

# The Scorecard

THE INDEPENDENT STUDENT SPORTS SECTION OF THE ADVANCE-TITAN

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Morgan Feltz / Advance-Titan

UWO defensive specailist Amelia Hust dives for a ball in a match against UW-Stevens Point at the Kolf Sports Center Sept. 26.

## Unbeaten streak reaches 20

By Nolan Andler  
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The UW Oshkosh volleyball team traveled to Chicago Sept. 30 for a doubleheader against the University of Chicago (Illinois) and Hope College (Michigan).

The American Volleyball Coaches Association's No. 3 ranked Titans (20-0, 2-0 in the Wisconsin Intercollegiate Athletic Conference) faced off against the Maroons (5-11, 1-2 in the University Athletic Association) to start the day, winning 3-2 with set scores of 25-18, 21-25, 23-25, 25-17, and 15-9.

Riley Dahlquist, Robyn Kirsch and Sami Perlberg each recorded double digit kills. Dahlquist recorded 19, Kirsch recorded 13 and Perlberg recorded 11. Izzy Coon and Kali Mau led the way in assists, with Coon recording 28 and Mau recording 19.

UWO jumped out to an early 6-2 lead in the first set thanks to three kills by Perlberg. The

Maroons made it close a couple times in the set but were never able to get the lead as the Titans cruised to a 25-18 win.

In sets two and three, UWO was able to jump out to early leads before Chicago came back and won by 21-25 and 24-25.

The Titans jumped out to a 9-5 lead in set four thanks to the aid of two kills from Kirsch and multiple Maroon errors. UWO was able to keep the lead just like in the first set and won 25-17.

In the winner take all fifth set, both teams played to a 6-6 tie until the Titans went on a 9-2 run to cruise to the 15-8 set and match win.

In their second match of the day, the Titans turned their sights to No. 2 nationally ranked Hope College (14-1, 2-0 in the Michigan Intercollegiate Athletic Association). It was not only the second time the Titans faced off against the second-ranked team in D-III volleyball this season,

but also the second win over the second-ranked team (then-ranked No. 2 Trinity University (Texas) on Sept. 7). UWO beat the Flying Dutchmen 3-1 with set scores of 15-25, 25-21, 25-19 and 25-22.

Matching her mighty effort in the upset over Trinity, Perlberg again led UWO on the attack with 18 kills. Hannah Moe also had a productive match, recording nine kills. Mau and Coon again led the team in assists at 22 and 16.

Set one was close early, until the Flying Dutchmen jumped out to a 20-13 lead on their way to a 25-15 win.

The first set was all Hope would win against UWO, as the Titans went on to control the rest of the match.

In set two, UWO turned a 9-9 score into a 15-9 lead thanks to three kills from Riley Kindt and three attack errors from Hope. The Flying Dutchmen were able to tie it back at 19-19 but UWO

went on a 6-2 run to close out a 25-21 win.

Set three was dominated by the Titans, as UWO cruised to a 25-19 win. In set four however, the Flying Dutchmen made the Titans earn it. It was a back and forth set, and the Titans did not lead until an attack error by Hope gave the Titans a 21-20 lead. UWO closed the set on a 5-2 run behind kills from Perlberg and Moe. Amelia Hust sealed the victory with an ace.

The Titans will travel to UW-Stout on Oct. 6 and then will return home the following Wednesday (Oct. 11) for a match against UW-Eau Claire.

### WIAC Standings

UW Oshkosh	2-0
UW-Platteville	2-0
UW-Whitewater	1-1
UW-Stevens Point	1-1
UW-River Falls	1-1
UW-Eau Claire	1-1
UW-Stout	0-2
UW-La Crosse	0-2

## Tennis wins 4th straight

By Emily Buffington  
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The UW Oshkosh women's tennis team brought home its third consecutive shutout victory in a dual meet at UW-River Falls on Sept. 30.

The Titans (6-2, 1-2 WIAC) swept all three doubles matches with Olivia Pethan and Alysa Pattee starting the No. 1 doubles off with a score of 8-1 to defeat Falcons' Sydney Wiener and Chloe Stress. In the No. 2 doubles, Ella Nguyen and Courtney Carpenter outscored Sarah Baker and Alicia Langbehn with a score of 8-3. In the No. 3 doubles, first-time partners Jenna Noble and Hannah Stitt brought home an 8-1 victory against Grace Aerts and Kennedy Ziefert.

