



## GIVE A GIFT *and* LEAVE A LEGACY

Every gift matters. This is much more than a slogan for this family of donors. Their sacrifice, conviction, and generosity represent a love for the University of Notre Dame that goes well beyond athletics and remains a constant in their lives.

Together we can accomplish great things. Thanks to our alumni, parents and friends, the Director's Circle, our recognition society, successfully launched a second annual giving level: Irish Legends. The response has been overwhelming. In its first full year of existence, we have welcomed 104 members — and we are grateful.

Our work has just begun. Athletics grants-in-aid are one of the largest items in the department of athletics operating budget, accounting for roughly \$14 million annually. The ultimate goal is to finance all budgetary needs through benefaction. We are confident that we will be successful because we have something special — the Notre Dame family; the Rockne Heritage Fund family.

### Director's Circle

Members donating to the Rockne Heritage Fund at the \$1,500, \$5,000, \$10,000 and \$25,000 levels, receive a corresponding benefits package.

For more information on the attractive football ticket benefit, visit our website: [und.com/rockneheritagefund](http://und.com/rockneheritagefund).

### How to Make a Gift

- Send a check payable to the Rockne Heritage Fund; P.O. Box 519; Notre Dame, IN 46556.
- Make a gift online: [supporting.nd.edu](http://supporting.nd.edu) and include "Rockne Heritage Fund" in the comments section.
- Specify if your employer has a matching gift program.
- Notre Dame employees may request a payroll deduction form.

### Contact Information

Maureen L. McNamara • Executive Director, External Affairs  
574.631.9443 • [rocknedc@nd.edu](mailto:rocknedc@nd.edu) • [und.com/rockneheritagefund](http://und.com/rockneheritagefund)



SUPPORTING THE SPIRIT OF  
NOTRE DAME CAMPAIGN  
2004 - 2011

# Media Information

## Print Media

### The Observer

ndsmcobserver.com  
LaFortune Student Center  
Notre Dame, Ind. 46556  
o. 574.631.7471  
f. 574.631.6927

### South Bend Tribune

Bill Bilinski  
southbendtribune.com  
225 West Colfax Avenue  
South Bend, Ind. 46626  
o. 574.235.6316  
f. 574.235.6091

### Notre Dame Scholastic

Christopher Meskill  
nd.edu/~scholast  
LaFortune Student Center  
Notre Dame, Ind. 46556  
o. 574.631.7569  
f. 574.631.9648

### Irish Sports Report

Eric Hansen  
irishsports.com  
225 West Colfax Avenue  
South Bend, Ind. 46626  
o. 574.235.6161  
f. 574.239.2646

### Blue & Gold Illustrated

Lou Somogyi  
blueandgold.com  
1605 North Home  
Mishawaka, Ind. 46545  
o. 574.255.9800  
f. 574.255.9700

### Associated Press

Tom Coyne  
South Bend Tribune Building  
225 West Colfax Avenue  
South Bend, Ind. 46626  
o. 574.288.1649  
f. 574.236.1765

### Taper and Shave

Stu Corliss  
tapershave@aol.com  
P.O. Box 3201  
Carmichael, Calif. 95609-3201  
o. 916.489.3454

### Swimming World

Judy Jacob  
swiminfo.com  
swimworld@aol.com  
P.O. Box 20337  
Sedona, Ariz. 86341  
o. 520.284.4005  
f. 520.284.2477

## Television

### WNDU-TV - NBC

Jeff Jeffers / Angelo DiCarolo  
P.O. Box 1616  
South Bend, Ind. 46634  
o. 574.631.1616 / 1239  
f. 574.631.2916

### WSBT-TV/Radio - CBS

Greg Carroll  
300 West Jefferson  
South Bend, Ind. 46601  
o. 574.472.8124  
f. 574.288.6630

### WSJV-TV - FOX

Dean Huppert / Allison Hayes  
59096 County Road 7 South  
Elkhart, Ind. 46514  
o. 574.679.4545 / 574.293.9227  
f. 574.294.1324

## College Sports Television

### CBS - College Sports

Chelsea Piers, Pier 62  
New York, N.Y. 10011  
o. 212.342.8700  
f. 212.342.8899

## Radio

### WHME TV/Radio

Bob Nagle / Chuck Freeby  
61300 Ironwood Road  
South Bend, Ind. 46625  
o. 574.291.8200  
f. 574.291.9043

