

1984

1984-85 Men's Swimming Guide

University of Northern Iowa

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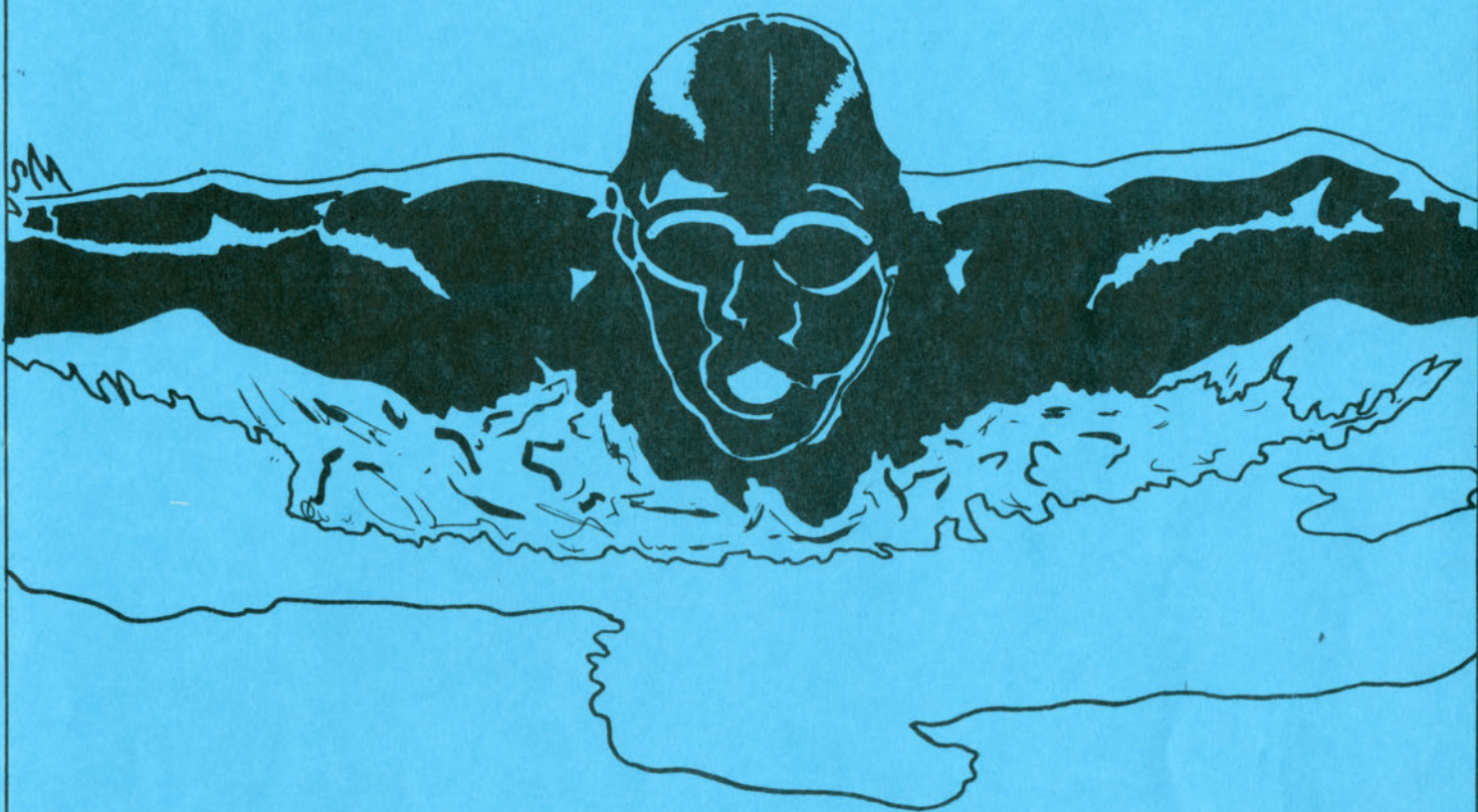
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1984-85

University of Northern Iowa



Men'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 Bowlsby
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 MEN'S SWIMMING COACH:	Jim Hall
	(Eastern Illinois, 1981)
YEARS AT UNI:	2nd
RECORD AT UNI:	2-6 dual mark
CAREER RECORD:	2-6 dual mark (1 year)
DIVING COACH:	Lynnette Seifert (Northern Iowa, 1985)
SWIMMING OFFICE PHONE:	319-273-2406
1983-84 DUAL RECORD:	2-6

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 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.

