## Women's Swimming and Diving 2006-2007

### 2006-07 Falcon Swimming Roster

### Women

<table>
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<tr>
<th>Name</th>
<th>Ht.</th>
<th>Yr.</th>
<th>Hometown/High School</th>
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<tbody>
<tr>
<td>Alyssa Adair</td>
<td>5-9</td>
<td>Fr.</td>
<td>Maplewood, MN/Hill-Murray</td>
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<tr>
<td>Joanie Aube</td>
<td>5-4</td>
<td>Fr.</td>
<td>Sherbrooke, Que./Polyvalente de Charlesbourg</td>
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<tr>
<td>Sara Cannady</td>
<td>5-2</td>
<td>So.</td>
<td>Bloomington, MN/Jefferson</td>
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<tr>
<td>Tracy Crane</td>
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<tr>
<td>Jaynell Feider</td>
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<td>Woodbury, MN</td>
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<td>Tia Felts</td>
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<tr>
<td>Sarah Foster</td>
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<td>So.</td>
<td>Chaska, MN</td>
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<tr>
<td>Sarah Johnston</td>
<td>5-9</td>
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<tr>
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<td>Marshall, WI/Columbus</td>
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<tr>
<td>Bethany Locke</td>
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<tr>
<td>Danielle Mandich</td>
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<tr>
<td>Rachel Merrier</td>
<td>5-6</td>
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<tr>
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<td>Anna Peterson</td>
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<tr>
<td>April Sandberg</td>
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<tr>
<td>Deb Schmelzer</td>
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<td>Jr.</td>
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<tr>
<td>Ashley Swent</td>
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<td>Rachael Westlund</td>
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<td>Catherine Wilson</td>
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<tr>
<td>Sara Winkler</td>
<td>5-10</td>
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**Head coach:** Bill Henderson  
**Assistant coaches:** Ryan Hawke, Pudgie Siverling

### Alyssa Adair
5-9, Freshman, Maplewood, Minn.  
Hill-Murray High School

### Joanie Aube
5-4, Freshman Sherbrooke, Que.  
Polyvalente de Charlesbourg High School

### Sara Cannady
5-2, Sophomore  
Bloomington, Minn.  
Jefferson High School

### Tracy Crane
5-8, Freshman, Burnsville, Minn.  
Burnsville High School

### Jaynell Feider
5-0, Freshman, Woodbury, Minn.  
Woodbury High School

### Tia Felts
5-3, Junior, Shawano, Wis.  
Shawano High School
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<tr>
<th>Name</th>
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<td>Sarah Foster</td>
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<td>Ashley King</td>
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<tr>
<td>Jill Lambach</td>
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<td>Freshman</td>
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<td>Danielle Mandich</td>
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<td>Martha O'Brien</td>
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<td>April Sandeberg</td>
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2006-07 Falcon Swimming Schedule
April 4, 2007

Oct. 27 Macalester (Meet Results)
Men - Macalester 109, River Falls 97
Women - Macalester 133, River Falls 105

Nov. 4 Eau Claire (Meet Results)
Men - Eau Claire 169, River Falls 46
Women - Eau Claire 166, River Falls 55
Nov. 11 at Lawrence (Meet Results)
Men - Lawrence 130, River Falls 101
Women - Lawrence 168, River Falls 125
Nov. 18 at WIAC Relays (at Eau Claire)
Women - River Falls 706, North Dakota State 693, North Dakota 289, River Falls 220

