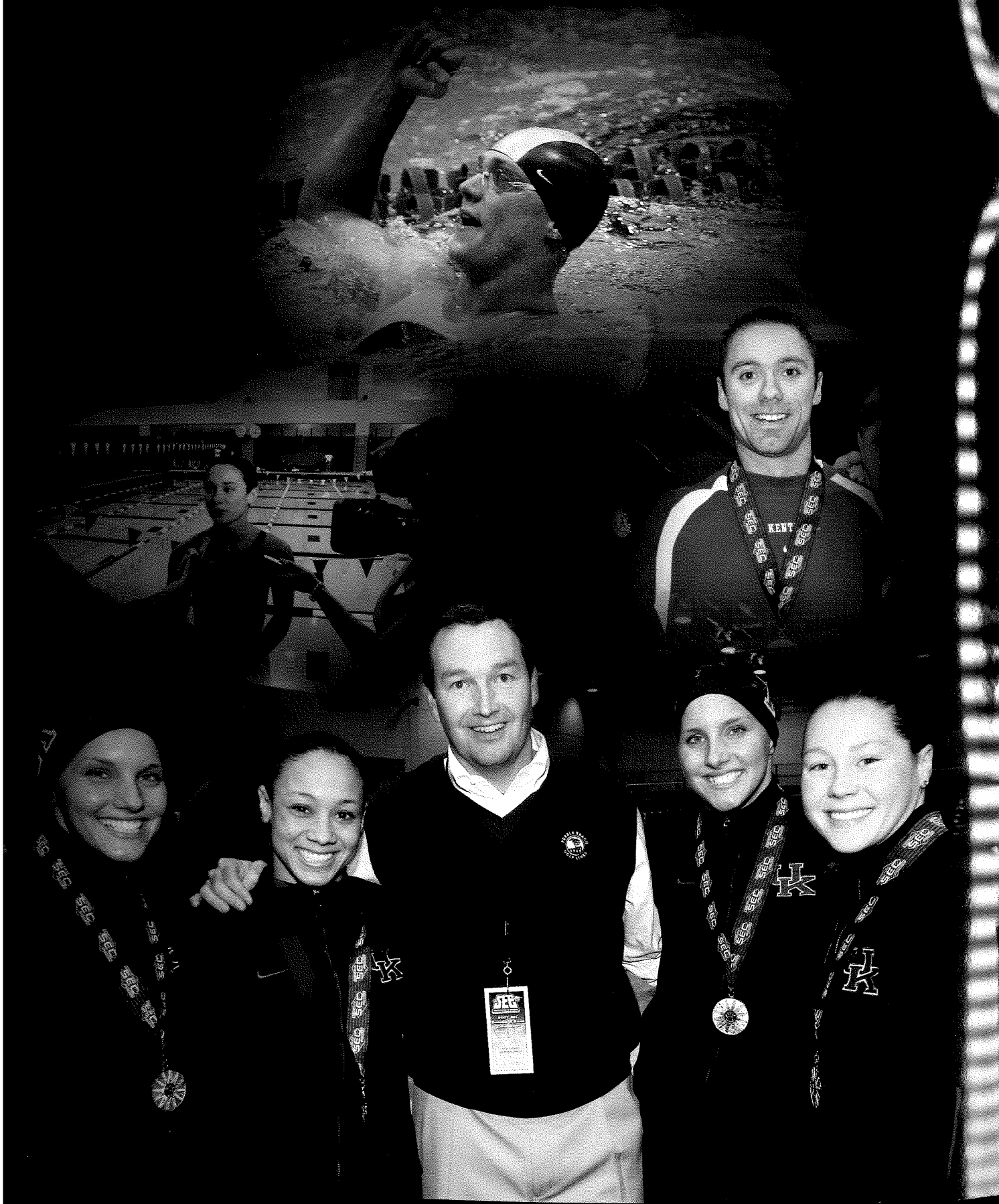




# KENTUCKY

SWIMMING & DIVING 2007-08

# THIS IS KENTUCKY SWIMMING & DIVING



## 2007-08 SWIMMING & DIVING

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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, Lisa Peterson, Scott Stricklin  
**Assistant ADs:** John Butler, Candice Chaffin, Jason Schlafer, Joe Sharpe, Leon Smith, Pam Stackhouse, Rodney Stiles  
**Athletic Trainer:** Katie Naftzinger  
**Academic Counselor:** Dan Childs  
**Strength and Conditioning:** Stephanie Tracey-Simmons

### SWIMMING & DIVING QUICK FACTS

**Head Swimming Coach:** Gary Conelly (Indiana '73)  
**Record at UK:** 178-129 (16 years)  
**Record Overall:** Same  
**Diving Coach:** Michael Lyden (Western Michigan '80)  
**Assistant Coaches:** Shaun Zitani (Kentucky '01), John Brucato (Northern Kentucky '85), Margo Lynch (Kentucky '95)  
**Facility (Capacity):** Lancaster Aquatic Center (750)  
**2006-07 Women's Dual Meet Record:** 5-3  
**2006-07 Men's Dual Meet Record:** 4-4  
**2006-07 Women's SEC Championship Finish:** 4th  
**2006-07 Men's SEC Championship Finish:** 8th  
**2006-07 Women's NCAA Championship Finish:** 12th  
**2006-07 Men's NCAA Championship Finish:** 39th

### MEDIA RELATIONS STAFF

**Associate AD/Media Relations:** Scott Stricklin  
**Media Relations Director:** Tony Neely  
**Associate Media Relations Director:** Susan Lax  
**Assistant Media Relations Directors:** John Hayden, Brent Ingram, Deb Moore, Matt Steinke  
**Administrative Support Associate:** Meredith Nelson  
**Media Relations Assistants:** Sean Cartell and Jeremy Strachan

**Swimming & Diving Contact:** Deb Moore  
**Media Relations Office:** (859) 257-3838  
**Media Relations Fax:** (859) 323-4310  
**Moore's E-Mail:** Deb.Moore@uky.edu

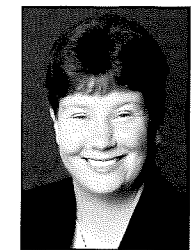
### PUBLICATIONS STAFF

**Director of Publications:** Craig Hornberger  
**Creative Director:** Kim Troxall  
**Assistant Publications Director:** Dave Roberts

### MAILING ADDRESS

UK Media Relations  
 Joe Craft Center  
 338 Lexington Avenue  
 Lexington, KY 40506-0604

### TO THE MEDIA



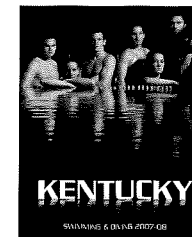
Deb Moore

The 2007-08 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 2007-08 UK swimming and diving team should be directed to Deb Moore at the UK Media Relations office at (859) 257-3838.

### CREDITS



The 2007-08 University of Kentucky Swimming and Diving Media Guide was produced by the University of Kentucky Athletics Association, Mitch Barnhart, Director.

**Written and compiled by:** Deb Moore  
**Additional assistance provided by:** Margo Lynch, Emily Hisle, Dave Roberts  
**Editor:** Dave Roberts  
**Design and Layout by:** Dave Roberts  
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## HEAD COACH GARY CONELLY



Gary Conelly begins his 17th season at the helm of the University of Kentucky swimming programs. The women's squads have compiled a 100-60 record since Conelly began coaching the squad in 1991-92.

The men, whom he started coaching in 1992-93, have amassed a record of 78-69, bringing his overall coaching record to 178-129.

In 2006-07, Conelly's women's squad claimed a school-best 12th place finish at the 2007

NCAA Championships 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.

### 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.

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, 26 more Wildcat swimmers have garnered All-America accolades under Conelly's tutelage.

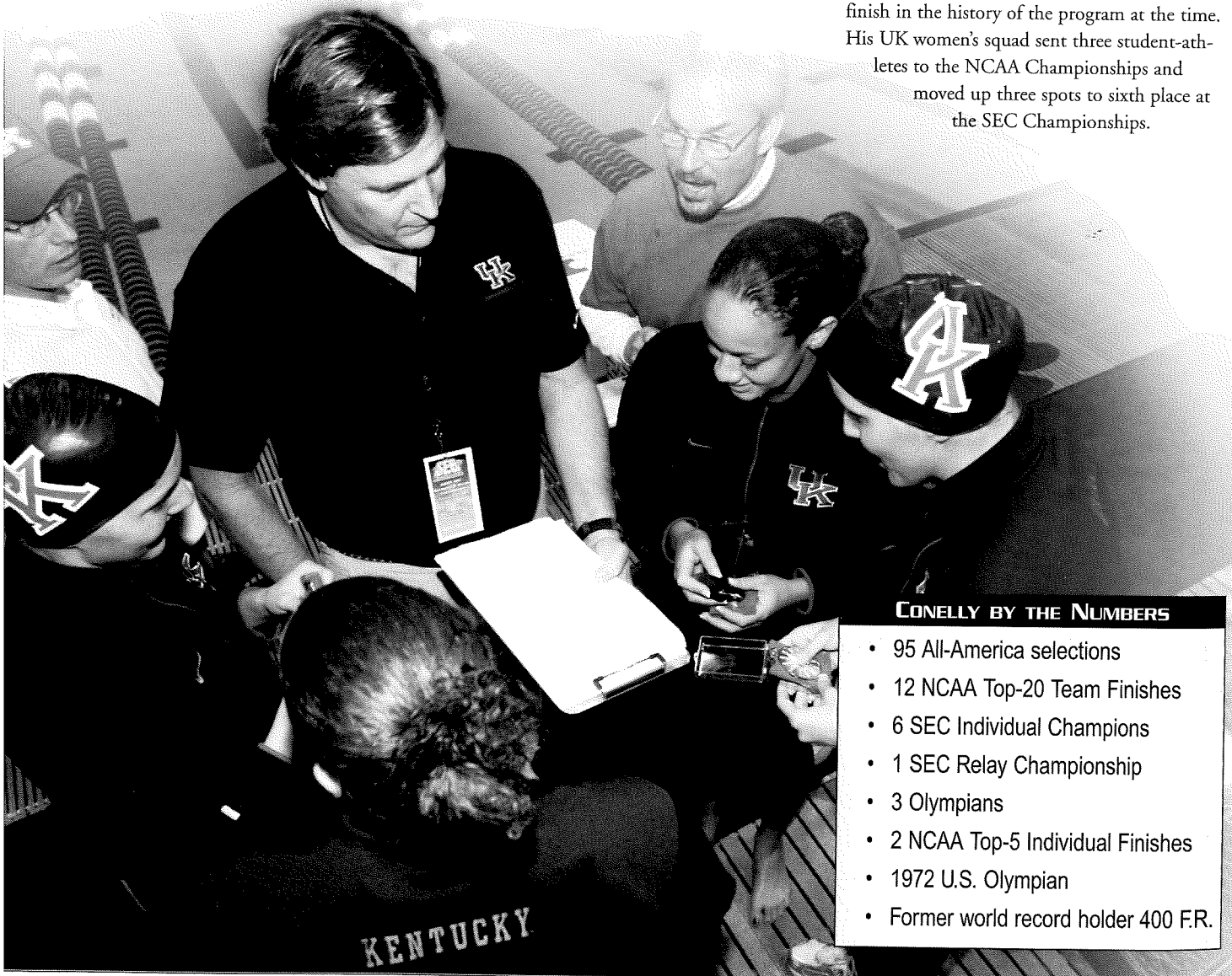
Prior to becoming head coach at Kentucky, Conelly spent

three years with UK as a graduate assistant coach.

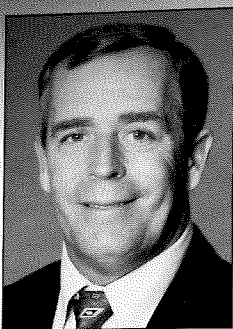
Conelly came to the University of Kentucky from the West Florida Lightning Aquatics USS team in Largo, Fla. During his seven years at West Florida, Conelly directed 150 swimmers and produced three Olympic Trial qualifiers, two National Sports Festival team members, and one Sports Festival champion in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

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 MICHAEL LYDEN



Coach Michael Lyden is the reigning back-to-back-to-back Southeastern Conference women's Diving Coach of the Year, and he begins his 15th season as diving coach at the University of Kentucky. Lyden guided perhaps the best diver in school history, Taryn Ignacio, to her fourth and fifth SEC Titles, including a three-peat on platform to highlight another outstanding season in 2007. Capping a stellar career, Ignacio placed third on the platform while her teammate Kari Retrum earned her first two All-America honors at the NCAA Championships.

Lyden, who is an inspiration to all student-athletes for his courage and inner-strength, notched perhaps the greatest season in his coaching tenure in 2006. At the NCAA Championships, Ignacio became his and the school's first ever NCAA champion in the platform event. Ignacio set a school and NCAA record with a score of 335.20 in the finals. The 2006 SEC championships were historic for the UK lady divers. Ignacio became the first Wildcat to repeat as a diving champion on the platform. In that same event, senior Jessica Thompson and junior Joey Brown finished second and third respectively. On the three- and one-meter board UK placed four women in the top seven of each event.

Success is nothing new to Lyden since joining UK in 1993. As coach, Lyden has guided the Wildcats to diving prominence, as 11 Wildcats have earned 45 All-America selections. Lyden coached Kentucky's first All-American, Tina

Johnson, who earned All-America platform honors in 1994, and the Cats' first single-season three-time All-American, Clayton Moss, in 2002 and 2003.

Last season came off the heels of the 2004-05 season, which was one of the best in UK's history. Wildcat women divers swept the SEC Championships with Ignacio taking home the platform and one-meter title, along with Thompson capturing the three-meter title. Both divers went on to compete in the NCAA championships where Thompson took 11th in the three-meter and 15th on the platform, and Ignacio placed 17th in the one-meter event.

In 2004-05, Lyden's summer team including, UK's SEC Diver of the Year Taryn Ignacio, succeeded at the Senior Nationals Diving Championships in Huntersville, N.C. Ignacio finished ninth on the platform and won the bronze medal by finishing third on the one-meter.

The 2003-04 season was also a memorable one in Lyden's coaching career. The aforementioned Moss placed fourth on the three-meter at the 2004 U.S. Olympic trials, while another former Cat, Aaron Kirkpatrick, took ninth place. Freshman Kari Retrum earned 17th on the platform, and Thompson placed 18th on the three-meter.

Under Lyden's direction, Retrum became the first Kentucky freshman to claim an SEC diving title when she captured the platform event at the 2004 SEC Championships. Moss ended his brilliant Wildcat career in 2003 with a runner-up finish on the three-meter and third and fourth-place finishes on the one-meter and platform, respectively, at the NCAA championships. During the 2001-02 season, Lyden helped Moss successfully defend his SEC one-meter title, the first UK diver to win consecutive titles in an event at the conference championships. He became an All-American on all three boards, as Moss placed second on the one-meter, fifth on the three-meter and sixth on the platform. For all of his accomplishments, Moss was named the SEC Male Diver of the Year, also a first for UK.

Lyden is also credited with developing the collegiate success of Kirkpatrick, who won silver on both the one- and three-meter springboards and placed seventh on the platform at the conference championships.

His run of success with the duo began in the 2000-01 season when Moss became the third UK man to be an SEC Champion, winning the one-meter, and followed it up with a fourth-place finish on the three meter and a 10th-place finish on the platform, earning All-American honors on both. Kirkpatrick also enjoyed a successful season under Lyden's guidance. The junior garnered honorable mention All-America status with a 12th place finish on the three-meter springboard at the NCAA championships.

Kentucky's transformation into one of the nation's most prominent diving programs is all credited to Lyden. At the 1994 NCAA Championships, Tina Johnson became UK's first diving All-American on the platform, placing eighth, and Jenny Baker earned honorable mention All-America in two events.

During the 1999-2000 season, Lyden guided junior Carrie Knoeber's and Moss' qualification for the NCAA Championship meet. Knoeber earned honorable mention All-American honors on the three-meter while Moss secured All-American honors on the one-meter, three-meter, and platform. Moss' honors were the first for a freshman in UK history.

In 1998, Paco Rivera became the first male UK diver to claim a Southeastern Conference title, winning the platform event and attaining All-SEC honors. Rivera advanced to the NCAA Championships, where he was named an All-American in three events and placed second on the platform.

In 1997, Lyden steered Christy Soulakis to the SEC three-meter springboard championship and SEC Female Diver of the Year honors. Soulakis and Rivera both locked-up All-America honors.

In 1996, Leake and Soulakis joined Baker and Johnson in earning All-America honors. Leake finished second on the one-meter and fourth on the three-meter, Johnson finished third on the one-meter and platform, and Baker finished seventh on the platform. Lyden was honored as the Southeastern Conference and NCAA Women's Diving Coach of the Year for his diver's accomplishments.

Before arriving at UK, Lyden spent nine seasons at Eastern Michigan where he was the Mid-American Conference Coach of the Year nine times. He then traveled to LSU where he received SEC Women's Coach of the Year four times consecutively and was the 1992 SEC Men's Coach of the Year. During Lyden's tenure at LSU his divers won an incredible 15 of 24 possible SEC titles.

Along with his college coaching, Lyden also

coaches various Kentucky Diving Clubs and has led seven age group divers to 18 national championships. The Junior World Diving Championships chose Lyden as a coach in the summer of 2002 held in Aachen, Germany. At that event he coached one member to a seventh-place finish in the one-meter and three-meter boards. In addition, Lyden served as the National Team Coach in 1988-90, 1992, 1994-96, 1998-2000, and directed divers in competitions in Italy, Austria, Mexico, Canada, Spain, China, France, and Holland.

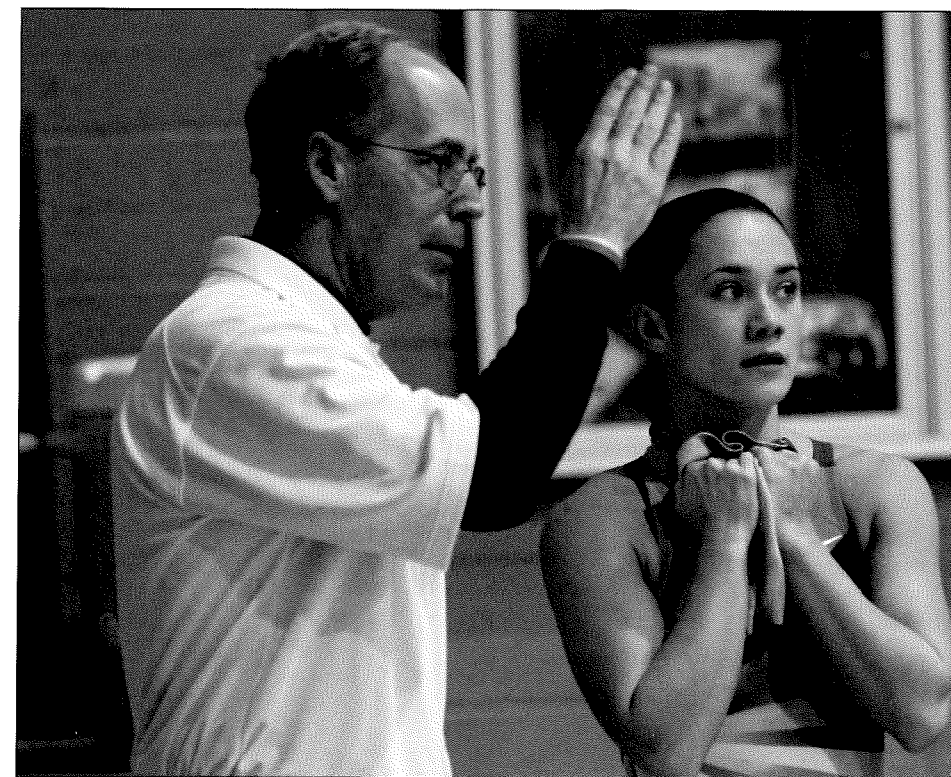
At the 2005 Junior Nationals, Lyden coached his daughter, Jessica, who captured her first national championship by winning the one-meter. Jessica finished third in the three-meter event. Jessica went on to win the one-meter at the Pan American Junior Championships in Ft. Lauderdale, Fla.

In addition to coaching, Lyden has been a member of the U.S. Diving Rules Committee, the U.S. Olympic International Diving Committee and is a lifetime member of U.S. Diving. In 1993-94 and 1997-99, Lyden served on the NCAA Rules Committee.

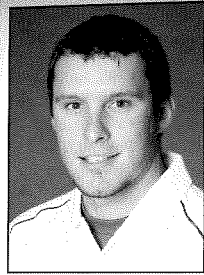
A 1980 graduate of Western Michigan University, Lyden is married to Emily Joan Sullivan of Toledo, Ohio. They have three children — Jessica Ann, 16, John Tyler (Jack), 14 and Brittany Barbara, 8.

### LYDEN BY THE NUMBERS

- 49 All-America selections
- 13 SEC Championships
- 1 NCAA Champion
- 2 NCAA Runners-Up
- Nine-time SEC Diving Coach of the Year
- 1996 NCAA Women's Diving Coach of the Year

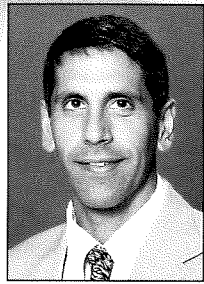


## ASSISTANT COACHES



**SHAUN ZITANI**  
Associate Head Coach

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



**JOHN BRUCATO**  
Assistant Coach

John Brucato is in his 10th season with the UK swimming program. Brucato works primarily with the middle distance group and breaststrokers.



**MARGO LYNCH**  
Assistant Coach

UK swimming alumna Margo Lynch begins her third season as assistant coach after being elevated to the position in December of 2005.

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. Wildcat sprinters have earned five All-America distinctions under his tutelage. Zitani is also a valiant recruiter and has brought some of the top recruits to Kentucky in his three seasons.

A five-time All-American from 1997-2001, Zitani returns 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 broke Zitani's 50-yard freestyle record this past season at Kentucky. 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.

Brucato comes 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 has 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. In 1985, he took over the helm at the Nashville Aquatic Club where he spent five successful years as the Head Age Group Coach before being hired on as the WA Senior Head 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.

Lynch had spent the previous four seasons working as the staff assistant.

Lynch is responsible for coordinating of all aspects of recruiting for the men's and women's swimming teams. In addition to recruitment, Lynch oversees events for all aquatic events 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 and distance swimmers.

Lynch swam for the Wildcats from 1991-95 and served as the team captain during her junior and senior seasons. 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, Lynch came to Kentucky from her family's adopted home of Pittsburgh, Pa.

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



**EMILY HISLE**  
Staff Assistant

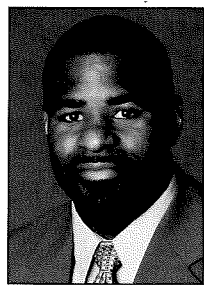
Emily Hisle begins her second season as staff assistant for the UK swimming and diving program. A Louisville, Ky. native, Hisle began her duties

in January 2006.

Hisle's primary responsibilities include coordinating and planning recruiting weekends, setting up and running timing systems and computers for all UK home meets and planning team travel.

A 2005 graduate of the University of Kentucky with a degree in English, Hisle spent time as an undergraduate working at the Lancaster Aquatic Center and assisting at UK dual meets.

She resides in Lexington with her husband, Jared.



**DAN CHILDS**  
Academic Counselor

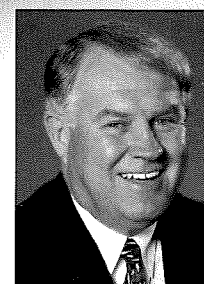
Dan Childs is in his sixth year working with Kentucky's student-athletes in the Center for Academic and Tutorial Services (CATS). Childs works directly with

Kentucky's swimming and diving athletes to ensure they are making strong progress towards their degrees and helping them with their post-graduate aspirations. Childs also serves as the advisor for the Kentucky track and field teams as well as the men's tennis program.

Childs is in his first season working with the swimming and diving teams. A year ago, 17 of UK's swimmers and divers were named to the SEC Academic Honor Roll team. Additionally, Lauren Willis was named an Academic All-American to highlight the academic honors.

Childs earned a bachelor's degree in Public Relations from Eastern Kentucky University and a master's degree in Sports Administration from Xavier University. Childs resides in Lexington.

## SUPPORT STAFF



**JOHN CROPP**  
Associate Director of Athletics

John Cropp is in his 16th year at the University of Kentucky and his 32nd overall involving collegiate athletics.

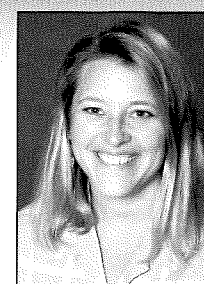
As Associate Athletics Director, Cropp oversees the administration of seven of UK's 22 athletic teams, including swimming and diving. He assumed his current responsibilities in April 1995, after having served previously as Assistant AD for Special Projects (1993-95), Athletics Recruiting Coordinator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



**LETITIA HOLLINGSWORTH-GRAY**  
Aquatic Director

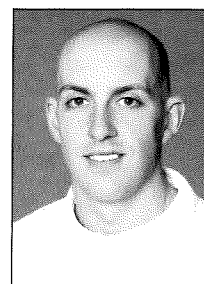
Letitia Hollingsworth-Gray begins her fourth season as aquatic director with

the Kentucky swimming and diving program. "Tish" oversees facilities operations and event management at the Lancaster Aquatic Center. Hollingsworth-Gray served eight years as the Lancaster Aquatic Center pool manager before assuming the title of aquatic director. Prior to her stint as pool manager, Hollingsworth served as the UK swim team's Staff Assistant.

The UK alumna and Lexington, Ky., native swam for the Wildcats from 1982-86 and was the captain of UK's first varsity women's swim team for three years.

Hollingsworth-Gray also teaches courses in CPR, lifeguarding, and coaches' safety training, as well as serving as an aquatic examiner for the Red Cross.

Hollingsworth-Gray is married to Steve Gray and the two reside in Lexington. They have a son, five-year-old Cooper.



**ERIC ATNIP**  
Event Manager

Eric Atnip begins his fourth 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.

