



Cyclone Swimming News

2010-2011 Season Update

Dear Cyclone Family and Friends,

Wow, what a season! If you were to look at the 2010-1011 season on paper, it may not seem particularly impressive. However, traditional measurements of success like high scores and record times could not express the true greatness of this season.

This season included the welcoming of new Assistant Coach, Merritt Lander. In her own undergraduate days, Lander swam for University of Arkansas, Little Rock. Currently, she is a part of the graduate literature program here at Mills. She LOVES swimming and brings great enthusiasm to the deck!



2010-2011 Showing their animal side.

We only had nine swimmers the first semester. Three of those left after the semester break—one graduated early, one transferred and one left for study abroad—but seven came back for spring semester. Our seven returning team members traveled back from many places—overseas, other sports teams, or just overbooked academic schedules. As a whole, this year’s group was one of the more committed groups I can remember in recent history.

The Swim-A-Mile was a great success, again. The Mills Community raised just under \$4000.00 for the Women’s Cancer Resource Center and held three swimming clinics for registered participants.

We traveled to race all the way north to Oregon to compete with Willamette University in Salem and Linfield College in McMinnville. We went south to LA and beat Cal Tech in a dual meet and Vanguard in a quad meet at Chapman’s new facility. There were some really amazing races all around.

The Bay Area Invite had a smaller group than last year but was still a good meet. The weather, unlike seasons past, was not a torrential downpour—rather, it was beautiful and made for fast swimming with Azusa Pacific, -CSU East Bay (now DII), and UC Santa Cruz.

Although I started the year thinking the motto would be “My Soul, Our Spirit,” the team eventually brought back a motto which has been used many years during my time coaching which some of you may remember: “Thank you for this opportunity!” Funny enough, this change of occurred most notably while the team was running the Cleveland Cascade Stairs at Lake Merritt—a time when team members were exerting themselves very hard.



2010-2011 After annual Swim-A-Mile.

In conclusion, I want to respond to all the chanting of our motto I have heard this season with one big: “THANK YOU FOR THIS OPPORTUNITY TO COACH THIS YEAR!”

Sincerely,

Neil Virtue
Head Swim Coach

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UPCOMING EVENTS:

- Swim a Mile for Women with Cancer. October 1st @ 12:00pm.
- Reunion Weekend, September 22-25, 2011.
- First home dual meet against CSUEB, October 14th @ 12:00pm.

JOIN US!

Visit our web site for schedule and updates in the fall:

http://www.mills.edu/campus_life/athletics_and_recreation/

Returning Cyclones and what they have to say about the season.....

Desirae Tongco, Class of 2012, South San Francisco

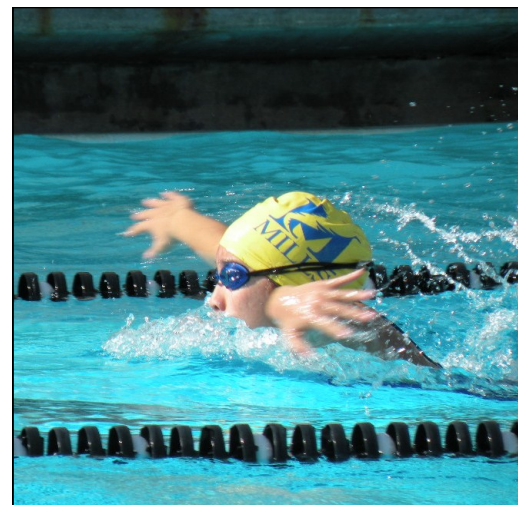
“Being a part of Mills swimming means having another chance at using my talents for something more than myself. It means stepping out of a comfort zone as an individual and bringing my strengths to help build a warm team atmosphere.

I'll always remember our meets in LA. It was our first overnight meet, and we didn't know what to expect of our team dynamics. Fortunately, we all sort of brought out the good side of each other. We continuously laughed at each other's jokes, listened to each other's rants about breaking/not breaking records, made the pilot/flight attendants crack

jokes about us. We even had a great time when we were driving back to Mills around 9:30pm.

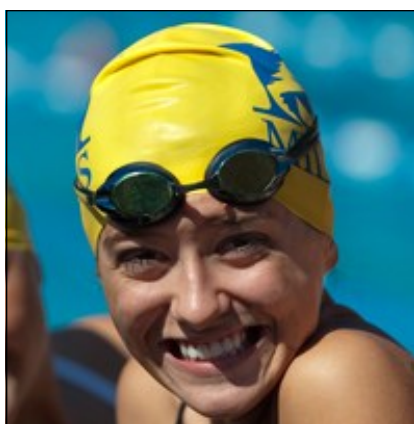
I'm definitely not as shy anymore. I make a stronger effort to talk to my teammates than I did last year. We also hang out outside of swimming more often. I also feel more comfortable making presentations and joking around with the team.

