

A COACHING STAFF

HEAD SWIM COACH KEITH HAVENS



Keith Havens will enter his 21st season as head swimming and diving coach for the men's and women's teams. In addition to directing the fortunes of Albion's

swim program, Havens serves as the director for the college's Dean Aquatic Center and teaches physical education aquatics courses.

Before coming to Albion, Havens had eight years coaching experience at the College of William and Mary in Williamsburg, Va., serving three years as the assistant swimming coach and head diving coach and five years as the head swim coach.

A native of Vienna, Va., Havens earned his bachelor of science degree from William and Mary in 1976 and his master of arts degree in 1979.

A four-year member of the varsity swim team, Havens held four school records in his specialty, the sprint freestyle. Havens was the 1974 Virginia collegiate state champion in the 100-yard free, as well as the 1972 Virginia Independent High School state champion in one-meter diving.

Havens also competes in triathlons and canoeing events. He competed as a national-class flat-water canoeist for several years.

He participated in two Olympic Trials, reaching the finals in 1980. In addition, Havens is a seven-time national champion canoeist in the four-man and war canoe classes. He also has won 18 national championships in whitewater canoeing since 1991.

This past summer, Keith teamed with Ed Sharp of Virginia to claim first place in the formula 16 two-man distance event

in the 40-54 age category at the National Whitewater Canoeing Championships. Individually, Keith finished third in the distance race and fifth in the sprint race.

Havens and his wife, Susan, reside in Albion along with their two children, Zachary and Zane.

SWIMMING ASSISTANT TOM PITT

Former Albion College swimmer Tom Pitt now serves as an assistant coach for Keith Havens.

Pitt is a 1988 Albion graduate with a bachelor of arts degree in economics/management and speech communication.

He has coached age group and high school swimming in the Albion area for the past 12 years. For the last 5-1/2 years, Pitt has been working at Albion College as the accounting manager. He also serves as a paramedic in the cities of Albion and Jackson.

In addition to coaching, Pitt enjoys participating in swimming and canoeing events and training for an annual triathlon in North Carolina.

GUIDE TO STROKES

Freestyle

In the freestyle, the competitor may swim any stroke he or she wishes. The usual stroke used is the Australian Crawl. This stroke is characterized by the alternate overhand motion of the arms and a flutter kick which can be either a six-beat-per-stroke or two-beat-per-stroke cycle rhythm. The slower two-beat kick is used in the distance races, while the faster, six-beat kick is used in the sprint events and at the very end of the distance races.

Backstroke

In the backstroke the swimmer must stay on his or her back, except during the turns. The stroke is an alternating motion of the arms — much like the crawl stroke — with a flutter kick. Since April of 1991, a swimmer is no longer required to touch the wall with his or her hand before executing the turn maneuver. The key to proper interpretation of the backstroke rule is the phrase "continuous turning action", i.e., a uniform, unbroken motion with no pauses. In a more technical interpretation, after the shoulder rotates beyond the vertical toward the breast, a continuous simultaneous double arm pull may be used to initiate the turn. There shall be no kick, arm pull, or floatation that is independent of the turn. The position of the head is not relevant.

Breaststroke

Perhaps one of the most difficult strokes to master, the breaststroke requires simultaneous movements of the arms on the same horizontal plane. The hands are pushed forward from the breast on or under the surface of the water and brought backward in the propulsive stage of the stroke simultaneously. The kick is a simultaneous thrust of the legs called a "frog" or breaststroke kick. No flutter or dolphin kicking is allowed. Swimmers must touch the wall with both hands at the same time before executing their turn. Breaststroke race distances are 100 and 200 meters.

