

SPORTS

The colleges football team returns to the practice field after the months of indoor lifting.



Photos by Russell Augustine

Out for the long haul

By Jon Samples
Sports Editor

College football is a unique society that challenges its members to reach top physical and mental shape. Unlike many collegiate sports that require three to four months tops out of their athletes, football is known for its year round training.

What isn't known outside the immediate football community, however, are the steps associated with maintaining a football program. Very few people understand the level at which football teams prepare and fewer have what it takes to keep up with a training program that taxes its athletes mentally and physically.

To prepare his players for life on the field and off, head football coach, Fred Fimbres has designed a program that taps the most potential out of its student-athletes and readies them for the challenges on and off the field.

The season begins

Most people see August as the beginning of another exciting football season, but in the eyes of Fimbres this is merely the end of what has been a year's worth of preparation.

After the final game of the year, hardware is collected and inventory is taken of the team's equipment.

From about the middle of October, the Chaparrals coaching staff begins its exit interviews.

These are sit down meetings between Fimbres, the player and the various position coaches.

Returning players are given a recap of what the coach feels their strengths and weaknesses are and how to improve for next season.

Athletes who have played two years, use these meetings to get a leg up on their future at another school.

"For players who are finished with their eligibility, this is a good time to help them find a place to go to school," said Fimbres.

"We feel this is a pretty important obligation to our players."

For two weeks the coaching staff runs through the teams roster conducting the 20-minute interviews, before it begins its weight training regiment.

Building a foundation

"It's important to develop a base of strength and a heavy work capacity, so that they [the players] are able to do things competitively at a high level," said Fimbres. "The ability to do that is only going to come with a certain type of



Tom Specia readies his arm for the upcoming football season on the colleges practice field Tuesday.

training."

The training Fimbres is revering to is muscular endurance, and to develop this his team begins a lifting regiment, under the guidance of strength coach Matt Cousins.

Cousins has been a strength coach at the college for nearly seven years and is certified as a strength and conditioning specialist through the NSCA.

He also holds a Bachelors in Science Degree from the University of Maine at Farmington and a Masters in Science Degree from U.W. Lacrosse.

At this time Fimbres relinquishes his position as head coach and Cousins takes over as the head instructor for the out-of-season football program.

"[Starting in November] we focus on form to develop a base of strength for the athletes," said Cousins. "Every four weeks we drop our reps

from a higher volume to a lower volume with more weight added. The goal is have the athletes lifting the most weight they can by August first."

The science behind Cousins routine, and most strength instructors, is to stress periodization.

Periodization calls for athletes to change their routines an average of every four weeks to avoid plateaus.

Finding your legs

Once the weather starts to change, the focus of the teams training moves from the confines of the college's strength complex to the freedom of the teams practice field.

Starting with the team's eight-week Theory and Practice of Football class, those athletes enrolled get the

see 'Outside' page 23



Richard Oworu squats in the colleges strength complex.

'Outside' from page 22

chance to go outside and workout their winter legs. Since collegiate level football is not allowed to host summer camps, coaches look at the spring season to re-introduce their players to the field.

They use this time to work on conditioning and the mental side of the game.

Fimbres has noted the disadvantage freshman have by jumping into the program on the first day of team practice, August first. He stresses the importance of the spring football class for his sophomores.

Once the class ends, players have two months before the beginning of regular season practices.

"During the summer our guys have a responsibility to themselves and each other," said Fimbres. "During this time they have to keep their bodies in peak physical form."

Eligibility

Although football is about winning, there are certain steps coaches can take to help their team maintain a level of academic success. That's why Fimbres has made it a goal to help his player keep up with a stringent NJCAA timeline.

Essentially student-athletes are expected to have completed enough semester hours that would warrant a four-semester full-time schedule.

If any classes are failed or an unsatisfactory grade is achieved, players are required to make up those credits by either overloading or registering for summer classes.

"The NJCAA has our athletes on a pretty stringent timeline," said Fimbres. "Ideally our guys are supposed to be out of here in four semesters. Regardless of how good they play, without the grades there not going to do anything."

