

2001-02 Schedule

- Oct. 12 **Purple & White Meet, 6 p.m.**
 Oct. 27 @ Wheaton, vs. Lewis (Ill.), 9 a.m.
 Oct. 27 @ Illinois (Champaign) (Women), 5 p.m.
Truman Dual Meet Invitational
 Nov. 10 **South Dakota, 8:30 a.m.**
 Nov. 10 **Missouri-Rolla (Men), 1:30 p.m.**
 Nov. 10 **Nebraska-Omaha (Women), 1:30 p.m.**
 Nov. 11 **Delta State (Miss.), 12 p.m.**
 Nov. 11 **Washington University (Mo.), 4 p.m.**
 Dec. 1-2 @ Nebraska-Omaha Invitational
 Dec. 7 @ Missouri (Columbia), 6 p.m.
 Jan. 4 Texas A&M (Women) (in Tampa, Fla.)
 Jan. 12 @ Univ. of Tampa Relays (Florida), 12 p.m.
 Jan. 25 @ Iowa (Iowa City) (Women), 6 p.m.
Jan. 26 Western Illinois, 2 p.m.
 Feb. 2 @ Drury (Springfield, Mo.), 11 a.m.
 Feb. 2 @ Southwest Mo. State (Springfield) 4 p.m.
 Feb. 14-16 @ Central States Championships (Springfield, Mo.), 9:30 a.m./6 p.m.
 Mar. 13-16 NCAA Division II Championships (Orlando, Florida), 10 a.m./6 p.m.

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Editor: Melissa Ware ('87), Sports Information Director
Production & Copy: Sara Swenson
Photos: Tim Barcus ('89), Truman Public Relations & Ware
Cover Design: Dalton Paley
Printing: Truman Printing Services

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 100 E. Normal, SUB
 Kirksville, MO 63501-4221
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 Sports Director
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 FAX: (660) 627-1885

KHOA
 Chris Duerr
 301 S. 36th Street
 Quincy, IL 62301
 (217) 222-6206
 FAX: (217) 222-5078

WGEM
 Chris Broughton
 513 Hampshire St.
 Quincy, IL 62301
 (800) 728-6600
 FAX: (217) 224-5786

Athletics Media Relations

MELISSA WARE, DIRECTOR
 TRUMAN STATE UNIVERSITY
 100 E. NORMAL, KIRK BUILDING 215
 KIRKSVILLE, MO 63501-4221
 OFFICE: (660) 785-4127/4276
 HOME: (660) 665-3652
 FAX: (660) 785-7475
 E-MAIL: MWARE@TRUMAN.EDU
 J.R. BELEW, ASSISTANT
 HOME: (660) 263-2274

GOBULLDOGS.TRUMAN.EDU

Quick Facts

Location: Kirksville, Mo. 63501
President: Dr. Jack Magruder
Director of Athletics: Jerry Wollmering
Founded: 1867
Enrollment: 6,000
Pool: Pershing Natatorium
Nickname: Bulldogs
Colors: Purple & White
Conference: Independent

Affiliation: NCAA Division II
Head Coach: Seth Huston
Years Coaching at Truman: 7
Alma Mater: Tampa ('88), Texas Christian Univ. ('90)
Office Phone: (660) 785-7219
Interim Assistant Coaches: Jess Martin & Joe Fanthorp
Office Phone: (660) 785-6040

TRAINING AT TRUMAN

Season Plan

The season strategy is broken down throughout the year into month to month, week to week and even day to day strategies. For the most part the team is broken into three distinct groups; sprints, middle distances and distances.

Preparation Phase

The preparation phase builds basic endurance and technique. The swimmer begins to get a feel for the water. Ideally, this phase should be as short as possible because the swimmers already should be at that level coming into the season. The team swims basic aerobic sets, mixes in different strokes and emphasizes technique. On land, the swimmers mix in some running and general strength training: push ups, dips, pull ups, jumps, etc. Another component emphasized is core body strength. The first few weeks are spent teaching the team all of the core exercises that are built on the rest of the year.

