



2006-2007 CRUSADER SWIMMING & DIVING



HOLY CROSS AT A GLANCE



Location: Worcester, Mass. 01610
 Founded: 1843
 Enrollment: 2,788
 Color: Royal Purple
 Nickname: Crusaders
 Affiliations: NCAA Division I, Patriot League
 Home Pool: Hart Recreation Pool
 President: Rev. Michael C. McFarland, S.J.
 Director of Admissions: Ann McDermott '79
 Office Phone: (508) 793-2443
 Associate Director of Financial Aid: Lynne M. Myers
 Office Phone: (508) 793-2265
 Director of Athletics: Richard M. Regan, Jr. '76
 Associate Director of Athletics: Bill Bellrose '77
 Associate Director of Athletics: Ann Zelesky
 Associate Director of Athletics: Rose Shea '87
 Assistant Director of Athletics: Ralph Willard '67
 Assistant Director of Athletics/Marketing, Media Relations: Frank Mastrandrea '88
 Director of Athletic Media Relations: Charles Bare
 Assistant Director of Media Relations: Jim Wrobel
 Assistant Director of Media Relations: Megan Cross
 Athletic Media Relations Assistant/Swimming & Diving Contact: Meredith Buzzi
 Buzzi's Email: mbuzzi@holycross.edu
 Office Phone: (508) 793-3582
 Fax: (508) 793-2309
 Web Site: www.goholycross.com
 Swimming Head Coach/Aquatics Director: Barry Parenteau (Bridgewater St. '74)
 Diving Head Coach: Wilson Aybar
 Office Phone: (508) 793-3430
 E-Mail: bparenteau@holycross.edu, waybar@holycross.edu

THE MISSION STATEMENT

College of the Holy Cross - Department of Athletics

The Mission of the Athletic Department of the College of the Holy Cross is to promote the intellectual, physical, and moral development of students. Through Division I athletic participation, our young men and women student-athletes learn a self-discipline that has both present and long-term effects; the interplay of individual and team effort; pride and self-esteem in both victory and defeat; a skillful management of time; personal endurance and courage; and the complex relationships between friendship, leadership, and service. Our athletics program, in the words of the College Mission Statement, calls for "a community marked by freedom, mutual respect, and civility."

Besides teaching these virtues, a few sports played at Holy Cross have the added value of focusing alumni and student support and enhancing our reputation locally and nationally. While Holy Cross continues to commit itself to accomplishment in these sports, which are a rich part of our tradition, we choose to do so in a way that complements the pursuit of academic excellence.

Holy Cross is committed to the guiding principles of the Patriot League, of which we are a founding member: presidential control of athletics; the cultivation of the ideal scholar-athlete; and participation in a wide variety of sports. Commitment to the last principle assures that the College sponsors, in a very evident way, gender equity. The department of athletics is also committed to compliance with all College policies and regulations involved in Division I membership in the National Collegiate Athletic Association and the Eastern College Athletic Conference. As a member of the NCAA, Holy Cross also advocates student-athlete welfare, diversity, gender equity, sportsmanship, and ethical conduct in its athletic programs.

The 2006-2007 Holy Cross Men's and Women's Swimming and Diving Media Guide is published by the College of the Holy Cross Athletic Department. EDITING AND TYPESETTING: Meredith Buzzi. EDITORIAL ASSISTANCE: Charles Bare, Jim Wrobel and Megan Cross. PHOTOGRAPHY: Holy Cross Athletic Media Relations, Holy Cross Archives, Holy Cross Public Affairs, and Paul Bourke. PRINTING: Holy Cross Graphic Arts.



HEAD COACH BARRY PARENTEAU



Barry Parenteau, 31st Season

Head Coach Barry Parenteau enters his 31st season as head coach of the Holy Cross women's team and fourth as the men's coach after taking over the program following the retirement of his father, Paul, who guided the Crusader men for more than 30 years.

Parenteau, who has been with the women's team since its inception in 1975, assumed a full-time role at Holy Cross in 1983 when he was named Aquatics Director of the newly built swimming and diving facility at the Hart Recreation Center. The only coach the women's program has ever known, Parenteau also served as an assistant coach with the men since his arrival at Holy Cross.

Parenteau began swimming competitively for the YMCA in Worcester in his youth. After graduating from St. John's High School in Shrewsbury, Mass., he continued his competitive swimming career at Bridgewater State College where he held school records in 50-, 100-, 200-yard freestyle events.

The highly respected Parenteau was honored as Coach of the Year in the Metro Atlantic Athletic Conference after the 1984-85, 1987-88, and 1989-90 campaigns. In 1986-87, the Holy Cross women had their finest season ever, finishing with a 9-1 dual meet slate and a sixth place finish at the New England Championships. Last season, the Crusader women were 2-7-1 overall placing eighth at the Patriot League Championships at Navy. Parenteau is now 117-125-1 for his career. The Crusader Swimming & Diving programs began competition within the Patriot League during the 1990-91 academic year.

