

Edinboro University of Pennsylvania



Edinboro's PSAC Qualifiers

'96-97 Men's & Women's Swimming Guide

Edinboro University of Pennsylvania

History

- ✓ Founded in 1857 as a private academy
- ✓ Previously named Edinboro Academy, Edinboro Normal School, Edinboro State Teachers College, and Edinboro State College
- ✓ The second normal school established in Pennsylvania and the twelfth in the U.S.
- ✓ Became Edinboro University of Pennsylvania on July 1, 1983 with the formation of the Pennsylvania State System of Higher Education

Location

- ✓ Located in the resort town of Edinboro, Pennsylvania
- ✓ Just 15 miles south of Erie and 100 miles from Pittsburgh, Cleveland, and Buffalo
- ✓ Easily accessible from interstates 90 and 79

Special Programs

- ✓ The nation's third largest educational program for the physically disabled including services for the hearing impaired, the visually impaired, and the learning disabled
- ✓ International education program for the exchange of faculty and students
- ✓ Honors program for academically gifted students
- ✓ Internships and field experiences which integrate academic pursuits with on-site "real world" work situations and personal relationships

Facilities

- ✓ Forty-two buildings on a 585-acre wooded campus with a five-acre lake
- ✓ Day and evening classes at the 27-acre Porreco Extension Center in nearby Erie, Pa.

- ✓ Seven-story library with more than 430,000 bound volumes and 1,200,000 microform units, on-line public access catalog, on-line and CD-ROM searching systems, public access catalog for the visually impaired, and interlibrary loan service.
- ✓ Eight on-campus residence halls
- ✓ Planetarium, modern science labs, solar observatory, robotics laboratory, TV studio, radio station, and center for the performing arts
- ✓ Reading clinic, speech and hearing clinic, math clinic, parent-child development center, and computer lab for children
- ✓ Five powerful mini-computer systems, more than 725 personal computers, 300 terminals, and 11 computer labs with current hardware and software
- ✓ Recreational facilities, life skills center, and nurse's station for students with disabilities
- ✓ Campus is nearly 100% wheelchair accessible
- ✓ A newly-remodeled University Center with an indoor running track, saunas and whirlpools, weight room, racquetball and handball courts, full-service bookstore and dining areas, and an aerobics room
- ✓ Tennis courts, football stadium, weight rooms, all-weather track, and pool with diving tank

Athletics

- ✓ Men's baseball, basketball, cross country, football, golf, swimming, tennis, track, and wrestling
- ✓ Women's basketball, cross country, soccer, softball, swimming, tennis, track, and volleyball
- ✓ The Fighting Scots compete in the Pennsylvania Conference and the National Collegiate Athletic Association, Division I and II

Head Coach Kenwyn Chock

Kenwyn Chock, in her third season at Edinboro University, is looking to continue the success of both the men's and women's swimming programs.

In Chock's first season as head coach at Edinboro, she led the Fighting Scots men's team to a seventh place finish at the National Collegiate Athletic Association Division II swim meet. The women's team also placed 21st at their NCAA Division II swim meet that year.

Chock came to Edinboro after spending the previous season at the prestigious Peddie School, a prep school in Highstown, New Jersey. There she was the assistant coach of aquatics and administering all aspects of the swim program. This included the identifying and recruiting all qualified student-athletes.

Before accepting a position at the Peddie School, Chock was the head coach at the Explorers Aquatic Club in Hudson, Ohio. While in this position, Chock was responsible for the workput design and the implementation of seasonal/yearly plans for her swimmers. The abilities of these swimmers ranged from the novice level to senior national finalists and master level iron man champs. Her tasks included on-deck coaching, technical analysis of stroke mechanics, videotaping, scheduling, recruiting, and travel.

Prior to the Explorers Aquatic Club, Chock was a health and physical education instructor at Keystone Oaks High School in Pittsburgh. She was also an assistant director of summer swim camps at Westminster College.

Chock has been honored with many awards throughout her career, including being named the Lake Erie Zone Coach in 1988, 1990, and 1991 and the Lake Erie USS Coach of the Year in 1988, 1991, and 1992. She also received the Ohio High School Coach of the Year in 1991.

