

2013 Stanford
Synchronized
Swimming



2013 Record Book



2013 STANFORD SYNCHRO SCHEDULE

Date	Event/Opponent	Location	Time
Jan. 25	Lindenwood University	St. Charles, MO	TBA
Jan. 26	Lindenwood University	St. Charles, MO	TBA
Feb. 9	Exhibition	Stanford, CA	11 a.m.
Feb. 16	Incarnate Word & Lindenwood	San Antonio, TX	TBA
Feb. 23-24	Arizona State & Lindenwood	Mesa, AZ	TBA
March 2	Western Regionals	Stanford, CA	2 p.m.
March 3	Western Regionals	Stanford, CA	10 a.m.
March 20-23	U.S. Collegiate Nationals	Stanford, CA	All Day

All Home Meets held at the Avery Aquatic Center; All times Pacific

2013 QUICK FACTS

General Information

Location: Stanford, CA 94305-6150
Synchro Facility: Avery Aquatics Center
Enrollment: 15, 319 (6,878 undergraduates)
Founded: 1891
Nickname: Cardinal
Colors: Cardinal and White
Athletic Director: Bernard Muir
President: John Hennessy
Sport Administrator: Chris Hutchins

Coaching Staff

Head Coach: Sara Lowe (Stanford, 2008)
Career Record: First Season
Assistant Coach: Megan Azebu (Santa Clara, 2012)
Athletic Trainer: Scott Anderson
Sports Performance Coach: Rachel Hayes
Synchro Office Phone: (650) 724-2395

Athletic Communications and Media Relations

Synchro Contact: Regina Verlengiere
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Media Relations Office: (650) 723-4418
Media Relations Fax: (650) 725-2957
Athletics Website: www.gostanford.com

Media Information

Interview requests for players and coaches must be coordinated with the Stanford Athletics Media Relations office. Visit www.gostanford.com for news releases, player profiles, and updated schedules and results.

Credits: The 2013 Stanford synchronized swimming record book was written and edited by Regina Verlengiere. Design, layout and production by Maggie Oren, MB Design. Photography by John Todd, Don Feria and Richard Ersted.





2013 STANFORD SYNCHRONIZED SWIMMING ROSTER

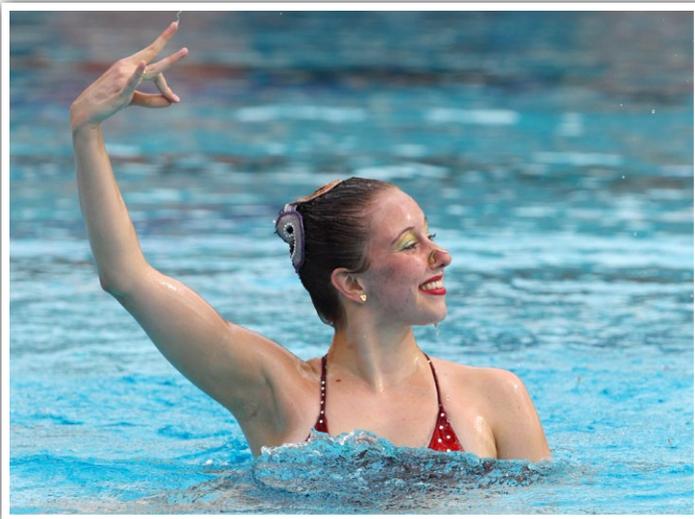
Name	Ht.	Event	Yr.	Exp.	Hometown (High School)	Last Club
Anna Boyle	5-7	Team	SO	1V	Las Vegas, NV (Bishop Gorman)	Arizona Aqua Stars
Madison Crocker	5-11	Team	SR	3V	Weston, CT (Weston)	New Canaan Aquianas
Emily Dillon	5-8	Team	SO	1V	Los Gatos, CA (Los Gatos)	Santa Clara Aquamaids
Morgan Fuller	5-7	Team	SR	3V	Sunnyvale, CA (Homestead)	Santa Clara Aquamaids
Jessica Guenther	5-1	Team	SR	3V	Saskatoon, Saskatchewan (Holy Cross)	Saskatoon Aqualenes
Leigh Haldeman	5-5	Team	JR	2V	Kenmore, WA (Inglemoor)	Arizona Aqua Stars
Megan Hansley	5-6	Team	JR	2V	New Canaan, CT (New Canaan)	New Canaan YMCA Aquianas
Mariya Koroleva	5-6	Team	SR	3V	Walnut Creek, CA (Las Lomas)	Walnut Creek Aquanuts
Michelle Moore	5-4	Team	SR	3V	Tonawanda, NY (Gorman)	Riverside Aquettes
Olivia Morgan	5-5	Team	SR	3V	Lafayette, CA (College Park)	Walnut Creek Aquanuts
Carolyn Morrice	5-3	Team	FR	HS	Clayton, CA (Carondelet)	Walnut Creek Aquanuts
Mina Shah	5-7	Team	FR	HS	South Salem, NY (John Jay)	New Canaan Aquianas
Raena Sumiyoshi	5-2	Team	SO	1V	Moraga, CA (Campolindo)	Walnut Creek Aquanuts
Evelyna Wang	5-6	Team	FR	HS	Los Altos, CA (Homestead)	Santa Clara Aquamaids

