

SPORTS

Women's 4x1600 Leaves Their Mark on School History

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On Feb. 10, 2024, a record was broken. One that hadn't been broken since 2018.

Simone Stephens, Cora Hudella, Halle Barker, and Tea Boerner set the record for the 4x1600, beating the previous record by over a minute and a half. Even though this is a new group, returners Hudella, Barker, and Boerner, help the freshman Stephens adjust to college athletics and collegiate competition.

"I did feel really prepared for this race because we had been planning and talking about breaking this record for weeks. We

went over the order we were going to go in and made sure we got our baton passes down. We also talked about it with our coaches and made sure they knew our plans and how we were going to break it," said Stephens.

Since this group wasn't competing against anyone else, it was just them against the clock.

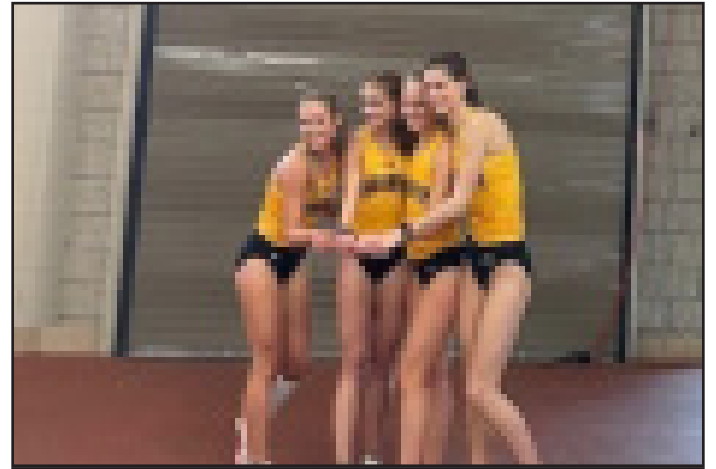
"This race for me was a little more difficult compared to the other ones as we were just racing against ourselves. We were the only team to sign up for the 4x1600, so it was just a race against us and the clock," said Stephens.

Coach Glen Drexler says how proud he was of this group, not only for breaking the record but for the time they ran the race in.

"Again, it was more of a question of by how much would this group break the record. We knew we had strong mile times going in so we knew collectively we could do it," Coach Drexler said.

"We knocked that record down by over a minute and a half and again, I think if we ran it today for instance- we could probably knock another 30 seconds or more off that time," said Drexler

Coach Drexler said he



The Women's 4x1600 Team After Setting School Record at Dr. Lydia C. Thering Fieldhouse. Photo Courtesy of Glen Drexler

was proud overall and a little emotional about the race.

"It was a big day in general as this record was set at our annual Sam Maday Classic. A meet honoring our late, long-time coach- Sam

Maday. So Sam was on our minds as we ran that race and to know he was probably watching us just as excited as we were. I know I was a little misty-eyed when we see such special things happen at his meet," said Drexler.

Kasper Impacts Yellowjackets on the Field and in the Classroom

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For Yellowjacket Athletics, there are many victories, highlights, and celebrations for athletes during their careers at UW-Superior. However, some of these athletes may face setbacks and injuries along the way.

Ben Kasper, the head athletic trainer at UWS cares for the health and safety of Yellowjacket Athletes through rehab and treatment. Kasper has been working with Yellowjacket athletes for six years, with

four of those six as the head athletic trainer.

This year, however, things look a little different for Kasper as he has become an adjunct faculty member where he is teaching an Introduction to Sports and Exercise Medicine course.

With this new role on top of being the head athletic trainer, Kasper gets to keep helping Yellowjackets by teaching them about a topic he is well knowledgeable in.

A few students of Kasper's are also athletes at UWS. Kasper has worked with these athletes before, but as a teacher, his interaction with these athletes looks a little different.

"It's really kind of wearing a different hat, I guess. In there, I am caring for the health and safety of them and in here it's to educate. So being able to keep that separate I think is pretty important," said Kasper.

Two of Kasper's students, Isaac Becket, a soccer player at UWS, and Dan Cundy, a senior majoring in exercise science, spoke about why it is important to have Kasper teach an Introduction to Sports and Exercise Medicine course here on campus.

"It's nice to have someone that has loads of experience and he is teaching us real-life stuff every class,



Kasper Teaching a Group of Students About an Arm Splint. Photo by Isaiah Wiita

rather than just reading off a syllabus," said Becket.

"You know that the knowledge that he is giving you is real and from his own experience," said Cundy.

March is National Athletic Training Month. This is a time for athletic trainers in the profession to spread awareness about the work they do and its importance.

Kasper has an opportu-

nity to spread this awareness to UW-Superior students through his adjunct faculty member role on campus.

"If I can get a few people in the room to kind of look at athletic training as a serious career path for them," said Kasper. "Being able to hopefully mold some people into becoming ATs or to see that there is an importance about the profession and why it needs to continue to grow and become bigger."



Kasper teaching class how to use a Vacuum Splint in a MWC classroom. Photo by Isaiah Wiita

Esports Team Kicks Off Competition

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For the first time in the school's history, UW-Superior's Esports Team is playing competitive esports at the collegiate level.

The team is currently in the process of renovating the new gaming lab in Swenson Hall, but that hasn't stopped them from being competitive in the meantime. "There's 48 teams that compete and so far, we're undefeated," said Brady Stocker UWS esports co-head coach, speaking on the team's inaugural season in the fourth division of the Wisconsin Collegiate Rocket League Conference.

UWS is 3-0 to start the season, featuring wins against teams from UW-

Whitewater and UW-Green Bay. For Stocker though, the competitiveness, at least in the first year, comes second to establishing a healthy and consistent team environment.

"Year one, I want it to be fun. I know that's so simple to say, but I want the building blocks of this first year to have that environment of a really good time, meeting people on this campus that without it maybe you wouldn't meet, and just

really start it the right way and build off of it," says Stocker.

"It's just starting to feel really real and I think we have a great, great starting block on what's to come," said Stocker.

The Yellowjackets will have three matches in both the WCRL and the National Esports Collegiate Conferences during the month of March, with plans on adding more titles and teams in the coming Fall semester.



You can play Rocket League on all gaming consoles. Photo by Evan Ludwig

OPINION | iFan Experience

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 Being able to work the UMAC Indoor Track and Field Championship in Feb., for COMM 330, was a great opportunity to get experience in the field.

I started off working the camera filming the Women's Hammer Throw event, which was quite easy for me to do as I have prior experience with digital cameras. This is an important aspect of the trade that will come in handy later if I go into journalism and need to film something for a story.

The most important aspect and part of the opportunity that the class got was going onto the live stream and taking part in the commentary for five minutes. Xavier

and I talked about a few different topics, mainly baseball and what I want to do with my degree, which I really do not know. I have concluded that if I do not have a job that I'm satisfied with by 30, I'm just going to take out a loan and open a bar, but there's a lot of time to reflect on that.

Overall, I do think that the iFan experience was a good starting point. Not for just me, but for everyone else in the class. It's something that is very engaging, and sports are something that most of the class has been around our whole lives.

I do think that it was a great idea to commentate the meet, and I am looking forward to doing more stuff in that vein of things in the future.