

## No rest for the weary: XC state champs race again, this time in Indiana

BY MICHAEL SIT  
REPORTER

St. Louis U. High's cross country team traveled to Terre Haute, Ind. for Nike Cross Nationals (NXN) last Saturday, Nov. 17.

According to head coach Joe Porter, NXN is about gaining experience and getting one last race in. The race involves some of the top teams in the nation.

Since NXN bans runners from representing their respective high schools, SLUH's competitors ran for the St. Louis XC Club. SLUH sent senior captains Jerry Amsler, Alexander Peraud, Tom Rubio, and Michael Swan, senior Brendan Keuss, juniors Shayn Jackson and Jacob Marty, and sophomores Joseph Butler, Dustan Davidson, and Jake Lepak.

The team's strategy was to keep up with the middle of the pack since the competition was tougher than normal, and included top teams from Indiana, Illinois, Ohio, Michigan, and Missouri.

Senior captain Alex Peraud

said, "My strategy wasn't any different than normal: run the first mile in 6:10, the second in 6:00 and the third in 5:50. This goal was hard to achieve because of the standing water and the mud on the course in combination with the harsh wind. The entire field was maybe one to two minutes slow."

Indiana did not provide race-friendly weather for the runners last weekend. The heavy rain and treacherous wind challenged the XCbills. In addition to the less-than-advantageous weather, the LaVern Gibson Championship XC Course included hay bales and steep inclines.

"The other competitors were a lot faster than me. Comparing to normal days, the NXN winner should come in sub-15 minutes for the 5K, but the top finishers were coming in above 16 minutes, which is very telling about the course," said senior Brendan Keuss.

When asked why he went to NXN, Peraud responded, "I figured that I'm never going to run

cross country again for the rest of my life. I might as well work hard at it for another couple of weeks and just enjoy it."

"I wanted to PR one last time, and I trained for an additional two weeks. Unfortunately, the course was so tough it didn't happen," said Keuss.

Considering the conditions, outstanding times came from senior captain Tom Rubio (17:37, 106th) and sophomore Joe Butler (17:45, 126th).

Overall, the field had 219 teams with 339 athletes. SLUH placed 34th with an average time of 18:21.

"The boys raced competitively despite the horrendous conditions. Times were about a minute slower, but the guys really battled hard," said Porter.

NXN concluded the 2013 cross country season after a clutch repeat state championship.

The team's varsity and junior varsity banquet will be held in the Si Commons on Dec. 5.

## Defending state hockey champs kick off season

BY THOMAS RIGANTI  
CORE STAFF

The St. Louis U. High hockey team (3-1) hit the rink last week with a 6-3 loss to Chaminate, a 5-1 win against Vianney, and a 6-1 victory over Timberland.

The Jr. Bills went down 1-0 early to Timberland. With soccer having just won earlier that day, the players had trouble focusing.

"We were kind of overlooking them," said senior Nick Thomas. "It was a pretty embarrassing game."

"Coach brought us in and said we need to step up so we brought it to them and we were able to get some goals and put them away," said senior Stan Pawlow.

Both junior Danny Tarlas and sophomore Connor Fitzgerald netted two goals on the night for the 6-1 win. Both players swing between varsity and JV.

"The swing players really stepped up," said Thomas.

With 50 shots on goal compared to Timberland's 11, SLUH gave itself plenty of scoring opportunities and let the offense take over.

"We just went out there and threw as many shots on goal as possible," said senior Christian Hoffmeister.

The day before, the puck dropped between SLUH and Vianney. Vianney, despite its lack of skilled players, always brings a lot of physicality on the ice.

"We knew that we just needed to be disciplined the whole game," said Hoffmeister.

Thomas struck first to put them up 1-0.

"From there, it just started rolling," said Hoffmeister.

Hoffmeister maneuvered his way from SLUH's zone to the Grif-

fins and found the back of the net to increase the lead to 2-0. Sophomore Patrick Pence widened the gap, lighting the lamp twice to put the Jr. Bills up 4-1. They went on to win 5-1.

"We knew that we were a better fundamental team, so if we stayed with our game plan and let them shoot themselves in the foot and take penalties, then we would be able to capitalize on our power play chances and get a goal when we need to," said Pawlow.

Defeating Vianney with emphasis was exactly what SLUH needed after a tough loss to Chaminate.

"It was the first game that we played where the opponent was probably even with us," said Pawlow. "We knew that we were a good team but we hadn't played anybody at our caliber yet."

In the second period, goals by freshman Luke Gasset and junior Tommy Espenschied put SLUH up 2-0.

With a power play, Chaminate took advantage and sliced the lead in half to make it 2-1. Later, with the score at 2-2, Hoffmeister broke the tie to give SLUH a 3-2 lead, but they could not hold on and went down 4-3 with five minutes left in regulation.

