

Women's golf team ready to tee off

• Strength conditioning, tweaking techniques stressed during off season

By **Darius Hopkins**
Staff reporter

The women's golf team has taken a few months off to prepare themselves for the second half of the golf season.

Brad Sexson, men's and women's head coach, feels that this team has put in some hard work in the off season to finish strong this spring.

"I think the women's team has conditioned more and harder since I've been here at Southwestern," said Sexson. "They have really

worked hard going into this season."

Just like any other athletes the women took this off season and found time to work on techniques and make some changes to improve their game for the tournament next week.

Overall the team worked on putting, strength, bunker shots, even some mental toughness.

Lacie Holbert, communications freshman said, "During off season I worked on my putting. I felt that it needed much improvement from the fall season so I can lower

my scores. I would waste many strokes on putting. I also worked on my emotional stress level, because I tend to get upset when I don't play well."

Courtney Huppert, business freshmen said, "My off season consisted of working on my bunker shots and putting. I really struggled in the bunkers during the fall season and I worked on these shots to improve my game."

Sexson feels that the team has had plenty of time and good weather to prepare them for the upcoming tournament.

Kaydee Johnson, business administration marketing sophomore, said, "I really focused on my core flexibility, I actually took a yoga class and I feel like that really helped. Yoga also helped me with my strength and balance."

Since the 2007-2008 season, the women's team has three returns and two freshmen.

Coach Sexson expects quite a bit out of them, especially since they played golf in Texas.

"Lacie and Courtney both grew up playing in Texas.

Junior golf down there is really competitive and I expect a lot from them because this is nothing new to them and they have played in these conditions."

Holbert said, "I'm very excited about our first tournament for the spring, and I am very confident that I will play well. As a team we will play well since we have been practicing together."

Johnson, one of the three returners from last season looks forward to a progressive start next week.

The Lion Classic will be hosted by Hardscrabble Com-

munity College at University of Arkansas Fort Smith Feb. 23-24.

Johnson said, "I feel like the tournament in Arkansas is certainly early in the season, but it is also early for everybody. Next week is a good opportunity for our team to really discover what we need to be working on for tournaments that will come later in the season. Hopefully we can establish ourselves as far as rankings go."

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Tennis teams looking forward to spring season

By **Samantha Gillis**
Features editor

Silence. Then the pong, ping, pong, on the vibrant green courts with white lines, the net wobbles, the ball stops and the match is won.

Tennis season is bouncing up.

The first match of the season for the women is March 4 against South Nazarene University in Oklahoma City. Then on March 5 the men host Hesston College.

John Paulin, head tennis coach, said the teams are really looking pretty strong in comparison to their compe-

dition. He said, "Both of the teams have a lot of difficult teams to face. Bethany is the top team, then Friends, Bethel and Tabor. All these teams are always good."

There are five returning players on the men's team. They are Jeff Smith, physical education junior, Jacob Taffoy, computer information systems sophomore, Tristan Walters, biochemistry sophomore, Jason Jeschke, sports management senior, and Matt Hansen, business senior. The incoming players include Brandon Starkey, undecided freshman, Zak Tazargy, undecided freshman, Andrew Manley, business senior, and

Jacob Mires, business freshman.

A player on the women's graduated in December. Another member of the team transferred. Returning women include Julie Wilke, secondary education senior, Kelsey Reynolds, communication senior, Kourtney McLeland, biochemistry senior, Molly Kearns, elementary education junior, Alesia Schneweis, biology junior, and Lacey Hibbs, elementary education sophomore. New players are Emma Kennedy, biology sophomore, Molly Hamlett, mathematics senior, and Genaye Dominico, biochemistry sophomore.

Paulin said the most difficult part of the season is going to be the unknown, but he has a positive outlook, "We have a lot of solid new players and pretty competitive. We have a lot of experience on the court as well."

McLeland keeps one thing in mind Paulin always tells his players. "He always says, 'Put your studies first.' It's an important quality and good leadership from him."

