

UNIVERSITY OF MINNESOTA
1988-89 WOMEN'S SWIMMING AND DIVING PROSPECTUS

QUICK FACTS:

LOCATION: Minneapolis, Minn.
FOUNDED: 1851
ENROLLMENT: 45,000
NICKNAME: Golden Gophers
COLORS: Maroon and Gold
CONFERENCE: Big Ten
PRESIDENT: (Interim) Richard Sauer
ATHLETIC DIRECTOR: Chris Voelz (612) 624-4044
HEAD COACH: Jean Freeman (612) 624-9311
ASSISTANT COACH: Terry Nieszner (612) 624-6835
ASSISTANT COACH: Diane Wallner (612) 624-6835
ASSISTANT COACH: Kirsten Wengler (612) 624-6835
DIVING COACH: Chris Gentz (612) 624-5874
ATHLETIC TRAINER: Leah Wollenburg (612) 624-9573
SPORTS INFORMATION DIRECTOR: Karen Smith (612) 624-3335
SWIMMING CONTACT: Angie Hultman (612) 624-3335
FACILITIES: Cooke Hall Exhibition Pool -- six lanes, 25 yards, 1 and 3 meter boards, seats 1000.
Practice Pool: five lanes, 25 yards.
SWIMMING ADDRESS: 221 Cooke Hall
1900 University Avenue SE
Minneapolis, MN 55455
LETTERWINNERS LOST: Six (6)
LETTERWINNERS RETURNING: Twenty (20)
CLASS BREAKDOWN: Twelve (12) seniors, Four (4) juniors, Six (6) sophomores, Fourteen (14) freshmen
COACH'S RECORD: 86-33-2 Minnesota and overall dual meet record
31-20-2 Big Ten dual meet record
15 years

SEASON OUTLOOK

"This is a new era for Minnesota swimming," says Jean Freeman, head coach of the Gopher women's swimming and diving team. "In four years the Summer Olympics will be held again, and some of this year's freshmen class will be Olympic Trial caliber".

Freeman's optimism can be divided into two main areas. First, the 14-member freshmen class is highly talented, and secondly, in two years, Minnesota swimming and diving will have a new home, the University Aquatics Center. The eight-lane, 50-meter pool will provide Minnesota swimmers with a world-caliber training center.

"I feel very confident about the season," Freeman says. "We have the best staff we've ever had with Terry Nieszner, Chris Gentz, Diane Wallner and Kirsten Wengler as coaches. The quality of the Big Ten is much improved and we will be able to go against the best of them without fear."

Although the 1988 freshmen class is highly touted, that does not take away from the experience of those Gophers returning for another season in the maroon and gold.

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THE SENIORS - This year's senior class is 12 strong, being led by **Amy Volna**, **Ruth Gunard**, **Sanna Harkonen**, **Nancy Swanum** and **Kelly McClure**. **Volna's** confidence level was given a boost at last year's Big Ten Conference meet when she finished second in the 200 freestyle. She also scored in seven other events at the conference finals. **Ruth Gunard** was a strong finisher throughout the season in the 100 and 500 sprint freestyles, and was a key member of the Gopher freestyle and medley relay teams at Big Ten's.

Finnish import **Harkonen** was the top Gopher in the 400 I.M. last season, placing fourth in the conference. She was also among the top Minnesota swimmers in the 200 I.M. during the regular season. **Swanum** is another strong 200 I.M. swimmer and was an integral part of the Gophers' high scoring 200 and 400 medley relay teams at the conference championships. She also scored in three other events at the Big Ten's. **McClure** takes on co-captain duties this season and will add depth in the 100 and 200 backstroke events and as a 500 freestyler.

THE JUNIORS - The 1988-89 junior class is only four deep, but oh, what depth. **Tami Grewenow**, last season's Big Ten champion in the 100 breaststroke, excels in both breaststroke events as well as the 100 butterfly. Minnesota will depend on the strength of four-time Big Ten finisher **Juli Gunard** in the 200 and 400 I.M. events and the 100 and 200 backstrokes. Another experienced Big Ten championship competitor is **Shannon Heringer**. This is her year to break into the finals at the conference championships in the 100 butterfly. However, Heringer's talents aren't restricted to one event as she proved by scoring in both sprint freestyles last season. **DeAnne Twidwell** is a constant on the team, adding depth in the 500, 1000 and 1,650 freestyle events, as well as the 200 backstroke.

THE SOPHOMORES - The Gophers return a pair of second-year swimmers with Big Ten Championship experience to lead the sophomore class. **Patty Banks** scored in five events at the conference meet last year, including top eight finishes in the 400 and 800 freestyle relays and the 1,650 freestyle. Teammate **Kim Vogel** scored in the 200-yard freestyle relay for the Gophers.

