



# 2000-01 MIAC WOMEN'S SWIMMING PREVIEW

The 2000-01 MIAC women's swimming and diving season gets rolling on October 28, 2000, with the MIAC Relays. The College of St. Catherine will host the event.

Carleton College won its first MIAC title in school history last season. The Knights pulled off the win by a slim 17-point margin over crosstown rival St. Olaf College. The Oles have won 12 of the last 14 MIAC Championships, and are looking to reclaim the conference crown. The 2000-01 MIAC Championship will take place February 15-17, 2001, at the University Aquatic Center on the campus of the University of Minnesota.

| [Carleton](#) | [Concordia](#) | [Gustavus](#) | [Hamline](#) | [Macalester](#) | [St. Benedict](#) | [St. Catherine](#) | [St. Mary's](#) | [St. Olaf](#) | [St. Thomas](#) |

## Carleton College

**Head Coach:** Andy Clark (8th season)

**2000 MIAC Championship:** 1st (10-0 overall / 8-0 MIAC)

**Key Returners:** (Name, Yr, Pos, Highlight)

Molly Lalor (Jr./Atlanta/Paideia School) 3x defending MIAC champion in 50, 100 and 200 freestyle, All-American in 100 freestyle, top point scorer on team in 1999-2000.

Angie Soucek (Jr./Colorado Springs, Colo./Cheyenne Mountain) 3x MIAC champion, captured both 1- and 3-meter titles in '00, 3-meter champion in 1999. Earned All-Amrica distinction on three-meter in '00.

Julie Cochran (Jr./Phoenix/Scottsdale Arcadia) 200 butterfly champ in '00, All-MIAC in 200 IM and 100 butterfly

Maroya Spalding (So./Raymond, Neb) '00 500 freestyle champ, All-MIAC in 200 freestyle and 1650 freestyle

Heidi Branz (So./Palo Alto, Calif./Henry Gunn) 2x All-MIAC performer in '00, third in both 200 and 400 IM

### **Season Preview:**

The defending MIAC champions return the bulk of their lineup for the 2000-01 campaign. But the title run will be far from a walk in the park, as head coach Andy Clark expects a strong challenge from Gustavus, St. Olaf and St. Benedict. Clark is also concerned about having four of his top swimmers studying abroad during Carleton's fall term. He hopes that a strong incoming class will help ease their transition back to the pool. "We have an excellent incoming class to support the strong returning veteran group. I feel we're in a good position to accomplish another title run." Clark knows, however, that his team must remain healthy to do so while keeping training at a premium. "If that happens, we'll be ready for a fantastic championship meet."

## Concordia College

**Head Coach:** Julie Lucier (2nd season)

**2000 MIAC Championship:** 6th (7-1 duals)

**Key Returners:** (Name, Yr, Pos, Highlight)

Shana Letnes, Sr., Fort Collins CO, Rocky Mountain H.S. (Breaststroke, IM)

Carrie Bunker, Sr., Bozeman MT, Bozeman H.S. (Freestyle Distance)

Lacy Wallace, Sr., Minot ND, Minot H.S. (Butterfly)

### **Season Preview:**

The 2000-2001 season is the fifth season of intercollegiate swimming competition in the MIAC for Concordia College. The immediate team goal for the Cobbers is to improve on their three straight sixth place finishes in the MIAC conference championships. Concordia's swimming program reached a milestone last year when their first four-year competitor, Janey Hill, graduated in the spring. The Cobbers have an experienced team, with 8 of the 22 members being seniors. Among the seniors that will provide leadership are; two-time national qualifier Shana Letnes (Fort Collins, CO) in the breaststroke, Carrie Bunker (Bozeman, MT) in the distance events and Lacy Wallace (Minot, ND) who will continue to be competitive in the butterfly. Newcomers that will be counted on to add depth are Emily Arndt (Fort Collins, CO), Jenny Berg (Plymouth, MN), Tina Mackedanz, and Kera Wayne (Golden Valley, MN).

