

GAMECOCK CROSS COUNTRY SOUTH CAROLINA

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QUICK FACTS

Location	Columbia, S.C.
Founded	1801
Enrollment	28,481
Colors	Garnet & Black
Nickname	Gamecocks
President	Dr. Harris Pastides
Athletics Director	Eric Hyman

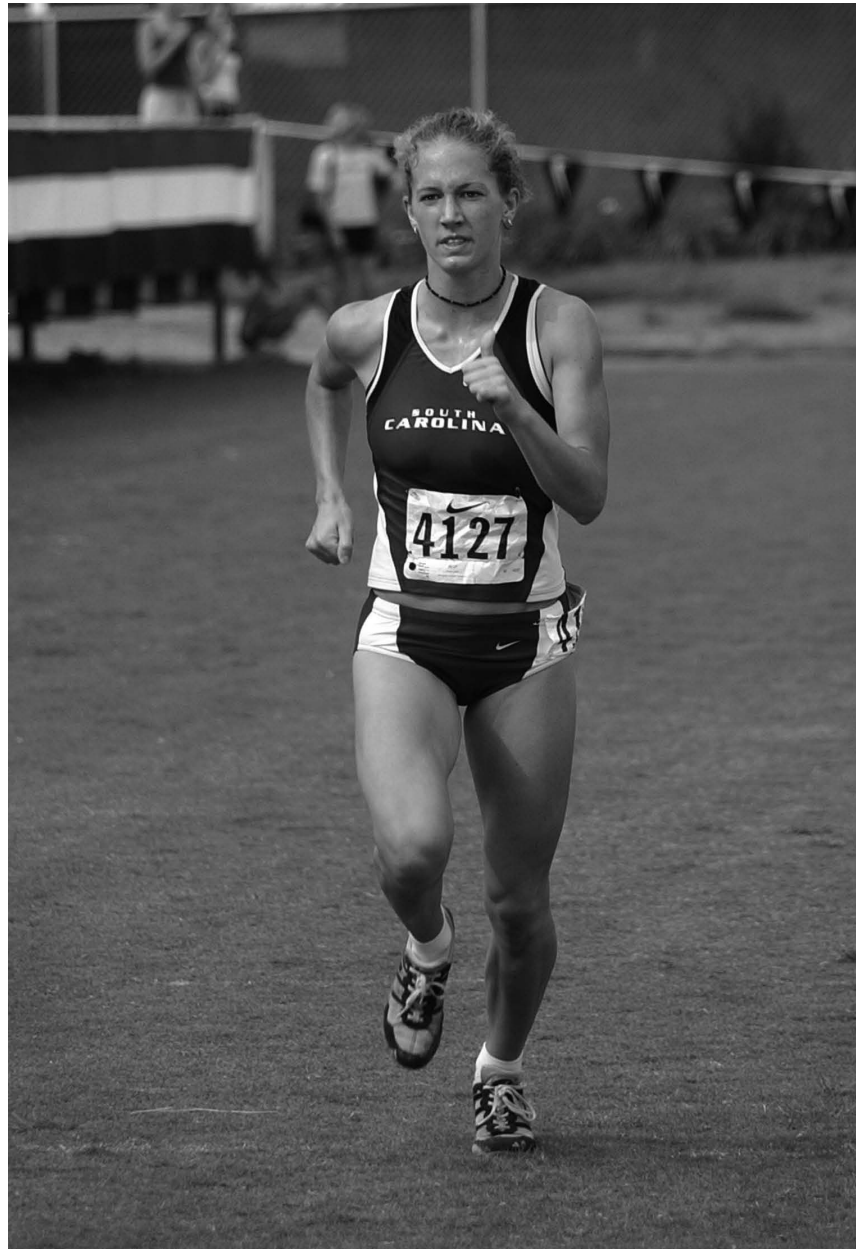
Head Coach..... Stan Rosenthal (10th Year)
Email stanrosenthal@hotmail.com
Phone (803) 777-7925

2008 Results

SEC Meet	9th
NCAA East Region	14th

MEDIA RELATIONS

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Jenny Lake ended her career as arguably South Carolina's top distance runner in program history. A two-time SEC scorer, she competed for South Carolina from 2002-2005, earning All-SEC honors and qualifying for the NCAA Championships.

