Carleton College

Baseball

Two years ago, the Carleton baseball team started seven players that were either sophomores or first-year players. That group greatly improved their win total in 2005 and enters 2006 with great optimism about the chances for a similar improvement, as they return every player from last year’s squad along with a talented group of newcomers in head coach Aaron Rushing’s first season.

Carleton will be led by two-time All-MIAAC shortstop Luke Muellerleille (Sr./White Bear Lake, Minn.). He hit .360 a year ago, including 13 doubles, two triples, and had 22 RBI, which was second most on the team.

Joining him in the core of the Knights’ lineup will be Carleton’s best power hitter, leftfielder Ben Cooprider (Sr./DeKalb, Ill.). Cooprider belted seven home runs and notched 32 RBI in 2005. Joining him as team captains are Muellerleille and Roddy Theobald (Sr./Bloomington, Ind.), and captain Fran Glover (Minnetonka, Minn.). On the mound, Carleton returns a quartet of experienced starters in Brian Sharkey (Bow, N.H.), Sam Chotiner-Gardner (Hamden, Conn.), Andy Krominga (Lesueur, Minn.) and Topeff. Also watch for rookie Ethan Guevin (Davis, Calif.) to contribute on the mound.

Softball

With much of its offensive stars having graduated last year, Carleton will rely on a solid pitching trio to carry the banner in 2006. The group is led by senior captain Caitlyn Cornell (Mankato, Minn.), one of the MIAAC’s top pitchers. The righty was an All-MIAAC honorable mention for the second consecutive season a year ago, as she led the team with a 3.44 ERA while compiling an 8-13 record. She enters this season with 309 career strikeouts, second best in school history and 151 away from the school record.

Joining Cornell in the starting rotation will be junior Liest Van Ryswyk (Claremont, Calif.), who was the only other player to throw a pitch for the Knights a year ago. She compiled a 3-9 record and a 7.32 ERA while throwing 80.1 innings last season. Rookie Mari Jo Long (Wilmette, Ill.) gives Tenute a trio of options to throw into the ring.

Other returning starters include Erica Bolan (Jr./Northfield, Minn.) at first base and Carina Ellis (Jr./Mahtomedi, Minn.) at second, while shortstop Kari Christianson (Sr./Twin Valley, Minn.), who did not play last season because of a knee injury but was Carleton’s regular starter at shortstop in 2004, returns. The outfield remains intact for the Knights, with senior captain Jamie Lykken (Edina, Minn.) in center field, Steph Dodge (Sr./Rochester, Minn.) in right and Shayna Simmons (Jr./Eagan, Minn.) in left. The Knights are coached by Amy Tenute.

Men’s Tennis

After back-to-back runner-up MIAC finishes and two years after posting a school-record 20 wins and advancing to the NCAA Championships for the first time in more than 20 seasons, Carleton enters 2006 primed for another attack towards the national tournament.

Leading this charge is senior William Holmes (Edinburgh, Scotland), a two-time all-conference performer who enters his final season regionally ranked with doubles partner and fellow senior Andrew Tulloch (Vadnais Heights, Minn.). A three-time All-MIAAC performer, Tulloch manned the fourth singles slot last season. Also back after outstanding rookie campaign is sophomore Kartheek Koneru (Naperville, Ill.), an All-MIAAC pick at third singles and third doubles last year.

Women’s Tennis

For the first time since 1996 and only the third time in school history, the Carleton women’s tennis team advanced to the NCAA Championships as a team, capping a wildly successful 2004-05 campaign. Runners-up at the MIAC Championships, the Knights reeled off a nine-match winning streak midway through the program’s best season since the 1993 squad won 21 matches. They finished the season with a 19-6 mark, with all six of those losses coming to nationally ranked teams. In recognition of their fine season, the Knights were nationally ranked to end the season.

The Knights will try to replicate the past season’s success by returning a pair of experienced seniors and a number of returning players peppered throughout its lineup. Highlighting those returnees is senior Sarah Russell (The Woodlands, Texas), a 2003-04 All-American who posted an 18-7 record last year. She qualified for the NCAA Individual Championships, making her the first Carleton player to qualify individually for the national tourney since Leslie Gale and Julie Bateman in 1989.

Joining Russell are a pair of talented juniors in Abby Beegs (Exeter, Calif.) and Christina Walker (Highlands Ranch, Colo.). Senior Eryn Koch (Bellingham, Wash.) rounds out Carleton’s singles-line up and joins Russell as Carleton’s top doubles tandem.

Carleton will be coached by interim head coach Colby Carlson, a 1997 Carleton graduate.

