

Royal Records

Men (Event)	Time	Individual(s)
200 Medley Relay	1:40.42	Jack Cook , Brendan Giblin, Joe Veselovsky , Ian Mullin (2/11/06)
400 Medley Relay	3:40.97	Jack Cook , Brendan Giblin, J. Veselovsky , Ian Mullin (2/10/2006)
50 Free	:22.28	Colin McGee
100 Free	:48.33	Tim DiMarco
200 Free	1:47.03	Tim DiMarco
500 Free	4:51.44	Mark Persiani (2/14/2003)
1000 Free	10:13.19	Patrick McKenzie (2/13/2005)
1650 Free	16:51.41	Patrick McKenzie (2/13/2005)
100 Fly	:53.63	Joe Veselovsky (12/9/2006)
200 Fly	1:58.48	Joe Veselovsky (2/12/2006)
100 Back	:55.51	Jack Cook (2/11/2006)
200 Back	2:01.26	Jack Cook (2/12/2006)
100 Breast	1:02.71	Dan Westawski
200 Breast	2:16.66	Rob Steffenauer
200 IM	2:01.58	Tim DiMarco
400 IM	4:16.90	Joe Veselovsky (2/11/2006)
200 Free Relay	1:29.20	Ian Mullin , Alex Lentini , B. Giblin, Billy Beyer (2/10/2006)
400 Free Relay	3:19.39	Ian Mullin , Brendan Giblin, Alex Lentini , Billy Beyer (2/12/2006)
800 Free Relay	7:21.92	Dan Malone, Brian McKenzie, Joe Mulhall, Mark Persiani (2/15/2003)
Women (Event)	Time	Individual(s)
200 Medley Relay	1:54.22	Jill Palmiotto , Gina Miller , E. Williams, K. McKenna (2/11/2006)
400 Medley Relay	4:05.57	Jill Palmiotto , Allyson Jengo, E. Williams, Michelle Kline (2/13/2004)
50 Free	:25.15	Cathy Hadley
100 Free	:55.32	Michelle Kline (2/15/2004)
200 Free	1:59.34	Jill Hamnett (2/15/2003)
500 Free	5:15.82	Jayne Smith (2/15/2002)
1000 Free	10:46.65	Jayne Smith (2/6/2002)
1650 Free	17:58.47	Kristen Best (2/17/2002)
100 Fly	:59.16	Erin Williams (2/14/2004)
200 Fly	2:12.26	Erin Williams (2/15/2004)
100 Back	1:00.10	Sarah Gazdalski
200 Back	2:08.22	Sarah Gazdalski
100 Breast	1:10.82	Allyson Jengo (2/14/2004)
200 Breast	2:32.06	Jayne Smith (2/2/2002)
200 IM	2:13.90	Sarah Gazdalski
400 IM	4:42.56	Erin O'Connor (2/11/2006)
200 Free Relay	1:41.84	Christina Giannetti, Jayme Smith, Katie, McKenna, Michelle Kline (2/13/2004)
400 Free Relay	3:43.60	Jayne Smith, Kristin Donohue, Michelle Kline, Jill Hamnett (2/16/2003)
800 Free Relay	8:02.48	Jayne Smith, Michelle Kline, KristenBest, Jill Hamnett (2/15/2003)

Bold - Returning for 2006-2007 season

Frequently Asked Questions of Head Coach Tomm Evans

Q: *How many yards do you do in practice?*

A: We average between 5500 and 6500 during the majority of the season. We watch the yardage but are not obsessed with it. I don't believe swimming 45 x 200 makes someone a better 200 swimmer. I want to improve your technique and race strategy to make you better prepared to swim that race.

Q: *When are practices?*

A: We schedule eight practices a week, of which you are required to make five. This allows you to keep your class schedule intact and still fulfill the requirements to swim. Our main practice is Monday through Friday from 4:00 p.m. to 6:00 p.m. We also have practice sessions on Monday, Wednesday and Friday from 6:00-7:30 am. (Please note: the exact days can vary) Each swimmer can chose his or her schedule but they must make at least five practices by the end of the week. Many swimmers make more than the required minimum.

Q: *Do you do any dry land training?*

A: We begin with a weight program each September. Each new swimmer must meet with the trainer to get an introduction to the weight training program and to be sure they are working safely and effectively. After that, it is up to the individual to keep up with weight training on her or his own time. There aren't enough hours in your day here for me to require you to train, attend class, study, do homework, eat and then meet again for weight training. We put too much emphasis on your grades to take that much time. This way, each swimmer can lift according to his or her schedule. Usually, three or four swimmers will get together and all lift at the same time.

Q: *How important are grades?*

A: They are THE most important thing. You are here to earn a degree. Swimming will be an immeasurable complement to your education but classes always come first.

Q: *What is the Winter Training trip?*

A: We go someplace warm for a week right after Christmas. We usually return shortly after New Year's Day depending on the calendar. The cost of these trips is split three ways: the team budget, which I control; contributions from alumni and friends of the program, while the swimmers make up the difference. The trip is not required to be a member of the team but it is instrumental in team bonding and training.

SWIMMING

2006-2007





**Head Coach
Tomm Evans**

Tomm Evans begins his 14th season with The University of Scranton men's and women's swim programs.

A native of nearby Dunmore, Pennsylvania, Evans arrived on campus in 1992 and served as an assistant coach for five years before taking over as head coach of both programs in 1997. He has led the women's team to eight straight winning seasons and an overall record of 85-24 (.780), including a Middle Atlantic Conference (MAC) championship in 2004, the third in the program's history. He is a two-time MAC coach of the year selection (2002, 2004).

