ANDREW CLARK - Head Coach

The 1993-94 swim season will be Andy Clark's first with Carleton College. Clark provides a coaching background that encompasses more than 10 years of experience either at the USS or collegiate level. As a USS Age-Group coach in Portola Valley, Calif., from 1982-87, he trained both developmental and senior groups. From 1988-90, he coached the men's and women's swim teams at Whitman College in Walla Walla, Wash. After two successful seasons at Whitman, which included trips to the NAIA Nationals, Clark pursued graduate work at the University of Oregon where he continued to coach and teach swimming, helping the club team that replaced Oregon's varsity swim program. In 1992 Clark moved with his wife to San Francisco, Calif., where he accepted a position as an assistant with the Stanford University men's swim team. During this year-long position at Stanford, Clark was intimately involved with all aspects of training, and coached various 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 position at Carleton.

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 responsible role in contributing to the success of the program. Dedication, commitment, opportunity and enthusiasm are key descriptors of Clark's expectations for his swimming squads.

Clark is a graduate of Whitman College (B.A., Geology, 1986) and of the University of Oregon (M.S., Exercise Science, 1992). In addition to his coaching responsibilities at Carleton, he also will serve as an assistant professor of physical education, athletics and recreation.

TINA NEILL - Assistant Swim Coach

Tina Neill brings to the Carleton swimming program both intensity and enthusiasm, qualities that will have an immediate positive effect on both the men's and women's swim teams. Neill's strengths include her expertise on stroke mechanics and training techniques as well as her ability to effectively communicate at both the individual and team level.

Neill is a graduate (B.S. 1990) and former All-American swimmer from University of California at Davis, and currently holds the UC-Davis 100- and 200-yard backstroke records. She has over six years of coaching experience. From 1988-89, Neill served as an assistant coach at UC-Davis for the women's swim program. For the last four years (1990-93), she was the girls' head swim coach at Davis (Calif.) High School. In 1993 her team won the Public High School National Championship. In addition to her on-deck coaching responsibilities, Neill will play an active role in recruiting and maintaining high team morale.

GREGG RAPPE - Diving Coach

Gregg Rappe is a graduate of Mankato State University where he was a four-year varsity diver. He is pursuing a master's in adaptive education at Mankato State and is in his seventh year of coaching at Carleton. He has 17 years of coaching experience at the club and high schools levels and is considered one of the top developmental coaches in the region, taking several athletes from the beginner level to All-State and All-Conference honors.
Carleton College

Women’s Swimming & Diving
1998-99 Season Schedule

October
24  Alumni Meet, Carleton College, 1 p.m.
31  MIAC Relays, St. Catherine, St. Paul, Minn., 11 a.m.

November
7  Gustavus Adolphus College, St. Peter, Minn., 1 p.m.
13  Macalester College, Carleton College, 6 p.m.

December
14  Kalamazoo (Mich.), Lawrence (Wis.), Bradenton, Fla.

January
9  Gold Country Invitational, Univ. of Minn., 11 a.m.
15-16  College of St. Benedict. Invitational,
       St. Joseph, Minn., 10 a.m.
22  University of St. Thomas, St. Paul, Minn., 6 p.m.
23  St. Mary’s University, Winona, Minn., 2 p.m.
30  College of St. Benedict, College of St. Catherine,
    @ St. Catherine. St. Paul, Minn., 11 a.m.

February
6  St. Olaf College, Carleton College, 1 p.m.
18-20  MIAC Championships, College of St. Catherine,
       St. Paul, Minn., 10:30 a.m.

March
11-13  NCAA Championships, Oxford, Ohio,
       Miami University (Ohio)

For More Information on Swimming & Diving at Carleton

Head Coach Andy Clark
Phone: (507)646-4584
Fax: (507)646-5550
Email: AClark@carleton.edu

Athletic Department
Phone: (507)646-4052

Sports Information
Phone: (507)646-4185
Fax: (507)646-4426
Web Site: http://www.carleton.edu/campus/newsbureau/
Sports/sportsinfo.html
Hotline: (507)646-5936
The 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 four feet to twelve feet at the diving end.
A new recreation facility, scheduled for completion by August 1999, will enhance swimming and diving at Carleton.
The 80,000 square-foot building will contain a fieldhouse with four multipurpose courts, surrounded by a 200-meter indoor track. It will also house a 6,000 square foot fitness center with 80-100 exercise stations that can be utilized by the team for strength and conditioning training. The facility will offer racquetball courts, an aerobics/dance studio, climbing wall, batting cages and other support facilities.

The Program
Membership in the MIAC provides Carleton with some of the nation’s best competition. The conference consistently places teams in the top 20 at the NCAA Championships. In 1998, cross-town rival St. Olaf College placed 10th at the NCAA Championships, while the College of St. Benedict capture the MIAC team championship. These two schools, along with Carleton, gives the conference three teams that are traditional powers not only in the MIAC, but in the nation as well.
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.
Carleton’s program promotes a strong, supportive team environment where each team member is given the opportunity to actively contribute to the squad’s successes. 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.

School Records

<table>
<thead>
<tr>
<th>Event</th>
<th>Record 1</th>
<th>Record 2</th>
<th>Year 1</th>
<th>Year 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>50 Freestyle</td>
<td>Melissa Powell</td>
<td>24.92</td>
<td>1996</td>
<td></td>
</tr>
<tr>
<td>100 Freestyle</td>
<td>Emily Peterson</td>
<td>54.94</td>
<td>1995</td>
<td></td>
</tr>
<tr>
<td>200 Freestyle</td>
<td>Laura Arneson</td>
<td>1:58.19</td>
<td>1994</td>
<td></td>
</tr>
<tr>
<td>500 Freestyle</td>
<td>Laura Arneson</td>
<td>5:13.56</td>
<td>1995</td>
<td></td>
</tr>
<tr>
<td>1,000 Freestyle</td>
<td>Carrie Giudemans</td>
<td>10:54.92</td>
<td>1997</td>
<td></td>
</tr>
<tr>
<td>1,650 Freestyle</td>
<td>Carrie Giudemans</td>
<td>17:57.66</td>
<td>1997</td>
<td></td>
</tr>
<tr>
<td>100 Butterfly</td>
<td>Kim Gillen</td>
<td>1:00.11</td>
<td>1984</td>
<td></td>
</tr>
<tr>
<td>200 Butterfly</td>
<td>Kim Gillen</td>
<td>2:09.39</td>
<td>1983</td>
<td></td>
</tr>
<tr>
<td>100 Backstroke</td>
<td>Sandi Phinney</td>
<td>1:02.98</td>
<td>1998</td>
<td></td>
</tr>
<tr>
<td>200 Backstroke</td>
<td>Laura Arneson</td>
<td>2:10.70</td>
<td>1995</td>
<td></td>
</tr>
<tr>
<td>100 Breaststroke</td>
<td>Lydia Neilsen</td>
<td>1:04.82**</td>
<td>1995</td>
<td></td>
</tr>
<tr>
<td>200 Breaststroke</td>
<td>Kelly Hoeschen</td>
<td>2:25.63</td>
<td>1997</td>
<td></td>
</tr>
<tr>
<td>200 IM</td>
<td>Laura Arneson</td>
<td>2:15.21</td>
<td>1995</td>
<td></td>
</tr>
<tr>
<td>400 IM</td>
<td>Laura Arneson</td>
<td>4:42.73*</td>
<td>1995</td>
<td></td>
</tr>
<tr>
<td>200 Medley Relay</td>
<td>Phinney, Hoeschen, Sukovich, Powell</td>
<td>1:53.30</td>
<td>1998</td>
<td></td>
</tr>
<tr>
<td>400 Medley Relay</td>
<td>Arneson, Hoeschen, Plotz, Peterson</td>
<td>4:07.95</td>
<td>1997</td>
<td></td>
</tr>
<tr>
<td>200 Free Relay</td>
<td>Craig, Plotz, Phinney, Powell</td>
<td>1:40.12</td>
<td>1998</td>
<td></td>
</tr>
<tr>
<td>400 Free Relay</td>
<td>Peterson, Craig, Plotz, Arneson</td>
<td>3:42.18</td>
<td>1997</td>
<td></td>
</tr>
<tr>
<td>800 Free Relay</td>
<td>Arneson, Thomson, Rogers, Giudemans</td>
<td>8:08.52</td>
<td>1997</td>
<td></td>
</tr>
</tbody>
</table>

