

Men's Swimming & Diving Prospectus



Season Outlook

Having finished fourth for the second year in a row at the MIAC championships, the 1997-98 Knights are poised to make their ascent into the top ranks of the MIAC. The returning members of the men's team represent a solid core of experienced and talented swimmers and divers. Eight-time conference champion Max Harper and two-time conference champion Dave Cameron will combine their talents with fellow all-conference teammates Steve Furlanetto, Ken McKinney, and Dan Hiser to assure the team another highly successful season.

First-years Jesse Petricka, Randall Rodakowski, Lars Brudvig, and Holger Tistad form the core group of up-and-coming members of the Carleton squad. They are contributing to a rising standard in Carleton swimming according to head coach Andy Clark. Although St. Olaf will most likely win the conference as they have for the past 18 years, the race for second place is wide open. "We believe that we are capable and that we have the potential," Clark said.

Head Coach: Andy Clark

Phone: 507-646-4584

The 1997-98 season marks Andy Clark's fifth season with the Carleton program. Clark has over 15 years of coaching experience at the USS and collegiate levels. From 1988-90, Clark coached the men's and women's swim teams at Whitman College (Wash.). After two successful seasons at Whitman, Clark pursued graduate work at the University of Oregon, where he continued to coach and teach swimming. In 1992, Clark worked as an assistant coach with the Stanford University men's swim team under the tutelage of Skip Kinney. Clark was involved with the training and coaching of several elite athletes including 1992 Barcelona Olympians Joe Hudepohl, Jeff Rouse and Pablo Morales. Following Stanford's 1993 NCAA Division I championship season, Clark accepted the head coaching position at Carleton. Clark is a graduate of Whitman College (B.A., geology, 1986) and the University of Oregon (M.S., exercise science, 1992). In addition to his coaching duties at Carleton, he serves as assistant professor of physical education, athletics and recreation.

Diving Coach: Gregg Rappe

Rappe is a graduate of Mankato State University, where he was a four-year varsity diver. He holds an M.A. in adaptive education and is in his tenth coaching year at Carleton. He has 19 years of coaching experience at the club and high school levels and is considered one of the top developmental coaches in the region, having guided several athletes to all-state and all-conference honors.

1997-1998 Swimming & Diving Schedule



1997-98 Schedule

Date	Opponent	Site	Time	Result
11/7	Macalester College	Away	6 p.m.	
11/8	Gustavus Adolphus College	Home	1 p.m.	
11/14	Hamline University	Away	6 p.m.	
12/15	Kalamazoo College/Lawrence Univ.	Bradenton, Fla.	12 p.m.	
1/10	Univ. of Minnesota Invitational	Away	11 a.m.	
1/24	University of St. Thomas	Home	1 p.m.	
1/31	St. Mary's University	Home	1 p.m.	
2/7	St. John's University	Home	1 p.m.	
2/10	St. Olaf College	Away	6 p.m.	
2/14	Macalester College Diving Invitational	Away	10 a.m.	
2/26-28	MIAC Championships	St. John's Univ.	TBA	
3/1	Last Chance meet	St. John's Univ.	4 p.m.	
3/19-21	NCAA Division III Championships	Principia College		

1996-97 Schedule

Date	Opponent	Site	Time	Result (Record)
11/8	Macalester College	Home	6 p.m.	W 148-90
11/9	Gustavus Adolphus College	Away	1 p.m.	W 124-115
11/15	Hamline University	Home	6 p.m.	W 157-31
11/22	U of Minn. Invite	Away	All Day	forfeit
12/14	Carleton Diving Invite	Home	10 a.m.	no scores kept
12/16	Kalamazoo/Lawrence	Away	12 p.m.	2 of 3 teams
1/11	Gold Country Invite	U of Minn.	11 a.m.	5 of 6 teams
1/25	University of St. Thomas	Away	1 p.m.	W 51-44
2/1	St. Mary's University	Away	2 p.m.	W 155-64
2/7	St. John's University	Away	7 p.m.	L 155-87
2/11	St. Olaf College	Home	6 p.m.	L 180-114
2/15	Macalester Diving Invite	Away	10 a.m.	McKinney 2nd in 1M & 3M
3/1	MIAC championships	St. Kate's	6 p.m.	4 of 8 teams
3-20-97	NCAA championships	Miami, Ohio	All Day	one point, 53rd of 55 teams Harper 16th in 100 breast

Total: 5-2 (5-2 MIAC)

Carleton College

1997 Men's Swimming & Diving Roster



Carleton *Knights*

Name	Yr.	Hometown/H.S.
Thomas Alcivar	2	Cheterfield, Mo./John Burroughs
Josh Berger	1	Muncie, Ind.
Zach Brown	3	Branson, Mo.
Lars Brudvig	1	Hamden, Conn.
Dave Cameron	3	Shaker Heights, Ohio/University
Tim Cook	1	Englewood, Colo./Cherry Creek
Trevor Davine	3	Burnsville, Minn.
Mark Dunn	2	Atlanta/The Marist School
Steve Furlanetto	4	Pittsford, N.Y./Pittsford Sutherland
Matthew Ginder-Vogel	2	Little Falls, Minn.
Max Harper	4	Edina, Minn./Blake School
Mark Hellie	3	Sauk Centre, Minn.
Dan Hiser	2	Rockford, Ill./Auburn
Tomas Jensen	3	Ames, Iowa
Karl Krause	2	West Bend, Wis.
Ken McKinney	4	Suisun, Calif./Fairfield
Jessie Petricka	1	Northfield, Minn.
Paul Regan	3	Minneapolis/North
Randall Rodakowski	1	Rochester, Minn./Mayo
Robbie Schweller	1	Storm Lake, Iowa
Holger Tistad	1	Sweden
Wilhelm Welzenbach	4	Kalispell, Mont./Flathead

