

# *Division of Student Affairs*

**WINTER 2013  
UPDATE**



## Blue Gold Club

Alumni and parent support for the Blue Gold Fund has increased 29% since last year at this time. Current donations for the Blue Streaks total \$59,173 from 373 donors, as compared to \$42,834 from 266 donors in 2011-12. This success can be attributed to the collaborative efforts between University Advancement and Athletics and the leadership of [Gretchen Weitbrecht](#), Associate Athletic Director, who initiated new marketing and mailing strategies in summer 2012.

The Blue Gold Club will host the 2nd annual “[Pot O’ Blue & Gold Party](#)” on March 15 in the Tony De Carlo Varsity Center. Former Blue Streaks athletes, parents of current athletes, and members of the John Carroll community have been targeted for participation. The event will include food and drinks, raffles, Irish music and dancing, and fundraising to support the athletic program.

Additionally, the Club will be conducting the annual Hall of Fame nomination process during the month of March. There is an online submission form at [jcusports.com](#) through March 1. The Class of 2013 will be inducted on Homecoming and Family Weekend, September 27-29.

## Community Outreach

The Athletics staff continues to support community and local high school teams throughout the busy winter season. Spanning from November to March, more than ten outside groups utilized JCU athletic facilities. In addition, the baseball team hosted a holiday baseball camp and Sunday morning clinics in January and February. Women’s Soccer hosted “Kids Night Out” on February 9 in conjunction with the JCU Alumni Couples Dance. The JCU Cheer Squad hosted its fourth annual clinic on January 19, which culminated in a youth performance during halftime at the Men’s Basketball game. The Dance Team performed at Quicken Loans Arena during a Cavaliers game.

# Athletics

Guest groups at JCU sporting events included the Magis Advisory group, fall Student Athlete Honorees, R.E.A.L. (Relevant, Experiential, Active Learning) Early College Program students, CYO teams and families, athletic recruits, Boy Scouts, Milestones Autism, Special Olympics athletes, and several alumni gatherings.

## Athletic Alumni Outreach

Alumni gatherings were held for several winter sports, including Wrestling, Men’s Basketball, Women’s Basketball, and Swimming and Diving. Each event included hospitality and a home sporting event.

## New Hires

[Tom Arth](#) has been hired as the new Head Football Coach and has completed the process of evaluating, restructuring, and hiring his full time staff. The 2013-2014 football staff includes: [Tom Zagorski](#), Offensive Coordinator; [Jerry Schuplinski](#), Defensive Coordinator; [Brian Cochran](#), Recruiting Coordinator; and [Michael Cook](#), Special Forces Coordinator.

The hiring process for the first Men’s Lacrosse Coach was completed. JCU welcomes [Brian Small](#), who most recently coached at Quinnipiac College. Brian has hit the ground running by traveling to visit recruits and hosting prospects on campus.



Men’s Indoor Track & Field finished second in the OAC this season.



## Celebrate DIII at JCU

During the week of April 8, JCU Athletics will partner with the NCAA to feature our Blue Streaks athletes in noteworthy ways, including highlights on the JCU website. Athletics will also promote special events to feature our DIII status and athletic tradition. Later in the month, JCU will host the Student Athlete Academic Celebration.

## Enrollment

Collaboration continues to develop in the area of special event days, including the Junior Open House and [Celebration for the Class of 2017](#), where Athletics will take part in a featured panel discussion. A new program called “The Legacy of a Man of Carroll” will be held on campus March 19 and will serve as both a recruitment event and an alumni forum.



## Active Shooter Training Video

The Campus Safety Services (CSS) staff has shown the “[Shots Fired! When Lightning Strikes!](#)” training video to faculty, staff, and students. In total, 350 JCU community members have viewed the video since January. Additional viewings are being scheduled with the Recreation staff, the Career Center, and various academic departments.

## Athletics Intern

In collaboration with the Tim Russert School of Communications, Athletics has selected Larry Napoli '13 to work with [Jane Evans](#), Assistant Athletic Director- External Operations on marketing and communications this semester. Larry is working on a variety of projects including the upcoming 40th anniversary of JCU Baseball.

