

Cougar Swimming

2005-2006



2005–2006 WSU Women's Swimming Roster



Lindsay Backhouse



Larissa Barth



Danielle Berish



Emily Chandler



Kayli Changstrom



Jane Copland



Maya Dill



Lina Daugvilaite



Karen Eldred



Laurie Gregg



Rachel Hansen



Andrea Lubeck



Jamie MacLeod



Kristin Marceau



Erin McCleave



Bryn Mooney



Beth Newhouse



Kelly O'Neill



Elyse Peterson



Afton Pickett



Monika Povilonyte



Sarah Reichwald



Kenzie Reiter



Danielle Smith



Katie Van Horne

SWIMMING

WASHINGTON STATE UNIVERSITY

General Information

Location: Pullman, Wash.

Founded: 1890

Enrollment: 22,500

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 (334 points)

NCAA Finish : N/A

Letterwinners R/L: 18/2

Newcomers: 7

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

509-335-0273, ericaq@wsu.edu

Assistant Coach: Suzanne Yee

509-335-0298, suzanne@wsu.edu

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Pullman, WA 99164-1602

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Cougar Sports Information

Assistant Director of Athletics/SID:

Rod Commons

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Craig Lawson, Jason Krump,

Bill Stevens

Swimming SID: Rachel Porter

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Office Location: 195 Bohler Athletic
Complex

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Why Washington



"I fell in love with the coaches, players and community at WSU the moment I stepped on campus. Everyone had a clear vision for success and I felt the program emphasized the importance of the players being well-rounded individuals as well as exceptional athletes."

—Junior Kate Benz
Forward WSU Women's Basketball



Washington State has provided me the opportunity to swim with people I love. Its just a great team and family atmosphere here. The athletic community at the university is tight knit and everyone cares about each other. Couple that with the support of the Pullman community and you have an entire town behind you. You can't find that kind of support just anywhere. Washington State is unique.

—Junior Kayli Changstrom
IM, Freestyle WSU Swimming



"I came to WSU because I knew I'd find an excellent team and family environment. I wanted be able to concentrate on my school work as well as excelling at my sport and I knew I could do that Washington State."

—Senior Jerome Harrison
Running Back WSU Football

State University?



"The community and family-like atmosphere at Washington State makes me feel at home. Students come to WSU from all over the country and are immediately comfortable because of the quality support staff and warmhearted Cougar community."

—Junior Angela Fajardo
Defender WSU Soccer



"I chose Washington State because it had so many positive things to offer. Pullman, Washington offers such a sense of community. Everyone in town is so friendly to the college student, and the residents go out of their way to make us feel welcome."

I majored in sociology and criminal justice while in school here and thoroughly enjoyed my program curriculum. All of my professors were very understanding of my travel schedule during the season and were always willing to meet with me outside of the classroom when I needed extra help.

The coaches here really care about the athletes. I made huge improvements while competing under Rick Sloan and finished my collegiate career with five All-American certificates. I couldn't have asked for anything more from a Division I school."

—Five-time All-American and Pacific-10 Champion,
Ellannee Richardson
WSU assistant coach and former heptathlete
WSU Track & Field



"The coaching staff at WSU made me feel at ease from the first moment I talked to them. As soon as I arrived on campus, I felt like I was instantly a part of a big, extended family. My teammates and coaches are excited about Cougar athletics and that is a contagious feeling. WSU has a unique feel and that helps me stay focused on my sport as well as my studies."

—Sophomore Derrick Low
Point Guard WSU Men's Basketball

WASHINGTON STATE TRADITIONS



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 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 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 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.

HEAD COACH

Erica Quam

Indiana University, 1997
 Fourth Year

Washington State University Head Swimming Coach Erica Quam enters her fourth season at the helm of the Cougar program. In her tenure she has seen her swimmers break two school records, earn 61 places on the Cougars' all-time top ten lists and record a 41st place finish at the NCAA Championships..

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 also coaches Jane Copland who has earned a NCAA Consideration standard in the 200 breaststroke in each of her three seasons at WSU. Copland swam to a 21st place finish at the 2003 U.S. Nationals and ranks on four Cougar all-time top ten lists.

Washington State swimming continues to prosper under Quam's guidance with four members of her 2004 squad recording NCAA consideration standards and finishing strong with 11 individuals scoring at the Pac-10 Championships. WSU achieved 54 lifetime bests and 20 season best times in Quam's third season as head coach with eight Cougar swimmers winning a total of 40 individual races. WSU achieved two individual and three relay U.S. Senior National qualifying times in addition to their 17 individual and three relay U.S. Open cuts.

Quam's first recruiting class continued to shine in their second season with Kayli Changstrom, Erin McCleave and Monika Povilonyte responsible for five NCAA consideration standards between them. Changstrom was voted Most Outstanding last season with an NCAA



Consideration time in the 400 individual medley and competed in the 2005 Summer Nationals at Irvine, Calif. Changstrom ranks on six Cougar all-time top ten lists. McCleave and Povilonyte each earned themselves multiple NCAA Consideration standards in 2004. McCleave earned her Consideration times in the 100 and 200 freestyles and holds the school record in the 200 Freestyle with five other times on the WSU all-time top ten lists. Povilonyte was under the standards in both the 100 and the 200 breaststrokes and ranks third on both distances in the Cougar top ten lists.

The tradition of solid recruiting continues as Quam welcomes seven new athletes including national level swimmers Jamie MacLeod and Elyse Peterson as well as High School All-American Afton Pickett.

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 were third nation in cumulative grade point average in the spring with a 3.57 GPA. In the fall the team was ranked third nationally with a 3.54 GPA.

Career Highlights

ERICA QUAM

- During Quam's three seasons at the helm of WSU swimming she has seen 20 swimmers earn Pacific-10 Conference All-Academic honors including seven first 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 three seasons, WSU swimmers have set two school records, earned 61 spots on the Cougars' all-time top 10 lists and recorded a 41st place finish at the NCAA Championships.
- The WSU swim team led the NCAA with a 3.66 GPA in 2004 and was third in the nation in Fall 2004 and Spring 2005 semesters.
- Four WSU swimmers have achieved NCAA consideration times, Jane Copland in 2003 - 2005, Erin McCleave in 2004 and 2005, Monika Povilonyte in 2004 and 2005 and Kayli Changstrom in 2005.
- Guided junior 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 four 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.

Continuing her own education as a coach, Quam participated in a two-week course during the summer of 2005 through the National Outdoor Leadership School. Quam spent two weeks backpacking in the Canadian Yukon as the course focused on leadership skills, facing individual challenges and understanding group dynamics. Quam has also been selected to attend the 2005 Women In Coaching Summit to be held at the United State 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.

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

Princeton, 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." The ninth annual summit was held in Lake Tahoe, Nev., last year with the annual event providing 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



9th Annual Women's Coaches Summit—Lake Tahoe, May 2005.

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 1995-1997 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, backpacking and kayaking with her dog Kaia. Quam was born May 23, 1974.



2005 NOLS Yukon backpacking course.



SUZANNE YEE

California, 1997

Sixth 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 over the past five years.

Entering her sixth season at WSU, Yee has been instrumental in helping create a program competitive at the Pacific Ten and NCAA levels athletically and academically. During her five seasons at WSU, the Cougars recorded a 41st place finish at the NCAA Championships, a Cougar swimmer was awarded with All-American Honors, four different swimmers qualified for the NCAA Championships, one Cougar swimmer qualified for Olympic Trials, and the team ranked as high as first in the country with their GPA. 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, one NCAA Automatic and 35 NCAA Consideration standards have been achieved, the Cougars recorded their only two wins over rival University of Washington in dual meets, and the team held the top spots in team GPA in both the Pacific Ten Conference and the Washington State Athletic Department.

This past summer, Suzanne was one of three coaches for the club team, Cougar Swimming, sending two athletes to the U. S. National meet in Irvine, California. She also attend the USA vs. Australia Dual in the Pool in her cowboy hat.

Yee 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 surgeries forced her to retire in 1995. During the remainder of her stint at California, she worked with the

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 clinic, including the University of Texas, Longhorn Swim Camp and the University of California, Berkeley Golden Bear Swim Camp.

Yee spent the summer of 2005 serving as one of three coaches for the club team, Cougar Swimming, sending two athletes to the U. S. National meet in Irvine, Calif. She also attend the USA vs. Australia Dual in the Pool in her cowboy hat.

In June of 2004, Yee was one of 24 graduates of the NCAA Women Coaches Academy in Wilmington, N.C., and in July of 2005, graduated from the first-ever NCAA Women's Coaches Academy Dimension 2 program in Denver, Colo. 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 at California in 2000, and wrote her thesis on the subject of collegiate recruiting. She was fortunate to attend the 2004 United States Olympic Trials to see former Cougar Lindsay Henahan compete in the 100 Butterfly. Yee is currently training for triathlons, designing her fourth tattoo, and spends her free time with her two yellow labs, Daisy and Glady.



2005 NCAA Women's Coaches Academy Dimension 2 program, Denver, Colorado.



team as a volunteer assistant coach while finishing her undergraduate and graduate degrees. As a volunteer assistant coach, Yee worked with a team whose athletes 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., where she worked with over 200 swimmers, and served as interim head

STUDENT ASSISTANT COACH

SAM HORN

Puyallup High, 2003
Second Year
Volunteer Assistant

Sam Horn graduated from Puyallup High School in 2003. He was named his high school's Male Athlete of the Year while serving as captain of both the swimming and water polo teams. In 2001 and 2002, Horn was a high school Consideration All-American. Sam is a 10-time Washington State High School swimming finalist. He led his team to the State Championship in 2002 and his 400 freestyle relay to a first place finish. His team was league and district champions all four years Sam was in high school. Sam also received Second Team All-State honors in water polo.

Horn was involved in on-deck coaching duties last season at WSU. He worked with the team videotaping and reviewing stroke technique, coaching swimming and dryland sets during daily practices, and aided in coaching at dual meets and at the Pac-10 Championships. Horn was



part of the Cougar Swimming Club coaching staff during the summer of 2005 which sent two swimmers to Nationals. The experience Sam gained in his first year at Washington State will make an impact on this year's larger and much-improved team. Prior to WSU, Horn served as an assistant coach at the Tacoma Lawn and Tennis Club.

Academically, Horn was named to the President's Honor Roll in 2003-04. He plans on majoring in business at WSU. In his spare time, Sam enjoys playing water polo and surfing. His parents are Charles and Patti Horn.



JONI DAVIDSON
Event Management



AARON SCHLUETER
Equipment Manager



2005-06 Swimming Season Outlook

Cougar swimming continues to raise the bar and their expectations this year with a solid core of returning athletes and a talented freshman class. The 2005-06 Cougar swim team looks to four NCAA Consideration qualifiers to lead them to another successful season. The returning NCAA Consideration qualifiers are bolstered by the depth of 14 additional letter-winners and seven newcomers. This year's team will strive to live up to the Cougar tradition of strong academics as well as swimming fast at the end of the season at the Pacific Ten Conference and NCAA level.

Seniors **Jane Copland, Karen Eldred** and **Andrea Lubeck** provide the team with experience and have a tremendous work ethic that continues to trickled down to the younger team members. **Copland** will be counted on to provide leadership and depth in the breaststroke and individual medley events after achieving NCAA consideration times the past three seasons. **Eldred** and **Lubeck** continue to excel in and out of the pool, both improving their personal bests and representing the Cougars on the Pac-10 All-Academic First Team last season.

The junior class played a major role in moving WSU swimming to the next level and setting new team standards. They have excelled in the pool as well as the classroom, with all of the returning athletes named to one of the Pac-10 All-Academic teams. The junior class finished the season with 16 times on the All-Time Top Ten List and were the primary point scorers at the Pac-10 Championships. The versital **Kayli Changstrom** was voted Most Outstanding last season after barely missing the school record in the 400 Individual Medley with an NCAA Consideration time and placing herself on the All-Time Top Ten list in six different events. **Erin McCleave** and **Monika Povilonyte** each earned multiple NCAA Consideration standards last year and will look to make the move to NCAA competition this year. **McCleave** holds the school record in the 200 Freestyle with five other times in the WSU All-Time Top Ten. She earned her Consideration times in the 100 and 200 Freestyles last season. **Povilonyte** continues to improve and was under the standards in both the 100 and the 200 Breaststrokes. **Lindsay Backhouse, Laurie Gregg, and Katie Van Horne** each currently have at least one time on

"I am excited about the direction that our program is heading. The team has the potential to improve and be the best we ever have been as a program. We have the blend of experienced of upperclassmen who are the foundation and leaders of the team, combined with an energetic group of newcomers who have a tremendous amount of potential. The returning team members continue to pass along Cougar traditions and the meaning of Cougar Pride, and the freshmen are up to the challenge of taking those as their own and making this team great."

—Head Coach Erica Quam

the All-Time Top Ten List. **Backhouse** will set her sights on the butterfly, backstroke and relay events. **Gregg**, coming off a season where she set four lifetime bests, will add depth in the middle distance and individual medley events. **Van Horne** will buoy the sprint group with her work in the freestyle and butterfly sprints. **Emily Chandler** and **Beth Newhouse** round out the class of 2007. **Chandler** was voted Most Improved last season after her lifetime best efforts in the 400 Individual Medley, 200 Butterfly, and the 200, 500, 1000, and 1650 Freestyles. **Newhouse** continues to improve and will add depth to the sprint freestyle and backstroke events.

Coming off of a successful season, the sophomore class is ready to use their experience and will be counted on to have a strong scoring presence at the Pac-10 Championship level. **Lina Daugvilaite, Bryn Mooney, and Kenzie Reiter** all added their names to the All-Time Top Ten List last season. **Daugvilaite** joined the team at semester and added her name in the distance freestyle events. The Lithuanian record holder continues to make strides, adjusting to a new training program and swimming yards and will add much needed depth in the freestyle events. **Mooney** looks to move herself up in Pac-10 standings after making consistent improvements in both her butterfly and backstroke events in her first full collegiate season. **Reiter** set lifetime bests in five individual events over the course of the year and, after coming off an ACL injury sustained in the spring, will have an impact at dual meets and at the Pac-10 Championships. **Larissa Barth, Danielle Berish, Kelly O'Neill, and Sarah Reichwald** all had a great starts to their Cougar careers. **Barth** recorded lifetime bests in all of her primary events and comes off a summer of solid training to add great power to the sprint free and fly events. **Berish** will be

counted on in the sprint, middle distance, and relay events after a summer of great training and racing. **O'Neill** will provide much-needed depth in the backstroke events, and **Reichwald** will be a mainstay in the distance group after scoring in the 1650 Freestyle at the Pac-10 Championships.

