



St. Cloud State University HUSKY ATHLETICS

Athletic Media Relations - Swimming & Diving Update

Home of the Huskies

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



Upcoming Meets:

October 17 - 6:00 pm

MSU Moorhead / Northern Michigan

Alex Nemzek Hall Pool - Moorhead, Minn.



October 18 - 12:00 pm

MSU Moorhead / Northern Michigan

Alex Nemzek Hall Pool - Moorhead, Minn.



2007-08 SCSU Schedule

Date	Meet	Time/Result
Oct 11	Alumni Meet	2:00 pm
Oct 17	at MSU Moorhead Northern Michigan (women only)	6:00 pm
Oct 18	at MSU Moorhead Northern Michigan (women only)	12:00 pm
Oct 25	at UW-Eau Claire UW-Stevens Point	1:00 pm
Nov 1	Minnesota State	1:00 pm
Nov 14-15	at UW-Green Bay	TBA
Nov 21	at South Dakota	6:00 pm
Dec 5-6	at Carthage College Invite	TBA
Dec 5-6	UW-River Falls Diving Invite (at University of Minnesota)	TBA
Dec 31-Jan 12	Training Trip (San Juan, Puerto Rico)	TBA
Jan 16	St. John's / St. Ben's	6:00 pm
Jan 17	St. Olaf	1:00 pm
Jan 24	at Carleton	6:30 pm
Feb 6-7	at Minnesota Challenge	TBA
Mar 11-14	at NCAA DII Championships	TBA

All home meets are at Halenbeck Hall Aquatic Center unless otherwise noted. Admission is FREE for all home meets.

2008-09 SCSU SWIMMING & DIVING NEWS Release Date: October 14, 2008

LADIES FIRST: The Husky women get a jump start to the 2008-09 season this weekend as they travel up I-94 to Moorhead for a double-dual with MSU Moorhead and Northern Michigan on Oct. 17 and 18. On Friday the three teams hit the Alex Nemzek Hall Pool at 6:00 pm, and on Saturday they reconvene at 12:00 pm for another days worth of action.

FOLLOW ALONG: Attention Swimming and diving fans, if you cant make it to Moorhead this weekend, you can still follow along at home. MSU Moorhead will be streaming the meet live online and you can access it by simply following this link: <http://www.mnstate.edu/dragonradio>

ABOUT THE DRAGONS: The Huskies former North Central Conference Rival, Minnesota State University Moorhead is coming off a season in which they placed sixth in the NCC, and 25th at the NCAA Championships. MSUM returns NCC Champion Ann Gusewelle who won the women's 100-yard breaststroke as a sophomore last season. She also gained All-NCC honors with a sixth place finish in the 200-yard breast last season as well. The Dragons will be led again this winter by senior co-captain Lauren Baalman who returns after serving as captain as a junior last season. Karena King also returns for MSUM after earning All-NCC honors as a first year in 2008, placing third in the 200-yard butterfly at the NCC championships. When the Huskies and Dragons squared off in the opening meet last season in St. Cloud, the Huskies earned a pair of victories, winning 154.00-84.00 and 155.50-82.50.

ABOUT THE WILDCATS: In 2008, Northern Michigan University claimed an eighth place finish at the Great Lakes Intercollegiate Athletic Conference Championships. At the NCAA Championships NMU earned a 35th place finish as Kelli Vander Baan earned a 12th place tally on the three-meter board. Just a sophomore, Vander Baan will be back to lead the Wildcats this season. When the Huskies and NMU matched up last season in St. Cloud for a pair of meets, the Huskies earned a pair of wins. First on Oct. 19, 154.00-84.00, and again the following day on Oct. 20, 166.00-68.00.

PRESEASON COMES TO A CLOSE: The Huskies recently put a wrap on a preseason that included a pair of exhibition meets. On Oct. 3-4 the Huskies held and intersquad

scrimmage, and on Oct. 11 SCSU hosted their annual Alumni Meet.

