

# Track competes under one coach

Chris Waller  
Photo Editor

Alumna national champion Christina Winkler might have graduated, but she did not leave the track team behind.

Winkler joins head coach John Cochrane as an assistant in his first year as coach of the men's and women's track teams. The two teams combined after the retirement of longtime men's coach Ed Schneider last year and Cochrane was named head coach of the new squad.

Several track runners were teammates with Winkler in the past, and they said she is a big asset as a coach.

"It'll be a little bit different with Christina as a coach as opposed to a runner," freshman sprinter Ashley Peters said. "Obviously, she is a team leader, but the fact that she is not right beside us, constantly physically pushing us with our workouts, I think, is making many people start to step up."

Winkler is one of many new assistant coaches in the track program – the only returning coach is Cochrane. Many seniors also have graduated from the squad, leaving only five seniors on the roster.

Assistant coach Phil Andreas said that although most of the staff and athletes are young, the season will challenge them in a different way.

"We graduated a lot of talent last year," Andreas said. "And it's in a

way a rebuilding year, and we have a very, very young team."

At the Central Missouri State Invitational on Jan. 20 in Warrensburg, Mo., last weekend, the women finished third out of five teams, with junior Ashley Colon finishing first in the weight throw event and fourth in the shot put.

The men did not finish as well at the event as it finished fifth out of five teams, but sophomore Sean Bergstedt finished second in the 60-meter hurdles.

Junior Kevin Crean also won in the 800-meter race with a time of 1:57.99.

Crean said that although the team is young, it does have experience.

"Last year I was excited about what we did, but we were pretty young," he said. "This year it feels like the experience is there on the training level."

Andreas said combining the two teams was a good idea, and the team will accomplish more because of it.

"I think [Cochrane] is doing very well, and the combination has been a benefit to both programs," Andreas said.

Cochrane said coaching two teams is a challenge.

"I knew it was going to be more of a workload, but it's more than I thought," Cochrane said.

He said he doesn't see his coaching strategy changing even though he has more administrative responsibilities.

"I enjoy working with the men

and the women," Cochrane said. "I've worked with men a few times over the years I've been here. Track is track, but now it's just the whole thing and that's more work."

Cochrane said he agrees that this is a rebuilding year but that replacing lost athletes is a difficult part of the job of coaching.

"We just have not been able to replace them," Cochrane said. "So we are a little bit different than we were. We are not very strong in the sprints now – we don't have any short sprinters, whereas five years ago we had so many."

Crean said the team already is looking ahead to the outdoor meets. The outdoor season starts March 18, and noteworthy meets include the Truman Invitational and the Drake Relays.

Crean said the Drake meet is one of the biggest of the year.

"They had two Olympic gold medalists last year, they have invitational miles, they have a high school level – everyone comes to this one," Crean said.

Cochrane said the main goal is improvement.

With young athletes as well as coaches, Cochrane sees this season as a chance for the team to improve for years to come.

"I do think we are going to do really well as we go on," Cochrane said. "We have some distance runners that are going to do real well. What we are going to try to do is to have everyone improve."

## SPORTS | In Brief

### Truman leads state in athlete graduation rates

The 1998-99 entering class shows student-athletes graduating at a rate of 77 percent, 10 percentage points higher than the University student body rate.

The rate also ranks above the other Div. I and Div. II institutions in the state, including the University of Missouri-Columbia, Missouri State University, Saint Louis University, University of Missouri-Kansas City and University of Missouri-Rolla.

In the MIAA, Truman has a six percent advantage over the second place school, Pittsburg State University. The national average is 54 percent.

### Football coach takes position at NW Missouri

Football wide receivers coach/recruiting coordinator Charlie Flohr resigned Jan. 5, said Aaron Rasset, assistant coach/defensive coordinator Tuesday.

He accepted the passing offensive coordinator position at Northwest Missouri State University.

Flohr served as tight ends coach at NWMSU before coming to Truman.

Flohr served for two years at the University under head coach Shannon Currier.

He recruited the Central Illinois area and helped sign quarterback Michael Long and defensive end Les Hammers, two top recruits from the 2005 signing period.

Rasset said special teams coach Daric Riley has taken over Flohr's recruiting duties. The team has not filled the WR role.



Chris Waller/Index

Freshman pole vaulter Kristen Klesh practices in Pershing Arena Monday afternoon.

