



Senior Day

February 6th,

2021



Matt Allison





MattAllison



Major/Minor: Environmental Studies and Geology
Double Major

Parent(s)/Guardian(s): Todd and Melanie Allison

Favorite Event: 100 Freestyle followed by the 50 Freestyle

Favorite Swim/Dive Memory: All of the training trip practices and memories that were created during those weeks.

Plans After Graduation: Still up in the air, but I want to move somewhere warm all year around.





Matt Allison



Favorite Set: The Bunny Chasers set. We typically do it over training trip but this year we were able to do it in our own pool. The reason why this is my favorite set is because the energy during this practice seems unmatched when compared to other practices.

Most Influential Teammates: Josh '21, Nolan '21 and Thomas '21 are the reason why I rejoined swimming. Their energy and desire to be part of the dynasty is something to be inspired by.

Favorite Quote: Would I rather be feared or loved? Easy. Both. I want people to be afraid of how much they love me." -Michael Scott



Emily An





Emily An



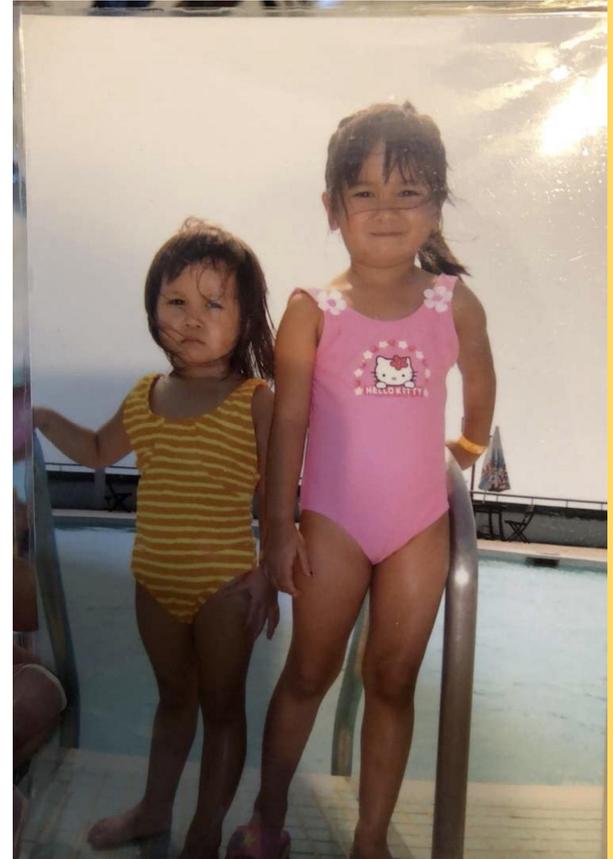
Major/Minor: Biology and Classics Double Major

Parent(s)/Guardian(s): Tuyet Vo and Hai An

Favorite Dive: Front 2 ½ off 3M

Favorite Swim/Dive Memory: Placing 2nd at conference as a team by 1 pt.

Plans After Graduation: Planning on taking an extra semester of classes to complete my classics major, while working as an EMT and using my extra year of eligibility.