## 2007-08 WILDCATS

### KENTUCKY WOMEN'S SWIMMING & DIVING ROSTER

Name	Event	Class	Ht.	Hometown/Previous School
Blair Barrett	Backstroke/IM	SR	5-6	Carmel, Ind. (Carmel)
Heather Bradford	Sprint Free/Fly	SR	5-8	Groveport, Ohio (Madison)
Jennifer Bradford	Sprint Free/Fly	SR	5-8	Groveport, Ohio (Madison)
Lauryn Childress	Free/IM/BACK	FR	5-7	Roanoke, Va. (Hidden Valley)
Lindsey Graessle	Breaststroke	FR	5-6	Mason, Ohio (Kings)
Leah Harms	Distance Free	JR	5-6	Chesterfield, Va. (Manchester)
Keli Hnat	Free/Back	JR	5-7	Venetia, Pa. (Peters Township)
Haleigh Kerns	Free/Fly	JR	5-5	Grand Bay, Ala. (St. Paul's Episcopal)
Casey Miller	Breast/IM/Free	SO	5-9	St. Louis, Mo. (Marquette)
Christina Morgan	Free/Fly	SO	5-7	Orlando, Fla. (Winter Springs)
Kelley Morrison	Freestyle	SR	5-6	St. Louis, Mo. (Lafayette)
Lindsay Myhre	Breast/IM/Back	SR	5-7	Aurora, Colo. (Grandview)
Jenna Newsome	Sprint Free/Back	FR	5-10	Marietta, Ga. (North Cobb)
Elizabeth Parsons	Sprint Free	SR	5-6	Richmond, Ky. (Model)
Chatham Penrod	Backstroke	SO	5-10	Arcanum, Ohio (Arcanum)
Megan Pulskamp	Fly/Back/IM	SO	5-7	Spartanburg, S.C. (Spartanburg)
Kelly Rames	Free/Fly/IM	JR	5-9	Duluth, Ga. (North View)
Kari Retrum	Diving	SR	5-5	Noblesville, Ind. (Hamilton Southeastern)
Kayla Sergesketter	Freestyle	FR	5-9	Jasper, Ind. (Jasper)
Anna Sirmon	Fly/Back	SO	5-9	Mobile, Ala. (St. Paul's Episcopal)
Kristina Sledge	Free, Fly	JR	6-0	San Antonio, Texas (Ronald Reagan)
Jessica Snowden	Diving	FR	5-9	Issaquah, Wash. (Issaquah)
Jill Southerlan	Backstroke	SR	6-0	Fairfax, Va. (Fairfax)
Danielle Weiss	Breaststroke	FR	5-2	Louisville, Ky. (Christian Academy)
Lauren Willis	Sprint Free	SR	5-5	Lexington, Ky. (Purdue)
Sydney Witzky	Freestyle	SO	5-10	Nashville, Tenn. (Franklin)

### KENTUCKY MEN'S SWIMMING & DIVING ROSTER

Name	Event	Class	Ht.	Hometown/Previous School
Stephen Andrews	Diving	FR	5-10	Coral Springs, Fla. (Bartram Trail)
Matt Barbica	Backstroke	FR	6-2	Springboro, Ohio (Springboro)
James Batley	Free/Fly	JR	5-11	Somerset, England (Millfield)
Matt Bierwirth	Butterfly/IM	JR	6-4	Edgewood, Ky. (Scott High)
Elvis Burrows	Free/Fly	SO	5-11	Freeport, Grand Bahama (Seneca)
Max Clark	Breast/Free	FR	5-11	Lexington, Ky. (Tates Creek)
Shane Eliason	Back/Fly	JR	6-0	Sturgeon Bay, Wisc. (Sturgeon Bay)
Colin Faris	Sprint Free	FR	6-2	Maysville, Ky. (Saint Patrick)
Alex Forbes	Sprint Free/Fly/Back	SO	6-1	Orlando, Fla. (Lyman)
Kyle Greene	Free/Back	SO	6-2	Cincinnati, Ohio (Turpin)
Warren Grobbelaar	Free/Fly	JR	6-2	Pretoria, South Africa (Pretoria)
Marco Iemmola	Distance Free	SO	5-11	Crestview Hills, Ky. (Covington Catholic)
Kevin Knezevich	Sprint Fly/Free	FR	6-1	Richmond, Ky. (Model)
Justin Max	Breast/Fly	SO	5-7	Reynoldsburg, Ohio (Reynoldsburg)
Eric McGinnis	Free/Back	SO	6-2	Raleigh, N.C. (Ravenscroft)
Travis Muzzillo	Fly/Back/Free	SO	5-9	Louisville, Ky. (South Oldham)
Grant Nelson	Distance Free/Fly	SR	6-1	Tampa, Fla. (Chamberlain)
Kristian Outinen	Breast/IM/Back	SR	6-0	Copenhagen, Denmark (Falkonergaarden)
Tyler Reed	Freestyle	FR	6-5	Morgantown, Ky. (Butler)
Joe Retrum	Back/Fly	JR	5-8	Noblesville, Ind. (Hamilton Southeastern)
Chris Richard	Freestyle	SO	6-2	Sturgeon Bay, Wisc. (Sturgeon Bay)
Drew Robinson	Freestyle	SO	6-2	Fishers, Ind. (Hamilton Southeastern)
Kevin Ryan	Freestyle	SO	5-10	Cincinnati, Ohio (Roger Bacon)
Justin Smith	Diving	JR	5-11	Lynwood, Ill. (Munster)
Reinhardt Strijdom	Freestyle	FR	6-2	Pretoria, South Africa (Affies)
Chris Upchurch	Free/Fly/Back	FR	6-0	Richmond, Ky. (Model)
Julio Vallette	Breaststroke	SO	6-0	Melbourne, Fla. (Holy Trinity Episcopal Academy)
Will Vietti	Breaststroke/IM	SR	6-0	Thermopolis, Wyo. (Hot Springs Co.)

# MEET THE 2007-08 WILDCAT WOMEN



## WOMEN'S OUTLOOK

The 2007-08 Kentucky Wildcats are looking to continue their emergence as a top women's swimming and diving program, hoping to improve off a school-best 12th place finish at the NCAA Championships last year in Minneapolis.

This year's squad boasts a strong group of senior leaders that Coach Gary Conelly believes will have very good endings to their careers.

"Our seniors all seem to be really focused and want to go out on a high point in their senior years," said Conelly. "Sometimes you'll see seniors who kind of letdown because it's their senior seasons, but not these girls. I think you're going to see really good swims from them across the board."

Seniors Heather and Jenny Bradford are a part of the 200-free relay team that won the school's first-ever SEC Championship relay event and have combined for 22 All-America distinctions.

"I think the Bradfords should have their best seasons ever," Conelly commented. "The focus this year is to try and get them to flow at the same time. I think there's a very distinct possibility that they will go to the NCAA's with a chance to be All-Americans in all three individual events and all four of their relay events. We're very optimistic that this will be a really good year for them, and they've had three terrific ones already."

The team will utilize that strong leadership and experience to carry them back to the NCAA's, in search of a top-10 finish.

"Expectations are high," Conelly admitted. "We lost some good swimmers and divers, but in a lot of respects we feel like we reloaded more than what we had before. The truth of the matter is in the SEC, getting beyond fourth is going to be tough. But we have a real good group, and I think we'll have some legitimate chances to do that."



HEATHER BRADFORD

### DIVING

With departed All-American Taryn Ignacio graduated, Coach Mike Lyden will now look to senior Kari Retrum, who returns after another excellent season. Retrum the 2004 SEC Freshman Diver of the Year, made her first career appearance at the NCAA Championships last season. She earned All-America distinctions on both the one-meter and platform events.

The goal does not change this season, as defending SEC Coach of the Year Lyden fully expects Retrum to contend for an SEC title on all three boards.

Joining Retrum, is freshman Jessica Snowden who comes to UK after an outstanding high school career.

### BACKSTROKE

Sophomore Chatham Penrod returns as a top-candidate for a breakout season after a freshman campaign that saw her succeed in several events, including team top times in both the 100- and 200-events. Joining the ranks is senior Jill Southerlan who endured an injury-plagued junior season.

"Right now Jill's training very well," said Conelly. "If she can train at the level she's at right now over the course of the season, I think she's going to have a great season, and I think she could make both cuts in the 100 and 200."

Adding some depth to the backstroke event will be senior Blair Barrett. "As a senior, Blair is very focused on wanting to go out with a bang," Conelly said. "She's training very well right now and seems poised to have a really good year. Her pacing in practice is faster than anything she's ever had before."

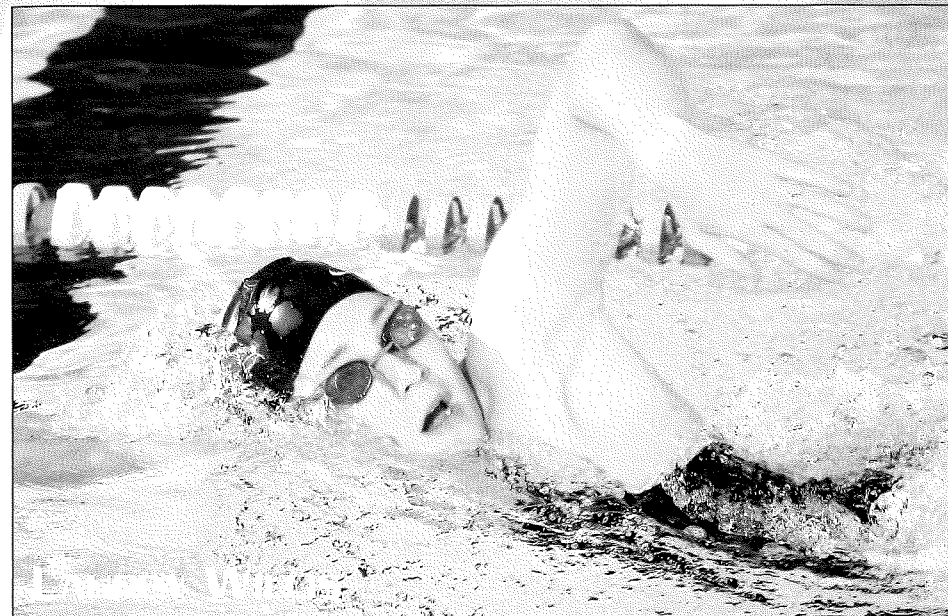
### BUTTERFLY

Heather and Jenny Bradford are a one-two punch in the 100-fly. Heather ranks at the top in Kentucky record books and earned a seventh place finish at the NCAA Championships a season ago.

They will be assisted in the longer heats by sophomore Megan Pulskamp, who led the team last year in the 200-fly, and looks to sneak up on some people this upcoming season.

"If you talk about a surprise factor, she might be that," said Conelly. "She swam very well last year, but I think she's going to swim even better this year. She's one that I don't think can just get to the NCAA's, but she can score there. She is focused and motivated and I think she'll just have a great year and be a scorer on the national level for us."

Junior Kelly Rames is also among the candi-



dates to pace the distance fly events and while sophomores Christina Morgan and Anna Sirmon will provide added depth to the event.

### BREASTSTROKE

Senior Lindsay Myhre is the lone senior and top returnee. Myhre recorded the two top times for the Wildcats during last season. She also made her first career appearance at the NCAA Championships and was among a third-place 200-medley relay at the SEC Championships a season ago.

"Lindsay did a really nice job over the summer in her training and I think she's going to do really well this season," Conelly said.

Additional swimmers in the breaststroke events are sophomore Casey Miller and freshmen Lindsey Graessle and Danielle Weiss.

### FREESTYLE

Much of the distance freestyle events will be placed on the shoulders of junior returnee Haleigh Kerns, who will look to improve off of a season in which she led the team in multiple events. The potential is there for her to have a tremendous season and gain recognition for a trip to her first career NCAA Championships.

Junior Kristina Sledge paces the Wildcats in the mid-distance range after having a break-out season as a sophomore and making her first ever trip to NCAA's, Sledge is poised for a continual trek of improving times. Adding to the depth in the distance swims is junior Leah Harms who is also on the verge of having an outstanding season.



MEGAN PULSKAMP

Sergesketter are among newcomers Conelly feels will push his seniors for spots on the relay and in sprint events.

### INDIVIDUAL MEDLEY

Myhre, Childress and Casey Miller will hope to carry the team in the most difficult swim of any competition. Myhre should improve on her team-leading production from a year ago.

All three will provide much needed depth in a grueling event, something the team has lacked the past few seasons.

### RELAYS

"At the very highest levels, when talking about NCAA's, we feel like we can get all our relays there, and I think that four of the five we should be able to get into the top-eight," said Conelly.

Conelly undoubtedly believes the strength of this team is the relays. The 200-free SEC winning team brings all but one member back, returning both Bradford sisters and Willis.

"We lost Nikia (Deveaux), which was a big part of that 200 free-relay that won SEC's," he said. "But we should have some great competition to insert another strong swimmer in there. I think that group is a legitimate threat to win conference again, and I don't think it's out of the realm of possibility that they could be in the top-three at NCAA's."

The sprinters are led by an array of seniors that include the Bradfords, Kelley Morrison, Beth Parsons and Lauren Willis. The five will be looked upon to form a potent sprint group. Willis made the NCAA Championships a season ago and was a member of the 200-free relay team that made history. Parsons is motivated to join the relay and make a big impact on the sprint team in her final season.

Freshmen Jenna Newsome and Kayla

# 2006-07 WILDCAT WOMEN

## BLAIR BARRETT



Backstroke/IM  
Senior • 5-6  
Carmel, Ind. (Carmel)  
Major - Psychology  
Club - Carmel Swim Club

**2006-07:** Named to the Academic All-SEC team ... Appeared in three events at the SEC Championships ... Tapped in a career-best 19th in the 400-individual medley, 22nd in the 200-backstroke and 42nd in the 200-IM ... At the Nike Cup Invitational, she clocked in 19th in the 200-back, 28th in the 400-IM and 39th in the 200-IM ... Placed fourth in the 100-back in a UK win over Cincinnati.

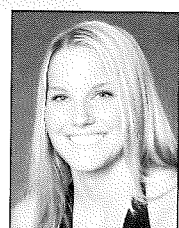
**2005-06:** Competed in backstroke and individual medley events ... Finished 21st in the 200-back, 29th in the 200-IM, and 21st in the 400-IM at the SEC Championships ... Captured ninth in the 200-back, 14th in the 400-IM, 23rd in the 200-IM and 28th in the 100-back at the Nike Cup Invitational ... Placed fourth in the 100-back

against South Carolina ... Took third in the 200-back in the Cats' opening win against Illinois. **2004-05:** Placed 22nd in the 400-individual medley, 32nd in the 100-backstroke and 34th in the 200-IM at the SEC Championships ... Took fourth in the 200-IM and the 200-back against Cincinnati ... Placed fourth in the 1000-freestyle against Michigan State ... Took fifth in the 200-back against Indiana and Southwest Missouri State ... Placed 21st in the 400-IM, 23rd in the 200-back, and 29th in the 100-back and 200-butterfly at the Indiana Invitational.

**Pre-College:** Finalist for All-America honors in the 200-backstroke ... Finalist at senior state meet in 200-back ... Registered a junior national cut time in the 100-back ... Earned All-County selections as a member of four-time state champion team at Carmel H.S. ... Was named a scholar-athlete and earned an academic honors diploma ... Born and raised in Lexington before moving to Indiana at age 9 ... Chose UK because of the friendly people and atmosphere and of her desire to be a part of a great team.

**Best Collegiate Times:** 100-backstroke: 59.01; 200-backstroke: 2:04.89; 200-individual medley: 2:10.13; 400-individual medley: 4:28.80

## HEATHER BRADFORD



Butterfly/Sprint Free  
Senior • 5-8  
Groveport, Ohio (Madison)  
Major - Elementary Education  
Club - Greater Columbus  
Swim Team

**2006-07:** Enjoyed a break-out season on the national scene, earning All-America status after tapping seventh overall in the 100-butterfly, and All-America honorable mention with a 16th place finish in the 50-freestyle ... Tacked on All-America status as the 200-free relay squad broke school records with their seventh place finish at NCAAs ... Was a member of the 15th place 400-free relay team that earned All-America Honorable Mention ... Earned career best times in all three individual events at the NCAA Championships, placing first on UK's all-time top times list in the 100-fly ... Named first team All-SEC ... Swam the first leg of the SEC Champion 200-freestyle relay squad, the first relay team in school history to win an SEC title ... Won her first individual medal at the 2007 SEC Championships when she claimed silver in the 100-fly ... Also placed seventh in the 50-free and 15th in the 100-free ... Tabbed the SEC Swimmer of the Week on Jan. 29 ... Captured eight top-three finishes in three events during dual meet season.

**2005-06:** Earned honorable mention All-American honors as a member of the 200- and 400-medley relay teams as well as the 200- and 400-freestyle relay teams ... Placed 20th in the 100-fly and 32nd in the 50-freestyle at the NCAA Championships ... Named second team All-SEC ... The 200- and 400-free relay teams set school records at the SEC Championships with times of 1:31.11 and 3:22.04 respectively ... Placed fourth in the 100-fly, fifth in the 50-free, and 10th in the 100-free at the SEC Championships ... Her time of 53.81 in the 100-fly at the SEC Championships set a new career-best and team record, and 18th best in the nation ... Claimed victory in the 100-fly against Illinois.

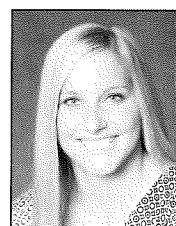
**2004-05:** Earned an honorable mention All-America selection in the 200- and 400-medley relays, helping set new school records in both events ... Took ninth in the 200-medley relay, 16th in the 400-medley relay, 18th in the 400-freestyle relay, 19th in the 200-free relay, 49th in the 100-butterfly and 64th in the 50-free at the

NCAA Championships ... Placed fourth in the 200-free relay and the 200- and 400-medley relays, seventh in the 400-free relay, 22nd in the 50-free and 31st in the 100-free at the SEC Championships ... Captured the 200-fly against LSU and Tennessee ... Took first in the 100-fly against Louisville and Arkansas ... Claimed the 100-free against Cincinnati.

**Pre-College:** 2004 State Champion in the 100-butterfly and four-time co-MVP of high school team ... Placed eight times in the state-title meets ... Recorded the seventh-fastest national time in her division in the 100-fly ... Earned the Lucinda Doersam Outstanding Senior Athlete Award ... Lists personal highlights as winning the 100-fly state title five minutes after watching her twin sister win the 50-freestyle state title ... Chose Kentucky because of the location of the school and the fun and outgoing attitudes of the team and coaching staff.

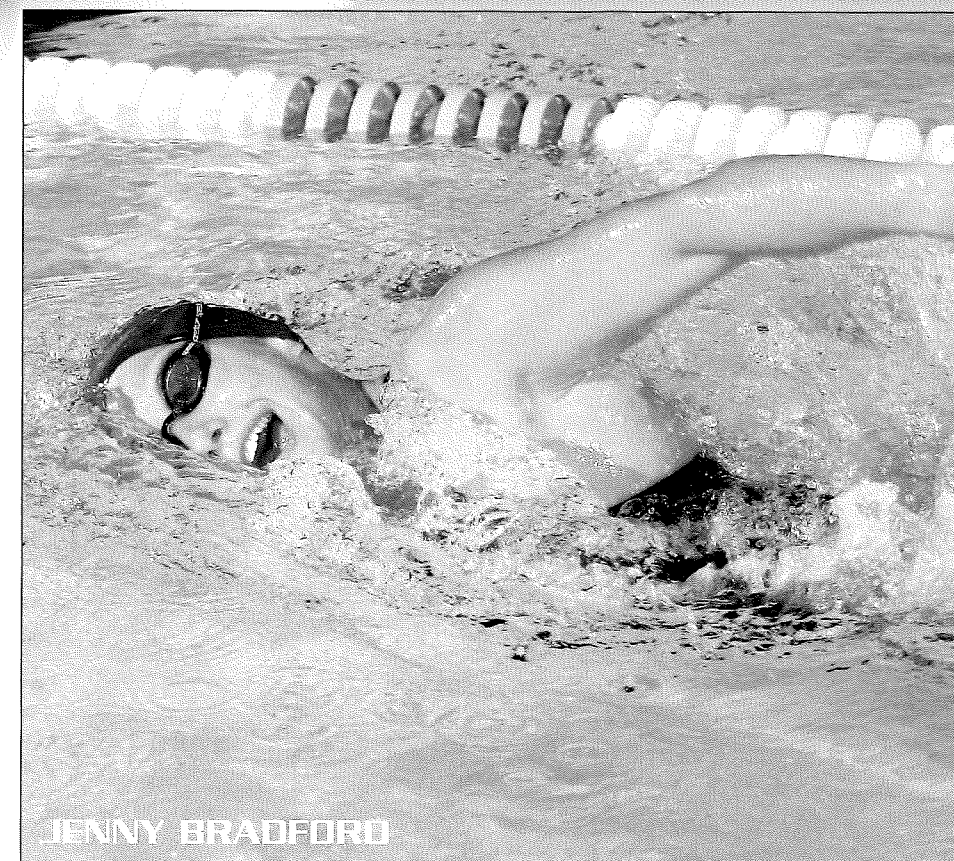
**Best Collegiate Times:** 100-butterfly: 52.79; 50-freestyle: 22.33; 100-freestyle: 49.82

## JENNY BRADFORD



Sprint Free/Fly • Senior • 5-8  
Groveport, Ohio (Madison)  
Major - Merchandising  
Club - Greater Columbus  
Swim Team

**2006-07:** Added All-America honors with a second consecutive top-eight performance in the 50-freestyle placing seventh at the NCAA Championships ... Earned 17th in the 100-free and 26th in the 100-butterfly at the National meet ... A member of the school record breaking 200-free relay squad that placed seventh nationally and the 400-free relay squad that placed 15th ... Notched five career-best times during the season, placing her atop the leaderboard in two events in UK history ... Earned first-team All-SEC ... Swam the anchor leg of the winning 200-free relay team at the SEC Championships, which was the first ever in school history ... Posted a second place finish in the 50-freestyle for the second consecutive season at the SEC Championships and also claimed fourth in the 100-fly and sixth in the 100-free ... Named the National Swimmer of the Week in November ... Won three events at the 2006 Nike Cup (50-free, 100-free and 100-fly) ... Her 50-free time of 22.09 set a new pool record at North Carolina at Chapel Hill's Koury Natatorium ... Won 11



JENNY BRADFORD

events during dual meet season.

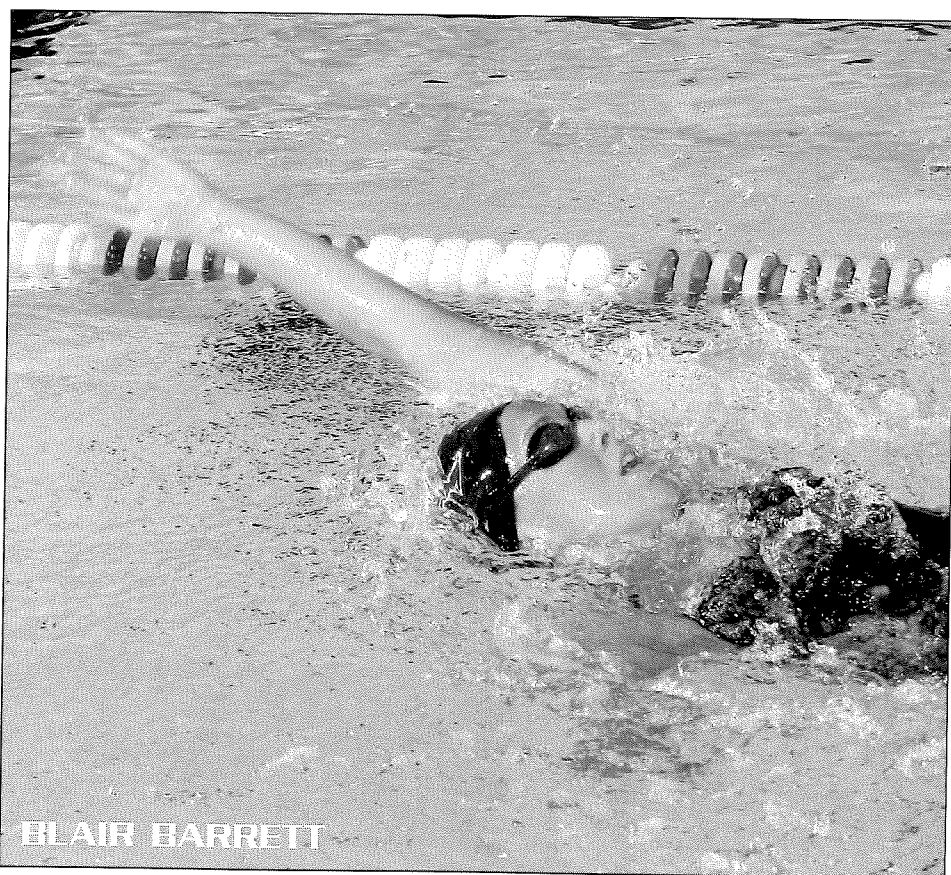
**2005-06:** At the SEC Championships Bradford took home silver in the 50-freestyle while setting a new UK record with a national second-best time of 22.10 ... Garnered two All-America honors after placing fifth in the 50-free and seventh in the 100-free at the NCAA Championships ... A part of four relay teams that gained honorable mention All-American accolades (200-medley, 400-medley, 200-free and the 400-free) ... Touched 15th in the 100-butterfly at the NCAA Championships ... Named second team All-SEC ... Also set a school-record with a time of 48.53 in the 100-free at the NCAA Championships ... Earned victory in the 50-free against Illinois, Tennessee, Georgia, and South Carolina.

**2004-05:** Earned an honorable mention All-America selection in the 200- and 400-medley relays and helped set new school records in both events ... Placed ninth in the 200-medley relay, 16th in the 400-medley relay, 18th in the 400-freestyle relay, 19th in the 200-free relay, 40th in the 50-free and 43rd in the 100-free at the NCAA Championships ... Took fourth in the 200-free relay and the 200- and 400-medley relays, seventh in the 400-free

relay, 11th in the 50-free, 16th in the 100-free and 21st in the 100-butterfly at the SEC Championships ... Won the 50-free against Michigan State, Tennessee, Indiana, Southwest Missouri State, LSU, South Carolina, Louisville, Arkansas and Cincinnati ... Claimed the 100-free against Michigan State, LSU and South Carolina ... Captured the 200-free against Louisville and Arkansas.

