



Carleton College

MEN'S  
**SWIMMING  
& DIVING**



**T**he Carleton men's swimming and diving team continually strives for excellence in the pool. Since 1995 the Knights have produced more than 100 all-conference performances (top-three finishes), more than 30 individual conference titles, 15 All-America performances, and a consistent string of top-four team finishes at the Minnesota Intercollegiate Athletic Conference (MIAC) Championships. The Knights placed third at the 2008 conference meet, which was the squad's best finish in more than a decade.

The Knights also excel in the classroom and have been recognized as an All-Academic Team by the College Swim Coaches Association of America (CSCAA) for the past 15 years. Team members Max Harper '95, Jason Brown '03, and Ted Marschall '08 earned Academic All-America honors, with Brown also receiving the prestigious NCAA Postgraduate Scholarship.

“There is no question that every student on our team has the ability to have a positive impact on our program. While I value understanding each of the individuals on the team, the thing I value most is a team-minded perspective. I firmly believe that all swimmers and divers can achieve higher results if they are team-minded.”

ANDY CLARK, HEAD COACH



## MEET THE COACHES

**Andy Clark**, head coach of the men's and women's swimming and diving programs since 1993, has more than 20 years of coaching experience at the club and collegiate levels. In 2004–05 he was named the MIAC women's co-coach of the year. As an assistant coach at Stanford University in 1992, he worked with the Cardinal program leading up to the Olympic Trials in 2000, a role he again filled during his sabbatical leave

in 2007–08. Clark is a professor of physical education, athletics, and recreation at Carleton.

**Brooke Larsen** joined the Carleton coaching staff in 2005 and served as interim head coach in 2007–08 while Clark was on sabbatical. Larsen was named the MIAC women's co-coach of the year in 2008. A graduate of Iowa State University, she is a former

team captain for the Cyclones and three-time All-Big 12 academic first-team honoree. She also coaches the local master's swim team in Northfield.

**Craig Johnson** has been coaching Carleton swimmers for more than 10 years, working primarily with the Knights' distance swimmers. He graduated in 1991 from St. Olaf College, where he qualified for the national meet in the 1,650-yard free-style. Johnson is a biology teacher at Northfield High School.



**Gabe Korteum**, a four-time All-American diver, is the diving coach for both Carleton programs. He competed at the NCAA Championships all four years of his college career at St. Olaf, culminating with the one-meter national title his senior year. He is a math teacher and head girls' soccer coach at Faribault High School.



## A BALANCED SCHEDULE

A good balance between athletics and academics leads to a high level of fulfillment for student-athletes at Carleton. The Knights' swimming and diving program has a commitment to excellence, but it also fits well with Carleton's rigorous academic environment. Multiple practice times offer student-athletes flexibility within their class schedules, and most competitions are held on Fridays and Saturdays, so few classroom hours are missed.

A typical week of practice consists of nine workout sessions Monday through Saturday. This routine includes three early-morning and five afternoon workouts with a final practice session mid-morning on Saturday. Technique work is done throughout the season, which begins in October and concludes in mid-March at the national championships. A comprehensive dry-land routine is performed daily before each practice and team members engage in a dynamic weight-training workout three times a week.



When they're not swimming or diving, members of the men's and women's programs are cheering and supporting each other

## MEET THE TEAM



Speaks Portuguese and holds team's "Dozen Donut Challenge" record

Can do the splits

Trades stocks on a daily basis

Studied abroad in China

Break dancer

Native of Ireland

Interned at Stanford University Linear Accelerator

Can waterski barefoot

Great cook and member of the Carleton Robotics Club

Has won many pie-eating contests without the use of his hands

Level 10 gymnast

Played football and soccer at Carleton

Surfed the waves of Lake Superior

Memorized the entire script of the *Jurassic Park* movie

Movie trivia whiz

“Not only does Carleton provide a highly acclaimed academic environment, but it also offers an extremely competitive athletic climate for achieving success in the pool. At Carleton you truly are a student-athlete.”

JOHN KNAPP '09  
Major: American studies  
Hometown: Sturgeon Bay, Wisconsin

“A doctor who is not affiliated with Carleton advised me that ‘the most important thing shouldn’t be academics or athletics, but whether the people at the school, the friends you make there, would support you and have your back.’ I got a good feeling about the people at Carleton during my visit, and I haven’t been disappointed.”

TED MARSCHALL '09  
Major: Physics  
Hometown: Burnsville, Minnesota



Thorpe Memorial Pool

## FACILITIES

The primary training and competition facility is the 25-yard, six-lane, 350-seat Thorpe Memorial Pool located in West Gymnasium. The pool is equipped with regulation one- and three-meter diving boards. The depth of the pool varies from a shallow end of 4 feet to 12 feet at the diving end.

Carleton's athletic facilities include the Recreation Center, an 80,000-square-foot building containing a field house with four multipurpose courts, surrounded by a 200-meter indoor track. It also houses a 6,000-square-foot fitness center with more than 80 exercise stations that are



University of Minnesota  
Aquatic Center

utilized by the team for conditioning and strength training. The facility offers racquetball courts, an aerobics/dance studio, climbing wall, batting cages, and other support facilities.

The Minnesota Intercollegiate Athletic Conference (MIAC) holds its annual conference championships in Minneapolis at the University of Minnesota Aquatic Center, one of the nation's premier swimming and diving facilities and the host site for several NCAA Championships.

[carleton.edu/athletics](http://carleton.edu/athletics)

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