

SWIMMING

WASHINGTON STATE UNIVERSITY

General Information

Location: Pullman, Wash.

Founded: 1890

Enrollment: 21,000

President: V. Lane Rawlins

Faculty Athletics Representative:

Ken Casavant

Home Facility: Gibb Pool (575)

Nickname: Cougars

Colors: Crimson and Gray

Conference: Pacific-10

Affiliation: NCAA Division I

Quick Notes

Pac-10 Finish: Ninth (278 points)

NCAA Finish: N/A

Letterwinners R/L: 14/6

Newcomers: 9

Athletic Administration

Director of Athletics: Jim Sterk

Senior Associate Director of

Athletics/SWA: Marcia Saneholtz

Senior Associate Directors of

Athletics: John Johnson and

Anne McCoy

Associate Directors of Athletics:

Pam Bradetich, Brady Crook
and Pete Isakson

Cougar Swimming

Head Coach: Erica Quam

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Cougar Sports Information

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Rod Commons

Assistant Directors: Linda Chalich,

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HEAD COACH

Erica Quam

Indiana University, 1997

Third Year

Washington State University Head Swimming Coach Erica Quam enters her third season at the helm of the Cougar program. In her tenure she has seen her swimmers break two school records and earn 24 places on the Cougars' all-time top 10 lists.

Notable Cougar swimmers coached by Quam include Lindsay Henahan, WSU's first All-American since 2000. 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. Quam has also coached junior Jane Copland who recorded an NCAA consideration standard and just missed the 2003 NCAA Championships in the 200 breaststroke. Copland went on to place 21st at the 2003 U.S. Nationals in Indianapolis.

Quam's first recruiting class at WSU came up big for the Cougars in their first season.

Five freshmen made it on the Cougars all-time top 10 list this season, occupying 11 spots. Erin McCleave broke the WSU school record during the lead-off leg of the 800 freestyle relay at the Pac-10 Championships and earned her first NCAA Consideration standard as a Cougar. The Rutherglen, Australia native finished the season with the team's top times in the 50, 100, 200, and 500 freestyles and holds places in each of these events on the Cougar all-time top 10 list. Erin was also an important contributor in the 400 medley relay, the 200 freestyle relay, and 400 freestyle relay teams at the Pac-10 Championships.

Monika Povilonyte dominated the 100 and 200 breaststrokes with five first place finishes in each of the breaststroke events. Monika made her NCAA consideration standard in the 200 breaststroke and secured the number three spot in both the 100 and 200 on the



Cougars all-time top 10 list. The Klaipeda, Lithuania native was a key member of the 200 and 400 medley relays throughout the season.

Fellow freshmen Lindsay Backhouse contributed to the team's success at the Pac-10 Championships. She swam the butterfly leg on the Cougar's 400 medley relay. Individually, the South African native scored in both backstrokes with 20th and 24th place in the 200 and 100 respectively. Lindsay earned two spots on the Cougar all-time top 10 list. Freshmen Kayli Changstrom and Katie Van Horne rounded out the freshmen group who grabbed top-10 positions.

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 towards their degree and career ambitions. I place emphasis on striving to be great student-athletes which requires them to be dedicated in both the classroom and in the pool."

Academically, the Cougars led the nation in cumulative grade point average in the spring with a 3.66 GPA. In the fall the team was ranked fourth nationally with a 3.489 GPA.

Career Highlights

ERICA QUAM

- During Quam's two seasons at the helm of WSU swimming she has seen 12 swimmers earn Pacific-10 Conference All-Academic honors including six first or second team selections.
- Coached Lindsay Henahan to 2003 All-American status in the 100 butterfly. Henahan went on to qualify and compete in the 2004 Olympic Trials.
- In her first two seasons, WSU swimmers have set two school records and earned 24 spots on the Cougars' all-time top 10 list.
- The WSU swim teams led the NCAA with a 3.66 GPA in spring 2004 and have finished in the top four nationally each semester under Quam.
- Three WSU swimmers, Jane Copland in 2003 and 2004, Erin McCleave in 2004 and Monika Povilonyte in 2004 to NCAA consideration times at the Pac-10 Championships.
- Guided freshman Erin McCleave to a Cougar record in the 200 freestyle.
- 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.

