

1989-90 University of Minnesota Swimming & Diving

Quick Facts

LOCATION:	Minneapolis, Minnesota
FOUNDED:	1851
ENROLLMENT:	38,000
NICKNAME:	Golden Gophers
COLORS:	Maroon and Gold
CONFERENCE:	Big Ten
AFFILIATION:	NCAA Division I
PRESIDENT:	Nils Hasselmo
ATHLETIC DIRECTOR:	Chris Voelz 612-624-4044
HEAD COACH:	Jean Freeman (Minnesota, 1973) 612-624-9311
DIVING COACH:	Doug Shaffer
ASSISTANT COACHES:	Terry Nieszner
STUDENT ASSISTANTS:	Ruth Gunard, DeAnne Twidwell, Amy Volna
LETTERWINNERS LOST:	12
LETTERWINNERS RETURNING:	15
NEWCOMERS:	12
1988-89 OVERALL RECORD:	9-1
1988-89 BIG TEN RECORD:	5-1
1989 BIG TEN FINISH:	2nd
1989 NCAA FINISH:	20th
SPORTS INFORMATION DIRECTOR:	Karen Smith 612-624-3335
ASSISTANT SID:	Angie Hultman 612-624-1023 Home: 612-631-8271
SWIMMING CONTACT:	Gerry Vuchetich 612-624-3335 Home: 612-647-9368
FAX NUMBER:	612-624-8018
GOPHER HOTLINE:	612-626-STAT (7828)

University of Minnesota Swim Center

Construction of the new University of Minnesota Swim Center, which will be one of the top three Division I pools in the nation, is well underway at the site of the former Memorial Stadium. The pool, scheduled to be operational in May 1990, will be eight lanes wide, 50 meters long, eight feet deep and will have a movable bulkhead. The separate diving well features a pair of one- and three-meter spring boards as well as one-, five-, 7.5-, and 10-meter diving platforms.

The 79,300 square foot building will have seating for 2,780 spectators. In addition to the 1,580 permanent bleacher seats, there will be room for 1,200 temporary bleacher seats on the pool deck.

The University Aquatics Center will be the site of the swimming and diving events for the July 1990 Olympic Sports Festival to be held in the Twin Cities.

Meanwhile, the home of the Minnesota women's swimming and diving team, for one more season, is the Cooke Hall Exhibition Pool. The six-lane, 25-yard pool is all-deep and features both one- and three-meter diving boards. Adjacent to the Exhibition Pool is a five-lane, 25-yard practice pool. Seating is available for 1,000 spectators on three sides of the Exhibition Pool.

The swimmer's weight room includes Nautilus, mini-gyms, free weights and Universal equipment. Divers do dry land training with a Porta-Pit and a trampoline.

