



Beware: ballers



Above: Nick Malinowski '04 pulls up for a three-pointer in the second half of Grinnell's 135-128 victory over defending NAIA Champion Northwestern College on Nov. 29. Malinowski, who missed nearly all of last season to injury, had four of Grinnell's 21 treys in the game. **Far right:** Ken Heiser '04 puts up a floater in the lane against the Red Raiders. Heiser had 18 points, seven assists and six steals for Grinnell.
 photos by Margaret Toomey



From zero wins in '02 to 10 in '03: dare we mention the playoffs for women's basketball in '04?

Men's basketball begins its conference title defense when Lake Forest comes to town tomorrow

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Coming from a slightly more traditional basketball program at Evanston Township High School in Evanston, Ill., Doug Ticus '07 knew what he was getting himself into—sort of.

"At first it was really interesting and actually kinda complicated," said Ticus. "But once you know your role in the system everything is much clearer and easier. You can see how they score 130 points a game."

Actually, Grinnell men's basketball team has never averaged more than the paltry NCAA-record 124.9 per game they had in 2001-02, but the point is indisputable. Having led the nation in scoring every year since 1993, Grinnell's frantic full-court attack is like nothing else in the Midwest, and maybe nothing of this Earth.

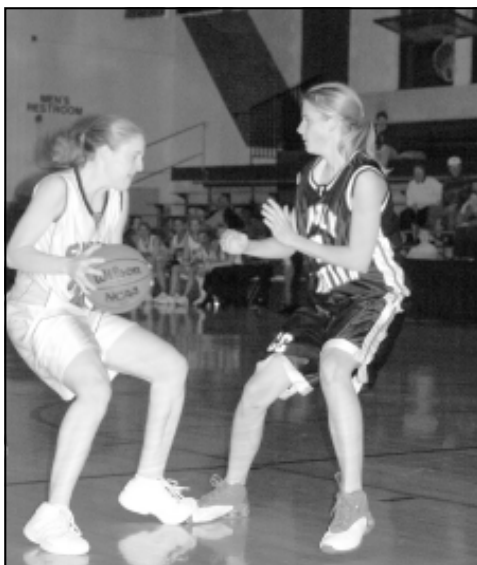
"The System is a lot different," said Ticus, "because the press and the defense that they run is kind of, 'Give you a layup and take three points from you and we'll outscore you.' It's an entirely new kind of basketball then I've been used to playing."

Ticus is one of only three first years (Trek Langenhan and Sean Pflizer are the others) to crack the team's top 15 early on in what Arseneault admits was a relatively light recruiting year. But given

who's returning, Grinnell probably won't need any more than that. Coming off its second conference title in three years and hungry for more after being upset in the conference tourney, this veteran outfit has looked like a well-oiled machine through its first two games.

"After such a great season a year ago, I was initially worried that we may start off a little complacent," said head coach Dave Arseneault. "But the day-to-day competitiveness of Steve Wood '04 and Ken Heiser '04 has kept everyone focused."

Senior co-captains Wood, Heiser, and Patrick Choquette, plus the sharp-shooting Nordlund brothers (Steve '04 and Paul '06) are



Anna Johnson '07 puts moves on a Lincoln Christian defender in Grinnell's 78-65 victory on Nov. 25. Grinnell shot 56% from the floor in the first half to build a 48-34 advantage over the visitors, and four Pioneers hit double-figures in the game, led by Katy Bowen '06's team-high 18 points.
 photos by John Bohman

all back and lead an explosive cast. Moreover, Nick Malinowski '04, lost for the year in Grinnell's seventh game last year at Drake, is back in uniform this season, having acquired as much perspective doing National Anthem duty as he did while playing.

"It's hard to explain," said Malinowski. "It's like the old cliché, you don't know what you've got 'til it's gone. I would sometimes take for granted all the opportunities and the benefits of what it means to play on a special team like ours. But then having the chance to come back and do it after being gone so long really makes you cherish the time you have and work harder to do well."

