



COBBER

SWIMMING & DIVING ● 2006-07

MEET 2 – CONCORDIA vs. ST. MARY’S – NOV. 4, 2006 – MEMORIAL AUDITORIUM POOL

MEET #2
St. Mary’s University
 at
Concordia College

November 4, 2006 – 1 p.m.
Memorial Auditorium Pool
Moorhead, MN

MEET TIME: 1:00 PM

LAST WEEK: Last week the Cobbers opened the 2006-07 marathon season by competing in the UM-Morris Cougar Relays. No team scores were kept as the meet was used as a way to open the year in a non-competitive meet scenario. Concordia won only one event but swam well in all the relays and had several very good times for the opening meet of the year. The Cobber 400-yard medley individual relay team of **Katie Lee**, Karin Koenig, **Erin Maetzold** and **Shaina Fossum** captured the event in a time of 4:36.70. That time was almost five seconds faster than St. Ben’s who finished second. Other top Cobber relay events included the 200-yard butterfly relay, the 200-yard backstroke relay, the 200-yard breaststroke relay and the 500-yard freestyle crescendo relay. In all four events, Concordia placed second. In the initial post-Cullen diving era meet freshman **Lauren Trudeau** placed second in both the 1-meter and 3-meter diving events. We are also happy to report that the Cobbers took second place in the, soon to be an MIAC Championship Meet event, 100-yard freestyle t-shirt relay!

TODAY’S MEET SCHEDULE:

- 1) 200 Medley Relay
- 2) 1000 Freestyle
- 3) 200 Freestyle
- 4) 50 Freestyle (2 heats)
- 5) 200 Individual Medley
- 6) 1-meter Diving
- 7) 100 Butterfly
- 8) 100 Freestyle (2 heats)
- 9) 100 Backstroke
- 10) 500 Freestyle
- 11) 1-meter Diving
- 12) 100 Breaststroke
- 13) 400 Free Relay

Cobber 2006-07 Season Preview

At first glance, the 2006-07 Concordia women’s swimming and diving team could be viewed as the first year in the post national champion **Annie Cullen** era. Even though the Cobbers will miss Cullen and several other key seniors from last year’s team, this year’s squad has all the makings of a team that could produce successful news on a team basis. Cobber head coach **Julie Lucier** has brought in one of the biggest freshmen classes in program history and they should form the nucleus of a team that could post some quality results.

Concordia will have only three seniors on a roster that has a record-number 25 athletes. The majority of the team is made up of first or second-year swimmers and divers. The Cobbers have 12 freshmen on their roster in 2006-07 to go along with eight sophomores. Those two classes comprise 80-percent of the team’s total roster. That group will give the Cobbers a bright future while seniors, **Katie Lee**, **Adrienne Moss** and **Krista Wynia** will give the freshmen and sophomores a trio of outstanding leaders.

The top returning swimmers for Lucier’s crew will be Lee, **Shaina Fossum** and **Dani Ree**. Lee was one of the top swimmers from last season and her versatility will help the Cobbers in numerous relay events. Lee’s name appears in a pair of school record relay events. Fossum broke the school record in the 400-yard individual medley in the second day of last year’s MIAC Conference Meet. She also placed in the top 16 in two events at last year’s conference meet. Ree is another swimmer that adds to the traditionally-strong Cobber relay teams. Last year she was a part of the 200-yard freestyle relay team that finished sixth in the conference and posted a time that was less than a second off the school record set in 2004.

It is still too early to tell which first-year athletes will make the biggest impact but hopefully as the season rolls on, several will step into the forefront to help the Cobbers find success in 2007.

