



WASHINGTON STATE COUGAR SWIMMING



2008-09

WASHINGTON STATE UNIVERSITY
 SWIMMING

2008-09 WSU WOMEN'S SWIMMING

ROSTER



Michaela
AHLIN



Melissa
BOGERT



Sierra
BURTON



Jessie
CRAIG



Jennifer
DEAN



Andrea
EMDE



Sarah
HICKS



Shawna
KELLER



Rachael
KRAGER



Kristen
LEGRO



Kelsey
LYNCH



Jamie
MACLEOD



Kristin
MARCEAU



Michelle
MCDONALD



Rugile
MILEISYTE



Emma
NEELY



Danielle
PALUMBO



Elyse
PETERSON



Afton
PICKETT



Talor
WHITAKER



Lorraine
ZANNINI



Erica
QUAM
Head Coach



Lindsay
HENAHAN
Assistant Coach



Lina
DAUGVILAITE
*Student Assistant
Coach*

SWIMMING

WASHINGTON STATE UNIVERSITY

Swimming Quick Facts

General Information

Location: Pullman, Wash.

Founded: 1890

Enrollment: 23,300

President: Elson S. Floyd

Director of Athletics: Jim Sterk

Faculty Athletics Representative:

Ken Casavant

Nickname: Cougars

Colors: Crimson and Gray

Conference: Pacific-10

Affiliation: NCAA Division I

Cougar Swimming

Head Coach: Erica Quam

Alma Mater: Indiana, 1997

Record at WSU: 29-22 (six seasons)

Assistant Coach: Lindsay Henahan

(Washington State, 2003)

Student Assistant Coach:

Lina Daugvilaite

(Washington State, 2008)

Mailing Address: PO Box 641602

Pullman, WA 99164-1602

Quam Phone: 509-335-0273

Quam E-mail: ericaq@wsu.edu

Henahan Phone: 509-335-0298

Henahan E-mail: lhenahan@wsu.edu

Swim Office Fax: 509-335-5197

Team Information

2007-08 Dual Meet Record: 5-2

2007-08 Pac-10 Finish: Ninth

(337.5 points)

2007-08 Home Record: 2-0

2007-08 Road Record: 3-2

Letterwinners R/L: 10/8

Newcomers: 11

Home Facility

Home Facility: Gibb Pool

Capacity: 575

Cougar Media Relations

Director of Media Relations:

Bill Stevens

Assistant Director of Media

Relations: Linda Chalach

Assistant Director of Media

Relations: Craig Lawson

Assistant Director of Media

Relations: Jessica Schmick

Assistant Director of Media

Relations: Joe Nickell

Media Relations Swimming

Contact: Jaime Schroeder

Office Phone: 509-335-2684

SID Fax Number: 509-335-0267

Schroeder E-mail: jschroeder@wsu.edu

Office Location:

195 Bohler Athletic Complex

Website: www.wsucougars.com

CREDITS: The 2008 Washington State

University Swim Media Guide

has been published by the WSU

Department of Intercollegiate

Athletics, written by the Office of

Athletic Media Relations, designed

and printed by University Publishing.

DESIGNER: Andrew Lehman

EDITOR/WRITER: Jaime Schroeder

PHOTOGRAPHY: Rod Commons,

Robert Hubner, Jessica Schmick

Contents

Why Washington State?	2-3
All-Americans	4
Gibb Pool	5
Head Coach Erica Quam	6-7
Assistant Coach Lindsay Henahan	8
Student Assistant Coach Lina Daugvilaite	9
2008-09 Season Outlook	10-11
2007-08 Review	12
Roster	13
Michaela Ahlin/Melissa Bogert	14
Sierra Burton/Jessie Craig	15
Jennifer Dean/Andrea Emde	16
Sarah Hicks/Shawna Keller	17
Rachael Krager/Kristen LeGro	18
Kelsey Lynch/Jamie MacLeod	19
Kristin Marceau/Michelle McDonald	20
Rugile Mileisyte/Emma Neely	21
Danielle Palumbo/Elyse Peterson	22
Afton Pickett/Talor Whitaker	23
Lorraine Zannini/Class Photos	24
2008-09 Dual Meet Opponents	25
Snake River Challenge	26
2008 Retreat	27
2008 Beijing Olympics	28
All-Time Top 10	29
Academic and Athletic Awards	30
Pacific-10 and Qualifying Time Standards Information	31

Washington State University

WSU Administration	32
Cougar Head Coaches	33
The Colleges	34-35
WSU Alumni	36-37
Traditions	38
Student Recreation Center	39
Athletic Facilities	40-41
Student-Athlete Development	42-43
Weight Room	44-45
Athletic Medicine	46-47
Athletic Staff Directory	48

Why Washington



"I came on my trip and I fell in love with the campus. It was the prettiest one I was at and I loved how compact it was. I really liked the coaches and how they really cared about each and every single one of us as an individual. I really liked the support staff and I fell in love with the girls on the team as well."

—Afton Pickett, Senior



"I decided to come to WSU because when I came on my recruit trip, I felt like this was the only place that cared about me as an individual. I felt like the support system behind the athletes was the best I had seen. Watching the seniors improve their last year really showed me that this is a program where I can be successful."

—Jennifer Dean, Sophomore



"I chose WSU because of the strong camaraderie within the athletic department, the town of Pullman and the entire state. The strong support the athletic department shows its athletes was also really important to me."

—Elyse Peterson, Senior

State University?



"I came to WSU because I really enjoyed the small town college feel of Pullman and for the academic support WSU provides its athletes."

—Kelsey Lynch, Freshman



"I came to WSU because it was close to home but still far enough away to where I could be independent. I also felt like out of all of the places I visited the Washington State athletic program supported its athletes the most and really cared about them as individuals and not just the athletics in general."

—Sarah Hicks, Freshman

"I came to WSU because I loved everything about the campus when I came here. I thought it was gorgeous. I really got along well with the team and I really liked the environment. I thought there was a lot of team spirit and Cougar pride."

—Jessie Craig, Freshman

ERIN ELDRIDGE



Three-time NCAA All-American
1999 – 100 breaststroke
200 breaststroke
2000 – 100 breaststroke

In 1999 Eldridge became the Cougars' first NCAA All-American when she placed in the top-16 at the NCAA Championships in the 100 and 200 breaststroke events. In 2000 Eldridge earned her third All-American honor in the 100 breaststroke, culminating her Cougar career as one of the most prolific swimmers in WSU history. Her times in the 100 and 200 breaststroke events qualified Eldridge for the Olympic Trials and she currently holds the WSU record in the 200.

LINDSAY HENAHAN



NCAA All-American
2003 – 100 butterfly

Lindsay Henahan finished her WSU career as the second Cougar in program history to be named a NCAA All-American after a 16th place finish in the 100 butterfly at the 2003 NCAA Championships. In her four years as a Cougar, Henahan broke multiple school records and currently holds the WSU record in the 100 butterfly with a time of 53.75.

ERIN McCLEAVE



Three-time NCAA All-American
2006 – 1650 freestyle
2007 – 1650 freestyle
200 freestyle

During the 2005-06 season, McCleave was named a National Collegiate Swimmer of the Week by collegeswimming.com and the Pacific-10 Conference Swimmer of the Month in November 2005. She finished 11th at the NCAA Championships in the 1650 freestyle to earn her first All-America honor.

In the 2006-07 season, McCleave earned All-American honors in the 200 and 1650 freestyle events. She holds five individual WSU records.

GIBB POOL RECORDS

EVENT	TIME	RECORD HOLDER	YEAR
50 Freestyle	23.23	Sun, Nevada	2000
100 Freestyle	50.81	McCleave, Washington State	2006
200 Freestyle	1:49.75	McCleave, Washington State	2006
500 Freestyle	4:53.49	McCleave, Washington State	2006
1000 Freestyle	10:04.40	McCleave, Washington State	2006
1650 Freestyle	16:49.79	McCleave, Washington State	2007
100 Backstroke	56.94	Pacebutaite, Oregon State	2004
200 Backstroke	2:02.56	Elliot, Colorado State	1994
100 Breaststroke	1:02.56	Steven, Oregon State	2004
200 Breaststroke	2:14.38	Steven, Oregon State	2004
100 Butterfly	55.60	Henahan, Washington State	2002
200 Butterfly	1:57.48	Liu, Nevada	2000
200 IM	2:05.91	Blachford, Florida State	1998
400 IM	4:26.67	Bragg, Pacific	2007
200 Free Relay	1:37.01	Oregon State	2004
400 Free Relay	3:29.19	Washington State	2002
800 Free Relay	7:35.03	Ohio State	2007
200 Medley Relay	1:45.31	Washington State	2006
400 Medley Relay	3:48.66	Washington	2004



HEAD COACH

Erica Quam

Indiana University, 1997
Seventh Year

The numbers are impressive: 12 school records, 76 spots on the Cougar individual top 10 lists, three placements at the NCAA Championships, two All-Americans and one Olympian. That's just in the water. In the classroom, there have been 67 Pacific-10 All-Academic honorees, including

Career Highlights

ERICA QUAM

- During Quam's six seasons at the helm of WSU swimming she has seen 67 swimmers earn Pacific-10 Conference All-Academic honors including 24 first team selections.
- Current coach of Rugile Mileisyte who competed for Lithuania in the 50 freestyle at the 2008 Summer Olympic Games held in Beijing, China.
- Coached Erin McCleave to NCAA All-American status in the 200 freestyle and twice in the 1650 freestyle. McCleave holds WSU records in the 100, 200, 500, 1000, and 1650 freestyles. McCleave participated as an Australian National Team member at the 2007 World University Games Team in Bangkok, Thailand. She also earned a silver medal in the 1500 meter freestyle at the 2007 Australian Short Course Nationals and was a finalist in four out of five events.
- Coached a group of seven WSU Swimmers at the 2007 Spring Championships to a fifth place team finish. WSU placed second in the 400 medley relay, eighth in the 800 freestyle relay, and 10th in the 400 freestyle relay. Individually, WSU Swimmers earned three top-eight finishes, one top-16 finish, and one top-24 finish.
- Coached Lindsay Henahan to 2003 All-American status in the 100 butterfly. Henahan went on to qualify and compete in the 2004 Olympic Trials, and the 2005 and 2006 Summer Nationals.
- In her first six seasons, WSU swimmers have set 12 school records, earned 76 different spots on the Cougars' all-time top 10 lists, and recorded 34th, 40th, and 41st place finishes at the NCAA Championships.
- The WSU swim team led the NCAA with a 3.66 GPA in 2004 and placed in the top five nationally seven-straight semesters (spring 2003-fall-2005) under her direction.
- During her tenure at Southern Methodist University the Mustangs won five Western Athletic Conference titles and finished in the top 10 at NCAA meet four times.
- Assisted with five Olympic and World Championship medalists.
- Guided seven NCAA post-graduate scholars as an assistant coach at SMU.
- Assisted as SMU finished fourth in 1998, third in 1999, 12th in 2000, 10th in 2001, and ninth in 2002.
- Worked with 23 All-Americans, 16 national champions, and six Olympians while at SMU.

24 first team selections and two Academic All-Americans. All of this has taken place under the tutelage of seventh-year Washington State Head Swimming Coach Erica Quam. In addition, the Cougars have been nationally-ranked academically among Division I schools each of Quam's 12 semesters and have three times captured the Glenn Kranc Award, presented to the WSU athletic team with the best semester grade point average.

Last season, the Cougars set five school records, including the 100 back twice. Rugile Mileisyte (100 back), Elyse Peterson (100 breast) and Michaela Ahlin (200 fly) are current record holders who return as do all four members of the 800 free and 400 medley relay record setters from last year.

Over the last two seasons, the Cougars are 14-4 in dual meets including a victory over arch-rival Washington, Nov. 16, 2006, WSU's first over the Huskies since 2001.

In 2007-08, the Cougars swam 87 lifetime bests among 18 swimmers. At the Pacific-10 Conference Championships, 16 swims made the evening final sessions.

The foundation of last season's success was put in place during the 2006-07 campaign. Washington State's record board saw several changes made to it throughout the course of the season. Senior Erin McCleave set a Gibb Pool record in the first home dual meet of the season. She swam the 200 freestyle in a time of 1:51.93 against San Jose State Oct. 20 before breaking that record Nov. 10 against Washington with a time of 1:49.75. McCleave also set Gibb Pool marks in the 100 and 500 freestyles and broke a 26-year-old pool record Jan. 13 against Northern Arizona when she earned a time of 16:49.79 in the 1650 freestyle. McCleave set a WSU record in the 100 freestyle Dec. 2 while competing at the Texas Invitational with a time of 50.40 and then broke that record by leading off the 400 freestyle relay at the Pacific-10 Championships with a time of 50.09. She also set a school record during the NCAA Championships in the 1650 freestyle, bettering her own record with a time of 16:13.20. Kayli Changstrom broke the school record in the 400 individual medley during finals of the event at the Pac-10s with a time of 4:21.31. Additionally, the 400 medley relay team of Afton Pickett, Elyse Peterson, Michaela Ahlin and McCleave set a WSU record at the 2007 Pac-10s. The squad broke a seven-year-old school record when it recorded a time of 3:45.36. The 200 medley relay team of Bryn Mooney, Monika Povilonyte, Ahlin and Jamie



MacLeod set a Gibb Pool record against Washington with a time of 1:45.31.

At the 2007 Pac-10 Championships in Long Beach, Calif., WSU had 10 Cougars score in individual events while a total of 11 swimmers scored as part of relay teams. McCleave paced the Cougars with three top-10 finishes, including second place in the 500 freestyle. In addition, five Cougars turned in NCAA Consideration times over the course of the competition while McCleave earned two automatic qualifying times.

WSU saw 15 swims enter the Cougar all-time top 10 list in 2006-07, with 13 of those top-10 times coming at the Pac-10s. McCleave moved into first place in the 500 freestyle, 1000 freestyle and 1650 freestyle and retains sixth place in the 50 freestyle. Changstrom moved into first place in the 400 IM. Freshmen Shawna Keller and Ahlin earned top times in three different categories. Eleven Cougar swimmers won a total of 65 individual races. In addition, swimmers achieved 75 lifetime best times, 45 of which came at the Pac-10 Championships.

A group of seven WSU swimmers participated at the 2007 U.S. Spring National Championships in East Meadow, N.Y. McCleave earned three top 10 finishes at the meet, placing seventh overall in the 800 freestyle and the 400 freestyle and fourth overall in the 1500 freestyle. Ahlin and Peterson also earned trips to the final in their respective events. Most notably, Ahlin finished fourth in the "B" final of the 100 butterfly while Peterson finished fifth in the "C" final of the 100 breaststroke. WSU took eighth place in the 800 freestyle relay, 10th in the 400 freestyle relay and came in second overall in the 400 medley relay with a time of 4:18.56. The Cougars had their highest team finish ever at the event as they placed fifth overall out of 88 women's teams.

Other notable Cougar alumnae coached by Quam include Lindsay Henahan, the Cougars' current

assistant coach, and Jane Copland. Henahan was a 2003 All-American and a U.S. National participant. She qualified and competed in the butterfly at the 2004 Olympic Trials finishing 35th. Henahan remains the WSU record-holder in the 100 butterfly and a member of the school's fastest 200 free and 200 medley relays.

Quam also worked with Copland who qualified for the 2006 NCAA Championships her senior year in the 200 breaststroke. Copland went on to place 60th in the 200 IM, and 28th in the 200 breaststroke. She was a member of the 800 free relay that broke the school record at the 2006 Pac-10 Championships. Copland earned an NCAA Consideration time in the 200 breaststroke in each of her first three seasons at WSU. Copland swam to a 21st place finish at the 2003 U.S. Nationals and ranks on five Cougar all-time top 10 lists.

Quam understands the importance of her athletes' abilities in the classroom as well as the pool.

"My interest is in coaching the whole person and seeing each swimmer achieve success toward her degree and career ambitions," Quam said. "I place emphasis on striving to be great student-athletes which requires them to be dedicated in both the classroom and in the pool. Our team sets academic goals just as it sets swimming related goals. This is something that comes from within the team. For them to have such an excellent academic record, they have to strive for this and want it for themselves as a group."

Quam also emphasizes the importance of teamwork and focuses on working together as a group throughout the season. The past six years, the Cougars have gone on a fall retreat in order to get to know each other better and find ways to work together both in and out of the pool. Activities at the retreats have included open water swimming, trail running, camping, hiking and a challenge course focusing on teamwork.

Continuing her own education as a coach, Quam was selected to participate in a National Outdoor Leadership School Instructor Course this past May based out of Lander, Wyoming. Quam spent 18 days backpacking in the Wind River Wilderness, followed by a 10-day technical climbing section at Split Rock Canyon. Quam became a certified Wilderness First Responder in December of 2007, and spent two weeks backpacking in the Canadian Yukon with NOLS in the summer of 2005.



"My experiences with NOLS have helped me become a better person and ultimately a better coach for my team. There are so many things that NOLS teaches that carry over to coaching: creating a positive learning environment, working on effective communication, learning from experience, motivating one another, facing individual challenges, functioning as a highly effective team, as well as having fun."

