

2005-06 SCHEDULE

Date	Day	Opponent	Location	Time	
10/29	Sat.	LeMoyné	Home	1:00 PM	(Men/Women)
11/5	Sat.	St. Rose	Home	1:00 PM	(Men/Women)
11/12	Sat.	Oneonta State	Away	1:00 PM	(Men/Women)
11/16	Wed.	Wells	Home	6:00 PM	(Men/Women)
11/19	Sat.	Skidmore	Home	1:00 PM	(Men/Women)
12/3	Sat.	Brockport State	Away	1:00 PM	(Men/Women)
1/13	Fri.	Alfred	Away	1:00 PM	(Men/Women)
1/14	Sat.	RIT	Home	1:00 PM	(Men/Women)
1/21	Sat.	Clarkson	Home	1:00 PM	(Men/Women)
1/28	Sat.	Nazareth	Away	1:00 PM	(Men/Women)
1/29	Sun.	Hamilton Diving	Away	10:00 AM	(Men/Women)
2/15-2/18	Wed.-Sat.	NYSWCAA Conf. Champ.	TBA	TBA	(Women)
2/22-2/25	Wed.-Sat.	UNYSCAA Conf. Champ.	TBA	TBA	(Men)

ASSISTANT COACHES

HEATHER NOFRI

DIVING COACH

Heather Nofri is in her fifth year as the diving coach at Utica College. She brings more than 10 years of coaching experience and nine years of diving experience to the program. Nofri was a member of the LaSalle University US Diving Team from 1987-1995.

CALLIE JO GLASSMOYER

ASSISTANT DIVING COACH

CJ, originally from Sinking Spring, PA, is in her first year of coaching at Utica College after four years as a diver under coach Stilz. As a senior Glassmoyer acted as team captain, and this year she is currently a graduate assistant pursuing a MA in Occupational Therapy. She also coaches the Whitesboro High School women's diving team and is the sister of sophomore transfer diver Nicole Glassmoyer.

JOE PENABAD

ASSISTANT COACH

Joe Penabad has been an assistant coach for Utica College since 1993 and has been involved with local swim programs since 1971. Penabad was the head coach of the U.S.S. swim clubs in Rome, the New Hartford Knights, and the Leatherstocking swim team. Penabad has coached athletes to the junior and senior nationals as well as a number of Section III high school finalists. He is a member of the American Swim Coaches Association.

KYLE PERRY

ASSISTANT SWIMMING COACH

Kyle is entering his first year as the assistant coach of the men's and women's swimming program. He has been the assistant for Team Millennium from 2002-2005 and recently was the assistant for the Miami Valley Aquatic Club from 2004-2005. Kyle graduated from Miami University with a BA in English. He is currently working on his M.S. in education while coaching here at Utica College.



2005-06

SWIMMING & DIVING

U T I C A
ATHLETICS



QUICK FACTS

LOCATION	Utica, NY
FOUNDED	1946
ENROLLMENT	2,650
PRESIDENT	Todd S. Hutton, Ph.D.
NICKNAME	Pioneers
COLORS	Blue/Orange
AFFILIATION	NCAA Division III
CONFERENCE	Empire 8
HOME POOL	Utica College Pool
CAPACITY	250

COACHING STAFF

HEAD COACH	Eric Stilz (Amerian '92)
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ASSISTANT COACHES Joseph Penabad
Kyle Perry
(Miami University '04)
Heather Nofri, Diving Coach
(LaSalle '95)
CJ Glassmoyer, Diving Coach
(Utica '05)

DIRECTORY

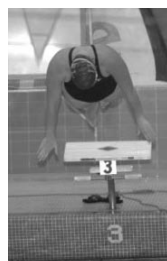
ATHLETIC DIRECTOR	James Spartano jspartano@utica.edu (315) 792-3051 (315) 792-3211 fax
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SWIMMING/DIVING OFFICE (315) 792-3776

SPORTS INFORMATION	Gil Burgmaster gburgmaster@utica.edu (315) 792-3772 (315) 792-3818 fax
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ADMISSIONS	(315) 792-3006 admiss@utica.edu
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WEB SITE	www.utica.edu
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HEAD COACH



ERIC STILZ

Eric Stilz is entering his ninth season as head coach of men's and women's swimming and diving, women's water polo, and director of aquatics at UC. In the past seven years Stilz's teams have demonstrated their improvement by setting 39 Utica team records.

Prior to coming to Utica, Stilz was the age group coach of the Merrimack Club Team in Bethesda, Md., in 1991, assistant coach at Monroe Community College from September 1992 to March 1993, the assistant coach at Nazareth College from September 1993 to March 1997, and the age group coach of the Greater Rochester Racing Raiders from September 1996 to March 1997.

