

Introducing new intramurals director, Mike Vander Heyden

By Jennifer Agosto
TECHNEWS WRITER

IIT welcomes Mike Vander Heyden as the new Director for Intramurals and Recreation. In his first year here Vander Heyden has focused on bringing back many of the classes students have enjoyed in past years, along with

new classes and tournaments based on what students have said they wish to see brought to Keating.

Prior to coming to IIT, Vander Heyden spent 4 years at Roosevelt University where he was the Coordinator of Recreation and Wellness. He managed the student center and all recreational programming including intramural sports, club sports, fitness classes and wellness programs.

Prior to his time at Roosevelt, Vander Heyden was a Graduate Assistant for Intramural Sports and Athletic Facilities at Rose-Hulman Institute of Technology.

At Rose-Hulman, he ran a vast intramural sports program that averaged over 1100 student/faculty/staff participants.

During his time at Rose-Hulman, Vander Heyden earned a Master's Degree in Recreation and Sport Management from In-

diana State University, both located in Terre Haute, IN.

The Indiana native was an undergraduate student at Ball State University where he earned his Bachelor's Degree in Sports Administration with a minor in management. In his words, "not too many people can say they enjoy what they do for a living, but I can say that I truly do."

Swimming and diving shine at UofC Invitational

By Melanie Koto
SPORTS EDITOR

The Scarlet Hawks swimming and diving teams wasted no time getting the new semester started in terms of competition. Both the men's and women's teams have competed twice this semester, most recently at the University of Chicago Invitational. The meet consisted of three sessions spread out over two days, making for an exhausting, yet worthwhile, weekend for the teams.

The men's team finished 5th of 10 teams over the weekend, while the women's team took 8th of 11, with excellent performances across the board for both teams.

The women's 200 yard freestyle relay team finished 9th overall with a season best of 1:49.49 (seniors Melanie Koto, Andrea Zuniga, Morgan Curran and sophomore Abigail Maze), while the men's teams took 5th with a 1:29.18 (junior Eric Grunden, senior Dylan Maus, sophomore Michael Bodzay and senior

Max Ramming) and 12th (1:37.60, freshman Igor Gryniv, seniors Michael Lutgendorf, Ryan Tapak and freshman Dan Sommerfeld). In the 500 yard freestyle, Maze finished 17th with a 5:56.02, while sophomore Felipe Bergh finished 6th for the men's team (5:05.04) and Tapak finished 12th (5:31.70). Junior Aimee Dewante took 11th overall for the women's team in the 200 yard IM, while Grunden nabbed 2nd for the men's team (2:00.32) and Bodzay finished 8th (2:05.07). Sommerfeld and Gryniv finished 17th and 18th, with final times of 2:18.06 and 2:25.99 respectively.

In the women's 50 yard freestyle, Koto placed 14th with a 25.86, and Ramming impressed with a 1st place finish for the men's team (21.35). Sophomore Yoni Pruzansky took 9th overall in the event with a 22.41 and junior Matthew Rosenfeld placed 16th (23.06). In the 400 yard medley relay the women's team of Zuniga, Curran, Dewante and Koto finished 10th (4:27.72), while the men's team of Rosenfeld, Grunden, Bodzay and Ramming took 4th (3:37.64) and the team of Bergh, freshman Billy Bafia, Gryniv and senior Tomasz Chojnacki finished 11th

(3:56.25). In the men's 1 meter diving, junior Ian McNair finished 5th with a final score of 427.70, senior Jeff Reilly finished 11th with a 304.85, and freshman Dane Christianson finished 14th with a score of 239.00.

In the 400 yard IM, Curran finished 14th with a final time of 5:13.38, while Bergh placed 9th for the men's team with a 4:31.71. Bodzay took 5th in the men's 100 yard butterfly with a 54.07, and in the women's 200 yard freestyle, Koto placed 11th (2:05.14) while Chojnacki finished 14th for the men's team (1:54.69).

In the 100 yard breaststroke, senior Julia Duarte placed 10th for the women's team with a 1:11.96, while on the men's side Ramming and Grunden raced to the finish, placing 2nd and 3rd (1:00.23 and 1:00.24 respectively). Bafia finished 8th in the event (1:04.16), while freshmen Matt O'Rourke and Sommerfeld raced to a tie for 13th (1:07.33).

In the 100 yard breaststroke, Zuniga finished 15th for the women's team (1:08.23) while Rosenfeld finished 8th for the men's team (56.06) and Bodzay finished 13th (57.10). The men's 800 yard freestyle relay team of Grunden, Bergh, Chojnacki and Bodzay finished 6th with

a 7:28.98 while the team of O'Rourke, Gryniv, Tapak and Bafia finished 11th (8:20.86). Tapak also finished 12th in the mile with a 20:03.63.

For the men's 3 meter diving the divers placed consistently, with McNair finishing 5th (459.30) and Reilly in 11th with a score of 254.90. In the 200 yard backstroke, Rosenfeld finished 13th with a 2:05.87, while Ramming finished 3rd in the men's 100 yard freestyle (47.37), Pruzansky finished 17th (50.73) and O'Rourke finished 18th (50.92).

