

2013 SWIMMING & DIVING



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Wagner Women's Swimming & Diving Named Favorite To Win First-Ever NEC Title

Somerset, NJ -- In a poll of the Northeast Conference's (NEC) seven swimming institutions, Wagner was voted the preseason favorite to win the 2014 title, the Conference announced Friday. The Seahawks garnered four first place votes.

Central Connecticut tied for second in the poll with four-time defending champion Saint Francis U, which earned two first place nods.

Fourth in the polling was Bryant, which took the remaining first place vote. Mount St. Mary's landed the fifth spot, while Sacred Heart and St. Francis Brooklyn rounded out the list.

The Seahawks return a veteran squad, including nine seniors. Head coach Colin Shannahan, the 2013 NEC Coach of the Year, returns for his third season alongside head diving coach Meg Marco, who is in her second season. Joining the staff this year is Sarah Tanner, an accomplished former athlete for the University of North Carolina.

2013-14 Northeast Conference Women's Swimming Preseason Coaches Poll

1. Wagner (4)
2. Central Connecticut
Saint Francis U (2)
4. Bryant (1)
5. Mount St. Mary's
6. Sacred Heart
7. St. Francis Brooklyn

First place votes in parentheses

Wagner is well-balanced overall, led by senior **Sarah Menendez (Land O'Lakes, FL/Wharton)**. Menendez earned the school record in the 50, 100, and 200-yard freestyle last season, and also won the 100-yard freestyle event at NEC Championships. Sophomore **Amanda Lucia (Easthampton, MA/Easthampton)** also returns after a breakout freshman campaign. The defending NEC 200-yard butterfly champion, she earned NEC Rookie of the Meet and Co-Outstanding Swimmer of the Year last season.

In only its third year, the Wagner diving program has already established itself in the NEC as a consistent source of talent. In the 2012-2013 season, **Erica Curry (Fountain Valley, CA/Fountain Valley)** earned NEC Diver of the Week accolades four times and **Mallory Lee (Newark, CA/Moreau Catholic)** once. A finalist on both boards at the 2013 NEC Championships, Lee placed second on both the one-meter and the three-meter boards. She also received All-NEC accolades for both boards. Also a finalist at the 2013 NEC Championships, Curry broke her hand after hitting the board on a dive. She continued to compete, placing fourth on both the one-meter and the three-meter boards.

2013 NEC Diving Coach of the Year Michael Trueworthy and Central Connecticut return the 2013 NEC Diver of the Meet **Jessica Goldman (Newington, CT/Newington)**. Goldman won the 1 and 3-meter diving events. The sophomore not only placed first in the 3-meter with her score of 254.40, Goldman broke the previous NEC six-dive record of 248.40 set in 2011.

Saint Francis U will defend its title and go for five-straight under a new head coach. Rory Coleman took the reigns of the pro-

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gram in July. Coleman arrives in Loretto after an eight-year stint as a men's and women's assistant coach at the University of Delaware. The Red Flash return senior **Katrina Wilhite (Sparks, NV/Edward C. Reed)** and junior **Rebecca Peer (Chelsea, Canada/Philemon Wright)**. Wilhite was part of a record-setting relay team in the 400-yard medley relay in 3:47.94. She is second in SFU history in the 200-yard backstroke and fifth in school history in the 100-yard backstroke. Peer was part of the relay team that set the NEC record in the 200-yard medley relay (1:42.79). She is also the school record holder in the 200-yard backstroke while holding top-10 times in the 200-yard individual medley, the 100-yard backstroke and the 100-yard butterfly.

The 2013-14 season kicked off October 5. The 2014 NEC Women's Swimming & Diving Championships will be held on Wednesday, Thursday, Friday and Saturday, February 19-22 at Massachusetts Institute of Technology (MIT) in the Cambridge section of Boston, MA.

Points of #NECPRIDE

For the second consecutive year, Saint Francis University swimmer **Elise Löfgren (Molnlycke, Sweden/Hulebacks)** was named to the Capital One Academic All-District II First Team.

Helene Neuhaus of the Central Connecticut swimming and diving team raced to a time of 1:03.97 in the 100 meter backstroke at the Connecticut Senior Open at Wesleyan University in July, qualifying for the US Open in Irvine, CA.

For the 14th consecutive semester the Saint Francis U swimming team earned a College Swimming Coaches Association of America (CSCAA) Team Scholar All America Award.

The four-time defending NEC champion Red Flash posted the third highest GPA in the nation – a collective 3.61 – during the spring '13 term. SFU was narrowly edged out by East Carolina and North Texas, which shared the top spot with 3.62 GPAs.

Wagner was awarded Team Scholar All-American accolades after earning the sixth-highest team GPA in the nation among Division I swimming & diving programs.

The Bryant University men's and women's swimming and diving teams participated in the Swim Across America-Rhode Island Swim and raised \$7,440 towards cancer research last weekend at Roger Wheeler State Beach in Narragansett, R.I.

Bryant will be without all-time great **Casey Ostrander (Yarmouthport, MA/Barnstable)**, who graduated as four time NEC Most Outstanding Swimmer award winner.

About The Northeast Conference

Now entering its 33rd year, the Northeast Conference is an NCAA Division I collegiate athletic association consisting of 10 institutions of higher learning located throughout six states. Media coverage of the NEC extends to four of the largest markets in the United States - New York (#1), Pittsburgh (#23), Baltimore (#27), and Hartford/New Haven (#30). Founded in 1981 as the basketball-only ECAC Metro Conference, the NEC has grown to sponsor 22 championship sports for men and women and now enjoys automatic or play-in access to 14 different NCAA Championships. NEC member institutions include Bryant, Central Connecticut, Fairleigh Dickinson, LIU Brooklyn, Mount St. Mary's, Robert Morris, Sacred Heart, St. Francis Brooklyn, Saint Francis U and Wagner. For more information on the NEC, visit the league's official website (www.northeastconference.org) and digital network (www.necfrontrow.com), or follow the league on Twitter, Facebook, YouTube, Instagram and Google+ @NECsports.