



St. Cloud State University

Athletic Media Relations

Swimming & Diving

Team Contact: Anne Abicht (aabicht@stcloudstate.edu)

Ph: 320.308.2141 ♦ Fax: 320.308.2099



2005-06 Swimming & Diving Schedule

Oct. 15 at Mavericks, W-1st, M-1st
Oct.28 Northern Michigan (W), W, 141-90
Oct. 29 NMU & UW-Stevens Point (M/W)
Men L to UWSP, 101-142
Women def. NMU, 149-81
Women def. UWSP, 139.5-77.5

Nov. 5 Host of Husky Invite
 Women-2nd; Men-3rd
 UW-Green Bay, North Dakota, Lewis University

Nov. 12 Host of Husky Invite
 Women -1st; Men-1st
 St. Ben's, St. John's, MSU, Mankato,
 MSU-Moorhead, Morningside,
 UW-EauClaire, SCSU

Nov. 18-20 at Minnesota Invitational; M-6th, W-9th
 Dec. 2-3 at Carthage College Invite
 Women-1st; Men-4th

Dec. 3 Husky Diving Invite, Noon
 Dec. 10 at Minnesota State Mankato
 Women - W, 151-88; Men - W, 149-92

Jan. 4-14 Winter Training Trip
 Jan. 20 at St. John's; T, 118-188
 at St. Ben's; W, 158-80

Jan. 21 Host South Dakota; Women-W, 131-112
Men; L, 130-109
 Jan. 28 at North Dakota

Feb. 15-18 at North Central Conference Champ.
 Grand Forks, ND
 Men-2nd; Women-3rd

Mar. 8-11 at NCAA Championships
 Indianapolis, IND

2004-05 in Review:

Women - Placed 12th at NCAA Division II Championships...Four All-Americans in Alise Emil (100 fly, 400 free relay), Jackie Vieau, Danielle Breunig, Brenda Peters (400 free relay)...North Central Conference Champions in 400 free relay...Jackie Vieau NCC Champion in 100 free...Women placed third at NCC Championships.

Men- Placed 21st at NCAA Division II Championships...Ross Eiden All-American in one and three-meter diving...Men placed third at NCC Championships.

2005-06 Swimming & Diving News February 22, 2006

Huskies Prepare for NCAA Championships: Twelve members of the St. Cloud State University men's and women's diving teams will compete at the 2006 NCAA Division II Swimming and Diving National Championships, March 8-11 in Indianapolis, Indiana.

The Qualifiers: Six divers and four women swimmers have automatically qualified for the 2006 NCAA Championships. The divers include sophomore Ross Eiden (Rosemount) and first year Nate Jimerson (Apple Valley), seniors Sara Steffen (Farmington) and Sarah Nielsen (Mundelein, IL), sophomore Kendra Willis (Neenah, WI), and first year Kelsey Berkeland (Coon Rapids). Steffen is making her fourth trip to national competition, while Nielsen is making her third appearance. Eiden and Willis will be making their second straight NCAA appearance.

The four swimmers have a wealth of national competition between them as seniors Alise Emil (Andover), Danielle Breunig (Madison, WI), and Jackie Vieau (Delano) are off to their fourth NCAA Championships. They are joined by junior Brenda Peters (Faribault), who is making her third trip to nationals. The foursome make up the 200 and 400 free relay teams. In addition, they will swim in individual events as Emil is an automatic qualifier in the 100 fly and Vieau has qualified in the 100 free.

Last year, the SCSU women placed 12th at the NCAA Championships while the men had a 21st place finish.

NCC Championship Highlights: The SCSU men finished second in the team standings, their best finish since placing second in 1989. The women placed third for the third straight season, and the University of North Dakota won both the men's and women's team titles. First year diver Nate Jimerson (Apple Valley) was named the Outstanding Male Diver at the North Central Conference Championships as he won the three-meter title on the final day of competition. Earlier in the Championships, he placed second on the one-meter board. Nate Brisley was named the NCC Diving Coach of the Year, along with North Dakota's Brian Strom.





The Huskies had four individual NCC champions. Joining Jimerson on the podium were seniors Alise Emil won the 100 butterfly in :56.84 and Jackie Vieau who won the 100 free for the second year in a row in a time of .52.25. Ross Eiden won the one-meter diving with a score of 447.40.

