

JAMES · K · WEATHERFORD

OREGON STATE
Beavers
SWIMMING
1997-98





1997-98 Oregon State swimming team

FRONT ROW: Christine Johnson, Christy Winslow, Kristen Severance, Jackie Boudreau, Traci Lamoure, Erin Buckley.

MIDDLE ROW: Jill Lowers, Kristal Castillo, Melissa Hsieh, Heidi Eslinger, Lisa Daley, Rachael Novak, Sarah Cohen, Larissa Whitney.

BACK ROW: Rebecca Skyler, Tamara Houston, Arianna Higuera, Julie Lewis, Gina Giesbrecht, Erica Stephens, Malea Revak.

1997-98 Oregon State schedule

DATE	EVENT	SITE	TIME
OCT. 11, SAT.	ALUMNI MEET	CORVALLIS	10 A.M.
Oct. 31, Fri.	at Washington, California, Washington State	Federal Way, Wash.	6 p.m.
NOV. 1, SAT.	SAN JOSE STATE	CORVALLIS	10 A.M.
Nov. 7, Fri.	at Husky Relays	Federal Way, Wash.	4 p.m.
Nov. 15-16, Sat.-Sun.	at Bend Invitational	Bend, Ore.	All day
NOV. 22, SAT.	WASHINGTON	CORVALLIS	6 P.M.
Dec. 4-6, Thu.-Sat.	at Speedo Cup	Long Beach, Calif.	All day
Jan. 10, Sat.	at Puget Sound, Utah	Tacoma, Wash.	1 p.m.
Jan. 23, Fri.	at Washington State	Pullman, Wash.	7 p.m.
Jan. 24, Sat.	at Washington State	Pullman, Wash.	11 a.m.
Feb. 7, Sat.	at Nevada, Pacific (Calif.)	Reno, Nev.	11 a.m.
Feb. 26-28, Thu.-Sat.	at Pacific-10 Conference Championships	Long Beach, Calif.	All day
March 19-21, Thu.-Sat.	at NCAA Championships	Minneapolis, Minn.	All day

All times local to event site

Media information

No credentials are required for covering Oregon State's home women's swimming meets. Meets are held at the Osborn Aquatic Center, which is located approximately two miles northeast of the OSU campus at the intersection of Circle Boulevard and Highland Drive.

Arrangements for interviews, photos and information can be obtained through swimming sports information director Kip Carlson by calling the OSU Sports Information Office at (541) 737-3720.

Contents

Schedule; Oregon State facts; media information	page 1
1997-98 Oregon State season outlook; Oregon State swimming facilities	page 2
Oregon State coaching staff	page 3
1997-98 Oregon State roster	page 4
1997-98 Oregon State swimmer profiles	pages 5-9
Oregon State swimming athletic trainers	page 9
1996-97 Oregon State season in review	page 10
Oregon State swimming history, records	page 11-13
Oregon State academics and athletics	page 14-16

The 1997-98 Oregon State University women's swimming guide was written and produced by Kip Carlson of the OSU Sports Information Office. All photos by Steve Shields, Brian Bubak and Heather Johnston. Printing by Visual Communications. Cover design by Kip Carlson; cover photo by Brian Bubak.

Copies of this guide are available for \$2.50 from the OSU Sports Information Office.

OSU facts

Location	Corvallis, Oregon
Enrollment	14,500
Founded	1868
Colors	Orange and black
Nickname	Beavers
Affiliation	NCAA Division I
Conference	Pacific-10
President	Dr. Paul G. Risser
Athletic director	Dr. Lee Schroeder
Institutional rep.	Dr. Robert Frank
Athletic dept. phone	(541) 737-2547
Athletic dept. address	Gill Coliseum 103 Oregon State University Corvallis, Oregon 97331
Sports information director	Hal Cowan
Assistants	Jennifer Bishop, Kip Carlson, Steve Fenk
Sports info. phone	(541) 737-3720
Sports info. fax	(541) 737-3072
Sports info. address	Gill Coliseum 209 Oregon State University Corvallis, Oregon 97331
Athletics web site	www.osubeavers.com

OSU swimming

Head coach	Mariusz Podkosielyny
Career dual record	2-10-0 (2nd year)
Assistant coaches	Heather Johnston, Michael Long
1996-97 dual record	2-10-0 overall
1996-97 Pacific-10 finish	9th place
1996-97 NCAA finish	None
Letterwinners returning/lost	8/3
Conference placers returning/lost	6/1
NCAA qualifiers returning/lost	0/0
Home pool	Osborn Aquatic Center (opened 1979; seating capacity 500)
Podkosielyny office phone ..	(541) 737-1075
Johnston office phone	(541) 737-7492
Secretary	Nancy Eisenbrandt
Secretary office phone	(541) 737-4701
Swimming address	Gill Coliseum 231 Oregon State University Corvallis, OR 97331
Swimming SID	Kip Carlson
SID office phone	(541) 737-3720
SID home phone	(541) 745-5636
Swimming faxback	(503) 614-4044
Weekly release	142450
Latest meet results	142454
Schedule	142454
Roster	142455
Web site	www.osubeavers.com

1997-98 Oregon State season outlook

OSU ready to continue its improvement

Oregon State will have a stronger, deeper squad as the 1997-98 season begins.

"We picked up some quality recruits," second-year OSU head coach Mariusz Podkoscielny said. "Combined with the talent we had last year and the experience they gained, it makes us a lot more optimistic."

Competing in the nation's toughest swimming conference, the Pacific-10, the Beavers know reaching the top won't happen overnight.

"But we took a huge step last year, and we'll keep doing that," Podkoscielny said. "We should be able to win more meets with this team. Our goal is to grow as a team and rewrite as many of the OSU records as possible."

OSU's schedule has been reworked to provide a higher level of competition in the regular season. When that's finished, the Beavers sights will be set on improving on 1997's ninth-place finish in the Pacific-10 Championships.



OSU's seniors this season are (left to right) Tamara Houston, Heidi Eslinger, Lisa Daley and Traci Lamoure.

The experience gained last season ought to help seniors Heidi Eslinger and Traci Lamoure and sophomores Jackie Boudreau, Gina Giesbrecht, Jill Lowers and Malea Revak provide the Beavers with some strong scoring chances at the Pac-10 meet.

"They'll be able to build on their success from last year," Podkoscielny said.

Newcomers who could work their way into top 16 finishes at the Pac-10 meet are freshmen Erin Buckley, Sarah Cohen, Audi

Higuera, Melissa Hsieh, Kristen Severance and Erica Stephens; other rookies capable of strong finishes could be Julie Lewis and Rebecca Skyler.

"It's going to be a growing process for the freshmen," Podkoscielny said. "There's no honeymoon period. They've got to step in and swim hard under the guidance of our upperclassmen. A lot of them are sophomores and they had to deal with the same thing last year."

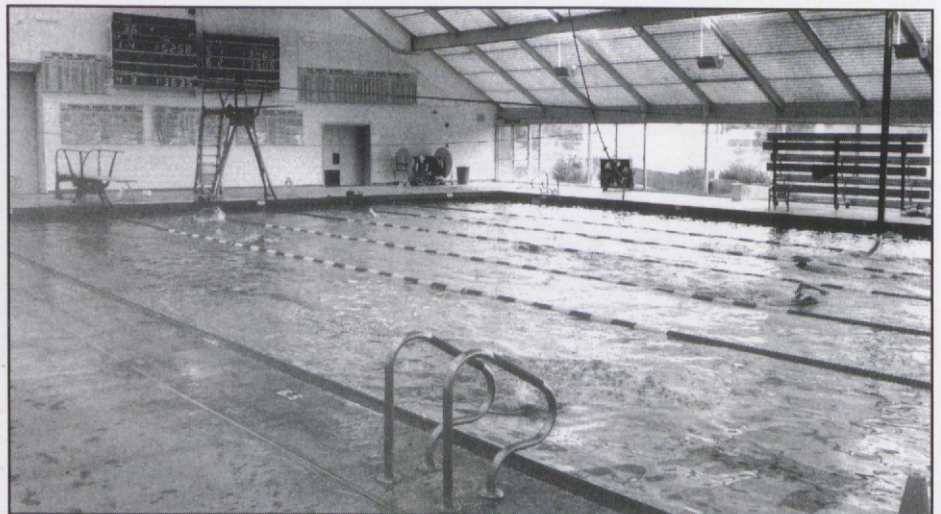
Oregon State swimming facilities

Beavers have a variety of pools for practice and meets

Oregon State holds its home swimming meets at Osborn Aquatic Center, which is Corvallis' indoor community pool. The Beavers use the pool to take advantage of Osborn's 500-seat spectator balcony.

Osborn Aquatic Center opened in May, 1979; the main pool is an Olympic-size 50 meters by 56 feet with eight lanes.

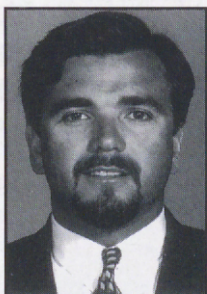
OSU practices at two on-campus sites: the Langton Hall pool, and the new Stephens Natatorium that opened its doors in 1994.



Osborn Aquatic Center, site of OSU's home swim meets.

Oregon State coaching staff

Mariusz Podkoscielny



**Head coach
Second year
(Arizona '92)**

Mariusz Podkoscielny, Oregon State's women's swimming coach, is a nine-time All-American and two-time Olympian.

With this experience, the 29-year-old brings a national and international reputation to the task of building OSU's program.

Last season, in his first year at Oregon State, Podkoscielny helped the Beavers make 19 entries on the school's top 10 lists for individual events. OSU also set a school record in the 800-yard freestyle relay. The Beavers improved throughout the season, recording 50 of their 94 season-bests during the Pacific-10 Championships.

"This is a great opportunity for me to start my head coaching career," said Podkoscielny, who was hired in the summer of 1996. "I'll be the youngest coach in the Pac-10 but I believe my experience and ability can make OSU a better program.

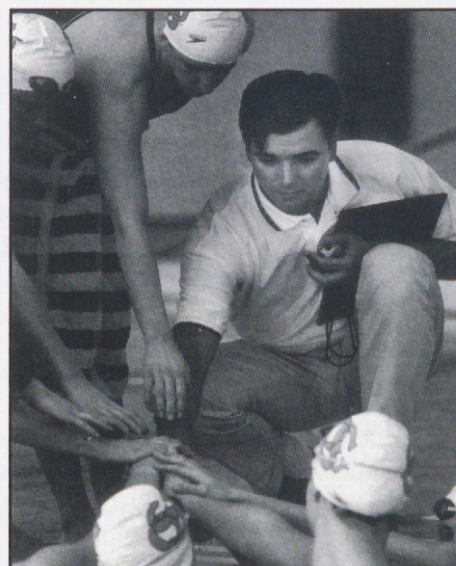
"I see great potential in the OSU program. There are a lot of good swimmers in the state of Oregon and I'd like to keep them close to home."

