

# J-Term opportunities are worth your time



**Ella Napton**

Opinion Columnist

Anyone who goes to Gustavus knows about J-Term. Students are given one month to take one class that is most likely not in their major field. Students at Gustavus have had opinions on J-Term since its inception, many beginning with "why," "how," or "what."

What is the purpose of a J-Term? Why do we need to take two? How come we don't just have a schedule like the public colleges? Gustavus has always done its best to answer said questions, but the tide of students is rarely quelled.

J-Term is not just a time for unique classes, it also provides students the opportunity to work and make extra money, participate in an internship, or be home with family. The month off of "regular" classes is not a waste of time: many employers give college students a chance to engage in opportunities that only arise during the school year.

*"For my second J-Term, I spent a month traveling in Germany with 20+ other Gusties. It was the experience of a lifetime and unlike anything else, I have ever experienced."*

As an incoming freshman, I believed that every student took a J-Term class every J-Term; this was until the time came for J-Term registration my first year and I learned that we were not limited to on-campus classes. A learning experience outside of the classroom is just as valid - or sometimes even more valid - as those in a classic classroom setting. I had friends who were doing field experiences in veterinary offices, as well as friends who decided to

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stay home and work full-time to save for future semester fees. I, myself, had the opportunity to

shadow in a high school to see whether or not I could picture myself as a teacher. Spoiler alert - I loved every second of it and it confirmed the fact that I wanted to pursue a career in education.

Had I not spent that time in the field during my first-ever J-Term, I would have spent my time questioning whether or not I would enjoy myself while actually working in the education field. As much as I loved discussing education in a college classroom, it is very different than the actual act of teaching students in real-life. Most other major/field concentrations can do field-experiences during the summer, but schools are not open during the summer. Therefore, that time of year becomes the default option.

The friend of mine who got to do the field experience in the veterinarian office found out that she did, indeed, want to pursue veterinarian school. Without that affirmation, the money, time, and energy spent on Vet school would have been based on a guess.

Yes, students could do an internship during the summer pertaining to their future field, but many college students need to spend the summer focusing on making and saving money to pay for the very education

*"Had I not spent that time in the field during my first-ever J-Term, I would have spent my time questioning whether or not I would enjoy myself while actually working in the education field."*

I have been discussing. Even if they are able to pursue an unpaid, or very lowly paid internship/field experience during the summer, they have to commit three months to this exploration. By that point, jobs are not hiring such short-term work and internships are full.

For my second J-Term, I spent a month traveling in Germany with twenty+ other Gusties. It was the experience of a lifetime and unlike anything else I have ever experienced; That being said, it did exhaust much of the savings I had compiled up until that point. Hotels, food, souvenirs, and travel, in general, are certainly not cheap, although very worth it. This leads me to my third J-Term of my Gustavus experience: staying home and nannying to make up for the money spent on my J-Term abroad. During that time I was able to work on creative projects, nanny for a multitude of amazing families, and most importantly, spend time at home with my family I do not get to see enough.

J-Term gives Gustavus students a chance to experience a variety of things, from internships, to unique classes to extra work shifts. It is a valuable part of the liberal arts curriculum and should remain that way.

## Advice for the floundering first-year



**D**ear first-years,

Happy Spring semester, and welcome back to campus. You've now survived your first-ever semester of college, so congratulations on that. However, I hope you're ready to buckle down and get to work because this semester is likely going to be harder than the last. You are no longer in the safety net of your first term seminar, you're mixed up in the rest of the college, where the stakes are high.

Here's my advice for making the most out of your spring semester. First, stay engaged. I know it's easy to lose focus when you've got other things going on, but stay grounded and remember why you're here. You're not getting the most out of college if you're failing all your classes. It's okay to have fun sometimes, but college is a balancing act. Be sure that your work gets done.

Next, be sure to take care of yourself. You're going to burn out really fast if you pull all-nighters all the time and live on Cheetos and alcohol. Drink some water, eat a vegetable, and go to bed. You will feel a lot better.

Finally, don't just make friends, make supportive friends. Make friends with the girl in your class who's willing to help you study. Be friends with the health nut that encourages you to be physically well.

If your friends are dragging you down and not supporting who you are and what you're becoming, they aren't your friends. This is 2019 now, let's build each other up.

