

SPORTSLINE

YouthFocus

Nicolette Geddeis
Prairie Hill

The 13-year-old rider from Roscoe won the American Morgan Horse Association's Hunter Seat on the Flat silver medal in June at the Prairie State Classic Horse Show in Madison. She qualified for the second straight year for the Grand National & World Championships in October in Oklahoma City.



GEDDEIS

Notable: She also plays volleyball, is a member of the school band and choir at Prairie Hill School in South Beloit, and has a 3.7 grade-point average.

Quotable: "It's a credit to her dedication and her trainers. She really has a natural ability to ride horses, and we're very proud."

— David Geddeis
father

College Spotlight

Misty Opat
Rock Valley College

The former NCAA Division I assistant coach and recruiting coordinator has been named the Golden



OPAT

Eagles' head women's basketball coach. In the past, she has served on the coaching staffs at the University of Illinois-Chicago, Fresno State and the University of Kansas.

Notable: She replaces Gene Houston and inherits a team that won its first-ever conference title last season. The Golden Eagles finished seventh at the Junior College national tournament.

Quotable: "She is going to bring a commitment to excellence ... and most importantly, will make the education of her student athletes her highest priority."

— Mark Maneval
RVC athletic director

SportsShorts —

Olympic hockey camp: Joe Pavelski, a co-owner of the Janesville Jets North American Hockey League team, and center for the NHL San Jose Sharks, is one of 34 players invited to the U.S. Olympic hockey camp August 17-19 in Woodridge, Ill. In three seasons with the Sharks, Pavelski has 58 goals and 69 assists. The Plover, Wis., native played college hockey for the University of Wisconsin. The 2010 Winter Olympics are scheduled for Feb. 12-28 in Vancouver, British Columbia.



PAVELSKI

TEERING IT UP

BELOIT'S BENNINGTON HITS SUMMER LINKS AFTER STELLAR COLLEGIATE SEASON

BY RICK WEST
STATELINE NEWS SPORTS

BELOIT — If Jada Bennington seems confident as she prepares for the Rock County women's golf championship Aug. 1 and 2 in Janesville, there's good reason.

The 18-year-old Beloitier is coming off a remarkable freshman season at NAIA William Woods University in Fulton, Mo. The list of accomplishments is long (see related

FRESHMAN PHENOM

Jada Bennington's awards and top finishes at William Woods University.

All-American Midwest Conference
AMC Freshman of the Year.

Top finishes — Spring 2009

33rd at NAIA National Tournament.
Second at AMC Championships.
Fourth at Park Univ. Spring Invitational.
Second at William Woods Invitational.

Top finishes — Fall 2008

Third at Arris Pizza Invitational.
Sixth at NAIA Preview Tournament.
Fifth at William Woods Fall Invitational.
First at Illinois College Invitational.

graphic) and includes new school records, conference honors and a tie for low average on the season.

"I really did surprise myself," Bennington said.

It didn't take long for Bennington to make her mark in college. In her first appearance for the Owls in late August, she fired back-to-back rounds of 76 to share first-place honors with teammate Amanda Purcell at the Illinois College Invitational.

"Jada has a chance to

be one of the top players we've ever had at William Woods, and could have an All-American-caliber career," coach Barry Doty said.

After a number of top-five finishes in the fall and spring seasons, Bennington ended her freshman year placing second at the American Midwest Conference tournament, earning the conference's freshman of the year award.

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Jada Bennington

Gold medal grappling at Beloit College



RICK WEST/STAFF

Former U.S. Olympic wrestler Ken Chertow, left, demonstrates a wrestling technique Monday with Illinois high school wrestling champion Christopher Carton, 15, of Rock Island, Ill. Chertow hosted a camp for more than 100 young wrestlers July 11-14 at Beloit College.

Former Olympic wrestler hosts four-day camp

BY RICK WEST
STATELINE NEWS SPORTS

BELOIT — More than 100 young wrestlers took advice from a super source this past week, when top instructor Ken Chertow hosted a four-day camp at Beloit College.

It was the second straight year that Chertow, a former wrestler on the U.S. Olympic team and a three-time NCAA All-American at Penn State, brought his Gold Medal Training Camp to the college.

"We try to strike a balance between core techniques and advance techniques, depending on the age group," Chertow said. "We try to keep it fun, but challenging for the younger boys."

Chertow had 130 wrestlers enrolled this year, an increase of

30 over 2008. The camp was open to wrestlers ages 6 to 18.

