

# Coyotes Prepare For NCAA Outdoor Championships



South Dakota's Hunter Wilkes clears the bar during a meet earlier this season. Wilkes is one of three Coyotes headed to the NCAA Outdoor Track and Field Championships this week in Eugene, Oregon.

BY JEREMY HOECK  
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VERMILLION – Amber Eichkorn and Hunter Wilkes don't even bother looking at their seed positions anymore.

The women's track duo for the University of South Dakota have proven they have a knack for exceeding expectations on some of the biggest stages. The question now is, can they do it again?

Both juniors, Eichkorn (10,000-meter run) and Wilkes (pole vault) qualified for and will compete in the NCAA Division I Outdoor Track & Field Championships, which begins Wednesday in Eugene, Oregon. Cody Snyder also qualified in the

discus.

Two weeks ago, each were ranked outside the top-12 in their respective event – Wilkes was ranked No. 22, Eichkorn No. 27 – heading into the NCAA West Preliminaries, but both qualified for nationals.

"It finally happened," said Eichkorn, a native of Wichita, Kansas. "Last year going into regionals, I didn't intend to do that well. This year ... it was just fortunate that everything lined up perfectly for me."

As it has for the past seven months.

Eichkorn helped guide USD to its first Summit League cross country title last November, then won a

pair of titles at the conference outdoor track meet. And now, she's headed to the national track meet for the first time.

"To make it to Eugene, our game plan would be to treat it like last year's regional meet, go out and see who I can beat," she said.

Eichkorn, who has held a lead in her last three 10,000-meter runs, qualified with the 17th-best time of 34:32.12.

In the case of Wilkes, she was perhaps even more of a long shot to qualify for nationals, needing a personal best mark of 13 feet, 11 inches to reach Eugene.

Can she keep that momen-

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## World Archery Youth Championships

# All Smiles At Practice



These archers from Turkey share a light moment during Monday's practice round of the World Archery Youth Championships in Yankton.

JEREMY HOECK/P&D

## Notebook: Archers Shoot Compound, Recurve

BY MICHAEL HAMMOND  
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For the World Archery Youth Championships the archers are able to compete in two different disciplines, the recurve bow or the compound bow. Each archer is normally specialized in one discipline or the other.

The recurve bow is your traditional bow that a person would think of when they hear, bow and arrow or Robin Hood. It is the simpler of the two types of bows and contains no mechanical components, just a

bow and the string. Recurves are the tougher of the two bows to learn and don't shoot as fast or as accurate compared to the compound bows. The recurve bow is used for the archery competitions in the Olympics, whereas compound bows are not allowed.

"I shoot a recurve which is the traditional bow you can shoot in the Olympics," USA's Ryan Oliver said. "It is made up of the riser, which is the handle, limbs, arrows, and a finger tab that protects the fingers."

For Great Britain's Joe Ground the recurve bow is all about the Olympics.

"I have definitely been more interested in the recurve archery," Ground said. "Mainly because it is kind of the Olympic discipline and that is kind of my ultimate ambition."

Compound bows are the more complex style of bow with built in cam systems, which are a type of string system, making them easier to pull, hold, aim, and shoot faster. The average compound bow shoots its arrows at 300 feet per second (FPS)

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where the recurves only average around 190 FPS. This higher speed turns into further shooting distances and a straighter trajectory for the arrows. Compound bows are more common in the United States and mostly used for hunting.

"I've shot pretty much every type of bow and I just prefer compound," Australia's Hamish Thompson said. "It is advantageous in the wind because you get less wind drift because you are shooting faster."

"There's nothing wrong with shooting recurve it's just more of a challenge."

One other difference in the disciplines is the targets that the

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# Hoeck: A Story Of True Archery Sportsmanship



Rebecca Lennon of Great Britain draws back an arrow during Monday's practice round for the World Archery Youth Championships in Yankton. The 17-year-old Lennon was borrowed a bow after hers was misplaced by an airline.

BY JEREMY HOECK  
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No matter the political in-fighting back in their home countries, archers have always found a way to leave worries or concerns at home.

There are no international incidents to worry about at a world archery tournament. It's all good-natured competition. Everyone wants to help each other.

Rebecca Lennon and Maya Orlic would certainly agree.

Lennon, a 17-year-old archer from Northern Ireland who shoots for Great Britain, was faced with one of those 'Uh oh' moments we all fear when we travel.

One of her bags was lost. And it still hadn't been found as of Monday.

However, in one of those situations that has come to mark international archery events, a fellow archer

stepped up. Maya Orlic, a fellow archer from Croatia, graciously lent Lennon one of her spare bows.

