

'Dogs plan for improvement

BY DEVIN GILLESPIE
Staff Reporter

The Truman State cross country team is looking to grow from their 2013 inaugural season in the GLVC. After the women finished 7th overall and the men finished 11th at the GLVC Championships last October, the team is looking to pick up where they left off.

Head coach Tim Schwegler is entering his second year with the program after serving as the assistant coach for track and field for more than six years prior.

The men's team will have a number of new faces this year. With only three upperclassmen on this year's squad, Schwegler is anticipating more development out of his men's group.

"We are kind of in a rebuilding mode right now with our men's team," Schwegler said. "We'll do as well as we can this year, see what happens, and build on that."

Despite their lack of experience, Schwegler said he is confident in the young potential and leadership they have on the men's side, particularly from senior Brad Hart. Hart finished 18th at the GLVC Championships in his hometown of St. Louis and was just three spots short of earning All-Conference honors after fighting through a leg injury he suffered late during the season. A few of last year's seniors, including Hart who said to not have done as well as he would have liked, but Hart said he is determined to have a different outcome for his final season.

"I want to be All-Conference this year," Hart said. "I think I'm in better shape this time around."

Hart told the Index last year that there would not be much difference between competition in the MIAA conference and the GLVC. Now that he has

had a chance to experience both, he said his perspective has changed.

"The best five to 10 runners are a lot stronger in the GLVC — I did not realize that," Hart said. "There were several All-Americans from the GLVC last year."

The women's team also will be a young group. The ladies have one upperclassman on the roster, which means they will rely heavily on their young talent in the upcoming season.

"We've got some freshmen coming in that are going to give us more depth than last year," Schwegler said. "The kids coming back are a year older. I think they're going to run better."

Junior Emma Burditt is the sole upperclassman of the team and one of the leading runners. After finishing 55th at the Midwest Regional meet and being named to the United States Track and Field Cross Country Coaches Association Division II All-Academic team last year, Burditt thinks a crucial part of her success comes from her teammates.

"The key to a cross country team is being close and supporting each other," Burditt said. "If you have people around you that support you, you're going to want to run harder for them as well. It's definitely a team sport."

Sophomore Laura Tarantino had a team-leading 20th overall finish at the GLVC Championships during her freshman season, and will work toward an All-Conference finish this season.

Last year, Schwegler told the Index that his goals were for the teams to finish in the top half of the conference. Although the women succeeded, the men will look to rally during the upcoming season.

"We're just going to try to improve on what we did last year. That's our goal. I think we can do that on both sides," he said.

Cross country opens their season Sept. 4 in Kirksville with the Truman State Triangular Event.

WOMEN'S CROSS COUNTRY FRESHMEN

JESSE DINKINS
Lee's Summit, Missouri

MICHAELA HYLEN
St. Peters, Missouri

EVA KLINGENBERG
St. Louis, Missouri

VICTORIA SONCASIE
St. Louis, Missouri

MEN'S CROSS COUNTRY FRESHMEN

TAYLER CARTER
Hawk Point, Missouri

SAM NAEGER
St. Louis, Missouri

DALTON ROLLAND
Imperial, Missouri

JORDAN WHEELER
Omaha, Nebraska

Soccer travels abroad to prepare

BY ANGIE DANIELSEN
Staff Reporter

After a season with 12 wins last semester, Truman State's women's soccer team traveled to Ireland. With Truman's switch to the GLVC last year, the team had a chance to improve and advance within the conference ranking. The team made a total of 30 goals throughout the season, averaging about two goals per game.

Last semester the team placed second in the GLVC right behind Quincy University. The team received a bid to play in the NCAA tournament. They made it to the first round but lost to Rockhurst University 2-0. Although the team lost, their inspiration to come back and perform stays strong.

The team started with 10 freshmen during 2013. With the newfound success in the GLVC, the inspiration and determination for great games has continued to increase.

"Our success last semester built up our confidence and made us realize that not only winning our conference but that making it to the NCAA tournament is within our reach," sophomore Megan Casserly said.

After the season ended last semester, the team lost eight senior players, including starting goalkeeper Emily Bozdeck. Going into the new season, the team has only four

seniors, which will allow the younger girls to step up and make an immediate impact on the team. Assistant coach Suzanne Pelley said this helps build the team because it spreads out the responsibility.

