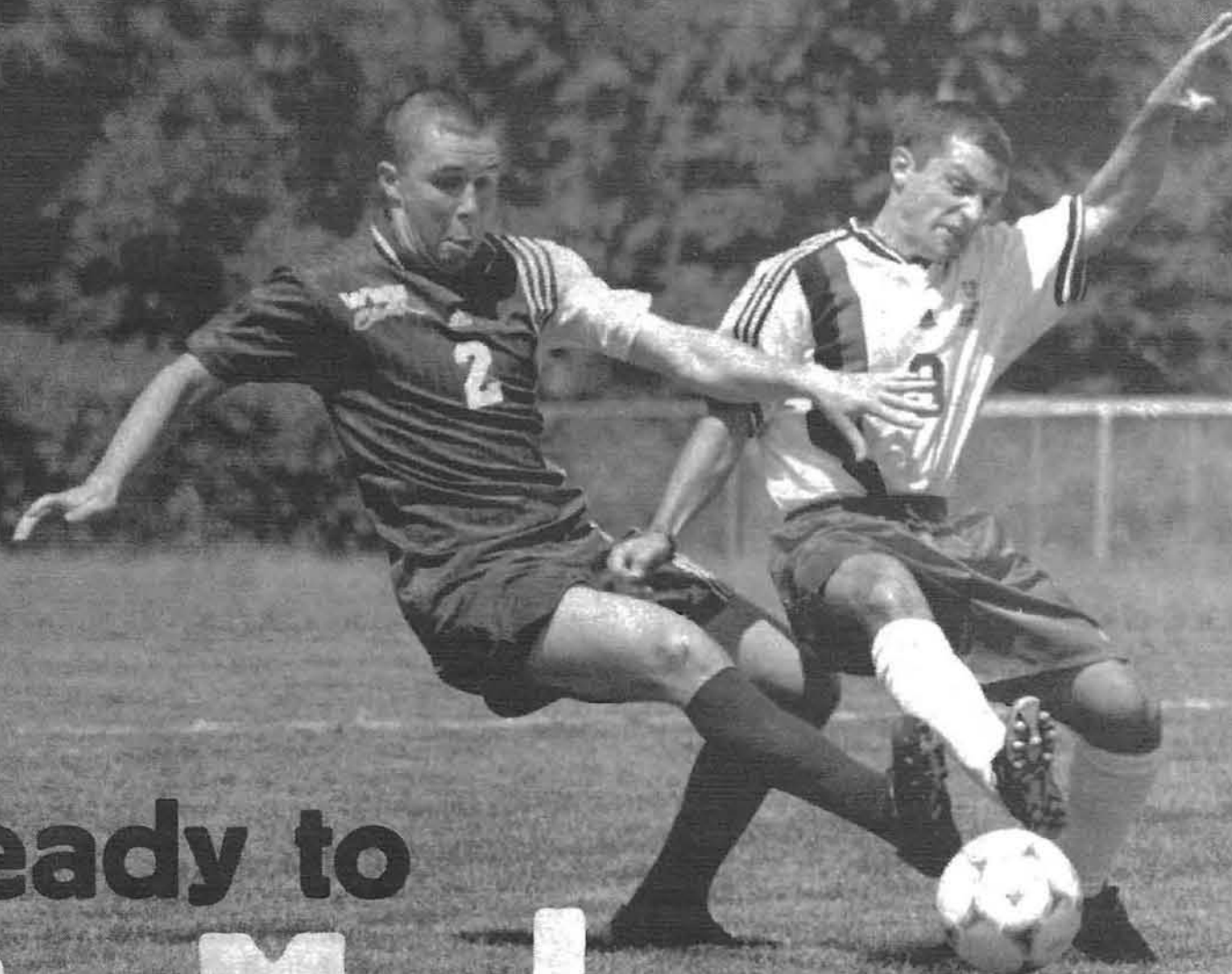


Sports UPDATE

What's inside:

In this issue, we preview fall sports at UMSL, including men's and women's soccer, women's volleyball, and men's golf.

You'll find out how the teams have done so far this year, get an in-depth feature on a player from each team, and quotes on every player on the teams.



Ready to
RUMBLE

A look at fall sports



New Threads, New Season, New Rams

Small changes to team roster may make championship title easier to defend

by Nick Bowman
staff writer

"I get no respect!" Doncha' just love that phrase? Good ol' Rodney Dangerfield just telling it like it is. "I get NO respect!"

Rams fans rejoice! Football season is among us and it is good indeed. The only thing that has changed about the Super Bowl champions of a year ago are their threads (by the way, gold paint is a heck of a lot harder to come by and twice as hard to remove), their head coach (same coach, none of the water-works), the amount of males that wear jewelry in the Metro Area (gotta love the championship rings) and a few minor roster adjustments, like trading Fred "where's the line of scrimmage?" Miller to, ironically, the Tennessee Titans.

Head Coach Mike Martz has replaced Ernie Conwell with Roland Williams on the depth chart, and some guy named Warner will start in front of home-grown Vianney High School alum Trent Green.

Rick Tuten, the NFL's strongest man and most inconsistent punter, is gone, as is his chal-

lenger, the seasoned Louie Aguiar, who enjoyed a fun-filled two weeks in Macomb. But because punting is such an integral part of the Rams' game, Martz has found a rookie by the handle of John Baker to fill the spot.

Tony Horne will be our primary kick returner and if he can stay clear of the cannabis, he should enjoy a successful season.

