

Varsity Teeners Fall to Dakota Valley, Bounce Back Against Beresford

BY ELYSE BRIGHTMAN
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The Vermillion Varsity Teeners baseball team ran into a tough opponent in Dakota Valley when they lost a one-sided game 16-0 Monday night.

Carter Larson recorded Vermillion's only in the four-inning game, a single in the third inning.

Justin Hall started on the mound for Vermillion and gave up six hits with one strikeout and three walks. Hall was replaced by Larsen in the third inning and Trey Hage entered in the fourth inning to finish out the game.

Vermillion bounced back Tuesday night with a 6-3 win over Beresford.

Riley Johnson pitched a complete game with one earned run and six strikeouts.

Wyatt Markee drove in two runs. Gabe DeJong and Johnson each had a hit, RBI, and two runs scored.

"We played our most complete game of the season last night against a good Beresford team," said Vermillion head coach T.J. Beacom. "The combination of our inexperience and the strength of our schedule contributed to our recent skid; however, we knew if we put together a complete game against a region opponent we would have a chance."

The Teeners finish regular season play next week with a double header at home against Irene on July 20 and a game at Elk Point on July 22 before entering the region tournament.

"We can build on last night and have a strong finish the last week of the regular season," Beacom said. "That should carry over to the Region Tournament."



ELYSE BRIGHTMAN/ FOR THE PLAIN TALK

Vermillion Varsity Teeners pitcher Justin Hall on the mound Monday night against Dakota Valley. Hall pitched three innings in the 16-0 loss.

USD Football Scouts Future Talent At Prospect Camp

BY ELYSE BRIGHTMAN
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Potential future Coyotes were at the DakotaDome Friday to have their skills tested in at the University of South Dakota's senior prospect football camp.

"It's not limited to seniors, but I'd say 98 percent of the kids are seniors," said USD head coach Joe Glenn. "We break them up into groups by position. They go with our position coaches and do the drills."

According to Glenn, this year's camp brought in about 150 athletes mostly from across South Dakota, Minnesota, Iowa, Nebraska, Missouri and Kansas though a few other states were represented.

"It's just about our recruiting area. In other words, I think it's obvious now that our name is out there," Glenn said. "These are the states that we've been recruiting and whatever we're doing we're getting the word out better to these people."

This is also the most athletes USD has had at their prospect camp since Glenn was hired as the head coach in 2011 and he's impressed with what he sees in this year's attendees.

"We got some really good players here," Glenn said. "This is by far the best athletes we've had and I think all the coaches are really excited."

During the one-day camp, the prospects are tested on agility, speed, strength and position skills while being evaluated by Glenn and rest of the USD coaching staff.

"We do two 40-yard dashes, we do a 5-10-5—which is a drill that they run five (yards) one way and 10 the other way and five back to the middle—we do standing long jump, we usually do a vertical jump to test their explosion," Glenn said.

A few of the attendees of this year's camp have already been made offers from USD, though Glenn couldn't specify which players. For most of the potential Coyotes, offer won't be made until after the fall season to give the USD coaches a chance to see the film



ELYSE BRIGHTMAN/ FOR THE PLAIN TALK

Football players at the University of South Dakota's prospect camp participate in drills put on by USD coaches inside the DakotaDome last Friday.



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Throwing prospects warm up before starting drills at The University of South Dakota's football prospects camp Friday inside the DakotaDome.

of their senior year.

"We will probably recruit a lot of these guys, but we want to see their senior year on film to see how they've

come along," Glenn said. "Most of them have gone to three, four, five camps, and now they'll go back and have a great senior year."

USD Athletes Prep For Success

BY ELYSE BRIGHTMAN
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For a college athlete, there is no off season and summer can be one of the busiest times of the year.

Right now, the strength and conditioning coaches see four teams — football, men's and women's basketball and volleyball — five days a week for lifting and running workouts.

"Football, they lift three times a week, run five days a week. Women's basketball runs two days a week, lifts three days a week. Men's hoops, four lift, two run," said head strength and conditioning coach Jevon Bowman.

Volleyball sees three days of lifting with two days of conditioning.

