

2004-05 MIAC MEN'S SWIMMING & DIVING PREVIEW

The 2004-2005 MIAC men's swimming and diving season is underway. The season looks to be an exciting one with many teams looking to take the title away from Gustavus, last seasons conference champion.

The Gusties finished first last season at the MIAC Championships, followed by St. Olaf and Saint John's, respectively. These three teams once again looked poised to make a run for this year's crown.

The Gusties, who finished 9th at the national meet, return six of eight swimmers who swam at the national meet last season. Among these returnees is sophomore Scott Hagemeyer, who won three individual events at the MIAC Championships last season and was named Swimmer of the Meet at the MIAC Championships as a freshmen. The Gusties are searching for their fourth consecutive conference championship and their 5th in the past six years.

St. Olaf returns a solid squad as well and they will be looking to repeat their undefeated dual meet record that they accomplished last season. All-American senior Brad Wourms will lead the Oles.

Saint John's will look to take the next step up in the conference this season. The Johnnies have finished in the top 3 in the conference the last six seasons and this season will try to move to the forefront behind a young, but talented group of swimmers. The Johnnies will be led by junior Luke Prokop who was a 2004 national qualifier.

These three teams will be pushed all season long by the rest of the conference who will try and make a push to the top of the conference. Carleton, Hamline, Macalester, Saint Mary's and St. Thomas all have key swimmers and divers back and have strong recruiting classes.

The MIAC swimming and diving championships will take place February 17-19, 2005 at the University of Minnesota Aquatics Center.

MIAC Swimming and Diving Online Previews:

Carleton College		
Head Coach:	Andy Clark (12th year)	
'03 MIAC Meet:	4th place at MIAC Championships	
Key Returners:	Kellen Edelbrock , Sr., 500 free, 400 IM, 1650 free David Friedlander-Holm , So., 800 free, 200 fly Will Kruesi , So., back, 100/400 free Dave Farina , Sr., 400 IM, 200 breast Michael Thorsen , Jr., 50/100/200 free	
Season Preview:	David Friedlander-Holm (So./St. Paul, Minn./Central) and Will Kruesi (So./Park Ridge, Ill./Maine Township South) had a breakout freshmen seasons in 2003-40. Freidlander-Holm finished second in the 200-yard freestyle and eighth in the 100-yard freestyle at the conference championships and backstroke specialist Kruesi led the Knights in points scored in his rookie season. Joining this dynamic duo is versatile senior Kellen Edelbrock (Penna Furnace, Pa./State College Area) is an all-conference performer in the 400 IM and will be looked upon to contribute in a variety of events. Seniors Andy Evans (Maple Grove, Minn.) and Michael Thorsen (Des Moines, Iowa/Hoover) should also lend support with individual scoring and in the relays and freestyle sprints, while classmate David Farina (Wilton, Conn.) is another multipurpose swimmer at Clark's disposal. Carleton has placed in the MIAC's top four virtually every season under Coach Andy Clark, in his 12th season, but the Knights will need to fend off improved squads from St. Thomas and others to maintain their status in 2004-05.	

Gustavus Adolphus College		
Head Coach:	Jon Carlson (15th year)	
'04 MIAC Meet:	1st place at MIAC Championships	

