



(for immediate release)

May 14, 1997

## **GOPHERS SIGN 13 SWIMMERS AND DIVERS FOR 1997-98 SCHOOL YEAR**

**"BEST RECRUITING CLASS EVER!" HEAD COACH JEAN FREEMAN SAYS.**

The eighth-ranked University of Minnesota women's swimming and diving program announced the signing of 13 swimmers and divers for the 1997-98 academic year. "This is our best recruiting class EVER!" head swimming and diving coach Jean Freeman said. "We have state champion record holders and Senior National competitors signed. Many of the times already accomplished by these student-athletes would earn points at the Big Ten championship."

### **THE SIGNEES**

#### **Nicole Nelson, Alexandria, Minnesota, Jefferson Senior High School**

Nelson competes in the 100- and 200-yard breaststroke events, the 50- and 100-yard freestyle events and the 200-yard individual medley. At the 1996 Minnesota State High School League (MSHSL) Girls Swimming and Diving Championships, Nelson was 11th in the 100-yard breaststroke. In the top 10 percent of her high school class, Nelson is interested in studying psychology and theology.

#### **Kim Harrod, Apple Valley, Minnesota, Burnsville Senior High School**

Harrod was a member of Burnsville's state record setting 200-yard medley relay at the 1996 MSHSL Girls Swimming and Diving Championships. She was also second in the 200-yard breaststroke and sixth in the 100-yard butterfly at the state high school meet. At the 1997 USS Speedo Junior Championships - West (March 1997, College Station, Texas), Harrod was 15th in the 100-meter breaststroke. In her studies, she is interested in math and science.

#### **Meghan Sonstegaard, Apple Valley, Minnesota, Apple Valley Senior High School**

Sonstegaard was a three-time Minnesota state high school champion as a senior. She was first in the 50-yard freestyle, earning high school all-America honors. Sonstegaard shares the MSHSL record in the 200- and 400-yard freestyle relay events with a pair of victories. She was also second at the state meet in the 100-yard freestyle. Academically, Sonstegaard is interested in pre-medicine studies. She was 1997 Athena Award winner for Apple Valley High School and was nominated for Minnesota High School Female Swimmer of Year.

#### **Elizabeth Pierce, Bismarck, North Dakota, Century Senior High School**

Pierce is a four-stroke competitor, swimming the breaststroke, freestyle, backstroke and butterfly events. She was a 1996 member of the all-state team, a team captain, Century's most valuable and hardest worker on the swimming and diving team. Pierce also competes as a member of the Bismarck Swim Club. She is interested in studying journalism.

**Ann Cahoy, Hudson, Wisconsin, Hudson Senior High School**

Cahoy was second in the 100-yard backstroke and third in the 200-yard individual medley at the Wisconsin Intercollegiate Athletics Association 1996 Division 2 State Girls Swimming and Diving Tournament. Hudson finished seventh in the state meet. Cahoy was elected the 1996 National Honor Society President, was a member of the all-state honors band in the 1996 as an oboist, participated in Badger Girls State and received the 1995 Hoby Leadership Award. A member of the SEMS USS swim club, Cahoy has received the SEMS 1994 team spirit award and its 1995 sportsmanship award. She is interested in business and public relations.

**Emily Deppe, Valdez, Alaska, The Peddie School (Hightstown, New Jersey)**

Deppe is a backstroke and individual medley specialist with high school all-America honors in the 200-yard individual medley. She is also a high school honorable mention all-America in the 100-yard backstroke. A swimmer for 11 years, Deppe also competes as a member of the Peddie USS swim club.

**Traci LaVoi, St. Cloud, Minnesota, Tech Senior High School**

LaVoi was third in 1-meter diving at the MSHSL girls championships as a senior. Besides diving for Tech, she also competes in gymnastics and in track. During the summer months, LaVoi competes for the St. Cloud Diving Club. She is considering a major in either business or sports medicine.

**Andrea Flaa, Caladonia, Illinois, Guilford Senior High School**

Flaa is a diver who started out as a gymnast and tumbler. As a tumbler, she was in the top five at the 1993 and 1994 national championships. Flaa currently is current a tumbling coach at the YMCA. As a diver, Flaa has been competing on the 1-meter board for five years and the 3-meter board for two years.

**Courtney Boysen, Eden Prairie, Minnesota, Eden Prairie High School**

A freestyle specialist, Boysen competes in the 50-, 100- and 200-yard freestyle events. She competed at the 1996 MSHSL championships in the 100-yard freestyle. Boysen was all-state two years, three-time all-conference and has been named her team's most dedicated and most inspirational swimmer. Boysen also competes for the Foxjets USS swim club. She is interested in teaching at the elementary level.