Coaching Staff

Head Coach – Sara Lowe (Stanford '08/1st Season)

Assistant Coach – Megan Azebu (Santa Clara, '12/1st Season)

2012 SYNCHRONIZED SWIMMING SEASON IN REVIEW



The Stanford synchronized swimming faced several challenges throughout the 2012 season, swimming without five members who were training with the U.S. Olympic Team. However, the Cardinal persevered and its fourth-place finish at the U.S. Collegiate Nationals marked its 32nd top-five performance in school history. The squad then captured the runner-up finish at U.S. Nationals to cap off the season.

U.S. Nationals (April 12-14)

The Cardinal finished with a total of 19 team points, trailing the University of Incarnate Word. Stanford juniors Madison Crocker and Jessica Guenther captured second place in the duet with a combined score of 167.100. Cardinal seniors Koko Urata and Alex Bollaidlaw ended their Stanford careers with a third-place finish in the duet with a score of 165.180. In the solo final, Crocker took fourth place with a 163.880 combined score.

Collegiate Nationals (March 15-17)

Stanford took fourth-place at the U.S. Collegiate Nationals, held at the Stephen O'Connell Center in Gainesville, Fla. The Cardinal tallied a total of 66.0 team points in the overall standings. The Ohio State University



captured the title with 93.0 points. The Buckeyes were followed by The University of Incarnate Word (88.0 points) and Lindenwood University (68.5 points). Canisius College rounded out the top-5 with 61.0 points.

In the trio finals, Stanford's Bollaidlaw, Liane Lovitt and Urata placed fourth with an 86.517. The Cardinal trio of Anna Boyle, Crocker and Leigh Haldeman took sixth with an 84.433.

In the duet finals, Crocker and Guenther captured fourth with an 86.200. Coming in fifth was Stanford's Bollaidlaw and Urata with an 85.967.

In the solo finals, Crocker took sixth for the Cardinal with an 84.783.

Western Regionals (March 4)

Stanford again captured the West Regional title in Tucson, Ariz. Stanford dominated its competition, topping the University of Arizona and Arizona State.

Starting with the trio, Stanford won three of the four events as well as placing first in the 'A' and 'B' figures. Bollaidlaw and Urata teamed with Lovitt to win the trio competition with an 88.333. Stanford's Boyle, Crocker and Haldeman took second with an 86.333.

Bollaidlaw and Urata continued to swim well, capturing first in the duet with an 88.167. The pair finished just ahead of Stanford's Crocker and Guenther (88.000). Boyle and Haldeman finished as an honorary third place with an 84.833.

