

2007-2008 The College of New Jersey Men's and Women's Swimming and Diving Team Senior Night

TCNJ's department of athletics would like to recognize the men's and women's swimming and diving teams' seniors on their dedication and pride as they have worn the Blue and Gold with distinction during their careers.

Over the past four seasons, TCNJ's men's team has compiled an impressive 26-11 dual meet record, while finishing last year as the Metropolitan Conference Champions. The Metropolitan Conference runners-up in 2005 and 2006, TCNJ's men's team has also placed in the Top 20 at each of the previous NCAA Division III Championships during their athletic careers. This year's men's team also captured the 2007 ECAC Division III Championship in early December.

TCNJ's women's team has also been led by a number of performers the past four seasons that have also brought honor to the College as the Lions have finished as the Metropolitan Conference Runners-up the past three seasons, while adding Top 45 finishes the NCAA Championships during that same time frame. The 2007 ECAC Championships saw the Lion women take home sixth place.

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John Altobelli

Highlights: Recipient of the Armstrong Award in 2005. Three-time TCNJ Scholar-Athlete honoree and a member of TCNJ's Golden Key Honor Society. He is majoring in mechanical engineering at TCNJ.

Top Times: 50 Free 22.57 100 Free 49.18 100 Back 56.64 100 Fly 53.39



Josh Forsman

Tri-Captain

Highlights: All-American: 2005, 2006, and 2007. Nine career individual All-Metropolitan Conference Awards. TCNJ's Most Valuable Swimmer in 2007. TCNJ School Record: 200 Medley Relay and 100 Fly. He is a criminal justice major at TCNJ.

Top Times: 50 Free - 21.76 100 Fly - 50.07* 200 Fly - 1.53.90 200 IM - 1.56.84 100 Free - 46.82

Dan Fox

Highlights: Three-time TCNJ Scholar-Athlete Honoree. Member of Tri-Beta Biological Honor Society. Recipient of TCNJ Global Research stipend. He is biochemistry major at TCNJ and a Dean's List student.

Top Times: 100 Fly - 56.07 200 Fly - 2:02.85



Liam Gallagher

Tri-Captain

Highlights: All-American: 2005, 2006, and 2007. Nine career individual All-Metropolitan Conference Awards.

Caleb Bohman Memorial Rookie of the Year Award - 2005. Two-year team captain. He is a finance major at TCNJ.

TCNJ School Record: 400 Free Relay

Top Times: 100 Back - 53.16 200 Back - 1.54.35 200 IM - 1.54.62 400 IM - 4.07.06

RT Greeby

Highlights: Has earned four All-Metropolitan Conference citations. TCNJ's men's swimming and diving team representative for SAAC. He is a health and exercise science major (Teaching) at TCNJ.

Top Times: 100 Fly - 55.00 200 Fly - 2:00.07



Greg Lloyd

Highlights: All-American: 2006, 2007. Four-Time All-Metropolitan Conference Award winner.

TCNJ school record - 3 meter diving (6 Dives) and 1 meter diving (6 dives). He is a psychology major at TCNJ. Named ECAC Division III Diver of the Week on 12/5/07 and again on 1/30/08.

Top Scores: 1 Meter (6) - 326.11* 1 Meter (11) - 451.70 3 Meter (6) - 360.90*
3 Meter (11) - 486.20

Jonaid Lone

Highlights: Has earned six Metropolitan Conference citations during his career. He is a finance major at TCNJ.

Top Times: 50 Free - 22.83 100 Free - 49.37 200 Free - 1:46.77 500 Free - 4:52.65

**Kevin Oliver**

Highlights: All-American: 2005, 2006, and 2007. Nine career individual All-Metropolitan Conference Awards. TCNJ School Record: 200 medley relay. TCNJ's Team Most Improved Award - 2005. He is majoring in marketing at TCNJ.

Top Times: 50 Back - 24.47 100 Back - 51.99 200 Back - 1:57.52 50 Free - 21.79

Josh Schoenfeld

Highlights: Has earned five All-Metropolitan Conference honors with TCNJ. Member of TCNJ's Tri-Beta Biological Honor Society. Member of the Golden Key International Honor Society. Biology major at TCNJ and a Dean's List student.

Top Times: 200 Breast - 2:14.75 200 IM - 1:59.06 400 IM - 4:16.09

**Ryan Tighe**

Highlights: Recipient of six All-Metropolitan Conference awards. Three-time TCNJ Scholar-Athlete. Two-time NSCAA Academic Scholar-Athlete honoree. TCNJ's swimming team freshman adviser. He is a law and justice major at TCNJ.

Top Times: 200 Breast - 2:15.52 200 IM - 2:02.39 400 IM - 4:21.89

***Indicates TCNJ School Record.**

2007-2008 The College of New Jersey Women's Swimming and Diving Team Seniors

**Caitlin Elemendorf**

Highlights: Three-time TCNJ Scholar-Athlete. Finished 8th in the 200 fly, 12th in the 100 fly, and 17th in the 200 back at the 2007 Metropolitan Conference. She is a three-time All Metropolitan Conference honoree. She is a psychology major at TCNJ.