Outside of swimming, I'm opening up more during class discussions, and I feel like I have a better grip of the workload than last year. **Sting Rae.**”



Desirae doing the fly. AKA D-RAE, Sunny D., D-Money. Desirae was also the winner of the Janet Holmgren Student Athlete Service Award!

Amina Dzano, Class of 2013, Bosnia Herzegovina



Amina at the Swim a Mile for women with cancer. Oct. 2010

“One of the best and recurring experiences for me has been cheering for teammates at meets. While I am often hoarse after a meet, it's an indication I cheered hard to support teammates.

The most fun I had all season was waiting for Mickey fireworks while we were in LA for a meet.

This season in particular, I learned my personal limits, boundaries, and when to just say no.”

Iris Corey (Class of 2012) on a trip to LA last year was bestowed the nickname “Slinkster” by David Hasselhoff of Knight Rider and Baywatch. Not many folks can claim that—and it all happened because of being a Cyclone!

Award Winners for 2010-2011:

Most Improved: Cynthia Garcia	Margery Meyer: Iris Corey
Sunshine Award: Desirae Tongco	Golden M Award: Samantha Sahnaw
Iron Cyclone: Samantha Sahnaw	Cyclone Award: Desirae Tongco
Highest GPA: Meg Smaker	Coach's Award: Chelsea Baumgartner



Inner tube H2O Polo with other student athletes 2007.

THANK YOU FOR THIS OPPORTUNITY! THANK YOU FOR THIS OPPORTUNITY!

Welcome New Swimmers!

Kelly Dingman, Westchester, CA 2014; Cynthia Garcia, El Sobrante, CA 2014; Jessica Lix, Bangor, CA 2014; Bonnie Horgos, Santa Cruz 2012; Iyari Ortiz, Dos Palos, 2011



2010-2011 Cyclones: Left to Right: Front Row: Iyari Ortiz, Samantha Sahnnow, Lindsay Tice. Standing :Desirae Tongco, Coach Neil Virtue, Kelly Dingman, Katie Young, Brittney Winters, Cynthia Garcia, Assistant Coach Merritt Lander, Chelsea Baumgartner. Not Pictured: Iris Corey, Amina Dzano, Bonnie Horgos, Jessica Lix, Kelsey Mercado, Nkosazana Nkululeko, Meg Smaker.



Jenny Safreno'09 sporting warm ups. Looking good!



Senior Lindsay Tice (above) broke all three butterfly records this year. With times of: 50yds :28.51, 100yds 1:02.04 and 200yds 2:24.51. The old records were held by Claire Norton-Cruz from 2001.

Swimming competes at NAIA Nationals for the seventh year in a row!

This year's Nationals meet was back in Missouri at the St. Peters Rec-Plex. We ended up qualifying in 3 relays: the 200 and 400 freestyle and 200 medley relay. Senior transfer swimmer Lindsay Tice (Los Altos, CA) qualified individually in the 100 fly. Lindsay was joined by Class of 2011 Sam Sahnnow (Portland, OR), Class of 2014 Jessica Lix (Bangor, CA), Class of 2012 Kelsey Mercado (S. San Francisco, CA) and Iris Corey (State College, PA). The meet was FAST, FAST! 21 new national records were broken. Our team had three season best times in all the relays and bettered the 200 free relay record from the team in 2008 (C. Fisher, R. Cumming, S. Sahnnow, R. Griffith) by 1.5 seconds for a time of 1:49.52! The team won the team Champions of Character award! And Sam Sahnnow was selected as the Individual Champion of Character! Mills College also had four NAIA Scholar athletes, Iris Corey, Kelsey Mercado and Sr. Meg Smaker (Brentwood, CA) and Jr. Desirae Tongco (S. San Francisco, CA). It was a good final NAIA Championship meet for the Mills College Cyclones.

No more NAIA Nationals for Mills

After much discussion, it was officially decided at the beginning of this past academic year that Mills is leaving the NAIA and going NCAA DIII officially for all sports. The decision was made between Athletic Director Themy Adachi, and the APER Staff that NCAA DIII would be best for the whole department. In February the team will attend the 2012 Liberal Arts College Championship in Elsah, IL at Principia College.



Neil growing hair? A gift from Emily Kaufmann, Class of 2001.

THANK YOU FOR THIS OPPORTUNITY! THANK YOU FOR THIS OPPORTUNITY!

