

1996

1995-96 Swimming & Diving

University of Northern Iowa

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UNIVERSITY OF NORTHERN IOWA

1995-96

Swimming
&
Diving



A Pool of Talent

Coaches

Panther head coach Jim Hall has high hopes as he enters his 13th season at UNI. Named Midwest Championship Coach of the Year in 1989, Hall has a 63-116-1 career record, all at UNI, including a 4-9-1 record last year.

A graduate of Eastern Illinois in 1982, Hall held records in the 800 freestyle relay and the 200 and 500 yard freestyle. He was an all-American in six events and was named to three all-conference and all-American teams.

The Panthers have broken every women's record under the direction of Hall. Last year, seven more records fell — four women's and three men's.

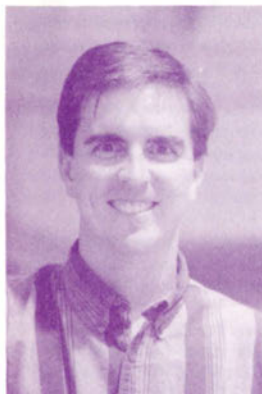
In addition to his coaching success, Hall is a frequent competitor in the Masters division.



Jeff Noble looks to make a splash going into his seventh year as the Panthers' head diving and assistant swimming coach with the largest group of divers ever at UNI. After graduating from Iowa State in 1988, Noble earned a master's degree in recreation administration from Western Illinois.

He began his coaching career at Urbandale High School in Urbandale, IA, where he coached two state qualifiers. He returned to Western Illinois and coached two school record-holders, a conference record-holder, and a two-year NCAA Zone Qualifier.

Noble had a big year in 1994 — he was named the Diving Coach of the Year at the Mid-East Championships.



The New Wellness/Recreation Center

In the fall of 1997, the University of Northern Iowa will complete construction of its new Wellness and Recreation Center, a multipurpose athletic facility.

Along with its new weightroom, raquetball courts and numerous other additions, the Wellness/Recreation Center will house an eight-lane, 25-meter competitive pool, complete with three- and one-meter diving boards. The facility also will feature an automatic timing system, flow-through lane lines and overhead spectator seating.

It all adds up to a state-of-the-art complex in which the swimming and diving teams can train and host meets.

UNI Coach Jim Hall feels that construction of the Center already has had an impact on the success of the program.

"The Wellness/Recreation Center has helped us bring in better student-athletes. It'll be a great facility and will help us do a lot of different things," he said.

1995-96

Outlook

Ask Northern Iowa head coach Jim Hall how he feels about beginning his 13th year with the Panthers, and you'll have a hard time getting a word in. He expects a very exciting season from an experienced group of swimmers.

"We're a veteran team this year," he stated. "We only lost four seniors, and have brought in some quality kids. Top to bottom, this could be the best team I've had at UNI."

Last season, the Panthers were competitive in most of their meets, but just couldn't get it done when it counted. This year, though, Hall expects things to change.

"We've got a well-balanced team with no real weak spots. Last year, we couldn't pull it out when we had to. This year, our biggest asset will be our ability to move people around and put them where we need them at the right time," he said.

The seniors are expected to contribute immediately. These include Ben Reinking, Ian Barnhouse, Blake Bextine, Pat McDonald, Andy McElmeel, Mark Miller, Tina Purdy, Jenny Folsom, Sara Murphy and Andrea Brown.

"Our 10 seniors will be looked to for leadership when we need it," Hall said.

Newcomers expected to make their presence known are Nate Eisenhower, Jeff Sammy, Matt Hamer, Jeff Norris and Brian Gay for the men. For the women, Sara Babler, Molly Edwards, Erin Hughes, Angie Rittgers and Rachael Nosbisch should play an important role in the success of the team.

Diving coach Jeff Noble also has a veteran group to work with. "We've got nine members on the team, two of whom are freshmen," said Noble. "This is the largest team I've had at this point."

Two people, Paul Stover and Folsom, should make an impact right away.

"Paul is the defending men's 3-meter champion at the Mid-East Regional. Jenny is the only senior for the women. She'll be looked at for leadership. We've got solid depth throughout the lineup.

