

#13 LOCK HAVEN UNIVERSITY SWIMMING

Feb. 16-19 -- at PSAC Championship at East Stroudsburg University
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Lock Haven Swimming Quick Facts

Name of School Lock Haven University
 City/State/Zip Lock Haven, PA 17745
 Founded 1870
 Enrollment 4500
 Nickname Lady Eagles
 School Colors Crimson and White
 Home Field Thomas Field House
 Affiliation NCAA Division II
 Conference Pennsylvania State Athletic Conference
 President Dr. Keith T. Miller
 Alma Mater University of Arizona
 Athletics Director Sharon E. Taylor
 Alma Mater Lock Haven
 Last PSAC Title: n/a
 Overall Record in 2003-04: 4-1
 Final 2004-05 Conference Record: 4-1
 PSAC Record/Place: 4-1/sixth at PSAC Championship
 Head Coach: Bart Garlick
 Alma Mater: Lock Haven '00
 Record at School/Year: 16-12/three+
 Career Record/Years: same
 Assistant Coach: Sara McClure (Lock Haven '04)
 Volunteer Assistant Coach: Dave Brookens



PSAC Qualifiers

Name	Yr.	Time
500 Free		
Katie Greiniesen	So.	5:31.79
Becca Rhoades	So.	5:33.08
50 Free		
Gerda Smirnova	So.	24.91
Diane Sujansky	So.	24.97
Kelly Greiniesen	So.	26.29
100 Fly		
Danielle Kreiger	So.	1:00.23
200 Free		
Ke. Greiniesen	So.	2:00.88
Rhoades	So.	2:03.84
Katie Greiniesen	Fr.	2:07.45
100 Breast		
Sujansky	So.	1:09.87
Smirnova	So.	1:11.53
100 Back		
Tatiana Patakyova	Jr.	1:01.31
Kreiger	So.	1:02.96
1650 Free		
Ka. Greiniesen	Fr.	18:42.48
Rhoades	So.	20:10.11
200 Back		
Patakyova	Jr.	2:11.48
Kreiger	So.	2:18.75
100 Free		
Smirnova	So.	55.84
Ke. Greiniesen	So.	56.41
200 Breast		
Sujansky	So.	2:34.43

**all relay members decided at event*



Head coach **Bart Garlick** took over the reigns of the Lock Haven University swim program in 2001, ushering in a new era of success and greater excitement about the Lady Eagle team. His 2004 squad placed sixth at the PSAC Championships, the best finish at the conference meet by Lady Eagles in recent history. The Lady Eagle swimmers also made

a huge splash in the classroom, finishing the season as the top women's academic team in NCAA Division II with a combined GPA of 3.58.

Garlick made a name for himself locally long before assuming the head coaching position at Lock Haven, serving as head coach at the Lock Haven YMCA for three years before a two-year stay at the Bellefonte YMCA, also as head coach. In addition to coaching, Garlick himself is a member of the YMCA Masters National record-setting 200 yard medley and 200 yard freestyle relays. Other coaching experiences include a stint at Penn State University where he served as a volunteer assistant with responsibilities ranging from dry land training program implementation to stroke mechanic evaluations.



Assistant coach **Sara McClure** joins the Lock Haven coaching staff after a four-year career in the pool as an integral member of the Lady Eagle squad from 2000-2004.

McClure helped lead the Lady Eagles to their highest finish in the PSAC Swimming Championships in recent seasons, placing sixth in a highly competitive field at the conference meet.

The Meet

The No. 13 Lock Haven University swim team (4-2, 3-2 PSAC) will travel to East Stroudsburg University for this year's Pennsylvania State Athletic Conference Championships. The four-day event runs from Feb. 16-19.

As always, the women's swimming competition in the PSAC is fierce, featuring swimmers from three ranked squads. No. 12 California University

(Pa.) and No. 15 Kutztown University will both be in attendance. Daily updates are available on ESU's website at http://www.wcugoldenrams.com/schedule_swimming.php

Last Time out for LHU

The No. 13 Lock Haven swim team split a pair of dual meets this weekend beating Millersville 79.00 to 39.00 and losing to Kutztown 77.00 to 45.00.