please see STROKES on next page

2005-2006 ROSTER **A**

MEN

Name	Cl.	Events	Hometown/High School
Chase Bacon	Jr.	free	Novelty, Ohio/Hawken School
Chris Blunden	Fr.	free	Grosse Pointe Shores/Grosse Pointe North
A.J. Dancho	Sr.	dis. free	Belleville/Belleville
Andrew Drake	Fr.	free, fly	Dearborn/Dearborn
John Fodell	Sr.	breast, IM, free	Grosse Pointe/South
Daniel Fradeneck	Jr.	diving	Eastpointe/East Detroit
Mike Frenchi	So.	free, back	Clarkston/University of Detroit Jesuit
Ryan Gunderson	Fr.	sprint free, back	Grosse Pointe/Grosse Pointe South
Bryan Hornacek	Fr.	free, back	Novi/Novi
John Jordon	So.	free	Holland/West Ottawa
Paul Krone	Fr.	dist. free, fly	Cincinnati, Ohio/Cincinnati Country Day
Tim Ransom	So.	free, back, fly	Dearborn/Dearborn
Brandon Reiss	Jr.	diving	Clarkston/Lake Orion
Dennis Ross	So.	free	Oscoda/Oscoda
Eric Schroeder	Fr.	breast, free	Tecumseh/Tecumseh
Mike Soresi	So.		Eastpointe/East Detroit
Alexander Teodosic	Sr.	back, IM	Farmington/Cranbrook-Kingswood
Dan Valbracht	Fr.	diving	Dhahran, Saudi Arabia/Cranbrook Kingswood
Ben Whiting	Fr.	free	Jackson/Jackson
Mike Witkowski	Fr.	free, fly	Dearborn/Dearborn

WOMEN

Name	Cl.	Events	Hometown/High School
Erin Brodhagen	So.	free	Kalamazoo/Loy Norrix
Lindsay Brown	Jr.	diving	Commerce Twp./Walled Lake Central
Elizabeth Colville	Jr.	IM, breast	DeWitt/DeWitt
Lindsay Davis	So.	free, back	Saginaw/Heritage
Amanda deFiebre	Jr.	free, back	Wauwatosa, Wis./West
Rachel Doherty	Jr.	free	Beverly Hills/Birmingham Groves
Mallory Field	So.	free	Dearborn/Dearborn
Lauren Flynn	Fr.		Harrison Township/L'Anse Creuse
Bethany Gozdziwski	Sr.	free	Clarkston/Clarkston
Danielle Hainline	Fr.	free	Marshall/Marshall
Megan Hinz	So.	diving	Columbus, Ohio/Whetstone
Leah Howdyshell	Jr.	breast	Rochester/Notre Dame Prep
Amy Lindman	Jr.	free, back	Canton/Plymouth-Canton
Laura Munson	So.	diving	Whitmore Lake/Dexter
Kaitlyn O'Callaghan	Fr.		Chicago, Ill./Lane Technical
Jenna Sherman	Fr.	free	Marshall/Marshall
Lauren Sugg	So.	free, back	Saginaw/Nouvel Catholic Central
Haley Szykiel	Fr.	free	Beverly Hills/Groves
Brittany Westbrook	So.	diving	Columbus, Ohio/Whetstone
Brittany Wiese	Fr.	fly, free, IM	Oakland Twp./Rochester Adams
Brittney Williams	Fr.	diving	Bay City/John Glenn
Laura Wolbert	Fr.	free, back	Grand Rapids/East Grand Rapids

★ STROKES

continued from page two

Butterfly

The most physically demanding stroke, the butterfly features the simultaneous overhead stroke of the arms combined with the dolphin kick. The dolphin kick features both legs moving up and down together. No flutter kicking is allowed. As in the breaststroke, swimmers must touch the wall with both hands before turning. The butterfly was "born" in the early 1950s as a loophole in the breaststroke rules and in 1956 became an Olympic event in Melbourne, Australia.

Individual Medley

The individual medley, commonly referred to as the "I.M.," features all four competitive strokes. In the I.M. a swimmer begins with the butterfly, changes to the backstroke after one-fourth of the race, then the breaststroke for another quarter and finally finishes with the freestyle.

Medley Relay

In the medley relay, all four strokes are swum by four different swimmers. No swimmer may swim more than one leg of the relay, which is swum in backstroke, breaststroke, butterfly and freestyle order. The medley relay is 400 meters — or 4x100 meters.

A 2005-2006 PREVIEW

With a core group of leaders who are working to improve each day, Albion College head swimming & diving coach **Keith Havens** is looking forward to a season where individuals post lifetime best times, and in some cases, go for school records and NCAA Division III Championship qualifying marks.

