



UNIVERSITY OF NORTHERN IOWA ATHLETICS MEDIA RELATIONS

Upper NW UNI-Dome • Cedar Falls, Iowa • 50614-0314 • <http://www.unipanthers.com>
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2006-07 UNI Women's Swimming

10/11/06; Release #1

2006 Schedule/Results

| | | |
|----------------|---------------------------------|---------------|
| Oct. 13 | at Illinois State | 5 p.m. |
| Oct. 21 | South Dakota | 1 p.m. |
| Oct. 27 | Minnesota State-Moorhead | 6 p.m. |
| Nov. 3 | at Kansas | 6 p.m. |
| Nov. 4 | at Kansas | 10 a.m. |
| Nov. 11 | South Dakota State | 9 a.m. |
| | at Northern Colorado | 2 p.m. |
| Nov. 17 | Minnesota State-Mankato | 6 p.m. |
| Dec. 2 | at Iowa State | 1 p.m. |
| Jan. 13 | at Southern Illinois | 12 p.m. |
| | Evansville | 12 p.m. |
| Jan. 19 | Nebraska | 5 p.m. |
| Jan. 20 | Luther | 1 p.m. |
| | Augustana (Ill.) | 1 p.m. |
| Jan. 27 | at Nebraska-Omaha | 2 p.m. |
| Feb. 8-10 | MVC Championships | All Day |

All times central

Home matches in **bold** and played at the West Gym

2006 Quick Facts

| | |
|---------------------|--|
| Location: | Cedar Falls, Iowa |
| Founded: | 1876 |
| Enrollment: | 12,260 |
| Nickname: | Panthers |
| Colors: | Purple & Old Gold |
| Conference: | Missouri Valley |
| Affiliation: | NCAA Division I |
| Home Pool: | Wellness & Recreation Pool |
| President: | Dr. Benjamin Allen |
| Athletics Director: | Rick Hartzell |
| Website: | www.unipanthers.com |

Coaches

| | |
|--------------------|--------------------------|
| Head Coach: | Stacey Simmer (Iowa '01) |
| Record at UNI: | 12-31 (4 yrs.) |
| Overall Record: | 12-31 (4yrs.) |
| Assistant Coach: | Carissa Rabel (Iowa '04) |
| Swim Office Phone: | 319-273-7946 |

Team Information

| | |
|--------------------------|-------------------|
| 2005-06 Record: | 2-10 |
| MVC Finish: | 5th |
| Letterwinners Lost: | Kendra Ryan-4yrs. |
| Letterwinners Returning: | 14 |

UNI Athletics Media Relations Information

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|---------------------------|--|
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THIS WEEK IN PANTHER SWIMMING

Oct. 8-14

Friday: at Illinois State, 5 p.m.

The UNI women's swim team kicks off the season on Oct. 13 in Normal, Ill., where the Panthers meet up with the Redbirds of Illinois State. Last year the Panthers lost to the Redbirds, 237-63.

NOTES

• Joining the staff is new assistant coach Carissa Rabel from Spencer, Iowa. Rabel is also coach of BLAST, a Cedar Falls/Waterloo swim club in which she has been able to set the club record for sending the most athletes to the state competition and has helped athletes break more than 10 club records.

Before coaching BLAST, Rabel was an assistant coach for the state champion Cedar Falls High School women's swim team of 2003.

SEASON PREVIEW

As the season kicks off, University of Northern Iowa head coach Stacey Simmer expects big things from the 2006-07 squad, through talent in numbers. "We can fill out each stroke, allowing swimmers to focus on one area instead of covering several strokes in order to fill each stroke," Simmer said.

The UNI women's swim team consists of 24 swimmers total: five seniors, one junior, nine sophomores and nine freshmen. This combination of six UNI record-breaking swimmers, a recruiting class including some of the top high school swimmers in the state and constantly improving letterwinners defines a strong program in the making.

Sprint Free

The sprint freestyle is expected to be the team's strongest area, with returning letterwinners Erin Danielson (Johnston, Iowa/Johnston) and Jamie Keefer (Spencer, Iowa/Spencer) looking to break the records they set last year. Freshmen expected to make waves in the area are Amanda Firman (Cedar Falls, Iowa/Cedar Falls), Maggie Rickert (Hudson, Iowa/Hudson) and Kelly Koehler (Madison, Wis./Madison East). Each of these freshmen achieved All-America status in freestyle strokes in high school. Pearl James (Fairfield, Iowa/Fairfield) and Erica King (Johnston, Iowa/Johnston) will also add depth to the sprint free.

Middle Distance Free

In middle distance free, letterwinners Rachael Robnett (Coeur d'Alene, Idaho/Lake City) and Ashley Hunter (Overland Park, Kan./Blue Valley North) will look to improve times. Hunter climbed into the UNI record books last season with her 1:58.46 finish in the 200-yard free. Freshman Kelly Mateas (Winfield, Ill./Community) is also expected to break records in this area.

Distance Free

Letterwinners Melissa Little (Lawrence, Kan./Lawrence) and Katie Maloy

HEAD COACH STACEY SIMMER



Fifth Season

Record at UNI: 12-31 (4 yrs.)

Career Record: 12-31 (4 yrs.)

In her fifth season as the University of Northern Iowa head women's swimming head coach, Stacey Simmer looks forward to a promising season for the Panthers. The 2006-07 team is complete with a strong group of returning letterwinners and a talented recruiting class made up of some of the top high school swimmers in Iowa. Through tough competition throughout this season, the Panthers are expected to be tough contenders at the Missouri Valley Conference Championships in February.