Warner and veteran receiver Isaac Bruce have been signed to seven-year deals, which should keep the best dynamic duo since Adam West and the boy wonder together for years and rings to come. Sophomore Tory Holt will complement Bruce on the opposite side of the ball, and Marshall Faulk, the man of a thousand yards, will complete the offensive assault.

Defensively, the Rams will have to fill one void, with Devin Bush taking over at the strong safety position. London Fletcher will continue to surprise opponents with his skill and his tongue, Kevin Carter will feed on of his strict diet of quarterbacks, and Grant Wistrom will continue to score more points than the New Orleans Saints.

"Sports Illustrated" has the Rams finishing 14-2 on the season, losing to the eventual


Super Bowl Champion Tampa Bay Buccaneers in the NFC title game, because Keyshawn Johnson is such an impact player. Maybe he can run as fast as his mouth does.

Because of their performance and their popularity last year, ABC will carry the Rams on three Monday nights, including the season opener against the Denver Broncos.

But there are still nay-sayers who think that last season was a big hoax, bigger than that silly "Americans Land on the Moon" gag. Those who think that Kurt Warner "got lucky" and just happened to lead all NFL quarterbacks in passing by 8932-some-odd yards will be proven wrong again.

Hey, maybe I'm wrong. Maybe last season was just another reinforcement of the long-standing Pope rule that any NFL city that has John Paul visit it's hometown will win the Vince Lombardi trophy the following season.

Well, if that is the case, then somebody please tell Archbishop Rigali to call the Vatican immediately. We found a pointy hat in the Dome.



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August 21, 2000

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How are they doing so far anyway?

Men's Golf

by **Nick Bowman**
of the Current staff

Coming off a victorious spring season in which they qualified for the NCAA Championship Tournament, the UM-St. Louis men's golf program will have to do a lot more for an encore. With the same six men coming back from last season and Head Coach Steve Hausmann leading the way, it is a goal well within reach.

"Over the summer, many of the guys just did their own thing and that thing was to play golf," sophomore Kyle Szeziak said. "We improved vastly over the summer, and we are really excited about the new year."

Hausmann should be able to take solace that he has no new faces to train, just old ones to refine.

"I can only hope that the guys will continue to better their game with every stroke," Hausmann said. "Practice will start on the 28th, and I look forward to seeing my team in action again."

The first test of skill will come Sept. 18, when the Rivermen play in the Northern

Kentucky University Invitational Tournament. This tournament attracts mostly high caliber teams from this region, many of which are from Great Lakes Valley Conference.

"It is a good feeling to be invited to the NKU Invitational," Szeziak said. "There should be some very good competition out there, and we will be able to judge ourselves as well as our opponents."

Again, the Rivermen will travel their returning core of Doug Kreitchner, Andy Schwob, Szeziak, Denny Lees, Matt Stiles, and Scott Kirchoff. Kreitchner, considered one of the better golf talents in the GLVC, and Schwob will be in their final year of eligibility.

With a strong finish last season, in which the team finished 18th in the NCAA championships, the pressure to perform to that standard will be high, but not unachievable.

"We really won't feel that much pressure until district play," Szeziak said. "Right now we are just focusing on establishing a system and making it work."

Men's Soccer

by **Dave Kinworthy**
staff editor

The men's soccer program split their first two regular season games of the year at the UM-St. Louis Classic by defeating Rockhurst College 2-0 and losing 4-0 to the No. 12 ranked team in the nation, Truman State.

Senior goaltender Kevin McCarthy remained solid in the nets for the Rivermen as he recorded his first shutout of the season.

After the game, Head Coach Hannibal Najjar was impressed with the effort and poise that the Rivermen showed in the season home opener.

"I thought we did very well against a team that is very good," Najjar said. "We are a limited team. We had game plan and I think it worked well. We tried to mark their players who we thought would be a threat to us."

We did a good job. At times, I thought we were defensively cagey. We were trying to stay in the house instead of stepping out on the porch. At times, we need to come out of the house and make a statement."

The following day, UM-St. Louis took on Truman State at home. With Truman State jumping out to a 2-0 lead at halftime and adding two more goals in the second half, the play was predominately controlled by Truman State as the lone shot for the Rivermen sailed over the crossbar.

"I was amazed on how they stood up on that surface and we couldn't," Najaar said about the field conditions. "We just couldn't stay with them on any part of the game, no part of the field, no position of play."

The Rivermen traveled to California for a pair of games against Sonoma State and UC-Davis this past weekend and now return home to battle Christian Brothers College Sept. 8 and Lincoln University Sept. 9.

Women's Soccer

by **Dave Kinworthy**
staff editor

The women's soccer team got off to a good start for the regular season, defeating Rockhurst College 2-0. The win against Rockhurst marked the first time in school history that the Riverwomen defeated the Hawks.

During the 2-0 victory, all 21 Riverwomen played in the game while Kindsey Siemens and Lindsay Jones notched the goals for UM-St. Louis. This kind of depth, Head Coach Beth Goetz said, is a key ingredient of the 2000 campaign.

"The freshmen came in and raised that bar the second they came in this season," Goetz said. "We have a really talented group and some of these freshmen will be competing for some time. [The returnees] can either walk through and think that since I have been playing all the time last year and assume that we owe it to you or you can pick it up and try

and compete. The girls are now pushing themselves a lot harder and everybody is competing."

UM-St. Louis then traveled to Florida to take on Tampa University and Florida Southern over Labor Day weekend.

"Tampa is a very good team," Goetz said. "They have consistently been ranked in the top three in their region for quite some time now and it was a really tough game. You do a lot of things on these early road trips. Obviously you want to win and keep things together and working hard to step up to the level of competition. It is a fun trip and some of the players think they deserve this sort of as a reward after playing her for three years now. We are going to just have to keep building and toughen up."

