

Scuba lessons, certification offered at Keating

By Graeme Port
SPORTS EDITOR

Have you ever watched the classic James Bond movie *Thunderball* and wished you could scuba dive like Sean Connery or Domino Derval? Well, now IIT is giving students, faculty, and alumni the opportunity to do just that, with the school scheduling a number of scuba diving classes throughout February and March at Keating Sports Center's Echo Pool.

The Office of Intramurals and Recreations has lined up two introductory Discover Scuba classes for Sunday, February 27, where students will learn the fundamental basics of scuba diving over a two-hour class (the first will run from 2 p.m. - 4 p.m., and the second from 4 p.m. - 6 p.m.).

Over the following weekend - Saturday, March 5 and Sunday, March 6 - a full scuba course will be offered. During the class, students will complete the five required pool dives, a first step in the process before a diver can advance to the five open water dives that will earn them a full PADI (Professional Association of Diving Instructors) certification.

Dive instructor, Robert Huff, who will be teaching the scheduled classes, feels that potential divers should be excited about the possibilities that attaining a PADI license can give

them.

"The oceans and lakes offer the last frontier on this planet" Huff enthusiastically explained. "Scuba offers you a glimpse into that world. The colors range from dull to brilliant. The personalities range from disinterested, to engaging, to curious, to downright aggressive. The oceans support plants and animals - and even a close hybrid of the two (corals). She has swallowed up ships, bridges, and other structures that are fun to visit and observe. I won't suggest that the oceans will offer you the secret of life as a recreational diver, but I will tell you that in a single dive you may see more life than you ever have before."

Graduate student Scott Mochinski, a certified scuba diver who has been instrumental in bringing scuba classes to IIT, mirrors Huff's beliefs. "About 70% of the earth's surface is covered by water, yet we know more about the surface of the moon than we do about what lies



Photo courtesy Graeme Port

underwater on our own planet," he explained. "Scuba diving is a very social, very relaxing, and very fascinating endeavor."

The full scuba course will see divers complete online course work in advance of each of the five required dives. The online work will see students read five chapters in total (one for each class), complete quizzes (one before every class), and take a cumulative exam at the end

of the course.

The pool session itself will be broken down into three sections: a pre dive phase, where students will be able to ask questions about the online coursework, and where the instructor will go over the upcoming dive; the dive, the main chunk of the lesson where students will perform the necessary dive exercises in the pool; and a post dive phase, where the instructor will go over the dive with students after they have exited the pool.

"There are so many different paths to take in the scuba world, from teaching, to photography, to studying, to technical diving," explained Huff. "There are so many ways to expand your diving experience once you have jumped in and gotten wet. I love it, most people do, it's addictive. Odds are that you will get hooked too!"

Students will be expected to provide their own masks, fins, and snorkels, all of which can be purchased either online, or from any good sports store for no more than \$15.

If scuba diving is something you've always wanted to try, then why not stop by Keating Sports Center in February and March and learn how?

To sign up for the free introductory Discover Scuba class on Sunday, February 27, or for the full scuba course on March 4 and 5, contact Scott Mochinski at smochins@iit.edu.

Swimming, diving headed to nationals for victory

By Melanie Koto
STAFF WRITER

This weekend, the Scarlet Hawks Swimming and Diving team travelled to Coe College in Cedar Rapids, Iowa, to compete in the 2011 Liberal Arts Championship Swimming and Diving meet. The team brought 7 female swimmers, 17 male swimmers and 2 male divers to compete in the meet, which ran from Thursday to Saturday. On Saturday night, the team left with the men's team in second place out of 9 teams, and the women's team in sixth place out of 11. Diving coach Ryan Nelson also left with the Male Diving Coach of the Meet award.

