

# XC blazes through field, tramples competition

**Will Bufe**  
Reporter

The St. Louis U. High cross country team opened its season last Friday with a blue-collar effort, destroying the competition en route to victories in both the varsity and junior varsity divisions. Each of the varsity runners medaled, and all 15 JV runners finished in the top 20.

Senior captain Caleb Ford led the way for varsity, setting a 5K school record with an elite time of 15:48. Ford, who is expected to be one of Missouri's top runners this season, took home the individual championship after a final 200 meter kick clinched him the victory.

"I knew I could win the race going into it," said Ford. "With a quarter-mile to go, we were really close together ... I knew he was fast. Before the line I saw him hold back a little bit."

Ford took advantage of the opportunity and won his first varsity cross country race while at SLUH.

Ford was followed by fellow seniors Emmett Cookson, Tim McLaughlin, Bill Franey, Tyler Jennings, Bill Gabler, and Tony Minnick, all of whom ran sub-17:00 times, a rarity in high school cross country. The six ran as a pack through the second mile, using each other as motivation to improve.

Despite what could develop into a serious injury, senior Tim McLaughlin broke his personal record while finishing 11th overall. After he learned that he may be dealing with a stress fracture, McLaughlin noted, "If it was any other year than my senior year I would consider taking some time off. But the coaches and I, we're thinking we'll be taking it easy. We need to prolong the stress fracture until after this season, so hopefully I can spend more time with my family."

In the JV race, junior Tim Rackers turned heads with a shocking performance. Running a 16:40, Rackers easily won the JV division and propelled himself into the top seven with his outstanding time. He was followed by a swarm of 11 straight navy blue jerseys

from SLUH, who easily swept the race with a perfect score. Seniors Nick Seckfort and Charlie Stoltze, along with sophomores Mike McLaughlin and Nathan Rubbelke, rounded out the top five scorers for the Jr. Bills.

Tomorrow, the U. High will send its top 18 runners (to make up two teams of nine) that will run in the Forest Park Cross Country Festival's varsity race. This SLUH-hosted meet has become recognized as one of the most competitive meets in the Midwest, featuring top-rated programs from Texas to Wisconsin.

Jennings hopes to show Missouri and the surrounding states that SLUH cross country is the best team in the region. Jennings believes the two key points for him individually are the beginning and end of the race: "We need to go out hard. My third mile was a little slow on Friday. If I can run a better third mile, I should do pretty well."

While the top nine running on SLUH's varsity team expect great things, the **see SOCKS, 15**

# Finbills battle tough water, garner first win

**Chad Carson**  
Reporter

Although the first two meets saw four different state qualifications, the SLUH swim team started off the season last week with losses to Parkway West and Parkway South. However, the Swimbills overcame the mediocre start with a strong win in a tri-meet against Cape Notre Dame and Clayton.

Last Thursday, the team lost to Parkway West 97-89, a very close score by swimming dual-meet standards.

"We've struggled against Parkway West in the past," said head coach Fritz Long. "Although it's usually an early meet, they always put up competitive swimmers and challenge us."

In the loss to a competitive Parkway West team, senior captain Dan Schmidt qualified in both the 50-yard free-

style (50.49 seconds) and the 100 freestyle (22.73 seconds.) The state-qualification time for the 100-yard freestyle is 50.99 while the 50 freestyle time is 23.09.

The 400 freestyle relay team consisting of junior Bill Luhmann, junior Michael Hagerty, sophomore Sam Erlinger, and Schmidt with a time of 3:32.16, just under the state-qualification time 3:32.29.

"Although we lost," said Long, "we saw a lot of good swimmers and virtually every swimmer was able to compete, which is hard with such a large team."

On Tuesday, the team lost to a very powerful Parkway South team, 122-63. "Like West, they've always been a good team and a very tough opponent to face early on," said Long.

"South's team has been doing very well this season, winning all three of our first

meets," said Parkway South senior Honsbo Lians. "SLUH had a great meet, although we won. SLUH's huge team was very intimidating to face."

While SLUH only won a single race—Hagerty's victory in the 200 I.M.—Amir Paschal qualified for state in the 100-yard butterfly (56.97), nearly a full second under the state-qualification time of 57.89. He finished second in the race to an accomplished Parkway South swimmer.

Paschal's qualification was his first as a SLUH swimmer. "It felt great to accomplish something as prestigious as qualifying for state," he said. Paired against a strong opponent from Parkway South, Paschal felt motivated to battle out the tough race all the way to the wall: "When I was coming to the last turn, I saw him and he saw me and we began to sprint for the finish."

While SLUH lost all but one race, the team won five out of six exhibition heats.

"All of our exhibition swimmers performed really well. Had those races been scored, we would have done a lot better,"

**see BUTTERFLY, 15**



The Jr. Bills gasp for air in a loss against Parkway South.

