

Facilities

Indoor

In Smith's four-building sports complex, you'll find an indoor track and tennis facility, two gymnasiums, locker facilities, ergometer room, rock climbing wall, fitness studio with spring wood floor and fencing lines, an athletic training room, five ASB glass-backed international squash courts and a human performance laboratory as well as coaches' and administrative offices. Surrounding the four indoor tennis courts is a 200-meter, six-lane Tartan track; adjacent to the oval are two eight-lane straightaways, 55m sprint-and-hurdle segments as well as all field-event stations. The track, one of the fastest on the East Coast, has been the setting for New England, ECAC regionals and three NCAA Division III championships. The aquatic facilities include a six-lane, 25-yard pool, one- and three-meter diving boards, an underwater observation window and a Colorado timing and diving judging system and scoreboard. The new \$4 million Olin Fitness Center that opened in January 2004 will accommodate all your fitness needs. The 4,816-square-foot space has glass walls facing the north and south, which form a 1,600-square-foot skylight, and houses 35 aerobic machines with individual television monitors, 40 selectorized weight machines and multiple free-weight stations.

Outdoor

Our equestrian center consists of a 100'x250' indoor arena with a large, heated observation area; two outdoor rings; turnout paddocks; a five-acre field and miles of wooded trails. The barn has 40 stalls, two tack rooms, a laundry, a wash stall and offices. Smith's 400-meter Eurotan S track includes two long- and triple-jump pits with dual runways; two pole-vault pits with adjacent runways; two shot circles; a dual-purpose hammer and discus cage; and a javelin area just inside the oval. Smith's athletic grass fields, with two field hockey fields (one with lights for night play) and a soccer/lacrosse field, are adjacent to the 12 lighted tennis courts. The 6,000-meter championship cross-country course, which is considered to be one of the top five in New England, is adjacent to the athletic fields and winds through scenic New England countryside. Softball practice and games take place in our fully enclosed softball diamond with skinned infield, dugouts and batting cage. The Pioneers row on the nearby Connecticut River. The Smith boathouse houses shells (eights and fours) for use in training and competition. The ski team does most of its dryland training on campus. The team's on-hill training is at Berkshire East Ski Area in Charlemont, Massachusetts, a 45-minute drive from campus. Berkshire East has excellent training facilities and hosts several races each year, including the high school state championships and all levels of USSA and FIS races.

If you want to combine academic challenge with athletic competition, consider Smith. Come see our facilities. Talk to our coaches and current swimming and diving team members. We think you'll find ours to be one of the nation's outstanding athletic programs!



Alexis-Clair Roehrich '11, sociology major; Eau Claire, WI

Coach Kim Bierwert

- ▶ Smith swimming and diving coach since 1977
- ▶ Developed three NCAA Division III national champions and more than 140 All-Americans
- ▶ Coached two Smith swimmers on their successful crossing of the English Channel
- ▶ Led the swimming and diving squads to five top-10 finishes at national championships



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2009-10



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Cover: Alexandra Page '12, Brookline, MA

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Swimming & Diving



Swimming and Diving

Members of Smith's swimming and diving team enjoy the excitement of meeting personal and team goals during a competitive season. Reaching those goals means hard work, but determination, positive energy and camaraderie make it a rewarding experience.

In the past 30 years, the team has become known for excelling against tough competition. It has finished in the top 10 at Division III NCAA nationals five times. Smith swimmers and divers have earned more than 140 All-American honors and have included four national champions. Some of these performers came to Smith with national-level skills, while others developed from near-novice to national levels.

Individual as well as team development is stressed. Each athlete follows a personalized training program that challenges her to reach beyond her perceived limits. Swimmers receive varied and challenging workouts for their specific events: training to improve strength and flexibility, practice in goal-setting and mental preparation for competition, and videotape analysis of their performance. Divers also benefit from strength and flexibility training, mental rehearsal and visualization exercises, the use of a trampoline equipped with a training rig and videotape analysis of their style.

Our meet schedule includes both dual and invitational meets

to provide the team with challenges that foster excellence.

The team, led by sophomores Lenora Walther (Santa Ynez, CA), Lily Seidman (Westfield, IN) and Alexis Roehrich (Eau Claire, WI), finished ninth overall at the New England Women's and Men's Athletic Conference (NEWMAC) Championships with three team members and five relays making finals. Lenora placed fourth in both the 100 backstroke (1:00.84) and 200 backstroke (2:10.90) with lifetime best times that were fractions of a second off team records and just off NCAA qualification times. Lily placed in three events, finishing ninth in the 100 back (1:02.16); eighth in the 200 fly (2:16.49) and sixth in the 100 fly (1:00.35). Alexis finished eighth on 1 meter and sixth on 3 meter in the diving events. She also achieved the NCAA consideration score for diving. Christine Dzialo '10 (Belchertown, MA), Alex Page '12 (Brookline, MA) and senior Francesca Kotey '09 (Gainesville, FL) had strong meets, with all recording best times. Overall the team produced more than 90 percent best times and team members experienced the improvement, team camaraderie which is such a strong and integral part of the team experience.

The Pioneers expect an outstanding 2009–10 season with 15 returning team members plus an outstanding group of incoming swimmers and divers. With the talent and dedication of this group, the team expects to move up in the Conference standings, place more team members on the All-Conference and All-Academic teams and send 2–3 swimmers plus 1–2 divers to the NCAA National Championship.

