

GAMECOCK CROSS COUNTRY

SOUTH CAROLINA

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QUICK FACTS

Location	Columbia, S.C.
Founded	1801
Enrollment	25,077
Colors	Garnet & Black
Nickname	Gamecocks
President	Dr. Harris Pastides
Athletics Director	Eric Hyman
Faculty Athletics Rep	Bill Bearden
Head Coach	Stan Rosenthal (9th Year)
2008 Results	
SEC Meet	10th (262 points)
NCAA East Region ...	23rd (605 points)

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CROSS COUNTRY

Cross Country Posts Nation's Top GPA

Team GPA of 3.767 earns All-Academic Team honors from USTFCCCA

March 9, 2009

COLUMBIA, S.C. - The South Carolina cross country team has earned USTFCCCA All-Academic Team honors after posting the top team GPA in the nation with a 3.767 earned in the fall semester.

Head cross country coach Stan Rosenthal's team has consistently excelled in the classroom and has earned the All-Academic Team honor each of the past three seasons. Out of the 394 Division I institutions that sponsor cross country, Rosenthal's teams were No. 14 in 2006 and No. 6 in 2007 before earning the top GPA for the Fall 2008 season.

"I am very happy that we are number one in the country," Rosenthal said. "The team really is focused on their academics. They have also been bringing that same attitude to their training. Almost everyone racing has reached a lifetime best in either cross country or indoor track this year. This will be a hard act to follow for next year. It shows the caliber of student-athletes these women are."

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. Nine Southeastern Conference teams received All-Academic Team honors, with South Carolina posting the highest team GPA. Twenty-two cross country members also earned academic honors from the University as 11 were named to the President's List (4.0 GPA), eight were named to the Dean's List (3.50 GPA upperclassmen, 3.25 GPA freshman) and an additional three were named to the Athletic Director's Honor Roll (3.00 GPA).

"I want to congratulate our team and Stan for an outstanding job," South Carolina track and field head coach Curtis Frye said. "I also need to thank (Academic Advisor) Renia Edwards for all that she does and making sure our kids get all the things necessary to help them achieve this great goal. We want to be number one in the country in all areas. We thank our kids for taking pride in what they're doing and putting forth their best effort. They also progressed in cross country this year and improved, and we're going to continue to improve in cross country. Stan has done an outstanding job, and we look forward to another great year."

President's List honors were awarded to Julie Baldwin, Danielle Barnes, Ashley Evens, Erin Fedewa, Sara Hartley, Elizabeth Heath, Chelsea Leroux, Tara Lindeman, Layna Roycraft, Amanda Smith, Tara Tae and Shannon Walls. The eight members on the Dean's List were Kelsey Bristol, Vanessa Hartmann, Lisa McKinney, Laura Pramstaller, Laura Regensburg, Megan Robers, Alyse Shaver and Katie Walls. Making the AD Honor Roll was Amanda Barrett, Beatrice Bliwott and Cassidy Brewer.

Forty-nine University of South Carolina student-athletes were named to the President's List - 11 coming from the cross country team - which honors students with a perfect 4.0 GPA, and 124 student-athletes were named to the Dean's List.

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Women's Cross Country Home



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CREDITS

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Roster/Schedule

2009 Roster

Name	Year	Hometown	High School
Danielle Barnes	Grad-Senior	Newquey, Eng	U. of Loughborough
Amanda Barrett	R-Junior	New Orleans, La.	Sacred Heart Academy
Laura Beggs	Freshman	Frankfort, Ill.	Lincoln Way East
Beatrice Biwott	Sophomore	Iten, Kenya	Nietkei
Emma Borowicz	Freshman	Greenville, S.C.	JL Mann
Katarina Cap	Senior	Hilton Head, S.C.	Hilton Head
Ashley Evens	Junior	Maumee, Ohio	Wayne
Erin Fedewa	Sophomore	Dewitt, Mich.	St. Johns (HS)
Patrice Frierson	Freshman	Dalzell, S.C.	Lee Central
Ashby Gaines	Freshman	Nokesville, Va.	Brentsville
Sara Hartley	R-Freshman	Naperville, Ill.	Neuqua Valley
Jessica Hartman	Freshman	Centreville, Va.	Westfield
Sierra Henderson	Freshman	Columbia, S.C.	Ridge View
Kelsey Hill	Freshman	Severna Park, Md.	Severna Park
Chelsea Leroux	Junior	West Barnstable, Mass.	Barnstable
Tara Lindeman	R-Freshman	Hendersonville, N.C.	Hendersonville
Lisa McKinney	Senior	Downingtown, Pa.	West
Liz Meier	Freshman	Des Plaines, Ill.	Maine West
Laura Pramstaller	Junior	Centreville, Va.	Westfield
Ellyn Quigg	Freshman	Ellicott City, Md.	Mt. Hebron
Nicole Rheinlander	Sophomore	Rochester Hills, Mich.	Adams
Megan Rother	Freshman	Langhorne, Pa.	Villa Joseph Marie
Amanda Smith	Sophomore	Auburn, Ala.	Auburn (HS)
Tatum Tyler	Freshman	Roanoke, Va.	Cave Spring
Shannon Walls	Sophomore	Loveland, Ohio	Loveland
Caitlin Williams	Freshman	Goose Creek, S.C.	Stratford

Head Coach: Stan Rosenthal

Managers: Grace Wetzel and Sarah Mahoney

2009 Schedule

Date	Event (Site)	Distance	Time
Fri., Sept. 4	Gamecock Invitational (Columbia, S.C.)	5K	7 p.m.
Sat., Sept. 19	at Asics/Winthrop Invitational (Rock Hill, S.C.)	5K	10 a.m.
Sat., Sept. 26	at Mississippi Invitational (Oxford, Miss.)	5K	9 a.m.
Fri., Oct. 2	at Charlotte Invitational (Charlotte, N.C.) at McAlpine Park	5K	4 p.m.
Sat., Oct. 10	at Disney World Invitational (Orlando, Fla.)	5K	9 a.m.
Fri., Oct. 17	at Princeton Invitational (Princeton, N.J.)	6K	9 a.m.
Sat., Oct. 31	at SEC Championship (Starkville, Miss.)	6K	9 a.m.
Sat., Nov. 14	at NCAA Southeast Regional (Louisville, Ky.)	6K	9 a.m.
Mon., Nov. 23	at NCAA Championship (Terre Haute, Ind.)	6K	11 a.m.

Cross Country Prepares for Successful Season

The South Carolina Gamecock harriers have plans to continue their improvement from last year when the 2008-09 cross country and track seasons saw a one place move up the SEC standings in the fall in addition to many personal bests set during the track season. The 2009 edition of the cross country team will be a mix of veterans and rookies. Many of the top seven return, and with the addition of several talented freshman, Coach Stan Rosenthal has great confidence about the team's chances during the fall.