"We'll just be looking for improvement, especially more consistency," added Noble.

1994-95 Results

	<u>Men (2-4-1)</u>	<u>Women (2-5)</u>
Panther Co-Ed Relay Invitational	1st of 5	1st of 5
@Western Illinois	102-116	96-128
@Eastern Illinois Invitational	3rd of 6	3rd of 6
@Bradley	124-114	126-116
@Missouri Valley Conference Championships	4th of 5	4th of 5
Northeastern Illinois	77-31	77-31
@Bradley Invitational	3rd of 6	2nd of 6
@Iowa State	84-153	80-162
Northern Illinois	50-62	39-73
Bradley	64-49	71-42
@Wisconsin-Milwaukee	111-130	107-133
@Wisconsin-Green Bay	121-121	96-143
@Mid-East Championships	3rd	3rd

Rosters

Women			
Sara Babler	Fr.	Fly	Naperville, IL/Waubonsie Valley HS
Erin Blaine	Fr.	Free	Indianola, IA
Andrea Brown (C)***	Sr.	Breast	Des Moines, IA/East HS
Erin Daniels*	So.	Free/Back	Des Moines, IA/Roosevelt HS
Megan Daniels	Fr.	Free	Des Moines, IA/Roosevelt HS
Amber Denney**	Jr.	Breast/IM	Urbandale, IA
Molly Edwards	Fr.	Breast	Marion, IA/Linn-Mar HS
Melissa Fey**	Jr.	Free/Dist.	Freeport, IL
Jen Folsom***	Sr.	Diving	Des Moines, IA/West Des Moines Dowling HS
Andrea Glasscock**	So.	Distance	Cedar Falls, IA
Kimberly Gusa*	So.	Diving	South Sioux City, NE/Sargent Bluff-Luton HS
Kelly Heidner**	Jr.	Diving	Waukesha, WI/North HS
Nadine Hinkle	Fr.	Back/Fly	Dike, IA/Dike-New Hartford HS
Erin Hughes	Fr.	Fly/Dist.	Lenexa, KS/St. Thomas Aquinas HS
Emi McCarty	Fr.	Free/Back	Guthrie Center, IA
Jennifer McMorris	Fr.	Diving	Cedar Rapids, IA/Washington HS
Jessica Motto	Fr.	Free	Bettendorf, IA/Pleasant Valley HS
Emily Mulgrew	Fr.	Fly	Dubuque, IA/Senior HS
Sara Murphy (C)***	Sr.	Back	Ankeny, IA
Robyn Nolan**	Jr.	Distance	Ankeny, IA
Rachel Noshisch	Fr.	Dist./Back	Newton, IA/Dowling HS
Tina Purdy (C)***	Sr.	Fly/Sprints	Marshall, MO
Natalie Reinking**	Jr.	Dist./Free	Sioux City, IA/East HS
Angie Rittgers	Fr.	Free/Fly	Johnston, IA
Jacy Rose	Fr.	Free	Keokuk, IA/Senior HS
Adrienne Sharp*	So.	Fly/IM	Eldridge, IA/North Scott HS
Shelley Stanley*	So.	Fly/IM	Marshalltown, IA
Kaia Thiese**	Jr.	Distance	Des Moines, IA/Hoover HS
Karin Tollefson*	So.	Diving	Ames, IA
Allison Tomhave**	Jr.	Breast/Spr.	Marshalltown, IA
Jolin Williams*	Jr.	Distance	Galena, IL/John Hersey HS
Men			
Ian Barnhouse (C)***	Sr.	Breast	Iowa City, IA/West HS
Matt Betterton	Fr.	Breast/Free	Cedar Rapids, IA/Jefferson HS
Blake Bextine (C)***	Sr.	Breast	Bedford, TX/L.D. Bell HS
Patrick Bonuso**	Jr.	Spr./Breast	Arlington Heights, IL/Bufalo Grove HS
Brennan Cleveland*	So.	Free/Breast	Cedar Rapids, IA/Washington HS
Nate Eisenhauer	Fr.	Spr./Free	Ankeny, IA
Mark Gaffey*	So.	Diving	Iowa City, IA/West HS
Brian Gay	Fr.	Sprints	Forest Lake, IA
Matt Harner	Fr.	Breast	Iowa City, IA/City HS
Andrew Harris	So.	Sprints	Davenport, IA/Central HS
Jeff Heinz*	So.	Back/Fly	Peoria, IL/Dunlap HS
Eric Hoak**	Jr.	Back	Sioux City, IA/North HS
Zachary Irvine*	Jr.	Breast/IM	Urbandale, IA
Arne Jacobson	Fr.	Back/Free	Cedar Falls, IA
Jason Lee	Jr.	Free/Fly	Cedar Falls, IA/Northern University HS
Adam Lord*	So.	Breast	Hawthorn Woods, IL/Adlai Stevenson HS
Josh Madsen*	So.	Distance	Waverly, IA/Waverly-Shell Rock
Pat McDonald***	Sr.	Back/Spr.	Albia, IA
Andy McElmeel**	Sr.	Free	Rockford, IL/Thomas Jefferson HS
Mark Miller	Sr.	Distance	Mason City, IA
Chris Minkley	Fr.	Diving/Spr.	Morton Grove, IL/Maine East HS
Justin Montgomery	So.	Breast	Cedar Rapids, IA/Kennedy HS
Jeff Norris	Fr.	Distance	Arlington Heights, IL/Bufalo Grove HS
Ben Reinking (C)***	Sr.	Sprints	Sioux City, IA/East HS
Steve Stafford	Fr.	Breast/Free	Waverly, IA/Waverly-Shell Rock HS
Jacob Stall*	Fr.	Free	Bettendorf, IA/Pleasant Valley HS
Joel Stevens**	Jr.	Fly	Burlington, IA
Paul Stover**	Jr.	Diving	Granger, IA/Johnston HS
Jeff Summy	Fr.	Fly	Ankeny, IA
Chad Thatcher*	So.	Diving	Dubuque, IA/Hempstead HS
Steve Thorpe	So.	IM/Fly	Waterloo, IA/West HS
Jeremy Voigts*	So.	Sprints	Waverly, IA/Waverly-Shell Rock HS