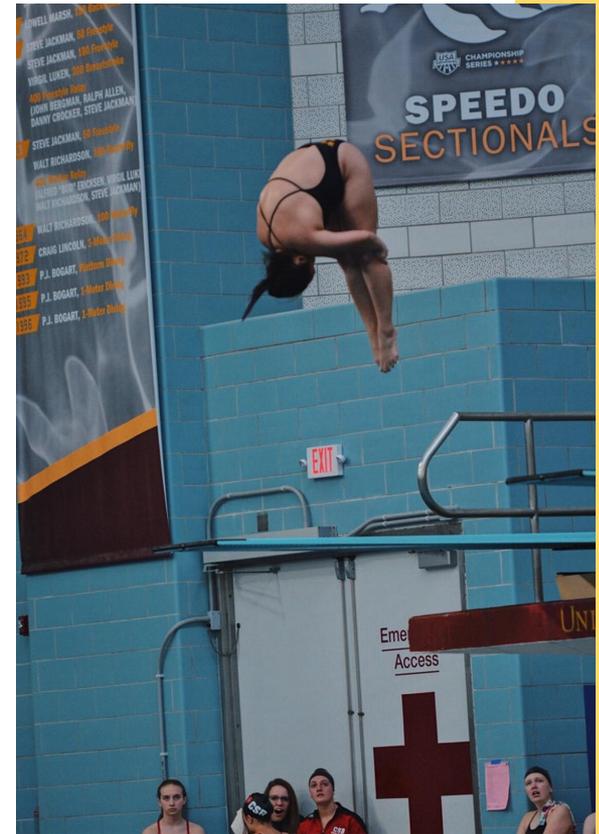
Emily An



Favorite Meet: Grinnell or Stevens Point because overnight meets are so fun and we get to compete against teams we normally wouldn't compete against.

Favorite Caf Food/Creation: A toasted bagel with garden herb cream cheese with salami, cucumbers, spinach and provolone cheese.

Favorite Quote: "A bird sitting on a tree is never afraid of the branch breaking, because its trust is not on the branch but on its own wings." -Charlie Wardle



Hailey Auran





Hailey Auran



Major/Minor: Elementary Education Major

Parent(s)/Guardian(s): Pat and Karen Auran

Favorite Event: 200 Breaststroke

Favorite Swim/Dive Memory: Teammate appreciation and the team atmosphere Gustavus brings to every single meet, especially at Conference! We are always cheering the loudest and it makes me incredibly happy.

Plans After Graduation: I will spend the summer in International Falls for the 7th summer and hopefully will get a teaching job in the cities!





Hailey Auran



Favorite Set: The Bunny Chasers Set (24×100's) where the first person sprints as the others are actively recovering. It is super fun to watch everyone go off when it is their turn to sprint!

Favorite Meet: The Grace Goblirsch Invite! We are all swimming our hearts out and pushing ourselves beyond our limits for Grace!

Favorite Quote: "Never stop being a good person because of bad people." -Jay Shetty



Amelia Bjorklund





Amelia Bjorklund



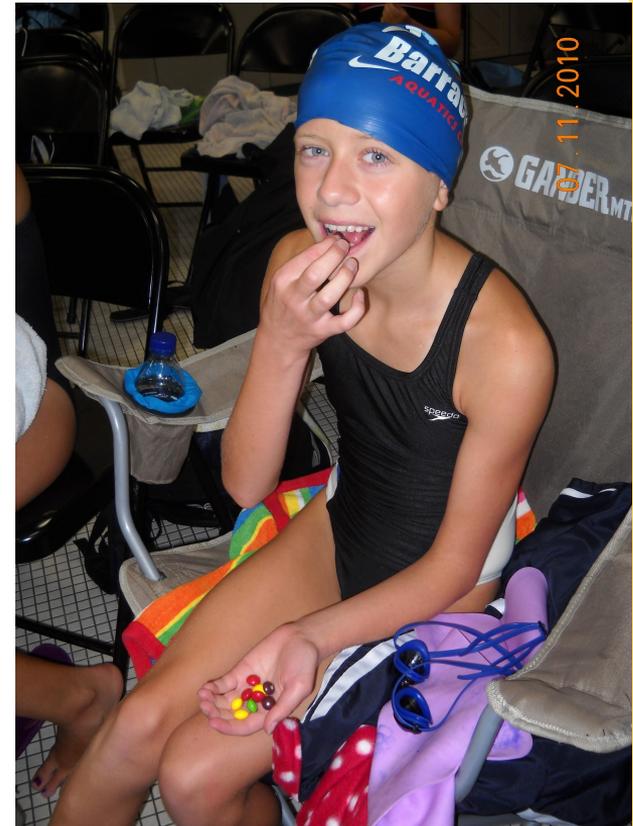
Major/Minor: Biology and Psychology Major

Parent(s)/Guardian(s): Hjordis Trygg, Michael Houge,
and Eric Bjorklund

Favorite Event: 200 Freestyle

Favorite Swim/Dive Memory: Cheering at conference
and seeing all of our supporters... it always reminds
me how grateful I am to be a part of the GAC Swim
and Dive legacy.