The regular season schedule has a good mix of competitions. The season opens on Labor Day weekend with the annual Gamecock Invitational that takes place at Fort Jackson. There are also two local meets on the schedule, one at Winthrop and the other at McAlpine Park in Charlotte, home of the Foot Locker South Region race. The schedule also includes two flying races where the Gamecocks will compete at Princeton and at the SEC Preview in Mississippi. There is also the annual trip to the Disney World Invitational for fun and for serious racing. The SEC Championship will be held at Mississippi on Oct. 31.

Leading the way for the Gamecocks are sophomore Beatrice Biwott and senior Dani Barnes. Biwott was an NCAA qualifier in the 3,000 steeplechase last year as a freshman during the outdoor track season. She also set a new USC record and placed fourth at the SEC Championships in the event. In cross country last year, Biwott was named to the SEC All-Freshman team. Barnes also was an NCAA qualifier during the track season. Her 4:47 mile earned her

5th place the SEC Indoor Championships. Both runners are capable of racing 5K in the mid to low 17's this season.

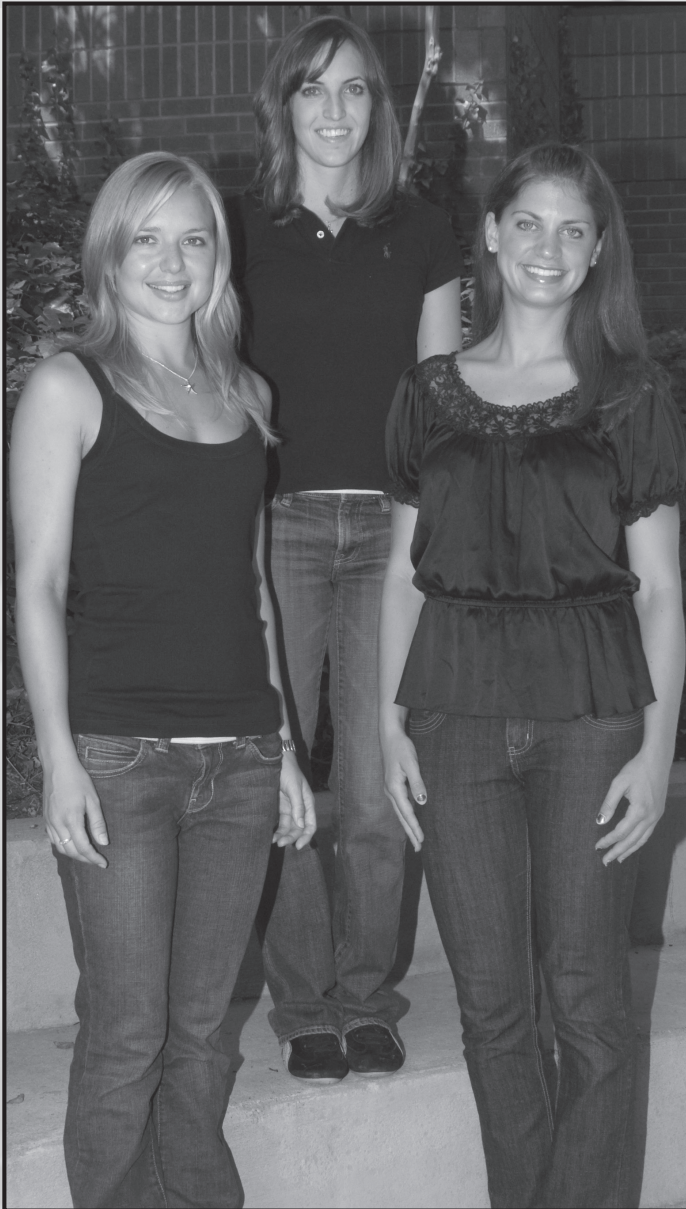
Returners from last year who can have a major impact on the team are Ashley Evens, Erin Fedewa, Sara Hartley, Laura Pramstaller, Nicole Rheinlander and Shannon Walls. Evens, a 2009 team captain, was a constant competitor in the top five. She has PR's of 18:48 (5K) and 5:06 (mile). Fedewa was also a regular in the top five last year. She ran in the 18:50's for 5K and was also on the Distance Medley Relay team that scored at SEC Indoor Championships. Hartley, a redshirt in 2008, was a great cross country runner in high school with a PR at 18:30 for the 5K. Pramstaller improved her mile time 20 seconds last year to 5:08 and could be a top runner if she makes the transition to 5K. Rheinlander was in the top seven several times last year and PR'ed during track season, running 19:00. Walls opened last year with a PR, 18:58, before being slowed by a serious illness. If healthy, she will have a good impact on the team.

The 2009 freshman class is led by two of the top South Carolina high school runners in 2008-09, Sierra Henderson and Emma Borowicz. Henderson is the state meet record holder in the 800. She won three state championships in the 800 and also finished fifth at the state cross country championships. Borowicz earned ten all state honors in cross country and track during her four years at JL Mann High School. She earned two top ten finishes in cross country and had six all-state placings in the 1600 and 3200 races.



2009 Gamecock Cross Country Team: (front row, l to r) Sierra Henderson, Manager Sarah Mahoney, Beatrice Biwott, Dani Barnes, Ellyn Quigg, Tatum Tyler, Chelsea Leroux, Laura Beggs; **(middle row, l to r)** Sarah Hartley, Caitlin Williams, Liz Meier, Jessica Hartman, Nicole Rheinlander, Lisa McKinney, Amanda Smith, Amanda Barrett; **(back row, l to r)** Head Coach Stan Rosenthal, Tara Lindeman, Erin Fedewa, Shannon Walls, Patrice Frierson, Ashley Evens, Laura Pramstaller, Ashby Gaines

Runner Bios



South Carolina's Tri-Captains:

Dani Barnes, Lisa McKinney, Ashley Evens



Danielle Barnes Senior • Newquay, England Criminal Justice

Danielle, a senior transfer from the University of Loughborough, will enter her second year as a Gamecock as a tri-captain after a strong junior season in cross country and track and field. One of the top middle distance runners in the world, she placed fourth at the World Junior Championships in 2004. Danielle enjoys running along the coast paths in her hometown of Newquay where she can see the beautiful sea for miles. Barring a reoccurrence of a foot injury that has bothered her for much of her Loughborough years, Coach Rosenthal has high hopes that Danielle will be able to approach and surpass her times as a junior athlete.

Danielle's top three hobbies are running, watching movies and being with her dog. Danielle was born to Alan and Yvonne Barnes.



Amanda Barrett R-Junior • New Orleans, La. Exercise Science

Amanda enters her fourth year on the cross country team ready to make an impact. Amanda redshirted her freshman year and was able to race as a redshirt freshman. This season she hopes to be able to compete as she has been consistent with her summer training.

Amanda brings impressive experience to the team. In high school, she was a six-time letterwinner in cross country and a three-time letterwinner in track. She was a two-time district champion and was named all-state in 2002. Amanda's senior season of track and cross country was disrupted by Hurricane Katrina. An all-around athlete, she also lettered in basketball, golf and soccer to become the first athlete at her school to letter in five sports in one year. She was also a member of the French Club, Spanish Club, Diversity and PLAID (Pioneers Leading All Into Diversity).

Amanda enjoys running in uptown New Orleans and being able to look at the beautiful houses. She was born to Wayne and Eve Barrett.