Podkoscielny took over for Julie Saunders, who resigned after seven seasons at OSU. Podkoscielny had served as an assistant men's and women's coach at Arizona, his alma mater, since 1993; prior to becoming a full-time assistant, he had worked as a volunteer assistant for the Wildcats and as an assistant with Hillenbrand Aquatics in Tucson, Ariz.

During his four years as an assistant at Arizona, Podkoscielny coached nine All-Americans, including 1996 Olympian Melanie Valerio of the United States. While Podkoscielny was on the coaching staff, the Wildcats recorded their highest national finishes ever - fourth for the men and fifth for the women.

A native of Gdansk, Poland, and graduate of Arizona, Podkoscielny was a member of the Wildcat swim team from 1988-92. As a swimmer at Arizona, Podkoscielny rates as one of the fastest distance swimmers ever.

Earning All-America honors nine times, Podkoscielny held the school record in the 200 freestyle until the 1995 season and was the record-holder in the 500 and 1,650



freestyle until 1994. Podkoscielny was Arizona's fourth NCAA champion, winning the 1,650 freestyle as a freshman; in each of his four years at Arizona, he finished among the top three nationally in the 500 and 1,650 freestyles.

Podkoscielny was a member of the Polish National Team from 1980-92 and swam at the 1988 and 1992 Olympics. In the 1988 Olympics, he finished fifth in both the 400 and 1,500 freestyles, and he set the Olympic record in the preliminary round of the 400 freestyle. Podkoscielny still ranks among the top 15 swimmers in the world in the 400- and 1,500-meter freestyles.

Heather Johnston



**Assistant coach
Third year
(Whittier '91)**

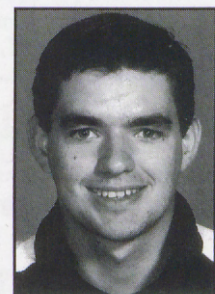
Heather Johnston, 28, begins her third season helping build the Beaver swimming program. Johnston began coaching at Oregon State during the 1995-96 season and continued on the staff when Mariusz

Podkoscielny was named as head coach for the 1996-97 season.

Johnston previously served as assistant men's and women's coach at Wisconsin-Stevens Point, where she earned her masters degree in Athletic Administration. Johnston has also been assistant coach at Blake High in Minnesota and varsity and junior varsity head coach at San Ramon High in Danville, Calif.

Johnston was a multi-sport athlete at Whittier College in Whittier, Calif., prior to graduating with a bachelors degree in Political Science. She lettered four years in swimming, soccer, lacrosse, water polo and track and field. She still enjoys swimming, and also running and travelling.

Michael Long



**Volunteer
assistant coach
First year**

Michael Long, OSU's volunteer assistant coach, is a junior in Mechanical Engineering from Portland, Ore. He swam distance freestyle and backstroke for a year at Minnesota before a hip injury ended his career. Long, 21, is a Sunset High graduate.

1997-98 Oregon State swimming roster

NAME	EVENTS	YR.	EXP.	HT.	HOMETOWN (SCHOOL)
Boudreau, Jackie	IM, breast, fly	So.	IV	5-9	Las Vegas, NV, (Bishop Gorman HS)
Buckley, Erin	Sprint free	Fr.	HS	5-10	Tempe, AZ (Corona del Sol HS)
Cohen, Sarah	Breast, IM	Fr.	HS	5-4	Portland, OR (Sunset HS)
Daley, Lisa	Distance free	Sr.	3V	5-4	Redwood City, CA (Woodside HS)
Eslinger, Heidi	Middle distance free	Sr.	3V	5-3	Grass Valley, CA (Nevada Union HS)
Giesbrecht, Gina	Distance free, breast	So.	IV	5-7	Portland, OR (Centennial HS)
Higuera, Arianna	Fly, sprint free, IM	Fr.	HS	5-6	Phoenix, AZ (Xavier College Prep)
Houston, Tamara	Fly, free, IM	Sr.	SQ	5-5	Bend, OR (Bend HS)
Hsieh, Melissa	Fly, middle free	Fr.	HS	5-3	Rowland Heights, CA (Rowland HS)
Lamoure, Traci	Sprint free	Sr.	3V	5-10	Gold River, CA (Rio Americano HS)
Lewis, Julie	Breast, IM	Fr.	HS	5-9	Portland, OR (Grant HS)
Lowers, Jill	Back	So.	IV	5-4	Corvallis, OR (Crescent Valley HS)
Novak, Rachael	Middle free, back, IM	Fr.	HS	5-4	West Bountiful, UT (Woods Cross HS)
Revak, Malea	Distance free, back	So.	IV	5-10	Carson City, NV (Carson HS)
Severance, Kristen	Breast, IM	Fr.	HS	5-8	Carmichael, CA (St. Francis HS)
Skyler, Rebecca	Sprint free, fly	Fr.	HS	5-8	Valencia, CA (William S. Hart HS)
Stephens, Erica	Back, IM	Fr.	HS	5-10	Bellevue, WA (Newport HS)
Whitney, Larissa	Sprint free, fly	So.	SQ	5-5	North Bend, OR (Marshfield HS)
Winslow, Christy	Breast, IM, distance free	Jr.	IV	5-1	Corvallis, OR (Crescent Valley HS/U. of Washington)

HEAD COACH: Mariusz Podkoscielny

ASSISTANT COACHES: Heather Johnston, Michael Long

STAFF ATHLETIC TRAINER: Deb Graff

STUDENT ATHLETIC TRAINER: Kumiko Suda

PRONUNCIATION GUIDE:

Mariusz Podkoscielny - Mar-ee-YOOSH PODE-ko-SHELL-nay

Jackie Boudreau - boo-DRO

Sarah Cohen - CO-un

Heidi Eslinger - ESS-ling-er

Gina Giesbrecht - GEEZ-brekt

Tamara Houston - TAM-uh-ruh

Arianna Higuera - AR-ee-anna hig-AIR-uh

Melissa Hsieh - SHAY

Traci Lamoure - LA-moor

Malea Revak - MUH-lee-uh REE-vak

Larissa Whitney - LUH-rissa

OREGON STATE
Beavers
S W I M M I N G

1997-98 Oregon State swimmer profiles

Jackie Boudreau

Breaststroke; individual medley; butterfly
Sophomore (1 letter)
Las Vegas, Nev. (Bishop Gorman HS)

OREGON STATE: One of 8 returning letterwinners ... on OSU's list of all-time bests, ranks sixth in 400 IM at 4:44.55 in 1997, ninth in 200 fly at 2:13.79 in 1997 and ninth in 200 breast at 2:31.18 in 1997 ...
(1997) Season-bests: 1,000 free was 11:16.50 (Jan. 25); 200 fly was 2:13.79
 2:13.79 (March 1); 100 breast was 1:12.02 (Jan. 25); 200 breast was 2:31.18 (March 1); 200 IM was 2:17.02 (Dec. 6); 400 IM was 4:42.63 (Feb. 28) ... had Beavers' fastest times in 200 fly, 400 IM ... at Pacific-10 Championships, placed 21st in 100 breast in 1:12.30, 23rd in 200 breast in 2:33.71; finished 26th in 200 fly in 2:13.79; competed in 400 IM (4:42.63).



Boudreau

BISHOP GORMAN HIGH: Lettered 4 years ... qualified for state meet 4 years ... All-State Academic Team ... 4.2 grade point average ... valedictorian, Honor Roll 4 years, National Honor Society, Nevada Distinguished Scholar.

PERSONAL: Majoring in Exercise and Sport Science ... born Oct. 12, 1978 in Las Vegas, Nev. ... parents are Tom and Dr. E. Jane Boudreau; family includes sisters Ann (25) and Lori (23) ... enjoys snow skiing ... OSU Student/Athlete Advisory Board for 1997-98 ... prep teammate Leigh Ann Caldwell competes for North Carolina State ... Grant Hill is her favorite athlete ... chose OSU for its growing swimming program.

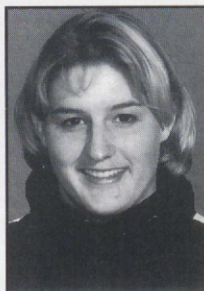
Erin Buckley

Sprint freestyle
Freshman
Tempe, Ariz. (Corona del Sol HS)

OREGON STATE: One of 9 freshmen joining the program.

CORONA DEL SOL HIGH: Most Valuable Swimmer 4 years ... qualified for Junior Nationals in 50 free, 100 free final 2 years ... Math Student of the Year.

PERSONAL: Majoring in Pre-Dentistry ... born April 20, 1979 in Phoenix, Ariz. ... parents are Douglas and Linda Buckley; family includes brothers Kyle (22) and Dan (20) ... mother swam at New Mexico.



Buckley

Sarah Cohen

Breaststroke; individual medley
Freshman
Portland, Ore. (Sunset High)

OREGON STATE: One of 9 freshmen joining the program.

SUNSET HIGH: Lettered 4 years ... team captain as senior ... school record in 100 breast and 200 breast ... 200 breast record for Tualatin Hills Recreation Center ... qualified for Junior Nationals since 1994 in 100 breast and 200 breast ... 3.58 grade point average ... National Honor Society
PERSONAL: Has not yet decided on a major ... born Aug. 3, 1978 in Neenah, Wis. ... parents are Stephen and Peggy Cohen; family includes sisters Rachel (21), Rebecca (17) ... enjoys waterskiing, art ... prep teammates still swimming are Eliza Werth for Hawaii, Karen Hansen for Arizona ... chose OSU for school, swimming program.



Cohen

Lisa Daley

Distance freestyle
Senior (3 letters)
Redwood City, Calif. (Woodside HS)

OREGON STATE: One of 8 returning

letterwinners ... on OSU's list of career bests, ranks eighth in the 1,650 free at 18:19.94 in 1997 ...

(1997) Season-bests: 200 free was 2:00.41 (Feb. 28); 500 free was 5:18.85 (Feb. 27); 1,000 free was 11:32.79 (Feb. 8); 1,650 free was 18:19.94 (March 1) ... at Pacific-10 Championships, finished 25th in 1,650 free in 18:19.94, 39th in 500 free in 5:18.85, 43rd in 200 free in 2:00.41 ...
(1996) Season bests: 50 free was 28.73; 100 free was 56.13; 200 free was 2:00.22; 500 free was 5:17.69; 1,650 free was 18:32.29 ... was part of season-best 800 free relay at 8:00.05 ... at Pacific-10 Championships, placed ninth on 800 freestyle relay team at 8:00.05; finished 25th in the 1,650 free in 18:32.99, 37th in the 500 free in 5:17.69, 52nd in the 200 free in 2:00.22 ...
(1995) Season bests: 500 free was 5:28.25; 1,000 free was 11:17.64.

