

GLVC Standings

Men's Basketball		
TEAMS	W	L
UW-Parkside	6	0
Drury	6	1
Lewis	5	1
Southern Indiana	5	1
Bellarmino	5	1
Truman State	5	2

Women's Basketball		
TEAMS	W	L
Lewis	6	0
Drury	6	1
Quincy	6	1
Southern Indiana	5	1
Indianapolis	5	1
Truman State	5	2

Men's Swimming		
TEAMS	W	L
National Rankings		
Drury	#	1
Lindenwood	#	7
Indianapolis	#	12
Missouri S&T	#	13
Lewis	#	22

Women's Swimming		
TEAMS	W	L
National Rankings		
Drury	#	1
Lindenwood	#	10
Truman State	#	21
Indianapolis	#	23

Wrestling		
TEAMS	W	L
Central Oklahoma	2	0
Truman State	1	0
Lindenwood	1	0
Nebraska Kearney	0	1
Fort Hays State	0	1
Newman	0	2

BY DAVID LEMON
Staff Reporter
Wrestlers share training regiments and insight into preparation.

The art of wrestling has been around since before the 12th century B.C., and many rules have evolved from "the art" leading to what we know today simply as the competitive sport of wrestling.

Truman State's wrestling team and its wrestlers go through some of the most intense forms of training and competition known to man and on top of that, the sport can teach wrestlers lifelong lessons applicable to life beyond the sport itself. This especially is certain at the college level.

The workout regiments of Truman wrestlers can make any person respect what these athletes do and how dedicated they are to the sport.

"I work out two or three times a day at least," senior Ryan Maus said. "I'd say coming into the season, I weigh[ed] around the 165 area ... I'll lose around 12 to 15 pounds, but I already am pretty skinny to begin with."

Maus said he lost weight to wrestle in a lower weight class while maintaining a decent amount of muscle mass. Maus, currently ranked sixth in Div. II's 149-weight class, said he has been wrestling since second grade.

Wrestling at young ages is non-competitive, and no child ever cuts weight or trains, but jumping up to middle-school wrestling gets a little more competitive. Maus said he began to dedicate a lot of his time to the sport dur-



Redshirt freshman Luke Knoche practices a take down against senior Colton Schmitz. The team's GLVC record is 1-0.

ing middle school. He said the jump from middle school to high school wrestling was an intense change because of training. This is when cutting weight through rigorous sweating becomes common, and some schools even require workouts twice a day.

During high school, junior Helmut Rentschler said he realized he could wrestle beyond the high school level even though he had been wrestling since 5 or 6. Now that he is in his third year with Truman's program, he said college wrestling is highly competitive and there is a greater

level of intensity.

"In high school, there [are] a bunch of blow-off matches, and in college there is no blow-off match," Rentschler said. "You have to be focused, you have to treat every single person the same and you have to treat them all like they are great because they are."

Rentschler said it took years to get to the level of focus and intensity he is at now.

College wrestling has gotten so competitive that the NCAA created new rules last year about cutting weight. Wrestlers are not permitted

to cut more than 3 pounds of weight per week during season. The rule prevents unhealthy habits, as many college wrestlers throughout years past have died from cutting too much weight to give them an edge.

This stage of the sport most likely is the end of the road for Truman wrestlers, making this the pinnacle of their careers. For Maus and redshirt senior Devon Fenstermaker, these are their last few months of competitive wrestling.

Even though this is their last season, and they said they know wrestling is not going to be their future, Maus and Fenstermaker said they still work out, cut weight and love the sport because it might help them after Truman.

"Wrestling isn't the sport where you are going to go to a professional level and make the big bucks," Fenstermaker said.

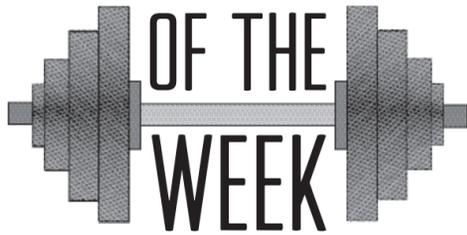
He said even though college wrestling will not prepare him for a professional level of the sport nor to make millions of dollars in another sport, it does prepare people to become hard-working individuals.