During the 2003-03 season, Simmer coached two-time MVC all-conference swimmer Erika Uthoff-Schmuecher to an MVC Championship in the 100-yard breaststroke. In the following seasons, she has coached seven MVC first team scholar athletes. Also, the Panthers earned top-10 finishes in five individual events.

"We are very fortunate to get someone with Stacey's credentials to coach our women's swimming team," UNI director of athletics Rick Hartzell said upon Simmer's appointment. "Her youthful enthusiasm and technical knowledge of swimming will give us a chance to get this program back on track. We are excited to have Stacey with us."

Simmer swam for the University of Iowa from 1997-2001. As team captain her senior year, she received the Golden I-Book award for academic recognition. She also graduated holding individual records in the 50-yard free (23.08) and 100-yard free (50.79) and was part of the record-holding 200-yard free relay team, 400-yard free relay team, and 400-yard medley relay team. She also swam the 50 free at the 2000 United States Olympic Trials.

Born and raised in Cedar Falls, Simmer is a 1997 graduate of Northern University High School. She received her bachelor's degree in Elementary Education from Iowa in December of 2001. Her and her husband, Erich, have a two-year old son, Hogan, and are expecting a daughter in November 2006.

(Auburn, Indiana/R. Nelson Snider) will continue making an impact in the distance free. Maloy looks to break the records she set last season in the 200, 500, 1,000, and 1,650 free. Walk-ons Nichol Roberts (Moline, Iowa/Moline Senior) and Rachel Dieter (Carroll, Iowa/Carroll) will also add depth.

Backstroke

With Abby Moes (Sioux City, Iowa/Sioux City East), Lauren Stork (Brooklyn Park, Minn./Park Center Senior), Danielson and Keefer returning, the back stroke will continue to be strong. These letterwinners will be joined by Abby Girard (Cedar Falls, Iowa/Cedar Falls), the top high school backstroke swimmer in Iowa.

Breaststroke

The Panthers will look to improve in the breaststroke this season, with returning letterwinners Robnett and Lauren Mendel (Phoenix, Ariz./Arcadia) looking to lead the way. Sophomore Maegan Miller (Olathe, Kan./Olathe) could not swim last year due to a knee injury, but will be adding to the breaststroke depth this season.

Butterfly

The team lost senior Kendra Ryan (Hutchinson, Minn./Hutchinson) in this stroke, but will have no trouble staying strong with record-breaking letterwinner Katie Klinkenborg (Overland Park, Kan./Shawnee Mission East) and senior letterwinner Megan Little (Lawrence, Kan./Lawrence). Freshmen Rickert and Allyson Green (Bettendorf, Iowa/Bettendorf) along with Western Illinois transfer Melissa Kilfoy (Bettendorf, Iowa/Bettendorf/Western Illinois) will help complete this stroke.

Individual Medley

Letterwinners Moes and Stork will continue to improve in this stroke. They are joined by Green, a Quad Cities stand-out for her performances in national triathlons and academics.

UNI ROSTER

| Name | Year | Stroke | Hometown/School |
|-------------------|------|------------------|--|
| Alexa Armstrong | So. | Sprint Free | Dubuque, Iowa/Hempstead |
| Erin Danielson | Sr. | Sprint Free/Back | Johnston, Iowa/Johnston |
| Amanda Firman | Fr. | Sprint Free | Cedar Falls, Iowa/Cedar Falls |
| Abby Girard | Fr. | Back/IM | Cedar Falls, Iowa/Cedar Falls |
| Allyson Green | Fr. | IM/Fly | Bettendorf, Iowa/Bettendorf |
| Ashley Hunter | So. | Free | Overland Park, Kan./Blue Valley North |
| Pearl James | Sr. | Sprint Free/Back | Fairfield, Iowa/Fairfield |
| Jamie Keefer | Jr. | Sprint Free/Back | Spencer, Iowa/Spencer |
| Melissa Kilfoy | So. | Fly/IM | Bettendorf, Iowa/Bettendorf/Western Illinois |
| Erica King | Fr. | Sprint Free | Johnston, Iowa/Johnston |
| Katie Klinkenborg | So. | Fly/Back | Overland Park, Kan./Shawnee Mission East |
| Kelsey Koehler | Fr. | Sprint Free/Back | Madison, Wisc./Madison East |
| Megan Little | Sr. | Fly | Lawrence, Kan./Lawrence |
| Melissa Little | So. | Distance Free | Lawrence, Kan./Lawrence |
| Katie Maloy | So. | Distance Free | Auburn, Ind./R. Nelson Snider |
| Kelly Mateas | Fr. | Free | Winfield, Ill./Community |
| Lauren Mendel | Sr. | Breast/Free | Phoenix, Ariz./Arcadia |
| Maegan Miller | So. | Free | Olathe, Kan./Olathe |
| Abby Moes | So. | Back/IM | Sioux City, Iowa/Sioux City East |
| Maggie Rickert | Fr. | Fly/Sprint Free | Hudson, Iowa/Hudson |
| Nichol Roberts | Fr. | Free | Moline, Ill./Moline Senior |
| Rachael Robnett | Sr. | Free/Breast | Coeur d'Alene, Idaho/Lake City |
| Lauren Stork | So. | Back/IM | Brooklyn Park, Minn./Park Center Senior |