



Home of the Huskies
stcloudstate.edu/athletics

St. Cloud State University HUSKY ATHLETICS

Athletic Media Relations - Swimming & Diving Update

Contact: Christy Kramer 320-308-2141 or krch9901@stcloudstate.edu

2006-07 SCSU Swimming & Diving News

Release Date: February 6, 2007



:: UPCOMING MEETS ::

February 21-24, 2007: NCC CHAMPIONSHIPS GRAND FORKS, ND

2006-07 SCSU Schedule

Date	Opponent	Time/Result
10/14	Alumni Meet	N/A
10/20	@ N. Michigan (W) Marquette, Mich.	N/A
10/20	@ N. Michigan (W) Marquette, Mich.	N/A
10/28	@ UW-Stevens Point Stevens Point, WI	M: 135 W: 130
11/04	Husky Invitational I	M: 914 W: 766
11/11	Husky Invitational II	M: 1,267 W: 1,337
11/17	@ U of M Invite Minneapolis	M: 84 W: 6
11/18	@ U of M Invite Minneapolis	M: 165 W: 16
11/19	@ U of M Invite Minneapolis	M: 213 W: 20
12/01	@ Carthage Invitational Kenosha, WI	M: 454 W: 606
12/02	@ Carthage Invitational Kenosha, WI	M: 856 W: 1,130
12/02	Husky Diving Invite	N/A
01/05 - 01/15	@ Winter Training Trip St. Croix	
01/19	St. John's/St. Ben's Dual	N/A
01/20	@ South Dakota Vermillion, SD	M: 105 W: 82
02/03	@ UND Invite Grand Forks, ND	N/A
02/21 - 02/24	@ NCC Championships Grand Forks, ND	
03/14 - 03/17	@ NCAA Division II Championships	

(all meets are listed as Central Time)

For complete ticket information, please call
1-877-SCSUTIX or 320-308-2137.



HUSKIES PREPARE FOR NCC CHAMPIONSHIPS: The SCSU men's and women's swimming and diving teams will have two weeks to prepare for the NCC Championship to be held in Grand Forks, ND, February 21-24. Last year the men's team placed second and the women's took third.

JIMERSON SETS NEW SCHOOL RECORD: Apple Valley native, Nate Jimerson, broke the SCSU men's one-meter diving record this weekend in Grand Forks, ND. The sophomore diver dove to a final score of 302.25. The previous record of 302.00 was set by former Husky Jeremy Frye in 1998.

DIVERS QUALIFY FOR NATIONALS: Three SCSU divers qualified for Nationals this weekend in Grand Forks, ND by posting scores above the national standard. Kayla Edlebrock (St. Cloud) qualified in both the one-meter and the three-meter boards by posting scores of 253.30 and 258.95 respectively. Nate Jimerson (Apples Valley) qualified for nationals on the one-meter with a point total of 302.25 (a new school record) as well as the three-meter with a total of 306.90. Kelsey Berkeland (Coon Rapids) also qualified for nationals on the one-meter with a final point total of 267.30.

HUSKIES TAKE ON UND AND MSU-MOORHEAD IN GRAND FORKS, ND: The men's and women's swimming and diving teams traveled to Grand Forks, ND this weekend to take on the UND Invite. The meet pitted some highly ranked swimmers and divers against one another for the last regular-season meet before the NCC Championships.

The Husky relay teams fared well in the pool, but UND managed to touch the wall just seconds before. Here are the relay results:

200 free relay (women):

SCSU 'A' - Brenda Peters (Faribault), Alisha Blaydes (Elk River), Erin Lannon (Prior Lake), and Alison Weske (Sun Prairie, WI) 2nd/ 1:41.22
SCSU 'B' - Alison Helling (Thief River Falls), Megan Cotton (Racine, WI), Cathy Haen (Eveleth), and Stephanie Dauphin (Apple Valley) 5th/1:44.22

200 free relay (men):

