



## **2018 Swimming & Diving Championships**

**Diving**

**February 10, 2018**

**Bloomington, IL**

**Swimming**

**February 15-17, 2018**

**Pleasant Prairie, WI**

**SENIOR PROGRAM**



# Sara Hovren

Bloomington, IL / University HS

Public Health and Religion



**Favorite Memories:** Besides everything about our California training trip, all the moments when my teammates throughout the years and I have gone on squirrel hunts, meaningful conversations, impromptu ice cream runs and belting out songs while dancing to them during practice.

**Future Plans:** I will be the summer off-site coordinator for high school programming at Sky Ranch Lutheran Camp in Fort Collins, Colorado. Then I may begin a service year program.

**I would like to thank:** A big thank you to Coach Lloyd and the coaching staff this year and years past as they all have been so dedicated to our team and have helped us in countless ways through our 4 years at Augie. Lastly, thank you to my parents and sister, who have supported me through my entire career of swimming, and specifically to my sister, who has always been a role model for me in and out of the pool.

**Interesting fact about me:** Last summer, I hiked 130 miles in less than 2 weeks to complete the Camino de Santiago, a religious pilgrimage in Northern Spain, and I was the last one to complete this form (SORRY!).



# Brandon Marcy

Riverton, IL / Riverton HS

Pre-Medicine



**Favorite Memories:** Learning how to do a flip turn, and competing in my final CCIW conference meet.

**Future Plans:** Apply to medical school.

**I would like to thank:** My parents for being so supportive, and my coach for giving me a chance.

**Interesting fact about me:** I started my swimming career my freshman year of college.



# Elena McNab

Romeoville, IL / Romeoville HS

Sociology-Social Welfare, Spanish



**Favorite Memories:** Conference is always the best part of the season. Getting to compete and watch my teammates drop a lot of time is so great!

**Future Plans:** I plan on working on sociological data analysis or working for a non-profit specifically aiding the Latino community. I also hope to travel.

**I would like to thank:** My Mom and Dad for encouraging me everyday to reach my goals.

**Interesting fact about me:** I went to India after conference last year, and it was the most amazing experience of my life.



# Nicole Olsen

Romeoville, IL / Plainfield East HS

Accounting and Finance



**Favorite Memories:** One of my favorite memories was when we went to California for our training trip my Junior year. Even though the practices were hard, being able to swim outside in the warm weather is not something people from the Midwest get to do very often. The many friends I've made through the Augustana swim team is something I will always be thankful for, along with the discipline I've maintained by being a 4 year student athlete.

**Future Plans:** To get a job at an accounting firm with a focus in tax. I also plan to take more classes to reach 150 credits so I can then sit for the CPA.

**I would like to thank:** My parents for supporting me in everything I do. I wouldn't be where I am today without you both. I would also like to thank my teammates for making my last year of swimming so enjoyable and memorable.

**Interesting fact about me:** I have a love for snacks, puzzles, and re-watching episodes of *The Office* and *Parks and Rec*.



# Lisa Pohlman-Zordan

New Lenox, IL / Lincoln-Way West HS

Business Admin (Mgmt.), Env. Studies



Career Highlights: 14th in the 1650 my freshman year at CCIW Championships

Favorite Memories: Some of my greatest memories include our training trip to California, winning the Academic All America award with the women's team, and when my team lifted another team member up on deck to "swim" next to me during the mile.

Future Plans: After graduation I plan on finding a job and eventually attending grad school, but I haven't decided where yet.

I would like to thank: Both of my coaches for being incredibly supportive and building a great program to swim for. I'd also like to thank my parents for always sitting through these long swim meets and supporting my entire college career.

Interesting fact about me: I can take a nap anywhere, anytime!



# Chad Populorum

Wheaton, IL / Wheaton Warrenville South HS

Env. Studies & Geography



Career Highlights: 100 breast: 1:06.13; 200 IM: 2:17; 200 Breast: 2:30 (CCIW 2017)

Favorite Memories: Even though I didn't swim my first two years of college, I've been able to break personal records. My college swimming career has provided me with amazing opportunities and strong relationships with my teammates.

Future Plans: Obtain a career that is involved with the Environmental Sciences

I would like to thank: My parents, my coaches and teammates

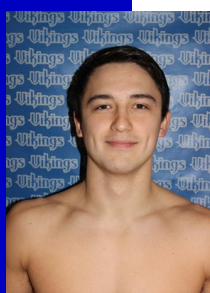
Interesting fact about me: I can name every Oscar winning Best Picture (best movie) in history.



