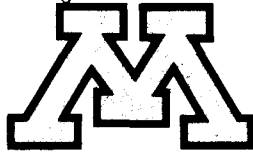


Also: Gender Community News (11-14-87)

WOMEN'S INTERCOLLEGIATE ATHLETICS
UNIVERSITY OF MINNESOTA
516 15TH AVENUE S.E.
MINNEAPOLIS, MINNESOTA 55455



KAREN SMITH
SPORTS INFORMATION DIRECTOR
OFFICE: (612) 376-5259

UNIVERSITY OF MINNESOTA

Hometown News

(Special to the Minneapolis Star & Tribune)

April 7, 1987

(ALMSTROM HAD BEST YEAR EVER AS A GOPHER SWIMMER - SCORES AGAIN AT BIG TENS)

Minneapolis, Minn. -- Former Henry High School swimming standout and Athena Award recipient Diane Almstrom had her best year ever as a member of the University of Minnesota women's swimming and diving team. She had lifetime best times in four events including the 100 and 200 breaststrokes and the 500 and 1000 freestyles.

In the 200 breaststroke, Almstrom cut four seconds off her previous personal best (2:27.50) with a time of 2:23.51 during the prelims of the 1987 Big Ten Conference Championship. She had her top finish ever at the Big Ten's in the 200 breaststroke with a 7th place time of 2:23.76. Last year she was 11th in the 200 breaststroke with a time of 2:27.56.

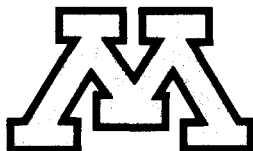
Almstrom's new lifetime best in the 100 breaststroke (1:06.53) came when she placed 10th in the event in the consolation finals at this year's conference championship. Her previous career best was 1:08.14, set at the 1985 Big Ten's which earned her 11th place; last year Almstrom was 12th in the event with a time of 1:08.14

more--

In her three years as a Gopher, Almstrom swam in the 1000 freestyle twice - once as a freshman and once as a junior. Her improvement as a swimmer is evident in that event as she cut over 18 seconds off her time this season. She competed in the 1000 free during the team's winter training trip where she clocked a time of 11:10.20 - three years ago Almstrom's time in the event was 11:28.98. She also had a lifetime best in the 500 free this year with a time of 5:30.77 compared to her former best time of 5:31.98.

"Diane had a very good year - she was much more aggressive and consistent this season than ever before," head coach Jean Freeman says. "With Diane's added confidence, she swam like an upperclassman should."

While attending Henry, Almstrom was a five year swim team member, being named All-City and All-State. She was a four year cross-country ski team member and on the track team for three years. A pre-physical education major, she is the daughter of Dale and Dorothy Almstrom of Minneapolis.



UNIVERSITY OF MINNESOTA

Hometown News

(Special to the Journal American)

April 7, 1987

(HOVET FINISHES COLLEGIATE CAREER AS AN OUTSTANDING STUDENT/ATHLETE)

Minneapolis, Minn. -- Senior tri-captain Cindy Hovet ended her collegiate career not as much a top athlete, but as a top student/athlete. A five-time Big Ten Conference finisher and two-time winner of swimming's Outstanding Student Athlete Award (1984 and 1986), Hovet has continually achieved top grades. Majoring in mathematics through the university's Institute of Technology, she has a four-year cumulative grade point average of 3.87 (on a 4.0 scale).

At the 1987 Big Ten Conference Championship, Hovet was 15th in the 200 breaststroke with a time of 2:25.52. This was the third Big Ten meet where she placed in the 200 breaststroke. Last year she was 14th (2:29.30) and in the 1984 meet she was 10th in the event with a time of 2:24.97. In the 100 breaststroke at the conference championship's, she was 12th (1:08.77) in 1984 and 14th (1:09.34) in 1986. Hovet didn't compete very much during the 1984-85 season due to illness.

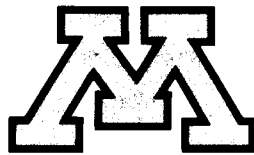
Besides the 200 breaststroke, Hovet's other strong event is the 400 individual medley. One of her two individual first places this season came in the 400 IM at the Gillette (Wyo.) Invitational with a time of 4:54.25. Her other win this year was in the 200 breaststroke (2:30.36) against Notre Dame.

more--

As a tri-captain, she excelled in team leadership according to head swimming coach Jean Freeman. "Cindy provided good leadership and was an academic example for the rest of the team. She works with her teammates and is known as an excellent tutor. She's been a joy to have on the team - Cindy has done a good job of keeping the role between academics and athletics in line."

