

1982-83 MINNESOTA WOMEN'S SWIMMING AND DIVING GUIDE

UNIVERSITY OF MINNESOTA FACTS

Location: Minneapolis, Minn. 55455
Enrollment: 47,000
Colors: Maroon & Gold
Nickname: Golden Gophers
Conference: Big Ten
Facility: Cooke Hall Exhibition Pool
Six lanes-25 yards,
1 & 3-meter diving boards
seats 1,000

Also: Practice pool, Five lanes-25 yards

Athletic Director: Merrily Dean Baker
Associate Director: M. Catherine Mathison
Trainer: Leah Wollenburg
SID: Karen Smith
Office: (612)376-5259
Home: (612)379-8223

ABOUT THE COACHES:

Head Coach Jean Freeman

Coaching Year at Minnesota: 10th
Coaching Record at Minnesota: 62-20 (1973-1982)
College Attended: University of Minnesota, Minneapolis, Minn., BS 1972
Coaching Accomplishments: Twelve Minnesota swimmers have earned All-American status 19 times under Freeman, and the Gophers have placed in the top 40 at the AIAW National Championships for nine consecutive years with their best place at 15th in 1981-82. As an undergraduate at the University, Freeman was a member of the swim club, was an assistant coach in the first year the Gophers received Varsity status (1972) and became head coach the following year. Freeman also teaches swimming, lifesaving, and aquatic administration through the University's physical education department.

Diving Coach Craig Lincoln

An Olympic medalist and former Gopher diving star, Lincoln returns for his second season as both the women's and men's diving coach and team sports psychology consultant. Lincoln won a silver medal at the 1971 Pan-American games and a bronze medal at the 1972 Olympic games in Munich. He has a B. S. in psychology from the University and is working on his master's degree.

Assistant Coaches:

TERRY GANLEY NIESZNER - Former All-American swimmer at the University, Nieszner is in her sixth season as the assistant swim coach. She became Minnesota's first female All-American in any sport in 1974, and also received All-American honors three more times before graduating in 1977.

ART GRIFFITH - In his second year assisting the team, Griffith works mainly with sprinters and freestylers in the "fine tuning" of their events. A former member of the University men's swim team, Griffith has been ranked in the Top 20 in the world for the last five years and has been a member of the U. S. National Swimming Team.

OUTLOOK

AT A GLANCE

LETTERWINNERS LOST (5) Patty Christiansen, Chris Gentz, Stephanie Iverson,
Randi Nehring, Stephanie Schoening

TEAM MEMBERS RETURNING (18)

NEWCOMERS (11) Connie Bjella, Natalie Brobin, Kay Carroll, Melissa Coulter, Jo Elsen,
Shelly Hecomovich, Denise Johnson, Marja Raikkala, Kathy Seran, Nancy
Touve, Diane Wallner

1981-82 DUAL MEET RECORD: 4-2

POST-SEASON: 5th Big Ten Championship, 15th AIAW Division I Nationals

ALL-AMERICANS: Britta Wilk, 8th in 50 Fly, 8th in 400 Free relay, Chris Gentz; 3rd
3-meter diving; Anna Sheehan, Erin Driscoll and Elyce Iwerks, 8th
400 Free relay

Minnesota swimming coach Jean Freeman heads into her tenth season with the Gopher program with her "most talented" team to date. "We should make the top three in the Big Ten and the Top 20 in the NCAA," says Freeman whose team placed 15th at the AIAW Nationals last year for their best-ever national finish. This year the national competition will be tougher, however, as last year both the NCAA and AIAW sponsored a national championship.

Freeman's optimism for 1982-83 is based on four solid returning swimmers and an outstanding freshman class. The newcomers may make up for the losses of sprint freestyle and relay record holder Stephanie Schoening, breaststrokes Stephanie Iverson, Patty Christiansen and Randi Nehring; but Minnesota will miss the services of Chris Gentz, who won the three meter national diving title in 1981 and placed third last year at the AIAW Nationals.

Senior co-captain Britta Wilk heads the list of returning swimmers. Wilk has been the Gophers top scorer in varsity meets for the past two years, placed eighth in the butterfly at nationals last year, is a two-time All-American, and is holder or co-holder of nine varsity records. Senior co-captain Peggy Huebsch-Lorinser holds the 50 breaststroke record and is a member of the record holding 200 medley relay team. Sophomore Elyce Iwerks was the second leading point scorer in the varsity meets last year, is holder or co-holder of five records, while junior Claudia Sanders holds the 100 and 200 breaststroke records and is a member of the 400 medley relay team record.

Of the newcomers, Marja Raikkala hails from Kankaanpaa, Finland and has been a member of the Finnish National Team where she was national champion in six events including the 200 fly, 400, 800, and 1500 freestyle and 200 and 400 individual medley. Freeman is not sure just "how fast" she is, as Raikkala has never swum in yards, only in meters.

