

1983

1983-84 Men's and Women's Swimming Guide

University of Northern Iowa

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Recommended Citation

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1983-84

University of Northern Iowa



Men's and Women's
Swimming Guide



1983-84 UNI Men's Swim Team — Row 1: Left to Right, Tim Ketelaar, Quintin Wright, Scott Reinart, Mike Vittetoe, John Friest, Chris McAleer. Row 2: Mark Sullivan, Phil Gould, Todd Warth, Bob Quirk, Jay Goodlove, Dave Sund, Jeff Engel, Chris English.



1983-84 UNI's Women's Swim Team — Row 1: Left to Right, Deb Swartzendruber, Ann Gleason, Erin Christen. Second Row: Lori McDowell, Sandy Spray, Karla Osterberger, Rita Nelson, Shelly Rudin, Amy Gray, Jill Dzikonski. Top Row: Melissa Sampson, Terri Craig.

UNI Quick Facts

Location: Cedar Falls, Iowa
Enrollment: 11,204
Colors: Purple and Old Gold
Founded: 1876
Nickname: Panthers
Conference: Association of Mid-Continent Universities (AMCU-8)
President: Dr. Constantine Curris
Athletic Director: To be named
Associate Athletic Director: Sandra Williamson
Associate Athletic Director: John "Jersey" Jermier
Sports Information Director: Nancy Justis (319) 273-6354
Student Asst. for Swimming: Denis Bramblette (319) 273-3642

About the University

The University of Northern Iowa was established at Cedar Falls in 1876 as the Iowa State Normal School. Its original mission was the preparation of public school teachers. Over the years, this role has been expanded to include graduate and undergraduate degree programs in liberal and vocational arts, as well as education.

The Iowa State Normal School became the Iowa State Teachers College in 1909, the State College of Iowa in 1961 and the University of Northern Iowa in 1967. These changes of name and status paralleled the University's growth from a 40-acre campus with 27 students into a 723-acre campus with about 11,000 students and 40 principle buildings.

Since the first B.A. degree was conferred in 1903, more than 40,000 bachelor's and 5,000 graduate degrees have been awarded by the University. The overall responsibility for the University is vested in the Iowa State Board of Regents. All departments and degree programs are fully accredited by the appropriate professional and government organizations.

Academics

The University of Northern Iowa offers degrees at both the graduate and undergraduate levels. At the undergraduate level, the University offers four traditional baccalaureate degrees: the Bachelor of Arts, the Bachelor of Fine Arts, the Bachelor of Music and the Bachelor of Technology. The external degree of Bachelor of Liberal Studies is also offered by UNI.

To achieve these ends, students are obliged to take a variety of courses drawn from among the arts, humanities, philosophy, mathematics and from among the biological, physical and social sciences.

1983-84 Women's Schedule

<u>Date</u>	<u>Opponent</u>	<u>Site</u>	<u>Time</u>
Nov. 4	IOWA	CEDAR FALLS, IA	4 p.m.
Nov. 12	ALUMNI	CEDAR FALLS, IA	11 a.m.
Nov. 17	Luther (Co-ed)	at Decorah, IA	4 p.m.
Nov. 18	Missouri	at Columbia, MO	10 a.m.
Dec. 3	WESTERN ILLINOIS	CEDAR FALLS, IA	2 p.m.
Dec. 27	College Coaches Swimming Forum	at Ft. Lauderdale, FL	
Jan. 21	Wisconsin-LaCrosse (Co-ed)	at LaCrosse, WI	1 p.m.
Jan. 27	WISCONSIN-STOUT (Co-ed)	CEDAR FALLS, IA	2 p.m.
Jan. 28	Coe & Augustana (Co-ed)	at Cedar Rapids, IA	1 p.m.
Feb. 10-12	Gateway Conference Championships	at Carbondale, IL	
Feb. 23-25	Midwest Champion- ships	at Chicago, IL	

