



MEN'S & WOMEN'S SWIMMING

2008-09



NJITHIGHLANDERS.COM

2008-09 SCHEDULES

Date	Day	Opponent(s)	Time
October			
26	Sun.	MANHATTAN (M/W)	5pm
November			
7	Fri.	WAGNER (W)	5pm
9	Sat.	at Lehigh (M/W)	1pm
14	Fri.	at Mount Saint Mary's (W)	6pm
15	Sat.	at Virginia Military Institute (M/W)	1pm
December			
2	Tue.	at William Paterson (M/W)	6pm
6	Sat.	at Siena (W)	1pm
		vs. Howard (M/W)	1pm
13	Sat.	at Saint Peter's(M/W)	1pm
		vs. St. Francis (NY) (M/W)	
January			
16	Fri.	at Fairfield (M/W)	6pm
17	Sat.	at St. Francis (NY) (M/W)	1pm
		vs. Saint Peter's (M/W)	
22	Thu.	MONTCLAIR (M/W)	6pm
26	Mon.	at SUNY Maritime (M/W)	6pm
31	Sat.	at Manhattan (M/W)	1pm
February			
4	Wed.	at Queens (M)	6pm
20-22	Fri.-Sun.	Metropolitan Conference Tournament (M/W)	All Day
27-1	Fri.-Sun	ECAC Tournament (M/W)	All Day

WOMEN'S ROSTER

Name	Yr.	Event	Hometown/High School
Rachael Abadie	Fr.	fly/free	South Amboy, NJ/Bishop George Ahr
Karen Cilento	So.	breast/free	Staten Island, NY/Curtis
Ashley Craig	Sr.	back/free	Laurel, MD/Laurel
Lorin Diaz	Sr.	back/free	Williamstown, NJ/Williamstown
Kellie Garrigan	Fr.	free	Montague, NJ/Sussex County Technical School
Teresa Higgins	Jr.	free	Whiting, NJ/Manchester Township
Sadie Mele	So.	back/fly	Rio Rancho, NM/Rio Rancho

WOMEN'S SCHOOL RECORDS

Event	Time	Date	Record Holder
50 Free	25.53	2008	Karen Cilento
100 Free	57.11	2008	Karen Cilento
200 Free	2:05.92	2006	Ana Ossa
500 Free	5:34.87	2006	Ana Ossa
1000 Free	11:40.23	2005	Ana Ossa
50 Back	28.65	2008	Sadie Mele
100 Back	1:03.66	2008	Sadie Mele
200 Back	2:21.70	2008	Sadie Mele
50 Fly	28.92	2006	Ana Ossa
100 Fly	1:03.71	2005	Ana Ossa
200 Fly	2:28.54	2006	Ana Ossa
50 Breast	32.85	2006	Ana Ossa
100 Breast	1:10.76	2006	Ana Ossa
200 Breast	2:32.09	2006	Ana Ossa
100 IM	1:06.05	2006	Ana Ossa
200 IM	2:19.60	2006	Ana Ossa
400 IM	5:03.69	2006	Ana Ossa
200 Free Relay	1:49.51	2008	Mele, Fiallo, Higgins, Cilento
200 Medley Relay	2:02.49	2008	Mele, Fiallo, Higgins, Cilento
400 Medley Relay	4:15.07	2005	Pence, Garnant, Jelinek, Pence
800 Free Relay	9:48.53	2002	Ribelin, Allnatt, Reeber, Jelinek

TOP PERFORMERS

MICHAEL LAWSON

Senior • Free/Fly• 5-10

Lake Hiawatha, NJ/Parsippany HS



2007-08: Member of the 200 medley relay team that set a season best at the 2008 Metropolitan Swim Championships with a time of (1:45.25) ... recorded a personal best in the 100 yard breaststroke, advancing to the finals and placing 24th at the Metropolitan Swim Championships ... **2006-07:** Against Canisus, picked up points in the 200 individual medley ... **2005-06:** Lawson finished first vs. Ocean (second vs. Drew) with a (1:09.61) in the 100 breast ... **Prior to NJIT:** Top 10 Morris County Champions (Breast and IM) for coach Beth Cox at Parsippany ... Top 10 Iron Hills Conference (IM) and Honorable Mention Iron Hills Conference ... also swam for the Morris Center YMCA swim team ... **Personal:** Michael R. Lawson ... son of Catherine and John Lawson ... architecture major. ... born 6/8/87 in Morristown, NJ.

