



2005-06 MIAC WOMEN'S SWIMMING & DIVING PREVIEW

The 2005-06 MIAC Women's Swimming & Diving season begins with last season's MIAC champion St. Olaf looking like the team to beat. The Oles return five All-Americans from a team that beat out Gustavus and Carleton for the 2005 title. Carleton and Gustavus will contend for the 2006 title but the Gusties will be challenged to find some new young talent to replace last season's accomplished seniors. Macalester is coming back to make a splash in the MIAC after their best finish in school history last year. Deep teams at Concordia and Saint Benedict will make them competitive this season in the MIAC. Hamline and St. Catherine will both have young but experienced teams that should improve on last season's results. St. Thomas, Saint Mary's and Augsburg will all look to climb up the standing in the MIAC in 2005.

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

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Augsburg College		
Head Coach:	Mike Goldman (1st year)	
2005 MIAC Meet:	11th place at the MIAC Championships	
Key Returners:	Amanda Jacobson (Sr., Lino Lakes, Minn./Centennial) Trudy Pommerening (So., Bemidji, Minn.)	

Season Preview:	For outsiders, Mike Goldman's move from a 13-year career as head men's and assistant women's track and field coach at Bethel University to his new position as head coach for Augsburg College's women's swimming program, which is entering its third season as a varsity sport in 2005-06, may have been a surprise. However, for Goldman, it was the perfect challenge. Goldman brings two decades of swimming experience, as a coach at the high school and club level, to his new position at Augsburg, replacing Charlie King, who resigned in June after seeing the Augsburg program through its first two varsity seasons of Minnesota Intercollegiate Athletic Conference competition. "I've always wanted to coach swimming at the collegiate level," said Goldman, who most recently served as assistant swimming coach for the Marlin Swim Club (YMCA) in Shoreview, Minn., after coaching swim teams in the Des Moines, Iowa, area from 1978 to 1992. "I've been involved with swimming at the high school and club level for quite a number of years, and I saw this as a great opportunity. I love the MIAC. I'm not regretting this move one bit. I'm enjoying this very much," he said. "I plan to coach at Augsburg for a long time. This is not going to be a one- or two-year deal. I plan to take the time to build the program." Goldman inherits an Auggie squad with virtually all new members -- five newcomers and two returners. But he sees in those seven individuals the nucleus of good things in the future. "I want the program to continue to improve," Goldman said. "I want to see this program move up in the conference. I'm really happy with this group. This group is ultimately going to build this program. It's going to be a great base to start with and we'll be able to improve in the future." The team's two returners are senior Amanda Jacobson (Sr., Lino Lakes, Minn./Centennial HS) and sophomore Trudy Pommerening (So., Bemidji, Minn.). Pommerening will compete in breaststroke and freestyle events, while Jacobson will compete in freestyle events, Goldman noted. With the small but talented group, Goldman's goals will primarily revolve around showing continued improvement, with goals of improving upon last season's 11th-place team finish at the MIAC championships. Last year, with just eight competitors, the Auggies finished just 12 team points out of 10th place. "We have a very good group to start with this year," Goldman said. "Our first goal will be to score more points in the conference meet, then move up in the conference standings. We definitely have the capability to do that." Augsburg will continue to practice at the College of St. Catherine's Butler Center, one of the top pools for both practice and competition in the Twin Cities area, Goldman said. Augsburg will host Wisconsin-River Falls in a dual meet at the Butler Center on Dec. 17. Complete Augsburg preview at: http://www.augsburg.edu/athletics/swimming/0506preview.html
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Carleton College		
Head Coach:	Andy Clark (13th year)	
2005 MIAC Meet:	2nd place MIAC Championships	