## Published Author

The newest published author in the JCU community comes from the JCU Grounds Crew. [Jeff Haag](#)'s publication, “Improving Photosynthetic Efficiency in Sports Turf” is [available online](#) and features images of John Carroll athletic facilities. Through Jeff's efforts, John Carroll received an award for maintenance work on the baseball and softball fields.

### “Shots Fired! When Lightning Strikes!” Showings

Date	Audience	Attendees
January 9	Division of Student Affairs	60
February 4	Residence Life staff & students	200
February 5	College of Arts & Sciences, Deans/Asst. Deans, Dept. Chairs	30
February 20	Boler School of Business faculty & staff	60



## Safe Zone Training

The [Safe Zone program](#), designed to create a community of people who are supportive, trustworthy, and confidential resources for the LGBTQIA community, began in January. After training, participants are able to provide assistance, advice, and open minds and ears. Training also includes skill development in addressing homophobic comments and in confronting issues from an educational perspective. Safe Zone training has a broader, ultimate goal of creating a more supportive and inclusive campus environment. Thus far, 144 faculty and staff members have been trained.

## R.E.A.L. Early College High School

The [R.E.A.L. Early College High School](#) is a collaboration between the Cleveland Heights-University Heights School District and John Carroll University. Students in the program take courses in science, math, social studies, and English during ninth and tenth grades. During the first phase, students visit John Carroll University for campus tours, allowing them to become more familiar with JCU support centers and campus life activities. CSDI sponsored 25 students to shadow Pathways program graduates, as well as attend a Blue Streaks sporting event.

## NASC Conference

Six John Carroll University students attended the [Not Another Statistic Conference \(NASC\)](#) at Mount Union University from November 16-17. Mount Union student organizations including the Student Diversity Council, Association of Women Students, Association of International Students, Black Student Union, Gay Straight Alliance, Hispanic Organization Latino America, Spiritual Life Leadership, and See The Ability, Not Disability sponsored the conference. The conference was an opportunity for post-secondary students from Ohio and surrounding states to come together and explore various issues of diversity on college campuses.

[CENTER FOR  
STUDENT  
DIVERSITY &  
INCLUSION]

CSDI



SAFE  
JOHN CARROLL  
UNIVERSITY  
ZONE

## MLK Event

The annual Dr. Martin Luther King, Jr. program drew a crowd of over 200 faculty, staff, students and community members. The theme for this year's event was "The Enduring Legacy of Dr. King," presented by Dr. Roy L. Brooks from the University of San Diego.

## Fall Intern

During the fall semester, CSDI benefitted from the work of an intern from Bowling Green State University. Jasmine Hamilton, who is in the second year of her Master's program, developed a great rapport with students and staff in addition to creating a resource guide that included businesses, restaurants, and services that focused on the needs of students of color.



Students from the African American Alliance (AAA) at Karamu House, the oldest African American theater in the US



# DOS [DEAN OF STUDENTS]

## Response to Bias Incidents

Following two bias incidents in early January, Donna Byrnes facilitated a restorative justice circle to prompt awareness, understanding, and action regarding racist forms of expression. Over 60 students, faculty and staff participated in an extensive 3-hour discussion regarding racism, its impact on individuals and the community, and the responsibility all members of

the community have to confront bias, prejudice, discrimination and hate wherever and whenever it occurs.

## Women's Leadership Symposium

Sherri Crahen was part of the Saint Joseph Academy's Women's Leadership Symposium held on February 6, 2013, in Rocky River. Sherri spoke to all seniors about the transition from high school to college.

# Health Center

## Increase in Nutrition Clinic Appointments

Karin Palmer RD, LD, CDE, Campus Nutritionist, has seen a 74.5% increase in her clinic appointments on campus since this time last year. Karin is now available almost weekly on campus for 30-minute, individual consultations with students. Karin is also holding monthly, evening programs in the Atrium of the D.J. Lombardo Student Center and inside the residence halls. Common topics are weight loss programs and eating concerns.

## Nutrition Blog

The Drs. William and Kim Cook Student Health Center website now features a nutrition blog written by Karin Palmer. The first post included answers to six commonly-asked student questions and links to useful resources.

