

1973-74 TRACK AND FIELD PROSPECTUS

LOCATION: Ellensburg, WA 98926

ENROLLMENT: 6,500

COLORS: crimson and black

ATHLETIC DIRECTOR: A. L. (Bink) Beamer (963-1911)

FACULTY ATHLETIC REPRESENTATIVE: Dr. Daryl Basler

TRACK COACH: Tom Lionvale (963-1041)

PREVIOUS COACHING HISTORY: Tahoe College, one year; assistant coach at San Jose State, two years; assistant coach at West Point, two years; assistant coach at University of Oregon, one year.

RECORD AT CENTRAL: lost one dual meet in three years

YEARS AT CENTRAL: three, starting fourth

1972-1973 RECORD: See last page of prospectus.

TEAM NICKNAME: Wildcats

CONFERENCE: Evergreen (EvCo) (NAIA District 1 and Area I)

TRACK SITE: Tomlinson Field behind Nicholson Pavilion

SPORTS INFORMATION: Office of College Information, Edison Hall

SPORTS INFORMATION DIRECTOR: Bev Montgomery (509) 963-1491

LOCAL Media

Ellensburg Daily Record, Dick Moody, Sports Editor, (509) 925-1414
Yakima Herald-Republic, Jim Scoggins, Sports Editor, (509) CH&-1251
Campus Crier (weekly), Rafael Gonzales, Sports Editor, (509) 963-1026
KXLE Radio, Warren Morrison, Sports Director, (509) 925-1488

LETTERMEN LOST

Steve Slavens--Set two out of three school sprint records.

Bill Harsh--All-American who set three school records: shotput, discus, and hammer throw. Last year Central placed 12th in the Nationals, Harsh was second in discus, fourth in shotput, and sixth in hammerthrow.

LETTERMEN RETURNING

| | | | |
|-----------------------|------------------|------|-------------------|
| Belmont, Clayton | Middle Distances | Soph | Chelan |
| Bookey, Brian | Javelin | Sr | Everett |
| Cameron, Ken | Distances | Jr | Spokane |
| Clark, Tom | Hurdles | Jr | Maple Valley |
| Johnson, Bob | Distances | Jr | Milton |
| Jones, Craig | Long Jump | Sr | Vancouver |
| Kruger, John | Sprints | Jr | Mountlake Terrace |
| Lampe, Bill | Triple Jump | Soph | Yakima |
| Maddon, Tim | Triple Jump | Soph | Tacoma |
| Manix, Paul | Pole Vault | Soph | Lacey |
| Merrill, Dave | Quarter Mile | Soph | Seattle |
| Rochefort, Joe | Javelin | Jr | Burlington |
| Schellenberger, Henry | Sprints | Jr | Everett |
| Spore, Ray | Pole Vault | Sr | Port Orchard |
| Tegan, Wayne | Hurdles | Sr | Yakima |
| Turner, Ken | Distances | Soph | Tacoma |
| Untewagner, Jeff | Triple Jump | Jr | Randall |
| Worswick, Nate | Hurdles | Soph | Gig Harbor |

PROSPECTS FOR THE 1974 TRACK AND FIELD TEAM:

Central traditionally has had a good track program. In the last three years, the Wildcats only lost one dual meet. Two years ago the team finished second in the conference, and last year Lionvale's men took the third-place spot.

In NAIA nationals last season, Central claimed the twelfth-place position.

"This year we are a very young team. We have 35 new athletes, mostly freshmen and sophomores. There is lots of breadth on the team, and depth is developing," says coach Tom Lionvale when surveying his team prospects for the new season.

"About 75% of the men are rounding the corner on their performance, and the others aren't far behind," he continues. "But we still aren't where I want us to be."

The coach predicts that in 1974 Central will be strong especially in the 440 runs and in the hurdles.

Reese Colbo, Dave Merrill, and Jim Noren will represent the squad in the quarter mile running events.

