

1997

1996-97 Swimming & Diving

University of Northern Iowa

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UNIVERSITY OF NORTHERN IOWA

1996-97

Swimming
&
Diving

There's
SOMETHING
in the
WATER

COACHES

Head coach Jim Hall is all smiles as he enters his 14th season at UNI. He has compiled a 68-119-1 career record with the Panthers and led last year's team to a 5-3 dual record. In 1989, he was named Midwest Championship Coach of the Year, and last season he earned Coach of the Meet honors at the Mid-East Regional Championships.

A 1982 graduate of Eastern Illinois, 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, 12 more records fell — five women's and seven men's.

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



Jeff Noble leads a talented and seasoned group of divers into competition this season, his eighth as the Panthers' head diving and assistant swimming coach. After graduating from Iowa State in 1988, he earned a master's degree in recreation administration from Western Illinois.

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

Noble was named Diving Coach of the Year at the Mid-East Championships in 1994.

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 student and 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.

"Just having the facility will help the University," said Hall. "I already can see that it's rubbing off on the team, not only because they're excited about having a new home, but they'll be able to do so many more things."

1996-97 OUTLOOK

To say that UNI head coach Jim Hall is excited about the 1996-97 season would be understating the obvious. His enthusiasm is practically tangible, and for good reason. Although the Panthers graduated 13 seniors from last year's 5-3 squad, a highly touted recruiting class and a ton of veteran talent will keep the East Gym Pool rocking until March.

"All I can say is that we're either going to have a good year or a great year," said Hall. "Many schools in our position would consider this a rebuilding year, but I don't. Our last two recruiting classes are really going to make us a lot better. We lost some very talented people, but the people I brought in can do the job the same, if not better.

"What I've tried to do is shore up some of the weaker events," he added. "This year, I don't think we have any truly weak events."

Of course, no team can succeed without some measure of experience, and the Panthers have it in abundance. Sixteen seniors return to bolster this year's lineup, including eight current record-holders.

"We've definitely got leadership and quality there in our returnees," said Hall. "The leadership has to come from the top, and if the freshmen come through at all, we'll be in very good shape."

One of the veterans Hall will be looking to not only for leadership, but for all-out performance, is junior Jacob Stall. Stall went undefeated in the 50 and 100 meter freestyle events last season and earned an NCAA time trial in the process. Hall expects much of the same from his star sprinter.

"He's ahead of where he was last year at this time, that's good," Hall said. "We've outlined two or three things he has to work on to improve and he knows what he has to do to make the next big step. If Jake stays on track and healthy, I look for great things from him."

After bringing the Mid-East Regional Championship trophy home to Cedar Falls a year ago, Hall and the rest of the Panthers have high hopes for 1996-97. Another Mid-East title and even a Missouri Valley Conference championship aren't out of the question.

"I think we'll be much more competitive in the conference," Hall said. "The conference meet is going to be an interesting test for us. It'll give us a pretty good idea of what we have done, and have to look forward to.

"We've got some pretty lofty goals for the Mid-East," he added. "We want some more school records and to win both the men's and women's titles. I think we should be able to improve on our 12 records from last year — we only lost two of the people who set them, and I know we've got those positions filled."

Head diving/assistant swimming coach Jeff Noble is just as upbeat. He returns the core of his men's and women's teams, including several all-conference performers.

"All three of the men return," said Noble. "Chad Thatcher and Mark Gaffey are juniors, and Paul Stover is a senior. This is the third year they've been together, so they need to take advantage of their experience and establish their confidence.

"On the women's side, we graduated Jen Folsom and Kelly Heidner is gone, too. We'll need Kim Gusa and Karin Tollefson to step up, and freshman Dani Pillers really needs to get healthy. She had surgery on her knee in the winter, and she's been rehabbing ever since. She's a former state champion and four-year state qualifier at Clinton. We're going to build the program around her until she graduates," Noble said.

With such a combination of veterans and fresh talent, Noble envisions much success for the Panther divers. The MVC meet always proves challenging, as does the NCAA Zone D Diving Championships.

"We're starting to hold our own in the conference," he said. "Chad and Mark are returning all-conference honorable mention. It would be nice if they could repeat or improve on that.

"We're hoping to dominate the year-end meet in St. Louis," he added. "I think we can place three in the top four at worst, but I'd like to go 1-2-3."

