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BIG, GOOFY, GREAT

BEING FRANK

"IT'S TOUGH TO FIND A BIG GUY LIKE HIM. I'LL GET BACK TO YOU ON SOMEBODY WHO REMINDS ME OF FRANK."

— BILL RAFTERY

INSIDE

ONE LAST SPLASH FOR IVY MARTIN

TOP EFFORT GETS UW ON TOP LINE





ICON SPORTSWIRE

COVER STORY

BEING FRANK

His parents attest to it, as do analysts who have spent their careers covering college hoops: there's no one quite like Frank Kaminsky. So how did that kid playing in the driveway get here?



DAVID STLUKA

SWIMMING & DIVING

ONE LAST SPLASH

Ivy Martin has left a major mark on the Badgers' program, but she's got her sights set on leaving a lasting impression in her final NCAA meet.

LUCAS AT LARGE

RAINEY ON RYAN

Before Bo Ryan was putting together a Hall of Fame career on the sideline, he was a coach on the floor for mentor Ron Rainey.



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VARSIITY

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Dual-sport success something special

Someone mentioned to me that you don't hear anyone talking about our programs in terms of becoming bowl eligible in football or being on the bubble for the NCAA basketball tournament.

Our people just put out something to that effect. Since 2002, we've gone to a bowl and competed in the Big Dance every year. The streak of 13 consecutive years is the longest in the country.

That's five years longer than anybody else. And that's impressive. I try to remind our alums all the time that you can't take it for granted. It's hard to win. What we've done is very special.

To be consistently good in the two major sports like that over a long period of time, you have to appreciate and respect what the coaches and the players have done to sustain the success.

Both programs were built with a good foundation and the plan really hasn't changed much. The emphasis has been on knowing who you are and bringing in kids that fit your philosophy.

Getting a No. 1 seed speaks volumes to the respect that we have nationally and the consistency of Bo Ryan's teams. It would have been easy after going to the Final Four to slack off a little and be content. But our guys stayed hungry, they kept their eye on the goal and they wanted to get better.

Sunday's game against Michigan State was like a heavy-weight championship fight. I thought our guys really competed. They never backed down and they wore them out eventually in overtime.

Back in Madison, Paul Chryst had the game showing on our video board in Camp Randall Stadium and the kids were watching it during the opening of spring football practice. I thought that was really neat. All of our head coaches really support one another. That's one thing I've tried to encourage and why we've gone on the road together for friend-raisers.

Besides that, Bo and Paul have been friends for a long time.

This is a real important spring for Paul. This is the time for teaching and developing and building your team.

I've already been impressed with the offseason weight program. There's a different philosophy than they've had recently and they're also practicing differently, learning the tempo that Paul wants.

• • • •

The other day I got a text from Chris Borland. It just said, "Coach, I wanted to let you know before it hits the media that I'm going to retire. I had a great experience at Wisconsin ..." He signed it "Chris." To be honest, I looked up the area code, saw it was Ohio and I just

assumed that must be Chris Pressley, our former fullback who played with the Bengals.

I didn't even think it might be Chris Borland.

The way he played the game — and no one played harder — some people were surprised he would retire after one year. But he thinks outside of the box, he has his own mind and I respect his decision.

There's more information available to the players than there ever was, much more. And there's much more awareness, too, about head injuries as more and more research is done.

There have been rule changes with player safety in mind, especially as far as getting the head out of the game.

I have nothing but the utmost respect for Chris Borland as a player and a person. He always had time for kids and he was among our team leaders in community service.

There's one thing that shouldn't be overlooked: Chris graduated. He has his degree from Wisconsin. You rarely hear people bring that up, but it speaks to the type of kids that we bring in here.

They want to play at a high level — it was the NFL for Chris — but they also want to walk out of here with a degree and have something to help them in life once they're finished playing. He has that today. ■



Whatever's next, this is a season to savor

As you read this, chances are you are eagerly awaiting the Badgers' NCAA tournament game with Coastal Carolina. Yet a funny thing happened earlier this week. Fans were still talking about Sunday's Big Ten tournament championship game against Michigan State.

In past years, it always seemed to me that the result of the title game was pushed aside rather quickly, and it was easy to understand why. The Big Ten has always liked how the championship game leads directly into the Selection Show on CBS. It makes sense, but previously the focus shifted from cutting down the nets to the tournament bracket — all within an hour.

This time it is a bit different. Yes, the NCAA tournament is the big show, and by now it is all about the Chanticleers. However, the game last Sunday at the United Center was a classic, and it was good to see the players, coaches and fans celebrate a conference tournament crown.

I have had mixed emotions about league tourneys. Most of the time, I hope the Badgers play well, but above all else, I want them to get out of the event healthy and ready to roll the following week.

While health remains a top priority, it was clear to anyone paying attention that winning

the Big Ten tournament meant a great deal to the Badgers. It would have meant a great deal to Michigan State. These are two rival programs, and the Spartans wanted a little payback from the loss two weeks earlier at the Kohl Center.

As the Badgers rallied from an 11-point second half deficit to win in overtime, the joy from the Wisconsin bench was real. So was the disappointment from

IT HAS BEEN AN AMAZING RIDE SO FAR. WITH WILL, SKILL AND MAYBE A TOUCH OF GOOD FORTUNE, THE BEST IS YET TO COME.

the Spartans' locker room. They get to play again this week, but there was no hiding the fact that this was a game they truly wanted, only to be denied by the will and the skill of Bo Ryan's team.

So now it is on to Omaha for the West Region's No. 1 seed. Yes, the bracket has a few familiar faces from last March. Should the Badgers advance, Oregon could be waiting in the Round of 32. If they keep playing next week in Los Angeles, Baylor and Arizona could be there with them.

Yes, we are getting way ahead of ourselves, but you can't help but notice.

As stated in this space last week, who knows what will happen? While I hope for the best, it is worth a reminder that the unexpected is what makes this tournament so popular. And even though the Badgers are not in Kentucky's region, do not be lulled into a false sense of security. Can Wisconsin play with anyone in the country? Of course it can. So can several other teams not named Kentucky.

The Badgers have a lofty goal of winning the national title. They have a chance, but by no means are they alone. If they can navigate the road to Indianapolis and be the last team standing, it will be a magical moment that no one will ever forget.

But if something goes wrong, such as a red-hot opponent, an off night for your favorite team, a bad bounce, a bad call or any other factors that can spell trouble in a single-elimination event, the trophies the Badgers have earned this season still count.

It has been an amazing ride so far. With will, skill and maybe a touch of good fortune, the best is yet to come. But if not, the 2014-15 Wisconsin Badgers are a team fans will always remember.

Just ask those who spent last weekend in Chicago. They will be happy to tell you all about it. ■



RYAN TAYLOR

Ryan Taylor, a sophomore from Urbana, Ohio, qualified for his second-consecutive NCAA championship and will face Duke's Mitch Fine-silver to open the 133 lb. bracket on Thursday in St. Louis. Taylor is the No. 2 seed in the tournament after taking second place at the Big Ten championships and holds a 23-3 record on the season.

What was behind the transition of switching weight classes from 125 lbs. to 133 lbs?

“At the beginning of the season, 125 was just too hard to make. I decided it would be better for me to move up a weight class and just focus on wrestling and not so much on cutting weight. It’s made a big difference in everything I have worked on as far as technique. Everything has gotten a lot more solid in all positions as a wrestler. I’m a lot more comfortable in it.”

What has been your most exciting match this season?

“I wouldn’t say that I have any matches that stick out. For tournaments, the Big Tens stick out as a whole. I like competing in the postseason.”

What changes for you in the postseason?

“I think with the postseason the biggest difference is that we train all year to get there. Nothing really matters if you don’t put it on the line when you do get to the postseason.”

- SCROLL FOR MORE -

ALL ABOUT RYAN

Year: Sophomore

Height/Weight: 5-4 / 125

Hometown: Fayette County, Ohio

High School: St. Paris Graham

QUICK Qs FOR RYAN

Who takes the most selfies on the team?

“I would say Ricky Robertson.”

Why were you so late to get on Twitter?

“Everyone wanted to make me, but I don’t really get on it. I just retweet things. I’ve never actually tweeted.”

Favorite Disney movie?

“The Fox and the Hound.”

