



FALCON FLYER

THE OFFICIAL MEET DAY PROGRAM OF MESSIAH COLLEGE SWIMMING

VOL. II, ISSUE 4

ALBRIGHT COLLEGE (NCAA DIV. III; READING, PA)

11.21.2009

SCHEDULE & RESULTS

10.31	Gettysburg College	Men - 2nd/2 Women - 2nd/2
11.6	Misericordia University	Men - 2nd/2 Women - 2nd/2
11.11	Elizabethtown College	Men - 1st of 2 Women - 2nd of 2
11.14	@ Penn State Univ.-Altoona	Men - 1st of 2 Women - 2nd of 2
11.21	Albright College	1:00 p.m.
12.12	Lycoming College	1:00 p.m.
1.9	@ FDU-Florham	1:00 p.m.
1.15	@ Susquehanna University	5:00 p.m.
1.16	King's College (w/ Arcadia University)	1:00 p.m.
1.30	@ Lebanon Valley College	1:00 p.m.
2.12	@ MAC Championships	TBA
2.13	@ MAC Championships	TBA
2.14	@ MAC Championships	TBA
3.17	NCAA Championships	TBA
3.18	NCAA Championships	TBA
3.19	NCAA Championships	TBA
3.20	NCAA Championships	TBA

TODAY'S MEET NOTES ...

Messiah returns to Fredricksen Natatorium for its fourth home meet in five events on the year, hosting MAC rival Albright College this afternoon. . .the Falcons have been on a bit of a hot streak as of late, as the men have captured team wins in each of its last two meets while the women claimed their first victory of the season last Saturday, coming in the form of a 118-84 win at Penn State University-Altoona. . .Messiah won 14 of the 18 individual races against the Lions, spurred by the women winning eight of a total nine events. . .senior Stephanie Jury bested her existing school record in the 1,000-yard freestyle, while freshman Dylan Holford set a new mark in the 100-yard freestyle on the men's side. . .he now holds four school marks with just four collegiate events under his belt. . .Albright, meanwhile, arrives boasting 3-2 marks on both sides of the pool, claiming second place in last year's MAC Championships for both the men and women. . .the Falcons faced Albright in head-to-head competition on Nov. 22 of last year, dropping a 150-92 decision on the women's side and a 151-98 defeat on the men's side.



Messiah's has ridden the strong swimming of freshman Dylan Holford, who has posted four school records.

IN THE SPOTLIGHT



DEREK FORSTER
Senior
Bethlehem, PA

- **Full Name:** Derek Michael Forster
- **Major:** Psychology (Counseling concentration)
- **In the iPod:** Red Hot Chili Peppers, O.A.R., Third Eye Blind
- **Favorite Television Show(s):** *The Office*, *The O.C.*, *Dexter*
- **Hobbies:** Playing sand volleyball, wakeboarding, the Phillies
- **Favorite Vacation Spot:** Santorini, Greece
- **Little-Known Fact:** Derek plans to buy a boat before he buys a house
- **Future Plans:** Attend grad school for degree in school counseling

MESSIAH PROGRAM RECORDS

MEN'S RECORDS

Event	Record Holder	Time	Date Set
200 IM	Branden Bunner	2:11.29	1-10-09
400 IM	Branden Bunner	4:48.24	12-5-08
50 Freestyle	Drew Wissler	:21.95	10-31-09
100 Freestyle	Dylan Holford	:48.68	11-14-09
200 Freestyle	Dylan Holford	1:48.03	11-11-09
500 Freestyle	Dylan Holford	4:57.15	11-6-09
1000 Freestyle	Dylan Holford	10:19.17	10-31-09
1650 Freestyle	N/A	N/A	N/A
100 Backstroke	John Haller	:58.04	11-11-09
200 Backstroke	John Haller	2:13.60	12-5-08
100 Butterfly	Drew Wissler	:53.76	11-11-09
200 Butterfly	John Haller	2:31.85	1-10-09
100 Breaststroke	Derek Forster	1:04.35	2-14-09
200 Breaststroke	Zach McArdle	2:21.74	2-15-09
200 Medley Relay	Haller, McArdle, Addlesberger, Young	1:42.28	2-14-09
400 Medley Relay	Wells, Forster, Addlesberger, Young	3:52.67	2-13-09
200 Freestyle Relay	McArdle, Addlesberger, Haller, Young	1:29.21	2-13-09
400 Freestyle Relay	Addlesberger, Young, Brunner, McArdle	3:18.93	2-15-09
800 Freestyle Relay	McArdle, Wells, Haller, Brunner	7:40.23	2-14-09

