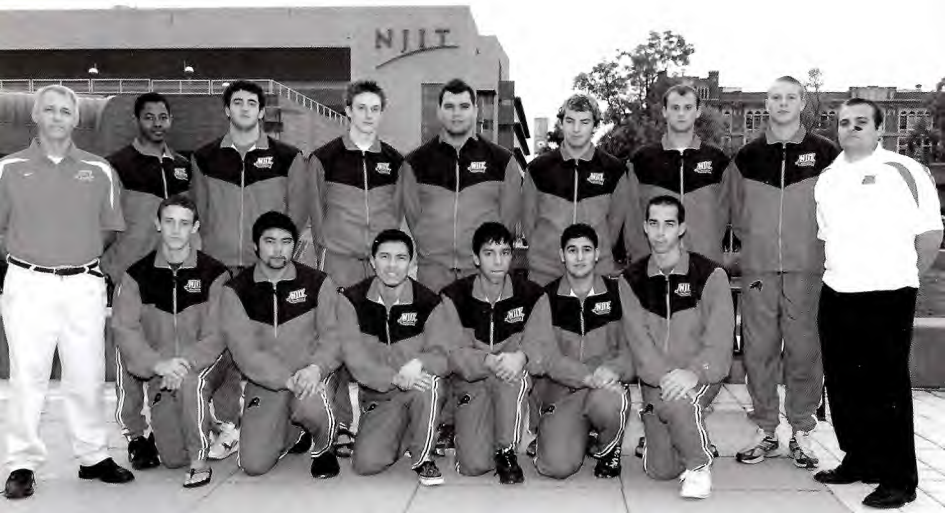


2009-2010



MEN'S & WOMEN'S

SWIMMING

[njithighlanders.com](http://njithighlanders.com)



## 2009-10 SCHEDULES

Date	Day	Opponent(s)	Time
<b>October</b>			
17	Sat.	BRYANT (M)	1:00pm
30	Fri.	MOUNT ST. MARY'S, VMI, MANHATTAN (W)	6:00pm
31	Sat.	VMI, MANHATTAN (M)	12:00pm
<b>November</b>			
10	Tue.	at William Paterson (M)	6:00pm
13	Fri.	at Wagner (W)	6:00pm
22	Sun.	at Fairfield (M/W)	1:00pm
<b>December</b>			
12	Sat.	ST. FRANCIS (NY), SAINT PETER'S (M/W)	1:00pm
<b>January</b>			
16	Sat.	at Saint Francis (NY), vs. Saint Peter's	1:00pm
17	Sun.	at Siena, vs. Canisius, vs. Bryant (M/W)	11:00am
20	Wed.	at Montclair State (M/W)	6:00pm
25	Mon.	SUNY MARITIME (M/W)	6:00pm
29	Fri.	at Manhattan (M/W)	6:30pm
<b>February</b>			
2	Tue.	at Queens (NY) (M)	6:00pm
19-21	Fri.-Sun.	Metropolitan Championships (M/W) (at Rutgers)	All Day

CAP/Bold = Home events at Estelle and Zoom Fleisher Athletic Center

## WOMEN'S ROSTER

Name	Yr.	Event	Hometown/High School
Rachael Abadie	So.	fly/free	South Amboy, NJ/Bishop George Ahr
Liliette Graca	Fr.	back	Plainfield, NJ/Union Catholic
Teresa Higgins	Sr.	free	Whiting, NJ/Manchester Township
Sadie Mele	Jr.	back/free	Rio Rancho, NM/Rio Rancho
Danielle Thompson	Sr.	free	Stony Brook, NY/Ward Melville
Michelle Velez	Fr.	back	Garfield, NJ/Garfield

## WOMEN'S SCHOOL RECORDS

Event	Time	Date	Record Holder
50 Free	25.53	2.22.08	Karen Cilento
100 Free	56.78	2.22.09	Rachael Abadie
200 Free	2:05.92	1.28.06	Ana Ossa
500 Free	5:34.87	2.10.06	Ana Ossa
1000 Free	11:40.23	12.07.05	Ana Ossa
50 Back	28.65	2.23.08	Sadie Mele
100 Back	1:02.66	2.21.09	Sadie Mele
200 Back	2:21.70	2.24.08	Sadie Mele
50 Fly	28.92	12.22.06	Ana Ossa
100 Fly	1:01.67	10.26.08	Rachael Abadie
200 Fly	2:28.54	1.21.06	Ana Ossa
50 Breast	32.85	2.18.06	Ana Ossa
100 Breast	1:10.76	2.18.06	Ana Ossa
200 Breast	2:32.09	2.19.06	Ana Ossa
100 IM	1:06.05	2.05.06	Ana Ossa
200 IM	2:19.60	2.17.06	Ana Ossa
400 IM	5:03.69	1.21.06	Ana Ossa
200 Free Relay	1:46.66	2.20.09	Cilento, Mele, Higgins, Abadie
200 Medley Relay	1:58.86	2.21.09	Mele, Cilento, Abadie, Higgins
400 Free Relay	3:56.80	2.22.09	Abadie, Cilento, Mele, Higgins
400 Medley Relay	4:15.07	2005	Pence, Garnant, Jelinek, Pence
800 Free Relay	9:48.53	2002	Ribelin, Allnatt, Reeber, Jelinek

