

SOUTH CAROLINA

G A M E C O C K S



2012 CROSS COUNTRY MEDIA GUIDE



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QUICK FACTS

Location Columbia, S.C.
Founded1801
Enrollment30,721
Colors Garnet & Black
Nickname Gamecocks
President Dr. Harris Pastides
Athletics Director..... Ray Tanner

Head Coach.....Stan Rosenthal (12th Year)
Email stanrosenthal@hotmail.com
Phone(803) 777-7925

2011 Results

SEC Meet.....11th
NCAA Southeast Region.....24th

MEDIA RELATIONS

Cross Country Contact..... Justin Holt
Office Phone(803) 777-7872
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Penny Boswell returns to the Gamecocks looking to have a strong junior campaign. Boswell led South Carolina to a win at the 2011 Gamecock Invitational with a second-place finish.

2012 Schedule

Date	Event (Site)	Distance	Time
08/31/12	Gamecock Invitational (Fort Jackson – Columbia, S.C.)	5K	6:30 p.m.
09/15/12	Vanderbilt Pre-SEC Invitational (Percy Warner Park – Nashville, Tenn.)	6K	9 a.m.
09/28/12	Charlotte Invitational (McAlpine Park – Charlotte, N.C.)	6K	3:30 p.m.
10/12/12	Queens Royal Challenge (McAlpine Park – Charlotte, N.C.)	5K	4 p.m.
10/13/12	NCAA Preview Meet (E.P. Tom Sawyer State Park – Louisville, Ky.)	6K	9 a.m.
10/26/12	SEC Championship (Percy Warner Park – Nashville, Tenn.)	6K	10 a.m.
11/09/12	NCAA Southeast Regional (McAlpine Park – Charlotte, N.C.)	6K	10 a.m.
11/17/12	NCAA Championship (E.P. Tom Sawyer State Park – Louisville, Ky.)	6K	TBA

2012 Roster

Name	Year	Hometown	High School
Morgan Allman	Freshman	McDonough, Ga.	Eagles Landing
Stephanie Berger	Freshman	West Salem, Ohio	Northwestern
Penny Boswell	Junior	Canal Winchester, Ohio	Canal Winchester
Bryttin Boyde	Sophomore	Magnolia, Texas	Magnolia
Kristina Cribb	Junior	Rock Hill, S.C.	Sophomoreuth Pointe
Lydia Davis	Junior	Greenville, S.C.	Eastside
Mary Fouse	Freshman	Great Falls, Va.	Langley
Chelsea France	Senior	Dublin, Ohio	Coffman
Lauren Gillespy	Freshman	Ormond Beach, Fla.	Father Lopez
Kayla Greeson	Freshman	Merrit Island, Fla.	Cocoa Beach
Annie Grove	Freshman	El Segundo, Calif.	Bishop Montgomery
Jessica Hartman	Senior	Centreville, Va.	Westfield
Maggie Hendersonn	Sophomore	Marietta, Ga.	Marietta
Kaleigh Higgins	Freshman	Niskayuna, N.Y.	Niskayuna
Kelsey Hill	Senior	Severna Park, Md.	Severna Park
Scolastica Jepngetich	Junior	Kapsabet, Kenya	Kapsabet Girls School
Lauren Kahre	Freshman	Carmel, Ind.	Carmel
Christine Kent	Freshman	San Diego, Calif.	Cathedral
Kayla Lampe	Freshman	Downingtown, Pa.	Bishop Shanahan
Liz Locke	Sophomore	Mickleton, N.J.	Kingsway Regional
Shaina Manuel	Freshman	Stafford, Va.	Colonial Forge
Lannon McCoy	Freshman	Chapin, S.C.	Chapin
Meredith Mill	Sophomore	Ellicott City, Md.	Howard
Ashley Miller	Freshman	North Myrtle Beach, S.C.	North Myrtle Beach
Alex Mullin	Sophomore	Lakesite, Tenn.	Notre Dame HS
Jessica Muse	Sophomore	Roswell, Ga.	Roswell
Kelly Newcomb	Junior	Toms River, N.J.	Toms River
Sarah Pellegrini	Sophomore	Sayville, N.Y.	Sayville
Ellyn Quigg	Senior	Ellicott City, Md.	Mt. Hebron
Megan Rother	Senior	Langhorne, Pa.	Villa Joseph Marie
Kelsey Rudeck	Sophomore	Hyannis, Mass.	Barnstable
Courtney Swink	Freshman	Brookville, Ohio	Brookville
Anna Todd	Freshman	Spartanburg, S.C.	Spartanburg
Michaela Trew	Sophomore	Myrtle Beach, S.C.	Myrtle Beach
Alexandra Whitley	Freshman	Stanley, N.C. East	Lincoln
Katie Wood	Freshman	Henrico, Va. Mills	Godwin
Brandy Wybersky	Freshman	Manassas, Va.	Osbourn Park
Lisa Zimmer	Freshman	Wyckoff, N.J.	Ramapo

Head Coach: Stan Rosenthal

Manager: Chrissy Supino



From left, senior Chelsea France, sophomore Meredith Mill, junior Penny Boswell and freshman Kayla Lampe will be expected to lead the way for South Carolina in 2012.

Gamecocks Look To Have Successful 2012 Campaign

The 2012 South Carolina Cross Country season is one of promise. A roster of 40 women will be competing for the 10 SEC race spots and the seven NCAA spots. Leading the way are three returning runners who had outstanding 2012 track seasons, two transfers and 16 freshmen, which is the largest recruited class in Gamecock history.

South Carolina head coach Stan Rosenthal believes his squad can compete at a high level and is anxious to get the season underway.

"If our top four stay healthy and our gap from four to five, six and seven is not too big, this team will be very good," Rosenthal said. "We will be competitive in the SEC and in our NCAA Region. I am very excited to get started. It has been a long summer waiting for the start of practice due to my anticipation of what is possible for us this season."

Junior captain Penny Boswell ran 36:53 in the 10K during 2012. She will be joined by sophomore Meredith Mill, whose 2011 cross country season was shortened because of an illness. During the 2012 indoor season, Mill improved her mile PR from 5:17 to 4:54. In outdoor track she ran 4:34 before a foot injury during a steeplechase race ended her season. Kayla Lampe did not race cross country as a freshman but she did race outdoor track, where she became a SEC scorer in the 5K with a PR of 16:55.

Joining this trio will be a transfer from the University of Virginia, Chelsea France. In May she ran a 16:23 5K on the track. These four runners will be the heart of the Gamecocks' run to success. Since five score in cross country, determining who will step up and fill the fifth, sixth and seventh scoring and displacing spots on the varsity will be the key question for Rosenthal.

The large freshman class features several runners who had new PR's during their senior year of track. Lisa Zimmer (Wyckoff, N.J.) ran 5:01 for the 1600 and 2:14 for 800. Kaleigh Higgins (Niskayuna, N.Y.) ran 2:12 for 800 and has a PR of 4:46 in the 1500. Christine Kent (San Diego, Calif.) ran 11:17 for 3200. Lauren Kahre (Carmel, Ind.) ran 11:21 in her first and only 3200 before her coach moved her to the 800 due

to the fact Carmel had three of the top 3200 runners in the country. At the Indiana State Meet, all three ran 10:50 or faster. Coach Rosenthal believes Lauren would have been No. 4 if the rules had allowed her the opportunity to keep racing the 3200. She did drop her 800 PR to 2:16.

Two newcomers from South Carolina, Anna Todd from Spartanburg, S.C., who ran 5:08 and 2:15 during the 2012 track season, and Lydia Davis, a transfer from Anderson University with a 1500 of 4:46, will also be in the mix. Two freshmen from Virginia, Shaina Manuel (Stafford, Va.) and Brandy Wybersky, (Manassas, Va.), have PR's in the 3200 of 11:18 and 11:29, respectively, and will join them in the race for the varsity places.

Three returners will also be in the picture to have a varsity impact. Junior Liz Locke (Mickleton, N.J.) looks to have a strong junior campaign as she enters the year with PR's of 18:20 in the 5K, 4:56 in the 1600 and 2:12 in the 800. Sophomore Maggie Henderson (Marietta, Ga.) and junior Kelly Newcomb (Toms River, N.J.) both return with 5K PR's in the high 18's and hope to have huge PR's like Boswell, Lampe and Mill did in 2012.