Fenstermaker is studying to be a teacher, and he said the work ethic the sport requires has more than prepared him for his future endeavors.

"If you've ever read the Forbes article on wrestling, they say wrestlers are some of the best people to hire because they are some of the hardest workers," Fenstermaker said.

This being the last season for Fenstermaker, he said he has learned much from the sport. Fenstermaker said the skills he has learned from being a part of wrestling are going to be valuable in the long run.

EXERCISE



WITH MIRANDA KOLENDA

TRUFIT

TRUMAN STATE HAS TEAMED WITH THE LOCAL HY-VEE AND LIVE HEALTHY AMERICA FOR 2014'S TRUFIT PROGRAM, A 10-WEEK WELLNESS CHALLENGE FROM JAN. 27 TO APRIL 4 FOR \$10 PER PERSON.

TO PARTICIPATE:

Gather a team of 2 to 10 participants and compete against other teams in a physical activity or weight loss competition. Choose a team captain and he or she will create an account on Live Healthy America's user-friendly website. The deadline to sign up is Friday, Feb. 7.

LOG YOUR ACTIVITY:

Individuals who log at least 30 minutes of physical activity three days a week and record data for 8 of the 10 weeks will earn a T-shirt. During the challenge, participants can access their account

at any time and will receive a free, weekly, motivational newsletter from Live Healthy America. After the 10-week challenge concludes, participants can continue to track their progress on the website for the rest of the year and sync select gadgets including Nike+, Garmin, and Fitbits to the website.

FREE BODY COMPOSITION ASSESSMENTS:

Track your blood pressure, body fat percentage, waist-to-hip ratio and body mass index at the beginning, middle and end of TruFit.

FREE TRU-STRENGTH ORIENTATION:

Our certified personal trainer will provide basic strength training information.

FREE INSTRUCTIONAL PROGRAMS:

Bring a friend and attend a variety of free group exercise programs.

FIT-ATHON:

We're hosting a free, two-hour event that samples several of our classes from 12-2 p.m. Feb. 8 in the Multipurpose Gym at the Student Recreation Center.

FITTE PERSONAL TRAINING:

Our certified personal trainer will design a personalized training program to help you stay motivated and attain your goals.

INTRAMURALS:

Students may choose from a wide variety of intramural sports.

FOR MORE INFORMATION:

For more information about TruFit, please visit: <http://recreation.truman.edu/trufit.asp>. You also can contact Miranda Kolenda at mwalton@truman.edu or call 660-785-7739.

Truman Index and the Student Recreation Center remind readers that not all exercise moves are appropriate for all fitness levels. Readers can use the Exercise of the Week as a guide, but should not undertake the exercise if they are uncertain how to use it. Please contact Miranda Kolenda, the Fitness-Wellness Director, at mwalton@truman.edu or 660-785-7739 or a certified personal trainer if you have questions.

STUDENT RECREATION CENTER HOURS:

Monday - Thursday 6:30 a.m. - 11:00 p.m.
Friday 6:30 a.m. - 9:00 p.m.
Saturday 9:00 a.m. - 7:00 p.m.
Sunday 11:00 a.m. - 7:00 p.m.

recreation.truman.edu

Heritage House Rentals L.L.C.
660-665-2787
www.heritagehouserentalsllc.com

Apartments Available Now
For
2014-2015 School Year
Heritage House Rentals L.L.C.
For Information Contact Us
660-665-2787
660-626-5488
ken@kirksvillerealestate.com
heritagehouserentalsllc.com

Vista Heights Apartments
660-665-9224
Apartments Available Now
Newly Decorated Units
Lots Of Natural Light
1 Bedroom 717 Sq. Ft.
2 Bedroom 949 Sq. Ft.
1/4 Mile From TSU
1 1/4 Miles From ATSU
Pet Friendly
Off Street Parking
On Site Maintenance
Clean & Quiet Living
Affordable Student Housing
Contact Us for More Information
660-665-9224
vistaheightsapt@sbcglobal.net
www.vistaheightspts.com

Truman State University
INDEX
<http://tmn.truman.edu/theindex/>

NOW HIRING Scholarship/Institutional

SECTIONS
NEWS OPINIONS FEATURES SPORTS

REPORTERS NEEDED