A successful collegiate swimmer at both Monroe Community College and American University, Stilz was a two time national junior college qualifier and a member of the 1991 Colonial Athletic Conference Championship Team at American. Stilz has Red Cross Certifications in instructing CPR, Lifesaving and Coaches Safety Training. He is also a certified pool operator.

Stilz, who resides in Clinton, earned his bachelor's degree in business administration at American University in 1992 and is currently pursuing his master's degree in higher education administration at Syracuse University.

2004-05 RESULTS

MEN'S SWIMMING AND DIVING

Date	Opponent	W-L-T	Result
10/30	LeMoyne	L	97-168
11/6	St. Rose	L	87-126
11/13	Oneonta State	L	109-117
11/20	Skidmore	W	118-85
12/4	Brockport State	L	85-120
1/14	Alfred	L	76-138
1/15	RIT	L	70-164
1/22	Clarkson	L	101-114
1/29	Nazareth	W	114-101
2/23-2/26	UNYSCAA Conf. Champ.		

WOMEN'S SWIMMING AND DIVING

Date	Opponent	W-L-T	Result
10/30	LeMoyne	L	68-192
11/6	St. Rose	L	97-124
11/13	Oneonta State	L	79-154
11/17	Wells	W	50-45
11/20	Skidmore	L	104-115
12/4	Brockport State	L	96-114
1/14	Alfred	L	98-142
1/15	RIT	L	105-119
1/22	Clarkson	L	97-129
1/29	Nazareth	L	86, 126
2/16-2/19	NYSWCAA Conf. Champ.		

OVERVIEW

The Utica College men's and women's swimming and diving teams compete in dual meets throughout the season. Despite only three Empire 8 meets during the regular season, the Pioneers compete head-to-head against many regional non-conference opponents. As the season closes, LeMoyne, Skidmore, RPI, Ithaca, Clarkson, RIT, Hartwick, Nazareth, Alfred University, and others will join Utica for competitions in the Upper New York State Swimming Association Championships as well as the New York State Women's Association Conference Championships.

Leading the women's program will be senior captains **Kelsey Schwilling** and **Danielle Andrew**. Schwilling finished 14th in the 100-fly at the NYSWCAA championships and broke the team record in the 100-fly last season. Andrew is one of the hardest working ladies on the team and with her training, she has set an example for her teammates.

Sophomores **Nicole Bossler** and **Denice Goodrich** are coming off successful seasons as both will be needed to accomplish team goals, which is to improve times and produce high quality performances.

Coach Stilz has nothing but praises for senior diver **Rebecca Provost**, who finished 9th in 1-meter dive and 11th in 3-meter dive at the Empire 8 Championships. "Rebecca is on the verge of becoming a really good diver in this conference. With her gymnastics background and a few years of diving experience, now I am hoping she will have a breakout year."

Two freshmen will be joining the lady Pioneers this season. The addition of **Brandy Yeninas** gives

the Pioneers another strong swimmer, who will be asked to produce at the Conference Championships.

Laura Gould will add flexibility to the team as she swims in various events. Also, the lady Pioneers will add sophomore transfer **Nicole Glassmoyer**, who is the sister of former Utica diver and current assistant coach CJ Glassmoyer. Nicole will add depth to the diving program and will be called upon to make up points at conferences.

Leading the men's program will be senior captain **Matt Murphy** and sophomore captain **Mike Mottola**. Murphy placed 4th in the 200-freestyle at the Empire 8 championships and 10th in the same event at the UNYSCSA. As a freshman, Mottola finished 11th and 18th in the 200-butterfly at the Empire 8 and UNYSCSA respectfully. Coach Stilz says that the sky is the limit for Mottola, "If all goes well, this young man could be going to nationals before his four years of swimming ends here at Utica."

Walk on **Nate Sheehan** has been a pleasant surprise for coach Stilz and will be counted on heavily this season, "This year he will be counted on to be a big contributor throughout the season and at our conference championships."

The expectations for the season are simple for coach Stilz, come prepared to win.

"I expect our team to come to every meet prepared to win. I expect our team to give a great effort. We have strong athletes that will win a lot of events in dual meets this year. Our depth on both sides is what will produce wins for us this season."



2005-06 ROSTER

WOMEN'S TEAM

Name	Yr.	Event	HS/Hometown
DANIELLE ANDREW	SR	BR/FR	Westwood/Westwood, MA
NICOLE BOSSLER	SO	IM/FR	Reading/Reading, PA
LINDSEY DOOLITTLE	JR	DIVER	Holland Patent/Barneveld, NY
HALLIE FILREIS	SO	DIVER	Framingham/Framingham, MA
CHRISTINE FULLERTON	SO	FR	Burrville/Burrville, RI
NIKKI GLASSMOYER	JR	DIVER	Wilson/Sinking Spring, PA
DENICE GOODRICH	SO	FL/IM	St. Lawrence/Brasher Falls, NY
LAURA GOULD	FR	BR/IM	Howard/Columbia, MD
CORINNE HURSH	SO	FL/FR	Memorial/Auburn, NY
ADDISON LERNER	SO	FR	Parkland/Orefield, PA
LINDSEY MCCONNELEE	SO	FR	West Genesee/Camillus, NY
REBECCA PROVOST	SR	Diver	Utica, NY
KELSEY SCHWILLING	SR	FL/FR	Cypress Creek/Houston, TX
KELLY SPALLHOLTZ	JR	BA/FR	Sayville/Sayville
SHANNON SULLIVAN	SR	FR	Massena Central/Massena, NY
BRANDY YENINAS	FR	IM/BR	Wyoming Valley West/Forty Fort, PA