"This camp is unique because it's not segregated as much as far as ability levels," said Alex Polizzi, a two-time state qualifier from Beloit Memorial High School. "Ken Chertow likes to keep it intense ... and he's made sure that there's a lot of live wrestling and hard, intensive workouts, along with the technique."

Chertow's staff includes a number of experienced instructors. Former NCAA champion Brad Smith, who has coached teams to 13 high school state championships in Iowa, and Andy Russell, one of Chertow's former teammates and three-time All-American at Penn State, helped out at the camp.

"(Ken) was always one of the



POLIZZI

Please see Wrestling, page 13

JIM CHEADLE
SCALES & TAILS



Time of year when Lyme threatens

Take steps to avoid bite of tiny deer tick

June and July are the months when ticks and stinging critters are most active. Concerns about Lyme disease infecting humans and our pets are well-founded. In the mid-1970s, the first human cases were reported near Lyme, Conn.; hence, the name.

Lyme disease symptoms include stiffness or pain in joints or muscles, stiff neck, fever, headache and fatigue. It often starts with a reddish rash around the initial bite, which expands over time and often takes on a ringed "target" appearance. It may take some time to appear. It is usually treated with antibiotics, and at one time a vaccine was available. Currently, there is an annual vaccine you can get for your dog.

In 2002, manufacturing of the human vaccine ended because there was little demand and it was largely regarded as ineffective. In addition, the side effects outweighed the potential benefits.

Not all ticks carry the disease, only the tiny deer tick; the female, or nymph, transmits the disease. There can be serious consequences if Lyme is left untreated.

It often starts with a reddish rash around the initial bite, which expands over a period of time ...

Arthritis, heart problems and meningitis can occur. If you have been diagnosed in the past, you do gain some immunity,

but it is rather short-lived. I also can vouch for the fact you may get it more than once, since I have been infected twice. The main symptom I experienced was fatigue. It was easily taken care of with antibiotics, but if you go through treatment, eat yogurt occasionally, because the antibiotics often kill the good bacteria in your stomach. It also may make you very sensitive to the sun.

There are some things we can do to avoid these pests. If you're in the field, wear long pants and shirt sleeves. It may be easier walking, but stay off deer or game trails. Ticks detect their host by the carbon dioxide mammals emit. Remove tall grass or leaves around your camp or fire pit. Also, placing rocks or wood chips down should keep them at bay.

Adults can use a 20- to 40-percent Deet repellent on the skin, or permethrin (Permanone) on their outer clothing. Children should use no more than 10-percent Deet.

If you find a critter on your body or your dog, take it off using tweezers or your fingers. Grasp it as close to the head as possible. Then pull upward with steady, slow pressure. Afterward, clean the area with antiseptic.

A tip of the fishing cap to Denny Marinelli, who caught a whopping 17-inch crappie out of the Rock River. He released the fish, but neither he nor his wife had a camera. The world record in the Catch and Release Division for white crappie caught on 6-pound-class line is 15 inches. The fish was caught on Kentucky Lake, Tenn.

If you would like to submit a fish to the Fresh Water Fishing Hall of Fame, send a photo, line sample and notarized signature of witness. Send it to P.O. Box 690, 10360 Hall of Fame Drive, Hayward, Wis., 54843. Call (715) 634-4440 for more information.

The Wild Goose says: Never does nature say one thing and wisdom another.

Write Jim Cheadle at 4108 W. Spring Creek, Beloit, WI 53511. Call him at (608) 365-5280. E-mail him at jcheadle@inwave.com.

GOLFER

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DAWN BENNINGTON



CLIFF BENNINGTON

All five William Woods golfers finished in the top seven and won a third straight conference team title.

"My goal was to at least play in a few matches and travel, and I stayed top-five all year," Bennington said.

Two weeks after the conference tournament, Bennington finished 33rd at the four-day NAAIA

National Tournament, shooting her best round, a five-over-par 77, on the final day.

"She is very poised and keeps her focus, regardless of how she's playing," Doty said. "Jada is solid in all aspects of the game with a strong work ethic, so I'm sure she will continue to improve."

Her parents, Cliff and Dawn Bennington, attended a number of matches in Missouri and southern Illinois, and were there for the conference and national tournaments.

Despite Jada's success, the season was not "a bed of roses," Dawn Bennington said.

"You had upperclassmen on the team and other freshmen who were tops at their high school that were jealous (of Jada)," Dawn Bennington said.

Her daughter acknowledged that competition among team members was intense early on.

