

2006-07 Seniors

Stephanie Boccuti



Words from Steph: When I came to Bloom, I was not recruited nor had I any intentions of swimming at the college level. When I went up to the pool just to meet with Coach and try a practice, I knew this was something that I wanted to do. Swimming at Bloomsburg would allow me to be a part of a close-knit group of people who I would eventually consider my family away from home. There were many hard practices, tough competitions, and days I just wanted to scream. It was this group of girls over the past four years, however, that got me through it, and a coach who pushed me to be the best I could be, both in and out of the water. To those of you who helped and supported me to survive the best four years of my life, I thank you from the bottom of my heart. And for those of you, who will eventually be in my shoes today, remember to cherish the good times and learn from the hard ones. Love the pain and make each swim great. The time goes fast, but the memories will last a life time.
"Yo, Adrian! I DID IT!" -Rocky

Courtney Dean



Words from Courtney: As of my senior year in high school, I was done with swimming forever. At the very last minute I decided that maybe I wasn't quite ready to call it quits. I can't honestly imagine where my life would be right now if it hadn't been for that one little hasty decision. Never for a minute have I regretted choosing to swim here at Bloomsburg. That's not to say I have never had my doubts. With the countless hours spent at Nelson field house, running in the off season, more medicine ball exercises than I could have ever fathomed, and trips to Florida that entail much more than just tanning on the beach; I have had my fair share of moments of weakness. But it was at these moments that I realized why I do it. Life without challenges just isn't as worthwhile. The practices were hard, but I always felt like I accomplished something every time I got out of the pool. Everyone told me four years of college was going to pass in the blink of an eye, and I should have believed them. So for all the underclassmen, I'm just letting you know that everyone was right. The friends you make, the work you do, the parties you go to, those so-called boring Friday nights before a swim meet, and the meets themselves; cherish all of it because before you know it, it will all be over and you'll be stuck wondering where all the time went. So have the time of your life while you can.

Laura Jeffers



Words from Laura:Swimming at BU has brought be numerous close friendships, the team has become my family throughout these four years. Watching seniors leave and freshmen come made me want to keep at it. Looking back, I'm not sure how I made it through the million practices, but it has made me a stronger person in ways I cannot even see right now. I wish the Huskies the best of luck, if I made it to the end, they can do it too! It's all in your heart!!

Words from Sara: I survived four years of college swimming here. I could never have done it without my teammates. In four years, I've gone through countless laps, practices, early mornings and meets, but those awesome girls and the memories we've made are what I will always remember. You girls have made my college experience. You're not only my teammates and roommates, you're also my best friends. You're the reason I've improved so much since I came here, but even when I wasn't happy with my performances, you all congratulated me afterwards anyways. And even if couldn't see you, I knew you were there, cheering the whole time. As hard and frustrating as swimming is at times, I really don't know who I would be if I couldn't call myself a "swimmer." I know you will all succeed in the future; if you've done this, you can do anything! I am so lucky to have known all of you, and I will miss you more than you know!

Sara Lengler



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Lauren Sterkenburg



Words from Lauren: Being on Bloomsburg's swim team for the past 4 years has been a great experience. I've taken a lot from it and if I had to give a bit of advice onto the underclassmen, it would be that you all should try and enjoy it as much as you can, because before you know it, it's all over. No matter how hard the practices are, grin and bear it, push through them--it will only make you stronger. I also just wanted to thank you all for the wonderful memories made along the way. But by far, the greatest part about swimming here, was the team itself. The friendships I have made on this swim team are priceless to me. I always loved the quote, "Races may only last a few seconds, but the friendships made along the way will last a lifetime." So, thank you all for making the past 4 years the best 4 years of my life, and even the hardest practices all the more bearable. Good luck in the future!

Words from Ashley: Swimming in college is one of the best decisions I have ever made. I cannot imagine how different my life would be without the countless hours spent at Nelson Field House. Swimming often can't be explained. Those who don't swim can never seem to understand why we do it, and trying to explain it is even harder. There are always times when you have to ask yourself why you do it or why you put yourself through the pain day after day, and the answer is always the same: because you love the sport. There are times when you may not believe that statement, but no one can put themselves through all of the work that we do, for a race that can be measured in mere seconds without developing a love for the sport. Swimming is more than just the practices, meets, and races. It's about the friendships you form along the way with your coach and teammates that often seem more like your family than anything else over your four years in college. For those of you who think you'll never make it, stick with it. The years fly by and in the end, everything is worth it. Never stop pushing yourself and always keep trying to reach your goals. More importantly, always remember to have fun with it. Make memories that you will remember for the rest of your lives. Because to be honest with you, after you leave you may never remember your times in the pool or have the desire to put on a cap and goggles again, but you will always remember the people you were with and the time spent with them. Cherish every minute here at Bloomsburg, because before you know it, it will all be over. Thank you to everyone who has made my four years at Bloomsburg a time to remember. Good luck, swim fast, and always remember to have fun.

Ashley Yelinek



Words from Mark: Where have these four years gone? It seems like yesterday when I walked onto the pool deck. Since then there has been so many memories and good times. Four training trips to FL. And countless practices. Thank you for everyone for your encouragement and support. I would also like to thank my family, the BUMS, water polo, SP, Rich, J\$, Keebs, Paul, J-Grizzle, my neighbors, Dana, and Krassy. Peace out Bloomsburg!



Mark Freeman

Words from Bret: I just wanted to say it's been one heck of a ride and I am sad that it's coming to an end. I have made some of my best friends through swimming at Bloomsburg and had the time of my life. To the underclassmen, swim fast and rock out.



Bret Palmer