Parenteau has produced numerous standout performers in his tenure at Holy Cross. Callie Taffe '81, the former school record holder in the 50-yard breaststroke, earned AIAW All-America honors in 1981. Taffe, Marie Kenny '85 and Mary McNaughton '87 have all been inducted into the Holy Cross Varsity Club Hall of Fame. School record holders Jill Addesa '92 and Coleen Lynch '95 captured Swimmer of the Year honors at the Patriot League Championships.

Parenteau has his American Swimming Coaches Association (ASCA) Level III certification, in addition to being certified in lifeguard training and water safety, and standard first aid and adult CPR. He is a 37-year volunteer with the American Red Cross and is a nationally-certified pool and spa director. Parenteau is also a member of the Central Massachusetts Conference of Football Officials, refereeing both high school and college football games in the ECAC. A popular and long-time member of the College's athletic association, Parenteau makes his home in nearby Millbury with his wife Dale and their three daughters, Laine, Kaley, and Malen.





COACHING STAFF



Paul Parenteau, Volunteer Coach

Paul Parenteau handed over the reigns to his son Barry in 1996 after a successful 30-year reign as men's head coach. A knowledgeable coach and invaluable stroke technician, Parenteau now serves as a volunteer coach for both the men's and women's teams. Since 1965, he has committed himself to building the Holy Cross swimming program. Parenteau started at HC when there was no pool. In the early years, he carpooled his swimmers throughout the Worcester area in order to keep an active program for the Crusaders. Parenteau and his wife, Lorraine, reside in Worcester.



Wilson Aybar, Head Diving Coach

Wilson Aybar joins Holy Cross for his fourth season as the head diving coach. The 1999 graduate of Clark University was a four year member of the swimming and diving team. He received the Most Improved Diver Award in 1996 as well as a record holder for 1 Meter and 3 Meter springboards. He also served as the head diving coach for Clark University and WPI from 2000 to 2003. He has been the head diving coach for the Nashawtuc Country Club Team from the summer of 2000 to the present. He is also currently instructing area high school divers at the Central Massachusetts Diving Club. During his first season at Holy Cross he has train divers to qualify for NCAA zones as well as place top 5 at championships. Aybar makes his home in Webster with his wife, Marisol, and their 5 year old son Wilson Jr.



Ian Hennessey, Assistant Swimming Coach

Ian Hennessey is entering his first season as the Assistant Swimming Coach for Holy Cross. He will be responsible for much of the strength and conditioning program as well as on-deck coaching. A 2003 graduate of Holy Cross, Hennessey finds himself in the Holy Cross record books for a variety of relays. Along with former teammates Steve Finnoch, Mike Emmons and Scott Rimm, Hennessey helped set school records in the 400 Medley Relay, and the 200, 400 and 800 Free Relays. After graduating from Holy Cross in 2003, Hennessey went into the Air Education Training Command for the United States Air Force.

After completing the training with a rank of 2nd Lieutenant, Hennessey was named Assistant Officer in Charge of the Missile Maintenance Team Section in 2003. After showing impressive leadership skills, Hennessey moved up to 1st Lieutenant and was named Officer in Charge of the Vehicle Support Section in 2004 and then progressed onto be Officer in Charge of the Missile Handling Section in 2005. In high school, Hennessey coached a team of young swimmers in East Greenwich, Rhode Island named the Greenwich Club Gators. Hennessey lives in Marlborough with his wife, Beth Jenusaitis-Hennessey '04.



THE PATRIOT LEAGUE



The Patriot League, which was founded on the principles of admitting athletes who are academically representative of their class, is in its second decade of academic and athletic achievement. Participation in athletics at Patriot League institutions is viewed as an important component of a well-rounded education.

The Patriot League began as a successful Division I-AA football conference in 1986. Full League members include American, Army, Bucknell, Colgate, Holy Cross, Lafayette, Lehigh and Navy. Associate members include Fordham (football) and Georgetown (football).

These member institutions are among the oldest and most prestigious in the nation. Alumni from Patriot League colleges and universities have played a leadership role in the shaping of our country.

In the classroom, the League's full-member institutions, individually and collectively, consistently rank among the top Division I programs in the NCAA Graduation Rates Report. For the sixth straight year the Patriot League ranked first among all Division I conferences in student-athlete graduation rates according to the NCAA Graduation Rates report.

League members have also distinguished themselves on the field of play. Patriot League sponsors championship competition in 23 sports (11 for men; 12 for women). Championship teams from 14 sports are guaranteed advancement into the NCAA Championships: baseball, men's and women's basketball,

field hockey, football, men's golf, men's and women's lacrosse, men's and women's soccer, softball, men's and women's tennis and volleyball.

In the league's history, more than 165 teams have been selected for post-season play in the NCAA, ECAC or National Invitational tournaments. The League also boasts 61 student-athletes who have qualified for NCAA Championships, the pinnacle of collegiate individual competition. A total of 176 Patriot League student-athletes have earned All-America honors.