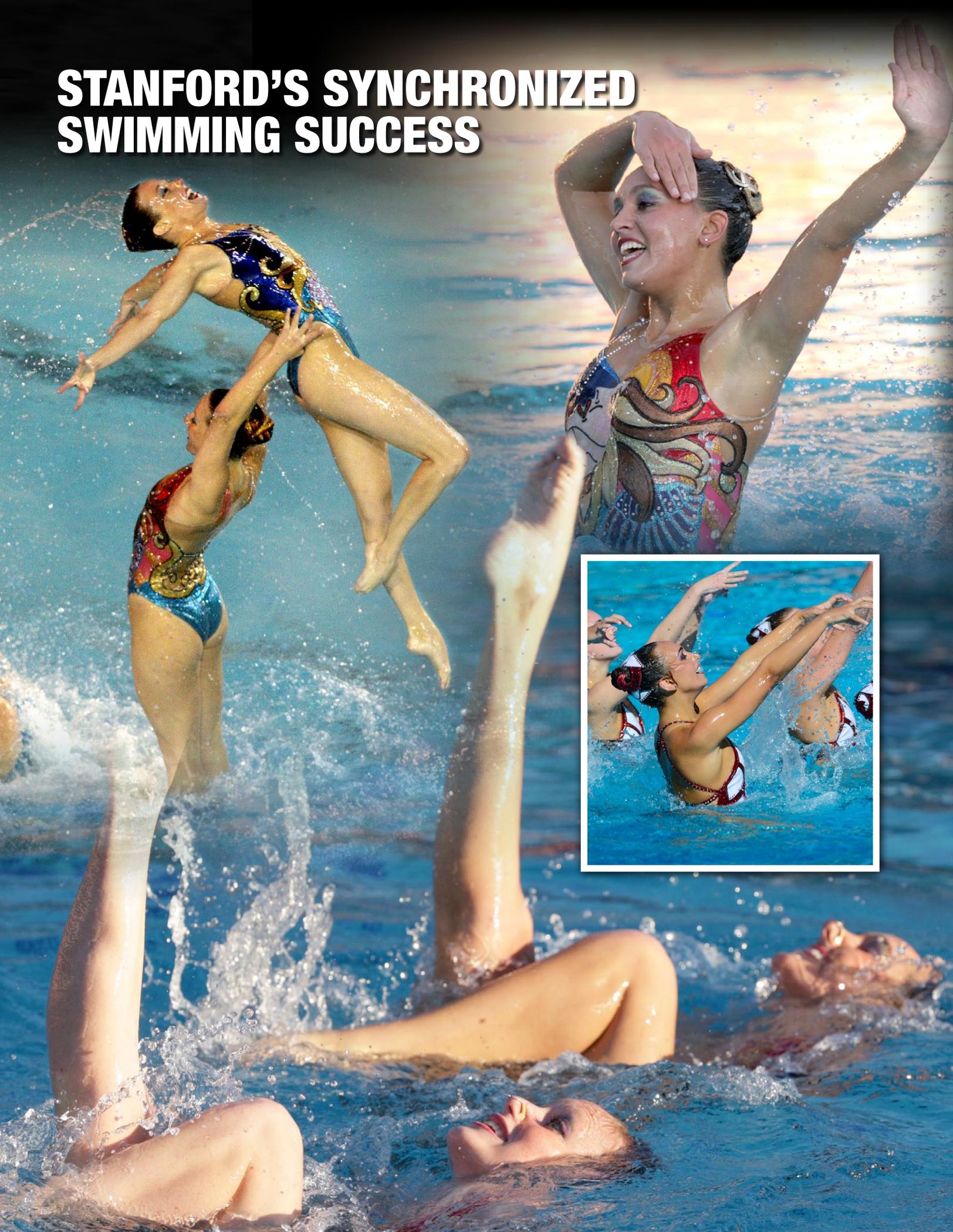
Crocker won the solo with an 87.167, topping Arizona's Lauren Meadows (78.000) and Sally Harwood (74.667).



