

2019

## 2019-2020 UNI Swimming & Diving

University of Northern Iowa

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2019 - 2020 UNI SWIM & DIVE

# PANTHER SWIM & DIVE



<b>SEPT. 28</b> PURPLE & GOLD MEET	<b>OCT. 4</b> MICHIGAN STATE	<b>OCT. 4</b> IOWA	<b>OCT. 12</b> NEBRASKA	<b>OCT. 18</b> MANKATO STATE	<b>NOV. 1-2</b> ST. CLOUD STATE
<b>NOV. 1-2</b> SOUTH DAKOTA	<b>NOV. 1-2</b> SOUTH DAKOTA STATE	<b>NOV. 9</b> SOUTH DAKOTA	<b>NOV. 22-24</b> KANSAS CLASSIC	<b>DEC. 6</b> COE	<b>JAN. 17</b> WESTERN ILLINOIS
<b>JAN. 18</b> ILLINOIS STATE	<b>JAN. 25</b> NEBRASKA-OMAHA	<b>JAN. 31-1</b> IOWA STATE	<b>JAN. 31-1</b> NORTH TEXAS	<b>FEB. 19-22</b> MVC CHAMPIONSHIPS	

■ HOME ■ AWAY



Name	Year	Events	Hometown
Emma Baertlein	Jr.	Fly/Back	Eagle, WI
Khya Burton	Jr.	Mid/Free	Mason City, IA
Piper Carroll	Fr.	Print/Back	Sheridan, WY
Olivia Clark	So.	Sprint/Breast	Cedar Falls, IA
Grace Considine	Fr.	Distance/Free	New Hartford, IA
Olivia Crouse	Jr.	Breast/IM	Urbandale, IA
Kylie Engstrom	Sr.	Distance/Free	West Bend, WI
Payton Hall	Fr.	Back/Fly/IM	Omaha, NE
Lauren Havertape	So.	Sprint/Breast	Cedar Rapids, IA
Helena Heuberger	So.	Back	Clearwater FL
Taylor Hogan	Fr.	Diving	Waterloo, IA
Ashleigh Houlette	Sr.	Spring/Breast	Altoona, IA
Rachelle Houlette	So.	Mid/Dist/Free/IM	Altoona, IA
Anika Lillegard-Bouton	Jr.	Distance/Free	Chaska, MN
Jayden Lovell	Jr.	Diving	Cedar Rapids, IA
Kassidy Lovig	Fr.	Fly/IM	Cedar Rapids, IA
Jordan McCullough	Sr.	Mid Dist/Free/Back	Papillion, NE
Natalie Nelson	Jr.	Spring/Free	West Chicago IL
Anna Penning	Fr.	Diving	Cedar Falls, IA
Morian Ross	Sr.	Breast/IM	Des Moines, IA
Mia Savicevic	Fr.	Breast/IM	Wheaton, IL
Courtney Schaeffer	So.	Sprint/Free	Davenport, IA
Sydney Schmidt	Fr.	Spring/Free/Fly	Colwich, KS
Alivia Soares	So.	Breast/IM	Prince George, Canada
Rachel Studer	Fr.	Breast/IM	West Des Moines, IA
Casey Summers	Fr.	Sprint/Free/Fly	Stevens Point, WI
Katie Taylor	Sr.	IM/Back	Muskego, WI
Natalia Verastegui	Fr.	Sprint/Free	Cedar Falls, IA
Lauren Vilims	So.	Distance/IM/Free	Evergreen, CO
Anna Wall	Jr.	Fly	Bettendorf, IA
Sarah Walpole	Fr.	Distance/Free	San Antonio, TX
Madeline Webb	So.	Sprint/Free	Otley, IA
Jenna Willer	Fr.	Sprint/Free	Peosta, IA

**Head Coach:** Nike Lakin

**Assistant Coach:** Michael Hagensick

**Dive Coach:** Bethany Hovland





Your UNI Panther Swimming and Diving team comes into the 2019-2020 season excited about the future of the program. They look to build off the momentum from one of the most decorated seasons in program history.

The 2018-2019 season started out with a challenging dual meet slate in which the program went 15-3 and an outstanding performance at the Kansas Classic. During the Classic the team broke seven UNI records, along with 2 MVC records. Katie Taylor led the way with 4 school records and 2 MVC records and also won 3 events against tough Big 12 opponents Iowa State and Kansas, along with North Texas, Nebraska Omaha, and Arkansas Little Rock.