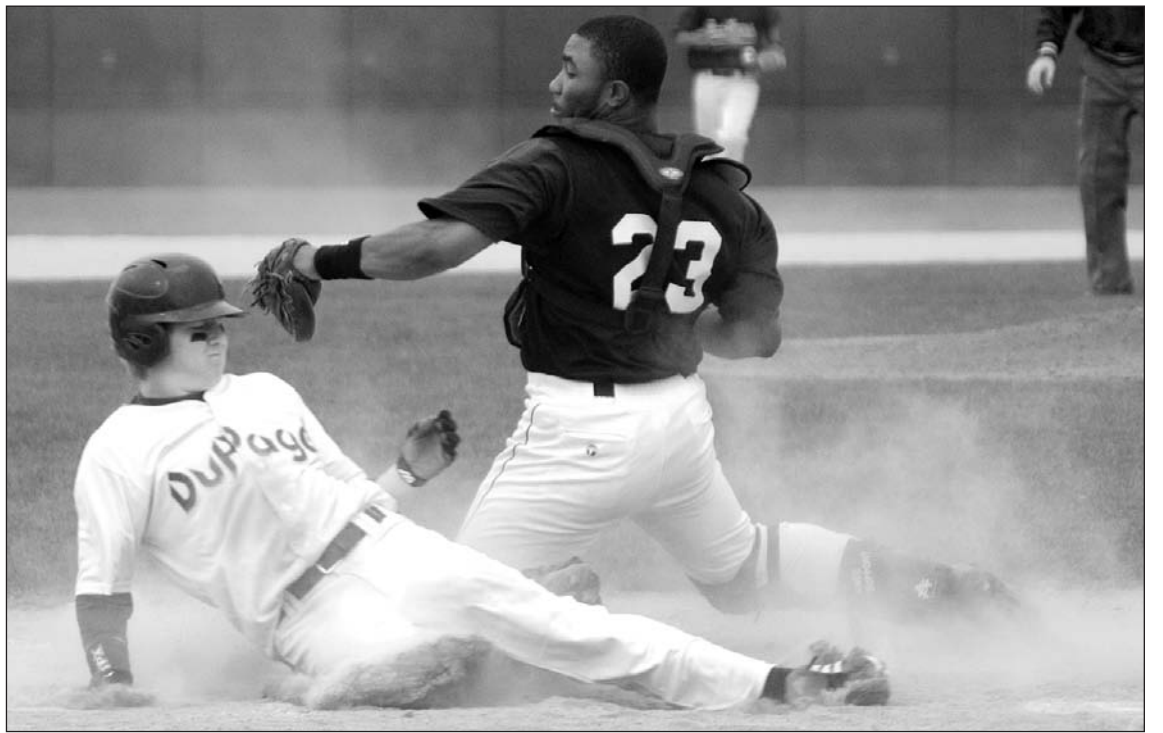


Photo by Russell Augustine

Steve Gilletly slides into home after an Olive-Harvey error allows him to score from second.

Finishing the game early

**By Jon Samples
Sports Editor**

Tuesday's home game against Olive-Harvey College appeared to be going in favor of the visiting Panthers.

Casey Schuenemann gave up a line-drive single to the panthers, the first batter he faced. Several wild pitches later, the runner was allowed to advance to second base.

Two batters later Schuenemann served up an easy two-out, RBI double to another Olive-Harvey hitter, giving

the Panthers a one-run advantage gaining into the bottom of the first.

The early game jitters wouldn't last, however, as Chap hitters came out fired up for their first crack on offense.

Jon Laidlaw got things going for DuPage with a single off Olive-Harvey's pitcher.

A steal and a wild pitch later allowed Laidlaw to advance to third before a three run blast by Schuenemann drove in two Chaps already on base.

The next Chap hitter, Steve Gilletly, walked and stole second, which allowed him to score on a single by Steve Wash.

