

National Champions:

1995

Lydia Neilsen (100 breast)

2002

Marie Marsman (50 free, 100 free, 200 free)

2003

Marie Marsman (100 free, 200 free)

2005

Marie Marsman (100 free, 50 free)

Marie Marsman, Jenny Grover, Emily Mondloh, Andrea Barbera (400 FR)

Marie Marsman, Jenny Grover, Andrea Barbera, Jen Gratz (200 FR)

All American:

1980

Kate Damberg

1981

Kate Damberg

1983

Kim Gillen

1984

Kim Gillen (100 fly, 200 fly)

1985

Kim Gillen (200 fly)

1992

Lydia Neilsen (100 breast)

1993

Lydia Neilsen (100 breast)

1995

Lydia Neilsen

1997

Kelly Hoeschen (100 BR)

2000

Angie Soucek (8th-3M dive)

2001

Marie Marsman (4th-50 free, 2nd-100 free)

Angie Soucek (8th-3M dive)

2002

Marie Marsman (1st-50 free, 1st-100 free, 5th-200 free)

Angie Soucek (4th-1M dive, 4th-3M dive)

Andrea Barbera, Molly Lalor, Marie Marsman, Emily Mondloh (3rd-400 FR)

2003

Marie Marsman (3rd-50 free, 1st-100 free, 1st-200 free)

Marie Marsman, Emily Mondloh, Jenny Grover, Andrea Barbera (5th-200 FR)

Emily Mondloh, Andrea Barbera, Jenny Grover, Marie Marsman (3rd-400 FR)

Elise Knoche, Emily Mondloh, Jenny Grover, Marie Marsman (2nd-800 FR)

2004

Marie Marsman, (100 free, 50 free)

Marie Marsman, Jenny Grover, Emily Mondloh, Andrea Barbera (400 FR)

Marie Marsman, Jenny Grover, Andrea Barbera, Jen Gratz (200 FR)

Marie Marsman, Emily Mondloh, Jenny Grover, Elise Knoche (800 FR)

2007

Kate Alexander (8th-200 breast)

2009

Kale Zicafoose (7th-200 back)

All American honorable mention:

1999

Cindy Craig, Ilse Ekechuku, Molly Lalor, Emily Peterson (200 FR, 400 FR, 200 MR, 400 MR)

2000

Molly Lalor (16th-100 free)

2001

Angie Soucek (9th-1M dive)

Molly Lalor, Marie Marsman, Liz Sehr, Britta Veitenheimer (10th-200 FR)

Rebecca Hurwitz, Molly Lalor, Marie Marsman, Britta Veitenheimer (9th-400 FR)

2002

Molly Lalor(14th-50 free, 13th-100 free)

Andrea Barbera, Molly Lalor, Marie Marsman, Emily Mondloh (200 FR)

Molly Lalor, Marie Marsman, Emily Mondloh, Maroya Spalding (14th-800 FR)

2003

Jenny Grover (13th-100 back, 14th-200 back)

Jenny Grover, Molly Miller, Emily Mondloh, Andrea Barbera (16th-200 MR)

Jenny Grover, Molly Miller, Emily Mondloh, Marie Marsman (9th-400 MR)

2004

Jenny Grover (14th-200 back)

2007

Kate Alexander (12th-100 breast)

2009

Maggie Alexander (16th-500 free 9th- 200 free 12th – 200 back)

Kale Zicafoose Kate Alexander Kaarin Taylor Becky Alexander (13th -200 MR)

Kale Zicafoose Kate Alexander Kaarin Taylor Becky Alexander (14th -400 MR)

Maggie Alexander Kale Zicafoose Kaarin Taylor Becky Alexander (15th- 800 FR)

Becky Alexander Kale Zicafoose Kaarin Taylor Maggie Alexander (15th- 400 FR)

All Conference:

1983

Kim Gillen (200 fly)

1984

Kim Gillen (100 fly)

Kim Gillen (200 fly)

Margaret Byrne (1M dive)

1986

Kim Gillen (200 fly, 200 IM)

Margaret Byrne (3M dive)

