

SPORTS

Do or die: XC postseason begins as JV and freshmen finish strong

BY PETER LABARGE AND JOE CALLAHAN REPORTERS

As they near the postseason, the St. Louis U. High cross country team had a busy week and a half. The team raced in four different meets over that time frame — St. Francis Borgia Invitational, Clayton Invitational, Districts, and Findley Invitational and ran very well in all of them.

On Saturday, Oct. 12, the program trekked west to Washington, Mo. to race in the St. Francis Borgia Invitational. The course is one of the hillier, slower ones the team runs in the season, but they used the course to their advantage, winning the varsity, JV, and freshman races and sweeping the meet.

As the team has traditionally done, the top seven on varsity prepared for the District meet the next week. Instead, the team ran the

second place, followed by sophomores Daniel Hogan (3rd), Leonardo Da Silva (4th), Hayden Zenor (5th), and senior Max Mantych (6th). Junior Peter LaBarge (8th) and sophomore Hayden Rutledge (9th) rounded out the team's top 7 finishers.

The freshmen closed out on a great day for the program led by a third place finish for Sean Kellogg. Baker Pashea (6th) and LaBarge (7th) were the next two finishers for the team, and Justin Glass (10th) and Graham Sanfilippo rounded out the scoring five for SLUH.

The following Thursday after exams, the Jr. Bills had their "Senior Night" at the Clayton Invitational. All seniors not competing at the District meet raced alongside any underclassmen that the coaches wanted to see race one extra time. The underclassmen certainly came ready to race as they all earned a

seniors to come together as a class and cheer each other on. I think we had a great day as a program and as a senior class, in our "Senior Night," said Perry.

The following Saturday, the first "Do or Die" meet of the season took place—districts. The top four teams and top thirty individuals from each of the eight districts around the state advance to one of the four sectionals. In sectionals, the top four teams and thirty individuals advance to the state meet. Although the Jr. Bills did not have as good of a day as they were hoping for, they achieved their one goal for the week: survive and advance.

Junior Lucas Rackers led the Jr. Bills to a second place finish. Rackers hovered around 3rd place for the entire race and closed well to finish in 3rd with a time of 15:51, earning First Team All-District honors. Senior Pat-



Junior Lucas Rackers and senior Patrick Hetlage at districts. photo | Mr. Jim Hetlage

rick Hetlage also earned himself First Team All-District honors by finishing 8 seconds behind Rackers in 6th place. Junior Noah Scott ran the race of the day, finishing 9th overall just 7 seconds behind Hetlage. Scott's race produced the smallest 2-3 gap SLUH has seen all year. Juniors Joe Callahan and Adam Mittendorf earned medals, finishing 24th and 29th respectively. Just missing a medal in perhaps the most competitive district in the state, senior Reed Milnor finished 34th. Senior Chris Staley, struggling with both injury and sickness, was the 7th Jr. Bill to cross the line.

While the team did not win the race, numerous runners stood out in the race. Mittendorf, who ran in only his second race of the season, continued to improve, dropping around a minute from his MCC Championship time from only a few weeks earlier.

"My goal is to keep improving week by week and

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"I think I ran a good strategic race and was able to stay up towards the front and compete. It was a very impressive day for the V2 as well as the entire program," said Kramer.

In the JV race, the team finished with an outstanding score of 20 points, and had seven runners in the top ten. Sophomore Reid Jackson was the top SLUH finisher in sec-

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Swimming closes out with perfect dual meet record; problems with pool



SLUH senior swimmers and their parents on Senior Night. photo | Mr. Michael Slatin

JOE FEDER AND NICHOLAS DALAVIRAS STAFF REPORTER

The St. Louis U. High swim and dive team has reached the calm before the storm.

For the past two weeks, much of the team's time has been devoted to grueling practices, but during the final two dual meets of the season, the SwimBills took two "W's" to go undefeated in dual meets for the fourth consecutive year.

