SPORTS DIGEST

USD Names Thuente Director Of Marketing, Promotions

 University of South Dakota has tabbed Northwestern University's Joe Thuente as its new director of marketing and promotions. Thuente will begin at USD on Aug. 12.

A native of Johnston, Iowa, Thuente earned a degree in business management from University of Northern Iowa in 2009 and received his master's in intercollegiate athletics leadership from University of Washington the following year. He began

his professional career as a marketing intern at Northwestern in early 2010 and was hired full-time as a marketing assistant

that summer. He was promoted to assistant director of market-



Thuente

At Northwestern, Thuente is responsible for marketing, promotions and event management for volleyball, women's basketball, wrestling, softball and field hockey. In prior years, he served baseball and lacrosse. He recently set program records for single-game and season-long attendance and revenue in volleyball, wrestling and baseball. He's overseen all video board and scoreboard elements for men's basketball and oversaw Wildcat

ing in 2011 and has served in that role since

Alley — a fan tailgating area before football games. At USD, Thuente will annually develop and implement a comprehensive marketing and promotions plan to maximize ticket revenue and spectator attendance for Missouri Valley (FCS) football and NCAA Division I Summit League basketball às well as 14 other Division I sports. He will also oversee gameday marketing and promotional activities for Coyote athletics.

YHS Soccer Meetings July 31

There will be parent and player meetings on Thursday, July 31, for players grades 9-12 interested in participating in the Yankton High School soccer program. The meetings will take place in the main theater at YHS.

The girls' meeting will begin at 6 p.m., with the boys' meeting at 7 p.m. Players who are interested in participating in soccer, but are unable to attend the meeting, should contact coaches Tyler Schuring (girls) at 380-7667 or Warren Brenner

YHS Boys' Golf Meeting Aug. 4

The Yankton High School boys' golf program will hold a preseason meeting on Monday, Aug. 4, at 10 a.m., in Room 235 at

Boys in grades 7-12 who are interested in participating in golf at YHS can sign up. Players who are interested in partici

pating but are unable to attend are asked to coach Brett Sime

Practice for the 2014 season begins on Aug. 11.

Bowling: King Cashes In At Two Tourneys

Patrick King of Yankton earned \$2,050 in two national PBA50 bowling tournaments held earlier this month at Pro Bowl West in Fort Wayne Indiana

In the PBA50 Pro Bowl West Fort Wayne Classic, King finished in 36th place in a field of 100 for a \$700 payday. King placed 12th in a 128-player field at the PBA50 Dick Weber Super Senior Classic, earning \$1,350.

King is a 1999 inductee into the South Dakota State Bowling Hall of Fame. He also serves as one of the coaches for the Yankton club high school bowling team.

SCOREBOARD

GOLF

THRIVENT FINANCIAL CHARITY PRO-AM

Friday at Fox Run Golf Course FIRST-ROUND RESULTS PROFESSIONAL

TOP 10: John McMillen 63. Andre Metzger 64, Matthew Rau 66, Jay Jurecic 67, Mike Coatman 67, Nick Delio 67, Tim Harris 67, Christopher Evans 68, Kent Eger 68, Tim Kunick 68, Zac Radford 68 AMATEUR

GROSS TOP 10: Tad Leistico 65, aron Hansen 72, Dakota Clark 73, Mark Casey 73, Chris Schaefer 74, Mags Frederiksen 74, Taylor Gusso 74, Dan Ferden 75, Dave Rothluebber 75, Jay Batcheller 75, Josh Mueller 75, Neil Chapman 75 NET TOP 10: Tad Leistico 63, Taylor Gusso 65, Dan Ferden 66, Pam Cunningham 66, Aaron Hansen 67, Brandon Pe terson 67. Calvin Schlisner 67. Chris James 67, David Carr 67, Mark Binne-bose 67, Tyler Vogt 67 TEAM

FIRST: Calvin Schlisner, Dan Semm-

ler, Duane Engel 116
SECOND: Tad Leistico, Fred Lyman,
Scott Kooistra 123
TIE-THIRD: Pam Cunningham, Jim Cunningham, Tim Waiter 124 TIE-THIRD: Chris James, Randy