Tatiana Patakyova (Poprad-Matejouce, Slovak Republic/Gymnazium Pop. Nabrezie) led the way for the Lady Eagles, placing first in the 100-yard and 200-yard backstroke at 1:01.87 and 2:15.69, respectively.

Junior **Diane Sujansky (Plum, Pa./Plum)** finished first in the 200-yard breaststroke at 2:34.43 and **Kelly Grieneisen (Pittsburgh/Plum)** placed first in the 200-yard freestyle with 2:02.20.

Carneiro Earns PSAC Swimmer of the Month

Sophomore **Isabel Carneiro (Rio de Janeiro, Brazil)** has been named PSAC Swimmer of the Month for her outstanding performance since Dec. 7, the conference office announced. It is the first honor for both Carneiro and the Lady Eagles this season.

Carneiro set two school records with NCAA B cut times as the Terrapin Invitational Dec. 18-20. Her 100 butterfly time of 58.44 was one of the record-setting performances, while her other record came in the 200 butterfly. Her time of 2:08.30 was just .21 seconds off an NCAA A cut time.

Lady Eagles Take it to Division I at Terrapin Cup

Competing against seven Division I schools, including host No. 13 University of Maryland, The No. 8 Lock Haven University swimming team finished eighth in the Terrapin Cup, topping two D-I universities. Sophomore **Isabel Carniero** was the lone top-10 finisher for LHU, coming in ninth for the 200-yard butterfly at 2:08.30, a school record.

Four other school records fell, as Carniero elapsed the 100 fly as well in 58.44, and three relay squads (the 800 freestyle, 400 freestyle and 400 medley) all set top marks. Carniero's two marks were both good for National 'B' Standards, as was junior **Tatyana Patakyova's** 2:11.48 in the 200-yard backstroke.

Hitting for Pennsylvania State Athletic Conference (PSAC) marks were **Katie Grieneisen (Pittsburgh/Plum)** in the 1650

LHU Swimming Roster

Name	Yr.	Hometown/High School
Laura Barnsley	Fr.	Glenn Rock, Pa./Susquehannock
Isabel Carneiro	R-So.	Rio de Janeiro, Brazil
Nikki Cuddeback	So.	Geigertown, Pa./Twin Valley
Katie Grieneisen	So.	Pittsburgh/Plum
Kelly Grieneisen	Fr.	Pittsburgh/Plum
Danielle Kreiger	So.	Harrisburg, Pa./Central Dauphin
Tatiana Patakyova	Jr.	Poprad-Matejouce, Slovak Republic/Gymnazium Pop. Nabrezie
Becca Rhoades	So.	Lancaster, Pa./Penn Manor
Gerda Smirnova	So.	Riga, Latvia
Diane Sujansky	So.	Plum, Pa./Plum

Head coach: Bart Garlick (Lock Haven '00) fourth season

Assistant coach: Sara McClure

Volunteer assistant coach: Dave Brookens

LHU Swimming Schedule/Results (4-2, 3-2 PSAC)

Date	Opponent	Result
10/23	at Clarion Duals*	3rd of 7
10/30	EAST STROUDSBURG*	W, 131-130
11/6	MANSFIELD*	W, 102-89
11/18-20	at Terrapin Cup Invitational	8th of 10
	(College Park, Md.)	
1/12	PENN STATE-ALTOONA	W, 72-44
1/21	at #10 California (Pa.)*	L, 66-85
1/22	at #10 California (Pa.)*	cancelled
1/29	at Millersville*	W, 79-39
	w/#14 Kutztown*	L, 45-77
1/16-19	at PSAC Championships	
	(East Stroudsburg, Pa.)	

