

SCSU Men's Swimming & Diving All-Americans

(thru 2008-09 season)



Mary Ahlin
4X Nat'l Champion



Tesia Zuba



Sarah Loquai
Nat'l Champion



Kori Strate

- | | | |
|------|---|---|
| 1980 | Jane Baltes
50 Backstroke | Marissa Tieszen
50 Freestyle 11th |
| 1991 | Pam Raetz
100 Breaststroke 5th
200 Breaststroke 5th | 100 Freestyle 12th
Sarah Loquai
1-Meter Diving 15th |
| 1992 | Marissa Tieszen
50 Freestyle 7th
Pam Raetz
100 Breaststroke 7th
200 Breaststroke 5th
200 Medley Relay 5th
Kori Pearson
Kathy Ghylin
Marissa Tieszen
Pam Raetz | Ann Mommsen
1-Meter Diving 10th
1996 Sara Loquai
1-Meter Diving 4th
3-Meter Diving 9th
Nikki Noaeill
50 Freestyle 6th
Marie Rubel
1-Meter Diving 8th
3-Meter Diving 8th |
| | Kim Horge
100 Breaststroke 11th
200 Free Relay 6th
Marissa Tieszen
Andrea Bergstrom
Karen McKinley
Kori Pearson
Missy Tuominen
3-Meter Diving 15th
1-Meter Diving 16th
Emily Wicktor
1-Meter Diving 14th | 1997 Sara Loquai
1-Meter Diving 1st
3-Meter Diving 6th
Marie Rubel
3-Meter Diving 7th
1-Meter Diving 9th
Karie Ann Goebel
3-Meter Diving 12th |
| 1993 | Pam Raetz
100 Breaststroke 4th
200 Breaststroke 7th
Marissa Tieszen
50 Freestyle 16th
200 Free Relay 10th
Marissa Tieszen
Jenny Bentley
Kori Pearson
Andrea Bergstrom | 1998 Mary Ahlin
1-Meter Diving 1st
3-Meter Diving 1st
Marie Rubel
1-Meter Diving 9th
3-Meter Diving 5th
Sarah Loquai
1-Meter Diving 5th
3-Meter Diving 10th
Kari Ann Goebel
1-Meter Diving
3-Meter Diving 15th |
| 1994 | Pam Raetz
100 Breaststroke 3rd
200 Breaststroke 3rd
200 Medley Relay 4th
Pam Raetz
Marissa Tieszen
Kori Pearson
Stacy Bechel
400 Medley Relay 9th
Pam Raetz
Marissa Tieszen
Kori Pearson
Stacy Bechel
Marissa Tieszen
50 Freestyle 7th
Stacy Bechel
100 Butterfly 16th
Ann Mommsen
1-Meter Diving | 1999 Mary Ahlin
1-Meter Diving 1st
3-Meter Diving 1st
Marie Rubel
1-Meter Diving 6th
3-Meter Diving 8th
Kori Strate
50 Freestyle 7th
100 Freestyle 13th |
| 1995 | 200 Free Relay 7th
Nikki Noaeill
Jaime Jackson
Sarah Boothby
Marissa Tieszen | 2000 Heather Miller
100 Freestyle 2nd
50 Freestyle 4th
400 Freestyle Relay 5th
Heather Miller
Kori Strate
Adrienne Higley
Kim Braun
800 Freestyle Relay 7th
Kori Strate
Heather Miller
Adrienne Higley
Kim Braun
200 Freestyle Relay 4th
Heather Miller
Kori Strate
Lindsey Bubolz
Beth Lococo |

200 Medley Relay 8th
 Heather Miller
 Tesia Zuba
 Kori Strate
 Tesia Zuba
 Tesia Zuba
 200 Breaststroke 3rd
 100 Breaststroke 4th
 Mary Ahlin
 1-Meter Diving 3rd
 3-Meter Diving 4th
 Amy Crook
 1-Meter Diving 6th
 Heather Hansen
 3-Meter Diving 5th
 2001 Tesia Zuba
 100 Breaststroke 2nd
 200 Breaststroke 2nd
 Mary Ahlin
 1-Meter Diving 4th
 3-Meter Diving 4th
 2002 Tesia Zuba
 100 Breaststroke 4th
 200 Breaststroke 2nd
 400 Individual Medley 8th
 2003 Tesia Zuba
 100 Breaststroke 5th
 200 Breaststroke 4th
 800 Free Relay 8th
 Tesia Zuba
 Alise Emil
 Danielle Breunig
 Jackie Vieau
 2004 200 Free Relay 8th
 Alise Emil
 Brenda Peters
 Jackie Vieau
 Danielle Breunig
 Sarah Nielsen
 3-Meter Diving 10th (HM)
 Sara Steffen
 3-Meter Diving 14th (HM)
 Danielle Breunig
 200 Free 16th (HM)
 400 Free Relay 9th (HM)
 Danielle Breunig
 Brenda Peters
 Jackie Vieau
 Alise Emil
 800 Free Relay 9th (HM)
 Danielle Breunig
 Brenda Peters
 Alise Emil
 Jackie Vieau
 400 Medley Relay 10th (HM)
 Danielle Breunig
 Branda Peters
 Alise Emil
 Jackie Vieau
 200 Medley Relay 12th (HM)
 Brenda Peters
 Alise Emil
 Danielle Bruenig
 Jackie Vieau

