

Wrestling dominates season-opening dual

BY ARRON HUSTEAD
for the Index

Despite not being able to compete inside the familiar confines of Pershing Arena on Friday night, the wrestling team opened the season with a dominant performance, defeating Central College (Iowa) 49-6.

The team opened the season in the Kirksville High School gymnasium rather than Pershing Arena because of the women's volleyball MIAA semifinals that took place Friday evening. The relocation of the meet had little effect on the team. The match featured pins scored by sophomore Andy Bader at 157 pounds, sophomore Dean Shultz at 174 pounds and junior Matt Craig in the heavyweight division, and the team ultimately outwrestled Central.

Craig defeated Central College's Jim Siddall in the heavyweight contest. After building up a big lead on Siddall during the second period, he scored a pin with 7.4 seconds remaining in the third period. Craig said he was confident going into the match.

"The only thing you've got to do is go in to win," Craig said.

Truman lived up to lofty preseason expectations, winning all but one of the matchups Friday night. The only loss came when the Dutch's Lance Jones pinned freshman David Weber in the second period of the 144-pound contest. Even though Jones picked up the pin, Weber was in control for most of the match and had a 7-2 advantage at the end of the first period.

Truman was able to pick up the lop-sided victory even though none of the team's returning national qualifiers competed in the contest. Returning qualifiers senior Blake Peterson and juniors Dan Keller and Loyde Braidlow watched from the sidelines as their teammates put up a strong showing.

"We didn't think we would need them for the first dual," head coach Dave Schutter said. "We have a lot of weight-ins for the year, and we wanted them to be ready at the end of the season."

Schutter said the team went

with some of its younger wrestlers in an attempt to make the team better. He said the team still has many areas to improve as the season progresses.

"We wanted to go in and push the pace so we could get better," Schutter said. "We wanted to push the tempo of the matches, and we did that. In fact, it probably cost us [one match] because we were aggressive. We were winning the match and just got caught."

Three of the matches resulted in forfeits. Those wins were picked up by sophomore Kazuyuki Hashimoto at 145 pounds, senior Robert Nahlik at 133 pounds and junior Tim Wolkey at 197 pounds.

The team also received strong performances from sophomores Mitchell Bainbridge and Bryan Isbell and junior Andrew Isbell. Bainbridge scored a technical fall in the second period over Central College's Nick Johnson at 141 pounds while Andrew Isbell (165 pounds) and Bryan Isbell (184 pounds) each scored major decisions over their opponents, Kevin Yeoman and An-

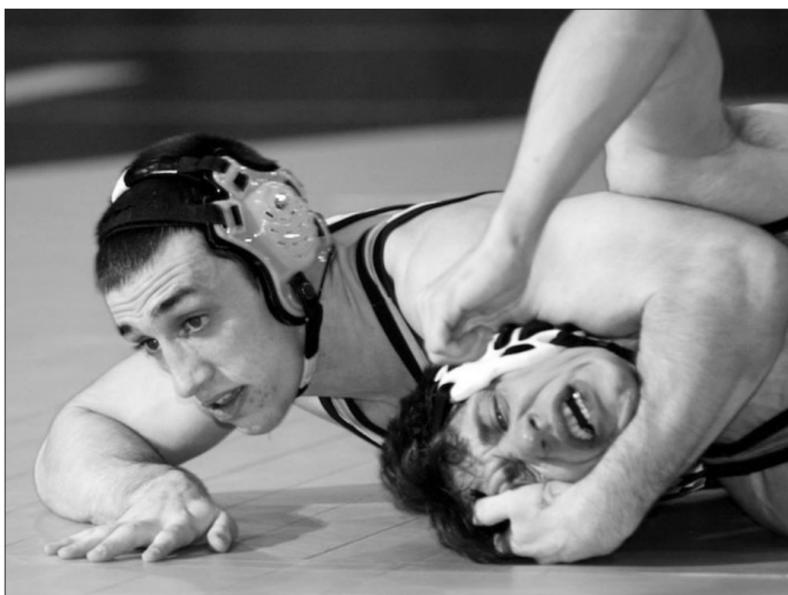


Photo submitted

Sophomore Andrew Bader gouges the eye of a Central College (Iowa) wrestler in the teams' season-opening dual meet. Bader won his match by pinfall in two minutes and 48 seconds.

thony Rollins respectively.