Key Returners:	Karin Brown (So./Madison, Wis./Memorial) Jen Gratz (So./Eden Prairie, Minn./Edina) Jenny Grover (Sr./Boise, Idaho) Elise Knoche (Sr./Madison, Wis./West) Molly Miller (Sr./San Francisco/University) Paula Wright (Jr./Rochester, Minn./Century)
Season Preview:	Gone is seven-time national champion and all-everything Marie Marsman '05. When she and classmates Emily Mondloh and Andrea Barbera walked across the Carleton Recreation Center graduation stage this past June, head coach Andy Clark said farewell to a nucleus that had led the Knights to one MIAC title, three MIAC runner-up finishes and two top-six NCAA finishes departing. "There's no question that you lose a class like we had last year that you can't fully rebound," he said. While the loss of that trio, and especially Marsman, means the Knights won't have the same success at the national level, Clark feels this year's squad may be poised to challenge for their first conference title since the Knights took back-to-back crowns in 2000 and 2001. "Our biggest strength will be in enhanced depth, and that's been a little bit of a challenge for us the last few seasons," Clark said. "This year we have the numbers that hopefully will carry us higher in the conference." The cupboard is hardly bare for the 2005 MIAC Coach of the Year, who returns senior Jenny Grover (Boise, Idaho), a five-time All-American and nine-time individual All-MIAC honoree. The three-time defending 100-yard backstroke champion was part of both of Carleton's national titles in the 200- and 400-yard freestyle relays. She was the team's high-point scorer the last time they took to the pool without Marsman in 2003-04 and serves with Lauren Allison (Wyckoff, N.J./Ramapo) as team co-captains. Joining Grover as seniors with NCAA Championships experience is Elise Knoche (Madison, Wis./West) and Molly Miller (San Francisco/University). Elise Knoche owns nine All-MIAC citations in individual events and won three titles in 2003 in the 200-, 500- and 1,650-yard freestyle events. She helped Carleton's 800-yard freestyle relay finish second at the 2005 national meet. Miller, meanwhile, was an All-American as part of the 400-yard medley relay team and had two all-conference performances last year in the 100- and 200-yard breaststroke events. "We have people that need to step up and take ownership of their races and stay healthy," Clark said. Among the other key returners for Clark is sophomore Jen Gratz (Eden Prairie, Minn./Edina), who anchored Carleton's national-title winning 200-yard freestyle relay, sophomore Karin Brown (Madison, Wis./James Madison Memorial), who scored in all of her individual events at last year's conference championships, and Paula Wright (Jr./Rochester, Minn./Century), who finished in the top five in all three of her events at the 2005 MIAC Championships. Complete Carleton preview at: http://apps.carleton.edu/athletics/?sport=246&module=content&id=163527

Concordia College

Head Coach: Julie Lucier (7th year)



