



Photos and Design by Chris Tharp/Index

Rubin ties school mark

Tyler Madsen
Staff Reporter

Thanks to a clutch, towering home run Saturday afternoon, the smooth swing of senior outfielder Josh Rubin will be remembered for years to come.

Once the ball disappeared from view, and Rubin rounded third base, his teammates gathered around home plate to celebrate what went down as one of the most important home runs of Rubin's career.

The shot tied the school record of home runs in a game, and Rubin now shares the mark with alumnus Tony Vandemore, who last accomplished the feat in the 1999 season.

"It's a lot of fun to tie the record," Rubin said. "But grabbing those wins made it an even better Senior Day."

Rubin has put together an excellent career throughout his years as a Bulldog, compiling a .342 batting average in his first three seasons. Although some might consider this a down year — he's hitting .302 through Wednesday's games at Northwest Missouri State University — he's driven in a team-leading 25 RBIs and leads the team with 45 hits, numbers which certainly are nothing to scoff at.

"You've got to give him credit," Southwest Baptist University head coach Sam Berg said. "He started out slow, but he'd be a starter on almost every team

in the conference because of the consistency he's shown over the years."

Rubin has compiled 180 hits during his four years as a Bulldog, leaving him only 11 behind Patrick Hardin, who set the mark last year during the team's final series against Missouri Southern State University.

After a doubleheader tomorrow afternoon against Iowa Wesleyan College, Rubin will have four games remaining against Missouri Southern State University — and a possible chance to break Hardin's record.

"Josh is such a level hitter that we constantly need to watch him to make sure he doesn't stray away from what's helped him put up big numbers so far," head coach Lawrence Scully said.

In addition to being a huge piece of the Bulldog offense throughout his career, Rubin, a business major, also has performed well in the classroom, as he is a two-time selection to the MIAA commissioner's academic honor roll.

But it's his hard work and competitive attitude that makes him such an extremely valuable element to the team.

"He's a great competitor and is one of the hardest-working guys on the team," Scully said. "A player needs to have a tough mentality to put up those kinds of numbers each season, and Josh Rubin certainly has proven that he has what it takes."

Athlete of the Week

Josh Rubin

Sport: Baseball
Year: Senior
Position: Outfielder
Hometown: Naperville, Ill.

Rubin went deep three times during the second game of Saturday's doubleheader against Pittsburg State University. The three home runs tied a school record. On the day the left fielder was 3-for-4 with five runs knocked in. He leads the team with four homers and 25 RBIs.

DOUBLE | Columnist enjoys memorable Saturday with friends, takes in new Busch Stadium, Cardinals and Blues games in nine-hour span

Continued from Page 15

stadium to erupt into applause. Around the fourth inning, we started talking about the rest of our Easter weekend. I mentioned that a friend of ours was having a birthday, and she was going to the Blues/Red Wings hockey game later that night. Chris, a die-hard Wings fan, perked up.

We joked around about how fun it would be to catch a hockey game mere hours after a baseball game, but the talk never seemed that serious. And then the cell phones came out. Nate called his little brother to check on the availability of tickets.

Because the Blues were having a terrible season, there were tickets available.

The Cards game ended, and the four of us made the five-block trek west in a slight drizzle to the Savvis Center to purchase tickets. We made it there alive after almost being hit by a truck whose driver apparently had never driven in the rain before, and proceeded to do a 360-degree spin in traffic.

We entered the ticket office and were greeted by silence. The place was empty except for us and the one ticket window. We asked for the cheapest seats possible and got them.

Because it still was two hours until

the gates opened, we headed to Union Station to grab some food. On the way I called my dad to tell him I wouldn't be home for a couple of hours. He just laughed and told me to have fun.

Once we had finished eating, we headed back over to Savvis. The gates still were 10 minutes from opening, so we waited with the other people at the doors. We quickly realized that we were the only people in Cardinals attire. We also realized that the four of us were all wearing shorts and that hockey games can get kind of chilly.

Mike and I contemplated buying sweatshirts, but upon noticing a little

girl in a tank top, shorts and sandals, we decided to tough it out.

The gates opened, and we entered the rink and looked for our cheap seats. We found them a mere three rows from the worst seats in the house, all the way at the top.

Between the first and second periods, we moved down into the fancy seats — seats where they bring you the food. In a near-empty arena the ushers don't care where you sit as long as you don't break anything or cause a fight.

The Wings jumped out to an early lead, much to the delight of Chris. But the Blues kept clawing back and

actually put up a fight. Late in the third period, it was 2-2. The mention of a potential shootout got us all excited, but that was ruined when the Wings scored with 8 seconds left to win the game.

And with that, we left the arena listening to Chris tell everyone how great the Wings were.