Paulin said the reason anyone goes to college is for academic reasons, "Tennis is secondary. If you can give me an hour after your studies, that's great. That's all I ask for," said Paulin.

Although tennis is secondary Paulin still encourages the players to work out during the off season. "In that off time I hope that they still lift weights and go running," said Paulin. It is NAIA rule that coaches can't coach from about Oct. 15 until Jan. 12.

Reynolds said, "I tried to keep in shape, including hitting as much as I can, weather permitting." She also said that she needs to work on her confidence in her game.

McLeland understands this season is going to be a little tougher. "We lost a lot of girls so all of the girls will probably be playing singles,

because the top one through six girls play singles and that's about all we have, six girls," said McLeland.

She knows that her four seasons have helped her grow. "It's a great way to learn how to manage your time," she said.

Paulin said tennis allows the players to learn other skills. "It is a tremendous mind builder, and frustrating. In the game the players have to get a hold of an emotional philosophy."

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Indoor Track and Field Oklahoma Christian Feb. 14

Men
60 – Colton Siler, 7.11, Gary Cooper, 7.40, DeLeon Freeman, 7.49, Wayne Trimmell, 7.52, Matt Perkins, 7.57, Kyle Larsen, 7.83.
200 – Siler, 23.19, Chandler Kirkhart, 24.39, Gary Cooper, 25.10.
400 – Perkins, 52.48, Kirkhart, 53.07, Trimmell, 55.02, Eric Parker, 55.92, Jeremiah Roberts, 58.09.

600 – 2, Bryce Johnson, 1:23.49, 9, Andrew Schroter, 1:28.78.

800 – 5, Matt Silovsky, 1:59.70, 7, Aric Cherry, 2:00.23, 10, Jimmy Bryant, 2:03.00, Tanner Weeast, 2:14.21.

1000 – 8, Conner Drendel, 2:38.65, 10, Zack Conroy, 2:40.62, Jess Eberle, 2:41.76.

Mile – 4, Carrington Crum, 4:27.44, 6, Andrew Topham, 4:33.66, 8, Drendel, 4:38.63.

3000 – 3, Topham, 8:59.56, 4, Crum, 9:04.99.

5000 – 2, Eberle, 15:50.29, 5, Conroy, 16:23.10.

2 Mile Relay (Yds) – 1, Southwestern (Johnson, Bryant, Silovsky, Cherry), "A" National qualifier.

Mile Relay (Yds) – 9, Southwestern A (Perkins, Johnson, Cherry, Schroter), 3:31.41, Southwestern B (Trimmell, Roberts, Silovsky, Bryant), 3:46.33, Southwestern C (Weeast, Drendel, Eberle, Conroy), 3:53.23.

Long Jump – Freeman, 13-8 ¾

Shot Put – 6, Will Abernathy,

43-2 ½, Tyler Lampert, 32-8 ½

35 # Weight – 1, Alex Hutchins, 50-10, 4, Darrell Wilson, 41-7, 9, Kyle Just, 35-9 ¼, Taylor Anglemeyer, 33-1, Abernathy, 30-9 ¾.

Women
60 HH prelims – Kari Roth, 10.14

60 HH finals – 4, Roth, 10.19

600 – 5, Roth, 1:46.88, 8, Taylor Kinnamon, 1:52.35, 10, Eva Sanders, 1:59.39.

800 – 1, Amy Pierson,

2:18.67, school record, "A" National qualifier, 4, Jordan Unruh, 2:33.28, 5, Kate Topham, 2:36.64, 6, Kash Shuck, 2:38.55, 8, Jennifer Hendrixson, 2:40.73.

1000 – 5, Courtney Ross, 3:23.13.

Mile – 4, Hendrixson, 5:53.57, 6, Erica Dunigan, 5:56.26.

3000 – 1, Ericka Joiner, 10:16.31, school record, "A" National qualifier, 5, Alyssa Carter, 11:24.19, 8, Topham, 11:41.56, Dunigan, 12:17.05, Ame Walter, 13:44.25.

