

Carleton College

WOMEN'S
**SWIMMING
& DIVING**





Excellence in the pool is the hallmark of the Carleton women's swimming and diving team. The Knights have finished in the top three at the Minnesota Intercollegiate Athletic Conference (MIAC) Championships every year since 1995 and captured consecutive titles in 2000 and 2001.

Carleton placed sixth at the NCAA Championships in 2005, highlighted by Marie Marsman's two individual national titles and the team's two relay national titles. Since 1995 the Knights have produced more than 240 all-conference performances (finishing in the top three) and more than 70 individual conference titles.

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 Lydia Neilsen '95, Angie Soucek '02, and Britta Veitenheimer '04 have each earned a 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



Held a six-month internship in conservation policy, working in San Juan and Washington, D.C.

Does not have a middle name

Studying abroad in Namibia, evaded a charging elephant by running into the bush

Likes to juggle and plays the guitar, but not at the same time

Lived in Judy Garland's old house before it was turned into a museum

Native of England

Plays the violin

Sings in a cappella group called Intertwining Melodies

Coaches gymnastics

Ran a marathon in Australia

Also competes on women's golf team

Brushes her teeth before every important race

Has three horses

A competitive triathlete

Studied abroad in France

Double major in Spanish and international relations

Swam on Northfield High School state champion swim team

“What Carleton has given me goes beyond what shows up in the course catalog and the swimming and diving scores. During my time here I have simultaneously become more confident and more humble. I am surrounded by enormously talented people who openly offer advice and gracefully accept criticism, teaching by example.”

BECKY ALEXANDER '09
Major: Studio Art /Spanish
Hometown: Tigard, Oregon

“I chose Carleton because of its strong academics balanced with a great community and competitive athletics. I knew I wanted to continue swimming and playing soccer in college and, at Carleton, I have been able to participate in each sport at a competitive level while receiving a solid education. I also like all the snow in the winter.”

MIA ZUTZ '10
Major: Chemistry
Hometown: Middleton, Wisconsin



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

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 Uni-

versity of Minnesota Aquatic Center, one of the nation's premier swimming and diving facilities and host site for several NCAA Championships.



University of Minnesota
Aquatic Center

carleton.edu/athletics

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