Carleton College

1997 Men's Swimming & Diving Roster

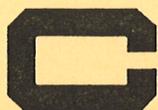


Carleton *Knights*

Name	Yr.	Hometown/H.S.
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Josh Berger	1	Muncie, Ind.
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Mark Hellie	3	Sauk Centre, Minn.
Dan Hiser	2	Rockford, Ill./Auburn
Tomas Jensen	3	Ames, Iowa
Karl Krause	2	West Bend, Wis.
Ken McKinney	4	Suisun, Calif./Fairfield
Jessie Petricka	1	Northfield, Minn.
Paul Regan	3	Minneapolis/North
Randall Rodakowski	1	Rochester, Minn./Mayo
Robbie Schweller	1	Storm Lake, Iowa
Holger Tistad	1	Sweden
Wilhelm Welzenbach	4	Kalispell, Mont./Flathead

Carleton College

1997 Women's Swimming & Diving Roster



Carleton Carls

Name	Yr.	Hometown/H.S.
Nina Berglund	2	Eveleth, Minn.
Jennifer Burris	3	Falmouth, Maine
Tifin Calcagni	1	Marmouth, Mass.
Kelly Carmichael	1	Midland, Mich./Herbert Henry Dow
Cindy Craig	3	Blue Springs, Mo.
Vanessa Francois-Bongarcon	1	San Francisco
Carrie Gloudmans	2	Phoenix/Washington
Margaret Greenman	1	Old Town, Maine
Kelly Hoeschen	2	Alexandria Minn./Jefferson
Kristen Jones	2	Grand Rapids, Mich./Forest Hills Central
Karin Langer	2	Englewood, Colo./Kent Denver
Anna Molyes	1	Berkeley, Calif.
Anna Nelson	2	Harwich, Mass.
Emily Peterson	3	Seattle/Roosevelt
Sandi Phinney	4	Colorado Springs, Colo./William Mitchell
Jordan Pitcher	4	Wichita, Kansas/Wichita Collegiate
Jalean Plotz	4	Hutchinson, Minn.
Melissa Powell	4	Pittsburgh./Mt. Lebanon
Martina Randall	3	Frazee, Minn./Frazee-Vergas
Kelly Rekonen	1	Virginia, Minn./Virginia High School
Julia Rogers	4	Flossmoor, Ill./Homewood Flossmoor
Joanna Stagg	1	San Rafael, Calif./Martin Academy
Dusty Steely	1	Kingwood, Texas
Ellen Sukovich	1	Bellvue, Wash./Newport
Kate Tyrrell	1	Voorheeseville, N.J./Clayton A. Bonton
Nadia Underhill	3	Chicago/Kenwood Academy

Women's Swimming & Diving Prospectus



1997-98 Season Outlook

The Carls have finished third at the conference championships each of the past three seasons. The 1997-98 women's squad has a multi-talented group of returning members, ensuring a bright forecast for the upcoming season. Leading the returning Carleton women are 1997 all-conference teammates Julia Rogers, Cindy Craig, Emily Peterson, Carrie Gloudmans, Kelly Hoeschen and Jalean Plotz.

Seniors Rogers, Melissa Powell, Sandy Phinney and Jordan Pitcher provide a solid core of talented, experienced, and motivated individuals, said head coach Andy Clark. The atmosphere of comraderie, excitement, and genuine talent should allow the Carls to continue improving this season. "This team has fewer superstars than last year, but there is more all-around depth," Clark said.

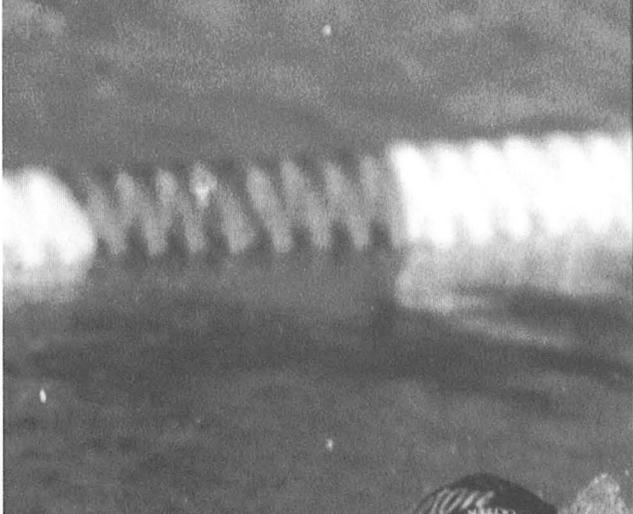
Andy Clark

Head Coach

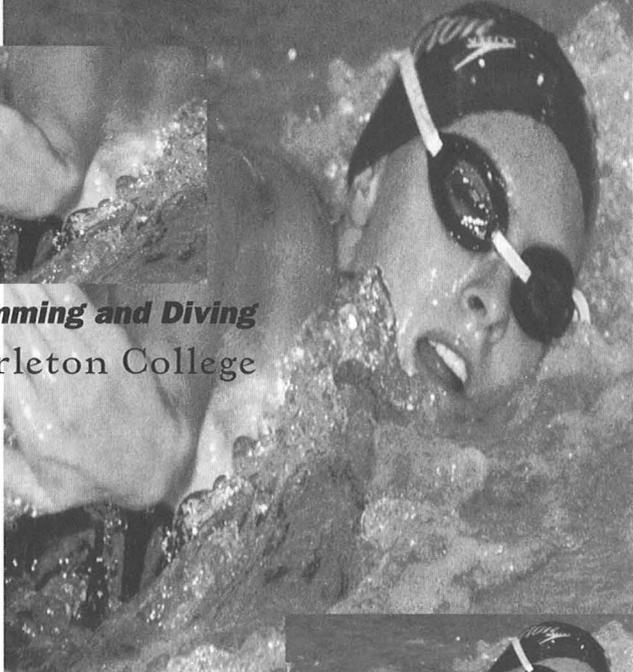
Phone: 507-646-4584

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A strong believer in team dynamics, Clark's goal is to build a program at Carleton that relies on the philosophy that each team member has a role in contributing to the success of the program. Dedication, commitment, opportunity and enthusiasm are key factors in Clark's expectations for his swimming squads. Clark is a graduate of Whitman College (B.A., geology, 1986) and the University of Oregon (M.S., exercise science, 1992). In addition to his coaching duties at Carleton, he serves as assistant professor of physical education, athletics and recreation.



