

Cross country runs final race at Regionals in Indiana

BY CHRIS STALEY
SPORTS EDITOR

Some St. Louis U. High cross country runners fulfilled the motto of the Nike Cross Regionals meet—"finished on empty." This past Sunday, 20 runners traveled to Terre Haute, Ind. to run the Nike Cross Regionals meet. The top finishing team and top seven runners advanced to nationals. This was not the case, as the tired Jr. Bills placed 22nd out of 36 teams with two of their varsity runners absent.

After their second place finish at state, the Jr. Bills had to run another week of practices, but this time without head coach Joe Porter. Because of

and they also race a handful of others in the open race to get varsity experience and maybe a last PR. This was the case for Poag as he ran a 20-second PR time of 18:22.

"It was a really great experience," said Poag. "I went up there in the first place because I wanted a PR, but I also wanted to round off my senior cross country year in a good way, and it was a really great experience seeing that level of competition and that many people coming out to a cross country event off people coming to a cross country event"

The open race came first out of the two races. Because

get used to is not being toward the front and trying to pass people in the middle as a 5, 6, or 7 guy next year to make sure we get less points?"

Due to lack of focus and a poor course, the varsity runners weren't able to run as fast as they have this season. Junior Lucas Rackers led the way, coming in 69th place with a 16:13. Hetlage was second for the St. Louis XC Club with a 16:22, junior Noah Scott came third with a 16:53, junior Adam Mittendorf was fourth with a 17:00, and Kramer wrapped up the scorers with a 17:31. Junior Joe Callahan and Brawley were the sixth and seventh man respectively for the



SLUH at the start of the open race.

photo | Mr. Jim Hetlage

a MSHSAA rule, the 20 runners could not be affiliated with SLUH, so they ran under the team name of "St. Louis XC Club." Along with a new name, the boys got to design their own jerseys for the race, and they got two new coaches—Jim Hetlage, father of senior Patrick Hetlage, and Chris Mittendorf.

"We reached out to a professional coach from Northern Arizona to come up with the training program," said Jim Hetlage. "Me compared to Porter, that's hard to say because he's such a great coach, but he's never coached a team to Regionals before."

"It was a lot different (with the new coaches)," said senior Ben Poag. "It was a lot more relaxed and we were a lot more independent. We had to organize our own runs and workouts and sort of be responsible."

The meet for SLUH has more purposes besides trying to make it to Nationals. For many seniors, this is their last chance to set a personal record before their XC career ends. SLUH races seven in the championship race to try to get to Nationals,

no one can qualify to Nationals from this race, the race is more laid back. Senior Charlie Perry led the way with a 17:30, followed by juniors Peter Dillon with a 17:41 and Garrett Seal with a 17:51. Sophomores Reid Jackson and Daniel Hogan closed out the scorers with a 17:59 and 18:02 respectively.

"Mitchell and I were supposed to run the race together and push each other throughout the entire race," said Perry. "Halfway through the race, Mitchell died off, so I had to push myself through it"

The championship race came next with almost all of SLUH's top seven running, except for seniors Chris Staley and Reed Milnor. This gave room for sophomore Ryan Kramer and freshman Grant Brawley, two of the best candidates for varsity next year, to get more of that high-level racing experience.

"What I realized right from the start is that it is much faster than what I was used to. I thought Joe and I were going at a pretty good pace, but we hit the mile at 5:20 and I knew I was going to have to speed up," said Kramer. "I guess what I have to

team.

"Going into the race, we weren't as focused as we were going into state," said Mittendorf. "If you compare the results from last year to this year, at the front of the race, the times were also slower, so it was just slower overall because the course was also in subpar condition."

As the race ended, so did the dominant season for the Jr. Bills. With that, the team was able to relax, bashing on gas station food and candy—a tradition for the team.

"I wouldn't say we weren't that sad ever, because we're all really good friends, we were all still joking around, and it was a great bonding moment we had," said Perry.

But the grind never stops for the RunBills. Given two weeks off, the team will get back to work for winter running to prepare them for track in the spring.

"We're just going to take a nice step back and recover from the season," said Mittendorf. "We'll do a lot of good training and looking forward to track, we hope we can run some fast times."

Baseball aims high for coming year

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all excited to get after it this spring," said Lachance. Bulte thinks no differently than his players.

"We're setting high goals. Everybody is focused on maximum performance, we're setting some pretty lofty goals. What do we want to do? I just want to get the maximum potential out

of what we have out there. In particular, goals, I talked with the guys, looking for a district championship, an MCC championship. We're looking to go for the state championship," said Bulte.