Roster/Schedule

2010 Roster

Name	Year	Hometown	High School
Amanda Barrett	Senior	New Orleans, La.	Sacred Heart Acad.
Laura Beggs	Sophomore	Frankfort, Ill.	Lincoln Way East
Beatrice Biwott	Junior	Iten, Kenya	Nietkei
Emma Borowicz	Sophomore	Greenville, S.C.	JL Mann
Penny Boswell	Freshman	Winchester, Ohio	Canal
Kayli Buckley	Freshman	Waxhaw, N.C.	Marvin Ridge
Maura Craney	Freshman	Maple Glen, Pa.	Archbishop Wood
Ashley Evens	Senior	Maumee, Ohio	Wayne
Erin Fedewa	Junior	Dewitt, Mich.	St. Johns
Patrice Frierson	Sophomore	Dalzell, S.C.	Lee Central
Rachel Grochowski	Freshman	Herdon, Va.	Chantilly
Sara Hartley	Sophomore	Naperville, Ill.	Neuqua Valley
Jessie Hartman	Sophomore	Centreville, Va.	Westfield
Sierra Henderson	R-Freshman	Columbia, S.C.	Ridge View
Kelsey Hill	R-Freshman	Severna Park, Md.	Severna Park
Kathleen Jacob	Freshman	Simpsonville, S.C.	Maudlin
Scolastica Jepngetich	Freshman	Kapsabet, Kenya	Kapsabet Girls School
Tara Lindeman	R-Sophomore	Hendersonville, N.C.	Hendersonville
Liz Locke	Freshman	Mickleton, N.J.	Kingsway Regional
Katie Lynch	Freshman	N. Kingstown, R.I.	North Kingstown
Liz Meier	Sophomore	Des Plaines, Ill.	Maine West
Laura Pramstaller	Senior	Centreville, Va.	Westfield
Ellyn Quigg	Sophomore	Ellicott City, Md.	Mt. Hebron
Nicole Rheinlander	Junior	Rochester Hills, Mich.	Adams
Megan Rother	Sophomore	Langhorne, Pa.	Villa Joseph Marie
Amina Smith	Freshman	Brooklyn, N.Y.	Townsend Harris
Tara Tae	R-Junior	Oak Ridge, Tenn.	Oak Ridge
Shannon Walls	Junior	Loveland, Ohio	Loveland
Caitlin Williams	R-Freshman	Goose Creek, S.C.	Stratford

Head Coach: Stan Rosenthal

Managers: Grace Wetzel and Sarah Mahoney

2010 Schedule

Date	Event (Site)	Distance	Time
Fri., Sept. 3	Gamecock Invitational (Columbia, S.C.)	5K	6 p.m.
Sat., Sept. 18	at Asics/Winthrop Invitational (Rock Hill, S.C.)	5K	10 a.m.
Sat., Sept. 25	at Minnesota Griak Invite (Minneapolis, Minn.)	5K	10 a.m.
Fri., Oct. 1	at Charlotte Invitational (Charlotte, N.C.) at McAlpine Park	5K	4 p.m.
Sat., Oct. 9	at Disney World Invitational (Orlando, Fla.)	5K	9 a.m.
Fri., Oct. 16	at Princeton Invitational (Princeton, N.J.)	6K	10 a.m.
Mon., Nov. 1	at SEC Championship (Columbia, S.C.)	6K	11 a.m.
Sat., Nov. 13	at NCAA Southeast Regional (Louisville, Ky.)	6K	10 a.m.
Mon., Nov. 22	at NCAA Championship (Terre Haute, Ind.)	6K	11 a.m.

Cross Country Prepares for Successful Season

Following a very successful 2009 season, the 2010 cross country team is poised to have a breakout year. In 2009, the Gamecock harriers had a 30–4 regular season record and finished 14th out of 45 teams in the NCAA Southeast Region Championships, the team’s highest placing in 13 years.

The 2010 squad will have experience and youth leading the way. Returning No. 1 runner, junior Beatrice Biwott, had her best track season ever, becoming the SEC Steeplechase champion. Her time of 10:20 was also a new school record and the 20th fastest time in the NCAA. Senior captain Ashley Evens was the team’s No. 3 runner for most of the 2009 season. She stayed in Columbia all summer and had her best summer of training during her Gamecock career. She is leading the team pack of four freshmen and one junior in preseason workouts. The ‘Pack’ is comprised of junior captain Nicole Rheinlander along with freshmen Liz Locke, Rachel Grochowski, Penny Boswell and Scola Jepngetich.