The first six questions added to the blog are:

- Should I take a multi-vitamin?
- I hate getting up early, I really need my sleep, so I get up just in time for class?. Is breakfast really that important?
- What is fiber and why do I need it?
- Everyone is telling me to eat Greek yogurt because it's better for you, what is Greek yogurt?
- My dad and other family members have high cholesterol. Is this genetic?
- I am so confused. What is the difference between a portion size and a serving size?

The screenshot shows the 'Student Health Center' website. On the left is a navigation menu with links: Clinics and Programs, Physicians and Professionals, Area Medical Facilities and Pharmacies, Vaccinations and Testing, Massage Therapy, Sexual Assault, Pregnancy Support Services, General Information, Important Forms, Affiliations and Resources, Meet Our Staff, and Nutrition Blog (highlighted). The main content area features a yellow header with 'Nutrition Blog' in a blue script font. Below this, it states: 'In addition to contributing to this blog, Karin Palmer, RD, LD, CDE, visits to the Student Health Center to see students with eating and nutritional concerns. Students can make an appointment by calling the Student Health Center at (216) 397-4349. There is no fee for this service.' A list of six questions is shown, each preceded by a yellow star icon. To the right of the questions is an 'Events' calendar showing dates: FEB 26 (Nutrition Clinic), MAR 19 (GYN Clinic), and APR 23 (GYN Clinic). At the bottom of the screenshot, a text box reads: 'In the future, students will be able to post questions to Karin Palmer, campus nutritionist, and see answers on the blog.'



## Class of 2016 Comprised of Many Non-drinkers

According to data from the online education course, AlcoholEdu, required of all first-year students, respondents who reported not drinking within the past year (pre-matriculation) has increased from previous years. In addition, the frequency of high-risk drinking (4+ drinks for women, 5+ drinks for men) has steadily decreased since 2010.

Class	Percentage non-drinkers
2013	50%
2014	57%
2015	55%
2016	56%

Class	Percentage high-risk drinkers
2013	34%
2014	29%
2015	29%
2016	28%

## LMMA [LITURGICAL MUSIC & MUSIC ARTS]

### Intergenerational Choir

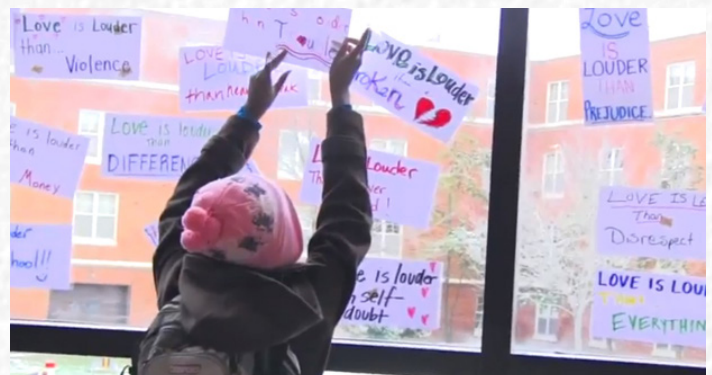
A collaboration between Liturgical Music and Musical Arts (LMMA) and [Dr. Penny Harris](#), Chair of the Sociology and Criminology Department, has birthed a new intergenerational choir of beginning-stage Alzheimer's disease patients, their caregivers, and JCU students. One purpose of the group is to fight the stigma of Alzheimer's disease. Another purpose is to offer the healing power of music to Alzheimer's patients, an initiative supported by current research. The choir will perform on April 17 at 7:00 p.m. during the 23rd annual Alzheimer's Disease Educational Event held in Donahue Auditorium.

## [HEALTH EDUCATION & PROMOTION]

# HE&P

### Love is Louder

The [Love is Louder](#) movement, started by the Jed Foundation, MTV, and actress Brittany Snow, aims to send the powerful message that love and support are louder than any internal or external voice that brings us down. From February 13-15, the Healthy Streaker Peer Health Educators organized a campaign on campus encouraging students, faculty, staff, and administrators to share their personal messages surrounding love. [Watch the video](#) to feel the love!



A JCU student tapes their affirming, personal message to the windows in the LSC atrium for Love is Louder.

