



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:

December 5-6 - 9:00a/4:30p

TYR/

CollegeSwimming.com Classic

Tarble Athletic & Rec. Center Pool - Kenosha, Wis.



December 5-6 - 9:00 am

Falcon Invitational

Minnesota Aquatic Center - Minneapolis, Minn.



Dec. 31 - Jan. 12

Training Trip

San Juan, Puerto Rico



2008-09 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	Ind. scores only
Oct 25	at UW-Eau Claire UW-Stevens Point	Ind. scores only
Nov 1	Minnesota State	W) 165-97, W M) 163-137, W
Nov 14	at UW-Green Bay	W) 99.5-141.5, L M) 98-138, L
Nov 15	at UW-Green Bay	W) 93-145, L M) 104.5-135.5, L
Nov 15	St. John's/St. Ben's Inv.	W) 5th/7 M) 4th/5
Nov 21	at South Dakota	W) 148-95, W M) 132-111, W
Dec 5-6	TYR/CollegeSwimming.com Classic	9:00 am
Dec 5-6	Falcon Invitational (at University of Minnesota)	9:00 am
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: December 1, 2008

MAKE SURE TO RSVP: The Huskies will have to handle a pair of invitationals this weekend as the swimmers and divers head to different meets. The Husky swimmers travel to Kenosha Wis. on Dec. 5 & 6 for the TYR/CollegeSwimming.com Classic, hosted by Carthage College. The divers will be on their own over the same two days at the Falcon Invitational hosted by the University of Wisconsin-River Falls at the University of Minnesota Aquatic Center. Each meet is set for a 9:00 am start on each day.

HOME AWAY FROM HOME: Huskies have fared quite well recently in Kenosha. At last season's TYR/CollegeSwimming.com Classic SCSU pulled the sweep, pacing the field on both the men's and women's side. The SCSU women posted 1650 points, far ahead of second place with 1224, while the men were a little closer but in first nonetheless. The men posted 1131.5 to beat second place with 1115.5. Last season was the second straight year that SCSU swept the competition. The men have won two straight in Kenosha, while the women have taken the top spot every year they have been at the meet which equates to a four year run starting in the 2004-05 season.

TAKING AN OLD FOE TO TASK: The Huskies went into former NCC rival South Dakota's house and came out with a pair of victories. Swimming in a different length pool than they are used to, the Huskies earned a 148-95 win on the women's side and a 132-111 win from the men. USD's pool is 25-meters in length, as opposed to the 25-yard pool SCSU has, and has swam on all season long.

SWEEP DIVE: For the second time this season the Huskies posted the top spot in all four diving events. Kelsey Berkeland won both women's one (220.72) and three-meter (247.12) while Nate Jimerson pulled the double on the men's one (306.82) and three-meter (295.65). The last time SCSU earned all four wins was on 11/1 with Berkeland and Jimerson winning each as well.



Sarah Burnell

TWO NEW EVENTS, TWO MORE WINS: Swimming on the longer course was one thing, but adding two new events with totally new distances is another. However it didn't phase Sarah Burnell as she continued her distance dominance with a pair of wins in the 800-meter freestyle (9:33.34) and the 400-meter freestyle (4:40.97).



Anthony Buhr

A.B. SEE YA: Anthony Buhr continues to rack up the wins and he gained two more against South Dakota. Buhr claimed top honors in the 50-meter freestyle with a b-cut time of 23.63 before also winning the 100-meter breast with a time of 1:07.17.

GREEN GETS SECOND WIN: Kyle Green won for the first time in almost a month when he took the top spot in the 200-meter IM. He touched the wall at 2:15.29 for the win and also placed second in the 100-meter backstroke with a 1:02.02.



Robb Rotramel

FOUR IN A ROW: Robb Rotramel won for the fourth consecutive meet as he paced the field in the 100-meter freestyle. Rotramel came in at 54.62, less than two tenths of a second ahead of teammate Kyle Cordry in second place at 54.75.

