

THE COLLEGE OF SAINT ROSE

Athletics Department

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SWIMMING

AND DIVING

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THE SCHEDULE

The men's and women's teams train and travel together, and their schedules are primarily composed of dual meet and invitational competitions. The result affords each team member a great bonding experience from which lasting friendships develop.

60%

The team continues to build on its individual and team successes year after year. Since 2002, the swimming and diving teams have won more than 60 percent of their dual meets, produced a national champion and manufactured numerous NCAA Championship qualifiers.

PROGRAM

The teams training mentality is quality versus quantity. Swimmers are encouraged to focus on technique rather than total yardage swam. Team members start off slow and build their endurance as they go because it is a long season. Dry land training is also incorporated with a strength training program.

Coach Murray believes in swimming smarter, not harder. Swimmers are taught to think about what they are doing and why. The student-athletes are here for academics and athletics is something that they do for enjoyment and the thrill of competition. What the swimmers learn in the water will hopefully prepare them for life after Saint Rose.

During the summer, swimmers are encouraged to train in the water three to four times per week and stay relatively active. Coach Murray believes there is an important component to cross-training that will help swimmers during the season. Alternative training methods such as mountain biking, hiking and running are activities that can be enjoyable along with the addition of the cross-training element.

Team practices commence within the first three weeks of school with captain's practices. Team members traditionally get together beforehand to train with each other before team practices

begin. The first invitational is held during the last Saturday in October, with dual meets to follow in November. Saint Rose competes in two major championship competitions, including the Northeast-10 Conference Championships during the first week of December. Swimmers spend the entire season preparing for the Metropolitan Conference Championships in February, with the NCAA Championship Meet to follow in March. Saint Rose travels to meets in New York, Massachusetts, Connecticut, Vermont and New Jersey. Most dual meets and invitationals are on Saturday to ensure proper training and recovery time during the week.

Saint Rose swimming and diving offers dedicated student-athletes a competitive environment that caters to the needs of the student's academics. Varsity athletics is a great opportunity to push oneself further than the mind and body have before. Saint Rose has fielded swimmers that have been given an opportunity to be part of an athletics program that is strong and nationally recognized.



Alicia Robinson
Albany, NY
Albany High School

“ **BECOMING A MEMBER OF** the Saint Rose swim team has been one of my most rewarding experiences. I have gained more than a new group of friends. Our team is like family, compiled of people who always support one another. Coach Murray is not just a swim coach to us. He is a mentor. Everyone feels comfortable going to him with issues, whether it is dealing with swimming, school, or everyday stresses of being a college student. Coach Murray always seems to have good advice to share. The lessons I’ve learned both in and out of the pool have strengthened me not only as an athlete, but also as a member of the Saint Rose community. ”



Ryan Brauer
Clifton Park, NY
Shenendehowa

“ **SWIMMING AT** The College of Saint Rose has influenced me in many ways, one being that I have had the opportunity to have and develop strong relationships and make close friends that I now consider family. Between the added pressure of classes, double practices, and weekend meets; the team is there to support each other and stay positive whenever any of our teammates need anything. Another relationship that has impacted me is with head coach Keith Murray. He is always there to help me succeed in and out of the pool. If you are looking for a school where your goal is to build strong relationships in both swimming and as a student, then Saint Rose is the perfect school for you. ”

OUTLOOK



Victorious in more than 60 percent of its dual meets during head coach Keith Murray's tenure, Saint Rose swimming and diving is becoming a force to reckon with in the East Region. The rigors of dual meet

competition, invitationals and championship meets provide challenging endeavors to uphold. However, the teams have turned heads at major meets for nearly half a decade.

Saint Rose has placed among the top-three teams at two conference championship meets since 2005, including a second place finish from the men's squad at the 2006 Northeast-10 Conference Championships. Matt Kavanagh ('06) was the College's first NCAA All-American (2006), while Brandon Birchak ('08) captured the school's first national championship in any sport by sweeping the one and three-meter diving events at the 2007 NCAA Division II Championships.

In addition, Ryan Brauer ('12) and Vadim Yafayev ('12) will look to bolster the Golden Knights' stronghold as a top contender in the NE-10. Brauer was honored as the 2009 NE-10 Freshman of the Year on the strength of an All-America and two honorable mention All-America performances at the 2009 NCAA Championship meet. Yafayev joined Brauer as an honorable mention All-American in the 400 IM.

Amy Lamparelli ('11) and Caitlin Peterson ('12) helped the women's squad record its best finish in program history with a third place effort at the 2008 NE-10 Championships. The duo already has six individual school records and is part of five record setting relay teams.

Returning to campus for a training session or to a home dual meet gives alumnae/i a chance to relive memories of competing for Saint Rose. The Saint Rose swimming and diving alumnae/i network has deep roots and team members form friendships that often last forever.

COACHING



Keith Murray
Swimming and Diving
Head Coach

The 2007 Northeast-10 Conference Coach of the Year, Keith Murray became the only coach in school history to produce a national champion as diver Brandon Birchak ('08) captured the one and three-meter events at the 2007 NCAA Division II Championship Meet. A total of four student-athletes have represented Saint Rose at the NCAA Championships since Murray took the reigns at the outset of the 2002-03 campaign.

Murray guided the men's club to its best dual meet record in school history at 9-1 in 2007. The squad finished second at the NE-10 Championships (2006) and twice tied its best finish ever at the Metropolitan Conference Championships with fifth place showings (2007 & 2009). Furthermore, he led the women's team to a fifth place overall performance among 20 competing institu-

tions in 2009, also the team's best finish at the event. The two clubs established a staggering 31 school records throughout the three-day meet in 2009.

During the 2005-06 season, Murray guided then senior Matt Kavanagh to the NCAA Championship meet for the third straight season, as he earned All-American honors in the 50, 100 and 200-yard freestyles. Kavanagh is the only swimmer in the 13-year history of the program to qualify for three straight NCAA meets.

A 1996 graduate of Hartwick College where he earned a bachelor's degree in psychology, Murray served as a part time assistant coach at Saint Rose from 2000-2002 while working full time as the Director of Recreation for the LaSalle School for Boys. Murray has also coached at Union College and Hartwick College.



Keith Murray
Swimming and Diving
Head Coach

“**SETTING GOALS**, whether it be in the water or in life, is an integral part of Saint Rose swimming and diving. We are constantly focusing on the little things in order to help achieve individual growth both athletically and academically. Our student-athletes will learn from their mistakes and successes, applying what they learn on a daily basis. These observations of growth and accomplishment strengthen the many relationships that have become an important part of my life.”

Sports Medicine

Saint Rose student-athletes are supported by a sports medicine staff that includes two NATABOC-certified athletic trainers. The sports medicine staff administers all phases of preventive training, care and injury rehabilitation. The staff also provides analysis to athletes on sport-specific nutrition, strength training and conditioning.

Contacts

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PLAY HARD ”**

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