Swimming and Diving
Carleton College



In addition to a tradition of athletic success, numerous academic achievements have also marked Carleton's program. Since 1994, both the men's and women's squads have been selected annually as All-Academic teams by the College Swim Coaches Association of America. Individually, there have been three Academic All-American and eight Academic All-MIAC award winners.

Highlighting these academic achievements was Lydia Neilsen's selection in 1995 as a recipient of the NCAA's prestigious postgraduate scholarship, awarded for excellence in both the athletic and academic arenas.

The Facilities

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

In addition to the pool facility, the program also has access to a well-equipped weight room (free weights, Nautilus and Universal, stationary bike and rowing machines) and isokinetic stretch cords. Video-taping equipment is utilized by both the swimming and diving programs.

The Coaching Staff



ANDY CLARK, HEAD SWIMMING COACH

The 1997-98 swim season marks Clark's fifth year with the Carleton program. Clark possesses over 15 years of coaching experience at the USS and collegiate levels. From 1988-90, Clark coached the men's and women's swim teams at Whitman College (Wash.). After two successful seasons at Whitman,

of Oregon, where he continued to coach and teach swimming. In 1992, Clark worked as an assistant coach with the Stanford University men's swim team under the tutelage of Skip Kenney. Clark was involved with all aspects of training and coached several elite athletes, including 1992 Barcelona Olympians Joe Hudepohl, Jeff Rouse and Pablo Morales. Following Stanford's 1993 NCAA Division I championship season, Clark accepted the head coaching position at Carleton.

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GREGG RAPPE, DIVING COACH

Rappe is a graduate of Mankato State University, where he was a four-year varsity diver. He holds an M.A. in adaptive education and is in his tenth coaching year at Carleton. He has 19 years of coaching experience at the club and high school levels and is considered one of the top developmental coaches in the region, having guided several athletes to all-state and all-conference honors.



NOVEMBER

- 1 St. Thomas Relays (w) 1pm
- 7 Macalester 6pm
- 8 **Gustavus 1pm**
- 14 Hamline 6pm

DECEMBER

- 15 Kalamazoo/Lawrence, Bradenton, Fla. 12pm

JANUARY

- 10 Univ. of Minn. Invite 11am
- ~~16-17 St. John's/St. Benedict's Invite 10am~~
- 23 St. Catherine's Quadrangular (w) 6pm
- 24 **St. Thomas 1pm**
- 31 **St. Mary's 1pm**

FEBRUARY

- 7 **St. John's (m) 1pm**
- 10 St. Olaf 6pm
- 14 Macalester Diving Invite 10am
- 19-21 MIAC Swimming & Diving Championships (w), St. John's
- 22 Last Chance Meet (w), St. John's 4pm
- 26-28 MIAC Swimming & Diving Championships (m), St. John's

MARCH

- 1 Last Chance Meet (m), St. John's 4pm
- 12-14 Women's NCAA Division III Championships, Principia College, (Mo.)
- 19-21 Men's NCAA III National Championships, Principia College, (Mo.)

Boldface indicates a home meet

(w) = Women's meets

(m) = Men's meets

All other listings are co-ed

MEN

- 50 Freestyle
- 100 Freestyle
- 200 Freestyle
- 500 Freestyle
- 1000 Freestyle
- 1650 Freestyle
- 100 Butterfly
- 200 Butterfly
- 100 Backstroke
- 200 Backstroke
- 100 Breaststroke
- 200 Breaststroke
- 200 I.M.
- 400 I.M.
- 200 Medley Relay

400 Medley Relay

200 Free Relay

400 Free Relay

800 Free Relay

1M Diving (11)

3M Diving (11)

WOMEN

- 50 Freestyle
- 100 Freestyle
- 200 Freestyle
- 500 Freestyle
- 1000 Freestyle
- 1650 Freestyle
- 100 Butterfly
- 200 Butterfly
- 100 Backstroke
- 200 Backstroke
- 100 Breaststroke
- 200 Breaststroke
- 200 IM
- 400 IM
- 200 Medley Relay

400 Medley Relay

200 Free Relay

400 Free Relay

800 Free Relay

1M Diving (6)

1M Diving (10)

3M Diving (6)

3M Diving (11)

*MIAC CHAMPIONSHIP

** MIAC OVERALL RECORD

Cover: Laura Arneson '97 captured eight conference titles in her career and earned Academic All-MIAC honors.

One reason for Carleton's success is the college's long-standing commitment to swimming. Establishing minimum requirements for swimming education as early as 1904, Carleton makes certain that its students take care of their bodies as well as their minds. Currently, approximately one-third of the College's students participate in at least one sport, while three out of four are members of at least one club and intramural teams.

As with every successful varsity sport, the intensity of training each team member devotes to the sport is critical. For the student-athlete at Carleton, quality is achieved both academically and athletically through effectively balancing the requirements of each endeavor. The swimming and diving program at Carleton is designed so that each athlete is able to develop his or her potential in both the classroom and the pool.

