



Home of the Huskies

St. Cloud State University HUSKY ATHLETICS

Athletic Media Relations - Swimming & Diving Update

Contact: Pat McCabe: 320-308-2141 or mcpa0702@stcloudstate.edu



Upcoming Meets:

Hawaii Training Trip
January 2 - 14, 2008
Oahu, Hawaii

@ St. John's/St. Ben's Dual
January 18, 2008
Warner Palaestra, St. John's, 6:00 p.m.

@ St. Olaf College
January 19, 2008
Skoglund Center Natatorium, 1:00 p.m.
Northfield, Minn.

2007-08 SCSU Schedule

Date	Meet	Time/Result
10/4-5	Intersquad Meet	4:00pm
10/13	Alumni Meet	Noon
10/19	N. Michigan, MSU Moorhead (Women Only)	1st, 1st
10/20	N. Michigan, MSU Moorhead (Women Only)	1st, 1st
10/27	@UW-Stevens Point, UW-Eau Claire	M: 1st, 1st W: 1st, 1st
11/2	Husky Invite I (Diving @ Sartell H.S.)	7:00pm
11/3	Husky Invite I (All @ Halenbeck)	M: 2nd W: 2nd
11/10	@St. John's/St. Ben's Invite (Diving at SCSU)	M: 1st W: 1st
11/17	@North Dakota	M: 2nd, W: 2nd
11/30-12/1	@TYR/CollegeSwimming.com Classic	M: 1st W: 1st
12/1	Husky Diving Invite	10:30am
12/8	@Minnesota State	M: 1st, W: 1st
1/2-14	@Hawaii Training Trip	TBA
1/18	@St. John's/St. Ben's Dual	6:00pm
1/19	@St. Olaf	1:00pm
1/25	Carleton College	6:30pm
1/26	South Dakota (Parent's Day)	3:00pm
2/8-9	@Minnesota Challenge	TBA
2/19-23	@NCC Championships	TBA
3/12-15	@NCAA DII Championships	TBA

All home meets are at Halenbeck Hall Aquatic Center unless otherwise noted. Admission is FREE for all home meets. For complete ticket information, please call 1-877-SCSUTIX or 320-308-2137.



2007-08 SCSU SWIMMING & DIVING NEWS Release Date: December 10, 2007



HAWAII TRAINING TRIP: With final exams beginning this week, and the forthcoming semester break, the Huskies get a much needed rest from competition. The next meet for the Huskies will be a dual with St. Ben's/St. John's on Friday Jan. 18. In the mean time, however, the swimmers and divers will enjoy some fun in the sun during their Hawaii training trip. From January 2-14 the team will be practicing in Oahu, Hawaii in preparation for the second half of the 2007-08 season.

HUSKIES IN MANKATO: The Huskies took on Minnesota State in a dual meet this past Saturday, Dec. 8, and came away with wins from both the men and the women. The women beat the Mavericks 139-104, while the men earned the win with a 127-114 score.

GOING THE DISTANCE: Husky distance swimmers Caitlin Digney (Madison, Wis.) and Isaiah Fuller (Faribault) kept the competition at a distance as they each won the 500 and 1000-yard freestyle in the meet. Digney collected her first win in the 1000 with an 11:04.70, and followed it up in the 500 free with a 5:24.33, narrowly beating teammate Sarah Burnell (Oshkosh, Wis.) at 5:24.71. Fuller also won first in the 1000 when he touched the wall at 10:07.95, winning by nearly 10 seconds. Digney may have had a close win in her 500, but Fuller had a photo finish. His winning time was 4:53.01, mere hundredths of a second ahead of second place 4:53.03.

