

AMDG

XC dominates MCC and shows off impressive depth at Hancock

BY SEAN KELLOGG AND
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REPORTERS

Over the past two weeks the SLUH XC team traveled twice to Jefferson Barracks to run in both the MCC and Hancock Invitational, and brought back just as many team titles. Despite having to deal with sloppy conditions the Jr. Bills were still able to flex their incredible depth in both meets.

Just like every other year, the SLUH XC team went into MCC's with the goal of winning the meet on every level and this year they did not disappoint. With team titles on all levels the Jr. Bills dominated their competition and won their 18th consecutive Varsity title.

The Varsity race kicked off the day with a torrential downpour just as the race began. SLUH was unfazed however and put their 7 runners all at the front of the race from the very beginning. Senior Sean Kellogg came away as MCC Champion, holding off a Chaminade runner. Coming in after the front two runners were seniors Baker Pashea, Joe LaBarge, Justin Glass and Grant Brawley, placing 3-6 and rounding out the varsity team scoring, putting up an impressive 19 points. Juniors Tim Greiner and Wyatt Seal also finished in the top 10 to finish out a great day for the Jr. Bills.

On the JV level SLUH displayed utter dominance, finishing 15 runners before any other teams first runner and taking home 22 of 30 possible medals. Sophomore Mason Scargall won his second race of the season to become JV MCC Champion. Finishing less than six seconds behind Mason were junior Will Riggan and senior Francis Alford, both running impressive races. The JV scoring was closed out by sophomore Anthony Zangara and junior Carter Lowe who both helped to solidify their perfect score (putting 5

runners in places 1-5).

"MCC's is one of those meets where we really just focus on running fast and showing off our depth as a team and we did that very well. To be able to win 18 varsity titles, 5 JV titles and 20 freshman titles consecutively is very impressive and really shows the payoff of all the hard work and dedication we put in," said head coach Joe Porter. "It's a testament to how the team operates and how it's not just the seven guys on the line for varsity but that it's a group effort."

The freshmen closed out the day with an impressive team win, scoring only 19 points. Leading the way was Gus Talleur, who made an impressive move at the beginning of the race and never let up. Chasing him down quickly though were his classmates Logan Phillips and George Donahue, who made great strides to close the gap on Talleur over the second half of the race and finished in second and third place, respectively, both earning PRs. Ethan Bogner (6th) and Mason Lauber (7th) closed out the scoring for the freshman, leading to a landslide win over the rest of the field. In total the freshman took home 15 of 25 medals.

"I felt confident in myself and just tried to stay in the race the entire time and make sure that I wasn't slowing down," said Talleur. "It was great to see Logan and George start to challenge me at the end and I think we just had a great team race all together."

Last Saturday, at a meet that SLUH has been attending since 1972, the Jr. Bills posted their first varsity win ever at the Hancock Invitational while holding out the top five runners. With 46 of 70 runners gaining new personal records at Hancock, SLUH once again showed off both the depth of the cross country program and talent that SLUH has across all grade levels.

In the varsity race, the Saint Louis U. High runners held a tiny 1-5 scoring gap of



Varsity celebrates MCC win.

photo | courtesy of Brian Gilmore

just 11 seconds, allowing for a first place finish out of 28 teams. Junior Will Riggan led off the varsity finishers with an 8th place finish and an impressive PR to run a time of 17:08. Finishing just behind was Junior Tim Greiner with a 9th place finish and an almost as impressive time of 17:08.1. Junior Wyatt Seal (11th) also earned himself a medal with a time of 17:14. Closing out the scoring five were sophomores Anthony Zangara (12th) and Charlie Murray (15th) running times of 17:16 and 17:19 respectively. Senior Francis Alford and junior Nolan Meara also put up strong times and closed out the varsity win with medals.

"All the guys brought competitive energy and the contagious team spirit to the race on Saturday," Will Riggan remarked. "And that's the key to having similar success in the future. If we can continue to run together as a pack and push ourselves and our teammates, we are going to become a very intimidating team."

