

Athlete of the Week



Name: Elise Stough
Sport: Track & Field
Major: Undecided
Year: Sophomore
Age: 19

Q: How do you balance between being Student Body President, maintaining a high GPA and running track?

A: It takes a lot of time management and discipline.

Q: If there was one person in either sports or your major's field that you could meet, who would you choose?

A: I'd meet Steve Prefontaine. He's a great distance runner.

Q: Is there a quote that you live by?

A: Carpe Diem.

Q: Who inspires you in sports?

A: Steve Prefontaine.

Q: Do you have any advice for young players?

A: You've got to stick with it. Don't quit and leave everything you have out on the track.

Q: What was one specific goal that you set in sports and in school at the start of the semester?

A: I want to qualify in the 800-meter race and the 400-meter race. I'd also like to qualify in the 200-meter race.

Q: Have you won any academic awards?

A: I'm an Honors Scholar. I also have scholarships to four-year universities for when I transfer out of here.

Q: Have you won any athletic awards?

A: As a team we were second place last year at nationals.

Q: Where do you want or plan to transfer?

A: I haven't decided. I'm waiting until the last moment to decide.

Spring '09 Schedule

MEN'S BASEBALL

MARCH

Sat., 6 at STLCC-Meramec
 Sun., 7 at STLCC-Forest Park
 Sat., 13 at Southeastern Illinois
 Sun., 14 at Lakeland
 Wed., 17 at Iowa Lakes
 Sat., 20 MORTON
 Sun., 21 at Black Hawk
 Sat., 27 OAKTON
 Sun., 28 at Triton

APRIL

Thu., 1 at McHenry C.C. 3:00 p.m.
 Fri., 2 at Madison Tech 1:00 p.m.
 Sat., 3 KANKAKEE 12:00 p.m.
 Wed., 7 at Lincoln Land 1:00 p.m.
 Thu., 8 at South Suburban 3:00 p.m.
 Sat., 10 OLIVE HARVEY 12:00 p.m.
 Sun., 11 at Harper 12:00 p.m.
 Thu., 15 MCHENRY 3:00 p.m.
 Sat., 17 SOUTH SUBURBAN 1:00 p.m.
 Sun., 18 at Milwaukee Tech 12:00 p.m.
 Wed., 21 at Elgin 3:00 p.m.
 Thu., 22 at Moraine Valley 3:00 p.m.
 Sat., 24 PRAIRIE STATE 12:00 p.m.
 Sun., 25 ROCK VALLEY 12:00 p.m.
 Tue., 27 MORAIN VALLEY 3:00 p.m.
 Thu., 29 ILLINOIS VALLEY 3:00 p.m.

MAY

Sat., 1 JOLIET 12:00 p.m.
 Sun., 2 at Joliet 12:00 p.m.
 Thu., 6 LAKE COUNTY 3:00 p.m.
 Sat., 8 at Waubensee 12:00 p.m.
 Sun., 9 at Lake County 12:00 p.m.
 Th-Sun 13-16 Region IV Tournament
 Sa-Fr., 22-28 NJCAA Div. III World Series

TRACK AND FIELD

MARCH

Fri., 5 Gill Athletics Last Chance Meet 4:00 p.m.
 Carthage College

Fri., 12 or Thu., 18

COD Intersquad College of DuPage tba

Fri., 26- Sat., 27

Viking Olympics 3:00 p.m.
 12:00 p.m.

Wed., 31

Troll Relays Trinity Christian College 4:00 p.m.

APRIL

Fri., 2- Sat., 3 Mike Poehlein Invitational 3:00 p.m.
 Purdue University 10:00 a.m.

Sat., 3

Elmhurst Invitational 10:00 a.m.

Fri., 9 Sat., 10

Chicago Women's Championship 12:00 p.m.
 Chicago Men's Championship 9:00 a.m.
 University of Chicago

Sat., 17

Eagle Invitational 10:00 a.m.

Wed., 21

Region Events College of DuPage tba

Sat., 24

Regional Championship Loras College 10:00 a.m.

WOMEN'S SOFTBALL

MARCH

Thu., 11 - Mon., 15 COCOA Expo Spring Tournament
 Mon., 29 TRINITY CHRISTIAN 3:00 p.m.
 Wed., 31 at Moraine Valley 3:00 p.m.

APRIL

*Sat., 3 MATC-MADISON 12:00 p.m.
 *Tue., 6 HARPER 3:00 p.m.
 Thu., 8 at Kankakee C.C. 3:00 p.m.
 Fri., 9 PRAIRIE STATE 3:00 p.m.
 *Sat., 10 at Rock Valley 12:00 p.m.
 Thu., 15 JOLIET 3:00 p.m.
 Fri., 16 at South Suburban 3:30 p.m.
 *Sat., 17 TRITON 3:00 p.m.
 Tue., 20 at Harper 3:00 p.m.
 Fri., 23 ROCK VALLEY 3:00 p.m.
 Sat., 24 at Joliet 12:00 p.m.
 Wed., 28 KANKAKEE 3:00 p.m.
 Thu., 29 WAUBONSEE 3:00 p.m.
 Fri., 30 ELGIN 3:00 p.m.

MAY

Fri., 7 - Sat., 8 Region IV Tournament tba
 Tue., 11 District Playoff
 Thu., 20- Sat., 22 NJCAA Div. III Nationals tba

MEN'S TENNIS

MARCH

Thu., 18 at Elgin 3:00 p.m.
 Thu., 25 AURORA 3:00 p.m.
 Sun., 28 Spring Break Trip (Clearwater, FL)

APRIL

Wed., 7 at Oakton 3:00 p.m.
 Fri., 9 at McHenry 1:30 p.m.
 Sat., 10 DAVID WEBSTER CLASSIC 9:00 a.m.
 Mon., 12 CONCORDIA 3:00 p.m.
 Wed., 14 at Rock Valley 3:00 p.m.
 Thu., 15 at Elmhurst 3:00 p.m.
 Fri., 16 at Rock Valley tba
 Mon., 19 at Waubensee 3:00 p.m.
 Thu., 22 BENEDICTINE 6:00 p.m.
 Sat., 24 Region IV Championship 1:00 p.m.
 at Rock Valley
 Thu., 29 Carthage (scrimmage) tba

MAY

Mon., 10- Fri., 14 NJCAA Division III National Tournament at Plano, Texas

We like to give every student at COD an opportunity to play tennis for their school. COD is very supportive to our program and if anyone would like to represent COD on the tennis court, please contact Coach Jim Bowers at bowers@cod.edu or 630 942 2800 ext. 53382.



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