In the singles contests, Pethan shutout Wiener (6-0, 6-0) in the No. 1 singles, while in the No. 2 singles Pattee overcame Struss (6-4, 6-0). Nguyen beat Baker (6-1, 6-0) in the No. 3 position, and in the No. 4 singles, Nolde outscored Langbehn (6-2, 6-2). Kayla posted a winning score (6-1, 6-2) against Aerts in the No. 5 singles while Stitt defeated Ziefert (6-2, 6-0) in the No. 6 singles.

The UWO claimed its second win of the day against UW-Superior on Sept. 30.

The Titans claimed all three doubles sets over UW-Superior (3-1) starting with Pethan and Pattee in the No. 1 doubles beating Yellow-jackets Andreina Tejada and Giulia Araujo De Barros 8-5. In the No. 2 doubles, Nguyen and Carpenter outscored Maya Haupt and Stella Harris 8-6. Finishing in the No. 3 doubles, Stitt and Gibbs claimed the victory against Jessi Kukowski and Daylyn Drew (8-3).

In the singles contest No. 1 Pethan and Tejada made it through the set, however the match was ended due to an injury. In singles No. 2, Haupt defeated Pattee (1-6, 4-6), in No. 3 singles, Nguyen defeated Kukowski (6-3, 6-2), and Gibbs claimed the No. 4 singles against De Barros (6-3, 6-4). In the No. 5 singles, Stitt and Harris posted scores of 6-4, 3-6 but did not finish. In the No. 6 singles, Carpenter made her first singles appearance of the season and outscored Drew (6-2, 6-4).

UWO will return home to face off against UW-Eau Claire Oct. 7.

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UWO Hall of Fame

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Karnitz leads champs



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Courtesy of UWO Athletics

UWO forward Alayna Clarck dribbles down the field while being pursued by a UWL player Sept. 30 at J.J. Keller Field at Titan Stadium.

# Soccer falls in WIAC opener

By Owen Larsen  
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The UW Oshkosh women’s soccer team went winless in the two matches played last week, losing to both Loras College (Iowa) and UW-La Crosse.

The Titans hosted the Loras College Duhawks (7-1-0) on Sept. 27. The two teams came into this game on opposite trajectories.

The Duhawks had won their past three games, outscoring their opponents 13-0 in that span. UWO on the other hand have gone winless in their past 4 games leading into this match, losing two and drawing two while being outscored 10-2 during that stretch.

The first half of the game was entirely dominated by the Du-

hawks, who outshot the Titans 9-0 in for the half and put one in the back of the net in the 24th minute.

The second half was more of the same. Junior Kate Whitney was able to get off the Titans’ first shot of the game in the 53rd minute, missing high. The Duhawks would strike again with Savannah Johnson scoring her second goal of the game in the 75th minute, putting the Duhawks up 2-0.

Johnson would continue her attack, scoring less than 20 seconds later for her third goal of the game and her second goal of the 75th minute. This gave the Duhawks a 3-0 lead and that score would be the final, dropping the Titans record to 1-6-3.

The Titans would look to improve their fortunes in their

WIAC season opener on Saturday Sept. 30 versus the UW-La Crosse Eagles (8-0) who have seen a lot of success so far in their season, posing another strong opponent for UWO.

Yet again, the Titans found themselves dominated in the first half. The Eagles found the back of the net in the 8th, 22nd and 32nd minute, pushing the Titans to a 3-0 deficit at the half. The Eagles outshot the Titans 12-1 on the half with none of the Titans shots being on goal.

The Titans were able to start out the second half well when Kate Whitney was able to give the Titans their first goal of the evening in the 6th minute, reducing the deficit to 3-1.

Whitney’s goal ended up being the Titans only shot of the

game, and the rest of the game remained largely uneventful ending with the score of 3-1, once again dropping the Titans record, this time to 1-7-3.

