

Swimmers de-Cape Notre Dame, Central

Pat Nugent
Reporter

The St. Louis U. High swimming and diving team competed against Cape Notre Dame and Cape Central in a tri-meet at Forest Park Community College last Tuesday. The Jr. Bills came out on top with a score of 153 to Notre Dame's 94 and Central's 72.

Two Speedobills qualified individually for State. Senior John Savio qualified in the 100-yard freestyle with a time of 51.24, while Will Derdeyn was able to make his third State cut in the 100 fly, finishing with a time of 55.14.

The rest of the meet was dominated by excellent performances by the JV swimmers and underclassmen. The Jr. Bills switched

up the roster for Tuesday's meet in order to allow JV swimmers a few more chances to swim and to allow other swimmers to try events they usually don't race. The results were positive.

"The JV guys really took advantage of their opportunities and raced well," said junior George Staley.

Freshman Amir Paschal showed his talent in the 200 individual medley, where



Senior Trent Going takes a breather in the 200 IM butterfly on Tuesday.

he swam the exhausting race in a time of 2:28.25. Sophomore Steve Herrer then impressed the team in the 200 free,

which he swam in a time of 2:10.81. Later, sophomore Will Brennan swam the 100 breaststroke with a speedy time of 1:22.66 and sophomore Joe Urschler finished the 100 backstroke in 1:19.43.

"This team has a ton of depth—that was obvious in this meet," said senior Charles Gerber. "We mixed up the relays and events swimmers usually compete in and we were still able to come out with a win."

The diving team was also able to dazzle the audience, performing despite the absence of divers from the other two teams. Senior captain Mick Dell'Orco scored a season high 258.71 points.

"I was very impressed with how well the JV guys did and thrilled with getting those two State qualifying times. We're very strong this season and we're going to do well this weekend at the DeSmet Invitational," said head coach Fritz Long after the meet.

The invitational will be at the Rec Plex this Saturday and starts at 2 p.m.

The SLUH Safe Space group meets every regular Friday at Activity Period in the Ignatian Conference Room. All are welcome, and any issue is open for discussion.

—Anatoli Boukreev bills summit Manmaker—

Brandon Thornberry
Reporter

The St. Louis U. High cross country team really sent a message to other area cross country teams last week. With the top seven runners taking off in preparation for the upcoming Rim Rock Invitational, the second and third seven runners eagerly jumped into the navy blue jerseys, ready for varsity competition.

The second seven team kicked off the week's competition at the Parkway Central Invitational on Thursday. Top contenders for the meet's title included Lafayette, Parkway Central, and Parkway West, who finished second last year to SLUH at the Class 4 State Championship. SLUH's second varsity competed against some of the top runners and teams in the area.

"We asked them to step out as varsity racers, not as second seven runners," said head coach Jim Linhares.

"The race started off at a very quick pace," senior Ben Carron recalled. "I was surprised the guy who took it out could hold that pace."

The quick first mile, however, did not shake the team's determination to steal the victory away from the favored Longhorns. "With 3/4 of a mile to go, we were beating Parkway West," said Linhares. "Parkway West, unfortunately, had the experience our guys did not have and was able to edge us out at the end."

The second seven, led by senior Ben Carron and sophomore Dan Raterman, clinched second place and beat strong area teams, Lafayette and Parkway Central. Parkway West narrowly escaped the second seven to win the Invitational.

Only 4 seconds separated SLUH's second finisher and sixth finisher on the day, a testament to SLUH's depth and strength in pack running. To add to their success, SLUH was the only team to have all seven runners medal in the race (finish in the top 25).

Building on Thursday's success, the Jr. Bills turned their attention the Paul Enke Invitational. Frequently the subject of horror stories told to freshman runners, the course at Sioux Passage Park includes one of largest hills in cross country racing: Manmaker.

Manmaker defeats those runners who run purely on physical strength, and requires not only physical strength but also strong mentality.

If I told you the SLUH cross country team did not arrive at Sioux Passage Park last Saturday morning with a determination to get the job done, I would be lying to you. From careful course evaluation during the warmup to the exchanges of encouragement on the starting line, the Jr. Bills were ready to race. The varsity was the first race of the morning. SLUH put its third seven in the varsity race, while the remaining juniors and seniors competed in the junior varsity race.

"We knew (getting) eighth to tenth place in the varsity race would (happen) on our best day," said Linhares.

The varsity race began right into the heart of Manmaker. The Jr. Bills went out aggressively to hold good position through the first part of the race.

"We had a nice pack of five through the first mile," said senior Mike Cannady.

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CHUCK SEYMOUR

(from 5)

making the score 17-0 with 2:02 left in the first quarter.