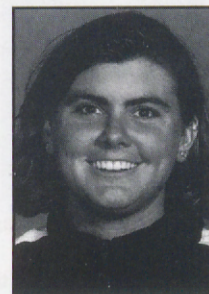
WOODSIDE HIGH SCHOOL: Lettered 4 years ... All-Peninsula League ... team's Most Valuable Swimmer 3 seasons ... also lettered in soccer, basketball.

PERSONAL: Majoring in Exercise and Sport Science, hopes to become a personal trainer ... born July 13, 1976 in Redwood City, Calif. ... parents are Robert and Sharon Daley; family includes sister Colleen (19) ... enjoys camping, scuba diving, hanging out with friends ... top athletic thrill was swimming her lifetime best in 1,650 freestyle at Pac-10 meet in 1997 after an injury ... chose OSU for swimming program, the program in her major and the campus.

Heidi Eslinger

Middle distance freestyle
Senior (3 letters)
Grass Valley, Calif.
(Nevada Union High)

OREGON STATE: One of 8 returning letterwinners ... part of school-record 800 free relay team at 7:47.46 in 1997 ... on OSU's list of all-time leaders, ranks fifth in 1,650 free at 18:02.64 in 1997, sixth in 200



Daley

free at 1:57.08 in 1997, sixth in 500 free at 5:08.57 in 1997, seventh in 1,000 free at 11:00.86 in 1995 ...

(1997) Season bests:
100 free was 55.15 (Dec. 6); 200 free was 1:57.08 (Feb. 28); 500 free was 5:08.57 (Feb. 27); 1,000 free was 11:40.61 (Feb. 1); 1,650 free was 18:02.64 (March 1); 100 fly was 1:04.98 (Jan. 25); 200 fly was 2:20.01 (Oct. 25) ...

had Beavers' fastest times in 500 free and as part of 800 free relay ... at Pacific-10 Championships, placed seventh on 800 free relay team in 7:47.46, 24th in 1,650 free in 18:02.64; finished 31st in 500 free in 5:08.57 and 35th in 200 freestyle in 1:57.08; and competed on 200 free relay team in 1:44.26 ... **(1996) Season bests:** 50 free was 27.25, 100 free was 55.69, 200 free was 1:58.38, 500 free was 5:14.58, 1,000 free was 11:08.69, 100 fly was 1:00.91 ... on season-best 800 free relay ... at Pacific-10 Championships, placed ninth on 800 free relay team in 8:00.05; finished 32nd in 100 fly in 1:00.91, 34th in 500 free in 5:14.58, 47th in 200 free in 1:58.39 ... **(1995) Season bests:** 100 free was 57.35; 200 free was 1:58.38; 500 free was 5:16:21; 1,000 free was 11:00.86; 1,650 free was 18:12.12; 200 IM was 2:22.16; 400 IM was 4:59.56.

NEVADA UNION HIGH SCHOOL: Lettered 3 years ... also lettered in cross country ... 3.83 grade point average.

PERSONAL: Majoring in Elementary Education, hoping to teach fourth grade ... born Aug. 6, 1976 in Berkeley, Calif. ... parents are Larry and Debbie Eslinger; family includes brother Tucker (15), sister Kristin (23) ... enjoys horseback riding, camping, hiking, water skiing ... favorite athlete is Jerry Rice ... chose OSU for its beautiful campus.

Gina Giesbrecht

Distance freestyle; breaststroke
Sophomore (1 letter)
Portland, Ore. (Centennial High)

OREGON STATE: One of 8 returning letterwinners ... on OSU's list of all-time leaders, ranks seventh in 200 breast at 2:28.577 in 1997 ... **(1997) Season bests:** 500 free was 5:18.17 (Feb. 27); 1,000 free



Eslinger

was 11:12.31 (Nov. 2); 100 breast was 1:11.75 (Jan. 25); 200 breast was 2:28.57 (March 1); 400 IM was 4:55.97 (Dec. 6) ... had Beavers' fastest time of the season in 200 breast and was part of season-best 400 medley relay team in 4:06.50 ... at Pacific-10 Championships, placed eighth in both 400 medley relay in 4:06.50, eighth in 200 medley relay in

1:55.23, 19th in 200 breast in 2:28.57, 20th in 100 breast in 1:12.11; finished 38th in 500 free in 5:18.17.

CENTENNIAL HIGH SCHOOL: Lettered 4 years ... team captain 3 years ... qualified for state meet 4 years ... Most Valuable Swimmer first 3 seasons, Most Inspirational as a senior ... qualified for Junior Nationals in 200 breaststroke ... 4.00 grade point average ... valedictorian, national Honor Society.

PERSONAL: Majoring in Pharmacy/Chemistry, hopes to become a pharmacist or professor ... born March 4, 1978 in Portland, Ore. ... parents are Gary and Ann Giesbrecht; family includes brother Greg (17) ... enjoys science, reading, camping, outdoor activities ... biggest athletic thrill is watching brother play water polo ... on OSU Honor Roll, in Alpha Lambda Delta honor society ... chose OSU for its academics, athletic program and campus.

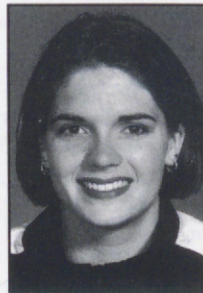
Arianna Higuera

Butterfly; sprint freestyle;
individual medley
Freshman
Phoenix, Ariz.
(Xavier College Prep)

OREGON STATE: One of 9 freshmen joining the program.

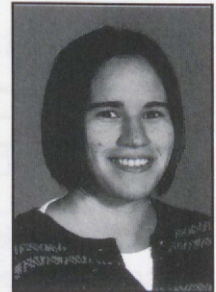
XAVIER COLLEGE PREP: Lettered 4 years ... Most Valuable Swimmer 4 years ... 3.0 grade point average ... earned second place in 1996 National Spanish Exam.

PERSONAL: Majoring in Pre-Physical Therapy ... born Aug. 24, 1978 in Tampa, Fla. ... parents are Tony and Purita Higuera; family includes brother Tony (20) and sisters Monica (24) and Giselle (22) ... hobbies include water skiing, jet skiing,



Giesbrecht

watching movies and spending time with friends ... lists her biggest athletic thrill as "the taper time of the season" ... favorite athlete is Summer Sanders ... chose OSU for the swim team, the area's climate and the school's academic offerings.



Higuera

Tamara Houston

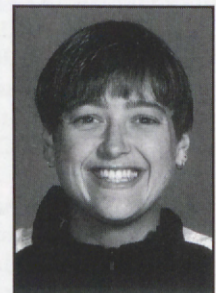
Individual medley; butterfly;
freestyle
Senior (Squad member)
Bend, Ore. (Bend High)

OREGON STATE: Returning squad member ... **(1997) Season bests:** 100 free was 1:00.95 (Feb. 1); 200 free was 2:06.23 (Jan. 24); 100 back was 1:04.49 (Feb. 28); 100 fly was 1:04.68 (Feb. 28); 200 fly was 2:24.34 (Jan. 24); 200 IM was 2:20.91 (Feb. 27); 400 IM was 4:57.06 (Feb. 28) ... at Pacific-10 Championships, finished 35th in 400 IM in 4:57.06,

35th in 100 fly in 1:04.68; 43rd in 200 IM in 2:20.9; competed on 200 free relay team in 1:44.26 and 200 medley relay team in 1:58.22.

BEND HIGH: Lettered 4 years ... 6 school records ... Most Inspirational Swimmer 2 years ... 3.75 grade point average ... National Honor Society.

PERSONAL: Majoring in Civil Rights Studies ... thinking about becoming an academic advisor for student/athletes ... born May 18, 1976 in Bend, Ore. ... parents are Charles and Marcia Houston; family includes sisters Jody (24) and Kelly (20) ... hobbies include gardening, mountain biking, reading, drinking good coffee and crossword puzzles ... OSU Honor Roll ... works at Dixon Recreation Center ... CLA commissioner, works on feminist publication Soulstice, teaching assistant for Women's Studies course ... prep teammates still swimming are UCLA's Kristin Imwalle, Washington's Addy Elsner.



Houston

Melissa Hsieh

Butterfly; middle freestyle
Freshman
Rowland Heights, Calif.
(Rowland High)

OREGON STATE: One of 9 freshmen joining the program.

ROWLAND

HIGH: Lettered 4 years ... won California Interscholastic Federation Division II titles in 100 fly in 1995 and 100 free in 1997 ... Sierra League Most Valuable Swimmer for 2 years ... 3.5 grade point average, Honor Roll and Principal's Honor Roll.



Hsieh

PERSONAL: Has not yet decided on a major ... born April 16, 1979 in Montebello, Calif. ... parents are Philip and Linda Hsieh; family includes sisters Jennifer (24) and Dede (21) ... Jennifer swam and played water polo at California-Riverside and Dede swims and plays water polo at Whittier College ... enjoys snow skiing, water skiing, going to the beach, reading and watching movies ... list her biggest athletic thrill as being "the feeling of satisfaction when all your hard work pays off" ... chose OSU "to be part of a great team with awesome coaches."

Traci Lamoure

Sprint freestyle
Senior (3 letters)
Gold River, Calif.

(Rio Americano High)

OREGON STATE: One of 8 returning letterwinners ... holds school record in 200 free at 1:51.24 in 1996, was on school-record teams in 200 free relay at 1:36.50 in 1995, 400 free relay at 3:28.08 in 1995, 800 free relay at 7:47.46 in 1997 ... on OSU's all-time list, also ranks second in 200 IM at 2:11.31 in 1996, third in 50 free at 23.86 in 1996, third in 100 free at 51.59 in 1996, sixth in 500 free at 5:13.41 in 1995, seventh in 400 IM at 4:45.45 in 1996 ... **(1997)**

Season bests: 50 free was 24.14 (Feb. 27); 100 free was 52.22 (March 1); 200 free was 1:52.62 (Feb. 28); 500 free was 5:15.75 (Dec. 6) ... had Beavers' fastest times in 50 free, 100 free and 200 free ... at Pacific-10 Championships, placed sixth on 200 free relay team in 1:37.15, seventh on 800 free relay team in 7:47.46, eighth on 400 medley relay team in 4:06.50, 24th in 50 freestyle in 24.30 and 200 free in 1:54.11; finished 25th in 100 free in 52.22 ... **(1996)** Season bests: 50 free was 23.86; 100 free was 51.69; 200 free was 1:51.24, breaking her own school record; 100 breast was 1:10.91; 200 IM was 2:11.31; 400 IM was 4:45.45 ... at Pacific-10 Championships, placed sixth on 400 medley relay team in 3:57.05, seventh in the 200 free in 1:51.24, seventh on 200 free relay team in 1:38.13, eighth on 200 medley relay team in 1:49.19, 11th in 100 free in 51.59, 13th in 50 free in 23.99 earned NCAA considerations in 100 free and 200 free ... set school record in 200 free relay at Pacific-10 Championships ... **(1995)** Season bests: 50 free was 23.96, 100 free was 51.70, 200 free was 1:52.14, 500 free was 5:13.41, 100 breast was 1:11.45, 200 IM was 2:12.81 ... at Pacific-10 Championships, helped set school records in 200 free relay and 400 free relay.

