



Cardinal Rules



Coach Dave Shotwell says, "Thanks"

Inside this issue:

Alumni Update	1
Dual Meet	1
Women vs FSU/SI	2
Coach's Corner	2
BGMC	3

When coach West asked me to write an article for this month's newsletter I was honored. Then I began to wonder where to start. I decided to start in the beginning. The first year of swimming at WJU was 1993. We had 5 men and two women on the team, WJU was an NAIA school, and when it was all said and done we had four NAIA All-Americans.

The next few years were filled with traveling and recruiting, trying to sell my dream to student athletes with different dreams. Through these years we never lost sight of the big picture, to become a nationally recognized team.

In my final three seasons at WJU we reach that goal, and in my final year we finished 15th at the national championship meet. I left Wheeling in the spring of 2000 and moved back home to Cincinnati to be with my pregnant wife and son. I never really left the team, I still keep in touch with some of the men and women that swam for me. Reading some of the articles that former athletes have written have brought back some great memories.

I've had some of you say thank you over the years so now it is my turn. I would like to thank each and every one of you who swam for me from Os-

kar, Steve, and Michelle all the way to Bri, Jenn, Stales, Furlong, and Zoran. You all touched my life as much if not more than you think I might have touched yours.

This was made very clear to me this past fall at a wedding of a former swimmer. After the wedding Alicia and I had a great conversation about my years at WJU and summed it up as follows. When I look back I had a lot of good and great swimmers that swam for me but more importantly I had a great group of class individuals who worked very hard for me while having a lot of fun. I had a great

Continued on page 3

Spotlight Records for this issue...

Men

Tron Johnson
100 Breaststroke
59.56-2003

Women

Jennifer Grabski
50 Freestyle
24.19-2000

Cardinals end dual meet season with a pair of victories over Fairmont & Salem

Fairmont, WV-The Wheeling Jesuit University Men's swimming team completed its regular season with a record of 4-7 (3-2) at the Feaster Natatorium in Fairmont.

The Cardinals beat the Falcons 90-75 and the Tigers

of Salem 11-7. Junior Logan Hupp was the loan triple winner of the day winning the 1,000 Freestyle with a time of 11:32.38 and the 500 Freestyle with a time of 5:47.76. Hupp was also part of the winning 800 Freestyle Relay which

also consisted of Kevin Rico, Michael Phillips and Freshman Kenny Wessel. Sophomore Sergio Bracamontes scored a double win for the Cards with wins in the 100 Butterfly and 200 Freestyle (56.82, 1:52.91).

Continued on page 2



**Senior Captain
Michael Phillips**

Wheeling Jesuit Women Split Effort with Falcons, Tigers

Fairmont, WV-The Lady Cardinal Swimmers of Wheeling Jesuit split their last dual meet contest of the season losing to Fairmont Sate University 120-35 and winning against Salem University 11-0.

Ali Hengesbach started off the day by winning the 1000 Freestyle with a season best 11:50.05. Hengesbach also scored a second place finish in the 100 butterfly.

Sophomore Kristin Gande earned a second place

in the 200 IM and a third in the 100 backstroke while Sarah Bell scored a fourth in the 50 Freestyle and third in the 100 Freestyle.

Freshman Erica Walker placed third twice, once in the 50 Freestyle and the other being the 100 Breaststroke.

"Our women's team worked really hard this season," head coach Rick West said. "With only having four women, it was challenging but I am really proud of them for winning

the two conference meets that they did."

The Cardinals will finish off the season at the Bluegrass Mountain Conference Championships beginning February 13th in Charlotte, NC.

For more information about Wheeling Jesuit University swimming please contact head coach Rick West at 304-243-2399 or at www.wju.edu.

Once again I can't tell you how honored I am to say that I coached most of you. You truly are a group of special men and women who helped me become who I am.

-Dave Shotwell

Coach 1993-2000



**Senior-
Patrick Snell**

Coach's Corner- "Individuals win races, TEAMS WIN CHAMPIONSHIPS!"

We had a wonderful response back from our tradition quote. There were over 40 quotes submitted and several alumni voted and sent in their recommendation. The team eventually settled on "Individuals win races, TEAMS WIN CHAMPIONSHIPS!"

I think that this is a very appropriate logo for our team considering our point in history and that we will need help to get back a

point of prominence. **Our** team consists of current swimmers, coaches, alumni and friends and parents of the swimming program.

It would be the easy way out to sink resources into one athlete and have a small team that has no chance of winning a dual meet or a realistic chance at doing well at the conference championships. My experiences at Jesuit has always emphasized team and I enjoy the results that come from that.

Our team should grow in leaps and bounds over the next few seasons and the success in the pool will follow along with that. Success breeds success. If you show that you can be successful in building a team it is easy to conclude that you will be successful in having a winning team.

Thanks again for all your participation and I look forward to hearing from you. Take care and GO CARDS...Rick

Men sweep FSU & SI...continued

Senior Michael Phillips had a key win in his hometown as he out touched Kyle Lilley of Fairmont in the 100 Freestyle with a time of 51.25. Senior Patrick Snell notched a win in the 100 Backstroke with a time of 59.60.

Overall Jesuit won 7 of 11 events for the win.

"This was a huge win for our program," Head coach Rick West said. "First we secured a winning season in the conference with today's wins. Second to beat a team like Fairmont that is consistently a great team year in and year out twice in one season shows that we are back on the right track."