1995-96 RESULTS

	Men (3-1)	Women (2-2)
Panther Co-Ed Relay Meet	1st of 5	1st of 5
Western Illinois	66-47	40-73
@Eastern Illinois Invitational	2nd of 6	4th of 6
@Northeastern Illinois	138-75	140-74
@Missouri Valley Conference Championships	4th of 5	4th of 5
@Bradley Invitational	1st of 5	3rd of 5
Wisconsin-Milwaukee	48-64	40-72
Bradley Sprint Dual	82-66	72-62
@Mid-East Regionals	1st of 8	3rd of 7

1996-97 ROSTER

WOMEN

Sarah Babler*	So.	Fly	Naperville, IL/Waubonsie Valley H.S.
Meredith Benham	Fr.	Free/Dist.	Leawood, KS/Blue Valley Northwest H.S.
Erin Blaine*	So.	Free	Indianola, IA/Indianola Community H.S.
Amber Denney***	Sr.	Breast/IM	Adel, IA/Urbandale H.S.
Molly Edwards*	So.	Breast	Marion, IA/Linn-Marr H.S.
Missy Fey (C)***	Sr.	Free/Dist.	Freeport, IL/Freeport H.S.
Jennifer Fletcher	Fr.	IM/Fly/Free	Cedar Falls, IA/Cedar Falls H.S.
Kim Gusa**	Jr.	Diving	South Sioux City, NE/Sgt. Bluff-Luton H.S.
Erin Hathaway	Fr.	Free	Cherry Valley, IL/Jefferson H.S.
Nadine Hinkle*	So.	Back/Fly	Dike, IA/Dike-New Hartford H.S.
Erin Hughes*	So.	Fly/Dist.	Lenexa, KS/St. Thomas Aquinas H.S.
Megan Hunemuller	Fr.	Free/Dist.	Cedar Falls, IA/Cedar Falls H.S.
Beth Jablonowski	Fr.	Free/Back	Warren, PA/Warren Area H.S.
Jessica Motto*	So.	Free	Bettendorf, IA/Pleasant Valley H.S.
Emily Mulgrew*	So.	Fly	Dubuque, IA/Dubuque Senior H.S.
Robyn Nolan***	Sr.	Distance	Ankeny, IA/Ankeny H.S.
Rachel Nosbisch*	So.	Dist./Back	Newton, IA/Dowling H.S.
Dani Pillers	Fr.	Diving	Clinton, IA/Clinton H.S.
Natalie Reinking (C)***	Sr.	Dist./Free	Sioux City, IA/East H.S.
Angie Rittgers*	So.	Free/Fly	Johnston, IA/Johnston H.S.
Megan Schmidt	Fr.	Back/IM	Cedar Rapids, IA/Kennedy H.S.
Sarah Smith	Fr.	Back/Free	Cedar Rapids, IA/Jefferson H.S.
Jennifer Sokolowski	Fr.	Fly/Free	Topeka, KS/Washburn Rural H.S.
Terra Swift	Fr.	Free	Washington, IA/Washington H.S.
Kaia Thiese***	Sr.	Distance	Des Moines, IA/Hoover H.S.
Karin Tollefson**	Jr.	Diving	Ames, IA/Ames H.S.
Allison Tomhave***	Sr.	Breast/Spr.	Marshalltown, IA/Marshalltown H.S.
Jolin Williams (C)**	Sr.	Distance	Galena, IL/John Hersey H.S.

MEN

Patrick Bonuso (C)***	Sr.	Spr./Breast	Arlington Heights, IL/Buffalo Grove H.S.
Matt Breitreutz*	Fr.	Fly/Free	Ankeny, IA/Ankeny Senior H.S.
Brennan Cleveland**	Jr.	Free/Breast	Cedar Rapids, IA/Washington H.S.
Adam Culley	Fr.	Free/Back	Sioux City, IA/North H.S.
Nate Eisenhauer*	So.	Spr./Free	Ankeny, IA/Ankeny H.S.
Mark Gaffey**	Jr.	Diving	Iowa City, IA/West H.S.
Brian Gay*	So.	Sprints	Wyoming, MN/Forest Lake H.S.
Luke Grafft	Fr.	Breast/Free	Cedar Rapids, IA/Washington, H.S.
Matt Hamer*	So.	Breast	Iowa City, IA/Iowa City H.S.
Andrew Harris*	Jr.	Sprints	Davenport, IA/Central H.S.
Erik Hoak (C)***	Sr.	Back	Sioux City, IA/North H.S.
Josh Hopewell	Fr.	Free/Sprint	LeClaire, IA/Pleasant Valley H.S.
Zack Irvine**	Sr.	Breast/IM	Urbandale, IA/Urbandale H.S.
Arne Jacobson*	So.	Back/Free	Cedar Falls, IA/Cedar Falls H.S.
Steve Johnson	Jr.	Free/Dist.	St. Louis, MO/Lafayette H.S.
Jason Lee*	Sr.	Free/Fly	Cedar Falls, IA/Northern University H.S.
Josh Madsen**	Jr.	Distance	Waverly, IA/Waverly H.S.
Sean Morrissey	Fr.	Free/Fly	Marion, IA/Linn-Marr H.S.
Greg Reed	Fr.	Breast/Free	Urbandale, IA/Johnston H.S.
Craig Sanderson	Fr.	Free/Dist.	Columbus, NE/Columbus H.S.
Steve Stafford*	So.	Breast/Free	Waverly, IA/Waverly-Shell Rock H.S.
Jacob Stall**	Jr.	Free	Bettendorf, IA/Bettendorf H.S.
Randy Steining	Fr.	Breast/Free	Davenport, IA/West H.S.
Paul Stover (C)***	Sr.	Diving	Johnston, IA/Johnston H.S.
Chris Strickland	Fr.	Fly/IM	Clive, IA/Valley H.S.
Lucian Strong	Fr.	Fly/Free	Stillwater, MN/Stillwater H.S.
Jeff Summy*	So.	Fly	Ankeny, IA/Ankeny H.S.
Chad Thatcher**	Jr.	Diving	Dubuque, IA/Dubuque Hempstead H.S.
Steve Thorpe*	Jr.	IM/Fly	Waterloo, IA/West H.S.
Jeremy Voigts**	Jr.	Sprints	Waverly, IA/Waverly-Shell Rock H.S.
Mark Williams	Fr.	Breast	Ankeny, IA/Ankeny H.S.

