Winter 2004

Megaphone Winter 2004-2005

Macalester College

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Meet the Coach: John Erickson '54

**President’s Message**

Continued from page 1

carry on with the traditions of excellence we are so proud of. Chairing the committee for this campaign is former M Club director and President Lee Nystrom ’76, who will lead us to our goal to make this dream a reality. I congratulate Lee for taking on this vital role and praise him for the enthusiasm he brings to this project.

**Outstanding M Club events**

These past fall brought athletes, parents and M Club members together to share in the excitement of fall activities. Our annual fall sports picnic, the Parents Weekend Tailgate before the St. Olaf football game, and the “We’ll Be There” events to cheer on our teams. Be sure to mark down the dates for the “We’ll Be There” games and meets. When you arrive, just look for official M Club t-shirts which you can’t miss. These are, by the way, available in the campus center’s Highlander shop for just $10! Whether you’re in an M Club t-shirt or not, the real excitement comes from cheering on our athletes and coaches for the hard work and excitement they bring to each competition. I look forward to seeing you there.

Thank you for your dedication and the enthusiasm you bring to the M Club and Macalester athletics. We have much to be proud of.

**GO MAC!!**

**Steve Cox ’76, President**

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**M Club Upcoming Events**

**Thursday, Jan. 13, 4:30 p.m.**

Board of Directors Meeting

**Sat., Jan. 29, 1 p.m.**

M Club “We’ll Be There”
M & W Swimming vs. Concordia

**Sat., Feb. 19**

Winter Sports Day
10 a.m. M & W Alumni Basketball Game
• 1 p.m. W Basketball vs. Augsburg
• 3 p.m. M Basketball vs. Augsburg

**Sat., Mar. 12**

M Club “We’ll Be There”
• 10 a.m. W Water Polo vs. UM
• Noon M Tennis vs. Concordia
• 3 p.m. W Tennis vs. Concordia

**Tues., Mar. 15**

Deadline for Hall of Fame Nomination Forms

**Wed., May 4**

6 p.m. Spring Sports Banquet
**Fri.-Sat., May 13-14**

M Club “We’ll Be There”
MAC Track and Field Championships

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**Hall of Fame**

grows by four

to their best season ever as a junior, and annually she was ranked among the Division III national leaders in scoring, free throw shooting and three-point baskets. A four-year starter and three-year all-conference pick, Ruliffson was a Kodak honorable mention All-American as a senior. In her career she started all 101 of her team’s games.

Jennifer Tonkin ’93 was a top runner in the MIAC and improved every year. Her progress continued after graduation, placing second in the Twin Cities Marathon in 1999 and 10th at U.S. Olympic marathon trials in 2000. Jen earned all-conference status in cross country all four years and qualified for nationals as a senior. In track and field, she won conference championships in the 5,000 and 10,000 meters and competed at the national meet. She holds a Ph.D. in chemistry and is a faculty member at Seattle Central College.

A four-year letter winner in football and two-year letter winner in basketball, Henry Buolow ’56 was a football captain, a two-year All-MIAC and all-state selection, and an honorable mention Little All-America performer for the Scots. He served as president of the Scots Club and Vet Club. After graduation, Buolow was offered a tryout with the Cleveland Browns. He received a Silver Star for heroism in the Korean War and has been president of the First Cavalry Korean Veterans Association.

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**Lunchon**

Join fellow alumni, enjoy a complimentary lunch and hear from two successful coaches at the M Club’s next “Meet the Coach” event.

**Bob Pearson,** coach of men’s and women’s swimming, and **Jeanine Rah,** women’s basketball coach, will talk about their teams and answer questions. Each will bring a student-athlete to speak as well.

**WHEN:** Thursday, Jan. 13, noon to 1 p.m.

**WHERE:** Board Room, Weyerhaeuser Hall (formerly the library), 62 Macalister Street

**RSVP by January 7 to:** Eric Solberg, Alumni-Advancement Office phone: (651) 696-6476 e-mail: solberge@macalester.edu

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All-America athletes and 2003-2004 M Club Athletes of the Year

- Ben Van Thoorre ’04 (Minneapolis) and Lisa Bauer ’04 (Woodbury, Minn.) with Steve Cox at the banquet.

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**ICIU**

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Women’s Swimming & Diving

Coming off the most successful season in team history, the Macalester Scots hope to be in the thick of things once again at MIAC championships. With the loss of four seniors to graduation, including honourable mention All-America diver Liz Fitzgerald, Mac will have to rely on the mix of returning letter winners and a strong first-year class.

Once again the Scots should be strong in distance events where school record holder Heather Lendway ’06 (St. Paul, Minn.) will lead the charge. Lendway set school records in the 500 free, 400 IM and 1650 free last season while posting NCAA qualifying times. Katherine Foley ’07 (Columbus, Ohio) unproved steadily last season and looks to return to the conference finals in the 1650 free. Natalie Ross ’05 (Cedar Rapids, Iowa) returns from a study-abroad experience in Prague after posting lifetime bests in the 200 back and 400 individual medley as a sophomore, and she should again be among the top swimmers in the conference.

