



COBBER

SWIMMING & DIVING ● 2006-07

MEET 8 – CONCORDIA vs. ST. BEN'S – JAN. 12, 2007 – MEMORIAL AUDITORIUM POOL

MEET #8
College of St. Benedict
at
Concordia College

January 12, 2007 – 5 p.m.
Memorial Auditorium Pool
Moorhead, MN

MEET TIME: 5 p.m.

HOW THE COBBERS SPENT THEIR CHRISTMAS VACATION: The Cobbers traveled to Islamorada, Florida for their bi-annual warm weather training trip over the Christmas break. The Cobbers trained at the Founders Park Aquatics Center in Islamorada for seven days. Islamorada is located off the southern tip of Florida in between Key Largo and Key West on Highway 1. The swimming and diving facility is the home for The Race Club - an elite swim club that was founded by five-time Olympic gold medalist Gary Hall Jr. While training at the facility Concordia was joined in the pool and on the deck by Gary Hall Sr., Jon Olsen and several other multi-medal Olympic athletes. It wasn't just training, training, training for the Cobbers in Florida. The team also went snorkeling in the ocean and was able to swim with a school of dolphins. What made the once-in-a-lifetime event even more special is the fact that the school was not in captivity and just happened to be swimming by the team as they were on their snorkel dive .

TODAY'S MEET SCHEDULE:

- 1) 200 medley relay
- 2) 1650 freestyle
- 3) 200 freestyle
- 4) 50 freestyle
- 5) 200 individual medley
- 6) 1 meter diving
- 7) 100 butterfly
- 8) 100 freestyle
- 9) 100 backstroke
- 10) 500 freestyle
- 11) 1 meter diving
- 12) 100 breaststroke
- 13) 400 free relay

Cobber Last Meet Recap (Concordia 130.5 at UM-Morris 88.5)

Concordia finished off its 2006 portion of their schedule by beating UM-Morris 130.5-88.5 in a dual meet on Friday in Morris, Minn. The Cobbers had five athletes win individual events and claimed one of the two relay events in the meet to come away with their third dual meet win of the year. Concordia is now 3-1 in dual meets this season. Besides the five event-winners, the Cobbers turned in 10 second-place finishes to use their depth in order to gain the 42-point victory. In the meet, Concordia had 14 career-best times with half the team posting at least one career-best mark.

The meet started with the Cobbers winning the 200-yard medley relay. The team of Janine Davis, Chelsea Volna, Erin Maetzold and Jessica Tollberg swam a 2:03.46 to win the event by almost a full second. The relay win was followed by Amanda Rolik turning in a time of 12:35.42 to win the 1000-yard freestyle.

After four consecutive Cougar wins, the Cobbers got back on the winning track with freshman Karin Koenig who swam a 1:10.46 to win the 100-yard butterfly. Fellow freshman Sarah Jespersen then posted a time of 1:04.93 to win the 100-yard freestyle. Concordia closed out the meet by winning the 500-yard freestyle and 3-meter diving competitions. Volna won her second event by recording a time of 6:06.7 in the 500-yard freestyle. Freshman diver Lauren Trudeau won the 3-meter event with a score of 192.15 which was 20 points better than the second-place finisher.

The career-best crew at the meet included all four member of the 200-yard freestyle relay team (Kelly Kufahl 2:32.51, Jessi Rognien 2:30.47, Davis 2:17.19 and Megan Reinke 2:26.34), Tollberg in the 200-yard IM (2:35.16), Katherine Allen in the 200-yard IM (2:48.80) and 500-yard freestyle (6:43.71), Kufahl again in the 100-yard freestyle (1:07.86), Jespersen in the 100-yard freestyle, Adrienne Moss in the 100-yard backstroke (1:17.57), Shaina Fossum in the 100-yard backstroke (1:08.29), Koenig in the the 500-yard freestyle (6:14.42), Trudeau in the 3-meter diving (192.15) and Jessica Garberg also in the 3-meter diving (138.90)

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 Jespersion	Fr.	5-6	Edina, Minn./Edina
Sarah Jespersion	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
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 Rognlien	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. Ben's Roster