Taylor won the 200 IM, 400 IM, and 200 back. Also having a standout meet at the Classic was Senior Crystal Florman and Moriah Ross. Crystal won the 50 free and the 100 fly. She also won the 100 free in UNI record time. Moriah Ross finished second in both breaststroke events setting a new UNI 200 breast record by over 2 seconds.

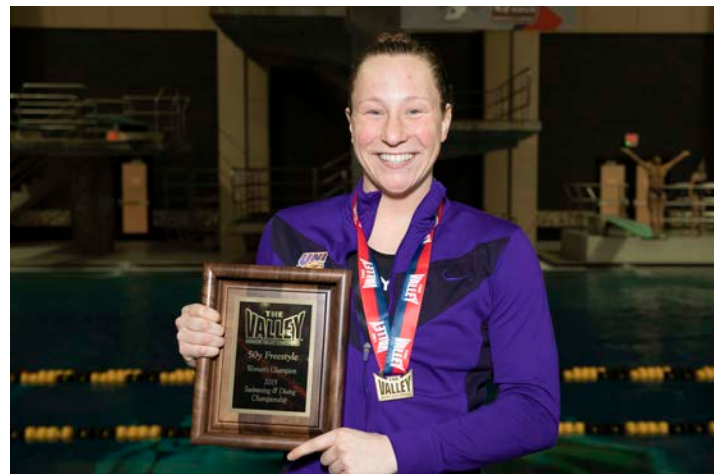
Both Medley Relays finished second with the foursome of Taylor, Ross, Florman, and Abby Meyer and set school records in both relays. Kylie Engstrom also finished in the top 8 in the 500 free and 400 IM. In addition, UNI athletes recorded over 20 swims that made their way into the top 10 times in program history.



Following the regular season, the Panthers headed to Columbia, MO for the MVC Championships. The success continued to come as the team won 200 and 400 medley relays with the foursome of Taylor, Ross, Florman, and Meyer. This marked the first time in

school history UNI had won the 400 Medley Relay and the win broke Missouri State's 10 year run as conference champion in that event.

The freestyle relays were also successful finishing the 200 free relay (2nd by .03), 400 free relay (2nd) and the 800 free relay (3rd). The team did some outstanding work in individual events as well. Prior to the 2019 MVC Championships UNI had never had the Swimmer of the Meet or the Elite 17 winner (for the top student-athlete in the conference), and last year they had both.



Crystal Florman ruled the sprint events winning the 50 free, 100 fly, and the 100 free (in MVC record time). Those swims along with her relay contributions made her the MVC athlete of the year. Katie Taylor was named the Elite 17 winner based on her wins in the 200 IM and 200 back, along with her 3.97 GPA in Finance. The meet wrapped up with six UNI athletes being named to the All MVC conference team and 34 swims recorded in the top 10 times in UNI history.

Taylor, Ross, Florman, and Meyer were joined by senior Lauren Kacmarynski (200 free relay), junior Kylie Engstrom and newcomer Lauren Havertape (100 breast and 200 free relay). Engstrom finished in 3 events including the 500 free (8th), 200 free (4th) and the mile (5th) Havertape wrapped up her freshman campaign with a 3rd place finish in the 100 breast. Florman (50 free, 100 fly, 100 free), Ross (200 breast), and Taylor (200 IM, 400 IM, 200 back) all achieved NCAA B cuts which gives the athletes consideration to be selected for the National Championships.



The 2019-2020 campaign will be marked by outstanding leadership and many new faces. Returning MVC scorers Olivia Crouse, Kylie Engstrom, Lauren Havertape, Ashleigh Houlette, Jayden Lovell, Jordan McCullough, Natalie Nelson, Moriah Ross, Alivia Soares, Katie Taylor, and Lauren Vilims will lead a team with twelve freshmen and three transfer students.

The UNI program also received many honors outside the pool for their work in classroom and in the community. Of the 29 athletes on the team, 16 were honored at the All A's luncheon put on by the athletic department for athletes receiving nothing lower than an A throughout the school year. The team's cumulative GPA of over 3.55 qualified the team for CSCAA Academic All American status. Taylor and Florman also were named Academic All Americans for having achieved an NCAA B cut while have GPAs over 3.5. At the end of the year awards banquet for the athletic department, the team won the Community Service Award for their impact in the community. The team accounted for nearly 700 hours of community service during the course of the year.

The schedule will lead off with three Big Ten opponents and will test this group prior to the Kansas Classic and MVC match ups. Lovell was an All MVC

performer in 2018 and will lead a diving group with new faces Taylor Hogan and Anna Penning. Engstrom and McCullough return from All MVC performances to help develop a distance group that includes MVC scorer Vilims, returners Anika Lillegard-Bouton and Khya Barkema and freshmen Grace Considine, Sarah Walpole.

