



# Cardinal Rules

## Alumni Paul Mangen Competes Internationally

By **Kristen Kelleher**  
Ocean City Sentinel

**Ocean City** — Having tackled the Ocean City surf, Ocean City Beach Patrol guard and competitive swimmer Paul Mangen will move his lifesaving skills to bigger waters come October, to represent the United States in the Rescue 2010 Lifesaving World Championships Oct. 5-9.

"I want to be a legacy ... you can only tell the same stories so many times," said Mangen.

As an international competitor since 2004, Mangen and his long list of athletic accomplishments are probably in no danger of running low on interesting stories. In his 29 years, the athlete has competed in lifesaving competitions in Canada, Africa, Australia and at the 2009 Sanyo International Lifesaving Cup in Japan, where he received gold, silver and bronze medals in his three events.

But Mangen is also well known for his local accomplishments. In his 10 years on the OCBP, Mangen has won three South Jersey championships, and beat out Wildwood Crest's John Maloy for a first place win in the South Jersey swim event this past summer.

Most recently, Mangen received the distinction of winning the United States Lifesaving Association National Championships in Huntington Beach, Calif. on June 8, statistically making him one of the top lifesaving competitors in the country.

It also helped him qualify to join the United States team for the Lifesaving World Championships. Six male individuals in the country are selected to compete in the biennial tournament.

"I want to create a culture of

success here in Ocean City," Mangen said. "(Races) bring a little more awareness both to the sport of lifesaving and what we physically do on a daily basis."

For Mangen, the upcoming international competition "is like the World Series or Super Bowl of lifesaving."

Like the World Series on a global scale.

Recognized by the International Olympic Committee, Mangen will be one of 3,800 athletes competing in the championship and will likely compete in the majority of the swim events on behalf of the United States.

To prepare, Mangen began his own swimming regimen in Florida, where he is the head swim coach at Saint Leo University. Conditions along the Gulf of Mexico are similar to those in [Mangen continued...pg. 4](#)

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Please send along address, phone and email changes for yourself or anyone you would like to receive

The Cardinal Rules

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## New Faces to the Men's Team

**Evan Walker** is from Charleston, WV. Evan qualified for YMCA Nationals in the 400 IM, 1650 Freestyle, 1000 Freestyle, 200 Butterfly and the 500 Freestyle events. Evan has won the 2010 WV State Champion in the 500 Freestyle and was a member of George Washington High Schools winning 400 Freestyle Relay. Evan has also won WV LSC Championships in the 500 Freestyle, 1000 Freestyle, 400 IM, and 1650 Freestyle

Events. He was a member of the WV All-State team for 2010.

**Ryan Palopoli** is from Richfield, OH. Ryan is an Ohio Sectional Champion in the 500 Freestyle. Ryan is also an Ohio State Qualifier in the 400 Freestyle Relay and 200 Individual Medley. Revere High School 3 year Varsity Letter Winner. He is also a member of the relay which holds the record in the 400 Freestyle Relay.

Ryan is a member of the Ecology Club and is an honors student at Revere High School.

**Jesse Kubanet** is from Frisco, TX. Jesse is a 100 Fly, 200 FR, 200MR, and 400 FR Qualifier for the UIL 4A Texas State Meet. He attained All-State Honors in all of these events. He was an Academic All-American in his senior year at Frisco-Wakeland High



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## New Faces continued...



**New Pool Record**  
**800 Freestyle Relay**  
**Jessica Steve, Emily Martin,**  
**Lydia Kidd, and**  
**Brianna Sieck**  
**8:13.70**



**2010-2011 Senior**

School. He is the only member to be on the initial four years of the schools existence. He is a Sectional Qualifier in the 100 Butterfly for USA Swimming. He is a National Honor Society Member.

**Evan Barrow** is from Murrieta, CA. Evan is a transfer from Orange Coast Community College. He was a California State College finalist 200 Breaststroke. During his High School Career he was the Sunbelt League Champion in the 100 Backstroke for his Sophomore through Senior Seasons. He was Team Captain for Murrieta Valley High School his senior season. He was a CIF finalist in the 100 Backstroke.

**Jack MacKinnon** is from Fairfield, OH. Jack was a GCL first team All Conference competitor while at St. Xavier High School. He won the 100 Breaststroke and was a member of the winning 200 Medley Relay at GCL's. He was also awarded the Sea-Wolf award from his club team for his Sophomore and Junior Seasons. He received a Summa Cum Laude on the National

Latin exam. He received either first or second honors all four years of his high school career at St. X. He is also a member of the National Honor Society. Jack won Wheeling Jesuit's Prestigious Laut Award. WJU gives two awards each year to incoming freshman based on their academic records.

**Kyle Rhodes** is Gallipolis, OH. Ohio Sectional Champion in the 100 Breaststroke. He was the Ohio Southeast District Champion his senior season in the 100 Breaststroke and qualified for the Ohio State Meet in the 100 Breaststroke and 50 Freestyle events. Top 16 finisher in the USA Swimming Southern Zone Championship meet in the 100 Breaststroke. He was captain of the Gallia Academy High School Swimming Team for three seasons. He was on the school's Academic Honor Roll.

