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University of San Diego 1993-94 Women's Swimming/Diving Media Guide



1994 Toreros: Front Row (Kneeling, L-R) — Megan Loncto, Karen Trollope, Jennifer Klaas, Suki Fisher, Laurann Zilius, Cami Simmons, Carrie Demakas, Yumi Kobayashi.
Back Row (Standing, L-R) — Karen Jewel, Diving Coach; Bill Morgan, Head Coach, Meghan Hickey, Molly McGlennen, Nancy Ash, C.C. Platt, Tracy Schwieger, Lindsay King, Rachel Thompson, Tracie Childs, Assistant Coach. Not pictured: Natalie Abraham.

1993-94 USD SCHEDULE

Oct. 30	CSU-Northridge	12 Noon
Nov. 6	Pepperdine/Loyola Marymount (@ Pepperdine)	12 Noon
Nov. 13	UC-Irvine/Northern Arizona	12 Noon
Nov. 14	Nevada	1:00 p.m.
Nov. 20	UC-San Diego	11:00 a.m.
Dec. 2	Speedo Cup Invitational (@ Belmont Plaza, Long Beach)	All Day
Dec. 3	Speedo Cup Invitational	All Day
Dec. 4	Speedo Cup Invitational	All Day
Jan. 8	Chapman	12 Noon
Jan. 12	Fresno State	1:00 p.m.
Jan. 21	University of the Pacific	12 Noon
Jan. 22	Oregon State/San Jose State* (@ San Jose State)	9:30 a.m.
	Oregon State/San Jose State**	2:00 p.m.
	San Francisco State (@ SJSU)	
Jan. 29	CSU-Northridge/Pepperdine (@ Pepperdine)	12 Noon
Feb. 16	Pacific Coast Swimming Champs. (@ Belmont Plaza, Long Beach)	All Day
Feb. 17	Pacific Coast Swimming Champs.	All Day
Mar. 17-19	NCAA Championships (@ Indianapolis, IN)	All Day
	*Short Order **Long Order	



SWIMMING/DIVING ROSTER

Name	Event(s)	Ht.	Yr.	Ex.	Hometown/Last School
Nancy Ash	Free/Fly	5-11	JR	1V	Bloomington, IL/Illinois Wesleyan
Natalie Abraham	Diver	5-3	JR	2V	Milford, MA/Milford HS
Carrie Demakas	Diver	5-6	SO	HS	Spokane, WA/Gonzaga Prep
Suki Fisher	Free	5-7	SR	3V	Fullerton, CA/Rosary HS
Meghan Hickey	Diver	5-8	SO	HS	Glenview, IL/Regina Dominican HS
Lindsay King	Free	5-8	SO	1V	Manhattan Beach, CA/Mira Costa HS
Jennifer Klaas	Free/IM	5-6	JR	2V	Double Oak, TX/Marcus HS
Yumi Kobayashi	Breast	5-1	SO	TR	Chiba, Japan/Wayo HS
Megan Loncto	Diver	5-1	FR	HS	Ridgefield, CT/Ridgefield HS
Molly McGlennen	Free/Fly	5-10	SR	3V	Hopkins, MN/Hopkins HS
C.C. Platt	Free/Back	5-11	SR	3V	Tempe, AZ/Tempe HS
Tracy Schwieger	Breast/IM	5-10	SR	3V	Hastings, MN/Hastings HS
Cami Simmons	Back/IM	5-8	SO	1V	Hemet, CA/Hemet HS
Karen Trollope	Free/Back	5-5	SR	3V	Los Altos Hills, CA/St. Francis HS
Rachel Thompson	Back/IM	5-7	SO	RS	Ventura, CA/Buena HS
Laurann Zilius	Free	5-8	SR	3V	Redlands, CA/Redlands HS

Head Coach: Bill Morgan (first season)