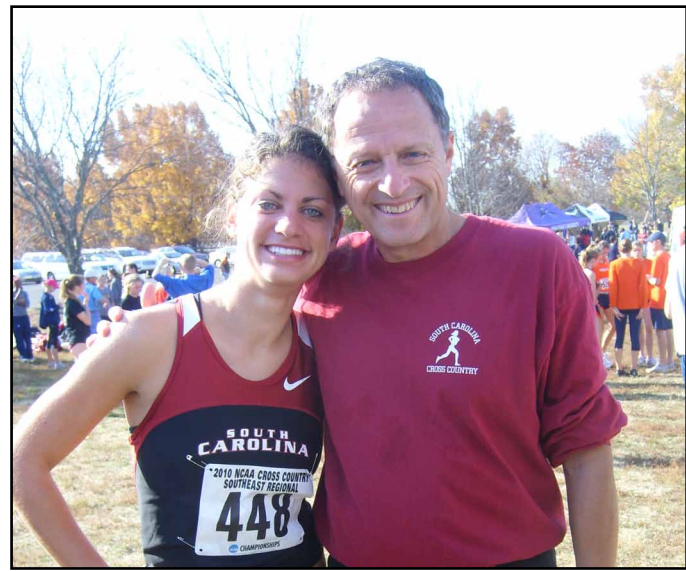
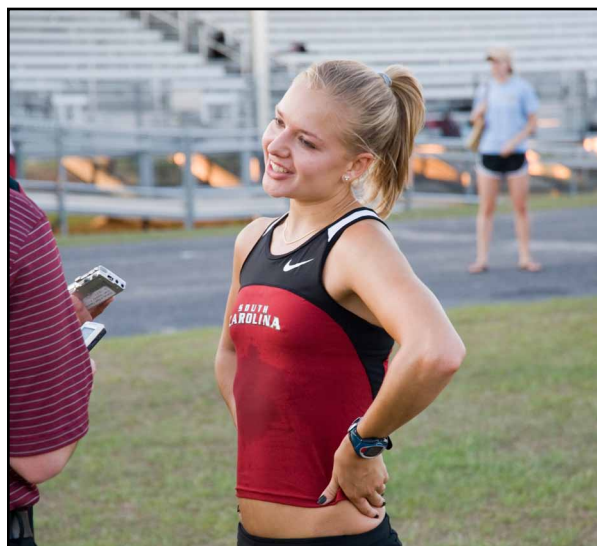
The 2012 cross country season kicks off with the Gamecock Invitational on Friday, Aug. 31 at 6 p.m. Two weeks later the varsity will fly to Nashville, Tenn., to compete at the SEC Preview Meet. Then the following week, those who did not travel to Nashville, will compete in Charleston, S.C. at the Citadel Invite. On Friday, Sept. 28 in Charlotte, N.C., the team will race in the NCAA Southeast Regional Preview Meet. The last varsity race before the SEC Championship will be either the NCAA Preview Meet in Louisville, Ky. or the Princeton University Invite. The SEC Championship will be held on Friday, Oct. 26 at Percy Warner Park in Nashville, Tenn. The NCAA Southeast Regional Championship is Friday, Nov. 9 in Charlotte at McAlpine Park, while the NCAA Championship is Nov. 17 in Louisville, Ky., at Tom A.P. Sawyer Park.



The Gamecocks won two meets during the 2011 season, including the Gamecock Invitational at Hilton Field in Fort Jackson. Pictured above is the South Carolina team with the first-place plaque.



RUNNER BIOS



Top left: Former Gamecock Dani Barnes being interviewed after the Gamecock Invitational. Top right: The Gamecocks doing the Charlie's Angels pose at the Penn State meet in 2007. Middle left: Nicole Rheinlander, head coach Stan Rosenthal, Liz Locke and Penny Boswell after winning the 2011 Gamecock Invitational. Middle right: South Carolina head coach Stan Rosenthal with former Gamecock Ashley Evens, a two-time team captain. Bottom left: Beatrice Biwott with her medal after winning the 2010 SEC Steeplechase. Bottom right: Former Gamecock Shay Shelton, who was a three-time NCAA qualifier, an All-American in the 4X400 relay and a SEC champion in the 800-meter run.

GAMECOCK CROSS COUNTRY



South Carolina's Co-Captains:
Meredith Mill & Penny Boswell



Morgan Allman
Freshman • McDonough, Ga.
Marine Science

Morgan is a Gamecock freshman with a passion for running. She began running her sophomore year of high school and quickly made a name for herself. Morgan acquired seven varsity letters in cross country (three), swimming (one), and track and field (three). She also captained both the cross country and track teams her junior and senior year, holds the school records for the 800 and mile, and was a national qualifier in the 800.

While at USC Morgan plans to major in marine science and continue to improve in running as much as she can. Morgan is the daughter of Danny and Suzanne Allman and is the sister of Logan and Brandee.



Stephanie Berger
Freshman • West Salem, Ohio
Pre-Business
McKissick Scholar/Capstone Scholar

Berger started running cross country her junior year of high school and discovered an enthusiasm for distance running. She ended her high school career with six varsity letters, four in track and two in cross country, and school records in the 1,600-meter run, 3,200-meter run and the 5K. During high school she was also a member of National Honor Society and was a part of various community service

projects.

After completion of her senior year of high school in 2011, Berger received a NSLI-Y scholarship to study abroad for a year in Russia. She currently plans on entering the International Business program and using the knowledge she gained about the Russian culture and language at the University of South Carolina and later in a future career.



Penny Boswell
Junior • Canal Winchester, Ohio
Exercise Science
McKissick Scholar

Boswell started her sophomore cross country season finishing second at the Gamecock Invitational and she was as high as the No. 2 runner on the team and as low as the No. 6 runner. She came to track season ready to make big improvements. During indoors she dropped her 3K time to 10:17. Then early in the outdoor season she dropped her 5K time nearly 20 seconds to a PR of 17:33. Boswell clocked her first 10K in 36:53 at the North Florida Invitational. She hopes with more hard work even more PRs will be in store for her throughout the year.

During her freshmen season of cross country, Boswell was the team's seventh runner, but it was during the track season that she really blossomed. Indoors Boswell dropped her 3K PR to 10:35. Outdoors is where she really shined, as she lowered her 5K PR from 19:20 down to 17:49.

With her huge improvements, coach Rosenthal expects her to be a top racer for the Gamecocks and to set a great example for the incoming class of what can be accomplished with hard work.

Boswell earned four varsity letters in cross country and three in track and field at Canal Winchester High School. She also earned a varsity letter in track from Vicenza American High School in Italy, where she spent her senior spring semester. She helped Canal win three league championships and qualify for the Ohio State Cross Country Meet three years in a row. She is a two-time state qualifier herself in cross country and has made All-Ohio honors twice. Her teammates voted her Most Valuable Player in 2006 and 2008.

In track, Boswell was part of her school's record holding 4x800-meter relay team. She helped her team win two league titles. She finished her high school running career as the 3000-meter and 1500-meter Department of Defense Dependents Schools European Track and Field Champion.

Her parents are Robert and Julie Boswell. She has two brothers, Jack, a recent graduate of the Virginia Military Institute, and Joe, currently a cadet at VMI.



Bryttin Boyde
Sophomore • Magnolia, Texas
Anthropology/Journalism
McKissick Scholar/Honors College

During the 2011 cross country season, Boyde competed in four meets for the Gamecocks. She improved her 5K time to 19:37.6 to place 10th overall during the "B" team race at the Charlotte Invitational. She continued to improve as she lowered her 5K PR to 19:24.17 at the Gamecock Open track meet, placing first. Beyond running, Boyde had great successes academically as a freshman at South Carolina. She was named to the President's List of 4.0 GPA students for both fall and spring semesters. She was also a member of the All-Academic cross country team for 2011, the track team for 2012 and made the SEC First-Year Academic Honor Roll.

Boyde joined the Gamecocks as a freshman with a love for distance running. She competed all four years of high school in both cross country and track, becoming a seven-letter varsity athlete. She was a member of the 2010 state qualifying cross country team (the first in her high school's history) and the 2009 and 2010 regional qualifying cross country teams. She also advanced to regionals individually her sophomore year during the 2008 cross country season. Boyde was also an All-District finisher her sophomore and junior seasons in cross country and her junior and senior seasons in track. Additionally, she was named an All-District Academic athlete for three years in high school.

Among other honors, Boyde captained her cross country and track team both



RUNNER BIOS

her junior and senior seasons, was named as one of the Texas State Farm Scholar Athletes for 2010 and was named as the All-Montgomery County Scholar Athlete of the Year for Cross Country in 2010.

Boyd was a Scholar-Athlete and a member of the National Honor Society. She was also named as an AP Scholar and graduated as Valedictorian for the Magnolia High School class of 2011.

Boyd hopes to pursue her studies both inside the classroom and abroad, gaining anthropological knowledge from all over the globe. Her parents are Ben and Nicole Boyd, and she has a younger brother, Brayson, currently at Magnolia High School.



Kristina Cribb Junior • Rock Hill, S.C. Nursing

Cribb came to South Carolina because of the outstanding nursing program. She is one of the civic minded athletes on the team. She has traveled to India and helped with healthcare and education for women and children. She is also currently an officer on the South Carolina Triathlon team and involved with Crusade for Christ.

She is the daughter of Jane and Dwayne Cribb from Rock Hill, S.C., where she graduated from South Pointe High School in the top 15 percent of her class. She was a three-time varsity athlete in cross country and track. Cribb is a multiple Dean's List recipient and was accepted into the Upper Division in the College of Nursing for this fall. She is a Piedmont Medical Scholar and a Life and Life Enhancement Scholarship recipient.

Cribb plans on attending graduate school to receive her Nurse Practitioners License in Women's Health and Midwifery and is excited for the upcoming season for the Gamecocks.



Lydia Davis Junior • Greenville, S.C. Public Relations

Davis, who is a native of Greenville, S.C., is a junior transfer from Anderson University. As a freshman, Davis was named SAC Freshman Runner of the Year. Davis also won the Division II Southeast Regional championship in the 800 as a freshman. Her sophomore year at Anderson was filled with injuries, which hindered her progress. She is healthy now and determined to continue her progress and compete well at the SEC level.

At Eastside High School, Davis was a four-year varsity runner on both the cross country and track teams. Her High school awards include All-Region, All-County and All-State for cross country and for the 800, 1,600, and 3,200 in track. In 2010, she anchored the 4x800 meter relay that won the state championship.

Davis has two sisters (22 and 12) and a brother (7) who are her biggest fans. She enjoys spending time with family and friends, hiking, swimming, biking, and cooking. Her major is public relations with a minor in Spanish.