POOL RECORDS: In the meet in Mankato, the Huskies left their mark on Minnesota State's Highland Pool. St. Cloud State set two new pool records and managed to beat another in a second place effort. Jake Goergen (Mandan, N.D.) took top honors in the 100-yard freestyle when he touched the wall at the 47.41 mark. In doing so he beat the previous standard of 47.57. Also the men's 200-yard freestyle relay team of Kyle Cordry (Las Cruces, N.M.), Goergen, Doug McGrath (Alexandria), and Sean Fitzgerald (Marshalltown, Iowa) teamed up to win and set the pool record at 1:25.98, bettering the previous mark of 1:27.21. SCSU's Cathy Haen (Eveleth) also beat the pool record of 1:00.93 in the 100-yard back, but her time of 1:00.52 was second to MSU's Angela Krych at 59.72.

CHART TOPPERS: With the first half of the season in the books, several SCSU swimmers and divers can lay claim to some of the top times in the NCC. Most notably in men's diving, Nate Jimerson (Apple Valley) and Ross Eiden (Rosemount) hold the first and second best marks respectively in both one (504.60, 461.90) and three-meter (501.00, 499.30) diving. The women's 200 free relay team of Kelly Vieau (Delano), Ali Weske (Sun Prairie, Wis), Erin Lannon (Prior Lake) and, Alisha Blaydes (Elk River)

also hold the top spot thus far this season at 1:39.90. Fuller's mark in the 1000 free (10:07.95) just this past weekend gives him the second best time in the NCC this year, while Blaydes in the 100 free (52.82), Goergen in the 100 fly (52.32), Digney in the 200 fly (2:09.95), Matt Verway (Red Deer, Alberta) in the 200 back (1:54.27), Joe Palmersten (St. Cloud) in the 200 breast (2:13.66), Kyle Green (Bettendorf, Iowa) in the 200 IM, and Kendra Willis (Neenah, Wis.) in three-meter diving (259.45) can all lay claim to NCC second best times this season.



Ali Weske



Kelly Vieau

NATIONAL QUALIFIERS: The Huskies also have several athletes who have already stamped their ticket to nationals. They include, Kelsey Berkeland (Coon Rapids) (one-meter diving), Blaydes (200 free relay, 100 free, 50 free) Eiden (one & three-meter diving), Jimerson (one & three-meter diving), Erin Lannon (Prior Lake) (200 free relay, 100 free, 50 free), Vieau (200 free relay, 50 free), Weske (200 free relay, 100 fly), and Willis (one & three-meter diving).

JIMERSON HONORED BY NCC: When the North Central Conference announced their weekly award winners on Dec. 4, St. Cloud State junior diver Nate Jimerson was named NCC male diver of the week. The honor was the first of the season for Jimerson and came on the heels of his best performance of 2007-08. In last weeks Husky Diving Invite Jimerson won both of the men's events, taking top honors on the one and three-meter boards. His scores both topped the 500 mark as he recorded a 504.60 on the one-meter and a 501.00 on the three-meter. Each of the scores set new SCSU and NCC highs for the 2007-08 season.



Nate Jimerson



Winners in 2007-08:

Women:

Kelsey Berkeland- 10/19: 1M dive, 3M dive; 10/20: 1M dive, 3M dive; 10/27: 1M dive; 11/10: 3M dive; 11/17: 3M dive; 12/1: 3M dive; 12/8: 1M dive
Katie Brueggemann- 10/20: 200 IM; 11/10: 200 IM; 12/1: 400 IM; 12/8: 200 IM
Alisha Blaydes- 10/19: 100 free; 10/27: 200 free, 100 fly; 11/10: 200 free, 100 free; 11/30: 100 free; 12/1: 50 free; 12/8: 100 free
Sarah Burnell- 10/19: 400 IM, 500 free; 10/20: 200 free, 500 free; 11/10: 1000 free
Caitlin Digney- 10/19: 1650 free, 200 fly; 10/20: 1000 free; 10/27: 200 fly; 11/3: 200 fly; 11/10: 200 fly, 500 free; 11/30: 200 fly; 12/8: 1000 free, 500 free
Cathy Haen- 11/10: 100 free; 12/1: 100 back
Erin Lannon- 12/8: 50 free
Elizabeth Lopez- 10/19: 200 free, 200 back; 10/20: 100 back; 10/27: 200 back; 11/10: 200 back
Kelly Vieau- 10/19: 50 free; 10/20: 50 free, 100 free; 10/27: 50 free; 11/10: 50 free
Alison Weske- 10/20: 100 fly; 11/10: 100 fly; 11/17: 100 fly; 12/1: 100 fly; 12/8: 100 fly
Kendra Willis- 10/27: 3M dive; 11/10: 1M dive; 11/17: 1M dive; 12/8: 3M dive
200 medley relay- 10/20; 11/10; 12/1
200 free relay- 10/20; 11/17; 11/30
400 medley relay- 10/19; 11/30
400 free relay- 10/19; 10/27; 11/10; 12/1