Laura Beggs Freshman • Frankfort, Ill. Electronic Journalism McKissick Scholar / Honors College

Laura joins the cross country team as a freshman. She is a four-time all-conference selection at Lincoln-Way High, twice earned all-region honors and was a cross country state qualifier. She also qualified for Illinois State Finals in the 3,200m run in track.

Laura chose to South Carolina over a slew of schools in the Midwest including Indiana, Saint Louis, Southern Illinois and Marquette. She was an Illinois State All-Academic Team nominee.



Beatrice Biwott Sophomore • Iten, Kenya Nursing

Beatrice enters her second season as a Gamecock following a strong freshman year that saw her earn SEC Cross Country Freshman of the Week honors in just the second week of the season. Her accolades didn't stop at the end of cross country season as she went on to set the South Carolina steeplechase record and place fourth at the SEC Outdoor Championships at 10:48.77 to become the first scorer in the event in program history. She participated at the NCAA East Region meet.

Beatrice's top three hobbies include running, travelling and watching soccer. She is also a talented singer. In 2006, she earned the award of the best opposer in Debate Club.



Emma Borowicz
Freshman • Greenville, S.C.
International Business

Emma joins the cross country team as a freshman after finishing a three-sport career at JL Mann High School. She earned multiple all-region, all-county and all-state honors in track and cross country while also competing in swimming. She had two top 10 placing at the state cross country meet and hopes to contribute immediately at South Carolina.

A LIFE Scholarship recipient, Emma hopes to gain acceptance to the top-ranked International Business program at South Carolina with a focus on marketing. She will study Spanish as well. Her parents are Eric and Jackie Borowicz.



Katarina Cap
Senior • Hilton Head, S.C.
Pharmacy
Life Scholar

Katarina returns to the cross country team after competing in key meets for the Gamecocks over the past three seasons.

In high school, Katarina lettered in cross country (2001-05) and track (2002-06). She was also a state qualifier in both.

As a sophomore, she spent her summer interning at CVS pharmacy and visiting her sister in Hong Kong. Her sister, Birgitta, was a member of the cross country and track teams from 2002 to 2004.

Katarina was born to Ludovit and Helma Cap. She loves being a part of the cross country team because she is able to form life-long friendships with her teammates.



Ashley Evens
Junior • Maumee, Ohio
Biology
Cooper Scholar/Honors College

A key asset for the Gamecocks since stepping onto campus two years ago, Ashley returns as a top runner and tri-captain for the second year. She led the Gamecocks at the SEC Championship her freshman year and was again at the top of the pack as a sophomore. Ashley has competed in every meet since joining the team and finished third on the team at both championship meets. She has a 5K PR of 18:40.

Ashley's high school experience helped prepare her for her successful freshman year. She was a team captain on her cross country and track teams as a junior and senior, earning first-team all-league honors (2004-06). A three-time state qualifier in cross country, she was an all-state athlete in 2004 and two-time state qualifier in track. She was also a member of the basketball and soccer teams for three years. She was a member of the National Honor Society and served as class treasurer (2003-06).

Ashley enjoys shopping and going to the pool. Her best non-athletic talent is modeling. She was born to Richard and Peggy Evens.



Erin Fedewa
Sophomore • Dewitt, Mich.
Marine Science
Capstone Scholar/McKissick Scholar

When Erin joined the cross country team, she wanted to be a competitive member and contribute, and that is what she did after running in all seven meets as a member top five runner. During the track season, she scored as a member of the DMR at the SEC Indoor Championships.

In high school, Erin earned all-state in track from her sophomore to senior year, running a PR of 2:15 in the 800. Erin was all-state in cross country as a junior (18:58). She was four-time academic all-state and four-time all-area. Erin was also the Wendy's Heisman State winner. She was a member of the conference champion track team in 2008 and a member of the state qualifying equestrian team. She also served as president for the National Honor Society and graduated in the top 10 of her class.

Erin is a Michigan High School Scholar Athlete and was the Outstanding Athlete for St. Johns High School. When she is not running, she enjoys horseback riding, traveling and snorkeling. Her parents are Tom Fedewa and Kris Ranger.



Patrice Frierson
Freshman • Dalzell, S.C.
Accounting
Valedictorian Scholar

Patrice joins the cross country team as a freshman following a successful high school career at Lee Central. In high school, she set school records in the 800m, 1600m and 3200m and was a four-time all-conference selection in each. She was a two-time state qualifier in the 1600m and was crowned upper state champion in the 800m in 2009. Patrice was also her school's Wendy's High School Heisman selection and earned the South Carolina High School League Scholar-Athlete Award.

Patrice was named Impact Player of the Year at her school as a freshman and named team MVP all four years. She also enjoys playing volleyball. Her parents are William and Patricia Frierson.



Ashby Gaines
Freshman • Nokesville, Va.
International Relations

Ashby joins the cross country team as a freshman. She was a three-sport athlete in high school and enjoys swimming in addition to cross country. In high school, she was named a Waters Scholar - a high school cross country scholarship. She is also a National English Merit Scholar.

Ashby hopes to gain acceptance to the top-ranked International Business program at South Carolina with a focus on the Russian language. Her parents are Bruce and Amanda Gaines.

Runner Bios



Sara Hartley
R-Freshman • Naperville, Ill.
Print Journalism
Honors College / Cooper Scholar

After redshirting in 2008, Sara is ready to put her valuable high school experience to work and contribute positively as a Gamecock. At Neuqua Valley High School, Sara was voted team captain by her teammates in both cross country and track. She helped her team to a memorable state experience. She placed 18th at the IHSA Cross Country 2007 state meet running a PR of 17:38 for three miles. She was all-state in the 800m (2:14) as a junior and competed at state in the 4x800m relay all four years. She was three-time MVP and received the Outstanding Senior Award for cross country. Sara earned academic all-conference honors all four years and was an Illinois State Scholar.

Sara enjoys running, traveling and baking. Her sister, Emily, is a former member of the Gamecock cross country team. Her parents are David and Joann Hartley.



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

Jessie joins the cross country team as a freshman. In high school, she was a four-year letterwinner in cross country and track, earning all-state honors as a member of the 4x800m relay team. She has also amassed all-region and all-district honors in addition to getting the chance to run at the Penn Relays as a sophomore and junior.

Jessie enjoys swimming and spent time as a lifeguard. Her parents are Charles and Patricia Hartman.



Sierra Henderson
Freshman • Columbia, S.C.
Experimental Psychology

Sierra joins the cross country team as a freshman following a strong high school career at local Ridge View High School. She became the first female three-time South Carolina state champion in the 800m and has also competed at the Nike Outdoor Nationals. She also was named all-state in the 4x800m relay.

She is the state meet record holder in the 800m run and also finished fifth at the cross country championships. Coach Rosenthal has high hopes that she can contribute immediately and become a top seven runner.

Sierra has top times of 18:43 in the 5K and 2:13 in the 800m. She was named a WLTX Student of the Week and was her school's Wendy's High School Heisman selection. Her parents are Jesse Frye and Sharon Johnson-Frye.



