

## CSS Women's Golf Wins Vikings Invite While Men Finish in Third

Andrew Naslund  
anaslund@css.edu

The College of St. Scholastica's men's and women's golf teams both participated in the Vikings Invite this past weekend, which is a yearly meet hosted by Bethany Lutheran College. While the men's team finished the weekend in third place, the women's team won first place for the third straight year at this tournament.

The weekend began on Friday at the Crow River Golf Club, where the men's team found themselves in third place, ten strokes behind the University of Northwestern for the lead. When the action shifted to the Oakdale Golf Club for the final round on Saturday, the men's team had work to do to catch up. While each player in the top five improved their play from Friday's round, it was not enough to climb out of third place.

Anthony Ahrens, a sophomore from Virginia, MN, led the Saints as he finished in a tie for third place with his final round of 75 (+3) on Saturday. Cole Martin followed closely behind as he shot a 79 (+7) to wind up in 12th place for the tournament. Liam Butche and Sam Long each had strong Saturday's with scores of 80 (+8) to finish in the top five for the Saints and in the top twenty for the tournament. Finally, the Duluth native Tyler Madill rounded out the top five with a Saturday score of 83 (+11) to finish 20th overall on the tournament.

The men's team may not have finished first last weekend, but Ahrens and company are confident going forward.

"My team and I are up to the challenge this next week will throw at us," Ahrens said. "This is why you grind so hard all year for these three days."

## Intramural Sports Allow Students to Connect

Emily Kiemele  
ekiemele@css.edu

The first season of intramurals for the 2018 Fall semester has begun. Activities offered include badminton, outdoor volleyball, knockerball, and co-ed basketball. There are two seasons throughout each semester, each offering a different array of sports to participate in.

Registration for the next season of the Fall semester will begin on Oct. 19, with activities starting on Nov. 5. Men's and women's basketball, women's volleyball, indoor soccer, knockerball, and doubles tennis will be offered next season.

Anna Tester, the intramural

With the help of a strong Friday round at the Crow River Golf Club, the CSS women's team went into Saturday with a 27-shot lead over the University of Minnesota-Morris. All they had to do in Saturday's round at the Oakdale Golf Club was protect that large lead, and that was exactly what they did.

Kristen Lilya, the sophomore from Orr, Minnesota, led the way for the Saints, as she shot a 91 (+19) to finish in fourth place. While golf in its nature is an individual sport, each player depends on themselves and their teammates to shoot well in order to capture tournaments.

"I always look forward to posting a good score and helping my team," Lilya said. "I know that they feel the same way, and strive to better the team in anyway we can. It does take four solid scores to win a tournament. With the not ideal conditions this weekend, I am proud of all of us and our performance."

Hannah Johnson also managed to shoot a 91 on Saturday, allowing her to tie for fifth overall place in the tournament. Kylie Slavin had led the Saints on Friday and went into Saturday's round in first overall place. While she did fall out of the top spot in the second round with a score of 96 (+24), she still finished in seventh place overall. This also gave her the CSS program record for career top-10 finishes.

The final two golfers to score for the Saints were Hannah Cornwell and Ashlee Martie. Cornwell, a junior from Duluth, shot a 97 (+25) to put her in 12th place, while Martie finished 27th overall with her Saturday score of 114 (+42).

The weather was not optimal at all for golfing this weekend, which makes the Saints' accomplishment only

that much better.

"It was nice to win the Viking Invite this weekend, especially because it's the last tournament before conference," Cornwell said. "The course was in great shape. It was a little cold and windy, but it was a good practice run for the conference."

"The course was not easy this weekend," Lilya said. "It was around 55 degrees when we played and windy. The wind and cold made the course harder than it was, so I think that's why we had some higher than usual scores out there."

It would be easy to be content with their performance at the Viking Invite, but the Saints will now immediately turn their focus to the UMAC championships beginning next week.

"We are feeling pretty confident going into the UMAC Championships," Cornwell said. "We have competed really well against the other UMAC teams this year, and we just hope we can carry that into next week."

"The women's golf team is more than ready for the championships," Lilya said. "It's always a fun-filled weekend with some amazing golf played. Last year was my first UMAC conference tournament, and it was something I will never forget. We have a new location for the conference tournament this year that I had the privilege to play a few times in high school. So I am happy to go back and get to play this course again. The Saints golf team is excited and ready to get out there and dominate Pebble Creek."

