



2005 Colorado State Swimming & Diving

Mike Lefler • Assistant Media Relations Director • Swimming & Diving Contact
 Office: 970.491.4854 • Cell: 970.420.5744 • e-mail:mike.lefler@colostate.edu
 CSURams.com

At A Glance...

2004-2005 Record	5-5
Win Pct.500
Streak	Lost 4
Conf. Record	3-4
Win Pct.429
Streak	Lost 3
Head Coach	John Mattos
Career Record	185-75
Win Pct.712

2004-2005 Schedule...

Oct. 22-23	Early Bird Invitational	1st
Oct. 22-23	New Mexico	W 163-80
Oct. 29-30	at Rice Invitational	4th
Nov. 12	Colorado	W 156-81
Nov. 20	at UNLV	L 147-153
Nov. 22	at San Diego State	W 184-113
Dec. 2	at Northern Colorado	W 189-111
Dec. 4	at Air Force	W 148-84
Jan. 7	Matt Gribble Invite	No Score
Jan. 13	Utah	L 85-157
Jan. 15	BYU	L 131-169
Feb. 4	Wyoming	L 105-138
Feb. 4-5	Air Force Diving Invite	No Score
Feb. 5	at Denver	L 129-169
Feb. 23-26	MWC Champ.	Oklahoma City, Okla.
Mar. 11-12	NCAA Diving Qualifier	TBA
Mar. 17-19	NCAA Championships	Purdue, Ind.



Colorado State at MWC Championships

Feb. 23-26, 2005 • Oklahoma City, Okla.



Ram Swimming & Diving To Compete in MWC Championships

The Colorado State women's swimming and diving team completed its regular-season competition with a 5-5 dual record and will enter the Mountain West Conference Championships on Wednesday in Oklahoma City. The Rams finished second in the event last season and will look for another strong finish in 2004. CSU's Rachelle Kula is the only individual ranked in the top three in the league with the MWC's second-best time in the 100 Butterfly (57.51). CSU's 400 Freestyle Relay (3:32.39) and 200 Medley Relay (1:45.95) have the third-best times coming into the meet.

Returning From the 2004 Championships

Colorado State returns two of its seven first-team all-conference performers from 2004 including Rachelle Kula (100 butterfly) and Elizabeth Jones (50 freestyle, 200 freestyle). Kula, Jones, Lyndsey McCaslin and Brette Winegarner were also part of CSU relay teams that earned first-team acclaim a year ago. Chandra Engs (200 IM, 400 IM), Jones (100 freestyle) and McCaslin (100 breaststroke) return as CSU's second-team all-conference finishers from last season.

Ram Recap: Denver 169, Colorado State 129

The Colorado State swimming and diving team concluded its 2004-05 dual season with a 169-129 loss to the University of Denver Saturday at El Pomar Natatorium in Denver. Senior Lyndsey McCaslin recorded the only CSU first-place finish winning the 100 Breaststroke in a time of 1:06.95. CSU sophomore Chandra Engs also competed well for the Rams with two second-place finishes in the 200 Freestyle (1:57.46) and 200 IM (2:11.03). Amy Abrams claimed a second-place finish in the 100 Backstroke (59.86) while Sara Servold (200 Butterfly), Abi Iler (200 Backstroke), Taylor Felton (500 Freestyle) and Shelley Aspevig (100 Butterfly) also finished second in their respective events.

Up Next...

Colorado State divers will compete in the NCAA Diving Qualifier on March 11-12 before the NCAA Championships are held on March 17-19 in Purdue, Ind.

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	5-5	.500	--	--
Totals	185-75	.712		