### WVFI-AM Radio

University of Notre Dame  
P.O. Box 532  
Notre Dame, Ind. 46556  
574.631.5379

### WDND-ESPN Radio 1000

3371 Cleveland Rd. Ext.  
Suite 310  
South Bend, Ind. 46628  
o. 574.273.9300  
f. 574.273.9090

## Organizations

### Notre Dame Sports Information

Alan George  
und.com  
112 Joyce Center  
Notre Dame, Ind. 46556-5678  
o. 574.631.3397  
c. 574.340.3977  
f. 574.631.7941

### BIG EAST Conference

Dan White  
bigeast.org  
222 Richmond Street  
Providence, R.I. 02903  
o. 401.453.0660  
f. 401.751.8540

### CBS - College Sports

Alan Wasielewski  
collegesports.com  
112 Joyce Center  
Notre Dame, Ind. 46556  
574.631.3397  
760.431.8221 (Carlsbad, Calif.)

### College Swim Coaches Association

collegesswimming.com  
P.O. Box 591  
Somers, Wis. 53171  
1.877.267.9234

## Swimming and Diving Quick Facts

### University

Location .....Notre Dame, Ind. 46556  
Founded .....1842  
Enrollment .....8,352 (undergraduate) / 11,603 (total)  
Nickname.....Fighting Irish  
Colors .....Gold and Blue  
School Fight Song.....Notre Dame Victory March  
Conference.....BIG EAST  
Facility .....Joyce Center (11,418)  
President.....Rev. John I. Jenkins C.S.C  
Provost .....Thomas G. Burish  
Executive Vice President .....John Affleck-Graves  
NCAA Faculty Representative .....Don Pope-Davis

### Athletics Department

Director of Athletics .....Jack Swarbrick  
Assistant AD / Swimming and Diving .....Charmelle Green  
E-mail .....charmelle.a.green.85@nd.edu  
Phone ..... 574.631.6107  
Fax ..... 574.631.8231

### Coaching Staff

Head Coach .....Brian Barnes (Indiana '95)  
Record.....first season  
E-mail .....bbarnes@nd.edu  
Office.....574.631.8455  
Assistant Coach.....Joel White (Wis.-Whitewater '02)  
E-mail .....jwhite17@nd.edu  
Office .....574.631.8359  
Diving Coach.....Caiming Xie (Beijing Institute of P.E. '85)  
E-mail .....xie.2@nd.edu  
Office ..... 574.631.7020  
Student Manager....Brendan Devitt (Notre Dame '09)  
Staff Assistant .....Darlene Borlik  
E-mail .....darlene.l.borlik.1@nd.edu  
Office ..... 574.631.8090

### Sports Information

Address.....112 Joyce Center  
Notre Dame, Ind. 46556-5678  
Office .....574.631.7516  
Senior Associate AD / Media Relations ..John Heisler  
Sports Information Director .....Bernadette Cafarelli  
Senior Administrative Assistant .....Susan McGonigal  
E-mail .....sreed@nd.edu  
Office.....574.631.6453  
Assistant SID / W. Swimming and Diving ..Alan George  
E-mail .....ageorge2@nd.edu  
Office ..... 574.631.3397  
Cell..... 574.340.3977  
Fax ..... 574.631.7941  
Web site.....www.und.com



# Preview



*Notre Dame seeks its 13th consecutive BIG EAST Conference title in 2008-09, and a stacked roster with championship experience, NCAA Championships participants and U.S. Olympic Trials qualifiers could vault the Irish back into the national scene.*



## Faster Than Ever

*Notre Dame's 2008-09 team poised for great things this season with first-year head coach Brian Barnes*

Thirteen may be the luckiest number of all for the 2008-09 edition of the Notre Dame women's swimming and diving team.

Winners of each of the last 12 BIG EAST Conference Championships, the Irish seek a 13th title this season and could very possibly do so with a roster laden with experience talent.

First-year head coach Brian Barnes, who takes over the Irish program after winning multiple national championships as an assistant at Auburn, is nothing but optimistic about his first go-around with Notre Dame. "We believe we can be a force not only in the BIG EAST Conference, but on the national level," Barnes said.

Notre Dame graduated seven seniors but returns 25 monograms winners from a 2007-08 team that set eight school records. Ten U.S. Olympic Trials qualifiers will also suit up for at least one more season.

