



The Garnish Scholar Awards

Saturday, September 10, 2016

The 2016 Garnish Scholar-Athlete Awards

From the Director's Chair

George VanderZwaag

Executive Director of Athletics

Today we recognize ten of our senior student-athletes as Garnish Scholars. The Garnish Program was created in honor of Lysle "Spike" Garnish, coach and mentor to many Rochester student-athletes from 1930 to 1948. He became a trainer and assistant basketball coach in 1931. He was named an assistant baseball coach in 1932. Spike was an assistant football coach from 1945-48.

The Friends of Rochester Athletics, through an alumni committee, reviews nominations of students from our varsity teams who have achieved at a high level in both their athletic and academic pursuits through their junior year. From these nominees, a small number are selected as Garnish Scholars.

Periodically, the Garnish Memorial Citation is given to a graduate, faculty member, or a staff member for dedication and contributions to the intercollegiate athletic program.

These students represent the ideal of the scholar-athlete. They lead our teams on the field of play, while doing outstanding work in the classroom. I am continually inspired by what our students are able to achieve when given the opportunities at a great institution like Rochester. What we know about the students that we recruit is that they set high goals for themselves inside and outside the classroom. What we learn from our Garnish Scholars, and reaffirm today, is that Rochester students are able to demonstrate educational excellence through an outstanding combination of athletic and academic achievement.

The Garnish Committee is proud to present to you these exemplary University of Rochester undergraduates and the Friends of Rochester Athletics continues to remind us of the values of this institution through the Garnish Program.



Alex Swanger '15 (l.), here with George VanderZwaag (r.), was an All-American and an Academic All-American.



Boubacar Diallo (l.) was an All-American in the triple jump in 2015 at outdoor NAAs. He competed in both the indoor and NCAA championships in the 2015-16 season.

The Garnish Scholars Excel in the Classroom and on the Field...



Lauren Bailey '15 (l.) of the women's swimming & diving team graduated with Phi Beta Kappa honors, repeated as an All-American in the pool, and was named a First Team Academic All-American in the spring. She was honored by George VanderZwaag (r.).



Andres Duany (c.) of the squash team was an All-American for three consecutive years. He was honored by University President Joel Seligman (l.) and George VanderZwaag (r.).

How did you get involved with field hockey as a sport?

I started playing field hockey in middle school. Originally I was going to play soccer because I didn't want to wear a skirt and my dad grew up playing soccer, but I went along with what my friends were doing and ended up loving it.

Did you play in any outside tournaments when you were at Putnam Valley High School?

I started off by playing in summer and winter leagues with my school team but I wanted to play more so I joined USA field hockey's Futures program. I also played in a lot of tournaments with my club team, Hudson Valley. Between all of that I was able to play year round.

At UR, you are described as a 'defensive midfielder'. What is your primary responsibility?

My primary responsibility is to connect everyone on the field and help transition the ball. Playing in the center allows you to work with basically everyone. It's a cool position because you're not strictly a defender so you get to move up the field and support more of the play in the attacking circle, but by being a little further back, you direct everyone else ahead of you.

Coach Andreatta says you take the women's soccer team's fitness test for fun, while many of the soccer players don't like the test. What makes it fun for you?

Oh it's definitely not fun but I enjoy the challenge. Soccer is similar to field hockey in that you're constantly changing your speed and get moments of rest before you're sprinting again but soccer requires greater endurance to play for longer and on a bigger field so I wanted to try it just to challenge myself and see where I was at. The running over the summer isn't to pass some fitness test, but because I want to be effective on the field for an entire game so I figured why not try and pass this test that's notoriously difficult.

You assisted on the game-winning goal against Salisbury University in the NCAA Sweet 16 last year. Can you tell us what happened?

With less than a minute left and with so much on the line, there was a lot of pressure. I knew we had one shot and that was it. The corner we were supposed to run was one we've scored on so many times - the ball would come to me, I'd draw the defenders, and then I'd pass to (Michelle) Relin for a one time shot. But when I got the ball, I didn't feel any pressure on me so I didn't know what to do. I started carrying it in and found a split and saw white jerseys by the left post so I passed it that way. Thank goodness Callie (Fisher) was there to tip it in because I just went in with no plan. It's easily my favorite moment to replay in my head.

You're a senior now and you will be helping the freshmen to adjust to college. Which upperclass members helped you to make the adjustment to college? What did they do for you?

I immediately felt welcomed by the upperclassmen when I came to Rochester. That's probably the best part about playing a sport - you have immediate friends who share your passion for the sport and you have older friends who know the ins and outs at the school. The grades above have always been there to help guide me so it'll be weird to be the oldest this time around.

Your major is Chemical Engineering. What led you to choose that?

I knew I wanted to go into engineering because I love math and science but didn't want to be a doctor since I couldn't do blood and needles. I didn't know what kind but I went with chemical engineering because I really enjoyed chemistry in high school. Looking back now I have no regrets.



Sayaka Abe

What are some of the most interesting courses you have taken?

I really enjoyed organic chemistry. I liked the puzzle aspect of it and trying to work both forwards and backwards and then piece it together to find an answer. Most of my chem E classes have that same aspect where there are so many ways to go about a problem and is very puzzle like.

Are there any professors whom you've really enjoyed as teachers?

Professor Goodman, who was my organic chemistry professor is someone I've always been able to reach out to for help and advice. His lectures were always engaging and he was upfront and real with you.

You were a teaching assistant for Organic Chemistry as a sophomore. What was that like?

It was intimidating at times because you forget how smart the students at this school are but definitely a great experience. I learned a lot about myself as a leader and got to share something I found interesting and was passionate about with other students.

Academically, what's next for you?

Currently, I hope to start working following graduation in the pharmaceutical industry. I interned at Merck this summer and have really enjoyed it. It's neat to know you have a hand in bettering/saving someone's life even without being a doctor. I definitely want to go back and get a masters degree in the future but I want to figure out exactly what I want to get a masters in by working and figuring out my niche.

And lastly, if someone came to a match and they had never seen field hockey before, how could they tell if you are playing well?

You can definitely tell from the atmosphere - how the parents and fans are reacting, how the team is standing, and even my own facial expressions. If things are going well, you'd see my mouthguard smile.

You spent three months in Barcelona, Spain at the start of this year. What was that like?

Studying abroad was the best experience of my life. It was great to get out and experience the world, live with a family I didn't know previously, and just push myself out of my comfort zone. Traveling around the globe was definitely an awesome experience, but being in Dublin on St. Patrick's Day was definitely the major highlight.

What did you study while you were in Spain?

I continued to study business classes to count towards my major. I took a foods course, as well as a sports class.

Any language challenges?

Definitely at first, but you adapt to it and get the important phrases and sentences down. I definitely picked up on it a lot quicker by living with a family and speaking Spanish at the dinner table every night, even though my roommate and teammate, Luke Szumski, only relied on Google Translate to communicate.

