

'Dogs compete at Iowa State

BY CORY WEEKES
Staff Reporter

Truman State track opened their spring semester of indoor competition last weekend at the Iowa State Open.

In the team's first formal competition in more than a month, the men's and women's track teams looked to shake off the rust gathered during winter break and start the spring indoor season positively.

Senior sprinter Ryan Peterson and junior distance runner Matt Schaefer performed well in their events. Peterson ran his personal best in the 600-yard sprint, earning first place overall with a time of 1:11.85 while Schaefer finished fourth overall in the men's 800, finishing with 1:56.25.

Schaefer, who set a career best time, said staying in good shape during winter break was key in his fast start as he feels there are few times better than a month-long break to get into shape.

"Coach always tells us that Christmas break is one of the few times in the year to really gain ground as far as fitness level goes," Schaefer said. "I just wanted to use the break to gain ground."

In total, six athletes from the men's side set personal record indoor high marks during the semester-opening competition, including notable performances from junior distance runner Patrick Fink, who finished fourth overall in the mile and sophomore hurdler Zach

Thomas, who recorded a personal best in the 600-yard run.

Schaefer said overall, the team left Ames with a positive attitude and he thinks they are on the right track toward setting their goals.

"I think we are all very optimistic," Schaefer said. "And for those who maybe didn't perform overly well, it's still very early and we have plenty of time left to improve."

In the women's competition, senior thrower Rachel McCarroll became the first Bulldog to earn an NCAA provisional mark in the opening event in Ames with a throw of 55-07.00 in the weight throw that placed her eighth in the event. Junior Becca Nelson also performed strongly and finished sixth in the Pentathlon with a career high 3208-point showing and set her personal best in the 60 meter hurdles (9.29), high jump (5-00.25) and shot put (32-09.50).

"It was tough coming back from a month off," Nelson said. "As a team we came back in good shape after a month but it's always hard and I think that's a good thing. I think with another week of practice we are going to look even better."

Nelson said that while the track is shorter, indoor season is a good time for her team.

"As a team we push each other hard out there," Nelson said. "We are all excited for indoor. It's a shorter track, but we make adjustments and eventually grow closer as a team."



Senior sprinter Ryan Peterson, left, and sophomore hurdler Zach Thomas run during practice Monday. Peterson set a personal-best time in the 600-yard sprint.

While Nelson acknowledged that the whole track team performed well overall, she said she thought there was much room for improvement, a sentiment that was shared by her teammate, senior pole-vaulter Lisa Kucharski.

Kucharski, who finished third overall in the women's pole-vault, said she felt the effects from a long winter break and that overall, the team has a high expectation level for the indoor season.

"This is a team who can compete at a very high level," Kucharski said. "There are definitely high expectations. Back

from break it was a solid first meet but I think we can still improve and show up better next time."

The men's and women's team will look to take advantage of another full week of practice before heading to Lawrence, Kan. to compete in the Jayhawk Classic this Friday. While Schaefer said the competition will be tough, he said the adversity will be good for the team.

"Anytime you get to compete against the best, it's a good thing," Schaefer said. "It's what is going to make us better."

Top Bulldog



Becca McHenry

Women's basketball, senior guard

McHenry notched the 1,000th point of her career in the women's basketball team's 73-64 win against the No. 11 University of Central Missouri. She finished the game with 24 points, six assists and four rebounds.

Mark your calendar

Women's Basketball

5:30 p.m., Thursday, Jan. 24
Pershing Arena

The Bulldogs look to continue their home win streak against the University of Nebraska-Kearney.

Men's Basketball

7:30 p.m., Thursday, Jan. 24
Pershing Arena

The Bulldogs look to rise in the conference standings as they host Nebraska-Kearney.

Men's Swimming

1 p.m., Saturday, Jan. 26
Pershing Natatorium

The Bulldogs try to pick up their second win taking on Drury University.

Women's Swimming

1 p.m., Saturday, Jan. 26
Pershing Natatorium

The women look to pick up their fourth win of the season as they compete against Drury University.

Women's Basketball

1 p.m., Saturday, Jan. 26
Pershing Arena

The Bulldogs host Fort Hays State University in an MIAA matchup at home.

Men's Basketball

3 p.m., Saturday, Jan. 26
Pershing Arena

The men host MIAA opponent Fort Hays State University in their last home game before a long road stretch.

The Truman Institute Summer Academies Seek Applicants for Multiple Summer Staff Positions

The Summer Talent Academy for Professions in Health seeks student Preceptors for this one-week residential experience for high school juniors and seniors. Responsibilities include supervision of students, facilitation of activities, and support for class work. Preceptors should be majors or minors in biology or a health-related discipline.

<http://staph.truman.edu>

Zombie Scholars Academy seeks student Preceptors for this one-week residential experience for high school students. Responsibilities include supervision of students, facilitation of activities, and support for class work.

<http://zombie.truman.edu>

The Joseph Baldwin Academy seeks applications for the position of Video Producer. Successful applicants will be responsible for the production of documentary video and promotional pieces for the Joseph Baldwin Academy as well as select video assignments for other Truman Institute summer programs.

<http://jba.truman.edu>

Applications for all positions are available for download at:

<http://institute.truman.edu/jobs.asp>

Review of applications for all positions begins after 5 PM, January 18, 2013. Applications will be accepted continuously until all positions are filled. Questions may be directed to Jana Morton at jmorton@truman.edu or by calling 660-785-5406.



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