ATHLETICS
S P R I N G 2 0 0 6 P R E V I E W

Men’s Track and Field

Indoor distance All-American Steve Harris (Sr./Roseville, Minn.), will pace the men’s squad in the outdoor season under head coach Dave Ricks. Sophomore Quentin Kennedy (Chariton, Iowa) was the other top performer for the slightly anemic winter distance squad. Kennedy has proven capabilities in distances ranging from the 1500 to the 10,000 meters. Adam Williamson (Sr./Amherst, Mass.) and Eamon Monaghan (So./Wilmette, Ill.), both of whom competed at the NCAA Cross Country Championships, come back from a winter interim to compete in the outdoor season.

Roy Saltar (Sr./Fullerton, Calif.) and Tom Ballinger (Fy./Western, Wash.) give the Knights threats in the 110- and 400-meter hurdles. Kane Bochstein (Fy./Apple Valley, Minn.) and Jason Weaver (Jr./Monument, Colo.) will take on the decathlon this spring. Bechstein having finished third at the MIAC indoor heptathlon. In the throwing events, discus specialist Jayme Dahlin (Sr./St. Louis Park, Minn.) will make significant contributions in his event, as will javelin thrower Tim Blaha (Sr./Northfield, Minn.).

Women’s Track and Field

Coming off of a seventh-place finish in the MIAC Indoor Championships, the women’s track and field team will be looking to use the move outdoors to its advantage in the 2006 season.

Middle-distance standout Lindsey Niemann (Fy./Kirkland, Wash.) won the 1,000-meter indoor title. Interim head coach Toby Hatievig, stepping in during head coach Donna Ricks’ sabbatical leave, pointed to the addition of the discus and javelin in the outdoor season as advantages for the Knights, as junior Kestrel Schwaiger (Eagle River, Wis.) leads in the javelin and Rachel Sinclair (Jr./Lexington, S.C.), second in the shot put last year, will add strength to the Carleton throwers. The middle distance athletes could be Carleton’s strength. In addition to Niemann, watch for Kate Meyer (Fy./St. Paul, Minn.), Lauren Milne (So./Alberquerque, N.M.) and Katherine Wingert (So./Coronado, Calif.).

As usual, the distance group will be a strength for Carleton. Senior Sarah Kay Schilblaci (Ridgewood, N.J.), an All-MIAAC performer in cross country, joins the team and Karen Campbell (Fy./Ann Arbor, Mich.) and Heather Hoecker (So./Rockefeller, Minn.) will pace the distance runners as well.

Men’s & Women’s Golf

The Knight linksters play a short spring season and hope to build upon successful fall campaigns. The women will be led by junior Kassie Wells (Rockester, Minn.) and sophomore lefty Jesse Saucedo (Diamond Bar, Calif.) will pace the men.

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Men’s Basketball

The 2005-06 season for the Carleton men’s basketball team was a year that won’t soon be forgotten. Carleton used a school-record 17-game winning streak during the latter part of the season to propel them into the NCAA tournament for the first time in school history. The Knights also won their first conference title in 41 years as they finished with a 21-7 record, 17-3 in the MIAC.

Head Coach Guy Kalland was named the NABC West Region Coach of the year and also the MIAC Coach of the year in leading the Knights to their best season in school history. Forward Dan Forkrud (Sr./Rosemount, Minn.), point guard Jake Phillips (Jr./Brainerd, Minn.) and forward Zach Johnson (Fy./Apple Valley, Minn.) were named All-MIAC for their performances during the season.

Forkrud was also named first-team All-West Region by the NABC. The co-captain finished his brilliant four-year career third on Carleton’s all-time scoring list with 1,467 points and finished fifth all-time at Carleton in rebounds (716), sixth in assists (246), third in blocked shots (93) and second in steals (185).

Women’s Basketball

The Knights women’s basketball team finished fourth in the MIAC during the regular season and qualified for their sixth straight conference tournament title game, falling just short of another NCAA bid. Playing with a solid mix of youth and experience, Carleton ended with 18-10 record, 14-6 in MIAC play.

Megan Vig (Sr./Northfield, Minn.) and Hannah Oken-Berg (Fy./Portland, Ore.) were named All-MIAC for their efforts in the 2005-06 campaign. Oken-Berg, who set the single-season Carleton record for blocked shots, was the lone first-year player on the 15-person team.

Vig was also named Kodak/WBCA honorable mention All-American, the third straight season she’s earned All-American honors. She finished second all-time in Carleton in scoring (1,668 points), rebounding (743) and blocked shots (80) and is the school’s all-time leader in three-point baskets (127).

Men’s Swimming & Diving

For the 11th consecutive season, Carleton’s men’s swimming and diving team finished in the top four at the MIAC championships. The Knights were led by first-year swimmer Ted Marschall (Fy./Burnsville, Minn.) and diver John Knapp (Fy./Superior, Wis.) and juniors David Friedlander-Holm (Jr./Saint Paul, Minn.) and Wil Kruesi (Jr./Park Ridge, Ill.).

