

# NCAA Trainers Make Mental Health Recommendations

INDIANAPOLIS (AP) — The National Athletic Trainers Association wants colleges to start treating the mental health of college athletes just as seriously as they do physical well-being.

The organization outlined a set of broad guidelines Wednesday that it believes should be universally adopted in an effort to help athletes cope with everything from depression to violence to suicidal thoughts. The recommendations include using trainers and team physicians to help with early detection of potential mental illnesses, provide advice and make treatment referrals while maintaining patient confidentiality.

NATA believes athletes are more likely to confide in trainers and

team physicians.

It's no coincidence that NATA used the NCAA headquarters in Indianapolis as the staging ground to announce its campaign.

Under President Mark Emmert, the NCAA has instituted a series of new concussion protocols that include requiring doctors to clear players before allowing them to return to the field and harsher penalties, up to and including suspensions, for players who make dangerous hits during games.

Now NATA is calling on university administrators to address mental illness with the same fervor.

The paper, entitled "Developing a Plan to Recognize and Refer Student Athletes with Psychological Concerns at the College Level,"

cites studies that show the rate of mental illness is twice as high for adults 18 to 25 years old as it is those age 50 or older. Statistically speaking, NATA said, the probability of having college athletes on campus with some form of mental illness is a virtual certainty.

While the root causes of mental illness vary, NATA said athletes face potentially daunting mental hurdles when they suffer season-ending or career-ending injuries and again when they return from serious injuries. Depression, fear of another injury, attention-deficit hyperactivity disorder and even suicidal thoughts can crop up. But the most prevalent symptom among college athletes tends to be substance abuse.

"Despite the risk of negative results, including diminished performance and loss of scholarships, collegiate athletes seem to use most substances and alcohol at higher rates than do age-matched non-athletes in the college population," the report said. "Student-athletes were more likely to report binge drinking than the general student population because they viewed alcohol use as normal."

NATA believes athletic departments should do a better job tracking athletes by including questions about their mental health history during the physicals all athletes must pass to play. If trainers or doctors detect any potential concerns, they believe they should be able to

approach those athletes and refer them to qualified university administrators and counselors.

NATA continues to maintain that patient confidentiality is essential, too. And it wants to review their insurance policies to determine when coverages would be triggered by a mental health incident.

"We recommend that this consensus statement be shared with coaches, athletic administrators, counseling services, the office of student affairs, risk managers, and general counsel to better educate and create an interest in developing an institutional plan for recognizing and referring student-athletes with psychological concerns," the report said.

## Mustangs Rally Past Lancers

SIOUX CITY, Iowa — Kelsey Niles scored two goals and an assist to lead Morningside past Mount Marty 4-1 in Great Plains Athletic Conference women's soccer action on Wednesday.

MMC took an early lead on Allison Erwin's penalty kick goal in the 13th minute. Morningside broke through in the final 10 minutes of the first half, with Alejandra Marquez and Brenna Turner giving the Mustangs the lead. Niles scored the final two goals of the match, her sixth and seventh of the season.

Cynthia Antunez had two assists and Marquez added an assist for the Mustangs (6-2-2, 2-0 GPAC). Britn Kleinhesselink made three saves in the win.

Laura Ekeren had four of MMC's six shots, and two of the Lancers' four shots on goal. Defensively, Courtney True made six saves in goal for the Lancers.

Mount Marty, 0-8-1, hosts Nebraska Wesleyan on Saturday for the Lancers' GPAC home opener. Start time is 1 p.m.

## College Football Playoff Selection Group Likely By Season's End

(AP) — Members of the selection committee for the College Football Playoff that starts next year will likely be chosen before the end of this regular season.

BCS executive director Bill Hancock said in a phone interview Wednesday that conference commissioners working on the selection committee have more vetting to do before the panel is set.

"There's a good chance it will be done by end of the regular season, but because we have some work to do I can't say for sure," he said after wrapping a meeting with the commissioners in Chicago. "We all feel good about where we are."

Hancock declined to say whether any the commissioners have had any outside help with the vetting process of potential committee members.

The panel will be similar to the one that selects the NCAA basketball tournament. The commissioners have said it will have 12 to 18 members. Hancock said the final number will probably be closer to the low end of that range.

The committee will consist of current athletic directors, former college football players and coaches, former college athletics administrators and former members of the media.

Hancock said the plan in place calls for the selection committee to release rankings three to five times per season before selection Sunday.

