

# GRINNELL COLLEGE

*SWIMMING AND DIVING*

October, 2003

Volume 7

Number 1

## Excellence in the Classroom and Pool

Twenty-nine combined conference championships since 1979, numerous national qualifiers, three All-Americans in the last three years, but for Grinnell College swimmers the success in the pool is just a part of the larger experience they have at Grinnell College. It all starts in the classroom, where Grinnell swimmers hold themselves to the highest standards.

The Grinnell College men's team had a GPA of 3.52 for the spring semester of 2003. This was the highest GPA for any swim program in the country, including Divisions I, II and III. The women's team was just as impressive, accumulating a 3.48, 9th best in the nation of all Division III women's programs.

Individually, Sarah Stayer '06 was named Academic All-American for the spring semester of 2003. Sarah compiled a 3.50 GPA her freshman year and was also an All-American on the 1 meter board. Rachel Sellon '04 was named Academic All-American honorable mention last spring for her accomplishments in both the classroom and pool. Rachel has received Academic All American honors in each of her first three years. Rachel has a 3.84 GPA in chemistry. Leah Blasiak '03 was selected to the Verizon Academic All-America First Team for District VII at-large. She has a 3.87 cumulative GPA, double majoring in French and chemistry. She is attending MIT in their Ph.D. program in chemistry.

Success in the classroom is not new to Grinnell swimmers and divers. They have constantly been recognized by the College Swimming Coaches Association of America (CSCAA) for outstanding academics.



### Formula for Swimming Success

The mission of the Grinnell College swimming and diving program is to create an environment in which individual swimmers and the team as a whole can grow and reach their goals. As a team, the swimmers work together creating a supportive atmosphere, which encourages fun and successful swimming and creates strong bonds within the team.

As coaches, we ensure that the student-athletes have all the means necessary to reach their individual and team goals. Through our dryland program, we build swimming-specific strength that translates to better technique and faster swimming. We have a dryland program consisting of Swiss balls, medicine balls, VASA trainers, and stretch cords, in addition to traditional body weight exercises and light plyometrics. Another key element of our program is mental training. Weekly team meetings include a variety of team building exercises, visualization and mental imagery. During these weekly sessions, we teach mental skills necessary for all athletes to perform their best.

Through the efforts of both athletes and coaches, Grinnell College swimmers and divers have the resources necessary to achieve their goals while also enjoying the process. This year, we look forward to again exceeding our expectations.

2003-2004 Swimming & Diving SCHEDULE

There is a strong tradition of athletic excellence with both the men's and women's programs. The men have won the Midwest Conference Championship 18 out of the past 27 years, most recently in 2002 and 2003. The women have won five straight conference team titles from 1999-2003.

The Pioneers have gained recognition at the national level as well, with at least 30 All-American honors and numerous national qualifiers.

DATE	OPPONENT	MEET TIME
Saturday, Nov. 8	Intrasquad Meet	9:00 am
Friday, Nov. 14	Morningside College	7:00 pm
Saturday, Nov. 15	Alumni Meet	12 noon
Friday, Nov. 21	Loras College	6:00 pm
Saturday, Nov. 22	@University of Chicago	2:00 pm
Fri.-Sat., Dec. 5-6	@UNO Invitational (Univ. of Nebraska Omaha)	All Day
Jan. 2-13	Naples, FL Winter Training Trip	
Friday, Jan. 9	vs. Connecticut College (@Naples, FL)	TBD
Fri.-Sat., Jan. 16-17	Grinnell Invitational	9am prelims/7pm finals 9am prelims/5:30pm finals
Saturday, Jan. 24	@Coe College (Cedar Rapids, IA)	1:00 pm
Saturday, Jan. 31	Augustana College	1:00 pm
Fri.-Sun., Feb. 13-15	Midwest Conference Championships @ Lawrence University (Appleton, WI)	All Day
Fri.-Sat., Feb. 20-21	@Midwest Classic (Wheaton College, Wheaton, IL)	10:30am prelims/6:30pm finals 10am prelims/5pm finals
Thurs.-Sat., March 11-13	Women's Division III National Championships (St. Peters Rec-Plex, St. Louis, MO)	
Thurs.-Sat., March 18-20	Men's Division III National Championships (St. Peters Rec-Plex, St. Louis, MO)	



**Grinnell College Water Polo** is on track for another successful season. In their first two tournaments the team has a 7-1 record. With that record Grinnell secured a 2nd place seeding in the Conference Championship Tournament to be held on the weekend of October 18 and 19. Having already defeated the top ranked team in league play the team is definitely in contention for the Heartland Division conference title.