1987

Margaret Byrne (1M, 3M dive)

Tracy Green (1,650 free)

1988

Lewis, Bangs, Alyssa Reischauer, Christina Rice (100 breast)

Alyssa Reischauer (100 breast)

1989

Christina Rice (200 fly)

1990

Christina Rice (200 fly)

1992

Abby Markwyn (200 IM, 4,001M)

Lydia Neilsen (100M breast)

Eileen Byrne (3M dive)

1993

Abby Markwyn (200 IM, 400 IM, 200 back)

Lydia Neilsen (100 breast)

McCarthy, Abby Markwyn, Lydia Neilsen, Camille Johnson (800 FR)

1994

Laura Arneson (500 free, 400 IM, 1,650 free)

Abby Markwyn (200 back)

Meghan McCarthy (200 IM)

Allison Thomson (1,650 free)

Meghan McCarthy, Allison Thomson, Camille Johnson, Laura Arneson (400 FR)

Laura Arneson, Allison Thomson, Camille Johnson, Meghan McCarthy (800 FR)

1995

Meghan McCarthy, Allison Thomson, J. Pitcher, Laura Arneson (800 FR)

Laura Arneson, M. Powell, Lydia Neilsen, Meghan McCarthy (400 FR)

S. Phinney, Lydia Neilsen, Meghan McCarthy, M. Powell (200 MR)

Allison Thomson (400 IM, 1,650 free)

Jordan Pitcher (200 fly)

Lydia Neilsen (100 breast, 200 breast)

Meghan McCarthy (100 fly, 200 IM, 100 free)

Laura Arneson (200 back, 400 IM, 500 free)

1996

Meghan McCarthy (100 fly, 200 fly, 800 free, 400 free)

Greta Petersen (200 breast)

Emily Peterson (800 free, 400 free)

Allison Thomson (400 IM, 800 free, 400 free)

Cindy Craig (400 free relay)

1997

Laura Arneson (200 IM, 400 IM, 200 fly)

Anne Brown (3M dive)

Carrie Gloudemans (1,650 free)

Emily Peterson (400 MR)

Kelly Hoeschen (100 BR, 200 BR, 400 MR)

Jalean Plotz (100 fly, 400 MR)

Allison Thomson (400 IM)

Laura Arneson, Cindy Craig, Emily Peterson, Jalean Plotz (400 FR)

Laura Arneson, Carrie Gloudemans, Julia Rogers, Allison Thomson (800 FR)

1998

Cynthia Craig (2nd-50 Free)

Kelly Hoeschen (1st-200 BR)

Jordan Pitcher (3rd-400 IM)

Jalean Plotz (2nd-100 fly)

Ellen Sukovich (3rd-100 fly, 3rd-200 fly)

Cindy Craig, Jalean Plotz, Sandi Phinney, Melissa Powell (2nd-200 FR)

Sandi Phinney, Kelly Hoeschen, Ellen Sukovich, Melissa Powell (3rd-200 MR)

Sandi Phinney, Kelly Hoeschen, Ellen Sukovich, Jalean Plotz (3rd-400 MR)

1999

Julie Cochran (1st-100 fly, 2nd-200 fly)

Cindy Craig (3rd-50 free)