**Clayton Smith** is Massillon, OH. He was a YMCA National Qualifier in the 100 Breaststroke and 100 Butterfly. Clay is a four year Ohio District Qualifier in the 100 Breast, 100 Fly, 200 IM, 100 Free-

style, and all three of Jackson High School's Relays. He received first team All-Federal League Honors his Junior and Senior years. He was also a Team Captain his senior year at Jackson, and was named MVP his Junior and Senior Years. He was All-Stark County his Junior and Senior Years. He currently holds the school record in the 100 Butterfly. He is an Eagle Scout with Troop 935 and is a Vigil Member of his council's Order of the Arrow.

**Robyn MacKenzie** is Palm Bay, FL. He is a four year letter winner for Melbourne High School. He qualified for Senior Champs in the 100 Fly and 200 Breaststroke. He was a consolation finalist in the 200 Breaststroke. He graduated with Honors from Melbourne.

**Henrique Fructuozo** is from Jaragua Do Sul, Brazil. He is a junior national qualifier in Brazil for the 400 IM, 1500, 200 IM and the 400 Freestyle. Henrique is a Physics major and will be a major contributor for the Cardinals in the distance and mid-distance events.



## New Project: Swimming Wall of Honor

The Wheeling Jesuit Swimming Team has been in existence since the fall of 1993. During the team's 18 year run we have experienced several levels of success. The Men's Team has won the conference title four times, the women also have a conference title. Individually the team has had several All-Americans, All-American Honorable Mentions, Conference Champions, and even a National Champion. My goal is to properly recognize and display these wonderful achievements.

I would like to start a *Swimming Wall of Honor* which would stretch from the locker rooms to the pool area. The wall would display all swimmers who have placed in the top 16 at Nationals in either a relay or an individual event to earn All-American or Honorable Mention Honors. We

would also recognize all conference champions, again either relay or individual. A photo would be on display and all awards that the individual earned.

I have three reasons for doing this. The first and most important is recognition of the great work done by our athletes. The second is to remind the current team of the others that have come before them and the success they were able to achieve. Last is for recruiting purposes. It think it is more than impressive to see what, "you can achieve at Jesuit."

My estimate is that this project will cost approximately \$2,000-\$2,500 to get started. This estimate includes signage, pictures, and a Donor Recognition Board. At this point we have

pledge's and donations totaling \$500 from Matt Puthoff, Paul Mangen, Pat Seitz and myself. That put's us approximately \$2,000 away from our goal. Ideally I would like to see 100% participation from our alum. Here is how to donate:

\$1-\$99 Class Donor- Included with the "Class of ..."

\$100 Name Donor- Receives a nameplate on the Donor Recognition Board.

Please mail check to :  
Jesuit Swimming  
Athletic Offices  
316 Washington Ave  
Wheeling, WV 26003

## 2000 Graduate-Matt Staley Inducted into Jesuit's Athletic Hall of Fame

On Saturday, Oct. 23, Wheeling Jesuit University campus inducted three new members into its Athletic Hall of Fame. Held in the Erickson Alumni Center. The ceremony is part of the annual fall homecoming celebration for students, friends, family and alumni.

**Matt Staley**, a 2000 graduate and men's swimming seven-time NCAA All-American, two-time Academic All-American and WJU record holder in four events.

Staley was a member of the Cardinal swim team from 1996 – 2000, where he was a seven-time NCAA All-American and was chosen Academic All-American twice.

Staley currently holds four WJU pool records in the 100 and 200 backstroke, as well as the 200 and 400 medley relays.

He graduated from WJU with a bachelor of science in psychology

and doctorate in physical therapy. Staley resides in Florence, Ky. with his wife Audrey and daughter Madilyn, where he practices physical therapy in a home health setting.

Established in 1987 to honor former student-athletes, coaches or other members of the Wheeling Jesuit community who have made significant contributions to the success of the WJU athletic programs, the Cardinal Athletic Hall of Fame will number 71 members after these additions.



**Matt Staley 2010 HOF Member**



**2010 Alumni Meet  
Varsity and Alumni**

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### Mangen Competes continued...

the Mediterranean Sea, said Mangen, and will help him prepare for the competition's three days of open-water swims. The World Championships also host two full days of pool swimming events.

"I got a chance to put Ocean City on the globe," said Mangen. "Hopefully, I can bring that to the forefront and make our (OCBP) alumni proud."

The OCBP Alumni Association formed last year to support Ocean City Beach Patrol guards in larger competitions, including Mangen's race in Japan and the Rescue World Championships, said Mangen.

"I want to use my Egypt trip ... to promote Ocean City and the Alumni Association," said Mangen, who attributed much his success in traveling to Egypt to his swim coach Bill Dorney and the generosity of the Alumni Association's donations.

In exchange, Mangen hopes to help Ocean City become known for producing some of the top lifeguard competitors in the world.

"I'll be really proud to be an Ocean City guard," Mangen said.

*Published in the September 30, 2010 issue*

"Paul really is one of Jesuit's best. He earned numerous All-American Honors as a swimmer, has been a member of three conference championship teams, and he was also a WVIAC Scholar-Athlete. I am glad to see that he is still training being successful" commented Rick West, current WJU Head Swimming Coach.

