

Swim teams compete at Invite



Brian O'Shaughnessy/Index

The men's and women's swimming teams competed in Indianapolis Friday and Saturday. The women won five out of six events.

Women win five of six events, men winless at invitational

BY SONDRALANGLEY
Staff Reporter

The women's swimming team swept the waters as the 'Dogs finished first in five out of six duels against Ashland University (Ohio), University of Indianapolis and Wayne State University (Mich.) on Friday and Saturday at Indianapolis.

Senior captain Kate Aherne captured four winning times in the 50-, 100- and 200-yard freestyle and the 200-yard individual medley.

"Duel meets are really important because they let you know where you are in your training and what you need to work on," Aherne said.

Aherne is one of three seniors on the team, with eight juniors and some younger talent. Aherne said the coaches were really pleased with how the team swam.

Other winning women were senior Kendra Brunkow in the 200-yard freestyle, freshman Stacey Wymer in the 200-yard backstroke and junior Emily Buss in the 200-yard breaststroke.

The Bulldogs also swept the top three spots in the 400-yard individual medley, with junior Claire Myers leading the way.

Head coach Mark Gole praised

many of the top finishers at the meet.

The women won their three duels Friday and won two of their three duels Saturday. The Bulldogs lost to Wayne State University by 35 points in their only loss. Diving, an event Truman isn't part of, factored in the Wayne State dual.

"Just seeing where we are right now is making us feel more confident than last year," Aherne said. "It's better and easier to judge what is going to happen."

Even with only two meets completed and another duel meet between the Iowa Invitational fall taper meet, which starts Nov. 20, the women are setting their sights on nationals. However, there are still things they need to work on.

"We were a little sloppy in our relay starts and flip-turns, so we just want to become more focused on those and cleaning those little things up," Aherne said.

The women have already worked on getting times for nationals, with multiple B cuts in the Indianapolis Invite. Aherne, Myers, Buss and junior Julia Jones each earned B cuts at the meet.

The men, however, had a less fortunate time at the quad-meet, falling

to all three schools in both days of competition. The Bulldogs were exhausted from practice coming into the meet, and senior Andrew McCall said the effect showed in their times.

"Conditions weren't perfect," McCall said. "The quality in the pool was pretty bad, and worse in the second day, but we pushed through it."

"We had some sloppy swims and showed that we were tired."

Sophomore Brian Tillis finished first in the 1,000-yard freestyle in 9:53.96. Tillis also finished second behind freshman Jerod Simek in the 1650-yard freestyle and third in the 500-yard freestyle. Freshman Tony Hernandez had a top split of 26.96 in the breaststroke relay.

The next meet for the men and women will be home against Missouri State University in the Pershing Natatorium on Nov. 7. This is the last meet before the Iowa meet, the chance for most of the swimmers to get times that qualify for nationals in March. It is also the last home meet of the season for the 'Dogs.

"We hope to get everything tighter," McCall said. "For this next one, getting the technical aspects of the race down is crucial."

"Just seeing where we are right now is making us feel more confident than last year. It's better and easier to judge what is going to happen."

Kate Aherne
Senior

Both men's soccer matches rained out

Cancellations could hurt Bulldogs' chance at playoffs

BY BRENDAN O'BRIEN
Staff Reporter

The men's soccer team will have to wait until Saturday to play again after rain caused two more postponements this week.

The Bulldogs are No. 3 in the South Central Region, meaning every match becomes a must-win because only the top two teams from the region make the playoffs.

With rain causing postponements, and possible cancellations, of home matches against Upper Iowa University and Principia College (Ill.), and a road match against Missouri University of Science and Technology, Truman has no room for error to reach the No. 2 spot in the region. With the pos-

sibility of two or three fewer matches, senior defender Matt Taylor said his biggest role is helping keep the team focused.

"Being a senior, you've got to just tell these guys that, 'Hey, there's still a lot to play for,'" Taylor said. "Anything can happen, and we need to take care of business on our end of the deal and just keep winning games. That's all we can do right now."

If the road game against Missouri S & T, which had been scheduled for last night, is not made up, Truman will finish with an undefeated road record, but that is just an afterthought for the playoff-hungry 'Dogs.

After the Oct. 14 letdown

against Lewis University (Ill.), redshirt freshman goalie Tyler Knierim said the team kicked into high gear.

"We were confident we were playing well and we knew we were playing well, but after the Lewis game we kind of changed to an urgency," Knierim said. "We know we have to win, so we're going to go out every game and play like it's our last."