Rebecca Hurwitz (2nd-200 IM, 2nd-400 IM)
Molly Lalor (2nd-50 free, 2nd-100 back, 2nd-100 free)
Emily Peterson (1st-50 free, 1st-100 free)
Angie Soucek (2nd-1M dive, 1st-3M dive)
Ellen Sukovich (3rd-100 fly, 3rd-200 fly)
Molly Lalor, Kelly Hoeschen, Ilse Ekechuku, Emily Peterson (2nd-200 MR)
Molly Lalor, Kelly Hoeschen, Ilse Ekechuku, Emily Peterson (3rd-400 MR)
Emily Peterson, Molly Lalor, Cindy Craig, Ilse Ekechuku (1st-200 FR)
Molly Lalor, Ilse Ekechuku, Rebecca Hurwitz, Emily Peterson (1st-400 FR)
Rebecca Hurwitz, Jalean Plotz, Ellen Sukovich, K. Rekonen (3rd-800 FR)
2000
Heidi Branz (3rd-200 IM, 3rd-400 IM)
Julie Cochran (2nd-100 fly, 1st-200 fly, 2nd-200 IM)
Carrie Gloudemans (2nd-1,650 free)
Rebecca Hurwitz (2nd-400 IM)
Molly Lalor (1st-50 free, 1st-100 free, 1st-200 free)
Carolyn McCaffrey (3rd-100 back)
Jalean Plotz (2nd-50 free)
Angie Soucek (1st-1M dive, 1st-3M dive)
Heidi Branz, Julie Cochran, Molly Lalor, Jalean Plotz (2nd-400 FR)
Julie Cochran, Ilse Ekechuku, Molly Lalor, Jalean Plotz (2nd-200FR)
Julie Cochran, Rebecca Hurwitz, Kellie Rekonen, Maroya Spalding (2nd-800 FR)
Kelly Hoeschen, Molly Lalor, Carolyn McCaffrey, Jalean Plotz (2nd-200 MR)
Julie Cochran, Kelly Hoeschen, Molly Lalor, Carolyn McCaffrey, (2nd-400 MR)
2001
Heidi Branz (2nd-200 IM)
Becky Fritz (3rd-200 fly)
Rebecca Hurwitz (3rd-400 IM)
Jennifer Knutson (2nd-1M dive)
Molly Lalor (2nd-100 free, 3rd-100 back)
Marie Marsman (1st-50 free, 1st-100 free, 1st-100 fly)
Carolyn McCaffrey (3rd-200 back)
Angie Soucek (1st-1M dive, 1st-3M dive)
Maroya Spalding (1st-200 free, 1st-500 free, 1st-1,650 free)
Britta Veitenheimer (3rd-50 free, 3rd-100 free)
Heidi Branz, Marie Marsman, Kelly Rekonen, Maroya Spalding (1st-800 FR)
Molly Lalor, Marie Marsman, Liz Sehr, Britta Veitenheimer (1st-200 FR)
Rebecca Hurwitz, Molly Lalor, Marie Marsman, Britta Veitenheimer (1st-400 FR)
Julie Cochran, Rebecca Hurwitz, Molly Lalor, Britta Veitenheimer (3rd-200 MR)
Rebecca Hurwitz, Molly Lalor, Marie Marsman, Britta Veitenheimer (3rd-400 MR)
2002
Alex Cohen (3rd-1,650 free)
Rebecca Hurwitz (2nd-400 IM)
Jennifer Knutson (3rd-1M dive)
Molly Lalor (2nd-50 free, 2nd-100 free, 3rd-100 back)
Marie Marsman (1st-50 free, 1st-100 free, 1st-200 free)
Carolyn McCaffrey (3rd-200 back)
Emily Mondloh (2nd-200 IM)
Angie Soucek (1st-1M dive, 1st-3M dive)
Maroya Spalding (1st-500 free, 2nd-1,650 free)
Molly Lalor, Marie Marsman, Emily Mondloh, Andrea Barbera (2nd-200 FR)

Molly Lalor, Marie Marsman, Emily Mondloh, Andrea Barbera (1st-400 FR)
Molly Lalor, Marie Marsman, Emily Mondloh, Maroya Spalding (1st-800 FR)
Molly Lalor, Marie Marsman, Liz Sehr, Julie Cochran (3rd-400 MR)

2003

Heidi Branz (2nd-200 fly, 3rd-200 IM)
Alex Cohen (3rd-1650 free, 2nd-400 IM)
Jenny Grover (2nd-500 free, 1st-100 back, 2nd-200 back)
Elise Knoche (1st-200 free, 1st-500 free, 1st-1650 free)
Katie Magoon (3rd-200 free)
Marie Marsman (1st-50 free, 1st-100 free, 1st-100 fly)
Molly Miller (3rd-200 br)
Emily Mondloh (2nd-200 IM)
Emily Newman (1st-200 fly)
Katie Magoon, Britta Veitenheimer, Molly Miller, Andrea Barbera (2nd-200 FR)
Emily Mondloh, Andrea Barbera, Britta Veitenheimer, Marie Marsman (1st-400 FR)
Jenny Grover, Molly Miller, Emily Mondloh, Marie Marsman (1st-200 MR)
Jenny Grover, Molly Miller, Emily Mondloh, Marie Marsman (1st-400 MR)