Quam was selected to attend the 2005 Women In Coaching Summit held at the United States Olympic Training Center in Colorado Springs, Colo. The summit is a joint project of the NCAA and USOC and includes swimming coaches from both organizations. She participated on a women's panel at the American Swim Coaches Association Convention at San Diego in 2004 and 2007.

For the last 10 years, Quam has been a part of The Women's Coaching Summit. This group includes swimming coaches from Princeton, California, UCLA, Purdue, Arkansas, Pittsburgh, Michigan, Texas, Georgia and Minnesota. The annual event provides everyone an opportunity to see one another away from the chaos of the pool deck along with a chance to share successes and strategies in working with their teams and themselves throughout the season.

"I feel very fortunate to be a part of this group of women. I have learned a great deal from each one of these individuals and grown as a coach from their feedback and guidance. These are some of the best coaches in our sport."

Quam came to the Palouse from Southern Methodist University, where she served as assistant coach for five years. During her career with the Mustangs, Quam was instrumental in SMU winning five-straight Western Athletic Conference championships. During that time, SMU captured four WAC Swimmer of the Year awards as well as five-consecutive WAC Freshman of the Year awards. During Quam's tenure at SMU, the Mustangs finished in the top 10 at the NCAA meet four

times, including fourth in 1998 and third in 1999. Quam also coached seven NCAA postgraduate scholarship winners. While at SMU, she earned her master's degree in liberal arts.

In addition to her duties at SMU, Quam served as the Egyptian National coach in 1999. She coached Rania Elwani who won 10 gold medals in the 1999 Pan Arab Games. In 2001, Quam was one of the coaches of 2001 WAC Freshman of the Year Georgina Lee during the British Nationals where she won two gold medals. She also assisted with five Olympic and World Championship medalists during her stint with the Mustangs.

Before joining the SMU coaching staff, Quam worked as a student assistant coach at Indiana during the 1996-97 season. Quam graduated from Indiana in 1997 with a bachelor's of science degree in biology. As a Hoosier, Quam earned Alpha Beta honors and was a Big Ten Scholar Athlete honoree.

A native of Roanoke, Va., Quam swam the breast and IM events for the Hoosiers. She was a team co-captain her junior and senior years. She was also the recipient of the Aline Robinson mental attitude award as a junior. Quam was a three-time member of the Student Athlete Advisory Committee at Indiana.

Quam worked as a coach and counselor at the University of Texas Longhorn Swim Camp from 1995-97 and served as the head camp counselor during the last two years. She also coached the Dallas Aquatic Masters team throughout the year from 1997-2002 and assisted the Dallas Mustangs Swim Club during the summer from 1998-2001.

A 1992 graduate of Cave Spring High School in Roanoke, Quam competed for her high school's varsity team and the RVSI (Roanoke Valley Swimming Incorporated) Gators.

In her spare time, Quam enjoys exploring the outdoors around Pullman, including hiking, camping, snowshoeing, backpacking and kayaking with her dog Kaia. She was born May 23, 1974.



ASSISTANT COACH

LINDSAY HENAHAN

Washington State University, 2003
First Year

Washington State University women's swimming assistant coach, Lindsay Henahan enters her first season with the Cougars as a member of the coaching staff. However she is no stranger to Gibb Pool or head coach Erica Quam's coaching style. Henahan, a member of the Cougar swim team from 1999-2003, was a NCAA All-American in the 100 butterfly after placing 16th in the event at the 2003 NCAA Championships. Henahan still holds the 100 butterfly school record she set in 2003 with a time of 53.75. She is also a member of the record holding 200 free relay (1:32.82) and 200 medley relay (1:42.33) both set in 2001.

After graduating from WSU with a degree in psychology, Henahan moved to Arizona to both train and work as a coach for the Arizona Desert Fox. She competed in the 2004 Olympic Trials, placing 35th in the 100 butterfly. That same year Henahan placed seventh at Nationals and second at the U.S. Open in the 100 butterfly as well.

In 2005, Henahan competed at the FINA World Cup at Long Island, N.Y., where she placed fourth in the 50 butterfly and fifth in the 100 butterfly making her the second fastest American woman in both events. Also in 2005 Henahan was a finalist for Rochester Sportswoman of the Year

honors. She also received Niagara District Senior Swimmer of the Year accolades in both 2004 and 2005.

In 2004, Henahan joined the coaching staff at the Rochester Institute of Technology as an assistant coach for the school's combined men's and women's swimming program. There she was in charge of the women's weight programs as well as dryland programs for both the men and women. In addition, she was in charge of developing and implementing stroke, IM, middle distance, and distance workouts, while also coordinating recruiting efforts.

During the 2007-08 season, Henahan coached, Caitlyn Burr, the school's first NCAA Division III women's qualifier in more than 15 years in the 100 butterfly and 200 IM. Henahan also coached Erik Zeltacher, a three-time NCAA D-III All-American. In her four-year tenure at RIT, Henahan watched the Tigers break 47 school records and 17 swimmers earn Empire 8 Championship titles as well as All-Conference honors from 2004-08.

From 2004-08, Henahan assisted with the Fairport Area Swim Team (FAST) of Fairport, N.Y., working with swimmers ages 9-17, focusing on the development



of swimmers 14 and under. While there Henahan established swim camps focusing on technical improvement, underwater kicking as well as stroke and turn development. At FAST, she also worked with New York state high school champions as well as junior and senior national level swimmers.

Henahan graduated from Roberts Wesleyan College with a master's degree in school counseling for grades K-12. She was born and reared in Rochester, N.Y., where her parents, Rick and Joanne still reside. Her brother Patrick is entering his senior year as a swimmer at St. Bonaventure, where he is also a team leader. Ricky, her youngest brother, is beginning his freshman year as a swimmer at Tennessee. Henahan is the proud owner of a fat American Bulldog named Mina. She enjoys cooking, spending time with her friends, and traveling.

STUDENT ASSISTANT COACH

LINA DAUGVILAITE

Washington State University, 2008
First Year

Lina Daugvilaite joins the WSU coaching staff after ending an outstanding four-year career as a student-athlete for the Cougars. She currently holds three total spots on the Washington State University All-Time Top Ten List in the 500 free style, 1000 freestyle and 1650 freestyle events. She is ranked sixth in the 500 freestyle with a time of 4:57.97 set in February of her senior year. She holds the fifth best time in the 1000 freestyle (10:15.31) set in December 2007 and is second to last year's volunteer assistant coach, Erin McCleave, in the 1650 freestyle with a time of 16:52.26 also set in December 2007. She received the 2008 Cougar Swim Team Award as a senior.

In her junior year, Daugvilaite scored at the Pac-10 Championships by placing 22nd in the 1650 freestyle with a season best time of 17:14.48. She swam a season best time in the 500 freestyle at the Pac-10 Championships and placed third in the 500 freestyle against Oregon State as well as against Washington. Daugvilaite also swam a season best time in the 1000 freestyle at Oregon State and placed first in the 1000 freestyle against Cal State Northridge.

As a sophomore, Daugvilaite placed second in the 200 freestyle at the Florida International Invitational. She placed second in the 800 freestyle relay and won the 1500 freestyle relay at the Golden Panther Invitational. Daugvilaite placed third in the 1000 freestyle against California and placed 18th individually in the 1650 freestyle at Pac-10 Championships.

Daugvilaite joined the Cougars in January of 2005 and scored at the Pac-10 Championships in the "A" 800 freestyle relay and by placing 19th in the 1650 Freestyle. She earned all three of her all-time top 10 and lifetime best marks at the Pac-10 Championships in the 500, 1000, and 1650 freestyle. She also swam on the "B" 400 freestyle relay team at the Pac-10 meet that same year. Daugvilaite was born in Kaunas, Lithuania to parents Rolandas and Lidija. She has one younger brother, Vytis.



Cougars anticipate high level of success this season

Washington State returns 10 letterwinners for the 2008-09 Season. Leading the way are WSU record holders **Elyse Peterson, Afton Pickett, Michaela Ahlin, Sierra Burton, Rugile Mileisyte**, and **Talor Whitaker**. New to the WSU family are freshmen signees **Melissa Bogert, Jessie Craig, Rachael Krager, Emma Neely, Danielle Palumbo**, and **Lorraine Zannini**.

"Our freshmen will make an immediate impact on the team," Cougar Head Coach **Erica Quam** said. "Our program attracts athletes who love swimming and winning, and who will do what it takes to get better. This freshman class is no different. It has raw talent and dedication that will no doubt turn some heads in the pool this year."

"We're coming off of an outstanding season that culminated with school records set six times and strong performances at the Pacific-10 Championships. Last year's Pac-10 Championship was the best meet I've ever seen WSU put together as a combined effort. We're looking to have that same effort, attitude, and environment for this year's Pac-10s and NAAs."

"The team has stepped it up a notch this year. Everyone arrived on campus in better shape and willing to do the work to get faster. Coming off of an Olympic year where swimming has been in the limelight provides this team with extra inspiration and opportunities to develop to an even higher level over the next four years."

SPRINT FREE

Leading the way in the sprint freestyle is returning 2008 Olympian **Rugile Mileisyte**, along with WSU record holders **Sierra Burton, Talor Whitaker**, and **Elyse Peterson**.

Mileisyte represented Lithuania at the 2008 Beijing Olympics in the 50 freestyle after

posting a qualifying time in Rome, Italy. She gained valuable international experience at the Games winning her heat and marching in the opening ceremony for her country. As a freshman, Mileisyte qualified for a night swim in the 50 freestyle at the Pac-10 Championships.

Burton is a returning sophomore who was utilized on all five of WSU's relays at the 2008 Pac-10 Championships. Burton helped the Cougars achieve NCAA Consideration times in all five relays last season – something that only 35 teams in the country were able to do.

"Sierra gave up one of her three individual events at Pac-10s so that we could save her speed for our relays," Quam said. "It says a lot about what kind of person Sierra is to be willing to do that for this team. I expect that with the high level of racing and pressure situations that Sierra learned to handle last year, she will help continue to elevate herself and our team to another level."

Also returning is sophomore Whitaker. "Talor had an outstanding summer that prepared her for this season," Quam said. "She made big drops in her long course times that have elevated her confidence this year. I also believe that Talor's natural speed will be even more dangerous in a short course pool."

Rounding out the returning sprint freestylers are junior **Shawna Keller** and senior **Jamie MacLeod** who continue to improve every year.

The newcomer to watch in the sprint freestyle is **Emma Neely** from Melbourne, Australia. "In our program, Emma will improve her strength and develop her power," Quam said. "She has international racing experience and great athleticism. She will definitely be a factor on our relays this year."

Other newcomers who will see some sprint free action are freshmen Melissa Bogert, Jessie Craig, Andrea Emde, Sarah Hicks,

Kristen LeGro, and sophomore transfer Michelle McDonald.

MIDDLE AND DISTANCE FREE

In the distance events, returners **Kristin Marceau** and **Michaela Ahlin** will be leading the charge. "Kristin is ready to crack into a scoring position at Pac-10s in the 400 IM and 1650 freestyle," Quam said. "It would be an outstanding way to finish her career at WSU. Kristin's 400 IM has really come around the last two years and she got some great racing experience at an event back home in Bend this summer."


Ahlin swam the 500 free for the Cougs at several meets last season and earned an NCAA Consideration time in that event at the Princeton Invitational. "Michaela trains at a high level and has added versatility to our lineups with her ability to step up and race in the 500 free," Quam said

Sophomore **Jennifer Dean** is looking forward to continued improvements this season. Last year, she swam lifetime bests in the 50, 100, 200, and 500 Freestyles at Pac-10s. "Jennifer worked hard all summer to make sure she will be at the top of her game this season," Quam said. "Her attention to detail and long course racing will be two key contributors to her success."

Look for newcomer **Rachel Kraeger** to step up for the Cougs as a key member of the middle distance group. Kraeger has improved tremendously over the last two years and comes to Pullman in top form. **Kelsey Lynch** and **Michelle McDonald** have both stepped up their summer training and will add depth to this group.

BACKSTROKE

Senior **Afton Pickett** and sophomore **Rugile Mileisyte** will lead the WSU backstrokers. These two teammates have the opportunity to race one another in workout



and this gives them an edge as they both push one another to a higher level for the Cougars. Pickett stepped up and broke the school record in the 100 back during the preliminaries at Pac-10s, and Mileisye broke that same record during the finals session that night. "Having two strong backstrokers will help us get our medley relays off to a great start in dual meets," Quam said.

Newcomer **Danielle Palumbo** has just scratched the surface of her potential in the backstroke events. Her club team in Bellevue prepares its swimmers to be ready to step up and have successful collegiate careers. **Emma Neely** will also be a contender for the Cougs in backstroke.

BREASTSTROKE

Senior school record-holder **Elyse Peterson** will lead the way in the breaststroke events. Last season, Peterson swam a career best 1:02.16 in the 100 breast, best in school history and narrowly missed making it to the NCAA Championships. In the 200 breast, Peterson has the fourth-ranked time in school history (2:17.00). "Elyse's work ethic and persistence make her a great role model," Quam said. "She has learned to race more relaxed and had some incredible performances last season that should have her on a high going into her senior year."

Returning breaststroker **Shawna Keller** will also be looking to help WSU at the Pac-10 and NCAA level. "Shawna made big strides last season, earning an NCAA Consideration time in the 200 breaststroke in an early season dual against Arizona State," Quam said. "If Shawna can embrace the journey, have fun, and not get caught up on the bottom line time, her potential is limitless."

Coming in for the Cougs will be freshmen **Jessie Craig** from Canada and **Lorraine Zannini** from Arizona. Jessie has made big drops in time the last two seasons and loves to race. Lorraine has only two years of

swimming experience and her potential to improve is unlimited.

BUTTERFLY

Junior **Michaela Ahlin** was WSU's highest placing finisher at last year's Pac-10 Championships, placing ninth in the 200 fly. Ahlin showed her speed and power throughout the season helping WSU's medley relays with consistency on the butterfly leg. She also showed her mental toughness during the Pac-10 Championships, as she swam the 200 butterfly five times throughout the weekend, all under the two-minute mark. Ahlin narrowly missed her NCAA Automatic time in the event by 0.24. "She is determined, she is mentally tough, and ready to take things to the next level this season," Quam said.

Also in the mix are sophomores **Sierra Burton**, **Jennifer Dean**, **Talor Whitaker**, and senior **Jamie MacLeod**. "This group shows the depth that we have in the butterfly events," Quam said.

Newcomers **Melissa Bogert**, **Rachael Krager**, and **Andrea Emde** bring new talent to the butterfly corp. "Melissa is a student of the sport. Her attention to detail and elevated level of training will help catapult her to the next level in the butterfly," Quam said. "Rachael has competed in the 200 fly and is coming off of a summer where her 100 long course fly really came around. I think there will be some exciting things to come from her."

INDIVIDUAL MEDLEY

Afton Pickett, **Shawna Keller**, and **Talor Whitaker** will lead WSU in the 200 IM. Whitaker had the fastest time of the group earning a NCAA Consideration time in the event at the Pac-10 Championships. She also won the 200 IM at the Indiana State

meet this summer which should give her confidence as to just what she is capable of this season.

Leading the way in the 400 IM is **Michaela Ahlin**. "Michaela is an extremely talented and competitive swimmer," Quam said. "She is the most versatile swimmer on our team and has a combination of speed, power, and endurance. Add all of that to her competitiveness and you can see why she is so good at such a range of events."

Joining Ahlin in the 400 IM will be senior **Kristin Marceau**, junior **Shawna Keller**, freshmen **Rachael Krager** and **Kelsey Lynch**.

RELAYS

"Our relays are improving rapidly at WSU because of the depth we have added to our team," Quam said. "There are times where we really don't know who is going to be in the relays until the last minute. With 11 new team members coming in there will be some new energy to shake things up a bit. The team has created a positive and competitive environment so that being on a WSU relay is looked at as an honor and a privilege."

The Cougs aim to improve upon last year's NCAA Consideration performances in the 200 free, 200 medley, and 400 free relays as well as the WSU record breaking 400 medley and 800 free relays. "We have everyone returning from last year that was on our Pac-10 relays, along with a few other hungry competitors," Quam said. "Our goal is to have all four relay swimmers be at their best on the relay. If we do that we have a chance at rewriting our record books in all five relays, and the potential to compete at the NCAA Championships in a relay for the first time in Washington State's program history."

The 2007-08 Cougars posted a 5-2 dual meet record. Washington State opened its season by hosting Idaho, winning 278-158, then traveled to San Jose State and secured a 170.5-118.5 victory.

In November, the Cougars traveled to Arizona and beat Northern Arizona 157-137 before falling to nationally-ranked Arizona State 172.5-115.5. Prior to the Pac-10 Championships, WSU won two duals with Idaho, winning the first 113-53 and the second 139-49. The Cougars rounded out their regular season with a dual at Washington and lost 148-109 to the nationally-ranked Huskies.

In addition to its dual meet schedule, WSU competed in a number of invites including hosting the inaugural Debbie Pipher Memorial Invite with Ohio State, University of the Pacific and Idaho competing. The Cougars also competed at the Princeton Invitational, the UC Irvine Invite and the Long Beach Grand Prix.

In the seven dual meets and four invitational meets the Cougars competed in, 18 swimmers posted 87 lifetime best times.