### Abu Ghraib Arias

Along with [Dr. Jeanne Colleran](#), Dean of the College of Arts and Sciences, LMMA hosted an evening of the reading of "Abu Ghraib Arias" with musical support and interpretive reactions. The poetry, written by [Dr. Philip Metres](#), was accompanied by guest pianist Philip Fournier. The event was held in the Dolan Reading Room on Tuesday, February 19.



# O&L [ORIENTATION & LEADERSHIP]

## Commuter Lounge

Due to office movement, a space in the D.J. Lombardo Student Center is now being utilized as a commuter lounge. Frequent programs are offered by the staff in the Office of Orientation and Leadership in the lounge each month. Students are frequently noticed in the lounge throughout the day, using the space to complete homework and build community with other commuter students.

## Leadership Scholars Program

The Leadership Scholars Program is going strong in its third year, with nearly 60 current students progressing through the various curricular and co-curricular requirements. This year's selection process recently was completed, with 32 scholarship offers being extended from the over 250 members of the Class of 2017 who applied for this award.

# Recreation

## JCU Men's Hockey wins 1st CHMA Conference Title

The JCU men's hockey team has accomplished the feat of winning their conference title. CHMA is an [American Collegiate Hockey Association](#) (ACHA) Division I club ice hockey conference. The team participated in the ACHA national tournament in Bensenville, Illinois. JCU entered the tournament as the #20 seed and faced off against Liberty University on Friday, March 1st, losing 7-1.

The program has been focused on serving those off the ice this winter as well, partnering with the Cleveland Clinic Foundation and The Lerner School of Autism by working with autistic students and raising awareness through raffles and donations.

## GUTS 2012

The annual GUTS! late night program held on November 17, presented by the Recreation and Intramurals Department, challenges students to complete a series of daunting tasks in order to win the ultimate prize of the Aggro-Crag and coveted Intramural t-shirt. This year, 20 teams (an increase of four teams in 2011) of four participants each (two males and two females) participated. Students in the competition made their way through mental, physical, and team-building activities throughout the



Goaltender Justin Camuto '14 faces a shot.

entire RecPlex. The Recreation and intramural student supervisors and student employees assisted in making this night a success by organizing materials, planning events, and training staff.

## Club Sports Give Back

In December, with the Club Sport Council executive board leading the way, several members of club sports participated in a canned food and blanket drive to support [Cleveland Catholic Charities' Migration and Refugee Services](#) and the [JCU Labre program](#). Over 300 canned goods were donated and approximately 30 blankets were made, collected, and donated to the cause. Club Sports is also currently planning a Spring community service event.



# Residence Life

## Resident Students Provide Feedback

In November 2012, all residential students were invited to evaluate their individual Resident Assistants (RA) by participating in the annual Resident Feedback Survey. The feedback is being used to celebrate RA accomplishments, challenge further growth, enhance supervisory conversations, and inform hiring decisions for the 2013-2014 academic year.

### Highlights from the survey

80% of respondents either agree or strongly agree with the statement, "I view my RA as a role model."

86% of respondents either agree or strongly agree with the statement, "I feel my RA holds all residents accountable for their actions."

91% of respondents either agree or strongly agree with the statement, "I feel that my RA is approachable and I would feel comfortable going to my RA."

63% of respondents either agree or strongly agree with the statement, "Through participating in floor activities, I've learned about Jesuit values & ideals."

88% of respondents either agree or strongly agree with the statement, "Through participating in floor activities, I've met people on my floor and developed relationships with them."

88% of respondents either agree or strongly agree with the statement, "Through participating in floor activities, I've learned about different resources around campus."

82% of respondents either agree or strongly agree with the statement, "My residence hall provides an environment that supports academic success."

## Movement Occurs All Year

The end of the semester is a busy time for students academically and for the Office of Residence Life procedurally. At the end of the 2012 Fall Semester, 119 students left housing because they were graduating, studying abroad, transferring, or withdrawing. Residence Life, however, welcomed 73 students into the residential community. In addition, 84 students processed room changes for the 2013 spring semester.

This amount of transition between semesters has remained relatively constant for the past five years. During these times of transition, the Office of Residence Life staff works with students to ensure each student's housing assignment supports his or her academic and social success. The administrative aspect of the process has been streamlined with the development of a key database and the implementation of a "moving day" after final exams.