Taylor and Ross look to continue the success of the IM group with the help of returning MVC scorers Crouse and Soares, and Rachelle Houlette, Emma Baertlein, Anna Wall along with transfer Helena Heuberger, and freshmen Payton Hall, Mia Savicevic, Rachel Studer and Kassidy Lovig.

A new look sprint group will be lead by All MVC First Team Lauren Havertape, MVC scorers Ashleigh Houlette and Natalie Nelson, returners Courtney Schaeffer and Jenna Willer and will introduce transfer students Maddie Webb and Olivia Clark. Along with that group several freshmen will make to look an impact including Sydney Schmidt, Piper Carroll, Casey Summers, and Natalia Verastegui. The team will be captained by Jordan McCullough, Anika Lillegard-Bouton, and Jenna Willer, as they look to build upon the success from a year ago.





**50 Freestyle**

1. Crystal Florman	2019	22.68
2. Molly Lembezeder	2017	22.81
3. Abigail Meyer	2019	23.65
4. Katie Taylor	2019	23.69
5. Aftin Phyfe	2014	23.73
6. Autumn Roepsch	2017	23.74
7. Stephanie Fredrick	2013	23.91
8. Lauren Havertape	2019	23.96
9. Amanda Firman	2007	23.97
10. Mikayla Freese	2015	24.09

**1000 Freestyle**

1. Kylie Engstrom	2018	10:11.91
2. Chelsea Hartman	2011	10:19.24
3. Rachel Siebenaller	2015	10:26.16
4. Sandra Frimerman	2003	10:32.53
5. Jordan McCullough	2018	10:36.23
6. Mary Mccusky	1993	10:38.19
7. Lauren Vilims	2019	10:39.36
8. Meredith Gorman	2018	10:39.48
9. Stephanie Yattoni	2009	10:40.50
10. Katie Taylor	2017	10:41.44

**100 Freestyle**

1. Crystal Florman	2019	49.22
2. Molly Lembezeder	2017	49.89
3. Katie Taylor	2019	51.09
4. Aftin Phyfe	2017	51.26
5. Abigail Meyer	2019	51.84
6. Rachel Siebenaller	2018	51.86
7. Stephanie Fredrick	2013	52.36
8. Maggie Rickert	2010	52.39
9. Mikayla Freese	2015	52.45
10. Autumn Roepsch	2017	52.48

**1650 Freestyle**

1. Kylie Engstrom	2018	16:54.34
2. Chelsea Hartman	2011	17:07.94
3. Rachel Siebenaller	2015	17:18.17
4. Sandra Frimerman	2003	17:32.05
5. Lauren Vilims	2019	17:38.74
6. Mary Mccusky	1993	17:39.07
7. Stephanie Yattoni	2009	17:40.50
8. Meredith Gorman	2018	17:41.09
9. Jordan McCullough	2018	17:42.76
10. Savannah Jensen	2017	17:44.16

**200 Freestyle**

1. Katie Taylor	2019	1:49.46
2. Molly Lembezeder	2018	1:49.71
3. Crystal Florman	2017	1:51.12
4. Aftin Phyfe	2017	1:51.53
5. Kylie Engstrom	2017	1:51.53
6. Rachel Siebenaller	2015	1:51.75
7. Jordan McCullough	2018	1:52.97
8. Sierra Sachtjen	2016	1:53.20
9. Yemaya Appleton	2017	1:54.23
10. Elise Drewsen	2014	1:54.42

**100 Butterfly**

1. Crystal Florman	2017	53.86
2. Katie Taylor	2019	56.46
3. Molly Lembezeder	2016	56.66
4. Taylor Ostrowski	2013	57.42
5. Kelsey Ostrowski	2018	57.49
6. Jamie Pearson	2011	57.50
7. Maggie Rickert	2010	58.16
8. Riley Morgan	2016	58.19
9. Stephnie Jackson	2015	58.84
10. Moriah Ross	2019	58.91

**500 Freestyle**

1. Rachel Siebenaller	2015	4:56.64
2. Kylie Engstrom	2018	4:56.68
3. Chelsea Hartman	2009	4:58.24
4. Jordan McCullough	2017	4:59.67
5. Katie Taylor	2017	5:02.43
6. Stephnanie Jackson	2017	5:03.43
7. Meredith Gorman	2018	5:04.15
8. Yemaya Appleton	2017	5:05.13
9. Sandra Frimerman	2003	5:06.76
10. Anika Lillegard-Bouton	2019	5:06.99