"We thrive on momentum and that's good," said senior captain Matt Storey. "We started off slow, but once things swung our way the game was ours."

On their next drive, Vashon again seemed poised to break the 50-yard line, but a sack by Kevin McAuliffe highlighted a four-play stop by the Jr. Bills' defense. The Whoseturnisittoscorebills made this score quick and painless for the Wolverines: Wingo took a screen pass from Swanston and, 54 yards later, found himself in the end zone.

Shrick's extra point made the score 24-0, and the rout was on. Vashon, desperate to get something going, went to the air, and the result was Fechter's second interception of the day.

The Jr. Bills methodically drove the ball down field using short efficient passes from Swanston (who finished with 164 passing yards) and solid running from a ground game

T'B'R'Y

(from 6)

As the race moved into its second mile, a series of short, steep hills really took a toll on the entire field. SLUH pressed on into the third mile, where they faced Manmaker for the second time. With a hard-fought struggle until the finish line, SLUH, led by Cannady and junior Bill Franey, captured eighth place in a field of 22 top varsity squads. "They really stuck their necks out in a field of 22 very good teams," said Linhares.

The next race of the morning was the junior varsity race. Despite a strong finish, the SLUH junior varsity, led by junior Ted Varty and senior Matt Kocisak, fell to Liberty's second seven to capture second place.

The B/C race followed the junior varsity. For the freshman, this would be their first 5K race. Although to many it appears cruel to have SLUH freshmen face their first 5K at Sioux Passage, this baptism by fire sparks

that produced 182 yards versus just 47 for Vashon. SLUH's scoreboard digits flashed again, this time 31, when Swanston bullied his way in from seven yards out.



Junior wideout Billy Weiss falls past a Vashon corner for another catch.

SLUH was dominating the game on offense and defense, and the special teams unit showed they too could take advantage of the hapless Wolverines. Up 31-0, senior Dave Blount stripped the Wolverine kick returner of the ball and the Jr. Bills recovered, once again setting them up to strike. The Fathermarcobills scored on their first play from scrimmage when Wingo juke and jived his way into the end zone from 25 yards out.

Now up 38-0, the Jr. Bill defense again showed no mercy and again crushed the Wolverine offense. A Vashon fumble, a SLUH recovery, and two Weiss receptions (including a touchdown catch from five yards out), all in the half's final minute, put the Jr. Bills up 45-0.

"It was great how we played in the first half. It allowed us to get the second string and scout guys in so they could show us

what they could do," said head coach Gary Kornfeld.

Indeed, coming out of the break the Jr. Bills showed lots of new faces, as the likes of juniors Daniel Jones, Michael Riddering, Adam Cruz, and Peter Fiore lined up across from the Vashon first string players. With the running clock rule now in effect, the second half was short but action-filled. Thanks to a 68-yard run by Jones and six tackles by Fiore, the FormerB-teamstarsbills remained competitive against the Wolverines. When the final buzzer sounded the score stood SLUH 51, Vashon 13.

Although the win was by a sizeable margin, the Bills still saw room for improvement.

"We played well, but not perfect," said assistant coach Jon Diffley. "We've got to just take it one game at a time, forgetting the week before and just improving each week."

The next game for the Jr. Bills, their second Metro Catholic Conference Game, is at historic rival CBC.

Siding with Diffley, Storey said, "Last week was last week, and it's over. We have our strengths and weaknesses, and our goals haven't changed. All that matters now is Friday night, no other score is important except for the one at the Cadets' field."

the determination and strength the freshmen will need for the rest of their season.

SLUH showed its aggression in the first mile of the race as sophomore Alan Ratermann and freshman Nathan Rubbelke led the team into the second mile. When the runners emerged from the second mile hills, Ratermann and Rubbelke had completely separated themselves from the rest of the field as they led the race up Manmaker for the second time. As the next group of runners approached the hill, freshmen Joe Esswein and Tyler Gardner fought to hold their position in the top ten.

As the race progressed, more and more SLUH sophomores and freshmen fought their way up the hill to the finish, grabbing place after place. The sophomore and freshman squad dominated the B/C race with a one-two finish by winner Rubbelke and runner-up

Ratermann.

Rounding out the team's top five finishers were Esswein, Gardener, and freshman Michael McLaughlin, who each produced phenomenal times for a course as hard as Sioux Passage.

"The freshmen really stepped it up in their first 5K," said Linhares.

The team competes today after school at Parkway Central High School in the Ed White Warrior Classic. The top 14 head off to Lawrence, Kansas, to compete in the Rim Rock Invitational on Saturday, where the varsity and junior varsity will fight to defend last year's meet championships.

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