# 2003-2004 Grinnell College Swimming & Diving Team

## First Years

Mary Ahlquist	St. Paul, MN
Alicia Assini	Schenectady, NY
Meilissa Buchanan	Madison, WI
Maggie Connolly	Dubuque, IA
Erinn Croco	Amana, IA
Julia Edwards	Menlo Park, CA
Kelly Eldridge	Anchorage, AK
Natalie Funk	Ankeny, IA
Lauren Gehbauer	Davenport, IA
Jaime Giorgi	Napa, CA
Spring Knapp	Apple Valley, CA
Julia McHugh	Rock Hall, MD
Katie Mineck	Cedar Rapids, IA
Elizabeth Yang	Appleton, WI

## Sophomores

Torrey Coriden	Evergreen, CO
Lauren Dickenson	St. Paul, MN
Yeowool Huh	Seoul, South Korea
Stef Kinnamon	Kansas City, MO
Lucy McCormick	Des Moines, IA
Lauren Page	Fargo, ND
Joanne Perino	Springfield, IL
Julie Perino	Springfield, IL
Sarah Stayer	Houston, TX

## Juniors

Shannon Boyle	Morton Grove, IL
Alissa Briggs	Libertyville, IL
Kathryn Croco	Amana, IA
Megan Eastwood	Flagstaff, AZ
Margaret Hanson	Deckerville, MI
Stacie Kossoy	Topeka, KS
Claire McDonough	Austin, TX
Megan O'Rourke	St. Paul, MN
Ann Packard	Newton, IL
Georgia Proestopoulos	Thessaloniki, Greece
Betsy Stone	Cedar Rapids, IA

## Seniors

Sarah Clark	Reading, MA
Amber Gedlinske	Iowa City, IA
Patty Heinz	Madison, WI
Jennifer Holm	Omaha, NE
Meghan Kirkwood	Amherst, NH
Martha Makowski	San Diego, CA
Meggie Misiasz	Gobles, MI
Rachel Moor	Minneapolis, MN
Emma Samuels	Stanford, CA
Rebecca Schmiel	Singapore
Rachel Sellon	Lawrence, KS
Sonia Teas	Oak Park, IL
Megan Todd-Thompson	Austin, TX
Anusha Vable	Houghten, MI

## First Years

Emmon Chu	Palo Alto, CA
Chris Hwang	St. Paul, MN
Brandon Kent	Alexandria, VA
Nate Kimball	Seattle, WA
Berk Kircal	Cyprus
David Kuechle	Culver City, CA
Emre Oztek	Cyprus
Colin Solitt	Northfield, IL
Nikita Umnov	Indianapolis, IN
Kevin Wood	Topeka, KS

## Sophomores

Peter Brown	Madison, WI
Robert Dewhurst	Germantown, MD
Dave Honig	Rhineland, WI
Mike Kluever	Mason City, IA
Erik Larson	Ft. Dodge, IA
Daniel Shryock	Gainesville, FL
James Taggart	Bloomington, IN
Reid Wyatt	Beloit, WI

## Juniors

Brian Clites	Oakmont, PA
Carl Damerow	South Beloit, IL
Paul Duffin	Carlsbad, NM
Devdatta Kulkarni	India
Brett McMillian	Austin, TX
Zac Monahan	Muscatine, IA
Darryl Neufeld	Vermillion, SD
Braden Pence	Seattle, WA
Gene Petersen	Red Wing, MN
Justin Wallace	Geneseo, NY

## Seniors

Eric Blevins	Abingdon, VA
Nathan Jacobson	Bakersfield, CA
Dan Karney	Des Moines, IA
Jacob Kaufman-Osborn	Walla Walla, WA
Peter Likarish	Littleton, CO
Mike Miller	Gambier, OH
Daniel Pederson	Bakersfield, CA



Nate Jacobson '04

Pioneer swimmers and divers come to Grinnell College from all over. Twenty-four states and three foreign countries are represented on the team. They come from small towns and big cities and from diverse backgrounds to take advantage of the unique opportunities at Grinnell College.