The four-person senior class consisting of Christa Riggins, Casey Wagner, Lucy Hirt and Claire Hutchinson has combined for 26 all-BIG EAST honors. Wagner and Hutchinson will lead the distance freestyle corps with Hutchinson dabbling into the medley events as well. Hirt should be expected to be solid contributor off the boards and says she feels great after battling injuries for the past few seasons. As a school record-holder and co-captain, Riggins is one of the most seasoned freestyle swimmers on the roster. She had a hand in setting four school records last year but expects her senior campaign to be her best yet.

Junior Colleen Bauza is back in the water after an injury sidelined her for the bulk of the 2007-08 season and Maggie Behrens hopes to parlay her U.S. Olympic Trials experience into success on all levels for the Irish. Lexie Shue and Zeina Shanata, both solid distance

freestylers, join the multi-dimensional Ashlee Edgell, Pat Duret, Keri Masterson, and breaststroker Gina Mancini to round out a class that is high on performance on potential. Divers Natalie Stitt and Tiffany Robak are projected to finish towards the top of the pack at the BIG EAST meet, with Stitt turning in and unbelievable finals performance at last year's league event.

Last year's freshman class turned heads across the nation leading to high expectations for the next three seasons. Amywren Miller dominated the sprint relays and set a pair of school records in the 50 and 100 Free. In each of the breaststroke events, Samantha Maxwell established new program bests and teamed for a school record in the 200 Medley Relay with Miller. Both advanced to the NCAAs and participated

in the Olympic Trials. Just as solid in 2007-08 was Lauren Parisi, one of the team's top returning back/individual medley swimmers. Also an accomplished freestyler, Parisi helped set a pair of school records last year as well. Also in the mix are Olympic Trials participants Katie Casey, Kellyn Kuhlke and Lauren Sylvester and the forceful breaststroke efforts of an emerging Lizzie Gormley. Meg Reynolds continues to progress in the freestyle events as does Heidi Grossman in all phases of her development as a diver.

A talented freshman class consisting of the versatile Emily Barton, Gwen Blythe, Colleen Fotsch and Amy Prestinario was considered one of the nation's best groups last spring. With the addition of classmate Theresa Hall on the diving end, this may very well be one of Notre Dame's most well-rounded classes in recent history.



*Notre Dame broke eight school records in 2007-08 and return many of those swimmers for the 2008-09 campaign.*



## **Breaking Down the Irish with Head Coach Brian Barnes ...**



**Inheriting a program that has won 12 consecutive BIG EAST titles, what were your initial impressions on the team when you arrived in August?**

“I’m still learning about the team. I am excited about the team from what I’ve seen in the first several weeks of workouts and I think there’s definitely talent in this team and quite a bit of depth. I think this is going to be a great conference team and I think we have the potential to spring onto the NCAA scene this year.”

**Can you talk about your first few weeks on the job at Notre Dame?**

“It happened so quickly. I’m not moved in yet and working very long hours, but I’m not going to complain about that. It’s part of the fun.”

**How much homework have you done on this year’s team?**

“I didn’t look at anything from last season. Yes, I’m aware of how they performed, but in terms of how they trained and what they did in all aspects from the meet schedule to the dry-land routine and what they did daily in the water – that will change. Even next season, I’ll learn from this year. But with each new year, I won’t do a lot of examining of what the team did in the previous season.”

**What strikes you most about the team?**

“I will tell you this – this team is becoming a better team. Everyday someone does something that amazes me. They work hard and take a lot of pride in representing the University. My approach is to go right through the team and stand behind Notre Dame. That makes it easier to get them to commit together and to pay the price to be a champion.”

**With so much success on the conference level, what does the program need to do to get over the hump and make an impact on the national scene?**

“I think it just comes down to the belief. We need to believe and get comfortable and live a certain lifestyle to be successful at the NCAA level. My attitude is that we are going to be ready to go in February, and exceptional in March. That happens now with what we’re doing in the water in September, October, and November. Those are critical months in the process of winning.”

**What are some of your long-term goals for the program?**

“I look at goals as a process. I think we would have a hollow experience here if I just said that I want to win the NCAA championships. My goals are along the lines of living and teaching a championship attitude and philosophy and providing a safe, healthy and competitive environment for women to come to Notre Dame and excel. If a lot of those things come together then we’re going to be successful. If we’re competing like champions, acting like champions, living like champions and we are engaged in one another and this program does what is best for Notre Dame than we’re going to be successful. Here at Notre Dame, taking a program that is very successful at the conference level and not as successful at the NCAA level, you have to teach belief. You have to teach that belief is an everyday thing: it’s how you act, how you walk, how you talk, it’s who you are. Our athletes must get comfortable with higher goals and seeing themselves at the NCAAs.”