As a member of the Minnesota Intercollegiate Athletic Conference (MIAC), Carleton competes with some of the nation's top NCAA Division III swim teams and individuals. The team consistently places teams in the top 10 of the national championships. In 1997, Carleton's cross-town rival St. Olaf won the national title in the men's, competition and the women's competition at the meet.

The competitive season begins in September and continues until the MIAC championships in February. The season officially culminates in March with the NCAA Division III

Carleton's program promotes a strong, supportive team environment where each team member is given the opportunity to actively contribute to the squad's success. The coaching staff works closely with each student-athlete, first developing individual goals for the season and then applying aggressive training tactics to meet those goals.

Fall training, which commences in early October, emphasizes aerobic conditioning, strength development, and stroke technique. These sessions, conducted five to six days a week, encompass a comprehensive dry-land training routine, a specific weight lifting program and both morning and afternoon workouts. The pool practice sessions last approximately two hours with a yardage level between 4,500-7,000 yards.

Winter training is usually conducted in early December, during the first weeks of Carleton's winter break. Select members of the team travel to train in an outdoor 50-

meter facility in West Palm Beach, Fla. Daily pool time is between four and five hours with distances varying between 10,000 to 15,000 meters.

Upon return to the Carleton campus in January, the team launches into the heart of its competitive swim season. With

Three-time All-American Max Harper '98 holds the Carleton and MIAC record in the 100 breast-stroke.



Above: Ken McKinney '98 was an All-MIAC diving performer in 1997 for the Knights. Right: Jalean Plotz '00 is one of the top young swimmers in the Carls program. She earned three All-MIAC honors in 1997.



meets occurring at least once every week for six weeks, training sessions revolve around high intensity/lactate tolerance work to enable each athlete to be mentally and physically prepared to race.

1997-98 Season Outlook

MEN

Having finished fourth for the second year in a row at the MIAC championships, the 1997-98 Knights are poised to make their ascent into the top ranks of MIAC. The returning members of the men's team represent a solid core of experienced and talented swimmers and divers. Eight-time conference champion Max Harper and two-time conference champion Dave Cameron '99 of Shaker Heights, Ohio, will combine their talents with fellow all-conference teammates Steve Furlanetto '98 of Pittsford, N.Y., Ken McKinney '98 of Suison, Calif., and Dan Hiser '00 of Rockford, Ill., to assure the team another highly successful season.

WOMEN

The Carls have finished third at the conference championships each of the past three seasons. Like the men's team, the 1997-98 women's squad has a multi-talented group of returning team members, ensuring a bright forecast for the upcoming season. Leading the returning Carleton women are 1997 all-conference teammates Julia Rogers '98 of Homewood, Ill., Cindy Craig '99 of Blue Springs, Mo., Emily Peterson '99 of Seattle, Carrie Gludemans, Kelly Hoeschen and Jalean Plotz '00 of Hutchinson, Minn.

Swimming & Diving at Carleton

Carleton swimmers have a long-standing record of success at the national level of



competition. At the 1997 NCAA Women's Swimming and Diving Championships, Kelly Hoeschen '00 of Alexandria, Minn., earned All-America status, placing seventh in the 200-meter

breaststroke while teammate Carrie Gloudemans '00 of Phoenix, garnered honorable mention All-America honors in the 1,650-meter freestyle. At the 1996 NCAA Men's Swimming and Diving Championships, Max Harper '98 of Edina, Minn., an All-American as a first-year student in 1995, achieved All-America status in the 200-meter individual medley, 100-meter breaststroke and 200-meter breaststroke. At the 1995 NCAA championships, three-time NCAA Division III All-Academic and All-American Lydia Neilsen '95 of Cleveland Heights, Ohio, became the first Carleton woman to capture an NCAA swimming title when she set a new NCAA Division III record en route to placing first in the 100-meter breaststroke.

The Knight's (men) and Carl's (women) have also enjoyed strong team finishes at the MIAC Championships in recent years. Since 1995, the men's team has had 26 all-conference performances, ten individual conference titles and consistent finishes as a team in the top four. In that same period the women have produced 43 all-conference performances, 12 individual conference titles and have achieved a top three finish each year.

is the College's long-standing commitment to athletics. Establishing minimum requirements in physical education as early as 1904, Carleton makes certain that its students exercise their bodies as well as their minds.

Emily Peterson '99 holds the Carleton record in the 100 freestyle. She is a four-time All-MIAC selection.



Approximately one-third of the College's 1,750 students participate in at least one varsity sport, while three out of four are involved with club and intramural teams.

As with every successful varsity program, the intensity of training each team member devotes to the sport is critical. For the student-athlete at Carleton, quality is achieved both academically and athletically through effectively balancing the requirements of each endeavor. The swimming and diving program at Carleton is designed so that each student-athlete is able to develop his or her maximum potential in both the classroom and in the pool.

The Program

As a member of the Minnesota Intercollegiate Athletic Conference (MIAC), Carleton competes with some of the nation's top NCAA Division III swim teams and individuals. The conference consistently places teams in the top 20 at the national championships. In 1997, Carleton's cross-town rival St. Olaf placed 19th in the men's, competition and 13th in the women's competition at the national meet.

The competitive season begins in October and continues until the MIAC championships in February. The season officially culminates in March with the NCAA Division III Championships.

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Above: Ken McKinney '98 was an All-MIAC diving performer in 1997 for the Knights. Right: Jalean Plotz '00 is one of the top young swimmers in the Carls program. She earned three All-MIAC honors in 1997.