*indicates MIAC Championship meet record
**indicates MIAC overall record

Laura Arneson ’97 captured eight MIAC championship titles and holds three individual and two relay school records. She was also an Academic All-MIAC honoree.
Women’s Swimming & Diving at Carleton

A tradition of excellence has long been the hallmark of Carleton swimming and diving. Since 1995, the Carls have produced 52 all-conference performers, 13 individual conference titles and consistent team finishes in the top three at the Minnesota Intercollegiate Athletic Conference (MIAC) Championships.

Excellence in the classroom is also highly valued in the program. For the past five years the team has been cited as an All-Academic team by the College Swim Coaches Association of America.

Personifying this commitment to academic and athletic excellence was Lydia Neilsen ’95. A three-time All-American, Neilsen 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 breaststroke at the 1995 NCAA Championships. Neilsen, also a three-time Academic All-American, went on to earn a prestigious NCAA postgraduate scholarship, awarded for excellence in both the athletic and academic arena.

1998-99 Season Outlook

Having firmly established themselves among the elite teams in the MIAC, the Carls look to continue to climb up the rankings in 1998-99. With a talented core of veterans returning to join an exciting group of first-year athletes, head coach Andy Clark could have his most talented team in his six years with the Carleton program. Headlining this group is Kelly Hoeschen ’00, the conference champion in the 200 breaststroke. An All-American in 1997 and five-time All-MIAC performer, she is clearly one of the most talented swimmers in the conference. Carrie Gloudemans ’00 earned All-American honors at the NCAA Championships in 1997, while captain Cindy Craig ’99 is a four-time All-MIAC swimmer. Jalean Plotz ’00 owns six All-MIAC awards in her short two-year career, and Ellen Sukovich ’01 earned four All-MIAC citations in her first year of collegiate competition. Clark has added some exciting newcomers to the program, led by Julie Cochran ’02, Ilse Ekechuku ’02, Rebecca Hurwitz ’02 and diver Angie Soucek ’02. With this exciting mixture of talent, the Carls will challenge St. Olaf College and the College of St. Benedict for supremacy in the MIAC in 1998-99.

Coaching Staff

Head Coach Andy Clark

Head coach of both the women’s and men’s swimming and diving programs since 1993, Andy Clark possesses over 16 years of coaching experience at the USS and collegiate levels. From 1988-90, Clark coached the men’s and women’s swimming teams at Whitman College (Wash.). Clark then pursued graduate work at the University of Oregon, continuing to coach and teach swimming. In 1992, Clark worked as an assistant coach at Stanford University under the tutelage of Skip Kenney in the men’s program. Clark was involved with all aspects of training and coached several elite athletes, including 1992 Barcelona Olympians Joe Hudepohl, Jeff Rouse and Pablo Morales.

Diving Coach Greg Rappe

Rappe enters his 11th season of coaching with the Carleton men’s and women’s diving program. With 20 years of coaching experience at the club and high school levels, he is considered one of the top developmental coaches in the region.

Assistant Coach Liz Jarnigan

Jarnigan is in her second year of assisting with Carleton’s swimming and diving program. A 1987 graduate of St. Olaf College, she was a standout swimmer in her youth. A four-year letterwinner for the Oles volleyball team, she earned team MVP honors her senior season. She has served as head coach of Carleton’s volleyball team since 1996.

Assistant Coach Craig Johnson

Johnson brings a high standard of collegiate swimming experience to the Carleton program. A graduate of St. Olaf College, he was a standout distance swimmer for the Oles during his four-year career and qualified for the national meet in 1990.
Team Member Profiles

Cindy Craig - captain
Senior/Freestyle
Blue Springs, Mo.
A four-time All-MIAC performer, Craig led the team in points scored during the 1997-98 season. She shares team records in both the 200 and 400 freestyle relays. She earned all-conference honors in both events, as well as an individual citation for finishing second in the 50 freestyle. She is a team captain for 1998-99.

Carrie Gloudemans
Junior/Freestyle
Phoenix/Washington
One of the top distance freestyle swimmers in the MIAC, Gloudemans earned All-American honors in the 1,650-meter freestyle in 1997. She holds school records in the 1,000 and 1,650 freestyle events. She was a two-time All-MIAC performer at the 1997 MIAC Championships.

Jalean Plotz
Junior/Freestyle, Butterfly, IM
Hutchinson, Minn.
One of the most versatile swimmers in the Carleton program, Plotz is six times an all-conference honoree. She holds team records in the 200 and 400 freestyle relay, as well as the 400 medley relay.

Julie Cochran
First-year/Butterfly, IM, Breaststroke
Phoenix/Scottsdale Arcadia
Part of the exciting incoming class of swimmers, Cochran was a top three finisher at the Arizona state high school meet all four years of her high school career. She will add depth in multiple events for the Carls.

Ilse Ekechuku
First-year/Freestyle, Butterfly
Akron, Ohio/Hawken
A state champion and high school All-American, Ekechuku brings a strong sprint background to the Carleton program. She will contribute immediately to the Carls’ efforts in 1998-99.

Team Member Profiles

Kelly Hoeschen - captain
Junior/Breaststroke
Alexandria, Minn./Jefferson
After earning All-American honors and capturing two individual conference titles her first year, Hoeschen continued to be a force in 1997-98. She won her third individual MIAC title, picked up a total of three All-MIAC citations, and qualified for the NCAA Championships for the second straight season. The school record holder in the 200 breaststroke and the 200 and 400 medley relays, Hoeschen was the team’s top point scorer during the 1996-97 season.