Individual Honors

National Champions

Monique Fischer, swimming, 1986
Maureen McMahon, swimming, 1984
Barbara King, diving, 1983 (2-time)

All-Americans

Shanti Freitas, 2005–06, 2008
Alyson Lipsky, 2000
Kristin Sparks, 1997
Karen Kwak, 1997
Nicole Huber, 1994, 1996–97
Jennifer Poole, 1996
Dawn Gerken, 1993–96
Hollis Bulleit, 1993
Aimee Classen, 1992–93
Kim Dickson, 1992
Katherine Burrill, 1992
Jodi Shaw, 1991–92
Allison Ellis, 1990
Adele Burgess, 1985–88
Susan Lenczycki, 1986–87
Louann Pickens, 1986
Laura Nichols, 1986

Leslie Morton, 1986
Kathy Wiezbicki, 1983–84, 1986
Sabra Kroll, 1983, 1985–86
Monique Fischer, 1983–86
Maureen MacDonald, 1982–84
Maureen McMahon, 1981–84
Lisa Harstad, 1981, 1983
Lisa Marlow, 1980–83
Barbara King, 1980–81, 1983
Dina Pandya, 1981–83
Shelly Todd, 1981–82
Jean Carter, 1982
Joanie Gang, 1981–82
Sharon Hahn, 1981–82

NEWMAC All-Conference*

Lily Seidman, 2008 (2nd team)
Marly Pineda, 2007–08 (1st team)
Shanti Freitas, 2005 (2nd team), 2006 (1st team), 2008 (2nd team)
Rhonda Stratton, 2004
Lauren Seidman, 2004 (2nd team)
Llorin Edwards, 2002 (2-time)
Alyson Lipsky, 2000 (3-time)
Kristin Sparks, 1999 (2-time), 2000
Misha Wagner, 1999, 2000
Benjamin Knight, 1998, 2000



Jenny Prince '12, Ardsley, NY

NEWMAC Academic All-Conference

Lily Seidman, 2009
Gillian Riggs, 2009
Rachel Dorset, 2008–09
Christine Dzialo, 2008–09
Adrienne Klein, 2008
Alison Yum, 2008
Shanti Freitas, 2006, 2008
Cheri Hardy, 2007, 2009
Rebecca Danton, 2007
Julie Bacon, 2006–07
Jessica Rubin, 2004, 2006
Nava Szwegold, 2004, 2006
Jennifer Clemens, 2003–05
Christine Merrill, 2003, 2005
Natalia Grob, 2004
Heidi Keirstead, 2004
Jeanne McKeon, 2004
Mariel Finucane, 2003–04
Catherine Cutchins, 2003
Michaela Kelly, 2003
Melody Donoso, 2002
Margerite Nicoll, 2002
Selma Chan, 2001
Llorin Edwards, 2001, 2002
Annette Georgia, 2001
Catherine Havemann, 2001, 2003
Heather Silverstein, 2001
Ann-Marie Surette, 2001
Elizabeth Wiley, 2000
Meadow Wirick, 2000
Alex Clair Null, 1999, 2001

Team Honors

National Championships

2008, 29th place
2006, 35th place
2005, 29th place
2000, 32nd place
1997, 25th place
1996, 28th place
1995, 31st place
1994, 24th place
1993, 17th place
1992, 41st place

NEWMAC Championship*

2009, 9th place
2008, 6th place
2007, 8th place
2006, 7th place
2005, 8th place
2004, 6th place
2003, 6th place
2002, 5th place
2001, 4th place
2000, 4th place

* Covers past 10 years only

Record Holders

50 Free	Alyson Lipsky	24.36	2000
100 Free	Alyson Lipsky	52.98	2000
200 Free	Aimee Classen	1:56.69	1992
500 Free	DeeDee Burgess	5:06.52	1987
1,000 Free	Hollis Bulleit	10:30.02	1993
1,650 Free	Hollis Bulleit	17:24.91	1993
100 Back	Kristin Sparks	1:00.52	1997
200 Back	Monique Fischer	2:10.88	1985
100 Breast	Dawn Gerken	1:06.72	1995
200 Breast	Dawn Gerken	2:23.95	1995
100 Fly	Maureen McMahon	58.36	1984
200 Fly	Monique Fischer	2:11.32	1985
200 IM	Llorin Edwards	2:13.76	2002
400 IM	DeeDee Burgess	4:40.66	1988
200 Medley Relay	K. Sparks, B. Knight, J. Clark, N. Barry	1:52.76	1997

2009–10 Schedule

Nov. 7	Springfield	1 p.m.
Nov. 14	Eastern Connecticut	1 p.m.
Nov. 17	Elms	7 p.m.
Nov. 21	Westfield State	1 p.m.
Dec. 5	Pioneer Valley Invitational	10 a.m.
Jan. 16	Wellesley	1 p.m.
Jan. 23–24	Seven Sisters Championship at Mount Holyoke	TBA
Jan. 30	Husson	1 p.m.
Feb. 6	Mount Holyoke	1 p.m.
Feb. 19–21	NEWMAC Championship at Wellesley	TBA
Mar. 17–20	NCAA Championship	TBA

Home events in brown type.

400 Medley Relay	K. Sparks, B. Knight, J. Clark, N. Barry	4:09.12	1997
200 Free Relay	K. Wiezbicki, M. MacDonald, L. Harstad, M. McMahon	1:40.37	1983
400 Free Relay	L. Harstad, D. Pandya, L. Marlow, M. McMahon	3:42.21	1980
800 Free Relay	L. Marlow, J. Gang, D. Pandya, M. McMahon	8:07.31	1981
1M Diving (5 required)	Shanti Freitas	204.32	2005
(6 dual)	Shanti Freitas	292.90	2005
(10 dives)	Shanti Freitas	413.40	2005
(11 dives)	Shanti Freitas	483.00	2008
3M Diving (6 dual)	Shanti Freitas	305.48	2008
(11 dives)	Shanti Freitas	528.85	2008



Lily Seidman '11, geology major; Westfield, IN