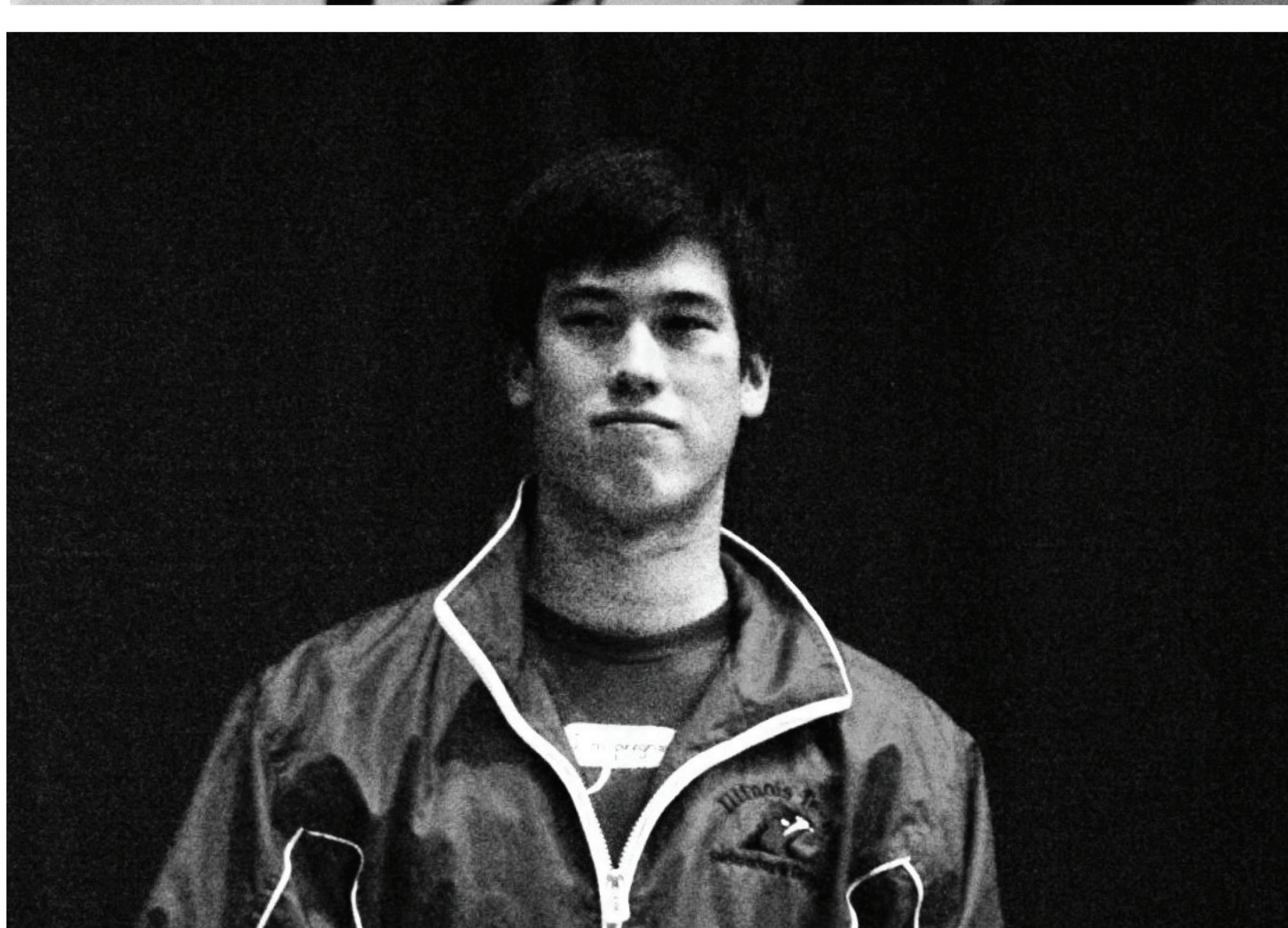
Swimming and Diving finish strong at Nationals







(Photos courtesy Melanie Koto)

By Melanie Koto STAFF WRITER

The Scarlet Hawks Swimming and Diving teams have officially concluded a very long season after competing in the 2011 NAIA National Swimming and Diving Championship meet over the weekend in St. Petersburg, Missouri. The Women's team finished in fourteenth place out of nineteen teams, and the men finishedseventh out of seventeen. The meet lasted from Wednesday, March 2 through to Saturday March 5, leaving the team exhausted and glad for a break.

Wednesday, March 2

The meet began with the Men's 3-meter springboard and Women's 1-meter competition. Sophomore Ian McNair took 3rd in the men's 3-meter, finishing with a final score of 275.50.

Thursday, March 3

Swimming officially began on Thursday with the 200 yard medley relay. The Women's team of juniors Andrea Zuniga and Julia Duarte, freshman Aimee Dewante, and junior Melanie Koto took 15th with a final time of 1:55.22, while the Men's team of sophomore Matthew Rosenfeld and Eric Grunden, junior Keiji Halloway, and sophomore Max Ramminger took 6th with a final time of 1:33.33. Grunden finished 16th in the Men's 50 yard freestyle for the team with a time of 21.47, while Ramminger took 6th place overall with a final time of 20.65. The Women's 800-yard freestyle relay of Dewante, Zuniga, freshman Abby Maze, and Koto took 11th with a final time of 8:06.92, and the Men's team of Grunden, freshman Felipe Bergh, sophomore Michael Keane and freshman Yoni Pruzansky finished 8th with a final time of 6:59.41. McNair finished 3rd on the men's 1 meter board as well with 248.85 points.