The men's team is 51-39 (.567) during this same span, including an 8-3 record and third-place conference finish last season, which is the highest in the program's history. He has coached 11 Royal swimmers who have won a combined total of 28 MAC individual titles, two MAC championship relay teams, and one all-American, Sarah Gazdalski, who earned that distinction in 1999. He is widely recognized for his thorough knowledge of training, nautilus, free weight instruction and competitive tactics.

Evans holds bachelor of arts and bachelor of science degrees from Bloomsburg University and two master's degrees from Wilkes University. He is currently a teacher in the North Pocono School District.

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Roster

Men	Event	Yr.	Hometown
Billy Beyer	Free	Sr.	Highland Mills, N.Y.
Chris Cassidy	IM/Breast	Fr.	Saylorsburg, Pa.
Jack Cook	Back/IM	So.	Springfield, Pa.
Kyle Harrington	Free/Breast	Fr.	Chappaqua, N.Y.
Matt Hosko	Free/IM/Fly	Fr.	Stroudsburg, Pa.
Alex Lentini	Free/Back	Sr.	Cortland Manor, N.Y.
Anthony Lentini	Breast/Fly	Sr.	Cortland Manor, N.Y.
Ian Mullin	Free/Sprint	Sr.	White Plains, N.Y.
Dustin Partridge	Fly/Free	Sr.	Suffern, N.Y.
Louis Puopolo	IM/Breast	So.	Springfield, N.J.
Derek Ruggiero	Free	Fr.	Vestal, N.Y.
John Swierkocki	Free, Back	Fr.	Wayne, N.J.
Joe Veselovsky	Butterfly	So.	Kings Park, N.Y.

Women	Event	Yr.	Hometown
Lindsey Appel	Free/Back	Sr.	West Windsor, N.J.
Katie Bevacqua	Free	Fr.	Toms River, N.J.
Annie Bostwick	Breast	Sr.	Chalfont, Pa.
Kim Bukowski	Breast/Free	Jr.	Parlin, N.J.
Angela Buren	Breast/IM	Sr.	Livingston, N.J.
Stephanie Cloman	Free/Back	Jr.	Yardley, Pa.
Mary Pat DeHaven	Free	Fr.	Pennington, N.J.
Anni Demberger	Fly/Back	Fr.	Springfield, N.J.
Ashley Ferguson	Free	Sr.	Sparta, N.J.
Gina Fullam	Free/Fly	Fr.	New Paltz, N.Y.
Megan Gannon	Free	Fr.	Southampton, Pa.
Danielle Heffernan	Free	Jr.	Westfield, N.J.
Lauren Hosko	IM/Back/Fly	So.	Stroudsburg, Pa.
Gina Miller	Breast	Jr.	Secane, Pa.
Jillian Mishko	Free/Back	Fr.	Blakely, Pa.
Rosie Moran	Free	Sr.	West Chester, Pa.
Erin O'Connor	Fly/Back/IM	So.	Scotch Plains, N.J.
Jill Palmiotto	Back	Sr.	Brookfield, Conn.
Melissa Sharkey	Free/Breast	Fr.	Laflin, Pa.
Gillian Shea	Free	Jr.	Freeport, N.Y.
Aileen Silvestri	Free/Back	Fr.	Southport, Conn.
Melissa Taylor	Free	Jr.	Chalfont, Pa.
Tricia Wenke	Breast	Jr.	Springfield, Pa.
Lauren Wieland	Free/Back	Fr.	Blue Bell, Pa.

Head Coach: Tomm Evans (Bloomsburg '91, 10th year)
Assistants: Paul DeAngelo (Scranton '86, 10th year)

Schedule

Day	Date	Opponent/Event	Time
SAT.	NOV. 4	*LEBANON VALLEY	1:00 PM
WED.	NOV. 8	EAST STROUDSBURG (Women)	7:00 PM
Sat.	Nov. 11	at Dickinson	1:00 pm
Sat.	Nov. 18	*at Juniata (Women)	1:00 pm
Tue.	Nov. 28	*at FDU-Florham	7:00 pm
Sat.	Dec. 2	*at Susquehanna	1:00 pm
SAT.	DEC. 9	*DREW	1:00 PM
Sat.	Jan. 6	*at Albright	1:00 pm
Tue.	Jan. 9	*at King's	7:00 pm
SAT.	JAN. 13	*LYCOMING	1:00 PM
Sat.	Jan. 20	*at Widener	1:00 pm
Wed.	Jan. 24	at Misericordia	7:00 pm
SAT.	JAN. 27	*ELIZABETHTOWN	1:00 PM
Fri.	Feb. 9	at MAC Championships	TBA
Sun.	Feb. 11	(CYC, Wilkes-Barre, Pa.)	TBA

**Middle Atlantic Conference
Qualifying Times**

Event	Men	Women
50 Freestyle	:24.44	:27.74
100 Freestyle	:53.99	1:00.99
200 Freestyle	1:59.57	2:12.00
500 Freestyle	5:29.00	5:55.00
1650 Freestyle (1000 Time)	11:59.99	12:27.99
100 Backstroke	1:06.00	1:10.42
200 Backstroke	2:27.99	2:34.00
100 Breaststroke	1:12.99	1:20.00
200 Breaststroke	2:37.00	2:53.00
100 Butterfly	1:03.57	1:12.00
200 Butterfly	2:35.00	2:50.00
200 IM	2:18.75	2:32.86
400 IM	5:20.00	5:35.00

On the cover: Four-time Middle Atlantic Conference individual champion **Jill Palmiotto** (top) and sophomore **Joe Veselovsky** (bottom), the Royal record-holder in the 100 and 200 Fly and 400 IM

