

# The Great Melt(down)

As spring is right around the corner, you may find yourself stressing as your state school counterparts vacation on their spring breaks FAR before GAC's.

(FYI, ours starts on April 4th!)

Have no fear! Destress with these activities

## Gustie Mad Libs

Fill out with a friend!  
.....

It was a warm day at \_\_\_\_\_ (adjective) Gustavus. Your phone said it was going to be \_\_\_\_\_ (number) degrees outside. However, you knew this didn't matter because the \_\_\_\_\_ (adjective) wind constantly \_\_\_\_\_ (verb ending with 'ing') around campus made it colder than a/n \_\_\_\_\_ (noun).

Donning your Gustie uniform, a \_\_\_\_\_ (color) Gustavus sweatshirt and jeans, you make your way over to the caf because you're as hungry as a \_\_\_\_\_ (animal), and also have \$\_\_\_\_\_ (number) extra to spend by the end of the week, as per usual. The breakfast special is \_\_\_\_\_ (fruit) pancakes with \_\_\_\_\_ (adjective) hash browns.

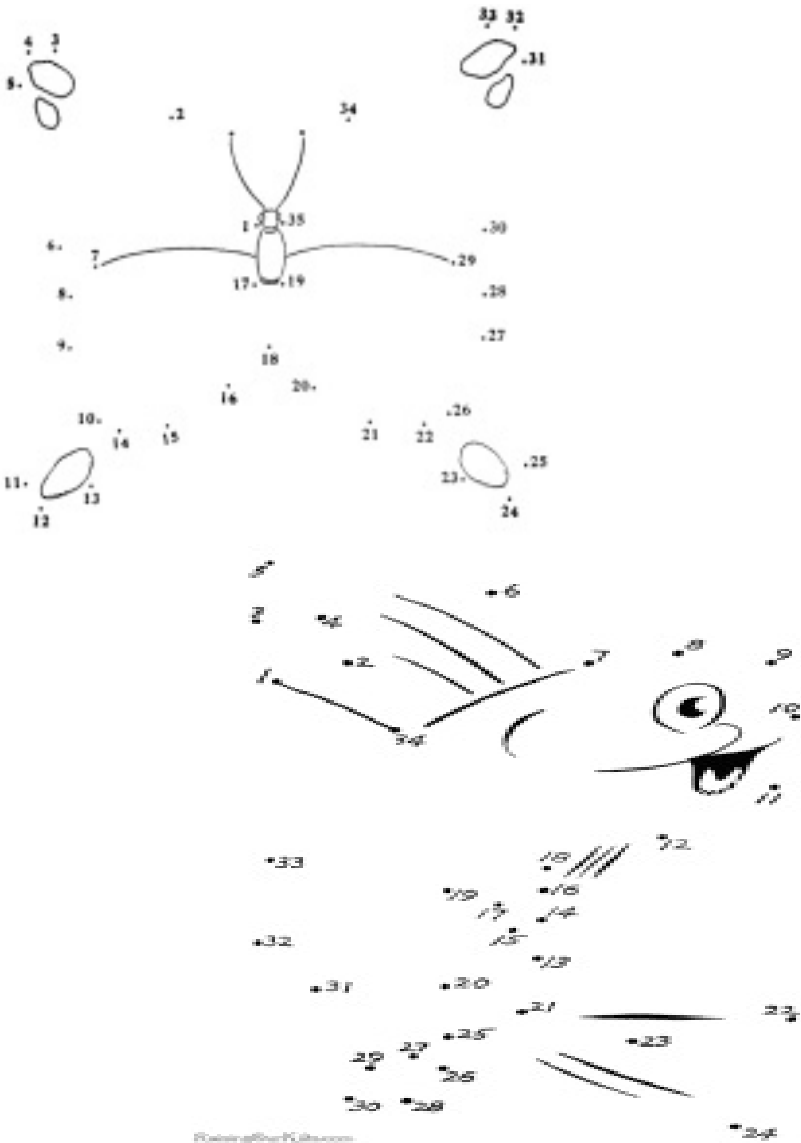


Spring is Here

Bailey Hoff

## Dot-to-Dot Drawings

Art is proven to calm nerves- when you're focused on creating, your attention shifts!



