

CARDINAL SPORTS

EDITORS: Kim Ippolito, kaippolito@noctrl.edu, and Jared Shlensky, jashlensky@noctrl.edu

North Central College | February 28, 2013 **8**

NCC hosts track indoor nationals

Rebecca Sage
Copy Editor

North Central will be hosting the NCAA Division III Indoor Track and Field National Championships for both men's and women's teams on March 8 and 9 in the Res/Rec center.

Qualified athletes will be traveling to Naperville from all over the country to compete for national titles in their events.

According to the North Central College athletics page, the meet will be attracting 800-900 student athletes, more than 2,000 spectators and alumni, and some 200 volunteers. This amount basically matches the North Central community. Because of this large volume, many students are worried the event will affect the south end of campus negatively.

However, according to Director of Athletics Jim Miller, "Our students shouldn't feel it."

Miller explained that the nature of this type of athletic event should not affect the campus because spectators will be flowing in and out of the venue depending on the specific events they are interested in viewing.

"There will be fewer people here at one time than any of our football games or high school state soccer (games), you're not going to have 5,000 people here," Miller said.

Although the heavier volume of people in general is a major concern,

Indoor Nationals 2013 Interesting Facts:

- North Central put in a bid for the National Championships over three years ago hoping to get the event in 2012 to coincide with the 150th anniversary of the College, but they received 2013 instead, losing to Grinnell College (Iowa) for the 2012 bid.
- Competitors' busses will be dropping student athletes off at the competition site and then parking at Centennial Beach for the duration of the competition days.
- The promotional banners throughout Downtown Naperville announcing the championships cost upwards of \$9,000 to place.

students are particularly weary of how the event will affect parking options, preparing themselves for parking spaces not being available in the resident parking lots that they paid heavy fees to park in throughout the year.

Assistant to the Director of Campus Safety for Transportation, Emanuel Pavlopoulos, states that campus safety will be strictly enforcing the use of the Patterson/Ward lot and lower and upper Highland parking lots for resident students. "Barricades and signs will be situated at the entrances to each of these lots. It is important to note that the front of upper Highland parking lot will be available to guests, but the rear parking lot will be available for residents only," Pavlopoulos said.

Access to the infield is going to be very restricted to spectators, and athletes are able exit through the back of Res/Rec and follow tented tunnels leading them to Merner Field House where

athletes' camps and warm-up areas will be located.

Sophomore pole vaulter Liz Composto sees this separation of venues as an added benefit. "Being somewhat secluded will give athletes time to get into the right mindset. And when it is time to walk through the tunnel over to Res/Rec, I personally will feel the excitement of the meet at the right moment versus getting caught up in the excitement too early," she said.

The NCC athletic department had the foresight to divide these areas for both the athletes' benefit, and logistical reasons. "Nobody knows our venue better than we do. They're relying on your understanding of your facilities and understanding of the sport (of) track and field. The confidence level is there because we've run enough championships for outdoor," he said.

North Central has hosted the NCAA Division III Outdoor Track and Field

Championships nine times since its first hosting opportunity in 1981. However, this year is the first opportunity they've had to host the indoor competition.

When asked about the pressures of hosting a competition that the school hasn't seen at this level, Miller was very confident in North Central's ability to handle the event flawlessly.

"We've got a lot of people that have experience doing it. I've seen and been a part of (the championships) since they've been here for the most part. You've got Al Carius who has been here since '66 who has seen everything...and (Frank Gramarosso) since '85."

Gramarosso, head men's track and field coach, feels that the planning process has changed quite a bit over the years. "Things are much different today than the last time we hosted outdoors in 2000. The NCAA and the rules committee are much more involved in the planning and overseeing the officials and other logistics," he said.

The fact that the NCAA does take care of some of the very small details involved in the event, and the athletic department as a whole takes responsibility for the large and small-scale planning procedures, alleviates a lot of pressures that come along with hosting a national championship.

"They are all doing great work," Gramarosso said. "Jim Miller has given me and Kari Klickhohn (head women's track and field coach) the freedom and responsibility to coach our teams."

Handling a wrestling diet in season

Dom Simonetta
Contributing Writer

Wrestling is a high-intensity sport that requires the utmost of dedication in order to be successful, but what exactly does it take to keep wrestlers' bodies in such incredible shape during their vigorous seasons?

Besides the constant hardworking approach to their physical training, wrestlers must stay true to one aspect of their daily lives that has an essential impact on their performance on the mat.

They must follow a strict dietary plan that fits their own personal needs and requirements.

Not only is it important that they adhere to their diets throughout the entire duration of their seasons, but they must stick to those same eating and drinking habits during the offseason as well.

Graduate student-athlete Nathan Fitzenreider is the top wrestler among North Central's current team roster.

Fitzenreider's career record of 138-17 has him ranked first overall nationally according to the National Wrestling Coaches Association (NWCA).

Fitzenreider explains the importance of a correct diet to a wrestler, especially to one of his ability.

"Unfortunately, most wrestlers do not have the blessing of eating and drinking whatever they want whenever they feel like it. Your diet is such a subconscious thing that people don't even

think about it, but for us, it is always on our mind."

A healthy diet is the best asset to have in order to maintain the strength and endurance required to perform at a high-level consistently.

"Your diet is really the key to your performance," said Fitzenreider

"If you eat and drink the right things and lose the weight properly, you will wrestle at your best. If you don't, your performance suffers drastically."

Additionally, Fitzenreider goes on to explain the fact that we as humans don't need as much as we sometimes think we do.

"It's really a mental battle more than anything. Your body can tolerate a lot and really does not need as much food and liquid as we regularly consume. It's just critical to only take in the essentials and nothing more."

While every person's diet is inevitably different and specific to that of their individual bodies, Fitzenreider has a set plan that works best for him.

"Protein after workouts, Pedialyte (yes, the children's drink) after weigh-ins, and healthy foods. For me personally, I eat chicken every night and drink lots of protein and PowerAde," he said. Oh, and goldfish. I eat more goldfish than probably anyone on the planet."

Meanwhile, when there are certain foods and liquids that should be taken in, there are also those that should not be taken in.



Graduate student-athlete Nathan Fitzenreider controls his component on the mat. A wrestler's diet is a big part of competing compared to other sports.

Photo by NCC Sports

"The main things to stay away from are fast foods (fats and trans fats) and alcohol," said Fitzenreider.

"Alcohol is probably the one thing that decreases your performance the most. Also, one thing that I wish I could eat during seasons is ice cream. I love vanilla ice cream, but it is something I force myself to stay away from."

It's clear to see that Fitzenreider's eating and drinking habits have ultimately led him down the road to monumental success when it comes to his wrestling

career.

His performance record speaks for itself, and he couldn't be more convinced.

"I firmly believe that our diet allows us to perform at a higher level than any other athlete in any other sport," said Fitzenreider.

"We treat our bodies like machines and are constantly giving them inspections to make sure they run perfect. We really reach that peak level of muscle-to-fat ratio with our bodies, and it allows us to do things that most cannot fathom."