Cyclone School Records

EVENT(yds)	TIME	SWIMMER	DATE/MEET
50 FREE	26.18	Chrissy Fisher	11/12/04 Sprint Tri Meet
100 FREE	59.29	Shayna Elbling	3/04/06 NAIA Nationals
200 FREE	2:09.30	Catherine Stitt	2/11/06 vs. Cal-Tech
500 FREE	5:45.37	Catherine Stitt	10/22/05 @CSU-East Bay
1000 FRE	11:49.18	Catherine Stitt	3/04/06 NAIA Nationals
1650 FREE	19:29.00	Catherine Stitt	3/04/06 NAIA Nationals
50 BACK	30.36	Rachel Griffith	3/05/09 NAIA Nationals
100 BACK	1:04.20	Rachel Griffith	2/29/08 NAIA Nationals
200 Back	2:19.09	Rachel Griffith	3/1/08 NAIA Nationals
50 BREAST*	33.06	Chrissy Fisher	11/12/05 Bay Area Invite.
100 BREAST	1:09.90	Chrissy Fisher	10 /20/07 vs. CSU-East Bay
200 BREAST	2:35.55	Chrissy Fisher	3/4/06 NAIA Nationals
50 FLY*	28.51	Lindsay Tice	11/12/10 Bay Area Invitational
100 FLY	1:02.04	Lindsay Tice	2/1/11 vs. Chabot, CCSF, Laney
200 FLY	2:24.58	Lindsay Tice	2/1/11 vs. Chabot, CCSF, Laney
100 IM*	1:09.96	Claire Norton-Cruz	1/4/02 Rainbow Invite
200 IM	2:24.49	Catherine Stitt	10/28/06 UCSC and Seattle U.
400 IM	5:18.78	Catherine Stitt	11/12/05 Bay Area Invite.

200 FREE RELAY: Lindsay Tice, Kesley Mercado, Samatha Sahnaw, Jessica Lix:1:49.52 3/4/11 NAIA Nationals
400 FREE RELAY:Cathy Knight, Kelsey Mercado, Amelia True, Rachel Griffith: 4:03.86 3/07/09 NAIA Nationals
800 FREE RELAY:Rachel Griffith, Kelsey Mercado, Amelia True, Cathy Knight: 9:02.38 3/07/09 NAIA Nationals
200 MEDLEY RELAY:Rachel Griffith, Chrissy Fisher, Michaela Ellis, Samantha Sahnaw:2:03.26 2/28/08 NAIA Nats.
400 MEDLEY RELAY:Shayna Elbling, Chrissy Fisher, Catherine Stitt, Sophia Tuttle: 4:26.58 3/03/06 NAIA Nationals
BOLD indicates new record and * indicates not a NCAA recognized event.



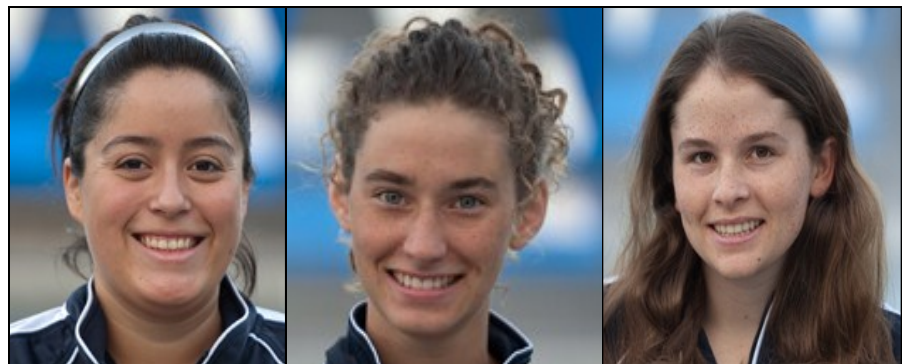
NY/NJ 2007 Remember this? Such good East coast/West coast diplomats.



Cyclones at 2011 NAIA Nationals. St Peters, MO. L-R: Merritt Lander, Lindsay Tice, Neil Virtue (back), Samantha Sahnaw, Jessica Lix (back), Kelsey Mercado and Iris Corey at the top of the Arch in St. Louis.

Good bye for now and good luck Spring 2011 Graduates!

Iyari Ortiz, Samantha Sahnaw and Lindsay Tice



Cyclone Swimming Alumnae: Please share this newsletter and encourage any Mills Swimming Alumnae to contact Neil and get on the email list.

Hope to see you all in 2011 and 2012 at one of our meets and events.

Special Thanks: Carol B. Themy, Else, Natalie and Lonnie, Nicci, Kurt and Lauren! Without your support, guidance and involvement our season would not be able to happen.

Contact Coach Neil Virtue to say hello and let us know what you are up to, update your contact information or if you would like to attend a meet, practice or event: 510-430-3284, nvirtue@mills.edu.