



Cardinal Rules



Memory Lane 7 with Alum– JoAnn Kazimer

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As a freshman swimmer, I was not prepared for many of the demands of college level swimming. For example, I remember that one of my professors called coach Dave Shotwell because I was falling asleep in his afternoon class, which just so happened to be on the days we had morning practices. It was terribly embarrassing for a professor to have to tell me to stay awake in front of the class. It was even more humiliating to discover that word on my afternoon slumbers had reached my coach. I thought I couldn't handle swimming and classes. I was barely keeping up in swim practice anyway and doubted if

I should even be on the team. Dave said my body would adjust to the time schedule after a few weeks, and he was right. (I had been expecting him to suggest that I quit, but he didn't.)

Dave Shotwell was a very animated coach that really believed in the team he was building. His enthusiasm was contagious. He created a successful conference champion program in just a few years. After a meet he'd say something along the lines of: "Why do you all look so tired? I'm the one who should be tired. You only had to swim your races; I swam every event with each of you."

He was always enthusiastically cheering and jumping around the deck at meets. He also had a good sense of humor. Sometimes when we lost he'd say: "Too bad about your lost, but I won. I was the best looking coach on deck!"

The experience and insight gained from my years on the team are priceless. It was as if the swim team was a mini controlled environment to teach life lessons. I learned how to deal with and work through pain and discomfort, while simultaneously learning to accept that I – like everyone else – have my limits. And swim team taught me

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Spotlight Records for this issue...

2002-Pat Seitz

50 Freestyle

20.96

2000-Jennifer Grabski

100 Freestyle

52.40

Jesuit Men Capture First Dual Meet Win In More Than Two Seasons

10-19-07 -The Wheeling Jesuit University Men's Swimming program (1-2) gained its first win of the season over conference rival Fairmont State University (0-1) 87-86. "I did not realize it until the end of the meet, but someone told me that this was the first win Jesuit

has had in more than two seasons," Head Coach Rick West said. "I really hope that this can be the catalyst for getting our team back on a winning track. Fairmont is always a great squad and I'm thrilled we had the opportunity to

race them this evening." The Cardinals won 5 of 11 events on their way to victory. The 200 freestyle relay of Patrick Snell, Kevin Rico, Matt Bartoszek, and Logan Hupp touched first with a time of 1:43.17.

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Lady Cards Fall to Fairmont



**Sophomore
Kristen Gandee**

10-19-07-Wheeling Jesuit University's Women's swimming team (0-3) lost to conference opponent Fairmont State University (1-0) by a score of 93-57. Fairmont State won 7 of 11 events. The Lady Cardinals were lead by captain, junior, Ali Hengesbach as she won the first individual event of the meet with a time of 11:51.46 in the 1000 freestyle. Hengesbach also added to her point total by placing 2nd in the 500 Free (5:42.87) and 3rd in the 100 breaststroke

(1:19.82). Wheeling Jesuit also gained wins from junior Sarah Bell in the 200 IM with a time of 3:07.64 and freshman Erica Walker in the 100 backstroke (1:11.66). "Our women's team really swam hard today," head coach Rick West said. "We had several in-season improvements and even a couple of lifetime best swims." "I am excited to see what we can do later in the season" he said. The women's team will be in action again at 11 a.m. on November

the 10th as they participate in the Chatham Relays in Pittsburgh.

"The experience and insight gained from my years on the team are priceless. It was as if the swim team was a mini controlled environment to teach life lessons."—Alum, JoAnn Kazimer

Coach's Corner-No Excuses

"No Excuses" is an unofficial Mantra I have taken upon for myself and the team this season. After returning to Wheeling I have been told of many challenges that we face here at WJU some accurate, but most inaccurate. There have been several "excuses" as to the state of WJU swimming many of them misconceived. Luckily, I actually have been to other programs and have actually coached at other

college programs to see that things are cyclical and often times can be remedied with a simple change of attitude and team culture. I certainly do not mean to paint a picture of smooth sailing and tranquil waters, quite the contrary. Our program needs to show the championship resolve that made it a conference and national power. I do feel that in gaining our first win we have taken the first step in that process and that is produc-

ing results. Second we are getting commitments on the recruiting trail and that shows our second step, belief in the future. The last link in the chain is connecting the winning traditions with the current team's willingness to succeed. I believe in this, because I have seen first hand what this combination will garner and that is championships. I appreciate all of your support and look forward to seeing you at our next home meet. And as always.....**GO CARDS!**



**Sophomore-
Sergio Bracamontes**

Men vs. FSU, continued from page 1.