1997-98 Swimming & Diving



St. John's University at Carleton College
Saturday, February 7, 1998, 1 p.m.
Thorpe Memorial Pool



Scouting the Johnnies

St. John's University enters today's dual meet with a 5-2 dual meet record, 5-1 in the MIAC. They dropped a dual at St. Cloud State University last Tuesday 108-102. Their only other loss came at the hands of reigning conference champion, St. Olaf College, in December 138-78.

The Johnnies are led by junior Matt Zelen, who holds three individual and two relay MIAC records. He qualified for three individual events in the 1997 NCAA Championships, placing sixth in the 100 butterfly. He owns a combined nine school records and is a nine-time All-American.

But he may be remembered not for what he did in the pool, but what he lost in it. Zelen forgot to tie his trunks before a race in the College of St. Benedict/St. John's University Invitational two weeks ago, and as a result he lost the trunks, finishing the race first and in the nude. He was disqualified for a uniform violation.

What followed was a media barrage, culminating in his appearance last Wednesday on "The Tonight Show" with Jay Leno. He has also been contacted by Sports Illustrated, CNN, NBC's "Today" show, Playboy magazine and newspapers across the nation.

Schedule of Events

1. 200 Medley Relay
2. 1,000 Freestyle
3. 200 Freestyle
4. 50 Freestyle
5. 200 IM
6. Diving (1 M and 3M)
7. 100 Butterfly
8. 100 Freestyle
9. 100 Backstroke
10. 500 Freestyle
11. Diving (1M and 3M)
12. 100 Breastroke
13. 200 Freestyle Relay

School Records - Men

50 FREESTYLE	Robert Crawford	21.16
100 FREESTYLE	Robert Crawford	45.81
200 FREESTYLE	Robert Crawford	1:42.85
500 FREESTYLE	Dave Cameron	4:45.63
1000 FREESTYLE	Dave Cameron	10:03.27
1650 FREESTYLE	Dave Cameron	16:30.79
100 BUTTERFLY	Geoff Isaacman	51.56
200 BUTTERFLY	Geoff Isaacman	1:52.56
100 BACKSTROKE	Max Harper	53.77
200 BACKSTROKE	Max Harper	1:58.40
100 BREASTSTROKE	Max Harper	56.26
200 BREASTSTROKE	Greg Sampson	2:03.01
200 IM	Max Harper	1:54.65
400 IM	Blake Hoel	4:10.42
RELAYS		
200 MEDLEY	Hoel, Sampson Trajoano, Crawford	1:36.68
400 MEDLEY	Hoel, Sampson Trajano, Crawford	3:31.05
200 FREE	Garton, Jacobs, Parvin, Hearn	
400 FREE	Sampson, Hoel Murrell, Crawford	3:12.81
800 FREE	Sampson, Hoel Murrell, Crawford	7:00.28
1M DIVING (11 dives)	Ken Potts	499.7
3M DIVING (11 dives)	Ken Potts	511.7

1997-98 Men's Schedule

11/7	Macalester	Away	W 123-103
11/8	Gustavus	Home	W 128-110
11/14	Hamline	Away	W 135-57
12/15	Kalamazoo @Bradenton, Fla.		
		Away	L 63-142
1/10	U. of Minn. Invite	Away	8th
1/24	St. Thomas	Home	W 149-90
1/31	St. Mary's	Home	W 105-54
2/7	St. John's	Home	1 p.m.
2/10	St. Olaf	Away	6 p.m.
2/22	Last Chance Meet @ St. John's		4 p.m.
2/26-28	MIAC Championships @ St. John's		
3/19-21	NCAA Championships @ Principia		

Cardinals No Threat to Knights

Carleton triumphed 105-54 over St. Mary's last Saturday. Max Harper was victorious in the 200 freestyle and the 200 breaststroke, while Randall Rodakowski captured first in the 1,000 freestyle and the 200 backstroke.

Other winners included Trevor Davine in the 50 freestyle, Lars Brudvig in the 400 IM, Mark Dunn in both one- and three-meter diving events, Dan Hiser in the 100 freestyle, Dave Cameron in the 500 freestyle, and both the 400 medley and 400 freestyle relay teams.

The win moved Carleton's MIAC dual mark to a perfect 5-0.



Andy Clark - Head Coach



Gregg Rappe - Diving Coach

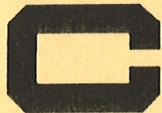


Liz Jarnigan - Asst. Coach



Craig Johnson - Asst. Coach

1997-98 Swimming & Diving



St. Mary's University at Carleton College
Saturday, January 31, 1998, 1 p.m.
Thorpe Memorial Pool



1997-98 Women's Schedule

11/1	St. Thomas Relays	Away	No scores
11/7	Macalester	Away	W 142-90
11/8	Gustavus	Home	W 148-94
11/14	Hamline	Away	W 128-83
12/15	Kalamazoo @Bradenton, Fla.		
		Away	W 106-99
1/10	U. of Minn. Invite	Away	8th
1/23	St. Kate's Tri. (w)	Away	2nd of 3
1/24	St. Thomas	Home	W 155-81
1/31	St. Mary's	Home	1 p.m.
2/7	St. John's (m)	Home	1 p.m.
2/10	St. Olaf	Away	6 p.m.
2/19-21	MIAC Championships @ St. John's		
3/1	Last Chance Meet @ St. John's		4 p.m.
3/12-14	NCAA Championships @ Principia		

Carleton Sweeps St. Thomas

Ellen Sukovich set a Thorpe Pool record in the 100 butterfly as the Carleton women defeated conference foe St. Thomas in a dual meet 155-81 last Saturday. Double winners included Cindy Craig in the 50 and 100 freestyle and Kelly Hoeschen in the 200 IM and 100 breaststroke. Sandi Phinney finished first in the 100 backstroke, Carrie Gloudemans won the 500 freestyle and Anna Nelson was victorious in the three-meter diving competition. The 200 medley relay team from Carleton also set a new pool standard with a time of 1:55.62.