Mary Fouse Freshman • Great Falls, Va. Early Childhood Education Cooper Scholar/Honors College

Fouse begins her career at South Carolina with nine varsity letters in cross country and track and PRs of 18:17 for three miles and 11:32 for 3,200 meters. She boasts eight All-District finishes and two All-Region finishes, including two district championships. She has competed twice at the state level and twice at the national level in the 2010 National Scholastic Indoor Championships and the 2010 Penn Relays Carnival. She served as captain of her cross country team in 2009 and 2010 and won the Leadership Award in both the indoor and outdoor track seasons for the 2011-2012 school year. She has also received the Most



Sophomore Meredith Mill spent her summer doing an internship in London for her major, political science/criminal justice.

Valuable Freshman award and two Most Valuable Runner awards.

Fouse graduated with honors from Langley High School as a member of the National Honor Society, Leadership Honor Society, Spanish Honor Society and Quill and Scroll Honor Society. In 2009, she received the Award of Outstanding Interpretation for her written submission to the Fairfax County "Reflections" program. She also served for three years in her school's chapter of Best Buddies International, including two as a Peer Buddy and one as an officer. She plans to participate in South Carolina's chapter of Best Buddies, as she is passionate about aiding those with intellectual disabilities and ultimately hopes to become a special education teacher.

Fouse has also participated in Red Cross Club, Key Club, Fellowship of Christian Athletes, yearbook and varsity swim team. She has worked for two summers as a lifeguard and for three summers as a swim coach in a recreational league. In her free time, Fouse enjoys playing the piano, biking and spending time with her five younger siblings.



Chelsea France Senior • Dublin, Ohio Sports/Entertainment Management

France is a transfer from the University of Virginia and will be earning her master's degree in South Carolina's top-ranked sports and entertainment management program. She is coming off a solid year of running in which she ran several PRs in both cross country and track. Last year France was a scorer for the team at the NCAA Southeastern Regional Championships with a time of 21:26 for 6K that contributed to the team's overall first place finish and led to a berth in the NCAA Championships. During track she made her first attempt at the 3,000-meter steeplechase with a time of 10:50.5 in addition to completing her track season with an unattached 5k with a time of 16:23. While at Virginia, France was an All-ACC Academic Team athlete.

In high school France was a five-time state qualifier, three-time All-Region and five-time All-Ohio Academic Team. She was also a six-time All-District and All-Conference athlete at Dublin Coffman High School where she was coached by



RUNNER BIOS

James Ferguson, Jill Miller and Rod Zody. She was also a National Honor Society Member and very active in community service. One of her main positions was being a board member of the Central Ohio March of Dimes.

France is returning to her native state where she was born in Sumter. She is the daughter of James and Angela France. Her father is also a former Gamecock. She has one younger sister, Courtney France, who is also a current student at South Carolina. She will also be serving as a marketing intern for the South Carolina Athletics Department for the 2012-2013 school year.



Lauren Gillespy Freshman • Ormond Beach, Fla. Biology

Gillespy began running her freshman year of high school. Her 5K PR is 18:56. She also played varsity basketball all four years. She suffered a pelvic stress fracture at the end of basketball season that limited her track season. Gillespy placed 24th and 17th at her State Cross Country Championships.

Gillespy was awarded: The Sr. Rose Ellen Award: Outstanding Female Athlete, The Rotary Club Athletic/Academic scholarship, The United States Marine Corps Distinguished Athlete Award, The Bright House Breakfast of Champions Award for Cross Country (twice) and the Orlando Sentinel Cross Country Athlete of the Year (twice).

Gillespy ranked fifth in her class with a total GPA of a 4.371. She was Ambassador President, SGA Vice President, Cross Country/Track Captain and Basketball Captain. She was very active in the math Alpha-Theta Club, National Honor Society and National Honor Society for Spanish.



Kayla Greeson Freshman • Merrit Island, Fla. Biomedical Engineering Cooper Scholar/Honors College

Greeson has been a member of her high school's varsity track team for five seasons and was captain for the last two seasons. She was a member of the varsity cross country team for four seasons and was captain during her senior year. She also lettered in soccer her freshman year. When Greeson was a freshman, she was awarded the Three-Sport Varsity Letterman Athlete of the Year in her school. She and her team qualified to run in the Florida State Championship cross country meet three years in a row. She was awarded the Cross Country Coach's Award her freshman and senior years. Greeson was also a member of the All-Conference team for track from 2009-2012. She also qualified for the Florida Track and Field State Championship for the 800-meter run and 4x800-meter relay from 2008-2012. Her best times are 19:58 in the 5K and 2:22 in the 800.

Greeson was a member of National Honor Society and was also named an AP Scholar. She graduated with High Honors in the International Baccalaureate Program.



Annie Grove Freshman • El Segundo, Calif. Exercise Science Capstone Scholar

Grove graduated from Bishop Montgomery High School in Torrance, Calif., after earning 12 varsity letters in cross country, soccer, and track & field. She qualified for two California State Cross Country Championships as an individual, with a 15th-place finish in 2009 and a 21st-place finish in 2010. Grove was a four-time CIF Southern Section finalist and earned All-CIF honors (top 10) in 2010. She captured six individual league titles and was captain of both the cross country and track & field teams in her junior and senior years. Grove holds PRs of 17:21 in the three-mile and 11:28 in the 3,200-meter run.

She was named 2011-2012 Sportswoman of the Year and also was a three-time winner of the Distinguished Athlete Award at Bishop Montgomery. She earned 12 Scholar-Athlete awards and graduated with a 4.4 GPA. Grove was also a four-year member of the Surf Team, serving as captain during her senior year. She enters the 2012 fall semester as a Capstone Scholar and plans to major in exercise science.



Jessica Hartman Senior • Centreville, Va. Exercise Science Woodrow Scholar

Jessie had a breakout season during the 2011 track season, running new PR's in the 1500 and 5K. She trained well this summer and has high expectations for continued improvement during cross country. She was the No. 10 runner on the team for most of the 2010 cross country season.

Hartman had a great deal of experience in high school from her 12 seasons of varsity cross country and track and field at a competitive AAA high school level. She holds 14 varsity letters from Westfield High School: cross country, indoor track and field, outdoor track and field, Tri-Athlete and 3.5 Athlete.

Jessie was a member of the three-time state championship 4x800 relay team, a two-time regional qualifier in the open 800, a four-time member of the regional cross country team, and team captain for four seasons in high school. She was awarded the Coach's Award and Team MVP Award her senior year. Jessie competed in four meets during her first cross country season with the Gamecocks but wasn't able to compete during the indoor track season due to injury. She came back to race the 800 and 1500 during the 2010 spring season.

When she's not running, Jessie likes to spend time with friends and family, swim, and cook. Jessie chose the University of South Carolina over James Madison University, East Carolina University, and the University of North Carolina at Charlotte.



Maggie Henderson Sophomore • Marietta, Ga. Nursing Woodrow Scholar

Henderson showed steady improvement in both her indoor and outdoor track seasons. During indoor track she established a 3K PR of 10:38. In outdoors she raced the 5k, setting a new PR of 18:43. Henderson is looking forward to contribut-



The Gamecocks having fun after the 2009 Southeastern Conference Championship in Oxford, Miss.



Jenny Lake (2002-05) wrapped up her career as one of the most decorated athletes in South Carolina cross country history. Lake, who was a two-time NCAA qualifier, finished sixth at SEC Championship as a junior and earned All-SEC honors. Lake set the 3,000m record at the SEC Indoor Championships, which was broken by recent Gamecock graduate Beatrice Biwott. She was also named the USC Scholar Athlete of the Year and earned the NCAA Post-Graduate Scholarship.

ing more to the cross country team this year while continuing to improve her times. Henderson was a four-year varsity letter athlete in cross country and track at Marietta High School. She also lettered as a member of the swimming and diving team. During her high school career, Henderson was a member of the All-County (Cobb) Team, Marietta Daily Journal Runner of the Week and two-time Cross Country individual state qualifier. She was the captain of the women's cross country and track teams her senior year. She received the Cross Country Coach's Award her senior year. She received the Track Distance MVP Award her freshman, sophomore and senior years. She currently holds the Marietta High School records in the 5K (19:27) and 3,200-meter run (11:35). Her 1,600-meter run PR was 5:18.

Henderson was a member of National Honor Society and Math Honor Society. She was a Scholar-Athlete and graduated with High Honors in the International Baccalaureate Program. Maggie was a member of National Honor Society and Math Honor Society. She was a Scholar-Athlete and graduated with High Honors in the International Baccalaureate Program.



Kaleigh Higgins
Freshman • Niskayuna, N.Y.
Exercise Science/Nutrition

Higgins comes to South Carolina from Niskayuna, N.Y. During her high school career at Niskayuna, she participated in indoor track, outdoor track and soccer. She was a member of the New York State indoor track All-State team in 2011 and 2012 and was a participant in the New Balance Outdoor Nationals in 2010 and 2012. She also competed at the Nike Indoor Nationals in 2010 and the New Balance Indoor Nationals in 2012. Higgins placed fourth in the 600-meter run in the New York State

meet in 2011 as well as placing first in the intersectional medley relay running the 600 at the New York State meet in 2012. She has best times of 4:47 in the 1,500-meter run and 2:12 in the 800-meter run.

Higgins was awarded MVP during her sophomore, junior and senior years. She was awarded the Dunkin Donuts Regional Scholar-Athlete award in 2012 as well as the Lynn Cleveland Track and Field Award for outstanding effort in track and field. She received the Swarthmore College book award in 2011 for the top five percent of her class as well as being awarded the Coaches Award and Warrior Award during the 2011 varsity soccer season. She was a member of the National Honor Society and was awarded the senior award in the Math and Language department in her school. She volunteers during the summer at the local Regional Food Bank and graduated with High Honors. She is hoping for a very successful cross country and track season her freshman year.