"We know that the weekly BCS standings are great for the regular season," he said. "It only seems right to give the fans a snap shot during the regular season of how the teams stand."



**Yankton's John Dannenbring, facing, is congratulated by Ricky Culver after scoring in the Bucks' victory over Rapid City Central on Sept. 14. The second-ranked Bucks, the defending Class AA champs, are 7-1 on the season and host fourth-ranked Sioux Falls Washington on Saturday.**

### Soccer | Yankton Boys

## Bucks Focused In Title Defense

### Yankton 7-1 On The Season, Looking For Second Straight 'AA' Crown

BY JEREMY HOECK  
[jeremy.hoeck@yankton.net](mailto:jeremy.hoeck@yankton.net)

With a state championship in hand from last fall, the Yankton Bucks soccer team began the 2013 pre-season with a normal goal-setting meeting.

The message? 'Complacency is your enemy.'

"Everyone wants to knock you off when you're the champions," head coach Warren Brenner said. "We came in ready. The kids worked hard over the summer; harder than any of our teams ever have."

So far, those efforts have paid off. With three regular season games still to be played, Yankton (6-0-1) is ranked second in the boys' Class AA division, behind only Rapid City Stevens (7-0-0) — which handed the Bucks their only loss.

Proof that the Yankton program has made a dramatic rise, the seniors on this year's team hadn't qualified for a state tournament since their eighth grade year.

Until last year, when Yankton won the state championship.

"We had a different mindset coming in," senior Landon Breen said after Wednesday night's practice. "We

weren't the underdog anymore. We were champs. And it seemed like it was quick, too."

With the target on their backs, the Bucks out-scored their opponents 8-2 in their first four games that counted toward the standings — a 3-1 win over Brandon Valley on Aug. 20 was a friendly.

"We came out hot like we thought we would," Breen said. "We didn't score a lot at first, but our defense has always been there."

Yankton's defense leads the state in fewest goals allowed (5), with three of those coming in a Sept. 7 road loss to Rapid City Stevens.

If there was such thing as a 'good loss,' that was it for the Bucks, according to senior Casey Skillingsstad.

"Losing was almost a good thing," Skillingsstad said. "I'm glad we did that now and not at state. We had time to work on some things."

Since then, Yankton routed Rapid City Central 6-1 and blanked Brookings 2-0 last Saturday. But still, Stevens is the team that stands out.

Rather than Stevens having to shoot for the defending champion Bucks, Yankton is aiming for first-place Stevens, according to Derek Brenner.

"We know we'll probably see them again," he said.

Until then, the Bucks have turned their attention toward their three remaining games, a home game Saturday afternoon with Sioux Falls Washington, followed a game at Sioux Falls Lincoln and back home with Pierre.

With still over a week left before state, Yankton continues to tweak its formations, coach Brenner said.

Chipper Granflaten has been seeing more time at goalkeeper the last few games to give Yankton's regular keeper, Breen, a "mental break" until state, the coach said.

Breen has 14 saves in goal on the season. Granflaten has made three saves in goal, with Brenner and Conner Chambers recording three saves each.

Another change for the Bucks has come on the offensive side, where the team has more scoring options — led by Osmar Pacheco — than they did a year ago, coach Brenner said.

Pacheco has a team-high seven goals on the season, with Ryan Olson recording three. Five others — John Dannenbring, Derek Brenner, Chase Huber, Dylan Becker and Treysen Slate — have two goals each.

Granflaten, Brenner and Dannenbring have three assists each.

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## Vikings Hope Peterson Can Break Loose In London

WATFORD, England (AP) — For once, the Minnesota Vikings aren't counting on Adrian Peterson to do it all.

Peterson, last season's NFL MVP following his 2,097-yard rushing season, has been held in check through three games this season — all losses.

Now, facing a must-win game against the winless Pittsburgh Steelers in London, coach Leslie Frazier expects his offense to steady itself so Peterson can break loose.

"He doesn't have to score every time he touches the ball," Frazier said Wednesday at the Vikings base outside London. "He's a great, great player. We all know that. But he doesn't have to feel like he has to carry the whole team."

Peterson admits he needs to show more patience, as defenses have packed the box to keep him bottled up.

"People get the misconception that I'm trying to do too much. Every touch I want to get into the end zone," Peterson said. "That's just me playing football."

The return of fullback Jerome Felton from a three-game suspension will also lift some of the responsibility from Peterson.