"If everybody works as hard as they are right now, we'll have a number of lifetime-best marks to celebrate," Havens said. "We have a core group that is very strong. We have a group of people who are working every morning and afternoon. They are leaders."

Albion's divers have already made a splash on the national scene as juniors **Lindsay Brown** (Commerce Township/Walled Lake Central), **Dan Fradeneck** (Eastpointe/East Detroit) and **Brandon Reiss** (Clarkston/Lake Orion) have all made trips to compete in the NCAA Championships. Brown, the Michigan Intercollegiate Athletic Association women's champion on the 1- and 3-meter boards, achieved honorable mention All-America status with a 15th-place finish in 1-meter at the national meet last March. Fradeneck, the MIAA men's champion in 1- and 3-meter, achieved All-America status with a seventh-place finish in the 1-meter event at the NCAA meet last March.

In addition to the three returnees, Havens believes newcomers **Dan Valbracht** (Dhahran, Saudi Arabia//Cranbrook Kingswood) and **Brittney Williams** (Bay City/John Glenn) will only add to the Britons' depth off the board.

In the pool, Havens said the men's team is strong in all the events although the Britons could be deeper in the breaststroke.

Senior **John Fodell** (Grosse Pointe/South) is hoping his desire and physical attributes equate into a trip to the NCAA Championships. He was added to the list of All-MIAA swimmers after

lowering his school records in the breaststroke events during the league meet last February. He finished second in the 200-yard race with an NCAA Championship provisional qualifying time of 2:07.86, and third in the 100-yard race with a time of 58.07 seconds.

Junior **Chase Bacon** (Novelty, Ohio/Hawken School) also achieved All-MIAA status last season. Bacon enjoyed a fine championship meet, placing second in the 500-yard freestyle (4:40.97) and 100-yard butterfly (51.29 seconds) and third in the 200-yard butterfly (1:58.49).

The all-league performers should receive scoring support from senior **A.J. Dancho** (Belleville/Belleville) and freshman **Paul Krone** (Cincinnati, Ohio/Cincinnati Country Day) in the distance freestyle events, sophomore **Mike Frenchi** (Clarkston/University of Detroit Jesuit) in the freestyle and backstroke, freshman **Andrew Drake** (Dearborn/Dearborn) in the freestyle and butterfly, freshman **Ryan Gunderson** (Grosse Pointe/South) in the sprint freestyle, and freshman **Ben Whiting** (Jackson/Jackson) in the distance freestyle.

The women's team, led by junior **Lisa Colville** (DeWitt/DeWitt) in the breaststroke, could put quality relay teams together. Colville finished sixth in the 100-yard breaststroke with a time of 1:11.51 at the MIAA Championships last year. The Briton women will receive a boost when junior **Rachel Doherty** (Beverly Hills/Birmingham Groves), the MIAA's fourth-place finisher in the 1,650 freestyle, returns from a fall semester study abroad experience in Australia.

Albion could also receive points from sophomore **Lindsay Davis** (Saginaw/Heritage) and freshman **Laura Wolbert** (Grand Rapids/East Grand Rapids) in the sprint freestyle, junior **Amy Lindman** (Canton/Plymouth-

Canton) in the freestyle and backstroke, freshmen **Lauren Flynn** (Harrison Township/L'Anse Creuse) and **Kaitlyn O'Callaghan** (Chicago, Ill./Lane Technical) in the distance freestyle, and freshman **Brittany Wiese** (Oakland Township/Rochester Adams) in multiple events.

One thing for certain is Albion's ability to excel in academics. Havens expects the men's and women's squads to rank high when the College Swim Coaches Association of America Academic All-America team rankings are released.

Havens is also thankful to have the continued support of assistant coach **Tom Pitt**, '88.