With so much talent returning, Grinnell's preseason goal is the highest it's ever been: not just to win conference and the conference tournament, but to advance past the first round of the NCAA Division III Playoffs. With an impressive 2-0 start under their belts, early returns are good.

"Right now, the team's clicking pretty well," said Heiser. "Our shooters are hitting the shots, our defense has played well. We're just
Men's basketball, cont. on p. 18

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When in doubt on how to gauge the chances of a Grinnell women's basketball team, look to Lake Forest.

The previous two years, Grinnell's showing in their annual December conference opener against the Foresters have proved indicative as to how the season would go, and this year is no different.

"It's definitely a big game for us, because they're the top-ranked team in our conference," said forward Katy Bowen '06 of Saturday's 1 p.m. tipoff.

Bowen and, indeed, most of this year's lineup weren't around two years ago when the Foresters shellacked Grinnell by 41 points in Darby, effectively anticipating an 0-20 campaign. But they well remember last season, when the Pioneers nearly upset Lake Forest on the road in a precursor of a 10-win campaign that saw them fighting for a playoff spot into February. This year?

"I definitely think we have a shot at taking them," said Bowen. "We just have to stay out of foul trouble to compete with them. If we play a good game we should definitely be able to take them."

"We feel like we're in a better position to beat them this year than we were last year, and we're looking forward to the game on Saturday," said Caitlin Shannon '07. "It should be a good game."

Although matching last season's 10-win improvement will be nearly impossible—Grinnell would have to win 18 of its remaining 20 games to do so—the Pioneers feel they can definitely eclipse last season's final record. At the very least, they feel they can expect victory in any game they play.

"Our attitude going into this game is to win," said guard Amber Watson '05 of the Foresters. "We are hosting Lake Forest in our house and we know that we are just as good, if not better than Lake Forest or any of the other teams in our conference."

Grinnell has certainly looked good in its 3-1 start this season, which was capped in the last two weeks with blowout wins over Lincoln Christian and Stephens College. Three players are already aver-
Women's basketball, cont. on p. 19

"This year's team is the best team that I've been on in my basketball career."

—Amber Watson '05



Swimming keeps up unbeaten streak with weekend sweep

MWC announces All-Conference lineup

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Grinnell's men's and women's swim teams hold the top seed in over one third of the events in the MWC in which they have competed.

Many of these performances were posted by the Pioneers during the weekend before Thanksgiving break. On Friday, Nov. 21, Grinnell pulled out victories over Loras College on both the men's and women's sides. The men defeated Loras 129-102 while the women secured a 100 point margin of victory, winning 171-71. The results on the men's side were closer than Coach Erin Hurley expected, but she was pleased with the men's team's performance.

"[In the 400 Medley Relay] Gene Petersen '06, Braden Pence '05, Kevin Wood '07 and Peter Brown '06] were less than two seconds off the pool record," she said. "This relay has never been this fast at

this point in our season. Dan Karney '04] continues to make good time drops in the distance events, as well as Gene Peterson in the 200 back and 50 free. The one-two finish by Brown and Wood in the 100 free, along with their quick times, was also impressive."

"This relay has never been this fast at this point in our season."

—Erin Hurley

She also noted that Pence and Nate Kimball '07 had particularly strong swims in the 400 free relay; they swam the third and fourth legs respectively and helped their relay team out-touch that of Loras by .03 seconds in the meet's final event.

On the women's side, Rachel Sellon '04 won the 1,000 free and the 200 fly.

Erinn Croco '07 and Emma Samuels '04 took first and second in the 50 free respectively, with Croco posting the 10th fastest time in Grinnell history in this event.

The men had an easier time on Saturday against the University of Chicago, win-

ning 174-102. Though their margin of victory was small, the women's team pulled out a clutch victory 154-138.

