

# Women's Swimming & Diving

## October, 2005

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### COACH'S CORNER

We just completed our first official week of training by kicking off the new season on October 1 with a build up 200 IM (25 fly, 25 fly, 50 fly, 25 fly, 50 fly, 75 fly/bk, 25 fly, etc.) or, as Nancy Jo '00 accurately described it years ago, "a butterfly set masquerading as an IM set."

Our team looks strong this year with a solid group of hard working freshmen who embrace the "team first" philosophy. While it is too early to make any predictions, I will say that we are already preparing for the fact that Princeton may bring 9 divers to the Ivy Conference Meet (we score up to 24 places and divers count as 1/3.) This could provide Princeton with up to 100 additional points. I have shared this information with our swimmers and divers so they are not taken by surprise and are also inspired to work harder now to find an extra 100 points between them by the end of the season.

On the recruiting front, we hosted 12 swimmers and 2 divers the weekend of September 23-25. Many of these women hold Olympic Trial or National time standards. The feedback from the recruits has been positive, but there are still trips for them to take before November 1. As always, we are looking for the top athletes who are strong academically. If you know of anyone in your area who we should contact, please forward her name, year in school, and home or e-mail address.

**Save the Date!** Hilary and Carlos Cruz-Abrams along with David and Stephanie Abramson will be hosting a dinner in New York for all alumni, friends and parents following our meet against Columbia at 3:00 PM on Friday, November 18. Please come meet the team and support Harvard Swimming and Diving.

### TEAM UPDATE

Please note the following changes to our meet schedule

\*Saturday, November 12 @ Simmons College vs. Cornell/Dartmouth 4:00 PM. Due to an error in our scheduling department (there is a water polo tournament), our home meet will be held at a different location.

\*Saturday, December 10 @ U Penn 12:00 PM

### ALUMNI UPDATE

Thank you to those of you who sent in updates. I'd love to hear from the rest of you as well. Please send a quick note along with your graduation year.

**1991 Anne Koerckel** and husband Michael now have 3 girls and are living in Perth, Australia, where the it is summer 7 months of the year. The two eldest, Eloise (5) and Isabella (3.5), are already fish, and Amelie (1) will join them soon. (see picture below)

**1997 Jennifer Steffen** recently engaged to Ethan

**2001 Karen Milkosky** completed Ironman Canada and is in the process of applying to dental schools.

**2002 Rebekah Lorenz** was married this past August to Matthew Getman '01

**2003 Jane Humphries** spent 8 weeks in Africa this summer with an HIV awareness group an is now in her first year at the Harvard School of Public Health.

**Anna Fraser** is currently working as an Assistant to the Dean of Students at Harvard.

**2004 Ellie Humphries** is back from Rome and living as a Proctor in Harvard Yard



Anne Koerckel and Eloise, Isabella and Amelie