NCAA QUALIFYING TIMES **A**

MEN

Event	25-Yard		25-Meter		50-Meter	
	A	B	A	B	A	B
50 Free	:20.69	:21.29	:23.10	:23.77	:23.79	:24.48
100 Free	:45.69	:46.79	:51.00	:52.33	:52.52	:53.79
200 Free	1:41.59	1:43.69	1:53.39	1:55.84	1:56.11	1:58.62
500 Free	4:35.59	4:39.99	4:01.99	4:04.96	4:10.31	4:13.39
1,650 Free	16:04.99	16:29.99	16:07.09	16:30.02	16:34.87	16:58.46
100 Fly	:50.29	:51.39	:55.91	:57.36	:56.60	:58.07
200 Fly	1:52.59	1:55.39	2:05.66	2:08.79	2:07.95	2:11.13
100 Back	:51.49	:52.89	:57.58	:59.03	:59.30	1:00.80
200 Back	1:52.09	1:54.69	2:05.11	2:08.01	2:08.84	2:11.83
100 Breast	:57.19	:58.79	1:03.83	1:05.62	1:06.12	1:07.97
200 Breast	2:04.79	2:08.69	2:19.28	2:23.63	2:24.27	2:28.78
200 I.M.	1:53.49	1:55.19	2:06.67	2:08.57	2:11.21	2:13.17
400 I.M.	4:03.59	4:11.99	4:31.87	4:41.91	4:39.99	4:50.34

Relays

200 Free	1:23.19	1:25.19	1:32.85	1:35.53	1:35.63	1:38.39
400 Free	3:03.99	3:08.99	3:25.35	3:31.82	3:31.49	3:38.16
800 Free	6:49.99	6:58.99	7:37.58	7:49.86	7:48.57	8:01.14
200 Medley	1:33.29	1:35.69	1:44.12	1:47.36	1:46.87	1:50.19
400 Medley	3:25.99	3:29.99	3:49.90	3:56.15	3:55.96	4:02.38

Diving

1-Meter Diving Points — Dual 265 (275•)/Championship 435

3-Meter Diving Points — Dual 275/Championship 440

• qualifying point total when using six optional dives with standard degree of difficulty.

WOMEN

Event	25-Yard		25-Meter		50-Meter	
	A	B	A	B	A	B
50 Free	:24.09	:24.49	:26.89	:27.34	:27.38	:27.83
100 Free	:52.29	:53.29	:58.36	:59.48	:59.43	1:00.56
200 Free	1:53.89	1:55.99	2:07.11	2:09.46	2:08.69	2:11.07
500 Free	5:02.99	5:08.99	4:25.09	4:30.34	4:30.53	4:35.89
1,650 Free	17:25.99	17:47.99	17:22.87	17:44.80	17:47.34	18:09.79
100 Fly	:57.99	:58.79	1:04.73	1:05.62	1:05.16	1:06.06
200 Fly	2:07.79	2:09.99	2:22.63	2:25.08	2:23.59	2:26.06
100 Back	:58.79	:59.99	1:05.62	1:06.96	1:06.43	1:07.79
200 Back	2:06.79	2:09.79	2:21.51	2:24.86	2:23.27	2:26.66
100 Breast	1:06.29	1:07.99	1:13.99	1:15.89	1:16.20	1:18.15
200 Breast	2:23.79	2:27.79	2:40.48	2:44.95	2:43.40	2:47.95
200 I.M.	2:08.99	2:10.99	2:23.97	2:26.20	2:26.58	2:28.86
400 I.M.	4:34.69	4:39.99	5:06.58	5:12.49	5:10.39	5:16.38

Relays

200 Free	1:35.99	1:39.59	1:47.14	1:51.15	1:49.08	1:53.18
400 Free	3:31.79	3:38.59	3:56.38	4:03.97	4:00.68	4:08.40
800 Free	7:41.99	7:56.59	8:35.62	8:51.91	8:42.03	8:58.52
200 Medley	1:48.59	1:51.99	2:01.20	2:04.99	2:03.26	2:07.12
400 Medley	3:56.99	4:02.59	4:24.50	4:30.75	4:29.01	4:35.36

Diving

1-Meter Diving Points — Dual 245 (255•)/Championship 370

3-Meter Diving Points — Dual 255/Championship 410

• qualifying point total when using six optional dives with standard degree of difficulty.

