



Rough Patch
Women drop six in a row
Page 17

Bulldog Breakdown

Index Online

Index Sports Show:

Sports editors give winter midseason report cards.

www.trumanindex.com

On campus

Men's on campus:

Basketball: 7:30 p.m. Wednesday vs. UCM

Women's on campus:

Basketball: 5:30 p.m. Wednesday vs. UCM

M. Basketball

	MIAA	OVR
1. FHSU	8-0	14-1
2. UCM	7-1	14-1
3. MWSU	6-2	11-4
4. UNO	5-2	12-2
5. SBU	5-2	14-3
6. MSSU	3-5	9-6
7. NWMSU	3-5	8-7
8. ESU	3-5	7-8
9. PSU	1-7	7-7
10. WU	1-7	7-8
11. Truman	1-8	3-13

W. Basketball

	MIAA	OVR
1. ESU	7-1	14-1
2. WU	7-2	13-2
3. FHS	6-2	13-2
4. PSU	6-2	8-7
5. NWMSU	4-4	8-7
6. UNO	3-4	8-6
7. MSSU	3-5	9-6
8. UCM	3-5	7-8
9. MWSU	3-5	5-10
10. SBU	1-6	3-11
11. TSU	1-8	6-10

Quotable

“It feels like it's come to the point where I have to basically hold their hand through everything. With a basketball player, you shouldn't have to do that. Not at the college level you shouldn't.”

— Head women's basketball coach Michael Smith on his team's recent struggles

Training trip a 'make or break' for swimmers

BY JACK NICHOLL
 Sports Editor

Head swimming coach Mark Gole is known for writing difficult workouts. He puts his swimmers through 20 hours of workouts every week during the school year, the NCAA maximum.

But the practice regulations end when Winter Break starts.

The swimming teams go on an athlete-financed winter training trip every year, during which the team has two two-hour swim practices per day in addition to running and dry-land workouts.

“Every year at the start day of the training trip I tell them that, ‘It can make or break your season,’” Gole said. “So when something has that riding on it, it's insanely important.”

For nine days this break, the swimming teams trained for about 50 hours in San Diego, Calif.

“It's just non-stop hard work, and it really

challenges you, and it's very difficult, and it tests you mentally and physically,” junior Anna Grinter said. “But you come out of that trip knowing, ‘I lasted that week and a half in San Diego where we didn't get any rest and we're getting beat to the ground.’ And then you know you can do any practice that Mark puts for you.”

Grinter is an example of how the training trip can ‘make or break’ a season. Her freshman year she missed the A-cut time in the 200-yard butterfly at the fall taper meet by .10 of a second.

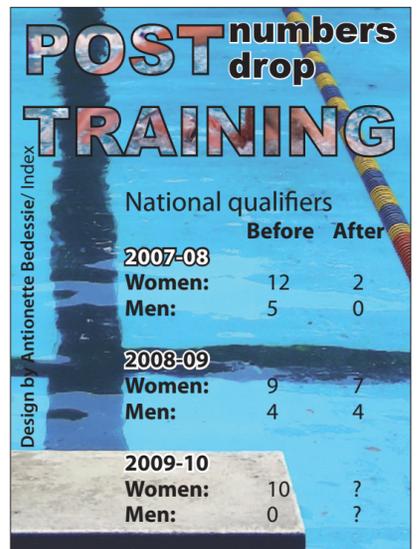
About a month after the training trip, Grinter drop-tapered for a dual meet against Drury University and swam a lifetime best A-cut time by more than one second in the same event. She swam a new school record en route to a fourth-place national finish six weeks later.

“I don't think I would have made it by over a second like I did,” Grinter said. “It would have put a lot more pressure on me to

Please see SAN DIEGO, Page 19

“It tests you mentally and physically.”

Anna Grinter
 Junior



Grim-Smith Hospital is new home for many coaches



Brian O'Shaughnessy/Index
 Grim-Smith Hospital is mostly used for storage, but it will house athletic coaches for at least one year.

BY JACK NICHOLL
 Sports Editor

For the last 17 years, Mike Cannon, women's soccer head coach, worked in an office in Pershing Building. Walk through 50 feet of snow, through two doors — including one marked ‘Fire Escape’ — up three tattered flights of stairs, and you'll arrive at his new office at the old delivery room in Grim-Smith Hospital.

Cannon, along with the athletic administration and track, volleyball, soccer and softball coaches, moved offices during Winter Break to prepare for renovations on the north side of Pershing Building. Basketball coaches will also relocate after the season, and football will move after recruiting season.