Aerobic Phase

The purpose of the aerobic phase is to build an aerobic base. The sprinters' training differs from distance swimmers in this case. An aerobic foundation aids in recovery time following race pace, enhances ability to maintain speed through efficiency, and aids in reinforcing proper technique and body position. The latter half of September and the majority of October focuses on building aerobic capacity.

Race Pace Fall Phase

Gradually, the team builds in more race specific training for each group. ATP (short sprints), lactate adaptation, lactate tolerance and broken swims are techniques used to get individuals used to swimming in racing conditions. Since the team is competing nearly every weekend through this phase, training is set up for recovery just prior to most meets.

Fall Taper

Much of the team tapers for a large meet in December. Thanksgiving break provides a time for real recovery and light, loosen-up swimming. The week prior to the December meet, intensity will be reduced, but the training time will remain constant. Following an early December rest, training is switched to an aerobic base regimen,

which continues until finals end and the team breaks for the Christmas holidays.

Winter Break and Florida Trip

Training at home over the break is highly recommended. The Florida trip is the biggest team-building opportunity of the season. Team cohesion and leadership in order to achieve success are worked on in Florida. Training emphasizes a mix of basic aerobic swimming, VO2 max training and a little lactate production. It includes both long course and short course, as well as daily dry land workouts. The Florida trip is a challenging week.

Race Pace Spring Phase

In January, sprint training, lactate tolerance and broken swims resume. Each swimmer learns their stroke rate (tempo) for each race. Swimmers concentrate on strategy and on how to mentally prepare for their races.

Final Taper

This is the final sharpening and tuning stage. Time to rest and recover the body is allowed, while at the same time, the team sharpens tempo and pacing skills. Ideally, taper is three weeks or less, and many times, distance swimmers and some of the middle distance women will rest one week or less.

Mental Training

The team spends time on positive thinking. A positive team attitude and atmosphere facilitates positive habits and life skills. Respect and support of teammates is encouraged. Short term and long term goals are set. Visualizing positive outcomes in training, daily life and competitions is practiced.

Dry land

Early in the season, building muscular endurance is emphasized, laying the foundation to a strong, flexible, fit body for the year. As the season progresses, the team builds in more power oriented exercises. By the peak performance zones (December, February-March) as much specific muscular power and endurance as possible is created in order to help the mind and body push through all-out maximal racing efforts again and again. Muscular and joint flexibility, shoulder strength, core body strength and dynamic movements are concentrated on throughout the season.

Weight Training

Weight training is primarily used to build general muscle strength, endurance and power. Weight workouts are centered around several primary exercises, the leg squat, dead lift, hang cleans and bench press. Initially, strength building is emphasized, and the last phase incorporates power building. Significant strength gains are made by the team through the season.

Academic Excellence

Truman swimmers excel in and out of the water. Last year, the teams were recognized for their outstanding academic abilities by the College Swimming Coaches Association of America, by the Verizon Academic All-America Program and by the Mid-America Intercollegiate Athletics Association conference.

Christine Gould was named an MIAA presidential scholar for the third straight year. Members of the team must have a cumulative grade point average of 4.0.

Alison Blyth, Kelli Dudley, Liz Hug, Bridget Riley and Jen Vogt were named CSCAA academic all-Americans.

Dudley also was named to the Verizon Academic All-District VII At-Large Second Team. Members are nominated and voted on after meeting minimum requirements of having sophomore status and a cumulative grade point average of 3.2.

Dudley, Hug, Riley and Vogt were also named academic all-MIAA. Members of the academic all-MIAA team must have won all-America honors and maintain a cumulative grade point average of at least 3.5.

Several Truman swimmers were also named to the at-large MIAA commissioner's academic honor roll. To be a member, individuals must have a cumulative GPA of at 3.0, have completed at least two terms at the nominating institution and have sophomore athletic eligibility.

The following swimmers were named to the honor roll: Tracy Baiotto, Jess Dance, Dudley, Ellen Frick, Spencer Gillis, Gould, Sara Hatcher, Hug, Beth Joslin, Dan Lopez, Andrea Newton, Meghan Osborn, Matt Pray, Kacie Rice, Riley, Michelle Seck, Amanda Shearer, Kyle Sterup, Vogt, Angela Walker and Diana Young.