

## **Lady Saxons look to improve with mix of talented veterans and newcomers**

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ALFRED, NY The Alfred University women's swimming and diving team hopes to use a core of solid veteran performers and some talented newcomers to improve on a 2006-07 season in which the Lady Saxons went 2-9 (1-4 Empire 8) en route to an 11th-place finish at the New York State Women's Collegiate Athletic Association meet. Alfred lost four seniors to graduation most notably four-year diving standout Erin Collins and top freestyler Jessica White but returns some of its best dual-meet performers from a year ago. Among the top returnees are junior Jessie Caccamo (Ballston Lake, NY/Shenendehowa), senior Lindsay Scypta (Plymouth, MI/Cranbrook-Kingswood), and junior Brynja Seagren (Bradford, PA/Bradford). Caccamo, a distance freestyler, was the Lady Saxons' top scorer in dual meets, winning 12 individual events and swimming on three winning relays. She placed 15th in the 1,650-yard freestyle and 24th in the 500-yard freestyle at the state championships. Scypta had four wins and seven runner-up finishes at dual meets and also swam on three winning relays. A freestyle, breaststroke and individual medley specialist, took 12th in the 400-yard IM, 14th in the 200-yard breast, and 22nd in the 200-yard IM at the state meet. She owns the school record in the 400-yard IM, set as a freshman in 2005. Caccamo and Scypta swam on teams that placed 13th in the 200-yard freestyle, 200-yard medley and 400-yard freestyle relays at the state championships. Seagren's versatility helped Alfred last season. She won three dual-meet diving events and had seven runner-up finishes while also swimming on three winning relay teams. She would go on to place 12th in 3-meter diving and 13th in 1-meter diving at the state meet. Other returnees to the women's team are seniors Kim Covino (Derby, NY/Lake Shore) Alyssa Ketcham (Salt Point, NY/FDR), and Nicole Williams (Radford, VA/Radford); junior Anne Sheehy (Staatsburg, NY/FDR); and sophomore Meghan Jones (Beaver Falls, NY/Beaver River). Covino, who specializes in the freestyle and breaststroke, swam on the team that took 12th in the 400 medley relay at the New York State championships, and earned three top-three finishes in dual meets. Ketcham, a butterfly specialist, had three top-five finishes in dual meets and one runner-up finish in relays, while Williams (freestyle/breaststroke) returns after taking last season off. She had 10 top-three finishes in individual races at dual meets, including a win and five seconds, in 2005-06. Sheehy (freestyle/breaststroke) had two top-three finishes (one second) in individual dual-meet action and swam on one dual-meet winning relay team; and Jones had eight top-three finishes in dual-meet individual races, including a win and two runner-ups, and swam on the team that took 12th in the 400 medley relay at the New York State championships. Sixth-year head coach Brian Striker welcomes nine newcomers eight freshman and a sophomore transfer to the team. Among the new faces is freshman Sarah Blair (Auburn, NY/Auburn), who is expected to be one of the team's top freestylers. She holds her high school's record in the 50-yard free and won three consecutive New York State Section III titles in that event. Other new swimmers are sophomore Amy Buisman (Rochester, NY/Penfield) (breaststroke/IM), a transfer from Monroe Community College; and freshmen Cailin Asmo (Johnson City, NY/Johnson City) (butterfly/freestyle), Elyse Caldwell (Endwell, NY/Maine Endwell) (diving), Kate Cohen (Bradford, PA/Bradford) (freestyle), Kristina Kelm (Canaan, NY/New Lebanon) (freestyle/breaststroke), Calista Merritt (Conesus, NY/Livonia) (freestyle), Leigh Miller (Alfred Station, NY/Alfred-Almond) (freestyle), and Laura Smith (Pine Island, NY/Warwick Valley) (diving). Alfred opens its 2007-08 dual-meet season Saturday, Oct. 20, at 1 p.m. at Nazareth.