

CSP's Softball Sweetheart

Bekah Roth

By Amanda Och

Bekah Roth has a life-long dedication to the sport of softball. Her father played on a Police Lawmen National team, so "[she's] been around the game since she could crawl." Growing up in Shoreview, Minn., Roth began playing at age 6, but her true commitment came at age 11 when she quit competitive dancing in order to focus 100% on softball. The best part about softball, in Roth's opinion, is "the fact that softball is more than just a game and can teach me things that I will use my entire life such as competitiveness, team work, and independence." After playing at Mounds View High School, Roth followed in her sister's footsteps to play college ball, and now plays second base here at Concordia.

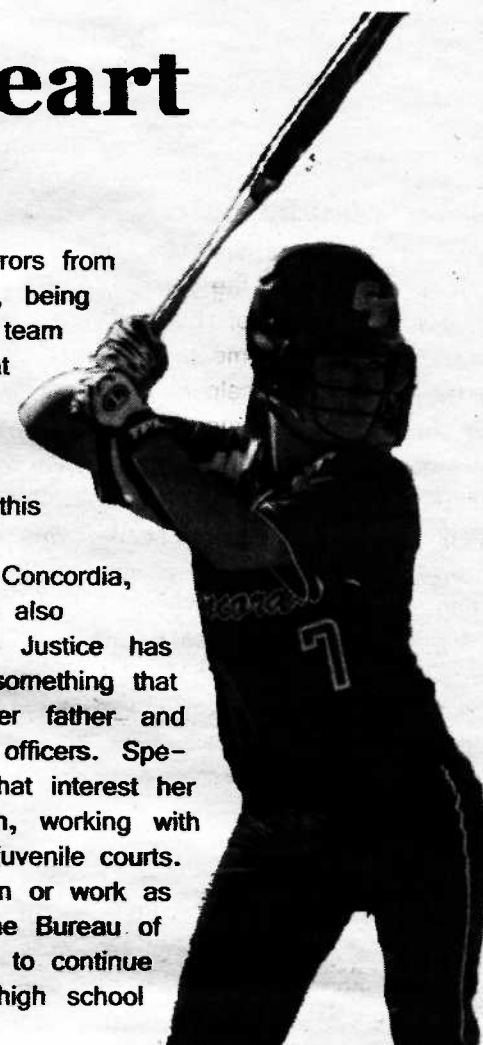
Following their 33-23 spring 2012 record, Bekah and the rest of the team are excited for the new season to start. Between seasons, the girls lifted three days per week, conditioned once a week, worked in small groups with their coach, as well as individual training. The team is currently preparing for spring ball with lifting twice per week and team yoga each Friday, in addition to practice. "Individually, I've been working on some cardio and hitting on my own," states Roth.

The team's goal for this season is to make is back into the Sweet 16 again, as they did in the 2012 season. Roth states that she has obvious goals such as winning, hitting homeruns, but the team is "focusing on the phrase 'get better' which our coach implemented the first day of practice." Roth herself would like to increase her batting

average and lessen her fielding errors from last year. "But more than that, being conference champs is what the team is aiming for!" Roth assures that the team is already looking very promising: "We show up every day ready to work and have great team chemistry. I am hopeful for this year!"

Roth, currently a junior at Concordia, is a Criminal Justice Major and is also minoring in Sociology. Criminal Justice has always been a passion of hers; something that has been passed down from her father and older sister who are now police officers. Specific areas within criminal justice that interest her include criminal scene investigation, working with drug enforcement, or working with juvenile courts. She hopes to one day either intern or work as a detective or solving crimes at the Bureau of Criminal Apprehension. Roth hopes to continue her love of softball by coaching high school softball after she graduates.