6) ... had Beavers' fastest times in 50 free, 100 free and 200 free ... at Pacific-10 Championships, placed sixth on 200 free relay team in 1:37.15, seventh on 800 free relay team in 7:47.46, eighth on 400 medley relay team in 4:06.50, 24th in 50 freestyle in 24.30 and 200 free in 1:54.11; finished 25th in 100 free in 52.22 ... **(1996)** Season bests: 50 free was 23.86; 100 free was 51.69; 200 free was 1:51.24, breaking her own school record; 100 breast was 1:10.91; 200 IM was 2:11.31; 400 IM was 4:45.45 ... at Pacific-10 Championships, placed sixth on 400 medley relay team in 3:57.05, seventh in the 200 free in 1:51.24, seventh on 200 free relay team in 1:38.13, eighth on 200 medley relay team in 1:49.19, 11th in 100 free in 51.59, 13th in 50 free in 23.99 earned NCAA considerations in 100 free and 200 free ... set school record in 200 free relay at Pacific-10 Championships ... **(1995)** Season bests: 50 free was 23.96, 100 free was 51.70, 200 free was 1:52.14, 500 free was 5:13.41, 100 breast was 1:11.45, 200 IM was 2:12.81 ... at Pacific-10 Championships, helped set school records in 200 free relay and 400 free relay.

PERSONAL: Majoring in Psychology, thinking of becoming a school psychologist ... born April 3, 1976 in Visalia, Calif. ... parents are Pierre and Candace Lamoure and Mary Edwards; family includes brother Jonathan (24) ... hobbies include the outdoors and traveling ... member of Delta Gamma sorority.

RIO AMERICANO HIGH SCHOOL: Lettered 4 years ... school records in 100 free, 200 free and 500 free.

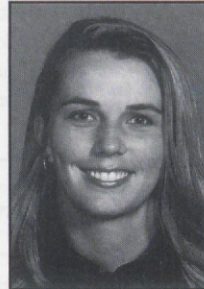
PERSONAL: Majoring in Psychology, thinking of becoming a school psychologist ... born April 3, 1976 in Visalia, Calif. ... parents are Pierre and Candace Lamoure and Mary Edwards; family includes brother Jonathan (24) ... hobbies include the outdoors and traveling ... member of Delta Gamma sorority.

Julie Lewis

Breaststroke; individual medley
Freshman
Portland, Ore. (Grant High)

OREGON STATE: One of 9 freshmen joining the program.

GRANT HIGH: Lettered 4 years ... reached state meet all 4 years ... placed in

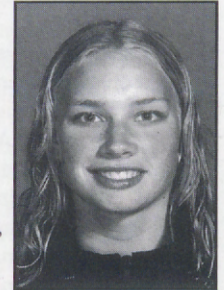


Lamoure

the 100 breast 3 years at state; placed in the 100 fly 2 years at state ... school records in 100 fly, 100 breast, 200 IM, 200 free relay and 200 medley relay ... team's Most Valuable Swimmer 2 years ... team captain as a senior, assistant captain as a junior ... competed in volleyball, softball and track and field ... Scholar/Athlete Award ... 3.7 grade point average ...

member of National Honor Society, Key Club, Senior Class Service Representative, Prom Committee.

PERSONAL: Majoring in Science; thinking of a career as a landscaper ... born March 1, 1979 in Portland, Ore. ... parents are Teri and Jim Lewis; family includes brothers Jeremy (25) and Phillip (20) ... enjoys camping, outdoor activities, dancing and music ... prep teammate Lauren Theis swims for Stanford ... chose OSU because it was close to home, she liked the campus and for the school's science department.



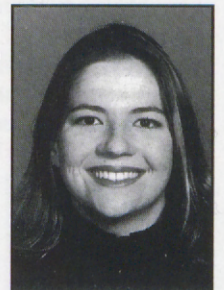
Lewis

Jill Lowers

Backstroke
Sophomore (1 letter)
Corvallis, Ore.

(Crescent Valley High)

OREGON STATE: One of 8 returning letterwinners ... **(1997)** Season-bests: 100 back was 1:02.88 (Feb. 28); 200 back was 2:13.75 (March 1); 200 fly was 2:22.21 (Dec. 6); 200 IM was 2:16.19 (Feb. 27); 400 IM was 4:48.92 (Feb. 28) ... had Beavers' fastest times of the season in the 100 back and 200 back and was on season-best teams in the 200 medley relay at 1:55.11 (Dec. 6) and 400 medley relay at 4:06.50 (Feb. 27) ... at Pacific-10 Championships, placed eighth on 400 medley relay team in 4:06.50 and eighth on 200 medley relay team at 1:55.23; finished 33rd in 400 IM in 4:48.92, 33rd in 200 back in 2:13.75 and 36th in 100 back in 1:02.88;



Lowers

completed in 200 IM in 2:16.19.

CRESCENT VALLEY HIGH SCHOOL: Lettered 4 years ... team captain as a senior ... votes team's Most Improved Female Swimmer ... all-state ... 3.69 grade point average ... Honor Roll, National Honor Society, Spirit Club ... winner of Corvallis Ambassadors Award.

PERSONAL: Majoring in Microbiology, thinking of a career in research ... born Aug. 28, 1978 in Waukegan, Ill. ... parents are William and Kathryn Lowers; family includes sister Shannon (17) ... enjoys eating, sleeping and rafting ... lists Randy Johnson as her favorite athlete ... prep teammates still swimming are OSU's Christy Winslow and Iowa's Evan deSzoek ... says her biggest athletic thrill is "doing better than you ever thought you could" ... chose OSU for its biology department, its swim team and because it's in her hometown ... participates in University Honors College and was on OSU's Honor Roll her entire freshman year.

Rachael Novak

Middle freestyle; backstroke; individual medley
Freshman
West Bountiful, Utah
(Woods Cross High)

OREGON STATE: One of 9 freshmen joining the program.

WOODS CROSS

HIGH: Lettered 4 years ... state meet 4 years; placed 4th in 200 IM and third in 500 free as a junior ... team's Swimmer of the Year as a junior, Most Dedicated Swimmer as a senior ... competed in cross country and water polo, reaching state in both ... 3.85

grade point average ... National Honor Society ... High Honors graduate ... Environmental Club president.

PERSONAL: Majoring in Environmental Science ... born Jan. 1, 1979 in Pomona, Calif. ... parents are David and Janae Novak; family includes brothers Brandon (19), Benjamin (17), Curtis (13) and Shohn (13) and sisters Nelena (20) and Ashley (16) ... enjoys running, mountain biking, visual



Novak

arts and reading ... former prep teammates Jamie Anderson and Erin Blundell now swim for Utah ... lists biggest athletic thrill as "running down a trail with my walkman, or finishing a triathlon" ... chose OSU for its program in her major and because she likes the State of Oregon.

Malea Revak

Distance freestyle; backstroke
Sophomore (1 letter)
Carson City, Nev. (Carson High)

OREGON STATE: One of 8 returning letterwinners ... was on school-record 800 free relay team at 7:47.46 in 1997 ... on OSU's list of all-time bests, ranks eighth in 1,000 free at 11:03.76 in 1997, 10th in 200 back at 2:14.71 in 1997 ... (1997) Season bests: 200 free was 2:00.30 (Feb. 28); 500 free was 5:10.72 (Feb. 27); 1,000 free was 11:03.76 (Jan. 25); 1,650 free was 17:59.31 (March 1); 100 back was 1:03.01 (Feb. 27); 200 back was 2:14.71 (Nov. 2); 200 IM was 2:21.99 (Nov. 2); 400 IM was 4:49.98 (Dec. 6) ... had Beavers' best time in 1,650 free ... at Pacific-10 Championships, placed seventh on 800 free relay team in 7:47.46, 23rd in 1,650 free in 17:59.31; finished 34th in 500 free in 5:10.72, 42nd in 200 free in 2:00.30; in 200 medley relay in 1:58.22.

CARSON HIGH SCHOOL: Lettered 4 years ... qualified for state meet ... qualified for Junior Nationals in the mile and 800 freestyle relay ... 3.6 grade point average ... Honor Roll, National Honor Society.

PERSONAL: Majoring in Communications, thinking of a career in the music industry ... born March 27, 1978 in Portland, Ore. ... parents are Matthew and Cathy Revak; family includes sisters Erin (16) and Hannah (9) ... uncle Tony Revak played basketball at Oregon ... enjoys playing guitar ... top athletic thrill was last season's Pac-10 meet ... lists Gary Payton and Clyde Drexler as favorite athletes ... prep teammates still swimming are Erica Fisher at Ohio State, Tim Russell at Auburn and Brian Nelson at Washington ... chose OSU for its swimming program.



Revak

Kristen Severance

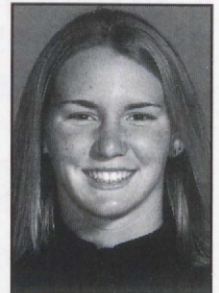
Breaststroke; individual medley
Freshman
Carmichael, Calif.
(St. Francis High)

OREGON STATE: One of 9 freshmen joining the program.

ST. FRANCIS

HIGH: Lettered 4 years ... all-league ... also lettered in cross country and was all-league ... qualified for Junior Nationals 6 times in last 3 years in 100 breast and 200 breast ... 3.3 grade point average.

PERSONAL: Has not yet decided on a major ... born Sept. 2, 1979 in Redwood City, Calif. ... parents are Bruce and Nancy Severance; family includes sister Deena (21) ... enjoys snow skiing, scuba diving, reading and watching movies.



Severance

Rebecca Skyler

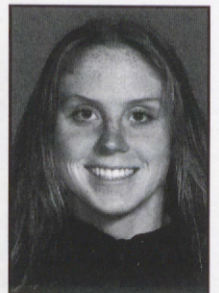
Sprint freestyle; butterfly
Freshman
Valencia, Calif. (Hart High)

OREGON STATE: One of 9 freshmen joining the program.

HART HIGH:

Lettered 4 years ... team's Most Valuable Swimmer 4 years ... school records in 100 fly, 50 free ... qualified for Junior Nationals in 100 fly and 50 free from 1993-95 ... 3.69 grade point average.

PERSONAL: Has yet to decide on a major ... born July 8, 1979 in Los Angeles, Calif. ... parents are Allen and Elizabeth Skyler; family includes sister Kara (23) ... works as a lifeguard ... biggest athletic thrill was winning CIF Division II finals in 50 freestyle ... chose



Skyler

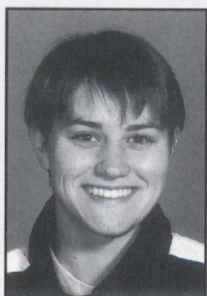
OSU for its swimming program and swimming coaches, academics and beautiful location.

