cooksey	Breast/IM	FR	6-1	Pewee Valley, Ky. (South Oldham)
Mike Crady	Fly/Free	FR	5-11	Franklin, Tenn. (Franklin)
Shane Eliason	Back/Free/IM	SR	6-0	Sturgeon Bay, Wisc. (Sturgeon Bay)
Colin Faris	Sprint Free	SO	6-2	Maysville, Ky. (Saint Patrick)
Aric Franzman	Back/IM/Fly	FR	6-2	Brownsburg, Ind. (Brownsburg)
Alex Forbes	Sprint Free/Fly/Back	JR	6-1	Orlando, Fla. (Lyman)
Tom Gimm	Diving	FR	6-0	Shoreview, Minn. (Mounds View)
Kyle Greene	Free/Back	JR	6-2	Cincinnati, Ohio (Turpin)
Warren Grobbelaar	Free/Fly	SR	6-2	Pretoria, South Africa (Pretoria)
Marco Iemmola	Distance Free	JR	5-11	Crestview Hills, Ky. (Covington Catholic)
Rohan Johnson	Free/Breast	FR	5-9	Kingston, Jamaica (Hargrave Military Academy)
Keven Knezevich	Free/Fly	SO	6-1	Richmond, KY (Model)
Justin Max	Breast/Fly	JR	5-7	Reynoldsburg, Ohio (Reynoldsburg)
Eric McGinnis	Free/Back	JR	6-2	Raleigh, N.C. (Ravenscroft)
Travis Muzzillo	Fly/Free	JR	5-9	Louisville, Ky. (South Oldham)
Tyler Reed	Freestyle	SO	6-5	Morgantown, Ky. (Butler)
Joe Retrum	Back/Fly	SR	5-8	Noblesville, Ind. (Hamilton Southeastern)
Chris Richard	Freestyle	JR	6-2	Sturgeon Bay, Wisc. (Sturgeon Bay)
Ben Russell	Distance Free/Fly	FR	5-7	Lafayette, Ind. (Lafayette Jefferson)
Matt Russell	Free/Breast/IM	FR	6-1	Augusta, Ga. (Cornerstone Acad.)
Kevin Ryan	Freestyle	JR	5-10	Cincinnati, Ohio (Roger Bacon)
Patrick Schaler	Free/Back	FR	6-7	Dublin, Ireland (Colaiste Eoin)
Justin Smith	Diving	SR	5-11	Lynwood, Ill. (Munster)
Reinhardt Strijdom	Freestyle	SO	6-2	Pretoria, South Africa (Affies)
Adam Twer	Back/IM/Free	FR	6-0	Carmel, Ind. (Carmel)
Julio Vallette	Breaststroke	SO	5-0	Melbourne, Fla. (Holy Trinity Episcopal Academy)

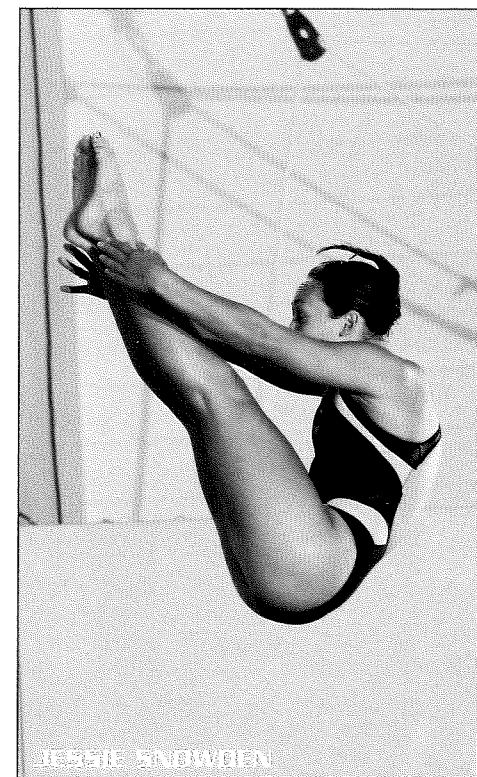


2008-09 WILDCAT WOMEN

The 2008-09 Kentucky women's swimming and diving team may have a new look, but expectations remain high for a team that ranked in the nation's top-20 last season. UK graduates Heather and Jenny Bradford, two of the most prolific swimmers in Kentucky history, and, gone are veteran leaders Lauren Willis, Lindsay Myhre and Kari Retrum—all of whom earned All-America awards at least once in their careers. However, UK coach Gary Conelly remains optimistic as he looks to both veterans and newcomers to take their turns in the spotlight.

The 2009 senior class is expected to shine in their final competitive season wearing the Blue and White. Junior Megan Pulskamp enjoyed an outstanding sophomore campaign and will be asked to continue to improve upon her roles, and the reigning SEC Freshman Diver of the Year, Jessie Snowden, returns to the squad to lead the diving portion of the event lineup.

Conelly has developed a challenging dual meet season that will test his young squad early with dates against Indiana, Virginia and SEC participants Tennessee, Arkansas and Alabama. Additionally, a new dry-land training regimen also has his staff excited about the possibilities of improved times and performances from the athletes this year.



JESSIE SNOWDEN

A lot will be asked of the incoming freshman class, as well as a group of veterans who have worked very hard in the offseason to make it five straight seasons of being among the top-20 teams in the nation.

"This team is extremely talented and motivated to continue to do well," said Head Coach Gary Conelly. "Our expectations remain the same as we want to stay among the upper echelon of our conference, and then have a good showing at NCAAs."

SPRINT FREESTYLE

"On paper this is where it looks to be that we took the biggest hit to graduation," said Conelly. "But, we've already had some young women look very impressive in practice, and I'm excited to see how they all develop."

Freshman Kelsi Hall has been tabbed a true sprinter by her coach. Her speed and physical attributes directly correlate to her quick collegiate start in pre-season conditioning and practice. To support the cast, junior Sydney Witzky is coming off a very good season as a sophomore and will have more of an impact this year. Freshman Mandy Myers will see time in the 50-to-200 range in the freestyle events, and will be a major factor in the 100-free. Additionally, Lindsay Lash and Chelsea Peterson will add to the depth of the sprinters in their first seasons with the Wildcats.

"It's really all going to come down to how quickly the freshmen can adjust," Conelly added. "I think we'll do well in the individual races, the question will become whether they can be factors to help the 200-free relay go to NCAAs and compete at a high level again."

Aiding the cause will be Pulskamp who competes in the 50-free at times, but is a factor particularly on the 200-and 400-free relays. A year ago, she swam the third leg of the 200-team that finished fifth nationally. UK's most versatile swimmer, freshman Claire Archibald, may also compete for a spot on the 400-free relay.

MIDDLE DISTANCE FREESTYLE

"Our returning sophomores Kayla Sergesketter and Jenna Newsome are going to be really strong in our middle distance group this season," Conelly said. "They both trained in the sprint group as freshmen, but we think they are going to major factors in the mid-distance range."

Returning to the lineup is Kristina Sledge, an All-American with the 400-free relay as a sophomore. Myers will contribute immensely in the 200-free, already coming in with a fast split out of high school. Junior Casey Miller who was a steady force all season as a sophomore will be called upon to continue to improve and make an impact in this group.

"Haleigh Kerns has quietly been solid for us all three seasons," Conelly said. "I think this being her senior year, she'll be really focused to do well."

DISTANCE FREESTYLE

"We have several women who are capable to make some significant drops," Conelly said. "This would be the area where I think we have the least amount of depth, which adds pressure for these women to do well."

Seniors Kelly Rames and Leah Harms, as well as Sledge and Kerns form the core group of 500-to-1650-free swimmers. Conelly and his staff have put together a new form of conditioning for the distance group, shaving back on weights to focus more on aerobic work and core stability.

BACKSTROKE

Conelly feels that the backstroke events will feature some of Kentucky's top swimmers. Archibald is a national champion in South Africa, while sophomore NCAA participant, Chatham Penrod, returns to the lineup after suffering a season-ending injury a year ago.

"As a freshman I think Claire has a chance to already re-write our record books," said Conelly. "She is everything we thought she was, and more."

Penrod will take time as she works her way back to full-strength, but she will be a factor by the time

SECs and NCAAs roll around. Newsome will certainly be in the lineup in the backstroke events after seeing a lot of time there as a freshman. Lash, an incredibly versatile swimmer, will also contribute in the backstroke events for the Blue and White. Adding to the depth in the discipline will be Myers and freshman Amanda Lehotan.

BREASTSTROKE

"Our lineup is thin in this area, however Lindsey Graessle had an outstanding season as a freshman last year, and will now face the pressure of being the primary breaststroker for this team," said Conelly.

Freshman Jenna Willis has been a pleasant surprise for Conelly's staff through the first few months of pre-season training. "She has been training really well, and has been pushing Lindsey during practice which can only help our team," Conelly said.

Lash, Witzky and Miller will add depth to the breaststroke area this season, particularly in dual meet situations.

BUTTERFLY

Pulskamp clearly headlines both butterfly events, as she has been a top contributor in each of her first two seasons. In the off-season she participated in the United States Olympic trials and the U.S. Open, and those experiences will help her make a strong push to score at the NCAAs.

Returning to the lineup is junior Anna Sirmon who quietly put together a quality season a year ago and is more of a factor in the 200-fly, while Lash could be a big contributor in the 100-fly and is just off the NCAA 'B' cut. Archibald is also a solid butterflyer and will be in the mix, despite it being an event she does



LINSEY GRAESSLE

not swim that often.

Rames has been a solid contributor in her career, and is a major factor in the 200 race. Kerns also adds experience in the 100-fly, while Miller and Myers will continue to split time in this area.

"This stroke is pretty deep for us, and it will be a really nice situation for us," Conelly said. "We will have our choice of who we want to swim these events and not have to rely on one or two people to carry us."

INDIVIDUAL MEDLEY

Archibald enters the season already just shades off of qualifying in the 200-individual medley for the NCAA Championships as a freshman. Miller will also be a big piece in the individual medley races, and held some of the top times in the events as a sophomore.

Lash, who is well-rounded, will certainly be a contributor in the individual medley. Rames has

been strong in the 400-individual medley throughout her career. Sirmon and Willis will also see time in these events to help add depth to the lineup.

DIVING

Snowden is the lone female diver in the lineup for the Wildcats, but Conelly and head diving coach Ted Hautau expect great things from the sophomore. As a freshman, Snowden was named SEC Diver of the Week after only her first week of competition. She had a strong season all the way to the SEC Championships where she was named SEC Freshman Diver of the Year after placing second on the platform. She will be asked to score at both SECs and NCAAs if UK wants to continue to place in the top-20 in the country.



MEGAN PULSKAMP

2008-09 WILDCAT WOMEN

2008-09 WILDCAT WOMEN

LINDSEY GRAESSLE

Breaststroke • Sophomore • 5-6
Mason, Ohio (Kings)
Major - Education
Club - Countryside YMCA



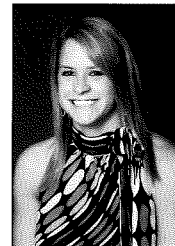
LEAH HARMS

Distance Free • Senior • 5-6
Chesterfield, Va. (Manchester)
Major - Integrated Strategic
Communications
Club - Poseidon Swimming

1650-free and 23rd in the 500-free at the Nike Cup ... Took third in the 200-free against Cincinnati ... Placed second in the 1650-free in the meet against Louisville ... Finished second in the 1000-free against South Carolina ... Placed first in the 1000-free against Arkansas.

Pre-College: Earned second-team All-Metro selection in the 1650-freestyle ... Collected the Poseidon Swimming Distance Honors Award from 2003-05 ... Team captain of Poseidon Swim Club ... Three-year Scholastic All-American ... Member of National Honor Society ... Chose UK over South Carolina and Virginia Tech because of the enthusiastic coaches and the team dynamics.

Best Collegiate Times: 200-freestyle: 1:54.09; 500-freestyle: 4:58.50; 1000-freestyle: 10:10.06; 1650-freestyle: 16:55.44; 200-butterfly: 2:08.31



HALEIGH KERNS

Freestyle • Senior • 5-5
Grand Bay, Ala. (St. Paul's
Episcopal)
Major - Accounting
Club - Mobile Swim Association

2007-08: A team captain ... Serves as a blogger for UKathletics.com ... Placed 25th in the 500-freestyle at the SEC Championships ... Touched in 28th at SECs in the 200-freestyle ... Finished 22nd in the 1650-freestyle at the SEC Championships ... Also had a seventh place finish in the 200-freestyle at the Nike Cup ... Finished in the top-20 in three other races at the Nike Cup, the 500-freestyle, 1650-freestyle, and the 100-freestyle ... Tapped in third or

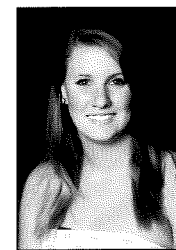
better nine times during dual meet season ... Finished first in the 500-freestyle at Alabama ... Also had a first place finish in the 200-freestyle at Cincinnati ... Recorded her best career times in three events, the 200-freestyle, 100-freestyle, and the 100-butterfly.

2006-07: Named to the SEC All-Academic team ... Earned her first career individual points for the Wildcats at the SEC Championships with a 15th place showing in the 1650-freestyle ... Also recorded 28th in the 200-free and 33rd in the 500-free ... Claimed two dual meet victories in the 500-free in meets against Louisville and Cincinnati ... At the Nike Cup, she earned a top-10 finish in the 500-free when she tapped in ninth ... Took 19th in the 200-free and 28th in the 100-free ... Earned eight top-three finishes in four different events during dual meet competition.

2005-06: Placed 21st in the 500-freestyle and 23rd in the 200-free at the SEC Championships ... Touched in fifth in the 200-free, eighth in the 500-free, 23rd in the 100-free and 33rd in the 50-free at the Nike Cup Invitational ... Took third in the 100-butterfly against Cincinnati ... Finished fourth in the 200-free against Louisville ... Placed third in the 200-free against South Carolina ... Took third in the 200-free in the tri-meet with Alabama and LSU ... Finished second in the 500-free in the dual meets against Texas A&M and Illinois.

Pre-College: High School All-American ... Team captain and MVP ... Captured Southeastern Zone Championship and State Championship ... Named A.S. Mitchell Female Athlete of the Year ... Garnered Academic All-American honors ... Chose UK over Alabama, South Carolina and Texas A&M because of the athletic and academic opportunities, the experienced coaching staff and the positive attitude of her new teammates.

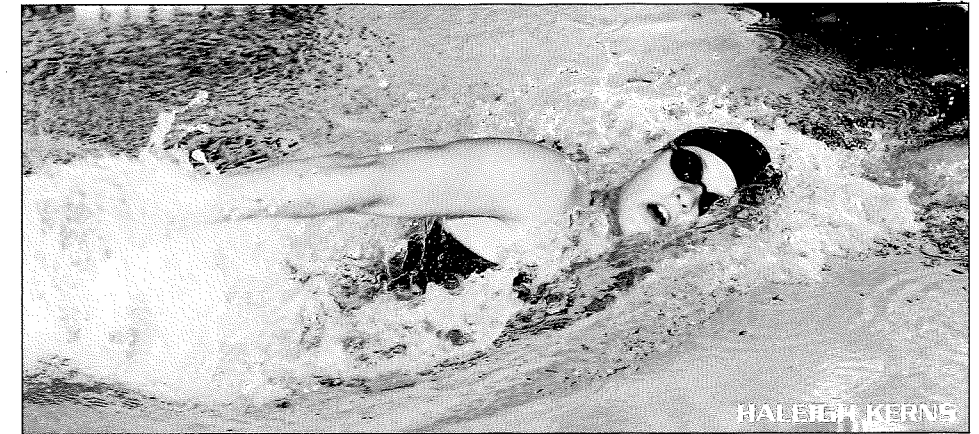
Best Collegiate Times: 200-freestyle: 1:51.05; 500-freestyle: 4:55.98; 100-butterfly: 58.31; 1000-freestyle: 10:11.95; 1650-freestyle: 16:58.85; 50-butterfly: 27.35; 100-freestyle: 52.19



CASEY MILLER

IM/Free • Junior • 5-9
St. Louis, Mo. (Marquette HS)
Major - Psychology/Pre
Physical Therapy
Club - Rockwood

2007-08: Finished 27th at SEC Championships in the 200-freestyle ... Placed 33rd at the SECs in the 200-individual medley ... Clocked in 35th at the conference meet in the 100-freestyle ... Finished ninth in the 400-individual medley at the Nike Cup ... Also



HALEIGH KERNS

had two top-13 finishes in the 200-individual medley and the 100-freestyle at the Nike Cup ... Recorded career best times in the 200-individual medley, 400-individual medley and 100-freestyle ... Finished in the top-three during dual meets nine times ... Claimed the 200-free and 200-IM against Alabama. **2006-07:** In her first appearance in the SEC Championships, she touched in 21st in the 400-individual medley, 39th in the 200-IM and 48th in the 100-freestyle ... Appeared in four events at the Nike Cup, placing 19th in the 200-IM, 23rd in the 100-free, 25th in the 400-IM and 33rd in the 200-free ... Earned two third place finishes in the meet against Cincinnati, taking third in the 200-free and 500-free ... Participated in seven different events during the season.

Pre-College: Placed third in the Missouri state championships in both the 100-butterfly and 200-individual medley ... Named MVP of her high school team three times in her career ... Holds high school records in the 50- and 100-freestyle, and as a member of the 200- and 400-free and 200-medley relay teams ... Came to UK to be a part of a great team and learn from the coaching staff.

Best Collegiate Times: 100-freestyle: 51.98; 200-freestyle: 1:51.71; 200-individual medley: 2:05.81; 400-individual medley: 4:29.37



CHRISTINA MORGAN

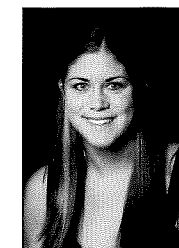
Freestyle • Junior • 5-7
Orlando, Fla. (Winter Springs
HS)
Major - Nursing
Club - Patriot Aquatics

2007-08: Placed 24th in the 100-freestyle at the Nike Cup which marked her second straight top-26 finish at the invitational ... Finished seventh at UK's home meet against Florida in the 50-freestyle ...

Recorded career best time in the 100-free. **2006-07:** Notched a 26th place showing in the 50-freestyle at the Nike Cup in November ... Followed that performance with 39th in the 100-free and 49th in the 100-butterfly ... Recorded a second place finish in the 50-free in a UK win over SEC-foe Vanderbilt ... In the team's final meet, a win over Cincinnati, she took third in the 50-free.

Pre-College: Tabbed the Most Valuable Swimmer in each of her four years at Winter Springs High School ... Earned All-American honors in all of her four seasons ... All-Scholastic American States in each of her four years ... Holds seven high school records ... Chose Kentucky for the environment and people who surround the area ... Her first impressions of her new team is they are all very supportive, friendly and dedicated.

Best Collegiate Times: 100-butterfly: 1:01.12; 50-freestyle: 24.37; 100-freestyle: 53.21



JENNA NEWSOME

Free/Back • Sophomore • 5-10
Marietta, Ga. (North Cobb)
Major - Undeclared
Club - Marietta Marlins

2007-08: Tapped in 25th in the 100-backstroke, 31st in the 50-freestyle, and 41st in the 100-free at the SEC Championships ... Had three top-15 finishes at the Nike Cup, taking 10th in the 100-free, 13th in the 200-back and 15th in 100-back ... Captured five first-place finishes during dual meets.

Pre-College: A four-time most valuable swimmer for her high school squad ... Owns four school records ... One-time state champion, and four-time state runner-up ... Named All-America five times ... County meet record holder in the 50-free.



2007-08: Scored points for the Cats with a 13th and 15th place finish in the 100- and 200-breast, respectively, at the conference meet ... Also tapped in 43rd in the 200-individual medley at SECs ... Had two top-five finishes at the Nike Cup, registering a third place finish in the 100-breast and fifth in the 200-breast ... Finished second in the 100-breast against Cincinnati.

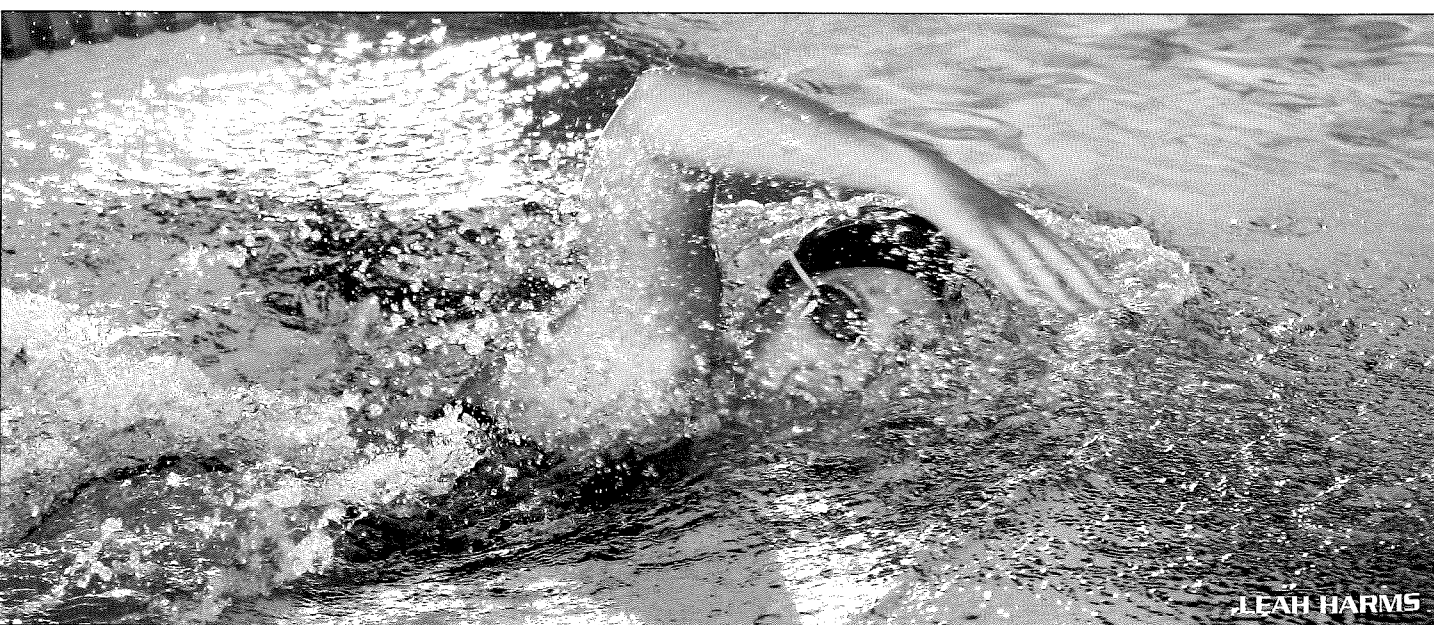
Pre-College: A two-time Ohio High School state champion in the 100-breaststroke ... Four-year letterwinner at Kings High School ... Also a two-time runner-up in the 100-breast at the state meet ... YMCA national champion in the 100-breast ... Chose UK because of the dedicated coaching staff.

Best Collegiate Times: 100-breaststroke: 1:03.45; 200-breaststroke: 2:18.87

2007-08: Serves as a blogger for UKathletics.com ... Finished in the top-20 at the SEC Championships in the 1650-freestyle ... Placed 31st in the 500-freestyle at the SEC Championships ... Finished 40th at SECs in the 200-freestyle with a season best time ... Placed in the top-20 in the 200-butterfly at the Nike Cup ... Tapped in 14th in the 1650-freestyle at the Nike Cup ... Placed third or better in nine dual meet events ... Touched in second in the 500-freestyle and 1650-freestyle in the dual meet with Alabama ... Finished first in the 1000-freestyle vs. Louisville.

2006-07: Named to the SEC All-Academic team ... Claimed her second consecutive top-16 finish at the SEC Championships in the 1650-freestyle when she tapped in 16th ... Also placed 24th in the 500-free and 30th in the 200-free at the conference meet ... Clocked in two personal best times at SECs ... During dual meet competition she placed in the top-three nine times in four different events ... Finished first in the 1650-free in a meet against Alabama ... At the Nike Cup, she took fourth in the 1650-free and 17th in the 500-free.

2005-06: Placed 13th in the 1650-freestyle, 20th in the 500-freestyle and 32nd in the 200-free events at the SEC Championships ... Nabbed sixth in the



LEAH HARMS

2008-09 WILDCAT WOMEN

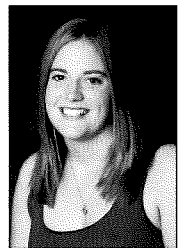
Best Collegiate Times: 100-backstroke: 58.08; 200-backstroke: 2:03.80; 100-freestyle: 51.74; 50-freestyle: 23.80

because it was the right fit with the coaches, team and academics.

Best Collegiate Times: 50-freestyle: 24.96; 100-backstroke: 55.99; 200-backstroke: 2:01.57

CHATHAM PENROD

Backstroke • R-Sophomore • 5-10
Arcanum, Ohio (Arcanum)
Major - Management, Accounting
Club - Miami YMCA



2007-08: Medical Redshirt season.

2006-07: An immediate impact freshman for the Wildcats who enjoyed a stellar first season ... A member of the 2007 NCAA Championship squad competing as the backstroke leg of the 200-medley relay ... Earned a bronze medal with the 200-medley relay team at the SEC Championships ... Placed in the top-15 in two individual events in her first SEC Championships, taking 11th in the 200-back and 13th in the 100-back ... Also placed 43rd in the 50-free at the conference meet ... Captured six wins in dual meet competition, including two meets in which she won both backstroke events ... Notched third place in the 100-back and fourth in the 200-back at the Nike Cup in November ... Earned eight top-three finishes during dual meets.

Pre-College: A two-time state runner-up in the 100-backstroke ... District champion in 100-meter butterfly ... Two-time *Daily Advocate* Swimmer of the Year ... Also participated in track and field in high school ... Became a Wildcat



MEGAN PULSKAMP

Fly/Back • Junior • 5-7
Spartanburg, S.C.
(Spartanburg HS)
Major - Integrated Strategic
Communications
Club - Swim Spartanburg

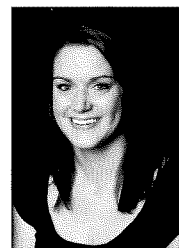
2007-08: All-America in the 400-freestyle relay and 200-freestyle relay ... Placed 22nd at the NCAA Championships in the 200-butterfly ... Won a silver medal as a member of the 200-free relay team at the SEC Championships ... A member of the fifth place SEC Championship 400-freestyle relay team ... Also placed 11th in the 100-butterfly at the SEC Championships ... Finished 12th in the 200-fly and 22nd in the 50-free at SECs ... Scored a first place finish in the 200-fly and a second place finish in the 100-fly at the Nike Cup ... Also had a top-20 tap in the 50-freestyle at the Nike Cup ... Tallied 18 top-three finishes in dual meets ... Captured seven first place finishes, six in the 200-fly and one in the 100-butterfly during dual meets ... Recorded career best times both fly events.

2006-07: Only Wildcat freshman to earn a top-eight finish at the SEC Championships taking eighth in the 200-butterfly, to end a fantastic

first year ... Also placed 28th in the 50-freestyle in her first conference meet ... Took fifth in the 200-fly, 12th in the 100-fly and 21st in the 50-free at the Nike Cup in November ... Won the 200-fly in a meet against state-rival Louisville ... Tallied eight top-three placements during dual meet competition.

Pre-College: Six-year letterwinner at Spartanburg High School ... Named Most Valuable Swimmer her senior season ... Holds state record in 100-butterfly ... Tabs her most memorable sports moment as garnering the high school record in the 100-fly while beating the previous record holder at the same time ... Chose UK because she loved the team.