While attending Interlake High School, Hovet was a four-time swimming letter-winner, a state finalist in the 100 breaststroke three times and qualified three years with four relay teams. She was an All-American as member of 200 medley relay team in 1982 and Honorable Mention same year for 100 breaststroke. A 1983 Junior National finalist in the 200 yard breaststroke, Hovet had a 4.0 grade point-average.

She is the daughter of Richard and Jean Hovet of Bellevue.



UNIVERSITY OF MINNESOTA

Hometown News

(Special to the Bloomington Sun)

April 7, 1987

ERSTAD ON HER SECOND GOPHER NCAA TEAM

Minneapolis, Minn. -- Sophomore Diane Erstad, a 1985 graduate of Bloomington Jefferson, has made it to the NCAA Division I Women's Swimming and Diving Championships two years in a row as a member of the Minnesota swimming and diving team.

Both in 1986 and 1987, Erstad competed at the nationals as a member of the Gophers 800 freestyle relay team. Minnesota faced extremely stiff competition both years, placing 29th this year with a time of 7:35.38. Last year they were 19th with a time of 7:31.80.

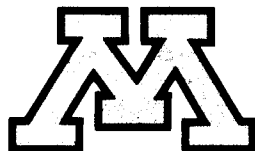
Along with teammates Jodi Schirmers, Sanna Harkonen and Amy Volna, Erstad set the Minnesota varsity record in the 800 free relay at this year's Big Ten Conference Championship with a time of 7:31.27. The team finished 5th in the finals. She was also 12th in the 1650 free with a time of 17:29.75, a lifetime best. Erstad also posted a personal best time in the 500 free at the Big Tens in the prelims with a time of 5:01.83. She went on to place 16th in the 500 free with a time of 5:03.46.

Erstad is one of Minnesota's many "depth charges." She pushed the top Minnesota swimmers during races, and then added a second or third place finish to give the Gophers more points. Although Erstad finished first only twice this year, she gave Minnesota needed points with 11 second or third place finishes.

more--

"Diane had a great freshman year, but her sophomore year showed an improvement in all her times. She added the 200 breaststroke this year as an event, and as a member of our 800 free relay team, Diane improved upon her split times from the Big Tens to the nationalss," says Minnesota head coach Jean Freeman.

Diane is the daughter of Donald and Yvonne Erstad of Bloomington.



UNIVERSITY OF MINNESOTA

Hometown News

(Special to the New Brighton Bulletin)

April 7, 1987

(VOLNA SCORES AT BIG TENS AND THE NCAA DIVISION I CHAMPIONSHIPS)

Minneapolis, Minn. -- Former St. Anthony High School swimming star Amy Volna repeated her winning ways again this year at both the Big Ten Conference and NCAA Division I championships. A sophomore, Volna placed in three individual and three relay events at the Big Tens, set a conference record and placed in the 400 free relay at the nationals. As a freshman she placed in seven events at the Big Tens and in two NCAA relay events.

At the 1987 Big Ten Swimming Championship, Volna was third in the 200 freestyle with a time of 1:50.50, a lifetime personal best. She also scored career top times in the 100 free with a 5th place time of :51.35, and the 50 free with a 10th place time of :24.10.

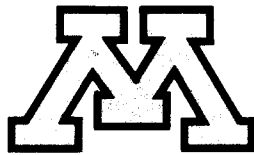
The Big Ten record in the 400 free relay belongs to Volna and teammates Sue Roell, Jodi Schirmers and Ruth Gunard. The foursome set the record with a time of 3:23.27, breaking the previous record held by Michigan State by over two seconds. The Minnesota varsity record in the 800 free relay belongs to Volna, Schirmers, Sanna Harkonen and Diane Erstad with a time of 7:31.27.

