

AMDG

Swimming confident in new team; training over summer combined workouts and fun

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could really contribute to the team much more this year," said Butters. "Over the summer, I started training with FAST (Flyers Aquatic Swim Team) and incorporating my own dry land workouts. I think that with the help of all of my teammates, some great new talent, and a lot of hard work that we can perform even better than last year."

Another underclassman, sophomore Brody Nester, was motivated to move up from JV to varsity, and his work in the offseason propelled him to a top 12 finish in the 100 free varsity time trial, going in 55.96, nearly a 13-second drop from his 2018 time of 1:08.59.

"I made the most of the yardage I was able to put in," said Nester. "I want to make state this year and help the team win, so I want to keep getting faster."

The large squad of seniors, totaling 12 between swim and dive, also made strides in the offseason in an effort to cap off four years with a bang, with the goal being a perfect season. Ehret singled out senior Jordan Smith as being one to watch after dropping some explosive time improvements during tryouts.

"With Jordan, I saw another level of intensity with his time trial performance," said Ehret. "I knew that he had that spark when I saw him as a freshman because he was technically sound in the freestyle, so I'm ready to see what he can do in his events."

In addition to the plethora of potential waiting in the wings for their shot at glory, the Jr. Bills also have 10 state qualifiers from last year to fill out a squad that has a legitimate shot at defeating any obstacle in the state.

On the diving side of the pool, projections were looking equally as optimistic as swimming for the squad of five, including three state scorers, as it was getting into its routine. However, in typical FoPo fashion, the diving board cracked on Tuesday and has proved to be a slight setback for the dive team.

"I don't even know if we're going to have practice tomorrow," said senior captain Gabe Manalang. "We're just trying to get a board as soon as possible."

As the dive team awaits an upgrade, they will be looking to split time at different pools in the area, like the Ladue High School pool and the MICDS natatorium, in order to keep up their regimen to be ready for competition. Luckily, the prospects for the diving squad are still good, and the board should be nothing more than a minor setback.

As the JV squad welcomes a new year, they also welcome 14 new freshmen swimmers and a new JV head coach, Rob Hill. At the first

JV practice, Hill laid out his plans for the JV team.

"I want to make sure everyone is having fun," said Hill. "It has to be a team sport that everybody is having fun with, and we need to get everyone ready to race."

Not only is the JV team helping to train and condition the future swimming stars, but it also gives freshmen a place to meet new friends and find a community before they begin at SLUH.

"The swim team has allowed me to meet new people to sit with at lunch and gives me a group of people that I can talk to at any time," said freshman David Hunt.

With the first swim meet of the season just a week away and as all the different parts of the team have started falling into routine, the annual Blue-White week kicked off on Saturday, Aug. 24 with the traditional open water swim at Social Studies Department chair Kevin Foy's parents' house in Lake St. Louis. Many of the varsity swimmers and sophomores on JV completed an Ironman distance swim of 2.4 miles while most of the JV freshmen opted to complete the 1.2 mile swim.

The team competition relays started on Monday and took place during practices throughout the week. The Blue Team, under the leadership of senior captains Andrew Zimmerman and Manalang, competed against the White team, spearheaded by senior captains Nicholas Dalavrias and Santoni, in different relays to earn their team points.

On Wednesday, Aug. 28, the AquaBills took to land to test their skills in an intense game of beach volleyball at Clayton Shaw Park. The teams dove in the sand, sprinted after passes gone astray, and leaped at the net over the hour and a half of matches, but after play was completed, the teams found themselves in a deadlock with the White team claiming the underclassmen court and the Blue team claiming the Junior/Senior Court.

The week concludes Saturday, with the annual Blue-White meet, where the two teams will swim against each other to see which team gets bragging rights as this year's Blue/White week champion.

"The SLUH Swim and Dive team is currently like a clownfish, waiting at the bottom of the ocean among the anemone, preparing for the right time to spring up and surprise all the other fish in the sea with its might and speed," said Smith.

