Cross country running strong after losing seniors

By Melanie Koto STAFF WRITER

This year, the Scarlet Hawks Cross Country team is welcoming a lot of new faces. The team graduated five seniors in 2010, but welcomes twelve new members to the team for the Fall 2011 season.

The team has already competed in an invitational one on the 3rd of September, where the Men's team finished 7th out of 16, and the Women's team finished 4th out of 12.

Freshman Abby Jahn gave a strong performance for the Lady Hawks, finishing in 3rd place overall (15:30) in the 4-km race.

The Ladies also saw three other top performances by Courtney Rouse, Maddy Jensen and Kira Vincent. For the Men's 6-km race, senior Wes Villalobos finished 34th (21:01) to score for the team.

When asked what his outlook for the team is, Coach Kopinski commented, "We always aim for the top 2 in conference.

Last year we finished 5th for both men and women, but we are in arguably the 2nd or 3rd toughest conference in the nation, so we will just aim to be as competitive as possible."

In terms of training, Coach Kopinski maintains the same strategy, "Train hard, get used to racing tired, and leave it out on the course. No regrets."

The team will be competing again in Libertyville, IL on the 24th of September.





Images courtesy of Illinois Tech Athletics

Women's volleyball wins first conference of season

By Kayla Heller

TECHNEWS WRITER

The Illinois Tech Volleyball team (5-8, 1-0) picked up its first conference win of the season on Tuesday September 6 as they defeated Trinity International in four sets (25-23, 24-26, 25-17, 25-23).

Sophomore Kate Kendall, one dig shy of a double-double, lead the Hawks with 12 kills and nine digs. Senior Kayla Heller chipped in 11 kills, and junior Mariska Vandenbergh added 9 of her own. Freshman Shea Manley recorded a career-high five aces in the victory.

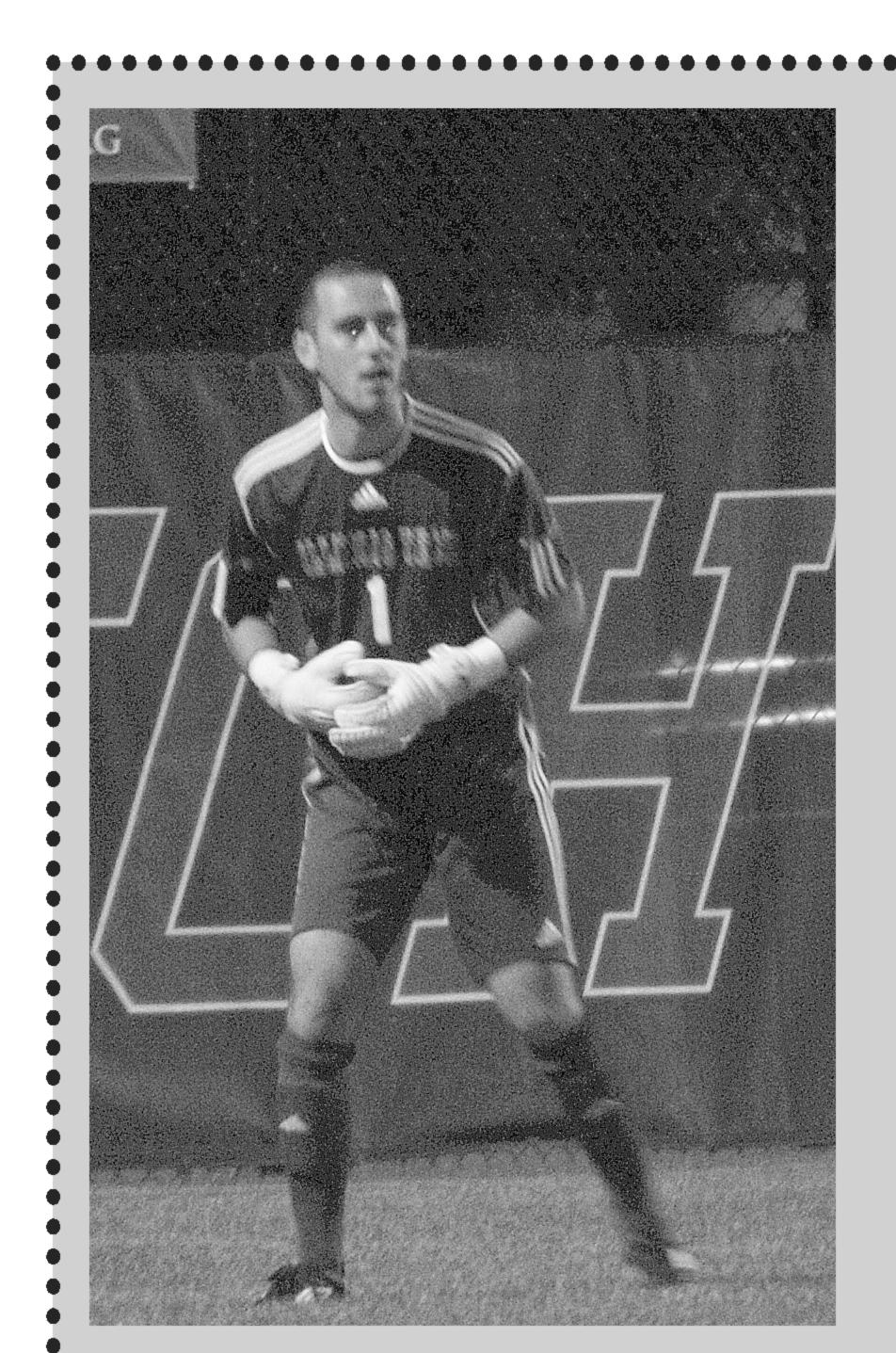
Sophomore libero Brittany Mead registered her seventh match in a row of double-digit digs, finishing with 16 for the match.

