

# Happy Valley trip worth it for Terek

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If records are made to be broken, then Michigan State's Paul Terek writes his own label.

The red-shirt junior from Livonia Franklin stood the Big Ten Indoor Track & Field Championships on its ear Feb. 23-24 at Penn State University by establishing four different marks in his specialty, the pole vault.

He also wrapped up another title Sunday in the seven-event heptathlon.

The nine-hour bus ride to and from Happy Valley was well worth it for Terek, who soared 18 feet, 2 1/4 inches in the pole vault to break the 1998 Big Ten indoor mark set in 1995 when Indiana's Mark Buse did 18-2 1/4.

Terek's own MSU school record, previously set last month at 17-8 1/4, fell by the wayside along with the PSU facility mark.

With three events left to run

## COLLEGE

in Sunday's heptathlon, Terek also set an NCAA mark by clearing 17-8 1/4 in the pole vault.

He tried to tie the world indoor heptathlon record when he narrowly missed at an attempt of 18-4 1/4.

Terek now sets his sights on the NCAA Indoors March 9-10 in Fayetteville, Ark. where he comes in an automatic qualifier for the first time.

This season he ranks only second in the NCAA to Jacob Pauli of Northern Iowa, who has cleared 18-4 1/4.

"After my performance this weekend I'm crazy enough now to feel that I can win," Terek said of the upcoming NCAAAs.

"I'm sure after not even being ranked in the top 20 or 40 (pole vaulters), they think that I'm a fluke."

But if I physically and men-

tally feel great, I don't think anybody can beat me. Last weekend my technique was not great, but I had a lot of clearance. I didn't feel as good as I could, but if both come together I feel I have as good a shot as anybody."

After the long bus ride Friday into State College, Terek got off the bus with sore legs and a stiff back.

"Once we got over to the track and jogged around a little bit, I felt pretty good," Terek said. "He cruised by me like he was on a jog, so I sped up and tried to stay with him. It started to hurt really bad."

McDowell edged Terek at the line, but the title went to Terek. The bus ride back provided little rest, however.

"At the end of the day, you're just dog tired; it's hard to study on the bus after something like that, and it's hard to sleep. I've been up for 40 hours," Terek said Monday night.

good enough for eighth place. On Sunday, Terek took a 10th in his weakest event, the 60-meter hurdles (8.74), won the pole vault, and clinched the Big Ten heptathlon championship by finishing fourth in the 1,000 run (2:47.76).

Terek totaled 5,685 points; Minnesota's Lyndon McDowell was the runner-up with 5,593.

"I had to run 10 seconds better than McDowell to hold onto to first place," Terek said. "He cruised by me like he was on a jog, so I sped up and tried to stay with him. It started to hurt really bad."

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# Rocks defeat Chargers in Western Lakes final

By C.J. BEAK  
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Perhaps this isn't the most formidable Plymouth Salem volleyball team, but the Rocks sure played like it Feb. 24 in the Western Lakes Activities Association Tournament.

Pool play resulted in three sweeps for Salem, with nary a team scoring more than six points in a game. That earned the Rocks, seeded No. 1 going into the tournament, a bye straight into the semifinals. Once there, they defeated the only conference team to beat them this season — Walled Lake Central, the tournament hosts — and they did it in convincing fashion, 15-7, 15-8.

The toughest match of the day lay ahead for Salem, however. In the WLAA final against Livonia Churchill, it took the Rocks three games, but they emerged with the conference title, 15-9, 10-15, 15-5.

"The games (with Churchill) were even tougher than the scores indicated," Salem coach Tom Teeters said. "They blocked better than us, but I think we were a little more flexible than they were."

"The difference for us, was our team being able to play out of position — team flexibility. We could make adjustments," Teeters said. Jill Dombrowski does a great job leading, and she did very well with what she got, good passes or bad."

It wasn't the only advantage the Rocks had. "We hit .503 as a team for the tournament," Teeters said. "We had

five players hit over .300. I've never had a team do that before, anywhere."

The Rocks were consistently on target throughout the tournament. In pool play, they opened against No. 12 seeded Livonia Franklin and rolled to a 15-4, 15-3 victory.

Their second pool-play match was against No. 7 Farmington. The results were similar: 15-6, 15-4 for Salem.

After that came cross-creek rival Plymouth Canton, but the Chiefs were unable to dethrone the Salem express, losing 15-5, 15-2.

