## 2002-03 Schedule

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<th>Date</th>
<th>Event</th>
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<td>Oct 11</td>
<td>Purple &amp; White Intrasquad, 6:30 p.m.</td>
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<td>Oct 12</td>
<td>Alumni Meet, 10:00 a.m.</td>
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<td>Oct 19</td>
<td>@ Univ. of Nebraska (Lincoln)-Women, 2 p.m.</td>
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<td>Nov 2</td>
<td>University of Missouri, 2:00 p.m.</td>
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<td>Nov 9</td>
<td>Missouri-Rolla, Nebraska-Omaha and South Dakota, 3:00 p.m.</td>
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<td>Nov 22</td>
<td>@ Western Illinois University (Macomb, Ill.), TBA</td>
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<td>Dec 6-7</td>
<td>@ UN-Omaha Invitational, Prelim/Final</td>
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<tr>
<td>Dec 18-20</td>
<td>@ Delta State University Invitational (Cleveland, Miss.), Prelim/Final</td>
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<td>Jan 4</td>
<td>@ University of Tampa Relays (Florida), TBA</td>
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<td>Jan 17</td>
<td>@ Washington University (St. Louis), 5 p.m.</td>
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<td>Jan 31</td>
<td>Drury University, TBA</td>
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<tr>
<td>Feb 1</td>
<td>@ University of Iowa (Iowa City, Iowa), 1 p.m.</td>
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<td>Feb 12-15</td>
<td>Central States Championships (Springfield, Mo.), Prelim/Final</td>
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<tr>
<td>Mar 12-15</td>
<td>NCAA Division II National Championships (Grand Forks, N.D.), Prelim/Final</td>
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## Quick Facts
- **Location:** Kirksville, Mo. 63501
- **President:** Dr. Jack Magruder
- **Director of Athletics:** Jerry Wollmering
- **Founded:** 1867
- **Enrollment:** 6,000
- **Colors:** Purple & White
- **Conference:** Independent
- **Affiliation:** NCAA Division II
- **Head Coach:** Colleen Murphy
- **Year as Head Coach:** 1
- **Alma Mater:** Oakland (‘97) Kentucky (‘99)
- **Office Phone:** (660) 785-7219
- **Assistant Coaches:** Joe Fanthorp
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- **Alma Mater:** Kentucky (‘99)

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## Cover Design:
- Thomas Marrone

## Printing:
- Truman Printing Services
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 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 teams swim 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 teams 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 swimmers’ 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.

Dryland Training
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. Workouts are centered around several primary exercises, the squat, dead lift, hang clean 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 Collegiate Swimming Coaches Association of America, by the Verizon Academic All-American Program and by the Mid-America Intercollegiate Athletics Association conference.

Christine Gould was named an MIAA presidential scholar for the fourth straight year, while Sarah Dance, Diana Betsworth and Gina Fettig earned the award for the first time. Members of the team must have a cumulative grade point average of 4.0.

Betsworth, Christina Blose, Alison Blyth, Dance, Kelli Dudley, Gina Fettig, Ellen Frick, Liz Hug, Michaela Osborn, Bridget Riley, Sue Ellen Thoma, Sarah Wells, Robby Cooper, Andy Harken, Matt Pray, and Kyle Sterup were named CSCAA academic all-Americans.

In addition, Riley was named to the Verizon Academic All-America At-Large First-Team while Liz Hug was named to the third team. Riley, Dudley, Hug and Sterup were all named to the Verizon Academic All-District VII At-Large First-Team. Members are nominated and voted on after meeting minimum requirements of having sophomore status and a cumulative grade point average of 3.2.

Betsworth, Blose, Blyth, Dance, Dudley, Fettig, Frick, Hug, Osborn, Riley, Thoma, Wells and Sterup 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: Alison Blyth, Dudley, Lindsey Ehret, Frick, Calie Fulmer, Gould, Sara Hatcher, Hug, Beth Joslin, Katie May, Meghan Osborn, Megan Pittman, Katie Rice, Riley, Michelle Seck, Diana Young, Cooper, Harken, Caleb Hopkins, Ryan Jacobi, Andy Ladrow, Bryan Meyer, Pray, Sterup and Brian Teson.
The Truman women's swimming team followed up its first national title with a repeat performance, only on a much grander scale in 2002.