“This isn't a permanent solution or anything,” Director of Athletics Jerry Wollmering said. “This is meant to be temporary quarters, whether that's a year, 18 months, two years.”

When renovations are complete in one-to-two years, athletic coaches will occupy all three floors on the north side of Pershing, Wollmering said. The Sports Information Department might also move to Pershing from its current office in Kirk Building. There are no plans for swimming coaches or any coaches on the north side of Pershing to relocate, Wollmering said.

Campus Planner Mark Schultz said in a December interview that the plan is to have coaches back in Pershing by next Christmas.

Most coaches now share office space, including Cannon, who is with assistant coach Martin Clayes and Duke Cochran, men's soccer head coach. The second floor offices are mostly old patient rooms and the third floor offices include the nursery and larger rooms. Soccer, softball, basketball and football will occupy the third floor.

Cannon said sharing office space will not be an issue when coaches meet with recruits but will be when coaches have private meetings with athletes.

“That probably won't play in for a little while, at least until sometime later in the spring,” Cannon said. “Obviously in the fall

Please see OFFICES, Page 19

Patiently Waiting

Where to find coaches during their stay at Grim-Smith Hospital:

Second Floor

Track
 Volleyball
 Administration

Third Floor

Soccer
 Softball
 Football (after recruiting)
 Basketball (after season)

*coaches will occupy first, second and third floors on the north side of Pershing after renovations are complete

Designed by Sarah Thompson/Index

Wrestling swept at Knox

BY CORY WEEKES
 Staff Reporter

At the beginning of the season, head coach Dave Schutter announced that the goal for his team this year was to put at least four wrestlers into the national tournament, a feat never before accomplished by a Truman wrestling team. But as the season wears on, injuries threaten to sideline the team's goals.

After a less-than-competitive home duel against Hannibal La-Grange College on Dec. 10, the ‘Dogs knew they would be going into a Winter Break with two tough tournaments at the University of Nebraska-Kearney and Knox Open.

First up was the Nebraska-

Kearney Open Jan. 9 that Schutter said prior to the tournament was “one of the toughest challenges we will face throughout the year.”

At Kearney the team managed to place three wrestlers into the quarterfinals and freshman Colton Schmitz took sixth place. The other wrestlers in the quarterfinals were senior Loyde Braidlow and junior Andy Bader.

“Kearney was the best we have wrestled as a team thus far,” Schutter said. “Aside from Schmitz, Loyde looked pretty good, and when Bader is healthy he is as good as anybody.”

“In the end, we were just competing at a higher level,” Schutter said. “We were facing tough competition and because of that, the guys turned it up.”



Loyde Braidlow

Unfortunately for Truman, this success would not carry into the Knox Open on Jan. 9, where the Bulldogs lacked five starters and went 0-4, a performance

Please see WRESTLING, Page 19

Steroid admission means nothing

Mark McGwire decided to talk about the past Monday, but it wasn't exactly what was expected. He didn't tell us that everything Jose Conesco has said was true — that the home run race of 1998 was all a farce, that his 583 career home runs were a product of pills, injections and creams. He didn't ask baseball to take away the Rookie of the Year Award he won in 1987, or admit that Oakland shouldn't have won the pennant in 1988.

Nearly five years after his infamous debacle in front of Congress, McGwire admitted he used steroids off and on during his baseball career beginning in 1988, and including the 1998 season when he hit a then-record 70 home runs. He sounded apologetic for what he had done during several phone interviews, and looked the part during a television interview with Bob Costas.

With the perfect opportunity to let every skeleton out of the closet, he chose to keep the door open for skeptics. McGwire said the reason he took steroids was to get back on the field faster from injuries, not to make him more powerful or to hit the ball further.

“There is no way that a pill or an injection will give you the hand-eye coordination you need to hit a baseball,” McGwire told Bernie Miklasz of the St. Louis Post-Dispatch on Monday. “There's one thing that I know: I was born a homerun hitter.”

McGwire's confession follows suit of what several other suspected steroid users in baseball have told us: they don't want to tarnish their legacies and will give many excuses or explanations that mean nothing.

After his name surfaced in the Mitchell Report, Yankee pitcher Andy Pettitte admitted to using a human growth hormone twice in 2002 to recover from an elbow injury. He said he did it only to recover faster from an injury, not to improve his play on the field.

“If what I did was an error in judgment on my part, I apologize,” Pettitte told the Associated Press in 2007. “I accept responsibility for those two days.”

During the 2009 season, Boston Red Sox designated hitter David Ortiz' name was leaked from what was supposed to be a confidential document that contains 104 Major League players who tested positive

Please see STEROIDS, Page 19

Commentary



BRENT FOSTER