



2004 RAM SWIMMING & DIVING CSU

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At A Glance...

2003-2004 Record	9-2
Win Pct.	.778
Streak	3 wins
Conf. Record	6-1
Win Pct.	.833
Streak	2 wins
Head Coach	John Mattos
Career Record	180-70
Win Pct.	.818

2004-2005 Schedule...

O 16	Ram 5,000 Fundraiser
O 22-23	^Early Bird Invite (*UNM Dual)
O 29-30	at Rice Invitational
N 5-7	Colorado State Invite
N 12	Colorado Dual
N 20	at *UNLV Dual
N 22	at * San Diego State Dual
D 2	at Northern Colorado (ss) Dual
D 2-4	at US Open (ss)
D 4	at Air Force (ss) Dual
J 13	*Utah Dual
J 15	*BYU Dual
F 4	*Wyoming Dual
F 4-5	at Air Force Diving Invite
F 5	at Denver Dual
F 23-26	at MWC Swimming & Diving Championships
M 11-12	at Zone E NCAA Diving Regional
M 17-19	at NCAA Championships
A 1-6	at World Championship Trials

(ss) stands for split squad
 * Mountain West Conference Opponent
 ^ Denotes meet held at EPIC Pool

Ram Roster...

Name	Event
Amy Abrams (Fr.)	BK, Sprint FR
Alyson Aggers (Jr.)	BR
Shelley Aspevig(Sr.)	Sprint FL, FR
Jennifer Banker(Jr.)	BK, Sprint FR, FL
MacKenzie Brown(Fr.)	Distance FR
Amber Canterbury(Sr.)	BR, FL
Kara Crisp(Sr.)	Diving
Jessica Dawkins(Fr.)	Sprint FR, FL
Sarah DeLapp(Sr.)	Distance FR, IM
Chandra Engs(So.)	FR, BR, IM
Taylor Felton(Jr.)	Distance FR
Elyse Hall(Fr.)	Diving
Rachel Hinze(Fr.)	FR
Lauren Houghton(Fr.)	Sprint FR
Abigail Iler(Fr.)	IM, FL
Sam Johnson(Fr.)	Sprint FR, BK
Elizabeth Jones(Jr.)	Sprint FR
Karin Knudson(Fr.)	Diving
Rachelle Kula(Jr.)	FL, FR
Lyndsey McCaslin(Sr.)	BR, IM
Samantha Moran(So.)	Mid-Distance FR
Andrea Newman(So.)	Distance FR
Seda Ozdemir(Sr.)	Sprint FR, BR
Celes Parks(Fr.)	Distance
Rachel Rey(Fr.)	Distance
Alina Roberts(Fr.)	Sprint FR
Jen Schnell(Fr.)	FL, BK
Sara Servold(Fr.)	IM, BR
Erin Sobon(Fr.)	Diving
Tara Staley(Fr.)	FL, FR
Kara Swindler(Jr.)	BR, IM
Tiffany Thompson(Jr.)	FL, Sprint, FR
Laura Tingle(Jr.)	FL, FR
Meghan Trucco(Sr.)	Diving
Amber Utesch(Fr.)	Diving
Meika Weiner(Fr.)	Distance FR
Brette Winegarner(So.)	BK, FR
Katie Zappa(Fr.)	FR

Early Win at Early Bird...

Last weekend, the Rams won their seventh straight Early Bird Invitational title. This was the 24th annual meet and the teams 19th title overall. The team scored 1,152 points to win, while the second place team, Denver, only had 813.50 points.

The teams relays did well. In the 200 medley relay CSU won with a time of 1:50.82. The members of that relay were Brette Winegarner, Rachelle Kula, Alyson Aggers and Alina Roberts.

Only three CSU swimmers were individual champions of their events at the meet, although the Rams did place in the top three in every single swimming event. Junior transfer, Aggers, placed in both breaststroke events, finishing as the champion in the 100 breast (1:07.87) and finishing second in the 200 breast (2:28.85). Tara Staley took the 500 free and Roberts won the 50 free.

Two other top finishers were Taylor Felton and Chandra Engs. Felton took second in the 1650 free (18:00.05). While Engs finished second in the 100 free with a time of 0:54.23, she was just touched out by the leader.

Outstanding Freshmen...

The freshmen class represented the team well at their first meet at CSU. Two of the three individual champions were freshmen. Seven of the top ten team individual point scorers were freshmen.

Staley started the meet off with a win in the 500 free (5:06.36). Then continued to be the top finisher for the Rams in two other events, the 100 fly (3rd) and the 200 free (3rd). She scored points in all of her individual events.