# Mikey Rodriguez

Rockford, IL / Boylan Catholic HS

Engineering Physics



Favorite Memories: Frantically finishing homework at the hotels

Future Plans: Move to a warmer state

I would like to thank/say hello to: Friends and family



# Kristin Schoenecker

Edwardsville, IL / Edwardsville HS

Geography



**Career Highlights:** Three Top 3 Relay Performances (200, 400, 800 Free Relays 2016)

**Favorite Memories:** I'd say the greatest highlights of my college swimming career were every time I was able to push myself a little farther in a race or practice than I thought I could. I also would have never been able to do this without the support of my amazing coaches and teammates, and I will miss them more than anything else about college once I have graduated.

**Future Plans:** Things are still up in the air for the next couple of years, but I hope to go back to school to become a geography professor someday.

**I would like to thank:** My mom, dad, and sister Rachel (who runs in the CCIW for Illinois Wesleyan University) for coming to my last conference meet and for supporting me at all of the meets that have come before.

**Interesting fact about me:** When I took my roster photo for this season, I tried to look tough specifically so that I would seem intimidating on the scoreboard during the conference senior presentations. Obviously, I failed.



# Chris Wilson

Taunton, England / Taunton School

Business Management & Marketing



**Career Highlights:** Sporadic appearances in finals across the last 3 years.

**Favorite Memories:** Helping teach my captain how to flip turn. Playing water baseball to make practice more fun.

**Future Plans:** Still unsure, as an International Student I'll do anything that will allow me to stay in the US

**I would like to thank:** My teammates, for making these a great four years.

**Interesting fact about me:** I studied abroad in Brazil during Fall Term of my Senior Year



# Kelly Wingerson

Cedar Rapids, IA / Linn-Mar HS

English



**Career Highlights:** I finished 16th in the 400 IM, 17th in the 1650, and 22nd in the 500 free at CCIW championships last year.

**Favorite Memories:** My favorite memory was at the Grinnell Invitational last year. My coach always says to the girls after swim meets, "hurry up, you're not getting ready for prom." So we planned and brought formal dresses to put on in the locker rooms as if we were going to prom. We wore them on the bus ride back to the hotel. He was so surprised, and we got to have an impromptu photo shoot on the pool deck and at the hotel

**Future Plans:** I plan to attend law school somewhere warm

**I would like to thank:** My mom for driving me to all of those early morning practices and for sitting through countless hours of swimming. I would also like to thank my grandma and grandpa for giving me my love of the water and for being nothing but positive and encouraging for my entire swim career.

**Interesting fact about me:** I joined my first swim team when I was 3 years old. My grandpa was the coach, and at the beginning of the summer I decided that if he was going to swim practice, so was I. I've loved the water ever since.



# Victoria Witkowski

Dousman, WI / Lake Country Lutheran HS

History and Anthropology



**Favorite Memories:** All of our training that we've done over breaks has been super memorable, especially when we went to California for a week in 2016.

**Future Plans:** I plan to attend graduate school for Museum and Field Studies.

**I would like to thank:** A huge thank you to my parents for their love and support always, I wouldn't have been able to do it without them.

**Interesting fact about me:** The summer before my senior year, I worked at the world's largest key collection at the Baldpate Inn in Estes Park, Colorado.





# Maggie Feikes

Rolling Meadows, IL / Rolling Meadows HS

Marketing



**Career Highlights:** Making it to finals in the 50 and 100 free in the Midwest Conference.  
**Favorite Memories:** My favorite memory was my sophomore year when our team won the Private School Invite and our coach won Women's Coach of the Year at Conference during his final year of coaching.

**Future Plans:** I plan to find a job in Marketing or Graphic Design and work for a company that I can share my passion of health and fitness with. I would also like to involve myself in more volunteer opportunities and hope to travel as much as I can.

**I would like to thank:** My friends on deck with me, and the seniors standing with me. The past 4 years have been full of some of the best memories and greatest laughs inside and outside of the pool that I will cherish forever. I wish you all the best with the rest of your swim careers! I would also like to thank my parents for being here and supporting me for all these years. Thank you for the countless amount of hours you've spent sitting through my swim meets for the past 15 years. Thank you for pushing me to be the best version of me and allowing me to follow my dreams while believing in me the whole way.

**Interesting fact about me:** My biggest role model is my teammate, Kaitlin, and I cannot wait to see what the future holds for her in both her education and athletic endeavors.



# Emily Hansen

Deerfield, IL / Deerfield HS

Elementary Education



**Career Highlights:** 4th in 200 Butterfly, 8th in 100 Butterfly, 18th in 200 IM (CCIW '17)

**Favorite Memories:** Being a part of something bigger than myself and having a team of support throughout college. Through the ups and downs of college, swimming is always there and has helped me grow into the person I am today.

**Future Plans:** I plan on teaching in an elementary school setting, hopefully grades 1 or 2.  
**I would like to thank:** My entire family- but especially my mom, dad, and aunt for their unending support. I know they're cheering me on, no matter what. I'd also like to thank my siblings for always inspiring me.