So go out there, first years, and give this semester everything you've got. I know you're capable of amazing things. Prove me right.

**I'm proud of you,  
Marie**



**Marie Osuna**  
Copy Editor

# Team J-Term or Team May-Term



**Lauren Casey**  
Opinion Columnist

We are fresh out of J-term, and back in full swing of spring semester. With the month of either a class, studying abroad, playing sports, working, or doing absolutely nothing, it is hard to think of what it would be like if that were changed. I've heard the debate before: May term would be so much better than J-term. I started off writing this article as team J-term all the way, but by the end, I decided to switch teams because the number of pros outweighed J-term's. While Gustavus won't be changing this any time soon, as many professors aren't in

*"Being able to start an internship earlier also allows for extra experience to be gained. While we can still get internships during J-term, three weeks versus three months is a huge difference."*

favor of May term, it seems that for students, May term is the MVP.

Let's establish this concept of having a "month" off first. I think we all can agree that we like having a longer break to be able to tone it down a little and do fun college-kid things, even if it still entails one class. Being able to have a little break, yet still be engaged, is a good balance. "I like J-term because I don't have to deal with classes and hockey at the same time, and it is nice to have a break between semesters," Junior Mitch Munson said. On the flip side, the concept of J-term is foreign to state school kids, and most of the general public. Because we have this advantage, it causes a disadvantage to those who choose not to take a J-term once we finish our two credits, and go home. This past month I spent my time at home doing absolutely nothing, which was great, until my friends were done with break, and I was the lone college kid left. Once touring week hit, I had been on break so long that I was asked by someone if I dropped out of college. At that point, I hadn't read a scholarly article in so long, that it felt like I did.

People either like, or don't like J-term. For all those who like the concept, moving it to May just might make it even better.

Moving J-term to May term opens up a lot more opportunities for students to jump into the summer. May term would be good "for the students that need to start internships and jobs earlier," said Junior Lauren Lowe. Many companies are looking for interns, or entry level employees, right out of the school year. Because we get out

*"I like J term because I don't have to deal with classes and hockey at the same time, and it is nice to have a break between semesters."*  
Junior Mitch Munson

later than most schools, it can be the deciding factor between a Gustie and another candidate who can start in May. Being able to start an internship earlier also allows for extra experience to be gained. While we can still get internships during J-term, three weeks versus three months is a huge difference in potential experience to be gained. Studying abroad during J-term, while it is fantastic to get away from the Minnesota cold, many more students would be able to do this if it were moved to May due to less conflict with winter sports, and would be more inclined to study abroad. It makes for an easy transition to study abroad in May, and then turn it into a fun summer vacation.

Last, moving the month off from January to May would improve some of the "little things" that we don't realize are super important to us. First, when we have a break from school, odds are we don't want to spend it inside doing nothing. This is very hard to prevent when it is -30 degrees outside and our cars aren't starting. Amazingly enough, this wouldn't be a problem if it were moved to May. Instead of looking out the window to see mountains of snow and students bundled up, we would potentially see Spike Ball, hammocks, and recognizable students because they aren't wearing five layers. Not only would it improve our break quality, "May term allows us to get out so much earlier," Munson said. We all know the feeling of looking on Instagram and seeing all of our other friends out of class, when we are still sitting in the lib studying for finals. While the longer winter break felt great at the time, this is the payoff.

Lastly, "we wouldn't be missing as many students at

*"May term allows us to get out so much earlier. We all know the feeling of looking on Instagram and seeing all of our other friends out of class, when we are still studying for finals."*



Students participate in discussion during their J-Term class.

Nate Habben

graduation whose graduate programs start before we graduate," said Senior Quinn Andersen. Going through four years of windy walks to class, difficult finals, love life issues, and all the other college struggles feels pretty anticlimactic if those students aren't walking with our graduating class. While yes, they still graduated, it isn't as special if it isn't with the peers they've spent the last four years of their life with.

By this time, you may still

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be on team J-Term, switched to May Term, or simply are torn. There are pros and cons to both

sides, but ultimately, this concept of getting to further our education and life experiences is one we shouldn't take for granted, or turn our nose up on because of when it occurs.

## The Good, the Bad, and the Meh



Valentine's Day chocolate is finally on sale and we all know nothing heals a broken heart better than precious, half-priced sugar.