JAMES PACCIORETTI

Senior • Free • 5-10

Oak Ridge, NJ/Jefferson Township HS

2007-08: Member of second fastest performance in school-history in the 400 freestyle relay ... recorded personal best times in the 100-yard freestyle and the 200 yard freestyle ... Advanced to the finals in the 200 at the Metropolitan Swim Championships placing 24th ... **2006-07:** Placed first against Queens in the 200 free relay with a time of (1:37.34) ... **2005-06:** First-year swimming at the collegiate level ... **Prior to NJIT:** Swam for Lake Forest swim team. **Personal:** James Edward Paccioretti ... son of James and Ginny Paccioretti ... majoring in chemical engineering ... born 6/27/87 in Secaucus, NJ.



SADIE MELE

Sophomore • Back/Fly• 5-6

Rio Rancho, NM/Rio RanchoHS



2007-08: At the Metropolitan Swim Championships, Mele set individual school records in the 100-yard backstroke (1:03.66) and the 200-yard backstroke (2:21.70). ... was a member of four record breaking relays; 200 medley (2:02.49), 200 free (1:49.51), 400 medley (4:41.86) and 400 free (4:01.78) ... **Fall 2007 and 2008:** Goalkeeper for the NJIT women's soccer team ... **Prior to NJIT:** Record-setting high school swimmer with state qualifying times in the 100 backstroke (1:05.48) and 100 butterfly (1:07.65) ... in soccer she was goalkeeper District I Player of the Year and second team all-state ... in addition to soccer and swimming she finished in the top 25 in the New Mexico state high school golf championships ... **Personal:** Sadie Josephine Mele ... daughter of David and Debbie Mele ... engineering major ... born 4/26/89 in Rio Rancho, NM.

TERESA HIGGINS

Junior • Free • 5-6

Whiting, NJ/Manchester Twp. HS

2007-08: At the Metropolitan Swimming Championships competed on four school record breaking relays; 200 medley (2:02.49), 200 free (1:49.51), 400 medley (4:41.86) and 400 free (4:01.78) ... also, at the same meet, achieved individual personal best performances in the 100 yard, 200 yard and 500 yard freestyle events. **2006-07:** As a first year collegiate swimmer, appeared in the 50 yard, 100 yard and 200 yard freestyle events at the Metropolitan Swimming Championships ... **Prior to NJIT:** Did not swim competitively until senior year at Manchester Twp. where she made the varsity team ... also a member of the track, cross country and tennis team. **Personal:** Teresa A. Higgins ... daughter of Jay and Virginia Higgins ... chemistry major ... sister (Megan) attends NJIT and is a member of the cross country and track and field teams ... born 7/5/88 in Staten Island, NY.





2008-09 Men's and Women's Swimming Team: **Top Row (l-r):** Assistant Coach Rob Franc, Rachael Abadie, Matt Negron, Pablo Botero, Andrew Helbers, Daniel Schittone, Richard Giraldo, Teresa Higgins, Head Coach Eric Rasmussen **Middle Row (l-r):** Daniel Carrera, Ashley Craig, William Corrigan, Michael Lawson, Steve Schreyer, Sean Stafford **Bottom Row (l-r):** Frank Lombardi, Richard Montesano, Sadie Mele, Karen Cilento, James Paccioretti

MEN'S ROSTER

Name	Yr.	Event	Hometown/High School
Pablo Botero	Jr.	free	Parsippany, NJ/Parsippany
Daniel Carrera	Jr.	free	West New York, NJ/Memorial
William Corrigan	Fr.	back/free	Toms River, NJ/Toms River North
Richard Giraldo	Fr.	free	Guttenberg, NJ/St. Joseph of the Palisades
Andrew Helbers	Fr.	free	East Stroudsburg, PA/East Stroudsburg
Michael Lawson	Sr.	free/fly	Lake Hiawatha, NJ/Parsippany
Frank Lombardi	Fr.	free	Metuchen, NJ/Metuchen
Richard Montesano	Fr.	free	Jersey City, NJ/Dickinson
Matthew Negron	Fr.	free	Union, NJ/Seton Hall Prep
James Paccioretti	Sr.	free	Oak Ridge, NJ/Jefferson Township
Daniel Schittone	Jr.	back	East Brunswick, NJ/East Brunswick
Steve Schreyer	Jr.	free/back	East Brunswick, NJ/East Brunswick
Sean Stafford	So.	free	Lake Hopatcong, NJ/Jefferson Township
Edwin Walker	So.	free	New Brunswick, NJ/New Brunswick