SCSU 'A' - Jake Goergen (Mandan, ND), Doug McGrath (Alexandria), Sean Fitzgerald (Marshalltown, IA), and Russ Daniels (Oswego, NY) 2nd/1:27.48
SCSU 'B' - Nick Weaver (Marshall, IA), Jeff Dahl (Pleasant Prairie, WI), Brian Jacobs (Clive, IA), and Mitch Dickson (Faribault) 5th/1:32.22

400 medley relay (women):

SCSU 'B' - Haen, Melissa Eggleston (Cotton Grove), Weske, and Kelly Vieau (Delano) 3rd/4:12.26
SCSU 'A' - Elizabeth Lopez (Allen, TX), Laura Green (Eau Claire, WI), Becky Johnson (Columbus, NE), and Cotton 5th/4:15.07

400 medley relay (men's):

SCSU 'A' - Jacobs, Matt Girard (Bloomington), Scott Wolf (Maple Plain), and Daniels 2nd/3:40.85
SCSU 'B' - Matt Verwey (Red Deer, Alberta), Justin Vandenberg (Hutchinson), Jason Calvert (Bosque Farms, NM), and Kyle Cordry (Las Cruces, NM) 4th/3:49.47
SCSU 'C' - Jamie Dayton (Blaine), Shawn Larson (Columbia Heights), Matt Youngers (Oronoco), and Dahl 5th/3:52.55
SCSU 'D' - Jake Cardinal (Champlin), Matt Dahly (Bismarck, ND), Landon Mishler (Kenai, AK), and Dickson 6th/3:54.73

200 medley relay (women):

SCSU 'A' - Haen, Cotton, Weske, and Peters 2nd/1:52.32
SCSU 'B' - Eggleston, Lisa Pearson (Zimmeman), Johnson, and Lannon 4th/1:57.85

200 medley relay (men):

SCSU 'A' - Fitzgerald, Vandenberg, Goergen, and McGrath 3rd/1:41.52
SCSU 'B' - Verwey, Weaver, Calvert, and Daniels 4th/1:43.32



Home of the Huskies
stcloudstate.edu/athletics

400 free relay (women):

SCSU 'A' - Vieau, Peters, Blaydes, and Lannon 2nd/3:44.14
SCSU 'B' - Kim Fish (Becker), Lopez, Sarah Burnell (Oshkosh, WI) and Helling 5th/3:55.89

400 free relay (men):

SCSU 'A' - Verwey, Fitzgerald, McGrath, and Goergen 2nd/3:16.90
SCSU 'B' - Cordry, Daniels, Dickson, and Mishler 4th/3:20.88
SCSU 'C' - Jordan Michaels (Thief River Falls), Cardinal, Jim Schlup (Manhattan, KS), and Nate Saur (Bismarck, ND) 6th/3:32.95
SCSU 'D' - Milberger, Erich Richardson (Fargo, ND), Dahl, and Jacobs 7th/3:35.11

Two individual swim events were won by the Huskies, while the dive teams swept the top spots on both boards.

Here are the individual results for the women's squad:

Laura Seidenkranz (Shoreview) 2nd/500 free (5:28.36), 8th/1000 free (11:29.45) and 6th/200 free (2:07.07), Lopez 3rd/500 free (5:29.06), 4th/100 back (1:02.53) and 4th/200 free (2:03.96), Aubrey Welp (Des Moines, IA) 4th/500 free (5:29.08), 14th/100 free (59.44) and 5th/200 free (2:05.07), Kim Fish (Becker) 8th/500 free (5:46.22), 16th/100 free (1:00.01) and 18th/50 free (27.14), Haen 3rd/200 back (2:16.69), 3rd/100 back (1:01.47) and 8th/100 free (57.31), Eggleston 7th/200 back (2:20.72) and 12th/100 back (1:07.38), Bethany Fuller (Faribault) 15th/200 back (2:35.09), 22nd/100 back (1:14.32) and 15th/200 free (2:18.46), Weske 3rd/100 fly (1:00.39), 6th/100 back (1:05.66) and 6th/50 free (25.89), Johnson 11th/100 fly (1:02.68), 7th/100 free (2:25.50) and 14th/50 free (26.89), Caitlin Digney (Madison, WI) 12th/100 fly (1:03.05), 2nd/200 fly (2:15.80) and 6th/400 IM (5:01.66), Pearson 16th/100 fly (1:06.44), 4th/200 IM (2:21.89) and 17th/50 free (27.13), Green 17th/100 fly (1:06.58), 14th/100 back (1:09.00) and 8th/200 IM (2:22.93), Lannon 2nd/200 free (2:01.33) and 1st/100 free (55.10), Burnell 5th/200 back (2:34.30), 3rd/200 IM (2:20.19) and 5th/1000 free (11:02.49), Vieau 2nd/50 free (25.28), 11th/100 back (1:007.19) and 5th/100 free (56.71), Brueggemann 3rd/50 free (25.41), 4th/100 breast (1:11.73) and 6th/100 free (56.87), Peters 4th/50 free (25.47) and 13th/100 back (1:07.41), Blaydes 8th/50 free (26.03), 7th/100 breast (1:12.96) and 2nd/100 free (55.83), Helling 9th/50 free (26.09) and 9th/100 free (57.67), Cotton 12th/50 free (26.44) and 5th/100/breast (1:12.76), Dauphin 16th/50 free (26.97), 9th/100 breast (1:15.91) and 5th/200 IM (2:21.93), and Wolfrum 4th/400 IM (4:56.26) and 8th/100 breast (1:14.38).

Kayla Edelbrock (St. Cloud) 1st/three-meter (258.95) and 2nd/one-meter (253.30), Kelsey Berkeland (Coon Rapids) 4th/three-meter (241.80) and 1st/one-meter (267.30), and Annie McNallen (Coon Rapids) 7th/three-meter (223.40) and 7th/one-meter (210.55).

Here are the individual results for the men's squad:

Richardson 2nd/500 free (5:07.95), 5th/100 back (56.45), and 7th/200 breast (2:31.13), Milberger 3rd/ 500 free (5:12.26), 3rd/1650 free (18:00.60) and 12th/200 free (1:54.03), Girard 4th/500 free (5:13.68), 4th/100 breast (1:03.38), and 6th/200 breast (2:27.80), Schulp 5th/500 free (5:23.09), 4th/1650 free (18:49.06) and 16th/200 free (2:00.02), Jacobs 7th/100 fly (55.01), 3rd/100 back (55.75), and 16th/50 free (24.43), Fitzgerald 4th/200 back (2:00.66), 1st/100 free (48.77), 5th/50 free (22.35), Goergen 5th/100 fly (53.37), 2nd/100 back (55.60) and 4th/50 free (21.81), Calvert 6th/100 fly (53.97), 4th/200 fly (2:07.75) and 6th/400 IM (4:38.69), Daniels 7th/100 fly (55.01) and 11th/100 back (1:00.78), Wolf 8th/100 fly (55.02), 3rd/200 fly (2:07.31) and 5th/200 IM (2:07.15), Youngers 12th/100 fly (57.31), 6th/200 fly (2:11.03) and 7th/200 IM (2:07.88), Michaels 15th/100 fly (57.55), 6th/100 free (51.15), and 14th/50 free (23.93), Verwey 16th/100 fly (58.20), 13th/100 free (54.46), and 3rd/200 breast (2:25.54), Mishler 17th/100 fly (1:00.15), 12th/100 free (53.68), and 11th/50 free (23.45), Fuller 3rd/200 free (1:50.30), 9th/100 back (58.87) and 4th/400 IM (4:27.20), McGrath 5th/200 free (1:50.57) and 4th/200 IM (2:07.13), Cordry 6th/200 free (1:50.69), 2nd/100 free (49.43), and 8th/50 free (23.15), Dahl 9th/200 free (1:51.59), 3rd/100 free (50.08), and 10th/50 free (23.34), Saur 13/200 free (1:54.26), 12th/100 back (1:01.16) and 10th/100 free (52.32), Dayton 15th/200 free (1:56.78), Larson 2nd/200 breast (2:23.41) and 7th/100 breast (1:05.44), Weaver 4th/200 breast (2:25.91), 10th/100 breast (1:09.89), and 14th/100 free (55.86), Dahly 5th/200 breast (2:27.45), 9th/100 breast (1:07.90), and 8th/200 IM (2:09.53), Dickison 6th/50 free (22.84) 8th/100 free (51.57), and Vandenberg 9th/200 IM (2:10.43), and Cardinal 5th/100 free (51.03).