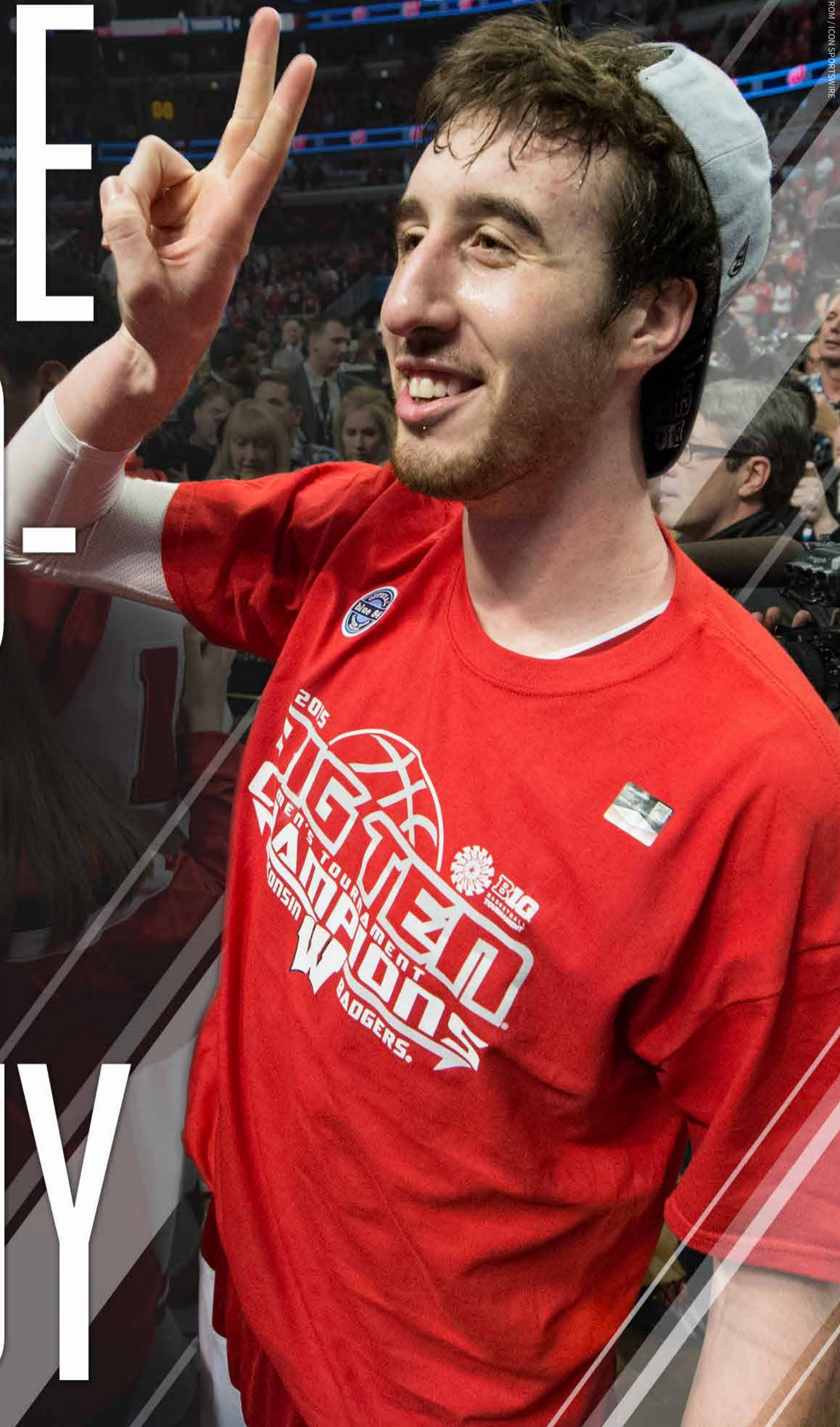
Favorite song right now?

“Uptown Funk.”

First meal you eat after the season?

“I go to Señor Peppers in Oregon, Wisconsin.”

THE GO- TO GUY



Wisconsin's bigs have long been schooled in the ways of McHale, Sikma and the like, but Frank Kaminsky's play in the post (and everywhere else on the court) has been a revelation in a season like few have seen before — and even fewer could have seen coming from the kid playing in the driveway with dad.

BY MIKE LUCAS ■ UWBADGERS.COM



Frank Kaminsky's first love was an "open 3-pointer."

But he had a youth basketball coach who had another opinion of his earliest "go-to" shot.

He just wanted it to go away.

"I can remember back in the fourth grade when I started playing organized basketball for the Lisle (Illinois) Park District," Kaminsky said. "We had a coach who didn't like us shooting outside shots because half the kids on our team couldn't get the ball there (to the rim).

"But I kept telling him, 'That's what I want to do.' So our first game, I shot two 3s and I made both of them and he took me out both times because he didn't want me to keep shooting them, so the other kids on the team wouldn't shoot them, too."

With angst, he recalled, "He wanted us to take layups and get stuff close to the basket first. "

With a mischievous grin, he also remembered, "But that's not what I did."

Today, the 3-pointer is one weapon in the arsenal of Kaminsky, a National Player of the Year candidate and the 7-foot centerpiece of a Wisconsin team that will open play Friday night in the NCAA tournament against Coastal Carolina. Versatility might be his most dangerous weapon.

"That's what makes his game so wonderful," said Michael DeCourcy, a writer for Sporting News and a studio analyst for Big Ten Network. "There hasn't been anyone like him in college basketball in the time I've covered it ... to have that size and to be effective in every stage of the game.

"If you straight post him up, he's got a variety of moves. If you put him on the perimeter, he can attack you in every way there is to attack. Catch

and shoot. If you want to run him off a curl, you could. When he puts it on the floor, he can pull up and hit from mid-range. Or he can take it all the way to the goal with his spin moves because Wisconsin spaces the floor so well.

“The amazing thing about Frank — and think about this — for all the times that he dribbles the basketball as a 7-footer from 20 feet to 2 feet, how many times have you seen him charge? He doesn’t charge because he understands how to use his feet and because the offense is so well-spaced. There aren’t help defenders available to easily get there and flop in front of him.

“In the college basketball game, as we now know it,” DeCourcy asserted, “with as quick as some of those guys can go and because everyone is running in front of people to flop down, it’s really hard to drive the basketball without charging and Frank does it time after time after time.”

When players arrive as freshmen at Wisconsin,

they are schooled on post moves, each of which was named after an NBA player for the sake of identification and instant recognition. The (Jack) Sikma is a reverse pivot where you open up to the basket. The Bernie (King) is a shoulder fake one way, turn the other way. The (Kevin) McHale is a jump hook. The Moses (Malone) is a drop step, a power move.

In this context, what is the Kaminsky?

What move or go-to shot will be identified with Frank Kaminsky long after he’s gone?

“It’s tough to find a big guy like him,” said CBS analyst Bill Raftery. “I haven’t seen 7-footers with the footwork which enables him to shoot that floater; I haven’t seen any 7-footers pass that well. He sees cutters well, particularly weak side cutters. Sam Dekker is a good example. He cuts better because he knows the big guy is going to find him. I’ll get back to you on somebody who reminds me of Frank.”

• • • •



PAUL BERGSTROM / ICON SPORTSWIRE

Frankie Kaminsky III may remind some people of his father, Frank Kaminsky Jr.

“I went everywhere with my dad, whether it was basketball or 16-inch softball (played without gloves in the Chicago area),” he said. “I remember when I was probably in the sixth or seventh grade where the catcher on my dad’s team hadn’t shown yet, so I went out there and caught and got to bat once. I had a sacrifice infield ground ball, as I like to call it.”

Kaminsky Jr., who was raised on the South Side of Chicago, played basketball at St. Rita High School and Lewis University, where he scored more than 1,500 points. A member of the school’s hall of fame, he continued to play professionally in Europe and South America for a handful of years. Truth is, he has never stopped playing. The 60-year-old Kaminsky still plays twice a week in a 50-and-over league.

“I just love to play, I think it’s the best workout in the world,” said the 6-foot-10 Kaminsky Jr., who still plays 16-inch softball once a week in the summer. “I love the competition. I like the physical nature of basketball. You can’t elbow anybody on a treadmill.

“I try to tell Frankie — and I don’t know how to describe it or put it into words — but the game is personal to me. I walk in the gym and I want to be the best player on the court. And whoever is covering me, I want to destroy them. When I lose that (attitude) then I’ll quit playing.”

It rubbed off on his son, especially during his formative years.

“I got to see how much he loved sports, how much he loves the game of basketball,” Kaminsky III said of the example that his father set. “It’s weird, but looking back on how long ago it was that he started teaching me the game, it still feels like it was just yesterday that me and my dad were in our front driveway at home and he was playing P-I-G with me.”

H-O-R-S-E was another competition of choice.

“I’ve got some specialty moves that he can’t do today,” said Kaminsky Jr. “When you play P-I-G and H-O-R-S-E and games like that, you’ve got to develop some trick shots. I had one that



was my closer. It was behind the back, between the legs and up with the left hand. That was my winner.”

That was his go-to move, the Kaminsky Jr.

“It’s just crazy how much he has taught me and how much he continues to teach me,” said Kaminsky III. “He knows my mindset when I’m on the court. He understands what I’m feeling. And if I’m having an off game or an off night, he knows how to bring me back.”

So does his mother, Mary Stack Kaminsky, a former volleyball player at Northwestern.

“My mom was more of a supporter,” he said. “She came to all of my AAU tournaments, all my high school games. She would record my games on her own camera so I could watch them afterwards. She wasn’t very good at it but she was always there supporting me. She continues to come to every game and wear my jersey and support me. I can hear my mom and dad behind the bench sometimes.”

Mary Kaminsky has seen how Frank Jr. has impacted their son. “It’s his passion for the game of basketball,” she said. “His dad is 60 years old and he’s still playing and I don’t know how many people would have played that long in their life or would have been able to. He has really benefited from watching his dad do it and being involved in it his whole life has been a huge perk for him.”

Mary, like Frank Jr., is ultra-competitive. Reaping the benefits have been the Kaminsky kids, Frank and his two sisters: Kaylee Kaminsky, a graduate assistant coach with the

volleyball program at the University of St. Francis (Joilet, Illinois) and Hannah Kaminsky, a sophomore volleyball player, a setter at Southern Illinois (where she was the Missouri Valley Conference Freshman of the Year in 2013-14.)

“It’s weird, but looking back on how long ago it was that he started teaching me the game, it still feels like it was just yesterday that me and my dad were in our front driveway at home.”

