

1998

## 98-99 Northern Iowa Swimming & Diving

University of Northern Iowa

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**Swimming & Diving**



## UNI Quick Facts

<b>Location:</b>	Cedar Falls, IA 50614
<b>Founded:</b>	1876
<b>Enrollment:</b>	13,218
<b>Colors:</b>	Purple and Old Gold
<b>President:</b>	Dr. Robert Koob
<b>Nickname:</b>	Panthers
<b>Conference:</b>	Missouri Valley
<b>Affiliation:</b>	NCAA Divison I
<b>Athletic Director:</b>	Christopher Ritrievi (Princeton, '79)
<b>Head Coach:</b>	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

**Associate Athletic Media Relations Director:** Kevin Kane  
Phone: 319-273-3642

**Swimming Contact:** Eric Formanek  
Phone: 319-268-9175  
Fax: 319-273-3602  
Internet Address: [www.uni.edu/Athletic](http://www.uni.edu/Athletic)  
Home Facility: Wellness/Recreation Center

## 1998-99 Schedule

<b>Fri. Oct. 23</b>	<b>5th Annual Panther Co-ed Relays</b>	<b>5:00 pm</b>
<b>Sat. Oct. 24</b>	<b>Panther 16 Event Invitational</b>	<b>11:00 am</b>
Sat. Oct. 31	at Western Illinois	1:00 pm
Fri./Sat. Nov. 6-7	at Eastern Illinois Invitational	All Day
<b>Fri. Nov. 13</b>	<b>Wisconsin-Milwaukee</b>	<b>4:00 pm</b>
<b>Sat. Nov. 14</b>	<b>Bradley</b>	<b>4:00 pm</b>
Fri./Sat. Nov. 20-21	at St. Louis Invitational	6:00 pm
<b>Sat. Dec. 5</b>	<b>Iowa State</b>	<b>1:00 pm</b>
Dec. 29-Jan. 8	CSCAA Swim Forum at Fort Lauderdale, FL	
<b>Sat. Jan. 16</b>	<b>Valparaiso</b>	<b>4:00 pm</b>
Fri./Sat. Jan. 22-23	at Bradley Invitational	6:00 pm
Sat./Sun. Jan. 30-31	IUPUI/Xavier at Indianapolis, IN	6:00 pm
<b>Sat. Feb. 6</b>	<b>UNI Sprint Dual/Bradley</b>	<b>12:00 pm</b>
Thu./Sat. Feb. 11-13	Missouri Valley Conference Championships at Carbondale, IL	All Day
Thu./Sat. Feb. 19-21	Mid-East Classic Championships at St. Louis, MO	All Day

(bold indicates home meets)

## 1997-98 Results

<b>Meet</b>	<b>Men (4-4)</b>	<b>Women (4-4)</b>
Panther Co-Ed Relay Meet	Combined 2nd of 5	
16-Event Invitational	2nd of 5	3rd of 5
Western Illinois	<b>L</b> , 42-71	<b>L</b> , 47-66
@ Wisconsin-Green Bay	<b>L</b> , 90-134	<b>L</b> , 94-145
@ Bradley	<b>W</b> , 107-93	<b>W</b> , 123-105
@ St. Louis Invitational	3rd of 6	2nd of 5



@ Missouri Valley Conference Championships	4th of 5	4th of 5
@ Valparaiso	W, 127-84	W, 131-110
@ Bradley Invitational	2nd of 6	3rd of 6
@ Northeastern Illinois	W, 188-31	W, 139-34
Wisconsin-Milwaukee	L, 52-61	L, 48-65
@ Iowa State	L, 88-148	L, 99-136
Sprint Dual/Bradley	W, 120-70	W, 113-71
@ Mid-East Championships	3rd of 8	3rd of 8