Rheinlander put in a summer of high mileage and is also in the best shape of her life. After running a PR of 18:32 for 5K on the track last year, she is ready to run in the 17’s this fall. While unproven, Locke, Grochowski, Boswell and Jepngetich have had a great preseason. Locke has the best PRs, running 4:56 and 2:12 at the New Jersey State Championships in 2010. Grochowski ran 11:16 for 3,200 indoors and 11:19 outdoors, placing in the Virginia State Championships in both races. Boswell spent the track season and summer in Italy. She was the Department of Defense High School European Champion at 1500 and 3000, winning both by wide margins. Her 3K PR is 10:41. Jepngetich has not won any championships in Kenya, but her times lead Coach Rosenthal to believe that she can have an outstanding career at South Carolina. Her PR is 4:40 for 1,500, which is much faster than Biwott ran as a prep while in Kenya. Jepngetich has never run a cross country race competitively, but Coach

Rosenthal expects she will become a good cross country runner as she gets experience this fall.

Giving the team its best depth in 10 years are returnees in senior Laura Pramstaller, juniors Shannon Walls, Erin Fedewa and Chelsea Leroux and sophomore Laura Beggs. All were top 10 runners on the 2009 team, and each ran under 19:10 for 5K last year. Pramstaller was the 2009 team’s No. 4 runner until a herniated back disc ended her season at the Princeton meet. She has done extensive rehab and is training again with the team.

The definition of true student-athletes, once again the Gamecock cross country team was an Academic All American Team. While not able to defend the No. 1 ranking of 2008, their 3.6 cumulative GPA ranked 11th in the NCAA, marking their 5th consecutive year ranked in the top 20.

The highlights of the 2010 regular season are races at Minnesota and Disney World. The late September trip to Minnesota for the 25th running of the Roy Griak Invitational will be the most difficult on the schedule. Fourteen NCAA ranked teams are expected to compete, plus an additional 25 non-ranked teams. Saturday night after the race, the athletes will visit the renowned Mall of America. While the Disney World race will not have any ranked teams, it will also be large with 40 teams competing. After the race, the team will be going to Sea World for the rides and sea shows.

On November 1, South Carolina will host the SEC championships on their home course at Hilton Field. The team goal is to crack the conference top five. This will be a huge quest. As the saying goes, ‘A journey of 10,000 miles begins with 1 step.’ The 2010 team’s journey has begun. The women on the team are excited to take this journey and have a great season.



2010 Gamecock Cross Country Team: (front row, l to r) Penny Boswell, Laura Beggs, Ellyn Quigg, Beatrice Biwott, Chelsea Leroux, Sierra Henderson, Sara Mahoney, Megan Rother; **(second row, l to r)** Kathleen Jacob, Katie Lynch, Caitlin Williams, Liz Meier, Nicole Rheinlander, Kelsey Hill, Jessica Hartman; **(third row, l to r)** Liz Locke, Maura Craney, Rachel Grachowski, Patrice Frierson, Tara Tae, Ashley Evens, Erin Fedewa ;**(back row, l to r)** Head Coach Stan Rosenthal, Kayli Buckley, Amina Smith, Emma Borowicz, Scola Jepngetich, Laura Pramstaller, Tara Lindeman, Shannon Walls

Runner Bios



South Carolina's Co-Captains:

Ashley Evens & Nicole Rheinlander



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

After a dedicated summer of training, Amanda enters her fifth year on the cross country team, ready to make an impact. Amanda redshirted her freshman year and was able to race as a sophomore. This season should be a great turnaround 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. 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 Sophomore • Frankfort, Ill. Electronic Journalism McKissick Scholar / Honors College

As a freshman, Laura was a constant top ten runner for the Gamecocks. She improved her PR by almost 30 seconds, running in the low 19's during cross country. With the good summer of training she has done, Coach Rosenthal expects Laura will run in the 18's during the fall racing season.

Laura earned four varsity letters in cross country and three in track and field. Laura was a member of the cross country conference championship teams in 2005, 2006, 2007, and 2008, and also helped her team earn regional championships in 2006, 2007, and 2008 and a sectional win in 2008. She was a three-time state qualifier in cross country and ran a three mile PR of 18:20. Laura was the cross country team's MVP her junior year and served as the team's co-captain her sophomore, junior, and senior years. She also qualified for state in the 3200 meter in track her junior year.

