



Cardinal Rules



Assistant Coach Nikki Rose “Shows compassion...” in her Alumni Memoirs

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Not every swimmer has the chance to return to coach their Alma Mater. Current Assistant Nikki Rose has been granted that chance. Please take a look as she reminisces about the past and the present.

My life as the new assistant coach is haunted daily by my previous life as a WJU swimmer. Every day I think about the commitment I made in 2000 to be a member of this team. Of course, at that time, I had no idea in 2007 I would be wanting so badly to come back. And of course as a freshman, I had no insight as to how profoundly this program might affect me over just a four year period. The years I spent as a swimmer at WJU were some of the most challenging, exciting, and memo-

orable years for me personally. My experience as a swimmer here makes me feel very connected to the team I am helping to coach.

After 4 years of morning practice as a WJU swimmer, I still worry every so often as to whether I will sleep through my alarm and be the last one to practice. However, I have learned that I now get to sleep the extra five minutes I always wanted to, because I no longer have to put a potentially still wet suit on. I am reminded almost daily that the water is still cold; yet, I now perceive the cold water temperature as a right of passage.

Not everything has remained the same. You now must have a cardinal card to enter the weight room, although when I walk through the



Cardinal Athletics

doors of the weight room I am still reminded of Paul Mangen’s exhibitionist dancing to Blink 182, much to George’s dismay. Another change would be that the B-room has been remodeled since I was last here. Unlike Steve Parsons, though, I often feel sympathy for the hungry swimmers who must walk uphill to get dinner, and I find myself frequently transporting the

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Spotlight Records for this issue...

2001-Matt Houllier

200 Free
1:42.30

2000-Shas Rajack

400 IM
4:40:44

Captains for 2007-08 Michael Phillips and Ali Hengesbach

Junior Ali Hengesbach and Senior Michael Phillips will be the Women’s and Men’s Swim Team Captains for the 2007-08 Season.

Ali will be in her third season as a Cardinal Swimmer. Last season she was a finalist in

both the 100 and 200 yard breaststrokes at the Bluegrass Mountain Championships. She looks to lead the lady cardinals again this season as the top returning point scorer from last year’s team. Ali graduated from Clearwater

Catholic High School in Florida. She has six brothers 2 of which swam for Wheeling Jesuit as well. “Ali is in for a great season. She has been training extremely hard and has commanded the respect of all of her teammates. Her

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Alumni Erin Hemmelgarn

The Varsity and Alumni teamed up for Wheeling Jesuit Swimming Team's first ever Red/Gold Meet. Varsity and Alumni Swimmers were divided up by Men's captain Michael Phillips and Women's Captain Ali Hengesbach in order to create this year's team. The gold Team took 3 of 4 relay events which inevitably led to the team's win 227-183.

Several Alumni had an outstanding day. Gold team member Matthew Houllier ('03) won several events

including both the 50 and 100 yard butterfly events. Not to be outdone Red team member Jessica Bracamontes ('05) won the 100 yard butterfly. Recent graduate Ryan Rico ('07) won the 50 yard breaststroke and 2000 graduate JoAnn Kazimer won the 50 yard freestyle.

Varsity Swimmer Ali Hengesbach won the 100 Breaststroke for the Gold Team. Varsity wins also came from Red Team Seniors Michael Phillips and Patrick Snell. Coach Rick West had this to say about

the event, "It was great to see so many of our Alumni here at this event. Our team has only been in existence a little over 10 years and already we have great support from our Alumni and friends. I am really looking forward to see what the next ten years will bring for our program and the alumni who graduate from it." The Cardinals will compete next at WVU on Saturday, October 13th at 11:00am. Swimming WVU and WVWC.

"Unlike Steve Parsons, though, I often feel sympathy for the hungry swimmers who must walk uphill to get dinner, and I find myself frequently transporting the weak and the weary"—Assistant Coach Nikki Rose

Red/Gold Meet Alumni

Red Team

- Shamori Todd 2005
- Jessica Bracamontes 2005
- Erin Hemmelgarn 2004
- Emilee Ramano 2005
- Ryan Rico 2007
- Mike Bowman 1999

Gold Team

- Devin Murphy 2005
- Steve Hemmelgarn 1998
- Emily Hein 2005
- Marie Somera 2005
- Matthew Houllier 2003
- Joan Kazimer 2000
- Nikki Rose 2004



2007-08 Captain Michael Phillips

Captains names, continued from page 1.

manded the respect of all of her teammates. Her determination and discipline make her an excellent choice for this season's captain."-Head Coach Rick West.