# TOP PERFORMERS



## PABLO BOTERO

Senior • Long Distance • 5-10  
Parsippany, NJ/Parsippany HS

**2008-09:** Named to the Metropolitan Swimming and Diving all-Academic team. ... member of the school-record 800 free relay team. ... **2007-08:** Specialized in the 500 meter and 1000 meter freestyle. ... **2006-07:** In a tri-meet against St. Peter's and St. Francis (NY) rookie Pablo Botero finished sixth in the 200 free and fifth in the 500 free. ... **Prior to NJIT:** Swam at Parsippany HS for coach Frank DiGiacomo. ... **Personal:** Pablo Botero. ... son of Faber Botero and Luz E. Vargas. ... chemical engineering major. ... brother (Daniel) graduated from NJIT in (2008) and was a member of the men's swimming team. ... born 7/30/88 in Pereira, Colombia.

## ANDREW HELBERS

Sophomore • Free • 5-10  
East Stroudsburg, PA/East Stroudsburg HS

**2008-09:** Metropolitan Swimming and Diving Conference all-Academic team with a 4.00 cumulative GPA. ... Helbers, a distance freestyler, earned his spot on the All-Academic squad with his participation in both the 400 and 800 yard freestyle relays. ... **Prior to NJIT:** Swam for head coach Adam Cauffman at East Stroudsburg HS. ... was a recipient of the Lester Demmick Mathematics Award, Marine Corps Distinguished Athlete Award and Men's Scholar Athlete Award. ... member of the cross country and track and field team. ... **Personal:** Andrew Jacobs Helbers. ... son of Dale and Patricia Helbers. ... applied physics and applied mathematics major enrolled in NJIT's Albert Dorman Honors College. ... born 4/30/90 in East Stroudsburg, PA.



## TERESA HIGGINS

Senior • Free • 5-6  
Whiting, NJ/Manchester Twp. HS

**2008-09:** Team captain. ... member of four record breaking relays -- 200 medley (1:58.86), 400 medley (4:26.25), 200 freestyle (1:46.66) and 400 freestyle relay that set a new school-mark at (3:56.08). ... **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.



## RACHAEL ABADIE

Sophomore • Free/Fly • 5-6  
South Amboy, NJ/Bishop George Ahr

**2008-09:** Holds two individual school-records -- 100 free and 100 fly. ... Abadie is also a member of four record-breaking relays -- 200 medley, 400 medley, 200 freestyle and 400 freestyle. ... **Prior to NJIT:** Team captain at Bishop George Ahr swimming team. ... **Personal:** Rachael Abadie. ... daughter of Kit and Diane Abadie. ... information technology security network major. ... born 7/20/90 in Sayreville, NJ. ... twin brothers Dave and Neil also attended NJIT.



## MEN'S ROSTER

Name	Yr.	Event	Hometown/High School
Pablo Botero	Sr.	free	Parsippany, NJ/Parsippany
Shawn Bryan	Fr.	free	Petersburg, NJ/Ocean City
Daniel Carrera	Sr.	free	West New York, NJ/Memorial
Marlon De La Rosa	Fr.	breast	Roselle Park, NJ/Roselle Park
Chris Early	So.	breast	Woodbridge, NJ/Woodbridge
Richard-Thomas Haft	Fr.	free	Columbus, NJ/Northern Burlington
Andrew Helbers	So.	free	East Stroudsburg, PA/East Stroudsburg
Frank Lombardi	So.	free	Metuchen, NJ/Metuchen
Richard Montesano	So.	free	Jersey City, NJ/Dickinson
Matthew Negron	So.	free	Union, NJ/Seton Hall Prep
Johannes Smit	Fr.	free	Freehold, NJ/Colts Neck
Jonathan Van Ostenbridge	Fr.	free	Cranford, NJ/Cranford
Edwin Walker	So.	free	New Brunswick, NJ/New Brunswick

