

MMC Athletics | Tip-Off Tuesday

Lancer Volleyball Ready To Leap Forward

BY EMILY NIEBRUGGE
sports@yankton.net

With three years of her own recruits preparing for the 2013 volleyball season, head coach Candice Climer said she has seen the most intense practices since she began coaching at Mount Marty.

What's unique about this year's roster, Climer said, is that they've all played together on a club team previously.

"Now when I put them on the court they know what each person does," Climer said. "The first group I started recruiting and bringing in spread the word to their club team, and now we've got them here as well, and they're continually working together."

"We've also got some girls coming in with a lot of experience, and when you put them together on the court you can't tell the freshmen apart from the girls who have been there — they're all at that same level and they're all playing really well together."

Returning senior Emily Schreur has noticed the level of experience from the incoming freshmen, and said this year is challenging the returning players to step up.

"People were complacent before," she said. "They knew no one would be coming in and taking their spot, and this year someone else can easily step in during a game for you. If they compete and do better than you, they could potentially have your spot. Complacency is not

MMC Volleyball		
8/27	@ Grace	
8/30-31	Brunswick Tourney	
8/30	Illinois Tech	2 p.m.
	Coll. of Coastal Ga.	8 p.m.
8/31	Southeastern Univ.	10 a.m.
	Faulkner Univ.	2 p.m.
9/4	Dakota State	7:30 p.m.
9/6	@ Presentation/ Dickinson State	4:30 p.m.
9/7	@ Jamestown	2 p.m.
9/13-14	Peru State Tour.	TBA
9/17	@ Northwestern	7:30 p.m.
9/20	Grace	7:30 p.m.
9/21	Concordia	1:30 p.m.
9/24	Briar Cliff	7:30 p.m.
9/27	@ York	7:30 p.m.
9/28	@ Doane	5 p.m.
10/1	@ Dordt	7:30 p.m.
10/3	@ Dakota State	7:30 p.m.
10/8	Morningside	7:30 p.m.
10/11	@ Briar Cliff	7:30 p.m.
10/13	Hastings	2:30 p.m.
10/16	Northwestern	7:30 p.m.
10/18	Presentation	7 p.m.
10/19	@ Concordia	2:30 p.m.
10/22	@ Dakota Wes.	7:30 p.m.
10/25	Midland	7:30 p.m.
10/26	Neb. Wesleyan	1:30 p.m.
10/30	Morningside	7:30 p.m.
11/2	@ Hastings	2:30 p.m.
11/6	Dakota Wesleyan	7:30 p.m.
11/8	GPAC Tournament	
11/12	First Round	
11/12	Semifinals	
11/14	Championship	

your friend. This year only pushes you harder in your spot — you want to get better so you can play."

Because Climer is working with girls who she has mostly recruited herself, she said the players are picking up on her style of coaching more and more.

"It takes a while for it to set in, and now they're getting into my rhythm. That's what I like to see," she said. "You get your four years of recruits in and that helps. Every coach has a different style of what they're looking for in recruits, so I'm getting mine in."

VOLLEYBALL | PAGE 9



Mount Marty setter Caitlyn Illg hits the floor to set a ball during a Lancer home match in the 2012 season. MMC opens the 2013 season today (Tuesday) at Grace University in Omaha, Neb.

P&D FILE PHOTO

MMC Soccer Squads Open Seasons At Home Today

Lancer Men Continue To Build With Young Team

BY NICK ROBINSON
sports@yankton.net

The Mount Marty men's soccer team finished last season with a 2-16, but are optimistic about a successful 2013 campaign this fall.

"We're going to be a young team," Mount Marty head coach Nathan Epp said. "We will have a significant amount of playing time coming from freshmen and sophomores."

The Lancers return six starters from last year's squad. The returning starters are forward Adan Garcia-Marquez, midfielder Ricardo Marroquin, midfielder James Elliott, forward Luwin Arana, defender Benjamin Crandall, and goal-keeper Oscar Martinez.

Mount Marty will miss the two leading goal scorers from a year ago. Jose

Marquez led the Lancers with six scored goals respectfully. Yankton native and former captain Josh Koch was second with five goals.

Arana led the team for players returning with four goals. Martinez led Mount Marty with 76 saves in 15 games played last season.