Representing the Wildcats in the hurdle will be; Tom Clark, a junior

who was fifth in the conference last season; Bill Freeburg, a junior transfer student from Big Bend Community College, who last year was a one-man team; and Nate Worsick, a sophomore from Gig Harbor, who placed third in the conference as a freshman.

Leading the sprinters will be Bellevue senior Clint Patton. Patton finished third and fourth in the conference last year.

The coach predicts that Pat Fitterer, John Krueger, and Henry Schellenberger also be excellent short distance runners.

On the half-mile is Mike Anderburg, a Seattle freshman, who ran in a time of 1:56 last year.

Jim Perry, former state champ in the quarter-mile, will begin training with the team at the beginning of spring quarter. Perry, a freshman from Cashmere, will be transferring from Spokane Community College.

Mile runner Lou Boudreaux, a freshman from South Kitsap, clocked a time of 4:18 last year.

Other good mile runners whom the coach expects to do well are sophomore Clayton Belmont and freshman Rich Johnson.

On the three-mile run, Lionvale expects Mike Christenson, Oak Harbor freshman, to be "very good." Lionvale's expectations also are high for sophomore Ken Turner, who recently set a new school record in the marathon. His time was 2:40.48.

The coach expects Central to be a "bit thin" in the long jump, with only Craig Jones, a senior, competing. Jones's best distance is 23 feet.

Amplly representing the Wildcats in the triple jump will be several 1973 Evergreen Conference place-winners. Athletes in that event will include: Rich Von Wells, sixth in the conference in 1973; Kurt Wagner, with a best distance of 44'; Jeff Unterwagner, who took the fifth spot in Evco last year; Tim Madden, who placed third; and Bill Lampe, second for the conference in 1973.

(more)

Transferring to Central from Olympic Junior College is Dave Heglund in the high jump. He has set a mark at 6'6".

Behind Heglund, by one inch, is Puyallup freshman Gary Zasimovich.

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bjm

3/13/74

CENTRAL WASHINGTON STATE COLLEGE

1974

TRACK AND FIELD ROSTER

| <u>NAME</u> | <u>EVENT</u> | <u>CLASS</u> | <u>HOMETOWN</u> |
|-------------------|------------------|--------------|-----------------|
| Acosta, Joe | Distances | Sophomore | Sunnyside |
| Andrews, Dave | Javelin | Freshman | Sultan |
| Anderburg, Mike | Middle Distances | Freshman | Seattle |
| Ardissomo, Bill | Distances | Freshman | Seattle |
| Beckwith, Dave | Triple Jump | Freshman | Seattle |
| Belmont, Clayton | Middle Distances | Sophomore | |
| Bibles, Ken | Triple Jump | Sophomore | Yakima |
| Bookey, Brian | Javelin | Senior | Everett |
| Boudreaux, Lou | Middle Distances | Freshman | |
| Brown, Randall | Weights | Senior | Sedro Woolley |
| Cameron, Ken | Distances | Junior | Spokane |
| Carr, Justine | Distances | Junior | Puyallup |
| Christensen, Mike | Distances | Freshman | Oak Harbor |
| Christenson, Jim | Distances | Junior | Bothell |
| Cline, Phil | Javelin | Freshman | Yakima |
| Clark, Tom | Hurdles | Junior | Maple Valley |
| Colbo, Reese | Quarter Mile | Freshman | Tacoma |
| Daniels, Mike | Weights | Freshman | Tacoma |
| Fitterer, Pat | Sprints | Junior | Ellensburg |
| Freeburg, Bill | Hurdles | Junior | Port Orchard |
| Graver, John | Weights | Sophomore | Olympia |
| Heglund, Dave | High Jump | Junior | Bremerton |
| Hilderbrand, Mike | Pole Vault | Sophomore | Tacoma |
| Hingston, Charles | Quarter Mile | Freshman | Seattle |
| Hudson, Larry | High Jump | Junior | Yakima |
| Johnson, Bob | Distances | Junior | Milton |
| Johnson, Rich | Middle Distances | Freshman | Seattle |
| Jones, Craig | Long Jump | Senior | Vancouver |