The Riverwomen continue on the road this weekend to take on Truman State and Central Missouri State University before returning home Sept. 15 to host Great Lakes Valley Conference rival Northern Kentucky.

Women's Volleyball

by **Nick Bowman**
staff writer

After their first weekend of season play, the UM-St. Louis Riverwomen's volleyball squad stood at 2-1, with victories over Ashland University and Wheeling Jesuit, while being defeated by Drury University.

In the first match against regional opponent Ashland, the Riverwomen dominated, winning in straight games 15-8, 15-9, 15-9. Much of this can be attributed to their dominance on the serve, where UM-St. Louis aced on 19 attempts, compared to Ashland's 3.

"The big key in that (Ashland) match is that we out-serve them," Head Coach Denise Silvester said. "We scored 19 points directly off of the serve. There was a little bit of surprise in how smooth we looked for the first match of the year."

The second match proved to be a showcase for freshman Melissa Frost, who recorded 10 kills in only her second match.

"[Melissa] is a starter," Silvester said. "She did a really nice job in that second

match."

The endurance of Silvester's squad was a key element to their victory.

"Even though we won it in three, the second game of that match took over 40 minutes," Silvester said. "By coming back and winning that, it showed a lot of character. We just outlasted them."

The Riverwomen eventually won the match in straight sets 15-6, 15-13, 15-13.

But the effects of that long set, coupled with little recovery time for their next contest, proved too much, as UM-St. Louis dropped its final contest of the weekend to Drury.

The Riverwomen played very competitively the first two games, dropping the first by only two points, and winning the second 16-14. But endurance proved to be a factor as UM-St. Louis dropped the last two games 6-15 and 9-15.

Holly Zrout made her presence known, scoring 22 kills to complete an All-Tournament weekend as she totaled 50 kills en route to earning All-Tournament honors.

Men's Soccer

Veteran McCarthy sets lofty goal - a national tournament berth

by **Dave Kinworthy**
staff editor

As a seasoned veteran of the men's soccer program, senior goaltender Kevin McCarthy is hitting full stride this season in gearing the Rivermen's attack from the back.

McCarthy came to UM-St. Louis from Norman, Oklahoma, where former Head Coach Tom Redmond recruited McCarthy. The change from the South to the Midwest had a big effect on McCarthy.

"I went from a small town to a big city," McCarthy said. "Just being on your own was a big adjustment and definitely the soccer speed jumped up 50 steps."

During his freshmen season, McCarthy split time with Brad Beeler, but ever since, McCarthy has remained in the nets as the starter for the Rivermen.

With those four years of learning experi-



Kevin McCarthy

ence in the Great Lakes Valley Conference, McCarthy has excelled and benefited from the exposure of a talented Division II conference.

"I definitely have more maturity in my play as far as decision-making," McCarthy said. "I have gotten stronger physically and most definitely mentally. The speed at this level adds to your maturity. It is still a very tough conference. We are top in the country, if not two or three as far as conferences in the country. When I was a freshman and sophomore playing against guys

who had about 30 to 40 pounds on me, it was pretty intimidating. But now to be one of those guys who is bigger, it is kind of a little easier and a bit more relaxing."

While there have been adjustments to working with new Head Coach Hannibal Najjar, the switch has been easy for McCarthy.

"It is more coaching," McCarthy said. "With Tom [Redmond], he only had part of his day to give to us. He still did his coaching, but he only had what he could give us and Hannibal can give everything he's got all day and everyday. There is more focus on team strategy and team play, whereas Tom, with only half of his day, could only focus on individuals and what they could do and kind of integrate that into what the team was doing."

With only five faces returning from last year, McCarthy still feels that the efforts from the newcomers will be a welcomed addition and that unity will come with time.

"We definitely during the preseason and even now, have developed a team unity," McCarthy said. "You really get it from running a lot, playing a lot, and being around each other basically all day. Everyone here is a great bunch of guys who work hard."

Entering his last season as the Rivermen's goaltender, McCarthy has set his sights high in terms of goals and expectation of the team.

"I think we should go undefeated and get to the national tournament," McCarthy said. "I know we can do it with how we play and the people we have. Personally, this is my last year and there is no reason why I should not have the best season of my life. I am just going to work my tail off."

The field may be one thing for the talented net-minder, but academics are another as McCarthy is majoring in Biology, applying for the Conservation Certificate and also minoring in Chemistry and Anthropology.

Quotes from Coach Najjar

by **Dave Kinworthy**
staff editor

Adam Barnstead: "He is a very solid contributor. He is hardworking and selfless. He is the ultimate team player."

Josh Fair: "He possesses significant captaincy qualities which will bear even more positively with every practice and game. He is a solid presence and an all around good player."

Jeff Stegman: "He possesses tremendous finishing qualities. I am waiting patiently for that one strike that will throw him into full gear."

Chris Stockman: "Only a few would dare to compare. His determination and body sacrifice are supremely solid traits. He is learning and understanding the game with each day. I hope his dad, a member of the '73 championship team is 'osmotically' helping him to understand what it requires."

Kevin McCarthy: "Extreme talent with very good anticipation abilities. Goalkeepers are key in my scheme of things and Kevin has already done more than I anticipated. Now with him and Adam in place, I am relieved and can concentrate more on the rest of the team on techniques, fundamentals, tactics and strategy."

Eno Veshi: "I am excited to have Eno on board. He worked very hard prior to preseason and though he is not 100% sure of how he fits in, in this style of bump and grind play, he has shown perseverance and has trusted my lead."