# 'Dogs improve dual record to 3-1 after win over SIUE

## Team will face CMSU, E. Illinois, two Minnesota schools this weekend

Josh Sisson  
Staff Reporter

A monumental task awaits the wrestling team.

The Bulldogs have wrestled four duals so far this season, and they take on five opponents this weekend alone.

After going on the road to take on McKendree College (Ill.), tomorrow night the 'Dogs will travel to Warrensburg, Mo., for the CMSU Duals on Saturday. Head coach Dave

Schutter said the duals should be a good measuring stick for just how good his squad is.

"It's going to be tough to come home with four dual wins, but that's what we're expecting," Schutter said. "We're treating it like regionals. If guys can go down there and go 4-0, then they can probably go 4-0 at our regional tournament and go to nationals. Guys that go 3-1 can probably go to nationals. Guys who go 2-2, 1-3 or 0-4, they're not going to nationals out of our regional, so that's how we're treating this weekend."

The 'Dogs didn't look like a team ready to go to nationals last Wednesday when Lindenwood

University (Mo.) trounced the 'Dogs 34-6. The 'Dogs bounced back two days later, however, with a 32-12 win against Southern Illinois University-Edwardsville.

Senior 157-pounder Dustin Teeman said the 'Dogs didn't have time to feel sorry for themselves after the Lindenwood dual.

"It was definitely important to get our heads straight and get things together for the dual on Friday," Teeman said. "It was coming up pretty quickly after the Lindenwood loss, so we had to pull things together rather quickly."

Teeman, who wrestled his freshman year at Lindenwood before transferring to Truman, said the

NAIA national champion has a lot of strength.

"I always say they're like the Yankees of wrestling because they have as many scholarships as they want to give away, so they can pull in all kinds of wrestlers from all areas and give them full rides," Teeman said.

He said he didn't make excuses for his team, though.

"They're a very tough team to compete against, and they're the toughest team we've competed against so far, but I wouldn't say that's why we got creamed," Teeman said. "We just didn't wrestle up to our ability."

Junior 141-pounder Adam

Vogt said Lindenwood's dominance extends beyond its abundance of resources.

"It seems like they have a lot of guys that all work hard, and their coach pushes them pretty good," Vogt said. "He manages to motivate them without upsetting them, running them down or making them not want to work. That's what makes them a very good team – the motivation."

Freshman 165-pounder Blake Peterson and senior 184-pounder Gregg Nurrenbern were the only Truman wrestlers to post wins against Lindenwood. Neither has lost since mid-November.

If Lindenwood is wrestling's

version of the Yankees, then perhaps SIUE is more like the Detroit Tigers. The 'Dogs had little trouble with SIUE, losing only two matches during the evening and improving their dual record to 3-1.

Schutter said the team has some injuries, specifically junior 174-pounder Gordon Harrison. Schutter said a nagging shoulder injury might keep Harrison sidelined for the rest of the season. Sophomore 149-pounder Chad Swagman also has a broken toe, but will wrestle, Schutter said. Senior 125-pounder Allen Stokes will also wrestle this weekend. He has sat out the last two duals because of injury, Schutter said.

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**FEBRUARY FRENZY IN PERSHING ARENA**  
**UPCOMING HOME EVENTS**

**WEDNESDAY, FEB. 1ST**  
**BULLDOG WRESTLING VS. MISSOURI BAPTIST**  
**7:30 P.M. (SENIOR NIGHT)**

<p><b>Saturday, Feb. 4th</b></p> <p>VS</p> <p>Bulldog Basketball vs. Emporia State 1:30 Women's Game 3:30 Men's Game</p>	<p><b>Saturday, Feb. 11th</b></p> <p>VS</p> <p>Bulldog Basketball vs. Pittsburg State 1:30 Women's Game 3:30 Men's Game</p>
<p><b>Wednesday, Feb. 22nd</b></p> <p>VS</p> <p>Bulldog Basketball vs. Central Missouri 5:30 Women's Game 7:30 Men's Game</p>	<p><b>Saturday, Feb. 25</b></p> <p>VS</p> <p>Bulldog Basketball vs. Southwest Baptist 1:30 Women's Game 3:30 Men's Game Senior Day -- U.S. Cellular FanZone</p>

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