MEN'S SCHOOL RECORDS

Event	Time	Date	Record Holder
50 Free	22.10	2006	Hayk Ekshian
100 Free	49.22	2007	Hayk Ekshian
200 Free	1:51.16	2007	Marc Ubaldi
500 Free	5:13.67	2006	Marc Ubaldi
1000 Free	11:05.82	2003	Ryan Walton
1650 Free	18:30.04	2005	Ryan Walton
50 Back	28.91	2006	Daniel Botero
100 Back	59.59	2007	Hayk Ekshian
200 Back	2:14.78	2006	Daniel Botero
50 Fly	24.11	2008	Hayk Ekshian
100 Fly	52.97	2008	Hayk Ekshian
200 Fly	2:13.46	2008	Hayk Ekshian
50 Breast	29.13	2006	Rob Franc
100 Breast	57.43	2007	Alan Roberts
200 Breast	2:19.19	2006	Rob Franc
100 IM	59.37	2006	Marc Ubaldi
200 IM	2:03.53	2007	Marc Ubaldi
400 IM	4:39.68	2006	Marc Ubaldi
200 Free Relay	1:29.27	2007	Ekshian, Roberts, Franc, Ubaldi
200 Medley Relay	1:41:60	2007	Roberts, Franc, Ekshian, Ubaldi
400 Free Medley	3:20.33	2007	Ekshian, Roberts, Ubaldi, Paccioreti
400 Medley Relay	3:44.57	2007	Roberts, Paccioreti, Ekshian, Ubaldi
800 Free Relay	8:05.37	2008	Lawson, Finley, Paccioreti, Stafford

ATHLETICS FACILITIES

The NJIT men's and women's swim teams compete and practice in Fleisher Pool. The six-lane facility on the first floor of the **Estelle and Zoom Fleisher Athletic Center** is also staffed by certified lifeguards for recreational swimming.

Additionally, the teams have access to all of the other facilities in the athletic center. These include the **fitness area** (containing computer-controlled biking equipment, Cybex resistance units and an indoor track), **two weight rooms** (free-weight and hammer-strength), **four racquetball courts**, a **martial arts center**, and **four lighted outdoor hardcourt tennis courts**.

The Highlanders' men's and women's basketball and volleyball teams play their home events in the main gymnasium of the **athletic center**. The facility can entertain crowds of up to 1,500, and is also open to the campus community for recreation during selected hours.

Lubetkin Field, home to the men's and women's soccer teams, recently underwent a \$1.2 million renovation project, including the installation of SprinTurf artificial grass and a running track. It contains a midfield scoreboard and pressbox facilities, and its bleacher seating can hold approximately 1,000 spectators.

NJIT is in the midst of a multi-year agreement with the independent Newark Bears Professional Baseball Club to play Highlanders home baseball games at **Bears & Eagles Riverfront Stadium** in downtown Newark.

NJIT SWIMMING FACTS

Location	Newark, NJ 07102
Founded	1881
Undergraduate Enrollment	5,380
Nickname	Highlanders
Colors	Red and White (blue accent)
President	Dr. Robert A. Altenkirch
Director of Athletics	Lenny Kaplan
Athletics Department Phone	(973) 596-3636
Athletics Department /Swimming FAX	(973) 596-8295
Athletics Department URL	http://athletics.njit.edu/
Head Coach	Eric Rasmussen (Ithaca '83)
Record at NJIT (men)	16-20 (3)
Record at NJIT (women)	2-39 (3)
Phone	(973) 596-5229
E-Mail	rasmussen@njit.edu
Captains	Michael Lawson, James Paccioretti, Teresa Higgins
First Year of Men's Program	1967-68
First Year of Women's Program	1995-96
Home Venue	Fleisher Athletic Center Pool
Pool Office Phone	(973) 596-5229
Affiliation	NCAA Division I
Conference	Metropolitan Swim Conference
2007-08 Men's Record	3-8
2007-08 Women's Record	0-13
Assistant Athletic Director for Sports Information	Tim Camp (973) 596-8461
Assistant Sports Information Director	Stephanie Pillari (973) 596-8324
Sports Information FAX	(973) 596-8440
Camp E-Mail	timothy.camp@njit.edu
Pillari E-Mail	pillari@adm.njit.edu