Best Collegiate Times: 100-butterfly: 52.76; 200-butterfly: 2:00.74; 50-freestyle: 23.80; 50-backstroke: 27.86; 200-backstroke: 2:07.06



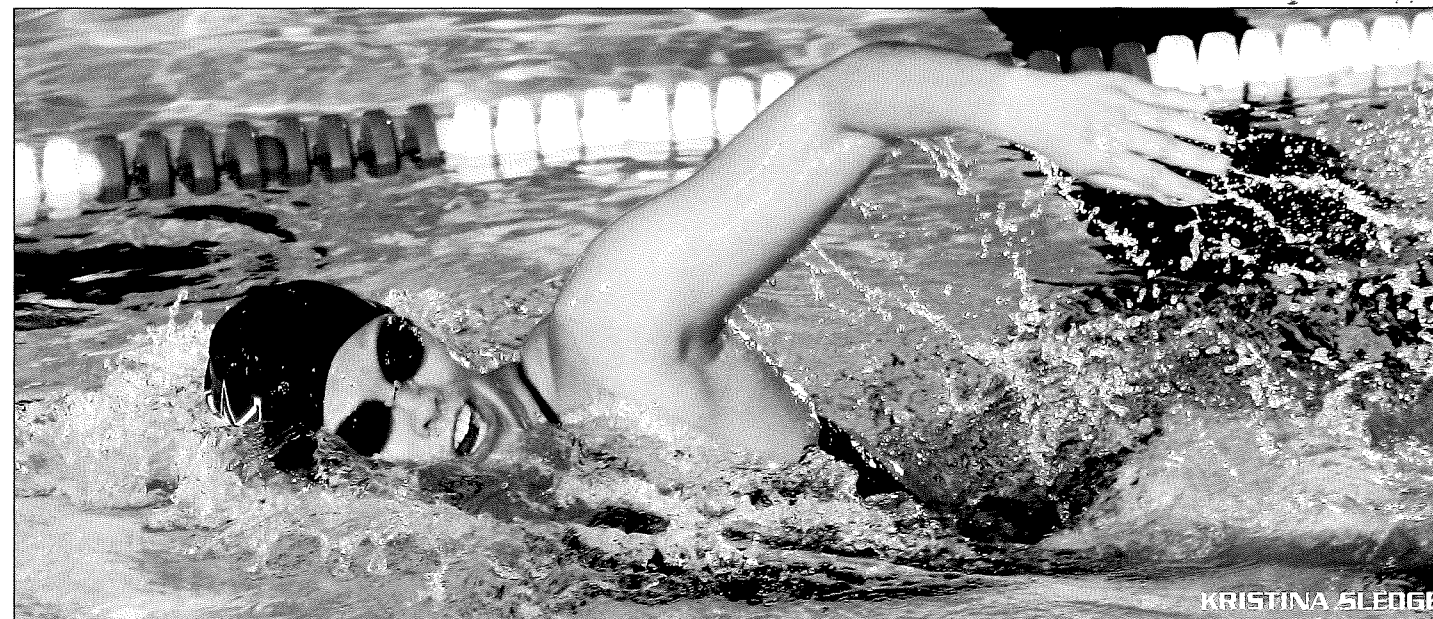
KELLY RAMES

Free/Fly/IM • Senior • 5-9
Duluth, Ga. (North View)
Major - Elementary Education
Club - Swim Atlanta

2007-08: Finished 11th in the 200-butterfly at the Nike Cup ... Had five top-three finishes in dual meets ... Recorded a career best time in the 100-butterfly ... Claimed two second place finishes in dual meets, both in the 200-fly.

2006-07: Earned valuable points for the Wildcats

2008-09 WILDCAT WOMEN



KRISTINA SLEDGE

with her first career top-10 finish at the SEC Championships when she placed 10th in the 200-butterfly ... Also earned 17th in the 400-individual medley and 28th in the 500-freestyle ... Claimed 11th in the 200-fly, 18th in the 500-free, 18th in the 400-individual medley and 35th in the 100-fly at the Nike Cup Invitational ... Eclipsed the field in the 500-free in a UK win over SEC-foe Vanderbilt ... Tallied five top-three finishes in dual meet competition in two events ... Recorded four career-best times.

2005-06: Finished 12th in the 200-butterfly, 16th in the 500-freestyle and 19th in the 400-individual medley at the SEC Championships ... Tapped in second in the 200-fly, 13th in the 400-IM, 17th in the 500-free and 22nd in the 100-fly at the Nike Cup ... Claimed the top spot in the 500-free and the 200-fly against Cincinnati ... Took second in the 500-free against Louisville ... Placed first in the 200-fly in the tri-meet with Alabama and LSU ... Finished first in the 200-fly against Arkansas ... Placed first in the 200-fly in a meet with Texas A&M ... Took second in the 1000-free against Tennessee ... Opened the season with victories in the 200-fly and 500-free events against Illinois.

Pre-College: Scholastic All-American ... MVP of high school swimming team her senior year ... Finished her high school career with five school records ... Named to honor roll all four years ... Picked Kentucky because of the great coaching staff, and the friendly and welcoming team, as well as the location.

Best Collegiate Times: 100-butterfly: 58.49; 200-butterfly: 2:02.03; 500-freestyle: 4:55.80; 1000-freestyle: 10:16.63; 400-individual medley: 4:28.67; 200-freestyle: 1:52.00



KAYLA SERGESKETTER

Freestyle • Sophomore • 5-9
Jasper, Ind. (Jasper)
Major - Communication
Disorders
Club - Jasper Aquatics Wildcats

2007-08: A member of the SEC Championship ninth place 800-freestyle relay team ... Set a career best time and finished 23rd at the SEC Championships in the 100-free ... Placed 32nd in the 200-free and 34th in the 50-free at the conference meet ... Took 11th in the 100-free and 15th in the 200-free at the Nike Cup ... Had four top-three finishes in dual meets.

Pre-College: A 10-time High School All-American ... Nine time state medalist ... Possesses eight school records ... Team captain for two seasons ... 2007 IHSA Mental Attitude Award for Girls' Swimming ... US Open and Junior National qualifier ... Academic All-American and ranked in the top-10 percent of her class ... Four-year letterwinner in both swimming and cross country.
Best Collegiate Times: 200-freestyle: 1:51.82; 100-freestyle: 51.50; 500-freestyle: 5:09.28; 50-freestyle: 23.89



ANNA SIRMON

Butterfly • Junior • 5-9
Mobile, Ala. (St. Paul's
Episcopal School)
Major - Education
Club - City of Mobile Swim
Assoc.

2007-08: A team captain ... Placed 26th in the 100-butterfly at the SEC Championships ... Also tapped in 23rd in the 200-butterfly at SECs ... Finished first in UK's home meet against Cincinnati in the 200-fly ... Also had five top-five finishes in dual meets ... Recorded career best times in 100- and 200-fly and 200-backstroke.

2006-07: Claimed ninth in the 200-butterfly for her first-career top-10 performance at the Nike Cup in November ... Also placed 28th in the 100-fly ... Took fourth in the 200-fly in an opening meet loss to Indiana ... Appeared in three dual meets during the season.

Pre-College: Member of the 2003-2004 Alabama State Champions ... An Alabama state record holder and state champion ... Chose UK because she loved everything about the team and coaches.
Best Collegiate Times: 100-butterfly: 56.65; 200-butterfly: 2:04.18



KELLY RAMES

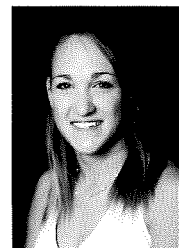
2008-09 WILDCAT WOMEN



KRISTINA SLEDGE
Sprint Free/Fly • Senior • 6-0
San Antonio, Texas (Ronald Reagan)
Major - Hospitality Management
Club - Alamo Area Aquatics

Pre-College: Four-time All-State and High School All-American ... Named 2004 and 2005 Scholastic All-American ... National Honor Society member in 2004 and 2005 ... Served as team captain in her senior season.

Best Collegiate Times: 50-freestyle: 24.07; 100-freestyle: 51.60; 200-freestyle: 1:49.57; 500-freestyle: 5:05.92; 100-butterfly: 59.24

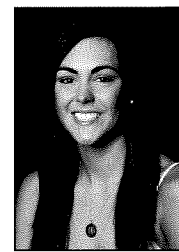


JESSIE SNOWDEN
Diving • Sophomore • 5-9
Issaquan, Wash. (Issaquan)
Major - Undeclared
Club - Pacific Northwest Diving

2007-08: Named the SEC Freshman Diver of the Year after earning a silver medal on the platform ... Scored a career-best mark in her fourth place finish on the one-meter at the conference meet ... Claimed points for the Cats with an 11th place finish on the three-meter at SECs ... Had seven first place finishes during dual meets, three on the one-meter and four on the three-meter board ... Compiled 14 top-three finishes in dual meets ... Named the SEC Diver of the Week after her first collegiate weekend.

Pre-College: A four-year letterwinner for Jim Southerland ... Won the Washington state High School championship ... A four-time AAU National Champion ... Also competed in gymnastics.

Best Collegiate Scores: 1-meter: 304.25; 3-meter: 319.64; Platform: 273.80



SYDNEY WITZKY
Freestyle • Junior • 5-10
Nashville, Tenn. (Franklin HS)
Major - Dietetics
Club - Nashville

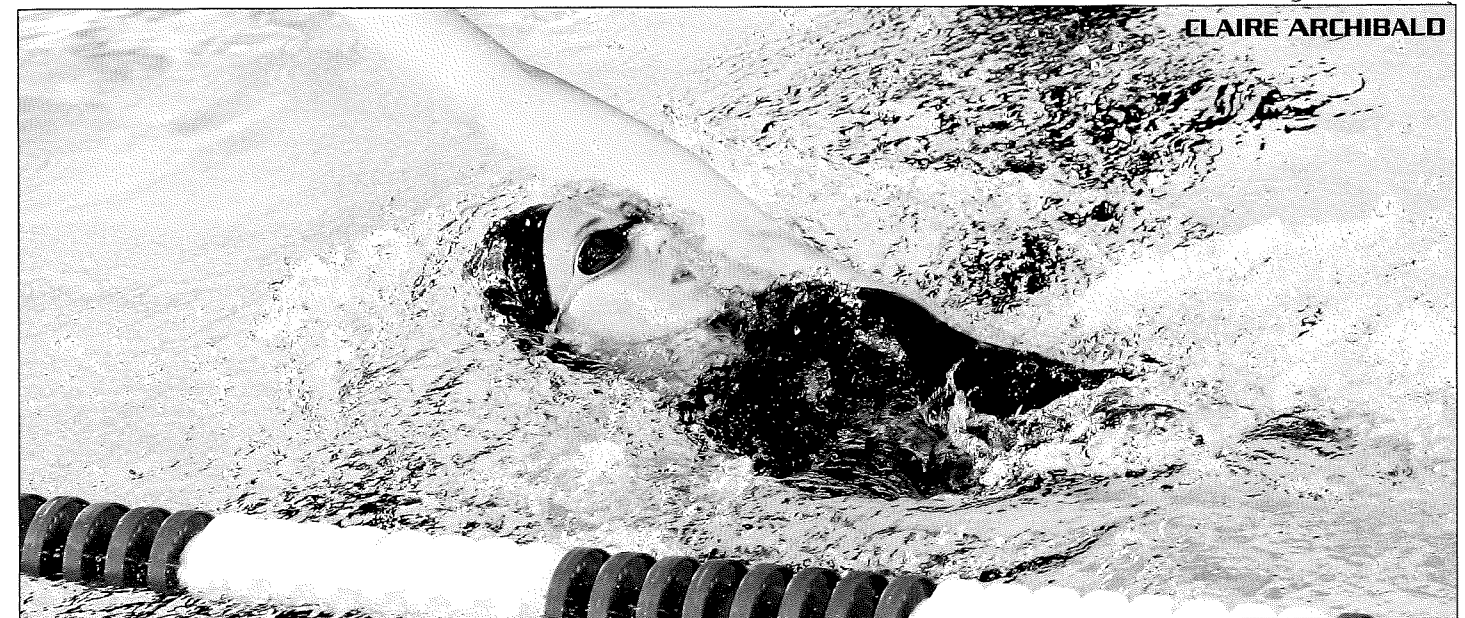
2007-08: Placed 20th at the Nike Cup in the 50-freestyle ... Also placed 28th at the Nike Cup in 100-free ... Finished first in the 100-free in a dual meet at Ohio State ... Claimed three top-three finishes during dual meet season ... Recorded career best times in two events, the 50- and 100-free.

2006-07: Turned in an 18th place showing in the 100-freestyle at the Nike Cup Invitational ... Also garnered 29th in the 50-free and 32nd in the 200-free at the Cup ... Took third in the 100-free in an opening day meet to Indiana ... Participated in six dual meets throughout the season.

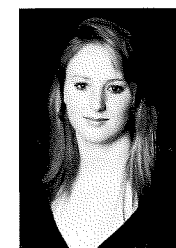
Pre-College: A four-year letterwinner at Franklin High School ... Named the team's Most Valuable Swimmer twice during her tenure ... Holds the high school record in the 50-freestyle ... Chose to be a Wildcat because she loves the team and because Lexington is not too far from home ... Says the team is a highly-motivated, close-knit group.

Best Collegiate Times: 100-butterfly: 1:07.58; 50-freestyle: 24.08; 100-freestyle: 52.20; 200-freestyle: 1:55.11; 100-breaststroke: 1:12.02

2008-09 NEWCOMERS



CLAIRE ARCHIBALD



CLAIRE ARCHIBALD
Back/IM/Free • Freshman • 6-0
Johannesburg, South Africa
(St. Andrews High School for Girls)
Major - Accounting
Club - MUSTANGS

Pre-College: Appeared on the Junior South African national team for the Junior World Championships and the Junior African Games ... Her RSA team went to Brazil for the World Cup ... Won school honors for swimming ... Earned full academic school colors.

Best Times (LCM): 100-backstroke: 1:03.22; 200-backstroke: 2:14.42; 400-individual medley: 4:58.10; 200-individual medley 2:18.15; 200-freestyle: 2:06.57



KELSI HALL
Free/Breast • Freshman • 5-9
Yorktown, Ind. (Yorktown)
Major - Exercise Science
Club - Yorktown Swim Club

Pre-College: A four-year letterwinner at Yorktown ... Was a three-time state champion in the 50-freestyle as a sophomore, junior and senior ... Tapped in third place at the state race in the 100-free as a junior ... Holds Indiana Association record for the 50-free ... Named her high school's Most Valuable

Swimmer ... Four-year Academic All-American.
Best Times: 50-freestyle: 22.85; 100-freestyle: 51.49; 100-breaststroke: 1:05.9



LINDSAY LASH
Back/IM/Fly • Freshman • 5-8
Pickerington, Ohio (Westerville North)
Major - Elementary/Special Education/
Club - Greater Columbus

Pre-College: A three-year letterwinner at Westerville North ... Two-time state champion in the 100-backstroke ... Was the runner-up in the 100-butterfly and 200-individual medley at the state meet ... Participated and was nominated to be in "Stand and Deliver," a program to promote good attitudes and sportsmanship in local middle schools ... Was a member of the same club team as Justin Max and former UK swimmers Heather and Jenny Bradford.

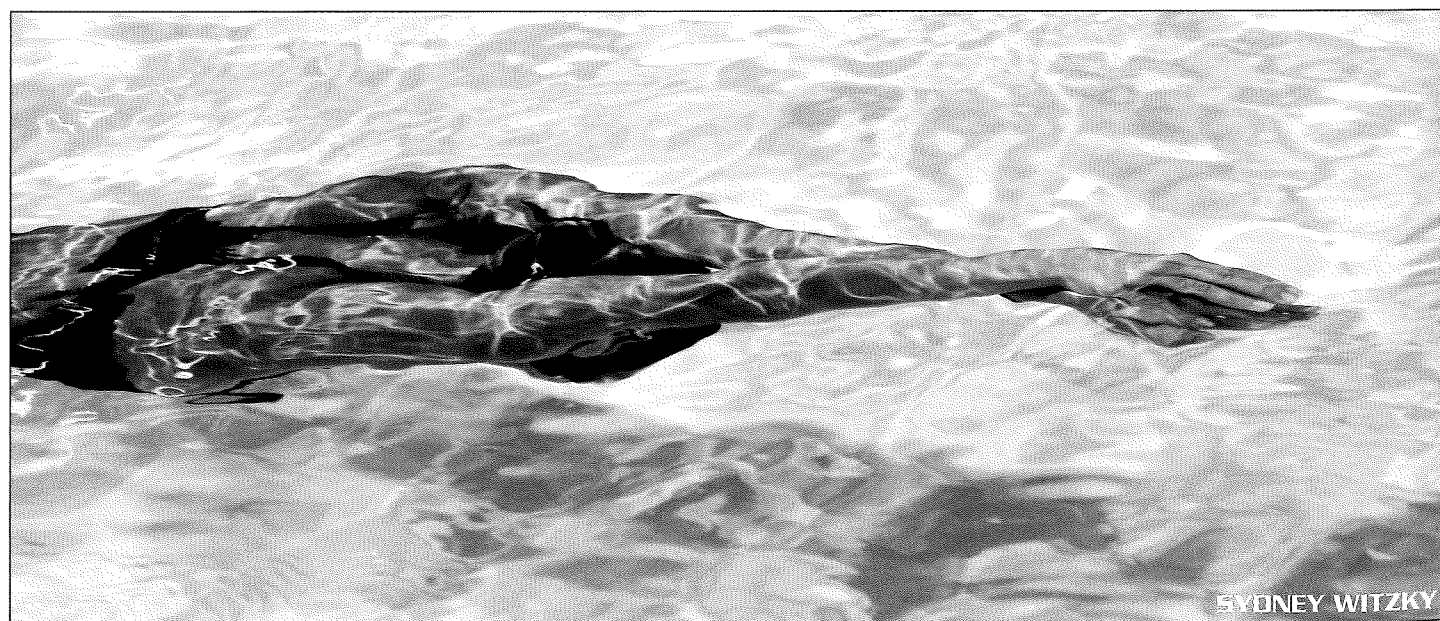
Best Times: 100-backstroke: 55.26; 100-butterfly: 54.59; 200-individual medley: 2:06.25; 100-freestyle: 52.18



AMANDA LEHOTAN
Back/IM • Freshman • 5-7
Paducah, Ky. (Paducah Tilghman)
Major - Kinesiology
Club - Paducah Swim Team

Pre-College: A four-year letterwinner at Paducah Tilghman ... Finished in the top-16 for three seasons in the 200-individual medley and 500-freestyle at the state meet ... Region I winner in the 200-medley relay, 200-IM and 400-free relay as a senior ... Tapped in fifth in the 400-free relay, sixth in the 200-medley relay and 14th in the 200-IM at the state meet as a senior ... A member of Who's Who Among American High School Students ... Was an honor roll student ... National Honor Society participant ... Named the vice president of both the Student Council and the Spanish Club ... Was coached by former UK swimmer Andy Farris.

Best Times: 100-backstroke: 1:02.55; 200-backstroke: 2:13.16; 200-individual medley 2:15.35



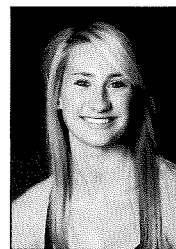
SYDNEY WITZKY

2008-09 NEWCOMERS



ANNA MATTOX
Fly/Free • Freshman • 5-3
Opelika, Ala. (Opelika)
Major - Undeclared
Club - Auburn Aquatics

North Carolina AAAA State MVP ... Holds seven Apex High School swim records ... Four-time letterwinner ... A member of the National Honor Society.
Best Times: 50-freestyle: 23.60; 100-freestyle: 50.90; 200-freestyle: 1:49.69; 200-backstroke: 2:00.83; 100-meter butterfly: 1:04.30



SAM SELICK
Breast/Free • Freshman • 5-11
Toldeo, Ohio (Notre Dame Acad.)
Major - Pre Physical Therapy
Club - Sylvania Tsunami

Pre-College: A four-year letterwinner at Notre Dame Academy ... Four-time district qualifier ... Twice qualified for the state meet ... Performed over 120 hours of community service ... A Wendy's Heisman award winner.
Best Times: 100-breaststroke: 1:10.01; 50-breaststroke: 30.1; 50-freestyle: 25.3



CHELSEA PETERSON
Freestyle • Freshman • 5-11
Plymouth, Wisc. (Plymouth)
Major - Biology/Pre Physical Therapy
Club - Ozaukee Aquatics

Pre-College: A four-year honorable mention All-State ... Four-time state qualifier and medalist in the 50- and 100-freestyle ... Was named most valuable swimmer of her team in each of her four seasons ... A member of the honor roll ... Tabbed the junior and senior class president ... National Honor Society member.
Best Times: 50-freestyle: 24.18; 100-freestyle: 52.6; 200-freestyle: 1:54; 100-freestyle: 51.80



JENNA WILLIS
Breast/IM • Freshman • 5-5
Lafayette, Ind. (Central Catholic)
Major - Psychology
Club - Boilermaker Aquatics

Pre-College: A four-year letterwinner at Central Catholic ... Was a state qualifier and a sectional champion during her career ... A member of the National Honor Society ... Honor Roll student ... Was named the class treasurer.
Best Times: 100-breaststroke: 1:06.06; 200-breaststroke: 2:24.67; 200-individual medley: 2:09.89

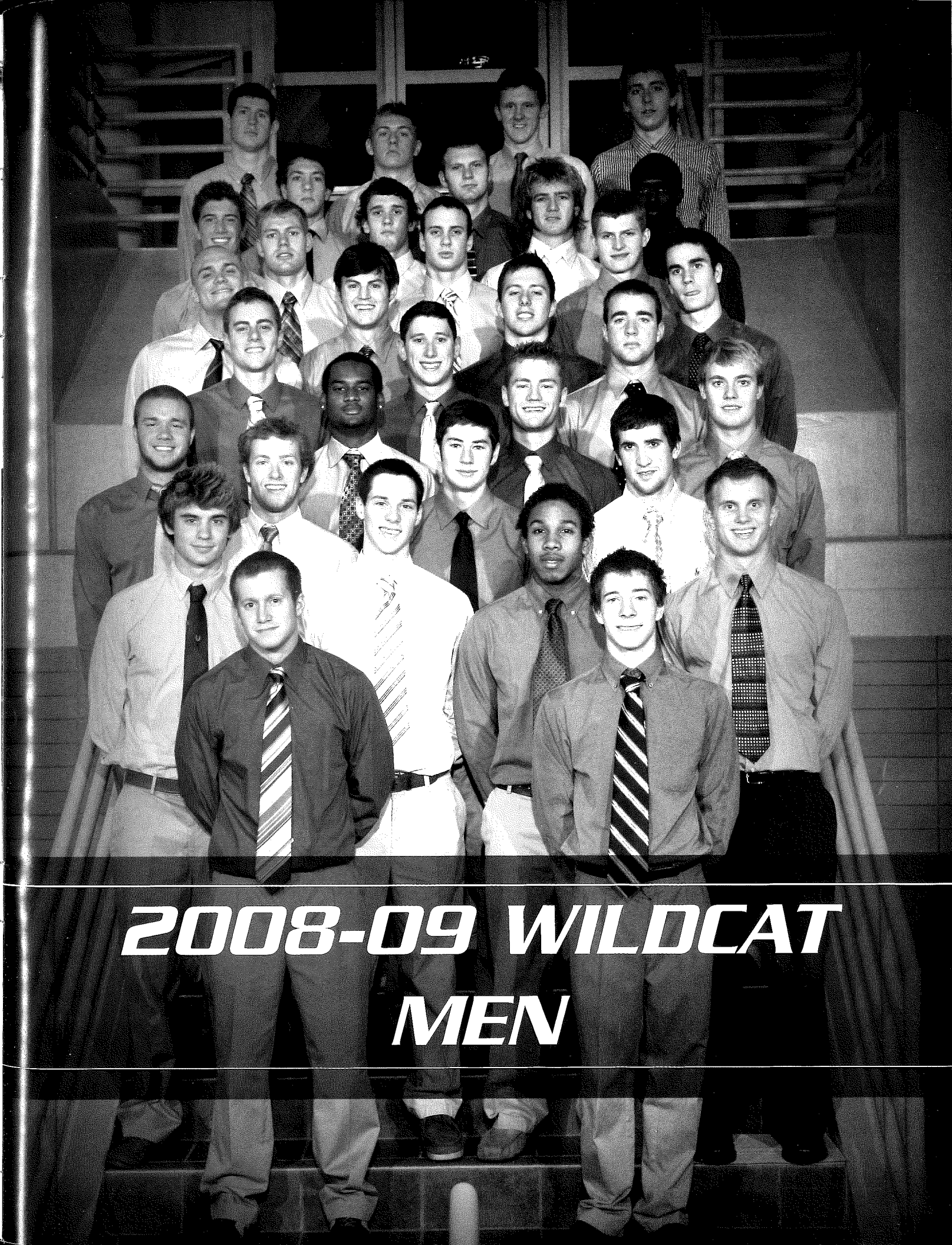


MANDY MYERS
Freestyle • Freshman • 5-10
Apex, N.C. (Apex High School)
Major - Kinesiology
Club - YMCA of the Triangle Area

Pre-College: A three-time North Carolina state champion ... Won the 100- and 200-freestyle state title as a junior ... Claimed the 50-free championship as a senior ... Named the 2007



KELSI HALL



2008-09 WILDCAT MEN



GRANT COOKSEY

"He really had a great freshman season," Conelly said. "But, I expect him to be even better this year, now that he's been in the program for a year."

Greene and sophomore Reinhardt Strijdom form a solid returning group in this area. However, adding freshman Morne' Boshoff will add an incredible dynamic to this already deep group.

"Morne' is a standout in our freshman class," Conelly said. "He's training exceptionally hard and will see a lot of action for us in a variety of events."

DISTANCE FREESTYLE

Reed and Boshoff will swim the 500-free, but not much more yardage beyond that. That's where senior James Batley, junior Marco Iemmola and junior Kevin Ryan will provide depth. Freshman Ben Russell will also add to the rotation in the group.

Batley and Iemmola will be asked to carry the bulk of the load, and expectations are high for them each to score at SECs. After strong seasons a year ago, Conelly expects his distance group to be even stronger than it has been in previous years.

BREASTSTROKE

With the departure of the best breaststroker in school history in Will Vietti, a lot is being asked of promising freshman Grant Cooksey.

"He (Cooksey) has a really powerful stroke," Conelly said. "He's going to have a little more speed than Vietti, but he has to step into an extremely important role for us if we want to achieve some of our goals this season."

Cooksey will also be asked to replace Vietti on the medley relays, and he is the leading candidate to do so. However, junior Julio Vallette has been right on his heels in practice. Conelly is expecting the tandem to continue to push one another in hopes of keeping this stroke at a continued high level.

Junior Justin Max and Matt Russell will also step into the breaststroke lineup. They both are expected to provide strong support to the group particularly in dual meet season.

BACKSTROKE

Eliason is the leader of the backstroke group, having shot up UK's record books in both the 100- and 200-back events in his junior campaign, and Conelly only expects even better results out of his senior this season. Eliason led the squad in both events a year ago, taking the backstroke leg of the medley relays. This year Conelly is hoping for Eliason to contend in the top-eight in the conference as well as the top-16 finish in the nation.

Greene and senior Joe Retrum have also been vital contributors in the backstroke events. Retrum always seems to step up the most in high-stake meets like the SEC Championships, while Greene has been a consistent finisher in dual meets.

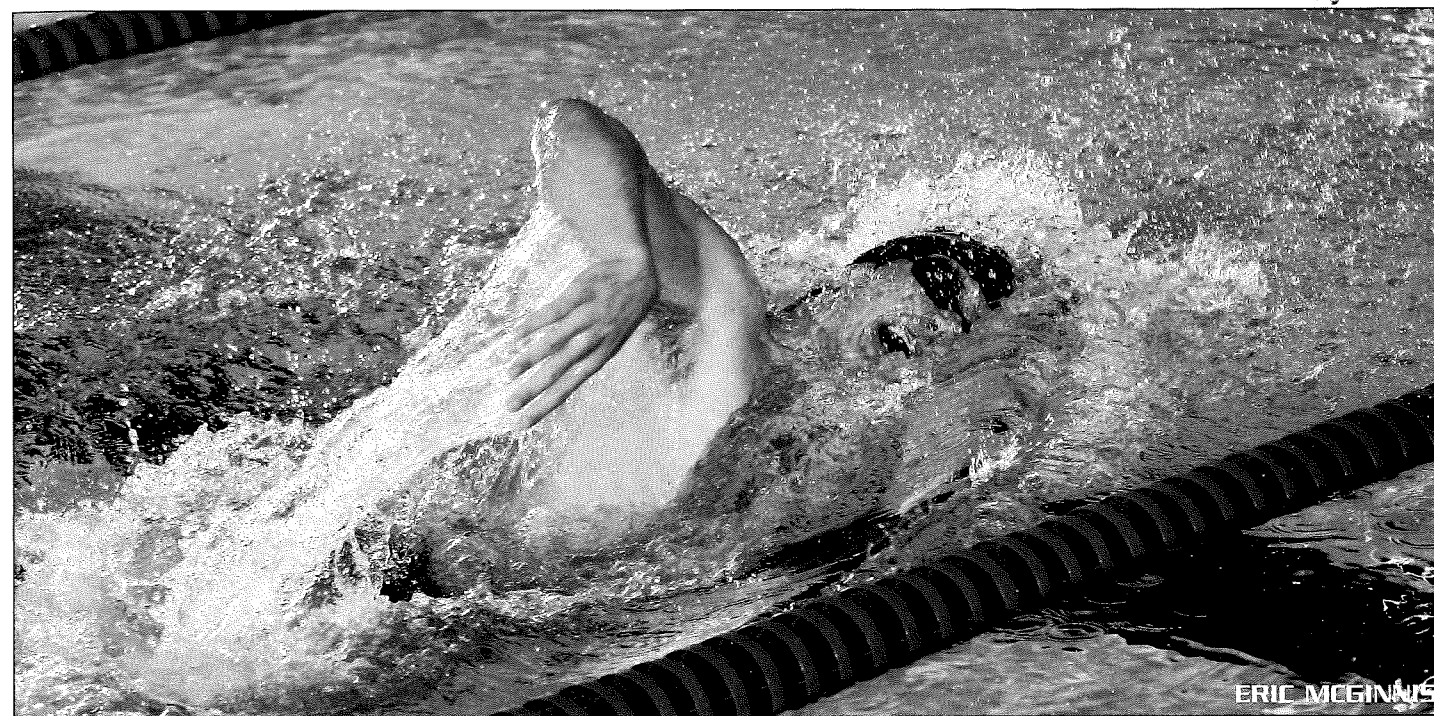
SPRINT FREESTYLE

Burrows, Grobbelaar, Forbes and McGinnis headline this talented group. Each holds a time in the top-10 all-time at Kentucky in the 50-free. Grobbelaar is a top-16 finisher at the SEC Championships in his first three seasons, while McGinnis claimed a top-eight spot a year ago.

Sophomore Colin Faris and junior Chris Richard are also sure to see time in the sprint races, while, Eliason is a vital part of the 200- and 400-free relay teams. Freshmen Rohan Johnson and Matt Russell will add even more depth to the field.