With a huge core of returnees to guide them, the freshman class will immediately make their presence known. As a group, the new Cougars bring a wealth of talent both in the pool and in their academic endeavors. Several of the freshmen have already achieved times that will place them on the Cougar All-Time Top Ten List. **Maya Dill, Rachel Hansen, Jamie MacLeod, Kristin Marceau, Elyse Peterson, Afton Pickett** and **Danielle Smith** will round out a Cougar team that is ready for a great season.

FREESTYLE

Juniors **McCleave, Changstrom, Gregg, Van Horne, Newhouse, Chandler**, seniors **Copland** and **Lubeck**, and sophomores **Barth, Berish, Daugvilaite** and **Reichwald** make up the Cougar's returning group of experienced freestylers. **McCleave** set personal best times in the 50, 100, 500, and 1000 last season and currently holds the school record in the 200. She had NCAA Consideration times in the 100 and 200 last season and holds the team's top times in the 50, 100, 200, and 500 coming into the 2005-06 season. **Changstrom** swam to lifetime best times in the 500, 1000, and 1650 as well as the 100 and 200 as a member of the Pac-10 Championship 400 and 800 Freestyle relays. Her times in the 1000 and 1650 led the team last season. **Gregg** entered Cougar history with a best time in the 500 and added best times in the 1000 and on the "B" 800 Freestyle relay at Pac-10s. **Van**

Horne had the team's second fastest 50 and 100 times last season. She is 10th with her lifetime best time in the 50 and was a member of four scoring relays at the Pac-10 Championships last season. **Newhouse** achieved lifetime bests in both the 50 and the 100 last season and **Chandler** added much needed depth in the middle distance and distance events with her lifetime best swims. **Copland** led off the "B" 800 Freestyle relay at Pac-10s with a lifetime best that places her 6th all-time. **Lubeck** swam lifetime bests in the 50, 100, 200, 500 and 1000 events last season. **Barth** is set for another great season in the 50 and 100. **Berish** swam a lifetime best in the 50 last season and her best times put her on the all-time list in the 100 and 200. **Daugvilaite** will build on the experience of her first semester and from international competition to drop her times in the middle and distance events. **Reichwald** will look to continue improving her distance events and score at the Pac-10 meet. Newcomers **MacLeod**, **Pickett**, **Marceau**, **Peterson** and **Hansen** will play an important role in the success of the middle and distance events as well as the sprints. **MacLeod** comes to Pullman as a nationally ranked 50, 100, and 200 swimmer. **Pickett** and **Marceau** both have great range and will add depth from the 200 up to the 1650. **Peterson** improved tremendously in the sprint events and comes to WSU with a time that would place her 6th all-time in school history. **Hansen** brings experience to the sprint group and will vie for a spot on the sprint relays.

BREASTSTROKE

In the breaststroke events, Pac-10 scorers and NCAA Consideration achievers **Povilonyte** and **Copland** lead the Cougars. **Eldred**, **Changstrom**, **Reiter**, **Peterson** and **Pickett** will all contribute to a group flush with talent. **Povilonyte** ranks 3rd all-time in both the 100 and 200 distances. She swam to NCAA Consideration times and scored in both events last season at the Pac-10 meet. **Copland** holds the 2nd fastest time in school history in the 200, and last year swam to an NCAA consideration time in the event. She capped off the 2005 Pac-10s with a lifetime best in the 100. **Reiter** swam to lifetime bests and scored points in both distances last season. She ranks 4th all-time in the 100 and 5th all-time in

the 200. **Changstrom** showed her versatility, swimming lifetime bests in both distances last season. **Eldred** will provide depth in both distances. **Peterson** comes to WSU with a time that would place her 2nd on the all-time list in the 100 and has the talent in both distances as a freshman to go well under the NCAA Consideration standards. She is Senior National qualifier and was ranked 9th in the country in the 100 coming out of high school. **Pickett** also adds experience in both distances.

BACKSTROKE

McCleave, **Gregg**, **Backhouse**, **Newhouse**, **Lubeck**, **Mooney** and **O'Neill** return to set the pace in the backstroke events. Freshmen **Pickett**, **MacLeod**, and **Smith** add depth in the two distances. **McCleave** had the fastest time in the 50 and 100 last season, leading off the 200 and 400 Medley relays at Pac-10s. She currently ranks 7th all-time in the 100. **Gregg** had the team's fastest time in the 200 last season, ranking her 10th all-time in Cougar history. **Backhouse** was 3rd in both events last season, with her personal best ranking her 8th all-time. **Newhouse** swam a lifetime best in the 100 and **Lubeck** swam to lifetime bests in both distance last season. **Mooney** had the 2nd fastest time in the 100 last year with a lifetime best swim at the Reno dual. **O'Neill** consistently provided depth in both distances and in the relays last season, finishing the season 5th in the 200. **Pickett** comes to WSU with a time in the 200 that would have been the fastest on last year's team. Her incoming time in the 100 would make her a scorer in both distances at the Pac-10 meet. **MacLeod** will focus on the freestyle events but has experience in the 100 and will add much-needed depth in the event. **Smith** comes to WSU with a solid training background and will swim the 100 and 200 for the Cougars.

BUTTERFLY

Returnees **Mooney**, **Backhouse**, **Changstrom**, **Van Horne**, and **Barth**, will be joined by newcomers **Marceau** and **MacLeod** in the butterfly events. **Mooney** had the team's fastest 100 and 200 times last season. Swimming to lifetime bests in both ranking her 4th in the 100 and 2nd in the 200 in Cougar history. **Backhouse** can swim both distances, and has a best time in the 100 that ranks her 8th in

school history. **Changstrom's** ability to swim a multitude of events includes the 100 and 200. Her lifetime best swim in the 200 last season ranks her 8th all-time. **Van Horne** and **Barth** had solid swims last year in the 50 and 100 and will be counted on to drop time and play a part in the medley relays. **Marceau** is a welcome addition in both the 100 and 200. **MacLeod** will lend her abilities in the sprint fly and in other events as needed.

INDIVIDUAL MEDLEY

The IM events, like the breaststroke, are loaded with talented and experienced returnees. **Copland** and **Changstrom** return after leading the team for the second year in a row in the 200 and 400 IM respectively. **Copland** has the Cougar's 2nd fastest 200 and 9th fastest 400 of all-time. She just missed the NCAA Consideration time last year as she scored in the 200 at the Pac-10 meet. **Changstrom** made her mark in the 400 last season after just missing the school record at the Pac-10 championships. Her time was fast enough to go under the NCAA Consideration standard, and she had the fastest freestyle split of anyone at the Pac-10 meet. This summer, she qualified for the U.S. Senior National meet, barely missing the Olympic Trials standard. **Reiter**, **Gregg** and **Chandler** return to fill out a deep field in the IM events. **Reiter** swam to best times in both the 200 and 400 distances last season. She holds the 3rd spot in the 200 and the 4th spot in the 400 on the Cougar all-time list. **Gregg** swam lifetime bests in both distances as well, with her 400 time good enough for 5th all-time. **Chandler** had a breakthrough season and swam to a 12-second lifetime best in the 400 last year. Newcomers **Dill**, **Pickett**, **Marceau** and **Peterson** all bring experience to the events. **Pickett** and **Peterson** have both improved in the last year in the 200 and can be used to add depth in those events. **Dill** had a six-second drop last year in the 200 and will improve with a new training atmosphere. **Marceau** rounds out the IM group with a solid time in the 400 distance.



Conference Ideals

Value and dignity of higher education.

Honor and reputation of the institution.

Worth of your opponent.

Lessons of participation in victory and defeat.

Rules of the contest and integrity of the officials.

History and tradition of the sport.

Enjoyment, moral values and safety of the spectators.

Importance of fairness and ethical behavior in sports.

Joy of high-quality competition and the privilege to play.



Entering the 2005-06 season, the Pacific-10 Conference continues to uphold its tradition as the “Conference of Champions.”® Pac-10 members have claimed an incredible 90 NCAA team titles over the past 11 seasons, for an average of more than eight championships per academic year.

Even more impressive is the breadth of the Pac-10’s success, as those 90 team titles have come in 21 different men’s and women’s sports. The Pac-10 has led the nation in NCAA Championships 39 of the last 45 years and finished second five times.

Spanning nearly a century of outstanding athletics achievement, the Pac-10 has captured 342 NCAA titles (248 men’s, 94 women’s), far outdistancing the runner-up Big Ten Conference’s 201 titles.

The Conference’s reputation is further proven in the annual United States Sports Academy Directors’ Cup competition, the prestigious award that honors the best overall collegiate athletics programs in the country. STANFORD continued its remarkable run in the 2004-05 season, winning its 11th consecutive Directors’ Cup. In the 2004-05 competition, seven of the top-20 Division I programs were Pac-10 members: No. 1 STANFORD, No. 3 UCLA, No. 10 USC, No. 11 ARIZONA STATE, No. 14 WASHINGTON, No. 15 CALIFORNIA and No. 18 ARIZONA. The Pac-10 landed six programs in the top-15, twice as many as any other conference, with the ACC and SEC at three each.

The Pac-10 captured six NCAA titles in 2004-05, third-most in the nation. It should be noted that the Pac-10 total does not include USC’s national championship in football or CALIFORNIA’s in rugby, as they are not counted as NCAA titles. The Pac-10 tied the Big 12 for the most NCAA titles in women’s sports with four.

NCAA team champions from the Pac-10 in 2004-05 came from UCLA (men’s tennis, men’s water polo and women’s water polo), STANFORD (women’s volleyball and women’s tennis) and CALIFORNIA (women’s rowing). The Pac-10 also had runner-up finishes in eight NCAA Championship events: women’s golf (UCLA), soccer (UCLA) softball (UCLA), track and field (UCLA) and water polo (Stanford) and men’s water polo (Stanford), swimming (Stanford) and volleyball (UCLA). Overall, the Conference had 20 teams finish in the top three at NCAA Championship events.

Participation in the postseason was a common occurrence for the Pac-10 in 2004-05. Of the 22 sports sponsored by the Pac-10, 19 witnessed at least half its teams participating in the postseason. The men sent 55 of a possible 89 teams into the postseason (61.8 percent), while the women sent 68 of a possible 98 teams into NCAA Championship action (69.4 percent).

On the women’s side, the story is much the same. Since the NCAA began conducting women’s championships in 1981-82, Pac-10 members have claimed at least four national titles in a single season 16 times. Overall, the Pac-10 has captured 94 NCAA women’s crowns, easily outdistancing the Southeastern Conference, which is second with 63. Pac-10 members have dominated a number of sports, winning 18 softball titles, 16 tennis crowns, 10 of the last 15 volleyball titles, 11 of the last 16 trophies in golf and eight in swimming and diving.

Pac-10 women athletes shine nationally on an individual basis as well, having captured an unmatched 439 NCAA individual titles, an average of more than 19 champions per season.

roster and geographics

NAME	YEAR	HOMETOWN (HIGH SCHOOL)	EVENTS
Lindsay Backhouse	JR	Pietermaritzburg, South Africa (St. John's D.S.G. '02)	Back/Fly/Free
*Larissa Barth	SO	Yakima, Wash. (Eisenhower, '04)	Sprints/Fly
Danielle Berish	SO	Atlanta, Ga. (Chamblee Charter '04)	Free
Emily Chandler	JR	Anchorage, Ark. (Robert Service '03)	IM/Free
*Kayli Changstrom	JR	Loveland, Colo. (Thompson Valley '03)	IM/Fly/Free
Jane Copland	SR	Wellington, New Zealand (Hastings Girl's College '02)	Breast/IM/Free
Maya Dill	FR	Longview, Wash. (Kelso '05)	IM/Free
Lina Daugvilaite	SO	Kaunas, Lithuania (Ausra '04)	Free
Karen Eldred	SR	Port Angeles, Wash. (Port Angeles '02)	Breast/IM
Laurie Gregg	JR	Los Altos, Calif. (Mountain View '03)	Back/IM/Free
Rachel Hansen	FR	Chinook, Mont. (Chinook '05)	Sprints
Andrea Lubeck	SR	Anchorage, Ala. (West Anchorage '02)	Free/Back
Jamie MacLeod	FR	Mississauga, Ontario, Canada (Silverthorn Collegiate Institute '05)	Free/Back
Kristin Marceau	FR	Bend, Ore. (Summit '05)	Free/Fly/IM
Erin McCleave	JR	Rutherglen, Australia (Rutherglen '02)	Free/Back
Bryn Mooney	SO	Pullman, Wash. (Pullman '04)	Fly/Back/Free
Beth Newhouse	JR	Pendleton, Ore. (Pendleton '03)	Sprints/Back
Kelly O'Neill	SO	Vancouver, Wash. (Skyview '04)	Back/Free
Elyse Peterson	FR	San Luis Obispo, Calif. (San Luis Obispo '05)	Breast/Free
Afton Pickett	FR	Monroe, Mich. (Monroe '05)	Back/IM/Free
Monika Povilyonite	JR	Klaipeda, Lithuania (Gynmasium of Vetrunge '03)	Breast/Sprints
Sarah Reichwald	SO	Atlanta, Ga. (Lakeside, '04)	Distance Free
Kenzie Reiter	SO	Billings, Mont. (Billings '04)	Breast/IM
Danielle Smith	FR	Tigard, Ore. (Tigard '05)	Back/Free
Katie Van Horne	JR	Healdsburg, Calif. (Healdsburg '03)	Sprints/Fly

HEAD COACH:

Erica Quam (Indiana, 1997),
fourth year

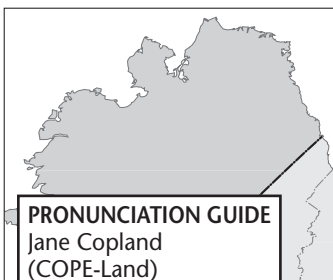
ASSISTANT COACH

Suzanne Yee (California, 1997),
sixth year

UNDERGRADUATE ASSISTANT

Sam Horn, (Washington State),
second year

*Team Captain



PRONUNCIATION GUIDE

Jane Copland
(COPE-Land)

Lina Daugvilaite
(Dog-ville-lot-AY)

Andrea Lubeck
(Lou-BECK)

Jamie MacLeod
(Mah-CLOUD)

Monika Povilyonite
(Poe-VILL-uh-KNEE-tay)

McKenzie Reiter
(Writer)

LINDSAY BACKHOUSE



Junior • Backstroke, Butterfly, Freestyle
Pietermaritzburg, South Africa • St. John's D.S.G. '02

WSU CAREER

Sophomore (2004-05): Holds 8th place positions on the All-Time Top 10 list in the 100 butterfly and the 200 backstroke...swam season best times in the 100 butterfly, 100 backstroke, and 100 backstroke at the Princeton Invitational...swam a lifetime best time in the 200 butterfly during the dual meet at Reno...member of the "B" 200 medley, 400 medley, and 400 freestyle relays at the Pac-10 Championships...USAA All-American Top 50 Scholar Athlete...WSU All-Academic team...named to the 2005 Pac-10 All-Academic First Team.