School Records Set: Four school records were set by the women and one by the men at the 2006 NCC Championships. The men's 400 medley relay of Sean Fitzgerald, Matt Girard, Alex Olp and Doug McGrath set the new mark of 3:32.71 on Feb. 19. The old record of 3:33.18 had been set in 1988. Two individuals and two relays set school records on the women's side. Elizabeth Lopez bettered her own record in the 200 back with a swim of 2:09.31 on Feb. 19. Caitlin Digney set a new mark in the 200 butterfly with a time of 2:10.57. The 200 free relay team of Brenda Peters, Jackie Vieau, Alise Emil, and Danielle Bruenig bettered their mark with a new record 1:36.57. The 800 free relay of Bruenig, Sarah Burnell, Elizabeth Lopez, and Jackie Vieau set a new record of 7:44.36.

Women's Top Ten Finishes: Several SCSU swimmers and divers had top ten finishes at the NCC Championships including - **Day One:** Sarah Burnell placed fifth in the 1000 in a time of 10:48.01 and Laura Seidenkranz placed tenth in 10:54.63. **Day Two:** Sara Steffen placed sixth 410.60 and Kendra Willis seventh (407.65) in three-meter diving. Burnell with a was sixth in the the 500 free in 5:14.52 and Elizabeth Lopez was tenth in 5:18.15. In the 200 individual medley, Jackie Vieau placed fourth in a time of 2:09.67 and Alise Emil was eighth in 2:11.76. In the 50 free, Brenda Peters placed fifth in 24:40 and Danielle Breunig was seventh in 24.72. The women placed fifth in the 200 medley relay.

Day Three: A second place finish and an automatic NCAA berth for the 200 free relay team of Brenda Peters, Alise Emil, Jackie Vieau, and Danielle Breunig, in an SCSU school record time of 1:36.51. Breunig placed fifth in the 200 free in 1:55.63 and Vieau was sixth in 1:56.42. Breunig also placed seventh in the 100 breast in a time of 1:08.40. In the 100 back, Brenda Peters placed seventh in 1:00.54 followed by Elizabeth Lopez in eighth in a time of 1:00.84. Vieau placed fifth in the 400 IM in 4:42.60 and Sarah Burnell was eighth in 4:44.22. Kelsey Berkeland placed fifth in the women's one-meter diving with a score of 341.30. The 400 medley relay of Kate McGrath, Melissa Eggleston, Caitlin Digney, and Erin Lannon placed fifth in 4:07.37.

Final Day: Junior Brenda Peters placed ninth in the 100 free in 53.14 and senior Danielle Breunig placed tenth in 53.51. Digney placed third in the 200 fly in 2:10.57. Emil placed fourth in a time of 2:11.28. Burnell placed sixth in the 1650 free in 18:09.27 and senior Kelly Rothstein placed eighth in 18:17.20. Lopez placed seventh in the 200 back in a time of 2:12.50. The 400 free relay team of Vieau, Breunig, Peters and Emil placed second and automatically qualified for the NCAA Championships with a time of 3:31.26

The SCSU RECORDBOOK

SCSU Women's Records

Event	Name	Time	
50 Freestyle	Heather Miller	:23.55	- 2000
100 Freestyle	Heather Miller	:51.65	- 2000
200 Freestyle	Danielle Breunig	1:54.50	Mar. 2005 (NCAA)
500 Freestyle	Lisa Peasley	5:09.29	2/92
1000 Freestyle	Tennyson Anseth	10:39.02	Feb. 2005 (NCC)
1650 Freestyle	Becky Birnell	17:48.88	2/89
100 Backstroke	Brenda Peters	1:00.01	2/04
200 Backstroke	Elizabeth Lopez	2:09.31	Feb. 2006 (NCC)
100 Breaststroke	Tesia Zuba	1:04.08	3/01
200 Breaststroke	Tesia Zuba	2:17.34	3/01
100 Butterfly	Alise Emil	:56.26	Mar. 2005 (NCAA)
200 Butterfly	Caitlin Digney	2:10.57	Feb. 2006 (NCC)
200 IM	Tesia Zuba	2:07.50	2/2002
400 IM	Tesia Zuba	4:30.15	3/2002
200 Free Relay	Peters, Vieau, Emil, Breunig	1:36.57	Feb. 2006 (NCC)
200 Medley Relay	Otterson, Eggleston, Emil, Breunig	1:48.23	Feb. 2005 (NCC)
400 Free Relay	Vieau, Breunig, Peters, Emil,	3:30.56	Feb. 2005 (NCC)
400 Medley Relay	Pearson, Raetz, Bechel, Boothby	3:58.24	2/1994
800 Free Relay	Breunig, Sarah Burnell, Elizabeth Lopez, Vieau	7:44.36	Feb. 2006 (NCC)
1M Diving (6)	Mary Ahlin	316.25	2/99
1M Diving (10)	Mary Ahlin	468.50	1/99
1M Diving (11)	Sarah Loquai	425.20	2/96
3M Diving (6)	Mary Ahlin	294.65	2/98
3M Diving (11)	Mary Ahlin	562.95	1/99