The football team saw 41 players return to campus beginning June 1 and 16 in-coming freshman began workouts, as well. The entirety of the men's and women's basketball are currently on campus, along with most of the volleyball team.

"It is summer and the people who chose to be here are very dedicated," said sophomore volleyball player Brittany Jessen. "Those who are at home are still doing the same workouts and trying to put in the same amount of time. I think we're all on the same page with how important the summer is."

The players go through different types of weight lifting — a maximum effort, a dynamic effort and a back-end workout.

"We have a back end workout, that's where I always tell the guys we get paid," Bowman said. "Everybody talks about their squats, benches, power cleans, but no one walks around prideful about how much they're chin-upping or inverted rowing or single leg movements—with lunges, Bulgarians, those types of things—so our back end is pretty aggressive."

According to Bowman, the back-end workouts are what really make the difference.

"It's hard to go heavy and be prideful about what you're doing on the back end, but the culture that we've created here is that back end is more important than the main lifts themselves," he said.

The strength and conditioning coaches use the summer to get football and volleyball ready for fall camps, where the athletes use those camps to work with their respective

coaches to get ready for the season.

"The misconception with football, is that we just train them for the first game, which is Kansas State, well that's not what we're getting them ready for," Bowman said. "What we're getting them ready for is the demands of football camp, fall camp, that's harder than anything that happens throughout the season."

Volleyball is the same as football, in that the team needs to prepare for the preseason camp.

"Preseason is a lot of playing, so we need to be well conditioned to get through all the tough drills," Jessen said. "I think that working hard through the summer will help us have an upper hand and with our coaches, when we are able to work with them."

"Working really hard this summer will translate directly, we think, to a strong preseason."

Men's and women's basketball, as winter sports, have a longer time period before the season starts, so the coaches put them through workouts to build size, strength and better movement.

With NCAA rules, teams are only allowed eight weeks over the course of the summer with eight hours per week to workout with the strength coaches.

The basketball and football teams are allowed "summer access" where the individual sports coaches are able to work with the players to a certain degree.

For basketball, coaches are allotted two of the eight hours a week to work with players, as a team or individually, over the summer. For football, coaches are only allowed to watch film with the players.

Volleyball coaches are not allowed to work with the players over the summer, but the team still organizes their own practices.

"We can't practice with the coaches right now, but we've been going in, probably three or four times a week, just playing and serving, getting in reps, stuff like that," Jessen said.

Along with the times set to each team, the gym has open hours where athletes can go and work on mobility or fix any imbalances specific to an individual.

"We, typically, are in the weight room from 5 in the morning until about 6-7 at night and the guys and girls know they can come in whenever they want," Bowman said.

Not everyone takes a summer vacation and these student-athletes put in a lot of time over their breaks to be successful when it comes to game time.

Tiger's Roth Headed To USD

BY JEREMY HOECK
Press and Dakotan

It's already been a busy summer for Ethan Roth, but he found time to finalize his college decision.

The University of South Dakota.

Roth, a senior this fall at Harrisburg High School, announced Wednesday that he verbally committed to play football at USD, where both of his parents attended college.

From football and basketball workouts, and a construction job, Roth — a 6-foot-4, 280-pound defensive tackle — hasn't had time for much else this summer.

"It's not bad," he said Wednesday night from Vermillion, where he and his Harrisburg teammates are participating in a USD team camp. "It's a good way to spend my time."

Roth, who helped guide Harrisburg to the Class 11AA football semifinals last season, was named the offensive line MVP at a North Dakota State camp last month. And it was around that time when he was extended an offer by the USD coaches during a visit to the Vermillion campus.

The school held a special place in his heart, said Roth, whose father Bob and mother Sarah were both former students.

"My parents went here and I've always followed USD football," Roth said. "I enjoyed everyone down here, and they have my major. Academics is a starting factor for me."

The opportunity to potentially help turn the tides at USD was also a factor in his decision, Roth said. The Coyotes went 2-10 last season and are just 3-21 in the Missouri Valley Football Conference.