Freshman (2003-04): Placed 20th at the Pac-10 Championships in the 200 yard backstroke with a time of 2:05.26...finished 24th at the Pac-10 Championships in the 100 backstroke (59.32)...recorded career best times at the Pac-10 Championships in the 50 backstroke, 100 butterfly, and 50 and 100 freestyles...earned the team's academic award, earning a 4.0 GPA in her first year at WSU.

HIGH SCHOOL CAREER

Attended St. John's D.S.G. in Pietermaritzburg, South Africa...participated in field hockey and basketball...school swim champion 1998-2002...member of South African Junior team 2000-2001.

PERSONAL

Born October 3, 1984 in Pietermaritzburg, South Africa...parents Mark and Cindy Backhouse...brother Kevin...enjoys singing the South African national anthem...Food Science and Human Nutrition major.

LIFETIME BESTS

Event	Time	Meet	Date
100 backstroke	59.31	Pac-10 Championships	02/27/04
100 butterfly	57.34	Pac-10 Championships	02/27/04
200 backstroke	2:05.26	Pac-10 Championships	02/28/04

LARISSA BARTH



Sophomore • Sprints, Butterfly
Yakima, Wash. • Eisenhower High School '04

WSU CAREER

Freshman (2004-05): Recorded lifetime best times in the 50 and 100 freestyle and 100 butterfly at the Pac-10 Championships...swam a lifetime best in the 100 breaststroke at the Princeton Invitational...swam on the "B" 200 freestyle and 200 medley relays at the Pac-10 Championships...named to Freshman All-Academic team...voted as a 2005-2006 Team Captain.

HIGH SCHOOL/ CLUB CAREER

Lettered four times in swimming at Eisenhower High School where she was coached by Rick Anderson...was named honorable mention at district as a **Freshman**...named Most Inspirational...as a **Sophomore**, selected to first team all-conference in the 50 and 100 freestyle...team captain and MVP...lead team to second place finish in league and third place in district...first team all-conference in the 50 freestyle as a **Junior**...also was named to the second team all-conference in the 100 freestyle...placed ninth at State in the 50 freestyle...team captain and MVP...lead team to district championship...as a **Senior**, named first team all-conference in the 50 and 100 freestyle...placed sixth in State in 50 freestyle...All-American consideration for 200 freestyle relay...team captain and MVP...lead team to league and district championship...swam as a member of the Yakima Family YMCA Swim Team.

PERSONAL

Born October 27, 1985 in Yakima, Wash...parents Richard and Cindy Barth...brother Brandon...lettered three years in track and field...enjoys swimming, arts and crafts...favorite snack is tater tots...graduated with a 3.871 GPA...senior class president...has not decided on a major at WSU.

LIFETIME BESTS

Event	Time	Meet	Date
50 freestyle	24.71	Pac-10 Championships	02/24/05
100 freestyle	54.24	Pac-10 Championships	02/26/05
100 butterfly	1:01.69	Pac-10 Championships	02/25/05

DANIELLE BERISH



Sophomore • Freestyle
Atlanta, Ga. • Chamblee High School '04

WSU CAREER

Freshman (2004-05): Scored at the Pac-10 Championships as a member of the Cougar "A" 200 and 400 freestyle relays and was also a member of the "B" 800 freestyle relay...swam a lifetime best in the 50 freestyle and season bests in the 100 and 200 freestyles at the Pac-10 Championships... captured first place in the 200 freestyle against Idaho in February...named to Freshman All-Academic team...member of the Student-Athlete Advisory Committee.

HIGH SCHOOL/CLUB CAREER

Swam for Gail Fegely at Chamblee Charter High School...earned four letters in swimming, two in cross country...as a **Freshman**, named the team's MVP...led Bulldogs to county championship...cross country team second place finish at the State championship in the 3A level ...earned cross country rookie of the year...her **Sophomore** season once again named team's MVP...cross country team placed at State...as a **Junior**, led school to ninth place finish at State championship...finished fourth in the 50 freestyle at State...member of fourth place finishing 200 and 400 freestyle relay teams...served as team captain...swam for the Dynamo Swim Club under Ed Spencer and Jim Rumbaugh...Junior National qualifier in 100 freestyle...three-time USA Scholastic All-American...Georgia all-star...named team MVP as a **Senior**.

PERSONAL

Born November 22, 1985 in Atlanta, Ga...parents Cory Berish and Sally Tubridy...sister Bryanna...enjoys community service and participating in triathlons...member of National Honor Society.

LIFETIME BESTS

Event	Time	Meet	Date
50 freestyle	24.48	Pac-10 Championships	02/24/05
100 freestyle	53.10	Pac-10 Championships	02/26/05
200 freestyle	1:54.84	Pac-10 Championships	02/25/05

EMILY CHANDLER



Junior • Freestyle, IM
Anchorage, Alaska • Robert Service High School '03

WSU CAREER

Sophomore (2004-05): Swam a lifetime best in the 500 freestyle at the Pac-10 Championships and swam on the "B" 800 freestyle relay team... recorded lifetime bests in the 400 IM and 1650 freestyle at the Princeton Invitational, in the 200 freestyle against Idaho, and in the 1000 freestyle against Washington...WSU All-Academic team...2005 Pac-10 All-Academic Team Honorable Mention...earned Most Improved honors at the Cougar swim banquet.

Freshman (2003-04): Recorded a lifetime best times in the 200 freestyle (2:05.79) and 400 individual medley (4:51.21) at the Pac-10 Championships...also swam lifetime best times in the 500 freestyle (5:20.23) against Central Washington and the 100 butterfly (1:02.73) at Oregon State.

HIGH SCHOOL/CLUB CAREER

Four-year letterwinner at Robert Service High School where she was coached by Ben Kitchen...as a **Freshman**, member of third place 200 free relay team...Cougars finished second at the State championships...**Sophomore** year, finished sixth at State in the 500 freestyle...school won team State championship...as a **Junior**, team repeated as State champions...finished seventh in the 500 free...team earned runner-up at State championships **Senior** year...finished third in 500 free, fifth in 200 individual medley at State...member of champion 400 free relay team with All-America consideration.

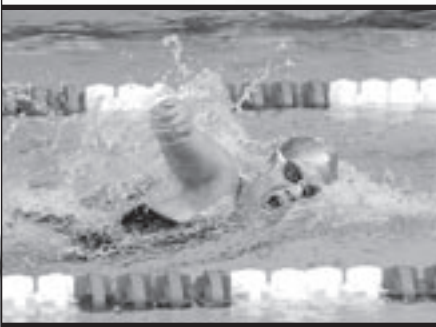
PERSONAL

Born June 7, 1985 in Coos Bay, Ore...parents Bruce and Janna...brother Jared...sister Katy...member of National Honor Society...enjoys camping, skiing and hiking...pursuing a degree in communications at WSU.

LIFETIME BESTS

Event	Time	Meet	Date
200 freestyle	2:01.17	@Idaho Dual	02/05/05
500 freestyle	5:10.05	Pac-10 Championships	02/24/05
1650 freestyle	18:03.99	Princeton Invitational	12/05/04
400 individual medley	4:39.91	Princeton Invitational	12/04/04

KAYLI CHANGSTROM



Junior • IM, Freestyle
Loveland, Colo. • Thompson Valley High School '03

WSU CAREER

Sophomore (2004-05): Achieved an NCAA Consideration and lifetime best time while placing 17th in the 400 IM the Pac-10 Championships... placed 15th with a lifetime best in the 1650 freestyle...won six individual events on the year...swam lifetime bests in the 500 freestyle at the Pac-10 Championship and 200 butterfly against San Jose State...sits on the All-Time Top 10 List in six events...USAA All-America Top 50 Scholar Athlete...WSU All-Academic team...2005 Pac-10 All-Academic Second Team... member of the Student-Athlete Advisory Committee...voted as a 2005-2006 team captain...named Most Outstanding at the Cougars' annual swim banquet.

Freshman (2003-04): Recorded lifetime best times at the Pac-10 Championships in the 200 (2:07.09) and 400 (4:31.71) individual medleys and the 200 (2:08.31) butterfly...placed on three of the Cougars' all-time top 10 lists...seventh in the 200 and 400 IM's and ninth in the 200 butterfly.

HIGH SCHOOL/CLUB CAREER

Four-year letter-winner at Thompson Valley High School in Loveland, Colo... coached by Kris Ayers and Trevor Timmons...as a **Freshman**, received all conference and all state honors...tennis letter winner...**Sophomore** year, received all-conference and All-State honors...conference champion in 200 individual medley...conference MVP...team second in Northern Conference...tennis letter winner...as a **Junior**, repeated as all-conference and All-State...led team to Northern Conference Championship...conference champion in 200 individual medley...placed fourth at State in 200 individual medley, fifth in 100 butterfly...tennis letter winner...earned all conference and All-State honors for fourth straight year as a **Senior**...finished second in 100 butterfly at State...team finished fifth at state...team MVP...Golden Eagle Award winner...Wendy's Heisman Nominee...went to state as member of team's number one doubles team...Thompson Valley Female Athlete of the Year in 2002-03.

PERSONAL

Born February 7, 1985 in Loveland, Colo...Craig and Linda Changstrom... brother Brad, sister Kirsten...graduated with a GPA above 4.0 as member of National Honors Society...pursuing a degree in sports management with a business emphasis at Washington State..

LIFETIME BESTS

Event	Time	Meet	Date
200 individual medley	2:06.76	Princeton Invitational	12/03/04
400 individual medley	4:22.08	Pac-10 Championships	02/25/05
500 freestyle	4:57.45	Pac-10 Championships	02/24/05
1650 freestyle	17:01.47	Pac-10 Championships	02/26/05
200 butterfly	2:06.79	San Jose	10/22/04

JANE COPLAND



Senior • Breaststroke, IM, Freestyle
Wellington, New Zealand • Hastings Girls College '02

WSU CAREER

Junior (2004-05): Swam a season best NCAA Consideration time in the 200 breaststroke at the Princeton Invitational...placed 15th in the 200 breaststroke, 17th in the 100 breaststroke (lifetime best) and 23th in the 200 IM (lifetime best) at the Pac-10 Championships...swam on the "B" 800 freestyle (lifetime best lead-off split), 200 and 400 medley relays at the Pac-10 meet...won four individual races for the Cougars this season...ranks on the All-Time Top 10 list in five events...WSU All-Academic team...2005 Pac-10 All-Academic team Honorable Mention.

Sophomore (2003-04): Recorded a lifetime best time in the 100 breaststroke at the Pac-10 Championships, finishing 18th with a time of 1:04.72... finished 14th in the 200 breaststroke at the Pac-10 Championships with a time of 2:17.44 in the finals...had team best times in the 200 breaststroke and 200 individual medley (2:05.95)...second best team times in 100 breaststroke and 400 individual medley (4:33.04)...earned Pac-10 All-Academic honorable mention.

Freshman (2002-03): Finished 21st at U.S. Nationals in 200 breaststroke...placed seventh at the Pac-10 Championships with a career best and NCAA consideration time of 2:15.71 in the 200 breaststroke...finished 21st at the Pac-10 Championships in the 200 individual medley, putting her second on the Cougar all-time top 10...recorded two other times which ranked her in the Cougar all-time top 10 in the 100 breaststroke (third) and 400 individual medley (fifth).

HIGH SCHOOL CAREER

Swam at Hastings Girls' High School for David Wright...finished second in the 200 breast stroke at the Oceania Swimming Championships...member of New Zealand Open record breaking 400 medley relay in 2002...Pan Pacific Swimming Championships semifinalist in 200 breast stroke...former New Zealand Open record holder 200 scm breaststroke

PERSONAL

Born January 25, 1984 in Wellington, New Zealand...parents David and Alison Wright...2001 Tandem Press Short Story Competition for under-18, third place...will pursue a degree in English...Winner of the best fiction in WSU's literary magazine Landscapes in 2004.

LIFETIME BESTS

Event	Time	Meet	Date
100 breaststroke	1:04.15	Pac-10 Championships	02/25/05
200 breaststroke	2:15.71	Pac-10 Championships	03/01/03
200 IM	2:04.51	Pac-10 Championships	02/24/05
200 freestyle	1:52.00	Pac-10 Championships	02/23/05

MAYA DILL



Freshman • Freestyle, IM
Longview, Wash. • Kelso High School `05

LINA DAUGVILAITE



Sophomore • Distance Freestyle
Kaunas, Lithuania • Ausros Gymnasium `04

HIGH SCHOOL/CLUB CAREER

Earned six varsity letters at Kelso High...four in swimming for coach Laurie Metzger...two in water polo for coach Douglas Sabata...**Freshman** year, voted most inspirational and most valuable rookie...named to first team all-league in the 500 freestyle and 200 individual medley as a **Sophomore**...voted Highlander team MVP and most inspirational...as a **Junior**, placed ninth in state in 500 freestyle...repeated first team all-league honors in 500 and 200 freestyle and as team MVP...**Senior** year, KHS team captain...repeated ninth place finish at state in 500 freestyle...received third straight team MVP honor and voted most inspirational...swam for coach Richard Carr on the Killer Wales Swim Club.

PERSONAL

Born August 28, 1987 in Kelso, Wash...parents Michael and Victoria...older sister Michaela...member of Latin club, science club, Spanish club and Link Crew at Kelso High...plans to pursue a degree in Psychology.

