

# Women's Swimming & Diving

## November, 2005

In this issue:

- \*Alumni function this weekend
- \*Meet results
- \*Team update
- \*Where are they now?

### COACH'S CORNER

HWSD is off to a 3-0 start with wins over Brown, Cornell and Dartmouth. Despite their fatigue from lifting three times a week this season, the team rallied and posted several strong in season times (including a few personal bests!) Below are our top times this season based on these three dual meets and the Intrasquad meet. I also included the links to the results for those interested. Some of you may notice that a few of our swimmers do not appear in the results due to illness or injury. They will be back in action soon.

Harvard vs. Brown

<http://gocrimson.collegesports.com/sports/w-swim/recaps/111105aab.html>

Harvard vs. Cornell and Dartmouth

<http://gocrimson.collegesports.com/sports/w-swim/recaps/111205aaa.html>

#### HWSD Top Times as of November 12, 2005

##### 50 Free

Erin Mulkey	24.28	vs. Brown
Amanda Slaight	24.46	vs. Brown
Kim Linsenmann	25.08	vs. Brown

##### 100 Free

Erin Mulkey	51.89	vs. Brown
Meaghan Colling	53.37	vs. Brown

##### 200 Free

Emily Wilson	1:54.60	vs. Brown
Paola Duguet	1:55.84	vs. Brown
Noelle Bassi	1:56.05	Intrasquad

##### 500 Free

Emiley Jellie	5:04.13	vs. Cornell/Dartmouth
Emily Wilson	5:06.47	vs. Brown
Paola Duguet	5:06.94	vs. Brown

##### 1000 Free

Emiley Jellie	10:13.51	vs. Brown
Kirsten Harper	10:19.58	vs. Cornell/Dartmouth
Stacy Blondin	10:21.28	vs. Brown

##### 1650 Free

Emiley Jellie	16:57.41	Intrasquad
Noelle Bassi	17:08.45	Practice

##### 100 Fly

Noelle Bassi	57.57	vs. Brown
LeeAnn Chang	58.57	vs. Brown

##### 200 Fly

Noelle Bassi	2:02.47	vs. Brown
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Jane Evans	2:07.61	vs. Brown
LeeAnn Chang	2:09.26	vs. Cornell/Dartmouth
<b>200 IM</b>		
Noelle Bassi	2:08.10	vs. Brown
Jane Evans	2:08.96	vs. Cornell/Dartmouth
LeeAnn Chang	2:09.06	vs. Brown
<b>400 IM</b>		
Linnea Sundberg	4:33.21	Intrasquad
Jane Evans	4:35.70	Intrasquad
<b>100 Back</b>		
Lindsay Hart	57.89	vs. Brown
Catherine Skoda	59.58	vs. Brown
Kim Ono	59.84	vs. Brown
<b>200 Back</b>		
Lindsay Hart	2:03.74	vs. Brown
Kim Ono	2:07.66	vs. Cornell/Dartmouth
Catherine Skoda	2:07.92	vs. Brown
<b>100 Breast</b>		
Meaghan Colling	1:05.32	vs. Brown
Jackie Pangilinan	1:06.10	Intrasquad
LeeAnn Chang	1:06.43	vs. Brown
<b>200 Breast</b>		
Meaghan Colling	2:21.33	vs. Brown
Jane Evans	2:22.70	vs. Brown
Jackie Pangilinan	2:23.24	Intrasquad

### \*\*\*\*\*November 18 dinner\*\*\*\*\*

Please join us this Friday, November 18 from 6:00-9:00 PM for dinner. Hilary and Carlos Cruz-Abrams have graciously offered to host the team, alumni and parents at their home, 285 Riverside Dr., Apartment 8A. The cost to attend is \$50. This is not a donation; the cost will cover the food charge and help offset the cost for the team (we travel on a budget.) If there is money left over after the affair, it will be donated to Friends of Harvard Swimming and Diving. Checks should be given to Hilary and made payable to *Friends of Harvard Swimming and Diving—Dinner*. Please RSVP directly to [hsabrams@yahoo.com](mailto:hsabrams@yahoo.com) or call 212-662-2248. We would love to see you there and I know that our team is excited to meet many alums who they hear stories about from the coaching staff--all good stuff ☺

## TEAM UPDATE

One of the highlights of the Brown meet came in the last event as **Beth Kolbe** broke her own 50 and 100 free American Paralympic records. Her first 50 of her 100 broke her previous record by 7 seconds with a 1:11.73 and she then proceeded to break her 100 free record by 15 seconds with a 2:30.81. Beth was featured this past Tuesday in the Boston Herald. Please visit the link below for the full article.