WOMEN'S RECORDS

Event	Record Holder	Time	Date Set
200 IM	Sara Steinnagel	2:22.43	10-28-08
400 IM	N/A	N/A	N/A
50 Freestyle	Keren deRouville	:26.83	2-13-09
100 Freestyle	Sara Steinnagel	:57.10	11-15-08
200 Freestyle	Ashley Bell	2:06.42	1-31-09
500 Freestyle	Ashley Bell	5:56.70	11-7-08
1000 Freestyle	Stephanie Jury	12:30.33	11-14-09
1650 Freestyle	N/A	N/A	N/A
100 Backstroke	Ashley Bell	1:04.48	2-13-09
200 Backstroke	Ashley Bell	2:06.42	2-14-09
100 Butterfly	Kara Geiman	1:07.52	11-22-08
200 Butterfly	Kara Geiman	2:40.21	12-5-08
100 Breaststroke	Sara Steinnagel	1:13.04	10-28-08
200 Breaststroke	Sara Steinnagel	2:47.45	12-5-08
200 Medley Relay	Bell, Steinnagel, Geiman, deRouville	1:59.85	10-28-08
400 Medley Relay	Bell, Steinnagel, Geiman, deRouville	4:25.64	11-1-08
200 Freestyle Relay	deRouville, Geiman Kurtz, Bell	1:46.97	2-13-09
400 Freestyle Relay	deRouville, Geiman Kurtz, Bell	3:55.32	2-15-09
800 Freestyle Relay	deRouville, Geiman, Steinnagel, Bell	9:02.05	11-22-08



AFTER THE MEET, VISIT ...

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THE OFFICIAL WEBSITE OF MESSIAH COLLEGE ATHLETICS

MESSIAH COLLEGE FALCONS (men: 2-2; women: 1-3)

MEN			WOMEN		
Swimmer	Class	Hometown (Previous School)	Swimmer	Class	Hometown (Previous School)
Anthony Addlesberger	SR	Chambersburg, PA (Chambersburg H.S.)	Jade Barnshaw	FR	Fleetwood, PA (Fleetwood Area H.S.)
Tim Alarcon	FR	Garnerville, NY (North Rockland H.S.)	Ashley Bell	SO	Cherry Hill, NJ (Cherry Hill East H.S.)
Brandon Baker	FR	Rosenhayn, NJ (Christian Liberty Acad.)	Rochelle Blakely	FR	Pennsauken, NJ (Pennsauken H.S.)
Branden Brunner	SR	Hampstead, NC (St. James School)	Jean Cho	FR	Southampton, NJ (Seneca H.S.)
Brad Culwell	SO	Camp Hill, PA (Cumberland Valley H.S.)	Kate Cobb	FR	Mechanicsburg, PA (Mechanicsburg H.S.)
Derek Forster	SR	Bethlehem, PA (Liberty H.S.)	Elizabeth Enns	SO	Lansdale, PA (Spring Ridge Academy)
John Haller	SR	Dover, DE (Ceaser Rodney H.S.)	Molly Handley	FR	Dillsburg, PA (Northern H.S.)
Dylan Holford	FR	Visalia, CA (Redwood H.S.)	Chloe Hockley	SO	Elizabethtown, PA (Elizabethtown H.S.)
Zachary McArdle	SO	eOrchard Park, NY (Orchard Park H.S.)	Stephanie Jury	SR	New Bloomfield, PA (West Perry H.S.)
Malcolm McDermond	FR	Mechanicsburg, PA (Mechanicsburg H.S.)	Angie Klaczak	FR	Palmyra, PA (Palmyra H.S.)
Michael Schmelzer	SR	Wilmington, DE (Concord H.S.)	Hannah Kurtz	SO	Elverson, PA (Conestoga Christian H.S.)
David Shirer	SR	Penn Hills, PA (Penn Hills H.S.)	Brianna Lemaster	SO	Woodbridge, VA (Gar-Field H.S.)
Sloan Sweigart	SO	Mechanicsburg, PA (Mechanicsburg H.S.)	Kristen Listor	FR	Freehold, NJ (Freehold H.S.)
Spenser Warren	FR	Hockessin, DE (Charter of Wilmington)	Josie Smith	FR	Hagerstown, MD (North Hagerstown H.S.)
Matthew Wells	SO	Mifflinburg, PA (Mifflinburg Area H.S.)	Rachael Szewczyk	SR	Bethel Park, PA (Bethel Park Senior H.S.)
Caulen Wise	FR	Lebanon, PA (Cedar Crest H.S.)	Aimee West	FR	Coppell, TX (Coppell H.S.)
Drew Wissler	FR	Brownstown, PA (Conestoga Valley H.S.)	Emily Westerberg	JR	Glen Mills, PA (Delaware Christian H.S.)