"When it got late, I think they pulled away because they had more experience than us since our team is really young and not used to playing in a game that fast and that long," said Hoffmeister.

Chaminate went on to win 6-3 after a power outage that delayed the third period. Brad Johnson of Chaminate netted four total goals against SLUH.

"At the end of the day, the loss is not a big deal, especially since it's early in the season," said Pawlow. "I think we can look at that game and be able to bounce back."

## SLUH ALL MCC

### Offense

1st Team  
Marcus Ramspott - WR  
David Jackson - WR  
Raymond Wingo - Athlete

2nd Team  
Sam Sykora - QB  
Michael Hall - RB  
TJ Daniels - OL

### Defense

1st Team  
TJ Daniels-LB  
Michael Hall-LB

2nd Team  
Bryan Edwards-LB  
Dan Evans-DE  
Dan Isom-S  
Andre Colvin-S

### Honorable Mention

Nathan Anderson - LB  
Josh Keil - Punter  
Jacob Cox - Kicker  
Chris Stahl - DL  
Dan Tarlas - S  
Daniel Jackson - CB

## Swimming splashes into top 10 at State

BY PATRICK SCHULER  
REPORTER

St. Louis U. High varsity swim team earned eighth place out of 44 teams last this weekend at the State final, after a two-and-a-half month season; the team scored 108 points at the meet.

"Going in, we wanted at least a top ten finish," commented coach Kevin Moore. "After the prelims, we looked at the points and learned that that could really happen. You will always wonder whether you could get a few more points here or there, but overall, every single race was a best time for us."

SLUH competed in a total of five events on Saturday at St. Peters Rec Plex, all of which they had qualified for earlier in the season.

The first event was the 200-yard Medley Relay. The four-man relay squad was seeded third after Friday's prelims. Going into Saturday, the Jr. Bills were hoping for a top three victory, but they just missed it, taking fourth. The first four top times were all within just over half a second of each other, while third place Parkway Central finished 0.01 seconds ahead of SLUH.

But SLUH's time did break the school record both after the

prelims and again after the finals, which was one of the team's goals. Their time also was the 11th fastest ever in Missouri swimming history.

"Overall, everyone swam their best times, and we had a great relay," commented sophomore varsity swimmer Mark Franz. "It was really fun to be a part of."

The second event that the Jr. Bills took place in was the 50 Freestyle, where they were represented by junior Colin Derdeyn. Going into prelims on Friday, Derdeyn was seeded 21st.

"I really would like to be in the top 16 and qualify for Saturday," Derdeyn said last week before the meet.

He took eleventh, posting his best time of the season. Then he followed it up on Saturday by dropping even more time and taking ninth overall.

Senior captain Jack Brauer also swam in the event but did not qualify for the finals; he took 23rd Friday.

The next event for SLUH was highly anticipated by SLUH's coaches and the team. Senior Luke Sloan, who qualified in every event but one, had decided with the coaches earlier in the week that he would swim all three

relays and one individual event. The individual event that he chose was the 100 Butterfly, in which he was seeded second going into the prelims and the finals. Sloan took second with a final time of 51.0, one third of a second behind the winning time.

Now all that remained for the SwimBills were two relays: the 200 and 400 Freestyle Relays. The 200 relay team, which consisted of two juniors and two seniors, came into the meet seeded 15th overall. Surprising everyone, the Jr. Bills took second in the prelims, dropping nearly four seconds. Then, in the finals, the team finished fourth overall, posting its best time again.

The meet wrapped up with the 400 Freestyle Relay. Coming in, the Jr. Bill Relay team, made up of three seniors and a sophomore, was seeded ninth. After the prelims, they were seeded sixth, but, overall, they took eighth, dropping more than four seconds in the process.

"I told the swimmers that the only person standing in their way of swimming fast was themselves," said head coach Joe Esposito. "Out of the 30 total swims, we set 27 personal records. Collectively, it was the fastest group of high school swimmers I have

ever coached."

Going into next season, the team is looking to be even better.

"We will have state qualifiers Colin Derdeyn, Mark Franz, and Colin Burke returning," Esposito said. "A huge part of our success next season hinges on the return of Justin Andrews. My hope is that he will swim for the Jr. Billikens and help lead our team next season."

Andrews, who is currently

a sophomore, did not swim this year after qualifying for state his freshman year.

Overall, the St. Louis U. High swim team performed beyond expectations. After placing 24th last year in state, and getting a new head coach, the team has begun a program that is built to last.

"Next season the goal is to place in the top four at the state meet," Esposito said.



The swimming state medalists and their coaches (left to right): Mark Franz, Matt Marcouiller, Luke Sloan, Jack Brauer, Colin Derdeyn, and Peter Brooks. Front row: Brendan Lebrun, Joe Esposito, and Kevin Moore.