# James Kelly

Oak Park, IL / Oak Park & River Forest HS

Information Technology



Career Highlights: Midwest Conference 2016: 50 free champion, 100 free finalist, 3rd place in the 200 and 400 free relay and the 200 medley relay.

Favorite Memories: My greatest memories include the long bus rides, "Broference," and making the decision to transfer to Carroll.

Future Plans: Get a job in Web Development/Design and continue being involved in the sport of swimming as an Assistant Coach

I would like to thank: First and foremost, my parents Tim Kelly and Janet Weis, my sister Clare, and my brother Andrew. My club coach Kathy Rigali, my former college coach Andy Multerer, my high school coaches (Peter Quinn, Clyde Lundgren, and George Adcock), my roommates (Tristan, Josh, Aaron, and Joey), and all of the teammates that I have had the privilege to swim with over the years.

Interesting fact about me: My favorite karaoke song is "Breaking Free" from High School Musical, and my dream job would be to own an NBA team.



# Rowan Liederbach

Franklin, WI / Franklin HS

Exercise Science



Career Highlights: Making it to finals in at least 1 individual event in conference all 4 years of my swimming career and placing third in the 200 Medley Relay at CCIW 2017.

Favorite Memories: Winning private school invites our sophomore year and having our coach win Coach of the Year at the 2016 Midwest Championships during his final season of coaching.

Future Plans: I plan to attend Marquette University in spring of 2019 to pursue their accelerated Master of Science in Nursing program.

I would like to thank: Out of all the things swimming has blessed me with, I'm most thankful for all of the people that came along for the ride. Teammates have turned into family and I have formed friendships that I will cherish for a lifetime. Thank you to the seniors that stand beside me, these past 4 years have been one crazy ride and I wouldn't have wanted to experience them with anyone else. Thank you to the coaches that became my role models and helped shape me into the person I am today. Most importantly, thank you to my parents for the endless amounts of support in and out of the pool and for always being proud of me regardless of the outcome.

Interesting fact about me: When faced with competition, I will do whatever it takes to win, even if it means holding a plank for 20 minutes just to have bragging rights. Yes, practice was painful the next day. Shoutout to Aaron Talabac, can't wait for a rematch.





# Maggy Locke

Beloit, WI / Beloit Memorial HS

Elementary & Special Education



**Favorite Memories:** Training trip freshman year, the pep talk Coach Anita gave me on the bus headed to conference freshman year, which to this day still continues to inspire me, and the friendships I have made along the way!

**Future Plans:** After graduation I plan to have a fun and relaxing summer before I begin my first year teaching as an official teacher!

**I would like to thank:** My parents Jim and Shelley Locke, along with all my family who has supported and kept me motivated over the years.

**Interesting fact about me:** I can negative split a half-marathon, but haven't been able to negative split an event in swim for the life of me!



# Sloan McHugh

Arlington Heights, IL / St. Viator HS

Healthcare Administration



**Favorite Memories:** Changing from swimming to diving

**Future Plans:** Work as a patient service representative at Aura Healthcare

**I would like to thank/say hello to:** Hi Mom! Wait where is Coach Alex?

**Interesting fact about me:** I lived in England for 6 months



# Tristan Petruskas

Naperville, IL / Naperville Central HS

Finance



**Favorite Memories:** Training trip in Florida

**Future Plans:** Work in the banking industry as an analyst/advisor

**I would like to thank/say hello to:** My parents and David Myers



# Kaeley Simek

Woodstock, IL / Woodstock HS

Marketing (Psychology minor)



**Favorite Memories:** Training trip, as well as becoming closer with my teammates while pushing myself outside my limits. I always love team bonding events outside the pool.

**Future Plans:** Become a licensed realtor in Wisconsin and go into the family business.

**I would like to thank:** My wonderful boyfriend Shawn who always comes to support me.

**Interesting fact about me:** I am a HUGE dog lover! One day I hope to own a therapy dog and help brighten people's day with their calming presence.



# Marissa Stacy

Fridley, MN / Totino-Grace HS

Graphic Communication



**Career Highlights:** 5th in the 200 fly at the 2016 Midwest Conference Championships

**Favorite Memories:** Getting the 200 fly record in 2016 and winning the Wisconsin Private School Championship in 2016

**Future Plans:** Get a job in graphic design

**I would like to thank:** My parents, Todd & Lori, for always cheering for me and supporting my goals.

**Interesting fact about me:** I've been to Costa Rica



# Emily Zieger

Arlington Heights, IL / Wheeling HS

Physical Therapy



**Favorite Memories:** Making lifelong friends

**Future Plans:** Go on a vacation somewhere sunny that has jumbo margaritas

**I would like to thank:** My parents, friends, and Coach Mike for always supporting me

**Interesting fact about me:** I can juggle



# Vera Allman

St. Louis, MO / Saint Joseph's Academy

Psychology



**Favorite Memories:** Getting to spend hours every day with my best friends, especially on training trips

**Future Plans:** I will be attending Washington University's program in Occupational Therapy in St. Louis

**I would like to thank:** My dad for coming to watch this year and my mom, Gretchen, and Tony for being so supportive from home.