Your car is slowly eroding away from the never-ending road salt that surrounds us.



The espresso machine is still broken at the Courtyard and it's essentially a student proclaimed emergency.

# First Year, First Term, First Finish



**Cyan Spicer**  
Opinion Columnist

**I**t's Spring Semester here at Gustavus, which means most first-years have all successfully finished our first their first-ever term of college.

A congratulations is in order, of course, so congrats to all my fellow first-years on a term hopefully well accomplished. There's still many more to come, however, and it's important to reflect on how this first term went before attempting to tackle all the other ones.

*"Through all the stress, there are a ton of fun and unexpected things offered to do on and off campus."*

Although there's still some time left before graduation, the first semester has a way of setting up how the rest of college

may look for any one individual. It's commonly thought that the first term of college is the transition period between being dependent and becoming independent. It's not a clear transition, and people go from one to the other at different paces, but it nearly always happens by the end of the first term on college.

*"Of course, not everyone had a breezy first term, but those who struggled can always find help around campus to ensure this next term, as well as other ones, aren't as bad."*

Some people may have struggled more than others, and there are many reasons why that may have been. There's the clear reasons of harder coursework than some students may be used to, or simply trying to tackle more than is actually possible. It also may have been a harder adjustment to that stage of independence for some coming to campus.

Personally, adjusting to life on campus was not hard for me, but it's easy to recognize why it would be a difficult adjustment for many. Suddenly living far away from family- whom you were presumably around for the last 18 or more years - is a difficult task, and being surrounded by strangers, friendly as everyone here at Gustavus may be, does not make it much easier.

"There were a lot of ups and downs during the fall term but overall I can't say it was bad, just stressful. Honestly it wasn't really academic stress but just

being in a new environment," first-year Sydney Sutherland said. I know personally that before I managed to throw myself into uncomfortable situations in an attempt to make friends, I felt pretty awkward walking around campus and adjusting to the new environment myself.

*"Now that the semester is over, along with my first J-term experience, I am happy to say that I've really enjoyed studying here at Gustavus."*

Now that the semester is over, along with my first J-term experience, I am happy to say that I've really enjoyed studying here at Gustavus. There were some very stressful times, of course, but those stressful experiences have prepared me for future terms. "It was stressful but a good learning experience, learning the ropes and everything. I feel like it prepared me for the spring term, as well as future years here at Gustavus", First-year Samantha Dalluge said.

*"Overall, I'm happy to be successful and I know a lot of people are quick to agree."*

Through all the stress, there are a ton of fun and unexpected things offered to do on and off campus. The courses offered to first-years who don't know their major quite yet aren't too bad either, but it's easy to see how stressful it might be to



All students remember move-in-day. Submitted

have jumped right into heavy coursework and start attacking your chosen major.

Overall, I'm happy to say that the first term of my college career was successful and I know a lot of people are quick to agree. Through the anxieties of coming to this new environment, people were able to become friends with one another and really jump into activities as well as academics. Of course, not everyone had a breezy first term, but those who struggled

can always find help around campus to ensure this next term, as well as future ones, aren't as bad. Here's to another semester on the hill, as well as many more to follow.

