

Senior-heavy soccer hopes work ethic translates to State success

BY DANNY SCHNELLER
SPORTS EDITOR

photo | Ben Banet

With an abundance of senior leadership, the St. Louis U. High varsity soccer team is looking to go deep into the state tournament this year.

Last year, the Soccerbills fell to rival Chaminade in the District finals. In years past, head coach Charlie Martel has protested the structuring of the state tournament because of its tendency to pit SLUH and Chaminade against each other, despite the fact that they often have some of the best records in the state. Martel believes that the tournament would make more sense if teams were seeded, as in the NCAA basketball tournament.

Despite their frustrating loss to Chaminade last year, Martel is very optimistic about this year's team.

"I have high expectations," said Martel. "Every year our goal is to win a State title. So, that's what we're shooting for this year."

Martel spoke highly of the team's work ethic throughout the summer.

"The team is extremely focused and fit right now," said Martel. "They had a great summer. A lot of the guys came to Ajax, and we ran an Insanity camp before that. There was a huge commitment, especially on the part of the seniors to get into shape. Right now, they look great, and they're working really hard."

Martel isn't the only member of the team that thinks their improved fitness will be a contribut-



Junior Clark Conway fires shot at senior goalie Guillaume Delabar during Tuesday's practice.

ing factor this year. Senior captain Andrew Slaughter believes that the team's physicality will give them an edge on their competition.

"We're going to be a lot bigger," said Slaughter. "A lot bigger and stronger than we've been in the past."

One of the reasons that this varsity squad will be so much bigger than in years past is that this year's team features 13 returning

seniors. Not only will this enormous number give the Soccerbills an edge in size, but it is also great for the team's chemistry.

"A lot of us have played together before, so it's not as if we're missing any chemistry," said senior Luke Robinson. "We're all very familiar with each other. Almost all of us played freshman and B team together, and a lot played varsity together last year."

The team will play its first

game of the season against St. Xavier High School in Louisville, Ky. on Aug. 30. Slaughter believes that this first game will be one of the biggest of the season.

"They finished fourth in the country last year," said Slaughter. "We played them last year and lost 1-0, so we know that that's like our measuring stick. If we play well against them, then we know how we'll stack up the rest of the year."

The team has a lot of positive energy going into the season. The players are confident in all of the work that they have put in thus far and expect big things out of themselves and each other.

"The talent and the depth we have on the team put us in a really good position," said Robinson. "We'll definitely be solid in the back. We just need to find a way to score some goals, and we'll be great."

Cross country gets back in stride, looks to repeat state victory

BY MICHAEL SIT
REPORTER

Cross country athletes and coaches ventured out to West Camp, Forest Park, to kick off the 2013 cross country season on Aug. 12.

When asked about the cross country team's aspirations, head coach Joseph Porter said, "I would like to see each member of the team improve throughout the season. That is always our number one focus. If we become too focused on how we compare against other teams, we lose sight on what we can control, which is how we race."

The team has already hit high mileage, with the top seven athletes running more than ten miles per day, if you include the

one-mile warm-ups. Racers that the coaches suggest looking out for are juniors Jack Sullivan, Matthew Hennessey, Thomas Hogan, Shayne Jackson, and seniors Jonathan Esswein, Thomas Rubio, Jerome Amsler, Michael Swan, and sophomore Dustan Davidson.

On Saturday, Aug. 17, the annual SLUH-sponsored Alumni Race took place. Sullivan finished first among the current SLUH runners. Despite the alumni's clinching first and second place in the race, SLUH's top seven runners trampled the alumni and won overall due to the teamwork put forth, especially by Tom Rubio.

Last year, the cross country team dominated the state competition, ultimately winning the

first place trophy.

"This season, I would really like to win state as a team again," Sullivan said. "We have a lot of really good guys returning from last year so I think we have a good shot."

Hennessey and Hogan both ran over 400 miles this summer, and they plan to be fierce competitors at the varsity level.

"I love the challenge of running," said Hennessey. "Being a top runner requires tremendous discipline. It means that you run whether you feel like it or not, whether it is stinking hot or freezing cold, and during the season it means you work extra hard every day."

Senior captain Alexander Peraud confidently stated, "We got a good crop this year."

SwimBills add freshmen, hope to take MCC

BY HALPIN BURKE
REPORTER

Six thousand yards: that's how much the Saint Louis U. High swim team has been averaging per practice in preparation for the 2013 high school season.

"The team shows up to work out hard every day," said head coach Joe Esposito. With hard time intervals and long yards to swim, the team has certainly been doing just that.

Over the next three months,

the swimmers will participate in 17 meets, seven of which will be at their home pool, Forest Park Community College.

In any swim meet, participants race in 11 events, swimming strokes such as butterfly, backstroke, breaststroke, and freestyle.

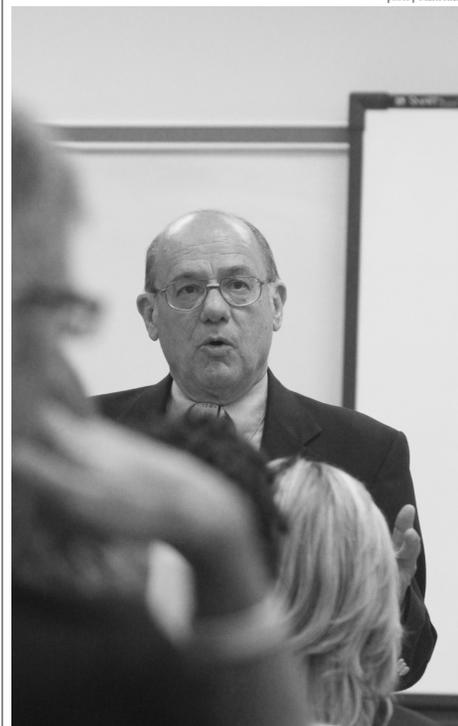
"We've got an outstanding freshman class this year," said assistant coach Kevin Moore on what will make this year extraordinary for the SwimBills.

"(Junior) Luke Sloan will certainly be the swimmer to watch this year," Esposito said. "He has the smoothest stroke I've ever seen."

The Jr. Bills are looking for another MCC conference win this year.

"Overall, I'm very excited for our team this year," said senior captain Jack Brauer.

The Jr. Bills swim in their first meet on Sept. 7 at the Marquette Relays at 9 a.m.



Acc. Chem teacher Charlie Busenhart speaks to parents at Wednesday's Back to School Night.