

SPORTS

Cold weather provide challenge at Chicagoland Championship

Track and field team compete in weekend meets against Chicago area schools

By Eli Rodriguez
Sports Editor

The track and field team competed at the University of Chicago in the Chicagoland Championship last weekend. The women competed on Friday while the men competed on Saturday. The atmosphere at the meet could be described in one word, cold. "The weather was not perfect at that temperature athletes are more susceptible to injury so we were fortunate that we came away pretty much unscathed," Head Coach Jane Vatchev said.

The women started their meet at noon and continued into the evening when the temperature continued to drop. The women's side finished 18 out of 22 schools. "Despite the 20 below wind chill we still had a some personal records so that was good for us," Vatchev said. Some standouts on the women's side were Bethany Ester. Ester placed fourth in the high jump with a final height of 1.52 meters. She also set a PR in the 200-meter dash with a time of 27.77. Elisa Stough also had a PR in the 200 with a time of

30.02. Nicole LaCour, Beth Forster and Celeste LaCour all qualified in the 10,000-meter run. "It was impressive that these athletes were able to run that distance and qualify in the brutal conditions," Vatchev said. The women's side also qualified in the 4x100-meter relay. Rachel Jefferson, Kendall Cimaglia, Michelle Watkins and Forster were the ones who competed in that race.

The men who competed on Saturday didn't get much better weather for their meet but ended up finishing sixth out of 23 schools. Some standouts for the day were Tom Kiser, Tim Wagner, Donnie Smith, Brian Shaw and Dan Koeller.

Kiser had a PR and qualified in the hammer throw with a final distance of 34.19 meters. Wagner who just became eligible competed in the high and long jump and qualified in both events. He finished fourth in the high jump with a final height of 1.86 meters and had a total distance of 6.27 meters in the long jump a PR for Wagner. Norman Frazier also had a PR in the long jump with a distance of 5.97 meters.

Smith placed 12 in the 100-meter

dash and qualified with a PR time of 11.31. Shaw also had a good meet finished sixth out of 40 athletes in the 110-meter hurdles with a time of 15.58 and also finished ninth in the 400-meter hurdles with a time of 58.11. Vaulter, Koeller had a good meet even with the wind finishing in seventh in the Pole Vault.

Two other athletes that continue to compete at an extremely high level, Dan Benton and Troy Doris had another great meet despite the brutal weather. Benton, who anchored both relays, won both the 200 and 400-meter dash. In the 200 Benton competed against 50 other runners and in the 400 against 38 runners. "He has a great mind set. He goes into each race with the mentality

that he won't be beat. I don't how you have PR in this weather but he did in 200 and just runs like a champion," Vatchev said.

Doris continues to amaze in the triple jump. He came in first by with a total distance of 15.91 meters and the second place jumper finished with a distance of 14.11 meters. Doris set a new school and field house record. The previous record was held by Charlton Ihizuelen who set it in 1974 with a distance of 15.77 meters. "This was his second best jump of his life and the 19 best jump in the U.S. It's

just impressive. He continues to step it up in tough competition," Vatchev said.

The team's next meet is the Eagle Invitational. The meet is at 10 a.m. Saturday at Benedictine University in Lisle.

"It was impressive that these athletes were able to run that distance and qualify in the brutal conditions."

JANE VATCHEV,
HEAD TRACK & FIELD COACH

Softball defeats Joliet in weekend games

By Eli Rodriguez
Sports Editor

The Lady Chaps came into Saturday's double-header with a 15-5 record and looked to improve their record against conference rival Joliet. DuPage had already defeated the Lady Wolves 9-0 and 3-0 on April 1. Ten days later the result was the same as the Lady Chaps won both games 7-4 and 6-5 in extra innings.

