



# 2004 RAM SWIMMING & DIVING St

Issued: November 18, 2004

Contact: Nicole Hegg, Niki Barton or Mike Lefler

## At A Glance...

2004-2005 Record .....	2-0
Win Pct. ....	1.000
Streak .....	2 wins
Conf. Record .....	1-0
Win Pct. ....	1.000
Streak .....	1 win
Head Coach .....	John Mattos
Career Record .....	182-70
Win Pct. ....	.721

## 2004-2005 Schedule...

O 16	Ram 5,000 Fundraiser	X
O 22-23	^Early Bird Invite ( *UNM Dual)	1st
O 29-30	at Rice Invitational	4th
N 5-7	Colorado State Invite	X
N 12	Colorado Dual	156-81
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) Denotes 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.)	Divi1-3ng
Meika Weiner(Fr.)	Distance FR
Brette Winegarner(So.)	BK, FR
Katie Zappa(Fr.)	FR

## Colorado Dual Recap...

The Ram swimming and diving team collected their second win of the season versus the University of Colorado at Moby Pool last week. The Rams scored 156 points to CU's 81 points.

The Colorado State squad, featuring its second team competitors, swept first and second place finishes across the board.

Freshman Rachel Hinze, took first in two events, the 200 IM (2:14.80) and the 100 free (0:54.54). She now holds the second-fastest 100 freestyle time of the season. Andi Newman also placed first in two events, the 1000 free with a time of 11:15.30 and the 500 free with a time of 5:29.22.

In diving, the Rams dominated both boards. Elyse Hall won 1-meter diving with a score of 252.82, while Karin Knudson won the 3-meter with a score of 247.05. Both divers scored season bests at this meet. The Rams took the top four scores in both diving events.

## Up Next...

The Ram's head to Las Vegas to take on the Rebels (3-3, 2-1 MWC), winners of three straight, Saturday, Nov. 20 at 2 p.m. in Buchanan Natatorium. The Rebels were picked to finish second in the MWC this season.

UNLV freshman Katie Wronn was named Mountain West Conference Swimmer of the Week last week.

In their last meeting, the Rams beat the Rebels 125-118.

## Taking on the Aztecs...

Colorado State travels to San Diego State to compete with the Aztecs at Kroc Community Center on Nov. 22. The Aztecs ( 2-3, 1-3 MWC), take on Colorado State's local rivals the Bears of Northern Colorado and the University of Wyoming Cowgirls Nov. 19 and Nov. 20.

The Aztecs, picked to finish seventh in the MWC this season, fell to Colorado State at their last meeting.

San Diego State is lead by sophomores Emily Parker and Caitlin Friedhoff and senior Jennifer Arrow.

## Freshmen Impact...

Against Colorado, notable freshman performances include Rachel Hinze, placing first in the 200 IM and the 100 free; Andi Newman, placing first in the 1000 and 500 free; and freshman diver Elyse Hall won the 1-meter diving competition with 252.82 total points and placed second in the 3-meter with 237.98 points. Freshman Meika Weiner, Rachel Rey, Lauren Houghton, Jessica Dawkins and Amber Utesch also had strong performances for the Rams.

## 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	2-0	1.000	--	--
<b>Totals</b>	<b>182-70</b>	<b>.721</b>		

## 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 11/18/04

### 50 Freestyle

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

### 100 Freestyle

Chandra Engs	0:54.23	Early Bird Invitational
Rachel Hinze	0:54.54	Colorado Dual
Alina Roberts	0:54.83	Early Bird Invitational
Elizabeth Jones	0:55.34	Early Bird Invitational
Brette Winegarner	0:55.44	Early Bird Invitational

### 200 Freestyle

Tara Staley	1:56.23	Rice Invitational
Chandra Engs	1:57.18	Rice Invitational
Taylor Felton	1:59.42	Early Bird Invitational
Elizabeth Jones	2:00.85	Rice Invitational
Celes Parks	2:00.93	Early Bird Invitational

### 500 Freestyle

Tara Staley	5:06.36	Early Bird Invitational
Chandra Engs	5:10.91	Rice Invitational
Taylor Felton	5:13.58	Rice Invitational
MacKenzie Brown	5:14.95	Early Bird Invitational
Andrea Newman	5:20.11	Early Bird Invitational

### 1000 Freestyle

Taylor Felton	10:41.45	Rice Invitational
Celes Parks	10:41.81	Rice Invitational
MacKenzie Brown	10:53.53	Rice Invitational

### 1650 Freestyle

Taylor Felton	18:00.05	Early Bird Invitational
Celes Parks	18:13.50	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	0:58.49	Rice Invitational
Brette Winegarner	0:59.49	Rice Invitational
Alina Roberts	1:00.29	Rice Invitational
Abigail Iler	1:01.55	Early Bird Invitational
Jennifer Banker	1:01.37	Colorado Dual

### 200 Backstroke

Brette Winegarner	2:11.09	Rice Invitational
Amy Abrams	2:12.07	Rice Invitational
MacKenzie Brown	2:12.36	Rice Invitational
Jennifer Banker	2:16.34	Early Bird Invitational
Celes Parks	2:16.62	Early Bird Invitational

### 100 Breaststroke

Alyson Aggers	1:07.28	Rice Invitational
Lyndsey McCaslin	1:07.72	Rice Invitational
Amber Canterbury	1:10.81	Early Bird Invitational
Sarah DeLapp	1:11.05	Rice Invitational
Kara Swindler	1:11.28	Early Bird Invitational

### 200 Breaststroke

Alyson Aggers	2:23.85	Rice Invitational
Sara Servold	2:29.31	Rice Invitational
Lyndsey McCaslin	2:30.77	Rice Invitational
Amber Canterbury	2:31.28	Early Bird Invitational
Sarah DeLapp	2:34.61	Early Bird Invitational

### 100 Butterfly

Abigail Iler	0:58.37	Rice Invitational
Rachelle Kula	0:59.08	Rice Invitational
Tara Staley	0:59.57	Early Bird Invitational
Sara Servold	1:00.12	Early Bird Invitational
Tiffany Thompson	1:01.30	Early Bird Invitational

### 200 Butterfly

Sara Servold	2:08.22	Rice Invitational
Abigail Iler	2:08.45	Rice Invitational
Rachelle Kula	2:11.73	Rice Invitational
Laura Tingle	2:17.47	Early Bird Invitational
Taylor Felton	2:22.77	Early Bird Invitational

### 200 IM

Abigail Iler	2:10.20	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
Rachel Hinze	2:14.80	Colorado Dual

### 400 IM

Abigail Iler	4:35.56	Rice Invitational
Sara Servold	4:37.81	Rice Invitational
Sara DeLapp	4:42.09	Rice Invitational
Chandra Engs	4:46.50	Early Bird Invitational
MacKenzie Brown	4:54.44	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	1:48.22	Rice Invitational
(Abrams, McCaslin, Kula, Roberts)		

### 400 Medley Relay

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

### 1 meter Diving/Championship

Elyse Hall	252.82	Colorado Dual
Amber Utesch	235.50	Colorado Dual
Karin Knudson	221.55	Colorado Dual
Elyse Hall	211.85	Early Bird Invitational
Kara Crisp	209.65	Early Bird Invitational

### 3 meter Diving/Championship

Elyse Hall	372.45	Early Bird Invitational
Amber Utesch	364.55	Early Bird Invitational
Karin Knudson	247.05	Colorado Dual
Elyse Hall	237.98	Colorado Dual
Amber Utesch	229.35	Colorado Dual

\$ 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)
.....	Morry Arbini
Diving Coach .....	(Cal State-Fullerton '69)
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