<u>Name</u>	<u>Yr.</u>	<u>Hometown</u>
Jessica Agnew Hoepfner	Fy.	North Mankato, Minn.
Kilian Anderson	So.	Colorado Springs, Colo.
Serina Aubrecht	So.	Shorewood, Minn.
Sara Baker	Fy.	West Des Moines, Iowa
Tessa Berens	So.	Shakopee, Minn.
Brianne Boardman	Fy.	Sierra Vista, Ariz.
Brittany Boegel	Jr.	Plymouth, Minn.
Abbey Brau	Fy.	Eden Prairie, Minn.
Mandy Buzzelli	Sr.	Coon Rapids, Minn.
Maria Gau	Fy.	Maple Grove, Minn.
Heidi Goillet	Fy.	Coon Rapids, Minn.
Sunleaf Hinton	Jr.	New Lisbon, Wis.
Lindsey Holm	Fy.	Inver Grove Heights, Minn.
Katie Holt	Fy.	Roseville, Minn.
Kaylen James	Jr.	Edina, Minn.
Chelsea Jenson	Fy.	Plymouth, Minn.
Brooke Johnson	So.	St. Cloud, Minn.
Steph Johnson	So.	Chaska, Minn.
Taylor Kannawin	Fy.	Parker, Colo.
Ann Koller	Fy.	St. Louis Park, Minn.
Meghan Lichter	Fy.	Plymouth, Minn.
Jill London	Jr.	Nisswa, Minn.
Kelly Matzen	So.	Eden Prairie, Minn.
Molly McGuire	So.	Eagan, Minn.
Jessica Najarian	Fy.	Stillwater, Minn.
Shivan Nelson	Jr.	Bemidji, Minn.
Shannon Osbourne	Fy.	Oshkosh, Wis.
Lindsay Pagard	So.	Mill Creek, Wash.
Alison Pagliaccetti	So.	Virginia, Minn.
Andrea Price	Jr.	Plymouth, Minn.
Nikki Reed	Fy.	Duluth, Minn.
Emily Sandberg	Jr.	Fridley, Minn.
Bethany Schiemann	So.	Melrose, Minn.
Becca Schleicher	So.	Avon, Minn.
Kaelly Simpson	Jr.	Plano, Texas
Kelly Trom	So.	Robbinsdale, Minn.
Amanda Yartz	Jr.	Maplewood, Minn.

Head Coach: Kathy Walker (St. Cloud State '78; 3rd season)
Assistant Coaches: Adam Hainlin, Ryan Bucher

2006-07 St. Ben's Season Preview (courtesy of the St. Ben's SID)

The 2006-2007 Blazer swimming and diving team is primed to put together another strong campaign after the team gained valuable experience last season. Saint Benedict finished fourth at the MIAC Swimming and Diving Championship Meet and will be looking to make an improvement this winter. This season's team will be captained by juniors Jill London, Andrea and Brittany Boegel during the first half of the season. In the second half, London and Price will be joined by fellow juniors Kaylen James and Kaelly Simpson who will return to co-captain the Blazers in the final stretch of the season after studying abroad in Europe.

The Saint Benedict roster will also be strengthened by the return of six All-MIAC swimmers including Simpson who was the individual champion in the 200 yard breaststroke. Other returning ALL-MIAC swimmers for the Blazers include sophomores Brooke Johnson (St. Cloud, Minn./St. Cloud Tech), Becca Schleicher, Nikki Sand, Allison Pagliaccetti and Beth Schiemann.

The breaststroke event will be a strength for CSB this winter. Johnson and Simpson placed high consistently in breaststroke events all of last year and plan to lead the Blazers to more strong showings this season. Sophomore Tessa Berens will add depth to the breaststroke events for Saint Benedict after placing well at the MIAC Championship meet last season. First-years Lindsey and Charlotte Rogers also make the breaststroke unit for the Blazers even more versatile and deep. Jessica Agnew Hoepfner, Chelsea Jenson, Taylor Kannawin and Jessica Najarian are all first-year additions to the distance events, which will add depth to an area already rich with returning talent. Juniors Sunleaf Hinton, Boegel and Lindsay Pagard and sophomore Killian Anderson all return with the potential to make the distance events a strength for the Blazers.

Middle distance events will see the likes of Abbey Brau, Alison Garrity, and Ann Koller in the 200 and 500 yard freestyle this winter. Sand put together strong performances last season and did well in the butterfly events. Providing support for Sand will be Ana Baumgartner, Maria Gau and Megan Olson who all look to break into the top of the standings in butterfly events throughout the season. Brianne Boardman, Kelly Matzen, Theresa Kerr, Heidi Goillet and Nikki Reed should add depth to the sprint freestyle events led by Schleicher and Pagliaccetti. The Blazer diving team will add first-year Megan Lichter who hopes to become a part of CSB's consistent diving unit.