



**Matt Hosko**  
**Junior**  
**Stroudsburg, Pa./**  
**Stroudsburg**  
**Major:** History

Two-year letterman...has competed in 23 consecutive meets...has six 1st-place finishes in dual-meet competition...brother of senior Lauren Hosko of the women's

team...**2007-2008 (Sophomore Year):** Competed in all 11 events...capped off a solid season by placing in the top five in two events at the Landmark Conference championships: finished third in the 100 fly (:55.00)...cut over four seconds off of his time from the preliminary heat (2:06.81) to the finals in the 200 butterfly (2:02.11), where he placed fourth...also placed 12th in the 200 IM (2:10.82) at the Landmark Conference championships...swam the opening leg of the 200 free relay at the Landmark Conference championships, helping Scranton to a fourth-place finish...**2006-2007 (Freshman Year):** Posted five 1st-place finishes in dual-meet competition...qualified for three events at the 2007 Middle Atlantic Conference championships and placed 11th in the 1650 free (19:00.61), 11th in the 100 butterfly (:56.67) and 15th in the 200 individual medley (2:08.86)...his time in the 200 IM at the MAC championships was nearly 11 seconds faster than his time in the same event two weeks earlier against Misericordia...finished first in the 1000 free (11:32.21) and the 100 fly (:59.02) to help the Royals post a victory over King's College on January 9.

**Conference Championship Finishes**  
**2008 (Landmark Conference)**

- 100 Butterfly (:55.00; 3rd)
- 200 Butterfly (2:02.11; 4th)
- 200 IM (2:10.82; 12th)

**2007 (Middle Atlantic Conference)**

- 1650 Freestyle (19:00.61; 11th)
- 100 Butterfly (:56.67; 11th)
- 200 IM (2:08.86; 15th)

**Awards & Honors**

Landmark Conference Academic Honor Roll (2008)



**Louis Puopolo**  
**Senior**  
**Springfield, N.J./**  
**Seton Hall Preparatory**  
**Major:** Human Services

Three-year letterman...has 11 1st-place finishes in dual-meet competition in his career...**2007-2008 (Junior Year):** Despite missing the first five meets of the season,

came on strong at the Landmark Conference championships, finishing fourth in the 200 breaststroke in 2:19.14 at the Landmark Conference championships; in the preliminary heat, posted a time of 2:17.89, which was less than two seconds off of Rob Steffenaue's Scranton record of 2:16.66...also placed sixth in the 100 breaststroke (1:02.98) and eighth in the 200 IM (2:05.72) at the conference championships...swam the third leg of the 200 free relay as the Royals placed fourth in 1:33.04...**2006-2007 (Sophomore Year):** Placed seventh in the 100 breaststroke (1:03.59), eighth in the 200 IM (2:05.71), and ninth in the 200 breaststroke (2:19.85) at the Middle Atlantic Conference championships...all three of his times at the MAC championships were season bests...member of the 200 medley relay that finished fourth at the MAC championships in a Scranton record-setting time of 1:40.07...posted six 1st-place finishes in dual-meet competition...**2005-2006 (Freshman Year):** Posted his first 1st-place finish of his career by winning the 200 breaststroke in 2:31.41 on Jan. 21 against Widener... finished eighth in the 100 (1:04.29) and 200 (2:22.50) breaststroke and 14th in the 200 IM (2:06.33) at the MAC championships...cut six seconds off his time in the 200 IM, from 2:12.58 in November to 2:06.17 in the preliminary at the MAC championships; in the 200 breaststroke, sliced nearly 15 seconds off of his time, from 2:35.30 in November to 2:20.53 in a preliminary heat at the MAC championships.

**Conference Championship Finishes**  
**2008 (Landmark Conference)**

- 200 Breaststroke (2:19.14; 4th)
- 100 Breaststroke (1:02.98; 6th)
- 200 IM (2:05.72; 8th)

**2007 (Middle Atlantic Conference)**

- 100 Breaststroke (1:03.59; 7th)
- 200 IM (2:05.71; 8th)
- 200 Breaststroke (2:19.85; 9th)

**2006 (Middle Atlantic Conference)**

- 100 Breaststroke (1:04.29; 8th)
- 200 Breaststroke (2:22.50; 8th)
- 200 IM (2:06.33; 14th)

**Notables**

Member of Royal record-breaking 200 Medley Relay (1:40.07)