**Opinionated?  
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Opinion Section!**

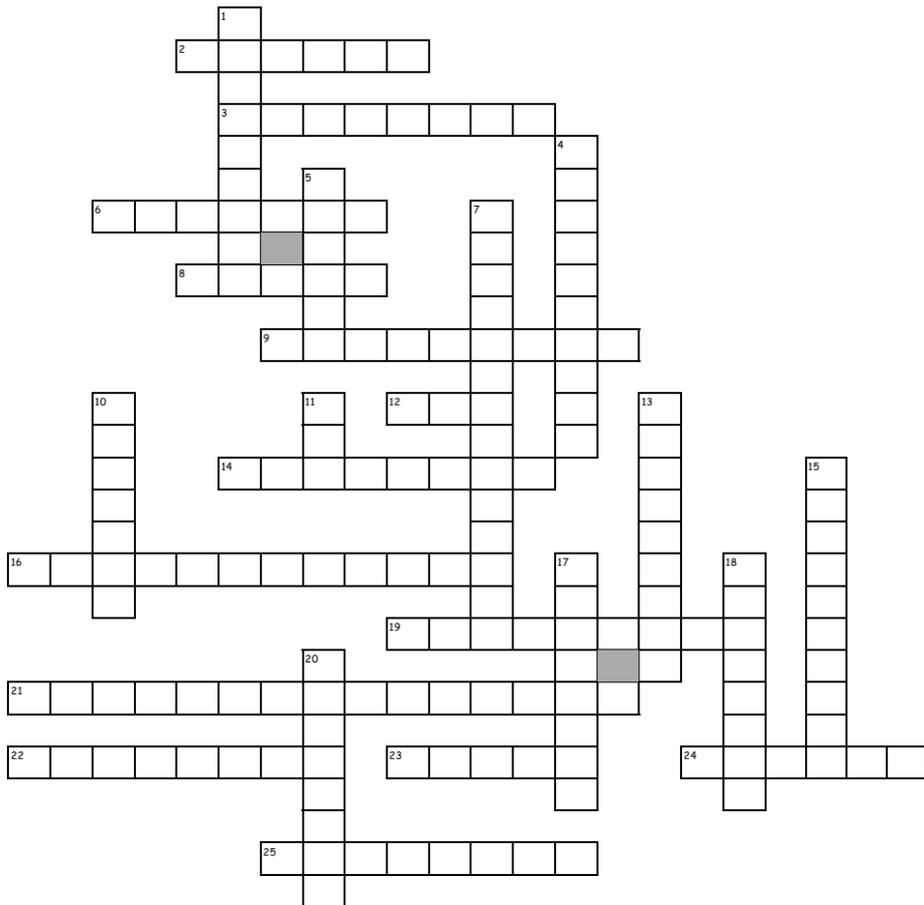
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if this is right up your alley!**



# Crossword

## Back to School



### Across

- 2. item that you use for getting rid of mismarked marks
- 3. item used for taking information in
- 6. Used for connecting 2 or more papers
- 8. item that tells the time
- 9. type of room students learn new things in
- 12. item with black point or more colored points
- 14. item used for typing, playing games on, and more
- 16. place students go if they get injured or hurt
- 19. students may recieve this if they misbehave, are late, and more
- 21. items students take when they study the day before
- 22. item that teachers assign to students
- 23. Used for measuring objects
- 24. item used for stuffing papers in
- 25. sharp items students use to cut papers

### Down

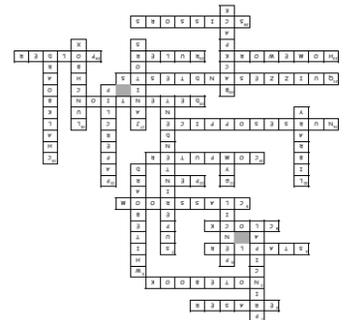
- 1. person who owns school
- 4. teachers write on this with markers
- 5. Item with a graphite point
- 7. principal's boss
- 10. room with loads of books
- 11. athletic place in a school
- 13. Used for holding 2 or more papers together
- 15. teachers write on this with chalk
- 17. people who cleans schools
- 18. Used for carrying food around
- 20. Used for carrying food around

## "Happy Spring Semester" by Vin Branom



## Why did the boy study on an airplane?

Because he wanted to get a higher education.



# Word Search

## School Supplies

H R D  
 L Z C D U R D L Z  
 D T G G E N P B V D O G P  
 Q V O F B Y T I J W Q O Y L W J G  
 O C Z K M H V L L C Z X D S U Y M Q I  
 Q M S J N C W C Y J J E A F R E D P J C Y  
 N P U Z Q H R W A D R I C B P G J U E Q U  
 B Q M M W S E K R M A C M S R E K R A M N L A  
 U H Y H Y P C E B S E R E T U P M O C M T C Q  
 S W N Z M A K N U E G M A R G J L U F B T N D I T  
 I U D D P S N S R H U K Y K L R M F S E O I S A L  
 B M N C P A P C H U O R O T T K Z P D G H G G F U  
 N F M P L L R R I O A V S N F A V C A L C U L A T O R  
 I R H U P A N E S I M R O S R H P P M L O Q V J N Y P  
 T W E X E O M T S P E S P D R A C E T O N U F X U W Y  
 H E D S G O H O R I G H I D U K G S B A N D R C E  
 Y B I L A G G R Z N X Y P E K L W W M D R E N T V  
 D K K R O T I S Q O O Y I O J T E J R K P P T H W  
 I I X T F L L V X H T O R K D D R F A H M K G  
 I V X D O H U M G V B E I Q Z A P P W M M N D  
 Q R B J G M G H T W C B L X G C E L F G K  
 X Z V G I Z C X N D M E O H I Y T N C M I  
 E N X H T E C E A O H L O P H T M F Q  
 U K U T Y E S W B B A C K P A C K  
 L B F U M P O N H R M L I  
 J X D R E B B U R  
 K P T