Dec. 9 Augsburg
Women - River Falls 95, Augsburg 66
Dec. 16 at Hamline
Women - Hamline 148, River Falls 135
Men - Hamline 135, River Falls 78
Jan. 20 at St. Catherine Invitational
Women - Macalester 629, St. Thomas 622, Concordia 574, River Falls 328, St. Catherine 228, Morris 224, Augsburg 15
Men - St. Thomas 799, River Falls 553, Macalester 335
Jan. 27 at St. Mary's
Women - River Falls 149, St. Mary's 111
Men - St. Mary's 149, River Falls 111
Feb. 15-17 at WIAC Meet, (at Stevens Point)
Men - Stevens Point 912, La Crosse 882, Eau Claire 507, Whitewater 457, Oshkosh 310, River Falls 175
Women - Stevens Point 993.5, La Crosse 900.5, Eau Claire 460.5, Whitewater 365, Oshkosh 244, River Falls 199.5
March 8 at Women's NCAA Div. III Nationals, (Houston, Texas)
March 9 at Women's NCAA Div. III Nationals, (Houston, Texas)
March 10 at Women's NCAA Div. III Nationals, (Houston, Texas)
March 15 at Men's NCAA Div. III Nationals, (Houston, Texas)
March 16 at Men's NCAA Div. III Nationals, (Houston, Texas)
March 17 at Men's NCAA Div. III Nationals, (Houston, Texas)

2006-07 Falcon Swimming Individual Results

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Danielle Mandich 2:06.47 2:05.04 2:04.62 2:06.29 2:03.94
Tracy Crane 2:19.11
Ashley King 2:16.23 2:17.32 2:12.93 2:14.16
Martha O'Brien 2:14.81 2:19.42
Sara Winkler 2:20
Ashley Swent 2:13.14

500 Free
Rachel Westlund 6:01.97 6:01.2 6:04.15 6:01.9 6:00.63 6:09.21 6:00.84 5:56.22 6:08.61
Rachel Merrier 6:04.12 6:03.29 6:19.7
Ashley King 6:22.28
Alyssa Adair 5:56.45 5:58.07 5:53.67 6:09.29 5:45.54
Danielle Mandich 5:34.8
Martha O'Brien 6:03.71 5:48.52
Jill Lambach 5:57.96

1,000 Free
Rachel Westlund 12:35.32 12:33.24 12:22.73 12:34.76 12:23.03
Rachel Merrier 12:28.02 12:18.06 12:49.37
Joanie Aube 14:14.56 14:25.29 14:12.34
Danielle Mandich 12:38.36

1650 Free
Rachel Westlund 21:11.15 21:16.49 20:42.8
Joanie Aube 24:16.2
Martha O'Brien 20:44.48
Rachel Merrier 20:52.4

200 IM
Sara Cannady 2:25.01 2:28.2 2:30
Martha O'Brien 2:33.27 2:34.27 2:34.99
Tia Felts 2:44.51 2:42.69 2:40.19
Joanie Aube 2:52.98
Tracy Crane 2:33.67
Sara Winkler 2:36.92

400 IM
Sara Cannady 5:15.03
Tia Felts 5:56.89 5:45.07 5:46.82 5:43.28
Joanie Aube 6:03.93 5:55.38

100 Fly
Tracy Crane 1:08.44 1:11.04 1:08.66 1:09.85 1:13.9 1:10.9 1:09.54
Sara Winkler 1:11.1 1:10.72 1:12.7 1:12.33 1:12.68 1:11.06 1:10.42
Anna Peterson 1:12.67 1:15.21 1:11.2 1:13.23 1:12.68 1:11.06 1:10.42
Sara Cannady 1:08.71 1:10.65 1:12.95
Danielle Mandich 1:08.76 1:11.1
Martha O'Brien 1:10.94
Rachel Merrier 1:16.72 1:19.15

200 Fly
Tracy Crane 2:37.62 2:39.54 2:39.83 2:42.92 2:44.54
Sara Winkler 2:44.62 2:47.49 2:47.28 2:45.63 2:46.1
Anna Peterson 2:47.91
Martha O'Brien 2:33.54

100 Back
Sarah Foster 1:08.22 1:07.88
Alyssa Adair 1:11.54 1:09.63 1:10.59 1:10.92 1:05.86
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Rachel Merrier 1:14.94 1:16.85 1:14.89
Ashley Swent 1:09.51 1:08.77 1:09.47 1:07.73
Anna Peterson 1:12.12
Rachael Westlund 1:14.79 1:15.03 1:14.77
Ashley King 1:20.4
Tracy Crane 1:13.28
Deb Schmelzer 1:14.41 1:11.45

