

1984

1984-85 Women's Swimming Guide

University of Northern Iowa

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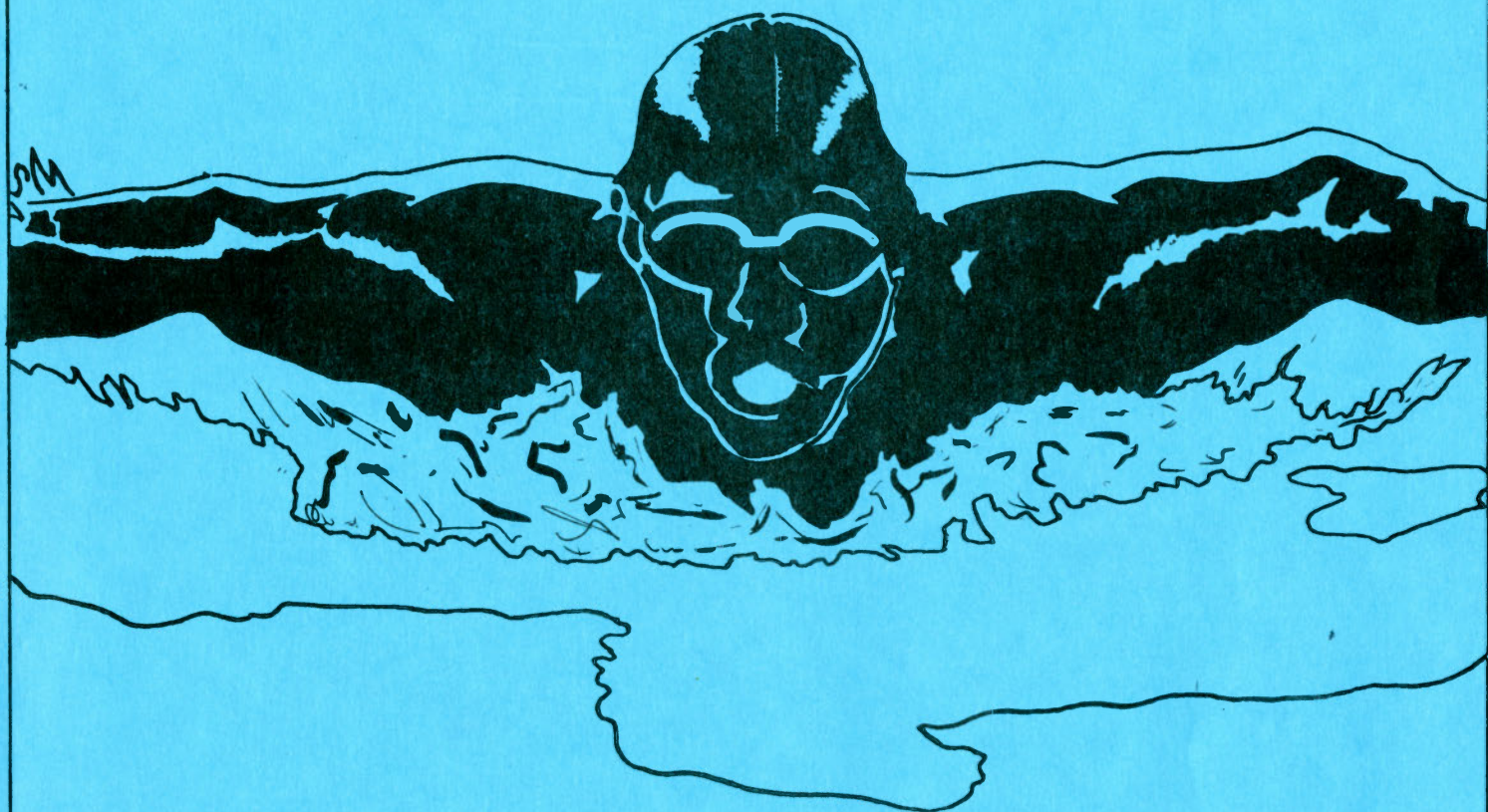
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1984-85