Women's Roster

<u>Name</u>	<u>Cl.</u>	<u>Hometown</u>	<u>Event</u>
Terri Craig	So.	Waterloo, IA	Sprint/Backstroke
Erin Christen	Fr.	Newton, IA	Butterfly
Jill Dzikonski	Jr.	Cedar Rapids, IA	IM/Freestyle
Ann Gleason	Fr.	Muscatine, IA	Sprint/Backstroke
Ami Gray	Fr.	Urbandale, IA	Breaststroke
Lori McDowell	Jr.	Cedar Rapids, IA	Backstroke
Rita Nelson	Jr.	Dubuque, IA	Diver
Karla Osterberger	Jr.	Dubuque, IA	Sprint/Freestyle
Shelly Rudin	Fr.	Conroy, IA	Individual Medley
Melissa Sampson	So.	Minneapolis, MN	Distance Freestyle
Sandy Spray	Fr.	Cedar Falls,	M.D. Freestyle/ Butterfly
Deb Swartzendruber	Jr.	Amana, IA	Breaststroke
Carol Horner	So.	Team Manager	

1983-84 Men's Schedule

<u>Date</u>	<u>Opponent</u>	<u>Hometown</u>	<u>Time</u>
Nov. 4	INTRASQUAD MEET	CEDAR FALLS, IA	4 p.m.
Nov. 12	ALUMNI MEET	CEDAR FALLS, IA	11 a.m.
Nov. 17	Luther (Co-ed)	at Decorah, IA	4 p.m.
Dec. 1	BRADLEY	CEDAR FALLS, IA	4 p.m.
Dec. 3	WESTERN ILLINOIS (Co-ed)	CEDAR FALLS, IA	2 p.m.
Dec. 9	IOWA	CEDAR FALLS, IA	7 p.m.
Dec. 26	East-West Swim Meet	at Ft. Lauderdale, FL	
Jan. 21	Wisconsin-LaCrosse (Co-ed)	at LaCrosse, WI	1 p.m.
Jan. 27	WISCONSIN-STOUT (Co-ed)	CEDAR FALLS, IA	7 p.m.
Jan. 28	Coe & Augustana (Co-ed)	at Cedar Rapids, IA	1 p.m.
Feb. 11	Northern Illinois	at DeKalb, IL	2 p.m.
Feb. 17-18	Minnesota Invi- tational	at Minneapolis, MN	
Mar. 1- 3	Midwest Champion- ships	at Chicago, IL	

Men's Roster

<u>Name</u>	<u>Cl.</u>	<u>Hometown</u>	<u>Event</u>
Kevin Boji	Jr.	Lawler, IA	Diver
Jeff Engle	Jr.	Cedar Falls, IA	Distance Freestyle
Chris English	Sr.	Cedar Rapids, IA	Diver
John Fitzpatrick	So.	Des Moines, IA	Diving
John Friest	Sr.	Cedar Falls, IA	Butterfly/IM
Jay Goodlove	Sr.	Palo, IA	Distance Freestyle
Philip Gould	So.	New London, IA	Breaststroke/IM
Tim Ketelaar	So.	Davenport, IA	Distance Freestyle
Chris McAlear	So.	Atlantic, IA	Backstroke/Breaststroke
Scott Reinart	Fr.	Davenport, IA	IM/Butterfly
David Sund	So.	Cedar Falls, IA	Sprint Freestyle
Robert Quirk	So.	Waterloo, IA	Breaststroke
Mark Sullivan	Fr.	Milan, IL	Distance/Backstroke
Michael Vittetoe	Jr.	Ottumwa, IA	Backstroke



1983-84 Men's Outlook

The coming season promises to be interesting for the Panther swimmers due to the renewed enthusiasm of the team and a highly qualified new coach, Jim G. Hall.

The new coach has renewed the emphasis on basics and is providing a new outlook for the men's team.

The Panthers are led by two seniors that will probably carry the team. They are Co-Captains John Fries and Jeff Engle. Engle is a distance/free-style swimmer and Fries competes in the butterfly/individual medley events. Both are experienced swimmers coming off good performances from last season.

There also are three new swimmers who are expected to help the team. They are freshmen Mark Sullivan, Scott Reinhart and Tim Ketelaar. "Reinhart and Sullivan have the greatest potential to help the team at this time," according to Hall.

"Previous coach Jeff Boss did not leave the cupboard bare," claims Hall. "We are a little short on numbers in terms of back-ups, however.

"We do look to be stronger as a dual meet team than in open events. As for our overall season, we stand a good chance of winning our share of meets. This team has not reached its potential yet.

"The interesting part is that since I swam for and was an assistant coach at Eastern Illinois the last six years, I have competed against all the teams in the conference. That is good and bad. I know all their personnel and the coaches. The problem is that I beat most of them and they may be looking for revenge," Hall added.

1983-84 Women's Outlook

The Panther swimmers are excited about their prospects for the season and bring a fresh enthusiasm and a new coach to the starting line in 1983-84.