Zach Welker: "He puts everything on the line. He is mature and selfless. I wish he wasn't a senior."

Anthony Rivituso: "He is coming out of knee surgery and doing very well. He is quiet and contributory. He does what is asked and is coming along very nicely. He accepts all roles given to him and has a good demeanor."

Brian Lipa: "He is better than he thinks. He has great striking abilities and kicks very well and very hard with both feet. He is also useful in the central defensive position."

Mike Matter: "Timex should contract him. He is Mr. Ironman himself. From the first five minutes I saw him, he was in my pocket. Minor refinements are needed and he is accepting and adjusting."

Jason Barclay: "He is a freshman who is patient, bright and will lead this team some day. He is a great thinker and as the speed of thought interfaces with the demands of this game, his footspeed will increase and his brilliance will show through."

Phillip Faulkner: "Another solid freshman who has the patience and commitment that excites coaches. With time and physiological catch-up, we will have a winner in Phillip."

Sanjeev Katwaroo: "He would make Mahatma and Kasturba Ghandi proud with his commitment to excellence and respect for authority. He can dunk a basketball and outmaneuver a gazelle. He is easily accepted by his teammates and has already made significant contributions in attack and in defense. A solid international contingent."

Kyende Bormentar: "He is very mature and experienced and he has played a great deal with older people and this will help us in the trenches. He has good foot skills and a low center of gravity. His Liberian roots and

American adoption have 'alloyed' well and will be of great service to the Rivermen."

Tim Besmer: "Three years with Rockhurst and returning to St. Louis, he is a welcome addition. He is physically very strong and desirous of showing well for UM-St. Louis in this, his last season. He was decisive in our season opener against Rockhurst. He has a high pain threshold and we hope for quick recovery of those injuries."

Dwight DeLeon: "He is coming on with every game and every practice and soon will be with the desired fitness. We will enjoy his defensive strength and power. He has leadership qualities and works well with the team. He is very adaptive to the relentless style of surging forwards and persistent pressure."

Kirt Spencer: "He is very savvy and enjoys a style that encourages lateral and backward ball movement in an attempt to go around the opposition. He needs to adjust to the contact and direct style of the opposition and to strengthen his physical play."

Paul McKee: "He is one of the best diagonal route running players that I have seen in his age group. He is very strong and loves to score goals. He is coming off a broken ankle. We have yet to see his best."

Kyle Jutz: "He is light footed and capable. He is needing to cope with the fast and physical style of play. He will acquire the needed ingredients."

Lyndon John: "He is a mature player with useful ideas. He needs to prune himself and adjust to the culture of St. Louis play, players and to team goals. He is very versatile and will contribute significantly."

Prather Ford: "He is a new and recent addition. He should help us defensively and we await his adaptation and contributions."

Jerrord Imbeaux: "Like Ford, we await his adjustment to the team and his defensive contributions."

Mohammed Nordin: "He is expected to play soon. Mohammed, a walk-on from Malaysia, will help us in the attack. He knows the game and is crafty."

Audre Persad: "He is a lethal forward. We will enjoy his play next season. He is a Trinidad and Tobago native."

Kevin Rossel: "He is a new addition and we welcome his presence. He is very strong and is willing to prove himself. He can help us in the goalkeeping department if needed."

Marcus Bailey: "He joined us late and we will see him next season. He is nimble and has a nose for the goal."

Assistant Coach Eric Johnson: He is a very loyal assistant. He is a student of the game and still very much a player. He is doing his masters at UM-St. Louis and UM-St. Louis soccer is blessed by his presence."

Head Coach Hannibal Najjar: "I am happy to be in St. Louis. My family is adjusting. The community and parents have been encouraging and supporting. I am enjoying the support of the leadership and my relationships with the faculty/staff and students. Coaching, 'the purest form of teaching,' gives me great joy and satisfaction. I enjoy the dynamic out of teaching/learning and only wish to be remembered for the passion I have for life and the game for people."

Women's Soccer



Forward Lindsey Siemens dribbles the ball down the field in one of last year's games. Riverwomen soccer coach Beth Goetz expects Siemens to be a source of many goals for the coming year.

Terbrock set to anchor team

by Dave Kinworthy
staff editor

Senior Jennifer Terbrock has been through it all in her collegiate career at UM-St. Louis. She has played almost every position on the soccer field imaginable except goaltender, and this season is no different.

Last season Terbrock played in the backfield, but this season, she has been moved to the sweeper position to help anchor the Riverwomen's defense. It has been a slow and steady process adapting to the position, but Terbrock is willing to sacrifice a little to make her team's defense gain a lot.

"When coach came to me last year and told me she was going to start me at marking back, it was a big shock," Terbrock said. "I have played forward my whole life. I just went in there and did whatever I thought I had to do basically. It was fun because you spend your whole life playing forward and then all of a sudden you are playing defense trying to stop those girls from scoring. You really appreciate those defenders who are screaming and yelling at you to get back on defense when I was playing forward now that I am back there. While I wish I could be up top trying to score, I enjoy playing defense."

Terbrock was originally recruited by Ken Hudson, the former women's soccer coach, but when Hudson resigned, Terbrock remained comfortable with Riverwomen's Head Coach Beth Goetz's style of coaching and play.

"I knew Ken from high school," Terbrock said. "I knew coach Goetz before I came here and from the first time that I met her, she was wonderful. I knew that Beth would be the head coach for my first year. I had no problems with that. I chose UM-St. Louis because I knew coach Goetz and a lot of other girls that played here as well."

Even though the Riverwomen lost Carrie Marino, the second leading scorer in team history, Terbrock still believes that this team is the best she has seen in her four-year stint at UM-St. Louis as she is being forced to compete for a starting position.