Kelsey Hill
Senior • Severna Park, Md.
Sports and Entertainment Mgt.

Kelsey returns to the cross country team as a senior. In high school, she was a two-time all-county and all-region selection. She was named Freshman Runner of the Year after earning all-state honors and becoming the first freshman to win the Arundel County championships. Kelsey was named team captain as a junior and senior. Her parents are Bill and Terri Hill.



Lauren Kahre
Freshman • Carmel, Ind.
Biology
Sims Scholar

Kahre joins the Gamecocks as a freshman from Carmel High School in Indiana. She was an eight-letter varsity athlete competing in cross-country (four) and track (four). Kahre was a member of the Carmel cross country team that won the state high school championship three years during her career. She contributed to her team's seventh place finish at the Nike Cross National Championships in Portland, Ore. Kahre is also a two-time state champion in track winning the 4x800 relay in both 2011 and 2012. Her personal best is 18:40 in the 5K, 11:21 in the 3,200 and 2:16 in the 800. Kahre was captain for track her senior year.

She was awarded the Cross Country MVP Award her senior year. Kahre was a Scholar-Athlete and a student mentor.

While at South Carolina, Lauren plans to major in biology with the intent of attending medical school.



Christine Kent
Freshman • San Diego, Calif.
Nursing
Woodrow Scholar

Kent attended Cathedral Catholic High School in San Diego, Calif., where she was a four-year varsity letter athlete in cross country and track and field. While in high school, Kent helped the Dons win two CIF San Diego Section Championships and two fourth place finishes at the state meet. Her cross country accolades include: 18:53 5K at Woodward Park, 18:36 on the infamous 2.95 mile Mt. SAC course and a 16:21 mark on the 2.75 mile Morley Field (Foot Locker) course. Some of her track and field accomplishments include: 11:17 mark in the 3,200-meter run at the Escondido Invite and 5:15 in the 1600-meter run at the Arcadia Invitational. During her senior year, Kent was captain of both the cross country and track teams. She also received the CIF San Diego Section Sportsmanship Award, Track and Field Coaches' Award, the Amanda Post Memorial Grant and the Natalie Nield Memorial Award and Scholarship. Kent was a member of the Union Tribune San Diego's All-Academic Team her junior and senior year. She graduated Cathedral Catholic High School in the top 10 percentile with Honors and a 4.15 GPA.



Kayla Lampe
Freshman • Downingtown, Pa.
Nursing
Woodrow Scholar

During the 2012 outdoor track and field season, Lampe significantly improved her PR for the 5,000-meter run. As a freshman she was selected to compete in the 5K at the prestigious Penn Relays and ran a time of 17:05. She also competed in the 5K at the SEC Championships and placed 8th in the event, scoring one point for the Gamecocks. She broke the 17-minute barrier with a personal best of 16:55, making her the fastest freshman in South Carolina history for the event. This was also the third fastest 5K time in South Carolina history.

Before running for South Carolina, Kayla was an eight-time varsity letter athlete in high school for track and cross country. Her best times were 18:28 for the 5K in cross country and 11:18 for the 3,200-meter run. She was a PIAA state qualifier three years in cross country and in 2009, as a junior, finished 14th at the Pennsylvania state championships. Kayla was also a two-year captain in cross country and a one-year captain in track.



Liz Locke
Junior • Mickleton, N.J.
Exercise Science

During her freshman year as a Gamecock, Liz ran 18:23 (a new PR) for 5k and 22:48 for 6k. She was awarded SEC freshman of the week and also got a team award for rookie of the year. As a freshman Liz was in the team's top seven for the entire season and helped the team greatly.

During indoor track, she led off the SEC-scoring DMR, with a PR of 3:36.0. She also ran well in the 800. During outdoor track she was hampered by shin splints. A solid summer of training should lead to PR's in the 17's this fall.

Liz entered her first year at South Carolina having come from Kingsway Regional High School where she competed in track and cross country. She earned two varsity letters in cross country and four varsity letters in track. In track Liz holds her high school record in the DMR, 4x800, mile, and 800. She entered with times of 2:12 (800) and 4:56 (1,600) and competed regularly as the New Jersey State Non-Public Championships with third place finishes in each event in 2010. Locke's times indicate that she could have a strong junior season at South Carolina under Coach Rosenthal.

Her parents are Mary and Steve Locke, and she has a brother, Ryan.



Shaina Manuel
Freshman • Stafford, Va.
Art Education
Woodrow Scholar

Manuel earned nine varsity letter awards in cross country and track. She was a two-time MVP, a three-time All-District and All-Region athlete in cross country and an All-State performer by placing fifteenth. She was also named to the third team of the Southeast with her personal best of 18:29 in cross country. In winter track she was a three-time All-District athlete and twice on the championship 4x800-meter relay team.

At regionals she was an All-Region athlete twice, both times in the two mile, qualifying her for the state competition twice where she set a PR of 11:18 for the two mile. In outdoor track, Manuel was a three-time All-District athlete, a one-time All-Region athlete and state qualifier in the two mile, which is her favorite event in track.

Besides running, she participated in the National Art Honor Society and graduated as a distinguished honor graduate. She is one of two children, and her sister is a senior at Auburn University.



Scola Jeggnetich poses with the Disney World Invitational trophy in 2010. Jeggnetich helped lead the Gamecocks to the win with an eight-place finish.



Lannon McCoy
Freshman • Chapin, S.C.
Psychology

McCoy started running as a seventh grader for Chapin High School under head coach Jack LeGrand. She was a four-time All-Area selection for cross country and four-time All-Area honoree in track for the 1,600-meter run, 800-meter run, 3,200-meter run and 4X800-meter relay. McCoy was twice an All-State selection by placing eighth at the state championship in the 3,200 two years in a row with a best time of 12:06. She was region MVP two years in a row in cross country as well as a five-time All-Region honoree. McCoy had a second place finish in the Walt Disney World Classic Invitational 5K race in Orlando, Fla. in 2009 and had a best state championship finish of 17th place in cross country. She was voted captain of the girls' cross country team as a senior in 2011.

McCoy was a member of the Beta Club and National Honors Society all four years of high school and was in the top 30 percent of her graduating class. Her twin sister, Hayley, runs for Presbyterian College. During high school she was an active member of the student council and was the freshman and sophomore class president.



Meredith Mill
Sophomore • Ellicott City, Md.
Political Science/Criminal Justice
McKissick Scholar

Mill walked on to the cross country team as a sophomore last year and dropped her previous 5K time from a 20:30 to an 18:44 during cross country before an illness ended her season in September. She continued to improve during the indoor track season, where she dropped her high school 1,600-meter PR of 5:16 to 4:54 at the SEC Indoor Championships, placing 12th. Mill continued into the outdoor season and ran her best 1,500-meter run in 4:34 and set a PR in the 3K with a 10:09.

Mill spent her summer in London interning with Account 3, a non profit that specializes in law. At South Carolina she is a Capstone Scholar Fellow and will be co-teaching a University 101 class as a Peer Leader. As a junior this year she has also been selected to be one of two captains and hopes to lead the team to its best cross country season yet.

In high school Mill earned 10 letters in both track and cross country and was captain of her team for two consecutive years. She graduated in the top five percent of her class and came to South Carolina as a McKissick Scholar.



Ashley Miller
Freshman • North Myrtle Beach, S.C.
Exercise Science
Deans Scholar

Miller was a 12-letter varsity athlete competing in track and field, cross country and basketball at North Myrtle Beach. She was a member of the two-time region championship winning team in track and field (2007 and 2011). She was a region championship winner in the 800-meter run, the mile and 4x800-meter relay in 2007. Miller was a four-time region championship winner in the 4x400-meter relay (2008-2011) and a three-time region championship winner in the 4x800-meter relay (2007-2009). She was a four-time state qualifier in the 4x400 relay and three-time state qualifier in the 4x800 relay. Miller was a member of the three-time region championship winning team in cross country (2007-2009) and was a member of the four-time lower state and state qualifying team in cross country from 2007-2010.

Miller was a four-time first team All-Region selection in track and field in the 4x400 (2008-2011), in the 800 and the mile in 2007 and three times in the 4x800 (2007-2009). She was awarded the track and field MVP award in 2007, 2010 and 2011. Miller was named Most Valuable Female Senior Athlete in 2011 and a Scholar Athlete in 2010-2011. She was named an Iron Chief in 2011 for competing in three sports every year since her freshman year. She won the All-Academic award in 2010 in cross country and in 2011 for basketball and track. She was a 2010 cross country team captain, 2010 and 2011 track and field team captain and 2011 basketball team captain.

Miller was a member of the National Honor Society, National Senior BETA club, Mu Alpha Theta Society, National English Honor Society and the National Science Honor Society. She also won the Palmetto Fellows Scholarship award and the Mildred Ward Athletic Scholarship in 2011.



Alex Mullin
Sophomore • Lakesite, Tenn.
Biology
McKissick Scholar/Capstone Scholar

As a freshman at South Carolina, Mullin placed 10th in the Gamecock Invitational cross country meet and remained in the top 10 on the team during the second race until an old high school injury cut her season short. She is a biology major with plans of going to medical school. She is a member of the National Society of Collegiate Scholars and is also a Capstone Scholar.