During the past four academic years, 67 of the Patriot League's 89 Scholar-Athletes of the Year also received All-League status for their exemplary athletic performance. Additionally, 21 of the Scholar-Athletes honored were named Players of the Year or Performers of the Meet in their respective sport.

In the league's history, 131 Patriot League student-athletes have been recognized as CoSIDA Academic All-Americans, while more than 8,600 more have qualified for the League's Academic Honor Roll by accumulating a 3.2 grade-point average and earning a varsity letter. Twenty-seven student-athletes have received NCAA Postgraduate Scholarships. Additionally, Patriot League student-athletes have earned two Fulbright Scholarships, a Rhodes Scholarship, a Luce Foundation Scholarship, a Marshall Scholarship, three NACDA/Disney Scholarships, five National Football Foundation Scholarships and three ECAC/Robbins Scholar-Athlete of the Year awards among their many accomplishments.

Patriot League Award Winners

Scholar-Athlete of the Year

Jill Addesa, 1991 & 1992

Patriot League All-Decade

Jill Addesa '92
Coleen Lynch '95

Patriot League Diver of the Year

Kim Rinaldi 2001 & 2002

P.L. Diving Coach of the Year

Brian Boyer 2001 & 2002

2005-2006 Patriot League Academic Honor Roll

Hugh Hayden
Matthew Talucci
Matt Frigault
Andrew Ferrara
Chris Smith
David Drummond
Matthew Grogan
Brian Hendrickson
Kevin Kitson
Ian MacLaren
John Ringwood
Kevin Mullanery
Erica Little
Katherine Marone

Colleen Connors
Michaela Lincoln
Whitney Schmitt
Allison Yoho
Aislinn Kelly
Jen Knapp
Erica Archer
Andrea Doherty
Courtney Pinkham
Rachel Quaden
Dana Jorgensen
Ali Lincoln
Mary-Elizabeth Maher
Katie Loughlin



2006-2007 CAPTAINS

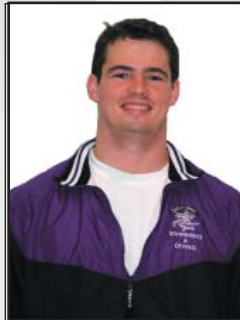


Erica Archer Junior - Freestyle Schenectady, N.Y.

Competes in 50, 100, and 200-yard freestyle events ... Career bests include 25.2 in the 50, 55.4 in the 100 and 2:01 in the 200.

Personal: Erica Lynn Archer ...

Born August 27, 1986 ... Daughter of Patrick and Patricia Archer ... Has four sisters: Tara, Shannon, Kerry, Leanne...Majoring in Biology ... Career aspiration is to be a ophthalmologist ... Swam at Niskayuna High School for coach Kate Bleser... In 2003, the Niskayuna swim team won the Section II Championship... Also swam for the Southern Saratoga YMCA Barracudas.



Brian Jackson Senior - Fly/Free Phoenixville, Pa.

Competes mainly in 100-yard and 200-yard butterfly events... Career bests: 2:02.00 in the 200-yard butterfly and 54.12 in the 100-yard butterfly... Also competes in relay events.

Personal: Brian E. Jackson ... Born December 18, 1984 ... Son of Edward and Debbie Jackson ... Has one sister...

Majoring in Economics with a career objective in Accounting... Swam four seasons of varsity swimming at The Hill School under head coach Mark Nelson... Captained the team in 2002-2003... Was MVP of the team in 2002-2003... Was a member of the varsity Water Polo team at The Hill School for three seasons... Was named to All East Water Polo team in 2003... Earned the Wilbur C. Riley Award for outstanding leadership and sportsmanship in athletics in 2003.



Aislinn Kelly Senior - Diving Sandwich, Mass.

Competes in diving events... Career best in 1M Dive 180 points over six dives... Career best in 3M Dive: 180 points over six dives.

Personal: Aislinn Kelly... Born September 2, 1984... Daughter of Brian and Ann Bartlett-Kelly... Has three siblings: Liam, Padraic and Roisin... Majoring in Studio Art... Attended Sandwich High School.



Andrea Doherty Junior- Butterfly Needham, Mass.

Competes mainly in freestyle and butterfly events, including the 50 fly, 100 fly, 200 fly and the 200 free ... Career bests consist of 27.09 in the 50 fly, 59:30 in the 100 fly, 2:13:42 in the 200 fly and the 1:59 in the 200 free...

Doherty holds the Holy Cross records in the 50 and 100 fly events.

Personal: Andrea Marie Doherty ... Born January 21, 1986 ... Daughter of Anne Doherty ... Has two sisters: Christine and Stephanie...Majoring in English, Creative Writing ... Swam at Needham High School for coach Genevieve Carney (Holy Cross alum)... Captain of the team in 2004... Named Team MVP in 2004.



Kevin Mullaney Senior - Free/IM Livingston, N.J.

Competes mainly in the 50 yard, 100 yard the 200 yard butterfly events... Career bests: 57.23 in the 100 yard butterfly and 2:09 in the 200 yard butterfly... Also participates in relay events.