## Panther Record Book

### Women

<b>50 Freestyle</b>	<b>Amanda Modlin</b>	<b>24.82</b>	<b>1998</b>
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
<b>100 Butterfly</b>	<b>Jennifer Sokolowski</b>	<b>1:00.53</b>	<b>1997</b>
<b>200 Butterfly</b>	<b>Jennifer Sokolowski</b>	<b>2:11.12</b>	<b>1997</b>
100 Backstroke	Emily O'Toole	1:01.47	1995
<b>200 Backstroke</b>	<b>Sara Urbas</b>	<b>2:11.84</b>	<b>1998</b>
<b>100 Breaststroke</b>	<b>Molly Edwards</b>	<b>1:09.92</b>	<b>1998</b>
<b>200 Breaststroke</b>	<b>Molly Edwards</b>	<b>2:30.22</b>	<b>1996</b>
<b>200 Individual Medley</b>	<b>Beth Jablonowski</b>	<b>2:13.79</b>	<b>1998</b>
<b>400 Individual Medley</b>	<b>Jennifer Sokolowski</b>	<b>4:45.47</b>	<b>1997</b>
1 Meter Diving	Heather Gross	386.85	1992
3 Meter Diving	Heather Gross	434.70	1992
200 Free Relay	Modlin, Fletcher, Jablonowski, Stephenson	1:39.72	1998
200 Medley Relay	Jablonowski, Edwards, Babler, Fletcher	1:52.75	1998
400 Free Relay	Modlin, Koch, Jablonowski, Fletcher	3:39.00	1998
400 Medley Relay	Urbas, Edwards, Sokolowski, Modlin	4:08.63	1998
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	Jacob Stall	1:41.14	1997
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 Breaststroke	Luke Grafft	58.17	1998
200 Breaststroke	Dan Glascock	2:07.93	1988
<b>100 Backstroke</b>	<b>Bryce Hoffman</b>	<b>53.47</b>	<b>1998</b>
<b>200 Backstroke</b>	<b>Bryce Hoffman</b>	<b>1:57.11</b>	<b>1998</b>
200 Individual Medley	Matt Lawson	1:55.71	1987
400 Individual 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 Medley Relay	Hoak, Barnhouse, Stevens, Reinking	1:36.26	1996
400 Free Relay	Gerrish, Dehaan, Dekock, Davis	3:07.89	1980
400 Medley Relay	<b>Hoffman, Hamer, Summy, Stall</b>	3:30.71	1998
800 Free Relay	Stall, Reinking, <b>Summy</b> , Voights	6:58.71	1996

(Bold indicates member of 1998-99 team)

## 1998-99 Roster

### Men's Roster

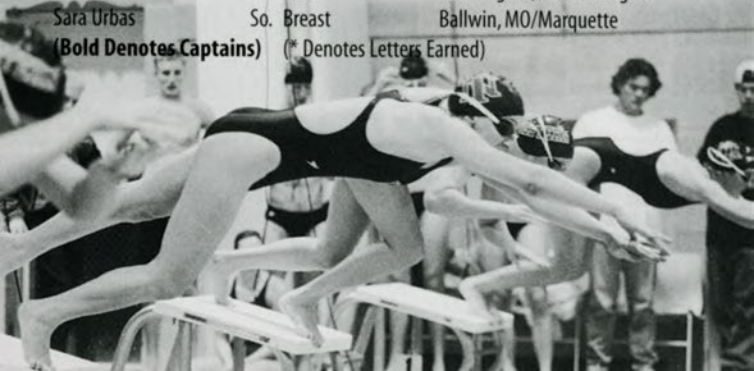
Jacob Anderson	Jr. Distance	Muscatine, IA/Muscatine/Lincoln College
Matt Breithrentz	Jr. Dist./Free	Des Moines, IA/Hoover
Adam Culley	Jr. Free/Back	Sioux City, IA/North
John DeMay	Fr. Breast	Davenport, IA/West
Andrew Drago	Fr. Sprint/Free	Naperville, IL/Naperville North
<b>Nate Eisenhauer***</b>	Sr. Distance	Ankeny, IA/Ankeny
Brian Gay**	Sr. Sprint	Wyoming, MN/Forest Lake
Ryan Hallenback	Fr. Free	Ankeny, IA/Ankeny
<b>Matt Hamer***</b>	Sr. Breast	Iowa City, IA/City High
Brian Hershey	Fr. Diver	Ephrata, PA/Conestoga Valley
Bryce Hoffman*	So. Sprint/Free/Back	LaPorte City, IA/Union
Brent Johnson	Fr. Free	Clinton, IA/Clinton
Tony Kramer	So. Diving	Cedar Rapids, IA/Kennedy
Kevin Mabie	So. Distance	O'Fallon, MO/Fort Zumwalt
Sean Morrissey**	Jr. Free/Fly	Marion, IA/Linn-Mar
Phil Mefford	Sr. Free	Ankeny, IA/Ankeny
Dan Munden*	So. Dist./Free/I.M.	Davenport, IA/North
Adam Napier	Fr. Sprint/Fly	Fort Dodge, IA/Fort Dodge Senior
Adam Nosbisch	So. Sprint/Free/I.M.	Newton, IA/Dowling
Rob Peterson	Fr. Backstroke	Stillwater, MN/Stillwater
Ben Pruess	Fr. Sprint/Dist./Free	Williamsburg, IA/Cedar Rapids Washington
Craig Sanderson**	Jr. Free/Dist.	Columbus, NE/Columbus
Steven Stafford***	Sr. Breast/Free	Waverly, IA/Waverly-Shell Rock
Branden Stall	Jr. Sprint/Free	Bettendorf, IA/Bettendorf
Randy Steining*	Jr. Breast/Free	Davenport, IA/West
Ben Stille	Jr. Sprint/Free	Muscatine, IA/Muscatine/Louisville
Chris Strickland	Jr. Fly/I.M.	Clive, IA/West Des Moines Valley
Lucian Strong	Jr. Fly/Free	Stillwater, MN/Stillwater
<b>Jeff Summy***</b>	Sr. Fly	Ankeny, IA/Ankeny
Patrick Willey*	So. Fly/Sprint/Free	Houston, TX/Cypress Creek
Mark Williams**	Jr. Breast	Ankeny, IA/Ankeny