**Interesting fact about me:** I got into Wash U through a 3/2 program, so I'm actually only a junior this year



# Malcolm Andrew

Kenosha, WI / Indian Trail HS

Graphic Design



**Career Highlights:** 2015: 11th 100 back, 14th 100 fly; 2016: 12th 100 back, 15th 200 back, 15th 200 fly; 2017: 12th 100 back, 10th 100 fly, 11th 200 fly

**Favorite Memories:** My greatest memory is going a best time in my 100 fly this year after I thought I peaked and wouldn't ever break it. Also whenever Beth would yell at someone to shut up, except for when it was me.

**Future Plans:** Hopefully work as a graphic designer for A3, Speedo, Tyr, or Arena

**I would like to thank/say hello to:** I would like to say hello to my mom and cousin and Nae for coming to support me. I would like to say thanks to Seth, Beth, Mike, and Annie for being amazing coaches and pushing me to do great things. I would also like to thank my teammates.

**Interesting fact about me:** I can fully rap any Nicki Minaj verse



# Paul Devereux

Chicago, IL / Fenwick HS

Finance



**Career Highlights:** Last year: member of the winning 200 free relay and 200 medley relay, 5th in 50 free, 2nd in 100 breast, and 4th in 200 breast (and stoked I don't have to swim it this year)

**Favorite Memories:** Balling up before morning practice, and dunking on the haters

**Future Plans:** Take over as the head coach of the Carthage swim team, join the NBA, or become a Chicago police officer

**I would like to thank:** My coaches, my dad and sister for really getting me into the sport, my mom for constant support and the dank cookies she makes, and a special thanks to Luke McGuire for fueling the fire.

**Interesting fact about me:** All glory to God



# Lindsey Fagerstrom

Minnetonka, MN / Hopkins HS

Environmental Science & Earth Sciences



**Career Highlights:** 8th place in the 100 butterfly at CCIW Championships 2016

**Favorite Memories:** Training trip in Puerto Rico, placing 8th in the 100 butterfly and going under the tunnel, and Coach Beth taking the Lady Reds to Marinas every year for breakfast

**Future Plans:** Taking a gap year to gain experience before applying to graduate school.

**I would like to thank:** My parents for coming to cheer me on at all my swim meets. My high school swim coach, Kristen, for encouraging me to swim in college and Beth for always pushing me to my full potential.

**Interesting fact about me:** I am a proud auntie to a 4 year old cutie named Lydia!



# Brad Howard

Beach Park, IL / Waukegan HS

Business Management



**Favorite Memories:** Greatest highlight would be last year's PR in the 100 Back with 55.55 at Wisconsin Private College Championships

**Future Plans:** I plan to go into the IT field and build my own company.

**I would like to thank/say hello to:** My Aunt Sandy, Grandma Hens, my brother Tyler, Grandma and Grandpa Howard, and my Aunt Lori

**Interesting fact about me:** I created my own freelance web design and hosting business.



# Kate Hugo

Neenah, WI / Neenah HS

Graphic Design & Marketing



Career Highlights: 2017: 3rd in 100 fly, 5th in 100 and 200 back; 2016: 5th in 100 back, 4th in 200 back; 2015: 3rd in 200 back, 4th in 100 back and 100 fly; 3-time CCIW Swimmer of the Week (11/17, 10/16, 12/16)

Favorite Memories: When Coach Seth ate an entire tangerine PEEL AND ALL in one bite, watching the Red Men win conference, training trip adventures, or misadventures for that matter, COACH BETH AND SETH GOT ENGAGED

Future Plans: Move out west to San Diego and become a swimmer

I would like to thank: My dad for always taking the time off of work to take me to championship meets. My mom for never giving up on me and helping my swimming career in whatever ways possible. My teammates for dealing with my inability to stop laughing at my own jokes.

Interesting fact about me: If I had a dollar for every time I was told to stop talking, I'd have a lot of dollars.



# Hannah Miles

Clinton, IL / Clinton HS

Chemistry



Career Highlights: 2017: 2nd in the 200 breast & 100 breast; 2016: 8th in the 100 breast & 7th in the 200 breast

Favorite Memories: Greatest highlight was dropping 5 seconds off of my fastest 100 breaststroke time during my first year swimming at Carthage, even after taking a year off of swimming.

Future Plans: I am attending pharmacy school at the UIC College of Pharmacy in Rockford, Illinois for the next four years to become a doctor of pharmacy.