## Alumni:

**Come visit us!**

**Come swim with us!**

**November 14-16, 2003**

**Dual meet vs.  
Morningside College  
Friday @ 7:00 P.M.**

**Alumni Relays:  
Saturday @ noon**

**Masters Swim Meet  
Sunday @ 9:00 A.M.**

## The Coaches:

**Erin Hurley** begins her ninth year as Head Coach of Men's and Women's Swimming and Diving at Grinnell College. She is a 1989 graduate of the University of Nebraska where she was a three time Big 8 Conference Champion and a four-time NCAA All-American. She earned an MA in sport psychology at the University of Iowa while also serving as a graduate assistant with the women's swim program. Hurley has been voted Midwest Conference Coach of the Year in 1998, 1999, 2002, and 2003. She was voted Iowa Small College Coach of the Year for women in 2001 and 2002, and for men in 2002.

**Tim Pulkrabek** begins his second year as assistant coach at Grinnell. Tim is a 1999 graduate of Wisconsin-Platteville, where he coached from 1995-2000. In 1998, Pulkrabek was named Most Valuable Swimmer at the Augustana Invitational for both his coaching and swimming. Tim also coordinates many of the sporting events that Grinnell College hosts.

**Kelly Rose** will be coaching diving at Grinnell College for her fourth year. She has coached the Grinnell High School divers for the past five years. Kelly is a graduate of the University of Iowa and Drake University.

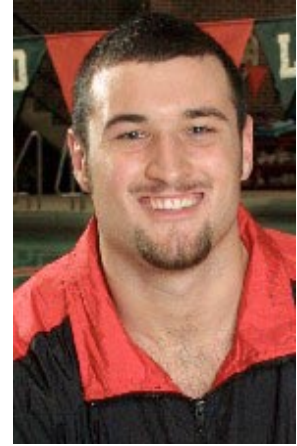
**Experience Grinnell and  
Pioneer Swimming!**

To plan a visit, contact the  
Admission Office at  
1-800-247-0113 or  
askgrinn@grinnell.edu

# SENIORS SPEAK



**Jen Holm '04**  
**Omaha, NE**



**Eric Blevins '04**  
**Abingdon, VA**

**How did you end up choosing Grinnell College?**

During my senior year of high school my mind was set on colleges and universities in the Northeast. I visited Grinnell one day in October, almost by chance, and met some of the students and toured the campus. I also met with Erin. At the end of the day, I had fallen in love with Grinnell and knew it was the place for me. I applied early decision about two weeks later. The whole experience seems like yesterday; it is hard to believe I am already at the end of it all.

The reason I originally came to Grinnell was to play football, but after about half a season I decided that diving would be a better fit for me.

**What unique experiences have Grinnell College provided for you?**

During my semester abroad in France (spring 2003), I had an internship as a language assistant. I sat in on and led English classes to French high school students. This was a wonderful experience and a great way to learn another aspect of French culture. I also worked for the Department of State for three months as an intern during the summer of 2003. I worked for the Office of International Visitors in the Bureau of Educational and Cultural Affairs. This was a wonderful experience as I have an interest in foreign relations and have always wanted to work for the DOS. The best parts of the internship were listening to Colin Powell speak and watching diplomacy at work.

The Florida trip is awesome. This is the time when the swim team finally gets the opportunity to be with each other and finally gets to come closer together. The quality of training we receive in Florida along with dedication to practicing, is one of the main reasons why our team is so successful every year.

**What is your major at Grinnell?**

I am a French and political science double major. Though currently unsure of where I will head after Grinnell, I have a strong desire to teach French someday. A career in international relations could also be ahead of me; I intend to take the Foreign Service Exam in the spring. I am also interested in doing either Teach for America or the Peace Corps.

My major is economics and after graduation I hope to go into sports marketing.

**How has swimming at Grinnell enhanced your college experience?**

Swimming at Grinnell has been an important part of my time in college. Facing the end of my swimming "career," I know that this is something I will miss. I have enjoyed swimming at Grinnell because it affords me the unique opportunity to combine swimming with rigorous academics - two things upon which I thrive. There are not many schools that allow students to focus on athletics and academics at the same time, so I think that Grinnell takes a rather unique position.

Grinnell College allows you to try things you would never have the opportunity to do at other places. I had never dived before I came to college and probably never would have if I went somewhere else.

**What makes the swim program at Grinnell special?**

The Grinnell Swimming program is very well-rounded. Dryland is a great supplement that helps round out my workout in the pool. It helps me become stronger, and in turn, I swim faster. Our practices in the water are geared towards each swimmer and specialized towards becoming more efficient, faster swimmers. The adaptability of the program to all swimmers, new and old, is a definite asset of, and is evident by the success of each swimmer during the season.

What I like most about the team is the solidarity and the sense of family you get. On and off the deck the swimmers and divers give support in everything you do. I think the uniqueness of the Grinnell Swim Team is purely based on the people that are on the team.