The Big Wave

Bryanna Filip



# The hierarchy of poetry



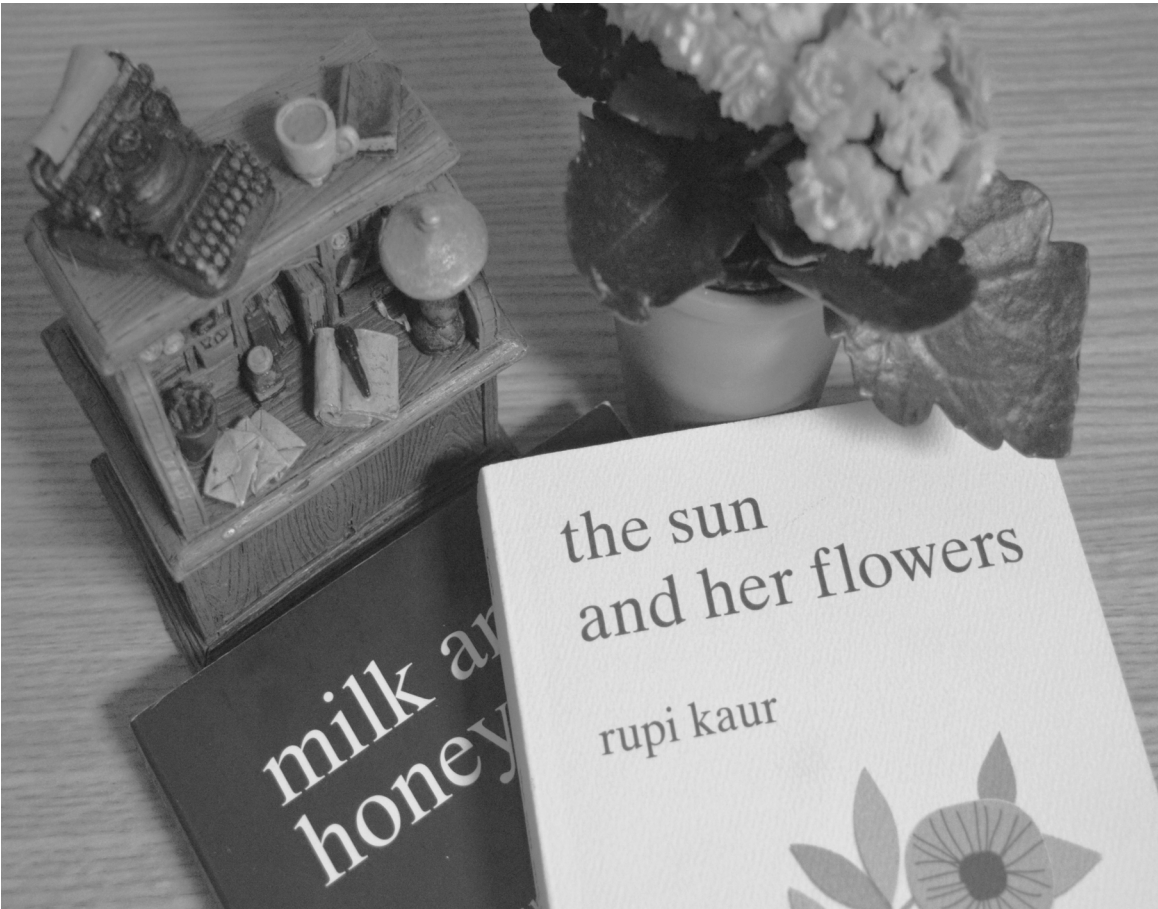
Lizzy Woerpel  
Opinion Columnist

people aren't even considered poetry. Despite all the controversy over "Instagram" poetry it's still leaving its mark on the world of literature and in a way that makes sense for our current society.

*"Despite all the controversy over 'Instagram' poetry it's still leaving its mark on the world of literature and in a way that makes sense for our current society."*

For as long as the arts have existed people have divided them among the classes. Literature, opera, and ballet for the high class and folktales, young adult novels and folk music for the lower classes. With all the different social media sites, this division is more prominent than ever. We can see this division in poetry with the introduction of the concept of "Instagram" poetry and with the release of books such as "Milk and Honey" by Rupin Kaur. We see these types of poetry constantly posted on social media, painted on boards, plastered over photos but never in the classroom. These examples of poetry have been left out of most formal teachings of poetry and to some

Many have argued that these poems are too short to say anything of value or to serve any purpose, but authors like Kaur are proving those critics wrong the same way Ernest Hemingway is said to have proved critics wrong by doing the same. Legend says that when told he couldn't write a story in only one line, Hemingway took the challenge and wrote, "For sale: Baby Shoes. Never Worn". Despite being only one line the reader gets a clear concept of the story and all the emotion involved without ever hearing any details. Kaur uses this same



Two of Rupin Kaur's books of poems and illustrations.