MIDDLE DISTANCE FREESTYLE

Reed had a sensational freshman season and is knocking on the door of several UK records in both the 200- and 500-free.



ERIC MCGINNIS

Freshmen Ben Russell, Patrick Schaler and Adam Twer will all also step into roles in the backstroke events.

BUTTERFLY

Butterfly is another deep field for the Wildcats. Grobbelaar and Burrows are both outstanding in the 100-fly and extremely fast in the 50-leg of the 200-medley relays. They will once again carry the team in the sprint sector of the events. Forbes and junior Travis Muzzillo are also major factors in the 100-fly.

"Warren and Elvis are very close time-wise in the sprint fly," Conelly said. "I feel very good about our lineup here with Alex and Travis adding to our depth."

As for the 200-fly, Retrum has been a solid force for the Blue and White. He'll be joined by Matt Russell, Batley, Cooksey and freshman Mike Crady.

INDIVIDUAL MEDLEY

"Shane Eliason did extremely well for us in the IM last year," Conelly said. "I think he combined with Morne' (Boshoff), will give us a very good one-two punch here."

Eliason led the team in both individual medleys a year ago. Boshoff is credited by his coach with having four very strong strokes and will be a major factor for the team.

Retrum also provided a steady 200-IM race in his three seasons. Matt Russell, Cooksey and Twer will all also see time in the individual medley races this season.

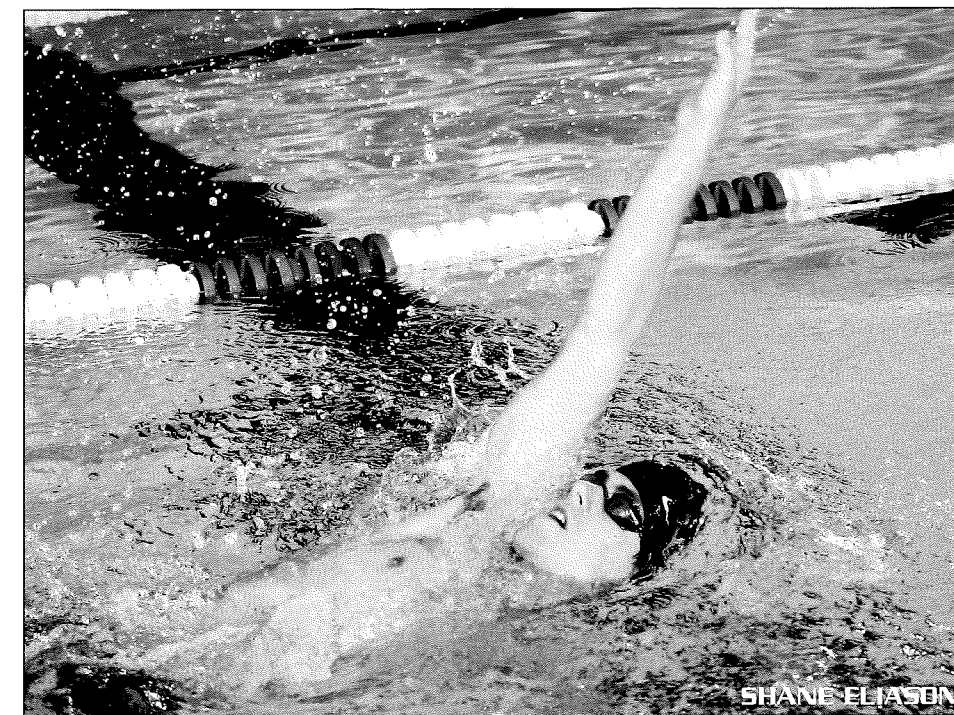
DIVING

Senior Justin Smith leads the divers on the men's side and is joined by freshman Tom Gimm.

Smith scored on all three boards a year ago at the SEC Championships. He's continually improved in each of his three seasons with the Wildcats, and his coach Ted Hautau expects his last to be his best.

Conelly knows he'll need production from his divers if UK has a chance of being a top level team in the nation in 2009.

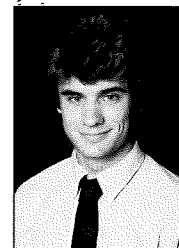
Gimm was a six-year letterwinner out of Mounds View in Minnesota. He was an All-American in high school and a state finalist for four seasons.



SHANE ELIASON

2008-09 WILDCAT MEN

2008-09 WILDCAT MEN



JAMES BATLEY
Free/Fly • Senior • 5-11
Somerset, England (Millfield)
Major - Economics
Club - Millfield

2007-08: Finished in the top-15 at the Nike Cup in four different events ... Placed fifth in the 1650-freestyle, ninth in the 200-butterfly, 10th in the 200-freestyle and 11th in the 500-freestyle ... Had 11 top-four finishes in dual meets ... Tapped in the top three at dual meets six times ... Recorded career-best times in the 1000-freestyle and 200-butterfly.

2006-07: Named academic All-SEC ... Scored three top-20 performances at the SEC Championships, placing 12th in the 1650-freestyle, 17th in the 500-free and 19th in the 200-free ... Claimed four top-10 performances at the annual Nike Cup ... Earned fifth in the 200-free, sixth in both the 500-and 1650-free, eighth in the 200-fly, and second with the quartet of the 800-free relay team ... Tapped in first in the 200-free in dual meet competition against Alabama and Cincinnati ... Clocked in second place eight times in four events in dual meets ... Topped personal-best times in the 1000-free and 200-fly.

2005-06: Captured points for the Cats with a 10th place finish in the 1650-freestyle and 15th place in the 500-free at the SEC Championships ... Also took 23rd in the 200-free at the Championships ... After the 2006 season, held the 97th best time in the nation in the 500-free (4:27.81) ... Touched in fifth place in the 500-free at the Nike Cup Invitational,

and followed with an eighth-place finish in the 1650-free ... Was a member of the bronze-winning 400-and 800-free relay teams at the Cup ... Touched fifth as a part of the 800-free relay team at the SEC Championships ... Earned first place finishes in the 200-free and 500-free in a meet against Texas A&M ... Won the 500-free event in the last home meet of the season against Cincinnati.

Pre-College: Member of the Great Britain Junior National Team ... Bronze medalist in the 800-freestyle relay at the 2004 European Junior Championships ... Gold medalist in the 800-free relay at the 2004 National Youth Championships and the 400-free relay at the 2003 National Youth Championships ... Won the 400-free gold medal at the 2003 Welsh Nationals ... Chose Kentucky over Arizona State, Florida State and Texas A&M because of the great coaching staff and facilities, the beautiful campus and the friendliness of the people.

Best Collegiate Times: 200 freestyle - 1:39.51; 500 freestyle - 4:27.81; 1650 freestyle - 15:42.03; 1000 freestyle-9:32.10; 200 butterfly-1:51.53



MATT BIERWIRTH
Butterfly • Senior • 6-4
Edgewood, Ky. (Scott High)
Major - Finance
Club - Northern Kentucky
Clippers

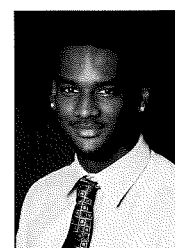
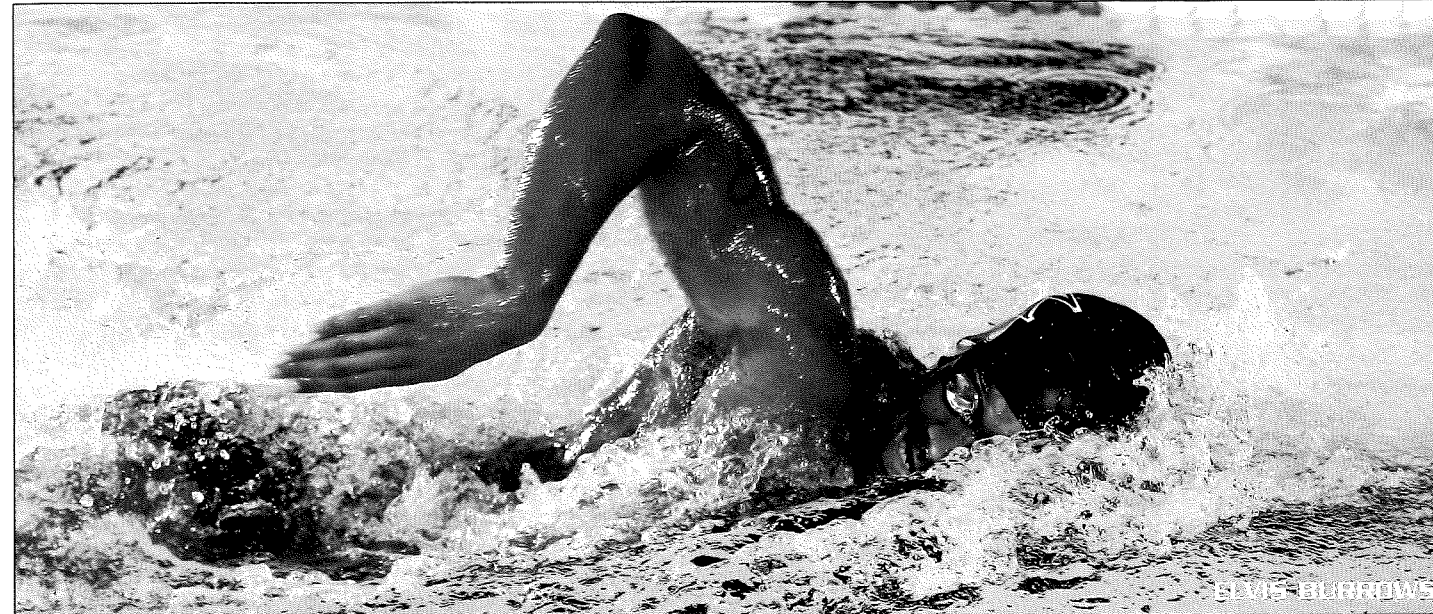
2007-08: Placed 30th in the 200-butterfly at the Nike Cup ... Had two top-four finishes in dual meets ... Also recorded a career best time in the 100-butterfly.

2006-07: Appeared in three events at the Nike Cup in November ... Tapped in 27th in the 200-butterfly, 39th in the 200-individual medley and 47th in the 100-fly ... Captured fifth in the 200-fly in a meet against Louisville ... Scored a career-best time in the 200-fly.

2005-06: Placed 31st in the 100-butterfly and 36th in the 200-individual medley at the SEC Championships ... At the Nike Cup Invitational, finished 25th in the 200-fly, 27th in the 200-IM and 32nd in both the 100-fly and 100-backstroke ... Captured fourth place finishes in the 200-fly and 100-fly in meets with Louisville and Cincinnati respectively ... Participated in seven different events throughout the course of the season.

Pre-College: Garnered Most Improved team swimming honors in 2003 and 2004 ... Named team captain his senior year ... President of the French National Honor Society ... Recipient of the Work Ethic Diploma ... Chose UK over Louisville and Miami (Ohio) for the swimming program, academics and campus.

Best Collegiate Times: 200 individual medley - 1:59.93; 200 butterfly - 1:56.76; 200 backstroke - 2:06.26; 200 breaststroke - 2:27.90; 100 butterfly - 52.98



ELVIS BURROWS
Free/Fly • Junior • 5-11
Freeport, Grand Bahama,
(Seneca HS)
Major - Hospitality
Management & Tourism
Club - Lakeside Seahawks

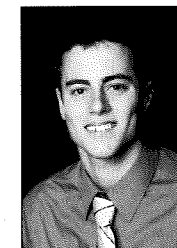
2007-08: Participated in the 2008 Olympics in Beijing for the Bahamas ... Swam the 50-free at the world event ... Appeared in three events at the 2008 SEC Championships ... Recorded a career-best time in the 50-free as he finished 23rd overall ... Tapped in 23rd in the 100-butterfly recording another career best time and the 10th best time in UK history ... Notched a career-best time in the 100-free, placing 24th at the conference meet ... Finished 18th in the 50-free at the Nike Cup ... Also clocked in 26th in the 100-freestyle at the Nike Cup ... Had five top-three finishes in dual meets.

2006-07: As a rookie, was a member of the SEC Championship team ... Clocked in 25th in the 100-butterfly, 36th in the 100-freestyle and 39th in the 50-free while setting career-best times in all three events at the conference meet ... At the Nike Cup he placed 42nd in both the 50- and 100-free and 45th in the 100-fly ... Took third in the 100-fly in the last dual meet of the season against Cincinnati.

Pre-College: 2005 State Champion in the 50-freestyle ... Holds Carifta and CISC records in the 50-butterfly ... Three-time high school Most Valuable Swimmer ... Member of the high school state championship team ... Participated in Carifta, CISC and CAC Games ... Chose UK because of

the great coaches and the close-knit team.

Best Collegiate Times: 100 butterfly-49.48; 50 freestyle - 20.55; 100 freestyle - 45.55



SHANE ELIASON
Back/Free • Senior • 6-0
Sturgeon Bay, Wisc.
(Sturgeon Bay)
Major - Mathematical Economics
Club - Door County YMCA

2007-08: A team captain ... A member of the 13th place 800-freestyle and the 14th place 400-medley relay teams at the NCAA Championships, earning All-America status ... Placed 34th at the NCAA meet in the 200-backstroke ... Scored in seven events at the SEC Championships ... Was a member of the fourth place 200-medley and 800-free relay teams, and the fifth place 400-medley squad ... As an individual, placed 10th in the 200-back, 12th in the 100-back, and 22nd in the 200-individual medley ... Had three top-three finishes at the Nike Cup ... Finished second in the 200-back and in the 200-individual medley and third in the 100-back ... Recorded nine first place finishes in dual meets... Had 20 top-three finishes during dual meet season.

2006-07: Named to the SEC All-Academic team ... Enjoyed a break-out season for UK, scoring two top-15 finishes in the backstroke events at the SEC Championships ... Touched in 11th in the 100-back and 13th in the 200-back ... Claimed first in the 100-back in four consecutive dual meets, and had three consecutive wins in the 200-back ...

Finished third or higher in every dual meet backstroke event, with 11 first and second place finishes ... Clocked in a career-best third in the 200-back, seventh in the 50-free and 11th in the 100-back at the Nike Cup, and was a member of the second place 200-free, 400-medley, 200-medley, and 400-free relay squads ... Scored five personal best times during the season.

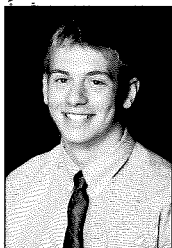
2005-06: An immediate impact for the Cats during his freshman campaign ... Earned points for Kentucky in the 100-backstroke event at the SEC Championship when he placed 16th ... Also earned a 20th place finish in the 100-butterfly at the Championships ... At the Nike Cup Invitational he earned two top-10 finishes while competing in four events ... Was a featured member of the 200-free, 400-medley and 400-free relay teams ... Earned silver in the 400-medley relay and bronze in the 200-and 400-free relays ... Placed fifth in the 200-back at the Nike Cup and ninth in the 100-back ... Also took 13th in the 100-fly and 17th in the 50-free at the event ... In a dual meet with Louisville, the freshman placed first in the 200-back and took third in both the 100-fly and 100-back ... Earned 13 top-three finishes in three different events throughout the season.

Pre-College: Ten-time NISCA All-American ... Named team MVP four times ... Member of the state championship team three times ... Garnered Academic All-State honors ... Chose Kentucky over Indiana, Xavier and Wisconsin because of the beautiful campus, school's academic prowess and the quality of the team.

Best Collegiate Times: 200 backstroke - 1:46.64; 50 freestyle - 20.55; 100 butterfly - 49.48; 100 backstroke - 49.19; 50 backstroke - 22.91; 200 freestyle-1:38.63

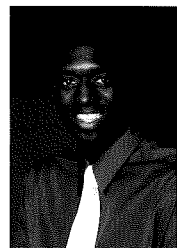


KYLE GREENE



COLIN FARIS
Freestyle • Sophomore • 6-2
Maysville, Ky. (Saint Patrick)
Major - Education
Club - Limestone YMCA Swim

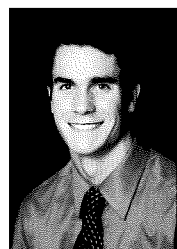
2007-08: Recorded a career-best time at the SEC Championships, placing 18th in the 50-freestyle ... Also clocked in a career-best time in the 100-free while touching in 27th at the conference meet ... Placed 19th in the 50-free and 34th in the 100-free at the Nike Cup ... Had three top-three finishes in dual meets.
Pre-College: The Kentucky High School state champion in the 50-freestyle as a senior ... Four-year letterwinner ... Has competed in the Junior National competition ... Also participated in soccer.
Best Collegiate Times: 50-freestyle - 20.77; 100-freestyle - 46.33



ALEX FORBES
Free/Fly • Junior • 6-1
Orlando, Fla. (Lyman HS)
Major - Psychology
Club - CF Aquatics

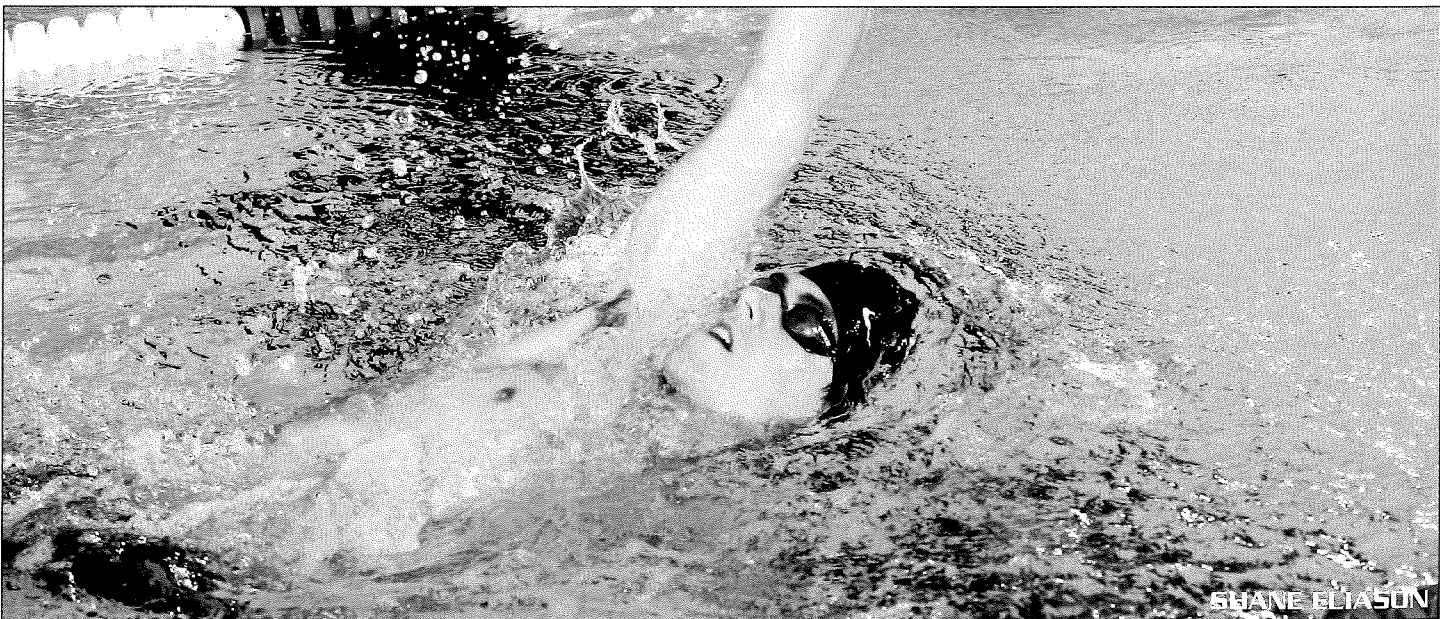
2007-08: Earned All-America status as a member of the 400- and 800-freestyle relays at the NCAA Championships ... Finished 43rd in the 50-freestyle and at NAAs ... Scored points for the Cats in three events at the SEC Championships ... A member of the fourth place 400-free relay team and the fifth place 200-freestyle team ... Individually placed 12th in the 50-free ... Also finished 19th with a career-best time in the 100-butterfly and 20th in the 100-free ... Placed in the top-10 in three events at the Nike Cup ... Took fourth in the 100-free, sixth in the 50-freestyle and ninth in the 200-freestyle ... Had first place finishes in the 50- and 100-free against Alabama ... Clocked in the top-three 12 times during dual meets.
2006-07: Scored impact points for the Wildcats in his first SEC Championships, placing 14th in the 100-butterfly and 15th in the 100-freestyle ... Scored his third top-20 finish at SEC's when he tapped in 17th in the 50-free ... At the Nike Cup in November, the rookie tallied a 12th place showing in the 100-fly and 14th place in the 50-free, and placed second as a member of the 200-free and 400-free relay squads ... Took first in the 100-free in a meet against Cincinnati ... Earned career best times in the 100-free and 100-fly at SECs.
Pre-College: NISCA Athlete of the Year ... Nine-

time state champion ... Two-time national champion ... Four-time high school MVP ... Holds the state record in the 50-freestyle ... Holds high school records in the 50-free, 100-free, 200-free, 100-butterfly and 100-backstroke ... High school team placed third overall at the state competition his freshman and sophomore seasons ... Chose to be a Wildcat because he liked the atmosphere, the coaches and his new teammates.
Best Collegiate Times: 100 butterfly-49.07; 50 freestyle-20.19; 100 freestyle-44.90; 200 freestyle-1:41.60; 100 backstroke - 53.03



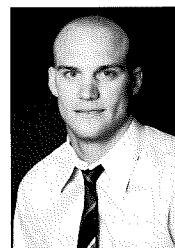
KYLE GREENE
Free/Back • Junior • 6-2
Cincinnati, Ohio (Turpin HS)
Major - Finance
Club - Anderson Barracudas

2007-08: Took fourth as a member of the 800-freestyle team at the SEC Championships ... Tapped in 13th overall in the 200-free at SECs ... Also placed 20th in the 500-free and 21st in the 200-backstroke with a career-best time ... Finished second in the 200-freestyle at the Nike Cup ... Also tapped in fifth in the 500-free and 11th in the 100-free at the Nike Cup ... Finished first in the 200-free against Virginia Tech ... Had 13 top-three finishes in dual meets.
2006-07: Endured an illness at the start of the SEC Championships, yet overcame it to finish 23rd in the 200-freestyle and 33rd in the 100-free at SECs



SHANE ELIASON

... Scored four top-25 finishes at the Nike Cup in November ... Placed fourth in the 200-free, 11th in the 100-free, 16th in the 500-free and 21st in the 200-backstroke, and touched in second as a member of the 800-free relay team ... Captured two dual meet wins in the 200-free in meets against Texas A&M and Louisville ... Claimed eight top-three finishes in four events in dual meet season.
Pre-College: The Ohio high school state champion in the 200-freestyle his senior season ... State runner-up in the 200-free his junior season and the 100-free his senior season ... High school team placed fourth in the high school state championships his senior year ... Holds the 100-free record at Turpin High School ... Also on the high school record books as a member of the 200-medley relay, 200-free relay and 400-free relay teams ... Named MVP his senior season ... Chose UK because he liked the campus and the up and coming team.
Best Collegiate Times: 500 freestyle-4:27.94; 100 freestyle-45.78; 200 freestyle-1:37.90; 200 backstroke-1:50.64

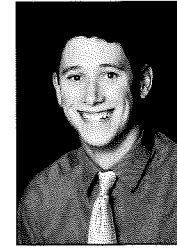


WARREN GROBBELAAR
Freestyle • Senior • 6-2
Pretoria, South Africa (Pretoria)
Major - Mechanical Engineering
Club - TUKS Swimming Club

2007-08: Earned individual All-America honors when he tapped in 14th in the 100-fly at the NCAA Championships ... Was also a member of the 14th

place 400-medley and 400-free relay teams at the national meet ... Placed in seven events at the SEC Championships ... Was a member of the fourth place 200-medley and 400-free relay squads and the fifth place 200-free and 400-medley relay teams ... As an individual tapped in ninth in the 50-free, seventh in the 100-fly and 12th in the 100-free ... His 100-fly time is tops in UK history ... Placed second in the 100-fly at the Nike Cup ... Also clocked in fifth in the 50-free and 13th in the 100-free ... Tallied five first-place finishes in dual meets.
2006-07: Enjoyed an outstanding SEC Championship in his second campaign with three top-10 finishes to lead the Wildcats ... Placed sixth in the 100-butterfly, ninth in the 50-freestyle and 10th in the 100-free, claiming personal best times in all three events at the conference meet ... Won four events in dual meet competition, claiming first in the 50-free in meets against Texas A&M and Louisville, and wins in the 100-fly in meets against Alabama and Cincinnati ... At the Nike Cup in November, placed third in both the 100-fly and 100-free and notched a fifth place tap in the 50-free, and also placed second as a member of the 200-free, 400-medley, 200-medley, and 400-free relay teams ... Scored seven top two finishes in two events during dual meets.
2005-06: Garnered three honorable mention All-America honors at the NCAA Championship as a member of the 200-medley relay, 800-freestyle relay and 200-free relay teams ... Tallied points for UK in the 100-fly at the SEC Championships with a 15th place finish ... Placed 23rd in the 50-free at the Championships ... At the Nike Cup Invitational he took seventh in the 100-fly, 14th in the 50-free, 16th in the 100-free and 18th in the

200-fly ... A featured member of the relay teams, he earned silver in the 200-medley and 400-medley events at the Cup ... Also earned a bronze in the 200-free and 400-free relays at the event ... Won the 100-fly in meets with Louisville and Cincinnati.
Pre-College: Member of the South African Junior Team ... South African National Champion ... Chose UK because of the high quality swimming program.
Best Collegiate Times: 50 freestyle - 19.90; 100 freestyle - 44.38; 100 butterfly - 46.92; 200 butterfly - 1:55.14; 50 butterfly - 23.72



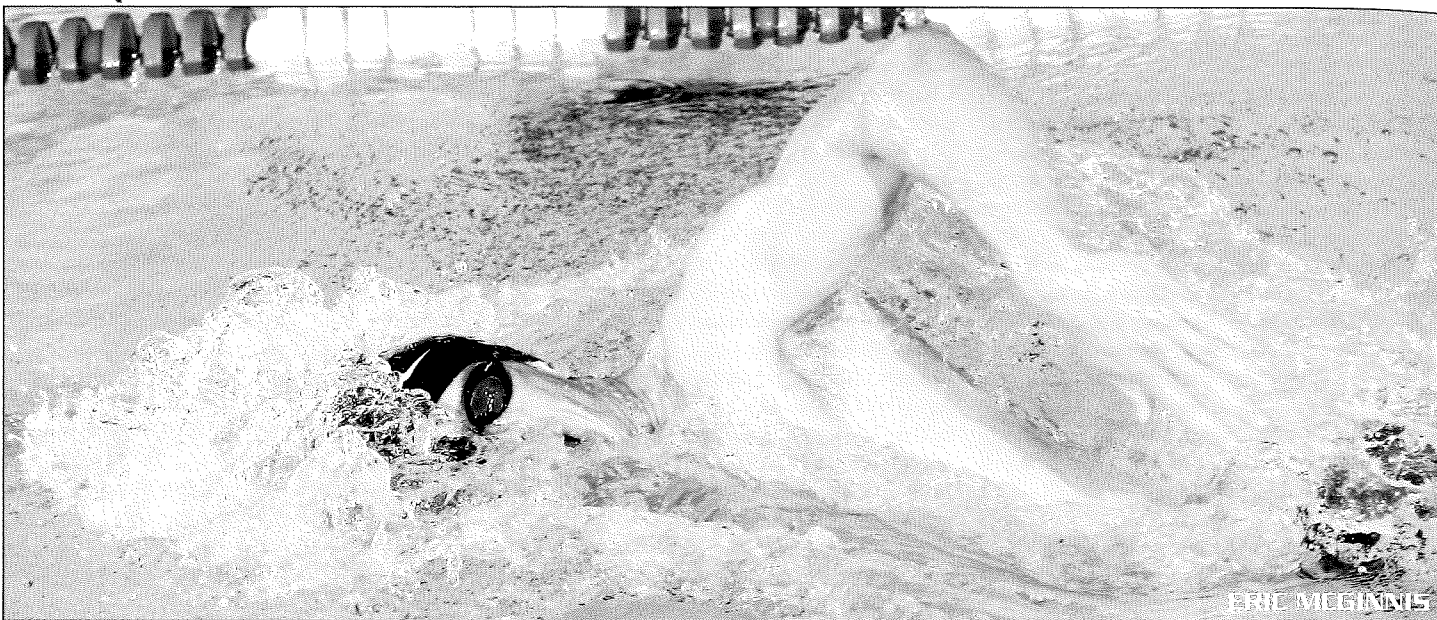
MARCO IEMMOLA
Freestyle • Junior • 5-11
Crestview Hills, Ky. (Covington Catholic)
Major - Accounting
Club - Northern Kentucky

2007-08: Competed in three events at the SEC Championships ... Tapped in 21st in the 1650-free, 24th in the 500-free and 28th in the 200-freestyle ... Set career best clips in the 1650- and 200-free ... Had five top-four finishes in dual meets.
2006-07: In his first career SEC Championships he earned impact points for the Blue and White when he scored 15th in the grueling 1650-freestyle, where he also notched a career-best time ... Additionally, he placed 29th in the 200-free and 32nd in the 500-free at SECs ... Registered his first career dual meet win when he touched ahead of the pack in the 500-free in a meet against Louisville, and placed second in the



WARREN GROBBELAAR

2008-09 WILDCAT MEN

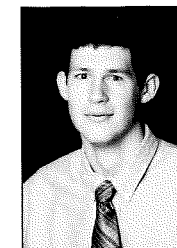


ERIC MCGINNIS

2008-09 WILDCAT MEN

TYLER REED

Freestyle • Sophomore • 6-5,
Morgantown, Ky. (Butler
County HS)
Major - Social Studies
Education
Club - Greater Bowling
Green/Southern Kentucky



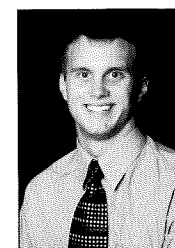
2007-08: Was the top scorer for the Wildcats at the NCAA Championships in just his first season ... Tallied All-America status when he touched in 13th in the 200-freestyle ... Also earned All-America accolades as a member of the 13th place 800-free relay teams and the 14th place 400-medley and 400-free relay squads ... Also tapped in 21st in the 100-free at the national meet ... Placed in five events at the SEC Championships ... Took fourth as a member of the 800-free and 400-free relay teams ... Individually he placed fifth in the 200-free, fifth in the 100-free and 11th in the 500-free at the conference meet ... Took first in the 200-free at the Nike Cup ... Also placed 10th in the 100-free at the Nike Cup ... Notched nine first place finishes during dual meet action.