The sophomore class for the Scots is an impressive one. Jackie DeLuca ’05 (Antigo, Wis. Scotia) has been one of the top distance freestylers in the conference during his first three seasons and should again be a conference finalist in the 500 and 1650 freestyle. Bo Rydze ’05 (Iowa City, Iowa) was a finalist on the one- and three-meter boards last season and hopes to continue his climb to be among the elite divers in the MIAC. Rydze, who is also a standout in cross-country and the steeplechase, received the Primrose Award as the outstanding junior scholar-athlete at Macalester last spring.

Sjon Swanson ’05 (Rosemount, Minn.) was among the top sprint and breaststroke specialists in the 2003 championships despite an injury-plagued season. If he can stay healthy Swanson has the ability to set some new school records and vie for a conference championship title. The other returning letter-winners are George Robbins ’07 (Milwaukee, Wis.) and David Wright ’07 (Coshocton, Ohio).

Men’s Swimming & Diving

This season looks to be a rebuilding one for the young Scots. Five men return from last year’s squad and are anxious to prove last year’s fifth place finish in the conference was no fluke.

Chuck Ballard ’05 (Antigo, Wis. Scotia) has been one of the top distance freestylers in the conference during his first three seasons and should again be a conference finalist in the 500 and 1650 freestyle. Bo Rydze ’05 (Iowa City, Iowa) was a finalist on the one- and three-meter boards last season and hopes to continue his climb to be among the elite divers in the MIAC. Rydze, who is also a standout in cross-country and the steeplechase, received the Primrose Award as the outstanding junior scholar-athlete at Macalester last spring.

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Men’s Basketball

Despite the graduation of MIAC Player of the Year Ben Van Thoorre and first team All-MIAC Chris Assel, the Scots are optimistic that they will once again be among the league’s best teams under eight-year head coach Curt Kietzer after going 18-9 and finishing second in the league last winter.

One big reason for this optimism is the return of point guard Erik Jackson ’05 (Evergreen, Colo.) for his final season. An All-MIAC selection as a junior, Jackson averaged 13.3 points and nearly four assists per game while shooting 41 percent from three-point range and 86 percent from the free throw line.

Also returning are Wes McFarland ’05 (Arden Hills, Minn.), Will Moseller ’05 (New Ulm, Minn.), Chris Dwyer ’05 (Milwaukee, Wis.), and Lon Johnson ’07 (St. Cloud, Minn.), all of whom saw significant action off the bench for the Scots last season. Returning starter Brendan Bosman ’06 (Minneapolis) studied abroad fall semester and will join the Scots after Christmas.

Heading the list of newcomers is Tom Conway ’08 (Wayhasset, Minn.), an all-state selection who led the metro area in scoring as a high school senior. The Scots also expect significant contributions from Brad Liddell ’07 (Crystal Lake, Ill.), a transfer from Illinois Wesleyan University. The return of point guard Erik Jackson ’05 (Evergreen, Colo.) for his final season. An All-MIAC selection as a junior, Jackson averaged 13.3 points and nearly four assists per game while shooting 41 percent from three-point range and 86 percent from the free throw line.

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ATHLETIC HALL OF FAME NOMINATION FORM

Name of Nominee ____________________________ Class Year __________________________

Intercollegiate Sport(s) Played Years Letters (Co)Captain
__________________________________________ Yes or No
__________________________________________ Yes or No
__________________________________________ Yes or No

ATHLETIC ACHIEVEMENT AT MACALESTER
All-Conference or All-American recognition (list years). List all athletic honors, records set or other athletic recognition.

ATHLETIC ACHIEVEMENT THAT DID NOT OCCUR AT MACALESTER
This would include such things as coaching, professional sports participation or amateur sports participation.

COMMUNITY INVOLVEMENT

ADDITIONAL COMMENTS THAT WOULD BE HELPFUL TO THE NOMINATIONS COMMITTEE

Name of the Nominator ________________________

Phone Number (w) ___________________ (h) ___________________

Email ________________________________

Macalette's women's soccer team won its sixth MIAC championship in eight years, going 10-0-1 in league play and outscoring league opponents 34-5. The Scots were ranked No. 13 in national polls much of the season and went into post-season play as the team to beat. (See page 3) Annie Burton '07 (Berkeley, Calif.) and Katie Pastorius '06 (Arlden Hills, Minn.) led the way with great seasons.

The men's soccer team came up short in its quest for a fifth straight MIAC title, but took third with a 6-3-1 mark and finished with an 18th consecutive winning record. Macalester's veteran team again missed a trip to nationals with a playoff loss to Gustavus.

