

### On top of the MCC: XC takes seven of top nine spots

photo | Kevin Murphy  
BY KEVIN MURPHY  
SPORTS EDITOR



Varsity cross country runs in a tight pack at MCC race yesterday afternoon.

The St. Louis U. High cross country team wrapped up a busy week yesterday with a perfect sweep of the MCC race where the Jr. Bills took seven of nine places. The team also placed third in the Parkway West Invitational last Saturday.

Before the meet, senior Jack Sullivan's goal was a perfect score, with the SLUH runners taking the top seven places.

"We knew that even when all the other teams had their best days, we should definitely have a good shot of doing that," said Sullivan.

"You've got to be excited when you can put six guys in front of (CBC's first finisher)," said head coach Joe Porter.

The Jr. Bills ran yesterday's race exactly according to their race plan. Throughout the week before yesterday's race, Porter told runners that they were to run as a pack throughout the beginning of the race. Once the group reached the straight stretch right before the two-mile mark, the plan was to stop racing against other teams and start racing against each other. Runners were still advised to help each other out

and to run in groups, but it was now not a question of what team would win the race, but rather which Jr. Bill runner would win individually.

"They were supposed to be together through a mile and seven-eighths, and then I asked for them to race each other and make moves and see who could come out on top," said Porter. "(Senior Matthew Hennessey) ran great, and this is the first time this year that (Sullivan) has been up on (Hennessey's) shoulder, so we're really excited about that."

In the end, Hennessey edged out teammate and classmate Jack Sullivan to win the race with a time of 16:11. Sullivan finished shortly after with a time of 16:24, followed by seniors Thomas Hogan (16:28; 3rd) and Shayn Jackson (16:41; 4th). Junior Joe Butler (16:45; 5th) out-kicked senior Jack Gallagher (16:46; 6th) to grab the last scoring spot by three tenths of a second. Junior Billy Balossi (16:59; 9th) was the last of the SLUH runners, losing to CBC's top two runners by only a few seconds and beating the next runner by nearly 30 seconds.

"It was good to have (Jackson) back in the fold, this was the first  
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### Chunky for the win! Pence, '16, leads hockey to victory

BY TIM NILE  
REPORTER

As time expired in the third period, junior captain Patrick Pence wristed a shot across the goal line to give the Jr. Bills a 2-1 victory over the Oakville Tigers in the team's second game of the Top Hat Preseason Tournament at Webster Groves.

Despite the great finish, it was a slow start for the team, due to the absence of seven player who play often.

The first period consisted of missed offensive opportunities and great defense. Pence had a chance early on a two on one but couldn't convert, chipping the puck over the net. Shortly after Pence's miss, senior A.J. Bowman missed a backhand shot coming off of a faceoff.

On the other side of the ice, the Tigers were met by Jr. Bills goaltender junior Joe Warnecke, who saved all eight shots on goal that period.

"It's early in the year; we have a lot of work to do, but I like where we're at right now," said head coach Kevin Fitzpatrick.

The second period was almost as slow as the first. With 9:11 left, Oakville was penalized for unsportsmanlike conduct, giving the Bills a power play, but they could not convert.

Oakville had several chances in the second period, but the Jr. Bills' stellar defense—Warnecke's tremendous saves, junior Scotty Berger's big hits, and junior Andrew Ott's superb blocking skills—kept the shutout.

The Jr. Bills were awarded their second power play of the night with 1:42 left in the second after the Tigers were called for tripping. But eight seconds later, senior Tommy Espenschied was called for high sticking to make it a four-on-four.

At the end of the second, the game was still scoreless and the Tigers had out-shot the Jr. Bills 16-15 for the first two periods.

"In spots we did very well and in other spots we didn't play that well. In the second period we played awful. We were back on our heels and they were all over us. We weren't moving our feet and weren't skating very well," said Fitzpatrick.

With 12:01 left in the third period, the Tigers scored the first goal of the game. The Jr. Bills quickly fought back to tie the game at 1-1 with a goal by Espenschied. The Jr. Bills had found their intensity.

A minute later, the Jr. Bills failed to score on a two-on-one with Bowman and sophomore Liam Knobbe. Espenschied also had a breakaway that was unsuccessful. Oakville was penalized again for tripping, but the power play did not last long. Ten seconds later, Pence and an Oakville player got into a scum and two players from each team were sent to in the box with 5:23 left in the game.

With 2:34 left, Ott, a defenseman, missed a slapshot, missing to the right. Sophomore Louis Garavalia shortly followed with a breakaway but was unable to give the Jr. Bills their game-winning goal.

The Tigers outshot the Jr. Bills 25-23, but that didn't matter. The fi-  
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### Hockey switches skates for sleds

BY CHARLIE MUETH  
STAFF

St. Louis U. High's varsity hockey team played in a sled hockey game against the Disabled Athlete Sports Association (DASA) St. Louis Blues Sled Hockey Team last Saturday. Sled hockey is a type of hockey where people with physical disabilities can play by using metal sleds to move around. DASA consists of men and women with missing limbs and with spinal injuries.

This was the third consecutive year that SLUH has played DASA.

