



The Trackster

VOLUME 3, ISSUE 2

JANUARY 2009

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“Wild Bill” writes

H

Get Ready – it's going to be an exciting 2009 season for Charger Track & Field. We have been training well, and we have assembled more than 90 athletes for this year's squads.

Along with all of our returning athletes, I want to welcome our newcomers. It is a very talented and versatile group that will be joining the Charger family. The freshman class (along with a few transfers) is strong in talent and numbers, with almost 40 new people coming on board. This group, primarily coming to us from Michigan, Indiana, and Ohio, represents ten different states. We also have a student-athlete that comes to us from Nairobi, Kenya!

Our 2009 Track & Field captains for men are: Aaron Falk, Jared Krout, Jason Stomps and Joel VanDerworp. And for women, the Track & Field captains are: Sarah Kauk, Amy Luke and Jazmin Williams. Congratulations to these great leaders—they are some of the finest student-athletes in the history of Charger Track & Field!

This year, the Chargers will host a number of home contests during the indoor and outdoor seasons. Indoors, we will be hosting two meets on the Kresge Indoor Track in the Jesse Phillips Arena. Then, during the outdoor



Head Coach Bill Lundberg

season, the Charger Blue Mondo will again play host to some exciting performances. It will be an amazing three weeks from the end of April through early May, starting with the **43rd Annual Hillsdale College “GINA” Relays**. The “GINA’s” are followed up by the **GLIAC Outdoor Track & Field Championships** and the all-new **Charger Classic!**

As you can see, there are a lot of opportunities for you to return to the 'Dale and support your Chargers! So, I look forward to seeing many of you in 2009! Make your plans now and *Get Ready* to return to your wonderful alma mater!

God bless you!

Coach



2009 Indoor Schedule

January 9th
CMU Open

Central Michigan University
Mount Pleasant, MI

January 16th

Notre Dame Indoor Opener
University of Notre Dame
Notre Dame, IN

January 23rd

Jack McAvoyn Memorial
Hillsdale College
Hillsdale, MI

January 30th

Collegiate Open Classic
Saginaw Valley State Univ.
University Center, MI

February 7th

NCAA DII Challenge
Grand Valley State University
Allendale, MI

February 13th

Findlay Open
University of Findlay
Findlay, OH

February 20th

Grand Rapids Open
Grand Valley State University
Allendale, MI

Feb. 27th-Feb. 28th

GLIAC Championships
Saginaw Valley State Univ.
University Center, MI

March 13th-14th

NCAA Championships
University of Houston
Houston, TX

Men's Preview

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Featuring their most complete squad in recent memory, the Hillsdale College Men's Track & Field team looks for big things during their 2009 campaign.

The Chargers return an All-American in each event area, which is quite rare. In the throws, All-American Aaron Falk (*Homeschooled/Placerville, CA*) will lead the way. Falk earned All-American honors last spring in the Hammer Throw, placing third. That finish represented the highest finish for a Charger at the National Championships since the 2000 season. Sophomore Justin Dailey (*Jonesville/Jonesville, MI*) will also make an impact in the throws for the Chargers. A year ago, Dailey was one of the top 35# Weight Throwers in the entire nation.

In the sprints, four-time All-American Jared Krout (*Arlington/Forest, OH*) returns for his junior campaign and looks to make a bigger impact than ever. A year ago, Krout claimed NCAA Regional Athlete of the Year and GLIAC Athlete of the Year honors for the second consecutive year. In just two short years, Krout has earned seven individual GLIAC titles.



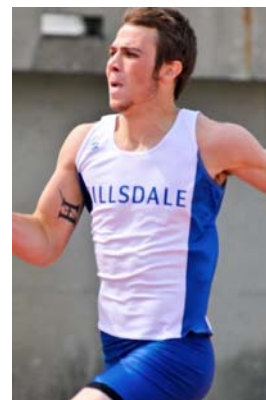
**Charger All-American
Aaron Falk**

Freshmen Skylar Dooley (*Clinton-Massie/Oregonia, OH*) and Will Danko (*Brother Rice/Bloomfield Hills, MI*) will also make significant contributions to the sprint crew. Dooley posted bests of 10.73 (100-meter Dash) and 21.74 (200-meter Dash) in high school, while Danko is an incredibly explosive athlete who doubles as a cornerback on the Charger football team.

