

2010-11 ST. OLAF COLLEGE SWIMMING AND DIVING

NOVEMBER 13, 2010 | 1 P.M. | vs. GUSTAVUS ADOLPHUS



St. Olaf College Oles - Men Head Coach: Dave Hauck, Bob Hauck

Eric Babcock	Soph.	Freestyle	Liberty, Mo.
Chris Bateman	Sr.	Distance Freestyle	Naperville, Ill./ Naperville North
Kyle Biesecker	Sr.	Sprint Freestyle	Bethesda, Md.
Ryan Berry	Sr.	Sprint Freestyle	St. Paul, Minn.
Eric Carlson	Soph.	Freestyle	Waukesha, Wis. / West
Matt Lefebvre	Sr.	Butterfly	Sioux Falls, S.D.
Ryan Johnsen	Jr.	Breastroke	Plymouth, Minn.
Brian Kolbeck	Soph.	Butterfly	Baxter, Minn. / Brainerd
Colby Kubat	Fy		West Des Moines, Iowa
Taylor Kutchen	Fy		Ames, Iowa
Stefan Lemke	Fy		Morris, Minn.
Matt Lefebvre	Jr.	Sprint Freestyle	Roseville, Minn.
Chase Liaboe	Jr.	Distance Free, Fly	Dubuque, Iowa
Galen Magnuson	Soph.	Freestyle, IM	Independence, Minn. / Orono
Phillip Maple	Fy		Excelsior, Minn.
Tucker McGownd	Fy		Anchorage, Alaska
Joel Money	Jr.	Backstroke	Fergus Falls, Minn.
Luke Money	Sr.	Butterfly	Fergus Falls, Minn.
Ryan Morrissey	Fy		Plymouth, Minn.
Luke Murrell	Sr.	Sprint Free, Back	Marshfield, Wis.
Mike Neufeld	Fy		Mankato, Minn.
Jacob Reinhart	Sr.	Breaststroke	Woodbury, Minn.
Brandon Rohnke	Fy		Westminster, Colo.
Alek Rudstrom	Fy		Brainerd, Minn.
Spencer Scarth	Fy		Redding, Conn.
Hans Schneider	Soph.	Sprint Freestyle	Point Vedra Beach, Fla. / Episcopal
Ian Straehley	Jr.	Diving	Bismarck, N.D.
Adam Sveum	Soph.	Sprint Freestyle	Minnetonka, Minn. / Hopkins
Ryan Trostrud	Sr.	Diving	Barrington, Ill.
Andrew Verticchio	Jr.	Butterfly	River Forest, Ill.



Gustavus Adolphus Gusties - Men Head Coach: Jon Carlson

Jeffrey Allen	SO	Alexandria, MN	Jefferson
Christopher Almen-Sjogren	JR	St. Cloud, MN	St. Cloud Apollo
Erik Blomquist	FY	Onalaska, WI	Onalaska
Jeremy Caplin	SO	Burnsville, MN	Apple Valley
Whitaker Davis	SR	Palatine, IL	Palatine
Sam DeFranco	SR	Andover, MN	Andover
Mitchell Fillbach	SO	Beloit, WI	Beloit Memorial
Zack Gardner	FY	Bloomington, MN	Kennedy
John Gerritsen	JR	New Brighton, MN	Irondale
Drew Hedlund	SR	Little Canada, MN	Roseville Area
Elliot Hoekstra	FY	Mendota Heights, MN	St. Thomas Academy
Thomas Johnson	SO	Bismarck, ND	Bismarck
Wesley Jones	JR	Cedarburg, WI	Cedarburg
Jacob Kemna	JR	Long Lake, MN	Orono
Paul Kirihara	SR	Bloomington, MN	Jefferson
Tim Krippner	FY	St. Joseph, MN	Apollo
Jake Lorence	SO	White Bear Lake, MN	Hill-Murray
Keenan Madson	FY	Edina, MN	Edina
Zach Nachtsheim	JR	Shoreview, MN	Mounds View
Craig Nordquist	SR	Plymouth, MN	Armstrong
Sam Olson-Anstett	FY	Shoreview, MN	Mounds View
Ryan Ortlip	SR	Plymouth, MN	Wayzata
Josh Owens	SO	Brooklyn Park, MN	Champlin Park
Michael Patterson	FY	Houston, TX	DeBakey
Joe Poblocki	FY	Apple Valley, MN	Eastview
John Rice	SR	Madison, WI	Middleton
Adam Rosell	SO	Stillwater, MN	Stillwater
Hanson Samuel	FY	Minnetonka, MN	Minnetonka
Dempsey Schroeder	FY	Pennock, MN	Willmar
Billy Schultze	JR	Mankato, MN	Mankato East
Ben Stewart	JR	Burnsville, MN	Apple Valley
Gunnar Teigen	JR	Hartland, WI	Arrowhead
Matt Van Fossen	JR	Albert Lea, MN	Albert Lea
Jonathan Warling	FY	Merrifield, MN	Brainerd