## MEN'S SCHOOL RECORDS

Event	Time	Date	Record Holder
50 Free	22.10	2.24.06	Hayk Ekshian
100 Free	49.22	2.18.07	Hayk Ekshian
200 Free	1:51.16	2.17.07	Marc Ubaldi
500 Free	5:13.67	2.3.06	Marc Ubaldi
1000 Free	11:05.82	2.23.03	Ryan Walton
1650 Free	18:30.04	2.20.05	Ryan Walton
50 Back	28.91	2.18.06	Daniel Botero
100 Back	59.59	3.10.07	Hayk Ekshian
200 Back	2:14.78	2.19.06	Daniel Botero
50 Fly	24.11	2.23.08	Hayk Ekshian
100 Fly	52.97	2.23.08	Hayk Ekshian
200 Fly	2:13.46	12.8.07	Hayk Ekshian
50 Breast	29.13	2.18.06	Rob Franc
100 Breast	57.43	2.17.07	Alan Roberts
200 Breast	2:19.19	2.19.06	Rob Franc
100 IM	59.37	2.5.06	Marc Ubaldi
200 IM	2:03.53	2.16.07	Marc Ubaldi
400 IM	4:39.68	1.21.06	Marc Ubaldi
200 Free Relay	1:29.27	2.16.07	Ekshian, Roberts, Franc, Ubaldi
200 Medley Relay	1:41:60	2.17.07	Roberts, Franc, Ekshian, Ubaldi
400 Free Medley	3:20.33	2.18.07	Ekshian, Roberts, Ubaldi, Paccioreti
400 Medley Relay	3:44.57	2.17.07	Roberts, Paccioreti, Ekshian, Ubaldi
800 Free Relay	7:54.06	2.21.09	Lawson, Finley, Paccioreti, Stafford



*Estelle and Zoom Fleisher Athletic Center, home of the NJIT Highlanders*

## 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 .....	<a href="http://athletics.njit.edu/">http://athletics.njit.edu/</a>
Head Coach .....	Eric Rasmussen (Ithaca '83)
Record at NJIT (men) .....	19-31 (4)
Record at NJIT (women) .....	2-55 (4)
Phone .....	(973) 596-5229
E-Mail .....	<a href="mailto:rasmussen@njit.edu">rasmussen@njit.edu</a>
Captains .....	Pablo Botero, 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
2008-09 Men's Record .....	3-11
2008-09 Women's Record .....	0-16
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 .....	<a href="mailto:timothy.camp@njit.edu">timothy.camp@njit.edu</a>
Pillari E-Mail .....	<a href="mailto:pillari@adm.njit.edu">pillari@adm.njit.edu</a>



## ERIC RASMUSSEN

### Head Coach



Beginning his 25th year of college coaching, Eric Rasmussen returns for his fifth campaign as head coach at NJIT.

Rasmussen's more than 15 years experience coaching at the NCAA Division I level is invaluable as he leads the Highlanders into Division I competition (NJIT became an active member of Division I effective Sept. 1, 2009). Rasmussen's previous 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 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.

## **MICHAEL LAWSON**

### **Student Assistant Coach**



In Spring 2010, Michael Lawson will be graduating from New Jersey Institute of Technology with a Bachelors of Science in Architecture. He is currently working towards his Master's in Business Administration.

During his four years at NJIT he has been a leader on campus, involved in many organizations and honor societies, and a member of the Albert Dorman Honors College.

Lawson brings with him a great deal of technique training experience. From 2005 to 2007 he was Head Coach of the Kellogg Club Swim Team, a summer league team in Morristown, NJ.

Through the guidance of Eric Rasmussen, Head NJIT Swim Coach and his father Jack Lawson, former YMCA coach, Lawson has a coaching style rooted in proper stroke technique and strength training. Lawson assists Coach Rasmussen with workout planning, dryland strength and conditioning, recruiting, fundraising, and meet management.

In the pool, Lawson was NJIT team captain for two years, competing as the primary IM and Breaststroker. In 2007 he was a final qualifier in Breaststroke at the Metropolitan Swimming Conference Championships and placed 26<sup>th</sup>. He held the 800 Freestyle Relay record and was named to the Metropolitan Conference All-Academic Team in 2009.

Lawson's hometown is Parsippany, NJ and currently resides in Newark, NJ.

## **ABOUT NEWARK**

### **NEWARK: THE RENAISSANCE CITY**

NJIT is located in the heart of New Jersey's largest city. A major urban center, Newark is a city on the move. Some 30,000 undergraduate, graduate and professional students attend classes in University Heights at the city's four public institutions of higher learning: NJIT, Rutgers-Newark, the University of Medicine and Dentistry of New Jersey and Essex County College.

Attractions in Newark's revitalized downtown include: The Newark Museum, New Jersey Performing Arts Center, The Newark Public Library, Symphony Hall, Branch Brook Park, Art galleries, restaurants, and shopping, an urban architectural laboratory, Professional New Jersey Devils hockey and other events at the Prudential Center.

### **NEWARK: PRUDENTIAL CENTER**

The new home of the National Hockey League New Jersey Devils opened in October 2007 in downtown Newark at the corner of Mulberry and Edison streets, about one mile from the NJIT's University Heights campus.

The building is the newest indoor major sports facility in North America and has opened to rave reviews as the centerpiece of the city's Downtown Core Redevelopment Project. In addition to the world's best hockey, 'The Rock' will be home to numerous entertainment and sport events, including NCAA Division I basketball, as NJIT has hosted multiple games there each season since the building opened.

The arena, with seating for 18,500 spectators, features a 4,800 square-foot exterior LED screen, as well as the latest in ice-surface technology and gourmet restaurants overlooking the ice for the Devils games.



## 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.*