

Women's soccer beats ESU in regular season finale

Team finishes regular season with 15-3-2 overall mark

BY JOE BELL
Staff Reporter

The women's soccer game against Emporia State University was a mere formality.

Truman's 2-1 season-ending win versus Emporia at home became a footnote to what has been another successful season of soccer for the Bulldogs. The win last Thursday gave the Bulldogs a 15-3-2 record overall and 11-3-2 for the MIAA. The win clinched the second spot in the MIAA standings. The 'Dogs secured a spot in the NCAA tournament for the second year in a row. They also clinched the No. 2 in the South Central Region, earning them a bye in the first round of the playoffs.

A strong wind blowing

from the southwest at 30 mph wreaked havoc during the match. Truman won the coin toss and elected to play into the wind for the first half. Emporia took advantage of the wind, and they scored the first goal of the contest 32 minutes in — a corner kick that caught the wind and floated behind Truman's goalkeeper, junior Denise Childress, for Emporia's only goal.

"The conditions were a little rough to play in," junior midfielder Katie Reuck said. "It was really windy that day. I know that kind of sounds like an excuse, but it's kind of a big factor. We went against the wind the first half. We ran into a little bit of trouble. We had a lot of runs and got forward a lot, but we just couldn't capitalize as much as we would have liked."

Junior forward Riley Mahn evened the score when she shot a ball past the Empo-

ria backline and scored a goal three minutes before the end of the first half for her ninth goal of the season.

"[Riley] won a ball back from a couple [of] defenders and just powered past them and buried a shot," head coach Mike Cannon said. "It was a good goal. I think it was a good momentum builder. We got to half-time tied, so we felt like we were in pretty good shape."

The second half saw a complete reversal of fortune. Junior forward Jessica Wiegert received a ball on a cross from freshman midfielder Megan Buri and knocked the ball in for the game winning goal in the 53rd minute of the game.

That was the last goal the Bulldogs needed. Freshman goalie Jayne Grisham subbed in at the half to replace Childress, but she would have an uneventful half. The defense went into lockdown mode,

preventing the Hornets from getting a shot off the entire second half.

The win also marked an end to what had been a wild season for the 'Dogs.

Truman started the season with an eight-game winning streak, the longest streak to start a season in the team's history. The 'Dogs went into a brief tailspin in the middle of the season, however, as they lost or tied four of their next five games. They recovered quickly to finish the season strong, when they went undefeated in their last seven games.

Freshman defender Jaclyn Schumann said she thought this season was a great way to begin her career as a Bulldog.

"I thought our season went really well," Schumann said. "It wasn't a perfect season, but it was as close to a perfect season as we could have gotten, I think. There were some



Photo Submitted
Amy Schnoes corals the ball during the game last Thursday.

mess-ups here and there, but overall it was very good. Definitely a good start to my college career."

Another season is in the books, but now the Bulldogs are preparing for the postsea-

son. They head to Canyon, Texas, on Sunday where they will face whoever wins the first round match between No. 3 Washburn State University and No. 6 West Texas A&M.

Team: Truman	Team: Washburn	Team: West Texas A&M
Mascot: Bulldogs	Mascot: Lady Blues	Mascot: Lady Buffs
Regional Seed: No. 2	Regional Seed: No. 3	Regional Seed: No. 6
Record: 15-3-2	Record: 14-6-2	Record: 14-6-2
Key Players: Kim Wolff: Four-time All-MIAA defender Jessica Wiegert: 10 G, 3 A Riley Mahn: 9 G, 3 A	Key Players: Lisa Fahey: Two-time First Team All-MIAA defender Danielle Ayala: 9 G, 7 A	Key Players: Elisabeth Markussen: 18 G Lindsay McHorse: 14 G Adi Stein: 8 G, 13 A Becky Newson: 9 G, 7 A

TOURNEY | Strong defense key to advancing past first round

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"We haven't ever played West Texas," Cannon said. "They're an unknown. But they had a great season. They won their regular season and conference tournament in the LoneStar Conference. That's a very good conference."

By comparison, Truman has averaged two goals per game, and their opponents average less than a goal against them per game (0.85). Truman's keys to defeating their upcoming opponent, especially West Texas, lies in playing the same game they have played all year: using their strong defense to limit the goals their opponents score and scoring a few goals whenever the opportunity presents itself.