Marschall recorded one of the most seasons in by a first-year swimmer in Carleton history. Marschall participated in the NCAA Championships, placing fifth in the 400-yard individual medley, breaking the school record and earning All-America honors. He was also All-America honorable mention 200-yard individual medley. At the MIAC Championships, Marschall won the 200- and 400-yard individual medley titles and set new championship records in the process.

In addition to Marschall, four other Knights swam to All-MIAC honors. Diver Knapp and 800-yard freestyle relay members Friedlander-Holm, Kruesi and Jared Plotz (Fy./Hutchinson, Minn.) took home the honors for the 2005-06 season.

Women’s Swimming & Diving

The 2005-06 Knights women’s swimming and diving squad looked to win their first MIAC crown since 2002 but they fell just short at the conference meet, finishing second. The women won four of their seven meets, which made for another successful season for head coach Andy Clark.

Molly Miller (Sr./San Francisco) took the individual title in the 100-yard breaststroke, Jen Gratz (So./Eden Prairie, Minn.) won the 50-yard freestyle and Becky Alexander (Fy./Tigard, Ore.) was the 100-yard freestyle champion at the MIAC Championships. The 400-yard freestyle relay team won first in the MIAC, edging St. Olaf College for the Knights’ second relay victory of the meet. Gratz, Karin Brown (So./Madison, Wis.), Elise Knoche (Sr./Madison, Wis.) and Alexander comprised the quartet.

Seven Knights in all earned all-conference this past season: Brown, Gratz, Elise Knoche, Alexander, Molly Miller, Caitlin Clements-Green (Fy./Northfield, Minn.) and Kaarin Taylor (Fy./Gainesville, Fla.).

Synchronized Swimming

Carleton’s synchronized swimming team had one of the best seasons in school history as they finished second at the U.S. Collegiate North Regional Championships and 12th at the U.S. Collegiate Championships, third among Division III schools.

Ellie Cordo (Fy./Wayzata, Minn.) paced Carleton, finishing seventh in the A Division of the technical event and 11th in the solo routine event. Both finishes were the best ever for a Carleton swimmer at the U.S. Collegiate Championships. Zof Kudak-Field (So./Minnetonka, Minn.) finished fifth in the B Division of the technical event, the highest B Division finisher for Carleton ever.

Men’s Indoor Track & Field

Senior Steve Harris (Roseville, Minn.) was the story of the men’s track and field indoor season. The distance standout won the 2006 MIAC Indoor Championships outstanding male track athlete and outstanding event performance award. Harris won the 3,000 and 5,000 meters, setting a new 3,000-meter record in 8:33.51, breaking a 23-year-old conference record by more than two seconds. He set a new Carleton Recreation Center record in the 5,000 meters in 14:40.82, erasing former teammate Matt Hooley’s previous record by nearly seven seconds. He finished third in the 5,000 at the national meet, earning All-America honors after doing the same during the fall cross-country season.

At the MIAC Indoor Championships, the Knights finished sixth as a team.

Kane Bechstein (Fy./Apple Valley, Minn.) earned All-MIAC honors in the heptathlon with a third-place finish and Tom Ballinger (Fy./Wrennache, Wash.) finished second in the 400 meters. The 800-meter relay of Nick Cesarek (Fy./Eagan, Minn.), Bechstein, Ballinger and Jason Tjosvold (Sr./Hong Kong) finished second by less than a second, with all four runners earning All-MIAC honors, which go to the top three finishers in each event.

Women’s Indoor Track & Field

The women’s indoor track and field team hosted the 2006 MIAC Indoor Championships and finished seventh as a team.

Rookie Lindsey Niemann (Kirkland, Wash.) breezed to a conference title in the 1,500 meters to highlight Carleton’s performances at the conference meet.

Kestrel Schwaiger (Jr./Eagle River, Wis.) finished fourth in the pentathlon. Katherine Wingert (So./Coronado, Calif.) finished fourth in the mile in a personal-best time of 5:09.25 and added a sixth-place finish in the 800 meters.

Karen Campbell (Fy./Rochester, N.Y.) added a fifth-place finish in the 3,000 meters and teammate Heather Hoecker (Jr./Rochester, Minn.) added an eighth-place finish in the same event. Campbell was fourth in the 5,000 meters, followed closely by Hoecker in fifth. Rachel Sinclair (Jr./Lexington, S.C.) scored Carleton’s lone points in the field, finishing fourth in the shot put with a toss of 47’9.75”.

Kate Meyer (Fy./St. Paul, Minn.) was fifth in the 800 meters and led off the distance medley quartet that finished fourth. Niemann, Lauren Milne (So./Albuquerque, N.M.) and Wingert joined Meyer on the relay squad. The 4x400-meter relay team of Vanessa Ozmoro (Fy./Woodbury, Minn.), Meyer, Wingert and Niemann scored points by finishing sixth.