

2010-11 ST. OLAF COLLEGE SWIMMING AND DIVING

JANUARY 29, 2011 | vs. CARLETON COLLEGE



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
Steffen Docken	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.



Carleton College - Men

Head Coach: Andy Clark, 18th season

Casey Andree	Jr.	Butterfly	Bloomington, Ind.
Jaymes Awbrey	So.	Backstroke, Dis.	Farmington, Minn.
Ben Bedore	So.	Butterfly/Sprint	Mequon, Wis. Homestead
Eric Brenner	Sr.	Diving	Plymouth, Minn.
Ross Brown	Fy.	Sprint Free/ IM	Chippewa Falls, WI
Peter Cormier	Sr.	Backstroke/Sprint	Rockford, Ill.
Michael Domingues	So.	Breaststroke	Plymouth, Minn.
Christian Edwards	Fy.	Backstroke	Atlanta, GA
Ken Ellis-Guardiola	Sr.	Backstroke/Free	Rose Valley, Pa.
Chris Frills	Fy.	Diving	Chicago, Il
Hugh Gallagher	Sr.	Breaststroke/Free	Milwaukee, Wis.
Jesse Gourevitch	Fy.	Breast/IM	Ardsley, NY
Kevin Hallman	Jr.	Distance Free	Oak Park, Ill.
Andy Hardt	So.	Distance Free/IM	Mount Kisco, NY
Tom Holmes	So.	Backstroke	Cedar Rapids, Iowa
Mamoru Kanazawa	So.	Butterfly	Tokyo, Japan
Brian Kilgour	Sr.	Backstroke	Wichita, Kan.
Djem Kissiov	Jr.	Freestyle/Breast	Madison, Wis.
Erik Klontz	So.	Sprint Free	Bethesda, Md.
Andrew Mering	Sr.	Backstroke/Free	Baraboo, Wis.
Adam Miller	So.	Sprint Free	Glendale, Wis.
Steven Moran	So.	Sprint Free	Columbia Heights, MN
Mark Olson	Sr.	Butterfly	Oak Park, Ill.
Benito Ramirez	Fy.	Butterfly/Free	Saint Louis Park, MN
Marcus Rider	Fy.	Breast	Chappaqua, NY
Ethan Sagin	So.	Butterfly/Freestyle	Cumberland, MD
Ben Strasser	So.	Butterfly	Avondale Estates, GA
Ben Welna	So.	Sprint Free	Bethesda, Md.
Jabir Yusoff	Sr.	Diving	Singapore

ORDER OF EVENTS

1 METER DIVING
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
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.



Carleton College - Women

Head Coach: Andy Clark, 18th season

Maggie Alexander	Jr.	Backstroke/Freestyle	Tigard, Ore.
Charlotte Alster	Jr.	Sprint Free/IM	Tucson, Ariz
Molly Bostrom	Fy	Free	Bloomington, MN
Louise Buckler	Sr.	Sprint Free/Fly	Blaine, Minn.
Alison Byrnes	Fy	Distance Free	Olympia, WA
Austen Chase	Jr.	Diving	San Antonio, Texas
Grace Cormier	So.	Fly/IM	Rockford, Ill.
Eleonore Dixon-Roche	Sr.	Sprint Freestyle	Torquay, Devon, England
Maddie Epping	So.	Backstroke	Eden Prairie, Minn.
Ellen Esch	Sr.	Backstroke	River Falls, Wis.
Anna Gallagher	Sr.	Butterfly	Burlington, Vt.
Molly Gallop	Fy	Diving	Minnetonka, MN
Bailey Gartley	Jr.	Freestyle	Waukegan, Ill.
Micaela Hahn	Fy	Distance Free	Berkeley, CA
Hannah Happ	Fy	Back/Breast	Megun, WI
Hannah Heavenrich	Jr.	Freestyle	Berkley, Mich.
Erin Heydinger	Sr.	Diving	St. Paul, Minn.
Clara Labadie	Jr.	Backstroke	Washington, D.C.
Erin McDuffie	So.	Sprint Freestyle	Anchorage, Alaska
Annie Metcalf	Jr.	Backstroke/Freestyle	Bath, Maine
Hannah Nerenhausen	Sr.	Freestyle	David, Fla.
Ashley Paquin	So.	Backstroke	Ipswich, Mass.
Mallory Pernell	Jr.	Butterfly/Freestyle	Austin, Texas
Sophie Pilhofer	So.	Sprint Free	Inver Grove Heights, Minn.
Rose Prullage	So.	Butterfly/IM	Evanston, Ill.
Anne Richardson	So.	Sprint Free	Red Wing, Minn.
Samantha Sharpe	Fy	Butterfly and IM	San Rafael, CA
Milana Socha	Fy	Sprint Free	Chesterton, IN
Molly Spence	So.	Distance Free	Tacoma, Wash.
Kiersten Stoeckel	Fy	Free	Fairbault, MN
Sydney Weydemeyer	Sr.	Diving	Santa Fe, N.M.
Kale Zicafoose	Sr.	Backstroke/Butterfly	Omaha, Neb.

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.*