In the distance events, freshman phenom Tim Jagielski (*Waldron/Camden, MI*) looks to make an immediate impact on the track for the Chargers. Jagielski earned All-American honors in Cross Country this fall, and claimed runner-up honors at the GLIAC Cross Country Championships. The Chargers should also see strong contributions in the distance events from Timothy Howse (*Churchill/Livonia, MI*) and

quad-captain Joel VanDerworp (*Toledo/Milford, MI*). A year ago, VanDerworp placed in several events at the GLIAC Indoor Track & Field Championships.

In the jumps, All-American Andrew Dodson (*Frankenmuth/Frankenmuth, MI*) returns for his final campaign. With a career-best of 7 feet, Dodson will try to earn All-American honors for the second consecutive year and his first GLIAC title in the process. Dodson will be joined in the jumps by freshman Mike Yassay (*Notre Dame/Northville, MI*). Yassay, a transfer from Notre Dame, should make an immediate impact for the Chargers in the Pole Vault. Fellow freshman Derek Top (*Veritas/Salem, OR*) could also make significant contributions for the Chargers.



**NCAA
Great Lakes Region
Athlete of the Year
Jared Krout**

Women's Preview

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With loads of young talent, the Hillsdale College Women's Track & Field team will try to improve from a season ago.

The Chargers will feature several talented underclassmen, many of whom have already made significant contributions to the team. And none have made a bigger impact than sophomore sensation Marta Scheiwe (*Lawrence North/Indianapolis, IN*). A year ago, Scheiwe recorded three All-GLIAC performances at the GLIAC Indoor Track & Field Championships. She also turned in two top-12 performances at the NCAA Indoor Track & Field Championships, competing in the 200m Dash and the 400m Dash. Sophomore Sarah Steiner (*Smithville/Orrville, OH*) will also look to make an impact for the Chargers as she returns from an injury-riddled freshman season.



**Sophomore Sensation
Marta Scheiwe**

Joining Scheiwe and Steiner in the sprints will be two of the GLIAC's most dynamic athletes, Kathryn Hunt (*Tecumseh/Tipton, MI*) and Circe Cansino (*Post Falls/Post Falls, ID*). Hunt will try to improve upon her own school records in the 60-meter Hurdles and the Long Jump, as she looks to earn her first trip to the NCAA Indoor



**Charger
School Record-Holder
Kathryn Hunt**

Track & Field Championships. Hunt will be challenged in the Long Jump by Cansino, as both girls try to crest the 19-foot barrier. Away from the runway, Cansino will try to improve upon her strong freshman campaign in the sprints, where she placed fourth in the 55-meter Dash and eighth in the 200-meter Dash at the 2008 GLIAC Indoor Track & Field Championships.

In the throws, 20# Weight Throw school record-holder Anna Leutheuser (*Hillsdale Academy/Hillsdale, MI*) will lead

the way for the Chargers. Leutheuser, who nearly earned a spot in the 2008 NCAA Indoor Track & Field Championships, will face a big challenge from freshman teammate Kathy Dirksen (*Marion Local/Maria Stein, OH*). Dirksen, who was one of the better high school throwers in all of Ohio last year, could make a huge impact on the Charger program.

In the distance events, juniors Erin Cvengros (*East Grand Rapids/East Grand Rapids, MI*) and Amy Luke (*Saline/Saline, MI*) will seek to build upon their successful '08 campaigns and guide their young teammates. Among those young teammates, Amanda Putt (*Tecumseh/Adrian, MI*), Erin Brunko (*D'Evelyn/Evergreen, CO*), and Melissa Tenkate (*Calvin Christian/Wyoming, MI*) all figure to make significant contributions this season.