The 18-member national championship team, which is the largest allowed by the NCAA, became the powerhouse early in the meet, leading runner-up Drury by 37 points after day one. The Truman women extended their lead to 61 points after day two and 119 points after day three.

When the fourth and final day of competition finally ended, the women had totaled 733 points, demolishing their closest opponent by 185 points, the second-largest margin of victory at a DII women's meet. Drury finished second (548 points) and West Chester came in third (434).

Following the meet, head coach Seth Huston was named NCAA Division II Women's Swimming Coach of the Year for the fourth consecutive season.

Truman also boasted another repeat honor, the NCAA Division II Women's Swimmer of the Meet. Newcomer Diana Betsworth earned the status after winning titles in the 200, 1,000 and 1,650 freestyles and as a member of the national champion 400 and 800 freestyle relay teams. Betsworth also earned second-place in the 100 freestyle and was a member of the second-place 200 freestyle relay team. In 2001, the award was given to former team member and assistant coach Jess Martin.

Liz Hug also became a national champion in two races, winning both the 200 individual medley and the 500 freestyle. In relays, the women championed the 800 freestyle for the third consecutive year. Relay members included Hug, Bridget Riley, Sarah Dance and Betsworth. The 400 freestyle relay team of Hug, Sara Hatcher, Dance and Betsworth broke a three-year streak of finishing second, winning the title for the first time ever. The 200 freestyle relay contingent of Betsworth, May, Dance and Hatcher placed second.

The Bulldogs did some damage to the NCAA record book as well. Betsworth broke the 1991 Division II standard in the 200 freestyle, as well as the record in the 1,000 freestyle set in '01 by Martin. Hug also broke an individual record in the 200 IM that was set in 1993.

The women's team celebrates successfully defending their NCAA Division II national title last March. The women took 18 swimmers to the national meet, the maximum allowed.

The First Title: Highlights from 2001

- It was the first national title in 102-year history of Truman athletics.
- It was the culmination of a three-year run to the top as the women placed third in 1999 and second in 2000.
- Truman placed first with 656 points, followed by Drury with 610.5 and California-San Diego with 413.5.
- Seth Huston earned the NSCAA Women's Coach of the Year honor for the third straight year.
- Jess Martin won six national titles and was named NCAA Division II women's swimmer of the meet. Three months later, she was honored as the Honda NCAA Division II Athlete of the Year.
- Individual national champions were Jess Martin (200, 500, 1,000 and 1,650 freestyles) and Kelli Dudley (100 backstroke).
- Relay national champions were the 200 freestyle relay team of Sara Hatcher, Martin, Katie May and Bryna Busch; and the 800 freestyle relay squad of Liz Hug, Andrea Newton, Katie May and Martin.
- Eleven women earned all-America status by finishing in the top eight.
- Jess Martin set a NCAA Division II record in the 1,000 freestyle.
- The women had a 6-2 dual record and won four invitational meets, including the Central States Championship.
All of the national champion relay teams also set new Division II records.

Other top individual finishes included Hatcher's second-place effort in the 50 freestyle. In the 1,000 freestyle, the Truman women took all four top spots, with Betsworth coming in first, Riley second, Hug third and Katie May fourth. In the same race, Amanda Shearer took 13th.

While Hug finished first in the 200 IM, Dudley was right behind her at second. Dance finished fifth and Sarah Wells was seventh.

In the 400 IM, Dudley placed second and Wells earned third, while Gina Fettig came in 14th.

Dance took fifth in the 100 butterfly, while Blose was 15th.

Hug was just behind Betsworth in the 200 freestyle to finish second, followed by Dance in fifth and Riley in sixth.

In the 500 freestyle, Riley trailed Hug to come in second, while Wells was fifth and May was eighth.

In the 100 backstroke, Dudley took third, Pray was fifth and May was sixth.

Michaela Osborn finished third in the 100 breaststroke and Blyth was sixth in the 200 butterfly.

Riley followed Betsworth to finish second in the 1,650 freestyle. Wells finished in seventh, Shearer in 12th and Frick in 15th.

Betsworth then finished second in the 100 freestyle, followed by Dance in third and Hatcher in fifth.

Dudley rounded out her events with a third-place finish in the 200 backstroke. May earned eighth and Pray was 13th in the same event.

Michaela Osborn took 14th in the 200 breaststroke.

Betsworth, Hug and Dudley had the top three individual scores at the meet, respectively, while Riley tied for fourth. Dance was seventh and Wells was ninth.