“Frankie has also been blessed with having relatives, aunts and uncles, that were Big Ten athletes,” said Mary Kaminsky, whose sister Karen Stack and brother Jim Stack starred in basketball at Northwestern.

Mary went on to work in the administration of the Chicago Bulls; Jim had a front office stint with the Bulls, too, along with serving as general manager of the Minnesota Timberwolves.

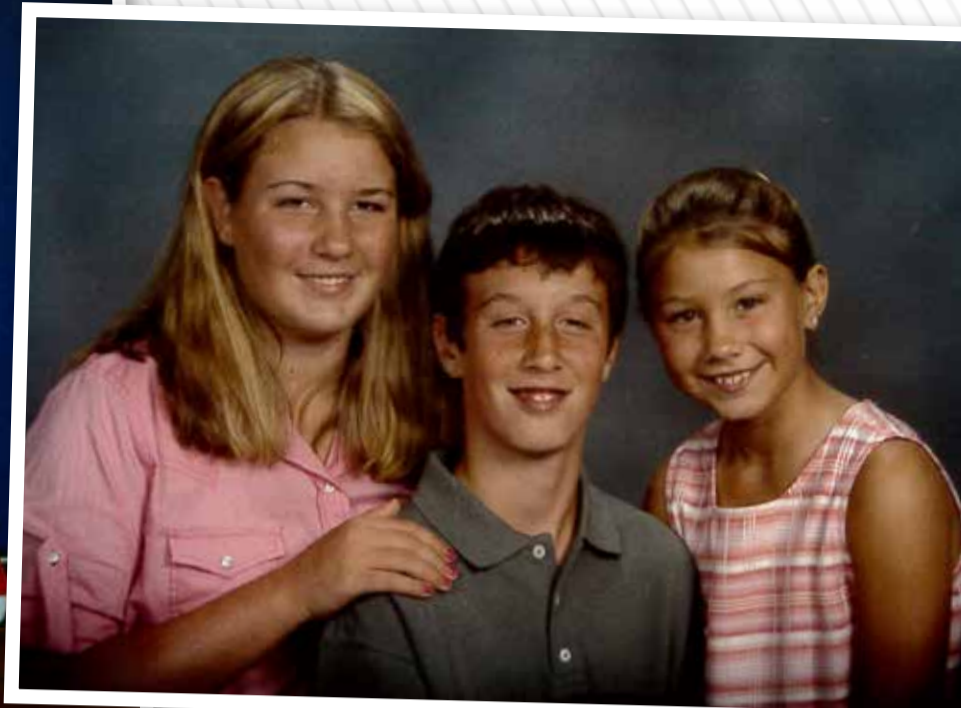
“I’m 6 feet tall, and I had to work really, really hard at what I did as an athlete,” Mary said. “I feel that’s the gift that I’ve given to all of my kids that they have to understand it takes a lot of work off the court, not just practice time, but you have to put in the hours to achieve.”

At an early age, Frankie Kaminsky III played volleyball. “I actually played from the fifth through the eighth grade, my mom was the coach,” he said. “I just didn’t love it as much as I loved basketball. Soccer was big for me; football was also fun. I learned to be tougher. When I first started to play football in the fifth grade, I was terrified of getting hit. That’s why my parents didn’t want me to play.”

Kaminsky went through some understandable growing pains as a teenager.

“I used to get picked on for how much taller I was than everyone else,” he said. “Kids like to pick on the things that are different





in people. I didn't handle it well at times. I didn't have many friends growing up. I had a couple here and there. I wasn't the most popular kid in school by any means. I was taller, I liked to do things differently, and I was shy. I really didn't understand how to fit in with people.

"Right around the time I got into high school (Benet Academy) that's when I started to get serious into basketball, that's when I wanted to take basketball from something that I played just for the fun of it to something that I was very serious about. And that's when I started getting friends because of sports; basketball was one of the biggest things for me."

Reflecting on his son's development, Kaminsky Jr. felt AAU basketball was the turning point.

"The whole world for Frankie as a basketball player changed when he got to play with the Illinois Wolves," he said. "He got exposed to kids from the city and kids from diverse backgrounds and he saw how hard they played and how hard they would go at it. At that point, he realized that being the tallest kid in Lisle, Illinois, ain't going to get him too far. That's when he kind of

changed his whole attitude. He got committed to working out and lifting weights and committed to playing, all the things necessary to get him to where he is today."

When he got to high school, Kaminsky was still developing his go-to moves.

"Obviously I took open shots when I got them," he said. "But I was more about trying to understand how to score in different ways whether it was posting up or driving to the rim. I remembered traveling a lot. It was a big adjustment. I was a shooter first and tried to develop moves

from there. When I would pump fake and drive to the rim, I would start running before I dribbled."

During the recruiting process, Kaminsky was intrigued by the Badgers because of their track record in developing players. "Right when they started calling me, I was hoping they would give me a scholarship offer because I wanted to commit right away," he said. "I remember coming here on visits and watching videos on how Jon Leuer played and I watched their highlight videos of how they had been in the NCAA tour-

FRANK KAMINSKY JR.:
"He realized that being the tallest kid in Lisle, Illinois, ain't going to get him too far. He got committed to working out and lifting weights and committed to playing, all the things necessary to get him to where he is today."



▲TAP TO WATCH: CBS Sports - Kaminsky, Kaminsky, Kaminsky

nament for so many years (consecutively). I just wanted to be a part of it.”

Kaminsky struggled at first with the low-post moves that Bo Ryan has always taught.

“I could do all the moves, I just didn’t understand when to do them in live action,” he said. “I tried to do a Bernie when it wasn’t open and I’d throw the ball off the backboard and it wasn’t even close to the rim. It took a long time to figure out the right time to use the moves and how to read the defense. The Dominique (Wilkins), the up-and-under move, has always been my favorite. I felt like I used it a lot more last year than I do now because people kind of expect it.

“The frustrating part is not learning the system. The most frustrating part is having an understanding of the system but still having to wait your turn to get big minutes. If you look at all the guys that were here before me, most of them had to wait their turn and that’s never easy to do, especially when you want so badly to be a part of the success that this program has. At the same time, having people like my dad and friends at school helped me understand. What

I was working towards made it a lot easier for me.”

Footwork has always separated Kaminsky from other “biggs.” There are few comparisons.

“A lot of it comes with the moves that we work on in practice,” he said, “and a lot of it comes with getting stronger in the weight room, just having a better base. When I first got here, I didn’t bend my knees at all when I played. I was pretty much upright or bent over at my back. Once I got my base stronger, I was able to move my feet quicker. It took a long time obviously.”

Kaminsky averaged 7.7 minutes as a freshman and 10.3 as a sophomore. It was during this stage in his growth that he came under the influence of 6-11 Jared Berggren. “As good of a defensive player that he was, he taught me more about how to play offense,” he said. “He would block all of my shots in open gym and shut me down. It used to be frustrating. So I had to figure out something else to do.”

That led to the birth of his own low post move, the Kaminsky.

“It would be an up and under with another

pivot to a hook shot,” he said.

Wisconsin sophomore forward Nigel Hayes identified it immediately. “If you remember back to the Arizona game,” he said of last season’s Elite Eight matchup with the Wildcats, “he did that with their big guy (Kaleb) Tarczewski. He turned around, pivoted up, under and went back to a floater. Tough shot. But he made it. When in doubt, he will go to that move.”

Few 7-footers can match the Kaminsky floater.

“It’s probably near unguardable,” Hayes said.

The floater has been in his arsenal since Benet Academy.

“I used to work on it in high school,” Kaminsky said. “We actually had a ‘Float Around.’ During summer league games, we used to mess around in warmups to where everybody had to go down the middle of the lane and take a ridiculous floater. I’ve always kind of worked on floaters. I remember Tim Frazier from Penn State used to have a great floater. When he would come off the ball screen and just throw it up there, there

was nothing you could do about it.”

Frazier was a 6-1 guard. Kaminsky has excelled this season with the spin dribble, another guard move. “It’s just kind of a read and counter,” he said. “And it seems to be open more times than not. A bunch of times I will get the ball taken away from me because if you spin you can’t really see what’s behind you. But if that’s going to happen every once in a while, it’s a risk I’m willing to take.”

As far as the risk-taking, Hayes has seen a change in Kaminsky’s overall aggressiveness from one season to the next. “Last year, he would catch it and think, ‘Should I go now?’ or he would pass first,” Hayes said. “Now, he’s kind of a dual threat, he has a pass and attack mentality. He’ll take it to the point where he feels he doesn’t want to force up a bad shot and that’s when he’ll find one of us. We’re usually wide open because our guys went to go double (Kaminsky).”

It’s interesting how opposing defenses have

“THERE HASN’T BEEN ANYONE LIKE HIM IN COLLEGE BASKETBALL IN THE TIME I’VE COVERED IT ... TO HAVE THAT SIZE AND TO BE EFFECTIVE IN EVERY STAGE OF THE GAME.”

— MICHAEL DECOURCY



DAVID STLUKA



DAVID STLUKA

been trying to evolve with Kaminsky. In the only regular season meeting between Purdue and Wisconsin, the Boilermakers used a 6-7 wing player, Vince Edwards, as the principle man-to-man defender on Kaminsky. Besides doubling when they could, they provided help in the paint with either 7-foot A.J. Hammons or 7-2 Isaac Haas. Both protected the rim.