Head coach Kevin Fitzpatrick started the tradition two years ago after getting to know the DASA coach, who encouraged the teams' first meeting.

DASA began playing against high school teams in 2007 in an attempt to teach more people about sled hockey and to raise money.

In addition to playing exhibition games against high schools, DASA competes in the Midwest Sled Hockey League.

"I think it is a really great thing that we are helping out their team," said junior Scotty Berger. "It's just something that our team is doing to help out the community."

Those in attendance were also encouraged to donate to DASA. The money raised will be used to pay for team transportation and ice time.

SLUH also played on sleds, presenting a significant difference from playing on skates. Although the score was not kept, DASA rolled over SLUH, with the unofficial score being 14-3. Two of DASA's players competed in the 2014 Winter Paralympics in Sochi for the U.S. National Team.

"It's fun," said Jason Malady, general manager and alternate cap-  
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### Cadets thwart football for MCC title, 49-16

photo | Dominik Skroska



Sophomore Andrew Clair (23) runs through the CBC defense last Friday night.

BY MARTY JOHNSON  
SPORTS EDITOR

The St. Louis U. High varsity football team wanted to go out to West County to steal a win and the MCC title from rival CBC last Friday. Unfortunately, the Jr. Bills were thwarted by the Cadets, losing 49-16.

The Jr. Bills knew they would have their hands full. CBC came into Friday night's game undefeated and had outscored MCC opponents 167-0. Even so, SLUH was confident that they could stay with the formidable Cadets.

And for much of the game they did. After giving up an interception on their first possession that led to a CBC touchdown, the Jr. Bills settled down.

On the Cadets' next possession, junior defensive back Daniel Jackson recovered a fumble which gave SLUH the ball inside CBC territory. The Jr. Bills capitalized on the turnover as senior kicker Jake Cox made a 23-yard field goal, his first of the year, to make it 7-3 CBC with 5:20

left in the first quarter.

"It was good to get (the first one) out of the way," Cox said.

While the score was 23-3 at the half, the Jr. Bills were still in the game.

But throughout the game, the Jr. Bills fumbled the ball five times and lost four of them.

"This is a really good football team that we played in CBC," said head coach Gary Kornfeld. "The problem was that we gave them too much. You can't give a good team the turnovers we gave them."

SLUH found success through the air and the ground, but had trouble scoring. Sophomore quarterback Mitch Batschelett was 16-29 for 229 yards with two touchdowns. Sophomore Andrew Clair and senior Andre Colvin rushed for a combined 140 yards on 20 carries.

The team had no trouble from starting drives, but it did struggle to finish them. Kornfeld praised the effort of the offense, citing how they kept battling to score two touchdowns in the fourth quarter, a 68-

yard touchdown reception from sophomore Tony Adams and a 22-yard touchdown reception from junior Daniel Isom.

SLUH's six turnovers left the defense on the field for much of the game. The tired SLUH defense, who had mostly stopped CBC's big play potential in the first half, gave up 73- and 44-yard touchdowns in the second half.

"We took the wrong reads on some balls, missed tackles, didn't wrap up," senior linebacker Aiden Jacobsen said.

Kornfeld praised the defense for never quitting. "Defensively, I thought our kids played their rear ends off, even though we gave up the points because they were always on a short field," Kornfeld said.

Adding to SLUH's tough night were the injuries to senior offensive lineman Christian Stewart and freshman quarterback Christian Perez. Stewart, who injured his foot, hopes that he can play Lafayette on  
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## XC sweeps top six spots at MCC race

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time he's been racing with the group rather than falling off the pack, which was good," said Porter. "We knew he was capable of it, but it was wanted to see him do it."

Going into the race, the team's first priority was to focus on decreasing the one-to-five man spread to a lower spread than the 38 second gap at the Forest Park XC Festival. Porter has been emphasizing the importance of running as a group, and this was their most successful race of the year in that aspect, running with only a 34 second gap between Hennessey and Butler.

"That was exactly what we were shooting for," said Porter. "We were :38 at the Festival and a minute exactly at Palatine, and we really wanted to get that gap back down to where it typically is. It was a big day for the back half of the group."

"The Parkway West Invitational was a different story. With five of this week's top six resting like Davidson did this week, the team looked to top JV runners senior Garret Fox and sophomore Joe Laughlin to close the gap.

And close the gap they did. The third place team was led by Hogan (16:43; 8th), finishing as SLUH's first



photo | Kevin Murphy

Seniors Jack Sullivan and Matthew Hennessey surge after the second mile.

runner for his first time. He was followed by Davidson (16:58; 10th) and Balossi (17:08; 18th). Laughlin (17:43; 33rd) and Fox (17:47; 35th) both ran varsity level races, keeping the team from a catastrophic finish that might've occurred after the late decision to rest the other varsity runners.

The team's next race is Districts, which is next Saturday. The team faces no significant team opposition, but must be aware of Webster High's top runner. Besides him, the team hopes to run a race similar yesterday's, and again to close the one-to-five man gap that they have been focusing on all season.

photo | Kevin Murphy



SLUH's top seven XC runners prepare to race before the gun fires.

