



Tuesday,  
October 18, 2011

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PREP VOLLEYBALL, PAGE D3

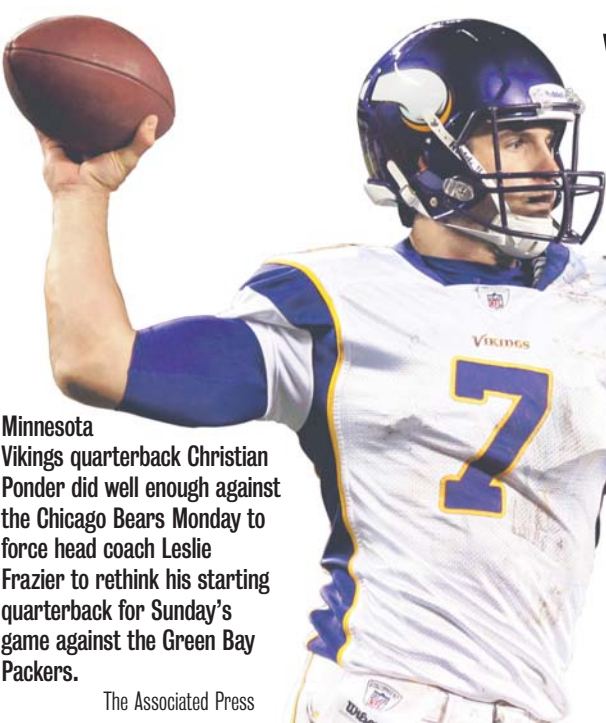
Crusaders wrap  
regular season in style

# Sports



FANTASY FORUM,  
PAGE D2

Injuries help  
shake up lineups



## Vikes Ponder switch to rookie

Frazier says quarterback decision coming Wednesday

The Associated Press

### EDEN PRAIRIE

— The stability and experience Donovan McNabb was supposed to bring to Minnesota's offense while rookie Christian Ponder learned the position has yielded one win in six games.

The Vikings sure look and sound a lot like a team on the verge of a quar-

terback switch.

Coach Leslie Frazier said Monday he'll take the next two days to talk with his staff and promised a decision Wednesday. Ponder relieved McNabb for the fourth quarter Sunday at Chicago with the Vikings on their way to a 1-5 record. The division standings suggest pride is all that can be salvaged from the 2011 season, though Frazier refused to turn his focus to the future.

"Right now 2012 is not really on the radar," he said.

Frazier was steadfast in his defense of McNabb until after the 39-10 drub-

bing by the Bears. The coach hasn't come close to criticizing the 34-year-old six-time Pro Bowl pick he pushed the organization to acquire in a trade, after the lockout prevented Ponder from practicing all spring and summer with the team. Frazier has stopped endorsing McNabb as the starter, however, a possible sign of an impending move.

"We're going to talk about a lot of things, but the primary point will be what's best for our team as we go forward," Frazier said.

Please see VIKES, Page D2

## SCORES

### NFL

N.Y. Jets 24, Miami 6

### NHL

Colorado 3, Toronto 2, OT  
Florida 7, Tampa Bay 4  
Winnipeg 2, Pittsburgh 1  
Nashville at Edmonton (n)  
Anaheim at San Jose (n)

## BRIEFS

### East-West tickets on sale today

**MANKATO** — Presale tickets go on sale today for Wednesday's Big Nine Conference football game between Mankato East and Mankato West.

Tickets can be purchased in the Activities Office at both schools from 7:30 a.m.-3:30 p.m. today. The cost is \$5 for students and \$7 for adults. East and West activity passes will be honored.

The game begins at 7 p.m. Wednesday at Blakeslee Stadium.

### MSU's Henry earns NSIC soccer award

**MANKATO** — The Northern Sun Intercollegiate Conference has named Minnesota State junior forward Brittany Henry the women's soccer player of the week, the second time this season she has received the award.

Henry had a hand in all five goals this weekend, scoring four with an assist. Henry leads the Northern Sun with 31 points, notching 13 goals.

