

Track competes at Iowa State

BY TYLER POE
Staff Reporter

Season highs from 12 athletes, including a second place finish in the shot put from senior thrower Derek Atwood and a top performance from last week's MIAA Athlete of the Week, senior jumper Jenny Zweifel, capped off the Bulldogs' weekend in Ames, Iowa at the Iowa State Open.

Zweifel and Atwood led the Bulldogs in scoring with 24 of the team's 52 points scored during the weekend. Head coach John Cochrane said he was pleased to see the team doing exactly what he wants at this point during the indoor season.

"The main thing we want to see is improvement from week to week," Cochrane said. "I want them to do better than they did before and for [our younger players] to experience tough competition before the conference meet."

Truman athletes competed against more than 20 schools across Div. I and Div. II Athletics. Junior Ryan Peterson broke the 50 second mark for the first time during his career in the 400 meter dash, placing 11th, while junior Lisa Kucharski tied her season best mark in the pole vault event, reaching 10-06.00. Sophomore Becca Nelson set personal records competing in the 60-meter hurdles, the 200 meter dash, 600 yard run and long jump.

Kucharski said the big meet was an eye-opener for some of the younger runners, as it provided a chance to see tough Div. I competition that is equivalent to the strength of the MIAA.

This year, the MIAA boasts the toughest competition in Div. II as it leads all conferences in student-athletes qualified for the NCAA Championships. During the outdoor season, the MIAA sent 50 men and 63



Jessie Poole/Index

Freshman Sidney Baudendistel practices the high jump at practice last week in Pershing Arena. For the second straight week, the Bulldogs competed at a meet featuring both Div. I and Div. II competition.

women to the 2011 NCAA Div. II Outdoor Track and Field Championships in Turlock, Calif. Nelson said she thrives on the tough competition because it allows for individuals to grade themselves against the best of the best.

"You see where you need to be and if you aren't there it really motivates you to work harder," she said.

Cochrane said a few players on the squad have real chances to place at conference and earn qualifying marks for the NCAA

Indoor Championships slated for March 9 in Mankato, Minn. Cochrane said Zweifel, Atwood, Kucharski and junior distance runners Karen and Cindy Grauel have legitimate opportunities to compete against the elite in Division II.

Zweifel now ranks fourth in Div. II Athletics with her triple jump mark of 39-02.50. She is ranked seventh in the long jump after posting a season-best 18-07.25, earning her first place honors last weekend and an NCAA Indoor Provisional

Qualifying Mark, an effort good enough to currently earn her a spot in the Indoor Championships.

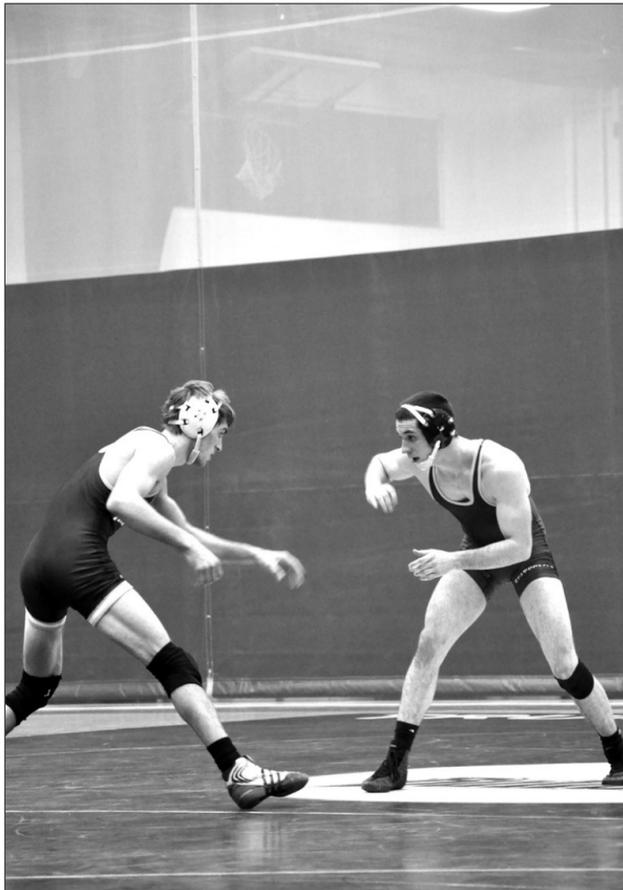
"There is no doubt that conference is on our minds after this meet," Atwood said. "Now we just need to improve each week."