Friday, March 4

The Women's 200-yard freestyle relay team of Koto, Maze, Zuniga and Dewante took 15th with a final time of 1:44.24, and the Men's team of Pruzansky, Grunden, Keane and Ramminger took 6th with a final time of 1:25.49. In the Women's 400-yard IM, Dewante took 15th finishing with a final time of 4:44.64, and in the Men's event, senior Joe Muchna took 16th with a 4:11.53, while freshman Michael Bodzay took 9th with a 4:06.30, re-setting the school record that Muchna had held from last year. In the Men's 100-yard butterfly, junior Keiji Halloway finished 13tj for the Men's team with a final time of 50.86, and freshman Yoni Pruzansky finished 6th in the 200 yard freestyle with a 1:41.97. Grunden took 9th in the Men's 100 yard breaststroke, with a final time of 57.63, followed closely by Ramminger, who finished 10th with a 57.85. The final relay, the 400-yard medley relay, saw the Women's team of Zuniga, Duarte, Dewante and Koto finishing 12th with a final time of 4:09.05.

Saturday, March 5

Bodzay started the final day of the meet off taking 13th in the Men's 200-yard backstroke with a 1:54.26, and claiming his 2nd team record of the meet. The previous record had been set more than 20 years ago and was the last record still standing from before the 2001-2002 season. In the Men's 100 yard freestyle, Ramminger finished 12th with a final time of 46.33, and in the 200-yard breaststroke, Grunden finished 15th with a 2:10.24. Dewante took 16th for the Women's team in the 200-yard butterfly with a 2:20.99, while Muchna finished off his senior swimming career with the event, taking 12th with a 1:54.09. The final event, the Women's 400-yard freestyle relay, the team of Dewante, Maze, Zuniga and Koto finished 13th with a final time of 3:44.81.

Meet your plyometrics instructor

By Ashlie Ingold

STAFF WRITER

The plyometrics class at Keating Sports Center is taught by instructor Tony Saddy. Plyometrics is not only for athletes, but for anyone who wishes to work on their speed, powerful movements, and improve the functions of their nervous system, generally for the purpose of improving performance in sports. Plyometrics movements, in which a muscle is loaded and then contracted in rapid sequence, use the strength, elasticity and innervation of muscle and surrounding tissues to jump higher, run faster, throw farther, or hit harder, depending on the desired training goal. This past week, I was able to interview Tony about his experiences in teaching plyometrics.

How long have you been teaching Plyometrics? I've been training athletes in plyometrics, balance, strength and flexibility for 11 years.

How long have you been teaching Plyometrics at IIT? I've been at IIT for the last year and a half...training baseball, volleyball, soccer and student body members.

What do you like about teaching Plyometrics here? I love the variety of students that come to the plyometrics classes at IIT. They all have a variety of areas they want to improve, and I enjoy supporting them with it.

What are the benefits to taking a Plyometrics class? The benefits of taking plyometrics are endless! Benefits include; explosive power, stamina, strength, balance and coordination to name a few; weight loss and increased metabolism as well!

How did you get into Plyometrics? I've been an athlete my whole life. Plyometrics was the way me and my friends trained ourselves back when I was a pre-teen. I continually honed my skills after that into the training arena.

What do you hope to accomplish by teaching Plyometrics? What I hope to accomplish at IIT with plyometrics is a better more prepared athletic group. Athletes who

have more strength, balance, and stamina play better, longer.

Who was your main influence to begin teaching Plyometrics? My main influences deal with the "end game." What I mean by this is most athletic contests are won in the last minutes of the game. In order to finish games, you must have the stamina and skill to close!

Do you teach outside of IIT and where? I have a variety of clients ranging from ages 17-72. I train them in a variety of ways from strength, weight loss, stamina, plyometrics and flexibility. I also do some post-rehabilitation work in collusion with a few doctors in Chicago.

What days and times are your classes at **Keating?** Currently, we have class at 9 p.m. on Tuesday evenings. I've also worked in some alternate classes for the athletic teams.

New Head Men's Soccer Coach almost chosen

By Graeme Port

SPORTS EDITOR

Over the past two weeks, five coaching candidates have been interviewed for the vacant head Men's Soccer coaching position at IIT. The five candidates - Greg Gidman, Roberto Giannini, Andrew Lee, Sam Schroeder, and David Strother - were interviewed by Athletic Director Enzley Mitchell, and the departments five varsity sports coaches.

As well as the coaches, the Men's Soccer players were also given the opportunity to speak to each of the candidates, to question them on numerous soccer related issues. The appointment of one of the five interviewed coaches should be announced sometime this coming week.

Make sure you pick up a copy of Tech-News next Tuesday to see who the department appoint as the new head Men's Soccer coach.