Mullin came into South Carolina with PRs in the 800, 1,600, 3,200 and 5k with times of 2:16, 5:17, 11:10 and 18:56, respectively. She was a three-time TSSAA state champion in track and earned eight more state track medals. She was a four-time state cross country qualifier and was an All-State finisher three of those years, placing ninth, sixth, and fifth. She helped her team win the region cross country championship three years, as she won the meet twice. In high school, Mullin was a member of the National Honor Society, Beta Club and finished in the top 10 percent of her class. She was also a participant at Tennessee Girls State. She was the president of the Mu Alpha Theta Math Honor Society and the vice president of the Green and Gold Ambassadors program. She has served over 100 community service hours and continues to volunteer at Memorial Hospital.



Jessica Muse
Sophomore • Roswell, Ga.
Liberal Arts
Cooper Scholar/Honors College

Muse placed in the top 20 at the 2011 Gamecock Invitational and was redshirted after an injury cut her season short.

Muse ran on Roswell High School's varsity cross country and track team all four years. She was the recipient of nine letters in swimming (one), cross country (four) and track (four). She and her team qualified to run in the Georgia State Champion-

ship Cross Country meet all four years. She also competed in the 2011 Georgia Track and Field State Championship for the 800-meter run. Her best times are 19:27 in the 5K, 5:19 in the 1,600-meter run and 2:18 in the 800.

Muse was awarded the title of cross country MVP her sophomore and senior years. She was a member of the Beta Club and was a Georgia Merit Scholar recipient.



Kelly Newcomb
Junior • Toms River, N.J.
Public Relations

Newcomb enters her second season with the Gamecocks. Last indoor season, she was able to better her time in the 3K and hopes to really focus on the 5K and improve her time this year. She trained well this summer and has high expectations to do well and improve this cross country season.

Newcomb attended Toms River High School North in Toms River, N.J., where she received 12 varsity letters as a cross country and indoor and outdoor track athlete. Her team was the 2007 and 2008 South Jersey State Sectional Champions in cross country. Her cross country team won several championships including the Group Four Championships in 2007, the Shore Conference Championships in 2009, the South Jersey Group Four Championships for three straight years, the Ocean County Championships in 2008 and 2009 and the Class A South Cross Country Champions in 2008.

She helped lead her indoor track team to an Ocean Country Championship in 2008 and 2009. She received the Ocean County Sportsmanship of the Year Award in 2010. For her team she received the Most Improved Award in 2007, the Most Dedicated Award in 2008 and the Most Valuable Runner in 2009. Newcomb was selected to the cross country All-Shore third team and the All-County second team in 2008 and was named All-County in 2010. She was named Most Dedicated on her indoor and outdoor track teams in 2010. Her 5K best is 18:55, 3,200 is 11:39 and 1,600 is 5:21.

During the summer, Newcomb lifeguards in Seaside Park Beach, N.J. She also competes in triathlons and has placed in the few that she has competed in. Her parents are James and Diane Newcomb. She has one sister, Jenna, who graduated from the University of Notre Dame and just recently got her MBA at Notre Dame as well.



Gamecock sophomore Liz Locke (right) competing against Zola Bud at the Gamecock Invitational. Bud is a former world record holder in the 3K and 5K and world cross country champion.



Sarah Pellegrini
Sophomore • Sayville, N.Y.
Chemical Engineering
Capstone Scholar

Pellegrini completed her freshman season of cross country with personal bests of 19:26 in the 5K. She traveled to all meets and ended her season as the 10th Gamecock to cross the line at the SEC championship. She is looking to improve this season as a returning sophomore for the Gamecocks.

She has been a part of her high school's varsity winter and spring track team for 12 seasons and was captain for the last six seasons. She was a member of the varsity cross country team for five seasons and was captain her senior year.

Pellegrini qualified and competed in the cross country state championship in 2006 and 2008. In 2006 the team placed 3rd and she finished 37th. She raced at Penn Relays as a freshman on her school's 4x800m relay. She has made Cross Country first team All League in 2007 and 2009. She was awarded MVP for cross country in 2009 and Academic All County for the spring track 2011 season and the Scholar Athlete Award. Her best times are 19:45 for the 5k, 10:53 for the 3000m, 5:26 for the 1600m, and 2:27 for the 800m.

Pellegrini was a member of the National Honor Society, Anchor Club, Interact Club, Chem Club, and a cabinet member of her school's class government for the last 3 years. She graduated in the top 10 percent of her class. Daughter of Sallie Pellegrini, Sarah has found a passion for running and dedication for her studies and is proud to be a Gamecock.



Ellyn Quigg
Senior • Ellicott City, Md.
Exercise Science
McKissick Scholar/Honors College

Quigg returns to the cross country team as a senior. She is a graduate of Mt. Hebron High School, where she was a two-time letter winner in cross country and track and field running the 800.

Quigg spent the last semester living and studying in Florence, Italy and traveling throughout Europe. She is on the Southeastern Conference Academic Honor Roll and has been named a National Merit Commended Student. During her summers, she works in marketing for an organic beverage company, where she travels the entire east coast doing promotional events. She enjoys running, biking, traveling and learning.

Her parents are Jim and Mary Quigg.



Megan Rother
Senior • Langhorne, Pa.
Biology
Woodrow Scholar

Rother is beginning her fourth year as a member of the Gamecocks' cross country and track and field team. During the Gamecocks' 2009 cross country season, she ran her personal best in the 5K, posting a time of 19:58 at the Gamecock Invitational. She also bettered her high school 800-meter time during the 2010 indoor season, running a time of 2:19 at the Virginia Tech Invitational.

As a junior, Rother posted another personal best in the 5K, running 19:29 at the Winthrop Invitational. She worked hard to represent the Gamecocks at the SEC Championship in Knoxville, Tenn., as well as the NCAA Southeast Regional in Louisville, Ky. During the 2012 spring season, Rother took four seconds off her 1500-meter time, running 4:58. Also as a junior, Rother was honored to receive the James T. Penney Award, an award given to an undergraduate student-athlete who has demonstrated academic excellence, while majoring in the field of biological studies.

As a sophomore at Villa Joseph Marie High School, Rother was the only member of her team to make it to the Indoor State Championship. In the Spring, she became an outdoor state bronze medalist after anchoring the 4x400-meter relay. During her



The team showing school spirit at a Gamecocks home football game during the 2008 season.

senior year, Rother helped her 4x400 relay team receive a sixth place medal at the indoor state championship. This marked the first time that Villa Joseph Marie had a relay team achieve an indoor state championship medal. During her senior spring season, Rother helped lead her team in winning the outdoor district championship. During that same season, Rother led off the 4x800-meter relay team and anchored the 4x400 relay team that both won state outdoor silver medals. She holds Villa Joseph Marie's indoor records for the 600, 800 and 1000, as well as the mile.

Rother was also a member of Villa Joseph Marie's school record holding SMR, DMR, 4x800 relay, and 4x400 relay teams. Rother was a four-time competitor at the Penn Relays in the 4x400 relay and a one-time competitor in the 4x800 relay. She was named Athlete of the Week and given Honorable Mention by the Bucks County Courier Times. She was also a four-time member of the Bucks County Courier Times' Golden Team for both indoor and outdoor track. In 2009 she was an AAU Junior Olympic Silver Medalist in the 3000.

During her four years at Villa Joseph Marie High School, she was a member of the Latin Club and the Science National Honor Society. She served as Parliamentarian of the National Honor Society her junior year and Vice-President during her senior year. The Kiwanis Club named her Villa Joseph Marie High School's Scholar-Athlete, and she graduated in the top 10 percent of her class. She was also a three-year starter in field hockey and played with the East Coast National Field Hockey team for three years.



Kelsey Rudeck
Sophomore • Hyannis, Mass.
Psychology
Woodrow Scholar

Rudeck had a successful freshman cross country season and is entering her sophomore year with dedication and high hopes of achieving new personal records. She improved significantly throughout her freshman year and finished the outdoor track season with a personal record of 19:33, which was 40 seconds faster than her previous best. Rudeck spent her summer traveling abroad to Australia, taking classes and gaining life-changing experiences. Additionally, she worked as a lifeguard and an ice cream server at the local Ben and Jerry's. She is a determined student as well as athlete and sets her goals high both academically and athletically. Her goal is to be a clinical psychologist and plans on using her business degree to own her own practice after completing school.

Rudeck started running her sophomore year of high school and immediately fell in love with the sport. She was a nine-letter varsity athlete, competing in cross country (three), swimming (four) and track (two). She was team captain both her junior and senior years and helped lead the team to become league champions in 2008, 2009 and 2010. She competed in the Eastern Mass Championships all three years, placing in the top 30. Her best 5K time is 19:12 and she was awarded League All-Star in 2008 and 2009.

Rudeck graduated high school as a member of National Honor Society as well as Latin Honor Society. She participated in various community service projects and finished off her high school career in the top five percent of her class. Additionally, she made the dean's list both fall and spring semesters of her freshman year.



Courtney Swink
Freshman • Brookville, Ohio
Marine Science
Sims Scholar

During high school Swink was an eight-time letter varsity athlete, competing in cross country and track. In 2008 she was a member of the state qualifying cross country team. She also ran at the state meet in 2009 and 2010 as an individual qualifier, where she ran her PR of 19:24. She was a member of the four-time regional qualifying 4x800-meter relay team and was a three-time 1,600-meter regional qualifier. Swink was named cross country team captain two years and track team captain one year. She earned multiple school awards such as Rookie of the Year, Front Runner and MVP.

She was a Scholar-Athlete four years in both cross country and track as well as a member and officer of the National Honor Society and Spanish Honor Society. While running, Swink also participated all four years in marching band and winter percussion and took dance lessons for 11 years. She graduated as Valedictorian ranked first in her class.