Plans After Graduation: Working for NAI Legacy
Partners in the brokerage & investment divisions.





Amelia Bjorklund



Most Influential Teammate: HALEY PESIK. She led by example and with grace!!! Haley challenged us all to be better teammates.

Why Gustavus: I loved and continue to love the community of swimmers & divers at Gustavus. I think you are born with a family and gifted a family, and the Gustavus Swim & Dive team is the family that I was gifted with.

Favorite Quote: "Success is hard work and talent, but first, you have to enjoy the ride."



Kyra Bowar





Kyra Bowar



Major/Minor: English and Communication
Studies Double Major

Parent(s)/Guardian(s): Tony and Kristina Bowar

Favorite Event: 100 Freestyle

Favorite Swim/Dive Memory: New Years Eve
on the beach on Puerto Rico training trip.

Plans After Graduation: Hope that someone
hires me to write/edit for them. (I'd love to
work in publishing or public relations.)
Eventually go to grad school and get my
doctorate in rhetoric.





Kyra Bowar



Favorite Set: 40×100s or anything with lots of 100s, because I love them too much!!

Favorite Caf Food/Creation: Cream cheese wontons. I literally get them any time they're available.

Favorite Quote: "Keep your eyes on the stars and your feet on the ground."
-Teddy Roosevelt



Katherine Brostrom





Katherine Brostrom



Major/Minor: History Major with Classics Latin
Minor

Parent(s)/Guardian(s): Anna Barlow, Mark
Brostrom, and Michael Barlow.

Favorite Event: 1650 Freestyle or 400 IM

Favorite Swim/Dive Memory: Sophomore Year
Training Trip when my class helped make me into
a mermaid in the sand on the beach (disclaimer
#1: Puerto Rico has sand mites).

Plans After Graduation: I want to teach History
when I grow up.





Katherine Brostrom



Most Influential Teammate: Amelia Bjorklund '21 #rideordie. She put so much effort into fixing my flip-turns (disclaimer #2: my flip-turns have gotten SLIGHTLY better).

Favorite Set: Dinner set (disclaimer #3: Jon has still not taken me to dinner).

Why Gustavus: The friends and teammates I have gained at Gustavus are lifelong friends and I will always cherish my time spent at the best college I could have asked for!

Favorite Quote: "Get off my plane." -Harrison Ford



Mack Christianson





Mack Christianson



Major/Minor: Biochemistry and Molecular Biology Major

Parent(s)/Guardian(s): Meg and Michael Christianson

Favorite Event: 1650 Freestyle

Favorite Swim/Dive Memory: Going to Florida for “warm” weather and it being 30 F out before we could get in and just getting hyped so we wouldn’t freeze. Wings Up!!

Plans After Graduation: A gap year then hopefully medical school.