Assistant Coach: Tracie Childs

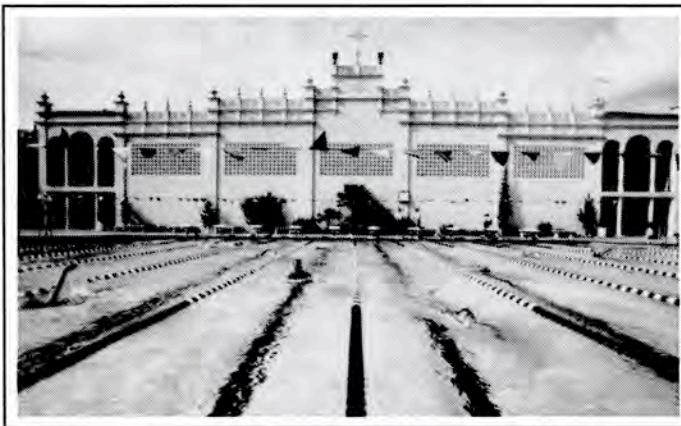
Diving Coach: Karen Jewel (third season)

Sports Center Swimming Pool

The University of San Diego Women's Swimming and Diving teams compete and train at the USD Sports Center Swimming Pool, one of the finest aquatic centers in San Diego.

The 10-lane, 25-yard pool features Spanish style architecture and a spacious deck — all set in the heart of Alcalá Park's sporting community. The pool contains dual 1-meter diving boards and is conveniently close to USD's newly-remodeled weight room facility.

The Sports Center Swimming Pool is a popular winter training site for collegiate and high school programs. In the past few years schools such as Colorado State, California, Wyoming, Fresno State, Utah, and Northern Arizona have used the grounds in preparation for important meets.



Sports Illustrated recently used the USD Sports Center Pool as a backdrop for their swimsuit edition.

Swimming Information In Split Seconds

USD Swimming statistics, results, and notes are now available 24-hours a day via "Fax-on-Demand", an automated fax request service available through the USD Sports Information Office.

To retrieve information, dial (404) 399-3066 from the handset of your fax machine. Enter passcode number 9378. Choose from the following menu: weekly news release #1761; schedule/roster #1762 statistics/meet results #1763; Head Coach biography #1764. This service is provided for the use of working media and USD swimming alumni.

Bill Morgan, Head Coach



Bill Morgan is completing his first season at the University of San Diego after being named the second head coach in the program's 16-year history on May 27, 1993. Morgan's impressive coaching credentials included 13 successful seasons as head coach of the women's (1980-1990) and men's (1977-1990) swimming programs at University of California, San Diego.

In his tenure with the Tritons, Morgan's teams produced 108 Division III All-Americans, 18 NCAA individual champions in 29 events, 13 NCAA record holders, three GTE/CoSIDA Academic All-Americans and two NCAA Post Graduate Scholarship recipients. Morgan was named NCAA Division III Women's Swimming Coach of the Year in 1985 and Men's Swimming Coach of the Year in 1989.

Morgan, a 1976 graduate of San Diego State (BA, Recreation Administration), established Aztecs swim records in the 1,000 and 1,650 freestyle and 400 IM events following an All-American junior college career.

Bill and wife, Gretchen, reside with their infant daughter in Del Mar, CA.

Karen Jewel, Diving Coach



Karen Jewel is in her third season as USD's diving coach. She previously served as diving coach at Grossmont Junior College.

Jewel took a break from collegiate diving to concentrate on her Civil Engineering degree, obtained from San

Diego State in 1989. As a prepster, Jewel earned third place at the 1984 CIF Championships while representing San Diego's Patrick Henry High.

Tracie Childs, Ast. Swim Coach

A four-year letterwinner for the Toreros (1989-93), Tracie Childs serves as USD's assistant swim coach.



The Boulder, CO native figured in scoring four consecutive years at the PCSC Championships and captained the 1992-93 Torero squad her senior season. Childs, who also swam for the Oregon-based Multnomah Athletic Club, recently received a Political Science degree from USD.

