

Women's Swimming & Diving



A small but impressive freshman class joined standout sophomores in 2008–09. The group played an integral role in Wheaton's third-place finish at the New England Women's and Men's Athletic Conference (NEWMAC) Championship, while the team earned its initial NCAA Championship placement. The Lyons posted a program-best third-place showing at the league meet for the second straight year before a sophomore quartet recorded the first All-America finish in program annals. Among the 21 school records set during the season by the 9–6–1 Lyons, underclassmen played a role in 17.

Nicole Zais '11 set a Wheaton mark with five all-league accolades before joining Samantha Farrell '11, Stephany Perkins '11 and Dania Piscetta '11 in forming a 200-yard freestyle relay team that produced an All-America honorable mention finish. Piscetta and Zais each had a hand in nine program marks during the season, while Piscetta earned four all-conference finishes at the NEWMAC meet. Caitlin Glover '09 completed her career by lending a hand in four school records during the league championship, while Perkins and Sarah Houlihan '10 each claimed a role in three program standards. Perkins drew two all-conference nods, and Farrell, Iris Meehan '10 and Taryn Brosnan '12 had one apiece. Brosnan also set one school mark, while Julia Wright '12 broke diving standards from both the one- and three-meter platforms.

All-Time Records

Event	Athlete(s)	Result	Year
50 Free	Nicole Zais	23.86	2009
100 Free	Dania Piscetta	52.63	2009
200 Free	Dania Piscetta	1:57.70	2009
500 Free	Sarah Houlihan	5:13.69	2009
1,000 Free	Sarah Houlihan	10:57.13	2009
1,650 Free	Caitlin Bottomley	18:06.18	1999
50 Back	Abby Pratt	28.31	2007
100 Back	Caitlin Glover	1:00.60	2009
200 Back	Caitlin Glover	2:12.07	2009
50 Breast	Nicole Zais	31.08	2009
100 Breast	Nicole Zais	1:05.23	2009
200 Breast	Nicole Zais	2:21.51	2009
50 Fly	Dania Piscetta	26.74	2009
100 Fly	Dania Piscetta	58.04	2009
200 Fly	Taryn Brosnan	2:12.06	2009
100 IM	Nicole Zais	1:02.68	2009
200 IM	Dania Piscetta	2:07.97	2009
400 IM	Katie McNicholas	4:49.16	2005
200 Free Relay	S. Perkins, N. Zais, S. Farrell, D. Piscetta	1:35.21	2009
400 Free Relay	S. Perkins, D. Piscetta, C. Glover, N. Zais	3:33.86	2009
800 Free Relay	D. Piscetta, S. Houlihan, C. Glover, N. Zais	7:53.86	2009
200 Medley Relay	A. Pratt, E. Sweatt, D. Piscetta, N. Zais	1:49.64	2008
400 Medley Relay	I. Meehan, S. Perkins, D. Piscetta, N. Zais	3:57.71	2009
1M Diving	Julia Wright	366.95	2009
3M Diving	Julia Wright	380.65	2009



Iris Meehan '10
NEWMAC All-Conference

Wheaton

Wheaton College
Norton, Massachusetts
508-286-3989
athletics.wheatoncollege.edu/sports/wswimdive



Head coach Jean-Paul Gowdy

Jean-Paul Gowdy begins his seventh season at the helm of the men's and women's swimming & diving programs. He pushed the women to at least nine wins each of the last five seasons, and the squad's third-place showing at each of the past two NEWMAC Championships was the best in program history. Last winter, the Lyons recorded a team finish at the NCAA Championship for the first time, and Gowdy was named NEWMAC Women's Swimming Coach

of the Year. He earned an American Swimming Coaches Association (ASCA) Certificate of Excellence in 2007.

Gowdy came to Wheaton from Springfield College, where he served as a graduate assistant swim coach. At Springfield, he was responsible for coaching sprinters, coordinating the recruiting process and teaching undergraduate-level physical education courses. During his time there, the Pride captured the women's conference championship for the third straight year in 2003.