Erica Stephens

**Backstroke; individual medley
Freshman
Bellevue, Wash. (Newport High)**

OREGON STATE: One of 9 freshmen joining the program.

NEWPORT HIGH: Lettered 3 years ... school records in 200 medley relay, 100 back and 100 breast ... team co-captain as a senior ... team's Most Valuable Swimmer 2 years and also earned Coach's Award ... 3.3 grade point average ... Knight Valor community service award.



Stephens

PERSONAL: Has yet to decide on a major ... born Oct. 9, 1979 in St. Louis, Missouri ... parents are Patricia Presson and Jeffery Stephens; family includes sister Elizabeth (23) ... father played college basketball, sister played basketball and ran track for George Fox ... enjoys literature, camping, painting and drawing ... chose OSU for its strong academic program, the swimming coaches and swimming program.

Larissa Whitney

**Sprint freestyle; butterfly
Sophomore (Squad member)
North Bend, Ore.
(Marshfield High)**

OREGON STATE: Returning squad member ... (1997) Season-bests: 50 free was 25.64 (Feb. 27); 100 free was 57.01 (March 1); 200 free was 2:05.19 (Feb. 28); 100 fly was 1:02.99 (Feb. 28) ... at Pacific-10 Championships, finished 34th in 100 fly in 1:02.99, 48th in 50 free in 25.64 and 51st in 100 free in 57.01; competed in 200 free in 2:05.19, 200 medley relay in 1:58.22 and 400 free relay in 3:49.16.

MARSHFIELD HIGH SCHOOL: Lettered 4 years ... team captain, Most Valuable Swimmer ... won league title in 100

free ... named Marshfield's Most Improved Female Athlete for her 4 years at MHS ... soccer team captain as a senior, honorable mention all-league ... also lettered in volleyball ... 3.9 grade point average ... National Honor Society, Honor Roll 4 years, Academic Athlete Award, District Honor Student.



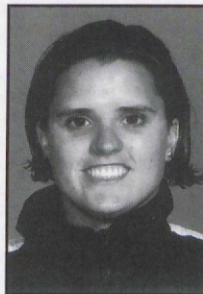
Whitney

PERSONAL: Majoring in Exercise and Sports Science with hopes of becoming a physical therapist ... born April 21, 1978 in Pittsburgh, Pennsylvania ... parents are Allan and Mary Ann Whitney; family includes brother Erik (21) ... father was an Olympic kayaker in 1972 ... enjoys martial arts, soccer, camping and whitewater rafting ... favorite athletes are Mia Hamm and Amy Van Dyken ... biggest athletic thrill was being part of 3 relays that broke 20-year-old Marshfield High records ... chose OSU for its beautiful campus and Pre-physical Therapy program.

Christy Winslow

**Breaststroke; individual medley;
distance freestyle
Junior (1 letter)
Corvallis, Ore.
(Crescent Valley High/
University of Washington)**

OREGON STATE: One of 8 returning letterwinners ... (1997) Season-bests: 50 free was 25.69 (Feb. 27); 100 free was 1:05.83 (Oct. 26); 200 free was 2:14.85 (Oct. 25); 100 back was 1:09.05 (Oct. 26); 100 breast was 1:16.83 (Dec. 6); 200 breast was 2:44.87 (Jan. 24); 200 IM was 2:24.73 (Feb. 27); 400 IM was 5:05.80 (Feb. 28) ... at Pacific-10 Championships, placed 22nd in 100 breast in 1:16.94; finished 36th in 400 IM in 5:05.80; 44th in 200 IM in 2:24.73; competed in 200 breast in 2:46.41 and 200 free relay in 1:44.26.



Winslow

UNIVERSITY OF WASHINGTON: (1996) Season-bests: 100 breast was 1:12.65; 200 breast was 2:37.01; 500 free was 5:25.43; 400 IM was 4:57.22.

CRESCENT VALLEY HIGH: Lettered 4 years ... school records in 500 free, 200 medley relay ... Oregon All-Star swim team 6 years ... lettered in soccer ... 3.9 grade point average ... Honor Roll, National Honor Society chapter president.

PERSONAL: Majoring in Mechanical Engineering, may become a design engineer ... born Sept. 4, 1977 in Royal Oak, Mich. ... parents are Tom and Nancy Winslow; family includes sisters Lisa Bigham (30), Amie Bigham (26) and Wendy Winslow (21) ... Wendy swam at Cal Poly-San Luis Obispo ... enjoys rafting, hiking, water skiing and camping ... prep teammates still swimming are Jodie Coddling at Washington State and Evan deSzoeko at Iowa ... Barry Sanders is her favorite athlete ... chose OSU for academics and athletics ... member of both American Society of Mechanical Engineers and Society of Women Engineers.

Athletic trainers

**Deb Graff
Staff athletic
trainer**



Deb Graff has been at Oregon State since January, 1996. She is in her second year working with the swimming team, and also works with the women's gymnastics and men's and women's crew teams. She previously worked at Miami (Fla.)

**Kumiko Suda
Student athletic
trainer**



Kumiko Suda is senior majoring in Athletic Training. She is from Saitama, Japan.

Oregon State 1996-97 season in review

Beavers finish with a load of season-bests at Pac-10 meet

Oregon State saved its best for last during the 1996-97 women's swimming season. Despite finishing in ninth place in at the Pacific-10 Championships, the Beavers (2-10 overall, 0-4 Pacific-10) set 50 of their 94 individual and relay season-bests during the meet.

"It was a learning process for everyone," OSU head coach Mariusz Podkoscielny said of his first season. "It took a lot of adjustment from the swimmers and the coaches to deal with some new challenges, and we lost some swimmers along the way.

"But we finished with a great group of people. They went to the Pac-10s and gave it their best. We had a lot of swimmers swim their lifetime bests. Everyone had some of their season-best times, and in the process we broke a school record."

That was in the 800-yard freestyle relay,

as Traci Lamoure, Shireen Taylor, Malea Revak and Heidi Eslinger teamed up for a time of 7 minutes, 47.46 seconds at the Pacific-10 Championships on Feb. 28.

Other top finishes for the Beavers were Gina Giesbrecht's 19th place in the 200 breaststroke (2:28.57) and 20th place in the 100 breaststroke (1:12.13); Jackie Boudreau's 21st in the 100 breaststroke (1:12.30) and 23rd in the 200 breaststroke (2:33.71); Christy Winslow's 22nd in the 100 breaststroke (1:16.94); Malea Revak's 23rd in the 1,650 freestyle (17:59.31); Heidi Eslinger's 24th in the 1,650 freestyle (18:02.64); Traci Lamoure's 24th in both the 50 freestyle (24.30) and 200 freestyle (154.11) and J.J. Townsend's 24th in the 100 butterfly (58.97).

OSU's top finish by a relay was sixth in the 200 freestyle (1:37.15).



OSU set a school record in the 800 freestyle relay with (clockwise from left) Malea Revak, Traci Lamoure, Heidi Eslinger and (not pictured) Shireen Taylor at the Pacific-10 Championships.

1996-97 results

Oct. 25	at California	L, 43-218
	vs. San Diego	L, 57-230
Oct. 26	at San Jose St.	L, 133-143
Nov. 1	at Husky Relays	7th place of 7
Nov. 2	at Washington	L, 13-82
	vs. Victoria	W, 54-40
Dec. 4-6	at Speedo Cup	14th place of 17
Jan. 24	Washington State	L, 67-132
Jan. 25	Washington State	L, 73-129
Jan. 31	at Denver	2nd place of 3
	(Northern Colorado 97, OSU 95, Denver 66)	
Feb. 1	at Air Force	L, 76-115
Feb. 8	at Nevada	L, 19-102
	vs. Pacific (Calif.)	L, 52-69
Feb. 15-17	at Pacific-10 Championships	9th place of 9

Pacific-10 results

1. Stanford	1,573.0
2. Southern California	1,205.0
3. Arizona	1,090.5
4. California	911.5
5. UCLA	862.0
6. Arizona State	833.5
7. Washington	478.0
8. Washington State	322.0
9. Oregon State	243.0

SWIMMER OF THE YEAR

Kristine Quance, Southern California

COACH OF THE YEAR

Mark Schubert, Southern California

1996-97 season bests

50 FREESTYLE: Lamoure (Feb. 27), 24.14; Simpson (Feb. 27), 24.69; Townsend (Feb. 27), 24.75; Taylor (Feb. 27), 24.90; Whitney (Feb. 27), 25.64; Winslow (Feb. 27), 25.69; Walsler (Dec. 6), 26.66.

100 FREESTYLE: Lamoure (March 1), 52.22; Simpson (March 1), 53.24; Taylor (March 1), 53.61; Townsend (March 1), 53.97; Eslinger (Dec. 6), 56.90; Whitney (March 1), 57.01; Walsler (Dec. 6), 59.06; Houston (Feb. 1), 1:00.95; Winslow (Oct. 26), 1:05.83.

200 FREESTYLE: Lamoure (Feb. 28), 1:52.62; Eslinger (Feb. 28), 1:57.08; Taylor (Feb. 28), 1:57.18; Revak (Feb. 28), 2:00.30; Daley (Feb. 28), 2:00.41; Simpson (Dec. 6), 2:02.03; Swink (Feb. 28), 2:04.05; Whitney (Feb. 28), 2:05.19; Houston (Jan. 24), 2:06.23; Winslow (Oct. 25), 2:14.85.

500 FREESTYLE: Eslinger (Feb. 27), 5:08.57; Revak (Feb. 27), 5:10.72; Lamoure (Dec. 6), 5:15.75; Giesbrecht (Feb. 27), 5:18.17; Daley (Feb. 27), 5:18.85; Swink (Feb. 27), 5:37.70.

1,000 FREESTYLE: Revak (Jan. 25), 11:03.76; Giesbrecht (Nov. 2), 11:12.31; Boudreau (Jan. 25), 11:16.50; Logan (Oct. 26), 11:29.20; Daley (Feb. 8), 11:33.35; Eslinger (Feb. 1), 11:40.61; Swink (Jan. 25), 11:48.65.

1,650 FREESTYLE: Revak (March 1), 17:59.31; Eslinger (March 1), 18:02.64; Daley (March 1), 18:19.94.

100 BACKSTROKE: Lowers (Feb. 28), 1:02.88; Revak (Feb. 28), 1:03.01; Swink (Feb. 28), 1:04.47; Houston (Feb. 28), 1:04.49; Winslow (Oct. 26), 1:09.05.