"Every single player goes to a school to help make a difference," Roth said. "I want to help make this one of the best programs out there. I'm really confident in their program."

Roth also knows what it's like to help a team turn the corner. He also plays on the Harrisburg boys' basketball team, which won just one game last season.

"You just have to keep getting better," he said. "That's the good thing about it, it keeps you motivated."

Verbal commitments are not binding until athletes sign on National Signing Day.

USD To Host Florida Gulf Coast At Sanford Pentagon

University of South Dakota's men's basketball team will host Florida Gulf Coast University at 7 p.m. on Dec. 28 at the Sanford Pentagon. It will be the first meeting between the two programs and the seventh Division I men's basketball game in the Pentagon since it opened in 2013.

Tickets go on sale Tuesday at 11 a.m. at ticketmaster.com and the Pentagon box office.

Both teams played before sellout crowds at the Pentagon a year ago. FGCU defeated South Dakota State 71-58. South Dakota fell to UNLV 75-61.

The game becomes part of a bustling week of basketball at the Pentagon, which also hosts the Mike Miller Classic on Dec. 29 and the Boys' Sanford Pentagon Classic on Jan. 2.

"The University of South Dakota travels well, so we are expecting a lot of red and another sellout," said Eric Larsen, general manager of the Sanford Sports Complex. "It was a pleasure hosting Florida Gulf Coast last season, and the opportunity to bring that program back to face one of our local teams was too good to pass up."

USD went 17-16 last season under first-year head coach Craig Smith. The Coyotes' 9-7 record in the Summit League tied them for fourth in the final 2014-15 standings and the team advanced to the semifinals of the Summit League Tournament.

"The Pentagon is a world class venue," said Smith. "Our players and everyone involved with our game last year in the Pentagon had a fantastic experience. This game in Sioux Falls is a great way to play in front of our largest alumni and donor base."

FGCU finished 22-11 in 2014-15 and was the Atlantic Sun's regular-season runner-up with an 11-3 mark. The Eagles accepted an invitation to the Collegelinsider.com Tournament after advancing to the semifinals of the Atlantic Sun Tournament.

In 2012-13, FGCU, often referred to as "Dunk City," made history by becoming the first No. 15 seed to advance to the Sweet 16 of the NCAA tournament.

"The people at the Sanford Pentagon run a first-class event," said FGCU head coach Joe Dooley. "The great hospitality we experienced from everyone last year made it an easy choice for us to return again this season."

"South Dakota is coming off a good year and traditionally has been a very solid program. We're looking forward to the matchup with them and getting a chance to play in the Pentagon again."

Two Rivers Purple Panthers Win NJGT Team Golf Event #11

Yankton, SD — The Hillcrest Country Club of Yankton played host to NJGT TEAM GOLF on Monday, July 13, 2015 where the Two Rivers Purple Panthers Squad 1 took the top spot. This was the second 2015 TEAM GOLF event in the Siouxland area with two more scheduled for the next week. TEAM GOLF is the newest installment in the Nebraska Junior Golf Tour's offering and serves as an introduction to competitive golf. With the goal of a fun, social atmosphere; team golf hopes to grow the game through events tailor made for the new and beginning level junior golfer. Boys and girls 7-13 years of age will compete with their friends on teams representing their host golf club, school, local youth organization and more with PGA Professionals serving as Head Coaches.

Youth competed in a scramble format which matched teams against each other with the goal of winning the most points. Teams are outfitted in new Nike Golf Team Jerseys with their team name and own individual number. TEAM GOLF also uses beginner friendly rules such as drop zones instead of hazard penalties, stroke maximums and even throwing a ball out of a bunker.

The Two Rivers Purple Panthers Squad 1 led the field with 44 points narrowly defeating the Vermillion Bandits from The Bluffs Golf Club and Sioux City Country Club Storm who had 43 and 42 points respectively. The Purple Panthers were led by Evan Monell, Ben Stokesbury, Max Murphy, Cole Kennedy, Cash Slater and Dante Sitting Crow. They are coached by PGA Professional Rod Slater of Two Rivers Golf Club in North Sioux City, South Dakota.