Even though the Blues lost, it still was a great day. It started off just a plan to go see some baseball at the new park, but the spur of the moment decision to go to the Blues game made it even better.

The double dip — a great day to be a sports fan.

DOLLARS | Scholarships and GPAs affect teams on and off field of play

Continued from Page 15

and we're not going to add to your scholarship budget." I was like, "OK. I understand that, and this is what we'll try to do with the program."

However, some athletic programs without much scholarship money seem to find a way to succeed.

"You look at some of our teams, like men's swimming," Wollmering said. "We've been top 10 in the country on very little funding. If we funded them to the levels of the women's program, we could maybe be fighting for our sixth national championship in men's swimming, too."

For athletes to keep their scholarships, they have to take school seriously. Head football coach Shannon Currier said he has a rule for his players.

"All players that have less than a 2.75 [GPA] have a mandatory study table twice a week," Currier said. "... And probably the biggest help we get is from all the great professors that e-mail and let

us know what is going on with these guys because without that information, we can't do as good of a job."

Sophomore linebacker Paul Darby said he understands the need for a study session so people can learn to budget and balance school with football.

"It's a way for them to help us manage our time and to do it in an environment that's conducive to learning and getting our work done," Darby said.

Darby transferred from the University of Texas at El Paso and received an athletic scholarship.

"I'm not on full scholarship," he said. "Hopefully after next season I can acquire a full scholarship, but I mean, it's dependent on me. So I can do that by grades or football or a combination, because it's expensive."

The baseball team led all men's sports last fall with a 3.32 cumulative GPA, followed by cross country and swimming. Football finished last in scholastic honors with a 2.87

GPA. All of the women's sports had a GPA greater than 3.00, with cross country and basketball at the head of the pack.

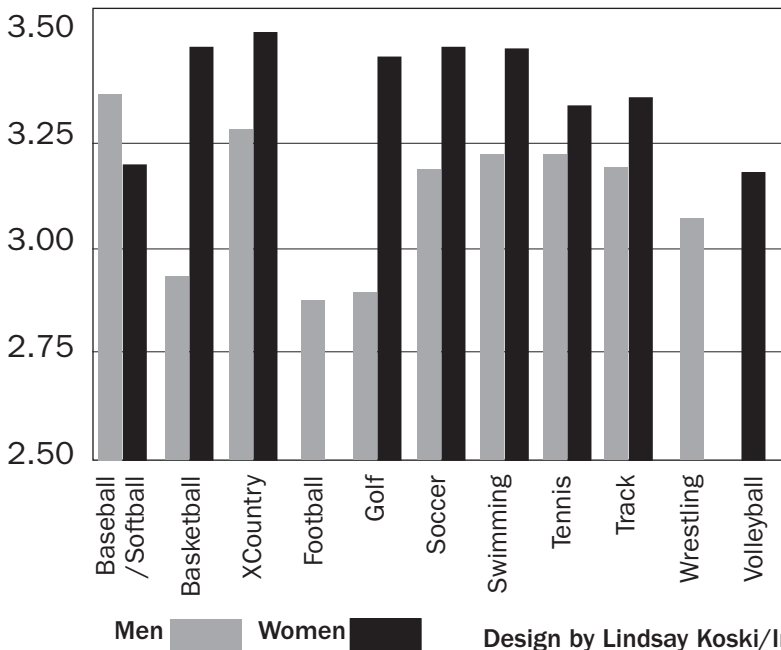
Currier said his goal is for more than 20 seniors to graduate every year.

"Right now our team GPA is roughly a 2.90, and our goal is to be a 3.00 or higher," he said. "That's where we want to be. I hate seeing kids less than a 2.50, so I'd like to get everyone beyond 2.50."

Wollmering said he's very pleased with all the coaches associated with Truman athletics but knows there still is room for improvement.

"I think our biggest challenge is just trying to provide every opportunity we can for the programs we're presently supporting," Wollmering said. "When I first got here, I felt that our budgets were adequate. Most of the time trying to raise funds from alumni, friends to improve facilities, we've had to use those funds to maintain what I guess you'd call the day-to-day travel, equipment and recruiting."

Truman's Fall 2005 Team GPAs



GOLFERS | Sophomores Marta Samojluk and Laura Westensee take long journeys, currently integral members of women's golf team

Continued from Page 15

"She's a good ball striker who is very consistent and hits the ball well, especially for someone of her size," Dave Tomson said.

Because of a long winter and a spring break vacation, she hasn't been as impressive the rest of the spring bonny collecting one top-10.

Immersed in sport

Westensee grew up in an athletic family, as her sister played collegiate golf and her brother swam for the University. She started in the junior program when she was 5 years old at the Arsenal G.C. in her hometown of Rock Island, Ill.

Collegiate golf never entered into the

equation until her senior year of high school. She played basketball and soccer in the spring — a sport she enjoyed immensely.