University of Northern Iowa



Women's

Swimming Guide

NORTHERN IOWA AT A GLANCE

FOUNDED: 1876
ENROLLMENT: 11,200
LOCATION: Cedar Falls, IA 50614
NICKNAME: Panthers
COLORS: Purple and Old Gold
PRESIDENT: Dr. Constantine Curris
CONFERENCE: Gateway Collegiate Athletic Conference
AFFILIATION: NCAA I
HOME FACILITY: East Gymnasium Pool
ATHLETIC DIRECTOR: Robert Bowsby
SPORTS INFORMATION DIRECTOR: Nancy Justis
Office: 319-273-6354
Home: 319-277-3631
ASSISTANT SID: Michael Madsen
Office: 319-273-3642
Home: 319-277-8204
HEAD WOMEN'S SWIMMING COACH: Susan Stodghill
(California-Davis, 1981)
YEARS AT UNI: 2nd
RECORD AT UNI: 3-4 dual mark
CAREER RECORD: 3-4 dual mark (1 year)
DIVING COACH: Lynnette Seifert (Northern Iowa, 1985)
SWIMMING OFFICE PHONE: 319-273-2406
1983-84 DUAL RECORD: 3-4

ABOUT THE UNIVERSITY

The University of Northern Iowa, located in Cedar Falls, was founded in 1876 as the Iowa State Normal School. From a single building on a 40-acre campus, the University has grown to include more than 40 major buildings, a 723-acre campus, 675 faculty members and 11,200 students.

Northern Iowa emphasizes outstanding undergraduate education, with complementary graduate programs at the master's, specialist's and doctoral levels. Building on its traditional strength in teacher education, Northern Iowa has developed other excellent programs in its School of Business, College of Humanities and Fine Arts, College of Natural Sciences and College of Social and Behavioral Sciences.

Campus landmarks include the Campanile, the Education Center, Strayer-Wood Theatre, Maucker University Union and the UNI-Dome. Special academic resources include the 500,000-volume University Library, the Industrial Technology Center and the Communications Arts Center. The campus, classrooms and residence halls are highly handicapped-accessible.

Northern Iowa is the home of the North American Review, a quarterly journal of literature that has received two National Magazine Awards in the fiction category. The University also operates KUNI-FM and KHKE-FM, whose 4,000-member "Friends" organization makes them two of the most popular public radio stations in the United States.

Northern Iowa competes in men's and women's athletics at the NCAA Division I level. In addition to a traditionally strong wrestling program, the University is competitive in football (Mid-Continent Conference, Division IAA) and men's basketball (Association of Mid-Continent Universities). In women's athletics the softball team has been especially successful, winning the AIAW Division II College World Series twice in recent years. The women are members of the Gateway Collegiate Athletic Conference.

Northern Iowa is a state-assisted university, part of the Iowa Regents system and also includes the University of Iowa and Iowa State University. The University's more than 40,000 alumni in the United States and other countries lend additional support through the UNI Foundation and other alumni programs.

SUSAN STODGHILL

HEAD COACH

After a successful age-group, high school and collegiate swimming career of her own, 26-year-old Susan Stodghill is entering her second year as a head swimming coach at Northern Iowa, bringing with her all the enthusiasm that a young, hungry coach can muster.

Stodghill, a 1981 graduate of the University of California-Davis, previously had served as the assistant women's swim coach at her alma mater from 1981-83, an age-group swim coach with the Woodland Swim Team in Woodland, CA; and a member of the coaching staff with the South Bay Aquatic Club in Mountain View, CA. Her coaching background has included formulation and implementation of a training program, analysis of stroke techniques and advice concerning competitive strategy.

Stodghill faces unique challenges at Northern Iowa but already sees improvement in the Panther program although this is only her second year on staff. The Panthers compete in a Division I program against the likes of the Tennessees, UCLAs, etc., but she feels UNI offers a great academic environment and a chance for interested athletes to combine their studies with an intense competitive swimming program.

Her own competitive background includes competing for the University of California-Davis varsity team four years, when the team placed fourth and second, respectively, in the AIAW Division III championships her junior and senior years; competing four years for the Los Altos High School (CA) varsity team; and competing with the highly acclaimed Santa Clara (CA) Swim Club for eight years in its age-group program.

Stodghill, in addition to her competitive coaching duties and teaching responsibilities, is in charge of the school's synchronized swimming program.