1989-90 Minnesota Swimming & Diving Roster

Head Coach: Jean Freeman
 Diving Coach: Doug Shaffer

Assistant Coaches: Terry Nieszner
 Sue Roell

Student Assistants: Ruth Gunard
 DeAnne Twidwell
 Amy Volna

Regenerative & Rehabilitative Specialist: Linda Atchinson

Name	Cl.	Major	Event	Hometown/High School
Patty Banks **	Jr.	Math	Freestyle	Lake Elmo, MN/Tartan
Cara Beazley	Jr.	Pre-medicine	Freestyle	Bismarck, ND/Century
Jenni Carlson	Fr.	Undecided	Backstroke	Mosinee, WI/Mosinee
Lisa Davis **	Jr.	Biology	Diving	Austin, MN/Austin
Janel Decker	So.	Engineering	Freestyle	Winona, MN/Winona
Anne Eldegard	Jr.	Undecided	IM/Breaststroke	Oslo, Norway
Tami Grewenow ***	Sr.	Psychology	Breaststroke/Fly	Burnsville, MN/Burnsville
Julie Grovender	Fr.	Undecided	Freestyle	Woodbury, MN/Woodbury
Kristin Gunard *	So.	Geology	Backstroke/Fly	Roseville, MN/Roseville Area Schools
Rachel Hawley	Fr.	Undecided	Freestyle	Shoreview, MN/Mounds View
Shannon Heringer ***	Sr.	Physical Education	Freestyle/Fly	Beaverton, OR/Beaverton
Laura Herman	Fr.	Undecided	Freestyle	Hales Corners, WI/Whitnall
Uta Herrmann	Sr.	Psychology	Fly/Freestyle	Hemel, West Germany
Deanne Hop *	So.	Undecided	Sprint Freestyle	St. Louis Park, MN/St. Louis Park
Krina Kabanuk	Fr.	Undecided	Freestyle	Fargo, ND/South
Jenny Larson	Fr.	Undecided	Freestyle	Plymouth, MN/Hopkins
Alison Lucas	Fr.	Undecided	Breaststroke	LaCrosse, WI/Central
Cass Moe *	So.	Environmental Biology	Backstroke	Burnsville, MN/Burnsville
Lynn Newton *	So.	Undecided	Distance Freestyle	Inver Grove Heights, MN/Simley
Stacey Niedenfuer *	So.	Undecided	Sprint Freestyle	Alexandria, MN/Jefferson
Linda Oegema *	So.	Undecided	IM	Holland
Darcy Spielmann **	Jr.	Interior Design	Diving	Minnetonka, MN/Hopkins
Julie Sullivan ***	Sr.	Aerospace Engineering	Diving	West St. Paul, MN/Sibley
Marit Swanson	So.	Undecided	Freestyle	Mankato, MN/Mankato West
Sara Touve **	Jr.	Pre-Speech Com.	Diving	Golden Valley, MN/Armstrong
Kim Vogel **	Jr.	Pre-BIS	Sprint Freestyle	Mound, MN/Mound-Westonka
Karyn Ward *	So.	Dental Hygiene	Distance Freestyle	Cumberland, RI/Cumberland
Sabine Westhoff	Fr.	Undecided	Freestyle	West Germany
Michelle Whale	So.	Undecided	Breaststroke	Minneapolis, MN/Roosevelt
Jenny Yasis	Fr.	Pre-education	Diving	St. Paul, MN/Johnson

* Number of letters won

Tri-captains: Tami Grewenow, Shannon Heringer, Julie Sullivan

1989-90 Gopher Swimming & Diving

The standard of excellence has been set for the Minnesota swimming and diving team. A 20th-place finish at the 1989 NCAA Championships has propelled the Gophers into an elite class of collegiate competitors, a class the team will strive to remain a part of in 1989-90.

The personnel to maintain Minnesota's national prominence have returned, although 11 seniors were lost from last year's squad, which finished second in the Big Ten Conference. Four seniors will have to take over the leadership reins, but they will be guiding a talented group of returning sophomores and juniors that gained valuable collegiate meet experience last season.

After finishing second for the fifth time in the past six years at the Big Ten Conference Championships and crowning eight league champions along the way, Minnesota moved on with eleven competitors to the NCAA Championship meet. The Gophers represented Minnesota and the Big Ten Conference well as Tami Grewenow earned All-American honors and eight individuals earned All-American Honorable Mention honors to go along with the 20th-place team finish.

THE SENIORS — Grewenow, a 1989-90 tri-captain will be the Gopher breaststroke leader after finishing seventh in the 100 breaststroke at the national meet and just missing her second straight Big Ten title in the event. Grewenow is a national caliber competitor in both the 100 and 200 breaststroke.

Another senior tri-captain is Shannon Heringer, who gained national meet experience while swimming the butterfly leg of the 200 medley relay that finished tenth. Heringer also had the thrill of swimming the same butterfly leg of the Big Ten champion 200 medley relay, winning in a pool and school record time of 1:44.09. Also a valuable freestyler, Heringer recorded a lifetime best time in the 50 free at the Big Ten Championship.

The other Gopher tri-captain comes from the diving ranks. Julie Sullivan enters her final season on the boards for Minnesota after just missing All-American honors by four points at the national meet when she finished 18th on the 1-meter board. Sullivan is a rapidly improving competitor and will be a leader for the Gophers on the springboard this season.

Senior Uta Herrmann, a German import, joined the Gophers midway through the season last year and will add to the butterfly and sprint freestyle corps.

THE JUNIORS — Another small class, but nonetheless talented, are the Gopher juniors. Patty Banks and Kim Vogel both made their marks with Minnesota relay teams at the Big Ten meet. Banks swam the third leg of the 800 free relay that finished third in a school record time of 7:26.47 while Vogel was the lead-off leg of the 200 free relay that finished second in 1:34.47.

