## Roster

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## The Falcons

**Josh Anderson**  
5-9, Freshman  
Little Canada, Minn.  
Roseville High School

**Justin Anderson**  
5-9, Freshman  
Little Canada, Minn.  
Roseville High School

**Dan Blasberg**  
5-11, Sophomore  
Eagan, Minn.  
Eagan High School

**Sean Breneman**  
5-10, Freshman  
Stillwater, Minn.  
Tartan High School

**Michael Brudzinski**  
5-10, Junior  
Oakdale, Minn.  
Tartan High School
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Eden Prairie, Minn.  
Eden Prairie High School

Nico Wallat  
5-8, Freshman  
Brooklyn Park, Minn.  
Champlin Park High School

Schedule

Oct. 6 Short Event Time Trials  
No team scores kept

Oct. 13 at Coed Relays (at Eau Claire)  
Eau Claire 84, Oshkosh 56, River Falls 44

Oct. 20 at Oshkosh  
Men - Oshkosh 171, River Falls 115  
Women - Oshkosh 175, River Falls 112

Oct. 26 Macalester  
Women - River Falls 108, Macalester 102  
Men - River Falls 95, Macalester 49

Nov. 2 at Eau Claire  
Men - Eau Claire 181, River Falls 57  
Women - Eau Claire 167, River Falls 70

Nov. 10 Lawrence  
Men - Lawrence 124, River Falls 93  
Women - Lawrence 128, River Falls 93

Nov. 17 at WIAC Relays (at La Crosse), 9 a.m.

Dec. 3-4 Falcon Invitational (Minneapolis, Minn.)  
Dec. 8 at Augsburg (women) - cancelled  
Dec. 15 Hamline  
Women - River Falls 112.5, Hamline 101.5  
Men - Hamline 131, River Falls 94

Jan. 19 at St. Catherine Invitational  
St. Thomas 1573, River Falls 1049, Concordia 651, St. Catherine 356, UM-Morris 180, Augsburg 129, Macalester 37

Jan. 26 St. Mary's  
Women - River Falls 97, St. Mary's 84  
Men - St. Mary's 126, River Falls 80

Feb. 21-23 at WIAC Meet (at Oshkosh)  
Women - La Crosse 993, Stevens Point 905, Eau Claire 529.5, Whitewater 390, Oshkosh 257.5, River Falls 188  
Men - Stevens Point 928, La Crosse 794, Eau Claire 619, Whitewater 463, Oshkosh 241, River Falls 179
## Individual Results

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<td>Sean Breneman</td>
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**200 Fly**
- Sean Breneman: 2:46.42
- David Johnson: 3:01.68
- Anthony Orlando: 2:30.09
- Tom Frischen: 2:30.64
- Mike Brudzinski: 2:32.75
- Tyler Campbell: 2:50.19

**100 Back**
- Tyler Ormson: 1:04.26
- Trevor Stellrecht: 1:06.70
- Justin Anderson: 1:15.55
- Josh Anderson: 2:20.99
- Michael Brudzinski: 1:09.69
- Michael Keyser: 1:06.51
- Erick Dornseif: 1:14.74

**200 Back**
- Michael Brudzinski: 2:32.13
- Mike Keyser: 2:19.09
- Tyler Ormson: 2:19.53
- Tyler Campbell: 2:30.69
- Josh Anderson: 2:30.76
- Erick Dornseif: 2:37.33
- Justin Anderson: 2:39.91

**100 Breast**
- Michael Brudzinski: 1:08.79
- Sean Breneman: 1:14.86
- Jacob Moe: 1:20.49

**200 Breast**
- Anthony Orlando: 2:38.72
- Sean Breneman: 2:44.05
- Tyler Campbell: 3:04.79
- Michael Brudzinski: 2:34.33

**Races**
- O: at Oshkosh (Oct. 20)
- M: vs. Macalester (Oct. 26)
- L: vs. Lawrence (Nov. 10)
- FI: Falcon Invitational (Nov. 30-Dec 1)
- H: Hamline (Dec. 15)
- SCI: at St. Catherine Invitational (Jan. 19)
- SM: vs. St. Mary’s (Jan. 26)
- WIAC: at WIAC Meet (Feb. 21-23)

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**Falcon News**

**Men and Women Swimmers Place Sixth At Championship**

Feb. 23, 2008

Both the men and women’s swim team placed sixth at the WIAC championships on Saturday, the men with a score of 179, the women at 188.