The Pacific-10 Conference is one of the best swimming conferences in the nation. Seven of the nine conference swim teams were ranked in the top 25 of CollegeSwimming.com led by Stanford at No. 2, Arizona at No. 4 and California at No. 8.

At the Pacific-10 Conference Championships, WSU scored 337.5 points and had 16 swims make the evening final sessions. Sophomore Michaela Ahlin was the highest individual finisher with a ninth place showing in the consolation heat of the 200 butterfly. The 200 and 400 freestyle relays both finished in seventh place ahead of Southern California and Oregon State.

Five WSU records were broken last season, all of them during the Pac-10 Championships. Ahlin set the record in the 200 butterfly, clocking in at 1:59.23. The previous record was held by Melissa Hubley (2:00.36) set in 2001.

The record in the 100 backstroke was set twice in one day as junior Afton Pickett set the record during a morning preliminary heat with a time of 55.49. Freshman Rugile Mileisyte then broke that record in the evening final session with a time of 55.32. The previous record was held by Andree Anne LeRoy (56.34) set in 2001.

Junior Elyse Peterson broke the record in the 100 breaststroke with a time of 1:02.16. The previous record was held by Erin Eldridge (1:02.19) set in 1999.

The 800 freestyle relay set the school record with a time of 7:23.26. Ahlin, Mileisyte and freshmen Talor Whitaker and Sierra Burton were members of the record-breaking squad. The previous record was set in 2006 with a time of 7:25.21. Burton and Ahlin along with Pickett and Peterson broke another relay record in the 400 medley relay with a time of 3:43.19. The previous record was 3:45.36 set last season.

Including the records, this year's team holds 38 spots on the Cougars' all-time top 10 list in 14 individual events. Seven Cougars have times on the all-time top 10 list in three or more events. All five relays are comprised of returning swimmers.

Roster and Geographics

NAME	YEAR	HOMETOWN/HIGH SCHOOL	EVENTS
Michaela Ahlin	JR	Tyreso, Sweden (Tessinskolan '06)	Fly/Free
Melissa Bogert	FR	Juneau, Alaska (Juneau Douglas '08)	Fly/Free
Sierra Burton	SO	Carmel, Calif. (Stevenson '07)	Free/IM
Jessie Craig	FR	Etobicoke, Ontario (Mentor College '08)	Breast
Jennifer Dean	SO	Campbell, Calif. (Del Mar '07)	Free
Andrea Emde	FR	Mt. Vernon, Wash. (Sedro-Wolley '08)	Fly/Free
Sarah Hicks	FR	Walla Walla, Wash. (Walla Walla '08)	Back/Free
Shawna Keller	JR	Cambridge, Ontario (Galt Collegiate '06)	IM/Free/Breast
Rachael Krager	FR	Valencia, Calif. (William S. Hart '08)	Fly/Free
Kristen LeGro	FR	Mt. Vernon, Wash. (Mt. Vernon '08)	Free
Kelsey Lynch	FR	Washougal, Wash. (Camas '08)	Free
Jamie MacLeod	SR	Mississauga, Ontario (Silverthorn Collegiate Inst. '05)	Free/Fly
Kristin Marceau	SR	Bend, Ore. (Summit '05)	Distance Free/IM
Michelle McDonald	SO	Richland, Wash. (Richland '07)	Free
Rugile Mileisyte	SO	Alytus, Lithuania (Salomeja Neris '07)	Back/Free/IM
Emma Neely	FR	Sunbury, Australia (Salesian Catholic College '08)	Back/Free
Danielle Palumbo	FR	Sammamish, Wash. (Skyline '08)	Back
Elyse Peterson	SR	San Luis Obispo, Calif. (San Luis Obispo '05)	Breast/Free
Afton Pickett	SR	Monroe, Mich. (Monroe '05)	Back/IM/Free
Talor Whitaker	SO	Chesterton, Ind. (Chesterton '07)	Free/Fly/IM
Lorraine Zannini	FR	Flagstaff, Ariz. (Flagstaff '08)	Breast

HEAD COACH

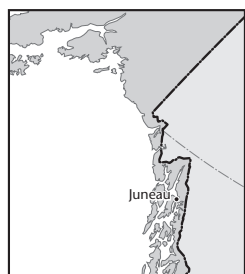
Erica Quam (Indiana, 1997), seventh year

ASSISTANT COACH

Lindsay Henahan (Washington State, 2003), first year

STUDENT ASSISTANT COACH

Lina Daugvilaite (Washington State, 2008), first year



PRONUNCIATION GUIDE

Michaela Ahlin
(Mi-KAY-la AWE-lin)

Lina Daugvilaite
(LINN-a Dog-ville-lot-AY)

Rugile Mileisyte
(Rue-GEE-lay Meal-e-SHAY-ta)

Jamie MacLeod
(Mah-CLOUD)

MICHAELA AHLIN



Junior • Butterfly, Freestyle
Tyreso, Sweden • Tessinskolan '06

WSU CAREER

Sophomore (2007-08): Had three NCAA "B" Consideration times in individual events including 200 butterfly (1:59.23), 400 IM (4:21.66) and 500 free (4:53.95)...was a member of four relays that earned NCAA "B" Consideration times (200 and 400 medley relays, 400 and 800 free relays)...scored at the Pac-10 Championships, placing ninth in the 200 butterfly and 15th in the 400 IM...set the WSU school record in the 200 butterfly (1:59.23) and was a member of the WSU record-setting 400 medley relay and 800 free relay...also on the Cougar all-time top 10 list in four other events...second in the 400 IM, fourth in the 500 free, fifth in the 200 IM and sixth in the 200 freestyle...named Pacific-10 All-Academic honorable mention.

Freshman (2006-07): Fourth place in WSU all-time top 10 list in 100 butterfly (55.58) and second in 200 butterfly (2:02.21)...finished in first place in 10 individual events...member of 400 medley relay squad that set a WSU record at Pac-10 Championships March 17 (3:45.36)...also set a Gibb Pool record as part of 200 medley relay team against Washington Nov. 10...scored at the Pac-10 Championships in the 100 butterfly (55.58; 19th) and scored with an NCAA "B" Consideration time of 2:02.21 in the 200 butterfly (14th)...placed fourth in the "B" final of the 100m butterfly at the US Spring National Championships with a time of 1:02.34...part of 400m medley relay team that placed second overall (4:18.56)...part of 400m medley relay team that placed second overall (4:18.56).

PREP CAREER

Swam for the Nykoping Swimming Gymnasium in Nykoping, Sweden and for Polisen in Stockholm, Sweden...was the 2003 Swedish Youth Champion in the 200 butterfly...in 2004 she took sixth place in the 100 butterfly in the finals of the Swedish LCM Championship...was also third place in the 200 butterfly in the 2004 Junior Swedish SC Meter Championship...placed second in the same event at the 2005 Junior Swedish SC Meter Championship...reached the final of the Swedish LC Championship in the 200 butterfly in 2006 and placed sixth.

PERSONAL

Born in Tyreso, Sweden...age 21...parents Tord and Birgitta Ahlin...enjoys swimming, spending time with family and friends and shopping...majoring in communication with an advertising emphasis.

WSU BEST TIMES

Event	Time	Meet	Date
100 Butterfly	55.58	Pac-10 Championships	2/16/07
200 Butterfly	1:59.23	Pac-10 Championships	2/28/08
200 Freestyle	1:50.88	Pac-10 Championships	2/27/08
200 IM	2:05.21	Pac-10 Championships	2/28/08
400 IM	4:21.66	Pac-10 Championships	2/29/08
500 free	4:53.95	Princeton Invitational	11/30/07

MELISSA BOGERT



Freshman • Butterfly, Freestyle
Juneau, Alaska • Juneau Douglas '08

HIGH SCHOOL/CLUB CAREER

Earned four varsity letters under high school coach John Wray...helped JDHS to win three state championships...two-time 100 fly All-American...three-time relay All-American and 200 medley relay joint state record holder...swam for Southeast Alaska under Scott Griffith...was a USA Swimming Scholastic All-American.

PERSONAL

Born in Providence, R.I...will turn age 19 midway through the season...father Henry is a mining engineer and mother Carolyn is an architect...sister Sara swims for Purdue...enjoys kayaking, hiking, slacking, juggling, ultimate frisbee, skiing and running...plans to pursue a degree in engineering.

SIERRA BURTON



Sophomore • Freestyle, IM
Carmel, Calif. • Robert Louis Stevenson School, '07

WSU CAREER

Freshman (2007-08): Earned NCAA "B" Standard times in the 100 free (50.85) and 200 free (1:49.94)...placed 23rd overall in the 200 free at the Pac-10 Championships...was a member of all five relays that earned NCAA "B" Standard times...anchored the 200 free, 200 medley, 400 medley and 800 free relays and led the 400 free relay...anchored both the 400 medley relay (3:43.19) and 800 free relay (7:23.26) to set WSU school records...on the Cougar all-time top 10 in three individual events...second in the 200 free, fifth in the 100 free and seventh in the 50 free.

HIGH SCHOOL/CLUB CAREER

Competed in swimming four years, the first three at Carmel High School and the fourth at Robert Louis Stevenson (RLS)...USA Swimming Scholastic All-American Team and NISCA Academic All-American...earned nine All-American Standards since freshman year...holds six of 11 MTAL records in swimming...broke nine of 11 swimming records at RLS...undefeated in four years of MTAL league competition...Junior National qualifier in 100 freestyle...U.S. Open cut in the 200 freestyle...led her high school teams to MTAL league championships in swimming all four years.

PERSONAL

Born in Salinas, Calif...age 19...mother Michelle Burton...sister Megan Burton...enjoys reading, surfing and scuba diving...interested in pre-med and psychology double major.

WSU BEST TIMES

Event	Time	Meet	Date
50 free	23.58	Pac-10 Championships	2/28/08
100 free	50.85	Pac-10 Championships	3/1/08
200 free	1:49.94	Pac-10 Championships	2/29/08

JESSIE CRAIG



Freshman • Breaststroke
Etobicoke, Ontario • Mentor College '08

HIGH SCHOOL CAREER

As a **Sophomore**, qualified for Canadian Senior Nationals in 50 and 100 meter breaststroke events...during **Junior** season, won the 50 and 100 m breaststrokes at Eastern Canadian Championships and was second in 200 breaststroke...competed at the 2005 Commonwealth Games Trials and the 2006 Pan Pac Trials...as a **Senior**, placed fourth in the 50 breast at Age Group Nationals and ninth in the 100 breast...was a member of the 4x100 free relay that set the Provincial relay record...competed in the 100 and 200 breast at the 2008 Canadian Olympic trials.

PERSONAL

Born in North York, Ontario...turns age 19 late in the season...father Martin and mother Terie...has two brothers, Duncan and Alex, and one sister Mackenzie.

JENNIFER DEAN



Sophomore • Freestyle
Campbell, Calif. • Del Mar '07

WSU CAREER

Freshman (2007-08): Moved into 10th on Cougar all-time top-10 list in the 100 freestyle...placed second in the 200 free at San Jose State...member of 200 free relay that placed sixth in the A Final at Princeton Invitational...placed third in the 200 free at the UC Irvine Invitational...member of 200 free relay that placed second at Arizona State.

HIGH SCHOOL/CLUB CAREER

Swam for Christin Perrill at Del Mar...also a four-year letter winner and MVP in cross country... named Most Outstanding Osprey from 2003-2005 and in 2007 in Osprey Aquatics club...named most committed 2002-2007 and most improved in 2003...as a **Freshman**, earned most valuable swimmer award, first at league championships in 200 and 100 free and 200 medley...second in 200 free relay...earned most valuable swimmer award as a **Sophomore**...first at league champs in 50 and 100 free, 200 and 400 free relay...Academic All-American...as a **Junior**, earned most valuable swimmer award...first at league champs in 100 and 200 free, 200 medley relay and 200 free relay...Academic All-American...league champions in her **Senior** year...first in 100 and 200 freestyle and 400 freestyle relay...second in 200 freestyle relay...eighth in 200 freestyle at CCS...Academic All-America... MVP...finished age group swimming in the summer of 2008 for Osprey with team records in the free, fly and back events.

PERSONAL

Born in Santa Clara, Calif., and lives in Campbell, Calif...turns age 19 in first half of the season...parents Matthew, a software engineer and vice president of operations, and Jayna, a nurse, both graduated from California State University, Chico...brother Chris and sisters Whitney and Courtney...plans to major in political science as a pre-law option.

WSU BEST TIMES

EVENT	TIME	MEET	DATE
50 free	24.42	Pac-10 Championships	2/28/08
100 free	52.02	Pac-10 Championships	3/1/08
200 free	1:53.24	Pac-10 Championships	2/29/08
500 free	5:03.01	Pac-10 Championships	2/28/08

ANDREA EMDE



Freshman • Freestyle, Butterfly
Mt. Vernon, Wash. • Sedro-Woolley '08

HIGH SCHOOL CAREER

Earned four varsity letters in swimming as well as three in cheerleading and one in track and field...received coach's award honors as a **Freshman**...voted most outstanding swimmer for **Sophomore, Junior** and **Senior** years...2008 district title holder for the 50 yard freestyle and 100 yard butterfly...received District Championship Swimmer of the Meet honors as a senior.

PERSONAL

Born in Winfield, Ill...age 18...father John is a chiropractor and former track and field athlete for Western Washington...mother Debbie is a massage therapist...younger brother A.J... enjoys skiing, dancing and snowboarding...plans to pursue a degree in biology.

SARAH HICKS



Freshman • Freestyle, Backstroke
Walla Walla, Wash. • Walla Walla '08

HIGH SCHOOL/CLUB CAREER

Earned four varsity letters for high school coach Brad Daly...state qualifier all four years of high school...placed in the top 16 in both her **Sophomore** and **Junior** years...served as swim team captain and voted team MVP her **Senior** year...claimed 50 meter freestyle district championship as well as second place in the 100 meter freestyle...placed third at the Washington State Championships in the 50 meter freestyle...received Columbia Basin League Swimmer of the Year and Eastern Washington High School Swimmer of the Year honors...2006 Walla Walla Swim Club Swimmer of the Year under coach Dustin Perry.

PERSONAL

Born in Coeur d'Alene, Idaho...turns age 19 in first half of the season...father Rod is self employed and a former baseball player for Oregon...mother Kay is a CEO... enjoys hanging out with friends, baking, summer time, anything active, and the occasional nap.

SHAWNA KELLER



Junior • IM, Breaststroke, Freestyle
Cambridge, Ontario • Galt Collegiate '06

WSU CAREER

Sophomore (2007-08): Earned NCAA "B" Consideration time in the 200 breaststroke with a time of 2:18.09 at the Arizona State dual meet...placed 22nd at the Pacific-10 Championships in the 200 breaststroke with a time of 2:21.20...moved up on the Cougar all-time top 10 list to fifth in both the 100 and 200 breaststroke events.

Freshman (2006-07): Finished in first place in nine individual races in dual meets... member of 800m freestyle relay team that placed eighth at U.S. Spring National Championships and placed 10th as part of 4x100m freestyle relay team...scored in three events at Pac-10 Championships...placed 20th in the 200 IM with an NCAA "B" Consideration time and season best time of 2:03.97 at Pac-10 Championships...also scored in the 100 breaststroke with a personal best time of 1:05.31 (24th) and the 200 breaststroke with a time of 2:19.90 (22nd)...part of WSU's "B" 400 medley relay team at Pac-10 Championships...placed on three of WSU's all-time top 10 lists...seventh in 100 breaststroke, sixth in 200 breaststroke and third overall in 200 individual medley.

HIGH SCHOOL/PREP CAREER

Besides swimming, also participated in track and field and triathlon at Galt Collegiate...as a **Freshman**, competed in high jump and was an All-Ontario qualifier in the event...was a participant in the Eastern Canadian Championships in her **Sophomore** year and was a provincial medalist in the high jump...swam for the Cambridge Aquajets swim club and set the club record in the 50 freestyle in her **Junior** year...competed in World Championship Trials...was the Tinman Triathlon winner...qualified for the Canadian Senior Nationals in four events in swimming...competed in the Pan Pacific Trials in her **Senior** year.

PERSONAL

Born in Cambridge, Ontario...turns age 21 late in the season...parents Ralph and Carol Keller...brother Brian...enjoys chicken, chocolate and afternoon naps...lists shopping and traveling as hobbies...was named to the honor roll every year while at Galt Collegiate... movement studies major.

WSU BEST TIMES

EVENT	TIME	MEET	DATE
100 Breaststroke	1:04.12	Pac-10 Championships	2/29/08
200 Breaststroke	2:18.09	Arizona State Dual	11/17/07
200 IM	2:03.97	Pac-10 Championships	2/15/07

RACHAEL KRAGER



Freshman • Butterfly, Freestyle
Valencia, Calif. • William S. Hart '08

HIGH SCHOOL/CLUB CAREER

Was a record-setting swimmer for high school coach Steve Neale...named varsity girls' most valuable swimmer both **Freshman** and **Sophomore** seasons...high school team was Foothill League champions throughout her tenure...as a **Junior**, she set William S. Hart high school records in 200 free and 500 freestyle events and was a member of the record-setting 200 medley relay and 400 freestyle relay...**Senior** season broke own 200 free school record and 200 medley relay record...was a CIF qualifier all four seasons...also competed for the Rose Bowl Aquatics Club for Jeff Julian...was a spring junior national qualifier and summer nationals and junior nationals relay qualifier.

