



# 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 (W) W, 153-68 (M) W, 30-104	
Dec. 10	Minnesota-Morris (W)	W, 172-53
Jan 22	at South Dakota (W) W, 141-101 (M) L, 102-124	
Jan 28	CSB/SJU Dual (W), W, 137-98 (M), L, 102-135	
Feb 4-5	at Minnesota Challenge	
Feb 16-19	NCC Championships at Omaha, NE	
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).



## 2004-05 SCSU SWIMMING & DIVING NEWS

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**NCC CHAMPIONSHIPS ON TAP:** The St. Cloud State men's and women's swimming and diving teams will compete for the North Central Conference Championship February 16-19 at the University of Nebraska-Omaha.

**COMPETING TEAMS:** Both the men's and women's fields will have new teams competing this year. The men's include SCSU, Minnesota State, North Dakota, South Dakota, Metro State and Colorado School of Mines. The field for the women's championship will include SCSU, Minnesota State, North Dakota, South Dakota, Nebraska-Omaha, MSU-Moorhead, Metro State and Colorado School of Mines.

**LAST YEAR:** Both the SCSU men and women finished third in the NCC Championships. The University of North Dakota men and women won the team titles. SCSU head coach Jeff Hegle was named the NCC Men's Swimming Coach of the Year. Brenda Peters, Jackie Vieau, Alise Emil and Danielle Breunig were conference champions in the 200 free relay and 400 free relay. They also set the NCC record in the 400 free relay with a time of 3:31.27.

**LAST TIME OUT:** First year diver Ross Eiden (Rosemount) qualified for the NCAA Division II National Championships on the meter board in a diving meet against North Dakota on Feb. 4. On February 4-5, SCSU sophomore Jenny Foster (Ottumwa, IA) placed eighth in the 100 breast (1:13.37) at the Minnesota Challenge. At the same meet, first year Anisha Battah (Lake Elmo) placed 19th in the 100 back (1:07.16) and junior Maureen Durheim (Maplewood) place 19th in the 100 back (1:07.87).

**COLLEGESWIMMING.COM:** The collegeswimming.com website ranks the SCSU women's swimming and diving team sixth in NCAA Division II and the men's team 11th in NCAA DII this week. North Dakota is the top ranked team for both men and women.

**NATIONAL QUALIFIERS:** St. Cloud State junior divers Sara Steffen (Farmington) and Sarah Nielsen (Mundelien, IL), and sophomore Kendra Willis (Neanah, WI) have all qualified for the NCAA Division II National Swimming and Diving Championships. First year diver Ross Eiden has qualified on the one-meter board.

**SCHOOL RECORDS:** 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. First year swimmer Caitlin Digney (Madison, WI) set a school record in the 200 butterfly with a time of 2:13.12

**"B" CUTS:** Jackie Vieau improved both of her "B" cut times in the dual against St. Ben's last Friday. Her new mark in the 200 free is 1:57.22 and 53.35 in the 100 free. Danielle Breunig - 100 free; Alise Emil - 100 fly, 58.37.  
Alise Emil- School Record- 100 Fly 58.14 (B cut)  
Jackie Vieau- B cuts in the 200 Free 1:57.22, 100 Free- 53.35  
Danielle Breunig- B cuts in 50 Free- 24.77, 100 Free- 53.32, 200 Free- 1:56.07  
Brenda Peters- B cuts in 50 Free- 24.67, 100 Free- 54.11  
Tennyson Anseth- B cut in the 1650 Free- 18:23.06

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	Becker, 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> 11/20/04
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