Cadence Paramore

technique in many of her poems in her book, "Milk and Honey." One poem reads, "What is stronger / than the human heart / which shatters over and over / and still lives" (Kaur & Storti, 2018) This poem is extremely short but still clearly conveys the story and emotion in the poem.

In addition to still being able to convey a large amount of emotion and meaning in these small works, they also fit our high speed lives. Our society pushes people to work harder, faster, more efficiently, and longer than ever before. As college students we experience this rushed life style every day. Between classes, work extracurriculars, homework, social lives and still taking care of yourself and your body, students have very little leisure time. This is so prevalent that a common joke on campuses is that you have three choices, school, social life and taking care of yourself. But you can only pick two of the three and life doesn't slow down a lot after college. Because of this change in lifestyle media has to change; sports have halves instead of quarters, TV episodes are 40 minutes instead of an hour, books tend to be shorter and poetry is only a few lines. In an ideal world, people would have the time to read long sagas if they wanted, but in our current society few people have the time to read for any extended period of time. These short poems make poetry accessible to a much wider audience. The topics of the poems have also shifted. These poems tend to be a lot more personal than poetry of previous eras. In many poems from previous eras authors contemplated broader ideas such as life and death and even when they wrote about more personal topics they did it through a narrator other than themselves whereas authors like Kaur and Amanda Lovelace, the author of the poetry book "The Princess Saves Herself in this One", write about their own lives and the deep and often traumatic struggles they faced.

Their openness about their struggles and the pain they've suffered is what makes their poetry so meaningful and relatable to readers. In our society, where according to the World Health Organization, one in four people will be affected by mental illness in their lifetime people need an outlet for their emotions and way to see that they are not only not alone in their struggles but that life does improve.

*"Even though these poems don't contain the same level of literary technique that 'traditional' poetry has, they serve an important purpose in our society and in the future of literature."*

The often dark topics that collections like "Milk and Honey" and "the princess saves herself in this one" cover help give a voice to people for the important issues in our society and comfort those affected by them. Even though these poems don't contain the same level of literary technique that "traditional" poetry has, they serve an important purpose in our society and in the future of literature.

## The Good, the Bad, and the Meh



The Girl Scouts are selling cookies outside the Caf.



The ocean between Convic and Nobel has yet to subside.



Still trying to figure out who or what "blackbear" is.



# Redefining success in college



**Madelyn Smerillo**  
Opinion Columnist

In my senior year of high school, I submitted college applications to a handful of schools I was interested in. I filled out many forms with my name, birthdate and GPA. I wrote pages about the things I was involved in and how they had changed me, my aspirations for the future and a 500-600 word personal essay, which served to wrap up my college apps as the metaphorical bow on top.

I wrote my personal essay about the concept of success, something that has been on my mind a lot recently. As a Junior who is planning to graduate next December, I've begun thinking much more about life after Gustavus. My search for a summer job has become considerably less simple, as I feel pressure to do something relevant to my field rather than just picking up shifts at a summer camp or the local grocery store.