THREE IN THE 50 FREE: For the third straight meet Kirsten Koetter took first place in the 50 free. This one may have been in meters, but Koetter was stiff fast enough to put up a b-cut time of 27.35 for the win. Kelly Vieau (28.16) in third and Jordan VanEgeren (28.40) in fourth gave SCSU three of the top four in the event.



Amber Alexander

ALEXANDER AND HAEN EARN WINS: Amber Alexander won for the third time this season in the 100 breast with a 1:16.46 while Cathy Haen also won for the third time in her main event the 100 back (1:07.34).

FOLLOWALONG: Carthage College will be providing live updates during the TYR/CollegeSwimming.com Classic. To see the results just go to: <http://www.carthageswims.com/results/>

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 seniors Mitchell Dickison, Brian Jacobs, and Nate Jimerson, and junior Jim Schlup.





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Winners in 2008-09:

Women:

Amber Alexander- 10/18: 200 MR; 10/25: 100 breast; 11/1: 200 MR, 50 breast, 100 breast; 11/22: 200 MR, 100 breast;
Kelsey Berkeland- 10/25: 1M; 11/1: 1M, 3M; 11/22: 1M, 3M;
Alisha Blaydes- 10/17: 200 free, 100 free, 400 FR; 10/18: 200 free, 100 free, 50 fly, 200 FR; 10/25: 200 free, 100 free; 11/1: 100 free, 200 FR; 11/15: 100 free; 11/22: 400 FR;
Katie Brueggemann- 10/17: 200 breast;
Sarah Burnell- 10/17: 500 free; 10/18: 1000 free, 500 free; 10/25: 400 IM; 11/1: 1000 free; 11/22: 800 free, 400 free;
April Greene- 10/17: 400 FR; 10/18: 200 MR, 200 FR; 11/1: 200 MR, 200 FR; 11/22: 200 MR, 400 FR;
Cathy Haen- 10/18: 200 MR, 50 back, 100 back; 10/25: 100 back; 11/1: 200 MR; 11/22: 200 MR, 100 back;
Kirsten Koetter- 10/17: 50 free, 400 FR; 10/18: 200 FR; 11/1: 50 fly, 200 FR; 11/14: 50 free; 11/15: 50 free; 11/22: 200 MR, 50 free;
Elizabeth Lopez- 10/25: 200 back; 11/22: 400 FR;
Annie McNallan- 11/15: 1M, 3M;
Cassi Mrozek- 10/17: 3M; 10/18: 1M; 10/25: 3M;
Naomi Muckler- 10/18: 200 IM;
Kelsey Noah- 10/17: 1650 free;
Alison Tracy- 10/17: 1M;
Kelly Vieau- 10/18: 50 free, 200 FR; 10/25: 50 free; 11/1: 50 free, 200 FR; 11/22: 400 FR;
Alison Weske- 10/17: 400 FR; 10/18: 200 MR; 10/25: 100 fly; 11/1: 200 MR, 100 fly;

Men:

Anthony Buhr- 11/1: 50 breast, 50 free, 100 breast, 200 FR; 11/14: 50 free; 11/15: 50 free, 100 breast; 11/22: 50 free, 100 breast;
Kyle Cordry- 11/1: 200 free, 100 free, 200 FR; 11/15: 200 FR;
Mitch Dickison- 11/1: 200 FR; 11/15: 200 FR;
Kyle Green- 10/25: 100 back; 11/22: 200 IM;
Brian Jacobs- 11/15: 200 FR;
Nate Jimerson- 10/25: 1M; 11/1: 1M, 3M; 11/15: 1M, 3M; 11/22: 1M, 3M;
Robb Rotramel- 11/1: 200 FR; 11/14: 100 free; 11/15: 200 FR; 11/22: 100 free;
Joe Spann- 10/25: 200 fly;