Laura was a Scholar-Athlete, a member of National Honors Society, Pi Sigma Pi, Mu Alpha Theta, and Key Club. She also participated and served as the squad leader on the Poms dance team at her high school both freshman and sophomore years. Laura was named an Illinois State Scholar, and was her school's nominee for the Illinois State All Academic Team.

Her parents are Edward and Emily Beggs.



Beatrice Biwott Junior • Iten, Kenya Public Health

Biwott has been the teams No. 1 runner the past two years. Coach Rosenthal expects her to lead the team once more. She raced several times in the 17's during the 2009 season. Her leadership by example will be a very important factor in leading the Gamecocks to continue the improvement they showed in 2009. While she did not win any races last year, she was a constant presence in the lead pack at every race.

During track season, Beatrice set many new PR's. Indoors she ran 17:13 in New York City's Armory track. She also ran 9:46 for the 3K at Texas A&M indoors. Outdoors the highlight was her huge PR in the 3K Steeplechase while becoming SEC Champion. Her 10:20 was a new South Carolina school record and an NCAA Qualifying time. She missed making it to the finals of the NCAA when she fell at the last waterjump, thereby falling out of the top three and not moving on.

2010 will be her best season yet. Her goals are to be top ten at the SEC and race for an NCAA qualifying spot during the NCAA Southeast Regional Championship.

Beatrice is a member of the PANUSA (Pan-African Student Organization) at South Carolina. The organization empowers students on tackling issues affecting African communities.



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

Emma rejoins the Gamecocks as a sophomore and has been a successful runner in South Carolina for the past six years. She was an 11-letter varsity athlete in high school, competing in swimming (2), cross country (5), and track (4). Emma was a member of a five-time state championship track team, making all-state each year in the 4x800 meter relay (9:36), the 1600 meter run (5:12), and the 3200 meter run (11:33), and a four-time state runner-up on the cross country team, making all-state all four years. Her best 5k time is 19:05.

Emma's first year as a South Carolina Gamecock was troubled by injuries after racing only three races in cross country and three races in track. Emma is coming in for her sophomore year injury free and is ready to get back in to the racing world.

Emma finished her freshman year at South Carolina with a 3.93 GPA, a 4.0 in the fall semester and a 3.8 in the spring.

Her parents are Jackie and Eric Borowicz. She has three siblings: a twin sister at Clemson University (Kate), an older sister at Clemson University (Sarah), and a younger brother at J.L. Mann Academy (Robert).



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

Penny 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. Penny 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, Penny was part of her school's record holding 4x800m team. She helped her team win two league titles. Penny finished her high school running career as the 3000m and 1500m Department of Defense Dependents Schools European Track and Field Champion.

Her parents are Robert and Julie Boswell. She has two brothers, Jack who attends the Virginia Military Institute, and Joe who attends Vicenza American High School.



Kayli Buckley
Freshman • Waxhaw, N.C.
Exercise Science
McKissick Scholar / Honors College

Kayli joins the Gamecocks as a freshman in 2010. She graduated from Marvin Ridge High School and was a captain for the cross country team her senior year. In high school, she was a three-time letter winner for cross country and four-time letter winner for both indoor and outdoor track and field. She was the 3200m regional champion her sophomore year and a member of her high school's two-time state champion 4x800 relay team. She was named Union County Cross Country Athlete of the Year her senior year. As a member of the South Carolina Honors College, Kayli is excited to excel both academically and athletically. Her parents are John and Tracie Buckley.



Maura Craney
Freshman • Maple Glenn, Pa.
Business

Maura joins the Gamecock cross country team from Archbishop Glenn High School in Pennsylvania. She was three-time First Team All-Catholic League in high school for cross country. She took second at the District 12 AAA meet in the 3,200 (12:00) and has also run 5:30 in the 1600. Her parents are George and Jacki Craney.



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

A key asset for the Gamecocks, Ashley returns as a top runner and co-captain. This will be the third consecutive year Evens has been selected as a team captain. She led the Gamecocks at the SEC Championships her freshman year and was the teams No. 3 runner as a sophomore and junior. She spent a June in Spain as part of her minor studies. Ashley then stayed in Columbia this summer, where she and No. 1 runner Beatrice Biwott trained together. Her dedication should lead her to big improvements in 2010. She has track PR's of 4:47, 10:28 and 18:25.

At Wayne High School, Ashley 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. She was born to Richard and Peggy Evens.