Ellen Sukovich
Sophomore/Freestyle, Butterfly
Bellevue, Wash./Newport
As a first-year athlete, Sukovich stepped in and made her presence felt. She tallied a team-high four All-MIAC citations, two in individual events. She also set a Thorpe Pool record in the 100 butterfly during the 1997-98 season.

Rebecca Hurwitz
First-year/IM, Butterfly
Houston/High School of Visual and Performing Arts
Hurwitz brings versatility to the class of 2002. She was named district swimmer of the year in her high school division, as well as earning a berth in the finals of the state USS competition in her age group.

Angie Soucek
First-year/Diving
Colorado Springs, Colo./Cheyenne Mountain
Some much-needed help in the diving events arrives in the form of Soucek, who has put up some impressive scores at the high school level. She will contribute immediately in the diving events for the Carls.
Carleton College Women's Swimming & Diving Team 1998-99

Andy Clark - Head Coach
Gregg Rappe - Diving Coach
Craig Johanson - Asst. Swim Coach
Liz Jarnigan - Asst. Swim Coach

<table>
<thead>
<tr>
<th>Name</th>
<th>Yr</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Berglund, Nina</td>
<td>Jr</td>
<td>Fr/Fly</td>
</tr>
<tr>
<td>Burris, Jennifer</td>
<td>Sr</td>
<td>Bk/Fly</td>
</tr>
<tr>
<td>Calcagni, Tifin</td>
<td>So</td>
<td>IM/Bk/Fly</td>
</tr>
<tr>
<td>Carmichael, Kelly</td>
<td>So</td>
<td>Fr/Fly</td>
</tr>
<tr>
<td>Cochran, Julie</td>
<td>Fr</td>
<td>IM/Br/Fly</td>
</tr>
<tr>
<td>Craig, Cindy - Captain</td>
<td>Sr</td>
<td>Fr</td>
</tr>
<tr>
<td>Ekechuku, Ilse</td>
<td>Fr</td>
<td>Fr/Fly</td>
</tr>
<tr>
<td>Francois-Bongarcon, Vanessa</td>
<td>So</td>
<td>Fr/Br</td>
</tr>
<tr>
<td>Gloudemans, Carrie</td>
<td>Jr</td>
<td>Fr/Br</td>
</tr>
<tr>
<td>Greenman, Margaret</td>
<td>So</td>
<td>Br</td>
</tr>
<tr>
<td>Hoeschken, Kelly - Captain</td>
<td>Jr</td>
<td>Br/IM</td>
</tr>
<tr>
<td>Hurwitz, Rebecca</td>
<td>Fr</td>
<td>IM/Fr</td>
</tr>
<tr>
<td>Jones, Kristen</td>
<td>Jr</td>
<td>Fr/Fr</td>
</tr>
<tr>
<td>Lalor, Molly</td>
<td>Fr</td>
<td>Fr/Bk</td>
</tr>
<tr>
<td>Langer, Karin</td>
<td>Jr</td>
<td>IM/Fly/Bk</td>
</tr>
<tr>
<td>Mandle, Meredith</td>
<td>Fr</td>
<td>Fr/Bk</td>
</tr>
<tr>
<td>Moor, Heather</td>
<td>Fr</td>
<td>Diving</td>
</tr>
<tr>
<td>Mooyles, Anna</td>
<td>So</td>
<td>Diving</td>
</tr>
<tr>
<td>Nelson, Anna</td>
<td>So</td>
<td>Diving</td>
</tr>
<tr>
<td>Peterson, Emily</td>
<td>Sr</td>
<td>Fr/Fly</td>
</tr>
<tr>
<td>Piasecke, Jessica</td>
<td>Jr</td>
<td>Fr/Fly</td>
</tr>
<tr>
<td>Plotz, Jalean</td>
<td>Jr</td>
<td>Fr/Fly/IM</td>
</tr>
<tr>
<td>Rekonen, Kellie</td>
<td>So</td>
<td>Fr/Br</td>
</tr>
<tr>
<td>Ryan, Andrea</td>
<td>So</td>
<td>Fr</td>
</tr>
<tr>
<td>Soucek, Angela</td>
<td>Fr</td>
<td>Diving</td>
</tr>
<tr>
<td>Sukovich, Ellen</td>
<td>So</td>
<td>Fr/Fly</td>
</tr>
<tr>
<td>Tyrrell, Kate</td>
<td>So</td>
<td>Fr/Br</td>
</tr>
<tr>
<td>Ushio, Miako</td>
<td>Fr</td>
<td>Fr/Br</td>
</tr>
<tr>
<td>Weseman, Katherine</td>
<td>Fr</td>
<td>Fr/Bk</td>
</tr>
</tbody>
</table>
1998-99 Season Schedule

October
24   Alumni Meet, Carleton College, 1 p.m.
31   MIAC Relays, St. Catherine, St. Paul, Minn., 11 a.m.

November
7    Gustavus Adolphus College, St. Peter, Minn., 1 p.m.
13   Macalester College, Carleton College, 6 p.m.

December
14   Kalamazoo (Mich.), Lawrence (Wis.), Bradenton, Fla.

January
9    Gold Country Invitational, Univ. of Minn., 11 a.m.
15-16 St. John's University Invitational,
      Collegeville, Minn., 10 a.m.
22   University of St. Thomas, St. Paul, Minn., 6 p.m.
23   St. Mary's University, Winona, Minn., 2 p.m.
30   St. John's University, @ College of St. Catherine,
      St. Paul, Minn., 11 a.m.

February
6    St. Olaf College, Carleton College, 1 p.m.
25-27 MIAC Championships, College of St.
      Catherine, St. Paul, Minn., 10:30 a.m.

March
18-20 NCAA Championships, Minneapolis,
      University of Minnesota

For More Information on
Swimming & Diving at Carleton

Head Coach Andy Clark
Phone: (507)646-4584
Fax: (507)646-5550
Email: ACClark@carleton.edu

Athletic Department
Phone: (507)646-4052

Sports Information
Phone: (507)646-4185
Fax: (507)646-4426
Web Site: http://www.carleton.edu/campus/newsbureau/
Sports/sportsinfo.html
Hotline: (507)646-5936
The 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 four feet to twelve feet at the diving end.

A new recreation facility, scheduled for completion by August 1999, will enhance swimming and diving at Carleton. The 80,000 square-foot building will contain a fieldhouse with four multipurpose courts, surrounded by a 200-meter indoor track. It will also house a 6,000 square foot fitness center with 80-100 exercise stations that can be utilized by the team for strength and conditioning training. The facility will offer racquetball courts, an aerobics/dance studio, climbing wall, batting cages and other support facilities.

