

Wrestling team falls 39-10 to No. 2 Mankato

BY ARRON HUSTEAD
Staff Reporter

The bitter cold of the north offered little solace to Truman wrestlers this weekend.

The team wrapped up the regular season Saturday with a 39-10 loss to No. 2 Minnesota State University-Mankato. The loss sets Truman's record in duals this year at 4-8. Saturday's loss doesn't seem to be a good omen for the Bulldogs, with just one week before the beginning of the NCAA Div. II Midwest Regional Tournament.

Truman suffered four pin-fall losses to Mankato and one loss by technical fall. The team came away from the dual with only two victories, courtesy of senior Rob Nahlik and freshman Thomas Redmon. Redmon defeated Mankato's Tom Block by disqualification following an illegal hold.

"It was just a hard-wrestled match," Redmon said.

For the second consecutive week, Redmon picked up a win in the 197-pound division, even though he normally competes in the 184-pound class. He is 2-2 in duals since moving up in weight. Redmon said he has to prepare differently for competition in a higher weight class.

"You lift more weights," he said. "You eat more. You worry more about your strength than you do your technique. You just try to get bigger and stronger."

Redmon said he has some advantages over the competition at 197 pounds even though he has only competed in that weight class at four duals this season.

"The guys up at 197 aren't as quick and as fast and as technique as the guys

who are down at 184," Redmon said. "That's what it just feels like to me. I just try to get bigger and just try to hang with them in there and keep my conditioning up so that I can wear them down a little bit so they'll get tired, make a mistake and I can capitalize off that mistake."

Redmon said wrestling in the higher weight class will benefit for him in the long run.

"I'm not what you'd call a 'smart wrestler' yet, so it kind of helps me to wrestle guys with a little bit less technique right now and just build confidence and strength," Redmon said.

He said winning his last two matches has provided a boost in confidence and that he has to be careful not to get overconfident.

"I'd lie if I said I wasn't a little bit higher than I was a couple of weeks ago," he said. "You try to keep it down there. You know that it's just two wins and you're going into regionals. You've got to stay focused. If I were to dwell on those two wins, I wouldn't be ready for regionals. You can be happy that you won, but you put it behind you."

Nahlik defeated Mankato's Andy Forstner 15-6 in the 125-pound division, scoring a major decision for Truman to begin the meet. Nahlik said he gradually built up his advantage in the match.

"I started off slow in my match Saturday, but I got a reversal at the end of the first and then scored enough back-points in the second to have the match in control," he said.

Nahlik said that several of his teammates wrestled well Saturday but made costly mistakes.



Blake Peterson/Index

Sophomore Bryan Isbell tangles with an opponent at a dual against Minnesota State University-Mankato on Saturday. The Bulldogs fell to the Mavericks — ranked No. 2 in Div. II — 39-10. Truman's dual record is now 4-8.

"Guys like [sophomore Andrew] Bader, [junior Blake] Peterson, [sophomore Dean] Schultz and [sophomore Bryan] Isbell were all right in their matches most of the time," he said.

"They really just made one or two mistakes each, so they need to just refine their wrestling a little bit to get wins in those type of matches at regionals."

Nahlik said the team has been learning some different strategies that could give them an edge next week.

"We've been working on some new techniques that I think are going to work well for us at regionals, as long as we

work hard on them this week," he said.

Nahlik said he intends to be aggressive from the start at regionals.

"My mindset heading into regionals is to attack constantly, get the pace of the match going right away and wear down my opponents," he said.

Head coach Dave Schutter said he doesn't think the loss to Mankato was much of a setback for the team.

"They're the No. 1 or No. 2 team in the nation, and we wrestled pretty tough most of the matches," he said.

The 10 Bulldogs who competed at Mankato will be Truman's representa-

tives in the upcoming regional tournament. The top four places in the regional tournament will advance to the national tournament March 14. Schutter said Truman's 10 regional competitors had to earn the chance to compete in the tournament by wrestling against teammates.

"They wrestle in wrestle-offs," he said. "It's decided by individuals. Man competes against man at each weight, and the winner goes."

The team travels to Indianapolis, Ind., March 1 for the regional tournament and looks to improve on last year's three national qualifiers.

Sophomore wins 600-yard dash

BY JOE BELL
Staff Reporter

It's been awhile since Amber Clayton has competed in the 600-yard run in a meet.

Clayton hadn't run the event in this indoor season, but she took first place last Friday at the Central Missouri Open at Warrensburg, Mo in her first event at running the race this year.

She won with a time of 1:27.6. This time is a close second to her best time, 1:27.43, earned at last year's conference meet and isn't far behind the fastest 600-yard time in the conference at 1:26.7.

"I wasn't thinking too much about it," Clayton said. "I hadn't run [the 600-yard dash] for a while, so I was a little nervous, but [head coach John Cochrane] pretty much told me how to run it, and I tried doing that as much as possible."

The sophomore sprinter normally is a 400-yard runner and occasionally competes in the 4x400 yard relay, but she definitely isn't a stranger to the 600-yard run. Last year at the MIAA indoor meet, she took second place in the 600-yard dash, and at the next week's meet she almost ran a provisional time in the 400-yard dash.

"She's very competitive," Cochrane said. "If you are going to beat her, you are going to have to pay because she will battle you and battle you. That's one of the things we like about her. She is very good at that, and that's one of the reasons that she's been pretty successful."

Clayton has had a lot of time to develop her competitive nature. She's been running track since seventh grade and ran nearly every sprinting event in high school.

Clayton said she practices almost every day of the week to prepare for the meets, which generally take place on a Friday or Saturday. On Monday, she usually does a 400-yard endurance workout. Tuesday and Thursday are generally when the team practices using the starting blocks, and Wednesdays are a tempo workout for running the 400 or a workout to build speed in the 200-yard dash. On Sundays, she normally lifts weights for a few hours.

Clayton said this works well when preparing for the 400-yard dash but that she generally uses of a little more mental preparation before running a 600-yard run.

"Coach [Cochrane] has us do this thing before we go to bed where we visualize our race," Clayton said. "I did that, and I try not to think about it too much because then I get really nervous."

The visualization worked.

Clayton said she hopes to continue her winning ways at the next meet Friday at the MIAA Indoor Championship meet. She said she's not sure what event she will be competing in. Regardless of the event, her times keep improving.

"Well, every meet [this year] I've [set a personal record]," Clayton said. "... I think my best time last year was 59.9 [in the 400-yard dash], and I've already run a 58.5 this year, so I've gotten much better running the [400-yard dash]."

Athlete of the Week

Amber Clayton
Sport: Track and Field
Year: Sophomore
Position: Sprinter
Hometown: Union, Mo.

Clayton won the 600-yard run Friday at the Central Missouri Classic. It marked the first time the sophomore sprinter has ran in the event this season. Her time of 1:27.43 was less than two tenths away from her best time from last season, which occurred in the MIAA Indoor Championships.



Brian O'Shaughnessy/Index

Sophomore Amber Clayton (far right) runs in practice earlier this season. Clayton won the 600-yard run Friday at the Central Missouri Classic.

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