Key Returners:	Brian Amundson (SO, Blaine, Minn.) MIAC Event Champion: 200 Free Relay, 400 Free Relay All-America: 200 Free Relay (fifth place), 400 Free Relay (fifth place) Evan Christianson (SR, Hutchinson, Minn.) MIAC Event Champion: 200 Free Relay All-America: 200 Free Relay (fifth place) Scott Hagemeyer (SO, Willmar, Minn.) MIAC Event Champion: 50 Free, 100 Free, 100 Back, 200 Free Relay, 400 Free Relay, 200 Medley Relay, 400 Medley Relay All-America: 50 Free (fifth place), 200 Free Relay (fifth place), 400 Free Relay (fifth place), 400 Medley Relay (eighth place) Brad Hammer (JR, Rock Island, Ill.) MIAC Event Champion: 100 Breaststroke, 200 Medley Will Sutor (SR, Fergus Falls, Minn.) MIAC Event Champion: 100 Fly, 200 Fly, 200 Free Relay, 400 Free Relay, 200 Medley Relay, 400 Medley Relay All-America: 200 Free Relay (fifth place), 400 Free Relay (fifth place), 400 Medley Relay (eighth place) Seth Weidmann (SR, Skokie, Ill.) MIAC Event Champion: 200 IM, 200 Back, 400 Free Relay All-America: 400 Free Relay (fifth place)
Season Preview:	The Gustavus men's swimming and diving team recorded one of its finest seasons in school history last year by winning the MIAC title and placing ninth at the national meet. Head coach Jon Carlson returns six of the eight swimmers that competed at the national meet last season. The returners are Brian Amundson (SO, Blaine, Minn.), Evan Christianson (SR, Hutchinson, Minn.), Scott Hagemeyer (SO, Willmar, Minn.), Brad Hammer (JR, Rock Island, Ill.), Will Sutor (SR, Fergus Falls, Minn.) and Seth Weidmann (SR, Skokie, Ill.). Hagemeyer returns after winning three individual events at the MIAC Championships and placing fifth in the 50 freestyle at the NCAA Championships. He was named MIAC Swimmer of the Meet at the MIAC Championships as a freshman. Sutor has been an all-conference selection all three years at Gustavus. The senior has been named event champion at the MIAC Championships four times individually and six times as a member of a relay team. The Gusties will be in search of their fourth consecutive MIAC title and the 19th in school history. Coach Carlson's squad will open the season on Saturday, October 30 at the St. Thomas Relays in St. Paul, Minn.

<u>Hamline University</u>		
Head Coach:	Andy Hanson (2nd season)	
'04 MIAC Meet:	8th place at MIAC Championships	
Key Returners:	Ryan Beckman , So., Fly/Back, Red Wing, Minn. John Burgess , Jr, Sprint, Oakdale, Minn. (North St. Paul)	
Season Preview:	Strong leadership and lofty improvement goals are what the swimming and diving team are hoping will lead to a successful season. "We are looking to improve our win and loss record from last season," says head coach Andy Hanson, "and this year we have the bodies to do it." Hamline's roster this season for the swimming and diving teams features 13 athletes, which is a dramatic increase from last year. Hanson is looking to his returning athletes for leadership and work ethic, which will help the team accomplish their goals. Senior captain Ed Allgeyer (Minneapolis, Minn.) is a strong leader and will swim the backstroke this season. Junior John Burgess (Oakdale, Minn.) and sophomore Ryan Beckman (Red Wing, Minn.), also among the top male returners, want to break into the top eight in their events. Burgess finished twelfth in the conference last season in the 50-meter freestyle. The team returns junior Ben Gensmer (North Oaks, Minn.) to score points for the team. Gensmer joins the team after taking a year off, but Hanson calls him a "strong swimmer who we are excited to have with us." Along with the strong returners, the team is anticipating the addition of their top recruit Julian Borgia (Edina, Minn.) Borgia is a strong diver and will also swim for the Pipers. Complete season outlook at: http://www.hamline.edu/hamline_info/athletics/swimming/0405_Season/Outlook.html	

<u>Macalester College</u>		
Head Coach:	Bob Pearson (16th year)	
'04 MIAC Meet:	5th place at MIAC Championships	
Key Returners:	Chucky Baldner (Sr., Antigonish, Nova Scotia / Gillis) distance freestyle Bo Rydze (Sr., Iowa City, Ia. / City) – diving Sjon Swanson (Sr., Rosemount, Minn.) – breaststroke, sprint freestyle	

