



Cardinal Rules



A look back with...Michelle Pillar

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When I think back to my swimming days at W.J.U., the first word that comes to my mind is tired! I knew it would not be an easy four years of swimming, but I felt prepared because of my years of morning and afternoon practices at Pitt. In thinking this, I don't think I factored in the amount of school work that comes along with being a college student and all of the weekends devoted to swim meets.

Sleep was precious and I took advantage whenever I had the opportunity. Of course, there were times when I involuntarily fell asleep, too, like during 9 A.M. Biology or English Lit class. The 8:00

classes after morning practice were okay, but it was the 9:00 classes that I struggled to stay awake in the most. I remember one day during Bio being so sound asleep that I jerked the desk and woke up to a pool of drool in my notebook. Disgusting? Yes, but it was beyond my control! Waking up early for morning practice was never easy. My poor roommate had to listen to the string of expletives that came out of my mouth every Monday, Wednesday, and Friday as the alarm was going off. We still laugh about that today!

If you were late for or missed a morning practice, you had a "Pay

Day". I recall one in particular, with Dave, nodding off on the stationary bike, a Stair Master, Level 10, Pike's Peak, 30 minutes, and sweating like I never had before. It was horrible! The best part of practice was leaving. I remember after morning practices walking back to New Dorm with my teammates yelling the words to "Tubthumping" and yelling, "If we're up, everyone should be up!"

I remember: rushing to dinner in the B-Room every night and getting the last bits of food before they cleaned up for the evening, skipping a Christmas practice freshman year and

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Spotlight Records for this issue...

Men

Dimitar Petrov

1650 Freestyle

15:45.27-1999

Women

Monica Henrich

200 Breaststroke

2:24.69

Lady Cards earn first win of the season over Bobcats

Buckhannon, WV 11/17/07- The Wheeling Jesuit Women's swimming Team won it's first meet in over two seasons when they defeated conference opponent West Virginia Wesleyan College 62-57.

The Lady Cardinals

won 5 of 11 events on their way to the upset. The 400 Medley Relay of Erica Walker, Ali Hengesbach, Kristen Gandee and Sarah Bell started off the meet with a win. Junior Ali Hengesbach touched first in both the 100 Freestyle

and 200 Freestyle in times of 1:00.31 and 2:10.99 respectively.

"This was a great meet for Ali. She really stepped up her game. Wesleyan is a great team with an especially strong tradition on the

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**Junior
Matt Batoszek**

Men fall at Wesleyan

Buckhannon, WV 11/17/07-Wheeling Jesuit Men's Swimming fell to conference opponent West Virginia Wesleyan College 104-40 at the Bobcat Natatorium. Wesleyan won all 11 events on their way to a route of the Cardinals.

"Wesleyan swam really well today. Several of their guys had season bests as did we, the

difference was at the finish. This is a conference opponent and we have to step up our competitive level," head coach Rick West said. "I am very anxious to see how we respond after the break."

Several swimmers had season best times, but none more impressive than Matt Bartoszek in the 500 and 1000 Freestyles with life-

time bests of 5:15.51 and 10:58.89 respectively.

The men's team will be in action after the Christmas Break when they take on Findlay and Alma Colleges at Findlay on January 12th at 1:00pm.

I had such an amazing four years and because I started on the team in its second year and ended up being the only girl on the team by the end of that year, I really had an opportunity to watch the team grow firsthand. I feel honored to have been a part of it all.

-Michelle Pillar 1999

Coach's Corner

Tradition-an inherited, established, or customary pattern of thought, action, or behavior. Establishing a tradition is a difficult task, especially in the middle of a program's life.

This season marks the 15h year of swimming at WJU. In those 15 years we have had great fortune and our share of valleys as well. One of the things that I firmly believe binds all of us is a strong tradition. Something that con-

nects every generation of athletes that participates here at Jesuit. For one reason or another we have lost a little of that tradition, either by coaching changes, communication issues or just plain forgetfulness. I really want to bring that back and/or get it started.

Part of that beginning will be the new sign as you enter the pool area from the locker rooms. Placing a quote on that sign that we can all agree on is the first in

That will bring us closer together. Also we are doing the same cheer before every meet to add some consistency. The newsletters and updates are the other way we are making an effort, but as always we want to hear from you the alumni and friend of Cardinal Swimming.

Your thoughts and ideas are always appreciated and considered. Please feel free to pass along any ideas or recollections that you have, and as always.....GO CARDS! Rick



**Junior Captain-
Ali Hengesbach**

Women defeat 'cats...continued

-cially strong tradition on the women's side," head coach Rick West said. "Ali's wins were key in putting us in a position to win."

Sophomore Kristen Gandee also touched the wall first with a time of 2:41.77 in the 200 IM. Sarah Bell scored her first win of the season in the

500 freestyle.