Volna earned her third NCAA All-American Honorable Mention Honor this year when she was a member of the 9th place 400 free relay team with a time of 3:24.55. Last year she received Honorable Mention honors in the 200 and 400 free relays.

more--

During the current season, Volna finished in first place 24 times, second 19 times, and was third only six times. "Amy had a better year this year than she did a year ago, improving upon all of her freestyle times. Overall, she has to be one of our highest point scorers," head coach Jean Freeman says.

Undecided in her major, Volna is the daughter of William and Jean Volna of St. Anthony.



UNIVERSITY OF MINNESOTA

Hometown News

(Special to the Rapid City Journal)

April 7, 1987

(MCCLURE HAS LIFETIME BEST AT BIG TENS IN 200 BACKSTROKE)

Minneapolis, Minn. -- Rapid City's Kelly McClure swam faster than she ever has before in the 200 yard backstroke at the recent Big Ten Conference Swimming and Diving Championships. She turned in a 9th place time of 2:06.50 during the consolation finals of the 200 backstroke, a lot faster than her 2:09.17 time from last year's finals.

"Besides being her lifetime best time, it was a very valuable swim for us," coach Jean Freeman says. "It was a fantastic consolation final swim - Kelly was third after the first 50 yards, second at 100 yards, and then she pulled away in the last 100 yards to win the consols by over a second." Her Big Ten swim makes her the second fastest 200 yard backstroker in Gopher swimming history. Fellow South Dakotan Elyce Iwerks of Aberdeen has a firm grip on the top slot with a time of 2:03.9, set in 1985.

During the regular season, McClure finished in first place seven times in the 200 backstroke, the 200 and 500 freestyles, and the 400 medley relay. As a freshman, she was red-shirted due to illness. In her first season (1985-86) competing for the Gophers, McClure was in the finals in three events at the Big Tens: she was 4th in the 200 backstroke (2:09.17), 8th in the 100 backstroke (1:03.25), and 3rd as a member of the 400 medley relay team (3:54.45).

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MCCLURE HAS LIFETIME BEST

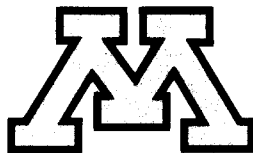
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McClure competed as a member of an USS team while attending Rapid City High School, excelling in the 100 and 200 backstrokes and 200 freestyle and the individual medley's.

Majoring in therapeutic recreation, she is the daughter of Michael and Marilyn McClure of Rapid City.

WOMEN'S INTERCOLLEGIATE ATHLETICS
UNIVERSITY OF MINNESOTA
516 15TH AVENUE S.E.
MINNEAPOLIS, MINNESOTA 55455



KAREN SMITH
SPORTS INFORMATION DIRECTOR
OFFICE: (612) 376-5259

UNIVERSITY OF MINNESOTA

Hometown News

(For use as desired)

April 7, 1987

(GUNARD AND GUNARD - A POWERFUL TWOSOME FROM THE LATE RAMSEY HIGH SCHOOL)

Minneapolis, Minn. -- Roseville's Alexander Ramsey High School no longer exists, but the school's legacy lives on in sisters Ruth and Juli Gunard. The Gunards made a name for themselves while swimming at Ramsey, and now they've established themselves at the University of Minnesota as members of the women's swimming and diving team. Ruth, the younger of the two, is a sophomore, while sister Juli is a freshman.

Ruth continued the winning ways she started as a freshman this year - she was triple winner at the 1987 Big Tens in the 200 medley relay (1:45.03), the 400 medley relay (3:48.97), and the 400 free relay (3:23.27). The 200 medley and 400 free relay times set Big Ten records, and the 400 medley relay joined the other two as new Gopher varsity records.

A member of the 2nd place 200 free relay team at the Big Tens, Ruth help set a varsity record in the event with a time of 1:34.09. She was also 6th in the 100 free with a time of :51.69, and 12th in the 50 free with a time of :24.17. As a freshman, Ruth was a two-time Big Ten champ and placed in three other events.

more--

At the 1987 NCAA Division I Swimming and Diving Championship, Ruth earned her fourth NCAA All-American Honorable Mention as a member of the 400 free relay team which placed 9th with a time of 4:24.55. A year ago, she received Honorable Mention honors in the 200 and 400 free relays and the 200 medley relay.

During the regular dual meet season, Ruth finished in first place 17 times, was second 16 times and third only five times. She was the fourth highest scoring Gopher at the Big Tens with 56.5 points to her credit.