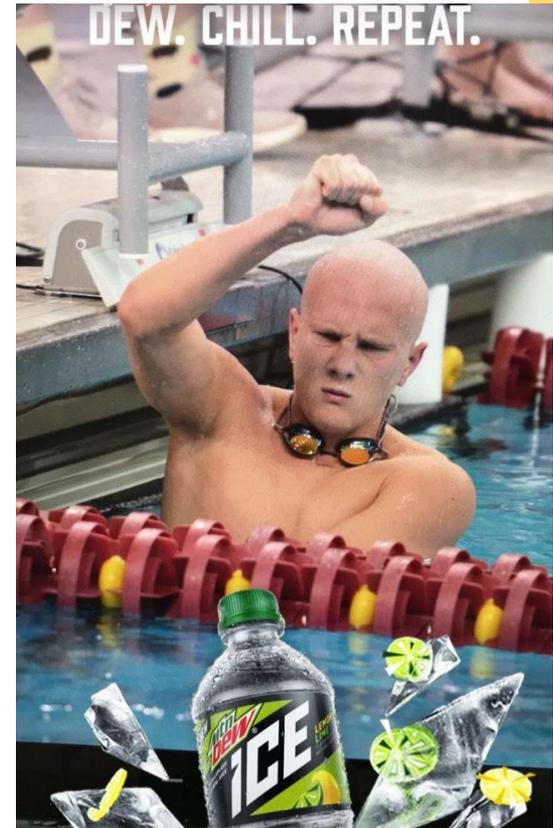
MackChristianson



Most Influential Teammate: Thomas Schumann '19, he helped me like a lot of people did when times were tough but in him I found a hunting buddy that I hope to have for the rest of my life.

Favorite Food/Caf Creation: Post practice get a noodle bowl fill it with chocolate pudding and drink 4-6 Mountain Dews.

Favorite Quote: "Fear and pain are only wind. Let it blow past you." -Peter V. Brett



Sam Deyak





Sam Deyak



Major/Minor: History Major/ Political Science
Minor

Parent(s)/Guardian(s): David and Janis Deyak

Favorite Event: Any sprint relay

Favorite Swim/Dive Memory: All of the team bonding activities throughout the year, in and out of the pool.

Plans After Graduation: I will commission as a 2nd LT in the U.S Army as an Armor Officer.





Sam Deyak



Most Influential Teammate: Caleb Torvik '19

Favorite Team Tradition: Speedo Run

Favorite Quote: "Nothing in the world is worth having or worth doing unless it means effort, pain, difficulty...I have never envied a human being who led an easy life. I have envied a great many people who led difficult lives and led them well." -Theodore Roosevelt



Nicole Feldhake





Nicole Feldhake



Major/Minor: Public Accounting Major

Parent(s)/Guardian(s): Corey and Kimberly Feldhake

Favorite Event: 100 Breaststroke

Favorite Swim/Dive Memory: Junior Year training trip in Puerto Rico! It was such a great experience and bonding time with teammates!

Plans After Graduation: I plan on completing the CPA exams throughout the summer. In the Fall 2021, I will be starting as a tax associate at CliftonLarsonAllen in Minneapolis!





Nicole Feldhake



Favorite Meet: Grinnell Invitational! It's my favorite for many reasons: being able to swim multiple events and relays, napping between sessions, lots of cheering for teammates, and pizza for the long bus ride home!

Favorite Team Tradition: Teammate appreciation! It's a chance to give a special shoutout to teammates that killed a hard set, helped you get through a tough practice, or just made your week better in some way!

Favorite Quote: "Attitude and effort defines character."



Thomas Fitzloff





Thomas Fitzloff



Major/Minor: International Management Major
and Political Science Minor

Parent(s)/Guardian(s): Kathy and Carl Fitzloff

Favorite Event: 400 IM

Favorite Swim/Dive Memory: Road tripping to
Indianapolis and experiencing fine dining at
noodles & co. while watching Nationals.

Plans After Graduation: Working in cities,
making the world a better place.





Thomas Fitzloff



Favorite Meet: Conference meet.
Everyone swims lights out and the atmosphere is electric.

Favorite Team Tradition: Scavenger hunt
has always been a hoot.

Favorite Quote: "Efforts and courage are not enough without purpose and direction." -JFK



Katie Gunderson





Katie Gunderson



Major/Minor: Sociology Anthropology Major with
Minors in Peace Studies and Public Health

Parent(s)/Guardian(s): Cheryl Carstensen and Jon
Gunderson

Favorite Event: 500 Freestyle

Favorite Swim/Dive Memory: Partying on the beach
on New Year's Eve in Puerto Rico 2019.

