



Husky Headliner



Volume 3, Issue 1

October 2010



Upcoming Events:

UW-Green Bay @ Green Bay
Nov. 12th & 13th

UW-River Falls Invite @ UofM Aquatic Center
Dec. 3rd & 4th



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Starting the season with a BANG!

October was a great month for the SCSU Swimming & Diving program. The month kicked off with a great turnout at the annual SCSU Alumni meet. Over 50 alumni came home to join their Huskies and see the program off to another great season. Huskies came from across the nation to meet up with their teammates and show support for the program.

The Women's Swimming & Diving team posted 4-0 record in October. The Women's squad tallied their 1st win of the season over **MSU Moorhead October 15th & 16th**. Taking 1st place finishes in 26 of 29 events over the two day dual meet; the Huskies cruised to victory and set pace for another successful season. Husky Divers swept both the 1M and 3M boards, taking 1st through 3rd. Led by Cassi Mrozek, Allison Tracy, and Mary Woodson respectively.

There were many early season note worthy performances vs MSU -Moorhead: Sophmore Dayna Nellis won the 1650 in a time of 18:20.31. Kelsey Noah won the 200 FR in 2:00.87. Ali Domier won the 100 Fr at 54.91. First year Jasmine Lee and Sophomore Tori Martinez were a potent one-two punch in the 200 Backstroke at 2:13.66 & 2:14.60. Stephanie Crandall and First Year Meghan Carmichael went 1-2 in the 100 Fly at 1:00.14 and 1:00.70. Amber Alexander taking the 100 Breaststroke top honors with a 1:09.63.

Saturday the 23rd the Huskies hosted the **MSU-Mankato Mavericks**. The Mavericks challenged the Huskies early and often. However, both SCSU Women's and Men's squads prevailed with depth in the line up and strong performances throughout the meet.

The Husky divers secured victories on both 1M and 3M boards for both squads. In the Women's 1-Meter Cassi Mrozek won with 247.2 points followed by Alli Tracy with 238.60. Men's 1 Meter was swept by the Huskies with Luke Weber (295.70), Chris White (293.20), & Malachi Bennett

(278.8). In Women's 3 Meter Alli Tracy took the top spot with 251.75 closely followed by Cassi Mrozek at 246.60. For the Mens's 3M Luke Weber won the event with 309.90 with Chris White in second at 291.90. The SCSU Divers continue to show their national prominence outscoring their opponents 29 to 9 on the Women's side and 31-5 on the Men's boards.

The Mavericks challenged the Huskies to a number of close races. The first came in the Men's 200 Medley Relay in which the team of Bob Simson, Napoleon Howell, Joe Burns, and Jake Hausauer out touched the Mavs by 0.19 seconds as the Huskies won the event with a 1st and 3rd finish. Joe Palmerston and Ryan Goggans followed suit with a 1-2 finish in the 1,000 Free. Robb Rotramel and Joe Burns took 1st & 2nd in the 50 Free both just edging MSU's Blake Asbury.

First Year Bob Simson was edged out in the 100 backstroke by .01 seconds in a solid performance of 56.41. In the Men's 500 Free the Huskies brought the brooms out as Ryan Goggans, Joe Palmerston, and Mike Miller took a 1-2-3 sweep.

Jasmine Lee turned in another impressive time in the Women's 200 IM touching 1st at 2:11.08 also winning the 100 Fly at 59.80. Ali



Domier won the 100 Free in a season best time of 54.10. The Husky Women turned in another sweep in the 100 Breaststroke with Amber Alexander, Shalon Rothstein, and Melissa Funke taking 1st through 3rd respectively.

The weekend of **October 30th** the Huskies took to the road for a double dual meet at **UW-Steven's Point** joined by **UW-Eau Claire**. The SCSU Women's team continued their winning ways, picking up victories over UW Stevens Point and UW Eau Claire 195.5-103.5 & 191-108 respectively. The Men's squad ran into a very talented and deep Steven's point team, falling by a score of 126 to 164. However, the Men's team won their match up with UW- Eau Claire handily 218-75.

There were a number of solid performances for both Men's & Women's teams. Joe Palmerston won a tight race in the 1,000 Free with a time of 10:22.13. Ryan Goggans turned in a time of 1:49.42 in the 200 Free good for a second place finish. Bob Simson won the 100 Backstroke in a season best of 56.16. Amber Alexander won the 100 Breaststroke in 1:08.89. Napoleon Howell also won the 100 Breaststroke on the Men's side with a 59.88.

Dayna Nellis and Meghan Carmichael both had solid 200 Fly events taking 2nd & 3rd place finishes. Joe Spann also had a great 200 Fly with a winning time of 2:04.61. Joel Gregory turned in his best time so far this year in the 100 Free at 49.71. Tori Martinez won the 200 Backstroke in 2:13.82. Melissa Funke and Napoleon Howell both won the 200 Breaststroke for the Huskies. Ryan Goggans won the 500 Free in 5:01.41. Lindsey Mikrut won the Women's 100 Fly in 1:00.21 while Joe Burns took 2nd in the 100 Fly with a time of 53.90.

SCSU Diving had another great weekend. Cassi Mrozek was a double winner in the 1M & 3M events. Chris White won 1M for the Men and Malachi Bennett took top honors in 3M. The SCSU Divers have yet to be denied a first place finish on either boards for men and women. Excellent job Huskies!

The Huskies look to build on the great progress they made in October. The mid season taper meet is fast approaching and we look forward to see all of their training and hard work pay off.

GO HUSKIES!!

