

HEAD COACH FRANK COMFORT: CAROLINA SWIMMING & DIVING

The gauge of swimming success is seemingly straightforward. The clock rules. Mere fractions of seconds can separate the average swimmers from the good, the good competitors from the great and first place from second place.



Tar Heel head coach Frank Comfort has succeeded this very way – his swimmers and divers have won, won often, and won big — both at the University of North Carolina for the past 28 years and previous to that when he coached at Johns Hopkins University for nine years.

Last year Comfort reached another astonishing career milestone. According to research done by the aquatics program at Boston College, Comfort became the winningest college dual meet swimming coach in history, passing the legendary Bob Kipputh of Yale University. Comfort ended the year with 540 total dual meet victories, passing Kipputh in the process. In deference however to the record established by Kipputh he coached in an era when only men swam at the collegiate level. Comfort has accomplished his 540 victories while coaching both men and women for the past 28 years. Still his feat is quite amazing and it is a testament to the consistency of North Carolina swimming and diving. A total of 298 of Comfort's career wins have come while coaching men and 242 while coaching women.

The 29th Year at North Carolina

But success is not as simple and as visible as the shifting of hands around a clock. A collegiate program's merit is more complex. It is found in whether its team members are truly student-athletes and whether they develop as individuals in all facets of collegiate life during their tenure with the program.

And in these ways, Comfort, who is in his 29th year as the head men's and women's

swimming coach at the University of North Carolina in 2005-06, has excelled beyond any reasonable standard. In fact, the way his student-athletes combine success in the pool with success in the classroom could easily be cited as a model for all to follow.

A decade ago, in 1995, Comfort became the winningest swimming coach in the history of the Atlantic Coast Conference, in terms of league championships won, marking success in a conference which dates back to 1953. That season, Comfort won his 17th and 18th conference titles, surpassing the 17 league crowns former North Carolina State University coach Don Easterling won from 1970-94.

Comfort has continued to add to those impressive statistics. Heading into the 2005-06 campaign he has led Tar Heel teams to 25 ACC championships during his tenure. That figure includes 10 men's championships and 15 women's crowns. In his 28 years as the Tar Heels' head coach, Comfort has led his teams into battle in ACC championship meets 55 times (there was no women's meet his first year at Carolina). Twenty-five times (45.5 percent of the time), UNC has won the title.

500th Win Comes in 2003

On January 18, 2003, Comfort passed the 500 victory mark in dual meet wins in his career when his men's and women's teams swept Clemson, adding another milestone to Comfort's coaching legacy.

Going into the 2005-06 season, Comfort had led UNC men's teams to 215 dual meet wins, the second most in league history behind Easterling's total of 217. That mark may fall this season. Comfort's 10 men's ACC championship are the second most in league history.

Since the ACC recognized women's swimming and diving as a championship sport in 1978-79, Comfort has led the Tar Heels to 237 dual meet wins, the most in league history. Comfort's winning percentage of .837 in that time period is also No. 1 in the annals of ACC swimming lore. Comfort has led his women's teams to 15 ACC titles, 10 more than any other coach in ACC history

In recent years, Comfort has led the Tar Heel swimming and diving program to some of its most distinguished moments in the pool. The Carolina women won six successive conference championships from 1991-96 and despite not winning the league crown from 1997-99, the women went on to finish 16th, 12th and 20th, respectively, in the NCAA Championships those years. The 1999-2000 team returned to the victory stand at the ACC Championships and repeated the feat in 2000-01 and 2001-02. UNC's women have twice won

six ACC championships in a row, doing so in 1981-86 and again in 1991-96. In the 27 ACC championship appearances under Comfort, UNC has 15 titles, 11 runnerup placings and one third-place standing.

The men won six successive ACC titles from 1993-98, matching the second-longest streak in ACC men's swimming and diving history and the longest string of ACC men's swimming titles in school history. UNC also won a total of nine ACC championships in men's swimming in the 11-year period from 1988-98. The only years the Tar Heels did not win in that time span were 1990 when they finished second by only three points and 1992 when they finished third. In fact, the Tar Heels have never finished lower than fourth in the ACC Championships under Comfort and a third or fourth place finish has happened only six times in his 28 years of coaching the men.

Neither the women nor the have ever finished out of the upper division of the ACC in history. No other school can make that claim.

Consistency Nearly Three Decades Long

In his 28 years at Carolina, Comfort's women's teams have been consistent national powers, finishing in the national Top 25 in 25 of those 28 years, including nine seasons in the Top 10. Only once in the 28 season have the Tar Heels failed to score at the AIAW or NCAA national championships. Carolina has won 15 women's Atlantic Coast Conference championships during his tenure and has never finished lower than third in the league. UNC's ACC championship seasons have been 1981, 1982, 1983, 1984, 1985, 1986, 1991, 1992, 1993, 1994, 1995, 1996, 2000, 2001 and 2002.

The overall dual-meet record for the women under his tutelage is 242-49-1, a winning percentage of .830, and 122-18 in Atlantic Coast Conference dual meets, a winning percentage of .871. Four of his teams have gone through seasons unbeaten in dual-meet competition and 13 have posted perfect records in ACC dual-meet action.