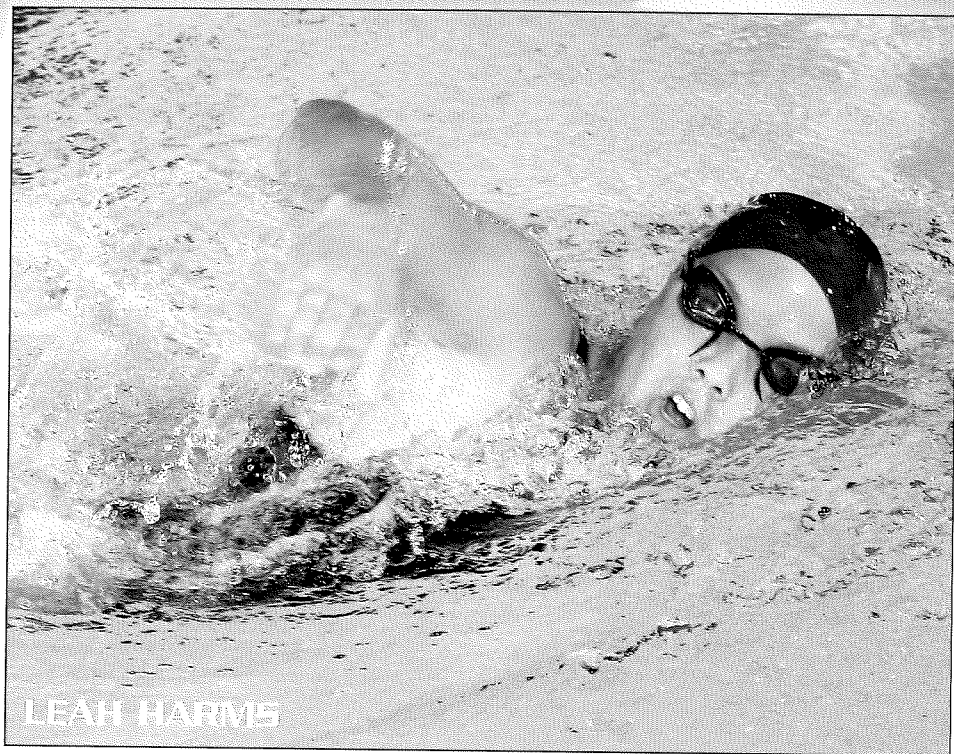
**Pre-College:** 2004 State Champion in the 50- and 100-freestyle events ... Her 50-free time of 22.73 at the state meet broke the state record and the pool record at Ohio State's McCorkle Aquatic Pavilion, earning her the "Performance of the Meet" ... Four-time co-MVP of high school team ... Lists personal highlights as setting meet and pool records in three consecutive weekends at districts, sectional and state meets and watching her twin sister, Heather, win the 100-butterfly at the state meet ... Earned the Lucinda Doersam Outstanding Senior Athlete Award ... Chose Kentucky because of the team, the coaches and the location of the school.

**Best Collegiate Times:** 50-freestyle: 22.03; 100-freestyle: 48.53; 100-butterfly: 53.71; 200-freestyle: 1:48.80; 100-breaststroke: 1:07.83; 200-individual medley: 2:07.93



BLAIR BARRETT





LEAH HARMS



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

**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, the friendly teammates and the size of the school.

**Best Collegiate Times:** 200-freestyle: 1:54.09; 500-freestyle: 4:58.50; 1000-freestyle: 10:14.13; 1650-freestyle: 16:55.44; 200-butterfly: 2:08.31

**KELI HNAT**



Free/Back • Junior • 5-6  
Venetia, Pa. (Peters Township)  
Major - Pre Physical Therapy  
Club - Mt. Lebanon Aqua Club

**2006-07:** Before a season ending shoulder injury she scored a personal best time in the 200-backstroke at the Nike Cup in November ... Placed ninth overall in the event and 23rd in the 100-back at the same meet ... Notched a second place finish in the 200-back in a meet against Tennessee and South Carolina.

**2005-06:** Swam in exhibitions in the 50-freestyle and the 100-backstroke at the SEC Championships ... Captured 18th in the 100-back, 30th in the 100-free and 36th in the 50-free at the Nike Cup ... Finished second in the 100-back against Cincinnati ... Took third in the 50-back against Clemson ... Placed second in the 100-back against Arkansas ... Took first in the 100-back in the meet with Illinois.

**Pre-College:** All-State and All-American in 100-backstroke during junior and senior seasons ... Two-time district champion in the 100-back ... Anchored state champion 200-medley relay team ... Member of the National Honor Society ... Selected Kentucky over Indiana, Rutgers, Louisville and Miami (Ohio) because of the school's academic reputation and because of the team, as well as the coaching staff, made her feel at home.

**Best Collegiate Times:** 50-freestyle: 24.78; 100-freestyle: 53.53; 100-backstroke: 57.71; 200-backstroke: 2:04.93

**HALEIGH KERNS**



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

**2006-07:** Named to the SEC All-Academic team ... Earned her first career 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 meet 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: 1:51.42; 500-freestyle: 4:55.98; 100-butterfly: 59.56; 1000-freestyle: 10:11.95; 1650-freestyle: 16:58.85; 50-butterfly: 27.35; 100-freestyle: 53.29

**CASEY MILLER**



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

**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: 52.84; 200-freestyle: 1:51.71; 50-breaststroke: 32.71; 100-breaststroke: 1:08.11; 200-breaststroke: 2:26.55; 200-individual medley: 2:07.99; 400-individual medley: 4:36.89

**CHRISTINA MORGAN**



Freestyle • Sophomore • 5-7  
Orlando, Fla.  
(Winter Springs HS)  
Major - Political Science  
Club - Patriot Aquatics

**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: 53.90

**KELLEY MORRISON**



Freestyle • Senior • 5-6  
St. Louis, Mo. (Lafayette)  
Major - Elementary Education  
Club - Rockwood Swim Club

**2006-07:** Named to the All-SEC Academic team ... Earned a career-best finish at the SEC Championships a 27th place in the 1650-freestyle, 29th in the 200-freestyle and 32nd in the 500-free ... At the Nike Cup in November, she placed 29th in the 200-free and 30th in the 500-free ... Participated in five dual meets, competing in four different events ... Tallied three career-best times in her third season with the Blue and White.

**2005-06:** Took 31st in the 500-freestyle at the SEC Championships ... Placed third in the 200-free against Illinois ... Took second in the 1000-free in the meet against Arkansas ... Placed third in the 500-free at the Bulldog Invitational.

**2004-05:** Placed 34th in the 500-freestyle, 35th in the 200-free and 43rd in the 100-free at the SEC Championships ... Took 20th in the 500-free, 33rd in the 200-individual medley, 27th in



KELLEY MORRISON

the 200-free and 39th in the 100-free at the Indiana Invitational ... Took second in the 500-free against LSU ... Placed third in the 200-free against Louisville, Arkansas and Cincinnati ... Clocked in fourth in the 200-free against Michigan State, Tennessee and South Carolina. **Pre-College:** Four-time relay All-American ... Placed second in the 100-freestyle and third in the 200-free at the Missouri state meet ... Member of four-time state champion high school team ... High-point scorer and MVP of high school team ... Scholastic All-American and member of the National Honor Society. **Best Collegiate Times:** 50-freestyle: 24.90; 100-freestyle: 53.40; 200-freestyle: 1:52.98; 500-freestyle: 4:59.55; 1000-freestyle: 10:32.57; 1650-freestyle: 17:44.63

#### LINDSAY MYHRE



Breaststroke/IM • Senior • 5-7  
Aurora, Colo. (Grandview)  
Major - Family and Consumer Science  
Club - Aurora Aquatic Academy

**2006-07:** Team captain ... Garnered her first career trip to the NCAA Championships, placing 17th in the 200-medley relay, swimming the breaststroke leg ... Also took 34th in the 100-breast on the national stage ... Named to the All-SEC Academic Team ... Member of the bronze

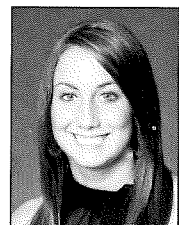


LINDSAY MYHRE

medal winning 200-medley relay team at the SEC Championships ... Placed 10th overall at the conference meet in the 200-breast and 13th in the 100-breast, scoring valuable points for the Wildcats ... Placed 29th in the 200-individual medley at SECs ... At the Nike Cup placed in the top-10 in three events; earning third place in the 100-breast, sixth in the 200-breast and ninth in the 200-IM ... Captured four wins in dual meet competition, also earning 12 top-three finishes ... Registered three career-best times during her third season. **2005-06:** Touched in 14th in the 100-breaststroke, 17th in the 200-breast and 24th in the 200-individual medley at the SEC Championships ... Set a season-best time of 1:03.27 at the 2005 Nike Cup in the 100-breast ... Took the top spot in the 100-breast against Illinois and Arkansas ... Also took first in the 200-breast in the meet against the Lady Razorbacks ... Finished first in the 200-IM against Texas A&M. **2004-05:** Placed 12th in the 100-breaststroke, 15th in the 200-breast and 21st in the 200-individual medley at the SEC Championships ... Claimed the 200-IM against Cincinnati ... Took seventh in the 200-IM, eighth in the 100-breast, 16th in the 100-backstroke and the 400-IM and 28th in the 200-back at the Indiana Invitational ... Placed third in the 200-IM against Michigan State and LSU ... Took second in the 200-breast against Louisville and Arkansas ... Recorded the team's third-best time in the 1000-freestyle and 100- and 200-breast events. **Pre-College:** All-American in the 100-breaststroke and 200-individual medley events ...

Took seventh in the 500-breast at the junior national meet ... Placed second in the 100-breast at the Colorado state meet ... Named the Colorado Class 5A Swimmer of the Year ... Named MVP after each of her four high school seasons ... Earned an academic merit award and an academic letter ... Chose Kentucky over Purdue, Rutgers and Clemson because of the academic opportunities, the team atmosphere and the common goals of the team. **Best Collegiate Times:** 100-breaststroke: 1:03.27; 200-breaststroke: 2:17.79; 200-individual medley: 2:05.93; 400-individual medley: 4:31.67; 100-backstroke: 58.35

#### ELIZABETH PARSONS



Sprint Free • Senior • 5-6  
Richmond, Ky. (Model)  
Major - Merchandising  
Club - Colonel Aquatics

**2006-07:** Appeared in her first career SEC Championships, tapping in 20th in the 50-freestyle, 32nd in the 200-free and 37th in the 100-free ... Clocked in two first place finishes during dual meet season winning the 100-free and 50-free in a meet against Vanderbilt ... Placed 17th in the 50-free and 45th in the 200-free at the Nike Cup in November ... Recorded four top-three finishes in dual meet competition ... Earned career best times in four events in her third campaign. **2005-06:** Tapped in 23rd in the 50-freestyle, 25th in the 100-free and 34th in the 200-free at the Nike Cup ... Competed in exhibitions swims in the 50-, 100- and 200-frees events ... Finished third in the 50-free event in the meet vs. Louisville ... Took fourth in the 50-free against Cincinnati. **2004-05:** Completed exhibition swims in the 50-, 100- and 200-freestyle events at the SEC Championships ... Placed fifth in the 100-free and sixth in the 50-free against Cincinnati ... Took 40th in the 100-free and backstroke, 47th in the 50-free and 54th in the 200-free at the Indiana Invitational. **Pre-College:** Team captain at Model H.S. ... Competed in the 50- and 100-freestyle events at the KHSAA meet. **Best collegiate times:** 50-freestyle: 23.59; 100-freestyle: 52.26; 200-freestyle: 1:55.65; 100-backstroke: 1:04.51



ELIZABETH PARSONS

#### CHATHAM PENROD



Backstroke • Sophomore • 5-10  
Arcanum, Ohio (Arcanum)  
Major - Business  
Club - Miami YMCA

**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 a member of the 200-medley relay, swimming the backstroke leg ... 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 because it was the right fit with the coaches, team and academics. **Best Collegiate Times:** 50-freestyle: 24.96; 50-backstroke: 25.99; 100-backstroke: 55.99; 200-backstroke: 2:01.57

#### MEGAN PULSKAMP

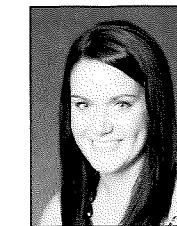


Fly/Back • Sophomore • 5-7  
Spartanburg, S.C.  
(Spartanburg HS)  
Major - Undecided  
Club - Swim Spartanburg

**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

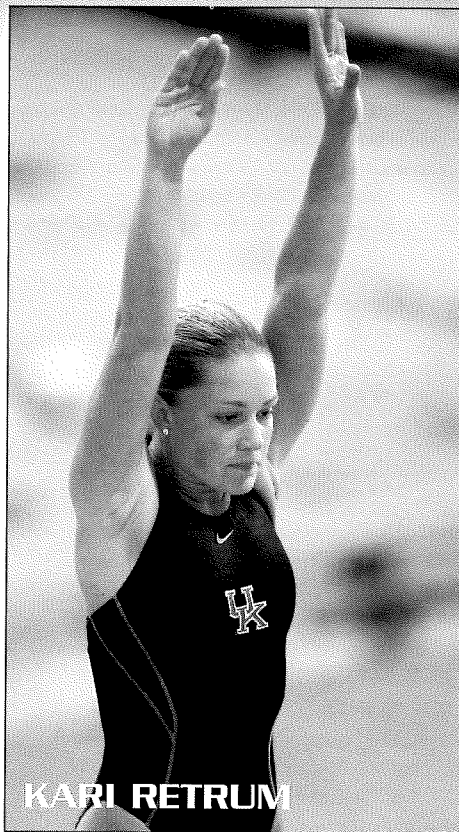
previous record holder at the same time ... Chose UK because she loved the team. **Best Collegiate Times:** 50-butterfly: 26.87; 100-butterfly: 55.50; 200-butterfly: 2:02.55; 50-freestyle: 23.85; 50-backstroke: 27.86; 200-backstroke: 2:07.06

#### KELLY RAMES



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

**2006-07:** Earned valuable points for the Wildcats 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, the friendly and welcoming team, as well as the location. **Best Collegiate Times:** 100-butterfly: 58.50; 200-butterfly: 2:02.92; 500-freestyle: 5:01.18; 1000-freestyle: 10:16.63; 400-individual medley: 4:28.67; 200-freestyle: 1:52.00; 100-breaststroke: 2:32.43; 200-individual medley: 2:12.75



**KARI RETRUM**

**KARI RETRUM**



Diving • Senior • 5-5  
Noblesville, Ind.  
(Hamilton Southeastern)  
Major - Middle School Education  
Club - Indianapolis Starz

**2006-07:** Team Captain ... Appeared in her first career NCAA Championships ... Earned two All-America honorable mention nominations by placing 11th on the platform and 12th on the one-meter board on the national stage ... Placed 17th on the three-meter at NCAAs ... Named to the All-SEC Academic team ... Captured bronze on the three-meter board at the SEC Championships and fourth on both the one-meter and platform, earning valuable points for the Wildcats ... Set career high scores in all three events during the season ... Registered 12 top three-finishes, placing no lower than third all season during dual meet competition ... Tallied wins on the one-meter against Louisville and on the three-meter against Vanderbilt.  
**2005-06:** Returned to action after red-shirting

in 2004-05 ... Finished 10th at the NCAA Zone Diving Championships in the one-meter event ... Also placed 15th in three-meter event at the Zone Diving Championships ... Placed seventh in the one-meter and eighth in the three-meter at the SEC Championships ... Took fourth in the three-meter events vs. Louisville ... Finished second in the three-meter event against South Carolina, Georgia and in the tri-meet with Alabama and LSU... Placed second on the one-meter board in the Cats' win against Arkansas.

**2004-05:** Redshirt season

**2003-04:** Named the SEC Women's Freshman Diver of the Year ... Became the first Kentucky freshman to claim an SEC diving crown, taking first on the platform at the SEC Championships with a school-record score of 428.00 ... Took 17th on the platform at the U.S. Olympic trials ... Placed 12th on the three-meter and 15th on the one-meter at the SEC Championships ... Took third on the platform, 16th on the one-meter and 21st on the three-meter at the NCAA Zone Diving Meet ... Placed second on the three-meter and third on the one-meter and platform at the Indiana Diving Invitational ... Took third on the one-meter against Georgia Tech, Auburn and Cincinnati ... Placed second on the three-meter against Florida, Georgia Tech and Cincinnati ... Her title-clinching performance platform dive at the SEC Championships won Female Play of the Year at UK's annual CATSPY Awards ceremony honoring the academic and athletic achievements of Wildcat student athletes.

**Pre-College:** Placed 14th in the three-meter event at the 2003 Speedo National Diving Championships ... 2002 IHSAA One-Meter Champion, runner-up finish in 2003 ... Took ninth on the one-meter at the 2002 Speedo National Junior Diving Championships ... Placed first on the one-meter at the 1998 and 2000 East Junior National Diving Championships ... a two-time first-team selection by the Indiana Coaches of Girls' Sports Association.

**Best Collegiate Scores:** One-meter: 325.55 (6 dives); Three-meter: 343.28 (6 dives); Platform: 278.15 (5 dives)

**ANNA SIRMON**

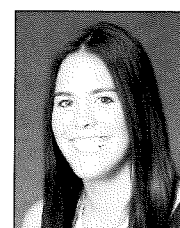


Fly/Back • Sophomore • 5-9  
Mobile, Ala.  
(St. Paul's Episcopal School)  
Major - Undecided  
Club - City of Mobile Swim Assoc.

**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: 58.46; 200-butterfly: 2:05.29; 200-individual medley: 2:16.07

**KRISTINA SLEDGE**



Sprint Free/Fly • Junior • 6-0  
San Antonio, Texas  
(Ronald Reagan)  
Major - Undecided  
Club - Alamo Area Aquatic

**2006-07:** A member of the 2007 NCAA Championship team ... Earned her first career All-America Honorable Mention nod as a member of the 15th place 400-freestyle relay team ... At the SEC Championships, she clocked in 19th place in the 200-free, 27th in the 100-free and 31st in the 50-free ... Notched career-best times in six events in her second season ... Claimed first in the 100-breaststroke and 100-butterfly in a UK win over Vanderbilt ... Recorded eight top-four finishes during dual meet competition.

**2005-06:** Placed 18th in the 200-freestyle, 21st in the 100-free and 32nd in the 50-free at the SEC Championships ... Earned sixth in the 200-free, 14th in the 100-free and 35th in the 50-free at the Nike Cup Invitational ... Took second in the 100-butterfly against Cincinnati ... Finished third in the 200-free versus Louisville ... Placed second in the 200-free against South Carolina ... Took second in the 200-free against Georgia.  
**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: 5:08.28; 100-butterfly: 59.56; 100-breaststroke: 1:10.79

**JILL SOUTHERLAN**



Backstroke • Senior • 6-0  
Fairfax, Va. (Fairfax)  
Major - Arts Administration  
Club - Mason Makos

**2006-07:** Endured an injury plagued junior season ... Placed in the top-16 in the 100-back at the SEC Championships for the third consecutive season when she took 16th ... Added a 24th place showing in the 200-back at the conference meet ... Tapped in second in the 100-back in three consecutive dual meets to close out the regular season ... At the 2006 Nike Cup, earned 20th in the 100-back, 31st in the 200-back and 48th in the 200-individual medley.

**2005-06:** Achieved honorable mention All-American accolades as a member of the 200- and 400-medley relay teams ... Placed 14th in the 100-backstroke event and 28th in the 200-back at the SEC Championships ... Finished fourth in the 100-back, fifth in the 200-back and 24th in the 200-individual medley at the Nike Cup ... Claimed the top spot in the 100-back against Louisville and Cincinnati ... Finished first in the 200-back against Louisville.

**2004-05:** Placed 15th in the 100-backstroke, 19th in the 200-back and 54th in the 50-freestyle at the SEC Championships ... Won the 100-back against Louisville and Arkansas ... Took second in the 200-back against Michigan State and Cincinnati ... Placed fifth in the 200-back, sixth in the 100-back and 44th in the 200-free at the Indiana Invitational ... Took third in the 200-back against Tennessee, Indiana, Southwest Missouri State and Alabama.

**Pre-College:** Placed second in the regional meet and seventh in the Virginia state meet in the 100-backstroke ... Qualified for the junior national meet ... MVP of club and high school teams ... An NISCA honorable mention All-American ... Captain of club and high school teams ... Also a member of the all-district volleyball team ... Chose UK for the excellent

opportunities in athletics and academics and the friendly coaches and teammates.

**Best Collegiate Times:** 100-backstroke: 56.41; 200-backstroke: 2:02.15; 200-individual medley: 2:14.42

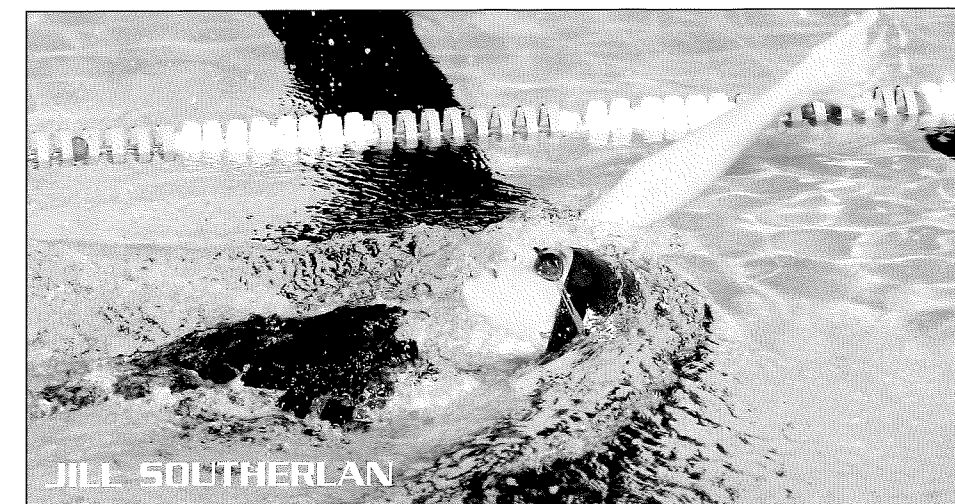
**LAUREN WILLIS**



Free/Back • Senior • 5-5  
Lexington, Ky. (Purdue)  
Major - Pharmacy  
Club - Lexington Dolphins

**2006-07:** Named a member of the All-America team as a member of the record breaking 200-freestyle relay team that placed seventh at the NCAA Championships ... Took 32nd in the 50-free and 67th in the 100-free at the national meet ... Earned All-America Honorable Mention as a part of the 15th place 400-free relay squad ... Swam the second leg of the 200-free relay team that won the first SEC Championship in school history ... Named first team All-SEC ... Placed 14th in the 50-free and 21st in the 100-free at SECs ... Captured three dual meet victories and seven top-three finishes in dual meet competition ... Earned fifth place in both the 50-free and 100-free at the Nike Cup ... Added a seventh place finish in the 200-free at the Cup ... Notched three individual best times in her first season with the Wildcats.

**At Purdue:** A 2005 Big Ten Finalist in the 50-freestyle ... Qualified for the NCAA Championship as an individual in the 50-free and as a member of the 200-free relay team ... Earned honorable mention All-America ...

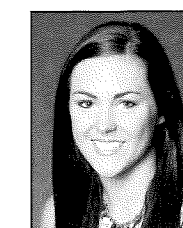


swam sprint events for the Boilermakers.

**Pre-College:** Earned five high school All-American honors ... lettered six times ... Named to the Academic All-American team in 2003 and 2004 ... KHSAA Region 5 Outstanding Female Competitor in 2003 and 2004.

**Best Collegiate Times:** 50-freestyle: 22.90; 100-freestyle: 50.87; 200-freestyle: 1:50.56; 100-backstroke: 58.19; 200-backstroke: 2:07.29

**SYDNEY WITZKY**



Freestyle • Sophomore • 5-10  
Nashville, Tenn. (Franklin HS)  
Major - Biology  
Club - Nashville

**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 since 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: 24.23; 100-freestyle: 52.72; 200-freestyle: 1:55.11; 100-breaststroke: 1:12.02

## 2007-08 NEWCOMERS



KAYLA SERGESKETTER

### LAURYN CHILDRESS

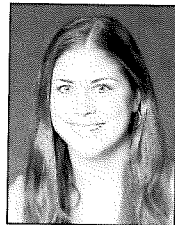


Free/IM/Back • Freshman • 5-7  
Roanoke, Va. (Hidden Valley)  
Major - Biology  
Club - Carter Center Aquatics  
Marlins

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 Times:** 100-breaststroke: 1:02.94; 200-breaststroke: 2:16.30

### JENNA NEWSOME

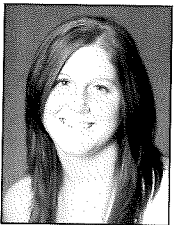


Free/Back • Freshman • 5-10  
Marietta, Ga. (North Cobb)  
Major - Undeclared  
Club - Marietta Marlins

**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.

**Best Times:** 50-freestyle: 23.63; 100-freestyle: 51.48; 100-backstroke: 57.57

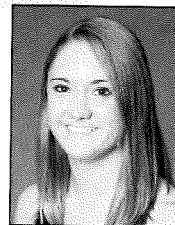
### LINDSEY GRAESSLE



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

**Pre-College:** A two-time Ohio High School state champion in the 100-breaststroke ... Four-year letterwinner at Kings High School ... Also a two-

### KAYLA SERGESKETTER

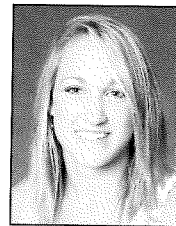


Freestyle • Freshman • 5-9  
Jasper, Ind. (Jasper)  
Major - Undeclared  
Club - Jasper Aquatic Wildcats

**Pre-College:** A 10-time High School All-American ... Nine time state medalist ... Possesses eight school records ... Team captain for two seasons ... 2007 IHSAA Mental Attitude Award for Girls' Swimming ... US Open and Junir 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 Times:** 50-freestyle: 23.68; 100-freestyle: 51.34; 200-freestyle: 1:51.55

### JESSIE SNOWDEN



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

**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.

### DANIELLE WEISS



Breaststroke • Freshman • 5-2  
Louisville, Ky.  
(Christian Academy)  
Major - Biology  
Club - Louisville Tarpons

**Pre-College:** Named Most Valuable Swimmer, and also claimed the Coach's Award for Joe Slane and Robbie Brown ... A first-team Academic All-State selection ... Competes in triathlons and marathons.

**Best Times:** 100-breaststroke: 1:06.61; 200-breaststroke: 2:24.50

# MEET THE 2007-08 WILDCAT MEN



## MEN'S OUTLOOK

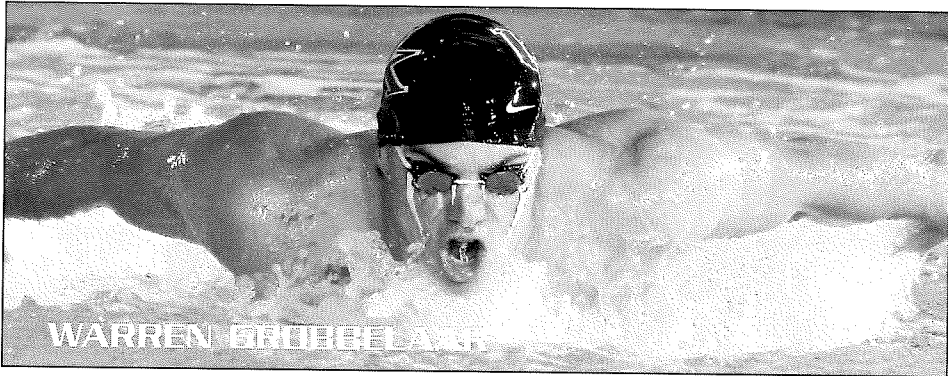
In the sports world it is a known cliché that disappointment spurs motivation toward achieving higher goals. The University of Kentucky men's swimming and diving are aiming to make the cliché a reality during the 2007-08 season.