While attending Alexander Ramsey, Ruth was a four-year swim team member, lettering every year. She was named Most Valuable in 1982, 1983 and 1984, and was an All-State swimmer seven times. She has not decided upon a major.

"Ruth is extremely valuable on the relays and scored more points individually at the Big Tens than we had thought she would," head coach Jean Freeman says. "Both Ruth and Juli are welcomed members of our team."

After graduating from high school in 1984, Juli went to the Discipleship Training School in Weyerhaeuser, Wisc., which is operated by the Hawaii-based Youth With A Mission organization. From April through August of 1985, Juli was a missionary in Europe for Youth With A Mission. After returning from Europe, she worked as a waitress for a year in the Twin Cities before entering the University this past fall.

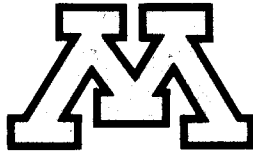
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A multi-talented swimmer, Juli competed this year in the 100 and 200 backstroke and butterfly events, the 500 freestyle and the 200 and 400 individual medley events. She capped her freshman year by placing in all three of her events at the Big Ten Conference Championship. She was 8th in the 400 IM with a time of 4:33.14, 14 seconds faster than her high school best time of 4:47.12. In the 100 backstroke Juli was 13th with a time of 1:00.85, and was 12th in the 200 backstroke with a time of 2:08.65 which is a personal best time.

Coach Freeman is impressed and pleased by the way Juli swam this past year, especially after her two-year swimming hiatus. "We were totally surprised how well she could swim in the 400 IM - we knew she was solid in the 100 and 200 backstrokes - but the 400 IM, when you haven't swum for a couple of years usually takes a lot of conditioning. Juli showed a lot of determination by making the top eight in that event at the Big Tens," says Freeman.

Ruth and Juli Gunard are the daughters of Kurt and Della Gunard of Roseville.

WOMEN'S INTERCOLLEGIATE ATHLETICS
UNIVERSITY OF MINNESOTA
516 15TH AVENUE S.E.
MINNEAPOLIS, MINNESOTA 55455



KAREN SMITH
SPORTS INFORMATION DIRECTOR
OFFICE: (612) 376-5259

UNIVERSITY OF MINNESOTA

Hometown News

(For use as desired)

April 7, 1987

(BENKUSKY VALUABLE MEMBER OF GOPHER SWIM TEAM)

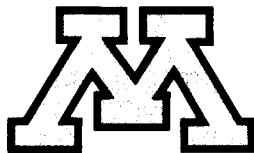
Minneapolis, Minn. -- Former Daytona Beach Community College (DBCC) swimming star Jennifer Benkusky made the move from the junior college swimming level to NCAA Division I competition seem easy. Transferring to Minnesota this past fall after DBCC dropped their women's swimming program, Benkusky finished in first place 10 times during the season, including five number one finishes in the 200 yard butterfly.

The 1986 Junior College 200 Butterfly Champion, Benkusky set a lifetime best time in the 200 butterfly at the 1987 Big Ten Conference Championship with a time of 2:01.31. Her previous life time best was a time of 2:09.40. The Dunedin High School graduate also cut nearly 15 seconds off her previous personal best time (5:15.00) in the 500 yard freestyle with a time of 5:05.21.

"We're very happy to have Jennifer here as she is a good addition to the team. We'll be depending on her during the next two years in both the 200 butterfly and the 400 individual medley," coach Jean Freeman says.

While at DBCC, Benkusky was a five-time Junior College All-American, voted Most Valuable and was a letter winner. While attending Dunedin High School she earned four letters, was the team captain three years and a state finalist four years in a row.

Undecided in her major area of study, Benkusky is the daughter of Richard and Judith Benkusky of Dunedin.



UNIVERSITY OF MINNESOTA

Hometown News

(Special to the St. Cloud Times)

April 7, 1987

(SCHIRMERS AND BRIX BOTH RACE THE MID AND DISTANCE FREESTYLES)

Minneapolis, Minn. -- Two former St. Cloud swimmers who were high school opponents now compete together on the University of Minnesota women's swimming and diving team. But, junior tri-captain Jodi Schirmers and sophomore Mary Louise Brix still compete against one another as they swim some of the same events.

