



News Release

Ramkota Hotel, 3200 W. Maple St., Sioux Falls, S.D. 57107
Phone: 605.338.0907 Fax: 605.338.1889
Jon J. Martin, Assistant Commissioner
E-mail: info@northcentralconference.org
Web: www.northcentralconference.org

For Immediate Release: February 12, 2008

Holman, Speidel, Verwey, Willis & Hawley Earn Swimming & Diving Honors

Sarah Holman of South Dakota, Renee Speidel of Northern State and Matt Verwey of St. Cloud State have been named the NCC Swimmers of the Week while Kendra Willis of St. Cloud State and Zach Hawley of North Dakota have been tabbed as the NCC Divers of the Week.

Holman, a junior from Bloomington, Minn., won the 1650 freestyle with a time of 17:45.80 and finished second in the 500 freestyle (5:12.59) at the Minnesota Challenge. She was also part of the second-place 800 freestyle relay team.

Speidel, a freshman from Watertown, S.D., set three new individual school records and was a member of a school record setting relay team for Northern State at the Minnesota Challenge. Speidel set Northern State records in the 200 freestyle (2:16.47), 200 backstroke (2:29.16) and 100 freestyle (1:02.76) while being a member of the record-setting 400 freestyle relay (4:32.89).

Verwey, a sophomore from Red Deer, Alberta, placed fourth (behind three NCAA Division I swimmers) with a school record and national-qualifying time of 1:50.57 in the 200 backstroke. He broke his own school record by over two seconds. He also had a "B"-cut time of 1:53.94 in the 200 individual medley.

Willis, a senior from Neenah, Wis., won the three-meter (453.25) and finished second on the one-meter (368.60) at the USD Diving Invitational. Both marks are St. Cloud State season bests and national qualifying scores.

Hawley, a senior from Omaha, Neb., took second on the one-meter (399.95) and third on the three-meter at the USD Diving Invitational.

Also nominated: *Swimming*: Men: None. Women: None. *Diving*: Men: None. Women: Stephanie Varichak, North Dakota; Emilie Kluth, South Dakota.

2007-2008 Male Swimming Honor Roll

Oct. 23 - Marty Wahle, Minnesota State
Oct. 30 - Daniel Moraes, North Dakota
Nov. 6 - Shaun Seaburg, North Dakota
Nov. 13 - Marty Wahle, Minnesota State
Nov. 20 - Daniel Moraes, North Dakota
Dec. 4 - Daniel Moraes, North Dakota
Marty Wahle, Minnesota State
Dec. 11 - Benjamin Dowswell, Minnesota State
Jan. 15 - Benjamin Dowswell, Minnesota State
Jan. 22 - Daniel Moraes, North Dakota
Jan. 29 - Matt Verwey, St. Cloud State
Feb. 5 - Marty Wahle, Minnesota State
Feb. 12 - Matt Verwey, St. Cloud State

2007-2008 Male Diving Honor Roll

Oct. 23 - Michael Hoenig, North Dakota
Oct. 30 - Chris Bancroft, North Dakota
Nov. 6 - Ross Eiden, St. Cloud State
Nov. 13 - Brian Welch, Minnesota State
Nov. 20 - Ross Eiden, St. Cloud State
Dec. 4 - Nate Jimerson, St. Cloud State
Dec. 11 - Brian Welch, Minnesota State
Jan. 22 - Nate Jimerson, St. Cloud State
Chris Bancroft, North Dakota
Jan. 29 - Ross Eiden, St. Cloud State
Feb. 12 - Zach Hawley, North Dakota

2007-2008 Female Swimming Honor Roll

Oct. 23 - Megan Gordon, South Dakota
Oct. 30 - Leita Rolfe, South Dakota
Nov. 6 - Natalia Busso, North Dakota
Nov. 13 - Leita Rolfe, South Dakota
Nov. 20 - Carissa Gormally, North Dakota
Dec. 4 - Leita Rolfe, South Dakota
Natalia Busso, North Dakota
Dec. 11 - Erin Wagoner, South Dakota
Ashley Baer, Minnesota State
Dec. 18 - Leita Rolfe, South Dakota
Jan. 8 - Ann Gusewelle, Minnesota State Moorhead
Jan. 15 - Leita Rolfe, South Dakota
Jan. 22 - Allison Maxwell, North Dakota
Jan. 29 - Ann Gusewelle, Minnesota State Moorhead
Feb. 5 - Ashley Baer, Minnesota State
Feb. 12 - Sarah Holman, South Dakota
Renee Speidel, Northern State

2007-2008 Female Diving Honor Roll

Oct. 23 - Emilie Kluth, South Dakota
Oct. 30 - Sarah Chaussee, Minnesota State Moorhead
Nov. 6 - Allison Warner, Minnesota State
Nov. 13 - Jill Smolczyk, South Dakota
Nov. 20 - Kendra Willis, St. Cloud State
Dec. 4 - Sarah Chaussee, Minnesota State Moorhead
Dec. 11 - Jill Smolczyk, South Dakota
Dec. 18 - Emilie Kluth, South Dakota
Jan. 15 - Jill Smolczyk, South Dakota
Jan. 22 - Kelsey Berkeland, St. Cloud State
Jan. 29 - Jill Smolczyk, South Dakota
Feb. 5 - Janel Duffy, Minnesota State
Feb. 12 - Kendra Willis, St. Cloud State