200 Back
Tia Felts 2:35.94 2:33.24 2:33.93 2:34.86 2:32.79 2:31.48
Rachel Merrier 2:41.26 2:41.26 2:42.17
Anna Peterson 2:51.63
Deb Schmelzer 2:45.95 2:41.28

100 Breast
Sarah Johnston 1:34.37 1:31.93 1:31.54 1:30.92 1:33.08 1:34.04 1:30.77
Catherine Wilson 1:50.78 1:50.57 1:49.87 1:53.8 1:46.12
Alyssa Adair 1:26.7

200 Breast
Sara Cannady 2:37.09 2:41.02 2:43.67
Martha O’Brien 2:52.95 2:52.79 2:48.88
Joanie Aube 3:03.59 3:02.73 3:09.18
Angie Kolpanen 3:17.59 3:04.72 3:08.14 3:01.3

1-Meter Diving
Jaynell Feider 155.55 209.95 210.95 316.75 212.95 314.15 216.2 366.55

3-Meter Diving
Jaynell Feider 152.35 177.8 298.3

Falcons News

Falcons End Season With Sixth Place Finish at WIAC Swim and Dive Championships
Feb. 17, 2007

The Falcons closed the 2006-2007 swimming and diving season Saturday in the final day of the WIAC Swimming and Diving Championships hosted by Stevens Point.

Ending a three-day conference battle, the Falcons finished in sixth place. The women earned a total of 199.5 team points and the men totaled 175 points after the completion of the last event.

Stevens Point came out on top winning the WIAC Championships for the women with 993.5 points. Winning also for the men, Stevens Point topped the conference with 914 points. For the women La Crosse took second (990.5) and Eau Claire finished in third (460.5). La Crosse claimed second for the men (882) followed by Eau Claire for third (507).

Swimming strong relay races throughout the duration of the meet, the women set a fourth place finish in the 400 freestyle relay going into the event finals. Jill Lambach, Alyssa Adair, Ashley Swenty and Danielle Mandich slid into fifth place during the finals despite a faster race time of 3:48.54.

Falcon Danielle Mandich was beat out by Lynnea Krajco of Oshkosh for a place in the 100 freestyle finals. With a ninth place finish in 55.60, Mandich finished the prelim race just behind Krajico’s 55.58 finish. Mandich later went on to place tenth in the 100 freestyle consolation finals at a time of 55.88.

For the men Matt Banz and Michael Brudzinski produced competitive finishes in the 200 breaststroke and 200 butterfly prelims. Brudzinski swam the 200 breaststroke for a tenth place prelim finish (2:23.28) and a tenth place consolation final finish (2:21.75). Banz competed in the 200 butterfly to place eleventh (2:10.77) during the prelims and tenth in the consolation finals in a time of 2:10.39.

Banz, Jacob Moe, Dave Johnson and Tyler Ormson ended the day with a sixth place finish in the 400 freestyle relay (3:30.64).

Falcons in Sixth Place at the Close of Day Two of Conference Swimming and Diving Championships
Feb. 16, 2007

The Falcons took on conference competitors in the second day of the WIAC Swimming and Diving Championships Friday at Stevens Point.

Ending day one in sixth place, the Falcons stay in sixth place among the team standings at the end of day two. The men total 131 team points behind the conference leader La Crosse with 591 team points. Leading the women into day three is Stevens Point (661.5); The Falcon women will start day three with 158.5 team points.

Leading the men for the second day in a row, Matt Banz placed twelfth in the 100 butterfly during the consolation finals with a time of 55.37.

Falcon Michael Brudzinski swam in two individual events to place twelfth in the 400 IM (4:44.51) and fourteenth in the 100 breaststroke (1:04.91) during the prelims to advance to the consolation finals. Brudzinski’s twelfth place finish in the 400 IM stood after the event finals; Brudzinski finished at 4:45.42. Finishing the 100 breaststroke in 1:05.45 Brudzinski placed fifteenth overall.

Also for the men, Tyler Ormson held his spot in the 100 backstroke after a prelim finish (1:00.39) for eleventh place. Ormson swam to finish even with an eleventh place finish at 1:00.65 in the event finals.