(C) Denotes captain

* Denotes letters won

PANTHER PROFILES

Sarah Babler: A sophomore elementary education major from Naperville, IL, Babler holds the school record in the 200 butterfly. While at Waubensie Valley High School, she placed 12th at the Illinois State Meet in the 200 medley relay and earned all-state honorable mention honors.

Meredith Benham: A native of Leawood, KS, Benham is in her first year with the Panthers. She was a four-year letterwinner and swim captain at Blue Valley Northwest High School.

Molly Edwards: A four-year letterwinner at Linn-Mar High School, Edwards was named to four all-Metro teams and qualified for state four times. In her first season at UNI, she set records in the 200 breaststroke, 200 and 400 IMs. For her efforts, the Marion, IA, native was voted MVP by her teammates. Edwards is majoring in elementary education.

Jennifer Fletcher: A freshman English major from Cedar Falls, IA, Fletcher earned four letters and all-America honors at Cedar Falls High School. She also ran track as well as participated in various church and peer groups.

Beth Jablonowski: A freshman from Warren, PA, Jablonowski graduated from Warren Area High School where she earned all-America honors and four swimming letters. She also participated in volleyball, track, Student Council and Varsity Club. Jablonowski is studying biology with hopes of becoming an ophthalmologist.

Rachel Nosbisch: A sophomore from Newton, IA, Nosbisch lettered and earned academic all-state swimming honors at West Des Moines Dowling High School. Last year at UNI, she set the record in the 200 backstroke with a time of 2:14.11. She is an Elementary Education major.

Dani Pillers: A freshman Business major from Clinton, IA, Pillers is a former high school champion and four-time state qualifier at Clinton High School. She also earned first team all-state as well as all-academic honors during her prep career.

Jennifer Sokolowski: A four-time swimming letterwinner from Washburn Rural High School in Topeka, KS, Sokolowski also lettered twice in cross country. In the classroom, she was an honor roll student, a member of the National Honor Society and was involved in Students Against Drunk Driving (SADD). Sokolowski is a marketing major.

Pat Bonuso: A senior computer science major 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 three-time letterwinner at UNI and also anchored the record-setting 200 freestyle relay team.

Luke Grafft: A freshman from Cedar Rapids, IA, Grafft graduated from Washington High School. A former state champion and record-holder, he also lettered and earned all-America honors as a prep.

Eric Hoak: A senior 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, currently holding records in the 100 and 200 backstroke, and was a member of the record-setting 200 freestyle, 200 medley and 400 medley relay teams.

Josh Hopewell: A freshman from LeClaire, IA, Hopewell earned all-academic honors and lettered in swimming at Pleasant Valley High School. He is a biology major and wants to become a veterinarian.

Sean Morrissey: A native of Marion, IA, Morrissey earned four letters in swimming and two in track while at Linn-Mar High School. In addition, he placed 10th at the state meet his sophomore and junior years in the 500 yard freestyle. He is studying elementary education and psychology.

Jacob Stall: A junior from Bettendorf, IA, Stall has made his presence known with the Panthers. The three-time letterwinner from Bettendorf High School has risen from virtual obscurity to become one of the nation's best sprinters. Last season he was undefeated in the 50 and 100 freestyle, set school records in both (and in three relays) and earned an NCAA time trial. He is majoring in sport psychology.