- PEN
- PENCIL
- PAPER
- ERASER
- SCISSORS
- TAPE
- GLUE
- HIGHLIGHTER
- NOTECARD
- TEXTBOOK
- NOTEBOOK
- COMPUTER
- FOLDER
- PLANNER
- CALCULATOR
- RULER
- RUBBER
- BAND
- PAPERCLIP
- BACKPACK
- MARKERS
- CRAYONS
- SHARPIE

## "Exhausting First Days" by Bryanna Filip



# Gusties win playoff quarterfinal game

## Justine Lee joins the 1,000 point club



Gustavus Sports Information

Sophomore Paige Richert attempts to tip the ball into the basket under pressure from three St. Mary's opponents.

**Michael O'Neil**  
Staff Writer

The Gustavus Women's Basketball Team wrapped up its regular season play last week with a decisive win over Concordia and rode that momentum into the first round of playoffs as the No. 5 seed.

The Gusties got off to a hot start against the Cobbers, and scored five points in the last minute of the first quarter to take a lead that they would hold for the rest of the game.

At halftime they led 37-27 and continued to add to this margin throughout the second half.

By the end of the game, the Gusties had scored 81 points and earned a 30-point victory.

Senior Kendall Thompson was productive for the Gusties with 17 points to go along with ten rebounds.

First-year Betsy Shoenrock added a career-high 14 points in 13 minutes.

However, the headline of the day was Senior Justine Lee, as she scored 17 points, and reached the 1,000 point career mark.

Lee is just the 13th Gustie in program history to reach 1,000 career points.

"She made shots early and has been such an important person in our program. She has always done the little things right that maybe don't show up

in stats, so to see her rise up into a leadership role is great," Head Coach Laurie Kelly said.

With the win, the Gusties earned the No. 5 seed heading into MIAC playoffs and continued their streak as the only MIAC team to qualify for playoffs every year since the tournament's inception in 2001.

As the fifth seed, the Gusties headed to St. Joseph, MN to take on fourth-seeded Saint Ben's.

Both teams finished the season with identical 11-7 records in the MIAC, but the Bennies swept the regular season series with Gustavus in two close games so they were awarded home court advantage.

This time around, the Gusties came prepared and dominated all aspects of the game.

A fast break layup from Junior Alison Hinck at the buzzer gave the Gusties a 22-10 lead at the end of the first quarter.

In the second quarter, a streak of 13 unanswered points for the Gusties extended solidified their lead.

Going into halftime, they enjoyed a 41-18 lead.

The story was more of the same in the third quarter, as the Gusties outscored their opponents 22-14.

The game was all but over going into the fourth quarter, and the Gusties cruised to a 30-point victory.

"We just didn't play well the first two games against them,

but tonight we changed a lot of what we typically do. Defensively is where we made some bigger changes and we came out of the gate so well. We had balanced scoring, production off the bench, and great rebounding," Coach Kelly remarked.

Sophomore Paige Richert led all scorers with 20 points on an efficient 9-13 from the field and added nine rebounds. Lee also added 13 points and five rebounds.

As Kelly stated, the Gusties were balanced and efficient on offense, shooting 55.2 percent from the field to the Bennies' 28.8 percent.

They also dominated the glass, out-rebounding their opponents 46-23.

Points in the paint was a similarly lopsided stat, as the Gusties outscored the St. Ben's 44-10.

With the win, the Gusties earn a date with the No. 1 seed and rival St. Thomas. Tipoff is scheduled for 5 pm on Thursday, February 21.

The Tommies won the regular season matchup by 22 points, outscoring the Gusties 54-30 in the paint.