## Gustavus Adolphus College

**Head Coach:** Jon Carlson (6th season / 33-27)

**2000 MIAC Championship:** 3rd (6-3 dual / 6-2 MIAC)

**Key Returners:** (Name, Yr, Pos, Highlight)

\*Robbi Palombi, SO, backstroke; 3x All-Conf winner and team MVS in her freshman season, member of conference champion 200 medley relay.

\*Ann Young, SR, butterfly, breaststroke; all-around performer with top five times in all eight events she swam last year, captain and school record holder in 200 breaststroke.

\*Emily Hadland, JR, freestyle, breaststroke; captain and one of premier freestyle sprinters, all-conference in 50 free and 200 free relay, finalist in 100 breaststroke.

\*Emily Glenn, SO, butterfly, distance; All-Conf in 200 butterfly and holds school record in same event

\*Susan Suldvedt, SR, diver; Captain and team's top diver for past three years, two-time All-Conf in three meter event, holds school records in three events.

#### **Season Preview:**

After compiling an overall dual meet record of 6-3 and finishing third at the MIAC Championships during the 1999-00 season, the Gustavus women's swimming team is anticipating a season of improved success in 2000-01. The Gusties started last season 0-3, but proceeded to win their next six dual meets, an improvement Head Coach Jon Carlson thinks will continue this season. Carlson is excited about the fact that every swimmer who scored for the team at the conference meet last season is returning. He hopes that experience will help the team prepare to contend for the conference title in 2001. The Gusties will start the season with a pair

of important dual meets against conference rivals Carleton and St. Olaf, the only teams that finished ahead of Gustavus in last year's conference meet. The team will begin its taper in early February in preparation for

the MIAC Championships which will be held at the University of Minnesota on February 15-17. After finishing third in 2000, the Gusties feel that they will be a serious contender for the 2000-01 MIAC Championship.

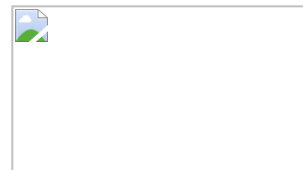
## **Hamline University**

**Head Coach:** Gayle Schurz (2nd season)

**2000 MIAC Championship:** 9th (1-4)

#### **Season Preview:**

The Hamline University Swimming and Diving team has experienced some anticipated growth heading into the 2000-2001 season. The team of 12 members is shaping up to begin the ascent of Hamline Swimming in the 2000-2001 MIAC season in competitive form. With a record of 1-4 in the 99-00 season, the team is expected to improve this season with the addition of some very talented newcomers and the return of experienced veterans. Last year's ninth place finish was separated by just 30 points from 8th place. Barring injury, this year's training efforts and enhanced performances at the conference championship should put the Pipers in a position to move up 1-2 places in the conference standings. The Piper swim team has been working hard, in and out of the pool, and should be well-positioned for a successful season. With added depth, this team's competitiveness in the MIAC conference will definitely improve.



## **Macalester College**

**Head Coach:** Bob Pearson (12th season)

**2000 MIAC Championship:** 7th (1-6 overall / 1-5 MIAC)

**Key Returners:** (Name, Yr, Pos, Highlight)

Karin Halvorson (Sr., Mililani, HI) distance free (All-MIAC, All-America)

Jenn Anziano (Jr., Denver, CO) sprint freestyle

Betsey Groshens (Sr., Forest Lake, MN) breaststroke

Alison McIntosh (Sr., Salt Lake City, UT) distance freestyle

Margie Goodwin (Sr., Terre Haute, IN) diving

#### **Season Preview:**

The Scots will be led by 1999 NCAA All-American Karin Halvorson, who holds all the Macalester school records between 200 and 1650 yards. School 50- and 100-yard freestyle record holder Jenn Anziano also returns to the pool this winter to give Macalester a solid one-two punch in the freestyle races.

Macalester also returns captains Betsey Groshens in the breaststroke, Alison McIntosh in the distance freestyle events, and diver Margie Goodwin.

Newcomers are also expected to play a big role this winter.



