

# Tennis begins practice

Men and women strive to improve rankings from last year

By Cameron Siefkes  
News and opinion editor

Practices begin Friday for the men's and women's tennis teams as they prepare for their preliminary seasons. After strong '07-'08 seasons, the teams are ready to take the court.

The women finished third place in the last regular season in the Kansas Collegiate Athletic Conference and then placed third in the KCAC post season tournament. The team was also honored by being named to the 2007-2008 Intercollegiate Ten-

nis Association All-Academic team and was also named an NAIA scholar-athlete team.

Academics are always put before the sport. Kelsey Reynolds, communication senior, said, "Obviously we are all here for education first and then extracurricular activities, so it's a great honor."

The men completed their year at fifth place in the KCAC and fifth in the post season tournament.

Tag Wall, philosophy and history sophomore, said, "The team last year was very young

and competed well for not having great weather for early practice in February and March."

John Paulin, men's and women's head coach, wants both teams to have the same kind of season this year. "The ladies finished either second or third for the last two to four years, so I hope to be in the top four of the eight again and to finish high in the KCAC tournament," said Paulin.

Reynolds wants to take it a step farther. She said, "We would like to win conference and it would also be great to go

to nationals."

For the men Paulin said, "As competitive as the other schools are I would like to see us in the top five if not higher."

Wall said, "I would like to see us move a little more towards the top of the league and push for the opportunity to contend for the championship." This goal is attainable with a few new players on the team. "That is a definite possibility after finishing fifth last year and having some real solid recruits coming in this spring."

A few colleges might make

it difficult for the men. Paulin said, "Bethany, Bethel, Friends, and Tabor are all tough teams." Teams that will be the hardest competitors for the women this year will be Bethany and Bethel.

The first match of the year for both teams will be at 1:30 p.m. Sept. 4 at home against Oklahoma Baptist. This will be for their preliminary season. The regular season will begin Feb. 1.

Cameron Siefkes is a junior majoring in communication. You may e-mail her at [cameron.siefkes@sckans.edu](mailto:cameron.siefkes@sckans.edu).

## 2008 Fall KCAC Preseason Polls

### Football Coaches

1. Friends University - 99 (9 first-place votes)
2. Bethel College - 87(1 first-place vote)
3. Sterling College - 72
4. Kansas Wesleyan University - 71
5. Bethany College - 55
6. Ottawa University - 48
7. McPherson College - 47
8. Southwestern College - 33
9. University of Saint Mary - 20
10. Tabor College - 18

### Football Media

1. Friends University - 166 (14 first-place votes)
3. Bethel College - 150 (2 first-place votes)
2. Kansas Wesleyan University - 122
4. Sterling College - 117
5. Bethany College - 107 (1 first-place vote)
6. Ottawa University - 87
7. McPherson College - 69
8. Southwestern College - 56
9. Tabor College - 33
10. U. of Saint Mary - 28

### Volleyball Coaches

1. Bethel College - 85 (2 first-place votes)
2. Kansas Wesleyan University - 84 (3 first-place votes)
3. Tabor College - 80 (3 first-place votes)
4. Bethany College - 76 (2 first-place votes)
5. Friends University - 56
6. U. of Saint Mary - 47
7. Sterling College - 43
8. Ottawa University - 41
9. McPherson College - 24
10. Southwestern College - 14

### Men's Soccer Coaches

1. Friends University - 80 points (8 first-place votes)
2. Kansas Wesleyan University - 72 (1 first-place vote)
3. McPherson College - 66
4. Sterling College - 58
5. Bethany College - 50
6. Southwestern College - 45
7. Tabor College - 35
8. U. of Saint Mary - 33
9. Bethel College - 28
10. Ottawa University - 18

### Women's Soccer Coaches

1. Kansas Wesleyan University - 90 (9 first-place votes)
2. McPherson College - 79
3. Ottawa University - 76
4. Sterling College - 62
5. Southwestern College - 52
6. Bethany College - 51
7. Friends University - 49
8. U. of Saint Mary - 46
9. Bethel College - 26
10. Tabor College - 24

### NAIA Men's Cross Country

Southwestern College represents the KCAC claiming the #16 position

### NAIA Women's Cross Country

Southwestern College claims the #21 position

# Cross country comes in on top

By Samantha Gillis  
Staff reporter

Men's cross country has won 11 out of the last 14 Kansas Collegiate Athletic Conferences. The women's team has won 17 out of the 25 last KCAC Championships. This impressive record has put the two teams on a pedestal and sent a wave of pride through campus for years.

