

Bulldogs undergo tough meet

Sadye Scott-Haincek
Staff Reporter

Although senior Jacquie Faust placed 11th out of 286 runners at Saturday's Southern Stampede Meet in Joplin, Mo., she's still disappointed.

The Bulldogs finished 18th of 34 teams overall, and only one other Bulldog besides Faust — sophomore Danna Kelly — broke into the top 60. Faust said generally all the team members were disappointed with the meet's outcome.

"There's always really great competition there," she said. "You really want to help to race well at Joplin. I think we all performed below expectations."

Still, head coach John Cochrane said some things did go right for the Bulldogs, including some team members improving their times.

"We still needed to work a little more on moving ourselves up in the second or

third mile," he said. "We did have quite a few people get out better and get themselves positioned a little bit, but they didn't quite use it after they had it the way they should."

Cochrane said some of the team members are still struggling with injuries, including senior Meagan Robertson, who hasn't begun running because of an inflamed joint in her knee. And sophomore Alana Walker didn't perform at her potential after a stress fracture, Cochrane said.

"[Alana's] nowhere near where she finished," he said. "She's a lot further up than that in reality, and it will get better as we go on."

The Bulldogs have a break next weekend, which will provide them with an opportunity to improve, Faust said.

"When we don't race on the weekends, it gives us an opportunity to train through," she said. "We'll be training hard, taking advantage of not having to

race, having the extra day to train."

The next meet at Emporia State University on Sept. 29, also should provide a chance for the Bulldogs to improve because at a smaller meet it's easier to gauge where runners are, Cochrane said. But ultimately, the Bulldogs just have to execute.

"We did some of the things better, we just didn't do enough of the things better," he said. "If we don't do the things better, where we finish won't be any better, and if we do things better, we'll finish better."

The men's cross country team, which placed eighth out of 31, entered Saturday's race hoping to compete strong with conference opponents and adjust to running an 8K again instead of a 5K, junior Bryant England said.

"The 8K distance was kind of a rough jump for us this year," he said. "I think a few of us had a hard time coming back to the 8K, but that'll be better in two weeks."

Head coach Tim Schwegler said that although the team didn't perform as well as hoped, the members are optimistic about their ability to catch up to conference opponents.

"We made some progress as far as race tactics and just knowing what we want to do in the future," he said. "So I think we took a step forward in that direction even though we'd have liked to perform a little better."

England said the team ran better as a whole and made some successful adjustments after last week's meet.

"Individually, there were a few variations," he said. "The team kind of raced as a pack for 8K and made some improvements in our three, four and five runners from last year."

Six Bulldog men finished in the top 100 out of almost 300 runners. Senior Jason Simpson led the team at 22nd place, and freshman Zach Chapman placed 39th.

Outside of the top 50, junior Steve Porath placed 60th, senior Eric Wittrock was 69th, England finished 72nd and freshman Nick Tegmeier ended in 87th place.

However, freshman Adam Kell, who performed well last week, sat out the meet because of a sore foot. Schwegler said it's too early in the season to risk losing him permanently.

"You just want to lean on the side of precaution than to try to go ahead and race him," he said. "We were one man short, but there's other schools that are in the same situation we are."

The men, who also have next weekend off, will use the break to prepare for a smaller conference meet in two weeks, England said.

"Hopefully getting a little rest and not having to race one week will get us both physically and mentally refreshed and ready to really perform at Emporia," he said.



Photos and design by Chris Tharp/Index

Hawks goal scoring outburst ignites 'Dogs

Hawks scores three goals in two games, helps team to 6-2 overall record in 2006

Chris Waller
Staff Reporter

Senior forward Lauren Hawks scored only four goals last season.

Last weekend she scored three in only two games.

Hawks scored every goal for the women's soccer team last weekend, including two in the 2-0 victory against Emporia State University on Saturday.

Even though she leads the team in goals, she is still very modest about her abilities.

"I was just trying to put the ball in the back of the net, we got fouled two times, so I was able to score on two penalty

kicks," Hawks said. "It's my job to put the ball in the net, so I'm always going to try to do it, but I can't say that that's something that's going to happen every weekend."

Despite her individual performance, Hawks said her team had as much to do with the goals as she did.

"Obviously, it was a real team effort," Hawks said. "The first game we won, so I'm definitely pleased with that result. I hope that this also shows people that we can win games and we can score goals as a team offensively."

I hope that I can continue to pump people up and let them know that we can score goals as a team and individually."