"We were playing some of our best volleyball of the year," said Teeters.

The top two seeds in each of the three pools advanced, with the top two surviving seeds — No. 1 Salem and No. 2 Livonia Stevenson — getting byes to the semifinals.

Canton, seeded sixth, played No. 3 Churchill in one quarterfinal and lost, 15-6, 15-12. No. 4 Central defeated No. 11 Westland John Glenn in the other, 15-12, 16-8.

The Chargers then eliminated Stevenson in one semifinal, with Salem stopping Central.

Salem's Katie Good collected a team-high 45 kills with a .333 kill percentage. She also led Salem with 17 service aces (the team had 60 in the tournament) and had 38 digs.

Dombrowski had 15 kills, including a 7-for-7 effort, in the win over Canton.

## Teachman from page B1

He also made a trip to Lansing Waverly where former Harrison student and team attorney Dan Carr is the JV coach. Carr's assistant is Brandon Sinawi, a former Harrison player and current Michigan State student.

Teachman, 55, couldn't stay away from basketball coaching entirely, however. He took on the job of coaching his church team this year.

"I think I can say I'm one of the few coaches in the history of basketball in this country who has lost a game at every level," he said.

Teachman also has offered to assist new Harrison softball coach Cassidy Mungler this year as she gets acclimated to the job, area and competition.

Two of the best years in Harrison softball history were 1994-95. The Hawks, nicknamed the Junkyard Dawgs for their competitive, never-give-up attitude, won a Western Lakes Activities Association title and two Class A district tournaments and compiled a 52-11 record.

"That was the first big highlight," Teachman said. "But the teams that followed the J-Dawgs have done their best to imitate them. There have been some highlights there, too. But that was a fun ride there."

Teachman said he will miss the teaching aspect of coaching; however, his favorite memories

are of bus trips, team dinners and fun things.

"I enjoyed seeing players grow up while they were here, keeping track of them when they graduated and going to some of their college games," he said.

Teachman plans to continue teaching mathematics at Harrison.

"It's the first year since I started teaching I haven't coached, so it's a different situation," he said. "I'm getting around school more, to other classrooms, to see other people I've heard are good teachers, and sitting in on class."

"When I was coaching, I was constantly thinking about practice and the schedule. You're thinking three games ahead and formulating a game plan for the

next two. I spent a lot of time in the spring looking out the window to see what the weather was."

"I want to keep teaching; that's for sure. Of course, coaching is teaching; it's just a different classroom. I still got to see some quality kids in class, as I would out on the court or softball field."

To make use of his spare time, Teachman has taken up woodworking as a hobby.

"Now that we're grandparents, I made a rocking horse for our grandson in California and had it shipped out there," he said.

"I'm trying to figure out what my next project will be. It's very relaxing. I had to put it on hold during the winter season,

because the garage gets kind of cold."

Instead of conducting practices during the holidays, Teachman and his wife, Pat, were able to travel to California to visit their oldest son, Tim, and his family.

Teachman, who has had time to redo the kitchen in the family home, finds there are similarities between such projects and coaching.

"It's really the same thing," he said. "You have to take a look at what needs to be done, make a plan, see what tools you need, determine the sequence and work it out step by step."

"It's no different than making a game plan."

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103 pounds: Matt Steintrager (CC) pinned John Salisbury, 5:38; 132: Dena Monnet (TB) technical fall over Matt Kostar, 17:2; 135: Chad Ditty (TB) pin. Tim Mulroy, 3:24; 125: Kyle Burkett (TB) pin. Richard Wentworth, 2:57; 130: Dan Davis (TB) pin. Ben Kreucher, 0:44; 138: Nate Rodriguez (CC) pin. Cas Green, 6:35; 140: Brad Grottelon (TB) dec. Mike Werner, 10:3; 148: Josiah Boyer (TB) major dec. Chris Petersen, 18:7; 152: Travis Lusky (TB) technical fall over Chris Grottelon, 15:0; 150: 1:50: Brian Zink (TB) pin. Jason Hilliker, 4:52; 173: Ryan Rogowski (CC) dec. Troy Lusky, 5:1; 189: Clint Salisbury (TB) pin. Sean Zielinski, 1:50; 215: Joe Ray (TB) major dec. Matt Markowicz, 17:5; 275: Rick Neiman (TB) dec. Blac Naysmith, 10:9. Note: Bedford was penalized one point for unsportsmanlike conduct.

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