USD Record Holders

Event	Name	Time
50 Freestyle	Jennifer Sheldon, '92-93	24.60
100 Freestyle	Jennifer Sheldon, '92-93	53.30
200 Freestyle	Stacey DeGooyer, '83-84	1:58.32
500 Freestyle	Stacey DeGooyer, '83-84	5:12.90
1000 Freestyle	Stacey DeGooyer, '83-84	10:46.80
1650 Freestyle	Nancy Ash, '92-93	18:02.44
50 Backstroke	Denise Odenwald, '81-82	28.10
100 Backstroke	Shelley Otto, '87-88	1:00.49
200 Backstroke	Jennifer Sheldon, '92-93	2:10.80
100 Breaststroke	Mary Bergen, '90-91	1:08.32
200 Breaststroke	Hilary Devine, '92-93	2:27.65
100 Butterfly	Hilary Devine, '92-93	58.42
200 Butterfly	Stacey DeGooyer, '83-84	2:12.28
200 Ind. Medley	Hilary Devine, '92-93	2:09.07
400 Ind. Medley	Hilary Devine, '92-93	4:42.64
200 Medley Relay	Rider, Hockett, '87-88 Birney, Otto	1:52.82
400 Medley Relay	Sheldon, Devine '92-93 Schwieger, McGlennen	4:04.93
200 Free Relay	Otto, Hockett, '87-88 Bergen, Porter	1:40.51
400 Free Relay	Sheldon, Scott, '92-93 Graczyk, McGlennen	3:38.05
800 Free Relay	Torrey, Scott, '92-93 Schwieger, Ash	8:11.44
1 meter Diving	Laura Mostero, '84-85	198.00
3 meter Diving	Theresa Friedheim, '88-89	225.15

The University of San Diego

The University of San Diego is an independent Catholic university located on a 170-acre mesa overlooking Mission Bay, San Diego Harbor, and the Pacific Ocean. The campus is named Alcalá Park after the Spanish university town where St. Didacus (i.e., Diego) spent much of his time.

Complementing its splendid natural setting is the University's location — just ten minutes from downtown and conveniently close to the major business, cultural, residential and recreational areas of San Diego, as well as rail, bus and air terminals.

Founded in 1949, USD is presently experiencing a period of record growth and attendance. Total enrollment currently stands at just over 6,000 students.

The University includes a College of Arts and Sciences and Schools of Business Administration, Education, Nursing, and Law. Each is characterized by high academic standards, small classes, and excellent student-faculty relations.

Though the majority of USD students come from the West Coast, every region of the United States is well represented on campus. Students from 24 foreign countries can be found in attendance at USD.

Intercollegiate sports for women included swimming/diving, basketball, crew, cross country, soccer, softball, tennis and volleyball. USD fields men's teams in baseball, basketball, crew, cross country, football, golf, soccer and tennis.

All-Time Swimming Register

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A

Abel, Kyna* ('92-93)
Abraham, Natalie* ('91-pres.)
Adams, Misa ('88-90)
Allmaras, Jennifer ('88-90)
Ash, Nancy ('92-pres.)

B

Baker, Madeline ('86-87)
Baldocchi, Lisa ('83-84)
Bartman, Lisa ('78-79)
Beainy, Renee* ('84-85)
Bergen, Mary ('88-92)
Birney, Laurie ('83-87)
Brennan, Bridget* ('78-80)
Buchanan, Nancy ('79-81)

C

Cassity, Colleen ('88-92)
Cavallero, Rosann ('83-87)
Chalberg, Karen* ('87-88)
Childers, Reggie ('80-81)
Childs, Tracie ('89-93)
Clark, Diane ('79-80)
Coy, Ali ('92-93)

D

Dahl, Tami ('92-93)
Danahy, Karen ('87-91)
Dauer, Trish ('80-82)
Davidio, Janine* ('87-89)
DeGooyer, Stacey ('83-85)
Demakas, Carrie* ('93-pres.)
Devine, Hilary ('92-93)
Drake, Tracey ('78-79)

E

Erck, Candy ('80-81)

F

Fallon, Michele* ('90-91)
Fatovic, Diane ('86-87)
Ferschweiler, Dana* ('84-85)
Fisher, Celina* ('92-93)
Fisher, Suki ('90-91, '92-94)
Fong, Tracey Will ('78-79)
Franklin, Betsy ('78-79)
Friedheim, Theresa* ('88-89)