Some of the new enthusiasm is caused by new coach Susan Stodghill in her first year as a head coach.

"The kids and I can't wait to get started on the season," Stodghill says. "This team arrives at swim practice ready to go."

Stodghill is taking over a team that went 4-6 in duals last year. Many of the regulars from that team are returning.

The Panther coach is excited about the prospects for her team. "We want a winning season. We are taking a different approach in our training and we anticipate good results."

The team will feature outstanding competitors in returning sophomores Jill Dzikonski, backstroke; Lori McDowell, backstroke; Deb Swartzendruber, breaststroke; Karla Osterberger, sprint/free; and a lone diver, Lynne Seifert.

Swartzendruber broke school records in the 50 and 100 yard breaststroke and was a member of the 400 yard medley relay team, along with McDowell.

"Our new approach this year emphasizes sheer hours of hard work," Stodghill says. "We are returning to work on the basics, such as strokes, turns and starts. They are really coming around."

"With a little more work on the basics, we should have great results. We really do have great talent. It's not that we don't have the athletes, it is the numbers we are short on. This is a great team because they are giving it all they've got," Stodghill added.

The Coaching Staff

The Northern Iowa men's swim team is the first head coaching job for Jim Hall. Hall comes to UNI from the highly successful Eastern Illinois University swimming team where he competed and was an assistant coach while completing work on his undergraduate and graduate degrees.

Hall was a six-time NCAA All-American, in 1979, '80 and '81, in six different events. He competed in distance-sprint freestyle and the distance-sprint butterfly events for EIU. He also was on the Illinois All-State collegian swim team in 1979, '80 and '81.

Hall was Eastern Illinois' captain his senior year and was the assistant coach in 1982 and '83. He earned a master's degree in Physical Education with an emphasis in aquatic specialization while he was the assistant at EIU.

Another first year coach for the Panthers is Susan Stodghill, who comes to Northern Iowa from California to coach the women's swim team.

The fiery Stodghill is a product of the highly vaunted Santa Clara Swim Club. She swam distance and individual medley events for the club in AAU competition as a junior swimmer.

Stodghill attended the University of California--Davis where she earned her B.A. in Physical Education and an M.A. in Sports Psychology. She went to the NCAA nationals in both Division I and II competition while swimming for Davis. She was formerly the assistant at Davis.

A Look at the Panthers

Men's Team Profiles

KEVIN BOJI

Sophomore diver. He is a very talented diver and is necessary to the team's overall performance. Kevin does his best work on the one-meter board.

JEFF ENGLE

Junior co-captain who swims the distance freestyle events. He is the team's best distance freestyler and he has the potential to break school records. Jeff is good at all the middle distances and is a strong team leader.

CHRIS ENGLISH

Senior diver. He is looking to have an outstanding final year of competition. Chris is the team leader when it comes to inspiration and craziness time. He gets everyone going and keeps things lively.

JOHN FRIEST

Senior Co-Captain who competes in the individual medley and butterfly events for the Panthers. John is expected to have a good season. He has always been a hard worker who needs to capitalize on all that work this year.

JAY GOODLOVE

Senior distance and middle distance swimmer. He is probably the team's best all-around swimmer and has a lot of potential. Jay has been working hard this year and has a good attitude. He is expected to have a solid year comparable to his outstanding freshman season.

PHIL GOULD

Sophomore breaststroke and individual medley swimmer. He is a hard worker and has been trying to improve his strength. Phil had a good season as a freshman and with added strength will reach his potential this year.

TIM KETELAAR

Sophomore swimming in the distance freestyle and individual medley events. He has continued to be a hard worker in the pool and is expected to hit his top form in the middle of the season.

CHRIS MCALEAR

Senior breaststroke and backstroke swimmer. He can turn in surprising times when he needs to. Chris is improving and more will be known about his performances as his endurance work progresses this season.

BOB QUIRK

Sophomore breaststroke specialist. He is a big, strong kid who only needs to work on his individual events to help the team. He is a hard worker and needs to reach his potential to be an excellent asset for the team.

SCOTT REINART

Freshman in individual medley and butterfly. He is an outstanding recruit and is expected to bolster the team this season. Scott is working extra hard and has an extremely good attitude. He is a must performer for the team.

MARK SULLIVAN

Freshman distance freestyle and backstroke. He is improving every day and is being groomed as the contender in his events for future teams. He is an extremely hard worker and may contribute to the team this year. Mark is the Panthers' only out-of-state recruit.