In the men’s 200 breaststroke, Mike Brudzinski placed 9th with a time of 2:19.26. In the 200 backstroke, Tyler Ormson placed 12th with a time of 2:13.15. In the 200 butterfly, Anthony Orlando placed 13th with a time of 2:15.26. In the 400 relay, the team of Tyler Ormson, Mark Thorsen, Dan Blasberg and David Johnson placed sixth with a time of 3:27.57.

For the women, Alyssa Adair placed 12th in the 1650 freestyle with a time of 19:18.40. Tia Felts placed 14th in the 200 backstroke with a time of 2:26.83. In the 100 freestyle, Danielle Mandich placed 11th at 55.77. In the 200 breaststroke, Martha O’Brien placed 14th at 2:41.74. In the 200
Falcons Swimmers Compete in
Second Day at WIAC Meet
Feb. 22, 2008
The Falcon men’s and women’s swimming & diving teams competed in the second day of the WIAC Meet at UW-Oshkosh on Friday.

For the women, Martha O’Brien, Jill Lambach, Danielle Mandich and Katie Zappa came in sixth in the 200 freestyle relay with a time of 1:43.35. Alyssa Adair came in 6th in the 500 freestyle with a time of 5:32.55. In the 50 freestyle, Mandich placed sixth in 25:37 and Lambach took 16th in 26:43. In the 400 medley relay, Tia Felts, O’Brien, Roxie Pingry and Adair took sixth with a time of 4:26.62. Overall, the women are in fifth place in team the team standings with 67 points. The women were in sixth place in the team standings with 135 points.

For the men, Michael Brudzinski placed 12th in the 400 IM in 4:32.05. His time was the fifth fastest ever by a Falcon in the event. Tyler Ormson placed 12th in the 100 backstroke with a time of 1:01.34. Mike Keyser placed 13th in the same event in 1:02.01. The Falcon 800 relay team of Mark Thorsen, Tom Fritchen, Anthony Orlando and Brudzinski placed fifth in 7:55.01. The Falcon 200 medley relay team of Ormson, Sean Breneman, Orlando and Dan Blasberg also placed fifth in 1:47.92. "Mike’s time in the 400 IM was just one of the highlights for the men today," said Falcon Coach Bill Henderson. The men were in sixth place with 126 points.

The women had several Top 10 times. Katie Zappa placed 10th in the 100 fly in 1:02.51. Her time is the seventh fastest ever by a Falcon. Martha O’Brien placed 16th in the 400 IM in 5:06.72 and 14th in the 100 breaststroke in 1:13.03. Her 400 IM time and her 100 breaststroke time were both the eighth fastest ever swum by a Falcon. Alyssa Adair finished 14th with a time of 1:04.64 in the 100 backstroke. Her time is the 10th fastest ever by a Falcon. Zappa had another Top 10 time in her leg of the 800 relay. She swam lead off for the Falcons and finished in 2:03.08 which is the fifth fastest ever by a Falcon. Adair, Danielle Mandich and Emily Stein also swam in the event. The Falcons placed sixth in 8:20.88. Stein placed 15th in the 200 free in 2:05.4. The Falcon 200 IM relay team of Adair, Roxie Pingry, Zappa and Mandich placed sixth in 1:55.43. "The women had several Top 10 times. Today went very well for us and overall it was a great day for the Falcons," said Henderson.