Did you have a chance to go sight-seeing?

Yes, definitely. Barcelona is filled with history and is home to Sagrada Familia. Travelling around Europe, we saw the Eiffel Tower, the Reichstag, the Coliseum, and a lot of other things. I even got to visit my family in Naples.

You have been interning with the Disney ABC Television Group this summer. What was the work environment like?

The work environment was very relaxed, but helpful. Everyone obviously worked hard and didn't slack off, but the office was light, with everyone cracking jokes but also being there to help and give career advice.

What were your responsibilities?

I had to pull and analyze the daily advertising inventory, create weekly competitive analysis presentations for the sales team, update some of the information on the network's website.

Would you like to work there after graduation?

I'm trying to keep all of my options open, but I would like to work in a field more geared towards sports.

Your background is varied – marketing work, social media work, and some sportswriting. Is there something that ties all of them together for you?

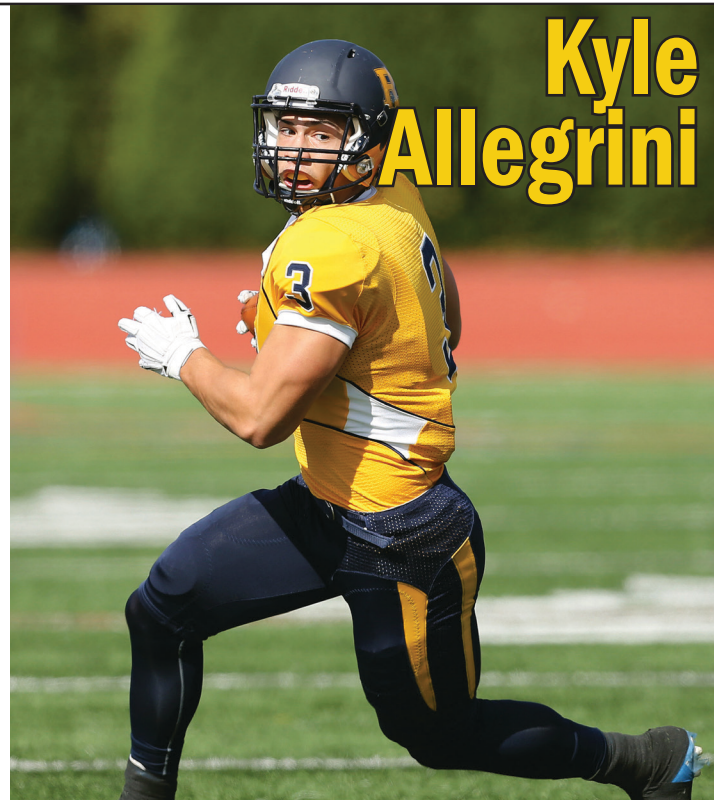
I would like to work closely with sports. Whether it be writing, working, or coaching, I would like to be involved with a team.

Let's talk a little football. Which is tougher – standing inside the 5-yard line as a kickoff comes down to you – or crossing over the middle looking for a pass with defenders converging in each case?

Each has its challenges. Returning kicks is tough because everything happens so fast, but you just have to trust that your teammates will make the blocks they should. And they do - my teammates on the return team have made (Matt) Pisano and I spring some great returns. When running a route across the middle, you have to worry about getting smacked by a backer, but be able to protect yourself at the same time. Whatever happens, you just have to catch the ball.

As that kickoff starts to descend, what's going through your mind?

Pisano and I have been pretty close to taking one to the house the past two seasons, so before every kick we always talk to each



other that this one will be the one. As the kickoff is descending, my mind kind of goes blank, but once I secure it, you find your landmark and just try to hit the seam.

UR's best rally last year came against Union College when the Yellowjackets trailed, 30-13. Could you feel the swing of momentum as the offense began to click?

Honestly, that was the craziest game I've ever been a part of. I remember talking to one of the seniors on the sideline while Union was up saying how we just kept blowing chances throughout the game. Two plays later, (R.J. Borgolini) has a crazy pick in the end zone, and then (Justin) Redfern just went into a zone slinging it around the field. The momentum definitely swung, we knew if we had the ball, we would score. Our kicker, (Matt) Pasternak, had a great inside pooch kick, which led to the go ahead touchdown, but even though Union was driving to tie/win the game, we still felt we had the momentum. We knew we couldn't lose after this insane comeback, and luckily all 5'9" of (David) Wolff was able to get launched up by an offensive lineman to block the tying kick. Again, the craziest game I was ever a part of.

Have you taken any business courses that you have really enjoyed?

Of course, I really enjoy all of Professor Rizzo's classes and the new Simon courses that are required in the new Business Strategies major.

What about any courses not on your major track?

The most interesting class I've ever taken was Asian Search for Self. Professor Brooks is the man, and definitely makes you change the way you look at life and how you think in general.

And what do you hope to be doing a year from now?

I hope to have just finished up traveling before starting a job I am passionate about in the work force.

You're a defender. Describe your on-the-field role, please.

As a central defender, my main role is to defend, which in the simplest terms involves preventing the other team from scoring and gaining chances either through making tackles, clearances or interceptions. Also I have a major role in building our attacks by completing entry passes into our midfielders and forwards as well as keeping possession after winning the ball in defense, as well as a major organizational and leadership role in keeping the team organized defensively as well as keeping focus mentally.

In 55 games over three years, the defense has 26 shutouts and held 14 other teams to one goal. What's the reason for that success?

I think our defensive success really comes from the team collectively buying in to defending as a unit and really working hard to be stingy in affording other teams chances and defending like our lives depended on it. I think our success is really built upon all 11 guys pressing and defending together from the defense up to our forwards.

If a casual fan wanted to watch you play, what would the key be to tell if you are playing well?

I mean obviously if the other team isn't getting chances to score I would be doing my job defensively but also making key clearances, tackles, blocks, and interceptions to prevent scoring chances as well as connecting my entry passes and keeping possession when we have the ball.

What made you a defender?

Well I wasn't always a defender – for my first three years I played center-midfield primarily. I still have played center-back before – I started all four years of high-school there – and I think my experience playing center-midfield was really beneficial as I have the knack for reading the game well and playing in the back allows me to see a lot of the ball and make key passes in our buildup play.

As a senior, you will help some of the younger players adjust to college. Who were some of the players who helped you make that adjustment when you were a freshman?

When I was a freshman we had a huge junior class of 12 guys that really took all of us under their wing and made us feel at home and helped us adjust to the college lifestyle.

Which goals have you set for yourself this year – both on and off the field?