Anna Todd
Freshman • Spartanburg, S.C.
Biology

Todd began running competitively in the fall of her seventh grade year, joining her high school cross country team. She consistently moved up on the team year after year and ran in top spot her 10th, 11th, and 12th grade years. Todd was a member of a state championship cross country team her ninth grade year and a state runner up team her seventh, eighth, and 11th grade years. She lettered all six years she ran, was All-County and All-Region her ninth through 12th grade years, and was All-State her 11th and 12th grade years. She was also the captain of the team and MVP her 10th through 12th grade years. Todd's major breakthrough in cross country occurred at the Wendy's Invitational cross country meet in Charlotte, N.C. her 11th grade year, where she ran a personal record of 18:44.

In track, Todd lettered five times, was All-County and All-Region her ninth through 12th grade years, All-State her 10th through 12th grade years and team MVP her 11th and 12th grade years. She holds school records in the 800-meter run and the 1600-meter run and holds the Spartanburg county record in the 1600. Todd was state runner-up in both the 800 and the 1600 her 11th grade year and was the state champion in the 800 her 12th grade year with PRs of 2:15 for the 800 and 5:08 for the 1600.



Michaela Trew
Sophomore • Myrtle Beach, S.C.
Sport/Entertainment Management

Trew is a sophomore at the University of South Carolina. She is beginning her second season with the Gamecocks. She attended Myrtle Beach High School and earned seven varsity letters, competing in both Track and Field and Tennis and captaining both teams. Trew was a member of the region championship team in track and field in 2008. She also contributed to the five-time region championship winning tennis team as a varsity athlete.

Trew is majoring in sport and entertainment management with the hopes of becoming an athletic director. Her dream is to be an athletic director at a major university. She is a recipient of the Life Scholarship and the Lauren Oaks Memorial Scholarship. Trew, originally from Canada, is the daughter of Susan and Rowland Trew and is sister to Matthew Trew.



Alexandra Whitley
Freshman • Stanley, N.C.
Business/Fashion Merchandising
McKissick Scholar

Whitley joins the Gamecocks as a freshman with a passion for long distance running. She ran three years on her high school's varsity cross country and track teams. She participated in other sports, such as swimming and soccer, but primarily focused on running. Whitley was captain of both the cross country team and track team all three years she participated. Her 5K PR is 19:19.

Whitley plans to major in international business with focuses in Chinese and fashion merchandising while attending South Carolina. When she isn't running or studying, Allie likes to spend time reading books about dragons and other mystical entities. She will be missed while away at college by her parents, Robbin and Charlie Whitley, and her brother Parker.



Katie Wood
Freshman • Henrico, Va.
English/Secondary Education
Sims Scholar

Wood joins the Gamecocks as a freshman. She is passionate for running and excited for the opportunity to further her cross country and track career. In high school, she competed in cross country, indoor track and outdoor track at Mills Godwin. She was a 12-letter varsity athlete. In cross country, Wood was a member of the All-District team in 2009 and 2011 as well as the All-Region team in 2011. She was also a member of the Academic All-District team in 2009, 2010 and 2011 and the Academic All-Region team in 2010 and 2011. Wood served as a captain for the cross country team her senior year, helping to lead her team to the Colonial District title, the first in school history. Her team qualified for the Virginia state meet in 2010 and 2011, while she also individually qualified in 2011. Wood is the fifth fastest cross country runner in school history, with a personal best of 19:20 for the 5K. Her team awarded her with the Most Dedicated award her junior and senior year.

On the track, Wood earned All-District status in indoor in 2010, 2011 and 2012 as well as outdoor in 2010 and 2011. She was also All-Region once in indoor in 2011 for the 4x800-meter relay and once again in outdoor in 2011 for the 3,200-meter run. She was a member of the Academic All-District team in 2010, 2011 and 2012 and the Academic All-Region team in 2010 and 2011. At the 2011 Central Region Championships, she placed sixth in the 3,200 and qualified for the Virginia state meet. In this race, she also ran her personal best of 11:38. Shortly after, Wood was sidelined with plantar fasciitis for the remainder of her senior year.

Wood was a member of the National Honor Society and Beta Club. She plans on pursuing a career as a high school teacher and cross country/track coach. She is the daughter of Cliff and Kristen Wood. She has a younger brother, Will (15), who is a freshman currently competing in high school cross country.



Brandy Wybersky
Freshman • Manassas, Va.
Insurance and Risk Management
Woodrow Scholar

Wybersky was the captain of her cross country and track program her senior year at Osbourn Park High School. She received MVP in both cross country and outdoor track. At the end of her senior year, she received the Ellis Award for participating in 12 varsity seasons throughout her high school career. She competed at the district, regional and state level for each of these seasons and was on an All-State 4x800 relay team multiple times. She was All-Region and All-District in multiple events on several occasions and was district champion in cross country and in the 1,000-meter run her junior year. Her PRs are 19:13 for a 5K, 11:29 for the two mile, 5:13 for the mile and 2:19 for the 800. She is hoping to do the 5K and the 3K during her track seasons at South Carolina and maybe even the steeple chase.

Academically, Wybersky was also very successful. She graduated with a 4.0 GPA

and was ranked very high in her class. She received academic honor roll and the academic award every semester, as well as the scholar athlete award. After enrolling and testing in multiple AP classes, she received an advance placement scholar award. Wybersky was a part of the National Honor Society her junior and senior year as well as many other clubs such as FBLA, Key Club and Invisible Children. She was also a treasurer and secretary for her student council. She was one of the 15 students in her senior class to be chosen for the National Youth Salute Council for having high leadership and community roles. She volunteered at her local animal shelter, school spring cleanups and running camps/programs.

Wybersky has a sister, Ashley, who runs at UNC Wilmington and will be a junior this year. She has two little yorkies that she will miss dearly in college.



Lisa Zimmer
Freshman • Wyckoff, N.J.
Public Health

Zimmer started running during her junior year in spring of 2011. She was the top distance runner her first season at Ramapo High school. She earned Big North League champion, first team All-County, won the 1,600-meter run at the Bergen County Meet of Champions and competed in the section and group meets in the 1,600. Zimmer competed in her first season of cross country as a senior. During indoor track as a senior, she was named first team All-County again. She matched her outdoor PR during winter track with a time of 5:06 and began competing in the 800, 3,200 and 4x400 relay. Zimmer competed at the section, group and state championship meet in the 1,600. During outdoor track, she anchored Ramapo's 4x400 at the Penn relays where they won their heat. After Penn Zimmer started to lead off the relay where her teammates broke a 24-year-old county record by more than half a second (3:53). She shaved 4 seconds off her 400 time, ending the season with a 56.9. Lisa made it to the state championship meet in the 4x400, 800, and 1,600 and chose to run the relay and the 1,600. At the group meet, Zimmer set a PR in the 800 with a time of 2:14.36. At the league meet, she ran her best time of a 5:01.2 in the 1,600. As a senior, Zimmer defended her county title, league title and Bergen County Meet of Champions title in the 1,600.

Zimmer goes into South Carolina with an intended major of public health where she aspires to be a nutritionist or be a part of the health care world. She maintained being on the honor roll all four years of high school and is also an experienced horse back rider with success all over the country from the children's hunters to junior jumpers.



Chrissy Supino
Graduate Manager
Environmental Health

During undergraduate track and field, Supino was part of four school record relays, including the 4x1,500, 4x800, DMR and 4x400. In her senior year, she captured the 800-meter run school record, racing 2:06. As a freshman she received the Most Outstanding Freshman Award for track and was later a two-time recipient of the Coaches Award. She also served as girls track captain for both her junior and senior years. She was a member of the All-American DMR team that placed third in the 2012 NCAA Indoor meet. Supino competed in the NCAA Outdoor Regional meet for three consecutive years racing in both the 800 and the 1,500. She continues to compete unattached.

At Dartmouth Supino double majored in Italian and Environmental Studies. She spent a semester studying abroad in Rome, Italy and tries to return as frequently as possible. She attended Bishop Guertin High School in Nashua, N.H.



Former Gamecocks Dani Barnes (front) and Ashley Evens compete at the Gamecock Invitational.



Kerry Hartman
Graduate Manager
Sport Management

Hartman enters her first season as a manager at South Carolina. She joins the Gamecocks after a stellar cross country and indoor and outdoor track career at UNC Greensboro.

Hartman's top cross country times were a 17:15.1 in the 5K and a 21:38.77 in the 6K. She has a 5K PR of 16:53 on the track.

Hartman's sister, Jessica, is a senior for the Gamecocks this season.



Kim Ruck
Graduate Manager
Public Health

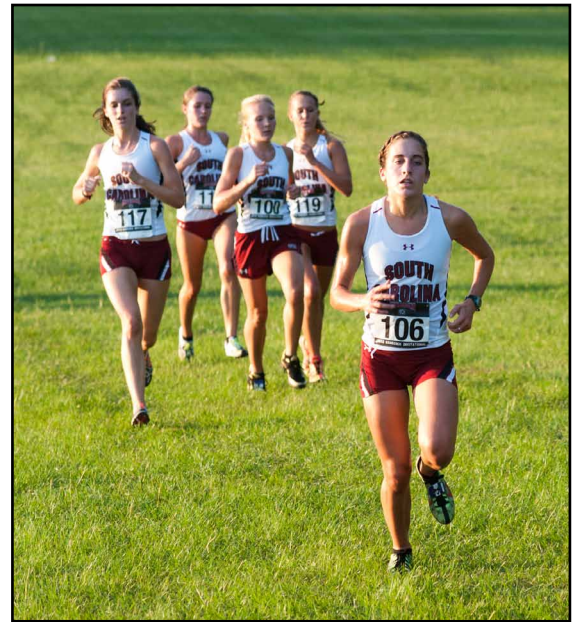
Ruck begins her first season with the Gamecocks as a manager. She comes to Columbia after a standout cross country and track career at Clemson.

