

Carley Mosher, Gustavus

Great Falls, Mont. / Great Falls
Week of: 2011-02-07



The Gustavus women's swimming and diving team found itself on a big stage over the weekend when it competed in the University of Minnesota Challenge at the U of M Aquatic Center in Minneapolis against top-notch Division I and Division II competition. Fortunately for the Gusties, sophomore **Carley Mosher** (Great Falls, Mont.) rose to the occasion. Mosher was the top Division III finisher in her two individual events and she set a new MIAC standard for both events in 2010-11 in the process. She also helped a pair of relay teams to outstanding performances as well at the talent-laden invite. For her performance, Mosher has been named the MIAC Women's Swimming and Diving Athlete-of-the-Week.

Mosher turned in a ninth-place finish in the 500-yard freestyle with a time of 5:14.74, and she was 11th in the 200-yard individual medley with a time of 2:13.77. In both events, she was the top non-Division I finisher, and those two times are the fastest in the MIAC this season. She also swam the backstroke leg on both the 200- and 400-yard medley relay teams for Gustavus. The 200 team finished fifth, behind only four U of M teams, with a time of 1:50.60. The 400 squad finished second behind the U of M's top team with a time of 4:04.45. The 200 time is the fastest in the league in 2010-11, and the 400 time ranks No. 2 in the MIAC.

The Gusties and their star sophomore will hope for more success at the U of M Aquatic Center when they return there Feb. 17-19 for the 2011 MIAC Swimming and Diving Championships. Gustavus will take the next week and a half off to prepare for the conference meet, which will be broadcast live online by Webcast America and all results and info will be available on the MIAC Web site.

Sarah Moody, St. Catherine

Centerville, Minn. / Centennial
Week of: 2011-01-31



January has been quite a month for St. Catherine standout **Sarah Moody** (Centerville, Minn./Centennial). The junior has met the NCAA diving qualifying standard on the 1-meter board at every meet this month, but it turned out she was saving her best for last. Over the weekend, Moody became the first MIAC diver in 2011 to qualify for the NCAA championships on both the 1- and 3-meter boards, and she set a new pool record and two teams records while earning two firsts and two second-place finishes. For her performance, Moody has been named the MIAC Women's Swimming and Diving Athlete-of-the-Week.

Friday, Moody led SCU to a 151-62 dual win at home over UM-Morris. The star junior won the 1-meter diving event with a score of 265.45, and she was even better on the 3-meter board. Moody set a new pool and team record and beat the NCAA qualifying mark on the 3-meter board with a score of 294.25. The next day, she helped the Wildcats finish third at their home invite by finishing second in both events. She scored a 416.20 on the 1-meter board and a 411.65 on the 3-meter board and added another school record in the process.

Moody and her teammates will take some time off to rest and prepare before their next event, which will be the 2011 MIAC Swimming & Diving Championships, which will be held at the University of Minnesota Aquatic Center on Feb. 17-19.

Lindsey Lee, St. Olaf

White Bear Lake, Minn. / Hill-Murray

Week of: 2011-01-24



St. Olaf freshman **Lindsey Lee** (White Bear Lake, Minn./Hill-Murray) swam like a seasoned veteran at Saturday's Meet of the Saints, hosted by the University of St. Thomas Saturday at the Tommies' new Anderson Recreation Complex. Lee won one event and added two second-place finishes and one third to her impressive meet, where she set a new season best time in each event. She helped St. Olaf finish second behind only Division II St. Cloud State University. For her performance, Lee has been named the MIAC Women's Swimming and Diving Athlete-of-the-Week.

Lee's best event Saturday was the 200-yard breaststroke. She won the event, finishing four seconds ahead of the rest of the field with a time of 2:27.09. That time is the fastest in the MIAC this season. She also added a second-place finish with a time of 1:08.21 in the 100-yard breaststroke. She was just .05 off the winner, a swimmer from Division II SCSU. Lee also helped the 400-yard medley relay team finish second to St. Cloud State with a time of 4:03.59. Lee's breaststroke split was 1:08.05. Lee also finished third in the 200-yard individual medley behind a SCSU swimmer and one of her teammates. The Oles' team score of 734 was second to St. Cloud (815.5) but defeated St. Thomas (527) and Saint Benedict (429).

The Oles and their fabulous freshman will host an important rivalry dual meet this weekend in Northfield, Minn. St. Olaf welcomes crosstown rival Carleton College to its pool for an 11 a.m. start time.

Jennifer Easton, St. Thomas

Eden Prairie, Minn. / Eden Prairie

Week of: 2011-01-17



It's safe to say the University of St. Thomas swimming and diving teams like their new facility, evidenced Saturday when Tommies' junior **Jennifer Easton** (Eden Prairie) turned in a stellar performance on the 1-meter diving board to simultaneously win the event, meet the NCAA qualifying standard, and break a long-standing UST school record. For her performance, Easton has been named the MIAC Women's Swimming and Diving Athlete-of-the-Week.

In Saturday's dual meet against St. Catherine University at the Tommies' new Anderson Pool, Easton scored a 443.00 on the 1-meter dive. Easton's 11-dive score won the event and beat the NCAA qualifying mark, but it also bested St. Thomas' previous school record by 49.20 points. The previous record-holder was Katie Byrnes and her score of 393.80 back in 1992.

Easton and the Tommies will be back in their friendly confines Saturday when they host the Meet of the Saints. The event is scheduled to start at 1 p.m. at St. Thomas' new Anderson Pool.