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|-----------------------|--------------------|-----------|---------------|
| Kay, Ed | Hurdles | Sophomore | |
| Krueger, John | Sprints | Junior | |
| Lampe, William | Triple Jump | Sophomore | Yakima |
| Maddon, Tim | Triple Jump | Sophomore | Tacoma |
| Manix, Paul | Pole Vault | Sophomore | Lacey |
| Marks, Rich | Hurdles | Freshman | Mercer Island |
| Menzies, Dale | Discus | Sophomore | Everett |
| Merrill, Dave | Quarter Mile | Sophomore | Seattle |
| Noren, Jim | Quarter Mile | Junior | South Bend |
| Nunez, Dick | Weights | Freshman | Olympia |
| Parker, Steve | Quarter Mile | Sophomore | Kalama |
| Patton, Clint | Sprints | Senior | Bellevue |
| Perry, Jim | Quarter Mile | Freshman | Cashmere |
| Peterson, Dave | Long Jump | Junior | Wenatchee |
| Prato, Mike | Sprints | Sophomore | Seattle |
| Rochefort, Joe | Javelin | Junior | Burlington |
| Santos, Ron | Sprints | Freshman | Guam |
| Schellenberger, Henry | Sprints | Junior | Everett |
| Sharp, George | Hurdles | Freshman | Vancouver |
| Slaughter, Eric | Quarter Mile | Freshman | Harrah |
| Slichter, Paul | Middle Distance | Junior | Spokane |
| Snore, Ray | Pole Vault | Senior | |
| Taylor, Kevin | Distances | Junior | Yakima |
| Tegan, Wayne | Hurdles | Senior | Yakima |
| Turner, Ken | Distances | Sophomore | Tacoma |
| Unterwagner, Jeff | Triple Jump | Junior | Randall |
| Vincent, Craig | Javelin | Freshman | Mt. Vernon |
| Wagner, Kurt | Triple Jump | Freshman | Aberdeen |
| Weber, Jack | Sprints, long jump | Senior | Aberdeen |
| Willits, Jim | Triple Jump | Junior | Seattle |

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|------------------|-----------|-----------|------------|
| Wold, Mike | Distances | Freshman | Coulee Dam |
| Worswick, Nate | Hurdles | Sophomore | Gig Harbor |
| Zasimovich, Gary | Hurdles | Freshman | Puyallup |

In addition to playing volleyball, Ackerman also has competed in numerous triathlons throughout the country. He ran his first marathon at the age of 13. He also enjoys swimming and mountain biking.

Misc: Born 7-31-64 at Sedalia, Mo. Single. Has two sisters. Earned a degree in leisure services and health promotion at Southwest Missouri and a teaching certificate from CWU. Is currently pursuing a master's degree in physical education.

TEANAH TROLIO

Assistant Coach (1st Year)

Teanah Trolio, who spent four years in the Wildcat volleyball program, begins her first season as CWU assistant volleyball coach this fall while she finishes her degree in art education.

Trolio was a three-year starter at outside hitter for Central from 1996-98. She served as team captain in '98 and played in every match. Trolio ranked no lower than fourth on the team in either kills or aces during each season of her career, and also was second-best in blocks in '96 and '97.

She reached career highs of 16 kills and 10 blocks during her sophomore season. She also recorded seven aces against Northwest College in an October 1998 match. An injury at the beginning of last season ended her playing days, but she remained involved with the team all year.

Trolio graduated from Evergreen High School (Seattle) in 1996 after an outstanding athletic career. She was a four-time letter winner in volleyball and softball, and played basketball for three seasons. Her leadership earned her four team captain awards - two in volleyball and one each in basketball and softball.

She was a three-year all-league selection at outside hitter, making first-team her senior year. As a center in basketball, Trolio captured second-team status in the 1995-96 campaign. She also earned first-team recognition as an outfielder.

Misc: Born 10-26-77 at Seattle. Single. Was involved in high school student government, and received an Army/Scholar-Athlete award.