Personal: Kevin Francis Mullaney ...

Born May 10, 1895 ... Son of Kenneth and Marie Mullaney ... Has one sister, Maura and one brother, Matthew '11... Majoring in English with a career objective in Business ... Swam at Seton Hall Prep under head coach Randy Schweitzer... Captained the team in 2002-2003... Seton Hall Prep was Iron Hills Champion and Essex County Champion all four years that Mullaney participated... Also a decorated member of the Holy Cross Tae Kwo Do Club.



Rachel Quaden Junior - Back/Fly Chelmsford, Mass.

Competes mainly in backstroke and butterfly events... Career best: 1:04 in the 100-yard backstroke, 2:21 in the 200-yard backstroke, 1:02 in the 100-yard butterfly, 2:17 in the 200-yard butterfly and 2:21 in the 200-yard individual medley... Also competes in relay events.

the 200-yard individual medley... Also competes in relay events.

Personal: Rachel Quaden... Born June 18, 1986... Daughter of Rob and Carol Quaden... Has one brother, Adam... Majoring in Math-Pre-Med with a career objective of becoming a doctor... Attended Chelmsford High School.

2006-2007 SEASON PICTURES





2006-2007 MEN'S ROSTER



Name	Cl.	Event(s)	Hometown/High School
Robert Acher,	SO	Free/Back	Ames, Iowa/Ames
Ryan Boate,	FR	Distance/Free	Pleasantville, N.Y./Fordham Prep.
Aaron Brosnan	FR	IM/Fly	Westford, Mass./St. John's Prep
Brian Conaster	SO	Diving	Columbus, Ill./
Michael Dougher	FR	Free	Amherst, N.Y./Canisius High School
David Drummomd	SO	Free	Swampscott, Mass./Swampscott
Stephen Dutton	JR	Free	Burlington, Mass./ Burlington
Matt Frigault	SR	Breast/Free	East Freetown, Mass./Apponequet
Matthew Grogan	SO	Free	Allenwood, N.J./Wroll
Brian Hendrickson	SO	Free/Back	West Hartford, Conn./Hall
Brain Jackson	SR	Fly/Free	Pheonixville, Pa./The Hill School
Dan Kennedy	SO	Free	Bolton, Conn./Xavier HS
Brian Lasonde	SO	Free/Fly	East Longmeadow, Mass./East Longmeadow
Steve Lawlor	SR	Breast	Farmington, Conn./Farmington
Brian Livingston	FR	Breast/IM	Auburn, Wa./O'Dea High School
Ian MacLaren	SO	Free	Cortez, Colo./Montezuma Cortez
Louis Marquet	SO	Free	Reston, Va./Bishop Ireton
James McCollough	SO	IM/Fly	Orefield, Pa./Allentown Central Catholic
Joseph McShane	FR	Free	Chatham, N.J./Chatham
Kevin Mullanney	SR	Free/IM	Livingston, N.J./Seton Hall Prep
Stefan Opolski	FR	Free/Back	Haverhill, Mass./Haverhill
Conor O'Neil	SO	Diving	Concord, Mass./St. Sebastian's School
Sean O'Reilly	SO	Free	Bronx, N.Y.
Brendan Poh	SO	Diving	Meredith, N.H./New Hampton
Ray Provo	SO	Diving	Lakeside, Calif./
Michael Ragone	FR	Breast	New Rochelle, N.Y./Regis
John Ringwood	SO	Free	Cheshire, Conn./Cheshire
Joshua Rodrequez	FR	Diving	Dudley, Mass./Shepherd Hill
Matthew Shea	JR	Diving	Sandwich, Mass./Sandwich
Chris Smith	JR	Free	West Haven, Conn./Notre Dame
Francis Sweeney	JR	Free	Philadelphia, Pa./St. Joseph Prep
Matthew Shea	JR	Diving	Sandwich, Mass./Sandwich

Head Swimming Coach - Barry Parenteau (31st Season, Bridgewater St. '74)

Diving Coach - Wilson Aybar (Fourth Season, Clark University '99)

Assistant Swimming Coach - Ian Hennessey (First Season, Holy Cross '03)

Volunteer Assistant Coach - Paul Parenteau (41st Season)