"At Chicago, we did not swim as well," said Hurley. "I think there are several reasons for that... coming off the meet the night before and not cooling down enough, as well as just being tired," she said.

Next week both teams take their unbeaten records on the road to the Mutual of Omaha Invite in Omaha, Neb. Hurley expects the meet to be very competitive, with schools representing South Dakota, Colorado, Wisconsin and Minnesota. Both Division II and Division III colleges will be competing, including Truman State, last year's Division II National Champions on the women's side. Since the competition is a preliminary finals meet, the swimmers will compete in many different events, and the divers will get to perform a full diving list of 11 dives rather than the usual six. Despite the stiff competition, Hurley hopes both teams will defeat as many Division III schools as possible.

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(Grinnell, Iowa) - Fifteen Grinnell College student-athletes were named to their respective all-conference teams by league coaches in voting conducted over the weekend.

The Pioneer football team had seven players honored. Adam Wallace '03 was the only First Team selection. The running back became Grinnell's all-time leading rusher this fall and was selected to the First Team in his sophomore and junior seasons. Offensive lineman Sam Jones '05 and defensive lineman Delwin Pinkins were Second Team selections. It was Jones' second such honor. Four Pioneers were named to the Honorable Mention Team: Quarterback Trey Raney '05 and converted defensive back Isom Winton '04 were given their first citations, while linebacker Mike Herbin '04 and offensive lineman Greg Huebner '05 were named honorable mention for the second straight season. Grinnell, banged up for part of the year, finished 3-7 overall and 2-7 in the Midwest Conference.

The Conference Champion women's soccer team had five selections. Named to the First Team were midfielder Sarah Evans '05, striker Rachel Moskowitz '06, defender Megan Pluskis '04 and midfielder/defender Dana Price '05. Goalkeeper Liz Carrier '07 was voted to the Second Team. Grinnell finished the year with an 11-6-1 overall mark and were 8-0-1 in the MWC. For Evans, Grinnell's leading scorer again, it is the third time she's made the First Team.

The men's soccer team had two selections, both First Team picks. Defender Danny Cochrane '03 was also a Second Team pick in 2001. Alex Tucker '05, in his first season as a starter, received the nod from league coaches as the top goalkeeper. Grinnell finished their injury-plagued season with a 6-7-2 overall record and were 4-3-2 in the league.

In volleyball, Cathy Stella '04 was, for the second consecutive year, named to the Second Team. The young team finished the year 7-27 and was 2-7 in the South Division of the MWC.



Booth finishes fourth at Nationals

Grinnell's only Nationals qualifier this year, Adam Booth '04 caps off a brilliant career with the highest finish ever for a Pioneer

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Adam Booth '04's finish at Nationals was so good, his teammates found the English language insufficient to describe it.

"Adam Booth is indeed Unbogable!!" These were the words of Justin Riley '06, one of the eight cross-country runners who drove eight hours to cheer on senior Booth in his NCAA Nationals race. "Unbogable" is apparently a term in the language "Beast" and means "totally fucking sweet." That is definitely one way to describe Booth's efforts in Hanover.

Grinnell College was represented at the NCAA Nationals in Hanover, Indiana on Nov. 22 by the senior All-American Adam Booth. Booth competed against the best Division III runners across the nation and ran to an impressive fourth place finish with a time of 25:12.4 in the 8k race. The Nationals were the culmination of four years of hard work for Booth, who became only the second runner in Grinnell cross-country history to win the Conference meet three years in a row earlier this year. This was no ordinary event, being pitted against some stiff competition, but Booth had a calm outlook prior to the race.

"Patiently aggressive best describes my pre-race mood," Booth said. "During the race, I felt mostly pain. However, I guess the other guys couldn't handle the pain because I somehow managed to pass a lot of them throughout the race. It wasn't so much that I put on a big surge in the middle of the race, it was more that the other guys were falling off the pace even more than I was."

Whatever it turned out to be, it worked for Booth. Head Coach Will Freeman was also quite pleased with his runner's performance.