Across the JV level, the performance was no less impressive, placing 12 runners in the top 15, including the top 9 overall. Without a freshman level race at the meet, the JV race included 63 SLUH runners who all ran exceptional races. Sophomore transfer Mason Scargall led the charge for SLUH with his second consecutive individual win with a

time of 17:14. Finishing close behind in second and running a massive season best of over a minute was Carter Lowe with a time of 17:20. Tyler Barks (3rd) and Lucas Rammacher (4th) also both raced large PRs to run 17:45 and 17:48 respectively. Senior Flynn O'Connell closed out the five scoring runners as well as the top five individual runners, logging a time of 17:55. After taking 12 of the 15 medals and perfect scoring yet another meet on the JV level, SLUH earned its 2nd team win on the day.

"We put 12 in the top 13. In the JV race, which is just absurd and a testament again to the depth of the team, Porter noted. "Everybody was dropping almost a minute in time from the same course a week apart which just said the guys really came to play. I'm really excited about how they raced and hopefully we'll continue that momentum until the last couple meats of the season."

As the cross country runners near the end of the season, they prepare to get a final few races in before the top seven take on the top team in the district next Saturday. While the coaches scramble to finalize the top seven runners of a team that has demonstrated its incredible depth week after week, the Jr. Bills look to see themselves continue to improve at the Big River Invitational and the Clayton Invitational this afternoon.

Varsity Esports drops close match to CBC

BY JACK KUHLMAN
REPORTER

SLUH's Varsity Blue team lost a tough matchup against CBC Black this past week, losing the series 3-2 while struggling with controller issues.

The team, consisting of Hunter Mueller (TJ74), Zeke Esswein (MrPanda), and Cam Gegg (Viznari), have been looking to make a big impact in the program's first year at SLUH. They faced a tough opponent in CBC's 4-1 team in their 6th week of competitive play. The team came strong out of the gates, scoring 4 goals within two minutes into the first game. SLUH applied excellent pressure and left CBC in a tough position to start off the match. The teams traded a few goals throughout the middle of the game, but SLUH took back the reins near the end, scoring a few extra goals to take game 1 9-2.

"Game 1 we came out flying. We were really hyped up about playing against CBC," team captain Hunter Mueller explained.

Game 2 looked to be headed the same direction. SLUH was once again in the lead within the first minute, applying intense pressure and taking a 3-1 lead early on. However, the CBC team started to adapt to SLUH's aggressive play style and began to hold their own on defense. SLUH was kept scoreless throughout the rest of the game while CBC scored 2 more goals to take the game to overtime. SLUH managed to keep CBC out of their net on multiple great opportunities but ultimately fell 4-3 after a minute of overtime play.

Game 3 also went back and forth as both teams played tight defense while still managing to capitalize on offensive opportunities, pushing the game into overtime tied 2-2. This time, it was less than a minute before CBC was able to close it out on a nice shot that slipped between SLUH defenders.

It wouldn't be long before SLUH found their stride in game 4. They took a 2-0 lead only 16 seconds into the game off a great passing play followed by a botched kickoff by CBC. SLUH was able to expand that lead throughout the game and ended up cleanly winning 5-1.

"Our rotations were super strong, we were getting pressure on them, and they couldn't get good chances to get the ball out of their zone," Mueller commented in response to their dominant wins in games 1 and 4. "We

did really good on stealing boost, and that just didn't allow them to build up a defense and get powerful clears when they needed it."

Unfortunately, they weren't able to find that sort of success in game 5. The team went down 1-0 early on and were never able to make a recovery. While they held a great defense for the rest of the game, they were unable to find any success on the offensive and lost 1-0, making CBC the winner of the match.

While SLUH lost the match, they were also having some technical issues behind the scenes, namely Zeke Esswein's controller. While warming up for the match, the trio was playing online ranked matches when something strange began to occur. The button on his controller that controls boosting the car suddenly stopped working. Because of this problem, Zeke needed to switch to an older generation controller supplied by the Science Center. While Zeke was able to play with this controller, it seemed to have some connection errors.