Fresh off a season in which the team finished eighth in the Southeastern Conference championships and 39th in the NCAA, Coach Gary Conelly is excited about his team's chances for the upcoming season and expects them once again to compete among the nation's elite teams.

"We have some pretty lofty expectations for this team, because we really would like to be in the top four of the conference," said Conelly. "We are a much stronger team this season. I think we are going to see a lot more production out of the sophomore class which will really help us achieve our goals."

Still a relatively young squad that owns just three seniors, the wealth of talent makes up for the lack of seniority. Since the conclusion of the SEC Championships, the men's team has taken great strides on an international level. Junior Warren Grobbelaar won the South African national championship in the 100-butterfly, sophomore Elvis Burrows participated with the Bahamian national team in the World University Games, while the team collectively achieved eight Olympic time trial cut times in varying national events this summer.

"Everybody has trained so well this summer, and the team comes back to us for pre-season conditioning exponentially better," Conelly said. "I would be really surprised if we didn't have one of the best seasons ever."



### BACKSTROKE

Junior Shane Eliason is coming off a breakout season in which he placed in the top-16 in both backstroke events for the Wildcats as a sophomore at the conference meet. For a stretch during the dual meet season Eliason captured wins in both back events in three consecutive meets. This season the older and more experienced Eliason needs to continue his upward climb and become an NCAA participant in the discipline. Conelly feels after a season in which Eliason gained confidence and a strong summer of training, Eliason is on the verge of another outstanding season.

"Shane had a great summer, and he's the kind of guy who doesn't always recognize how talented he really is," said Conelly. "I think as he continues to go in his career he is starting to believe in himself more and more. He is on course to have another outstanding year for us."

Providing some added depth to the backstroke events is senior Kristian Outinen, sophomores Alex Forbes and Kyle Greene, and freshman Chris Upchurch. Outinen spent some time on medley relays in the backstroke discipline,

while Greene and Forbes have each seen time in the back events during their careers.

### BREASTSTROKE

Senior Will Vietti is one of the favorites heading into the 2007-08 season in the SEC in the 100-breaststroke after finishing second a season-ago. Vietti already owns school records in both the 100- and 200-events. He placed fourth in the 200-breast as a junior in the conference meet, and participated in the NCAA Championships for the first time in his career.

"He is a pure racer," Conelly said. "I don't think Will ever climbs up on the block thinking that he will lose."

Adding to the promise of his final season at Kentucky was the tremendous summer he enjoyed, in which he placed seventh in the 100-breast at the National Championships while also earning Olympic time trial cuts in both swims.

Outinen returns to the breaststroke lineup as well, with a summer to refresh and recharge the batteries of a two-time NCAA participant in both breast events. Rounding out the lineup is sophomore Julio Vallette who Conelly feels is on

the verge of taking some major strides propelling his career this season.

### BUTTERFLY

Grobbelaar enjoyed a stellar sophomore season and summer as he pushed his career-best times in the 100-fly to new limits. He placed seventh in the conference a year ago, and then won the South African national championship in the event in May.

"He is an incredibly talented swimmer," Conelly said. "He has impressed me over and over again, with the things he can do. Warren is a real threat for us; a real stand-out sprinter."

Burrows, Forbes, junior Matt Bierwirth and freshman Kevin Knezevich will provide depth in the sprint event.

Senior Grant Nelson leads the grueling 200-fly group. Nelson has continued to improve with every season and would like nothing more than to finish his career with best times and finishes in an event that has become his marquee swim.

"Grant is tremendously motivated, focused and determined to have a good year," Conelly said. "He is going to have to have a significant drop to make NCAAs in the 200-fly, but I think he is on course to do that. He's doing some things in practice already that he's never done before as far as conditioning."

Nelson placed seventh in the event at the conference meet as a junior while setting a career-best time. Junior Joe Retrum placed 10th and will also be looked to for leadership and improvement in this discipline.

### FREESTYLE

Conelly describes the sprint freestyle group as perhaps his most talented and deep group of swimmers. Grobbelaar is the holder of the top times in both the 50-free and 100-free among the returnees, however Forbes, Greene and classmate Eric McGinnis are all returning after impressive freshman seasons.

"This group understands what the expectations are and what the level of commitment is to achieve our goals," Conelly said. "They are a group on a mission."

McGinnis and Grobbelaar each earned Olympic time trial cuts this summer at the Senior National Championships. McGinnis entered the meet with an 88th placement and rose to 13th in the country in the 50-free one of the most impressive stories of the summer.

Among other returnees likely to see time in the sprint group are Burrows, sophomores Travis Muzzillo, Chris Richard and Drew Robinson.



Freshman Tyler Reed highlights the newcomers in this area. Reed a Kentucky native holds numerous state records and was one of the most highly recruited sprinters in the country. Conelly feels Reed will impact his team immediately.

"I think Tyler Reed is going to rock some people," said Conelly. "Everybody knows he is out there, but I don't think they really know what to expect. Tyler is a guy who goes as hard as he can go until he can't go anymore. I think as he goes through his career and learns to have a little more finesse and technique I think he is going to be a force to be reckoned with."

Matt Barbica, Max Clark, Colin Faris, Reinhardt Strijdom and Chris Upchurch all come to UK with a history of sprint swims.

In the middle distance and distance swims Conelly will look to a wealth of experience. Sophomore Marco Iemmola has entered pre-season conditioning in excellent shape and a desire to improve upon his quality first season.

"Marco had a fantastic summer of training," Conelly said. "I think he is really going to have a good year for us this year. He may surprise some people this year and sneak in with some very good times."

Iemmola scored points for Kentucky in the 1,650-free as a freshman, but will need to score in the 200- and 500- this season. Junior James Batley will be looked to in the 200- to 1,000 range. Nelson and Retrum have also been known to step onto some distance blocks. Sophomore Kevin Ryan will also see time in this discipline.

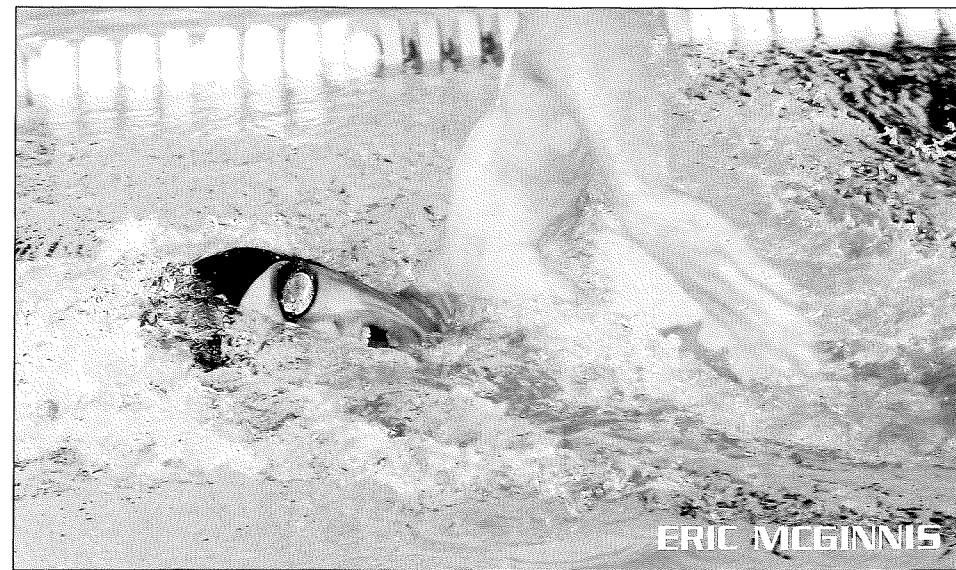
### INDIVIDUAL MEDLEY

Outinen, Retrum and Nelson will likely be the trio seeing action in the most demanding swim of any competition. Outinen sees most of his time in the 200-IM, while Nelson has seen his action in the longer 400-IM. Retrum is versatile enough to swim either medley distance.

Outinen placed 22nd as a junior in the 200-IM and 15th as a sophomore, while Nelson placed 21st in the 400-IM as a junior.

### RELAYS

"We have every expectation to qualify all of our relays for the NCAAs," said Conelly.



Conelly certainly feels the depth and experience he has from the sophomores and his veterans will bode well for this season's success. Eliason, Vietti, Outinen, Nelson, Forbes, Greene, McGinnis and Grobbelaar were all mainstays in the relay lineup a year ago. However, Conelly feels a few of the newcomers will likely push for time in the relays.

Conelly will allow for an open competition to all and hopes to assemble a potent lineup that will score in the top-16 of the nation in every event.

### DIVING

Returning for Coach Mike Lyden is junior Justin Smith who enjoyed a very promising year as a sophomore. For the first time in his career Smith scored points in all three diving events, with his first top-eight performance on the three meter at the conference meet.

Smith also participated in his first career NCAA Zone Diving Championships and just barely missed the cut to appear in his first NCAA Championships.

The goal does not change this season for Lyden, as he wants Smith to score in the top-eight in all three events while making the cut for the national meet.

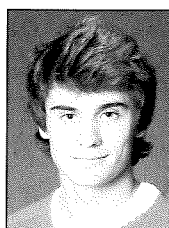
Joining Smith is freshman Stephen Andrews. Andrews comes to Kentucky having enjoyed tremendous success in Florida. He is a two-time Florida state-champion and three-time All-American. Lyden aims for Andrews to impact the Kentucky squad immediately.

# 2007-08 WILDCAT MEN



**ELVIS BURROWS**

## JAMES BATLEY



Free/Fly • Junior • 5-11  
Somerset, England (Millfield)  
Major - Business Management  
Club - Millfield

**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-free and 1650-free and eighth in the 200-fly, and second among 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.

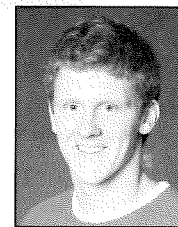
**2005-06:** Captured points for the Cats with a 10th place finish in the 1650-freestyle and 15th place in the 500-free at the SEC Championships ... Also took 23rd in the 200-free at the

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; 100 breaststroke - 1:02.25; 1000 freestyle-9:33.60; 200 butterfly-1:53.78

## MATT BIERWIRTH



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

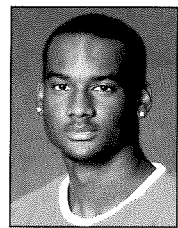
**2006-07:** Appeared in three events at the Nike Cup in November ... Tapped in 27th in the 200-butterfly, 39th in the 200-individual medley and 47th in the 100-fly ... Captured fifth in the 200-fly in a meet against Louisville ... Scored a career-best time in the 200-fly ... Swam mostly in exhibition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

**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 for the swimming program, academics and campus over Louisville and Miami (Ohio).

**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 - 53.46; 100 backstroke - 57.78; 50 breaststroke - 31.41

## ELVIS BURROWS



Free/Fly • Sophomore • 5-11  
Freeport, Grand Bahama,  
(Senaca HS)  
Major - Biology  
Club - Lakeside Seahawks

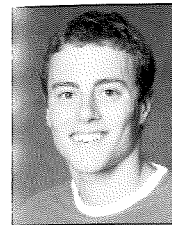
**2006-07:** As a rookie was a member of the SEC Championship team ... Clocked in 25th in the 100-butterfly, 36th in the 100-freestyle and 39th in the 50-free while setting career-best times in all three events at the conference meet ... At the Nike Cup he placed 42nd in both the 50- and 100-free, and 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 close-knit team.

**Best Collegiate Times:** 100 butterfly-50.56; 50 freestyle-21.39; 100 freestyle - 47.33

## SHANE ELIASON

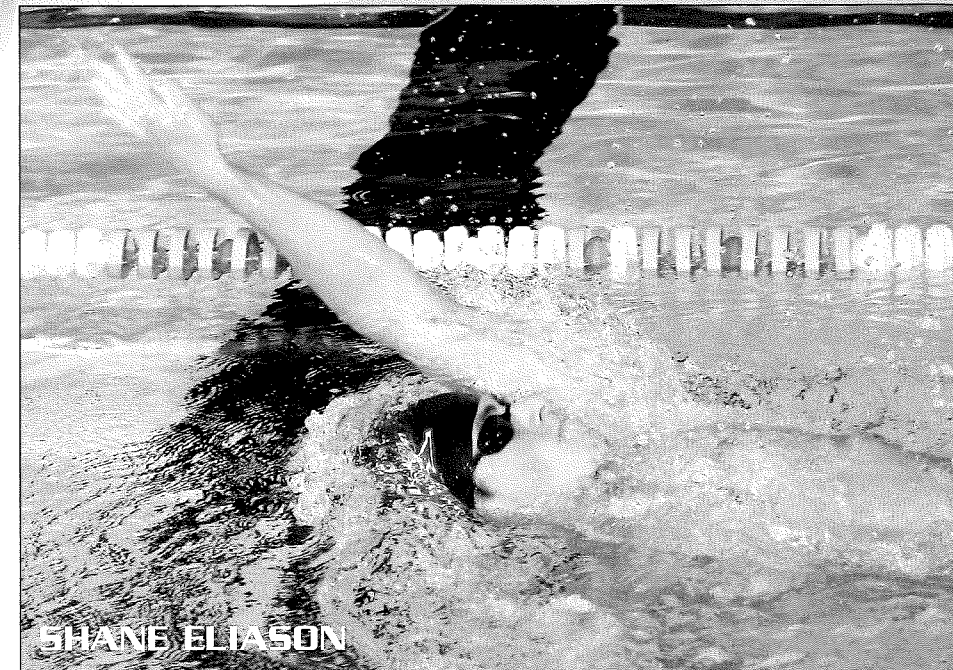


Back/Free • Junior • 6-0  
Sturgeon Bay, Wisc.  
(Sturgeon Bay)  
Major - Mathematical Economics  
Club - Door County YMCA

**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-free 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

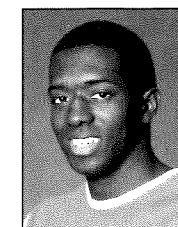


**SHANE ELIASON**

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 - 1:48.22; 50 freestyle - 20.53; 100 butterfly - 50.21; 100 backstroke - 49.59; 50 backstroke - 22.91; 200 freestyle-1:42.32

## ALEX FORBES



Free/Fly • Sophomore • 6-1  
Orlando, Fla. (Lyman HS)  
Major - Electrical Engineering  
Club - CF Aquatics

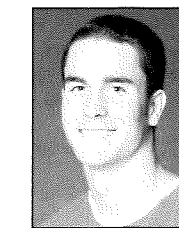
**2006-07:** Scored impact points for the Wildcats in his first SEC Championships placing 14th in the 100-butterfly and 15th in the 100-freestyle ... Scored his third top-20 finish at SEC's when he tapped in 17th in the 50-free ... At the Nike Cup in November, the rookie tallied a 12th place showing 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 SEC's.

**Pre-College:** NISCA Athlete of the Year ... Nine-time state champion ... Two-time national cham-

... 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 - 53.15

## KYLE GREENE



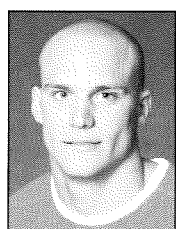
Free/Back • Sophomore • 6-2  
Cincinnati, Ohio (Turpin HS)  
Major - Biology  
Club - Anderson Barracudas

**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 SEC's ... 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 a member of the high school record holders for 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-4:35.77; 100 freestyle-46.42; 200 freestyle-1:38.13; 200 backstroke-1:52.25

### WARREN GROBBELAAR



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

**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



WARREN GROBBELAAR

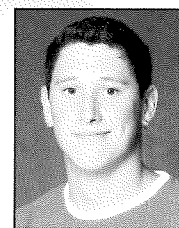
first in the 50-free in meets against Texas A&M and Louisville, and wins in the 100-fly in meets against Alabama and Cincinnati ... At the Nike Cup in November, placed third in both the 100-fly and 100-free and notched a fifth place tap in the 50-free, and also placed second as a member of the 200-free, 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 ... Holds the 82nd best time in the country in the 100-butterfly (48.77) after the 2006 season ... 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 - 19.93; 100 freestyle - 44.45; 100 butterfly - 47.89; 200 butterfly - 1:55.14; 50 butterfly - 23.72

### MARCO IEMMOLA



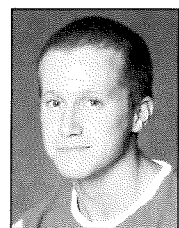
Freestyle • Sophomore • 5-11  
Crestview Hills, Ky.  
(Covington Catholic)  
Major - Business  
Club - Northern Kentucky

**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 1000-free in the same meet ... At the Nike Cup in November, he placed 15th in the 1650-free, 18th in the 500-free and 35th in the 200-free.

**Pre-College:** Named to first team All-Region and second team All-State ... A top eight sectional qualifier ... A Junior National Qualifier ... A member of the Covington Catholic High School squad who won the Regional Championship ... Became a Wildcat because the UK swim team is fast and are serious about winning.

**Best Collegiate Times:** 1650 freestyle-16:11.00; 1000 freestyle-9:37.93; 500 freestyle-4:36.32; 200 butterfly-2:04.29; 200 freestyle-1:44.98

### JUSTIN MAX



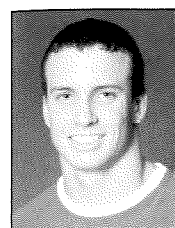
Breast/Fly • Sophomore • 5-7  
Reynoldsburg, Ohio  
(Reynoldsburg HS)  
Major - Political Science  
Club - Greater Columbus

**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; 100 breaststroke-59.81; 200 breaststroke-2:12.77; 200 individual medley-2:04.09

### ERIC MCGINNIS



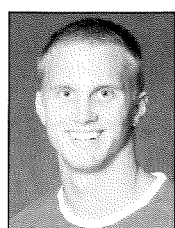
Freestyle • Sophomore • 6-2  
Raleigh, N.C.  
(Ravenscroft HS)  
Major - Undecided  
Club - Yota YMCA

**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 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-20.30; 100 freestyle-45.07; 200 freestyle-1:42.20; 100 breaststroke-1:00.07; 100 backstroke-52.50; 200 individual medley-1:59.10

### TRAVIS MUZZILLO



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

**2006-07:** Appeared in three events at the SEC Championships as a rookie ... He touched in 22nd in the 200-butterfly, 24th in the 100-fly and 40th



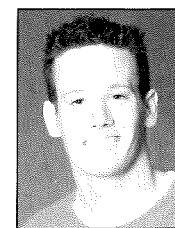
GRANT NELSON

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 a dual meet UK victory over Alabama ... Tallied a 24th place 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 incoming freshmen class.

**Best Collegiate Times:** 100 butterfly-50.30; 200 butterfly-1:53.48; 50 freestyle-21.76; 50 backstroke-25.81; 100 backstroke-54.80; 200 backstroke-1:59.11

### GRANT NELSON



Freestyle /Fly • Senior • 6-1  
Tampa, Fla. (Chamberlain)  
Major - Accounting  
Club - Carrollwood Village Swim Team

**2006-07:** Participated in the 2006 ConocoPhillips National Championships in July, earning 37th in the 200-butterfly and 39th in the 400-freestyle ...

Named to the SEC All-Academic team ... Served as the team captain ... Clocked in 12th in the 200-fly, 20th in the 500-free and 21st in the 400-individual medley at the SEC Championships ... Captured a second place finish in the 200-fly at the Nike Cup ... Added an eighth place finish in the 500-free, 13th in the 200-free and 17th in the 100-fly, and second place as a member of the 800-free relay squad ... Cataloged three wins in the 200-fly in dual meet season in meets against Indiana, Alabama and Louisville ... Earned nine top-three finishes in four different events during dual meets.

**2005-06:** Finished 10th in the 200-butterfly, 19th in the 500-freestyle and 21st in the 100-fly at the SEC Championships ... Touched first in the 1000-free and the 200-fly in a meet against Texas A & M ... Added first place finishes in the 200-fly in meets against Louisville and the tri-meet with LSU and Alabama ... Also in the meet with Louisville he took first in the 500-free ... At the Nike Cup Invitational, he placed fourth in the 200-fly, seventh in the 500-free and 19th in the 200-free ... Earned a bronze medal as a member of the 800-free relay team at the Nike Cup.

**2004-05:** Placed 24th in the 1650-freestyle, 26th in the 500-free and 33rd in the 200-free at the SEC Championships ... Won the 1000-free against LSU and the 500-free against Cincinnati ... Took second in the 500-free against Alabama ... Placed third in the 1000-free against Louisville, Cincinnati and Alabama ... Took seventh in the 500- and 1650-freestyle events and 11th in the



200-free at the Indiana Invitational.  
**Pre-College:** Placed 25th in the 800-freestyle at the spring nationals ... Took second in the 200- and 500-free events at the Florida state meet ... Qualified for the summer senior nationals in the 400-free ... All-American as a sophomore and junior ... Three-time state runner-up in the 500-free ... Academic All-American as a sophomore.  
**Best Collegiate Times:** 200-freestyle: 1:40.85; 500-freestyle: 4:31.10; 1000-freestyle: 9:36.00; 1650-freestyle: 16:00.22; 200-butterfly: 1:49.64; 100-butterfly: 51.07

#### KRISTIAN OUTINEN



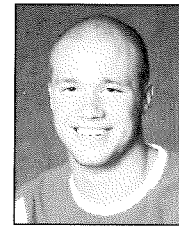
Breaststroke/IM • Senior • 6-0  
 Copenhagen, Denmark  
 (Falkonergaarden)  
 Major - Music  
 Club - Lyngby SC

**2006-07:** Named to the SEC All-Academic team ... Earned two top-16 finishes to score valuable points for the Wildcats at the conference championships ... Placed 10th in the 200-breaststroke, 14th in the 100-breast and 22nd in the 200-individual medley ... Claimed first in the 100-breast in a dual meet win over Cincinnati ... At the Nike Cup, he touched in sixth in both the 100- and 200-breast, 13th in the 100-butterfly and 14th in the 200-IM, and second as a member of the 200-medley relay team ... Registered eight top-three

finishes in four different events during the dual meet season.  
**2005-06:** Earned honorable mention All-America honors as a member of the 200-medley relay team at the NCAA Championship ... Held the 16th best time in the nation in the 200-breaststroke (1:58.58), 19th in the 100-breast (54.01), 61st in the 100-backstroke (49.35) and 81st in the 200-individual medley (1:49.56) at the end of the 2006 season ... Earned bronze in the 100-breast at the SEC Championships while also placing sixth in the 200-breast and 15th in the 200-IM ... At the Nike Cup Invitational, took gold in the 100-breast and silver in the 200-breast, while placing sixth in the 200-IM ... Was also a member of the second-place 200- and 400-medley relay teams at the Cup ... Captured four first-place finishes in the 200-breast during dual meets and three first place finishes in the 100-breast ... The versatile sophomore also placed first in the 50-breast, 100-IM and the 100-back in dual meets with Clemson and Cincinnati respectively.  
**2004-05:** Earned an honorable mention All-America selection in the 200-medley relay ... Set new school records in the 200-breaststroke and the 200- and 400-medley relays ... Took 13th in the 200-medley relay, 33rd in the 200-breast and 35th in the 100-breast at the NCAA Championships ... Placed third in the 200- and 400-medley relays, fifth in the 100- and 200-breast and 18th in the 100-butterfly at the SEC Championships ... Took first in the 200-breast against Michigan State, Tennessee, Louisville, Indiana and Southwest Missouri State ... Placed first in the 100-breast against South Carolina,

Louisville and Cincinnati ... Won the 200-individual medley against Cincinnati.  
**Pre-College:** Six-time national champion in breaststroke and individual medley events ... Semifinalist in the 100-IM at European Short Course Championships ... Reached 100-breaststroke final at U.S. spring national meet ... National junior record holder in the 100- and 200-breast and 100-IM events ... Chose UK because of the friendly atmosphere, great facilities and the potential of the swim team.  
**Best Collegiate Times:** 100 breaststroke - 54.01; 200 breaststroke - 1:58.41; 200 IM - 1:49.56; 400 IM - 4:11.71; 100 butterfly - 48.95; 50 breaststroke - 26.60; 100 IM - 51.82; 100 backstroke - 49.35

#### JOE RETRUM



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

**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 - 1:59.09; 100 butterfly - 49.39; 100 backstroke - 50.22; 200 backstroke - 1:54.46; 50 backstroke - 23.95; 50 butterfly - 24.11; 100 individual medley - 54.20

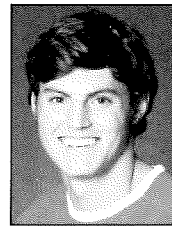
#### CHRIS RICHARD



Free/Fly • Sophomore • 6-2  
 Sturgeon Bay, Wisc.  
 (Sturgeon Bay HS)  
 Major - Business  
 Club - Schroader

**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-20.99; 100 freestyle-47.55

#### DREW ROBINSON

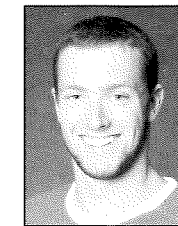


Freestyle • Sophomore • 6-2  
 Fishers, Ind.  
 (Hamilton Southeastern HS)  
 Major - Biology  
 Club - Southeastern Swim Club

**2006-07:** Participated in four events at the Nike Cup, tapping in 34th in the 100-freestyle, 36th in the 100-backstroke, 39th in the 200-free and 43rd in the 50-free ... Placed second in the 200-free in a Kentucky win over Cincinnati, while also taking third in the 100-free ... Appeared in six dual meets throughout the season in three different events.  
**Pre-College:** Holds high school records in the 200-freestyle, 200-medley relay and 200-free relay ... At the 2005 Indiana High School state meet he placed

seventh in the 100-free and 12th in the 200-free ... Earned a silver medal in the 200-medley relay at the 2006 state meet ... Chose UK because of the competitiveness and quality team atmosphere.  
**Best Collegiate Times:** 50 freestyle-21.25; 100 freestyle-46.34; 200 freestyle-1:43.42; 100 backstroke-55.68