WSU CAREER

Freshman (2005): Joined the team in January...scored at the Pac-10 Championships in the "A" 800 Freestyle relay and by placing 19th in the 1650 Freestyle...earned three all-time top ten and lifetime best marks at the Pac-10 Championships in the 500, 1000, and 1650 freestyle...also swam on the "B" 400 Freestyle relay team at the Pac-10 meet.

CLUB CAREER

Ausros Gymnasium in Kaunas, Lithuania...champion of Lithuania in 200, 400 and 800 freestyle 2000-2005...Lithuanian record holder in 400 and 800 freestyle, 400 IM, and member of record holding 4x200 and 4x100 freestyle relay teams...named Lithuanian Swimming Master in 200 and 400 freestyle...open water Platcliai, Traca and Paneuezyz champion...played three years of volleyball for coach Daira Vizbarcaite.

PERSONAL

Born October 9, 1985 in Kaunas, Lithuania...parents Rolandas and Lidija...younger brother Vytis...enjoys drawing, movies and bowling.

LIFETIME BESTS

Event	Time	Meet	Date
500 freestyle	4:59.11	Pac-10 Championships	02/24/05
1000 freestyle	10:21.95	Pac-10 Championships	02/26/05
1650 freestyle	17:12.91	Pac-10 Championships	02/26/05



KAREN ELDRED



Senior • Breaststroke, IM
 Port Angeles, Wash. • Port Angeles High School '02

WSU CAREER

Junior (2004-05): Swam season best times in the 100 breaststroke and 200 IM at the Pac-10 Championships...swam season best in the 400 IM at the Moscow Invitational, and the 200 breaststroke at Oregon State...served as the junior representative on the 2004-2005 team council...USAA All-American Top 50 Scholar Athlete...earned 2005 Pac-10 All-Academic First Team honors.

Sophomore (2003-04): Swam lifetime best times at the Pac-10 Championships in the 100 and 200 breaststrokes with times of 1:11.20 and 2:34.87, respectively...swam a lifetime best in the 400 IM (5:02.81) at the Rice Invitational...named to the Pac-10 All-Academic second team

Freshman (2002-03): Recorded personal bests at the Pac-10 Championships in the 100 and 200 breaststrokes with times of 1:12.39 and 2:36.63, respectively...set another personal best at Oregon State with a 5:04.07 in the 400 individual medley...received the team's strength and conditioning award.

HIGH SCHOOL/CLUB CAREER

Earned four varsity letters in swimming for coach Amity Butler and two in track and field for coach Bob Sheedy at Port Angeles High...received all-league honors all four years...named MVP her **Sophomore** year...received academic All-American honors as a **Senior**...served as captain...swam for Port Angeles Swim Club under coach Pete Van Rosen.

PERSONAL

Born May, 30 1983 in Port Angeles, Wash...parents Don and Martha Eldred...brothers Rob, Joe, John and Andy...sister Sarah...enjoys traveling...plans to pursue a degree in education at WSU.

LIFETIME BESTS

Event	Time	Meet	Date
100 breaststroke	1:11.20	Pac-10 Championships	02/27/04
200 breaststroke	2:34.87	Pac-10 Championships	02/28/04
200 IM	2:19.70	Pac-10 Championships	02/29/03

Laurie Gregg



Junior • Backstroke, IM, Freestyle
 Los Altos, Calif. • Mountain View High School '03

WSU CAREER

Sophomore (2004-05): Won two individual races this season...had the fastest time for WSU in the 200 backstroke this season...swam lifetime bests in the 500 freestyle, 400 individual medley, and 200 backstroke at the Princeton Invitational, in the 1000 freestyle against Reno, and in the 200 IM against Oregon State...ranks on the All-Time Top 10 list in three events...USAA All-America Top 50 Scholar Athlete...WSU All-Academic team...earned 2005 Pac-10 All-Academic honorable mention honors.

Freshman (2003-04): Recorded lifetime best times in the 500 freestyle (5:05.37), the 200 backstroke (2:07.80) and the 100 backstroke at the Pac-10 Championships and Invitational...swam a lifetime best 2:12.12 in the 200 individual medley at the Rice Invitational... recorded season best at the Pac-10 Championships in the 400 IM (4:35.96).

HIGH SCHOOL/CLUB CAREER

Earned four varsity letters in swimming for coach Ben Murray and one in water polo for coach Brian Perryman at Mountain View High School... received all-league honors all four years...Central Coast Section qualifier her **Freshman** year...as a **Sophomore** named CCS semifinalist...earned team's Iron Woman Award...**Junior** season, earned all-league honors...led team to league championship...at the CCS Championships, finalist in 100 back...semifinalist in 200 free...member of the CCS record setting 200 free relay team...earned All-American status as member of the 200 and 400 free relay teams...as a **Senior** earned CCS semifinalist in the 200 and 500 free...member of All-America 400 free relay team...made her first Junior National cut in the 400 individual medley.

PERSONAL

Born June 10, 1985 in Mountain View, Calif...parents Peter and Patty Gregg...brother Robert...enjoys surfing and snow skiing...nickname is Ping Pong...plans to pursue a degree in communications with an emphasis in advertising.

LIFETIME BEST

Event	Time	Meet	Date
500 freestyle	5:01.19	Princeton Invitational	12/03/04
400 individual medley	4:30.04	Princeton Invitational	12/04/04
200 backstroke	2:06.24	Princeton Invitational	12/05/04

RACHEL HANSEN



Freshman • Sprints
Chinook, Mont. • Chinook High School '05

HIGH SCHOOL CAREER

Six-time letter winner at Chinook High...earned three letters in swimming for coach Chris Inman...earned three in tennis for coach Thom MacLean...also played volleyball and basketball...as a **Freshman**, named to All-State Academic team in tennis and was number one doubles player...named academic All-State in tennis and basketball...team placed third at state swim meet as a **Sophomore**...repeated All-State academic selections in volleyball and tennis...No. 1 singles player on tennis team...All-State selection in swimming...as a **Junior**, named MVP of swim team...repeated All-State selection and team placed third at state in relays...named All-Academic in volleyball and tennis for third straight year...as a **Senior**, was team captain and MVP in swimming...named to All-State team for performance and academics.

PERSONAL

Born July 24, 1986 in Havre, Mont...parents Kraig and Renella...brothers Kent, Kevin and Clinton...cousin Jack Newman is a WSU graduate...enjoys working out, reading and playing piano...member of National Honor Society, Pep Club and Yearbook staff at Chinook High...plans to pursue a degree in pre-dental and nutrition.



ANDREA LUBECK



Senior • Freestyle, Backstroke
Anchorage, Alaska • West Anchorage High School '02

WSU CAREER

Junior (2004-05): Established lifetime best times in the 200 and 500 freestyles at the Pac-10 Championships...swam lifetime best times in the 50 and 100 freestyles, and the 100 and 200 backstrokes at the Moscow Invitational in December...USAA All-America Top 50 Scholar Athlete...member of the WSU All-Academic team...2005 Pac-10 All-Academic First Team.

Sophomore (2003-04): Recorded lifetime best times at the Pac-10 Championships in the 500 freestyle and 200 backstroke with times of 5:41.03 and 2:23.02 respectively...also swam lifetime best times in the 200 freestyle (2:06.21) against Central Washington dual meet and 100 freestyle (59.56) at the Pac-10 Invitational...named Pac-10 All-Academic first team.

Freshman (2002-03): Established a personal best in the 500 freestyle at the Pac-10 Championships with a time of 5:57.67...received the team's most improved award...also received the team's scholastic award, maintaining a 4.0 grade point average.

HIGH SCHOOL CAREER

Earned three varsity letters in swimming under coach Tina Faulkenberry and cross country skiing coached by Ben Arians and one letter in track and field under coach Will Kimball...voted most improved swimmer as a **Freshman** and a **Junior**...as a **Senior** placed seventh in the 100 backstroke and fourth place in the 200 free relay at regionals...served as captain for the swim team.

PERSONAL

Born April 21, 1984 in Anchorage, Alaska...parents Thomas and Cheryl Lubeck...brother John...sister Alison...graduated with a cumulative grade point average above 4.0...in 2002, placed third in her age group at the Eagle River Triathlon...was awarded Education Achievement Award from the Alaska Legislature...interested in amateur ornithology and majoring in zoology at WSU.

LIFETIME BESTS

Event	Time	Meet	Date
200 freestyle	2:04.42	Pac-10 Championships	02/25/05
500 freestyle	5:38.93	Pac-10 Championships	02/24/05
200 backstroke	2:20.54	Jingle Bell Invitational	12/03/04

JAMIE MACLEOD



Freshman • Freestyle
Mississauga, Ontario • Silverthorn Collegiate Institute '05

KRISTIN MARCEAU



Freshman • Freestyle, Butterfly
Bend, Ore. • Summit High School '05

HIGH SCHOOL/CLUB CAREER

Swam with the Etobicoke Swim Club under coach Kevin Thorburn while attending Silverthorn Collegiate Institute...qualified for the Canadian Youth and Junior Nationals in freestyle events **Freshman** year...as a **Sophomore**, name Etobicoke Swimmer of the Year in women's 15-17 class...high point winner at Age Group International and Ontario Long Course Junior Provincials...three-time silver medalist at Ontario Short Course Junior Provincials...member of Division I, Provincial and Youth and Junior National championship teams sophomore and **Junior** year...named Etobicoke Swimmer of the Year in women's 15-17 class second consecutive year...competed at Canadian Olympic Trials...as a **Senior**, reached 2005 Eastern Canadian Championships finals in 50, 100 and 200 freestyles...competed in World Aquatic Championships Trials, placing 21st in the 100 freestyle...reached Ontario Short Course Provincials finals in 50, 100 and 200 freestyles...competed at the Canadian Open Swimming Championships, placing 23rd in 100 freestyle and 26th in 50 freestyle.

PERSONAL

Born August 2, 1987 in Ottawa, Ontario...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 kinesiology at WSU.

HIGH SCHOOL/CLUB CAREER

Four-year letter winner 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, Junior and Senior** won 200 and 500 freestyle at Districts...team repeated as four-time 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 January 10, 1987 in Klamath Falls, Ore...parents Tedd and Carol...older brothers Jason and Matt...enjoys spending time with friends and watching movies...National Honor Society member...achieved 3.9 prep GPA.



ERIN McCLEAVE



Junior • Freestyle, Backstroke
Rutherglen, Australia • Rutherglen High School '02

WSU CAREER

Sophomore (2004-05): Earned NCAA Consideration Standards while placing 11th in the 100 freestyle (lifetime best) and 13th in the 200 freestyle at the Pac-10 Championships...scored as a member of the "A" 200 and 400 medley relays and 400 and 800 freestyle relays at the Pac-10 meet...won 13 individual races to lead WSU...swam lifetime bests in the 50 and 500 freestyles at the Princeton Invitational, 200 backstroke against Oregon State, 1000 freestyle against Idaho, and the 100 backstroke at the Pac-10 meet...holds six All-Time Top 10 places, including the school record in the 200 freestyle...USAA All-America Top 50 Scholar Athlete...WSU All-Academic team...2005 Pac-10 All-Academic Second Team.

Freshman (2003-2004): Recorded career best times in the 50, 100 and 200 freestyle at the Pac-10 Championships...time in the 200 freestyle (1:49.41) set a WSU record...ranks on the Cougars' top 10 list for her times in the 50, 100, 200 and 500 meter freestyle...swam as a member of the 200, 400, 800 freestyle relay and 400 medley relay team at the Pac-10 Championships...named Most Outstanding at the Cougars' swimming banquet.

HIGH SCHOOL/CLUB CAREER

Swam for Albury Swim Club and coach Frank Hohmann...three time Victorian Secondary Schools 50 and 100 freestyle champion **Sophomore** through **Senior** years...two time Victorian All Schools 50 and 100 meter freestyle champion, **Sophomore** and **Junior** years...Victorian Age 50 free champion **Sophomore** and **Junior** years...as a **Senior**, Victorian Secondary Schools 100 backstroke champion...Victorian Open 50 free champion...team captain...member of State champion field hockey team as a sophomore year...swam at Rutherglen High School for Ross Rankin.

PERSONAL

Born June 25, 1984 in Melbourne, Australia...parents Bryan and Barbara...brother Daniel...pursuing a degree in biology.

LIFETIME BESTS

Event	Time	Meet	Date
50 freestyle	23.74	Princeton Invitational	12/03/04
100 freestyle	50.92	Pac-10 Championships	02/26/05
200 freestyle	1:49.41	Pac-10 Championships	02/25/04
500 freestyle	4:54.94	Princeton Invitational	12/03/04
100 backstroke	57.33	Pac-10 Championships	02/25/05

BRYN MOONEY



Sophomore • Butterfly, Backstroke, Freestyle
Pullman, Wash. • Pullman High School '04

WSU CAREER

Freshman (2004-05): Placed 21st in the 100 butterfly and scored as a member of the "A" 200 and 400 medley relays at the Pac-10 Championships...ranked second on the team with seven individual victories including a victory against Washington at Gibb Pool in the 100 butterfly...swam lifetime best times in the 50 freestyle, 100 butterfly, and 200 butterfly at the Princeton Invitational...currently ranks 4th in the 100 and 2nd in the 200 butterfly on the All-Time Top 10 list...freshman All-Academic team...received team's Strength and Conditioning award at the Cougars' annual banquet.

HIGH SCHOOL/ CLUB CAREER

Two year letterwinner at Pullman High School...as a **Freshman** placed first at district meet in the 100 backstroke and fly...reached the State final in both the 100 fly and 100 breaststroke...as a **Sophomore** she finished first in the 100 fly and second in the 100 backstroke at the district meet and made the finals in both events at State...named team MVP...class secretary...as a **Junior** she swam for the Moscow Swim Team coached by Emily Melina...sectional qualifier...junior national qualifier...as a **Senior** she attended junior nationals where she was coached by Emily Melina.

PERSONAL

Born February 4, 1986 in Caldwell, Idaho...parents Tim and Hollie Mooney...brother Brady...enjoys art and skiing...four-year honor roll student...graduated with a 3.8 GPA...pursuing a degree in art and design at WSU.