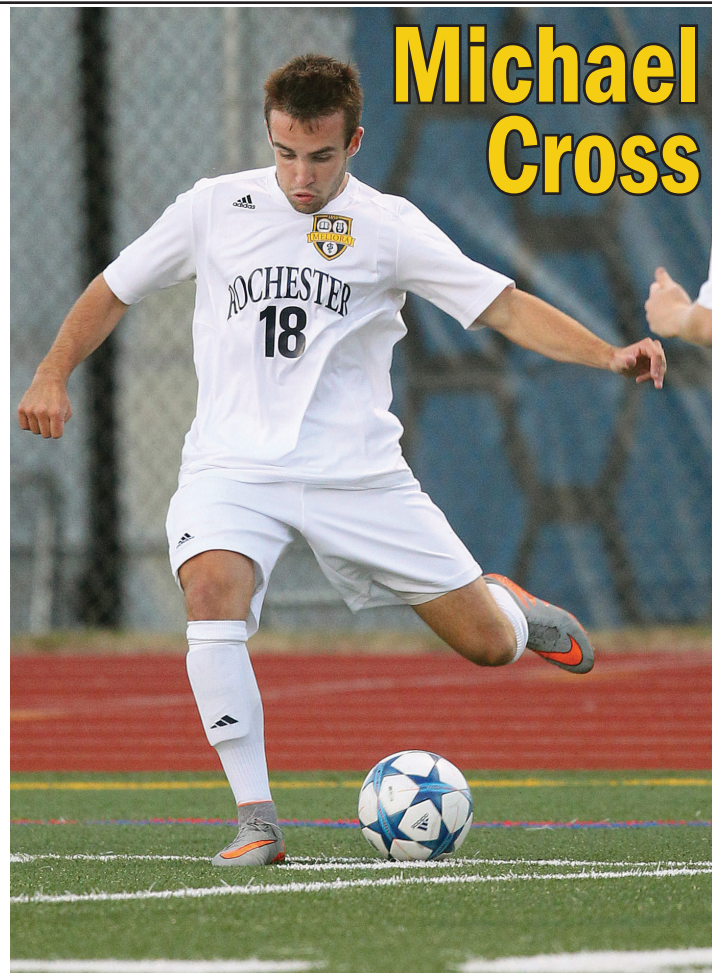
I want to just give everything I have and perform to the best of my ability to help the team win another UAA championship and make a run in the NCAA tournament. Any personal goals I have are secondary to that. Off the field, I just want to keep up my academic standards and embrace my leadership role and help some of the younger guys out in any way that I can.

Your brother, Ben, played here from 2000-2003. Did you watch any of his games at UR?

I was a lot younger then but I made it up to a pretty good number of games. I was really fortunate to watch him play and have him as a role model in my athletic endeavors.

Was it an easy decision to attend Rochester?

My decision to attend Rochester was actually surprisingly easy. I know for a lot of people choosing a school can be extremely stressful but I think within an hour of being on my visit here my senior year I knew this was where I wanted to go to school and play soccer.



You are majoring in Biochemistry. Which courses have you taken that have been really interesting?

I've really enjoyed them Molecular Biology and Genomics course I took this Spring as well as my introductory Biochemistry course. I am taking Advanced Biochemistry this fall which seems like I will really enjoy as well.

Have you worked closely with any professors?

I haven't really worked closely with any professors but I am planning on doing research at the medical center this fall so hopefully something will come of that!

Can you talk about the internship you did this summer at Johns Hopkins? What sort of work did you do?

I worked at the Lieber Institute of Brain Development in the drug discovery lab where I was a research assistant. In the lab I used molecular biology and biochemistry lab techniques such as enzyme purification and assay development on potential drug targets for the treatment of schizophrenia.

Where do you hope Biochemistry will take you in the future?

My end goal is to pursue an MD/PhD in biochemistry or molecular biology with an interest in clinical research.

Where do you hope to be at this time next year?

Next year I will hopefully be working, doing research in a lab as a gain experience before applying to MD/PhD programs.

You just finished a Study Abroad semester in Sweden. How was it?

It was an incredible experience. Other than a few hours across the bridge at Niagara Falls, I had never been outside of the US, and since high school I had a growing desire to travel internationally, to the point where one of my main criteria when I was researching colleges was to make sure they had a good study abroad program.

Was this tied in with your studies with Microbiology?

Actually, this was tied in more with my minor in international relations. It isn't required to study abroad for the IR minor like it is for the major, but you can get credit for classes taken abroad to count toward the minor, more easily than getting credit for biology classes.

Did you have a chance to do any sight-seeing?

I tried to do as much sight-seeing as possible, both within Sweden and throughout the rest of Europe. I took several trips to Stockholm, a road trip around to about 10 cities and towns in central and southern Sweden, and got to visit ten European countries (including Sweden).

Any language difficulties with the Scandinavian area?

None at all, the Scandinavian countries have some of the highest proportions of English speakers in the world. One Swede I met proudly pulled up a statistic on Wikipedia showing me that a higher percentage of Swedes are fluent in English than Canadians. I tried my best to learn as much Swedish as I could but it was difficult because I never had to use it, the Swedes gladly and effortlessly switched to English as soon as it became clear I didn't speak Swedish (even if I was trying to hide the fact that I didn't know Swedish).

Was Sweden your first choice for Study Abroad?

I was torn between two programs, one in Sweden and the other in London that involved an internship in the British Parliament, but in the end I only applied to Sweden because I wanted to go somewhere a bit "farther from home," not physically, but culturally.

Did you have a chance to work out while you were there?

What were the running conditions like? Too cold? Similar to Rochester? More like home (in the mid-Atlantic states).

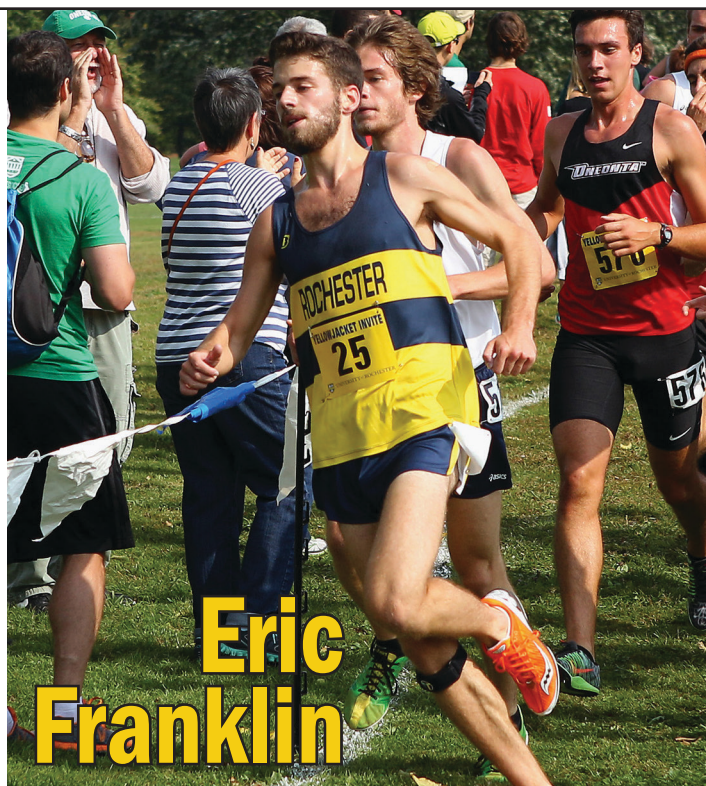
The winter was fairly similar to Rochester, but with less sunlight (in January, the sun was up for about six hours, from 9:00 am to 3:00 pm). Once it warmed up, though, there were some beautiful places to run. Sweden isn't very densely populated, so even though I was living in a city, 10-15 minutes of running could take me from the center of the city to a rural area or a forest. One of my favorite places to run was to a neighboring town that had three burial mounds that were over a thousand years old and on which people are allowed to walk (or run, in my case).