ALBION COLLEGE ATHLETIC DIRECTORY

College Switchboard:

Area Code 517 629-1000

Athletic Staff:

Executive Vice President for Athletics:

Troy VanAken 629-0960

Senior Women's Administrator:

Lisa Roschek 629-0521

Athletic Training: 629-0522

Sara Koski, Greta Schutte

Athletic Office: 629-0900

Dow Center Office: 629-0593

Dean Aquatics Office: 629-0282

Fall Sports Head Coaches:

Cross Country: Hayden Smith 629-0514

Football: Craig Rundle 629-0459

Men's Golf: Mike Turner 629-0457

Women's Golf: Jared Schock 629-0517

Men's Soccer: Jerry Block 629-0506

Women's Soccer: Lisa Roschek 629-0521

Volleyball: David Saenz 629-0281

Winter Sports Coaches:

Men's Basketball: Mike Turner 629-0457

Women's Basketball: Doreen Belkowski 629-0516

Swimming and Diving: Keith Havens 629-0282

Spring Sports Coaches:

Baseball: Scott Carden 629-0500

Softball: Michelle Manning 629-0515

Men's and Women's Tennis: Scott Frew 629-0739

Men's Track and Field: Dave Egnatuk 629-0360

Women's Track and Field: Hayden Smith 629-0514

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Sports Information Director: Bobby Lee

Assistant: Mike Moore

Office: 629-0434

FAX: 629-0198

Briton Line: 629-0645

E-Mail: blee@albion.edu

Website: <http://www.albion.edu/sports>

A SWIM RECORDS

MEN'S SWIMMING & DIVING SCHOOL RECORDS

200 Freestyle Relay	(W. Brunner, J. Peters, R. Reznikov, B. Johnson)	1:26.00	98-99
400 Freestyle Relay	(J. Peters, M. Gruber, W. Brunner, B. Johnson)	3:09.24	99-00
800 Freestyle Relay	(J. Peters, M. Gruber, R. Reznikov, B. Johnson)	7:03.20	99-00
200 Medley Relay	(C. Behling, A. Mullin, E. Weber, E. Scollon)	1:37.33	93-94
400 Medley Relay	(D. Diegel, A. Mullin, E. Weber, E. Scollon)	3:32.47	92-93
50 Freestyle	Andy Mullin	21.10	93-94
100 Freestyle	Britt Johnson	46.78	99-00
200 Freestyle	Will Green	1:43.16	04-05
500 Freestyle	Steve Cohen	4:40.52	91-92
1,000 Freestyle	Steve Cohen	9:41.35	90-91
1,650 Freestyle	Steve Cohen	16:00.61	90-91
100 Backstroke	Britt Johnson	53.24	99-00
200 Backstroke	Dave Diegel	1:55.72	91-92
100 Breaststroke	John Fodell	58.07	04-05
200 Breaststroke	John Fodell	2:07.86	04-05
100 Butterfly	Ed Weber	50.62	92-93
200 Butterfly	Ed Weber	1:53.03	93-94
200 Individual Medley	Erik Scollon	1:55.39	92-93
400 Individual Medley	Erik Scollon	4:07.47	91-92
One-meter diving (6 dives)	Carl Johnson	301.70	91-92
One-meter diving (11 dives)	Ron Face	564.15	89-90
Three-meter diving (6 dives)	Dan Fradeneck	304.80	03-04
Three-meter diving (11 dives)	Ron Face	472.10	88-89