### JV Soccer vs De Smet (10/8)

3-1 L  
Goal: Danny Barry

### JV Soccer vs. CBC (10/9)

3-2 L  
Goals: Trey Haman, Charlie Dienstbach

### C Soccer vs. CBC (10/9)

3-2 L  
Goals: Buckley Chevalier, Ramond Goedeker

## B Soccer survives weather, beats Rock Bridge

BY JACK MINER  
REPORTER

St. Louis U. High's B soccer team added two wins to its record this week to improve to 5-3-3, beating De Smet 1-0 last Friday and Rock Bridge 3-0 this Tuesday.

"It was brutal," said coach Tom Zinselmeyer of game conditions. "It was freezing cold and it had rained all day."

"We've been playing in a new 4-4-2 formation that really spreads the field out," said sophomore defender Brandon Trusler. "We're getting more opportunities for through balls to the end line, which led to crosses and more goals."

Although the score was 3-0 against Rock Bridge, this win was much harder than the match against De Smet. Trusler also said, "We pretty much dominated play all game (against De Smet) even though we only scored one goal."

"Having the day off did not help our soccer minds," said sophomore defender Nic Delgado. "We finally started rolling after the first 20 minutes and scored a couple of goals, then they started fouling, which made for an interesting second half."

"Everyone has contributed," said Zinselmeyer of the team. "The back line especially has just been

phenomenal."

Zinselmeyer also specifically mentioned the defensive contributions from Trusler, Delgado, and freshman Scott Janasik.

"Guys like Donovan Ditto, Kurt Schumacher, Will Rudder, Pietro Nicastro, and goalie Klaus Preusser have really stepped up as well," said Zinselmeyer.

"We look like Team USA out there with goalkeepers Daniel Frein and Preusser stopping every ball that comes their way," said Delgado. "This gives us a huge advantage in the long run."

The B team's next game is tonight at 4 at O'Fallon.

### Metro Catholic Conference Varsity Race (10/9)

Team Scores

SLUH-15  
CBC-51  
De Smet-73

Varsity Runners

Matthew Hennessey (Sr.)-16:11-1st  
Jack Sullivan (Sr.)-16:24-2nd  
Thomas Hogan (Sr.)-16:28-3rd  
Shayn Jackson (Sr.)-16:41-4th  
Joe Butler (Jr.)-16:45-5th  
Jack Gallagher (Sr.)-16:46-6th  
Billy Balossi (Jr.)-16:59-9th

### XC Parkway West

Invitational Sophomore Scoring Runners

William Kelly 18:14 - 6th  
Xavier Ludwig 18:29 - 8th  
Brad Gale 19:16 - 15th  
Thomas Leeker 19:36 - 26th  
Matt Northcott 20:16 - 44th

Freshman Scoring Runners

Gunnar Himich 18:40 - 6th  
Paul Burka 19:14 - 16th  
Rory Butler 19:29 - 18th  
Matthew Gunn 9:37 - 23rd  
Declan Tajkowski 19:48 - 27th

## Swimming travels to Cape, captures 4th at Invite

BY PATRICK SCHULER  
REPORTER

After having a meet at Rockwood Summit cancelled last Thursday due to storms and a power outage, the St. Louis U. High swim team entered the weekend fresh after its surprise day off.

SLUH swam Saturday in Cape Girardeau at the Cape Rock Invitational. SLUH entered two teams into the field of 26 schools, something they have done at many of the invites this year to get as many swimmers in as possible.

The team had a slow start, as the 200 Medley Relay added time. Junior Justin Andrews placed fourth in the 200 Individual Medley and senior Colin Derdeyn placed second in the 50 Freestyle, but not swimming his best time. Michael Krause had a good swim in his 50 as he secured tenth place for the Bills.

"I was tired and did not get pumped up the way I usually do for meets," said Derdeyn. "My times reflected that."

As the day progressed, SLUH also received points from freshman Barkley Dale in the 100 Backstroke. Andrews won the 100 Breaststroke and junior Mark Franz placed eighth, although he added two seconds.

To finish the meet, SLUH took fourth in the 400 Free Relay, add-

ing time again, and ended with 214 points at fourth overall. SLUH was three points away from a trophy and breaking into the top three.

"We have had a lot of invitationals this year and I think a little bit of fatigue and lack of mental toughness settled in for the meet," Derdeyn said afterwards. "Just like the Mizzou prelims last weekend, many people's times reflected how tired they were."

After the meet Saturday, coach Joe Esposito talked to the team about the weekly workouts. The team will be straying from the race pace workout the team has trained with all season and run some distance workouts to build up stamina.

"Practices this week have been rough," said junior Thomas O'Brien. "We have done a ton of swimming on fast intervals to get more yardage in."

The team had three practices this week followed by a meet yesterday at Parkway Central and one today against MICDS.

"With only a week or two before we start to rest for conference and State, we are amping up the distance at practice to supplement all of the sprint work we have done this season," Derdeyn said. "The challenge right now is keeping the same intensity we have in sprints over a longer period of time."

photo | Patrick Enderle



Senior Eric Caselton swims the freestyle at the Parkway Central dual meet.