



Arcadia University

Rose Georgias

Position: BACKSTROKE/INDIVIDUAL MEDLEY

Senior

Rose has achieved success in and out of the pool. A 2x MAC Honor Roll selection, Part of two Lenox Pool records, the 400 Medley Relay, and the 200 Back pool record. Rose continues to be a true example of effort, attitude, and consistency. No matter the time or the day Rose consistently brought great effort to all of her workouts. Working out during the early mornings either before or after grueling swim practices. Rose consistently elevated her level of performance in the weight room with great effort and energy. Some of her accomplishments include: Achieving Iron Knight status twice (this year she reached it during the swimming season) Vertical Jump: 22.5, BB Back Squat: 185x3, and Deadlift: 225x3. Rose continues to be an amazing example of great effort, attitude, and consistency. ~Todd Barnes

Buffalo State College

Timothy Petranchuk

Position: Distance

Senior

Timothy has worked extremely hard in the weight room to help achieve his goals in the pool. He has become one of the strongest swimmers in the weight room as well as becoming one of our key distance swimmers this year. he has excelled in the weight room and demonstrated the work ethic that is needed to be successful both in the pool and in life. ~Nathan Young

Drexel University

Ted Dickerson

Position: Free

Senior

Ted, has worked extremely hard in all areas of our strength and conditioning program to become bigger, faster, and stronger. Ted's work ethic, discipline, and attitude embody what the Drexel University strength and conditioning program is all about. It has been a privilege to work with such an amazing young man. ~Michael Rankin

Drexel University

Charlotte Myers

Position: Fly/Back

Junior

Charlotte has worked extremely hard in all areas of our strength and conditioning program to improve her individual athleticism. Charlotte's work ethic, discipline and attitude embody what the Drexel University strength and conditioning program is all about. It has been a privilege to work with such an amazing young woman. ~Michael Rankin

New England College

Blake Boulia

Position: Varies

Freshman

"Greatness follows belief and repetition." From shoulder injury in her junior year of high school this athlete could not lift her arm over her head, after training hard and remaining focused she was back for her senior year in high school. Going from third lane swimmers to first, qualifying for states, and getting offered a spot on the New England college swim team. After states she set a goal to squat 200lbs, and did so a few months later! ~Kyle Briere

Nova Southeastern University

Jordan Shows

Position: Sprint Free

Senior

Jordan Shows is an athlete that is dedicated to the process. Jordan knows that the long hours in the pool, the weight room and the dryland conditioning facility are the keys to perfecting her craft. When she walks in the weight room, from warm-up to cool down, she puts her head down and works hard. Her senior-season results reflect that work ethic. In the 2018 SSC Championships, Jordan placed 4th in the 50m Freestyle, 4th in the 100m Freestyle and 6th in the 200m Freestyle, logging the 3 best NCAA Cut times of her college career. During her senior season, she shaved nearly 3 seconds off of her best 200m Freestyle time. Additionally, she was a member of the 200m, 400m, and 800m Freestyle relay team that set new conference records to help propel NSU Swimming to consecutive SSC championships. ~Steven Orris



South Dakota State University

Christopher Rumrill

Position: 50, 100 Free, 100 Relay, 400 Relay

Senior

Chris, captain of the swim team, isn't the most vocal leader, but does lead by example. He is constantly looking for ways to improve anything to everything. He asks for extra mobility work to improve his squat depth. He has met the requirements of our Iron Jacks. A status that only about 10% of our athletes are able to achieve. Chris continues lifting through any time off their coach gives them or scheduled school breaks. ~Samantha Modrick

Trinity College

Jesse Pope

Position: Sprinter

Senior

Jesse does everything from leading to lifting the right way. She always gives her all and will be greatly missed. ~William DeLongis

University of Nebraska Omaha

Kaitlin Harthoorn

Position: Fly/IM

Senior

Kaitlin has been a great role model and positive influence throughout her career on the UNO swimming team. She has consistently improved throughout her entire career and that is a testament to her work ethic. She was named to the Summit League Academic Honor Roll, the Distinguished Scholars List, and the Commissioner's List of Academic Excellence. ~Ryan McNerlin

University of New England

Kayla Burgess

Position: Fly and IM

Senior

Kayla has been an outstanding performer both in the pool and in the weight room throughout her time as a Nor'easter. Kayla has demonstrated an incredible aptitude for leadership and single-handedly turned around her team's culture in terms of the Strength and Conditioning. Prior to Kayla, the Swimming program did not utilize the weight room in their athletic preparation. She set out to change that and has completely altered her teammates' mindset about the value of the weight room...they are now one of the most Strength & Conditioning dedicated teams at UNE. Kayla's dedication to Strength & Conditioning has been impressive, but her ability to perform at a consistently high level in the pool is even more so. This year, Kayla placed first at the 2018 New England Intercollegiate Swimming & Diving Assn Championships in the 500 Y Free with a time of 5:21.35. She was part of record-breaking relay team and she set numerous program and pool records throughout her career. I will miss her leadership, her work ethic and her dedication. Luckily, she's inspired the underclassmen in her program to continue to the excellent work she began. She will be pursuing a career in medical biology, in which she is an exceptional student.

Here is a list of her regional accolades:

2016-17 All-New England (100-butterfly)
2016-17 All-New England (200-butterfly)
2016-17 All-New England (400-medley)
2015-16 All-New England (200-butterfly)
2015-16 All-New England (Relay 200-freestyle)
2014-15 All-New England (100-butterfly)
~Lyndie Kelley



University of Tennessee

Matthew Dunphy

Position: Breaststroke

Junior

Matthew Dunphy is truly one of the hardest workers I have ever been around in College Athletics. Having worked with 23 Division 1 Sports over the past 10 years "Dunphy" as we call him has diligently worked on his craft every single day. Whether it is working on technique in a lift, encouraging a teammate, approaching his warm-up and warm-down with same attention to detail as his biggest races of the year, or just bringing an EDGE to the Training Session. Dunphy does it with laser focus. His ability to be comfortable being uncomfortable allows for our team to build off his example. He truly embodies our program goal of KAIZEN (continuous improvement). I am truly blessed to coach Dunphy on a daily basis and am a better coach having worked with him. #TennesseeTrained ~Gregory Adamson

University of Tennessee

Stanzi Moseley

Position: Freestyler

Junior

Stanzi Moseley is one of the most intense athletes I have been around. Her commitment to Training year round truly sets her apart from the competition. She is a true joy to coach and be around. It has been amazing to watch her accomplish the goals she set out for herself when arriving on Rocky Top. I truly believe that Stanzi's best days are ahead in the Weight Room and Pool. When someone as dedicated/intense as she is commits to getting better every day the ceiling she can reach truly has no height to it as the sky is truly the limit. I am truly blessed to get to work with her for the next couple years. #TennesseeTrained ~Gregory Adamson