LIFETIME BESTS

Event	Time	Meet	Date
100 butterfly	56.37	Princeton Invitational	12/04/04
200 butterfly	2:03.99	Princeton Invitational	12/05/04
100 backstroke	59.22	@Nevada Dual	01/22/05
200 backstroke	2:08.89	San Jose Dual	10/22/04
50 freestyle	24.43	Princeton Invitational	12/03/05

ELIZABETH NEWHOUSE



Junior • Freestyle, Backstroke
Twin Falls, Idaho • Pendleton High School '03

WSU CAREER

Sophomore (2004-05): Swam a lifetime best time in the 50 freestyle and was a member of the "B" 200 freestyle and medley relays at the Pac-10 Championships...swam lifetime best times in the 100 backstroke and the 100 freestyle at the Princeton Invitational...USAA All-American Top 50 Scholar Athlete...WSU All-Academic team...earned 2005 Pac-10 All-Academic honorable mention honors.

Freshman (2003-04): Had a career best at the Pac-10 Championships in the 50 freestyle (24.96), the 100 freestyle (56.16) and the 100 backstroke (1:02.35)...recorded a career best in the 200 backstroke at the Central Invite...earned Most Improved honors at the Cougar swim banquet.

HIGH SCHOOL/CLUB CAREER

Earned four varsity letters in swimming under coach Kevin Hamblim at Pendleton High School and three in soccer...swimming State qualifier all four years of high school...served as captain for the swim team as a **Senior**...member of Pendleton Swim Association...coached by Kevin Cooley...three year Western Zone qualifier...team captain two years...team MVP two years.

PERSONAL

Born January 30, 1985 in Twin Falls, Idaho...parents Charles and Roberta Newhouse...sister Melissa...graduated with a cumulative grade-point average of 4.0...coached winter program in 2002-03...studying neuroscience at WSU.

LIFETIME BEST

Event	Time	Meet	Date
50 freestyle	24.85	Pac-10 Championships	2/24/05
100 freestyle	55.47	Princeton Invitational	12/05/04
100 backstroke	1:01.76	Princeton Invitational	12/04/04

KELLY O'NEILL



Sophomore • Backstroke, Freestyle
Vancouver, Wash. • Skyview High School '04

WSU CAREER

Freshman (2004-05): Recorded a lifetime best in the 200 freestyle and a season best in the 100 backstroke at the Pac-10 Championships...swam season bests in the 50 freestyle and 200 backstroke at the Princeton Invitational where she also represented the Cougars on several relay teams.

HIGH SCHOOL/CLUB CAREER

Four-year letterwinner at Skyview High School under coach Ron Wargo... won team award for most improved as a **Freshman**...named team MVP as a **Sophomore**...led Storm to district team title as she captured four events during **Junior** campaign...placed 16th at State in 100 backstroke...team captain and MVP...as a **Senior** again served as team captain and team MVP...Skyview went undefeated in dual meets...won four events at district as Storm captured team title for the second straight season...placed fourth in 200 medley relay at State and earned sixth place finishes in both the 100 backstroke and 200 freestyle relay...also competed for Mt. Hood Swim Club in Gresham, Ore.

PERSONAL

Born August 30, 1985 in Michigan...parents Mike and Pam...older brother Eric...posted a 3.5 grade point average as a prep...majoring in history education WSU.

LIFETIME BESTS

Event	Time	Meet	Date
200 freestyle	2:02.03	Pac-10 Championships	02/25/05
100 backstroke	1:02.77	Pac-10 Championships	02/25/05
200 backstroke	2:13.31	Princeton Invitational	12/05/04



ELYSE PETERSON



Freshman • Breaststroke, Freestyle
San Luis Obispo, Calif. • San Luis Obispo High School `05

AFTON PICKETT



Freshman • Backstroke, IM
Monroe, Mich. • Monroe High School `05

HIGH SCHOOL/CLUB CAREER

Swam for Kelly Swanson at San Luis Obispo High...earned three 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 April 13, 1987 in San Luis Obispo, Calif...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...plans to study pre-med at WSU and pursue a degree in Neuroscience.

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 school 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 April 3, 1987 in Wayne, Mich...parents Kenneth and Mary are both engineers...younger sister Kirstin...enjoys reading, movies and spending time with friends...three year National Honor Society and Spanish Club member...Michigan Merit Award Winner...will pursue a degree in Chemistry.



MONIKA POVILONYTE



Junior • Breaststroke, IM, Freestyle
Klaipeda, Lithuania • Gymnasium of Vetrunge

WSU CAREER

Sophomore (2004-05): Earned her NCAA Consideration Standards and lifetime bests in both the 100 and 200 breaststrokes at the Pac-10 Championships, placing 13th and 17th respectively...scored at the Pac-10 meet as a member of the "A" 200 and 400 medley and 200 freestyle relays...qualified for U.S. Nationals in the 200 breaststroke...won four individual races this season...ranks third on the Cougar All-Time Top 10 list in both the 100 and 200 breaststrokes...finished the season ranked 46th in the country in the 200 breaststroke...WSU All-Academic team...2005 Pac-10 All-Academic honorable mention honors.

Freshman (2003-04): Established personal bests at the Pac-10 Championships in the 100 and 200 breaststroke...Had an NCAA provisional qualifying time of 2:18.22 in the 200 breaststroke at the Pac-10 Championships...ranked on the Cougar top ten lists in the 100 and 200 breaststroke...earned a first place finish in the 100 and 200 breaststroke at the Rice Invitational...member of the Pac-10 Championship 200 and 400 medley relay team.

CLUB CAREER

Gymnasium of Vetrunge in Klaipeda, Lithuania...champion of Lithuania in 50, 100 and 200 breaststroke 1999-2003...set Lithuania short course record in 50 breaststroke...competed in World Cup in Berlin in 50 and 200 breaststroke...in 2004 she set the Lithuanian short course record in the 50 breaststroke...swam personal bests in each event at World Cup.

PERSONAL

Born December 31, 1984 in Klaipeda, Lithuania...father Povilonis and mother Poviloniene...sister Kristina...enjoys long walks at sunset on the beach...pursing a degree in movement studies at WSU.

LIFETIME BESTS

Event	Time	Meet	Date
100 breaststroke	1:03.71	Pac-10 Championships	02/25/05
200 breaststroke	2:16.53	Pac-10 Championships	02/26/05
50 freestyle	24.67	Pac-10 Championships	02/24/05

SARAH REICHWALD



Sophomore • Distance Freestyle
Atlanta, Ga. • Lakeside High School '04

WSU CAREER

Freshman (2004-05): Scored at the Pac-10 Championships placing 24th in the 1650 freestyle...recorded a season best in the 200 freestyle at the Pac-10 meet, as well as season best times in the 500 and 1650 freestyle at the Princeton Invitational, in the 400 individual medley against Oregon State, and in the 1000 freestyle against Idaho...freshman representative for the 2004-2005 team council...Freshman All-Academic team.

HIGH SCHOOL/CLUB CAREER

Four-year letterwinner at Lakeside High School in Atlanta, Ga...coached by Chrys Randolph...as a **Freshman** was the 500 freestyle county champion...led Vikings to the county championship...her **Sophomore** year, once again 500 freestyle county champion, along with 200 freestyle champion...team won county championship, placed 10th at the State 5A Championship...earned scholastic All-American...as a **Junior**, repeated as the 500 freestyle champion as team won the county championship...selected scholastic All-American...**Senior** season selected as team captain...Vikings once again served as county champion...a member of the cross country team which finished second place in the 5A division...swam for the Dynamo Swim Club under coach Ed Spencer...long course woman State champion in the 800 freestyle.

PERSONAL

Born September 20, 1985 in Atlanta...parents Norman and Laura...brother Josh, sister Molly...hobbies include running, participating in triathlons and traveling...served as vice president of the National Honor Society, graduating with a 4.0 GPA...member of the French Honor Society...plans to pursue a career in international business.

LIFETIME BESTS

Event	Time	Meet	Date
200 freestyle	2:01.94	Pac-10 Championships	02/25/05
500 freestyle	5:19.18	Princeton Invitational	12/03/04
1650 freestyle	18:07.45	Princeton Invitational	12/05/04

McKENZIE REITER



Sophomore • Breaststroke, IM
Billings, Mont. • Billings Senior High School '04

WSU CAREER

Freshman (2004-05): Placed 18th and recorded lifetime bests at the Pac-10 Championships in both the 100 and 200 breaststrokes...scored as a member of the "A" 200 freestyle relay at the Pac-10 meet...won three individual races in dual meets this season, including the 1000 freestyle against Washington and San Jose State at Gibb Pool...swam a lifetime best in the 200 IM at the Pac-10 Championships and in the 400 IM at the Princeton Invitational...holds a position on the All-Time Top 10 list in four events.

HIGH SCHOOL/ CLUB CAREER

Lettered three times as a member of the swim and soccer teams at Billings Senior High...set the State record in the 100 breaststroke as a **Freshman**...placed second in State in the 200 individual medley...leading scorer on soccer team...as a **Sophomore** she placed first the 100 breaststroke and second in the 200 IM...swimmer of the season...during her **Junior** year she set State records in 100 and 200 breaststroke...also established State record in the 200 and 400 IM...All-State in soccer as she lead her team in scoring...placed third in State in 100 breaststroke and first in 200 IM...team placed first at Junior Nationals...finished in the top three in three relay events at Junior Nationals...finished in the top eight at Junior Nationals...named Montana Swimmer of the Year as a **Senior** by National Club Swimming Association...lead her team to a third place finish at Junior Nationals.

PERSONAL

Born April 22, 1986 in Billings, Mont...parents Greg and Stacey Reiter...brother McLean...sister M'ily...member of the National Honor Society...graduated with a 3.75 GPA...plans to pursue a degree in pre-law/business marketing.

LIFETIME BESTS

Event	Time	Meet	Date
200 individual medley	2:05.62	Pac-10 Championships	02/24/05
400 individual medley	4:27.41	Princeton Invitational	12/04/04
100 breaststroke	1:04.41	Pac-10 Championships	02/25/05
200 breaststroke	2:18.40	Pac-10 Championships	02/26/05

DANIELLE SMITH



Freshman • Backstroke, Freestyle
Tigard, Ore. • Tigard High School '05

HIGH SCHOOL CAREER

Swam for coach Andy Carlisle at Tigard High...earned eight varsity letters, four in swimming and four in water polo for coach John Ruzicka...as a **Freshman**, placed first at state in the 100 backstroke and second in the 200 backstroke...**Sophomore** year, named to first team in the Pac-9 conference...as a **Junior**, repeated All-Conference first team honors and placed at state in the 100 backstroke and the 400 freestyle relay...**Senior** year, named to All Conference teams for both swimming and water polo...placed in three events at state swim meet...voted most inspirational by Tiger teammates.

PERSONAL

Born July 4, 1987 in Fountain Valley, Calif...parents Ron and Helen...enjoys music and camping...member of National Honor Society...compiled a prep GPA of 3.64...earned scholarship in Science and will pursue a degree in Pharmacy.



KATIE VAN HORNE



Junior • Sprints, Butterfly
 Healdsburg, Calif. • Healdsburg High School '03

WSU CAREER

Sophomore (2004-05): Scored at the Pac-10 Championships as a member of the "A" 200 freestyle and medley and 400 freestyle and medley relays...swam season best times at the Pac-10 meet in the 50 freestyle and 100 butterfly and at the Princeton Invitational in the 100 freestyle...ranks 10th on the All-Time Top 10 list in the 50 freestyle ...sophomore representative for the 2004-2005 team council...Team CARE member...USAA All-American Top 50 Scholar Athlete...WSU All-Academic team...2005 Pac-10 All-Academic First Team...given the Cougar Award at the team's annual banquet.

Freshman (2003-04): Member of the 200 medley relay and 200 freestyle relay teams that both finished ninth at the Pac-10 Championships...swam a career best time of 24.22 in the 50 freestyle at the Pac-10 Championships...ranks on Cougar top 10 list for her time in the 50 freestyle.

HIGH SCHOOL/CLUB CAREER

Earned four varsity letter in swimming at Healdsburg High School...**Freshman** year league champion in 50 and 100 free...set school records in 50 and 100 free...as a **Sophomore**, named all-league first team...placed second in league in 50 and 100 free...**Junior** season set Sonoma County League and school records in 50 and 100 free...league champion in 50 and 100 free...placed sixth in 100 free and seventh in 50 free at North Coast Section...named all-league first team...**Senior** year league champion in 50 and 100 free...seventh in 50 free and 12th in 100 free at NCS...named all-league first team.

PERSONAL

Born March 31, 1985 in Dallas, Texas...parents Peter and Charlotte Van Horne...sister Jamie plays basketball at Yale...enjoys spelunking...graduated with a GPA over 4.0...Governor's Scholar and Trilingual award winner...pursuing a degree in biological sciences.