Captains - Brian Jackson '07 and Kevin Mullanney '07



MEN'S INDIVIDUAL RECORDS



Dist.	Event	Athlete	Time/Score	Loc.	Date
50	Freestyle	Scott Rimm	21.25	PL	Feb. 26, 2004
100	Freestyle	Scott Rimm	46.22	PL	Feb. 22, 2003
200	Freestyle	Scott Rimm	1:41.24	PL	Feb. 22, 2003
500	Freestyle	Mike Emmons	4:38.11	PL	Feb. 14, 2002
1000	Freestyle	Mike Emmons	10:01.66	VT	Jan. 13, 2002
1650	Freestyle	Mike Emmons	16:46.28	ECAC	Feb. 28, 2003
100	Backstroke	Scott Rimm	52.29	PL	Feb. 14, 2002
200	Backstroke	Mark Fretta	1:58.39	ECAC	March 2, 1996
100	Breaststroke	Kevin Walsh	59.79	Holy Cross	Feb. 10, 1990
200	Breaststroke	Kevin Walsh	2:11.40	URI	Feb. 23, 1990
100	Butterfly	Mike Emmons	51.84	PL	Feb. 15, 2002
200	Butterfly	Mike Emmons	1:53.62	PL	Feb. 16, 2002
100	IM	Rich Schoeb	57.19	Bridgewater	Feb. 1, 1987
200	IM	Mike Emmons	1:58.17	ECAC	Feb. 28, 2003
400	IM	Mike Emmons	4:12.17	ECAC	Feb. 28, 2003
200	Medlay Relay	(Rimm, Tom Connors)	1:39.53	PL	Feb. 22, 2003
400	Medlay Relay	(Rimm, Steve Finocchi, Emmons, Ian Hennessey)	3:34.34	PL	Feb. 14, 2002
200	Free Relay	(Finocchi, Hennessey, Emmons, Rimm)	1:27.03	PL	Feb. 14, 2002
400	Free Relay	(Finnocchi, Hennessey, Emmons, Rimm)	3:11.59	PL	Feb. 16, 2002
800	Free Relay	(Emmons, Hennessey, Finocchi, Rimm)	7:02.49	PL	Feb. 15, 2002

DIVING RECORDS

1 M	Diving	J. Merritt Brown (Five required)	144.65	Providence	Feb. 1, 1986
1 M	Diving	Louis Minora (Optional)	210.33	Providence	Nov. 10, 1998
1 M	Diving	Tim Tuck (Six dives)	228.15	N/A	2003
1 M	Diving	Louis Minora (11 dives)	387.50	Colgate	Feb. 14, 1998
3 M	Diving	Louis Minora (Six dives)	213.13	Maine	Nov. 14, 1998
3 M	Diving	Tim Tuck (11 dives)	354.20	N/A	2003



2006-2007 WOMEN'S ROSTER



Name	Cl.	Event(s)	Hometown/High School
Maddie Alanis	SO	Distance/IM	LaJolla, Calif./Our Lady of Peace
Erica Archer	JR	Free	Schenectady, N.Y./Niskayuna
Alisha Carrazza	FR	Free/IM/Dist.	Boonton Township, N.J./Mt. Lakes
Bridget Cass	FR	Free	Laconia, N.H./Laconia
Juliette Cormier	JR	Diving	Morrisville, Vt./People's Academy
Emily Cupelo	SO	Free	Manlius, N.Y./Christian Brothers Acad.
Andrea Doherty	JR	Fly	Needham Heights, Mass./Needham
Katelyn Duffy	SO	Free	Franklin Lakes, N.J./Indian Hills
Amanda Dugan	JR	Free	Saddle River, N.J./Nothern Highlands
Caitlyn Duggan	JR	Free	Norwood, Mass./Norwood
Maggie Gousman	FR	Breast	Fanwood, N.J./Mount St. Mary Acad
Kathleen Horohoe	JR	IM/Back	Londonderry, N.H./Londonderry
Aislinn Kelly	SR	Diving	Sandwich, Mass./Sandwich
Erica Little	SO	Diving	Attleboro, Mass./Attleboro
Katie Loughlin	SO	Diving	Leawood, Kan./Blue Valley
Susana Lynch	JR	Diving	Quincy, Mass./The Newman School of Boston
Mary-Elizabeth Maher	SO	Breast	Milford, Mass./Ursuline Academy
Katherine Marone	SO	Diving	West Hartford, Conn./Conard
Rachael Martinez	FR	Diving	Chelmsford, Mass./
Stephanie Opolski	FR	Free/Breast	Haverhill, Mass./Haverhill
Rachel Quaden	JR	Back/Fly	Chelmsford, Mass./Chelmsford
Christina Simollardes	JR	Back	Sudbury, Mass/Lincoln-Sudbury
Lauren Tatro	FR	Back	Charlotte, N.C./
Alyson Young	FR	Diving	Maplewood, N.J./Oak Knoll School

Head Swimming Coach - Barry Parenteau (31th Season, Bridgewater St. '74)

Diving Coach - Wilson Aybar (Fourth Season, Clark University '99)

Assistant Swimming Coach - Ian Hennessey (First Season, Holy Cross '03)

Volunteer Assistant Coach - Paul Parenteau (40th Season)





