

New semester, new challenges for track & field

BY ANGELICA DANIELSEN
Staff Reporter

With one meet already under wraps, Truman State's track and field team is ready to jump back into the new semester with the start of the regular season. Entering a new conference has been said by the team to leave them with more hope for what's ahead.

Having practiced since September, the team will enter a new conference prepared for the different events that await them. These events range from the long jump to shot-put, sprints and a steeple chase.

Senior Andrew Sheets said the team is excited to head into the GLVC, where they can be more competitive with schools of similar rank. Sheets said good technique is needed for this sport and is what the team has been working toward so far.

During their first meet last semester, senior Matthew Schaefer said the team did fairly well. Schaefer said the team members now are able to see where they need to improve and grow as they start the regular season.

The team is beginning the indoor track season, which runs from December to mid-March. Schaefer said indoor track involves shorter laps with more turns, which if done properly can lessen time. Now in a conference where they can better compete, Schaefer said they hope to see their improvements show.

Schaefer said everyone needs to realize it's a matter of just getting to the conference and competing. Everyone prepares in their own way for the events. The team members separate themselves into groups according to their events and from there, they become independent with their workouts Schaefer explained.

Compared to cross country, Sheets said the major difference is the weekly mileage. He said track and field members average about 50 to 60 miles a week, whereas cross country members average 60 to 80.

"There's a lot more technique in track," Sheets said. "There are more races and events compared to cross country, so it definitely requires more of a focused mindset. Both sports, however, give the runners an opportunity to race against other people and test their abilities."

Junior Brad Hart said he hopes to set some goals for his personal best during the upcoming semester. Hart said the team will not finish in last place this year be-



Adam Antor/Index
Sophomore mid-distance runner Lauren Westen and senior Rebecca Nelson practice for the upcoming season. Westen ran cross country last fall and Nelson competed in the hurdles and long jump for the 'Dogs.

cause of the conference change and he has high hopes for placing closer to the top in events.

Coming out of high school, Hart said runners generally will know their strengths, but the coach still places them accordingly. He said the goal is to improve, no matter what event the team members perform during the season.

"Competition is the easy part," Schaefer said. "Your body knows what it needs to do. All I need to do is show up focused."

Because track is more of an individualized sport, runners generally make their own practice, Schaefer said. Schaefer said each player knows what to work on, and it is up to them to be independent enough to do it.

Wrestling prepares for second half

BY LEO CARROLL
Staff Reporter

As second semester begins, the Truman State wrestling team begins the second half of their season. The first half of the season went well for the Bulldogs. They posted an undefeated dual meet record in the first half of the season.

The Bulldogs currently are 5-0 for dual meets. The team has been preparing for the Div. II National Duals all month. This will be the 'Dogs' biggest test to date. After the National Duals, the team will gear up for regionals during late February. If the team continues to compete well and they win regionals, they have a good shot

at placing nationally.

Truman currently is ranked in the top 25 of Div. II schools for wrestling. Top wrestlers senior Ryan Maus, senior Colton Schmitz and junior Helmut Rentschler said they have high hopes for themselves and the team during the second half of the season.

The team currently is working to get focused for the second half of the season. Team leaders are helping keep the team on track so they can continue to be competitive.

"It is important for the team to come together here and help each other through the last half of the season," Rentschler said

Maus, the only All-American on the team, is shaping up to have a better season than last year.

"If we keep training the way that we are now and stay focused on our goals, we are on track to have the best season our program has had in years," Maus said.

The Bulldogs have been practicing hard throughout the season because they know the team has potential to place nationally this February. The team has competed at a high level all season, and they are not showing signs of slowing down now as they continue to wrestle well and win matches.

Schmitz, the only other national qualifier from last season, said he is a team

leader and is determined the team, as well as himself, places nationally.

"January is full of tough competition for the team, but it is to get the team ready for regionals in February," Schmitz said.

Although there still is a month of work until regionals, Maus is aware that doing well at regionals is their goal for the second half of the season. Wrestlers on the team have high hopes for the wrestling program. Placing nationally is the goal for the team, and they hope to achieve it, Maus said.

This season already has been a success for Truman wrestling because of the national ranking and going undefeated during the first half of the season.

MARK YOUR CALENDAR

Thursday, Jan. 16

Women's Basketball 5:30 p.m.
vs. Missouri-St. Louis
Kirksville, Mo.

Men's Basketball: 7 p.m.
vs. Missouri-St. Louis
Kirksville, Mo.

Friday, Jan. 17

Men's Swimming: 5 p.m.
at Missouri S&T
Rolla, Mo.

Wrestling: TBD
at Central Missouri
Warrensburg, Mo.

Saturday, Jan. 18

Wrestling: 9 a.m.
Missouri Valley Invitational
Marshall, Mo.

Women's Basketball: 1 p.m.
at Maryville
St. Louis, Mo.

Men's Swimming: 1 p.m.
vs. Missouri State
Kirksville, Mo.

Women's Swimming: 1 p.m.
vs. Missouri State
Kirksville, Mo.

Men's Basketball: 3 p.m.
at Maryville
St. Louis, Mo.

See all the results of last week's games online at <http://tmn.truman.edu/>

WOODY'S TIRE, AUTO & TOWING LLC



GOODYEAR, COOPER, KELLY, ELDORADO TIRES

Unlocks • Jump Starts • Brakes • Wheel Balancing

Use your Bulldog ID to receive \$5 off
top arctic 17 point oil change!

1102 N. Green • Kirksville, MO
660-665-8617
After Hours 660-216-3123

WWW.TRUMANRENTALS.COM

Providing affordable
student housing
for more than 25 years

Boardwalk • Waterworks • Park Place
States Avenue • St. James Place • New York Avenue

Four Horizons Realty
703 N. Marion St.
Kirksville, MO 63501

660-665-RENT

www.4horizonsrealty.com