I would like to thank: My parents (Eddie & Shelli Miles) for supporting me, my fiancé Evan for sitting through hours of swim meets, my coaches for continually driving me to become better & my dog Toby who can always cheer me up after a bad swim.

Interesting fact about me: I did not originally plan on swimming in college when I graduated from high school.



# Nathan Morris

Aurora, IL / Waubonsie Valley HS    Math (Secondary ed/comp. science minors)



Career Highlights: 2015: 5th in 500 Free and 8th in 200 Free; 2016: 5th in 500 Free and 1650 Free; 2017: 2nd in 1650 Free and 7th in 500 Free at CCIW Championship

Favorite Memories: Getting 2nd in the mile at 2017 CCIWs and winning CCIWs as a team. Going mini bowling with the team.

Future Plans: Hopefully teach high school math and coach swimming. Stay active by competing in triathlons.

I would like to thank: My parents and sisters for all of their support. Thank you to Tara for her support and always cheering me on.

Interesting fact about me: I drove a van to Krispy Kreme on training trip and we were apparently 30 minutes late to practice.



# Nate Rodriguez

Porter, IN / Chesterton HS

Finance



Career Highlights: CCIW runner up- 800 Free Relay 2017; Top 8 finish in 400 IM in 2015-2017; 6th in 200 Breast 2017

Favorite Memories: Winning Conference in 2017, traveling with the team

Future Plans: Financial advisor position with Edward Jones in Tempe, Arizona

I would like to thank: My parents

Interesting fact about me: I was originally a physics major but realized how bad of an idea that was



# Chris Russo

Evanston, IL / Evanston Township HS

Exercise & Sport Science



Career Highlights: 2017 CCIW Conference champion; 200 Free Carthage record holder; 1st in the 200 free at CCIWs (2016, 2017); 1st in the 100 free at CCIWs (2017)

Favorite Memories: My greatest memory of my college swimming career was by far winning conference. The excitement of the team was incredible and exhilarating. I will never forget Seth diving into the pool with all of his clothes on. I also just appreciate all of the friendships I have made on the team and how close our team is. The team means the world to me.

Future Plans: I want to start coaching out of college and see where else that takes me.

I would like to thank: My mom for always supporting me and my dad who is always looking over me.

Interesting fact about me: I want to complete an Iron Man in the future





# Mack Ryan

Libertyville, IL / Libertyville HS

Elementary & Special Education



Career Highlights: 7th place in both the 400 IM and 200 Fly at CCIWs 2017

Favorite Memories: I have too many good memories to pick from, but watching all of my teammates swim super fast at past Conferences is always the one of the highlights of every season!

Future Plans: Find a job teaching and run a marathon (does not have to be in that order)!

I would like to thank: I would not be where I am today without all of the people God has put in my life! Thanks to my parents, siblings, Beth, teammates, and the countless other people who have encouraged and inspired me along the way!

Interesting fact about me: I am also on the water polo team at Carthage!



# Angela Shaw

Bloomington, IL / Lake Park HS

Math (Secondary ed. minor)



Career Highlights: Top 8 finish CCIW 400 IM

Favorite Memories: My greatest memories would be watching the boys team win conference last year, everyone swam so fast and it definitely is giving us the motivation for both the men's and women's teams to win! Another great memory would be all the Saturday practices Coach Beth let us out early to take us out to breakfast.

Future Plans: I plan to find a teaching job related to high school or middle school math. I also plan to be a part of the school's swim team.

I would like to thank: My parents and sisters for being my biggest fans and for keeping me motivated to swim for all these years. I would also like to thank my coaches and teammates, your encouragement and advice has been crucial to the swimmer I am today!

Interesting fact about me: I recently just finished my term as president of the Iota Omega chapter of Alpha Chi Omega



# Aly Sifuentes

Tinley Park, IL / Victor J. Andrew HS

Mathematics



**Favorite Memories:** Training trip adventures and watching my teammates accomplish their goals each season.

**Future Plans:** Hopefully attend graduate school to study biomathematics and pursue a career in biostatistics.

**I would like to thank:** My parents, coaches, and teammates for their support.

**Interesting fact about me:** I actually never stop talking.



# Patrick Sobkowski

Portage, IN / Portage HS

History



**Career Highlights:** 2015: 16th in the 500, 9th in the mile; 2016: 9th in the mile; 2017: 13th in 200 fly, 15th in the mile, 15th in 400 IM

**Favorite Memories:** Bringing home the conference championship last year, and watching Chris Russo clinch it for us by splitting a 44 on the 400 free relay.

**Future Plans:** I am attending law school at the University of Dayton or Indiana University Robert H. McKinney School of Law in the fall.

**I would like to thank:** My sister, and most of all my parents. They have supported me throughout my swimming career and I am happy that they are here with me as it comes to an end.

