

Nahlik, Schultz place at Wheaton

Duo of Bulldog wrestlers finishes in top six, no team scores kept at Invite

BY ARRON HUSTEAD
Staff Reporter

Two members of the Truman wrestling squad placed at the Wheaton College Invite this weekend in Wheaton, Ill.

Senior Rob Nahlik took third place in the 125-pound division while sophomore teammate Dean Schultz placed sixth at 174 pounds. Team scores were not kept at the invite.

Nahlik won six of seven matches during the tournament, only losing to top-seeded Jake Oster of Elmhurst College (Ill.) 18-13. Oster would go on to take first in the tournament. Nahlik defeated second-seeded David Penny 3-2 in the third-place match.

Nahlik said his only loss of the tournament could have been avoided.

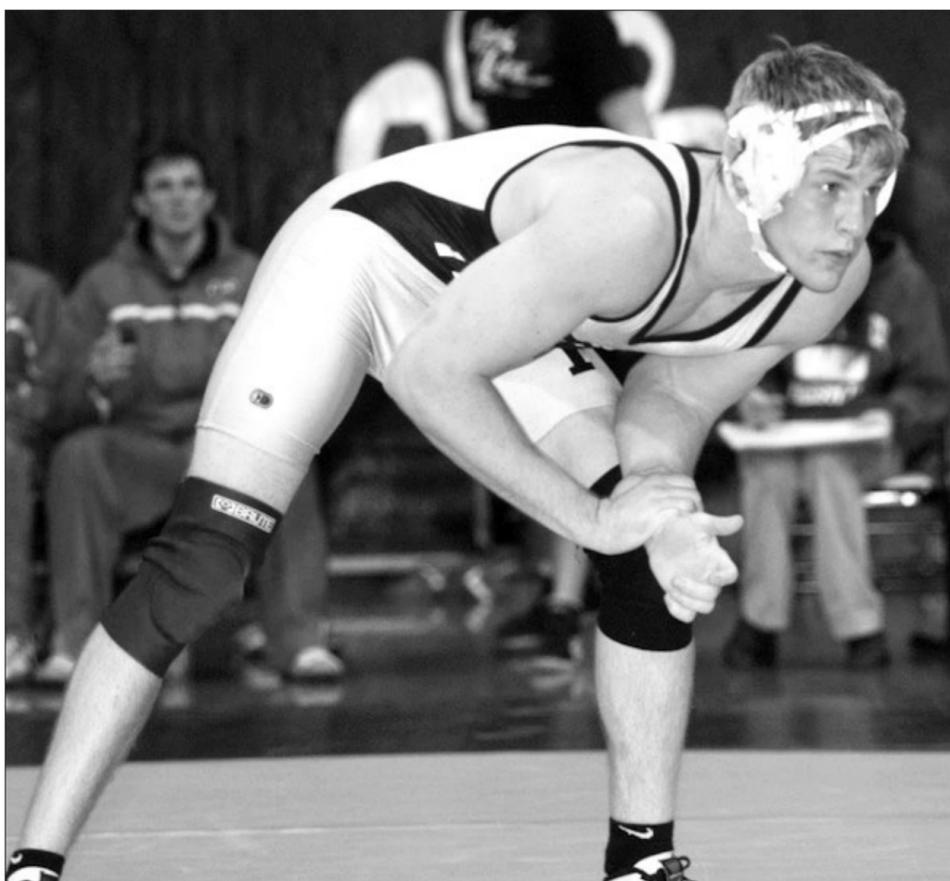
"I made a mistake and got down five points early," he said. "That was close. It ended up losing the match for me, so I need to wrestle tighter at the start of matches so I don't get myself in a hole."

Six wrestlers advanced to the round where the winner was guaranteed to place. Nahlik said the team wrestled well but had trouble finishing.

"We had six guys in that round, and I was really excited that we could possibly have a good chance of getting more than half the guys through," he said. "We ended up only getting two guys through, and that was really disappointing."

Nahlik said the team might not have been mentally prepared for such an important match.

"We need to learn that matches like that are the matches that you need to win," he said. "I think people just weren't focused and didn't realize that you get a whole new day of wrestling if you just win that one



Sophomore Dean Schultz prepares to battle with an opponent at the Wheaton College Invite. Schultz finished sixth to join senior Rob Nahlik as Bulldogs who placed. Nahlik finished third.

Photo Submitted

match. That's how it's going to be at nationals, too."

Nahlik said he has some hard work ahead of him to stay prepared and focused for the rest of the season and leading up to nationals.

"For the rest of the season I need

to focus on my weight training," he said. "I need to get stronger and just keep honing my skills from my feet. That's what seems to hurt me most of the time. I just need to get more comfortable on my feet and get better at taking people down."

Schultz picked up three wins and three losses on his path through the tournament. He squared off with Wheaton College's Toby Boltz in the fifth-place contest, losing 3-2.