JIM HALL

HEAD COACH

Jim Hall is entering his second season as coach of the Northern Iowa men's swim program. In his first year at the helm, his team was 2-6 in dual meets and finished fifth of five teams in the Association of Mid-Continent Universities conference championships. During the year, however, two school records that existed on the books for over six years were broken and 28 life-time best swims were recorded.

Hall came to UNI after being an assistant coach for both the men's and women's programs at Eastern Illinois in 1982 and 83. He received his bachelor's in Physical Education and completed his master's degree while managing the role of swim assistant at EIU. During his undergraduate years, Hall swam on the Eastern team, competing in sprint, middle-distance and distance freestyle and butterfly events. He was a six-time NCAA All-American in six events in 1979, '80 and '81 and was a member of the Illinois All-State collegiate swim team in those years. He also was a school record holder for the EIU Panthers.

Hall originally is from McHenry, IL, where he competed in swimming and water polo as a prep. He currently is engaged and enjoys the Cedar Falls areas. "It's a nice area and growing," says Hall. "It's very similar to McHenry."

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.

1984-1985 MEN'S SWIMMING OUTLOOK

"We can't be much worse than last year," says Coach Jim Hall, regarding the 1984-85 men's swimming outlook. "Last year was disappointing, but we came on at the end of the season and things could be interesting this year."

Coach Hall is referring to the end of season accomplishments of 28 life-time best swims and two school records--the first time a men's school record has been broken in three years. Some team members even managed to drop four and five seconds off their best times.

The team is still young and inexperienced, especially with the addition of six freshmen members. Hall recruited heavily in Cedar Rapids, Des Moines, Dubuque, Quad Cities and Cedar Falls areas in order to aid events where there were shortages of competitors. However, there are 10 letterwinners returning and these swimmers have better attitudes than before, making Coach Hall enthusiastic. "I think we can be a lot better; I can see it already," comments Hall. "We set two records last year, but there are still some school records that need updating. We missed three other marks by just a few 10ths of seconds."

The team has set its goals of compiling an 8-3 dual meet record for the '84-'85 campaign and a top three finish in the ACMU conference meet in which eight teams will be participating. The Panthers face a demanding schedule and figure on bowing to Iowa, Bradley and Western Illinois. Another tough meet could be the dual with Wisconsin-LaCrosse.

Individuals to look for are school record-holders Scott Reinart in the butterfly and freestyle and Jeff Engel in the freestyle events. Also, note Panthers Dave Sund and Mark Sullivan in the freestyle events and Dan Kadlec in the breaststroke.

1984-85 MEN'S SWIMMING SCHEDULE

<u>Date</u>	<u>Opponent</u>	<u>Time</u>	<u>Site</u>
Oct. 27	ALUMNI MEET	Noon	East Gym Pool
Nov. 10	MANKATO STATE (Co-Ed)	2:00 p.m.	East Gym Pool
Nov. 30	at Bradley	4:00 p.m.	Peoria, IL
Dec. 1	at Western Illinois (Co-Ed)	2:00 p.m.	Macomb, IL
Dec. 4	LUTHER (Co-Ed)	4:00 p.m.	East Gym Pool
Dec. 14	at Iowa	7:00 p.m.	Iowa City, IA
Dec. 23- Jan. 8	at CSCAA College Swim Forum		Ft. Lauderdale, FL
Jan. 19	WISCONSIN-LACROSSE (Co-Ed)	1:00 p.m.	East Gym Pool
Jan. 25	SOUTH DAKOTA (Co-Ed)	7:30 p.m.	East Gym Pool
Jan. 26	Coe/Augustanna (Co-Ed) at Coe	1:00 p.m.	Cedar Rapids, IA
Feb. 2	WISCONSIN-STOUT (Co-Ed)	1:30 p.m.	East Gym Pool
Feb. 16	NORTHERN ILLINOIS	2:00 p.m.	East Gym Pool
Feb. 22-23	at Minnesota Invitational	All Day	Minneapolis, MN
March 7-9	at AMCU-8 Conference Championships	All Day	Chicago, IL