Nate Jimerson (Apple Valley) 1st/one-meter (302.25) and 1st/three-meter (306.90), Chris Pape (Bismarck, ND) 3rd/one-meter (247.20) and 3rd/three-meter (269.25), and Cameron Berg (Bow, WA) 5th/one-meter (228.50) and 5th/three-meter (261.55).

ST. CLOUD STATE UNIVERSITY QUICK FACTS

Location: St. Cloud, Minn.
Founded: 1869
Enrollment: 16,000
President: Dr. Roy Saigo
Director of Athletics: Dr. Morris Kurtz
National Affiliation: NCAA Division II
Conference: North Central Conference
Nickname: Huskies
Colors: Cardinal Red and White
Pool: Halenbeck Pool
First Year of Swimming & Diving: 1965
Head Coach: Jeff Hegle (6th Season)
Hegle's Phone: 320-308-4266
Hegle's Email: jmhegle@stcloudstate.edu
Assistant Coaches: Nate Brjlsley (Diving) and Charlie King
Student Assistant Coaches: Danielle Breunig, Jackie Vieau,
Graduate Assistant Coach: Nick Rosier

NEED INFO?

For information about SCSU swimming and diving, please contact the St. Cloud State Athletic Media Relations Office at 320-308-2141. The swimming and diving contact at SCSU for 2006-07 is Christy Kramer. You can contact her via email at krch9901@stcloudstate.edu.

IMPORTANT NUMBERS:

SCSU Ticket Office: 320-308-2137
SCSU AMR Office: 320-308-2141

WEBSITES:

To obtain complete information about SCSU swimming and diving this season, please go to the Husky Home Page at

www.StCloudState.edu/athletics

For information on the North Central Conference, please check out the league website at

www.northcentralconference.org



Coach Hegle

SCSU HEAD COACH JEFF HEGLE TAKES ON HIS SIXTH YEAR WITH THE HUSKIES: Jeff Hegle returns to the deck for his sixth season as the head swimming and diving coach for the men's and women's programs at St. Cloud State University.

In his five seasons with the Huskies he has led the women's team to top 20 finishes at the NCAA Championships. In both 2006 and 2005, the women placed 12th, and 11th in 2004, 13th in 2003, and 16th in 2002. The men finished 19th in 2006 and 21st at both the 2005 and 2004 NAAs.

Last year the at the North Central Conference Championships, the women place third for the third straight season and the men finally broke a four-year streak of third place finishes by placing second. This was the best finish by the SCSU men's swimming and diving team since 1989.

Hegle is a familiar name to SCSU athletics, as he was a graduate assistant coach to the swimming and diving program for two seasons (1993-95) and is a former Husky swimmer. Hegle captained the SCSU men's swimming and diving team during the 1991-92 season. He received an undergraduate degree in social studies and secondary education in 1993. He earned a master's degree in special education at SCSU.

At St. Cloud State, Hegle was an Admissions Ambassador for three years and a University Award of Excellence in Leadership nominee.

From 1997 until his appointment at SCSU, Hegle had been the girls swim coach at Monticello High School. He joined the Monticello program in 1995 as the assistant swim coach for boys and girls. He has also coached the Monticello Swim Club.

Along with his duties as head swimming and diving coach, Hegle also works in the SCSU Compliance Office.

Hegle, a native of Melrose, Minn., is married to former SCSU volleyball standout Christin Broich. Together they have three daughters, Caitlin, Tessa, and Molly.