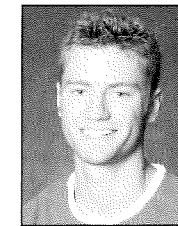
#### KEVIN RYAN



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

**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.  
**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-10:00.81; 500 freestyle-4:51.38; 100 freestyle-49.65; 200 freestyle-1:47.28

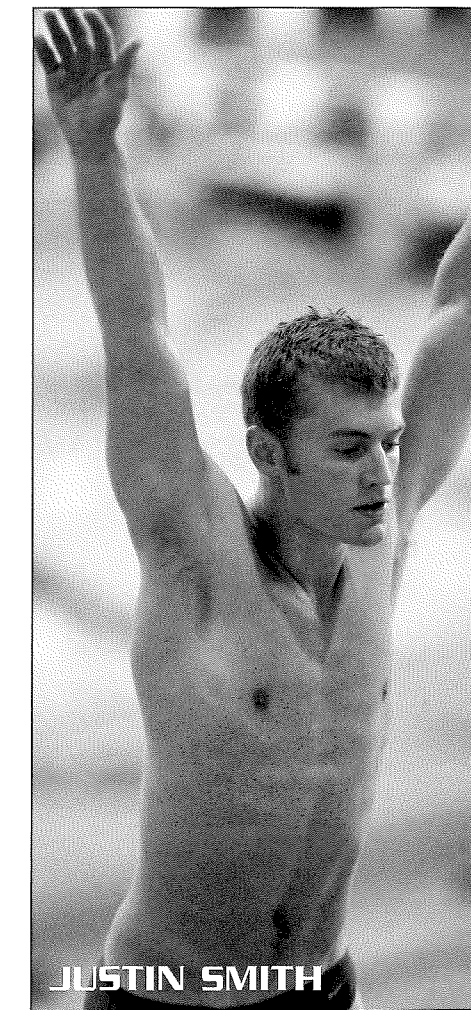
#### JUSTIN SMITH



Diving • Junior • 5-11  
 Lynwood, Il. (Munster)  
 Major - Undecided  
 Club - Region Rippers

**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

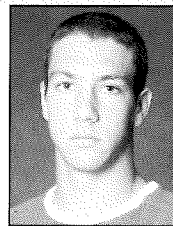
wins on the one- and three-meter boards against Indiana ... Earned a win on one-meter in a UK win over state-rival Louisville ... Scored eight top-three performances in dual meet competition.  
**2005-06:** Finished 18th on the one-meter board at the SEC Championships in his rookie campaign ... Earned 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 - 321.23 (6 dives); Three-meter - 332.20 (6 dives); Platform - 231.60 (6 dives)



JUSTIN SMITH

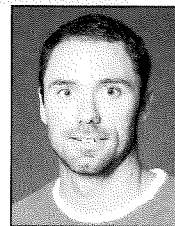


## JULIO VALLETTE



Breaststroke • Sophomore • 6-0  
Melbourne, Fla.  
(Holy Trinity Episcopal Acad.)  
Major - Biology  
Club - Space Coast

## WILL VIETTI



Breaststroke • Senior • 6-0  
Thermopolis, Wyo.  
(Hot Springs Co.)  
Major - Biology & Chemistry  
Club - Worland Swim Club

**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-1:00.01; 200 breaststroke-2:17.06

**2006-07:** Enjoyed arguably the best season of any Wildcat ... The lone scorer for UK at the NCAA Championships when he earned 16th in the 100-breaststroke ... Claimed his first career All-America honorable mention honor ... His late season charge began with his first career silver medal when he tapped in second in the 100-breast at the SEC Championships ... Captured fourth in the 200-breast at the Championships a day later to lead the Wildcats with the top-two finishes on the team ... Rose to the top of the leaderboard in all-time top times in school history in both breaststroke events ... Named to the second team All-SEC ... Claimed his first career win at the Nike Cup when he touched ahead of the pack in the 200-breast ... Placed fourth in the 100-breast at the Cup, and also turned in a 22nd place showing in the 200-individual medley ... Claimed first in the 100-

breast in a dual meet against Louisville ... Earned nine top-three finishes in the breaststroke events during dual meets ... Participated in the 2006 ConocoPhillips National Championships in July, earning 21st in the 200-meter breast and 27th in the 100-meter breast.

**2005-06:** Held the 44th best time in the nation in the 200-breaststroke (1:59.75) and the 46th in the 100-breast (54.95) ... Placed sixth in the 200-breast and seventh in the 100-breast at the SEC Championships ... Captured fourth in the 200-breast and fifth in the 100-breast at the Nike Cup Invitational ... Also touched 15th in the 200-individual medley at the Cup ... Placed in the top-three in the 200-breast six times during dual meets, and four times in the 100-breast.

**2004-05:** Placed 14th in the 200-breaststroke, 16th in the 100-breast and 25th in the 200-individual medley at the SEC Championships ... Won the 200-breast against Cincinnati ... Took second in the 100-breast against South Carolina and Louisville and second in the 200-breast against Louisville ... Placed fourth in the 100-breast, fifth in the 200-breast and 26th in the 200-IM at the Indiana Invitational.

**Pre-College:** Two-time All-American and eight-time state champion ... Four-year all-conference and all-state selection ... Named "Swimmer of the Meet" at the 2003 and 2004 Wyoming state meets ... Owns state record in 100-breaststroke event ... Served as student-body president during senior year and vice president during junior year ... Chose Kentucky because he liked the coaching staff and the facilities, and because the UK community felt like home.

**Best Collegiate Times:** 100 breaststroke - 53.73; 200 breaststroke - 1:57.65; 200 IM - 1:49.56; 50 breast - 27.33; 100 freestyle - 49.83; 500 freestyle-4:53.43



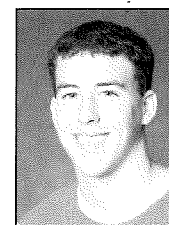
WILL VIETTI

## 2007-08 NEWCOMERS



COLIN FARIS

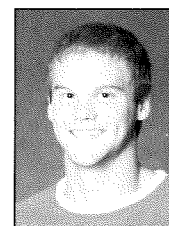
## STEPHEN ANDREWS



Diving • Freshman • 5-10  
Coral Springs, Fla.  
(Bartram Trail)  
Major - Business Management  
Club - Coral Springs Diving

**Pre-College:** A two-time Florida state champion ... Three-time All-American ... Three year All-State and All-County ... Four-year letterwinner ... Completed 250 hours of community service.  
**Best Scores** One-meter: 636; Three-meter: 499.85; Platform: 341.0

## MATT BARBIEA



Free/Back • Freshman • 6-2  
Springboro, Ohio (Springboro)  
Major - Computer Engineering  
Club - WTOC Sharks

**Pre-College:** Named Athlete of the Year at Springboro as a senior ... Two-time team most valuable swimmer ... Nine-time record holder ... GWOC South Swimmer of the Year ... Also participated in basketball.

**Best Times:** 50-freestyle: 22.02; 100-freestyle: 49.10; 200-freestyle: 1:47.6; 100-backstroke: 54.9

## MAX CLARK

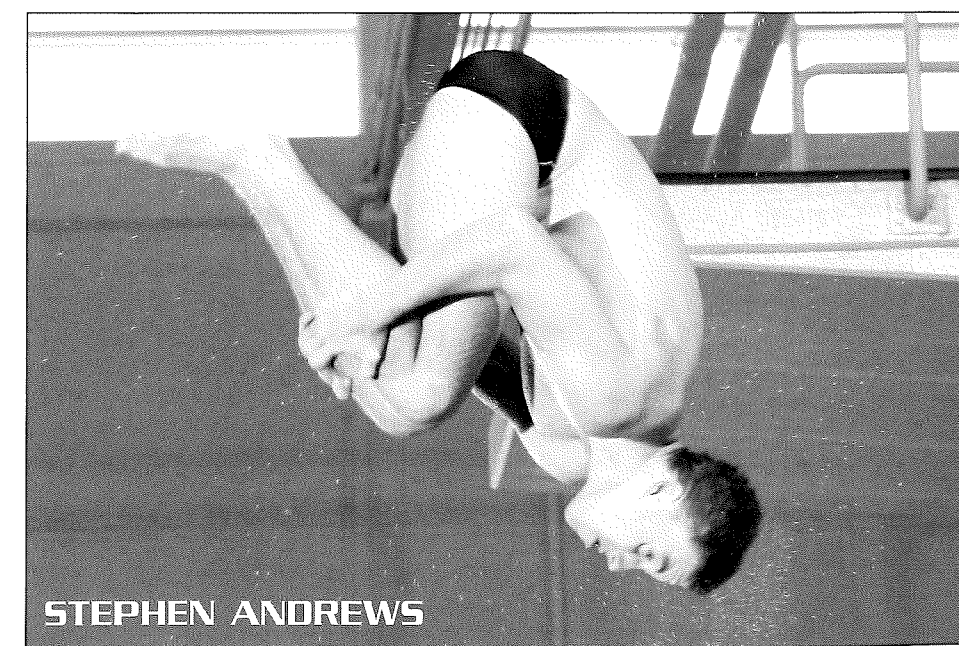


Freestyle • Freshman • 5-11  
Lexington, Ky. (Tates Creek)  
Major - Undeclared  
Club - Lexington Dolphins

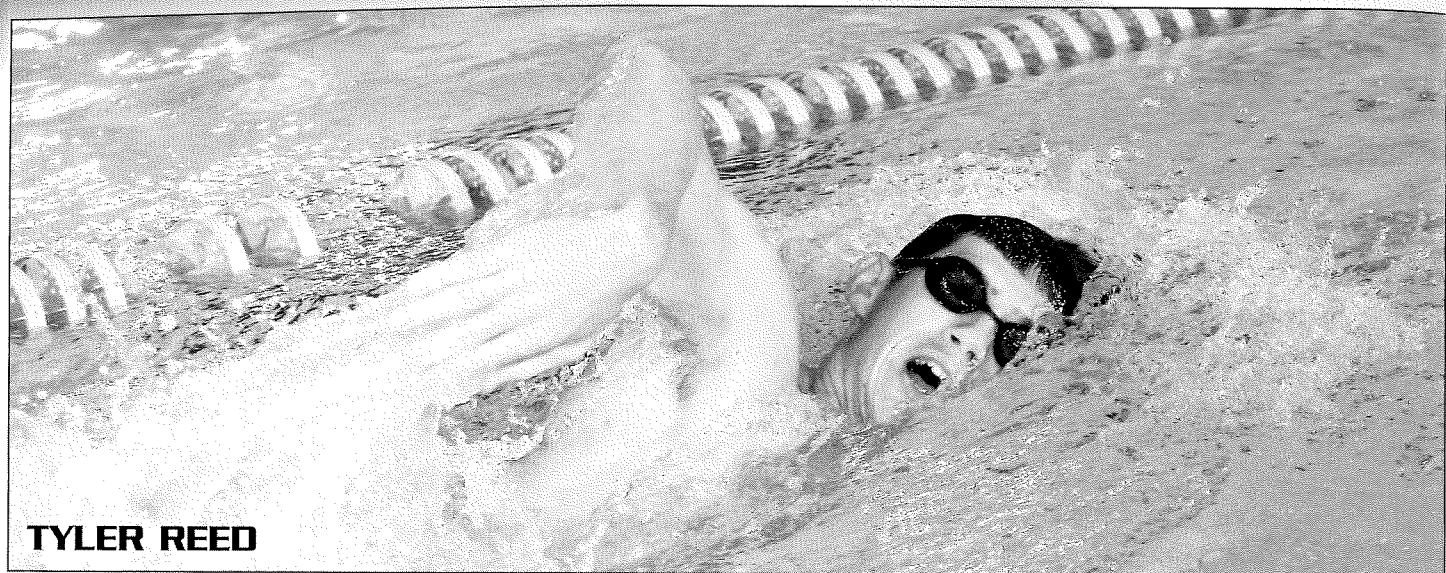
**Pre-College:** A four-year letterwinner for Tates Creek ... A part of the City Champion team for

three seasons ... Was one of only two team members to appear in the state meet ... Also played lacrosse.

**Best Times:** 50-freestyle: 23.00; 100-freestyle: 51.20; 200-freestyle: 2:00.06



STEPHEN ANDREWS



**TYLER REED**

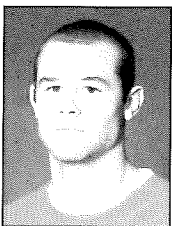
**COLIN FARIS**



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

**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 Times:** 50-freestyle: 20.77; 100-freestyle: 46.33

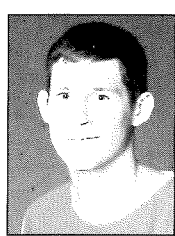
**KEVIN KNEZEVICH**



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

**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 most valuable swimmer 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 Times:** 100-butterfly: 50.72

**TYLER REED**



Freestyle • Freshman • 6-5  
Morgantown, Ky. (Butler)  
Major - Civil Engineering  
Club - Greater Bowling Green/Southern Kentucky

**Pre-College:** 2007 Kentucky state champion in the 100- and 200-freestyle ... 2006 state champion in 200-free ... KHSAA State record holder in 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 Times:** 100-freestyle: 45.22; 200-freestyle: 1:38.03

**REINHARDT STRIJDOM**

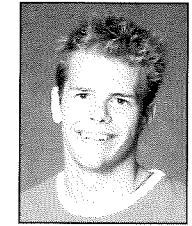


Freestyle • Freshman • 6-2  
Pretoria, South Africa (Affies)  
Major - Business Management  
Club - Tuks Swim

**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 ... Swimming for 13 years.  
**Best Times:** 50-freestyle: 23.7; 100-freestyle:

51.9; 200-freestyle: 1:52.8; 400-freestyle: 4:02.45

**CHRIS UPCHURCH**



Free/Back/Fly • Freshman • 6-0  
Richmond, Ky. (Model)  
Major - Undeclared  
Club - Lexington Dolphins

**Pre-College:** Model Valedictorian ... All-American and holds school records in the 200-IM and 100-back ... Four-time first team All-Region ... Three-time conference most valuable swimmer ... Region V Sportsmanship award ... Seven-year letterwinner ... Member of the National Honor Society ... Four-time KHSAA Academic All-State first team.  
**Best Times:** 50-freestyle: 21.98; 100-backstroke: 53.84; 100-butterfly: 52.96; 200-individual medley: 2:00.47

# THE 2006-07 SEASON LOOKING BACK



## 2006-07 SEASON IN REVIEW



Coaches Gary Conelly and Mike Lyden enjoyed another fantastic season of leading a group of young Wildcats in the Southeastern Conference. Conelly racked up his career win total to over 175 wins, and Lyden received his third consecutive SEC Diving Coach of the Year honor.

The year began with a double-dip loss to Indiana as both the men and women fell to the Hoosiers. The teams spent another week on the road visiting a trio of SEC-foes. In a tri-meet with Tennessee and South Carolina the men took another two losses, while the women outdualled the Lady Gamecocks, but dropped their first match-up with the Lady Volunteers. From there the Wildcats tacked on a trip to Athens, Ga., where they stared down the Bulldogs, however ultimately walked away with a pair of losses. Junior Jenny Bradford's continual battle with Olympian and Lady Bulldog Kara Lynn Joyce heightened when Bradford defeated Joyce in the 50-free, their first match-up of the season.

Next up for the Wildcats was their annual trip to the prestigious Nike Cup Invitational. Bradford highlighted the trek to North Carolina besting the field in three events, while setting

two UK records and personal-best times, as well as enshrining her name atop the UNC Koury Natorium record books in the 50-free. Later that week Bradford was honored as the National Swimmer of the Week for her efforts. On the men's side, breaststrokers proved dominant as sophomore Mickey Malul and junior Will Vietti claimed gold in the 100- and 200-breast events, respectively. Fifty-seven percent of Conelly's veteran swimmers bettered at least one top-time and 100 percent of the freshmen returned to the Bluegrass with career-best times.

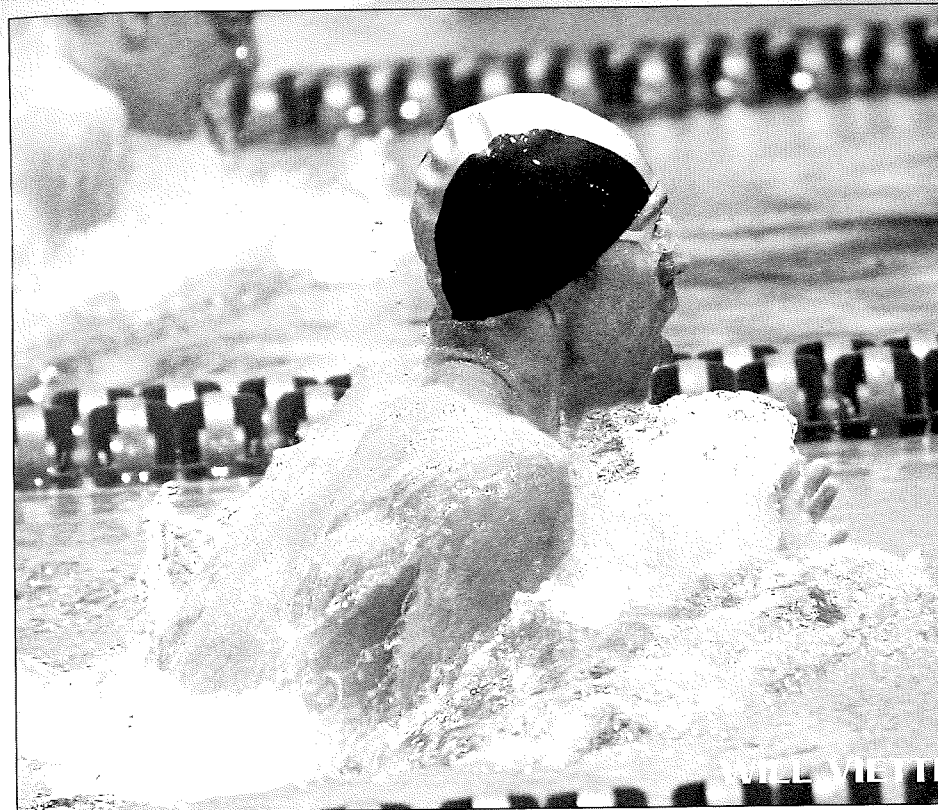
After rejuvenating their season at the Nike Cup, Kentucky finally returned to the friendly confines of the Lancaster Aquatic Center and hosted their first event of the season. The men welcomed No. 24 Texas A&M and the women hosted SEC-newcomer Vanderbilt. The men pulled off what would become a common-occurrence an upset, as they overcame the visiting Aggies. Senior Eric Weber shined in the distance events winning the 500- and 1000-free events. The women notched their second win of the season with a dominating performance.

UK enjoyed a month-long break from dual meet competition with their annual training-trip

in Florida at the start of the New Year. Upon a return home the Blue and White hosted Alabama in mid-January. The men pulled off another upset win over a ranked opponent behind the trio of sophomore winners James Batley, Shane Eliason and Warren Grobbelaar. The women racked up their third win of the season behind senior diver Joey Brown's double win on the boards. Brown later was named SEC Diver of the Week.

In the final two weeks of the season UK faced state-rival Louisville and wrapped up the year with a battle against Cincinnati. Against Louisville, the Wildcats said goodbye to their senior class and then rolled to victories. Junior Heather Bradford led the women in a win over Cincinnati claiming first in two events. Bradford was honored as SEC Swimmer of the Week at the conclusion of the week. The men easily handled the Bearcats to wrap up dual-meet season on a four-meet win streak.

On a roll to end the season, Kentucky excitedly welcomed the nation's elite swimmers and divers to the Lancaster Aquatic Center for the SEC Championships. Behind a multitude of athletes the women again recorded a fourth



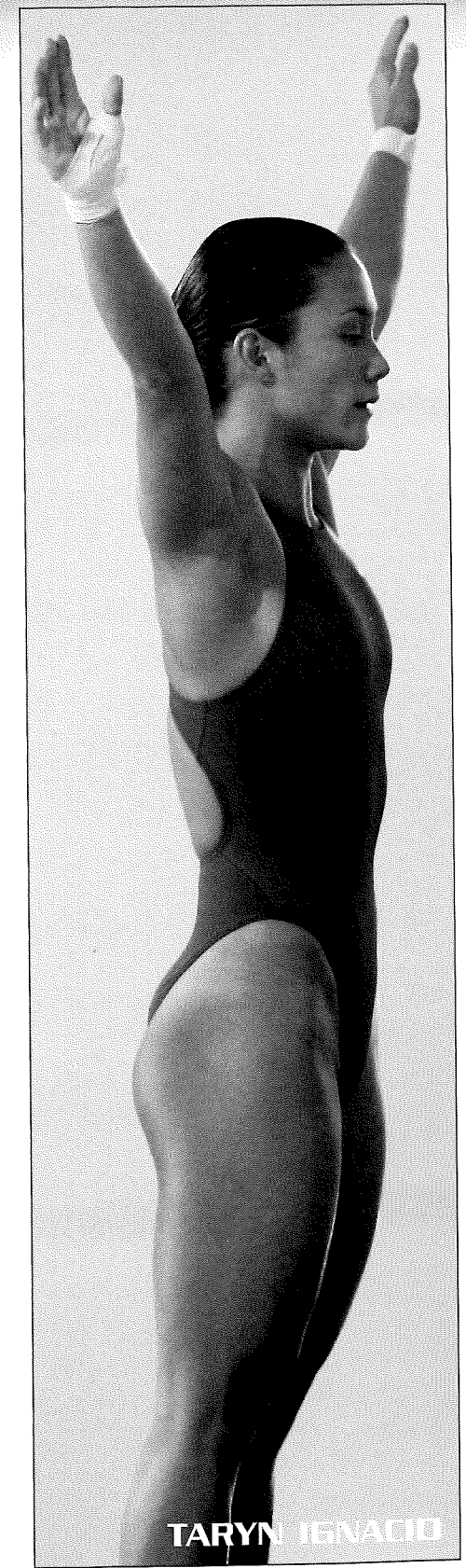
place showing in the conference, edging out the Volunteers. Senior Taryn Ignacio concluded her career by winning two more SEC titles, that included a three-peat in the platform event and her first-ever medal (silver) on the three-meter. The Bradford sisters each took a silver medal, Jenny in the 50-free and Heather in the 100-fly. Capping off a stellar meet was the first championship relay title in school history when the Bradfords teamed with senior Nikia Deveaux and junior Lauren Willis to take the 200-free relay. For the men, Vietti etched his name in the UK record books taking silver in the 100-breast and fourth in the 200-breast while setting school record times to highlight the men's week. Grobbelaar finished with three top-10 finishes to aide in the men's cause of eighth place in the conference.

At the NCAA Championships, Kentucky's Lady Wildcats were poised for a run at the top-10 in the country, despite falling just short of that goal the women turned in their school-best finish of 12th and saw many firsts in school annals. Jenny Bradford earned her second consecutive top-eight finish in the 50-free when she placed seventh. Heather Bradford recorded her first ever individual All-America nod when she took seventh in the 100-fly and followed that with 16th in the 50-free. The 200-free relay

team became the first 200-free squad to place in the top-eight in the country tapping in seventh on their way to setting a school record time. The 400-free relay team posted a 15th place showing to cap off the week for the swimmers. Ignacio and junior Kari Retrum were once again outstanding on the boards. Ignacio earned her second consecutive top-eight finish on the one-meter placing seventh. She defended her national title with a third place showing on platform. Retrum placed in the top-16 on both the one-meter and platform claiming her first All-America honorable mention nominations.

On the men's side Vietti and Malul were the lone representatives for the the Wildcats. Vietti scored a 16th place finish in the 100-breast to score UK's only point. The men will look to new heights in the 07-08 season with bulk of their team returning.

Many Wildcats participated in international and national competition in the team's off-season. Highlighting the team's success was Malul who took sixth overall at the World Championship Games in the 50-breast, while Grobbelaar recorded a win in the 100-fly in the South African National Championships.