The Falcons begin the final day of competition at the WIAC Meet on Saturday at 10 a.m.

Falcons Swimmers Compete in WIAC Meet
Jan. 26, 2008
The Falcon men’s and women’s swimming & diving teams competed in the first day of the WIAC Meet at UW-Oshkosh on Thursday.

For the women, Martha O’Brien, Jill Lambach, Danielle Mandich and Katie Zappa came in sixth in the 200 freestyle relay with a time of 1:43.35. Alyssa Adair came in 6th in the 500 freestyle with a time of 5:32.55. In the 50 freestyle, Mandich placed sixth in 25:37 and Lambach took 16th in 26:43. In the 400 medley relay, Tia Felts, O’Brien, Roxie Pingry and Adair took sixth with a time of 4:26.62. Overall, the women are in fifth place in team the team standings with 67 points.

For the men, in the 200 freestyle relay, the team of Mark Thorsen, David Johnson, Tyler Ormson and Dan Blasberg took sixth in 1:34.28. In the 200 IM, Michael Brudzinski took 16th in 1:43.35. In the 200 freestyle relay, Tyler Ormson, Brudzinski, Dan Blasberg and Sean Breneman finished sixth with a time of 3:58.46. The men are in sixth place with 53 points.

The Falcons begin the second day of competition at the WIAC Meet on Friday at 10 a.m.

Falcons Swimmers Split
With St. Mary’s
Jan. 26, 2008
The Falcon swim team split the match against St. Mary’s, the women winning, 97-84, and the men losing, 126-80.

Mark Thorsen would be the only first place finisher on the men’s team, swimming the 200 freestyle in 1:59.35. He also placed second in the 100 freestyle at 53.76. Anthony Orlando placed second in the 200 butterfly in 2:25.55.

The women fared much better, placing first in seven events. Katie Zappa placed first in two events, including the 200 freestyle (2:05.93) and the 200 butterfly (2:29.41). Martha O’Brien placed first in the 200 IM (2:26.22) and Rachael Merrier took first in the 100 freestyle (1:13.03). Danielle Mandich took first in the 50 freestyle (25.83) and the 100 freestyle (57.25).

The next event for the Falcons is the WIAC Meet at UW-Oshkosh from Feb. 21-23.

Falcons Swimmers Place Second at
St. Catherine Invitational
Jan. 19, 2008
The swimming and diving team placed second in the seven team St. Catherine Invitational held Saturday afternoon in St. Paul, Minn.

For the women, Jaynell Feider won the one-meter diving with 338.9 points. Katie Zappa won the 100 fly in 1:05.11 and the 100 free in 57.67. Danielle Mandich placed second in the 50 free in 26.23.

Mike Brudzinski placed second in the 200 back in 2:29.28 and Mike Keyser finished second in the 200 free in 2:08.31.

St. Thomas won the team title with 1,573 points with the Falcons second with 1,049.

On Saturday the Falcons host St. Mary’s at 1 p.m.

Falcons Swimmers Split at Meet Against Hamline
Dec. 15, 2007
The swimming and diving team split at home against Hamline, women winning 112.5 to
The women placed first in the 200 medley relay, 200 freestyle, 200 butterfly, 100 freestyle and the 200 breaststroke. Katie Zappa led the team, placing first in the 200 freestyle at 2:08.57, first in the 100 freestyle at 57:16. She also placed first in the 200 medley relay with Martha O’Brien, Roxie Pingry and Jill Lambach at 2:02.07.

The men placed first in the 500 freestyle and the 200 freestyle relay. The first place finisher in the 500 freestyle was Mark Thorsen at 5:26.17 and the team coming in first on the 200 freestyle relay was Tyler Ormsen, David Johnson, Dan Blasberg and Thorsen.

The Falcon next swim on January 19 at the St. Kate’s Invite.

