



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
 Feb. 15-18 at North Central Conference Champ.
 Grand Forks, ND
 Men-2nd; Women-3rd
 Mar. 8-11 at NCAA Championships
 Indianapolis, IND
 Men-19th (52 pts); Women-12th (131 pts)

2006 NCAA All-Americans

Nate Jimerson - 1 & 3 meter diving
 Sara Steffen - 1 & 3 meter diving
 Alise Emil - 100 butterfly, 400 free relay
 Brenda Peters - 400 free relay
 Jackie Vieau - 400 free relay
 Danielle Breunig - 400 free relay

2005-06 Swimming & Diving News

March, 2006 - FINAL

SCSU Women 12th, Men 19th at NCAA Championships: The St. Cloud State women's swimming and diving team placed 12th with 131 points at the 2006 NCAA Division II Swimming and Diving National Championships, March 8-11 in Indianapolis, Indiana, while the men's team placed 19th with 52 points. Truman State won the women's team championship while Drury was the men's team champion.

Notes: The women's team finish ties the third best finish for SCSU since the 1991 season. The best finish for an SCSU team was fifth in 2000, followed by 11th place finishes in 1994 and 2004. The 131 points was the second highest team total for the SCSU women behind 259 points in 2000.

The Qualifiers: Six divers and four women swimmers automatically qualified for the 2006 NCAA Championships. The divers included 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 and Nielsen made their third appearance. Eiden and Willis made their second straight NCAA appearance.

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

Jimerson is National Runner-Up Twice: First year diver Nate Jimerson (Apple Valley) had the best individual performance by a male swimmer or diver in the history of the SCSU program with two second place finishes in diving. Jimerson opened the competition with a second place finish on the one-meter board with a score of 449.40. He placed second on the three-meter board with a mark of 446.80. His efforts earned him two-time All-American honors.





Steffen Has Best Outing of Career: Senior diver Sara Steffen (Farmington) had two of the best performances of her career in the one- and three-meter diving events. A three-time NCAA qualifier, Steffen earned All-American honors in both events in the final competition of her collegiate career. She placed fourth on the one-meter board with a score of 356.80 and seventh on the three-meter board with a score of 376.35.



All-American Finishes: Senior Alise Emil (Andover) earned All-American honors with a fourth place finish in the 100 butterfly in a time of 56.57. The SCSU women's 400 free relay team of Jackie Vieau, Danielle Breunig, Brenda Peters, Alise Emil earned All-American honors with a sixth place finish in a time of 3:31.82.

Other Top Finishes: Emil, Peters, Vieau, and Breunig swam to ninth place in the 200 free relay in a time of 1:37.74. The same foursome also placed 11th in the 400 medley relay in 4:00.43. The 800 free relay team of Breunig, Peters, Emil, and Vieau placed 11th in a time of 7:50.76. Senior Jackie Vieau (Delano) placed 12th in the 100 free in 52.93.

Sophomore Kendra Willis (Neenah, WI) placed tenth in three-meter diving with a mark of 333.00 and senior Sarah Nielsen (Mundelien, IL) was 13th with a score of 324.70. Sophomore Ross Eiden (Rosemount) place ninth in one-meter diving with a score of 371.45. He also placed ninth on the three-meter board with a score of 368.05.

Senior Class: Eleven seniors have completed their eligibility with the Huskies. Danielle Breunig, Maureen Durham, Alise Emil, Kate McGrath, Sarah Nielsen, Kristin Otterson, Kelly Rothstein, Sara Steffen, and Jackie Vieau are the seniors on the women's team, and Ryan Anderson and Russ Daniels are the men's seniors. Emil is a six-time All-American, while Breunig and Vieau are four-time All-Americans, and Steffen is a three-time All-American. Emil was the 2006 NCC Champion in the 100 butterfly. Vieau was a two-time NCC Champion in the 100 freestyle. The 400 free relay team of Vieau, Breunig, Peters, and Emil were the 2005 NCC Champions.

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.

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	Peters, Pearson, Emil, Vieau	3:57.11 Feb. 2005 (NCC)
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



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.

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

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 (388.55) and 3-meter (456.60) boards at the SCSU Diving Invite. 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) has completed his fifth season as head coach of the Huskies. In five seasons, the women's team has five top-16 NCAA finishes. The men's team has placed second in the NCC in 2006 and third in the NCC championships in each of the four previous seasons, and in 2004 Hegle was voted the NCC Men's Swimming and Diving Coach of the Year. He was assisted by graduate coach Charlie King, a former swimmer and 2000 SCSU graduate and volunteer assistant Steve Mohs, a former Husky swimmer. Nate Brisley returned 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>.



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, CO

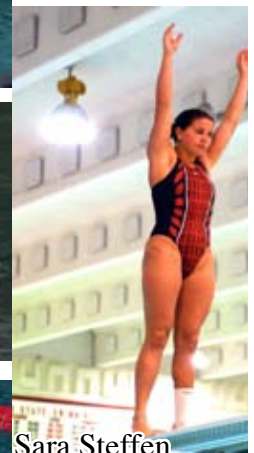
St. Cloud State Men's Roster

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

14 Named to NCC Academic Honor Roll: The St. Cloud State University men's and women's swimming and diving program was well represented on the inaugural NCC (North Central Conference) Commissioner's Academic Honor Roll released today by the league office. A total of 78 Conference student-athletes have achieved the honor. To qualify student-athletes must have a minimum 3.20 grade point average, have completed at least two semesters at their current school and have competed against outside competition. The St. Cloud State student-athletes named to the Honor Roll include:

Caitlin Digney, So., Elementary Education, Madison, Wis.; Melissa Eggleston, So., Undecided, Ankeny, Iowa; Alise Emil, Sr., Elementary Education, Andover, Minn.; Jennifer Foster, Jr., Communication Disorders, Ottumwa, Iowa; Katelyn McGrath, Sr., Communication Studies, Alexandria, Minn.; Sarah Nielsen, Sr., Elementary Education, Mundelien, Ill.; Kristin Otterson, Sr., Communication Arts and Literature, Big Lake, Minn.; Lisa Pearson, So., Mass Communications, Zimmerman, Minn.; Brenda Peters, Jr., Chemical Dependency, Faribault, Minn.; Laura Seidenkranz, So., Health Education, Shoreview, Minn.

Logan Albert, Jr., Aviation, Madison, Wis.; Sean Fitzgerald, So., Communication Arts and Literature, Marshalltown, Iowa; Douglas McGrath, So., Pre Business, Alexandria, Minn.; Grant Smith, So., Criminal Justice, Anoka, Minn.



Jackie Vieau

Danielle Breunig

Alise Emil

Sara Steffen