Plans After Graduation: Hopes to be employed in a
setting related to women's health or healthcare.





Katie Gunderson



Favorite Meet: Grace Goblirsch invite because the team atmosphere during that meet was unreal and racing for Grace felt bigger than just a meet but it was swimming for an important cause and purpose which made me feel proud to be a Gustie.

Favorite Set: Hour of Power has been by far my favorite set because even though it's a bunch of sprinting the whole team atmosphere is energizing and we all push each other to race our best.

Favorite Quote: "The best and most beautiful things in the world cannot be seen or even touched - they must be felt with the heart." -Helen Keller



Marietta Johns





Marietta Johns



Major/Minor: Communication Studies

Parent(s)/Guardian(s): Missy and Derek Johns

Favorite Event: 1650 Freestyle

Favorite Swim/Dive Memory: Puerto Rico!

Plans After Graduation: I am seeking a Financial Advisor job in the Minneapolis area.





Marietta Johns



Favorite Meet: The Alumni meet because you get to do events that you normally wouldn't do!

Most Influential Teammate: Grace Carlson '19

Favorite Quote: "Don't cry because it's over. Smile because it happened." -Dr. Seuss



Nolan Larson





Nolan Larson



Major/Minor: Political Science Major and Sociology/Anthropology Minor

Parent(s)/Guardian(s): Mark and Kathy Larson

Favorite Event: 200 Freestyle

Favorite Swim/Dive Memory: Exploring the depths of Old San Juan, Puerto Rico with the boys during training trip.

Plans After Graduation: Working in the field of sales, marketing, and/or operations in the midwest!





Nolan Larson



Favorite Caf Food/Creation: A bowl consisting of white rice, grilled chicken, broccoli, and sriracha!

Favorite Meet: When we swim again Saint Olaf because of the hype and build up that surrounds this traditional battle in the pool.

Favorite Quote: "Speak softly and carry a big stick; you will go far." -President Theodore Roosevelt



Emma Lohman





Emma Lohman



Major/Minor: Communication Studies and Spanish
Majors and Management and LALACS Minors

Parent(s)/Guardian(s): Al and Lori Lohman

Favorite Event: 50 Freestyle

Favorite Swim/Dive Memory: Meeting my best
friends, Katie Gunderson and Kyra Bowar!

Plans After Graduation: Teach English in Spain OR
Find a job in public relations in Minnesota.





Emma Lohman



Favorite Set: Death by 25s because I love sprinting!

Why Gustavus: I chose to swim at Gustavus because I had done swim camps at Gustavus when I was younger, so I already knew the coaches and the campus. All of the Gusties who worked the camps were super nice and supportive. I also had some meets in the Gustavus pool against St. Peter in high school. I thought joining the swim team would be a great way to make friends and memories. I knew that even though I wasn't the fastest, I was going to get high-quality training. After swimming my freshman year I got really burned out, but I decided to come back and swim again for my senior year because I missed the fun atmosphere and the competition.

Favorite Quote: My high school coach used to say this: "Whether you think you can or you can't, you're right." Also, "If it doesn't challenge you, it doesn't change you."



Andres Losinski





Andres Losinski



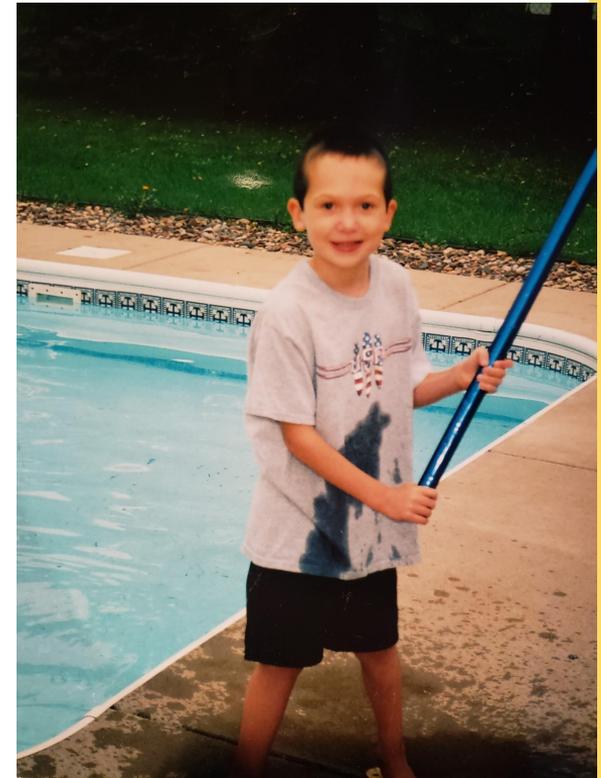
Major/Minor: Psychological Science and
Sociology/Anthropology w/ Honors