Season Preview:	This season looks to be a rebuilding one for the young Macalester Scots. Five men return from last year's squad and are anxious to prove last year's fifth place finish in the conference was no fluke. Senior Chucky Baldner has been one of the top distance freestylers in the conference during his first three seasons and should once again be a conference finalist in the 500 and 1650 freestyle. Fellow senior Bo Rydze was a finalist on both the one- and three-meter boards last season and hopes to continue his climb to be among the elite divers in the MIAC. Rydze, who is also a standout in cross-country and in the steeplechase, was named the Primrose Award winner as the outstanding junior scholar-athlete at Macalester last spring. Sjon Swanson was among the top sprint and breaststroke specialists in the 2003 championships despite an injury-plagued season. If he can stay healthy Swanson has the ability to set some new school records and vie for a conference championship title. Complete season outlook at: www.macalester.edu/~swimming/news/0405_preview.html
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Saint John's University		
Head Coach:	Bill Saxton (7th year)	
'04 MIAC Meet:	3rd place at MIAC Championships	
Key Returners:	David Williams, Sr., Free/Fly/IM, Sartell, Minn. – All-MIAC in 2004 in 200-yard freestyle relay, 400-yard medley relay, 200-yard medley relay, 100-yard butterfly, 400-yard freestyle relay Aaron Monson, Sr., Diver, Ham Lake, Minn. – All-MIAC in 2004 in one-meter diving Luke Prokop, Jr., Brst/IM, Grand Rapids, Minn. – 2004 national qualifier in 100- and 200-yard breaststroke; All-MIAC in 2004 in 400-yard medley relay, 200-yard medley relay and 200-yard breaststroke (MIAC champion) Eric Anderson, Jr., Free/IM/Back, West Des Moines, Iowa – fourth place at MIAC meet in 2004 in 1,650-yard freestyle Casey Larson, So., Back/Free/Fly, Burnsville, Minn. – All-MIAC in 2004 in 200-yard freestyle relay, 400-yard medley relay, 200-yard medley relay, 400-yard freestyle relay	
Season Preview:	The 2004-05 SJU swimming and diving team will bring a younger but talented team to the pool. After finishing third at the Minnesota Intercollegiate Athletic Conference Championships and 43rd at the NCAA Championships last season, SJU will be looking to combine its talented youth with veteran athletes to keep themselves in the top three in the conference. The Johnnies will again be coached by Bill Saxton, who begins his seventh season in Collegeville. The Johnnies have finished no lower than third at the MIAC Championships the last six years under Saxton. SJU has four home dual meets on its 2004-05 season schedule. The MIAC Championships are scheduled for Thursday to Saturday, Feb. 17-19, at the University of Minnesota in Minneapolis. Complete season outlook at: http://gojohnnies.com/swim_dive/05preview.html	

Saint Mary's University		
Head Coach:	Eric Lindquist (6th season)	
'04 MIAC Meet:	7th place at MIAC Championships	
Key Returners:	Logan Twedt (Sr., Hastings, Minn.), Sean Gibson (Sr., Chicago, Ill.)	