2005 Alise Emil
 100 Butterfly 5th
 400 Free Relay 7th
 Alise Emil
 Jackie Vieau
 Danielle Breunig
 Brenda Peters
 Jackie Vieau
 100 Free 10th (HM)
 Danielle Breunig
 100 Free 16th (HM)
 800 Free Relay 10th (HM)
 Danielle Breunig
 Alise Emil
 Brenda Peters
 Jackie Vieau
 200 Free Relay 10th (HM)
 Brenda Peters
 Danielle Breunig
 Jackie Vieau
 Alise Emil
 400 Medley Relay 10th (HM)
 Brenda Peters
 Melissa Eggleston
 Alise Emil
 Jackie Vieau
 200 Medley Relay 12th (HM)
 Kristin Otterson
 Melissa Egglestoin
 Alise Emil
 Danielle Breunig
 Sarah Steffen
 1-Meter Diving 15th (HM)
 3-Meter Diving 9th (HM)
 Kendra Willis
 3-Meter Diving 14th (HM)
 Sarah Nielsen
 3-Meter Diving 16th (HM)
 2006 Alise Emil
 100 Butterfly 4th
 400 Free Relay 6th
 Jackie Vieau
 Danielle Breunig
 Brenda Peters
 Alise Emil
 Sarah Steffen
 1-Meter Diving 4th
 3-Meter Diving 7th
 Kendra Willis
 3-Meter Diving 10th (HM)
 Sarah Nielsen
 3-Meter Diving 13th (HM)
 Jackie Vieau
 100 Free 12th (HM)
 200 Free Relay 9th (HM)
 Alise Emil
 Brenda Peters
 Jackie Vieau
 Danielle Breunig
 400 Medley Relay 11th (HM)
 Alise Emil
 Brenda Peters
 Jackie Vieau
 Danielle Breunig



Kendra Willis



Jackie Vieau



Brenda Peters



Alise Emil



Kelsey Berkeland

2007
 800 Free Relay 11th (HM)
 Danielle Breunig
 Brenda Peters
 Alise Emil
 Jackie Vieau
 Kendra Willis
 1-Meter Diving 5th
 3-Meter Diving 7th
 Kelsey Berkeland
 1-Meter Diving 9th (HM)
 3-Meter Diving 10th (HM)
 2008
 Kelsey Berkeland
 1-Meter Diving 5th
 3-Meter Diving 3rd
 Kendra Willis
 3-Meter Diving 5th

5th, 200 medley relay(4)
 (1:44.16)
 Kelly Vieau / All-American
 4th, 200 freestyle relay(3)
 (1:34.18)
 Alisha Blaydes / 4x HM
 9th, 100 freestyle (50.99)
 9th, 400 freestyle relay(4)
 (3:28.32)
 10th, 400 medley relay(4)
 (3:50.44)
 16th, 800 freestyle relay(1)
 (7:46.84)
 Katie Brueggemann / 2x HM
 10th, 400 medley relay(2)
 (3:50.44)
 16th, 100 breaststroke
 (1:05.66)
 Cathy Haen / 2x HM
 10th, 400 medley relay(1)
 (3:50.44)
 12th, 100 backstroke (57.04)
 Kirsten Koetter / HM
 9th, 400 freestyle relay(1)
 (3:28.32)
 Elizabeth Lopez / 2x HM
 9th, 400 freestyle relay(2)
 (3:28.32)
 16th, 800 freestyle relay(3)
 (7:46.84)
 Cassi Mrozek / Honorable Mention
 12th, three-meter diving
 (341.55)



Amber Alexander

2009
 200 Free Relay 15th (HM)
 Kelly Vieau
 Ali Weske
 Erin Lannon
 Alisha Blaydes
 800 Free Relay 16th (HM)
 Alisha Blaydes
 Kelly Vieau
 Erin Lannon
 Ali Weske
 Amber Alexander / All-American
 5th, 200 medley relay(2)
 (1:44.16)
 Kelsey Berkeland / 2x All-American
 2nd, 1-Meter Diving (437.85)
 2nd, 3-Meter Diving (446.05)
 Alisha Blaydes / 2x All-American
 4th, 200 freestyle relay(4)
 (1:34.18)
 5th, 200 medley relay(3)
 (1:44.16)
 April Greene / All-American
 4th, 200 freestyle relay(2)
 (1:34.18)
 Cathy Haen / All-American
 5th, 200 medley relay(1)
 (1:44.16)
 Kirsten Koetter / 2x All-American
 4th, 200 freestyle relay(1)
 (1:34.18)

Allison Tracy / Honorable Mention
 13th, 3-Meter Diving (339.00)
 Kelly Vieau / 2x HM
 9th, 400 freestyle relay(3)
 (3:28.32)
 16th, 800 freestyle relay(2)
 (7:46.84)
 Alison Weske / 2x HM
 10th, 400 medley relay(2)
 (3:50.44)
 16th, 800 freestyle relay(4)
 (7:46.84)



Kelly Vieau



Kirsten Koetter



SCSU's Alisha Blaydes, April Greene, Katie Brueggeman and Alison Weske at the 2008-09 Northern Sun Championships in Omaha, Neb.