LIFETIME BESTS

EVENT	TIME	MEET	DATE
50 freestyle	24.22	Pac-10 Championships	02/27/04
100 freestyle	53.04	CWU Invite	12/07/03
100 butterfly	1:00.17	Pac-10 Invitational	02/29/04

NCAA

NCAA All-American

- 2003: Lindsay Henahan, 100 butterfly
- 2002: Erin Eldridge, 100 breaststroke (twice), 200 breaststroke



Erin Eldridge



Lindsay Henahan

NCAA Academic All-American

- 2005: Erin McCleave, Honorable Mention (3.78)
 Kayli Changstrom, Honorable Mention (3.66)
 Jane Copland, Honorable Mention (3.51)

TEAM

2005-06 Cougar Swimming Awards

Most Outstanding: Kayli Changstrom

Most Improved: Emily Chandler

Strength and Conditioning: Bryn Mooney

Academic: Andrea Lubeck (3.98)

Cougar: Katie Van Horne and Lisa Irwin

academic & athletic awards

College Swimming Coaches Association of America (CSCAA)

Term	National Rank	GPA
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



- 2000: Gretchen Chambers, 3.32 GPA, Psychology
- 1999: Anna Hohmann, 3.26 GPA, Accounting
Julie Thom, 3.53 GPA, Kinesiology
- 1998: Julie Thom, 3.62 GPA, Kinesiology
- 1997: Tammy Coulter, 3.51 GPA, Pre-Med
Amber Hanley, 3.48 GPA, Biology
- 1996: Teri Campbell, 3.61 GPA, Biology
Kristi Dougherty, 3.92 GPA, Education
Amber Hanley, 3.44 GPA, Biology
Rachel Hawley, 3.93 GPA, Zoology
- 1995: Rachel Hawley, 3.89 GPA, Zoology
Jenny Widell, 3.53 GPA, Biology
- 1993: Anjanette Wong, 3.55 GPA, Biology
- 1992: Anjanette Wong, 3.53 GPA, Biology
- 1991: Karen Kennedy, 3.66 GPA, Elementary Education
Anjanette Wong, 3.59 GPA, Biology

Honorable Mention:

- 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, Becca Cohen, Sara Schmied, Lindsay Henahan
- 2002: Nicole Chinn, Becca 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,
Suzie Muirhead, Eli Schmied, Aimee Walters
- 1998: Jessica Chisholm, Wendy Enderle, Liz Hohaia, Anna Hohmann,
Aimee Walters, Gretchen Chambers, Kelley Miedema,
Suzie Muirhead, Eli Schmied
- 1997: Julie Thom, Aimee Walters
- 1996: Jodie Coddling, Tammy Coulter, Raina Fromm, Melinda Griffiths
- 1995: Christie Blumenstein, Jonna Gaustad, Amber Hanley
- 1994: Jessica Adolphson, Tracy Adolphson, Terri Campbell,
Jonna Gaustad, Jennifer Widell
- 1993: Jessica Adolphson, Jonna Gaustad, Kealy Kurdy, Jennifer Larson,
Lisa McAndrew, Kimberly Taylor, Jennifer Widell
- 1992: Jessica Adolphson, Linda Dobbels, Kealy Kurdy, Jennifer Larson,
Kim Taylor, Jenny Widell
- 1991: Linda Dobbels, Shannon Eddy, Kealy Kurdy, Minica Lane,
Kimberly Taylor, Imka Freyman

Pac-10 All-Academic Team History

First Team:

- 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 GPA, Business Administration/Finance
Andrea Lubeck, 3.97 GPA, Undeclared
Sasha Taylor, 3.71 GPA, Biology Education
- 2003: Theresa Dunn, 3.84 GPA, Business Administration/Finance
Jill Olson, 3.68 GPA, Accounting
Sasha Taylor, 3.60 GPA, Biology Education
- 2002: Theresa Dunn, 3.94 GPA, Pre-Law
Jill Olson, 3.74 GPA, Accounting
- 2001: Jill Olson, 3.85 GPA, Accounting
- 2000: Kelley Miedema, 3.42 GPA, Zoology (Pre-Med)
Eli Schmied, 3.69 GPA, Zoology (Pre-Med)
- 1998: Tammy Coulter, 3.47 GPA, Biology
- 1997: Rachel Hawley, 3.94 GPA, Zoology
- 1995: Terry Campbell, 3.63 GPA, Biology
Lisa McAndrew, 3.64 GPA, Education

Second Team:

- 2005: Kayli Changstrom, 3.60, Undeclared
Erin McCleave, 3.79, Undeclared
- 2004: Karen Eldred, 3.85 GPA, Declared
Lisa Irwin, 3.78 GPA, Zoology
- 2003: Lisa Irwin, 3.73 GPA, Zoology
- 2002: Katie Byrnes, 3.74 GPA, Undeclared
Rachel Dong, 3.59 GPA, Movement Studies
Melissa Hubley, 3.40 GPA, Sociology
- 2001: Melissa Hubley, 3.40 GPA, Psychology

Glenn Kranc Academic Award

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





Team Sponsors



**Northwest Dodge
Dealers**

WASHINGTON STATE UNIVERSITY RECORDS

<i>Event</i>	<i>Time</i>	<i>Record Holder</i>	<i>Date</i>
50 Freestyle	23.26	Taryn Ternent	2/22/01
100 Freestyle	50.44	Taryn Ternent	12/01/01
200 Freestyle	1:49.41	Erin McCleave	2/25/07
500 Freestyle	4:53.53	Becca Cohen	2/28/02
1000 Freestyle	10:12.96	Jill Olson	12/01/01
1650 Freestyle	16:55.99	Becca Cohen	3/2/02
100 Backstroke	56.34	Andree Anne LeRoy	11/30/01
200 Backstroke	1:59.64	Andree Anne LeRoy	12/01/01
100 Breaststroke	1:02.19	Erin Eldridge	2/26/99
200 Breaststroke	2:13.54	Erin Eldridge	2/27/99
100 Butterfly	53.75	Lindsay Henahan	2/28/03
200 Butterfly	2:00.36	Melissa Hubley	2/24/01
200 IM	2:02.74	Andree Anne LeRoy	12/29/01
400 IM	4:21.67	Andree Anne LeRoy	11/30/01
200 Free Relay	1:32.82	Ternent, Dong, Henahan, LeRoy	11/29/01
400 Free Relay	3:23.27	LeRoy, Hubley, Dong, Ternent	12/01/01
800 Free Relay	7:27.57	LeRoy, Hubley, Cohen, Taylor	11/30/01
200 Medley Relay	1:42.33	Chinn, Dong, Henahan, Ternent	11/30/01
400 Medley Relay	3:46.05	Miedema, Eldridge, Hubley, Henahan	2/25/00

GIBB POOL RECORDS

<i>Event</i>	<i>Time</i>	<i>Record Holder</i>	<i>Year</i>
50 Freestyle	23.23	Sun, Nevada	2000
100 Freestyle	51.21	Sun, Nevada	2000
200 Freestyle	1:52.41	Steven, Oregon State	1998
500 Freestyle	4:57.86	Liu, Nevada	2000
1000 Freestyle	10:12.82	Lynn, Arkansas	2002
1650 Freestyle	17:10.16	Andrus, Oregon State	1981
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	4:29.77	Changstrom, Washington State	2004
200 Free Relay	1:37.01	Oregon State	2004
400 Free Relay	3:29.19	Washington State	2002
800 Free Relay	7:42.86	Washington State	2004
200 Medley Relay	1:45.34	Washington State	2002
400 Medley Relay	3:48.66	Washington	1998

50 FREESTYLE

1. Taryn Ternent (2/22/01)	23.26
2. Lindsay Henahan (2/27/03)	23.48
3. Rachel Dong (2/22/01)	23.51
4. Katie Keller (2/26/98 & 2/25/99)	23.59
5. Erin McCleave (12/03/04)	23.74
6. Jessica Adolphson (12/07/90)	23.95
7. Jessica Chisholm (2/26/98)	24.02
7. Sara Schmied (2/28/02)	24.02
9. Christina Swanson (11/29/01)	24.18
10. Katie Van Horne (2/26/04)	24.22

100 FREESTYLE

1. Taryn Ternent (12/01/01)	50.44
2. Katie Keller (2/28/98)	50.85
3. Erin McCleave (2/26/05)	50.92
4. Lindsay Henahan (3/01/03)	51.03
5. Andree Anne LeRoy (12/01/01)	51.16
6. Rachel Dong (2/24/01)	52.09
7. Jessica Adolphson (2/26/94)	52.48
8. Sara Schmied (3/02/02)	52.71
9. Becca Cohen (12/3/00)	52.78
10. Sarah Emard (2/23/85)	52.85

200 FREESTYLE

1. Erin McCleave (2/25/04)	1:49.41
2. Katie Keller (2/25/99)	1:50.49
3. Becca Cohen (3/01/02)	1:50.60
4. Sasha Taylor (11/30/01)	1:50.83
5. Andree Anne LeRoy (11/30/01)	1:51.27
6. Jane Copland (2/23/05)	1:52.00
7. Melissa Hubley (11/30/01)	1:52.30
8. Jadine Louw (3/01/02)	1:53.15
9. Jennifer Larson (3/01/93)	1:53.20
10. Beth Platte (2/21/86)	1:53.73

500 FREESTYLE

1. Becca Cohen (2/28/02)	4:53.53
2. Erin McCleave (12/03/04)	4:54.94
3. Kayli Changstrom (2/24/05)	4:57.45
4. Beth Platte (2/27/86)	4:57.66
5. Jadine Louw (11/29/01)	4:58.75
6. Lina Daugvilaite (2/24/05)	4:59.11
7. Sasha Taylor (11/29/01)	4:59.22
8. Semah Zavareh (11/29/01)	5:00.61
9. Jill Olson (11/29/01)	5:01.09
10. Laurie Gregg (12/03/04)	5:01.19

1,000 FREESTYLE

1. Jill Olson (12/01/01)	10:12.96
2. Becca Cohen (3/02/02)	10:13.76
3. Shelly Hart (2/09/92)	10:14.00
4. Kayli Changstrom (2/26/05)	10:16.37
5. Erin McCleave (2/5/05)	10:20.95
6. Nikki Hudson (12/02/94)	10:21.29
7. Semah Zavareh (11/16/02)	10:21.85
8. Lina Dauvilaite (2/26/05)	10:21.95
9. Beth Platte (1/16/87)	10:26.17
10. Gretchen Chambers (1/16/99)	10:26.18

1,650 FREESTYLE

1. Becca Cohen (3/02/02)	16:55.99
2. Jill Olson (12/01/01)	16:56.31
3. Shelly Hart (2/09/92)	16:58.17
4. Kayli Changstrom (2/26/05)	17:01.47
5. Lina Dauvilaite (2/26/05)	17:12.91
6. Jadine Louw (12/01/01)	17:20.23

7. Semah Zavareh (2/24/01)	17:23.14
8. Gretchen Chambers (2/27/99)	17:24.02
9. Nikki Hudson (2/23/92)	17:26.04
10. Julie Thom (2/28/98)	17:26.38

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. Bryn Mooney (12/04/04)	56.37
5. Erica Dunn (3/01/93)	56.58
6. Rachelle Carano (2/22/01)	56.75
7. Nicole Chinn (3/01/02)	56.92
8. Lindsay Backhouse (2/27/04)	57.34
9. Natascha Renfro (2/28/03)	57.63
10. Kim Taylor (2/08/92)	58.13

200 BUTTERFLY

1. Melissa Hubley (2/24/01)	2:00.36
2. Bryn Mooney (12/05/04)	2:03.88
3. Lindsay Henahan (10/19/02)	2:05.21
4. Kelly Kocur (3/02/91)	2:05.36
5. Erica Dunn (2/25/95)	2:05.84
6. Rachelle Carano (12/3/00)	2:06.17
7. Taunya Locking (2/09/92)	2:06.30
8. Kayli Changstrom (10/22/04)	2:06.79
9. Tamie Stewart (2/26/82)	2:06.91
10. Katy Dobner (2/25/95)	2:08.24

100 BACKSTROKE

1. Andree Anne LeRoy (11/30/01)	56.34
2. Katie Byrnes (11/30/01)	56.74
3. Nicole Chinn (3/01/02)	57.01
4. Taryn Ternent (11/30/01)	57.05
5. Kelley Miedema (2/25/00)	57.06
6. Anna Hohmann (2/26/99)	57.14
7. Erin McCleave (2/25/05)	57.33
8. Sasha Taylor (3/03/02)	58.05
9. Mindy Griffiths (2/27/98)	58.24
10. Rachel Hawley (2/28/97)	58.42

200 BACKSTROKE

1. Andree Anne LeRoy (12/01/01)	1:59.64
2. Katie Byrnes (12/01/01)	2:01.23
3. Kelley Miedema (2/26/00)	2:01.82
4. Sasha Taylor (3/02/02)	2:02.19
5. Anna Hohmann (2/27/99)	2:02.83
6. Rachel Hawley (2/26/94)	2:03.76
7. Jennifer Larson (3/02/94)	2:04.96
8. Lindsay Backhouse (2/28/04)	2:05.26
9. Nicole Chinn (12/01/01)	2:05.49
10. Laurie Gregg (12/05/04)	2:06.24

100 BREASTSTROKE

1. Erin Eldridge (2/26/99)	1:02.19
2. Rachel Dong (11/30/01)	1:03.54
3. Monika Povilonyte (2/25/05)	1:03.71
4. Jane Copland (2/25/05)	1:04.15
5. Kenzie Reiter (2/25/05)	1:04.41
6. Jessica Chisholm (2/26/99)	1:05.40
7. Katie Leidel (2/26/99)	1:05.55
8. Jessica Adolphson (2/25/94)	1:05.79
9. Lesley Ouellette (12/06/02)	1:05.98
10. Christina Swanson (11/30/01)	1:06.02

200 BREASTSTROKE

1. Erin Eldridge (2/27/99)	2:13.54
2. Jane Copland (3/01/03)	2:15.71

3. Monika Povilonyte (2/26/05)	2:16.53
4. Kenzie Reiter (2/26/05)	2:18.40
5. Rachel Dong (12/01/01)	2:20.09
6. Katie Leidel (2/27/99)	2:22.04
7. Linda Dobbels (2/09/92)	2:22.57
8. Shawna Pentland (2/02/95)	2:22.68
9. Lesley Ouellette (12/07/02)	2:23.04
10. Anjanette Wong (2/09/92)	2:23.58

200 INDIVIDUAL MEDLEY

1. Andree Anne LeRoy (11/29/01)	2:02.74
2. Jane Copland (2/24/05)	2:04.51
3. Kenzie Reiter (2/24/05)	2:05.62
4. Rachel Dong (11/29/01)	2:06.55
5. Kayli Changstrom (12/03/04)	2:06.76
6. Kelley Miedema (2/26/98)	2:06.85
7. Rachelle Carano (2/24/00)	2:06.87
8. Nicole Chinn (11/29/01)	2:07.01
9. Katie Leidel (2/25/99)	2:07.58
10. Mindy Griffiths (2/26/98)	2:07.74

400 INDIVIDUAL MEDLEY

1. Andree Anne LeRoy (11/30/01)	4:21.67
2. Kayli Changstrom (2/25/05)	4:22.08
2. Kelley Miedema (2/26/99)	4:27.29
4. Kenzie Reiter (12/04/04)	4:27.41
5. Laurie Gregg (12/04/04)	4:30.04
6. Jill Glatt (2/25/94)	4:30.38
7. Maegan Wood (2/25/05)	4:30.70
8. Rachelle Carano (2/25/00)	4:31.24
9. Jane Copland (11/16/02)	4:31.32
10. Katie Byrnes (11/30/01)	4:32.15

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

Andree Anne LeRoy (1:51.27)	7:27.57
Melissa Hubley (1:50.55)	12/2001
Becca Cohen (1:53.21)	
Sasha Taylor (1:52.54)	

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

Kelley Miedema (57.11)	3:46.05
Erin Eldridge (1:01.73)	2/2000
Melissa Hubley (55.38)	
Lindsay Henahan (51.83)	

* Bold indicates current team members

THE UNIVERSITY

The Founding: 1890. The university doors opened in 1892.