Head Coach: Nancy Luley (2nd season) Assistant Coaches: Anne Greenawalt Chris Doemland

ALBRIGHT COLLEGE LIONS (men 3-2; women 3-2)

MEN			WOMEN		
Swimmer	Class	Hometown (High School)	Swimmer	Class	Hometown (High School)
Matt Bauer	FR	Pottstown, PA (Owen J. Roberts H.S.)	Patricia Celmer	JR	Oakhurst, NJ (St. Rose H.S.)
Brad Epstein	SO	Bensalem, PA (Bensalem H.S.)	Allie Fies	JR	Reading, PA (Muhlenberg H.S.)
Ryan Habel	FR	Holland, PA (Council Rock South H.S.)	Amanda Fisher	FR	Reading, PA (Reading Senior H.S.)
Jordan Hash	JR	Shrewsbury, PA (Susquehannock H.S.)	Jillian Franc	JR	Lawrenceville, NJ (Lawrence H.S.)
Quentin Hicks	FR	Allentown, PA (William Allen H.S.)	Erika Giberson	SR	Staten Island, NY (Tottenville H.S.)
Eric Kramer	JR	Watsonstown, PA (Warrior Run H.S.)	Madison Hauk	FR	Reading, PA (Wilson H.S.)
Jack Kubacki	SR	Reading, PA (Antietam H.S.)	Amanda Jacobson	SO	Hershey, PA (Hershey H.S.)
Adam Kurtz	FR	Hamburg, PA (Hamburg Area H.S.)	Kari Keller	FR	Seattle, WA (Kentrledge H.S.)
Zach McElheny	SO	Mount Joy, PA (Elizabethtown H.S.)	Alyce Mancini	SO	Erdenheim, PA (Springfield H.S.)
Ryan McGroarty	JR	Media, PA (Penncrest H.S.)	Sarah Noonan	SR	Urbana, MD (Urbana H.S.)
Bobby McNair	FR	Hollidaysburg, PA (Hollidaysburg Area H.S.)	Katy Oeste	SO	Kennett Square, PA (Unionville H.S.)
Scott Mermelstein	SO	Elkins Park, PA (Abington Senior H.S.)	Lauren Onusko	JR	Winsted, CT (The Gilbert School H.S.)
Matt O'Neill	JR	Ridley Park, PA (Ridley H.S.)	Aimee Snyder	SO	Reading, PA (Muhlenberg H.S.)
AJ Paulson	SR	West Chester, PA (West Chester Henderson H.S.)	Emily Summers	FR	Hamilton, NJ (Nottingham H.S.)
Tim Pierce	FR	Ridley Park, PA (Ridley H.S.)	Emily Weaver	FR	York, PA (Central York H.S.)
Chris Sheerer	JR	Leola, PA (Conestoga Valley H.S.)	Kelly Williams	JR	Philadelphia, PA (Archbishop Ryan H.S.)
Jack Snyder	FR	Oil City, PA (Oil City Senio H.S.)	Rebecca Woskoff	SO	Mount Sinai, NY (Mount Sinai H.S.)
Sean Spellacy	FR	Malvern, PA (Malvern Prep)	Rachel Zaccarelli	FR	LaPlata, MD (Westlake H.S.)
Connor Unger	FR	Hatfield, PA (Lansdale Catholic H.S.)			
Sean Zajdel	SO	Yardley, PA (Pennsbur H.S. y)			

Head Coach: John Stuhltrager (7th season) Assistant Coaches: Cindy Barner, Rachel Cantwell

MESSIAH COLLEGE SPORTS INFORMATION

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