The Program
Membership in the MIAC provides Carleton with some of the nation's best competition. The conference consistently places teams in the top 20 at the NCAA Championships. In 1998, conference rivals Gustavus Adolphus College and St. John's University finished 19th and 22nd, respectively, at the national meet. Carleton and cross-town rival St. Olaf College add two more teams that are traditional powers not only in the MIAC, but in the nation as well.

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.

Carleton's program promotes a strong, supportive team environment where each team member is given the opportunity to actively contribute to the squad's successes. 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.

School Records

<table>
<thead>
<tr>
<th>Event</th>
<th>Record</th>
<th>Year</th>
</tr>
</thead>
<tbody>
<tr>
<td>50 Freestyle</td>
<td>Robert Crawford</td>
<td>21.16 1988</td>
</tr>
<tr>
<td>100 Freestyle</td>
<td>Robert Crawford</td>
<td>45.81 1988</td>
</tr>
<tr>
<td>200 Freestyle</td>
<td>Robert Crawford</td>
<td>1:42.85 1988</td>
</tr>
<tr>
<td>500 Freestyle</td>
<td>Dave Cameron</td>
<td>4:45.63 1997</td>
</tr>
<tr>
<td>1,000 Freestyle</td>
<td>Dave Cameron</td>
<td>10:03.27 1997</td>
</tr>
<tr>
<td>1,650 Freestyle</td>
<td>Dave Cameron</td>
<td>16:30.79 1997</td>
</tr>
<tr>
<td>100 Butterfly</td>
<td>Geoff Isaacman</td>
<td>51.56 1992</td>
</tr>
<tr>
<td>200 Butterfly</td>
<td>Geoff Isaacman</td>
<td>1:52.56 1992</td>
</tr>
<tr>
<td>100 Backstroke</td>
<td>Max Harper</td>
<td>53.77 1997</td>
</tr>
<tr>
<td>200 Backstroke</td>
<td>Max Harper</td>
<td>1:58.40 1995</td>
</tr>
<tr>
<td>100 Breaststroke</td>
<td>Max Harper</td>
<td>56.26* 1996</td>
</tr>
<tr>
<td>200 Breaststroke</td>
<td>Greg Sampson</td>
<td>2:03.01* 1990</td>
</tr>
<tr>
<td>200 IM</td>
<td>Max Harper</td>
<td>1:54.65 1996</td>
</tr>
<tr>
<td>400 IM</td>
<td>Blake Hoel</td>
<td>4:10.42 1988</td>
</tr>
<tr>
<td>200 Medley Relay</td>
<td>Hoel, Sampson</td>
<td>1:36.68 1988</td>
</tr>
<tr>
<td>400 Medley Relay</td>
<td>Hoel, Sampson</td>
<td>3:31.05 1988</td>
</tr>
<tr>
<td>100 Free Relay</td>
<td>Hiser, Furlanetto, Brudvig, Schweller</td>
<td>1:29.36 1998</td>
</tr>
<tr>
<td>200 Free Relay</td>
<td>Sampson, Hoel, Murrell, Crawford</td>
<td>3:12.81 1988</td>
</tr>
<tr>
<td>800 Free Relay</td>
<td>Sampson, Hoel, Murrell, Crawford</td>
<td>7:00.28 1988</td>
</tr>
</tbody>
</table>

*indicates MIAC overall record

Dave Cameron '99 holds school records in three distance freestyle events for Carleton: the 500-, 1000- and 1500-meters. Cameron has captured two individual MIAC titles and is an eight-time All-MIAC performer. He is also a team captain this season.
Men's Swimming & Diving at Carleton

A tradition of excellence has long been the hallmark of Carleton swimming and diving. Since 1995, the Knights have produced 39 all-conference performers, 13 individual conference titles and consistent team finishes in the top four at the Minnesota Intercollegiate Athletic Conference (MIAC) Championships.

Excellence in the classroom is also highly valued in the program. For the past five years the team has been cited as an All-Academic team by the College Swim Coaches Association of America (CSCAA).

Personifying this commitment to academic and athletic excellence was Max Harper '98. Harper, an 11-time MIAC individual champion and five-time All-American, earned Academic All-MIAC and CSCAA Academic All-American honors four times and capped off his career by being named to the GTE/CoSIDA Academic All-America team for 1998. Harper graduated from Carleton with an undefeated record in the 100 breaststroke in MIAC competition and recorded the third fastest time ever at the NCAA Division III level in the same event.

1998-99 Season Outlook

Coming off its third straight fourth-place finish at the MIAC Championships, the 1998-99 edition of Carleton men's swimming and diving looks to continue the tradition of excellence and competitiveness that has marked the program since its beginnings. A talented group of athletes returns for head coach Andy Clark, led by two-time conference champion Dave Cameron '99, who has eight All-MIAC awards on his resume. Joining him to form the nucleus of the team is Dan Hiser '00, a five-time All-MIAC performer over the past two seasons and the top returning breaststroker in the MIAC. Randall Rodkowski '01, made a splash in his first year in the maize and blue, tallying two all-conference citations, while classmate Jessie Petricka '01 also earned All-MIAC distinction in his first year of collegiate competition. Jacob Eberle '02 and Chris Rupp '02 head up a solid group of first-year athletes that makes the future of Carleton men's swimming and diving very bright.

Coaching Staff

Head Coach Andy Clark

Head coach of both the men's and women's swimming and diving programs since 1993, Andy Clark possesses over 16 years of coaching experience at the USS and collegiate levels. From 1988-90, Clark coached the men's and women's swimming teams at Whitman College (Wash.). Clark then pursued graduate work at the University of Oregon, continuing to coach and teach swimming. In 1992, Clark worked as an assistant coach at Stanford University under the tutelage of Skip Kenney in the men's program. Clark was involved with all aspects of training and coached several elite athletes, including 1992 Barcelona Olympians Joe Hudepohl, Jeff Rouse and Pablo Morales.

Diving Coach Greg Rappe

Rappe enters his 11th season of coaching with the Carleton men's and women's diving program. With 20 years of coaching experience at the club and high school levels, he is considered one of the top developmental coaches in the region.

Assistant Coach Liz Jarnigan

Jarnigan is in her second year of assisting with Carleton's swimming and diving program. A 1987 graduate of St. Olaf College, she was a standout swimmer in her youth. A four-year letter winner for the Oles volleyball team, she earned team MVP honors her senior season. She has served as head coach of Carleton's volleyball team since 1996.

Assistant Coach Craig Johnson

Johnson brings a high standard of collegiate swimming experience to the Carleton program. A graduate of St. Olaf College, he was a standout distance swimmer for the Oles during his four-year career and qualified for the national meet in 1990.
Roster/Player Profiles

**Dave Cameron - Captain**  
**Senior/Freestyle**  
**Shaker Heights, Ohio/University**  
A two-time MIAC individual champion in 1997, Cameron has eight all-conference honors on his resume. The Carleton record holder at 500, 1,000 and 1,650 freestyle, Cameron will lead the Knights in a race to crack the top three at the MIAC Championships in 1998-99.

