TCNJ WOMEN'S & MEN'S SENIOR DAY 2007!

TCNJ's athletic department would like to recognize its seniors and congratulate them on their outstanding careers.

Over their time with the Lions, these outstanding student-athletes have distinquished themselves both in the pool and in the classroom.

WOMEN'S TEAM

Catherine Benigno

Martinsville, NJ/Bridgewater-Raritan

- A four-year letterwinner for the Lions, she is a 2005-06 TCNJ Scholar-Athlete and a Dean's List student majoring in nursing at TCNJ.
- · Finished 2nd as part of the 200 medley relay and was 13th in the 100 back at METs in 2006.
- Placed second in both the 400 and 800 free relays, fourth in the 200 free relay, fifth in the 100 free, seventh in the 100 back, and 12th in the 50 free at the 2005 METs in 2005.
- 2004 NCAA qualifier and 2004 MET Champion–400 free relay.
- · Finished fourth in the 100 back, fifth in the 200 back, and 11th in the 50 free at the 2004 METs.

TCNJ Career Best Times

Kerry Genese Hamilton, NJ/Lawrence

- A transfer from Skidmore College, she earned the Coach's Award there and has earned one letter here at TCNJ and is now in her second season with the Lions.
- Majoring in international studies at TCNJ
- Kerry studied abroad in the Spring of 2006 in Italy.

TCNJ Career Best Times

- 50 Free: 25.99 100 Fly: 1:07.57 100 Free: 56.79 200 Free: 2:05.72

Laura Heslin Allendale, NJ/Northern Highlands

- · 2005-06 TCNJ Scholar-Athlete and a four-year letterwinner at TCNJ.
- At the 2006 METs, finished 10th in the 1,650 free and 11th in the 200 back.
- 2005: Placed fourth in the 1650 free and 11th in the 500 free at the 2005 METs.
- · Finished 13th in both the 500 and 1650 free events and 14th in the 100 back at the 2004 METs.
- Member of TCNJ's SAAC as well as a Dean's List Student.
- Laura is a health and exercise science major with a minor in psychology.
- After graduation she will be attending graduate school where she will be working towards her doctorate in physical therapy.

TCNJ Career Best Times

100 Back: 1:04.23
 1000 Free: 11:21.67
 500 Free: 5:27.86

1650 Free: 18:52.35 200 Back: 2:16.03 Kristin Makris Shamong, NJ/Shawnee

- A four-year letterwinner in swimming at TCNJ, she is majoring in nursing.
 - She is a team tri-captain for the 2006-2007 Lions.
 - She plans on pursuing a career as a registered nurse.
 - Kristin will assist the program as a member of the coaching staff next year.

TCNJ Career Best Times

· 100 Fly: 1:04.80 400 IM: 4:59.04 200 Fly: 2:19.55 200 IM: 2:21.91

Julie Nami Yardville, NJ/Steinert

- Voted the most improved swimmer on the team in 2004-2005, she is also a 4-year letterwinner.
- · She is a spanish secondary education major at TCNJ.
- A member of the Spanish Honor Society, she is a Dean's List Student and a member of TCNJ's Scholar-Athlete Honor Roll.
- Julie spent the summer of 2006 abroad in Costa Rica.

TCNJ Career Best Times

• 50 Free: 25.37 100 Free: 56.81 200 Free: 2:06.06

Tara Plusch Plainview, NY/Plainview-Old Bethpage

- Another TCNJ Scholar-Athlete honoree, she is a team tri-captain this year and is a four-year letterwinner with the Lions.
- · A health and exercise science major at TCNJ, with a minor in Spanish.
- · She is also a member of the Spanish Honor Society and is a Dean's List Student.
- · She is an active as a member of the Health and Exercise Science Club at TCNJ.
- She will be staying at TCNJ in the fall to assist the team, while finishing her internship in health and exercise science.

TCNJ Career Best Times

· 100 Breast: 1:13.02 200 Breast: 2:41.04 200 IM: 2:27.05













Jennifer Robinson

Smithtown, NY/Smithtown

- · A Dean's List student, she has earned two letters with the Lions.
- · She is majoring in psychology at TCNJ and is a Dean's List Student.

Jackie Savich

Marlton, NJ/Cherokee

Is a marketing major at TCNJ and has earned four letters with the Lions.

TCNJ Career Best Times

100 Fly: 1:04.84
 200 Breast: 2:50.31
 200 Fly: 2:31.66
 200 IM: 2:31.42

Lee Swanson

Princeton Junction, NJ/West Windsor-Plainsboro South

- Three-time TCNJ Scholar-Athlete
- Finished 13th at the 2006 NCAAs on the 3M and 21st on the 1M.
- Won the 1M event at 2006 METs and was 2nd on the 3M.
- First alternate for the 2005 NCAAs.
- · 2004 NCAA qualifier.
- · Took third in both the one-meter and three-meter events at the 2005 METs.
- Was third in the three-meter and sixth in the one-meter at the 2004 METs.
- She is a Dean's List Student majoring in deaf education and psychology at TCNJ.
- Member of Kappa Delta Pi and Psi Chi and plans on pursuing a career as a teacher of the deaf.

TCNJ Career Best Performances

1M Diving (10 dives)—347.10 · 3M Diving (11 dives)—453.95

Mary Anne Wilson

West Caldwell, NJ/James Caldwell

- A team tri-captain this season, she is a four-year letterwinner with the Lions.
- · She is a three-time TCNJ Scholar-Athlete
- An elementary education and sociology major at TCNJ, she plans on pursuing a career as an elementary education teacher.

TCNJ Career Best Times

· 100 Breast: 1:15.78 200 Breast: 2:40.55 200 IM: 2:27.60

MEN'S TEAM

Kyle King

East Brunswick, NJ/East Brunswick

- All-American 2004, 2005, 2006 (10 citations)
- All-Academic Team 2005, 2006
- · TCNJ School Record: 200 & 400 Free Relay, 400 Medley Relay
- 12 Career Individual All-Conference Awards
- · 2006-2007 TCNJ Team Tri-captain
- TCNJ Scholar-Athlete honoree.
- Four-year letterwinner and an electrical engineering major at TCNJ.

TCNJ Career Best Times

50 Free – 21.05 100 Free – 46.25 200 Free – 1:43.29

George Savulich

Edison/St. Joseph's - Metuchen

- · 12 Career Individual All-Conference Awards
- · 2005, 2006 All-Academic Team
- NCAA Provisional Qualifier 2004, 2006
- · 2006-2007 Team Tri-captain
- · A four-year letterwinner at TCNJ.
- An English and psychology major at TCNJ, who has earned Dean's List honors three times and is a TCNJ Scholar-Athlete Honor Roll.

TCNJ Career Best Times

200 Fly – 1:54.29 500 Free – 4:41.57 1000 Free – 9:49.50 1650 Free – 16:18.87