Schultz said he wants to continue improving this season so he will be a

better wrestler in coming seasons.

"I've wrestled a lot of close matches," he said. "I'm not really where I want to be yet. I've just got to climb the ladder and try to keep focused on wrestling. Being the top place isn't important to me this year. I'm just trying to be focused on me getting better for the next two years."

Schultz said he is working harder to increase his stamina and be ready for the rest of the season.

"I've been doing a lot of extra workouts on my own," he said. "It's really starting to show in my conditioning. I've finally started getting in good shape now and getting my opponents tired, and that's really making a difference. I feel that four more weeks of this hard training and I'll really be peaking right around regionals. A lot of people are getting tired and burnt out, and I should be at the top of my peak right there."

Schultz said he has an advantage over his past competition and his upcoming opponents.

"I'm a smaller 174," he said. "I don't cut weight or anything, so I can afford to be lifting and getting stronger while all these other guys are cutting a lot of weight."

Schultz has placed in two two-day tournaments this year.

"Dean's placed in every tournament this year," head coach Dave Schutter said. "He's having a solid year for a sophomore."

Schutter said two-day tournaments like the Wheaton Invite are a different format from other meets.

"It's about how well you handle the pressure," he said.

Schutter said the team might be resting some of its more experienced wrestlers during the remainder of the season to keep them fresh and allow some of the team's younger members to get experience against some high-quality competition.

"We just don't have enough depth to keep guys healthy," he said. "They get banged up a little bit."

Indoor track team squares off against Div. I schools

BY BEN YARNELL
Staff Reporter

Truman's men's and women's indoor track teams got a taste of Div. I competition Saturday at the University of Northern Iowa Invitational in Cedar Falls, Iowa — a new venue for both teams.

The men posted a wide spectrum of results, with senior mid-distance runner Kevin Crean leading the way. Crean took first in the 1,000-meter run with a time of 2:31.55. His time was only one second off the school record set by Chad Jansen in 1992.

Crean was not the only Bulldog to place high for the men. The senior hurdlers were hot on one another's heels in the 60-meter hurdles. Sean Bergstedt led the way with a fourth-place finish. Jake Ackermann took seventh in the event, and his brother Joe claimed eighth.

These finishes mark an improvement for the men's hurdlers. Last week at the Iowa State University Open in Ames, Iowa, only Jake finished in the top 10 for the Bulldogs. Jake said he thinks the competition was a wake-up call for the group.

"I think everybody realized in the back of their minds what happened at Iowa State and just realized we all needed to step it up," he said.

For the most part, however, the men's team is competing at a lower level than in past years. In the fourth indoor meet of last season, the Bulldogs had 15 top-10 finishes, as compared with only seven last week.

Head coach John Cochrane said he attributes the men's less-than-stellar performance partly to last weekend's stiff competition.

"The six D-I teams definitely made it tougher," Cochrane said. "They made a huge difference in the meet. ... The kids found out what it's like to be in Div. I because those meets are like this every week."

For the women, sophomore hurdler and mid-distance runner Shaina Dochterman continued to be one of the team's highest placers, taking fifth in the 600-meter run. This followed Dochterman missing out on first place by one second in the previous week.

Junior jumper Christen Lauer was one Bulldog who struggled in Cedar Falls. After taking first and setting a new school record in the triple jump two weeks ago, Lauer finished seventh

with a distance of 11.24 meters. That marks a 0.46-meter decrease from two weeks ago.

Cochrane said the reason for the drop in Lauer's performance was two-fold.

"There were some better jumpers in the meet, but she also was sore from last week," he said. "... She physically wasn't where she was last week. But you are not going to set school records every week."

One cluster that has been posting consistent results for the Bulldogs is women's pole vaulters. The trio of freshman Lindsey Bramer, sophomore Katrina Biermann and junior Kristen Klesh has averaged at least a sixth-place showing so far this season.

Klesh said that although she isn't settling with what she and her teammates have achieved so far, she feels they still are on track.

"So far this semester, it has been OK," Klesh said. "We are right about where we should be, but it is still pretty early in the season."

The constantly changing Kirksville weather is one issue the Bulldogs have battled lately. Although the teams compete indoors, they practice outside as often as they can. But with rapid changes in temperatures and snow, both teams have had to remain flexible with their practice location.

Jake Ackermann said that even with all of the weather changes lately, the teams have been able to get in some good outdoor practice.

"Obviously, I think we all wish we could be training outside all the time, but with the weather, that's just not possible," Ackermann said. "Mondays, though, we always do sprints outside, and these past three weeks it has been perfect. ... I guess the track gods were smiling on us, I suppose."



Mid-distance runners Jacob Schrum (left) and Paul Crets run in practice earlier this season. The Bulldogs competed Saturday at the UNI Invitational.

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