

MLC SportsPage



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MARTIN LUTHER COLLEGE

First-Years Adapt to Collegiate Sports

First-year players **Johannes Bourman** (*LPS*) and **Isaiah Heins** (*MVL*) agree that collegiate soccer is faster and more physical. Bourman notes that at this level your teammates are more skilled, which raises the expectation of unselfish team play. Heins agrees, and adds that a higher level of trust exists between players. Both have enjoyed learning a new system and are comfortable with the drills. Heins says everyone has been friendly and accepting of the newcomers. On balancing academic demands with soccer, both agree that you need to set aside time to study and develop good study habits.



Soccer players **Hailey Rice** (*RML*) and **Naomi Foley** (*HVL*) both found the early conditioning drills challenging. Foley says there are more skilled players at this level, with the expectation to make good first touches and to cross the ball. Rice has enjoyed the challenge of learning all new drills. Both players advise remaining confident and not beating yourself up over little mistakes.

Ella Tomhave (*LPS*) and **Madelinn Romsdahl** (*Clyde A. Erwin HS-Asheville NC*) have made the jump to college volleyball. They agree that the practice pace is faster and the skill level is more demanding. Romsdahl adds that the learning curve is much bigger. Tomhave enjoys being part of a team sport and is working on getting her timing down with the setters. Romsdahl enjoys the unifying factor of a Christian team with common goals. Both players appreciate the positive environment created by coaches and team leaders.



Cross country runners **Maddilyn Holicky** (*New Prague HS-MN*) and **Katie Gilkey** (*LPS*) are both impressed by the positive atmosphere created by Coach Breanna Olson, which makes everyone feel part of the team. Holicky mentions that the workouts are indeed harder but can be overcome through mental toughness. Gilkey loves the sport because it's the runner against the course. Both runners enjoy writing daily in the gratitude journals Coach Olson gave them.

Football player **Jeremiah Stanton** (*LPS*) says learning a new defense and a new position presents a challenge, but if he makes mistakes, the coaches are encouraging. He also says the guys are bigger, move faster, and hit harder. He feels his high school prepared him well for the academic load, and so does the team study table, which he attends every night.



Upcoming Events at MLC

- 9/3 FB vs Concordia-Wis
MS @ Maranatha
WS @ Maranatha
VB @ Beloit
- 9/4 VB @ Beloit
- 9/5 MS vs. Viterbo
WS vs. Viterbo