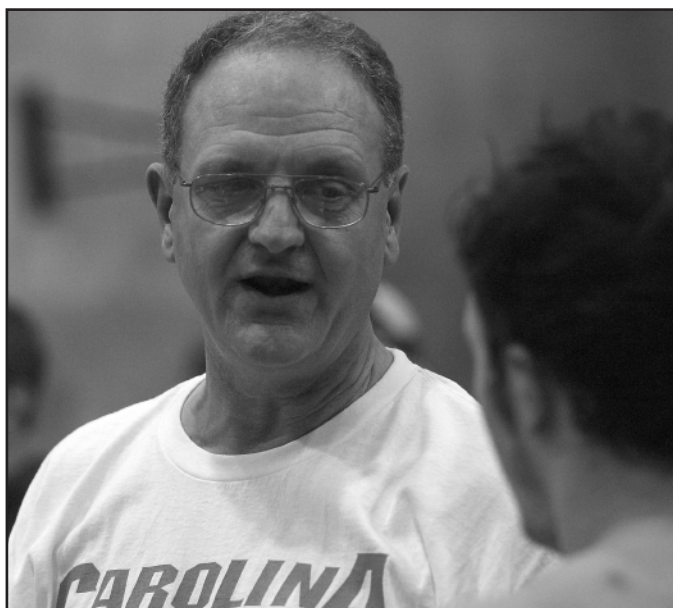
Overall, Comfort's men's teams at UNC are 215-84-1 in dual meets, a winning percentage of .718, and they are an even more impressive 121-30-1 in ACC dual meets, a winning percentage of .799. When Comfort arrived at UNC in 1977, the Tar Heels had not won an ACC championship since 1964. Carolina claimed its first ACC crown under Comfort in 1983 and it has gone on to win nine more conference titles in 1988, 1989, 1991, 1993, 1994, 1995, 1996, 1997 and 1998.

It Started at Johns Hopkins

Prior to coaching at Carolina, Comfort was the head men's swimming and diving coach at Johns Hopkins University in Baltimore, Md., an NCAA Division III swimming power. In nine seasons there, the Blue Jays went 83-26 in dual meet competition, a winning percentage of .761.

Comfort's overall coaching record, including his tenure at Hopkins and with both the Carolina men and Carolina women is 540-159-2, a winning percentage of .772.

Comfort has been selected as the Atlantic Coast Conference's Women's Swimming



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Coach-of-the-Year in 1982, 1984, 1985, 1992, 1993, 1995, 1996, 2000, 2001 and 2002 and as the Atlantic Coast Conference Men's Swimming Coach-of-the-Year in 1991, 1993, 1996 and 1997.

Comfort's swimmers also do extremely well in the classroom. As a brief example of what is the norm in the program, the Carolina men's and women's swimming and diving teams did a stellar job in the classroom during the 2004-05 school year as 18 men and 16 women were named to the Atlantic Coast Conference Academic Honor Roll. This translated to 48.6 percent of the men's teams members and 53.3 percent of the women's team members.

A Plethora of Distinguished Swimmers

During his long tenure at the University of North Carolina, Comfort has tutored NCAA, AIAW or United States Swimming national champions like Jessi Perruquet, Sue Walsh, Barb Harris, Cami Berizzi, Amy Pless, Bonny Brown, Ann Marshall, Sarah Perroni, Susan O'Brien, Kari Haag, Richelle Fox, Bryan Stuck, Trevor Runberg and Molly Freedman as well as U.S. women's Olympians Sue Walsh, Ann Marshall, Wendy Weinberg and Janis Hape.

His top men's swimmers have included four-time first-team All-America backstroker Eric Ericson, Olympians Chris Stevenson, David Monasterio and Yann deFabrique, John Davis, who won more individual men's ACC

championships than any other swimmer in conference history, Trevor Runberg, a member of the U.S. National Team at the 1998 World Swimming Championships in Perth, Australia, and recent stars like All-Americas and ACC champions Tucker Shade, Ted Brisson, Sean Quinn and Yuri Suguiyama.

Three of Comfort's swimmers have won the Patterson Medal as the top senior student-athlete at UNC — Bonny Brown in 1980, Sue Walsh in 1984 and Katie Hathaway in 2002.

In 2002-03, the 50th anniversary year of the Atlantic Coast Conference, 33 Tar Heel swimmers were amongst the Top 100 swimmers and divers named to the all-time 50th anniversary team, the largest contingent of any conference school. The overwhelming number of those 33 swimmers — 28 — were coached at UNC by Comfort.

Comfort continues to coach some of the top swimmers in the country as evidenced by the results of top international meets. At the 2003 NCAA Women's Championships, UNC's Jessi Perruquet tied for the national title in the 200-yard freestyle. She went on to win two silver medals at the 2003 World University Games in Korea. On the men's side, Sean Quinn was the silver medalist for the United States in the 200-meter breaststroke at the 2003 Pan American Games in the Dominican Republic. This past summer, junior tri-captain Becky Smock was the 200-meter butterfly champion

at the Maccabiah Games.

Coaching National Teams

Because of these accomplishments, his stature as a coach has solidified in the amateur and international ranks. Comfort served as the head coach for the U.S. team at the 1999 World Junior Championships in Barcelona, Spain. In 1994, he served as the head coach of the United States Women's Team which competed in the Goodwill Games in St. Petersburg, Russia. That was where he first coached Richelle Fox, who went on to be a magnificent swimmer for UNC from 1996-98, twice earning ACC Women's Swimmer of the Year accolades. Comfort was also named by U.S. Swimming as the head coach for the 1997 U.S. women's national junior team which competed in the Malmo Grand Prix in Malmo, Sweden.