200 BACKSTROKE: Lowers (March 1), 2:13.75; Revak (Nov. 2), 2:14.71; Swink (March 1), 2:22.11.

100 BUTTERFLY: Townsend (Feb. 28), 58.97; Simpson (Feb. 28), 59.65; Whitney (Feb. 28), 1:02.99; Houston (Feb. 28), 1:04.68; Eslinger (Jan. 25), 1:04.98; Barrett (Oct. 25), 1:09.48.

200 BUTTERFLY: Boudreau (March 1), 2:13.79; Eslinger (Oct. 25), 2:20.01; Lowers (Dec. 6), 2:22.21; Houston (Jan. 24), 2:24.34; Barrett (Oct. 26), 2:27.51; Swink (Oct. 26), 2:28.70.

100 BREASTSTROKE: Walsler (Dec. 6), 1:10.40; Giesbrecht (Jan. 25), 1:11.75; Boudreau (Jan. 25), 1:12.02; Winslow (Dec. 6), 1:16.83; Logan (Oct. 25), 1:20.04.

200 BREASTSTROKE: Giesbrecht (March 1), 2:28.57; Walsler (Nov. 2), 2:30.46; Boudreau (March 1), 2:31.18; Winslow (Jan. 24), 2:44.87; Logan (Oct. 26), 2:51.85.

200 INDIVIDUAL MEDLEY: Simpson (Dec. 6), 2:15.62; Lowers (Feb. 27), 2:16.19; Boudreau (Dec. 6), 2:17.02; Walsler (Dec. 6), 2:19.84; Houston (Feb. 27), 2:20.91; Barrett (Oct. 25), 2:21.90; Revak (Nov. 2), 2:21.99; Logan (Oct. 25), 2:23.30; Winslow (Feb. 27), 2:24.73.

400 INDIVIDUAL MEDLEY: Boudreau (Feb. 28), 4:42.63; Lowers (Feb. 28), 4:48.92; Revak (Dec. 6), 4:49.98; Giesbrecht (Dec. 6), 4:55.97; Houston (Feb. 28), 4:57.06; Winslow (Feb. 28), 5:05.80; Barrett (Oct. 26), 5:10.70.

200 FREESTYLE RELAY: Simpson, Townsend, Taylor, Lamoure (Feb. 27), 1:27.15.

400 FREESTYLE RELAY: Simpson, Lamoure, Taylor, Townsend (March 1), 3:31.74.

800 FREESTYLE RELAY: Lamoure, Taylor, Revak, Eslinger (Feb. 28), 7:47.46 (new school record).

200 MEDLEY RELAY: Lowers, Walsler, Townsend, Simpson (Dec. 6), 1:55.11.

400 MEDLEY RELAY: Lowers, Townsend, Giesbrecht, Lamoure (Feb. 27), 4:06.50.

OSU history

Oregon State's most recent dive into women's swimming came in 1973-74, but the sport began at the school long before that.

The 1916 Beaver yearbook (which covers the 1914-15 school year) shows a swim team photo in the Girls Athletics section.

The first mention of women's swimming as an intercollegiate sport came in the 1920 Beaver, reporting on Oregon Agricultural College's victory over the University of Oregon in the second annual spring meet in 1919.

By the 1930s, intercollegiate competition for women in all sports had waned. Some women's sports resumed on a club basis in the 1950s.

In 1973-74, OSU began its Department of Women's Intercollegiate Athletics and women's swimming was elevated from a club sport to varsity status. Oregon State was a member of the AIAW prior to joining the NCAA. OSU's women's swimming program joined the Pacific-10 in 1986-87, when the conference added women's sports.

Yearly results

YEAR	COACH	DUALS	CONF.	NATL.
1974	Bob Maestre	-	3rd	-
1975	Bob Maestre	-	3rd	-
1976	Bob Maestre	5-3	4th	-
1977	Craig Phillips	2-8	7th	-
1978	Craig Phillips	6-4	6th	-
1979	Bob Yamate	5-2	3rd	-
1980	Bob Yamate	12-1	2nd	-
1981	Bob Yamate	8-5	3rd	-
1982	Bob Yamate	9-1	2nd	-
1983	Ralph Maxwell	8-2	2nd	-
1984	Ralph Maxwell	5-4	3rd	-
1985	Laura Baumhofer	1-4	6th	-
1986	Laura Baumhofer	4-6	5th	-
1987	Laura Worden	3-5	9th	-
1988	Laura Worden	7-2	8th	-
1989	Laura Worden	4-3	8th	-
1990	Julie Saunders	6-2	8th	-
1991	Julie Saunders	7-4	7th	-
1992	Julie Saunders	0-11	9th	-
1993	Julie Saunders	2-7	9th	-
1994	Julie Saunders	6-7	9th	38th tie
1995	Julie Saunders	3-7-1	8th	35th tie
1996	Julie Saunders	1-9	8th	-
1997	Mariusz Podkoscienly	2-10	9th	-

NOTE: From 1974-1986, Oregon State's conference standing refers to AIAW Region 9; from 1987 on, it refers to the Pacific-10. From 1984-86, OSU also competed in the PacWest Conference, finishing 5th in 1984, 8th in 1985 and 5th in 1986. From 1979-86, OSU's national standing refers to the AIAW; from 1987 on, it refers to NCAA Division I.

School records

50 FREESTYLE: Amy van Loben Sels, 23.11; 1994 NCAA Championships at Indianapolis

100 FREESTYLE: Amy van Loben Sels, 50.64; 1995 NCAA Championships at Austin

200 FREESTYLE: Traci Lamoure, 1:51.24; 1996 Pacific-10 Championships at Long Beach, Calif.

500 FREESTYLE: Tammy Scott, 5:00.00; 1989 Pacific-10 Championships at Cerritos, Calif.

1,000 FREESTYLE: Kelly Kaplan, 10:23.50; 1988 Pacific-10 Championships at THSC

1,650 FREESTYLE: Holly Andrus, 17:10.16; 1981 Regional Championships at Pullman, Wash.

50 BUTTERFLY: Patty Eacobacci, 27.51; 1982 Regional Championships at Seattle

100 BUTTERFLY: Lisa van Loben Sels, 58.24; 1991 Pacific-10 Championships at Federal Way, Wash.

200 BUTTERFLY: Julie Skowhede, 2:07.65; 1982 Regional Championships at Seattle

50 BACKSTROKE: Tori Eisenbeis, 27.51; 1995 Pacific-10 Championships at Federal Way, Wash.

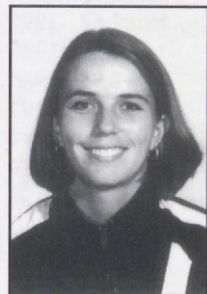
100 BACKSTROKE: Tori Eisenbeis, 57.23; 1995 Pacific-10 Championships at Federal Way, Wash.

200 BACKSTROKE: Christy Ryerson, 2:03.41; 1994 Pacific-10 Championships at Long Beach, Calif.

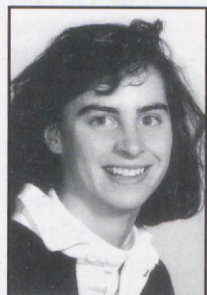
50 BREASTSTROKE: Gwen Walsler, 30.73; 1996 Pacific-10 Championships at Long Beach, Calif.

100 BREASTSTROKE: Becky Curtis, 1:06.83; 1991 Pacific-10 Championships at Federal Way, Wash.

200 BREASTSTROKE: Tammy Scott, 2:20.77; 1991 Pacific-10 Championships at Federal Way, Wash.



Lamoure



Ryerson

100 INDIVIDUAL MEDLEY: Kathy Garrison, 1:00.96; 1979 Regionals at Eugene

200 INDIVIDUAL MEDLEY: Julie Himstreet, 2:11.27; 1991 Pacific-10 Championships at Federal Way, Wash.

400 INDIVIDUAL MEDLEY: Julie Himstreet, 4:35.60; 1991 Pacific-10 Championships at Federal Way, Wash.

200 FREESTYLE RELAY: Amy van Loben Sels, J.J. Bontrager, Shireen Taylor, Traci Lamoure, 1:36.50; 1995 Pacific-10 Championships at Federal Way, Wash.

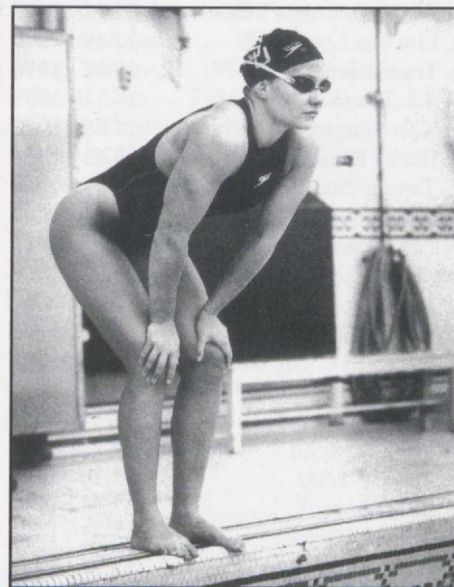
400 FREESTYLE RELAY: J.J. Bontrager, Shireen Taylor, Traci Lamoure, Amy van Loben Sels, 3:28.08; 1995 Pacific-10 Championships at Federal Way, Wash.

800 FREESTYLE RELAY: Traci Lamoure, Shireen Taylor, Malea Revak, Heidi Eslinger, 7:47.46; 1997 Pacific-10 Championships at Federal Way, Wash.

200 MEDLEY RELAY: Tori Eisenbeis, Heather Simmons, J.J. Bontrager, Amy van Loben Sels, 1:48.08; 1995 Pacific-10 Championships at Federal Way, Wash.

400 MEDLEY RELAY: Tori Eisenbeis, Heather Simmons, J.J. Bontrager, Amy van Loben Sels, 3:53.90; 1995 Pacific-10 Championships at Federal Way, Wash.

Amy van Loben Sels



Amy van Loben Sels, OSU's two-time swimming All-American.