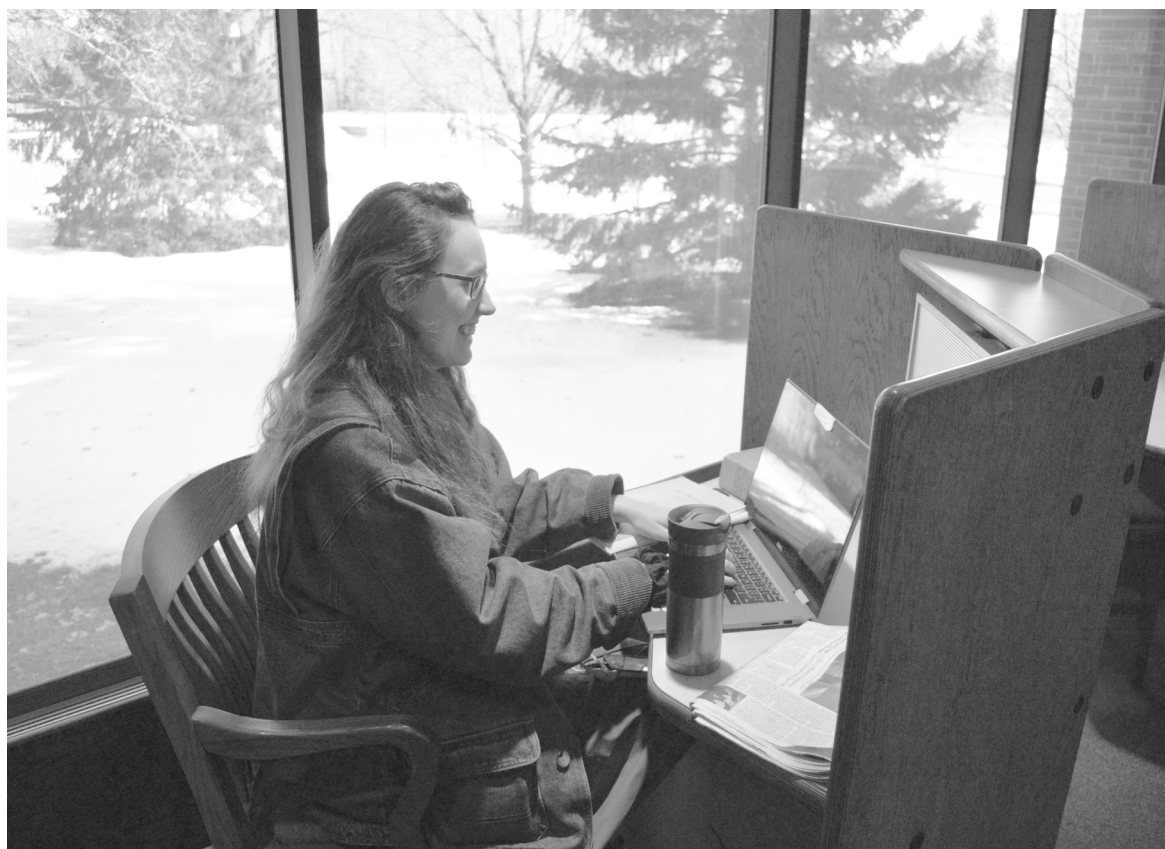
With my eyes on the future, my stress levels have heightened. In what ways can I set myself up for success? What is the next step and is it going to be the best choice for my future? Am I going to be in

student debt for the rest of my life? All of these worries run through my mind on a daily basis, making me feel less and less prepared for the reality coming my way in just under two semesters.

I have found myself looking for someone to tell me I don't need to worry, that everything is going to be okay. Frankly, that's hard to find among college students who are just as stressed as I am. Many people around me are dealing with a lot of the same pressures- they worry daily about finances and the future of their careers; comforting each other about it doesn't come in many other forms that knowing we aren't alone in our panic. However, a few days ago, I found myself thinking back to where my journey to Gustavus started, which brings me back to that personal essay I mentioned.

*"Three years ago, I seemed to have it figured out that your merit as a person is not ultimately defined by the amount of money you make or the length of the list of credentials on your CV; instead, I had come to the realization that success is rather defined by your happiness and the contributions you make to your world."*

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Many students find it beneficial to study or research future plans in the library.

Cadence Paramore

of money you make or the length of the list of credentials on your CV; instead, I had come to the realization that success is rather defined by your happiness and the contributions you make to your world. I don't know where my focus on this ultimate goal went, but it definitely disappeared.

I believe that the reason I have lost sight of this knowledge about success is due to the nature of the workplace around us; everything is about the next step and how we are going to propel ourselves forward, moving on constantly to bigger and better things, to more money. We seek new connections in hopes of finding someone who can help us get a high-paying job. We join clubs and take leadership positions because they look good on a resume. Where does this all end?

At what point do we stop doing things for other people and begin living for ourselves and the people we love?

We cannot measure our lives in this way; if we do, what kind of legacy do we leave for those who come after us? Surely not one of true enjoyment. If we pursue money instead of happiness, fame instead of joy, or power instead of love, do we genuinely succeed? I believe the answer is no. As an alternative, I would encourage all of us to enjoy this critical stage in our lives. We grow more and more into ourselves every day, being shaped by the people around us and our own individual experience. I challenge you to work every day to be more like who you are not who others tell you to be. If that means that you end up passionately working for a less

than ideal salary, that is okay. You are doing what you love and making a difference- that is what I believe to be the true definition of success.