2006/07 Swimming and Diving Rosters

Women's

Name	Year	Event	Hometown
Kelsey Berkeland	So.	Diving	Coon Rapids, MN
Alisha Blaydes	So.	Fly	Elk River, MN
Katie Brueggemann	FY	IM	Grafton, WI
Sarah Burnell	So.	Distance	Oshkosh, WI
Megan Cotton	FY	Free	Racine, WI
Stephanie Dauphin	So.	Free	Apple Valley, MN
Caitlin Digney	Jr.	Distance	Madison, WI
Shannon Dixon	FY	Fly	Gillette, WY
Kayla Edelbrock	FY	Diving	St. Cloud, MN
Melissa Eggleston	Jr.	Breast	Cotton Grove, MN
Kim Fish	Jr.	Free	Becker, MN
Jenny Foster	Sr.	Breast	Ottumwa, IA
Bethany Fuller	FY	Distance	Faribault, MN
Laura Green	FY	Breast	Eau Claire, WI
Cathy Haen	FY	Back	Eveleth, MN
Allyson Helling	FY	Free	Thief River Falls, MN
Becky Johnson	So.	Fly	Columbus, NE
Erin Lannon	Jr.	Free	Prior Lake, MN
Elizabeth Lopez	So.	Back	Allen, TX
Annie McNallen	FY	Diving	Coon Rapids, MN
Danielle Monton	Sr.	Back	Dorval, Quebec
Lisa Pearson	Jr.	Breast	Zimmerman, MN
Brenda Peters	Sr.	Free	Faribault, MN
Laura Seidenkranz	Jr.	Distance	Shoreview, MN
Kelly Vieau	FY	Free	Delano, MN
Aubrey Welp	FY	Distance	Des Moines, IA
Alison Weske	FY	Fly	Sun Prairie, WI
Kendra Willis	Jr.	Diving	Neenah, WI
Jordan Wolfrum	So.	Breast	Longmont, CO

Men's

Name	Year	Event	Hometown
Cameron Berg	FY	Diving	Bow, WA
Jacob Cardinal	FY	Free	Champlin, MN
Jason Calvert	Sr.	Fly	Bosque Farms, NM
Kyle Cordry	FY	Free	Las Cruces, NM
Jeff Dahl	Sr.	Free	Pleasant Prairie, WI
Matt Dahly	FY	Breast	Bismarck, MN
Russ Daniels	Sr.	Free	Oswego, NY
Jamie Dayton	FY	Back	Blaine, MN
Mitchel Dickison	So.	Free	Faribault, MN
Ross Eiden	Jr.	Diving	Rosemount, MN
Logan Frederick	FY	Breast	Marshalltown, IA
Sean Fitzgerald	Jr.	Back	Marshalltown, IA
Isaiah Fuller	Jr.	Distance	Faribault, MN
Matt Girard	So.	Breast	Bloomington, MN
Jacob Goergen	FY	Fly	Mandan, ND
Brian Jacobs	So.	Back	Clive, IA
Nate Jimerson	So.	Diving	Apple Valley, MN
Shawn Larson	FY	Breast	Columbia Heights, MN
Doug McGrath	Jr.	Free	Alexandria, MN
Jordan Michaels	So.	Fly	Thief River Falls, MN
Alex Milberger	FY	Free	Casper, WY
Landon Mishler	FY	Free	Kenai, AK
Ray Nelson	Sr.	Breast	Willmar, MN
Chris Pape	Jr.	Diving	Bismarck, ND
Erich Richardson	FY	Distance	Fargo, ND
Nate Saur	Jr.	Free	Bismarck, ND
Jim Schlup	FY	Free	Manhattan, KS
Adam Sebestyen	So.	Breast	Munich, Germany
Grant Smith	Jr.	Free	Ramsey, MN
Justin Vandenberg	FY	Breast	Hutchinson, MN
Matt Verwey	FY	Back	Red Deer, Alberta
Nick Weaver	FY	Breast	Marshall, MI
Scott Wolf	Sr.	Fly	Maple Plain, MN
Matt Youngers	FY	Breast	Oronoco, MN