

# Women's swimming sweeps Lewis

BY KRISTA CRIDER  
Staff Reporter

The women's swimming team came out of this past weekend with pool records, A and B cuts and two easy wins (157-46 and 167-36) against Lewis University (Ill.) in its opening meets for 2009.

The two-day dual meet in Romeoville, Ill., proved to be a good first step for the Bulldogs, fresh off a tough two weeks of training in Florida.

The women earned seven pool records, including four from junior Kate Aherne in the 400-yard individual medley, 50-yard freestyle, 100-yard freestyle and 200-yard freestyle.

The other three were from senior Erika Anderson in the 200-yard individual medley, sophomore Anna Grinter in the 200-yard butterfly and the team of freshmen Krista Tippin and Jessica Jenkot, sophomore Tanya Sylvester and junior Kendra Brunkow in the 200-yard medley relay.

The team of Grinter, Jenkot and sophomores Julia Jones and Carina Pautz tied the pool record in the 400-yard medley relay.

"I think we did well for our first meet back," Aherne said. "It is just kind of tough getting back into racing mode after so long of not racing, but we got to work on a few things to straighten out and got a little bit better."



The women's swim team set seven pool records during two dual meet wins against Lewis University last weekend.

Aherne also earned an A cut in the 400-yard individual medley, an event she doesn't usually race, and Jones earned a B cut in the 400-yard individual medley. Expecting easy competition, the team changed its lineup going into this meet and allowed the swimmers to swim events they don't normally compete in. Aherne said she liked the brief change.

"I think it is kind of a nice break to not have to focus on what you always swim," Aherne

said. "It gives you a chance to try something else and see what it is like to compete in other places you wouldn't normally get a chance to."

Head coach Mark Gole said the meet provided a buffer to get the team back into its routine before the big meet Saturday against Div. I Missouri State University.

"This meet was, more than anything, kind of getting the kinks out after not having a meet since November," Gole said. "Friday night it really

showed that we weren't necessarily crisp on starts and turns and stuff like that, so hopefully this weekend kind of worked out the kinks, so they will be more ready to go against [Missouri] State."

Gole said that despite the average performance of the team as a whole, Anderson swam above and beyond expectations and that her performance was one of the highlights of the meet. She swam her in-season best in the 200-yard freestyle, 200-yard

breaststroke and 200-yard individual medley and her lifetime best in the 500-yard freestyle.

"I was happy with my swims," Anderson said. "We were able to come back and prove that we got stronger over our training trip."

Aherne said the meet was a nice way to ease into the 2009 part of the season and focus on fundamentals, especially with a tough schedule on the horizon. After Missouri State, the 'Dogs will face Drury on Jan.

24 then head to conference Feb. 11.

Anderson said that regardless of the level of competition, she is confident that the team will perform well in its next meet.

"When we get to Missouri State, the competition is going to be at a completely different level," Anderson said. "At the Lewis Meet, we knew we had to race against each other to get the best times we could get, but now we're trying to beat the kid next to us from Missouri State. I think that we are going to be better prepared by the time next weekend rolls around, and we're going to have even faster times than we had this weekend."

Gole also expressed his confidence in the Bulldogs' ability to rise to a challenge.

"Our girls step up when they need to, and I think that they are going to be more prepared mentally going into this meet [against Missouri State]," Gole said.

The Bulldogs swam against Missouri State earlier in the season at Truman. They will have their work cut out for them against their cross-state rivals without the home pool advantage. Truman's lack of a diving team will mean about a 30-point deficit going into the meet. Truman won 82-40 against Missouri State on Nov. 8, so the diving point difference could have the potential to sway the meet.

# Men pick up dual victory behind relay wins

BY LOGAN JACKSON  
Staff Reporter

The men's swimming team split a two-day dual meet with Lewis University (Ill.) last weekend.

Lewis won the first meet Friday night by a slim 105-99 margin. The Bulldogs bounced back Saturday however, winning 114-89.

Two relays were the deciding factor during Friday's meet. Truman needed a win in either the 400-yard freestyle or the 400-yard medley to win the meet. Lewis University held strong, though, and won both relays to secure the victory. Head coach Mark Gole said the men's team had several good races and the loss Friday night really pushed Truman to come back stronger on Saturday.

"On Friday night we swam well but lost both relays," Gole said. "Obviously,

it was a little disheartening to swim the way we did on Friday night and come away with a loss. We really put it on the guys to use that as fuel to come back the next day."

The Bulldogs finished the weekend strong, dominating Lewis on Saturday. Truman won both relays Saturday and claimed the top three spots in both the 50-yard freestyle and the 200-yard butterfly.

Sophomore Corey Moon and freshman Brian Tillis stepped up for the Bulldogs by improving their overall times. Tillis took second in both the 1650-yard freestyle and the 500-yard freestyle Friday. During Saturday's meet, Moon came home with a big win in the 200-yard breaststroke. Gole said it was great seeing these guys do well when the team needed them.

"Some of our younger swimmers re-

ally stepped up," Gole said. "On Friday night, Tillis swam a season best in the 1650 freestyle and the 500 free. Corey Moon also had a big meet. He started to really show us what he's got."

Senior Jason Stokes came away with two individual wins Friday in the 50-yard freestyle and the 100-yard freestyle. He also was a part of the two relay teams that took first place Saturday.

Freshman Eric Kaestner contributed to the Bulldogs' success by winning the 100-yard butterfly Friday, and took home victories in the 50-yard freestyle and the 100-yard freestyle Saturday. Gole said Kaestner's workouts during break helped him tremendously.

"[Kaestner] had a breakthrough in Florida," Gole said. "His training improved significantly. I think his body was a little broken down dur-

ing the meet, but it will mean faster swimming in the end. He loves racing, and he's always stepped up to the challenge."

Relays have been a big part of the early Bulldog success. The 200-yard freestyle relay team made up of Stokes, Kaestner and juniors Andrew and Peter McCall qualified for an A cut at the fall taper meet. The medley relays have been good for Truman, but not quite as strong as the freestyle relays. Stokes said he's excited about the relay teams that have swam together so far.

"[The 200-yard freestyle relay is] our bread and butter right there, because it's our main relay," Stokes said. "Our medleys are a little weaker, but they are still competitive."

Getting off to a slow start Friday could be attributed to the tough workout schedule the team did over break.

The Bulldogs traveled to Florida during Winter Break to get into the best shape possible. Kaestner said the training is tiring, but definitely worth it.

"We just get in as much aerobic training as we can," Kaestner said. "We lift weights every other day. We do huge amounts of outdoor yardage also."

The next meet for the Bulldogs is Saturday against Div. I Missouri State University. Missouri State won 77-45 when the two teams met Nov. 8. Kaestner said Truman will try to hang in there and do all they can.

"We're looking to improve from last weekend," Kaestner said. "We are coming off a training trip, and we are starting to get ready for conference. We're trying to get our racing strategies down. We'll try to win some races if we can, but if not, it's really about our personal improvements."

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