

2005-06 MIAC MEN'S SWIMMNG & DIVING PREVIEW

The 2005-06 MIAC Men's Swimming and Diving Season has begun with all eight conference teams hoping to contend for the MIAC title. Reigning MIAC champion Gustavus will be the top team to beat in 2005-06. The Gusties have won four consecutive conference crowns and return a strong squad from last season's team that finished seventh at the NCAA meet. Last season's second place team St. Olaf returns seven All-Americans and should challenge the Gusties. An experienced Saint John's team could also battle for the MIAC title. Carleton, St. Thomas, and Macalester will look to break into the top three at the season's championship. While Hamline and Saint Mary's will try to suprise the competition by flying under the radar.

The MIAC Swimming and Diving Championships will take place February 16-18, 2006 at the University of Minnesota Aquatics Center.

MIAC Swimming and Diving Online Previews:

Carleton College		
Head Coach:	Andy Clark (13th year)	
2005 MIAC Meet:	4th place at MIAC Championships	
Key Returners:	Paddy Foran (Sr./Cumberland, Maine/Greely) David Friedlander-Holm (Jr./St. Paul, Minn./St. Paul Central) Bret Jackson (So./Morgantown, W.Va.) Will Kruesi (Jr./Park Ridge, Ill/Maine Township South) Ben Frischer (Sr./New York/Fieldston)	

Season Preview:	With the top two point scorers from each of the past two seasons back in juniors David Friedlander-Holm (St. Paul, Minn./St. Paul Central) and Will Kruesi (Park Ridge, Ill./Maine Township South) back, Carleton College head men's swimming and diving coach Andy Clark is looking for his squad to continue in the top four in the MIAC. "David Friedlander-Holm and Will Kruesi will set the tone," Clark said. "There the only two guys who've finished in the top eight [at the MIAC Championships] and their impact will be huge in the leadership they show in the pool." Friedlander-Holm was Carleton's most consistent performer in 2004-05, earning All-MIAC honors with at third-place finish in the 200-yard individual medley, 100-yard butterfly and as part of the 800-yard freestyle relay. He also finished fifth in the 100-yard freestyle and was the team's high-point scorer for the season. Kruesi, the team's high-point scorer in 2003-04, set a new Carleton record in the 200-yard backstroke in his sophomore campaign and finished in the top eight in both the 100- and 200-yard backstroke events at the MIAC Championships. Joining Friedlander-Holm and Kruesi as top returners are senior co-captains Ben Frischer (New York/Fieldston) and Paddy Foran (Cumberland, Maine/Greely). Both are hard workers who will help set the tone for the large incoming class, according to Clark. Frischer is mainly a sprinter and Foran lends his talents in the backstroke and butterfly events. Sophomore Bret Jackson (Morgantown, W.Va.) is the fifth top returner. He scored in all three of his events at last year's conference meet, finishing in the top 12 in the 200- and 400-yard individual medley and the 200-yard breaststroke. The Knights must overcome the loss of a large senior class, but an influx of talented newcomers has Clark excited. "There's no question that losing seven guys meant that we needed a strong incoming class, and we were fortunate to get that," he said. Headlining the newcomers is Ted Marschall (Burnsville, Minn.), likely the most versatile swimmer on the squad and someone who should challenge for All-MIAC honors in all of his events. "He's going to be vying for top spots in his best events," Clark said. "He's a liberal arts student of swimming." Clark said Marschall has talents in the 400 IM, mile, 500 freestyle and 200 breaststroke. Complete Carleton preview at: http://apps.carleton.edu/athletics/?sport=134193&module=content&id=163525
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Gustavus Adolphus College		
Head Coach:	Jon Carlson (16th year)	
2005 MIAC Meet:	1st place at MIAC Championships	
Key Returners:	Brian Amundson (Jr., Blaine, Minn.) Scott Hagemeyer (Jr., Willmar, Minn.) Ben Hanson (So., Minnetonka, Minn.) Greg Pokorski (So., Rochester, Minn.)	
Season Preview:	The Gustavus men's swimming and diving team recorded another fine season in 2005, capturing their fourth consecutive MIAC title and placing seventh at the NCAA Championships. The Gusties return four of seven swimmers that competed at the national meet last spring. Returning for head coach Jon Carlson's squad are Brian Amundson (JR, Blaine, Minn.), Scott Hagemeyer (JR, Willmar, Minn.), Ben Hanson (SO, Minnetonka, Minn.) and Greg Pokorski (SO, Rochester, Minn.). Hagemeyer and Hanson each won three individual events in the MIAC Championships. Hanson was also named Male Swimmer of the Meet after setting a pair of MIAC meet records and reaching provisional qualifying marks with each of his individual victories. Hagemeyer has been named an all-conference selection each of the last two years. The junior has been named an event champion at the MIAC Championships six times individually and seven times as a member of a relay team. Hagemeyer was also a member of a runner-up relay in 2005. The Gusties will be in search of their fifth consecutive MIAC title and the 20th in school history. Coach Carlson's squad will open the season on Saturday, November 5 by hosting Minnesota State University, Mankato in a dual.	

