



Carleton College

MEN'S
TENNIS

Carleton competes in the Minnesota Intercollegiate Athletic Conference (MIAC), which consists of 13 NCAA Division III private institutions. Competition is strong, with several teams consistently earning regional rankings. The Knights are one of these teams, finishing among the top two teams in the conference six consecutive years while ranking nationally

the past three seasons. In addition, Carleton has been listed among the top 15 teams in the Central Region each of the past six years. The Carleton tennis team also has enjoyed success in the classroom, earning the national Intercollegiate Tennis Association (ITA) All-Academic Team designation every year since the award's inception in 2002.

Carleton players and alumni are enthusiastic supporters of the program. Carleton tennis is an extended community with reunions that include current and former players from both the men's and women's teams.



The Knights are one of the country's top tennis programs, both on and off the court.



ABOUT CARLETON COLLEGE

Northfield, Minnesota

Founded in 1866, Carleton College is an independent and highly selective liberal arts college with a diverse and exceptional student body, a talented faculty whose first priority is teaching, and a continued commitment to the liberal arts. Students choose Carleton because of the College's exclusive focus on undergraduate education, small classes, and strong sense of community. At least two-thirds of Carleton's students participate in one or more off-campus studies programs during their undergraduate years. Carleton also consistently enrolls more National Merit Scholars than any other undergraduate college. Five years after graduating, between 65 percent and 75 percent of alumni pursue graduate or professional degrees.

Total Enrollment: Carleton enrolls approximately 1,900 students, drawn from all 50 states and around the world.

Financial Aid: Carleton meets the full financial need of every admitted student for all four years. Carleton students typically graduate with less loan debt, on average, than students who graduate from other private institutions in the country.

“Although tennis is, by nature, an individual sport, we work hard to foster a strong team dynamic. Our success stems from the fact that everybody plays an integral role on the team, and shares a common passion. We push each other to improve, and we support each other unconditionally.”

STEPHAN ZWEIFEL, HEAD COACH

Learn more about Carleton College at www.carleton.edu.



Stephan Zweifel, the 2008 MIAC Coach of the Year, instructs Colin Russell '10 (left) and Winston Park '10 during a changeover.

MEET THE COACHES

Stephan Zweifel, a four-time MIAC Men's Tennis Coach of the Year, has guided the men's tennis program since 1991. A biology professor at Carleton, Zweifel earned a BS in biology from the University of California–Davis, and a PhD in molecular genetics from the University of Washington in Seattle. He led the Knights to the 2004 NCAA Championships, their first national appearance since 1985 and only the second NCAA Championships appearance ever for the program.

Zach Pruitt '00 continues in his role as assistant coach and recruiting liaison. A two-time Wisconsin state doubles champion and all-state selection, Pruitt was captain and played #1 singles for the Knights as a senior. In 2000 he received the MIAC's Arthur Ashe Award, given to a player who



Zach Pruitt (left) offers advice to Vince Heguy '11.

combines tennis and academic excellence with sportsmanship and humanitarian concern. Pruitt earned a BA in political science from Carleton in 2000 and an MA from the University of Chicago in 2006. In addition to his tennis duties, Pruitt is director of the Northfield Healthy Community Initiative, a local youth collaborative.

Q&A WITH COACH ZWEIFEL

How do your players manage the academic rigors of Carleton with the time required to play competitive tennis?

As a faculty member at Carleton, I respect the importance of a student balancing academics and a commitment to a sport. Being a member of the tennis team should enhance the college experience.

What is unique about your program?

The tremendous participation at our alumni events is a testament to the impact this program has on our players while they are at Carleton. One of the most rewarding aspects of coaching is developing lifelong friendships with these remarkable young men. I hope that my players will say that the tennis team was one of the reasons they enjoyed attending Carleton.

What lessons can your players apply to life after Carleton?

One of my favorite sports clichés is, "Sports do not build character, they reveal it." Collegiate athletics allows you to test yourself under pressure and, in the process, teaches you something about how to deal with adversity and challenges.

SCHEDULE

The fall tennis season begins with team tryouts during the first week of classes in September and culminates with the ITA Midwest Regional Tournament in October. Team practice resumes in winter term, with the indoor season starting at the end of January. Returning to Carleton following spring break, the Knights battle their MIAC rivals. The season concludes with the MIAC Championships in late April and the NCAA Championships in early May.

At Carleton the player development program is a blend of team practices, matches, and individual attention (stroke refinement, shot selection, match strategy). Physical and mental focus also are stressed on the squad.

SPRING BREAK

For the past several years, the women's and men's tennis teams have traveled to Hilton Head Island, South Carolina, to compete during spring break. Team members stay in houses located a few blocks from the tennis courts and the ocean.

Spring break is held in late March, and Carleton competes against several nationally ranked teams during that week. In addition to the competition, the Knights have time to relax and enjoy the ocean.

"Spring break is always a highlight of the season," said Colin Russell '10. "It's a great time to play top caliber tennis, hang out with teammates, and relax between academic terms."

MEET THE TEAM



Studied in Namibia in southern Africa

Finished fourth in the Minnesota State Strongman Championships, interned at the Alzheimer's Research Center

Native of Norway, high school thesis investigated the efficiency of prices in the Oslo stock exchange

Actor and director, studied in Thailand, plans to pursue a career in philanthropy, won his eighth-grade mambo competition

Wrote and codirected a musical one-act play

Conducted summer research on the exotic quagga mussel in Lake Michigan

All-conference four straight years

Volunteered as Special Olympic tennis coach for the past four summers

Nationally ranked collegiate singles player

Training to run a marathon

Film aficionado

Four-time Coach of the Year and a commercial pilot

"In deciding on a college, I couldn't resist the combination of a nationally renowned liberal arts education and an up-and-coming tennis program."

PETER VARNUM '08
Major: English
Hometown: Lake Quivira, Kansas

"Carleton tennis is a melting pot of personalities, opinions, and styles, with a bit of the unexpected thrown in for good measure."

JULIAN TOKAREV '09
Major: Psychology with a neuroscience concentration
Hometown: Shoreview, Minnesota



Life Time Fitness



Bell Field



Recreation Center

FACILITIES

The Carleton tennis program utilizes several excellent facilities on and off campus. During the winter months, the team practices at **Life Time Fitness**, a 12-court tennis center in nearby Lakeville, Minnesota. Opened in 2007, this flagship facility is Carleton's home site for indoor matches.

During spring term, the Knights use the six outdoor courts located on Carleton's **Bell Field**, which has been an ideal setting for numerous MIAC and NCAA Tennis Championship tournaments.

Carleton's athletic facilities have been greatly enhanced with the addition of the **Recreation Center**. This campus fitness facility contains a field house with four multipurpose courts surrounded by a 200-meter indoor track, a workout room, an aerobics and dance studio, racquetball and squash courts, a rock-climbing wall, and other support facilities.

Carleton's tennis program emphasizes physical conditioning. During winter months, players lift weights and work on speed and endurance, utilizing a tennis-specific training plan designed by the College's strength and conditioning coach.

carleton.edu/athletics/mtennis

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