

## XC sweeps MCC's for 12th straight year

BY JOSEPH REZNIKOV  
CORE STAFF

For the 12th year in a row, the Saint Louis U. High cross country program swept the MCC championships—placing first at the varsity, JV, and freshman levels. The races were held on Aviation Fields in Forest Park on Saturday, Oct. 10.

While for the past couple years the varsity team hasn't had much trouble claiming the title, the Jr. Bills knew that they were going to need their A-game this year to overcome a strong De Smet team.

Led by senior Dustan Davidson, who finished first overall in the race with a time of 16:16, the team finished with 32 points, nine better than second place De Smet.

Davidson was neck-and-neck with De Smet junior Joe Reed for most of the race, but Davidson overtook him in the last kilometer and won by nine seconds.

"I had raced (him) in track before, so I kind of knew him," said Davidson. "I waited until the end to have a big kick, and it worked out."

The team was also led by junior Joe Laughlin, who placed fourth overall (16:49) and senior Billy Balossi, who placed sixth overall (16:54). Both ran their best race of the season so far and pulled through in the last stretch of the race to help secure the win.

Other members of the

first place varsity team were senior Jake Lepak (10th), juniors Xavier Ludwig (11th) and William Kelly (12th), and sophomore Paul Burka (16th).

Though the team didn't have the start to the season it had hoped for, head coach Joe Porter is happy with the team's progress.

"The guys really showed up and stepped up. It was a good sign for us that they were there to race and go after it," said Porter of the MCC race. "We raced a lot closer to what our fitness level indicates."

The team also competed in the Borga Invitational on Saturday, Oct. 17 at Big River Golf Course in Washington, Mo. The team rested the top 7 runners and placed 8th.

"We wanted to rest our varsity, but rather than just racing the next top seven guys, we looked for guys that needed race experience," said Porter. "The race was about learning racing and what it's like."

The team of eight was made up of junior Roman Lipinski, sophomores Paul Burka and Gunnar Himich, and freshmen Reed Milnor, Chuck Perry, Jack Buehring, and Ben Poag.

Burka led the group with a time of 18:07 and was followed closely by Lipinski, who finished in 18:19.

"The course is a little more challenging so we don't see as many PRs, but the guys still ran really well," said Porter.



Senior Dustan Davidson at the first mile mark.  
PHOTO | JOSEPH REZNIKOV

The team will continue to ramp up its workouts for the next couple weeks before cooling down just before the state meet.

"We feel really good about where we're at," said Porter. "Our workouts are continuing to get better and our fitness level is continuing to improve."

The next varsity race is the Clayton Invitational today at Shaw Park at 3:45 p.m. The team will not be racing the top 7, who will be racing in

the District meet at Blackburn Park tomorrow at 10:00 a.m.

The team will be looking to capture its 15th straight district title on Saturday. The last time SLUH lost a district meet in cross country was when Porter was a senior runner at De Smet.

"We just have to keep running good workouts and we should do well at districts and then eventually sectionals," said Davidson.

## Swimming treads tough waters, wins two meets

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swimmers, but especially freshman fish Joe Feder, sophomore Barclay Dale, and senior Chris Kreienkamp.

Feder swam a great meet overall, but his last two races were his most impressive. Seeded second in the 100-yard backstroke, behind teammate Dale, Feder swam a new best time of 57.19 to win the event. He has already qualified for state, but is now seeded 32nd overall.

"It was a very chaotic race," Feder commented afterwards. There was a problem with the starter at the beginning of the race, causing some swimmers to start and swim while others did not. Dale swam an entire 50 yards before he was stopped.

"The race ended very well for SLUH. It was my best time by a tenth," Feder finished.

Feder also swam the last leg of the 400 freestyle relay, by the scratch of Chaminade junior TJ Halliburton, who was sick from school that day. Halliburton placed second in the 100 backstroke at state last year and would have greatly helped the Red Devils.