To improve his teammates, Atwood said he attempts to pass on tips and motivation he receives from his coaches to less experienced throwers to help them adjust to the rigors of collegiate athletics.

Atwood's tips appear to be

helping. Freshman thrower Alex Cross set a personal record, finishing 12th in the shot put with a throw of 43-04.25.

The Bulldogs do not race this weekend, but Nelson will compete in the Wartburg Pentathlon in Waverly, Iowa. Atwood said the off-week is important to do core strength building and conditioning to keep making progress. The full squad will be back in action Feb. 4, in Jacksonville, Ill., for the Dr. James Green Invitational at Illinois College.



Lindsey Gillam/Index

Junior Alex Maus wrestles against William Penn's Tommy Kozak on Wednesday night in Pershing Arena. Maus was victorious 5-3.

Wrestling falls to 2-6 in dual matches

BY GARRETT FRITCH
Staff Reporter

As Pershing Arena emptied Wednesday night and the Truman State wrestlers shook hands with the William Penn Statesmen, senior Thomas Redmon stalked down the corridor to the Bulldogs' locker room, grunting and slamming his hand against the wall.

Moments earlier, Truman was defeated by the Statesmen, dropping their dual match record to 2-6 for the year.

The victory brought William Penn's record to 2-5.

The Statesmen had a 12-3 lead after the first four matches before sophomores Devon Fenstermaker and Josh Wells cut the deficit to one. William Penn answered, building the gap back up to 21-11. Redshirt freshman Helmut Rentschler then cut the lead to five by defeating the Statesmen's sophomore Nathan Merical by technical fall. That was as close as Truman would get as sophomore Kory Morrow defeated Redmon by pinfall to seal the win for the Statesmen

27-16.

Truman found more success last Saturday as five Bulldogs placed in the Missouri Valley College Open. The Bulldogs were led by third and fourth place finishes from brothers junior Alex Maus and sophomore Ryan Maus. The other Bulldogs who placed were Fenstermaker in the 157-pound division and senior Warren Galloway and Rentschler in the 197-pound division.

After having the end of last weekend off because he needed stitches around his eye, Ryan got back on the mat as the No. two seed in the tournament.

"I felt like I was wrestling pretty well," Ryan said. "I made one stupid mistake in the semifinals and it cost me the match. I'd rather it happen now than at the end of the year you know."

Likewise, his brother Alex had to default his third place match because of injury.

"I thought I wrestled pretty well overall," Alex said. "A lot better than I have been lately."

Alex said the home meet can provide a good incentive for the Bulldog grapplers to

wrestle to their potential.

"It's good to get a good crowd there and get us pumped up starting with the lower weight classes and moving up," Alex said. "It's a recovery week for me, but I'm looking to keep wrestling tough and get better."

The Bulldogs are staying focused on improving both their statistics and performances from last year. Schutter said this has been Truman's focus

"We had four goals coming into the year for the program," Schutter said. "Number one was finish with an All-American. Number two was get more than one wrestler to the national tournament. Number three was to have more than three guys place at regionals. And number four was to move from second to first and win the all-academic team this year."

Schutter said ultimately the 'Dogs have a holistic view of the season.

"We don't look at wins and losses, every day or every weekend," Schutter said. "We look at it as the total year or the journey and commitment."

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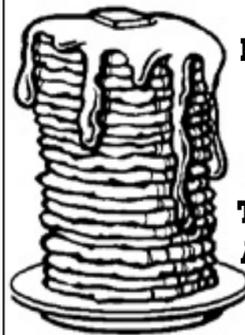
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