Season Preview:	Eric Lindquist will be the first to admit that he is a realist when it comes to his Saint Mary's University swimming and diving teams. In fact, ask him what his expectations are for his Cardinals at the season-ending Minnesota Intercollegiate Athletic Conference Championships, and he'll quickly respond, "We aren't going to win any conference (team)championships." That's not a knock on the Cardinals, not in the least. That's just Lindquist telling it like it is,with the numbers he has to work with, SMU just isn't in the same class as MIAC powers Gustavus or St. Olaf. "Swimming isn't like other sports," explained Lindquist, who is entering his sixth season as the Cardinals' head coach. "It's not like basketball or hockey, where a bounce here or there could be the difference between winning and losing." "In swimming, numbers don't lie and where we're at numberswise, we're not going to knock down a Gustavus or a St. Olaf." But that doesn't mean Lindquist doesn't have high expectations for his teams. Just the opposite. "Our approach to the season is pretty simple, train hard and prepare so that when the MIAC Championships roll around, we are ready to put together our best performances of the season," said Lindquist, whose men's team placed seventh at last year's conference championships. "I think we have some people who can do some really good things at the MIAC Championships. They have the potential to score some big points. So our whole focus is on making sure we're at our best for those three days." Complete SMU swimming and diving preview: http://sports.smumn.edu/swimming/2004/newsletter/swpreview
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St. Olaf College		
Head Coach:	Dave and Bob Hauck (16th year)	
'04 MIAC Meet:	2nd place at MIAC Championships	
Key Returners:	Brad Wourms, Drew Vanderwert, Ross Bidlingmaier, Matt Raeker Kirk Sandvig, Mark Glineberg, Joe Anderson, Christian Lorentzen, Ben Wareham, Adam Thomas	
Season Preview:	All-American Brad Wourms, all-conference team member Drew Vanderwert, as well as Ross Bidlingmaier, Matt Raeker, and Kirk Sandvig make up the seniors leading the St. Olaf men's swimming and diving team this season. MIAC Champions Wourms (1 Meter Diving), junior Mark Glineberg (400 Individual Medley), sophomore Joe Anderson (500 Freestyle, 800 Freestyle Relay), sophomore Christian Lorentzen (3 Meter Diving), sophomore Ben Wareham (100 Breaststroke) and sophomore Adam Thomas (200 Freestyle, 1650 Freestyle, 800 Freestyle Relay)all return for the Oles. Other returning All-Conference team members include junior JC Chambers (200 & 400 Freestyle Relay, 200 &400 Medley Relay), junior Nick Hudson (200 Freestyle Relay), sophomore Tom Kukla (100 & 200 Backstroke, 200 & 400 Medley Relay), sophomore Andy Tompsett (200 Butterfly), and Ben Wareham (200 Breaststroke). The first-years will have to fill the spots of last year's graduating class that consisted of All-Conference team members Pat Marzolf, Lee Thomsen, Adam Garrett, and Eric Palmer. First year swimmers to watch include Eric Tvedt (St. Louis, Mis., Distance Freestyle), David Manley (Apple Valley, Minn., Breast, IM), and Skyler Gamble (Ft. Collins, Col., Backstroke). The men will attempt to match their undefeated 03-04 dual meet season leading up to what could be their 23rd Conference Championship since 1977.	

University of St. Thomas			
Head Coach:	Tom Hodgson (25th year)		

'04 MIAC Meet:	6th place at MIAC Championships	
Key Returners:	Dave Linn (backstroke), Adam Groebner (free), Paul Stahler (free), Dave Turnbloom (breaststroke, free) Dave Turnbloom (Breast), Matt DesMarais (free), Jon Soldner (back, free)	
Season Preview:	St. Thomas took sixth in the 2004 conference meet but has a deeper squad anxious to start the 2004-2005 campaign. Coach Tom Hodgson, starting his 26th season, has seven freshmen and a crew of veterans led by senior 2X Academic All-American Dave Linn (4.00 gpa in Biology). A four-time MIAC backstroke champ in the 100 and 200. Linn missed one month of training last January while on study abroad. He still placed fifth in conference in the 200 backstroke and sixth in the 100 back stroke. He also swam on five fifth-place relay teams at the conference meet and just missed qualifying for third straight NCAA trip. At the 2003 national meet he was honorable mention All-American in the 200 back (16th place). On his career he's been a four-time conference champ in the 100 and 200-backstroke, and also was 2002 honorable mention All-American in the 200 back (14th place). Other veterans leading he way are seniors Adam Groebner (free) and Paul Stahler (free), and junior Dave Turnbloom (breaststroke, free). State High school meet finalists T.J. Hardy (Chaska) and Kevin and Tim Mullee (Madison Memorial) lead the list of new first-year Tommies. Ten of the Tommies' 14 swimmers are sophomores and freshmen, led by Junior Dave Turnbloom (Breast) and sophs Matt DesMarais (free), who was named the team's Most Improved last season and Jon Soldner (back, free).	