Pre-College: 2007 Kentucky state champion in the 100- and 200-freestyle ... 2006 state champion in the 200-free ... KHSAA State record holder in the 200-free ... Region I record holder in both the 100- and 200-free ... Two-time Regional swimmer of the year ... Two time first-team all-state ... Four time All-American ... Five year letterwinner ... Chamber of Commerce Youth of the Year.

Best Collegiate Times: 100 freestyle - 43.71; 200 freestyle - 1:35.21; 500 freestyle - 4:21.26

TRAVIS MUZZILLO

Fly/Free • Junior • 5-9
Louisville, Ky. (South Oldham HS)
Major - Finance
Club - Shelby Sharks



2007-08: Competed in three SEC Championship events ... Tapped in 21st in the 200-fly, 24th in the 100-fly and 40th in the 50-free ... Earned career-best times in all three events ... Finished in the 14th position in the 100-fly and 28th in the 200-fly at the Nike Cup ... Had four top-three finishes in dual meets.

2006-07: Appeared in three events at the SEC Championship as a rookie ... Touched in 22nd in the 200-butterfly, 24th in the 100-fly and 40th in the 50-freestyle ... Scored career-best times in all three events at the conference meet ... Placed fourth in both the 200-fly and 100-fly in UK's victory over Alabama ... Tallied a 24th place finish in the 200-fly, 29th in the 100-fly, 30th in the 200-backstroke and 35th in the 100-back at the Nike Cup.

Pre-College: Four-time Kentucky state champion ... Six-time record holder ... Tabbed the Most Valuable Swimmer at South Oldham High School his junior and senior seasons ... The lifelong Wildcat fan chose UK because of the tremendous coaching staff and the incoming freshman class.

Best Collegiate Times: 100 butterfly-49.66; 200 butterfly-1:52.05; 50 freestyle-21.45; 50 backstroke-25.81

Louisville ... Earned nine top-three finishes in his two marquee events, the 50- and 100-free, in dual meet competition.

Pre-College: 2006 North Carolina High School State Championships Swimmer of the Meet ... Holds state meet records in the 50- and 100-freestyle events ... Member of the Ravenscroft High School team that earned second-place at the state meet his senior season ... Named the MVP of his high school team ... Participated in the 2006 U.S. Nationals ... Chose UK because he fit in well with the team and wanted to train with the great coaching staff.

Best Collegiate Times: 50 freestyle-19.88; 100 freestyle-43.96; 200 freestyle-1:42.20; 100 breaststroke-1:00.07; 100 backstroke-52.50

ERIC MCGINNIS

Freestyle • Junior • 6-2
Raleigh, N.C. (Ravenscroft)
Major - Kinesiology
Club - Yota YMCA

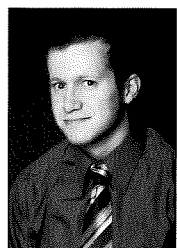


2007-08: A blogger for UKathletics.com ... Will compete for the United States on the World University Games team next summer after taking second at the US Open meet in the 50-free ... Secured the 39th fastest time in the world in the event at the US Olympic Trials ... Placed 32nd in the 50-free at the NCAA Championships ... Earned All-America status as a member of the 14th place 400-free relay team at the NCAA Championships ... Placed in six events at the SEC Championships ... Was a member of the fourth place 200-medley and 400-free relays and the fifth place 200-free and 400-medley relay squad ... Clocked in fourth in the 50-free and eighth in the 100-free for two top-10 finishes at the conference meet ... Had four first place finishes in dual meets.

2006-07: An immediate impact sprinter for the Wildcats ... In his first career SEC Championships recorded top-16 performances in two events with a 13th place touch in the 50-freestyle and 16th in the 100-free ... Took fifth in the 100-free, sixth in the 50-free, 14th in the 200-free and 26th in the 100-breaststroke at the Nike Cup, and was also a member of the second-place 200-free, 400-medley, 200-medley, 800-free and 400-free squads at the event ... Captured dual meet wins in the 100-free in Wildcat victories over Texas A&M and

JUSTIN MAX

Breast/Fly • Junior • 5-7
Reynoldsburg, Ohio
(Reynoldsburg HS)
Major - Political Science,
Spanish
Club - Greater Columbus



2007-08: Swam the 100-backstroke, 100- and 200-breast and the 50-, 100- and 200-fly in UK's dual meets ... Best finish of the year was a fifth place finish in the 50-fly.

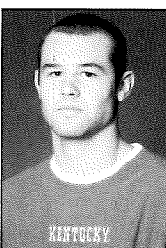
2006-07: At the Nike Cup in November, the rookie tallied a 25th place finish in the 200-breaststroke, 35th in the 100-breast, 42nd in the 200-individual medley and 51st in the 100-butterfly ... Notched a third place showing in the 100-fly in a Wildcat upset victory over Texas A&M ... Scored career-best times in every event in some of his final swims of the season.

Pre-College: Named the Most Valuable Swimmer at Reynoldsburg High School ... Earned All-State accolades ... Holds high school records in breaststroke, butterfly and individual medley events ... Chose UK for the great campus, people and his new team.

Best Collegiate Times: 100 butterfly-51.15; 200 breaststroke-59.81; 200 breaststroke-2:12.77

KEVIN KNEZEVICH

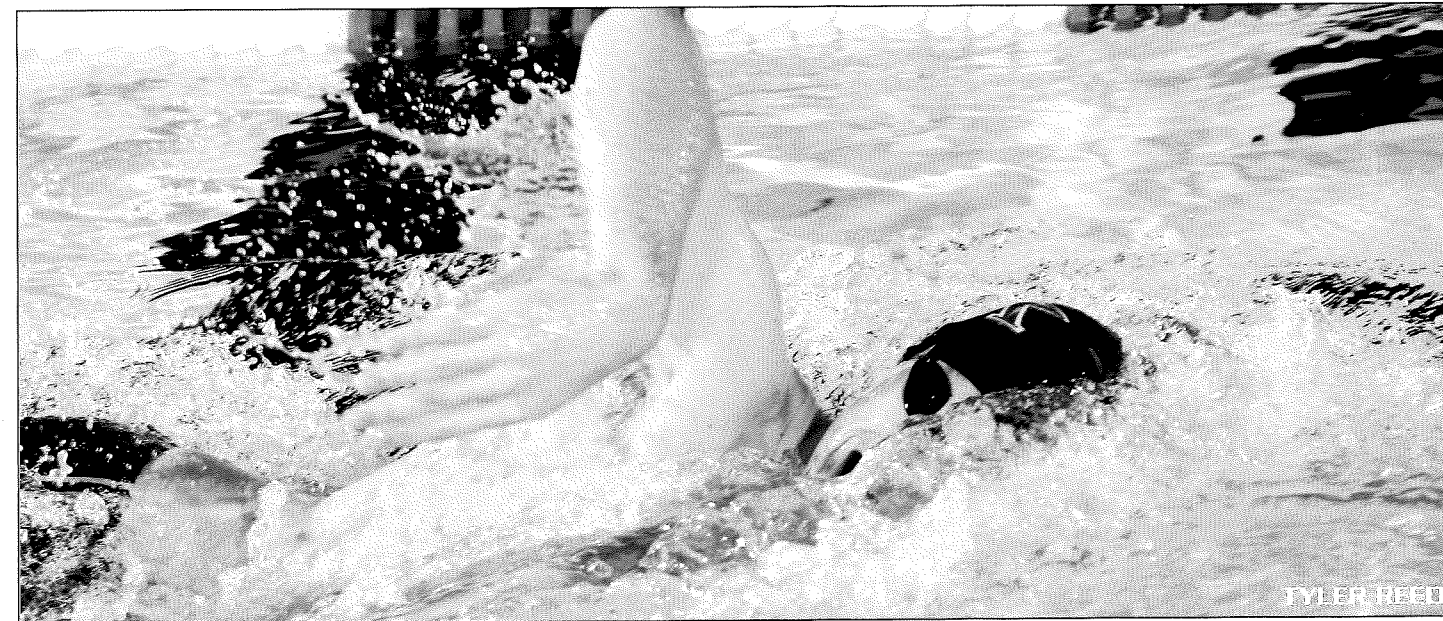
Free/Fly • Sophomore • 6-1
Richmond, Ky. (Model)
Major - Undeclared
Club - Colonel Aquatics



2007-08: Competed in five different events for the Wildcats in his first season with the squad ... Scored a fifth place finish, his highest of the season, in the 100-fly in Kentucky's win over Cincinnati ... Placed 47th overall in the 50-free at the Nike Cup in November.

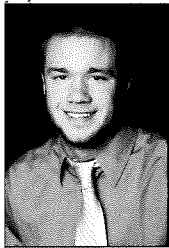
Pre-College: A member of the Kentucky All-State team ... Also named to the All-Region and All-District team ... Holds the 100-butterfly record at Model ... Named the MVP of his team ... A member of the Model District and Regional championship teams ... Also played soccer, tennis and basketball ... Named all-district in soccer.

Best Collegiate Times: 50 freestyle - 21.77; 100 freestyle - 48.17; 100 butterfly - 49.55



TYLER REED

2008-09 WILDCAT MEN



JOE RETRUM
Back/Fly • Senior • 5-8
Fishers, Ind. (Hamilton
Southeastern)
Major - Psychology
Club - Southeastern Swim Club

2007-08: A team captain ... Scored points for UK with a 14th place finish in the 200-fly at the SEC Championships ... Also touched in 17th in the 100-fly at the conference meet ... Took eighth in the 100-back and 100-fly at the Nike Cup ... Also secured 20th place in the 200-back at the meet ... Had five top-four finishes during dual meet season.

2006-07: Named to the SEC All-Academic team ... Placed in the top-20 in three events in his second conference meet ... Took 10th in the 200-butterfly, 18th in the 100-fly and 19th in the 100-backstroke ... Enjoyed a fantastic showing at the highly competitive Nike Cup, scoring two top-10 finishes and earning points for the Wildcats in a third event ... Claimed sixth in the 200-fly, seventh in the 100-fly and 11th in the 200-individual medley ... Took five top-three finishes in two events during dual meet competition ... Placed second in the 200-fly and third in the 100-fly in a win over conference-foe Alabama ... Recorded four career-best times in his second season.

2005-06: A 14th place finish at the SEC Championship in the 100-backstroke helped earn impact points for the Cats ... Also placed 19th at the Championships in the 100-butterfly ... Participated in four different events at the Nike Cup Invitational, earning 16th place in the 100-

back, 17th in the 200-individual medley, 18th in the 200-back and 23rd in the 100-fly ... Earned silver as a member of the 200-medley relay team at the Cup ... Took second in the 200-back in a dual meet with Cincinnati ... Touched in third in the 200-fly in a dual meet with Louisville.

Pre-College: Six-time high school All-American ... Named Indiana Senior Swimmer of the Year ... Garnered Indiana All-State honors ... Received the Indiana High School Mental Attitude Award.

Best Collegiate Times: 200 individual medley - 1:52.34; 200 butterfly - 1:49.01; 100 butterfly - 49.39; 100 backstroke - 50.22; 200 backstroke - 1:53.58; 50 backstroke - 23.95; 50 butterfly - 24.11



CHRIS RICHARD
Free/Fly • Junior • 6-2
Sturgeon Bay, Wisc. (Sturgeon
Bay HS)
Major - Business
Club - Schroeder

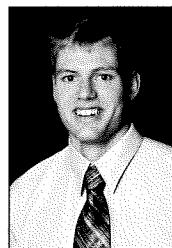
2007-08: Saw action in two events at the SEC Championships tapping in 25th in the 50-free and 30th in the 100-free ... Set career-best times in both events ... Claimed two top-four finishes in dual meets this year.

2006-07: Added depth to the strength of the team in the sprint group ... Turned in a 19th place finish in the 50-freestyle to highlight his quality performance at the Nike Cup in November ... The rookie also scored a 28th place finish in the 100-free and a 53rd place in the 100-backstroke ...

Placed third in the 50-free in a UK win over state-rival Louisville ... Appeared in five dual meets in the 50- and 100-free events.

Pre-College: Won the State Championship four times in his career as a member of Sturgeon Bay High School ... Named the MVP of his high school team his senior season ... Tabbed the Most Dedicated Swimmer his sophomore and junior seasons ... Also participated in baseball, soccer and track ... Became a Wildcat because UK was the best fit for him.

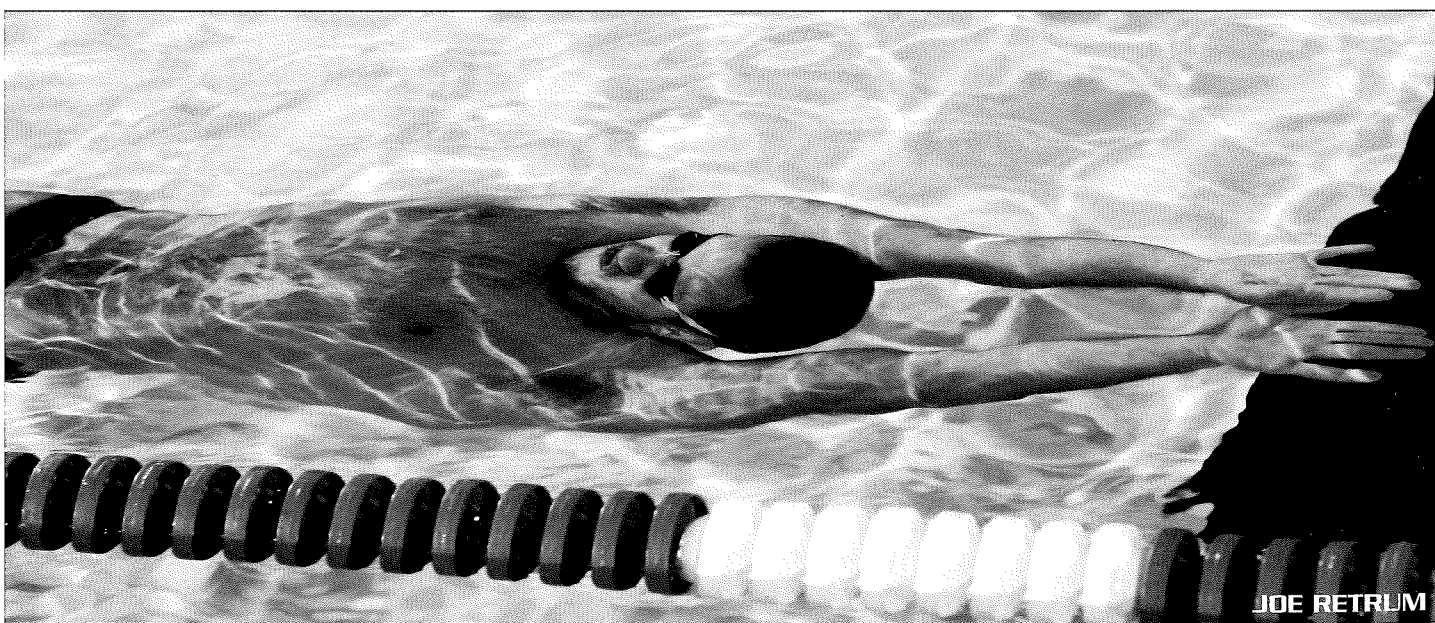
Best Collegiate Times: 50 freestyle-20.64; 100 freestyle-46.11



KEVIN RYAN
Freestyle • Junior • 5-10
Cincinnati, Ohio (Roger Bacon)
Major - Chemical Engineering
Club - Powel Crosley, Jr. YMCA

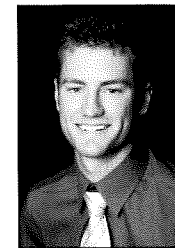
2007-08: Placed 17th in the 1650-freestyle at the Nike Cup ... Also finished 32nd at the Nike Cup in the 200-butterfly ... Clocked in fourth in the 1000-free at Louisville ... Set a personal best time in the 1000-free.

2006-07: Captured 23rd in the grueling 1650-freestyle at the Nike Cup in November ... Also tallied 40th place in the 500-free and 53rd in the 200-free ... Placed fifth in both the 200-free and 500-free in a UK win over Cincinnati ... Claimed career best times in two events at the Bulldog Invitational in February.



JOE RETRUM

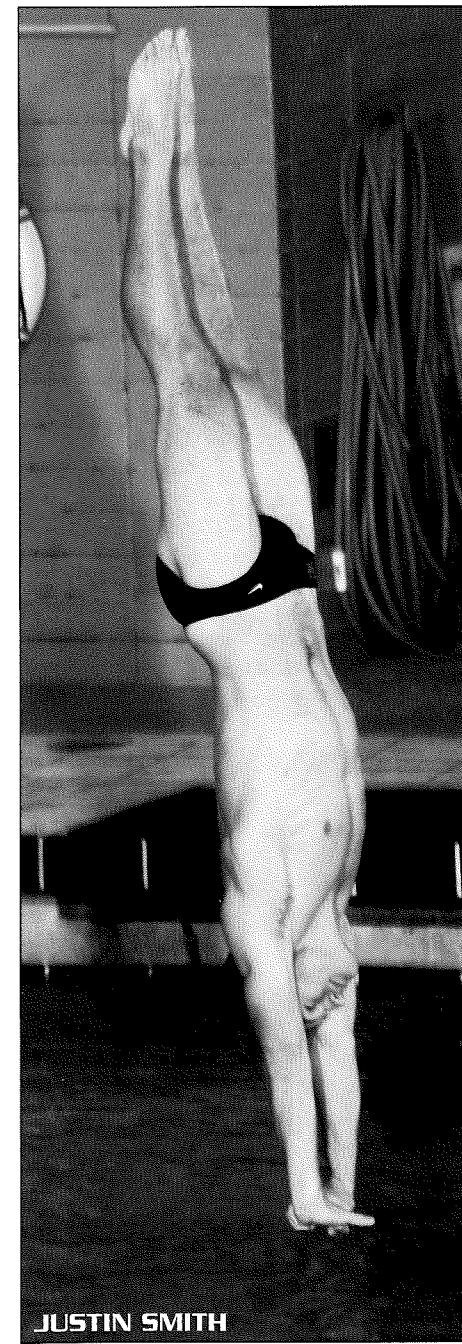
2008-09 WILDCAT MEN



JUSTIN SMITH
Diving • Senior • 5-11
Lynwood, Ill. (Munster)
Major - Exercise Science
Club - Region Rippers

Pre-College: A Wendy's High School Heisman Award Nominee ... Academic All-American ... Four-time First Team Greater Catholic League ... Four-year letterwinner ... Member of school record breaking 200- and 400-freestyle relays ... Member of the National Honor Society ... Became a Wildcat because of the great team members.

Best Collegiate Times: 1650 freestyle-16:49.66; 1000 freestyle: 9:57.18; 500 freestyle-4:51.38; 100 freestyle-49.65; 200 freestyle-1:47.28



JUSTIN SMITH

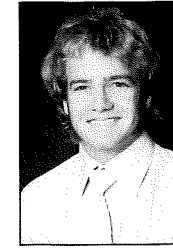
2007-08: Scored points in two events at the SEC Championships, taking 12th on platform and 13th on the three-meter board ... Had three first place finishes in dual meets ... Took first on the one-meter at Louisville and against Cincinnati ... Also won first on the three-meter vs. Cincinnati ... Recorded seven top-three finishes during dual meet season ... Scored career best clips on all three boards.

2006-07: Showed tremendous improvement on all three boards, recording career best scores in all three events ... Placed in the top-eight for the first time in his career at the SEC Championships taking eighth on the three-meter board ... Placed 10th on the one-meter board and 14th on platform to score quality points in all three events at the conference meet ... Earned 14th on platform, 16th on three-meter and 22nd on one-meter at the Zone Diving Championships ... Earned dual meet wins on the one- and three-meter boards against Indiana ... Earned a win on one-meter in a UK win over state-rival Louisville ... Scored eight top-three performances in dual meet competition.

2005-06: Finished 18th on the one-meter board at the SEC Championships in his rookie campaign ... Earned 17th place in both the one-meter and platform events at Zone Diving ... Captured bronze in the three-meter at the Nike Cup Invitational, while placing fourth on the one-meter ... Notched his top scores of the season on both the one- and three-meter boards in a meet against Indiana, where he placed second on the one-meter and third on the three-meter.

Pre-College: Named 2005 Indiana All-State ... Garnered 2004 and 2005 All-American honors ... Chose UK over Virginia, Michigan State, Minnesota and Louisville because of the coaching staff, teammates, campus and university's academic prowess.

Best Collegiate Scores: One-meter - 329.48 (6 dives); Three-meter - 363.46 (6 dives); Platform-231.60 (6 dives)



REINHARDT STRIJDOM
Freestyle • Sophomore • 6-2
Pretoria, South Africa (Affies)
Major - Business Management
Club - Tuks Swim

2007-08: Placed 21st in the 100- and 200-freestyles and 34th in the 50-free at the SEC Championships with career-best times ... Was a member of the fourth place 800-freestyle relay team at SECs ... Finished 14th in the 200-free and 24th in the 100-free at the Nike Cup ... Placed first in the 200-freestyle in a dual meet with Cincinnati ... Recorded four top four finishes on the year.

Pre-College: A six-time league winner ... Team captain ... Also played four years on the school's water polo team ... Achieved perfect attendance for 12 years.
Best Times: 50-freestyle - 21.13; 100-freestyle: -45.18; 200-freestyle - 1:39.69; 400-freestyle - 4:02.45



JULID VALLETTE
Breaststroke • Junior • 6-0
Melbourne, Fla. (Holy Trinity
Episcopal Acad.)
Major - Accounting
Club - Space Coast

2007-08: Placed 17th at the SEC Championships with a career best time in the 100-breaststroke ... Also finished 19th in the 200-breast at the conference meet with another career best time ... Touched in 15th in the 200-breast and 19th in the 100-breast at the Nike Cup ... Had five top-three finishes in dual meets.

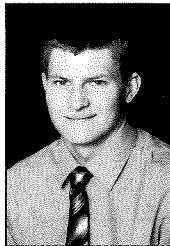
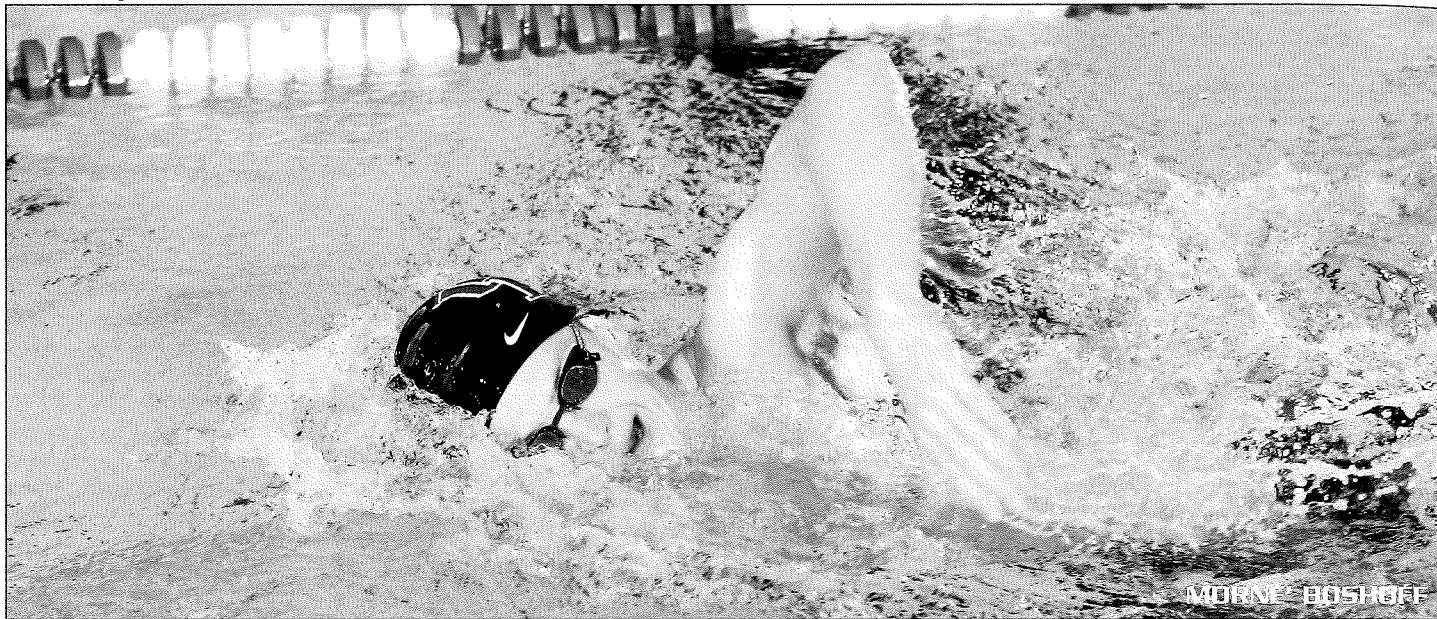
2006-07: Appeared in three events at the Nike Cup in November ... Placed 27th overall in the 200-breaststroke and 33rd in the 100-breast, and also took 62nd in the 50-freestyle ... Scored a third place showing in the 100-breast in a Kentucky win over Cincinnati ... Notched a fourth place tap in the 200-breast in a meet against South Carolina and Tennessee ... Participated in four dual meet competitions in the breaststroke discipline.

Pre-College: 100-breaststroke bronze medalist at the High School State Championship ... Named Most Valuable Swimmer for three seasons at Holy Trinity Episcopal Academy ... Chose to be a Wildcat because of the opportunity to compete in the Southeastern Conference.