"Anytime you can win a conference match, especially on the road, it makes you feel good," commented Head Coach Jacqui Gatt after the match. "We've been making great progress, but we still have a long way to go."

The Hawks then traveled to Livonia, MI to play in Madonna University's 2011 Julie Martin Memorial Tournament. The Hawks



Image courtesy of Illinois Tech Athletics



Athlete Spotlight Sam Wistanley

Name: Sam Winstanley

Year: Senior

Major: Business Administration

Sport: Men's Soccer. **Position:** Goalkeeper.

Favorite thing about your sport:

"Being part of a winning team and the camara-

derie it brings."

What you like best about the fans at your

games:

"It's nice to see people from the IIT community

come and support the guys." Favorite thing to do on Campus:

"Use the computers in the MTCC to visit my favorite website: www.robert-rixer-doingthings.tumblr.com"



opened up their day with a sweep of Rochester College (25-11, 25-22, 25-17) on Friday afternoon (Sept 9).

Heller led the Hawks with nine kills to go along with a .467 attack percentage, three service aces and a block. Manley chipped in with a career-high seven kills, while junior Rebecca Bograd led all players with 31 assists in the victory. Mead registered a game high of 14

In the next game, IIT faced one of its toughest opponents on the year, with the team falling in three to host (Nationally Ranked #19) Madonna University (15-25, 13-15, 19-

MU out-hit IIT .330 to .055. Heller and Manley led the Hawks with five kills apiece, with Heller also contributing two service aces.

The Lady Hawks wrapped up the weekend by dropping both matches on Saturday (Sept 10). Despite a 13-kill performance from Heller, IIT saw 18 tie scores and six lead changes but could not stop Daemen College, as the team fell 21-25, 17-25, 24-26. Bograd dished out 28 assists while Mead tallied a match-high 17 kills.

IIT then fell to Walsh University (21-25, 18-25, 19-25) during their second match of the day.

The Hawks were led by Vandenbergh, who registered six kills and three blocks in the defeat. Bograd posted 23 helpers and digs while Mead and sophomore Roma Mirutenko collected 11, and 10 digs respectively.

For her efforts, Rebecca Bograd was named to the 2011 JMM All-Tournament team, after finishing the weekend with 103 assists, 17 digs, four blocks and three service aces.

Illinois Tech is on the road once again on Tuesday (Sept 13) against cross-town conference rival Robert Morris University. The match up between the two teams will take place at Attack Athletics at 7:00 PM.