Junior transfer Cara Beazley, a freestyler who comes to Minnesota with USS experience from Bismarck High School, spent the past two seasons as a shot putter for the Jamestown (N.D.) College track and field team. Anne Eldegard comes to the Gophers from Norway and may be the strongest newcomer on the team. Eldegard has Big Ten potential in the individual medley and breaststroke after gaining experience with the Norwegian National Team.

The junior diving class will be led by Lisa Davis, who finished eighth on the 3-meter board at the Big Ten meet, marking the first time since 1982 that a Minnesota diver had placed in the championship round in that event. Darcy Spielmann also brings back a year of experience after advancing to the NCAA zone qualifying meet a year ago. Sara Touve returns to the team following a year studying abroad.

THE SOPHOMORES — This class is loaded both with talent and experience as last year's freshmen gained a year of collegiate practice and competition that will prove to be invaluable in 1989-90. It is hard to pick just one leader from the class, but two sophomores gained All-American Honorable Mention honors at last year's national meet competing on Gopher relay teams.

Stacey Niedenfuer gained the honor as a member of the 200 and 400 medley relay teams and as a member of the 200 free relay team along with Deanne Hop. Niedenfuer proved that she is a Division I competitor long before the national meet, however. She took runner-up honors in the 100 freestyle at the Big Ten Championship to teammate Amy Volna, now a Gopher student assistant coach. Niedenfuer also picked up two sixth-place finishes in the 50 and 200 free. Meanwhile, Hop swam the fastest split time of any Gopher as a member of the championship 400 free relay team at the Big Ten meet, ensuring the Gophers of their second-place team finish.

Second-year competitor Lynn Newton rewrote the Cooke Hall pool record book last season in the distance freestyle

and individual medley events. Newton also made a trip to the national meet, where she competed in the 1650 freestyle after finishing third in the event at the Big Ten meet. Newton recorded 13 first-place finishes in the 500 freestyle during her rookie season and finished the season undefeated in the 1000 freestyle.

Cass Moe, yet another sophomore sensation, closed out last season on a high note by qualifying for the NCAA Championship in the 100 backstroke at the Big Ten time trials. Moe set a Minnesota varsity record in the process and was also a member of the conference champion 200 medley relay team.

Linda Oegema also gained national meet experience last year, competing in the 400 I.M. after placing second in the event at the Big Ten meet. She also scored a second-place finish in the 200 I.M. at the conference meet.

Sophomores Kristin Gunard and Karyn Ward also scored for the Gophers at the Big Ten meet. Gunard will be a force to be reckoned with in the backstroke and I.M. events this season while Ward will be making her mark in the distance freestyle events. Michelle Whale will back up Grewenow in the breaststroke while Janel Decker and Marit Swanson possesses a year of collegiate experience in the freestyle events.

THE FRESHMEN — This year's class of newcomers may not be as proven as those in the past, but should be of immediate help to the squad. Jenni Carlson, a walk-on with junior national experience from Wisconsin, has Big Ten potential. Also joining the ranks are Minnesota natives Julie Grovender, an all-state freestyler out of Woodbury; Jenny Larson, another all-state freestyler from Hopkins High School; Rachel Hawley, a freestyler from Mounds View High and Jenny Yasis, a diver from St. Paul Johnson.

From across the border in Wisconsin, the Gophers have gained the talent of proven performers Laura Herman, an eight-time sectional champion at Whitnall; and Alison Lucas, an all-state breaststroker from LaCrosse with considerable USS national experience. Krina Kabanuk, an all-stater from Fargo, N.D. also joins the Gophers.

Minnesota has also gained the talent of German Sabine Westhoff, who earned a bronze medal as a freestyler in the German Championships.