To sum up, the women broke seven NCAA Division II national records, 16 school records and claimed nine national championships to finish.

In 2002, the men's team achieved a ninth-place finish at the NCAA Division II national championships, taking nine swimmers to the national meet, the largest contingent in school history. The men came close to their best finish at nationals placing tied for ninth, just missing their best finish ever at eighth in 1996.

After the first day of competition, the men had a strong showing and were in seventh. The 200 medley relay team of Brian Teson, Andy Harken, Matt Pray and Drew Yemm came in seventh with a school record time of 1:32.76. That same day, Yemm placed 11th in the 50 free (21.14), Harken was 15th in the 200 IM (1:55.99) and Kyle Sterup swam a school record time of 9:52.32 in the 1,000 free to place 12th.

On the second day, three school records fell, but the men slipped to eighth. Pray was the first to compete, placing third in the 100 butterfly, beating his own school record with a 48.96. Robby Cooper was next to break a record, swimming a 1:41.67 in the 200 freestyle to place 14th. At the end of the day, the 400 medley relay squad of Teson, Harken, Pray and Cooper broke another school record with a time of 3:25.48, placing seventh.

Cooper had his best individual finish of the meet on the third day. He started things off for the men with a time of 4:34.91 in the 500 freestyle, good enough for a 12th-place finish and a new school record. Harken was the next Bulldog to place, scoring ninth in the 100 breaststroke (57.45), also a new school record. Pray then placed fourth in the 200 butterfly, beating his own school record with a time of 1:49.78. The 800 free relay group of Sterup, Andy Ladorow, Phil Brown and Cooper were 10th (6:54.69).

The fourth and final day of competition at nationals saw more impressive swims from the Bulldog men. Sterup started it off with a 15th-place finish in the 1,650 freestyle with a school-record time of 16:05.41. Harken was the next to score with a 16th-place finish in the 200 breaststroke (2:06.74). Finishing off the meet was the 400 free relay team of Pray, Cooper, Struble and Yemm. They placed eighth, setting a school record in prelims with a time of 3:06.51.

Overall, the men had an outstanding season, breaking 11 school records. Even the swimmers who didn't make it to nationals saw achievement, making significant time improvements at the UNO Invitational and Central States Championships.
The 2002-03 women’s swimming team, after successfully defending its national title last year, looks to be even stronger this season. This year’s team returns nine national champions, eight of that hold NCAA Division II national records.

Sophomore Diana Betsworth holds four national records, as does senior Liz Hug. Other returning national champions include seniors Kelli Dudley and Sara Hatcher, juniors Katie May and Krista Pray, and sophomores Christina Blose, Sarah Dance, and Michaela Osborn.

Other returning all-Americans include seniors Ellen Frick and Amanda Shearer, junior Alison Blyth and sophomores Gina Fettig and Sarah Wells.

The team also boasts a large freshmen class. A few individuals to watch out for are Meredith Rocha, who has already been impressive in the butterfly, and Aimee Gregor in the freestyle and IM events. Katie Funk, Kristin Halet and Whitney Jensen should prove to be strong contenders in the freestyle events as well.

Hug and Hatcher will take over as captains of the women’s team.

**Freestyle**

Hatcher returns as the top sprint freestyler after placing second in the 50 free and fifth in the 100 free at nationals. She was also a crucial member of the winning 200 medley, 400 medley and 400 freestyle relays, as well as the second-place 200 freestyle relay. Hatcher is joined by Blose, sophomore Sue Ellen Thoma, junior Calie Fulmer and Jensen in the sprint freestyle events.

An onslaught of swimmers comprise the middle-distance freestylers. Betsworth is back as the national record-holder in the 200 freestyle. Other strong returners in the middle-distance events are Hug, who won the 500 at nationals, and Dance, who was a member of the national record-setting 400 and 800 freestyle relays with Betsworth and Hug. Thoma should be a strong contributor again this year, as well as junior Lindsey Ehret. Funk, Gregor, Halet, freshman Kelli Criswell and sophomore Cassie Rouldebusch should also see time in the middle-distance events.

In the distance freestyle events, Betsworth returns as the top contender having set the national record in the 1,000 freestyle last season. She is backed up by Hug, May, Wells, Shearer, Frick, Funk, sophomore Meghan Vaughan and freshman Jackie Lopez for a strong distance squad.