Dajana Vidovic, Gustavus



The Gustavus Adolphus College women's swimming and diving team used a number of strong performances and home-pool advantage to roll to a pair of victories in last week's double dual against St. Thomas and Hamline. The Gusties won 10 events en route to the sweep, including two individual wins by junior **Dajana Vidovic** (Coleraine, Minn./Greenway). Vidovic claimed individual titles in both the 100- and the 200-yard freestyle races to lead Gustavus to victory. For her performance, she has been named the first MIAC Women's Swimming and Diving Athlete-of-the-Week of 2011.

Vidovic swam to victory in the 100-yard freestyle with an impressive time of 54:89, and she added victory in the 200 with a time of 1:54.40. Thanks to her two wins, the Gusties handed St. Thomas a 183-116 loss, and it cruised to a 245-27 win over Hamline to sweep the double dual.

The Gusties will return to action this weekend when they travel to Northfield on Friday. Gustavus will take on Carleton College in a meet that is scheduled to begin at 5 p.m.

Laura Drake, Gustavus



Gustavus' **Laura Drake** (Mendota Heights, Minn./Hill-Murray) dove into the water at the UW-River Falls Falcon Invite last weekend at the University of Minnesota's Aquatic Center against a ton of talented collegiate team, and the freshman performances like a seasoned veteran in four different individual events. Drake now owns the MIAC's top time in all four of her individual events, and turned in a pair of top-six finishes over the weekend. As a result, Drake has been named the MIAC Women's Swimming and Diving Athlete-of-the-Week.

Drake competed in the White Division of the Falcon Invite, and finished fifth in the 100-yard breaststroke with a time of 1:08.48 and finished sixth in the 200-yard individual medley with a time of 2:13.81. She also finished ninth in the 400-yard individual medley (4:48.06) and 10th in the 200-yard breaststroke (2:29.72). However, her place was due to her spot in the consolation heat. By time alone, Drake would have finished fourth behind three Division II swimmers in both events. There were no team scores awarded at the meet.

The performance at the U of M kicked off an exciting month for Drake and the Gusties. They'll take some time off for finals and the Holidays, but will spend the end of the month (Dec. 26-Jan. 2) on a training trip to Puerto Rico before returning to action Jan. 8 with a home triangular against St. Thomas and Hamline.

Ellen Dean, Saint Benedict

Bothwell, Wash. / Henry M. Jackson
Week of: 2010-11-22



Though it's early in her freshman season, Saint Benedict swimmer **Ellen Dean** (Bothwell, Wash./Henry M. Jackson) is already swimming like a seasoned veteran. The rookie won a pair of events with MIAC-best times last week to help the Blazers finish second in its home event, the Saint Benedict/Saint John's Invitational. For her performance, Dean has been named the MIAC Women's Swimming and Diving Athlete-of-the-Week.

Dean won the 100-yard butterfly with a time of 1:01.50, and she added a victory in the 200-yard butterfly with a time of 1:13.82. Her time in the 100 is a new season best, and the best time swam by any MIAC swimmer this season. She also has the league's best time in the 200 at 2:13.24, which is almost two seconds faster than anyone else in 2010-11. Dean's two first-place finishes helped the Blazers rack up 993 points to finish second. Gustavus won the meet with a total of 1,431.5 and Luther was third at 721.5.

Saint Benedict and its star freshman will enjoy a week off to prepare for the Falcon Invitational, which will be hosted by UW-River Falls at the University of Minnesota Aquatic Center in Minneapolis on Dec. 3-4.

Kale Zicafoose, Carleton

Omaha, Neb. / Westside
Week of: 2010-11-15



The Carleton College women's swimming and diving team and senior **Kale Zicafoose** (Omaha, Neb./Westside) both had great showing in last week's double dual meet with Saint Mary's and St. Thomas. The Knights won both duals, defeating the Cardinals 216-75 and narrowly edging the Tommies 153-135, thanks largely to the performance of Zicafoose. The senior won three individual events and helped a relay team win another to lead Carleton to victory. For her performance, Zicafoose has been named the MIAC Women's Swimming and Diving Athlete-of-the-Week.

Zicafoose claimed first place in the 100-yard backstroke, the 200-yard backstroke and the 100-yard butterfly, while also swimming a 28.69 split to lead off for the first-place 200-yard individual medley team. Her times – 59.74 in the 100 back, 2:11.59 in the 200 back and 1:01.76 in the 100 fly – were all season bests for Zicafoose, and her relay team claimed its first-place finish with a time of 1:54.62.

The Knights and their star swimmer will take the rest of the month off after last week's outstanding performance. Carleton is back in action on Dec. 3-4 at the UW-River Falls Falcon Invite which will be held at the University of Minnesota Aquatic Center.

Sarah Hund, Gustavus



The Gustavus women's swimming and diving team had a tough time hanging with NCAA Division II St. Cloud State in last week's dual meet, but the Gustie's **Sarah Hund** (Willmar, Minn.) wasn't fazed by the competition. Hund won one event, finished second in another, and turned in a pair of great relay performances to start her 2010-11 season off on the right foot. As a result, Hund has been named the first MIAC Women's Swimming and Diving Athlete-of-the-Week for the 2010-11 season.

Hund won the 100-yard freestyle with a time of 54.43, and she was second in the 50-yard freestyle with a time of 24.84. Hund also helped the 400-yard freestyle relay team finish first with a time of 3:38.77, and she swam on the fourth-place 200-yard medley relay squad, which finished in 1:55.57. Hund's relay splits were 24.3 in the 200 and 54.01 in the 400. Her times in the 50 and 100 free and the 400 free relay's times are all the fastest recorded in the MIAC thus far in 2010-11.

The Gusties and Hund have a busy weekend on the horizon with competition on both Friday and Saturday. Friday, Gustavus travels to the Twin Cities to compete in the St. Catherine Invite at 6 p.m., and Saturday it heads to Northfield, Minn., to face St. Olaf at 1 p.m.