**PUNTED**

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ted a foul, awarding senior Dominic Hewitt a penalty shot. Hewitt scored the PKbills' first goal over the diving Cadet keeper.

"In the past we have always had trouble scoring on penalty shots, but this time he got some power behind the ball and made an excellent shot over the goalie," Martel commented. The Blue Crew stormed into the stands to celebrate with the fans with cheers of "Ole!"

Sophomore goalie Ryan Suddarth stood on his head, stopping the occasional CBC shot that was fired his way. With the defensive game-plan, the Brickwallbills would intercept the passes, steal the ball from a CBC forward, or make them shoot wide.

**BUTTERFLY**

(from 6)

said Long. "The results of the exhibitions demonstrate the talent we have coming up is very strong. I know we can build off of those strong swims and get better as the season goes," he continued.

Like the exhibition swimmers, the divers delivered strong results with a first-place finish from sophomore Michael Barry and a second-place finish from senior Colin McCabe, beating out the two Parkway South divers.

"We won't dwell on this loss," said Long. "We had some really good swims and our relays are getting closer to qualifying."

After the loss, the team looks forward to the Marquette Relays this weekend, a defining point of the season.

"(The relays) let us know where we can

**SOCKS**

(from 6)

nine also have a lot to be excited about. Junior Joe Meier hopes that the pack running they displayed at McNair Park last Friday will carry over to the Festival. "We got out strong as a pack, and ran steady through the race. Once the two mile hit, we started racing, and it was a strong finish for all of us," said Meier.

Assistant coach and inspirational mentor Brian Gilmore believes the second varsity team has some serious potential as a contender at the Festival. "There's going to

The Cadets had some scoring chances but found no success.

Lightning struck twice Tuesday night, as Hewitt scored his second goal of the game on a shot from the top of the box. The goal in the 15th minute gave the Wewantahattrickbills a 2-0 lead going into halftime.

"Dominic played a great game. He had some force behind the ball and almost had a hat trick," said Martel.

The Allornothingbills started with the ball in the second half, and they picked up right where they left off. They kept putting pressure on the Cadet goalie and kept finding the net.

With the second half not even four minutes old, sophomore Paul Buehler netted his first goal of the season off a pass from

spread people out at Marquette. Having these tough meets at the beginning of the season is always hard for us," said Long.

Senior Andrew Danter believes the losses will help motivate the team going into Marquette, saying, "Our guys will feel very determined to step it up and really compete against these teams we just faced."

On Wednesday, the team found its first win in a tri-meet against Cape Notre Dame and Clayton. SLUH won with a score of 164, beating Cape and Clayton, who had scores of 128 and 42, respectively. Senior captain Dan Schmidt qualified in his fourth event for SLUH in the 200-yard freestyle (1.50.25), a full three seconds under the state-qualifying time of 1.53.39.

A memorable moment of the meet was

be a lot of high quality teams there. I think anything in the top 10 might be a very proud showing. But for this group, top 10 might even be a little conservative." After Friday's race at McNair Park, Gilmore referred to the second varsity team's performance as "completely dominant. There was no doubt of who was in control of that race."

The Jr. Bills will try to defend last year's Forest Park victory tomorrow at 11 a.m. at Forest Park's Central Fields.

Hoffman, giving the Sertabills a comfortable 3-0 lead.

SLUH continued to control the pace of the game, even after committing a number of fouls, the harshest one coming from senior Matt Reda, who received a yellow card.

The only other defining play in a SLUH controlled game was Hoffman's second goal and third point of the week. The CBCyabills defeated CBC 4-0, good for 8 points in the tournament.

SLUH played DeSmet last night and will take on the Golden Griffins of Vianney on Saturday at 5 pm.

"If we win the next games, then we can look at winning the tourney. I'm really looking forward to the Vianney game, but we can't overlook DeSmet," Martel said.

freshman Blake Gibson's second place finish in the 500-yard freestyle. He was touched out by the Cape Notre Dame swimmer in the lane next to him by .01, but "came from behind off of the turn to barely getting touched out," according to Long.

"It was very important to win this meet today," described Danter. "The win boosted our morale a little bit and sends us into Marquette with high expectations."

With their first win under their belt, the Swimmerbills look forward to the important meet, the Marquette Relays, on Friday and Saturday. Prelims will take begin tonight starting at 5:30 p.m. On Saturday, diving will take place at 9 a.m., with swimming finals taking place at 1:30 p.m. All races and diving will be held at Marquette High School.

**KOENIGS**

(from 8)

Koenigs is teaching two junior English classes this year. He said that he immensely enjoys his classes and that his students are gentlemen and scholars.

One of his students, junior Will Moritz, said, "He is a very active teacher. He really gets into the class material."