

Off to a running start Cross Country looks for a good season

By Caitlin Dyck
Staff reporter

Tradition is something that is hard to deny for a school that has had it for so long.

After winning thirty-one consecutive conference championships, tradition is something the men's cross country team thrives on.

"We will continue to do what we have always done and strive to be successful like we always have been" said Jim Helmer, head men's and women's cross country coach.

Holding the title for the most consecutively successful athletic organizations on campus, tradition seems like a great approach to this upcoming season.

Five seniors from the team graduated this past spring.

"It is always hard to say goodbye to great young people that make an impact on this team, but that is how it is supposed to work. We will deal with that like we always do and keep adding good groups of recruits" said Helmer.

Mychala Money, business senior, said, "It is definitely

different not having that leadership to look up to, but I am excited to see what the freshmen are capable of and I think they will help pick up any slack that we have this year."

The teams graduated two men and three women. They will gain five men and three women. Coach Helmer said, "I am really pleased with the incoming freshman this year and I think they will become very successful in their years here. I am excited to see them add depth and great work ethic to the team."

The freshmen will transition from high school to college life.

Eric Lightfoot, biology freshman, said "It has actually been much more flexible and easier to deal with than I thought. I get to take classes that I enjoy and practice is something I look forward to everyday."

The first cross country meet of the year is 9 a.m. Aug. 3 at Wichita State University.

Caitlin Dyck is a senior majoring in general communication. You may e-mail her at caitlin.dyck@sckans.edu.

By Dalton Carver
Staff Reporter

Being a builder is more than just a term that refers to an age-old tradition. It also refers to the process of building a legacy from the ground up. That's exactly what Joe Wood, head women's soccer coach, and Mike Daniels, assistant women's soccer coach, plan to do with the women's soccer program this season.

Expectations are high this year, as Wood wants to be at least in the top six in the Kansas Collegiate Athletic Conference. Aside from athletic goals, Wood also expects the women to pull together, not just as a team, but as a family. The women are also expected to have a team grade point average of 3.0 and to work hard, have discipline and just enjoy their lives in Winfield.

Daniels has been a part of the Southwestern family for quite some time. "Southwestern is a great college to attend, especially for soccer," said Daniels, who played on the men's team when he attended Southwestern. "It gets a lot of support from the different organizations around the school."

The new recruits are getting adjusted very well, according to



Angel Vadillo/Collegian photographer
Maddie Chapin, sophomore center back, and Morgan Constantine, senior defender, lead the women's soccer team on a run at practice Friday. They are ranked eighth out of 10 teams in the Kansas Collegiate Athletic Conference preseason polls. Their first game is against Northwestern Oklahoma State University.

the coaches. "We're extremely happy," said Wood. "They've got a lot of hidden potential and just continue to impress."

Returners also feel optimistic about the freshmen. "They've done an amazing job this preseason," said Katie Bipes, senior midfielder and captain. "Everyone's just meshing really well together."

Both coaches were pleased

with the women's performances during their scrimmage on Aug. 21. "They played very well for the short time that we've been practicing," said Wood. "It was an excellent push-off point, and now we know where to improve."

As for the athletes themselves, they're more than excited for the upcoming season. "My expectation is to prove people wrong,"

said Bipes. "Our preseason ranking was eight out of 10 KCAC teams. We're much better than that."

Wood encourages everyone to come and support the team, both home and away. "You have to be a fan to get a fan," said Wood.

Dalton Carver is a freshman majoring in communication. You may email him at dalton.carver@sckans.edu.

Football looks forward to a successful season



By Erik Johnson
Staff reporter

The smell of hot turf. The click-clack of cleats. It's finally here. The 2011 Southwestern football season is about to be underway.

Looking to rebound off a 2-8 season last year, Alex Fernandez, sophomore offensive lineman, has high hopes for the season.

"I feel like we are more focused and dedicated to the program," said Fernandez. "If we play as hard as we have been working we will not disappoint this season."

Nick Qualls, junior offensive lineman, agrees. "I feel great about this season," said Qualls. "We have been working hard and staying focused. We feel like it's our time to shine."

With preseason rankings out, SC is ranked eighth in the Kansas Collegiate Athletic Conference, in one of the closest polls in recent memory. The Moundbuilders have 40 returning lettermen coming back to continue this season. They have

Carly Budd/Collegian photographer
Elliot Koester, freshman linebacker, takes down Grant Tremblay, sophomore wide receiver during the Purple and White Scrimmage Aug. 27. The football team's first game will be at home this Saturday.

also added 25 freshmen to help build the program. The Builders have multiple offensive formations, but their main set is the multiple-I formation. On defense, they look to come out in the 4-3 set.

Northwestern College is from the Great Plains Athletic Conference in Iowa. Northwestern is ranked seventh in the Victory Sports Network preseason poll. This will be a tough test for the Builders, but it is a task they are very capable of tackling.