"We are far from there, but definitely headed in the right direction," West said.

Cards move up the board at BGMC

Charlotte, NC-The Wheeling Jesuit University Men's and Women's Swimming Programs improved both their standings and their scores from last year's effort. On day four of competition the Lady Cardinals sat in 11th place scoring 63pts, a vast improvement from the last place finish of last season with a score of 13pts.

The men's team faired just as well scoring 130 pts and finishing in 9th place. Jesuit began the year with only two swimmers returning to the team, but by the time that all was said and done 12 swimmers completed the season and the Cardinals got the program back on track.

"We are far from our goal, but this is a step in the right direction", Head Coach Rick West said of the season. "Our teams did a great job of meeting the challenge of a new coach, a new system of training, and the high expectations that were placed on them," West said.

Jesuit had 6 individuals score in the finals during the meet in addition to the relay swims. A total of 43 of 48 swims were lifetime best for the Cardinal swimmers.

Junior Captain Ali Hengesbach scored in the 1000 Fr (16th), 400 IM (14th), and 1650 (9th). Junior Sarah Bell also made a scoring appearance in the 1650 swimming to 14th place. Kristin Gandee, (So) scored in the 400 IM with a 16th place finish.

Individually for the men's squad, Patrick Snell (Sr) was the only 3 time scorer. Snell recorded a 12th place finish in the 400 IM, a 15th in the 100 Backstroke, and a 13th place finish in the 200 Backstroke. Sophomore Sergio Bracamontes swam at finals in both the 100 Butterfly (13th) and the 200 Butterfly (10th) recording lifetime best swims in each. Junior Logan Hupp also finished in his individual event with a 15th place finish in the 1650.

Head Coach Rick West had this to say about the team's finals appearances, "I am very proud to see how many of our athletes swam at finals. The really exciting part is that with the exception of Pat Snell, we return all of our points next season. This should get us off on the right foot for next year as well."

The Cardinals concluded the season at the Blue Grass Mountain Championships and will begin spring drills in the next few weeks. The Swim Team's Award Banquet will be held in April at a location and date that is TBA.



**Junior
Kevin Rico (Senior Day)**



Cardinal Athletics

I think that this is a very appropriate logo for our team considering our point in history and that we will need help to get back a point of prominence. **Our** team consists of current swimmers, coaches, alumni and friends and parents of the swimming program.

-Coach Rick West

Coach Dave Shotwell, continued...

time at WJU and feel all my hard work paid off. As I look at how successful all of you are now in your professional lives I am proud and honored to say that you all swam for me.

Alicia and I now have 2 children Tyler is 10 and Jordan is 7. Neither of them have shown a lot of interest in swimming (despite Furlong's attempts) and I am glad. I would be the worst swim parent ever, being as set in my ways as I am.

Once again I can't tell you how honored I am to say that I coached most of you. You truly are a group of special men and women who helped me become who I am.

For the record ladies I still proudly wear your t-shirt and just so you can all rest easy I am still undefeated. I have been the best looking coach at all of Tyler's baseball and soccer games too.

Take care and God Bless you all, Coach

Email:
dshot206@yahoo.com

Dave Shotwell was the founding Coach of the WJU Swimming Teams and is the winningest coach in Jesuit Swimming History. He has won a Men's WVIAC, Men's Bluegrass Mountain, and combined team championships. He has had several teams in the top 25 of the country. He also coached the school's only Swimming-National Champion and 16 All-Americans.



**Junior Captain
Ali Hengesbach**

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](http://www.wju.edu/athletics/swim/main.html)



JESUIT SWIMMING Individuals win races, TEAMS WIN CHAMPIONSHIPS!

2008 BGMC Results

<u>Name</u>	<u>Event</u>	<u>Time</u>	<u>Place</u>
Ali Hengesbach	1000 Free	11:48.59	16th
Snell, Bracamontes	200 Free Relay	1:30.85	9th
Phillips, Rico			
Snell, Phillips,	400 Medley Relay	3:45.77	9th
Bracamontes, Rico			
Walker, Hengesbach,	200 Medley	2:06.25	10th
Gandee, Bell			
Snell, Phillips,	200 Medley	1:41.46	8th
Bracamontes, Rico			
Patrick Snell	400 IM	4:33.36	12th
Ali Hengesbach	400 IM	5:04.89	14th
Kristin Gandee	400 IM	5:21.08	16th
Patrick Snell	100 Bk	58.04	15th
Sergio Bracamontes	100 Fly	54.22	13th
Hengesbach, Gandee,	800 Free Relay	9:10.72	9th
Walker, Bell			
Bracamontes, Hupp,	800 Free Relay	7:44.23	7th
Rico, Wessel			
Ali Hengesbach	1650	19:16.77	9th
Sarah Bell	1650	22:42.77	14th
Logan Hupp	1650	18:13.18	15th
Patrick Snell	200 Bk	2:06.86	13th
Sergio Bracamontes	200 Fly	2:01.62	10th
Hengesbach, Gandee	400 Free Relay	4:09.79	10th
Walker, Bell			
Bracamontes, Snell	400 Free Relay	3:21.58	8th
Rico, Phillips			

Alumni News and Announcements

- Special Thanks to Erin Hemmelgarn (98) for her donations to the team for the conference championships.
- Please send any announcements you would like posted to rwest@wju.edu