DuPage pitcher Jessica Franco started the first game. Franco shutout the Lady Wolves for the first three innings while getting run support from her offense. DuPage put up two runs in the second and third inning. In the top of the fourth Joliet was able to get a run back making the score 4-1 DuPage. Franco

DuPage men's tennis team take two of four matches

By Eli Rodriguez
Sports Editor

The men's tennis team competed in four games this past week taking on Rock Valley, Elmhurst, University of Illinois club team and Waubonsee. DuPage picked up two wins to make their record 3-2 on the season

The Chaps put on an impressive performance against

RVC by defeating the Golden Eagles 8-1 at home. DuPage swept the singles matches and lost the number three doubles match. In the number one singles match Carlo Victuelles defeated Tyler Adland 7-6, 6-2. Jordan Broadway defeated Tomasso Ignesti 6-3, 6-1. Slobodan Jevtovic defeated Derek Wells 6-2, 6-1 in the number three singles match. Boris Kampel, Peter Halikias, and

Jamon Malan all won their matches. Even with the game decided before entering the doubles matches the Chaps were still able to pick up two out of three in doubles.

DuPage then took on Elmhurst away losing 7-2 for their first loss of the season. Elmhurst won the first two singles matches when Dave Douglass defeated Victuelles 6-1, 6-0 and Dave Duaney de-

feated Jevtovic 3-6, 6-4, 10-3. Broadway won his match against Rob Korsch 6-4, 6-2. Elmhurst won their next two singles matches as Jim White defeated Kampel in tight contest 7-5, 6-4, 10-6 and Justin Guenther defeated Halikias 6-4, 6-1. But Malan won the final singles match 2-6, 6-4, 10-8 to keep the Chaps in the match. Unfortunately for DuPage, Elmhurst swept all three doubles matches.

That same day the Chaps took on a club team from the University of Illinois. The Chaps lost the first singles match but came back strong in the next two when Jevtovic defeated Dan Whitehead 6-1, 6-4 and Broadway defeated Mike O'Brien 6-4, 6-4. The Chaps then lost the next three heading into doubles down 4-2. Doubles started off good as Jevtovic and Broadway again won their match 9-8 (2). Then DuPage dropped the last two matches losing with a final score of 6-3.

The Chaps then took on Waubonsee at home. The Chaps swept all six singles matches and continued their



Photo by Eli Rodriguez

The team practices for a week of tough matches following the four they split.

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see 'tennis' page 27

Athlete of the Week



Photos by Eli Rodriguez

Name: Slobodan Jevtovic
Sport: Tennis
Year: Sophomore
School: Lyons Township

Q: How long have you been playing tennis?

A: For about 10 years.

Q: What do you like most about tennis?

A: The patience it requires.

Q: What is most challenging part about tennis?

A: The mental aspect of the game. Knowing the game can change at any minute.

Q: How do you prepare yourself before a game?

A: I practice on things I need to improve on. I also warm up and do my stretches.

Q: Who is your favorite player?

A: Janko Tipsarevic.

Q: Who inspires you?

A: I get inspired when I see my favorite player play.

Q: What are your plans after COD?

A: I want to transfer and hopefully keep playing tennis.

Q: What do you like to do in your free time?

A: Homework and just hang out with my friends.

'softball' from page 24

ran into some trouble to start the fifth inning. Giving up a leadoff base hit then another when Kat Marren hit a ball that first basemen Julia Ottolino bobbled. Jill Englehart went for a bunt but popped it up for the first out. Joliet then cut the lead to one after Kim Breakly hit a ball out to left field to bring in two runs. Franco got out of the inning without giving up another run by striking out the next batter and getting the next one to ground out.

To start out the sixth inning Franco gave up a leadoff hit to Kelli Dockstader and another to Lacey Henderson. Henderson's ball was being tracked down by right fielder Stephanie Clark who couldn't come up with the catch as she fell and appeared to be hurt. DuPage then subbed out Clark for Anna Gordon. Later with one out in the inning Joliet's Englehart had a game tying base hit.

With only one out DuPage made a

pitching change bringing in Lyndsey Payne.

