

# Team Looks to Take Momentum from Inside to Outside

By Cole Schuessler

Concordia St. Paul's continually improving Track and Field program has had success in the indoor season – and now looks to continue that success as they take to the outdoor events. The Golden Bears are wrapping up the indoor season with the DII national championships March 11–12 at Pittsburg State in Kansas. After starting the indoor season on December 5 in Mankato at the Chuck Peterson Open, the team has showed progress throughout the season and now looks to finish strong and carry over their success to the outdoors. Concordia's outdoor season will start March 26 at the Emporia State Spring Open.

The indoor and outdoor seasons contain most of the same types of events, but there are some differences. The main changes are in the length of the running events and types of throwing events. Javelin and discus are added in the outdoor season, and weight ball throw is replaced with the hammer throw. The 60m dash transitions to the 100m, while a 10k is added on the outdoor track as opposed to just the 3k and 5k indoors. There are also various relays added during the outdoor season that are not part of the indoor meets. The 3000m steeplechase is another interesting addition outdoors, as the athletes run over hurdles similar to those in horse races, including one that has water trailing it.

Concordia has some athletes to watch as the indoor season closes out and the outdoor season begins. On the women's side Wakpor Ighovojah, a sophomore who competes in many events, has a had a



successful indoor season highlighted by a first place finish at the University of St. Thomas Invite in the 60m hurdles. Erica Young, another multi-event athlete, helped the Golden Bears place 3rd in the 4x400m relay along with Ighovojah. Gloria Williams, a junior sprinter who competes most often in the 60m and 200m races, compiled five 1st place finishes in January.

On the men's side Tyler Naumowicz, February's athlete of the month, leads the way. Naumowicz competes in many different events and showed his versatility as he won the heptathlon (event comprised of sprints, throws, and jumps) at the Jack Johnson Classic. The men's 4x400 team is also a skilled part of the squad. Senior, David Stanley; Junior, Vantwon Melton; freshman, Mohamed Malim; and Naumowicz make up the relay team poised to make run at the conference championship. "They all also have the potential to qualify for the final in an individual event at in the conference meet," said head track coach Sam Johnson. "We would look to have those guys carry that momentum into the outdoor season as well.

As the indoor season wraps up and the outdoor season comes closer on the horizon, Johnson has been impressed with the development of his individual athletes. "I really don't consider anyone a freshman anymore on our team," the head coach stated. "We've all got some experience now." The team looks to continue to develop and use the experience they have gained as they head to the outdoor track and field. Concordia's spring season will open in Kansas at the ESU Spring Open and finish with the DII Championships on May 26–28 in Florida.

## Concordia St. Paul Training Staff

By Jake Kounkel

The Concordia Golden Bears training staff, led by head trainer Ted Trzynka, is one of the best in the Northern Sun Intercollegiate Conference. With Trzynka at the helm, it's easy to see why. Trzynka has served as head athletic trainer at Concordia since 1999 when the University decided to move to the NCAA Division II level. He used to work as a graduate assistant and clinical instructor at Kansas State University, which is an elite-level Division I school. There, he had the opportunity to work the 1997 Fiesta Bowl and the 1998 Alamo Bowl. On top of that, he was the lead athletic trainer for the 1998 Big 12 Conference Track and Field Indoor Championships. He holds an athletic training degree from the University of North Dakota and a master's degree in education from Kansas State.

Trzynka has worked with some of the most elite athletes in the world, on the biggest stages, and he boasts some impressive credentials. However, if you ask somebody about Ted, they won't tell you where he's worked and where he got his degrees. You'll find out how likeable of a person he is, and how good he is at his job. Being an athlete that's almost always in the training room for one issue or another, and after talking to a plethora of other "usuals" in the training room, we all know we can trust Ted, or anybody who works for Ted, with our highly fragile bodies.

His assistant, Brian Johnson, was hired as a full-time assistant athletic trainer at CU in 2007 after serving two years as a graduate assistant here at Concordia. Brian serves as the primary trainer for women's volleyball, men's basketball and men's baseball, even though he helps out with every athlete that goes into the training room. Johnson is another highly qualified and friendly trainer who no athlete has any problem approaching.

Ted and Brian wouldn't be able to do everything they do without the help of Kari Johnston, the graduate assistant who attends practices every day for the baseball and softball programs. Kari helps out a lot around practices and traveling with teams.

The training staff at Concordia are all friendly and easy to talk to. Nobody has ever said anything negative about the training staff because there isn't a negative thing about them. They're always going out of their way to help and support injured and hurt athletes, and accommodating them as necessary. It's not common to come across people like them in everyday life, and we're lucky enough as a school to have them on staff.