



# COBBER

## SWIMMING & DIVING ● 2006-07

MEET 11 – CONCORDIA vs. ST. KATE'S – JAN. 26, 2007 – MEMORIAL AUDITORIUM POOL

### MEET #11

College of St. Catherine  
at  
Concordia College  
Senior Recognition Meet

January 26, 2007 – 5 p.m.  
Memorial Auditorium Pool  
Moorhead, MN

**TODAY'S MEET NOTES:** Today's meet marks the final regular-season meet before the Cobbers start a three-week period to prepare for the MIAC Championship Meet on Feb. 15-17 at the University of Minnesota...the Cobbers have a chance to post a winning record in dual meets this season with a victory over the Wildcats today. CC enters today's meet with a 3-3 record in their six previous dual meets. Concordia has lost their last two dual meets after winning three of their first four to start the year...St. Kate's comes into today's meet with a 2-3 record in dual meets. The Wildcats will have one more competition before the conference meet. They will turn around and swim against conference rival St. Thomas tomorrow at 3 p.m. at UST.

### TODAY'S MEET SCHEDULE:

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

### 2006-07 COBBER RESULTS:

Nov. 4	ST. MARY'S	W 146-59
Nov. 11	HAMLIN	W 138-99
Nov. 17	at St. Thomas	L 39-68
Nov. 18	at Macalester Invite	4th Place
Dec. 1-2	at Dragon-Cobber Invite	3rd Place
Dec. 8	at UM-Morris	W 130-88
Jan. 12	ST. BENEDICT	L 71-168
Jan. 13	at MSU Moorhead	L 86-191
Jan. 20	at St. Kate's Invite	3rd Place

### Cobber Senior Recognition

Today's meet marks the last time that three Cobber athletes will compete competitively in the Memorial Auditorium Pool. **Katie Lee, Adrienne Moss** and **Krista Wynia** have all played a significant part in the Cobbers' success in the pool and in the classroom the past four seasons. All three have worked hard in practice and have been outstanding leaders as teammates during meets. The entire Cobber athletics staff would like to thank all three for all the hard work and dedication they have put into helping the Cobber swimming and diving team be an asset to the college. We know all three will leave Concordia and become tremendous post-graduate examples of what being a Cobber is all about.



**Name:** Katie Lee    **Hometown:** South St. Paul, Minn.  
**Major:** Communications    **Post Graduation Plans:** Get a job!!  
**Place I Would Most Like To Visit:** Fiji  
**Favorite Movies:** Life As A House, Garden State and Big Fish  
**Favorite Musical Group:** Guster  
**What Do You Like About Concordia:** Small campus and class sizes plus a friendly and comfortable campus.



**Name:** Adrienne Moss    **Hometown:** Sioux Center, Iowa  
**Major:** Exercise Science & Health    **Post Graduation Plans:** Undecided  
**Place I Would Most Like To Visit:** Europe  
**Favorite Movies:** Wizard of Oz and Singing in the Rain  
**Favorite TV Show:** Grey's Anatomy  
**What Do You Like About Concordia:** I like the private school atmosphere, all the opportunities to get involved and the friends I've met.



**Name:** Krista Wynia    **Hometown:** Luverne, Minn.  
**Major:** Elementary Ed.    **Post Graduation Plans:** Teach in New Zealand  
**Place I Would Most Like To Visit:** Bahamas  
**Favorite Movies:** Simon Birch and Longest Yard  
**Favorite Musical Group:** Anything Country  
**What Do You Like About Concordia:** I LOVE the atmosphere and the people. I like the faith opportunities and small class sizes at the college.

### Cobber Last Meet Recap (3<sup>rd</sup> Place at the Macalester Invite)

On Saturday at the St. Kate's Invite, Concordia proved that a trip to Florida can not only be beneficial for someone's milky white complexion but it can also translate into better results and an improved sense of team success.

The Cobbers turned their training trip over the Christmas break into a third-place finish at the St. Kate's Invitational in St. Paul. CC posted a final team score of 574 points which was only 55 points shy of meet champion Macalester. In November, Concordia squared off against the Scots at the Macalester Invite and lost by a full 144 points.

Shaina Fossum and Katie Lee proved to be microcosms for the Cobber team. The duo did not win an event, but posted three top five finishes. Fossum placed third in the 400-yard individual medley, fourth in the 1650-yard freestyle and fifth in the 500-yard freestyle. Lee claimed second in the 200-yard freestyle, third in the 200-yard butterfly and third in the 200-yard individual medley. Freshmen Chelsea Volna and Lauren Trudeau recorded a pair of top five finishes each. Volna went for a second-place finish in the 200-yard breaststroke and a third-place finish in the 100-yard breaststroke. She also claimed sixth in the 200-yard individual medley. Trudeau staked the Cobbers to significant points in both of the diving events. She finished second in the 1-meter competition and third in the 3-meter event.

# 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
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; 8<sup>th</sup> 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. Kate's Roster

<u>Name</u>	<u>Yr.</u>	<u>Hometown</u>
Christa Buhl	SO	Bloomington, MN
Christy Cameron	FY	Rochester, MN
Erica Campbell	JR	Baxter, MN
Kim Folden	FY	Lakeville, MN
Morgan Foster	SO	Vadnais Heights, MN
Amanda Gustason	SR	Virginia, MN
Bethany Holten	JR	St. Anthony, MN
Gina Jagger	SO	White Bear Lake, MN
Allie Jones	JR	Lindstrom, MN
Jennifer Lippitt	SO	Madison, WI
Katie Millerbernd	FY	Buffalo, MN
Emily Schmidt	SO	Mound, MN
Natalie Sinkler	SR	Chanhassen, MN

**Captains:** Erica Campbell, Natalie Sinkler

### Coaching Staff:

**Head Coach – Nicole Roberts** (Concordia College, '01)

### Assistant Coaches:

**Assistant Coach:** Shana Erickson (Concordia College, '01)

**Diving Coach:** Jim Zagaria (Metropolitan State University)

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## 2006-07 St. Kate's Last Meets Recap (courtesy of the St. Kate's SID)

### St. Kate's Invite - January 20

The College of St. Catherine swimming team hosted a seven team invitational on Saturday at the Butler Center pool. Participants included; the University of St. Thomas, Augsburg College, Macalester College, Minnesota-Morris, UW-River Falls, Concordia and St. Kate's.

On the men's side, the team champion was St. Thomas. The Tommies scored to beat second place UW-River Falls. On the women's side, the team champion was won by Macalester, followed by St. Thomas and Concordia College.

Individually for the Wildcats Erica Campbell (Jr. Baxter, Minn.) swam a season best times of in the 50 Free and the 200 Free. Campbell also finished third in the 200 Free and second in the 100 Free. Seniors Natalie Sinkler (Minnetonka, Minn.) and Amanda Gustason (Virginia, Minn.) also swam season best times at the last home meet of their careers.

"I was very happy with our performance today, all of our swimmers had at least one season best swim," stated Wildcat head coach Nicole Roberts.

### St. Kate's 76 at Hamline 116 - January 12

The College of St. Catherine swimming team competed against Hamline in a dual meet on Friday evening. It was the Wildcats first meet since they returned from their training trip to Florida.

Several season best times were set at the meet despite the fact that the Wildcats had only one day of recovery following their training trip. Natalie Sinkler won the 200 Back and Kim Folden swam a season best time in the 1000 Free by almost 20 seconds.

"I was very happy with how the team performed and I am looking forward to next weekend after the girls have a chance to recover from the trip," stated Wildcat head coach Nicole Roberts.