The first batter hit the ball back at the pitcher for the second out then the next batter did the same for the third out. The game wouldn't stay tied for long as the Lady Chaps bats came to life in the bottom half of the sixth.

Cara McCoy grounded out the second basemen then Alex Stankus lined a ball over the first baseman's head to get on board with one out. Next Katie Thomas hit one into center for a base hit.

The power hitting Lauren Schramm was next but Joliet wanted no part of her as they intentionally walked her. With the bases loaded Gordon laid down squeeze play to bring in the runner from third and give the Lady Chaps the lead 5-4. Erin Stankus then brought in two more runners with a base hit to make the score 7-4.

Payne retired the final three batters to end the game and give the Lady Chaps their 16 win of the season.

	1	2	3	4	5	6	7	R	H	E
Joliet CC	0	0	0	1	2	1	0	4	11	1
COD	0	2	2	0	0	3	0	7	13	2
		AB	R	H	RBI	BB	SO	PO	A	LOB
Cara McCoy, C		4	0	0	0	0	0	3	0	0
Alex Stankus, 2B		4	1	2	0	0	0	2	3	0
Katie Thomas, PH		4	2	3	0	0	1	0	0	0
Lauren Schramm, CF		2	2	2	0	2	0	3	0	0
Stephanie Clark, RF		3	0	1	0	0	1	3	0	2
Anna Gordon, RF		1	0	1	1	0	0	0	0	0
Erin Stankus, SS		3	1	2	3	1	0	2	0	3
Mollie Thayer, LF		3	1	1	0	0	1	0	0	0
Mary Jones, 3B		2	0	0	2	1	0	1	1	2
Julia Ottolino, 1B		3	0	1	1	0	0	7	0	3
Jessica Franco, P		0	0	0	0	0	0	0	3	0
Lyndsey Payne, P		0	0	0	0	0	0	0	2	0
Total		29	7	13	7	4	3	21	9	10

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Spring 2009 Sports Schedule

TRACK & FIELD

MARCH		
Wed., 1	Troll Relays	4:00 p.m.
	Trinity Christian College	
Sat., 4	Mike Poehlein Invitational	9:00 a.m.
	Purdue University	
Sat., 4	Elmhurst Invitational	10:00 a.m.
	Elmhurst College	
Fri., 10	Chicagoland Women's Championship	12:00 p.m.
	University of Chicago	
Sat., 11	Chicagoland Men's Championship	9:00 a.m.
	University of Chicago	
Sat., 18	Eagle Invitational	10:00 a.m.
	Benedictine University	
Sat., 25	Regional Championship	TBA
	Loras College	
APRIL		
Wed., 1	Troll Relays	4:00 p.m.
	Trinity Christian College	
Sat., 4	Mike Poehlein Invitational	9:00 a.m.
	Purdue University	
Sat., 4	Elmhurst Invitational	10:00 a.m.
	Elmhurst College	
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	University of Chicago	
Sat., 11	Chicagoland Men's Championship	9:00 a.m.
	University of Chicago	
Sat., 18	Eagle Invitational	10:00 a.m.
	Benedictine University	
Sat., 25	Regional Championship	TBA
	Loras College	

BASEBALL

MARCH		
Sun., 1	Illinois Central	11:00 a.m.
Sat., 7	Meramec (MO)	12:00 p.m.
Sun., 8	Forest Park (MO)	12:00 p.m.

Tue., 17	Lincoln Land	1:00 p.m.
Sat., 21	Lake County	12:00 p.m.
Sun., 22	Waubonsee	12:00 p.m.
Tue., 24	WAUBONSEE	3:00 p.m.
Wed., 25	Moraine Valley	3:00 p.m.
*Sat., 28	HARPER	12:00 p.m.
*Sun., 29	Harper	12:00 p.m.

