

Athlete of the Week

Derek Lindsey

Sport: Basketball
Year: Senior
Position: Forward
Hometown: Eureka, Mo.

Lindsey was twice matched up against Lincoln University's top scorer, Titus Byrd, and twice kept him 20 points below his season average. He also was the third leading for the Bulldogs in their three games last week, all wins.

Lindsey slams door on offense

Joseph Barker
Staff Reporter

In the age of stats, nothing as of yet shows a good defensive performance. Defense transcends statistics.

Going into their game Nov. 28 against Lincoln University (Mo.), the Bulldogs knew they had to shut down the Blue Tiger's senior guard Titus Byrd, who was averaging more than 30 points a game. Sensing a good matchup, head coach Jack Schrader called on his senior guard, Derek Lindsey, to guard Byrd. With Lindsey guarding him all night, Byrd only managed 10 points on 3-14 shooting.

"Coach wanted to emphasize shutting him [Byrd] down," Lindsey said. "I kind of took it as a challenge to keep him from scoring. I knew if I could shut him down on defense, we would have a pretty good chance at winning."

The 'Dogs again took on the Blue Tigers five days later, and again Lindsey matched up with Byrd. Again, Lindsey stifled Byrd, scoring eight points with 1 of 10

shooting. The two-game defensive lockdown, plus Lindsey's 11 points per game average in the three games last week, earned Lindsey athlete of the week honors.

"It's hard to stop a good player like that once, and [Lindsey] did it twice," head coach Jack Schrader said. "I think he [Byrd] had eight points down there, and five of those came on free throws, two times when Derek didn't foul him. [Byrd] had just one field goal, which was just an outstanding job. It just shows the type of defensive player he is."

In two games, Lindsey shut down the opposing team's top scorer. It should come as no surprise that both were Bulldog wins.

"Defensively, you can spark your offense by getting a big steal or just frustrating a guy to take bad shots, which can lead to nice easy buckets for our team," Lindsey said.

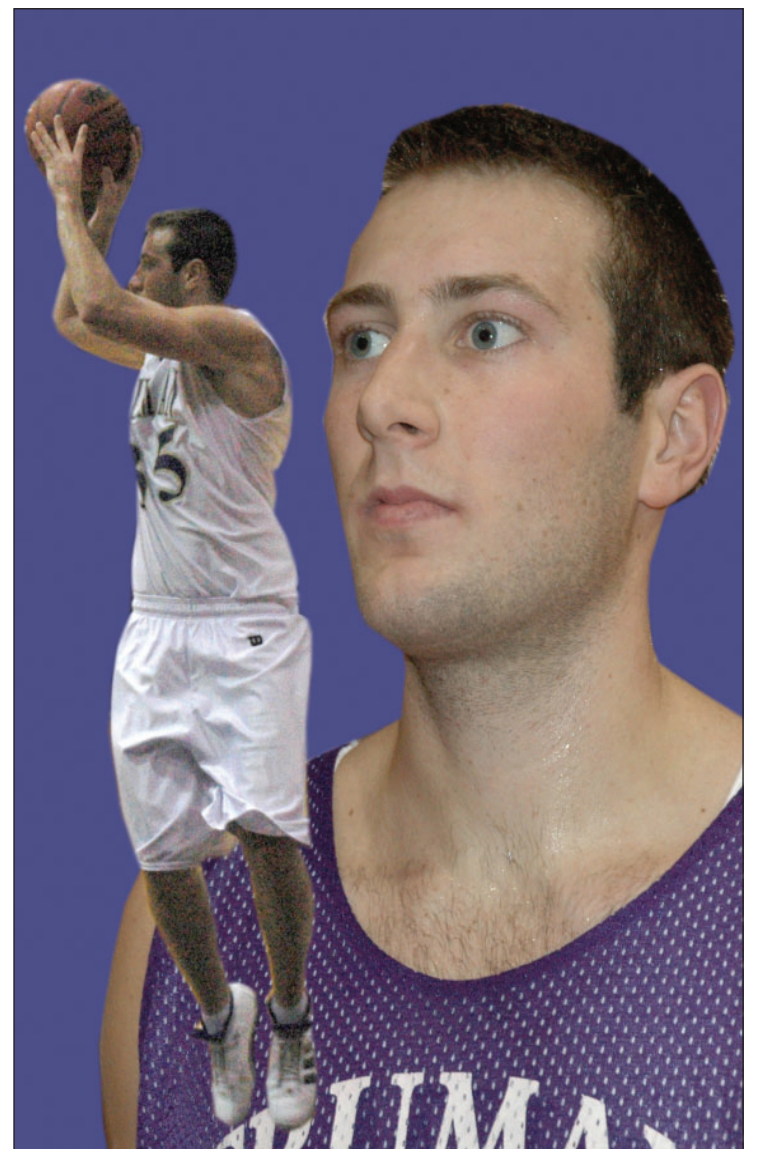
Lindsey was third on the team in scoring in both Lincoln games with 12 and 11 points respectively, but his offense is not why Lindsey is on the roster.