2004

Alex Cohen (3rd-400 IM)
Jenny Grover (1st-100 back, 2nd-200 back, 2nd-200 IM)
Elise Knoche (2nd-200 free, 2nd-500 free, 3rd-1650 free)
Molly Miller (2nd-100 br)
Emily Mondloh (3rd-200 IM)
Paula Wright (2nd-200 br)
Elise Knoche, Britta Veitenheimer, Molly Miller, Andrea Barbera (3rd-200 FR)
Emily Mondloh, Britta Veitenheimer, Andrea Barbera, Jenny Grover (2nd-400 FR)
Emily Mondloh, Elise Knoche, Liz Sehr, Jenny Grover (2nd-800 FR)
Jenny Grover, Molly Miller, Emily Mondloh, Britta Veitenheimer (2nd-200 MR)
Jenny Grover, Paula Wright, Emily Mondloh, Britta Veitenheimer (3rd-400 MR)

2005

Marie Marsman (100 free, 50 free, 200 free)
Marie Marsman, Jenny Grover, Emily Mondloh, Andrea Barbera (400 FR)
Marie Marsman, Jenny Grover, Andrea Barbera, Jen Gratz (200 FR)
Jenny Grover (100 Back, 200 Back, 200 IM)
Jenny Grover, Molly Miller, Marie Marsman, Emily Mondloh (400 Med)
Marie Marsman, Emily Mondloh, Jenny Grover, Elise Knoche (800 FR)
Molly Miller (100 Breast)
Elise Knoche (200 FS, 500 FS, 1650 FS)
Emily Mondloh (100 Butterfly)

2006

Molly Miller (1st-100 breast)
Molly Miller (3rd-200 breast)
Jen Gratz (1st-50 free)
Becky Alexander (1st-100 free)
Karin Brown, Elise Knoche, Gratz, B. Alexander (1st-400 free relay)
Elise Knoche (2nd-1650 free)
Elish Knoche (2nd-500 free)
Karin Brown (2nd-100 free)
Karin Brown (2nd-200 IM)
Kaarin Taylor (3rd-200 butterfly)
Caitlin Clements-Green (3rd-100 back)

Knoche, Gratz, B. Alexander, Brown (T-2nd-800 free relay)
Jenny Grover, Miller, Taylor, Gratz (3rd-200 medley relay)
Grover, Miller, Taylor, B. Alexander (1st-400 medley relay)
2007

Kate Alexander (1st-200 IM)
Kate Alexander (1st-400 IM)
Kate Alexander (1st-200 breast)
Becky Alexander (1st-100 free)
Becky Alexander (1st-100 back)
Becky Alexander (2nd-50 free)
Karin Brown (1st-200 free)
Karin Brown (3rd-50 free)
Karin Brown (3rd-200 IM)
Jen Gratz, Brown, K. Alexander, B. Alexander (1st-400 free relay)
Kaarin Taylor, Brown, K. Alexander, B. Alexander (2nd-800 free relay)
Kelsey Sloan, Brown, K. Alexander, B. Alexander (1st-200 free relay)
Taylor, Brown, K. Alexander, B. Alexander (2nd-400 medley relay)

2008

Kate Alexander (1st-200 IM)
Kate Alexander (1st-400 IM)
Kate Alexander (1st-200 breast)
Kaarin Taylor (1st-100 Fly)
Kaarin Taylor (2nd-200 Fly)
Kale Zicafoose (1st-200 Back)
Kale Zicafoose (3rd – 100 Fly)
Kale Zicafoose (2nd- 100 Back)
Karin Brown (1st- 200 Free)
Mia Zutz (3rd- 100 Breast)
Karin Brown, Kate Alexander, Becky Alexander, Jen Gratz (2nd- 200 FR)
Kale Zicafoose, Kate Alexander, Kaarin Taylor, Karin Brown (1st- 400 MR)
Kale Zicafoose, Kate Alexander, Kaarin Taylor, Jen Gratz (1st- 200 MR)
Kate Alexander, Kale Zicafoose, Becky Alexander, Karin Brown (2nd- 800 FR)
Jen Gratz, Kale Zicafoose, Becky Alexander, Karin Brown (1st-400 MR)