As Oregon State looks to set new standards in its women's swimming program, the Beavers have Amy van Loben Sels as their current benchmark.

van Loben Sels, who competed for OSU from 1991-95, is the school's first two-time NCAA All-America selection in women's swimming. The graduate of Woodinville, Wash., High qualified for the NCAA Swimming and Diving Championships in 1994 and 1995 in the freestyle sprints.

van Loben Sels has six places in the OSU school record book. She holds the OSU marks for the 50-yard freestyle (23.11 seconds) and the 100 freestyle (50.64 seconds). She was also part of teams that still hold school records in the 200 free relay (1 minute, 36.4 seconds), the 400 free relay (3:28.08), the 200 medley relay (1:48.08) and the 400 medley relay (3:53.90).

van Loben Sels competed in the U.S. Olympic Trials in 1996 and placed 11th in the 50 freestyle.



van Loben Sels

Oregon State all-time top 10 swimmers in each event

50 FREESTYLE

1. Amy van Loben Sels	23.11	1994
2. Lisa van Loben Sels	23.69	1990
3. Traci Lamoure	23.86	1996
4. J.J. Townsend	24.11	1995
5. Kim Simpson	24.49	1997
6. Becky Blinkhorn	24.53	1981
7. Tammy Scott	24.61	1991
8. Tina Kondo	24.81	1991
9. Patty Eacobacci	24.85	1982
10. Shireen Taylor	24.79	1997

100 FREESTYLE

1. Amy van Loben Sels	50.64	1995
2. Lisa van Loben Sels	51.57	1990
3. Traci Lamoure	51.59	1996
4. J.J. Townsend	52.12	1995
5. Tammy Scott	52.70	1991
6. Kim Simpson	53.24	1997
7. Shireen Taylor	53.61	1997
8. Becky Blinkhorn	53.80	1981
9. Julie Hockett	53.87	1991
10. Kathy Garrison	53.98	1979

200 FREESTYLE

1. Traci Lamoure	1:51.24	1996
2. Tammy Scott	1:52.40	1991
3. Kelly Kaplan	1:54.80	1988
4. Lisa van Loben Sels	1:56.10	1989
5. Julie Hockett	1:57.00	1991
6. Heidi Eslinger	1:57.08	1997
7. Shireen Taylor	1:57.18	1997
8. Holly Andrus	1:57.83	1983
9. Amy van Loben Sels	1:58.29	1995
10. Christy Ryerson	1:58.57	1992

500 FREESTYLE

1. Tammy Scott	5:00.0	1989
2. Kelly Kaplan	5:02.21	1988
3. Holly Andrus	5:03.91	1981
4. Julie Skowhede	5:06.14	1982
5. Karin Schanzle	5:07.65	1986
6. Heidi Eslinger	5:08.57	1997
7. Malea Revak	5:10.72	1997
8. Traci Lamoure	5:13.41	1995
9. Julie Hockett	5:14.56	1991
10. Monee Williamson	5:15.89	1994

1,000 FREESTYLE

1. Kelly Kaplan	10:23.50	1990
2. Holly Andrus	10:24.10	1981
3. Tammy Scott	10:44.60	1988
4. Debbie Fagan	10:54.80	1989
5. Julie Skowhede	10:57.41	1984
6. Karen Schanzle	10:57.63	1986
7. Heidi Eslinger	11:00.86	1995

8. Malea Revak

11:03.76	1997	
9. Monee Williamson	11:04.64	1994
10. Lisa Rankin	11:08.59	1985
(tie) Julie Hockett	11:08.59	1991

1,650 FREESTYLE

1. Holly Andrus	17:10.16	1981
2. Kelly Kaplan	17:12.85	1988
3. Karni Schanzle	17:42.03	1986
4. Malea Revak	17:59.31	1997
5. Heidi Eslinger	18:02.64	1997
6. Debbie Fagan	18:10.57	1989
7. Julie Skowhede	18:12.95	1985
8. Lisa Daley	18:19.94	1997
9. Monee Williamson	18:20.84	1994
10. Gayle Camburn	18:34.30	1989

100 BACKSTROKE

1. Tori Eisenbeis	57.23	1995
2. Christy Ryerson	57.50	1994
3. Cary Conley	58.12	1996
4. Tina Kondo	1:00.39	1992
5. Suzanne Bruno	1:00.87	1990
6. Juli Ellingson	1:01.35	1993
7. Erin Cassing	1:01.64	1996
8. Shannon Kelley	1:01.77	1987
9. Kristi Tonkin	1:02.02	1986
10. Holly Andrus	1:02.10	1984

200 BACKSTROKE

1. Christy Ryerson	2:03.41	1994
2. Tori Eisenbeis	2:04.55	1995
3. Cary Conley	2:06.55	1996
4. Suzanne Bruno	2:10.31	1990
5. Shannon Kelley	2:10.87	1987
6. Kristi Tonkin	2:12.80	1986
7. Heather Lavell	2:12.87	1995
8. Kerry Riddle	2:14.34	1984
9. Tracy Larson	2:14.62	1982
10. Malea Revak	2:14.71	1997

100 BUTTERFLY

1. Lisa van Loben Sels	58.24	1991
2. Patty Eacobacci	58.29	1984
3. J.J. Townsend	58.68	1996
4. Amy van Loben Sels	58.98	1994
5. Julie Skowhede	59.59	1982
6. Kim Simpson	59.65	1997
7. Kristy Siegrist	59.87	1981
8. Danette Ross	1:00.01	1981
9. Andrea Bittinger	1:00.36	1990
10. Suzanne Maxwell	1:00.38	1987

200 BUTTERFLY

1. Julie Skowhede	2:07.65	1982
2. Danette Ross	2:08.02	1981

3. Monee Williamson	2:09.97	1994
4. Holly Andrus	2:10.09	1983
5. Julie Himstreet	2:10.40	1991
6. Patty Eacobacci	2:10.74	1984
7. Susan Happe	2:12.08	1980
8. Andrea Ziemer	2:13.76	1988
9. Jackie Boudreau	2:13.79	1997
10. Rachel Arrow	2:14.54	1996

100 BREASTSTROKE

1. Becky Curtis	1:06.83	1991
2. Julie Ahrendt	1:07.51	1991
3. Heather Simmons	1:07.32	1995
(tie) Gwen Walser	1:07.32	1996
5. Tammy Scott	1:07.83	1994
6. JayDee McIntyre	1:08.70	1984
7. Janet Ashton	1:09.19	1986
8. Kristy Siegrist	1:09.23	1981
9. Bev Duvall	1:09.70	1991
10. Scottie Mathis	1:10.12	1980

200 BREASTSTROKE

1. Tammy Scott	2:20.77	1991
2. Becky Curtis	2:23.89	1991
3. Julie Ahrendt	2:24.62	1992
4. Heather Simmons	2:25.57	1995
5. Gwen Walser	2:29.59	1996
6. JayDee McIntyre	2:28.07	1984
7. Gina Giesbrecht	2:28.57	1997
8. Kristy Siegrist	2:28.95	1981
9. Jackie Boudreau	2:31.18	1997
10. Bev Duvall	2:31.25	1988

200 INDIVIDUAL MEDLEY

1. Julie Himstreet	2:11.27	1991
2. Traci Lamoure	2:11.31	1996
3. Kathy Garrison	2:12.16	1979
4. Heather Simmons	2:12.67	1995
5. Holly Andrus	2:13.17	1981
6. Cary Conley	2:13.71	1996
7. Kristy Siegrist	2:13.83	1982
8. Suzanne Maxwell	2:14.09	1988
9. Becky Curtis	2:14.27	1991
10. Tristy Barrett	2:14.33	1996

400 INDIVIDUAL MEDLEY

1. Julie Himstreet	4:35.60	1991
2. Holly Andrus	4:37.20	1981
3. Monee Williamson	4:41.78	1994
4. Karin Schanzle	4:43.73	1986
5. Tristy Barrett	4:44.08	1996
6. Jackie Boudreau	4:44.55	1997
7. Traci Lamoure	4:45.45	1996
8. Rachel Arrow	4:46.18	1996
9. Kathy Garrison	4:46.96	1980
10. Danette Ross	4:47.16	1981

Oregon State all-time swimming letterwomen

A

Ahrendt, Julie 1989-92
 Andrus, Holly 1981-82
 Ashton, Janet 1986
 Arrow, Rachel 1996

B

Barrett, Tristy 1993-96
 Benjamin, Mary 1993-94
 Bingle, Janet 1980-81
 Blinkhorn, Becky 1982
 Boelter, Joni 1985-87
 Bork, Risa 1979-80
 Boudreau, Jackie 1997
 Burlingham, Dori 1981

C

Camburn, Gayle 1989-91
 Carroll, Jean 1981-84
 Castro, Therese 1981
 Chambers, Marcia 1981
 Champman, Lauri 1981
 Conley, Cary 1996
 Cronin, Chantel 1993
 Curtis, Becky 1988-91

D

Dahlstrom, Brenda 1987-90
 Daley, Lisa 1994-97
 DeHaas, Sharon 1984-85
 DeLucia, Karen 1980
 Derhalli, Karen 1980
 Dobis, Jenny 1995
 Duvall, Bev 1988-90

E

Eacobacci, Patty 1982-86
 Eisenbeis, Tori 1991-95
 Ellingson, Juli 1993-94
 Eslinger, Heidi 1994-97

F

Fagan, Debbie 1990-92
 Fahey, Sara 1980-81
 Flatz, Rhonda 1980-83

G

Garrison, Kathy 1978-80
 Gault, Sheila 1981
 George, Anette 1981
 Giesbrecht, Gina 1997
 Graham, Suzie 1985
 Gunn, Linda 1980-81

H

Hankins, Brenda 1993-94
 Happe, Susan 1979-81
 Harding, Karen 1986
 Harrington, Kathy 1987
 Hay, Donna 1986
 Hayes, Karen 1987-88
 Himstreet, Julie 1991-92
 Hockett, Julie 1988-91
 Holbo, Kirsten 1988-91
 Holloway, Samantha 1990

J

Jones, Becky 1981

K

Kaplan, Kelly 1988, 1990
 Kelley, Shannon 1987-88
 Kondo, Tina 1991-92
 Kosterow, Kim 1985

L

Lamoure, Traci 1994-97
 Larson, Tracy 1980-81
 Laurenson, Beth 1978-80
 Lavell, Heather 1992-95
 Lindsay, Susan 1981-83
 Loeffel, DeAnna 1981
 Lowers, Jill 1997

M

Macoubray, Marilyn 1980
 Marston, Marie 1978-80
 Matthews, Marcia 1979-81
 Matthis, Scottie 1979-81
 Maxwell, Sue 1987-90
 McIntyre, Jay Dee 1983
 McMilin, Jessica 1995
 Miller, Helen 1982-85

N

Nickelsen, Dana 1979-80

R

Rankin, Lisa 1983-85
 Rand, Nancy 1981
 Revak, Malea 1997
 Riddle, Kerry 1982-84
 Roberts, Kris 1987
 Ross, Danette 1980-81
 Ryerson, Christy 1991-94
 Rytting, Heidi 1990

S

Schanzle, Karin 1986
 Schuller, Johanna 1980
 Scott, Tammy 1988-91
 Sherrell, Kim 1980-81
 Siegrist, Kristy 1981
 Simmons, Heather 1992-95
 Simpson, Kim 1997
 Sirianni, Carey 1981
 Skowhede, Julie 1981-85
 Smith, Carey 1992-95
 Sprecher, Kristen 1989-92
 Stalcup, Lorlee 1988
 Swallow, Allison 1995
 Swink, Ann 1982-85
 Syverson, Kim 1979-80

T

Taylor, Shireen 1993-97
 Tonkin, Kristi 1986
 Townsend, J.J. 1993-97
 Treneman, Joan 1978-81

V

van Loben Sels, Amy 1991-95
 van Loben Sels, Lisa 1989-91

W

Wallace, Leslie 1982-85
 Walser, Gwen 1996
 Walter, Deedee 1981
 Williamson, Monee 1993-95
 Winslow, Christy 1997

Y

Young, Lisa 1986-87

Z

Ziemer, Andrea 1987-90

Oregon State academics and athletics

Oregon State leads the way in education and research

University is changing to better meet the needs of a changing world

It's the oldest state-assisted institution of higher education in Oregon.