Additionally, he served on coaching staffs at the U.S. Olympic Festival on six occasions—as an assistant coach for the South Team at the 1979 Festival in Colorado Springs, Colo., as the South Team's head coach on three occasions—in 1982 in Indianapolis, Ind., 1985 in Baton Rouge, La. and 1989 in Oklahoma City, Okla.—and as the North Team's head coach in 1993 at San Antonio, Texas, and the East Team's head coach in 1995 at Denver, Colo. In 1987, he served as the sport commissioner for swimming at U.S. Olympic Festival—'87 in Chapel

FRANK COMFORT'S YEAR-BY-YEAR COACHING RECORD AT THE UNIVERSITY OF NORTH CAROLINA

Year	Men's Swimming & Diving Team				Women's Swimming & Diving Team			
	Overall	ACC	ACC Finish	NCAA Finish	Overall	ACC	ACC Finish	National Finish
1977-78	5-5	4-1	2nd	26th	5-3	0-0	None	8th
1978-79	5-5	3-1	2nd	25th	7-1	2-1	2nd	5th
1979-80	8-4	5-1	2nd	22nd	7-2	3-1	2nd	7th
1980-81	8-2	4-1	2nd	20th	7-1	3-1	1st	3rd
1981-82	6-3	3-2	2nd	24th	11-0	5-0	1st	3rd
1982-83	5-3	3-1	1st	21st	9-1	4-0	1st	6th
1983-84	8-4	4-1	2nd	17th	9-0	5-0	1st	5th
1984-85	4-4	3-2	3rd	36th	6-2	4-1	1st	12th
1985-86	5-3	4-2	2nd	31st	8-0	6-0	1st	16th
1986-87	6-4	4-2	3rd	None	8-2	5-1	2nd	9th
1987-88	9-1	5-0	1st	19th	8-3	3-2	2nd	19th
1988-89	8-2	4-1	1st	39th	9-2	4-1	2nd	36th
1989-90	11-2	6-0	2nd	30th	11-1	5-0	2nd	15th
1990-91	9-1	5-0	1st	21st	10-1	5-0	1st	20th
1991-92	9-2	5-2	3rd	18th	12-0	7-0	1st	14th
1992-93	10-4	6-1	1st	14th	10-2	5-1	1st	16th
1993-94	12-2	7-0	1st	31st	11-2	6-0	1st	26th
1994-95	9-5	5-1	1st	32nd	10-2	5-0	1st	23rd
1995-96	10-1	5-0	1st	15th	10-2	5-0	1st	18th
1996-97	8-3	4-1	1st	22nd	8-3	4-1	2nd	16th
1997-98	7-2	5-0	1st	30th	7-3	5-0	2nd	12th
1998-99	10-2	4-1	3rd	30th	7-4-1	2-3	2nd	20th
1999-2000	6-4	3-2	2nd	28th	9-2	4-1	1st	15th
2000-01	6-2	4-1	2nd	None	8-1	5-0	1st	9th
2001-02	5-4	3-2	3rd	31st	7-2	4-1	1st	13th
2002-03	9-4	5-2	3rd	32nd	12-1	7-0	2nd	17th
2003-04	7-4-1	3-1-1	3rd	23rd	7-3	4-1	2nd	23rd
2004-05	10-2	5-1	4th	32nd	9-3	4-2	3rd	None

Totals 215-84-1 (718) . 121-30-1 (799) 10 Titles 13 Top 25 Finishes 242-49-1 (830) . . 122-18 (871) 15 Titles . . . 25 Top 25 Finishes

In addition, Frank Comfort coached for nine years as the head men's swimming coach at Johns Hopkins University in Baltimore, Md. During his time at Johns Hopkins from 1968-77, his teams compiled an overall dual-meet record of 83-26, a winning percentage of .761. That brings his overall dual-meet record for coaching men to 298-110-1 (.730). When you combine his men's and women's dual-meet coaching records at Johns Hopkins and North Carolina his mark is 540-159-2 (.772) in 38 years of collegiate coaching.

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Hill, an appointment from North Carolina Amateur Sports, the local organizing committee for that event.

Comfort has also been head coach for U.S. teams which met the Soviet Union in a dual meet in Knoxville, Tenn. in August 1982 and which participated in the Hapoel Games in Tel Aviv, Israel in May 1983. He was an assistant coach for U.S. teams in the August 1981 World University Games in Bucharest, Romania, for the U.S.-West German dual meet in Gainesville, Fla. in July 1982 and for the August 1990 League of European Nations meet in Rome. His international experience also includes a Czechoslovakian tour in 1976.

Comfort's name has consistently been on the U.S. Swimming International Coaches List, an honor going only to the most elite coaches in the United States. Comfort first appeared on that list in 1976.

The Harrisburg, Pa., native was a charter member of the NCAA Women's Swimming Committee when it was formed in 1981. He served on it for five years and then sat an additional year on the NCAA Swimming Committee in 1986-87.

Personal Information

Born December 20, 1945, Comfort is a 1967 alumnus of Syracuse University with a Bachelor of Arts degree in history and physical education. Comfort was a three-time swimming letterman for the Orangemen. He earned a Master of Arts degree in physical education from the University of North Carolina in 1968, coaching the Tar Heel freshman men's swimming team that year to a 7-0 record.

Prior to returning to Chapel Hill in 1977, Comfort was head men's swimming coach at Johns Hopkins University in Baltimore, Md., for nine years from 1968-77. His 1975 and 1976 teams at Johns Hopkins were NCAA Division III runnerups and the 1977 team won the NCAA Division III championship.



