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Prep News

"If nothing else, value the truth"

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ST. LOUIS UNIVERSITY HIGH SCHOOL, FRIDAY, NOVEMBER 13, 2009

ISSUE 10

Cross Country victorious at State *Ten-point victory in Jefferson City*

Will Bufe
Reporter

Had it not been for senior Caleb Ford's powerful second-place triumph, the dedication and passion of junior Tim Rackers' push up the final hill after taking a fall 100 meters from the finish line, or senior Tim McLaughlin's courageous and inspiring third mile, the St. Louis U. High cross country team may not have been able to pull out its second state championship in three years. But last Saturday at the Oak Hills Golf Center in Jefferson City, it seemed like everything worked itself out.

Three-time state championship coach Jim Linhares was overjoyed and filled with emotion after seeing his men capture the State title. "Coming back to the tent after we

heard the news...it was really special. These guys worked hard all year and it paid off," he said.

Students, parents, and alumni packed the course, firing up the team with favorite cheers. Senior Ben Ford led the swarm of blue-painted students, reciting speeches from *Braveheart* and *Lord of the Rings*. "We, the fans, issued raw justice, respectfully," Ford reflected.

After winning the conference, district, and sectional championships, Ford once



PHOTO COURTESY OF MOMIESPLIT.COM

SLUH Cross Country team runs to State Championship victory at Oak Hills Country Club again led the way for the Jr. Bills. Battling through an unseasonably warm 77-degree day, Ford pounded out a second-place finish, finishing with a time of 16:22.

"When I saw (first place finisher) Danny see STATE, 13

SOCCER HEADS TO QUARTERFINALS

PHOTO BY MR. MATT SCIUTO



Senior Grant Welge braces for impact after battling a Francis Howell North defender. The Soccerbills went on to win 2-0, advancing to the state quarterfinals. See article, pg. 5.

ACSA discusses spirit, diversity

Matt Bettonville
Editor in Chief

The Advisory Committee for Student Affairs (ACSA) met with Assistant Principal for Student Life Brock Kesterson for the first time this year Monday night in the Robinson Library. Discussion focused on school spirit, diversity, and student cell phone use.

Kesterson started the discussion by updating the students, parents, and faculty members that make up the ACSA on past issues that the committee has discussed, most notably theft, which Kesterson said see ACSA, 10

STATE

(from 1)

Thater move about halfway through the race, it just seemed right to go with him. That kind of pulled me through,” said Ford.

Rackers also had one of the best races of his career. Clinging to a top-five position as he rounded the corner for the final 100 meter straightaway, Rackers suddenly stumbled to his knee.

“It felt like my muscles were screaming at me to stop, but my team needed me,” Rackers said. Battling dizziness and exhaustion from the heat, Rackers climbed the final hill en route to a clutch eighth-place finish.

“I’m just happy that I could do my part in winning the state championship,” said the grinning junior.

Perhaps the key performance of the day came from the spirit and determination of McLaughlin, who held 26th place entering the final mile of the race.

“I was thinking ‘Wow, I’m really tired, I don’t know how I’m going to make all-state. I guess I’ll just try to maintain position and have a good kick.’ I realized that maybe being on the crest of all state wasn’t good enough, and since I am our third man, and I am in the mid-twenties, I have to move up,” he said. “I realized that my whole four years of running thousands of miles, and several dozen hard workouts, was going to end in about 400 yards.”

McLaughlin dug deep inside of himself and was able to squeeze out the last bits of his energy.

“I didn’t have a good idea, if any, of how close we were to Lee’s Summit North, but I knew I could make places if I listened to what my teammates Tony Minnick and Tyler Jennings had said—that many runners would have no kick left in them, so if you have any energy left over at all ... if you are able to have a decent kick, you will pass people,” said McLaughlin.

Apparently the advice worked, as McLaughlin passed 16 runners throughout the final mile, en route to a remarkable 10th place finish.

Seniors Emmett Cookson and Minnick both came through with solid races, finishing 30th and 42nd, respectively. Their places brought SLUH’s score to an exceptionally low 65 points, which was good enough to hold off the Kansas City area’s Lee’s Summit North and to break a school record.

“I was 98 percent sure we were going to win before the race, because I had a feeling that everything was going to go right,” said a delighted Caleb Ford.

Juniors Alan Ratermann and Joe Meier finished sixth and seventh for SLUH. Neither had the kind of day they were hoping for, but both helped the U. High get the job done. “It was a blast,” Ratermann said, “It’s such a great group of guys. I’m so glad I had the experience of running with these guys this season. I’ve loved every minute of it.”

Despite the State championship, the season is still not over for the U. High, or as they will now be publicly known, the “St. Louis Cross Country Club,” due to MSHSAA rules. Tomorrow morning, the team will travel to Terre Haute, Ind. for the NXN Midwest Region’s national qualifying race.

Cookson looks to this weekend as a great opportunity individually and for the team as a whole. “I didn’t race as well as I wanted to


(on Saturday), but thankfully we have regionals for that, hopefully nationals, and then we have hopefully lots of free stuff ... but yeah, we’re never going to ‘worlds’,” said Cookson.

If the team is able to place among the top two to three teams from Missouri, Illinois, Indiana, Ohio, and Michigan, they will receive new running shoes, customized jerseys, sweat suits, and an all-expense paid trip to Portland, Ore. for the national finals on Dec. 5.

“I had a really good race (in Terre Haute) last year,” said Ratermann. “I’m hoping we can move on to nationals for the free stuff.”

There seems to be a similar theme in each team member’s motive for advancing to the national race. “Quite frankly, it’s the free stuff,” Rackers chuckled.

No matter the result at the regional race, the Jr. Bills have had a memorable and successful state championship season. They toe the line Sunday at the LaVern Gibson Championship Cross Country Course in Terre Haute, Indiana at 2 p.m.



WEATHER OUTLOOK

Friday



High Temp 66°	12hr Precip Chc 0%	Sunrise 6:40am
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12hr Precipitation (in.): **0.00**

Friday Night

Low Temp 46°	12hr Precip Chc 0%	Sunset 4:51pm
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12hr Precipitation (in.): **0.00**

Forecast printed with permission of the National Weather Service.

St. Louis, MO Weather Service Office
Phone: 636-441-8467

Compiled by Nick Fandos and Conor Gearin

Day	Min/Max Temp	Min/Max Rel Hum	Weather	Prob Precip
Saturday	61°	64%	Slight Chc Showers	20%
Saturday Night	48°	89%	Chance Showers	30%
Sunday	58°	64%	Chance Showers	40%
Sunday Night	45°	86%	Chance Showers	40%
Monday	57°	59%	Chance Showers	40%
Monday Night	41°	82%	Chance Showers	30%
Tuesday	53°	56%	Chance Showers	30%
Tuesday Night	39°	82%	Mostly Cloudy	20%