**Jennifer Delong, Winston-Salem, North Carolina, Mount Tabor High School**

A multi-stroke swimmer, Delong competes in the freestyle, breaststroke, backstroke and IM. She was the 1996 state high school champion in the 200-yard individual medley. Delong has been all-conference and twice named most valuable swimmer. At the 1997 YMCA championships in April, she was second in the 400- and third in the 200-yard individual medley events and 12th in 100-yard butterfly. Delong is interested in studying pre-medicine and biology.

**Amy Mickschl, Brown Deer, Wisconsin, Divine Savior Holy Angels**

Mickschl was a two-time state champion at the Wisconsin Intercollegiate Athletics Association 1996 Division I State Girls Swimming and Diving Tournament. She was first in both the 200- and 500-yard freestyle events, helping her team to an eighth-place finish. Mickschl also competed in the 100- and 200-yard backstroke events. A Junior National competitor, she was 10th in 1995 in the 200 backstroke. At the YMCA Nationals, Mickschl has placed in the top 10 five times at both the 1995 and 1996 championships. At the 1997 YMCA championships in April, Mickschl was fifth in the 200-, seventh in the 500- and ninth in 1,650-yard freestyle events. In relay team events, she was second in 800-yard freestyle relay, fourth in the 400-yard medley relay and sixth in the 200-yard freestyle relay. She is a three-time team captain at both Divine Savior Holy Angels and the Schroeder YMCA. Mickschl is interested in studying the allied health field.

**Jaina McClure, Minneapolis, Minnesota, South High School**

A backstroke and sprint freestyle specialist, McClure was third in the 100-yard backstroke and eighth in the 50-yard freestyle at the 1996 MSHSL Girls Swimming and Diving Championships. She has also been a Junior National finalist in the 100-yard backstroke. McClure was 1997 Athena Award winner for South High School. She is interested in studying pre-medicine at the University,

**Andrea Simakova, Brno, Czech Republic, Botanicka High School**

Simakova, a Czech Republic national teammate of Minnesota's Olga Splichalova, joined the Gopher's in January of this year. Her strongest event is the 200-meter butterfly and will compete at Minnesota in the 100-and 200-yard butterfly events and the 200-yard individual medley. Simakova is interested in majoring in history and foreign languages.

**Lisa Kramer, Apple Valley, Minnesota, Apple Valley High School**

Kramer shares the MSHSL record in the 200- and 400-yard freestyle relay events with a pair of victories as a senior at the state meet. She was also 11th in the 100-yard freestyle.

Burnsville (Minn.) Senior High School's Athena Award recipient Katy Christoferson signed a tender to attend the University on a swimming scholarship during the early signing period in November.



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June 23, 1997

## **OWATONNA'S STEFANIE BRADFORD GRADUATES FROM THE UNIVERSITY OF MINNESOTA AS A TWO-TIME TOP 5 SCHOLAR-ATHLETE**

Minneapolis, Minn.— Stefanie Bradford, a 1993 graduate of Owatonna Senior High School, graduated this spring from the University of Minnesota with a degree in biology. Bradford, a four-year member of the women's swimming and diving team, was a Top 5 Academic Student-Athlete for the second consecutive year. She was a keynote speaker at this year's Scholar-Athlete Reception, honoring both male and female student-athletes with a 3.0 grade point average (GPA) or better on a 4.0 scale. Bradford, a member of the Phi Beta Kappa and Phi Kappa Phi honor societies, graduated with a 3.88 GPA.

During her academic career, Bradford was the recipient of three academic scholarships. As a first and second year student-athlete, Bradford received the University of Minnesota's Presidential Scholarship. As a junior and senior, she received the Waller Scholarship, a merit scholarship given through the College of Liberal Arts. Owatonna's Redeemer Lutheran Church, Bradford's home church, also presented her with a scholarship all four years.

Academic awards Bradford has received while at the University:

- Academic All-Big Ten (1995, 1996, 1997)
- Berg Academic Award winner (1994, 1995, 1996, 1997)
- ACIA (Assemble Committee for Intercollegiate Athletics) Graduating Senior Award for Swimming and Diving
- Top 5 Scholar-Athlete (1996, 1997)
- Swimming and Diving's Student-Athlete Award (1997)

Bradford saw limited action as a freestyle sprint specialist during her four years as a Golden Gopher, but that was not a deterrent to her. "There is a sense of accomplishment and recognition beyond being a student-athlete," Bradford said at the Scholar-Athlete Reception, "and that is being recognized as a scholar in the classroom."

As a senior, Bradford earned her first "M" letter, racing 45 times in home and away meets. She also had her first collegiate career victory as a senior. In a Big Ten Conference dual meet with the University of Iowa Hawkeyes, Bradford was a member of the winning 200-yard medley relay team. Prior to the Iowa meet, she had been second or third numerous times as a collegian.

Bradford is currently deciding the continuation of her academic career, which may take her into medical or pharmacy school. She starts an internship this week in the biomedical industry at SciMed Life Systems in Maple Grove, Minn. Bradford is daughter of Gary and Linda Bradford, 626 Pamela Place, Owatonna, Minn.