2012 Stanford Synchronized Swimming Results

at Florida	1st Place
vs. Incarnate Word	1st Place
vs. Lindenwood	1st Place
vs. Arizona	1st Place
at Arizona	1st Place
Western Regionals	1st Place
U.S. Collegiate Nationals	4th Place
U.S. Nationals	2nd Place

STANFORD'S SYNCHRONIZED SWIMMING SUCCESS



ALL-AMERICA HISTORY

COLLEGIATE ALL-AMERICANS

- 1996 Catherine Chen, Julie Davies, Bridget Finn, Amy Markezich, Lesley Riddervold, Vanessa Shaw
- 1997 Catherine Chen, Julie Enos, Bridget Finn, Heather Pease, Vanessa Shaw
- 1998 Julie Enos, Shannon Montague, Heather Pease, Vanessa Shaw
- 1999 Julie Enos, Paige Freiheit, Shannon Montague, Vanessa Shaw, Lindsey Wigginton, Kristi Wright
- 2000 Julie Enos, Paige Freiheit, Stephanie Joukoff, Shannon Montague, Lindsey Wigginton, Kristi Wright
- 2001 Erin Dobratz, Stephanie Joukoff, Shannon Montague, Katie Norris, Lindsey Wigginton
- 2002 Erin Dobratz, Stephanie Joukoff, Jennifer Kibler, Katie Norris, Shella Sadovnik, Lindsey Wigginton
- 2003 Stephanie Joukoff, Jennifer Kibler, Ashley McHugh, Cassidy Ramage, Shella Sadovnik
- 2004 Elizabeth-Anne Markman, Ashley McHugh, Katie Norris, Cassidy Ramage, Shella Sadovnik
- 2005 Samantha Borgiovanni-Duclos, Poppy Carlig, Sara Lowe, Ashley McHugh, Katie Rose Norris, Cassidy Ramage, Courtenay Stewart
- 2006 Erin Bell, Poppy Carlig, Hilary Homenko, Melissa Knight, Sara Lowe, Elizabeth-Anne Markman
- 2007 Poppy Carlig, Sara Lowe, Melissa Knight, Elizabeth-Anne Markman
- 2008 Erin Bell, Poppy Carlig, Melissa Knight, Sara Lowe, Courtenay Stewart
- 2010 Debbie Chen, Madison Crocker, Morgan Fuller, Maria Koroleva, Michelle Moore, Olivia Morgan
- 2011 Alex Bollaidlaw, Madison Crocker, Morgan Fuller, Jessica Guenther, Maria Koroleva, Olivia Morgan, Koko Urata
- 2012 Alex Bollaidlaw, Madison Crocker, Koko Urata

ACADEMIC ALL-AMERICANS

- 2000 Julie Enos, Ashley Ensign, Stephanie Joukoff, Kristi Wright
- 2001 Erin Dobratz, Ashley Ensign, Amanda Graff-Baker, Katie Norris
- 2002 Blaire Fraser, Amanda Graff-Baker, Shella Sadovnik
- 2003 Ashley Ensign, Amanda Graff-Baker, Stephanie Joukoff, Courtney Penn
- 2004 Ashley McHugh, Courtney Penn
- 2005 Samantha Borgiovanni-Duclos, Melissa Knight, Sara Lowe, Elizabeth-Anne Markman
- 2006 Samantha Borgiovanni-Duclos, Hilary Homenko, Gayle Lee, Elizabeth-Anne Markman
- 2007 Samantha Borgiovanni-Duclos, Hilary Homenko, Gayle Lee, Elizabeth-Anne Markman
- 2008 Erin Bell, Debbie Chen, Allison Coates, Melissa Knight, Gayle Lee, Courtenay Stewart
- 2009 Erin Bell, Debbie Chen, Gayle Lee
- 2010 Alex Bollaidlaw, Debbie Chen, Madison Crocker, Gayle Lee, Wendy Lu
- 2011 Alex Bollaidlaw, Madison Crocker, Morgan Fuller, Jessica Guenther, Leigh Haldeman, Gayle Lee, Liane Lovitt, Wendy Lu, Corinne Smith
- 2012 Madison Crocker, Jessica Guenther



SYNCHRONIZED SWIMMING: A STANFORD TRADITION

Entering its 33rd year of organized competition, the Stanford synchronized swimming team is one of the university's most successful athletic programs. Stanford has won six collegiate national titles, including four of the last eight, among its 32 top-five finishes.

