



Cardinal Rules

Red/Gold Alumni Meet-September 27th

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It is that time of year again! The Red/Gold Meet and Alumni Weekend is scheduled for September 26th-28th at Jesuit. Last year we had about 15 alumni attend and participate in the meet and my hope is that this year we can double that number.

This year we have a special guest, Coach Dave Shotwell will be attend the event and wanted me to let everyone know that he will be around that weekend. So I would make a special request that if you are available and especially if you swam for Coach Shotwell you make if for the event as we will be honoring Michael Phillips. Michael is the first winner of the Shotwell Award, given to the swimmer who wins the "Coach's Award".

This will also be the unveiling of the newest version of the Jesuit Swimming Team.

We are welcoming 17 new freshman into our family and my hope is that they can meet as many of you as possible.

This year is a little different than last since our meet is not concurrent with Hall of Fame Weekend which was moved to late October and now coincides with one of our meets. We do still have a full and complete weekend of events planned. A complete list of the events of the weekend are on page 2 of this newsletter.

I will be happy to schedule T-times at Oglebay for anyone who would like them on Friday the 26th. If you would like a group time scheduled please let me know so that they can be arranged. On Friday Evening we will be getting together as a group at TJ's Sports Garden at 7:00pm,

any and all Alumni, Parents, and Friends of Jesuit Swimming are more than welcome to attend.

The meet will begin at 1:00pm on Saturday with a picnic to follow immediately afterward. Kelly Klubert from the Alumni office has generously offered to donate the drinks for the event and have the Eriksson Alumni Center opened for us. Please make sure that you say hello to Kelly as we finish the meet.

Saturday evening I will leave open so that groups can make plans to get together and meet each other. Sunday we will do a brunch at Perkins for anyone who would like to attend about 10:00am.

Please RSVP for the meet and ANY event you would like to attend so that I can make reservations. Call 304-243-2090 or rwest@wju.edu

Spotlight Records for this issue...

Men

Zoran Lazarovski

200 Butterfly

1:48.26

Women

Shastain Rajack

100 Breststroke

1:08.74

Senior Kevin Rico

My name Kevin Rico and I will be a senior this upcoming 2008-2009 swim season. I have done sports as long as I can remember whether it was basketball, cross country, or swimming. I have two older brothers and a twin brother and swimming started for me as a family activity and grew into a love for the sport. I swam for a summer swim league till high school and then joined the

YMCA and started to hit my stride in the water. One thing that I enjoyed about swimming is that I got to swim with the friends I had made when I started and those friendships last even today. I thought I had hit the end of my swimming career after graduating high school but little did I know that it was only the tip of the iceberg for me and my love for swimming flared up again this past

year and I have made more friendships and memories that I won't ever forget. I'm proud to call myself a WJU athlete and can't wait for the next season. So good luck to everyone and all I have to say is that the alumni better come ready to swim because we're ready to compete. GO CARDS!!

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Alumni Weekend Activities



Senior-Kevin Rico

“I have made more friendships and memories that I won't ever forget. I'm proud to call myself a WJU athlete” -Senior Kevin Rico

Friday:

T-times available at Oglebay
Campus Tours Available

3:30pm

Team Practice (Open)

7:00pm

Social at TJ's Sports Garden located on National Road.

Alumni, parents, & friends welcome. **Please RSVP.**

Saturday:

1:00pm

Red & Gold Meet-Alumni welcome and encouraged to swim. Presentation of Shotwell Award & Alumni of the Year Award.

3:00pm (ish)

Team cookout outside the pool. All are welcome. Feel free to bring a covered dish or contribution to the picnic. Drinks and meat will be provided. **Please RSVP**

Evening

Free for class gatherings

Sunday:

Brunch at Perkins. **Please RSVP.**

Sophomore-Kenny Wessel



Kenny Wessel-Sophomore

Hi my name is Kenny Wessel. I was born in Detroit, Michigan on April 27, 1989. My parents are Stephen and Sarah Wessel. I have an older brother and a younger sister. My Dad was in the navy (now retired) so we moved around a good bit. I started school in a town outside of Philadelphia. We moved to Canonsburg, Pennsylvania when I was 9.

There I finished school and graduated from Canon McMillan High School.