PERSONAL

Born in Panarama City, Calif...age 18...father Randolph is a marketing manager and mother Linda is a teacher...two brothers Andrew and Kristofer...enjoys reading, doing crafts and baking...plans on pursuing a degree in pharmacy.

KRISTEN LEGRO



Freshman • Freestyle
Mt. Vernon, Wash. • Mt. Vernon '08

HIGH SCHOOL CAREER

Earned four varsity letters for head coach Dave Cleave...received most outstanding and most inspirational honors both junior and senior years...claimed the 50 yard freestyle district champion title as a junior...district champion in the 100 yard freestyle in her senior year...inductee into the Mt. Vernon High School "Wall of Fame."

PERSONAL

Born in Mt. Vernon, Wash...turns age 19 late in the season...father Denny is a land surveyor and a former track and field athlete for Washington State...mother Barbara is a clerical assistant...grandfather Denny LeGro Sr. is a former wrestler for Washington...older sister Britany...enjoys dancing and singing...plans on pursuing a degree in movement studies.

KELSEY LYNCH



Freshman • Freestyle
Washougal, Wash. • Camas '08

HIGH SCHOOL CAREER

Earned four varsity letters for head coach Mike Bemis and served as team captain her senior year...member of Papermaker squad that claimed the 200 meter freestyle relay state championship in both sophomore and junior years...team was both league and district champions throughout her tenure...as a senior her team placed third overall at the state championships.

PERSONAL

Born in Sacramento, Calif...turns age 19 late in the season...father Joe is a high school teacher...mother Julie is a human resources director...brothers Jeff and Matt are also attending Washington State...enjoys shopping.

JAMIE MACLEOD



Senior • Freestyle, Butterfly
Mississauga, Ontario • Silverthorn Collegiate Institute '05

WSU CAREER

Junior (2007-08): Placed second with the 200 free relay and fourth with the 200 medley relay at the Princeton Invitational...placed third at Northern Arizona as a member of the 200 free relay...finished fourth in the 100 free (53.89) at Arizona State...named to the Pac-10 All-Academic second team.

Sophomore (2006-07): Scored at Pac-10 Championships as member of WSU's "A" 200 freestyle relay...competed on the Cougars' "B" 800 and 400 freestyle relays...swam season best times in the 50 freestyle (24.22) and the 100 freestyle (53.65) at the Pac-10 Championships...placed first in the 50 freestyle in a double dual meet against Boise State and Idaho (Jan. 27) and at UC Davis (Oct. 27)...named to Pac-10 All-Academic second team.

Freshman (2005-06): Ninth on WSU 100 free list (51.95)...scored at the Pac-10 Championship meet as a member of the "A" 200, 400 and 800 freestyle relay teams...member of team that placed second in the 400 freestyle relay (3:25.79) at the Minnesota Invite...helped lead 400 medley relay to second place finish at the Florida International Invitational...second in the 200 butterfly at same meet...member of team that won both the 200 and 400 freestyle relays at the Golden Panther Invitational...set lifetime best times in the 50 and the 200 freestyle at the Pacific-10 Championships.

CLUB CAREER

Swam with the Etobicoke Swim Club under coach Kevin Thorburn...qualified for the Canadian Youth and Junior Nationals in freestyle events **Freshman** year...named Etobicoke Swimmer of the Year as a **Sophomore** and a **Junior**...three-time silver medalist at Ontario Short Course Junior Provincials...competed at Canadian Olympic Trials...reached Eastern Canadian Championships finals and Ontario Short Course Provincials finals in 50, 100 and 200 free as a **Senior**...competed in World Aquatic Championships Trials and Canadian Open Swimming Championships.

PERSONAL

Born in Ottawa, Ontario...age 21...parents John and Diane MacLeod...brother Ian swam for the University of Toronto...enjoys traveling, going to the beach and spending time with family and friends...earned academic honors each semester attended and was a Prefect at Silverthorn C.I...plans to major in microbiology at WSU.

WSU BEST TIMES

EVENT	TIME	MEET	DATE
50 freestyle	23.96	Pac-10 Championships	2/23/06
100 freestyle	51.95	Minnesota Invitational	11/20/05
200 freestyle	1:52.69	Pac-10 Championships	2/24/06
100 fly	59.67	Princeton Invitational	12/1/07

KRISTIN MARCEAU



Senior • Distance Freestyle, IM
Bend, Ore. • Summit '05

WSU CAREER

Junior (2007-08): Moved on to the Cougar all-time top 10 list in ninth place in the 1650 freestyle...placed fourth in the 1000 free against San Jose State...also placed fourth in the same event against Arizona State...named Pacific-10 All-Academic honorable mention.

Sophomore (2006-07): Set lifetime best times in 200 freestyle and 500 freestyle at Pac-10 Championships...finished second overall in the 1000 freestyle (10:45.30) against Cal State Northridge Oct. 21...placed third in the 500 freestyle against San Jose State Oct. 20.

Freshman (2005-06): Placed fourth in the 400 medley relay and third in the 200 butterfly (2:17.30) at Florida International...sixth against California in the 1000 freestyle (10:52.35)...set lifetime best in 200 fly at the Pacific-10 championship meet.

HIGH SCHOOL/CLUB CAREER

Four-year letterwinner and three-year captain in swimming for coach Amy Halligan at Summit High...**Freshman** year, competed at state and received All-American consideration in the 200 medley relay...member of district champion team...as a **Sophomore**, won 200 and 500 freestyle at district...team repeated as district champions...competed at state all four years...named MVP as a **Senior**...competed for coach Mark Burnett on the Bend Swim Club team...Western Zone champion in the 800 freestyle and 400 individual medley...senior sectional qualifier and senior representative for the club.

PERSONAL

Born in Klamath Falls, Ore...turns age 22 midway through the season...parents Tedd and Carol...older brothers Jason and Matt...enjoys sudoku, crossword puzzles and playing frolf...National Honor Society member...achieved 3.9 prep GPA...majoring in food science and human nutrition.

WSU BEST TIMES

Event	Time	Meet	Date
200 freestyle	1:56.02	Pac-10 Championships	2/16/07
500 freestyle	5:02.57	Pac-10 Championships	2/15/07
1650 freestyle	17:16.69	Pac-10 Championships	3/1/08
200 butterfly	2:11.73	Pac-10 Championships	2/25/06
100 butterfly	1:00.99	Pac-10 Championships	2/29/08
200 breast	2:30.07	Pac-10 Championships	3/1/08

MICHELLE McDONALD



Sophomore • Freestyle
Richland, Wash. • Richland '07

NEVADA CAREER

Earned a varsity letter for head coach Mick Richmond...suffered a broken foot half way through her freshman season.

HIGH SCHOOL CAREER

Four-year letterwinner for the Bombers...went undefeated in all individual events competed in at district championships in her **Sophomore**, **Junior** and **Senior** years...voted MVP in those same seasons...placed fourth in the 50 meter freestyle at state championship and set 100 meter freestyle record at district competition as a sophomore...placed first in the 200 meter freestyle relay state championship as a junior...received Big Nine Swimmer of the Year honors and served as team captain as a senior...competed at the NSCA Junior Nationals under club coach Todd Stafek...received Inland Empire Female Swimmer of the Year honors in 2007.

PERSONAL

Born in Richland, Wash...age 19...father Richard is a teacher...mother Dianne is a nurse...brother David is a senior material science engineer major at Washington State...half sister Kristi is a chemical engineer alumna of Washington State...enjoys scrapbooking, photography, water sports, and traveling...plans to pursue a degree in hospitality business management.

RUGILE MILEISYTE



Sophomore • Backstroke, Freestyle, IM
Alytus, Lithuania • Salomejos Neries '07

WSU CAREER

Freshman (2007-08): Had NCAA "B" Consideration time in the 100 freestyle (50.74) and the 100 backstroke (55.32) at the Pacific-10 Championships...scored at that meet in both events, finishing 17th in the 100 back and 23rd in the 100 free...also placed 23rd in the 50 freestyle...was a member of four relays that earned NCAA "B" Consideration times...started the 200 free relay and 200 medley relay and swam on the 400 and 800 free relays...set the WSU school record in the 100 backstroke (55.32) and was a member of the WSU record-setting 800 free relay (7:23.26)...also on the Cougar all-time top 10 list in four other individual events...second in the 50 free, third in the 100 free, sixth in the 200 IM and eighth in the 200 backstroke.

HIGH SCHOOL/CLUB CAREER

Swam for Sigitas Skarelis at Salomejos Neries High School...placed first at the Lithuanian national championship as a **Freshman, Sophomore** and **Junior**...as a **Senior**, participated in European Swimming Championship in 2005 in Trieste and set two national records...participated again in 2006 at Budapest...finished first six times at the 2008 Lithuanian national championship setting a new 50 back record...set three Lithuanian records at the 2008 European Championships and competed at the 2008 Beijing Olympics following her freshman year as a Coug.

PERSONAL

Born in Kaunas, Lithuania...age 20...parents Arvydas Mileisis and Irena Mileisiene...brother Aurimas...enjoys sports, traveling and dancing...plans to major in finance.

WSU BEST TIMES

EVENT	TIME	MEET	DATE
50 free	23.32	Pac-10 Championships	2/28/08
100 back	55.32	Pac-10 Championships	2/29/08
100 free	50.74	Pac-10 Championships	3/1/08
200 free	1:54.17	Long Beach Grand Prix	1/20/07
200 back	2:04.31	Princeton Invitational	12/1/07
200 IM	2:05.37	Princeton Invitational	11/30/07

EMMA NEELY



Freshman • Backstroke, Freestyle
Sunbury, Australia • Salesian Catholic College '07

CLUB CAREER

Competed as a member of the Melbourne Vicentre Swimming Club for Australian Olympic coach Ian Pope...semifinalist in Australia Open SC Championships in 2005...selected to compete in Japan Homan Championships in 2005...was a gold medalist in the freestyle and medley relay at Australian National Age U16 where she represented the state of Victoria...repeated at Australian National Age U18...ranked in Australian women's open top 30 in the backstroke and freestyle events...competed in the 2008 Australian Olympic trials earning a silver medal in the 400 meter freestyle relay for Melbourne Vientre...2007 World Championship gold medalist in the 400 meter freestyle club relay...won seven medals at the 2006 Pacific School Games in both the freestyle and backstroke as well as in the relays...won 10 medals at the 2006 Australian School Championships...vice captain of the Victorian team.

PERSONAL

Age 19...father Stan is a public servant and mother Karen is a receptionist...brother Tim and sister Sammy.

DANIELLE PALUMBO



Freshman • Backstroke
Sammamish, Wash. • Skyline '08

HIGH SCHOOL/CLUB CAREER

Earned three varsity letters for high school coach Suzie Miller...was a Washington state championship finalist in the 100 backstroke **Freshman**, **Sophomore** and **Junior** seasons...also was a finalist in the 200 IM sophomore and junior years...competed for the Bellevue Club swim team for coaches Klaas Schenk and Andy Pym...was an NCSA Junior National qualifier and a finalist in the Western Senior Sectionals.

PERSONAL

Born in Princeton, N.J...age 18...father Paul is an FBI supervisory special agent...mother Karen is a senior systems analyst...brother Alex...plans to pursue a degree in business.

placing 15th overall...set the WSU school record in the 100 breaststroke with a time of 1:02.16 to break the previous record that had stood for nine years...member of the 400 medley relay team that set the WSU school record with a time of 3:43.19...earned Pac-10 All-Academic honorable mention.

Sophomore (2006-07): Placed fifth in the "C" final of the 100m breaststroke (1:13.72) at the U.S. Spring National Championships...also placed second as member of 400 medley relay squad...set a WSU record and scored with WSU's "A" 400 medley relay team at the Pac-10 Championships...also scored as part of the "A" 200 freestyle relay team and swam on the "B" 200 medley relay team...scored individually in the 200 breaststroke by placing 14th overall with an NCAA "B" Consideration time and career best time of 2:17.00...earned a second NCAA "B" Consideration time in the 100 breaststroke at the Pac-10 Championships...placed 14th overall in the event with a career best time of 1:03.37...finished 18th overall in the 200 breaststroke at the Texas Invitational with an NCAA "B" Consideration time of 2:17.59...also recorded an NCAA "B" Consideration time of 1:03.40 in the 100 breaststroke to place 11th in the event at the Texas Invitational...second overall in 100 breaststroke (1:03.37) and fourth in 200 breaststroke (2:17.00) in top 10...also in record books as part of 400 medley relay squad with WSU's top time (3:45.36)...named a Pac-10 All-Academic honorable mention.

Freshman (2005-06): Placed 21st and scored individually in the 100 breaststroke at the Pac-10 Championships...also scored as part of the 200 medley and 200 freestyle relay squads at the Pac-10 Championship meet...placed third in the 50 freestyle and set a new lifetime best at the Minnesota Invite with a time of 23.70...helped lead 400 medley relay squad to a second place finish in at the Florida International Invitational...part of the 300 breaststroke, 500 freestyle and 200 freestyle relay teams that took first place at the Golden Panther Invitational...set a new career best time in the 100 freestyle in a dual meet versus Washington...sits on the WSU all-time top 10 list in three categories (50 freestyle, fifth; 100 breaststroke, sixth; 200 breaststroke, sixth)

HIGH SCHOOL/CLUB CAREER

Swam for Kelly Swanson at San Luis Obispo High...earned four letters in swimming...also played water polo...as a **Freshman**, earned water polo coaches award...named Pac 5 All-League first team and was a CIF relay finalist in swimming...league champion in the breaststroke as a **Sophomore**...named MVP of undefeated league champion team...earned as All-League first team honors...broke school record and named All-American in the 100 breaststroke as a **Junior**...named Tigers team MVP...placed 10th at Junior Nationals...as a **Senior**, qualified for Senior Nationals in the 100 breaststroke...named All-American in 50 freestyle, 100 breaststroke and 200 medley relay...named team MVP for third straight season...set SLOHS school records in five events...finished career ranked second in Southern California in 100 breaststroke and third in 200 breaststroke...swam with San Luis Obispo Swim Club for 10 years under coach Mike Scarcelli.

PERSONAL

Born in San Luis Obispo, Calif...age 21...parents Joel and Debbie...younger brother Kyle...enjoys biking and hiking...earned academic honor roll recognition each semester attended at SLOHS...member of California Scholastic Federation...basic medical science major.

ELYSE PETERSON



Senior • Breaststroke, Freestyle
San Luis Obispo, Calif. • San Luis Obispo '05

WSU CAREER

Junior (2007-08): Had a NCAA "B" Consideration time in the 100 breaststroke (1:02.16) with a 10th place overall finish at the Pac-10 Championships ... placed second in the B Final of the 200 breaststroke at the Long Beach Grand Prix with a NCAA "B" Consideration time of 2:17.22...member of the 200 and 400 medley relays and 200 free relay that earned NCAA "B" Consideration times...also scored in the 200 breaststroke at the Pac-10 Championships,

WSU BEST TIMES

EVENT	TIME	MEET	DATE
50 freestyle	23.70	Minnesota Invitational	11/18/05
100 breaststroke	1:02.16	Pac-10 Championships	2/29/08
200 breaststroke	2:17.00	Pac-10 Championships	2/17/07
100 freestyle	53.53	Long Beach Grand Prix	1/19/08

AFTON PICKETT



Senior • Backstroke, IM, Freestyle
Monroe, Mich. • Monroe '05

WSU CAREER

Junior (2007-08): Earned NCAA "B" Standard times in the 100 backstroke (55.49), 200 backstroke (2:00.61) and as a member of the 400 medley relay...set the WSU record with the 400 medley relay squad...moved up to second in the 100 and 200 backstrokes on the Cougar all-time top 10 list...scored in the A consolation heats of the 100 and 200 backstrokes at the Pac-10 Championships...also scored at the championships with the 400 medley relay...earned Pac-10 All-Academic honorable mention.

Sophomore (2006-07): Member of 4x100 medley relay team that finished second overall at U.S. Spring National Championships...scored and set WSU record as part of the Cougar "A" 400 medley relay team at the Pac-10 Championships...also participated on the WSU "B" 200 medley relay squad...swam the 200 backstroke in a season best time of 2:03.14 at the Pac-10 Championships...finished in first place in three individual races in dual meets this season...placed second in the 100 backstroke with a season best time of 57.89 against Washington Nov. 10...earned Pac-10 All-Academic honorable mention.

Freshman (2005-06): Placed 15th in the 200 backstroke and 16th in the 100 backstroke at the Pac-10 Championships and scored as part of the 200 and 400 medley relay squads...clocked in at 2:01.17 to take first place in the 200 backstroke at the Minnesota Invitational, placing her second in the WSU record books...finished third with a time of 56.67 in the 100 backstroke at the same meet and sits second all time in that category...took first place in the 200 backstroke at the Florida International Invitational...helped lead 300 backstroke relay team to a second place finish and the 400 medley relay team to a first place finish at the Golden Panther Invitational...set a lifetime best time of 2:06.44 in the 200 IM at the Pacific-10 Championships meet, placing her fourth on the WSU all-time top 10 list...NCAA "B" consideration time in 200 backstroke.