WOMEN'S INDIVIDUAL RECORDS



Dist.	Event	Athlete	Time/Score	Loc.	Date
50	Freestyle	Laura Brennan	24.34	PL	Feb. 14, 2002
100	Freestyle	Coleen Lynch	51.53	ECAC	Mar. 4, 1995
200	Freestyle	Coleen Lynch	1:50.52	Navy	Feb. 17, 1995
500	Freestyle	Coleen Lynch	4:56.20	Navy	Feb. 16, 1995
1000	Freestyle	Coleen Lynch	10:23.29	Holy Cross	Jan. 17, 1995
1650	Freestyle	Liz Abbott	17:16.26	Army	Feb. 14, 1988
50	Butterfly	Emily Ferris	27.37	PL	Feb. 21, 2003
100	Butterfly	Maura Malone	59.33	URI	Dec. 4, 1998
200	Butterfly	Allyssa Bates	2:10.16	Army	Feb. 29, 1992
50	Backstroke	Emily Ferris	28.32	PL	Feb. 21, 2003
100	Backstroke	Emily Ferris	59.71	PL	Feb. 21, 2003
200	Backstroke	Emily Ferris	2:08.36	PL	Feb. 21, 2003
50	Breaststroke	Kristen Spissinger	31.90	PL	Feb. 15, 1997
100	Breaststroke	Kristen Spissinger	1:08.12	Colgate	Nov. 1, 1997
200	Breaststroke	Kristen Spissinger	2:26.62	Colgate	Nov. 1, 1997
200	IM	Kara Brennan	2:10.60	PL	Feb. 13, 1998
400	IM	Kara Brennan	4:37.16	PL	Feb. 13, 1998
200	Medlay Relay	(Kelly Wilde, Siobhan O'Neil, Maura Malone, Stefanie Lawlor)	1:49.96	PL	Feb. 12, 1999
400	Medlay Relay	(Malone, O'Neil, Brennan, Lawlor)	4:01.64	PL	Feb. 11, 1999
200	Free Relay	(O'Neil, Liz Sorcinelli, Malone, Lawlor)	1:39.44	PL	Feb. 11, 1999
400	Free Relay	(Jill Addesa, Laura Whalen, Sara Naill, Coleen Lynch)	3:38.12	Army	Feb. 29, 1992
800	Free Relay	(Lynch, Whalen,	7:54.49	Army	Feb. 28, 1992

DIVING RECORDS

1 M	Diving	Amy Straskulic (Five required)	166.50	Providence	Nov. 10, 1998
1 M	Diving	Amy Straskulic (Optional)	169.73	Providence	Nov. 10, 1998
1 M	Diving	Carrie Pucko (Six dives)	270.15	CCSU/VT	2003
1 M	Diving	Carrie Pucko (11 dives)	391.20	URI	Dec. 1, 2000
3 M	Diving	Kim Rinaldi (Six dives)	283.13	Fairfield	Jan. 24, 2001
3 M	Diving	Kim Rinaldi (11 dives)	456.70*	PL	Feb. 16, 2002

* Patriot League Record



HART RECREATION POOL

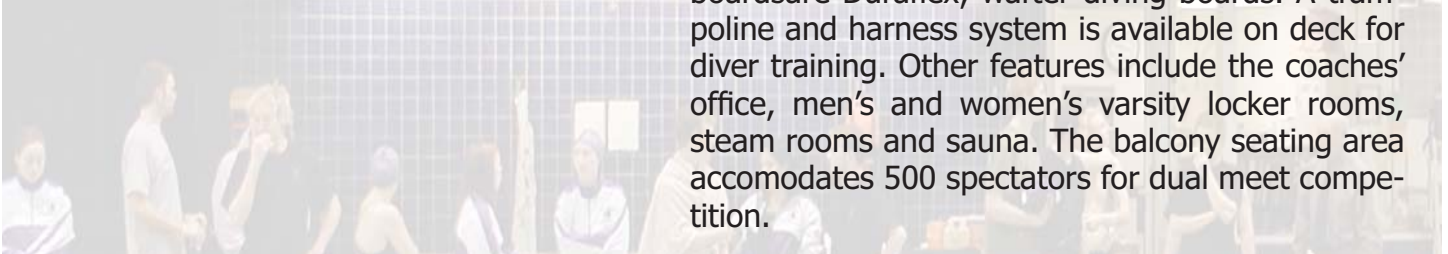


The Holy Cross swimming and diving teams practice and compete in the six-lane pool at the Hart Recreation Center.

Name for Reverend Francis J. Hart, S.J. the guiding force behind intramurals at Holy Cross for more than 40 years, the Hart Center was constructed in 1975 and houses a 3,600 seat basketball arena as well as an ice rink. The 25-yard pool with separate diving area, racquetball and squash courts as the crew tank opened in January of 1983.

The pool contains dual wave turbulent lane lines which are the standard 25-yard collegiate length. A movable bulkhead can be adjusted to a length of either 25 yards or 25 meters. The pool also features a Colorado timing system which provides an electronic readout for all six lanes.

A separate diving well contains two one-meter boards and one three-meter board. All three boards are Duraflex, wafter diving boards. A trampoline and harness system is available on deck for diver training. Other features include the coaches' office, men's and women's varsity locker rooms, steam rooms and sauna. The balcony seating area accommodates 500 spectators for dual meet competition.





ATHLETIC FACILITIES



Hart Recreation Center

The Hart Recreation Center is one of the premier athletic facilities in the Northeast. The 3,600-seat facility is named for Reverend Francis J. Hart, S.J., the guiding force behind intramurals at the college for more than 40 years.