I played many different sports throughout school. I started swimming when was a sophomore in high school. I had finally found the sport for me. My first year was rough but I greatly improved the following two. My team

won the section title my junior and senior year. They also won it the year after I graduated. They now hold it for three years running after not having it for twenty-five years. Being on the swim team has been a very special experience for me. I look forward to my next three years at Wheeling Jesuit University. GO CARDS!!

Senior Sarah Bell

My first Wheeling experience began across the Interstate at Wheeling Park Hospital in 1987. Within 6 months I moved to Vienna, WV with my parents and brother. I joined my first swim team at the Parkersburg Country Club at age 4. I swam for both the Marietta, Ohio, YMCA & USS teams and the Parkersburg, West Virginia, YMCA & USS teams. Parkersburg Catholic High School did not have a swim team but they did have a volleyball team. I was co-captain of the volleyball team for three out of the four years that I played. I stayed "wet" in the summer by life guarding, since I was 15, as well giving swim lessons and coaching swim teams.

I have loved returning back to Wheeling to attend WJU. I am an elementary education major. I am vice

president of the Senior class and have held different leadership positions with the dorm association and groups on campus as well as being a campus ambassador.

Last year, Rick West became our coach and I was talked into giving competitive swimming one more try. His one request was that if I started, I had to finish. That is the way I have always participated with sports so I jumped in with both feet. I swam a number of different events last year, any where Coach Rick thought I could help the team. This includes swimming the 1650 at conference in which I placed 14th. Although it was hard, I was not in swimming shape when the year started, I am glad that I swam last year. I am looking forward to swimming my Senior year with the team and getting to know our new teammates.

When I'm not swimming, I

enjoy hanging out with my friends from school. I also like to golf with my family in which my dad and I placed first in the father/child tournament this year. I also enjoyed beating Surge and Logan's team "jackal" at the swim camp swim meet.



"I am looking forward to swimming my Senior year with the team and getting to know our new teammates."- Senior Sarah Bell



Cardinal Athletics

Junior-Kristin Gandee

Hello, I'm Kristin Gandee, a junior respiratory therapy major, from Marion, Ohio, which surrounded by farm lands and woods. I live there with my amazing parents Jerry and Karen Gandee and my two older sisters, Bambi and Ashley. My dad is a firefighter/paramedic, my mom is a clerk for the Marion County title office, Bambi is going to school for her RN, and Ashley is going to school for radiography. Swimming became the big thing in my family once my sister Bambi

had started as a freshman in high school, and then Ashley and I started followed by joining the summer swim team.

I moved to Marion my junior year of high school and swam two years for the high school team. I lettered both years in swimming, was the girl's team captain my senior year. Also I had made it to Districts my senior year for each one of my events. As a proud "Card" I have done well at conference, this past year I placed in the 400 IM.

I was glad to become a part of the Cardinal team my freshman year. I have met some of the most amazing people ever; Ali, Surge, Michael, Nikki, and the rest of the team, oh and of course Rick West. I have watched this team go through some pretty hard times and some amazing times too. I'm so excited for the upcoming season with all the new talented swimmers. I just can't wait to see how well we all do this year not only in swimming but as becoming a bigger family.



**Junior Kristin Gandee
2008 Coach's Award
Winner**

WHEELING JESUIT UNIVERSITY

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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

• Jennifer Hitchcock (Grabski) 2001-delivered her second child on June 11 of this year; a baby boy named Ian Raif Hitchcock. His big sis, Kyla, and dad, Blake are just as excited as she is.	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
	11/1/08	IUP	Home	1:00pm
	11/8/08	University of California-Women	Cal-U	1:00pm
	11/8/08	Gannon University	Cal-U	1:00pm
	11/14/08	Frostburg State University	FSU	6:00pm
	11/15/08	Urbana University	Home	1:00pm
	11/20-22/08	Crimson Hawk Invite	IUP	TBA
	12/27-1/7/09	Christmas Training Trip	TBA	TBA
	1/10/09	West Virginia Wesleyan College	Home	1:00pm
	1/17/09	Wilmington College	Wilmington	1:00pm
	1/19/09	Salem International University	Salem	6:00pm
	1/23/09	Fairmont State University	FSU	6:00pm
	1/24/09	College of Wooster (Senior Day)	Home	1:00pm
	2/11-2/14/09	Bluegrass Mountain Conference	Charlotte, NC	TBA
TBA	NCAA Championships	TBA	TBA	

Go Cards!