In the Big Ten tournament, Michigan checked Kaminsky with 6-6 Zak Irvin, Purdue with Edwards and 6-6 Basil Smotherman and Michigan State with 6-6 Branden Dawson.

The problem with this defensive concept is that it takes the bigs out of their comfort zone because they are forced to guard on the perimeter. Hammons and Haas didn't have the mobility to contest Hayes, who was 3-for-7 from beyond the arc. On Sunday, he was 3-of-4 and Dujie Dukan was 3-of-5. Even though Gavin Schilling and Matt Costello were more mobile than Hammons and Haas, Hayes and Dukan still had good looks.

"That's the 'pick your poison,'" Hayes said.

"A lot of teams are now falling into that, which is OK with both of us. I think Frank prefers it if a smaller defender is on him; he can take one dribble and turn and shoot a hook shot. And if guys keep playing off me, I will continue shooting it."

The Badgers are well-schooled on how to counter what the defense is doing. And they're expecting to see some twists in how their NCAA tournament opponents try to take away Kaminsky. "You've got to expect it at this point," Kaminsky rationalized. "And you have to make adjustments."

Kaminsky was named the Most Outstanding Player of the Big Ten tournament though he felt the honor should have gone to Bronson Koenig. "Without him," Kaminsky said, "I don't think we win."

The United Center was a rallying point for the Kaminsky clan. Mary's dad, Jim Stack Sr., was there in spirit, she said. He passed away a year ago last January. "He played at Loyola of New Orleans and he would always talk to Frankie



FRANK KAMINSKY JR.:

“We walk out on the court to win. We don’t walk out on the court to pad stats or worry about what we did. My kids were brought up always believing that there are only two stats that count and that’s wins and losses.”

don’t think he gives a rat’s-(bleep) about any of these things. He just wants to keep winning and go out on a good note.

“It’s the way he was brought up. I’ve said this before, and it sounds like clichés, but this is the Kaminsky family and what we believe in: we walk out on the court to win. We don’t walk out on the court to pad stats or worry about what we did. My kids were brought up always believing that there are only two stats that count and that’s wins and losses.”

By that standard, who can argue with 31-3?

about basketball,” she said. “And we feel that his spirit is with us. He’s up there with Bo’s dad.” (Butch Ryan passed away in August of 2013).

Despite his upbringing and grounded nature, Frank Kaminsky is still adjusting to his new-found status and celebrity. “It’s a completely different world now,” he acknowledged. “The position that I’m in now is something that I always wanted for myself but never expected it to happen. Now that it’s happening, it’s kind of an amazing thing.”

Recently, Frank Kaminsky Jr. was in Detroit on business when he picked up a copy of USA Today and read that the newspaper had selected his son as its Player of the Year in college basketball. At about the same time, he also learned that he was a finalist for the Oscar Robertson Trophy.

“I called him and said, ‘Why the hell didn’t you tell me?’” said Kaminsky Jr. “He goes, ‘It’s not important, it had nothing to do with the team.’ I

“It means a lot, it’s my last go-around, my last opportunity to achieve something that I haven’t done so far and I really want to make the most of it,” Kaminsky said. “There was a lot of emotion after losing to Kentucky (in the Final Four). We could have easily won that game and moved on to the championship. We were so close to playing another game for an NCAA title and that motivated a lot of people this off-season to get better because we want to get back there and go further.

“I didn’t play up to my standards in that game by any means. It was definitely a frustrating time for me. I just wanted to end that season on a better note than we did. I remember this whole offseason having that in the back of my mind — just to get better so we could beat them if we play them again. We climbed the ladder to success a little bit last year. But now hopefully we can get all the way to the top.”

The ultimate go-to move. 



DAVID STLUKA

Top-flight performance helps put Badgers on top line

No. 1 seed Wisconsin rides gritty win in Big Ten title game into NCAA tournament

BY MIKE LUCAS • UWBADGERS.COM

It didn't take long for the "madness" to materialize on Selection Sunday. In one corner of the cramped Wisconsin locker room in the United Center, a Chicago television crew was interviewing Traevon Jackson, who was wedged into a dressing cubicle.

When asked what it felt like to be playing in his own backyard, a confused but polite Jackson pointed out that he was not Deerfield native Duje Dukan. After an awkward pause, the interviewer thanked him for his time and moved on. Ah, yes, the madness, the March Madness.

Across the room, Josh Gasser took a seat in a folding chair on the fringe of a big crowd that had gathered around Frank Kaminsky. Clutching a half-eaten hamburger in his right hand, Gasser patiently fielded question after question from wave after wave of sportswriters, sportscasters and bloggers.

About 10 minutes after sitting down — during a lull in the Q&A volleying — Gasser was left alone long enough to finally take another bite out of his burger. By then, he had already digested what it meant for the Badgers to be a No. 1 seed in the NCAA tournament.

"It's cool, it's cool," he repeated. "But I don't think the teams we play are any worse. If we were a one or two (seed), it doesn't matter that much. But we're the first No. 1 seed in the history of Wisconsin and that's special being a team that set a record here that will live on forever."

There's a certain responsibility and a definite accountability that comes along with being just one of four teams recognized as a No. 1 seed, Gasser proposed. "We have to take advantage of it now," he said sternly. "We're a No. 1 seed for a reason and we have to go out there and play like it."

The first chance will come Friday night in Omaha, Nebraska, where the Badgers will face the Coastal Carolina Chanticleers. That's pronounced SHAWN-tuh-clears; think Chaucer's Canterbury Tales, think Foghorn Leghorn, think upset-minded Big South champions, think back-to-back Big Dance trips.

Last season, Coastal Carolina put a scare into the University of Virginia in a No. 1/No. 16 seed matchup. Playing at the same site (Raleigh, North Carolina) where No. 14 seed Mercer shocked No. 3 Duke, the Chanticleers built a 10-point lead over Virginia with less than five minutes remaining in the first half and led 35-30 at intermission on the strength of 52 percent shooting (5-of-10 from beyond the 3-point arc).

Virginia coach Tony Bennett admitted to some "bickering" in the locker room which prompted Bennett to tell his players, "Now you have to come together in a way that you haven't all year

because of what's at stake. I said, 'They're capable of beating you. Stop being afraid. If you lose, you lose. But play — play as hard as you can defensively and let it come offensively.'"

In the second half, the Cavaliers held Coastal Carolina to 8-of-25 from the field, while shooting 65 percent themselves, including 6-of-10 from 3-point range. Even though the Chanticleers lost, they were only the ninth No. 16 seed to ever hold a halftime lead over a No. 1 seed, the third in the last three seasons.

Coastal Carolina features an eclectic head coach in 69-year-old Cliff Ellis who once was a lead singer in a group called the "Villagers" and opened for Roy Orbison and Charlie Rich while playing the tambourine in an Etta James single. That was all in the '60s before he turned to coaching.

Ellis has not only led four different Division I programs to the NCAA tournament, but he's also won more than 100 games at each stop: South

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NIGEL HAYES:

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scorer (12.9).

The Chanticleers have shown a balanced scoring attack with five players averaging between 9.6 and 13.1 points. In the Big South tournament, Wilson stepped up and averaged 20.3 points, doing most of his damage from beyond the arc, where he was 11-of-21 in the three games.

Wilson had a career-high 29 points, including seven triples, in Coastal Carolina’s opening win over UNC-Asheville; he had 13 off the bench against Gardner-Webb (which won at Purdue) and 19 in the title game victory over Winthrop. Wilson was named the Most Outstanding Player of the event that was staged on the Chanticleers’ home floor in Conway, South Carolina (a short drive from Myrtle Beach).

Dukan spoke for everybody in the UW locker room Sunday after finding out the Badgers’ draw. Admitting to not knowing much if anything at all about the opponent, Dukan said, “The key for us is that we can’t take anyone lightly, it’s the NCAA tournament.”

That the Badgers are the No. 1 seed in the West Region spawned different reactions around the room.

“It’s the first time in program history and that’s a huge accomplishment for us,” continued Dukan, a fifth-year senior. “We talked about it when we came in as freshmen that we wanted to leave a mark on the program and I think we’ve done that thus far and we’d like to keep adding to it.”

“I think it’s great, it’s an accomplishment,” chimed in UW assistant coach Gary Close. “There are only four No. 1 seeds in the entire country and we’ve had a target on our back from Day One and lived up to it (preseason expectations), and that’s a credit to the guys and coach (Bo Ryan).”

Alabama (171-84), Clemson (177-128), Auburn (186-125) and Coastal Carolina (158-97). Lefty Driesell is the only other coach to have achieved that feat.

With 691 career wins, ranking him among the top 10 winningest active coaches, Ellis has been a respected voice on the game and an author; he has published the books *Zone Variations for Winning Basketball*, *The Complete Book of Fast-break Basketball* and *The Winning Edge*.

Ellis was an early proponent of the 1-3-1 zone press. And he has recruited players accordingly. This season’s team is under-sized with nobody taller than 6-8 on the roster and a starting lineup of 5-11 Shivaughn Wiggins, 6-3 Warren Gillis, 6-4 Elijah Wilson, 6-7 Tristian Curtis and 6-7 Badou Diagne. The sixth man is 6-1 Josh Cameron, a senior from Racine and the team’s second-leading



BOB CAMPBELL

So it does matter to be a No. 1?