Both swimmers came to the Gophers from their high school teams (Schirmers from Tech and Brix from Cathedral) are confirmed freestyle sprinters. Head coach Jean Freeman had other plans for Schirmers, deciding the long and lanky freshman would make a good distance freestyler.

Freeman had Schirmers swim the 1000 yard freestyle as her first collegiate event, recording a time of 10:45.12. That time now ranks as the slowest of Schirmers collegiate career in the 1000 free - her fastest non-split time is 10:15.52, which set a Cooke Hall Pool record this past January.

Schirmers was the 1985 Big Ten Conference champion in the 1650 freestyle, was sixth at the 1986 conference meet and second this year in what is known as the swimmer's mile. She holds the varsity record in the 200 (1:49.12), 500 (4:50.43), 1000 (10:01.13-split time from 1650 free), and the 1650 free (16:35.87). Freeman had successfully turned Schirmers, a high school sprinter, into the best mid and distance freestyler Minnesota has ever had.

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During her three-year collegiate career, Schirmers has been a three-time Big Ten champion, scoring a total of 17 times at the Big Tens. She earned an All-American certificate in the 1650 freestyle at the 1985 NCAA championship, and All-American Honorable Mention honors at the 1987 NCAA championship as a member of the 400 free relay team. "Jodi showed her versatility as a 100 free sprinter as a member of the 400 free relay team both at the Big Tens (first place and Big Ten record - 3:23.27) and at the NCAA championship," Freeman says.

While competing at Tech, Schirmers was a five year varsity competitor who went to the state championships all five years. She captained the swim team her senior year.

Schirmers is a pre-Inter-College major and the daughter of Donald and Janet Schirmers of Clear Lake, Minn.

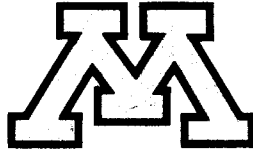
Brix competed during her freshman year as a sprinter, but Freeman moved her to a mid and distance freestyler position this year. During her first season as a Gopher, Brix raced in 14 freestyle sprint races and only four mid-distance freestyle events. This season, Freeman turned the tables on Brix, racing her in only four sprints and 15 mid and distant freestyle events.

"Mary Louise had the best meet of her life at the USS Midwest Senior Meet in mid-March. Her time in the 1000 free (10:45.72) ranks among Minnesota's top 10 times in the event and her 500 free (5:12.94) is in the top 15 best times. Mary Louise had a lifetime best time in the 200 free with a time of 1:58.00," Freeman says.

Brix's season was sporadic due to some shoulder problems throughout the season, but she was able to handle the training from switching from a sprinter to a distance swimmer.

A pre-elementary education major, she is the daughter of Mary Jane and the late Dr. John Brix, Jr. of St. Cloud.

WOMEN'S INTERCOLLEGIATE ATHLETICS
UNIVERSITY OF MINNESOTA
516 15TH AVENUE S.E.
MINNEAPOLIS, MINNESOTA 55455



KAREN SMITH
SPORTS INFORMATION DIRECTOR
OFFICE: (612) 376-5259

UNIVERSITY OF MINNESOTA

Hometown News

(For use as desired)

April 7, 1987

(PORTLAND AREA ATHLETES BIG PLUS TO MINNESOTA SWIMMING PROGRAM)

Minneapolis, Minn. -- Two Oregon trained swimmers, Amy Hathaway of Portland, and Shannon Heringer of Beaverton, were a big plus to the University of Minnesota women's swimming and diving team this year. Both were new to the Gophers this season, but it didn't take them long to find their niches on the team.

Hathaway, a sophomore from Portland's Aloha High School, transferred to Minnesota after the University of Oregon dropped its women's swimming program. Her best events are the 200 and 400 individual medleys. She is "an extremely hard worker," according to Minnesota head coach Jean Freeman. Hathaway's hard work was evident at the 1987 Big Ten Conference championships when she placed 14th in the 400 IM with a time of 4:37.55, her best time of the season. "She did a good job scoring at the Big Ten's and we're very happy with that," Freeman says.

While at the University of Oregon, Hathaway was a finalist in the NorPac conference in the 100 and 200 backstrokes and the 200 and 400 IM events. A four-year varsity competitor at Aloha High School, Hathaway was a letter winner, named Most Valuable and was a state finalist all four years in the 100 backstroke and the 200 IM.