**Interesting fact about me:** I was born in South Korea.



# Anna Thomsen

Shawnee, KS / Shawnee Mission Northwest HS

Neuroscience



**Career Highlights:** Top 8 last year in both the 100 and 200 breaststroke; Perfect Attendance for Shawnee Sharks Summer League, 2004

**Favorite Memories:** When we trash the pool before conference while listening to some interesting speeches from our coaches

**Future Plans:** Research chronic pain at Washington University in St. Louis

**I would like to thank:** My parents for always supporting me in swimming and all things. Our coaching staff for pushing us in every way. My teammates for being the reason I swim. I would also like to thank all Carthage students here for cheering us on.



# Grant VanParys

Granger, IN / Penn HS

Graphic Design



**Favorite Memories:** Being able to go a 21 in the 50 Free and being part of this team.

**Future Plans:** Find a place that I can use my graphic design abilities to the fullest no matter for what use.

**I would like to thank:** My mom, dad and brother.

**Interesting fact about me:** I am Beth's favorite swimmer on both teams.



# Morgan Bishop

Bloomington, IL / Normal Community HS

Physics



**Career Highlights:** Finished top 12 in the 200 back and 400 IM all three years at conference with best times of 1:57.98 and 4:14, and top 16 all three years in the 100 back with a best time of 54.66.

**Favorite Memories:** Being on the school record-breaking 200 freestyle relay sophomore year at conference. I also really loved the feeling of walking onto the pool deck at conference and feeling the energy that seems to fill the air for three days. That feeling and the teammates that I leave behind are the things that I am going to miss most about swimming.

**Future Plans:** Pursue a career in renewable energy.

**I would like to thank:** My family for pushing me and supporting me through all of the early mornings and long swim meets and all of the things they have given up to come to meets that might be hours away to see me swim for what usually adds up to be less than 10 minutes in total.

**Interesting fact about me:** I start listening to Christmas music in the middle of October each year because I can't wait for the most magical time of the year, a fact that has caused my father to threaten to postpone Christmas for each day before Thanksgiving that I start.



# Rob Houle

Hanover Park, IL / Glenbard North HS

Business Administration/Marketing



Career Highlights: 8th in the 50 free at CCIW Championships 2017

Favorite Memories: Laughing so hard that it hurt during our Florida training trips

Future Plans: Find an internship that will hopefully lead me to potential employment.

I would like to thank: My past coaches who taught me how to swim, Coach Fish and Coach Tommy for teaching me how to work harder than ever before, my teammates for making the transition to IWU as seamless as possible, and my family for always supporting me even when I have off days.

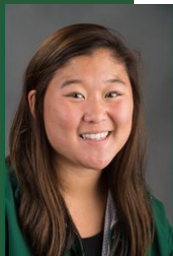
Interesting fact about me: Coach Tommy gave me the nickname Wolf, and I hope it sticks in the future.



# Nicole Lee

Medina, MN / Breck HS

Nursing



Career Highlights: CCIW 1 meter third (2015), third (2017); CCIW 3 meter fifth (2015), second (2017)

Favorite Memories: Getting to dive with Alex Guess before his appearance in the 2020 Tokyo Olympics.

Future Plans: I will be going to South Africa for a month with a non-profit organization called One Heart Source. Then I hope to get a job either in Minnesota or in Illinois as a registered nurse, as I do not know exactly in what field of interest yet.

I would like to thank: My coach Kevin for coaching me these past years.

Interesting fact about me: Of all the injuries I have had, I have never broken a bone.



# Jordan Miller

Davenport, IA / Davenport Central HS

Biology



Career Highlights: Consolation heat of the 100 and 200 backstroke and the mile last year

Favorite Memories: The team bonding during the Florida training trip

Future Plans: Work for a year and then go back to nursing school

I would like to thank: My parents, Juleann and Richard Miller, and my sister Carly

Interesting fact about me: I play the cello, and I also enjoy golfing and dancing to Disney music



# Tori Tiberi

New Lenox, IL / Lincoln-Way West HS

Psychology (Pre-OT)



Career Highlights: Top 12 every year in the 400 IM with a best time of 4:51; top 8 every year in the 500 Free with a best time of 5:15; top 4 every year and All-Conference for two years in the 1650 with a best time of 17:56

Favorite Memories: Thursday morning dryland with the Distance Crew at IWU has always been one of my favorite practices. We make a really awesome playlist to sing along to while we are doing our dryland. As we all wake up the singing and antics tend to increase. One of the most memorable Thursday mornings was the one after the Cubs won the World Series. We had added Go Cubs Go to the playlist about every four songs and didn't tell anyone. We were all laughing so hard we could barely get through the workout!