**200 Butterfly**

1. Taylor Ostrowski	2013	2:04.51
2. Stephanie Jackson	2017	2:06.74
3. Kelsey Ostrowski	2018	2:07.86
4. Sandra Frimerman	2003	2:08.27
5. Jennifer Sokolowski	2000	2:10.63
6. Kayla McCormick	2014	2:10.83
7. Lindsey Phelps	2015	2:12.08
8. Rachelle Houlette	2019	2:12.73
9. Emma Baertlein	2019	2:12.95
10. Madison Rinaldi	2015	2:14.07



**200 Individual Medley**

1. Katie Taylor	2019	1:59.58
2. Moriah Ross	2019	2:03.94
3. Aftin Phyfe	2015	2:06.66
4. Madison Rinaldi	2018	2:07.94
5. Autumn Roepsch	2016	2:08.25
6. Kelsey Ostrowski	2018	2:08.56
7. Caryn Knight	2011	2:09.01
8. Veronica Herrmann	2016	2:09.13
9. Abby Girard	2008	2:09.67
10. Josie Itzen	2009	2:09.80

**400 Individual Medley**

1. Katie Taylor	2019	4:16.02
2. Stephanie Jackson	2016	4:28.38
3. Madison Rinaldi	2017	4:30.11
4. Kylie Engstrom	2019	4:33.34
5. Josie Itzen	2010	4:34.44
6. Lena Shatnaya	2002	4:34.52
7. Alivia Soares	2019	4:36.40
8. Taylor Ostrowski	2014	4:36.52
9. Jennifer Sokolowski	2000	4:39.13
10. Caryn Knight	2014	4:39.34

**1-Meter Diving**

1. Bethany Hovland	2013	280.04
2. Alexandra Bey	2014	276.59
3. Sarah Kemp	2017	274.50
4. Alyssa Deuso	2019	248.10
5. Isabella Bunchek	2018	245.00
6. Jayden Lovell	2019	244.05
7. Hannah Brummel	2017	243.00
8. Jessica Misra	2014	239.85
9. Ashlyn Clingman	2014	236.40
10. Mary Kate Ferlmann	2018	228.65

**3-Meter Diving**

1. Bethany Hovland	2012	286.95
2. Alexandra Bey	2013	277.80
3. Ashlyn Clingman	2014	269.93
4. Sarah Kemp	2014	264.97
5. Hannah Brummel	2018	253.20
6. Jayden Lovell	2018	252.85
7. Alyssa Deuso	2019	252.30
8. Isabella Bunchek	2018	251.25
9. Emma Billerbeck	2016	236.92
10. Mary Kate Ferlmann	2019	235.35



<b>Event</b>	<b>Time</b>	<b>Athlete</b>	<b>School</b>	<b>Date</b>
50 Freestyle	23.63	Molly Lembezeder	UNI	11/14/2015
100 Freestyle	51.25	Daniela Cubelic	Iowa	2/5/2009
200 Freestyle	1:52.13	Katie Taylor	UNI	10/13/2017
500 Freestyle	5:02.30	Christine Kuzek	Iowa	2/5/2009
1000 Freestyle	10:04.42	Jennifer Skolaski	Iowa	11/16/2002
1650 Freestyle	17:28.15	Andee Budahl	SDSU	11/13/2010
100 Backstroke	55.93	Katie Taylor	UNI	10/13/2017
200 Backstroke	2:02.74	Katie Taylor	UNI	10/14/2017
100 Breaststroke	1:04.41	Michaela Osborn	Truman	1/16/2004
200 Breaststroke	2:18.57	Maddie Hutt	UNO	1/25/2014
100 Butterfly	56.44	Katrina Voge	Neb	10/13/2017
200 Butterfly	2:07.83	Deanna Marks	KU	10/22/2011
200 Ind. Medley	2:05.20	Katie Taylor	UNI	9/29/2018
400 Ind. Medley	4:26.72	Katie Taylor	UNI	11/5/2017
200 Free Relay	1:37.30	Mayrovich, Shramka Lanteigne, Edward	KU	10/20/2007
400 Free Relay	3:32.02	Lembezeder, Florman Roepsch, Siebenaller	UNI	1/15/2016
800 Free Relay	8:00.30	Ferly, Hoffman Weihl, Budahl	SDSU	11/13/2010
200 Medley Relay	1:45.28	Taylor, Ross Florman, Meyer	UNI	1/19/2019
400 Medley Relay	3:53.94	Taylor, Ross Florman, Lembezeder	UNI	11/4/2016
1-Meter Diving	299.70	Wenting Zhang	Illinois St.	11/2/2012