Last Tuesday night, after a long day of exams, SLUH competed against St. John Vianney in the team's second-to-last dual meet of the season. The meet was an easy win for the Jr. Bills, 145-38, and it served as another opportunity for the swimmers and divers to compete in new events.

Sophomore exchange student Mikhail Shulepov bettered his season best time in the 100 breaststroke, and senior captain Daniel Fink dominated the 100 butterfly. The best race of the night came from the 200 freestyle relay made up of the Dive Team, juniors Gabe and Max Manalang, sophomore Owen Cooney, and freshman

Sebastian Lawrence. Though the divers typically fly high above the water, their skills in the water proved mighty as they touched the wall in third place.

"It was the most fun I had in a while," said Gabe Manalang. "I was just happy that our team didn't get disqualified, but beating two other Vianney relay teams without ever practicing made the experience even better."

The Vianney dual was also Senior Night. As is tradition, seniors Fink, Garrett Baldes, Jack Bodnar, Luke Brawer, Joe Feder, Jacob Palmer, Jarrett Schneider, and Will Slatin, were able to dive from the diving board for their "final lap" across the pool at Forest Park Community College, though Feder was unable to enter the water due to a staph infection on his foot.

"Swimming across the pool felt really special with the whole team watching and cheering me on," said Palmer. "It brought back a lot of memories of the last four years and of the senior classes before mine."

This senior class is the first

group of swimmers who have swam under head coach Lindsey Ehret all four years since she began her tenure in August 2015.

"It was nice to see my guys take their final dives," said Ehret. "We've spent a lot of time together over the years. The guys have meant a lot to me, and it's going to be really hard to let them go."

With first quarter exams finished and the swim season drawing to a close, team raced in its final dual meet of the season against the Chaminade Red Devils this past Monday.

Chaminade came ready to race and gave SLUH a good in-conference meet, but their effort was not good enough to overcome the undefeated Jr. Bills, who won the meet 118-67.

Freshman Jonas Hostetler won the 200 individual medley in his first time swimming the event during the season while also picking up the win in his primary event, the 100 butterfly. Sophomore Eli Butters was rallied by his teammates' screams during his 100 freestyle swim

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Shocking turn of events: hockey knocked out of Top Hat Tournament



JUSTIN KOESTERER AND JIMMY STANLEY SPORTS EDITOR, STAFF

A surprise ousting from the Top Hat Tournament at the hands of the previously-beaten Vianney Griffins coupled with an easy win over Francis Howell, as the team split a pair of games over

the past weekend, surprising many Jr. Bill hockey fans.

In the quarterfinals against the Francis Howell Spartans, the Jr. Bills skated easily along, turning out an easy 5-0 victory despite many club players missing. This echoes last year's theme of the "30-man team," the idea that

the varsity will need depth and lower-level players to step up and make big plays on the varsity level.

SLUH faced Vianney Tuesday in the semifinal game of the Top Hat Tournament. Vianney was determined to beat the defending Challenge Cup champions before the season even started. Senior Brendan Rasch started in goal for the first time this season, while senior Dylan Bak got the night off. SLUH's inactive list was a hefty one with Justin Jacoby, Henry Wagner, Matthew Warnecke and Alex Beville all out with club hockey commitments.

The puck dropped at 8:45 at Webster Ice Rink and the contest was underway. The

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AMDG

Rough waters slow SLUH swimming's prep for state

(continued from page 9) and earned a new personal best time on the season, getting closer to his first state cut.

Despite their continued success, the team is looking to refocus before the post-season begins, as there are just three days until the MCC Championships and less than two weeks until the state competition.

"We really need to fine tune things," said Ehret. "That means practicing like we want to race and executing our race plans in practice."

Unfortunately, a volatile practice environment has made this goal difficult. With the water heater broken at the pool, several swimmers have been forced to get out of the water due to frigid temperatures. Additionally, another outbreak of illness among the team, coupled with fluctuating chlorine levels in the water, have made it difficult to confirm whether there is enough chlorine in the pool for the team to practice safely.