2009

Maggie Alexander (1st-500 free)
Maggie Alexander (2nd- 200 free)
Maggie Alexander (1st-200 Back)
Kate Alexander (3rd-200 IM)
Kate Alexander (1st-400 IM)
Kate Alexander (2nd-200 breast)
Kaarin Taylor (1st-100 Fly)
Kaarin Taylor (1st-200 Fly)
Kale Zicafoose (2nd- 100 Back)
Kale Zicafoose (2nd- 200 Back)
Becky Alexander (3rd-100 Free)
Louise Buckler, Kelsey Sloan, Maggie Alexander, Becky Alexander (3rd- 200 FR)
Kale Zicafoose, Kate Alexander, Kaarin Taylor, Becky Alexander (1st- 400 MR)
Kale Zicafoose, Kate Alexander, Kaarin Taylor, Louise Buckler (1st- 200 MR)
Maggie Alexander, Kelsey Sloan, Kale Zicafoose, Becky Alexander (2nd-800 FR)
Louise Buckler, Maggie Alexander, Kale Zicafoose, Becky Alexander (2nd-400 FR)

Academic All American:

2001

Heidi Branz

Molly Lalor

Liz Sehr

Maroya Spalding

Britta Veitenheimer

Additional Awards:

2009

MIAC Co-Swimmer of the Year: Maggie Alexander

MIAC Co-Diving Coach of the Year: Gabe Kortuem

All MIAC Sportsmanship Team: Kaarin Taylor

MIAC Swimmer of the Week: Maggie Alexander, Kaarin Taylor, Kate Alexander, Becky Alexander

2008

MIAC Swimmer of the Year: Kate Alexander

MIAC Co-Coach of the Year: Brooke Larsen

MIAC Diving Coach of the Year: Gabe Kortuem

All-MIAC Sportsmanship Team: Kenley Jackson

MIAC Swimmer of the Week: Kale Zicafoose

2007

MIAC Swimmer of the Year: Kate Alexander

MIAC Diving Coach of the Year: Gabe Kortuem

All-MIAC Sportsmanship Team: Barb Marmet

MIAC Swimmer of the Week: Kate Alexander (twice), Becky Alexander

2006

MIAC Swimmer of the Week: Molly Miller, Becky Alexander

2005

MIAC Coach of the Year: Andy Clark

MIAC Swimmer of the Year: Marie Marsman

Honda Award Finalist: Marie Marsman

2003

NCAA Championships Swimmer of the Meet: Marie Marsman

CSCAA Division III Female Swimmer of the Year: Marie Marsman

MIAC Female Swimmer of the Year: Marie Marsman

Finalist for Honda Award: Marie Marsman

Verizon Academic All-District at-large second team: Marie Marsman

2003 World University Games team selection: Marie Marsman

2004 Olympic Trials qualifier: Marie Marsman

MIAC Swimmer of the Week: Jenny Grover, Marie Marsman, (twice), Elise Knoche

Pat Lamb Award: Maroya Spalding

2002

Verizon Academic All-District at large 2nd team: Molly Lalor, Angie Soucek

NCAA Championships Swimmer of the Meet: Marie Marsman

MIAC Female Swimmer of the Year: Marie Marsman

Two-time MIAC Outstanding Swimmer of the Week: Marie Marsman

National Swimmer of the Week: Marie Marsman

Finalist for Honda Award's Division III Collegiate Woman of the Year: Marie Marsman

MIAC Performer of the Week: Angie Soucek

Pat Lamb Award: Angie Soucek

1997

Pat Lamb Award: Laura Arneson