This summer, the team traveled to Ireland. The NCAA allows teams to do this about every four years. Pelley said this is a great opportunity for the team to experience other cultures as well as play the game they love in a new region. Truman's men's soccer team and women's volleyball team also played in Ireland this summer.

Because of NCAA Athletic regulations and most of the team being in Ireland, the team did not have the chance to practice together during the summer months. However, head coach Mike Cannon has routines for the girls to stay conditioned.

Sophomore Allie Gentry said the team has to keep working 110 percent every day, not just for themselves, but for every girl on the team.

When it comes to goals, each player has an individual one, but they all work together to make the team as whole as it can be. Gentry said her plan is to set her goals high and to be the hardest working player on and off the field.

"When I'm playing soccer, nothing else distracts me and I just keep my focus on making myself a better soccer player," Gentry said.

Casserly shares similar goals to Gentry. She said she thinks of every practice as if it were an actual game, forcing her to give her all. Being mentally prepared is important to playing soccer, almost as important as being physically prepared, Casserly said.

Heading back into a new season, the stakes are high for the team. After making it to the NCAA tournament last semester, the girls now know just how far they can go. Casserly said she's excited to get back into the routine of school and soccer because she understands her team can be successful. From here it depends on how hard the team works during preseason and how training went for everyone during the summer, Casserly said.

As the new season starts and new players join, Pelley said the ultimate goal is to improve and surpass the accomplishments of prior years.

"It's difficult to improve when you are already near the top, but we're so close to reaching it," Pelley said.

Pelley said this depends on what works and what does not. From a couple games into the season, the coaches will understand what needs to be changed and what is working.

Gentry said her hope is to make it back to the GLVC championship and claim the title. The team is like a family, Gentry said, and that is what makes it strong.

SOCCKER FRESHMEN

EMILY DAVIS 03
5'5" - Midfield - Sherman, Illinois

DORY KENNON 10
5'3" - Forward - St. Louis, Missouri

KELSEY MURPHY 11
5'4" - Midfield - O'Fallon, Missouri

MEGAN OOSTENDORP 13
5'6" - Midfield - St. Charles, Missouri

CAITY SCHMITT 19
5'7" - Defender - St. Louis, Missouri

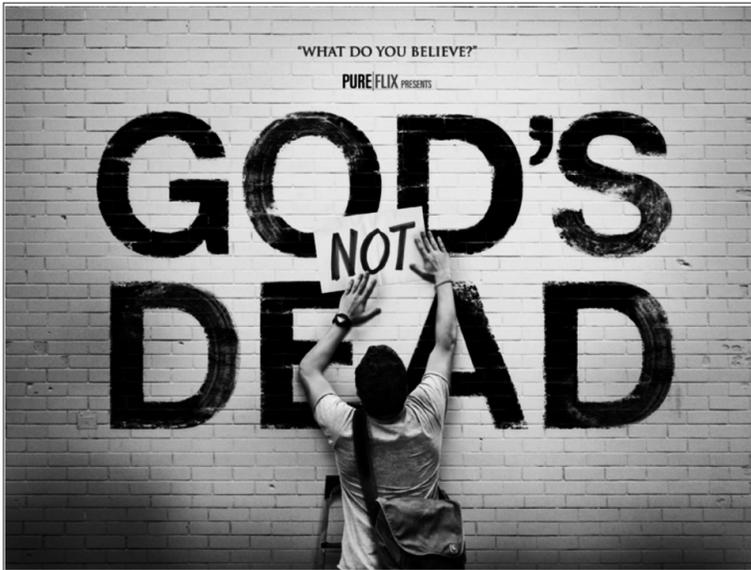
CAITLYN STEPHAN 21
5'7" - Forward - High Ridge, Missouri

KATIE MATTINGLY 25
5'10" - Goalie - Perryville, Missouri

CLAIRE WILKE 28
5'7" - Defender - Sunset Hills, Missouri

SAM BIBEE 29
5'4" - Midfield - Belleville, Illinois

LAURA NEY 30
5'8" - Defender - Omaha, Nebraska



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