Best Collegiate Times: 100 breaststroke-59.57; 200 breaststroke-2:08.22

2008-09 NEWCOMERS

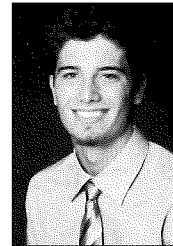
2008-09 NEWCOMERS



MORNE' BOSHOFF
Free/IM • Freshman • 6-2
Cape Town, South Africa (Tuks Sport Study Centre)
Major -Undeclared
Club - Vineyard Swimming Club



MIKE CRADY
Fly/Free • Freshman • 5-11
Franklin, Tenn. (Franklin)
Major -Undeclared
Club - Nashville Aquatic Club

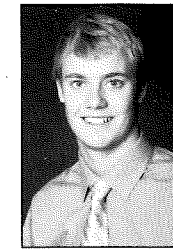


TOM GIMM
Diving • Freshman • 6-0
Shoreview, Minn. (Mounds View)
Major -Pre Physical Therapy
Club - Twin City Divers



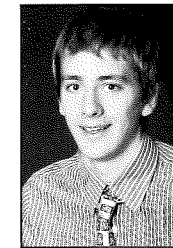
BEN RUSSELL
Distance Free/Fly • Freshman • 5-7
Lafayette, Ind. (Lafayette Jefferson)
Major -Mechanical Engineering
Club - Boilermaker Aquatics

Pre-College: A four-year letterwinner at Lafayette Jefferson ... Twice named the team's most valuable swimmer ... Earned Freshman of the Year honors ... A two-time team captain ... Was the high-point winner for three seasons ... Academic All-American.
Best Times: 500-freestyle - 4:41.00; 1000-freestyle - 9:44.65; 1650-freestyle - 16:21.00; 200-butterfly - 1:53.20



PATRICK SCHALER
Free/Back • Freshman • 6-7
Dublin, Ireland (Colaiste Eoin)
Major - Journalism
Club - VWCRC

Pre-College: Claimed third place in the 50-backstroke at the Irish National Championships ... Swam for Colaiste Eoin.
Best Times (LCM): 100-freestyle - 56.00; 100-backstroke - 1:01



ADAM TWER
Back/IM/Free • Freshman • 6-0
Carmel, Ind. (Carmel)
Major - Business
Club - Carmel Swim Club

Pre-College: A four-year letterwinner at Carmel ... A seven-time high school All-American ... A junior national qualifier in the 200-backstroke.
Best Times: 200-backstroke - 2:07.82; 200-individual medley - 1:55.00; 500-freestyle - 4:41.41



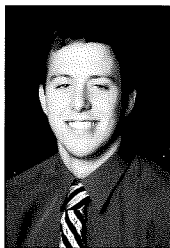
MATT RUSSELL
Free/Breast/IM • Freshman • 6-1
Augusta, Ga. (Cornerstone Acad.)
Major -Pre Med
Club - Greater Augusta Swimming

Pre-College: A two-year letterwinner at Cornerstone Academy ... Claimed the 50-freestyle championship and was the runner-up in the 100-free at the Southeastern Zone Championships.
Best Times: 50-freestyle - 20.9; 100-freestyle - 47.3; 100-breaststroke - 57.3; 200-breaststroke - 2:05.5; 100-butterfly - 50.8; 100-backstroke - 51.9; 200-individual medley - 1:52.5

Pre-College: Tapped in third in the 400-meter individual medley at the South African Olympic Trials ... Also finished fifth in the 400-meter freestyle at the Olympic Trials.
Best Times (LCM): 200-freestyle - 1:53.39; 400-freestyle - 3:57.88; 400 individual-medley - 4:30.37

Pre-College: Four-time All-American ... An eight-time state finalist ... Owns six high school records ... Named captain of his high school team as a senior ... Four-year letterwinner at Franklin ... A member of the National Honor Society ... MU Alpha Theta member.
Best Times: 100-butterfly - 50.97; 200-freestyle - 1:42.78; 200-butterfly - 1:53.95

Pre-College: A six-year letterwinner at Mounds View ... An All-American diver ... Was a state-finalist in his freshman, sophomore, junior and senior seasons ... Sectional champion in each of his last four years.
Best Scores: One-meter - 288 (6 dives); One-meter - 468 (11 dives)



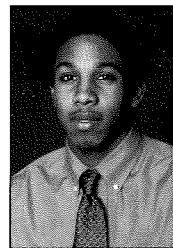
GRANT COOKSEY
Breast/IM • Freshman • 6-1
Pewee Valley, Ky. (South Oldham)
Major -Mining Engineering
Club - Lakeside Seahawks

Pre-College: A five-year letterwinner at South Oldham ... Was a state champion and All-American in his career ... An uncle, John Karlen played golf at Western Kentucky.
Best Times: 100-breaststroke - 56.28; 200-breaststroke - 2:01.89; 200-individual medley - 1:54; 400-individual medley - 4:03



ARIC FRANZMAN
Back/IM/Fly • Freshman • 6-2
Brownsburg, Ind. (Brownsburg)
Major -Biology
Club - Sugar Creek Swim Club

Pre-College: A member of the Brownsburg High School squad that claimed the County Championship in each of his four seasons ... State qualifier during three of his four seasons ... President of the National Honor Society at Brownsburg.
Best Times: 200-backstroke - 1:55.00; 200-butterfly - 1:57; 400 individual-medley - 4:14



ROHAN JOHNSON
Free/Breast • Freshman • 5-9
Kingston, Jamaica (Hargrave Military Academy)
Major -Business Management
Club - TORNADOES Swim Club

Pre-College: Was a two-year letterwinner at Hargrave ... An All-American ... Also named All-State and All-Conference ... Won the most valuable swimmer award ... Was named to the President's and Dean's List academically ... A member of the National Honor Society.
Best Times (LCM): 50-freestyle - 25.62; 100-freestyle - 55.87; 200-freestyle - 2:03; 50-breaststroke - 32.5





**2009 WILDCAT
SENIORS**



KAYE BETHUNE

**2007-08 SEASON
LOOKING BACK**



WILL VIETTI

2007-2008 SEASON IN REVIEW

2007-2008 SEASON IN REVIEW



HEATHER BRADFORD

both boards in a valiant effort en route to a loss to Florida, in the third meet of the season. Pulskamp topped her own personal best time in the 200-butterfly in her second-place finish. The sophomore impressively also enjoyed outstanding swims in the relay events and in the 200-individual medley, placing third. On the boards, Kentucky saw Retrum take the one-meter event and Snowden continue her hot start with a win on the three-meter.

Led by five new pool records and 24 first place finishes the University of Kentucky men's and women's swimming and diving teams dominated their state rival, Louisville in impressive fashion. Senior Jenny Bradford is atop the record books in the 50-freestyle and 100-freestyle with impressive wins in both events. For her efforts, she was named SEC Swimmer of the Week. The men were equally impressive, setting records in both relays and sophomore Eric McGinnis powered his way to a record in the 50-free. To begin the meet, the quartet of junior Shane Eliason, Vietti, sophomore Elvis Burrows and McGinnis took the 200-medley relay in a time of 1:30.32. After dominating Louisville in the individual events, Kentucky's men were not satisfied and took another record in the 400-free behind McGinnis, sophomore Alex Forbes, junior Warren Grobbelaar and freshman Tyler Reed clocking in 3:02.84, to conclude the meet.

The men then had their date with Florida, in a meet that saw the squad enjoy impressive dominance in the short events and on the boards in the loss. The Blue and White swept the top three spots in the 50-freestyle as McGinnis, Grobbelaar and Forbes finished in a one-two-three punch. McGinnis continued his strong showing by finishing second overall and first for the Cats in the 100-free. In the 200-free it was Reed's turn to shine, while Grobbelaar claimed first in the 100-fly. On the boards, Kentucky freshman Stephen Andrews swept both events.

Kentucky would then head to the annual Nike Cup where Reed and Pulskamp led the way for the Wildcats. Reed beat out the field in the 500- and 200-freestyle events in back-to-back nights. Reed led a one-two Wildcat punch in the 200-free as sophomore Kyle Greene took second behind his teammate. Pulskamp claimed victory in the 200-butterfly highlighting a meet in which Kentucky dominated in many areas. The sophomore earned a career-best time and NCAA qualifying 'B' mark with a time of 2:00.42 to better the field in the final night of competition.

The University of Kentucky women's swimming and diving team used a nine-win performance to earn a 30-point dual meet victory over border-state rival Indiana for the first time since the 1999-00 season, while the men dropped a closely-contested

Blue and White, both squads lost to Virginia Tech just a day after beginning the season. On the men's side, Kentucky was led by a two-win performance from All-SEC performer Will Vietti. Vietti earned first in both the 100- and 200-breaststroke events. The women's divers traded first and second places as Snowden took the top honors on the one-meter while senior Kari Retrum placed first on the three-meter.

The women's team used a lifetime best swim from sophomore Megan Pulskamp, and wins on

meet to the Hoosiers. Kentucky's women's squad used a two-win performance out of both Heather and Jenny Bradford, while also riding the wave of a sweep on the boards to defeat the Hoosiers handedly. Both Bradfords claimed first in two different individual events to pace UK. And on the boards, Retrum claimed first place on the one-meter board, with Snowden eclipsing her teammate on the three-meter.

The University of Kentucky men's and women's swimming and diving teams both dropped their opening meets of the spring season against Ohio State. Kentucky's first competition in 43-days saw some impressive individual performances in their losses. On the men's side, Forbes and Eliason each emerged with two individual titles. Reed jump-started the scoring for the Wildcats with a first place showing in the 200-free, and Vietti took the Cats' to their third consecutive win when he tapped first in the 100-breast. Concluding the swimming portion of the night, the men rallied for a win in the 400-free relay behind Reed, McGinnis, Forbes and Grobbelaar. On the women's side, UK claimed first in the 200-medley and 400-free relays. Kentucky continued to dominate the sprint events,



TYLER REED

Both of Kentucky's squads finished in the top-20 in the country in the 2008 season. Eleven Wildcat athletes earned All-America honors for their efforts at the NCAA Championships.

as they have in every meet this season, going 1-2-3-4 in the 50-free. Seniors Jenny Bradford, Heather Bradford, Lauren Willis and Beth Parsons proved too fast for the Buckeyes as they all touched in before any Ohio State athlete. Jenny Bradford went on to win the 100-free, edging out freshman Kayla Sergesketter who placed second. Heather Bradford and Pulskamp went 1-2 in the 50-fly to round out the first place finishes.

The University of Kentucky men's and women's swimming and diving teams escaped Tuscaloosa with wins, as both teams defeated the Crimson Tide in the final road contest of the season in dual meet action. Kentucky combined for 20 individual wins against their SEC counterparts. Four individuals earned two wins on the afternoon, sophomores Casey Miller and Alex Forbes, junior Shane Eliason and senior Jenny Bradford led the way. The Blue and White were also tops in all four relays at the site of the 2008 SEC Championships.

On an afternoon where 12 senior athletes were honored prior to their last home meet of their careers, the class of 2008 led the way for the Kentucky men's and women's swimming and diving teams as they concluded dual meet action with wins

over Cincinnati. Kentucky powered its way to their second consecutive victories in as many weeks, behind a stellar showing from the senior class who accounted for 12 wins. Senior Jill Southerlan and classmate Blair Barrett went 1-2 in both backstroke events. Southerlan earned the top finish in the 100-back, with Barrett winning the 200-back. Senior Lindsay Myhre led the way in both breaststroke events. Senior Kristian Outinen claimed first in the 100-breast while senior Grant Nelson took first in the 200-fly. Retrum would win both boards on her way to winning SEC Diver of the Week honors.

The men and women both finished fifth in the ever-grueling SEC Championships. Snowden's second-place finish on the platform led the way for her to win the SEC Freshman Diver of the Year. Retrum was equally impressive taking second on the one-meter and fourth on the platform. The Bradfords medaled for the second consecutive season, with Jenny taking second and Heather third in the 50-free. UK's 200-free relay squad of the Bradfords, Willis and Pulskamp claimed a silver medal with a school record-breaking time. Heather Bradford once again earned a medal in the 100-fly, this year taking bronze. Vietti placed second in the 100-breast for the second-straight season to conclude his illustrious career. And

Andrews finished third on the platform to round out the medals for the Wildcats. Reed and Grobbelaar both tallied incredible individual performances, with Grobbelaar scoring in three individual events and Reed finishing as the SEC top freshman in both the 200- and 500-free events.

At the NCAA Championships on the women's side, Retrum and the 200-free relay squad highlighted an 18th place finish. Retrum earned All-America honors on both the one-meter and platform. The 200-free relay squad placed fifth and broke the school record for best finish in the event. Jenny Bradford wrapped up her career with the third consecutive season earning All-America honors in the 50-free.

On the men's side, UK finished in 19th place overall the best finish in two seasons for the Blue and White. Reed and Grobbelaar each earned All-America individual honors, with Reed taking the highest individual finish of any UK swimmer. He placed 13th in the 200-free at his first national meet. Grobbelaar placed 16th in the 100-fly for his first individual honors. Reed, Grobbelaar, McGinnis, Forbes and Eliason all earned All-America honors as three relays finished in the top-16 in the country.

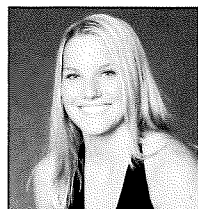
2008 AWARDS

TOP TEAM TIMES/SCORES

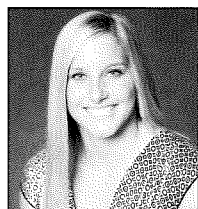
1,650 Freestyle	
*Haleigh Kerns	17:06.47
*Marco Iemmola	15:51.75
1,000 Freestyle	
*Leah Harms	10:10.06
*James Batley	9:35.34
500 Freestyle	
*Haleigh Kerns	4:56.03
*Tyler Reed	4:21.26
100 Butterfly	
*Warren Grobbelaar	46.92
Heather Bradford	53.21
200 Butterfly	
Grant Nelson	1:47.98
*Megan Pulskamp	2:00.42
50 Freestyle	
*Eric McGinnis	19.88
Jenny Bradford	22.00
100 Freestyle	
*Tyler Reed	43.35
Jenny Bradford	49.03
200 Freestyle	
*Tyler Reed	1:35.21
*Haleigh Kerns	1:50.87
100 Breaststroke	
Will Vietti	53.76
*Lindsey Graessle	1:02.97
200 Breaststroke	
Will Vietti	1:58.49
Lindsay Myhre	2:17.50
100 Backstroke	
*Shane Eliason	49.19
Jill Southerlan	55.85
200 Backstroke	
*Shane Eliason	1:46.64
Jill Southerlan	2:02.86
200 Individual Medley	
*Shane Eliason	1:50.81
Lindsay Myhre	2:04.99
400 Individual Medley	
Grant Nelson	3:59.11
Lindsay Myhre	4:28.43
1-Meter	
Stephen Andrews	380.55
Kari Retrum	313.95
3-Meter	
*Justin Smith	387.00
Kari Retrum	323.03
Platform	
Stephen Andrews	397.30
*Jessie Snowden	273.80

*Indicates returning athlete

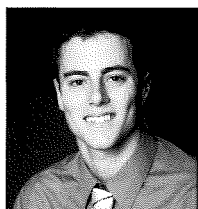
2008 ALL-AMERICA AWARD WINNERS



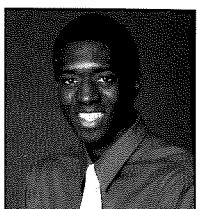
Heather Bradford
200-free relay (5th)
400-free relay (15th)



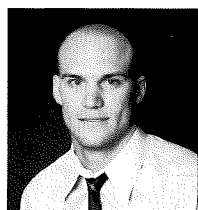
Jenny Bradford
50-free (11th)
200-free relay (5th)
400-free relay (15th)



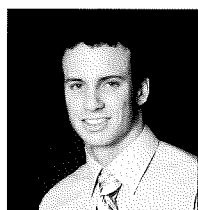
Shane Eliason
400-medley relay (14th)
800-free relay (13th)



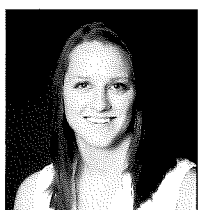
Alex Forbes
400-free relay (14th)
800-free relay (13th)



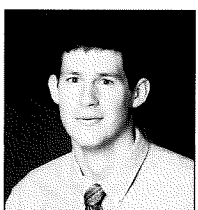
Warren Grobbelaar
100 Butterfly (16th)
400-free relay (14th)
400-medley relay (14th)



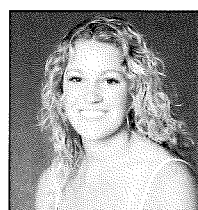
Eric McGinnis
400-free relay (14th)
800-free relay (13th)



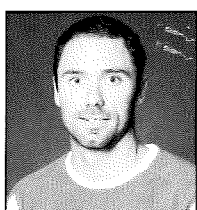
Megan Pulskamp
200-free relay (5th)
400-free relay (15th)



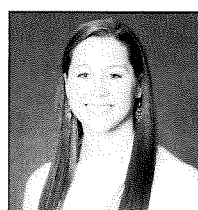
Tyler Reed
200-free (13th)
400-free relay (14th)
400-medley relay (14th)
800-free relay (13th)



Kari Retrum
Platform (14th)
1-Meter (6th)



Will Vietti
400-medley relay (14th)



Lauren Willis
200-free relay (5th)
400-free relay (15th)

SEC AWARDS

SEC Freshman Diver of the Year: Jessie Snowden

Second Team All-SEC: Heather Bradford, Jenny Bradford, Megan Pulskamp, Kari Retrum, Jessie Snowden, Will Vietti, Lauren Willis

SEC Diver of the Week: Kari Retrum, Jessie Snowden

SEC Swimmer of the Week: Jenny Bradford

SEC Freshman of the Week: Stephen Andrews

All-SEC Freshman Team: Tyler Reed, Jessie Snowden

TEAM AWARDS

Most improved swimmer: Justin Max, Megan Pulskamp

100 percent: Kyle Greene, Anna Sirmon

Scholarship: Drew Robinson, Kelley Morrison

Freshman: Tyler Reed, Jessica Snowden

Most Valuable Diver: Stephen Andrews, Kari Retrum

Booster Club: Warren Grobbelaar, Lindsay Myhre

Williams Sharpe: Tyler Reed, Jenny Bradford, Heather Bradford, Kari Retrum

Spirit: Marco Iemmola, Haleigh Kerns

SEC MEDALISTS

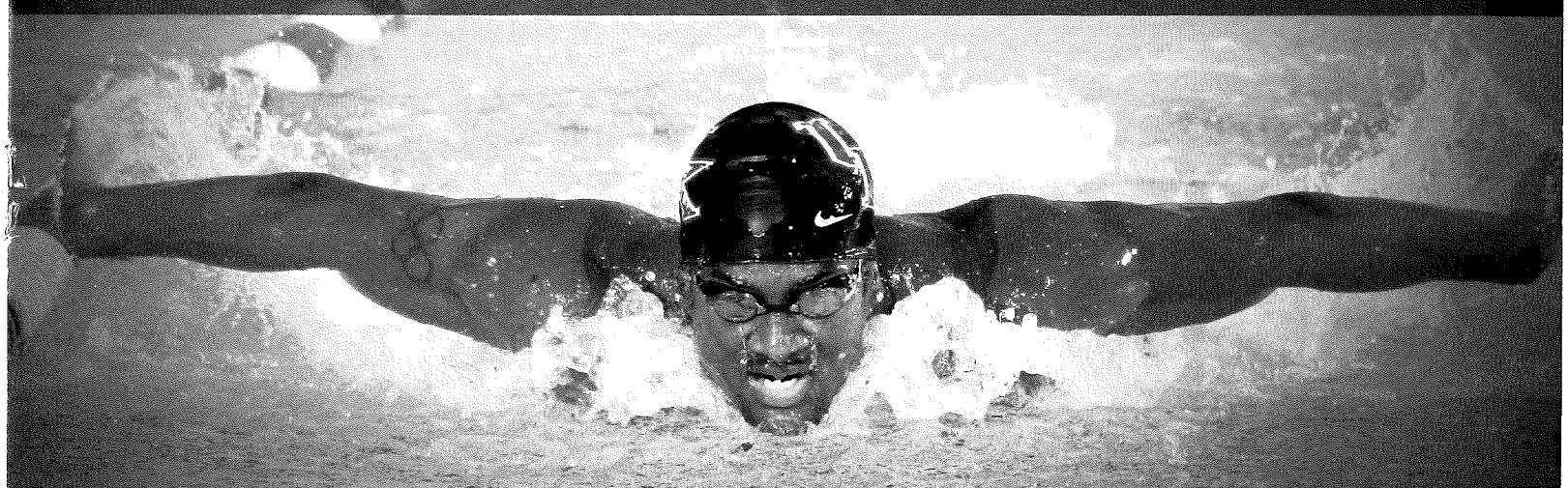
Silver: Heather Bradford, Jenny Bradford, Megan Pulskamp, Kari Retrum, Jessie Snowden, Will Vietti, Lauren Willis

Bronze: Stephen Andrews, Heather Bradford



JENNY BRADFORD

THE WILDCATS RECORDS & HISTORY



ELVIS BURROWS

LANCASTER AQUATIC CENTER RECORDS

MEN'S RECORDS

SWIMMING

Event	Name	Team	Time	Date
50 Freestyle	Cesar Cielo	Auburn	19.03	2/9/07
100 Freestyle	Cesar Cielo	Auburn	41.85	2/10/07
200 Freestyle	Shaune Fraser	Florida	1:35.05	2/9/07
500 Freestyle	Sebastien Rouault	Georgia	4:17.59	2/8/07
1000 Freestyle	Nat Lewis	Kentucky	9:06.97	11/8/97
1650 Freestyle	Sebastien Rouault	Georgia	14:52.82	2/10/07
100 Backstroke	Michael Gilliam	Tennessee	47.25	2/19/99
200 Backstroke	Lucas Salatta	Florida	1:41.38	2/10/07
100 Breaststroke	Vlad Polyakov	Alabama	52.92	2/9/07
200 Breaststroke	Neil Versfeld	Georgia	1:56.30	2/10/07
100 Butterfly	Brock Newman	Auburn	46.87	2/19/99
200 Butterfly	Shaune Fraser	Florida	1:44.98	2/10/07
200 Individual Medley	Lucas Salatta	Florida	1:44.71	2/8/07
400 Individual Medley	Bradley Ally	Florida	3:45.82	2/9/07
200 Medley Relay	Goodrich, Maras, Puninski, Targett	Auburn	1:24.63	2/7/07
400 Medley Relay	Bartz, Denniston, Quevedo, Newman	Auburn	3:10.46	2/18/99
200 Freestyle Relay	Cielo, Puninski, Lundquist, Targett	Auburn	1:16.52	2/8/07
400 Freestyle Relay	Lundquist, Targett, Wike, Cielo	Auburn	2:54.29	2/17/07
800 Freestyle Relay	Johnson, Salatta, Fraser, Rudolf	Florida	6:22.31	2/7/07

DIVING

Event	Name	Team	Score	Date
1-Meter (Six Dives) Dual Meets	Chris Colwill	Georgia	435.70	3/10/06
1-Meter (11 Dives) U.S. Diving Meets	Mark Lenzi	Ohio State Diving	631.23	11/27/90
3-Meter (Six Dives) Dual Meets	Steven Segerlin	Auburn	427.80	2/3/07
3-Meter (11 Dives) U.S. Diving Meets	Kent Ferguson	Mission Bay Makos	678.33	11/27/90
Platform (Six Dives) Dual Meets	Steven Segerlin	Auburn	452.80	2/4/07
Platform (10 Dives) U.S. Diving Meets	Matt Scoggin	Texas Diving Club	641.79	11/26/90
Platform (14 Dives) NCAA Competitions	Rafael Alvarez	Alabama	787.70	2/11/95

WOMEN'S RECORDS

SWIMMING

Event	Name	Team	Time	Date
50 Freestyle	Kara Lynn Joyce	Georgia	21.73	2/8/07
100 Freestyle	Kara Lynn Joyce	Georgia	47.62	2/10/07
200 Freestyle	Kara Lynn Joyce	Georgia	1:45.21	2/9/07
500 Freestyle	Claire Maust	Georgia	4:40.15	2/8/07
1000 Freestyle	Rachel Komisarz	Kentucky	9:50.09	2/20/99
1650 Freestyle	Hayley Piersol	Auburn	15:56.37	2/10/07
100 Backstroke	Rachel Goh	Auburn	52.34	2/9/07
200 Backstroke	Alek Putra	Georgia	1:54.81	2/10/07
100 Breaststroke	Kristy Kowal	Georgia	1:00.13	2/19/99
200 Breaststroke	Kristy Kowal	Georgia	2:11.55	2/20/99
100 Butterfly	Christine Magnuson	Tennessee	52.04	2/9/07
200 Butterfly	Kristen Hastrup	Auburn	1:57.10	2/10/07
200 Individual Medley	Ava Ohlgren	Auburn	1:57.74	2/8/07
400 Individual Medley	Adrienne Binder	Auburn	4:11.65	2/9/07
200 Medley Relay	Goh, Stupp, McCawley, Denby	Auburn	1:38.97	2/7/07
400 Medley Relay	Goh, Jensen, Bethune, Kukors	Auburn	3:36.57	2/9/07
200 Freestyle Relay	H. Bradford, Deveaux, Willis, J. Bradford	Kentucky	1:29.27	2/8/07
400 Freestyle Relay	Ohlgren, Kukors, Ewing, Denby	Auburn	3:15.33	2/10/07
800 Freestyle Relay	Ohlgren, Ewing, Kukors, Denby	Auburn	7:04.12	2/7/07

DIVING

Event	Name	Team	Score	Date
1-Meter (Six Dives) Dual Meets	Taryn Ignacio	Kentucky	333.90	2/3/07
1-Meter (10 Dives) U. S. Diving	Julie Farrell-Ovenhouse	Michigan State	467.52	11/27/90
1-Meter (10 Dives) NCAA Competition	Vivian Alberty	South Carolina	429.15	2/11/95
3-Meter (Six Dives) Dual Meets	Jessica Thompson	Kentucky	363.00	2/5/05
3-Meter (10 Dives) U. S. Diving	Julie Farrell-Ovenhouse	Michigan State	496.92	11/28/90
3-Meter (11 Dives) NCAA Competition	Tina Johnson	Kentucky	523.25	3/11/95
Platform (Five Dives) Dual Meets	Taryn Ignacio	Kentucky	319.75	2/4/07
Platform (Eight Dives) U. S. Diving	Wendy Lian Williams	Mission Viejo	453.93	11/26/90
Platform (Nine Dives) NCAA Zones	Barb Gorst	LSU	445.80	3/15/02
Platform (12 Dives) NCAA Competitions	Jill Tappen	Alabama	583.90	2/11/95

2009 NCAA MEN'S QUALIFYING STANDARDS

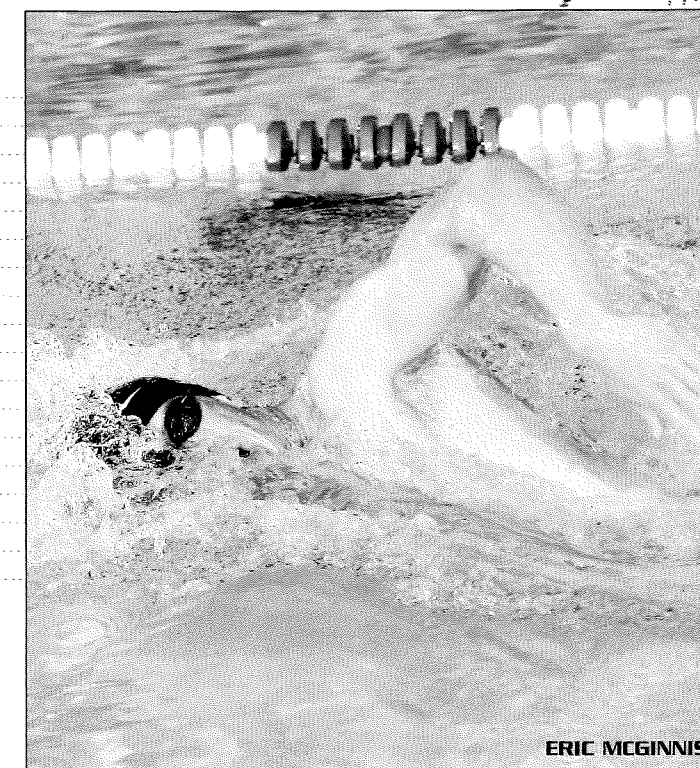
Event	25-Yard Course	
	"A" Standard	"B" Standard
50 Freestyle	:19.35	:20.02
100 Freestyle	:42.26	:43.73
200 Freestyle	1:33.61	1:36.88
500 Freestyle	4:15.68	4:24.62
1,650 Freestyle	14:51.15	15:22.34
100 Butterfly	:46.04	:47.65
200 Butterfly	1:42.95	1:46.55
100 Backstroke	:46.69	:48.32
200 Backstroke	1:41.53	1:45.08
100 Breaststroke	:52.87	:54.72
200 Breaststroke	1:54.25	1:58.24
200 Individual Medley	1:44.13	1:47.77
400 Individual Medley	3:44.88	3:52.75
200 Freestyle Relay	1:17.69	1:20.40
400 Freestyle Relay	2:52.47	2:58.50
800 Freestyle Relay	6:23.26	6:36.67
200 Medley Relay	1:25.66	1:28.65
400 Medley Relay	3:08.22	3:14.80

1-Meter Diving Points-Dual 290/300***

3-Meter Diving Points-Dual 310/320***

Platform Diving Points-Dual 290/300***

*** qualifying point total when using six optional dives with standard D.D.



ERIC MCGINNIS

2009 NCAA WOMEN'S QUALIFYING STANDARDS

Event	25-Yard Course	
	"A" Standard	"B" Standard
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
1,650 Freestyle	15:53.38	16:31.51
100 Butterfly	:52.02	:54.10
200 Butterfly	1:54.95	1:59.54
100 Backstroke	:53.01	:55.13
200 Backstroke	1:53.37	1:57.90
100 Breaststroke	59.99	1:02.38
200 Breaststroke	2:10.32	2:15.53
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

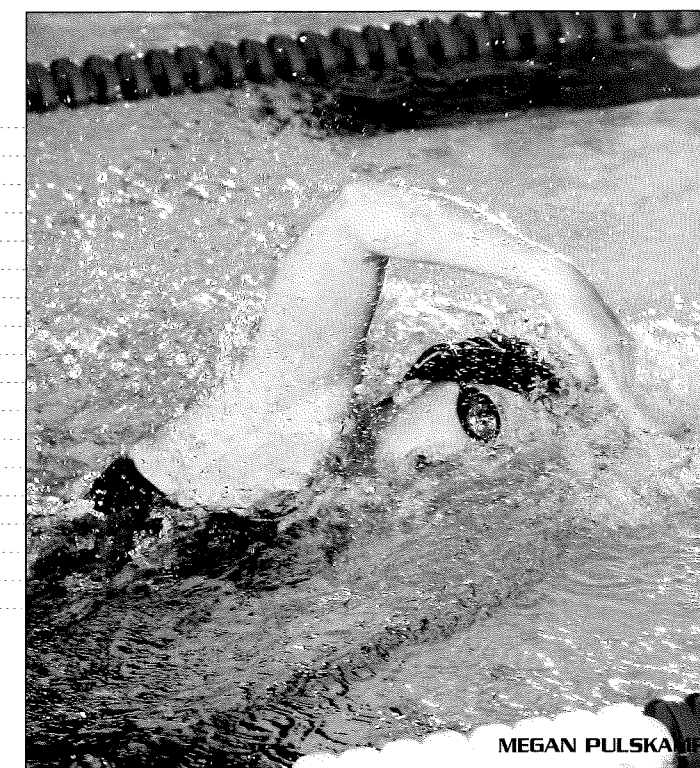
1-Meter Diving Points-Dual 255/265***

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.