Hamline University	
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Head Coach:	Andy Hanson (3rd year)	
2005 MIAC Meet:	7th place at MIAC Championships	
Key Returners:	Ryan Beckman (Jr., Red Wing, Minn.) Julian Borgia (So., North East, Pa.) John Burgess (Sr., Oakdale, Minn.) Jake Kruger (Jr., Cascade, Wis.)	
Season Preview:	Strength in numbers is the theme for the 2005 men’s swimming and diving campaign. With a growing number that includes 17 men, the race for improvement within the team and in the conference standings is gearing up. Last season included a move up in the MIAC, with both teams improving from eighth to seventh place from the previous season. This move can be attributed to the improvement of the returners and the strength of the incoming athletes. The team is led this season by a core group of seniors, including John Burgess (Oakdale, Minn.), and Dave Thompson (Eden Prairie, Minn.). Because of their outstanding leadership over the past few years, Thompson and Burgess have been elected captains for the upcoming season. These seniors have been leaders in the pool, and will continue to be an example for the younger athletes in their final season with the team. Complete Hamline preview at: http://www.hamline.edu/hamline_info/athletics/swimming/0506/outlook.html	

Macalester College		
Head Coach:	Bob Pearson (17th year)	
2005 MIAC Meet:	6th place at MIAC Championships	
Key Returners:	Sjon Swanson (Sr., Rosemount, Minn. / Zoo) Jared Rudolph (So., Brookfield, Wis. / Central) Ramiro Nandez-Acosta (So., Salto, Uruguay)	
Season Preview:	This season looks to be an interesting one for the young Macalester Scots. Seven returning letter-winners are anxious to continue adding to the point totals scored at the conference championships over the past few seasons.. Senior Sjon Swanson will lead the charge and last season set school records in the 50 free, 100 breast and 200 breast despite an injury-plagued season. If he can stay healthy Swanson has the ability to vie for a conference championship title and a possible invitation to the national championships. Jared Rudolph leads the sophomore class and is worth watching this season. He suffered through a string of bad luck last year with injury and illness but still managed to place his name of Mac's all time best list in the 100 free, 100 back and 200 back. Ramiro Nandez enjoyed a great start to his Mac career scoring in the 200 butterfly and was a factor in all meets in the backstroke and individual medley events. Newcomers are going to have to play an important role if the Scots are to stay competitive. Dan Truchan participated in the Minnesota High School Championships last year and could be among top first-year breaststroke swimmers in the conference. Emmet Costel enjoyed a successful senior year and would already be a member of the Mac honor roll in both the 100 butterfly and 100 breaststroke events. Complete Macalester Preview at: http://www.macalester.edu/athletics/swimming/news/0506_season_outlook.html	

Saint John's University		
Head Coach:	Bill Saxton (8th year)	

