



2009-2010

Swimming & Diving

ASC Contact: Michael Gallagher
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- Asbury College - Berea College - Berry College - Brenau University - King College -
- Mars Hill College - Milligan College - Notre Dame College - Union College -
- Urbana University - Ursuline College - Warren Wilson College - Wheeling Jesuit University

Appalachian Swimming & Diving Conference Men's and Women's Swimming/Diver of the Week — 01/11/2010 - 01/17/2010 —

Trevor Erenheim (Asbury College)

Ehrenheim is a freshman from Owensboro, KY. at the Centre Invitational, he finished first in three of his individual events. 200-yd Backstroke (1:58.22), 200-yd Individual Medley (2:00.33) and the 400-yd Individual Medley (4:21.80).

Abigail Sterneman (Asbury College)

Sterneman is a senior from Zimmerman, Minn. She competed very well at the Centre Invitational on January 15-16th. She earned two first place finishes, 100-yd Breaststroke (1:10.29) and 200-yd Breaststroke (2:31.37). Sterneman also swam a 25.66 in the 50-yd Freestyle.

ASC Swimmer/Diver of the Week

- Oct. 10th: David Johnson (Union College)
Molly Fittro (Union College)
- Oct. 17th: Matt Hood (Asbury College)
Allie Hubach (Asbury College)
- Oct. 24th: Wayne Oliver (King College)
Emily Martin (Wheeling Jesuit University)
- Oct. 31st: Pat Chadowski (Wheeling Jesuit University)
Tierah Ellard (Berea College)
- Nov. 7th: Greg Pristov (Notre Dame College)
Kelly O'Connor (Notre Dame College)
- Nov. 14th: Matt Logan (Wheeling Jesuit University)
Emily Whittington (Notre Dame College)
- Nov. 22st: Ed Smith (Mars Hill College)
Emily Martin (Wheeling Jesuit University)
- Dec. 6th: Louis Paschal Glavinos Jr. (Union College)
Katy Sorrells (Mars Hill College)
- Dec. 10th: Audley Edler (Mars Hill College)
Lena Palo (Mars Hill College)
- Jan. 17th: Trevor Erenheim (Asbury College)
Abigail Sterneman (Asbury College)**

2009 ASC Championship Results

- | Men's Results | Women's Results |
|--------------------------|---------------------------|
| 1. Asbury College | 1. Asbury College |
| 2. Mars Hill College | 2. Notre Dame College |
| 3. Union College | 3. Mars Hill College |
| 4. Notre Dame College | 4. Marshall University |
| 5. Milligan College | 5. Union College |
| 6. King College | 6. King College |
| 7. Warren Wilson College | 7. Brenau University |
| 8. Berea College | 8. Berea College |
| | 9. Milligan College |
| | 10. Warren Wilson College |
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- | Combined Results | |
|-----------------------|--------------------------|
| 1. Asbury College | 6. Milligan College |
| 2. Mars Hill College | 7. Marshall University |
| 3. Notre Dame College | 8. Berea College |
| 4. Union College | 9. Warren Wilson College |
| 5. King College | 10. Brenau University |