Head coach Mike Cannon said he thought it was only a matter of time before Hawks would start scoring often. Cannon said Hawks is an asset to the team and has been for several seasons.

"She is a goal scorer, and she always has been, but this year she has been given a chance to show that," Cannon said. "She played behind some really good players in her first couple of years, and last year and this year so far she has been our most consistent threat. She has always been a good player, creative, smart, and she sees the field well."

Cannon also said he was impressed how well Hawks was prepared for the season.

"Her work rate this year has been really high, it's always been good but she has stepped it up to that next level," Cannon said. "She is running through tackles and doing anything she can to get the ball and create chances for the team. I think a lot of that has to do with maturity and confidence."

Cannon said that because other players have left the program, Hawks has stepped up to fill their shoes.

Cannon said that Hawks has assumed a leadership role and motivates other players to do their best.

"She has always been a leader, but now she has stepped into the role," Cannon said. "She is one of our most vocal players on and off the field, and she is very confident in what she is saying. She is saying all the right things to the girls."

"I was just trying to put the ball in the back of the net."

Lauren Hawks
Senior Forward

Athlete of the Week

Lauren Hawks

Sport: Soccer

Year: Senior

Position: Forward

Hometown: Omaha, Neb.

Hawks netted three goals for the Bulldogs in two games last weekend. On the season she has six goals, double the next closet member of the team. Her six goals are already a career high, bettering the four she scored last season. The senior forward leads the team in shots and shots on goal for the year, helping the Bulldogs enter the weekend with a 6-2 mark.

Kirksville residents compete in national competition

Three residents practice and compete in shooting competitions across the U.S.

Andrew Richmond
for the Index

Traveling at more than 1,000 feet per second, 30 bullets discharge from Emanuel Bragg's handgun in 12 seconds, hitting targets up to 50 yards away.

Bragg, a Kirksville resident and director of the universal shooting academy, recently competed in the Grandmaster division.

This is the highest of 6 divisions of the United States Practical Shooting Academy National Competition.

The U.S. Nationals are the premiere U.S. shooting event, Bragg said.

The four-day competition, which comprises of shooters who have already won tournaments in the other

divisions, featured 375 of the best shooters from across through the country, who qualified for the tournament at the regional and national levels.

Bragg placed 12th in the event overall.

"Last year, I had no problems, and I ended up second, so I was the favorite coming into this one," Bragg said. "But I had some problems, and things didn't work out the way I wanted them to."

As director of training, he said he spends most weekends traveling the country instructing at sessions.

He said his training programs are for the military, law enforcement and civilians.

Bragg said he teaches individuals how to draw and fire quickly while

maintaining accuracy.

Each competitor must go through 18 different stages during the four-day event.

The stages require anywhere from six to 30 bullets, also referred to as rounds, that must be shot into targets made of steel or paper.

The distance of the targets ranges from three feet to 50 yards. In a 30-round stage, the object is to fire 30 rounds into the 'A' range, or center of the target, as fast as possible.

Points are awarded based on the number of rounds in the A range divided by the total time.

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Emanuel Bragg
Kirksville Resident

Bragg said he plans on competing again next year, and this time he said he will take some more time off to practice ahead of time.

Brad Bolz, Kirksville resident and a competitor at Nationals, finished third in the 'B' division.

Bolz said he performed at his best this year, but he is confident that he can improve by 2007's meet.

He said he has been shooting competitively for 10 years, and he still gets goosebumps when he starts the competition.

"It's just so cool to hit those six steel plates exactly in the right spot," Bolz said. "The ability to watch the front sight lift and know exactly where the bullet went and move on before the front sight even comes back down out of recoil is a rush."

Bolz often practices on some land he owns outside of Kirksville that he has turned into his private shooting range.

The range includes steel targets and

carpet grounding.

Cole Gleason, manager of Gleason Auto Parts, has been shooting in competitions for 22 years. He has attended both the national and world competitions, although he didn't compete this year.

He said the U.S. Nationals is the most prestigious event in their sport in this country.

"It has the most advanced course designs to test the competitor's abilities and their weapons and it's just a lot of fun," Gleason said. "There will be targets that are activated by other targets and they may move or swing or disappear. It's just something thrown into the mix to test the competitor."

Gleason said some of his friends convinced him to try the sport in 1988, and he has continued from there.

"It's very addicting, I've been at it ever since," Gleason said. "I really enjoy it. We kind of consider it like golf, only louder."

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