SCSU Men's Records

Event	Name	Time	
50 Freestyle	Tim Leedah	:20.86	1986
100 Freestyle	Pete Travis	:46.50	1991
200 Freestyle	Dave Schwantes	1:42.72	2/95
500 Freestyle	Sean Gonia	4:39.98	2/01
1000 Freestyle	Chad Uher	9:50.58	2/97
1650 Freestyle	Mark Muenchow	16:27.28	1979
100 Butterfly	Cam Oik	:49.74	1988
200 Butterfly	Cam Oik	1:53.14	1988
100 Backstroke	Mike Wencil	:50.90	2/00
200 Backstroke	Mike Wencil	1:54.06	3/00
100 Breaststroke	Mark Tollefson	:57.53	1985
200 Breaststroke	Mark Tollefson	2:07.98	1985
200 IM	Cam Oik	1:52.01	1988
400 IM	Sean Gonia	4:14.21	2/02
200 Free Relay	Daniels, Eberle, Kern, Rotramel	1:23.46	3/1/04
400 Free Relay	Rotramel, Daniels, Kern, Eberle,	3:05.79	3/13/04
800 Free Relay	Eberle, Daniels, Kern, Rotramel	7:00.12	3/12/04
200 Medley Relay	Eberle, Gill, Kern, Rotramel	1:35.17	2/04
400 Medley Relay	Sean Fitzgerald, Matt Girard, Alex Olp, Doug McGrath	3:32.71	Feb. 2006 (NCC)
1M Diving (6)	Jeremy Frye	302.00	1998
1M Diving (11)	Jeremy Frye	544.95	1/99
3M Diving (6)	Jeremy Frye	331.90	2/99
3M Diving (11)	Ryan Bucher	573.50	2/98



Men's Top Ten Finishes:

Day One: Sophomore Isaiah Fuller placed third in the 1000 free in a time of 9:57.40. **Day Two:** Nate Jimerson placed second on the one-meter board with a score of 434.80 and Chris Pape was sixth with a score of 340.00. Other men's finishes included a seventh place finish for Isaiah Fuller in the 500 free in 4:48.95, and eight place finish for Ben Gill in the 200 IM in 1:59.75, and a ninth place finish for Doug McGrath in the 50 free in 21.98. The men's 800 free relay of Gill, Jeff Dahl, Brian Jacobs, and Scott Wolf placed third in a time of 7:04.24. **Day Three:** The 200 free relay of Doug McGrath, Mitch Dickson, Ben Gill and Sean Fitzgerald placed third 1:25.15. Alex Olp placed sixth in the 100 butterfly in 53.06 and Jason Calvert placed eighth in 53.35. Sean Fitzgerald placed sixth in the 100 back in 53.50 and Isaiah Fuller placed seventh in 4:21.58. The 400 medley relay of Fitzgerald, Matt Girard, Olp, and McGrath, placed fourth in a time of 3:32.71. **Final Day:** sophomore Isaiah Fuller placed fourth in the 1650 free in 16:50.26. Junior Logan Albert (18:02.95) and first year Mitch Dickson (18:05.83), placed ninth and tenth, respectively in the 1650. Sophomore Sean Fitzgerald placed fifth in the 200 back in 1:56.82. In the 200 breast, first year Matt Girard placed tenth in 2:13.54. The Huskies had two other place winners on the three-meter board as Ross Eiden placed fourth with a score of 455.55 and Chris Pape was sixth with a mark of 391.30.

NCC Weekly Honors: Senior diver Sara Steffen (Farmington) and first year diver Nate Jimerson (Apple Valley) were named the North Central Conference Divers of the Week on Dec. 6. Steffen won the 1-meter and 3-meter boards at the SCSU Diving Invite. She scored a 388.55 on the 1-meter board and 456.60 on the 3-meter board and automatically qualified for the NCAA Division II National Championships on both boards. Jimerson won the 3-meter competition at the SCSU Diving Invitational with a score of 473.75 and placed fourth on the 1-meter board with a score of 392.75.

SCSU Coaching Staff: Jeff Hegle (SCSU, 1993) returns for his fifth season as head coach of the Huskies. In four seasons, the women's team has four top-16 NCAA finishes. The men's team has placed third in the NCC championships in each of the last four seasons, and in 2004 Hegle was voted the NCC Men's Swimming and Diving Coach of the Year. He is assisted by graduate coach Charlie King, a former swimmer and 2000 SCSU graduate and volunteer assistant Steve Mohs, a former Husky swimmer. Nate Brisley returns for his second season as the Diving coach.