Hathaway and Heringer knew each other before coming to Minnesota - in fact they swam together on the Tualatin Hills Swim Club for eight years and have been "best friends for five years," says Hathaway.

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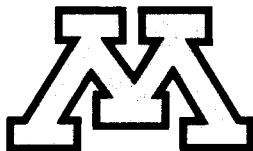
Heringer made the Big Ten record book in the first event of the conference championship when she helped the Gophers set the Big Ten record in the 200 medley relay with a time of 1:45.03. The winning time set by Heringer and teammates Sue Roell, Nancy Swanum and Ruth Gunard made the NCAA cuts, and was a Minnesota varsity record. The same foursome also set the varsity record and qualified for the NCAA's in the 400 medley relay with a time of 3:48.97.

She also made NCAA cuts in the 200 free relay with a 2nd place finish at the Big Tens with a time of 1:34.09. Heringer also placed in all three of her individual events at the conference championships. She was 9th in the 100 butterfly (:57.60), and 14th in both the 50 (:24.41) and 100 (:52.84) freestyles. Although she didn't place at the NCAA's, Heringer place first 16 times during the season, all as a relay team member.

"Shannon was one of our consistent hard workers throughout the year. Her butterfly and sprint freestyles were extremely valuable on our relay teams," Freeman says.

Both Heringer and Hathaway plan to major in physical therapy. Hathaway is the daughter of Bob and Judy Hathaway of Portland, and Heringer is the daughter of Edward and Sandra Heringer of Beaverton.

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UNIVERSITY OF MINNESOTA
516 15TH AVENUE S.E.
MINNEAPOLIS, MINNESOTA 55455



KAREN SMITH
SPORTS INFORMATION DIRECTOR
OFFICE: (612) 376-5259

UNIVERSITY OF MINNESOTA

Hometown News

(For use as desired)

April 7, 1987

(BURNSVILLE'S ROELL, SWANUM AND GREWENOW ARE TOP GOPHERS)

Minneapolis, Minn. -- Burnsville High School has turned out some excellent swimmers for the past decade; three of them are now top members of the University of Minnesota women's swimming and diving team.

Senior tri-captain Sue Roell capped her collegiate career by earning All-American honors at the 1987 NCAA Division I Championship. Injury-plagued junior Nancy Swanum made it through her first full year of competition without being sidelined with her recurring shoulder problems. The youngest of the Burnsville bunch, freshman Tami Grewenow, was among the top finishers at the Big Ten's in the 100 breaststroke and was one of the few freshman to qualify for the NCAA championships.

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Sue Roell's quest for All-American honors, which eluded her last year, was finally realized. In 1986 she finished 10th in the 100 breaststroke with a time of 1:04.34 - Roell needed to place no lower than 8th. Going into the 1987 NCAA championship, Roell was the number one seed in the 100 breaststroke with a time of 1:02.69, also a Big Ten record. A 4th place finish this year (1:02.99) fulfilled her pre-season goal - All-American Honors in the 100 breaststroke.

This year at the NCAA championship, Roell also competed in the 200 breaststroke, 50 free, the 200 and 400 medley relays, and the 200 and 400 free relays. She had also made the cuts in the 100 free, but did not compete in the event. In the 400 free relay, Roell and teammates Amy Volna, Ruth Gunard and Jodi Schirmers earned All-American Honorable Mention honors with their 9th place finish with a time of 3:24.55. A year ago, Roell earned four All-American Honorable Mentions in the 100 breaststroke, 200 and 400 free relays, and the 200 medley relay.

At the 1987 Big Ten Swimming Championship, Roell was a four-time champion, making a career total of nine individual and relay team Big Ten titles. Roell set Big Ten and Gopher varsity records in the 100 breaststroke with a time of 1:02.69, in the 200 medley relay with a time of 1:45.03, and in the 400 free relay with a time of 3:23.27. She was 2nd in the 200 breaststroke (2:19.03 - varsity record) and the 200 free relay (1:34.09), and was 3rd in the 50 free with a time of :23.65.

more--

During the regular season, Roell finished in first place an astounding 38 times, never losing a 100 or 200 breaststroke event. Eleven other times she was either second or third.