Friday, the Carls took second out of three teams in a triangular meet with St. Catherine and St. Benedict. Gloudemans in the 1,000 freestyle, Sukovich in the 200 butterfly, Melissa Powell in the 50 freestyle and Hoeschen in the 200 breaststroke all recorded victories for Carleton.

Schedule of Events

(Women followed by men)

1. 200 Medley Relay
2. 1,000 Freestyle
3. 200 Freestyle
4. 50 Freestyle
5. 200 IM
6. Diving (1M and 3M)
7. 100 Butterfly
8. 100 Freestyle
9. 100 Backstroke
10. 500 Freestyle
11. Diving (1M and 3M)
12. 100 Breastroke
13. 200 Freestyle Relay

Scouting the Cardinals

The Carleton squads put their undefeated MIAC dual records on the line against St. Mary's University today.

The Cardinals are led by sophomore Kellie Collins on the women's side. She holds six individual and two relay record at St. Mary's. Joining her is Emily Paulson, who has seven school records of her own.

For the men, St. Mary's is paced by two-time All-MIAC performers Rick Loeffelholz and Conan Foley. Foley holds all the St. Mary's diving school records, while Loeffelholz has a combined 11 individual and relay school records for the Cardinals.

The Cardinal men come into today's dual with an 0-4 dual record, pending their results with Macalester last night. The women are 0-5 this season, also depending on the outcome of their dual meet with the Scots last night.

1997-98 Men's Schedule

11/7	Macalester	Away	W 123-103
11/8	Gustavus	Home	W 128-110
11/14	Hamline	Away	W 135-57
12/15	Kalamazoo @Bradenton, Fla.		
		Away	L 63-142
1/10	U. of Minn. Invite	Away	8th
1/24	St. Thomas	Home	W 149-90
1/31	St. Mary's	Home	1 p.m.
2/7	St. John's	Home	1 p.m.
2/10	St. Olaf	Away	6 p.m.
2/22	Last Chance Meet @ St. John's		4 p.m.
2/26-28	MIAC Championships @ St. John's		
3/19-21	NCAA Championships @ Principia		

Knights Take Care of St. Thomas

Randall Rodakowski and Max Harper were all double winners for the Carleton, as the Knights defeated St. Thomas 149-90 Saturday, January 24. Rodakowski was victorious in the 200 freestyle and 500 freestyle while Harper recorded wins in the 200 IM and 100 freestyle. Other winners included Dan Hiser in the 50 freestyle, Dave Cameron in the 1,000 freestyle, Steve Furlanetto in the 100 butterfly and Jesse Petricka in the 100 backstroke. Carleton also captured wins in the 200 medley relay and the 200 freestyle in gaining their fourth straight conference dual victory of the season.

Carleton now moves to 4-1 overall on the year in dual competition, 4-0 in the MIAC.



Andy Clark - Head Coach



Gregg Rappe - Diving Coach

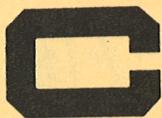


Liz Jarnigan - Asst. Coach



Craig Johnson - Asst. Coach

1997-98 Swimming & Diving



University of St. Thomas at Carleton College
Saturday, January 24, 1998, 1 p.m.
Thorpe Memorial Pool



1997-98 Women's Season Outlook

The Carls have finished third at the conference championships each of the past three seasons. Like the men's team, the 1997-98 women's squad has a multi-talented group of returning team members, ensuring a bright forecast for the upcoming season. Leading the returning Carleton women are 1997 all-conference teammates Julia Rogers, Cindy Craig, Emily Peterson, Carrie Gloudemans, Kelly Hoeschen and Jalean Plotz.

Carleton Opens New Year at Gold Country

The Carleton men's and women's swimming and diving team competed in the Gold Country Invitational, hosted by the University of Minnesota, January 10.

On the men's side, the Knights finished eighth out of ten teams, tallying 114.5 team points. Max Harper led the way for Carleton, recording a fourth place finish in the 100 breaststroke and eighth in the 200 individual medley. Randall Rodakowski finished 13th in the 500 freestyle and eighth in the 200 freestyle as well. Dan Hiser was fifth in the 200 breaststroke

The women placed eighth of 13 teams, tallying 100 points, and placed third out of seven conference schools that participated in the meet. Ellen Sukovich placed sixth in the 200 butterfly and seventh in the 100 butterfly. Kelly Hoeschen was ninth in the 100 breaststroke, while Jalean Plotz placed tenth in the 100 freestyle.

Schedule of Events

(Women followed by men)

1. 200 Medley Relay
2. 1,000 Freestyle
3. 200 Freestyle
4. 50 Freestyle
5. 200 IM
6. Diving (1 M and 3M)
7. 100 Butterfly
8. 100 Freestyle
9. 100 Backstroke
10. 500 Freestyle
11. Diving (1M and 3M)
12. 100 Breastroke
13. 200 Freestyle Relay

Scouting the Tommies

The Tommies men's squad comes into today's meet with a 3-2 dual meet record, plus a first place finish at the St. Mary's Invitational in December. They are led by first-year diver Steve Klugherz, who finished fourth in the one-meter event at the Gold Country Invitational two weeks ago and took first in the Tommies dual against Gustavus.

For the women, Crystal Dusich captured first against the Gusties in three-meter diving, while Laura Palombi won the 1,000 freestyle, Kelly Vaughn the 200 breaststroke, and Carrie Wilson the 200 butterfly. The Tommie women have a 4-3 dual meet record, and also captured a first place at the St. Mary's Invite.