Stanford Synchro has also made a name for itself internationally and outside the collegiate arena as well with six Olympians since the 1996 Games, including one gold medalist and two bronze medalists. In addition, numerous National Team members have competed collegiately for the Cardinal. In 2008-09, the team became the first collegiate team to win the U.S. National Championship, while in 2007-08 the team became the first collegiate squad to win all events entered in the U.S. National Championships.

Some of the most successful Olympic athletes in history have graduated from Stanford. This past summer at the 2012 Olympic Games in London, Stanford affiliates brought home 16 medals, including 12 gold medals. Current Cardinal Mariya Koroleva represented the United States in the duet competition. At the 2008 Olympics in Beijing, China, Stanford took home a total of 25 medals – eight gold, 13 silver and four bronze. Stanford synchronized swimming is proud to have contributed to the strength of that tradition, producing more Olympians than any other collegiate synchro program in the nation.

Former head coach Heather Olson, then Heather Pease, helped lead the U.S. team to gold in the 1996 Olympics in Atlanta, and also competed with former assistant coach Bridget Finn in the 2000 Olympics in Sydney. Erin Dobratz, class of 2005, and Sara Lowe, class of 2008, were on the U.S. team that took home a bronze medal at the 2004 Olympic Games in Athens. Courtenay Stewart, class of 2008, represented Canada in both the duet and team events at the Olympic Games in Athens. Katie R. Norris, class of 2004, was a member of the U.S. Olympic squad, but turned down the opportunity to be on the Olympic team as a reserve in order to finish school at Stanford.

In addition to producing athletes who compete successfully in national and international competitions, the Cardinal also value well-rounded individuals who excel in life after athletic competition. Stanford synchronized swimmers have gone on to become emergency room doctors, surgeons, lawyers, and investment bankers, as well as accomplished artists, teachers, coaches and journalists. Recent alumni have gone on to work in key positions at the world's most prestigious companies, including Microsoft, Intel, and TimeWarner. A tight-knit community, these alumni have stayed in touch years after their swimming careers have ended, finding ways to support one another, and the Stanford Synchro community.

Thanks in large part to alumni support, Stanford is one of the most competitive synchronized swimming programs in the nation, with a reputation for creating the highest quality scholar-athletes who excel both in the water and in life.

STANFORD ATHLETIC BOARD AWARDS

1998	Megan Fix (Donald Kennedy Award)
1998	Heather Pease (Co-Outstanding Female Junior)
2001	Shannon Montague (Co-Outstanding Female Senior)
2003	Ashley Ensign (Highest GPA Female Senior)
2004	Katie Norris (Co-Outstanding Female Junior)
2005	Katie Norris (Co-Outstanding Female Senior)
2006	Sara Lowe (Co-Outstanding Female Sophomore)
2007	Elizabeth-Anne Markman (Co-Outstanding Female Senior)
2008	Sara Lowe (Stanford Athletic Board Award) Courtenay Stewart (Donald Kennedy Award, Bill Walsh Award)





U.S. NATIONAL CHAMPIONS

- 2005 Katie Norris (Solo, 95.917)
- 2006 Sara Lowe / Courtenay Stewart (Duet, 96.167)
- 2007 Sara Lowe (Solo, 95.418)
Sara Lowe / Courtenay Stewart (Duet, 95.584)
Elizabeth Anne Markman, Samantha Bongiovanni-Duclos, Poppy Carlig, Debbie Chen, Taylor Durand, Melissa Knight, Sara Lowe, Courtenay Stewart, Hilary Homenko (Team, 95.668)
- 2008 Sara Lowe (Solo, 96.333)
Sara Lowe / Courtenay Stewart (Duet, 97.0)
Erin Bell, Poppy Carlig, Debbie Chen, Taylor Durand, Melissa Knight, Sara Lowe, Michelle Moore, Corinne Smith, Courtenay Stewart (Team, 96.333)
- 2009 Debbie Chen / Taylor Durand (Duet, 90.125)
Alex Bollaidlaw, Debbie Chen, Madison Croker, Taylor Durand, Jessica Guenther, Gayle Lee, Corinne Smith, Koko Urata (Team, 86.959)