Martha O’Brien, Alyssa Adair and Danielle Mandich achieved leading finishes among the women.

O’Brien ended the day with a fifteenth place finish in the 400 IM event finals stopping the clock at 5:21.88. Mandich followed suit placing fifteenth in the 200 freestyle (2:03.94). Adair gained a place from her prelim finish to claim twelfth place in the 100 backstroke finals in a time of 1:05.86.

The Falcons will finish the WIAC Championships on Saturday at the Stevens Point Aquatics Center beginning at 10 a.m.

Falcons Finish Day One of the WIAC Swimming and Diving Championships Feb. 15, 2007
The Falcons will next compete at Stevens Point February 15, 16 and 17 starting at 10 a.m.

Falcons Face St. Mary’s in Swim and Dive Dual Jan. 27, 2007

Competing in their last regular season meet, the Falcons took on the Saint Mary Cardinals in a dual swim meet Saturday afternoon. The women beat out St. Mary for a win of 149 team points to 111 team points. The men were defeated and took second with 111 team points.

Matt Banz and Mikhael Keyser led the men with Banz earning three first place finishes and Keyser earning two.

Banz claimed the 50 and 100 freestyle events in times of 23.19 and 50.83. He later went on to take first in the 100 butterfly in a time of 56.15. Keyser snatched the first event win for the men in the 100 backstroke at 1:04.40. In the 200 backstroke Keyser earned his second win with a time of 2:18.67.

Falcons Tom Fritchen and Michael Brudzinski also swam well for the men taking first, second and third in their individual events. Brudzinski took first in the 400 IM and Fritchen went double in the 200 butterfly and 400 IM for second place.

Leading the women Falcons Jill Lambach, Danielle Mandich, Sara Cannady and Alyssa Adair battled the Cardinals for top place finishes.

Lambach and Mandich topped the pack with two wins each. Lambach placed first in the 100 and 200 freestyle races. Mandich used her speed to finish first in the 50 and 500 freestyle events.

Cannady also earned a first place finish in the 200 breaststroke in a time of 2:43.67. Just missing first place, Adair earned second place in the 100 backstroke and 100 freestyle.

Falcon freshman diver, Jaynell Feider, contributed to the women’s win with one and 3-meter dive wins.

Next for the Falcons is the WIAC Meet at Stevens Point February 15, 16 and 17 starting at 10 a.m.

Swim Teams Compete at St. Kates Invite Jan. 20, 2007

In the first meet since winter training, the Falcon men’s and women’s swimming and diving teams competed in the St. Catherine Invitational on Saturday.

The Falcon men took second out of three teams with 553 points. Out of seven women’s teams, the Falcons placed fourth with 328 points.

Freshman diver Jaynell Feider started the events for the women with a third place finish in the one-meter dive.

Danielle Mandich won the 50 free with a time of 25.78 and later went on to place sixth in the 100 butterfly and fifth in the 100 free against 15 competitors. In a time of 26.8 for fourth place, Jill Lambach finished fourth in the 50 free. She was of value to the Falcons also competing in the 200 and 100 free earning seventh and third in those events.

Macalester claimed the win for the women with 629 points followed closely by St. Thomas with 622 and Concordia with 574 team points.

Beaten out by St. Thomas for a first place finish, the Falcon men swam a competitive meet with Mikhael Keyser, Anthony Yarusso and Matt Banz leading the way.

Starting the season out quiet, Banz swam loud with first, second and fourth place finishes for the Falcon men. Banz dominated the 200 butterfly with a seven second margin win in a time of 2:13.19.

Keyser and Yarusso competed along side one another in the 200 IM to claim second and third place. Swimming in multiple events, Keyser placed sixth in the 200 backstroke in 2:23.17 and seventh in the 100 backstroke in 1:05.79. Yarusso scored coveted team points bringing in 27 team points for the Falcons swimming in the 100 and 200 breaststroke.

The Falcons will next compete at St. Mary’s on Saturday at 1 p.m.
The next meet for the Falcons is the St. John’s Invitational December 1 and 2. The invitational is scheduled to begin at 3 p.m. for the men and 9 a.m. for the women.