The Name: Began as Washington Agricultural College and School of Science and became known as Washington State College in 1905. In 1959, the state legislature renamed it Washington State University.

Academic Structure: Colleges of Agriculture and Home Economics, Business and Economics, Education, Engineering and Architecture, Honors, Liberal Arts, Nursing, Pharmacy, Sciences, Veterinary Medicine and the Graduate School.

Outstanding Alumni: The Regents' Distinguished Alumnus Award is the highest honor WSU bestows upon its alumni. Winners of this award include Neva Abelson, co-developer of the Rh blood test; Philip Abelson, father of the atomic submarine; Microsoft co-founder Paul Allen; astronaut John Fabian; Mel Hein, WSU and New York Giants professional football all-star; Keith Jackson, ABC-TV college football sportscaster; Far Side cartoonist Gary Larson; Edward R. Murrow, broadcasting's top journalist; Laurence Peter of "The Peter Principle"; Green Revolution's Orville Vogel; sociologists William Julius Wilson and James E. Blackwell; and Japanese home economics pioneer Matsuyo Yamamoto.

Students: Some 16,000 undergraduate students and 2,000 graduate students study on the Pullman campus. Statewide, WSU has more than 21,000 students.

Faculty: There are more than 1,500 faculty members on the Pullman campus and more than 5,000 faculty, exempt and classified employees statewide.

Campuses: WSU's main campus is in Pullman. The university has campuses in Spokane, Tri-Cities (Pasco-Kennewick-Richland) and Vancouver, across the Columbia River from Portland, Ore.

WSU Web site: Visit the award-winning Washington State University Web site, www.wsu.edu, for more information.

PULLMAN

Location: Pullman is eight miles from the Washington-Idaho border, in the southeastern part of the state. It is eight miles west of Moscow, Idaho; 76 miles south of Spokane, Washington, and 32 miles north of Lewiston, Idaho.

Pullman's Beginnings: Originally known as Three Forks, because the Missouri Flat Creek from the north, Dry Creek from the south, and the South fork of the Palouse River from the east converge at this point. The town became Pullman in 1881. One story is that the name came from George Pullman, the king of the great railroad sleeping-car. Pullman was incorporated in 1886.

Climate: Dry and clear most of the year, with hot summers and cold winters. The average annual rainfall is 21 inches per year.

Population: About 25,000, including WSU students.

Pullman is built on hills: Washington State University is on College Hill. The other hills are Military, Pioneer and Sunnyside.

Pullman and Moscow are "Dreamtowns": Pullman and neighboring Moscow, Idaho, are the "University Cities" because WSU and the University of Idaho have their main campuses in the two respective cities, located eight miles apart. They are also "Dreamtowns," according to Demographics Daily (Sept. 18, 2000). In a study, 632 U.S. cities with populations of 10,000-50,000 were evaluated with 141 of them called "Dreamtowns" because of their quality of life based on various criteria including vitality, supply of good jobs, freedom from stress, connection to cultural mainstream, support for schools, access to health care, low cost of living, and small-town character.

Pullman has highly rated public schools: In a survey of 15,892 districts nationally, the Pullman School District was named one of the 100 Best in the U.S., according to the Sept./Oct. 2000 issue of *Offspring*, parenting magazine from the editors of *The Wall Street Journal's SmartMoney*.

THE PALOUSE

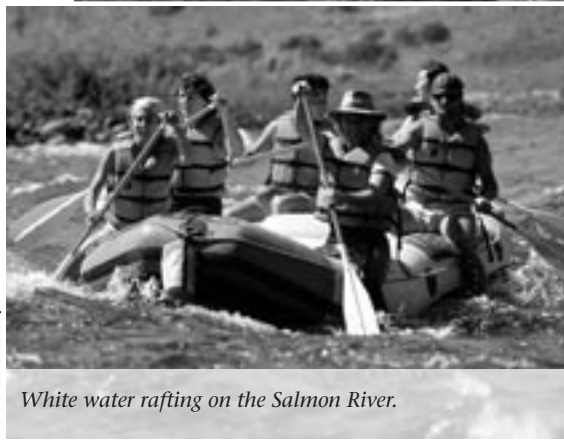
The Geographic Area: Known as the Palouse ("Pah-loose"), an area between the moist forests of the Rocky Mountains and the dry scablands of Washington. Its irregularly shaped rolling hills were formed by the erosion of thick basalts, followed by a deposition of a loess soil which, with excellent water-holding ability, is the fertile basis for the rich agricultural production of the area.

Beauty of the Palouse: A book, *The Most Beautiful Place in the World*, 1986 Friendly Press, edited by Jay Maisel, says the "Palouse is the Louvre of farmlands. Four thousand square miles of rolling hills...it has the perfect combination of topography, weather, crops and farming methods to produce a stunning collection of ... land-art." *National Geographic*, June 1982, calls it "A Paradise Called the Palouse."

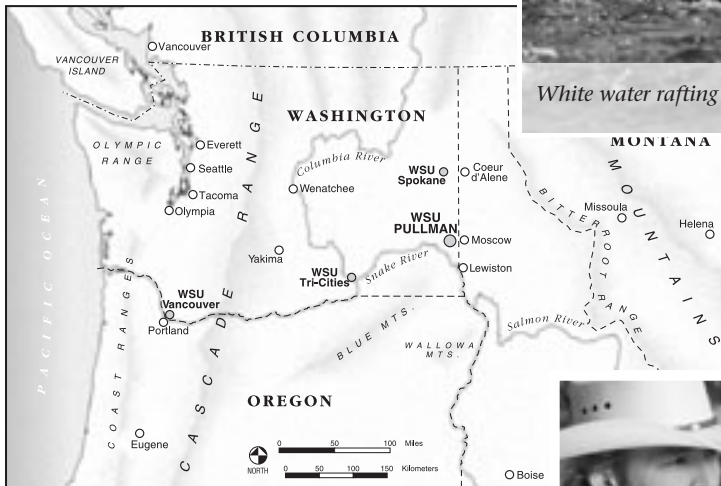
Early Inhabitants: Long before white explorers arrived, Indian tribes, including the Cayuse, Coeur d'Alenes, Nez Perce, Palouse, Umatillas, Walla Walla, Yakamas, and Spokanes, could be found within a 100-mile radius of Pullman. The Nez Perce are credited with the development of the famous Appaloosa horse. Moscow, Idaho, eight miles from Pullman, is home of the national Appaloosa Museum and Heritage Center.

Lewis and Clark traveled near the Palouse: In 1805, Meriwether Lewis and William Clark followed an Indian trail across the Bitterroot Mountains of Idaho to the Clearwater River, near the Palouse region. They were the first white men to traverse the vast inland plateau. Their exploration opened up the "Inland Empire" to further exploration and settlement.

WSU enrolls more than 21,000 students statewide. Pullman is located 79 miles south of Spokane. The area offers opportunities for fun and relaxation. Many nationally noted bands, musicians, and dance companies come to campus. As a member of the Pacific-10 Conference, WSU provides exciting competition for the sports spectator. Beautiful parks and ski areas surround Pullman.



White water rafting on the Salmon River.



WSU has one of the largest student housing populations this side of the Mississippi.



Jay Leno appeared at Beasley Coliseum fall 2003.



Alan Jackson performed at Beasley Coliseum fall 2003.



Snowboarding at Schweitzer mountain.

WASHINGTON STATE UNIVERSITY



World class. Face to face.

At Washington State University you will work face to face with world class professors. The university has ten colleges and offers 150 majors and over 300 fields of study spanning the liberal arts and sciences, as well as architecture, business, education, nursing, pharmacy, and agriculture, engineering, home economics, and veterinary medicine.

**College of Agriculture
and Home Economics**

**College of Business
and Economics**

College of Education

**College of Engineering
and Architecture**

College of Liberal Arts

College of Nursing

College of Pharmacy



- **Washington State University** offers 245 fields of study.
- **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

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.



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

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 provide 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.

WASHINGTON STATE UNIVERSITY

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 programs that can take students around the globe or to a quiet corner on campus for a discussion with a new-found friend offering a different point of view.

Diversity is a priority at Washington State University. You will meet students from around the world and from other American cultural backgrounds. Enrich your education by enjoying the ethnic music, speakers, and discussions; foreign film series; and cultural celebrations. Take part in a host of other activities sponsored by the many student organizations, which include the Arab, Chinese, Filipino, Japanese, Italian, Hawaiian, Native American, and Pacific Islander student clubs and several African American fraternities and sororities.



Office of Minority Affairs

African American, Asian/Pacific American, Hispanic American, and Native American students find support in each of the ethnic centers. The centers were established to address the academic, cultural, social, and ethnic needs and concerns of minority students. Qualified professional counselors and trained peer mentors are on staff.

Office of Multicultural Student Services

At the Multicultural Center, students of all backgrounds share the richness of their cultures and sponsor multicultural programs for the entire WSU community. The Center also serves as a base for academic support and social activity.

WSU is nationally recognized for its extensive program in international education. More than 30 exchange programs; study abroad programs in more than 20 countries; and internships in Europe, Asia, and the Middle East are available.



WASHINGTON

Notable Al



STATE umni

Left Page, clockwise from upper left:
Phil Abelson, Father of the atomic submarine;
Aaron Sele, Pitcher, Anaheim Angels; **Patty Murray**, U.S. Senator; **Pete Rademacher**, Former president of Kiefer McNeil swimming equipment manufacturer, whose first professional boxing match was for the World Heavyweight Championship; **Mel Hein**, A charter member of both College and Professional Football Halls of Fame; **Gary Larson**, Creator of the Far Side cartoons; **William Julius Wilson**, Harvard University Professor, recognized by Time magazine as one of America's 25 most influential people; **Cindy Brunson**, ESPN News; **Mark Fields**, linebacker for the Carolina Panthers.

Right Page, clockwise from top:
John Olerud, First Baseman, New York Yankees; **Ann Haley**, Executive Director of Oakland-Alameda County Coliseum Authority; **Paul Allen**, Owner of the Portland Trailblazers; **Edward R. Murrow**, the Father of modern day news reporting and namesake for WSU's Murrow School of Communications; **Sherman Alexie**, Screenwriter, Poet, Novelist; **Keith Jackson**, ABC TV's Voice of College Football; **Barry Serafin**, ABC News correspondent; **Charles Glen King**, Leading researcher in the development of Vitamin C; **Jerry Sage**, Teacher of the Year and WW II escape artist who was played by Steve McQueen in the movie Cooler King; **Drew Bledsoe**, quarterback for the Buffalo Bills; **Hugh Campbell**, General Manager, Edmonton Eskimos of the Canadian Football League.



V. LANE RAWLINS

PRESIDENT



V. Lane Rawlins, a noted economist and academic leader, is the ninth president of Washington State University.

Under his leadership, WSU is recognized as one of the top 50 public research universities in the United States, according to U.S. News & World Report.

A strategic plan he implemented solidifies the university's commitment to undergraduate education, research and scholarship, as well as providing quality education in a caring community. The university's motto -- World Class. Face to Face. -- reflects that commitment.

His association with WSU started more than 30 years ago when he joined the Department of Economics faculty. Later, he became department chair and, for four years, he was WSU's vice provost.

He returned to WSU in 2000 after serving nine years at the president of the University of Memphis. Before that, he was academic affairs vice chancellor of the University of Alabama system.

Rawlins is the coauthor of two books, has published widely, and has taught labor economics and the economics of education.

He has received many awards, including those recognizing him as a communicator, humanitarian and educator.

He earned his bachelor's degree in economics from Brigham Young University in 1963 and earned his Ph.D. in economics from the University of California, Berkeley, in 1969.

An avid fan of WSU athletics, he cheers on the Cougars at many sports events and enjoys fly fishing, golf, history and literature.

Rawlins and his wife, Mary Jo, have three children and 11 grandchildren.

MARCIA SANEHOLTZ

SENIOR ASSOCIATE DIRECTOR OF ATHLETICS/SWA



Marcia Sanholtz has been an integral part of Cougar athletics for more than two decades, has been instrumental in the improvement of facilities since her appointment in 1982. She was the driving force in attaining the 1997 NCAA Division I Women's Volleyball Championships, 2001 Women's Basketball West Regional and 2003 and 2007 Men's Basketball First and Second Rounds for Washington State to host at the Spokane Arena.

From March 6 until July 1, 2000, Sanholtz served as the interim Athletic Director at WSU. Sanholtz was named a WSU Woman of Distinction in 2003.

Originally from Napoleon, Ohio, Sanholtz received her bachelor's degree from Bowling Green State University and taught in the Los Angeles public schools for three years. She moved north, taught in the Shoreline (Wash.) public school system as a substitute and coached in the CYO and Seattle Parks Department programs. She was active in the Washington, Northwest, and national officials associations from 1973-82.

After earning her master's degree in sports administration at the University of Washington, Sanholtz was appointed the assistant women's athletic director at Washington State.

Sanholtz was promoted to associate athletic director in 1982 and currently serves as senior associate directors of athletics and is the Senior Woman Administrator at WSU.

She served on the National Association of Collegiate Women's Athletic Administrators (NACWAA) Board of Directors from 1987-94, including a term as president in 1992-93. She was selected the NACWAA National Administrator of the Year in 1997.

Sanholtz has been a strong presence on several NCAA committees. She has served as the chair of the NCAA Women's Division I Volleyball Committee. Other NCAA memberships include the Committee on Athletic Certification (1993-99), chair of the Peer Selection Subcommittee (1992-99), President's Commission Liaison Committee (1992-96), and the Women's Committee on Committees (1989-92). She has also served on numerous Pacific-10 Conference committees including two terms as vice president (1988-89 and 1998-99). Currently, she is a member of the NCAA Committee on Women's Athletics.

Sanholtz and her husband, Byron, have two grown daughters, Jennifer and Amy.

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 five years, he has overseen unprecedented growth and success by the Cougars' 17 intercollegiate athletics teams and the 450 individuals who compete for WSU annually.

In the last five years, WSU has scored its best finish and highest point total in the history of the Athletic Directors Cup competition among NCAA schools.

WSU's success on the gridiron in the 21st century - three consecutive 10-win seasons - has more than done its part to draw national attention to the Cougar sports programs. In the past four years, 13 Cougar teams have

been represented in postseason competition.