Weighing the potential of infecting more swimmers with the FoPo Flu—named after

the Forest Park Natatorium—against the benefit of holding practice, Ehret decided to cancel the swimming portion of practice on Oct. 20, something that is extremely risky in the aerobic sport of swimming.

"We've had a lot of obstacles with the pool and with illness, but swimmers have a lot of grit," said Ehret. "We will work through those issues and persevere."

With the final meets of the season approaching, much of the team has been focused on their upcoming races: the MICDS Invitational tonight at 5 p.m., the JV MCC Championships tomorrow at noon at the Forest Park Natatorium, and the Conference Prelims next Monday at Forest Park at 4 p.m.

"The team is waiting patiently like an electric eel, ready to shock its MCC prey and swallow them whole," said Schneider.

The undefeated SLUH Swim and Dive team compete at MCC Finals next Tuesday at 5 p.m. at Forest Park Community College for their final meet.

XC returns to Borgia for sectionals tomorrow

(continued from page 9) have my best race of the season at state, and I think I'm setting myself up for that to happen," said Mittendorf.

Scott also had a great race, running a personal record.

"I was able to get out well and get in a position to com-

pete. Throughout the race, I was able to work with my teammates, and being able to see them, as well as having the program cheer me on, really helped me have a great race," said Scott.

West, and the freshmen really responded well to that challenge," said coach Joe Porter.

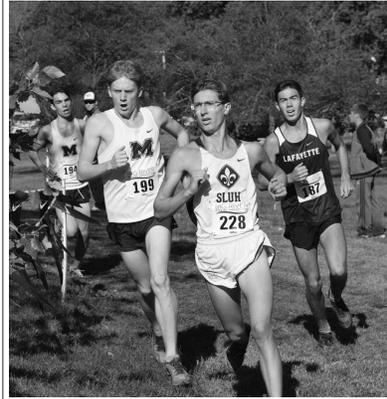
The JV boys also impressed as they raced against over half of Parkway West's varsity. Kramer won his third consecutive JV race with a time of 17:16.

Although the number one runners from Parkway West and CBC were the next to cross the line, the next four finishers were from SLUH. Booher, Buehring, Dillon, and Zenor took the 4th, 5th, 6th, and 7th spots. In his final SLUH cross country race, Perry passed multiple runners in the final 100 meters to place 10th overall. The program showed off its depth as the JV squad placed six runners in the top ten to defeat other program's varsity teams.

"For our team to beat teams who ran most of their varsity guys like Parkway West, it is quite an impressive feat. Kramer beat the first Parkway West runner, who was the first to miss qualifying for sectionals, which is really a credit to him and how good of a race he ran," said Booher.

Booher, who also had an outstanding race, was extremely impressed by the program's performance.

"I think the program did exactly what we wanted to. We swept the meet and had a great day as a program," said Booher.



Junior Noah Scott at districts. photo | Mr. Jim Hetlage

SLUH readies to fight for their season in postseason vs. CBC

(continued from page 10) kickoff to the house for a 66-yard touchdown.

"Once everyone saw Steve (Mack) take it back, it boosted everyone's energy for the game," said Gilmore.

SLUH didn't look back, as they forced three fumbles, intercepted the ball four times, and scored seven touchdowns en route to a 47-0 win.

"After having a great week of practice, we got off to a fast start and were able to establish the run game early," said senior receiver Jack Sullivan, who scored one of the touchdowns. "By getting an early rushing touchdown, we were able to open up the playbook to our whole offense."

The big lead allowed many players to get a chance to make an impact. Senior

"We played our best game, as an entire team. We scored a special teams touchdown, a passing touchdown, and a defensive touchdown," said Jones. "Everyone that dressed out played in the game and contributed. It was a great team win."

Jones knows the team has a lot of work to do to prepare for tonight's district playoff against CBC.

"We are preparing to play the defending state champion. We know we have our hands full," said Jones. "We also know that the score (last time SLUH played CBC) was 21-14, with five minutes left in the second quarter. Our theme this week is executing and finishing every single play."