Henry's five-point performance propelled the Mavericks to victories over Minnesota State-Moorhead and Minnesota Crookston. Against the Eagles, Henry scored her seventh game-winner of the season, which is tied for first nationally.

The Mavericks (12-1-1, 9-0-0 in Northern Sun) face Winona State (11-2-1, 9-0-0) at 1 p.m. Saturday in the battle of conference unbeaten at The Pitch at Gage Towers.

### MSU's Padilla earns special team's play

**MANKATO** — Minnesota State junior kicker Daniel Padilla was named the Northern Sun Intercollegiate Conference special team's player of the week for his performance in Saturday's 32-14 victory over Upper Iowa.

Moreno Valley, Calif., made three field goals (43, 37, 43) and was 3 of 3 in PAT kicks. The 43-yarder was a season-long. Padilla is 9 of 11 from 30 yards or longer.

It was the second time Padilla, who leads the NSIC in scoring with 60 points, has score more than 10 points in a game this season.

MSU (5-2) hosts Wayne State at 2 p.m. Saturday.

— The Free Press

## St. James keeps Section 3A singles title

# IN-HOUSE



John Cross

St. James junior Aryn Eckstrom qualified for state for the second straight season Monday, placing second in the Section 3A singles bracket at Swanson Tennis Center in St. Peter.

## Olson defeats teammate Eckstrom in finals

By Jim Rueda

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At nearly every practice, Paige Olson and Aryn Eckstrom have hit with each other as members of the St. James girls tennis team.

Olson and Eckstrom are the top players on the team so it's only natural they would gravitate toward each other during workouts.

The two players met again on Monday, only this time there was a little more on the line. The duo butted heads in the singles finals of the Section 3A individual tournament at Swanson Tennis Center in St. Peter.

Olson went into the match as the No. 1 seed, while

### Page D3

St. Peter duo finding their form heading into state tournament.

Eckstrom was seeded No. 2. The match lived up to all expectations as Eckstrom won the first set 6-3 before Olson rallied to take the final two 6-2, 6-4.

"That was quite a match," St. James coach Les Zellmann said. "They didn't hold anything back; they both wanted to win."

Eckstrom won the first set with some strong crosscourt forehands and a consistent first serve. Olson started to slow things down in Set 2, quickly getting back into the match.

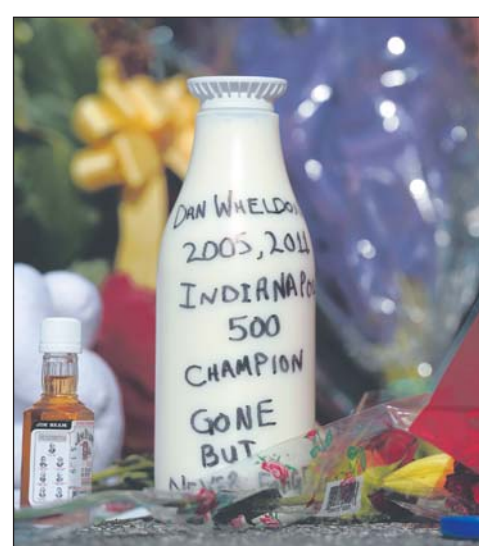
"I think Paige got her focus back after the first set," Eckstrom said. "She didn't hit the ball as hard so I had to start generating my own power."

Olson, who is ranked seventh in Class A, said playing a teammate in a postseason tournament is always difficult.

"You would think it would be easy because you play each other every day in practice, but it isn't," Olson said "You know each other's game so well you can't always do the things you would normally try in a match."

Eckstrom agreed but said it adds an extra dimension to the match.

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The Associated Press

A bottle of milk sits among flowers and mementos at a memorial at the main gate at the Indianapolis Motor Speedway for race driver Dan Wheldon Monday in Indianapolis. Wheldon, a two-time Indianapolis 500 champion, died Sunday after a massive wreck at the Las Vegas Indy 300.