Lien, Adam Walsh 124 TIE-FIFTH: Matt Niederbaumer, Aaron Walter, Joel Jorgensen 125 TIE-FIFTH: Garrett Horn, Todd Rodig, Brad Moser 125 TIE-FIFTH: Tyler Vogt, Schrempp, Barry Boeckman 125

TIE-FIFTH: David Carr, Jon Dimmick, Chris Nowatzki 125 TIE-FIFTH: Dan Ferden, Tom Brady,

BASEBALL

S.D. STATE B LEGION TOURN. July 25-29 at Tabor Friday, July 25

Castlewood-Clear Lake 7, McCook Miner 6 Groton 16. Piedmont 14

Madison 8, Parkston 3 Dakota Valley 10, Tabor 6 Saturday, July 26 GAME 5: McCook-Miner (17-9) vs. Parkston (18-2), 10 a.m.

GAME 6: Piedmont (9-7) vs. Tabor (10-5), 30 minutes after Game 5
GAME 7: Castlewood-Clear Lake (21-6) vs. Madison (18-5), 5 p.m. GAME 8: Groton (31-15) vs. Dakota Valley (13-8), 30 minutes after Game 7

of everything when it comes to

be human growth hormones

are widely available on the in-

ternet. But getting authentic

HGH — which can cost up to

'It's a lot easier for high

school athletes to get over-the-

counter pro-hormones than le-

Saunders, CEO of Power Train

of high school and college ath-

letes and hundreds of profes-

locations across six states, in-

cluding Hawaii. James Harrison, Hines Ward, LeSean

McCoy and even actor Liam

Hemsworth are just a few of

We tell all our guys you

can't substitute hard work and

a proper nutrition plan," Saun-

ing for a quick fix and turning to performance-enhancing

In a confidential 2013 survey of 3,705 high school stu-

dents, 11 percent reported

using synthetic HGH at least

once — up from about 5 percent in the four preceding an-

steroids increased from 5 per-

same period, the survey found.

nual surveys. Teen use of

cent to 7 percent over the

But many athletes are look-

ders said. "Using HGH and

steroids is pure laziness.'

his previous clients.

sional athletes at his 15

Saunders trains thousands

\$1,000 per kit for a monthly

supply — isn't that simple.

gitimate HGH," said Steve

Sports Institute.

Many products claiming to

looking for real stuff."

HGH

From Page 7

Sunday, July 27 GAME 9: Game 6 winner vs. Game 7

loser, 1 p.m. GAME 10: Game 5 winner vs. Game 8 loser, 30 minutes after Game 9 GAME 11: Game 7 winner vs. Game 8 winner, 7 p.m. Monday, July 28

GAME 12: Game 9 winner vs. Game oser, 5 p.m.
GAME 13: Game 10 winner vs. Game 11 winner, 30 minutes after Game

NOTE: Pairings of Games 12 and 13 Tuesday, July 29

GAME 14: Game 12 winner vs. ne 13 winner, 1 p.m. GAME 15: If necessary, 5 p.m NOTE: If three teams remain after Game 13, the winner of Game 11 ad-

S.D. JUNIOR LEGION TOURN. July 23-27 at Aberdeen Wednesday, July 23 Brookings Chutes 2, Brandon Valley

Pierre 6, Sioux Falls West 1 Rapid City Post 22 Expos 17, Renner Post 307 0 Aberdeen 5, Yankton 1

ırsday, July 24 Brandon Valley 14, Renner Post 307 Renner eliminated Sioux Falls West 8, Yankton 4, Yank-

Rapid City Post 22 Expos 3, Brookings Chutes 2
Aberdeen 8, Pierre 3 Friday, July 25 GAME 9: S.F. West vs. Brookings

Chutes, 12:30 p.m. GAME 10: Brandon Valley vs. Pierre, GAME 11: Rapid City Post 22 Expos vs. Aberdeen, 7:30 p.m. Saturday, July 26 GAME 12: Game 9 winner vs. Game

11 loser, 2 p.m.
GAME 13: Game 10 winner vs. NOTE: Pairings of Games 12 and 13 will not match previous opponents against each other unless absolutely nec-

Sunday, July 27

GAME 14: Game 12 winner vs. ame 13 winner, 1 p.m. GAME 15: If necessary, 3:30 p.m. NOTE: If three teams remain after Game 13, the winner of Game 11 advances to Game 15.