Bryan Isbell got off to a good start in his contest by taking a 4-0 lead in the first period. Isbell then began to pull away in the second period as he expanded his lead to 10-2. In the third period, he was able to pick up two more points to win the contest 14-2, a major decision for the Bulldogs. Isbell said he was able to remain focused during the match

and that he didn't know what he would see from Central College because he had never competed against them before.

"I wasn't sure what to expect," Isbell said. "I was kind of just thinking 'Play it safe, and don't let him score any points.' I tried to wrestle more of a safe match than an aggressive match."

Isbell said he was happy

with the team's performance as a whole.

"I think we did really well," he said. "Those six points, stuff like that happens, you know, but we'll improve from it. We've got stuff to improve on. We made some mistakes that we can work on for the next time."

The team will next compete Nov. 17 at the Coe College Invite in Cedar Rapids, Iowa.

Team alters practice strategy to improve record

BY BEN YARNELL
Staff Reporter

For the Truman wrestling team, change is necessary.

After a dual record of 5-10 last season, it was clear that some changes needed to be made for the 'Dogs this season.

One of the alterations head coach Dave Schutter has implemented is additional one-on-one practices with each wrestler. In past years, in addition to daily practices in the afternoon, the team would have morning sessions to clock more time. This year, however, Schutter devised a schedule that would fit each wrestler's individual needs.

"I have to give all the credit in the world to coach for working with us like that," sophomore 174-pound Dean Schultz said. "It really shows his commitment to the program. It's really amazing."

Schultz said there are many reasons for the new workouts. As a

wrestler whose Tuesday and Thursday classes force him to miss the first hour, these workouts help him stay on track.

"Instead of just missing that time and ending up behind the eight ball, I get to come in and make it up," he said.

Schultz added that the workouts allow for attention a wrestler can't otherwise find in the larger team practice. The practices, Schultz said, can consist of anything, including extra weightlifting sessions, time spent running to bring a wrestler down to weight and basic practice matches. He said the schedule will depend on where the wrestler needs to focus the most attention.

Schultz said the hope of the team is that this extra effort will carry over and keep the team on track after winter break. This is especially important

for the 'Dogs because all 10 of the team's dual losses came in the second half of the season.

Schutter said he expects the benefits of the individual practices will come later down the road.

"It's like stacking up chips," he said. "Every year, let's say, as you are working out, you add 100 chips. The next year, you've got 200 chips. ... By the time you are a fourth-year senior or a fifth-year senior, all of a sudden, you've got 500 chips stacked up versus an opponent who only has 100 or 200 chips."

Another new way Schutter looks to stack the chips in the Bulldogs' favor is by extending the time in which his wrestlers will practice against each other continuously.

In the past, teammates would wrestle each other for two to three

minutes, similar to the average length of a round in competition.

Now, at least two days a week, Schutter will pit the 'Dogs against their teammates for 20 minutes at a time, cycling in a fresh wrestler every 10 minutes.

Junior All-American Blake Peterson said the extended time helps the wrestlers to expand their arsenal of moves in pressure situations.

"It really allows them to develop something beyond their bread and butter," he said. "With two-minute goes, you can figure out what you are comfortable with. When you get to 20-minute goes, you really start to feel each other out a little more and work on techniques that you aren't necessarily comfortable with."

Schutter said the other benefit that comes with the extended match time is added endurance.

"With just two-minute goes, your conditioning doesn't get pushed very much," Schutter said. "I can go for two minutes with a lot of guys and

not get very tired, but if I have to go for a 10-minute go, I'm going to be over a trash can."

Schutter said he hopes the changes lead toward better results this year in duals even if practices are more physically demanding.

"Whatever doesn't kill you can only make you stronger," Schutter said.

Schutter said that strength has already started to show itself after the team's performance last Friday against Central College (Iowa), when four of the five Bulldog wins came from either pins or technical falls.

Peterson said he sees the dual against Central as an early result of these changes and as a good omen of things to come.

"I think we've always had the aspirations to reach our maximum potential, but we always fall just a little bit short at the end," he said. "But this year, I think we will be better able to assess our peak performance throughout the year, and I think these extra practices will really help us do that."

"Whatever doesn't kill you can only make you stronger."

Dave Schutter
Head Coach



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