## Women's Roster

<b>Sarah Babler***</b>	Sr. Fly	Naperville, IL/Waubonsie Valley
Meredith Benham**	Jr. Free/Dist.	Leawood, KS/Blue Valley Northwest
Bridget Cullinane	Fr. Free	Elmhurst, IL/York
<b>Molly Edwards***</b>	Sr. Breast	Marion, IA/Linn-Mar
Erin Erford	Fr. Breast/I.M.	Des Moines, IA/Dowling
Jennifer Fletcher**	Jr. Sprinter	Cedar Falls, IA/Cedar Falls
Molly Gavin	So. Sprint/Free/Fly	Dubuque, IA/Dubuque Senior
K.C. Grafft	Fr. Back/I.M.	Cedar Rapids, IA/Washington
Meredith Hansen	Jr. Sprint	Cedar Falls, IA/Cedar Falls
Sarah Hansvick	Fr. Breast/I.M./Free	Marshall, MN/Marshall
Erin Hathaway	Jr. Free	Cherry Valley, IL/Jefferson
Natalie Heitmann*	So. Dist./Free	Michigan City, IN/Michigan City
Bethany Hemstreet	Fr. Sprint/Free	Green Bay, WI/Preble
Nadine Hinkle***	Sr. Sprint/Free/Back	Dike, IA/Dike-New Hartford
Megan Hunemuller**	Sr. Free	Cedar Falls, IA/Cedar Falls
Erin Hughes***	Sr. Fly	Lenexa, KS/St. Thomas Aquinas
Beth Jablonowski**	Jr. I.M./Back	Warren, PA/Warren
Darla Kaisand	Fr. Diver	Kellogg, IA/Grinnell
Traci Koch	So. Sprint/Free	Cedar Rapids, IA/Jefferson
Jennifer Krafels*	So. Diver	Hutchinson, KS/Hutchinson
Carya Kramer	Fr. Diver	Cedar Rapids, IA/Jefferson
Michelle Maki	Fr. Diver	Cedar Rapids, IA/Linn-Mar
Melissa Matz	Fr. Dist/Free	Warner Robins, GA/Dubuque, IA/Dubuque Senior
Erin McNaughton	So. Diver	Chariton, IA/Chariton
Amanda Modlin*	So. Fly/I/M/Breast/Free	Knoxville, IA/Knoxville
Shona Moeller	So. Sprint/Free	Cary, IA/Cary Grove
Miya Molaison*	So. Breast	Conroe, TX/Cypress Falls
Emily Mulgrew*	Sr. Fly	Dubuque, IA/Dubuque Senior
Shelley McQuinn	Fr. Sprint/Free	Ankeny, IA/Ankeny
Jane Mesentseva	Fr. Diver	Des Moines, IA/Valley
Rachel Nosbisch***	Sr. Dist/Free	Newton, IA/Newton
Shaunah Parrish	Fr. Diver	St. Clair, MI/St. Clair
Dani Pillers**	Jr. Diver	Clinton, IA/Clinton
Kari Redenius	Fr. Sprint/Free	Charles City, IA/Charles City
Angie Rittgers**	Sr. Free/Fly	Johnston, IA/Johnston
Megan Schmidt*	Jr. Back	Cedar Rapids, IA/Kennedy
Allie Schultz	Fr. Distance	Postville, IA/Postville
Megan Stephenson*	So. Sprint/Free	Ames, IA/Ames
Sarah Smith*	Jr. Breast	Cedar Rapids, IA/Jefferson
Jennifer Sokolowski**	Jr. Fly/Free	Topeka, KS/Washburn Rural
Terra Swift	Jr. Free	Washington, IA/Washington
Sara Urbas	So. Breast	Ballwin, MO/Marquette

