

LORI HEISICK STENSTROM

Inducted 2005

Lori Heisick is one of a few Minnesotans to have set a National High School Swimming Record. In addition, while she was in college she was a member of two medley relays that set American records. She also represented the United States on several international teams.

Lori was raised in Edina, Minnesota. By age nine she was on the Edina Swim Club developmental team. Her first meet gave a glimpse of things to come as she finished first in the 50-yard breaststroke. Lori excelled as an age group swimmer under coach Jim Andersen, and achieved national rankings in the breaststroke.

She joined the Edina high school swimming team in eighth grade. Her first year was with Hall of Fame coach Ann Anklam. The remaining years she was coached by John Thomas.

The team was very strong when Lori was a sophomore, junior, and senior. They were the state champions all three years. At that time, there was a three event limit for each participant. Lori swam the breaststroke leg of the medley relay, the 100-yard freestyle, and the 100-yard breaststroke.

Their medley relay won the event all three years setting state records in 1986 and 1987. Their time in 1987 was the fastest high school time in the United States and established a state record that lasted eight years.

In the 100-yard freestyle Lori was fifth in the state as a tenth grader, and second the next two years. Her senior year time is still an Edina team record.

As a sophomore she placed second in the 100-yard breaststroke. This was followed by first place and state records in both her junior and senior years. Lori's time as a junior was the fastest in the country, and her time of 1:02.42 her last season was a national high school record. Sixteen years later it is still the state record. That year Lori was the Minnesota Female Swimmer of the Year.

Between tenth and eleventh grade Lori made the Pan American Team and won a silver medal in the 100-meter breaststroke and a gold in the 400-meter medley relay. Her first international team was a great experience for her because the Pan American Games are a mini-Olympics with all the different sports and festivities.

The next summer, before she started her senior year in high school, Lori went to the Olympic Trials. She placed third in the 100-meter breaststroke, but only the first two made the team.

After high school Lori attended Stanford where she was a sixteen-time All-American and continued to compete at the international level. At the NCAA

Championships she was a four-year finalist in the 100- and 200-yard breaststroke. In 1990, she finished second in both breaststrokes and in 1991 was the NCAA champion in the 100-yard event. She also swam on several NCAA record breaking medley relays. In 1992, they set American records in both the 200- and 400-yard medley relay.

Internationally, Lori represented the United States at the World University Games, in a US vs. USSR dual meet, and at two Pan Pacific Championships.