LYNNETTE SEIFERT

DIVING COACH

Lynnette Seifert has been named UNI diving coach for the 1984-85 season. A former diver herself with the Panthers, she is working on her bachelor's degree in accounting from UNI and plan on graduating next May.

She competed at UNI from 1980-83, participating in the AIAW Division II nationals in 1981 and '82. Her other experience includes coaching diving with the Ames (IA) Parks and Recreation Department.

ACADEMICS

The University of Northern Iowa offers degrees at both the graduate and under-graduate 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 also is 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.

1984-85 PANTHER PREVIEW

Quality, not quantity, is the key to this year's Northern Iowa women's swimming team outlook. Numbers often count in swimming, however, because of number of entries capable of swimming in an event to compile points but this fact doesn't seem to discourage second-year Head Coach Susan Stodghill.

"We're looking for a winning dual meet season," Stodghill says. "We're stronger with more depth this year, although we have the same number of athletes competing as last year. However, as any other team we have our definite strengths and our definite weaknesses. Our strengths lie in the sprint corps and we're weak in the distance events."

Ten swimmers are churning the water in the East Gym Pool in preparation for the season opener November 2 against Illinois-Chicago. Prior to that, the Panther will have an intersquad meet October 17 and an alumni meet October 27. Though the magic number of 11 may not seem so magical, Stodghill explains her squad as made up of "work horses" who are very "dedicated."

"I think we've got a lot of talent," Stodghill says. "We broke 10 school records last year and we should come close to matching that feat this year because of the people we have returning. We also have a better overall program. I'm more confident in my coaching abilities this year and our training is more intense this year."

Four swimmers return from last year's 3-4 team, including sophomore Ami Gray, last year's MVP; senior Lori McDowell, senior Karla Ostergerger and sophomore Sandy Spray, the only true distance person on the team. The rest of the squad is made up of five freshmen and one sophomore who sat out last season.

The training, as Stodghill says, is much more intense this year. The Panthers have been hard at it for over three weeks now. They lift weights three times a week which they didn't do last year, and are involved in eight water workouts a week, including two-a-days twice during the week.

"This team is much more receptive to this kind of training schedule," Stodghill says. "And what's really going to help us this year is the internal competition we have which can't do anything but make us stronger. Each swimmer is capable of being the best on the team in any event."

Stodghill is excited about this season's schedule, with its 12 home events. She feels UNI should be very competitive with Illinois-Chicago, Mankato State and Luther and that Iowa outside of the conference and Southern Illinois and Illinois State within the conference should pose the most problems. She feels the Panthers should be "on par" with other Gateway Collegiate Athletic Conference teams Eastern and Western Illinois this season. The rest of the meets on the slate, she says, "should be fun meets." The Panthers' biggest meet of the year always is the Midwest Championships to be held at Illinois-Chicago February 28 through March 2.

1984-85 WOMEN'S SWIMMING SCHEDULE

<u>Date</u>	<u>Opponent</u>	<u>Site</u>	<u>Time</u>
Oct. 17	INTERSQUAD MEET	EAST GYM POOL	2:30 p.m.
Oct. 27	ALUMNI MEET	EAST GYM POOL	2:00 p.m.
Nov. 2	ILLINOIS-CHICAGO	EAST GYM POOL	6:00 p.m.
Nov. 3	at Cyclone Relays	Ames, IA	All Day
Nov. 10	MANKATO STATE (co-ed)	EAST GYM POOL	2:00 p.m.
Nov. 16	at Iowa	Iowa City, IA	4:00 p.m.
Dec. 1	at Western Illinois (co-ed)	Macomb, IL	2:30 p.m.
Dec. 4	LUTHER (co-ed)	EAST GYM POOL	4:00 p.m.
Dec. 14	IOWA STATE	EAST GYM POOL	7:00 p.m.
Dec. 27-	at College Swim Coaches Forum	Ft. Lauderdale, FL	
Jan. 18	MISSOURI	EAST GYM POOL	6:00 p.m.
Jan. 19	WISCONSIN-LACROSSE (co-ed)	EAST GYM POOL	1:00 p.m.
Jan. 24	GRINNELL	EAST GYM POOL	6:30 p.m.
Jan. 25	SOUTH DAKOTA (co-ed)	EAST GYM POOL	7:30 p.m.
Jan. 26	Coe and Augustana at Coe (co-ed)	Cedar Rapids, IA	1:00 p.m.
Feb. 2	WISCONSIN-STOUT (co-ed)	EAST GYM POOL	1:30 p.m.
Feb. 8-10	at Gateway Collegiate Athletic Conference Championships	Macomb, IL	All Day
Feb. 16	NORTHERN ILLINOIS (co-ed)	EAST GYM POOL	2:00 p.m.
Feb. 28-	at Midwest Championships	Chicago, IL	All Day
Mar. 2			