Michael is also the top returning scorer from last season's conference championships. He has

been a member of the Cardinal Team for three seasons and looks to make even greater strides in his senior season. Coach West had this to say, "Michael has been a tremendous leader this pre-season. He has accepted every challenge given to him and has lead by his example. The goals that

Michael has set for himself are very achievable and worthwhile. I am thrilled the men's team has chosen him to represent them." Michael graduated from Fairmont Senior High School in Fairmont, West Virginia. There he led his team to multiple state high school championships.

Coach's Corner

It was great to see all of you during the Hall of Fame weekend and swimming in the Red/Gold Meet. I would like for this to become an annual event during the Hall of Fame weekend. Hopefully as we begin to establish an Alumni organization we can build our funds to increase the number of activities on campus and now that we have a year in advance place things out a little better as well.

This month we open up

our competition phase of the season at WVU when we swim the Mountaineers and West Virginia Wesleyan College. The meet format has changed due to a couple of schools dropping out of the relay meet. Our team has grown to 13 members as of this newsletter and we are very excited to get the competitions under way. The team has been adjusting well to our practice philosophy and schedule and I can already see a change in technique, endurance and

attitude.

Following the WVU weekend we will be at home on October 19th vs Fairmont State College. This will be our only home meet this semester and I would love to have as many people there as possible supporting our team and making the acoustically friendly McDonough Natatorium as loud as possible. I look forward to seeing you on the road or on campus, please feel free to contact me with anything you need. GO CARDS!



Alumni- Matt Houllier

Reverse Raffle Set

Please mark your calendar. The date for the 2007 Cardinal Athletic Club Reverse Raffle has been set for Wednesday November 7th. We've secured the Discovery Center in the CET Building.

Please decide if you wish to split (when we get down to last 5 tickets, you have option of splitting the \$5,000 pot and going away with \$1,000, providing all 5 tickets state to split). If the, "I wish to split" box isn't marked, we have

to continue pulling until last ticket or remaining tickets in pot state they wish to split. We're shooting for 100% ticket sale participation. Tables of 8 can be reserved under your name. I would love to see you all back on campus again so soon.

You may purchase the ticket as a group.

Please let's all work together and make this a successful event! Price of ticket is \$50.00 Dinner \$25.00. Tickets

have been sent to printer and should be distributed to you next week.

E-mail me or call to reserve your ticket. We appreciate your commitment.

Thanks for supporting Cardinal Athletic Club!

"I would love to have as many people there as possible supporting our team and making the acoustically friendly McDonough Natatorium as loud as possible."—Head Coach Rick West

ALUMNI

Please send or email copies of your swim team photos. We need your pictures!

"Showing compassion"...continued

the weak and the weary.

I want to personally thank all of the Alumni who were able to make it back for our Red and Gold Meet. Thank you for reminding me what Cardinal Swimming is all about and for also impressing upon this new team the tradition that they are

blessed to now be a part of. Thanks again for all you support and as always, Go Cards!

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2007-08 Captain Ali Hengesbach

WHEELING JESUIT UNIVERSITY

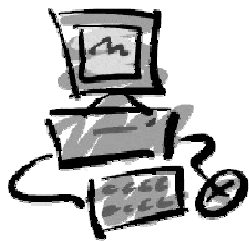
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GO CARDS!

We're on the web...

At <http://www.wju.edu/athletics/swim/main.html>



Red/Gold Meet 2007

2007-08 Wheeling Jesuit University Schedule

Wheeling Jesuit University Men's & Women's Swimming

2007-2008 Meet Schedule

Alumni News and Announcements

Marriages:

Matt Staley (2000) will marry Audrey Patterson on October 27th 2007.

They will be married at www.dreespavilion.com. Audrey is a graduate of Northern Kentucky University.

- Please send any announcements you would like posted to rwest@wju.edu

9/22/07	Red & Gold Meet	Home	1:00pm
10/20/07	WVU & WVWC	WVU	11:00am
10/19/07	Fairmont State University	Home	5:00pm
11/10/07	Chatham Relays (Women Only)	Chatham	10:00am
11/17/07	West Virginia Wesleyan College	WVWC	1:00pm
1/12/08	University of Findlay	Findlay	1:00pm
1/12/08	Alma College	Findlay	1:00pm
1/18/08	Indiana University of Pennsylvania	IUP	6:00pm
1/19/08	Wilmington College (Senior Day)	Home	1:00pm
1/26/08	College of Wooster	Wooster	1:00pm
1/29/08	Salem International University	Home	6:00pm
2/2/08	Fairmont State University	Away	1:00pm
2/13-2/16/08	Bluegrass Mountain Conference	Charlotte, NC	TBA
3/6-3/9/08	NCAA Championships	TBA	TBA