THE WAITING IS THE HARDEST PART: The SCSU men must wait one more week before the meets begin. On Oct. 25, the entire Husky squad will travel to Eau Claire, Wis. for a double-dual with UW-Eau Claire, and UW-Stevens Point.

I KEEP COMING BACK: At the Huskies Alumni Meet this past weekend, nearly 50 former swimmers and divers returned to SCSU to take a dive into Halenbeck Hall Aquatic Center just one more time. The former athletes swam from about 2:00 pm - 4:30 pm, and competed against the current crop of Husky swimmers and divers. Also an estimated 200 fans packed into the Aquatic Center to watch and enjoy the days action. Following the meet, nearly 70 Alumni gathered with head coach Jeff Hegle for a post meet social.

TEAM CAPTAINS: Serving as captains for the SCSU women this winter will be seniors Kelsey Berkeland, Sarah Burnell, Becky Johnson, and Jordan Wolfrum. Captaining the men's team will be Mitchell Dickison, Brian Jacobs, Nate Jimerson, and Jim Schlup.



HOMECOMING IN ST. CLOUD: With the Huskies on the road this weekend, they will be unable to join in the Homecoming action on campus all weekend. SCSU women's hockey starts the weekend off when they host the defending

National Champions in Minnesota Duluth on Friday 10/17 at 2:07 pm in the National Hockey Center. Later that evening the men's hockey team will take to the ice in the NHC to host Minnesota at 7:07 pm, while at the same time in Halenbeck Hall, SCSU volleyball hosts #5 ranked Southwest Minnesota. The following day on 10/18, Husky soccer starts things off by hosting Upper Iowa in Husky Stadium at 10:00 am, before the SCSU football team takes over the stadium to host #9 Minnesota Duluth in the Homecoming football game at 2:00 pm. Later on Saturday, volleyball returns to HaH when the Huskies host Minnesota State, and things wrap up in the NHC when women's hockey closes the series with UMD at 5:07 pm. Finally on Sunday the soccer team wraps up the weekends festivities with their 1:00 pm match against #3 Winona State.

www.stcloudstate.edu/athletics





Winners in 2007-08:

Women:

Kelsey Berkeland- 10/19: 1M, 3M; 10/20: 1M, 3M; 10/27: 1M; 11/10: 3M; 11/17: 3M; 12/1: 3M; 12/8: 1M; 1/18: 1M, 3M; 1/19: 1M
Katie Brueggemann- 10/20: 200 IM; 11/10: 200 IM; 12/1: 400 IM; 12/8: 200 IM; 1/26: 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; 1/18: 200 free, 100 fly; 1/25: 50 free; 1/26: 200 free
Sarah Burnell- 10/19: 400 IM, 500 free; 10/20: 200 free, 500 free; 11/10: 1000 free; 1/18: 500 free; 1/19: 1650 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; 1/19: 200 fly, 500 free; 1/25: 200 fly
Melissa Eggleston- 1/18: 100 breast
Cathy Haen- 11/10: 100 free; 12/1: 100 back
Erin Lannon- 12/8: 50 free; 1/18: 50 free, 100 free; 1/19: 50 free, 100 free
Elizabeth Lopez- 10/19: 200 free, 200 back; 10/20: 100 back; 10/27: 200 back; 11/10: 200 back; 1/18: 100 back; 1/19: 100 back, 200 back
Kelly Vieau- 10/19: 50 free; 10/20: 50 free, 100 free; 10/27: 50 free; 11/10: 50 free
Aubrey Welp- 1/25: 1000 free
Alison Weske- 10/20: 100 fly; 11/10: 100 fly; 11/17: 100 fly; 12/1: 100 fly; 12/8: 100 fly; 1/19: 200 free, 100 fly; 1/25: 100 free
Kendra Willis- 10/27: 3M; 11/10: 1M; 11/17: 1M; 12/8: 3M; 1/19: 1M; 1/25: 1M, 3M; 1/26: 1M; 2/8: 3M
Jordan Wolfrum- 1/18: 200 IM

Men:

Kyle Cordry- 10/27: 200 free; 12/8: 200 free; 1/18: 100 free; 1/19: 200 free, 50 free, 100 free; 1/25: 50 free, 500 free; 1/26: 200 free, 100 free; 2/24: 100 free
Logan Carpenter- 11/10: 100 breast; 11/10: 200 breast; 1/18: 100 breast
Matt Dahly- 1/25: 200 breast
Mitch Dickison- 1/18: 50 free
Ross Eiden- 11/3: 1M; 11/17: 1M; 12/8: 3M; 1/18: 3M; 1/25: 1M, 3M; 1/26: 3M
Sean Fitzgerald- 1/18: 100 back
Isaiah Fuller- 10/27: 1000 free, 500 free; 11/10: 1000 free, 500 free; 12/8: 1000 free, 500 free; 1/19: 1650 free; 1/26: 1000 free
Jake Goergen- 11/3: 50 free; 11/10: 50 free, 100 free; 11/30: 100 free; 12/8: 100 free; 1/18: 200 IM; 1/25: 100 free; 1/26: 50 free, 100 fly
Kyle Green- 11/3: 100 back; 1/18: 100 fly; 1/26: 200 IM
Nate Jimerson- 10/27: 3M, 1M; 11/10: 1M, 3M; 12/1: 1M, 3M; 1/18: 1M; 1/19: 1M, 1M; 1/26: 1M; 2/22: 1M; 2/24: 3M; 3/13: 1M; 3/15: 3M
Alex Milberger- 1/18: 1000 free
Joe Spann- 1/18: 500 free; 1/25: 1000 free, 200 fly
Matt Verway- 10/27: 200 back; 11/3: 200 IM, 200 back; 11/30: 200 back; 12/1: 400 IM; 1/18: 200 free; 1/19: 200 back, 500 free; 1/25: 200 back

Huskies Best of 2007-08

Men

Women

Table with 2 columns: Men and Women. Lists various swimming events and times for Huskies in 2007-08.

St. Cloud State University Quick Facts

Location: St. Cloud, Minn.
Founded: 1869
Enrollment: 16,882
President: Dr. Earl H. Potter III
Director of Athletics: Dr. Morris Kurtz
National Affiliation: NCAA Division II
Nickname: Huskies
Colors: Cardinal and Black
Pool: Halenbeck Aquatic Center
First Year of Swimming & Diving at SCSU: 1965
Head Coach: Jeff Hegle (8th Season)
Hegle's Phone: 320-308-4266
Hegle's Email: jmhegle@stcloudstate.edu
Assistant Coaches: Tracy Torgerson (Diving), Jackie Vieau, Mike Wood

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 2008-09 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



2008-09 Swimming & Diving Roster

Head Coach - Jeff Hegle



Coach Hegle

Jeff Hegle begins his eighth season on the deck as the head swimming and diving coach for the men's and women's programs at St. Cloud State University in 2008-09.

In his seven seasons with SCSU he has led the Huskies to numerous NCAA Championship meets consistently finishing among the best in the country. This year, the Husky women earned a 20th place finish after earning 50 points at the 2008 NCAA Division II Championships. SCSU's men's team placed 15th at the Championships with 98 points.

Coach Hegle, along with former diving coach Nate Brisley, helped coach SCSU's junior diver Nate Jimerson to national titles in both the one-meter and three-meter boards in 2008. Jimerson tallied a 520.75 score on the one-meter and two nights later completed the Championship sweep with a 546.15 on the three-meter. Jimerson's three-meter score was only 10 points away from the national meet record of 556.40 set in 1994. To add to his list of accolades, Jimerson was also named the 2008 NCAA Division II Male Diver of the Year at the conclusion of the Championship Meet.

In the final North Central Conference Championship meet, the Husky men gave their best effort, but met up with a very strong North Dakota team that was able to hold off the Huskies and claim the NCC Title. The SCSU men finished in second place for the second year in a row behind UND. The SCSU women's also posted the same finish as last season when they took fourth in the team competition.

