Athlete of the Week

Loyde **Bráidlow**

Sport: Wrestling Year: Senior Hometown: Rolla, Mo.

Senior Loyde **Braidlow** compiled a 4-0 record last weekend at the Knox Duals. He was the only Bulldog to have four wins at the event, and he improved his season record to a team-best 15-7. Braidlow's career record is 75-56.

Braidlow goes undefeated at Knox

BY BLAKE TOPPMEYER Editor in Chief

Senior Loyde Braidlow has had a successful Bulldog wrestling career, highlighted by a national berth his sophomore year and a career winning percentage of 57.3. If anything has held Braidlow back, it was his struggle to attain riding time or wrestle effectively from the top position.

That is changing this

Braidlow demonstrated his improved ride time at the Knox Duals on Saturday by going 4-0 in the heavyweight division.

"He's wrestling tougher in the top position," head coach Dave Schutter said. "When he first got here, and even the year he went to nationals, he couldn't ride a guy for 20 seconds if his life depended on it. Now he can keep guys down for a whole two minutes, or the second period."

In his first win, a 2-0 decision against Trine University's (Ind.), Dylan Forbes, Braidlow said his improvement with ride time definitely helped him pick up a W.

"In the past, I wouldn't have rode that guy to get that extra point, and it would've been a tied match 1-1 going into overtime,"

Braidlow said. "Any time I win a match because of riding time like that, it's a big match because it's something that wouldn't have

wins in 2006.

With one more win, career victories. Peterson to become an All-Ameri-2007-08.

Becoming an All-American and contending for a heavyweight national championship are Braidlow's ultimate goals for this season. To do that, he first would have to qualify for nationals by placing in the top four at the Feb. 27 Midwest Regional. The top four finishers in each weight class advance to nationals. Last year, Braidlow finished fifth.

happened in the past."

Braidlow was the only Bulldog to compile a 4-0 mark at the duals, and he improved his season record to 15-7. Braidlow's career record now stands at 75-56. He has the chance to become Truman's first wrestler to eclipse 80 wins since Gregg Nurrenbern finished his Bulldog career with 110

Braidlow will tie Truman alumnus Blake Peterson for was Truman's last wrestler can, earning that honor in

The path to nationals likely won't be any easier for Braidlow this season. Three

Brian O'Shaughnessy/Index

Senior Loyde Braidlow, shown at a practice earlier this season, said he has been working on his ride time this year en route to a 15-7 record.

of the nation's top seven heavyweights are from the Midwest Region.

Braidlow said he hasn't thought much about nationals but that it's always in the back of his mind and persists as a motivator.

"Everything I do for wrestling is to go to nationals," Braidlow said. "If you're not striving to go to

spots and there are

few other options

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nationals, then what's the point of wrestling? ... The ultimate goal is to be an All-American and national champion, but national qualifier is nice and you have to do that to do the other things, so it's definitely one of my goals."

Braidlow will look to continue his string of success Saturday when the Bulldogs compete in the Central College Open in Pella, Iowa. The event has yielded good results for Braidlow in the past — he has placed second the last two seasons.

"He just had a good, solid day [Saturday at the Knox Duals], and we just want to keep it rolling," Schutter said.

STEROIDS

Players continue to

make excuses

Continued from Page 15

for performance enhancing

drugs in 2003. His explana-

purchased over the counter

supplements and vitamins" he

tion was that "then legal

WRESTLING | Colton Schmitz suffers knee injury at Knox

Continued from Page 15 that Schutter said was inevitable.

"Unfortunately, after some injuries we were unable to really compete in the Knox open," Schutter said. "You're not going to beat anyone with five starters missing. We have to shake the rust off and try to get healthy. A lack of depth is something that is awfully hard to compete against."

However, there was one bright spot at the Knox Open. Braidlow helped keep the Bulldogs in each round. Braidlow said he is confident he will get the job done in big matches later in the season.

"This team works harder than any other team I've ever been a part of," Braidlow said. "We just have to get over injuries and keep

going." Schmitz, who has become one of the team leaders during the course of the year, lost in the first match in which he said he was "totally drained." He sustained a knee injury that sidelined him for the rest of the tournament.

"We still aren't sure of what is wrong, but they say it might be an MCL sprain," Schmitz said. Schmitz

Losing could prove devastating for the Bulldogs, as he leads the team with 17 wins, four by way of pin.

"I hope to be back and ready to go by next weekend, and I have been working out a little," Schmitz said. "We just have to keep working hard, and earning wins. As a team we have to keep getting tougher. We are practicing hard and I know we have the ability to do good things when we are healthy."

This weekend the team faces another tough challenge at the Central College Open in Pella, Iowa. Schutposted four wins and ter said his wrestlers need to establish better consistency.

When the team has been healthy this year, Schultz said they have managed to do exceptionally well. He said it is because of this that the team knows what they are capable of.