CSU Women's Swimming & Diving Roster

Name	Year	Events	Hometown (Previous School)
Amy Abrams	Fr.	BK	Greeley, Colo. (Greeley Central H.S.)
Alyson Aggers	Jr.	BR	Loveland, Colo. (Northern Arizona University)
Shelley Aspevig	Sr.	Sprint FL, FR	Loveland, Colo. (Univ. of Pacific)
Jennifer Banker	Jr.	BK, Sprint FR, FL	Canon City, Colo. (Canon City H.S.)
MacKenzie Brown	Fr.	Distance FR	Atascadero, Calif. (Templeton H.S.)
Amber Canterbury	Sr.	BR, FL	Cheyenne, Wyo. (Cheyenne Central H.S.)
Jessica Dawkins	Fr.	Sprint FR, FL	Centennial, Colo. (Cherry Creek H.S.)
Sarah DeLapp	Sr.	Distance FR, IM	Englewood, Colo. (Cherry Creek H.S.)
Chandra Engs	So.	FR, BR, IM	Cambridge, Ontario, Canada (Southwood H.S.)
Taylor Felton	Jr.	Distance FR	Salt Lake City, Utah (Skyline H.S.)
Elyse Hall	Fr.	Diving	Mesa, Ariz. (Dobson H.S.)
Rachel Hinze	Fr.	FR	Ault, Colo. (Eaton H.S.)
Lauren Houghton	Fr.	Sprint FR	Denver, Colo. (Thomas Jefferson H.S.)
Abigail Iler	Fr.	IM, FL	Gambriels, Md. (St. Mary's H.S.)
Sam Johnson	Fr.	Sprint FR, BK	Wheat Ridge, Colo. (Wheat Ridge H.S.)
Elizabeth Jones	Jr.	Sprint FR	Laramie, Wyo. (Laramie H.S.)
Karin Knudson	Fr.	Diving	Estes Park, Colo. (Estes Park H.S.)
Rachelle Kula	Jr.	FL, FR	Anchorage, Alaska (Robert Service H.S.)
Lyndsey McCaslin	Sr.	BR, IM	Westbrook, Maine (Westbrook H.S.)
Samantha Moran	So.	Mid-Distance FR	Waipahu, Hawaii (Waipahu H.S.)
Andrea Newman	So.	Distance FR	Salt Lake City, Utah (Highland H.S.)
Celes Parks	Fr.	Distance	Boulder City, Nev. (Boulder City H.S.)
Rachel Rey	Fr.	Distance	Fort Collins, Colo. (Fort Collins H.S.)
Alina Roberts	Fr.	Sprint FR	Aspen, Colo. (Aspen H.S.)
Jen Schnell	Fr.	FL, BK	Libertyville, Ill. (Libertyville H.S.)
Sara Servold	Fr.	IM, BR	Prattville, Ala. (Prattville H.S.)
Erin Sobon	Fr.	Diving	Parker, Colo. (Ponderosa H.S.)
Tara Staley	Fr.	FL, FR	Las Vegas, Nev. (Sierra Vista H.S.)
Kara Swindler	Jr.	BR, IM	Friendswood, Texas (Friendswood H.S.)
Tiffany Thompson	Jr.	FL, Sprint, FR	Pagosa Springs, Colo. (Pagosa Springs H.S.)
Laura Tingle	Jr.	FL, Fr	Lincoln, Neb. (Lincoln Southeast H.S.)
Meghan Trucco	Sr.	Diving	Boulder, Colo. (Cheyenne Central H.S.)
Amber Ultesch	Fr.	Diving	Colorado Springs, Colo. (Air Academy H.S.)
Meika Weiner	Fr.	Distance FR	Bellingham, Wash. (Bellingham H.S.)
Brette Winegarner	So.	BK, FR	Anchorage, Alaska (Robert Service H.S.)
Katie Zappa	Fr.	FR	Hudson, Wis. (Hudson Senior H.S.)

2004-2005 TOP TIMES AS OF 2/21/05

50 Freestyle

Karin Knudson	0:24.57	BYU Dual
Alina Roberts	0:24.60	Early Bird Invitational
Elizabeth Jones	0:24.72	Denver Dual
Brette Winegarner	0:24.89	Early Bird Invitational
Rachel Hinze	0:24.90	Colorado Dual

100 Freestyle

Chandra Engs	0:53.58	UNLV Dual
Elizabeth Jones	0:53.99	BYU Dual
Alina Roberts	0:54.46	Rice Invitational
Rachel Hinze	0:54.54	Colorado Dual
Brette Winegarner	0:54.54	Wyoming Dual

200 Freestyle

Tara Staley	1:54.25	UNLV Dual
Chandra Engs	1:54.61	UNLV Dual
Rachelle Kula	1:57.94	Utah Dual
Brette Winegarner	1:58.58	Wyoming Dual
Taylor Felton	1:59.42	Early Bird Invitational

500 Freestyle

Chandra Engs	5:06.28	San Diego State Dual
Tara Staley	5:06.36	Early Bird Invitational
Taylor Felton	5:13.58	Rice Invitational
MacKenzie Brown	5:14.95	Early Bird Invitational
Celes Parks	5:16.70	UNLV Dual

1000 Freestyle

Taylor Felton	10:37.93	Utah Dual
Celes Parks	10:40.93	UNLV Dual
Chandra Engs	10:47.30	Air Force Dual
Sarah DeLapp	10:51.51	BYU Dual
MacKenzie Brown	10:53.53	Rice Invitational