THE FRESHMEN - **Lynn Newton** brings an impressive high school background to the Gophers in the distance freestyles. She is a four-time Minnesota state champion in the 500 freestyle and a three-time champ in the 200 freestyle. **Karyn Ward** also brings strong credentials in the distance freestyle as well as the 200 backstroke.

In the sprint freestyles, the Gophers are blessed with talent in the form of **Deanne Hop** and **Stacey Niedenfuer**. Hop was second in the 50 freestyle as a senior in the Minnesota State Girls Meet and Niedenfuer is a two-time USS state champion in the 50 free and a one-time champ in the 100 free.

Cass Moe will challenge the current team members in the backstroke and for a starting position on the medley relay teams. **Kristin Gunard**, a strong butterflyer and the younger sister of Ruth and Juli, will look for a backstroke position.

Coming aboard this year in the 200 and 400 individual medleys and the 200 breaststroke is **Linda Oegema** of Holland. She is capable of scoring in the 400 I.M. at the Big Ten meet. **Anne Pringle** is another strong breaststroker and should help provide the one-two punch in the 100 breaststroke this year.

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THE DIVERS - Leading the Gophers this year on the boards is sophomore **Lisa Davis**, who tallied the most points of any Gopher diver last season. Senior **Julie Sullivan** and sophomore **Darcy Spielmann** add depth and Big Ten experience to the squad. Junior **Sara Touve** is redshirting this season as she is studying abroad. Freshman recruit **Wendy Satterlee** is also sitting out the year, recovering from reconstructive knee surgery.

Chris Gentz, head diving coach, is confident in this year's diving squad. "For the first time since I've been coaching here, I feel we have the experience to score at the Big Ten's," says Gentz.

MINNESOTA SWIMMING STATISTICS - 1987-88 -

Dual Record: 5-4 Big Ten: 5-1

<u>DATE</u>	<u>W/L</u>	<u>SCORE</u>	<u>OPPONENT</u>
11/7/87	L	157-111	Colorado State
11/7/87	L	172-98	Nebraska
11/13/87	W	58-55	ILLINOIS
11/14/87	2 of 3 teams		MIDWEST RELAYS
11/20-21	1 of 5 teams		Gillette
1/8-9/88	1 of 4 teams		GOLD COUNTRY
1/9/88	W	76-64	Michigan State
1/10/88	L	146-122	Northern Michigan
1/16/88	L	52-60	Northwestern
1/22-23/88	1 of 8 teams		Sioux Invit.
1-29/88	not scored		MINN. CHALLENGE
2/6/88	W	72-57	Purdue
2/6/88	W	87-42	Iowa
2/6/88	W	78-51	Wisconsin
2/21/88	4 of 10 teams		Big Ten Championship

MINNESOTA IN BIG TEN SWIMMING

1987-88	4th	97 points	1978-79	3rd	511 points
1986-87	2nd	496.5 points	1977-78	4th	344 points
1985-86	2nd	509.5 points	1976-77	4th	466 points
1984-85	2nd	535 points	1975-76	4th	308 points
1983-84	2nd	506 points	1974-75	8th	137 points
1982-83	3rd	605 points	1973-74	6th	199 points
1981-82	5th	391 points	1972-73	9th	64 points
1980-81	6th	311 points	1971-72	8th	103 points
1979-80	7th	324 points	1970-71	7th	130 points