Kelsey Hill
Freshman • Severna Park, Md.
Sport & Entertainment Mgmt

Kelsey joins the cross country team as a freshman. 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.



Chelsea Leroux
Junior • West Barnstable, Mass.
Exercise Science

Chelsea is entering her third year on the cross country team. After adding depth to the team the past two years, Chelsea looks to improve and contribute this season.

She was an avid track runner before joining the cross country team during her senior year. She received the Sportsmanship Award twice and also played soccer and basketball for Barnstable High School. She placed first in the indoor meet and Weems Baskin outdoor meet in the mile her freshman year. She holds her high school's record in the mile for indoor track. She also served as her senior class treasurer.

Chelsea loves to go out on boats and exercise. She was born to Michelle and Scott Leroux.



Tara Lindeman
R-Freshman • Hendersonville, N.C.
Pre-Pharmacy
Cooper Scholar

Tara enters her second year on the team after redshirting in 2008. During her time at Hendersonville High School, she served as co-captain of the indoor and outdoor track teams. She was all-state two times in the 4x800m relay and claimed two state 800 meter championships. She won in 2008 with a dive across the finish line, taking five seconds off her PR to finish in 2:15. Tara also finished fourth in the 4x800m at the state meet. She was All-Western North Carolina in track, academic all-conference and academic conference female most valuable player. She was all-conference in track and volleyball. Tara also served as the co-captain for the three-time state championship volleyball team. Given her competitive nature, Coach Rosenthal has high expectations for Tara.

Tara was awarded the Jim Pardue (highest GPA for a senior athlete) and Jim Hunt (three sports in three years) Awards. She was also a U.S. Army National Scholar-Athlete and a member of the National Honor Society. She graduated Salutatorian.

She was born to Jerry and Darla Lindeman. She also has a sister, Kaleigh, who attends South Carolina.



Lisa McKinney
Senior • Downingtown, Pa.
Biology
Cooper Scholar/Honors College

Lisa enters her final year as one of the top runners and tri-captain for the cross country team. Throughout her career, she was in the top seven on the team and was the Rookie of the Year in 2006. She went on to set the school record in the steeplechase during the 2007 track season with a time of 11:43. She lowered her 5K PR to 18:53 in 2008.

Her high school experience helped prepare her to be a successful collegiate athlete. She lettered in both cross country and track (2002-06). She was all-conference each season, as well as a state and district qualifier. She received several awards, including Rookie of the Year and the Coach's Award. She also served as captain of both squads during the 2005-06 academic year.

Lisa has competed in triathlons and had an internship working in a lab for a pharmaceutical company. She was born to Chris and Debbie McKinney.



Liz Meier
Freshman • Des Plaines, Ill.
Chemical Engineering
Cooper Scholar/Honors College

Elizabeth joins the cross country team as a freshman. After a successful high school career, she hopes to contribute in her first season. She is a four-time all-conference selection in both cross country and track at Maine West High School. A three-year captain on the cross country team, she was named to her school's Athletic Hall of Fame, an honor that she cites as one of the most important to her.

Elizabeth is a dedicated student and earned the Rothberg Chemical Engineering Scholarship in addition to being a member of the South Carolina Honors college. Her parents are Bruce and Carol Meier.



Laura Pramstaller
Junior • Centreville, Va.
Insurance and Risk Management

Laura returns to the Gamecocks ready to compete as a junior after missing the 2008 cross country season. She had a competitive freshman year in 2007, finishing among the Gamecocks' top 10. She improved greatly during the track season, getting a 15 second PR in the mile to 5:08 and a 2:16 PR in the 800m.

In high school, Laura lettered in cross country (2005-07) and track (2003-07), as well as soccer and field hockey. She graduated magna cum laude and received the Fairfield University Book Award. She also earned the Westfield Athletic Booster Club Scholarship.

When Laura isn't running, she enjoys laying on the beach and shopping. She is competitive, outgoing and motivated. She was born to Michael and Anne Pramstaller.



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

Ellyn joins the cross country team as a freshman. She was a two-time letter winner in cross country and track and field where she ran the 800m.

Ellyn is a National Merit Commended Student. She enjoys running. Her parents are Jim and Mary Quigg.



Nicole Rheinlander
Sophomore • Rochester Hills, Mich.
International Business & Finance
McNair Scholar/Honors College

Nicole enters her second season on the Gamecock cross country team after being a consistent top seven runner last year as a freshman. During the track season, she PR'ed in the 5K at 19:00.

She was an eight-letter varsity athlete, competing in swimming (2004-05), cross country (2006-07) and track (2004-07). Nicole was a member of the league and regional championship teams in 2006 and 2007. She was also a two-time state qualifier and was on the cross country state championship team in 2006. She placed seventh individually for Cross Country Academic All-State in 2007 and was a three-time state qualifier on the 4x800m relay team. She was awarded the Cross Country Coach's Award her senior year and was a DECA State Qualifier.

Nicole was a scholar-athlete and a member of the National Honor Society and the National German Honor Society. She was named scholar-athlete of the year and received the Michigan Honor Girl Award. She also graduated Valedictorian.

Nicole is a world traveler, having traveled throughout North America, Europe and Thailand. She also participated in a month-long student exchange program in Bad Neustadt, Germany. She is the daughter of Fred and Lois Rheinlander.



Megan Rother
Freshman • Langhorne, Pa.
Biology
Woodrow Scholar

Megan joins the cross country team as a freshman. In high school, Megan was a six-time state qualifier. She was a Junior Olympic silver medalist in the 3000m run and holds multiple school records. At the 2009 outdoor state championships, she earned the silver medal in the 4x400m and 4x800m relays. She has also earned bronze multiple times at the state meet. Megan has competed four times at the Penn Relays and led her team to a district championship in 2009.

Megan also competed in field hockey for three years in high school. A National Honor Society member, she graduated in the top five percent of her class and was a two-time National Latin Exam medalist. Her parents are Karl and Diane Rother.

Runner Bios



Amanda Smith
Sophomore • Auburn, Ala.
Undecided
Lieber Scholar/McNair Scholar/
Honors College

Amanda is entering her sophomore season on the South Carolina cross country team. She was a consistent top seven runner as a freshman and finished third on the team at the SEC Championships. She also competed at the NCAA Southeast Regional meet.

In high school, she was co-captain of her cross country team. She was all-state two times in cross country and once in indoor and outdoor track. She was All-South Junior/Senior Footlocker Regional team her junior year. Amanda finished fifth at state in the two mile her senior year, running a PR 11:25.

She served as parliamentarian for both her senior class and the National Honor Society. She was also the Mu Alpha Theta treasurer and a National Merit Finalist. She was Auburn High School Scholar-Athlete of the Year.

In addition to running, Amanda enjoys reading and cooking. In her own words, she is focused, always hungry and honest. She was born to Scott and Connie Smith.