APRIL		
Wed., 1	Oakton	6:30 p.m.
*Sat., 4	TRITON	12:00 p.m.
*Sun., 5	Triton	12:00 p.m.
Thu., 9	South Suburban	3:00 p.m.
*Fri., 10	JOLIET	2:00 p.m.
*Sat., 11	Joliet	12:00 p.m.
Sun., 12	OLIVE HARVEY	12:00 p.m.
Mon., 13	North Central JV	4:00 p.m.
Wed., 15	McHenry	3:00 p.m.
Thu., 16	MORAIN VALLEY	3:00 p.m.
*Sat., 18	Rock Valley	12:00 p.m.
*Sun., 19	ROCK VALLEY	12:00 p.m.
Thu., 23	MATC-MILWAUKEE (WI)	2:00 p.m.
Fri., 24	Elgin	3:00 p.m.
Sat., 25	Prairie State	12:00 p.m.
Sun., 26	LAKE COUNTY	12:00 p.m.
Tue., 28	Robert Morris	7:00 p.m.
Wed., 29	MORTON	3:00 p.m.

MAY		
Sat., 2	Kankakee	12:00 p.m.
Sun., 3	MATC-Milwaukee (WI)	12:00 p.m.
Thu., 7 -	Region IV Tournament	
Sun., 10	at Rock Valley	TBA
Thu., 16 -	NJCAA Division III	
Wed., 22	World Series	
	at Tyler, TX	TBA

SOFTBALL

MARCH		
Sat., 21 -	Spring Tournament	TBA
Thu., 26		
*Sat., 28	Harper	12:00 p.m.

*Tue., 31	Joliet	3:00 p.m.
APRIL		
Wed., 1	McHenry	3:30 p.m.
Fri., 3	MATC-MADISON (WI)	3:30 p.m.
*Sat., 4	Triton	12:00 p.m.
Mon., 6	Moraine Valley	3:00 p.m.
*Tue., 7	Rock Valley	3:00 p.m.
Wed., 8	Prairie State	3:30 p.m.
*Sat., 11	JOLIET	12:00 p.m.
Wed., 15	Elgin	3:00 p.m.
Thu., 16	SOUTH SUBURBAN	3:30 p.m.
*Sat., 18	ROCK VALLEY	12:00 p.m.
*Tue., 21	TRITON	3:00 p.m.
Wed., 22	at MATC-Madison (WI)	3:30 p.m.
Thu., 23	WAUBONSEE	3:00 p.m.
Sat., 25	Kankakee	12:00 p.m.
Mon., 27	OAKTON	3:30 p.m.
*Tue., 28	HARPER	3:00 p.m.

MEN'S TENNIS

MARCH		
Thu., 12	Elgin	2:30 p.m.
Wed., 25	Hillsborough (FL)	tba
Tue., 31	McHenry	2:45 p.m.
APRIL		
Thu., 2	WHEATON JV	3:00 p.m.
Sat., 4	DAVID WEBSTER	9:00 a.m.
	CLASSIC	
Thu., 9	ROCK VALLEY	3:00 p.m.
Sat., 11	Elmhurst	9:00 a.m.
Sat., 11	U. of Illinois Club team	12:00 p.m.
	at Elmhurst	
Mon., 13	WAUBONSEE	3:00 p.m.
Mon., 20	Oakton	2:30 p.m.
Wed., 22	Carthage JV	TBA
Sat., 25	REGION IV TOURNAMENT	
	at DuPAGE	11:00 a.m.

* = Conference Games
Home games in ALL CAPS

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SportsBriefs



Photo by Eli Rodriguez

The team works on technique and their serves.

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dominance in the doubles by taking all three as well. DuPage won the match with a final score of 9-0. "Historically Waubonsee hasn't had a really strong team but nonetheless it's always good to get a win especially after the losses we had against Elmhurst and the club team," said Head Coach Jim Bowers.

The Chaps next match is away against Oakton at 2:30 p.m. Monday.

