



# ST. CLOUD STATE UNIVERSITY

## Athletic Media Relations - Swim & Dive

Home of the Huskies  
www.StCloudState.edu/athletics

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### 2004-05 SCHEDULE/RESULTS

Date	Opponent .....	Result
Oct 9	Alumni Meet	Noon
Oct 16	at Midwestern Co-Ed Relays 1st	
Oct 21-22	Intersquad Meet (Black vs Red) 3:00 pm @ Halenbeck	
Oct 29	at Northern Michigan (W) W, 174-69	
Oct 30	at Northern Michigan (W) W, 161-78	
Nov 6	SCSU Invitational W-1st; M-2nd	
Nov 13	at UWSP Dual Away (W) W, 161-139 (M) L, 109-191	
Nov 19-21	at Minnesota Challenge W-8th; M-6th	
Dec 3-4	at Carthage Coll. Invite W-1st; M-6th	
Dec 4	Husky Diving Invitational 11:00 am @ Halenbeck	
Dec 10	South Dakota State 6:00 pm @ Halenbeck	
TBA	Hawaii Training Trip Oahu, Hawaii	
Jan 22	at University of South Dakota	
Jan 28	at CSB/SJU Dual ....	
Feb 3	MSU, Mankato .....	6:00 pm
Feb 4-5	at Minnesota Challenge	
Feb 16-19	NCC Championships at Grand Forks, ND	
Mar 9-12	NCAA Div II Championship at Orlando, FL .....	

All home meets held in Halenbeck Hall Aquatic Center. Admission is free to all home meets!

**TEAM CAPTAINS:** The men's team captains in 2004-05 are juniors Ryan Anderson (Ramsey) and Russ Daniels (Mexico, NY). The women's captains are senior Christina Green (Eau Claire, WI), juniors Danielle Breunig (Madison, WI), Kate McGrath (Alexandria), and Alise Emil (Andover). The diving team captain is junior Sara Steffen (Farmington).



## 2004 SCSU SWIMMING & DIVING NEWS

Release Date: December 8, 2004



**SCSU SWIMMING & DIVING HOSTS SOUTH DAKOTA STATE IN DUAL:** The St. Cloud State men's and women's swimming and diving teams will play host to South Dakota State University in a co-ed dual on Friday, December 10 at 6:00 p.m. in Halenbeck Hall Pool on the SCSU campus. SDSU, a Division I school, is a former member of the North Central Conference.

**LAST WEEK:** The SCSU women's swimming and diving team won the eight team Carthage College Classic held in Kenosha, WI last Saturday and the men's team placed sixth in the co-ed meet. Junior Danielle Breunig (Madison, WI) led the women's squad as she won the 100 yard freestyle (53.32) and 200 yard freestyle (1:56.07), placed third in the 50 yard freestyle (24.77), and swam legs on the winning 200, 400, and 800 yard free relays and the second place 200 medley relay. Junior Jackie Vieau (Delano) placed second in the 200 IM (2:13.81), third in the 100 freestyle (53.88). She also swam on the winning 200, 400, and 800 free relays. The men's top finishes included a fourth place finish in the 200 fly (1:58.58) by sophomore Alan Einck (Champaign, IL) and a fourth place by junior Russ Daniels (Mexico, NY) in the 200 free (1:45.48). Daniels also finishes seventh in the 500 free (4:52.89). Sophomore Ray Nelson (Willmar) had three top ten finishes including seventh in the 200 breast (2:19.16), eighth in the 100 breast (1:03.35), and ninth in the 200 IM (2:03.64).

**HUSKY DIVING INVITE RESULTS:** St. Cloud State junior diver Sara Steffen (Farmington) qualified for the NCAA Division II National Swimming and Diving Championships on the one-meter board. Steffen scored a 365.25 on the one-meter board en-route to a first place finish at the Husky Diving Invitational last Saturday. She also placed third on the three-meter board with a score of 391.05. The National Championships will take place March 9-12, 2005 in Orlando, FL. SCSU teammate Sarah Nielsen (Mundelien, IL), a junior, won the three-meter event (407.85) and placed second on the one-meter board (250.25). Sophomore Kendra Willis (Neanah, WI) was second on the three-meter board (393.85) and fourth on the one-meter board (329.9). On the men's side, first-year diver Ross Eiden (Rosemount) placed fourth on both the one-meter (398.9) and three-meter board (351.1). Chris Pape (Bismarck, ND), another first-year diver placed fifth on the three-meter board (338.95) and sixth on the one-meter board (345.25).