Your senior year has arrived. What goals have you set for yourself?

In cross country, the goal as always is to make it to Nationals, where I want to break 25:00 in the 8k. For track I can't wait to get back to the steeplechase, where I haven't had a lot of opportunities to run to my full potential due to an injury sophomore year and missing last season to study abroad. I think I can seriously reduce my time in the steeple, and I would be lying if I said I didn't have my eye on the school record of 8:56.

This year, you have a chance to run close to home three times – at the Lehigh Paul Short Run and then at Rowan two weeks later. Finally, the regional meet is at Rowan. What's it do for you to be able to compete close to home?

It's great, especially to run at Rowan, whose course is actually at a local community college where I ran meets almost every week in high school. We ran there last year and I felt I had the home field advantage as much as the Rowan team—maybe even more so, since that was their first year on that course and I had probably run on it more in four years of high school than they could have in just that one season. It was one of my best races of



the season and I'm extremely excited to be back there again this year.

You've been Second Team All-UAA for two years. What does it take to succeed in a league as strong as the UAA?

The UAA meet is always a tough one. It's one of our smallest races of the season, but you can bet everyone will be fast. The race always goes out hot and stays hot for the next 25 minutes. You have to have confidence in your training and your teammates because you know that the race and the runners in it are going to test you and you have to rise to the occasion and fight through the pain—mental and physical—from the firing of the gun until the finish line five miles later.

Did you work at the Med Center? Can you tell us anything about what you were doing for the job?

I was working in the Center for Translational Neuromedicine on human glioblastoma (brain cancer). I did a lot of the grunt work, but it was my first research experience and I got to learn a lot of common techniques and procedures that are used in labs around the world.

Did that tie directly into your classes?

Most of what I did wasn't directly related to what we were learning in class, but there was occasionally some overlap in the techniques we used with my genetics lab in the fall of my sophomore year.

What are some of the most interesting classes you've taken?

On the bio side, my favorite classes were probably honors biochemistry sophomore year and my microbiology class and lab junior year. Outside of bio, my favorite classes were the Politics of Terrorism, The New Europe, and the Swedish Politics class I took abroad.

What's your next step after graduation?

Well I've already been accepted to the Take Five program, so I'll be around for at least one more year after this one, and after that my plan is to apply to grad schools to get my PhD and get a job doing research at a university somewhere (maybe even Sweden? You never know).

You had a terrific junior year, going to the NCAA championships in both cross country and track and field. How satisfying was that?

That was unbelievably satisfying. I really felt like all of my hard work was really paying off in a big way, and that I was finally seeing the results that I always wanted to see. It definitely took a lot of work to get there, but I'm so glad that I kept the focus on my long term goals.

Heading into the XC season last fall, what goals did you set for yourself?

Honestly I didn't have big expectations going into cross season last year. I was coming off of two big injuries that had sidelined me for a good portion of the summer, so I wasn't all that confident in my base. But I knew once we got into the season and I saw the kind of potential that we had as a team that we needed to set our sights on not only making the national championship, but being in the top half of the field there. Cross country season was all about doing whatever I could to help my team get there—that's why I love cross so much, because of the team atmosphere.

Rochester's runnerup finish at UAAs was the best team result in over 25 years. How did the team approach the meet?

I remember our coach saying as we stood nervous on the line for UAAs that this meet was just "business as usual" and if we all ran smartly and in the way that we had been over the past few months, we would be fine. That really stuck with me as the race started, because in reality, that's all it was—an excellent team performing to the national-caliber standards that we should. Lining up next to teams that have consistently beat you over the past 20 years is nerve-wracking, but I felt our approach of running the race in the way we had run all of our past races worked really well for us.

And what about as track & field seasons approached?

Track season was great because at that point we knew that we had the talent to be a major contender at our conference championships and to throw down some really great times. Training really ramped up in track season, and I actually ended up doing more mileage in track that I did in cross country despite usually running less than half the distance! All of the women on the team were also really amped up coming off of our showing at cross country NAAs, so there was an air of excitement and anticipation in everything that we did.

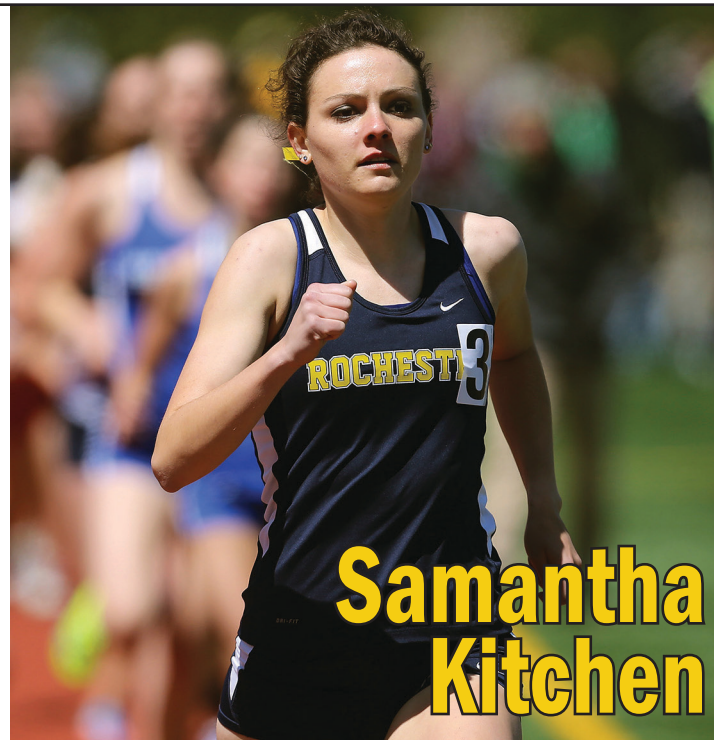
What was the atmosphere like at cross country nationals? Do the athletes get caught up in the excitement?