Stephanie Cable

Stephanie Cable begins her second year as Edinboro University's diving coach after an outstanding career at Clarion University of Pennsylvania. Cable was a six-time Pennsylvania State Athletic Conference diving finalist while at Clarion. She also earned Division II All-American status four times as well as being named an Academic All-American.

In addition to competitive diving, Cable has served in a variety of coaching and instructional capacities in the past ten years. She also served as the head diving coach of the Edinboro Diving Club for youngsters ages six through thirteen from 1995-96.

Cable earned her bachelor's degree in English at Clarion and is pursuing a master's degree in communications at Edinboro University while serving as a graduate assistant coach. In addition to spearheading the development of the Fighting Scots diving program, Cable also assists head coach Kenwyn Chock with a variety of administrative duties.

Jeffrey Armstrong

Jeffrey Armstrong is in his second season serving as a volunteer assistant coach at Edinboro University. Armstrong brings two decades of coaching experience to the Fighting Scots program. Armstrong has served in a variety of positions at many levels of competition.

Currently he is the the head coach of the Northwest Aquatics Club based in Edinboro, PA. Prior to joining the Scots program in the fall of 1995, Armstrong served as head swimming coach at Rocky River High School. Armstrong has collegeiate coaching experience as a volunteer assistant coach at Catawba (NC) College from 1991-93, and has held numerous YMCA and high school positions. Many of his swimmers have set regional and national records, and have experienced great success at both state and national competitions.

Armstrong has attended numerous coaching clinics, including the last seven ASCA World Coaches Clinics. He is a native of Warren, Ohio, and attended Kent State University.

Accomplishments Under Coach Chock

All-American Men

Dave Lechler	
3rd	100 freestyle
	200 freestyle relay
3rd	400 freestyle relay
4th	200 medley relay
5th	400 medley relay
11th	500 freestyle sprint
12th	200 freestyle sprint
Tony Knapp	
5th	50 freestyle
8th	100 freestyle
	200 freestyle relay
3rd	400 freestyle relay
4th	200 medley relay
5th	400 medley relay
Jim Coffman	
	200 freestyle relay
3rd	400 freestyle relay

Chris Rhodes	
	Academic All-American
	200 freestyle relay
3rd	400 freestyle relay

Greg Sarbak	
4th	200 medley relay
5th	400 medley relay
15th	100 backstroke

Steve Kast	
4th	200 medley relay
5th	400 medley relay
16th	100 breaststroke
12th	200 breaststroke

All-American Women

Heni Toth	
	100 butterfly
15th	100 butterfly
13th	200 ind. medley



Fighting Scots Coaching Staff (l-r): Stephanie Cable (Diving Coach), Jeff Armstrong (Assistant Coach), Kenwyn Chock (Head Coach)

1996-97 Swimming Outlook

The Edinboro University of Pennsylvania men's and women's swimming programs hope to continue the high standard of excellence of years past. With young rosters for both teams, head coach Kenwyn Chock will count heavily on her sophomores and a strong recruiting class to stride toward the team's goal of a Pennsylvania State Athletic Conference title and a return trip to the NCAA Division II national championships.

1996-1997 Men's Swimming Team

Senior Brian Marton, the Pennsylvania State Athletic Conference champion in the 100 butterfly, narrowly missed swimming in the NCAA Division II Championship meet last spring as a junior. Coach Chock expects Marton to again contend for a PSAC title, as well as compete in the national championships.

Marton highlights a men's roster which features several returning PSAC qualifiers, including Jay Hertel (Erie), Matthew Morgan (Lancaster), and Matthew Shipe (Pittsburgh). All three are sophomores looking to improve on last year's success.

Providing depth will be first-year swimmers Jason Durbin (Aliquippa), Zack Lees (Charleroi), Todd Beebe (Pennsburg), Ryan Johnson (Port Allegany), John Mazurek (East Vandergrift), and Jared Muis (Rochester).