2005 MIAC Meet:	3rd place at MIAC Championships	
Key Returners:	Luke Prokop (Sr., Grand Rapids, Minn.) Eric Anderson (Sr., West Des Moines, Iowa) Kerry O'Neill (Sr., Inver Grove Heights, Minn.) Kip Winden (Sr., Minneapolis, Minn.)	
Season Preview:	The 2005-06 Saint John's University swimming and diving team will bring experience and great talent to the pool this season. After finishing third at the Minnesota Intercollegiate Athletic Conference Championships and 22nd at the NCAA Championships last season, SJU will be looking to combine its talent with veteran athletes to keep themselves in the top three in the conference. SJU will try to replace the loss of David Williams to graduation. Williams was a five-time All-MIAC performer last season and a finalist in the MIAC Championships all four years. The Johnnies are returning an abundance of talent and experience. The senior class will be led by four captains. Luke Prokop (Grand Rapids, Minn.) is a three-time national qualifier and five-time All-American. Prokop finished third in the 200-yard breaststroke with a time of 2:02.81 and finished 13th in the 100-yard breaststroke with a time of 0:57.92 at last year's NCAA Championships. Prokop also holds the MIAC record in the 200-yard breaststroke and SJU record in the 100 and 200-yard breaststroke. Eric Anderson (West Des Moines, Iowa) is the school record holder in the 1,650-yard freestyle. Kerry O'Neill (Inver Grove Heights, Minn.) is a three-time All-American and the top team sprinter. Kip Winden (Minneapolis, Minn.) is one of the top distance swimmers in the MIAC. The other three seniors include; sprinter and butterfly swimmer Chase Cushman (Monticello, Minn.), Terrell Ormson (Chaska, Minn.) who is a butterfly and freestyle swimmer and lastly, a sprinter and freestyle swimmer in Stas Spiridinov (Alexandria, Minn.). The junior class will provide great depth for this year's team. Junior captain Joey Chapman (Stillwater, Minn.) is a three-time All-American in the 200 and 400 relay. Sam Christianson (West Fargo, N.D.) is also a three-time All-American in the 200 and 400 relay. John Turtle (Littleton, Co.) is a junior captain and will have a big impact in the 100 and 200 breaststroke. After earning top MIAC recognition in the backstroke and sprint freestyle race, Casey Larson (Burnsville, Minn.) has high hopes for a strong season. Peter Przekota (Park Ridge, Ill.) who also plays water polo, looks to have a break out season in the backstroke and IM. Other juniors include; Scott Antolak (Brainerd, Minn.), Luke McMahon (Crystal, Minn.) and Matt Schmitz (Brainerd, Minn.). A talented freshman class from last year returns seven swimmers this year as sophomores. The sophomores will be led by Pat Stanaway (Zimmerman, Minn.) and Josh Swenson (Thief River Falls, Minn.). Stanaway is a returning finalist in the MIAC 200-yard freestyle and butterfly competitions. Swenson was a finalist in the 100 and 200-yard butterfly last year in the MIAC Championships. Other sophomores include; Torre Alhberg (Longmont, Colo.), Nick Bishop (West Des Moines, Iowa), Darren Lofquist (Burnsville, Minn.), Nathan Justin (Little Falls, Minn.) and Jeff Sandager (Scandia, Minn.). Alhberg looks to have a step up in the middle distance races. Bishop, who is an extremely hard worker and team player, looks to better his breaststroke times, and Justin will compete in the sprint freestyle competitions. The Johnnies will look to Lofquist to settle in this year as a top MIAC contender in the middle distance freestyle and backstroke events. Lastly, Sandager, who really started to come around last season as a freshman, has high hopes to finish strong in the MIAC sprint and freestyle races. The Johnnies will be coached by Bill Saxton, who begins his eighth season in Collegeville. The Johnnies have finished no lower than third at the MIAC Championships the last seven years under Saxton. "We have a great team this year with great leadership," stated Saxton. With high hopes to make a run for the MIAC title and finish in the top 20 in the nation this year, Saxton commented, "This is an exciting time of the year and I look forward to our team shining in 2005-06." Complete Saint John's Preview at: http://www.gojohnnies.com/swimdive/0506preview.htm	

Saint Mary's University		
Head Coach:	Eric Lindquist (7th year)	
2005 MIAC Meet:	8th place at MIAC Championships	
Key Returners:	Brian Joyce (So., Chicago, Ill. / St. Patrick) Gerry Lentino (So., Chicago, Ill. / Notre Dame)	

Season Preview:	When Eric Lindquist looked at his 2005-2006 Saint Mary's University swimming and diving preseason roster and saw his name at the bottom with "seventh season" in parenthesis behind it, he had to do a double-take. Seventh season? To Lindquist, it seems like the first season all over again. "There's a real freshness, a newness about this season," said Lindquist. "When you compare this year to last year, it's almost like we have a completely new team — I feel like I did heading into my first season." The Cardinals may not have any seniors, but they do have some veteran returners — including Brian Joyce(So., Chicago, Ill. / St. Patrick) and Gerry Lentino (So., Chicago, Ill. / Notre Dame). "We are going to need some underclassmen to step up and be the leaders this year," said Lindquist. "Swimming isn't necessarily the type of sport that you need that leadership the same way you do in hockey or basketball. Our leaders are look to more outside the pool than they are in it — and from what I've seen, we've got a number of individuals who have already stepped into those roles." Complete Saint Mary's preview at: http://sports.smumn.edu/swimming/2005/newsletter/swpreview.html
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<u>St. Olaf College</u>		
Head Coach:	Dave and Bob Hauck (17th year)	
2005 MIAC Meet:	2nd place at MIAC Championships	
Key Returners:	Ben Wareham (Jr., St. Paul, Minn./Highland Park) Christian Lorentzen (So., Phoenix, Ariz.) Joe Anderson (Jr., Madison Wis./West) Paul Evenson (Jr., Moorhead, Minn.) Adam Thomas (Jr., Elgin, Ill.) Mark Glineburg (Sr., St. Paul, Minn./Cretin)	

