

Cross Country finishes 2nd to Parkway West

Will Bufe
Reporter

The St. Louis U. High cross country team had another week of solid performances that displayed the depth and power of which the squad is so proud.

After an outstanding performance at the Forest Park Cross Country Festival, coach Jim Linhares decided to hold out the top seven last week in order to give them another week to prepare for tomorrow's race at Rim Rock Farm in Lawrence, Kansas. This move allowed SLUH to display the depth that has become one of the hallmarks of the cross country program.

Last Thursday, the second seven headed

west to the Parkway Central Invitational to face off against eleven area teams, finishing behind only Parkway West.

Coming into the race, junior Riley Konzen made a plan of exactly what he wanted to do: "With Rim Rock on the line, I had to go out and show everyone that I deserved to be there, and I wasn't going to let anyone or anything stop me," he said.

Konzen certainly followed through, leading the field for SLUH by finishing 11th with an impressive time of 17:20.

Konzen was followed closely by sophomore Nathan Rubbelke, junior Joe Meyer, and sophomore Michael McLaughlin, whose success built off of SLUH's philosophy of

pack running. Not far behind were junior Alan Raterman and sophomore Tyler Gardner.

Shortly after passing the two-mile mark, sophomore Joe Esswein was pushed over by an opposing runner in a rare instance of intense physical contact. The incident slowed Esswein's race down as he rounded up the U. High's second seven. But overall, it was still a very successful day, as six of SLUH's racers medaled in a race against some very respectable competition.

"Second place isn't bad for that meet," remarked Konzen.

On Saturday, members of SLUH's third seven represented the team in the Enke In

see **RUN FORREST, 14**

CONVERSATION OF THE WEEK

Dominic Hewitt, senior soccer captain

Rob Bertucci
Sports Editor

I took a walk yesterday with Dominic Hewitt, SLUH's senior soccer captain.

Rob Bertucci: Hi, Dom, ready to go?

Dominic Hewitt: Yeah, let's get started.

RB: Coming into this year, a bunch of people thought you would not be as good as last year's team. What was your mindset as a team going into the start of the season?

DH: Even though we lost a lot of seniors last year, everybody said the same thing at the beginning of last season, and we came through and only lost three games. If the seniors and the underclassmen step up, we should be more than fine.

RB: What is different about this team when you compare it to last year's teams and teams of the past?

DH: There are more underclassmen this year. We are also not as big as teams have been in the past, and our goals are more spread out.

RB: What are some of your goals for this year?

DH: Obviously our goal every year is to win State. We don't like losing at all—especially Charlie. So if we lose any game, it's not good news. But we definitely want to win the CBC tournament, which we did, win the CYC tournament this weekend, try to win the MCC's and finish with a State Championship.

RB: Who are some of the players that have been big for you this year?

DH: Brysan (Duvall) really stepped up this year. I would say he is the best player in the city actually.

RB: You said there were a lot of underclassmen this year. How have you seen them learn the game and become leaders of the team?

DH: Joey Rund and Sam Steurer in the backfield and Ben Emmett as a forward have really stepped up. I didn't expect any underclassmen to start, and we have three and sometimes four of them starting.

RB: You have had a bit of a weird start to

see **C.O.W., 13**

B/C Sports Updates

C Soccer

Record: 4-3

Last game: 3-0 win vs. St. Dominic

Key player: Nick Kocisak, 2 goals

Next game: vs. Granite City 9/25

B/C XC

Last meet: Enke Invitational, 2nd place

Key runner: Sophomore Nathan Fox, 6th place

Next meet: Ed White Warrior Inv. 9/25

C Football

Record: 1-5

Last game: 32-12 loss at CBC

Key player: Fullback Charlie Kretschmer

Next game: vs. CBC (D) 9/28

Compiled by Patrick Mulligan, Eric Mueth, Joe O'Brien

RUN FORREST

(from 6)

vitational at the treacherous Sioux Passage Park in North County. After working through several tough workouts in preparation for Saturday's race, senior Ben Ford claimed that his biceps were "nearly the size of Tim McLaughlin's warm personality."

Ford took advantage of the course's many hills finishing first for SLUH and 15th overall with an incredible time of 18:06. "I was having breathing problems coming into it, so I was trying to focus on my breathing and just staying relaxed. I tried to keep the same pace on the hills, stay up, and not really lose any places on the hills and try to really move it after them," said Ford.

Senior Charlie Stoltze also took home a medal, placing 18th. Stoltze was followed by seniors Will Bufe, Casey Fitzgerald, and Ted Varty, who wrapped up SLUH's scoring at 162, which was good enough to push the team into 4th place.