"This year in preseason, with four freshmen and the transfers, from the very first day, our recruiting class came here in shape," Terbrock said. "They all work their butts off at practice. Honestly, I felt pressure and everyone on the team thought that none of us had a selected position or a starting role on the team. No matter what position you did get, you still needed to work hard at practice because there were no set positions. I was definitely pleased with this recruiting class. This team can go all the way. Through all of the teams that I have played on, I would have to say this is the best one."

Quotes from Coach Goetz

by Dave Kinworthy
staff editor

Kathleen Hertling: "We are very excited to have. She is an older player and has been around the block a few times. She should bring a little bit of experience to the backfield. She was very impressive in the Rockhurst game and is ready to go."

Emily Karl: "Redshirted last year with a knee injury, but will be primarily playing up front for us. She is a great team player and a good motivator."

Michelle Hogan: "She will play as a marking back. She is good in the air and will definitely help us out."

Melissa Timpe: "She is kind of our jack-of-all trades. We will probably use her a little bit everywhere this year."

Lindsay Noftsgar: "She distributes the ball well and with a little more confidence, we will use her in the backfield a little also. She has good speed."

Beth Ostermeyer: "She is playing very well. She will be strong at marking back and winning everything in the air. She has disciplined herself in pushing the ball more offensively."

Dana Thompson: "She has been out two years. She could probably play just about anywhere for us. She can finish and also is a

strong leader."

Sarah Kalish: "She is our best marking back. She is playing the best soccer here in three years and has come in in the top three of being fit. She is not even allowing the attacker to receive the ball."

Lindsey Siemens: "She works really well on finishing. We look for her to score some goals for us this year and will work well up top."

Cara Carrothers: "She will see a lot more of the midfield this season. Last year she played in the backfield, but she will see more offensive time this season."

Corinne Chik: "She has good speed, came in really fit and has great ball skills. She will see a lot of time this year at the midfield position."

Lindsay Jones: "We lost her last year for about eight games with a concussion, but we are thrilled to have her back. She is probably the hardest player that we have."

Meghan Kenney: "She has a really good shot and we look for her to add a few more goals for us this year."

Shelly Dixon: "She has a lot of speed and will be playing for us at the midfield position as well as up top for us this season. She is playing with a lot of composure."

Regan Dyro: "Another freshman who is a good shooter and also good in the air. She will

be a playmaker for us this season."

Jennifer Terbrock: "She will be anchoring the backfield this season as she will be playing a lot of the sweeper position. She is very smart, very vocal and will be able to help us run the show from the backfield."

Alaina O'Donnell: "Her primary role is to dominate the air and that is exactly what she is doing this season. She is also our leader as she gathers the girls together on the field. We are looking for her to take on a lot of responsibility."

Melissa Papa: "She is definitely one of our greater additions to the team this year. She has good ball skills and a great shot. She played a good game against Rockhurst and will score some goals for us this year."

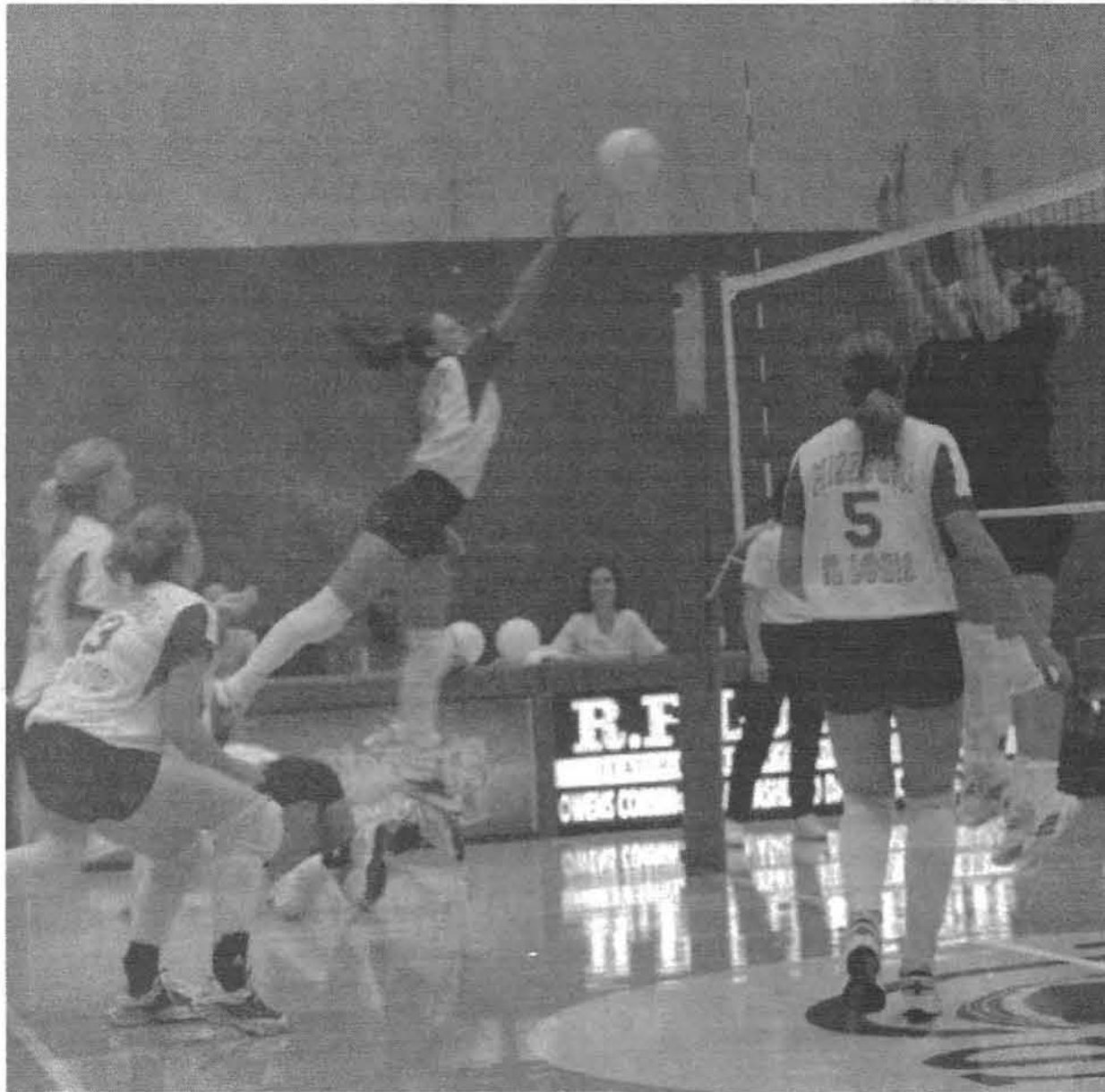
Jill Wacker: "She reminds me a little of Carrie Marino without as good of foot skills. The difference is that she is faster than Carrie. She will be a front-runner for us this season."