"It used a different cable to connect to the PC," Mueller remarked. "This connection with that cable is not as secure, it's not as strong, it's not as tight." While the controller only lost connection for a brief moment now and then, any disruption of the inputs on the controller can make a drastic difference while attempting the difficult tricks these players can pull off.

"Zeke had about 3 opportunities where he could have had easy goals in game 5 alone," Mueller said. "He is a very good mechanical player and probably has the best mechanics on the team. He doesn't make those mistakes. That's not him."

Despite the issues, CBC did play and adapt well to SLUH's playstyle, ultimately winning the series and dropping SLUH to a 4-2 record. With the playoffs coming up in mid-November, this was a crucial match for both teams. While SLUH isn't out of it by any means, it will take some important victories for SLUH Blue to make the playoffs. Even through a tough loss like that the team remains hopeful for a playoff run.

"We're gonna be in the playoffs, and we're gonna make a deep run," said captain Mueller. "I hope everyone can at least try to make it to the Science Center Omnimax theater on November 13 to come spectate. We're gonna show you how good of a Rocket League program the U-High has in its first year."

Swim improves before tough Invitationals

BY ALEX WENTZ
REPORTER

As their most momentous battles approach, the water warriors have been relentlessly honing their skills, inadvertently dulling their blades for the altercations in the meantime. Over the past two weeks the St. Louis U. High swim team has faced off against MICDS, Parkwest West, and Vianney, all in the midst of their training for the upcoming invitationals—the swimmers' last chances to qualify for state.

"We are just at the point of the season where (the swimmers) are worn down and it's time to rest, and they know that," said head coach Lindsey Ehret, alluding to the great conflicts on the horizon.

The Parkway and MICDS dual meet ended up being a tri-meet, which meant the

number of entrants was limited to only two per event. With this limited number of swimmers, each race held even more weight than usual. Yet, even with the raised stakes, MICDS had a myriad of technical difficulties. Among other smaller things, the strobe was not working (meaning that the swimmers only had an audio queue for starting as opposed to an accompanying flash of light being present, resulting in slower reaction time all around). The synthesis of these inconveniences had drastic consequences, contributing to the fact that senior Jonas Hostetler was disqualified from his 100 butterfly race, all the while actually finishing first.

"I didn't like Jonas' DQ," said Ehret. "On a sprint (the strobe) is very important, so things could have gone a very different direction (had it been

fixed)."

Though the Jr. Bills' blue cape had no effect on the P. West Longhorns' temper, many swimmers stepped up to improve in a tough circumstance. Sophomore Gavin Baldes catapulted himself to a first place finish in the 100 fly with a time of 54.75.

Hungry for redemption, the boys in blue pounced on the Vianney Griffins, blowing them away 139 to 44. While SLUH did walk home with the W, the squad was certainly not at peak performance, with nearly no best times achieved at the meet.

"Overall, what I saw was consistent swims, but similar to our MICDS, everyone was worn down at (the Vianney meet)," said assistant coach Jason Chumley. "We are about ready to finish the hardest part of our season and start locking into tapers, so it's showing

in our meets. The few good swims these guys will have left won't happen at these dual meets. We are going to start to see some good stuff hopefully at the John Burrows Invitational this weekend, and then we are back at MICDS for another invite, so that's a great time for us to get out there and swim in some fast pools to get (qualifying times for the State meet)."

This Saturday, the St. Louis U. High swim team will be competing in the John Burrows Invitational, then the Friday after that the squad will look to dominate the MICDS Invitational. Both invitationals take place at fantastic facilities that provide great opportunities for time improvement. After months of traversing the tempered ocean waves, land is finally visible, yet many more swimmers still need to board the boat before arrival time.

Prep News Athlete of the Week



Grant Locker

Sophomore forward, Varsity Soccer

- 5 goals in past 4 games
- Game winning goal against Vianney