**Butterfly**

The butterfly events are led by Dance, who placed fifth in the 100 at nationals, and Blyth, who placed sixth in the 200. More strong flyers include Hug and Blose who were the fly legs on the national record-setting 400 and 200 medley relays, respectively.

Rocha, Fettig, Pray, Shearer, Criswell, and sophomore Megan Losee should also be powerful competitors in the butterfly.

**Backstroke**

Three national scorers return in the backstroke races. Dudley won the 200 backstroke and placed second in the 100 back. May and Pray, significant scorers in those events at nationals, along with Dance, make up a strong contingent.

Lopez, Fulmer and freshman Kate Kresl help add depth to the backstroke squad.

**Breaststroke**

Osborn leads the way in the breaststroke, having broken the 100 and 200 breaststroke school records last season. She was also the breaststroke leg on the national record-setting 200 and 400 medley relays. Osborn is backed up by Dudley, Hug, Losee, Shearer, Kresl and senior Diana Young, who should all see time in the breaststroke races.

**Individual Medley**

The individual medley races will see many fast returners. The leading way will be Hug, Dudley, Dance and Wells. Hug set the national record in the 200 IM and Dudley placed second. Dance and Wells were also in the top eight at nationals last year.

More capable returners include Fettig, Shearer, Blyth and Losee. Gregor and Kresl will also see time in the individual medley races.

The women’s team captains are seniors Liz Hug (left) and Sara Hatcher (right).
Last year, the men’s team took nine swimmers to nationals, a number which they hope to improve on this year.

At the head of the pack will be senior Matt Pray. He placed third in the 100 butterfly and fourth in the 200 butterfly at nationals last year. His second-place finish in 2001 marked the highest national finish ever for a Truman men’s swimmer. Other top returners are juniors Andy Harken and Robby Cooper. Both swimmers placed in the top 16 in several events at nationals last year.

Other returning all-Americans include juniors Brian Teson and Vince Struble, and sophomore Phil Brown. They were all crucial legs on the relays that placed in the top eight at nationals last year.

The freshman class brings six new swimmers to the team who look to step up and contribute. Watch for Josh Otis, Derek Duffy and Chris Brammer to put in some fast times this season.

This year’s men’s team captains are Pray and senior Jay Westensee.

Freestyle

Struble and sophomore Ashtyn Beek look to be the main sprint freestylers this season, with Pray, Harken and Otis filling in where needed. Adding depth to the sprint squad is sophomore Nick Joslin.

Cooper, Brown, sophomore Kyle Ediger and Westensee will likely be some of the top performers in the middle distance events. Cooper, Brown and Ediger were all under the B-cut last season in the 200.

Cooper should be the strongest contender in the distance freestyle events after finishing 12th in the 500 and 16th in the 1,000 freestyles at nationals last year.

Junior Ryan Jacobi and sophomore Eric Paden add the needed depth for a forceful distance squad.

Look for Brown to fill in where needed, and freshmen Mike Wasikowski should see time in the distance events as well.

Butterfly

Pray should continue to dominate the butterfly events this season, having broken both the 100 and 200 butterfly school records last year. He is joined by Harken and Teson who both competed in the 100 butterfly at nationals a year ago.

Also look for Brammer to bolster the attack, and Otis might see time in the butterfly events as well.

Sophomore Ben Buras and junior Caleb Hopkins will provide depth to the 100 butterfly, while Brown, Paden and sophomore Dustin Engels will be strong contenders in the 200 event.

Backstroke

Teson, Pray and junior Bryan Meyer will be the top returners in the backstroke events. Teson and Pray both swam the 100 backstroke at nationals last year while Meyer was very close to achieving a B-cut in the 200. Also look for Duffy to step up and make some contributions in the backstroke events.

Breaststroke

Harken will be the premier breaststroker this season after placing ninth in the 100 and 16th in the 200 at nationals in 2002. However, don’t count out Struble and sophomore Justin Brosseau to provide some impressive times this season.

Adding depth to the breaststroke races will be sophomores Matt Peeples and Ryan Blase. Otis and freshmen Andrew Wright and Luke Gleaves could prove to be assets in the breaststroke as well.

Individual Medley

Harken, Teson and Brown look to be some of the top returners in the individual medley this year. Harken placed in the 200 at nationals last year while Teson got experience swimming the 200 and Brown the 400 at the national meet. Also look for Brosseau to post some of the top times in the individual medley events.

