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results, to tell you the truth," he said. "So what we do is come back to each of the schools and do a six-week Sportsmetrics jumping program with them, that really focuses on jumping technique."

Technique is the major focus of the program's first two weeks.

"During the middle two weeks, we push the girls a little harder, to go faster," Ommen said. "The last two weeks we really push, to build up their strength while they jump. We've had some great results with Vermillion and Gayville-Volin - those are the two schools where we've completed the six-week program. Vermillion had a 15 percent increase (in knee angle correction among the athletes) and I think at Gayville-Volin, the increase was around 18 percent."

Some of the Vermillion High School female athletes who have participated in the Sportsmetrics program have achieved a 44 percent improvement in their jumping techniques.

"That's monstrous," Ommen said. "That's a huge improvement."

Following the six-week program, the athletes are re-screened to check on how well they are maintaining their newfound, safer jumping styles.

"We've been going to the different schools and it's been a good experience," he said.

There are several theories that explain why girl athletes are more prone to knee injuries than boy athletes.

"Females have the wider hips, which make their knees naturally go in," Ommen said. "Studies also have shown that the muscle recruitment patterns in males and females are different while they are jumping. Females tend to recruit their quadriceps, or their thigh muscles, more. Males tend to recruit their hamstrings more, which keeps their knees back and in the right position."

Other factors come into play as well, ranging from hormones to ligament laxity. "But what's getting the most attention is the muscle recruitment patterns between males and females," he said.

Since the Sportsmetrics program is geared toward female athletes, Ommen has primarily been working with volleyball team members at Vermillion High School and other area schools.

"That's not to say that the male athlete, especially the young male athlete, shouldn't go through this, because it would help them, too. But, volleyball season is the first season of the school year, and we intend to do this with female athletes once basketball season begins, too," he said. "And we've had some interest in working with track teams this spring."

"We've been going to the schools and doing this as a community service project. We have a goal of screening 300 girls in the area," Ommen said. "We're well on our way, and there's been no charge for this." The athletes have warmly received the Sportsmetrics program.

"The girls use the jump training as a warm-up exercise at the beginning of practice," Ommen said. "I can't say

they are all happy that they have to do jumps before practice, but I would say that a huge majority feel they have improved with their jumps, and increased their vertical jumps as well.

"If you jump using the right form, you're going to jump higher, better, stronger, faster," he said.

It's the odd combination of Velcro, ping-pong balls and videotape that help show the problems that girls are experiencing while jumping. The Sportsmetrics program notes the position of the ping-pong balls on the video images of the girls during their jumps.

It creates a graphic that looks much like a stick figure that shows the angle of the girls' knees compared to their hip positions.

"Should the video show a small knee angle, that could leave a female athlete prone to ACL injury," Ommen said. "What I do then is I come back every two weeks and I really drill into that athlete's head how to keep her knees in line with her hips. Doing the jumps correctly is the biggest thing. A lot of times, there are strength issues involved in their knees that can cause the bad angles, so just participating in athletics can help with that because it naturally builds up knee strength."

"Girls also have a huge problem with non-contact injuries," he said. "A lot of time their injuries come from jumping and landing, and they may not have the muscle recruitment patterns or their muscles don't have the knowledge to support their knees."

Lenni Billberg, the Vermillion Tanners' volleyball coach, is glad that this program has been introduced to her athletes.

"Anything to make us jump higher is going to help us get through the season and also reduce injury," she said. "It's really made a profound difference with some of our older kids."

The Sportsmetrics programs serves to be a natural fit to her team's regular warm-up exercises before each practice.

"It was just a slight change," Billberg said, "so we could build on that. The kids already believed in it without knowing that it was something new."

She believes that the Sportsmetrics training has contributed to the overall health, and jumping ability, of her team.

"Our kids are landing more soundly, and that makes a big difference in volleyball when you have to go side to side," Billberg said. "That movement isn't natural to your body."

"We saw some great improvements with the volleyball team," Ommen said, "so we will continue this with the girls' basketball team."

# Yankton Area Ice Association and NHLPA Goals and Dreams Team Up

The Yankton Area Ice Association (YAIA) announced today a donation of two brand new sets of hockey equipment, courtesy of the NHLPA's Goals & Dreams fund. This donation will gear towards helping area youth be supplied with proper hockey equipment while learning the game of hockey.

Past president of the Yankton Area Ice Association, Dave Spencer commented on the generous donation. "Now in our fifth year of indoor ice, this grant will help further grow the game of hockey to the Yankton area youth by allowing those who can not afford proper equipment to now experience all of the positive values of the hockey rink and the game of hockey."

YAIA is a non-profit organization providing indoor ice skating activities involv-

ing youth hockey, figure skating and learn to skate programs. YAIA partnered with the Yankton County 4-H Clubs in 2004 to build the 25,000 square foot Kiwanis 4-H Ice Center with donations entirely from private individuals and local business. The association serves 150 area youth from the ages of 4-18 and also promotes public open skate sessions from November thru February and is the home rink to the University of South Dakota Club Hockey team.