Tatum Tyler
Freshman • Roanoke, Va.
Nursing
Woodrow Scholar

Tatum joins the cross country team as a freshman. She earned multiple honors at Cave Spring High School in cross country, indoor and outdoor track. She was ranked third in the state in the 800m and ran a 2:21 at the state meet as a senior. In the 1000m, tatum ran 3:00 to place second at the state meet. She also earned all-state honors in the 4x400m relay. In cross country, she was named all-district, all-region and all-state.

Tatum enjoys running and traveling. She was given the Daughters of the American Revolution (DAR) Good Citizen Award. Her parents are Danny and Sherrie Tyler.



Shannon Walls
Sophomore • Loveland, Ohio
Nursing
Cooper Scholar/Honors College

Shannon enters her second season on the Gamecock cross country team. She started off strong as a freshman, including taking third at the Gamecock Invitational in her first collegiate meet. With a season behind her, she hopes to continue being competitive and finishing every meet in the Gamecock top 10.

In high school, she earned four letters in cross country (2004-07). In 2007, she received the Wendy's Heisman Award and was Academic All-Ohio. A 2007 state qualifier and four-time first-team all-conference selection (2004-07), Shannon was Honorable Mention All-Southwest Ohio (2005-07) and OHSAA Scholar-Athlete of the Year.

She was a member of the National Honor Society and a member of Students Against Destructive Decisions (SADD). She was also a member of the JETS team (2006-08).

The summer before her freshman year, Shannon went on her fourth mission trip to Mon Valley, Pennsylvania. When she is not running, Shannon enjoys shopping and traveling. She is the daughter of Dan and Michelle Walls.



Caitlin Williams
Freshman • Goose Creek, S.C.
Nursing

Caitlin joins the cross country team as a freshman. At Stratford High School, she was named all-county and all-region three times in addition to helping her team finish in the top 10 at the state championships. A captain in her senior season, she was also named all-county in track and field.

Caitlin is a recipient of the 2009 Bob Hayes/James Day track scholarship. She enjoys helping people and spent two years a freshman mentor. She also was a Leadership Development participant. Her mother is Pam Williams.





Coaching Staff



Curtis Frye

*Head Track Coach
14th Season at South Carolina*

Entering his 14th year as head cross country and track & field coach at South Carolina, Curtis Frye has established a program that is regarded as one of the nation's elite. Frye has coached or overseen over 60 NCAA champions, 108 SEC champions and more than 380 NCAA All Americans during his career.

Frye has coached an NCAA champion in all but one year since 1998, including at least one national champion every year since 2005. LaKya Brookins became the school's first 60m indoor national champion in 2009 to continue the streak. In 2008, Frye coached Jason Richardson to the 110-meter hurdles outdoor title after coaching six national champions the year before. All six national champions in 2007 were on the women's side with Natasha Hastings sweeping the 400m indoors and outdoors titles along with the mile relay team of Hastings, Krystal Cantey, Brandi Cross and Stephanie Smith. In addition, Frye has coached an SEC champion every year he has been at South Carolina.

One of the most well-respected coaches in the country, Frye brought South Carolina its first team NCAA championship in any sport when his women's team captured the 2002 NCAA Outdoor Championship crown. Frye is a three-time United States Track Coaches Association (USTCA) National Coach of the Year, taking home the 1999 and 2002 women's outdoor honors and the 1999 men's indoor honors. In taking home the men's indoor and women's outdoor coach of the year honors in 1999, he became the first person in the history of the USTCA to win the award indoors and outdoors in the same year. In 2001, he earned the prestigious Nike Coach of the Year award and was also named the 1997 USOC Track & Field Coach of the Year. Frye is also a three-time SEC Coach of the Year with the honor coinciding with his three women's outdoor conference championships in 1999, 2002 and 2005.

During his tenure at South Carolina, Frye has coached 11 SEC Athletes of the Year, the most recent being Nadonna Rodrigues, who was named the 2009 SEC Freshman Runner of the Year (indoors). He has also coached five national athletes of the year in Hastings (2007-overall), Demetria Washington (2002-indoor), Lashinda Demus

(2002-overall), Terrence Trammell (2000-outdoor) and Miki Barber (2000-outdoor). Demus's was acknowledged by *Track and Field News* while the United States Track & Field and Cross Country Coaches Association (USTFCCA) honored the other four recipients.

On the women's side, Frye's teams have placed in the top 10 nationally outdoors in all but three of his seasons at Carolina. In addition to the team title in 2002, his teams earned the silver medal in 2005 and took home the bronze in 2003 and 2006. On the men's side, Frye's team placed in the top 25 nationally indoors in all but three of his seasons.

Along with continued success on the track, Frye has produced winners in the classroom on a consistent basis. Frye's athletes have earned four USTFCCA National Scholar-Athlete of the Year honors in addition to an SEC Scholar-Athlete of the Year award. Richardson swept the indoor and outdoor national honors in 2008, following awards earned by 2006 National Indoor Scholar Athlete of the Year Shalonda Solomon and 2002 National Scholar Athlete of the Year Otukile Lekote.

In his career, Frye has coached 25 Olympians who have won 11 medals. Nine of his former student-athletes competed at the 2008 Olympic Games, six of them as first-time Olympians, and Natasha Hastings earned gold as a member of the USA 4x400m relay. Frye served as an assistant coach for the 2004 USA Olympic women's track team with responsibilities that included working with the sprinters and the relays. He also accompanied his former athletes to the 2000 Sydney Olympics. Frye's athletes won three gold medals in 2004 by Tonique Williams-Darling (Bahamas-400m), Otis Harris (USA-4x400m relay) and Aleen Bailey (Jamaica-4x100m relay).

Hired at South Carolina on July 29, 1996, Frye came to Columbia after serving as assistant head coach at North Carolina for four years. During his tenure at UNC, he was a part of 13 ACC championship teams.

Prior to his stint with the Tar Heels, Frye was an assistant coach at Florida from 1988 to 1992. While with the Gator program, he coached three NCAA individual champions and one relay champion team. In total, 29 All-America certificates were earned while Frye was in Gainesville.

From 1984 to 1988, Frye was an assistant coach for N.C. State, aiding the Wolfpack to four conference championships. He was instrumental in leading State to 27 All-America honors, four individual NCAA second-place finishes and 37 conference champions.

Frye began his coaching career as an assistant at his alma mater, East Carolina, in 1974. He also served as head coach for the men's soccer team and was director of facilities. Frye took a break from the collegiate ranks from 1979 to 1984 when he was head track and field coach for Douglas Byrd High School in Fayetteville, N.C.

Frye and his wife, Wilma, have three children: Crystal, C.J. and Curtrell.



THE CURTIS FRYE FILE

Born: Oct. 20, 1951, Vass, N.C.

High School Education: Union Pine High School, Cameron, N.C.