He also coached the highly successful Homewood Aquatic Club in Baltimore, Md. during his Hopkins tenure. One of his best swimmers at Homewood Aquatic Club was Wendy Weinberg, a member of the 1976 U.S. Olympic Team in Montreal, Canada where she won the bronze medal in the 800-meter freestyle..

Comfort's swimmers at Hopkins won 12 NCAA individual titles and one NCAA relay team title. He was inducted into the Johns Hopkins University Athletic Hall of Fame on September 13, 1997.

Carolina's first ever full-time swimming coach when he came to Chapel Hill in 1977, Comfort was named the youngest recipient ever of the Master Coach Award from the College Swimming Coaches Association of America in 1979. He also received a 25-year service award in 1992 from the CSCAA.

The Comfort Family

Comfort is the son of the late Robert Comfort and the late Frances Comfort of Harrisburg, Pa. His father was a professor of business administration at Shippensburg University in Pennsylvania. His mother was the head librarian at Harrisburg Area Community College. She was also Carolina's No. 1 swimming fan for over two decades. Mrs. Comfort was a Phi Beta Kappa graduate of Syracuse.

Comfort has two children, a son, Steven, and a daughter Susan, both Carolina graduates.

Steven graduated from UNC in 1989 and was a member of Chi Psi fraternity. He is vice president at NexTag.com, a comparison-shopping website in San Francisco, Calif. He has held management positions at several internet companies over the past 16 years and sold a few of them to Yahoo! and Monster.com. He is an avid winemaker and enjoys making Pinot Noir from neighboring Sonoma County. Steven's wife, Marissa Levinson, was born and raised in Geneva, Switzerland. She is a lawyer who also works for a web company, SixApart.com.

Comfort's daughter, Susan, is a 1993 Phi

Beta Kappa UNC alumna. Susan currently resides in Washington D.C. with her partner, Lisa B. Cohen, and their two children. After a decade of environmental and political experience, Susan is currently the Development Director for the Environmental Working Group, a non-profit advocacy organization focusing on toxics and human health. A political consultant and lawyer, Lisa Comfort-Cohen has served as Chief of Staff to U.S. Representative Diana DeGette of Colorado since advising her initial election campaign in 1996. Both Lisa and Susan were named by **Campaigns & Elections** as "Rising Stars of Politics" in 2000.

Comfort and Cohen have two children together. Louis, who goes by Luke, was born January 4, 2003 and arrived as Coach Comfort's first grandchild.. Elizabeth Louis e was born April 28, 2005. She goes by Ella. Luke attended his first Carolina basketball game at the tender age of seven weeks.

Comfort's hobbies include playing golf, running. He also enjoys all college sports and was often seen at Tar Heel field hockey games when his niece, Ali Stewart, played for Coach Karen Shelton's nationally-ranked Carolina squad from 1999-2002. Comfort also loves attending Tar Heel basketball games. He enjoys advancing philanthropic causes in education and has endowed scholarships in the Schools of Education at UNC and Syracuse University.

He has been in an 12-year relationship with his significant other, Emily DeWire of Eagles Mere, Pa., where she runs food services at the Eagles Mere Country Club. The widowed DeWire is the mother of two daughters. Rachael is a Penn State graduate. Rachael and her husband Mark Trump live in Williamsport, Pa. Korie is an alumna of Kings College in Wilkes-Barre, Pa., where she studied to be a physician assistant. She was a Dean's List student at King's College. Korie is married to Francis Lambert and lives on the Lambert family farm outside of Dushore, Pa.

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Head Assistant Swimming Coach Chris Hansen

Chris Hansen returned to the University of North Carolina as the head assistant swimming coach in July 2004. It marked Hansen's second tour of duty with the Tar Heels. He also served as an assistant with the Tar Heels during the 1994-95 school year.

Hansen's return led to immediate rewards for the Tar Heel program. As Carolina's chief recruiter he helped Carolina sign outstanding freshman classes for the 2005-06 school year.

Hansen also contributed to a more structured offseason training program that reaped benefits for Carolina swimmers in the summer of 2005. Hansen coached with the North Carolina Aquatic Club this past summer and he led current UNC swimmers Chad Ames, Patrick Woodruff, Tristan Davidson, Josh Glasco and Lindsey Marck to the 2005 U.S. Swimming Senior National Championships. At that meet, Ames, Marck, Glasco and Woodruff all were finalists and all made qualifying times for the 2008 U.S. Olympic Trials.

Last April, Hansen coached Ames and Marck to Top 16 finalist spots at the U.S. Trials for the World Championships team. Both UNC swimmers were finalists in both the 100- and 200-meter butterfly events.

During the 2004-05 season, Hansen coached three NCAA qualifiers – Lindsey Marck in the 100- and 200-yard butterfly events, Virginia Hanson in the 200-yard freestyle and the 200-yard individual medley



and Josh Glasco in the 100- and 200-yard butterfly. Glasco earned All-America honors for the second successive year as well as breaking the school year in the 200-yard butterfly at the 2004 Nike Cup.

During his first stint at Carolina, Hansen assisted in coaching NCAA qualifiers Steve Bonack, Yann deFabrique, Micah Copeland, Scott Troy, Jeff Weiss, Leslie Ramsey, Chrissy Miller and Carrie Szulc. In 1995, he coached Miller to Atlantic Coast Conference Women's Swimming Rookie of the Year honors. That same year, he coached a trio of breaststrokers who finished first, second and third in the 200-yard event at the ACC Men's Swimming Championships — Jeff Weiss, Steve Bonack and Scott Troy.