The Titans traveled to UW-Whitewater on Wednesday. See the UWO athletics website for results. On Saturday, the Titans will play their second match of the week, this time against UW-Stout at Titan Stadium in another WIAC matchup at 4 p.m.

## WIAC Standings

UW-La Crosse	-----	2-0
UW-Eau Claire	-----	1-0-1
UW-Stevens Point	-----	1-1
UW-River Falls	-----	0-0-1
UW-Whitewater	-----	0-0-1
UW-Platteville	-----	0-1-1
UW-Stout	-----	0-1
UW Oshkosh	-----	0-1

# UWO golf places 8th in Stevens Point

By Owen Larsen  
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The UW Oshkosh women’s golf team traveled to Stevens Point on Sept. 30 and Oct. 1 where they placed eighth of nine teams in the UW-Stevens Point Mad Dawg Invitational, shooting 585 strokes during the two-round event.

UWO’s 585 score may seem low and that is because Saturday’s first round action was cut short due to weather conditions. All teams during the event only counted their first nine holes of round one.

The poor weather conditions seemed to affect the team’s scores this week. Resulting in three players having their worst scores on the season.

UWO did not see ideal scores through one round of action in the unideal conditions. Their 202 strokes would have had the team on pace for 404 strokes through an 18-hole round; the team has not shot over 400 in a round all season.

The team saw improvements

in round two on Sunday, playing a full 18 holes this time around. The team shot a 383 on the day, their highest on the season, but found themselves to have a better scoring pace than Saturday.

Leading the way for UWO was senior Ava Downie who shot a 141 for the event. Downie had 50 stroke nine-hole performance on Saturday followed with Sunday’s team best 91 strokes, despite it being her season worst.

Senior Alyssa Dreher and sophomore duo, Hailey Matenaer and Sophia Steel all finished within three strokes of each other on the event as UWO’s other qualifying scorers.

Dreher shot a 51 on Saturday followed with a 96 in round two on Sunday, her worst scoring round of the season. Leaving her at 147 strokes for the event.

Matenaer was the only player to shoot below 50 on Saturday with a 49, her Sunday score was not as pleasant at a 99, which was also a season worst for her and putting her at 148 strokes



Courtesy of UWO Athletics

Ava Downie led UWO with 141 total strokes at the tournament.

for this weekend’s event.

Steel shot a 52 on Saturday and followed that outing with a 97 on Sunday, putting her at 149 for the event.

UWO will hope for better playing conditions this weekend in Reedsburg where the

team will be competing in the WIAC Championship to close out the fall season. It will be a three round event this time around from Friday through Sunday, Oct. 6-8. The competition will take place at Reedsburg Country Club.



# Sports



## Scoreboard

### Friday, Sept. 29

#### Cross-Country

Men's - 8/30, 235 pts.

Women's - 10/25, 231 pts.

### Saturday, Sept. 30

#### Volleyball

Game 1:

UWO - 3

University of Chicago - 2

Game 2:

UWO - 3

Hope College - 1

#### Football

UWO - 21

UW-Whitewater - 37

#### Soccer

UWO - 1

UW-La Crosse - 3

#### Tennis

Game 1:

UWO - 9

UW-River Falls - 0

Game 2:

UWO - 6

UW-Superior - 2

### Sunday, Sept. 24

#### Women's Golf

UWO - 8/9, 202-383 585

## Upcoming Events

### Friday, Oct. 6

#### Volleyball

at UW-Stout at 7 p.m.

#### Women's Golf

vs WIAC Championship at Reedsburg Country Club

### Saturday, Oct. 7

#### Football

at UW-Stout at 2 p.m.

#### Tennis

vs. UW-Eau Claire at 12 p.m.

#### Soccer

vs. UW-Stout at 4 p.m.

#### Swimming and Diving

UW Oshkosh Alumni Meet at 1 p.m.

#### Women's Golf

vs. WIAC Championship at Reedsburg Country Club

#### Cross-Country

at Lawrence University Gene Davis Invitational Women's at 11 a.m. & Men's at 12 p.m.

### Sunday, Oct. 8

#### Women's Golf

vs WIAC Championship at Reedsburg Country Club

### Wednesday, Oct. 11

#### Volleyball

vs. UW-Eau Claire at 7 p.m.

