



# Cardinal Rules



## Alumni Spotlight-Matt Puthoff

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When I think back at my time at Wheeling Jesuit, and specifically my time as a member of the Wheeling Jesuit Swim Team I just smile and laugh and I am filled with a sense of pride and accomplishment. Yes, there were the morning workouts and the cold water and goal set days. But those all just blend together in a blur of water and ibuprofen. What I remember most are things that happened out of the pool. The experiences, relationships, and memories from my teammates is what I value the most. I came to WJU because it felt like home to me. When I arrived there the team was a family and became a

home away from home for me. Though sometimes we wore on each others nerves we were family. I always looked forward to the Thanksgiving holidays when the swimmers were the only ones on campus. These days were filled with two-a-day practices and lots of N64 in the "swimmer's" quad. The trips to Florida, that were extremely hard, but seemed like a vacation because of the times spent with teammates in weather that was supposed to be warmer then Wheeling. Then what I really remember are the trips to Wooster for the conference meets. The team meetings, the scoring the heat sheets to

figure out how many points we have to make up because of diving. The feeling of accomplishment and pride when the team won conference, when our coach was named "Coach of the Year", when our teammate was named "Swimmer of the Meet". I don't want go on and list specific memories because there are too many good times to list, and I will save that when we see each other again.

What I think is special about the WJU swimming family is that even though we don't talk everyday, or even go years without seeing each other, when we do get together it is like the

### Spotlight Records for this issue...

#### Men

Paul Mangen  
500 Freestyle  
4:34.74-2002

#### Women

Marie Somera  
1650 Freestyle  
17:58.37-2001

## Nikki Rose named Recruiting Coordinator

Assistant Coach Nikki Rose has been named Recruiting Coordinator of the Men's and Women's Swimming programs at Wheeling Jesuit University.

Head coach Rick West added the responsibility to Rose's current role as Assistant Coach. "Nikki has done a great job of learning and con-

tributing to the recruiting process this season, "West said. "Her rapport with student/athletes is excellent and I believe that she will continue to help elevate our program to the next level."

Rose swam for Wheeling Jesuit from 1999-2003 and served as captain for her sen-

ior season. "Nikki has been a vital part of the team's success this season both in and out of the pool," West said. "I have been fortunate enough to coach Nikki in high school, in college and now work with her as the team's assistant." "Adding the duties of recruiting coordinator is a natural

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## Siblings Follow Suit in Captain's Role



**2008-09 Captain  
Ali Hengesbach**

Head Coach Rick West announced today that Junior Captain Ali Hengesbach will retain her captain's position for the 2008-2009 season and will be joined by sophomore Sergio Bracamontes.

"Both Ali and Sergio are excellent leaders on this team and I'm certain that will continue on next season," West said. "The interesting twist to this story is that both Ali and Sergio have had siblings who were also team captains."

Ali's brother Justin (2001) was a captain for the 2000-

2001 season, her brother Brian was a swimmer for the Cards as well and Sergio's sister Jessica (2005) was a captain for the 2004-2005 season.

Hengesbach has been a finalist at the Bluegrass Mountain Championships each of her seasons at Jesuit.

She has placed in the 100 Breaststroke, 200 Breaststroke, 1000 Freestyle, 1650 Freestyle and 400 Individual Medley.

Bracamontes has also finished in his first two seasons in the 100 Butterfly

and 200 Butterfly events.

Ali is a member of the Business Honors Society and Sergio is a member of the Student Athletic Advisory Council. "We are constantly trying to build bridges with our alumni and I am thrilled to see that our team has nominated two excellent captains who also happen to be member of great Cardinal Families," Head Coach Rick West said.

The Cardinals are currently involved in Spring Drills and will resume the season next fall.

The experiences, relationships, and memories from my teammates is what I value the most. I came to WJU because to me it felt like home.

**-Matt Puthoff 2002**



**2008-09 Captain  
Sergio Bracamontes**

This year's swim team banquet is a very special one. I feel very fortunate to be back in the position of Head Coach. This team is very special in the sense that they had a tremendous amount of adversity to overcome from a new coach to having not been in the water for some time to the normal challenges that a season presents.

The purpose of the banquet is to celebrate the achievements this team has accomplished. In doing so we are awarding two awards for each team. We are presenting the

Swimmer of the Year and a Coach's Award for both men and women.

I am very happy to say that we are naming the Men's Team Coach's Award the Shotwell Award after Dave Shotwell, Wheeling Jesuit Universities very first Men's and Women's Swimming Coach. Coach Shotwell's accomplishments are many; he delivered the first WVIAC and Bluegrass Mountain Men's Swimming Conference Championship and has had his teams in the top 25 of the NCAA Division II National Championships several times.

In addition to the numerous conference champions, all conference swimmers, and NCAA All-Americans, one of the pinnacles of Coach Shotwell's career came when he coached Wheeling Jesuit Universities only NCAA national Champion Zoran Lazrovski in the 200 Butterfly.

I would like to thank the very generous alumni who donated funds to have a plaque placed outside the pool to recognize the winners of the awards. Thanks again and GO CARDS!

Rick

## Rose continued...

progression to her long term goal of becoming a head coach." Wheeling Jesuit signed four swimming recruits in the early signing period a task that has not been accomplished in sev-

eral seasons.