Photo Credit: Concordia University



Clearing His Hurdles

Zach Pederson breaks his record

By Betsy Baldrige

"I have been working to break this record for four years. When I finally broke it my first reaction was: finally." Zach Pederson recently broke Concordia's 60 meter hurdle record. He wiped out the previous time of 8.52 seconds with a low time of 8.42 seconds at Bethel and then wiped it out again at the conference meet with a time of 8.38 seconds. The 60 meter hurdle is all about getting out fast and this was a weakness for him. Pederson and his coach were excited to be successful in this event. He had determination and motivation that helped him improve and finally beat the goal that he had set for himself.

Pederson had major setbacks his freshman year due to injuries. The height level on the hurdles is raised in the collegiate level and he had to work on increasing his flexibility and strength. He was able to achieve this goal by consistent practice, even in the offseason. Setting short-term and long-term goals kept him focused on what he wanted to achieve. He even used the help of videos and books to get him where he is today. Pederson gives credit to two coaches that have helped him the most. His sophomore hurdle

coach Luke Sulovich and his current head coach Sam Johnson contributed immensely to get him where he is at today. Sulovich helped him develop all of his workouts and drills for hurdles that he still uses to this day. Head Coach Sam Johnson has helped him develop most of the 400 meter hurdle workouts and he has used these since he was a sophomore.

Pederson looks forward to the 110 meter high hurdles this season. He was able to break the record his freshman year and feels very confident that we can see good times for this event. If he can get down to mid to high 14 seconds, he will qualify for nationals and will be able to place high at the outdoor conference championships.

Pederson stays successful in track by focusing on his goals and not letting things get in the way. He has a routine before races that help him focus on the goal ahead of him. He has rituals like getting a good night sleep, wearing short black socks and hanging out with the guys the night before the race. A strong freshman class is something that Zach wants to see in the future for Concordia track. Although this may be his last season, we can expect to see more of him after the spring.

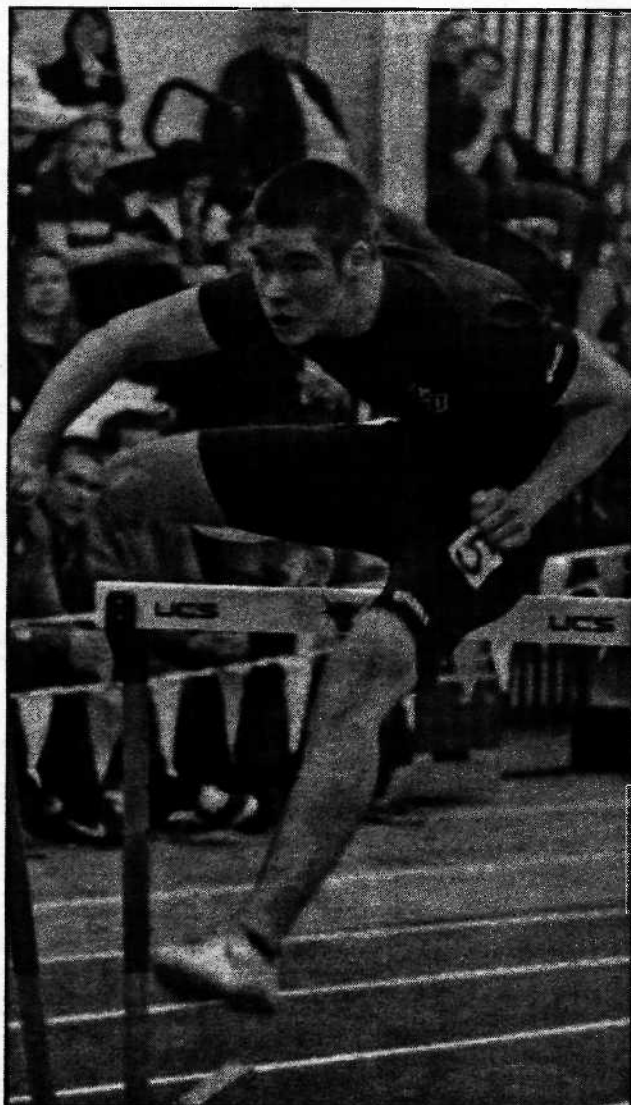


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