**EMIL SETS SCHOOL RECORD:** Junior captain Alise Emil (Andover) set a school record in the 100 butterfly earlier this season with a time of :58.37. She bettered her own record of :58.62.

**"B" CUTS:** Danielle Breunig - 100 free; Alise Emil - 100 fly, 58.37.

**NEXT UP:** The Huskies will travel to Hawaii to train over semester break. SCSU's next competition is a dual January 22 at the University of South Dakota.

(more)

For the latest on SCSU Athletics, check out the Husky Home page  
[www.StCloudState.edu/athletics](http://www.StCloudState.edu/athletics)



**SCSU HEAD COACH:** Jeff Hegle (St. Cloud State, 1993) is in his fourth season as the head men's and women's swimming and diving coach. In his three seasons with the Huskies he has led both the women's team to top 20 finishes at the NCAA Championships. In 2004, the SCSU women placed 11th at the NAAs, 13th in 2003, and 16th in 2002. The men finished 21st at the 2004 NAAs. Under his tutelage the men's team has placed third at the North Central Conference Championships in each of the last three seasons. In 2004, Hegle was voted the NCC Men's Swimming Coach of the Year. Hegle swam for the Huskies in the early 90s and was a team captain. This season he is assisted by Anthony Harris and Steve Mohs. SCSU's diving coach is Nate Brisley.

**NCC HONOR ROLL:****Nov. 9** - Swimmer Caitlin Digney;

Divers Ross Eiden &amp; Sara Steffen

**Nov. 2** - Swimmer Jackie Vieau

Diver Kendra Willis

**2004-05 Men's & Women's Swimming and Diving Rosters****Women's**

Name	Yr.	Event	Hometown
Channing Anseth	FY	Free	Lincoln, NE
Tennyson Anseth	Jr	Distance Free	Lincoln, NE
Anisha Battah	FY	Free	Lake Elmo, MN
Danielle Breunig	Jr.	Free	Madison, WI
Whitney Buchholz	FY	Diving	Bismarck, ND
Caitlin Digney	FY	Distance	Madison, WI
Maureen Durheim	Jr.	Back	Maplewood, MN
Melissa Eggleston	FY	Breast	Ankeny, IA
Alise Emil	Jr.	Fly	Andover, MN
Kim Fish	FY	Free	Big Lake, MN
Jennifer Foster	So.	Breast	Ottumwa, IA
Sandra Frimerman	So.	Distance	Eden Prairie, MN
Christina Green	Sr.	Breast	Eau Claire, WI
Erin Lannon	FY	Free	Prior Lake, MN
Kate McGrath	Jr.	Back	Alexandria, MN
Jessica Metkowski	Sr.	Fly	Darwin, MN
Danielle Monton	So.	Back	Montreal, Quebec
Sarah Nielsen	Jr.	Diving	Mundelein, IL
Kristin Otterson	Jr.	Back	Monticello, MN
Lisa Pearson	FY	Sprint	Zimmerman, MN
Brenda Peters	So.	Spring	Faribault, MN
Kelly Rothstein	Jr.	Distance	Grand Rapids, MN
Laura Seidenkranz	FY	Distance	Shoreview, MN
Krista Stearly	So.	Fly	Blaine, MN
Sara Steffen	Jr.	Diving	Farmington, MN
Jackie Vieau	Jr.	Free	Delano, MN
Kendra Willis	So.	Diving	Neenah, WI