**Dan Hiser**  
**Junior/Breaststroke, IM**  
**Rockford, Ill./Auburn**  
Hiser will be the premier breaststroker in the MIAC. He placed third in the 200 breaststroke and second in the 100 breaststroke at the 1998 MIAC Championships, and is a five-time All-MIAC performer. He is a member of the team that set the school record in the 200 free relay.

**Paul Regan - Captain**  
**Senior/Freestyle, Breaststroke**  
**Minneapolis/North**  
Regan will provide leadership and guidance to a young Carleton squad as team captain in 1998-99. He adds depth in the 50 and 100 freestyle, as well as the 100 breaststroke for the Knights.

**Lars Brudvig**  
**Sophomore/Breaststroke, IM**  
**Hamden, Conn.**  
One of the most versatile and talented athletes on the Knights’ roster, Brudvig was a finalist in the 200 and 400 IM and the 200 breaststroke at last year’s MIAC Championships. He was also a part of the school record-setting 200 free relay squad.

Roster/Player Profiles

**Randall Rodakowski**  
**Sophomore/Freestyle, Butterfly**  
**Rochester, Minn./Mayo**  
Rodakowski served notice in 1997-98 that he is one of the top young swimmers in the MIAC. He earned four All-MIAC citations, placing second in the 200 freestyle and third in the 200 butterfly, as well as placing second as part of the 800 freestyle and 400 medley relays.

**Jessie Petricka**  
**Sophomore/Backstroke, IM**  
**Northfield, Minn.**  
Another top recruit from the class of 2001, Petricka put together a solid first-year campaign. He earned two All-MIAC citations, one in the 200 backstroke and another as a member of the 400 medley relay team. He was a finalist in the 400 IM and the 100 backstroke as well.

**Jacob Eberle**  
**First-year/Freestyle**  
**South Portland, Maine**  
An all-state performer, Eberle was a part of the team that set a school record in the 200 freestyle. He will bring much-needed depth to the Knights’ freestyle sprint events and relays.

**Chris Rupp**  
**First-year/Freestyle**  
**St. Paul, Minn./Central**  
A state meet competitor at 200 and 500 freestyle, Rupp is an exciting young talent who should contribute to the Knights’ distance event efforts in 1998-99.
Carleton College Mens' Swimming & Diving Team 1998-99

Andy Clark - Head Coach
Gregg Rappe - Diving Coach
Craig Johnson - Asst. Swim Coach
Liz Jarnigan - Asst. Swim Coach

<table>
<thead>
<tr>
<th>Name</th>
<th>Yr</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alcivar, Tom</td>
<td>Jr</td>
<td>Fr/Fly</td>
</tr>
<tr>
<td>Berger, Josh</td>
<td>So</td>
<td>IM/Bk</td>
</tr>
<tr>
<td>Berliss, Jeff</td>
<td>Fr</td>
<td>Fr</td>
</tr>
<tr>
<td>Brown, Zach</td>
<td>Sr</td>
<td>Br</td>
</tr>
<tr>
<td>Brudvig, Lars</td>
<td>So</td>
<td>IM/Br/Fr</td>
</tr>
<tr>
<td>Cameron, Dave - Captain</td>
<td>Sr</td>
<td>Fr</td>
</tr>
<tr>
<td>Cook, Tim</td>
<td>So</td>
<td>Fr</td>
</tr>
<tr>
<td>Davine, Trevor</td>
<td>Sr</td>
<td>Fr/Fly</td>
</tr>
<tr>
<td>Deely, Chris</td>
<td>Fr</td>
<td>Fr</td>
</tr>
<tr>
<td>Diener, Ben</td>
<td>Sr</td>
<td>Diving</td>
</tr>
<tr>
<td>Eberle, Jacob</td>
<td>Fr</td>
<td>Fr</td>
</tr>
<tr>
<td>Ginder-Vogel, Matt</td>
<td>Jr</td>
<td>Fr/Br</td>
</tr>
<tr>
<td>Hellie, Mark</td>
<td>Sr</td>
<td>Fr/Fly</td>
</tr>
<tr>
<td>Hiser, Dan</td>
<td>Jr</td>
<td>IM/Br/Fr</td>
</tr>
<tr>
<td>Jensen, Tomas</td>
<td>Sr</td>
<td>Fr/Br</td>
</tr>
<tr>
<td>Petricka, Jessie</td>
<td>So</td>
<td>IM/Bk</td>
</tr>
<tr>
<td>Rabinowitz, David</td>
<td>Fr</td>
<td>Fr</td>
</tr>
<tr>
<td>Regan, Paul - Captain</td>
<td>Sr</td>
<td>Fr/Br</td>
</tr>
<tr>
<td>Rodakowski, Randall</td>
<td>So</td>
<td>Fr/Fly/Bk</td>
</tr>
<tr>
<td>Rupp, Christopher</td>
<td>Fr</td>
<td>Fr/Fly</td>
</tr>
<tr>
<td>Schwellen, Robbie</td>
<td>So</td>
<td>Fr</td>
</tr>
<tr>
<td>Strickland, Peter</td>
<td>Fr</td>
<td>Fr/Br</td>
</tr>
<tr>
<td>Tistad, Holger</td>
<td>So</td>
<td>Fr/Fly</td>
</tr>
</tbody>
</table>
Game Day - Nov. 13, 1998

Carleton Knights

Men's Roster
Name                Yr.                  Hometown/H.S.
Tom Alcivar        Jr.                  St. Louis, Mo./John Burrows School
Josh Berger        Sr.                  Muncie, Ind./Indiana Academy for Science
Jeff Burliss       Fr.                  New York City, N.Y./Fieldston School
Zach Brown (off campus)  Sr.                  Branson, Mo.
Lars Bruvig        Sr.                  Hamden, Conn.
Dave Cameron       Sr.                  Shaker Heights, Ohio/University School
Tim Cook           So.                  Englewood, Colo./Cherry Creek High School
Trevor Davine      Sr.                  Florence, Italy/Burnsville (Minn.) High School
Chris Deely        Fr.                  Pittsburgh, Pa./Taylor Alderdice School
Jacob Eberle       Fr.                  South Portland, Maine
Matt Ginder-Vogel  Jr.                  Little Falls, Minn.
Mark Hellie        So.                  Sauk Centre, Minn.
Dan Hiser          Fr.                  Rockford, Ill./Auburn High School
Tomas Jansen       Sr.                  Ames, Iowa
Jessie Petricka    So.                  Northfield, Minn.
Paul Regan         Sr.                  Minneapolis, Minn./Minneapolis North High School
Randall Rodakowski So.                  Rochester, Minn./Mayo High School
Christopher Rupp   Fr.                  St. Paul, Minn./Central High School
Robbie Schweller   So.                  Storm Lake, Iowa
Peter Strickland   Fr.                  Mishawaka, Ind.
Holger Tistad      So.                  Karlstad, Sweden/Tingvallagymnasiet