DISTRICT 6B AM. TOURN. July 24-Aug. 2 at Freeman Thursday, July 24 Lesterville 10. Scotland 4

Friday, July 25 Wynot 3, Menno 2 GAME 3: No. 3 Freeman vs. No. 6 Avon, 8:30 p.m. Saturday, July 26

GAME 4: No. 9 Scotland vs. No. 7 nno, 2 p.m.
GAME 5: No. 8 Lesterville vs. No. 1 GAME 6: No. 4 Irene vs. No. 5 Tabor.

7:30 p.m. Sunday, July 27 GAME 7: Game 5 loser vs. Game 6 GAME 8: Game 4 winner vs. Game 3 loser, 7:30 p.m.
Tuesday, July 29

GAME 9: Game 5 winner vs. Game 6

winner, 6 p.m. Oakland
GAME 10: Game 3 winner vs. No. 2 Los Angeles Wvnot. 8:30 p.m rynot, 8:30 p.m. Fhursday, July 31 GAME 11: Game 7 winner vs. Game 10 loser, 6 p.m. (Winner is state rep No.

GAME 12: Game 8 winner vs. Game 9 loser, 8 p.m. (Winner is state rep No. 2 Saturday, Aug. 2 GAME 13: Game 11 loser vs. Game

12 loser, 5 p.m. (Winner is state rep No. GAME 14: Championship, 7:30 p.m. (Winner receives state bid. Loser is state

DISTRICT 7B AM. TOURN. July 23-29, First Round at High Seeds, Other Games at Akron Wednesday, July 23 Akron 9. Elk Point 0

Larchwood 19, Vermillion Grey Sox 4, 5 innings Garretson 15, Lennox Reds 4 Friday, July 25 GAME 5: Akron vs. Beresford, 7:30

Saturday, July 26 GAME 6: Elk Point vs. Canton, 2 p.m GAME 7: Vermillion Grey Sox vs.

Sunday, July 27 CHAMPIONSHIP: Game 5 winner

However, like the teenagers

We had no clue we weren't

using real HGH," Guerreri said.

n't get any results from it and

then a guy at our gym told us

HGH doesn't come in a bottle.

The three friends were

walking around the ballpark

during a Phillies-Giants game

on Monday night wearing fitted

T-shirts. The attire showed off

trio say they tried various sup-

plements — both legal and ille-

Guerreri, who is 6-foot-4,

Randy Orton, his favorite WWE

Badalanato didn't even start at running back his senior

year and remains undecided

on college. O'Brien's fastball

"A lot of guys we know are

Dr. John Kolonich, a chiro-

practor in Franklinville, New

Jersey, said authentic HGH is

only injectable and also noted

once it's constituted and it's

not a testosterone where in

two weeks you start noticing results," Kolonich said. "HGH is

not the drug of choice for a

high school kid who wants to

It has to be refrigerated

only topped out at 81 mph.

interested in HGH, but it's

that's cheaper and works faster," Badalanato said.

it is very expensive.

play better.

much easier to get other stuff

220 pounds, is chiseled. He's

closer to accomplishing his

goal than his two friends be-

cause he looks a little like

their bulging biceps, and the

gal — throughout their high

school years.

'We figured it out when we did-

from suburban Philadelphia,

many teens might not know

what they're taking.

GAME 10: Game 6 winner vs. Game 8 loser, 7:30 p.m. (Rep #2 or #3)

GAME 11: Game 5 loser vs. Game 7 winner, 7:30 p.m. (Rep #2 or #3) AMERICAN LEAGUE **East Division**

Pct GB .554 — .529 2 1/2 54 50 50 53 .519 3 1/2 .485 7 Tampa Bay 56 .456 L Pct 42 .576 50 .510 Detroit 57 52 .576 — .510 6 1/2 Kansas City 52 54 56 .495 8 .481 9 1/2 .451 12 1/2

West Division Pct GB **L** 39 Houston 61 62 Thursday's Games
Toronto 8, Boston 0
N.Y. Yankees 4, Texas 2