A total of 12 swimmers coached by Hansen at Carolina that year qualified for the NCAA Championships and eight were recognized as All-Americans. Three qualified for the 1996 U.S. Olympic Trials. The swimmers broke seven UNC records and three ACC records. Carolina won both the men's and women's ACC titles in 1995.

The following year Hansen left to take a full-time assistant swimming coach's position at Villanova University, staying one year. In 1996, the Wildcats won the Big East women's title and finished fourth in the men's meet. Five Villanova swimmers qualified for the 1996 NCAA Championships and one competed in the 1996 U.S. Olympic Trials.

Hansen left Villanova in 1996 to take the head coaching position at Virginia Tech where he stayed two seasons, leading the Hokies to great success. While at Virginia Tech, Hansen led the Hokies to more victories in one season than at any time since 1933 as the women went 13-1 and the men 11-3 during the 1998 campaign. For his efforts he was recognized as the Atlantic 10 Conference Coach of the Year in

1998. During his tenure in Blacksburg, Va., Hansen guided his swimmers to 15 school records and five Atlantic 10 Conference records in just a two-year period.

In 1998, Hansen took a position as the head assistant swimming coach at the University of Nevada Las Vegas. One of his chief accomplishments with the Runnin' Rebels was coaching Whitney Phelps, Mountain West Swimmer of the Year and a 1996 and 2000 Olympic Trials qualifier. Phelps, sister of 2004 U.S. Olympian Michael Phelps, was ranked No. 1 in the U.S. and No. 3 in the world in the 200-meter butterfly under Hansen's tutelage.

At UNLV, Hansen helped produce 12 All-America selections as well as 2000 U.S. Olympic Trial qualifiers Michael Short, Garrett Word and Piotr Kryskow. Both UNLV teams were also chosen to the College Swimming Coaches Association of America All-Academic Teams.

Seeking a return to the East Coast, Hansen coached at Old Dominion University in 2002-03 and then worked in the restaurant industry for a year before his return to Chapel Hill in 2004.

Hansen earned his Bachelor of Arts degree in health and physical education in May 1991 from Rowan University in Glassboro, N.J. He attended East Carolina University, earning a Master of Arts degree in exercise and sports science in May 1994.

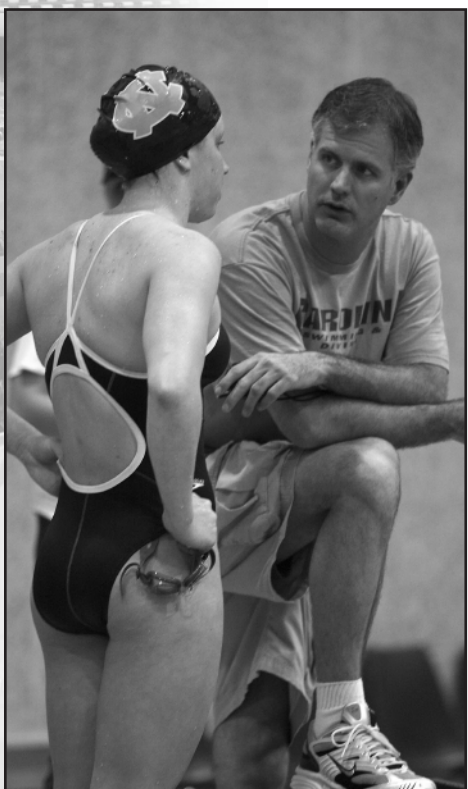
While in Greenville, Hansen served as an assistant coach with the ECU swimming teams for two seasons. The Pirates broke 32 school records in those two years and in 1994 the women's swimming staff won Colonial Athletic Association Coach of the Year accolades.

Full-Time Assistant Swimming Coach Catherine Vogt

Catherine Frock Vogt, a top-flight age group coach in the club ranks in North Carolina and a 2000 graduate of the University of North Carolina, was hired as a new full-time assistant coach for the Tar Heel swimming and diving program in August 2005.

Vogt, who was residing at the time in Emerald Isle, N.C., swam four years for the Tar Heel swimming program, graduating in May 2000. As a freshman, Vogt helped lead Carolina to an Atlantic Coast Conference championship. Vogt specialized as a distance freestyle swimmer during her college career, lettering from 1996-99. Her top ACC finish was a fifth in the 1650-yard freestyle in 1996. She graduated from UNC with a Bachelor of Arts degree in elementary education as an honor student. She had a double major in both education and psychology. She was tapped for the ACC Academic Honor Roll three times – in 1997, 1998 and 1999. She was also a regular on the Dean's List at Carolina during those same years..

"Catherine will be a tremendous addition to our coaching staff and a real complement to





our outstanding existing staff," UNC head coach Frank Comfort remarks. "In the brief time she has been coaching since she graduated from Carolina, Catherine has earned a well-deserved reputation for developing successful swimmers on the state and national level. She will be a great asset in everything we do - coaching, recruiting and helping our athletes succeed in all aspects of their lives. She truly has world wide contacts"

Vogt was a member of the U.S. coaching staff for the Open Water World Championships held in Montreal, Quebec in July 2005. On a full-time basis, she most recently had been employed as the assistant swimming coach for the Carteret Currents Swimming Club located in Morehead City, N.C., coaching age group and senior swimmers. In her 14-month tenure there, she coached swimmers who won medals in the Open Water National Championships, the Junior Pan Pacific Games, the World Championships Trials and the United States Swimming Senior National Championships.