## Learning, Reflecting, and Sharing

On February 4, in collaboration with Campus Safety Services, the University Counseling Center, and the Resident Ministers, the Office of Residence Life presented "Shots Fired! When Lightning Strikes!" 197 students attended the program. [Brian Hurd](#), the Assistant Director of Campus Safety Services facilitated conversation about how to stay safe in the event of a shooter on campus. [Dr. Mary Beth Javorek](#), Director of the University Counseling Center shared resources about finding support during times of crisis. Additionally, the Resident Ministers led a reflection and prayer for all victims of violence, especially those affected by the shootings in Newtown, Connecticut. The night ended with students creating cards and banners for Sandy Hook Elementary as an expression of support.



## OSA [OFFICE OF STUDENT ACTIVITIES]

### 91st Student Union President's Inauguration

Kimberly Rossi '14 was inaugurated to the position in January, along with her six other executive board members and 18 newly elected senators. A record number of 36 candidates ran for senate positions this year, an increase of three from last year's election.

### 10% of Students Respond to Programming Survey

Over 300 students responded to a recent survey assessing student programming needs on campus. The [Student Union Programming Board \(SUPB\)](#) will implement some of the suggestions made in the survey during the Fall 2013 programming schedule.

### Resident Students Provide Valuable Feedback; Gain Experience in Mental Health Field

The University Counseling Center (UCC) established a new Student Advisory Committee this year to enhance efforts in meeting campus mental health needs. The committee consists of six students who meet regularly with the UCC staff to share student perspectives on counseling services and generate programming ideas. Committee members have also served as mental health advocates with their peers, encouraging fellow students to access help. The collaboration has helped the Center design programs that are interesting and relevant to students. The student committee members are excited to gain experience related to the counseling field, which will help them in their future careers.

### Students Attend Leadership Conferences in February

Six students traveled to Indianapolis to attend the [Association of Fraternal Leadership and Values Conference \(AFLV\)](#). In addition, seven students traveled to Nashville to attend the [National Association for Campus Activities Conference \(NACA\)](#).

[ UNIVERSITY  
COUNSELING  
CENTER ]

UCC

### Suicide Prevention Training Key Component in Wellness Programming

UCC staff presented three Campus Connect suicide prevention trainings so far this year reaching 80 students. The presentations were given to members of the Residence Life staff, Peer Health Educators, and JCU EMS.



## One Billion Rising Raises Awareness and Gets Campus Dancing

On February 14th, over 60 John Carroll students, faculty, staff, and administrators participated in the [One Billion Rising](#) event. One Billion Rising is part of V-Day, which is a global, grassroots activist movement to bring attention to and help end violence against women and girls, including rape, battery, incest, female genital mutilation, and sex slavery. This year, on V-Day's 15th anniversary, the organization invited one billion women and those who love them to rise up and dance in solidarity to demand an end to this violence. One billion was chosen because statistics show that one in three women will be raped or beaten in her lifetime, the equivalent of one billion women alive today. A song, "[Break the Chain](#)," was written and choreographed for this movement.

On campus, two flash mobs danced to "Break the Chain" in front of the library at the change of classes and in the dining hall during lunch. Posters were hung and informational cards were distributed so that people would know the reason for the dance. The [video](#) can be viewed on the VPAC website. The website also includes the video "[Man's Prayer](#)," which features John Carroll men speaking out on the topic

[VIOLENCE  
PREVENTION  
& ACTION  
CENTER]

VPAC

of violence against women. "Man's Prayer" streamed throughout the day on February 14 in the LSC Atrium.

## Workshop for FSAs: How to Respond to Students Who have Experienced Violence

VPAC, in conjunction with the Dean of Students Office and the [Cleveland Rape Crisis Center](#), is providing an opportunity for faculty, staff, and administrators to think about ways they can effectively respond to and support students who disclose incidents of relationship violence or sexual violence. The workshop focuses on:

- Mandatory reporting requirements
- Reflections on our initial words and actions
- Resources available on and off campus
- Insights into the impact of trauma and the experience of survivors

The workshop will be held on Tuesday, March 19 from 3:30-5:00 p.m. in the O'Dea Room. Please contact [Amanda Rolf](#), Coordinator of the Violence Prevention and Action Center at (216) 397-1975 for more information or to RSVP.