Oakland 13, Houston 1 Chicago White Sox 5, Minnesota 2 Kansas City 2, Cleveland 1, 14 in-Baltimore 4, Seattle 0 Friday's Games

N.Y. Yankees 6, Toronto 4 Tampa Bay 6, Boston 4 Texas 4, Oakland 1 Chicago White Sox 9, Minnesota 5 Kansas City 6 Cleveland 4 Miami 2. Houston 0 Detroit at L.A. Angels, 10:05 p.m Baltimore at Seattle, 10:10 p.m. Saturday's Games

Toronto (Hutchison 6-9) at N.Y. Yanioronto (Hutchison e-9) at n'. r. Yan-kees (Capuano 1-1), 12:05 p.m. Baltimore (B.Norris 8-6) at Seattle (C.Young 8-6), 3:10 p.m. Boston (Lackey 11-6) at Tampa Bay (Hellickson 0-0), 6:10 p.m.

Chicago White Sox (Sale 9-1) at Min-sota (Darnell 0-0), 6:10 p.m. Cleveland (McAllister 3-5) at Kansas City (Guthrie 5-9), 6:10 p.m. Miami (Koehler 6-7) at Houston (Cosart 9-6), 6:10 p.m Oakland (Gray 11-3) at Texas (Te-esch 3-6), 7:05 p.m. Detroit (Verlander 9-8) at L.A. Angels

emaker 7-3), 8:05 p.m.

That doesn't stop teens from looking for it.

Trumbetti said teens — and parents — ask him about it every day. He said he threatened to call child services on a dad who wanted to put his 14year-old son on human growth hormones. The boy was only 5foot-2 and 108 pounds.

"That's just one example," Trumbetti said. "You have some moms and dads that are afraid to have their kids take just protein powder and then you have parents that are encouraging it and more like steroids or HGH because they think it'll help their kid get a college scholarship. What made it worse was when Roger Clemens and Brian McNamee went up there before the House Oversight Committee. Having that publicized and seeing Clemens and Barry Bonds, two of the greatest players of our generation, influenced kids because they think that's how

they can better.' John Chisholm, a high school teacher in Pennsauken, New Jersey, coached wrestling for 20 years at three different schools. He never heard of anyone taking HGH, but said steroid use was more common.

I remember a kid wrestling at 160 pounds as a junior. The next year, he was a solid 215 pounds and jacked-up, Chisholm said. "He did that in one season and won the state

Guerreri, Badalanato and O'Brien went searching in the wrong places for their supply of human growth hormone. Other teens say they know where to get it.

AREA CALENDAR

Saturday, July 26
BASEBALL, AMATEUR District 6B Tourn. at
Freeman — Game 4: Scotland vs. Menno (2 p.m.);
Game 5: Crofton vs. Lesterville (5 p.m.); Game 6: Irene vs. Tabor (7:30 p.m.): District 7B Tourn, at Akron

— Game 6: Elk Point vs. Canton (2 p.m.); Game 7: /ermillion Grey Sox vs. Lennox Reds (4 p.m.); Game 8: Larchwood vs. Garretson (6:30 p.m.) BASEBALL, LEGION S.D. State Class B Tourn. at Tabor — Game 5: McCook-Miner vs. Parkston (10 a.m.); Game 6: Piedmont vs. Tabor (30 minutes after Game 5); Game 7: Castlewood-Clear Lake vs. Madison (5 p.m.); Game 8: Groton vs. Dakota Valley (30

minutes after Game 7) **BASEBALL, TEENER** Region Tourn. at Mitchell

vs. Game 8 winner (7 p.m.)

Sunday's Games Toronto at N.Y. Yankees, 12:05 p.m. Boston at Tampa Bay, 12:40 p.m. Chicago White Sox at Minnesota, 1:10 p.m. Cleveland at Kansas City. 1:10 p.m.

Baltimore at Seattle, 3:10 p.m. Oakland at Texas, 6:05 p.m.