The lone diver on the men's roster is freshman Robert Cowden (Oakdale). He will look to accumulate enough points to qualify for the NCAA Division II Diving championships in March.

1996-97 Women's Swimming Team

The only upperclassman on the women's side is junior diver Leigh Mazar (Oakdale). Mazar and freshman Heidi Hinzman (Darlington) also hope to accumulate points to earn the right to compete in the diving championships in March.

The women's roster is highlighted by five returning PSAC qualifiers from the 1995-96 team. Sophomores Renee

Forkin (Pittsburgh), Jennifer Hoddick (Tonawanda), Karan Koch (Pittsburgh), Karen Brothers (Apollo), and Cindy Woods (Pittsburgh) all advanced to the conference championships a year ago. They will be joined by classmate Irene Hill (Pennsburg) who narrowly missed the PSAC qualifying times a year ago.

First-year swimmers filling out the roster include Barb Black (Berwyn), Susan Herald (Chambersburg), Laurie Pastorius (Pittsburgh), Melynda Ross (Erie), and Kyra Sherba (Carnegie).

Off the Blocks

Coach Chock is quick to point out that while her team is young, they are experienced with eleven returning swimmers who qualified for the PSAC Championships a year ago. Chock also believes that the freshmen are progressing at a steady pace and will be a large factor throughout the season.

Brian Marton will serve as the team captain this season. "Brian is our only captain this year. His senior leadership and experience will benefit the team greatly, but it is also very important to recognize that our commitment is as a team and any member of this team has the ability to step up and do what needs to be done. So in that respect, we are all responsible for the team's leadership."

Chock has no doubts that her freshmen will step up to the challenge this year. In fact, she feels that this season will be a stepping stone to achieving the team's goal of winning a conference championship as well as becoming an annual contender nationally.

"When I was first hired, I walked into the arena and saw lots of Pennsylvania Conference and NCAA championship banners," recollected Chock. "But none of them were swimming banners. Our goal is to change that. It won't happen overnight, but in the next few years, we're going to build this program to the point where we can consistently challenge for men's and women's championships."

Commitment to Academics

Chock and her two assistant coaches, Stephanie Cable (diving coach) and Jeff Armstrong, have built a strong commitment to academic excellence as the foundation for the program.

Their philosophy is simply "Academics first with swimming a close second."

This philosophy is supplemented by a strong belief that academic success is both achievable for, and crucial to, a strong athletic program.

The commitment to this goal was realized last year as the 1995-96 edition of the Fighting Scots women's team had a collective grade point average of 3.1, which led to their being named as a Academic All-American Team.



Scholar-Athletes: In addition to success in the pool, Edinboro University student-athletes also excel in the classroom. Last season, three Fighting Scot swimmers were honored by the Pennsylvania State Athletic Conference as scholar athletes for the 1995-96 academic year. (L-R): Karan Koch, Brian Marton, Renee Forkin.

'96-97 Swimming Schedule

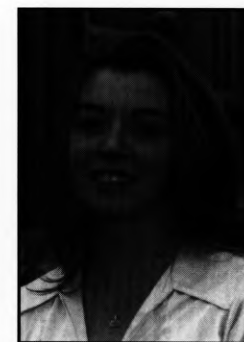
Nov.	2	UNIVERSITY OF BUFFALO (w/Diving)	2 p.m.
	8	EDINBORO UNIVERSITY OF PA RELAYS	5 p.m.
	9	GANNON UNIVERSITY/FAIRMONT (WV) STATE UNIV.	1 p.m.
	16	at Clarion University of PA (w/Diving)	1 p.m.
	22	at Westminster College	3 p.m.
Dec.	6-8	at Clarion University of PA Invitational	10 a.m.
Jan.	24-25	at Clarion University of PA Invitational	6 p.m.
Feb.	1	at Slippery Rock University of PA	1 p.m.
	6	at Buffalo State College	7 p.m.
	8	INDIANA UNIVERSITY OF PA	2 p.m.
	21-23	at Pennsylvania State Athletic Conference Championships	TBA
Mar.	12-15	at NCAA Division II National Championships	TBA