(C)Denotes captain
*Denotes letters won

Panther

Profiles

Andrea Brown: A senior captain, Brown competes in the breaststroke and 200 IM. A graduate of Des Moines East High School, she qualified for state four times and earned academic all-conference and all-state honors. Brown was a two-year MVP, as well as team captain her junior and senior years. She earned a Panther academic award in addition to her three collegiate letters. She is majoring in Elementary Education.

Melissa Fey: A sophomore from Freeport, IL, Fey has earned two letters competing in freestyle and distance events. While at Freeport High School, she was a four-year all-conference selection and honor roll student. A Public Health major with a Psychology minor, Fey's chief ambition is to finish graduate school.

Jen Folsom: A senior diver, Folsom has earned three letters at UNI in one- and three-meter events. A three-time record holder at West Des Moines Dowling High School, she won the conference championship her senior year, was district runner-up and qualified for state. An elementary education major, her chief ambition is to help children become the best they can be.

Kelly Heidner: A junior out of Waukesha, WI, Heidner graduated from North High School where she finished sixth in the state diving championship in 1992. She earned seven letters in high school — three in diving and four in track — in addition to the two diving letters she's earned at UNI. A Speech Pathology major, she also is a member of the Golden Key Honor Society.

Sara Murphy: A senior captain, Murphy has earned three letters in the backstroke. As a team captain at Ankeny High School, she qualified for the state championship her senior year and earned academic all-state honors. An Elementary Education major, Murphy's chief ambition is to graduate and get a teaching job.

Tina Purdy: A senior captain, Purdy is a three-time letterwinner from Marshall, MO. She is part of the record-holding 200 freestyle relay team and is expected to compete in freestyle events this season. She is majoring in Leisure Services with an emphasis in Fitness and Youth Agency Administration.

Natalie Reinking: A junior from Sioux City, IA, Reinking has earned two letters with the Panthers. At East High School, she amassed seven letters in swimming, soccer and track. She was a two-time MVP, team captain her senior year and qualified for state three times. Reinking is majoring in Elementary Education.