NATIONAL LEAGUE L Pct 44 .560 48 .534 Washington .560 — .534 2 1/2 49 53 49 54 45 58 .480 8 .476 8 1/2 .437 12 1/2 Miami Central Division Pct GB W L 58 46 Milwaukee

.535 .529 54 54 51 42 47 48 51 59 St. Louis Cincinnati .500 6 .416 14 1/2 West Division W L San Francisco 57 45 1 1/2 56 47 .544 46 56 .451 Los Angeles San Diego 44 59 .427 13 1/2 41 60 .406 15 1/2

Thursday's Games Philadelphia 2, San Francisco 1 Miami 3, Atlanta 2 San Diego 13, Chicago Cubs 3 Milwaukee 9, N.Y. Mets 1

Friday's Games Chicago Cubs 7, St. Louis 6 Philadelphia 9, Arizona 5 Washington 4, Cincinnati 1 San Diego 5, Atlanta 2 Miami 2, Houston 0 N.Y. Mets 3, Milwaukee 2 Pittsburgh at Colorado, 8:40 p.m. L.A. Dodgers at San Francisco

10:15 p.m. Saturday's Games

St. Louis (S.Miller 7-8) at Chicago Cubs (Arrieta 5-2), 3:05 p.m. Washington (G.Gonzalez 6-5) at Cincinnati (Cueto 10-6), 3:05 p.m. Arizona (Collmenter 8-5) at Philadel-

phia (Cl.Lee 4-5), 6:05 p.m. Miami (Koehler 6-7) at Houston (Cosart 9-6), 6:10 p.m. N.Y. Mets (Niese 5-5) at Milwa (W.Peralta 11-6), 6:10 p.m. San Diego (Despaigne 2-1) at Atlanta (Teheran 9-6), 6:10 p.m.

Pittsburgh (Locke 2-1) at Colorado (Matzek 1-4), 7:10 p.m.
L.A. Dodgers (Kershaw 11-2) at San Francisco (Vogelsong 5-7), 8:05 p.m.

Washington at Cincinnati, 12:10 p.m. Arizona at Philadelphia, 12:35 p.m. Miami at Houston, 1:10 p.m.

GOLF, DAKOTAS TOUR Thrivent Financial

SWIMMING, YOUTH S.D. State Long Course Sunday, July 27
BASEBALL, AMATEUR District 6B Tourn. at
Freeman — Game 7: Game 5 loser vs. Game 6 loser
(5 p.m.); Game 8: Game 3 loser vs. Game 4 winner

(7:30 p.m.): District 7B Tourn, at Akron — Champ BASEBALL, LEGION S.D. State Class B Tourn. at Tabor — Game 9: Game 6 winner vs. Game 7 loser (1 p.m.); Game 10: Game 5 winner vs. Game 8 loser (30 minutes after Game 9): Game 11: Game 7 winner

> St. Louis at Chicago Cubs, 1:20 p.m Pittsburgh at Colorado, 3:10 p.m. San Diego at Atlanta, 4:05 p.m.

> **TRANSACTIONS**

BASEBALL
American League
HOUSTON ASTROS — Selected
the contract of INF Gregorio Petit from
Oklahoma City (PCL). Optioned RHP Anthony Bass to Oklahoma City. Trans-ferred RHP Matt Albers to the 60-day DL. NEW YORK YANKEES — Signed LHP Chris Capuano to a major league contract and selected him to the 25-mar

roster. Designated RHP Chris Leroux for assignment.

OAKLAND ATHLETICS — Acquired

Toronto Blue RHP Deck McGuire from Toronto Blue Javs for cash considerations and optioned him to Sacramento (PCL) SEATTLE MARINERS— Activated

IB-DH Kendrys Morales. Optioned DH-1B Jesus Montero to Tacoma (PCL). TEXAS RANGERS — Purchased the contract of RHP Jerome Williams from Round Rock (PCL). Placed OF Jake Smolinski on the 15-day DL, retroactive to July 22. Released RHP Justin Marks Activated LHP Joseph Ortiz from the 60day DL and optioned to him Frisco (Texas). Transferred 3B Kevin Kouzmanoff from the 15- to the 60-day DL.

National League
MIAMI MARLINS — Recalled C J.T. Realmuto from Jacksonville (SL). Optioned RHP Anthony DeSclafani to New Orleans (PCL).