It's a comprehensive research university, and one of the few in the country able to claim combined Land Grant, Sea Grant and Space Grant status.

It's a school whose alumni include the only person to have won two unshared Nobel Prizes; a school internationally respected for teaching, research and public service.

And it's the school with the highest athletic graduation rate among NCAA Division I-A schools in a recent study.

That's Oregon State University, an institution of 14,000 students founded in 1868. Located in Corvallis, a city of 45,000 in the heart of the Willamette Valley, OSU attracts scholars from every state and over 100 countries to pursue undergraduate and graduate degrees in 217 programs.

OSU has long prepared students for success and leadership in business, education, science, liberal arts, health and human performance, engineering, oceanography, forestry, agricultural sciences, home economics, pharmacy and veterinary medicine. Dr. Linus Pauling, a 1922 graduate, went on to earn Nobel Prizes in chemistry and peace.

Recent additions to Oregon State's academic program include an honors program, an ethnic studies department and an international degree program for undergraduates. OSU is also an innovator in international education, with agreements, contracts and exchanges with more than 75 countries.

While the top priority at Oregon State is teaching, research also plays a crucial role. It allows for the creation, application and



Benton Hall

integration of new knowledge into the educational process. A distinguished faculty of over 2,000 scholars attracts more than \$110 million each year in research grants.

OSU also operates academic and research programs in each of Oregon's 36 counties, working with citizens in such areas as energy conservation, home improvement, agriculture, forestry, community development and the 4-H youth program. Facilities include the Hatfield Marine Science Center in Newport and a conference/education center in Portland.

But Oregon State's home is Corvallis,

which often appears when publications issue their lists of America's most-livable small cities. The city is at the confluence of the Willamette and Marys rivers, providing opportunities for boating, water skiing, and fishing. Portland, the Oregon Coast and skiing in the Cascade Mountains are all less than a two-hour drive away.

While Corvallis has always been a college town, with all the tree-lined streets and historic buildings the term implies, it's also home to a business community that includes several industrial parks with an emphasis on research and computer technology.



Memorial Union

Dr. Paul G. Risser

President (Grinnell, 1965)



Dr. Paul G. Risser, the 13th president of Oregon State University, began his tenure Jan. 1, 1996. Risser can often be found watching Beaver teams in action and has made a commitment to university support for athletics.

Risser came to OSU from Miami University of Ohio, where he had been president since 1992. Previously, he had been provost and vice president for academic affairs at the University of New Mexico; he had arrived at UNM as vice president for research in 1986.

Honors bestowed upon Risser include being appointed a Fellow of the American

Association for the Advancement of Science in 1985 and the American Academy of Arts and Sciences in 1994. He served as president of the American Institute of Biological Sciences in 1991-92; he is currently Secretary General to the Paris-based Scientific Committee on Problems of the Environment.

An internationally-known biologist, Risser's research interests include the structure and function of grassland and forest ecosystems, environmental planning and management, landscape ecology and global change.

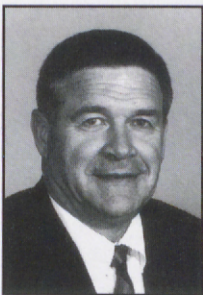
Born Sept. 14, 1939 in Blackwell, Okla., Risser received his bachelor's degree in biology from Grinnell College in Iowa in 1961. He earned a master's degree in botany in 1965 and a doctorate in botany and soils in 1967 at the University of Wisconsin.

Risser began his teaching career at Wisconsin in 1963 and joined the faculty of the University of Oklahoma in 1967.

Risser's wife is Les Risser; he has four sons.

Dr. Lee Schroeder

Athletic director (Washington State, 1962)



Dr. Lee Schroeder, Oregon State University's vice president for finance and administration, was named interim athletic director Aug. 6, 1997. Schroeder replaced Dutch Baughman, who resigned. Schroeder is no stranger to the athletic department, having worked with Baughman on many issues.

The 58-year-old Schroeder has been on the OSU faculty since 1967 and earned several awards for teaching and service. He served as assistant dean for

research and graduate studies in the College of Engineering and also as associate dean. He was named interim vice president for finance and administration in October, 1992, and was soon promoted to permanent status.

Schroeder holds a bachelor of science degree and a master's degree in civil engineering from Washington State University and a PhD in civil engineering from the University of Colorado.

At WSU, Schroeder was part of the football program for five years. He lettered three seasons at tight end and spent one fall as a graduate assistant coach. Schroeder was a high school football official for over 20 years.

Before coming to OSU, Schroeder was a research engineer for Boeing, a staff engineer for other firms and a Lieutenant in the Corps of Engineers.

Schroeder and his wife, Twila, have two sons and one daughter.

Beavers are making the grade in the classroom, in competition

When it comes to combining academics with athletics, Oregon State has a national reputation for success. Just take a look in Sports Illustrated, or any of the other publications that carried the news about the Beavers' national academic championship.

In July, 1996, OSU was named as having the highest graduation rate among

NCAA Division I-A schools for scholarship athletes - 95 percent. The six-year study, which tracked students entering school in the fall of 1989, showed 42 of 44 graduating; OSU's 95 percent compared favorably to the 58 percent for Division I nationally.

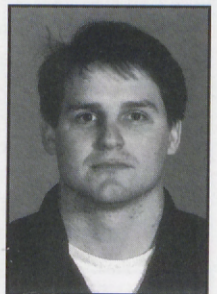
An academic support and advising program, now headed by Marianne Vydra is one reason for OSU's graduation rate.

Oregon State is a charter member of the Pacific-10 Conference. Besides women's swimming, OSU fields varsity teams in football, men's and women's basketball, baseball, gymnastics, softball, volleyball, wrestling, men's and women's soccer, men's and women's golf, and men's and women's crew. A wide variety of club sports are also offered, and intramurals are a big part of student life.

Dan Barton, one of OSU's strength and conditioning coaches, works with OSU's swimming team in the new Valley Football Center weight facility. Other athletic facilities include 35,362-seat Parker Stadium for football and 10,400-seat Gill Coliseum for basketball, gymnastics, volleyball and wrestling. Training facilities and meeting areas for most sports are also housed in Gill Coliseum.



Vydra



Barton

OSU athletic traditions

THE BEAVER NICKNAME:

Oregon State University, like many other universities in the United States, takes its nickname from its home state's official animal.

In the school's early days as Oregon Agricultural College, the athletic teams were known as the Aggies. When orange uniforms replaced the drab sweatshirt-gray and tan jerseys, the teams were often referred to as the Orangemen.

In 1916, when the school yearbook was renamed the Beaver, the name Beaver became associated with the school. It is believed the press also had some influence in changing the name, particularly L.H. Gregory of The Oregonian newspaper in Portland. Whatever its origin, the name Beavers gained instant popularity among alumni and students.

THE COLORS ORANGE AND

BLACK: Oregon State played its first football game in 1893 and the color orange was adopted as the school color. The school's yearbook, in fact, was originally known as the Orange.

Oregon State teams have generally worn uniforms using orange, black and white as the base colors.

However, orange is still the school's official color. Former men's basketball coach Slat Gill and former football coach Tommy Prothro both popularized all-black uniforms during their careers at



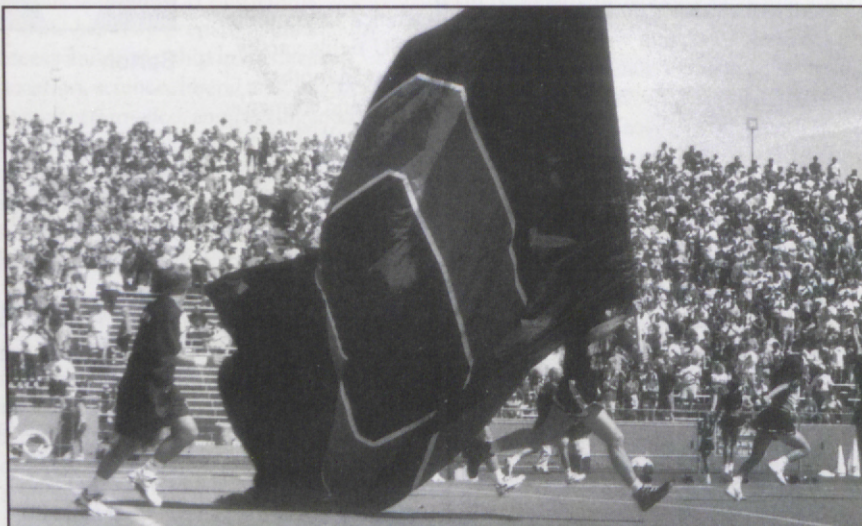
Benny Beaver

Oregon State, though, and some teams still wear black jerseys.

THE MASCOT, BENNY BEAVER:

Oregon State's mascot is Benny Beaver, who can be found at most OSU athletic events.

Benny was introduced to the student body Sept. 18, 1952, in an effort to pick up sagging school spirit. Years later, he was joined by a female compatriot, Bernice.



Flying the Oregon State colors at a football game

Oregon State's program helps Beavers keep their BALANCE

Innovative set of seminars gives athletes skills for life

Oregon State's support for athletes isn't limited to the classroom. The athletic department's BALANCE program - standing for Beaver Athletes for Lifeskills Awareness and the Necessary Choices for Excellence - has been recognized as a national leader in providing athletes with the chance to mature in the areas of career skills, community service and personal development.

All of Oregon State's student-athletes are involved with some aspect of the program, which is overseen by former Beaver softball player Andrea Talcott.

"To be successful and happy with everything you do, each area of your life - academics, athletics and your personal life - need to be functioning well," Talcott said. "The program is designed to give the student-athletes the knowledge and the skills to make the right choices in their life."

There are three credited classes in the BALANCE program, along with a number of seminars and workshops. Topics include time and stress management, communication skills, interviewing skills, networking, resume and cover letter writing, community outreach and public speaking, alcohol education, diversity, ethics, fiscal responsibility, manners and etiquette, nutrition and values clarification.

The BALANCE program's reputation has grown considerably on the national level over the past two years. Talcott has been asked to NCAA conferences about the success of OSU's efforts.

"An athlete who uses the resources offered them through the BALANCE program will have a considerable amount of experience to take with them as they go out into the real world," Talcott said.



Talcott



J. D. Pence Aquatic Supply

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