“Not really,” Bronson Koenig said. “We’ll just play whoever we’re matched up against.”

Nigel Hayes felt the same way.

“If you look at last year and who were the eight No. 1 and No. 2 seeds, neither seed won the championship,” said Hayes knowing that No. 7 UConn beat No. 8 Kentucky in the final, with No. 1 Florida and No. 2 Wisconsin rounding out the Final Four in Dallas. “It’s nice to be a No. 1. But we still have to take care of business.”

There’s certainly a familiarity to the 2015 bracket. “That’s the first thing we said,” Hayes related. “Oregon is right there again? And Arizona is a No. 2 seed? Hopefully things will pan out like they last year and we get back to another Final Four and hopefully finish the job this time.”

A year ago, the Badgers rallied for a win over Oregon in the round of 32, a game that was played in Milwaukee, and then overpowered Baylor in the Sweet 16 and outlasted Arizona, a No. 1 seed, in the Elite Eight. Whereas the West Regional was in Anaheim, this year it will be in Los Angeles. “It’s kind of ironic that we have almost the same teams in the bracket,” Dukan said.

•••••

Sunday’s intense overtime battle with Michigan State in Chicago reminded Gasser of last season’s intense overtime battle with Arizona. “This one,” he said of the Big Ten tournament championship game, “felt like that kind of game; physical, everyone wanted to win so badly; it was tough guys playing against each other. This one and the Arizona game seemed identical almost.”

After falling behind by 11 points at 7:45 of the second half to the Spartans, who were 4-0 in Big Ten tournament finals, the Badgers staged a stunning and memorable comeback that had the Wisconsin fans rocking the United Center; the decibel levels were unlike any at the Kohl Center.

After a 3-pointer by Koenig (who had one point in the first half) and a dunk by Michigan State’s Gavin Schilling, Kaminsky produced a momentum-changing drive-and-dunk. Putting the ball on the floor, he whipped Branden Dawson on the bounce off the right wing, finished and drew a foul on Dawson.

“That was one of the major plays that got us going,” Hayes said.

What changed?

“Just energy,” Kaminsky responded. “We’ve seen how we can play and we’ve seen how we shouldn’t play. In the second halves of those games (Purdue and Michigan State), we came out with energy and really kind of dominated our opponent for stretches.”

Hayes also implied that Bo Ryan had something to do with the motivation with what he implied during some pivotal timeouts. “Coach gave us a little hint — like ‘I didn’t know I had such soft players’ — comments like that to kind of make us check our heart and passion,” Hayes said.

It was during one of those stoppages that Gasser also expressed himself.

“I told the guys, ‘Do whatever it takes to win,’” he said.

Moments later, he spotted an opportunity and “I had to do it for the guys.”

Gasser chased down a loose ball that was last touched by Wisconsin.

“If I’m not mistaken,” he said, “my foot was on the line.”

Replays confirmed as much, but it was not called that way.

“If they would have called it, I would have been mad,” he said.

Mad for getting the right call?

“If you put your body on the line like that,” he reasoned, “you’ve got to let it play out.”

As Gasser flew over the press row table, he flipped the ball back into a scrum in the paint.

“I had no idea what happened after I threw the ball in the air,” he said.

Michigan State’s Denzel Valentine wound up with it and tried to trigger a fastbreak. Sam Dekker intercepted to retain possession for the Badgers. Instead of settling for a jumper, Koenig drove to the hoop and was fouled.

With 15 seconds left, he made both free throws to tie the game, 69-69.

Dawson then had a chance for the game-winner in regulation but it rolled out.

“I was standing at the rim when Dawson missed that shot,” Hayes said. “Our whole season flashed before my eyes right there because I thought we



were that close to losing.”

Given a second life, the Badgers skunked the Spartans, 11-0, in overtime.

“I think the fans enjoyed it for the most part,” said Hayes, who matched his career high with 25 points, “and it was good for us going into the (NCAA) tournament — showing that we have, I guess you could say, cojones to come back like we did against a good team like that.”

There was personal validation, too, for Hayes who had spent most of his offseason working on his weaknesses: he shot 3-pointer after 3-pointer after 3-pointer; he shot free throw after free throw after free throw. As a freshman, he didn’t attempt any triples and shot 58 percent from the line.

Sunday, he made three baskets from behind the arc and went 12-of-12 on his free throws.

“When we got on the run in overtime, we showed how much we wanted the Big Ten championship,” Hayes said. “We’ve preached during the offseason and during the season that we had three championships that we wanted to get. We’ve got two and it just shows that once we put our mind to accomplish a goal, we can do it.”

The Badgers trailed at halftime against both Purdue and Michigan State.

“It’s always good to win in different ways,” Gasser said. “We’ve shown that this year. We can get out to an early lead ... we’ve shown that we can come back ... we’ve shown that we can get up and down and win high scoring games ... we’ve shown that we can win low-scoring games.”

Somehow, somehow, Gasser emphasized, you just have to find a way to win.

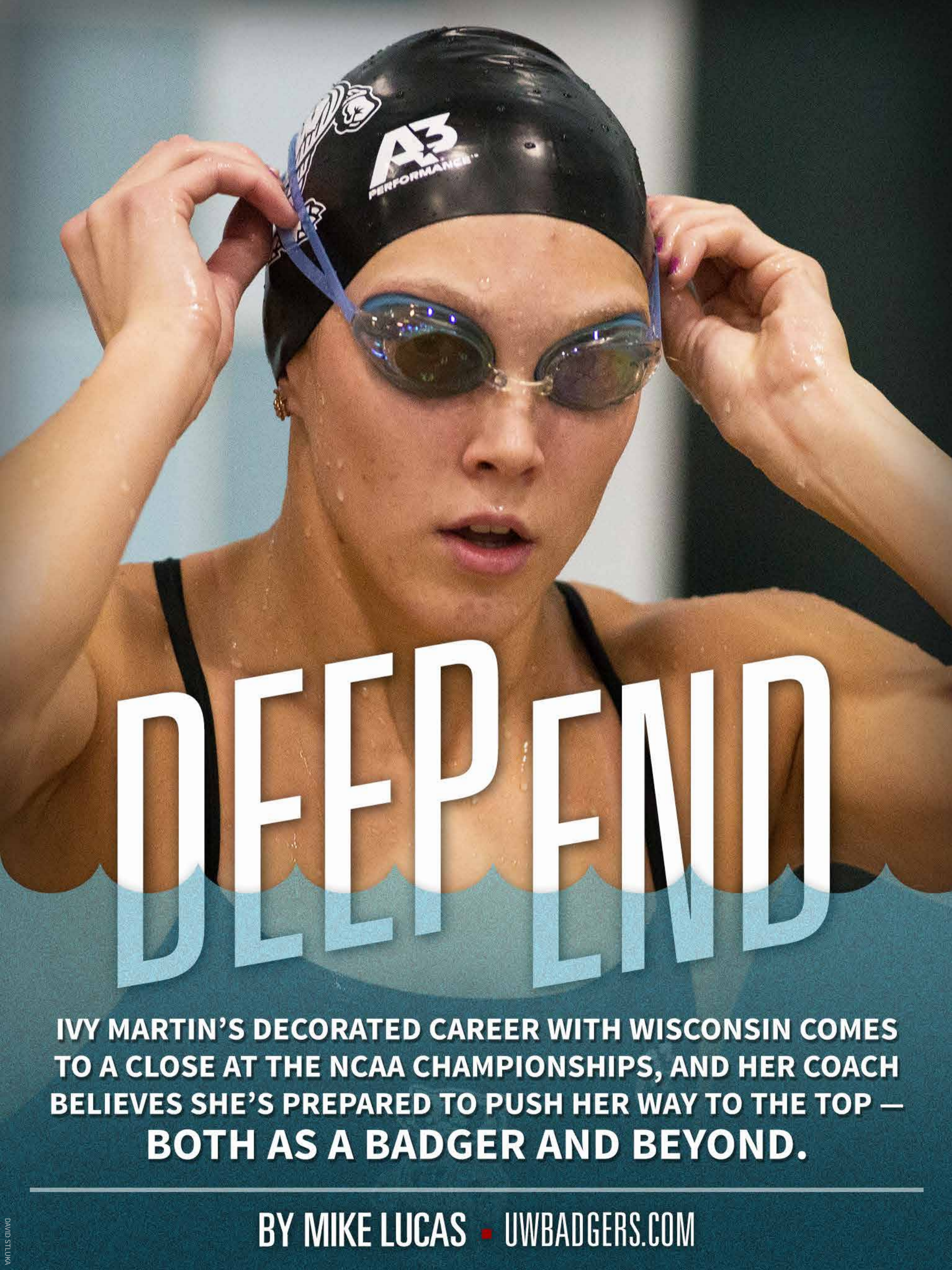
“And it’s good to get some of those bad mistakes out of the way and it was still a win,” said Dekker, who personally wasn’t into analyzing it any deeper than that. “We don’t pay much attention to history and stuff. We just like going out and playing basketball and not caring about anything else.”

But he was most assuredly aware of the countdown.

“That was,” he said, “step two of our goals.” 

“It was good for us going into the (NCAA) tournament — showing that we have, I guess you could say, cojones to come back like we did against a good team like that.”





DEEP END

IVY MARTIN'S DECORATED CAREER WITH WISCONSIN COMES TO A CLOSE AT THE NCAA CHAMPIONSHIPS, AND HER COACH BELIEVES SHE'S PREPARED TO PUSH HER WAY TO THE TOP — BOTH AS A BADGER AND BEYOND.