Allison Tomhave: A junior from Marshalltown, IA, Tomhave is expected to compete in freestyle and breaststroke events. She earned 12 letters at Marshalltown High School in track, basketball and swimming, as well as two swimming letters at UNI. A physical education major, her chief ambition is to succeed in teaching and coaching.



Brown Fey Folsom Heidner Murphy Purdy Reinking Tomhave Barnhouse
Bextine Bonuso Hoak McDonald McElmeel Miller Reinking Stover

Ian Barnhouse: A senior captain from Iowa City, IA, Barnhouse was a three-year letterwinner and two-time state qualifier for West High School. An Art major, he has earned three letters at UNI and is expected to compete in the breaststroke this season. Barnhouse is intent on breaking the 100 and 200 breaststroke records.

Blake Bextine: A senior captain from Bedford, TX, Bextine has lettered three times at UNI. He is expected to compete in the 400 IM and 200 butterfly this season. While in high school, he earned four letters and was named to the all-state first team in the 200 IM and 100 breaststroke. He is a Biology major.

Pat Bonuso: A junior from Arlington Heights, IL, Bonuso was named captain and MVP of the Buffalo Grove High School swim team. He also qualified for state and earned four letters. Nicknamed "Chia," Bonuso is a two-time letterwinner at UNI and also anchored the record-holding 200 freestyle relay team. He is a Computer Science major.

Eric Hoak: A junior from Sioux City, IA, Hoak earned four letters, two MVP honors, all-state honorable mention and three school records at North High School. Since then, he's had quite an impact with the Panthers — he currently holds school records in the 50 freestyle, 100 and 200 backstroke, and was a member of the record-setting 200 freestyle relay team. Hoak is majoring in business management.

Pat McDonald: A senior from Albia, IA, McDonald earned 10 letters in track, cross country and swimming at Albia High School. A three-time state qualifier, he has since earned three letters with the Panthers, as well as the Panther Academic Award and the Coach's Award. McDonald is a Physical Education major who's chief ambition is to coach in the Olympics.

Andy McElmeel: A senior from Rockford, IL, McElmeel was a two-year MVP and lettered four times at Jefferson High School. He's a returning letterwinner who also earned academic honors last season. An Accounting major, McElmeel would like to break 1:50.00 in the 200 freestyle.

Mark Miller: A senior from Mason City, IA, Miller is expected to swim distance events for the Panthers this season. He qualified for state three years and his team won the state title the '91-'92 season. Nicknamed "Shake," Miller has earned two letters at UNI. He's an Art Design major.

Ben Reinking: A senior captain from Sioux City, IA, Reinking has earned letters the past three years and was named MVP last season. While a prep at East High School, he was named to the all-state team his junior year and the academic all-state team as a senior. A four-year MVP, he also qualified for state three times. Reinking is majoring in Biology/Pre-med and his chief ambition is to go to medical school.

Paul Stover: A junior diver from Johnston, IA, Stover enters the season as the defending three-meter champion at the Mid-East Regional. A Finance major, he's been a two-year letterwinner for the Panthers. In high school, Stover placed fifth at the state meet in 1993.

Panther Record Book

(Bold indicates members of 1995-96 team)

