

Heldt lifts herself to top

BY JAMES NICAS
Staff Reporter

Some people always seem destined to be in the limelight.

But Nebraska junior thrower Doreen Heldt has seemingly always been one step away from her day in the sun.

Since coming to Nebraska in 1995, Heldt has thrown in the shadow of two Cornhusker All-Americans, Paulette Mitchell and Tressa Thompson. Despite their triumphs, Heldt has quietly become a force in the Big 12.

In her freshman year, Heldt set the school and Big 12 record in the hammer throw before it was broken by future American record holder Mitchell.

Recently, Heldt has been overshadowed by two-time shot put national champion Thompson. However, the competition has helped Heldt achieve her potential.

"Originally in her career, Doreen was very intimidated walking into a program that had both Paulette Mitchell and Tressa Thompson," NU Throws Coach Mark Colligan said. "She was asking what she had

to offer, and it took awhile for her to get over that about herself."

Heldt said the time spent around Thompson has been key to her success.

"It is great to throw with Tress," Heldt said. "In the weight room, we push each other, and she has been real supportive."

A Lisco native, Heldt was not highly recruited out of Garden County High School in Oshkosh. Colligan said what Heldt lacked in ability, she made up in determination.

"Doreen is a blue-collar thrower," Colligan said of the 1997 Female Lifter of the Year. "She spends more time in the weight room than anybody, and throws more than anybody."

The weight room is a common place to find Heldt. Besides working out to improve throwing, she also competes in national weightlifting competitions.

In 1996, Heldt set an American Junior record in the snatch with a lift of 77.5 kilos. She was also ranked among the top-10 world juniors in the 83-kilo weight class.

Keeping in shape for weightlifting competitions has helped Heldt

improve for throws.

"It's a whole mindset and a dedication thing to me," Heldt said, "To go in and lift and then come out and throw, it helps keep a routine."

Heldt's hard work has been fueled by a drive to make it to nationals. Three times, Heldt has provisionally qualified for the NCAA Championships, but was not invited.

In the indoor season, Heldt tossed 55-2 3/4 in the 20-pound weight throw, but had to stay in Lincoln during nationals.

"My goal is always to make it to nationals," Heldt said. "I am throwing well now and should get better—so I expect to make it this season."

Though Heldt didn't qualify for the indoor national meet, the hammer toss may be her ticket to success during the outdoor season. Heldt tossed an NCAA provisional mark of 178-3 in the hammer at the Fresno Relays on April 4.

The NCAA Championships is a realistic goal this year, but Heldt said she will always strive to get better.

"I want to throw farther, be bigger, be stronger and go to nationals."

DeForge chooses WNBA

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camp are not automatically guaranteed a spot on a WNBA roster, but league director of player personnel Renee Brown said she thinks one of the eleven teams will draft DeForge.

"She is a good all-around player who is fundamentally sound," Brown said. "She has excellent outside shooting with three-point range. She handles the ball well in transition and in the half-court set, and she's a strong rebounder and finisher."

DeForge credited first-year NU Coach Paul Sanderford for "making me the player I am today." The two had an agreement, she said, to work together to help DeForge reach her goal of playing pro ball.

Sanderford helped DeForge—known primarily as an offensive player during the first three years of her career

—with rebounding and defense. DeForge led conference guards in rebounding this season.

"I told her from day one that I wanted to try to get her as ready as I possible could for the next level," Sanderford said.

Sanderford said pro scouts contacted him about DeForge as early as December.

"The thing I stressed to them was her durability," Sanderford said. "She did not miss a single game or practice this year."

DeForge has also impressed teams with her ability to play three positions. The WNBA's Charlotte and Houston, in particular, have shown interest in the All-Big 12 Conference selection.

DeForge finished her college career by leading the Huskers in scoring (18.5) and rebounding (7.9). She ranks fourth on NU's all-time list in scoring (1,859), steals, rebounds and assists.

Linemen grow into starting roles

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said. "They take pride in their work.

"We have one goal, and that's to play the best we can and just be unstoppable."

Young said each of the linemen will have a chance to become a leader after they get their inexperience under control.

Last Saturday's scrimmage, Young said, wasn't exactly pretty, but the offensive linemen weren't the only players making mistakes.

"We had our share of boo-boos, but it wasn't just us," Young said. "We go through bumpy times every year before things smooth out.

We'll just work on getting better to be the best we can be."

Speedy defender steps up as starter

BY DARREN IVY
Assignment Reporter

When freshman soccer player Christine Gluck chose Nebraska, she went against the norm of all her Southern California Blues club soccer teammates.

Gluck, a Chino, Calif., native, was the only player on the team to leave California for college.

"They asked, 'Are you going to be OK?'" Gluck said. "Now I think a lot of them wish they would have left too. It's been the best thing for me."