Knierim said the team's intensity improves every day out and sophomore forward Jonathan Brown said he thinks the leadership has a lot to do with it. With the possibility of just two games remaining in the regular season, the se-

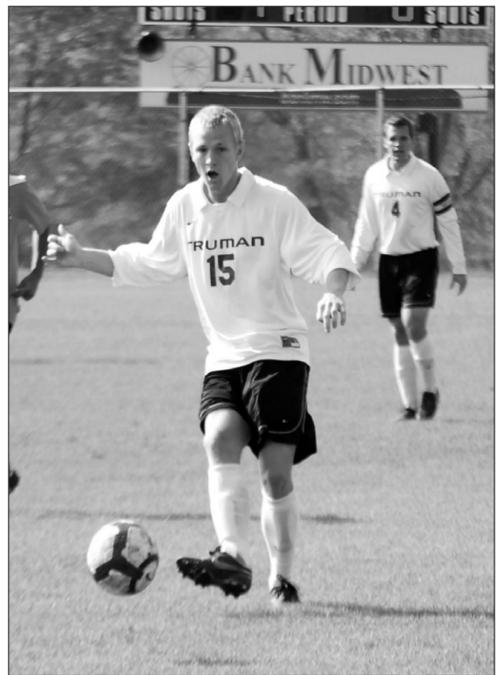
niors want to leave a mark. Both remaining games are at home.

"[Head coach Duke Cochran] stresses to [the seniors] every day that this is their home field," Brown said. "I think, definitely, practice is intense. You know, guys know it's our last games and in a year's time they're going to be sitting in an office not having practice every day. So these guys are giving everything for the team and even the guys that are juniors, sophomores and freshmen, guys that are red-shirts — they're pushing. Everyone's pushing each other."

The team will look to earn a win 1 p.m. Saturday against Columbia College for Senior Day and again at 2 p.m. Tuesday against Hannibal-Lagrange College. Cochran said he wants his players, especially the seniors, to treasure these final

"Being a senior, you've got to just tell these guys that, 'Hey, there's still a lot to play for.'"

Matt Taylor
Senior defender



Mayank Dhungana/Index

The men's soccer team had two matches rained out this week. Neither match has been rescheduled.

home games — regardless of what follows.

"It's kind of nice, I think," Cochran said. "Especially the seniors, you've only got

so many games left in your career and that home field is where we practiced. A lot of memories there and a lot of memories left to be made."

Athlete of the Week

Dani Dell'Orco
Sport: Women's Cross Country
Year: Sophomore
Hometown: St. Louis, Mo.

Sophomore Dani Dell'Orco finished third with a time of 21:34.9 at the MIAA meet last weekend in Emporia. Dell'Orco has been the best runner for the No. 14 Bulldogs this season as the team heads to the regional meet in Texas next weekend.

Dell'Orco places 3rd at MIAA meet

Sophomore shifts focus to qualifying for nationals

BY BLAKE TOPPMAYER
Editor in Chief

Anytime sophomore Dani Dell'Orco needed a motivational boost this summer, all she had to do was look at the poster on her bedroom wall.

The women's cross country team made motivational posters right before the summer, and Dell'Orco said hanging hers in her room reminded her of the importance of training and striving for improvement during the summer.

"That was something to kind of wake up to in the morning and see that on your wall so that you [would realize] you are affecting so many other people by maybe opting to not do your workout that day," Dell'Orco said. "I followed the training schedule pretty religiously."

Dell'Orco's offseason work paid off.

After being a middle-of-the-pack runner for Truman her freshman season, Dell'Orco has been the top Bulldog finisher in all five races this season and has finished no lower than fourth overall.

Dell'Orco's success continued Saturday in Emporia,

Kan., at the MIAA Championship meet. She finished third out of 79 runners, which helped the No. 14 Bulldogs finish second.

She finished the race in 21:34.9, which was 3 1/2 minutes faster than her time at the conference meet last season, when she finished 47th.

Dell'Orco now has turned her focus to the Nov. 7 South Central Regional meet in Abilene, Texas. A Bulldog runner has qualified for nationals as an individual in each of the last three seasons, and Dell'Orco has a chance to extend that streak as either an individual or as part of the team.

For the first time in several seasons, the women are in position to contend for a top-two finish at the regional, which would send the team to nationals. If the team doesn't qualify, Dell'Orco could qualify as an individual by finishing in the top five or by being one of the top two finishers not on a qualifying team.

Despite her third-place finish Saturday, head coach John Cochran said Dell'Orco can make some improvements in the regional meet.

Cochrane planned for Dell'Orco to keep pace Saturday with Missouri Southern State University's Ashley

Siler, who finished second. But Dell'Orco said she started falling behind Siler late in the race, and she finished 15 seconds in back of her.

"The goal is definitely just to try to race with her in the future and to be breathing on her," Dell'Orco said.

Dell'Orco will get another chance at hanging close to Siler at the regional, as Missouri Southern probably will be the team to beat.

Cochrane said the regional course at Abilene is very flat and consists of three laps of the same 2-kilometer circuit. With no hills, it will be even more important for Dell'Orco to hang with Siler because it is more difficult to make up ground on a runner on a flat course, Cochran said.

"It's one of those things where positioning is important," Cochran said. "She's going to have to definitely not let people get away from her. She has enough endurance that she'll be fine if she goes out fast with them."

Although hanging with Siler likely won't come easy, there is one aspect Dell'Orco seems to have on her side: motivation.

"You don't get this every year and you know next year we might not have the same opportunity," Dell'Orco said.



Brian O'Shaughnessy/Index

Sophomore Dani Dell'Orco, shown here in practice last week, finished third at the MIAA meet last weekend.