



Adam Kabins/Index

Freshman Krish Singhal swims the freestyle during the men's swimming dual meet against the University of Indianapolis earlier this season. The men have six freshmen on the roster this season while the women have 10 freshmen.

# Freshman swimmers contribute immediately

BY CHELSEY COLE  
for the Index

At the end of the season, Truman's swim team will have to say goodbye to 14 seniors, but it already has said hello to 16 freshmen.

Head coach Mark Gole said those freshmen are doing very well so far this season.

"We lost a fair amount of seniors from the national team last year, and we are looking to [the freshmen] to fill those shoes," Gole said. "They are already making an immediate impact on our meets."

Gole said the freshmen already have elevated the level of competition in practice.

"A lot of them came in in really good shape and were kind of stirring things up at the beginning of the year and putting a few of our veterans out of their comfort zones early," Gole said.

The Bulldogs' history of national competitions draws the attention of high school swimmers looking for a college.

"Believe it or not, they contact us, but we try to look at neighboring states and contact whoever we feel would be a good fit," Gole said.

The new swimmers came from all over the place, but only five came from Missouri.

"Franshon Francis is actually from Nassau, Bahamas," Gole said.

Gole said qualifications to join the Bulldogs vary for the men and the women.

"For the girls' team, you primarily need at least one or two NCAA B standards to come in or very, very close to it," Gole said. "For the guys, they have to be a certain percentage off the NCAA B qualifying times."

Gole said that if the athlete doesn't meet the qualifications, they can have a recommendation letter from a coach stating that after another year of hard work, the athlete would have the potential to make the times.

"Sometimes people get a late start in swimming, and all it takes is a few more years of lay-

ing down the foundation work," Gole said.

Gole said that so far this season three freshmen women won events at dual meets and that one freshman male is in position to win events.

"We're really looking forward to seeing what they're capable of doing this year," Gole said.

Freshman Emily Buss swims the breaststroke for the Bulldogs and said she has been interested in Truman's swim team since her sophomore year of high school.

"[This season] has been great, and I know I made the right decision in coming to Truman," Buss said. "The team is awesome, and we all get along so well."

Buss said the freshman class clicked right away and that it feels as if she's known the girls forever.

"I have a drive to do well and help out the team in any way possible," she said.

Buss said she didn't feel any added pressure from the upperclassmen on the team

because they are great at motivating the freshmen.

"They push you to try your hardest and are great at pushing you to the limit each and every day," Buss said. "We all have the same goal."

She said the season is going better than she expected.

"I wasn't expecting to be swimming as fast as I've been going," Buss said.

The goal for both the men and women freshmen is to carry on Truman's legacy by making it to nationals.

"I would like to make it on a national relay team," freshman Paul Wanamaker said.

Wanamaker is from Phoenix, Ariz. and swims the butterfly stroke in the sprint relays. He said there is pressure just from being on the team to perform well and that the upperclassmen are helpful in pushing each person to do better.

"They don't bully us or anything like that," Wanamaker said. "We're a close team, and we get along well."

## TRUMAN ATHLETICS News and Notes

### Football: Nine Bulldogs named All-Conference

Three days after the football team locked up its second straight winning season, nine Bulldogs received conference accolades for their performances this season.

Junior quarterback Matt Ticich, junior defensive end Les Hammers and sophomore kicker Mickey Masucci were named to the All-MIAA second team.

Ticich passed for 2,579 yards and 25 touchdowns, the second highest single-season total in Truman history. He also led the team in rushing yards.

Hammers led the Bulldogs with 6 1/2 sacks and supplied 78 total tackles, top among defensive linemen.

Masucci converted 10 of 13 field goal attempts, including an eight for nine clip on kicks inside 40 yards.

In addition to this trio, the team also had six members named Honorable Mention All-MIAA.

Senior safety Jesse Cooper, senior cornerback James Thabateau, junior nose tackle Andy Swedenhjelm, junior linebacker Michael Phillips, junior tight end Ryan King and junior offensive tackle Jon Frantz received honorable mention honors.

Ticich, Hammers, Masucci, Cooper and King were returners to the All-MIAA team after receiving honors after the 2006 season.

### Women's soccer: Lack of scoring hurt team

The women's soccer team's anemic offense continued into the NCAA Div. II tournament. Truman was shut out by rival University of Nebraska-Omaha.

The Mavericks limited the Bulldogs to just three shots on goal by the Mavericks. Overall, the Bulldogs only managed to score three goals in their final five games.

The Bulldogs were strong defensively down the stretch, but a scoring average of .60 goals per game wasn't enough to get it done in NCAA tournament play.

### Football: Cooper nominated for all-star game

Senior safety Jesse Cooper was selected to play in the East Coast All-Star football game, sponsored by American Football Alumni. The game will take place in Petersburg, Va., noon Saturday Nov. 24.