Huskies Best of 2008-09

Men

Women

50 Free:.....	21.38 (Anthony Buhr), 11/15	50 Free:.....	24.68 (Kirsten Koetter), 11/15
100 Free:.....	47.64 (Robb Rotramel), 11/15	100 Free:.....	53.16 (Alisha Blaydes), 11/14
200 Free:.....	1:46.68 (Kyle Cordry), 11/15	200 Free:.....	1:58.13 (Alisha Blaydes), 11/15
500 Free:.....	5:07.94 (Kyle Green), 11/1	500 Free:.....	5:18.26 (Sarah Burnell), 11/14
1,000 Free:.....	10:36.17 (Alex Milberger), 11/14	1,000 Free:.....	10:57.58 (Sarah Burnell), 11/15
1,650 Free.....	18:02.42 (Alex Milberger), 11/15	1,650 Free:.....	18:08.36 (Kelsey Noah), 10/17
50 Fly.....	25.15 (Alex Olp), 11/1	50 Fly.....	27.03 (Alisha Blaydes), 10/18
100 Fly:.....	54.23 (Christian Nasset), 11/15	100 Fly:.....	1:00.73 (Alison Weske), 10/18
200 Fly:.....	2:02.35 (Joe Spann), 10/25	200 Fly:.....	2:17.54 (Sarah Burnell), 10/25
50 Back.....	25.88 (Brian Jacobs), 11/1	50 Back.....	28.20 (Cathy Haen), 10/18
100 Back:.....	55.41 (Kyle Green), 11/15	100 Back:.....	1:00.34 (Cathy Haen), 11/15
200 Back:.....	2:00.68 (Kyle Green), 11/14	200 Back:.....	2:13.56 (Cathy Haen), 11/14
50 Breast.....	27:32 (Anthony Buhr), 11/1	50 Breast.....	30.84 (Amber Alexander), 11/1
100 Breast:.....	59.33 (Anthony Buhr), 11/15	100 Breast:.....	1:08.05 (Amber Alexander), 11/1
200 Breast:.....	2:21.41 (Joe Palmersten), 10/25	200 Breast:.....	2:32.07 (Katie Brueggemann), 10/17
200 IM:.....	1:59.87 (Kyle Green), 11/15	200 IM:.....	2:16.04 (Katie Brueggemann), 11/15
400 IM:.....	4:27.58 (Kyle Green), 11/14	400 IM:.....	4:42.46 (Sarah Burnell), 10/17
200 Free Relay:.....	1:26.84 (Buhr, Dickison, Cordry, Rotramel), 11/1	200 Free Relay:.....	1:37.53 (Koetter, Greene, Vieau, Blaydes), 11/15
400 Free Relay:.....	3:15.55 (Nasset, Dickison, Spann, Rotramel), 11/14	400 Free Relay:.....	3:36.41 (Vieau, Greene, Koetter, Blaydes), 11/14
800 Free Relay:.....	7:25.10 (Girard, Milberger, Rosier, Spann), 11/15	800 Free Relay:.....	8:12.27 (Gehrman, Pardi, Seidenkranz, Welp), 11/15
200 Medley Relay:.....	1:37.33 (Jacobs, Nasset, Green, Buhr), 11/15	200 Medley Relay:.....	1:50.24 (Lopez, VanEgeren, Johnson, Walter), 11/15
400 Medley Relay:.....	3:34.74 (Green, Buhr, Nasset, Cordry), 11/14	400 Medley Relay:.....	4:01.07 (Haen, Alexander, Weske, Koetter), 11/14
1-M Dive (Dual):.....	325.85 (Nate Jimerson), 11/1	1-M Dive (Dual):.....	250.75 (Kelsey Berkeland), 11/1
3-M Dive (Dual):.....	310.25 (Nate Jimerson), 11/1	3-M Dive (Dual):.....	261.00 (Kelsey Berkeland), 11/1
1-M Dive (Champ):.....	X	1-M Dive (Champ):.....	222.15 (Annie McNallan), 11/15
3-M Dive (Champ):.....	X	3-M Dive (Champ):.....	208.75 (Annie McNallan), 11/15