Men:

Kyle Cordry- 10/27: 200 free; 12/8: 200 free
Logan Carpenter- 11/10: 100 breast; 11/10: 200 breast
Ross Eiden- 11/3: 1M dive; 11/17: 1M dive; 12/8: 3M dive
Isaiah Fuller- 10/27: 1000 free, 500 free; 11/10: 1000 free, 500 free; 12/8: 1000 free, 500 free
Jake Goergen- 11/3: 50 free; 11/10: 50 free, 100 free; 11/30: 100 free; 12/8: 100 free
Kyle Green- 11/3: 100 back
Nate Jimerson- 10/27: 3M dive, 1M dive; 11/10: 1M dive, 3M dive; 12/1: 1M dive, 3M dive
Matt Verway- 10/27: 200 back; 11/3: 200 IM, 200 back; 11/30: 200 back; 12/1: 400 IM
200 medley relay- 11/10
200 free relay- 11/30; 12/8
400 free relay- 11/10; 12/1

Huskies Best of 2007-08

Table with 3 columns: Men, Huskies Best of 2007-08, Women. Lists various swimming events and their winners with times.

St. Cloud State University Quick Facts

Location: St. Cloud, Minn.
Founded: 1869
Enrollment: 16,000
President: Dr. Earl H. Potter III
Director of Athletics: Dr. Morris Kurtz
National Affiliation: NCAA Division II
Conference: North Central Conference
Nickname: Huskies
Colors: Cardinal and Black
Pool: Halenbeck Aquatic Center
First Year of Swimming & Diving at SCSU: 1965
Head Coach: Jeff Hegle (7th Season)
Hegle's Phone: 320-308-4266
Hegle's Email: jmhegle@stcloudstate.edu
Assistant Coaches: Nate Brisley (Diving), Steve Mohs (Distance), Nick Rosier, Jackie Vieau

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 2007-08 is Pat McCabe. You can contact him via email at mcpa0702@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