1983-84 RESULTS (2-6)

UNI	62	Luther	50
UNI	23	Bradley	89
UNI	37	Western Illinois	77
UNI	32	University of Iowa	81
UNI	45	University of Wisconsin LaCrosse	66
UNI	54	Coe	59
UNI	57	Augustana	56
UNI	47	Northern Illinois	65
AMCU-8		Championships	5th of 5

1984-85 NORTHERN IOWA MEN'S SWIMMING ROSTER

<u>Name</u>	<u>Class</u>	<u>Events</u>	<u>Hometown (High School)</u>
Paul Below	FR	Sp. Free	Charles City, IA (Charles City)
Doug Christensen	FR	Breaststroke	Dubuque, IA (Senior)
Tony DeSmet	FR	Breaststroke	Rock Island, IL (Allenan)
Jeff Engel	SR	Distance Free	Cedar Falls, IA (Cedar Falls)
Phil Gould	JR	Breaststroke	New London, IA (N. Des Moines)
Dan Kadlec	FR	Breast, IM	West Des Moines, IA (Valley)
Tim Ketelaar	SO	Distance Free, IM	Davenport, IA (Central)
Mike Koerner	FR	Sprint Free	West Des Moines, IA (Valley)
Matt Lawson	SO	IM, Free	Fort Dodge, IA (Fort Dodge)
Chris McAleer	JR	Breaststroke	Atlantic, IA (Atlantic)
Scott Reinart	SO	Free, IM Fly	Davenport, IA (West)
Bill Saxton	SO	Back, Free	Fort Dodge, IA (Fort Dodge)
Mark Sullivan	SO	Distance Free	Milan, IL (Rockridge)
Dave Sund	JR	Sprint Free	Cedar Falls, IA (Cedar Falls)
Dwayne Thompson	FR	Distance Free	Cedar Rapids, IA (Jefferson)
Rick Thomsen	SO	IM, Fly	Davenport, IA (West)
Mike Vittetoe	SR	Backstroke	Ottumwa, IA (Ottumwa)
Todd Warth	JR	Fly, IM	Iowa City, IA (Muscatine, IA)

Letterwinners returning: (Sr.) Vittetoe, Engel (Jr.) McAleer, Sund, Warth, Gould,
(So.) Ketelaar, Reinart, Sullivan, Thomsen

Letterwinners lost: Jay Goodlove, John Friest, Mark Corely

INDIVIDUAL PROFILES

SENIORS

Jeff Engel - Co-captain and team leader while participating in middle-distance and distance freestyle events...set school record in the 1650 freestyle last season...4-year letterwinner in swimming as a prep...enjoys raquetball and hunting...biotechnology major whose mother is Dorothy D. Heine.

Mike Vittetoe - Co-captain competing primarily in the backstroke...has good technique while improving on strength...a high school Jr. Olympic state champion in the 200 backstroke...public relations major whose parents are Raymond and Margaret Vittetoe.

JUNIORS

Phil Gould - participates in breaststroke and individual medley...was in band as well as swimming in high school...learns time management and goal setting from swimming...marketing major...parents are Herbert and Dorothy Gould.

Chris McAleer - Comes from a high school without any swim program...will compete in breaststroke and backstroke...earned numerous high school band awards...biology major who came to UNI because of the fine biology program offered...enjoys skiing and playing Dungeons and Dragons...son of Pat and Linda McAleer.

Dave Sund - Sprint freestyler...could win more events by improving endurance...wants UNI swim team's "presence felt in the midwest this year"...majoring in financial management...spent last summer building swimming pools...parents are Clifford and Karen Sund.

Todd Warth - Butterfly and individual medley competitor...has good endurance and attitude...close to school records in his events...enjoys meeting "a lot of super people" through swimming...geology major who also enjoys playing tennis and softball...son of James and Elaine Warth.

SOPHOMORES

Tim Ketelaar - Distance freestyle, individual medley and butterfly participant...very hard worker looking for great improvement this year...placed 6th in the state as a junior in high school...enjoys writing and helped with his high school newspaper...a PE major whose parents are Mr. and Mrs. William Ketelaar.