"I always wonder if soccer had been in the fall if things would have turned out differently," her mother Colette Westensee said.

But golf is a fall sport in Illinois — and Laura's future changed on two fall days her senior year. She shot a 78 and finished fourth after the first day of competition at the state meet. Laura, mainly relying on her stellar chipping and putting, shot an 81 on the second day and finished seventh.

"I knew I had the talent, but always wondered if I could put two rounds together," she said.

Her mom agreed.

"The short game was really the defining part of her game," she said. "She played steady. She's not really a long-ball hitter by any stretch and needs her short game to be working on days for that to happen."

Her short game — coupled with her play at the state tournament — helped give her some scholarship money and bring her to Truman. And she delivered the moment she stepped on the course. Playing in the Maverick Round-up in her first competition, Westensee fired a 168 and finished fourth in her first collegiate event.

She never finished as high the rest of the season, averaging about 87 strokes a

round. At the Maverick Round-up last fall, Westensee delivered another sterling performance, tying for first place with a 157.

"It was kind of nice," she said. "I wasn't expecting that."

Unlike Marta Samojluk, Westensee only hits her tee shot between 200-210 yards, sometimes 20-30 yards less than her playing partners. But her short game keeps in her contention.

"I just have had a lot of confidence in my putting and chipping over the years," Westensee said. "I can read the line and feel of the putt well. I know that I won't shoot a bad round if I have my short game going. It can take off a lot of

strokes."

She also keeps a level head on the course, an attribute that helps her after a tough shot or hole.

"My parents always told me to keep my head up and to stay positive on the golf course," she said.

There were few positives this past weekend for the Bulldogs — the team narrowly missed a berth to the regional tournament. However, for Marta Samojluk and Westensee — one a fiery player with a long drive, the other a composed player with a terrific short game — the road will continue again in the fall, a road that started when they were five years old.

STEREOTYPES | Lovesse and Swartz lift Olympic-style events

Continued from Page 15

The Art of the Lift

Olympic lifting involves two lifts: the snatch, and the clean and jerk. Lifters compete in different weight classes, getting three chances to perfect their maximum weights.

The lifter performs the snatch by lifting the bar from the floor to overhead in one movement and holding it there for two seconds.

The clean and jerk is a two-part lift. First, the lifter brings the weight to the shoulders and then, using the combined strength of arms and legs, raises it overhead.

After each lift, the lifter drops the weights to the floor.

Both Swartz and Lovessee compete in the 53-kilogram weight class. This is the second year both have qualified for collegiate nationals, and Swartz qualified for senior nationals.

Koch said lifting sounds easy, but the simplicity of the movements can be misleading.

"Good lifters are so quick and powerful that people watching often don't understand how much hard work goes into those few seconds," he said. "A good lift is like good art."

Swartz said the art is in the technique.

"You can be stronger than crap, but if you don't have the technique, you're not going to be able to lift," she said. "You've got to be mentally strong and focused. A lack of concentration will send your entire lift down the drain."

A History of Sexism

Weightlifting opportunities for men and women haven't always been equal.

Although weightlifting has been a part of the Olympics since 1896, women's weightlifting is in infancy. The International Olympic Committee didn't officially recognize female weightlifting until the 2000 Olympic Games.

"It's been a slow start for women," said Whitney Rodden, head strength and conditioning coach for MidAmerica Nazarene University (Kan.). "We've had to fight for everything we've got, but we're proving we can do it."

Koch said female athletes in every sport have had similar problems.

"Basically, it's a history of sexism," he said. "In the old days, people thought women were too frail and delicate to handle sports."

But he said that stigma is disappearing, and more women are join-

ing sports that don't fit the traditionally feminine mold.

Reactions vary when Swartz and Lovessee tell people they're weightlifters.

Swartz said people want her to show them pictures and her muscles before they'll believe her. Lovessee said people want her to demonstrate at parties.

"I tell guys I do the clean and jerk and the snatch, and they always want me to show them because they think it's some kind of erotic sex position," she said.

What Lies Ahead

When Swartz and Lovessee lift at collegiate nationals Saturday, it will be the last time they compete as a team because Swartz will graduate in May.

"It's going to suck next year," Lovessee said. "I'm not going to have anyone to look up to."

She said she's not sure she'll be able to live up to Swartz's level.

"Her form is perfect," Lovessee said. "She makes me jealous."

But life must go on.

Swartz said she's in the process of buying weights so she'll be able to work out after she graduates.

"I can't imagine my life without lifting," she said.

Bellacino's®
Pizza & Grinders

This week's specials

Select 1/2 grinders
\$2.99 or \$3.99
All Day Tuesday
Sunday Night 4 p.m. to close

Free delivery
516 N Baltimore
phone: 665-7665 fax: 665-7782