<http://sports.bostonherald.com/college/view.bg?articleid=112233>

The Yellow Cap Award for perseverance and positive attitude went to junior **Laurin Weisenthal** last week and freshman **Kirsten Harper** this week. This a team award given each week by the Cosmo Queens.

### **Coop Athlete of the Week:**

**Lindsay Hart**, Walnut Creek, Calif. Sophomore swimmer Lindsay Hart (Walnut Creek, Calif.) won two individual races and swam the first leg of two winning relays to lead the Harvard women's swimming and diving team to three dual-meet wins in the first 24 hours of the season and extend its winning streak to 13. She won the 100 and 200 backstrokes Friday against Brown and swam on the winning 200 medley relay teams against the Bears and Saturday against Cornell and Dartmouth. [www.gocrimson.com](http://www.gocrimson.com)

## **ALUMNI UPDATE**

**1992 Ruthie Tanenbaum Friedman** - Moved from NY to Boca Raton, Florida. "One week after we arrived in Florida, Hurricane Wilma hit. Thankfully, we are all safe and we didn't have much damage (besides broken pool screens and big trees down)."

**1993 Elaine Weigand Murphy**: "My husband Matt and I still live in Alameda, Calif. and our kids are fearless swimmers (and unfortunately not quite yet water safe). Peter is 5, Lauren is 4, Ava is 2 and #4, a boy, is due in March. I run into Coley occasionally at the Peet's Coffee store in our town...such a small world."

**1995 Katherine Veazey Morris**: In a PhD psychology program in Memphis: "The neat thing about my placement is that I'm in a pediatrics clinic (a training facility for residents as well), and I get thrown whatever the residents and attendings don't know how to handle. So, instead of being prepared for at least two sessions to get my feet wet with the person, I have about 20 minutes to get to know them, their problems, and figure out how to help, if I can, or where to refer, if I can't. In the long run, I'll be much better at my job because of this, but it's that painful growth experience we always talked about."

**1996 Carrie Miller**- "My husband is in law school in Philadelphia, and I visit him on the weekends (as I'm living in Maryland trying to finish up my dissertation). So, I'm planning to come and watch the meet against UPenn."

**2000 Sue Machorek Hardin**: Married Tom Hardin on May 21, 2005. She is still working for Lehman Brother in NYC.

**2001 Pia Chock**- Living in Shanghai and working for a Sports Marketing firm. Will be applying to business school for the fall of 2006.

**2001 Ali Shipley**- Married Steve Bender on October 15, 2005. Ali is still our volunteer diving coach at Harvard.

**2003 Mary Ellen Hammond**: "I'm going to go work for the World Bank in the South Asia Energy and Infrastructure Department. Very, very excited about this opportunity - it means I'll be traveling to India, Pakistan, and Bangladesh while at the bank. It's a two year commitment, so I'll be applying to B-school next year! (Hopefully I'll end up back in your neck of the woods for it ;-)!)"

**2003 Jessi Walter**: "I am currently still doing to same job in Debt Capital Markets. Basically my group is in charge of issuing the large bond deals for the GSEs. I have learned a lot and really enjoyed the experience, but I am ready to move on. I am really interested in trading as well as something more creative/non-finance. Only time will tell I guess. This week I just started with two new classes both on trading (one equity and the other fixed income) and I am hoping they will help to give me a better idea of what I want to do next. This is my first time back in a classroom since college and I am really enjoying it although it does make for super long days."

**2003 Christin McConnell:** Joined the Peace Corps and is located in Bulgaria. Written at the end of August: “Overall, I’m doing great. As with most of the other trainees, I hit a bit of a training slump last week—tired of the endless (and sometimes seemingly pointless) Peace Corps assignments, slightly stir crazy in my small village, and naturally a little tired of the same four personalities day in and day out in the classroom—but I believe we have all turned over a new leaf this past week as the end of training has rapidly approached. Yes, two weeks from today I will be sworn-in as an official Peace Corps Volunteer in Sofia and will soon depart to my new home in Sliven...crazy. Somewhat exciting, but equally as terrifying. Peace Corps Bulgaria has done a great job at scaring us about the dreaded first 3 months of service—it’s winter. you have no friends nearby. you can barely speak the language. you don’t really know what you’re supposed to do at work, etc.—so with that in mind I think we are all savoring our final weeks as a trainee with a daily routine of language class, a community of English-speaking friends, and warm meals served to us 3 times a day. I am, however, also looking forward to the independence (including from my dramatic host mother and daily meals coated in massive quantities of oil and butter) and getting involved in my future community and starting my own projects there.”

**2005 Emily Stapleton** - Working in Washington, DC