As one of the team's two seniors, Sarah Kauk (*Nebraska Christian/Saronville, NE*) will look to end her career in Charger Blue on a high note. Kauk, who already holds the school record in both the Indoor Pole Vault and Outdoor Pole Vault, will try to earn her first trip to the NCAA National Championships this year. Kauk's teammate, Chelsea Wackernagel (*Montague/Montague, MI*), will also try to improve in the Pole Vault, after a successful freshman campaign.



2009 Outdoor Schedule

March 28th

Polar Bear Invitational
Indiana Wesleyan University
Marion, IN

April 4th

Mike Poehlein Invitational
Purdue University
West Lafayette, IN

April 10-11

Miami Team Challenge
Miami University
Oxford, OH

April 18th

EMU Twilight
Eastern Michigan University
Ypsilanti, MI

April 23rd-25th

Hillsdale "GINA" Relays
Hillsdale College
Hillsdale, MI

April 30th-May 2nd

GLIAC Championships
Hillsdale College
Hillsdale, MI

May 7th-8th

Charger Classic
Hillsdale College
Hillsdale, MI

May 21st-23rd

NCAA Championships
San Angelo State University
San Angelo, TX



2008 Men's CC Results

September 12th

Spartan Invitational

Top Finish: T. Jagielski—21st
Team Finish: N/A
East Lansing, MI

September 20th

Bulldog Invite

Top Finish: T. Howse—3rd
Team Finish: 1 of 12
Big Rapids, MI

October 3rd

Notre Dame Invitational

Top Finish: T. Jagielski—24th
Team Finish: 10 of 23
Notre Dame, IN

October 10th

Michigan Intercollegiates

Top Finish: T. Jagielski—13th
Team Finish: 4 of 20
Milford, MI

October 25th

GLIAC Championships

Top Finish: T. Jagielski—2nd
Team Finish: 4 of 11
Sault Ste. Marie, MI

November 8th

NCAA Regionals

Top Finish: T. Jagielski—5th
Team Finish: 6 of 19
Big Rapids, MI

November 22nd

NCAA Nationals

Top Finish: T. Jagielski—42nd
Slippery Rock, PA

Freshman Phenom Leads Chargers

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The Hillsdale College Men's Cross Country team turned in a solid 2008 campaign, led by freshman phenom Tim Jagielski.

Jagielski claimed All-GLIAC First-Team honors as he raced to a second-place finish at the 2008 GLIAC Cross Country Championships. Jagielski's finish helped the Chargers finish fourth overall. Junior Timothy Howse (15th), junior Britton Deuel (17th), and sophomore Chuck Wy-song (26th) also provided the Chargers with good

performances, as they improved upon their fifth-place finish from the 2007 Championships.

At the 2008 NCAA Regional Cross Country Championships, Jagielski would again lead the Chargers as he raced to a fifth-place finish. Jagielski's performance helped the Chargers to a sixth-place finish and also made him an individual qualifier for the NCAA National Cross Country Championships.

At the 2008 NCAA Cross Country Championships, Jagielski braved wintry condi-



**Charger All-American
Tim Jagielski**

tions to place 42nd overall and earn All-American status. Jagielski was the first Hillsdale representative at an NCAA Cross Country Championship since the 2004 season.

Young Chargers Continue To Improve

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The Hillsdale College Women's Cross Country team showed great improvement in 2008 as a talented freshmen class made an immediate impact on the program.

Freshmen Amanda Putt and Melissa Tenkate consistently placed among the team's top three runners all season, with Putt leading the way for the Chargers at several of their meets. Junior captain Erin Cvangros also led the Chargers at several meets, including the always-pivotal GLIAC and NCAA Regional Meets.



**Charger Captain
Erin Cvangros**

At the 2008 GLIAC Cross Country Championships, Cvangros recorded an 18th-place finish to lead the Chargers who finished in seventh-place as a team. Putt (20th) and Tenkate (24th) would follow closely behind Cvangros for the Lady Chargers.