Facility improvements have also been among projects Sterk has tackled. WSU recently completed a major baseball field renovation and became the first collegiate program to have FieldTurf as its playing surface. An ambitious capital improvement plan is underway to enhance many other WSU sport facilities, including major changes to Martin Stadium, the home of Cougar football.

A 1979 graduate of Western Washington, 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 coming to Pullman.

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 Sterk's arrival in Pullman.

Sterk currently is a member of the prestigious NCAA Championship/Competition cabinet and has served on numerous Pacific-10 Conference committees during his tenure at WSU.

Sterk and his wife, Debi, have three children, Ashley, Amy and Abby.

KEN CASAVANT

FACULTY ATHLETICS REPRESENTATIVE



Ken Casavant, a member of the Washington State University family since 1967, currently serves as WSU's Faculty Athletic Representative to the Pacific-10 Conference and the National Collegiate Athletic Association.

Casavant, who in past years has served as the president of the Pacific-10, 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 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.

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.



John Johnson
Senior Assoc. Dir. Of Athletics



Anne McCoy
Senior Assoc. Dir. Of Athletics



Pam Bradetich
Associate Dir. Of Athletics
Student-Athlete and Staff
Development



Pete Isakson
Associate Dir. Of Athletics
External Operations



Rod Commons
Assistant Dir. of Athletics
Media Relations



Bill Drake
Assistant Dir. of Athletics
Athletic Training Services



Ernie Housel
Special Assistant to the
Senior Assoc. Dir. of Athletics



Leslie Johnson
Assistant Dir. of Athletics
Business Operations



Rob Oviatt
Assistant Dir. of Athletics
Physical Development



Steve Robertello
Assistant Dir. of Athletics
Compliance



John David Wicker
Assistant Dir. of Athletics
Event and Facility Operations



Chris Cook
Dir. Of Academic Support
Services



Leslie Cox
Dir. of Marketing



Dan Meyer
Dir. of Ticket Sales and
Operations



Kurt Mueller
Manager of Information
Services



Milton Neal
Dir. of Equipment Operations



Pippa Pierce
Dir. of Career and Personal
Development



Scott Vik
Dir. of Sports Video

FOOTBALL



Bill Doba, 3rd Year

Bill Doba's 2004 Cougars notched an Apple Cup victory and posted wins over bowl bound teams New Mexico and UCLA. Doba became just the fourth Pac-10 coach to win 10 or more games in his first season in 2003 as he led the Cougars to a second place finish in the Pac-10 and a victory over Texas in the Holiday Bowl. The 2005 campaign will mark his 17th season with the program, helping WSU reach six bowl games, including a pair of Rose Bowls.

VOLLEYBALL



Brian Heffernan, 2nd Year

Heffernan enters his second season at WSU after serving two years as an associate head coach and two years as an assistant coach at the University of Minnesota where he helped guide the Golden Gophers to four NCAA appearances including a national semifinal match in 2003, and the Big Ten Conference title that same season.

SOCCER



Matt Potter, 3rd Year

Potter enters his third season on the Palouse after a 2004 campaign that saw the Cougars upset four ranked opponents, including wins over Pac-10 rivals No. 8 UCLA, No. 22 USC and No. 12 Washington. Potter, a native of England, spent eight years with the Sereno Soccer Club in Arizona prior to coming to Washington State. He was also a member of the Watford Football Club and represented England internationally as a player.

CROSS COUNTRY



Jason Drake, 2nd Year

Drake enters his second year as the head coach and fourth year of coaching the men's and women's cross country programs. The 2004 Cougar women's team finished an unexpected fifth at the 2004 Pac-10 Championships and strong recruiting classes the past two years give both programs optimism for the future.

SWIMMING



Erica Quam, 4th Year

During Quam's tenure, WSU swimmers have set two school records, earned 61 spots on the Cougars' all-time top 10 lists and recorded a 41st place finish at the NCAA championships. The team has been in the top four nationally all six semesters academically.

MEN'S BASKETBALL



Dick Bennett, 3rd Year

The Cougars have led the Pac-10 in scoring defense each of the last two seasons. WSU's 25 overall and 14 conference wins are the most in a two-year span since the 1996-97 seasons.

WOMEN'S BASKETBALL



Sherri Murrell, 4th Year

Murrell is in her fourth year at the helm of the Cougar women's basketball program. In 2005, Murrell's recruit Kate Benz became the first player in program history to lead the Pac-10 in rebounding. Prior to her appointment on the Palouse, Murrell led Pacific to four consecutive winning seasons with 68 wins in that span.

GOLF



Walt Williams, 8th Year

In the first seven years under Williams' guidance, Cougar teams re-wrote the record book and made a first-ever team appearance in the NCAA Championship (men and women). Williams has coached two All-Americans (Kim Welch, Anastasia Kostina) and in 2003 Welch earned a fifth-place finish at the NCAA Championship.

TENNIS



Lisa Hart, 3rd Year

The Cougars have been ranked nationally each of the last two seasons. WSU has five wins over ranked opponents during Hart's tenure.

BASEBALL



Don Marbut, 2nd Year

Marbut became the 14th head coach in the 110-year history of Cougar baseball as he took the reigns in 2004 after spending a year as an assistant at WSU. A successful coach at the community college level, the Portland State University graduate coached Washington State to 21 wins and saw three players drafted in his initial campaign.

ROWING



Jane LaRiviere, 4th Year

In just three years at the helm of the program, LaRiviere has made an instant impact on Cougar rowing, guiding the team to consecutive NCAA Championship appearances. In 2004, the Cougars finished ninth at the NAAs, the best finish in program history.

TRACK & FIELD



Rick Sloan, 12th Year

Sloan has coached Cougars for 32 years and has been named the USTCA West Region Coach of the Year five times. During his head coaching tenure, All-America honors have come to WSU 48 times in men's events and 31 times in women's events.

COUGAR ATHLETIC FACILITIES



*Stadium Way
Tennis Center*



*Lower
Soccer Field*



*Martin
Stadium*



*Bohler
Gym*



*Friel
Court*



*Mooberry Track
& Field Complex*



*Bailey-Brayton
Field*



*Gibb
Pool*



*Hollingbery
Fieldhouse*



Indoor Practice Facility

WASHINGTON STATE Student-Athlete Development

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 91 percent graduation rate for those seniors who have exhausted their eligibility (over the past 10 years) reflects our consistent commitment to academic success while striking a balance between academics and athletics.



Danny Gourley
Academic Counselor

Danny Gourley enters his first year at Washington State University as the Academic Resource Center Coordinator and Academic Counselor for the WSU tennis and swim teams.

Gourley began his career at Middle Tennessee State where he spent three years as a Learning Specialist after two years of serving as a tutor for student-athletes. Danny comes to WSU after two and a half years of serving soldiers as an intern in the Army Continuing Education System.

Gourley graduated from Middle Tennessee State University in 1999 with a Bachelors of Arts in English and completed his Masters in Education with and emphasis in administration of higher education) at MTSU in 2002.

Danny values spending time with his wife Sarah and young daughter Cirel and enjoys video games, hiking and backyard sports with his family.

UNIVERSITY



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



STUDENT-ATHLETE DEVELOPMENT STAFF

back row from left: Cynthia Prieto, Chris Cook, Pam Bradetich.

front row from left: Thad Hathaway, Wanda Tennant, Allen Thompson, Pippa Pierce, and Anna Plemons.



Jackson L. Coots, M.S., C.S.C.S., S.C.C.C. Assistant Strength and Conditioning Coach

“The goal of the swimming strength and conditioning program is to provide the best possible environment and resources that will enhance the physical development and talent of each swimmer, preparing them for athletic excellence on the conference, national and international level.”

— Jackson Coots
Strength and Conditioning Coach

Jackson L. Coots earned his B.S. in Kinesiology from Washington State University in 1997 and his M.S. in Physical Education with an emphasis in Exercise Science from the University of Idaho in 2001. He was a volunteer assistant with the WSU Strength and Conditioning program from 1993-1998 and then served as a part-time strength coach from 1998-2001. Coach Coots has served as an assistant strength coach for the Cougars from 2001 to present. He is a USWF Olympic Level I Club Coach and a member of both the National Strength and Conditioning Association and the Collegiate Strength and Conditioning Coaches Association. Coots has earned his professional certification as a Strength and Conditioning Specialist and as a Strength and Conditioning Coach.

Coach Coots is directly responsible for the strength and conditioning program design, instruction and testing for the WSU Varsity Soccer, Swimming, Rowing and Track & Field teams.

Prior to his arrival at WSU, Coots served six years in the U.S. Marine Corps and is a veteran of the Persian Gulf War.



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.





Yasushi Nomura

Athletic Trainer

Yasushi “Yas” Nomura enters his sixth season as a member of the athletic training staff at Washington State University. His primary responsibilities include being the head athletic trainer for Cougar women’s swimming and women’s soccer. He also assists with WSU football.

Prior to WSU, Nomura served two years as the head athletic trainer and sports medicine instructor at Independence Community College in Independence, Kan.

A native of Kyoto, Japan, Nomura earned his bachelor’s degree in physical education with an emphasis in athletic training from California State University, Chico in 1995. He earned his master’s degree at Oregon and worked with football and women’s soccer for the Ducks as a graduate assistant.

Nomura is a certified athletic trainer and a certified examiner by the National Athletic Training Association.





- Eight certified athletic trainers.
- More than 30 student assistants majoring in athletic training.
- Three sports medicine team physicians.

Prevention of athletic injuries is the number one goal of WSU's staff, along with care and rehabilitation. When injuries do occur, the Cougar athletic medicine staff provide the very best in care and use state-of-the-art equipment to return the student-athlete to 100 percent recovery.

2006 DIVISION I WOMEN'S SWIMMING QUALIFYING TIME STANDARDS

EVENT	25-Yard Course		25-Meter Course		50-Meter Course	
	A Standard	B Standard	A Standard	B Standard	A Standard	B Standard
50 Freestyle	:22.88	:23.56	:25.54	:26.30	:26.01	:26.78
100 Freestyle	:49.49	:50.97	:55.24	:56.89	:56.24	:57.93
200 Freestyle	1:47.09	1:50.30	1:59.53	2:03.11	2:01.01	2:04.64
500 Freestyle	4:45.46	4:54.02	4:09.75	4:17.24	4:14.88	4:22.52
1,650 Freestyle	16:23.54	16:53.04	16:20.60	16:50.01	16:43.62	17:13.72
100 Butterfly	:53.75	:55.36	:59.99	1:01.79	1:00.40	1:02.21
200 Butterfly	1:58.11	2:01.65	2:11.82	2:15.78	2:12.71	2:16.69
100 Backstroke	:54.47	:56.10	1:00.80	1:02.62	1:01.55	1:03.40
200 Backstroke	1:58.24	2:01.78	2:11.97	2:15.92	2:13.61	2:17.61
100 Breaststroke	1:01.70	1:03.86	1:08.87	1:11.28	1:10.93	1:13.41
200 Breaststroke	2:13.65	2:18.27	2:29.17	2:34.33	2:31.88	2:37.13
200 Individual Medley	2:00.52	2:04.29	2:14.52	2:18.72	2:16.96	2:21.24
400 Individual Medley	4:15.63	4:23.60	4:45.31	4:54.20	4:48.85	4:57.86
200 Freestyle Relay	1:31.01	1:33.74	1:41.58	1:44.63	1:43.43	1:46.53
400 Freestyle Relay	3:18.95	3:24.91	3:42.05	3:48.70	3:46.08	3:52.86
800 Freestyle Relay	7:11.65	7:24.59	8:01.76	8:16.20	8:07.75	8:22.37
200 Medley Relay	1:39.75	1:42.89	1:51.33	1:54.84	1:53.23	1:56.79
400 Medley Relay	3:38.02	3:44.86	4:03.33	4:10.97	4:07.48	4:15.24





Seniors



Juniors



Sophomores



Freshmen

2005 – 2006 WSU Women's Swimming Meet Schedule

Date	Day	Time	Site	Opponent
Sept. 30	Fri.	5pm	Intrasquad	Pullman, Wash.
Oct. 7	Fri.	5pm	California	Pullman, Wash.
Oct. 14	Fri.	5pm	Idaho	Pullman, Wash.
Oct. 28	Fri.	TBA	Pacific Invitational	Stockton, Calif.
Oct. 29	Sat.	TBA	San Jose State	San Jose, Calif.
Nov. 4	Fri.	TBA	UBC Colleges Cup	Vancouver, B.C.
Nov. 5	Sat.	TBA	UBC Colleges Cup	Vancouver, B.C.
Nov. 11	Fri.	6pm	Washington	Seattle, Wash.
Nov. 18	Fri.	12pm/6pm	Minnesota Invitational	Minneapolis, Minn.
Nov. 19	Sat.	11am/6pm	Minnesota Invitational	Minneapolis, Minn.
Nov. 20	Sun.	10am/3pm	Minnesota Invitational	Minneapolis, Minn.
Dec. 1	Fri.	TBA	U. S. Open	Auburn, Ala.
Dec. 2	Sat.	TBA	U. S. Open	Auburn, Ala.
Dec. 3	Sun.	TBA	U. S. Open	Auburn, Ala.
Dec. 31	Sat.	11am	FIU Invitational	Miami, Fla.
Jan. 6	Fri.	11am	Panther Invitational (Relays)	Miami, Fla.
Jan. 27	Fri.	TBA	Oregon State	Pullman, Wash.
Jan. 28	Sat.	TBA	Oregon State	Pullman, Wash.
Feb. 4	Sat.	11am	Idaho	Moscow, Idaho
Feb. 22	Wed.	6pm	Pac-10 Championships	Long Beach, Calif.
Feb. 23	Thurs.	11am/6pm	Pac-10 Championships	Long Beach, Calif.
Feb. 24	Fri.	11am/6pm	Pac-10 Championships	Long Beach, Calif.
Feb. 25	Sat.	11am/6pm	Pac-10 Championships	Long Beach, Calif.
Feb. 26	Sun.	11 am	Pac-10 Invitational	Long Beach, Calif.
Mar. 16	Thurs.	11am/7pm	NCAA Championships	Athens, Ga.
Mar. 17	Fri.	11am/7pm	NCAA Championships	Athens, Ga.
Mar. 18	Sat.	11am/7pm	NCAA Championships	Athens, Ga.
Mar. 28-Apr. 1		9am/6pm	U. S. Nationals	Federal Way, Wash.

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