Duarte finished 10th in the women's 200 yard breaststroke with a time of 2:39.06 while Curran took 17th (2:48.25), and Grunden placed 3rd in the men's event with a 2:14.54. Bergh took 10th overall, with a 2:21.82, Bafia 12th (2:25.24) and Sommerfeld 15th (2:28.14). In the women's 200 yard butterfly Dewante finished 7th with a 2:23.75.

The men's 400 yard freestyle relay saw finishes of 5th overall (3:19.32, Pruzansky, Maus, Chojnacki and Ramming) and 11th (3:29.12, Rosenfeld, Lutgendorf, O'Rourke, and Sommerfeld).

Indoor track and field starts off strong in second meet

By Erin Vincent
TECHNEWS WRITER

Last Friday, Illinois Tech's Indoor Track and Field team competed in their second meet as a varsity sport.

The men's and women's teams traveled through the mounting blizzard to Lewis University, and did not come away empty handed. School records were set and many of the Scarlet Hawks set new personal records.

The most successful Lady Hawk was freshman Whitney Theisen, who set both school and personal records in the Triple Jump (9.69meters) and High Jump (1.56m), while placing 1st and tying for 2nd in those events respectively. In the 1000m event, the women found even more honors.

Freshman Abby Jahn won the race with a new school record of 3:04.75, followed in 3rd and 4th by fellow freshmen Courtney Rouse (3:12.22) and Anne Crotteau (3:29.18), who also ran an indoor personal best 5:55.18 mile.

Hailey Kunkel, also a freshman, ran a personal best in the 55m dash with a time of 8.36 seconds, and a solid 200m dash in 30.59 seconds. Sophomore Jordan Kelch placed 3rd in the 800m race, running an indoor college best of 2:30.45.

Senior Maddy Jensen and junior Kira Vincent competed in the 5k race, taking home 2nd and 4th place with a 19:35.89 and indoor personal best 20:14.79, respectively.

The Lady Hawks in the 200m dash were led by sophomore Veronica Hannink with a 29.89, followed closely by Hailey Kunkel (30.59) and Alex Songer (32.63).

Junior Natalie Mitrovic placed 4th overall in the shot put with a distance of 9.86 meters accompanied by senior Emily Kraemer (8.35m), senior Emily Tilton

(7.92m), and junior Alex Songer (6.36m).

Emily Kraemer also jumped a personal record in the long jump with a distance of 3.42 meters, and ran the 400m dash in 71.13 seconds.

To wrap up the night for the ladies was the 4x400m relay of Abby Jahn, Courtney Rouse, Jordan Kelch, and Emily Kraemer, running a solid time of 4:37.55.

The men had an almost equally exciting night, sweeping the 1000m race with senior Phil Theisen in 2:41.11 and junior Ethan Montague with 2:43.70, both personal records, and junior Kenny Murphy taking 3rd in 2:47.76.

Junior Zach Gates took 3rd in the mile with a time of 4:37.64, followed by Phil Theisen (4:43.05), Kenny Murphy (4:57.05), and senior Peter Lau with a personal record of 5:22.48. Sophomore Phil Cano placed 5th in the 400m dash with a time of 54.4 seconds, and junior Brian Lyles and freshman Kraig Van Wieringen competed in the 800m run, with times of 2:13.88 and 2:15.18 respectively.

In the distance events, the 3k race saw Zach Gates (9:33.52) and sophomore John Pasowicz (11:06.12) competing well, and junior Felipe Prada ran the Hawks' first official indoor 5k with a time of 19:41.10 placing 5th.

Junior Izidor Radzik competed in the long jump (4.72m) and the shot put with a distance of 7.80 meters. The men's night was rounded out with the indoor school record 4x400m relay in a 3rd place time of 3:44.93, run by Phil Theisen, Brian Lyles, Kraig Van Wieringen, and Phil Cano. With a good portion of the men's team either injured or on the mend, a solid effort was put forth by those competing Friday night.

The Scarlet Hawks' next Indoor Track and Field meet is this Saturday at the University of Chicago's annual Chicago Duals, set to begin at 11:30 pm in the Henry Crown Field House.

Athlete Spotlight : Matthew Rosenfeld



Name: Matthew Rosenfeld

Year: 3rd Year/Junior

Major: Aerospace Engineering

Sport: Men's Varsity Swimming

Event(s): 100/200 Backstroke, 200/400 Medley Relay

Favorite thing about your sport:

The honest, black-and-white competition between a swimmer's own flaws and his/her desire to overcome them. When you

get the opportunity to see a swimmer successfully overcome, the feeling is very uplifting. And my teammates are great people as well.

What you like best about the fans at your meets:

I would say all the cheers by the few close friends of the swimmers.

Best tip for anyone who wants to be great at your sport:

Do not lie to yourself. Always push yourself to leave nothing in the water.