Truman's squad has some advantages. Many team members went to the postseason last year, although the experience was short-lived. Many players also have increased their numbers from last year. The top three scorers on the team last year each had seven goals. The top three in scoring this year have 10, nine and eight goals.

The freshmen also have made contributions to the team this year. Three of them have scored at least one goal during the season.

"Everybody did well, every position [did well]," junior midfielder Katie Reuck said. "People are scoring more than they did last year. A few of the freshmen came in and started for us and

[were] huge for the team. I think ... as a team, we improved."

Freshman midfielder Jaclyn Schumann is ready for her first shot at the postseason.

"We're just staying as focused as we can, and we're ready to work hard," Schumann said. "... I'm a little nervous [going into my first postseason], but I think it shouldn't be different than the other games we've played. We come into each game thinking that's the only game that matters, so I'm just going to continue going into each game thinking the same way."

Of the seven times the 'Dogs have made it to the NCAA tournament, they have advanced to the quarterfinals twice but never have made it past that mark.

KELLY | Mantooth, Gorman lead men to 11th place finish

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To make the season as long as I could," Kelly said. "Meeting that goal has been really exciting, and knowing this is my last cross country race gives me more motivation. I just want to go out and run the best race I can run and enjoy it."

The Bulldogs finished third out of the eight MIAA Conference schools that competed. They came back and beat the Southwest Baptist University team that had beat them previously at the conference meet. Head coach John Cochrane said one of the team's goals was to finish in the top third of the regional. He said they also wanted to place better within the conference schools.

"We wanted to be in the top five, and we wanted to beat [Southwest Baptist]," Cochrane said. "We wanted to beat one of the Texas schools, but we didn't get that done. We ran OK. We ran like we were young. However, we made most of our goals."

The Bulldogs finished fifth or better in every meet during the year. Cochrane said he was surprised to see the team do that well, considering their inexperience.

"If you would have talked to me in June, I wouldn't have thought there was any way we'd be fifth in regionals," Cochrane said. "I didn't know our people that well. I really didn't know what to expect of them. They've done well. I've seen improvement out of a great number of them."

On the men's side, the team finished in 11th out of 23 teams.

Sophomores Josh Mantooth and Bob Gorman led the way for the Bulldogs, finishing 37th and 39th, respectively. Freshman Joey Walls, junior Zach Chapman and freshman Mike Dial were also in the top five for Truman.

Head coach Tim Schwegler said the team was a little disappointed with its placing, but they still ran a very competi-

tive race.

"We ran good, but we didn't run great," Schwegler said. "We needed to run great. [Sophomore] Adam Kell was still nursing a quad problem. Joey Walls, who was our top runner at the conference meet, twisted his ankle of Thursday, so he wasn't [at] full strength. You run with the team you've got. If you don't run great, you won't be up there."

Although the season is over for the men, the future looks bright. Truman's roster doesn't include any seniors, so the entire team should be back next year. Schwegler said with another year of experience under its belt, the team is headed on the right path. He said as long as the 'Dogs continue to work hard, the results will come.

"This is the best season we've had in the three years I've been back to Truman," Schwegler said. "I feel confident about the future. I think we're going in the right direction."

STOKES | Men successful two weeks before taper meet

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and it was a pool record," Gole said. "I am sure he is going to have aspirations of finishing top four or five, maybe even top three in that nation by the end of the year."

Stokes said the team's success in this meet gives him hope for the Hoosierland Invitational Nov. 21 to 23 in Bloomington, Ind., the team's midseason taper meet.

"[The meet] went very, very well," Stokes said. "We did [all of this] untapered and unshaved, which was really cool. This means next weekend in Indiana is going to be a great thing because we'll actually be rested and shaved and everyone is going to be feeling a lot better."

Stokes said the 200-yard freestyle relay team and his recent success came as somewhat of a surprise this early in the season when an innocent suggestion turned into a couple of pool records.

"Both myself and the relay, we didn't expect [to do that well this early] at all," Stokes said. "We were within a second, or a second and a quarter last weekend at Indianapolis, and we kind of threw it out to Mark [Gole] as kind of joke saying, 'Hey let's put some suits on and go for the relay here in our own pool.' We were just kidding around, but Mark said 'All right let's go for it. You guys throw the suits on

and let's go.' We were faster than at Indianapolis, and we're just going to get faster come a week and a half from now."