Erin Fedewa
Junior • Dewitt, Mich.
Marine Science
McKissick Scholar

Erin had another good cross country season in 2009. She was part of the pack of five women who took turns being the teams fifth runner during the season. She also improved her 1500/mile PR from high school over 10 seconds. A good summer of training at the beach while doing her Marine Science Internship should help her continue to improve her performance for the team and allow her track PR's to keep getting faster.

Erin was also in South Carolina's top five during her freshman season. She also ran the 800 meter leg on the team's SEC scoring DMR. Her season best of 2:16.12 was Erin's fastest 800 time since her sophomore year of high school. Coach Rosenthal feels much bigger improvements are ahead of her now that she has a full year of college experience at the SEC level.

In high school, she 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 for Michigan. She was a member of the conference champion track team in 2008 and a member of the state qualifying equestrian team.

Last year, Erin received an outstanding undergraduate award through the Marine Science Department and was selected as a 2010 Hollings Scholar, which provides two years of financial support and an internship with NOAA next summer (2011). She spent

Runner Bios

this past summer at the Duke Marine Lab and participated in their Research Experience for Undergraduates Program, which is a national competition. She was one of 24 selected from hundreds of university students across the US.

Fedewa is also active with student organizations such as Student's Advocating for a Greener Environment, Students Engaged in Aquatic Sciences (education outreach coordinator and research committee), MarSci Undergraduate Research Journal and Lutheran Campus Ministry, where, as the community service co-chair, she helped organize a spring break trip to Mexico. Erin also enjoys volunteering at Epworth Children's Home and Manantial de Vida Lutheran Church and was awarded an SEC Community Service Award for 2010. Erin enjoys traveling, riding her horses, being outdoors and of course running.

Erin is a Michigan High School Scholar Athlete and was the Outstanding Athlete for St. Johns High School.



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

Patrice is entering her second year on the cross country team. As a freshman, she competed in one race, the Charlotte Invitational with a PR time of 22:03 and with dedication and hard work she hopes to improve tremendously this year.

In high school, she lettered in volleyball and five-times in track and field. Coached by Laverne Knox at Lee Central High School, Patrice served as captain three times and holds the school record for the 800, 1600, and 3200. She was named Impact Player of the Year her first year on the track team and was a four-time MVP. She was a two-time state qualifier for the 1600 and made All-Conference four years in a row for the 800, 1600, and 3200. She was the Upper-State Champion and was named an All-State Selection for the 800 her senior year.

Patrice was the 2008 Wendy's High School Heisman school winner and received the SCHSL Scholar Athlete Award and the American Legion School Award. She was president of Fellowship of Christian Athletes and the Student Council. She was an AmeriCorps member and a member of the National Beta Club, National Technical Honor Society, and Newberry College and WLTX-19 2009 Best of the Class. She also graduated as valedictorian.

Born on February 14, 1991 to William and Patricia Frierson.



Rachel Grochowski Freshman • Herndon, Va. Elementary Education Woodrow Scholar

Rachel joins the cross country team as a freshman. She is a six-time captain and a ten-time All-District selection at Chantilly High in Cross Country/Indoor Track/Outdoor Track, three-times earning All-Region honors and was also a two-time State qualifier. She was a nine-time letter winner in cross country and track and received several awards, including Rookie of the Year, Most Improved, Coach's Award, and was named a four-time MVP. She finished No.11 all-time in school cross country history. Rachel also competed in soccer and field hockey in high school. She chose South Carolina over James Madison University and Christopher Newport University.

In her free time, Rachel enjoys shopping, listening to music, and going to the beach. She is the daughter of Randy and Melinda Grochowski.



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

During the 2009 cross country season, Sara improved each meet. At the SEC and NCAA meets, she moved into the teams top five scoring places. Coach Rosenthal believes that Hartley will be a key person for the cross country team in 2010. During the summer, Sara had an internship working the U.S. Department of Energy in Washington, D.C. While in DC, she was able to put in many miles, and all of these AT runs should translate into her best cross country season yet.

After a successful high school career, Sara was redshirted her freshman cross country season when she suffered a foot injury a week before she reported to school at the end of the summer. After her long layoff, Sara raced the 800 outdoors. Her best time of 2:16 was her fastest time in two years.

In 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 2007 IHSA Cross Country 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 awards all four years and was an Illinois State Scholar.