They also beat the Gusties in the MIAC Championship last year. However, with two 30-point victories in their last two games, the Gusties are up to the challenge.

"We can play loose and enjoy the ride," Kelly said.



Gustavus Sports Information

Senior Justine Lee scored her 1,000th point for the Gusties Feb. 16.



Gustavus Sports Information

Sophomore Gabby Bowlin keeps the ball from an opponent earlier this season.

# Track and Field competes at Maverick Invite

## Gusties prepare for MIAC Indoor Championships

**Luke Laurich**  
Staff Writer

Track and field had a strong showing this past weekend at the Maverick Invite hosted by Minnesota State University-Mankato.

The men's team took first this past Saturday, posting a score of 151 points.

On the women's side, the team finished fourth out of six amongst a pool of strong teams.

The Gusties faced off against a number of competitive non-conference opponents. Some of the teams included non-conference rival UW-La Crosse as well as Minnesota State University-Mankato, Upper Iowa University, and Winona State University, which are Division II colleges.

The men's team had strong showings from a variety of events. The team was led by notable performances from Sophomores Taylor Rooney and Nick Kerbeshian, as well as Junior Bridger Pavelka in some long distance events.

Head Coach Dale Bahr was very pleased with Rooney's performance over the weekend.

"Taylor Rooney is tied for eighth in the country in the 60 hurdles and beat a rival from La Crosse," Bahr said.

Rooney took first in the 60 meter hurdles at the Maverick Invite, posting a personal record of 8.14 seconds.

Other notable finishes included Pavelka and Kerbeshian, who took first and second in the 1000 meter race, respectively. The two finished neck and neck, with official times of 2:40.42 and 2:40.71, both of which proved to be personal records.

Bahr was excited with what he saw that day and is looking forward to show the talent the team has at the MIAC Indoor Championships this upcoming weekend.

"We are excited with some of the good performances at



Gustavus Sports Information

Senior Michael Hensch competes in the weight throw at the Maverick Invite this past weekend. He finished third with a distance of 59-4.75.

this meet," Bahr said. "That's what we want to see the week before conference."

Another integral part of the men's team is Senior Michael Hensch, a veteran thrower for the Gusties.

Hensch provided a lot of points for the Gusties during the day, posting a second place finish in the shot put with a distance of 52-2.75. He also placed third in the weight throw with a distance of 59-4.75.

The women's team also had a promising result this past weekend finishing fourth out of six teams, with many strong results and personal records.

The women's middle-dis-

tance runners had strong performances, led by Junior Tierney Winter and Sophomore Josie Blake.

Winter's first place finish in the 1 mile race was accompanied by a time of 5:15.26, a promising performance with conference coming up.

Blake also had a personal record of 3:05.89, which earned her second place in the 1000 meter event.

Bahr was happy that the team got to experience some high-quality competition before one of the most important meets of its season.

"It was really nice to go against some tough competi-

tion in a low-key meet because there were not many teams," Bahr said. "It takes some pressure off. Our ladies are putting some things together and we're happy with the results from this meet."

Junior Katie Keelin also had a MIAC-leading performance this season in the weight throw with a distance of 51-11.25.

"Josie Blake had a lifetime PR and is really setting herself up to perform well at the conference meet," Bahr said. "Katie Keelin also had a PR and is leading the MIAC in the weight throw," Bahr said.

With these strong performances coming from both the

men's and women's teams, there is a lot to be excited about heading into a weekend of intense competition.

Both teams will be traveling to St. Olaf College in Northfield, MN for the Indoor Conference Championships. The meet is set to be hosted Thursday, Feb. 21 and continue through Saturday.

This will be an important meet for the programs as it is the last chance for indoor competition.

As this wraps up, the team will look to start their outdoor training in full stride to prepare for the additional events that come with outdoor competi-



Gustavus Sports Information

Junior Adonya Gray sprints her way to the finish line during a meet earlier this season.



Gustavus Sports Information

Sophomore Taylor Rooney holds the eighth best Division III time in the 60 meter hurdles.

# Swimming excels at MIAC Championships

## Women place second, men's team crowned champions

**Joe Brandel**

*Sports & Fitness Editor*

This past weekend, the Gustavus Men's and Women's Swimming and Diving teams competed in an intense four day meet to decide the MIAC champions of the 2018-2019 season.