## Wheldon's death raises IndyCar safety questions

McClatchy-Tribune News Service

**LOS ANGELES** — Seldom has winning a championship carried such heartache.

Dario Franchitti had just won a remarkable third consecutive Izod IndyCar Series title, yet he sat in his race car sobbing after a massive wreck claimed the life of his friend and rival, Dan Wheldon.

Adding to the agony was that some drivers had voiced concern that despite safety advances in motor racing, a danger lurked at Sunday's race at Las Vegas Motor Speedway that rose above the sport's inherent risk.

There were 34 cars traveling 220 mph or faster in a close pack on the banked, 1.5-mile oval in IndyCar's last race of the season.

"We all know this is part of the sport," driver Oriol Servia said of the danger. "We

Please see SAFETY, Page D3

## Letting go and flowing to success

I remember my last 20 mile race vividly: Running was effortless. I was completely immersed in the race. I felt energized, focused and alive. With each mile, I got



CINDRA S. KAMPHOFF  
The Mental Edge

faster and faster. I was on automatic pilot. Time seemed to pass quickly. What took me 2 hours and 27 minutes felt like only 27 minutes. I was in the zone, and it felt awesome.

All runners long to experience the kind of euphoria I did during that particular race. They long to feel that natural high that can last for weeks or months after a good run or race. It keeps me and others going and running more.

Psychologists call this experiencing "flow." Flow is when you are completely involved in a task to the point of forgetting fatigue, time and anything else but the activity itself. When you experience flow, you have positive emotions that are controlled and channeled.

Please see KAMPHOFF, Page D3

# St. Peter's Thompson, Carlson make up a Dangerous duo



John Cross

Waseca's Rachael Thompson reaches for a volley during the Section 2A doubles tournament at Gustavus Adolphus College. Thompson and teammate Calleigh Carlson went undefeated in the competition to qualify for state.

## Late-season reunion ignites run to state tournament

By Jim Rueda

jrueda@mankatofreepress.com

For most of the last four seasons, St. Peter's Rachael Thompson and Calleigh Carlson have played doubles together, and most of the time they've won.

That trend continued Monday as the duo won the final two rounds of the Section 2A competition to earn a berth in the state tournament. They will be joined there by teammate Sidney Dirks and Waseca's Alicia Knoll, who finished 1-2 in singles.

"Calleigh and I have played together a long time now," Thompson said, shortly after the St. Peter

tandem defeated Jordan's Drew DeCorsy and Alex Hancock 6-3, 6-4 in the championship match. "She played some singles this year, and I had to find another partner, but he put us back together (near the end of the regular season) and we're playing pretty well right now.

"I think a lot of it has to do with our chemistry. We're not just teammates, we're friends, too."

Carlson said the two players complement each other extremely well.

"Her strengths are my weaknesses, and my strengths are her weaknesses," Carlson said. "She's a little better at the net than I am, and I'm a little stronger

at the baseline. We just seem to be able to pick each other up when we have to."

Waseca's duo of Hannah Flor and Abby Collins ended up third, downing Robin Staloch and Claire Christian of United South Central 6-0, 6-0 in the bronze medal match. Flor and Collins were denied a chance to play for true second because they lost to DeCorsy and Hancock 7-6 (7-4), 6-3 in the section semifinals.

In singles action, Dirks defeated Knoll 6-2, 6-0 in the championship match after downing Waseca's Maddie Muotka 6-3, 7-5 in the semifinals.

"I knew she liked to play at the baseline so I kept trying to draw her to the net

with drop shots," Dirks said of the finale. "Plus, I was able to stand up closer on her second serve and that gave me more options on my returns."

Knoll reached the finals with a 6-3, 7-6 (7-3) decision over St. Peter's Katie Hanson in the semifinals. Hanson defeated Muotka 6-2, 6-3 in the third-place match.

Dirks will be making her second trip to the state tournament, while Knoll, along with the two doubles teams — Thompson-Carlson and DeCorsy-Hancock — will be making their first.

The state tourney begins Thursday, Oct. 27, at the Reed-Sweatt Family Tennis Center in Minneapolis.