Future Plans: Going to graduate school to pursue a career in Occupational Therapy

I would like to thank/say hello to: The whole IWU fan section, but especially my family because they have been cheering for me from the very beginning and swimming wouldn't be the same without them

Interesting fact about me: I have throughout college always had between 3-10 potted plants, but I have only managed to keep one alive since my freshman year



# Paige Dorsel

Fishers, IN / Fishers HS

Biology



Favorite Memories: My favorite memory is probably doing the cheer with my team before every meet. My greatest highlight of my college swimming career was probably wearing my first tech suit and finally breaking 30 seconds in the 50 freestyle.

Future Plans: I plan to attend graduate school. I am still waiting to hear back from some Physical Therapy schools.

I would like to thank: My mom for always supporting me in all that I do.

Interesting fact about me: I've never cursed in my entire life.



# Anna Messmore

Wheaton, IL / Glenbard South HS

Athletic Training (Nutrition minor)



**Career Highlights:** At the 2017 CCIW championships I went a 1:13 in my 100 free and a 33.65 in my 50 free

**Favorite Memories:** Going to Arizona for this year's training trip with the team and having the opportunity to hike along the Grand Canyon

**Future Plans:** I am moving to Hilton Head Island in South Carolina, where I will be a member of the Islands Beach Patrol team, working as a lifeguard.

**I would like to thank:** My Mom and Dad for always supporting me throughout my long swimming career. Thank you to Coach D and Coach Nick for everything you have done this season. And thank you to Glenn for always encouraging me to push myself to be the best that I can be.

**Interesting fact about me:** This swimming season, I have broken more personal bests during swim practice than I have during my swimming career.



# Felicity Speirs

Lake Stevens, WA / Lake Stevens HS

Health, Fitness and Recreation



**Career Highlights:** 2015: 12th in the 500 free and 7th in the Mile; 2016: 13th in the 500 free, 15th in the 200 free, and 7th in the Mile with a lifetime best; 2017: 17th in the 500 free and 9th in the Mile

**Favorite Memories:** My greatest highlight of my college career would have to be this year, my last and final year here with my amazing teammates and coaches. This year has been filled with so much joy and excitement that each moment is hard to put into words.

**Future Plans:** I plan to road trip back home and make a few stops on the way to see family and visit my favorite national park, Yellowstone. After being back home I plan to find a job as a swim coach for either a club team or college team.

**I would like to thank:** My family, and especially my mom, who has been there through the biggest ups and downs of my swimming career. I don't think I would still be swimming if it wasn't for her. Love you mom!! I would also like to say thank you to all of my coaches that I've had over the years—every single one of you guys have made a huge impact on me both personally and in my swimming. Shout out to Coach Nick for making me swim the hardest set of my swimming career this winter training. Even though I wanted to strangle you after that set, I don't think I could have the mental toughness I have today as I had after that set. Thank you again for everything!

**Interesting fact about me:** I have a webbed toe! (it's my secret weapon)





# Emily Manikas

Lockport, IL / Lockport Township HS

Psychology and Wellness



**Favorite Memories:** All the bus rides to and from swim meets

**Future Plans:** I plan on continuing my education by going on to nursing school

**I would like to thank:** My family for all their support and my teammates. I love you guys



# Emily Vargo

Hoffman Estates, IL / Barrington HS

Accounting



**Career Highlights:** Top 16 in the 200 fly my freshman, sophomore, junior year

**Favorite Memories:** When we got to go Barbados as a team and swam nationals there, all the Chicago practices we have had during dterm, all the car rides (even the ones that I've gotten smashed into the window), and just seeing how much the team has grown

**Future Plans:** I plan on taking the CPA exam after I graduate and then figure out what I want to do.

**I would like to thank:** My parents, siblings, and teammates for all they have done to make me who I am today.

**Interesting fact about me:** I have swum the same events at conference for all 3 years.



# Noah Cameron

La Crosse, WI / Homeschool

Computer Science



**Career Highlights:** Top 16 finishes in the 100 and 200 free at CCIW

**Favorite Memories:** All of the random small things that turn these teammates into friends for life.

**Future Plans:** I am staying in the Wheaton area and working as a Systems Analyst for UnitedHealth.

**I would like to thank:** My parents for involving me in swim, and then supporting me and encouraging me throughout all the years since.

**Interesting fact about me:** I am obsessed with Sudoku.



# Meredith Clarkson

Virginia Beach, VA / Norfolk Christian HS

Applied Health Science



**Career Highlights:** Top 8 finishes in the 100 back, 200 back and 400 IM in 2015, 2016, and 2017. All-Conference in the 400 medley relay in 2017.