Meet the Huskies

Stephanie Dauphin - Junior

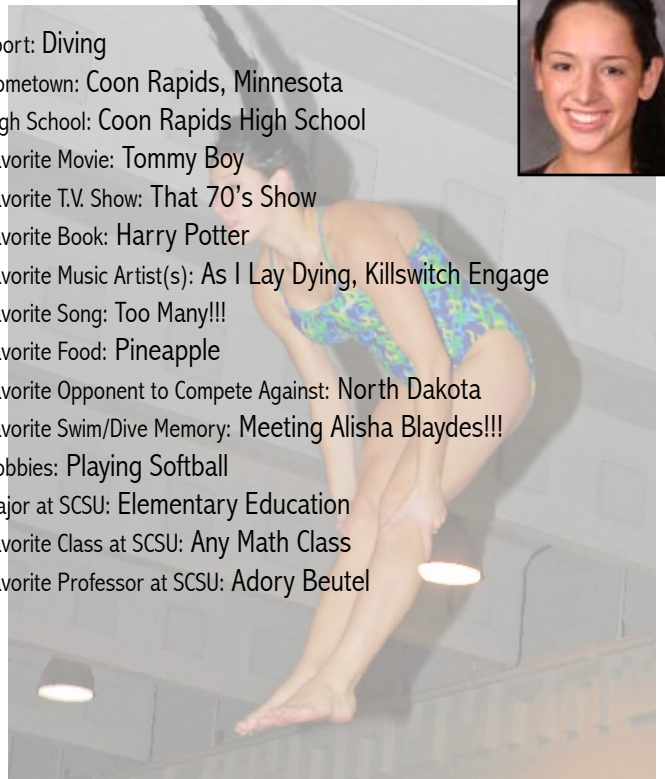


Sport: Swimming - IM & Free
 Hometown: Apple Valley, Minnesota
 High School: Rosemount High School
 Favorite Movie: Con Air
 Favorite T.V. Show: Grey's Anatomy
 Favorite Music Artist(s): Rascal Flatts, Faith Hill, Bon Jovi
 Favorite Song: "Me and My Gang" - Rascal Flatts
 Favorite Restaurant: Planet Hollywood
 Favorite Food: Baked Goods
 Favorite Road Trip: St. Croix 2007 & UND Invite 2007
 Favorite Swim/Dive Memory: All the Bonfires
 Hobbies: Music, Bonfires
 Major at SCSU: Nursing

Annie McNallan - Sophomore



Sport: Diving
 Hometown: Coon Rapids, Minnesota
 High School: Coon Rapids High School
 Favorite Movie: Tommy Boy
 Favorite T.V. Show: That 70's Show
 Favorite Book: Harry Potter
 Favorite Music Artist(s): As I Lay Dying, Killswitch Engage
 Favorite Song: Too Many!!!
 Favorite Food: Pineapple
 Favorite Opponent to Compete Against: North Dakota
 Favorite Swim/Dive Memory: Meeting Alisha Blaydes!!!
 Hobbies: Playing Softball
 Major at SCSU: Elementary Education
 Favorite Class at SCSU: Any Math Class
 Favorite Professor at SCSU: Adory Beutel



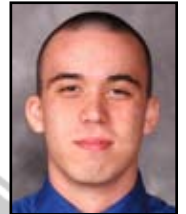
Justin Vandenberg - Sophomore



Sport: Swimming - Breaststroke & IM
 Hometown: Hutchinson, Minnesota
 High School: Hutchinson High School
 Favorite Movie: Blaydes of Glory
 Favorite T.V. Show: Family Guy
 Favorite Music Artist(s): Rage Against the Machine, Collective Soul
 Favorite Song: "B.Y.O.B."
 Favorite Restaurant: Buffalo Wild Wings
 Favorite Food: Hot Wings
 Favorite Road Trip: Carthage Invite
 Major at SCSU: Math Education



Jacob Goergen- Sophomore



Sport: Swimming - Fly & Free
 Hometown: Mandan, North Dakota
 High School: Mandan High School
 Favorite Movie: The Natural
 Favorite T.V. Show: Monday Night Football
 Favorite Book: Cat's Cradle
 Favorite Music Artist(s): John Mayer, Dave Mathews Band
 Favorite Song: Too Many!!!
 Favorite Restaurant: Olive Garden
 Favorite Food: Taco's
 Favorite Opponent to Compete Against: North Dakota
 Favorite Road Trip: Conference 2007
 Hobbies: Golf, athletics
 Major at SCSU: Business
 Favorite Class at SCSU: Democratic Citizenship
 Favorite Professor at SCSU: Ben Doberstein
 Career Goals: Own a Business





Head Coach - Jeff Hegle



Coach Hegle

SCSU HEAD COACH JEFF HEGLE TAKES ON HIS SEVENTH YEAR WITH THE HUSKIES:

Jeff Hegle returns to the deck for his seventh season as the head swimming and diving coach for the men's and women's programs at St. Cloud State University.

In his six seasons with SCSU, Hegle has led the Huskies to numerous NCAA Championship meets consistently finishing among

the best in the country. Last season, the women's team finished 19th at the 2007 NCAA Division II Championship meet, while the men fell just outside the top-20 at 21st. The best finish for the Husky women came in 2004 when they finished 11th at the NCAA Division II meet. Coach Hegle also guided them to 12th place finishes in 2005 and 2006 as well as a 13th place finish in 2003 and a 16th in 2002. The men had their best finish in 2006 when they finished 19th at the NCAA's, and also recorded 21st place finishes at the 2004 and 2005 NCAA's.