MEGAN PULSKA

KENTUCKY ALL-AMERICANS

KENTUCKY ALL-AMERICANS

STEPHEN ANDREWS 2
 2008 Platform Diving (HM)
 2008 1-Meter Diving

JENNY BAKER 6
 1994 1-Meter Diving (HM)
 1994 Platform Diving (HM)
 1995 1-Meter Diving
 1995 3-Meter Diving (HM)
 1996 Platform Diving
 1996 1-Meter Diving (HM)

DAVID BARON 1
 1973 100 Breaststroke

FERNANDO BARROS 5
 2003 200 Medley Relay (HM)
 2003 400 Medley Relay (HM)
 2003 200 Freestyle Relay (HM)
 2003 800 Freestyle Relay (HM)
 2004 200 Freestyle Relay (HM)

HEATHER BRADFORD 12
 2005 200 Medley Relay (HM)
 2005 400 Medley Relay (HM)
 2006 200 Medley Relay (HM)
 2006 400 Medley Relay (HM)
 2006 200 Freestyle Relay (HM)
 2006 400 Freestyle Relay (HM)
 2007 100 Butterfly
 2007 50 Freestyle (HM)
 2007 200 Freestyle Relay
 2007 400 Freestyle Relay (HM)
 2008 400 Freestyle Relay (HM)
 2008 200 Freestyle Relay

JENNY BRADFORD 15
 2005 200 Medley Relay (HM)
 2005 400 Medley Relay (HM)
 2006 50 Freestyle
 2006 100 Butterfly (HM)
 2006 200 Medley Relay (HM)
 2006 400 Medley Relay (HM)
 2006 200 Freestyle Relay (HM)
 2006 400 Freestyle Relay (HM)
 2007 50 Freestyle
 2007 200 Freestyle Relay
 2007 400 Freestyle Relay (HM)
 2008 400 Freestyle Relay (HM)
 2008 200 Freestyle Relay
 2008 50 Freestyle (HM)

JOEY BROWN 1
 2006 Platform Diving (HM)

ALEJANDRO BRAVO 1
 2005 200 Medley Relay (HM)

JERRAM CHUDLEIGH 3
 2004 800 Freestyle Relay (HM)
 2005 800 Freestyle Relay
 2005 200 Butterfly (HM)

SHANTEL COMMANDER 1
 2005 200 Breaststroke (HM)

DANIEL CRUZ 10
 2003 200 Medley-Relay (HM)
 2003 400 Medley-Relay (HM)
 2003 800 Freestyle Relay (HM)
 2004 200 Butterfly
 2004 100 Butterfly (HM)
 2004 800 Freestyle Relay (HM)
 2004 400 Freestyle Relay (HM)
 2005 200 Butterfly
 2005 800 Freestyle Relay
 2005 200 Medley Relay (HM)

LEIGH DALTON 4
 1995 1,650 Freestyle
 1996 1,650 Freestyle (HM)
 1997 1,650 Freestyle (HM)
 1998 1,650 Freestyle (HM)

NIKIA DEVEAUX 3
 2006 200 Freestyle Relay (HM)
 2006 400 Freestyle Relay (HM)
 2007 200 Freestyle Relay


















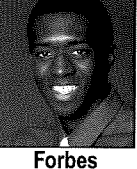
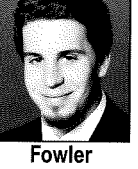
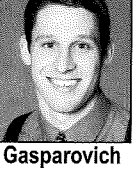
MARK DOYLE 1
 2006 800 Freestyle Relay (HM)

SHANE ELIASON 2
 2008 800 Freestyle Relay(HM)
 2008 400 Medley Relay(HM)

JOEY FALTRACO 1
 2002 200 Backstroke (HM)

DANIEL FARNHAM 16
 2003 200 Medley Relay (HM)
 2003 400 Medley Relay (HM)
 2003 200 Freestyle Relay (HM)
 2003 800 Freestyle Relay (HM)
 2004 200 Freestyle Relay (HM)
 2004 400 Freestyle Relay (HM)
 2004 800 Freestyle Relay (HM)
 2005 200 Freestyle Relay
 2005 400 Freestyle Relay
 2005 800 Freestyle Relay
 2005 50 Freestyle (HM)
 2005 100 Freestyle (HM)
 2006 100 Freestyle (HM)
 2006 200 Medley Relay (HM)
 2006 200 Freestyle Relay (HM)
 2006 800 Freestyle Relay (HM)

ALL-AMERICANS

		
Andrews	Baker	Baron
		
Barros	H. Bradford	J. Bradford
		
Brown	Bravo	Chudleigh
		
Commander	Cruz	Dalton
		
Deveaux	Doyle	Eliason
		
Faltraco	Farnham	Forbes
		
Fowler	Gasparovich	

ALEX FORBES 2
 2008 400 Freestyle Relay(HM)
 2008 800 Freestyle Relay(HM)

BEN FOWLER 1
 1996 1,650 Freestyle (HM)

CLAY GASPAROVICH 4
 2004 200 Freestyle Relay (HM)
 2004 400 Freestyle Relay (HM)
 2005 200 Freestyle Relay
 2005 400 Freestyle Relay

LAURA GRAHAM 7
 2005 100 Breaststroke
 2005 200 Breaststroke (HM)
 2005 200 Medley Relay (HM)
 2005 400 Medley Relay (HM)
 2006 100 Breaststroke (HM)
 2006 200 Medley Relay (HM)
 2006 400 Medley Relay (HM)

WARREN GROBBELAAR 6
 2006 200 Medley Relay (HM)
 2006 200 Freestyle Relay (HM)
 2006 800 Freestyle Relay (HM)
 2008 400 Freestyle Relay (HM)
 2008 100 Butterfly (HM)
 2008 400 Medley Relay (HM)

KELLY HEATH 2
 1994 500 Freestyle
 1994 200 Freestyle (HM)

WENDY HIPSKIND 1
 1993 200 Butterfly (HM)

TARYN IGNACIO 5
 2005 Platform (HM)
 2006 Platform Diving
 2006 1-Meter Diving
 2007 1-Meter Diving
 2007 Platform Diving

TINA JOHNSON 8
 1994 Platform Diving
 1994 1-Meter Diving (HM)
 1994 3-Meter Diving (HM)
 1995 Platform Diving
 1995 3-Meter Diving (HM)
 1996 1-Meter Diving
 1996 Platform Diving
 1996 3-Meter Diving (HM)

AARON KIRKPATRICK 1
 2001 3-Meter Diving (HM)

CARRIE KNOEBER 1
 2000 3-Meter Diving (HM)

RACHEL KOMISARZ 6
 1996 1,650 Freestyle
 1998 100 Butterfly
 1998 200 Butterfly (HM)

1999 200 Freestyle (HM)
 1999 500 Freestyle
 1999 1,650 Freestyle

ANNABEL KOSTEN 1
 2000 800 Freestyle Relay (HM)

BETH LEAKE 3
 1996 1-Meter Diving
 1996 3-Meter Diving
 1998 1-Meter Diving (HM)

NAT LEWIS 4
 1997 1,650 Freestyle
 1997 500 Freestyle (HM)
 1998 1,650 Freestyle (HM)
 1998 500 Freestyle (HM)

MICKEY MALUL 2
 2006 200 Medley Relay (HM)
 2006 200 Freestyle Relay (HM)

STEVEN MANLEY 13
 2003 800 Freestyle Relay (HM)
 2003 200 Freestyle Relay (HM)
 2004 200 Freestyle (HM)
 2004 400 Freestyle (HM)
 2004 400 Freestyle Relay (HM)
 2004 800 Freestyle Relay (HM)
 2005 200 Freestyle Relay
 2005 400 Freestyle Relay
 2005 800 Freestyle Relay
 2005 200 Freestyle (HM)
 2006 200 Freestyle (HM)
 2006 200 Freestyle Relay (HM)
 2006 800 Freestyle Relay (HM)

ERIC MCGINNIS 2
 2008 400 Freestyle Relay (HM)
 2008 800 Freestyle Relay (HM)







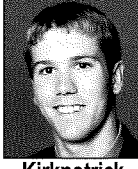











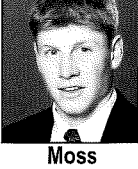

JOANNA MCLEAN 2
 2006 200 Freestyle Relay (HM)
 2006 400 Freestyle Relay (HM)

KELLEY MILLER 1
 2000 800 Freestyle Relay (HM)

KELLIE MORAN 6
 1990 50 Freestyle (HM)
 1990 100 Freestyle (HM)
 1990 200 Freestyle (HM)
 1991 100 Freestyle
 1991 50 Freestyle (HM)
 1991 200 Freestyle (HM)

CLAYTON MOSS 11
 2000 3-Meter Diving
 2000 1-Meter Diving (HM)
 2000 Platform Diving (HM)
 2001 1-Meter Diving
 2001 Platform Diving (HM)
 2002 1-Meter Diving

ALL-AMERICANS

		
Graham	Grobbelaar	Heath
		
Hipskind	Ignacio	Johnson
		
Kirkpatrick	Knoeber	Komisarz
		
Kosten	Leake	Lewis
		
Malul	Manley	McGinnis
		
McLean	Miller	Moran
		
Moss	Olson	

KENTUCKY ALL-AMERICANS

UK SWIMMING HISTORY

- 2002 3-Meter Diving
- 2002 Platform Diving
- 2003 1-Meter Diving
- 2003 3-Meter Diving
- 2003 Platform Diving

- MELISSA OLSON** 3
- 1998 400 Individual Medley (HM)
 - 1999 400 Individual Medley (HM)
 - 2000 800 Freestyle Relay (HM)

- KRISTIAN OUTINEN** 2
- 2005 200 Individual Medley (HM)
 - 2006 200 Medley Relay (HM)

- TIM PATRICK** 6
- 2004 200 Freestyle Relay (HM)
 - 2004 400 Freestyle Relay (HM)
 - 2005 50 Freestyle (HM)
 - 2005 200 Medley Relay (HM)
 - 2005 200 Freestyle Relay
 - 2005 400 Freestyle Relay

- JENNY PRIESTER** 1
- 1998 400 Freestyle Relay (HM)

- MEGAN PULSKAMP** 2
- 2008 400 Freestyle Relay (HM)
 - 2008 200 Freestyle Relay

- CAROLYN RADER** 1
- 2000 800 Freestyle Relay (HM)

- TYLER REED** 4
- 2008 400 Freestyle Relay (HM)
 - 2008 200 Freestyle (HM)
 - 2008 800 Freestyle Relay (HM)
 - 2008 400 Medley Relay (HM)

- KARI RETRUM** 4
- 2007 Platform Diving (HM)
 - 2007 1-Meter Diving (HM)
 - 2008 Platform Diving (HM)
 - 2008 1-Meter Diving (HM)

- PACO RIVERA** 6
- 1996 Platform Diving
 - 1996 1-Meter Diving (HM)
 - 1997 1-Meter Diving (HM)
 - 1998 Platform Diving
 - 1998 1-Meter Diving (HM)
 - 1998 3-Meter Diving (HM)

- MARIO RODRIGUEZ** 2
- 2004 1-Meter Diving
 - 2004 Platform Diving

- JAIME SIEGELE** 2
- 1998 200 Freestyle Relay (HM)
 - 2001 50 Freestyle (HM)

- JESSICA SIEGELE** 2
- 2005 200 Medley Relay (HM)
 - 2005 400 Medley Relay (HM)

- KRISTINA SLEDGE** 1
- 2007 400 Freestyle Relay (HM)

- CHRISTY SOULAKIS** 2
- 1996 1-Meter Diving (HM)
 - 1996 3-Meter Diving (HM)
 - 1996 Platform Diving (HM)
 - 1997 1-Meter Diving (HM)
 - 1997 Platform Diving (HM)

- JILL SOUTHERLAN** 2
- 2006 200 Medley Relay (HM)
 - 2006 400 Medley Relay (HM)

- ELLEN STRANGE** 1
- 1997 200 Butterfly (HM)

- JESSICA THOMPSON** 3
- 2005 3-Meter Diving (HM)
 - 2005 Platform Diving (HM)
 - 2006 Platform Diving (HM)

- TRISHA TUMLINSON** 1
- 2002 Platform Diving (HM)

- DAVID TWEEDIE** 2
- 2001 400 Freestyle Relay (HM)
 - 2001 800 Freestyle Relay (HM)

- WILL VIETTI** 2
- 2007 100 Breaststroke (HM)
 - 2008 400 Medley Relay (HM)

- ROGER WATKINS** 5
- 2001 200 Medley Relay (HM)
 - 2001 200 Freestyle Relay (HM)
 - 2003 200 Medley Relay
 - 2003 400 Medley Relay
 - 2003 200 Freestyle Relay

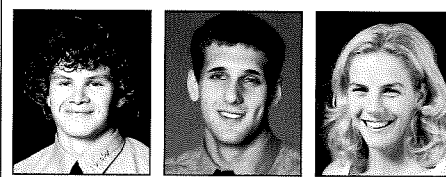
- LAUREN WILLIS** 4
- 2007 200 Freestyle Relay
 - 2007 400 Freestyle Relay (HM)
 - 2008 400 Freestyle Relay (HM)
 - 2008 200 Freestyle Relay

- MACON WHITE** 5
- 2000 200 Freestyle (HM)
 - 2001 200 Freestyle Relay (HM)
 - 2001 400 Freestyle Relay (HM)
 - 2001 800 Freestyle Relay (HM)
 - 2001 200 Medley Relay (HM)

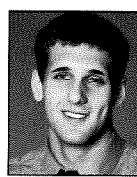
- AARON WORKMAN** 4
- 2001 200 Freestyle Relay (HM)
 - 2001 400 Freestyle Relay (HM)
 - 2001 800 Freestyle Relay (HM)
 - 2001 200 Medley Relays (HM)

- SHAUN ZITANI** 5
- 2000 50 Freestyle (HM)
 - 2001 200 Freestyle Relay (HM)
 - 2001 400 Freestyle Relay (HM)
 - 2001 800 Freestyle Relay (HM)
 - 2001 200 Medley Relay (HM)

ALL-AMERICANS



Outinen



Patrick



Priester



Pulskamp



Rader



Reed



Retrum



Rivera



Rodriguez



Ja. Siegele



Je. Siegele



Sledge



Soulakis



Southerlan



Strange



Thompson



Tumlinson



Tweedie



Vietti



Watkins



Willis



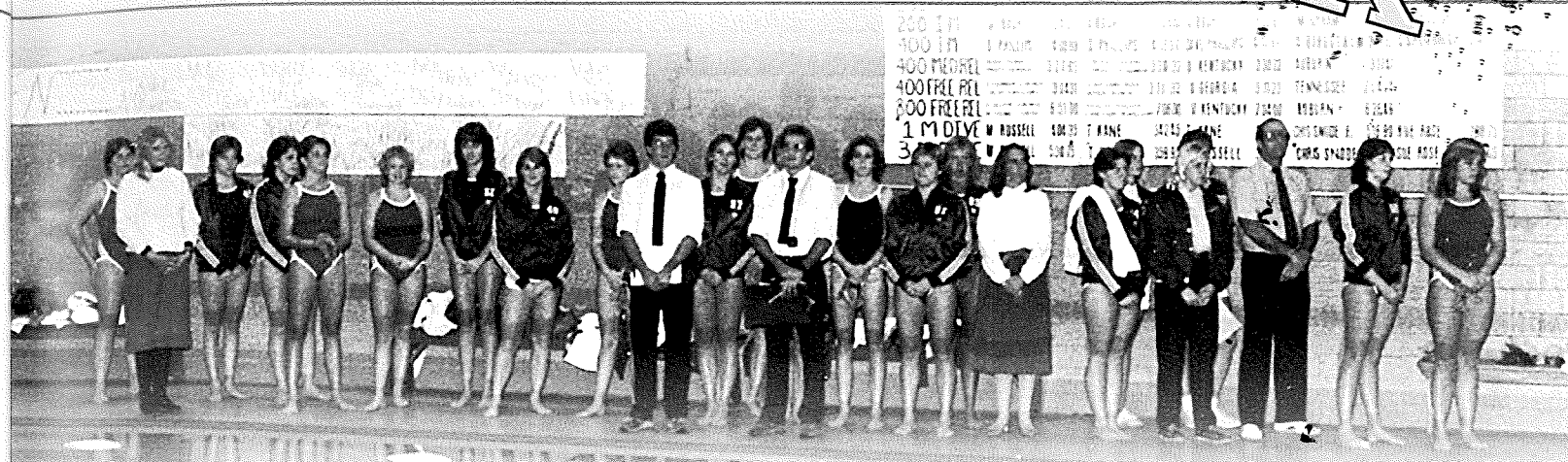
White



Workman



Zitani



In 1936, the thought of having a swimming program at the University of Kentucky was just an idea tossed around by a group of water-lovers with skill and determination. At that time, a pair of athletes named Bob Freeburg of Chicago and Sherman Hinkebein of Louisville went about the campus in search of talent among the student body. Organizing a squad of men who loved to swim was easy, but other obstacles stood in their way.

The first UK swim team was known as the "dry land swimming team" because UK did not have a pool. And since the University did not recognize swimming as a sport, the group had to purchase their own swimsuits and travel to Eastern State (now Eastern Kentucky University) in Richmond just to practice. Nevertheless, their determination paid off as some of the swimmers borrowed automobiles to travel to practice and meets, while others hitchhiked. Thus, UK's first men's swim team was formed.

Hinkebein, a UK track and football (team captain 1938) star, became coach and captain of the team at its inception. He turned over coaching duties when the UK Athletic Council recognized swimming as a varsity sport, to another student swimmer, Lloyd Ramsey, who lettered two years in basketball under Adolph Rupp. Hinkebein continued to swim for the Wildcats, and it was under Ramsey that the team won its first Kentucky State Intercollegiate Meet.

During its first three years of existence, the UK swim team had built up an enviable record, never losing a dual or state meet in Kentucky and being defeated only four times by outside competition. The pride of the UK squad was the medley team, undefeated in three years, that was made up of

Hinkebein, Ramsey and James "Bud" Scott of Chicago. Two years later, UK would compete in its first SEC Championship Meet and finish seventh.

UK discontinued its swimming program in 1942, but in 1951, one year after the completion of Memorial Coliseum and UK's first swimming pool, the program was reinstated. Alfred M. Reece, a health and physical education instructor, was selected as coach and guided the team to third place in the 1954 SEC Championships. Reece's teams fared well against in-state schools with comparable programs, but were no match for institutions that offered full scholarships. UK offered only two tuition scholarships.

The University realized a renewed interest in swimming in 1964, when it hired Wynn Paul as head coach. Paul, a top-class swimmer at the University of Louisville, was undefeated in the 200 breaststroke and was named the Outstanding Swimmer in Kentucky by The Courier-Journal in 1958 and 1959. Paul introduced water polo to UK in 1964. The water polo program was discontinued in 1982 to make way for the newly created women's varsity swim program.

Ron Huebner, a UK swim letterman who graduated in 1968, succeeded Paul that fall and produced winning teams during a four-year tenure. Paul returned to the helm of the program in 1973,

and it was under his direction that the team won the Kentucky Intercollegiate Swim Championships in 1975 for the second time in UK swim history.

From 1970 to 1983 the UK women's swim team competed only as a club sport. Originally included as one of six sports chosen to become varsity in 1974, the team was nudged out by field hockey because UK's then 20-year-old pool was inadequate and too overcrowded to accommodate the addition of another varsity team.

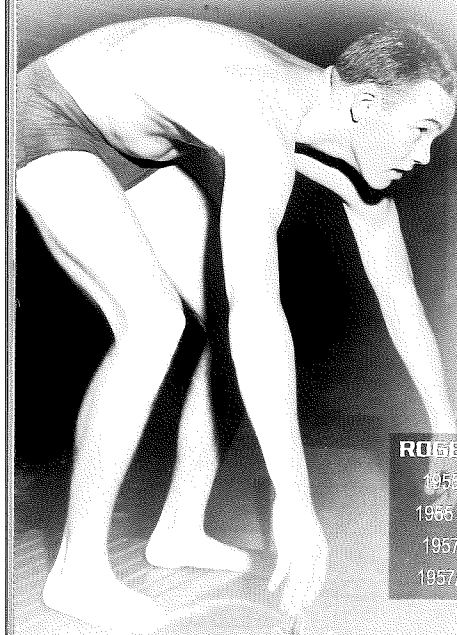
In 1980, the then-volunteer women's swim coach filed a sex discrimination Civil Rights Title IV complaint to the federal government, which led to the ruling that UK needed to sponsor an additional team for women. Thus, the creation of UK's first women's varsity swimming program occurred on July 1, 1983, with Paul named head coach.

The program has continued a strong combination of academics and competitiveness. The swimmers boast a winning record in the classroom, as over 95 percent of the swim Cats have graduated.

Kentucky's swimming program, now under the guidance of 18th-year coach Gary Conelly, is recognized as a force to be reckoned within the SEC.

(Adapted from "UK All Sports Media Guide" 1984-85, Russell Rice, Editor).

KENTUCKY'S SEC CHAMPIONS



ROGER MESSICK
1955//50 Freestyle
1956 //100 Freestyle
1957//50 Freestyle
1957//100 Freestyle

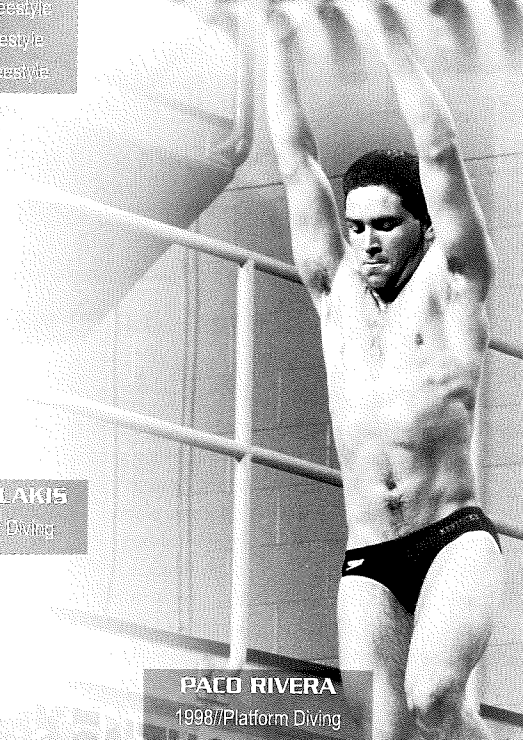


KELLY HEATH
1995//200 Freestyle

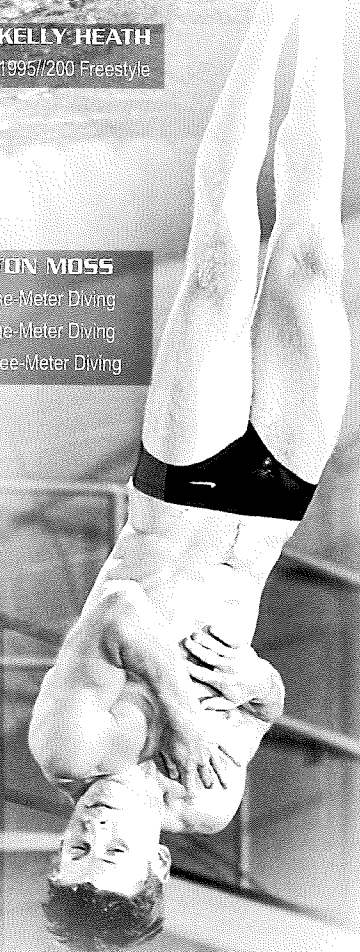
CLAYTON MOSS
2001//One-Meter Diving
2002//One-Meter Diving
2003//Three-Meter Diving



CHRISTY SOLLAKIS
1997//Three-Meter Diving



PACO RIVERA
1998//Platform Diving

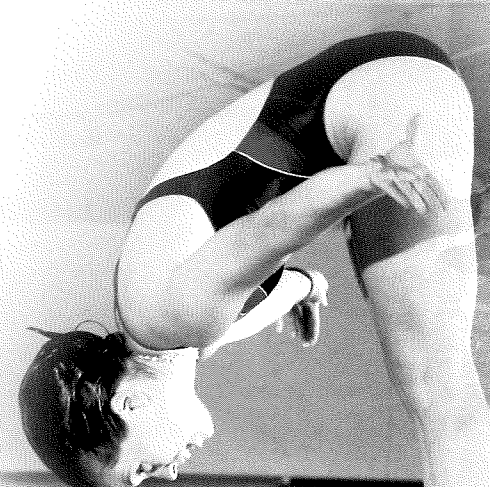


TINA JOHNSON
1996//One-Meter Diving



RACHEL KOMISARZ
1998//200 Butterfly
1999//500 Freestyle
1999//1,650 Freestyle

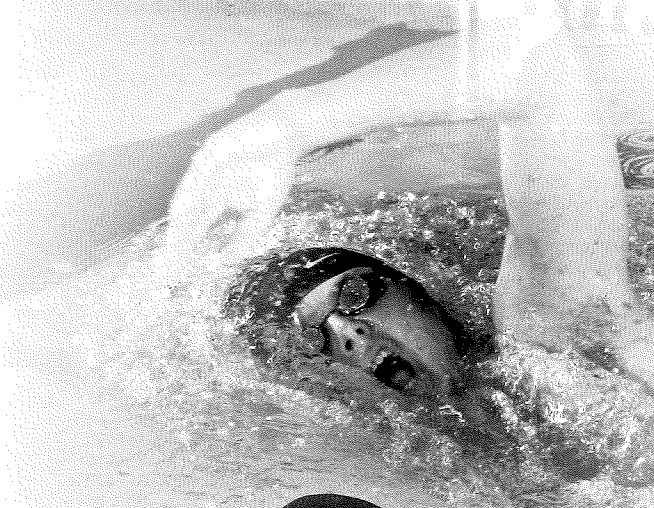
KENTUCKY'S SEC CHAMPIONS



JESSICA THOMPSON
2005//Three-Meter Diving



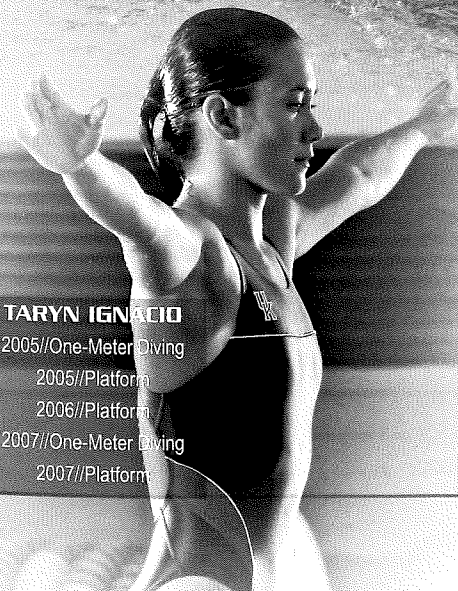
DANIEL CRUZ
2006//200 Butterfly



STEVEN MANLEY
2006//200 Freestyle



KARI RETRUM
2004//Platform Diving



TARYN IGNACIO
2005//One-Meter Diving
2005//Platform
2006//Platform
2007//One-Meter Diving
2007//Platform



200-FREESTYLE RELAY TEAM
2007//Heather Bradford, Lauren Willis, Nikia Deveaux, Jenny Bradford

THE CATSPY AWARDS



In the spring of 2003, UK Athletics held the first CATSPY Awards. A spin-off of the popular ESPY's held by ESPN every summer, the CATSPY's honor the academic and athletic achievements of UK's student-athletes from all 22 varsity sports. This year the University of Kentucky Athletics Association presented 25 honors at the sixth-annual CATSPY Awards, held in April at Memorial Coliseum to recognize athletic and academic performance during the 2007-08 year. With co-winners in some categories, a total of seven teams and 25 individuals were recognized. Jay Crawford of ESPN and Christi Thomas of WKYT served as co-hosts of the event. A new award was named and dedicated for Mike Lyden at the 2008 awards. Lyden was the last winner of the Courage Award, which will now be known as the Iron Mike Courage Award.