"Once things worked their way (out), everyone was pretty accepting," she said.

A three-time state qualifier at Beloit Memorial High School, Bennington began playing golf at the age of 7, when she received a set of clubs for Easter.

"(Jada) found one of my (golf) trophies and she wanted to keep it," Cliff Bennington said. "I said she couldn't have it. If she wanted one, she had to earn her own."

Now the Bennington home is filled with trophies, medals and awards.

"I wouldn't even bring my (trophies) out; there's no comparison," Cliff Bennington said.

Jada plays golf every day, and on Sundays, has a standing foursome with her father, mother and younger brother Joel.

"Sunday is quality (family) time and that's what we do — golf," Dawn Bennington said. "It's fun; it's a lot of laughing and joking."

When she was younger, Jada's goal was to beat her father.

"Now my goal is to beat her," Cliff Bennington said.

In addition to the early instruction she received from her father, Jada also has worked extensively with Milt Kodl, the pro at the Country Club of Beloit.

Kodl said his student has matured in the last year.

"She's kind of leaving her childhood behind and going into adulthood; you can see that right before our eyes," Kodl said. "She's transitioning forward."

In late June, Bennington, who plays to a 4 handicap, finished 22nd at the



KODL

Wisconsin Women's Open against a field that included professional players. She also plans to play in the state amateur and match-play championships.

Kodl said collegiate-level tournaments are played on considerably longer courses, so he advised Bennington to add a few fairway woods to her bag.

"She's become a very good fairway wood player," Kodl said. "She hits those as well as anybody hits seven, eight or nine irons, and it's helping her bridge the gap on some of the longer holes."

Bennington hasn't completely left junior golf behind. On June 15, she shot a four-over-par 75 to win the Southern Wisconsin Optimist junior tournament in Janesville to qualify for the Optimist International this month in Florida. Unfortunately, she learned she was ineligible to advance.

"(It's) because I'm not 'technically' a junior golfer," Bennington said. "On the entry form it said 18-and-under, but apparently once you play college golf, you're not a junior golfer in their eyes."

As she looks to the future, Bennington has high hopes and expectations.

"I want to play on tour; that would be nice, and I'm working hard at it," Bennington said. "But what I really want to do is become a teaching professional ... and help other people enjoy the game I love."

To that end, Bennington is majoring in sports management and business administration, and made the dean's list each semester with grade-point averages of 3.8 and 4.0.

"You've got to stand behind your child and let them go for their dream," Cliff Bennington said. "We're very proud of her."

SPORTS AT RIVERFEST

RICK WEST/STAFF

Powerboat racer Nancy Landgraf of Maple Plain, Minn., No. 17, leads Denise Talcott of Hancock, Mich., in a 10-lap heat in the Sport-C division at last weekend's Riverfest event in Beloit. The Twin City Power Boat Association sanctioned the races.



RICK WEST/STAFF

Eduardo Orihula, left, of Cicero, Ill., prepares to kick fellow 16-year-old Marco Chavez of Beloit during a three-round, 170-pound mixed martial arts pancration bout at Riverfest in Beloit. The two-day King of the River cage-fight event was sponsored by the Staline Warriors.

WRESTLING

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RUSSELL

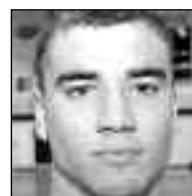
most intense and hardest-working guys on the team, and he carries that over to his camps," Russell said.

The staff stresses conditioning, strength and technique.

"They build a triangle, and as you increase each one, that triangle gets a little bit bigger, and the bigger your

triangle is, the better wrestler you are," Russell said.

A number of Chertow camp alumni have gone on to successful careers. Chertow has taught more than 10 NCAA Division I All-Americans, including two-time NCAA champions Tommy Rowlands and Matt Valenti. Two wrestlers on the current roster at the University of Wisconsin, Andrew Howe and Kyle Ruschell, also are Chertow camp alums. More than 500 campers have gone on to win high school state titles,



HUNTER

including Ben Hunter, a two-time Missouri state champion.

"Many of the moves I still hit, I learned from Ken," said Hunter, who now works as a camp coach.

Hunter said those who attend the camp benefit from Chertow's extensive knowledge of the sport.

"Even if it's a college technique, Ken can adjust it to where a little kid can use it in a match," Hunter said. "(Ken's) going to show it to you, you're going to figure it out, then you're going to drill it hard."

This year, Chertow will host 23 camps from coast to coast. For more information, go online to www.kenchertow.com.