



Track & Field • Cross Country
Volume VI • Issue XI • February 26, 2014

Subscribe via e-mail

Green Knight Sports Weekly is an online newsletter recapping the current Cross Country and Track & Field news at St. Norbert College. To learn more about both programs please visit the web site at www.snc.edu/athletics. To receive GKSU via e-mail send your e-mail address to don.augustine@snc.edu

Men's Track & Field



Randy Hill
Men's Track & Field
Junior
DePere, WI.
West DePere H.S.

MONMOUTH, Ill. - St. Norbert College had several top-eight finishes at the Monmouth College Indoor Invitational. The meet was unscored.

The 4x200-meter relay of Taylor Pasterski, Tyler Lewis, Colin O'Brien and Akeem Edmonds was second with a time of 1:33.96.

In the 5,000-meter run, Hayden Hoffmann was second with a time of 15:53.26, followed by Mike Linzmeier in sixth at 15:57.92 and Brady Bemis eighth in 16:16.26.

Pasterski was second in the 400-meter dash with a time of 50.55 seconds, while Andrew Hull was fifth in 51.51 seconds.

The 4x400-meter relay placed third. Edmonds, Pasterski, Austin Livingston and Ryan Grandlic finished with a time of 3:25.44.

Randy Hill placed fourth in the high jump with a top clearance of 6 feet 4 inches.

Women's Track & Field



Charlotte Walsh
Women's Track & Field
Sophomore
LaGrange Park, IL.
Nazareth Academy

MONMOUTH, Ill. - St. Norbert College's Nicole Vanderlin won the high jump and Charlotte Walsh claimed the 1-mile run to lead the Green Knights at the Monmouth College Indoor Invitational. The meet was unscored.

Vanderlin won the high jump by clearing a top height of 5 feet 6 inches. Walsh finished with a time of 5:21.95 to win the 1-mile run. Walsh added a fourth-place finish in the 3,000-meter run with a time of 11:06.96.

The 4x200-meter relay was second. Jolene Kerner, Erin Lang, Angel Hon and Kari Braatz registered a time of 1:49.99. The 4x400-meter relay was third. Jaclyn Kerner, Brittany Kozlowski, Clarissa Jauregui and Jolene Kerner finished with a time of 4:06.04.

In the 800-meter run, Kozlowski was second with a time of 2:18.61, while Jauregui was fifth in 2:23.60.

Elvia Martinez was third in the 5,000-meter run with a time of 18:51.39, followed by Alyssa Price finishing seventh at 19:20.30.

Samantha Morateck added a sixth-place finish in the high jump at 5-2 1/4. Taylor Miller was seventh in the 1-mile run at 5:29.35. Jaclyn Kerner was sixth in the 200-meter dash in 26.41, and was seventh in the 400-meter dash at 1:01.02.

Kalee Luedtke was eighth in the long jump at 16-7. Mara Aparnieks was eighth in the 60-meter dash with a time of 8.22 seconds.



SNC AT THE EASTBAY INVITE

Men's Track & Field



Dan Sisler
Men's Track & Field
Sophomore
Dubuque, IA.
Wahlert Catholic H.S.

STEVENS POINT - St. Norbert College registered an eighth-place finish at the UW-Stevens Point Eastbay Invitational. The Green Knights finished sixth out of 20 teams.

Dan Sisler had the Green Knights' top individual performance with a third-place finish in the long jump at 21 feet 8 inches. Benny Swift took fifth in the 800-meter run with a time of 1:56.48.

The St. Norbert 4x200-meter relay team of Jack Feuerstein, Tyler Lewis, Colin O'Brien and Brennan Beachler was second with a time of 1:35.04.

The 4x400-meter relay of Akeem Edmonds, Taylor Pasterski, Austin Livingston and Ryan Grandlic was fifth in 3:24.70.

Women's Track & Field



Brianna Bittner
Women's Track & Field
Senior
Wausau, WI.
Mosinee H.S.

STEVENS POINT - St. Norbert College finished in sixth place at the UW-Stevens Point Eastbay Invitational.

The SNC jumpers had a great afternoon. Brianna Bittner got things going with a season best in the triple jump, leaping 33-1. Nicole Vanderlin won the high jump with a height of 5 feet 4 1/4 inches. Samantha Morateck cleared the same height, but placed third on jumps.

