

# SPORTS

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## Bulldogs train in Key West

After battling sickness and injury, the Truman swim teams are ready for their next meet.

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Fresh from their mid-season training session in Key West, Florida, the Truman State swim teams are ready to face challenges posed in and out of the pool.

Head coach Ed Pretre said although both teams performed well in the TYR championship, he wanted to spend the break helping his swimmers work on the fundamentals.

"We went back to the basics, mostly turns, but also speed, which usually comes along with the second half of the season," Pretre said. "The team didn't rest much between practices, and they still performed excellent, so it really boosts their confidence."

The Truman teams will compete in two home meets against Missouri University of Science and Technology and Saint Louis University this Friday. Pretre said during these meets, the men's team will face different obstacles than the women's team.

Pretre said the men's biggest challenge will be that they must compete in two meets only hours apart. With little time to recuperate after the meet against Missouri S&T, the men later will face SLU, a team with a much bigger roster, he said. For the women, who are competing only against SLU, Pretre said the match will come down to the wire, especially since several of Truman's top female swimmers are out with illnesses.

Sickness has plagued the swim team during break, Pretre said. Swimmers have been battling mononucleosis, colds and other viral infections, as well as a few injuries unrelated to swimming, he said. However, Pretre said he is confident the team will recover.

"Our team is built on depth," Pretre said. "All our guys have come together right away. From the first spot to the 25th, all the swimmers have stepped up, and everyone has played such a key role. They're not going to miss a beat. [This] weekend is going to be fun."



Submitted photo

The Truman State men's and women's swim teams pose after a day of training in Key West, Florida. The teams spent the break preparing for their home upcoming meets.

Senior Abby Hempen said Truman's performance in the TYR cup served as a test to improve the teams' strategy. She said the team did a great job, but there is always room for improvement.

The teams usually taper down in yardage prior to a meet, something they didn't do fully in the TYR cup, Hempen said. During the upcoming home meets, she said Truman will do a full taper to get the best times with a minimum amount of rest.

Hempen said the team has come back from Florida with a fresh determination to do well in conference meets.

"We have more to prove," Hempen said. "The conferences are our main focus. They're the main part of our season, and we really want to do well."

Freshman Joel Schawe said the training during break has given the teams the tools they need to do just that. He said the swimmers spent their days running, swimming and biking. They also trained with aerobic exercises and distance swimming.

Although the practices were exhausting, Schawe

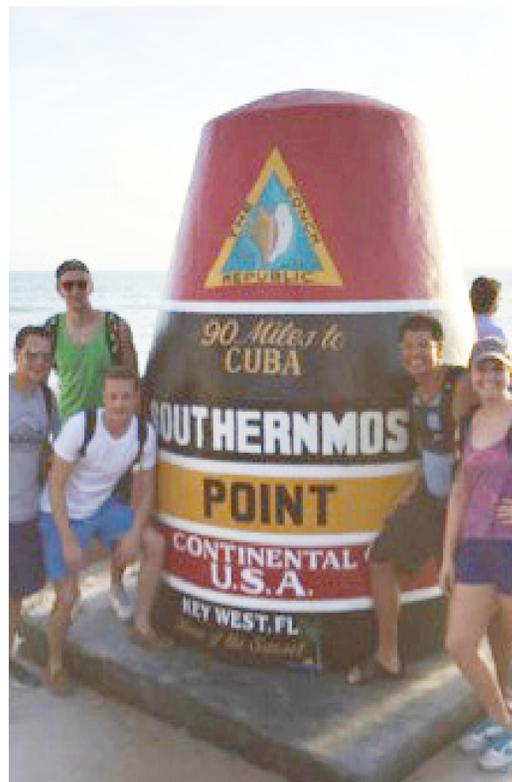
said the teams are feeling rested after some time at home. With medicine to fight their illnesses and time to rest, he said the team has enjoyed relaxing, but it hasn't cooled their desire to win.

"We have a really strong freshman class," Schawe said. "I know we freshmen and the entire team are ready to shock the coaches at S&T and SLU. They're in for a surprise."

The men's team will face Missouri S&T at noon Friday in Pershing Natatorium, and the teams will compete against SLU at 5:30 p.m. Friday in Pershing Natatorium.

**"From the first spot to the 25th, ...everyone has played such a key role."**

- Head Swim Coach Ed Pretre



Submitted photos

Members of the Truman State men's and women's swim team take a break to relax during their winter break in Key West, Florida. The swim team had to work to overcome many non-swimming related injuries and sicknesses while staying in shape to compete.