ERIC RASMUSSEN

Head Coach



Beginning his 24th year of college coaching, Eric Rasmussen returns for his fourth campaign as head coach at NJIT.

Rasmussen's 14 years experience coaching at the NCAA Division I level will be invaluable as he leads the Highlanders in their reclassification to Division I.

Rasmussen's Division I experience includes work with some of the top college and international-level coaches in the country. As a graduate assistant at the University of Texas, he worked directly under eight-time NCAA Coach of the Year Eddie Reese, who recently led the US Men's Swimming teams at the Beijing Olympics. A member of every US Men's Olympic coaching staff since 1988, Coach Reese has led the Longhorns to nine NCAA crowns, including two when Rasmussen was his assistant.

Rasmussen also worked as the head counselor/coach for the Longhorn Swimming Camp for many summers, guiding some of the most promising age-group swimmers in the nation. In that role, he worked under two more Olympic head coaches; Mark Schubert and Richard Quick. After an outstanding college coaching career, Schubert was named USA National Team Coach/General Manager in March 2006. At the 2008 Olympics, Schubert directed Team USA to one of their most successful games and will continue to direct the team through the 2012 games. Quick, also a six-time U.S. Olympic coach, recently took over at Auburn after a 17-year run at Stanford.

"Having the opportunity to work for and, more importantly, learn from these outstanding coaches has been a major influence on my coaching technique," says Rasmussen. "Observing their styles, all different but all incredibly successful, provided me a lifetime worth of knowledge about swimming and about people. To have had the opportunity to be mentored by these men early in my career is priceless."

Returning to his native New Jersey from Texas, Rasmussen served eight years as a head coach at Division I Saint Peter's College in Jersey City, leading the men's and women's swimming and diving teams. During his eight-year run, he orchestrated a mass overhaul of the school's records, with many of the records being broken numerous times. Upon his departure, only two school records predated Rasmussen's tenure as head coach.

Immediately prior to his taking over at NJIT, Rasmussen was an assistant at Division I Loyola (MD) College. During his three-year stay in Baltimore, the Greyhounds experienced a great deal of success and Rasmussen was instrumental in recruiting of some top swimmers, including a high school state champion and a USA Swimming senior national qualifier. In 2004 and 2005, he helped guide a swimmer to consecutive conference MVP titles. The culmination of his efforts came at the 2005 Metro Atlantic Athletic Conference championship meet where Loyola swimmers recorded over 50 personal best swims, breaking 19 school records and three conference records.

Rasmussen began coaching at Ocean County College (NJ). During his six years at OCC, Rasmussen led over 40 athletes to the National Junior College Athletic Association (NJCAA) championships where they collected nine All-American certificates.

Additionally, Rasmussen has coached at three NCAA YES clinics, worked as an assistant to the meet directors at the 1988 Olympic Swimming Trials, and served as the assistant ticket manager at the 2004 Women's NCAA Division I championships. He recently completed a six-summer run as a guest coach at the Lehigh University Swimming Camp and was a guest coach at the prestigious Navy Swimming Camp in 2007 and 2008.

A 1983 Phi Kappa Phi graduate of Ithaca College with a bachelor of science in physical education, Rasmussen also attended graduate school at the University of Texas. Born in nearby Irvington, NJ, Rasmussen resides in Toms River, NJ.

ROB FRANC

Assistant Coach



A 2007 graduate of New Jersey Institute of Technology, Rob Franc returns for his second year as assistant coach.

Primarily responsible for the dryland strength and conditioning of the swimmers, Franc also assists Coach Rasmussen with workout planning, recruiting and meet management. He has an extensive background in nutrition and recently earned a Certified Strength Coach status from the National Strength and Conditioning Association.