"Our women's team had a real breakthrough today. It was the first time in any of their college careers that they had a win. It's not the conference championship, but it is a start, and I'm glad to watch these ladies get WJU swimming back on

the right track," West said.

The Lady Cards will be in action next after the Christmas break at Findlay as they take on Findlay and Alma on January 12th at 1:00pm.

A look back cont...

doing 8 400 I.M.s, watching movies in the dorm with Matt and Sudha during Christmas training (no Florida that year!), having practice after Midnight Madness one year to avoid having to get up for it later that morning, eating Papa John's on the deck of Fairmont's pool when the bus broke down, the swim cord snapping and hitting Brian H. where no man wants to be hit and watching his slow-motion reaction to the pain as he fell in the water, my friends cheering me on and timing at all of the home swim meets my freshman year, ringing in the New Year at Shoeless Joe's during FL training with Mark, Brady, Sharaine, and Shastine (we "partied like it was 1999", because it was indeed 1999!), prank calling the president from my room with Steve H. and Missy and having Dave confront us about it only to

find out later that Steve had told him all about it, "synchro" swimming with JoAnn during warm down.

I could go on and on, but from the moment I came to visit for a weekend during senior year, I knew it was where I wanted to be. I had such an amazing four years and because I started on the team in its second year and ended up being the only girl on the team by the end of that year, I really had an opportunity to watch the team grow firsthand.

I feel honored to have been a part of it all. I would need a full notebook to write all of my memories, thoughts, and feelings, but to sum it up – it was all worth it- every practice (even the ones where the air was so chlorinated we could not breathe), every meet, every feeling of sheer exhaustion.

During those four years, there was nothing better than the feeling after a good workout or getting a best time at a meet or just laughing with teammates about stupid jokes that never seemed to get old. I would not trade these memories for anything!

Michelle Pillar -1999
114 North Main St.
Apt. 1
Moorefield, WV 26836
michpill@hotmail.com



**Sophomore
Sergio Bracamontes**

This season marks the 15th year of swimming at WJU. In those 15 years we have had great fortune and our share of valleys as well. One of the things that I firmly believe binds all of us is a strong tradition.

-Coach Rick West

WJU inks four during the early signing period...

12-01-07 -Wheeling Jesuit University Men's and Women's Swimming Team each signed 2 swimmers during the early signing period of the 2007-08 school year. Jacob Totherow, Ben Foreman, Jessica Steve, and Chelsea Guiseppi make up the start of this season's class.

Jacob Totherow is from Ball Ground, GA and will be a graduate of Cherokee High School. Jacob is a state qualifier in several events and will help

strengthen the Cardinals freestyle and IM events.

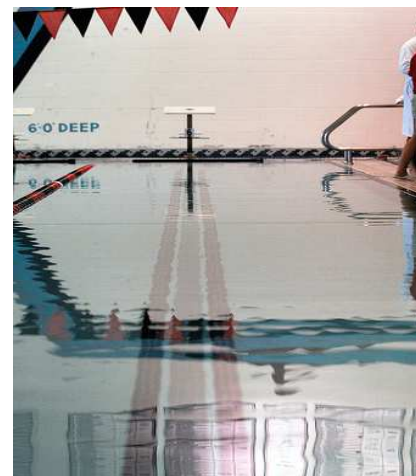
Ben Foreman attends Lincoln Way High in IL. Ben is a versatile swimmer who will be a multiple event threat at conferences. Ben is a Senior States and YMCA National Qualifier.

Jessica Steve swims for Beaver Local High School in Ohio. Jessica is an Ohio State High School qualifier and is an All-Conference OVAC swimmer. Jessica is proficient in both mid-distance and distance free-

style as well as butterfly.

Chelsea Guiseppi attends East Fairmont High School in WV. Chelsea is a WV State High Championship finalist in several events including the 100 yd backstroke. She will also be an asset for the Lady Cards in the freestyle events.

"This class signifies the new beginning here at Jesuit. It is great to see that so many quality athletes have the confidence and commitment to our program."-Head Coach Rick West.



WHEELING JESUIT UNIVERSITY

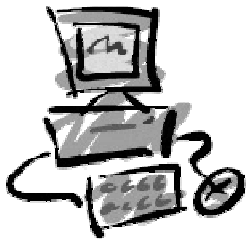
Swimming Office
316 Washington Ave
Wheeling, WV 26003

Phone: 304-243-2399
Fax: 304-243-2265
E-mail: rwest@wju.edu

GO CARDS!

We're on the web...

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



Cardinal Natatorium

2007-08 Wheeling Jesuit University Schedule

Wheeling Jesuit University Men's & Women's Swimming

2007-2008 Meet Schedule

Alumni News and Announcements

- 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	1:00pm
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	3:00pm
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