"Derek brings what coaches

like to refer to as 'all the intangibles,'" Schrader said. "[He does] a lot of the stuff that doesn't show up in the statistics. On the same hand he does a lot of stuff that does show up in the statistics: rebounding, shooting percentage, making free throws, making points—timely points. And I think obviously his most outstanding quality is his defensive abilities."

Although Lindsey was in charge of taking on Lincoln's top scorer, that is not always the case. Schrader said the player Lindsey guards usually is determined by what helps the team the most.

"At Lincoln, he was on their point guard, who handled the ball a lot, and we just thought that that was the best matchup," Schrader said. "That's not always going to be the case because sometimes we need his rebounding. He's also a very good rebounder. It's just whatever matchup best helps the team. And that, I think, shows the value of Lindsey, because sometimes it is stopping a player from scoring but sometimes ... helping out with the rebounding."



Designed by Chris Waller/Index

Indoor Track Season

| | | |
|------------|--------------------------------|-------------------|
| Dec. 9 | Cyclone Holiday Classic | Ames, Iowa |
| Jan. 14 | Iowa Hawkeye Open | Iowa City, Iowa |
| Jan. 20 | Central Missouri Invitational | Warrensburg, Mo. |
| Jan. 27-28 | Iowa State Open | Ames, Iowa |
| Feb. 4 | Augustana College | Rock Island, Ill. |
| Feb. 10 | Mule Relays | Warrensburg, Mo. |
| Feb. 18 | Knox Invitational | Galesburg, Ill. |
| Feb. 24-25 | MIAA Championships | Joplin, Mo. |
| Mar. 10-11 | NCAA Division II Championships | Boston, Mass. |

Designed by Stephen Emlund/Index

Indoor track prepares to start year

Men's and women's teams combined under one coach this year

Krystal Miller
for the Index

Sleighs are not the only things dashing through the snow this winter.

The track team is too.

The indoor track season races to Truman as the men's and women's teams have their first meet of the season tomorrow versus Iowa State University.

Even though they are indoor track teams, they often have to practice outside because Truman does not have a sufficient indoor track.

John Cochrane coaches both the men's and women's teams, but it hasn't always been that way. Ed Schneider used to coach the men's team, but he is retiring in the coming weeks.

Cochrane said the change has been a bit of a challenge, but he

thinks it will remain the same way in the future.

"Most schools' track teams are coed, so it makes sense for us to stay that way," Cochrane said. "But we're getting another assistant coach to take some of the weight off our shoulders with the coaching."

Cochrane said the women's team is now in a rebuilding stage.

"We have some excellent players, but we're still kind of in a lull," Cochrane said. "But all I ask is for each individual to do their best, men's and women's. If we do that, the team as a whole will do their best, and that's success."

Cochrane said the indoor track team does most of the same events as outdoor track, but the events are shorter.

However, even with the shorter distances, the team still has to practice outside. Cochrane said he hopes tomorrow's meet will benefit the team's practicing habits.

"A lot of schools don't start

their season until after Christmas," Cochrane said. "Our hope is that with the meet this Friday, it will motivate the team to practice over the break."

Senior Eli Klimek has run track all four years. He recently completed his cross-country career at the national meet. His main event is hurdles. He said that even though the team has some practices outside, running inside at the meets can be beneficial.

"You don't have to worry about the wind and rain getting in your way," Klimek said. "The laps are also shorter, and we hear our times after every lap. So it's a lot easier to keep track of your final time that way."

The outdoor track is 400 meters long whereas the indoor track is only 200 meters long. However, Klimek said running inside does have its downfalls.

"Because the laps are so much shorter, the turns are a lot sharper," Klimek said. "That can really hurt your feet and cause some ankle problems."

Klimek said he really enjoys the change in the team from separated to coed. He said it helps to have more people to help you along the way when practicing.

Sophomore Jason McDougal, who usually runs the decathlon, said he joined the team for reasons other than just the sport.

"It's a good place to get to know some friends," McDougal said. "There's a sense of camaraderie on the team, and it's just a good break from classes."

McDougal said that even though the team has been newly united, the members still get along like old friends.

"We have practices at 5:30 a.m. on some days, so we see each other literally sunrise to sunset sometimes," McDougal said. "There's no doubt about it that we are kind of like a family."

After tomorrow's track meet, the team will not meet again until Jan. 14 when it takes on the University of Iowa in Iowa City. The team will return from its break a week early to practice.

The Women of Alpha Sigma Gamma welcome the fall 2005 pledge class!

- | | |
|-------------------|------------------------|
| Lindsay Alexander | Kelsey Menke |
| Desi Atwater | Chrissy Molinar |
| Sarah Bates | Nadia Mozaffar |
| Erica Carr | Ashlynn Omer |
| Julie Denton | Lauren Palazzolo |
| Holly Embree | Audrey Perkins |
| Beth Falkner | Lauren Peterson |
| Jen Farris | Julie Pincus |
| Stephanie Finferd | Sarah Pleiness |
| Leah Guerrero | Mary Pund |
| Sarah Huber | Christina Rector |
| Dawn Juon | Megan Vivan |
| Kara King | Abbey Wecke |
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