A season ago at the 2007 North Central Conference Championship meet the SCSU men finished in second place for the second straight season, while the women finished in fourth place after finishing third in 2006. The University of North Dakota swept the meet taking home top honors for both the men and the women.

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 from SCSU. He then went on to earn 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 as the Assistant Life Skills Coordinator.

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

2007-08 Swimming & Diving Rosters

WOMEN

Name	Yr.	Event	Hometown
Nikki Bakke	FY	Back	Hutchinson
Elizabeth Barbee	FY	Free	Homestead, WI
Kelsey Berkeland	Jr.	Diving	Coon Rapids
Alisha Blaydes	So.	Free	Elk River
Katie Brueggemann	So.	IM	Grafton, WI
Sarah Burnell	Jr.	Distance	Oshkosh
Megan Cotton	So.	Free	Racine, WI
Stephanie Dauphin	Jr.	IM	Apple Valley
Caitlin Digney	Sr.	Distance	Madison, WI
Melissa Eggleston	Sr.	Breast	Ankeny, IA
Kim Fish	Sr.	Free	Becker
Bethany Fuller	So.	Back	Faribault
Laura Green	So.	Breast	Eau Claire, WI
April Greene	FY	Free	Sun Prairie, WI
Cathy Haen	So.	Back	Eveleth
Allyson Helling	So.	Free	Thief River Falls
Becky Johnson	Jr.	Fly	Columbus, NE
Erin Lannon	Sr.	Free	Prior Lake
Elizabeth Lopez	Jr.	Back	Allen, TX
Annie McNallen	So.	Diving	Coon Rapids
Cassie Mrozek	FY	Diving	Inver Grove Heights
Lisa Pearson	Sr.	Breast	Zimmerman
Carissa Reilly	FY	IM	St. Michael
Angela Schroeder	So.	Breast	Rosemount
Laura Seidenkranz	Sr.	Distance	Shoreview
Kelly Vieau	So.	Free	Delano
Aubrey Welp	So.	Distance	Des Moines, IA
Alison Weske	So.	Fly	Sun Prairie, WI
Michelle Winter	FY	Distance	Sauk Center
Kendra Willis	Sr.	Diving	Neenah, WI
Jordan Wolfrum	Jr.	Breast	Longmont, CO

MEN

Name	Yr.	Event	Hometown
Cameron Berg	So.	Diving	Bow, WA
Logan Carpenter	FY	Breast	Superior, WI
Kyle Cordry	So.	Free	Las Cruces, NM
Matt Dahly	So.	Breast	Bismarck, ND
Jamie Dayton	So.	Back	Blaine
Mitchel Dickison	Jr.	Free	Faribault
Ross Eiden	RS-Jr.	Diving	Rosemount
Sean Fitzgerald	Sr.	Back	Marshalltown
Isaiah Fuller	Sr.	Distance	Faribault
Jacob Goergen	So.	Fly	Mandan, ND
Kyle Green	FY	Free	Bettendorf, IA
Brian Jacobs	Jr.	Back	Clive, IA
Nate Jimerson	Jr.	Diving	Apple Valley
Doug McGrath	Sr.	Free	Alexandria
Jordan Michaels	Jr.	Fly	Their River Falls
Alex Milberger	So.	Free	Casper, WY
Landon Mishler	So.	Free	Kenai, AK
Justin Nelson	FY	Back	Richfield
Brad Nesheim	FY	Dive	Edina
Alex Olp	Jr.	Fly	Oregon, WI
Chris Pape	Sr.	Diving	Bismarck, ND
Joe Palmersten	FY	Breast	St. Cloud
Phillip Potter	So.	Free	Stevens Point, WI
Alex Repensky	So.	Breast	Duluth
John Rosier	FY	Free	Biwabik
Nate Saur	Sr.	Free	Bismarck, ND
Jim Schlup	So.	Free	Manhattan, KS
Joe Spann	FY	Fly	North Pole, AK
Justin VandenBerg	So.	Breast	Hutchinson
Matt Verwey	So.	IM	Red Deer, Alberta
Nick Weaver	So.	Breast	Marshall, MI
Matt Youngers	So.	Fly	Oronoco