Students, faculty, administrators, and staff dance to the song "Break the Chain" in front of Grasselli Library.



## Assessment Team

A newly restructured Assessment Team, comprised of seven members of the Division of Student Affairs, began meeting late fall with the purpose of increasing the culture of evidence within the overall division and in each department. The ultimate goal is to help student affairs staff members determine whether they are doing their best work and whether that work is having a positive effect on students and the institution. Over the next few months, members of the Assessment Team will be conferencing with representatives from each department to assist with plans for future assessments and evaluations.

## Campus Email System

A new email system will be utilized in the coming months, as [Pat Caruso](#), Communications Coordinator-Student Affairs, has begun developing easy-to-use templates to distribute mass emails and newsletters. The system will have the capacity to track e-mail messages and provide statistics such as percentage opened, number of times forwarded, and how often messages are viewed on mobile phones, as opposed to browsers.

## SAFAC in Deliberations to Allocate Fees

The Student Activity Fee Allocation Committee (SAFAC) is in their spring process of meeting individually with Allocation Supervisors to determine the student activity fee allocations for FY14. In preparation for these meetings, allocation supervisors completed an online form answering questions about the prior year's use of their allocation. They also had to provide evidence that expenditures directly benefitted students, including, but not limited to, programs, services, student facility improvements, and events. These activities also had to enrich the student experience, build community, and encourage students to live out the Jesuit mission to lead and serve. SAFAC then presents the allocation recommendations to the Student Union senate for approval. Once approved by the senate, the recommendations are presented to the Vice President for Student Affairs for final approval. The annual budget for FY14 is \$1,090,000. Only full-time undergraduate students pay the \$200/semester fee.



## Men's Basketball

- Kyle Hubbard '13, who led the Blue Streaks in points per game, earned a spot on the First Team All-OAC for 2012-13. Hubbard is the 13th different John Carroll player in program history to earn this honor.
- Hubbard was the only JCU player to earn OAC Player of the Week honors in 2012-13, doing so in the first week of the league's regular season schedule.
- Among the team's 12 victories was an 87-83 triumph over then #12 ranked Birmingham-Southern Panthers in the opening round of the Christopher Newport University Point Plaza Invitational in Newport News, Virginia.
- On the final Saturday of the regular season, the Blue Streaks defeated Marietta by a score of 74-68 thanks to a late three-pointer by Regan Sweeney '15. The Pioneers would go on to win the OAC Tournament and earn the league's automatic bid into the NCAA Division III Tournament.
- Kenny Janz '13 led the OAC in field goal percentage this season (67.3%).

## Women's Basketball

- Forward Missy Spahar '14 became just the 3rd player in school history to surpass both 1,000 points and 500 rebounds in a career. For her efforts, Spahar was named Second Team All-OAC, the third time she was selected all-league for her career.
- Point guard Allie Lustig '14 led the OAC in assists per game with an average of 5.1 per game. Lustig is ranked 26th nationally in this category. Lustig also finished the season ranked 14th in Division III in assists-to-turnover ratio. During the season, she became just the 4th Blue Streak to record at least 300 assists in a career.
- For the first time since 2008, the Blue Streaks landed a player on the D3hoops.com National Team of the Week. Forward Beth Switzler '15 earned the honor by scoring a career-high 23

points in a win at Heidelberg on January 30, then followed that effort with 20 points in a win against Capital on February 2.

- The Blue Streaks won their first five games of the season for the first time since 1993-94. Among the five wins was a 100-97 victory over Case Western Reserve University on November 28 that marked the longest game in the history of JCU women's basketball.
- Ashley Bastock '15 was named to the Academic All-OAC winners list.

## Wrestling

- Turner Gott '15 reached 50 career victories and was selected Second Team All-OAC.
- Gott and Dan Mirman '16 were nationally ranked by both D3wrestle.com and the National Wrestling Coaches Association at various times during the 2012-13 campaign.
- JCU finished 2nd out of 11 teams at the 47th Annual Rochester Institute of Technology Wrestling Tournament. This year's runner-up effort marks the third time in the last five years the Blue Streaks have finished third or better at the RIT Invitational.
- Bryan Steinmetz '13 became the 25th wrestler in the history of the program to reach 80 career victories.
- Steinmetz and Douglas Hayes '13 were named Academic All-OAC.