Women’s Results

200 Yard Medley Relay
1. Katie Zappa, Roxie Pingry, Martha O’Brien, Jill Lambach 2:02.07
3. Tia Felts, Tamra Knight, Sara Winkler, Rachael Merrier 2:11.62

1000 Yard Freestyle
2. Rachael Westlund 12:35.78
3. Debra Schmelzer 13:04.23

200 Yard Freestyle
1. Katie Zappa 2:08.57
3. Debra Schmelzer 2:16.27

50 Yard Freestyle
2. Jill Lambach 26:05
5. Samantha Strehlow 29:51
6. Ranndi Tutor 29:64
NA. Katelyn Teske 30:83

200 Yard IM
2. Martha O’Brien 2:29.49
3. Roxie Pingry 2:36.94
4. Tia Felts 2:38.78

200 Yard Butterfly
1. Sara Winkler 2:43.71
3. Tamra Knight 2:51.36
4. Rachael Merrier 2:54.08

100 Yard Freestyle
1. Katie Zappa 57:16
2. Jill Lambach 57:60
4. Ranndi Tutor 1:06.85

200 Yard Backstroke
3. Tia Felts 2:30.30
4. Debra Schmelzer 2:40.46
5. Katelyn Teske 2:44.39

500 Yard Freestyle
2. Rachael Westlund 6:07.85
3. Abby Bachmeier 6:26.84

200 Yard Breaststroke
1. Martha O'Brien 2:46.58
2. Roxie Pingry 2:46.58
4. Angie Kolpanen 3:05.34
5. Tamara Hughes 3:22.22

200 Yard Freestyle Relay
2. Tamra Knight, Rachael Merrier, Sara Winkler, Rachael Westlund 1:49.17
3. Ranndi Tutor, Samantha Strehlow, Abby Bachmeier, Katelyn Teske 1:57.75

**Men's Results**

200 Yard Medley Relay
2. Mikhael Keyser, Sean Breneman, Tom Fritchen, Michael Brudzinski 1:55.28
3. Josh Anderson, Tyler Campbell, Erick Dornseif, Justin Anderson 2:09.87

1000 Yard Freestyle
2. Tony Orlando 11:37.66
3. Michael Brudzinski 12:01.22
4. Erick Dornseif 12:59.81

200 Yard Freestyle
2. Mark Thorsen 1:56.12
3. Tyler Ormson 2:01.19
4. Josh Anderson 2:09.03

50 Yard Freestyle
3. Dan Blasberg 24:48
4. David Johnson 24:61
5. Justin Anderson 27:65

200 Yard IM
2. Tom Fritchen 2:23.34
3. Mikhael Keyser 2:29.08
4. Tyler Campbell 2:42.73

200 Yard Butterfly
2. Tony Orlando 2:29.48
3. Tom Fritchen 2:32.99
4. Sean Breneman 2:38.66
100 Yard Freestyle
3. Dan Blasberg 54:80
4. David Johnson 55:73
5. Justin Anderson 1:00.67

200 Yard Backstroke
2. Mikhael Keyser 2:20.44
3. Tyler Ormson 2:24.69
4. Erick Dormeif 2:41.95

500 Yard Freestyle
1. Mark Thorsen 5:26.17
3. Michael Brudzinski 5:46.19
4. Josh Anderson 5:55.49

200 Yard Breaststroke
3. Tony Orlando 2:38.72
4. Sean Breneman 2:44.05
5. Tyler Campbell 3:04.79

200 Freestyle Relay
1. Tyler Ormson, David Johnson, Dan Blasberg, Mark Thorsen 1:35.99

Falcons Compete in UWRF Invite
Dec. 1, 2007
The Falcon men's and women's swim teams competed in the Falcon Invitational held Friday and Saturday at the University of Minnesota Aquatic Center.