A-Trivia

When was the last time the UWO football team defeated Whitewater?

Answer: On Nov. 16, 2019, the Titans took down UW 27-20.

A-Trivia

How many undefeated volleyball teams remain in D-III?

Answer: As of Oct. 3 there are four undefeated volleyball teams in D-III.



Courtesy of UWO Athletics

UWO's Trae Tetzlaff dives for the pylon against UWW at J.J. Keller Field Sept. 30. Tetzlaff finished the game with two touchdowns.

# UWW bests Titans 37-21

By Jacob Link  
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A late fourth quarter comeback came up short as the UW Oshkosh football team dropped its Wisconsin Intercollegiate Athletic Conference opener to UW-Whitewater 37-21 Sept. 30 at J.J. Keller Field at Titan Stadium.

The Titans, ranked No. 20 in the nation by d3football.com, trailed No. 4 UWW 37-6 with under 12 minutes to go in the game before quarterback Kobe Berghammer tossed two touchdown passes to bring UWO within two scores. Oshkosh (2-2, 0-1 WIAC) looked poised to score once again with under five minutes to go in the contest, but Berghammer (4-0, 1-0 WIAC) threw his third interception of the day to seal the Whitewater victory.

UWO head coach Peter Jennings said he was very proud of the way the team played in the second half.

"I had no doubt that we would turn it on in the second half," Jennings said. "I had no doubt that we would be able to play a very competitive game against UW-Whitewater and any team in the country. I was just hoping there would be enough time in the game for us to make that comeback. It was obviously not the result we wanted but I am very proud of this group and I told them that in the locker room. Failure is a great teacher, and what we went through today and what we were able to do in the second half, I think, is going to be able to create something special for this program."

Berghammer finished the game 14-27 with 209 passing yards, three touchdowns and three interceptions. Berghammer also finished as the team's leading rusher, gaining 40 yards on the ground on 10 attempts. UWO was outgained 231-63 in rushing yards during the contest, with Oshkosh running backs Kaio Harn and Doug Burson combining for 23 yards on eight carries.

Wideout Dan Fynaardt finished as UWO's leading receiver, catch-

ing three passes for a game-high 98 yards and a touchdown. Trae Tetzlaff caught five passes for 43 yards and two touchdowns while Clayton Schwalbe caught two passes for 29 yards, snapping his streak of three consecutive games with a touchdown reception.

Defensively, UWO defensive backs Carson Raddatz and Justin Tenpas both had a game-high eight tackles while Raddatz also recorded a forced fumble and two pass breakups to lead the team. Oshkosh recorded 89 tackles as a team and had three tackles for loss, one from Jacob Mandella and one from both Bryce Edwards and Tijs Santiago. Linebacker Kyle Dietzen recorded six tackles and an interception for the Titans.

Raddatz said he was definitely frustrated at how easy it was for the Warhawks to move the ball in the first half.

"In the first half they came out hot, got up 23 on us by halftime but in the second half we were able to execute plays a little better and got some stops," Raddatz said. "Call-wise, we didn't really change a whole lot — we played a bit more man coverage but that was about all we changed."

UWW quarterback Alec Ogden went 18-28 for 262 passing yards, a touchdown and an interception. Whitewater running back Tamir Thomas dominated the ground game, rushing for 117 yards and a touchdown on 23 carries. Ali Maher-Parr rushed 16 times for 91 yards and a score while Ogden finished with 18 yards and a touchdown.

Tommy Coates caught a game-high six passes for UWW, finishing with 86 receiving yards and a touchdown. Nick Wind caught three passes for 59 yards while Steven Hein caught four passes for 53 yards for the Warhawks.

On the defensive side, UWW combined for 40 total tackles, three tackles for loss and three interceptions. Roy Panthier and Etha Gallagher led the team with five tack-

les apiece while Ky Koelblinger, Braede Barrett and Caden Naselli all recorded tackles for loss. Egon Hein finished the game with two interceptions while Joe Antonietti finished with a pick-six.