**Favorite Memories:** Swimming under both Jon Lederhouse and the Ayers, the three greatest coaches of Wheaton swimming.

**Future Plans:** I plan to work as a physical therapist technician and apply to graduate school in the fall.

**I would like to thank:** My parents, Joe and Sandee, who have always encouraged and supported me.

**Interesting fact about me:** My laugh can be heard from miles away



# Addison Coen

Golden, CO / Faith Christian Academy

Chemistry-ACS



**Career Highlights:** 6 top 8 finishes in the 100 and 200 Back at the CCIW championships

**Favorite Memories:** Getting to share in the winning races and successes of my teammates, finishing the 3k set backstroke sophomore year, the beach at Pine Trail, the California training trip, getting to be present for Coach Lederhouse's final three years of coaching, helping Coach Ayers and the team transition into a new era this year, and getting to develop friendships that I'll carry with me the rest of my life.

**Plans for after graduation:** After graduation, I plan to go on to get a PhD in chemistry and do research in materials science and nanotechnology.

**I would like to thank:** My parents, Chris and Jennifer, for raising me into the man I am today and for always affording me the opportunities to chase my dreams and goals. I'd like to thank my grandparents for their unwavering prayer and support over the years.

I'd like to thank Coach Lederhouse, Coaches Jacob and Meghan, and Coach Don for believing in me and for pushing me to be the best athlete I can be. And finally I'd like to thank my friends here on the Wheaton swim team and my girlfriend Nicole for all of the laughs, tears, and memories over the last 4 years.

**Interesting fact about me:** I enjoy producing music and running sound for my church.



# Chris Dingfield

Jacksonville, FL / Homeschool

Economics



Career Highlights: CCIW Champion 2017 200 Fly; NCAA 2017 - 13th 200 Fly

Favorite Memories: Getting to be on Jon Lederhouse's last team as a coach and being on Jacob and Meghan's first team.

Future Plans: I have absolutely no clue.

I would like to thank: My parents.

Interesting fact about me: I've worn the same clothes all weekend.



# Kristen Garner

Purcellville, VA / Woodgrove HS

International Relations/Spanish



Career Highlights: 8-time finalist and 2-time individual top-8 finisher at CCIWs

Favorite Memories: Being a captain for two awesome coaches and an incredible team, making finals in the 200 free at CCIWs my freshman year, and all of the memories made with the girls' team

Future Plans: I plan on working with immigration policy and law in the Chicago area.

I would like to thank/say hello to: My mom and dad, who made this all possible, as well as my brother, grandparents, aunts, fiancé and my soon-to-be family.

Interesting fact about me: I can sing the alphabet backwards faster than I can forwards



# Monica Larson

Wheaton, IL / Wheaton Warrenville South HS

Chemistry



Career Highlights: Scored top 16 in the 400 IM and 200 backstroke

Favorite Memories: Loud, laughter-filled memories with my teammates who have become like family, and having amazing coaches, being a part of the last years of Jon Lederhouse's coaching and seeing the start of the Ayers Era.

Future Plans: I am attending medical school at University of Illinois at Chicago.

I would like to thank: My wonderful parents, Ken and Laurel, and my siblings Jonathan, Joanna, and Natalie

Interesting fact about me: I want 16 kids and am most likely to become a nurse.



# Jack O'Connor

Milwaukee, WI / Grace Christian Academy

Business/Economics



Career Highlights: 2-time CCIW Champion in the 50 free (2015 & 2016); Conference Record holder in 50 free; 100 Freestyle CCIW Champion (2016); 200 Freestyle CCIW Champion (2015)

Favorite Memories: Getting to swim under the great Jon "Bananapants" Lederhouse for three years.

Future Plans: Work as a securities broker in financial planning.

I would like to thank/say hello to: Hey, Mom and Dad. Thanks for always supporting me and coming to unbearably long swim meets all the time. Love you both. And to Grammy and Papa, thank you for always driving so far to see me swim. I love you.

Interesting fact about me: I hate the cold more than anything in the world.



# Carrie Steggerda

Houston, TX / Brazoswood HS

Ancient Languages & Mathematics



Career Highlights: I've been a finalist in the 100 Fly, 200 IM, and 200 Fly in the past 3 years.

Favorite Memories: Being free to swim, and going 20-peat with the girls' team last year.

Future Plans: I'm planning on continuing my current job at Cleve Speece's Company working as a financial analyst.

I would like to thank: My parents, who are watching me swim for the first time in 4 years, and also thank you to my husband Jake for cheering for me even though he usually can't tell which one I am and so he accidentally cheers for someone else.

Interesting fact about me: I'm the first Asian math major at Wheaton.



# Alice Zhang

Vernon Hills, IL / Vernon Hills HS

Music & Economics



Career Highlights: Top 8 finish in 100 breast, top 16 finish in 200 breast

Favorite Memories: Making top 8 in the 100 breast and Christmas training trip in California

Future Plans: Financial Analyst at Performance Trust in Chicago

I would like to thank: Parents, past teammates, and friends

Interesting fact about me: I still sleep with my first stuffed animal, Moosey

**Congratulations to all our graduating seniors.  
Best of luck in the future!**