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

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 Birnell	17:48:88	Feb., 1989
50 Butterfly	Alisha Blaydes	:27.03	Oct. 18, 2008
100 Butterfly	Alise Emil	:56.26	2005 (NCAA)
200 Butterfly	Caitlin Digney	2:08.58	Feb. 23, 2008
50 Backstroke	Cathy Haen	:28.20	Oct. 18, 2008
100 Backstroke	Cathy Haen	:59.44	Feb. 23, 2008
200 Backstroke	Elizabeth Lopez	2:09.31	2006 (NCC)
50 Breaststroke	Amber Alexander	:30.84	Nov. 1, 2008
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
50 Butterfly	Alex Olp	:25.15	Nov. 1, 2008
100 Butterfly	Cam Olk	:49.74	1988
200 Butterfly	Cam Olk	1:53.14	1988
50 Backstroke	Brian Jacobs	:25.88	Nov. 1, 2008
100 Backstroke	Mike Wencil	:50.90	Feb., 2000
200 Backstroke	Matt Verway	1:50.33	Feb. 24, 2008
50 Breaststroke	Anthony Buhr	:27.32	Nov. 1, 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	325.85	Nov. 1, 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 this season are in bold

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 Burnell*	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
Matt Verway	Jr.	Back/IM	Red Deer, Alberta
Nick Weaver	Jr.	Breast	Marshall, MI
Matt Youngers	Jr.	IM	Oronoco, MN

* Team Captains



Women's Season Bests and Team National Rankings

Amber Alexander
100 free - 56.79, 11/14/08
200 free - 2:07.33, 11/15/08
50 breast - 30.84, 11/1/08
100 breast - 1:08.05, 11/1/08
200 breast - 2:33.32, 11/14/08

Nikke Bakke
50 fly - 29.73, 11/1/08
50 back - 30.87, 11/1/08
100 back - 1:05.01, 11/15/08
200 back - 2:19.51, 11/15/08

Liz Barbee
100 free - 58.84, 11/15/08
200 free - 2:07.90, 11/1/08
50 fly - 29.21, 10/18/08
100 fly - 1:07.28, 10/18/08
200 fly, 2:35.82, 10/17/08\
100 breast - 1:15.79, 11/1/08

Kelsey Berkeland
1-meter (6) - 250.75, 11/1/08
3-meter (6) - 261.00, 11/1/08

Alisha Blaydes
50 free - 25.36, 11/1/08
100 free - 53.16, 11/14/08
200 free - 1:58.13, 11/15/08
50 fly - 27.03, 10/18/08

Katie Brueggemann
100 free - 57.25, 10/18/08
200 free - 2:03.32, 11/1/08
100 breast - 1:11.19, 11/1/08
200 breast - 2:32.07, 10/17/08
200 IM - 2:16.04, 11/1/08
400 IM - 4:53.28, 10/25/08

Sarah Burnell
500 free - 5:18.26, 11/14/08
1000 free - 10:57.58, 11/1/08
1650 free - 18:08.36, 11/15/08
200 fly - 2:17.54, 10/25/08
200 IM - 2:18.54, 11/1/08
400 IM - 4:42.46, 10/17/08

Megan Cotton
200 back - 2:22.73, 10/17/08
50 breast - 32.46, 10/18/08
100 breast - 1:13.26, 10/18/08
200 IM - 2:24.32, 11/15/08

Bethany Fuller
50 free - 30.23, 10/15/08
50 back - 33.07, 11/1/08
100 back - 1:12.55, 11/1/08
200 back - 2:37.92, 10/17/08

Jenny Gajewski
50 free - 26.99, 11/15/08
100 free - 58.00, 10/18/08
200 free - 2:08.52, 11/15/08
200 back - 2:25.39, 11/15/08

Diana Gehrman
200 free - 2:08.02, 10/18/08
500 free - 5:33.35, 11/14/08
1000 free - 11:19.36, 11/14/08
1650 free - 19:06.52, 11/15/08

April Geene
50 free - 25.43, 10/17/08
100 free - 55.34, 11/15/08
50 back - 29.39, 11/1/08
100 back - 1:05.25, 11/1/08

Cathy Haen
50 back - 28.20, 10/18/08
100 back - 1:00.34, 11/15/08
200 back - 2:13.56, 11/14/08