**Men's**

Name	Yr.	Event	Hometown
Logan Albert	Jr.	Distance	Madison, WI
Ryan Anderson	Jr.	Free	Ramsey, MN
Jason Calvert	FY	Fly	Bosque Farms, NM
Jeffery Dahl	So.	Free	Pleasant Prairie, WI
Russ Daniels	Jr.	Sprint	Mexico, NY
Ross Eiden	FY	Diving	Rosemount, MN
Alan Einck	So.	Fly	Champaign, IL
Sean Fitzgerald	FY	Back	Marshalltown, IA
Isaiah Fuller	FY	Distance	Faribault, MN
Ben Gill	Jr.	IM	La Crosse, WI
T.J. Kotby	FY	Back	Laramie, WY
John Lawless	Sr.	Back	Loretto, MN
Doug McGrath	FY	Free	Alexandria, MN
Alex Olp	FY	Fly	Oregon, WI
Ray Nelson	So.	Breast	Willmar, MN
Chris Pape	FY	Diving	Bismarck, ND
Nate Saur	FY	Spring	Fargo, ND
Joe Sharp	So.	Diving	Granite Falls, MN
Grant Smith	FY	Free	Anoka, MN
Matt Sullivan	Jr.	Back	Crystal Lake, IL
Lance Thompson	So.	Breast, I.M.	Bismarck, ND
Scott Wolf	So.	Fly	Maple Plain, MN

**The SCSU RECORDBOOK***(Records set in 2004-05 are bold faced)***SCSU Women's Records**

Event	Name	Time	
50 Freestyle	Heather Miller	:23.55	- 2000
100 Freestyle	Heather Miller	:51.65	- 2000
200 Freestyle	Danielle Breunig	1:55.26	2/04
500 Freestyle	Lisa Peasley	5:09.29	2/92
1000 Freestyle	Tennyson Anseth	10:43.71	2/02
1650 Freestyle	Becky Birnell	17:48.88	2/89
100 Backstroke	Brenda Peters	1:00.01	2/04
200 Backstroke	Kori Pearson	2:10.78	2/94
100 Breaststroke	Tesia Zuba	1:04.08	3/01
200 Breaststroke	Tesia Zuba	2:17.34	3/01
<b>100 Butterfly</b>	<b>Alise Emil</b>	<b>:58.37</b>	<b>11/20/04</b>
200 Butterfly	Beth Lococo	2:13.56	2000
200 IM	Tesia Zuba	2:07.50	2/2002
400 IM	Tesia Zuba	4:30.15	3/2002
200 Free Relay	Peters, Vieau, Emil, Breunig	1:36.67	2/20/04
200 Medley Relay	Peters, Vieau, Emil, Breunig	1:48.88	3/12/04
400 Free Relay	Peters, Vieau, Emil, Breunig	3:31.27	3/13/04
400 Medley Relay	Pearson, Raetz, Bechel, Boothby	3:58.24	2/1994
800 Free Relay	Zuba, Emil, Vieau, Breunig	7:46.57	2003
1M Diving (6)	Mary Ahlin	316.25	2/99
1M Diving (10)	Mary Ahlin	468.50	1/99
1M Diving (11)	Sarah Loquai	425.20	2/96
3M Diving (6)	Mary Ahlin	294.65	2/98
3M Diving (11)	Mary Ahlin	562.95	1/99

**SCSU Men's Records**

Event	Name	Time	
50 Freestyle	Tim Leedahl	:20.86	1986
100 Freestyle	Pete Travis	:46.50	1991
200 Freestyle	Dave Schwantes	1:42.72	2/95
500 Freestyle	Sean Gonia	4:39.98	2/01
1000 Freestyle	Chad Uher	9:50.58	2/97
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 Wencil	:50.90	2/00
200 Backstroke	Mike Wencil	1:54.06	3/00
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	Sean Gonia	4:14.21	2/02
200 Free Relay	Daniels, Eberle, Kern, Rotramel	1:23.46	3/1/04 400
Free Relay	Rotramel, Daniels, Kern, Eberle,	3:05.79	3/13/04
800 Free Relay	Eberle, Daniels, Kern, Rotramel	7:00.12	3/12/04
200 Medley Relay	Eberle, Gill, Kern, Rotramel	1:35.17	2/04
400 Medley Relay	Nylander, Olk, Pelligrino, Quick	3:33.18	1988
1M Diving (6)	Jeremy Frye	302.00	1998
1M Diving (11)	Jeremy Frye	544.95	1/99
3M Diving (6)	Jeremy Frye	331.90	2/99
3M Diving (11)	Ryan Bucher	573.50	2/98