SAN FRANCISCO GIANTS — Pur-

chased the contract of 2B Dan Uggla from Fresno (PCL). Placed 2B Marco Scutaro and INF Ehire Adrianza on the 15-day DL. Designated LHP Jose De Paula and INF Nick Noonan for assign-

Merican Association
KANSAS CITY T-BONES — Released RHP Kevin Sweeney.
LAREDO LEMURS — Traded INF
Josh Scheffert to Joliet (FL) for a player to be named.
WICHITA WINGNUTS — Release RHP Alan Williams and INF Trevor Whyte. Acquired OF Jake Luce from

Brownsville (UL) for a player to be Can-Am League TROIS-RIVIERES AIGLES Signed RHP Evan Kirsch.

Frontier League

FLORENCE ERFEDOM — Acquire

RHP Chris Squires Kansas City (AA) for a player to be named. Signed INF Preston Overbey. Released 1B Caleb Bryson, INF Ben Kline and RHP Edgar

FRONTIER GREYS — Released

JOLIET SLAMMERS — Received INF Josh Scheffert from Laredo (AA) for unced the retirement of QB Chris

a player to be named.

TRAVERSE CITY BEACH BUMS —
Sold the contract of RHP D.J. Johnson to WASHINGTON WILD THINGS —

Released 1B Connor Lewis.
WINDY CITY THUNDERBOLTS —
Signed LHP Andrew Ferriera. Released RHP Tad Barton. BASKETBALL

National Basketball Association ATLANTA HAWKS — Signed F reian Payne.
CHARLOTTE HORNETS — Signed

F Noah Vonleh. Re-signed G Jannero Pargo.

LOS ANGELES LAKERS — Agreed to terms with G/F Xavier Henry on a one-ORLANDO MAGIC — Signed G

FOOTBALL
National Football League
NFLAND NFL PLAYERS ASSOCIA-

TION — Named Derrick Brooks an ap-ARIZONA CARDINALS — Signed WR Reggie Dunn. ATLANTA FALCONS — Waived WR Darius Johnson. BUFFALO BILLS — Signed CB Bobby Felder. Added LB Randell John-son to the active roster. Released DT

CHICAGO BEARS — Signed G/C Dylan Gandy to a one-year contract.
Waived DE Jamil Merrell.
CINCINNATI BENGALS — Activated

DT Christo Bilukidi, G Clint Boling, CB Leon Hall, P Kevin Huber, WR Colin Lockett, CB Onterio McCalebb and G CLEVELAND BROWNS — Signed

LB Jamaal Westerman.
DETROIT LIONS — Signed P Drew Butler. Released S Gabe Lynn.
GREEN BAY PACKERS — Placed
LBS Mike Neal and Nick Perry on the MINNESOTA VIKINGS — Signed

WR Andy Cruse and WR Ty Walker. Waived WR Josh Cooper and OT Matt Hall. Placed TE Chase Ford, CB Captain Munnerlyn and S Andrew Sendejo on the NEW ENGLAND PATRIOTS — Released TE Nate Byham. NEW ORLEANS SAINTS — Placed

S Jairus Byrd and DL John Jenkins on PITTSBURGH STEELERS Placed S Mike Mitchell and RB Alvester Alexander on the PUP list. SEATTLE SEAHAWKS — Signed G

C.J. Davis and WR David Gilreath. Placed LB-DE Bruce Irvin and DB Eric

SWIMMING, YOUTH S.D. State Long Course Championship at Mitchell

Monday, July 28

BASEBALL, AMATEUR District 7B Tourn, at

BASEBALL, TEENER Region Tourn. at Mitchell nkton Lakers); Brandon Valley Tourn. (Yankton

GOLF, DAKOTAS TOUR Thrivent Financial

- Game 10: Game 8 loser vs. Game 6 winner

BASEBALL, LEGION S.D. State Class B Tourn at Tabor — Game 12: Game 9 winner vs. Game 11 loser (5 p.m.); Game 13: Game 10 winner vs. Game 11 winner (30 minutes after Game 12)

Indoor Football League SIOUX FALLS STORM

HOCKEY National Hockey League
CAROLINA HURRICANES —
greed to terms with D Brett Bellemore

a one-year contract. DETROIT RED WINGS — Resigned C Landon Ferraro to a one-year

TORONTO MAPLE LEAFS —
Agreed to terms with G James Reimer on a two-year contract. WASHINGTON CAPITALS -

Signed F Nathan Walker to a three-year entry-level contract.

