

Swimming & Diving 2009-10

- 2009-10 Great Northeast Athletic Conference Swimming & Diving Champions
 - 6th Championship in a row
 - 8th in 9 years
- Six athletes named to GNAC Championship All-Tournament Team
 - Alyssa Musket, Chenelle Jackson, Virginia Bette, Brittany Torelli, Kaira King, Heather O'Connell
 - Simmons set 3 New GNAC Records – 200 Free Relay, 50 Free, 100 Back
- 3rd place overall at 2009 Regis Invitational
- 8th place overall at 2010 NEISDA Championships
 - Highest Simmons finish since 2003
 - Simmons achieved 35 season-best times/diving scores
 - Set five Simmons program records
- NEISDA All-New England Honors
 - Brittany Torelli
 - Alyssa Musket
 - Chenelle Jackson
 - Virginia Bette
- GNAC Weekly Honors
 - Amanda Dirksmeier, Diver of the Week – 1/18/10
 - Brittany Torelli, Swimmer of the Week – 1/25/10
- 2010 Simmons Athletics Evening of Champions Awards Ceremony
 - Alyssa Musket – Rookie of the Year
 - Jenn Merry '04 – Hall of Fame 2010 Inductee