Season Preview:	The St. Olaf men's swimming and diving team returns seven of the nine All-Americans from last year's team which finished second in the MIAC Championships and 15th in the NCAA Championships. This season, the men expect again to battle with defending champion Gustavus for their 23rd Conference Championship since 1977. "We feel good about the upcoming season," said Coach Dave Hauck. "The commitment that's been shown throughout the fall has been outstanding. With continued hard work, the athletes will improve throughout the season, and we'll be in a position to again compete for a championship." Returnee Ben Wareham (Jr., St. Paul, Minn./Highland Park) earned All-American status in the 100 Yard Breaststroke, and established a new all-time St. Olaf team record with a time of 56.49. Diver Christian Lorentzen (So., Phoenix, Ariz.) returns as a two-time (2004 and 2005) All-American in both the 1-Meter and 3-Meter Diving events. Lorentzen was also named Diver of the Meet at last season's MIAC Championships. Three members of last year's record setting Medley Relay teams return: J.C. Chambers (Sr., Englewood, Colo./Cherry Creek), Tom Kukla (So., Dubuque, Iowa), and Wareham. Along with graduate Drew Vanderwert, they established all-time St. Olaf records of 1:33.60 and 3:25.01 in the 200 and 400 Yard Medley Relays respectively. Joe Anderson (Jr., Madison Wis./West), Paul Evenson (Jr., Moorhead, Minn.), and Adam Thomas (Jr., Elgin, Ill.) round out the remaining returning 2005 All-Americans. Individual Medley specialist Mark Glineburg (Sr., St. Paul, Minn./Cretin) returns, and was an All-American in 2003 and 2004. NCAA Championship Meet competitor Eric Tvedt (So., St. Louis, Mo./Parkway West) and individual medley / breaststroker David Manly (So., Apple Valley, Minn.) return as well. Most notable among the 10 newcomers are Nelson Westby (FY, Salem, Ore./West Salem), individual medley and butterfly, Jake Koch (FY, Wausau, Wis./East), sprint freestyle, and Kaegan Recher (FY, Iowa City, Iowa), sprint freestyle and backstroke. "Expectations that the athletes place on themselves as a result of past success are real high; I'm real pleased with the commitment of the team since school started," said Coach Bob Hauck. "We have a chance to be a deeper team than last year which should help us in the MIAC Championship Meet." St. Olaf opens Oct. 29 at the University of St. Thomas Relays in St. Paul. The NCAA Championships this season will be held at the University of Minnesota Aquatic Center on March 16-18. Complete St. Olaf preview at: http://fusion.stolaf.edu/athletics//index.cfm?fuseaction=NewsDetails&id=530
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University of St. Thomas		
Head Coach:	Tom Hodgson (26th year)	
2005 MIAC Meet:	5th place at MIAC Championships	
Key Returners:	T.J. Hardy (Sophomore) Tim Mullee (Sophomore) Matt DesMarais (Junior)	
Season Preview:	Coach Tom Hodgson's 26th season as head coach will feature a young squad with no seniors among his 17 men's swimmers. They'll look to improve on last year's fifth-place conference finish. Three-time Academic All-American Dave Linn, an MIAC champion backstroker, has graduated, leaving a large void in leadership and scoring. Leading the returners are three sophomore school-record setters -- T.J. Hardy and Kevin and Tim Mullee. Other top returners include juniors Jon Soldner and Matt DesMarais; and sophomore Chris Scrobeck, the team's Most Improved last season. Top newcomers include junior Nick Colloch, sophomores Mitch Johnson and Mike Jordan, and freshmen Shawn Walker, Jared Kirk and Seth Warren. In last year's MIAC Championships, Kevin Mullee took seventh in the 100 butterfly, 10th in the 200 fly and 12th in the 50 free; Hardy was sixth in the 50 free, ninth in the 200 backstroke and 11th in the 100 back; and DesMarais was 12th in the 1,650 free and 14th in the 200 free.	