Coach Hegle also led three Husky individuals to NCC Championships in 2007-08, and for the second year in a row, Nate Jimerson was named the NCC Diver of the Year. Academically, the Huskies posted a league best 23 student-athletes on the NCC Commissioners Academic Honor Roll.

During the 2006-07 season the women's team finished 19th at the championship meet while the men fell just outside the top twenty at 21st. The best finish for the Husky women came in 2004 when they finished 11th at the NCAA 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, and also recorded 21st place finishes at both the 2004 and 2005 NCAA's.

Two seasons ago at the 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. 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.

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

Women - Name	Yr.	Event	Hometown
Amber Alexander	FY	Breast	Minot, ND
Nikki Bakke	RFY	Back	Hutchinson, MN
Elizabeth Barbee	So.	Free	Hartland, WI
Kelsey Berkeland*	Sr.	Diving	Coon Rapids, MN
Alisha Blaydes	Jr.	Fly	Elk River, MN
Katie Brueggemann	Jr.	IM	Grafton, WI
Sarah Bunnell*	Sr.	Distance	Oshkosh, WI
Megan Cotton	Jr.	Free	Racine, WI
Bethany Fuller	Jr.	Distance	Faribault, MN
Jenny Gajewski	FY	Free	Wausau, WI
Diana Gehrman	FY	Distance	St. Charles, IL
April Greene	So.	Free	Sun Prairie, WI
Cathy Haen	Jr.	Back	Eveleth, MN
Becky Johnson*	Sr.	Fly	Columbus, NE
Kirsten Koetter	FY	Fly	Melrose, MN
Chelsea Leshe	FY	Free	Scottsdale, AZ
Elizabeth Lopez	Sr.	Back	Allen, TX
Annie McNallan	Jr.	Diving	Coon Rapids, MN
Cassi Mrozek	So.	Diving	Inver Grove Heights, MN
Naomi Muckler	FY	Distance	Eagan, MN
Becky Newgren	FY	Sprint	Lakeville, MN
Kelsey Noah	FY	Distance	Charles City, IA
Caitlin Pardi	FY	Back	Muskego, WI
Angela Schroeder	Jr.	Breast	Roseville, MN
Laura Seidenkranz	Sr.	Distance	Shoreview, MN
Allison Tracy	FY	Diving	Minot, ND
Jordan VanEgeren	FY	Breast	Green Bay, WI
Kelly Vieau	Jr.	Free	Delano, MN
Erin Walter	FY	Distance	Lakewood, CO
Nikki Weber	FY	Diving	Sauk Rapids, MN
Aubrey Welp	Jr.	Distance	Des Moines, IA
Alison Weske	Jr.	Fly	Sun Prairie, WI
Angie Wieden	FY	Distance	Stillwater, MN
Jordan Wolfrum*	Sr.	Breast	Longmont, CO
Men - Name	Yr.	Event	Hometown
Anthony Buhr	Sr.	Free	Minneapolis, MN
Logan Carpenter	So.	Breast	Superior, WI
Kyle Cordry	Jr.	Free	Las Cruces, NM
Tyler Dahlen	FY	Diving	Coon Rapids, MN
Matt Dahly	Jr.	Breast	Bismarck, ND
Mitchel Dickison*	Sr.	Free	Faribault, MN
Ross Eiden	Sr.	Diving	Rosemount, MN
Andrew Fields	FY	Back	Deer Park, TX
Andrew Fuller	FY	Free	Faribault, MN
Matt Girard	Jr.	Breast	Bloomington, MN
Jacob Goergen	Jr.	Fly	Mandan, ND
Kyle Green	So.	IM	Bettendorf, IA
Joel Gregory	FY	Free	Richmond, MN
Zac Hanson	FY	Free	Holmen, WI
Zac Henderson	FY	Fly	Lawrence, KS
Paul Hoffmann	FY	Back	Mexico City, MX
Brian Jacobs*	Sr.	Back	Clive, IA
Alex Jaholkowski	FY	Breast	Papillion, NE
Nate Jimerson*	Sr.	Diving	Apple Valley, MN
Jordan Michaels	RS	Fly	Thief River Falls, MN
Alex Milberger	Jr.	Distance	Casper, WY
Landon Mishler	Jr.	Free	Kenai, AK
Christian Nasset	FY	Breast	Fargo, ND
David Nedrud	FY	Free	Granite Falls, MN
Justin Nelson	So.	Back	Richfield, MN
Brad Nesheim	So.	Diving	Edina, MN
Alex Olp	Sr.	Fly	Oregon, WI
Joe Palmersten	So.	Breast	St. Cloud, MN
Mitchell Pruss	FY	Fly	Norfolk, NE
John Rosier	So.	Free	Biwabik, MN
Robb Rotramel	FY	Free	Ramsey, MN
Jim Schlup*	Jr.	Free	Manhattan, KS
Adam Sebestyen	Sr.	Breast	Munich, Germany
Joe Spann	So.	Fly	North Pole, AK
Justin Vandenberg	Jr.	Breast	Hutchinson, MN
Nick Weaver	Jr.	Breast	Marshall, MI
Matt Youngers	Jr.	IM	Oronoco, MN