"Now it is just time to go out and prove it," he said. "It's a long season, and we need to consistently perform at our potential. The best wrestlers are consistent wrestlers."

With the regional qualifiers only a little more than a month away, Schutter said it is important for the team to get a good start this spring.

"Because it's an open, you can never really know what you're going to get," Schutter said. "We just have to keep working hard, and we need to get healthy. I'm confident that we can get back into stride. It will just take time."

OFFICES Wollmering: Move to hospital shouldn't affect recruiting

Continued from Page 15 that'll be more of a thing we'll have to figure out."

The second floor of Grim-Smith has a break room that could provide a place for private meetings. Cannon said another solution is to meet in another building, such as Pershing or the Student Union Building.

A potential problem of the office switch is the ease of access to athletes compared with Pershing. Assistant track coach Tim Schwegler said that as of Monday only two out of 60 members of the track team had stopped by.

However, Schwegler said the renovations in Pershing will not significantly affect track

practices indoors. Another problem

recruiting. Although offices are bigger than before, they are uncarpeted n

Grim-Smith generally looks unkept. The stairs leading to the second and third floors are chipped in

floors. "I would hope that [Grim-Smith]

wouldn't be their deciding factor why they don't pick a school." **Jerry Wollmering** Director of Athletics, on recruiting

> ing's not the most aesthetic place. So I it may be just fine, I don't know. We just

have to wait and see."

Wollmering said there are no plans to clean up the hospital because it is only a temporary solution.

"It'd be pretty disappointing if a recruit came in and decided that the reason they ended up not coming to Truman was because they had to meet with a coach [and the walls were not painted]," he said. "I would hope that wouldn't be their deciding factor why they didn't pick a school."

Grim-Smith Hospital is located on the corworry about that. But ner of Patterson and Franklin streets and is mostly empty except for some storage.

were what likely landed him on the list, according to the Boston Globe. Rafael Palmeiro, one of only three players with 3,000 hits and 500 home runs, was outed in August 2005. This

came just months after he denied ever using steroids at a hearing in front of Congress. He has maintained since then that he never knowingly used steroids.

The amount of names, reasons, excuses, government reports, Met clubhouse attendants, notes from trainers or acquaintances from home countries could go on forever.

Now it comes back to Mc-Gwire. His admission of using steroids, like other players have admitted, means nothing. He admitted to using steroids, but seemed reluctant to tarnish his own legacy. Baseball will go on. Millions of fans will pack stadiums all across the country.

McGwire returns to baseball this season after a nearly 10-year absence from the game as the Cardinals' hitting coach. He probably will receive a standing ovation from Cardinal Nation on Opening Day and be welcomed warmly in St. Louis, while staying in off limits areas of the clubhouse and avoiding the media as much as possible.

Unless somebody can find a flv on the wall of every Major League clubhouse from the late 1980s to the early 2000s, then confessions from players about steroids mean nothing. But even if someone found a fly, it might decide not to talk

SAN DIEGO Bulldogs have qualified 10 for nationals

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get it at conference rather than a dual meet before that."

In the 2008-09 season, seven of 16 women national qualifiers recorded an A cut after winter break. On the men's side, three of seven qualified after the new year. This year, the women currently have 10 swimmers qualified while the

men have none. "It just allows you to get a strong aerobic base throughout the semester," senior Kate Aherne said. "When we come back and we start training here again, practices just seem so much easier."

A typical day during the trip started with breakfast before 7:30 a.m. practice. After practice, swimmers ate another breakfast, relaxed and ate lunch before running three miles to the pool in the afternoon, when they did dryland and had another full

swim practice.

Senior Kendra Brunkow said the team tries not to think about swimming in between the workouts.

"We just do different team activities like go eat ice cream or something like that to try to get our mind off the hard training," she said. "And that definitely makes it go faster, too,"

As for the training, it's the hardest the team has all season. One time during the trip the team swam eight miles during a season-long fourhour practice.

"This year I think it was one of the hardest trips we've had," Brunkow said. "I think as a whole our team did really well with the training trip, and you could tell we were all tired when we got done, but that's the point of it."

The team has traveled to

to San Diego this year because it was "time for a change," Aherne said. Had the team trained in Florida, it would have had to battle with snowy

conditions. This trip also was shortened to nine days from the usual 10 or 11 because of the shorter Winter Break. Brunkow said the day off did not reflect on the intensity of the training, except for the

four-hour practice. The other difference this year was the team practiced in a full 50-meter pool. The team usually swims and practices in a 25-yard pool.

"It's hard work because you don't have that rest in the middle where you can do a turn," Grinter said. "Not that you necessarily rest on the wall, but it's a comfort to have that wall that you can push off on. It definitely challenged a

Florida in past years, but went lot of us." about the past. wake up right. wake up right.

WITH THE INDEX EVERY THURSDAY MORNING

wake up right. wake up right.