Five batters and two errors later the Chaps made their way out of the inning with a 7-1 run lead, having allowed their entire lineup a crack at the ball.

The next inning Schuenemann walked an Olive Harvey hitter and after they

**see 'Basses loaded'
page 26**



Photo by Russell Augustine

Warren Gorman, a member of the college's football team, studies in academic lounge located in the P.E. Center.z

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College honors Herb

College remembers former athletic director, Herb Salberg

**By Jon Samples
Sports Editor**

For a span of thirteen years the name Herb was synonymous with the college's athletic program, and the years between 1979 and 1992 will always be remembered as the time when Herb was at the helm.

Herb Salberg was only the second ever athletic director at the college when he replaced Joe Palmieri in 1979.

During his time as Director of Athletics, Herb held many different positions and sat on important committees.

For over 20 years, Salberg was the head hockey coach for the college. As a sign of the dedication Herb had for the sport, he remained the head coach of the college's hockey team until its disintegration in 1992, the same year he retired.

During his tenure as the teams head coach Salberg lead the team to three National Championships.

Salberg was the associate dean of the college's Natural Science department and also served as Assistant Director of

the NJCAA Region IV.

"Herb oversaw the athletic department as it matured," said Head Basketball Coach Don Klaas, who began coaching for the college two years prior to Salberg acquiring the AD position. "He had a great personality and he was very well connected throughout the school. He was a good leader and the type of guy you would love to be your neighbor."

A former co-worker of Salberg remembers him as great person to work with.

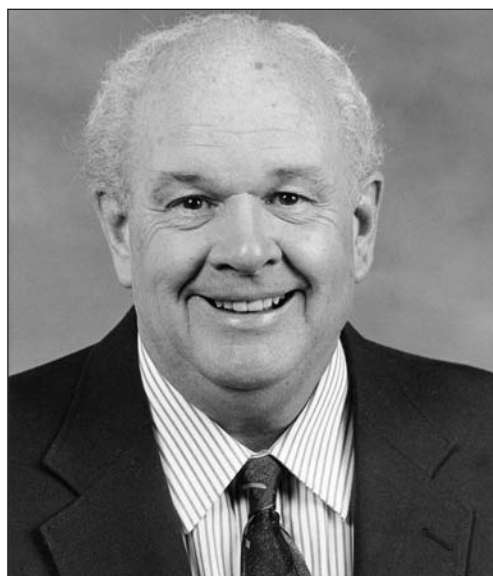
"He was a wonderful, generous man," said a former co-worker of Salberg. "He always had a great attitude and was wonderful to work for. He treated everyone he worked with like gold."

Salberg passed away on April 19 after succumbing to a lengthy illness. Services for him were held this week in West Melbourne, FL.

The athletics department is planning a memorial service, but a date has not been set.

Also, in honor of Salberg his daughter established the Herb Salberg Physical Education Scholarship Fund.

"The scholarship fund was



Accomplishments

- Athletic Director from 1979-1992
- Record as hockey coach 237-83-9
- Associate Dean of Natural Science Department
- Assistant NJCAA Region IV Director
- Served on NJCAA Drug Abuse Committee

Photos courtesy of Public Information

"He was a good leader and the type of guy you would love to be your neighbor."

DON KLAAS,
HEAD MEN'S BASKETBALL COACH

established earlier this month by his daughters because of his connection to the school and to honor his memory," said Stacy Rungaitis, Manager of Annual Giving & Events for the college.

The \$1,000 scholarship is offered annually and is given to a student who is pursuing a

career in physical education.

The first of the scholarships will be given in the upcoming fall semester. Students who are interested must be a physical education major, either full or part-time and turn in a one-page written recommendation from an instructor, coach or supervisor.