Whitewater dominated Oshkosh in the 115th all-time meeting between the two teams, outgaining the Titans in total yards 493-272, acquiring 17 more first downs, converting on 50% of third down tries and dominating in time of possession 39:37-20:23.

UWW opened the contest with a missed 47-yard field goal from Jeff Isotalo-McGuire on Whitewater's opening drive. After a quick three-and-out from UWO, the Warhawks found the endzone in their next drive when UWW capped off a 14-play drive with a 3-yard touchdown pass from Ogden to Coates. Isotalo-McGuire missed the ensuing extra point, giving Whitewater a 6-0 lead.

A failed surprise-onside kick gave the Titans good field position, but Oshkosh couldn't capitalize and punted the ball right back to the Warhawks to begin the second quarter.

UWW marched 87 yards on its next possession and added another touchdown, this time on a 12-yard rush from Maher-Parr to put the Warhawks on top 13-0.

With less than a minute left in the half, Whitewater scored on its third consecutive drive when Ogden scrambled outside of the pocket and rushed for a 9-yard touchdown. UWO received the ball with 27 seconds left in the half and attempted to score before halftime, but Berghammer's first pass of the drive was intercepted, giving UWW prime field position. The Warhawks were able to capitalize on a field goal at the end of the half, giving Whitewater a 23-0 lead going into halftime.

After stopping the Warhawks on fourth down early in the third quarter, the Titans finally found the back of the endzone when Berghammer found a wide open Tetzlaff in the

endzone for a 5-yard touchdown. UWO attempted a two-point conversion after the score and it seemed that the Titans had converted the try after a catch from Jon Mathieu, but after a long discussion the referees ruled Mathieu out of bounds when he made the catch.

UWW began the fourth quarter with a nine play, 84-yard drive that resulted in another touchdown for the Warhawks after Thomas broke out a 17-yard run for the score. A minute and a half later, UWW added another touchdown when Berghammer was intercepted by Antonietti, who ran 45 yards for a pick-six.

Just two plays later, the Titans responded with a touchdown when Berghammer aired out a deep pass and connected with Fynaardt, who ran for a 71-yard touchdown. Dietzen picked off Ogden on UWW's next drive and the Titans scored once again after Berghammer connected with Tetzlaff for a 7-yard passing touchdown. Berghammer found Schwalbe on the two-point try to pull the Titans to within two scores.

UWO forced a Warhawks punt on Whitewater's next possession, but as the Titans were driving down the field looming to pull to within a touchdown of UWW, Berghammer was picked off for the third time of the afternoon. The interception ended any hopes of an Oshkosh comeback, and the Titans fell 37-21 on Hall of Fame Day at Titan Stadium.

UWO will look to rebound with a win over UW-Stout (2-2, 0-1 WIAC) as the Titans head to Don and Nona Williams Stadium to take on the Blue Devils Oct. 7 at 2 p.m.

#### WIAC Standings

UW-River Falls	-----	1-0
UW-Whitewater	-----	1-0
UW-La Crosse	-----	1-0
UW-Eau Claire	-----	1-0
UW Oshkosh	-----	0-1
UW-Platteville	-----	0-1
UW-Stout	-----	0-1
UW-Stevens Point	-----	0-1



Sports

UWO Hall of Fame inducts 10

From Submitted News

The UW Oshkosh Athletics Hall of Fame increased its membership to 241 with Sunday’s (Oct. 1) induction of former student-athletes at the Culver Family Welcome Center.

Inductees included Holly (Oz-nich) Cappelle (women’s track & field), Ann Marie (Fink) Caruso (women’s track & field), David Christman (baseball), Natalie De-Michei (women’s basketball), Mike Gasper (baseball), Chris Hansman (men’s swimming & diving), Derek Kasten (men’s soccer), Nate Wara (football), Kerrie (Main) Washburn (women’s track & field) and Jen Young (women’s golf). Gasper was inducted posthumously into the hall of fame.

A five-time national champion and nine-time All-American, Cap-pelle enjoyed a very decorated ca-reer while competing for the UWO women’s track & field program from 2008-11.

Cappelle’s final season as a Titan was her finest. She captured sev-en individual titles as UWO won both the Wisconsin Intercollegiate Athletic Conference and National Collegiate Athletic Association Di- vision III indoor and outdoor cham-pionships.