St. Norbert's 4x200-meter relay team of Kari Braatz, Angel Hon, Mara Aparnieks and Karissa Kaiser finished fourth with a time of 1:49.92. The quartet of Jolene Kerner, Clarissa Jauregui, Jaclyn Kerner and Brittany Kozlowski finished fourth in the 4x400-meter relay with a time of 4:04.80.

The St. Norbert distance medley relay of Steph Hietpas, Allyson Klein, Meghan Braatz and Liz Hietpas was fourth in 14:22.23.

Green Knight Scoreboard Indoor Track & Field Schedule

Jan. 18	UW Stevens Point Quadrangular
Jan. 24	North Central College Invitational
Jan. 24/25	Indiana University Invitational (Individuals Only)
Feb. 1	UW Whitewater Invitational(WOMEN ONLY)
Feb. 8	UW Parkside Invitational(MEN ONLY)
Feb. 14/15	Grand Valley State University(Individuals Only)
Feb. 15	Fighting Scot Invitational @ Monmouth, IL
Feb. 22	UW Stevens Point Invitational
Feb. 28/Mar. 1	MWC Championships @ Cornell, IA
Mar. 7/8	Last Chance Meet @ T.B.A.
Mar. 14/15	NCAA Championships @ Lincoln, NE



MWC Performer of the Week



Benny Swift and Samantha Morateck were recently honored as the **Midwest Conference track & field athletes of the week**. Swift earned his honors after running a MWC leading time in the 800m run(1:56.49). Morateck had her best jump of the season in the high jump clearing(5-4.25). Morateck is currently ranked 33rd in the country!

- Jan. 21.....LIZ LECAPTAIN(Women's Track)
- Jan. 28.....DAN SISLER(Men's Track)
- Feb. 4NICOLE VANDERLIN(Women's Field)
- Feb. 11.....BRAD BOOCKMEIER(Men's Field)
- Feb. 25.....SAMANTHA MORATECK(Women's Field)
- Feb. 25.....BENNY SWIFT(Men's Track)

10 Facts about Twins



- 1** In 1980, one in every 53 babies born in the United States was a twin. By 2009, that number had risen to one in 30, which means that over three decades, the twin birth rate (number of twins per 1,000 births) rose 76%.
- 2** The chances of having a twin pregnancy is increased by maternal age (30+).
- 3** Identical twins share the same DNA but do not have the same fingerprints.
- 4** About 1 in 250 pregnancies results in identical twins.
- 5** 22 % percent of twins are left handed, compared to 10% in singletons.
- 6** Fraternal twin girls have twice the chance of giving birth to twins than singletons.
- 7** Twins bond in the womb. By examining 3D ultrasound images, a study in Padova, Italy found that fetuses start deliberately interacting at 14 weeks.
- 8** 40% of twins invent their own language.
- 9** They tend to be early - over 50% of twins are born before 37 weeks.
- 10** For polar bears, twins aren't unusual at all. In fact, they most commonly give birth to twins, and rarely deliver single cubs or triplets.

10 Questions For...



Meghan Braatz

Senior **Meghan Braatz (Menomonee Falls, WI./ Menomonee Falls H.S.)** is a two-year letter-winner on the Green Knight Cross Country team and a three year letter winner on the Track & Field team. Braatz is majoring in Communication & Media Studies.

10 Questions For...



Kari Braatz

Senior **Kari Braatz (Menomonee Falls, WI./ Menomonee Falls H.S.)** is a three-year letter-winner on the Green Knight Track & Field team. Braatz is majoring in Graphic Design.

- 1 Q: Why did you choose St. Norbert?**
A: The beautiful campus and the small class sizes. Also knowing that I would be able to compete on the track team.
- 2 Q: Who is your favorite professional athlete?**
A: Jermichael Finley
- 3 Q: What was your favorite class(es) taken at St. Norbert College?**
A: *Communication Technology and Social Change* with Dr. Glantz
- 4 Q: Who was your favorite childhood cartoon character?**
A: *Scooby Doo*
- 5 Q: What's the one movie you must have in your movie collection?**
A: *Forrest Gump*
- 6 Q: What's your fondest memory as an SNC athlete?**
A: All of our team bonding activities, and going to conference for the first time to do the javelin
- 7 Q: What's currently hanging from your dorm room/apartment wall?**
A: A poster of the cast from *Friends* and a *Batman* poster
- 8 Q: What is your favorite breakfast cereal?**
A: Cinnamon Toast Crunch
- 9 Q: Other than your sporting event, what is your favorite campus activity?**
A: Hanging out with friends and going to basketball games
- 10 Q: What's the one word that best describes your team?**
A: Memorable