ORDER OF EVENTS

200 MEDLEY RELAY
1000 FREESTYLE
200 FREESTYLE
100 BACKSTROKE
100 BREASTSTROKE
200 BUTTERFLY
50 FREESTYLE
1 METER DIVING
100 FREESTYLE
200 BACKSTROKE
200 BREASTSTROKE
500 FREESTYLE
100 BUTTERFLY
1 METER DIVING
200 INDIVIDUAL MEDLEY
200 FREESTYLE RELAY

NCAA DUAL MEET SCORING

Individual Events:

1st place - 9 points
2nd place - 4 points
3rd place - 3 points
4th place - 2 points
5th place - 1 point

* **Top three finishers from each team may score.**

Relays

1st place - 11 points
2nd place - 4 points
3rd place - 2 points

Only the top two relays from each team may score.

* Swimmers may each compete in a total of four events.

* This scoring system is seen to reward those teams with outstanding individuals rather than depth. If a team's competitor wins an event and their second place competitor finishes fifth they will still out score their opponent 10 to 9 in favor of the event winning team.

About the events:

Relays (400 (200) Medley, 400 (200) free)

These are four of the 5 relays that are official NCAA events. The medley relays will usually feature teams' most diverse and explosive swimmers. The freestyle relays are the last event of the meet, and will often determine the winner of the entire meet.

Strategy: In both events, the relay exchange is all important. Remember, the rule is that some part of the starting swimmer's body must still be touching the block when the finishing swimmer touches. This means that the "perfect start" will have the starting swimmer's last toe on the block when the finishing swimmer touches! In the freestyle relay some teams will put their fastest swimmer in front to create open water (no waves), while others will leave the best for last to try to run down the opposition.

Distance Freestyle (1000 & 500 yard freestyle)

Two of the most grueling events to train for and compete in. Distance freestylers will train almost twice the volume of sprinter. These events can also be the most exciting in a meet.

Strategy: Both races can unfold in a variety of ways. The 1000 lasts about 10-11 minutes and the 500 around 5 minutes, so the leader at the beginning may pay for it at the end. Many swimmers will try to "negative split" the race, making the last half faster than the first. Others will try to



