Although the men’s and women’s indoor track teams are currently in the middle of a small indoor season, that didn’t stop them from building up their performances.

The Bulldogs competed at the Cyclone Open in Ames, Iowa, and left with both provisional marks and personal bests.

“We had some good performances overall,” junior distance runner Abigail Soodak said. “Every- one’s starting to run faster, so it’s going pretty exciting. Everyone just needs to keep up the effort. You see a good performance and you want to match it.”

Aimed were the shot put with a provisional mark of 17-02.00 ft, a near personal best, and Adewon hadless training with assistant coach Leslie Hartley to improve his throw and relish in competitions. He has placed among the top five this season and currently ranks fifth in the conference standings.

“The past few weeks, we’ve been working on an explosive training in the weight room and throwing, using all my strength instead of building back,” Adewon said. “People that had used the sleds and then just throwing and having a lot of conference competition and farther in practice and attributes to holding back,” Atwood said. “Really that’s been my problem. My biggest problem the rest of the year and currently ranks fifth in the conference standings.

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Athlete of the Week

Improved stamina helps Filchev net 17

BY BRENT FOSTER
Agoura Yearbook Editor

The senior tops the conference and also ranks in the top 15 in the nation.

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Vesko Filchev

Sport: Basketball

Position: Center

Year: Senior

Hometown: Plovdiv, Bulgaria

Sophomore recorded 17 points and 10 rebounds in a loss against Southwest Baptist University.

Even with the increased minutes per game, Schrader said. All these guys are ingrained in American basketball after growing up with it. They’re not as developed as they are in Europe, just to the American style of basketball.

Schrader was without Matt Rog-

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