Ruck was a USTFCCA Indoor All-American in the 5K, a NCAA qualifier in the 5K and 10K, a provisional NCAA qualifier in the 3K and ACC Champion in both the 5K and 10K. She was also All-ACC in the indoor 3K and 5K, the outdoor 5K and the 10K.

Ruck ranks first in Tiger history in the indoor 5K, second in the indoor 3K and the 10K and third in the outdoor 5K. Her personal records are 9:21.34 in the 3K, 16:01.24 in the 5K and 33:16.45 in the 10K.



2012 GAMECOCK INVITATIONAL HIGHLIGHTS



GAMECOCK CROSS COUNTRY



2012 SEASON HIGHLIGHTS





Stan Rosenthal

Head Cross Country Coach
12th Season at South Carolina

Stan Rosenthal enters his 12th year as head cross country coach at South Carolina. Rosenthal also coaches the distance runners during track and field season and was instrumental in helping the South Carolina women's team to its twelfth consecutive NCAA indoor top-12 finish in 2009.

The past four seasons, the Gamecock women's team has been ranked in the NCAA Southeast Region top 15. During the past several years, the distance runners have also done well on the track. Dani Barnes was a NCAA qualifier in the mile in 2009, while Beatrice Biwott was the Southeastern Conference champion in the steeplechase in 2010 with a school record and also qualified for the NCAA Track Championships in 2009, 2010 & 2011. As freshmen in 2011, Scola Jeggnetich ran a 2:10 in the 800-meter run and Penny Boswell improved her time in the 5K from 19:20 to 17:49.

The South Carolina cross country team has also performed well in the classroom, receiving USTFCCCA All-Academic Cross Country Team honors last season for the 10th consecutive time of coach Rosenthal's tenure with a No. 13 national ranking. In 2008, the Gamecocks were ranked No. 1 in the NCAA with a team cumulative GPA of 3.76, which was the highest of all 340 Division I teams.

Shay Shelton added to Rosenthal's total of SEC champions by claiming the indoor league crown in the 800 in 2006. Rosenthal coached Jenny Lake to a record-breaking 3,000-meter performance at the SEC Indoor Championship in 2006. Lake, who ran 9:41, broke the school indoor record she set in 2003 with a fourth-place finish. Rosenthal also coached the DMR team to a second-place finish at the SEC Championships.

In 2002, South Carolina's women finished fourth at the NCAA Indoor Championships and won the SEC and NCAA Outdoor Championships, giving the Gamecocks their first national team title in any sport. Additionally, Rosenthal oversaw the men's sprint medley relay team that was ranked No. 1 in the USA and NCAA that year, while his 2006 women's squad accomplished the same feat with a No. 1 ranking in the sprint medley relay.

Prior to joining the South Carolina staff, Rosenthal was the head men's and women's cross country and track and field coach at UNC Asheville. During his seven-year tenure, the women won four Big South Conference Cross Country Championships. In the three years the women did not win, UNC Asheville finished as runner-up. The men's cross country team was Big South Conference runner-up in three of his last four years.

Rosenthal's runners have achieved success from the conference level to the world championship level. Two of his freshmen runners earned spots on the USA Junior Team and competed in the IAAF World Cross Country Championships, where they placed 40th and 43rd, respectively. Five other runners competed in the USA Olympic trials. Many of his runners have qualified for the NCAA Track and Field Championships. During his seven years as a high school coach in Virginia, two runners qualified for the Foot Locker/Kinney National Cross Country Championships.

Rosenthal has served on several USA international coaching staffs. He coached on

three USA staffs for the IAAF World Cross Country Championships and was a coach at the USA Olympic Festival. In 2001, he was appointed to the NCAA Track and Field Committee. As a member of the Executive Committee for the Women's Cross Country Coaches Association, Rosenthal acted as the Southeast Region representative. He earned USA Track and Field Level I and II certifications for the endurance events.

Academic success is very important to Rosenthal. Jenny Lake was named 2005 USC Scholar Athlete of the Year, a McWhorter Scholar and the recipient of an NCAA Post-Graduate Scholarship. The first-team academic All-American graduated with a 4.0 GPA in mathematics and with honors from South Carolina's Honors College.

Seven other athletes were selected as Conference Scholar-Athletes of the Year during his coaching career. Many have later earned graduate level degrees, including three who are currently in medical school and three others who are in PT School.

In addition to his coaching stint at UNC-Asheville, Rosenthal coached at Long Beach State, Georgia, South Alabama and was a graduate assistant coach at Tennessee. He also coached at Albemarle High School in Charlottesville, Va., and Spotsylvania, Va., where he started his coaching career in 1976. Coach Rosenthal earned his master's degree in education from Tennessee in 1983. His undergraduate degree came from Indiana University of Pennsylvania in 1975, where he majored in history and elementary education. While at IUP, he was a four-year varsity letter winner. In 1973 he competed in the six-mile run at Nationals. He was a member of two national qualifying cross country teams for IUP in 1970 and 1972.

STAN ROSENTHAL FILE

Born: Feb. 21, 1952, Philadelphia, Pa.

High School Education: Pennsbury High School, Levittown, Pa.

College Education: Bachelor of arts, history and elementary education, Indiana University of Pennsylvania, 1975

Master of Education, Tennessee, 1983

High School Athletics: Lettered in track and cross country for two years

College Track: Four-year letterwinner, competed in six-mile race at NAIA in 1973, two-time qualifying cross country team in 1970 and 1972

Coaching Career:

2001-Present, Assistant Coach/Cross Country Coach, South Carolina
1993-00, Head Coach, UNC Asheville

1990-91, Assistant Coach/Cross Country Coach, Long Beach State

1988-89, Assistant Coach/Cross Country Coach, Georgia

1984-87, Head Coach, South Alabama

1982-83, Graduate Assistant, Tennessee

Wife: Gayle





Gamecock Cross Country Administration and Staff



Dr. Harris Pastides
South Carolina President



Charles Waddell
Associate Athletics Director



Ray Tanner
South Carolina Athletics Director



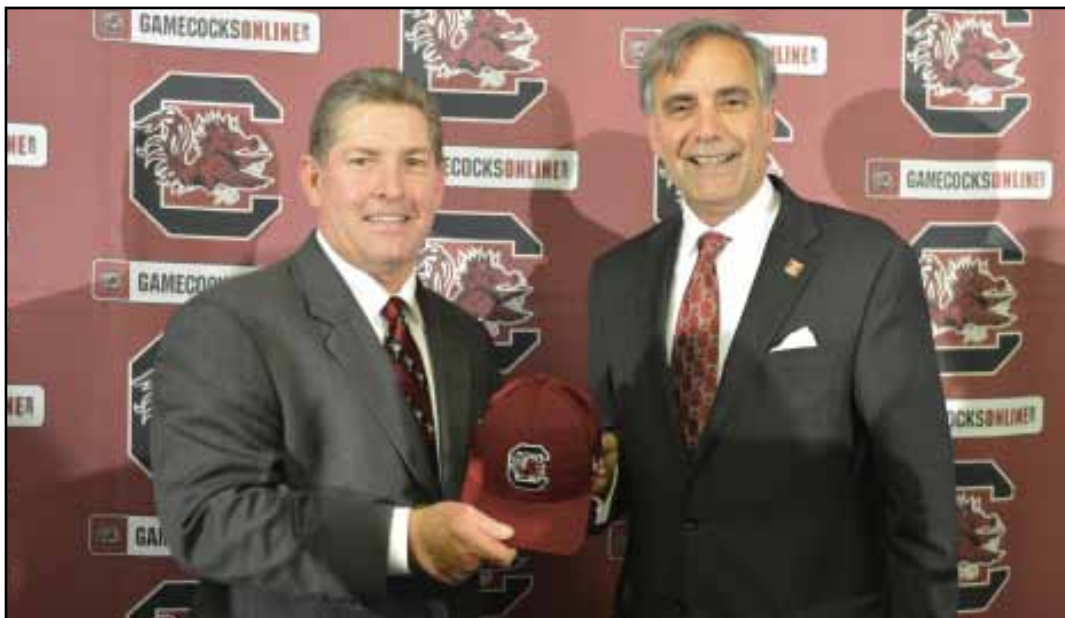
Maulies Pettaway, Jr.
Academic Counselor



Justin Holt
Media Relations Contact



Scott Gardner
Cross Country and Track and Field
Athletics Trainer



South Carolina President Dr. Harris Pastides (right) introduced Ray Tanner as South Carolina's new athletics director on July 13, 2012.



The University of South Carolina is home to more than 200 years of history and tradition, rising from a single building in 1805 on what would become the heart of the campus, the Horseshoe.

Today, the 11 buildings that make up the Horseshoe frame a lush lawn that is an irresistible gathering place for students, faculty, staff and alumni and the scene of many important university events.

And while the Horseshoe will always be the symbol of Carolina's proud tradition, the University's presence and reach stretch across the Palmetto State, with baccalaureate universities in Aiken, Spartanburg (Upstate) and the sea islands (Beaufort and the gateway to Hilton Head), and two-year regional campuses in Allendale and Walterboro (Salkehatchie), Sumter, Lancaster and Union. Together, they are building economic prosperity; fulfilling the University's mission of teaching, research and service to the state, and preparing future leaders in business, law, education, the arts, tourism, communications, medicine and the health sciences.