"Our team sets academic goals just as they set 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 three years, the Cougars have gone on a fall retreat in order to get to know each other better and find way 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. Last season in San Diego, the team worked on team dynamics and strategies to raise confidence heading into the final part of the racing season.

Quam has been a part of The Women's Coaching Summit for the last eight years. This group includes coaches from Princ-

eton, Cal Berkeley, UCLA, Purdue, Arkansas, Pittsburgh, Michigan, Texas, Georgia, and Minnesota. "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." This is an annual event which provides the group an opportunity to see one another away from the chaos of the pool deck. The summit provides everyone a chance to share their successes and strategies in working with their teams and themselves throughout the season.

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 post-graduate 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 medallists 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 1995-1997 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, and backpacking any chance she gets. Quam was born May 23, 1974.



8th Annual Women's Coaches Summit - NAPA Valley

From Left to Right - Back Row: Teri McKeever (Cal), Kathie Wickstrand-Gahen, Jill Sterkel (Texas), Cyndi Gallagher (UCLA), Marion Cassidy-Keen (Pittsburgh), Cathy Wright-Eger (Purdue); Front Row: Jean Freeman (Minnesota), Anne Goodman-James (Arkansas), Erica Quam (WSU), Carol Capitani (Georgia), Garland O'Keefe, Mojo Isaac, Susan Teeter (Princeton), Stefanie Kerska (Michigan)

ASSISTANT COACH

SUZANNE YEE

California, 1997
Fifth Year
Assistant Coach

Washington State University's women's swimming assistant coach, Suzanne Yee, has the mentality and dedication to achieve success in collegiate swimming and has accomplished a great deal with the Cougars in the past four years.

Entering her fifth year at WSU, Yee has been instrumental in helping create a program competitive at the Pacific-10 and NCAA levels athletically and academically. During her four seasons at WSU, the Cougars recorded a 41st place finish at the NCAA Championships, a Cougar swimmer was awarded with All-America honors, four different swimmers qualified for the NCAA Championships, one Cougar swimmer qualified for Olympic Trials, and the team ranked has been ranked No. 1 nationally in grade point average. Yee is involved in all facets of the program, including recruiting, compliance, training design, and dry-land preparation for the student-athletes.

During her tenure, 14 school records have been broken, and one NCAA Auto-

matic and 29 NCAA Consideration standards have been achieved. In addition, the Cougars recorded their two only wins over arch rival Washington in dual meets, and the team has held the top spots in team GPA in both the Pacific-10 and the Washington State Athletic Department.

Yee, 29, came to WSU after spending seven years with the University of California, Berkeley swim team. During that time, the Golden Bears improved from being a 28th place team, to finishing fourth at the 2000 NCAA Championships. Yee began her career at California as a student-athlete in 1994, and competed until shoulder injuries forced her to retire in 1995. During the remainder of her stint at California, she worked with the team as a volunteer assistant coach while finishing her undergraduate and graduate degrees. As a volunteer assistant coach, Yee worked with a team that set school records in 14 events, and broke world records in the 200 meter medley relay and 50 meter backstroke. She also aided in the coaching of four swimmers who qualified for the 2000 Olympic Games.

Yee also has head coaching experience at the Miramonte Swim Club in Moraga, Calif., and served as interim head coach at



WSU during the spring and summer of 2002. In addition, she has worked with several other top coaches while participating in a variety of swimming camps and clinics, including the University of Texas Longhorn Swim Camp and the University of California, Berkeley Golden Bear Swim Camp.

