



SPORTS

SENIOR DAY

Senior trio leads women's basketball to win

Page 17



Thursday, March 5, 2009

www.trumanindex.com

15

Women place 4th, men 8th at conference meet

Bernard, Biermann, Dochterman to compete at indoor nationals

BY JOCELYN NEBEL
Staff Reporter

In one of its toughest meets this season, the women's indoor track team finished fourth last weekend at the MIAA Championships in Warrensburg, Mo.

The women left with provisional marks, all-conference honors and first place finishes in multiple races. The men's indoor team placed eighth overall in the meet and left with provisional marks and personal records.

"It's always a tremendously emotional and nasty meet, and this one was no different," head coach John Cochrane said. "The women's side had a little more parity than the guys' side, but there were a lot of good performances on both the men's and women's [teams]."

One change for the women's competition came from the addition of the University of Nebraska-Omaha to the MIAA prior to this season.

"There was definitely a lot more competition with UNO coming in [this year]," junior hurdler Shaina Dochterman said. "They definitely had really good athletes, and it was good for the conference. I think everyone really stepped up and competed against them well."

The Bulldogs finished fourth, only 19 points behind first-place UNO. Cochrane said the women had a chance to win about 30 points Friday and only scored six. He said this difference probably cost them the possibility of winning the meet.

Sophomore thrower Derek Atwood said one of the most exciting performances came from Dochterman. She had provisional marks in the 200-meter dash, 400-meter run and ran the first leg on the 4x440-

yard relay, which placed third. "Watching Shaina Dochterman was an inspiration," Atwood said. "She was a beast this weekend. ... I wish I could have thrown Sunday so I could have been even more inspired because she was awesome."

Dochterman, senior throwers Ashley Bernard and junior pole vaulter Katrina Biermann will compete at the March 13 to 14 Div. II Indoor Championships in Houston, Texas.

This is Dochterman's first season running the 200-meter dash, a race she won in 25.18 seconds. Dochterman said she was surprised and excited to place first.

"It was different because I wasn't going in number one, and I was in the outside lane, so there wasn't a stagger I had to make up," Dochterman said. "I had to run scared as fast as I could and just think they were

[right behind me]. Coming around the last corner, [UNO's] Pinar Saka ... came up behind me, and I just said, 'No, you're not going to beat me.' So I shifted up a gear and she didn't really come up on me after that turn any more."

Dochterman said she was tired for this race because she ran the 60-meter hurdles and 400-meter dash earlier that day. She said she only had about 40 minutes between the 400-meter run and the 200-meter dash to prepare.

Dochterman is ranked sixth in the nation in the 400-meter run. This weekend, she placed second in the event behind Saka with a time of 56.79 seconds, a second faster than her preliminary time and new personal record. Dochterman will compete in this event at the national meet.

Other top finishers for the women included Bernard and senior distance runner Danna Kelly. Bernard placed second in the shot put with a throw of 13.87 meters. Kelly won both the 3,000- and 5,000-meter run, a feat last

Please see TRACK, Page 19



A fiery competitor

Anderson swims with passion in the pool

Photo Submitted by Tim Barcus

Senior swimmer Erika Anderson is an 11-time All-American, including six last year. This season, she has individual A cuts in the 200- and 400-yard individual medley and B cuts in the 100- and 200-yard breaststroke.

Anderson prepares for her fourth trip to nationals with a chance at top individual finishes

BY JULIE WILLIAMS
Editor in Chief

For 15 years, Erika Anderson has been swimming with a fire that separates her from the rest of the field.

Rewind to the six-year old version of the now-senior women's swim team captain, as she stands on the blocks at one of her first swim meets. She looks left, looks right, shouts to her mother in the stands that she is going to win the race and then makes good on the promise.

"She just blew them out of the water, and that's just how she's always been," said Erika's sister Brittany, who was a four-year member of the Truman's swimming team and graduated in 2007. "She just always has had that spirit about her."

Brittany said she wondered during Erika's first few years as a swimmer how it was possible that her sister could swim without fear of the water or the competition and remembers how talented she was from day one. Brittany said she watched as Erika gained strength with more

"I remember one season she just took off, and I think everything finally clicked for her because breaststroke is weird," Brittany said. "You have to have a really good sense of timing, so once she got her own sense of timing down she just took off."

In addition to talent, Brittany said Erika has a drive that helped foster a good sense of competition between the two during their two years together at Truman.