The Hart Center is located upon Mount St. James overlooking the Worcester skyline. It opened its doors in December of 1975 and has housed many athletic teams and events. Men's and women's basketball have played their

home games there since its inception. Adjacent to the basketball floor is the ice hockey rink with a 1,600 person capacity. The Hart



Center Pool also makes its home in the center. The 25-yard pool with a separate diving area, racquetball and squash courts as well as crew tanks opened in January of 1983. A modern training facility is also located in the Hart Center

that services Holy Cross' 600 student-athletes. The college employs two full-time trainers to assist with athletic coverage in addition to two interns and a number of student trainers.

Behind the Hart Center is a full size track, four practice fields, soccer field and a lighted Omniturf field which has housed numerous sports such as lacrosse and field hockey, along with numerous intramural programs.

Carol & Park B. Smith Wellness Center

The Carol and Park B. Smith Wellness Center, a new two-story facility which was built as an addition to the Hart Recreation Center, was unveiled in January of 1998. A \$1.5 million gift from Carol and Park B. Smith '54 kicked off the campaign to fund the facility. The Wellness Center provides state-of-the-art fitness equipment for varsity athletes and all other members of the Holy Cross community.

The 15,000-square foot facility provides a highly versatile strength and conditioning center for Holy Cross' 600 student-athletes on the first level. There are areas for speed development programs, as well as for strength and endurance conditioning. The second floor has been designed for use by all students, faculty and staff. It has two sections: one for aerobic training and the other for cardio-



vascular, variable-resistance and strength training. A diverse selection of equipment accommodates users ranging from beginners to advanced athletes. Its South-facing wall is mostly glass, allowing users a view of the practice fields and the rolling hill of central New England.

The center also offers programs that explore the connections between fitness and wellness, and help students learn how good health can complement and enhance other aspects of their educational experience. Sixty-five hundred square feet of the Center is devoted solely to varsity athletes and is run by a full-time strength and conditioning coach. This space accommodates a much greater number of athletes at one time and allows teams to train together at times more convenient to their busy schedules as student-athletes.



RECRUITING INFORMATION



Correspondence

It is important for prospective student-athletes to get in touch with head coach Peter Van Buskirk as soon as possible. A simple letter of inquiry into the women's ice hockey program will initiate the recruiting process. The spring of your junior year or early senior year is the most appropriate time to contact Coach Van Buskirk.

Interviews

Students are strongly encouraged to have admissions interviews. The office offers interviews from the summer until January 15. Alumni interviews in most metropolitan areas are available. Students must first submit an application and indicate they would like an alumni interview before December 31.

Early Decision

Students who are absolutely, 100% confident Holy Cross is their top college choice are encouraged to apply during the Early Decision process.

Financial Aid

All financial aid is awarded on the basis of need. Prospective student-athletes should complete the CSS "Profile Form" in the early Fall.

Clearinghouse

The NCAA mandates that all student-athletes interested in competing at the college level must be certified through the NCAA Initial Eligibility Clearinghouse. Students can register online at www.ncaaclearinghouse.net.

Telephone Calls

One telephone call to a prospect or prospect's relatives or legal guardians may be made during March of the prospect's junior year in high school. Additional telephone calls may not be made to a prospect before July 1 following the prospect's completion of the junior year in high school. Coaches are limited to one call per week.

Video Tapes

In an attempt to make an accurate assessment as soon as possible, it is recommended videotapes be forwarded to Head Coach Peter Van Buskirk's attention as soon as possible. The video need not be an elaborate production. Some simple game or practice tape is sufficient with you being easily identified.

Contacts

As per NCAA by law 13.02.3, a contact is any face-to-face encounter between a prospect or the prospect's parent or legal guardian and an institutional staff member or athletics representative during which any dialogue occurs in excess of an exchange of a greeting. Any such face-to-face encounter that is prearranged or takes place on the grounds of the prospect's high school, or at the site of organized competition or practice involving the prospect's high school, preparatory school, two year college, or all-star team is considered a contact, regardless of the conversation that occurs. We are limited to three off-campus contacts per prospective student-athlete.

Evaluations

As per NCAA by law 13.02.6.1, an evaluation is any off-campus activity designed to assess the academic qualifications or athletic ability of a prospect, including any visit to a prospect's educational institution (during which no contact occurs) or the observation of a prospect participating in any practice or competition at any size. We are limited in our number of evaluations per prospective student-athlete.

Official Visits

According to NCAA by law 13.7.1.2, a prospect may not make more than five expense-paid visits to NCAA member institutions, regardless of the number of sports in which the prospect is involved. An institution may not provide an expense-paid visit to a prospect who has not presented the institution with a high school (or college) academic transcript and a score from a PSAT, an SAT, a PACTPlus or an ACT test taken on a national testing date under national testing conditions.

Unofficial Visits

According to NCAA by law 13.8.1, a prospect may visit an institution's campus at the prospect's own expense an unlimited number of times and may make an unofficial visit before the prospect's senior year in high school.