Prior to moving back to North Carolina, Vogt was the assistant and then head swimming coach for the Meridian Swim Association in Meridian, Miss., from May 2002 to September 2003. While there she coached the Mississippi state champion in six events and the high point champion at the 2003 state club championships.

Vogt's experience has also included a period as the head swimming coach at the South Run Winter Swim League in Fairfax Station, Va., and work as a teacher at Sandhills Children Center in her original hometown of Pinehurst, N.C., where she also attended high school at The O'Neal School. She also served as a staff coach for UNC's annual summer swimming camp program and as head summer league coach at the UNC Faculty Club. She also worked as a swim school program coach with the North Carolina Aquatic Club.

Vogt became the fourth full-time coach on staff with the Tar Heel swimming and diving program, joining head coach Frank Comfort,

chief assistant Chris Hansen and diving coach Kevin Lawrence.

Assistant Swimming Coach Randy Erlenbach



Simply stated, Randy Erlenbach is one of the most gifted swimming coaches in the entire nation. Erlenbach is now in his 16th year of working with the swimming program at the University of North Carolina. Like most Tar Heel swim coaches, Erlenbach is familiar with success. His performance as an assistant swimming coach at Carolina and as the head coach of the North Carolina Aquatic Club has been quite remarkable.

Erlenbach has consistently been named by United States Swimming to its International Coaches List, an honor going only to the most elite coaches in the United States. He was originally named to that list in 1997 and he continues to be a member of that select company.

Erlenbach, a former four-year swimming letterman at Duke University and a former assistant coach at Clemson University, is in his 16th year as an assistant swimming coach at Carolina.

He also serves as the head swimming coach of the North Carolina Aquatic Club, an age group and master's swimming program based in Chapel Hill, N.C., in addition to conducting his duties as an assistant coach for Carolina's men's and women's teams. He is also the director of the annual Carolina Swimming Camps conducted each summer on the UNC campus.

As the coach at NCAC, Erlenbach has been very successful at developing local swimming talent. Several members of Tar Heel teams



have been former NCAC swimmers. In addition, Erlenbach has coached a treasure trove of age group swimmers at NCAC who have gone on to earn scholarships at other NCAA Division I institutions.

He was named the United States Swimming North Carolina Coach of the Year in both 1995 and 1997 for his work with the North Carolina Aquatic Club.

Erlenbach, 46, is a native of Brookfield, Conn., and a 1981 Duke University graduate. He co-captained the Blue Devil swimming team in 1981.

After graduating from Duke, Erlenbach served as an assistant swimming coach with the Wilton (Conn.) YMCA Wahoos team for a year and then was the head coach of the Durham (N.C.) Aquatic Club for two years.

For five years (1984-89), Erlenbach served as the aquatics supervisor for the city of Lenoir, N.C. He was also the head swimming coach for the Caldwell County Swim Team.

After a year working as a registered representative for Edward D. Jones and Company, he returned to college coaching as an assistant swimming coach at Clemson during the 1990-91 school year. He moved to Chapel Hill to take his current position in the summer of 1991.

Erlenbach enjoys biking, hiking and fishing in his spare time.

Diving Coach Kevin Lawrence



Kevin Lawrence begins his fourth year as the diving coach for the Tar Heel program.

The UNC diving contingent is coming off a magnificent 2004-05 season when eight divers qualified for the NCAA Zone Diving Championships.

Seven of those divers return to the UNC team in 2005-96.

Carolina was the only men's team last year to have three divers make the championship final in any event with three in the finals of one-meter diving. The UNC men also scored more points for their team than any other group of divers in the ACC and had the most total finalists of any squad. During the dual meet season, UNC men won 16 of the 20 diving events.

Lawrence coached Gia Santoro to All-ACC status in 2005 and returnee Jon Fox was a championship finalist on both boards. Ryan Matuszak finaled in one-meter and platform diving while Ryan Funderburk finished in the Top 12 of both boards and also finaled on platform.

He also serves as the coach for the North Carolina Aquatic Club. NCAC produced the Junior Olympic one-meter, three-meter and platform national champions this past year. The NCAC diving program finished third in the country as a team at the 2005 Summer Junior Olympics nationals. NCAC was represented by two divers on the United States team in the Junior Pan American Championships. NCAC sent Nunzio Esposito to represent the U.S. as

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one of the team coaches for that event.

In 2003-04, Lawrence led Eric Poitras to Atlantic Coast Conference Diver of the Year honors and the ACC championship in three-meter diving. No Carolina diver had won those awards since 1994. Seven Tar Heel divers qualified for the 2004 NCAA Zone Diving Championships and Poitras became the first Tar Heel men's diver in 13 years to advance to the NCAA national meet. Altogether, seven UNC divers were championship finalists at the 2004 ACC Championships.

During the 2002-03 season, Lawrence coached four different divers to finals at the ACC Championships. Poitras was runnerup on three-meter, setting a new school record in the process, and Lindsay Waddell also finished on both boards. Poitras earned All-ACC honors in the process. Lawrence also qualified six divers for the NCAA zone meet, where Poitras and Stephen Krebs finished as first and second alternates in qualifying for the NCAA Championships. In June 2003, Lawrence traveled to Winnipeg, Manitoba to coach Poitras in the Canadian Senior Nationals. Poitras finished in both events finishing eighth on the one-meter and seventh on the three-meter.