Women's Roster
Name               Yr.                  Hometown/H.S.
Nina Berglund      Jr.                  Eveleth, Minn.
Jennifer Burris    Sr.                  Falmouth, Mass.
Tiffin Calcagni    So.                  Yarmouth, Maine
Kelly Carmichael  So.                  Midland, Mich./Herbert Henry Dow High School
Julie Cochran      Fr.                  Phoenix, Ariz./Scottsdale Arcadia High School
Cindy Craig (off campus)  Sr.                  Blue Springs, Mo.
Ilise Ekichuk      Fr.                  Akron, Ohio/Hawken School
Vanessa Francois-Bongarcon So.                  San Francisco
Carrie Gloudemans Jr.                  Phoenix/Washington High School
Margaret Greenman  So.                  Old Town, Maine
Kelly Hoeschen     Jr.                  Alexandria, Minn./Jefferson Senior High
Rebecca Hurwitz    Fr.                  Houston, Texas/High School for Performing and Visual Arts
Kristan Jones (off campus)  Fr.                  Grand Rapids, Mich./Forest Hills
Molly Lalor        Fr.                  Atlanta, Ga./Paldeia High School
Karlin Langer      Jr.                  Englewood, Colo./Kent Denver School
Meredith Mandle    Fr.                  Dallas, Texas/Hockaday School
Anna Moyles        So.                  Berkeley, Calif.
Emily Peterson    Sr.                  Seattle/Roosevelt High School
Jessica Plasecke   Jr.                  Orinda, Calif./Miramonte High School
Jalean Plotz       Jr.                  Hutchinson, Minn.
Kelly Rekonen      So.                  Virginia, Minn.
Angela Soucek      Fr.                  Colorado Springs, Colo./Cheyenne Mountain High
Ellen Sukovich     So.                  Bellevue, Wash./Newport High School
Kate Tyrrell       So.                  Voorheesville, N.J./Clayton A Bonton High School
Miako Ushio        Fr.                  Minneapolis/Southwest High School
Katherine Weseman  Fr.                  Chicago, Ill./Whitney M. Young Magnet

Head Coach: Andrew Clark
Diving Coach: Greg Rappe
Assistant Coaches: Craig Johnson, Liz Jarnigan
Captains: Dave Cameron, Cindy Craig, Kelly Hoeschen, Paul Regan

Today's Meet
Carleton's women come into today's meet at 1-0, while the men enter at 0-1.

Macalester's women are 1-1 after a 186-41 win over Hamline and a narrow 122-120 loss to Concordia. The men are 1-0 after defeating Hamline 93-53.

Last Meet
On November 7, Carleton's women blasted Gustavus Adolphus College 176-64, while the men lost 142-81. Four Knights won double events: Angle Soucek won the 1M and 3M diving events, Julie Cochran took first in the 200 free and 100 fly, and both Carrie Gloudemans and Dave Cameron won their respective 1000 and 500 frees.

Early Taper
This will be the last meet of the 1998-99 season for both Carrie Gloudemans and Josh Berger. Gloudemans will be spending the winter on a Carleton off-campus studies art program in Australia, while Berger will be focusing on Spanish during an off-campus studies program in Morelia, Mexico.

Made to be Broken...
Several Thorpe Pool records may be on the line tonight. Carrie Gloudemans has tapered down in order to attempt a record in the mile, but she will have to go through Macalester's defending MIAC champion Karin Halvorson in order to get it. The Knights' women are especially strong in the relays, and will be stalking pool records in the 200 Medley and 200 Free Relays tonight.

Next up for Carleton
Carleton will be swimming against Lawrence University and Kalamazoo College at the end of its Florida training trip on Dec. 14 at 12 p.m.
Hamline University Pipers

Men's Roster
Name                      | Yr. | Hometown       
Rory Coplan               | So. | Blaine, Minn.  
Matt Bartz                | Fy. | Bemidji, Minn. 
Justin Maycraft           | Sr. | Prior Lake, Minn. 

Head Swim Coach: Gayle Schurz  
Diving Coach: Robert Anderson

Carleton College Knights

Name                      | Yr. | Hometown/H.S.                           
Tom Alcivar               | Jr. | St. Louis, Mo./John Burrows School      
Josh Berger               | So. | Munroe, Ind./Indiana Academy for Science 
Jeff Barliss              | Fy. | New York City, N.Y./Fieldston School    
Zach Brown                | Sr. | Branson, Mo.                             
Lars Brudvig              | So. | Hamden, Conn.                            
Dave Cameron              | Sr. | Shaker Heights, Ohio/University School  
Tim Cook                  | So. | Englewood, Colo./Cherry Creek            
Chris Deely               | Fy. | Pittsburgh, Pa./Taylor Alderdice School 
Jacob Eberie              | Fy. | South Portland, Maine                    
Matt Ginder-Vogel         | Jr. | Little Falls, Minn.                      
Mark Hellie               | So. | Sauk Centre, Minn.                       
Dan Hiser                 | Jr. | Rockford, Ill./Auburn                    
Tomas Jensen              | Sr. | Ames, Iowa                                
Jessie Petricka           | So. | Northfield, Minn.                         
Paul Regan                | Sr. | Minneapolis/North                         
Randall Rodakowski        | So. | Rochester, Minn./Mayo                    
Christopher Rupp          | Fy. | St. Paul, Minn./Central                  
Robbie Schwaller          | So. | Storm Lake, Iowa                          
Peter Strickland          | Fy. | Mishawaka, Ind.                          
Holger Tistad             | So. | Karlstad, Sweden/Tingvallagymnasiet     

Head Coach: Andrew Clark  
Assistant Coaches: Craig Johnson, Liz Jarnigan  
Captains: Dave Cameron, Paul Regan 

Order of Events

400 Medley Relay  
1000 Free  
200 Free  
50 Free  

200 Individual Medley
1-Meter Diving
200 Fly  
100 Free  
200 Back  
500 Free  
3-Meter Diving  
200 Breast  
400 Free Relay

GameDay Preview

Carleton's men come into today's meet with a 3-1 MIAC record, at 3-3 overall. Last weekend, the Knights swam meets against the University of St. Thomas and St. Mary's University, winning them by respective scores of 65-40 and 171-105.

Leading the Knights for the weekend were Dave Cameron, Dan Hiser and Lars Brudvig. In both meets combined, Cameron won five events and broke two St. Mary's pool records. Hiser also broke a pool record at St. Mary's as he time-trialed the 100 breaststroke. Hiser and Brudvig each won three events for the weekend.