Admissions - Important Dates

Admissions and Applications

You can reach our Admissions Office by calling (508) 793-2443. To receive an application, please call our admissions office or send a written request to: Admissions Office, College of the Holy Cross, One College St., Worcester, MA 01610.

Calendar

A typical recruiting calendar for a prospective student-athlete interested in women's ice hockey would go something like this:

- Summer of 2007 -- make unofficial visits to schools of interest.
- September 2007-- contact Head Coach Barry Parenteau if Holy Cross falls within your top five list of potential colleges.
- October of 2007 -- Head Coach Barry Parenteau will be in contact regarding student-athlete's interest and possible visit date.
- December 15 -- Deadline for Admissions Early Decision.
- January 15 -- Deadline for Admissions Regular Decision.

Application Deadlines

December 15 - Early Decision

January 15 - Regular Decision

January 15 - last day for on-campus interviews

December 15 - last day to request alumni interview (application needs to be postmarked by this date)



Holy Cross Ranks Among the Best Undergraduate Liberal Arts Colleges in the Nation



Among America's top liberal arts colleges, Holy Cross is the only one that embraces a Catholic, Jesuit identity. And of the 28 Jesuit colleges and universities in the United States, Holy Cross stands alone in its exclusive commitment to undergraduate education.

The result is that Holy Cross offers an educational experience unlike any other. There are no graduate students at Holy Cross; the undergraduate student is the sole focus. Students receive complete faculty attention and full access to the College's facilities. Professors conduct all classes and laboratories—there are no graduate teaching assistants.

The academic program gives graduates a strong foundation not just for their first job, but the seven job changes experts predict today's students will make. Holy Cross students learn not only for career advancement, but for personal enrichment. Students begin the process of lifelong learning, not just in a single specialty, but in a broad range of areas.

Graduates leave Holy Cross with a better understanding of the world and their place in it.

How Holy Cross Measures Up

- Ranked by *Barron's Profiles in American Colleges* among the nation's 50 "most competitive" colleges and universities.
- Ranked by a leading college guide among the top 30 liberal arts colleges nationally, and in the top 10 in alumni satisfaction, retention of students and graduation rate.
- Graduates are admitted to medical school at rates better than twice the national average.
- Graduates 90 percent of all students in four years.
- Students regularly awarded highly prestigious Fulbright and Watson Fellowships to study, conduct research and teach abroad.
- Attracts financial support from alumni at rates more than double the national average for U.S. colleges and universities, an indication of the extent to which alumni value their Holy Cross education.
- 174-acre campus (including a recently renovated campus center, outstanding art spaces and a full array of sports facilities) recognized with five national and international awards for excellence in architecture and landscaping.
- Highest rank of 28 Jesuit colleges and universities in the percentage of graduates who go on to serve in the Jesuit Volunteer Corps.

2006-2007 SCHEDULE

DAY	DATE	OPPONENT	LOCATION	TIME
Wed.	Oct. 25	at Springfield College	Springfield, Mass.	6:00 PM
Sat.	Oct. 28	BUCKNELL	Worcester, Mass.	1:00 PM
Wed.	Nov. 1	at Siena (Women)*	Loudonville, N.Y.	7:00 PM
Wed.	Nov. 8	at Army	West Point, N.Y.	3:00 PM
Tues.	Nov. 14	at Providence	Providence, R.I.	6:00 PM
Fri.	Nov. 17	New England Championship	Boston, Mass.	10:00 AM
Sat.	Nov. 18	New England Championship	Boston, Mass.	10:00 AM
Sun.	Nov. 19	New England Championship	Boston, Mass.	10:00 AM
Fri.	Dec. 1	Rhode Island Invitational	Kingston, R.I.	5:00 PM
Sat.	Dec. 2	Rhode Island Invitational	Kingston, R.I.	10:00 AM
Sun.	Jan. 14	CCSU and VERMONT (Women)*	Worcester, Mass.	1:00 PM
Tues.	Jan. 16	at Boston University (Men)*	Boston, Mass.	7:00 PM
Sun.	Jan. 21	at Connecticut	Storrs, Conn.	1:00 PM
Fri.	Jan. 26	WORCESTER CITY CHAMPIONSHIPS	Worcester, Mass.	5:00 PM
Sat.	Jan. 27	WORCESTER CITY CHAMPIONSHIPS	Worcester, Mass.	10:00 AM
Sat.	Feb. 3	FAIRFIELD	Worcester, Mass.	1:00 PM
Tue.	Feb. 6	BOSTON COLLEGE(Men)*	Worcester, Mass.	6:00 PM
Thu.	Feb. 15	Patriot League Championships	Lewisburg, Pa.	10:00 AM
Fri.	Feb. 16	Patriot League Championships	Lewisburg, Pa.	10:00 AM
Sat.	Feb. 17	Patriot League Champinoships	Lewisburg, Pa.	10:00 AM

CAPS - Home Match

* Only One (Team) Competing