Sara Servold earned the most individual points for the team at the meet, she gained 60 points by scoring in the 100 and 200 fly and the 200 and 400 IM.

Roberts also was a champion in the 50 free with a time of 24.60.

Other standout swims were by Amy Abrams, taking second in the 100 back with a 1:00.24.

Elyse Hall represented the freshmen in diving by finishing 3rd on the 3-meter board, and 4th on the 1-meter board.

All of the Rams did excellent at this meet.

This Weekend...

CSU will travel to Houston, Texas for the Hilton/TYR Rice University Invitational meet. Last year the team traveled to Rice for a dual meet. Teams participating in this meet are Rice, Nevada, Texas Christian University, and Colorado State.

The meet will be held over two days and will include 17 events. The first session will be on Friday, October 29, 2004, at 5 pm central time. The second session will be on Saturday, October 30th, at 11 am central time.

Heads Up...

Boosters, please note that the magnet schedule you received has the Wyoming meet and Denver meets transposed. We apologize for this oversight.

The Mattos File...

Year	Dual Rec.	Pct.	Conf. Finish	National Finish
1980-1981	8-2	.800	1st AIAW	--
1981-1982	5-3	.625	1st AIAW	34th
1982-1983	10-4	.714	1st HCAC	--
1983-1984	10-5	.667	1st HCAC	--
1984-1985	5-4	.555	1st HCAC	--
1985-1986	6-4	.600	2nd HCAC	--
1986-1987	11-0	1.000	1st HCAC	34th
1987-1988	6-3	.666	2nd HCAC	23rd
1988-1989	9-3	.750	1st HCAC	31st
1989-1990	3-6	.333	2nd HCAC	29th
1990-1991	8-3	.727	2nd WAC	40th
1991-1992	7-4	.636	1st WAC	--
1992-1993	11-2	.846	2nd WAC	--
1993-1994	7-5	.583	2nd WAC	12th
1994-1995	9-3	.750	2nd WAC	--
1995-1996	9-1	.900	1st WAC	--
1996-1997	4-5	.444	4th WAC	38th
1997-1998	6-1	.857	3rd WAC	--
1998-1999	7-1	.875	4th WAC	--
1999-2000	7-3	.700	3rd MWC	--
2000-2001	10-0	1.000	2nd MWC	--
2001-2002	5-2	.714	3rd MWC	--
2002-2003	8-4	.667	2nd MWC	--
2003-2004	9-2	.818	2nd MWC	--
2004-2005	1-0	1.000	--	--
Totals	181-71	.718		

On The Web...

Catch all of the latest Ram swimming and diving action on the web at **CSURAMS.com**. The weekly release is available in PDF format online along with updated stats and stories.

2004-2005 TOP TIMES TO 10/23/04

50 Freestyle

Alina Roberts	0:24.60	Early Bird Invitational
Karin Knudson	0:24.88	Early Bird Invitational
Brette Winegarner	0:24.89	Early Bird Invitational
Elizabeth Jones	0:25.00	Early Bird Invitational
Tiffany Thompson	0:25.35	Early Bird Invitational

100 Freestyle

Chandra Engs	0:54.23	Early Bird Invitational
Alina Roberts	0:54.83	Early Bird Invitational
Elizabeth Jones	0:55.34	Early Bird Invitational
Brette Winegarner	0:55.44	Early Bird Invitational
Tara Staley	0:56.03	Early Bird Invitational

200 Freestyle

Tara Staley	1:57.15	Early Bird Invitational
Chandra Engs	1:58.43	Early Bird Invitational
Taylor Felton	1:59.42	Early Bird Invitational
Celes Parks	2:00.93	Early Bird Invitational
Elizabeth Jones	2:02.18	Early Bird Invitational

500 Freestyle

Tara Staley	5:06.36	Early Bird Invitational
MacKenzie Brown	5:14.95	Early Bird Invitational
Taylor Felton	5:15.68	Early Bird Invitational
Andrea Newman	5:20.11	Early Bird Invitational
Sarah DeLapp	5:21.70	Early Bird Invitational

1000 Freestyle

No times in 2004-2005 yet.