For the women, Martha O'Brien was the top Falcon finisher in three events. She finished the 200 IM in 2:28.26, the 400 IM in 5:19.05 and the 200 breaststroke in 2:46.69. Tia Felts finished in 1:19.9 in the 100 back and she had a time of 2:30 in the 200 back. Katie Zappa had a time of 58.11 in the 100 free and a time of 2:08.67 in the 200 free. Rachel Westlund was the top Falcon in the 500 free in 5:58 and in the 1,650 free in 21:12.01. Jill Lambach finished the 50 free in 26.2. Angela Kolpanen had a time of 1:27.05 in the 100 breaststroke. Katie Zappa had a time of 58.11 in the 100 free and a time of 2:08.67 in the 200 free. Rachel Westlund was the top Falcon in the 500 free in 5:58 and in the 1,650 free in 21:12.01. Jill Lambach finished the 50 free in 26.2. Angela Kolpanen had a time of 1:27.05 in the 100 breaststroke. Sara Winkler finished the 200 fly in 2:43.63 and Roxie Pingry was the top Falcon in the 100 fly in 1:11.75.

Mark Thoreson led the Falcons as the team's top finisher in three events. He swam a 5:29.18 in the 500 free, a 2:00.61 in the 200 free and a 52.57 in the 100 free. Sean Br尚未完成。
Zappa Named WIAC Swimmer of the Week
Oct. 30, 2007
Katie Zappa (Fr., Hudson, Wis.) won two events in a dual meet and has been named the WIAC women’s Swimmer of the Week, according to league Sports Information Director Matt Stanek.
She won the 50 free in 26.62 and the 100 free in 57.49 in the team's 108-102 win over Macalester on Friday night... She also swam on the 200 medley relay team that placed second with a time of 2:03.35.
The Falcons will next swim at UW-Eau Claire on Friday at 5:30 p.m.

Falcons Top Macalester in Home Opener
Oct. 27, 2007
The Falcon swimming & diving teams opened their home season with wins over Macalester on Friday evening.
The women won, 108-102 and the men won, 95-49.
Katie Zappa won the 50 free in 26.62 and the 100 free in 57.49 to pace the Falcons. Jaynell Feider won the one-meter diving with 203.05 points.
The Falcon 400 free relay team of Abby Bachmeier, Tia Felts, Tamra Knight and Rachel Westlund won in 4:13.23.
For the men, Nico Wallat won the 1000 free in 12:05.48 and the 100 free in 53.85. David Johnson took the top spot in the 50 free in 24.94 and Michael Brudzinski won the 400 IM in 5:04.41. Sean Breneman won the 100 fly in 1:03.33. The Falcon 200 yard medley relay team of Mikhail Keyser, Brubzinski, Anthony Orlando and Dan Blasberg won in 1:53.11 and the 400 free relay team of Wallat, Johnson, Tyler Ormson and Breneman won in 3:44.
The Falcons will next swim in a dual meet at UW-Eau Claire on Friday. Action starts at 5:30 p.m.

Falcons Open Dual Meet Season at Oshkosh
Oct. 20, 2007
The Falcon swimming & diving teams opened their dual meet season on Saturday at Oshkosh.
Both teams lost to the Titans, the men by 160-126 and the women by 175-112.
For the men, Mike Brudzinski won the 100 breaststroke in 1:09.69 and the 200 breaststroke in 2:32.13. Tom Fritchen won the 200 free in 2:07.78 and Nico Wallat won the 50 free in 24.25. Mikhail Keyser won the 200 back in 2:22.45. Sean Breneman won the 200 IM in 2:34.12.
For the women, Katie Zappa won two events to lead the Falcons. She took the top spot in the 200 free in 2:07.78 and first place in the 200 IM in 2:32.82.
The Falcons will next host Macalester on Friday at 6 p.m.