MEN'S TEAM

KARREL JOSEPH	FR	FR/BR	Uniondale/Hempstead, NY
SHAWN LOUTSCH	SO	BA/FR	Onondaga/Nedrow, NY
ISSAC MARTELL	JR	DIVER	Valencia, PA
MARK METOTT	JR	BA/FR	Camden/Camden, NY
MIKE MOTTOLA	SO	FL/FR	Ballston Spa/Ballston Spa, NY
MATT MURPHY	SR	FR	West Genesee/Syracuse, NY
ALEX NICHOLS	JR	FL/FR	Paul V. Moore/Cleveland, NY
MIKE OZBEK	FR	BR/FR	Curtis/Staten Island, NY
CHRIS PRIETO	SO	FR	West Islip/West Islip, NY
NATHAN SHEEHAN	SO	BR/FR	Somerset/Somerset, MA

PLAYER SHOWCASE



Name: KELSEY SCHWILLING - CAPTAIN

JUNIOR HOUSTON, TX

STILZ: "She has always demonstrated a great work ethic, but over the four years she has really grown into a true leader."

2004-05: Placed fourteenth in the 100 Fly and sixteenth in the 200 Fly at the NYSWCAA Championships. Placed seventh in the 100 Fly, eighth in the 200 Fly, and tenth in the 200 Individual Medley at the Empire 8 Conference Championships. Currently the team record holder in the 100-Meter Fly.

Personal: A psychology major, Kelsey is the daughter of Chris and Gary Schwilling.



Name: NICOLE BOSSLER

SOPHOMORE READING, PA

STILZ: "We need big results from her at our conference championship. I am looking for her to have a great year."

2004-05: Placed sixteenth in the 100 Breaststroke and twenty-second in the 200 Breaststroke at the NYSWCAA Championships. Placed ninth in the 100 Breaststroke at the Empire 8 Conference Championships.

Personal: The daughter of Christine and Robert Bossler, Nicole is a psychology-child life major.



Name: DANIELLE ANDREW - CAPTAIN

SENIOR WESTWOOD, PA

STILZ: "A young lady that will succeed at all she does due to her great work ethic."

Personal: The daughter of Jack and Cathy Andrew, Danielle is a Physical therapy major and a psychology minor.



Name: DENICE GOODRICH

SOPHOMORE BRASER FALLS, NY

STILZ: "She has returned this year and has already produced best times in her events. We need her to be a leader in the pool for this program."

Personal: Denice is the daughter of Donna and Terry Goodrich and is majoring in economic crime investigation.



Name: REBECCA PROVOST

SENIOR | UTICA, NY

STILZ: "With her gymnastics background and a few years of diving experience, now I am hoping she will have a breakout year."

2004-05: Places ninth in the 1-Meter Dive and eleventh in the 3-Meter Dive at the Empire 8 Conference Championships.

Personal: Rebecca is the daughter of Terri and Randy Provost and will graduate with a degree in communications arts.



Name: MIKE MOTTOLA - CAPTAIN

SOPHOMORE | BALLSTON SPA, NY

STILZ: "His work ethic in the pool and weight room leads the team. If all goes well this young man could be going to Nationals before his four years end here at Utica."

2004-05: Placed eighteenth in the 200 Fly and nineteenth in the 100 Fly at the UNYSCSA Championships. Placed eleventh in both the 100 and 200 Fly at the Empire 8 Conference Championships.

Personal: Mike is the son of Ellen and Bill Mottola and is currently studying physical therapy.



Name: MATT MURPHY - CAPTAIN

SENIOR | SYRACUSE, NY

STILZ: "He is one of those guys that does whatever you ask in practice. I am looking for him to go out on a high note."

2004-05: Placed tenth in the 200 Freestyle at the NYSCSA Championships. Placed fourth in the 200 Freestyle at the Empire 8 Conference Championships.

Personal: Matt is the son of Mary and John Murphy and will graduate with a degree in criminal justice.



Name: NATHANIEL SHEEHAN

SOPHOMORE | SOMERSET, MA

STILZ: "Nate as a walk-on athlete last year did an incredible job in improving. He will be counted on for some big points this season and at our conference championships."

Personal: Nate is the son of Christine and Michael Sheehan and is currently studying nursing.