HIGH SCHOOL/CLUB CAREER

Earned seven varsity letters at Monroe high...four in swimming for coach Norma Balough and three in synchronized swimming for coach Nancy Schlosser... **Freshman** year, named to Michigan Mega All-Conference team and placed 11th at state in the 100 backstroke... named Freshman of the Year...named to All-State and All-American teams as a **Sophomore**...set MHS record in 100 backstroke...member of fifth place state team...named team MVP in synchronized swimming...as a **Junior**, repeated all-state and All-American honors in the 200 medley relay, 100 backstroke and 200 freestyle relay...won state in 200 medley relay...team placed third overall...**Senior** year, named Trojans MVP and team captain... named to all-conference swim team fourth year in a row...All-State in 100 backstroke (placed second) and 200 individual medley (placed third)...swam for Coach Louis Balough on the Southern Michigan Aquatic Club...state champion in 800 free relay in 2002 and 200 backstroke in 2003...participated in regional select swimming camp at the University of Tennessee in 2004...high point champion at the LCM state meet in 2004.

PERSONAL

Born in Wayne, Mich...age 21...father Kenneth is an engineer...younger sister Kirstin dives

for New Mexico State University...enjoys reading, movies and spending time with friends... three year National Honor Society and Spanish Club member...Michigan Merit Award Winner...biological engineering major.

WSU BEST TIMES

EVENT	TIME	MEET	DATE
200 IM	2:06.44	Pac-10 Championships	2/23/06
100 backstroke	55.49	Pac-10 Championships	2/29/08
200 backstroke	2:00.61	Pac-10 Championships	3/1/08
200 breaststroke	2:25.80	Pac-10 Championships	1/20/06

TALOR WHITAKER



Sophomore • Freestyle, Butterfly, IM
Chesterton, Ind. • Chesterton '07

WSU CAREER

Freshman (2007-08): Scored three times at the Pac-10 Championships as a member of the 200, 400 and 800 free relays...earned NCAA "B" Consideration times in the 100 freestyle (50.83) and the 200 IM (2:03.80), finishing just outside of scoring in both events at the Pac-10 Championships...had NCAA "B" Consideration times...is a member of the 800 free relay that set the WSU school record (7:23.26)...moved into the Cougar all-time top 10 in four individual events...second in 200 IM, fourth in 100 free, fifth in 50 free and seventh in 100 butterfly.

HIGH SCHOOL/CLUB CAREER

Named to Duneland Athletic Conference All-Conference team for three straight years...

Sophomore: Member of state champion 200 freestyle relay and high school squad finished sixth in the team race...**Junior:** 100 freestyle state champion...placed eighth in 200 IM... member of 200 and 400 freestyle relay state champion teams...Junior National qualifier as well as U.S. Open qualifier...set four school records.

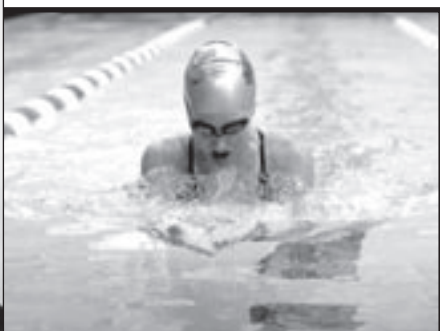
PERSONAL

Born in Indianapolis...turns age 20 early in the season...father Steve who swam competitively at Wabash College, and mother Lisa who competed for Ball State's swim team...dad is vice president of graphing company...mom is a swim club coach and homemaker...brothers Kyle, Aaron and Ethan...Kyle is currently a part of USA's National Junior Team...coached and was a lifeguard for the Masters Swim program...earned 3.6 prep GPA...plans to major in communication with an emphasis in broadcast media/news.

WSU BEST TIMES

EVENT	TIME	MEET	DATE
50 free	23.56	Pac-10 Championships	2/28/08
100 free	50.83	Pac-10 Championships	3/1/08
200 free	1:52.94	Princeton Invitational	12/2/07
100 fly	56.75	Pac-10 Championships	2/29/08

LORRAINE ZANNINI



Freshman • Breaststroke
Flagstaff, Ariz. • Flagstaff '08

HIGH SCHOOL/CLUB CAREER

Earned four varsity letters, two in track and two in swimming for coach Ian Baines... during **Junior** season was the Div. II 4A 100 yard breaststroke state champion and high school team placed eighth at state...as a **Senior** repeated as 100 breaststroke state champion and also was 200 IM champion...team was state runner-up...competed for Flagstaff Snow Sharks Clubs also coached by Baines...placed third in the 50 breast at Senior Short Course State Championships in 2007...placed second at the same meet in the 100 breast in 2008.

PERSONAL

Born in Flagstaff, Ariz...turns age 19 late in the season...father John is a teacher...mother Cathryn is an operating room nurse...sister Audrey...enjoys piano and ceramics...plans to pursue a degree in pre-med.

CLASS PHOTOS

2008-09 Seniors



2008-09 Juniors



2008-09 Sophomores



2008-09 Freshmen



Nevada

Saturday, Nov. 1, 11:30 a.m.
Reno, Nev.

Location: Reno, Nev.
Nickname: Wolf Pack
Conference: Western Athletic
Head Coach: Mike Richmond (Second Season)
2007-08 Dual Record: 6-3
Website: www.nevadawolfpack.com

Northern Arizona

Saturday, Nov. 15, 10 a.m.
Pullman, Wash.

Location: Flagstaff, Ariz.
Nickname: Lumberjacks
Conference: Big Sky
Head Coach: Andy Johns (13th Season)
2007-08 Dual Record: 9-5
Website: www.nauathletics.com

Seattle

Saturday, Nov. 22, TBA
Pullman, Wash.

Location: Seattle
Nickname: Redhawks
Conference: Pacific Collegiate Swim
Head Coach: Craig Mallery (11th Season)
2007-08 Dual Record: 1-7
Website: www.goseattleu.com

Idaho

Friday, Jan. 23
TBA
Moscow, Idaho

Location: Moscow, Idaho
Nickname: Vandals
Conference: Western Athletic
Head Coach: Tom Jager (Fifth Season)
2007-08 Dual Record: 2-11
Website: www.govandals.com

Boise State

Sunday, Jan. 25, 11 a.m.
Pullman, Wash.

Location: Boise, Idaho
Nickname: Broncos
Conference: Western Athletic
Head Coach: Kristin Hill (Third Season)
2007-08 Dual Record: 5-10
Website: www.broncosports.com

Oregon State

Saturday, Jan. 31, 11 a.m.
Corvallis, Ore.

Location: Corvallis, Ore.
Nickname: Beavers
Conference: Pacific-10
Head Coach: Larry Liebowitz (Sixth Season)
2007-08 Dual Record: 1-7
Website: www.osubeavers.com

Washington

Saturday, Feb. 7, 11 a.m.
Pullman, Wash.

Location: Seattle
Nickname: Huskies
Conference: Pacific-10
Head Coach: Whitney Hite (Third Season)
2007-08 Dual Record: 10-4
Website: www.gohuskies.com

Snake River Challenge

Each fall, the Washington State swim team journeys out to Granite Point for its annual dip in the Snake River. The Snake River Challenge has been an annual Cougar tradition for more than 10 years.

"This is a demanding event," WSU Head Coach Erica Quam said. "It is a great way to start our training and the team knows it comes early in the fall so it pushes them to come back fit and ready for the challenge."

On Labor Day, the WSU swim squad starts its 2.2-mile swim at Granite Point and makes its way up to the WSU Boathouse before running the 2.2 miles back to Granite Point. The swimmers compete against each other for the fastest swim time, fastest run time and fastest overall time.

Sophomore Sierra Burton had the fastest overall time for the 2008 Snake River Challenge with a time of 1:11.08. Burton also won the swim portion in 52.17 and sophomore Jennifer Dean clocked in with the fastest time (16.54) in the run.

"This event always seems to draw our group closer together, knowing they all battled through the challenge together," Quam said. "It really sets the stage for the rest of the year."



This fall the Washington State University swim team traveled to Camp Cowles located on Diamond Lake just north of Spokane for a retreat that focused on building team unity as well as taking the team away from its comfort zone at Gibb Pool.

The team spent the weekend getting to know one another through campfire activities, a team swim on Friday, a team hike on Saturday, and a team trail run on Sunday. The team also spent time outlining what it thought a positive team environment would look like as well as what goals it wanted to achieve on swimming, academic and personal levels.

One activity that highlighted the weekend was a "Top Chef Quick Fire" where the team was divided into three groups and was challenged to prepare an appetizer, entrée or dessert depending on their assigned groupings. Head coach Erica Quam and assistant coaches Lindsay Henahan and Lina Daugvilaite served as the judges.



"We judged based on taste, appearance and teamwork," Quam said. "They made a great meal and we certainly had a lot of fun being the judging panel."

The retreat was the first time the 2008-09 team had the opportunity to make an overnight trip together, an experience that coach Quam feels is vital to team building.

"You learn a lot of things about people when you overnight together and if we can do that before we have to travel to our first competition it gets a lot of the 'unknowns' out of the picture," Quam said. "It gives us the opportunity to know each other that much better and helps us function more efficiently as a team when we go away for the first time."





At the 2008 Summer Olympics in Beijing, China, Washington State University's Rugile Mileisyte became the first Cougar swimmer to compete in the Olympic Games.

A native of Alytus, Lithuania, Mileisyte won her heat in 26.19, quicker than her Olympic qualifying time of 26.32 she earned in a time trial at the Seven Hill Trophy meet in Rome, Italy, June 7.

Competing for her native country, Mileisyte captured the sixth of 12 heats in the event, but did not advance to the semifinal races after finishing 39th among 92 swimmers. Her time was 1.99 seconds behind Australia's Cate Campbell, who posted the best time in the heats at 24.20. Mileisyte missed the cut for the semifinal races (top 16) by 1.12 seconds.



WASHINGTON STATE UNIVERSITY OLYMPIANS

NAME (SPORT IF NOT TRACK & FIELD)	COUNTRY	YEARS	MEDAL
Allinger, Dawn (team handball)	USA	1996	
Arouzes, Demetrious	Cyprus	1988	
Avognan, John	Ivory Coast	1976	
Babits, Laslo	Canada	1984	
Bertoia, Don	Canada	1964	
Bohn, "Doc" (trainer)	USA	1932, '36, '48, '52, '60, '64, '68	
Brunner, Chantal	New Zealand	1996, 2000	
Campbell, Ian	Australia	1980	
Chaplin, John (track coach)	USA	2000	
Conine, Gerald (wrestling)	USA	1964	
Dodoo, Francis	Ghana	1984, 1988, 1992, 1996	
Eishen, Clem	USA	1948	
Enquist, Paul (rower)	USA	1984	Gold
Gambetta, Carlos	Argentina	1980	
Gittens, Boyd	USA	1968	
Gustafsson, Tore	Sweden	1988, '92, '96	
Hadjiandreou, Marios	Greece	1988	
Henry, Anson	Canada	2004	
Hitchcock, Vaughan (wrestling coach)	USA	1976	
James, Laura	Trinidad	1972	
Jenne, Eldon	USA	1920	
Johanssen, Patrik	Sweden	1992	
Joubert, Michael	Australia	1996	
Kablan, Georges	Ivory Coast	1976, 1984	
Kinkade, Mike (baseball)	USA	2000	Gold
Koech, Peter	Kenya	1988	Silver
Korir, Julius	Kenya	1984	Gold
Koutsoukis, Dimitrios	Greece	1988	
Lagat, Bernard	Kenya	2000	Bronze
	Kenya	2004	Silver
	USA	2008	
Li, Tony (Li Tong)	China	1992, 1996	
Lindgren, Gerry	USA	1964	
Mileisyte, Rugile (swimming)	Lithuania	2008	
Moracho, Javier	Spain	1980, 1984	
Moutsanas, Sotirios	Greece	1984	
Mullins, Peter	Australia	1948	
N'Drin, Celestine	Ivory Coast	1984, 1988	
Nordquist, Doug	USA	1984	
Norelius, Kristi (rower)	USA	1984	Gold
Orr, Lee	Canada	1936	
Ortega, Omar	Argentina	1984	
Pallakis, Christos	Greece	1992	
Parnell, Bill	Canada	1948, 1952	
Peyou, Henri	Cameroon	1992	
Pickler, Diana	USA	2008	
Rademacher, Pete (boxer)	USA	1956	Gold
Reed, Georgetown	Canada	1992	
Roininen, Leo	Canada	1948	
Shirley, Simon	Australia	1988	
Taiwo, Joseph	Nigeria	1984	
Thompson, Camille (basketball)	Canada	1996	
Tiacoh, Gabriel	Ivory Coast	1984	Silver
Waltz, Ian	USA	2004, 2008	

Updated after Beijing Games, summer 2008

50 FREESTYLE

1. Taryn Ternent (2/22/01)	23.26
2. Rugile Mileisye (2/28/08)	23.32
3. Lindsay Henahan (2/27/03)	23.48
4. Rachel Dong (2/22/01)	23.51
5. Talor Whitaker (2/28/08)	23.56
6. Erin McCleave (11/30/06)	23.57
7. Sierra Burton (2/28/08)	23.58
8. Katie Keller (2/26/98 & 2/25/99)	23.59
9. Elyse Peterson (11/18/05)	23.70
10. Jessica Adolphson (12/7/90)	23.95

100 FREESTYLE

1. Erin McCleave (2/17/07)	50.09
2. Taryn Ternent (12/1/01)	50.44
3. Rugile Mileisye (3/1/08)	50.74
4. Talor Whitaker (3/1/08)	50.83
5. Katie Keller (2/28/98)	50.85
Sierra Burton (3/1/08)	50.85
7. Lindsay Henahan (3/1/03)	51.03
8. Andree Anne LeRoy (12/1/01)	51.16
9. Jamie MacLeod (11/20/05)	51.95
10. Jennifer Dean (3/1/08)	52.02

200 FREESTYLE

1. Erin McCleave (3/9/07)	1:46.70
2. Sierra Burton (2/29/08)	1:49.94
3. Katie Keller (2/25/99)	1:50.49
4. Becca Cohen (3/1/02)	1:50.60
5. Sasha Taylor (11/30/01)	1:50.83
6. Michaela Ahlin (2/27/08)	1:50.88
7. Andree Anne LeRoy (11/30/01)	1:51.27
8. Jane Copland (2/23/05)	1:52.00
9. Melissa Hubley (11/30/01)	1:52.30
10. Erika Roach (12/1/07)	1:52.32

500 FREESTYLE

1. Erin McCleave (2/15/07)	4:43.46
2. Kayli Changstrom (2/15/07)	4:53.14
3. Becca Cohen (2/28/02)	4:53.53
4. Michaela Ahlin (11/30/07)	4:53.95
5. Beth Platte (2/27/86)	4:57.66
6. Lina Daugvilaite (2/28/08)	4:57.97
7. Jadine Louw (11/29/01)	4:58.75
8. Sasha Taylor (11/29/01)	4:59.22
9. Semah Zavareh (11/29/01)	5:00.61
10. Jill Olson (11/29/01)	5:01.09

1000 FREESTYLE

1. Erin McCleave (3/10/07)	9:47.19
2. Jill Olson (12/1/01)	10:12.96
3. Becca Cohen (3/2/02)	10:13.76
4. Shelly Hart (2/9/92)	10:14.00
5. Lina Daugvilaite (12/2/07)	10:15.31
6. Kayli Changstrom (11/11/05)	10:15.49
7. Nikki Hudson (12/2/94)	10:21.29
8. Semah Zavareh (11/16/02)	10:21.85
9. Kenzie Reiter (2/25/06)	10:25.53
10. Beth Platte (1/16/87)	10:26.17

1650 FREESTYLE

1. Erin McCleave (3/10/07)	16:13.20
2. Lina Daugvilaite (12/2/07)	16:52.26
3. Becca Cohen (3/2/02)	16:55.99
4. Jill Olson (12/1/01)	16:56.31
5. Shelly Hart (2/9/92)	16:58.17
6. Kayli Changstrom (2/26/05)	17:01.47

7. Kenzie Reiter (2/25/06)	17:15.52
8. Kristin Marceau (3/1/08)	17:16.69
9. Jadine Louw (12/1/01)	17:20.23
10. Laurie Gregg (2/25/06)	17:23.07

100 BACKSTROKE

1. Rugile Mileisye (2/29/08)	55.32
2. Afton Pickett (2/29/08)	55.49
3. Andree Anne LeRoy (11/30/01)	56.34
4. Katie Byrnes (11/30/01)	56.74
5. Erin McCleave (11/18/05)	56.86
6. Nicole Chinn (3/1/02)	57.01
7. Taryn Ternent (11/30/01)	57.05
8. Kelley Miedema (2/25/00)	57.06
9. Anna Hohmann (2/26/99)	57.14
10. Sasha Taylor (3/3/02)	58.05