Becky Johnson
50 free - 26.58, 11/14/08
50 fly - 28.33, 11/1/08
100 fly - 1:02.23, 11/1/08
200 fly - 2:28.43, 10/17/08

Kirsten Koetter
50 free - 24.68, 11/15/08
50 fly - 27.15, 11/1/08
100 fly - 1:00.80, 11/15/08

Chelsea Lehse
50 free - 30.86, 11/1/08
200 free - 2:05.11, 10/17/08
200 back - 2:31.98, 11/15/08
200 IM - 2:25.18, 10/18/08

Elizabeth Lopez
200 free - 2:02.64, 10/17/08
100 back - 1:02.31, 10/25/08
200 back - 2:13.95, 11/14/08
200 IM - 2:21.00, 11/1/08

Annie McNallan
1-meter (6) - 215.80, 10/25/08
3-meter (6) - 219.80, 10/18/08
1-meter (11) - 222.15, 11/15/08
3-meter (11) - 208.75, 11/15/08

Cassi Mrozek
1-meter (6) - 224.05, 11/1/08
3-meter (6) - 244.35, 10/25/08

Naomi Muckler
50 free - 27.42, 10/18/08
100 free - 59.71, 10/18/08
500 free - 5:35.80, 10/15/08
1000 free - 11:29.09, 11/1/08

Rebecca Newgren
50 free - 25.44, 11/14/08
100 free - 57.96, 10/18/08

Kelsey Noah
200 free - 2:04.38, 10/18/08
500 free - 5:24.59, 11/14/08
1000 free - 11:03.85, 11/14/08
1650 free - 18:26.55, 11/15/08

Caitlin Pardi
50 free - 27.29, 11/14/08
50 back - 30.27, 11/1/08
100 back - 1:05.04, 11/15/08
200 back - 2:22.92, 10/17/08

Laura Seidenkranz
200 free - 2:05.91, 11/15/08
500 free - 5:38.80, 10/18/08
1000 free - 11:17.01, 11/1/08
100 fly - 1:07.08, 11/15/08
200 fly - 2:24.69, 11/17/08

Allison Tracy
1-meter (6) - 236.70, 11/1/08
3-meter (6) - 237.30, 11/1/08

Jordan VanEgeren
50 free - 25.32, 11/14/08
50 breast - 32.24, 10/18/08
100 breast - 1:11.79, 11/1/08
200 breast - 2:37.60, 10/17/08
200 IM - 2:24.17, 11/15/08

Kelly Vieau
50 free - 25.19, 11/14/08
100 free - 55.77, 11/1/08

Erin Walter
200 free - 2:03.54, 11/1/08
100 back - 1:06.50, 11/1/08
200 back - 2:21.19, 11/14/08

Nikki Webber
1-meter (6) - 214.40, 11/1/08
3-meter (6) - 222.08, 11/1/08
1-meter (11) - 185.15, 11/15/08
3-meter (11) - 204.80, 11/15/08

Aubrey Welp
200 free - 2:05.19, 10/17/08
500 free - 5:34.61, 10/17/08
100 free - 11:18.56, 11/1/08
1650 free - 18.57.86, 11/15/08

Alison Weske
200 free - 2:01.95, 11/14/08
50 fly - 27.31, 10/18/08
100 fly - 1:00.73, 10/18/08
200 fly - 2:21.79, 11/14/08

Angie Wieden
100 free - 1:00.43, 10/17/08
200 free - 2:09.70, 10/17/08
100 back - 1:06.49, 11/15/08
200 back - 2:28.45, 11/15/08
200 IM - 2:26.25, 11/15/08

Jordan Wolfrum
50 breast - 34.08, 10/18/08
100 breast - 1:13.50, 11/1/08
200 breast - 2:41.80, 11/14/08
200 IM - 2:19.31, 11/15/08
400 IM - 5:00.02, 10/17/08