Jean Freeman, Minnesota's head swimming coach, has high regard for Roell. "Sue improved steadily throughout her four years. There's no question her senior year was her best, ending at the NCAA championship with a 4th place in the 100 breaststroke. She's the highest finishing individual Gopher ever at the NCAA championship. Sue held up well under the pressure of being the number one seed in the 100 breaststroke and is only one of four swimmers to go under 1:03 this season."

While at Burnsville High School, Roell was voted Minnesota's Most Outstanding Senior Female Swimmer in 1982, and was named an All-American in 1980 and 1982. For three years she held the state record in the 100 breaststroke, being a three-time state champion in the event. She helped Burnsville win the State title in 1981 and 1982, and was the Rookie of the Year in 1980. A law enforcement major, Roell is the daughter of Tom and Jo Ann Roell.

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Junior **Nancy Swanum** probably has more determination than any other Gopher swimmer. A person with less desire would have quit long ago. A backstroker, Swanum has been plagued with recurring right shoulder problems. The summer after high school graduation, Swanum had surgery for ulna nerve entrapment on her right elbow.

Her right shoulder, weakened from inactivity while she was recovering from the surgery, resulted in another operation to tighten the shoulder during her freshman year. A subsequent fall from a bicycle onto her right shoulder and the extended arm movement required in the backstroke, weakened the shoulder to the point where surgery was required during Swanum's sophomore year.

Using a modified workout schedule, Swanum, now a junior, returned to the Gophers for a third try at competing. It was her year to shine. Swanum became the Gophers top 100 yard backstroker for the year, finished 8th at the Big Tens with a time of :59.22, and 10th in the 200 backstroke with a time of 2:07.86. She and her teammates in the 200 (1:45.03) and 400 (3:38.97) medley relays set varsity and Big Ten records in both events, as well as qualifying for the NCAA championship in each. Swanum was also 7th in the 200 IM with a time of 2:07.46.

"We are very satisfied with Nancy's progress this year with the little amount of swimming she was able to do. She has a lot of guts and determination to overcome her injuries and surgeries the way she has," head coach Jean Freeman says.

more--

During the regular season, Swanum led the Gophers in more backstroke victories than any other team member with five number one finishes, and recorded the top two season's best times in the 100 back including a :59.22. Overall, Swanum had 15 first place wins in individual and relay events.

A three-time high school All-American, Swanum won six individual state titles three consecutive years in both the 200 IM and 200 backstroke, and topped NCAA National and US Olympic Trials qualifying standards. She also set three Cooke Hall Pool records in the 50 back (:27.45), 100 back (:28.45), and 200 IM (2:06.78) while still in high school - those records still stand. A pre-nursing major, Swanum is the daughter of Donna and Robert Swanum.

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It's always hard to replace a top swimmer the caliber of Sue Roell, but freshman Tami Grewenow is willing and quite able to fill the breaststroke vacancy on the team created by Roell's graduation. Grewenow was the number two breaststroker on this year's team in both the 100 and 200 yard events. Her top time of the year in the 100 breaststroke (1:04.75) came attached to a 3rd place finish at the 1987 Big Ten Conference championship.

She was 6th in the 200 breaststroke at the championship with a time of 2:22.72, but had swum faster earlier in the day. During the 200 breaststroke prelims, Grewenow tied for 8th place with a time of 2:23.88. A swim-off was needed to determine which swimmer would be in the finals and who would be in the consolation finals. Grewenow swam a lifetime best as she clocked a time of 2:22.02 to win the swim-off, moving from a possible 9th place finish to 6th place.

"Tami had an outstanding first year and was the top freshman of all the teams in the breaststroke at the Big Tens," Freeman says. "She was also only one of about 10 freshmen in the country to make it to the NCAA championship in the 100 yard breaststroke. We can't be any more pleased with Tami than that. She came through in dual meets the entire season with numerous second place finishes to give Minnesota many one-two sweeps at the finish line."

In high school Grewenow was a four-time letter winner, a member of 1982, 1983 and 1985 state championship swimming teams and was a member of the 1983 record setting medley relay team. A team captain, Grewenow was voted All-Conference and All-State numerous times. A communications major, she is the daughter of Bruce and Sharon Grewenow.