1983-84 RESULTS (3-4)

IOWA	55-83
at Luther	84-24
at Missouri	55-82
WESTERN ILLINOIS	40-72
at Wisconsin-LaCrosse	58-51
at Coe	49-56
Augustana (at Coe)	68-36
at Gateway Conference	5th of 5 teams
at Midwest Championships	13th of 13 teams

1984-85 NORTHERN IOWA ALPHABETICAL ROSTER

<u>NAME</u>	<u>EVENT</u>	<u>YEAR</u>	<u>HOMFTOWN</u>
Janie Brown	Butterfly, Freestyle	FR	Ottumwa, IA
Amy Fraseur	Freestyle, Breaststroke, Individual Medley	FR	Tipton, IA
Ami Gray	Breaststroke, IM	SO	Urbandale, IA
Lori McDowell	Backstroke, Freestyle	SR	Cedar Rapids, IA
Terry Mohling	Freestyle, Butterfly	FR	Cedar Falls, IA
Karla Osterberger	Breaststroke, Freestyle	SR	Dubuque, IA
Karen Ray	Middle Distance Free	FR	Mason City, IA
Sandy Spray	Distance Freestyle	SO	Cedar Falls, IA
Tracy Young	Breaststroke, Freestyle	FR	Cedar Falls, IA

DIVERS

Kerry McFadden	SO	Cedar Falls, IA
Amy Padget	SO	Keosauqua, IA

SWIMMER PROFILES

JANIE BROWN--One of Coach Stodghill's 1984 recruits...Described by her coach as "a real tough kid who is very determined. I'm looking for a lot from her this season." Had a good high school career at Ottumwa (IA) but has some added pressure put upon her because she is only one of two fliers on the squad. "She has enough talent to come through, however." Majoring in accounting. Won prep letters in track and swimming and captained her swimming team her last two years. She loves all athletics and her biggest athletic thrill to date was competing in the state high school meet. She want to be a CPA when she graduates. Came to UNI for swimming and the academic program in her field. "I hope UNI has a winning season and I hope I can contribute by hitting my personal best times," she says. "I swim to stay in shape and it gives me a good feeling about myself. I like the feeling of being part of a team."

AMY FRASEUR--"A big surprise," according to Stodghill. "A good-lookin' freestyler and we needed a sprint freestyler. She adds depth and has a great attitude. She's a real fighter for a freshman and all the freshmen are tough. She's very intelligent." Received four letters in swimming, three in softball, two in basketball and one in track as a prep at Tipton. Was named MVP in swimming in 1983, captain in 1984 and advanced to the state meet her last three years. Hobbies include playing drums in band, art and music. Biggest athletic thrill to date was participating in the district swim meet in 1983 and the state meet all three years. "I would like to be a member of the medley and freestyle relays, to swim the 100 free and better my best time," she says of her goals. "I like to work hard and the pool is a place where I can forget all my worries. I love competition and I just enjoy swimming."

SWIMMER PROFILES, cont.

AMI GRAY--Most Valuable Swimmer a year ago..."So consistent and steady," says her coach. "She never misses and always wants more. She's a real team person and can swim just about anything and do well. She's very quiet but she has a lot of influence on the other team members." School record holder in the 100, 200 breaststroke and 200 and 400 individual medley. A team captain. Majoring in business. Earned four letters in swimming at Urbandale. Was MVP and captain in 1982. Hobbies include horseback riding and collecting figurines. She came to UNI because she liked the smaller campus and the closeness to home. "I would like to see everyone reach their potential. If they do, we should have an excellent season," she says. "I would like to reach my best times so I could benefit the whole team. I like swimming because it takes discipline, team spirit and conditioning. You also meet lots of new people, make a lot of new friends. I get personal satisfaction that I can do it."