200 BACKSTROKE

1. Andree Anne LeRoy (12/1/01)	1:59.64
2. Afton Pickett (3/1/08)	2:00.61
3. Katie Byrnes (12/1/01)	2:01.23
4. Kelley Miedema (2/26/00)	2:01.82
5. Sasha Taylor (3/2/02)	2:02.19
6. Anna Hohmann (2/27/99)	2:02.83
7. Rachel Hawley (2/26/94)	2:03.76
8. Rugile Mileisye (12/2/07)	2:04.31
9. Bryn Mooney (3/1/08)	2:04.46
10. Jennifer Larson (3/2/94)	2:04.96

100 BREASTSTROKE

1. Elyse Peterson (2/29/08)	1:02.16
2. Erin Eldridge (2/26/99)	1:02.19
3. Rachel Dong (11/30/01)	1:03.54
4. Monika Povilonyte (2/25/05)	1:03.71
5. Shawna Keller (2/29/08)	1:04.12
6. Jane Copland (2/25/05)	1:04.15
7. Kenzie Reiter (2/25/05)	1:04.41
8. Jessica Chisholm (2/26/99)	1:05.40
9. Katie Leidel (2/26/99)	1:05.55
10. Jessica Adolphson (2/25/94)	1:05.79

200 BREASTSTROKE

1. Erin Eldridge (2/27/99)	2:13.54
2. Jane Copland (11/20/05)	2:14.92
3. Monika Povilonyte (2/26/05)	2:16.53
4. Elyse Peterson (2/17/07)	2:17.00
5. Shawna Keller (2/17/07)	2:18.09
6. Kenzie Reiter (2/26/05)	2:18.40
7. Rachel Dong (12/1/01)	2:20.09
8. Katie Leidel (2/27/99)	2:22.04
9. Linda Dobbels (2/09/92)	2:22.57
10. Shawna Pentland (2/2/95)	2:22.68

100 BUTTERFLY

1. Lindsay Henahan (2/28/03)	53.75
2. Rachel Dong (11/30/01)	54.75
3. Melissa Hubley (11/30/01)	55.13
4. Michaela Ahlin (2/16/07)	55.58
5. Bryn Mooney (11/30/06)	55.85
6. Erica Dunn (3/1/93)	56.58
7. Rachelle Carano (2/22/01)	56.75
Talor Whitaker (2/29/08)	56.75
9. Nicole Chinn (3/1/02)	56.92
10. Lindsay Backhouse (2/27/04)	57.34

200 BUTTERFLY

1. Michaela Ahlin (2/18/08)	1:59.23
2. Melissa Hubley (2/24/01)	2:00.36
3. Kayli Changstrom (10/7/05)	2:03.73
4. Bryn Mooney (12/5/04)	2:03.88
5. Lindsay Henahan (10/19/02)	2:05.21
6. Kelly Kocur (3/2/91)	2:05.36
7. Erica Dunn (2/25/95)	2:05.84
8. Erika Roach (12/2/07)	2:05.99
9. Rachelle Carano (12/3/00)	2:06.17
10. Taunya Locking (2/9/92)	2:06.30

200 INDIVIDUAL MEDLEY

1. Andree Anne LeRoy (11/29/01)	2:02.74
2. Talor Whitaker (2/28/08)	2:03.80
3. Jane Copland (2/23/06)	2:03.96
4. Shawna Keller (2/15/07)	2:03.97
5. Michaela Ahlin (2/28/08)	2:05.21
6. Rugile Mileisye (11/30/07)	2:05.37
7. Kenzie Reiter (2/24/05)	2:05.62
8. Afton Pickett (2/23/06)	2:06.44
9. Rachel Dong (11/29/01)	2:06.55
10. Kayli Changstrom (12/03/04)	2:06.76

400 INDIVIDUAL MEDLEY

1. Kayli Changstrom (2/16/07)	4:21.31
2. Michaela Ahlin (2/29/08)	4:21.66
3. Andree Anne LeRoy (11/30/01)	4:21.67
4. Kenzie Reiter (2/29/08)	4:22.09
5. Kelley Miedema (2/26/99)	4:27.29
6. Laurie Gregg (12/4/04)	4:30.04
7. Jane Copland (10/28/05)	4:30.36
8. Jill Glatt (2/25/94)	4:30.38
9. Maegan Wood (2/25/05)	4:30.70
10. Rachelle Carano (2/25/00)	4:31.24

200 FREESTYLE RELAY

Taryn Ternent (23.63)	1:32.82
Rachel Dong (23.09)	12/2001
Lindsay Henahan (23.00)	
Andree Anne LeRoy (23.10)	

400 FREESTYLE RELAY

Andree Anne LeRoy (51.16)	3:23.27
Melissa Hubley (51.13)	12/2001
Rachel Dong (50.75)	
Taryn Ternent (50.23)	

800 FREESTYLE RELAY

Michaela Ahlin (1:50.88)	7:23.26
Talor Whitaker (1:51.90)	2/2008
Rugile Mileisye (1:50.40)	
Sierra Burton (1:50.08)	

200 MEDLEY RELAY

Nicole Chinn (26.30)	1:42.33
Rachel Dong (28.93)	12/2001
Lindsay Henahan (24.43)	
Taryn Ternent (22.67)	

400 MEDLEY RELAY

Afton Pickett (55.79)	3:43.19
Elyse Peterson (1:02.89)	2/2008
Michaela Ahlin (54.39)	
Sierra Burton (50.12)	

Bold indicates current team members

Academic/Athletic Awards

College Swimming Coaches Association of America (CSCAA)

Term	National Rank	GPA
Spring 2008	Not Available	3.23
Fall 2007	Not Available	3.19
Spring 2007	48th	3.31
Fall 2006	T-15th	3.38
Spring 2006	14th	3.48
Fall 2005	T 5th	3.46
Spring 2005	3rd	3.57
Fall 2004	3rd	3.54
Spring 2004	1st	3.66
Fall 2003	4th	3.48
Spring 2003	3rd	3.50
Fall 2002	2nd	3.53
Spring 2002	35th	3.25
Fall 2001	30th	3.16
Spring 2001	24th	3.20
Fall 2000	13th	3.32
Spring 2000	15th	3.30
Fall 1999	3rd	3.39
Spring 1999	7th	3.35
Fall 1998	2nd	3.38



Pac-10 All-Academic Team History

First Team:

2008:	Danielle Berish, 3.72, Communication Bryn Mooney, 3.83, Fine Arts
2007:	Lindsay Backhouse, 3.89, Human Nutrition and Food Danielle Berish, 3.72, Communications Erin McCleave, 3.71, Biology Katie VanHorne, 3.79, Medical Sciences
2006:	Lindsay Backhouse, 3.87, Human Nutrition & Food Karen Eldred, 3.93, Spanish Education Andrea Lubeck, 3.98, Zoology Erin McCleave, 3.74, Biology Bryn Mooney, 3.92, Undeclared Sarah Reichwald, 3.89, International Studies Katie Van Horne, 3.82, Medical Sciences
2005:	Lindsay Backhouse, 3.93, Human Nutrition & Food Karen Eldred, 3.88, Spanish Education Lisa Irwin, 3.81, Pre-Med (Zoology) Andrea Lubeck, 3.98, Pre-Med (Zoology) Katie Van Horne, 3.88, General Biology
2004:	Theresa Dunn, 3.80, Business Administration/Finance Andrea Lubeck, 3.97, Undeclared Sasha Taylor, 3.71, Biology Education
2003:	Theresa Dunn, 3.84, Business Administration/Finance Jill Olson, 3.68, Accounting Information Systems Sasha Taylor, 3.60, Biology Education
2002:	Theresa Dunn, 3.94, Pre-Law Jill Olson, 3.74, Accounting
2001:	Jill Olson, 3.85, Accounting
2000:	Kelley Miedema, 3.42, Pre-Med (Zoology) Eli Schmied, 3.69, Pre-Med (Zoology)
1998:	Tammy Coulter, 3.47, Pre-Med (Biology)

Second Team:

2008:	Maya Dill, 3.62, Sociology Jamie MacLeod, 3.57, Microbiology
2007:	Kayli Changstrom, 3.63, Sport Management Jamie MacLeod, 3.67, Microbiology Bryn Mooney, 3.69, Undeclared

2006:	Larissa Barth, 3.80, Undeclared Danielle Berish, 3.83, Undeclared Kayli Changstrom, 3.64, Sport Management Jane Copland, 3.59, English Beth, Newhouse, 3.59, Neuroscience
2005:	Kayli Changstrom, 3.60, Undeclared Erin McCleave, 3.79, Undeclared
2004:	Karen Eldred, 3.85, Undeclared Lisa Irwin, 3.78, Zoology
2003:	Lisa Irwin, 3.73, Undeclared
2002:	Katie Byrnes, 3.74, Undeclared Rachel Dong, 3.59, Movement Studies Melissa Hubley, 3.40, Sociology
2001:	Melissa Hubley, 3.40, Psychology
2000:	Gretchen Chambers, 3.32, Psychology
1999:	Anna Hohmann, 3.26, Accounting Julie Thom, 3.62, Kinesiology
1998:	Julie Thom, 3.62, Kinesiology
Honorable Mention:	
2008:	Michaela Ahlin, Brett Bogachus, Kristin Marceau, Elyse Peterson, Afton Pickett, Keara Sheahan
2007:	Elyse Peterson, Afton Pickett, Monika Povilonyte
2006:	Emily Chandler, Laurie Gregg, Kelly O'Neill, Monika Povilonyte
2005:	Emily Chandler, Jane Copland, Laurie Gregg, Sheena Mills, Beth Newhouse, Monika Povilonyte, Candace Rodda
2004:	Nicole Chinn, Jane Copland, Sheena Mills, Lesley Ouellette
2003:	Nicole Chinn, Rebecca Cohen, Lindsay Henahan, Sara Schmied
2002:	Nicole Chinn, Rebecca Cohen, Sara Schmied, Sasha Taylor
2001:	Carrie Breed, Rachelle Carano, Rebecca Cohen, Lindsay Henahan, Sara Schmied
2000:	Suzie Muirhead
1999:	Carrie Breed, Gretchen Chambers, Jessica Chisholm, Wendy Enderle, Sarah Ewan, Katie Keller, Kelley Miedema
1998:	Gretchen Chambers, Jessica Chisholm, Wendy Enderle, Liz Hohaia, Anna Hohmann, Kelley Miedema, Aimee Walters

CSCAA Academic All-American

2006:	Jane Copland (3.83) Erin McCleave (3.65)
-------	---

Honorable Mention

2006:	Kayli Changstrom (3.75) Monika Povilonyte (3.54)
2005:	Kayli Changstrom (3.66) Jane Copland (3.51) Erin McCleave (3.78)

NCAA All-American

2007:	Erin McCleave, 1650 freestyle, 200 freestyle
2006:	Erin McCleave, 1650 Freestyle
2003:	Lindsay Henahan, 100 Butterfly
2000:	Erin Eldridge, 100 Breaststroke
1999:	Erin Eldridge, 100 & 200 Breaststroke

2007-2008 Cougar Swimming Awards

Most Outstanding:	Michaela Ahlin
Most Improved:	Erika Roach
Strength & Conditioning:	Talor Whitaker
Academic:	Bryn Mooney (4.0 fall gpa)
Cougar:	Lina Daugvilaite

Glenn Kranc Academic Award

Spring 2004:	3.66 Team GPA
Spring 2003:	3.50 Team GPA
Fall 2002:	3.53 Team GPA

2009 DIVISION I WOMEN'S SWIMMING QUALIFYING TIME STANDARDS

EVENT	25-Yard Course		25-Meter Course		50-Meter Course	
	A	B	A	B	A	B
	<i>Standard</i>	<i>Standard</i>	<i>Standard</i>	<i>Standard</i>	<i>Standard</i>	<i>Standard</i>
50 Freestyle	:21.93	:22.80	:24.48	:25.45	:25.18	:26.18
100 Freestyle	:47.84	:49.75	:53.40	:55.53	:54.74	:56.93
200 Freestyle	1:44.02	1:48.18	1:56.10	2:00.74	1:59.02	2:03.78
500 Freestyle	4:38.46	4:49.59	4:03.63	4:13.36	4:10.42	4:20.43
1,650 Freestyle	15:53.38	16:31.51	15:50.53	16:28.55	16:17.83	16:56.94
100 Butterfly	:52.02	:54.10	:58.06	1:00.39	:59.32	1:01.69
200 Butterfly	1:54.95	1:59.54	2:08.30	2:13.42	2:10.48	2:15.69
100 Backstroke	:53.01	:55.13	:59.17	1:01.53	1:02.15	1:04.64
200 Backstroke	1:53.37	1:57.90	2:06.53	2:11.59	2:12.29	2:17.58
100 Breaststroke	:59.99	1:02.38	1:06.96	1:09.63	1:08.96	1:11.71
200 Breaststroke	2:10.32	2:15.53	2:25.45	2:31.27	2:28.43	2:34.37
200 Individual Medley	1:56.13	2:00.77	2:09.61	2:14.79	2:13.95	2:19.30
400 Individual Medley	4:07.33	4:17.22	4:36.04	4:47.08	4:42.35	4:53.64
200 Freestyle Relay	1:28.35	1:31.88	1:38.61	1:42.55	1:41.44	1:45.49
400 Freestyle Relay	3:14.93	3:22.72	3:37.56	3:46.26	3:43.04	3:51.95
800 Freestyle Relay	7:02.07	7:18.95	7:51.07	8:09.91	8:02.92	8:22.24
200 Medley Relay	1:37.81	1:41.72	1:49.17	1:53.53	1:52.56	1:57.06
400 Medley Relay	3:32.56	3:41.06	3:57.24	4:06.72	4:03.21	4:12.94



Washington State University is a member of the nation's leading athletic entity—the Pacific-10 Conference.

Joining July 1, 1962, WSU was the first member to be admitted to the original membership of five. The Pacific-8 Conference was organized July 1, 1959, and originally called the Athletic Association of Western Universities. The original membership included the University of California, USC, Stanford University, the University of California at Los Angeles (UCLA) and the University of Washington.

The University of Oregon and Oregon State University joined the Pac-8 July 1, 1964.

The association's members formally adopted the name, Pacific-8 Conference, Sept. 3, 1968.

The Pac-8 officially became the Pacific-10 Conference with the addition of the University of Arizona and Arizona State University on July 1, 1978.

PAC-10 HEADQUARTERS

1350 Treat Blvd., Suite 500
Walnut Creek, CA 94597-8853
(925) 932-4411; FAX: (925) 932-4601

PAC-10 STAFF

Tom C. Hansen, Commissioner
Christine Hoyles, Associate Commissioner (Championships and Administration)
Jim Muldoon, Associate Commissioner (Public Relations)
Duane Lindberg, Associate Commissioner (Electronic Communications)
Mike Matthews, Associate Commissioner (Compliance and Enforcement)
Scott Sabatino, Associate Commissioner (Business and Finance)
Ron Barker, Associate Commissioner (Governance and Enforcement)
Chris Dawson, Associate Commissioner (Olympic Sports and Student-Athlete Programs)
Dave Hirsch, Assistant Commissioner (Communications and Men's Basketball)

Elson S. Floyd President



Elson S. Floyd is Washington State University's 10th president. He took office in May of 2007 after serving as president of the four-campus University of Missouri system during 2002-2007.

"Affordability, accessibility and accountability" are keystones to his administration leading WSU. He puts high priority on WSU being a research leader and having a global presence. Furthermore, he endorses diversity of thought, opinion, perspective, viewpoints, race and ethnicity as characteristics of a world-class university.

Floyd, 51, served as president of Western Michigan University from 1999 to 2002, and held several administrative positions at the University of North Carolina Chapel Hill, including deanships in student affairs and the College of Arts and Sciences.

Previously, he spent two years as executive director of the state of Washington Higher Education Coordinating

Board, the agency responsible for statewide coordination, planning, oversight, policy analysis and student financial aid programs for Washington's post-secondary education system. From 1990 to 1993, he served as vice president for student services, vice president for administration and executive vice president at Eastern Washington University.

He began his career in 1978 at the University of North Carolina at Chapel Hill, where he held deanships in the Division of Student Affairs, the General College and the College of Arts and Sciences. From 1988 to 1990, he was assistant vice president for student services for the UNC system office, where he helped develop and articulate student affairs and academic affairs policy for the 16-campus university system.

A native of Henderson, N.C., Floyd holds a bachelor of arts degree in political science and speech, a master of education degree in adult education, and a doctor of philosophy degree in higher and adult education, all from the University of North Carolina at Chapel Hill.

Floyd and his wife, Carmento Floyd, have two grown children.

Anne McCoy Senior Associate Director Of Athletics/SWA



Veteran intercollegiate athletics administrator Anne McCoy has served Washington State University since 2001 and was promoted from associate director to senior associate director of athletics in 2004. Her appointment to senior woman administrator came in the summer of 2007.

In her capacity as senior associate director of athletics, she is charged with overseeing all aspects of WSU's athletic budget and supervises several areas with the department including the business office, equipment, computer and football operations, and event management and facility operations. She also serves as a liaison for men's and women's basketball.

McCoy serves on several Pacific-10 Conference committees, including the Executive Committee as vice-president for the Pac-10 Council, chair of the Senior Woman Administrator Committee and on the Compliance and Enforcement, Awards Review, Medical

Care, and Student-Athlete Advisory committees.