- 1 Q: Why did you choose St. Norbert?**
A: Loved the look of the campus and the small class sizes
- 2 Q: Who is your favorite professional athlete?**
A: Allyson Felix
- 3 Q: What was your favorite class(es) taken at St. Norbert College?**
A: *History of Art* with Father Neilson
- 4 Q: Who was your favorite childhood cartoon character?**
A: I love *Scooby Doo!*
- 5 Q: What's the one movie you must have in your movie collection?**
A: I have to have *the A-Team*
- 6 Q: What's your fondest memory as an SNC athlete?**
A: The senior retreat we took at the beginning of this season
- 7 Q: What's currently hanging from your dorm room/apartment wall?**
A: Lots of pictures of my family and friends
- 8 Q: What is your favorite breakfast cereal?**
A: Lucky charms
- 9 Q: Other than your sporting event, what is your favorite campus activity?**
A: I played intermural basketball for two years which was alot of fun
- 10 Q: What's the one word that best describes your team?**
A: Family

10 Questions For...



Jolene Kerner

Senior **Jolene Kerner** (Antigo, WI./Antigo H.S.) is a three-year letter-winner on the Green Knight Cross Track & Field team. Kerner is majoring in Communication & Media Studies.

- 1 Q: Why did you choose St. Norbert?**
A: I loved the small campus and everyone was really friendly. I also liked that I could run track here.
- 2 Q: Who is your favorite professional athlete?**
A: Jordy Nelson
- 3 Q: What was your favorite class(es) taken at St. Norbert College?**
A: *History of Modern Art*. Father Neilson is the best professor.
- 4 Q: Who was your favorite childhood cartoon character?**
A: *Arthur*. He was so relatable.
- 5 Q: What's the one movie you must have in your movie collection?**
A: *National Lampoon's Christmas Vacation*. It never gets old. I watch it almost every day at Christmas time.
- 6 Q: What's your fondest memory as an SNC athlete?**
A: So far, making the podium for the DMR my sophomore year. I'm excited for more accomplishments with conference coming up and then outdoor.
- 7 Q: What's currently hanging from your dorm room/apartment wall?**
A: I hung up all the encouraging posters I've received from teammates in past years and also have a Clay Matthews poster.
- 8 Q: What is your favorite breakfast cereal?**
A: I like a lot of cereals so it's hard to choose just one. Fruity Pebbles and Lucky Charms are probably the top two.
- 9 Q: Other than your sporting event, what is your favorite campus activity?**
A: Going to the docks on a warm, sunny day.
- 10 Q: What's the one word that best describes your team?**
A: Family

10 Questions For...



Jaclyn Kerner

Senior **Jaclyn Kerner** (Antigo, WI./Antigo H.S.) is a three-year letter-winner on the Green Knight Cross Country/Track & Field teams. Kerner is majoring in Biology with a minor in Chemistry.

- 1 Q: Why did you choose St. Norbert?**
A: Small class sizes, beautiful campus, opportunity to run on a great track team.
- 2 Q: Who is your favorite professional athlete?**
A: Donald Driver
- 3 Q: What was your favorite class(es) taken at St. Norbert College?**
A: Right now *Human Anatomy and Histology*
- 4 Q: Who was your favorite childhood cartoon character?**
A: Scooby Doo OR *Arthur*
- 5 Q: What's the one movie you must have in your movie collection?**
A: *National Lampoon's Christmas Vacation*
- 6 Q: What's your fondest memory as an SNC athlete?**
A: Running the 4x400m relay at the Last Chance meet my Freshman year
- 7 Q: What's currently hanging from your dorm room/apartment wall?**
A: The word Believe
- 8 Q: What is your favorite breakfast cereal?**
A: For breakfast usually something like Special K but as a snack Lucky Charms or Cinnamon Toast Crunch
- 9 Q: Other than your sporting event, what is your favorite campus activity?**
A: "Studying" in the library/Eds with friends.
- 10 Q: What's the one word that best describes your team?**
A: Connected/United

SNC SPRING BREAK



**St. Norbert will be heading South this year for Spring Break 2014!
The Green Knights will be staying on the East Coast for a week to train and
prepare for their first outdoor competition of the season!**