## FINALS: Runge, Nordby also qualify

Continued from Page D1

"It's hard but, at the same time, it's exciting," she said. "If you win great; if you lose, well, as least you're happy because your teammate is going to state."

In this instance, both Olson and Eckstrom will

advance to state as no true-second match was necessary. They will be joined there by teammates Julia Runge and Michaela Nordby, who finished second in doubles to a team from Lac Qui Parle Valley.

The LQPV tandem of Patricia Ott and Kelle

Thompson won the section title 7-5, 6-1.

"They lost to a pretty good team," Zellmann said of Runge and Nordby. "Those two (LQPV) girls played first and second singles all year, and I'm pretty sure they were both undefeated."

The Class A singles and doubles tournament gets underway Thursday, Oct. 27, at the Reed-Sweatt Family Tennis Center in Minneapolis. Second-ranked St. James will also compete in the team tournament at the same site starting on Oct. 25.

## KAMPHOFF: Set goals that are attainable

Continued from Page D1

In an ideal world, we could control when we get into flow — like turning a light switch on and off. But we can't force flow. It just happens. In fact, you can experience flow while you are engaging in any activity, but it is more likely to happen if you are doing the activity simply because you love it.

Although we can't force flow, there are facilitators that have been proven to increase your chances of getting into the flow, including having confidence in yourself, a positive mental attitude, being internally motivated and feeling just nervous enough to be your best.

Given this, here are five recommendations to help you get in the flow during your next run or other

important performance — whatever the activity may be.

Completely absorb yourself in the activity. Concentrate on the activity and work to forget distractions.

Set goals and expectations that are right for you. They need to be attainable for you, but also challenge you to be at your best. The challenge of the situation must equal your skill level. Setting goals too high or having expectations that are unrealistic can disrupt flow.

Be in the moment. Work to not be critical of yourself and your performance. Avoid thinking about others and how they may view or think about you.

Relieve extra butterflies by breathing deeply so you can use your energy in a way that is helpful and sustainable. You need to have

enough nervousness to perform at your best, but too much can disrupt flow.

Staying positive and genuinely happy will provide you with the mindset to reach your best and allow you to experience a peak performance.

As many of you are preparing for the upcoming Mankato Marathon or other races next weekend, my charge to you is to focus on implementing these facilitators to flow. If you have another performance coming soon, flow is a factor for you, too. The same strategies work in any activity, so focus on how you can best facilitate flow no matter what kind of performance you are engaged in.

If you do, you will be more likely to experience your best performance. Flow happens when you are using your mind optimally,

and focusing on the facilitators will allow you to do that.

For those of you running in the Mankato Marathon, I'll be supporting you along the way as a member of the Mankato Marathon Sport Psych Team. We will be providing mental tips before, during and after the race. I will be helping you use your mind as your best weapon.

See you on the course.

*Cindra Kamphoff, Ph.D., is an Associate Professor in Sport and Exercise Psychology at Minnesota State University. She also operates The Runner's Edge, where she consults with athletes to help them reach their potential. Her column will appear in The Free Press periodically. Contact her at cindra.kamphoff@mnsu.edu.*

# USC rallies past St. Clair

**WELLS** — United South Central rallied from a 2-1 deficit to pull out a 25-21, 20-25, 25-27, 25-16, 15-12 nonconference volleyball win over St. Clair

## Prep Volleyball

on Monday.

Chelsea Schull had 11 kills to lead the Cyclones. Beth Reuter and Julia Day had seven kills apiece, while Kelsey Linnell added 14 digs. Danielle Embacher and Taylor Goettl helped out with 14 and 13 set assists, respectively. Schull also had 13 digs, and Grace Drummer had 12 digs to go with seven ace serves.

St. Clair ends the regular season with a 12-15 record.

## CMC 3, Cathedral 2

Lisa Helget had 10 kills and 19 digs in New Ulm Cathedral's nonconference win over Cedar Mountain/Comfrey. Scores were 25-19, 25-21, 19-25, 9-25, 15-10 at Morgan.