TCNJ Career Best Times: 50 Back - 30.23 100 Back - 1:04.99
200 Back - 2:14.28 100 Fly - 1:02.36 200 Fly - 2:18.23

Ava Kiss

Highlights: Three-time TCNJ Scholar-Athlete and a Dean's List student. All-American in the 100 fly (9th) in 2007. Took second in the 100 fly and 100 free, third in the 200 free, second in the 800 free relay and third in the 200 medley relays at the 2007 Metropolitan Conference Championships. All-American: 100 fly (4th) in 2006. Finished 25th in the 100 free and 33rd in the 200 IM at the 2006 NCAAAs. Won the 100 fly and was part of the winning 200 medley relays at the 2006 Metropolitan Conference and was second in the 100 free as well as the 400 and 800 free relays. She was named the Most Valuable Swimmer of the 2006 ECAC Division III Championships. She has earned All-American honors in the 100 fly after taking 9th in 2005. Took second in both the 200 and 400 medley relays, second in the 100 fly, second in both the 400 and 800 free relays, fifth in the 200 IM, and ninth in the 200 fly at the 2005 Metropolitan Conference Championships. 2004-2005 TCNJ Team Rookie of the Year. Holds TCNJ records in the 100 fly, 200 fly. She is majoring in art history and French at TCNJ.

TCNJ Career Best Times: 100 Fly - 56.78* 200 Free - 1:55.13 200 Fly - 2:08.51*
200 IM - 2:11.53 100 Free - 53.04 500 Free - 5:18.61

**Liz LaCava Tri-Captain**

Highlights: 2007-2008 Team Tri-Captain. 2004-2005 TCNJ Scholar-Athlete. At the 2007 Metropolitan Conference Championships, finished in 12th in the 400 IM, 18th in the 200 back, and 27th in the 200 breast. She has earned three Metropolitan Conference citations during her career. She is majoring in nursing at TCNJ.

TCNJ Career Best Times: 50 Back - 30.95 200 Breast - 2:47.05 100 Back - 1:06.05
1650 Free - 19:40.54 200 Back - 2:19.28 400 IM - 5:00.08

**Christine Marino**

Highlights: She has earned eight Metropolitan Conference citations during her career. She is a three-time TCNJ Scholar-Athlete. Placed 9th in the 200 back, 15th in the 100 back, and 200 IM at the 2007 Metropolitan Conference Championships. At the 2006 Metropolitan Conference Championships, finished 9th in the 200 back, 13th in the 100 back, and 16th in the 200 IM. Came in 6th in the 200 back, 8th in the 100 back, and 17th in the 200 IM at the 2005 Metropolitan Conference Championships. She is an elementary education and sociology major at TCNJ. **TCNJ Career**

Best Times: 50 Back - 29.87 200 Breast - 2:47.24

100 Back - 1:02.86

200 IM - 2:19.01

200 Back - 2:13.65

Meghan Moore

Highlights: She is a three-time TCNJ Scholar-Athlete honoree. Moore was part of the Lions' 2007 Metropolitan Conference Team, she is an art education major at TCNJ.

TCNJ Career Best Times: 200 Free -2:17.52

100 Back -1:10.47

200 IM - 2:32.21

200 Back - 2:30.08

**Lauren Pfeifer**

Highlights: 2007 Metropolitan Conference Champion in the 100 breast. 2007 NCAA qualifier in the 100 breast and 200 medley relay. 2006 NCAA qualifier in the medley relay. At the 2006 Metropolitan Conference Championships, finished second in the 100 breast, fourth in the 200 free relay and 16th in the 50 free. She has earned four career Metropolitan Conference citations. She is also part of TCNJ's 200 medley relay record team. She is majoring in criminal justice at TCNJ and plans on pursuing a career as a state trooper.

TCNJ Career Best Times: 50 Free - 25.37 100 Breast - 1:07.32

100 Free - 55.58 200 Breast - 2:40.55

**Stefanie Rashti**

Highlights: She is a two-time TCNJ Scholar-Athlete and a Dean's List student. She has earned six individual Metropolitan Conference citations during her career. She placed 5th in the 400 IM, 7th in the 200 fly, and 11th in the 500 free at the 2007 Metropolitan Conference Championships. Finished in the top 10 in two events at the 2006 Metropolitan Conference Championships taking 6th in the 400 IM and 7th in the 200 fly. Added a 12th-place finish in the 200 IM. She is majoring in health and exercise science at TCNJ.

TCNJ Career Best Times: 200 IM - 2:19.21

100 Fly - 1:04.22

400 IM - 4:53.04

200 Fly - 2:16.23

1000 Free - 11:47.43

**Kristin Udicious****Tri-Captain**

Highlights: 2007-2008 Team Tri-Captain. She is a three-time TCNJ Scholar-Athlete and a Dean's List student. She is also a member of KDO Honor Society. She has earned seven individual Metropolitan Conference honors. She placed 11th in the 200 free, 19th in the 100 free, and swam on the second place 800 free relay the 2007 Metropolitan Conference Championships. Swam on the 800 free relay team that was second at the 2006 Metropolitan Conference Championships and finished 8th in the 200 free. At the 2005 Metropolitan Conference Championships, was part of the 800 free relay team that finished 2nd and also part of the 200 free relay team that took 4th place. Was 11th in the 100 free and 13th in the 50 free at the 2005 Metropolitan Conference Championships. She is a psychology and special education major at TCNJ.

TCNJ Career Best Times: 50 Free - 25.41

200 Free - 2:00.66

100 Free - 55.78

500 Free - 5:30.79

***TCNJ school record.**

r-relay split.