College Education: Bachelor of Science, physical education, East Carolina, 1974

High School Athletics: Lettered in track, football and baseball

College Coaching Career:

1996-Present, Head Coach, South Carolina

1992-96, Assistant Coach, North Carolina

1988-92, Assistant Coach, Florida

1984-88, Assistant Coach, N.C. State

1974-79, Assistant Coach, East Carolina

High School Coaching Career:

1979-84, Douglas Byrd High School

Wife: Wilma

Children: Daughters Crystal and Curtrell; Son Curtis, II



Stan Rosenthal

*Head Cross Country Coach
Ninth Season at South Carolina*

Stan Rosenthal enters his ninth season as 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 three seasons, the Gamecock women's team have been ranked in the NCAA Southeast Region top 15 teams. The distance runners have also done well on the track. In 2009, Dani Barnes, was an NCAA qualifier in the mile, while also placing fifth at the SEC championships. Freshman Beatrice Biwott lowered the school 3K Steeplechase record, as she placed 4th at SEC's and also qualified for the NCAA Track Championships.

The South Carolina cross country team received USTFCCCA All-Academic Cross Country Team honors for the eighth consecutive time of Coach Rosenthal's tenure. In 2008, the Gamecock's improved their ranking from #6 to #1 in the NCAA, with a team cumulative GPA of 3.76, the best mark of all 340 NCAA D1 teams.

In 2008, Lisa McKinney set a new USC record in the 3K Steeplechase. In 2007, Rebecca Chain was an SEC finalist in the 1500, and Rosenthal also coached the DMR team to a second-place finish at the SEC Championships, their second runner up placing in four years. In 2006, Shay Shelton added to Rosenthal's total of SEC champions by claiming the indoor league crown in the 800m. Johnny Baez and Shawn Cunningham both found success in the 800m. Baez qualified for the NCAA East Regional meet and Cunningham was an SEC finalist and scorer. In 2007, Baez continued his success, by adding an SEC 800 finalist honors indoors. Rosenthal's athletes have set four USC track records: Jenny Lake in the 3,000m, Beatrice Biwott and Lisa McKinney in the 3K Steeplechase and the DMR.

With Rosenthal's assistance, the 2007 women's team finished fifth indoors at the NCAA Championships, while capturing the SEC outdoor and NCAA East Regional titles and finishing runner-up at the NCAA Outdoor 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. He coached Otukile Lekote to two NCAA titles (800m indoors and outdoors) and on the second leg of USC's NCAA champion 4x400m relay team. Additionally, Rosenthal oversaw the men's sprint medley relay team that was ranked No. 1 in the USA and NCAA that year. His 2005 women's squad accomplished the same feat as well.

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 for eight years. He earned USA Track and Field Level I and II certifications for the endurance events.

Academic success is very important to Rosenthal. His student-athletes have achieved individually and as a team. In 2007, Rosenthal's cross country team placed four runners on the SEC Academic Honor Roll and six on the President's List. The cross country team had a cumulative GPA of 3.72, the sixth-highest mark in the nation and tops in the SEC. In 2005, Jenny Lake was named the university's Scholar Athlete of the Year, a McWhorter Scholar and the recipient of an NCAA Post-Graduate Scholarship as a first-team Academic All-American who graduated with a 4.0 GPA from the Honor College.

Three of the women's cross country teams coached by Rosenthal were ranked in the NCAA Division I Top 20, posting a 3.46 or higher GPA. Seven athletes were selected as Conference Scholar-Athletes of the Year. During his coaching career, over 98 percent of the athletes he has recruited and coached have graduated. Many later earned graduate level degrees, including four who are currently in medical school or doctors.

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



Coaching Staff



Dee Quarles

*Assistant Head Coach
13th Season at South Carolina*

Delethea Quarles is in her 13th year with the South Carolina program and her 20th year as a collegiate coach. Promoted to assistant head coach in 2005, her primary responsibilities include coaching the multi-event performers and jumps. Quarles also oversees eligibility and is the team's academic liaison.

Quarles has extensive international experience and worked with USA international teams for two consecutive summers. In 2007 Quarles was the head coach of the USA Pan American Junior Championship women's team that competed in Brazil in July. While the head coach she was responsible for all jumps and multi events. The men's and women's teams combined to win 48 medals at the meet. Quarles worked as an assistant coach on the all-star squad of coaches for the 2006 USA World Cup team in Athens, Greece, with the responsibility of coaching all the jumps. Quarles ended the 2005 season as an assistant coach for Team USA at the Pan American Championships held in Windsor, Ontario, Canada. With her assistance, the USA team earned 57 medals, the second-highest of all time.

Academically, Quarles has guided three student-athletes to national Scholar Athlete of the Year honors. Jason Richardson became the first Gamecock to sweep indoor and outdoor honors as he was awarded by the USTFCCA for both seasons in 2008 as the male Scholar Athlete of the Year. Shalonda Solomon was named 2006 Indoor Scholar Athlete of the Year, and Otukile Lekote picked up the accolade in 2002. The South Carolina women's team was honored by the organization as the 2006 Academic National Champion. In addition, Natasha Hastings was named the SEC Scholar-Athlete of the Year.

Quarles has coached her student-athletes to 19 All-America honors and four SEC championships. In addition, former Gamecock Chelsea Hammond became the first multi-event student-athlete in South Carolina history to qualify for the Olympic Games. Coached by Quarles from 2002 to 2005, Hammond competed for Jamaica at the 2008 Olympic Games in the long jump.

Quarles has coached 10 of the 14 school record holders in the events for which she is responsible at South Carolina. Most recently, Greig Cryer finished a career-high third in the long jump at the 2006 NCAA Indoor Championships after setting the indoor school record in the triple jump, crossing the board at 52-5 ¼. The mark was a foot longer than the record that had stood for 12 years. Derek Pressley, a 2008 graduate, jumped a career-best 51-10 ½ as runner-up in the triple jump at the 2007 SEC Outdoor Championships, a mark that was less than four inches off the oldest field record in Carolina track history (Ron Adams, 52-2 in 1975).

Leading the women's team, Quarles coached Kemesha Whitmire, Tacita Bass and Erin Narzinski to SEC titles. Whitmire jumped a 43-7 in 2005 to take the long jump title while Bass and Narzinski combined for three heptathlon titles. In her first year, Quarles saw Narzinski shatter the school record in the heptathlon, finishing fifth at the NCAA Championships, second at the SEC Championships and eighth at the USATF Junior Nationals. Narzinski earned her second heptathlon title in 1999.

Prior to coming to South Carolina, Quarles was an assistant coach at her alma mater, Liberty, for eight years. A three-time All-American, Quarles has a bachelor's degree in psychology and is a native of Covington, Va.



Mike Sergent

*Assistant Coach
13th Season at South Carolina*

Mike Sergent enters his 13th season with the Gamecock track and field program. His primary responsibilities are coaching the throwers and coordinating the strength and conditioning program.

Sergent has coached 20 All-Americans, 21 NCAA qualifiers, 14 SEC champions and five NCAA champions at South Carolina.

Sergent had a memorable first season as he coached Lisa Misipeka and Brad Snyder to a total of four individual championships. Misipeka took home titles in the 20-pound weight and the hammer, while Snyder swept the indoor and outdoor titles in the shot put. Snyder repeated in 1999 when Sergent coached him to the indoor shot put title for the second-consecutive year.

In 2009, Jason Cook won the SEC outdoor title in the shot put before claiming All-America honors outdoors with a seventh place finish. Indoors, Michael Zajac earned his first All-America certificate in the weight throw after finishing ninth.