The cross country national meet was an absolute blast. My best friends were there experiencing it with me, and I could not have had a better time. That being said, as a first time team there, it was definitely easy to get caught up in the excitement, and lose a little focus on what got you to nationals. Next year we definitely will keep focused on what we came to NAAs to accomplish.

Is the same thing true for indoor track & field nationals?

Indoor track nationals was really different from cross nationals for me. I had qualified in the 800m individually, so I didn't have my teammates around supporting me every step of the way. I actually felt a lot more pressure at indoor nationals, and I think it was because every single person at the meet had qualified individually to get there and were each literally one of the bests in the country. I was totally star-stuck warming up for the 800—I never thought I would line up to race at NAAs some of the girls I had followed since my freshman year of college! I think next season I should take a lesson from cross country—to run my own race and not worry about the people around me. But indoor nationals was an incredible experience, the energy of everyone there was infectious and the comradery with athletes that went to different schools was amazing.

During the outdoor season, you ran a variety of distances. Was the 1,500 meters your best event? You were 5th at the State meet, ran one of Division III's strong times at Bucknell, then finished 11th at the ECAC Championships. The 1500m was an interesting event for me last season. Coming off of indoor nationals, my coach and I decided to do an aerobic refreshment phase of training, where I increased my mileage and did different kinds of workouts than I had been doing before. I ran the 1500 at Bucknell smack in the middle of this training, and for my first 1500 ever, it went really well! Since I had success with my aerobic training, we decided to enter the 5000m at Penn Relays—which was super funny because I always considered myself an 800 runner! The 5K at Penn went really, really well and I think that I'm most proud of that race than any other during my outdoor season, just because it was my first 5K ever and I ran a top time in Division III. I think outdoor season was sort of a test season for me to see what kinds of distances that I could run successfully, and I think I found (to my



surprise) that I can actually be more of a distance runner than mid-distance runner.

Last summer, you interned at the UR Medical Center. Which department were you in, and can you tell us anything about the internship?

I worked in the neurology department at Strong, in the Multiple Sclerosis Clinic. This was a really great experience for me, as I had worked for a non-profit supporting patients with MS in the past. I mostly shadowed doctors, and it was a really eye-opening experience for me to see the devastating effects of neurodegenerative diseases, but also the resiliency of patients with these diseases and their ability to look past it and do amazing things with their lives.

This summer, you worked near Boston with a medical device company named Neuronix Medical. What did you do during the internship?

Neuronix Medical is a startup medical device company with a non-invasive, non-pharmaceutical treatment for Alzheimer's Disease using repetitive transcranial magnetic stimulation (rTMS) and cognitive training. They are CE marked in Europe and in the final stages of FDA approval here in the States. For the first half of the summer I worked with their clinical studies data and analyzed it to present to customers, distributors, clinicians, and investors. The second half I worked on building a patient data registry that included important treatment patient outcomes, and it should be up and running in September!

Which classes in your major have been really interesting?

I really enjoyed virology last semester. It's taught by about 10 different professors, who were all experts in their respective fields. All of the material we covered was pretty groundbreaking, and I think that I learned more in that one semester than I really have in any two-semester class series at UR!

Have you worked closely with any professors?

I worked pretty closely with my marketing professor, Vince Hope. I had him for two semesters last year, and he was a really interesting and knowledgeable person to work with. He applied what he taught first semester in the classroom to a new class the second semester where groups actually did a marketing project for a company in Rochester. He spent years in the marketing and business world, so his insights were invaluable to me.

What do you hope to be doing this time next year?

I'm actually hoping to be in grad school at UR! I'm applying to the new TEAM program in biomanufacturing and therapeutic development, because I want to end up working in the biotechnology field and this seems like a great master's program to springboard me into it. Plus, I have another year of cross country and outdoor track eligibility from past injuries so Division III might not have seen the last of me when I graduate this year!

When did you start playing squash as a youth? How did you come into it?

I started playing squash when I was 7 years old. My father used to play racquetball and squash as his hobbies that time, so I was taken to a squash court and that when I started getting into it.

Did you like it right away, or did it take some time?

To be honest, I don't really remember the first day I played squash. But I am sure I liked it right away because I was playing it 4 times a week ever since I started playing it.

How old were you when you earned a place on Japan's National Team? Was Tomo (UR teammate Tomotaka Endo) on the national team with you?

I was 13 when I first got into the Japan National Junior Team, and so was Tomo. We were selected for the Asian Junior Team Championship held in India, and since then we were always in the national team until we turned 19. I was 17 years old when I first competed for the Senior Team held in Kuwait, and again it was Asian Senior Team Championship.

Where did you play some of your international matches?

Mostly in Asia such as Malaysia, Hong Kong, Korea. But I have also played the British Junior, US Junior, Canadian Junior, 2 World Junior Championship held in Ecuador and Qatar, etc...

How did you hear about Rochester?

It was a friend of mine who graduated from UofR in 2010. He plays squash as well, and we knew each other since 10 years ago. He recommended the school to me, I met Martin in the US once, and everything went right after thanks to both of them.

Some of your current teammates were people whom you faced when you were playing for Japan. Who are they?

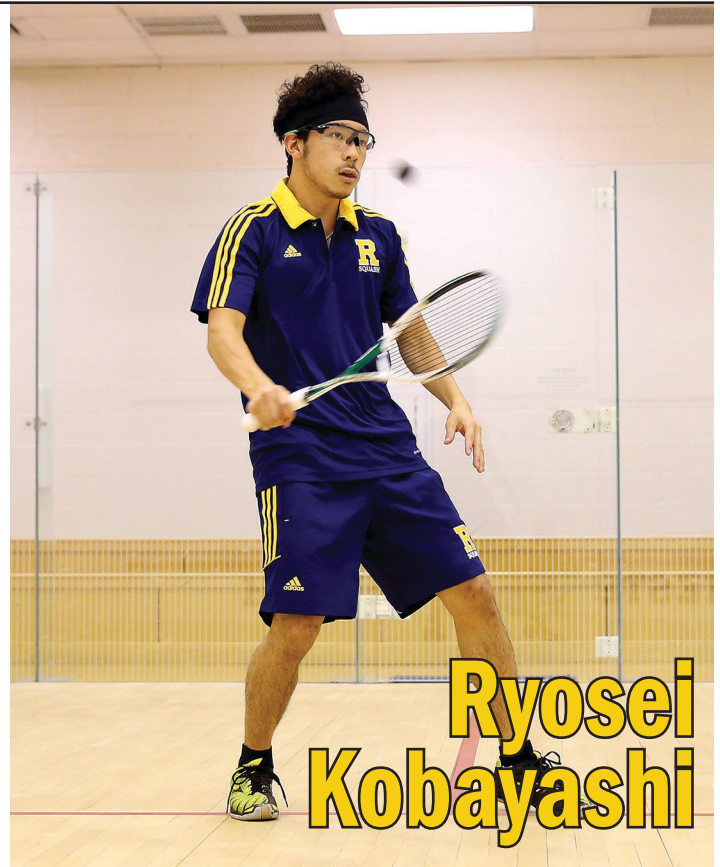
Mario Yanez, Aria Fazelimanesh, Tomotaka Endo, and Matteo Meng.