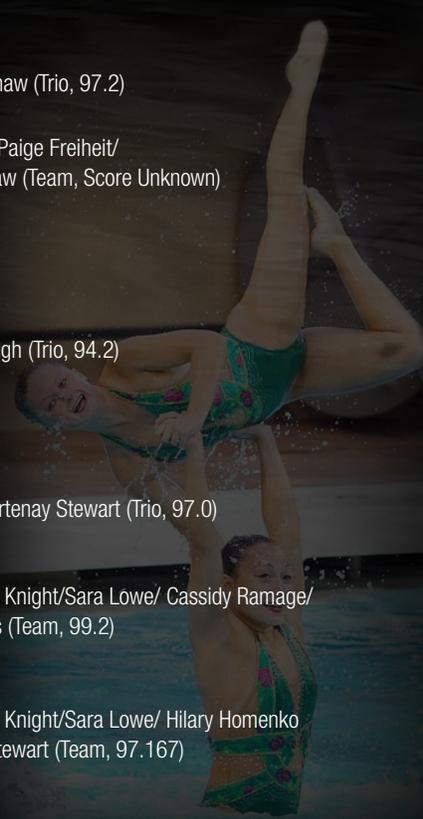
OLYMPIANS

- 1996 Heather Pease (Gold)
- 2000 Bridget Finn, Heather Olson, Gail Emery (Coach)
- 2004 Erin Dobratz (Bronze), Sara Lowe (Bronze),
Courtenay Stewart - Canada
- 2012 Mariya Koroleva



COLLEGIATE NATIONAL CHAMPIONS

- 1996 Bridget Finn (Solo, 97.8) Bridget Finn (Figures, 93.6)
- 1997 Bridget Finn/Heather Pease/Vanessa Shaw (Trio, Score Unknown)
Heather Pease (Solo, Score Unknown) Heather Pease (Figures, Score Unknown)
- 1998 Heather Pease (Solo, 98.067)
Heather Pease/Vanessa Shaw (Duet, 97.667)
Heather Pease (Figures, 87.643)
Shannon Montague/Heather Pease/Vanessa Shaw (Trio, 97.2)
- 1999 Vanessa Shaw (Solo, Score Unknown)
Vanessa Shaw/Shannon Montague/Julie Enos/Paige Freiheit/
Kristie Wright/Lindsey Wiggington/Vanessa Shaw (Team, Score Unknown)
- 2000 Shannon Montague (Solo, 96.6)
- 2001 Shannon Montague (Solo, Score Unknown)
- 2002 Katie Norris (Solo, 98.0)
Katie Norris (Figures, Score Unknown)
- 2003 Stephanie Joukoff/Jennifer Kibler/Ashley McHugh (Trio, 94.2)
- 2004 Katie Norris (Solo, Score Unknown)
Katie Norris (Figures, Score Unknown)
- 2005 Katie Norris (Solo, 97.3)
Katie Norris (Figures, 82.4)
Samantha Bongiovanni-Duclos/Sara Lowe/Courtenay Stewart (Trio, 97.0)
Sara Lowe/Courtenay Stewart (Duet, 97.3)
Katie Norris (Figures, 74.022)
Sam Bongiovanni-Duclos/Poppy Carlig/Melissa Knight/Sara Lowe/ Cassidy Ramage/
Ashley McHugh/Courtenay Stewart/Katie Norris (Team, 99.2)
- 2006 Sara Lowe (Solo, 95.333)
Sara Lowe/Courtenay Stewart (Duet, 95.833)
Sam Bongiovanni-Duclos/Poppy Carlig/Melissa Knight/Sara Lowe/ Hilary Homenko
Elizabeth Anne-Markman/Erin Bell/ Courtney Stewart (Team, 97.167)
Courtenay Stewart (Figures, 82.627)
- 2007 Taylor Durand (B Figures, 73.639)
Sara Lowe (Solo, 97.833)
Sara Lowe/Courtenay Stewart (Duet, 97.5)
Sara Lowe/Courtenay Stewart/Elizabeth Anne Markman (Trio, 96.333)
Sam Bongiovanni-Duclos/Poppy Carlig/Melissa Knight/Debbie Chen/Taylor Durand/
Hilary Homenko/Elizabeth-Anne Markman/Courtenay Stewart (Team, 98.933)
- 2008 Corinne Smith (B figures, 71.737)
Sara Lowe (Solo, 96.833)
Sara Lowe / Courtenay Stewart (Duet, 97.333)
Melissa Knight / Sara Lowe / Courtenay Stewart (Trio, 96.500)
- 2011 Maria Koroleva/Olivia Morgan (Duet, 91.625)
Alex Bollaidlaw/Madison Crocker/Morgan Fuller/Jessica Guenther/Wendy Lu/
Olivia Morgan/Corinne Smith/Koko Urata (Team, 94.250)



