

2008-09 MIAC Men's Swimming & Diving Awards

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St. Paul, Minn. -- The 2008-09 Minnesota Intercollegiate Athletic Conference (MIAC) Swimming & Diving Championships came to a close on Saturday evening with the St. Olaf men taking home the team title. Individual awards were presented on Saturday as well, below are the award winners.



As part of a conference-wide sportsmanship initiative, the MIAC selected the third annual All-MIAC Sportsmanship team for Men's Swimming & Diving. Members of the All-MIAC Sportsmanship team are selected by their coaches and teammates as individuals who demonstrate ideals of positive sportsmanship both on and off the field of competition.

Men's Swimmer of the Year - Nelson Westby, St. Olaf

- Westby (Sr., Salem, Ore.) swept the breaststroke events and swam on the three record-breaking relay teams (200 freestyle, 200 medley, and 400 medley). Westby broke the conference and meet record in the 200 breaststroke with a time of 2:01.44 and he won the 100 breaststroke for the third consecutive year breaking his own conference and meet records with a time of 55.33.

Men's Co-Divers of the Year - Ian Straehly and Ryan Trostrud, St. Olaf

- Straehly (Fy., Bismarck, N.D.) won the 3-meter diving competition on Saturday night with 434.55 points. He also finished third in the 1-meter with 377.80 points.

- Trostrud (So., Barrington, Ill.) won the MIAC title in the 1-meter diving competition with a score of 396.30 on Thursday evening. Trostrud added a third place finish in the 3-meter board on Saturday, scoring 392.70 points.

Men's Swimming Coach of the Year - Tom Hodgson, St. Thomas

- St. Thomas swimming coach Tom Hodgson was named MIAC Men's Coach of the Year for the second consecutive season. Hodgson, in his 30th season, led to the Tommies to a third place finish, as 17 different athletes scored points for the team. Hodgson's Tommies had four individual victories, including three by Peter Mullee.

Diving Coaches of the Year

Gabe Kortuem, St. Olaf & Carleton, Gregg Rappe, Macalester, Mark Dusbabek, St. Thomas

- Kortuem, Rappe, and Dusbabek were selected as the 2008-09 MIAC Diving Coaches of the Year. Kortuem coached Men's Co-Divers of the Year Ian Straehly and Ryan Trostrud from St. Olaf, Rappe coached Women's Diver of the Year Annie Flanagan, and Dusbabek led three different divers to the award's podium (top eight finish).

Men's Swimming & Diving All-MIAC Sportsmanship Team

Carleton College - Jared Plotz (Sr., Hutchinson, Minn.)
Gustavus Adolphus College - Kevin Horn (Sr., Omaha, Neb./Millard West)
Hamline University - Ryan Wakefield (So., Inver Grove Heights, Minn./Rosemount)
Macalester College - Seth McIntire (Sr., Seattle, Wash./Garfield)
Saint John's University - Andrew Nicklawsky (Fy., Willmar, Minn.)
Saint Mary's University - Aaron Hayes (Jr., Winona, Minn./Cotter)
St. Olaf College - Evan Plotz (So., Hutchinson, Minn.)
University of St. Thomas - Matt Moore (So., Westmont, Ill./Marmion Academy)

[2008-09 MIAC Swimming & Diving Championships Website](#)