Jessica Gallagher: "She will see some time at marking back this season and she sets an example for everyone how to train at practice. She has improved her foot skills a lot."

Rachel Helling: "She will be playing the outside midfield for us as a freshman. She dominates on the field, and we are looking for her to make some big time contributions to the team."

Women's Volleyball

Holly Zrout hammers a ball to Ashland University to the point of no return in the Tournament at SIUE on Friday Aug 25.



Darren Brune/ The Current

Frost prepares for new year

by **Nick Bowman**
staff writer

In the fourth grade, future Riverwoman volleyball player Melissa Frost really had only two outlets for her energy: cheerleading or volleyball. Thankfully for UM—St. Louis, Frost passed up the pleated skirt for a chance to play volleyball in college.

Since her elementary days and through middle school, volleyball slowly began to take a hold on Frost and by her junior year Frost found herself in a prominent role at McNicholas High School in Cincinnati.

Her senior campaign brought her many honors, including first team All-City squad, while leading McNicholas to second place in district play.

After hearing from various universities, Frost came to UM-St. Louis, after she was offered a partial academic (she was a member of the National Honor Society) and partial athletic scholarship.

Like most freshmen, Frost did not expect to see a whole lot of playing time in her first year of NCAA eligibility, but was happy nonetheless to continue playing the sport that she loves.

"I was just excited at the chance to play at the college level," Frost said. "I really didn't expect to be playing so soon. I'm still very much getting my feet wet."

The chance to play would come very early for Frost, as in only her second game, Frost was slated to start against Wheeling Jesuit in the Edwardsville Intelligencer Invitational.

"When I saw the line-up card before the game, I was very surprised," Frost said.

She came through in a huge way recording 10 kills en route to a victory.

"I was pretty nervous when I first stepped onto the court," Frost said. "But as the game progressed, the adrenaline really kicked in and the rest just flowed."

Although Frost currently holds the starting position at middle hitter, she by no means is guaranteed to keep that spot.

"The hard thing now is trying to keep the spot," Frost said. "You never know whose name is going to be where on the rotation and I never know who will be playing next. It really makes everyone work that much harder."

The biggest adjustment from the high school game to the collegiate level for Frost was the length of the games. Collegiate games usually last 90 minutes, while high school contests last an hour.

"I'm still working on my endurance levels, but over time I should get better," said Frost. "Motivation is the key."

Quotes from Coach Silvester

by **Nick Bowman**
staff writer

Michelle Hochstatter: "She's one of my four seniors in her final year of volleyball. She usually leads the team in blocks. She has grown offensively as a player over the years. She came back in great shape. She has set personal goals of a winning season and all-conference honors."

Janae Paas: "She has worked hard over summer on conditioning. She was our starting setter as freshman, but she will be pushed by Stacey Pearl from California. Every year she needs certain goals to become a great collegiate setter. She will learn to analyze the offense."

Stacey Pearl: "It is a bigger adjustment at the collegiate game. She is still getting used to speed and by mid-season, should be along well."

Kathryn Freeman: "She was a red shirt

last season. She was injured last year. She will be starting on the right side. We are expecting big blocks against the other team's strong outside hitters. She is a very intellectual player and still getting her feet wet."

Holly Zrout: "She is one of two big offensive leaders. She leads in a few conference stats. She will be the primary passer and a major defensive player. We need to keep her healthy throughout year and watch her shoulder."

Melissa Frost: "She has been a pleasant surprise. It is very tough for a freshman to come in and play the middle position. Her conditioning is crucial. She is extremely coachable and open-minded. I enjoy working with her. She is a tremendous player."

Kelby Saxwold: "She will see playing time as an outside hitter. She is a juco transfer with only one season of collegiate play. She plays great defense and will be a tremendous asset."

Kara Frasier: "Over time, she will see the court more. She is working on the physical game. I look forward to her sophomore and junior years."

Nicole Hegg: "She needs to acclimate to the college game. She needs to get more physical. I see big things down the road for her."

Susan Kleinschintz: "She is coming off of shoulder surgery. She is getting stronger. She is playing a lot on the right side. She will play against the other team's strong hitters. She will see more and more playing time."