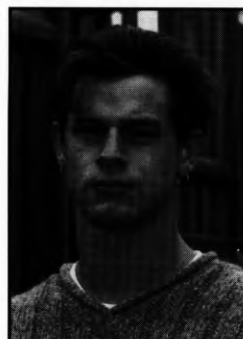
Brian Marton
Senior
Speech/Communication



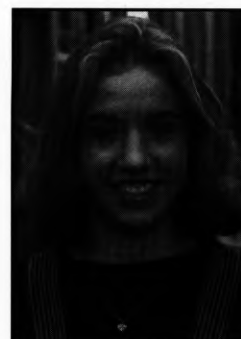
Leigh Mazar
Junior
Social Work



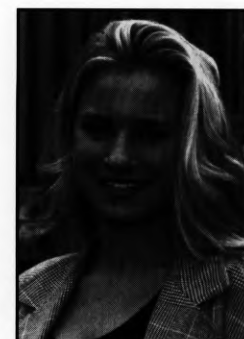
Karen Brothers
Sophomore
English



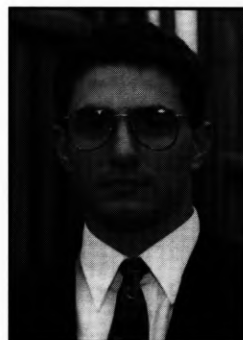
Jason Durbin
Sophomore
Psychology



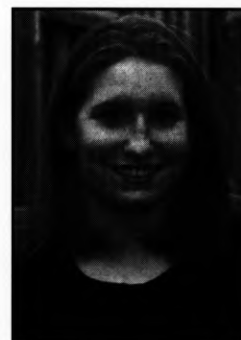
Renee Forkin
Sophomore
Elementary/Early
Childhood Education



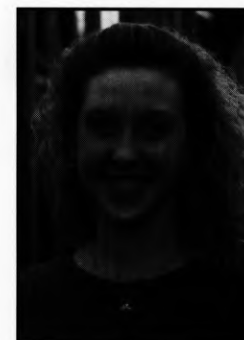
Erica Gray
Sophomore
Communications



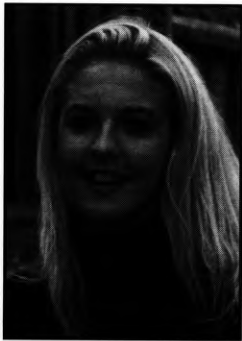
John Hertel
Sophomore
Environmental
Studies/Geography



Irene Hill
Sophomore
English



Jennifer Hoddick
Sophomore
Special/Elementary
Education



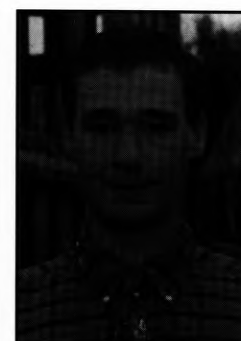
Karan Koch
Sophomore
Business/Marketing



Matthew Morgan
Sophomore
General Studies



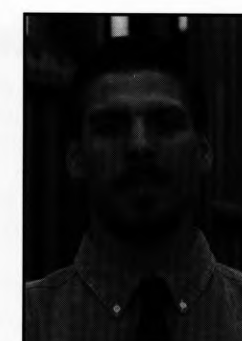
Matthew Shippe
Freshman
Engineering



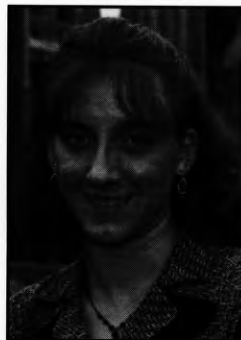
Ryan Johnson
Freshman, Health/
Physical Education