Kristin Mohr and Larissa Leshovsky each had eight kills, and Paige Pautzke had 28 assists. Pautzke was also 18 of 19 serving with four aces and 14 digs, and Mohr added 20 digs.

For CMC, Kate Robinson made 25 digs to go over 1,000 for her career. Emily Ochs had 12

## Loyola wraps regular season with victory

**EAST CHAIN** — Jamie Menke had four ace serves and 28 assists to lead Mankato Loyola to a 3-1 victory over Martin Luther/Granada-Huntley-East Chain in a nonconference volleyball match Monday.

Scores were 25-13, 25-17, 15-25, 25-21.

Olivia Zwaschka had 11 kills and eight digs, Marissa Frederick added 10 kills and four blocks, and Jordyn Strachan finished with six kills and four blocks for the Crusaders. Maddie McCargar had 12 digs, and Jordyn Theuninck had 10.

Loyola (7-14) plays Monday in the opening round of the Section 2A tournament. The pairings will be decided Wednesday.

kills and 15 digs, and Allison Madsen had eight kills, 11 digs and 17 assists.

Cathedral (6-14) plays today at Sleepy Eye, while Cedar Mountain/Comfrey ends the regular season at 6-16.

## SAFETY: Five years since last on-track fatality

Continued from Page D1

all had a bad feeling about this place in particular just because of the high banking and how easy it was to go flat" out on the throttle.

The race was only 11 laps old when Wheldon, 33, was caught up in a fiery, 15-car pileup that claimed his life.

On Monday, as the debate about IndyCar's safety widened, fans brought various items to a makeshift memorial at one gate of the Indianapolis Motor Speedway, where the Englishman had won the Indianapolis 500 in May for the second time.

A large British flag was hung on the gate and the other items included a checkered flag and jugs of milk, the Indy 500's traditional victory drink.

IndyCar canceled its championship banquet, where Franchitti's title, his fourth overall, was to have been celebrated Monday night in Las Vegas.

Franchitti began Sunday's race with an 18-point lead over Australian Will Power. Because the race was canceled after the accident, Franchitti was declared the champion.

Power also was involved in the wreck; the Penske Racing driver was evaluated at University Medical Center in Las Vegas and released.

Another driver, Pippa Mann, was released from

the same hospital Monday after surgery on a severely burned pinkie on her right hand. A third driver, JR Hildebrand, was treated for a bruised sternum and released.

For Franchitti, Sunday's tragedy evoked memories of 1999 when Greg Moore, Franchitti's best friend, was killed in a racing accident at what is now Auto Club Speedway in Fontana, Calif.

After a seven-year absence, IndyCar plans to return to the two-mile Fontana oval for a night race Sept. 15, 2012.

The safety debate centers on the fact that the IndyCar vehicles, which all have the same bodies and engines,

can't avoid so-called pack racing at very high speeds on a circuit as small and banked as the Las Vegas track. And any contact between the open-cockpit, Indy-style cars typically is dangerous.

But other factors muddle the picture.

IndyCar this year raced on other 1.5-mile tracks, such as Texas Motor Speedway, without serious incidents. Indeed, IndyCar had gone five years without an on-track fatality; the last was Paul Dana in a practice crash in 2006.

In addition, IndyCar next year plans to introduce a car for its teams with added safety features, so it's unclear what effect, if any, that would have on mitigating the danger seen Sunday.

## Gusties' Ahrendt earns MIAC volleyball honors

**ST. PETER** — Gustavus Adolphus senior Angela Ahrendt has been named the Minnesota Intercollegiate Athletic Conference player of the week for volleyball.

The middle hitter made the all-tournament team at Wisconsin-Oshkosh last weekend, totaling 75 kills, 16 blocks and a .346 hitting percentage.

The Gusties went 4-1

last week, sweeping Hamline in a conference match and going 3-1 at the Wisconsin-Oshkosh tournament.

Ahrendt ranks fourth in the MIAC with a .334 hitting percentage, and her average of 3.41 kills per set ranks sixth.

Gustavus (18-7, 5-2 in MIAC) plays at Concordia on Friday and at St. Benedict on Saturday.

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