So I remind you in my own words from the fall of 2016, that even amidst the throws of post-college anticipation and the constant search for the next great thing, "true success is not solely measured by wealth, but is measured by what [you] do and the positive impacts of those actions. You need only work your hardest and enjoy your occupation in order to be happy, as success does not need to be defined by wealth or the opinions of others, but rather by the achievement of your true aspirations and your contributions to the good of the world in which you live."

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# Critiquing self-criticism



**Lauren Casey**  
Opinion Columnist

form—sometimes—but this one is relatable to everyone no matter what major you are because it brings up a lot of great points. One of the points that stood out to me the most so far is that self-criticism is very ironic.

*“Have you ever actually sat down and thought about why you trash yourself day in and day out over the silliest things?”*

I think we can all agree that we would not tolerate other people's criticism every day, but we allow it from ourselves. Have you ever actually sat down and thought about why you trash yourself day in and day out over the silliest things? Seriously, go sit down in the most philosophical place you can find on campus and think about how many times you have told yourself that you are stupid for getting one question wrong on a test, an idiot for stumbling over a word in class when literally no one noticed, should be on Worst Cooks in America for burning a single noodle, will be single forever because your crush didn't make eye contact with you as

they passed by, couldn't lift six hundred pounds in the weight room, insert more insane insults here. When you think about it, self-criticism serves no other purpose than to make ourselves feel guilty and full of shame. But for what?

“Growing up we're told all the things we have to do to be healthy, successful, good people and we don't get taught that it's ok to learn and grow and fail and so a lot of people grow up being afraid of failure and disappointing their family,” said Junior Kali Johnson. I don't think I know a single person who feels better after ripping themselves to pieces. This leads to the irony of why we self-criticize.

Even though we logically know that criticism is the basically the opposite of compassion and isn't motivating at all, we still internally yell at ourselves every day to be better, and sometimes we don't even notice it because we are so used to being so hard on ourselves. We self-criticize because as it is explained in Kristin Neff's Ted Talk titled “The Space Between Self Compassion and Self Esteem.” As humans we think self-criticism is a form of motivation to do better, and we see self-compassion as letting ourselves off the hook. She continues to explain that in reality, self-criticism elevates our

cortisol stress hormone levels because it activates our fight or flight response to attack threats which in this case is our own self, whereas self-compassion lowers cortisol levels. This is evidence that being hard on ourselves is actually detrimental to our health, yet we still do it.

Now knowing this information, I bet that you will continue to criticize yourself, or even start to criticize yourself for not being able to stop criticizing yourself. I know I haven't stopped even though I've learned how bad it is since the semester started. Self-criticism seems to be a lot like Culver's Cheese Curds—once you start, you can't, and won't, ever stop despite how bad they are for you. This is why it is so ironic that we criticize ourselves in order to do better.

“I think we all see the negative things we do, and it is hard for us to let ourselves off the hook,” Junior Jenna Kotz said. Our brains could hold so much more information if it weren't using that space to ruminate on how weird our voice sounded when we did the whole name, major, hometown introduction at the beginning of the semester.

Another ironic part about self-criticism is that if we were to treat our friends as we treat ourselves, we would have no

friends at all. We know that telling someone their jeans make their butt look big is not going to make them feel great or motivate them. For some reason, we have made it ok to be bullies to ourselves for making mistakes, but if our friend made the same mistake, we would tell them that it is ok and that they are still worthy, forgiven, and loved. “We worry about hurting other's people's feelings when we routinely hurt our own. You can't lose you, however you can lose friends, so it is easier to be self-critical,” Senior Jessica Erskine said.

As humans, we should treat self-criticism as any other harmful thing in this world. If you're sick, you shouldn't continue to do things that make you even sicker in order to get better. If you're cold, you shouldn't go skinny dipping in icy water to build up tolerance to the cold. If your noodles are on fire, you shouldn't let them sit there to make sure they get fully cooked. If you don't like your body, you shouldn't criticize it to make it look better. If you make a mistake, you shouldn't tell yourself you're an idiot to make yourself feel better. These examples may seem illogical and twisted, but these situations are equivalent to what we do when we criticize ourselves every day.



Many students experience academic stress and feelings of doubt on a daily basis.



# Softball travels to Rochester

## Gusties split games 2-2 during first weekend of competition

**Eli Dotson**  
Staff Writer

The Gustavus softball team finished last season at 17-19 and 8-14 in the MIAC, good for eighth place. This season, a veteran returning core and a strong crop of younger players hopes to better both of those marks and reach the conference playoffs.