Both the CSS men's and women's teams will look to defend their UMAC championships next week starting on Thursday at the Pebble Creek Golf Course in Becker, MN.

sports and group fitness coordinator of Campus Recreation, explained the benefits of intramurals as she said, "it gets [students] out and active, in the fresh air, taking a break from all the studying."

Tester says the teamwork development that is made is an "awesome opportunity" for students, and it is a great way to continue playing something they did not want to play at the NCAA level.

Intramurals have both advanced and recreational levels for all abilities of participants. Students can now download the "CSS Rec" app which has all of Campus Rec's programs, fitness classes, intramural details, a link to Outdoor Pursuit, and the Burns Wellness

Common's hours. Tester mentioned that there will eventually be communication through push notifications as well. Students can follow the social media account "cssims\_1912" to keep up to date with everything Campus Rec has to offer, and they can create an account and register for intramurals through IMLeagues.

According to Tester, 478 individuals registered for intramurals last year and participated throughout the entire year. Tester noted that intramurals are a great way to meet new people, and that most participants walk away knowing more people than they did before they started intramurals.

## CSS Cross Country Travels to Iowa

Andrew Naslund  
anaslund@css.edu

The College of St. Scholastica's men's and women's cross country teams traveled to Waverly, Iowa this past Saturday to compete in the Dan Hutson Invite hosted by Wartburg College. The CSS men's team finished in tenth place against nineteen teams, while the CSS women's team finished in seventh place.

On a colder day that made for good running conditions, the CSS men's cross country team was led by the sophomore from Cloquet, Isaac Boedigheimer. Boedigheimer finished in 26th place with a time of 26:11.

While people have already grown accustomed to seeing Boedigheimer lead the Saints over the past year, the next four to finish for the Saints were all new faces as they all happen to be in the CSS freshman class from this year.

Nick Meyer, from Wabasha, Minnesota, finished next for the Saints with a time of 27:10 for 62nd overall, while Nick Matelich finished closely behind with a time of 27:21 for 70th place. Rounding out the top five for the Saints were fellow freshmen Donny Pooler and Max Botz, as they finished in 88th and 113th place, respectively.

Four freshmen finishing in the top five is definitely a unique occurrence, so the Saints are clearly doing something special with their new runners and the transition.

"The switch to collegiate running from high school has been different in the sense that it's much more competitive and you got to put the work in," freshman Matelich said. "But I love that and strive to push myself every day."

For the women's team, the sophomore Duluth native Aria Plewa led the Saints runners for the fourth straight meet. She finished just outside of the top ten, as she crossed the finish line as the 11th overall runner with her time of 23:33. This score for Plewa marks her personal-best time, and it is also the tenth fastest 6k time in CSS history. While she was proud to lead the way, Plewa was quick to point out how everyone had a good day for the Saints.

"It felt really good to PR in Iowa," Plewa said. "In fact, most of the team PR'd. It was a bit colder than we're used to, but the rolling course layout

was definitely advantageous for us. Our coaches have embedded hill intervals in our training and we were noticeably prepared."

Finishing behind Plewa was fellow sophomore Lexi Anderson, who ended in 17th place with her personal-best time of 23:56. Anderson may have enjoyed the weather and the new personal record, but she also mentioned the significance of experiencing this particular course.

"The race was great," Anderson said. "We had perfect running weather, and we all ran well. It was a preview of the conference championship course and it was nice to have a chance to race on the course before the conference meet."

The third overall runner for the Saints was Lauren Dynek, who is also in her second year at CSS. Dynek, a Duluth native, finished with a personal-best time of 24:41 for 52nd overall place. Elizabeth Poskie came in right after Dynek with a time of 24:56 for 68th place, while Alison Mortier was the final Saint in the top five in 126th overall with her time of 26:16.

While cross country is a sport where each runner must strive for one's own personal-best times, the aspect of camaraderie during competition is still an important focus for the Saints.

"I love competing as a Saint," Plewa said. "We bring so much energy to the course and truly love to run! We push each other to succeed and when the conference meet rolls around, we will be ready."

While it has been a good season for the Saints so far, the most important meets for both teams are still ahead of them, with conference championships quickly approaching.

"This season has been amazing," Plewa said. "We have a really cohesive cross team, and we love seeing each other improve on meet weekends. I'm excited for our region meet this year! We should be pretty competitive come November."

The Saints men's and women's teams will now have a few weeks to prepare for the University of Wisconsin-Oshkosh on Oct. 13, the final race before the UMAC Championships later on this month.

Do you like sports?  
Do you like watching sports, but not playing them?  
Do you want to get paid for writing about sports?  
If yes to any of the above, contact anaslund@css.edu