DAVE SUND

Sophomore sprint freestyle specialist. He is one of the people who swam very well for the team last year. Dave comes from a good program and only needs to work on endurance to win more events.

MIKE VITTOE

Sophomore backstroke competitor. The team is going to need Mike this year. He is the only backstroker as of the beginning of the season. He has been working to improve his strength to compliment his good technique.

TODD WRATH

Sophomore butterfly and individual medleyist. Attitude and endurance work are the ingredients that will sustain Todd in his events. He has been working especially hard on his individual medley events.

QUINTON WRIGHT

Senior competing in the spring freestyle events. He is looking to have a good year and only needs to fulfill his potential in order to help the team.

Women's Team Profiles

ERIN CHRISTEN

Could be a sleeper. She has a lot of talent and given time she could blossom into a very fine swimmer. She needs to gain more strength.

TERRI CRAIG

Terri is a very good backstroker and sprint freestyler. She could be a real surprise this year because she has so much potential. Although she hasn't swam competitively for a couple of years, she is a real team leader.

JILL DZIKONSKI

Jill will swim many different events. She has opted to swim the individual medley instead of backstroke. She is very competitive and accepts the challenge of trying new events for the first time.

ANN GLEASON

One of the most talented recruits based on her times in high school. Has a lot of natural ability and with hard work she could be very competitive within the conference.

AMI GRAY

Ami was very competitive at the high school level and should also prove to be at the college level as well. One of the hardest working swimmers with tremendous natural ability. She is an all-around good swimmer and could swim any event if needed.

LORI MCDOWELL

Lori has to be considered one of the most reknown swimmers on the team. She is the current record holder for both the 100 and 200 backstroke. She is a very hard worker and also very dedicated. A lot is expected of her and her best times don't prove how good she is. She concentrates hard and is one of the Co-Captains.

RITA NELSON

Rita is the lone diver on the team, not just because no one else dives, but also because she has no diving coach. She is highly talented with a lot of natural ability. She was a very good diver in high school and she is expected to help the team out a lot.

KARLA OSTERBERGER

Karla is a good spring freestyler and given the right situation she could be very competitive. She has very good strokes and should be strong in the conference. She was a member of the 200 and 400 medley relays and 200 and 400 freestyle relay school record holding teams. One of the Co-Captains.

SHELLY RUDIN

Shelly has a great deal of talent and should improve immensely. Very hard worker and extremely enthusiastic and staff expects a lot from her. Shelly has an outstanding future ahead of her.

MELISSA SAMPSON

She is the strong, silent type. She is a very hard worker who swims a lot of laps alone due to the fact that she is our only distance swimmer. Given the right type of training, her capabilities are unlimited.

SANDY SPRAY

Sandy is extremely dedicated and her hard work should pay off. She has a fantastic future ahead of her and should be very competitive within the conference. She is very poised even though she is just a freshman.

DEB SWARTZENDRUBER

Deb also is a current school record holder in two events for her times in the 100 and 200 breaststroke. She is very dedicated to her sport and she is someone the team can count on. If you ask her to do something, she will do it. She has a lot of capability and improvement is expected from her. Her best times are no indication of what she can do.

The Facilities

The East Gymnasium has become the permanent home of both Northern Iowa's swimming teams. Remodeling done in 1978 changed the old pool to an all-deep-water pool. The addition of a concrete bulkhead provides an area for the starting blocks and separates the warm-up area from the competition area.

Also added during remodeling were formed concrete diving platforms that feature Duraflex standards and Maxiflex diving boards. New starting blocks and backstroke standards were added. Quartz/mercury vapor lighting was installed to create excellent below the surface and entire pool illumination.

Anti-turbulence lane markers and automatic timing systems are used during competition and both the men's and women's locker rooms have been extensively remodeled.

The West Gym houses very important facilities for the swimming programs. A specially equipped weight room is used for strength and endurance training for the team. The weight room is equipped with Universal, Iso-kinetic machines and free weights for all types of conditioning.

Division I Status

The University of Northern Iowa participates in Division I of the NCAA in both men's and women's sports. Northern Iowa competes in a total of 19 varsity sports for both men and women.

UNI's football team is classified in the Division I-AA, while all other men's sports have full division I status. The women's teams enjoy full Division I standing after recently converting from AIAW sanctioning.