Joe Palmieri
Athletic Director
1966-1979



Ralph Miller
Athletic Director
1992-2002



Earl Reed
Athletic Director
2002-2006



Paul Zakowski
Athletic Director
2006-present

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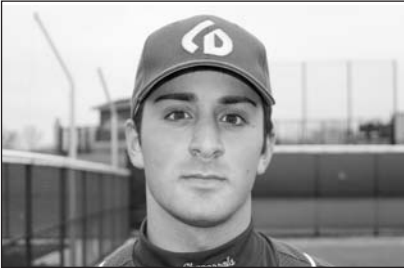
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Athlete of the Week



Name: Jon Christopher
Sport: Baseball
Major: Business
Year: Sophomore
Age: 19



Q. How long have you been playing baseball?
A. Since I was in eighth grade.

Q. Why did you start playing?
A. Because I enjoyed playing it. I thought it was fun before I started playing, so I just kept with it.

Q. Were you good when you first started?
A. No not really. I don't think anyone is good when they first start. It takes a lot of practice and your coaches teach you a lot over time.

Q. Do you play any other sports?
A. I used to play basketball in high school, but I quit sophomore year.

Q. Why did you continue to play baseball and quit playing basketball?
A. I just like baseball a lot better than basketball.

Q. The weather this season hasn't

been the best. How has that affected the team?
A. I don't think its affected the team. We get made when the games get cancelled, but we take full advantage of the days we can play, like today.

Q. You threw a one-hitter last week, but have you ever thrown a no-hitter?
A. No. I always come this close, but it never happens.

Q. Who's an idol of your?
A. I would say my pitching coach. he always tells me do my best. He taught me how to pitch also.

Q. Are you going to continue to play baseball when you move on?
A. O yeah. I'm going to take this as far as I can.

SportsBriefs

Soccer

The college will host the fourth annual Chaparral Shootout Saturday at the Glen Ellyn Campus. 34 teams will compete in 7 on 7 tournament, which starts at 9 a.m.

Peterson First Team All-American

Vaiva Peterson was named a first team All-American by the National Junior College Athletic Association. She led the team with 16.6 points and 9.8 rebounds per game for the Chaps this season.

Tennis tryouts

Tryouts for the men's tennis team have begun. Tryouts started in January.

Anyone interested in trying out for the tennis team should contact Jim Bowers at 942-2800 ext. 53382 or stop by the Athletic office P.E. 205.

Men's and women's Track & Field tryouts.

The college's track & field team is looking for anyone interested in trying out for the men's or women's team.

Athletes must be enrolled in 12 or more credited hours and display a strong work ethic.

For more information contact Jane Vatchev at 942-3329 or stop by the Athletic office P.E. 205.

Tennis club

A Club Tennis Team is being formed at the College of DuPage. All skill levels are able to compete in this spring/summer league.

Contact Jim Bowers/COD tennis coach at 630-942-2800 ext. 53382 or

email: bowers@cdnet.cod.edu.

P.E. passes available

Obtain a student ID in the P.E. building for \$5. You can obtain a pass from 8 a.m. to 1 p.m. and 5 to 8 p.m. on Monday through Friday and 8 a.m. to noon on Saturday.

You can also get an athletic pass for \$10. The ID's are both convenient and versatile and can be used as a library card, P.E. pass, and as a student ID for local discounts.

Obtain a membership

To use the athletic facilities students must be enrolled in at least six credit hours and have a P.E. pass.

Community members can purchase an annual or seasonal membership card that allows use of the facilities. Gold memberships cost \$350 annually and \$100 seasonally, bronze memberships cost \$300 annually and \$80 seasonally and silver memberships cost \$250 annually and \$70 seasonally. Seasonal memberships are valid for three months.

The P.E. and Community Recreation Center includes the strength complex, P.E. arena, diving and lap pools, fitness center, and racquetball.

Contact the Athletics office for more details.

Calling all writers

If you want to write and have experience in sports, the Courier is looking for stringers to write for the sports section

Contact Jon Samples at 942-2531 or stop by the Courier office located in SRC 1560.

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'Basses loaded' from page 23

strung together a couple hits, looked to be in a position to cut the Chaps lead with basses loaded.

The panthers wouldn't find a break, as Schuenemann popped up the next Panthers hitter to end the side.