*indicates PSAC contest

BOLD CAPS indicate home contest

freestyle (18:42.48), **Becca Rhoades (Lancaster, Pa./Penn Manor)** in the 200 freestyle at 2:03.84 and **Gerda Smirnova (Riga, Latvia)** in the 50 freestyle (24.91), 100 freestyle, and 100 breaststroke.

LHU at #10 California

The Lock Haven swimming team dropped its first dual meet of the 2004-05 season Jan. 21 to No. 10 California University (Pa.), 85-66.

The breaststroke continues to be one of the stronger for the Lady Eagles, as they took all of the points in the 100 meters with sophomore **Diane Sujansky** leading the way at 1:10.37. Freshman **Laura Barnsley (Glenn Rock, Pa./Susquehannock)** at 1:17.41 and sophomore **Nikki Cuddeback (Geigertown, Pa./Twin Valley)** at 1:34.05 helped finish the sweep for the Haven.

2004-05 Lady Eagle Outlook

The Lock Haven swimming program, with fourth-year head coach **Bart Garlick** at the helm, finished the 2003-04 season ranked No. 25 in the nation and with good reason. The team posted its highest finish of recent memory at the PSAC Championships, finishing sixth out of the 13 teams.

The Lady Eagles finished with medalists from two relays and one individual, **Diane Sujansky** in the 50-yard freestyle.

The 2004-05 edition returns all but one of those talented swimmers, as graduate **Sara McClure** rejoins the Haven as assistant coach. Junior **Tatiana Patakyova** is the elder statesman on the squad. The Lady Eagles will continue to draw from the experience of their extremely deep sophomore class, as **Danielle Kreiger (Harrisburg, Pa./Central Dauphin)**, **Isabel Carniero**, **Katie Grieneisen**, **Becca Rhoades**, **Gerda Smirnova** and **Sujansky** all return.

The relays remain the team's strength, as **Sujansky**, **Patakyova**, **Smirnova**, **Rhodes** and **Katie Grieneisen** were members of three relay squads that set school records at the PSAC meet.

Joining this class of returnees is a pair of freshman in **Laura Barnsley** and joining her sister, **Katie**, is **Kelly Grieneisen**.

"I'll be surprised if we don't perform well at the PSAC meet," coach **Garlick** said. "I think our relay teams could make some noise on the national level."

The NCAA Division II National Championships are held March 9-12 in Orlando, Fla.

2004-05 Lock Haven University Swimming Top Times

(Individual)

50 freestyle

Gerda Smirnova	11/20	24.91^
Diane Sujansky	11/20	24.99^
Danielle Kreiger	11/20	25.89
Kelly Greiniesen	11/20	26.31
Laura Barnsley	11/20	26.70
Nikki Cuddeback	11/20	30.78

100 freestyle

Diane Sujansky	11/20	55.36^
Tatiana Patakyova	10/30	55.74^
Gerda Smirnova	11/20	55.84^
Kelly Greiniesen	11/20	56.41
Becca Rhoades	1/21	58.19
Laura Barnsley	11/20	59.17

200 freestyle

Tatiana Patakyova	11/6	2:00.65^
Kelly Greiniesen	11/20	2:00.88^
Isabel Carniero	10/30	2:02.69^
Becca Rhoades	11/20	2:03.84^
Diane Sujansky	11/6	2:04.90
Katie Greiniesen	1/21	2:07.45
Gerda Smirnova	1/12	2:18.99
Nikki Cuddeback	1/12	2:40.65

500 freestyle

Isabel Carniero	11/20	5:30.19
Katie Greiniesen	11/20	5:31.79
Becca Rhoades	1/29	5:33.80
Kelly Greiniesen	11/6	5:34.17

1000 freestyle

Katie Greiniesen	1/29	11:22.19
Isabel Carniero	11/6	11:29.70
Kelly Greiniesen	10/30	11:32.20
Becca Rhoades	11/6	11:47.60

1650 freestyle

Katie Grieniesen	11/20	18:42.48^
Becca Rhoades	11/20	20:10.11

100 butterfly

Isabel Carniero	11/20	58.44*^@
Danielle Kreiger	11/20	1:01.10
Katie Greiniesen	1/21	1:07.98
Gerda Smirnova	11/20	1:08.39
Nikki Cuddeback	1/29	1:21.68