WOMEN'S SWIMMING & DIVING SCHOOL RECORDS

200 Freestyle Relay	(A. Dempsey, K. Gehrs, T. Evelyn, M. Lennox)	1:40.29	94-95
400 Freestyle Relay	(A. Dempsey, K. Gehrs, T. Evelyn, M. Lennox)	3:40.01	94-95
800 Freestyle Relay	(H. Pierce, C. Brunner, L. Wilson, K. Waters)	8:06.92	96-97
200 Medley Relay	(L. Groth, J. Bendick, E. Spiro, B. Pierce)	1:53.70	2001-02
400 Medley Relay	(A. Janelle, L. Haas, K. Gehrs, A. Dempsey)	4:09.41	91-92
50 Freestyle	TerryAnn Evelyn	24.29	94-95
100 Freestyle	Missy Proctor	53.85	84-85
200 Freestyle	Sue Leiby	1:57.34	82-83
500 Freestyle	Sue Leiby	5:12.87	81-82
1,000 Freestyle	Sue Leiby	10:41.95	83-84
1,650 Freestyle	Sue Leiby	17:26.54	83-84
100 Backstroke	Liz Groth	1:00.30	2000-01
200 Backstroke	Liz Groth	2:10.82	2000-01
100 Breaststroke	Meghan Lennox	1:09.45	94-95
200 Breaststroke	Meghan Lennox	2:32.60	94-95
100 Butterfly	TerryAnn Evelyn	58.60	94-95
200 Butterfly	Erin Spiro	2:10.25	2001-02
200 Individual Medley	Kellie Gehrs	2:12.08	91-92
400 Individual Medley	Audrey Janelle	4:42.38	91-92
One-meter diving (6 dives)	Molly Maloney	277.12	98-99
One-meter diving (11 dives)	Lindsay Brown	395.90	04-05
Three-meter diving (6 dives)	Molly Maloney	282.90	98-99
Three-meter diving (11 dives)	Molly Cliffel	420.80	93-94

DEAN AQUATIC CENTER **A**

For decades, the Albion College swimming and diving teams called the pool in Kresge Gymnasium home. By the 1970s, however, the College realized it was time for a new pool to be built. Plans for the new facility began in 1975 during the construction of Sprankle-Sprandle Stadium. The final location of the building was determined in April of 1977 and construction began later that summer. It was decided that the facility would be named in honor of W. Clark Dean, a long-time Albion College trustee and benefactor. Dean was partly responsible for raising money for the construction of Sprankle-Sprandel Stadium, to which the pool would later be attached.

The projected cost of the project was \$850,000 and was funded largely by money donated by the S.S. Kresge Foundation and individual donors. By the beginning of the following school year, most of the work was done and the facility was opened.

The facility's highlight is the T-shaped pool, 25 yards by 25 meters. The shallow end of the pool has a depth of just over four feet, while the deep end of the pool measures 14 feet deep. The deep end houses two one-meter diving boards and one three meter board.

The pool was updated with new starting blocks, diving boards, and lane markers in 1991. The diving boards are made by Duraflex and comply with NCAA regulations.

In 1997, a new A six-lane IST scoreboard was installed on the far wall, giving spectators constant updates of scoring throughout meets. Three years ago, diving training on the one- and three-meter boards was enhanced with the addition of a



A unique feature of the pool is the underwater observatory windows, which allow coaches and spectators a chance to monitor swimmers and divers from below the water's surface. (Photo by Dave Trumpie)

trampoline with a spotting rig for divers. An in-deck, eight-person hot tub was added in 2000, and a state-of-the art ventilation system was added this past summer.

A unique feature of the pool is the underwater observatory windows, which allow coaches and spectators a chance to monitor swimmers and divers from below the water's surface. The room is located just below the three meter board and has three large viewing windows. Two of the windows face the deep end of the pool, while the third window faces the shallow end along the east wall of the pool. This allows close-up viewing of flips or of the finishline for races.

At deck level sits the locker rooms, coaches' office, and an open classroom. Locker room facilities include restrooms, showers, and plenty of locker space. The coaches' office features a large window so the pool can be monitored at all times. The classroom can be used for instructional use or for team meetings. Up above, the stands feature seating for approximately 250 spectators and has a Plexiglas railing to allow a full view of the pool below.

In 1988, the Dow Recreation and Wellness Center was erected surrounding the facility. Included in the facility are a weightroom with fitness equipment, training and rehabilitation areas, a classroom, locker rooms and the Department of Physical Education offices. The building's Bernard T. Lomas Fieldhouse contains flexible court space for intramural basketball, volleyball, badminton and tennis as well as a 1/9-mile track and two racquetball courts. The building was made possible by a gift from the Herbert H. and Grace A. Dow Foundation. The Fieldhouse is named for Dr. Bernard T. Lomas, president of the College, 1970-1983.



An in-deck, eight-person hot tub was added in 2000. (Photo by Ben Engelter)