Jeff Summy: A sophomore from Ankeny, IA, Summy lettered in swimming and cross country at Ankeny High School. He earned his first collegiate letter with the Panthers last season and was a member of two record-setting relays (400 freestyle, 800 medley). He is majoring in math and would like to become a teacher.

Jeremy Voigts: A native of Waverly, IA, Voigts lettered in swimming at Waverly-Shell Rock High School. The junior marketing major is a two-time letterwinner with the Panthers and was on the record-setting 200 and 800 freestyle relay teams.

Mark Williams: A freshman from Ankeny, IA, Williams earned four swimming letters and qualified for the state meet four times as a prep at Ankeny High School. Nicknamed "Willi," he also was a member of the Honor Roll, Honor Society, choir and show choir. He is leaning towards majoring in business.



Babler



Edwards



Hoak



Stall



Nosbisch



Bonuso



Summy



Voigts

PANTHER RECORD BOOK

(Bold indicates member of 1996-97 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	Sara Babler	2:17.80	1996
100 Backstroke	Emily O'Toole	1:01.47	1995
200 Backstroke	Rachel Nosbisch	2:14.11	1996
100 Breaststroke	Nadine Ellis	1:10.85	1992
200 Breaststroke	Molly Edwards	2:30.22	1996
200 Ind. Medley	Molly Edwards	2:15.87	1996
400 Ind. Medley	Molly Edwards	4:49.15	1996
1 Meter Diving	Heather Gross	386.85	1992
3 Meter Diving	Heather Gross	434.70	1992
200 Free Relay	Bunger, O'Toole, Purdy, Kadlec	1:41.25	1993
200 Med. Relay	O'Toole, Ellis, Kadlec, Galligan	1:53.61	1994
400 Free Relay	Bunger, Naae, Kadlec, O'Toole	3:40.35	1992
400 Med. Relay	O'Toole, Ellis, Kadlec, Bunger	4:09.31	1993
800 Free Relay	McCuskey, Peak, Ellis, Kadlec	8:06.21	1992

Men

50 Freestyle	Jacob Stall	20.43	1996
100 Freestyle	Jacob Stall	45.12	1996
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	Ian Barnhouse	58.78	1996
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
1 Meter Diving	Mike Radech	487.80	1975
3 Meter Diving	Jeff Samuelson	504.30	1981
200 Free Relay	Stall, Hoak, Voights, Bonuso	1:23.85	1996
200 Med. Relay	Hoak, Barnhouse, Stevens, Reinking	1:36.26	1996
400 Free Relay	Gerrish, Dehaan, Dekock, Davis	3:07.89	1980
400 Med. Relay	Hoak, Barnhouse, Summy, Stall	3:31.48	1996
800 Free Relay	Stall, Reinking, Summy, Voigts	6:58.71	1996

UNI QUICK FACTS

Location: Cedar Falls, IA 50614

Founded: 1876

Enrollment: 13,000

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

Athletic Media Relations Director: Nancy Justis

Phone: 319-273-6354

Assistant Athletic Media Relations Director: Kevin Kane

Phone: 319-273-3642

Swimming Contact: Mike Michaelson

Home Phone: 319-266-4875

FAX: 319-273-3602

Home Facility: East Gym Pool

1996-97 SCHEDULE

Oct. 26	Panther Co-Ed Relays	Cedar Falls, IA	1 p.m.
Nov. 2	Western Illinois	Macomb, IL	1 p.m.
Nov. 8-9	Eastern Illinois Invitational	Charleston, IL	6 p.m.
Nov. 22	Bradley University	Peoria, IL	4 p.m.
Nov. 23	St. Louis University	St. Louis, MO	10 a.m.
Dec. 6-8	Missouri Valley Conference Invitational	Carbondale, IL	6 p.m.
Dec. 28-			
Jan. 8	CSCAA Swim Forum	Ft. Lauderdale, FL	
Jan. 17-18	Bradley Invitational	Peoria, IL	6 p.m.
Jan. 24	Northeastern Illinois	Cedar Falls, IA	6 p.m.
Jan. 25	Northern Illinois	DeKalb, IL	1 p.m.
Jan. 31	Iowa State	Cedar Falls, IA	4 p.m.
Feb. 1	Wisconsin-Milwaukee	Milwaukee, WI	1 p.m.
Feb. 8	Bradley/Sprint Dual	Cedar Falls, IA	12 noon
Feb. 20-22	Mid-East Championships	St. Peters, MO	
Mar. 14-15	NCAA Zone D Diving	TBA	
Mar. 20-22	Women's NCAA Championships	Indianapolis, IN	
Mar. 27-29	Men's NCAA Championships	Minneapolis, MN	