

Sarah Gengler was one of the first females to make her mark in Nicolet Athletics.

Swimming was Sarah's main sport at Nicolet from 1977-1980. She was a conference champion in 1977 in the 100m freestyle, in 1978 the 400m freestyle relay, 1979 the 100m freestyle and in 1980 the 50m freestyle and the 100m freestyle. She was a State Champion in 1978 with a record time in the 100m freestyle, in 1979 with a record time in the 50m freestyle and a State Championship in 1980 in the 100m freestyle. She also had several 2nd place finishes at the state championships in 1979 and 1980. Sarah received All State recognition in swimming all four years of high school and was an All American Honorable Mention recipient in 1979 and 1981. In addition to swimming, Sarah joined the girls' basketball team for her senior year (1980-81) and was named MVP that year.

In college Sarah swam for Indiana University during 1981-83 where she lettered and was team co-captain in 1982-83. At the University of Wisconsin-Madison, Sarah was a member of the rowing team from 1983-86 where she lettered all three years. She rowed in the Varsity Eight at the Collegiate Rowing National Championships capturing bronze in 1984, silver in 1985 and gold in 1986, capping an undefeated season.

Both during and after college, Sarah was a member of the U.S. Rowing National Team from 1985 through 1992 which included membership in the U.S. Rowing Olympic team in 1988 and 1992. At the 1987 and 1990 World Rowing Championships Sarah's crew won silver medals.