UNIVERSITY OF MINNESOTA
1988-89 SWIMMING AND DIVING ROSTER

Head Coach: Jean Freeman
Diving Coach: Chris Gentz

Assistant Coaches: Terry Nieszner
Kirsten Wengler
Diane Wallner

<u>NAME</u>	<u>CLASS</u>	<u>EVENT</u>	<u>HOMETOWN/HIGH SCHOOL</u>
Patricia Banks *	So.	Butterfly/Free	Lake Elmo, MN/Tartan
Jennifer Benkusky **	Sr.	Butterfly/IM	Dunedin, FL/Dunedin
Lisa Davis *	So.	Diving	Austin, MN/Austin
Janel Decker	Fr.	Breaststroke	Winona, MN/Winona
Diane Erstad ***	Sr.	Free/Breast/IM	Bloomington, MN/Jefferson
Kelly Gallagher ***	Sr.	Freestyle	Minnetonka, MN/Hopkins
Tami Grewenow **	Jr.	Breaststroke/Fly	Burnsville, MN/Burnsville
Juli Gunard **	Jr.	Backstroke/IM	Roseville, MN/Alexander Ramsey
Kristin Gunard	Fr.	Backstroke	Roseville, MN/Roseville Area Schools
Ruth Gunard ***	Sr.	Freestyle	Roseville, MN/Alexander Ramsey
Sanna Harkonen ***	Sr.	Freestyle	Hyvinkaa, Finland/Sue Itsinrinne
Amy Hathaway **	Sr.	Backstroke/IM	Portland, OR/Aloha
Shannon Heringer **	Jr.	Freestyle/Fly	Beaverton, OR/Beaverton
Deanne Hop	Fr.	Sprint Freestyle	St. Louis Park, MN/St. Louis Park
Sara Lindner **	Sr.	Free/Breaststroke	LaCrosse, WI/Logan
Kelly McClure ***	Sr.	Backstroke	Rapid City, SD/Stevens
Elaine Middleton	So.	Freestyle	LaCrosse, WI/Central
Cass Moe	Fr.	Backstroke	Burnsville, MN/Burnsville
Lynn Newton	Fr.	Distance Freestyle	Inver Grove Heights, MN/Simley
Stacey Niefenfuor	Fr.	Sprint Freestyle	Alexandria, MN/Jefferson
Linda Oegema	Fr.	IM	Holland
Anne Pringle	Fr.	Breastroke	Monticello, MN/Monticello
Wendy Satterlee	Fr.	Diving	Shoreview, MN/Mounds View
Corry Scheuerman	Fr.	Butterfly	Madison, WI/Monona
Jeanne Simley **	Sr.	Butterfly/Free	Plymouth, MN/Armstrong
Darcy Spielmann *	So.	Diving	Minnetonka, MN/Hopkins
Julie Spindler	So.	Diving	Bloomington, MN/Bloomington
Julie Sullivan **	Sr.	Diving	West St. Paul, MN/Sibley
Marit Swanson	Fr.	Freestyle	Mankato, MN/Mankato West
Nancy Swanum ***	Sr.	Backstroke/IM	Burnsville, MN/Burnsville
Ann Marie Thompson	Fr.	Diving	Cottage Grove, WI/Monona Grove
DeAnne Twidwell **	Jr.	Distance Free	Ranchos Palos Verde, CA/Palo Verdes
Kim Vogel *	So.	Sprint Freestyle	Mound, MN/Mound-Westonka
Amy Volna ***	Sr.	Free/Fly/IM	St. Anthony, MN/St. Anthony
Karyn Ward	Fr.	Distance Freestyle	Cumberland, RI/Cumberland
Michelle Whale	Fr.	Breaststroke	Minneapolis, MN/Rosevelt

*Number of letters won

Co-captains: Kelly McClure, Jeanne Simley

UNIVERSITY OF MINNESOTA SWIMMING/DIVING
1988-89 SCHEDULE

OCTOBER

8	SAT.	ALUMNI MEET - COED	1:00 P.M.
21	FRI.	INTRA SQUAD - COED	6:30 P.M.
29	Sat.	at Iowa (Iowa City, IA)	1:00 p.m.

NOVEMBER

4	FRI.	NORTH DAKOTA - COED	swimming diving	7:00 P.M. 5 & 7 P.M.
6	Sun.	Big Ten Relay Meet (Evanston, IL) swim		
11	FRI.	NORTHERN MICHIGAN		7:00 P.M.
12	Sat.	at Iowa State (Ames, IA)		6:00 p.m.
20	SUN.	INDIANA		2:00 P.M.

DECEMBER

2	Fri.	at St. Catherine (St. Paul, MN)	6:00 p.m.
11-24	Sun-Sat.	Training Trip (Curacao)	

JANUARY

6	FRI.	GOLD COUNTRY INVITATIONAL DIVING COED	7:00 P.M.
		(ST. CLOUD-ST. OLAF-MANKATO-HAMLIN)	
7	SAT.	GOLD COUNTRY INVITATIONAL SWIMMING	10:00 A.M.
14	Sat.	at Northwestern (Evanston, IL)	
20	FRI.	NEBRASKA	7:00 P.M.
21	SAT.	OHIO STATE	2:00 P.M.
27	FRI.	MINNESOTA CHALLENGE	7:00 P.M.

FEBRUARY

3-4	Fri-Sat.	at Wisconsin/Purdue Coed (Madison, WI)	Fri. 6:00 p.m. Sat. 12:00 noon
16-18	Thurs-Sat.	at Big Ten Championships	prelims 11:00 a.m. finals 7:00 p.m.

MARCH

10-11	Fri-Sat. ?	NCAA Zone Diving Qualifying Meet (Madison, WI)	
10-12	Fri-Sun. ?	USS Midwest Senior (Brown Deer, WI)	
12	SUN.	USS INVITATIONAL	10:00 A.M.
16-18	Thurs-Sat.	at NCAA Championship (Indianapolis, IN)	prelims 11:00 a.m. finals 7:00 p.m.
21-25	Tue-Sat.	at USS Senior National (Chapel Hill, NC)	
24-26	Fri-Sat.	at US Diving Zone Meet	

APRIL

4-8	Tue-Sat.	USS Junior Nationals (Long Beach, CA)	
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ALL HOME MEETS IN CAPITAL/BOLD ARE AT COOKE POOL