St. Olaf College Oles - Women

Head Coaches: Dave Hauck, Bob Hauck

Rebecca Barry	Fy		Deerfield, Ill.
Kelsey Bean	Soph.	Distance Freestyle	Souix Falls, S.D. / Lincoln
Allison Beardsley	Sr.	Breaststroke, IM	Shoreview, Minn. / Mounds View
Emily Beardsley	Soph.	Distance Freestyle	Shoreview, Minn. / Mounds View
Anna Begin	Jr.	Sprint Freestyle	New Hope, Minn.
Laura Begin	Fy		New Hope, Minn.
Carolyn Bernhardt	Fy		Northbrook, Ill.
Maggie Boling	Fy		Libertyville, Ill.
Christine Bruno	Sr.	Distance Freestyle	Oconomowoc, Wis.
Tess Cotter	Sr.	Distance Freestyle	Morris, Minn.
Kai Erickson	Fy		North Oaks, Minn.
Lydia Feldman	Soph.	Sprint Free, Fly	Dubuque, Iowa / Hempstead
Kjersten Grinde	Sr.	Sprint Free, Breast	Maple Grove, Minn.
Maureen Gullen	Soph.	Freestyle, IM	Morton Grove, Ill. / Niles West
Kathryn Kawczynski	Sr.	Sprint Freestyle	Whitefish Bay, Wis.
Gabbie Keller	Fy		Maple Grove, Minn.
Sarah Kemp	Fy		Edina, Minn.
Aleta Kolan	Sr.	Butterfly	Northfield, Minn.
Katie Kubat	Jr.	Back, Sprint Free	Des Moines, Iowa
Megan Laedtke	Soph.	Butterfly, IM	Edina, Minn.
Brittani Lamb	Fy		St. Peter, Minn.
Lindsey Lee	Fy		White Bear Lake, Minn.
Katie Mangan	Sr.	Backstroke	Northfield, Minn.
Celeste Maus	Sr.	Fly, Distance Free	Northfield, Minn.
Jennifer Mohr	Fy		Eden Prairie, Minn.
Sarah Morrison	Jr.	Backstroke, Fly	Lee's Summit, Mo./West
Megan Nelson	Soph.	Backstroke, Free	Shoreview, Minn. / Moundsview
Maura Nicholson	Soph.	Breaststroke, IM	Ann Arbor, Mich. / Mercy
Amanda Rorem	Sr.	Back, Sprint Free	Mankato, Minn.
Christina Scharmer	Fy		Cedar, Rapids, Iowa
Lauren Snyder	Soph.	Sprint Freestyle	Excelsior, Minn.
Claire Weiss	Jr.	Sprint Free, Breast	Burnsville, Minn.
Meghan Weiss	Soph.		Burnsville, Minn.



Gustavus Adolphus Gusties - Women

Head Coach: Jon Carlson

Alicia Alvarado	JR	Willmar, MN	Willmar
Amber Anderson	FY	Des Moines, IA	Hoover
Quinn Arnold	SO	Marinette, WI	Marinette
Melissa Aune	JR	St. Peter, MN	St. Peter
Stacy Backstrom	JR	Maple Grove, MN	Maple Grove
Brogan Barr	FY	Pueblo West, CO	St. Mary's
Amy Beck	SO	St. Louis Park, MN	St. Louis Park
Mary Jo Behr	JR	Grand Rapids, MN	Grand Rapids
Hannah Crane	JR	Mason City, IA	Mason City
Laura Drake	FY	Mendota Heights, MN	Hill-Murray
Anna Eames	SO	Hopkins, MN	Hopkins
Serena Elthon	JR	Faribault, MN	Faribault
Anika Erickson	SR	Milaca, MN	Milaca
Adria Faciszewski	SR	Marshfield, WI	Marshfield
Ashley Grodecki	SR	Winnetka, IL	New Trier
Allyson Hannemann	JR	Mansfield, OH	Lexington
Nicole Hanson	SO	Deerwood, MN	Crosby-Ironton
Amanda Hawkinson	SO	Richfield, MN	Richfield
Jessica Hechsel	FY	Shakopee, MN	Shakopee
Kate Hellie	FY	Sartell, MN	Sartell
Alyssa Henkel	JR	Lake Elmo, MN	Stillwater
Emma Hinrichs	SO	Lincoln, NE	Lincoln Southeast
Kate Hollenbeck	SO	Eagan, MN	Eastview
Michaela Holm	FY	Red Wing, MN	Red Wing
Sara Hund	SO	Willmar, MN	Willmar
Stephanie Korba	JR	Lakeville, MN	Lakeville South
Eydie Kramer	JR	St. Peter, MN	St. Peter
Kathryn Lucas	SO	Great Falls, MT	Great Falls High
Kelsey Lucia	FY	St. Cloud, MN	Apollo
Marnie Luke	SR	Stillwater, MN	Stillwater
Abigail Lyle	FY	Buffalo, WY	Buffalo
Sarah Maddux	SR	Glenview, IL	New Trier
Tara McGuigan	FY	Shoreview, MN	Roseville
Nicole Meier	FY	Nisswa, MN	Brainerd
Carley Mosher	SO	Great Falls, MT	Great Falls High
Emma Nelson	JR	Maple Grove, MN	Maple Grove
Darcy Reller	SR	Rosemount, MN	Rosemount
Jill Rykken	JR	St. Louis Park, MN	St. Louis Park
Courtney Stasi	SR	Austin, MN	Austin
Lauren Stenzel	FY	Coon Rapids, MN	Blaine
Rebecca Stewart	FY	Burnsville, MN	Apple Valley
Alissa Tinklenberg	FY	Willmar, MN	Willmar
Haley Totzke	FY	Pease, MN	Milaca
Shannon Tschida	SO	St. Cloud, MN	Apollo
Dajana Vidovic	JR	Coleraine, MN	Greenway
Sandie Walker	JR	Duluth, MN	Duluth East
Avery Wallace	FY	Madison, WI	West