Lawrence continues to do a great job as diving coach for the North Carolina Aquatic Diving Club. The roots of the program began with former Tar Heel standout diver and later diving coach Nunzio Esposito. During his first year coaching for NCAC, Lawrence led divers to finals spots at the Indoor Junior National Championships and the Outdoor Junior National Championships. Lawrence also coached a three-meter champion at the U.S. - Canadian Challenge as well as two silver medal finishers at the Junior Pan American Championships in Brazil in September 2003. The NCAC Diving program trains at Koury Natatorium.

From 1997 to 2002, Lawrence was the diving coach at the University of Kansas. At Kansas, he coached 11 different divers who finished 22 times on the one-meter, three-meter and platform events at the Big 12 Conference Championships. Additionally, 13 different divers qualified for the NCAA Zone D Championships, including four divers who finished in the Top 10

at that meet. He coached the 2002 women's Big 12 one-meter runner-up who was a University of Kansas female athlete of the year finalist. Both the Kansas men's and women's platform record holders competed there under the tutelage of Lawrence.

While working at Kansas, he also was the head coach of the Jayhawk Diving Club. He had 20 different divers qualify to compete at the Junior Olympic Indoor and Outdoor National Championships on 60 occasions on the one- and three-meter boards. He coached the 1998 Junior Olympic indoor national titlist on the three-meter board and the 1998 high school girls one-meter national champion. As the Jayhawk Diving Club coach, he worked with three U.S. Diving All-Americans as well as six high school All-America divers. He was also chosen as a coach for the U.S. at the U.S.-Canadian Challenge in 2002 as well as 2003.

Prior to going to Kansas, Lawrence was the diving coach at St. Cloud State University for five years. He coached eight athletes to a total of 25 All-America citations there, including the 1997 NCAA Division II women's one-meter national champion. He was named the North Central Conference Diving Coach of the Year in 1994, 1996 and 1997. His divers won 10 conference titles during his tenure and his divers were named all-conference a total of 22 times. Three of his athletes were honored a total of five times as the NCC's Diver of the Year. While coaching at St. Cloud State, he was also a fifth and sixth grade teacher at Holy Cross School.

Lawrence attended Western Illinois University from 1989-92, studying elementary education, competing as a diver and compiling a 3.4 grade point average. He was named to the Dean's List three times. As a diver at WIU, he was named All-Conference in 1990 and 1991 and won the school's Academic/Athletic Achievement Award. He is the Leathernecks' three-meter diving record holder and was an NCAA zone qualifier.

He finished his Bachelor of Science degree in elementary education with an emphasis in social sciences at St. Cloud State in 1994, graduating Magna Cum Laude with a 3.65 GPA.

He is a native of Wisconsin where he was a

three-time All-State selection as a high school diver and runner-up at the 1989 state high school meet.

Lawrence served a four-year term as the Diving Rules Chairman for the NCAA Swimming and Diving Rules and Championships Committee from 2000-04. He has also chaired the Zone D Diving Subcommittee, is a member of United States Diving and a past member of the College Swim Coaches Association.

Lawrence has either worked on the staff at or served as director of diving camps at the University of Minnesota, Saint Cloud State University, the University of Texas, the Northwest Diving Camp in Grand Forks, N.D. and the University of Wisconsin Eau Claire. He has given presentations at diving coaches' clinics, taught basic springboard diving classes and hosted clinics on the judging of high school diving.

Lawrence and his adopted son, D.J., reside

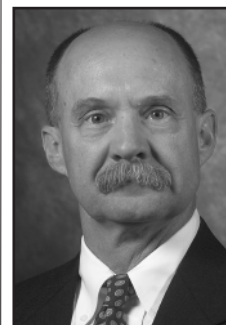
Carolina Swimming & Diving Support Staff Personnel



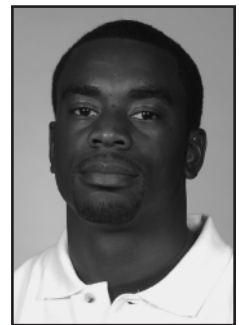
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Sharon Wagner*



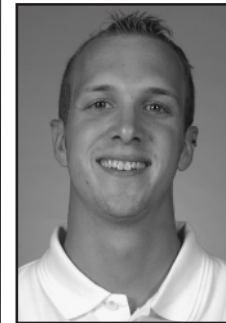
*Manager
Kirkland Lynch*



*Head Trainer
Marc Davis*



*Assistant Trainer
Quinton Sawyer*



*Assistant Trainer
Josh Beard*



*Assistant Trainer
Becca Frazier*



COACHING & SUPPORT STAFF: CAROLINA SWIMMING & DIVING

in Durham, N.C. Lawrence is also active in community service projects. He organized Adopt-a-Family for the KU Swimming program and served as a lector at St. Lawrence Cathedral. While at St. Cloud, he worked with the Big Brothers/Big Sisters of St. Cloud while serving as the lector at St. Mary's Cathedral of St. Cloud and The Newman Center at Kansas.

Assistant Swimming Coach Randy Jarman

A native of Kinston, N.C., Randy Jarman begins his fourth season as an assistant swimming coach at the University of North Carolina in 2004-05. Jarman also serves as a staff coach for the North Carolina Aquatic Club, the U.S. Swimming club team based in Chapel Hill.