## **College of St. Benedict**

**Head Coach:** Bill Saxton (3rd season)

**2000 MIAC Championship:** 4th in MIAC / 3-7 overall (2-5 MIAC meets)

**Key Returners:** (Name, Yr, Pos, Highlight)

Gretchen Weber, Sr, Freestyle/Backstroke/Butterfly, captain, returning MIAC Champion, All-American, will play a large role in the success of this year's team.

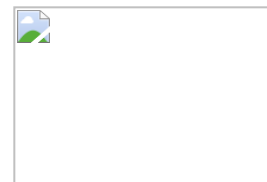
Jessica Johnson, Sr, Diver, captain, strong leader for the divers, should contend for a MIAC title.

Katie Kuhlmann, Jr, Breaststroke, MIAC Champion and NCAA All-American, strong in the sprint freestyle.

Amanda Kelly, So., Diver, great team player who should be one of the MIAC's top divers this year.

#### **Season Preview:**

The 2000-2001 College of Saint Benedict swimming and diving team will have a very balanced look. Thanks in part to a strong sophomore, junior and senior class as well as a talented first-year group of swimmers and divers CSB will the MIAC contenders this year. For the third time in as many years the Blazers have returning All-Americans (Gretchen Weber and Katie Kuhlmann) to help keep CSB among the elite conference powers.



## **College of St. Catherine**

**Head Coach:** Tina Neill (2nd season)

**2000 MIAC Championship:** 8th (3-5 in Dual Meets)

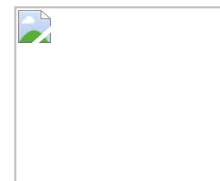
**Key Returners:** (Name, Yr, Pos, Highlight)

Laura Hanson JR. (Distance Free) 2000 Most Dedicated & 2001 team captain.

Leah Peterson JR. (Breaststroke) 2000 Most Improved & 2001 team captain.

#### **Season Preview:**

The Wildcats are looking ahead to a great saeson with veterans Laura Hanson (distance-free), Leah Peterson (Breaststroke), Erica Madson (distance-free, IM), and Kelsey Johnson (sprint-free) returning to the pool.



The team will rely heavily on the strong first year class of Laura Widen (sprint-free), Lisa Niemczyk (breast), Julie Chrzanowski (back and fly), and Gina Caya (diving). Also a contributing factor will be Sarah Schmitz (free and IM) who transfered into St. Kate's.

## Saint Mary's University

**Head Coach:** Eric Lindquist (2nd season)  
**2000 MIAC Championship:** 10th  
**Key Returners:** (Name, Yr, Pos, Highlight)  
Katie Krebsbach (Sr., Mendota Heights, Minn., freestyle, SMU's top freestyler in 1999-2000)  
Dawn Van Houten (Sr., Cedar Rapids, Iowa, freestyle, breaststroke)  
**Season Preview:**

Eric Lindquist will be the first to admit that it takes a lot of patience to build a successful swimming and diving program. But the Saint Mary's University head coach is running out of patience, it's time for his teams to make a move out of the cellar of the MIAC.

"You are always looking to improve your numbers, to build that solid foundation," Lindquist said. "But there comes a time when you need to start focusing on quality and not so much just on quantity." For the first time since Lindquist has been involved in the program, the Cardinals have both.

The women's team lost three key ingredients, including record-holder Emily Paulson, from last year's squad, but with the return of co-captains Katie Krebsbach (Mendota Heights, Minn.) and Dawn Van Houten (Cedar Rapids, Iowa), as well as six talented freshmen eager to fill the void, it's no wonder Lindquist's patience is wearing thin.

"We've set some pretty lofty goals," admitted the second-year head coach. "We want to improve our dual-meet record (the SMU women were winless in eight duals), and, more importantly, we want to improve our standing at the conference meet."

Lindquist isn't about to predict a conference championship from either of his squads, but he does expect both teams to make the climb up a few rungs of the MIAC ladder. "It's almost like the MIAC is divided into different plateaus," explained Lindquist, whose women's team finished 10th a year ago. "At the top, you have teams like Gustavus and St. Olaf, perennial swimming powers. From there, there's a significant drop-off to the next plateau, but it's there, the third, fourth, fifth spots in the conference, that we're gunning for."