"I think I needed her more than she needed me because she's always had that fire and drive and determination," she said.

Erika attributes her speed to her flexible knees, and she has worked to tailor her stroke to her body. While swim-

ming for the Westerville Aquatic Club in her hometown of Dublin, Ohio, her coach taught her how to swim the breaststroke kick in a way that would benefit just her. The added flexibility has helped with the success of her stroke, but Erika said she also has had to deal with a lot of injuries stemming from the ligaments in her knees.

"Ever since I came to Truman is when I got the injury, but it's never pulled me out of a meet or hurt me in the long run," she said.

Erika will make her fourth and final appearance at the national swim meet next week in Houston, Texas. For individual events, she qualified for the 100- and 200-meter breaststroke and the 200- and 400-meter medley. Erika is nationally

Please see ANDERSON, Page 19

"She just blew them out of the water, and that's just how she's always been."

Brittany Anderson
Older Sister



Photo Submitted by Tim Barcus

Junior Kate Aherne, the 'Dogs top swimmer, will be used in three relays at nationals. She is ranked in the top eight in the nation in multiple individual events.

Women send 16 to nationals

Aherne leads group that will try to defend title

BY KRISTA CRIDER
Staff Reporter

The women's swimming team has gone head-to-head against Drury University for the Div. II national title for the last nine years. But this year the Bulldogs will find themselves in a struggle against not only Drury, but the University of California-San Diego for the top spot at the national championship meet.

Truman will send 16 swimmers to the March 11

to 14 national meet in Houston, Texas. Drury has been Truman's main rival since the 1999-00 season when the teams finished first and second in the nation. Earlier this year, Drury beat Truman 110.5-92.5 at a dual meet, but the meet was a positive for the Bulldogs because it proved that they could swim with Drury.

Truman head coach Mark Gole and Drury head coach Brian Reynolds expressed concern about having to face the University of California-San Diego for the championship this year. UC-San Diego returned all of its swimmers from last year. Please see WOMEN, Page 19

Men banking on more depth to boost their national finish

BY LOGAN JACKSON
Staff Reporter

Senior Jason Stokes wants to leave Truman the same way he entered it — with his team finishing in the top 11 in the nation.

Stokes will be joined by six of his teammates March 11 to 14 in Houston, Texas, for the NCAA Div. II National Championship meet. The meet showcases the top Div. II swimmers in the country.

"It's going to be [a] really, really fast meet," Stokes said. "It's going to be much faster than last year. With the new suits and coming off the Olympics, it's usually a lot faster. Hopefully, we can step up and go the times we think we can go."

This is the fourth time Stokes has qualified for the national meet. Truman finished 11th his freshman year, 2005-06, but hasn't finished higher than 15th in the last two seasons.

Stokes is a 12-time All-American, which means he has scored a point at the national meet in 12 events throughout his career. Last year his All-American awards came in the 50-yard freestyle and four different relays.

This year, Stokes earned A cuts in the 50-yard freestyle, the 200-yard freestyle relay and the 200-yard medley relay. He also will be swimming in the 100-yard freestyle. Currently, Stokes has the 19th-fastest Div.



Photo Submitted by Tim Barcus

Senior freestyler Jason Stokes has the 19th fastest time this season in the 50-yard freestyle. Stokes has the most national experience of the seven swimmers Truman has qualified.

II time in the 50-yard freestyle, with a time of 20.69.

"[I'm looking forward to] going and racing with the guys," Stokes said. "It's my last year, so I want to give it my all. I'm going to race until I fall apart. I want to put the team back up there and get into the top tier of teams."

With seven members on the national roster, the Bulldogs should be more competitive in this meet than in years past. Last year, Truman sent five swimmers to the national meet

and only four went the year before that. During Stokes' freshman year there were eight swimmers who qualified for nationals, and that 2005-06 team reminds Stokes a lot of this team.

"[Having seven guys] is going to be great," Stokes said. "We can score more points now and place higher. It's also better for the team next year. It gets people interested in coming [to Truman]. It should be pretty interesting sending this many guys there."

Juniors Peter and Andrew McCall are Truman's only other swimmers with national experience. The brothers are both two-time All-Americans, earning those awards at last year's meet. This year, they are a part of the 200-yard freestyle relay that earned an A cut. Andrew also earned an A cut with the 200-yard medley relay team.

"I'm looking forward to getting back and doing well," Peter said. "Last year, I did really well at this meet. This is well at this meet. This is

Please see MEN, Page 19