

# Men's Swimming & Diving



2009–10



<http://sports.luther.edu>

## About the Program

- Our goal is to qualify for the NCAA III National Championships.
- The Norse have posted a .500 record or better for 29 of the past 31 seasons.
- Luther holds a dual-meet record of 92–6 versus current Iowa Conference schools.



## Program Snapshot

In athletics, a team is measured by a season's win-loss record, while a program is judged by its success over an extended time span. The men's swimming-and-diving team measures up to both standards.

During the 42 years of the program, the Norse have compiled 35 winning seasons. The training philosophy is quality, not quantity—fast swimming. The season begins with an intense dryland circuit for both swimmers and divers. Starting in early October, the swimmers begin a two-a-day practice regime. During the season, the Norse continue two-a-day practices, splitting into specific training groups which allows for more precise training. The resulting atmosphere enables Luther swimmers and divers to perform to the best of their abilities with goals of qualifying for the NCAA III National Championships. Last year, the Norse established numerous meet records and school records en route to their fifth consecutive Liberal Arts Championship. The Norse earned 40 all-conference honors, including 12 individual champions and five relay titles.

- Three student-athletes earned All-America honors.
- Forty-one student-athletes have been named to the academic all-conference team since 2000.
- The Norse were named an Academic All-America Team the past six years in a row (3.0 GPA or higher)
- Luther has won six of the seven IIAC championships.

## LANCE HUBER, HEAD COACH

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- Ninth year as head coach
- IIAC and Liberal Arts Championship Coach of the Year in 2005, 2006, 2007, and 2008
- Coached the Luther men to five consecutive IIAC and Liberal Arts Championships starting in 2005
- Men placed 30th at the 2008 NCAA National Tournament
- Five honorable mention All-Americans in 2008
- Joined Luther after two years as head coach at Cumberland College, where he coached 46 NAIA All-Americans
- Earned 12 NCAA Division II All-American honors while competing for the University of South Dakota

