Carleton College Women’s Swimming & Diving Honor Roll
Updated through 2011-12

All-America:

1980  --  Kate Damberg (50 back)
1981  --  Kate Damberg (50 back)
1983  --  Kim Gillen (7th-100 fly, 2nd-200 fly, 9th-400 IM)
1984  --  Kim Gillen (100 fly, 200 fly)
1985  --  Kim Gillen (200 fly)
1992  --  Lydia Neilsen (4th-100 breast)
1993  --  Lydia Neilsen (4th-100 breast)
1995  --  Lydia Neilsen (1st-100 breast)
1997  --  Kelly Hoeschen (100 breast)
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, 1st-200 free)
       --  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)
2005  --  Marie Marsman, (1st-100 free, 1st-50 free)
       --  Marie Marsman, Jenny Grover, Emily Mondloh, Andrea Barbera (1st-400 FR)
       --  Marie Marsman, Jenny Grover, Andrea Barbera, Jen Gratz (1st-200 FR)
       --  Marie Marsman, Emily Mondloh, Jenny Grover, Elise Knoche (800 FR)
2007  --  Kate Alexander (8th-200 breast)
2009  --  Kale Zicafoose (7th-200 back)
2010  --  Kale Zicafoose (7th-100 Back)
2011  --  Kale Zicafoose (3rd-100 back, 6th-200 back)

All-America Honorable Mention:

1983  --  Kim Gillen (15th-200 IM)
1992  --  Abby Markwyn (11th-200 back)
1995  --  Lydia Neilsen (10th-200 breast)
       --  Laura Arneson (15th-400 IM, 15th-200 back)
1999  --  Cindy Craig, Ilse Ekechuku, Molly Lalor, Emily Peterson (200 FR)
       --  Cindy Craig, Ilse Ekechuku, Molly Lalor, Emily Peterson (400 FR)
       --  Cindy Craig, Ilse Ekechuku, Molly Lalor, Emily Peterson (200 MR)
       --  Cindy Craig, Ilse Ekechuku, Molly Lalor, Emily Peterson (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)

2010 -- Kale Zicafoose (13th-200 Back)

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 (1650 free)
1988 -- Lewis, Bangs, Alyssa Reischauer, Christina Rice (400 MR)
-- 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)
-- Greta Petersen (200 breast)
-- Allison Thomson (400 IM)
-- Meghan McCarthy, Laura Arneson, Cindy Craig, Emily Peterson (400 FR)
-- Laura Arneson, Meghan McCarthy, Allison Thomson, Emily Peterson (800 FR)
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 breast, 200 breast, 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 breast)
-- 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 free, 500 free, 1650 free)
   -- Emily Mondloh (100 Butterfly)
2006  -- Molly Miller (1st-100 breast, 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, 2nd-500 free)
   -- Karin Brown (2nd-100 free, 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, 1st-400 IM, 1st-200 breast)
   -- Becky Alexander (1st-100 free, 1st-100 back, 2nd-50 free)
   -- Karin Brown (1st-200 free, 3rd-200 IM, 3rd-50 free)
   -- 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, 1st-400 IM, 1st-200 breast)
   -- Karin Taylor (1st-100 Fly, 2nd-200 Fly)
   -- Kale Zicafoose (1st-200 back, 3rd – 100 Fly, 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, 2nd- 200 free, 1st-200 back)
   -- Kate Alexander (3rd-200 IM, 1st-400 IM, 2nd-200 breast)
   -- Karain Taylor (1st-100 Fly, 1st-200 Fly)
   -- Kale Zicafoose (2nd- 100 back, 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)
2010  -- Molly Spence (2nd-1650,3rd-500 free)
   -- Kale Zicafoose (2nd-200 back,3rd-100 back)
   -- Kate Alexander (2nd-200 Breast,1st-100 Breast,2nd-200 IM)
-- Sydney Weydemeyer (3rd-3 Meter)
-- Kale Zicafoose, Kate Alexander, Louise Buckler, Sophie Pilhofer (3rd-200 MR)
-- Sohpie Pilhofer, Erin McDuffie, Louise Buckler, Maggie Alexander (3rd-200 FR)
-- Kale Zicafoose, Kate Alexander, Maggie Alexander, Erin McDuffie (2nd-200 MR)

2011 -- Molly Spence (2nd 1650)
-- Kale Zicafoose (1st 100 back, 1st 200 back, 2nd 100 Fly)
-- Sydney Weydemeyer (2nd 3 Meter)
-- Kale Zicafoose, Sophie Pilhofer, Louise Buckler, Erin McDuffie (3rd 200 MR)
-- Molly Spence, Kale Zicafoose, Erin McDuffie, Milana Socha (3rd 800 FR)
-- Sophie Pilhofer, Erin McDuffie, Louise Buckler, Milana Socha (3rd 200 FR)

2012 -- Sophie Pilhofer (1st-50 free, 2nd-100 fly, 2nd-100 free)
-- Maggie Alexander (2nd-200 back, 3rd-500 free)
-- Milana Socha (3rd-100 free, 3rd-200 free)
-- Annie Metcalf (3rd-200 back)
-- Sophie Pilhofer, Milana Socha, Maggie Alexander, Erin McDuffie (2nd-200 FR)
-- Milana Socha, Erin McDuffie, Molly Spence, Maggie Alexander (3rd-800 FR)
-- Sophie Pilhofer, Milana Socha, Erin McDuffie, Maggie Alexander (3rd-400 FR)

**Academic All American:**

2001 -- Heidi Branz
-- Molly Lalor
-- Liz Sehr
-- Maroya Spalding
-- Britta Veitenheimer

**Additional Awards:**

2011
MIAC Diving Coach of the Year: Gabe Kortuem
MIAC Athlete of the Week: Kale Zicafoose
MIAC Swimmer of the Year: Kale Zicafoose
CSCAA National Division 3 Swimmer of the Week: Kale Zicafoose
Pat Lamb award: Kale Zicafoose

2010
All MIAC Sportsmanship Team: Lynsey Bernfeld
MIAC Diving Coach of the Year: Gabe Kortuem

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
2004 Olympic Trials qualifier: Marie Marsman
MIAC Swimmer of the Week: Jenny Grover, Marie Marsman, (twice), Elise Knoche
Pat Lamb Award: Maroya Spalding

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

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