Head Coach Britt Stewart is in her fourth year at the helm and commented on the team's prospects this season.

"We are really aiming to make the MIAC playoffs this season. We have a bunch of performance and outcome-based goals that we look to fulfill in our early season games to see how we stand in the MIAC. With the conference playoffs now having six teams and us finishing in eighth last year, we think it is something we can definitely accomplish. We lost a lot of close games last year so to take the talent we have and our senior leadership and to use all of that going into MIAC play I think overall we're going to be a better team than we were last year," Stewart said.

The senior leadership includes Aly Freeman, a stud on both offense and defense who batted .349 last year with eight home runs. She showed athleticism and leadership for many of the Gustie's games too, going 8-9 with a 2.96 ERA in 101.2 innings of work and earning MIAC All-Conference honors.

For these performances and her work in the classroom, Freeman was named a CoSIDA Academic All-American.

Emily Carlson, another senior leader, is a calming influence behind the plate who catches nearly every game for the Gusties.

Caitlin Kammerer and Marissa Marsolek round out the veteran crew, providing versatility on defense and speed on the base paths.

Ashley Neuenfeldt serves as the other main pitcher for the Gusties and is also a force at the plate, leading the team with a .353 batting average and striking out just eight times in 119 at-bats.

For her work on the diamond she received the MIAC Honorable Mention award.

Stewart is also optimistic about the impact the incoming class can have on the season.

"We have six first-years coming in this year that are going to help contribute in multiple ways," Stewart said. "Mackenzie Brey will help out our pitching staff and then we have a few other infielders and outfielders who are going to find playing time right away and compete for some positions which gives us more depth both defensively and offensively."

The Gusties had a strong performance in their opening weekend, going 2-2 at the



Senior Aly Freeman pitches for the Gusties during a game last season. Freeman is a force on the mound and has a 0.349 batting percentage that earned her both All-Conference and Academic All-America honors last season.

Gustavus Sports Information

Rochester Regional Dome against strong competition.

In their first game, the black and gold faced the Dominican University Stars.

Dominican got the bats going early and jumped out to a 2-0 lead in the first inning, but Gustavus answered right back with a six-run second frame and dominated the rest of the game.

The final score was 11-3, with Neuenfeldt pitching all five innings and allowing just one earned run.

Sophomore Xandra Zachman led the way offensively, going 3-3 with three RBI. Freeman and Carlson both had strong performances to start their senior campaign, going 2-4 with a double and 2-3 with a RBI, respectively.

In their second contest, Gustavus suffered a close loss at the hands of UW Eau Claire. Freeman started the game on the mound and went five innings with two earned runs allowed, and First-year Mackenzie Brey had a strong outing in her college debut, allowing just one hit in the last two innings.

Gustavus hopped out to an early 2-0 lead in the first inning, but were only able to tack on one more run throughout the rest of the game and were limited to just four hits.

UW-Eau Claire had an offensive spurt in the latter portion of the game, scoring two runs in both the fourth and fifth innings.

On Sunday, the Gusties opened up against Luther.

The Norse put together three runs in the first two innings, after which Gustavus answered back with a two-run third inning.

The rest of the game was scoreless, and Luther emerged with a narrow 3-2 win. Neuenfeldt led the team both at the plate and on the mound, going 2-3 with a run and stolen base and pitching all seven innings.

The Gusties finished out the weekend triumphant with another huge win over Mount Mary.

The game was tied 1-1 until the fifth inning, when the Gustavus offense exploded for 10 runs.

Neuenfeldt once again led the way at the plate, going 3-for-4 with two runs, two doubles, and an RBI.

Brey tossed all five innings, allowing one unearned run on one hit with eight strikeouts and two walks.

"Our first weekend together was a great opportunity to see the team compete. We played some tough competition and were able to get innings on the mound from our staff against quality opponents, produce throughout the lineup, and play tough defense," Stewart said. "It gave us a great chance to see our 2020 team thus far, and we are excited to keep working this week in preparation for this weekend's games."

The Gusties will take the field in Rochester once again this coming weekend as they face Luther and Ripon on Saturday.



Gustavus Sports Information

All-Conference Honorable Mention Ashley Neuenfeldt returns for the Gusties.



