

Bulls drop close game to Benedictine

BY ARRON HUSTEAD
Staff Reporter

Benedictine College (Kan.) scored a goal on a penalty kick in the final play Sunday to defeat the rugby team 17-14.

The penalty resulted from a Bulls player obstructing the ball with his leg while one of the Benedictine players was attempting to put it into play.

"The referee made the right call under the circumstances," head coach Bill Sexton said. "The kicker was on a bit of an angle but certainly a very makeable kick, and he's a good kicker."

Sophomore William Holleman and senior Leonard Stephens scored one try apiece for the Bulls. A different twist accompanied

the game because Benedictine's field measures only 80 yards by 40 yards. A normal rugby field measures 110 yards by 75 yards.

"It's a terrible environment to play rugby because there's no room to move," Sexton said.

The Bulls had to try out some different strategies because of the size of the field. Benedictine was able to utilize a more effective swarming defense on the smaller field, making it difficult for the Bulls to move the ball laterally. With less room, the running lanes became harder to get through and the Bulls were unable to spread the field as effectively as they usually do.

There was also less open space for them to kick to. Sexton said Benedictine took bet-

ter advantage of the different field environment.

"They played to what helped them out and put us under a lot of pressure because we didn't have much room, and we didn't respond as well as we could have," he said.

Of the Bulls' 37 players, only 16 made the trip to Benedictine. As a result, some members of the team had to play in positions they weren't accustomed to, and several of the team's younger players got significantly more playing time. Sexton said he thought the younger players filled in well for the team members who didn't make the trip, despite some of them playing in just their first or second game.

"They generally played quite

well, and so we're happy about that, but at the same time, it's disheartening that some people don't make these trips," Sexton said. "That's sort of a double-edged sword. You have some guys that chose not to come that left you hanging, and we have other guys that got a chance to play."

Even with a limited roster, Sexton said the team still had a good opportunity to win.

"We could have done better with the guys that we have, but we didn't execute as well as we could have," Sexton said.

The same 16 players who completed the 80-minute game played a 40-minute contest immediately after against Benedictine's B team, winning 12-5.

Senior Jake Uhlenhake and

sophomore Paul Edgerley were the team's ironmen this weekend, playing every minute of both games. Edgerley did so despite suffering a broken nose during the first half of the first game.

"I got kned in the face pretty hard, and it just bent my nose a little bit to the side, and before I know it, I'm sitting there and I hear people saying, 'Your nose is crooked,'" Edgerley said.

Edgerley said the team underperformed, even with the many obstacles it had to deal with.

"I think we could have played much better, but considering the situation we were in and how few people we had, we had many people dig deep, and we had some new people really step up," he said. "So there are definitely

some positives, but we could have played better."

Edgerley said the Bulls made too many mistakes in the contest.

"I think just throughout the game we just gave them too many opportunities to score, and this time we gave them an opportunity to kick a penalty kick, just kind of off our own mistake, and they took advantage of it," he said.

Sophomore and vice-captain Phil Powell said the team's many penalties were some of the biggest factors in the game.

"We had a lot of penalties and rookie mistakes not made by rookies," he said. "A lot of them were made by rookies, but they were stupid mental mistakes that we shouldn't have made."



Senior Sean Bergstedt clears a hurdle in practice Wednesday. Bergstedt broke his own meet record in the 400-meter hurdles at the Northwest Missouri Open last Saturday.

Joe Barker/Index

Bergstedt sets new meet record

BY JACK NICHOLL
Staff Reporter

With the wind to his side, senior hurdler Sean Bergstedt was forced to make a quick decision.

The original plan for his 400-meter race was to run the first four hurdles with 13 steps between each and 15 steps between the remaining six hurdles. It was something he and head coach John Cochrane had been working on until the start of the meet.

But with strong winds at his back in the beginning of the race, Bergstedt deviated from the race plan, shortening his stride and taking 15 steps between the third and fourth hurdles.