A Wisconsin native, McCoy earned a bachelor's degree in sports management in 1989 from the University of Massachusetts. While an undergraduate, she worked for the Pittsburgh Penguins professional hockey organization, expanding the club's season ticket base. McCoy also served an internship as the assistant athletic business manager at the University of Connecticut, and was instrumental in designing and implementing a comprehensive computerized budget-tracking system.

McCoy served in several capacities at the University of Maine from 1989-1995, lastly as associate director of athletics and senior woman administrator. At Maine, she supervised men's basketball, men's and women's soccer, men's and women's swimming and softball in addition to the athletic business office, ticket office, retail store and cheerleading staff and operations. She took a similar administrative positive at St. Louis University from 1995-96.

In 1996, McCoy moved west, joining the staff at Portland State University as associate director of athletics and senior woman administrator, and was promoted to senior associate director of athletics in 1998. At PSU, she managed all internal staff and the daily operations of the department, representing the director of athletics as needed. McCoy also supervised men's and women's golf, cross country/track and field, and women's volleyball, soccer, tennis and softball.

McCoy and her husband Brian have two children, daughter Taylor and son Jake.

Jim Sterk Director of Athletics



Washington native James M. Sterk was appointed Washington State University's director of athletics in June of 2000. In his eight years, Sterk has seen unprecedented growth and success by the Cougars' 17 intercollegiate teams and 450 individuals who compete for WSU annually.

On the academic front, WSU earned 114 selections to Pacific-10 Conference All-Academic teams in 2007-08. That figure represented the most student-athletes to earn such an honor during an academic year in school history. WSU nearly reached this standard in 2005-06 with 109 selections to conference all-academic teams after setting the mark of 113 during the 2004-05 academic year.

On the field, Cougar Athletics has enjoyed extraordinary achievements highlighted by three consecutive 10-win seasons by the football program from 2001-03. Most recently, the men's basketball

team has made back-to-back appearances in the NCAA Tournament (2007 & 2008), the women's rowing team made its second NCAA Championship appearance in three years, finishing eighth in 2008, following up its fourth-place finish in 2006, the highest finish ever by a WSU women's team in NCAA postseason competition.

Facility improvements have also been among projects Sterk has tackled. Following the 2006 football season, the initial phases of a renovation to Martin Stadium, the home of Cougar football, began with Phases I and II which were completed in time for the 2008 football season. Planned for completion in the fall of 2008 are a state-of-the-art rowing tank and a hydrotherapy to further meet the needs of student-athletes. In addition, plans are underway for an ambitious capital improvement plan that will enhance many other WSU athletic facilities.

A 1980 graduate of Western Washington University, Sterk received his master's degree in sports administration from Ohio University. His professional career has included positions at North Carolina, Maine, Seattle Pacific, Tulane and Portland State, the latter as director of athletics for five years before joining the Cougar staff.

The foundation of Sterk's leadership plan is based on five areas: the student-athlete experience, resource acquisition, personnel, political dynamics, and facilities. All five areas have enjoyed growth in his first eight years at Washington State University.

Ken Casavant Faculty Athletics Representative



Professor Ken Casavant, a member of the Washington State University family since 1967, currently serves as WSU's Faculty Athletics Representative to the Pacific-10 Conference and the National Collegiate Athletic Association. He is a past president of the Pac-10 and most recently served on the NCAA Division I Management Council.

Casavant came to WSU as a graduate research assistant in the Department of Agricultural and Resource Economics. He was named an assistant professor in 1971, an associate professor in 1975 and a full professor in 1980.

In 2004, Casavant received the honor of giving the Distinguished Faculty Address, the University's oldest award and also received the Sahlin Excellence in Public Service award for the University. In 1979, Casavant received the R.M. Wade award for outstanding teacher in the college of agriculture at

WSU, and in 1990, he earned the distinguished WSU Faculty of the Year award. Casavant was elected vice-chair (1991-92) and chair (1992-93) of the WSU Faculty Senate and has been accorded the Distinguished Teacher award by the American Agricultural Economics Association. He was named Distinguished Scholar by the Western Agricultural Economics Association in 2003 for his nationally recognized work as a transportation economist.

During his tenure at WSU, Casavant has served as associate director for the Washington State Transportation Center (1984-87) and the interim Vice-Provost for Academic Affairs and interim Vice-Provost for Research (1998).

The North Dakota native is a 1965 graduate of North Dakota State University, where he earned a bachelor's degree in agricultural economics. He received his master's degree from NDSU, followed by a Ph.D., from WSU in 1971.

Ken and his wife Dorothy have two grown daughters, Michele and Colette.

FOOTBALL



Paul Wulff, 1st Year

Paul Wulff became WSU's 31st head football coach in December, 2007, when he returned to his alma mater after spending the past eight years as head coach at Eastern Washington University. Wulff assembled a 53-40 record at Eastern Washington, leading the Eagles to three postseason appearances.

VOLLEYBALL



Andrew Palileo, 1st Year

New to WSU volleyball but not new to coaching, Andrew Palileo brings a career record of 239-141 after finding success at South Dakota State in both the NCAA Div. II and Div. I levels. He assembled a staff prior to arriving in Pullman and they have moved quickly to establish strong relationships on the recruiting trails.

SOCCER



Matt Potter, 6th Year

Matt Potter, in his sixth season, has led Washington State to three-straight winning seasons, an unprecedented feat for Cougar soccer since joining the Pacific-10 Conference. Washington State is averaging just over 10 wins per season during that span and last year knocked off eventual-national champion USC.

CROSS COUNTRY



Jason Drake, 5th Year

In his seventh year of coaching the Cougar distance runners and his fifth year as head coach of the cross country teams, Drake has mentored 18 new entries in the school's top 10 performance lists. Sara Trane, two-time Pac-10 steeplechase champion, leads a large group of accomplished returnees for the 2008-09 seasons.

SWIMMING



Erica Quam, 7th Year

During her six years at Washington State, three Erica Quam coached teams have scored points at the NCAA Championships. Her student-athletes, including 2008 Olympian Rugile Mileisyte and 2007 All-American Erin McCleave, have set 13 school records and garnered 40 Pac-10 All-Academic honors, including 20 first-team selections.

MEN'S BASKETBALL



Tony Bennett, 3rd Year

In just two seasons as head coach, Tony Bennett holds a 52-17 record. He became the first head coach to lead the Cougars to two-straight NCAA Tournament appearances, including their first 'Sweet 16' appearance in 2008. In 2007 he became the most decorated coach in Pac-10 history with nine national coach-of-the-year honors.

WOMEN'S BASKETBALL



June Daugherty, 2nd Year

June Daugherty, in her second season leading the Cougars, brought a wealth of experience in building winning programs. In her first season Daugherty brought in one of the nation's top-ranked recruiting classes and more than tripled home attendance. A former finalist for National Coach of the Year, Daugherty is looking to take her third different school to the NCAA Tournament.

GOLF



Walt Williams, 11th Year

Since taking over the WSU men's and women's golf programs in 1998, Walt Williams' teams have re-written the record books and crowned two All-Americans. Both the men's and women's teams have competed in the NCAA West Regionals during his tenure. Williams is the winningest coach in school history, compiling a total of 26 team titles, including four in 2007-08.

TENNIS



Lisa Hart, 6th Year

The Cougar tennis program, under the direction of fifth-year head coach Lisa Hart, has been nationally ranked each of the last five seasons and has recorded 14 wins each of the last three years, resulting in three consecutive winning campaigns. In 2008 the Cougars reached the NCAA tournament for the first time since the 2002 season.

BASEBALL



Don Marbut, 5th Year

Don Marbut, in his fifth year as WSU's head coach and sixth with the program, has skippered the Cougars to three-consecutive winning seasons, a first for the program since 1994. He has mentored 10 Major League Baseball draft picks and led the Cougars to a national ranking in two of the last three seasons.

ROWING



Jane LaRiviere, 7th Year

Jane LaRiviere has led her teams to four NCAA Championships in her six years at WSU, including twice in the last three seasons. In 2008 the Cougars finished eighth at the NCAA Championships, only bettered by her squad's fourth-place finish in 2006. LaRiviere was awarded Pac-10 and CRCA West Regional Coach-of-the-Year honors in 2006.

TRACK & FIELD



Rick Sloan, 15th Year

Rick Sloan is the dean of WSU coaches, having been with the program for 36 years, including the last 14 as head coach of both the men's and women's programs. He has directed 32 WSU athletes to NCAA Outdoor All-America status 54 times and mentored 22 Cougar athletes to NCAA Indoor All-America status 36 times.



World class. Face to face.

At Washington State University you will work face to face with world-class professors. The University has 10 colleges and offers over 250 fields of study spanning the liberal arts and sciences, as well as architecture, business, education, nursing, pharmacy, agriculture, engineering, and veterinary medicine.

*College of Agricultural, Human, and
Natural Resource Sciences*

College of Business

College of Education

*College of Engineering and
Architecture*

College of Liberal Arts

College of Nursing

College of Pharmacy

College of Sciences

College of Veterinary Medicine

Graduate School

Honors College



- **Washington State University** offers over 250 fields of study, many of them as majors.
- **Pullman is ranked 63rd** among *The Sporting News'* Best Sports Cities of 2004.
- *U.S. News and World Report* ranks **WSU in the top 50** of the nation's **best public research universities** for 2004.
- The 2003 *Princeton Review* ranks **WSU in the top 50** of America's **most connected campuses**.
- **WSU** is ranked in the **nation's top tier of doctoral/research universities** by the Carnegie Foundation for the Advancement of Teaching.
- **WSU's athletic facilities** are ranked **eighth-best in the nation** by campusdirt.com.

*It's a refrain repeated by
alumni time and again:
WSU professors were their
inspiration and their friends.*

A friendly environment

The Pullman campus straddles College Hill in Pullman, a college town of 25,000 located among the rolling hills of the Palouse region of eastern Washington. The University is the largest residential university west of the Mississippi, which enhances the friendly, traditional collegiate atmosphere for which WSU is known.

WSU is located within easy traveling distance of Spokane and Coeur d'Alene to the north. Seattle and Portland are less than 300 miles to the west.



*Enter the future with the confidence
that comes from real preparation.*

As an athlete, you know that if you've practiced hard you feel more confident for a big game. At WSU, the education you receive, together with the programs available and great faculty, provides you with that same confidence for the biggest game of all—your future. The education gives you the skills to be critical thinkers and initiators, important skills in any endeavor you decide upon. Students can immerse themselves in a variety of learning situations, ranging from high levels of interaction with professors to hands-on research projects and community and public service activities. The newest technology, numerous leadership opportunities, and study abroad programs further enrich the WSU college experience.



Dedicated to diversity

Washington State University seeks to enrich every student's educational experience through exposure to different cultures, philosophies, and scholarly perspectives. This atmosphere of interchange and inquiry is fostered through various campus programs, diversity in the curriculum, and comfortable places around campus to meet and talk with students with different backgrounds. All students are encouraged to study abroad for a semester to experience life in another country. But you don't need to leave campus to find opportunities to learn about differences as there are numerous events, films, musicians, and speakers throughout the year that address issues of equity and diversity.

Office of the Vice President for Student Affairs, Equity and Diversity

Given the importance of making WSU a welcoming and supportive place for everyone, the Office of the Vice President for Student Affairs, Equity and Diversity was established in 2004 and then merged with Student Affairs in 2007. This office worked with students, faculty, and staff at all WSU locations to develop a university-wide Strategic Plan for Equity and Diversity. In accordance with this plan, goals have been established and work is underway to increase the diversity and retention rates among students and faculty, improve the campus climate for underrepresented students, infuse diversity into university leadership and management, provide increased educational/scholarship opportunities, and devise better methods of assessment and accountability for diversity progress. More information about the Office of the Vice President for Student Affairs, Equity and Diversity and the Strategic Plan can be found by visiting www.diversity.wsu.edu/.



Equity and Diversity Partners

The following units report to the Office of the Vice President for Student Affairs, Equity and Diversity and serve as valuable partners with all areas of the university working on these issues.

The Center for Human Rights
www.chr.wsu.edu/

***Gender Identity/Expression and
Sexual Orientation Resource Center***
www.thecenter.wsu.edu/

Women's Resource Center
www.women.wsu.edu/

Talmadge Anderson Heritage House
www.heritagehouse.wsu.edu/

Disability Resource Center
www.drc.wsu.edu/

Multicultural Student Services
www.wsu.edu/multicultural/



Patty Murray, U.S. Senator



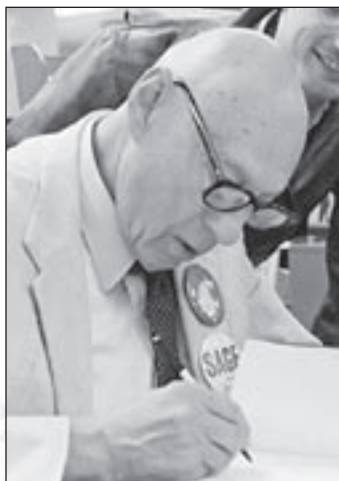
Barry Serafin, ABC News correspondent



Charles Glen King, Leading researcher in the development of Vitamin C



Keith Jackson, ABC TV's Voice of College Football



Jerry Sage, Teacher of the Year and WW II escape artist who was played by Steve McQueen in the movie Cooler King



Mel Hein, A charter member of both College and Professional Football Halls of Fame

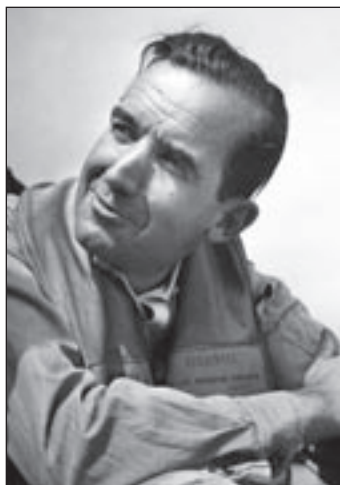


Phil Abelson, Father of the atomic submarine

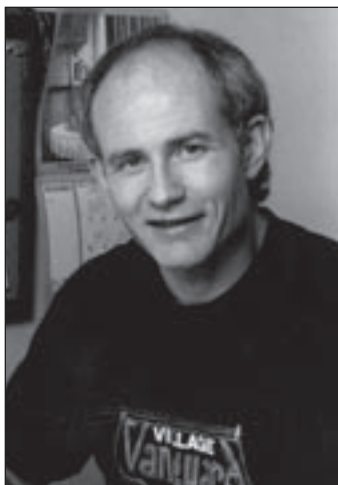


Sherman Alexie, Screenwriter, Poet, Novelist

Washington State Notable Alumni



Edward R. Murrow, the Father of modern day news reporting and namesake for WSU's Murrow College of Communication



Gary Larson, Creator of the Far Side cartoons



Drew Bledsoe, NFL All-Pro Quarterback



Paul Allen, Owner of the Portland Trail Blazers and Seattle Seahawks



Hugh Campbell, General Manager, Edmonton Eskimos of the Canadian Football League.



William Julius Wilson, Harvard University Professor, recognized by Time magazine as one of America's 25 most influential people



Cindy Brunson, ESPN News



John Olerud, Two-time MLB All-Star



THE COUGAR HEAD LOGO

In 1936, student Randall Johnson, class of 1938, designed the original Cougar head logo for Washington State College. It was used on the side of college trucks. In 1959, when the institution changed from college to university, he re-created the logo to incorporate the "U" in place of the "C." In 2002, WSU developed a new graphic identity. It employs the Cougar head within a crest, an internationally recognized symbol for higher education.

THE VICTORY BELL

In the late 1800s, the victory bell was mounted on the ground in the center of campus; it rang to start and dismiss classes in those early days. Today, it is located at the Lewis Alumni Centre. A member of the Student Alumni Connection rings it after a WSU football win.



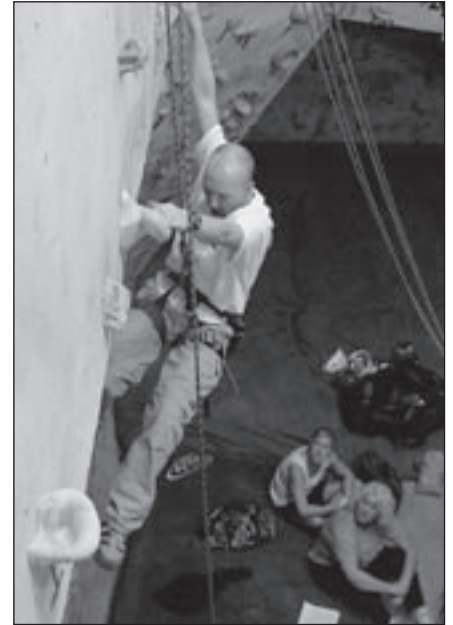
THE COUGAR NICKNAME

Washington State University students officially adopted the nickname "Cougars" October 28, 1919, three days after a reference to "cougars" was used in a football game story following WSU's upset 14-0 win at California. In the story, a Bay Area writer said the Pacific Northwest team "played like cougars" in upsetting the Bears.