"I feel like we all are experienced ball players now, and we have grown this team into a brotherhood that can't be broken," said Fernandez. "Our coaches have prepared us for this moment against Northwestern. We're bigger, stronger, and more prepared than we were last year, so we do not look to disappoint."

The game kicks off at 6 p.m. September 3 at Richard L. Jantz Stadium.

Erik Johnson is a freshman majoring in communication. You may email him at erik.johnson@sckans.edu.

Fresh faces fill men's soccer Volleyball has high hopes

By Cristelle Tejes
Staff reporter

With a lot of players not returning for the new season, the men's soccer coaches had to make some new changes. "We have returned seven guys from last year's squad and have twenty seven new faces on the team," said Ruben Sanchez, head men's soccer coach. To recruit all these athletes, Sanchez hosted a big visit in the spring and brought more than 50 recruits to visit campus and train with our team. "This allowed us to bring in some talented new players that were a good fit for our program and Southwestern College," he said.

To fit together more as a new team, they spent a weekend camping together at Winfield

Lake

Joey Yeisley, assistant men's soccer coach, said that his expectations for the season are to compete in every single game and improve on what was started last year. "As coaches, our goals for this season include having our guys come together as a team, first and foremost. We would also like to improve out record in the Kansas Collegiate Athletic Conference and compete for a playoff spot. It looks as though our program is taking a step in the right direction. We feel this team has a lot of potential, and it's up to us to help [the team] reach it," said Yeisley.

The first match is Sept. 2 against Barclay College, who finished third in the 2010 Association of Christian College Athletics National Tournament.

"We feel very confident going into this and any match. If we play to our abilities, we will achieve a favorable result," said Sanchez.

Ian High played at Southwestern from his freshman year to his junior year, but unfortunately had to transfer his senior year because of financial issues. He has had an unforgettable experience during his three years on the men's soccer team.

"[The men's soccer team has] a lot of talented young players and some very committed veterans that I think will make for a good team, especially under the guidance of Joey and Ruben," said Ian.

Cristelle Tejes is a sophomore majoring in communication. You may email her at cristelle.tejes@sckans.edu.

After a disappointing year, volleyball is aiming for All-Conference

By Morgan Givney
Staff reporter

Next Tuesday marks the beginning of a fresh season for the Lady Builder volleyball team as they face their first opponent, Barclay College. They hope to improve their 2010 season record of 2-23 overall and 1-16 in conference.

"We would like to re-invent the team's image in the upcoming season," said Taylor Kinnamon, senior middle.

Teammate Kindell Copeland, senior setter, has a personal goal for the season. "My goal is to make an All-Conference team," said Copeland.

Both players agreed that their teammates are one of their fa-

vorite things about playing volleyball. "A great group of girls has kept me going," said Copeland.

In addition to high hopes and expectations, this season has brought a new face to the team.

Donnie Wallace, head volleyball coach, has taken over the program and changed the style of play for the Lady Builders. This will be Wallace's ninth year as a volleyball coach.

He said that his ultimate goal for the program is to win a national championship.

He hopes to reach this by meeting a bunch of little goals the team has set.

"My style of coaching has a ton of enthusiasm and energy, which I challenge the players to

match," said Wallace. He keeps the team motivated by keeping the energy high and incorporating fun games while competing.

Copeland describes the team as being "brand new."

Kinnamon said fans can look forward to seeing more enthusiasm and a new, fast-paced offense.

"(Wallace) has put a lot of time and effort into the program and has a passion for volleyball," said Kinnamon.

The Lady Builders first match is set for 6 p.m. Aug. 30 in Stewart Field House.

Morgan Givney is a freshman with an undecided major. You may e-mail her at morgan.givney@sckans.edu.

Cheerleading relies on returning experience and new spirit

By Kaitlynn Munoz
Staff reporter

The Southwestern College cheer squad features nine new freshman and eight returners.

"To me, this has been the

best squad at Southwestern since I have been here. It is the best squad personality wise and when it comes to giving it their all and putting their effort into it. They really care, genuinely care about cheerleading like I do," said

Alissa Sheppard, communication senior.

Sheppard is not the only one excited about this year's team.

"This is a very good and athletic team," said head coach Barbara White. That

athleticism will come in handy. "In cheerleading we do a lot of strength, motivation, conditioning, and personality."

The effort and team spirit are expected to last all year long.

"I do expect to see the same enthusiasm as the freshman showed me in camp, I want it to last all year around," said Alicia White, elementary education senior.

The Southwestern cheerleaders will show you their

new and motivated squad at their debut Sept. 3 at the SC vs Northwestern College football game.

Kaitlynn Munoz is a freshman majoring in communication. You may email her at kaitlynn.munoz@sckans.edu.