5000 – 3, Arely Pastor,

21:36.05.

2 Mile Relay – 2, Southwestern (Carter, Pierson, Ross, Joiner), 9:46.29, school record, "A" National qualifier.

Mile Relay – 5, Southwestern A (Roth, Kinnamon, Unruh, Pierson), 4:16.67

Long Jump – 1, Paige Carswell, 16-9 ¾, 4, Taylor Aldrich, 13-7 ¾.

High Jump – 5, Aldrich, 4-7 ¾.

Shot Put – 5, Mandy Bostwick, 37-3 ¾.

20 # Weight – Bostwick, 35-5.

Road facilities can be mixed bag for competition



Eddie Carmichael

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Atmosphere, locker rooms, old or new gyms and the travel distance are some of the reasons why players enjoy road games.

Anna Pruitt, sophomore guard, likes playing

at McPherson and Kansas Wesleyan. "They have brand new gyms and they're big and open and have a lot of room," said Pruitt.

Some players like places because of the atmosphere that the fans bring.

But that can also be a reason why players don't like a certain place.

King, junior forward, said, "My favorite place to play would probably be Sterling.

great when anyone wants to engage in public service.

"Being young doesn't make somebody less of an American citizen. And I think that every age has its own strengths. Wisdom comes with age and youth comes with energy and idealism."

Wall is currently going up against the two incumbents, Tom McNeish and Winfield Mayor Mike Ledy.

Webster Roth, father of

It has got a good atmosphere. It's pretty cool. The Gleason Center is pretty cool. It is pretty nice.

Sara Maxwell, sophomore forward, likes the challenge of playing at Sterling. "But it's really hard to play in that atmosphere so it's my favorite and least favorite place to play."

Tim Moore, senior forward, agrees. "I have to say my favorite place to play in the KCAC would have to be Sterling. Because Sterling is like a real hostile environ-

ment. Their fans are always in your ear bugging you and trying to distract you.

"I like the environment and it feels even better when you win. It's hard to win at Sterling."

Moore doesn't like to play at Friends University. "It's a big time rivalry, but their fans are on a whole other level. Our fans are just as intense. But their fans know all your personal information and everything. That's what trips me up."

Some players have just

been around the KCAC once and really don't have a favorite yet.

Jared Irvin, freshman guard, said, "I honestly don't know. I don't have enough experience to tell anybody that yet."

I've been around the KCAC and I have to say as a fan I enjoy going to Sterling or Friends because of the atmosphere.

The games are always intense and competitive. Friends is the closest to Winfield. If you like to see new

places, Kansas Wesleyan's or McPherson's new gyms are options.

I know nothing can be as good as playing in the friendly confines of home.

After all, Stewart Field House has been around for quite a while and is the oldest gym on our side of the Mississippi still used for its original purpose. Although built in 1924 it is still as good as newer facilities.

But we can't play every game at home even if we want to.

—Seat from page 1

"This time he's a little bit older and the community's seen how much he's done. They're really ready for something different and Taggart brings a lot of freshness and new ideas to the town," said McCaslin.

Andy Sheppard, dean of faculty and vice-president of academic affairs, sees good in what Wall is doing for the community.

Sheppard said, "I think it's

Kari Roth, psychology junior, is also running for the first time for a seat on the commission.

A primary will take place March 3. It will help narrow down the competition for the April 7 election.

According to Wall's 2009 statement of candidacy,

"Over 30 months, I have taken the time to seek out and reflect on the comments of people when it comes to the direction of our city.

"The time is now for us to embrace new leadership for Winfield to seek our potential and restore our community spirit to its full strength. This comes with new ideas and reaching out to the individual voice, because after all, this is a city full of people; none of us stand alone."

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—Cafe from page 1

son, business administration junior. "When something affects the budget, you just have to change it.

"The new hours don't change much for me in my schedule," said Wilson. "I just go about my business and make it everywhere on time."

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Sports column

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