At the 2008 NCAA Regional Cross-Country Championships, the young Chargers turned in a ninth-place finish as a team, up two spots from a year ago. Cvangros again led the way for the Chargers, as she finished in 22nd place. Putt (41st) and Tenkate (44th) rounded out the top-three for the Chargers.

Women's Senior Spotlight

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Like so many Hillsdale College student-athletes, Charger Captain Sarah Kauk chose Hillsdale because of the "balance" that it offered.

"I wanted a school with strong academics and an opportunity to continue my study of music, especially the violin," Kauk said. "But, I also wanted to continue with track. Hillsdale offered me all of those things. I loved the balance that I could have here."

At Hillsdale, Kauk



**Charger Captain
Sarah Kauk**

has balanced her activities very well. She maintains a nearly-4.0 GPA, takes violin lessons, and holds the Chargers' school records in both the Indoor and Outdoor Pole Vault.

But along with her successes have also come pitfalls. Kauk has struggled with injuries at inopportune times in the season, and that has robbed her of conference and national honors. Undaunted, she remains positive. "I am confident that only good lies ahead for me on the track. I'm looking forward to GLIAC's, and hopefully, NCAA's," Kauk said with a smile.

After graduation, the Nebraska native plans to attend graduate school in physical therapy.



2008 Women's CC Results

September 12th

Spartan Invitational

Top Finish: A. Putt—42nd

Team Finish: N/A

East Lansing, MI

September 20th

Bulldog Invite

Top Finish: A. Putt—6th

Team Finish: 2 of 11

Big Rapids, MI

October 3rd

Notre Dame Invitational

Top Finish: A. Putt—52nd

Team Finish: 18 of 23

Notre Dame, IN

October 10th

Michigan Intercollegiates

Top Finish: A. Putt—17th

Team Finish: 8 of 19

Milford, MI

October 25th

GLIAC Championships

Top Finish: E. Cvengros—18th

Team Finish: 7 of 12

Sault Ste. Marie, MI

November 8th

NCAA Regionals

Top Finish: E. Cvengros—22nd

Team Finish: 9 of 18

Big Rapids, MI

Men's Senior Spotlight

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For most high school seniors, choosing a college is a difficult process. But for Charger All-American Andrew Dodson, it was an incredibly difficult process.

"I won the state championship in the high jump during my junior year of high school," Dodson said. "But, that success complicated my decision process. There were endless recruiting letters and constant phone calls from college coaches. It was incredible."

Finally, Dodson man-

aged to sift through offers that included Michigan State and Notre Dame to choose Hillsdale. "Hillsdale was the only place where I could pursue all of my interests," Dodson said.

At Hillsdale, Dodson has pursued all of his interests, with much success. He has earned recognition as a fine saxophone player, an award-winning photographer, and an All-American high jumper. But, he still wants more. "I want to continue to do a lot of different things," said Dodson. "I'd especially like to see



**Charger All-American
Andrew Dodson**

what I am capable of in the high jump."

After graduation, Dodson plans to pursue a career in journalism.

Coaches

Head Coach



Bill Lundberg

Assistant Head Coach



Jeff Forino

Assistant Coach



Andy Towne

Assistant Coach



Sarah Hinkley

Assistant Coach



Michael Nikkila

The Charger Store

Show your "Charger Pride"

EVERYDAY



White
T-Shirt
\$12



Gray
Sweatshirt
\$35

AT THE GYM



Dri-Fit
Navy T-Shirt
\$30
(Also in White, Black)



Hillsdale T&F
Black
Shoe/Spike Bag



Hillsdale T&F
Black
Equipment
Bag
\$50

To place your order,
please see
the
order form on
page 8.

The Champions Club

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Hillsdale College Track & Field Head Coach Bill Lundberg is proud to announce the 2009 Induction Class of the Champions Club.