Women's Division II
1....Grand Valley State..... 166.5
2....Wayne State 165.5
3....St. Cloud State Univ. 162.8
4....MSU-Mankato..... 157.8
5....MSU-Moorhead 152.0
6....U. of Incarnate Word 148.4
7....Ouachita Baptist Univ. 147.8
8....Univ. of Indianapolis 145.5
9....Henderson State Univ..... 145.4
10..Truman State 142.0
11..Bentley College 139.9
12..Northern Michigan 137.4
13..University of Tampa 135.0
14..Ashland University..... 133.4
15..Wingate University..... 133.2
16..C.W. Post..... 132.6
17..Edinboro University 131.2
18..California of PA..... 127.7
19..Indiana-PA 127.7
20..College of St. Rose..... 126.9
21..Lewis University..... 123.3
22..Rollins College..... 121.1
23..Univ. of Bridgeport..... 120.9
24..Saint Leo University..... 120.2
25..Millersville University 119.8



Men's Season Bests and Team National Rankings

Will Anzion

100 free - 55.13, 11/1/08
200 free - 2:01.68, 11/15/08
100 fly, 1:06.20, 11/15/08

Anthony Buhr

50 free - 21.38, 11/15/08
50 breast - 27.32, 11/1/08
100 breast - 59.33, 11/15/08
200 breast - 2:14.88, 11/14/08

Kyle Cordry

100 free - 49.22, 11/1/08
200 free - 1:46.68, 11/15/08
500 free - 5:15.70, 11/14/08

Tyler Dahlen

1-meter diving - 195.55, 10/25/08
3-meter diving - 191.55, 10/25/08

Matt Dahly

100 fly - 57.13, 11/1/08
100 breast - 1:05.63, 11/1/08
200 IM - 2:09.79, 11/1/08
400 IM - 4:38.75, 10/25/08

Mitch Dickison

50 free - 22.61, 11/14/08
100 free - 50.46, 10/25/08
200 free - 1:53.85, 11/1/08

Ross Eiden

1-meter (6) - 292.40, 11/1/08
3-meter (6) - 297.05, 11/1/08

Andrew Fields

200 free - 58.95, 11/15/08
50 back - 27.62, 11/1/08
200 back - 2:10.48, 11/15/08
200 IM - 2:11.79, 11/1/08
400 IM - 4:48.91, 10/25/08

Andrew Fuller

50 free - 23.40, 11/14/08
100 free - 52.13, 11/15/08
200 free - 1:55.19, 11/15/08
500 free - 5:18.52, 11/1/08

Matt Girard

200 free - 1:51.07, 11/14/08
500 free - 5:13.47, 11/14/08
100 breast - 1:02.12, 11/1/08

Kyle Green

200 free - 1:50.21, 11/1/08
500 free - 5:07.94, 11/1/08
100 back - 54.41, 11/15/08
200 back - 2:00.68, 11/14/08
200 IM - 1:59.87, 11/15/08
400 IM - 4:27.58, 11/14/08

Joel Gregory

50 free - 24.14, 11/1/08
100 free - 51.74, 11/15/08
200 free - 1:55.37, 11/15/08
100 fly - 58.70, 11/15/08

Zac Hanson

50 free - 22.63, 11/15/08
100 free - 52.11, 11/15/08
50 fly - 25.98, 11/1/08
100 fly - 59.14, 11/15/08

Zach Handerson

50 fly - 25.36, 11/1/08
100 fly - 58.80, 11/1/08
200 fly - 2:15.66, 11/15/08

Paul Hoffman

50 back - 28.01, 11/1/08
100 back - 58.59, 11/1/08
200 back - 2:06.31, 11/14/08
200 IM - 2:08.93, 11/1/08
400 IM - 4:39.78, 11/14/08

Brian Jacobs

200 free - 1:56.76, 11/14/08
50 back - 25.88, 11/1/08
100 back - 56.38, 10/25/08
200 back - 2:05.60, 11/14/08

Alex Jaholkowski

200 free - 1:55.07, 11/15/08
50 breast - 29.67, 11/1/08
100 breast - 1:05.86, 11/1/08
200 breast - 2:30.74, 11/15/08

Nate Jimerson

1-meter diving - 325.85, 11/1/08
3-meter diving - 310.25, 11/1/08

Alex Milberger

500 free - 5:08.36, 11/1/08
1000 free - 10:36.17, 11/14/08
1650 free - 18:02.42, 11/15/08