Have you played against other former junior opponents?

Yes, I have. Actually many of the current international college players were former junior squash players. Khalifa brothers, Juan Vargas, Moustafa Bayoumy, Rick Penders, and many more.

Last year, you faced Michael Craig of Trinity three times, beating him, 3-2, in the regular season, 3-1 in the national semifinals, and then 3-0 in the individual championships. Was there something you learned about his game each time?

I think I did about a few things to watch out playing against him. I thought that his backhand drops are his main attacking shot, so I tried creating situations, which are to avoid from him hitting drops. However, I definitely played better and better



throughout the season. At the Team Nationals, I still remember feeling really comfortable to play against him because I had much more confidence in myself than the previous months.

Tomo won at #4 in five games to clinch the win over Trinity in the semifinals and put UR into the Potter Cup final for the first time ever. What was it like watching that match?

I knew that he was going to win. Ever since we began competing for the team events, I have never seen him losing an important match, and that gives me trust in him. Though I was still extremely nervous watching that game because of the atmosphere and expectation in my team performing well, but yes Tomo did it again.

Which classes in your business major have been really enjoyable for you?

GBA 210W Business Information Systems and Analytics and STR 203 Economic Theory of Organizations.

Have you been able to do any internships over the summer?

Yes, I have done it in the same company for two summers since sophomore year.

What do you hope to be doing at this time next year?

I hope to have a job either in Japan or the US, but I really want to travel around the world (without squash racquets) before I start my job.

When did you begin playing basketball?

At the age of 7, I began playing instructional basketball through our local community center.

Is there one game from last year – or even two years ago – that sticks out in your mind as “boy, that was fun!”

I'd have to say our game against Bowdoin College during the Sweet Sixteen this past season!! Winning that game earned us a spot in the Elite Eight, a spot that was last earned by UofR Women's Basketball in the 2009-2010 season. It was certainly an added touch to beat your assistant coach's alma mater as well.

The team returned to the NCAA tournament last year after a two-year absence. What was the atmosphere like at practice heading into NAAs last year, especially knowing you would be playing on your home court?

It was something else. The seniors on our squad were the only ones that had ever experienced going to the tournament. So for us “newbies,” we got a sense of why we work so hard in the offseason and during the season leading up to the tournament. The practices heading into the NAAs were loud and energetic. It was like it was our first practice of the season, everyone's energy levels were through the roof.

Where does your competitive fire come from?

I have always enjoyed playing sports from a very young age. Growing up with three sisters who all loved the game spurred its fair share of 2v2 matches in the driveway. We all grew up with the same mentality, making even the simplest of tasks competitions (like who could unload the dishwasher the fastest).

If a casual fan was going to watch you play for the first time, what should the fan watch?

I would watch my willingness to share the ball. I believe that my passing is my biggest strength.

You suffered a torn ACL before your senior year in high school. After surgery, what did the rehab work entail?

The focus of rehab in the first month was on range of motion, working my way back to being able to bear weight on my right leg and learning to walk again. I attended physical therapy two days a week, while working on my own on the off days. It is a long process that takes a lot of motivation and dedication in the work needed to ensure that the muscles surrounding the knee are as strong as possible.

The same ligament was torn again, six months after the first one. As soon as it happened, did you know that's what it was?

Of course, it's a feeling you never forget and I knew immediately when it happened.

Freshman year at UR, you were healing from the injuries. How tough was it, not to be able to get out there and play?

It was tough, being a very competitive person, I never wanted to sit on the sideline. It just wasn't in my nature to sit back and



watch. However, given my situation and having been through the process before, I knew I just needed to be patient and as positive as possible.

Have you done any internships connected with the major?

I have not done any internships that are connected with my major.

Why did you choose Chemical Engineering as a major?

Chemical Engineering is a great mix of all of my interests. It is a melting pot of math, chemistry and physics.

Have you taken any really interesting classes connected with the major?

I have taken quite a few, but in particular, Green Energy and Fluid Dynamics were by far my favorite courses.

How about not connected with the major?

Given the structure of curriculum at Rochester, I was able to take a couple psychology classes. An example of such would be Social Cognition, where we studied the topics such as stereotyping and prejudice, emotion regulation, and stress and decision making.

What do you hope to be doing at this time next year?

I either plan on taking a fifth year at University of Rochester or finding a chemical engineering job. If I were to take a fifth year, I would like to focus my studies on religion and women and gender studies. I would also have the opportunity to use my last year of eligibility to continue my college basketball career.

HOMETOWN: Newark, NY **MAJOR:** Chemical Engineering

You've had an outstanding career here on the diving board: All-America honors as a freshman, UAA diving champion as a junior. What's the key to your success?

To be honest, any meet that has been successful for me has been so because I was consistent. I do not compete incredibly difficult dives or receive tens on any of my dives. Instead, I try to minimize my mistakes throughout a meet and I typically find as long as I do everything like I would in a practice and don't miss any dives, that I am happy with the resulting score. In a sport that can be unpredictable, consistency can be a great advantage and I would say that has been the key to my success.

Your high school coach was your mother. What's that like?

Although my mother and I did not always get along while she was my coach, I would have to say having a parent as a coach was an overall positive experience. Because my mom was at every practice and knew the sport so well, she was that much more excited for me when I accomplished one of my goals. There wasn't any point along the way where I felt she was pushing me to practice harder than I wanted to or learn a dive I had no desire to learn. She always made it clear that it was my decision to dive and she would support me as far as I wanted to go.

Can you take us through your preparation and your mindset just before you step onto the one-meter board?

Right before I compete a dive, I try to run through the mechanics of the dive both in my mind as well as physically on deck. I also try to block out any negative thoughts or doubts running through my mind. Basically, I try to pretend it's just a practice so I don't psyche myself out.

What about the three-meter board?

My mental and physical preparation for the three meter board is essentially the same as one meter. It can be a little more difficult mentally just because it's higher up, however my dives and approaches should be the same on three meter and one meter.

When an opponent is diving, do you watch them perform?

Most of the time I will watch the other divers compete because over the years I have gotten to know most of the divers we compete against and have become friends with them. I like to watch their dives and cheer them on before they go. Although I am competitive and want place well, I don't want my success to be because another diver had a bad meet. I would rather do well when everyone is at their best.

How did you get started as a diver?

My mom has coached my hometown swimming and diving team for several years and I was always around the sport. I knew from a young age that swimming was not something I was interested in but diving looked like a lot of fun. The club I still practice with in the off season began using our pool when I was in third grade so my mom signed me up for lessons and I've been diving ever since.