Cobber Pool Records

<u>Event</u>	<u>Name</u>	<u>Time</u>	<u>Team</u>	<u>Date</u>
50 Free	Beth DeLaRosby	24.63	Gustavus	11/06/04
100 Free	Beth DeLaRosby	55.69	Gustavus	11/06/04
200 Free	Alaina Eckhoff	2:02.14	Hamline	1/24/03
500 Free	Heather Lendway	5:23.80	Macalester	11/15/03
1000 Free	Heather Lendway	11:03.89	Macalester	11/05/05
1,650 Free	Heather Lendway	18:17.50	Macalester	11/05/05
100 Fly	Katie Garvey	1:03.49	Gustavus	11/06/04
200 Fly	Rachael Hemstad	2:18.23	Hamline	1/18/97
100 Back	Sara Pfau	1:03.55	Gustavus	11/06/04
200 Back	Katie Haynes	2:18.50	Gustavus	11/06/04
100 Breast	Shana Letnes	1:07.88	Concordia	11/04/00
200 Breast	Shana Letnes	2:30.09	Concordia	11/04/00
200 IM	Kerry Soule	2:19.49	St. Olaf	11/04/00
400 IM	Betsy Fischer	5:09.96	MSU-M	12/14/01
200 Free Relay		1:41.89	Gustavus	11/06/04
400 Free Relay		3:49.81	MSU-M	12/09/05
800 Free Relay		8:39.55	Concordia	12/11/04
200 Medley Relay		1:53.65	Gustavus	11/06/04
400 Medley Relay		4:20.43	St. Ben’s	11/13/99
1 M Diving-6	Annie Cullen	217.75	Concordia	12/11/04
1 M Diving-10	Andrea Ross	409.65	Concordia	1/24/03
1 M Diving-11	Annie Cullen	421.75	Concordia	1/27/06
3 M Diving-6	Erica Robinson	196.00	Hamline	1/18/97

MEET THE TEAMS

2006-07 Concordia Roster

<u>Name</u>	<u>Yr.</u>	<u>Ht.</u>	<u>Hometown/High School</u>
Katherine Allen	So.	5-5	Grand Forks, N.D./Red River
Heather Croissant	Fr.	5-7	Shorewood, Minn./Minnetonka
Robyn Dahlseng	Fr.	5-5	Starbuck, Minn./Minnewaska
Janine Davis	So.	5-10	Austin, Minn./Austin
Catie Eickhoff	So.	5-3	Chanhassen, Minn./Chaska
Shaina Fossum	So.	5-2	Minnetonka, Minn./Minnetonka
Jessica Garberg	Fr.	5-3	Hutchinson, Minn./Hutchinson
Latoya Gruys	Jr.	5-3	Burnsville, Minn./Burnsville
Rachel Hagen	Fr.	5-4	Albert Lea, Minn./Albert Lea
Annie Jespersen	Fr.	5-6	Edina, Minn./Edina
Sarah Jespersen	Fr.	5-10	Edina, Minn./Edina
Mackenzie Koeck	Fr.	5-7	Fargo, N.D./Fargo South
Karin Koenig	Fr.	5-6	Fergus Falls, Minn./Fergus Falls
Kelly Kufahl	So.	5-11	Golden Valley, Minn./Hopkins
Katie Lee	Sr.	5-2	S. St. Paul, Minn./S. St. Paul
Erin Maetzold	Fr.	5-5	Dickinson, N.D./Dickinson
Adrienne Moss	Sr.	5-5	Sioux Center, Iowa/Sioux Center
Dani Ree	Jr.	5-2	Rice, Minn./Sauk Rapids-Rice
Megan Reinke	Fr.	5-10	Havre, Mont./Havre
Jessi Rognljen	So.	5-8	Fargo, N.D./Oak Grove
Amanda Rolik	So.	5-11	Thsnd Oaks, Calif./Thsnd Oaks
Jessica Tollberg	So.	5-7	North Branch, Minn./Chisago Lakes
Lauren Trudeau	Fr.	5-4	Stillwater, Minn./Chisago Lakes
Chelsea Volna	Fr.	5-7	Ham Lake, Minn./Blaine
Krista Wynia	Sr.	6-0	Luverne, Minn./Luverne