"Now I can say there is some type of confidence I feel just knowing what type of guy he is, knowing his approach and his mentality," said Peterson, who has rushed for 281 yards on 69 carries this season. "He's a guy I can count on. It feels good to have him back."

Peterson has averaged under 3 yards per carry since opening with a 78-yard touchdown run on the first snap of the Vikings season.

"We play well off each other," Felton said. "It's exciting to be back."

Felton's return could also unburden an ailing offensive line, which allowed six sacks in Sunday's 31-27 loss to the Cleveland Browns. Quarterback Christian Ponder was nursing sore ribs after taking a beating in the defeat but expects to play Sunday at Wembley Stadium.

"We've just got to keep going, to keep grinding, to keep pounding," Peterson said. "I have faith that our running game is going to open up and explode."

Despite the sense of urgency that has accompanied Minnesota on its overseas trip, the team was in high spirits on its first day of practice in the U.K. — an unseasonably warm day.

The Vikings are the designated home team for Sunday's game. The players have managed to enjoy some of the local flavors, although Frazier insists the team is solely focused on kick-starting its season.

Peterson was all smiles while fielding questions about a future acting career that included talk about his ability to play James Bond. Defensive end Jared Allen escaped the hotel to enjoy a plate of bangers and mash — a British dish of sausages and mashed potatoes.

"It was one of the best I ever had," Allen said.

## Volleyball: Cedar Catholic Battles Past Pierce; Crofton, Hartington Earn Sweeps

HARTINGTON, Neb. — Hartington Cedar Catholic beat Pierce 25-18, 18-25, 25-13, 25-18 in Mid-State Conference volleyball action Tuesday.

Bailey Steffen had 12 kills and two blocks, and Karly Noecker had nine kills, eight digs and three ace serves to lead a balanced Cedar Catholic attack. Reggan Noecker posted eight kills and seven digs. Emily Feilmeier had 33 assists, two ace serves and seven digs. Alii Walter posted four blocks, Kayla

Hochstein had seven kills and Alexis Arens had 10 digs in the win.

For Pierce, Sydney Silhacek had 25 assists and 16 digs to lead the way. Jaci Brahmer had 10 kills and 12 blocks. Olivia Steffensen helped defensively making 14 digs.

Cedar Catholic, 12-5, hosts Randolph today (Thursday). Pierce, 5-8, plays in the Wisner-Pilger Tournament on Saturday.

PIERCE (5-8) .....25 18 13 18  
HART. CEDAR CATHOLIC (12-5) .....22 25 25 25

**Crofton 3, Laurel-Concord-Col. 0**

LAUREL, Neb. — Crofton beat Laurel-Concord-Coleridge 25-19, 25-7, 25-20 in volleyball action Tuesday.

In the win for Crofton, Allison Arens led the team with 13 kills and 15 digs. Kelsey Sanger had five kills and 17 digs. MaKenzie Johnson had 12 assists and made five digs.

Kelsey Dietrich led LCC with five kills. Cameron Eddie finished with three kills and

nine assists. Ellie Arduser added seven digs for the Bears.

Crofton, 9-1, hosts Battle Creek today (Thursday). LCC, 7-5, is in the Wisner-Pilger Tournament on Saturday.

CROFTON (9-1) .....25 25 25  
LAUREL-CONCORD-COLERIDGE (7-5) .....19 7 20

**Hartington 3, Bloomfield 0**

HARTINGTON, Neb. — Hartington's Shelby Hochstein notched a school-record 20 ace serves, as well

as five kills and seven digs, to lead the Wildcats to a 25-13, 25-13, 25-15 victory over Bloomfield in Lewis & Clark Conference volleyball action Tuesday.

Camy Stratman had five kills and five digs, and Ryley Eickhoff and Samantha Huss had four kills each for Hartington. Abby Lammers had nine assists and Sophie Noecker added five digs in the win.

For Bloomfield, Lexie Hauger led the team with five

kill and 19 digs. Karly Jensen had three kills and 12 digs. Amanda Goeden had 44 assists, four digs and two blocks for the night. Contributing defensively for Bloomfield, Kenna Fielder made 24 digs and Kristen Thompson made 16 digs.

Hartington, 7-4 and winners of six of seven, host Osmond today (Thursday). Bloomfield hosts Humphrey St. Francis today.

BLOOMFIELD (6-8) .....13 13 15  
HARTINGTON (7-4) .....25 25 25