Gretchen Duffner: "She has an ankle injury. She offers a lot as the Big Gun. She will play outside hitter. She has a lot of enthusiasm and leadership. She is the team's spirit leader"

Michelle Pasioka: "She played a lot of outside. She is a great defensive player. She is our top server."

Men's Golf



Quotes from Coach Hausmann

by Nick Bowman
staff writer

Andy Schwob: "A senior who is very reliable and shoots right around 70. He has solid play and is one of three to qualify for every tourney."

Doug Kreichner: "He is easily our No. 1 man on the team. He is a leader on and off of the course. He shoots the lowest average on team and is the only player to win an individual tournament last year. He is in his final year of eligibility and qualified for every tourney last year."

Denny Lees: "He is our most consistent player on the course. He is a very level player and has the most steady average of all the players."

Kyle Szczeciak: "He has consistent play and also qualified for every tourney last year."

Scott Kirchoff: "He has vastly improved his game from a year ago. He has worked a lot on mechanics and only getting better."

Matt Stiles: "He is our go-to guy. He

tends to play his best golf in pressure situations and always comes through on the back nine."

Josh Brown: "He is the pacer of the team. He has yet to qualify for a tourney, but is a transfer from Milliken [University]. He is very dedicated and we should see big things from him."



Szczeciak's game improves steadily every season under guidance of men's golf coach Hausmann

by Nick Bowman
staff writer

For most boys, the seventh birthday is when their parents buy them a new backpack and some pencils and send us off to first grade to learn our alphabet. Most of our world almost revolved around the adventures of "Ren and Stimpy," and praying that mom wasn't making meatloaf again.

Well, when Kyle Szczeciak came down the stairs, right in front of him lay a bundle of metal sticks and a whole bunch of balls. Szczeciak knew what to do.

Ever since then, Szczeciak has turned into a very formidable force on the fairway.

After learning to master the unmasterable game of golf, Szczeciak learned to love the green, and after a short period, filed for his Junior Professional Golf Association tour card.

"Ever since my seventh birthday, I've played golf," Szczeciak said. "I haven't really put down the clubs since."

After a few years of JPGA tournaments and

middle school, Szczeciak found his way to Rosary High School, where as a freshmen, he jumped right onto the varsity team and under the guidance of Rosary Head Coach Ernie Bebe, deepened his love for the game.

In his junior year, Szczeciak battled his way into the top 30 of high school golfers in the state of Missouri, and by his senior year, finished 3rd overall. Both of these years, Szczeciak won his respective conference tournament.

Having not been heavily recruited by many colleges, Szczeciak had all but given up on the prospects of playing golf at the collegiate level.

"I got a few letters from some smaller [NCAA] Division III schools, but nothing real serious," Szczeciak said. "I really didn't think that my game was up to par."

That's when Bebe, who in his decade-plus of coaching high school golf at Rosary has only sent one other player to compete at the collegiate level, stepped in.

"Coach Bebe knew [UM-St. Louis Head

Coach] Steve Hausmann, and he called him up," Szczeciak said. "I really didn't know how to react and if coach Bebe thought I could play here, then I decided to give it a shot."

Szczeciak came to UM-St. Louis as a walk-on and was immediately taken in by the team.

"From the moment that I got here, all of the guys greeted me very well and I knew right away that this was going to be a great atmosphere," Szczeciak said.

After a wonderful rookie season, in which he was one of only three Rivermen to qualify for every tournament, including the NCAA Division II National Championship Tournament, Szczeciak was rewarded with a scholarship. Under the guidance of Hausmann, his game has steadily improved every season.

"In high school, I got away with a more aggressive style of play because the courses were very open and forgiving," Szczeciak said. "Coach has taught me to work my irons more, and to better analyze the game."