THE CATSPY AWARDS



Rookie of the Year

Megan Broderick, Tennis
Patrick Patterson, Basketball

Scholar-Athlete of the Year

tie: Beth Felts, Golf
Chelsea Chowning, Basketball
tie: Collin Cowgill, Baseball
Jacob Tamme, Football

Supporting Role

Ashley Dimkich, Softball

Performance of the Year

Kari Retrum, Diving
Thomas Csenge, Rifle

Fifth Third Bank Community Service Award

Crissy Cannon, Gymnastics
John Richardson, Track

Play of the Year

tie: Volleyball vs. LSU
Gymnastics vs. Arizona
tie: Football vs. LSU, Braxton Kelley
Bruno Agostinelli, Tennis

Character Award

Andrew Albers, Baseball

Lifetime Achievement Award

John Cropp, Associate Director of Athletics



Blue Heart Award

Rafael Little, Football

Coach of the Year

Gary Conelly, Swimming
Rich Brooks, Football

Bill Keightley "Assist Award"

Zach Murphy, Men's Basketball Manager
Will Herschelman, Men's Basketball Manager

Scratch Award

Mark Coury, Men's Basketball

Athlete of the Year

Jennifer Pason, Rifle
André Woodson, Football

Miss Wildcat

Crissy Cannon, Gymnastics

Mr. Wildcat

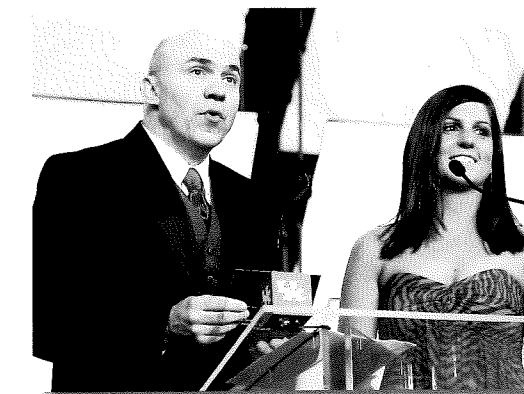
tie: Wesley Woodyard, Football
Jacob Tamme, Football

Academic Team of the Year

Women's Soccer
Men's Soccer

Team of the Year

Women's Tennis
Football



ACADEMIC HONORS & AWARDS

SEC ALL-ACADEMIC TEAM

1984 Annie Berry Kathleen Frey Becky Keller John Pratt Robert Stapleton Suzanna Watson Mike Young	1992 Morton Andersen Margie Boliver Jocelyn Danco Wendy Hipskind Donna Moylan Noel Pieratt Julie Robbins Jodi Schwab Jamie Smawley Eddie Ware Stewart Weaver	Ellen Strange Mandy Swift Lesley Truitt	Aaron Kirkpatrick Carrie Knoeber David Kuendig Kyle McDuffie Cody Nath Kelly Neal Matt Nilson Melissa Olsen Carolyn Rader Jaime Siegele Tracy Sullivan David Tweedie Thomas Vogt Aaron Workman Shaun Zitani	Dave Roberts
1985 Anthony Barnes Becky Keller Diane Morgan John Pratt Marci Sammartin Vince Wall	1993 Margie Boliver Kelly Heath Wendy Hipskind Margo Lynch Heather Pollard Jodi Schwab	1998 Jan Bjork Jennifer Clifford Kassidy Gala Rachel Komisarz Beth Leake Nat Lewis Brian Palmer Brian Plitnick Chip Polito Todd Polk J.D. Pulliam Christy Soulakis Julie Tatman Lesley Truitt	2003 Darron Berquist Amanda Bourgeois Sarah Carter Edward Clement Aaron Cuker Kelli Frost Debra Hinsley Sarah Hoppe Emily Johnston Kelley Miller Brett Palmer Brian Plitnick Todd Polk Jennifer Priestler Matthew Nilson Carolyn Rader Shawna Sechrist Tracy Sullivan Russ Throckmorton Kendra Trahan Thomas Vogt Roger Watkins	
1986 Anthony Barnes Evan Ekman Chris Godfrey Scott Street Meredith Wingard	1994 Andrew Aitken Jenny Baker Stacy Fingalson Kelly Heath Tina Johnson Margo Lynch Allison McAllen Chris McCabe Heather Pollard Greg Robinson Jodi Schwab Tom Tretter Michael Tucker Tricia Zelin	1999 Jennifer Clifford Greg Hengel Taryn Kannegeisser Carrie Knoeber Rachel Komisarz Kristi Lohmeier Kellee Miller Brett Palmer Brian Plitnick Todd Polk Jennifer Priestler Jaime Siegele Christy Soulakis Julie Tatman David Tweedie	2007 James Batley Shane Eliason Grant Nelson Kristian Outinen Joseph Retrum Vincent Tortora Eric Weber Blair Barrett Joey Brown Nikia Deveaux Leah Harms Taryn Ignacio Kelley Morrison Lindsay Myhre Haleigh Kerns Beth Parsons Kari Retrum	
1987 Steve Adams Anthony Barnes Evan Ekman Billy Godfrey Chris Godfrey Kim Gugino Nancy MacMillan John Miller	1995 Andrew Aitken Jenny Baker Tom Bate Mike Collins Josh Hartig Kelly Heath Danny Jenkins Tina Johnson Margo Lynch Greg Robinson Julia Smith Tom Tretter Courtney Waid Tricia Zelin	2000 Emily Buske Jennifer Clifford Sarah Hoppe Taryn Kannegeisser Carrie Knoeber Annabel Kosten David Kuendig Kelley Miller Brett Palmer Jennifer Priestler Carolyn Rader Jaime Siegele Tracy Sullivan David Tweedie	2008 Blair Barrett Heather Bradford Leah Harms Steven Manley Haleigh Kerns Casey Miller Christina Morgan Kelley Morrison Lindsay Myhre Chatham Penrod Megan Pulskamp Kelly Rames Kari Retrum Anna Sirmon Jill Southerlan Lauren Willis Sydney Wiltzky James Batley Elvis Burrows Shane Eliason Kyle Greene Marco Iemmola Justin Max Eric McGinnis Grant Nelson Kristian Outinen Joe Retrum Chris Richard Drew Robinson Kevin Ryan Justin Smith Julio Vallette	
1988 Ken Atkinson Sandra Bohorquez Bonnie Franklin Billy Godfrey Chris Godfrey Kim Gugino Peggy Sheets Margaret Sumrall Brian Van Horn	1996 Jenny Baker Tom Bate Bobbi Hamilton Tina Johnson Beth Leake Jessica Lenen Allison McAllen Blythe Nordenson Paco Rivera Greg Robinson Mansy Swift Lesley Truitt Courtney Waid Heather Zak	2001 Emily Buske Sarah Carter Jennifer Clifford Debra Hinsley Sarah Hoppe Taryn Kannegeisser Aaron Kirkpatrick Carrie Knoeber David Kuendig Kelley Miller Brett Palmer Jennifer Priestler Carolyn Rader Jaime Siegele Tracy Sullivan David Tweedie Aaron Workman	2005 Blair Barret Jillian Becker Joey Brown Shantel Commander Nikia Deveaux Laura Graham Joanna McLean Kelley Morrison Caitlin Muldoon Kari Retrum Jessica Siegele Jessica Thompson Marci Vrooman	
1989 Ken Atkinson Sandra Bohorquez Bonnie Franklin Jim McCarthy Ginger McNeil Bartley Pratt Jeremy Salmon Peggy Sheets Brian Van Horn	1997 Deb Armitage Rick Barber Tom Bate Todd DeSorbo Rachel Komisarz Beth Leake Brian Plitnick Todd Polk Christy Soulakis	2002 Sarah Carter Aaron Cuker Debra Hinsley Sarah Hoppe Michelle Inzetta Emily Johnston		

ACADEMIC ALL-AMERICANS

Jenny Baker1994, '96 Jennifer Clifford1999 Kelly Heath1994, '95 Tina Johnson1995 Taryn Kannegeisser1999 Aaron Kirkpatrick2001 Carrie Knoeber1999 Rachel Komisarz1999 Beth Leake1995, '96, '97, '98	Kyle McDuffie1999 Kelley Miller1999 Jennifer Priestler1999 Carolyn Rader1999 Jaime Siegele1999, '01 Christy Soulakis1996, '97, '99 David Tweedie2001 Aaron Workman2001
H. BOYD McWHORTER SEC SCHOLAR-ATHLETE AWARD (\$5,000 POST-GRADUATE SCHOLARSHIP) Kelly Heath1995	
NCAA POSTGRADUATE SCHOLARSHIP (\$5,000) Kelly Heath1995 Beth Leake1998	
NCAA DEGREE COMPLETION AWARD Wendy Hipskind1995	
NCAA WOMAN OF THE YEAR - KENTUCKY Tina Johnson1996 Beth Leake1998	
WOMEN SEC ATHLETE OF THE WEEK Melissa Olsen1/31/01 Heather Bradford1/31/07 Jenny Bradford11/6/07	
SEC CHAMPIONSHIPS HIGH POINT SCORERS Rachel Komisarz1999 (57 pts.)	
SEC DIVER OF THE YEAR Taryn Ignacio2005, '06, '07	
SEC WOMEN'S DIVING COACH OF THE YEAR Mike Lyden2005, '06, '07	
COACHES' SEC SWIMMER & DIVER OF THE YEAR Tina Johnson1995, '96, '97 Clayton Moss2002, 03	
SEC WOMEN'S FRESHMAN DIVER OF THE YEAR Kari Retrum2004 Jessie Snowden2008	
SEC GOOD WORKS TEAM Cameron Moore2005 Marci Vrooman2005 Shantel Commander2006	
KNOXVILLE NEWS-SENTINEL SEC SWIMMER AND DIVER OF THE YEAR Tina Johnson1995, '96 Christy Soulakis1997 Rachel Komisarz1999	
COACHES' SEC COACH OF THE YEAR Gary Conelly1995 (Swimming) Mike Lyden1995, '96 (Diving)	
KNOXVILLE NEWS-SENTINEL SEC COACH OF THE YEAR Gary Conelly1995 (Swimming) Mike Lyden1995, '96, 2002, 03 (Diving)	
NCAA WOMEN'S DIVING COACH OF THE YEAR Mike Lyden1996	
COLLEGE SWIMMING.COM SWIMMER OF THE WEEK Joey Faltraco11/21/01 Jenny Bradford11/24/06	
SEC ATHLETE OF THE WEEK Macon White1/19/00, 1/17/01 Shaun Zitani1/26/00	
SEC WOMEN'S DIVER OF THE WEEK Taryn Ignacio1/26/05 Joey Brown2/9/05 Joey Brown1/15/07 Jessie Snowden10/31/07	
SEC MALE SWIMMER OF THE WEEK Steven Manley2/9/05	
SEC SWIMMING & DIVING ALL-FRESHMAN TEAM Jessie Snowden4/4/08 Tyler Reed4/4/08	
SEC FRESHMAN OF THE WEEK Stephen Andrews11/14/2007	

THIS IS UK



LANCASTER AQUATIC CENTER

The indoor facility is 25 yards by 176 feet with a movable bulkhead that can be set at 25 yards, 25 meters, 50 yards and 50 meters. The facility has two removable bulkheads which allows the facility to be used for a number of activities other than swim meets and practices, including recreational swimming, aquatic classes, swimming and diving lessons, scuba instruction, handicapped swimming and other aquatic-related activities. Racing lanes can be set up in five configurations: across-the-pool racing at 25 yards, 25 meters, 50 yards and 50 meters. Two 25-yard courses can be utilized for large swim meets. Eighteen swimming lanes are available while diving events are in progress. Long course racing will have eight full-size lanes for the 50-meter distance.



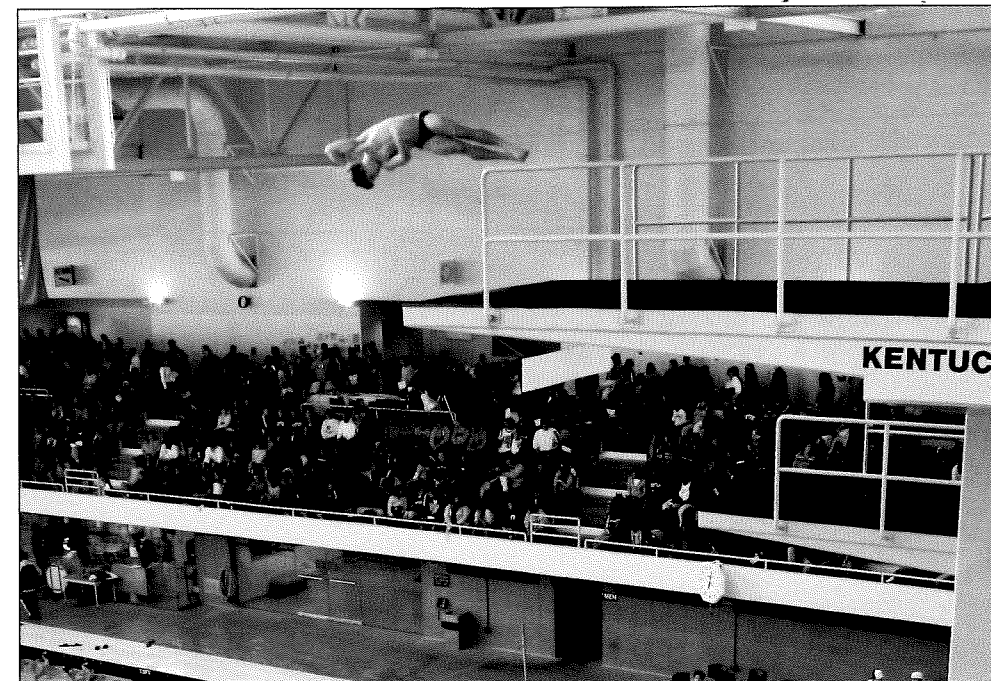
LANCASTER AQUATIC CENTER

The swimming tank, which holds 1,025,000 gallons of water, has a raised deck gutter with a large overflow. This gutter design is similar to the Indianapolis Natatorium design. Pool depth varies from 4.3 feet to 6.5 feet at the shallow end, utilizing a movable floor of 35 by 75 feet. Water under the diving boards and tower is 17 feet deep. The natatorium features Daktronic automatic timing for swim meets. A 16-by-23 foot wall-mounted scoreboard allows full display of information for eight-lane and 16-lane swim meets. The scoreboard can also display graphics and animation sequences.

The diving facilities are among the best in the world. The facility has two 1-meter boards and two 3-meter boards set on concrete platforms. Each platform is eight feet wide with lengths from 23 feet to 28 feet.

The facility won the 1990 Association of General Contractors Award for Structures. There is a 40-foot dryland diving area permanently set up with a trampoline, Portapit diving board and two diving/tumbling harnesses for somersaulting and twisting practice.

The Aquatic Center has a full training room equipped with two treatment tables, EGS and ultrasound machine, hydrocollator, and ice machine. There is a trainer on duty at all times.



The Lancaster Aquatic Center has hosted the SEC Championships, NCAA Zone Diving Championships and US Olympic Diving exhibitions. It also serves as the home of the UK Wildcats.

In the adjacent Seaton Physical Education building are exercise physiology labs that are utilized for the testing of swimmers and divers.

The second balcony accommodates up to 500 spectators and has a concession stand area.

The Aquatic Center was host to the NCAA Zone B Diving Championships in 2002 and again in 2006.

In July of 2000, the United States Olympic Divers put on two exhibitions before embarking upon their trip to Sydney to compete in the 2000 games.

In 1999, UK hosted the Southeastern Conference Swimming and Diving Championships at the Aquatic Center. Pool records fell left and right as some of the nation's most talented divers and fastest swimmers competed at the Aquatic Center, Feb. 17-20.

In addition to hosting the 1996 U.S. Olympic Diving Team, the Center hosts the premier swimming and diving events in the state of Kentucky. These events include all UK home meets, the Kentucky State High School Championships, the Kentucky USS Championships, Zone and Regional Age Group and Senior Diving meets, Kentucky Special Olympics, and Bluegrass Games Diving meets. Highlights at the Aquatic Center have been the 1991, 1999 and 2007 Southeastern Conference Championships, the 1995 Southeastern Conference Diving Championships, the 1995, 2002 and 2006 NCAA Zone B Diving Championships and the 1990 World Games Diving Team Trials.



STRENGTH AND CONDITIONING

The Kentucky swimming and diving team calls Shively Training Center its home for strength and conditioning. The 2,000-square foot complex is under the direction of Coach Stephanie Tracey-Simmons and features a variety of free weight equipment, which complements the training philosophy of the Shively staff.

"Our top goal is to create a comprehensive training program, which encompasses the areas of speed, power, strength, agility, flexibility, balance and nutrition," Tracey-Simmons said. "Through these avenues, we are providing the athletes with the tools they need to reach their athletic potential while remaining injury-free."

The primary focus of the facility is the development of core strength using ground-based, multi-joint lifting through use of the Olympic lifts. By incorporating this explosive style of lifting, athletes become more powerful, resulting in an increase in speed. The core of the athlete's body also is trained and complemented with a variety of lifts, including squats, lunges, plyometrics, presses, pulls, trunk rotation and abdominal exercise. Through the combination of these exercises, the athletes are better able to reach their goals.

Tracey-Simmons attempts to be as sport specific as possible while staying within the structure of the ground-based philosophy. For swimming the upperclassmen are divided into two groups: sprinters and middle distance / distance. The sprint group's main focus is based around explosive lifts that help them use their power off of the blocks and on their turns.

The middle distance/distance group's main focus

is strength endurance to help them maintain their speed and form while battling lactic acid build up in their muscles.

All of the incoming swimmers go through a four-week orientation to ensure that proper technique is used as well as to help lay a solid foundation for strength gains. After this four-week period, they are placed in one of the two upperclassmen's groups depending upon their events. All of the lifts used are put into place to make better swimmers.

Graduate Assistant Scott Willis trains the divers. Their focus is on being as explosive as possible off of the board for maximum jump height. The divers spend a lot of their time working on Olympic style lifts, core strengthening exercises and shoulder prehabilitation work. It is necessary for divers to be able to control their bodies in space, as well as to be as strong as possible in the overhead position in order to reduce the risk of injury while entering the water.

With the help of staff nutritionist Jill Kindy, the Shively staff also helps educate the athletes on nutrition and supplement awareness.

Every squad trains together at Shively, promoting team chemistry and teamwork. Through this set-up, teams work on mental

STEPHANIE TRACEY-SIMMONS



Stephanie Tracey-Simmons is in her seventh year at Kentucky as the head strength and conditioning coach for the Olympic sports. She is in her sixth year working with the swimming and diving team.

She also works directly with women's basketball, volleyball and softball. The other sports that are covered by her staff are men's and women's soccer, gymnastics, men's and women's tennis, and track and field.

Prior to Kentucky, Tracey-Simmons spent four years at UCLA where she coached three national championship teams as well as 10 Olympians. Before leaving UCLA, she served as the associate head strength coach responsible for training women's volleyball, women's soccer, men's and women's water polo, women's swimming, women's basketball, and softball.

A native of Huntsville, Ohio, Tracey-Simmons began her career in strength and conditioning as a graduate assistant at Ohio University where she earned a bachelor's of science degree in journalism as well as a master's degree in physical education. She was also a four-year letter winner on the OU volleyball team where she played the opposite hitter position from 1993-1996.

She is a Certified Strength and Conditioning Specialist (CSCS) and is Strength & Conditioning Coach Certified (SCCC). She and husband, Matt Simmons, reside in Lexington.

toughness, attacking goals and maintaining a positive attitude, keeping everyone moving toward a common goal.

PRESEASON CONDITIONING

The road to success in the SEC and NCAA championships goes beyond the pool in preseason workouts. Early morning days on the UK campus include running sessions in areas like Commonwealth Stadium and in the lawns adjacent to the Lancaster Aquatic Center. This year's program has introduced running with more aerobic workouts to enhance core strength. The team will endure daily workouts and then hit the pool all before class begins!





THE UNIVERSITY OF KENTUCKY

UK's innovative President, Dr. Lee T. Todd, Jr., is executing a plan to make UK one of the nation's Top-20 public universities.

DID YOU KNOW ...

- UK students enjoy a great range of academic choices, with approximately **200 majors** available
- UK has earned more than **80 national rankings** for academic excellence
- UK is ranked in the nation's top 20 in "*Best Value for Public Colleges and Universities*"
- UK is ranked as the **fourth-best campus in the nation for safety** out of 135 schools surveyed by *Reader's Digest* magazine
- UK students are from all 50 states, every county in Kentucky, and 115 countries
- UK's William T. Young Library has the **largest book endowment** of any public university in the nation
- UK Athletics spends approximately **\$1.5 million** each year for academic support of student-athletes
- Numerous UK alumni have gone on to become presidents of universities and to lead **Fortune 500 companies**

see blue.
in everything we do.

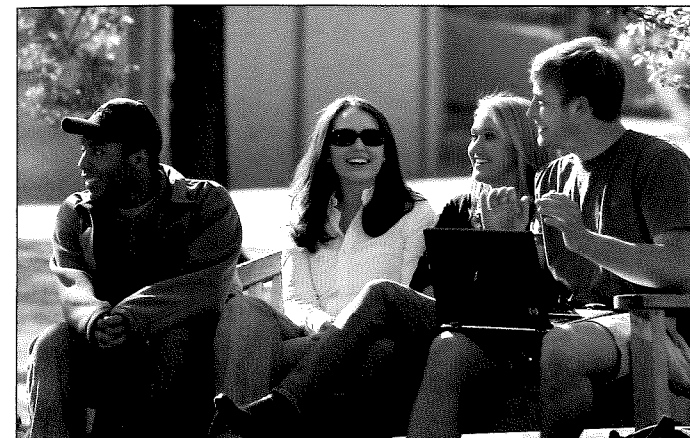


THE UNIVERSITY OF KENTUCKY

MAKING LIVES BETTER

Here are some ways that UK reaches out to improve the quality of life in the state and around the world ...

- UK student-athletes make lives better through community service; **UK football ranks third in the country** for the most players on the National Good Works Team
- UK's research expenditures increased to a record-high \$324 million last year, helping to propel UK into the **nation's top 25 public research universities**
- The Commonwealth Collaboratives outreach program has 36 projects focused on solving problems and **changing the lives** of people in Kentucky
- The UK Chandler Hospital is a Level I Trauma Center, meaning that UK cares for the most critically injured and ill patients in the region
- UK is in the midst of a \$2.5 billion building program that will further enhance the university's standing as one of the best medical facilities in the country



DR. LEE T. TODD, JR., PRESIDENT



UK BOARD OF TRUSTEES AND ATHLETIC BOARD

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Lee T. Todd, Jr. became the 11th president of the University of Kentucky on July 1, 2001, after serving as senior vice president of IBM's Lotus Development Corp. President Todd is the sixth UK alumnus to hold the presidency. President Todd has concentrated his efforts and energies on helping his alma mater achieve a greater level of national prominence. He launched the University of Kentucky's Top 20 Business Plan in December 2005. The plan is a quantitative analysis highlighting what it will take for UK to achieve its state-mandated goal of building a Top 20 public research university. Widely hailed as the first business plan by a public university in the nation, UK's plan garnered widespread national attention. It has been featured by national media outlets and recognized by peer institutions, as several higher education leaders have visited UK's campus to learn more about the Business Plan approach.

He continues to champion UK's outreach efforts. President Todd launched a university-funded research program called the Commonwealth Collaboratives. The initiative features 36 of UK's top research teams, who are focused on solving the intrinsic problems that have held the state back from reaching its full potential. It is part of UK's effort to ensure that its research hits the ground in Kentucky and changes lives throughout the Commonwealth.

President Todd has spearheaded an effort to revitalize health care in Kentucky. In June 2006, UK unveiled the Commonwealth's Medical Campus of the Future, a multi-phased project

aimed at providing Kentuckians with cutting-edge, 21st century health care. As part of the revamped academic medical campus, UK will construct a new, one million square foot University of Kentucky Albert B. Chandler Hospital and a new College of Pharmacy.

President Todd is currently a member of the Board of Directors and Vice Chair of the Executive Committee for the National Association of State Universities and Land-Grant Colleges (NASULGC). He is President of the Southeastern Conference (SEC) Executive Committee. President Todd serves on the Equitable Resources Board of Directors and is

chair of the Kentucky Council on Postsecondary Education's STEM (Science, Technology, Engineering, and Mathematics) Task Force. He is chair of the National Consortium for Continuous Improvement in Higher Education's (NCCI) Leveraging Excellence Award selection panel. President Todd also is a member of the Business Higher Education Forum and the Council on Competitiveness.

He is married to the former Patricia Brantley, a UK graduate who earned her master's degree from Simmons College in Boston. They have two adult children, UK graduates Troy and Kathryn.

MITCH BARNHART, DIRECTOR OF ATHLETICS



Mitch Barnhart is in his seventh year as Director of Athletics for the University of Kentucky, having set a clear course for making Kentucky one of the top athletics programs in the country. Hired July 15, 2002, Barnhart has made the desire for overall excellence the cornerstone of Wildcat Athletics. His decision to fully fund all 22 varsity sports has produced a wave of firsts in a number of programs, while also allowing UK to achieve at a consistently high level.

Numerous sports have reached never-before-seen levels of success. Baseball won the school's first-ever Southeastern Conference title in 2006, following in the SEC championship footsteps of women's tennis, men's golf and men's basketball from 2005. Four Wildcat coaches earned SEC Coach of the Year honors in 2005-06.

The women's soccer and rifle teams added league titles in 2006-07, with conference Coach of the Year honors going to Warren Lipka and Harry Mullins, respectively.

Perhaps the biggest on-field turnaround besides baseball has been in football, where Rich Brooks has led the Wildcats to back-to-back bowl wins (2006 and 2007) for the first time in more than 50 years. Barnhart's support of Brooks and his staff has manifested itself in a string of wins over traditional football powers, including a victory over top-ranked LSU in October 2007.

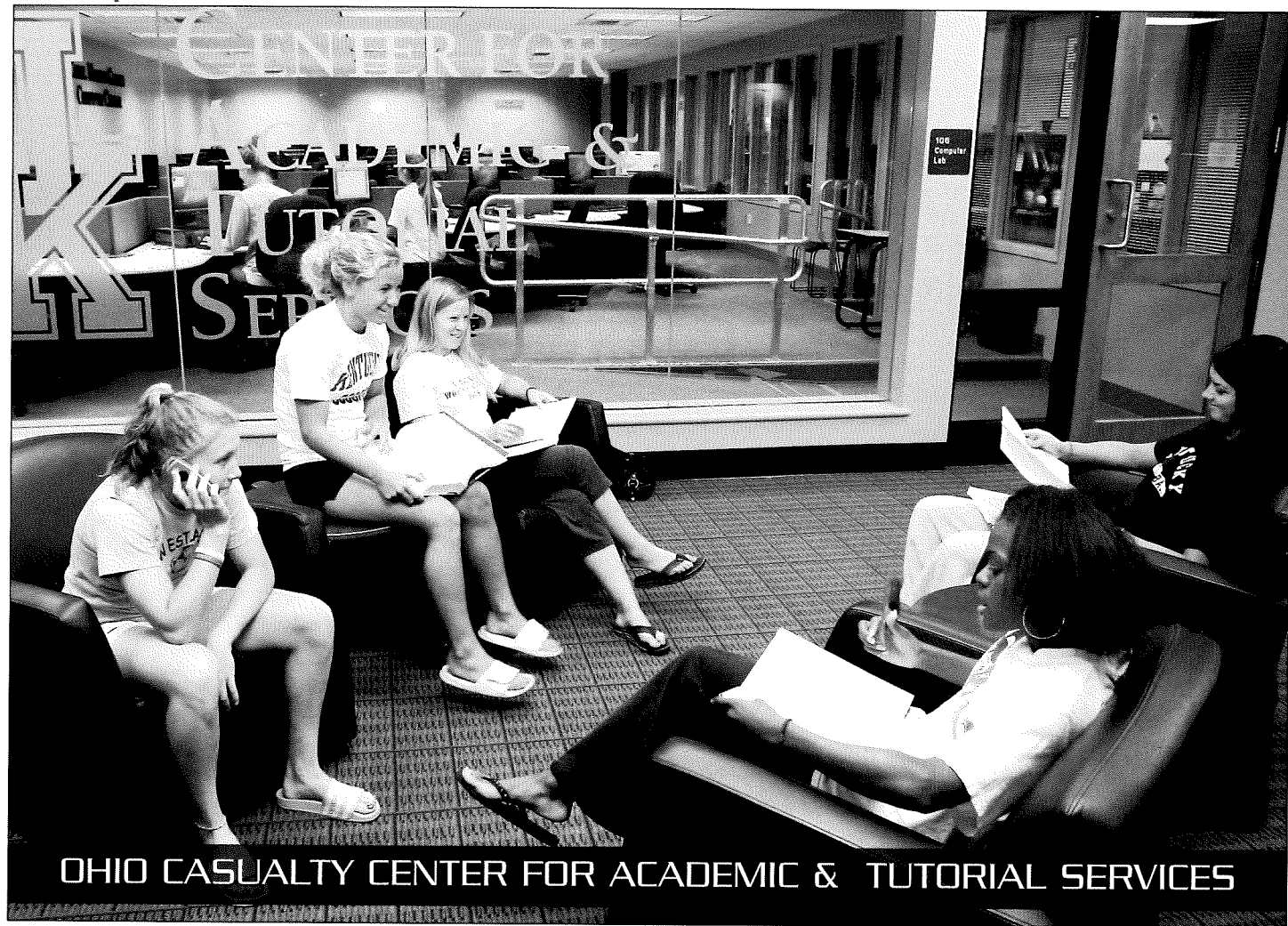
Financially, Barnhart instructed his staff to seek out new revenue streams, and that resulted in a record \$80 million multimedia rights agreement with Host Communications (now IMG College). The additional resources allow UK to continue its commitment to its student-athletes, a commitment Barnhart takes personally. Athletics spends \$1.5 million annually on its nationally-renowned CATS Academic Center and each spring hosts the CATSPYs, an awards program designed to recognize the very best in UK Athletics.

Other initiatives begun under Barnhart's leadership include the Big Blue Caravan, which connects UK to its vast fan base, the UK Athletics Hall of Fame, which honors past greats across all sports, a revamping of UK's donor program that has resulted in record K Fund dollars, and a 10-year, \$10-million commitment to help fund the University's general scholarship program. UK also completed the Joe Craft Center, a \$30 million expansion of Memorial

Coliseum that includes new practice and office space for a variety of sports.

Barnhart's connection to UK's student-athlete is evident by his personal interaction and commitment to provide all support services necessary to meet the needs of these students.