St. John's on deck

Tomorrow, the men match up at the College of St. Catherine's with 1998 conference runner-up St. John's University. Look for the Johnnies to be powered by Matt Zelen, one of the best sprinters in the nation, while the Knights will be strongest in their breaststroke, I.M., and distance free races.

Spotlight Swimmer

Dan Hiser ’00

It may be argued that Max Harper '98 was one of the best swimmers ever to have competed at Carleton. What most people don’t know is that the only MIAC swimmer to beat Harper in a breaststroke race was Carleton’s own Dan Hiser — in a dual meet against Gustavus in 1997, as Hiser beat Harper by a narrow .09 seconds.

Although he focuses on the breaststroke as his primary event, Hiser is one of the most versatile swimmers on the men’s team. By the end of the season, Hiser will have raced on every relay at the MIAC Championships at some time in his three years at Carleton.

In addition to scoring consistently in breaststroke, sprint freestyle, and the 200 I.M., Hiser is also on pace for one of his best seasons ever. His opening 1:02.58 in the 100 breast against Macalester was an in-season personal best, and Hiser has a chance at national qualifying standards in several individual and relay races.
Hamline University Pipers

Women's Roster
Name       Hometown
Mary Matze  Oshkosh, Wis.
Leah Medure  Hibbing, Minn.
Sarah Braschler  Red Wing, Minn.
Sarah Marshall  Centennial, Minn.
Melissa Haase  Red Wing, Minn.

Head Swim Coach: Gayle Schurz

Carleton College Knights

Name       Hometown
Nina Berglund  Eveleth, Minn.
Jennifer Burris  Falmouth, Mass.
Tiffin Calcaigni  Yarmouth, Maine
Kelly Carmichael  Midland, Mich./Herbert Henry Dow
Julie Cochran  Phoenix, Ariz./Scottsdale Arcadia
Cindy Craig  Blue Springs, Mo.
Ilse Ekechuku  Akron, Ohio/Hawken School
Vanessa Francois-Bongarcon  San Francisco
Margaret Greenman  Old Town, Maine
Kelly Hoeschen  Alexandria, Minn./Jefferson
Rebecca Hurwitz  Houston, Texas/High School for Performing and Visual Arts
Kristen Jones  Grand Rapids, Mich./Forest Hills
Molly Lator  Atlanta, Ga./Palm Beach
Karin Langer  Englewood, Colo./Kent Denver School
Anna Moyle  Berkeley, Calif.
Emily Peterson  Seattle/Roosevelt
Jessica Piazecke  Orinda, Calif./Miramonte
Jalean Plotz  Hutchinson, Minn.
Kelly Rekonen  Virginia, Minn.
Angela Soucek  Colorado Springs, Colo./Cheyenne Mountain
Ellen Sukovich  Bellevue, Wash./Newport
Kate Tyrrell  Voorheesville, N.Y./Clayton A. Benton
Miako Ushio  Minneapolis/Southwest
Katherine Weseman  Chicago, Ill./Whitney M. Young Magnet

Head Coach: Andrew Clark
Diving Coach: Greg Rappe
Assistant Coaches: Craig Johnson, Liz Jarnigan
Captains: Cindy Craig, Kelly Hoeschen

GameDay Preview

Carleton's women come into this meet at a perfect 6-0 in dual action for the season, with a 4-0 record against MIAC foes. Last weekend, the Knights won meets against the University of St. Thomas and St. Mary's University, taking the first meet 63-29 and the second by a score of 141-78.

For the weekend, Emily Peterson won four events overall, as did Julie Cochran. Against SMU, Cochran captured both the 100 and 200 fly, setting a Cardinal pool record in the latter event, while Peterson won both the 200 and 100 freestyle.

Rebecca Hurwitz also set an SMU pool mark in winning the 400 I.M.

Ready for a Showdown

Tomorrow, the women travel to the College of St. Catherine's to match up against St. Catherine, Concordia College, and the defending conference champions, the College of St. Benedict.

Spotlight Swimmer

Emily Peterson '99

Senior Emily Peterson may have taken last year off, after studying off-campus on a Carleton geology program in Italy, but her times this year don't show it.

Peterson, the former school record-holder in the 100 free, has already surged to second-place MIAC rankings in both the 50 and 100 free this season. In the past, Peterson has been consistently all-Conference in relays, and her personal best in the 50 free is only .01 seconds short of the school record.

Last weekend, Peterson won four events, in addition to posting a season-best in the 200 free, and came close to her best times in the 50 and 100 free. With taper just beginning, the Knights will be looking upon Peterson to be the senior member of their powerful 200 free relay, which includes four of the top five swimmers in the 50 free in the MIAC.

Coming up at Carleton

Jan. 30
Synchronized swimming vs. St. Olaf, Minnesota Thorpe Pool, 10 a.m.
Women's basketball vs. St. Mary's, 1 p.m.
Men's basketball vs. St. Mary's, 3 p.m.

Feb. 1
Men's basketball vs. Bethel, 7:30 p.m.

Feb. 3
Women's basketball vs. St. Catherine, 7:30 p.m.

Carleton Sports Information

Sports Information Intern: Rob Lewis
Phone: (507) 646-4185
E-mail: news@acs.carleton.edu
Student writer: Dave Cameron '99
On the Web:
http://www.carleton.edu/campus/newsbureau/Sports/sportsinfo.html
Carleton College GameDay
February 6, 1999

St. Olaf College Oles

Name                       Yr.  Hometown
Chris Anderson             So.  Edina, Minn.
Erik Beal                 Jr.  West St. Paul, Minn.
Dan Brinkman              Jr.  St. Cloud, Minn.
Jim Chase                 Jr.  Winnetka, Ill.
Bo Connelly              Jr.  Hutchinson, Minn.
Tom Dow                   Jr.  San Diego, Calif.
Tim Fahey                     Jr.  Blaine, Minn.
Matt Hathaway              Sr.  Lincoln, Neb.
Brandon Henry             Sr.  Mason City, Iowa
Josh Jacobson             Sr.  Shorewood, Minn...
Sean Krueger               Sr.  West Des Moines, Iowa
Eric Kubat                 So.  Morris, Minn.
Ryan Lusssenden            So.  Nisswa, Minn.
Mark Lykins               So.  Maple Grove, Minn.
Rich Maletto              So.  Wausau, Wis.
Jered McGivern            So.  Minneapolis, Minn.
Ned McGuire               Sr.  Fergus Falls, Minn.
Chad Nelson               Sr.  Roseville, Minn.
Ryan Palmer               Sr.  Libertyville, Ill.
Tait Pinnow              Sr.  Northfield, Minn.
Kyle Rudser                Jr.  Green Oak, Ill.
Darin Schulte             Sr.  Albert Lea, Minn.
Gregg Vanderwaardt        Sr.  Lakeville, Minn.
Greg Voges                Sr.  Faribault, Minn.
Matt Walker               Jr.  Wilton, Conn.
Erik Witterding           Jr.  Wilton, Conn.
Mark Witterding            Sr.  Wilton, Conn.