FALL 2000
UM-St. Louis

RECREATIONAL SPORTS

Register In
203 Mark Twain • 516-5326

Activity	Divisions	Dates	Days	Times	Place	General Information	Entries Due
Softball BBQ	COED	Sep 10	Sunday	12-5pm	MT Rec Field	Slow-pitch tourney, 10-player teams, FREE BBQ!	Wed • Sep 6
Tennis	Men's & Women's	Sep 10	Sunday	9am-12pm	MT Tennis Cts	1-day tourney. Men's & women's A, B, C singles.	Wed • Sep 6
Volleyball	COED	Sep 11-Oct 16	Mons & Weds	7-10pm	MT Gym	Evening rec coed VB league. 3 men/3 women.	Wed • Sep 6
Bowling	Doubles	Sep 13-Nov 15	Wednesdays	3-4:30pm	North Oaks	Afternoon league. 2 guy &/or gals. \$1.25-3 games.	Wed • Sep 6
Golf Scramble	Open	Sep 18	Monday	10:30am	Normandie	18-hole scramble & BBQ. Students-FREE, f/s-\$20	Wed • Sep 6
Flag Football	COED & Men's	Sep 19-Nov 7	Tuesdays	2,3,4pm	MT Rec Field	7-player flag football leagues. Tues afternoons.	Wed • Sep 13
Fun Run	Men's & Women's	Sep 26	Tuesday	12:30pm	Mark Twain	You choose- 1.5 or 3 mile campus courses.	Just Be There
Kickball	COED	Sep 26	Tuesday	7-10pm	MT Gym	1-night kickball tourney. 3 men/3 women. For fun!	Wed • Sep 20
Soccer	Men's & Women's	Oct 2-Nov 20	Mondays	2,3,4pm	MT Rec Field	9-player outdoor soccer leagues. Mon afternoons.	Wed • Sep 27
Punt Pass Kick	Men's & Women's	Oct 3	Tuesday	1-4pm	MT Rec Field	Annual PPK football contest. T-shirt awards	Just Drop In!
Badminton	Open	Oct 3	Tuesday	7-10pm	MT Gym	1-night badminton tourney. A, B, C singles/doubles	Wed • Sep 27
Shuffleboard	Doubles	Oct 10	Tuesday	7-10pm	MT Gym	1-night shuffleboard tourney. No exp. needed	Wed • Oct 4
Volleyball	Men's & Women's	Oct 18	Wednesday	7-11pm	MT Gym	1-night VB tourney; mens/womens divisions.	Tues • Oct 17
Racquetball	Men's & Women's	Oct 23-27	Mon-Fri	TBA	MT R'ball Cts	1-week single-elimination tourney. A, B, C singles.	Tues • Oct 17
Floor Hockey	COED & Men's	Oct 23-Dec 4	Mondays	7,8,9pm	MT Gym	6-player floor hockey leagues; Mon evenings.	Wed • Oct 18
Volleyball	COED	Oct 24-Dec 5	Tuesdays	8-10pm	MT Gym	More volleyball! Tues night coed rec league.	Wed • Oct 18
Indoor Soccer	COED & Men's	Nov 8-Dec 6	Wednesdays	7,8,9pm	MT Gym	6-person indoor soccer leagues; Wed evenings.	Wed • Oct 25
B'Ball Contests	Men's & Women's	Nov 14-17	Tues-Fri	12-2:15pm	MT Gym	BB free throw contest & shooting accuracy contest.	Just Drop In!
Wallyball	COED	Nov 16	Thursday	6-10pm	MT R'ball Cts	1-night triples tourney; 3-on-3 (guys/gals). Win t-shirts!	Tues • Nov 14
Family Fun Night	Family & Friends	Oct 27	Friday	7-11pm	Mark Twain	FREE night of PIZZA, sports, contests, fun at the gym; Sign up now to save a spot! Come join the FUN!	Fri • Oct 20

UM-St. Louis WELLNESS Classes

August 21 - December 8, 2000

Start TIMES	Mon	Tues	Wed	Thur	Fri	Class Levels
11:30am					Cardiomix <i>with Diane</i>	I
12 noon	Step & Piloga <i>with Lori</i>		Taebox <i>with Diane</i>			I
12:30pm		Low & Step <i>with Audrey</i>		1/2 hour Piloga <i>with Viv</i>		B, I
1:00 pm				TaeBox <i>with Lisa F.</i>		M
1:30 pm		Total Body Toning <i>with Audrey</i>			1/2 hour Piloga <i>with Melissa</i>	M, I
2:00 pm			Yoga <i>with Melissa</i>	1/2 hour Total Body Toning <i>with Lisa F.</i>	Step <i>with Melissa</i>	M, I
3:00 pm			1 & 1/2 Hours		Total Body Toning <i>with Ricki</i>	M
4:30 pm	45 min. Total Body Toning <i>with Rae</i>	*Begins 4:00 or 4:15 TBO Marathon Class <i>with Rae (Ends Oct. 18)</i>				M
5:30 pm	W.E.T. <i>with Ricki</i>	W.E.T. <i>with Rae</i>	W.E.T. <i>with Rae</i>	Aqua Kickbox <i>with Rae</i>		M
6:30 pm		Step <i>with Ricki</i>			CardioMix <i>with Debbie</i>	I
6:45 pm	CardioMix <i>with Ricki</i>		Cardio Drills <i>with Rae</i>			M

Open to Students Faculty & Staff
Register in the REC SPORTS OFFICE • 203 Mark Twain

OPEN Participation
One-time fee allows participants to attend any classes at any time for the entire semester!

Cost:
STUDENTS \$35
FAC/STAFF \$50
ALUMNI \$50

www.umsl.edu/services/recsport/index.html

Yoga - Hatha yoga is a system of physical and mental exercises designed thousands of years ago to balance and unite mind, body and spirit. Yoga balances the mind and body through poses and controlled breathing so all of the body's energies can achieve equilibrium and function in harmony.

Cardio Drills - No fancy moves, but lots of sweat and fun! These are movements that anyone can do! Come and challenge yourself to be fit and have fun!

Low & Step - Low Impact aerobics, weighted low impact and step aerobics to challenge your cardiovascular endurance system. Prepare to sweat!

Step - Cardiovascular workout using the Reebok Step. This workout can be low or high impact. Prepare to sweat!

Taebox - Come and do the national craze. This is cardio with a punch! Lose body fat and gain confidence.

Piloga - Amaze yourself with this Pilates and yoga based work-out. Stretch your body and mind and enjoy the benefits of great health and great looks.

Aqua Kickbox - Cardio water work-out that packs a "punch" and a "kick"!

Total Body Toning - Body shaping and redefining using xertubes, weights, bands, step and your body's own resistance. This will enhance all your body parts.

CardioMix - Cardio workout using step, lo/bi, jump rope or box.

W. E. T. - Cardiovascular water exercise; class is easy on the joints (low impact). Great for weight loss & body defining. Get fit w/ water steps, shallow-end aerobics and deep-end water jogging.

Marathon Class - GOAL: St. Louis Marathon: Oct. 15! Training began June 6, but if you have a weekly mileage of 35 miles and/or can do 14 mile long runs, please join us as we complete our training. Final class: proper recovery procedures.

NOTE: No classes will be held on holidays or days when the Mark Twain Building is closed. Classes and instructors are subject to change and classes with low participation are subject to cancellation with a 2 week notice. NO REFUNDS will be given unless participant has a valid, certified medical reason and the request is made before the 6th week.