“The Class of 2009 is another remarkable group of individuals, and we are very excited to welcome them into the Champions Club,” Lundberg said. “Like last year, each inductee is a former National Champion. They represent the best of Hillsdale Track & Field.”

The Class of 2009 includes distance runner Glenn Magrum, jumper Jim McHugh, and distance runner Mike Nugent. Between them, they have earned six National Championships and nearly 20 All-American honors.

“To be inducted into the Champions Club is such a unique honor,” Lundberg said. “We hope that this acknowledgement by their peers will represent one of the great honors of their lifetime.”

To be selected, each inductee had to first be nominated by someone from a 15-member screening committee, which is comprised of alumni and friends from a wide range of ages and backgrounds. Then, each nominee was voted upon by the committee. Any inductee must have been named on 80 percent of the committee’s ballots.

Each of the inductees will be honored at a special dinner following the conclusion of the 43rd Annual Hillsdale College “GINA” Relays. The dinner, which will also coincide with an Awards Banquet for the 2009 Charger Track & Field teams, will be held in the Sports Complex on April 26, 2009, at 1:00 p.m.

“We really have a passion for connecting our past with our present,” said Lundberg. “And, combining the Champions Club dinner with our Awards Banquet, and doing it on “GINA” weekend, seems like it accomplishes that quite well. We had a good number of alums come back for “GINA” weekend last year, and we hope that more come back this year. We really hope that “GINA” weekend will quickly become a “homecoming” weekend for our track and field family,” Lundberg said.



**Glenn
Magrum**



**Jim
McHugh**



**Mike
Nugent**

Class of 2009

Glenn Magrum

A 1984 graduate, Magrum was a two-time NAIA National Champion. In addition, he earned two NAIA All-American honors during his time at Hillsdale.

Jim McHugh

A 1994 graduate, McHugh was a two-time NAIA National Champion. In addition, he earned two NAIA All-American honors.

Mike Nugent

A 1985 graduate, Mike Nugent was a two-time NAIA National Champion. In addition, he earned two NAIA All-American honors.

Reservation Form/Order Form

Did You Know...?

...There are over 700 Hillsdale Track & Field alums.

...Hillsdale has won 25 National Championships in Track & Field or Cross Country.

...If every alum donated just \$25 annually, the Hillsdale Track & Field Endowment Fund would gain almost \$18,000 per year!

...Hillsdale has earned almost 230 All-American honors in Track & Field or Cross Country.

...The Hillsdale Track & Field Endowment Fund has not been used to date. In the future, it will only be used for scholarship needs, as well as major building expenses.

...Several conference rivals have reached, or are near, the NCAA Maximum Limit for Track & Field Scholarships.

Champions Club Dinner/Awards Banquet

Sunday, April 26, 2009

1:00 p.m.

Sports Complex

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Telephone: _____

Please make _____ dinner reservation(s) at \$25.00 each \$ _____

(Note: Please DO NOT include athletes in your reservation count)

In addition to my reservation(s), I'd like to make a tax-deductible contribution to the team in the amount of: \$ _____

I cannot attend, but I would like to make a tax-deductible contribution to the team in the amount of: \$ _____

Charger Store Order Form

1) Hillsdale T&F Cotton T-Shirt (\$12) SIZE: _____ \$ _____

2) Hillsdale T&F Cotton Sweatshirt (\$35) SIZE: _____ \$ _____

3) Dri-Fit T-Shirt (\$25) Color: _____ SIZE: _____ \$ _____

4) Hillsdale T&F Shoe Bag (\$20) \$ _____

5) Hillsdale T&F Equipment Bag (\$50) \$ _____

Total amount enclosed with this form (including above): \$ _____

Charge my : VISA MasterCard Discover

Card Number: _____

Exp. Date: _____ Sec. Code _____

Signature: _____

My check is enclosed (Make checks payable to: Hillsdale College Track & Field)

(Gifts to Hillsdale are tax-deductible to the full extent of federal and state laws.

Official receipt will be forthcoming for all gifts.)