Real Time Results: 2006 NCC Swimming and Diving Championships results can be found at <http://www.und.nodak.edu/dept/swimteam/0506mts/06NCC/rtr/index.htm>.

Qualifying Meet: Several Huskies with 'B' cuts and possibly the 200 medley relay team will compete in a last chance qualifying meet this weekend. The swimmers with 'B' cuts include first year Sarah Burnell (Oshkosh, WI) in the 1000 free, sophomore Caitlin Digney (Madison, WI) in the 200 fly and first year Elizabeth Lopez (Allen, TX) in the 200 back.

Four-Time National Qualifiers: Danielle Breunig



Jackie Vieau



Alise Emil





St. Cloud State Women's Roster

Name	Yr.	Event	Hometown
Anisha Battah	So.	Back	Lake Elmo, MN
Kelsey Berkland	FY	Diving	Coon Rapids, MN
Danielle Breunig	Sr.	Free	Madison, WI
Sarah Burnell	FY	Distance	Oshkosh, WI
Stephanie Dauphin	FY	Free	Apple Valley, MN
Caitlin Digney	So.	Distance	Madison, WI
Maureen Durheim	Sr.	Back	Maplewood, MN
Melissa Eggleston	So.	Breast	Ankeny, IA
Alise Emil	Sr.	Fly	Andover, MN
Kim Fish	So.	Free	Becker, MN
Jennifer Foster	Jr.	Breast	Ottumwa, IA
Kate Higley	FY	Free	Buffalo, MN
Becky Johnson	FY	Fly	Columbus, NE
Erin Lannon	So.	Free	Prior Lake, MN
Elizabeth Lopez	FY	Back	Allen, TX
Kate McGrath	Sr.	Back	Alexandria, MN
Danielle Monton	Jr.	Back	Dorval, Quebec
Sarah Nielsen	Sr.	Diving	Mundelien, IL
Kristin Otterson	Sr.	Back	Big Lake, MN
Lisa Pearson	So.	Breast	Zimmerman, MN
Brenda Peters	Jr.	Free	Faribault, MN
Samantha Richardson	FY	Fly	DeForest, WI
Kelly Rothstein	Sr.	Distance	Grand Rapids, MN
Camrin Schultz	FY	Diving	Minneapolis, MN
Laura Seidenkranz	So.	Distance	Shoreview, MN
Sara Steffen	Sr.	Diving	Farmington, MN
Jackie Vieau	Sr.	Free	Delano, MN
Kendra Willis	So.	Diving	Neenah, WI
Jordan Wolfrum	FY	Breast	Longmont, C

St. Cloud State Men's Roster

Name	Yr.	Event	Hometown
Logan Albert	Jr.	Distance	Madison, WI
Ryan Anderson	Sr.	Distance	Elk River, MN
Jason Calvert	Jr.	Fly	Bosque Farms, NM
Jeffery Dahl	Jr.	Free	Pleasant Prairie, WI
Russ Daniels	Sr.	Free	Mexico, NY
Mitchel Dickison	FY	Free	Faribault, MN
Ross Eiden	So.	Diving	Rosemount, MN
Alan Einck	Jr.	Fly	Champaign, IL
Sean Fitzgerald	So.	Back	Marshalltown, IA
Isaiah Fuller	So.	Distance	Faribault, MN
Ben Gill Sr.	IM		La Crosse, WI
Matt Girard	FY	Breast	Bloomington, MN
Anders Gredvig	FY	Breast	Woodbury, MN
Brian Jacobs	FY	Back	Clive, IA
Nate Jimerson	FY	Diving	Apple Valley, MN
T.J. Kotby	So.	Back	Laramie, WY
Matt Langevin	FY	Free	Thief River Falls, MN
Doug McGrath	So.	Free	Alexandria, MN
Jordan Michaels	FY	Fly	Thief River Falls, MN
Ray Nelson	Jr.	Breast	Willmar, MN
Alex Olp So.	Fly		Oregon, WI
Chris Pape	So.	Diving	Bismarck, ND
Nick Regli	FY	Free	Lakeville, MN
Alex Repensky	FY	Breast	Duluth, MN
Nate Saur	So.	Free	Bismarck, ND
Adam Sebestyen	FY	Breast	Munich, Germany
Joe Sharp	So.	Diving	Granite Falls, MN
Will Simson	FY	IM	St. Cloud, MN
Grant Smith	So.	Free	Anoka, MN
Patt Suggett	FY	Distance	Pleasant Hill, IA
Scott Wolf	Jr.	Fly	Maple Plain, MN