Landon Mishler

50 free - 24.00, 11/1/08
100 free - 53.30, 11/1/08

Christian Nasset

100 free - 50.40, 11/14/08
100 fly - 54.23, 11/15/08
100 breast - 1:02.00, 11/15/08
200 IM - 2:06.48, 11/1/08

David Nedrud

50 free - 23.51, 11/15/08
100 free - 50.81, 11/14/08
1000 free - 11:19.83, 11/14/08
50 fly - 25.74, 11/1/08
100 back - 1:00.18, 11/15/08

Justin Nelson

50 free - 25.74, 11/15/08
50 back - 26.88, 11/1/08
100 back - 58.68, 11/15/08
200 back - 2:10.67, 11/15/08
200 IM - 2:14.11, 11/1/08

Brad Neshiem

1-meter (6) - 221.05, 10/25/08
3-meter (6) - 260.30, 11/1/08

Alex Olp

50 free - 24.00, 11/15/08
100 free - 55.96, 11/15/08
50 fly - 25.16, 11/1/08
100 fly - 56.72, 11/15/08

Joe Palmersten

100 free - 50.67, 11/15/08
1000 free - 10:43.83, 11/14/08
50 breast - 28.82, 11/1/08
100 breast - 1:03.47, 11/1/08
200 breast - 2:20.83, 11/14/08

Mitchell Pruss

50 fly - 25.94, 11/1/08
100 fly - 57.48, 11/1/08
200 fly - 2:10.28, 11/14/08
200 IM - 2:12.13 - 11/15/08
400 IM - 4:44.80, 11/14/08

John Rosier

200 free - 1:51.76, 11/15/08
500 free - 5:11.81, 11/14/08
1000 free - 10:39.52, 11/1/08

Robb Rotramel

50 free - 22.16, 11/15/08
100 free - 47.64, 11/15/08
200 free - 1:49.34, 11/1/08

Jim Schlup

50 free - 25.32, 11/15/08
500 free - 5:35.65, 11/1/08
1000 free - 11:15.82, 11/15/08

Joe Spann

200 free - 1:50.12, 11/15/08
1000 free - 10:45.70, 10/25/08
50 fly - 25.32, 11/1/08
100 fly - 55.06, 11/1/08
200 fly - 2:02.35, 10/25/08

Justin Vandenberg

50 free - 24.89, 11/15/08
50 breast - 29.51, 11/1/08
100 breast - 1:04.64, 11/1/08
200 breast - 2:25.62, 11/15/08
200 IM - 2:09.78, 11/1/08

Nick Weaver

50 free - 24.46, 11/15/08
100 free - 55.79, 11/15/08
50 breast - 30.58, 11/1/08
100 breast - 1:08.11, 11/15/08

Matt Youngers

1000 free - 10:54.17, 11/1/08
1650 free - 18:10.71, 11/15/08
200 fly - 2:08.43, 10/25/08
100 breast - 1:08.31, 11/1/08
200 breast - 2:22.53, 10/25/08
200 IM - 2:14.11, 11/1/08
400 IM - 4:33.83, 10/25/08

Men's Division II
1.... Wayne State..... 170.3
2.... Grand Valley State 164.3
3.... St. Cloud State Univ. 160.4
4.... MSU-Mankato 154.6
5.... Henderson State Univ. 150.3
6.... Ashland University 148.9
7.... Ouachita Baptist Univ..... 148.8
8.... U. of Incarnate Word 147.5
9.... Missouri S & T..... 139.3
10.. Bentley College 138.7
11.. Wingate University 135.7
12.. Univ. of Indianapolis 135.0
13.. University of Tampa..... 134.8
14.. Lewis University 131.1
15.. Truman State 123.9
16.. Catawba College..... 119.2
17.. Rollins College 117.4
18.. Edinboro University 114.1
19.. Saint Leo University 109.9
20.. College of St. Rose 109.2
21.. IUP 98.2



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.

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.