Caruso, a two-time nation- al champion and seven-time All-American, was involved in several notable firsts for the UWO women’s track & field program.

In 1989, Caruso became the first national champion in UWO history when she won the long jump with a school-record leap of 19-2 1/4 at the NCAA Division III Outdoor Cham- pionship in Naperville, Ill. Her per- formance from that meet held as a school record until 1997.

In 1990, Caruso, helped capture the school’s first national relay title with their winning time of 3:56.50 for 1,600 meters at Division III In- door Championship.

Christman was a two-time All-America pitcher who helped the UWO baseball program to one World Series appearance, four dis-

trict titles, four conference champi- onships and an 87-39 record from 1968-71.

The left-handed throwing Christ- man pitched in 33 career games for the Titans and compiled a 17-8 re- cord with 170 strikeouts and a 2.65 earned run average across 200.2 innings.

In 1971, Christman and the Ti- tans compiled a 24-16 record and captured their fourth straight WIAC and NAIA District 14 champi- onships. UWO then won the NAIA Area IV title to advance to the World Series in Phoenix, Arizona, where they finished fifth.

Appearing on the court in all but one of UWO’s 106 games from 1992-95, DeMichei accumulated a career that ranks among the finest in the history of the school’s women’s basketball program.

DeMichei was a forward for the Titans and totaled 1,453 career points while shooting 56% from the field and 61.4 from the free throw line.

DeMichei, who is the only Ti- tan to average 12.9 points or better during each of her four seasons, ranks third in UWO history in both career scoring and rebounding. She currently ranks seventh in the WIAC in career field goal percent- age and 21st in scoring.

The Titans opened the 1995 sea- son with 17 straight wins and con- cluded the campaign with a 28-3 record, a share of the WIAC title and an appearance in the Division III national championship game.

Gasper, who received All-Amer- ica Third Team honors when UWO won the 1994 NCAA Division III Baseball World Series, enjoyed a wealth of success while pitching for the Titans.

Gasper, a right-handed thrower, helped UWO to one national title, four World Series appearances, four regional titles, four conference championships and a 132-42 record from 1991-94.

The Sparta High School gradu- ate pitched in 44 contests during his UWO career and compiled a



Courtesy of UWO Athletics

The 2023 UWO Athletic Hall of Fame inductees pose with their plaques on campus Oct. 1.

24-8 record with eight shutouts, 23 complete games, 128 strikeouts and a 2.63 earned run average across 236.1 innings. He currently shares the WIAC record for career shut- outs while ranking fourth in the league in complete games and 10th in victories.

Hansman performed for the UWO men’s swimming & diving team during the 2002, 2003 and 2004 seasons after competing for UW-Stevens Point in 2001.

Hansman transferred to UWO in 2001 and claimed WIAC 1-m- eter and 3-meter diving titles for the Titans while collecting All-America recognition with his fifth-place fi- nish in the three-meter bracket at the Division III Championship.

In 2003, Hansman was named Diver of the Meet at the WIAC Championship after winning the 1-meter and 3-meter events with scores of 464.75 and 480.55, re- spectively. Hansman repeated

as Diver of the Meet at the 2004 WIAC Championship.

One of only two All-America First Team award winners in the history of the UWO men’s soccer program, Kasten produced an im- pressive three-year career while playing for the Titans from 2001- 03.

Kasten concluded his career with 42 goals, 25 assists and 109 points. He currently ranks third in UWO history in both career goals and points.

Kasten, who also owns 14 career match-winning goals, helped the Titans to a remarkable 50-8-2 re- cord and three NCAA Division III postseason appearances.

Wara had an extremely special career with the Titans from 2009- 12. Wara helped UWO to a 28-16 record, including a 13-1 mark in 2012 when the Titans won their first WIAC title since 1976 and advanced to the semifinal round of

the NCAA Division III Champion- ship during the program’s inaugural postseason appearance.

Wara currently ranks third in the WIAC in career total yards (11,202), fourth in passing efficien- cy (147.80), fifth in pass comple- tions and sixth in passing touch- downs. In UWO’s career listings, Wara ranks first in pass completion percentage (64.1), pass attempts and pass completions and third in both passing yards and passing touchdowns.

