

Responses from Tiderider Collegiate Athletes

The following CSP Tideriders recently responded to questions sent to them via email:

David Zenk (George Washington, Jr.), Bennett Clark (University of Missouri-Columbia, Sr.), Mark Zalewski (Princeton, Soph), Ryan Dierberg (Penn, Soph), Scott Jostes (University of Texas-Austin, Fr.), Tori Ward (University on Northern Iowa, Fr.), Jessie Clark (University of Arkansas, Fr.), Mitchell Jackson (Carthage, Fr.), Cassie Luhrsen (University of Indiana-Bloomington, Soph.), Nick Statzer (St. Louis University, Sr.), Colleen Ward (Evansville University, Sr.), Henry Felker (Williams, Sr.), Johnny Stupp (Bucknell, Jr.), Chase Grimes (University of Louisville, Fr.), and Ethan Weiss (Drury, Sr.).

Question:

What is your college major (if you have one) and what are your future educational or job plans?

David: Biology with a Pre-med option. I want to go to medical school and become an internist.

Bennett: I am majoring in Marketing, but have absolutely no idea what I would like to do with it just yet. I still have a few more years of school so I have time to figure all of that out.

Mark: So far I am a History major, and I would like to work in business when I graduate, but that could change depending on how the next three years turn out.

Ryan: My major is going to be a business degree (attending the Wharton School of Business) but I haven't decided my area of concentration.

Scott: I plan to enter the business school.

Tori: My college major is Business Management.

Jessie: Right now my major is undecided, but I'm thinking about going into nursing.

Mitchell: I'm undecided, probably a career in Law.

Cassie: I am majoring in Math. I am also doing Air Force ROTC in college, with hopes to get a pilot spot after graduating.

Nick: I am majoring in biomedical engineering. Right now I am in my fourth year and I am extending to a fifth. I took the MCAT this summer and I will be applying to medical school next fall. I am unsure of what medical field I want to go into yet.

Colleen: Mass Communication-I will be graduating in May 2008. My current plans are to move back to St. Louis and either work for a Public Relations firm or in corporate communications.

Henry: I am an American History major. I want to pursue a career in finance, but at this point I'm not sure what I will do next year.

Johnny: Business Management

Chase: My college major is business management and I am minoring in Spanish. Next year I am applying for a 5 ½ year plan within the school of business to receive my MBA. I haven't yet thought about future job plans, but I aspire to take what I learn in business and apply it to the sports world.

Ethan: Exercise Physiology

Question:

What have you been doing as far as swimming since you graduated from high school and do you have any aspirations beyond college for your sport?

David: Swimming and playing Water Polo for George Washington University. I have been performer of the meet and rookie of the meet at A-10's, set two A-10 records in the IMs and got school records in both of those too. After college I plan to take a break from it all.

Bennett: I have competed for the University of Missouri for the past three seasons, and am currently taking the year off to prepare for the Olympic Trials this upcoming summer. If things go well, I might make a career out of swimming for the next several years.

Mark: Since I graduated from Kirkwood High School, I have been playing Water Polo at Princeton University, which involves a LOT more swimming than I originally thought it would! We swim about 5 or 6 hours a week as part of our water polo training regiment. I think after college I will continue playing water polo as something fun to do as well as good exercise.

Ryan: While swimming for Penn, I mostly had to do distance free and IM. Hopefully I will be able to swim the 200 free and 200 fly this year.

Scott: At Texas we do 3 mornings a week (1 and ½ hours), daily 2 hours in the afternoon, weights 3 times a week and dryland 2 times a week.

Tori: I have been training with the swim team here at the University of Northern Iowa, swimming doubles, doing dryland and lifting weights. However I do not see myself swimming anymore after college, at least not competitively.

Jessie: I have been swimming at the University of Arkansas, but plan to come home and train with CSP in the summer.

Mitchell: As far as swimming goes (at Carthage), I have been up at 5:45 am every morning training for two hours, going to classes, and then training for three more hours in the afternoon. Our first meet is coming soon and I am working towards a conference championship.