What does Coach Brandes do with the divers at practice?

When we come in for practice we'll warm up on the trampoline and stretch for some time before getting on the boards. We mostly run through our dives on both boards for the majority of practice. If we have a meet coming up, we pretty much stick to our lists. However, if we have some time, Greg will have us break down our dives and make specific corrections by doing different drills.

Will the divers talk to each other – 'On your last dive, I noticed this...'? Do you work to help each other continue to get better?

Typically, we look to Greg for corrections just because there's a better chance he was watching. Additionally, he's got much more experience and knowledge than anyone else does. However, if for whatever reason he's unable to watch a dive we will definitely ask each other to watch our dives to get feedback on them. We all support each other and encourage each other to get better as well.

Coach Brandes said during a training trip that you had a chance to try Tower Diving. That's a very high platform (10 meters). Was it intimidating to climb the ladder the first time?

The first training trip I went on was not the first time I had jumped off from 10 meter however, it was equally as scary. I don't like being up that high and I'm a chicken about making the annual trip up to tower. It always feels like a



small accomplishment when I jump off each year and definitely makes three meter look like nothing in comparison.

What does everything look like when you are so far above the water?

You can't imagine how high a distance feels until you actually experience it. I don't know how tower divers do what they do because personally I think it's a pretty terrifying perspective of the pool. Everything looks a little smaller and you almost feel like you're going to miss the water.

Have you established goals for yourself this year?

I haven't come up with any specific goals for this year yet as I want to see how the beginning of the season goes first. However, as a senior I definitely want to have fun and enjoy this year as being a member of this team has been a great experience. Although I can continue diving after I graduate, nothing will be quite the same as being on a team like this again so I want to cherish this last year and make the most of it.

What appealed to you about Chemical Engineering as a major?

I have always had an interest in math and science so I was naturally drawn to engineering. Specifically, I really liked the flexibility Chemical Engineering offers as there are so many possible routes to take with the degree. I also liked the idea of lifelong learning that comes with engineering.

Have you taken any classes that you have really enjoyed?

I have found most of my classes to be quite interesting and have certainly learned a lot over the past three years here. I definitely prefer the hands on learning that we do in lab over theoretical learning we do in the classroom. For this reason, I probably have enjoyed junior lab the most so far. I really like being able to see real life applications to all of the theory and math we have learned so far.

Coach Brandes said you worked all summer with Corning Incorporated. What did you do? Did you enjoy the work?

This summer I worked on modeling Sullivan Park using iBwave software in order to determine optimal locations for Wi-Fi access points throughout the facility. I worked on this as part of a project Corning is working on to go completely wireless. I definitely enjoyed this opportunity. It was great to be able to meet several people within the company and to receive advice from them. Additionally, I enjoyed figuring out the software that I used as it was something I wasn't previously exposed to.

Could you see yourself working there after graduation?

I definitely plan on applying to jobs within Corning. It is a great company and I really enjoyed the work atmosphere there this summer. With that being said, I am also planning on keeping my options open and looking at several other companies both in the area and farther away.

HOMETOWN: Hammondsport, NY MAJOR: Chemical Engineering

Your dad, Dr. Carlos Swanger, and your older brother, Alex, both played soccer here. What's it like to have a family tradition like that?

It is very special playing for the school that my dad once played for, and it has been an incredible experience getting to play with Alex for so many years. Part of me always knew that I would be going to school and playing soccer at UR.

Coach Apple said your grandfather and your dad are your inspiration for soccer. How did that come about?

My grandfather introduced my father to soccer when he was just a kid. My grandfather educated himself on the game, and it became a sport that they both loved. Soccer was a game that they enjoyed together, and they passed that enjoyment on to me and all of my brothers. You might say that it is still a young family legacy, and the "journey" to continue it has been a very meaningful one.

You played at Penfield High School before coming to the University. There's a terrific UR connection there. Women's coach Libbie Tobin, was an All-American here. One of the men's coaches was John Butterworth. Both of them are in the UR Athletic Hall of Fame. Was Coach Butterworth your high school coach?

Yes, for my freshman, sophomore, and junior year.

Did he or coach Tobin provide any input on UR for you? Or did you have all you needed from your dad and your brother?

I was aware that they both played for UR, but I would say that I had all I needed from my brother and my dad.

You played in the USSF Development League with Empire United. Can you talk about what that was like?

It was a tremendous opportunity to play with and against some of the best soccer players in the country. It was a unique experience because we travelled all across the country to play games. Academy was tough at times because it was a massive commitment for four years, but I always tell people I would go back to it in a heartbeat.

Three of your seven career goals have come in the NAAs. What kind of a thrill is it to score in the playoffs?

Those are definitely the most exciting goals to score. Every goal that we score as a team in the NAAs is incredibly exciting and important, and brings us one step closer to advancing to the next round.

Do you remember any of those goals specifically?

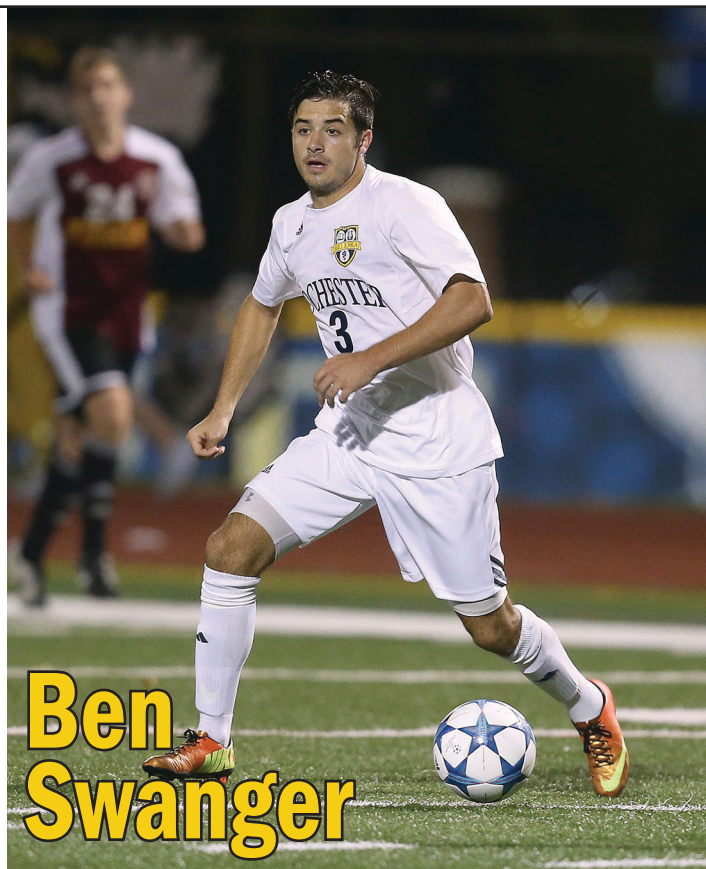
The goal I scored against Salisbury is the one that I remember very specifically for two reasons. One being that the assist came from my brother (and quite honestly he did all of the hard work and the goal itself was just a tap in for me). And the second reason being that the entire team ran to the fence to celebrate with a group of alumni who had come out to support us.

