

Soccerbills fall to DeSmet, top St. Dominic's

Dave Mueller
Core Staff

The Jr. Billikens had another rough week, going 1-1 with a 1-0 victory over St. Dominic and a 3-2 loss to DeSmet.

The week began last Saturday against DeSmet.

DeSmet worked extremely hard and never stopped running to make up for the skill difference.

"We got off to a bad start," said assistant coach Charlie Clark, "and we continued throughout the remainder of the game."

The first half proved to be an ugly one with neither team taking real control of the game until late in the first half, when DeSmet took advantage of the frustrated Jr. Bills by controlling the ball and the tempo.

Said Clark, "Our level of intensity was not what it has been."

The second half continued the trend, as the Spartans struck first on a dangerous cross to the middle of the six-yard box,

where the lightly-marked Spartan headed the ball past junior goalkeeper Devon Pratt. Noticing they were down, but somehow not letting it register, the varsity squad continued to turn the ball over and make sloppy passes.

"Our ability to pass was not sharp," said Clark, "and everything else fell like a domino effect after that."

The Spartans scored again to go up 2-0 on another cross as an unmarked Spartan tapped the ball past Devon, who had no chance at a save.

Then, miraculously, SLUH turned it around, led by senior captain Matt Kreikemeier who, with less than ten minutes to go, lifted the team by scoring. With the ball at the top of the eighteen-yard box, he beat the DeSmet defenders with pure speed and willed the ball to the back of the net, putting the Nevergiveupbills back into the game.

"People started playing with more intensity," said Clark. Then, once the urgency kicked in, the team showed the pre-

season rankings were not wrong, scoring again with three minutes to go in regulation off another goal by senior Adam Twellman, who seems to be on the end of every winnable ball in the box.

Alas, the Jr. Bills flirted too close to mediocrity against a formidable and underrated DeSmet team. The overtime was just underway when the Spartans found a hole in the Billiken midfield and finished a well-executed transition to score the golden goal and earn the victory, leaving the Sidenettingbills with a disappointing loss.

Clark commented, "I was impressed with our ability to come from behind. It reinforced that we *can* be mentally tough."

The team nearly capped off an amazing comeback inspired by assistant coach Clark, who took over the head coach detail for the day after head coach Charlie Martel's ejection against CBC. Clark employed on-the-fly adjustments, moving to three forwards and letting junior John Kornfeld roam the midfield. The strategy worked. **see FINESSE, 10**

Varsity second seven places 8th at Sioux

Pat Meek
Core Staff

Last week, as the varsity top seven took a week off to rest for this week's Hancock Invitational, the second seven, JV, and B cross country teams competed at the Hazelwood Central Invitational.

"We want to pull out all of the barrels at Hancock," said coach Tim Chik.

Because of this desire, Brennan Connor, Kyle Gonnerman, Geoff Stewart, Joe Marincel, Dan Flanagan, Chris Arb, and John Oliver ran in the varsity race. Running on what is traditionally considered the most challenging course in the area, Sioux Passage, the varsity put together a solid race with three of its top finishers ending up medalists by the end of the day.

Connor and Gonnerman, who were racing for the opportunity to compete with the varsity at Hancock, stayed to-

gether in the first mile with times of 5:24 and 5:26, respectively. The two of them then went on to conquer a hard second and newly-revamped third miles to come in with times of 18:07 and 18:30, respectively. These impressive times at Sioux Passage earned Connor a 16th place medal and Gonnerman a 34th place medal.

The rest of the varsity team came in with Stewart (18:30, 38th, medal), Marincel (19:07, 57th), Flanagan (20:11, 99th) and Oliver (20:15, 102th) all looking strong. The varsity team ended up with 244 points, good for eighth place behind powers such as Lee's Summit and Fort Zumwalt South.

Even with these results, Chik said, "I saw some individuals step up, but as a

team they didn't have a varsity team day."

The JV team also looked strong, with senior Kevin Mills leading the way up Manmaker, the notorious hill at Sioux Passage, with an impressive time of 19:34 to earn the medal at 7th place. Mills was followed by another senior, Dave Zychinski, who finished in 19:36 with a medal at 9th place. Even with these times, DeSmet was able to oust the Jr. Bills with 78 points.

The B squad was lead by stand-out sophomore Charlie Samson, who was able to obtain 7th place, while the B team kicked in for a 2nd place behind Jefferson City.

This week the varsity cross country team will be preparing to compete against some of the best cross country teams in

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Drawing by Howie Place

FUEL

tering them and leaving blood vessels," Noffsinger said.

The end result is that if they are not careful enough to drink large amounts of fluids, athletes can become extremely dehydrated. The problem is further exacerbated during the first week of taking the supplement, as individuals often need to undergo a "loading period," taking up to four times the normal dosage.

"I took (creatine) this summer during wrestling camp, and I definitely noticed I sweated a lot more and needed to drink a lot more," Orbe said.

Creatine also has many of the same side effects as protein, with the body's liver and kidneys often having difficulties destroying the byproducts it leaves behind. Although he has no studies to confirm it, Noffsinger believes the supplement may lead to more incident cramps and muscle pulls due to the high amount of water in the muscles.

Most athletes feel weight gains within the first weeks of taking the supplement.

"I don't really know the science behind it," wrestler Jon Kister said. "I did it mainly because sometimes it's hard to see results from lifting. I took creatine just to see if I could get results faster."

"I gained five pounds of muscle mass, and lost seven pounds of fat this summer,"

another student said of his experience with creatine and protein.

"I wanted to gain a physical edge for sports to be the best that I could, (and creatine) was one way to help; it goes along with running, working out, eating healthy, and taking vitamins," said football player Chris Price.

Of all of the weight supplements on the market currently, creatine seems to be the most effective, as 70 to 80 percent of those tested have been found to grow more muscle.

"The more we find out, it seems to probably be safe, but we just don't know the long term data... No practitioner should be accepting creatine use in high school students until we know more," Noffsinger said.

"There haven't been enough studies done and a long enough history that would support that later in life there won't be some ramifications. I just feel at this level as long as you have a proper diet, you have enough rest, and you're exercising properly, you can be competitive," football coach Gary Kornfeld said. "I never recommend creatine."

Wrestling coach Tim Curdt commented on supplements by saying that he doesn't recommend them to his athletes, and that he talks about them on an indi-

vidual basis with his wrestlers.

Curdt said that when he began as the wrestling coach, he had a mentality of "any kind of supplement at all is bad." He has since changed that thought process slightly in the past few years. Still, Curdt has some major concerns: "I'm worried about the mindset an athlete has when taking creatine."

While supplement use may have its risks, there may be a larger dilemma to consider. If an athlete decides to take supplements, what does that say for his opponent? Must his opponent subject himself to supplement use just to remain competitive? Also, how does one go into athletic competition with a belief that "the best athlete will win?" Perhaps the opponent just takes a better drug.

ANNOUNCEMENT

The annual SLUH Mothers' Club Card Party is just around the corner! On October 20, 2002, SLUH moms and their friends are invited to a delightful Sunday afternoon celebrating "CARD"-OCOPIA." The Card Party begins at 1:00 p.m., doors open at 11:00 a.m. for shopping and lunch. Booths will offer a variety of items for early Christmas shopping. Billiken items will be on sale. For tickets, call Kathy Hill at 314-849-6653.

FINESSE

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