1997-98 Men's Season Outlook

Having finished fourth for the second year in a row at the MIAC Championships, the 1997-98 Knights are poised to make their ascent into the top ranks of the MIAC. The returning members of the men's team represent a solid core of experienced and talented swimmers and divers. Eight-time conference champion Max Harper and two-time conference champion Dave Cameron will combine their talents with fellow all-conference teammates Steve Furlanetto and Dan Hiser to assure the team another highly successful season.

1997-98 Schedule

11/1	St. Thomas Relays	Away	1 p.m.
11/7	Macalester	Away	6 p.m.
11/8	Gustavus	Home	1 p.m.
11/14	Hamlane	Away	6 p.m.
12/15	Kalamazoo @Bradenton, Fla.		
		Away	12 p.m.
1/10	U. of Minn. Invite	Away	11 a.m.
1/23	St. Kate's Quad (w)	Away	6 p.m.
1/24	St. Thomas	Home	1 p.m.
1/31	St. Mary's	Home	1 p.m.
2/7	St. John's (m)	Home	1 p.m.
2/10	St. Olaf	Away	6 p.m.
2/19-21	MIAC Championships (w) @ St. John's		
		Away	TBA
2/22	Last Chance Meet (m)St. John's		4 p.m.
2/26-28	MIAC Championships (m) @ St. John's		
		Away	TBA
3/1	Last Chance Meet (w)St. John's		4 p.m.
3/12-14	NCAA Championships (w) @ Principia		
		Away	TBA
3/19-21	NCAA Championships (m) @ Principia		
		Away	TBA



Andy Clark - Head Coach



Gregg Rappe - Diving Coach



Liz Jarnigan - Asst. Coach



Craig Johnson - Asst. Coach

1997-98 Swimming & Diving



Gustavus Adolphus College at Carleton College
Saturday, November 8, 1997 1 p.m.
Thorpe Pool



1997-98 Women's Season Outlook

The Carls have finished third at the conference championships each of the past three seasons. Like the men's team, the 1997-98 women's squad has a multi-talented group of returning team members, ensuring a bright forecast for the upcoming season. Leading the returning Carleton women are 1997 all-conference teammates Julia Rogers, Cindy Craig, Emily Peterson, Carrie Gloudemans, Kelly Hoeschen and Jalean Plotz.

Records Fall at St. Thomas Relays

Carleton opened its 1997-98 schedule last Saturday by participating in the University of St. Thomas Relays. No team scores were kept.

The Carls got their season off to a superb start, setting four team relay meet records on the afternoon. In the 300 backstroke relay, the team of Sandi Phinney, Tifin Calcagni, Karin Langer and Julia Rogers posted a time of 3:21.12. The 400 freestyle relay squad of Kelly Carmichael, Cindy Craig, Melissa Powell and Kelly Rekonen established a team meet relay record with a time of 3:56.93. In the 200 medley relay, Phinney, Kelly Hoeschen, Ellen Sukovich and Powell swam to a time of 2:01.61. The fourth record came in the 300 butterfly relay, as Powell, Langer, Sukovich and Carmichael had a time of 3:15.18

Schedule of Events

(Women followed by men)

1. 200 Medley Relay
2. 1,000 Freestyle
3. 200 Freestyle
4. 50 Freestyle
5. 200 IM
6. Diving (1 M and 3M)
7. 100 Butterfly
8. 100 Freestyle
9. 100 Backstroke
10. 500 Freestyle
11. Diving (1M and 3M)
12. 100 Breastroke
13. 200 Freestyle Relay

Scouting the Gusties

The top swimmers to watch in this afternoon's competition are junior Kevin O'Laughlin and senior Sarah Krohn. O'Laughlin leads Gustavus as a three-time individual all-MIAC performer. The Gustie men finished second in the team race at the MIAC Championships last season. Krohn earned all-conference honors in the 200 free relay, 50 free, 200 medley relay, and 100 free.

Harper, Hoeschen Lead Carleton

Senior Max Harper and sophomore Kelly Hoeschen return after stellar 1996-97 seasons. Harper kept his 100 breast unbeaten streak intact last year, as no MIAC foe has defeated him in the event. Hoeschen was a three-time all-conference performer, winning titles in the 100 and 200 breast stroke as a first-year student.

1997-98 Men's Season Outlook

Having finished fourth for the second year in a row at the MIAC Championships, the 1997-98 Knights are poised to make their ascent into the top ranks of the MIAC. The returning members of the men's team represent a solid core of experienced and talented swimmers and divers. Eight-time conference champion Max Harper and two-time conference champion Dave Cameron will combine their talents with fellow all-conference teammates Steve Furlanetto, Ken McKinney and Dan Hiser to assure the team another highly successful season.

1997-98 Schedule

11/1	St. Thomas Relays	Away	1 p.m.
11/7	Macalester	Away	6 p.m.
11/8	Gustavus	Home	1 p.m.
11/14	Hamline	Away	6 p.m.
12/15	Kalamazoo/Lawrence @Bradenton, Fla.	Away	12 p.m.
1/10	U. of Minn. Invite	Away	11 a.m.
1/23	St. Kate's Quad (w)	Away	6 p.m.
1/24	St. Thomas	Home	1 p.m.
1/31	St. Mary's	Home	1 p.m.
2/7	St. John's (m)	Home	1 p.m.
2/10	St. Olaf	Away	6 p.m.
2/14	Macalester Diving Invite		10 a.m.
2/19-21	MIAC Championships (w) @ St. John's	Away	TBA
2/22	Last Chance Meet (m)St. John's		4 p.m.
2/26-28	MIAC Championships (m) @ St. John's	Away	TBA
3/1	Last Chance Meet (w)St. John's		4 p.m.
3/12-14	NCAA Championships (w) @ Principia	Away	TBA
3/19-21	NCAA Championships (m) @ Principia	Away	TBA



Andy Clark - Head Coach



Gregg Rappe - Diving Coach



Liz Jarnigan - Asst. Coach



Craig Johnson - Asst. Coach

CarletonSports

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March 16, 1998
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Eric Sieger, Sports Information Director

HOESCHEN REPRESENTS CARLETON AT NATIONALS

Northfield, Minn. – Kelly Hoeschen (So./Alexandria, Minn.) represented Carleton College at the NCAA Division III Women's Swimming and Diving Championships in St. Louis this past weekend.