2005 MIAC Meet:	6th place MIAC Championships	
Key Returners:	Annie Cullen (Sr., Moorhead, Minn.) Shannon Brown (Sr., Missoula, Mont./Hellgate) Cami Hendrickson (So., Thief River Falls, Minn./Lincoln) Katie Lee (Jr., So. St. Paul, Minn.)	
Season Preview:	The Concordia women's swimming and diving team is hoping that the terms "potential" and "well-rounded" can equate into success in the pool. The 2005-06 Cobbers will have one of their deepest teams ever and should make a charge at finishing in the top five of the conference — a feat that has never been accomplished by a Concordia swimming and diving team. Head coach Julie Lucier's preseason optimism for her team stems from solid swimmers throughout the lineup, another potential All-American diver and one of the strongest recruiting classes in program history. This year's swimmers' strengths lie in the freestyle and freestyle relay events. Last year, the Cobbers broke the school record in the 400-yard and 800-yard freestyle relays and now have three of the four swimmers returning from each of those relay teams. Sophomore Cami Hendrickson (Thief River Falls, Minn./Lincoln HS) was a key member of the relay events and also set school records in the 50-yard and 100-yard freestyle. Her return will give the Cobbers a legitimate sprinter and help with all the freestyle relays. Joining Hendrickson on the relays last year were Katie Lee (South St. Paul, Minn.) and Shannon Brown (Missoula, Mont./Hellgate HS). Lee swims middle-distance freestyle events and finished 13th in the conference in the 200-yard freestyle. Brown is the team's top breastroker. She finished 10th in the 200-yard breaststroke at the conference meet last year and will be looking to earn all-conference honors for the first time in her career this season after knocking on the door in her first three years. One athlete to watch in the entire conference will be Concordia senior diver Annie Cullen (Moorhead, Minn.). Last year, Cullen was named MIAC Co-Diver of the Year, along with teammate Emily Hall '05. She won the three-meter event at the conference meet and finished second in the one-meter competition. Cullen also advanced to the NCA Division II national meet for the first time in her career. She finished 20th in both events at the national meet and will be one of the top returning divers in the country this season. Lucier brought in a crew of talented freshmen. The Cobbers have 10 newcomers on their roster, which is the second largest incoming class in the history of the program. Looking to make a splash in 2005-06 will be Jenna Dillon (Thief River Falls, Minn./Lincoln HS), Shaina Fossum (Minnetonka, Minn.), Elise Larson (Bagley, Minn.), Jenna Leadbetter (Park Rapids, Minn.) and Jessica Tollberg (North Branch, Minn./Chisago Lakes HS). Joining those five swimmers will be diver Sarah Ryan (Alexandria, Minn./Jefferson HS), who competed three years at the Minnesota State Meet. The 2005-06 Concordia team has a chance to make program history and in the process set the bar for the future of Cobber swimming and diving. If they can harness their potential and use their depth, then Lucier's crew could make the Concordia pool the hottest place to be in Fargo-Moorhead this cold winter. Complete Concordia preview at: http://www.cord.edu/dept/sports/winter/sw/preview.php	

Head Coach:	Jon Carlson (16th year)	
2005 MIAC Meet:	3rd place MIAC Championships	
Key Returners:	Sara Pfau (So., Bismarck, N.D.) Laura Watkins (Jr., Fargo, N.D.) Katie Haynes (Sr., Duluth, Minn.) Meg Chida (Jr., Rochester, Minn.) Yoshie Ludwig (Jr., St. Peter, Minn.)	
Season Preview:	The Gustavus women's swimming and diving team will take on a slightly different look than the 2005 squad that finished third in the MIAC Championships and finished 16th at nationals. Head coach Jon Carlson will need to replace Beth DeLaRosby, Katie Garvey and Eva Miller, all four-time all-conference selections who graduated in the spring. DeLaRosby and Garvey were also two-time All-Americans. The cupboard has not been left bare, though. A pair of national meet qualifiers return in the form of Laura Watkins (JR, Fargo, N.D.) and Sara Pfau (SO, Bismarck, N.D.). Watkins, an anchor of the sprint crew, is a two-time All-American and participated on a pair of MIAC Championship relay teams last season. Pfau swam on the winning 200 Medley Relay at the conference meet and picked up honorable mention All-America honors on three relays at the NCAA meet. Carlson will rely on Katie Haynes (SR, Duluth, Minn.) and Meg Chida (JR, Rochester, Minn.) to lead the Gusties in the middle distance races. Haynes was an All-MIAC selection in 2005 after finishing third in both the 100 and 200 backstrokes. Chida scored 32 points at the 2005 MIAC Championships. Yoshi Ludwig (JR, St. Peter, Minn.) will provide consistency in the butterfly and individual medleys and Angie Miller (JR, Burnsville, Minn.) will be looked at to lead the distance swimmers this season. Coach Carlson's squad will open the season on Saturday, November 5 by hosting Minnesota State University, Mankato in a dual.	

Hamline University		
Head Coach:	Andy Hanson (3rd year)	
2005 MIAC Meet:	7th place MIAC Championships	
Key Returners:	Aly Janzen (So., Lino Lake, Minn./Cretin-Derham Hall) Lindsey Swanson (Jr., Coon Rapids, Minn.) Tami Klenke (So., Red Wing, Minn.)	