The men's teams compete in the eight-team Association of Mid-Continent Universities league and the women compete in the 10-team Gateway Conference.

The continuing improvement of the swim teams and the facilities has followed the University's plan to up-grade the entire athletic program. The swim teams and the rest of the athletic programs are integrated with the mainstream university functions to provide excellence in competition and academic achievement.

1982-83 Men's Results

OVERALL RECORD 6-5

Bradley	45-67
Western Illinois	33-80
Iowa	59-74
Northeast Missouri State	57-38
Wisconsin-LaCrosse	61-51
Augustana (IL)	72-43
Coe	87-25
Nebraska-Omaha	80-22
Creighton	100-21
Northern Illinois	47-66

AMCU CONFERENCE CHAMPIONSHIPS

5th of 5 Teams

Men's School Records

50 Free, M. DeHaan - 21.45 (1980)
100 Free, B. Gerrish-46.80 (1980)
200 Free, D. Davis - 1:42.38 (1980)
500 Free, B. Fowler - 4:43.37 (1975)
1000 Free, K. Meacham - 9:50.90 (1977)
1650 Free, K. Meacham - 16:29.70 (1977)
100 Fly, M. DeHaan - 52.80 (1981)
200 Fly, S. Broshar - 2:00.86 (1976)
100 Backstroke, A. Kehe - 56.66 (1979)
200 Backstroke, T. Whalen - 2:02.70 (1977)
100 Breaststroke, J. Ransom - 1:01.10 (1981)
200 Breaststroke, J. Ransom - 2:14.90 (1981)
200 IM, P. Whalen - 2:01.59 (1979)
400 IM, P. Whalen - 4:19.96 (1976)
400 Medley Relay, Vittetoe, Ransom, Warth - 3:48.0 (1983)
400 Free Relay, Gerrish, DeHaan, DeKock, Davis - 3:07.89 (1980)
800 Free Relay, Davis, Arntzen, Gerrish, DeKock - 6:58.78 (1980)
One-Meter Diving, M. Radech - 478.80 (1980)
Three-Meter Diving, J. Samuelson - 504.30 (1981)

1982-83 Women's Results

Overall Record 4-6

Missouri	60-87
Iowa	66-78
Western Illinois	46-89
Northeast Missouri State	54-94
Augustana (IL)	91-56
Coe	101-38
Nebraska-Omaha	88-46
Nebraska	48-91
Creighton	85-21
Northern Illinois	53-85

Women's School Records

400 Medley Relay, McDowell, Swartzendruber, Sherman, Osterberger - 4:23.75 (1982)
200 Medley Relay, McDowell, Swartzendruber, Green, Osterberger - 1:59.00 (1981)
1650 Free, Cindy Jergens - 18:48.76 (1982)
1000 Free, Cindy Jergens - 11:10.26 (1983)
500 Free, Cindy Jergens - 5:25.30 (1981)
200 Free, Cindy Jergens - 1:59.01 (1981)
100 Free, Cindy Jergens - 54.9 (1981)
50 Free, Cindy Jergens - 25.4 (1981)
200 Backstroke, Jill Dzikonski - 2:29.23 (1982)
100 Backstroke, Lori McDowell - 1:07.43 (1982)
50 Backstroke, Lori McDowell - 30.66 (1981)
200 Breaststroke, Deb Swartzendruber - 2:43.62 (1982)
100 Breaststroke, Deb Swartzendruber - 1:15.74 (1982)
50 Breaststroke, Deb Swartzendruber - 34.30 (1982)
200 Butterfly, Kristi Green - 2:21.82 (1982)
100 Butterfly, Kristi Green - 1:01.84 (1982)
50 Fly, Kristi Green - 28.41 (1982)
400 IM, Kristi Green - 5:08.04 (1982)
200 IM, Kristi Green - 2:20.06 (1982)
100 IM, Kristi Green - 1:06.08 (1982)
800 Free Relay, Jergens, Frish, Smith, Van Deventer - 8:17.65 (1982)
400 Free Relay, Jergens, Hamilton, Osterberger, Green - 3:47.08 (1983)
200 Free Relay, Jergens, Andre, Green, Osterberger - 1:45.22 (1982)
One-Meter Diving, 6 Dives, Lynne Seifert - 231.40
Three-Meter Diving, 6 Dives, Lynne Seifert - 244.40
Three-Meter Diving, 11 Dives, Lynne Seifert - 367.55