(Bold Denotes Captains) (\* Denotes Letters Earned)







**Edwards**



**Modlin**



**Sokolowski**



**Urbas**



**Eisenhauer**



**Hamer**



**Hoffman**



**Summy**

## Panther Profiles

**Molly Edwards:** Edwards has earned three letters and holds two individual records here at UNI. Last season, the Marion, IA, native broke both the 100 and 200 yard butterfly records, as well as swimming on the record-breaking 200 and 400 medley relay teams. She is majoring in Elementary Education.

**Jennifer Fletcher:** The high school all-American from Cedar Falls, IA, has lettered twice at UNI. Fletcher, a junior, is a member of three UNI-record relay teams. She is majoring in English and Political Science.

**Beth Jablonowski:** The junior from Warren, PA, holds the UNI record in the 200 yard Individual Medley with a time of 2:13.79. Jablonowski has earned two letters at UNI after earning all-American honors at Warren Area High School. She is majoring in Biology and hopes to go into medicine.

**Amanda Modlin:** The sophomore from Knoxville, IA, earned team MVP honors for the 1997-98 season after being a part of four UNI-relay records. Modlin earned four trips to state while swimming at Indianola High School. She is undecided on a major.

**Rachel Nosbisch:** The senior from Newton, IA, has earned three letters while swimming at UNI, and previously held the UNI record in the 200 yard backstroke. She is majoring in elementary education.

**Megan Stephenson:** A sophomore from Ames, IA, Stephenson lettered last season after swimming on the 200 yard free relay team that holds the UNI record. Stephenson twice earned a trip to the state meet while swimming for Ames High School. She is majoring in history.

**Jennifer Sokolowski:** The junior from Topeka, KS, holds the UNI record in the 100 and 200 butterfly, as well as in the 400 yard Individual Medley. She was named 1996-97 team MVP and has earned two letters at UNI. Sokolowski accumulated many athletic and educational awards while attending Washburn Rural High School.

**Sara Urbas:** Urbas broke the UNI record in the 200 yard backstroke last season as a freshman with a time of 2:11.84. She earned four letters and was named all-state while attending Marquette High School. Urbas currently is deciding on a major.

**Matt Breithrentz:** Breithrentz, a junior, earned four letters and was a two-time state meet swimmer for Ankeny High School. He is majoring in Computer Science.

**Nate Eisenhauer:** A senior from Ankeny, IA, Eisenhauer has earned three letters while swimming at UNI. Eisenhauer earned four letters while swimming at Ankeny High School. He is majoring in biology.



**Brian Gay:** Gay has earned two letters since coming to UNI. The senior from Forest Lake, MN, earned six letters while attending Forest Lake High School.

**Matt Hamer:** Hamer has earned three letters at UNI, as well as being part of the UNI-record 400 yard medley relay team last year. The senior from Iowa City, IA, was a state champion while swimming for Iowa City High in 1995. Hamer is majoring in history.

**Bryce Hoffman:** Last year as a freshman, Hoffman broke the UNI record in the 100 and 200 yard backstroke. He was an 11-time qualifier and five-time district champion for Union High School in LaPorte City, IA. He plans to enter the field of business.

**Craig Sanderson:** The junior from Columbus, NE, has earned two letters with the Panthers. He was named to the Missouri Valley Conference All-Academic Team last season, majoring in biology.

**Jeff Summy:** The senior from Ankeny, IA, has earned three letters and has been a part of two relay records while swimming at UNI. Summy earned letters in swimming and cross country at Ankeny High School. He is majoring in math and hopes to become a teacher.

**Mark Williams:** Williams was a four-time letterwinner and four-time state qualifier while swimming for Ankeny High School. The junior is majoring in finance.

## Coaches



Head coach **Jim Hall** enters his 16th season at UNI with an experienced team, a new facility and plenty of excitement. "We lost five swimmers to graduation, but we return a great core to lead us this year." Hall was named Mid-East Championship Coach of the Year in 1996. Last year, he led the men and women to identical 4-4 records in duals.