BY MIKE LUCAS • UWBADGERS.COM



DAVID STLUKA

When Whitney Hite and Ivy Martin walked out to center court during a timeout, they weren't sure what kind of reception they would get from the Kohl Center crowd.

Hite, the Wisconsin swimming coach, and Martin, the All-America swimmer, were introduced at the final home basketball game of the season against Michigan State.

When Martin was recognized for being named the Big Ten Swimmer of the Championships after winning titles in seven events at the conference meet, the noise was deafening, overwhelmingly so.

"It was really cool," said Martin, a senior from Madison East. "I wasn't expecting it."

Hite was also moved by how the fans responded to Martin's title haul, a sign of respect.

"I was actually taken aback by it," said Hite. "I thought that was one of the neatest things. And I'm so thankful because Wisconsin really recognizes all of its sports."

Still, he was prepared for a subdued reaction for an Olympic sport competitor.

"I figured we'd go out there and people would clap ... it's swimming and I get it," said Hite, the fourth-year men's and women's coach. "But, man, people went bozo. And that was really cool for her."

"I felt out of place and I stood back and kind of said, 'Ivy, this is yours.' It was really neat the way the fans reacted. She'll never forget that as long as she lives and, quite honestly, I won't either."

As they walked off the floor together, Martin turned to Hite and said, "That was a lot different than the football game. That was more intense."

Martin had been previously recognized and introduced at Camp Randall Stadium.

"But that's a different environment, much bigger and not everybody is paying attention to what's going on when the players aren't playing," she said.

The Kohl Center faithful almost treated her appearance like a Sam Dekker dunk.

"It was definitely a cool reaction — to get some appreciation for our team and how hard it works," said Martin, accepting the cheers for the team; a fourth-place finisher in the Big Ten



WHITNEY HITE:

“Ivy came into my office at the beginning of the season and we wrote down some goals. One of her goals was to be faster than anybody has ever been.”

“She came in as an unheralded freshman; no one really knew about her,” he said. “She got some good experience her freshman year. And she built on that by scoring points during her sophomore year.

“Last year, as a junior, there was a little bit of pressure. We talked about winning and she wasn’t very comfortable. But now, you’re seeing a really mature, really elite athlete that has taken the steps.

“Her mindset is a little bit different. In the past, she was hoping to do well or hoping to hold on or hoping to go as fast. This year, she believes she can go faster; she’s much more confident.”

Martin is confident but not content with what she accomplished in the Big Ten meet at Ohio State. She won the 50-yard freestyle, the 100 free and 100 butterfly. And she raced a leg in four winning relays: the 200 and 400 freestyles and the 200 and 400 individual medleys.

“But I still haven’t hit some of the time goals that I set at the beginning of the year,” she said, “so I’m not completely satisfied but I was really happy with how everything went.”

Martin is convinced that she can go faster.

“It’s crazy, but in every event, the times get faster every year,” she said. “What was fast two years ago is not as fast as what people are going today. I’m just trying to keep up.

“There were a couple of pool records that I set at the Big Ten championships and thinking about who held those is really cool to put everything into perspective.”

One of the pool records that she broke belonged to former Arizona swimmer Laura Jackson, who’s the current American record-holder in the 50 freestyle (which she set in the 2008

championships. “We definitely deserved to be recognized and it was fun to represent (the program as a whole).”

It seemed only appropriate, too, for Hite to use a basketball metaphor to describe Martin’s readiness for this week’s NCAA women’s championships in Greensboro, North Carolina.

“It’s a lot like the basketball team,” he said. “I know they’re very good. That’s a polished team, a team that doesn’t lose its head in the tight games. They’ve got great leadership with Bo (Ryan).

“They’ve also got great leadership from guys who have been there before. Ivy has been there (the NCAAs) before and she keeps getting better. I’m really proud of her.”

Hite then volunteered a Martin narrative.

Olympic trials). Martin clocked in at 21.65 to win the 50 free, an event in which she holds the Big Ten record at 21.58 from her championship swim in 2014.

“It’s really cool to kind of consider myself close to being on her level,” Martin said shyly.

Hite was at Arizona at the same time as Jackson and has no qualms about saying Martin has all the tools necessary to be competitive with the best of the best in her individual events.

“Ivy came into my office at the beginning of the season and we wrote down some goals,” Hite said. “One of her goals was to be faster than anybody has ever been.”

That they were even having this discussion prompted Hite to advise Martin, “Let’s take a step back and realize how far you’ve come in your development as not only a swimmer, but as a person.”

To which he admitted, “That’s the magical part of my job — to see young men and women realize their potential and grow. That’s the special part.”

He also conceded, “Ivy can do some things that no one else has ever done.”

Growing up, Martin had a poster on her wall of 12-time Olympic medalist Natalie Coughlin. “She was a super-cool swimmer to me,” she said, “because she was so successful and well-known.”

Moreover, she said, “Whitney has coached Natalie and I’ve heard him talk about her before.”

Hite couldn’t say enough good things about the “unbelievably talented” Coughlin, now 32, who took home six medals from the 2008 Olympics in Beijing.

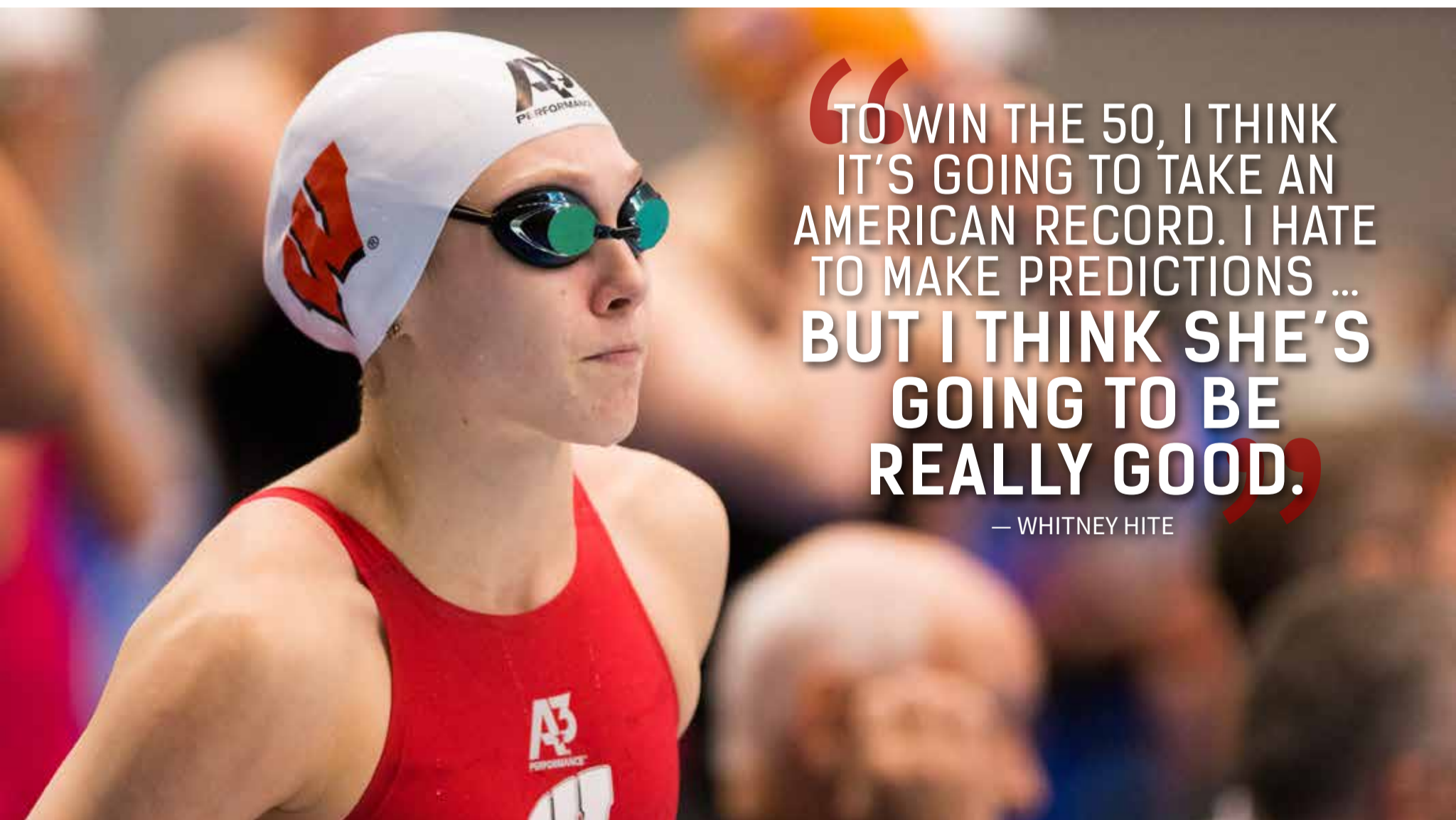
“You’re talking about the most decorated female swimmer pretty much ever,” he said. “It was special to be around her, watch her and try not to get in her way as far as coaching.”

He later allowed, “Ivy does certain things that you can’t teach. I call her ‘cheetah’ because she has cheetah-like quickness ... She has got some good things beyond NCAA swimming (i.e. Olympics).”

How much faster can she go? “I’m not going to limit myself to anything,” she said.