Barnhart arrived at Kentucky from Oregon State, where he served four successful years (1998-2002) as athletics director. Before his tenure at OSU, he worked at Tennessee for 12 years (1986-98); served as assistant executive director of the SMU Mustang Club (1983-86); regional director for the Duck Athletic Fund at Oregon (1983); and was an intern for the Aztec Athletic Foundation at San Diego State (1982-1983). Barnhart, 48, is a native of Kansas City, Kan. He received his bachelor degree from Ottawa University (Kansas) in 1981 and a masters in sports administration from Ohio University in 1982. He and his wife, the former Connie Brown, have three children, Kirby, 20, Blaire, 17, and Scott, 14.



OHIO CASUALTY CENTER FOR ACADEMIC & TUTORIAL SERVICES

The University of Kentucky has made a commitment to put the student-athlete at the heart of the program. The cornerstone of that commitment lies in the academic success of the University's student-athletes. And at UK, that success stems from the resources within the Ohio Casualty Group's Center for Academic and Tutorial Services (CATS).

UK opened CATS in 1981, the nation's first academic center dedicated exclusively to student-athletes. Over the years, as the services offered by CATS have grown, so did the need for additional space.

As a result, UK built a new facility - the Ohio Casualty Center for Academic and Tutorial Services, thanks to a one-million dollar grant from the Ohio Casualty Insurance Group. The Ohio Casualty Center opened in 1998 at a total cost of \$2.4 million.

Much of the credit for UK's academic success goes to the Athletics Association's academic support system - the Center for Academic and Tutorial Services, or simply, "CATS."

CATS, constructed in Memorial Coliseum, includes:

- 20,000 square feet of space - more than double the size of the former CATS facility;

- a computer room housing 35 computers;
- a study area which accommodates 90-100 people;
- 24 tutoring rooms;
- a career development and life skills resource center;
- a community outreach office; and
- offices for the staff.

Certainly, a facility is a good start, but any program - especially in academics - is only as good as the people who run it. And UK is fortunate to have outstanding leaders in its academics support system.

Bob Bradley, Associate Athletics Director for Student Services, oversees the CATS program. Bradley was named National Academic Advisor of the Year in 1989 and 1992. In 2000 he was selected as the CHAMPS Life Skills Coordinator of the Year by the NCAA Division I-A Athletic Directors Association.

CATS has a full-time staff of 11. In addition to Bradley, they are:

- Barb Deniston, Director of Academic Services;
- Mike Haley, Director of Advising Services;
- Michael Stone, Senior Academic Counselor
- Amy Craiglow, Dustin Lewis, Jon Ross and Katrina Sally, Academic Counselors;
- Martina Martin, Lifeskills Coordinator;
- D'Ann Blankenship, Staff Assistant.

CATS also employs seven graduate assistants and numerous tutors, both from the University and the surrounding community. UK has budgeted more than \$1,000,000 for the operation of CATS in the coming year.

"We are extremely proud of what we have accomplished in the academic arena," Bradley says. "The CATS program is focused on winning in the classroom. We look at each student-athlete's individual needs, set goals, and develop strategies to attain those goals. Our center provides our student-

athletes with a definite advantage over student-athletes at many other institutions. Our goal is to show that we care about the student as well as the athlete."

For the CATS staff, showing you care means more than helping athletes maintain eligibility, graduate, or win awards. The academics staff also prepares student-athletes for life after college with the Wildcat Career Development Program.

The Career Development Program helps student-athletes look to the future through a step-by-step process which includes:

- Mentoring and internships, which help determine career interests;
- career counseling;
- resume writing; and
- forming a career plan.

The Wildcat Career Development Program works closely with the University's Career Planning and Placement Center in order to provide additional assistance when needed.



CATS STAFF



BOB BRADLEY
Associate Athletics Director



BARBARA DENISTON
Director of Academic Services



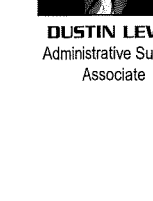
MIKE HALEY
Director of Advising Services



KATRINA SALLY
Academic Counselor



D'ANN BLANKENSHIP
Staff Support Associate



DUSTIN LEWIS
Administrative Support Associate



MARTINA MARTIN
Career and Personal Development Coordinator



BARBARA DENISTON
Director of Academic Services



AMY CRAIGLOW
Academic Counselor



JON ROSS
Academic Counselor



MICHAEL STONE
Senior Academic Counselor



MARTINA MARTIN
Career and Personal Development Coordinator

THE WILLIAM T. YOUNG LIBRARY

In addition to providing the finest in athletic facilities, the University of Kentucky also provides student-athletes with the best in academic facilities. One of the most recent additions to the educational landscape at UK is the \$58 million William T. Young Library.

- **Size:** The library covers 365,350 square feet more than six football fields. The building is five stories high, plus a basement.

- **Shelf capacity:** If laid end-to-end, the bookshelf space would stretch 198,828 linear feet - that's more than 37 miles of shelf space. The shelves will house 1.2 million books.

- **Seating capacity:** The library can seat more than 4,000 patrons at one time, a 355 percent increase over the old library. The seating on the fifth floor of the new library equals the capacity of the former library.

- **Computer connections:** Every study table and study carrel in the library has an electrical outlet and a computer jack connected to the university's computer system. Virtually the entire library has wireless coverage.

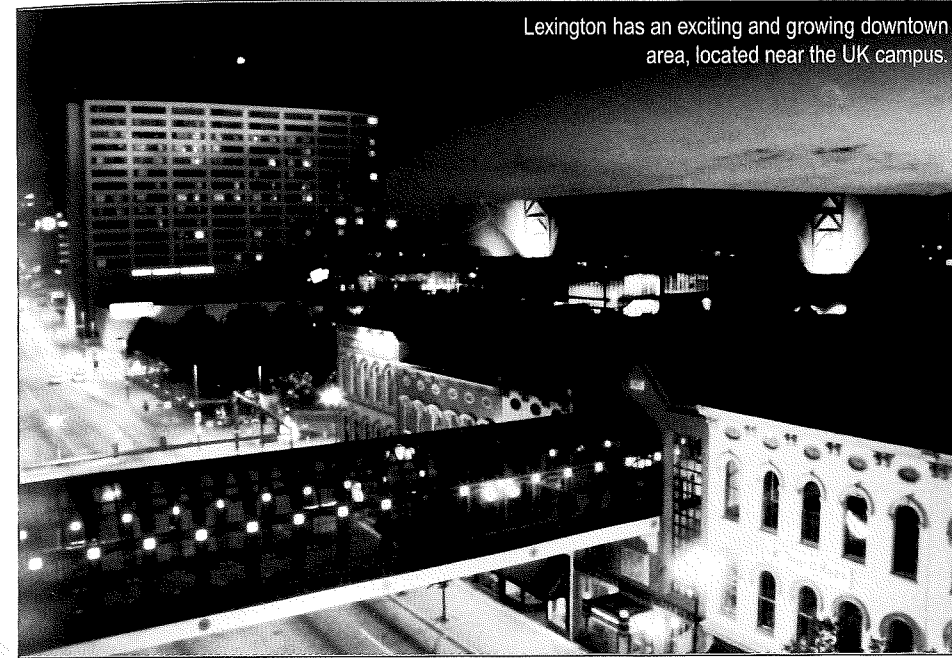
- **Flexibility:** The library has a state-of-the-art electronic infrastructure that will enable UK to take full advantage of current and emerging technology. In addition, the five floors and basement of the structure are designed as open, flexible spaces, enabling the library to adapt its services and facilities to the future changes in needs of UK students.

- **Endowment:** The UK Library has the nation's largest book endowment among public universities and ranks second only to Harvard.



LEXINGTON

A friendly, vibrant city, Lexington is the perfect college town - not too big, not too small, and the University of Kentucky is the center of attention!



Lexington has an exciting and growing downtown area, located near the UK campus.

LEXINGTON FACTS

Location:
Within a day's drive of 75% of the U.S. population

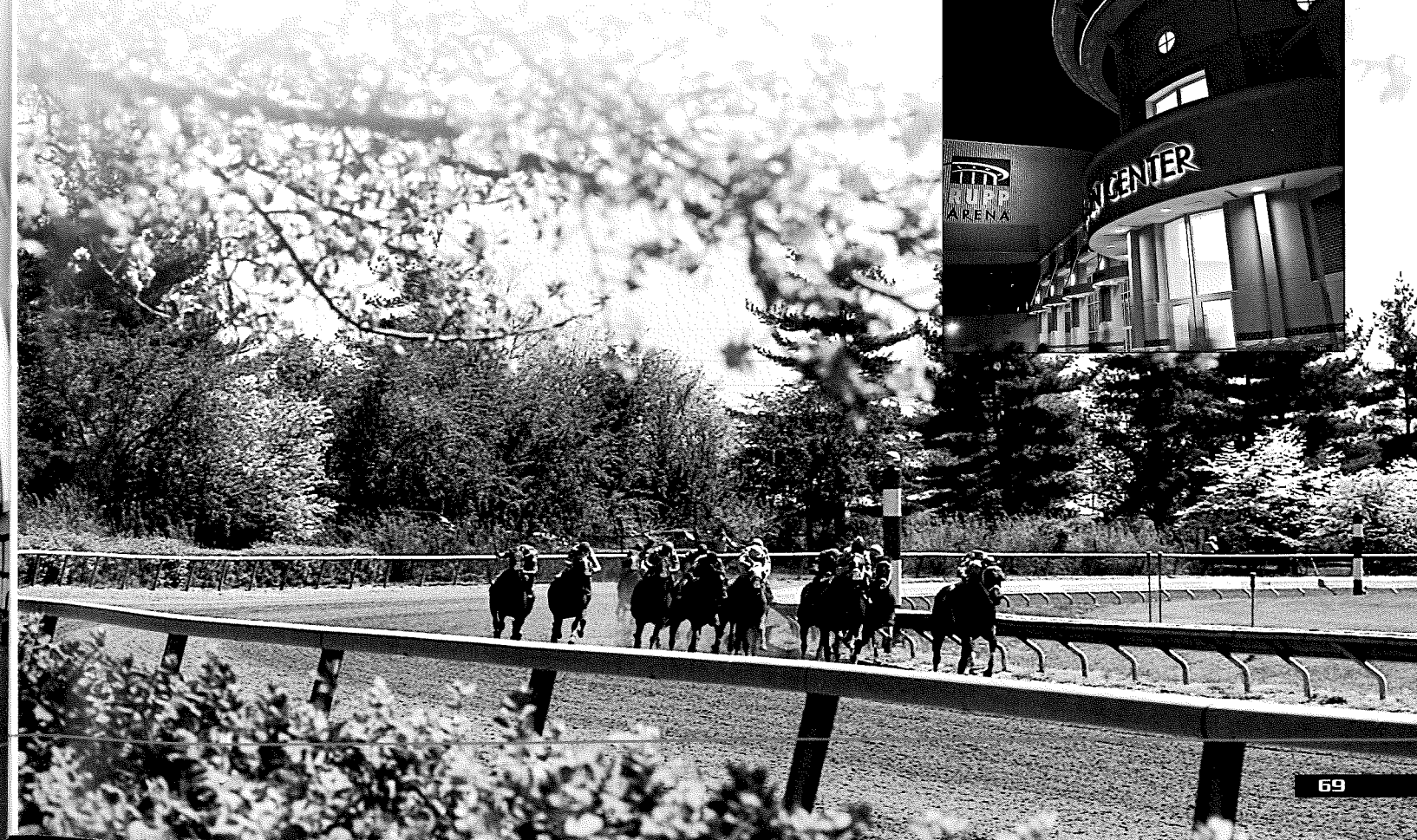
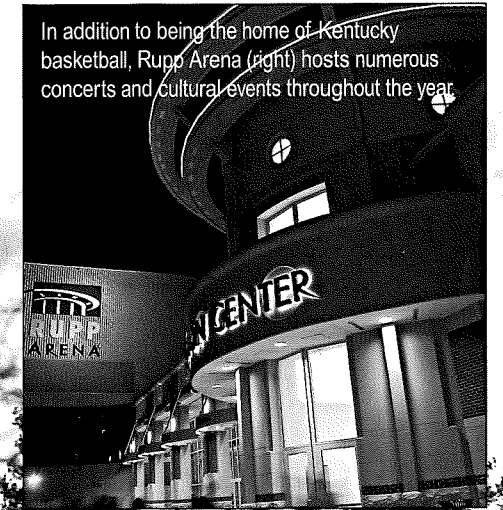
Population:
Lexington-Fayette County - 260,512

Time Zone:
Eastern

Average Temperatures (F°):
Spring - 74° high, 34° low
Summer - 86° high, 61° low
Fall - 79° high, 36° low
Winter - 54° high, 23° low

Annual Precipitation: 44.6 inches

In addition to being the home of Kentucky basketball, Rupp Arena (right) hosts numerous concerts and cultural events throughout the year.



"If the United States can be called a body... then Kentucky can be called its heart."

— Jesse Stuart, Noted Kentucky Author

Though the above words were written by one of Kentucky's favorite sons, any one of the millions of visitors to the Bluegrass State each year might nod in agreement.

Kentucky embodies the very essence of America, from majestic mountains and forests to vast sparkling lakes, from rolling acres of farm and pastureland to the hustle and bustle of metropolitan centers. And around every turn in the road, Kentucky's colorful past, which helped shape our country's character, is preserved and maintained for all to enjoy. The result is a state so diverse in travel and recreational opportunities that one is hard-pressed to name its equal.

If asked to describe Kentucky, one word that quickly comes to mind is horses. The Bluegrass region of Lexington and central Kentucky is internationally recognized as the Horse Capital of the World. Lexington is at the heart of the Bluegrass and it preserves the romantic tradition of

the horse farms and is the hub of the multi-billion-dollar horse industry.

Kentucky also is a land steeped in the rich history of our nation. Legendary pioneer Daniel Boone laid out Kentucky's second settlement at Fort Boonesborough and nearby, a hundred years later, the Shaker religious sect prospered at picturesque Shaker Village of Pleasant Hill.

Abraham Lincoln was born in Hodgenville (the one-room cabin is part of a National Historic Site). The plantation home that inspired Stephen Foster to write "My Old Kentucky Home" still stands at a state park of the same name. And the region that 200 years ago gave birth to one of Kentucky's most famous exports bourbon whiskey is dotted with world-famous distilleries.

KENTUCKY FACTS

Kentucky is one of only four states in the nation designated as a commonwealth ... The state capital is Frankfort ... Kentucky has 39,728 square miles of land ... Population of the state is 4,092,891 according to a 2002 estimate by the state government ... The three largest cities in the state are Louisville, Lexington, and Owensboro ... The state bird is the cardinal ... The state flower is the goldenrod ... The state tree is the Kentucky Coffee Tree ... The state song is "My Old Kentucky Home" ... Kentucky has more miles of running water than any other state except Alaska ... Kentucky has 44 state parks which annually draw 15.8 million visitors ... Kentucky has the world's longest known cave system — Mammoth Cave — with over 300 miles of mapped passageways.



ALABAMA

Saturday, January 17 • Lexington, Ky.

Location: Tuscaloosa, Ala.
Enrollment: 25,580
Nickname: Crimson Tide
Colors: Crimson and White
Conference: Southeastern
President: Dr. Robert E. Witt
Athletics Director: Mal Moore
Facility: Alabama Aquatic Center
2007-08 NCAA Finish: (M) 22nd; (W) 37th
Head Coach: Eric Mellquham
Diving Coach: Pat Greenwall
SID: Roots Woodruff
SID Phone: (205) 348-2088
SID E-mail: rwoodruff@ia.ua.edu
Website: www.rolltide.com



ARKANSAS

Saturday, January 10 • Fayetteville, Ark.

Location: Fayetteville, Ark.
Enrollment: 17,938
Nickname: Razorbacks
Colors: Cardinal and White
Conference: Southeastern
President: Dr. G. David Gearhart
Athletics Director: Jeff Long
Facility: Arkansas Natatorium
2007-08 NCAA Finish: (M) N/A; (W) 35th
Head Coach: Monty Hopkins
SID: Jeri Thorpe
SID Phone: (479) 575-5786
SID E-mail: jthorpe@uark.edu
Website: www.arkansasrazorbacks.com



CINCINNATI

Saturday, February 7 • Cincinnati, Ohio

Location: Cincinnati, Ohio
Enrollment: 36,518
Nickname: Bearcats
Colors: Black and Red
Conference: Big East
President: Dr. Nancy L. Zimpher
Athletics Director: Mike Thomas
Facility: Keating Aquatics Center
2007-08 NCAA Finish: (M) 40th; (W) N/A
Head Coach: Monty Hopkins
SID: Ryan Koslen
SID Phone: (513) 497-3132
SID E-mail: ryan.koslen@uc.edu
Website: www.UCBearcats.com



INDIANA

Saturday, October 18 • Bloomington, Ind.

Location: Bloomington, Ind.
Enrollment: 40,354
Nickname: Hoosiers
Colors: Cream and Crimson
Conference: Big Ten
President: Michael A. McRobbie
Athletics Director: Rick Greenspan
Facility: Counsilman-Billingsley Aquatic Center
2007-08 NCAA Finish: (M) 10th; (W) 10th
Head Coach: Ray Looze, Jr.
Diving Coach: Dr. Jeff Huber
SID: Melanie Schneider
SID Phone: 812-856-2939
SID E-mail: ms48@indiana.edu
Website: www.iuhoosiers.com



LOUISVILLE

Saturday, January 24 • Lexington, Ky.

Location: Louisville, Ky.
Enrollment: 22,000
Nickname: Cardinals
Colors: Red and Black
Conference: Big East
President: Dr. James Ramsey
Athletics Director: Tom Jurich
Facility: Ralph White Natatorium
2007-08 NCAA Finish: 26th (men)
Head Coach: Arthur Albiero
Diving Coach: Mike Zehnder
SID: Nancy Worley
SID Phone: (502) 852-6581
SID E-mail: nasmit01@gwise.louisville.edu
Website: www.uoflports.com



LSU

Wednesday, January 7 • Baton Rouge, La.

Location: Baton Rouge, La.
Enrollment: 29,317
Nickname: Tigers
Colors: Purple and Gold
Conference: Southeastern
President: Dr. John Lombardi
Athletics Director: Joe Alleva
Facility: LSU Natatorium
2007-08 NCAA Finish: (M) 29th; (W) 42nd
Head Coach: Adam Schmitt
Diving Coach: Doug Shaffer
SID: Jesse Delerno
SID Phone: (225) 578-1866
SID E-mail: jdeler5@lsu.edu
Website: www.lsuports.net



2008-09 OPPONENTS



MISSOURI

Saturday, January 10 • Fayetteville, Ark.

Location: Columbia, Mo.
Enrollment: 28,477
Nickname: Tigers
Colors: Old Black and Gold
Conference: Big 12
President: Gary D. Forsee
Athletics Director: Michael Alden
Facility: Mizzou Aquatics Center
2007-08 NCAA Finish: (M) 38th; (W) 36th
Head Coach: Brian Hoffer
Diving Coach: James Sweeney
SID: Steven Keers
SID Phone: (573) 882-7826
SID E-mail: sjk4g5@mizzou.edu
Website: www.mutigers.com



TENNESSEE

(men) Friday, October 31 • Lexington, Ky.
 (women) Saturday, November 1 • Lexington, Ky.

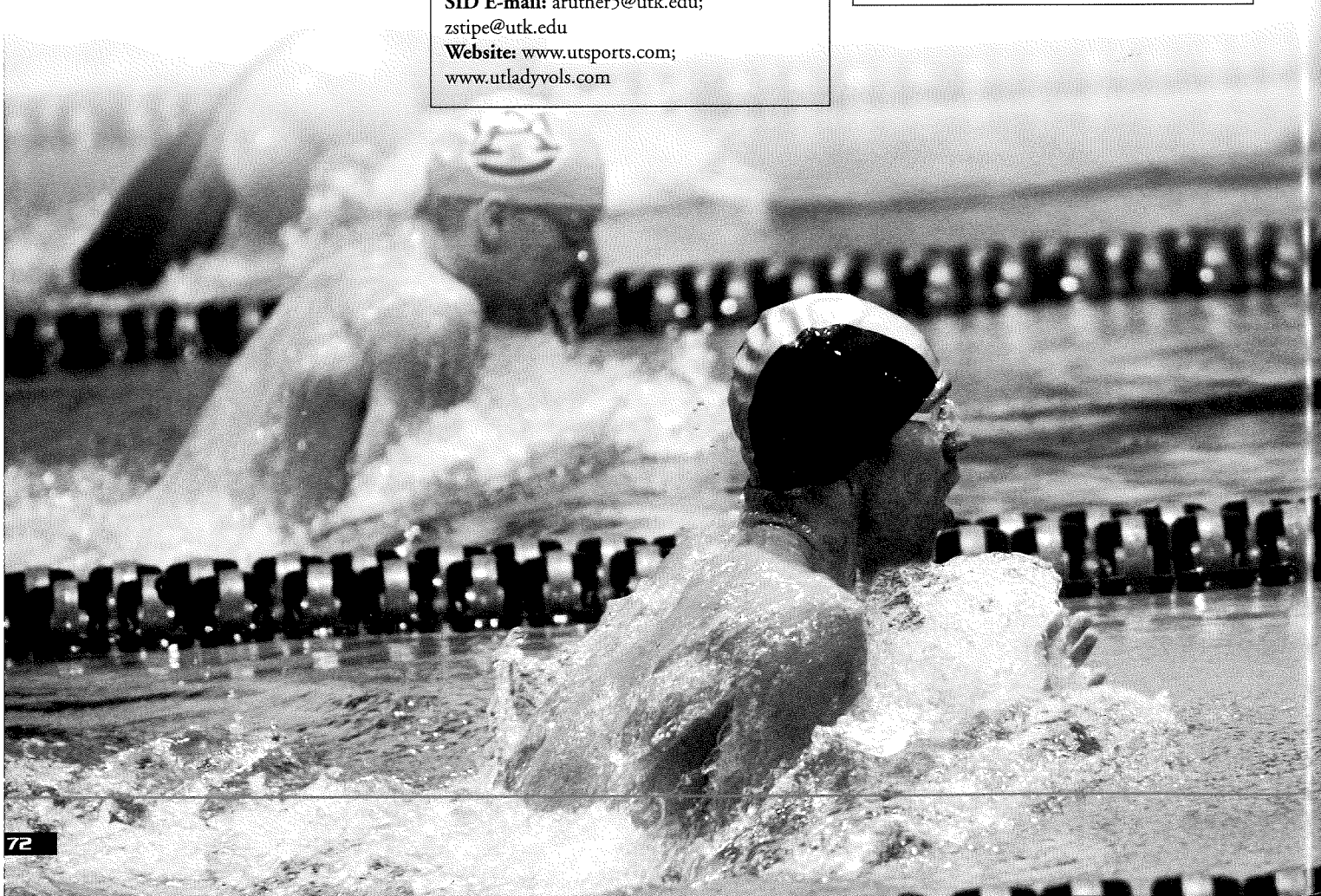
Location: Knoxville, Tenn.
Enrollment: 26,400
Nickname: Volunteers/Lady Vols
Colors: Orange and White
Conference: Southeastern
President: Dr. John D. Peterson
Athletics Director: Mike Hamilton (M),
 Joan Cronana (W)
Facility: UT Student Aquatics Center
2007-08 NCAA Finish: (M) 9th; (W) 8th
Head Coach: John Trembley (M)
 Matt Kredich (W)
Diving Coach: Dave Parrington
SID: Drew Rutherford(M), Zach Stipe (W)
SID Phone: (865) 974-1212
SID E-mail: aruther5@utk.edu;
 zstipe@utk.edu
Website: www.utsports.com;
 www.utladyvols.com



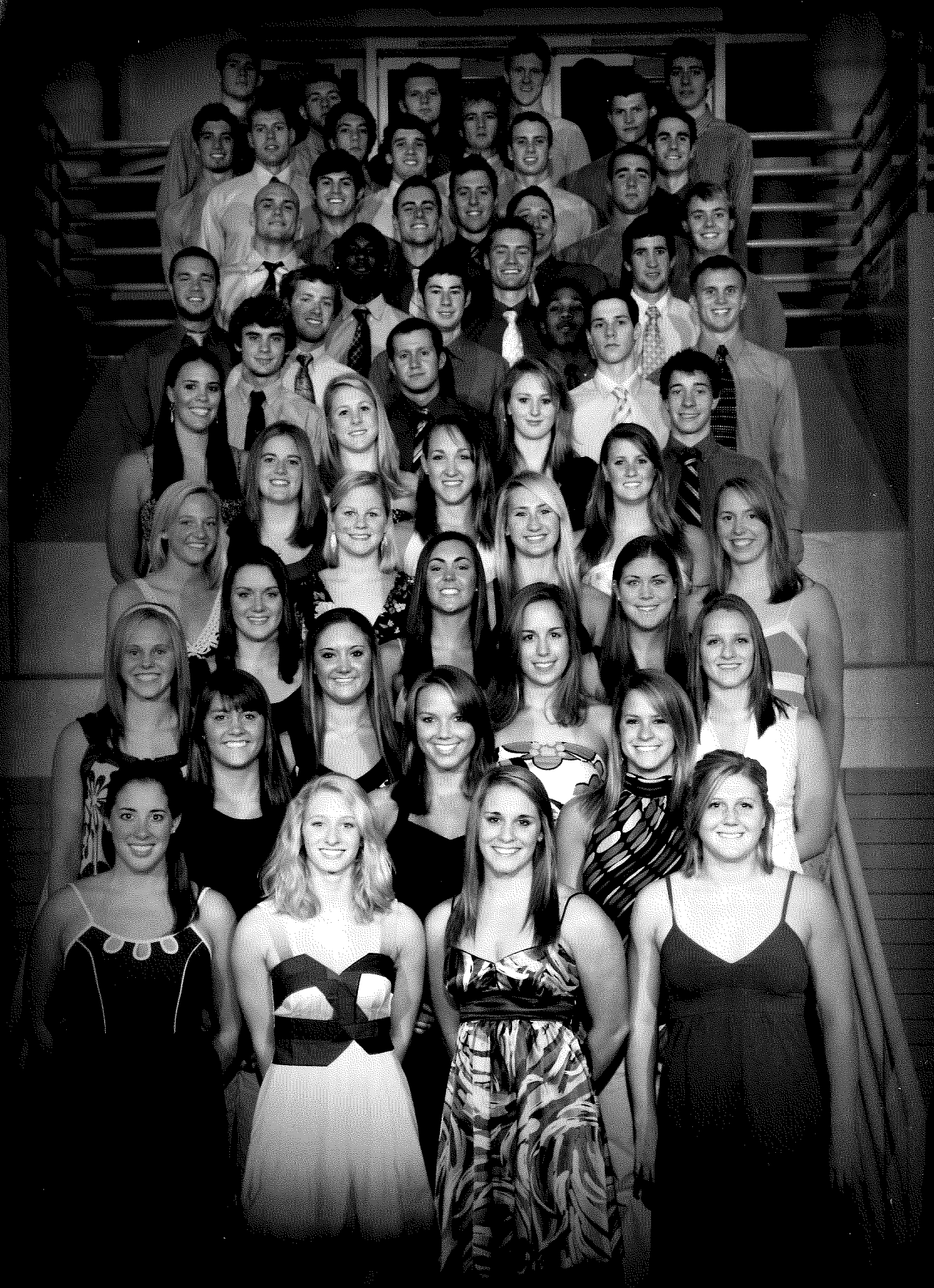
VIRGINIA

Friday, November 7 • Lexington, Ky.

Location: Charlottesville, Va.
Enrollment: 19,643
Nickname: Cavaliers
Colors: Blue and Orange
Conference: Atlantic Coast
President: John T. Casteen III
Athletics Director: Craig Littlepage
Facility: Aquatic and Fitness Center
2007-08 NCAA Finish: (M) 15th; (W) 20th
Head Coach: Mark Bernardino
Diving Coach: Andy Bradley
SID: Katharine Palmer
SID Phone: (434) 982-5500
SID E-mail: kpalmer@virginia.edu
SID Fax: (540) 231-6984
Website: www.virginiasports.com



2008-09 WILDCATS





UNIVERSITY of KENTUCKY SWIMMING and DIVING 2008-09 SCHEDULE

OCTOBER

DATE	OPPONENT	LOCATION	TIME
18 (Sat)	Indiana	Bloomington, Ind.	11:00 am
31 (FRI)	TENNESSEE (MEN)	LEXINGTON, KY.	5:00 PM

NOVEMBER

1 (SAT)	TENNESSEE (WOMEN)	LEXINGTON, KY.	NOON
7 (FRI)	VIRGINIA	LEXINGTON, KY.	3:30 PM
8 (SAT)	IUPUI	LEXINGTON, KY.	9:00 AM
19-22 (Wed-Sat)	Tennessee Invitational	Knoxville, Tenn.	ALL DAY

JANUARY

7 (Wed)	LSU	Baton Rouge, La.	4:00 pm
10 (Sat)	Arkansas/Missouri	Fayetteville, Ark.	3:00 pm
17 (SAT)	ALABAMA	LEXINGTON, KY.	NOON
24 (SAT)	LOUISVILLE	LEXINGTON, KY.	2:00 PM

FEBRUARY

7 (Sat)	Cincinnati	Cincinnati, Ohio	Noon
18-21 (Wed-Sat)	SEC Championships	Auburn, Ala.	ALL DAY

MARCH

19-21 (Thu-Sat)	Women's NCAA Championships	College Station, Texas	ALL DAY
26-28 (Thu-Sat)	Men's NCAA Championships	College Station, Texas	ALL DAY

Home meets are in **BOLD**