Bulte is an interim coach, meaning that the search for a permanent head coach is still ongoing.

But for now, that search has been delayed until the spring.

"We will conduct a search for a varsity coach in the spring. A decision was made that the timing was not right for a full search prior to the 2019 season," said Muskopf.

JV racquetball shows depth of program in competitive first set of matches

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both players, the match was an intense fight.

The No. 2 seed match was fought between junior Kyle McEnery for 1-1 and sophomore Daniel Klarsch, with McEnery winning 15-4, 15-7. The match contained several tight rallies of passes and shots that both opponents struggled to reach. Klarsch defended exceptionally well with incredible ceiling balls.

Junior Kyle Zoellner on 1-1 defeated sophomore Nick Peterson for 1-2 15-5, 15-9. Zoellner made returns difficult for Peterson with his incredible down the line shots, making returns almost impossible for Peterson on some shots.

"I played some really good competition and the game was tough," said Zoellner. "But in the end, my shots just seemed to hit in the right place at the right time."

The No. 4 seed match between sophomore Danny Juergens for 1-1 and freshman Max Telken for 1-2 was also full of quick down the line shots from Juergens, making it difficult for Telken to return. Juergens ended up winning the match 15-5, 15-1.

With 1-1 doubles team of juniors Eric Hammel and Jackson Haupt defeating 1-2 doubles team of freshman

Danny Phillips and junior Jake Minana 15-7, 15-9, SLUH's JV 1-1 swept JV 1-2 with a score of 5-0. Haupt controlled most of the first game of the match with eight aces in a row.



Senior Zach Pavlisin against Parkway West. photo | Jonel Olar

Defense dominates in 9-0 shutout against Oakville in season opener

BY BLAKE OBERT
STAFF

Winter grows closer and many St. Louis U. High students have stayed inside to avoid the harsh cold front that has struck the St. Louis area, but not the SLUH hockey team. They instead have headed onto the ice to rip some twine, lay some hits, and prepare for the long road to playoffs ahead of them. This week they hopped onto the rink red hot to face Oakville at the Affton Ice Rink for their first regular season game of the year, blowing out the Tigers 9-0.

SLUH came into Friday night's game looking to send a message and to set the tone for the rest of their season.

"We talk all the time about being a tough team to play against," said head coach Jack Behan. "It comes down to each player playing unselfishly within the structure we ask them to play (in)."

The Jr. Bills made their presence felt early, with two quick goals from junior Trey Lyons. They continued to apply pressure and retained control for the entirety of the first period, and, with under a minute left, added another goal onto the scoreboard from senior Gabriel Schwartz, to make the score 3-0 at the end of the first.

"We had to keep the same intensity that we started with in the first period," said junior Alex Beville. "The goalies were having a rough night and we knew we had to shoot the puck whenever we were given the opportunity."

The Jr. Bills remained dominant in the second period, stopping any chances that Oakville had and controlling the puck on offense.

"Defensively guys were pushing shots to the outside and not letting Oakville have many scoring chances," said senior goalie Dylan Bak. "That made stopping the puck real easy. Our (defensive) men made the breakout look easy and that made the game a lot faster for us."

The SLUH hockey team took away any chance of the Tigers coming back by taking on another three goals, from senior Justin Jacoby, sophomore Gus Heithaus, and junior Patrick Simoncic. The offense looked unstoppable, but it wasn't even done putting up goals yet.

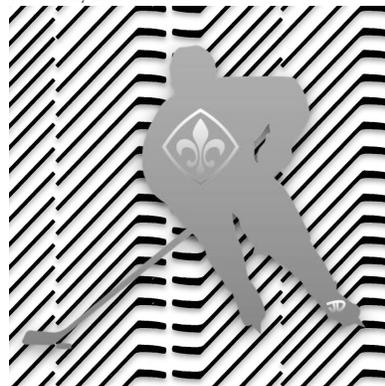
The third period for the Jr. Bills was only more time for the

team to show off its talent. Two goals from Beville, and one from Lyons to complete his hat trick closed out the scoring.

"(The team) was pumped for me and excited to see us start off so strong," said Lyons. "We have some big shoes to fill after last season."

The SLUH hockey team now sets its focus on Kirkwood, whom they play tonight at the Affton Ice Rink, and St. John Vianney, whom they play on Saturday.

"We are missing several players for the Kirkwood game and the Vianny game, which puts us in a challenging situation," said Behan. "We have to find ways to win big games when (we're) missing key players. These two games will give us an excellent opportunity to learn how to achieve success."



art | Jackson DuCharme