"I wasn't expecting the split to be that fast," Feder said. "I was really happy that it was enough to secure our win against Marquette."

The sophomores also had a big meet, but Dale stood out, especially after an injury Friday night at team bonding. Dale sprained his right ankle and was worried he wouldn't be able to swim Saturday. Despite the pain, he swam very well, taking second to Feder in the backstroke (a very important first and second place finish) and also placing seventh in the 100 freestyle.

"The meet felt great," Dale said after. "I was really worried my ankle would hurt my times but they came out alright for being injured. The start on the 100 back was frustrating, but I was happy with the one-two finish."

Senior Chris Kreienkamp had his best meet of the year. The tall and lanky Kreienkamp is a sprinter, and swam in four events Saturday. Seeded to place in the top eight in his two relays, Kreienkamp went home with four top 8 finishes, sneaking into the 50 and 100 freestyle top 8 and also earning three new medals to show off.

"My goal for the meet was to swim my fastest times ever," Kreienkamp said "and I accomplished that, even if it meant just a hundredth of a

second faster."

Another one of SLUH's team goals for the year was to go undefeated in dual meets, and through Monday they were a perfect 9-0. The last dual meet was Monday at Forest Park against Chaminade, a team that nearly beat the Jr. Bills at Marquette Relays at the beginning of the season. The Jr. Bills won the meet by a score of 124-61 to complete a perfect 10-0 dual season record.

"Our win against Chaminade allowed the team to accomplish one of their season goals," Ehret commented. "I like this goal because it requires the efforts of the team and not just one or two individuals. It's a goal that everyone can contribute to in some way, as I tried to make sure most of the lineups included at least one race by all team members."

SLUH was helped out by the scratch of Chaminade junior TJ Halliburton, who was sick from school that day. Halliburton placed second in the 100 backstroke at state last year and would have greatly helped the Red Devils.

"The Chaminade meet was not as close as I had anticipated," Ehret commented. "They have three horses, as I like to say, but one wasn't at the meet and that made a difference."

"Chaminade was expected to be our toughest dual meet competition this year," Kreienkamp said. "So it was special that we could beat our toughest competition in our last dual meet at FoPo."

Moving forward SLUH is starting its taper phase of training to finish accomplishing the goals they started the season with. A taper is when practice yardage decreases, and the focus turns to speed, fine-tuning technique, and longer rest.

The varsity team will swim its last meet before MCC's this Saturday night at Rec Plex for the MICDS Invite. This is a fast pool and the Bills hope to earn a few more state times before state is held at the Rec Plex.

Seniors Michael Krause, Thomas O'Brien, and Kreienkamp are all still hoping to complete the goal of making a state-qualifying time in the 50 freestyle. All three are within a seventh of a second.

Sophomore Joe Jellinek also hopes to make it in the 100 backstroke, where he needs to drop about a second.

## —Game Briefs—

### —JV Soccer— (13-3-3)

10/12/15  
SLUH 9  
Pattonville 0  
Scoring: Jacob Kircher, Matt Ceriotti, Nic Delgado, Chris Doehring, Robert Forest, Joey Krause, and Jacob Gremaud (3)

Key Stat: Sophomore Jacob Gremaud led the offensive attack with three goals, and the SLUH defense didn't give an inch.

10/14/15  
SLUH 2  
Webster Groves 0  
Scoring: Nic Delgado, Nick Baumer

10/16/15  
SLUH 1  
Parkway South 0  
Scoring: Nic Delgado

10/20/15  
SLUH 1  
Fort Zumwalt South 1  
Scoring: Nic Delgado

10/21/15  
SLUH 2  
Vianney 0  
Scoring: Nic Delgado (2)

Key Stat: Junior Nic Delgado continued his goal streak, extending it to seven games in a row in which he has scored eight goals. The team finished out the season without a loss in their last five games.

—Andrew Modder contributed reporting.