- ◆ The University of South Carolina's Columbia campus has 319 degree programs through its 14 degree-granting colleges and schools.
- ◆ Students at the University of South Carolina have earned 538 national fellowships and scholarships valued at \$15.3 million since 1994.
- ◆ University of South Carolina faculty generated \$218.8 million in funding for outreach, research, and training programs in fiscal year 2010.
- ◆ Six professors at the University of South Carolina have been named 2011 fellows in the American Association for the Advancement of Science (AAAS), the world's largest general scientific society.
- ◆ The Arnold School of Public Health is meeting the professional development needs of the state's vital public health workforce through the new S.C. Public Health Training Center.
- ◆ The Ernest F. Hollings Special Collections Library, which was dedicated in July 2010, has earned LEED Gold certification. The building houses the S.C. Political Collections, the Irvin Department of Rare Books and Special Collections and Digital Collections and features exhibition areas and meeting spaces for classes and special events.
- ◆ The University continues to expand west toward the Congaree River. When completed in 2013, the Darla Moore School of Business building will become the front door of Innovista, the University's research district, and be a hub for creativity, research, and entrepreneurial activity.

◆ In 2010-11 academic year, six USC law students held key positions with the American Bar Association Law Student Division, the largest USC representation in ABA history.

◆ The William P. and Lou W. Kennedy Pharmacy Innovation Center, established with a \$30 million gift from alumni William and Lou Kennedy, is bringing together the nation's top minds in entrepreneurship, health sciences, communications and other disciplines with leading pharmacy practice faculty to foster research and prepare students to be regional and national leaders in the profession.

◆ Three colleges and the School of Law have new deans. They are Rob Wilcox, law; Dr. Lemuel Watson, education; Dr. Anna Scheyett, social work, and Dr. Steven Lynn, South Carolina Honors College.

◆ Dr. Michelle Martin, a specialist in children's literature and African American children's literature and community literacy programs, has joined the faculty as the first holder of the Augusta Baker Chair in Childhood Literacy in the College of Mass Communications and Information Studies.

◆ A newly renovated Patterson Hall reopened its doors to 544 female freshmen last fall. Patterson features suite-style accommodations, a cyber lounge, smart classrooms, a green roof terrace and was built to LEED silver standards.

◆ The Ronald E. McNair Center for Aerospace Innovation and Research (McNAIR) has been established with a \$5 million gift from alumna and financier Darla Moore. The center's activities will focus on three distinct areas: basic research and development of novel materials and devices; applied research in support of advanced manufacturing tools and processes; and the development of a business and economic model that will build and support South Carolina's growing aerospace cluster through education, research and development.





Top 20 Program

The South Carolina cross country program has proven that academics are also an important part of its student-athlete's career. The Gamecocks have been a consistent top 20 academic program and were the 2008 Academic National Champion out of 333 Division I teams with a cumulative team GPA of 3.767. The Gamecocks have received All-Academic Team honors for 11 consecutive seasons.

To be honored as an All-Academic Team, teams were required to compete and compile a team score in an NCAA Regional Meet and have at least a cumulative GPA of 3.0.

RECENT GAMECOCK ACADEMIC TEAM RANKINGS

- 2010 - No. 13
- 2009 - No. 11
- 2008 - No. 1
- 2007 - No. 6
- 2006 - No. 14
- 2005 - No. 18

“The Dodie”

When University of South Carolina coaches and student-athletes talk about “the Dodie,” the \$13 million state-of-the-art facility that opened in the spring of 2010, it is constantly referred to as, “the heart of the athletics department and the place where the ebb and flow of student-athletes’ days are centered.”

“The Dodie” is named for Dolores F. Anderson of Greer, S.C., whose philanthropic gift helped fund the center for University of South Carolina student-athletes. Anderson is the widow of Robert Anderson, the former president and chairman of Anderson Hardwood Floors, the largest privately-owned hardwood floor manufacturer in the United States. A 1981 graduate of USC Upstate with a degree in interdisciplinary studies, Dodie Anderson is co-owner of Anderson Hardwood Floors and a longtime supporter of USC Upstate’s athletic programs.

The three-story, 40,000-square-foot center is located across Heyward Street from Stone Stadium, the Gamecocks’ soccer facility, in the 41-acre footprint known as “the Roost.” It is the focal point of and the first piece in the re-developed area that eventually will include a coaches’ support building, a new tennis complex, a basketball practice facility, a parking garage and updated soccer practice fields, softball stadium and outdoor track facilities.

Student-athletes are in and out of “the Dodie” throughout the day as they use computers and study areas, receive tutoring, counseling and advising and even eat their meals.

“The Dodie” Features:

- ❖ Full-service cafeteria
- ❖ Dietitian’s office
- ❖ Audio/visual multi-purpose room
- ❖ 20 tutoring rooms (accommodates 2-4)
- ❖ 15 seminar rooms (accommodates 6-8)
- ❖ Math and English labs
- ❖ Special needs learning lab
- ❖ One large quiet study room
- ❖ One small quiet study room
- ❖ One computer lab containing 58 computers
- ❖ Two computer labs containing 16 computers
- ❖ Student-athlete lounge
- ❖ Academic support staff offices
- ❖ Wireless capabilities throughout the facility
- ❖ Academic Hall of Fame



Academic Programs

MISSION STATEMENT

The University’s mission is threefold: the education of the state’s diverse citizens through teaching, research and creative activity, and service.

ARTS AND SCIENCES

- African American Studies
- Anthropology
- Applied Statistics
- Art Education
- Art History
- Art Studio
- Biological Sciences
- Cardiovascular Technology
- Chemistry
- Classics
- Comparative Literature
- Creative Writing
- Criminology and Criminal Justice
- Dance
- Earth and Environmental Resources Management
- Economics
- English
- Environmental Science
- European Studies
- Film and Media Studies
- Foreign Languages
- French
- Geography
- Geological Sciences
- Geophysics
- German
- History
- Interdisciplinary Studies
- International Studies
- Latin American Studies
- Linguistics
- Media Arts
- Marine Science
- Mathematics
- Philosophy
- Physics
- Political Science
- Professional Science
- Psychology
- Psychology, Clinical-Community

- Psychology, Experimental
- Psychology, School
- Public Administration
- Public History
- Religious Studies
- Russian
- Sociology
- Spanish
- Statistics
- Theatre
- Women’s and Gender Studies

BUSINESS

- Accounting
- Business Administration
- Business Economics
- Economics
- Finance
- Human Resources
- Insurance and Risk Management
- International Business
- Management
- Management Science
- Marketing
- Real Estate

EDUCATION

- Athletic Training
- Counselor Education
- Curriculum and Instruction
- Early Childhood Education
- Education Administration
- Educational Psychology and Research
- Educational Research
- Educational Technology
- Elementary Education
- Foundations of Education
- Higher Education Business Administration
- Higher Education and Student Affairs
- Language and Literacy
- Middle Level Education



ACADEMICS

Physical Education
Sciences
Secondary Education
Special Education
Social Studies
Teaching
Teaching and Learning

ENGINEERING AND COMPUTING

Biomedical Engineering
Chemical Engineering
Civil Engineering
Computer Engineering
Computer Information Systems
Computer Science
Computer Science and Engineering
Electrical Engineering
Engineering Science
Mechanical Engineering
Nuclear Engineering
Software Engineering

HOSPITALITY, RETAIL, AND SPORT MANAGEMENT

Hospitality Management
Interdisciplinary Studies
International Hospitality and Tourism Management
Retailing
Sport and Entertainment Management
Integrated Information Technology
Tourism Management

LAW

Law

MASS COMMUNICATIONS AND INFORMATION STUDIES

Journalism and Mass Communications
Advertising
Broadcast Journalism
Information Science
Journalism
Library and Information Science
Mass Communications
Public Relations
Visual Communications

MEDICINE

Biomedical Sciences
Genetic Counseling
Medicine
Nurse Anesthesia
Rehabilitation Counseling

MUSIC

Conducting
Jazz Studies
Music
Music Composition
Music Education
Music History
Music Performance
Music Theory
Opera Theatre
Piano Pedagogy

NURSING

Clinical Nursing
Community Mental Health and Psychiatric Nursing
Health Nursing

Nursing
Nursing Administration
Nursing Practice
Nursing Science

PHARMACY

Pharmaceutical Sciences
Pharmacy

PUBLIC HEALTH

Biostatistics
Communication Sciences and Disorders
Environmental Health Sciences
Epidemiology
Exercise Science
General Public Health
Health Promotion, Education, and Behavior
Health Services Policy and Management
Physical Activity and Public Health
Physical Therapy
Public Health
Speech-Language Pathology
Speech Pathology

SOCIAL WORK

Social Work

SOUTH CAROLINA HONORS COLLEGE

Baccalaureus Artium et Scientiae

University Facts and Figures

Administration: Board of Trustees
Campuses: 8

Enrollment: More than 44,557 (all campuses, fall 2010)

Faculty: 2,010 (full-time, all campuses, fall 2010)

Degrees Awarded: 8,707 (all campuses, 2009-2010 fiscal year)

Alumni: More than 257,000 living alumni (all campuses)

Columbia campus:

Location: Columbia, S.C.

Organization: 14 degree-granting colleges and schools

Degree Programs: 319

Enrollment: 30,721 (Columbia campus)

Faculty: Approximately 1,465 (full-time, Columbia)

Degrees Awarded: 6,590 (Columbia, 2009-2010 fiscal year)

Alumni: More than 209,000 living alumni (Columbia)

S.C. Resident Undergraduate Tuition: \$10,168 (fall 2011)

Nonresident Undergraduate Tuition: \$26,352 (fall 2011)

Endowment: \$414 million (June 30, 2010)

Research Support: \$218.8 million (June 30, 2010)

Athletic Nickname: Gamecocks

School Colors: Garnet and black