For the Falcons Michael Brudzinski led the men winning the 100 backstroke and the 100 butterfly. Brudzinski also finished second in the 200 breaststroke and swam as part of the 200 medley relay which placed second with a time of 1:52.09.

Swimming to solid point places Falcon Tom Fritch helped the men in the 1000 freestyle, the 100 butterfly and the 400 freestyle relay. Falcons David Johnson, Tyler Ormson, Anthony Orlando, Anthony Yarusso, Mikhail Keyser and Tyler Campbell competed in a series of events for the men earning points in a tough competition against the well balanced Hamline swim team.

The women swam in a close dual meet as Falcons Danielle Mandich and Sara Cannady carried the team through placing first in two events and second in one event both individually. Mandich took first in the 200 and 50 free and second in the 100 freestyle in 57.05 less than on second behind Hamline competitor Dana Ketcher who finished in 56.58. Cannady swam the 100 breaststroke in 1:14.51 and the 200 IM at 2:30.00 for first place points. Cannady placed second in the 200 breaststroke in 2:41.02.

Jill Lambach, Alyssa Adair and Ashley King impressively held their own in the women’s battle against Hamline. Falcon diver Jaynell Feider won the 1-meter dive event, finishing fifth in the women’s 1 meter dive out of 15 competitors. Kendra Willis of SCSU won the event qualifying for Nationals scoring 212.95 points.

The Falcons are scheduled to compete next January 20 in the St. Catherine Invitational. The meet is set to begin at 9 a.m. for the women and 2 p.m. for the men.

Women Win Falcon Hosted Dual Meet Dec. 9, 2006

Competing at the Karges Center pool for the first time in five years the Falcon women beat Augsburg 95 to 66 points.

The Falcons competed in eleven events getting the meet off to a great start winning the first event, the 200 meter relay, with a time of 2:03.16. Falcon freshman Jill Lambach led the women winning the 200 freestyle in a time of 2:12.99 and coming in second in the 100 freestyle at 59.51 seconds.

Alyssa Adair, Sara Cannady, Danielle Mandich and Tracy Crane also had wins over Augsburg placing first in their events. Falcons Joanie Aube, Rachael Westlund, Sara Winkler, Ashley King, Martha O’Brien, and Catherine Wilson also swam for the Falcons. Angie Koplanen, Rachel Merrier, and Tia Felts competed alongside their teammates ensuring the win for the Falcons.

Next for Falcon swimming and diving is the co-ed Hamline hosted meet December 16 at 1 p.m.

Women take First at St. John’s December Invitational, Men take fourth. Feider Competes in SCSU Diving Invite Dec. 3, 2006

The Falcon men’s and women’s swimming teams competed in the non-conference St. John’s December Invitational yesterday. The women beat out UND earning 706 points for the dual meet. Host St. John’s won the meet on the men’s side by over a 100 point margin. The Falcon men took fourth place with 220 points for the four-team meet.

Freshman diver Jaynell Feider made an impressive showing for the Falcons competing in the SCSU Diving Invite. Feider finished fourth in the women’s 1 meter dive out of 15 competitors. Kendra Willis of SCSU won the event qualifying for Nationals scoring 381.15 points.

Falcon Ashley Swenty led the women finishing first in the 100 backstroke and second in the 100 freestyle. Danielle Mandich, Sara Cannady and Alyssa Adair consistently finished in the top places for their events swimming with great endurance throughout the December Invitational.

The men had stiff competition and battled it out in the highly competitive meet. The Falcon men started the meet swimming in the 200 medley relay finishing eighth in a time of 1:54.03. Falcons Tyler Ormson, Mikhail Keyser, Anthony Yarusso and Anthony Orlando led the men’s team.

Ormson earned top place honors finishing fifth in the 200 backstroke with a time of 2:21.99 followed closely by teammate Keyser who finished sixth in 2:22.11 minutes. The men faced up to 25 competitors in some events but made strong personal showings. The Falcon women host Augsburg at the Karges Center December 9 at 1 p.m. The next co-ed meet for the Falcons is scheduled for December 16 at Hamline beginning at 1 p.m.