A graduate of Eastern Illinois, Hall formerly held records in the 800 freestyle 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 41 of the school's 42 records, including every women's record, since Hall has been at UNI. Last year, the team broke 12 records.

Hall and his wife, Lisa, recently celebrated the birth of their baby girl, Madison.



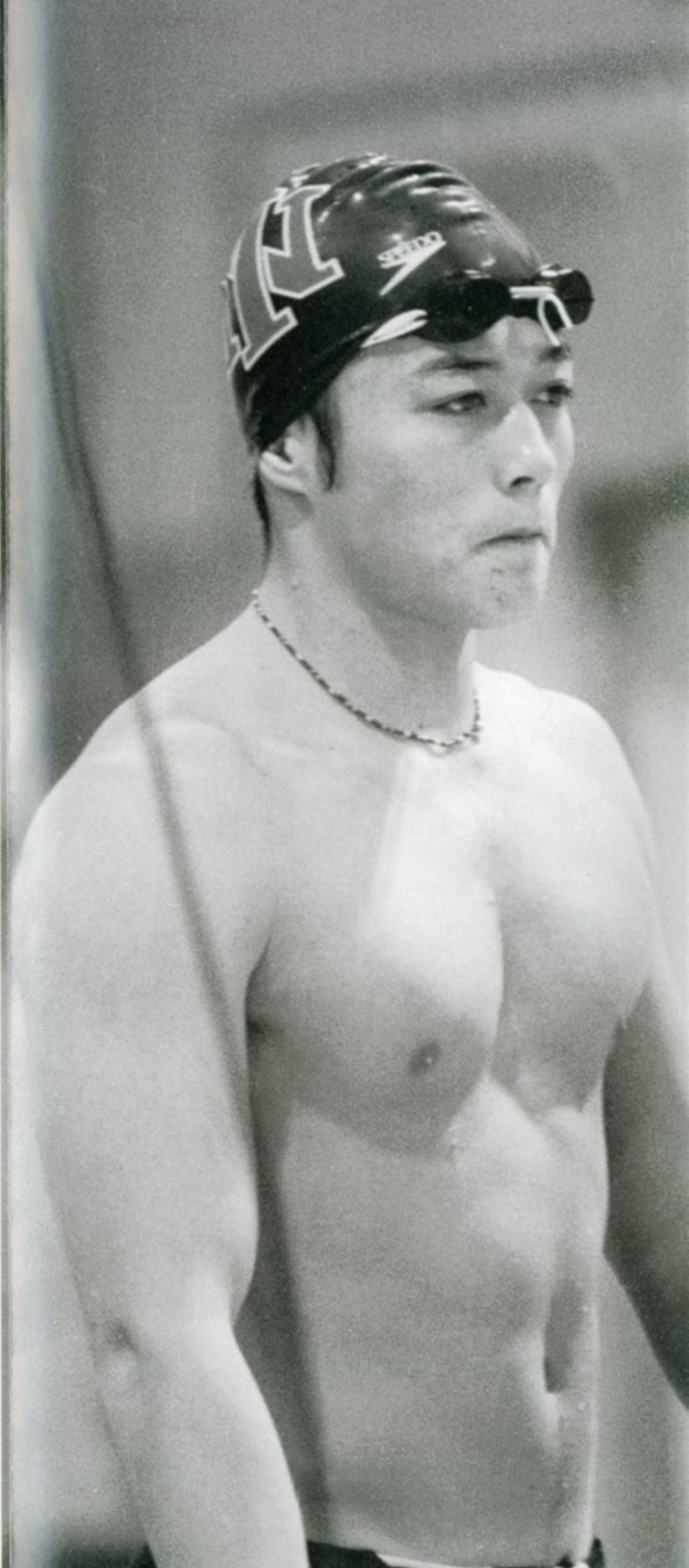
**Jeff Noble** begins his ninth year as the Panthers' head diving and assistant swimming coach. UNI lost one experienced diver from both the men's and women's squads to graduation, but return one from each, as well.