In the bottom of the second inning the Chaparral got more from their hitters, as they tallied four runs despite having two outs.

With a runner already on base, a single by Steve Walsh pushed Schuenemann into third.

Sean Lahvic was up next, where he crushed a double to the left field wall that allowed Walsh and Schuenemann to stroll in and extend the lead to 9-1.

The Chaps picked up two more

runs in the second and another in the fourth, before entering the fifth inning with a 12-1 lead.

The panthers got a little offense going in the fifth, picking up four runs to cut the Chaps lead to seven and getting safely underneath the slaughter rule deficit of ten.

In the bottom of the fifth DuPage got right back on track offensively, as Olive-Harvey walked the first two Chaparral hitters and gave up a single to Laidlaw to load the basses.

With basses loaded, Chris McCall cleared the basses and put the Chaps back on top with a ten run advantage.

Two more runs in the fifth put DuPage up by 12, and two shutout innings by the Chaparral defense ended the game early do to the seventh inning slaughter rule. The final was 17-5 DuPage.

Sports Schedule Spring 07

BASEBALL			SOFTBALL CON'T		
FEBRUARY			Thu., 17 -	NJCAA Division III Nationals	tba
Sat., 17	at Southwestern Illinois	cancelled	Sat., 19	at Rochester, MN	
Sun., 18	at Southwestern Illinois	cancelled			
Sat., 24	at Southeastern Illinois	cancelled			
Sun., 25	at Southeastern Illinois	cancelled			

BASEBALL			TRACK & FIELD		
MARCH			FEBRUARY		
Sat., 3	at Shawnee	cancelled	Sat., 3	Tadd Metzger Indoor Invitational at Carthage College Kenosha, WI	n/a
Sat., 4	at John A. Logan	L-11, L0-11	Sat., 10	Dick Pond Indoor Invitational at Lewis University	n/a
Sun., 11	vs. Southwestern CC (IA) at Metrodome	W7-2, W7-6	Fri., 16	Chicagoland Women's Indoor Championship at Lewis University	n/a
Sat., 17	at Carl Sandburg	W6-2, W7-4	Sat., 17	Chicagoland Men's Indoor Championship at University of Chicago	n/a
Sat., 24	at Kankakee	L 1-5, L 2-7	Fri., 23	University of Chicago Indoor at University of Chicago	n/a
Sun., 25	CARL SANDBURG	cancelled			
*Sat., 31	at Joliet	W5-0, L1-10			

APRIL			MARCH		
*Sun., 1	JOLIET	L7-12, L5-13	Fri., 2	Carthage Last Chance Meet at Carthage College Kenosha, WI	cancelled
Tue., 3	at Oakton	L 4-6	Fri., 16	COD INTERSQUAD	2 p.m.
Thu., 5	at Olive-Harvey	W15-1, W13-1	Sat., 24	Early Spring Opener at Augustana College	n/a
Fri., 6	BENEDICTINE	cancelled	Sat., 31	Elmhurst College Open at Elmhurst College	10 a.m.
Sat., 7	at Illinois Tech	cancelled			
Mon., 9	at South Suburban	W 7-5			
Tue., 10	at Kishwaukee	cancelled			
Wed., 11	at Concordia	cancelled			
Thu., 12	WAUBONSEE	cancelled			
Fri., 13	at McHenry	cancelled			
Sat., 14	HARPER	W3-0, W11-7			
Sun., 15	at Harper	L8-15, L4-10			
Tue., 17	PRAIRIE STATE	cancelled			
Wed., 18	ELMHURST	W9-2			
*Sat., 21	at Rock Valley	W16-6, W20-10			
*Sun., 22	ROCK VALLEY	W10-3, W14-0			
Mon., 23	at Benedictine	W 5-2			
Tue., 24	OLIVE-HARVEY	W 17-5			
Wed., 25	WAUBONSEE	L5-9, L5-8			
*Sat., 28	TRITON	12 p.m.			
*Sun., 29	at TRITON	12 p.m.			