In June of 2004, Yee was one of 24 graduates of the NCAA Women Coaches Academy in Wilmington, N.C.. The program is intended to give women coaches the opportunity to learn about the fundamentals of coaching, management issues, principles of marketing, networking, and media skills and other issues involved in women's athletics, such as Title IX and the legal issues of coaching.

A 1997 graduate of California in history, Yee earned her master's degree in education in 2000, and wrote her thesis on the subject of collegiate recruiting. She was fortunate to attend the 2004 United States Olympic Trials this past summer to see former Cougar Lindsay Henahan compete in the 100 meter butterfly. Yee is currently on the National College Swimmer of the Week committee and on the WSU athletics department Safety Committee. She is the reigning champion of the WSU Athletic Department's Chili cook-off, and looks forward to defending her title this fall.



Top:
WSU Assistant Swimmin Coach Suzanne Yee, WSU Head Tennis Coach Lisa Hart (far right) and other Wilmington Women's Coaches Academy graduates
Right:
2004 Wilmington Women's Coaches Academy.



STUDENT ASSISTANT COACH

SAM HORN

Volunteer Assistant
Puyallup, Wash.
Puyallup High School '03

Sam Horn graduated from Puyallup High School in 2003. He was named his high school's Male Athlete of the Year while being the captain of the swimming and water polo teams. In both 2001 and 2002 Horn was an All-American swimming consideration. Sam is a 10-time State swimming finalist. He led his team to the State Championship in 2002 and a first place finish in 400 freestyle relay. His

team was league and district champions all four years Sam was enrolled at Puyallup High. He also received second team All-State honors in water polo. Sam has worked as an assistant swim coach at Tacoma Lawn Tennis Club.

Academically, Horn was named to the President's Honor Roll 2003-04. He plans to study biology at WSU and is interested in pursuing a career in physical therapy or medicine.

In his spare time Sam enjoys playing water polo and surfing. He is the child of Charles and Patti Horn.



support staff



DANNY BARNTS

Athletic Media Relations Student Assistant



ERIC KILE

Academic Resource Center Coordinator



MARJA LARSEN

Athletic Training Student



CRAIG LAWSON

Assistant Athletic Media Relations Director



AARON SCHLUETER

Equipment Manager

2004-05 Swimming Season Outlook

For the second straight season, Washington State boasts both a large returning and recruiting class, making for a season full of expectations. The 2004-05 team will use the experience of the 14 returnees and the excitement of the nine newcomers to continue the Cougar tradition of strong academics as well as competing at the Pacific-10 Conference and NCAA level.

Seniors **Lisa Irwin** and **Sheena Mills** along with juniors **Jane Copland**, **Karen Eldred**, and **Andrea Lubeck** provide the team with a strong core of leaders. Irwin has served as team captain for two years and has battled back from cancer to improve in the pool and consistently contribute to the academic success of the team. In addition, Mills has served as team captain and, with two seasons of Pac-10 competition behind her, she looks to finish her career at WSU with a strong senior campaign. Copland is looking to make the jump into NCAA competition after achieving NCAA Consideration standards in the 200 breaststroke her first two seasons as a Cougar. Eldred and Lubeck have shown consistent improvement in their respective events and continue to lead the team in and out of the pool with their hard work ethic and academic accomplishments.

The outstanding group of sophomores made an immediate impact last season, earning 12 spots on the WSU's all-time top 10 lists. **Erin McCleave's** school record and NCAA Consideration time in the 200 freestyle earned her the team's Most Outstanding award in the spring. **Lindsay Backhouse**, **Kayli Changstrom**, **Monika Povilonyte**, and **Katie Van Horne** each added their names to the WSU records books during the 2003-04 campaign. Backhouse will again look to score individually in the butterfly and backstroke and in the relay events and Changstrom adds an element of versatility after ending last season with top five times in the freestyle, breaststroke, butterfly and IM events. Povilonyte's