"The talent level is continuing to improve for us so our expectations are to improve the record over last year and attempt to sneak into the GPAC post-season tournament," Epp said.

Expect the Lancers to lean on their returning starters this fall.

Mount Marty will add three players with key experience, as well. Luis Tapia from Evanston, Wyo.; Manuel Borjon, who is a redshirt senior from Herber, Calif.; and Juan Magana, a redshirt sophomore from South Sioux City, Neb. will

all add leadership to the squad.

A key strength for the Lancers will be their overall improvement and speed on the ball.

"Our team speed will be much improved along with our ability to possess," Epp said. "We should be much improved offensively and should be able to put pressure on teams."

According to Epp, Hastings is the team to beat in the GPAC.

"Hastings always has a lot of talent and they always are expected to win the GPAC," he said.

The Mount Marty Lancers open their season on Aug. 27 at 3:00 versus York College.

You can follow Nick Robinson on Twitter at twitter.com/RobinsonNick2013

MMC Soccer			
Date	Opponent	Women	Men
8/27	York College	3 p.m.	5:15 p.m.
8/31	Harris-Stowe (@ Leavenworth, Kan.)	noon	2 p.m.
9/1	University of St. Mary (@ Leavenworth, Kan.)	noon	2 p.m.
9/4	@ College of St. Mary	4 p.m.	
9/8	Clarke University	noon	2 p.m.
9/12	@ Presentation College	3 p.m.	5 p.m.
9/13	William Penn University	2 p.m.	4 p.m.
9/17	University of Jamestown	3 p.m.	5 p.m.
9/21	@ Concordia	1 p.m.	3 p.m.
9/25	@ Morningside	5:30 p.m.	8 p.m.
9/28	Nebraska Wesleyan	1 p.m.	3 p.m.
10/1	Grace University		4 p.m.
10/5	@ Doane	1 p.m.	3:15 p.m.
10/9	Northwestern	2 p.m.	4 p.m.
10/13	@ Briar Cliff	2 p.m.	4 p.m.
10/19	Midland	1 p.m.	3 p.m.
10/22	@ Dakota Wesleyan	5 p.m.	7:30 p.m.
10/30	Dordt	2 p.m.	4 p.m.
11/2	Hastings	1 p.m.	3 p.m.
GPAC Tournament			
First Round		Nov. 7	Nov. 5
Semifinals		Nov. 12	Nov. 9
Championship		Nov. 15	Nov. 14

MMC Women Aim To Add To Program Bests From 2012



Mount Marty's Allison Erwin, right, slides to steal the ball from an opponent, not pictured, during a match in the 2012 season. Erwin is one of eight returning starters for the Lancers.

P&D FILE PHOTO

Lancers Return 8 Starters From Team That Set Marks For Wins, GPAC Wins

BY NICK ROBINSON
sports@yankton.net

The Mount Marty Lancers women's soccer team is looking to build off a monumental campaign last fall. The Lancers set the school record for best record in school history (4-12-1) and the best conference record in school history.

"The team will still be young and lack of depth is a concern," head coach Nathan Epp said. "But, the team has the talent to make a push for the conference post-season this year and significantly improve on last seasons' record."

The Lancers return eight starters from last years' squad. The returning

starters are forward Jennifer Nelson, defender Amy Hisek, defender Alexandra Rojas, midfielder Julie Nelson, forward Laura Ekeren, forward Allison Erwin, midfielder Paige Anderson, and midfielder Molly Buche.

"The returning starters should all make a significant impact and the addition of sophomore Courtney True at goalie will make the defense very formidable," Epp said.

Erwin led the Lancers last season with seven goals. Jennifer Nelson led Mount Marty with 132 saves last season.

Mount Marty may be a young squad, but according to Epp, it has the ability to make things happen.

"While still a young team without

many upperclassmen the understanding of the game and ability to play as a team should be much improved over last season," he said. "Our lack of depth will be our biggest concern."

The Lancers toughest opponent this fall will be Hastings.

"Hastings always has a lot of talent and they always expect to win the GPAC," Epp said.

The Lancers open their 2013 season with a home match against York College on Aug. 27 in Yankton.