Season Preview:	Strength in numbers is the theme for the 2005 women's swimming and diving campaign. With a growing number that includes 18 women, 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 Hamline 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 Jamie Alpert (Lakeville, Minn.), Tanea Bement (Stillwater, Minn.), Logan Thompson (Lino Lakes, Minn.), Linsi Ulstad (Maple Grove, Minn.). Because of their outstanding leadership over the past few years, Bement and Ulstad have been elected captains for the upcoming season. All 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
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Macalester College		
Head Coach:	Bob Pearson (17th year)	
2005 MIAC Meet:	4th place MIAC Championships	
Key Returners:	Heather Lendway (Sr., St. Paul, Minn. / Cretin-Derham Hall) Jackie DeLuca (Jr., New Preston, Conn. / Hotchkiss School) Nancy Taff (Jr., Falcon Heights, Minn. / Roseville) Kristin Meadows (Jr., Columbia, S.C. / London American School) Kristin Mathson (So., Verona, Wis.) Alanna Mozena (Jr., Dubuque, Ia.)	

Season Preview:	Macalester is coming off the most successful season in team history, in which the team was ranked 13th in the nation in the final dual meet poll while breaking 12 school records were broken. The Scots hope to be in the thick of things once again. With the loss of four seniors to graduation, Mac will have to rely on the mix of returning letter winners and a strong first-year class to stay in the race. Once again the Scots should be strong in the distance events where senior school-record holder, and honorable mention All-American Heather Lendway will lead the charge. Lendway set school records in the 500 free and 1650 free while winning those events at the conference championship meet. The junior class for the Scots is an impressive one. Jackie DeLuca set school records in both the 50 and 100 freestyle last season and will once again be among the elite swimmers in the MIAC. Kristin Meadows also etched her name in to the record books last season in the 100 and 200 butterfly events and should figure in the mix at the conference championships. Alanna Mozena was one of the top divers in the conference and posted a national qualifying score on the 1-meter board. Nancy Taff earned all-conference status in both the 100 and 200 breaststroke and also scored in the 500 freestyle. The sophomore class is lead by Kristin Mathson who had started her Mac career by scoring at the conference meet in the 400 individual medley and the 200 backstroke, just missing the school record in the later event. The new kids on the block will have an immediate impact on the team. After spending a year at the University of Wisconsin, Katherine Kelly brings with her times that could be among the best in the conference in the butterfly events. Angie Marvin took multiple trips to the Minnesota High School Championships during her career and will be one the top incoming freestyle specialists in the conference. Complete Macalester preview at: http://www.macalester.edu/athletics/swimming/news/0506_season_outlook.html
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College of Saint Benedict		
Head Coach:	Kathy Walker (2nd year)	
2005 MIAC Meet:	5th place at the MIAC Championships	
Key Returners:	Sara Skrbec (Junior) Katie Jermihov (Senior) Erin Rude (Junior) Kelly McGuiggan (Junior)	