AVERY AQUATIC CENTER

If Stanford Athletics is "Home of Champions," then one can argue the most prolific room in the house is the Avery Aquatic Center. Since opening in its current form in 2001, the magnificent facility has seen four NCAA team champions, 43 individual NCAA titles, 15 Pacific-12 Conference team champions, 135 individual Pac-12 titles, five MPSF team winners, four U.S. Collegiate team champs, 20 U.S. Collegiate individual titles and 33 Stanford Olympians grace its waters in the sports of men's and women's swimming and diving, men's and women's water polo and synchronized swimming.

Widely considered the finest outdoor swimming and diving facility in the United States – and perhaps the world – Avery Aquatic Center welcomed the 2008 USA Olympic Swimming Team prior to the Beijing Olympics, after having also played host to the country's Olympic swimmers before the 2004 Athens Games. 2004 also saw the facility house both the Summer Junior and Senior Nationals, while 2006 brought an international flavor with the FINA Masters World Championships – which featured 7,200 athletes from 75 different countries competing in all five aquatic disciplines. America's best divers came to The Farm in the summer of 2007 for the Kaiser Permanente National Diving Championships, while 2009 and 2010 featured the U.S. Collegiate and U.S. National Synchronized Swimming Championships.

Initially christened the deGuerre Pool Complex after Dorothy and Sidney deGuerre, the original facility was completed in 1972. In May 1999, an extensive renovation and expansion began that ensured a world-class home for Stanford Aquatics well into the future. Behind these efforts were the generosity and passion for water sports of Burt and Marion "Pete" Avery and their family.

As it stands today, Avery Aquatic Center features four separate pools: the Avery Competition Pool, the Maas Diving Center, the Belardi Pool and the Baker Pool. The main attraction is the Competition Pool, which can hold up to 2,530 fans (2,480 fixed seating) and hosts all of Stanford's swimming, water polo and synchronized swimming events. One of the fastest pools in the nation, the Competition Pool is 37 meters long and 20 meters wide, tapers from 11 to 14 feet deep and features dual one-meter and three-meter Maxiflex springboards on the south end.

Avery Aquatic Center also houses the Maas Diving Center, which stands as the finest outdoor diving facility in the country. Stanford student-athletes, along with divers from around the world, are treated to a concrete dive tower with platforms at 1, 3, 5, 7 and 10 meters. The dive platforms are covered in Mondo Surfacing, while the tower is flanked on each side by dual one-meter and three-meter Maxiflex springboards.

Complementing the two world-class competition areas are a pair of top-rate training pools which offer Stanford student-athletes and coaches tremendous flexibility when designing training programs. The Belardi Pool is 50 meters long, 25 meters wide and tapers to a depth of 11 feet in the center, while the Baker Pool is also 50 meters long, but 25 yards wide and with a varying depth of 4 ½ to 5 ½ feet.

Stanford's many student-athletes in the aquatic disciplines have four locker rooms at their disposal. The Sandy Foundation Men's Team Room and the Harold A. Miller Women's Team Room were each refurbished in 1996 by Joan and Mel Lane, while the new Men's Timkin Room and the Women's Team Room were completed in 2000.

The many fans of Cardinal aquatics can keep track of the meets, events and games via a Daktronics scoreboard on the north end of the Avery Competition Pool.

Avery Aquatic Center is truly among the best facilities in the world, and ensures that Stanford University and Cardinal student-athletes will be at the forefront of the aquatics world well into the future.