## 2006-07 AWARDS

### TOP TEAM TIMES/SCORES

**1,650 Freestyle**  
 \*James Batley .....15:46.22  
 \*Leah Harms .....16:55.44

**1,000 Freestyle**  
 Eric Weber .....9:22.93  
 \*Haleigh Kerns .....10:11.95

**500 Freestyle**  
 \*James Batley .....4:29.09  
 \*Haleigh Kerns .....4:56.66

**100 Butterfly**  
 \*Warren Grobbelaar .....47.89  
 \*Heather Bradford .....52.79

**200 Butterfly**  
 \*Grant Nelson .....1:48.07  
 \*Megan Pulskamp .....2:02.55

**50 Freestyle**  
 \*Warren Grobbelaar .....19.93  
 \*Jenny Bradford .....22.03

**100 Freestyle**  
 \*Warren Grobbelaar .....44.45  
 \*Jenny Bradford .....49.12

**200 Freestyle**  
 \*Kyle Greene .....1:38.13  
 \*Jenny Bradford .....1:48.80

**100 Breaststroke**  
 \*Will Vietti .....53.73  
 \*Lindsay Myhre .....1:03.43

**200 Breaststroke**  
 \*Will Vietti .....1:57.65  
 \*Lindsay Myhre .....2:17.79

**100 Backstroke**  
 \*Shane Eliason .....49.59  
 \*Chatham Penrod .....55.99

**200 Backstroke**  
 \*Shane Eliason .....1:48.22  
 \*Chatham Penrod .....2:01.57

**200 Individual Medley**  
 \*Kristian Outinen .....1:52.72  
 \*Lindsay Myhre .....2:05.93

**400 Individual Medley**  
 \*Grant Nelson .....4:01.21  
 \*Lindsay Myhre .....4:31.67

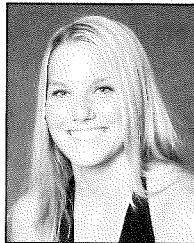
**1-Meter**  
 \*Justin Smith .....321.23  
 Taryn Ignacio .....337.60

**3-Meter**  
 \*Justin Smith .....332.20  
 Taryn Ignacio .....352.80

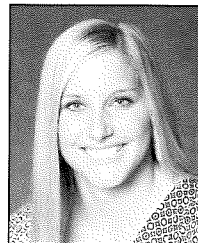
**Platform**  
 \*Justin Smith .....231.60  
 Taryn Ignacio .....332.80

\*Indicates returning athlete

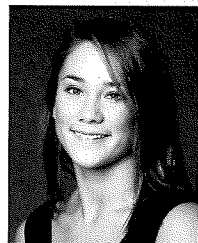
### 2007 ALL-AMERICA AWARD WINNERS



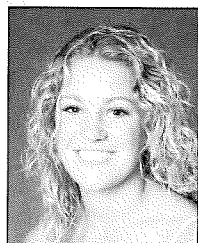
**Heather Bradford**  
 100-fly (7th)  
 50-free (16th)  
 400-free relay (15th)



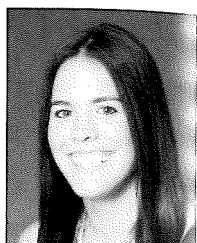
**Jenny Bradford**  
 50-free (7th)  
 400-free relay (15th)



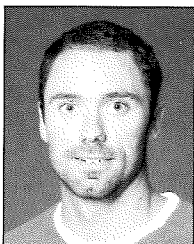
**Taryn Ignacio**  
 Platform (3rd)  
 1-meter (7th)



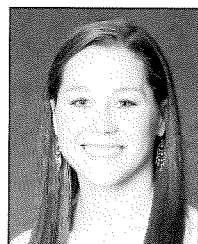
**Kari Retrum**  
 Platform (11th)  
 1-meter (15th)



**Kristina Sledge**  
 400-free relay (15th)



**Will Vietti**  
 100-breast (16th)



**Lauren Willis**  
 400-free relay (15th)



(L-R) Jenny Bradford, Lauren Willis, Nikia Deveaux,  
 Heather Bradford 200-free relay (7th)

### TEAM AWARDS

**Most improved swimmer:** Warren Grobbelaar, Lauren Willis  
**100 percent:** Heather Bradford, Kyle Greene  
**Scholarship:** Shane Eliason, Haleigh Kerns  
**Freshman:** Eric McGinnis, Chatham Penrod

**Most Valuable Diver:** Taryn Ignacio, Justin Smith  
**Booster Club:** Joey Brown, Shane Eliason, Kari Retrum  
**Williams Sharpe:** Jenny Bradford, Will Vietti  
**Spirit:** Kevin Ryan, Keli Hnat

### SEC AWARDS

**SEC Diver of the Year:** Taryn Ignacio  
**SEC Diving Coach of the Year:** Mike Lyden  
**First Team All-SEC:** Heather Bradford, Jenny Bradford,  
 Nikia Deveaux, Taryn Ignacio, Lauren Willis  
**Second Team All-SEC:** Will Vietti  
**SEC Diver of the Week:** Joey Brown (1/16/07)  
**SEC Swimmer of the Week:** Heather Bradford (1/31/07)

### SEC MEDALISTS

**Gold:** Heather Bradford (200-free relay)  
 Jenny Bradford (200-free relay)  
 Taryn Ignacio (Platform, 1-meter)  
 Nikia Deveaux (200-free relay)  
 Lauren Willis (200-free relay)

**Silver:** Heather Bradford (100-butterfly)  
 Jenny Bradford (50-freestyle)  
 Taryn Ignacio (3-meter)  
 Will Vietti (100-breaststroke)

**Bronze:** Heather Bradford (200-medley relay)  
 Jenny Bradford (200-medley relay)  
 Lindsay Myhre (200-medley relay)  
 Chatham Penrod (200-medley relay)  
 Kari Retrum (3-meter)

# THE WILDCATS RECORDS & HISTORY

**KELLY HEATH**

**SHAUN ZITANI**







# 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

# 2008 NCAA MEN'S QUALIFYING STANDARDS

Event	25-Yard Course	
	"A" Standard	"B" Standard
50 Freestyle	:19.60	:20.18
100 Freestyle	:43.19	:44.48
200 Freestyle	1:35.09	1:37.94
500 Freestyle	4:19.49	4:27.27
1,650 Freestyle	15:05.87	15:33.04
100 Butterfly	:47.09	:48.50
200 Butterfly	1:44.93	1:48.07
100 Backstroke	:47.43	:48.85
200 Backstroke	1:43.60	1:46.70
100 Breaststroke	:53.60	:55.20
200 Breaststroke	1:57.09	2:00.60
200 Individual Medley	1:46.09	1:49.27
400 Individual Medley	3:47.89	3:54.72
200 Freestyle Relay	1:18.47	1:20.82
400 Freestyle Relay	2:54.21	2:59.43
800 Freestyle Relay	6:26.08	6:37.66
200 Medley Relay	1:26.52	1:29.11
400 Medley Relay	3:11.65	3:17.39

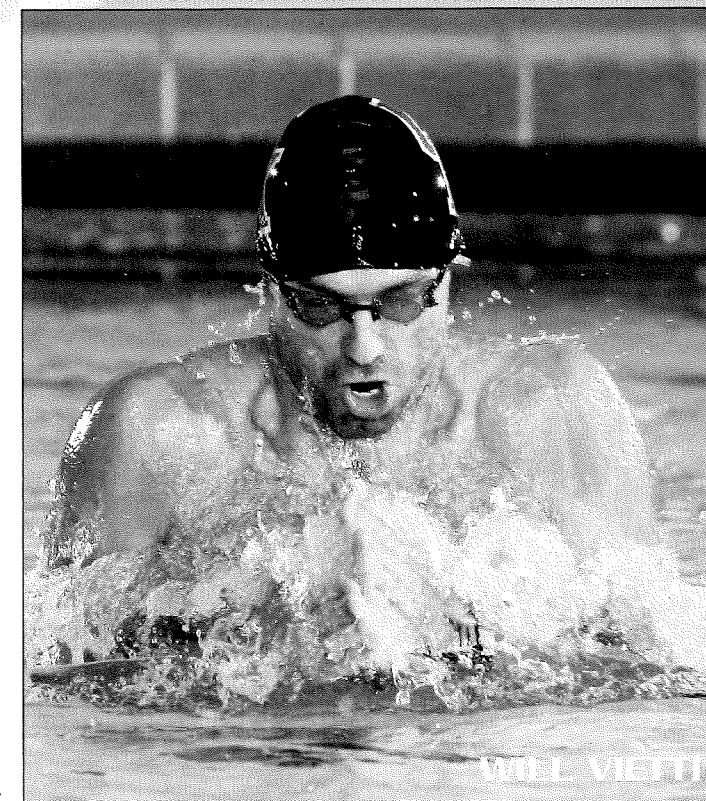
1-Meter Diving Points-Dual 255/265

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.



WILL VIETTI

# 2008 NCAA WOMEN'S QUALIFYING STANDARDS

Event	25-Yard Course	
	"A" Standard	"B" Standard
50 Freestyle	:22.62	:23.29
100 Freestyle	:49.42	:50.90
200 Freestyle	1:47.09	1:50.30
500 Freestyle	4:45.46	4:54.02
1,650 Freestyle	16:23.54	16:53.04
100 Butterfly	:53.75	:55.36
200 Butterfly	1:58.99	2:02.55
100 Backstroke	:54.38	:56.01
200 Backstroke	1:57.32	2:00.83
100 Breaststroke	1:01.85	1:03.70
200 Breaststroke	2:14.19	2:18.21
200 Individual Medley	2:00.34	2:03.95
400 Individual Medley	4:15.63	4:23.29
200 Freestyle Relay	1:31.01	1:33.74
400 Freestyle Relay	3:18.39	3:24.34
800 Freestyle Relay	7:10.49	7:23.40
200 Medley Relay	1:39.49	1:42.47
400 Medley Relay	3:38.02	3:44.56

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.



HEATHER BRADFORD



# KENTUCKY ALL-AMERICANS

**JENNY BAKER**  
 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**  
 1973 ..... 100 Breaststroke

**FERNANDO BARRROS**  
 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**  
 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)

**JENNY BRADFORD**  
 2005 ..... 200 Medley Relay (HM)  
 2005 ..... 400 Medley Relay (HM)  
 2006 ..... 50 Freestyle  
 2006 ..... 100 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)

**JOEY BROWN**  
 2006 ..... Platform Diving (HM)

**ALEJANDRO BRAVO**  
 2005 ..... 200 Medley Relay (HM)

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

**SHANTEL COMMANDER**  
 2005 ..... 200 Breaststroke (HM)

**DANIEL CRUZ**  
 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**  
 1995 ..... 1,650 Freestyle  
 1996 ..... 1,650 Freestyle (HM)  
 1997 ..... 1,650 Freestyle (HM)  
 1998 ..... 1,650 Freestyle (HM)

**NIKIA DEVEAUX**  
 2006 ..... 200 Freestyle Relay (HM)  
 2006 ..... 400 Freestyle Relay (HM)  
 2007 ..... 200 Freestyle Relay

**MARK DOYLE**  
 2006 ..... 800 Freestyle Relay (HM)

**JOEY FALTRACO**  
 2002 ..... 200 Backstroke (HM)

**DANIEL FARNHAM**  
 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)

**BEN FOWLER**  
 1996 ..... 1,650 Freestyle (HM)

**CLAY GASPAROVICH**  
 2004 ..... 200 Freestyle Relay (HM)  
 2004 ..... 400 Freestyle Relay (HM)  
 2005 ..... 200 Freestyle Relay  
 2005 ..... 400 Freestyle Relay

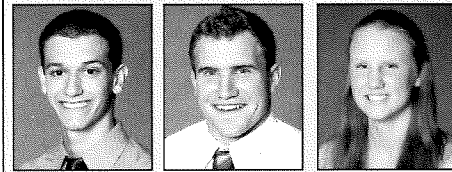
## ALL-AMERICANS



Baker Baron Barros



H. Bradford J. Bradford Brown



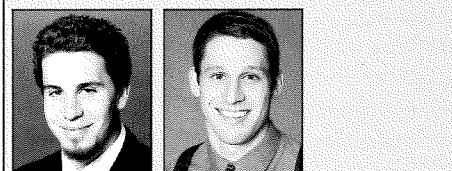
Bravo Chudleigh Commander



Cruz Dalton Deveaux



Doyle Faltraco Farnham



Fowler Gasparovich

**DANIEL FARNHAM'S 16  
 ALL-AMERICA HONORS IS  
 TOPS IN UK HISTORY**

**LAURA GRAHAM**  
 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**  
 2006 ..... 200 Medley Relay (HM)  
 2006 ..... 200 Freestyle Relay (HM)  
 2006 ..... 800 Freestyle Relay (HM)

**KELLY HEATH**  
 1994 ..... 500 Freestyle  
 1994 ..... 200 Freestyle (HM)

**WENDY HIPSKIND**  
 1993 ..... 200 Butterfly (HM)

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

**TINA JOHNSON**  
 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**  
 2001 ..... 3-Meter Diving (HM)

**CARRIE KNOEBER**  
 2000 ..... 3-Meter Diving (HM)

**RACHEL KOMISARZ**  
 1996 ..... 1,650 Freestyle  
 1998 ..... 100 Butterfly  
 1998 ..... 200 Butterfly (HM)  
 1999 ..... 200 Freestyle (HM)  
 1999 ..... 500 Freestyle  
 1999 ..... 1,650 Freestyle

**ANNABEL KOSTEN**  
 2000 ..... 800 Freestyle Relay (HM)

**BETH LEAKE**  
 1996 ..... 1-Meter Diving

1996 ..... 3-Meter Diving  
 1998 ..... 1-Meter Diving (HM)

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

**MICKEY MALLUL**  
 2006 ..... 200 Medley Relay (HM)  
 2006 ..... 200 Freestyle Relay (HM)

**STEVEN MANLEY**  
 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)

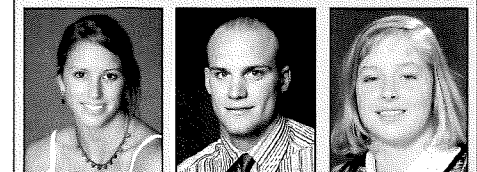
**JOANNA McLEAN**  
 2006 ..... 200 Freestyle Relay (HM)  
 2006 ..... 400 Freestyle Relay (HM)

**KELLEY MILLER**  
 2000 ..... 800 Freestyle Relay (HM)

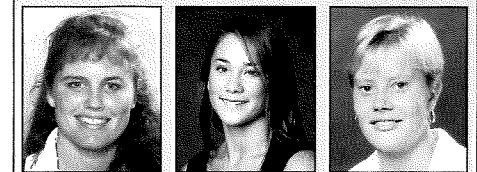
**KELLIE MORAN**  
 1990 ..... 50 Freestyle (HM)  
 1990 ..... 100 Freestyle (HM)  
 1990 ..... 200 Freestyle (HM)  
 1991 ..... 100 Freestyle  
 1991 ..... 50 Freestyle (HM)  
 1991 ..... 200 Freestyle (HM)

**CLAYTON MOSS**  
 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  
 2002 ..... 3-Meter Diving  
 2002 ..... Platform Diving  
 2003 ..... 1-Meter Diving  
 2003 ..... 3-Meter Diving  
 2003 ..... Platform Diving

## ALL-AMERICANS



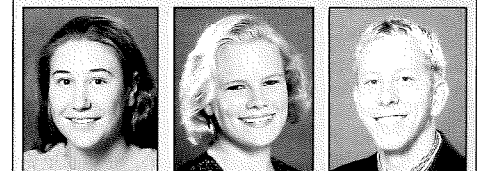
Graham Grobbelaar Heath



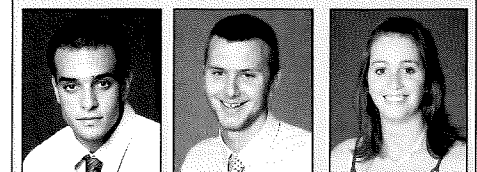
Hipskind Ignacio Johnson



Kirkpatrick Knoeber Komisarz



Kosten Leake Lewis



Mallul Manley McLean



Miller Moran Moss

**THE UNIVERSITY OF  
 KENTUCKY'S SWIMMERS  
 AND DIVERS HAVE TOTALED  
 221 ALL-AMERICA  
 DISTINCTIONS**

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

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

**TIM PATRICK**  
 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**  
 1998 ..... 200 Freestyle Relay (HM)

**CAROLYN RADER**  
 2000 ..... 800 Freestyle Relay (HM)

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

**PACO RIVERA**  
 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**  
 2004 ..... 1-Meter Diving  
 2004 ..... Platform Diving

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

**JESSICA SIEGELE**  
 2005 ..... 200 Medley Relay (HM)  
 2005 ..... 400 Medley Relay (HM)

**KRISTINA SLEDGE**  
 2007 ..... 400 Freestyle Relay (HM)

**CHRISTY SOULAKIS**  
 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**  
 2006 ..... 200 Medley Relay (HM)  
 2006 ..... 400 Medley Relay (HM)

**ELLEN STRANGE**  
 1997 ..... 200 Butterfly (HM)

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

**TRISHA TUMLINSON**  
 2002 ..... Platform Diving (HM)

**DAVID TWEEDIE**  
 2001 ..... 400 Freestyle Relay (HM)  
 2001 ..... 800 Freestyle Relay (HM)

**WILL VIETTI**  
 2007 ..... 100 Breaststroke (HM)

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

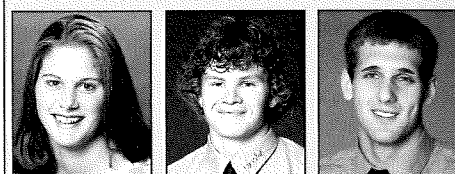
**LAUREN WILLIS**  
 2007 ..... 200 Freestyle Relay  
 2007 ..... 400 Freestyle Relay (HM)

**MACON WHITE**  
 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**  
 2001 ..... 200 Freestyle Relay (HM)  
 2001 ..... 400 Freestyle Relay (HM)  
 2001 ..... 800 Freestyle Relay (HM)  
 2001 ..... 200 Medley Relays (HM)

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

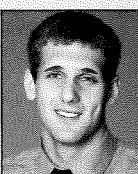
**ALL-AMERICANS**



Olson



Outinen



Patrick



Priester



Rader



Retrum



Rivera



Rodriguez



Ja. Siegele



Je. Siegele



Sledge



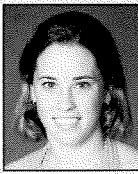
Soulakis



Southerlan



Strange



Thompson



Tumlinson



Tweedie



Vietti



Watkins



Willis



White



Workman



Zitani

**NATIONAL CHAMPION DIVER TARYN IGNACIO**

TARYN IGNACIO BECAME THE UNIVERSITY OF KENTUCKY'S FIRST NATIONAL CHAMPION IN MARCH 2006, WHEN SHE CLAIMED GOLD ON THE PLATFORM EVENT. IGNACIO SET A NCAA AND SCHOOL-RECORD FOR POINTS SCORED IN THE EVENT. THIS IS A DIARY WRITTEN BY IGNACIO DEPICTING HER EMOTIONS, THOUGHTS AND EXPERIENCES LEADING UP TO HER HISTORICAL FEAT.

**WEDNESDAY NIGHT (MARCH 15, 2006)**

I've made it to the biggest meet of the year, NAAs. I am both excited and honored to be here. Actually, I'm lucky to be here after such a poor performance at the Zone qualifying meet. *Don't let me fail!* A viral infection has left me feeling weak, but I have to rise above it. Our team has to compete well. We've trained too hard and experienced too many emotional ups and downs this year, finding out coach Mike has cancer, to fail now. He's trained and mentored us well year after year and this year is no different. Coach Lyden's expert coaching is in our blood. If we aren't ready to meet the challenge now, we never will be... Let me have the strength to rise above my physical weakness and my nerves so I can do my job.

**THURSDAY MORNING (MARCH 16, 2006)**

Having coach here with us at the University of Georgia is inspirational. His diagnosis of cancer earlier this year has prevented him from both coaching and attending every meet. *I can not let him down! He is the reason I am here.* When I didn't want to practice, he pushed me harder, when I didn't want to learn a new dive, he pushed me harder, and when I wanted to give up he pushed me harder. Mike Lyden is the reason I'm here; he's the reason I've developed into the diver I am. I have to show him what a good teacher he is and has been and how much he has meant to me. As a team, we have learned that life can be full of surprises, so it's important to give your best each day. *God, give me the strength to dive my best this weekend and make Coach proud to be my coach. Focus on one dive at a time, stay warm, and stretch in between each dive. I can do this!*

**THURSDAY EVENING (MARCH 16, 2006)**

I made it through one-meter. I gave it all I had. I earned All-American status after placing eighth. Coach Lyden's been through a lot this year, but I know he's proud of my accomplishment. Next, I have to dive tower. This is

my best event, but I can feel the nerves building. The nervousness comes from the expectations people have for my performance, not from the actual dives. *God, give me the strength to focus on what I need to do for UK, myself and my coach.*

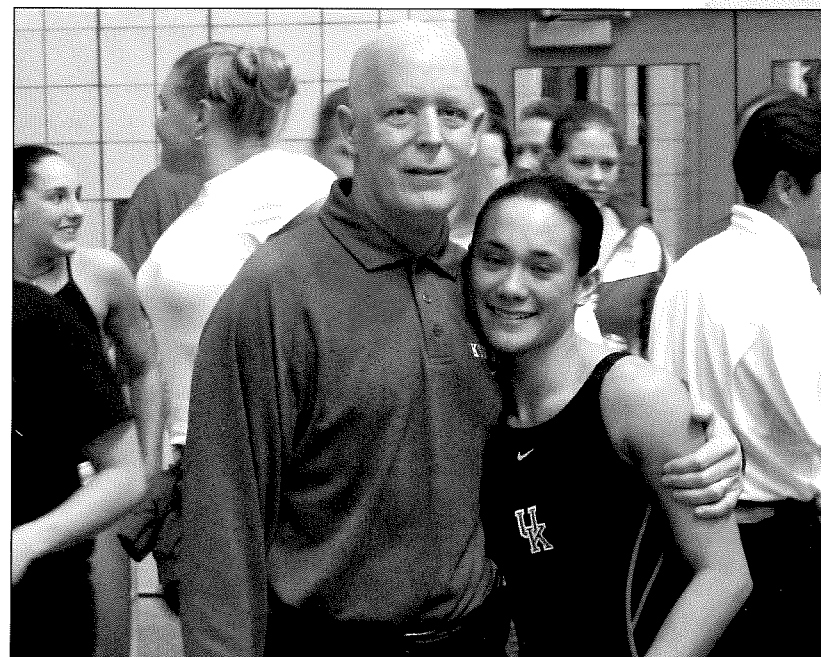
**SATURDAY MORNING (MARCH 17, 2006)**

The worst is over...I made it to finals on platform.

**SATURDAY EVENING (MARCH 17, 2006)**

I can't believe that I not only made it to finals, but I've just won NAAs on platform! Is this a dream or fate? I am thankful to UK for giving me the opportunity to represent my school, thankful to my friends and family for their constant support and most of all thankful to my coach, Mike Lyden, for believing in me and constantly pushing me to become a better diver and a better person. *I don't know what I would have done without him. I am so grateful he was here to share this moment with me.*

- Taryn Ignacio



# KENTUCKY'S SEC CHAMPIONS



**TINA JOHNSON**  
1996 One-Meter Diving

**KELLY HEATH**  
1995 200 Freestyle

**ROGER MESSICK**  
1955 50 Freestyle  
1955 100 Freestyle  
1957 50 Freestyle  
1957 100 Freestyle

**CHRISTY SOULAKIS**  
1997 Three-Meter Diving

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

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

**PACO RIVERA**  
1998 Platform Diving

**JESSICA THOMPSON**  
2005 Three-Meter Diving

**DANIEL CRUZ**  
2005 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)



# UNIVERSITY OF KENTUCKY SWIMMING HISTORY

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 15th-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).*



# ACADEMIC HONORS & AWARDS

## SEC ALL-ACADEMIC TEAM

- |  |   |  |  |  |   |  |  |  |   |   |   |  |  |  |  |   |   |  |  |  |  |  |   |
|--|---|--|--|--|---|--|--|--|---|---|---|--|--|--|--|---|---|--|--|--|--|--|---|
| <b>1984</b><br>Anne Berry<br>Kathleen Frey<br>Becky Keller<br>John Pratt<br>Robert Stapleton<br>Suzanna Watson<br>Mike Young | <b>1985</b><br>Anthony Barnes<br>Becky Keller<br>Diane Morgan<br>John Pratt<br>Marc Sammartin<br>Vince Wall | <b>1986</b><br>Anthony Barnes<br>Evan Ekman<br>Chris Godfrey<br>Scott Street<br>Meredith Wingard | <b>1987</b><br>Steve Adams<br>Anthony Barnes<br>Evan Ekman<br>Billy Godfrey<br>Chris Godfrey<br>Kim Gugino<br>Nancy MacMillan<br>John Miller | <b>1988</b><br>Ken Atkinson<br>Sandra Bohorquez<br>Bonnie Franklin<br>Billy Godfrey<br>Chris Godfrey<br>Kim Gugino<br>Peggy Sheets<br>Margaret Sumrall<br>Brian Van Horn | <b>1989</b><br>Ken Atkinson<br>Sandra Bohorquez<br>Bonnie Franklin<br>Jim McCarthy<br>Ginger McNeil<br>Bartley Pratt<br>Jeremy Salmon<br>Peggy Sheets<br>Brian Van Horn | <b>1990</b><br>Ken Atkinson<br>Sandra Bohorquez<br>Bonnie Franklin<br>Laura Lee Frazer<br>Ginger McNeil<br>Kellie Moran<br>Bartley Pratt<br>Peggy Sheets<br>Margaret Sumrall<br>Brian Van Horn<br>Brian Ware<br>Eddie Ware<br>Gregg Wilder | <b>1991</b><br>Margie Boliver<br>Wendy Hipskind<br>Mike McIntire | <b>1992</b><br>Morton Andersen<br>Margie Boliver<br>Jocelyn Danco<br>Wendy Hipskind<br>Donna Moylan<br>Noel Pieratt<br>Julie Robbins<br>Jodi Schwab<br>Jodie Smawley<br>Eddie Ware<br>Stewart Weaver | <b>1993</b><br>Margie Boliver<br>Kelly Heath<br>Wendy Hipskind<br>Margo Lynch<br>Heather Pollard<br>Jodi Schwab | <b>1994</b><br>Andrew Aitken<br>Jenny Baker<br>Stacy Fingalson<br>Kelly Heath<br>Tina Johnson<br>Margo Lynch<br>Allison McAllen<br>Chris McCabe<br>Heather Pollard<br>Greg Robinson<br>Jodi Schwab<br>Tom Tretter<br>Michael Tucker<br>Tricia Zelin | <b>1995</b><br>Andrew Aitken<br>Jenny Baker<br>Tom Bate<br>Mike Collins<br>Josh Hartig<br>Kelly Heath<br>Danny Jenkins<br>Tina Johnson<br>Margo Lynch<br>Greg Robinson<br>Julia Smith<br>Tom Tretter<br>Courtney Waid<br>Tricia Zelin | <b>1996</b><br>Jenny Baker<br>Tom Bate<br>Bobbi Hamilton<br>Tina Johnson<br>Beth Leake<br>Jessica Lenen<br>Allison McAllen<br>Blythe Nordenson<br>Paco Rivera<br>Greg Robinson<br>Mansy Swift<br>Lesley Truitt<br>Courtney Waid<br>Heather Zak | <b>1997</b><br>Kellie Moran<br>Julie Robbins<br>Jay Smith<br>Robert Taylor<br>Stewart Weaver | <b>1998</b><br>Jan Bjork<br>Jennifer Clifford<br>Kassidy Gala<br>Rachel Komisarz<br>Beth Leake<br>Nat Lewis<br>Brian Palmer<br>Brian Plitnick<br>Chip Polito<br>Todd Polk<br>J.D. Pulliam<br>Christy Soulakis<br>Julie Tatman<br>Lesley Truitt | <b>1999</b><br>Jennifer Clifford<br>Greg Hengel<br>Taryn Kannegeisser<br>Carrie Knoeber<br>Rachel Komisarz<br>Kristi Lohmeier<br>Kelley Miller<br>Brett Palmer<br>Brian Plitnick<br>Todd Polk<br>Jennifer Priestler<br>Christy Soulakis<br>Julie Tatman<br>David Tweedie | <b>2000</b><br>Emily Buske<br>Jennifer Clifford<br>Sarah Hoppe<br>Taryn Kannegeisser<br>Carrie Knoeber<br>Annabel Kosten<br>David Kuendig<br>Kelley Miller<br>Brett Palmer<br>Jennifer Priestler<br>Carolyn Rader<br>Jaime Siegele<br>Tracy Sullivan<br>David Tweedie | <b>2001</b><br>Emily Buske<br>Sarah Carter<br>Jennifer Clifford<br>Debra Hinsley<br>Sarah Hoppe<br>Taryn Kannegeisser<br>Aaron Kirkpatrick<br>Carrie Knoeber<br>David Kuendig | <b>2002</b><br>Kelley Miller<br>Brett Palmer<br>Jennifer Priestler<br>Carolyn Rader<br>Jaime Siegele<br>Tracy Sullivan<br>David Tweedie<br>Aaron Workman | <b>2003</b><br>Darron Berquist<br>Amanda Bourgeois<br>Sarah Carter<br>Edward Clement<br>Aaron Cuker<br>Kelli Frost<br>Debra Hinsley<br>Sarah Hoppe<br>Emily Johnston<br>Aaron Kirkpatrick<br>David Kuendig<br>Robert Moss<br>Cody Nath<br>Matthew Nilson<br>Carolyn Rader<br>Shawna Sechrist<br>Tracy Sullivan<br>Russ Throckmorton<br>Kendra Trahan<br>Thomas Vogt<br>Roger Watkins | <b>2004</b><br>Michael Arce<br>Jillian Becker<br>Darron Berquist<br>Amanda Bourgeois<br>Chris Collins<br>Shantel Commander<br>Clay Gasparovich<br>Laura Graham<br>Joanna McLean<br>Steven Manley<br>Dane Redinger<br>David Roberts<br>Shawna Sechrist<br>Jessica Siegele | <b>2005</b><br>Kendra Trahan<br>Marc Vrooman | <b>2006</b><br>Blair Barret<br>Jillian Becker<br>Joey Brown<br>Shantel Commander<br>Nikia Deveaux<br>Laura Graham<br>Joanna McLean<br>Kelley Morrison<br>Caitlin Muldoon<br>Kari Retrum<br>Jessica Siegele<br>Jessica Thompson<br>Marc Vrooman<br>Cassie Wit<br>Alejandro Bravo<br>Jonathon Cartledge<br>Daniel Farnham<br>Clay Gasparovich<br>Dane Redinger<br>Dave Roberts | <b>2007</b><br>James Batley<br>Shane Eliason<br>Grant Nelson<br>Kristian Outinen<br>Joe Retrum<br>Vincent Tortora |
|--|---|--|--|--|---|--|--|--|---|---|---|--|--|--|--|---|---|--|--|--|--|--|---|