The freshmen should have a chance to make big contributions in the IM events. Look for Otis and Duffy to step up and be top performers.

Buras should add depth to the 200 IM while Paden and Jacobi could be strong contenders in the 400 individual medley.
Colleen Murphy, a native of Grand Blanc, Mich., begins her first season as head swimming coach at Truman State University in 2002-03. She served as an assistant to former head coach Seth Huston for two years, and helped guide the women's team to the school's first ever national team title in 2001, and a runner-up finish in 2000. The men's squad placed 16th at the national meet in 2001 and had its second-best finish ever of ninth in 2000.

During Murphy's tenure as assistant coach at Truman, the Bulldog swimmers won six individual NCAA titles and four relay national championships. In just two years, the Bulldog swimmers produced 22 all-Americans.

In 2001, senior Jess Martin was named the NCAA Division II swimmer of the year by the National Swimming Coaches Association, and went on to win the Honda NCAA Division II Woman of the Year award as well. In addition, Murphy coached a swimmer to a ninth-place finish and honorable mention all-America status in the 200 breaststroke at the D-I championships. The Hawkeye women broke 10 school records during Murphy's year at Iowa, where she was in charge of the sprint and breaststroke training groups.

In the summer of 2001, Murphy served as the head counselor for the Longhorn Swim Camp at the University of Texas at Austin. Murphy directed a staff of 12 counselors and assisted the Texas coaching staff in running workouts, stroke technique and dry-land training for a camp of 150 swimmers each week.

Prior to coming to Truman, she served as the head age group coach at Wildcat Aquatics in Lexington, while completing her master's degree in history at the University of Kentucky. Her duties included planning and instituting practices for various age groups, focusing on fundamentals, technique and endurance. Murphy also maintained team records, handled meet entries and was in charge of team communications. Wildcat Aquatics is a top-ranked USS swim club in the state of Kentucky. Murphy also served as a teaching assistant in the history department at Kentucky and was assistant coach for the Spindletop Hall Swim Team in Lexington.

She earned a bachelor of arts degree in history from Oakland University (Mich.), graduating cum laude. Murphy was also a member of the Oakland swimming team that earned a Division II National Championship in 1994 and was runner-up in 1995, 1996 and 1997. While a member of the OU team, she was named an all-America five times and was a three-time academic all-America. Murphy is married to Joe Fanthorp, and they reside in Kirksville.
JOE FANTHORP
Assistant Coach

Joe Fanthorp returns for his second year as an assistant coach after contributing as an interim assistant last year and on a volunteer basis two years ago. Fanthorp also serves as recruiting coordinator for the team.

In 2001-02, Fanthorp helped guide the women's team to a repeat as NCAA Division II national champions. The men's team finished ninth that same year.

He is also the administrative head coach for the Northeast Missouri Swim Team, an age-group team in Kirksville. Fanthorp coached an age-group team in Phoenix, Ariz., as well, the Arizona Desert Fox. While with the Desert Fox, Fanthorp assisted with the senior team that produced three Olympic Trial qualifiers and several other USA Swimming national championship qualifiers.

He graduated from the University of Kentucky in 1999 with a degree in biology, and was an assistant coach for Wildcat Aquatics in Lexington, Ky., for three years.

BETH LOJEWSKI
Student Assistant Coach

Beth Lojewski swam and lettered as a Bulldog for four years from 1996-2000. In 1999, she became a three-time all-America performer after placing 11th in the 100-yard backstroke, 15th in the 200 backstroke and sixth as a member of the 200-yard medley relay team that set a school record at the national meet.

Evan Elwood competed for two seasons at Truman from 1999-2001. In 2000, he finished eighth in the 400 IM, ninth in the 200 backstroke and 16th in the 200 IM at the Central States Championships. Elwood’s main duties focus on the Bulldogs’ dryland training program.

LAUREN ROSENFIELD
Student Assistant Coach

Lauren Rosenfield swam for one season at the University of Massachusetts before transferring to Truman to continue her studies in English. She was primarily an individual medley and breaststroke specialist and is a former Junior National qualifier in the breaststroke.

RYAN NIKO-HICKMAN
Student Trainer

Ryan Niko-Hickman is a sophomore from Chicago in her second year serving as a student trainer at Truman. Her first year, Niko-Hickman was a trainer for the football and women’s basketball teams.