



Sondra Langley/Index

The men's swimming team lost 153-48 at Missouri State in its first meet under interim head coach Jennifer Godlewski.

## 'Dogs struggle against MSU

BY DEREK FRANKLIN  
Staff Reporter

The men's and women's swimming teams and the new-look coaching staff visited Missouri State University in a dual meet Saturday in Springfield, Mo., but the 'Dogs did not fare well.

The men fell 153-48 and the women 148-57 to the Div. I Bears, but interim head coach Jennifer Godlewski said she thought her team did what they wanted to do while swimming against stiff competition.

"Dual meets are kind of trial runs, times to play with the races, so that it comes automatically in championship meets," Godlewski said. "[Dual meets] are the time to make tweaks and changes as far as race strategy.

Truman's swim team currently is ranked 19th in the CSCAA Div II poll.

Senior Anna Grinter was the only Bulldog to place first with a time of 2:09:67 in the 200-meter butterfly, and in the same race, senior Tanya Sylvester finished third in 2:13:70.

Freshman Casey Jepsen was one of the second-place finishers for the 'Dogs as she swam the 200-meter freestyle in 1:56.66 and junior Jessica Jenkot was second

in the 50-meter freestyle. Sophomore Stacey Wymer finished second in the 200-meter back-stroke. The 400-meter freestyle relay composed of freshman Bailey Peterson, senior Carina Pautz, Sylvester and Jepsen also finished second.

Godlewski said the team as a whole has good endurance but is lacking speed. She said a dual meet's purpose is to gauge yourself in a competitive atmosphere.

"We've been training a lot of yardage, a lot of intensity, with speed not necessarily being a focus," Godlewski said. "The next couple weeks [of training] are really critical."

Godlewski said this first meet benefited her more than anyone as it was the first time she had seen her swimmers compete out of practice.

"It was a very good experience for me to watch the races," Godlewski said. "Seeing the times and then watching them are two very different things. It was a learning experience watching them."

She said speed will come from speed-based training the team will do in the next couple of weeks to prepare for the conference meet.

The team usually takes a training trip during Winter

Break, but this year due to an abrupt coaching change the trip was canceled. Grinter said she thought there were some benefits to not taking a trip she described as "exhausting" and "intense" in the middle of a long season.

"I think a lot of people came back from the break with charged batteries and kind of recouped a little bit," Grinter said. "We were ready to train hard when we came back to school."

A new coach in the middle of a season would be difficult to deal with for any team, but Grinter said Godlewski made the transition as smooth as possible.

"She did a really good job of coming in and not wanting to change everything we've been doing, I know we really appreciate that," Grinter said. "She's been really understanding and incorporating some of Mark's old workouts with some of her own, and we all really appreciate her coming in the middle of the season."

The men's team had three second-place finishers in individual races with sophomores Jerod Simek in the 500-meter freestyle, Taylor Frymire in the 50-meter freestyle and Michael Hernandez in the 200-meter breaststroke. The 400-meter medley relay

team of Hernandez, Frymire, sophomore Greg Taplin and freshman Eric Mikolajczyk finished second as well.

Senior Jonathan Temple said that in two to three weeks, each of the swimmers will begin to taper their workouts to be fully rested for the conference meet, which begins Feb. 9 in Cleveland, Miss.

Each swimmer tapers their workouts based on the distance of their event, Temple said. Short-distance sprint swimmers begin to taper their workouts as much as three weeks before a big meet and distance swimmers taper their workouts for as little as one week.

Truman has swum against Missouri State for several years now, but the Bulldogs have not had much success on the score sheet against the Bears. The men lost against Missouri State the last three times the teams have met, with the most recent being listed first, by scores of 92-30, 102-9 and 168-104.

Truman has two home meets this weekend. The men's team will take on Missouri University of Science and Technology at 6:30 p.m. tomorrow at home. Both teams will also be in action 1 p.m. Saturday against Drury University, the defending national champion.

## TRUMAN ATHLETICS News and Notes

### Women's Basketball: 'Dogs step up defense

While the Bulldogs rank in the bottom half of the MIAA in scoring and assists, they have stepped it up on the other side of the ball.

Going into Wednesday night's game against the University of Central Missouri, Truman is second in scoring defense, giving up only 61.2 points per game. They are fourth in field goal percentage defense, holding their opponents to .378 from the field.

The Bulldogs are third in 3-point percentage and sixth in field goal percentage.

Junior guard Bri Daniels is in the top half of the MIAA in several statistical categories. She is second in the conference in 3-point percentage, sixth in scoring and eighth in field goal percentage.

Senior guard Amy Galey currently is second in assists, averaging 4.7.

### Swimming: Women fall five places in rank

The women's swimming team national rank dropped from 14th to 19th in the CSCAA Div. II poll recently. The Bulldogs dropped their dual record to 2-3 after a loss to Missouri State on Saturday.

Interim head coach Jennifer Godlewski said the team's aim for the season is to be swimming its fastest at the conference meet, and that she is not worried about the lack of secured invitations.

The only Bulldog who has guaranteed himself a spot at the NCAA Div. II Championships is men's sophomore Jerod Simek, but other 'Dogs are expected to receive invitations, especially after the conference meet next month.

### Men's Basketball: Seniors close to 1,000 point club

Seniors forward Ethan Freeman and guard Alex Henderson are close to joining Truman's 1,000 point club.

Going into Wednesday night's game against the University of Central Missouri, Freeman has 877 career points and 662 career rebounds. He currently is 13th in Truman history in rebounds. Freeman is tied for first in the MIAA in rebounds, averaging 9.1 this season. He is averaging 11.9 points this season and leads the Bulldogs in assists.

Henderson is 11th in the MIAA in scoring and has 862 career points. He is averaging 15.1 points this season, a career high.

### Track: Zweifel with only provisional mark

Junior Jennifer Zweifel is the only Bulldog with an indoor provisional qualifying mark this season. Zweifel earned the mark Dec. 10 in the triple jump at the Cyclone Holiday Preview in Ames, Iowa, Truman's first indoor meet of the season.

Last season, Zweifel earned an indoor provisional qualifying mark in the triple jump at the University of Missouri Collegiate Challenge with a leap of 37-10.75. This year, she earned the mark with a jump of 38-9.

Alumna Katrina Biermann holds the Truman indoor record in the triple jump with a jump of 39-8. That mark also earned her sixth overall in the Div. II championships.

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