The former school record holder in the 50 and 100-yard breaststroke, he still holds a number of Highlander records. As a member of the 200 yard medley relay and the 200 yard freestyle relay, he set team records in 2007. Individually, he holds the school record in the 200 yard breaststroke, which he set at the 2006 Metropolitan Championships.

In his spare time he is an avid rock climber. He resides in nearby Maplewood, NJ.

ANA OSSA

Assistant Coach



By far the finest female swimmer in school history, Ana Ossa completed her intercollegiate career in 2005-06. In each of the three years in which she competed for the Highlanders she was honored as the New Jersey Institute of Technology Female Athlete of the Year.

Ossa completed her career as the holder of 16 of 17 individual school records, lacking only the mark in the 50-yard freestyle. As a member of the Highlander's relay teams, she set school records on four of the five relays.

After her initial round of record breaking, Ossa went on to re-set many of her records numerous times. In all, she swam nearly 50 school record setting performances in her three year career.

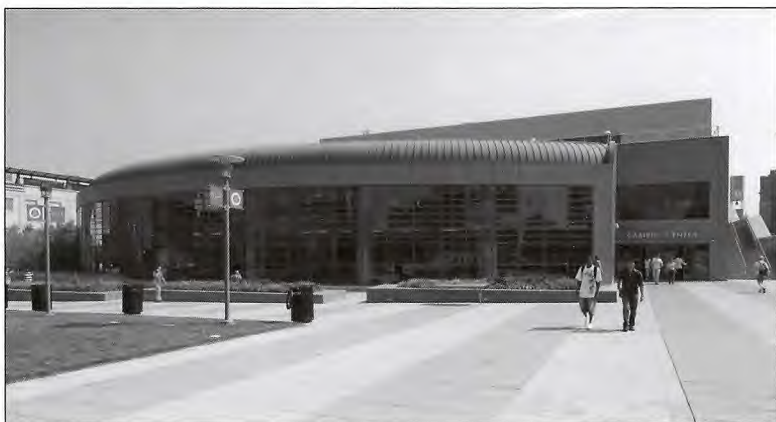
At the Metropolitan championships in her senior year, Ossa scored points in all three of her individual events, setting new school records in each and earning an appearance in the Championship Final of the 200 yard breaststroke.

Ossa represented NJIT as part of National Girls and Women in Sports Day (NGWSD) on February 12, 2007 at halftime of women's basketball game between Seton Hall and Villanova in South Orange, NJ.

A native of Bogota, Colombia, Ossa was enrolled in the Albert Dorman Honor's College and graduated in 2007 with a 3.96 GPA in electrical engineering.

She is currently a project manager for Alcatel-Lucent in Murry Hill, NJ.

UNIVERSITY INFORMATION



New Jersey Institute of Technology, the state's public technological research university, enrolls more than 8,000 students in bachelor's, master's and doctoral degrees in 92 degree programs offered by six colleges: Newark College of Engineering, New Jersey School of Architecture, College of Science and Liberal Arts, School of Management, Albert Dorman Honors College, and College of Computing Sciences. NJIT is renowned for expertise in architecture, applied mathematics, wireless communications and networking, solar physics, advanced engineered particulate materials, nanotechnology, neural engineering and e-learning. In 2006, Princeton Review named NJIT among the nation's top 25 campuses for technology and top 150 for best value. U.S. News & World Report's 2007 Annual Guide to America's Best Colleges ranked NJIT in the top tier of national research universities.

NJIT's history spans from the Industrial Revolution to the Information Age. Newark was a factory town when the tuition-free evening school was founded in 1881 to support local industries. From the early days, science and technology have been the engines fueling the university's development.

Over time, the university both anticipated and responded to change by expanding its curriculum and mission. By 1975, NJIT offered a broad range of undergraduate and graduate degrees. All programs included significant research and public service components with the goal of providing an academic environment that fostered intellectual depth and breadth, as well as social responsibility.

Today, continuing a fourfold mission of instruction, research, economic development and public service, NJIT is among the leading comprehensive technological universities in the nation, with state-of-the-art facilities on its 45-acre campus in Newark and a solar observatory in Big Bear, California.



The clock tower and carillon sit in a European-style plaza adjacent to the Campus Center.