In 2008, four of Sergent's throwers qualified for the NCAA East Region meet. Aimee Kodat and Zajac, both in their first seasons competing, performed well at peak times during the year to qualify. Kodat finished seventh at the SEC Outdoor Championships in the discus to continue Sergent's streak of having a thrower score at the meet every season since he has been at Carolina. Sophomore Erik Heymann and Cook also qualified with Cook earning bronze medal honors at the SEC Outdoor Championships.

Sergent has also seen success in coaching his student-athletes on the international stage. In 2003, former Gamecock and NCAA champion Dawn Ellerbe reached the World Championships in Paris under Sergent's tutelage. He also worked with Ellerbe in 2002 to help her become the USATF national runner-up in both the weight and hammer throws. She finished the year ranked seventh in the world in the hammer and also ranked eighth nationally in the discus throw.

In 2001, two of Sergent's former student-athletes, Snyder and Misipeka, along with Ellerbe, traveled to Edmonton, Canada, for the 2001 World Championships. In his third year at South Carolina, Sergent coached Candy Mitchell, Bert Sorin and Ryan Harrison through the U.S. Olympic trials. At the 2000 Olympic Games, Snyder, Misipeka and Michelle Fournier all competed.

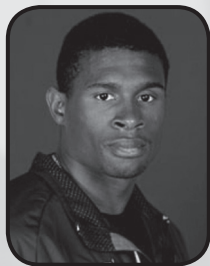
In 1999, Sergent's student-athletes won four SEC titles. Fournier, an academic All-American and NCAA runnerup, was awarded an NCAA Post-Graduate Scholarship. Misipeka also won a bronze medal at the 1999 World Championships – the school's first in a major international meet.

Prior to coaching at Carolina, Sergent was an assistant coach at his alma mater, Virginia Tech, for five years. At Tech, he assisted in one Metro and four Atlantic 10 Conference championship teams from 1993 to 1997.

Sergent holds a bachelor's degree in exercise physiology and a master's degree in sports management from Virginia Tech. He was a 1992 All-American and Olympic trials qualifier in the hammer.

Sergent's wife, Karen, is a graduate of the USC School of Nursing, and they have a 17-year-old daughter named Kelsey.

Coaching Staff



Lawrence Johnson

Assistant Coach
Third Season at South Carolina

Lawrence Johnson is in his third season as a member of the Gamecocks' coaching staff with primary responsibilities that include coaching the pole-vaulters and coordinating recruiting efforts. Johnson comes to South Carolina as one of the most decorated pole-vaulters in American history. He competed professionally from 1996 to 2004 as a representative of the United States, adidas and Oakley.

A two-time Olympian, Johnson's strongest year came in 2001 when he brought home a gold medal at the IAAF World Indoor Championships in Portugal at 5.95m (19-6.25). The same year he also took first place at the U.S. Indoor and Outdoor Championships. He ended the year ranked second in the United States and fourth in the world, his highest spot in both rankings.

In 2000, Johnson earned the silver medal with a clearance of 5.90m (19-4.25) at the Olympic Games in Sydney, Australia. He also placed first at the U.S. Trials and the U.S. Indoor Championships. In 1997, Johnson earned his first U.S. championships, taking gold at both the indoor and outdoor championships in addition to being a silver medalist at the World Indoor Championships in his first full year as a professional. Turning professional after a stellar collegiate career at the University of Tennessee, Johnson finished eighth at the 1996 Olympic Games in Atlanta, Ga., after taking first at the U.S. Olympic trials. Earlier that same year, Johnson set an American and NCAA record at 5.98m (19-7.50) at Tom Black Track in Knoxville on May 25, 1996. He went on to become the 1996 SEC Indoor and Outdoor champion, the SEC and NCAA record holder, an NCAA All-American and Athlete of the Year as well as NCAA outdoor champion.

Throughout his career, Johnson is a seven-time U.S. national champion, four-time NCAA champion, six-time conference champion, six-time All-American and seven-time All-SEC selection. He was a three-time SEC All-Academic team member and a Student Athlete Advisory Committee member.

Johnson holds a bachelor's degree in sport management from the University of Tennessee. He has a wife, Christina, and two daughters.



Jackie Madison

Assistant Coach
Third Season at South Carolina

Gamecock All-American Jackie Madison enters her third season as an assistant on the South Carolina staff. Madison was a key member of the South Carolina track team from 1998 to 2001. She was a member of the first SEC Outdoor Championship team at South Carolina in 1999 and developed into one of the conference's top hurdlers. Madison won the SEC title in the 60-meter hurdles and earned All-America status in 2001. Madison is an eight-time-scorer at the conference level in the 60-meter hurdles, 100-meter hurdles and 400-meter hurdles and led the team to a fourth-place finish at the 2001 NCAA Outdoor National Championships.

Madison holds a bachelor's degree in exercise science from South Carolina.



Sarah Mahoney

Manager

Sara Mahoney is in her third season with the Gamecock cross country program. She is working on a PhD in exercise science at the University of South Carolina.

A native of Little Neck, N.J., Mahoney is a 2007 graduate of Hope College in Holland, Mich. She lettered in cross country and track and field four times each. She was the captain in 2006 and 2007.

While at Hope College, she was named the Exercise Science Major of the Year and the Kathleen White Outstanding Kinesiology Student. In addition, she was a Presidential Scholar and a member of the Dean's List.

She graduated from Naperville North High School in Naperville, Ill. in 2003. Her husband is a Senior Drill Instructor on Parris Island.



Grace Wetzel

Manager

Grace Wetzel is in her sixth season with the Gamecock cross country program. She is working on a PhD in English.

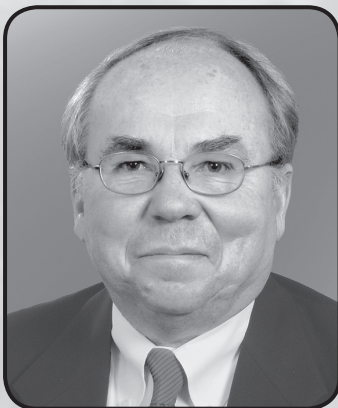
A native of Crofton, Md., Wetzel is a 2004 graduate of Loyola College in Baltimore, where she earned bachelor's degrees in English and economics while running cross country for the Greyhounds. Wetzel earned all-conference honors and made the all-academic team as the No. 3 runner her senior year at Loyola. She finished eighth at the 2003 MAAC Championship, helping her team to the conference title.

Wetzel is a 2000 graduate of Archbishop Spalding High School in Severn, Md.

Gamecock Cross Country Administration and Staff



Dr. Harris Pastides
South Carolina President



Dr. Bill Bearden
South Carolina Faculty Representative



Eric Hyman
South Carolina Athletics Director



Charles Waddell
Associate Athletics Director



Miquel Jacobs
Media Relations Contact



Scott Gardner
Cross Country and Track and Field
Athletics Trainer

South Carolina Cross Country Community Service

On October 27, 2008, members of the South Carolina cross country team ran with Tommy Neeson when the Ronald McDonald Four Million Steps Run for Compassion stopped in Columbia, S.C.