1650 Freestyle

Taylor Felton	18:00:05	Early Bird Invitational
Celes Parks	18:10	Early Bird Invitational
Sarah DeLapp	18:24.91	Early Bird Invitational
Andrea Newman	18:27.41	Early Bird Invitational
MacKenzie Brown	18:38.35	Early Bird Invitational

100 Backstroke

Amy Abrams	1:00.24	Early Bird Invitational
Brette Winegarner	1:00.53	Early Bird Invitational
Alina Roberts	1:00.93	Early Bird Invitational
Abigail Iler	1:01.55	Early Bird Invitational
Jennifer Banker	1:02.30	Early Bird Invitational

200 Backstroke

Amy Abrams	2:12.35	Early Bird Invitational
MacKenzie Brown	2:14.14	Early Bird Invitational
Jennifer Banker	2:16.34	Early Bird Invitational
Celes Parks	2:16.62	Early Bird Invitational

100 Breaststroke

Alyson Aggers	1:07.87	Early Bird Invitational
Amber Canterbury	1:10.81	Early Bird Invitational
Kara Swindler	1:11.28	Early Bird Invitational
Seda Ozdemir	1:14.59	Early Bird Invitational
Laura Tingle	1:14.88	Early Bird Invitational

200 Breaststroke

Alyson Aggers	2:28.85	Early Bird Invitational
Amber Canterbury	2:31.28	Early Bird Invitational
Sarah DeLapp	2:34.61	Early Bird Invitational
Kara Swindler	2:38.81	Early Bird Invitational

100 Butterfly

Tara Staley	0:59.57	Early Bird Invitational
Abigail Iler	1:00.01	Early Bird Invitational
Sara Servold	1:00.12	Early Bird Invitational
Rachelle Kula	1:00.43	Early Bird Invitational
Tiffany Thompson	1:01.30	Early Bird Invitational

200 Butterfly

Sara Servold	2:11.57	Early Bird Invitational
Abigail Iler	2:12.63	Early Bird Invitational
Rachelle Kula	2:16.19	Early Bird Invitational
Laura Tingle	2:17.47	Early Bird Invitational
Taylor Felton	2:22.77	Early Bird Invitational

200 IM

Abigail Iler	2:11.34	Early Bird Invitational
Chandra Engs	2:11.48	Early Bird Invitational
Sara Servold	2:11.87	Early Bird Invitational
Amy Abrams	2:14.43	Early Bird Invitational
Jennifer Banker	2:16.58	Early Bird Invitational

400 IM

Sara Servold	4:42.34	Early Bird Invitational
Chandra Engs	4:46.50	Early Bird Invitational
Sara DeLapp	4:48.57	Early Bird Invitational
MacKenzie Brown	4:54.44	Early Bird Invitational
Katie Zappa	5:18.63	Early Bird Invitational

200 Freestyle Relay

Relay A	1:38.61	Early Bird Invitational
(Jones, Winegarner, Roberts, Engs)		

400 Freestyle Relay

Relay A	3:36.35	Early Bird Invitational
(Engs, Winegarner, Staley, Jones)		

800 Freestyle Relay

Relay A	7:52.97	Early Bird Invitational
(Engs, Staley, Parks, Jones)		

200 Medley Relay

Relay A	1:50.82	Early Bird Invitational
(Winegarner, Kula, Aggers, Roberts)		

400 Medley Relay

Relay A	4:00.08	Early Bird Invitational
(Abrams, Kula, Aggers, Jones)		

1 meter Diving/Championship

Elyse Hall	211.85	Early Bird Invitational
Kara Crisp	209.65	Early Bird Invitational
Amber Utesch	201.80	Early Bird Invitational
Karin Knudson	193.65	Early Bird Invitational
Meghan Trucco	163.95	Early Bird Invitational

3 meter Diving/Championship

Elyse Hall	372.45	Early Bird Invitational
Amber Utesch	364.55	Early Bird Invitational
Karin Knudson	173.10	Early Bird Invitational
Meghan Trucco	162.05	Early Bird Invitational
Kara Crisp	158.95	Early Bird Invitational

\$ NCAA Automatic Qualifying Time
 & NCAA Provisional Qualifying Time
 ^ Colorado State Record
 @ Mountain West Conference Record
 * Official Split Time

Ram Quickfacts...

Location	Fort Collins, CO 80523
Enrollment	25,382
Nickname	Rams
School Colors	Green & Gold
Natorium	Moby Pool
Conference	Mountain West
Swimming Contact	Mike Lefler
Office Phone	970-491-4854
FAX Phone	970-491-1348
Web Site	CSURAMS.com
Head Coach	John Mattos
Alma Mater, Year	Colorado State '71
Office Phone	970-491-6026
Assistant Coach	Chris Woodard, (Hartwick College '95)
Diving Coach	Morry Arbini (Cal State-Fullerton '69)