Season Preview:	With one returning senior and three MIAC point earning juniors, it look as if the College of Saint Benedict Swimming and Diving team is in for a productive year. These returning upperclass athletes will look to keep the Blazers competitive this season. Captain Katie Jermihov scored well in the conference meet last year and will continue to lead the Blazers by swimming backstroke and freestyle events this winter. Juniors Erin Rude, Sara Skrbec, and Kelly McGuiggan also placed for the Blazers last year in the MIAC Championships and will continue to dominate in their respective distance, backstroke and sprint, and diving events. CSB also returns 12 sophomores who will provide the team with depth and potential qualifiers at the competitive meets they will be participating in this season. Head Coach Kathy Walker is in her second year and has recruited another talented group of first year talent including sprinters Kelly McCann and Alison Pagliacetti, breaststrokers Tessa Berens, Holly Broadwater, Danielle Rothfork, and Brooke Johnson and divers Andrea Schwieters and Lynsi Pasutti. The Blazers begin their competitive season on Saturday, November 5 at 11 a.m. This will be the Northfield Invitational where Saint Ben's will swim against St. Olaf and Carleton.
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College of St. Catherine		
Head Coach:	Nicole Roberts (4th year)	
2005 MIAC Meet:	8th place MIAC Championships	
Key Returners:	Katie Hoeschen (Sr., Freeport, Minn.) Kim Manke (Jr., Lakeville, Minn.) Natalie Sinkler (Jr., Chanhassen, Minn.) Erica Campbell (So., Baxter, Minn.) Allie Jones (So., Lindstrom, Minn.)	
Season Preview:	The current season and the future look bright for the St. Kate's Swimming and Diving program. All of the returning athletes placed in the top sixteen at the 2005 MIAC meet. With a young but experienced core and the addition of seven first years, the Wildcats appear ready to continue their climb up the MIAC standings. First years Jennifer Lippitt (Madison, WI) and Christa Buhl (Bloomington, MN) should have an immediate impact in the breaststroke and IM events. The Wildcats will have to compete without top swimmer Natalie Sinkler as she studies abroad for the first half of the season. "Obviously, we want to continue to move up the conference standings, but we also understand how difficult and competitive the MIAC is. We are working towards improving individual times and higher places in relay events in hope that it will pay off at the end of the season," fourth year head coach Nicole Roberts stated. The Wildcats begin their season on Saturday, November 5 when they travel to the University of Minnesota-Morris to compete with the host Cougars and Augsburg College Auggies at 1pm.	

Saint Mary's University		
Head Coach:	Eric Lindquist (7th season)	
2005 MIAC Meet:	10th place MIAC Championships	

Key Returners:	Toni Nigrelli (Jr., Kiel, Wis., / Kiel H.S.) Maggie Soucheray (Jr., Woodbury, Minn. / Hill-Murray) Kasey Schultz (So., Cary, Ill. / Cary-Grove) Danielle Braun (So., Cold Spring, Minn. / Cold Spring-Rocori)
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." Just how "new" is this year's squad? The Cardinals' lone senior, Lisa Salm (Chilton, Wis.), is in her final year of collegiate swimming eligibility — but has never competed as a Cardinal. "Lisa's our only senior, and yet, in the grand scheme of things, she's a 'rookie' when it comes to our team," said Lindquist, noting that Salm transferred to SMU from UW-Oshkosh, where she competed for the Titans for three seasons. "We are as young, if not younger, than any team I have had here — and that's kind of a refreshing feeling." The Cardinals may not have any seniors, but they do have some veteran returners — including Toni Nigrelli (Kiel, Wis.), Maggie Soucheray (Woodbury, Minn.), Kelsey Ibis (Maple Grove, Minn.), and Kasey Schultz (Cary, Ill.). "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

St. Olaf College		
Head Coach:	Dave and Bob Hauck (17th year)	
2005 MIAC Meet:	1st place MIAC Championships	
Key Returners:	Lannie Cassel (So., Glencoe, Ill.) Kelly Dolan (Jr., Lincoln, Neb) Hannah Berg (Sr., Edina, Minn.) Marcie Dierks (So., Schereville, Ind.) Mikayla Meyer (So., Neenah, Wis.) Carly Knoell (Sr., Lincoln, Neb.)	