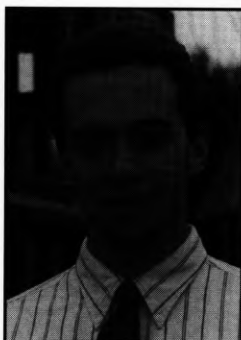
Zack Lees
Freshman
General Studies



John Mazurek
Freshman
Elementary Education



Cynthia Woods
Sophomore
Special/Elementary
Education



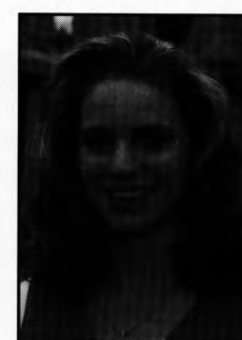
Todd Beebe
Freshman
Applied Media Arts



Barbara Black
Freshman
Sociology



Jared Muisus
Freshman
General Studies



Laurie Pastorius
Freshman
Elementary Education



Sophomore Renee
Forkin was present-
ed the Erie County
Women in Sports
Award as Edinboro
University's Top
Female Swimmer



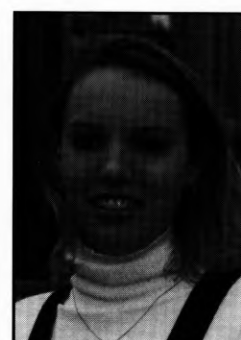
Robert Cowden
Freshman, Speech
Communications



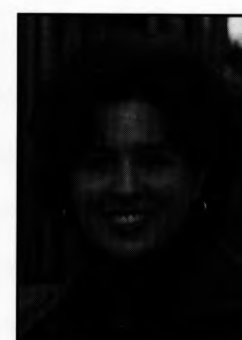
Susan Herald
Freshman
Criminal Justice



Heidi Hinzman
Freshman
Theater Arts



Melynda Ross
Freshman
General Studies



Kyra Sherba
Freshman
Business Marketing

'96-97 Men's Swimming/Diving Roster

Susan Herald	Fr.	Sprinter	Chambersburg, PA/James Buchanon
Todd Beebe	Fr.	Sprinter	Pennsburg, PA/Upper Perkiomen
Robert Cowden	Fr.	Diver	Oakdale, PA/West Allegheny
Ryan Johnson	Fr.	Sprinter	Port Allegany/Port Allegany
John Mazurek	Fr.	Sprinter	East Vandergrift, PA/Kiski Area
Jared Muisus	Fr.	Breast/Sprint	Rochester, NY/West Irondequoit
Jason Durbin	So.	Breast/Sprint	Aliquippa, PA/Hopewell
John (Jay) Hertel	So.	Sprinter	Erie, PA/Cathedral Prep
Zack Lees	So.	Sprinter	Chaleroi, PA/Charleroi
Matthew Morgan	Fr.	Free/Fly	Lancaster, PA/Hempfield
Matthew Shipe	Fr.	Backstroke	Pittsburgh, PA/Mt. Lebanon
Brian Marton	Sr.	Fly/Distance	Cranberry, PA/Seneca Valley

Men's Swimming Records

Dawson	1989	50 Freestyle	20.40
Knapp	1994	100 Freestyle	45.70
Knapp	1994	200 Freestyle	1:41.60
Christensen	1990	500 Freestyle	4:37.76
Christensen	1990	1000 Freestyle	9:43.04
Christensen	1990	1650 Freestyle	16:08.23
Sarbak	1993	100 Backstroke	52.96
Sarbak	1993	200 Backstroke	1:51.30
Andrews	1988	100 Breaststroke	58:13
Kast	1994	200 Breaststroke	2:05.65
Marton	1996	100 Butterfly	52.15
Grafious	1996	200 Butterfly	1:54.93
Sarbak	1993	200 Individual Medley	1:56.33
Grafious	1994	400 Individual Medley	4:05.12
Wright		1 Meter Diving (6)	289.70
Sorg		1 Meter Diving (11)	461.60
Brown		3 Meter Diving (6)	300.00
Gramm		3 Meter Diving (11)	465.5
Sarbak, Knapp, Lechler, Kast	1995	200 Medley Relay	1:34.40
Sarbak, Knapp, Lechler, Kast	1995	400 Medley Relay	3:26.44
Knapp, Coffman, Lechler, Rhodes	1995	200 Free Relay	1:22.79
Erdos, Knapp, Christensen, Lechler	1992	400 Free Relay	3:03.97
Bollow, Erdos, Christensen, Lechler	1991	800 Free Relay	6:53.21