## ACADEMIC ALL-AMERICANS

- |                                      |                                       |
|--------------------------------------|---------------------------------------|
| Jenny Baker ..... 1994, '96          | Kyle McDuffie ..... 1999              |
| Jennifer Clifford ..... 1999         | Kelley Miller ..... 1999              |
| Kelly Heath ..... 1994, '95          | Jennifer Priestler ..... 1999         |
| Tina Johnson ..... 1995              | Carolyn Rader ..... 1999              |
| Taryn Kannegeisser ..... 1999        | Jaime Siegele ..... 1999, '01         |
| Aaron Kirkpatrick ..... 2001         | Christy Soulakis ..... 1996, '97, '99 |
| Carrie Knoeber ..... 1999            | David Tweedie ..... 2001              |
| Rachel Komisarz ..... 1999           | Aaron Workman ..... 2001              |
| Beth Leake ..... 1995, '96, '97, '98 |                                       |
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|--|--|
| <b>H. BOYD McWHORTER SEC SCHOLAR-ATHLETE AWARD</b><br>( <b>\$5,000 POST-GRADUATE SCHOLARSHIP</b> ) |  |
| Kelly Heath ..... 1995   |  |
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- |  |  |
|--|--|
| <b>NCAA POSTGRADUATE SCHOLARSHIP (\$5,000)</b> |  |
| Kelly Heath ..... 1995                         |  |
| Beth Leake ..... 1998                          |  |
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|-------------------------------------|--|
| <b>NCAA DEGREE COMPLETION AWARD</b> |  |
| Wendy Hipskind ..... 1995           |  |
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|--|--|
| <b>NCAA WOMAN OF THE YEAR - KENTUCKY</b> |  |
| Tina Johnson ..... 1996                  |  |
| Beth Leake ..... 1998                    |  |
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- |                                      |  |
|--------------------------------------|--|
| <b>WOMEN SEC ATHLETE OF THE WEEK</b> |  |
| Meissa Olsen ..... 1/31/01           |  |
| Heather Bradford ..... 1/31/07       |  |
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|---|--|
| <b>SEC CHAMPIONSHIPS HIGH POINT SCORERS</b> |  |
| Rachel Komisarz ..... 1999 (57 pts.)        |  |
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|------------------------------------|--|
| <b>SEC DIVER OF THE YEAR</b>       |  |
| Taryn Ignacio ..... 2005, '06, '07 |  |
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|---|--|
| <b>SEC WOMEN'S DIVING COACH OF THE YEAR</b> |  |
| Mike Lyden ..... 2005, '06, '07             |  |
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|---|--|
| <b>COACHES' SEC SWIMMER &amp; DIVER OF THE YEAR</b> |  |
| Tina Johnson ..... 1995, '96, '97                   |  |
| Clayton Moss ..... 2002, 03                         |  |
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|---|--|
| <b>SEC WOMEN'S FRESHMAN DIVER OF THE YEAR</b> |  |
| Kari Retrum ..... 2004                        |  |
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- |                              |  |
|------------------------------|--|
| <b>SEC GOOD WORKS TEAM</b>   |  |
| Cameron Moore ..... 2005     |  |
| Marc Vrooman ..... 2005      |  |
| Shantel Commander ..... 2006 |  |
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- |  |  |
|--|--|
| <b>KNOXVILLE NEWS-SENTINEL SEC SWIMMER AND DIVER OF THE YEAR</b> |  |
| Tina Johnson ..... 1995, '96                                     |  |
| Christy Soulakis ..... 1997                                      |  |
| Rachel Komisarz ..... 1999                                       |  |
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- |                                       |  |
|---------------------------------------|--|
| <b>COACHES' SEC COACH OF THE YEAR</b> |  |
| Gary Conelly ..... 1995 (Swimming)    |  |
| Mike Lyden ..... 1995, '96 (Diving)   |  |
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|--|--|
| <b>KNOXVILLE NEWS-SENTINEL SEC COACH OF THE YEAR</b> |  |
| Gary Conelly ..... 1995 (Swimming)                   |  |
| Mike Lyden ..... 1995, '96, 2002, 03 (Diving)        |  |
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|--|--|
| <b>NCAA WOMEN'S DIVING COACH OF THE YEAR</b> |  |
| Mike Lyden ..... 1996                        |  |
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- |  |  |
|--|--|
| <b>COLLEGESWIMMING.COM SWIMMER OF THE WEEK</b> |  |
| Joey Faltraco ..... 11/21/01                   |  |
| Jenny Bradford ..... 11/24/06                  |  |
- 
- |                                    |  |
|------------------------------------|--|
| <b>SEC ATHLETE OF THE WEEK</b>     |  |
| Macon White ..... 1/19/00, 1/17/01 |  |
| Shaun Zitani ..... 1/26/00         |  |
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- |                                      |  |
|--------------------------------------|--|
| <b>SEC WOMEN'S DIVER OF THE WEEK</b> |  |
| Taryn Ignacio ..... 1/26/05          |  |
| Joey Brown ..... 2/9/05              |  |
| Joey Brown ..... 1/15/07             |  |
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- |                                     |  |
|-------------------------------------|--|
| <b>SEC MALE SWIMMER OF THE WEEK</b> |  |
| Steven Manley ..... 2/9/05          |  |

## THE CATSPY AWARDS

The swimming and diving team, as well as all of Kentucky's 22 varsity sports programs, are honored each year at the CATSPY Awards.

Based on the highly popular "ESPY Awards" hosted by ESPN, the CATSPY Awards ceremony is a dinner and awards show honoring UK student-athletes, coaches, and administrators. The event is held each year in April.

A total of 31 awards were presented in 18 different categories at the 2007 CATSPY's. Among the 2007 award winners the swimming and diving team had the SEC Championship winning 200-freestyle relay team of Heather and Jenny Bradford, Nikia Deveaux and Lauren Willis earning Performance of the Year. Diving coach Mike Lyden was one of the Coaches of the Year as he was also named SEC Coach of the Year for the third consecutive season.

### Rookie of the Year

Trevard Lindley, Football  
Sarah Rumely, Volleyball

### Scholar-Athlete of the Year

Julie Gagnon, Volleyball  
Nick Reeves, Track and Field

### Supporting Role

Caroline Winebrenner, Women's Tennis

### Performance of the Year

Jennifer Bradford, Heather Bradford, Nikia Deveaux, and Lauren Willis,  
Swimming  
John Richardson, Track and Field

### Community Service Award

Julie Gagnon, Volleyball  
T. J. Harris, Rifle

### Play of the Year

Anne Ogundele, Soccer  
Craig Snipp, Baseball

### One Shining Moment

Football win in the Gaylord Hotels  
Music City Bowl

### Character Award

Nathan Li, Men's Soccer

### Lifetime Achievement Award

Dr. Lee T. Todd

### Blue Heart Award

Keenan Burton, Football

### Female Team Coach of the Year

Carlos Drada, Tennis; Warren Lipka, Soccer; Mike  
Lyden, Diving; Harry Mullins, Rifle

### Male Team Coach of the Year

Brian Craig, Golf; John Cohen, Baseball;  
Rich Brooks, Football

### Scratch Award (non-scholarship athlete)

Caitlin Coughlin, Women's Soccer

### K-Association Athlete of the Year

Brooke Marnitz, Softball  
Andre' Woodson, Football

### Academic Team of the Year

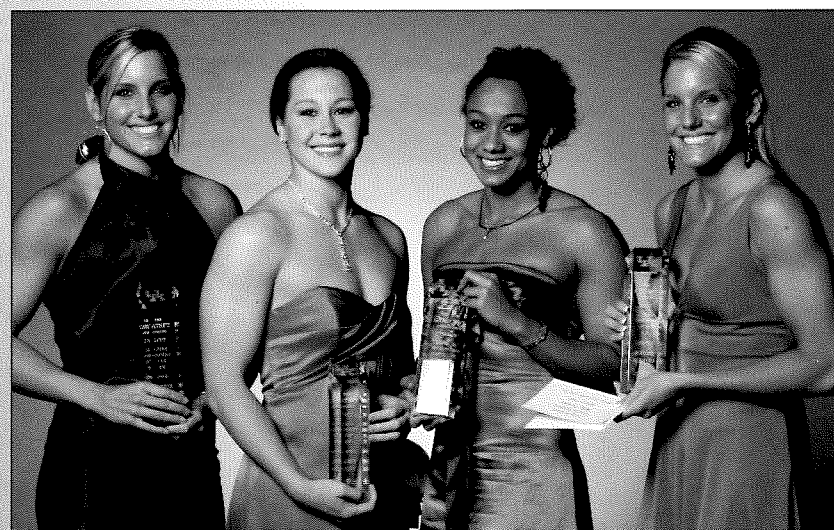
Men's Soccer  
Softball

### Mr. and Miss Wildcat

Ashley Fertic, Softball  
Nathan Li, Soccer

### Team of the Year

Baseball  
Women's Soccer



# THIS IS UK



## LANCASTER AQUATIC CENTER

The University of Kentucky's Lancaster Aquatic Center, opened March 29, 1989, represents the finest in collegiate swimming and diving facilities. The Center hosted the 2007 Southeastern Conference Swimming and Diving Championships.

The natatorium is named for Harry C. Lancaster, former UK Athletics Director (1968-76) and assistant basketball coach (1946-70) to Kentucky's legendary Adolph Rupp.

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.

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.

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

### STEPHANIE TRACEY-SIMMONS



Stephanie Tracey-Simmons is in her sixth 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.

## PRESEASON CONDITIONING

The road to success in the SEC and NCAA championships goes beyond the pool in preseason workouts. Late summer days on the UK campus include running sessions in areas like Commonwealth Stadium and in the lawns adjacent to the Lancaster Aquatic Center. For the last two seasons, the Wildcats have participated in an on-going dry land training competition. Activities included the typical training, a scavenger hunt throughout campus and the annual Blue/White meet. The scavenger hunt allows the athletes to show off their creativity with their team names and costumes. Capping off the fall season at the Blue/White meet the team saw the Blue team earn bragging rights, captained by Grant Nelson and Haleigh Kerns.



The Earth team during the Scavenger Hunt. L-R: Kayla Sergesketter, Elvis Burrows, Kyle Greene, Kevin Ryan and Danielle Weiss.





# THE UNIVERSITY OF KENTUCKY

From Paducah to Pikeville, Covington to Cumberland, the University of Kentucky touches lives across the Bluegrass State, providing education, cultural stimulation and economic development in all 120 counties. Considering that residents of all Kentucky counties benefit from the University's medical care, community service, innovative

research and creative teaching and instruction, there's no question UK is The University of Kentucky.

## HISTORY

Nestled in heart of Kentucky's scenic Bluegrass region, UK was founded in 1865 as a land-grant university. From its beginnings with only 190 students and 10 professors, UK's campus now covers more than 716 acres in Lexington and is home to more than 27,000 students and more than 13,500 employees. The university also operates remote research laboratories in areas such as Princeton, Ky., and Quicksand, Ky.

## MISSION

The University of Kentucky has long embraced its mission to provide excellent education to outstanding resident and non-resident students, recognizing that a knowledgeable populace is the best foundation for a prosperous Commonwealth. This mission has been further enhanced since 1997, when the Kentucky General Assembly mandated that UK become a Top 20 public research university by 2020. President Lee T. Todd, Jr., focused the University on achieving this goal through the development of a Top 20 Business Plan in 2005 that gained national prominence for its vision and detail.

"As the state's flagship institution, UK is mindful of its responsibility to help all Kentuckians," Todd says. "Our land-grant mission calls on us to make a positive impact across the state. We need to be an education leader, while remaining accessible to all Kentuckians. We need to be a cultural leader, sharing new ideas and opportunities across the state. And we need to be leading Kentucky's charge into the new economy. We are the catalyst for a new Commonwealth."

## STUDENTS

Students from 117 countries, every state in the nation and every Kentucky county provide a diverse learning and cultural environment that enriches the educational experience at UK. While the student population has enjoyed steady growth in the past several years, the average ACT score of entering freshmen has continually exceeded the national average and is competitive with UK's benchmark institutions – the top public universities in America. The high quality of UK's students is confirmed by their successful competition for the most prestigious awards, including the

Fulbright, Truman, Goldwater and Marshall scholarships. UK has twice been selected as one of only 13 universities nationwide to participate in the Beckman Foundation Scholarship Program, allowing the University to award grants of \$19,300 to students to support their own research projects. Boasting 12 Truman Scholars, UK has won recognition from the Harry S. Truman Foundation as an honor institution for exemplary participation in the program.

## OUTREACH

Thousands of Kentuckians from across the state feel the impact of UK's research and public service annually, through programs aimed at improving industrial productivity, agricultural profitability and home life. Programs like the Health Education through Extension Leadership bring the results of health research to local communities, helping boost the quality of life across the state.

Meanwhile, Kentuckians have responded to the University's commitment to the Commonwealth through their remarkable support of The Campaign for the University of Kentucky. The fund-raising effort – the largest in state history – to enhance facilities, academic programs, public service and scholarships recently surpassed its \$1 billion goal. The generosity of UK's alumni and friends allowed it to fully utilize its allocation of state support available through Kentucky's Research Challenge Trust Fund program.

## PROGRAMS

UK students enjoy an enormous array of choices, with some 200 majors and degree programs in 17 academic and professional colleges available. UK is one of only a few public universities nationally to house colleges of Agriculture, Arts and Sciences, Business and Economics, Communications and Information Studies, Dentistry, Design, Education, Engineering, Fine Arts, Health Sciences, Law, Medicine, Nursing, Pharmacy, Public Health, and Social Work on a single campus.

## RESEARCH

"Determination" is truly the word describing UK's focus on achieving its Top 20 research goal. For the last five years, the University has consistently exceeded \$200 million in sponsored projects awards. UK faculty recently attracted a record-breaking total of \$290 million in extramural funding for grants and contracts. A recent ranking placed UK at 24th among all



public universities for federal expenditures. Meanwhile, the inventiveness of UK faculty continue to earn the University its standing as 17th among land-grant universities, 34th among public universities and 57th overall in licensing income and patents. Another national ranking recently put UK 19th among public institutions for the scholarly productivity of its faculty.

## MEDICAL CENTERS

The UK Chandler Medical Center, opened in 1960, stands among the nation's finest academic medical centers. Its faculty, students and staff take pride in achieving excellence in education, patient care, research, and community service. One of two Level 1 Trauma Centers in Kentucky, UK cares for the most critically injured and ill patients in the region. More than 500 faculty physicians and dentists, 400 resident physicians and a staff of 3,200 health professionals provide care in the 473-bed UK Chandler Hospital and Kentucky Children's Hospital.

In spring 2007, ground was broken for a new \$525 million UK Chandler Hospital. This more than 1-million square foot facility, to be completed in 2011, is the cornerstone of a 20-year, \$2.5 billion plan to construct the Commonwealth Medical Campus of the Future. Among the campus' components are a now-under-construction \$120 million pharmacy building, additional research buildings, a new shared Health Sciences Learning Center, and additional buildings to house programs for the colleges of Medicine, Nursing, Health Sciences, Dentistry, and Public Health.

## LIBRARIES

No university can provide adequate opportunities to its students – or to the residents of the state it serves – without outstanding

library facilities. The University of Kentucky exceeds expectations because it operates a nationally recognized research library system, with the capstone being the world-class William T. Young Library. UK's book endowment is the largest among public universities. Its library network and technology provide extraordinary service to students in the colleges of Medicine, Law, Engineering, Fine Arts and other programs. Meanwhile, students, faculty and Kentucky residents can use UK Libraries'

## GENERAL INFORMATION

**Location:** Lexington, KY  
**Founded:** 1865  
**Enrollment:** 27,000  
**President:** Dr. Lee T. Todd, Jr.  
**Provost:** Dr. Kumble R. Subbaswamy  
**Executive Vice President for Finance and Administration:** Frank Butler  
**Executive Vice President for Health Affairs:** Dr. Michael Karpf

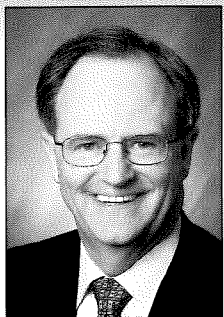
advanced technology to access the most up-to-date information from online journals, government publications and private studies.

## AGENDA

UK's agenda aims to accelerate the University's movement toward academic excellence in all areas and gaining worldwide recognition for its outstanding academic programs, its commitment to undergraduates, its success in building a diverse community, and its engagement with the larger society. It's all part of the University's strategy to help position Kentucky as a leader in American prosperity.



## DR. LEE T. TODD, JR., PRESIDENT



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 has 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. The Top 20 Business Plan has also gained support throughout the Commonwealth, as the Kentucky General Assembly fully funded the plan beginning in 2007-08.

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-



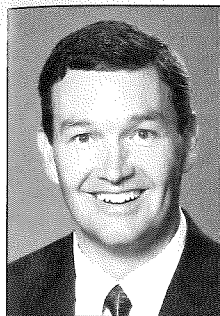
UK BOARD OF TRUSTEES AND ATHLETIC BOARD	
<b>Board of Trustees</b> (as of September 2007)	<b>Athletic Board</b> (as of July 1, 2007)
Mira S. Ball, Chair	Frank Butler
Stephen P. Branscum Vice Chair	Charles Cassis
Pamela Robinette May, Secretary	Dermontti F. Dawson
Penelope A. Brown	Luther Deaton
Dermontti F. Dawson	Alan DeSantis
Jeffrey B. Dembo	C. M. Gatton
Ann Brand Haney	Steve Hricenak
James F. Hardyman	Scott Kelley
Billy Joe Miles	Kathi Kern
Sandy Bugie Patterson	Frank Shoop
Phillip R. Patton	Gerald Smith
Nick Phelps	William B. Sturgill
Erwin Roberts	Kumble Subbaswamy
Charles R. Sachatello	Patricia Terrell
C. Frank Shoop	Lee T. Todd, Jr.
Myra Leigh Tobin	Bruce Walcott
JoEtta Y. Wickliffe,	
Billy B. Wilcoxson	
Russ Williams	
Ernest J. Yanarella	
	<b>Emeritus Member</b>
	S. T. Roach

edge, 21st century health care. As part of a revamped academic medical campus, UK will construct a new, one million square foot University of Kentucky Albert B. Chandler Hospital, a new College of Pharmacy, and a new University Health Service facility. All three of those projects are currently in progress.

President Todd is currently a member of the Board of Directors and Executive Committee for the American Council on Education (ACE) and the National Association of State Universities and Land-Grant Colleges (NASULGC). He also serves on NASULGC's Council of Presidents. He serves on the Equitable Resources Board of Directors and is chair of the National Science Foundation (NSF) Education and Human Resources Advisory Committee. He is chair of the Kentucky Council on Postsecondary Education's STEM (Science, Technology, Engineering, and Mathematics) Task Force and is also 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 sixth 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 its highest NACDA Directors' Cup finish (33rd in 2005-06) in eight years.

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, including women's basketball's Mickie DeMoss, volleyball's Craig Skinner, diving's Mike Lyden and baseball's John Cohen.

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.

Barnhart instructed his staff to seek out new revenue streams, and that resulted in a record

\$80 million multimedia rights agreement with Host Communications. 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 each spring, 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, basketball chief among them.

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

### THE BARNHART FILE

#### PERSONAL

**Birth date:** Aug. 27, 1959  
**Birthplace:** Kansas City, Kan.  
**Family:** Wife, Connie, daughters Kirby (19) and Blaire (16), and son Scott (13).

#### EDUCATION

Ottawa (Kan.) University (B.A. 1981)  
Ohio University (M.S. 1982)

#### CAREER

**Kentucky** — Athletics Director (2002-present)  
**Oregon State** — Athletics Director (1998-2002)  
**Tennessee** — Senior Assoc. AD (1986-98)  
**Southern Methodist** — Asst. Executive Director, Mustang Club (1983-86)  
**Oregon** — Regional Director, Duck Athletic Fund (1983)  
**San Diego State** — Intern, Aztec Foundation (1982-83)

Athletic Foundation at San Diego State (1982-1983). Barnhart, 48, is a native of Kansas City, Kan. He received his bachelor's degree from Ottawa University (Kansas) in 1981 and a master's in sports administration from Ohio University in 1982. He and his wife, the former Connie Brown, have three children, Kirby, 19, Blaire, 16, and Scott, 13.



## KENTUCKY ATHLETICS - ON THE RISE

When Kentucky athletics director Mitch Barnhart and his staff took over in Lexington, one of their stated goals was to compete for championships in all sports. By any measure, the Wildcats are on the right path, making it an exciting and rewarding time to be a part of Kentucky Athletics.

In the past three years, Kentucky has seen five coaches named SEC Coach of the Year after guiding their respective teams to tremendous success: John Cohen (baseball-2006), Mickie DeMoss (basketball-2006), Warren Lipka (soccer-2006), Mike Lyden (diving-2005-07) and Craig Skinner (volleyball-2005).

"We are competing in the greatest league in America," UK Deputy Director of Athletics Rob Mullens said. "When you succeed as a team or receive individual recognition, it shows you are competing at a very high level. We are focused on broad-based excellence, and when you have this kind of success, you can see that the vision is working."

Cohen was a unanimous choice for SEC Coach of the Year in 2006, after leading his team to a worst-to-first turnaround and the first SEC title in program history in just his third season at the helm.

Former women's basketball coach Mickie DeMoss led the Wildcats to a 22-9 record and a fourth-place finish in the SEC in the 2005-06 season. The team knocked off No. 1 Tennessee in February to highlight a season that saw the team make the NCAA tournament for the first time since 1999, advancing to the tournament's second round.

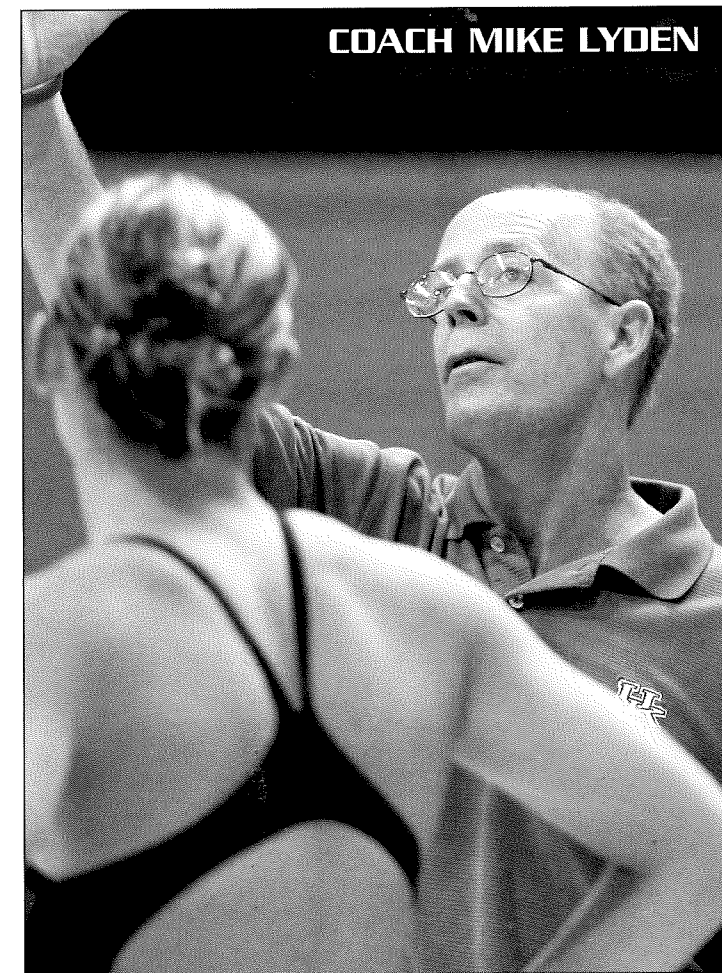
Lipka earned the SEC Coach of the Year in the fall of 2006, after his women's soccer team went on an incredible run to close the season and claim the SEC tournament title. The women's soccer team advanced to the NCAA tournament for the first time since 2002.

Diving Coach Mike Lyden has garnered the SEC Diving Coach of the Year in three consecutive seasons. During that time he coached his first national champion Taryn Ignacio in 2006. Ignacio's five SEC crowns led the way for an array of divers having success under Lyden's tutelage.

In his first year at the helm in 2005, Skinner inherited a volleyball squad that had not experienced a winning season in five years and hit the ground with the mindset that the timeline for success in the program was immediate. Skinner led the Cats to a 17-12 record, a 10-6 SEC mark and their first NCAA tournament appearance since 1993.

"It is a very exciting time to be a part of Kentucky Athletics," said Mullens. "It is great to see our vision succeeding throughout the whole department. To have five coaches win SEC Coach of the Year honors, it just shows an unbelievable passion and commitment to excellence that our coaches are demonstrating."

### COACH MIKE LYDEN



### KENTUCKY ATHLETICS

#### OUR MISSION

The University of Kentucky has a goal to become one of America's 20 best public research universities. In support of that goal, the University of Kentucky Athletic Association (UKAA) is dedicated to having a nationally prominent program with integrity, while keeping the focus on the student-athlete.