As for next year, with



Junior Kellen Porter dodging a tackle against Trinity. photo | Jonel Oлар

AJ Storer, who joined the football program this year, tallied his first interception of his career, and freshman Andre Tucker pushed in a close touchdown in the fourth quarter.

"I've been working all season, preparing every week, being ready to play," said Storer. "Getting the opportunity to get out there and make some big plays was an awesome experience. I was shocked when I made (the interception), but I was ready when the time came."

a lot of returning starters, Jones has high hopes for improvement on the varsity level.

"We will have 16 students on offense and 15 students on defense return that have at least one varsity start," said Jones on the team's makeup next year. "The B team won the Metro Catholic. The B team was undefeated in conference play. We are excited about the future of SLUH football."

Late pressure from hockey not enough against Vianney

(continued from page 9) ons scored, Vianney tied it up at one with one of their many captains scoring. The second period ended with the shots on goal tied at 17 and the score tied at one.

The third period began with dismay, as the Griffins scored one minute into the period to take the lead for the last seven minutes. The Billikens brought out full heat on the Vianney defense, but they could not find the back of the net, and the game concluded 2-1 in favor of the Griffins.

This November will bring the beginning of the Jr. Bills' ice hockey season.

As the second period got underway, SLUH came out striking first with junior Trey Lyons, going "top cheddar" as he calls it, putting the Bills up 1-0 over their MCC rivals.

The Griffins dominated the second period, but the Jr. Bills did all they could to stop the energized Vianney squad.

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Just two minutes after Ly-



art | Darion Mullins

Underclassmen Briefs

B Football (4-3)
10/8 - Chaminade
SLUH: 0 0 0 8 F:15
Chaminade: 6 0 6 0 F:12
Bobby Conroy FB/LB: 5 catches, 11 tackles, 1 sack
Danny O Keefe: 4 tackles, 3 sacks

C Soccer (18-1-2)
10/13 - Eureka
SLUH: 0 0 F:0
Eureka: 0 0 F:1 (PK)

10/15 - Chaminade
SLUH: 0 0 F:0
Chaminade: 0 0 F:1 (PK)

10/17 - De Smet
SLUH: 1 1 F:2
De Smet: 0 0 F:0
Goals: Henry Dowd (1), Connor McCullar (1)

10/22 - Oakville
SLUH: 1 6 F:7
Oakville: 0 0 F:0
Goals: Connor McCullar (1), Jared Thornberry (1), Will Broun (1),

Jacob Lemley (1), Sam McGrail (2), Richard Taylor (1)

10/23 - Chaminade
SLUH: 1 0 F:1
Chaminade: 0 0 F:0
Goals: Henry Dowd-Nieto (1)

B Soccer (12-4-4)
10/11 - O'Fallon Township
SLUH: 1 1 F:2
O'Fallon: 0 0 F:0

10/13 - De Smet
SLUH: 0 0 F:0
De Smet: 0 0 F:0

10/18 - St. Dominic
SLUH: 3 0 F:3
St. Dominic: 0 0 F:0

10/19 - Parkway South
SLUH: 1 0 F:1
PKWS: 0 0 F:0
Goals: Own Goal (1)

10/23 - Chaminade
SLUH: 0 0 F:0
Chaminade: 1 0 F:1

10/24 - Oakville
SLUH: 1 0 F:1
Oakville: 0 0 F:0
Goals: Johnny Grimes (1)

JV Soccer (8-5-2)
10/15 - Liberty
SLUH: 0 2 F:2
Liberty: 0 0 F:0
Goals: Juan Hernandez (2)

10/16 - Chaminade
SLUH: 1 0 F:1
Chaminade: 0 0 F:0
Goals: Ryan Taaffe (1)

10/18 - CBC
SLUH: 1 1 F:2
CBC: 0 0 F:0
Goals: Ben Gremaud (1), Juan Hernandez (1)

—Compiled by Jimmy Stanley and Jared Thornberry