Falcon Swim Teams Take a Hit at the WIAC Relays Nov. 18, 2006

The men’s and women’s swimming teams took a disappointing last place at the WIAC Relays. The Falcon women finished with 32 points and the Falcon men earned 28 points.

Steves Point won both the men’s and women’s meets giving the Pointers a conference sweep. La Crosse finished second and Host Eau Claire placed third among the ranks of both the men and women.

For the women, Falcons Alyssa Adair, Sara Cannady, Tracy Crane and Danielle Mandich gave the women their best place coming in fourth in the 200 medley relay at 2:03.11.

The men had tough competition; fifth place was the top place for the Falcon men in the 11 relay events.

The next meet for the Falcons is the St. John’s Invitational December 1 and 2. The invitational is scheduled to begin at 3 p.m. December 1 and at 9 a.m. December 2.
Cannady Named WIAC Swimmer of the Week Oct. 24, 2006

Sara Cannady (So., Minneapolis, Minn. Jefferson HS), who had two wins in the Falcons first road meet of the season at Lawrence on Saturday, has been named the WIAC Swimmer of the Week, according to league SID, Matt Stanek.

Cannady placed first in the 100 and 200 breaststroke events, third in the 400 IM and was a member of the 400 medley relay team which took second place. Cannady helped the Falcons score 25 points. Cannady's time in the 100 breaststroke was 1:11.95 and 2:37.09 in the 200 breaststroke. She finished in 5:15.03 in the 400 IM and the 400 medley relay team finished in 4:28.76.

The Falcons will compete in the WIAC Relays on Saturday at UW-Eau Claire.

Lawrence Takes the RF Swim Teams During the Falcons First Road Meet Nov. 11, 2006

The men's and women's swimming and diving teams lost their first away meet of the season to Lawrence. Out earning the Falcons in points, Lawrence totaled 168 points for the women and 130 points for the men. The Falcon women earned 125 points while the men totaled their earnings for a score of 101 points.

The women won seven events for the Falcons in the dual meet while being outsized in numbers by Lawrence.

Sara Cannady and Danielle Mandich tied with two wins for the meet. Mandich swam the 200 freestyle with a time of 2:05.04 and the 50 freestyle for a time of 25.69 for first place finishes. Cannady competed in the 100 breaststroke at 1:11.95 minutes for first and later went on to finish first in the 200 breaststroke swimming at 2:37.09. Cannady beat out Lawrence competitor in a close race for first; Meredith Claycomb finished fractions of a second behind Cannady with a time of 2:37.52 finishing second for Lawrence.

Jill Lambach, Tracy Crane and Jaynell Feider also contributed first place event wins to the Falcon women swimming and diving team. Lambach swam 59.07 in the 100 freestyle for 9 first place points. With a time of 1:08.66 in the 100 butterfly Crane earned the women their last first place of the meet. Diver Feider dove for 210.95 points in the 1-meter event for the Falcons scoring valuable points for the Falcons.

Anthony Orlando led the Falcon men winning two events for the meet. Orlando competed in the 100 and 200 butterfly for times of 1:07.92 in the 100 and 2:36.81 in the 200.

Beating out his competitors Tyler Ormson placed first in the 200 freestyle at a time of 2:02.71 putting four seconds between him and his closes competitor Daniel Martin of Lawrence.

Falcon Michael Brudzinski swim consistent with three second place finishes in the 200 breaststroke, 100 breaststroke and 400 IM. Brudzinski totaled 12 points for the Falcon men with those finishes.

Helping out their teammates Falcons Mikhael Keyser, David Johnson and Tom Fritchsen swim to second place finishes in their individual events. Keyser swimming the 200 backstroke ended the race at 2:27.11 minutes. The 200 butterfly was finished by Johnson with a time of 3:06.24 minutes. Fritchsen finished the 1000 freestyle at 12:23.83 minutes.

Next for the Falcons is the WIAC relays on November 18th. The meet is hosted by Eau Claire and is scheduled to begin at 9 a.m.