Gustavus Sports Information

Senior Marissa Marsolek defends the outfield during a game last season.



# Women's Hockey moves on to MIAC finals

## No. 4 Gusties set to faceoff against Augsburg



Gustavus Sports Information

First-year Hailey Holland chases down a Bethel opponent to win the puck back for the Gusties. The team recently defeated St. Mary's in the semifinals and booked their ticket to the Championship.

**Michael O'Neil**  
Staff Writer

After sweeping Bethel in two straight shutout performances, the No. 4 ranked Gustavus Women's Hockey team advanced to the MIAC Playoffs as the top seed.

Their last series of the regular season featured a matchup with Bethel that held important implications for playoff seeding.

In the first game, the Gusties got onto the board just 7:23 into the game. The Gusties played solid defense early in the game until Sophomore Tina Press beat the Royals' goalkeeper off an assist from fellow Sophomore Grace Schulte.

The Gusties added another goal with less than two minutes to play in the opening period as First-year Hailey Holland scored while First-year Molly McHugh was credited with the assist.

With the 2-0 lead, the Gusties played solidly through the second period until Holland scored her second goal of the game with four minutes to play in the second. Holland's team-leading 14th goal of the season once again came off an assist from McHugh.

The final goal of the game came roughly five minutes into the third period as First-year Lindsey Bjerke scored with assists going to Sophomores Jordyn Peterson and Jamie Byrne.

With a final score of 3-0, Sophomore goalie Emilia Helms-Leslie earned the shutout win for the Gusties with 16 saves.

"I was pleased with a lot of things tonight but one thing in particular was the way we responded to Bethel applying a lot of pressure early in the game. Uncharacteristically, we didn't get into their end of the ice too much, but Tina had a nice goal and we got another one to take a two-goal lead into the second. Then we played really well in the second and third in all phases of the game," Head Coach Mike Carroll said.

For the second game of the series, the Gusties returned home to the Don Roberts Ice Arena to secure the regular season MIAC Championship in front of their home crowd.

McHugh and Press proved to be too much for the Royals, as McHugh netted a hat trick and Press assisted on all three goals. McHugh scored early in each period, with the first goal coming 7:21 into the first period. The second came 47 seconds into the second period, and the third came 3:47 into the final period of play, with assists from both Press and Holland.

Between each of the goals, First-year Katie McCoy played well in net for the Gusties, stopping all 13 shots from the Royals.

"Today you saw a relentless forecheck at times and that's really getting to be our bread and butter. We've been working really hard in the defensive zone and the teams are going to be better and better moving forward. I think we are still creating our identity. We'll come Monday, work hard and take it day by day," Carroll said.

With their win, the Gusties finished the regular season

20-3-2 overall and earned the top seed and a bye in the first round of the MIAC Playoffs.

With their bye, they earned a chance to host St. Mary's in the semifinals of the MIAC Playoffs.

The Gusties took an early lead once again, as Holland netted her first goal of the game 7:30 into the opening period off an assist from Press.

The Black and Gold carried a 1-0 lead into the first intermission, but the Cardinals responded less than a minute into the second period to tie the game at one.

With their goal, St. Mary's stole the momentum for the first half of the second period. The Gusties were able to respond 12 minutes later, however, as Sophomore Kayla Vrieze scored with assists from Senior Captains Kristen Cash and Amelia Vosen.

Gustavus carried a 2-1 lead into the second intermission.

"We had a heart to heart talk between the second and third about hitting the reset button flipping the switch, come out and play hard. It was a good response by our team and I loved the way we played in the third period," Carroll said.

Holland answered the call 2:40 into the third with her second goal of the game, while McHugh and Press were credited with assists.

Holland then put the game out of reach for the Cardinals and completed her hat trick two minutes later off an assist from Schulte.

The two teams skated to a 4-1 decision that booked the Gusties a trip to the MIAC



Gustavus Sports Information

Sophomore Grace Schulte positions herself for a pass during a game this season.



Gustavus Sports Information

The Gusties defeated St. Mary's 4-1 and will face Augsburg in the finals.

Championship game.

They will host Augsburg on Saturday, March 7 at the Don Roberts Ice Arena.

"They have good defense, good forwards, and their goaltender is playing well. We swept them early but it was

difficult. A couple hard games and they were a different team then, but so were we. We are confident and ready for the challenge because they are going to give us everything they got. Hopefully we'll make a good response," Carroll said.



