

Swim hopes to make a splash in new season; new MSHSAA rules set high bar for State

BY JOHN BURKE AND JOE FEDER
REPORTERS

The St. Louis U. High swim and dive team returns to the pool this season with big goals and an abundance of talent, looking to build another stellar season.

The season kicked off with the third annual Blue and White week, a series of daily competitions that sets teammate against teammate, includes an open water swim at Innsbrook, and culminates with an intrasquad high school meet. The meet at the end of the week is a way for swimmers to get their first seed times and a gauge of where they want to be by season's end.

At this year's Blue and White meet, SLUH achieved a state cut in the 200 Medley Relay, and senior Barclay Dale achieved a state cut in both the 50 Freestyle and 100 Backstroke, though these times do not qualify as official MSHSAA times due to the meet being intrasquad.

"It went really well," said head swim coach Lindsey Ehret. "I think we're faster right now than we have been at any other time in my three years (as head coach). The meet was

a great indication of things to come."

The swim team has set some high goals for this year, which include going undefeated in dual meets and invitational.

Additionally, in the off-season, MSHSAA changed the rules for the state swim meet. Missouri schools have now been divided in half—a small school class and a large school class, with each class competing in a separate meet. SLUH falls into the large school class, meaning they will only be competing against similar sized schools, and, more importantly, not against reigning state champs Cape Central, who now fall into the smaller schools class. As a result, SLUH looks to improve upon their 12th place finish from last year.

"It's all about improvement," said Dale. "If every swimmer gets faster through the season, we should be able to see great results at state."

"I believe in this team," said Ehret. "We're honestly looking for a first or second place finish this year. I think it's possible"

The swim team this year, led by senior captains Barclay Dale, Jack Laux, John Burke,

and Nick Mattingly, features a strong set of returning classes. The team looks to get big state swims from Dale, Mattingly, and fellow seniors Mathias Hostetler and Joe Jellinek.

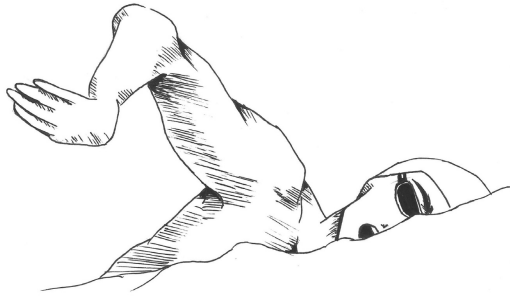
"We also have a lot of depth in our sophomore and junior classes," said Dale.

In the junior class, the team is looking towards Joe Feder as a definite state swimmer and Daniel Fink and Will Slatin as swimmers with potential to break through this year. The sophomore class features a returning state swimmer, Josh Brown, and a few state hopefuls in Sean Santoni and Nicholas Dalaviras.

"We're looking for more individuals to qualify for state and then hopefully come back for finals and earn some points," said Ehret.

This year could be a breakout year for the swim team, and the season officially starts this weekend. The first two meets are this Saturday, Aug. 26, with half the team representing SLUH at the Ladue Invite and the other half at Marquette Relays.

"We're stalking this State Championship like a shark stalks his prey—relentlessly pursuing until he eats," said captain Jack Laux.



art | Nick Koenig

Cross country looks at another State run; sets high goals

BY JUSTIN KOESTERER
REPORTER

After a 10th place finish at the State Championship last year, the St. Louis U. High cross country team has come back and is looking for a trophy finish this fall. First through fourth place at the state meet merit hardware.

Historically, SLUH has been a powerhouse in the field, winning a State Championship as recently as 2013, and finishing runner-up the following year. The Bills have finished 11th and 10th at the last two state meets.

Junior captain Patrick Hetlage said, "Finishing 11th and 10th at state doesn't do justice to how well the program has done in the past."

Over the summer, the cross country coaching staff and a select group of extremely committed runners met in Brashear, MO for running camp. As well as training, the group came up with a poster to explain how they envision the team working, including how they can get more people to run cross country, weekly and yearly incentives, and how the team can improve overall.

Weekly goals such as "Increase your push-up total every week," and yearly goals "Be a trophy team at state," remind the team of the dedication that defines the program.

In preparation for the first meet and for season growth, head coach Joe Porter has assigned each member a letter, in accordance to his ability level, for the mileage he will run that day. On normal runs, A's will run eight miles on a loop throughout Forest Park, B's train six, C's five, D's four, and E's three.

The team runs one warmup mile together before the runs, and also adds in a set of push-ups and an occasional

core-strengthening workout before their run. A cool down mile after the run puts the top level guys at 10 miles a day, setting the bar high. Hard workouts occur two days per week, with the runners having Sunday off to rest.

The first meet is next Wednesday, Aug. 30 at the

O'Fallon Futures Invitational, where only the freshmen and sophomore will race. The course record is held by SLUH junior Reed Milnor, who last year ran the three mile race in 16:41. The first all-team meet will take place the following Saturday, Sept. 2 at Granite City.



art | John Burke

UNDERCLASSMAN BRIEFS

Friday 9/18

JV Football vs Gateway STEM

SLUH	27
Gateway	0

Next Game: 8/28 vs. Ladue @ Ladue 5th Grade/Early Childhood

Saturday 9/19

C Soccer vs Chaminade

SLUH	4
Chaminade	2

B Soccer vs Chaminade

SLUH	1
Chaminade	0

Tuesday 9/22

B Soccer vs MICDS

SLUH	3
MICDS	0

JV Soccer vs Vianney

SLUH	0
Vianney	3

C Football vs Fort Zumwalt North

SLUH	0
Fort Zumwalt North	20

Next Game: 9/5 vs. Chaminade @ SLUH

Thursday 8/24

C Soccer vs. MICDS

SLUH	4
MICDS	0

Next Game: 8/26 vs. Jeff City @ Soccer Park

B Soccer vs. Rock Bridge

SLUH	2
Rock Bridge	2

Next Game: 8/26 vs. Jeff City @ Soccer Park

JV Soccer vs. Lindbergh

SLUH	3
Lindbergh	1

Next Game: 8/28 vs. Parkway South @ Parkway South

-Compiled by Nathan Langhauser, Ben Dattilo, Matthew Quinlan, Leo Wagner, Luke Wagner, and Alfie Arun