Men's and Women's Swimming & Diving is Defeated by Eau Claire Nov. 4, 2006

The Falcon men's and women's swimming & diving teams hosted WIAC Conference competitor Eau Claire both scubcumming to the Blugolds.

The Eau Claire women beat out the River Falls women 166-55 and the Eau Claire men won, 109-97 against the River Falls men.

For the women; Falcon Danielle Mandich earned the women's team their first event win in the 50-yard freestyle swimming at a time of 25.54. Mandich later went on to take second in the 100-yard freestyle in a close race with Blugold Ann Grossklaus who beat out Mandich with a time of 56.17 to Mandich's finish of 56.27.

For River Falls, Sara Cannady swam to a third and second place finish in the 200 yard IM and the 100-yard backstroke earning the Falcons five points toward the team's total score. Falcon Diver Jaynell Feider did well diving into second place out of 4 competing divers and scored 209.95 altogether for four more team points.

Also for the Falcons Sarah Foster earned second place in the 100-yard backstroke swimming a time of 1:07.88. Sara Winkler and Jill Lambach both took in third place finished for the team earning the Falcons 6 more points to their score.

Falcon men Tyler Ormson and Michael Brudzinski swim strong to take two second place finishes in the 100 yard backstroke and breaststroke. They led the men's team with their times of 1:03.61 for Ormson and 1:08.02 for Brudzinski.

The men 200-yard freestyle relay team swam by Falcons Tom Fritchsen, Jacob Moe, Tyler Campbell and Anthony Yarusso ended the meet with a second place time of 1:44.41.

The Falcons will take on Lawrence next on November 11th. The meet is scheduled to start at 1 p.m.

Swim Teams Open Season Hosting Macalester Oct. 28, 2006

The Falcon men's and women's swimming & diving teams opened the 2006-07 season on Friday hosting Macalester at the River Falls High School pool.


Mikael Keyser, Michael Brudzinski, Anthony Orlando and Jacob Moe came out strong winning the first event the 200-yard medley relay with a time of 1:53.86 for Falcons.
Brudzinski took the 200-yard IM swimming at 2:21.55 minutes going on later to win the 100-yard breaststroke with a time of 1:08.29. Also for the Falcons, Keyser earned the men's team first place points winning the 100-yard backstroke at 1:05.56 minutes.

Falcons Tom Fritchen, Orlando Anthony and Tyler Ormson swam consistently earning the Falcons 24 points combined of their individual earns against Macalester.

For the women's team Falcon sophomore Danielle Mandich won two events the 100 and 200-yard freestyle. Diver Jaynell Feider managed to beat out her competitors in one round of the 1 meter dive and give the Falcons help with needed diving points.

Sara Cannady helped the women out with strong swimming in all of her three events for the Falcons.

Ashley Swenty, Jill Lambach, Tracy Crane and Alyssa Adair won the last event of the meet, the 200-yard freestyle relay, with a time of 1:47.67 over Macalester.

In the end Macalester snatched the win with 9 first place events.

Next the Falcons host Eau Claire on Saturday. The meet will take place at the River Falls High School beginning at 1 p.m.

Bill Henderson - Head Coach
Oct. 13, 2006

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

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 UWR 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 2005 NCAA Div. I men's championships and the 2005 Big 10 men's conference meet. The Center will host the 2007 NCAA Div. I men's National Championships. He also has organized a volunteer group which helped in performing the many duties associated with the WIAC Meet operations.

Before coming to UWR, 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 UWR 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 teaches in the UWR health & human performance department.
Assistant Coaches

Ashley Ryan Hawke joins the coaching staff after an outstanding career as a Falcon swimmer. The former captain of the men’s team scored at the conference finals all four years and was a member of two team record-setting relays. Coach Bill Henderson feels that his familiarity with the program will be a true asset to this year’s team.

Pudgie Siverling begins her second year as a volunteer assistant on the coaching staff after two outstanding years competing for the Falcon women’s team. Coach Bill Henderson is very glad to have Pudge as part of the program.