Hoeschen participated in the 100 yard breaststroke and 200 yard breaststroke. In the 100 breast she raced to a time of 1:08.82, placing 23rd overall. Erin Anderson of Williams College (Mass.) was victorious in 1:04.71. In the 200 breast Hoeschen took 21st in 2:29.38. Anderson was also the winner in the 200 breast, recording a time of 2:19.91.

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<http://www.carleton.edu/campus/newsbureau/Sports/sportsinfo.html>



1997-98 Carleton College Womens' Swimming & Diving Team Highlights

Head Coach: Andy Clark
 Assistants: Craig Johnson, Liz Jarnigan, Gregg Rappe (Diving)
 Captains: Cindy Craig & Melissa Powell

- Dual Meet Record (7 - 2 - 0; MIAC = 6 - 2 - 0)

- Pool Records

100 Fly	1:01.56	Ellen Sukovich
200 Breaststroke	2:30.64	Kelly Hoeschen
200 Medley Relay	1:55.62	Sandi Phinney, Kelly Hoeschen Ellen Sukovich, Melissa Powell
400 Medley Relay	4:16.04	Sandi Phinney, Kelly Hoeschen Ellen Sukovich, Cindy Craig

MIAC Swimming & Diving Championship (Feb. 19-21, St. John's University)

- Third place overall (491 pts.)

- Team Records

200 Free Relay	1:40.12	Cindy Craig, Jalean Plotz Sandi Phinney, Melissa Powell
200 Medley Relay	1:53.30	Sandi Phinney, Kelly Hoeschen Ellen Sukovich, Melissa Powell
100 Backstroke	1:02.98	Sandi Phinney (lead off of 400 MR)

- All Conference - Top 3 Finish (event, time, place, name)

200 Free Relay	1:40.12	3rd	Cindy Craig, Jalean Plotz Sandi Phinney, Melissa Powell
50 Free	24.94	2nd	Cindy Craig
400 Medley Relay	4:08.29	3rd	Sandi Phinney, Kelly Hoeschen Ellen Sukovich, Jalean Plotz
200 Medley Relay	1:53.30	3rd	Sandi Phinney, Kelly Hoeschen Ellen Sukovich, Melissa Powell
400 I.M.	4:50.73	3rd	Jordan Pitcher
100 Fly	1:01.49	2nd	Jalean Plotz
	1:01.52	3rd	Ellen Sukovich
200 Breast	2:27.28*	1st	Kelly Hoeschen
200 Fly	2:17.01	3rd	Ellen Sukovich

* Indicates NCAA III National Qualifying Performance

NCAA III Swimming & Diving Championship (March 12-14; St. Peter's, MO)

100 Breast	1:08.82	23rd	Kelly Hoeschen
200 Breast	2:29.38	21st	Kelly Hoeschen

Academic Awards

- Academic All America Team
Fall 1997; Winter/Spring 1998
- M.I.A.C. Academic Honor Roll
Nina Berglund & Sandi Phinney

Team Awards/Honors

- High Point
Cindy Craig (156pts MIAC Duals & Championship)
- Most Inspirational
Jordan Pitcher
- Special Team
Melissa Powell
- 1998-99 Elected Captains
Cindy Craig & Kelly Hoeschen

Updated
5/21/99

1997-98 Carleton College Men's Swimming & Diving Team Highlights

Head Coach: Andy Clark
Assistants: Craig Johnson, Liz Jarnigan, Gregg Rappe (Diving)
Captains: David Cameron & Paul Regan

- Dual Meet Record (4 - 5 - 0; MIAC = 4 - 3 - 0)

MIAC Swimming & Diving Championship (Feb. 25-27 @ St. Catherine's)

- 4th place team finish (464 pts)
- 53 out of 53 performances were season best or lifetime best
- Team Records

200 Free Relay	1:28.78		Robbie Schweller, Dan Hiser Tom Jensen, Chris Rupp
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- All Conference - Top 3 Finish (event, time, place, name)

500 free	5:47.70	3rd	Dave Cameron
400 Medley Relay	3:36.47	2nd	Lars Brudvig, Dan Hiser Randall Rodakowski, Dave Cameron
200 Medley Relay	1:39.55	3rd	Randall Rodakowski, Dan Hiser Tom Alcivar, Dave Cameron
400 I.M.	4:18.48	3rd	Lars Brudvig
100 Breast	59.33	1st	Dan Hiser
800 Free Relay	7:12.98	3rd	Randall Rodakowski, Chris Rupp Lars Brudvig, Dave Cameron
1650 Free	16:45.59	2nd	Dave Cameron
200 Breast	2:11.19	2nd	Dan Hiser

Academic Awards

- Academic All America Team
Fall 1998; Winter/Spring TBA
- M.I.A.C. Academic Honor Roll
Matt Ginder-Vogel, Jessie Petricka, Robbie Schweller

Team Awards/Honors

- Most Inspriational
David Cameron & Mark Hellie
- High Point Award
David Cameron (180 pts for MIAC Duals & Championship)
- Warnecke Award
David Cameron
- 1999-00 Elected Captains
Dan Hiser & Matt Ginder-Vogel