The strategy paid off. Bergstedt finished first at the Northwest Missouri Open last Saturday with a time of 51.45, more than three seconds ahead of the second-place finisher. He broke his own meet record of 52.43, set in 2006, and claimed an automatic berth in the NCAA championships starting May 22 in Walnut, Calif. He also set a meet record in the event the previous week at the Truman Open.

"[The wind] kind of throws in an extra variable there," Bergstedt said. "You want to be able to make sure your steps are correct throughout the whole race, and depending on if it's blowing at your back on the home stretch or blowing in your face on the home stretch, it kind of makes a difference on how your steps are going to be."

During the last two meets, Bergstedt has started with the wind behind him

and ended with the wind in his face. He said it helps to cut down strides at the beginning but that it can be tough in the end when your legs are already tired.

"That wind is blowing right into your face in that home stretch, and it just takes it out of you," Bergstedt said. "You're already dead, and then you have to run into the wind and run over hurdles. It's not a very good combination."

Bergstedt finished second in the event at the outdoor championships in 2007. Last season, however, two factors were different: He was coming off a minor injury from the indoor season, and his step pattern was a consistent 15 steps throughout the race.

The new 13-step pattern is faster at the start but can wear down the runner by the end because of the longer strides. The race has to be run at a high intensity to compensate for the change.

"The only payback for that is that if you take out too many steps for too many hurdles, you die," Cochrane said.

Cochrane is starting Bergstedt with interval workouts designed to build up a high tolerance for lactase, which builds up as a result of racing. Because Bergstedt qualified for nationals early in the season, he and Cochrane will be able to experiment with technique and strategy at the upcoming meets.

"What it allows us now is to go and take a chance at some of these meets to see what's going to happen," Cochrane said. "We eventually have to get to four hurdles [at 13 steps each]. I don't know if we could get beyond four."

Athlete of the Week

Sean Bergstedt

Sport: Track

Year: Senior

Hometown: Kansas City, Mo.

Bergstedt claimed first in the 400-meter hurdles at the Northwest Missouri Open last Saturday with a time of 51.45. The time gives Bergstedt an automatic invite to the NCAA Championship. Along with the championship time, Bergstedt set the meet record in the race — breaking his own record set in 2006.

PRE-CONSTRUCTION SPECIAL
PRICES STARTING AT
\$325/BEDROOM
AND 2 MONTHS FREE RENT
IF YOU MOVE IN BEFORE
AUGUST 30, 2008!

Feeling cramped? Dorm room have you wishing for a bit more privacy?
Tired of renting a rundown apartment with no real amenities?
Get the true college experience without the sacrifice!

Introducing the Cove at Kirksville

Luxury student housing at affordable prices!

Opening in August of 2008, the Cove at Kirksville offers upscale amenities catering exclusively to the student looking for the true college experience without sacrificing convenience.

Monthly rent on these move-in ready, 4-bedroom/4-bath cottage-style homes include:

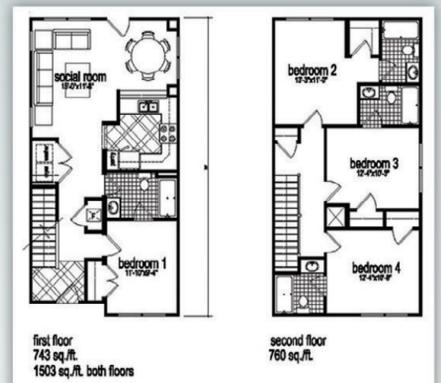
Fully furnished units
2 blocks south of campus
Individual bedrooms with private bath
Hardwood floors

All utilities (excluding electric)
Washer and dryer in each unit
Premium cable
High speed internet

Our clubhouse will be like nothing else in Kirksville —

Cove residents will enjoy our pool, hot tub, outdoor BBQ grills & fire pits, game room, 24 hour fitness center, basketball, sand volleyball and tanning beds!

For more information, please call 314-324-2865 or e-mail contact@CoveAtKirksville.com



COVE
at Kirksville

www.CoveAtKirksville.com