Women			
50 Freestyle	Emily O'Toole	24.34	1995
100 Freestyle	Kris Naae	54.15	1992
200 Freestyle	Mary McCuskey	1:58.24	1991
500 Freestyle	Mary McCuskey	5:08.13	1991
1000 Freestyle	Mary McCuskey	10:38.19	1993
1650 Freestyle	Mary McCuskey	17:39.07	1993
100 Butterfly	Renee Bunger	1:00.80	1988
200 Butterfly	Kim Kadlec	2:19.38	1992
100 Backstroke	Emily O'Toole	1:01.47	1995
200 Backstroke	Emily O'Toole	2:16.94	1995
100 Breaststroke	Nadine Ellis	1:10.85	1992
200 Breaststroke	Nadine Ellis	2:32.69	1995
200 Ind. Medley	Kim Kadlec	2:15.90	1991
400 Ind. Medley	Kim Kadlec	4:50.08	1992
One Meter Diving	Heather Gross	386.85	1992
Three Meter Diving	Heather Gross	434.70	1992
200 Freestyle Relay	Bunger, O'Toole, Purdy, Kadlec	1:41.25	1993
200 Medley Relay	O'Toole, Ellis, Kadlec, Galligan	1:53.61	1994
400 Freestyle Relay	Bunger, Naae, Kadlec, O'Toole	3:40.35	1992
400 Medley Relay	O'Toole, Ellis, Kadlec, Bunger	4:09.31	1993
800 Freestyle Relay	McCuskey, Peak, Ellis, Kadlec	8:06.21	1992
Men			
50 Freestyle	Eric Hoak	21.34	1995
100 Freestyle	Brad Gerrish	46.80	1980
200 Freestyle	Dennis Davis	1:42.38	1980
500 Freestyle	Mark Sullivan	4:40.44	1987
1000 Freestyle	Kevin Meacham	9:50.00	1977
1650 Freestyle	Mark Sullivan	16:22.83	1986
100 Butterfly	Marc Long	50.51	1986
200 Butterfly	Phil Luebke	1:55.97	1993
100 Backstroke	Eric Hoak	53.67	1995
200 Backstroke	Eric Hoak	1:58.06	1994
100 Breaststroke	Dan Glascock	58.79	1988
200 Breaststroke	Dan Glascock	2:07.93	1988
200 Ind. Medley	Matt Lawson	1:55.71	1987
400 Ind. Medley	Matt Lawson	4:08.00	1987
One Meter Diving	Mike Radech	478.80	1975
Three Meter Diving	Jeff Samuelson	504.30	1981
200 Free Relay	Stall, Hoak, Voigts, Bonuso	1:25.74	1995
200 Medley Relay	Schoentag, Uehelhopp, Luebke, Oaks	1:37.35	1992
400 Freestyle Relay	Gerrish, Dehaan, Dekock, Davis	3:07.89	1980
400 Medley Relay	Flatness, Glascock, Wiemers, Lawson	3:33.46	
800 Medley Relay	Davis, Arntzen, Gerrish, Dekock	6:58.78	1980

UNI Quick Facts

Location: Cedar Falls, IA 50614

Founded: 1876

Enrollment: 12,800

Colors: Purple & Old Gold

President: Dr. Robert Koob

Nickname: Panthers

Conference: Missouri Valley

Affiliation: NCAA Division I

Athletic Director: Christopher Ritrievi (Princeton '79)

Head Coach: Jim Hall (Eastern Illinois '82)

Phone: 319-273-2406

Assistant Coach/Head Diving Coach: Jeff Noble (Iowa State '88)

Phone: 319-273-2406

Sports Information Director: Nancy Justis

Phone: 319-273-6354

Assistant Sports Information Director: Kevin Kane

Phone: 319-273-3642

Swimming Contact: Mike Michaelson

Home Phone: 319-273-4843

FAX: 319-273-3602

Home Facility: East Gym Pool

1995-96 Schedule

Oct. 28	2nd Annual Panther Co-Ed Relay Invitational		
		Cedar Falls, IA	1 p.m.
Nov. 4	Western Illinois	Cedar Falls, IA	1 p.m.
Nov. 10-11	Eastern Illinois Invitational	Charleston, IL	TBA
Nov. 19	Northeastern Illinois	Chicago, IL	1 p.m.
Dec. 2-4	Missouri Valley Conference Championships		
		Carbondale, IL	TBA
Dec. 9	St. Louis University	St. Louis, MO	10 a.m.
Dec. 27-Jan. 5	CSCAA Swim Forum	Ft. Lauderdale, FL	
Jan. 19-20	Bradley Invitational	Peoria, IL	TBA
Jan. 26	Iowa State	Cedar Falls, IA	4 p.m.
Jan. 27	Northern Illinois	DeKalb, IL	1 p.m.
Feb. 2	Wisconsin-Milwaukee	Cedar Falls, IA	5 p.m.
Feb. 3	Wisconsin-Green Bay	Cedar Falls, IA	1 p.m.
Feb. 10	Bradley/Sprint Dual	Cedar Falls, IA	12 noon
Feb. 22-24	Mid-East Championships	St. Peters, MO	

All meets are Co-Ed

All home meets in East Gym Pool