Matt Lawson - Competes in individual medley and freestyle events...transfer from the University of Iowa...took a year off from school...4-year H.S. letterwinner...all-stater as a prep...spent last summer in Los Angeles watching the Olympics...learns "hard work ethics" and discipline from swimming...accounting major whose mother is Mrs. Gayle Cruse.

Scott Reinart - A butterfly, individual medley and middle-distance freestyle competitor...school record holder in the 200 butterfly...Coach Hall considers "Probably one of the most versatile workers that we have, a tough one to beat"...a 4-year prep letterwinner and all-stater whose biggest athletic thrill to date was placing in the state finals...enjoys pet fish as well as swimming...son of Mr. and Mrs. Robert Reinart.

Bill Saxton - backstroker...4-year H.S. letterwinner and honorable mention all-state...held AAU state records in 200 and 400 medley relays...participated in student government and music while in high school...business administration major whose parents are John and June Saxton.

Mark Sullivan - Distance freestyler..."Workhorse for the year who improved every meet last year. Can't say enough about him," says Coach Hall...a YMCA national qualifier as a prep...industry major...career ambitions are establishing a good job, home and family...parents are James and Stephanie Sullivan.

Rick Thomsen - Participates in individual medley, backstroke and butterfly events...a 4-year letterman in high school...biggest athletic thrill to date was placing 17th in high school state swim meet...accounting major who came to UNI because of fine accounting program...father is Richard Thomsen.

FRESHMEN

Paul Below - Sprint freestyler who could help the team out...4-year high school letterwinner...also was in band, choir and drama as a prep...accounting major who hopes to become a CPA in a Big 8 accounting firm...hobby is reading novels...son of Dave and Mary Gould.

Doug Christensen - Breaststroker...could do some things for the Panthers...4-year prep letterwinner...also enjoyed cheerleading, choir and art in high school...hobbies are drawing and socializing...physics major...parents are John and Lois Christensen.

Tony DeSmet - Breaststroker...according to Coach Hall, "Could be a sleeper; could really come on for us"...no high school program...came to UNI because wanted to swim...biggest athletic thrill to date was going to the YMCA nationals in 1983...spent last summer training for triathlon...exercise physiology major whose parents are Michael and Sharon DeSmet.

Dan Kadlec - Breaststroke and individual medley competitor who Coach Hall sees as "One of the best recruits out of the State of Iowa"...4-year letterman on last year's Iowa H.S. state champion swim team...also was in band as a prep...accounting major who came to UNI because of the fine program...parents are Harvey and Mary Kadlec.

Mike Koerner - Sprint freestyler...hard worker...lettered 4 years in high school
...HS team was Iowa state swim champs last season...hobby is stamp collect-
ing...wants to get into politics in the future...son of Robert and Janet
Koerner.

Dwayne Thompson - Distance freestyler...hard worker that Coach Hall says, "Improves
on a daily basis"...biggest athletic thrill to date was breaking a school
record as a prep...gets leadership qualities and sore muscles out of swim-
ming...enjoys building models and race cars and eventually wants to race
cars...accounting major whose parents are Leroy and Linn Thompson.

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.

UNIVERSITY OF NORTHERN IOWA MEN'S SWIMMING

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	9:50.00	1977
1650 Free	J. Engel	16:25.51	1984
100 Butterfly	M. DeHaan	:52.80	1981
200 Butterfly	S. Reinart	2:00.57	1984
100 Backstroke	A. Kehe	:56.66	1979
200 Backstroke	T. Whalen	2:02.70	1977
100 Breaststroke	J. Ranson	1:01.10	1981
200 Breaststroke	J. Ranson	2:14.90	1981
200 Individual Medley	P. Whalen	2:01.59	1979
400 Individual Medley	P. Whalen	4:19.96	1979
1 M Diving	M. Radech	478.30	1975
3 M Diving	J. Samuelson	504.30	1981
400 Medley Relay	Kehe, Ranson, Muetzal, Davis	4:37.09	1980
400 Free Relay	Gerrish, DeHaan DeKock Davis	3:07.89	1980
800 Free Relay	Davis, Arntzen Gerrish, DeKock	6:58.78	1980