1989 Big Ten and NCAA Results

Big Ten Standings

1. Michigan	740.5
2. MINNESOTA	538.5
3. Northwestern	522.5
4. Michigan State	365.0
5. Ohio State	353.5
6. Purdue	307.0
7. Iowa	272.0
8. Wisconsin	240.0
9. Illinois	169.0
10. Indiana	143.0

Big Ten Champions

200 medley relay	1:44.09	400 free relay	3:22.78
Cass Moe*		Stacey Niedenfuer*	
Tami Grewenow*		Amy Volna*	
Shannon Heringer*		Deanne Hop*	
Ruth Gunard*		Ruth Gunard*	
100 backstroke	:57.74	100 freestyle	:50.96
Nancy Swanum*		Amy Volna*	

*All-Big Ten first team

NCAA National Team

Ruth Gunard	Stacey Niedenfuer
Tami Grewenow	Linda Oegema
Shannon Heringer	Julie Sullivan
Deanne Hop	Nancy Swanum
Cass Moe	Amy Volna
Lynn Newton	

**Finished 20th, 47 points

NCAA All-American Honorable Mention

200 medley relay	10th	1:45.41	200 free relay	15th	1:35.12
Nancy Swanum			Amy Volna		
Tami Grewenow			Stacey Niedenfuer		
Shannon Heringer			Deanne Hop		
Stacey Niedenfuer			Ruth Gunard		

400 medley relay	13th	3:47.78
Tami Grewenow		
Stacey Niedenfuer		
Nancy Swanum		
Amy Volna		

NCAA All-American

100 breaststroke	7th	1:03.30
Tami Grewenow		

1988-89 Dual Meet Results

(9-1 Overall, 5-1 Big Ten)

Minnesota 171	Iowa 129
Minnesota 210	North Dakota 96
Minnesota 176	No. Michigan 112
Minnesota 169	Iowa State 143
Minnesota 77	Indiana 63
Northwestern 71	Minnesota 67
Minnesota 192	Nebraska 108
Minnesota 89	Ohio State 51
Minnesota 96	Purdue 33
Minnesota 94	Wisconsin 35

1989-90 Minnesota Women's Swimming & Diving

OCTOBER

FRIDAY	OCTOBER 13	ALUMNI MEET (Co-ed)	7:00 p.m.
SATURDAY	OCTOBER 21	INTRASQUAD (Co-ed)	1:00 p.m.
SATURDAY	OCTOBER 28	IOWA	1:00 p.m.

NOVEMBER

Saturday	November 11	at Nebraska, Colorado St. (Lincoln, NE)	7:00 p.m.
Fri-Sat	November 17-18	at Gillette Invitational (Gillette, WY)	

DECEMBER

Sun-Sat	December 10-23	Training Trip (Hawaii)	
Saturday	December 16	at Hawaii, Harvard (Honolulu, HI)	

JANUARY

FRIDAY	JANUARY 5	GOLD COUNTRY INVITE Diving	7:00 p.m.
SATURDAY	JANUARY 6	GOLD COUNTRY INVITE Swimming	10:00 a.m.
Saturday	January 13	at Mich. State/Purdue (East Lansing, MI)	1:00 p.m.
Sunday	January 14	at Eastern Michigan (Ypsilanti, MI)	
Fri-Sat	January 19-20	at North Dakota invite (Grand Forks, ND) (Co-ed)	
FRIDAY	JANUARY 19	MIDWEST DIVING INVITE	7:00 p.m.
SATURDAY	JANUARY 20	MIDWEST DIVING INVITE	10:00 a.m.
FRIDAY	JANUARY 26	ST. OLAF	7:00 p.m.
SATURDAY	JANUARY 27	NORTHWESTERN (Co-ed)	

FEBRUARY

FRIDAY	FEBRUARY 2	WISCONSIN	6:00 p.m.
SATURDAY	FEBRUARY 3	MICHIGAN	4:00 p.m.
Thu-Sat	February 15-17	at Big Ten Championship (Indianapolis, IN)	
SATURDAY	FEBRUARY 24	USS SENIOR OPEN	

MARCH

SUNDAY	MARCH 11	USS INVITATIONAL	
Thu-Sat	March 15-17	at NCAA Championship (Austin, TX)	

Home meets, indicated in CAPITAL/BOLD, are at the Cooke Hall Pool. For schedule updates and results call: Gopher Hotline (612) 626-STAT (7828)

Ticket Prices

Gopher Sampler \$30.00
Single Game - Adults \$4.00
Children/students/seniors \$2.00
UM students \$1.00

Tickets Available

University of Minnesota Ticket Office
516 15th Avenue S.E.
Minneapolis, MN 55455