Cassie: I have been training at IU since I graduated from high school. The team did really well my freshmen year. We won all of our dual meets last year including a win over Texas and Michigan. We also won Big 10's by 150 points, and finished the regular season ranked 8th in the nation. Right now I am just concentrating on my college career in the pool, and when it comes time to think about swimming after college, I will decide based on where I am.

Nick: I swam at SLU for my first two years. School has always been my top priority, and the course load has become such that I needed to drop swimming. Though I'm not on SLU's team, my swimming career isn't over. Over the summer I swam with a masters group. I plan to begin swimming with a team again in the spring.

Colleen: I have been swimming here at the University of Evansville since my freshman year. At the Missouri Valley Conference meet I have placed in the top 16 the past 3 years in most of my events (mid distance free and back) and been on several of our conference relays. After our conference meet in February of 2008, I will retire from swimming.

Henry: Since high school I have been playing club water polo and swimming for Williams. I am a senior, so most likely this will be my last year of competitive swimming, however, I am thinking about doing a triathlon after graduation.

Johnny: Since I graduated from high school I have been playing water polo whether it is club (Clayton Men's) at home, or Division I at Bucknell during the school year. I have also done club swimming with CSP during the summer. Beyond college, I hope to continue playing club water polo in St. Louis with the Clayton Men's water polo team.

Chase: Upon graduating from high school I swam with Dave and CSP for the summer before I went to college. I have been training with the University of Louisville since late August. While the training here has been very difficult, which is something I expected, it has also been very detailed. College swimming demands that you focus on even the smallest details all the time, which takes some getting used to. Beyond college, all I can say is that I will go as far as I can in the sport. I have always wanted to earn an Olympic Trial qualifying time.

Ethan: I have been swimming here at Drury and have been part of 3 NCAA Division II national titles since I started here in fall of 2004. As of right now I plan on possibly coaching a little bit part time, after I get my masters degree in another 2 years. I will be a graduate assistant for my college team during that time I am getting my MBA.

Question:

What is your favorite CSP memory?

David: Going 1, 2, 3, with Scott and Ethan in the 200 back at sectionals and then the "infamous podium burn" towards the Blazers.

Bennett: I would have to say listening to Eric Smith tell stories while eating Burger King Quad Stackers every morning for one summer with Eric, David, Chase, Scott and Kevin (and Mark Zalewski the one time he showed up to practice). We had a lot of great memories.

Mark: My favorite CSP memory would have to be (looking back on it, not at the time!) when Peter Sauerhoff and I convinced all the JV and Varsity swimmers to hide in the locker room before practice as a joke on Mark Imig, only to realize later he wasn't even coaching that practice. Lanette was not happy (Although Peter and I hope she thinks it's funny now)

Ryan: My favorite CSP memory was probably when we won Age Group Championships when I was 14, and also that made it 6 for 6 since my class was 9 that we won our boys age group.

Scott: David, Ethan, and I going 1, 2, 3, in the 200 back at the Mizzou sectionals

Tori: I have many favorite CSP moments. I think most of my favorites are from most any Sectionals trip, when we all really came together as a team. We were all able to joke around with each other and also really support one another, which made the accomplishments so much better.

Jessie: I have too many great memories from CSP to choose a favorite, but I loved all the people that I swam with along the way. I also loved all my coaches, and I really liked swimming on Varsity and JV. Another thing that I will always remember is the many away meets that were so much fun, especially Sectionals and Juniors

Mitchell: My favorite CSP memory is winning the Long Course Sectionals at Mizzou. It was great to beat the Kansas City Blazers.

Cassie: One of my favorite team memories was Sectionals of 2005, the team ended up getting 2nd. We had been through a lot that year as a team and we still got to Sectionals and swam better than I have ever seen the team swim as a whole. This meet was also my first National cut and first Sectional title.

Nick: My favorite CSP memory is probably the training trip we took to the Swimming Hall of Fame in Ft. Lauderdale. The team had a lot of fun together in and out of the pool over the whole trip—from deep-sea fishing to just lazing about the beach. The trip was also a good experience to meet and compete against some international swimmers.

Colleen: When Jack took a group of us to Wichita for a tri-meet. The group was really close and it was a good weekend.

Henry: My favorite CSP memory would have to be any one of the Summer Invitationals. It was the one meet that alumni always came back to, so it was fun catching up with people.

