

Xc competes at conference meet

BY SAM STEWART
Staff Reporter

The Truman State men's and women's cross country teams returned to action last weekend during the GLVC Championships in Kenosha, Wisconsin at the home of the University of Wisconsin-Parkside. The Truman women finished seventh at the meet and the men eighth after placing sixth and seventh respectively during the 2014 championship meet.

Head coach Tim Schwegler said both teams were looking to finish higher than they did.

"We felt good coming into the GLVC," Schwegler said. "We were hoping to place sixth with both the men and women. This conference is one of the best in the country. We lost focus in places and we were off our race plan, which cost us."

The women's team finished with a total score of 214 points, and the men finished with 253. Points are scored by adding up the place of each runner and adding that to the team's total, with the lowest total winning. The champion on both sides, the University of Southern Indiana, finished with the lowest scores of 53 for the women and 41 for the men. With the double victory, the University of Southern Indiana claimed a GLVC record of 11 straight cross country titles.

Junior Laura Tarantino crossed the finish line first for the Truman women, finishing 29th overall. Tarantino ran 23:23.9 and was followed by a group of Bulldogs. The next four scoring Truman runners finished between 42nd and 52nd. Freshman Angela Buch was 42nd at 23:58.5, followed by sophomore Jessie Dinkins in 45th at 24:04.4, sophomore Victoria Soncasie in 46th at

24:05.4 and sophomore Eva Klingenberg was 52nd at 24:16.3.

Redshirt junior Tyler Gardner finished in 33rd place on the men's side with a time of 27:15.1. Freshman Keegan Walsh and junior Andrew Gordon were 44th and 45th respectively at 27:35 and 27:36. Senior Andrew Tuisl was 65th with a time of 28:51.7, and junior Daniel Aiken was 66th at 28:56.3.

Schwegler said with the track program at Truman, everything is a process. He said even though the teams finished lower than they had planned, the freshmen have developed well and both teams have made progress.

Tarantino said she is proud of her team for pushing themselves against such a difficult conference.

"I'm really proud of the women's team for stepping up and running some great races," Tarantino said. "We've grown so close as a team this season, and I think we work together better during races."

Tarantino said though she had a rough race mentally, her teammates had her back and reminded her it really is a team sport. She said this mindset helps her and her teammates pull through to make up for each other when teammates slip up.

Aiken said despite the unfavorable finish, the Bulldogs have an opportunity to change their standings at the upcoming NCAA Midwest Regional meet.

"We came in with expectations, but it just didn't work out the way we wanted it to," Aiken said. "We can move forward to the regional meet and the future if we just treat it like another race for the team."

The Bulldog cross country team returns to action Nov. 7 during the NCAA Midwest Regional race in Evansville, Indiana.

Swimming defeats LU-B and Quincy

BY CURTIS WICHMER
Staff Reporter

Although the Kirksville weather is growing colder, the competition last Saturday was heating up at the Pershing Natatorium. The Truman State women's swim team hosted a three-way swim meet between the Bulldogs, Lindenwood University-Belleville and Quincy University Oct. 24. After winning their last two home meets, the nationally ranked Bulldogs were looking for their third straight win.

From the beginning of the meet, the Bulldogs jumped to a fast start. Truman finished first during eight different events, and defeated Lindenwood-Belleville 142-89 and Quincy 141-72.

Head coach Ed Pretre said the meet was more of a fun event than a competitive one. He said the week was a fun and relaxed off-week for the group because last week the team beat two "unbelievable teams" back-to-back, Lindenwood University and Illinois State University.

During the meet, the swimmers were able to participate in events they usually would not compete in. Despite some swimmers taking on these unusual roles, the Bulldogs placed first during the 400-meter medley relay, 200-meter fly and 1000-meter freestyle. Although the women were successful, Pretre said he wasn't about to let it affect how the team will

prepare for its next meet.