Crisis averted, at least for now. "That's great sportsmanship," Lennon said during Monday's official practice for the World Archery Youth Championships, which officially begins today (Tuesday).



Jeremy HOECK

It's also not really a surprise that someone would pay it forward.

"Archery is a good sport with a lot of good people," Great Britain coach Simon Scott said.

Which helps when you're faced with a frustrating situation.

Lennon's original flight Friday morning from Ireland to Heathrow Airport in London was canceled. She had to rush from one terminal to another at Heathrow to catch a flight to Minneapolis. She then flew into Sioux Falls.

Somewhere in that span, from London to Sioux Falls, her bag was lost.

"It's somewhere," Lennon said.

Sure, the clothes — and

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## MMC Women Sign Four

The Mount Marty College women's track and cross country programs announced the signings of four individuals, including Brunswick, Nebraska, standout Marissa Frank, for the 2015-16 school year.

Kiana Hoff of Lake Preston; Kaelie Lenz of Omaha, Nebraska; and Traci Vandersnick of O'Neill, Nebraska also



Frank

join the programs.

"All of these women have a great deal of potential and I believe they will keep improving as none of them are afraid to work hard," said MMC track and cross country coach Randy Fischer. "With their enthusiasm, energy, and leadership they will fit in well on our team and will have a positive impact on our programs."

Frank competed in track and cross country for Creighton High School. Besides her athletic accomplishments, she earned Academic All-State honors from the NSAA and NCPA, an Academic Letter Award, Academic Excellence Scholastic Honor Award, Lewis and Clark Principal Award and was an honor student at CHS.

The daughter of Roger and Sandra Frank of Brunswick, she plans to major in exercise wellness and business administration at MMC. She will receive the Benedictine and Scholastica Academic Scholarships from Mount Marty College.



Hoff

Hoff finished 32nd in the 2013 S.D. State Class B Cross Country Meet, and competed in the 100, 400 relay and medley relay at the 2015 S.D. State Track and Field Championships, helping Lake Preston set a school record in the medley on the way to a fifth place finish. Hoff also participated in basketball, competition cheer, volleyball and football sideline cheer.

The daughter of Mark and Jodi Hope of Lake Preston, she plans to major in nursing at MMC. She will receive an Academic Merit Scholarship, a Theatre Award and an Art Award in addition to her athletic award.

Lenz, was a two-time state qualifier in the 3200 relay and a four-time state qualifier in cross country for Skutt Catholic, finishing 40th this past fall. A three-time team captain in cross country, she also was a four-time academic all-conference selection in both cross country and swimming, and an academic all-state selection in track and field. In the classroom, she was awarded the State Art Gold Key, an Academic Letter and a Rotary Club member.

The daughter of Tom and Nancy Lens of Omaha, she will major in pre-professional studies at MMC. She will receive an academic merit scholarship in addition to her athletic award.

Vandersnick was a three-time letterwinner in track and a two-time letterwinner in cross country at St. Mary's High School, helping the Car-



Vandersnick

# Iowa State Hires Prohm As Hoiberg's Replacement

AMES, Iowa (AP) — Iowa State has hired Murray State's Steve Prohm as its men's basketball coach.

Cyclones athletic director Jamie Pollard confirmed Monday that Prohm will replace Fred Hoiberg, who left last week after five seasons to take over the Chicago Bulls.

The 40-year-old Prohm was 104-29 in four years at Murray State. He led the Racers to 29 wins, including a 16-0 regular-season mark in the Ohio Valley Conference in 2014-15.

Prohm takes over an Iowa State team that could open next season ranked in the top 10. The Cyclones return six of their top eight scorers from last season, when they won their second straight Big 12 tournament.

Prohm, who has agreed to a five-year deal with a base salary of \$1.5 million per year, will be introduced at a news conference on Tuesday.

"Steve's personal values, style of play and proven success as a head

coach make him an outstanding choice to be our next coach," Pollard said. "He is a proven winner who is widely respected by his current and former players. We feel Steve is the ideal coach to continue the incredible success that Coach Hoiberg and his players have achieved during the past several years."

Prohm began his coaching career at Alabama and worked under current Texas A&M coach Billy Kennedy at Southeastern Louisiana and

Centenary. Prohm was promoted to head coach at Murray State when Kennedy left for the Aggies.

Prohm led the Racers to 31 wins and a No. 6 seed in the NCAA Tournament in his first season in 2011-12 behind star Isaiah Canaan. Murray State went 21-10 the following season and won 23 games and the CIT title in 2013-14.

The Racers went on a 25-game winning streak at one point last

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