



St. Cloud State University

Athletic Media Relations

Swimming & Diving

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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, tba
Jan. 15-18 at North Central Conference Champ.
Grand Forks, ND

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

January 26, 2006

Huskies Head to North Dakota: The St. Cloud State University men's and women's diving teams will compete at the University of North Dakota Invitational on Saturday, January 28. The Invite is an all day competition.

Last Competition: The Huskies last competitive outing was an NCC dual last Saturday against South Dakota when the women's team posted a 131-112 dual win and the USD men's team downed the Huskies 130-109.

St. Cloud State senior Jackie Vieau (Delano) won two events to lead the women, swimming a 1:58.47 in the 200 free and and winning the 100 free in 54.56. First year diver Kelsey Berkland (Coon Rapids) won the women's one meter diving event with a mark of 258.25. Sophomore Caitlin Digney (Madison, WI) won the 200 fly in 2:15.44. Sarah Burnell (Oshkosh, WI) a first year swimmer won the 500 free in 5:21.11. The 200 free relay team of junior Brenda Peters, sophomore Erin Lannon, Vieau and senior Danielle Breunig won in a time of 1:39.69. USD's Leita Rolfe won two events, the 400 IM in 4:39.82 and the 200 breast in 2:31.09.

On the men's side, sophomore Ross Eiden (Rosemount) won both diving events, posting a scored of 288.15 on the three meter board and 254.30 on the one meter board. Sophomore Sean Fitzgerald (Marshalltown, IA) won the 200 back in 2:00.44. USD was led by David Lind who won the 1000 free in 10:18.25 and the 500 free in 5:01.14.

On Friday, Jan. 20, the SCSU women defeated the College of St. Benedict 158-80 in dual competition and the SCSU men tied St. John's University 118-118.

Vieau and Danielle Breunig (Madison, WI) won two events each to lead the SCSU women who won all but two events in the competition. Vieau won the 200 IM in 2:14.09 and the 100 freestyle in a time of 55.11. Bruenig swam to first place in the 200 free with a time of 1:58.73 and the 500 free in 5:24.42. First year diver Kelsey Berkland (Coon Rapids) won the three meter board with a score of 257.20 and senior teammate Sara Steffen (Farmington) won the one meter board with a score of 277.70. Sophomore Laura Seidenkranz (Shoreview) won the 1000 free in 11:15.75, junior Brenda Peters (Faribault) was first in the 50 free in 25.34, and senior Alise Emil (Andover) won the 100 fly in 1:00.19.

Sophomore Isaiah Fuller (Faribault) led the men's team as he won the 1000 free in 10:27.96 and the 500 free in 5:02.35. First year diver Nate Jimerson (Apple Valley) swept the diving events, winning the three meter board with a mark of 279.10 and the one meter board with a score of 253.40. First year Matt Girard (Bloomington) won the 100 breast in 1:03.83.



NCC 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.

Huskies Win Three of Four Events at Diving Invite:

Sara Steffen won both the one- and three-meter boards at the SCSU Diving Invite on Dec. Teammate Kelsey Berkland (Coon Rapids) placed fourth on both boards and senior Sarah Nielsen (Mundelin, IL) was fifth on the three-meter board and sixth on the one meter.

Nate Jimmerson won the three meter and placed fourth on the one-meter board. Sophomore Ross Eiden (Rosemount) placed second on both boards. Chris Pape and Joe Sharp placed fifth and sixth, respectively on the one-meter board.

National Qualifiers: On Nov. 5, senior Sara Steffen (Farmington) and sophomore Ross Eiden (Rosemount) qualified for the NCAA Division II Nationals in diving on the one-meter board.

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.

2005-06 National Qualifiers:

Ross Eiden, 1-meter diving, 280.95, 10/29/05
Sara Steffen, 1-meter diving, 250.20, 10/29/05

Husky Invite Team Scores;

Women -

- 1. St. Cloud State, 1,077
- 2. MSU-Moorhead, 678.50
- 3. MSU, Mankato, 663
- 4. College of St. Benedict, 593.50
- 5. Morningside College, 156
- 6. Minnesota-Morris, 95

Men-

- 1. St. Cloud State, 1,054.50
- 2. MSU, Mankato, 763.50
- 3. St. John's Univ., 601
- 4. Morningside College, 280

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	1:55.26 2/04
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	2:10.58 12/2/05
100 Breaststroke	Tesia Zuba	1:04.08 3/01
200 Breaststroke	Tesia Zuba	2:17.34 3/01
100 Butterfly	Alise Emil	:58.37 11/20/04
200 Butterfly	Alise Emil	2:12.61 12/2/05
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	1:36.67 2/20/04
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	Zuba, Emil, Vieau, Breunig	7:46.57 2003
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 Olk	:49.74 1988
200 Butterfly	Cam Olk	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 Olk	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	Nylander, Olk, Pelligrino, Quick	3:33.18 1988
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



St. Cloud State University Swimming & Diving

2005-06 Team Roster

Women's

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, CO

Men's

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 Jimmerson	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 Suggestt	FY	Distance	Pleasant Hill, IA
Scott Wolf	Jr.	Fly	Maple Plain, MN