"Next week we have our friendly rival [Lewis University], so we aren't going to relax for the meet," Pretre said. "We're just going to treat it like any other week, correct any mistake we made this past weekend and try to apply that to practice. When I started coaching, each athlete was conditioned to only one role, but since then, they've branched out to being able to do several different roles. It's always tough to win on the road, but I think the depth and versatility they have is huge."

Swimming puns aside, Pretre said he knows just what the Bulldogs needed to work on to prepare for the upcoming meet.

"We need a bit more explosiveness with our relay starts and get our timing down, and our turns at the wall are a bit sloppy — those are probably the two main things we have to work with right now," Pretre said.

Pretre said mental toughness is key to staying ahead during the important meets to come — an away meet against Lewis University, and the TYR Cup at Northwestern University. He said before each meet, the women do a 5000-yard workout, lift weights and swim laps. Pretre said the swimmers are conditioned to be able to work through that.

One of the leaders of the day was sophomore Jasmine

Roghair, who placed first during the women's 100-meter freestyle, 200-meter freestyle and 400-meter freestyle relay. Roghair said because the team had such a tough weekend last week, the last meet was a lot less stressful and more fun. Roghair said there was a positive atmosphere among her teammates during the meet because they were having fun and competing in events they normally wouldn't participate in. Roghair said to win next week the Bulldogs will need to keep that positive outlook, keep working hard and not let anything lower their spirits.

Sophomore Libby Opfer, who finished first during the 50 meter freestyle, said she thinks self-improvement will be important during the upcoming meets.

"You need to keep trusting the coaches, keep training," Opfer said. "After our meet this week, we have [the TYR Cup] next month, and that's our mid-season meet. [Saturday's] meet showed me that you need to learn to focus and not let the competition get in your head, so at TYR I'm going to try to not let the competition get to me and keep doing my own thing."

The Bulldogs have a chance to continue their winning streak through the TYR Cup at Northwestern University. To do that, the women must first go to Romeoville, Illinois, and compete against the Lewis University Flyers in a Halloween showdown Oct. 31

BASKETBALL | Men's basketball enters the 2015-16 season with eight returners from last year and a few newcomers.

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Myers said he put an emphasis on making and finishing plays at the basket during the offseason to go along with the team's strong outside shot, looking to give the Bulldogs a balanced offensive attack. His twin brother, redshirt junior guard Cory Myers, returns after starting 21 games, playing in all 30 and making the GLVC's All-Defense team last season. Cory Myers shot an overall 50.3 percent from the floor and 52.3 percent from 3-point range last year, making 52 out of his 59 free throws.

One Bulldog who Cole Myers said he anticipated will make an immediate impact during his debut is redshirt junior guard Dwight Sistrunk, who transferred to Truman from Adams State University after playing two seasons at William Jewell College. Sistrunk averaged 34 minutes and 12 points per game as a sophomore for William Jewell. Because of NCAA regulations, Sistrunk will be eligible to compete Dec. 15, when the 'Dogs host Quincy University in Pershing Arena.

"Dwight is an extremely athletic and scrappy point guard that can do and get anywhere with the ball," Cole Myers said. "He'll be really good for us, especially

with finding all the shooters that we have."

Cole Myers said another newcomer to take the court who is expected to make an early impact is redshirt freshman Nikola Pesic, who plays guard and forward. Cole Myers said Pesic's versatility makes him an asset to the team, being able to play bigger when needed by getting to the basket.

Redshirt junior forward Connor Erickson is also back after playing in 29 games and making 10 starts for the Bulldogs a year ago. Erickson had a 54.6 percent field goal percentage and led the team in offensive rebounds. Erickson said

he likes the direction the team is going in with a core group coming back that knows what it takes to win at the collegiate level.

"We all play together, and that is something that's been developing in the pre-season and is something we hope continues to grow as the season starts," Erickson said.

The Bulldogs will face the University of Northern Iowa during an exhibition contest 5 p.m. Sunday in Cedar Falls, Iowa. Truman will tip off the season 1 p.m. Nov. 13 on the campus of Maryville University in St. Louis for the Midwest Region Challenge against Trevecca Nazarene University.

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