LORI MCDOWELL--A "tough" swimmer who Stodghill plans to try at a couple different events. A good backstroker but she may be needed at middle distance free events. A "hard" worker who is looking for her best year as one of only two seniors on the squad. A captain. Majoring in public relations. Received four letters in swimming at Jefferson High School. Was captain in 1980. "I think the new (team) members we have this year show a lot of talent. Since this is my last year, I would feel satisfied if I broke all my best times," she says. "I like swimming for the competitiveness and it keeps me in shape and I enjoy it." Her biggest athletic thrill to date was placing third in the East-West Swim Meet in Fort Lauderdale, FL.

TERRY MOHLING--A late arrival in the freestyle and butterfly events from Cedar Falls. Comes from an excellent high school program. Co-captained her sophomore and junior years and was captain last season. Earned three letters in swimming and one in track. High school was Big 8 champs her senior year and district champs her freshman season. Hobbies include exercising. Majoring in elementary education and hopes one day to teach third grade and eventually go into administration. She likes swimming because "it relaxes my mind and I like being in shape." She hopes to improve this season and "have fun".

KARLA OSTERBERGER--A traditional sprint freestyler but became successful in breaststroke the end of last season. A "great" relay person because of her intensesness and fight. Likes to compete. Coach expects her best season is ahead of her. One of two seniors, so a leader. Earned four letters in swimming and two in track at Wahlert High School. Captained the swimming team two years. Participated in the state meet four years. Enjoys softball, volleyball and being with her friends. Majoring in physical education and hopes to coach at the high school level. "I would like to improve all my times and try some new events this season," she says. "I would like all of us on the team to become good friends and go for a winning season. I enjoy swimming because I like to compete and to get into shape."

KAREN RAY--"A toughy", says her coach, even though she doesn't have a lot of background "She's really 'eating it up' here and is working very hard," says Stodghill. "She could be our biggest surprise because she doesn't know a lot about herself. She'll add depth to the middle distance events." Won four letters in swimming at Mason City, participating in the state meet four years and captaining one year. Enjoys singing and reading. Spent last summer working at a pool and touring Europe for a month with an honor band and choir. "I want to achieve my personal bests and have a good time this season," she says. "I want to give support to other team members and help get fired up for the meets. Swimming helps me to feel better about myself and provides somewhat of an emotional outlet."

SWIMMERS PROFILES, cont.

SANDY SPRAY--Comes from a good background at Cedar Falls. One of the hardest workers. The only true distance swimmer on the squad. Always has a positive attitude. Other team members look up to her because when they're finished, she's still in the water. Earned four letters as a prep. Named outstanding freshman in 1979, team captain in 1981 and '82, Outstanding Junior in '81 and Outstanding Senior in '82. Hobbies include drawing, printing and skiing. Majoring in chemistry. "My goal for this year is to start where I left off last year and improve even further as the year goes on," she says. "for the team, I'd like to see a winning season, but more importantly, I'd like to see all my teammates enjoy what they are doing and have a good time." Spray says she gets a satisfaction of accomplishing goals and using talents to the best of her ability. She "likes hard work"!

TRACY YOUNG--This year's no. 1 recruit from Cedar Falls. Of all the members, she has been described as the most competitive. Comes from the outstanding Cedar Falls swimming background, the same as Sandy Spray and Terry Mohling. Incredibly strong for her size. Will be a big help on relays and will swim primarily breaststroke. Has a quiet determination. Earned three letters in swimming and two in track as a prep. Was a co-captain, district champ two years in breast and Big 8 champ in 1983. Named Outstanding Swimmer in 1983 and holds prep school records in 100 meter and 100 yard breast. Team was 1983 Big 8 champs, ending with a 7-2 dual meet mark. Hobbies include golf, tennis, running, biking, reading and watching soap operas. Hopes to become a physical therapist or recreational therapist when she graduates. "My team goal is for us to have a winning season, work together as a team and still to have fun doing it. My personal goal," she says, "is to get in the best shape I've ever been in and to lower my times. I want to do the best job I can for myself and the team. I like to swim because it puts me in good physical condition and it makes me feel better about myself. It also helps to relieve stress and tension and makes me have a better outlook on life."