### —B Soccer— (9-3-3)

10/9/15  
SLUH 1  
O'Fallon Township 1  
Scoring: Ray Goedeker

10/12/15  
SLUH 0  
Marquette 0

10/13/15  
SLUH 4  
Parkway South 2  
Scoring: Teddy Ragsdale (2), Daniel Dewan, Ray Goedeker

Key Stat: Sophomore Teddy Ragsdale scored two goals to help the Jr. Bills take down Parkway South.

10/17/15  
SLUH 1  
De Smet 1  
Scoring: Billy Hughes

Key Stat: Sophomore Billy Hughes tied the game up with a clutch goal on a header in the second half.

10/19/15  
SLUH 6  
Soldan 0  
Scoring: Danny Favazza (2), Jack Fitzpatrick, Buck Chevalier, Ethan Buss, Daniel Dewan

Key Stat: Sophomore goalkeepers Reed Goodin and Daniel Frein both played very well to get the shutout for SLUH.

10/22/15  
SLUH 2  
CBC 0  
Scoring: Ray Goedeker, Jack Fitzpatrick

Key Stat: Team advances to finals of CBC tournament against Vianney.  
Next game: Saturday, 10:30 a.m. at CBC.

—Andrew Modder contributed reporting.

### —C Soccer— (14-6-4)

10/10/15  
SLUH 1  
St. Mary's 0  
Scoring: Michael Drabelle

10/12/15  
SLUH 0  
Chaminade 2  
Key Quote: "We had a chance to average two earlier losses to Chaminade but ended up losing a tough game," said head coach Brock Kesterson.

10/15/15  
SLUH 3  
De Smet 2  
Scoring: Michael Drabelle, Sean Cody, Adam Menker

Key Quote: "We were down 2-1 at halftime, fought back, and won that game, which was great," said Kesterson.

10/19/15  
SLUH 7  
Troy 0  
Scoring: Louis Vacca, Michael Drabelle, Colin Rhoads, Brian Lymberopoulos (2), Enrique Cervantes, Timothy Bertelsman

10/20/15  
SLUH 5  
Seckman 2  
Scoring: Louis Vacca (2), Adam Menker, Michael Drabelle, Enrique Cervantes

Key quote: "We were able to have some fun and had a chance to get everyone in," said head coach Brock Kesterson.

10/21/15  
SLUH 4  
Parkway North 0  
Scoring: Patrick Finlay, Jonathan Brown, Lucas Stachowski, Maxwell Mantych

—Andrew Modder and Will Farrell contributed reporting.

### —JV Football— (6-3)

10/12/15  
SLUH 13  
Lafayette 37  
Scoring: Kicker Peter Hennessy converted for two field goals

Key Stat: Linebacker Sean Bender and corner Daniel McMurrin each had an interception.

Key Quote: "We kept battling, and we never gave up even though we were down," said lineman Jon Kroll.

10/19/15  
SLUH 14  
Kirkwood 20  
Scoring: Austin Hannah had two runs for two touchdowns

Key Stat: Ryan Houghland and Danny Pitts both recovered fumbles for the Jr. Bills.

—Nick Gima contributed reporting.

### —C Football— (6-5)

10/15/15  
SLUH 7  
Lafayette 0  
Scoring: Running back Ishmale Woodard rushed for one touchdown.

Key Stat: Linebacker DJ Sansone had 11 tackles and 1 sack.

Key Quote: "We held them out (Lafayette) every time they got a chance," said assistant coach Adam Cruz.

10/20/15  
SLUH 14  
Kirkwood 6  
Scoring: Running back Ishmale Woodard had a rushing touchdown, quarterback Nick Lang threw for one touchdown.

Key Stat: The Jr. Bills defense came up with an interception to seal the win late in the fourth quarter.

Key Quote: "We battled the entire time, and we didn't let the atmosphere get to us," said assistant coach Adam Cruz.

Final Record: 6-5  
—Nick Gima contributed reporting.