Jim Helmer, men's and women's head cross country coach, said the women's team is returning its top seven runners from last year, and will be led by track and field All-Americans Audrey (Anderson) Annis, mas-

ters in business administration, and Ericka (Franklin) Joiner, biology senior. Both qualified for the national cross country championships last year.

Helmer said two seniors graduated from the men's top 10 runners last year. Returning runners are Andrew Topham, biology sophomore, Jess Eberle, marine biology senior, Aric Cherry, communication senior, Zack Conroy, business junior, and Jimmy Bryant, business junior.

Topham was the National Association of Intercollegiate Athletes (NAIA) region champion. Eight other of his teammates

placed in the top 15 in the same meet.

Kate Topham, nutrition science senior, describes the mentality of a runner as perseverance. Kate ran a marathon over the summer and also took up hula-hooping to stay in shape. The women's team started only 26 years ago and qualified for the NAIA region IV meet. Their team had top 20 finishers in 1994, 1995 and 2001.

The men's team won by 48 points in the NAIA region IV meet. The women's team received second for the past three years.

Taggart Wall, philosophy and

religious studies sophomore, said, "It's not always easy to find the drive to run, you have to dig deep, even if that means missing social events, but it feels a lot better to run good on Saturday than to not."

Wall's mental component of the game is always ticking. He said, "I simply think about the race. How can I break the next three miles down so my oxygen deprived brain can comprehend?"

Overall the men have the eighth best national meet record in history. The women's record against NAIA conference opponents is .950. In the entire

existence of the women's team 100 of them were awarded All-Conference, 37 got NAIA All-District 10 and Region IV recognition.

"We all draw strength and encouragement from one another. To succeed on a higher level we need everyone working hard all the time to truly reach our potential as a team. Not everyone can finish first individually and having the team aspect allows high levels of success for more people," said Topham.

Samantha Gillis is a sophomore majoring in journalism. You may e-mail her at [samantha.gillis@sckans.edu](mailto:samantha.gillis@sckans.edu).

# Fall teams hope that practice makes perfect



Christian Ingalls

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Fall sports start again with a new term to some and an old but hated term to older Moundbuilders called three-a-days.

These practices vary from mental to physical obstacles. The preseason is where students change from seniors in high school where they may 'rule the school' to freshmen in college. The transformation they need to overcome is outlined and detailed in the different workouts and routines they all must learn and endure. These parts can

be difficult for the freshmen to learn, because they are different from their hometown high school teams.

Each of the four sports, which make up six teams, started practice this week. They all have different schedules and drills they work through. Previous practices and workouts lead up to these first practices that will help mold the once high school students into college athletes.

The men's soccer team starts each day with a 6 a.m. workout, which consists of a grueling conditioning program. This workout includes endurance runs, sprints and "normal" running drills.

The second work out at 10 a.m. works the skills of the players. These skills are used in dribbling, passing and shooting. They end the day with an after-

noon inter-squad scrimmage.

Freshmen agree that college sports aren't exactly the same as high school.

"College soccer is a lot more in-depth than high school," said freshman mid-fielder Chris Roper. "There is no slack with coaches in college like there is in high school. There is no room to mess around. Even though they are tough, all of these practices pay off in the end."

Although the same sport, the women's and men's workouts differ from each other. Women soccer players start just as early and begin with either a long distance run or 110 yard field sprints. These morning practices focus on the overall fitness of the players. The later practices in the afternoon and evening involve technical practice and scrimmages. In these practices the team is able to work on beep tests, juggling, and shooting. They also work on passing and

other details that each of the positions involve.

"We have to do three-a-days until we don't need to anymore, and this is decided by whether or not we pass the physical tests," sophomore goalkeeper Rachel Muth said.

Football players on the other hand start off by enjoying a healthy helping of position meetings three times per day. In these meetings players learn the in the ins and outs of the notebook. They split into their various positions to work on formation calling and hand signals. The formations and hand calls are the easiest for the players to learn if their schools had the same type of plays in high school.

"It's much more intense. The practices are non-stop running, and it's like playing all the good kids from each of the high schools around the country," said freshman linebacker Zak

Tazgargy.

The football team also has to endure the physical side of getting ready for the season by having two practices per day. During these practices they work on running plays they learned in the notebook. The team ends their preseason Sept. 6 with the Purple-White Scrimmage at Sonner Stadium.

These are a few of the teams that have had workouts and challenges to prepare for their respective season. The other sports in the fall include volleyball and cross country, which also have vigorous workouts, not to mention the other teams who begin off-season workouts soon.

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## Sports Column

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