

Submitted Photo

The Truman State cheer team poses before the Baker University competition Jan. 31 in Kansas City, Mo. The team placed first this year, and now is preparing for a national competition this April.

### **ULTIMATE** The teams prepare for tournament season

Continued from page 11

fundamentals of the game as the season has begun.

"We have some good teams to go up against this season, and as long as we can get our cutters open and not drop the disc, then we have a shot," Link said.

Junior Emma Randolph, apparel coordinator for the women's team, said the teammates dedicated to making themselves better is what will help the team get to Nationals again. The team has been working hard on all aspects of the game for the season.

"We are looking to focus in on specialty offensive and defensive lines," Randolph said. "We [also] are currently working on getting fit through conditioning — weight lifting, core training and sprints, to build endurance and stamina that we can bring onto every point."

Kristina Kohl, a veteran player for TSUnami, said she plays for St. Louis club and summer league Ultimate teams, and said conditioning has been a part of every practice. Kohl said she would like TSUami to be taken more seriously on campus.

"Most people don't know TSUnami is a team that regularly attends Nationtionals]," Kohl said. "I want the campus to know we're an extremely tight-knit group, both girls and guys, who love to have fun and play good Ultimate."

Randolph said many do not realize how widespread the Ultimate community is. Ultimate Frisbee leagues can be found in almost any city in the United States, she said. The universal community of camaraderie and fair sportsmanship unites each Ultimate team that is taken seriously in TSUnami and JujiTSU, Randolph said.

'The fact that the game is [run] without officials means that each person is held accountable for being spirited, which usually guarantees a great time and an environment of friendliness," Randolph said. "I can now say through Frisbee, I have friends and connections in Texas, Colorado, Michigan, Iowa, Missouri and even Bulgaria."

Aaron Davis, a co-captain of JujiTSU, said Ultimate is a subculture in American colleges and can be played competitively or just for fun. He said JujiTSU is a growing team and he hopes the men can get more recognition for the hard work they put into the sport.

Both teams will continue to practice hard in Pershing Arena until warmer weather arrives. Davis said as the teams move into the competitive season, they will continue to work as more than just a sports team and bring the Ultimate Frisbee "spirit

#### **CHEER** After the injury of a teammate moments before performing, the cheer team still pulled off a win at Baker

#### Continued from page 11

huge improvement, especially after last year's performance, and it was great that they did it for

Freshman Julie Groeblinghoff said the team was not expecting the win after the absence of its teammate. She said Truman stood in front of the judges as the schools were ranked, and the team became even more astonished when they still had not been named third. When they finally were named the winners of the competition, Groeblinghoff said they could not believe it.

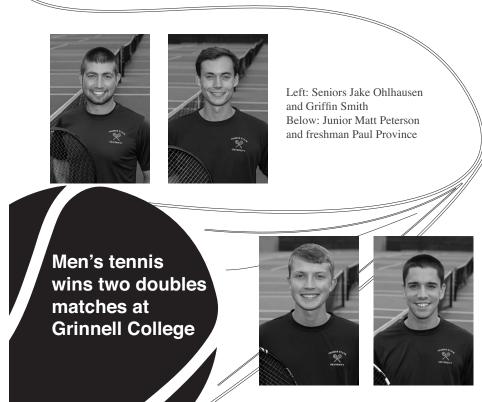
"It was so surreal," she said. "When our name was called, at first we just looked at each other and said, 'Is this for real?' Then it hit us and we went nuts."

Groeblinghoff said the win has given the team confidence in their abilities and has pushed them to start training for the national cheer conference April 8 in Daytona, Florida.

She said in addition to practicing for nationals, the team has hosted car washes and cheer clinics, and is selling scratch-off cards to raise the nearly \$20,000 needed to attend the competition. Groeblinghoff said the squad is seeking local sponsors, and recently have been promising to perform one hour of community service in exchange for every \$100 donated.

To donate to the team's fundraiser, contact Kent Johnson at ksj2888@truman.edu or Brandi Keller at bkeller@truman.edu.

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