Assisting in 2007-08

NATE BRISLEY - DIVING COACH: Nate Brisley is a former Husky All-American diver that is returning for his fourth season as a diving coach for the SCSU swimming and diving program. A native of Excelsior, Minn., Brisley began his Husky career in 1999, earning two All-American finishes at the NCAA Division II Swimming and Diving Championships. After transferring to Drury University in 2000, Brisley continued his success with six more All-American finishes, a team national championship in 2003, and an individual national title on the three-meter board while being named the NCAA DII Diver of the Year in 2004. Entering into his fourth season at St. Cloud State University, Brisley has coached 24 All-Conference finishes, 15 All-American honorable mention finishes, and 10 All-American finishers. Brisley was named the North Central Conference Diving Coach of the Year in 2006 and in 2007, and he is also a two-time volunteer Star of the North Sport Director in Rochester, Minn. Brisley graduated from Drury University in 2004 with a degree in business.



Nate Brisley

JACKIE VIEAU - ASSISTANT COACH: Jackie Vieau, a native of Delano, Minn., is a first year graduate student studying in early childhood special education. A 2007 graduate of SCSU with a degree in communication disorders, Vieau swam under the helm of current head coach Jeff Hegle from 2002-2006. As a Husky, Vieau was a four-time NCAA All-American and the 2005 and 2006 North Central Conference Champion in the 100 free and 400 free relay. In 2004, she swam on the NCC Championship 200 and 400 free relay teams. Vieau earned her third All-American honor of her career with a seventh place 400 free relay national finish in 2005. There she also competed on three other relays at the national championships, as well as the individual 100 and 200 free. Vieau holds school records as a member of the 200, 400, and 800 free relay teams. She is also a member of the 400 free relay team that holds the current NCC record of 3:30.56. Vieau was named NCC Swimmer of the Week on Nov. 2, 2004 and Feb. 1, 2005.



Jackie Vieau

NICK ROSIER - ASSISTANT COACH: Nick Rosier is a second year graduate student working towards a master's degree in exercise science and returns to the pool for his second year of coaching with the Huskies. Originally from Biwabik, Minn., Nick is a graduate of the University of Wisconsin-Stevens Point with a bachelor's of arts in history. He swam at UW-Stevens Point and was a four-time conference finalist in the 100 and 200 breaststroke. His freshman year he was voted the team's Most Improved Swimmer and lettered all four years of his Pointers career. Nick currently resides in St. Cloud, and is getting married to his fiancé Jessica on December 29th of this year.



Nick Rosier

STEVE MOHS - ASSISTANT COACH: Steve Mohs is in his seventh year as an assistant swimming and diving coach for Saint Cloud State University. A former Alumnus of the program, Mohs began his career as a student-athlete competing for the Huskies from 1998-2001. He was named team captain his senior season. After finishing his undergraduate degree in December of 2001, he took over as the graduate assistant coach. While working on his master's degree, Mohs was hired as the head coach of the St. Cloud Area USA Swimming Club. He expanded the club participants from 75 to over 140. He also garnered much team success with a top-five finish at the Minnesota State Long Course Championships in the summer of 2005.



Steve Mohs

Mohs role during his time as assistant swimming and diving coach at St. Cloud State, he will work primarily with the distance swimmers and IM'ers. Steve finished his master's degree in sports management in May of 2007. He is currently employed full-time with Arctic Glacier Ice while maintaining his status as assistant coach with the Husky team.

SCSU Record Book

SCSU Women's Records

Table with 4 columns: Event, Name, Time, Year. Lists records for various swimming events including Freestyle, Backstroke, Breaststroke, Butterfly, IM, and Relay events.

SCSU Men's Records

Table with 4 columns: Event, Name, Time, Year. Lists records for various swimming events including Freestyle, Breaststroke, IM, and Relay events.

Records set this season are in bold