Season Preview:	The St. Olaf women's swimming and diving team returns four of the five All-Americans from last year's team which won the MIAC Championship. The loss of 50 and 100 Yard Freestyle All-American Katy Brentz, St. Olaf 3-Meter Diving record holder Collin Cunningham, and MIAC 200 and 400 Individual Medley Champion Katie Detwiler will be hard felt, but a core of returnees and newcomers will keep St. Olaf in the race for their 14th Conference Championship since 1987. Carleton and Gustavus are expected to be the other top contenders "We're very excited about the upcoming season," said Coach Dave Hauck. "We'll be in a position to compete again for a conference championship if we work hard and continue to improve throughout the season." Members of last year's record setting 200 and 400 Freestyle Relay teams return: Kate Blum (Sr., Marshalltown, Iowa), Alisha Cowell (Sr., Lakeville, Minn.), Emily Love (Sr., Kansas City, Mo.) and Christina Roberts (So., Brainerd, Minn.). Along with Brentz, they achieved All-American status, and established all-time St. Olaf records of 1:36.06 and 3:32.79 in the 200 and 400 Yard Freestyle Relays respectively. Other key returnees include defending MIAC Conference Meet Champion Lannie Cassel (So., Glencoe, Ill.), 2005 MIAC 500 Freestyle runner-up Kelly Dolan (Jr., Lincoln, Neb), All-Conference butterflyer Hannah Berg (Sr., Edina, Minn.), All-Conference Individual Medley specialist Marcie Dierks (So., Schereville, Ind.), All-Conference freestyler Mikayla Meyer (So., Neenah, Wis.), 2003 All-American Carly Knoell (Sr., Lincoln, Neb.), and versatile Jennifer Marzolf (So., St. Paul, Minn./Cretin). "Diving will be a key strength for us this year," said Coach Dave Hauck. Millie Eggebroten (So., Stelacoom, Wash.) and Elizabeth Manning (Jr., Eagan, Minn.) return. With newcomers Amanda Shuck (FY, Rochester, Minn./Mayo) and 3-time Minnesota state champion Kirsten Yterbo (So., Plymouth, Minn./Wayzata), a transfer from North Carolina, the Oles expect to excel in diving. Other notables among the 10 newcomers are Erin Anderson (FY, Bettendorf, Iowa), freestyle and breaststroke, Jessica Phillips (FY, Wilmette, Ill./New Trier Township), distance freestyle, and Julia Rood (Jr. Silver Springs, Md./Watkins Mill), butterfly and backstroke. "Our strength the past few years has been a good combination of depth along with top-notch performers," said Coach Bob Hauck. "With the loss of some top performers, there is an opportunity for others to step up and score at the Conference Meet to allow us to be in a position to compete again for a Conference Championship." 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 9 - 11. Complete St. Olaf preview at: http://fusion.stolaf.edu/athletics//index.cfm?fuseaction=NewsDetails&id=531
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University of St. Thomas		
Head Coach:	Tom Hodgson (26th year)	
2005 MIAC Meet:	9th place MIAC Championships	
Key Returners:	Cathleen Daly (Junior) Krissy Harrod (Senior) Kate Boran (Senior)	

**Season
Preview:**

St. Thomas will look to improve on last season's ninth-place conference finish which followed a sixth-place finish in 2003-04.

Leading the 21-member Tommie women's team are breaststroker Cathleen Daly, IMer Krysy Harrod, flyer Kate Boran, freestylers Heather McFarlane and Kate Flack, backstroker Jacinta Krych and distance ace Ann Hepola.

Other veterans back include Gen Komisarz and Tara Anderson and diver Jenn Parks.

Top newcomers include divers Libby Utesch and Kristen Jarnes, breaststrokers Megan Finn and Jill Otterson, and sprinter Lauren Williamson.

Daly, a junior, and Boran, a senior, were team co-MVPs last season. Daly placed third and fourth, respectively, in the conference-meet 100 breaststroke in her first two seasons. Boran helped the Tommies to two top-five MIAC relay finishes last season.

The Toms have just two seniors -- Harrod and Boran. They are joined as co-captains by McFarlane.

Harrod has had several top-10 MIAC finishes but missed the last part of last season with a medical ailment.

Sophomore Susan Verly, last season's Most Improved, is studying in Rome this year.

Diving coach Jim Zagaria is back, and Bryna Lester joined the UST staff as an assistant coach.