## Women's Indoor Track & Field

- Nicki Bohrer '14 won an OAC title in the 1000-meter run, helping the Blue Streaks finish 6th at the OAC Championships.
- Earning All-OAC accolades this season were Bohrer and Haley Turner '15 in the 1000-meter run, Maureen Creighton '13 in the 500-meter run, the distance medley relay team of Turner, Creighton, Angelica Bucci '16 and Bohrer, and the 4 x 400 relay quartet of Creighton, Megan Martinko '15, Turner and Bohrer.



- Four school records fell in 2013: Emily Jenkins '16 in the 55- and 60-meter dash, Martinko broke her own 60-meter hurdles record, and the team of Jenkins, Martinko, Karissa Manko '16 and Jenna Crabtree '16 in the 4 x 200 relay.
- JCU was a top four finisher in four different meets, which included winning a title at the Baldwin-Wallace Mid-January Meet.

## Men's Indoor Track & Field

- JCU finished second in the final team standings at the OAC Championships – the best showing by a Blue Streak squad at the conference championship meet in program history.
- Earning All-OAC accolades in 2013 were Mike Minjock '13 in both the long jump and the triple jump, Pat O'Brien '16 in the 3,000-meter run, Will Cameron '16 in the 400-meter run, and the 4 x 400 relay team of Nick D'Amico '15, Anthony Colbert '16, Mike Hydzik '16 and Cameron.
- The team achieved a weekly national ranking for the first time ever when they earned the #25 spot in the USTFCCA Division III poll released on February 14.
- The Blue Streaks finished first or second in four meets this season, which includes winning a title at the Baldwin-Wallace Mid-January Meet.
- Four school records were broken in 2013: Nick Williams '15 in the 60-meter hurdles, Minjock in the long jump and the 60-meter dash, and Jack Kelly '16 in the 55-meter dash;
- Minjock has qualified for the NCAA Division III Championships in the long jump.

## Women's Swimming & Diving

- At the 2013 Ohio Athletic Conference Championships, JCU finished 3rd of 6 teams. 6 swimmers and divers earned All-OAC honors, including Julia Adams '13, who won an OAC title in the 200 individual medley, and the league champion 200 free relay quartet of Julia Adams, Karyn Adams '14, Tori Watson '15 and Maggie Donoghue '13.
- At the opening meet of the year, JCU edged Ohio Northern University, 141-139, who would

eventually win the 2013 OAC Championship.

- The Blue Streaks placed fifth in the Cleveland City Championship Tournament with a 161-133 road victory over the host Baldwin Wallace Yellow Jackets.
- Julia Adams bested her own league record in the 200 individual medley. After topping her own record in the preliminary session with a time of 2:09.71, she did one better by finishing 2:07.84 in the championship round, also making an NCAA "B" cut.
- Watson earned OAC Swimmer of the Week accolades for the week of November 12.
- Donoghue and Brittany Bockanic '13, Rachael Libertin '14, Karyn Adams, Watson and Katii Sheffield '15 earned Academic All-OAC accolades.

## Men's Swimming & Diving

- At the 2013 OAC Championships, Nick Holvey '14 was the top seed after his preliminary swim, then held off a strong field to win his first career individual league title with a finals time of 46.19.
- Holvey also broke the school record in the 100 fly with an All-OAC swim time of 51.54 and was league runner-up in the 50 free.
- The 800 free relay quartet of Michael Ian Goggins '15, Holvey, David Sved '16 and Drew Edson '16 earned All-OAC honors with a 2nd place finish.
- Holvey was the lone JCU swimmer this year to earn OAC Swimmer of the Week accolades (for the week of November 6).
- A 159-120 win over the Baldwin Wallace Yellow Jackets enabled JCU to place 5th as a team in the 8-team Cleveland City Championship tournament that featured 3 nationally ranked squads.
- William Bockanic '15 and Pat McLaughlin '15 earned Academic All-OAC honors.