American Hockey League

SPRINGFIELD FALCONS — Signed LW Mike Hoeffel and D Hubert Labrie to

one-year contracts. ELMIRA JACKALS — Signed Fs Jordy Trottier and Nick McParland to onevear contracts

SOCCER FIFA — Reprimanded the Argentine occer association and fined it \$33,000 after its players were pictured with a political banner before a World Cup warmup

match. Major League Soccer

MLS — Fined Vancouver coach Carl

Robinson and the team an undisclosed amount for a mass confrontation with Real Salt Lake during a July 19 game. NEW YORK RED BULLS — Loaned

Julio Cesar returned to Queens Park COLLEGE
BERRY — Named Jose Eric Garcia
assistant football coach and track and

INDIANA - Announced the resigna tion of women's basketball coach Curt Miller. Named Curtis Lloyd women's in-

LEES-MCRAE - Named Keith Jen-

nings men's assistant basketball coach.
MOUNT SAINT VINCENT — Named
Michael Bryant men's lacrosse coach.
NORTH CAROLINA — Named Zac Selmon associate athletic director and special assistant to the athletic director.

TROY — Promoted Sandy Atkins to senior associate athletic director. Tony Adam Prendergast to assistant athletic director. Named Mike Frigge assistant

McMillen, Leistico Lead Pro-Am

stroke lead after the opening round of the Thrivent Financial Charity Pro-Am on Friday at Yankton's Fox Run Golf

McMillen shot a 63 to lead

Andre Metzger was one stroke off the lead at 64. Matthew Rau shot 66. Four other golfers sit at 67, four strokes off the pace.

Tad Leistico leads the am-

John McMillen held a one- the pro division of the event. ateur event with a 7-under 65 Aaron Hansen shot an even par 72. Dakota Clark and Mark Casey each shot 73.

The Dakotas Tour event

runs through Sunday.

the one to trust to keep your body in **Motion**

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August 12, 26 August 1 August 19

Dr. Dan Johnson August 14



www.YanktonMedicalClinic.com

OUTREACH CLINICS

Workouts

head coach Todd Graham to Tempe from Pittsburgh and Tulsa. "As far as the volume

Offseason conditioning has changed drastically in the past 20-or-so years. Used to be, players could work out on their own — some none at all — and get in shape at the start of fall camp. These days, players are ex-

pected to be in shape year-

ground running, so to speak,

round so they can hit the

and intensity, it's substantially

different. We do more exer-

cises, we do them faster."

when practices go live. Conditioning has become a bigger priority at Arizona State under Graham, who wants the Sun Devils to go-gogo all the time. "It's is vital considering how

much the game has changed," Graham said. "We now have uptempo offenses and attacking defenses and the players have more explosiveness, power and strength. The game has evolved so much. The players have to be both mentally and physically tougher.'

Arizona State's big fellas appear to be in good shape on

Through the speed drills, men. The weighted balls looked like tennis balls in their hands. They lifted bench up to their shoulders an impressive display of

And that was only the

halfway point. Once they're done in the weight room, ASU's players go out to the practice bubble and run up to 2,500 yards, broken up into timed sessions. The upperclassmen have also taken it upon themselves to each session, hitting their mark on, say, a 110-yard run, it again without taking a

chance to take on that part of My family and life insurance company thank him.

both counts.

weight of multiple 45-pound plates.

"echo" their runs at the end of then turning around and doing Griswold didn't offer us a

they looked more like running backs and receivers than lineweights most people couldn't and the squatting session was power, the entire group gathered around as bars bent like rubber movie props under the

What do you call a student without a completed physical? A spectator.

> Get in the game. Get your physical and avoid getting stuck in the seats.

Sports physical forms need to be completed by a parent or guardian prior to the appointment.

Call NOW to book your appointment. 1104 West 8th Street • Yankton, SD 57078

605-665-7841