Tennis Camps

The Men's & Women's COD Tennis Team will be running a Tennis Fundraiser Camp during the summer for all skill levels for ages 4-18. The camp will be held June 15 thru July 31. Kids can play for one week or for 7 weeks! There are one hour and 2 hours lessons to choose from - or attend all day! For registration information contact Jim Bowers at E-mail: bowers@cod.edu or 630-942-2800 ext. 53382.

Dance Team Tryouts

The C.O.D. dance team is looking for experienced motivated dancers to preform at halftime during football and basketball games. Tryouts will be at 8 p.m. Thursday, 23 in PE 101.

Also on Tuesday, 21 there will be a tryout workshop from 8 - 9:30 p.m. in PE 101.

For more information contact Katherine Skleba at E mail: skleba@cod.edu.

Women's Tennis

The women's tennis team will be competing at the National Championship in Tucson, Az May 2 through the 7.

The women's team will be looking for their third national title in a row winning the previous two years.

Baseball

The Chaps will have a weekend

full of baseball starting Friday. On Friday DuPage will take on Triton at 2 p.m. away in a conference match up.

Then Saturday the Chaps will be heading to Rock Valley to take on the Golden Eagles. DuPage will round up the weekend with a home game against Rock Valley at noon on Sunday.

Softball

The Lady Chaps defeated Joliet in the second game of Saturday's doubleheader. Lyndsey Payne who closed out the first game pitched all seven innings of the second game and including the extra eighth inning as well.

The Lady Chaps scored six runs on 14 hits to win the game in extra innings. DuPage's record is now 1-5 on the season and will be taking on Rock Valley at noon Saturday at home.

C.O.D. Strength Complex Open to Community Members

The College of DuPage Strength Complex is a newly expanded and renovated facility that includes more than 35 state-of-the-art pieces of strength-training equipment.

Included in the 2,800-square-foot facility are modern plate-loaded and selectorized Body Masters weight-lifting equipment and body sculpting equipment, all installed in a user-friendly layout.

Men and women of various ages

and fitness levels can use the Strength Complex to meet their strength training needs. Individual strength programs are available to those who need assistance in setting up a program.

Different levels and sections of Weight Training are offered as credit courses. Summer semester at College of DuPage begins Tuesday, May 26.

Courtesy of COD Sports Release

C.O.D. Aerobic Fitness Lab Open to Community Members

Designed for District 502 adults of all ages, the College of DuPage Aerobic Fitness Lab offers each participant a sound exercise program to develop strength, flexibility and endurance.

To help accomplish this goal the lab includes two weight circuits - isotonic and omnikinetic, rowing machines, treadmills, stationary bicycles, ski machines, stair climbers and elliptical cross trainers.

An instructor is always present to assist lab users. Wellness assessment is also a critical step in the fitness program. High blood pressure, cardiac problems, obesity, stress and chronic fatigue are just a few of the problems that wellness assessment can identify.

Aerobic Fitness Lab is offered as a credit course. Summer semester at College of DuPage begins Tuesday, May 26.

Courtesy of COD Sports Release

"There are so many different people at Benedictine University."



First impressions mean a lot, and Patrick Meadors was impressed by Benedictine University. "I knew Benedictine was a special place when I took my first step on campus. I soaked in everything Benedictine had to offer," says Meadors.

Meadors is extremely active at Benedictine. He is a member of the football team, treasurer of the Knights of Columbus, and president and founder of the Super Fan Club. He also works in the Student Activities Office and is an Orientation Leader.

Like many Benedictine undergraduates he has found a caring and giving atmosphere fostered by others in the community.

"There are so many different people here with so many different things to offer. I have met people who show true passion for their job," he says. "Teachers turn you on to new ideas, and if you put forth the effort, there is a relationship that will only benefit you in the future."

Meadors plans to remain connected to the University and help future students. "When I leave college, I will have an amazing network of lifelong friends," he says. "I plan on staying involved after I become an alumnus, especially with the football team."

Patrick Meadors - carrying the light as an active community member, and sharing it with others so that they may represent Benedictine to future generations.

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