"Adam always runs smart, but this meet was a classic," Freeman said. "In a fast crowd, most runners in this situa-

tion will go out too hard. Adam kept it under control and kept his head. He was in 70th after 1 mile. By mile 2 he was in 10th and with even splits for the first 2 miles."

Booth managed the traffic and separated himself from the pack. Relying on four years of training and conditioning, he was able to cross the line with the best finish by a Pioneer at Nationals.

"His finish is by far the best ever for a Grinnell athlete," said Freeman. "We have had several finish in the low 30's at Nationals—Greg Evans [89], Dave Cooke [82], and even George Drake [56]—but no one has been in the top 10 before."

"My first feeling was that I wanted to stop running, but some lady didn't like that idea very much and pushed me out of the way. Once I got to stop running, my strongest feeling was wanting to lay down on the ground. After I got some Gatorade and got to sit down, then I started feeling pretty happy."

The fourth place finish, behind Josh Moen of rival school Wartburg, Macharia Yuot of Widener University and Marcus Murphy of Lorain College, meant ending his career on a high note, and walking away from college athletics with a great achievement. He also set a great example for future and current runners at Grinnell and played an integral role in leading by example for the younger runners.

"Having Booth to chase after from a distance last year and then as a training partner this season has definitely made me a faster runner," Riley said. "I have also adopted some Booth mannerisms as I'm told. I guess you could say Adam Booth died for my sins."

Booth's run ends the season for Grinnell cross-country, a season that was successful not only for Booth but for the whole team. Coach Freeman will look for another stellar runner to step up and lead the way next season. Booth will be missed as a team leader, but his success will be remembered.

"I couldn't be happier for Adam," Coach Freeman said. "He has earned this. It was time for rest of the country to [see] him at full strength."



Adam Booth '04 (right) runs at Nationals. Booth's fourth-place finish is the best ever for Pioneer and capped a stellar cross-country career that saw him crowned conference champ three years in a row. photos courtesy of Will Freeman

A celebration of stupidity

The week after the official conclusion of the cross-country season, Stupid Week begins. This week of activities tests the physical and mental limits of the participants.

"The cross-country team has a sort of longstanding tradition of stupidity," said runner Nick Gill '05, "and stupid week is the culmination and celebration of that stupidity."

Gill himself is in charge of the kickoff event of Stupid Week, the Beer Mile, a grueling challenge not meant for the feint of heart.

"Each participant gets one hour to drink six beers and then they are given ten minutes to warm up," Gill explained. "Then, they all run a mile on the indoor track with the goal of breaking five minutes. Each participant who breaks five minutes gets the beer they drank for free, and wins one more six pack of their choosing. Participants who fail to break five minutes for the mile have to pay me back for the six beers they drank before they ran."

This year, five men earned the right to get their drinks on the house. Adam

Booth '04 set an all-time Beer Mile record, bettering his record from last year by less than a second with a time of 4:41.8. This time is impressive considering that the NCAA indoor standard time is around 4:15.

"The 5:00 goal of the challenge is a little slower than my 8km race pace," Booth said.

Mitch Herz '05, David Honig '05, Peter Cueno '06, and Colin Tschida '05 rounded out the top five under the five minute mark. Patrick Waldo '06, Tom Peter '06 and Devin McGranahan '04 just barely missed the cutoff.

Three women ran this year, but neither Lola Garcia '06, Sam Thomas '04, nor Laura Zdunek '07 could finish the mile.

The Beer Mile was followed by an arrangement of other events. The rest of Stupid Week has included the No Hands Dinner, Cookie Day (eating only cookies for an entire day), the Weezer Classic (a cross country team basketball game), Towel Dinner and \$lum movie night on Thursday (team members go to dinner in a towel, then go to the \$lum to watch a movie), and drunken dodgeball today.

