

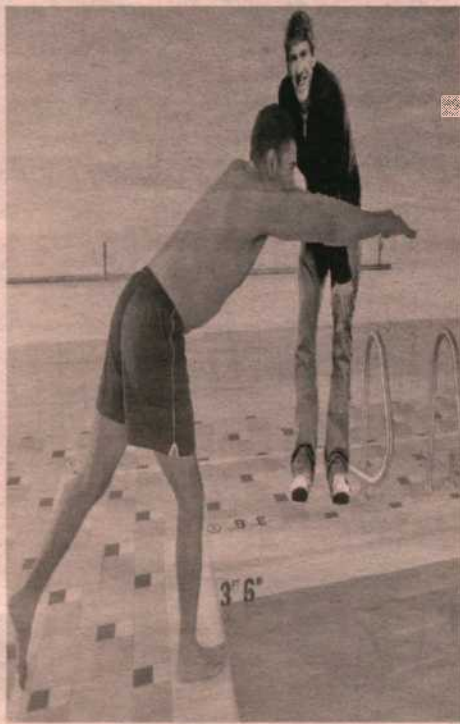
Just For Laughs: CU Swimming Meets with Phelps

Concordia's Swim Team spends a day with 14-time Gold Medal Winner

By C. Cody Wilcoxson

St. Paul, Minn.— On Saturday, November 13th the Concordia Swim Team was surprised at practice by Olympian Michael Phelps. The 16-time Olympic medal winner, including a record 14 gold medals, walked into LA Fitness while the team was beginning their practice session on Saturday. Phelps, a Baltimore, MD native, was in the Twin Cities swimming in the Minnesota Grand Prix, the first event on a seven-stop tour that will prepare Phelps, fellow U.S. Olympian Ryan Lochte, and other swimmers for next year's World Championships in Shanghai.

Phelps had Saturday afternoon off from the Grand Prix that



went from November 12-14, and decided to pop in on the collegiate practice session. Senior butterfly specialist William Lange was the first to spot Phelps as he was about to dive in to the pool. Lange said, "I couldn't believe it! At first I thought it couldn't be him, but I kept staring, and it was definitely Michael Phelps." Lange alerted teammate T. G. Schoenberg who was also preparing to enter the pool for practice. Schoenberg said, "I wanted to run over and shake his hand, but I didn't know if we were allowed to. I didn't want

coach to get mad for us not being in the pool on time, even if Michael Phelps did just walk in the natatorium."

Phelps was introduced to head swim coach Eric Dregni through a mutual friend at the 2008 Olympic Trials in Omaha, NE, and decided to check in on the team's preparation for the upcoming season and maybe share some words of wisdom.

Dregni said, "He just talked to the guys about what it takes to compete at the world-class level. Practicing and dieting were the big things he touched on. I really think our guys can get a lot better from listening to Michael talk." Lange talked about listening to Phelps speak saying, "It was awesome to listen to Phelps speak, and he told us all about his special diet. He said the way to be the best possible swimmer is to eat 4,000 calories a day. He said he eats two or three Big Mac's after each swim session."

The team was surprised with the Olympic champion's eating regimen, but most did say that after practice they would be heading to the nearest McDonald's to give it a try. The swim team will get to put Phelps' advice to work when they host the Concordia University Aquatic Jamboree to start the swim season at LA Fitness this Saturday, December 4th. Races begin at 9am for the meet that will include the University of Hawaii, the University of Florida, Ohio State University, and cross-town rivals the University of Minnesota.

Photo credit: Cory Roldan, Cody Wilcoxson

Hard Knock Season CU Soccer falls short of preseason goals

By Phil Barlow

The Golden Bear's Soccer Team had a season filled with ups and downs. Their goals were to have a winning record and to make play offs, but they fell short of both. Their season record was 5 - 11 - 1 and they finished 11th overall in the NSIC. Early on in the season, Coach Joe Alianiello became the winningest coach in the team's history. Even though this season was not exactly what the team was hoping for, it is a good experience for their young team. They relied on a large amount

of freshmen this past season to play a significant role. The experience that they gained this past season should really help them next year. Replacing Lauren Nelson, Brittany Brandt, Sarah Sather, and Kari Janes (who was All Conference Honorable Mention) will be a tough task. The team is returning a strong nucleus of players that should help overcome the loss of the seniors. Some of the players to watch next season are goalie Kayla Kuczaboski, defensive specialist Chloe Moore, mid fielders Chloe Weinberg and Savannah Nolen, and forwards Arielle Stimson and Brittany Kapala. This is just a short list of the returners who played important roles in last season. With all of the experience returning and the sour taste from last season you can expect a highly motivated squad that's going to surprise some folks in the NSIC. Returning offensive power-house Arielle Stimson gave her predictions for next season: "Next year is going to be completely different mentally, which is going to result in a successful season."



Men's Hoops Tips Off By Aaron Krason

The 2010 men's basketball season is in full swing. This year's team will have several familiar faces as well as a couple of new additions. They return seven seniors and three juniors. This year's team is led by senior captains Andrew Kuderer and Chris Hamblin. They are also returning several notable pieces of last year's squad. They return both of their interior starters. Dan Vandervien and Brent Barz, look for these two players to provide a physical presence to this year's team. Their near seven-foot frames give the team a unique size advantage for this year's team. Many teams in the NSIC won't be able to provide an answer to type of match up. Brent was a force in the post last season, leading the team in rebounds per game and garnered second team all conference for his efforts. These two savvy starters will out man their upcoming opponents. Concordia also welcomes

a couple of new additions that are expected to immediately contribute, transfers Kenny and Peter Olafeso. These twins have the skill set to be able to shut down most guards they will face this season. Last year's quick exit from the conference tournament left a sour taste in the mouth of the team and their fans. The expectations of the players are much higher coming into this season than they have been in recent years. This year's team is looking to prove to the rest of conference that their initial preseason ranking of seventh is too low. This relatively low ranking has set a small fire under the team. Senior Matt Hackl discussed how this ranking has acted as a form of motivation "to go out and earn everyone's respect." It has served as a catalyst to unite the team. CU started off their exhibition season on a relatively positive note. Their first exhibition contest against the University of River Falls raised a few eyebrows because of how close the score was. Hackl attributed the closeness of this game because they "posed a unique matchup problem that we don't often see in the NSIC by playing four guards and forcing our big men to match up to slashers and shooters." The team rebounded nicely in their final exhibition game with an eighteen point shellacking against Hamline. The team plays two home games in December before winter break begins. They play Mankato on the 10th and Southwest State 11th. Do not miss these heated rivalries.