200 butterfly

Isabel Carniero	11/20	2:08.30*^@
Tatiana Patakyova	10/23	2:18.25
Danielle Kreiger	11/6	2:22.78

100 breaststroke

Diane Sujansky	11/20	1:09.87^
Laura Barnsley	1/29	1:10.87^
Gerda Smirnova	11/20	1:11.53^
Nikki Cuddeback	1/29	1:32.17

200 breaststroke

Diane Sujansky	1/29	2:34.43
Laura Barnsley	10/30	2:49.55

100 backstroke

Tatiana Patakyova	1/29	1:01.87
Danielle Kreiger	11/20	1:02.96
Laura Barnsley	11/20	1:15.47
Nikki Cuddeback	11/20	1:18.27

200 backstroke

Tatiana Patakyova	11/20	2:11.48*^@
Danielle Kreiger	11/20	2:18.75
Kelly Greiniesen	10/30	2:22.71
Katie Greiniesen	11/6	2:25.93

200 individual medley

Tatiana Patakyova	11/20	2:14.21^
Diane Sujansky	1/12	2:20.52
Katie Greiniesen	11/6	2:23.64
Gerda Smirnova	11/6	2:27.17
Danielle Kreiger	1/12	2:29.73

400 individual medley

Tatiana Patakyova	10/23	4:48.09*^
Kat.Greiniesen	11/20	5:01.94

*denotes school record

^denotes PSAC qualifying mark

@denotes National 'B' Standard

2004-05 Lock Haven University Swimming Top Times (Relays)

200 Medley Relay

Patakyova, Sujansky, Carniero, Smirnova	11/20	1:51.74
Kreiger, Sujansky, Patakyova, Smirnova	10/30	1:53.90
Patakyova, Sujansky, Kreiger, Smirnova	1/21	1:53.95
Patakyova, Sujansky, Kreiger, Smirnova	1/29	1:54.36
Kreiger, Sujansky, Patakyova, Kel.Greiniesen	10/23	1:56.08
Patakyova, Smirnova, Kreiger, Kel.Greiniesen	11/6	1:56.75
Barnsley, Sujansky, Kreiger, Smirnova	1/12	2:05.06
Kat.Greiniesen, Barnsley, Rhoades, Kel.Greiniesen	11/20	2:05.67
Kat.Greiniesen, Smirnova, Rhoades, Carniero	10/23	2:06.51

400 Medley Relay

Patakyova, Sujansky, Carniero, Smirnova	11/20	4:03.61*
Kreiger, Sujansky, Carniero, Patakyova	10/23	4:11.53

200 Free Relay

Sujansky, Kreiger, Patakyova, Smirnova	11/20	1:40.70
Sujansky, Patakyova, Kreiger, Smirnova	10/23	1:44.22
Kel.Greiniesen, Kreiger, Rhoades, Smirnova	1/29	1:45.16
Kel.Greiniesen, Rhoades, Barnsley, Kat.Greiniesen	11/20	1:46.81
Smirnova, Kreiger, Patakyova, Sujansky	1/21	1:47.15
Kel.Greiniesen, Carniero, Kat.Greiniesen, Rhoades	10/23	1:48.37
Cuddeback, Smirnova, Kreiger, Rhoades	1/12	1:58.04

400 Free Relay

Patakyova, Carniero, Smirnova, Sujansky	11/20	3:38.27
Patakyova, Kel.Greiniesen, Carniero, Sujansky	10/23	3:45.43
Kel.Greiniesen, Smirnova, Rhoades, Carniero	10/30	3:49.37
Smirnova, Kreiger, Kat.Greiniesen, Rhoades	10/23	3:59.40

800 Free Relay

Patakyova, Kat.Greiniesen, Carniero, Kel.Greiniesen	11/20	8:04.29*
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*denotes school record