On August 27th, Tommy Neeson departed from the Ronald McDonald House in Bangor, Maine, with a goal to run over 2300 miles to the Ronald McDonald House in Miami, Fla. Four Million Steps, the number of steps taken on this journey, was aimed at raising not only money for the Ronald McDonald House Charities but awareness as well. Neeson stopped at different Ronald McDonald Houses to visit and support families affected by cancer and to coordinate runs with local runners in an effort to increase local involvement and support for The Ronald McDonald House.

“The Ronald Mc Donald House is a great support system and does so many things for families in our community,” South Carolina Cross Country Coach Stan Rosenthal said. “Our team is honored to have the opportunity to come out and support Tommy Neesen as he runs through Columbia. Neesen is doing an extraordinary thing and we are glad to come out and run a few miles with him and show our support.”

Columbia, S.C. was the 50th stop on the Four Million Steps tour. The 75-day run ended on November 22, 2008 in Miami.

In addition, Nicole Rheinlander was named to the SEC Track & Field Community Service Team.



THE SOUTHEASTERN CONFERENCE

Setting the Standard for Intercollegiate Athletics in Cross Country and Track & Field

The Nation's Top Track & Field Conference

In the ever-changing world of collegiate athletics, the tradition of excellence in the Southeastern Conference has remained constant. The SEC boasts a rich history and has dominated track and field like no other conference.

2008 SEC Cross Country

Arkansas finished 15th to lead the SEC at the NCAA Cross Country Championships. Two other teams represented the SEC at the Championships with Florida finishing 17th and Kentucky 31st. Arkansas was crowned the SEC Champion. Arkansas' Catherine White was named SEC Cross Country Athlete of the Year while Florida's Genevieve LaCaze took home SEC Freshman of the Year honors. Arkansas' Lance Harter earned SEC Women's Cross Country Coach of the Year honors.

2009 SEC Men's Indoor Track & Field

The SEC sent nine teams to the NCAA Indoor Track and Field Championships with Florida (2nd), LSU (4th) and Arkansas (8th) all finishing in the top 10. The six other SEC teams that were represented included Alabama, Auburn, Georgia, Kentucky, South Carolina and Tennessee. Arkansas' claimed its 16th SEC indoor championship in 18 tries since entering the league in 1992. Arkansas' Dorian Ulrey claimed SEC Men's Runner of the Year. Christian Taylor of Florida was named the SEC Men's Field Event Athlete of the Year. Georgia's Torrin Lawrence was tabbed as the SEC Men's Freshman Runner of the Year. Florida's Christian Taylor earned the SEC Men's Freshman Field Event Athlete of the Year, while Chris Bucknam of Arkansas was named SEC Men's Indoor Track and Field Coach of the Year.

2009 SEC Women's Indoor Track & Field

The SEC had four teams finish in the top 15 at the NCAA Indoor Championships with Tennessee winning the National Championship followed by LSU (6th), Florida (12th) and South Carolina (12th). Overall, eight SEC teams competed at the NCAAs, including Alabama, Arkansas, Auburn and Ole Miss. Tennessee claimed its third SEC indoor championship in five years. Mariam Kevkhishvili of Florida was tabbed as the SEC Women's Field Event Athlete of the Year. LSU's Rachel Laurent and Tennessee's Ellen Wortham shared SEC Women's Freshman Field Event Athlete of the Year honors. Tennessee head coach JJ Clark was named SEC Women's Indoor Track and Field Coach of the Year. Tennessee's Sarah Bowman was named the SEC Women's Runner of the Year and South Carolina's Nadonna Rodrigues was tabbed SEC Women's Freshman Runner of the Year.

2009 SEC Men's Outdoor Track & Field

The Florida Gators were National Runner-ups at the NCAA Championships, posting 46 points each. The SEC sent nine other teams to the NCAA Championships including LSU (5th), South Carolina (6th), Arkansas (9th), Georgia (11th), Auburn (12th), Kentucky (15th) and Mississippi State (17th) finishing in the top-20. Alabama and Tennessee also competed in the NCAAs. Arkansas won its 15th SEC Track Championship in the last 18 years. Arkansas' Chris Bucknam garnered the SEC Men's Track and Field Coach of the Year honor in his first season. Florida's Calvin Smith was named Men's Runner of the Year. Arkansas' Alain Bailey was named Field Athlete of the Year and Arkansas' Dorian Ulrey was

named Scholar Athlete of the Year. Auburn's Marcus Rowland was named Freshman Runner of the Year, while Arkansas' Tarik Batchelor was named Freshman Field Athlete of the Year.

2009 SEC Women's Outdoor Track & Field

The SEC was well represented at the NCAA Championships with a total of eight teams including LSU's sixth-place finish. Of the other seven teams which the SEC sent, Florida (9th), Tennessee (10th), Auburn (25th) and Arkansas (29th) all finished in the top-30 with South Carolina, Mississippi State and Ole Miss also scoring in the national meet. Florida won the SEC Track Championship, which was held on its home track. Florida's Mike Holloway earned the SEC Women's Track and Field Coach of the Year award, while Arkansas' Catherine White took home Runner of the Year honors. Kentucky's Ashley Muffet and Arkansas' Katie Stripling shared Field Athlete of the Year honors. Florida's Genevieve LaCaze was named SEC Freshman Runner of the Year and LSU's Rachel Laurent was named Freshman Field Athlete of the Year. Tennessee's Sarah Bowman was named Scholar-Athlete of the Year for the second consecutive year.

SEC CROSS COUNTRY

Men

Eight national championships
Two individual titles
88 All-Americans since 1984
41 teams have finished among the Top 25 since 1984.

Women

One team championship in 1988
55 All-Americans since 1981
47 teams have finished among the top 25 since 1982.



DODIE ANDERSON

ACADEMIC ENRICHMENT CENTER



When University of South Carolina Athletics Director Eric Hyman talks about "the Dodie," the \$13 million state-of-the-art facility set to open in the winter of 2009, he enthusiastically refers to it as, "the heart of the athletics department and the place where the ebb and flow of student-athletes' days will be centered."

"The Dodie" is named for Dolores F. Anderson of Greer, S.C., whose philanthropic gift is helping to 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 will be located across Heyward Street from Stone Stadium, the Gamecocks' soccer facility, in the 41-acre footprint known as "the Roost." It will be the focal point of and the first piece in the re-developed area that eventually will include an athletics administration building, a sports-medicine facility, a volleyball facility, a Gamecock Club building, improvements to the tennis courts, soccer practice fields and outdoor track.

Student-athletes are expected to be 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.

Some other features of the building include:

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

“Almost all major universities have a free-standing building for academics. It is crucial that we build ours. Thanks to Dodie and her family, this is going to happen.”

-Head Football Coach
Steve Spurrier

“With the plans we have in place, we believe this will be if not the best, then certainly one of the best facilities of its kind in the country, and it will be the cornerstone of our Athletics footprint and something in which the Gamecock Nation can take great pride.”

-Athletics Director Eric Hyman