THE COUGAR MASCOT

In 1927, Governor Roland Hartley presented a cougar cub to the students of the University. This first cougar mascot was called Butch, to honor Herbert "Butch" Meeker of Spokane, who was WSU's football star at the time. Butch II was presented to the students by Governor Clarence D. Martin in 1938. Butch III and IV were twin cubs, presented by Governor Arthur B. Langlie in 1942. Governor Langlie presented Butch V in 1955. Butch VI, the last live mascot on campus, died in the summer of 1978. He had been presented to WSU by Governor Albert Rosellini in 1964 from the Seattle Zoo. Today, WSU students in a "Butch the Cougar" mascot costume rally school spirit at athletic contests, including football games and other events.



The student recreation center opened spring of 2001. Its 150,000 square feet contains seven gymnasiums, a four-lane indoor track, 17,000 square feet of fitness training area, five-lane lap pool, leisure spa, three multi-purpose rooms (aerobic/martial arts), four racquetball courts, a wellness center, a juice bar and a fireplace lounge.

SRC AWARDS

- Outstanding Indoor Sports Facility Award, National Intramural Recreation Sports Association, 2002
- Facility Award of Merit, Athletic Business, 2001
- Award of Excellence, Washington Parks and Recreation Association, 2001
- Outstanding Design Award, Illuminating Engineering Society of North America, 2001





FOOTBALL

Martin Stadium – Capacity 35,117



SOCCER

Lower Soccer Field – Capacity 2,000



VOLLEYBALL

Bohler Gym – Capacity 3,000



BASKETBALL

Beasley Coliseum – Capacity 11,671



TRACK & FIELD

Mooberry Track & Field Complex



TENNIS
WSU Outdoor Tennis Center



BASEBALL
Bailey-Brayton Field – Capacity 3,500



SWIMMING
Gibb Pool



GOLF
Palouse Ridge Golf Course



TENNIS
Simmelink Tennis Courts at
Hollingbery Fieldhouse



INDOOR PRACTICE FACILITY

Student-Athlete Development

Our Student-Athlete Development unit initiates support for academic and personal success during on-campus recruiting visits with prospective student-athletes, and continues providing support and services until student-athletes graduate from WSU. Our student-athlete development staff is committed to developing and implementing comprehensive and effective programs to assist student-athletes in identifying and meeting their academic and career goals leading to graduation and career development. We take a "life skills" approach when assisting student-athletes with class selection, major selection, graduation planning, career development, time management, goal setting, study skills, and learning strategies.

Our focus is the student-athlete and her personal development. We reinforce the value of maximizing the educational and career opportunities at WSU. And, most importantly, our staff emphasizes the importance of student-athletes taking personal responsibility and ownership in developing their academic and career plans. Our 93 percent graduation rate for those seniors who have exhausted their eligibility (over the past 10 years), second among all Pacific-10 Conference schools in that time, reflects our consistent commitment to academic success while striking a balance between academics and athletics.



Anna Plemons

Assistant Director
Learning Services
Coordinator



Danny Gourley

Academic Resource Center
Coordinator

2007-08 Cougar Swimming

Academic Honors

Danielle Berish	All-Pacific-10 First Team
Bryn Mooney	All-Pacific-10 First Team
Maya Dill	All-Pacific-10 Second Team
Jamie MacLeod	All-Pacific-10 Second Team
Michaela Ahlin	All-Pacific-10 Honorable Mention
Brett Bogachus	All-Pacific-10 Honorable Mention
Kristin Marceau	All-Pacific-10 Honorable Mention
Elyse Peterson	All-Pacific-10 Honorable Mention
Afton Pickett	All-Pacific-10 Honorable Mention
Keara Sheahan	All-Pacific-10 Honorable Mention

The Mission

The academic support services staff provides comprehensive support for all student-athletes. The type and level of programming, monitoring and support provided to each student-athlete is dependent upon the individual needs of each student-athlete, based on the review of existing academic information and academic assessments administered by the academic support services staff and/or University Testing Services. The academic support services staff also encourages student-athletes to access existing university resources. The academic counselors assist student-athletes with class selection, major selection, graduation planning, career planning, time management, goal setting, study skills and learning strategies. The counselors work closely with the University faculty to monitor grades and class attendance. The academic staff also communicates with the staff and faculty to provide assistance with rescheduling class assignments and exams missed due to team travel.



Academic Support Services

- New Student-Athlete Orientation
- General Academic Counseling
- Learning Assessment
- Individual And Group Tutoring
- Assistance With Team Travel
- Writing And Math Assistance
- Graduation Planning
- Computer Lab with internet and library access
- Priority Registration
- Summer School And Degree Completion Financial Aid Programs

Career Development

- Junior and Senior Planning Meetings
- Etiquette Dinner
- Access To SIGI Website For Career Exploration
- Career Fairs and Workshops
- Interview Skills And Workshops
- Job Search Strategies
- Professional Development Portfolio
- Senior Folder
- Alumni Connections
- Resume Development

Personal Development

- New Student-Athlete Seminar
- Community Outreach – Team CARE
- P.R.O.W.L. Resource And Referral Center
- NCAA Lifeskills Materials And Resources
- Career Resources



Academic Resource Center

- 6,225 square feet
- Seven study Rooms
- 135-seat auditorium
- Computer lab
- Checkout laptops
- Wireless access



www.athletics.wsu.edu/arc

With two floors covering 14,000 square feet and featuring state-of-the-art equipment, WSU's weight room is considered one of the top facilities in the nation.



Cori Metzgar-Deacon Strength and Conditioning Coach

Cori Metzgar-Deacon (M.A., C.S.C.S., CSCCa) enters her third season as a strength and conditioning coach at Washington State University, overseeing the strength and conditioning programs for women's soccer, women's volleyball, women's swimming, and baseball. She also assists with football.

Metzgar-Deacon came to the Palouse from Colorado State University after serving as the head assistant strength and conditioning coach for the Rams from 2001-2006. During her tenure at Colorado State, Metzgar-Deacon was directly responsible for planning, creating and implementing programs for the women's volleyball, softball, women's swimming/diving, women's and men's track/cross-country and women's tennis teams. She also assisted the director of strength and conditioning with football.

A 1998 graduate of Fort Lewis College, Metzgar-Deacon earned her bachelor's degree in exercise science while a member of the women's soccer and downhill ski racing teams. She received her master's degree in physical education from Western Michigan in 2000 where she served as a graduate assistant strength and conditioning coach. After earning her graduate degree, Metzgar-Deacon spent a year as an intern strength and conditioning coach at Ohio State, assisting and supervising the training for 10 sports including baseball, women's volleyball, women's swimming and men's and women's gymnastics.

Metzgar-Deacon married Brady Deacon in May, 2007.



Prevention of athletic injuries is the primary goal of the Washington State University athletic staff, along with the care and rehabilitation of student-athletes.

When injuries do occur, the Cougar staff provides the very best in care, utilizing state-of-the-art equipment. A new hydrotherapy complex will be opening in the fall of 2008 to further meet the needs of student-athletes.

- More than 40 students obtaining clinical hours in a nationally-accredited athletic training education program
- Three sports medicine trained team physicians
- Coordinator of Sports Nutrition/Registered Dietician



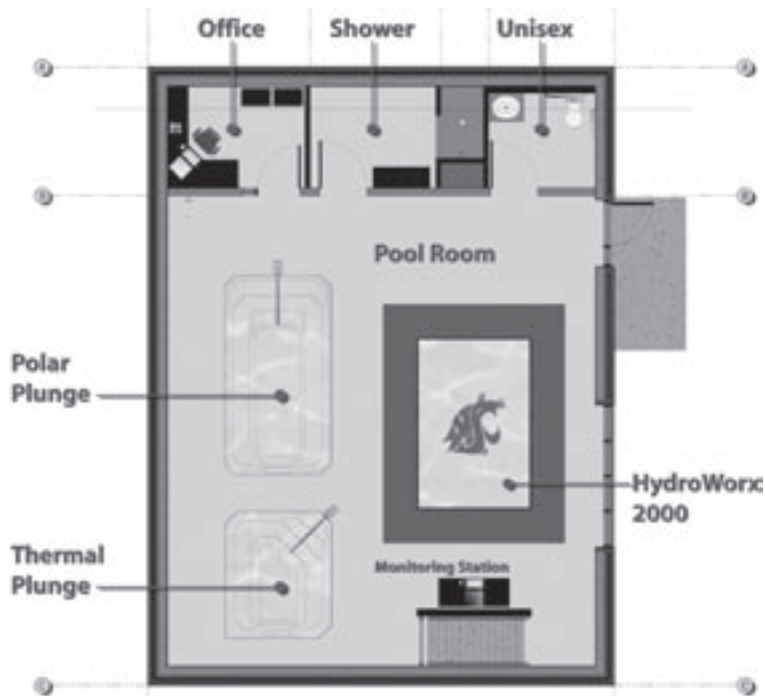
Kerry Gustafson

Athletic Trainer

Kerry Gustafson is in her first season as the athletic trainer for the Washington State University women's swimming program. A graduate of WSU in 2000 with a bachelor's degree in kinesiology, Gustafson spent eight years as an athletic trainer at Pullman Regional Hospital-Summit and Therapy while serving as the head athletic trainer at Garfield-Palouse High School. She received the Virginia Shaw Outstanding Senior Woman Award for Kinesiology in 2000.



Cougar Mania Hydrotherapy Complex



The brand new hydrotherapy complex will include a Hydroworx underwater treadmill, a cold plunge, and a warm therapy pool.



Athletic Staff Directory

ADMINISTRATIVE STAFF (509-335-0311)

Bohler Athletic Complex 110, Pullman, WA 99164-1602

Jim Sterk, Director of Athletics
 Ken Casavant, Faculty Athletics Representative
 Anne McCoy, Senior Associate Director of Athletics/SWA
 Pam Bradetich, Senior Associate Director of Athletics
 John Johnson, Senior Associate Director of Athletics
 Robert Minnix, Senior Associate Director of Athletics
 Chris Cook, Associate Director of Athletics (Academic Support Services)
 Leslie Johnson, Associate Director of Athletics (Business Operations)
 Steve Robertello, Associate Director of Athletics (Compliance)
 John David Wicker, Associate Director of Athletics (Event and Facility Operations)
 Bill Drake, Assistant Director of Athletics (Athletic Training Services)
 Ernie Housel, Special Assistant to the Senior Associate Director of Athletics
 Casey Fox, Director of Marketing
 David Lang, Director of Strength and Conditioning
 Dan Meyer, Director of Ticket Sales and Operations
 Kurt Mueller, Manager of Information Services
 Milton Neal, Director of Equipment Operations
 Pippa Pierce, Director of Career and Personal Development
 Bill Stevens, Director of Media Relations
 Scott Vik, Director of Sports Video

MEDIA RELATIONS (509-335-COUG)

Bohler Athletic Complex 195, Pullman, WA 99164-1602

Bill Stevens, Director (Media Relations) (H/332-2357) (C/916-761-7005)
 Linda Chalich, Assistant Director (C/509-432-3263)
 Craig Lawson, Assistant Director (C/509-432-9063)
 Jessica Schmick, Assistant Director (C/509-781-0550)
 Joe Nickell, Assistant Director (C/509-361-4338)
 Spencer Drolett, Student Assistant
 Casey Johnson, Student Assistant
 Kasi Johnson, Student Assistant
 Jaime Schroeder, Student Assistant
 Kyle Vetter, Student Assistant
 Michael Walsh, Student Assistant

BASEBALL (509-335-0310)

Bohler Athletic Complex M40, Pullman, WA 99164-1602

Don Marbut, Head Coach
 Travis Jewett, Associate Coach
 Gregg Swenson, Assistant Coach
 Gabe Boruff, Volunteer Assistant Coach

MEN'S BASKETBALL (509-335-0240)

Bohler Athletic Complex M42, Pullman, WA 99164-1602

Tony Bennett, Head Coach
 Ben Johnson, Assistant Coach
 Ron Sanchez, Assistant Coach
 Matt Woodley, Assistant Coach
 Mike Heideman, Director of Player Development/Operations
 Ronnie Wideman, Operations Coordinator

WOMEN'S BASKETBALL (509-335-0276)

Bohler Athletic Complex 220, Pullman, WA 99164-1602

June Daugherty, Head Coach
 Mike Daugherty, Associate Head Coach
 Mo Hines, Assistant Coach
 Brian Holsinger, Assistant Coach
 Kate Werner, Coordinator of Basketball Operations

FOOTBALL (509-335-0250)

Bohler Athletic Complex 102, Pullman, WA 99164-1602

Paul Wulff, Head Coach
 Chris Ball, Assistant Head Coach/Co-Defensive Coordinator/Safeties
 Steve Broussard, Running Backs/Special Teams
 Harold Etheridge, Offensive Line
 Mike Levenseller, Wide Receivers
 Travis Niekamp, Linebackers
 Rich Rasmussen, Tight Ends/Recruiting Coordinator
 Malik Roberson, Defensive Line
 Jody Sears, Co-Defensive Coordinator/Cornerbacks
 Todd Sturdy, Offensive Coordinator/Quarterbacks
 Shawn Deeds, Coordinator of Football Operations
 Nick Lucey, Graduate Assistant
 Ryan Smaha, Graduate Assistant
 Kevin C. Night Pipe, Football Video Coordinator
 Jason DiStefano, Football Operations Assistant

M/W GOLF (509-335-0224)

Bohler Athletic Complex M37, Pullman, WA 99164-1602

Walt Williams, Head Coach
 Kari Sampson, Assistant Coach
 Heather Holte, Assistant Coach

ROWING (509-335-0309)

Bohler Athletic Complex M25, Pullman, WA 99164-1602

Jane LaRiviere, Head Coach
 Tara Medina, Assistant Coach
 Corrie McGrath, Assistant Coach/Novice
 Crystal Culp, Graduate Assistant

SOCCER (509-335-0306)

Bohler Athletic Complex M10, Pullman, WA 99164-1602

Matt Potter, Head Coach
 Jason Goodson, Assistant Coach
 Allison Scurich, Assistant Coach

SWIMMING (509-335-0273)

PEB 111, Pullman, WA 99174-1602

Erica Quam, Head Coach
 Lindsay Henahan, Assistant Coach
 Lina Daugvilaite, Student Assistant Coach

TENNIS (509-335-0308)

Bohler Athletic Complex M40, Pullman, WA 99164-1602

Lisa Hart, Head Coach
 Ekaterina Burduli, Assistant Coach

M/W TRACK/CC (509-335-0248)

Bohler Athletic Complex M10, Pullman, WA 99164-1602

Rick Sloan, Head Coach
 Debra Farwell, Associate Head Coach
 Jason Drake, Assistant Coach, Head CC
 Mark Macdonald, Assistant Coach
 Matt McGee, Assistant Coach
 Ellannee Richardson, Assistant Coach

VOLLEYBALL (509-335-0277)

Bohler Athletic Complex 230, Pullman, WA 99164-1602

Andrew Palileo, Head Coach
 Brian Lamppa, Associate Head Coach
 TeAna Tramel, Assistant Coach
 Kristina Martin, Coordinator of Volleyball Operations

ATHLETIC DEPARTMENT

MISSION STATEMENT

It is the mission of the Athletic Department to create and foster an environment which provides opportunities for all student-athletes to enrich their collegiate experience through participation on athletic teams which are competitive at the conference and national level. In concert with the mission and values of Washington State University, the department is dedicated to providing opportunities, which will enhance the intellectual, physical, social, moral and cultural development of the whole person, while conducting all activities with honesty and integrity in accordance with the principles of good sportsmanship and ethical conduct. The Athletic Department values gender and ethnic diversity and is committed to providing equitable opportunities for all students and staff. The department will pursue its mission while upholding the values, purposes and policies of Washington State University, the Pacific-10 Conference, and the National Collegiate Athletic Association. academics and athletics.



2008-09 Washington State Women's Swimming Schedule

DATE	DAY	OPPONENT	SITE	TIME
Oct. 17-18	Fri.-Sat.	TYR Pacific Invite	Stockton, Calif.	TBA
Oct. 24-25	Fri.-Sat.	Debbie Pipher Memorial Invite	Pullman	5 p.m./Noon
Nov. 1	Sat.	Nevada	Reno, Nev.	11:30 a.m.
Nov. 15	Sat.	Northern Arizona	Pullman	10 a.m.
Nov. 22	Sat.	Seattle	Pullman	TBA
Dec. 4-6	Thurs.-Sat.	Texas Invite	Austin, Texas	TBA
Jan. 3	Sat.	UC Irvine Invite	Irvine, Calif.	TBA
Jan. 16-19	Fri.-Mon.	Long Beach Grand Prix	Long Beach, Calif.	TBA
Jan. 23	Fri.	Idaho	Moscow, Idaho	TBA
Jan. 25	Sun.	Boise State	Pullman	11 a.m.
Jan. 31	Sat.	Oregon State	Corvallis, Ore.	11 a.m.
Feb. 7	Sat.	Washington	Pullman	11 a.m.
Feb. 25-28	Wed.-Sat.	Pacific-10 Championships	Federal Way, Wash.	11 a.m./6 p.m.
March 1	Sun.	Pacific-10 Invitational	Federal Way, Wash.	11 a.m.
March 19-21	Thurs.-Sat.	NCAA Championships	College Station, Texas	11 a.m./7 p.m.

Home meets in **Bold** and held at Gibb Pool
All times Pacific