# Season Preview



2008-09 Notre Dame Divers



2008-09 Notre Dame Team Captains



## 2008-09 Notre Dame Women's Swimming and Diving Roster

<u>Name</u>	<u>Yr.</u>	<u>Events</u>	<u>Ht.</u>	<u>Hometown/High School</u>
Emily Barton	Fr.	Breast / IM	5-9	Scottsdale, Ariz. / Desert Mountain
Colleen Bauza	Jr.	Back	5-10	Palm Harbor, Fla. / Palm Harbor
Maggie Behrens	Jr.	Back / IM	5-9	Munster, Ind. / Munster
Gwen Blythe	Fr.	Breast / IM	5-8	Colleyville, Texas / Colleyville Heritage
Katie Casey	So.	Fly / Free	5-3	Ponte Vedra Beach, Fla. / Bolles
Delia Cronin	So.	Free	5-9	Phoenix, Ariz. / Xavier
Pat Duret	Jr.	Breast	5-8	Sarasota, Fla. / Cardinal Mooney
Ashlee Edgell	Jr.	IM / Free	5-11	Cincinnati, Ohio / Madeira
Megan Farrell	Jr.	Free / IM	5-7	Hopkinton, Mass. / Hopkinton
Colleen Fotsch	Fr.	Fly / Back	5-7	Palo Alto, Calif. / Palo Alto
Lizzie Gormley	So.	Breast	5-6	Houston, Texas / Langham Creek
Heidi Grossman	So.	Diving	5-6	Barrington, R.I. / Barrington
Theresa Hall	Fr.	Diving	5-8	Flossmoor, Ill. / Homewood-Flossmoor
Lucy Hirt	Sr.	Diving	5-6	Mundelein, Ill. / Mundelein
Claire Hutchinson	Sr.	Free / IM	5-3	Baltimore, Md. / McDonough
Kellyn Kuhlke	So.	Fly / Free	5-5	Plano, Texas / Plano West
Gina Mancini	Jr.	Free / Breast	5-7	Falmouth, Maine / Falmouth
Keri Masterson	Jr.	Fly / Free	5-8	West Hempstead, N.Y. / Sacred Heart
Samantha Maxwell	So.	Breast / IM	5-10	Chandler, Ariz. / Corona del Sol
Amywren Miller	So.	Free / Breast	5-8	Grosse Pointe Woods, Mich. / Peddie
Lauren Parisi	So.	Back / IM	5-8	Hauppauge, N.Y. / Hauppauge
Amy Prestinario	Fr.	Free / IM	5-8	Naperville, Ill. / Naperville Central
Meg Reynolds	So.	Free	5-7	Alpharetta, Ga. / Wesleyan
Christa Riggins	Sr.	Free	5-10	Phoenix, Ariz. / Sunnyslope
Tiffany Robak	Jr.	Diving	5-7	Milwaukee, Wis. / Pius XI
Zeina Shanata	Jr.	Free	5-5	Gainesville, Fla. / Bucholz
Lexie Shue	Jr.	Free / Breast	5-9	Corona Del Mar, Calif. / Corona del Mar
Natalie Stitt	Jr.	Diving	5-6	Holland, Mich. / West Ottawa
Lauren Sylvester	So.	Free	5-10	Philadelphia, Pa. / Germantown
Casey Wagner	Sr.	Free	5-6	Glenshaw, Pa. / Shady Side

**Head coach:** Brian Barnes (first season / Indiana '95)

**Assistant coach:** Joel White (fourth season / Wisconsin-Whitewater '02)

**Diving coach:** Caiming Xie (14th season / Beijing Institute of Physical Education '85)

**Student manager:** Brendan Devitt (Notre Dame '09)



# BIG EAST & NCAA Standards

## 2009 BIG EAST Conference Swimming and Diving Qualifying Standards

Event	25-Yard	25-Meter	50-Meter
50 Freestyle	25.53	28.50	29.35
100 Freestyle	55.37	1:01.80	1:02.93
200 Freestyle	1:59.30	2:13.15	2:14.81
500 Freestyle	5:17.07	4:37.41	4:43.10
1,650 Freestyle	18:16.46	18:13.19	18:38.84
100 Butterfly	1:01.24	1:08.35	1:08.81
200 Butterfly	2:14.47	2:30.08	2:31.09
100 Backstroke	1:02.77	1:10.06	1:10.93
200 Backstroke	2:15.16	2:30.85	2:32.73
100 Breaststroke	1:11.74	1:20.07	1:22.46
200 Breaststroke	2:33.91	2:51.78	2:54.90
200 Individual Medley	2:14.21	2:29.79	2:32.52
400 Individual Medley	4:46.02	5:19.22	5:23.19
1 meter diving	225 pts		
3 meter diving	235 pts		