Chairman of the Goals & Dreams fund, Devin Smith, commented on the success of the program. "Over the last 10 years, NHL players have donated more than \$17 million to fund and assist grassroots hockey programs around the world. We've sent equipment everywhere from Australia to South Africa, Europe, and North

America. The biggest obstacle in participating in hockey is the cost of equipment. Our goal is to bridge that gap for less fortunate children."

In 1999, the National Hockey League Players' Association (NHLPA) launched the Goals & Dreams fund as a way for the players to give something back to the game they love. The players' program has donated full sets of hockey equipment to more than 9,000 economically challenged children in 17 countries and assisted with upgrades and the building of hundreds of arenas world-wide. To date, Goals & Dreams has donated more than \$17-million to grassroots hockey programs around the world making it the largest program of its kind. For more information on the NHLPA, please visit [www.nhlpa.com](http://www.nhlpa.com).

## Coyote women's soccer team defeated by Houston Baptist

Isla Cameron's two goals were the difference as Houston Baptist topped The University of South Dakota women's soccer team, 2-0, in Great West Conference action Saturday in Houston, Texas.

Houston Baptist (7-8-3, 3-1-2), which finished second in the Great West Conference's West Division, scored two times in the first half. USD wrapped up the regular season at 4-11-1 and 2-4 in the Great West Conference's

West Division. The Huskies scored quickly, as Cameron found the net just 1:06 into the game to put HBU up 1-0. Cameron's second goal came off of a free kick at 16:29.

The Coyotes had a 6-5 edge in shots in the opening half but were unable to find the net against HBU goalkeeper Michelle Rich.

Neither team scored in the second half as USD stayed within striking distance, but

the Coyotes were unable to cut into Houston Baptist's lead.

"We dominated the second half, worked the ball better and defended with more confidence," said USD head coach Marcia Oliveira. "The slow start and mistakes in the first half were the difference in the game. Now we will work on putting things together again so we can do better in both halves."

Both teams finished the

game with 13 shots.

Jennifer Ogren (Jr., Raymore, MO) had six saves for USD. Katie Quinones (Jr., Rochester, MN) led the Coyotes with six shots, including two on goal, while Sarah Wheeler (Jr., Duluth, MN) had two shots.

USD's next action will be on Friday, Nov. 6 in Newark, NJ at the Great West Conference Championships, with the Coyotes' opponent and game-time to be determined.

## USD men's basketball picked to win Great West

The South Dakota men's basketball team has been selected to win the inaugural Great West Conference Championship, while USD's Tyler Cain was tabbed the Preseason Player of the Year, the league announced Thursday. The preseason polls and teams are determined by a vote of the conference's head coaches.

The Coyotes, who finished 20-9 last season, received 41 points, including three first-place votes and are led by Cain. A senior forward, Cain led USD in several offensive and defensive categories last season, including points per game (15.4), rebounds (11.0), blocks (82) and steals (45). He was named first-team All-Independent, while also claiming All-Independent Defensive Player-of-the-Year honors.

Sophomore guard Louie Krogman also earned preseason first-team accolades from the Great West, as USD was the only school to place two student-athletes on the first team. Krogman averaged nearly 13 points per contest last season by connecting on a team-leading 39 percent (69-of-

178) of his three-point attempts. He also finished second on the team in assists (76).

Senior Roman Gentry was voted to the preseason All-Great West second team after appearing in 18 games last season for USD. He averaged 12.2 points and 1.7 steals per game in over 24 minutes of action per game, and could see more playing time this season at guard or forward.

The Coyotes open the 2009-10 season at the Duel in the Desert Classic on Nov. 13-15 in Lubbock, TX. USD squares off with host Texas Tech at 6 p.m. on Nov. 13, before battling Oregon State at 8 p.m. the following day. South Dakota wraps up the tournament against Texas A&M-Corpus Christi at 1 p.m. on Nov. 15. The Coyotes open the home portion of their schedule against Mayville State on Nov. 20 at 7 p.m. in the DakotaDome.

## Utah Valley tops Coyote women's soccer team

Katey Turner scored two goals to lead Utah Valley to a 5-0 win over The University of South Dakota in Great West Conference women's soccer action Thursday, Oct. 29 in Orem, UT.

Utah Valley, the leader in the West Division of the Great West Conference, had a 28-10 edge in shots.

The first half was competitive, with Utah Valley's Adrienne Schneider scoring the lone goal with 15:46 left in the half. USD was outshot 11-3 in the opening half but battled tough to trail only 1-0.

The game stayed at 1-0 until the 66:52 mark when Katey Turner scored the first of her two goals to make it 2-0. Utah Valley scored three goals to make the final count 5-0.

"We had a chance to redeem ourselves from our first game with them that we lost," said USD head coach Marcia Oliveira. "We did better this time by allowing just one goal in the first half instead of three like we did the first time we played. We had opportunities in the second half to keep it close but allowed serves against our defense and UVU made them count. We still need to work on avoiding such serves so we can be a better team."

Jennifer Ogren (Jr., Raymore, MO) had 11 saves for USD. Erin Bello (RFR., Fort Collins, CO) had two shots on goal and four shots overall for USD, while Emily Maas had a shot on goal. Yutzil Rodriguez (Fr. Pierre) had four shots for USD.

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