Cross country teams again put together successful seasons and the women spent part of the season ranked in the national poll after placing fourth of 22 teams at the UW-Oshkosh Pre-National Meet and sixth of 13 very good teams at the UW-La Crosse Invitational. At the conference championships the men placed fourth for the second consecutive year while the women moved up a spot to fifth. The Scots had four All-MIAC runners: Bo Rydze '05 (Iowa City, Iowa) and Roscoe Soprunik '06 (Frederic, Wis.) on the men's side and Koby Hagen '06 (Minneapolis) and Francine Stanch '96 (Lincoln, Neb.) for the women.

Mac football, in their third independent season, went 1-8 with a victory over Knox College in October. Workhorse running back Nate Vernon '06 (Fall Creek, Wis.) ranked all year among national leaders in all-purpose running with over 1,659 yards a game and safety Tim Burns '06 (McFarland, Wis.) ranked among national leaders in tackles. Quarterback Adam Denny '05 (Prenton, Minn.) finished his career with a school-record 5,913 passing yards and a school-record 33 touchdowns. The volleyball Scots came up one spot short in their bid for a spot in the post-season MIAC tournament but were competitive all season. Mac finished at 11-16, with nine of the losses coming at the hands of nationally ranked teams in the final coach's poll. Six of these defeats to ranked teams came in five-game matches. Mary Lin Kessenich '05 (Milford, Conn.) led the conference in digs for the second year and Lauren Eberhart '07 (Madelia, Minn.) was second in kills per game.

The golf season was highlighted by an all-conference performance at the MIAC tournament by Kristen Anson '08 (Maltomnedi, Minn.), who placed fifth overall in the women's tourney in Northfield with rounds of 87 and 83. She was Mac's low scorer in every tournament and is the program's fourth All-MIAC golfer since '97. The men's team moved up three positions to place seventh at the season-ending MIAC tournament.

Kramer Lawless '08 (Holly Springs, N.C.) had another fine campaign and just missed all-conference status.

M Club Officers
President – Steve Cox '74, Noon Hockey
Vice President – Joe O'Brien '84, Volleyball, Track, Basketball and Cross Country
Secretary/Treasurer – Karen Moer '83, Soccer, Softball and Track

M Club Board Members
Mann Andrews '94, Softball
Daymond Dean '91, Football
Trey Ecklund-Hicks '72, Football, Track
Bill Gilliland '43, Football, Tennis and Wrestling
Russell Goodman '77, Track
Rachel Halke '85, Basketball and Softball
Eric Henn '57, Football
Bob Houghton '73, Cross Country and Track
Ralph James '59, Wrestling
John King '54, Track and Cross Country
David Kruger '04, Football, and Track
Chris Litz '91, Football and Track
Ian McRae '94, Basketball and Soccer
Janis Rider '87, Volleyball, Basketball and Track
Duane Roberts '71, Wrestling
Jack Rock '71, Football, Basketball, Track and Baseball
Remar Schaffer '94, Track, Cross Country and Nordic Skiing
Steve Spyid '60, Track and Cross Country
Barb Stahlke '72, Cross Country and Track
Dean Sturges '64, Basketball
Donn Wilm '62, Track, Cross Country, Baseball, Football, Swimming, Wrestling and Basketball

Highlights of fall sports
A Newsletter of M Club Activities & Macalester College Athletics

Macalester hopes to break ground for a new $25-30 million athletic and recreation facility in March 2006 if enough money has been raised by that time, according to President Brian Rosenberg. He made the announcement at the M Club Hall of Fame Banquet in October.

The president also announced that Lee Nystrom ’73 leads the steering committee to raise funds for the project.

The new building will be on the site of the current athletics facility and construction may take up to 18 months. The building will be worked on in two phases in order to lessen the impact on athletic teams and sport activities. This will be the first major work done on the athletic facility since the 1950s.

“Macalester needs to ensure that recreation and wellness are important parts of the lives of our students,” President Rosenberg said. “We need to ensure that our students—variety and non-variety—have the opportunity to participate in programs of the highest quality. This means, in part, making available facilities of the first order.”

The facility is intended to give improved support to athletic teams and at the same time to promote life-long healthy lifestyles for all Macalester students. It is being designed to provide more welcoming space for both physical activity and social interaction.

Lee Nystrom (above, at right), a former offensive lineman for the Green Bay Packers, is a former president and director of the M Club and a member of the M Club Hall of Fame. He has made a significant pledge for the project and will be asking others to follow his lead, President Rosenberg told the Hall of Fame audience in October.

“Lee Nystrom has been a leader throughout his life,” President Rosenberg said. “I can think of no better leader now as we work to design, build and support new recreation and athletic facilities at Macalester. His passion for and commitment to this project have already served, and will continue to serve, as a model and inspiration for others.”

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PHOTOS WANTED!
For results go to www.macalester.edu/athletics

Photos will be used in the e-newsletter and on the Web. U.S. Postal Service First Class Mail—Macalester Athletic Department—200 Cannon Avenue—St. Paul, Minn. 55105