Parent(s)/Guardian(s): Abbie and James Losinski

Favorite Event: 100 Backstroke

Favorite Swim/Dive Memory: The flag-waving battle I
had with a fan from St. Thomas at the Conference meet
in 2019.

Plans After Graduation: Take two years off of school
and work in the Twin Cities then go to Grad school
pursuing a Ph.D. in Sociology or Communication
Studies.





Andres Losinski



Favorite Caf Food/Creation:
Barbeque Chicken Pizza with Onions
and Green Peppers or Omelets
(which I made for 3 years).

Most Influential Teammate: Zach
Dawson '20

Favorite Quote: "The value of a
college education is not the learning
of many facts but the training of the
mind to think." -Albert Einstein



Joshua Muntifering





Joshua Muntifering



Major/Minor: Financial Economics Major

Parent(s)/Guardian(s): Marsha and Chris Muntifering

Favorite Event: 400 IM and 800 Free Relay

Favorite Swim/Dive Memory: All of the van/bus rides with the boys on training trips through the years.

Plans After Graduation: Attend Law School or continue with internships this year.





Joshua Muntifering



Most Influential Teammate is Mack Christianson '21, because he has always had my back and I will miss carding his 1650s.

Why Gustavus: I have made many lifelong friends on the Gustavus swim team and will remember the good times I spent here.

Favorite Quote: "When you can't make them see the light, make them feel the heat." - Ronald Reagan



Hana Pokornowski





Hana Pokornowski



Major/Minor: Athletic Training Major and Coaching Minor

Parent(s)/Guardian(s): Tammi Pokornowski and Paul Pokornowski

Favorite Event: 200 Freestyle Relay and 200 Medley Relay!

Favorite Swim/Dive Memory: The MIAC Championship Meet ATMOSPHERE!!! I always made sure to look up at the stands and appreciate it all.

Plans After Graduation: Work as an Athletic Trainer while going to Graduate School for a Masters Degree in Sports Management.





Hana Pokornowski



Favorite Meet: Blizzard Meet because it is good ~FrIeNdLy~ competition and it's fun to race against each other in "off" events. Can confirm too that it is EXTRA fun when you get to chomp on a blizzard, *bought with the giftcard you won*, immediately afterwards!

Most Influential Teammate: Michelle Simms '19

Favorite Quote: "POOOLLSSS OOOPEENN!!!!"
- Coach Alex Lindstrom



Sophia Steinberg





Sophia Steinberg



Major/Minor: Sociology/Anthropology Major and Gender Women Studies Minor

Parent(s)/Guardian(s): Cheryl and Mark Steinberg

Favorite Dive: Back 1 ½ straight on 3M

Favorite Swim/Dive Memory: The challenges of pushing yourself mentally, especially with three meter. Also hanging out with teammates outside of practice and playing card games.

Plans After Graduation: Work and travel.





Sophia Steinberg



Why Gustavus: I really liked the environment and the hot tub of course.

Favorite Meet: Grinnell Invite. It has an amazing pool, hot tub, and steam room.

Favorite Quote: "Okay, now do it again, but this time do it better."
-My High School Coach