break the spirit of their competitor or test their mettle by setting a fast early pace and trying to hang on.

The 100's (100 back, 100 breaststroke, 100 freestyle, 100 butterfly), and the 50 free.

The sprint events will feature swimmers with outstanding starts and turns, as well as enormous amounts of speed in the water. Very often these races are decided in the last 5 yards and will be won or lost on the execution of a finish or the desire and toughness of the athletes involved. Try to sit near the finish line for a great view. *Strategy: Sprint oriented swimmers must use their speed as early as possible in these races - there is really no time for pacing. More distance oriented swimmers will hope to have a stronger 2nd 50, and will very often run down sprinters in the last 25 yards of the race.*

The 200's (200 free, 200 fly, 200 back, 200 breast)

These events will usually feature a diverse combination of swimmers, - from distance swimmers "swimming down to a 200" - to sprinters "swimming up to a 200". As in the distance freestyle events, look for the race to really take shape just after the halfway point. *Strategy: Strategically speaking this race may be the most difficult distance to swim well. A little longer than a sprint but too short to be considered a distance event, there is little room for error in setting an initial pace. The seven (7) turns place a high value on underwater abilities, so look for the swimmer who surfaces farthest out from the wall to be a force in the final 50.*

200 Individual Medley

Many consider this event to be the measure of the greatest swimmer in the meet. It is a sprint and endurance event that showcases all of the strengths and weaknesses of each swimmer. The lead may change several times during the race. It is not uncommon for a strong breaststroker/freestyler to be over 2 seconds behind after the first 100, and still win convincingly. This race requires the ability to change strokes quickly, so the transition turns (fly->back, back->breast, breast->free) are extremely important. Great IMers also have tremendous acceleration on the first few strokes of every 50.

1-Meter and 3-Meter Diving

Diving lends swim meets its grace, style and a high degree of skill not many of us can relate to. Along with these attributes a diver must possess power and explosiveness for good height and entry. There are two rounds of diving in dual meets. In our home dual meets we dive two rounds of 1 meter diving. The first round is called "voluntary" in which each diver performs 5 dives, one choice from each diving category (front, back, inward, reverse, twisting). The second round is called "optional" where the women perform 5 dives and the men perform 6 dives, one from each category along with one of their choice. All dives range in degree of difficulty. *Scoring: In our dual meets we have three judges scoring each dive. They look for things such as approach, takeoff angle, height off the board, entry position in relation to the diving board and degree of difficulty. The three scores from the judges are added together and multiplied by the degree of difficulty to give a score.*