* Team Captains



Assisting in 2007-08

TRACY TORGERSON - DIVING COACH: Tracy Torgerson comes to SCSU from the Sauk Rapids-Rice school district where she has been the head diving coach for the past six years and has taught special education for the past two years. At Sauk Rapids-Rice she was Section 3A boy's diving coach of the year four times in 2003, '04, '06, and '07 and had a five year run as Section 3A girls diving coach of the year from 2003-07.



Tracy Torgerson

Torgerson is also a Level II gymnastics coach for the Special Olympics of Minnesota, a post she has held since February of 2007. She has been a personal trainer, and was an assistant diving coach and swimming and diving instructor at the University of Minnesota.

Torgerson is a 2002 product of the University of Minnesota where she graduated with degrees in both Kinesiology and Spanish as well as a minor in coaching. She then went on to St. Cloud State University where she received her Graduate Licensure in Special Education in 2006.

At Minnesota, Torgerson was a four year member of the swimming and diving team from 1997 to 2001 and was a member of the Golden Gophers 1999 and 2000 Big Ten Championship squads. In 2000 she was the Big Ten silver medalist in three-meter diving and became an All-American in one-meter diving. The 2001 team captain still holds the University of Minnesota record for one-meter diving. In 1999 and 2000 Torgerson was also a member of the Minnesota track and field team.

"We are extremely excited to have someone of Tracy's caliber taking over the reigns of our program," said Coach Hegle, "Tracy will enable us to continue our success at the national level. Her philosophy and goals are what Husky swimming and diving is all about."

A St. Cloud native and Tech High School Graduate, Torgerson and her husband Jeremy reside in Sauk Rapids with their daughter Lilly.

JACKIE VIEAU - ASSISTANT COACH: Jackie Vieau, a native of Delano, Minn., will be a second year graduate student coach heading into the 2008-09 season and is 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 2006 North Central Conference Champion in the 100 free. The year prior in 2005 Vieau was an NCC Champion in the 100 free and the 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 and is also a school record holder in the 400 medley relay. Vieau was named NCC Swimmer of the Week on Nov. 2, 2004 and Feb. 1, 2005.



Jackie Vieau

MIKE WOOD - ASSISTANT COACH: Mike Wood joins the SCSU swimming and diving coaching staff for the first time in 2008-09 as a graduate assistant coach. A native of Chaska, Minn., Wood swam for current Huskies head coach Jeff Hegle from 2000-2004. As a student-athlete, Wood was all-conference member for three years and was voted Most Improved after the 2002-03 season. After graduating with a bachelor's of science in marketing from SCSU, Wood worked for Cintas (FAS) from 2005-08.



Mike Wood

During that stint, Wood was the head club coach at Barracuda Aquatics Club for one season, and also served as a club coach for the West Express swim team for three years. Wood is working towards a master's degree in sport management at SCSU and currently resides in St. Cloud.

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, IM, and Relay events.

SCSU Men's Records

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

Records set last season are in bold