## Qualifying for the NCAA Championships

The NCAA Women's Swimming and Diving Championships have a fixed field of 320 swimmers, including 35 divers. The swimming field consists first of all student-athletes who have achieved an "A" qualifying standard in any event. Beyond that, entry is given to student-athletes with the best "B" qualifying standards in events with the fewest "A" qualifiers until all the events have an equal number of entrants. From there, additional "B" qualifiers are added in order, one per event at a time, until the field size of 320 is

reached. If a complete additional round of next-best qualifiers will put the field over 320, the times that are closest in percentage terms to the national record are given the final spots in the field. Any student-athlete in the field may enter and compete in a maximum of three events.

For instance, if there are four "A" qualifiers in the 100 backstroke, 10 in the 100 butterfly, and between four and 10 in every other event, then the top "B" qualifying times will be given entrance until every event has 10 participants in it.

From there, the next best "B" time is added in each event, one by one, until the field is full. If not enough spaces remain to take the next entire round of "B" qualifiers, those swimmers' times are compared in percentage terms to NCAA records in the events and taken in order until the field is full.

In relay competition, teams with the top 13 times in each relay earn invitations to the meet. In addition, a team with four qualifiers also may compete in any relay in which it posted a "B" qualifying time at some point throughout the year, even if the NCAA qualifiers did not participate in the "B" time.

The diving field is determined by performance at five NCAA zone meets, which take place two weeks prior to the NCAA Championships. A student-athlete qualifies for the zone diving meet by registering a performance in which she scores points equal or better than the qualifying standard. Each zone sends a minimum of four divers to the NCAA meet, with the zones that had better performances at the previous year's NCAAAs getting additional entries. In 2008, Zone C, in which Notre Dame competes, will send seven divers to the NCAA Championships. Once in the 35-diver field, a student-athlete may compete in both the one- and three-meter springboard events, but can only take part in the platform competition if she participated in it at the zone meet.

## 2009 NCAA Swimming and Diving Qualifying Standards

Event	25-Yard Course		25-Meter Course		50-Meter Course	
	A	B	A	B	A	B
50 Freestyle	22.62	23.29	25.25	26.00	25.98	26.75
100 Freestyle	49.42	50.90	55.16	56.81	56.55	58.24
200 Freestyle	1:47.09	1:50.30	1:59.53	2:03.11	2:02.54	2:06.21
500 Freestyle	4:45.46	4:54.02	4:09.75	4:17.24	4:16.71	4:24.41
1650 Freestyle	16:23.54	16:53.04	16:20.60	16:50.01	16:48.76	17:19.02
100 Butterfly	53.75	55.36	59.99	1:01.79	1:01.29	1:03.13
200 Butterfly	1:58.99	2:02.55	2:12.81	2:16.78	2:15.07	2:19.11
100 Backstroke	54.38	56.01	1:00.70	1:02.52	1:03.76	1:05.67
200 Backstroke	1:57.32	2:00.83	2:10.94	2:14.86	2:16.90	2:21.00
100 Breaststroke	1:01.85	1:03.70	1:09.03	1:11.10	1:11.10	1:13.22
200 Breaststroke	2:14.19	2:18.21	2:29.77	2:34.26	2:32.84	2:37.42
200 Individual Medley	2:00.34	2:03.95	2:14.31	2:18.34	2:18.81	2:22.97
400 Individual Medley	4:15.63	4:23.29	4:45.31	4:53.86	4:51.82	5:00.57
200 Medley Relay	1:39.49	1:42.47	1:51.04	1:54.37	1:54.49	1:57.92
400 Medley Relay	3:38.02	3:44.56	4:03.33	4:10.63	4:11.18	4:18.72
200 Freestyle Relay	1:31.01	1:33.74	1:41.58	1:44.63	1:44.49	1:47.63
400 Freestyle Relay	3:18.39	3:24.34	3:41.42	3:48.06	3:47.00	3:53.80
800 Freestyle Relay	7:10.49	7:23.40	8:00.46	8:14.87	8:12.56	8:27.33

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

3-Meter Diving--- Dual 270/280\*\*\*

Platform Diving Points-Dual 260/225###

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

### qualifying point total when using five optional dives with standard D.D.