- Kevin Byrne

Women face Foresters

Women's basketball, cont. from p. 20

aging in double figures this season, including Bowen, the team's leading scorer at 13.0 points per game. Acrivri Coromelas '04 is back for a final season at the point, while her fellow backcourt starter Anna Veit '05 has put the "shooting" back in "shooting guard" for the previously perimeter-starved Pioneers by setting a team mark for three pointers in a season.

Then there's the blessed familiarity. The Pioneers have now had a full year plus training camp this season to accustom themselves to second-year coach Andy Hamilton's system. They've also had a full year to get used to playing with one another. Bowen may not have declared a major yet, but she knows chemistry when she sees it.

"We're deeper and especially on our starting five we have more experience playing with each other, so we're playing better because we know what the other people are going to do," she said.

"This year's team is the best team that I've been on in my basketball career," agreed guard Amber Watson '05, one of only three players on the roster who were in uniform for the 2001-02 campaign. "Coach Hamilton has prepared us to know and understand each other's games, and we work well together."

Grinnell is set for the foreseeable future with a deep and versatile backcourt. But with the graduation of Marie Opsahl-Lister, Grinnell was left with just three true post players in the rotation: Bowen, center Tai Duncan '05 and the first-year Shannon. But what they lack in quantity, they make up for in quality.

"We have an offense that's designed to fit that [lack of post players], and so we often only run one post player in our offense," said Shannon. "But our frontcourt presence looks to be a lot stronger this year than it has in past years. Katy and Tai, both of them worked really hard in the offseason, and it shows. Katy, well, everyone already knows that no one can stop her in conference, but Tai will not only meet expectations but exceed expectations. Tai's probably one of the best post players in the conference."

And Shannon herself?

"My role is to come in and work as hard as I can and give as many quality minutes as I can to keep Tai fresh so she can dominate."



Katy Bowen '04 goes up for two of her team-high 18 points in Grinnell's 78-65 win over . Following their blowout win over Stephens on Tuesday, the Pioneers look to make it three straight against Lake Forest on Saturday at 1 p.m. in their first conference game of the year. photos by John Bohman

2003-04 Schedule

DECEMBER	
6 LAKEFOREST	1 p.m.
13 @ Alverno	1 p.m.
JANUARY	
2 vs. Thomas	1 p.m.
3 @ Colby	5 p.m.
10 ILLINOIS COLLEGE	5:30
13 @ Monmouth	5 p.m.
16 RIPON	5 p.m.
17 ST. NORBERT	2 p.m.
20 @ Knox	5:30
23 @ Carroll	7 p.m.
24 @ Lawrence	4 p.m.
30 BELOIT	7 p.m.
31 CARROLL	4 p.m.
FEBRUARY	
3 MONMOUTH	7 p.m.
6 @ St. Norbert	5:30
7 @ Ripon	2 p.m.
11 KNOX	5:30
14 @ Lake Forest	1 p.m.
21 @ Illinois College	1 p.m.

Women's roster

#NAME	POS	YR	HT
00 Cassie Donnelly	G	'06	5'7
10 Emily Kolbe	G	'07	5'8
12 Lauren Meredith	P	'06	5'9
14 Molly Lewis	G	'06	5'7
15 Katy Bowen	G	'06	5'10
20 Lindsay Peter	G	'05	5'8
22 Anna Johnson	G	'07	5'9
23 Amber Watson	PG	'05	5'6
24 Anna Veit	G	'05	5'5
25 Tai Duncan	P	'04	6'1
32 Rachel Marek	G	'06	5'5
33 Jamie Tremel	G	'06	5'6
34 Ac Coromelas	PG	'04	5'4
41 Tamrah Collins	F	'07	5'10
44 Caitlin Shannon	P	'07	5'11
52 Brenda Cora	P	'07	5'9

Men's basketball looks to defend conference title

Men's basketball, cont. from p. 20
working to keep up what we've been doing."