Prior to coming to UNC, Jarman was the head swimming coach at Shelby High School in Shelby, N.C. from August 2001 to January 2003. Jarman was a very successful coach there, leading the Shelby men's team to the 2002 2A state championship. He was named the 2002 North Carolina high school and **Charlotte Observer** 2A Coach of the Year for his efforts. He also taught psychology and world geography at Shelby High School.

From August 1997 to July 2001, he served as a graduate assistant swimming coach at East Carolina University. While at ECU he served on a coaching staff which led the Pirates to the 2000 Colonial Athletic Association championship and the 2001 East



Coast Athletic Conference title.

He was the head age group swim coach with the Kinston Swimming Club in Kinston, N.C., from May 1989-June 1994 as well.

Jarman earned his Bachelor of Arts degree in psychology from East Carolina in May 1997 and he went on to earn a Master of Arts in sociology from ECU in May 2000.

As a high school swimmer, Jarman was the 1987 North Carolina state champion and record holder in the 50- and 100- yard freestyles.

Volunteer Assistant Swimming Coach Greg Johnson

Greg Johnson is now entering his fourth season as an assistant coach with the Tar Heels, working primarily with Randy Erlenbach and the distance corps. He is also the assistant coach for the North Carolina Aquatic Club, where he is thrilled to watch the development of young, enthusiastic swimmers.

Greg Johnson was born in Winston-Salem N.C., where he began his swimming career at age seven with the Winston-Salem YMCA. After graduation from North Forsyth High School as the North Carolina state high school



Championships and a degree in journalism and mass communication.

In his spare time, Johnson likes to visit Europe, watch The Simpsons and write workouts for the next day's practice, as well as various other administrative tasks around the swimming office.

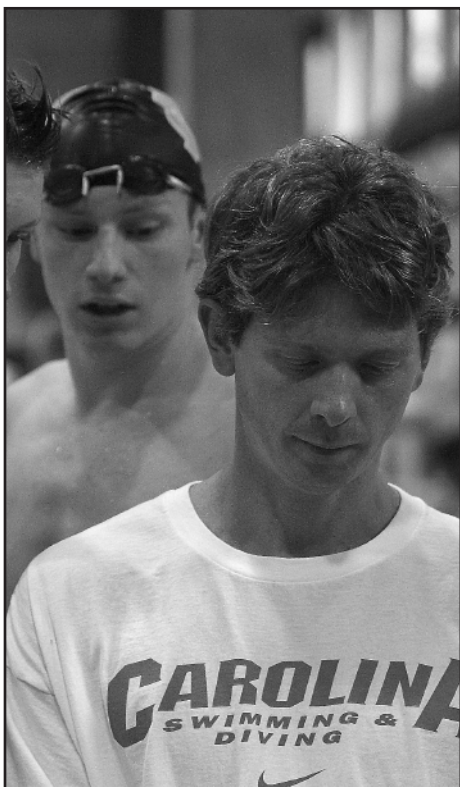
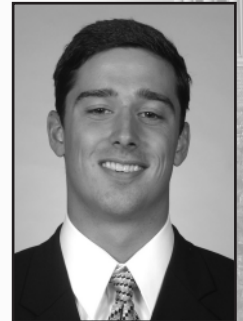
Volunteer Assistant Swimming Coach Sean Quinn

The Tar Heel school record holder in the 200-yard breaststroke, 100-meter breaststroke and 200-meter breaststroke, Sean Quinn begins his second season as an assistant swimming coach at the University of North Carolina in 2005-06. A native of Lancaster, S.C. and 1999 alumnus of Lancaster High School, Quinn was a three-time All-America selection as a Tar Heel, earning honors in 2000, 2002 and 2003. His best finish was an eighth place in the 200-meter breaststroke as a freshman in 2000. He finished 10th in the 200-yard breaststroke at the NCAA Championships in 2002.

Quinn, a tri-captain of the 2003 Tar Heel team, won a silver medal in the 200-meter breaststroke at the 2003 Pan American Games in Santo Domingo, Dominican Republic. He finished fifth in the 200-meter breaststroke at the 2000 U.S. Olympic Trials and he swam for the United States at the 2002 Short Course World Championships in Moscow and the 1999 U.S. Junior World Championships in Barcelona.

Quinn won Atlantic Coast Conference championships in the 200-yard breaststroke in 2000 and 2003. He holds the Tar Heel school record in the 200-yard event at 1:56.39 and he ranks fourth in school history in the 100-yard breaststroke with a career best time of 55.15.

A four-time All-ACC selection, Quinn swam for the Mecklenburg Aquatic Club while in high school and was coached there by Pat Hogan. Quinn was named Carolina's most outstanding swimmer in 2000 and 2002 and the team's most valuable swimmer in 2003. His sister Kathleen swam for four years at UNC and was a tri-captain of the 2004-05 women's team.



champion in the 200-yard individual medley, he was accepted to the U.S. Military Academy at West Point as a recruit for the men's swimming team.

After only eight weeks, a knee injury precluded him from military service and he returned to Winston-Salem, N.C. The following year he was accepted to the University of North Carolina and he gained a spot as a member of the men's swimming team. Under Coach Randy Erlenbach, Johnson became a solid performer in the 100 and 200 butterfly events and the distance freestyles. He finished his career at UNC in 2002 with a top eight performance in the 200-yard butterfly at the ACC