Thursday

The meet started off with the 200 yard freestyle relay. The Women's team of freshman Abby Maze, Aimee Dewante, Jillian Hamada and junior Melanie Koto took 6th with a final time of 1:45.13, while the Men's team of freshman Yoni Pruzansky and sophomore Michael Keane, Eric Grunden and Max Ramminger took 2nd with a final time of 1:27.16. In the 500 yard freestyle, Maze finished 15th for the Women's team with a final time of 5:42.53, while junior Keiji Holloway took 11th for the Men's team with a final time of 5:13.29, and Pruzansky finished 4th for the Men's team with a time of 4:51.96, a ten second drop from his prelim swim time, and a national qualifying time by six seconds. Junior Morgan Curran placed 9th for the Women's team in the 200 yard IM with a national qualifying time of 2:16.39, and Dewante took 5th, also with a qualifying time of 2:13.42. For the Men's

team, freshman Arya Mohaimani took 15th (2:03.53), while freshman Michael Bodzay took 14th (2:03.44), Grunden took 10th (2:02.47), and freshman Felipe Bergh placed 6th, making the national qualifying time by a second (2:00.45). In the Women's 50 yard freestyle, Hamada took 16th with a 26.32, and Koto took 13th with a qualifying time of 25.96, while on the Men's side Ramminger placed 1st with a 20.76. Junior Jeff Reilly took 6th overall for the Men's 1 meter diving with a score of 278.70, and sophomore Ian McNair placed 1st, with a final score of 474.20, breaking the 6 dive IIT record score and resetting the Coe College pool record for 11 dives. The last event of the evening, the 400 yard medley relay saw the Women's team of juniors Andrea Zuniga and Julia Duarte, Dewante and Hamada take 5th place with a final time of 4:14.10, while the Men's team of Bodzay, Grunden, Holloway and Ramminger took 2nd with a time of 3:34.43.

Friday

The second day of the meet began with the 200 yard medley relay, with the Women's team (Hamada, Duarte, Curran and Koto) taking 5th with a time of 1:57.99 and the Men's team of sophomore Matthew Rosenfeld, Grunden, Holloway and Ramminger blazing to 1st place by less than two tenths to beat Lindenwood's relay (1:35.23), with a final time of 1:35.04, and just two seconds off the IIT team record. In the 400 yard IM, Curran finished 6th overall with a time of 4:51.15 for the Women's team. On the Men's side, Bodzay took 1st (4:09.73), Muchna took 4th (4:21.98), Bergh took 5th (4:24.38), and Mohaimani took 8th (4:37.23), all way

under the National qualifying time. Hamada finished 11th in the 100 yard butterfly, with a 1:03.31, while Dewante took 5th with a qualifying time of 1:00.50. Senior Mark Callan took 10th for the Men's team with a qualifying time of 54.47, while Holloway took 4th with a 51.46. Maze took 9th in the Women's 200 yard freestyle (2:04.50), while junior Tomasz Chojnacki took 12th in the Men's (1:53.48), and Pruzansky took 3rd (1:42.79), just a second off the IIT school record. In the 100 yard breaststroke, Duarte took 7th with a 1:12.79 for the Women's team, while sophomore Jeff Grindel took 11th (1:04.71), Keane took 6th (1:01.42), Grunden took 4th (59.72), and Ramminger took 1st (58.24). In the Women's 100 yard backstroke, Koto and Zuniga took 4th and 5th, finishing apart by only four hundredths, with national qualifying times of 1:03.73 and 1:03.77 respectively. For the Men, freshman Joe Lakner finished 11th with a 56.97 and Rosenfeld took 9th with a 55.64. In the Men's 3 meter diving, Reilly took 5th with a score of 248.64, and McNair placed 2nd with a score of 477.32. In the last relay of the evening, the 800 freestyle relay, the Women's team of Maze, Curran, Dewante and Koto took 3rd with an 8:17.72, and the Men's team of Keane, Muchna, Bergh and Pruzansky took 4th with a time of 7:17.56.