NCAA Consideration time in the 200 breaststroke coupled with her strong performances in the 100 breaststroke last season sets her up to have another great season and Van Horne looks to improve in the sprint free and butterfly events as she works through an injury that limited her water training last year. **Laurie Gregg**, like Changstrom, adds an enormous amount of versatility. She finished last year with top five times in freestyle, backstroke, butterfly and IM events and was a member of the 800 freestyle relay at the Pac-10 Championships. **Beth Newhouse**, **Emily Chandler**, and **Candace Rodda** round out the sophomore class. Newhouse was awarded the team's Most Improved last season for her hard work in the pool and her consistent time drops during the season in freestyle and backstroke. Chandler competed in eight different events last season and will compete in distance free events and IM. Rodda is on track to make strides this season in the sprint freestyle and breaststroke.

This year's freshmen class brings the Cougars talented, experienced racers who will contribute immediately in both dual meets and at the Pac-10 Championships. **Larissa Barth**, **Danielle Berish**, **Lauren Molnar**, **Bryn Mooney**, **Kelly O'Neill**, **Sarah Reichwald**, **McKenzie Reiter**, **Samantha VanZanten**, and **Maegan Wood** have tremendous versatility and bring a new dimension to the team.

"The foundation has been laid for our program to excel this season," WSU Head Coach Erica Quam said. The group progressed solidly over the course of last year in its ability to get up and race. The key will be to pick up where we left off last season and push ourselves to that next level."

Quam added, *"With the spark of our freshman class, I believe that this is possible. This season we have a group that is capable of breaking school records – both in individual events and relays. We have*

a group that should send qualifiers to the NCAA Championships as well as to the U.S. Nationals. We have a group that wants to race hard and to win. Finally, we have a group of student-athletes who have the mindset of the daily focus and preparation it takes to compete at this level."

Freestyle

McCleave, Van Horne, Changstrom, Gregg, Backhouse, Newhouse, Chandler, Rodda, Copland Lubeck, Irwin and Mills make up WSU's experienced freestylers. McCleave's freestyle ranges from the 50 to the 500. She is the current school record holder in the 200 with a 2004 NCAA Consideration time, and had the team's top times in the 50, 100, 200 and 500 last season. She ranks fifth all-time at WSU in the 50 and 100 and ninth in the 500. Van Horne sits 10th on the Cougar all-time list in the 50 with her lifetime best time and was a member of the WSU relay teams that competed in 200 and 400 at the Pac-10 Championships last season.

Changstrom had the top time in the 1,000, ranked fourth in the 500, fifth in the 200, and swam a lifetime best in the 1650 during spring training, adding depth to the middle and distance events. Gregg will also be a contender from the 100 to the 1,000. She had the third fastest 200 and 1000 and the second fastest 500 last season and was a member of the Pac-10 800 free relay. Backhouse and Newhouse both showed dramatic improvement last year with Backhouse swimming on the Pac-10 400 freestyle relay and Newhouse competing on both the 200 and 400 "B" relays at Pac-10s. Both will be gunning for spots on the sprint relays this season. Chandler added much needed depth in the 500 and 1,000 during dual meets last season and Rodda continued to swim strong in the sprints.

Copland returns with two seasons of representing the team on the 800 free relay at Pac-10s and looks to help the

team break the school record this year. Lubeck showed her versatility and same lifetime best in the 100 through the 1000 last season. Mills will add depth to the sprint events and relays, and Irwin will contribute to the middle distance events and relays.

The group of incoming freshmen will be key in improving the relays and adding depth to an already solid freestyle corps. Barth, Berish, Mooney (sprint), VanZanten, Wood (sprint-middle), Molnar, and Reichwald (distance), expect to have a huge impact in the freestyle events. VanZanten joins the team after swimming best times in the 50 through the 1,000 last year, with her time in the 200 under the NCAA Consideration standard from last season. Mooney is a Junior National qualifier in the 50 and Berish comes to Pullman with huge improvements in the 100 and 200 over the last year. Barth, Molnar, Reichwald, and Wood have State, sectional, or Junior National experience in their events and expect to give a boost to the sprints and the rebuilding of the distance group.