An All-America performer in two indoor events and four outdoor categories, Washburn’s versatility helped the UWO women’s track & field program win six national titles during her career as a Titan from 1994-97.

Young, the only four-time All-America award winner in the history of women’s golf in the WIAC, for the Titans from the 2003-07

Cross-country runs at Eau Claire

By Brandon Cobb  
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The UW Oshkosh men’s and women’s cross-country teams competed at the UW-Eau Claire Blugold Invitational on Sept 29, with the men finishing eighth out of 30 teams and the women plac- ing 10th out of 25 teams.

Sophomore Paul Proteau fin- ished with a time of 25:10 for an eighth-place finish in the men’s race. Junior Cyna Madigan placed 31st with a time of 23:33 in the women’s race. Proteau would be the only Titan to place inside the top 10 this race along with a sec- ond-consecutive season best.

Eamon McKenna, the head coach of the team, would describe this as a much more competitive race than the previous races this year.

“We were looking forward to this meet as the first real test of the season.” McKenna said. “Un- fortunately, we are not yet at full strength, which led to some dis-

appointment. We tried to be more ready for this meet in terms of be- ing a bit fresher and ready to go, but we did not perform as well as we would have liked as a whole.”

Despite the perceived setback McKenna still saw the race as a success with many successes for individual runners.

“A number of our runners did a much better job in terms of being patient and consistent throughout the race and they were rewarded with some personal records.” McK- enna said.

New personal records were set by sophomore Joe Freng, freshman Alex Peterson, and freshman Jason Skinkis in the men’s race along with sophomore Jamie Catania, freshman Zoe Watson, sophomore Ella Galaszewski, sophomore Paige Hagner, and freshman Lexi Hall in the women’s race.

This coincides with a high over- all morale and consistency in prac- tice that McKenna describes.

“Practice has been going fairly well overall,” McKenna said. “The



Courtesy of UWO Athletics

UWO’s Joe Kehoe (left) and Cameron Cullen (right) run at the Blugold Invitational

teams enjoy training together and they push each other while having a good time.”

Now a third of the cross country season is over the Titans look to re- cuperate from injuries and prepare for the approaching end of season

Wisconsin Intercollegiate Athletic Conference meet.

“I remain cautiously optimis- tic about our season, but we have had some of our top runners miss some meets due to injury,” McK- enna said. “We will need to be at

full strength to realistically attack our goals.”

The next race for the Titans is Oct. 7 for the Lawrence Univer- sity Gene Davis Invitational. The women’s race begins at 11 a.m. fol- lowed by The men’s race at noon.



# Sports



Morgan Feltz / Advance-Titan

From left to right: UWO head gymnastics coach Lauren Karnitz encourages her team before a match last season. Karnitz hugs one of her gymnasts after a performance.

## From last place to national champion

### *How Karnitz led UWO to multiple D-III titles*

By Mattie Beck  
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UW Oshkosh alumna Lauren Karnitz evidently doesn't like losing. After taking over the position of head gymnastics coach at UWO in 2008, Karnitz helped the Titans to the top of D-III gymnastics, winning back-to-back national championships in 2022 and 2023.

Competing on the team from 2003-06 as a student, Karnitz, who enters her 16th season at the helm of the Titans, was completely new to the world of coaching when she joined the staff at a time of need.

"I just knew that they needed someone to come on at the last minute," she said. "The first year was more of an interim position and emergency type of hire, and then they kept me on after that."

Karnitz continued to learn and grow throughout her time in the position, leading her to be appointed head coach in 2014.

"I think things started to shift around 2014 when [the] chancellor made me full-time because I was part-time for eight years prior to that," she said. "Having that be my sole focus and priority, it was really nice to see the shift in the talent level."

This past season the team was able to claim its second national championship in a row, which Karnitz acknowledged was difficult.

"It was a lot more stressful than you would imagine," Karnitz said. "I mean, when you win a national championship for the first time that's exciting, and no one expects much from you, and then it's kind

of like everybody expects it."

Winning the second straight national championship was a rewarding experience for the team and Karnitz herself.