Saturday

The last day of the meet began with the longest event, the mile, in which Maze placed 13th for the Women's team with a final time of 19:51.11, and Mohaimani took 16th with a 19:12.93, while junior Ryan Tapak took 14th with a time of 19:01.52. Zuniga took 4th in the

Women's 200 yard backstroke with a final time of 2:16.99, and for the men's team sophomore Peter Lao took 15th (2:15.36), Lakner took 14th (2:11.06), Rosenfeld took 10th (2:04.13), and Bodzay took 2nd (1:56.27), only a second away from the longest standing IIT record (set ten years ago in 2001). In the Women's 100 yard freestyle, Koto took 10th with a qualifying time of 56.13, while in the Men's junior Dylan Maus took 16th with a 51.31, Pruzansky took 9th with a qualifying time of 48.40, and Ramminger took 1st with a 45.77. Duarte took 16th for the Women's team in the 200 yard breaststroke with a 2:49.83, while Dewante took 7th with a qualifying time of 2:35.50, and Keane took 10th for the Men's team with a 2:23.78. Grindel took 7th with a 2:23.84, Bergh took 4th with a 2:16.29, and Grunden out-touched Lindenwood's Ryan Chaney by five hundredths for 2nd, finishing with a 2:14.03. In the Women's 200 yard butterfly, Curran took 3rd with a national qualifying time of 2:19.85, while Holloway took 6th in the men's with a 2:01.84, and Muchna took 4th with a 1:59.12, both qualifying times as well. In the last event of the meet, the 400 yard freestyle relay, the Women's team of Maze, Zuniga, Dewante and Koto took 4th with a final time of 3:45.16, while the Men's team of Grunden, Pruzansky, Keane and Ramminger took 2nd with a 3:09.22.

The team now has a week in which those swimmers that qualified for nationals can train and get ready for the biggest meet of the year, which will be held March 2-5 by Lindenwood University in St. Petersburg, MO.

Aquatics training classes starting in March

By Ashlie Ingold
STAFF WRITER

You know that pool at Keating Sports Center, the one that people occasionally swim in? It's called Echo Pool, and classes are starting there soon! By request of students, the American Red Cross will be using Echo Pool to host training courses. These courses include:

Lifeguarding Challenge

March 26, 8 a.m. - 6 p.m.; \$95

- Re-certification testing for current lifeguards, who can pass the pre-course exam, swim test, timed event, and demonstrate all Lifeguarding skills, including CPRO, AED, and First Aid.

Water Safety Instructor

March 26 - 27, April 2 - 3, 8 a.m. - 6 p.m.; \$280

- If you're at least 16 years old, you can become an American Red Cross Water Safety instructor and teach children and adults to swim.

Lifeguard Instructor

March 26 - 27, April 2 - 3, 8 a.m. - 6 p.m.; \$320

- If you're at least 17 years old and have a basic-level Lifeguarding certificate, you can become an American Red Cross Lifeguarding Instructor and teach others to become lifeguards.

Lifeguarding

April 15 and 29, 6 p.m. - 10 p.m.; and April 16, 17, and 30, 8 a.m. - 6 p.m.; \$200

- If you are 15 years or older and a proficient swimmer, you can become trained as a

professional lifeguard.

Safety Training for Swim Coaches

April 17, 8 a.m. - 6 p.m.; \$75

- Developed in collaboration with USA Swimming, this course teaches swim coaches and other aquatic professionals how to prevent and respond to emergencies while on the pool deck.

Although IIT is the host, the Greater Chicago Chapter of the American Red Cross is the sponsor for these classes. Registration of all participants will be done online at www.chicagoredcross.org or through the Customer Service line at 1-800-337-2338 (or 312-729-6132 if calling from outside Illinois).

Intramurals Schedule

Introduction to Strength

MTWRF @ 8pm with Jason Neal in Keating

Yoga

T @ 1 & 7:30pm with Helen Lee, Katrina Ryan, & Natasha Holber in Keating

R @ 5:30pm with Katrina Ryan in Keating

Tai Chi

W @ 1pm with Paul Channic in Keating

Pilates

W @ 5:30pm with Mandy Wok in Keating

Cardio Kickboxing

R @ 12:50pm with Suzanne Ko

Argentine Tango Dancing

R @ 7:30pm with Karen & Eric Ma

Salsa Dancing

F @ 6pm with El Caobo in the Hub, Lounge Room 105