G

Garton, Samantha ('87-88)
Gaudet, Katie ('87-89)
Gaunt, Janet ('81-83, '85-86)
Givliani, *('82-83)
Graczyk, Kirsten ('92-93)
Green, Elizabeth ('86-87)
Green, Victoria* ('83-84)

H

Hanaver, Lynn ('79-80)
Hawblitzel, Mary ('89-90)
Hausner, Pam ('79-80)
Hickey, Meghan* ('93-pres.)
Hockett, Heather ('87-89)
Hollanhan, Jan ('82-86)

I

Isham, Jennifer* ('81-82)

J

Jackson, Linda ('85-86)
Jeffries, Sheila ('87-88)
John, Mavi* ('80-81)

K

Kankowski, AnnMarie ('84-85)
Kelly, Rhonda ('91-93)
Klaas, Jennifer ('91-pres.)
Klein, Kate ('78-79)
King, Lindsay ('92-pres.)
Kobayashi, Yumi ('93-pres.)
Krueger, Kathryn ('83-84)
Kupic, Amy ('87-88)

L

Lee, Jennifer* ('92-93)
Leonovicz, Lisa* ('90-91)
Ligtenberg, Margie ('84-86)
Lightfoot, Mary ('80-82)
Loncto, Megan* ('93-pres.)
Lund, Shauna* ('81-82)

M

Maddock, Laurie ('82-84)
Macevicz, Cecelia ('82-84)
Malamo, Cha Cha ('78-79)
McAdoo, Shelly ('83-85)
McCaffrey, Kelly ('88-90)
McGlennen, Molly ('90-94)
McGrath, Colleen ('78-79)
McTaggart, Janeen ('82-83)
Metzger, Sarah ('89-93)
Meyers, Betsy ('78-79)
Misfeldt, Julie ('85-86)
Mostero, Laura* ('83-85)
Mracheck, Sarah* ('89-90)
Murphy, Eileen ('87-89)
Myer, Betsy ('78-79)

N

Near, Nancy ('84-86)

O

O'Donnell, Erin ('78-79)
O'Rourke, Katie ('81-83)
O'Sullivan, Anne ('80-81)
Odenwald, Denise ('81-82)
Oliver, Becky* ('80-81)
Otto, Shelley ('86-90)

P

Paulson, Cassie ('88-90)
Parker, Kirsten* ('89-90)
Perry, Jelaine* ('84-85)
Platt, C.C. ('90-94)
Pieksma, Michele* ('82-84)
Pierson, Debbie ('79-80)
Pinch, Jacque ('82-84)
Pinder, Elizabeth ('90-91)
Pinyan, Sue Sue ('78-79)
Pistilli, Lisa ('79-81)
Poirot, Debbie ('86-89)
Porter, Mary Beth ('87-89)
Puchbauer, Trish ('85-87)

Q

Quinn, Carolyn ('83-84)

R

Ramirez, Anne ('79-80)
Renner, Barbara ('82-83)
Rickert, Lois ('79-82)
Rider, Martina ('84-88)
Riffle, Michelle ('83-84)
Robinson, Amanda* ('90-92)
Robinson, CeCe ('80-81)
Roeder, Elizabeth ('92-93)
Rohrback, Tori ('88-89)
Rungo, Vicki ('80-81)

S

Schweitzer, Marylu ('88-89)
Schwieger, Tracy ('90-94)
Scott, Robin ('89-93)
Settimi, Nora ('89-91)
Sheldon, Jennifer ('92-93)
Simmons, Cami ('92-pres.)
Sims, Dianne ('80-82)
Skufca, Valerie ('79-82)
Smith, Shannon ('83-84)
Strojny, Heidi ('86-89)

T

Thompson, Rachel ('93-pres.)
Thornberry, Amy ('83-84)
Torrey, Susan ('89-93)
Trollope, Karen ('90-94)

U

V

Van Hertum, Sandy ('89-90)
Van Kirk, Connie* ('92-93)
Vidosic, Debbie* ('89-90, '91-93)

W

Walsh, Mary ('78-79, 80-81)
Whitaker, Suzanne ('78-79)
Willfong, Tracey ('78-80)
Witt, Jennifer ('89-92)

X

Y

Z

Zilius, Laurann ('90-94)

*Indicates Divers