Our vision is to educate our student-athletes through graduation and compete for championships in all sports within a framework of fiscal responsibility, with a commitment to diversity in all areas, and to be compliant with university, state, SEC and NCAA rules and regulations. A high-energy departmental culture will be established that values integrity, sound fiscal policy and excellence in developing student-athletes to their full potential in academics and in competition.

#### UKAA'S FIVE PRINCIPLES

The UKAA uses the following five principles, which reflect the commitment to excellence and mission of the department:

- Be accountable and socially responsible
- Possess integrity
- Keep the focus on the student-athletes
- Provide sound fiscal management
- Compete for championships



## CENTER FOR ACADEMICS & TUTORIAL SERVICES

### CATS STAFF



**BOB BRADLEY**  
Associate  
Athletics Director



**BARBARA DENISTON**  
Director of  
Academic Services



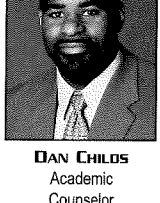
**MIKE HALEY**  
Director of  
Advising Services



**AMY CRAIGLOW**  
Academic  
Counselor



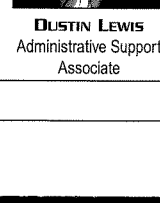
**KATRINA SALLY**  
Academic  
Counselor



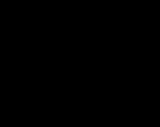
**JON ROSS**  
Academic  
Counselor



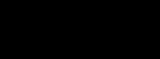
**D'ANN BLANKENSHIP**  
Staff Support  
Associate



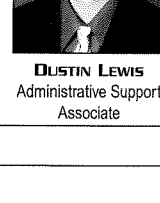
**MICHAEL STONE**  
Senior Academic  
Counselor



**DAN CHILDS**  
Academic  
Counselor



**MARTINA MARTIN**  
Career and Personal  
Development Coordinator



**DUSTIN LEWIS**  
Administrative Support  
Associate

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, Dan Childs,  
Jon Ross and Katrina Sally,  
Academic Counselors;
- Martina Martin, Lifeskills Coordinator;
- D'Ann Blankenship and Dustin Lewis, Staff Assistants.

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.

## THE WILLIAM T. YOUNG LIBRARY

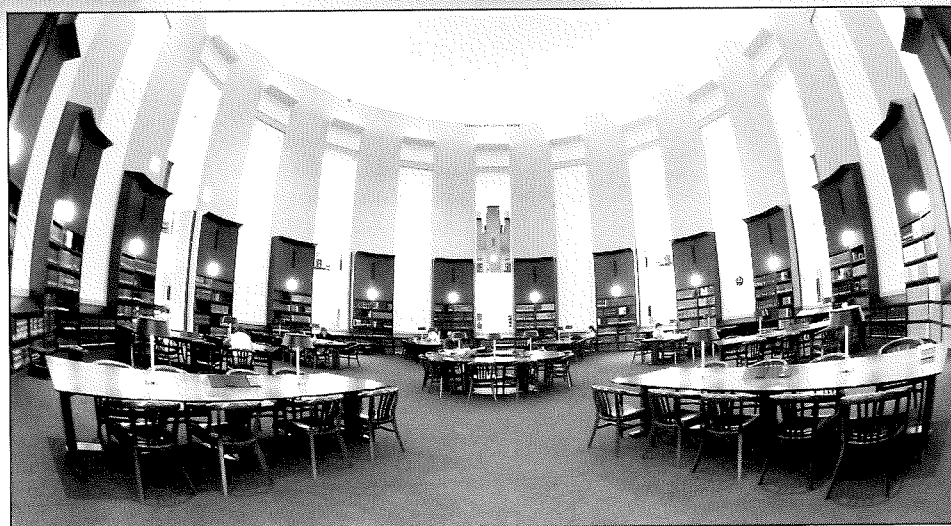
In addition to providing the finest in athletics facilities, the University of Kentucky also provides student-athletes with the best in academic facilities. One of the most recent additions to the educational landscape at UK is the \$58 million William T. Young Library.

- **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.



One of many study rooms in the library. The library can accommodate approximately 4,000 students at any time.

- **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

This is Lexington, home of the University of Kentucky. Located at the heart of Kentucky's famous scenic Bluegrass region, Lexington combines the excitement of a metropolitan area with the hospitality of a Southern hometown atmosphere.

With a population of 263,618, Lexington's size makes for the perfect college environment for the University. The city provides a wide range of activities for UK students and their visiting friends and families. For example, among other activities, Lexington visitors can:

- play golf on championship courses;
- tour the world-famous horse farms or visit the Kentucky Horse Park;
- sample the city's night life at the numerous restaurants and music clubs;
- explore the beautiful countryside;
- enjoy horse racing at the Keeneland Race Course and Red Mile Track;
- visit the historic homes;
- cheer on numerous sporting events, including UK's 22 sports teams, the Lexington Legends pro baseball team, and the Lexington Horsemen arena football team.

Thanksgiving through New Year's Eve is an especially beautiful time to visit Lexington, when the Horse Park's animated light display, "Southern Lights," warms the holiday season.

Lexington is a city to explore, from shopping and entertainment to one-of-a-kind restaurants and enjoyable accommodations — all within minutes of the UK campus.

The surrounding Bluegrass Region also has numerous tourist options: visit the Kentucky state capital in Frankfort; take a riverboat ride and revisit 19th-century America at the Shaker Village at Pleasant Hill; shop in Berea, the arts and crafts capital of Kentucky; see how bourbon is made at one of the area distilleries; or search for treasures from the past at one of 200 area antique shops.

Lexington residents and visitors to the area enjoy the hospitable, cosmopolitan environment.

For more information on the entertainment opportunities in Lexington, call the Lexington Convention and Visitors Bureau at 1-800-845-3959 or go to [www.visitlex.com](http://www.visitlex.com).

### LEXINGTON FACTS

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

**Population:** Lexington-Fayette County - 263,618

**Time Zone:** Eastern

**Average Temperatures:** (F°)

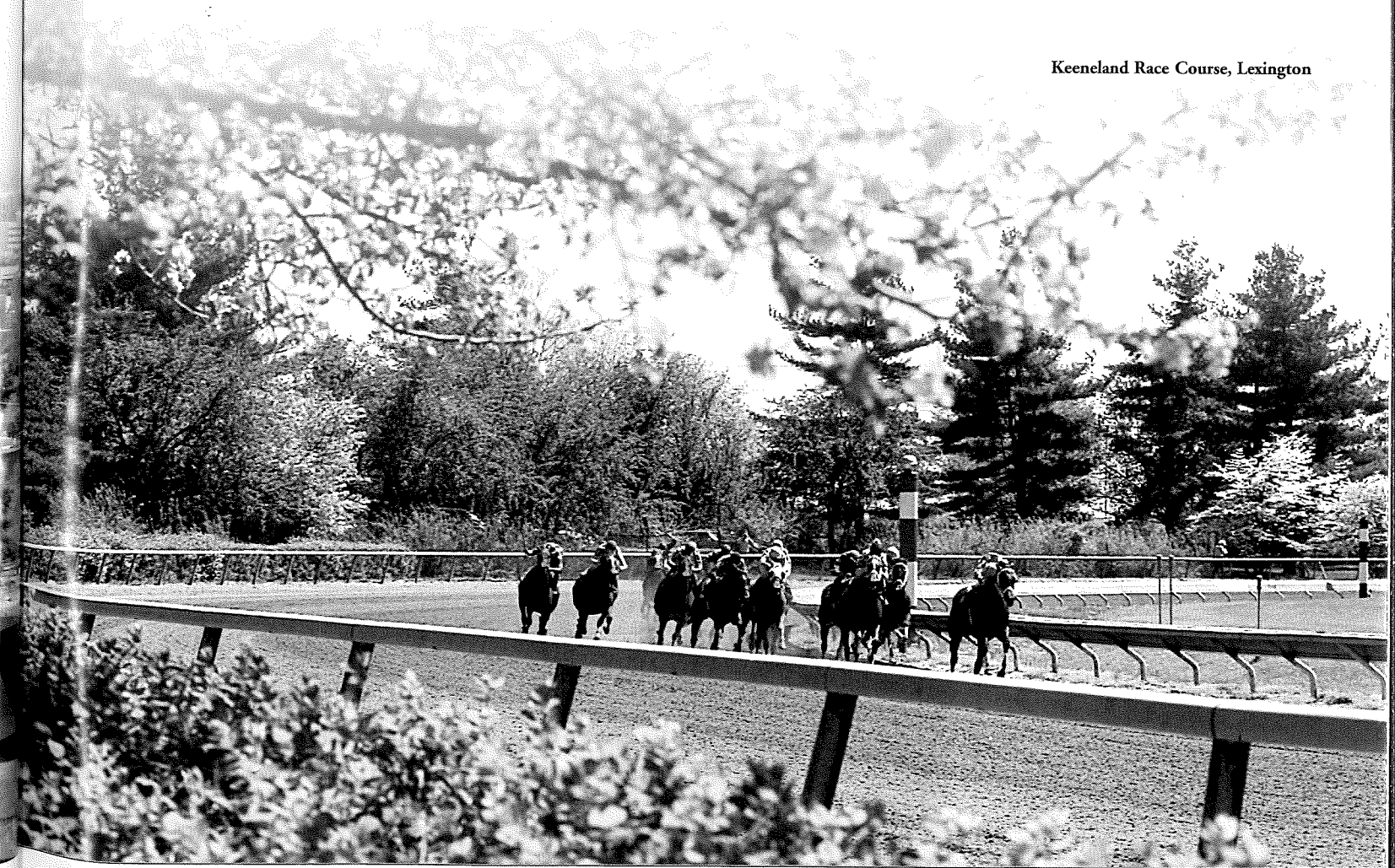
Spring - 74° high, 34° low

Summer - 86° high, 61° low

Fall - 79° high, 36° low

Winter - 54° high, 23° low

**Annual Precipitation:** 45.7 inches



Keeneland Race Course, Lexington

# KENTUCKY

## 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.

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.

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

— Jesse Stuart, Noted Kentucky Author



Horse Farm, Lexington  
photo courtesy of www.kentuckytourism.com

# 2007-08 OPPONENTS

## ALABAMA

Saturday, January 19 • Tuscaloosa, Ala.



**Location:** Tuscaloosa, Ala.  
**Enrollment:** 23,878  
**Nickname:** Crimson Tide  
**Colors:** Crimson and White  
**Conference:** Southeastern  
**President:** Dr. Robert E. Witt  
**Athletics Director:** Mal Moore  
**Facility:** Alabama Aquatic Center  
**2006-07 NCAA Finish:** (M): 14th (W): N/A  
**Head Coach:** Eric McQuham  
**Diving Coach:** Pat Greenwall  
**SID:** Roots Woodruff  
**SID Phone:** (205) 348-2088  
**SID E-mail:** rwoodruff@ia.ua.edu  
**SID Fax:** (205) 348-8841  
**Website:** www.rolltide.com

## CINCINNATI

Saturday, January 26 • Lexington, Ky.



**Location:** Cincinnati, Ohio  
**Enrollment:** 34,000  
**Nickname:** Bearcats  
**Colors:** Black and Red  
**Conference:** Big East  
**President:** Dr. Nancy L. Zimpher  
**Athletics Director:** Mike Thomas  
**Facility:** Keating Natatorium  
**2006-07 NCAA Finish:** N/A  
**Head Coach:** Monty Hopkins  
**SID:** Jeremy Martin  
**SID Phone:** (513) 556-5191  
**SID E-mail:** jeremy.martin@uc.edu  
**SID Fax:** (513) 556-0619  
**Website:** www.UCBearcats.com

## FLORIDA

Thursday, November 1 • Lexington, Ky. (women)  
Thursday, November 8 • Lexington, Ky. (men)



**Location:** Gainesville, FL  
**Enrollment:** 50,000  
**Nickname:** Gators  
**Colors:** Orange and Blue  
**Conference:** Southeastern  
**President:** Dr. Bernie Machen  
**Athletics Director:** Jeremy Foley  
**Facility:** Stephen C. O'Connell Center Natatorium  
**2006-07 NCAA Finish:** (M): 4th (W): 7th  
**Head Coach:** Gregg Troy  
**Diving Coach:** Donnie Craine  
**SID:** Meghan Gannon  
**SID Phone:** 352-375-4683 ext 6175  
**SID E-Mail:** meghang@gators.uaa.ufl.edu  
**SID Fax:** 352-375-4683  
**Website:** www.gatorzone.com

## INDIANA

Friday, November 30 • Lexington, Ky.



**Location:** Bloomington, Ind.  
**Enrollment:** 37,821  
**Nickname:** Hoosiers  
**Colors:** Cream and Crimson  
**Conference:** Big Ten  
**President:** Dr. Adam Herbert  
**Athletics Director:** Rick Greenspan  
**Facility:** Counsilman-Billingsley Aquatic Center  
**2006-07 NCAA Finish:** (M): 15th (W): 11th  
**Head Coach:** Ray Looze, Jr.  
**Diving Coach:** Dr. Jeff Huber  
**SID:** Melanie Schneider  
**SID Phone:** 812-856-2939  
**SID E-mail:** ms48@indiana.edu  
**SID Fax:** (812) 855-9401  
**Website:** www.iuhoosiers.com

## LOUISVILLE

Saturday, November 3 • Louisville, 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  
**2006-07 NCAA Finish:** (M): 36th (W): N/A  
**Head Coach:** Arthur Albiero  
**Diving Coach:** Pat Greenwall  
**SID:** Nancy Worley  
**SID Phone:** (502) 852-6581  
**SID E-mail:** nasmit01@gwise.louisville.edu  
**SID Fax:** (502) 852-7401  
**Website:** www.uoflports.com

## OHIO STATE

Saturday, January 12 • Columbus, Ohio (men)



**Location:** Columbus, Ohio  
**Enrollment:** 51,818  
**Nickname:** Buckeyes  
**Colors:** Scarlet and Gray  
**Conference:** Big Ten  
**President:** Dr. E. Gordon Gee  
**Athletics Director:** Eugene Smith  
**Facility:** Peppe Aquatic Center  
**2006-07 NCAA Finish:** (M): 12th (W): N/A  
**Head Coach:** Bill Wadley  
**Diving Coach:** Vince Panzano  
**SID:** Jackie Abbruzzese  
**SID Phone:** (614) 292-5052  
**SID E-mail:** N/A  
**SID Fax:** (614) 688-5736  
**Website:** www.OhioStateBuckeyes.com

## SOUTH CAROLINA

Friday, October 26 • Knoxville, Tn.



**Location:** Columbia, S.C.  
**Enrollment:** 27,390  
**Nickname:** Gamecocks  
**Colors:** Garnet and Black  
**Conference:** Southeastern  
**President:** Dr. Andrew Sorensen  
**Athletics Director:** Eric Hyman  
**Facility:** Carolina Natatorium  
**2006-07 NCAA Finish:** (M): 31st (W): 36th  
**Head Coach:** McGee Moody  
**Diving Coach:** Todd Sherritt  
**SID:** Emily Feeney  
**SID Phone:** (803) 777-5204  
**SID E-mail:** efeeney@gwm.sc.edu  
**SID Fax:** (803) 777-2967  
**Website:** www.GamecocksOnline.com

## TENNESSEE

Friday, October 26 • Knoxville, Tn.



**Location:** Knoxville, Tenn.  
**Enrollment:** 25, 627  
**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  
**2006-07 NCAA Finish:** (M): 11th (W): 10th  
**Head Coach:** John Trembley  
**Diving Coach:** Dave Parrington  
**SID:** Dustin Mynatt (M), Mark Brunner (W)  
**SID Phone:** (865) 974-1212  
**SID E-mail:** dmynatt1@utk.edu; mbrunner@utk.edu  
**SID Fax:** (865) 974-1269; (865) 974-8875  
**Website:** www.utsports.com; www.urladyvols.com

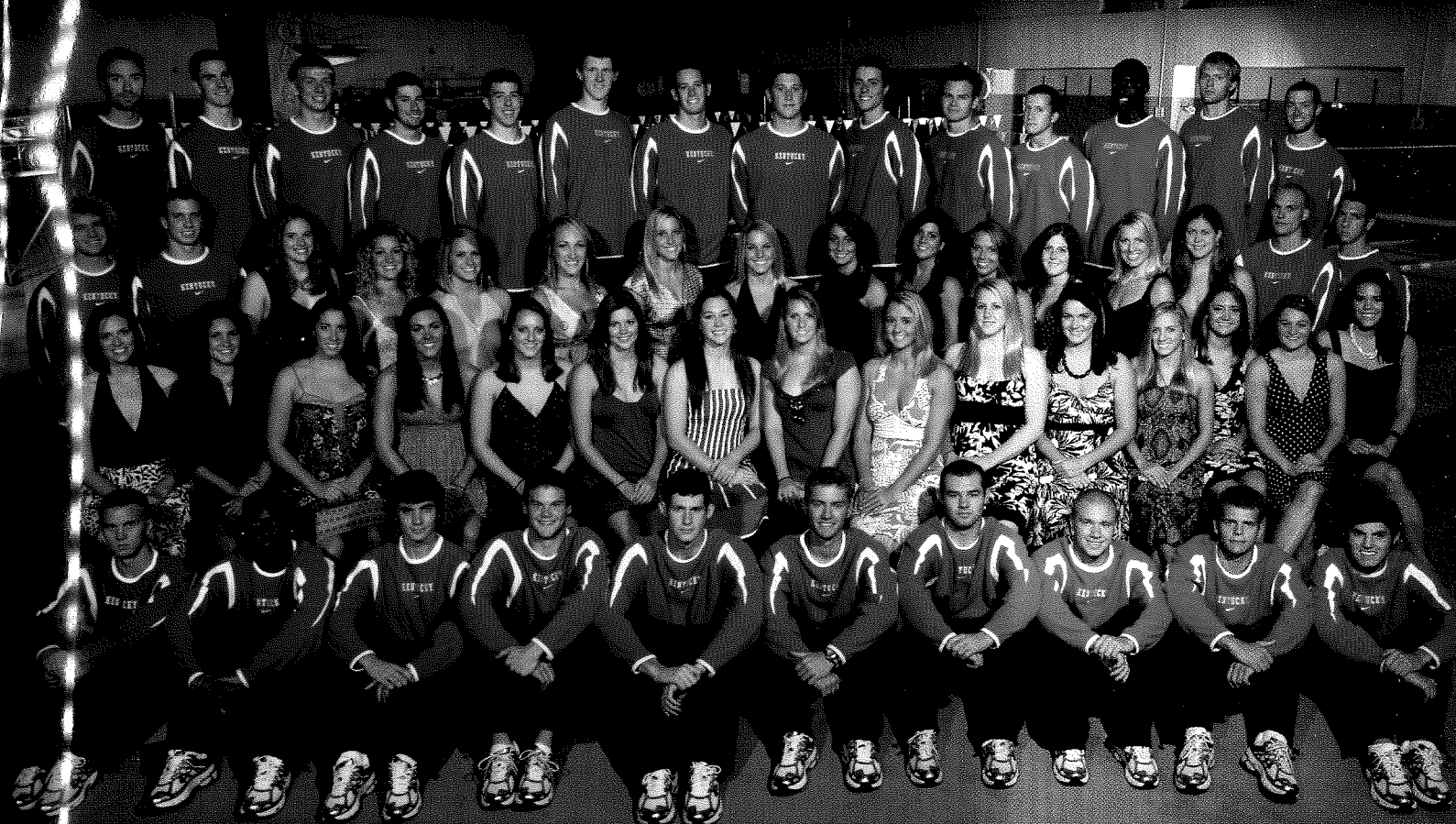
## VIRGINIA TECH

Saturday, October 27 • Blacksburg, Va.



**Location:** Blacksburg, Va.  
**Enrollment:** 28,00  
**Nickname:** Hokies  
**Colors:** Chicago Maroon and Burnt Orange  
**Conference:** Atlantic Coast  
**President:** Charles W. Steger  
**Athletics Director:** Jim Weaver  
**Facility:** War Memorial Pool (500)  
**2006-07 NCAA Finish:** (M): N/A (W): 22nd  
**Head Coach:** Ned Skinner  
**Diving Coach:** Ron Piemonte  
**SID:** Kelly Tilton  
**SID Phone:** (540) 231-6892  
**SID E-mail:** ktilton@vt.edu  
**SID Fax:** (540) 231-6984  
**Website:** www.hokiesports.com

# 2007-08 KENTUCKY WILDCATS

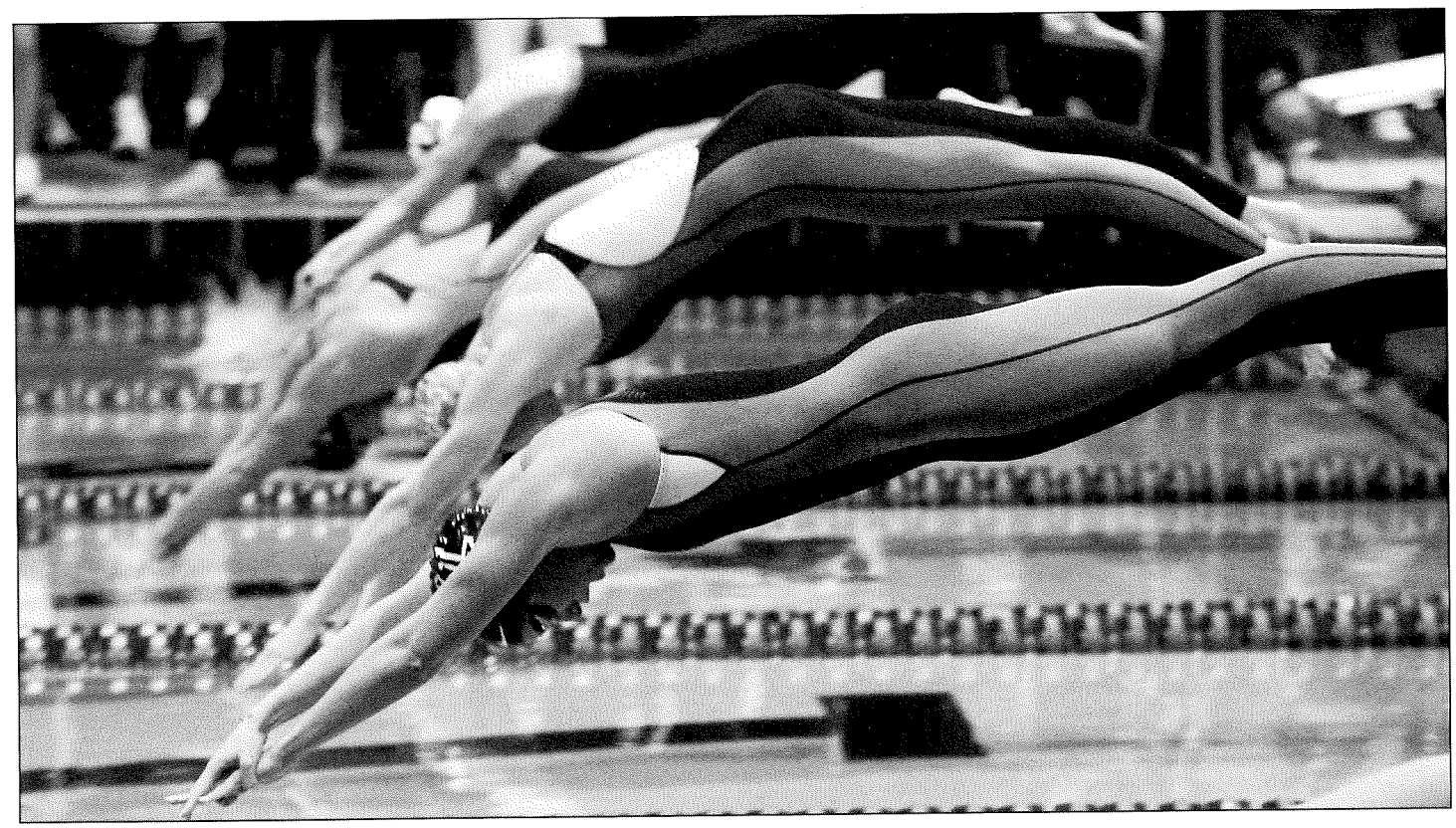


**Front Row (L-R):** Travis Muzzillo, Elvis Burrows, James Batley, Matt Barbiea, Tyler Reed, Justin Smith, Kevin Knezevich, Joe Retrum, Chris Upchurch, Drew Robinson

**Second Row (L-R):** Jill Southerlan, Becky Retrum, Lauryn Childress, Sydney Witzky, Megan Pulskamp, Lindsay Myhre, Lauren Willis, Casey Miller, Christina Morgan, Anna Sirmon, Kelly Rames, Danielle Weiss, Kayla Sergesketter, Keli Hnat, Kristina Sledge

**Third Row (L-R):** Reinhardt Strijdrom, Eric McGinnis, Chatham Penrod, Kari Retrum, Haleigh Kerns, Jessica Snowden, Jenny Bradford, Heather Bradford, Beth Parsons, Kelley Morrison, Leah Harms, Lindsey Graessle, Blair Barrett, Jenna Newsome, Warren Grobbelaar, Julio Vallette

**Back Row (L-R):** Will Vietti, Kyle Greene, Colin Faris, Max Clark, Stephen Andrews, Matt Bierwirth, Grant Nelson, Marco Iemmola, Shane Eliason, Kristian Outinen, Justin Max, Alex Forbes, Chris Richard, Kevin Ryan



# SWIMMING & DIVING 2007-08

## OCTOBER

26 (Fri.) at Tennessee/South Carolina 3:00 p.m.  
27 (Sat.) at Virginia Tech 1:00 p.m.

## NOVEMBER

1 (Thurs.) **FLORIDA (WOMEN)** 3:00 p.m.  
3 (Sat.) at Louisville 2:00 p.m.  
8 (Thurs.) **FLORIDA (MEN)** 3:00 p.m.  
15-17 (Thurs.-Sat.) at Nike Cup All Day  
30 (Fri.) **INDIANA** 5:00 p.m.

## DECEMBER

18 (Tues.) at Indian River C.C. TBA

## JANUARY

12 (Sat.) at Ohio State (men) TBA  
19 (Sat.) at Alabama TBA  
26 (Sat.) **CINCINNATI** 1:00 p.m.

## FEBRUARY

20-23 (Wed.-Sat.) at SEC Championships All Day

## MARCH

20-22 (Thurs.-Sat.) at NCAA Championships (women) All Day  
27-29 (Thurs.-Sat.) at NCAA Championships (men) All Day

Home meets are in **BOLD**



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