What they've been doing was good enough to clobber Martin Luther on the road 144-103 in the season opener, and good enough also to knock off defending NAIA National Champion Northwestern (College, not University) 135-128 last Saturday. But will it be good enough to beat a conference foe on Saturday, one that is well-versed in Grinnell's strategy?

"We've had a big mark in our calendars since the first day of practice [for Lake Forest]."

—Nick Malinowski '04

"But over my four years we've probably beaten them five out of six times."

To defeat the comparatively stodgy game plan of the Foresters, the Pioneers would do well to heed the hard lesson learned in last year's playoff loss to Illinois College, where they spotted the Blueboys a 16-point lead before rallying unsuccessfully; get ahead early, and stay there.

"Lake Forest poses us problems because they play so controlled," said Arseneault. "We will have to be opportunistic when we run because Lake Forest will play 'defense on offense' and try to hold the ball for 25-30 seconds each possession. It is always

"Lake Forest is always a well-coached team, and they always have a gimmick game plan to beat us, usually involving slowing the pace down," said Heiser.



Steve Wood '04 goes to work on Northwestern College's defense in the first half of Grinnell's 135-128 victory over the visiting and defending NAIA Champion Red Raiders. Wood, a Pioneer co-captain who led the Midwest Conference in scoring last season and was recently named to the D3Hoops pre-season All-America Third Team, had 26 against Northwestern, including 4-of-8 shooting from three-point land. He also had 25 in Grinnell's season-opening 144-103 rout of Martin Luther on the road, a game in which Grinnell hit 32 three-pointers, forced 34 turnovers, and built an insurmountable 30-point halftime advantage. Grinnell now comes home to face Lake Forest in its first conference game of the year. The Foresters have already played on conference photo by Margaret Toomey

helpful to jump on these types of teams early as it is a lot easier to hold the ball when you are ahead."

The Pioneers have been nearly invincible in Darby (23-3 in the last three seasons) but the last time they lost a regular season home game happened to be to the Foresters in December of 2001. Grinnell has taken three straight from Lake Forest since, including a sweep of the season series last year. Opening tap is at 3 p.m.

"We've had a big mark in our calendars since the first day of practice," said Malinowski, "and we know that going into Saturday Lake Forest is going to come in and know exactly what we're going to do. They're going to have us scouted because they're used to playing us. We're a conference opponent and they're a well-coached team. So everyone's mindset is really focused on executing our game plan."

"It being the first conference game, it is the most important game of the first semester," said Heiser.

2003-04 Schedule

- DEC. 6 LAKE FOREST 3 p.m.
13 GRANDVIEW 1 p.m.
JAN 2 vs. St. Josephs 3 p.m.
3 @ Colby 7 p.m.
7 MIMERCY 7:30
10 ILLINOIS COLLEGE 3 p.m.
13 @ Monmouth 7:30
16 RIPON 7 p.m.
17 ST. NORBERT 4 p.m.
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Men's roster

#NAME	POS	YRHT
00 Sean Pfalzer	G	'07 5'10
2 Nick Malinowski	F	'04 6'5
3 Paul Nordlund	C	'06 6'8
4 Eric Walsh	G	'05 5'10
5 Toby Carlson	G	'06 6'1
11 Cole Robertson	F	'05 6'4
12 Ken Heiser	G	'04 6'0
13 Doug Ticus	G	'07 6'2
14 Jack Kennedy	G	'06 5'11
15 Trek Langenhan	G	'07 6'1
21 Nate Wineinger	F	'05 6'2
22 Matt Brown	G	'05 6'4
24 Chris Mitros	G	'05 6'1
25 Steve Nordlund	F	'04 6'4
31 Trey Raney	G	'05 6'1
32 Steve Wood	G	'04 6'2
33 Patrick Choquette	F	'04 6'2
42 Josh Pedersen	G	'04 5'10
44 Max Brauer	G	'07 5'10
45 Mike Misker	C	'06 6'5
54 David Rein	F	'07 6'3