Sergio Bracamontes was a double winner in the 100 butterfly (56.81) and the 200 freestyle (1:56.39). Teammate, junior Logan Hupp won the 1000 freestyle (12:11.07) and senior Patrick Snell won the 100 backstroke with a time of 58.92.

"Winning one dual meet certainly does not right the ship. It does however, go a long way to bringing back an attitude of winning and competing. We need to make sure that we are looking ahead and making an effort to improve rather than find an excuse as to why we are failing," Head Coach Rick West. The

men will take to the pool next at 1 p.m., November 17th at West Virginia Wesleyan College.

Lane 7...continued

the importance of approaching challenges in life with a certain “esprit des corps” – the imperative that we are all essentially accountable for each other, whether it be for getting to morning practice on time, completing that big project at work, or sharing stewardship of the world we live in.

We used to sleep in our work out cloths and literally rollout of bed and walk together to the gym without saying a word. For each minute any one swimmer was late, the team ran a mile. If you missed morning practice you would have a “payday” practice of Pike’s Peak level 10 on the Stair-master the morning that the rest of the team had off. And I discovered that someone’s decisions, both mine and those of others around me, can often have ramifications not just for that individual, but for all of us.

Some random memories: Steve giving himself a Mohawk haircut for a few days before shaving it off for the big conference meet. Staley telling the official that his false start was due to a camera flash in the crowd. Staley (again) doing his great impersonations of how other people walked. Brain & Oscar playing their guitars on the trolley from the beach to the hotel during the training trip to Florida over Christmas break. When Lexy filled her bowl at the buffet with whipped butter and thought it was ice cream. RJ leading the team in the ‘pain does not exist on this swim team’ cheer at conference. Michelle forgetting to spot me...and me pinned on the bench press unable to speak for help.

The Red and Gold meet

this year was a wonderful opportunity to spend some time with old teammates and recount some of these memories. It was also enjoyable to meet newer alumni and current swimmers. And it was uplifting to witness the continued growth of the team. The swim team was an important part of my life while I was at Wheeling Jesuit. I hope it has a strong future with the university for years.

JoAnn Kazimer-2000
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**Freshman
Erica Walker**

“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!

WVU Relays

10-13-07 -Wheeling Jesuit University Men’s Swimming Team lost it’s opening two meets of the season when it was downed by WVU 63-30 and WVWC 57-38. The Mountaineers won all 11 events during the opener. The Cardinals did have several notable performances. The 200 Medley relay of Pat Snell, Michael Phillips, Sergio Bracamontes, and Kevin Rico came in first against Wesleyan and second to WVU with a time of

1:46.80. Sophomore Sergio Bracamontes also scored a pair of wins against the Bobcats in the 200 Freestyle (1:56.60) and the 100 Butterfly (57.23). Wheeling Jesuit tied the meet several times versus Wesleyan but lost the lead after the 100 Freestyle and was unable to take it back. Wheeling Jesuit women’s swimming team lost both of it’s opening meets to WVU and WVWC also. The Mountaineers took all 11 events against the Lady Cards in a 55-27

win. Against Wesleyan, Jesuit took the lead late in the meet with a win in the 500 Freestyle from Sophomore Kristin Gandee (6:25.55) but was unable to hold on for the win as WVWC won the final relay and the meet 41-35. Gandee also touched first against the Bobcats in the 100 Butterfly (1:16.87). A win also came from Captain Ali Hengesbach in the 100 Freestyle with a time of 1:01.06.



**Junior
Logan Hupp**

WHEELING JESUIT UNIVERSITY

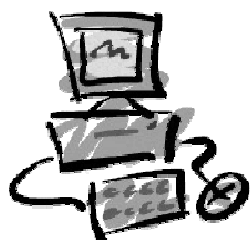
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GO CARDS!

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	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