Players from Div. I, II, III and NAIA schools are eligible to compete in the game.

Cooper, an Honorable Mention All-MIAA selection, led the Bulldogs with four interceptions. His interception in the fourth quarter Saturday sealed the 'Dogs' victory against Missouri Western State University.

Cooper was second on the team in total tackles, with 89, after leading the Bulldogs in this department last season.

For his career, Cooper participated in all 44 games while starting in 38 of those contests. He has 275 career tackles. Cooper tripled his interception total this season, finishing with his career with six.

### Women's basketball: Venue change for opener

The volleyball team has played a role in the location of the women's basketball team's season-opening game.

The volleyball team earned the right to host the South Central Regionals for nationals, beginning Thursday night.

Women's basketball was scheduled to open their season at Pershing Arena 7:30 p.m. Thursday night against Central Christian College, who will now host the game in Moberly, Mo.

### Index Online: Coverage for volleyball nationals

The Index sports staff will provide online coverage for all South Central Region national matches beginning noon Thursday at Pershing Arena.

Coverage will include stories for all of the region's seven matches and will be posted at [www.trumanindex.com](http://www.trumanindex.com). Photo galleries will also be available for viewing online.

Truman's first match will be 7:30 p.m. Thursday against Albany State University (Ga.).

# Kelly trains for run at All-American status

BY JACK NICHOLL  
Staff Reporter

Junior Danna Kelly ran the best race of her life to make it to nationals, but she might have to beat it to finish All-American at the national meet.

Kelly will join more than 180 runners this weekend at the national cross country meet in Joplin, Mo. It will be the third time she has run the course in Joplin this season. In the regional meet two weeks ago in Joplin, she finished sixth out of 118 runners. She finished 14th out of 295 at the Southern Stampede in Joplin on Sept. 15.

"It comes down to if you can get yourself to run well," head coach John Cochrane said. "You've gone through a conference meet that's pretty emotional, and you've put a lot into it. You go through a regional meet that you put a lot into it, and you ran the race of your life. The tough thing is to see if you can come back and do it the third time."

Kelly will have to finish in the top 30 at the national meet to be All-American. She has been tabbed All-Regional for three straight years on the cross country team, but she has never made it past the regional meet.

"My goal is to be top 30, which would be All-American," Kelly said. "It's kind of nice that there is no expectations, I guess, or high expectations with this being my first time, but I do want to have a good race and feel like I've prepared and focused."

Apart from having run the course before, Kelly also has an advantage because the course is relatively close to Truman. Although many runners have to fly in from out of state, Kelly has the advantage of having a fan base at the meet.

"I think this [location] is better, not having to fly somewhere, and you know my family and my teammates will be able to come and watch," Kelly said. "I think ... it is a huge advantage just knowing the course. And both times

running it this year, I've ran well, so that has kind of boosted my confidence too, going into it."

One Truman runner, alumna Jacquie Faust, qualified for nationals last season. Faust finished first overall at regionals before placing 29th at the national meet last season. Truman last made nationals as a team in 2005, when it finished 20th out of 24 teams. Cochrane said that when Faust made it to nationals, she, like Kelly, had run the best race of her career at the regional meet. He said Faust's race at nationals wasn't quite as good as her regional race, which is the case for many runners.

To run well, Kelly will have to overcome a third straight week of tapering, Cochrane said.

"Eventually, somewhere, you have to just go back and do light training for a while and then start in again," Cochrane said.

Kelly said that overcoming the third straight week of tapering will be

a new experience for her because this will be the first time in her career she has to do this.

"It'll be interesting just to see how my body feels, just because I've never done this third set of tapering," Kelly said.

Cochrane said it is hard to predict where people will finish because of the tapering effects. He said some people become too tired after the regional and conference meets, and some will run much better at nationals. In addition, some of the runners at some regional meets are better than others, making it difficult to gauge where people will finish when running with different regions, Cochrane said.

Kelly has never been a spectator at a national event in cross country. The only time she has participated in a national meet was last spring, when she qualified in the steeplechase for the track team.

Teammate junior Grace DelNero said Kelly has gotten better through-

out this season and from previous seasons. Kelly has improved in placement and time in every race compared to last season.

"I think that everyone on the team has improved a lot, but especially Danna," DelNero said. "She's just mentally tough in all of the workouts and just pushing herself every workout and every race."

Kelly will not be able to run with DelNero for the first time this season. Kelly and DelNero have practiced and run races together this season, and DelNero has continued to practice with Kelly the past two weeks.

Cochrane said racing and traveling without teammates is something Kelly will have to overcome.

"When you go as an individual, you have to really be able to focus on what you're doing because you don't have those people you know when you travel when you go places," Cochrane said. "You're on your own. You're stuck with the coach."

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