1650 Freestyle

Taylor Felton	17:42.53	San Diego State Dual
Celes Parks	17:43.12	San Diego State Dual
Sarah DeLapp	17:56.41	Matt Gribble Invitational
MacKenzie Brown	18:22.76	Matt Gribble Invitational
Andrea Newman	18:26.73	Matt Gribble Invitational

100 Backstroke

Amy Abrams	0:58.49	Rice Invitational
Brette Winegarner	0:59.05	UNLV Dual
Jennifer Banker	0:59.25	Wyoming Dual
Alina Roberts	0:59.80	UNLV Dual
Abigail Iler	1:00.62	Wyoming Dual

200 Backstroke

Brette Winegarner	2:07.69	BYU Dual
Abigail Iler	2:08.87	San Diego State Dual
Amy Abrams	2:08.89	UNLV Dual
MacKenzie Brown	2:12.36	Rice Invitational
Sara Servold	2:15.91	Matt Gribble Invitational

100 Breaststroke

Lyndsey McCaslin	1:05.88	UNLV Dual
Alyson Aggers	1:06.53	Matt Gribble Invitational
Chandra Engs	1:07.40	Matt Gribble Invitational
Kara Swindler	1:07.80	Wyoming Dual
Amber Canterbury	1:08.36	Matt Gribble Invitational

200 Breaststroke

Alyson Aggers	2:23.85	Rice Invitational
Sara Servold	2:27.04	San Diego State Dual
Lyndsey McCaslin	2:28.02	BYU Dual
Amber Canterbury	2:29.17	Matt Gribble Invitational
Sarah DeLapp	2:33.32	UNLV Dual

100 Butterfly

Rachelle Kula	0:57.51	UNLV Dual
Abigail Iler	0:58.37	Rice Invitational
Tara Staley	0:58.66	San Diego State Dual
Sara Servold	0:59.34	UNLV Dual
Shelley Aspevig	1:00.48	Denver Dual

200 Butterfly

Sara Servold	2:06.26	Matt Gribble Invitational
Abigail Iler	2:08.45	Rice Invitational
Rachelle Kula	2:11.73	Rice Invitational
Chandra Engs	2:14.65	Northern Colorado Dual
Laura Tingle	2:17.47	Early Bird Invitational

200 IM

Abigail Iler	2:10.06	UNLV Dual
Sara Servold	2:10.88	UNLV Dual
Chandra Engs	2:11.03	Denver Dual
Rachelle Kula	2:12.74	Wyoming Dual
Amy Abrams	2:14.43	Early Bird Invitational

400 IM

Abigail Iler	4:33.64	San Diego State Dual
Sara Servold	4:34.00	San Diego State Dual
Sara DeLapp	4:42.09	Rice Invitational
Chandra Engs	4:46.50	Early Bird Invitational
MacKenzie Brown	4:52.43	Matt Gribble Invitational

200 Freestyle Relay

Relay A	1:37.34	BYU Dual
(Knudson, Winegarner, Staley, Jones)		

400 Freestyle Relay

Relay A	3:32.39	UNLV Dual
(Engs, Jones, Winegarner, Roberts)		

800 Freestyle Relay

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

200 Medley Relay

Relay A	1:45.95	UNLV Dual
(Abrams, McCaslin, Kula, Jones)		

400 Medley Relay

Relay A	3:59.29	Denver Dual
(Abrams, McCaslin, Kula, Jones)		

1 meter Diving/Dual

Elyse Hall	266.55	San Diego State Dual
Karin Knudson	243.97	Air Force Dual
Amber Utesch	237.37	San Diego State Dual
Meghan Trucco	199.05	Colorado Dual

3 meter Diving/Dual

Elyse Hall	270.30	Air Force Dual
Amber Utesch	253.35	Northern Colorado Dual
Karin Knudson	247.05	Colorado Dual
Meghan Trucco	187.50	Colorado Dual

1 meter Diving/Championship

Elyse Hall	211.85	Early Bird Invitational
Kara Crisp	209.65	Early Bird Invitational

3 meter Diving/Championship

Elyse Hall	420.45	Air Force Diving Invitational
Amber Utesch	364.55	Early Bird Invitational

Ram Quickfacts...

Location	Fort Collins, CO 80523
Enrollment	25,382
Nickname	Rams
School Colors	Green & Gold
Natatorium	Moby Pool
Conference	Mountain West
Swimming Contact	Mike Lefler
Office Phone	970-491-4854
FAX Phone	970-491-1348
Website	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)