Cross Country eyes strong season; stresses brotherhood to achieve success

PETER LABARGE AND MITCHELL BOOHER REPORTERS

The XC Bills were out on the trails of St. Louis this summer, putting in the miles in preparation for their upcoming season. Coming off a second place finish in 2018, the Bills have their eyes on another podium finish.

Although St. Louis U. High graduated Patrick Hetlage (25th at State), Chris Staley (42nd), and Reed Milnor (53rd), the team returns five varsity runners, including two who were all-State in Noah Scott and Lucas Rackers. The team hopes that this previous experience plays a large role in their success this year, though a state title is not the only thing they want out of their season.

"This year we're focusing on improvement and enjoying the sport," said head coach Joe Porter. "As rankings come out, I think guys might feel pressure, but if we're getting better

every day and enjoying going out there and running, everything else will take care of itself."

Having put some cumulative thousands of miles down over the summer (16 runners even spent a week in Brashear, MO., where cows outnumber people 5:1, running through the hilly farmlands and hanging out as a team), it would be an understatement to say that the Jr. Bills are ready to let loose on a course, though where they land on the results sheet is not of importance.

"Right now, I don't want to worry about rankings. I just want to get better and enjoy my last year running with the fleur de lis on my jersey," said senior captain Rackers about his mentality coming into the season as No. 2 in the state.

There is definitely a strong sense of brotherhood throughout the ranks, and the culture of the team is built around enjoying the sport and getting better.



art | Bob Devoll

"I'm incredibly excited for what this team can create this season. We have a strong sense of brotherhood that guys want to be a part of, and I can't wait for our work to pay off," said senior captain Noah Scott.

The team is looking forward to its first race at the Granite City Invitational on Sept. 7, where they will face off against top competition from Illinois such

as O'Fallon and Edwardsville. Though they will start their season against strong programs, they trust in the work they have put in so far and are excited to run together as brothers.

Football searches for replacements on the offensive line and core defense

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switched our whole scheme around," said Schuermann. "I'm feeling really good about our defense this year and feel like we can do some good stuff."

Another important variable that will play a large role in determining the team's success is the line. Players who graduated last year, like Darion Mullins, Dan Sharp, and Mikes Tritler, have left an opening in the depth chart which the team is still figuring out how to fill.

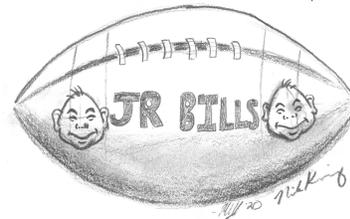
"We lost some O-Line-men and we have to find some continuity there and get the offensive line rolling

again," said Jones. "We have two new guys that have to step up and play."

Last Friday, while most of the school was enjoying the Back to School Mixer, the football team was busy playing in its preseason jamboree at Washington High School, where they took home three "wins" in games consisting of 12 offensive and defensive plays for each team, the results of which will not affect the regular season.

Today the regular season begins for the Jr. Bills with a game against Battle of Columbia, Mo. on Battle's home turf.

"The biggest thing that



art | Nick Koenig and Michael Gordon

Coach Jones says a lot is where every game we're just trying to go 1-0, and we'll have that mindset week to week, focusing only on the next game."

mann. "We're in a mindset where every game we're just trying to go 1-0, and we'll have that mindset week to week, focusing only on the next game."

Coming Up...

Football

SLUH @ Battle
August 30, 2019, 7:00pm
SLUH vs Ladue Horton Watkins
September 6, 2019, 7:00pm

Swimming

SLUH vs Francis Howell Central
September 6, 2019, 4:15pm
@ Forest Park Community College
Ladue Invitational
September 7, 2019, 11:00am
@ Ladue Horton Watkins

Soccer

SLUH vs Springdale Glendale
August 30, 2019, 4:30pm
SLUH vs Castle High School
August 31, 2019, 12:30pm

Cross Country

Granite City Invitational
September 7, 2019
@ Granite City High School
Forest Park XC Festival
September 14, 2019
@ Aviation Fields, Forest Park