The Cardinals also won a total of 6 dual meets and moved up the rankings at the Bluegrass Mountain Championship, which is another improvement over re-

cent years.

Rose will assume the responsibilities immediately as the Cardinals look to secure the rest of their recruiting class for next season.

## Cardinals Receive Awards at Banquet

The Wheeling Jesuit University Swimming Team held their annual awards banquet on April 20th. The entire swimming team was honored for their efforts during the season and at the conference championships.

Also recognized, were distinguished guests in the audience, the parents and families of the swimmers, Carrie West and the rest of Coach West's family, Father Harry Geib, Manager Sarah Dille, and University President Julio Giulietti, SJ.

A total of four awards were given out during the evening. First was the women's Coach's award which went to the swimmer which best represented the team's values and characteristics. The coach's also placed a strong value on performance throughout the season and overall enthusiasm for the sport and

the team. Kristin Gandee became the first person at Jesuit to receive this honor. On the men's side the corresponding award was named the "Shotwell Award" after WJU's first swimming coach Dave Shotwell. Michael Phillips was the first person to win the award for the men's team.

"Both Michael and Kristin are excellent representatives of our team and what we want to portray of a student-athlete. Both swimmers have been dedicated to the progression of the team and have done everything in their ability to moved Jesuit forward.", Head Coach Rick West said.

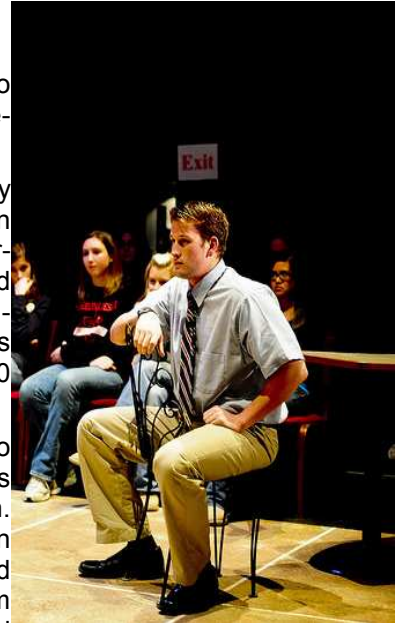
The last two awards of the evening were the men's and women's swimmer of the year. This award went to the Cardinals that scored the most points during the season, at the conference championships and had a consistent year throughout.

Ali Hengesbach and Sergio Bracamontes were the recipients of this honor.

Ali was the only female swimmer to score in three events at the conference championships and Sergio had two of the highest finishes for the men's team in the 100 and 200 Butterfly events.

"Ali and Sergio have been the pace setters for the team all season. Both of them have been team leaders this year and we have relied upon them to score at every dual meet.", said West.

The Cardinals will conclude spring training and begin preparation for finals. After the summer break classes will resume August 25th with practice to begin the following week.



**Senior Pat Snell in:  
Master Harold**

I am very happy to say that we are naming the Men's Team Coach's Award the Shotwell Award after Dave Shotwell, Wheeling Jesuit Universities very first Men's and Swimming Coach.

**-Coach Rick West**

## Spotlight continued...

time was never lost and we are having another breakfast or dinner in the B-room. Or another crazy day in the "swimmer" quad. Another long walk going to or from practice or class. The same conversations and the same "remember whens" that make us reminisce about the great times that we spent as members of the Wheeling Jesuit University Swimming Family.

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**Cardinal Athletics**



**Junior Kevin Rico and Sophomore Sergio Bracamontes  
Winning raft race at Last Blast**

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GO CARDS!



We're on the web...

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



**JESUIT SWIMMING  
individuals win races,  
TEAMS WIN CHAMPIONSHIPS!**

**2008-09 Schedule**

**Alumni News and Announcements**

Special Thanks to the following Alumni for their generous donation on the Phon-a-thon and the Banquet Awards:	9/27/08	Red & Gold Meet	Home	1:00pm
	10/17/08	Baldwin-Wallace College	Home	5:00pm
	10/25/08	Saint Vincent College	Home	1:00pm
	11/1/08	Findlay	Home	1:00pm
• Mark Jennings	11/1/08	IUP	Home	1:00pm
• Shamori Todd	11/8/08	University of California-Women	Cal-U	1:00pm
• Erik Cozadd	11/8/08	Gannon University	Cal-U	1:00pm
• Jessica Bracamontes	11/14/08	Frostburg State University	FSU	6:00pm
• Mr & Mrs Bracamontes	11/20-22/08	Crimson Hawk Invite	IUP	TBA
• Erin Parrill	12/27-1/7/09	Christmas Training Trip	TBA	TBA
• Steve Parsons	1/10/09	West Virginia Wesleyan College	Home	1:00pm
• Brady Butler	1/17/09	Wilmington College	Wilmington	1:00pm
• Brian Furlong	1/19/09	Salem International University	Salem	6:00pm
• Louis Nardelli	1/23/09	Fairmont State University	FSU	6:00pm
• Erin Hemmelgarn	1/24/09	College of Wooster (Senior Day)	Home	1:00pm
• Matt Puthoff	2/11-2/14/09	Bluegrass Mountain Conference	Charlotte, NC	TBA
• Nikki Rose	TBA	NCAA Championships	TBA	
• Mr & Mrs Snell				

**Go Cards!**