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Mets Ace Harvey Has Torn Ligament In Elbow, Hopes To Rehab Injury

NEW YORK (AP) — Matt Harvey has a partially torn ligament in his right elbow, a potentially devastating injury for the pitcher that had given the founding New York Mets reason to be hopeful about their future.

For now, the 24-year-old Harvey and the Mets hope that he will be able to avoid reconstruction surgery on the ulnar collateral ligament. A full prognosis will not be made until swelling in the elbow goes down in about two weeks.

"It was tough. Obviously it was the last thing I was expecting when I went this morning," Harvey said Monday. "I am going to do everything I can to avoid surgery."

The National League's All-Star game starter on his home field this July, Harvey has been experiencing forearm tenderness for a month or two but could not pinpoint exactly when it began. The discomfort increased during his start Saturday against the

Detroit Tigers, when he allowed a career-high 13 hits.

Harvey admitted he was tired against the Tigers, the 26th start of his first full season in the major leagues. Manager Terry Collins said he noticed Harvey's pitches weren't as crisp, a sign of fatigue.

But Collins didn't know Harvey had any issues with his forearm until Sunday and the ace went for an MRI at the Hospital for Special Surgery a day later.

"Nothing is shooting in my elbow at all. That's not the issue," Harvey said. "When I heard the news, I was pretty shocked. I'm still very optimistic."

Harvey wasn't the only one in the Mets organization stunned by the news.

"This was a surprise to all of us," general manager Sandy Alderson said. "Forearm pain can foretell problems with the elbow, but in this particular circumstance there had been no indica-

tions of that."

Harvey was not immediately placed on the disabled list. Carlos Torres will take his spot in the rotation and face the Phillies Thursday.

The seventh pick overall of the 2010 draft, Harvey is 9-5 with a 2.27 ERA. He has a league-leading 191 strikeouts in 178 1-3 innings pitched and was a top candidate for the NL Cy Young Award.

The Mets were working on limiting Harvey's innings to a little more than 200 this season. Alderson said there is no real scientific basis for managing young pitchers' careers.

"These innings limits are not a guarantee of anything. They're certainly not based on any science," Alderson said. "This is a kind of progressive injury that isn't a function of, we don't believe in this case a specific incident or quote overuse. It's an anatomical fact that these things happen."

The blow is particularly

tough for an organization that has not been to the playoffs since 2006, and hasn't had a winning season in its new ballpark that opened in '09.

But Harvey was the first of several top young pitchers who were supposed to help lead New York back to the postseason, and Mets captain David Wright cited the talent in the minor leagues as one of the reasons he signed a big contract to remain in New York last winter.

One of those rising stars, Zack Wheeler, started for the Mets against the Phillies Monday.

Harvey made a marvelous big league debut last season, striking out 11 in 5 2-3 innings against the Diamondbacks and has been even more dominant this season.

Big like classic power pitchers Nolan Ryan and Roger Clemens, with a fast-ball that regularly reaches 98 mph, Harvey flirted with no-hitters several times this sea-

son. The excitement at Citi Field every time he pitched was not present on most other nights, and the Mets took to calling his starts "Harvey Day."

"This is a great loss for the Mets. Matt Harvey has given us a lot of hope this year for the future. He's been our shining star this year," said David Greenfield of Fairlawn, N.J., a self-professed Mets fan since their first season of 1962. "He's a class guy, and Mets fans need something to hang our hats on."

The news about Harvey comes just days after the same doctor, David Altchek, recommended Tommy John Surgery for teammate Jeremy Hefner.

Also, right-hander Jenrry Mejia returned from elbow-reconstruction surgery last September. After making just five starts this year, he went back on the DL and is likely going to have an operation to remove bone spurs from the elbow. Two-time Cy Young

Award winner Johan Santana had his second shoulder surgery and is out for the season.

While Harvey hopes to avoid surgery by strengthening the muscles in the shoulder and arm, Alderson was a bit more realistic in discussing the elbow. He said this type of injury can worsen over time and that even if the ace with a Russian supermodel for a girlfriend can keep from having an operation now, he may need it in several years.

Tommy John surgery has become a fairly common procedure for pitchers. Recovery time usually takes at least a year, and many have made successful returns. Washington Nationals ace Stephen Strasburg had the operation after a tantalizing debut. His teammate Jordan Zimmermann, an All-Star this year, also made a successful return.