"It's really cool when I sit back and look at these last couple of seasons as a whole, and how grateful we are that we're in this position right now," she said.

The team currently holds the conference and national championship titles from 2020 through today, which Karnitz said is an amazing achievement.

But, the team is always looking forward to their next goals.

"It's just a surreal experience to sit back and take that all in, but obviously once one championship is done, you're looking forward to the next season," she said. "Every now and then I have to sit back and reflect, but [then] it's on to the next."

While the team has won many awards under her leadership, Karnitz herself has won many individual coaching awards, including coach of the year.

She received her National Coach of the Year award in the years that the team went to the championships. Now, the pressure is high.

"We were underdogs, so it's very interesting to see that people want to see an underdog [but] they still want to see you bring them to a championship," Karnitz said. "But once [you've won] two [national] championships, they somehow think that you're not coaching anymore."

But Karnitz is proud of her accomplishments and what they represent in the coaching community.

"It's validation from your peers because of what your team is doing. So ultimately, a coaching award is because of the results of your team," she said. "It is cool to have your peers recognize you for the successes because that's ultimately who's voting on those awards."

Beyond the awards, Karnitz is proud of many of the teams she has coached.

"There were some athletes who came in that never saw team success like others did," Karnitz said. "But I thought that they deserved it; they came in trying to help me develop [the program], but they never got the opportunity to see what a successful team fully was."

Karnitz is proud to be able to tell these girls that the team is successful now because of their efforts.

"Being able to tell them that like where we're at now is because they took a chance on us ... and I could build our team off their successes. They chose to continue because they believed in what we were doing, and I think that that's bigger than winning an award."

Kerrie Turner, the current head gymnastics coach at Bowling Green State University (BGSU), coached Karnitz during her time as an undergrad and saw the same belief in Karnitz when she was in school.

"As an undergrad, Lauren was a very hard worker and she had a great attitude," she said. "She wanted the team to win together and she understood the importance of being a great teammate."

Turner is happy to see Karnitz coaching now due to the spirit

Karnitz brings to the program.

"She cares so much about UW Oshkosh gymnastics and it really shows," she said. "She has been incredibly successful and I think she was always meant to be a great coach, and she is making such an impact in her student-athletes' lives."

The two will be competing against each other this upcoming season, which Turner is looking forward to.

"We are excited to welcome UW Oshkosh to BGSU this season," Turner said. "I can't wait to see Lauren and the team. [It's] such a special opportunity when we have the opportunity to compete together."

With Karnitz and her coaching, she said it was her belief in the program that brought her back to coach after competing for the university.

"I'm doing this to make these athletes the best they can be and make the school the best," she said. "I don't do this because I want to climb up the ladder." Rather, she said she likes to give back to the university, as well as call up her former teammates when the team wins nationals.

She said being married to another UWO alumnus (he was a pitcher on the baseball team) also makes it fun to give back to the university and gives her a different mindset as a coach.

"I tell my athletes the reason why I care so much is because I was [them]," she said. "I literally stood there in [their] shoes in this gym."

Emily Buffington, a junior on

the team and a national champion individually, has felt a positive impact from Karnitz's coaching.

"I have been fortunate to have Karnitz as a coach," Buffington said. "She has also never given up on me or my abilities in the gym and out of the gym."

Buffington is thankful for Karnitz and her coaching throughout her gymnastics career.

"She allowed me to do college gymnastics and I will always be grateful for that," she said. "Obviously, like any other coach, she can be tough, but I wouldn't be the athlete or person I am without her."

Karnitz has been recognized for her coaching not only through many different awards from different conferences, but also throughout the community.

One of the things Karnitz has gotten to do as coach this past summer was throw out the first pitch at a Milwaukee Brewers game, which was a special experience.

"I think what made that even more special for me is [that] I got to do it because of the accolades that the UW Oshkosh Titans achieved," she said. "For my husband ... to watch me do that it's kind of like this whole full circle type of thing."

Karnitz said she also had fun interacting with one of the players at the game.

"It was really nice when Christian Yelich told me I did a good job," she said. "So I figure if the franchise player of the Brewers thought I did a good job, I feel like I'm good to go."