



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:

October 24 - 1:00 pm

**UW-Eau Claire /
UW-Stevens Point**

McPhee Pool - Eau Claire, Wis.



October 25 - 1:00 pm

**UW-Eau Claire /
UW-Stevens Point**

McPhee Pool - Eau Claire, Wis.



November 1 - 1:00 pm

Minnesota State

Halenbeck Hall Aquatic Center - St. Cloud, 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)	161-81, W 200-38, W
Oct 18	at MSU Moorhead Northern Michigan (women only)	202-97, W 237-61, W
Oct 24	at UW-Eau Claire UW-Stevens Point	1:00 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 20, 2008

HUSKIES COME TOGETHER: After the women took care of business last weekend, it's time for the Husky men to join with them as the entire team will take the pool for the first time this season. Another pair of meets this week, SCSU will head to Eau Claire, Wis. for their double-dual with UW-Eau Claire and UW-Stevens Point on Oct. 24 and 25.

ABOUT THE BLUGOLDS: The University of Wisconsin Eau Claire is led in 2008-09 by first year head coach Art Brandt, who had spent the previous four seasons as an assistant with the Blugolds. Brandt takes over a squad whose men and women each placed third at least season's WIAC championships. In their opening meet this season, UWEC's men and women each fell to Minnesota State.

ABOUT THE POINTERS: On the other side of the coin the University of Wisconsin Stevens Point is guided by 12th year head coach Al Boelk. Boelk leads the men's and women's teams that have swept the each WIAC title the last three seasons. The Pointers will be opening up their season against SCSU and UWEC.

LIKE A STORM SWEEPING THROUGH: The St. Cloud State women's team swept each of their meets this past weekend with MSU Moorhead and Northern Michigan. SCSU beat MSUM by scores of 161.00-81.00 and 202.00-97.00, and disposed of NMU 200.00-38.00 and 237.00-61.00. Of 29 events over each of the two meets, SCSU walked away with wins in 20 of them. The Huskies also set nine pool records in MSU Moorhead's Alex Nemzek Hall.



Alisha Blaydes

COOL FIVE SPOT: Alisha Blaydes won a team high five races over the weekend, as well as swam on two winning relay teams. She earned her first victory with a 2:00.80 in the 200-yard free and followed it up with a 54.53 in the 100-yard free to earn her second win on Friday. Then to close the meet she swam the anchor of the 400-yard

free relay which won in 3:41.59. On Saturday she began with her second win of the young season in the 200-yard free, touching the wall in 2:01.40. Again like the day before, she took top honors in the 100-yard free with a 55.31 and then added a 27.03 to win the 50-yard fly. Finally for good measure Blaydes swam the opening leg of the 200-yard free relay that won in 1:40.01.



Sarah Burnell

BURN THIS MOTHER DOWN: Sarah Burnell also posted a stellar weekend with three wins to her credit. Her first win came on Friday on the 500-yard freestyle with a 5:22.65, but she then stepped it up on Saturday with wins in the 1000-yard freestyle (11:02.33) and again in the 500-yard free (5:25.20).

RECORDS FALL: As mentioned the Huskies set five pool records in the two meets over the weekend. On Friday the pool bests were posted by Kelsey Noah in the 1650 free (18:36.05), Kirsten Koetter in the 50 free (25.20), Alisha Blaydes in the 100 free (54.53), and the 400 free relay team of April Greene, Koetter, Alison Weske, and Blaydes (3:41.59). After four records on day one, the Huskies did themselves one better by breaking five in day two. It started in the first race of the meet where Cathy Haen, Amber Alexander, Weske, and Greene teamed up in the 200 medley relay (1:51.32), and were followed in the second event by Sarah Burnell in the 1000 free (11:02.33). Haen set another new mark, this time by herself in the 50 back (28.20), and Blaydes set her third record of the weekend in the 50 fly (27.03). The final record was posted in the 200 free relay by Blaydes, Koetter, Kelly Vieau, and Greene (1:40.01).

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.





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Winners in 2008-09:

Women:

Amber Alexander- 10/18: 200 MR;
 Alisha Blaydes- 10/17: 200 free, 100 free, 400 FR; 10/18: 200 free, 100 free, 50 fly, 200 FR;
 Katie Brueggemann- 10/17: 200 breast;
 Sarah Burnell- 10/17: 500 free; 10/18: 1000 free, 500 free;
 April Greene- 10/17: 400 FR; 10/18: 200 MR, 200 FR;
 Cathy Haen- 10/18: 200 MR, 50 back, 100 back;
 Kirsten Koetter- 10/17: 50 free, 400 FR; 10/18: 200 FR;
 Naomi Muckler- 10/18: 200 IM;
 Cassi Mrozek- 10/17: 3M; 10/18: 1M;
 Kelsey Noah- 10/17: 1650 free;
 Alison Tracy- 10/17: 1M
 Kelly Vieau- 10/18: 50 free, 200 FR;
 Alison Weske- 10/17: 400 FR; 10/18: 200 MR;

Men:

Huskies Best of 2008-09

Men		Women	
50 Free:	X	25.20	(Kirsten Koetter), 10/17
100 Free:	X	54.53	(Alisha Blaydes), 10/17
200 Free:	X	2:00.80	(Alisha Blaydes), 10/17
500 Free:	X	5:22.65	(Sarah Burnell), 10/17
1,000 Free:	X	11:02.33	(Sarah Burnell), 10/18
1,650 Free:	X	18:36.05	(Kelsey Noah), 10/17
100 Fly:	X	1:00.73	(Alison Weske), 10/18
200 Fly:	X	2:17.92	(Sarah Burnell), 10/17
100 Back:	X	1:00.55	(Cathy Haen), 10/18
200 Back:	X	2:14.15	(Cathy Haen), 10/17
100 Breast:	X	1:08.89	(Amber Alexander), 10/18
200 Breast:	X	2:32.07	(Katie Brueggemann), 10/17
200 IM:	X	2:17.28	(Katie Brueggemann), 10/18
400 IM:	X	4:42.46	(Sarah Burnell), 10/17
200 Free Relay:	X	1:40.01	(Blaydes, Koetter, Vieau, Greene), 10/18
400 Free Relay:	X	3:41.59	(Greene, Koetter, Weske, Blaydes), 10/17
200 Medley Relay:	X	1:51.32	(Haen, Alexander, Weske, Greene), 10/18
400 Medley Relay:	X	4:03.67	(Haen, Alexander, Koetter, Vieau), 10/17
1-M Dive (Dual):	X	228.70	(Cassi Mrozek), 10/18
3-M Dive (Dual):	X	222.50	(Cassi Mrozek), 10/17
1-M Dive (Champ):	X		
3-M Dive (Champ):	X		

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

Event	Name	Time	Year
50 Freestyle	Heather Miller	:23.55	2000
100 Freestyle	Heather Miller	:51.65	2000
200 Freestyle	Danielle Breunig	1:54.50	2005 (NCAA)
500 Freestyle	Lisa Peasley	5:09.29	Feb., 2002
1000 Freestyle	Sarah Burnell	10:36.90	2007 (NCC)
1650 Freestyle	Becky Burnell	17:48:88	Feb., 1989
100 Butterfly	Alise Emil	:56.26	2005 (NCAA)
200 Butterfly	Caitlin Digney	2:08.58	Feb. 23, 2008
100 Backstroke	Cathy Haen	:59.44	Feb. 23, 2008
200 Backstroke	Elizabeth Lopez	2:09.31	2006 (NCC)
100 Breaststroke	Tesia Zuba	1:04.08	2001
200 Breaststroke	Tesia Zuba	2:17.34	2001
200 IM	Tesia Zuba	2:07.50	2002
400 IM	Tesia Zuba	4:30.15	2002
200 Free Relay	Peters, Vieau, Emil Breunig	1:36.57	2006 (NCC)
400 Free Relay	Vieau, Breunig, Emil Peters	3:30.56	2005 (NCC)
800 Free Relay	Breunig, Burnell Lopez, Vieau	7:44.36	2006 (NCC)
200 Medley Relay	Otterson, Eggleston Emil, Breunig	1:48.23	2005 (NCC)
400 Medley Relay	Peters, Pearson Emil, Vieau	3:57.15	2005 (NCC)
1M Diving (6)	Mary Ahlin	316.25	Feb./1999
1M Diving (10)	Mary Ahlin	468.50	Jan./1999
1M Diving (11)	Sarah Loquai	425.20	Feb./1996
3M Diving (6)	Mary Ahlin	294.65	Feb./1998
3M Diving (11)	Mary Ahlin	562.95	Jan./1999

SCSU Men's Records

Event	Name	Time	Date
50 Freestyle	Tim Leedahl	:20.86	1986
100 Freestyle	Kyle Cordry	:45.95	Feb. 24, 2008
200 Freestyle	Kyle Cordry	1:41.61	Mar. 13, 2008
500 Freestyle	Sean Gonia	4:39.98	Feb. 2001
1000 Freestyle	Chad Uher	9:50.58	Feb. 1997
1650 Freestyle	Mark Muenchow	16:27.28	1979
100 Butterfly	Cam Olk	:49.74	1988
200 Butterfly	Cam Olk	1:53.14	1988
100 Backstroke	Mike Wencl	:50.90	Feb., 2000
200 Backstroke	Matt Verway	1:50.33	Feb. 24, 2008
100 Breaststroke	Mark Tollefson	:57.53	1985
200 Breaststroke	Mark Tollefson	2:07.98	1985
200 IM	Cam Olk	1:52.01	1988
400 IM	Matt Verway	4:06.80	Dec., 2006
200 Free Relay	Daniels, Eberle, Rotramel, Kern	1:23.46	Mar. 1, 2004
400 Free Relay	Cordry, Fitzgerald, Verway, Goergen	3:05.38	Mar. 15, 2008
800 Free Relay	Cordry, Verway, Goergen, Fitzgerald	6:55.42	Mar. 14, 2008
200 Medley Relay	Eberle, Gill, Kern Rotramel	1:35.17	Feb., 2004
400 Medley Relay	Fitzgerald, Girard Olp, McGrath	3:32.71	2006
1M Diving (6)	Nate Jimerson	316.80	Jan. 19, 2008
1M Diving (11)	Jeremy Frye	544.95	Jan./1999
3M Diving (6)	Jeremy Frye	331.90	Feb./1999
3M Diving (11)	Ryan Bucher	573.50	Feb./1998

Records set last season are in bold