Breaststroke

In the breaststroke events, Pac-10 scorers and NCAA Consideration achievers Copland and Povilonyte will again lead the Cougars. Eldred, Changstrom, Rodda, Reiter and Wood complete an experienced group. Copland holds second place on WSU's all-time list in the 200 and is third in the 100. Her two straight years of achieving NCAA consideration times in the 200 put her amongst the fastest in the Pac-10. Povilonyte is ranked third at WSU in the 200 and fourth in the 100. She was a scorer in both last season, and with her NCAA Consideration time in the 200 she is one of the Pac-10s best. Eldred showed consistent improvement and looks to continue her solid racing in both the 100 and 200 this year. Changstrom's versatility carries over to the 100 and 200 events, where she had the team's fourth and third fastest times last year.

She is expected to swim those events periodically this year. The same is true for Rodda who contributed to both events last year. Reiter and Wood each have Junior National experience in both events. Both have times coming in that would place them on WSU's all-time list in the 200 and have times in the 100 that would have placed at the Pac-10 Championships last season.

Backstroke

The core of the backstroke group was lost to graduation, but the returnees have experience and, combined with a solid group of newcomers, filling those shoes should not be too tall of an order. Backhouse, Gregg, McCleave, Newhouse, and Lubeck will be the returning group to set the pace. Backhouse currently holds eighth place on WSU's all-time list in the 200 and had the team's fourth fastest 100 last season. Gregg improved in both the 100 and 200, and Newhouse and Lubeck made strides in the 200. McCleave had the team's second fastest 100 last season. Newcomers VanZanten, Mooney, and O'Neill will add depth and experience to the group. VanZanten qualified for Senior Nationals in the 200 last year and had a time that was under the NCAA Consideration. Adding to the depth are Mooney, who has continued to show improvement in both the 100 and 200 over the past season, and O'Neill who was a State finalist in the 100 last year.

Butterfly

Backhouse, Changstrom, Van Horne, Mills and Irwin are the returnees who have experienced success. Backhouse swam the butterfly leg on the Pac-10 400 medley relay last year with a solid split and holds the seventh fastest time in school history. Changstrom continued to improve all season in both distances and swam a lifetime best at the Pac-10 Championships, placing her ninth in school history in the 200. Van Horne had only a couple of weeks to train fly, but swam the fly leg on the Pac-10 200 medley relay

last year. Mills had the second fastest 200 last season, just missing the top 10 in school history and Irwin had a solid swim to finish off her Pac-10 meet despite not having fly training last season. Newcomers Mooney, VanZanten, Wood, Barth, and Molnar will provide depth in those events. Mooney was a Junior and Senior National qualifier last season in the 100 and 200 and will provide consistency for the team in both events. VanZanten has best times in both the 100 and 200 that would place her in the top 10 in school history and will provide versatility to the line-up. Wood, Barth, and Molnar all have fly experience in the 50 through the 200 and with continued improvement this season will make them an option for relays as well as individual events.

Individual Medley

Copland and Changstrom return after leading the team in the 200 and 400, respectively, last season. Copland has the team's second fastest 200 and fifth fastest 400 of all-time and Changstrom added herself to school history as the seventh fastest swimmer in the 200 and 400. In addition, Gregg, Chandler, Povilonyte, and Eldred will return to swim these events throughout the year. Gregg continues to improve her 400 and will work on her speed in each stroke to push her to the next level this season. Chandler (400), Povilonyte (200), and Eldred (400) swam lifetime bests last season and provide versatility to the line-up. Freshmen VanZanten, Reiter, Wood, and Mooney all have experience to swim these events successfully for the Cougars. VanZanten's time in the 400 last year was under the NCAA Consideration standard and would rank her second in school history. Reiter and Wood both have Junior National times in the 200 and 400 and add much needed depth in both distances. Mooney can swim all four strokes and will contribute in some races.