Both teams had a full head of steam coming into their most important conference meet of the season after taking almost two weeks off from competition to prepare themselves.

The MIAC Championships kicked off Feb. 14 and were hosted at the University of Minnesota Aquatic Center.

Day one was composed of multiple relay and diving events, many of which proving to be areas of strength for the Gusties.

Both teams got off to strong starts after day one, with the men's side securing first place while the women's team held fourth place out of 11 teams.

The men's side started with a first place finish in the 800 yard freestyle relay.

The team was composed of First-year Dutch Franko-Dynes, Sophomores Josh Muntifering and Nolan Larson, and Junior Matt Allison.

The Gusties continued to show their strength in relays in the 200 yard medley relay, placing second in the event.

Senior Jonathan Bovee and Junior Logan Bican also made a big impact for the team, finishing second and third, respectively, in the 3 meter dive cumulating 33 points in the event.

The women's team had a slower start but were still in the hunt for the title after the first day of competition.

The Gusties took home fourth in the 800 yard freestyle relay and third in the 200 yard medley relay.

Head Coach Jon Carlson was impressed with both teams initial performances and looked forward to their shots at bringing a title home on both sides.

"Both the men and women swam great," said Carlson. "They really stepped up and competed hard in both the morning and evening sessions. Then our divers really came through for us on the guys side. They've been a super important part of the Championship for sure."

Events on the second day included the 500 yard freestyle, the 200 yard IM, the 50 yard freestyle, and the 400 yard medley.

The biggest highlight for the men's team on this day was in the 200 yard IM. The team blew the competition out of the water in this event as Larson, Muntifering, Sonnek finished first through third, respective-



Gustavus Sports Information

The Men's Swimming and Diving team took home the MIAC Championship this past weekend, finishing with 938.5 points.

ly. Allison also took first in the 50 yard freestyle.

The women's team had a strong push on the second day as well behind Senior Maggie Webster who finished first in the 50 yard freestyle with a time of 23.37 seconds.

Senior Haley Pesik also left her mark, finishing third in the 200 yard IM.

The women's side finished the day with a score of 213, while St. Thomas held the lead with a score of 251.

The men's team tallied an impressive 360 points halfway through the competition and held an 80 point lead ahead of second place St. Thomas.

"It was a true team effort today," said Head Coach Jon Carlson. "Everyone was swimming not just for themselves but for each other to try to put our team in the best position possible," Carlson said.

In the third day of competition, the women's team held on to their third place position from scoring in multiple events.

The best finish came from Junior Madeline Westendorp who placed fifth in the 100 breaststroke.

With St. Thomas commanding most of the events that day the Gusties found themselves 153 points behind the meet leader, St. Thomas.

The highlight of the day and possibly the entire meet came from Sonnek, a veteran member of the men's team.

In arguably his best event,

Sonnek broke both the MIAC and meet record in the 100 yard breaststroke with a time of 54.28 seconds.

Due to this electrifying performance and many other top three finishes, Sonnek added to his long list of achievements with the Gustavus Swimming program and was named MIAC Co-Swimmer of the Year.

This strong push on day three propelled the men's team into a 148 point lead heading into the last day of this grueling meet.

On the final day the women's team was able to make a push and finish the meet in second place.

Webster finished second in the 100 freestyle with a time of 51.55, good for a NCAA Selection Time.

Sophomore Sophia Steinberg also made it happen for the Gusties, finishing second in the one meter dive and earning All-Conference honors.

The men's team finished the meet in the same competitive way they started it.

With multiple first place finishes, All-Conference performances, and NCAA Selection Times, the team added to their lead finishing the meet with 938.5 points.

St. Thomas finished in second, 164 points behind the Black and Gold.

"It really was an incredible weekend for both the men and women," Carlson said. "All of our student-athletes brought

their very best and did all the things they needed to do to perform, and it showed in our team result. I'm proud of how we truly swam as a team and it was one of the most exhilarat-

ing coaching weekends of my career."

Carlson was also awarded with the title of MIAC Men's Swimming Coach of the year for his efforts this season.



Gustavus Sports Information

Members of the Women's Swimming and Diving team celebrate at the MIAC Championships. The team finished second out of 11 teams.