Senior Brian Lickenbrock and junior Nick Herrmann finished 6th and 7th, respectively, for the U. High, both putting together very respectable times at a course that was recently ranked in the top ten most difficult cross country courses in the country. "Someone once said that war is hell," remarked senior Caleb Ford. "Well, they've never been to Sioux Passage."

Caleb and other members of SLUH's top seven spent Saturday running one of their toughest workouts of the season in preparation for Rim Rock. Senior Tim McLaughlin looks to the race as an opportunity to improve. "Last year was a real challenge for me be-

cause I had a hard time sticking with the top guys. This time I really hope to make it my own course. Bill Franey is my inspiration," McLaughlin said.

McLaughlin underwent a haircut last week that has contributed to some of the uncertainty he feels going into tomorrow's race in Lawrence. "I'm kind of scared...as Mr. Hussung told me last year, I'm kind of like Samson. When I shed my hair it's kind of like shedding my strength. I had one of my worst races last year right after a fresh haircut, so I hope that won't impede my racing ability," said McLaughlin.

Rim Rock will provide a concrete test to see if the cross country program truly is one of the best teams in the region. Senior captain Bill Gabler is excited for the opportunity. "I think the coaches have prepared us very well. I've heard Liberty is going to be tough. But overall, I think it should be a spectacular day," said Gabler.

Rim Rock will also feature SLUH's second seven, which will be taking part in the JV race. Nathan Rubbelke expects great things. "There's a chance we could sweep the top seven in the JV race. It'll be exciting to go against other teams from other states. It'll be good competition, good fun, good cross country," said Rubbelke.

The third seven will be running in the Ed White Warrior Classic this afternoon at the flat, favorable Arnold City Park course at 4:30. And tomorrow morning on the plains of Kansas, the top 14 will embark on a quest for Rim Rock glory.

This Week in SLUH Sports History

If there were one word that would describe the performance of the cross country team's performance at the Mizzou challenge **last Saturday**, it would be "dominance."

The varsity team, which only scored 38 points in the meet, suggested a team to be reckoned with in the state cross country meet in early **November**.

-Pat Meek, "XC lets tigers roar at Mizzou and McCluer"

September 20, 2002 (Volume 67, Issue 4)

Compiled by Adam Cruz

Volume LXXIV, Issue 4
"Catch-Phrase" Credits

Prep News

The weekly student newspaper of St. Louis U. High

www.sluh.org prepnews@sluh.org

Editor in Chief: Matt "Yah fired" Bettonville

News Editor: Ben "That's hot" Kim

Sports Editors: Robby "No soup for you!" Bertucci, Adam "Aaay" Cruz

Features Editor: Nick "Stop making sense" Fandos

Core Staff: Eric "Allons-y" Lewis, Conor "The tribe has spoken" Gearin, Mike "How you doin'?" Lumetta, Patrick "Where's the beef?" O'Leary, Luke "Are you havin' a laugh?" Chellis

Staff: Eric "Norm!" Mueth

Reporters: Andrew "Hooch is crazy..." Kastner, Daniel "Hey, hey, hey" Schmidt, Jacob "Eeeeaagle" Born, Will "Good grief" Bufe, Nate "Marcia, Marcia, Marcia" Heagney, Danny "Gee, Mrs. Cleever" Meehan, Danny "WAAASUP?" Hogan, Tim "D'OH!" Coleman, Joe "Newman" O'Brien, Patrick "Feenay!" Mulligan, Joe "How rude" Jedlicka, Ryan "Jen KIES!" Bothman

Contributing Photographers: Ted "Silly rabbit, Trix are for kids" Wight, Mr. Matt "... if it weren't for you meddling kids" Sciuto

Technology Consultants: Mr. Jon "Yada yada yada" Dickmann, Mr. John "I'll be back" Haefele

Advisor: Mr. Michael "Whatcha talkin' 'bout, Willis?" Koenigs

Moderator: Mr. Stephen "Do you believe in miracles? Yes!" Missey

SOCCER NIGHTBEAT

The St. Louis U. High soccer team faced off against Duchesne in the third game of the CYC tournament, beating the Pioneers 5-1. Sloppy conditions made for tough ball movement, but the Jr. Bill offense continued its hot streak. Five Jr. Bills scored in a game that was dominated all night by SLUH. The Martelbills face Vianney, whom they tied 2-2 in the CBC tourney, in the semifinals of the CYC tourney tomorrow night.

-Reporting by Jacob Born and Rob Bertucci