Falcons Lose at UWEC
Nov. 3, 2007
The Falcon swimming and diving team fell to Eau Claire on Friday. The men lost 181-57 and the women lost 167-70.
The men did not take first in any events on Friday. Mark Thorsen placed second in the 500 yard freestyle with a time of 5:40.06.
The women also did not place first in any events at the meet. Emily Stein placed second in the 200 yard freestyle at 2:07.45. Jill Lambach placed second in the 50 yard freestyle at 26.74. Jaynell Feider took second in the one meter diving with a score of 201.60 and second in the three meter diving with 192.45.
The Falcons will compete next at home against Lawrence on November 10th.
Bill Henderson - Head Coach

Oct. 4, 2007

Bill Henderson begins his sixth year at the helm of the UW-River Falls men's and women's swimming and diving teams.

The 2007-08 season marks the first time the Falcons will host a mid-season invitational. It will be held at the University of Minnesota pool on Nov. 30-Dec. 1. Henderson is very excited about this event and has been working to bring an invite to a first class facility for years. Now that this event is a reality he hopes to make it an annual opportunity for the teams in the Twin Cities area.

Henderson is anticipating one of the largest, if not the largest, men's team in school history. "When I got here the men's team was down to five members. This year we are expecting anywhere from 15-18 on the men's team and a large squad of 20-24 women."

Henderson's coaching experience covers just about every level of swimming competition from summer recreation to elite, Olympic trial qualifiers and from high school junior varsity to NCAA Div. I competition. His swimmers have garnered over 50 national Top 16 rankings in club swimming, over 20 high school All-American rankings, and more than a dozen junior college All-American rankings. He also coached junior college water polo in California for 12 seasons.

Henderson was the driving force enabling UWRF to host the 2005-06 WIAC Championships. He organized and gave a presentation that was approved by WIAC swimming coaches and athletic directors. He acquired meet site information and ultimately the state-of-the-art University of Minnesota Aquatic Center was chosen as the meet's site. The Center hosted the 2007 NCAA Div. I men's and women's championships. He also has organized a volunteer group which helped in performing the many duties associated with the WIAC Meet operations.

Before coming to UWRF, Henderson served as a volunteer assistant at Cal Poly, San Luis Obispo where he worked with old friend, Richard Firman. During this time he also served as head age group coach for the San Luis Obispo Seahawks. He was the head coach of men's and women's swimming and diving at Foothill College as well as the head coach of women's water polo team. Before that he was the head coach of men's and women's swimming and diving teams at Solano Community College and head coach of the men's water polo team. He also served as head coach of the Sierra Marlins swim team, a year round swim club, from 1984-1995. During this time he coached the Sierra College men's water polo team from 1985-93.

As a competitor, Henderson was an age group national champion and top five finisher more than 20 times. He garnered high school All-American honors at Rio Americano High School in Sacramento, Calif., and junior college All-American honors at American River College. He was captain of the Cal State University of Sacramento swim team his senior year. In 1997 he was Pacific Masters champion in the 1650-yard freestyle and finished second in the nation in the master's rankings that year.

Henderson earned his M.S. degree in physical education in 1995 and his B.A. degree in journalism in 1985, both at Cal. State Sacramento.

Aside from his duties with the UWRF teams he served as a coach for the U.S. Paralympic swim team and traveled to Athens in September of 2004 for the Paralympic Games.

He also serves as equipment manager for the UWRF Athletic Department.

Assistant Coaches

**Pudgie Siverling** begins her third year as a volunteer assistant on the coaching staff after two outstanding years competing for the Falcon women's team. Siverling was a conference finalist for the Falcons and her dedication and hard work are welcome additions to the coaching staff.

**Dan Kessenich** joins the swim team coaching staff for the 2007-08 season. Kessenich graduated from UWRF in 2006 with an undergraduate degree in geography and a coaching minor. He was a four-year member of the UWRF men's swimming and diving team and a conference finalist all four seasons. He also ran for the UWRF cross country team for four seasons. Coach Bill Henderson feels the addition of Kessenich to the coaching staff will be "a positive and valuable step for the program."