During the fall, Gluck battled homesickness, but this spring she is getting comfortable as one of NU's starting defenders.

To improve her skills and strength, Gluck spent a lot of extra

time during the winter and spring lifting weights and doing individual sessions with the coaches.

Her required individual sessions improved her skills and made her more comfortable on the field, NU Coach John Walker said.

Although, the sessions are now optional, Gluck still gets up for the 8:30 a.m. sessions.

"I know it helps," Gluck said. "The more touches the better. It pays off. I can already tell."

The work in the weight room resulted in a 0.2-second improvement in her 40-yard-dash time and an improvement in her 10-yard time.

Walker said Gluck's speed is a big asset to her as a defender.

"You can take some chances sending people forward if you have quality defenders with speed," Walker said.

Against North Carolina and Notre Dame this spring, Gluck has been matched up one-on-one with some of the best strikers in the country.

And her speed allowed her to shut them down.

"(My parents) are my biggest fans."

CHRISTINE GLUCK
NU defender

Gluck has always been fast.

In high school, Gluck was a standout runner and competed in the Junior Olympics National meet for the Chino Pumas track club.

But after her sophomore season, she said, she committed herself to becoming a college soccer player.

That commitment led her to not compete for Don Lugo High School in track or soccer her senior year.

Instead she opted to play club soccer with one of the best teams in California.

"Our high school soccer program wasn't very organized," Gluck said. "The amount of intensity of one club practice was equal to five high school practices."

Walker first saw Gluck play in a tournament with the Blues and decided to recruit her.

And he had an advantage because he knew her coach.

However, Gluck said, the NU program sold itself.

Gluck said she heard about the determination and focus on soccer of the Nebraska girls and it interested her.

Once visiting, she decided it was the place for her.

In the fall, she was homesick and looked forward to the summer.

But having her parents fly out for every home game helped her make the transition.

"Without their support, I don't know how long I would have lasted," Gluck said. "They are my biggest fans."

This summer, Gluck will return to California and play with the Blues.

New rules approved

BY SAM MCKEON
Senior Reporter

The NCAA wrestling rules committee passed down four new regulations to address safety concerns in college wrestling Monday.

And while they're not perfect, NU Assistant Wrestling Coach Mark Cody said, the proposed changes are a step in the right direction.

"They will help in keeping lives out of danger," Cody said. "I think there were more options to look at, but I'm not in a position to argue."

The proposed changes were in response to the growing concern for wrestler safety in cutting large amounts of weight before and during the season.

The recent deaths of three college wrestlers forced the rules committee to draft certain changes Monday, one of which would add 7 pounds to the current weight limits.

The new weight classes will be 125 pounds, 133, 141, 149, 157, 165, 174, 184, 197 and heavyweight, which will have a 285-pound limit.

"Now we have an idea of where wrestlers will fall for weights," Cody said.

Another major change requires

doctors to examine wrestlers before the beginning of the season to determine the minimum weight at which a wrestler can compete. Although he's never seen a wrestler not make his target weight, Cody said, the weight assessment, which is scheduled for Oct. 1-7, is good for safety.

"It's good to keep track of body fat and other health concerns," Cody said. "That's something that not a lot of people had paid attention to in the past."

The rules committee continued to prohibit the use of laxatives, saunas, fluid restriction and self-induced vomiting to cut weight, a policy Cody supported.

Additionally, wrestling practice rooms can not be any warmer than 75 degrees. Cody said NU used to keep its practice facility at about 85 to 95 degrees.

"And the kids would start feeling it, too, about halfway through," Cody said. "We seemed to have better practices when we had the practice room a little cooler."

The one change Cody was not in favor of was the one-hour cooling-off period between weigh-in and wrestling. Cody said the quality of wrestling could suffer.

"The matches might not be as good," Cody said. "I just don't know if an hour is enough time to regain strength."

Huskers finish 6th at Classic

From Staff Reports

The Nebraska men's golf team finished sixth at the Shocker Classic Tuesday in Wichita, Kan., in its final regular season contest of the spring.

NU's Peter Smith led the 34th-ranked Cornhuskers with rounds of 75, 73 and a season-best 70. However, Smith's fourth-place score of 218 did not count toward the team score because he was competing individually.

Junior Steve Friesen grasped his fifth top-20 finish of the year, tying for 12th with a 222 (73, 70, 79). Team stroke-average leader Jamie Rogers, who was in 70th after 18 holes, came back to finish in a tie for 18th with a three-round series of 224. Rogers completed the year with two victories, a runner-up finish and five top-20 finishes.

Wichita State, which finished with 877 strokes, won the tournament by 12 strokes over Drake. The Huskers finished with an 896.

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