Coaching Staff:

Head Coach – Julie Lucier (Concordia College '92; 8th season)

Assistant Coaches

Pat Anderson (Diving Coach)

Shannon Brown (Graduate Assistant Coach)

Melissa Erickson (Student Assistant Coach)

Hannah Stevens (Student Assistant Coach)

2006-07 St. Mary's Roster

<u>Name</u>	<u>Yr.</u>	<u>Hometown / High School</u>
Toni Nigrelli	Sr.	Kiel, Wis./Kiel
Maggie Soucheray	Sr.	Woodbury, Minn./Hill-Murray
Kelsey Ibis	Sr.	Maple Grove, Minn./Maple Grove
Kasey Schultz	Jr.	Cary, Ill./Cary-Grove
Sarah Hayden	Jr.	Chatfield, Minn./Chosen Valley
Danielle Braun	Jr.	Cold Spring, Minn./Cold Spring-Rocori
Andrea Hills	Jr.	Lake Elmo, Minn./North St. Paul
Sarah Ruether	Jr.	Red Wing, Minn./Red Wing
Margaret Walsh	So.	Chicago, Ill./Regina Dominican
Angela Lager	Fr.	Stewartville, Minn./Stewartville
Courtney Keyler	Fr.	Shorewood, Minn./Minnetonka
Brianna Braun	Fr.	Cold Spring, Minn./Rocori
Nora Erfort	Fr.	River Forest, Ill./Fenwick
Meredith Kollmer	Fr.	Somerset, N.J./Franklin
Renee Custer	Fr.	Hinsdale, Ill./St. Joseph
Colleen Joyce	Fr.	Chicago, Ill./Guerin College Prep
Jennifer Salzman	Fr.	

Coaching Staff:

Head coach: Eric Lindquist (8th season)

Assistant coach: Mic Nauman

Diving coach: Jeremiah Jackson



2006-07 St. Mary's Season Preview

For the past three seasons, counting the number of male swimmers on his roster was easy for Saint Mary's University swimming and diving coach Eric Lindquist — he could do it on one hand. Four in 2003. Four in 2004. Five in 2005.

This year, however, the Cardinal head coach's men's roster is more than a handful — it's both hands, and several toes.

And Lindquist couldn't be happier. "It's nice to be able to look out at practice and see more than four or five guys out there," said Lindquist.

"It's kind of like a double-edged sword — we're still not where we want to be (in regards to roster size), but we're back to where we should be. "We went through a couple of lean years on the guys' side," Lindquist added. "But our approach is, the past is the past — this is a whole new season."

With a whole new set of expectations. "We're going to surprise some teams, there's no question about that," said Lindquist, whose team opens its season on Friday, Oct. 27, hosting Luther in a nonconference dual meet. "There's going to be some real head-turning this season."

Junior Brian Joyce (Chicago, Ill.) leads the charge for the SMU men, while seniors Toni Nigrelli (Kiel, Wis.), Maggie Soucheray (Woodbury, Minn.) and Kelsi Ibis (Maple Grove, Minn.) will be the leaders of the Cardinal women. But the season's success won't rest solely on their shoulders. Not even close. Steve Weishalla (St. Cloud, Minn.) returns after a successful freshman campaign, while school-record holder Danielle Braun (Cold Spring, Minn.) is also back. Add to that a talented group of incoming freshmen, and it's no wonder Lindquist is so excited for the season to start. "Not only do we have more depth, but we've also got some very talented swimmers," said Lindquist. "It's almost like starting all over — everyone is excited to get the season started."

Just how good can the Cardinals be? Lindquist isn't about to make any bold predictions, but a jump up the conference ladder isn't out of the question. "I wouldn't say that our expectations are higher — but there's no question the anticipation level is higher," said Lindquist. "You never know what might happen when your entire season comes down to a three-day (conference) meet — if we can stay healthy, taper at the right time, I think we can make a pretty big splash."