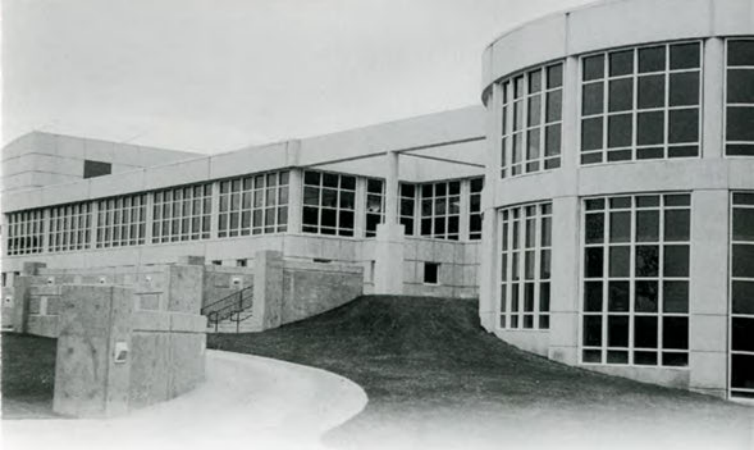
After graduating from Iowa State in 1984, Noble earned a master's degree in recreation administration from Western Illinois.

He began his coaching career at Urbandale High School in Urbandale, Iowa, 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 was selected Mid-East Championships Diving Coach of the Year in 1998, 1997 and 1994. He and his wife, Pam, also celebrated the birth of a son, Justin, in the past year.





## **The New Wellness/Recreation Center**

In the spring of 1998, the University of Northern Iowa completed the construction of its new Wellness and Recreation Center, a multipurpose student and athletic facility.

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

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

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

"We're extremely excited about the new facilities. The new center enhances the program and helps us out in training," said Hall. "The kids are excited to swim this year, but there is an added excitement for them to swim in such an excellent facility."

## **1998-99 Outlook**

With 11 record holders returning and the addition of a new swimming facility, Northern Iowa head coach Jim Hall and the swim teams have a lot to be excited about.

"We had an outstanding season last year, breaking 12 school records," said Hall. "We lost some good swimmers to graduation, but we have a great returning nucleus and they'll have to step up and replace those we lost. We also had a great recruiting class of freshmen that we hope will help fill those holes, as well."

The Panther women are looking for leadership from their captains, seniors Sarah Babler, Molly Edwards and Rachel Nosbisch. Edwards holds UNI individual records in the 100 and 200 yard breaststroke.

"They have been with us for four years and they know what needs to be done to be successful," said Hall. "They will be heavily relied upon both in and out of the pool for their leadership and experience."

In addition to the captains, the Panthers return juniors Beth Jablonowski and Jennifer Fletcher.

"Jablonowski and Fletcher are part of a group of versatile swimmers that can swim and be competitive in a number of events," noted Hall.

Despite the returning experience, several newcomers will have to make an immediate impact for the Panthers to have a successful season.

"We like to move up a step every three or four years, and we hope to take another step this year. However, if we are going to be successful in doing that, our freshmen will have to step up big," Hall stressed.



Hall and diving coach Jeff Noble also look for a strong season from junior diver Dani Pillars. "She had an outstanding sophomore season and we count on her for another great year," Hall said. "Even with Dani, we will count on the freshmen to come through for us. We have great numbers, which will give us depth and competition among ourselves.

"We are extremely excited about this year," Hall added. "We have a solid group of returners as well as an outstanding freshman class. It is important to have depth, and with this group we have that. I think we have all the bases covered, we have the depth and leadership we need to be a very successful team. We are going to have competition within each event, and that will only help us get better."

The men must replace the hole left by the graduation of Jacob Stall, the UNI recordholder in the 50, 100 and 200 yard freestyle. "We had a couple of areas of concern we needed to address during the summer and we think with the addition of two transfers and our recruits, we have done that," said Hall.

The men will be led by their senior captains, Nate Eisenhauer, Matt Hamer and Jeff Summy. Summy and Hamer both were members of UNI relay records last season. Sophomores Bryce Hoffman and Adam Nosbisch return after having outstanding freshman seasons. Hoffman set UNI records in the 100 and 200 backstroke.

"Our transfers, Jacob Anderson and Ben Stille, will really help us out," Hall noted. "We needed to fill some holes in the distance events and Anderson will definitely help. We have the talent to be successful, we just need everyone to do their part."

The men will rely totally on sophomore Tony Kramer and freshman Brian Hershey to do the diving this year. "We have two extremely talented divers, but we do not have a third or fourth diver," Hall noted. "If either of our divers has an injury, we will be in trouble due to our lack of depth."







**'98**  
**OCTOBER 23**

On October 23, 1998, Roy Fielding, former captain of the first UNI conference championship team (1972), christened the new competition pool in the Wellness/Recreation Center. Water was taken from both the West and East Gym pools and dumped into the new pool to signify a new beginning for Panther swimming and diving based on the strong traditions of past teams.