In his 14 years of coaching competitive swimming, Gowdy has worked summer camps

at national power Kenyon College between 2000 and 2008 and Stanford University in 2001. Additionally, he was the assistant coach at Washington College in 2000–01, age group coach at Green Mountain Aquatics from 1995–1999 and swim lesson coordinator and teacher at Middlebury College from 1996–1999.

An elite athlete in his own right, Gowdy earned USA Triathlon All-America honors in 2003 and 2005. He trained with Canada's national swim team at the University of Calgary in 1999–2000 and competed at the Olympic trials,

where he qualified for the semifinals in three events. At Middlebury, Gowdy was a national champion in the 400-yard individual medley, a 17-time NCAA All-America athlete and two-time MVP of the New England Conference.

Gowdy is a 1999 graduate of Middlebury, where he earned a bachelor's degree in economics with minors in political science and history. In 2008, Gowdy completed work at Springfield on a master's degree in physical education with a specialization in advanced-level coaching.

Women's Swimming & Diving Quick Facts



Head Coach	Jean-Paul Gowdy (7th Year, 65–29–1)
Phone	(508) 286-3989
E-mail	gowdy_jp@wheatoncollege.edu
Home Venue	Balfour Natatorium
Affiliations	NCAA Division III, Eastern College Athletic Conference, New England Women's and Men's Athletic Conference
2008–09 Overall (NEWMAC)	9–6–1 (3rd)

2009 Athletic Awards

NCAA All-America	Samantha Farrell
NCAA All-America	Stephany Perkins
NCAA All-America	Dania Piscetta
NCAA All-America	Nicole Zais
NEWMAC All-Conference	Taryn Brosnan
NEWMAC All-Conference	Samantha Farrell
NEWMAC All-Conference	Iris Meehan
NEWMAC All-Conference	Stephany Perkins
NEWMAC All-Conference	Dania Piscetta
NEWMAC All-Conference	Nicole Zais

2009 Academic Awards

<i>ESPN The Magazine</i> All-District	Stephany Perkins
NEWMAC All-Academic	Kathleen Dwyer
NEWMAC All-Academic	Caitlin Glover
NEWMAC All-Academic	Sara Hollar
NEWMAC All-Academic	Iris Meehan
NEWMAC All-Academic	Stephany Perkins

All-Americans

Samantha Farrell	2009
Stephany Perkins	2009
Dania Piscetta	2009
Nicole Zais	2009

Sports Information

Sports Information Director	Scott Dietz
Phone	(508) 286-3768
E-mail	sdietz@wheatoncollege.edu
Mailing Address	26 East Main Street Norton, MA 02766

Web site

athletics.wheatoncollege.edu

Wheaton

Location	Norton, Massachusetts
Founded	1834
Enrollment	1,550
Colors	Blue & white
President	Ronald A. Crutcher
Athletic Director	Chad Yowell

Wheaton at a glance

- Four-year, private liberal arts college located in Norton, Mass.
- 35 miles from Boston and 20 miles from Providence, R.I.
- A student body of 1,550 students
- Student-faculty ratio of 10:1 and average class size between 15 and 20
- Cross-registration opportunities with nearby Brown University
- 45 study abroad programs
- Over 40 academic majors and 50 minors
- More than 80 student clubs and organizations

Admission & Financial Aid

- No fee for online application.
- Submission of standardized test scores (SAT or ACT) is optional.
- The comprehensive fee for 2009–10 is \$49,440.
- Wheaton offers both merit and need-based financial aid.
- Approximately 60 percent of students receive some form of financial aid.
- The Evelyn Danzig Haas Athletic Center is one of the finest NCAA Division III athletic facilities in New England with 102,000 square feet of space with a field house, gymnasium and indoor pool.
- The Balfour-Hood Campus Center houses campus activities, as well as a café, pub, game room and fitness center.
- Wheaton's unique Connections program links courses across academic disciplines, allowing students to explore diverse areas of knowledge and approach topics from multiple perspectives.

Fall Application Deadlines

Early Decision I:	November 15
Early Decision II:	January 15
Regular Decision:	January 15

Questions?

Contact the admission office at 1-800-394-6003 or e-mail admission@wheatoncollege.edu.

For information about Wheaton and its athletic programs, visit athletics.wheatoncollege.edu.

Wheaton

Wheaton College Norton, Massachusetts