Head Swim Coach: Dave Hauck (men)
Diving coach: Greg Rappe

Carleton College Knights

Name                       Yr.  Hometown/H.S.
Tom Alcvar                        Jr.  St. Louis, Mo./John Burrows School
Josh Berger           So.  Muncie, Ind./Indiana Academy for Science
Jeff Berliess         Jr.  New York City, N.Y./Fieldston School
Zach Brown            Sr.  Branson, Mo.
Lars Brudvig           So.  Hamden, Conn.
Dave Cameron          Jr.  Shaker Heights, Ohio/University School
Tim Cook              Sr.  Englewood, Colo./Cherry Creek
Chris Deely           Jr.  Pittsburgh, Pa./Taylor Alderdice School
Jacob Eberle           Jr.  South Portland, Maine
Matt Ginder-Vogel      Sr.  Little Falls, Minn.
Mark Heilie            So.  Sauk Centre, Minn.
Dan Hiear              Jr.  Rockford, Ill./Auburn
Tomas Jensen           Sr.  Ames, Iowa
Jessie Petricka        Sr.  Northfield, Minn.
Paul Regan            Sr.  Minneapolis/North
Randall Rodakowski     So.  Rochester, Minn./Mayo
Christopher Rupp       So.  St. Paul, Minn./Central
Robbie Schweiler       So.  Storm Lake, Iowa
Peter Strickland       So.  Mishawaka, Ind.
Holger Tistad          So.  Karlstad, Sweden/Tingvallagymnasiet

Head Coach: Andrew Clark
Assistant Coaches: Craig Johnson, Liz Jarnigan
Captains: Dave Cameron, Paul Regan
Carleton's
Women Athletes
Class of 1999
Cindy Craig

Swimming

Primarily a sprint freestyler (50 and 100 yards), Cindy also had a craving for the 200 yard freestyle. Cindy was team captain for two seasons (1997-1998 and 1998-1999) and achieved All Conference Honors six times (top 3 finish at conference championship meet; she placed 2nd in the 50 free in 1998). In her senior year, she achieved four All America honorable mention performances as part of a relay team at the Women’s NCAA Championship Meet. Cindy has also earned the following team awards: 1997 Most Inspirational and 1998 High Point. Cindy currently holds both pool and school records as a member of the 200 freestyle relay. She also holds both pool and school records as a member of the 200 freestyle relay. Cindy may be best remembered for her optimistically charged spirit and willingness to tackle new events (as witnessed at the 1999 NCAA’s where she swam the breaststroke leg on the 400 and 200 Medley Relays, splitting lifetime bests).
A specialist in the 100 and 200 yard butterfly and back-stroke, Jen had a critical role in contributing to the team’s competitive success over the past few years. In her career, Jen placed in the top 8 twice (in 1996 both the 100 and 200 fly to her obvious talent an incredible work demeanor that has ration to those 16th in the 100 events). In addition, Jen possesses ethic and selfless made her an inspi-around her. One of Jen’s most inspiring swimming moments was her 200 fly in 1997 when she dropped over four seconds from her preliminary time!
1998-99 Carleton College Women's Swimming & Diving Team Highlights

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

- **Dual Meet Record**: (10 - 1 - 0; MIAC = 8 - 1 - 0)
- **Pool Records Set During the Season by team members (6)**
  50 Free 24.54* Emily Peterson
  100 Free 53.83* Molly Lalor
  200 Medley Relay 1:53.41 Molly Lalor, Kelly Hoeschen Ilse Ekechuku, Emily Peterson
  400 Medley Relay 4:14.15 Molly Lalor, Kelly Hoeschen Rebecca Hurwitz, Emily Peterson
  400 Free Relay 3:38.68* Rebecca Hurwitz, Molly Lalor Ilse Ekechuku, Emily Peterson
  1 M Diving (6) 221.95* Angie Soucek

- **Team Records (9)**
  50 Free 24.54 Emily Peterson
  100 Free 53.83 Molly Lalor
  100 Backstroke 1:01.64 Molly Lalor
  200 Medley Relay 1:52.44 Molly Lalor, Kelly Hoeschen Ilse Ekechuku, Emily Peterson
  400 Medley Relay 4:07.66 Molly Lalor, Kelly Hoeschen Ilse Ekechuku, Emily Peterson
  200 Free Relay 1:38.52 Emily Peterson, Molly Lalor Cindy Craig, Ilse Ekechuku
  400 Free Relay 3:36.58 Molly Lalor, Rebecca Hurwitz Ilse Ekechuku, Emily Peterson
  1 M Diving (10) 351.70 Angie Soucek
  3 M Diving (11) 475.75 Angie Soucek

MIAC Swimming & Diving Championship (Feb. 18-20, St. Catherine's)
- **Second Place** (733.50pts) - Most points and highest finish in team history
- 53 out of 59 performances were season best or lifetime best
- **All Conference - Top 3 Finish (event, time, place, name) - 19 total**
  200 Free Relay 1:38.52#&!* 1st Emily Peterson(25.00), Molly Lalor(24.20)
  Cindy Craig(24.83), Ilse Ekechuku(24.49)
  200 IM 2:15.39 2nd Rebecca Hurwitz
  50 Free 24.79* 1st Emily Peterson
  24.91* 2nd Molly Lalor(p-24.78#*)
  25.39 3rd Cindy Craig
  1 M Diving (10) 351.70 2nd Angie Soucek
  400 Medley Relay 4:07.66 3rd Molly Lalor(1:02.8), Kelly Hoeschen(1:09.6)
  Ilse Ekechuku(1:01.5), Emily Peterson(53.4)
  200 Medley Relay 1:52.44 2nd Molly Lalor(29.01), Kelly Hoeschen(32.04)
  Ilse Ekechuku(27.57), Emily Peterson(23.82)
  400 I.M. 4:50.77 2nd Rebecca Hurwitz
  100 Fly 1:01.74 1st Julie Cochran
  1:02.25 3rd Ellen Sukovich
  100 Bk 1:01.64 2nd Molly Lalor
  800 Free Relay 8:14.45 3rd Rebecca Hurwitz(2:05.1), Jalean Plotz(2:01.8)
  Ellen Sukovich(2:03.3), Kellie Rekonen(2:03.1)
  100 Free 54.09 1st Emily Peterson
  54.37 2nd Molly Lalor
  200 Fly 2:16.59 2nd Julie Cochran
  2:18.00 3rd Ellen Sukovich
  3 M Diving (11) 4:75.35 1st Angie Soucek(p-475.75#&!*)
  400 Free Relay 3:36.58#&!* 1st Molly Lalor(54.01), Ilse Ekechuku(54.5)
  Rebecca Hurwitz(54.2), Emily Peterson(53.5)

(# = Pool Record; & = Meet Record; ! = MIAC Record; * = NCAA III Qualifying Standard)