Johnny: My favorite memory is when Mark Zalewski, Peter Sauerhoff, Ryan Dierberg and I won a relay in Plano, Texas.

Chase: My favorite CSP memory was when the guys team placed first overall at Summer Sectionals in Columbia. I think this was my favorite moment because a lot of times you lose track of the team when dealing with such an individual sport like swimming. It was cool to see the whole team together on the podium looking down at Mizzou, who finished second, and knowing that we finished first in their pool.

Ethan: My favorite CSP memory is being part of the men's team when we won Sectionals in 2006.

Question:

Any advice to younger swimmers thinking of swimming in college?

David: It's a great way to make great friends.

Bennett: When picking a college, choose the team whose swimmers fit you best. Coaches come and go, but teammates and the friendships that come with them last forever.

Mark: Keep swimming hard in practice and listen to your coaches!! Although it may not be the most fun thing to go swimming early in the morning or every day, it really pays off in the end. Being part of a sports team has been one of the best experiences of my life, by far. You will meet some of the best friends you will ever have, make a lot of great memories, and get to travel all over the place.

Ryan: I would tell younger swimmer to try to swim in college if that is what you are passionate about, because it is a lot of fun, but also takes a lot of discipline.

Scott: Keep swimming?

Tori: I would definitely recommend swimming in college, no matter what level. The process to get there may be frustrating and stressful, but nothing is better than having a team to be on and people to support you. It also helps for when you first get to college, and don't really know anyone, you immediately have a group of people you really get to know and become friends with. It's hard work, but I think it is worth it.

Jessie: It's hard, but I would definitely recommend it. It provides a group of people for you to get to know, who support you and become somewhat of a family. It also keeps you focused

on school because in order to be a successful student-athlete, you must do well in the pool as well as in the classroom.

Mitchell: My advice to any younger swimmers is to stay dedicated and focused, because if they aren't then they will not last through college.

Cassie: Swimming in college is a lot different than swimming in high school and club. You are expected to perform at such a high level all the time, every meet and practice. Practices are not just in the water, but out of the water too. Expect more weights and more dryland and an infinite amount of ab work. But with all the extra work here, it is much more rewarding. It is a team sport in college, every race is for your team and it is all for the win and winning is the best feeling in the world, that excitement will last a lifetime.

Nick: Swimming in college is very different from swimming in high school. Seniors in high school have undoubtedly heard parents, teachers, and friends telling them things like "In college there is no one to tell you to do your homework..." and the importance of time management. For a swimmer, this is especially true. Swimming takes up a HUGE amount of time. Between traveling, two a days and weight lifting there seems almost no time left for anything else. Though you're sick of hearing it, it's worth saying one more time- you have to make smart decisions about how you will spend your time. The last bit of advice I would tell you is to have fun with your teammates! Just as you have made lasting friendships with the swimmers at CSP, you will do the same in college. There will be all kinds of opportunities to relax outside of the pool- take advantage of them.

Colleen: Enjoy the sport, have fun, and enjoy racing. College swimming is completely different from USA Swimming. It is much more of a team sport.

Henry: My advice for those thinking about swimming in college is to manage your time wisely and have activities outside of swimming that can balance out the hard work you put in the pool.

Johnny: My advice to younger swimmers is to just keep being committed and always be open-minded to different suggestions that can help you become a better athlete.

Chase: Stick with it! It's no secret that swimming can be frustrating or boring at times, just make sure you know what you're working for. It's important to set goals, because those goals can help you through a tough set, practice, day, week, month, or season. Also I think it is good to have a short memory. Especially in college, it isn't rare to have bad races because over half the time your body is very broken down. Having hard swims during mid-season meets can really hurt your progress if you allow those times to get to you. It's so important to stay strong mentally, and as long as you know that you're working for that Championship meet at the end of the season, having tough races in season are only beneficial.

Ethan: Work as hard as you can and look at all of the schools you can. There is always a school and swim program that fits you perfectly.

Question:

Who is the person you most admire and why?

David: My brother- he is so successful, so fast, and always a nice guy.

Bennett: I would have to say my parents, because if I can do half of the things for my children that my parents have done for me, my life will be complete.