DIVER PROFILE

AMY PADGET--Attended Van Buren Community High School and Indian Hills Community College. Did not participate in high school athletics. Hobbies include photography, horseback riding and reading. "This year, I would like to get my dives together," she says. "Together with Kerry (McFadden), we just might pull off some first places. I find swimming and diving very relaxing. In the middle of a dive, it's almost like you are flying. I find it really self-satisfying."

NORTHERN IOWA RECORDS

<u>Event</u>	<u>School Record</u>	<u>Pool Record</u>
400 Medley Relay	4:19.47 (1983) Lori McDowell, Deb Swartzendruber, Kristi Green, Cindy Jergens	4:18.51 Wisconsin-LaCrosse (1982)
200 Medley Relay	1:57.3 (1984) Ann Gleason, Swartzendruber, Erin Christen, Karla Osterberger	1:54.08 Western Illinois (1983)
1650 Freestyle	18:48.76 (1982) Cindy Jergens	
1000 Freestyle	11:10.96 (1983) Cindy Jergens	11:00.39 (1983) Amber Hunt Western Illinois
500 Freestyle	5:21.32 (1983) Cindy Jergens	5:25.30 (1981) Cindy Jergen. Northern Iowa
200 Freestyle	1:59.01 (1981) Cindy Jergens	2:00.0 Kathy Wagner Wisconsin-LaCrosse
100 Freestyle	:54.9 (1981) Cindy Jergens	:54.9 (1981) Cindy Jergens Northern Iowa
50 Freestyle	:25.4 (1981) Cindy Jergens	:25.2 (1982) Kathy Wagner Wisconsin-LaCrosse
200 Backstroke	2:21.2 (1984) Ann Gleason	2:22.0 (1982) Joan Kapellas Wisconsin-LaCrosse
100 Backstroke	1:02.5 (1984) Ann Gleason	1:02.75 (1983) Durleen Pearson Western Illinois
50 Backstroke	:30.32 (1983) Ann Gleason	:29.42 (1983) Nauman Iowa
200 Breaststroke	2:37.1 (1984) Ami Gray	2:31.45 (1983) Diane Heydt Western Illinois
100 Breaststroke	1:13.9 (1984) Ami Gray	1:15.75 (1981) Michele Fernau
50 Breaststroke	:34.19 (1983) Deb Swartzendruber	:34.0 (1981) Fleming Grinnell
200 Butterfly	2:19.4 (1984) Erin Christen	2:14.69 (1982) Ann Kremer Missouri
100 Butterfly	1:01.84 (1982) Kristi Green	1:01.84 (1982) Kristi Green Northern Iowa
50 Butterfly	:28.41 (1982) Kristi Green	:28.60 (1981) Kristi Green Northern Iowa
400 Individual Medley	5:00.3 (1984) Ami Gray	5:10.0 Doreen Lenke Wisconsin-LaCrosse

(cont)

NORTHERN IOWA RECORDS, cont.

200 Individual Medley	2:20.6 (1982) Kristi Green	2:18.6 (1982) Barb Slogr Nebraska-Omaha
100 Individual Medley	1:06.8 (1982) Kristi Green	1:03.76 (1982) Cheryl Cole, Missouri
800 Freestyle Relay	8:17.654 (1981) Cindy Jergens Frish, Smith, VanDeventer	8:21.26 (1981) Northern Iowa
400 Freestyle Relay	3:47.88 (1983) Cindy Jergens, Hamilton, Karla Osterberger, Kristi Green	3:44.99 (1983) Western Illinois
200 Freestyle Relay	1:44.35 (1984) Erin Christen, Lori McDowell, Karla Osterberger, Craig	1:44.97 (1983) Western Illinois
One Meter Diving (6 Dives)	231.40 Lynn Seifert	214.95 Lynn Seifert Northern Iowa
Three Meter Diving (6 Dives)	244.40 Lynn Seifert	244.40 Lynn Seifert Northern Iowa
Three Meter Diving (11 Dives)	367.55 Lynn Seifert	