And if expectation turns into execution, Lindquist is confident that's exactly where you will find the Cardinals when all the conference-meet dust settles.

"Last year was a bit of a learning year for everyone involved with the program," said Lindquist of his first season as the Cardinals' head coach. "The team needed to get used to my expectations, and I had to adjust to life as a head coach, as well as to what these individuals were capable of.

"Now, everyone knows what I expect, they know about my mandatory two-a-days, all season long, they know what it's like to train hard all season, to swim tired, and they know that my system works. "That's one of the biggest reasons why my expectations are so much higher this year." That, and the return of Krebsbach, the women's top freestyler a year ago.

"I'm excited and everyone on this team is excited about this year," Lindquist said. "This program has definitely turned the corner, now it's time for us to prove we're ready to make the jump to that next plateau."

## St. Olaf College

**Head Coach:** Bob Hauck (12th season)  
**2000 MIAC Championship:** 2nd (MIAC 5-1, Overall 5-4)  
**Key Returners:** (Name, Yr, Pos, Highlight)  
Chrissy Soule (Sr., Individual Medley)  
Emily Taylor (Sr., Butterfly, Freestyle)  
Debbie Pagels (Sr., Sprint Freestyle, Butterfly)  
Ellen Prange (Sr., Sprint Freestyle, Butterfly)  
Anna Rickert (So., 1-3 M Diver)  
**Season Preview:**

Hoping to regain their number one spot in the MIAC, St. Olaf Men's and Women's Swimming and Diving look forward to the 2000-01 season. Returning much of their core from the previous season and numerous All-Conference selections, the St. Olaf men's and women's swim team will look to their respective Most Valuable Athletes in Gabe Kortuem (Sr., Andover, MN) and Chrissy Soule (Sr., Mound, MN).

## University of St. Thomas

**Head Coach:** Tom Hodgson (starting 22nd season)  
**2000 MIAC Championship:** 5th  
**Key Returners:** (Name, Yr, Pos, Highlight)  
Laura Palombi, SR, Ely, Free/IM  
Melissa Stahl, SO, Blaine, Free  
Kristi Cook, JR-Omaha, Neb./Marian, IM/Breast  
Crystal Dusich, SR, Ely, Diving  
**Season Preview:**

With the best incoming class of swimmers in recent memory, the Tommies look to make a splash among the powerful top teams in the MIAC. Five freshmen were state meet finalists -- Missy Jackson (Henry Sibley), Teresa Smock (Big Lake), Mary Kay Mohs (Alexandria), Kelly Shenk (Hibbing), and Iowa sprint standout, Jenny Murray (Dubuque Wahlert). These women lead a deep first-year class, and join returning stars Laura Palombi (SR-Ely), Melissa Stahl (SO-

Blaine), Kristi Cook (JR-Omaha, Neb./Marian), and Crystal Dusich (SR-Ely). So, despite heavy losses to graduation, including all-MIAC performers Nissa Inselman and Kathy Vaughn, the future looks bright for the Tommie women. For the first time in several years, the Tommies have a legitimate shot at qualifying athletes to the NCAA Championships. The sprint freestyle crew could put together a qualifying relay, and Dusich remains one of the top divers in the league. In addition, Jackson, Smock and Stahl could surprise with an NCAA qualifying time, if they build upon an already great start this fall. Coach Tom Hodgson, starting his 22ns season, is understandably optimistic: "This year's team has probably the greatest potential of any we've had since our NCAA top-15 finishing teams of the mid-1990s. And more important, they are great students and thoughtful, generous people."

**2000 MIAC Swimming and Diving  
Championships**

**Women's Final Team Scores**

|                | <b>Points</b> |
|----------------|---------------|
| Carleton       | 726.5         |
| St. Olaf       | 709.5         |
| Gustavus       | 450.5         |
| Saint Benedict | 408.5         |
| St. Thomas     | 359           |
| Concordia      | 295.5         |
| Macalester     | 270.5         |
| St. Catherine  | 150           |
| Hamline        | 131           |
| St. Mary's     | 11            |