Mark: The person I most admire would definitely be Mark Imig. The impact that he has had on my life is unbelievable. He has coached me since I was very young, and to this day is the best coach I have ever had. He managed to make swim practice a lot of fun at the same time he somehow tricked me into working as hard as I could! There is not a doubt in my mind that I would not be at this college playing water polo if I had not swum with him for as long. He has such a passion for swimming and being with kids. Looking back on my experience as well as seeing him coach today is really amazing. Not to mention the fact that he is a truly great person. He always had time for a personal problem, and if I was having a bad day, he was the first to notice it and would never hesitate to pull me aside and ask me if he could do anything to help. Mark Imig is one of the best people I know, and I will continue to admire him for the rest of my life.

Ryan: The person I most admire is myself, I guess. Confidence is key.

Scott: Ian Crocker—One Friday evening practice, when we were all dead tired, he went into the locker room during our warm up and came out with a racing suit on. He and Eddie (Reese) had a deal that if he swam under 20.00 in a 50 free, then we were to get out of practice. (a get out swim) He then continued to swim it in a 19.77. He is an all around nice guy and everyone admires him on the team (Texas).

Tori: The person I most admire is Mary K Kearns because she just rocks.

Jessie: Two people that I most admire are my parents because with four very different kids, they never really get a break. They are my two biggest fans, and plan to come to many of my meets this season even though most of them are away meets. Each of them have driven five hours just to spend a couple of days with me. I know if I had a problem, one of them would be willing to drop what they were doing to drive down here again. They have made my transition to college a whole lot easier.

Mitchell: A person that I admire is Stephen Colbert because he is running for president and he's awesome.

Nick: My grandfather on my dad's side was an amazing person. I admire him because he had such a rich and fulfilling life. He served in WWII and was one of the first seven Americans on Japanese soil after the drop of the atomic bomb as part of the damage-assessment team. After returning to the US, he entered and graduated from UIC in two years. He became a physician and practiced in Chicago and Detroit. He also was an avid musician and patron of the arts. He and my grandmother were responsible for the founding of two art galleries in central Illinois. Later in life he began and ran a farm in central Illinois that was very successful. His well-roundedness and insatiable appetite for learning has been an inspiration for many of my academic choices.

Colleen: I most admire my mom. She stands tall even when things around her are falling down.

Henry: The person I most admire is my older brother Charlie who is currently deployed in Afghanistan. I admire most of his character and especially his courage to do what he has done.

Johnny: The person that I most admire is my father because he has led such a great example of how to be a successful businessman, gentleman, and most importantly, a father.

Chase: The person I admire most is my mom. She is probably the most caring person I will ever know. She is dedicated to doing the right thing and I have learned a lot from her. I

have played every sport there is to play, and no matter what the outcome, she is there for me with an understanding mindset. She never lets me get down on myself, which is something that I never took the time to appreciate. Most importantly my mom has supported me in every possible way that she could. There are no words for how grateful I am for that.

Ethan: I most admire my mom for driving me to all the swim meets and never letting me quit.

Question:

What is your favorite movie, TV show, and musical group?

David: Braveheart, It's Always Sunny in Philadelphia, The Eagles

Bennett: Shooter, Entourage, Dave Matthews and Nelly

Mark: Gladiator, Heroes, I like all kinds of music

Ryan: Grandma's Boy, South Park, lil Wayne

Scott: Transformers, Family Guy, DJ Tiesto

Tori: All Will Ferrell movies, Grey's Anatomy, Red Hot Chili Peppers

Jessie: Harry Potter movies, Grey's Anatomy and America's Next Top Model

Mitchell: Superbad, The Office, Red Hot Chili Peppers

Cassie: Grey's Anatomy, Desperate Housewives, One Tree Hill, Private Practice, Friends reruns

Nick: Harold and Maude, no TV, Megadeth

Colleen: Pretty Woman & Love Actually, Grey's Anatomy, John Mayer

Henry: Jerry McGuire, The Office, The Cars

Johnny: The Ballad of Ricky Bobby: Talladega Nights, Heroes, Flipsyde

Chase: Fight Club, Family Guy, Red Hot Chili Peppers

Ethan: Back to the Future, Scrubs, Against Me