You spent the summer as an intern at a hedge fund in New York City. What kind of work did you do?

The internship was in mid-town Manhattan, and I did research and analytic work to assist the short and long analysts in the office.

Did your work there give you any ideas of what you may want to do after graduation?

I became very interested in short selling and forensic accounting while I was working in NYC. After graduation I would like to pursue these interests.



What have your favorite courses been here, especially tied to your Financial Economics major?

I have really enjoyed the accounting course that I have taken, and I am considering accounting as a career path in the future.

Have you taken any courses outside of your major that you've really, really enjoyed?

Yes, I have taken several architecture courses through the Art History Department, and have actually obtained a minor in this field.

You serve as a volunteer coach for boys aged under 11. What's it like to work with youngsters?

It's has been a rewarding experience giving back to the next generation of players in the club that has given me so much. Working with Jack Burgasser (the head coach of our U-11 team) has been a fun experience and I have learned a lot about the game and coaching from him.

Does the coaching work make you think you might want to coach one day?

I definitely think that I want to get my state and lower level national licensure at some point, but I think I would only stick to the youth level in the future.

Your mom also played soccer, is that correct? How has she encourage and inspired you to become the player you are today?

Yes, she played in high school and is still playing recreationally today. Most importantly, my athleticism comes completely from my mom. Without her, I would be slow like my dad. She has been incredibly supportive my entire life. I have her to thank for bringing me back and forth from practices and games for 18 years. She is the best soccer mom out there.

You have an interesting distinction. You've thrown three no-hitters, which is a school record. Your first was against Skidmore in your freshman year and the other two were last year – against RIT in the Liberty League playoffs, then against Penn State- Behrend in the NCAAs. What do you remember about those games?

All three of these games I remember having some of the best support I have received from my defense behind me. I think there is a lot of false glory that goes to pitchers when no-hitters are achieved because it is as much an accomplishment of the defense as it is the pitcher. You look back at each of these games and I wasn't striking everyone out, most of our outs were achieved by the defense. I am just lucky enough to have had such a strong set of players on the field with me all of these years.

What is your demeanor when you are standing on the mound ready to pitch?

When I'm on the mound I like to present myself in a calm but cheerful manner. Pitching is such a mental component of the game that I find that I am most effective when I am having fun and remain confident in both my teammates and myself. I try to be the rock on the field, unmoved by any miscue that may occur but always there to encourage and cheer on my teammates. Anyone that knows me realizes that I try not to take anything too seriously and I try to get this point across quite often when I'm on the field; we are here to play a game, play for each other, but most importantly to have fun.

Who helped you to adjust to college among the upperclass players when you were a freshman?

I was extremely lucky to have had some of the most supportive upperclassmen as a freshman. All three of the captains that year played an integral role in my development and transition into collegiate athletics. Nina Korn and Meghan Hennessy, both seniors on the team, epitomized dedication and hard work and as a freshman that really stuck with me. Brittany Grace, a junior captain at the time, was definitely my biggest supporter not only owing to the fact that we played the same positions but also because she was always the first to offer words of encouragement after both my good and bad performances. That really resonated with me, teaching me a lot about what being a good teammate and leader entails.

What do you do to help the younger players make that adjustment?

Everyone knows that coming into your first year of college can be extremely frightening. Whenever we have younger players coming into our program I try to make them feel as welcomed as possible. We do this by making sure that each and every one of the freshmen feels eased into our program and the school. The team as a whole makes this a priority and I think that is why our team has had so much success in the past couple of years. Our team is a family and we make sure that everyone knows that we have each other's backs in all regards.

How did you get started playing softball?

Softball has been a part of my life before I can actually remember. My parents had always loved baseball so one of the first "toys" I ever received was a Wiffle ball, tee and bat. To their delight, I loved it. After that discovery I would spend all of my outdoor time hitting off of that tee and throwing the ball around with my parents. It was just a natural progression for them to sign me up for a tee ball team and eventually Little League. My fondest childhood memories revolve around softball with family and friends and I couldn't be more grateful to have been introduced to something I am so passionate about at such a young age.

You are majoring in Ecology and Evolutionary Biology. What are some of the interesting classes you are taking?

I have taken a lot of interesting coursework in the past couple of years in pursuit of my major. This past semester I took a course called Environmental Animal Physiology where we examined various physiological aspects of organisms that have allowed them to adapt and evolve to the environment they inhabit over the course of millions of years. This course really opened my eyes to the amazing innovations of nature. I have also taken one of the key classes for my major, Ecology, this past year that definitely solidified the belief that a career in ecology and other closely related environmental fields was the right choice for me.

Who have some of your favorite professors been?

The professor for my Environmental Animal Physiology course, Professor



Anthony Olek, has probably been my favorite professor here at the University of Rochester. He had an extreme passion for the topic and made sure to do all that he could to relay that passion to his students. His course was definitely the most interesting biology course that I have taken so far.

What interesting classes will you take this year?

I am mostly complete with the requirements for my major but I will be taking the Ecology and Evolutionary Biology Lab this upcoming semester. Along with that, I will also be taking Hydrology to pursue my interest in environmental engineering. Besides those courses, I will be finishing up my humanities cluster in Media, Culture and Communication with my Introduction to the Art of Film course.

Tell us about your work in the Preventative Care Program for Urban Children with Asthma Lab. How did you become involved with that?

My work with the Asthma Lab has been extremely rewarding over the past two years. I became involved with the Lab the summer before my sophomore year when my teammate at the time, Katelyn Cappotelli, who had been working there for the summer, suggested that I look into applying for a position with them. I was thrilled to accept a position as a Research Assistant with the Asthma Lab that fall and have had nothing but wonderful experiences with them since. The main focus of our work is to understand how the administration of preventative asthma medications in school will work to decrease the amount of symptoms, and subsequent issues, that both the children and their families face. There is a lot of interaction with the children and their families throughout the year and such an immediate sense of success and changing of lives that goes along with it. This research hits close to home because I too have suffered from asthma for most of my life and have faced many hurdles in coming to a point of proper care. Getting to help families navigate this familiar but challenging path is something that I am so glad to be a part of.

What are your plans for next year?

This fall I will be applying for various graduate programs in the field of environmental engineering. The idea of being a Graduate Assistant Coach for a university with such programs is also something that appeals to me. I will also be looking into applying to take part in the Peace Corps. I haven't quite solidified what I plan on doing next year but there are a lot of wonderful options that leave me very excited for my future.

HOMETOWN: Warwick, NY MAJOR: Ecology & Evolutionary Biology