The answer reflects her experience and confidence.

“The more times I can put myself in pressure



“TO WIN THE 50, I THINK IT’S GOING TO TAKE AN AMERICAN RECORD. I HATE TO MAKE PREDICTIONS ... BUT I THINK SHE’S GOING TO BE REALLY GOOD.”

— WHITNEY HITE

situations, the better I get the next time I have to go through that,” Martin said. “I’ve learned so much the past four years.

“I’ve learned more every year just about the mental side of the sport. Additionally, I’ve been getting stronger and training better every year and it’s contributing to the success I’m having.”

On her mindset for the NCAAs, she said, “I just have to be confident and trust the training I’ve done. It’s pretty much all mental — focusing on the details and trusting in what you’ve done.”

To this end, visualization is part of her preparation.

“I definitely think about my races a lot throughout the day at random points,” she said, adding that when it’s time to sleep it’s just that.

“It’s a time to relax and not get my heart rate up thinking about a race. But it’s kind of hard to avoid.”

Martin focuses on positive thoughts, which is easy to do when you’ve won 12 Big Ten titles during your career. “That’s pretty much the only

MAGNIFICENT SEVEN

Martin went 7-for-7 at the Big Ten championships last month, grabbing gold each time she entered the pool.

Her seven conference titles are the most ever claimed by a Big Ten swimmer at a single conference meet.

Event	Winning Time
50 Freestyle* <i>Set pool record</i>	21.65
100 Freestyle* <i>Set Big Ten record in prelims (47.58)</i>	47.75
100 Butterfly	52.01
200 Freestyle Relay* <i>Set Big Ten record</i>	1:27.70
400 Freestyle Relay* <i>Set Big Ten record</i>	3:12.96
200 Medley Relay	1:36.82
400 Medley Relay	3:33.27


* Big Ten record-holder in event

way you can visualize is having all the success that you want,” she said. “Otherwise, you’re not doing yourself a favor if you visualize not succeeding.”

What’s racing through her mind when she’s racing? “They happen so fast, I don’t have a lot of time to think about what I’m doing,” she said. “It’s just kind of muscle memory. I’ve done it so many times my body just knows what to do.

“Before the race, I’m trying to find that balance on how nervous I can be without being too nervous or too relaxed. I just want to find that happy medium to stay calm but be excited at the same time. That’s the biggest challenge.”

When Hite was asked how much faster Martin can go, he hesitated. “I don’t know,” he said. “To win the 50, I think it’s going to take an American record. If she has a great race ... I hate to make predictions ... I don’t know ... but I think she’s going to be really good.”

With the best yet to come. 





Postseason brings continued hope for UW

Three games to an NCAA bid at Big Tens

When the Badgers skate on the ice at Joe Louis Arena Thursday night, they will be in the exact same position as four of the five other Big Ten teams. Wisconsin — like its opponent Michigan, as well as Michigan State, Ohio State and Penn State — will need to win the Big Ten tournament in order to reach the NCAA tournament. League champion Minnesota appears to be in better position and can make the NCAA tournament without capturing the event.

With the team's season-long struggles, they have had this week in mind all season.

There are some ingredients to make such a run. It starts in goal with senior Joel Rumpel, who is one of the best in the country.

UW has seen marked improvement in its own zone as the season has gone along, allowing three goals or less in nine of its last 10 contests, including four games of two goals or less during that stretch. Rumpel has allowed two goals or less in five of his last eight games, while his teammate Landon Peterson allowed just two goals in his most recent appearance, last Friday.

Special teams came alive last weekend, as UW's penalty kill was perfect on seven tries, including a five-minute major kill.

-SCROLL FOR MORE-

SCHEDULE (4-25-5, 2-15-3-2)

Home games in **bold**. All times CT.

RECENTLY

March 6	at Michigan State	L, 3-0
March 7	at Michigan State	L, 3-0
March 13	Ohio State	T, 2-2
March 14	Ohio State	L, 2-0

COMING UP

Big Ten Tournament		
<i>Detroit, Mich.</i>		
March 19	Michigan	7 p.m.
<i>If win...</i>		
March 20	Michigan State	7 p.m.
March 21	Championship	7 p.m.

[> Complete Schedule](#) | [Buy Tickets](#)

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Freshmen find themselves key to success

Rookie trio helping Badgers' postseason push

When opposing teams see Wisconsin's freshman line of Emily Clark, Annie Pankowski and Baylee Wellhausen, they see three completely different looking players.

Clark, the center, is a lanky, speedy skater that is not only making noise at the collegiate level, but the international level as well. The Saskatoon, Saskatchewan, native will represent Team Canada later this month at the 2015 International Ice Hockey Federation World Championships as the youngest player on the roster.

"Emily is a skilled, finesse player," Pankowski said. "She uses her speed well to find the open areas and very capable of putting the puck in the net."

To Clark's right is Pankowski, a physical winger who was slated to join the Badgers for the 2013-14 season before being selected to the U.S. National Team that summer. She spent the fall of 2013 training with Team USA — including UW legends Meghan Duggan, Jessie Vetter, Hilary Knight and Brianna Decker — before being the final player cut a month before the team departed for the 2014 Winter Olympics.

Like Clark, Pankowski, the WCHA Rookie of the Year, heads to

-SCROLL FOR MORE-

SCHEDULE (29-6-4, 19-6-3)

Home games in **bold**. All times CT.

WCHA First Round

Feb. 27 **St. Cloud State** W, 5-1

Feb. 28 **St. Cloud State** W, 4-1

WCHA Final Face-off

March 7 #8 North Dakota W, 4-1

March 8 #10 Bemidji St. W, 4-0

NCAA Quarterfinal

March 14 **#5 Boston Univ.** W, 5-1

COMING UP

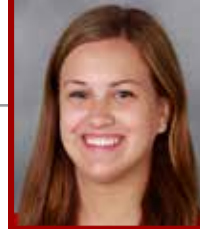
NCAA Frozen Four

March 20 #1 Minnesota 5 p.m.

March 22 Championship 3 p.m.

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JACK MCLAUGHLIN

Every match leads up to this moment

Seven Badgers qualify for NCAA Championships

The Wisconsin Badgers are headed to compete in the NCAA Championships this week with seven qualifiers.

“It’s what you work for and if you get all fired up and all hyped up it does you no good. You can’t rush the NCAA tournament,” head coach Barry Davis said. “Wait until Thursday, take it round by round and be in control of your emotions and nerves. The guys that are in control of their emotions can be the most successful.”

“Even as a coach, you can’t get into the tournament. You have to separate the emotion from the tournament and coaching. If you get into the tournament, it means you’re emotionally attached, and you can’t coach that way and you can’t wrestle that way. You have to keep the two separate.”

Timmy McCall (21-11), a 2014 national qualifier, is seeded at No. 12 and will wrestle No. 13 Shane Woods (32-3) of Wyoming. Redshirt sophomore Ryan Taylor (23-3) received a No. 2 seed at 133 lbs. and will face Duke’s Mitch Finesilver (14-10) on Thursday.

Wisconsin’s newest Big Ten champion, Isaac Jordan, earned the No. 3 seed and will wrestle Princeton’s Jonathan Schleifer

SCHEDULE (9-4, 7-2)

Home events in **bold**. All times CT.

RECENTLY

Jan. 25	at Michigan St.	W, 34-6
Feb. 6	Rutgers	W, 19-18
Feb. 8	at Illinois	L, 20-15
Feb. 22	at Iowa State	L, 30-16
March 7	Big Ten Championships	
March 8	Big Ten Championships	

COMING UP

March 19	NCAA Championships
March 20	NCAA Championships
March 21	NCAA Championships

[> View complete schedule](#)

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-SCROLL FOR MORE-



Badgers face nation's best in grand finale

Wisconsin heads into NCAAs with momentum

After a standout showing at the 2015 Big Ten Championships, the women's swimming and diving program looks to make its mark amongst the nation's top talent at the NCAA championships in Greensboro, North Carolina, this weekend.

The Badgers look to follow up an impressive fourth-place finish at Big Tens with a strong performance at NCAAs.

Last season, UW placed 13th overall at NCAAs. The program's best finish came in 2006, when the Badgers finished ninth with 146 points.

This year's No. 24 Badgers have no shortage of experience against elite teams thanks to facing 13 teams either ranked or receiving votes in the CSCAA Coaches Poll this season.

After winning four out of the five relays at the Big Ten championships, the UW women now head into college swimming's ultimate stage with extra confidence. On top of the five Big Ten titles, UW's 200- and 400-yard freestyle relays set the Big Ten records and currently hold the fourth-fastest times in the NCAA. Last season, the 200 freestyle relay placed sixth and the 400 touched eighth.

-SCROLL FOR MORE-

SCHEDULE

Home meets in **bold**. All times CT.

RECENTLY

Feb. 18-21 Women's Big Tens 4th

Feb. 25-28 Men's Big Tens 5th

COMING UP

Mar. 19-21 **W** NCAA Championships
Greensboro, N.C.

Mar. 26-28 **M** NCAA Championships
Iowa City, Iowa

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WALT MIDDLETON

Final throw leads Lihрман to NCAA crown

Seniors caps off indoor career with NCAA title

Senior Michael Lihрман knows all too well that in the weight throw competition, it can all come down to a single throw.

That's exactly what happened to the reigning NCAA champion and the lone competitor from the Wisconsin men's track and field team, who was defending his title at the 2015 NCAA Indoor Track & Field Championships.