# Men's Tennis defeats Grinnell and Augustana

## Gusties move up to No. 15 in the nation

**Joe Brandel**  
Sports & Fitness Editor

The Gustavus Men's Tennis team had a quick turnaround following the ITA Indoor Championships, facing off against two non-conference opponents the following weekend.

At the ITA Indoor Championships, hosted by Gustavus, the team faced off against some of the top-ranked teams in the country.

The Gusties came into the tournament ranked No. 20 in the nation, but after a dramatic 5-4 win against No. 11 Kenyon College, they have since moved up in the national rankings to No. 15.

The match came down to the last game, where First-year Oscar Wikström battled back from a first set loss to win the deciding match in three sets.

Wikström was dominant in his other matches that weekend, winning his singles matchups against No. 1 Emory and No. 9 Washington University-St. Louis in three sets. His efforts were crucial for the team's success and he was recognized with MIAC Athlete of the Week honors.

The following weekend the team faced off against non-conference opponent Grinnell College at the Swanson Tennis Center.

The Gusties got off to a strong start, winning all three of the doubles matches to set the tone of the day.

Senior Yassine Derbani and Sophomore Nick Aney headed up the doubles effort at the one spot with a tight 8-7 win. Senior Michael O'Neil and First-year



Gustavus Sports Information

First-year Oscar Wikström clinched the final match for the Gusties in the ITA Indoor Championships against No. 11 Kenyon College. Wikström earned MIAC Athlete of the Week honors for his efforts in the deciding match.

Daniel Fouchier commanded their match at two doubles, defeating their Grinnell opponents 8-2 and Junior Xavier Sanga and Sophomore Joe Punnoose held off for a narrow 8-7 lead to put the Gusties up by three heading into the singles matches.

The story of singles was the same, with dominant two set wins from all six of the Gusties.

Aney posted a scores of 6-4, 6-4, Sophomore Indraneel Raut won 6-0, 6-1, O'Neil won 6-1, 6-1, Fouchier won 7-5, 6-2, Wikström added on to the winning with scores of 6-2, 6-1, and Sanga rounded out the Gustie sweep with scores of 6-3 and

6-4 in his sets.

Head Coach Tommy Valentini was impressed with the team's ability to come out of the gates firing and their composure during the close matches that day.

"The guys turned in a great performance today," Valentini said. "Grinnell is a tough team and they played very well against us at one and three doubles. Both of our teams at those spots showed great poise and trust and to come through in very pressure-filled moments, and Micheal and Daniel gave us a big lift at number two. Once we got the 3-0 lead I thought

our guys settled in and executed very well in the singles."

Later that day, the Gusties faced off against the Vikings of Augustana University. This match showed the depth the team has, with a large amount of the team's top players resting and giving chances for some less experienced members to compete.

This change in lineup did not seem to have much of an effect on the end result, however.

The team started off with another 3 wins in their double matchups by an entirely new set of teams.

Aney and Wikström headed

up the doubles efforts and won the top match by a score of 6-2. Junior Lawrence Hiquiana and Sophomore Joel Hug followed this up with a 6-2 win of their own and Senior Zeke Haugen and Sophomore Luke Haddorff closed out doubles with a 7-5 victory.

In singles, Punnoose lost a close match up at one singles by scores of 6-4 and 7-6. In order, Hug, First-year Jack Bergmeyer, Hiquiana, and First-years Justin Sehlin and Sourabh Terakanambi all won their matches in two sets. This ended the contest with a final score of 6-1 in the Gusties favor.

"Against [Augustana] we showed a lot of character to bring great energy out of the gates. The guys played excellent doubles with a lot of fire to set the tone. In the singles everyone competed very well and stuck together and supported each other right to the end. Jack Bergmeyer and Joël Hug were fantastic in every phase of the game to get the second and third points to put us in a great position and we were able to capitalize and close out the match from there. Overall, we made good progress as a group today and we're grateful to come through against two high quality opponents," Valentini said.

The No. 15 ranked Gusties now hold a record of 6-2 overall and 1-0 in the MIAC. The team's next set of matches is against a set of MIAC opponents this upcoming weekend.

The Black and Gold play on the road against Hamline at 4 p.m. March 6, and at home against Concordia at 9 a.m. March 7.



Gustavus Sports Information

Senior Yassine Derbani returns a serve during the ITA Indoors.



Gustavus Sports Information

Sophomore Indraneel Raut competes in singles for the Gusties.