The 200-yard freestyle barely missed the A cut for nationals, which is good news for the men in the relay.

"[Saturday] we got up and were only about a second off the A cut for the 200 freestyle relay, and we're not tapered yet, so we're actually looking really good for Indiana and then for Nationals as long as we keep carrying this through for the rest of the season," junior relay member Peter McCall said.

Stokes said other swimmers also did well, including freshman Brian Tillis in the long distance races. Sophomore John Gloss and senior Darren McDivitt also succeeded in the 200-yard freestyle.

"Brian Tillis had three excellent swims," Stokes said. "He had to pull the third longest event of the day in the 400 IM, and he swam great for the 1,500 yards of racing before that."

He said the 200-yard freestyle swimmers swam a smart race, which attributed to their success.

"Our guys, John Gloss and Darren McDivitt did great," Stokes said. "They swam it perfectly. The Mo. State guys took it out really fast and then died off, and our guys came charging home at the end. They swam it smart and were

right at their in-season best. Gloss is really maturing as a mid-distance swimmer, and he is really learning how to swim the 100 and 200 freestyle."

Stokes said the way the team has been practicing has helped their performance in the pool.

"[Our success is coming from] the training we've been doing," Stokes said. "We have really been focusing more on sprinting, warming up correctly, getting ready for the races and the technique of the aspects [of the sport]."

McCall said tapering is different for each individual swimmer and that Stokes' early success might have something to do with his individual tapering routine.

"Some people take longer to taper than others," McCall said. "Jason actually doesn't really taper. He starts tapering yardage, but he keeps lifting until right before the meet, so he doesn't take long to recover."

Stokes said the team is hoping to make more A cuts at the taper meet, and he thinks the 'Dogs are on track for what they want to do at nationals.

"[Gole] set a goal at the beginning of the season to get seven guys to nationals, and I think that's completely reasonable between the 200 and the 400 freestyle relays and Tillis making it with the individual A cut," Stokes said.

WIN | Women defeat Div. I Missouri State for second straight time

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Sophomore Emily Buss said the competition with Missouri State motivated the team to try for more than just good times.

"We were actually racing them," Buss said. "A lot of times when we swim, we swim ... to beat a time, but you could tell that people were getting up and racing, and beating [Missouri State] to the wall."

Grinter said the 'Dogs are doing well preparing themselves for the important taper meet coming up Nov. 21 to Nov. 23 in Bloomington, Ind.

"The meet this weekend went very well," Grinter said. "People are dropping their season best times, and everyone is doing really well. We are getting revved up to swim fast next weekend in Indiana."

To prepare for the meet,

the women have been going through the tapering process at different rates depending on their distances.

"The sprinters are flat out resting right now, a lot of our mid-distance swimmers have already started their transition and they are starting to really full on rest right now, and some of our distance swimmers are starting to transition into the rest right now," Gole said. "It is just a gradual reduction of work load as far as aerobic and anaerobic work goes."

Grinter said the team's hard work in practice is about to pay off at the taper meet.

"We've been training really hard and just putting in the yardage in the pool and focusing," Grinter said. "We have been behind each other in our races and supporting each other, and it's getting to the point

this time in the year where you put in the work and so your body is ready to swim fast."

Gole said the team looks as if it will do well in Indiana, but he won't be able to make any predictions about Nationals until after each of the races is finished.

"[The team] is swimming very well right now, so I am excited to see what they are going to be capable of doing in a few weeks," Gole said. "After the Indiana meet we'll be able to gauge really where we're at."

Grinter said the 'Dogs need to focus on the Hoosierland Invitational in two weeks first to qualify more people, and then they can focus on Nationals.

"I think right now with only two people qualified, you can't start thinking about Nationals yet," Grinter said.



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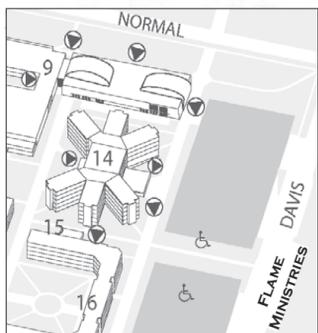
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