MAY			APRIL		
Tue., 1	MORTON	6:30 p.m.	Thu., 5 -	Chicagoland Championship at North Central College	10 a.m.
Fri., 4 -	Region IV Tournament at Waubonsee	tba	Sat., 7	Wheaton Invitational at Wheaton College	10 a.m.
Sun., 6			Sat., 14	Benedictine Eagle Invitational at Benedictine College	10 a.m.
Sat., 12	NJCAA District Tournament	tba	Sat., 21	Super Regional Championship at Rend Lake CC Ina, IL	tba
Sun., 13	NJCAA District Tournament	tba	Fri., 27	Super Regional Championship at Rend Lake CC Ina, IL	tba
Sat., 19 -	NJCAA Division III World Series	tba	Sat., 28	Super Regional Championship at Rend Lake CC Ina, IL	tba
Fri., 25					

MAY			MAY		
Tue., 1	MORTON	6:30 p.m.	Sat., 5	Wisconsin Twilight Invitational at University of Wisconsin Madison, WI	tba
Fri., 4 -	Region IV Tournament at Waubonsee	tba	Thu., 10 -	NJCAA Division III Men's National Championship at Howard Community College Columbia, MD	tba
Sun., 6			Sat., 12		
Sat., 12	NJCAA District Tournament	tba	Thu., 10 -	NJCAA Division III Women's National Championship at Howard Community College Columbia, MD	tba
Sun., 13	NJCAA District Tournament	tba	Sat., 12		
Sat., 19 -	NJCAA Division III World Series	tba			
Fri., 25					

SOFTBALL			MEN'S TENNIS		
MARCH			MARCH		
Fri., 16 -	Disney Spring Games at Orlando, FL	n/a	Sat., 10	at St. Joseph (IN)	10 a.m.
Fri., 23			Tue., 27	at Lewis University	L 1-8
Tue., 31	JOLIET	W3-2, W5-0	Thu., 29	WAUBONSEE	W 6-0
			Sat., 31	DAVID WEBSTER DOUBLE CLASSIC	9 a.m.


APRIL			APRIL		
*Tue., 3	at Triton	W10-1, W15-1	Mon., 2	at Moraine Valley	L 3-6
Thu., 5	MADISON AREA TECH	W13-7, L1-10	Mon., 9	at Oakton	3 p.m.
Sat., 7	MORTON	10 a.m.	Wed., 11	ROCK VALLEY	L 2-7
Sat., 7	KISHWAUKEE	W9-6, W15-1	Sat., 14	at Vincennes University	9 a.m.
*Tue., 10	ROCK VALLEY	W15-3, W5-1	Mon., 16	NORTH CENTRAL	L 1-8
Wed., 11	ELGIN	cancelled	Thu., 19	at Joliet	W 6-3
Fri., 13	at Oakton	W9-0, W11-2	Sat., 21	at University of Chicago	L 1-8
*Sat., 14	at Harper	postponed	Wed., 25	ELGIN	3 p.m.
*Tue., 17	HARPER	W10-3, W13-6	Sat., 28	N4C & Region IV Tournament ay Joliet	9 a.m.
Wed., 18	McHENRY	W1-0, W5-3			
Thu., 19	SOUTH SUBURBAN	W8-1, W13-2			
Fri., 20	PRAIRIE STATE	3 p.m.			
*Sat., 21	at Rock Valley	W15-6, L4-6			
Tue., 24	at Kankakee	L0-1, L6-9			
Wed., 25	LAKE COUNTY	cancelled			
Fri., 27	at Moraine Valley	3:30 p.m.			
*Sat., 28	TRITON	12 p.m.			

MAY			MAY		
*Tue., 1	at Joliet	3 p.m.	Sun., 13 -	NJCAA Division III National Tournament at Plano, TX	tba
Fri., 4	Region IV Tournament at Joliet	tba	Thu., 18		
Sat., 5	Region IV Tournament at Joliet	tba			

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