"It took a lot to adjust to the setting of the competition," Lihрман said. "I've never thrown at 7 p.m., the ring was the slowest I've thrown in all year and I had to make some major adjustments to adapt to the slow ring. It took until the fifth throw to figure it out completely."

After fouling on his first throw of the event, Lihрман had a "safety throw" of 75 feet, which ranked him second after two rounds of competition.

One of his top competitors, Chukwuebuka Enekwechi of Purdue, led the competition with his first-round attempt of 77-1 1/4.

Lihрман also fouled on his third attempt, but entered the finals with the competition's third-best throw.

-SCROLL FOR MORE-

SCHEDULE

Home meets in **bold**.

RECENTLY

March 13-14 **NCAA Indoor Championships**

COMING UP

April 3-5 **Stanford Invitational**

April 3-4 **Sam Adams Invitational**

April 18-19 **LSU Alumni Gold**

April 23-26 **Drake Relays**

April 23-26 **Penn Relays**

April 23-26 **Triton Invitational**

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Trio earn All-America honors at NCAAs

Card, Disanza and Ellenwood shine in Arkansas

Wisconsin's trio of Kelsey Card, Sarah Disanza and Georgia Ellenwood all earned first-team All-America honors during the 2015 NCAA Indoor Track & Field Championships last weekend at the Randal Tyson Center in Fayetteville, Arkansas.

Disanza claimed third in the 5000 meters, edging out the fourth-place runner, Chelsea Blaase of Tennessee, by 0.20 seconds. Disanza clocked in with a time of 15:47.32.

"I'm really pleased with how it went," Disanza said. "It was an adrenaline rush. Everyone was picking up the pace. I just had to make sure I made my move at the right time."

Providence's Emily Sisson won the 5000 meters with a time of 15:32.12, more than eight seconds ahead of Baylor's Rachel Johnson, who finished second in a time of 15:40.35.

Card earned second-team All-America honors in the weight throw before earning first-team honors in the shot put.

In the weight throw, Card claimed an 11th-place finish out of a field of 16 athletes. On her second attempt, she unleashed a heave of 66 feet, 5 3/4 inches.

Missouri's Kearsten Peoples, who outdistanced the remain-

-SCROLL FOR MORE-

SCHEDULE

Home meets in **bold**.

RECENTLY

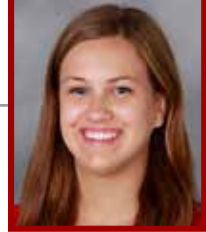
March 13-14 **NCAA Indoor Championships**

COMING UP

April 3-5 **Stanford Invitational**
April 3-4 **Sam Adams Invitational**
April 18-19 **LSU Alumni Gold**
April 23-26 **Drake Relays**
April 23-26 **Penn Relays**
April 23-26 **Triton Invitational**

FIND US ON SOCIAL MEDIA:





JACK MCLAUGHLIN

Winning weekend for the Badgers

UW picks up four wins in Charleston

Wisconsin closed out the latter portion of its tournament season by winning four of its five games at College of Charleston Invitational. The Badgers were named co-champions of the tournament and had three players named to the all-tournament team.

UW has gotten back on the right track, winning eight of its last 11 games, after working to find its groove in the beginning of the season. The Badgers also rank second nationally for their 86 total stolen bases and 3.1 stolen bases per game.

“We had a lot of great hitting off the bench for Nyah Rodman and Stefanni LaJeunesse to both come in and hit doubles off the bench,” head coach Yvette Healy said. “I think the team did a great job scoring runs and stealing bases all weekend. The defense was spectacular.

“KJ (Kelsey Jenkins) made some great plays in the outfield and so did Maria (Van Abel) and Katie (Christner), who all made diving catches. When you’ve got that kind of effort and defensive play, it goes a really long way to keeping us in games.”

Seniors Maria Van Abel and Megan Tancill were named to the all-tournament team as was junior Taylor-Paige Stewart. Van

-SCROLL FOR MORE-

SCHEDULE (13-13, 0-0)

Home events in **bold**. All times CT.

COLL. OF CHARLESTON INVITATIONAL

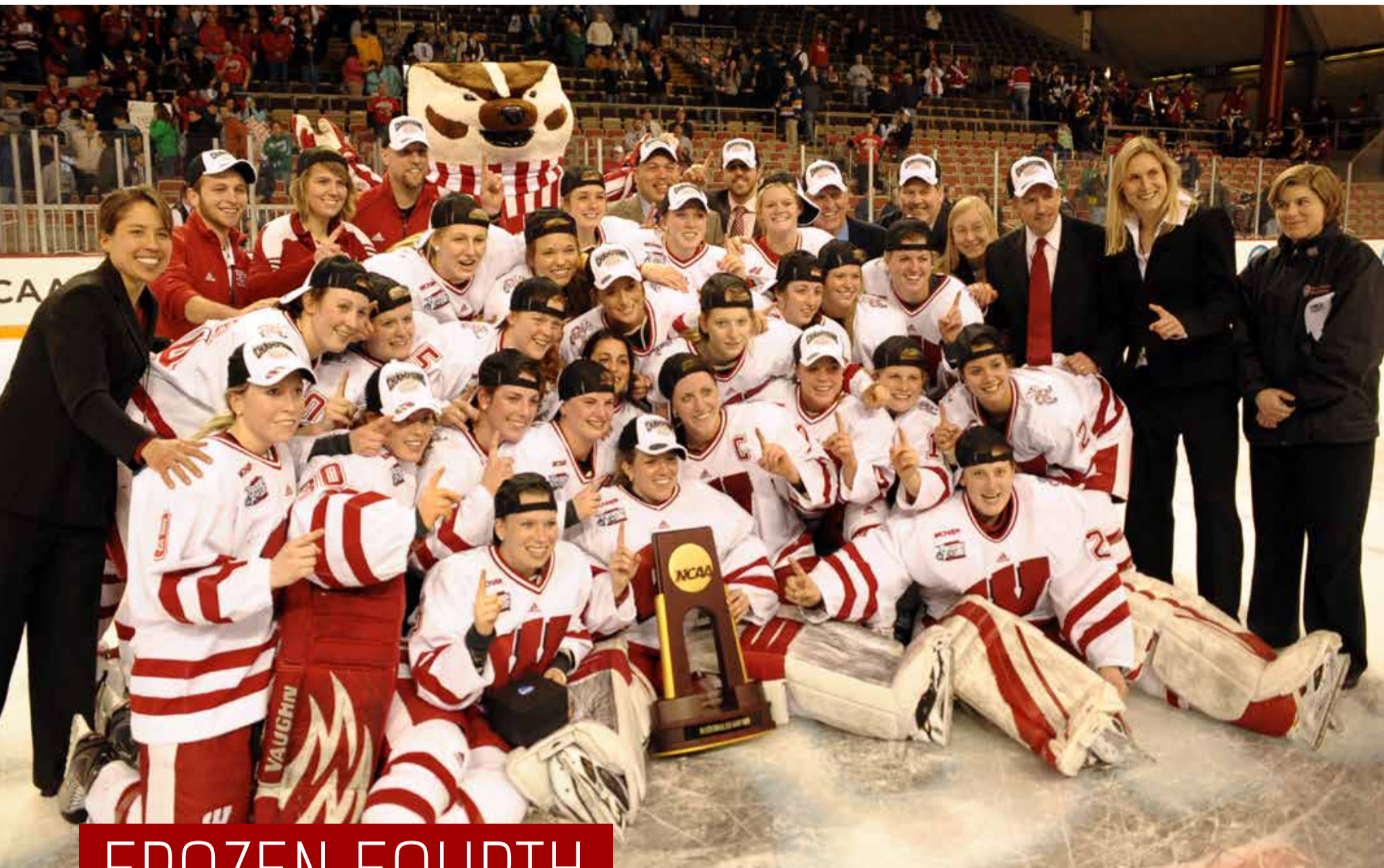
March 13	Furman	W, 5-3
	Charleston	W, 7-2
March 14	Marist	W, 6-3
	Memphis	W, 14-7
March 15	New Mexico	L, 3-1

March 20	at Purdue	4 p.m.
March 21	at Purdue	Noon
March 22	at Purdue	11 a.m.
March 27	at Northwestern	4 p.m.
March 28	at Northwestern	1 p.m.

[> View complete schedule](#)

FIND US ON SOCIAL MEDIA:





FROZEN FOURTH

MARCH 20, 2011: Wisconsin won its fourth NCAA championship, defeating Boston University, 4-1, at the Frozen Four in Erie, Pennsylvania. Senior forward Meghan Duggan was named the 2011 Patty Kazmaier Memorial Award winner.

-MORE THIS WEEK-



HEAVY HITTER

MARCH 23, 1996:

Senior Jeff Walter captured the first heavyweight NCAA wrestling title in school history. Walter was a two-time All-American and a four-time Academic All-Big Ten selection.



TWENTY ONE JUMP

MARCH 21, 2001:

Softball earned its highest ranking in school history when it was No. 21 in the NFCA/USA Today poll. The team matched the mark later that season on April 4 and April 11.



FREDDIE FINDS IT

MARCH 22, 2003:

Junior Freddie Owens hit a 3-pointer with one second left to cap the greatest comeback in school history and give the Badgers a 61-60 win over Tulsa and a berth in the Sweet 16.