Diane Wallner of Ramsey High School (St. Paul), is a six time high school All-American and seven time state champion in the 50 and 100 freestyles. Last summer, she swam the third fastest college time in the United States at the Senior Nationals. Denise Johnson, an All-Conference, All-State and All-American selection from state high school champion Burnsville (Minn.) is a versatile swimmer who excels in the 200 individual medley. Jo Elsen should aid the Gophers in the sprint free and fly events after competing on Richfield's (Minn.) state champion 400-yard freestyle relay team.

GOPHERS BY EVENT

SPRINTS - - Last year's eighth place national finishing 400 free relay of Britta Wilk, Anna Sheehan, Erin Driscoll and Elyce Iwerks returns in tact as the varsity record holders. However, freshmen Diane Wallner, Jo Elsen and Denise Johnson will be strong contenders for a position on the relay.

OUTLOOK CONTINUED

MIDDLE DISTANCE -- Britta Wilk holds the 100 and 200 freestyle records, and Freeman also expects Erin Driscoll, Elyce Iwerks and newcomers Denise Johnson, Marja Raikkala and Diane Wallner to contribute this year.

DISTANCE FREESTYLE -- Both Shelly Hecomovich, a freshman from Roseville, Minn., and Raikkala should be under the current Gopher varsity records, but junior Julie Rezab has been a leading performer from the past years.

BACKSTROKE -- Elyce Iwerks holds the 200 backstroke varsity record and Freeman expects freshman Diane Wallner to join sophomore Ruth Christensen and senior Paula Photos in backstroke events.

BREASTSTROKE -- This event could pose the most shuffling for pool time. Junior Claudia Sanders is the varsity record holder in the 100 and 200 breaststroke, while senior Peggy Huebsch Lorinsor holds the 50 breaststroke record. Freshman Nancy Touve was the state champion in breaststroke, while sophomore Coleen Carroll has been close to the record times, and newcomers Denise Johnson, Marja Raikkala, and Melissa Coulter are also showing good form.

BUTTERFLY -- Britta Wilk has been the workhorse and has the bill-boards to prove it, holding records in the 50, 100 and 200 fly. Freshman Jo Elsen is "just as fast" according to Freeman and sophomores Kari Anderson and Marci Olson also have scored well.

INDIVIDUAL MEDLEY -- Sophomore Erin Driscoll holds the 100 individual medley record but newcomers Marja Raikkala and Denise Johnson should strengthen the Gophers in this event. Freeman scouts her Medley Relay as being Elyce Iwerks in backstroke, Peggy Lorinsor, Claudia Sanders or Coleen Carroll in breaststroke, Britta Wilk or Jo Elsen in fly, and Diane Wallner, Anna Sheehan, or Britta Wilk in freestyle.

DIVING -- Senior Christy Oman was the Gophers top diver behind Chris Gentz last year, and should lead the way in the 1 and 3-meter events. Freshman Natalie Brobin was second in the state last year and should push Oman, while sophomores Carol Libbesmeier and Michal Long return with experience.

UNIVERSITY OF MINNESOTA
1982-83 Swimming and Diving Schedule

HEAD COACH: Jean Freeman
ASST COACH: Terry Nieszner
ASST COACH: Art Griffith
DIVING COACH: Craig Lincoln

October

15 FRI.	ALUMNI MEET	6:00 P.M.
29 FRI.-	MINNESOTA TIME TRIALS	6:00 P.M.
30 SAT.	MINNESOTA TIME TRIALS	10:00 A.M.

November

6 SAT.	IOWA	1:00 P.M.
12 FRI.	NEBRASKA	7:00 P.M.
13 SAT.	MINNESOTA INVITATIONAL	9:00 A.M.
20 Sat.	at Northwestern University	2:00 p.m.

December

2 Thur.	at Hamline University	6:30 p.m.
17-30	Training Trip in Honolulu, HA	

January

7 FRI.	FOXJET-EDEN PRAIRIE SWIM CLUB	7:00 P.M.
14 Fri.-	at Texas All-American Invit.	TBA
16 Sun.	(Austin, TX)	
15 SAT.	MANKATO STATE & ST. CATHERINE	1:00 P.M.
21 Fri.-	at Ohio State	TBA
22 Sat.	(Columbus, OH)	
29 Sat.	at Wisconsin, Co-Ed	1:00 p.m.

February

4 FRI.	NORTHERN MICHIGAN	7:00 P.M.
5 SAT.	SOUTH DAKOTA STATE	4:00 P.M.
12 SAT.	IOWA STATE UNIVERSITY	1:00 P.M.
24 Thur.-	at Big Ten Championships	10:00 a.m.(prelim)
26 Sun.	(Milwaukee, WI)	7:00 p.m.(finals)

March

11 Fri.-	Diving Zone Qualifying Meet	TBA
12 Sat.	(Site to be announced)	
17 Thur.-	NCAA National Championships	TBA
19 Sat.	(Lincoln, NE)	

April

6 Wed.-	USS Senior Nationals	TBA
9 Fri.	(Site to be announced)	
12 Wed.-	USS Junior Nationals	TBA
16 Fri.	(Site to be announced)	