'96-97 Women's Swimming/Diving Roster

Susan Herald	Fr.	Sprinter	Chambersburg, PA/James Buchanon
Heidi Hinzman	Fr.	Diver	Darlington, PA/Blackhawk
Laurie Pastorius	Fr.	Sprinter	Pittsburgh, PA/Brashear
Melynda Ross	Fr.	Sprinter	Erie, PA/Harbor Creek
Kyra Sherba	Fr.	Fly/Distance	Carnegie, PA/Chartiers Valley
Barb Black	So.	Distance	Berwyn, PA/Conestoga
Karen Brothers	So.	Distance	Apollo, PA/Kiski Area
Renee Forkin	So.	Sprinter	Pittsburgh, PA/Brentwood
Erica Gray	So.	Sprinter	Murrysville, PA/Franklin Regional
Irene Hill	So.	Distance	Pennsburg, PA/Upper Perkiomen
Jennifer Hoddick	So.	Sprint/Breast	Tonawanda, NY/Tonawanda
Karan Koch	So.	Distance	Pittsburgh, PA/Brashear
Cindy Woods	So.	Distance/Breast	Pittsburgh, PA/Baldwin
Leigh Mazar	Jr.	Diver	Oakdale, PA/West Allegheny

Women's Swimming Records

Hopkins/Schirack	1991	50 Freestyle	24.28
Hopkins	1991	100 Freestyle	52.06
Hopkins	1991	200 Freestyle	1:53.36
Balcam	1994	500 Freestyle	5:09.68
Balcam	1992	1000 Freestyle	10:42.91
Balcam	1992	1650 Freestyle	17:48.30
Kostrubanic	1993	100 Backstroke	59.49
Kostrubanic	1993	200 Backstroke	2:07.59
George	1992	100 Breaststroke	1:06.92
Taylor	1995	200 Breaststroke	2:28.31
Toth	1994	100 Butterfly	57.65
Toth	1994	200 Butterfly	2:10.55
Toth	1996	200 Individual Medley	2:09.63
Tokanos	1991	400 Individual Medley	4:40.59
Koenemund	1990	1 Meter Diving (6)	220.85
Koenemund	1990	1 Meter Diving (10)	385.60
Koenemund	1990	3 Meter Diving (6)	242.25
Koenemund	1990	3 Meter Diving (11)	440.20
Ayers, Hopkins, Schirack, Kostrubanic	1991	200 Medley Relay	1:50.76
Martucci, George, Donahue, Kostrubanic	1993	400 Medley Relay	4:02.98
Jensen, Hopkins, Schirack, Ayers	1992	200 Free Relay	1:36.43
Jensen, Hopkins, Schirack, Ayers	1992	400 Free Relay	3:32.00
Martucci, Hopkins, Schirack, Kirby	1992	800 Free Relay	7:49.94

Edinboro Natatorium



- ❖ This outstanding facility holds six 7-foot lanes in a 75' x 42' area with 40'x40' diving well. Water depth ranges from four feet to 13.
- ❖ Four underwater windows for filming and stroke correction.
- ❖ The lanes are with Kiefer "non-turbulence" lane lines and the pool wall is guttered for fast times.
- ❖ Mercury vapor lighting which completely eliminates pool and deck glare with an underwater lighting system in operation.
- ❖ McComb Fieldhouse is an easily accessible on-campus facility that also houses three basketball courts, two racquetball courts, a newly built weightroom and sports medicine center.

Fighting Scot Fast Facts

Location Edinboro, PA 16444
President . . . Dr. Frank G. Pogue, Jr.
Founded 1857
Athletic Director . . . Jody Mooradian
Swim Coach Kenwyn Chock
Office Phone . . 814-732-2776 x 228
Pool Phone

Sports Info Dir Shawn Ahearn
SID Phone 814-732-2776 x 234
Conference PSAC-West
Affiliation NCAA Division II
Colors Red and White
Nickname Fighting Scots
Enrollment 7,484