*HOME MEETS AT COOKE HALL POOL

UNIVERSITY OF MINNESOTA SWIMMING AND DIVING ROSTER 1982-83

<u>NAME</u>	<u>EVENT</u>	<u>YEAR</u>	<u>HOMETOWN/HIGH SCHOOL</u>
Kari Anderson	Fly/Dist. Free	SO	Bellevue, WA/Interlake
Connie Bjella	Diving	FR	Plymouth, MN/Armstrong
Natalie Brobin	Diving	FR	St. Paul, MN/Moundsview
Coleen Carrol	Breaststroke	SO	St. Paul, MN/Kellogg
Kay Carroll	Diving	FR	Minnetonka, MN/Lindberg
Ruth Christensen	Backstroke/IM	SO	St. Paul, MN/Irondale
Melissa Coulter	Breaststroke	FR	Minneapolis, MN/St. Anthony
Erin Driscoll	Freestyle/IM	SO	E. Grand Forks, MN/East Grand Forks
Jo Elsen	Fly/Free	FR	Richfield, MN/Richfield
Jeanne Ewing	Breaststroke	SO	Sioux Falls, SD/Lincoln
Shelly Hecomovich	Dist. Free	FR	Roseville, MN/Kellogg
Elyce Iwerks	Backstroke	SO	Aberdeen, SD/Central
Denise Johnson	IM	FR	Burnsville, MN/Burnsville
Carol Libbesmeier	Diving	SO	St. Cloud, MN/St. Cloud Tech
Michal Long	Diving	SO	Ames, IA/Ames
Peggy Lorinser	Breast/Fly	SR	New Hope, MN/Cooper
Corinna Maleike	Dist. Free	SR	Auburn, WA/Carbondale Community
Marci Olson	Fly/IM	SO	Cottage Grove, MN/Park
Christy Oman	Diving	SR	Rochester, MN/Mayo
Paula Photos	Dist. Free	SR	Cincinnati, OH/Finneytown
Marja Raikkala	Dist. Free	FR	Kankaanpaa, Finland
Julie Rezab	Dist. Free	JR	Macomb, IL/Macomb
Claudia Sanders	Breaststroke	JR	Seattle, WA/Roosevelt
Kathy Seran	Diving	FR	St. Paul, MN/Moundsview
Anna Sheehan	Freestyle	JR	St. Paul, MN/Moundsview
Nancy Touve	Breaststroke	FR	Minneapolis, MN/Armstrong
Diane Wallner	Free/Backstroke	FR	St. Paul, MN/Alexander Ramsey
Britta Wilk	Fly/Free	SR	Tampa, FL/Holy Name

HEAD COACH: Jean Freeman

ASST COACHES: Terry Nieszner, Art Griffith

DIVING COACH: Craig Lincoln

MANAGER: Sarah Gutknecht

1981-82 Dual Meet Results (4-2)

W Minnesota 103, Northwestern 44
 W Minnesota 81, Iowa 69
 W Minnesota 91, Hamline 40
 W Minnesota 103, Northern Iowa 40
 L Michigan State 78, Minnesota 62
 L Wisconsin 89, Minnesota 60

Varsity Record Book

<u>Event</u>	<u>Name</u>	<u>Year</u>	<u>Time</u>
50 Freestyle	Stephanie Schoening	1981	:24.21
100 Freestyle	Britta Wilk	1982	:52.16
200 Freestyle	Britta Wilk	1981	1:55.63
500 Freestyle	Susan Blosky	1979	5:11.28
1000 Freestyle	Julie Rezab	1981	10:50.96
1650 Freestyle	Karen Anderson	1979	17:45.54
50 Backstroke	Cindy Anderson	1979	:27.32
100 Backstroke	Cindy Anderson	1979	:59.69
200 Backstroke	Elyce Iwerks	1982	2:08.25
50 Breaststroke	Peggy Huebsch	1982	:31.58
100 Breaststroke	Claudia Sanders	1982	1:07.61
200 Breaststroke	Claudia Sanders	1982	2:25.89
50 Butterfly	Britta Wilk	1982	:25.89
100 Butterfly	Britta Wilk	1982	:56.58
200 Butterfly	Britta Wilk	1982	2:08.21
100 IM	Erin Driscoll	1982	1:01.02
200 IM	Sara James	1976	2:11.42
400 IM	Cindy Anderson	1979	4:44.30
200 Free Relay	Cindy McCollum, Julie Benz, Britta Wilk, Stephanie Schoening	1980	1:36.79
400 Free Relay	Britta Wilk, Elyce Iwerks, Erin Driscoll, Anna Sheehan	1982	3:30.11
800 Free Relay	Stephanie Schoening, Anna Sheehan, Erin Driscoll, Elyce Iwerks	1982	7:52.42
200 Medley Relay	Elyce Iwerks, Peggy Huebsch, Britta Wilk, Anna Sheehan	1982	1:47.66
400 Medley Relay	Elyce Iwerks, Claudia Sanders, Britta Wilk, Anna Sheehan	1982	4:00.53