Sara has won academic awards during her two years at South Carolina, including being on the President's Honor List every semester so far. During the school year she is an assistant news editor at the Daily Gamecock and is a student mentor for BGTIME, a program that engages and connects senior citizens through a community website.



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

Jessie returns to the Gamecocks with a great deal of experience from 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.



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

Henderson missed the 2010 season after suffering an injury as a high school senior while training for the Nike National Meet, but she was able to compete during the indoor and outdoor track seasons. During the indoor season, she lowered her 800 PR to 2:13. She ran 2:10 at the outdoor SEC championships, missing the finals by one spot. At the USATF Junior National Meet, she lowered her PR again, while also missing finals by one spot.

Henderson was born in Philadelphia, Pa. She moved to Columbia, S.C. her freshman year in high school. She was a three-time state champion in the 800 at Ridge View High School and broke the South Carolina state 800 record. She also ran the anchor leg of the winning 4x800 team at the state championships, and on the second place finishing 4x400-meter relay team. Her junior year, Sierra also placed fifth in the state cross country championships.

Henderson was recognized in the state and local newspapers numerous of times for her accomplishments. She was named the 'Female Athlete of the Year' and Wendy's High School Heisman nominee for her school. Moreover, she was very active in many clubs, including FCA, the PTL, Christ Teens and the National Honor Society, along with being named a Senior Scholar at graduation.



Kelsey Hill
R-Freshman • Severna Park, Md.
Sport & Entertainment Mgmnt

Kelsey returns to the cross country team as a redshirt 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.



Kathleen Jacob
Freshman • Simpsonville, S.C.
Broadcast Journalism

Kathleen was a four-time All-Region selection at Mauldin High School in South Carolina. She has experienced multiple team successes at the high school level as her team won the Cross Country State Meet twice in addition to placing third once, and she was a member of the 4x800m relay team that set a school record in winning the Region title.

Kathleen is a two-time All-State selection in South Carolina as a member of the 4x800m relay team.



Scolastica Jepngetich
Freshman • Kapsabet, Kenya
Nursing

"Scola" has never raced competitively in cross country, but her field race and track times lead Coach Rosenthal to believe she will have a great career. She comes from Kenya with a prep PR of 4:40 in the 1,500.

In high school, Jepngetich played soccer, volleyball and hockey in addition to track.

A nursing major, Jepngetich may be a surprise runner for the Gamecocks and member of the pack.



Chelsea Leroux
Senior • West Barnstable, Mass.
Exercise Science

Chelsea is entering her fourth year on the cross country team. After adding depth to the team the past three 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-Sophomore • Hendersonville, N.C.
Pharmacy
Capstone Scholar

Tara enters her second cross country season with valuable experience from her high school career. 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 800m relay and claimed two state 800 meter championships, winning in 2008 with a dive across the finish line. Taking five seconds from her PR of 2:20 to win 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. She also served as the co-captain for the three-time State Championship volleyball team. Tara is new to cross country due to her very successful volleyball career. Given her very competitive nature, Coach Rosenthal has very 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 US Army National Scholar-Athlete.

Runner Bios



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

Liz enters her first year at South Carolina having come from Kingsway Regional High School where she competed in track and cross country. She enters 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 first season at South Carolina under Coach Rosenthal.



Katie Lynch
Freshman • North Kingstown, R.I.
Pre-Pharmacy
Woodrow Scholar

Katie joins South Carolina as a top 10 ranked cross country runner coming out of Rhode Island. She was an All-State selection as a member of the North Kingstown 4x800m relay team and also participated at state championships in the 1,500m run. She was a top 15 finisher each of the past two years in Rhode Island.



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

Liz is excited to run for the Gamecocks as a sophomore. As a freshman, her 5k best for the year was 20:13. At Maine West High School, Meier received eight varsity letters and eight all-conference honors, receiving four each in track and cross country. She also contributed to her team by being a three-year team captain. Her other achievements include being a two-time state qualifier in track and receiving three MVP's in cross country and two in track.

Meier has also achieved academic success. As a Gamecock, she was named apart of the 2010 SEC Freshman Academic Honor Roll. In high school, she received the Illinois High School Association Scholar Athlete Award twice in both track and cross country and was an Illinois State Scholar. She also graduated in the top five percent in her class

Her parents are Carol and Bruce Meier.



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

Ellyn enters her second year on the cross country team. 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.



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

During the 2009 cross country season, Pramstaller, had her best results of her career. She was the teams No. 3 and 4 runner until the meet before the SEC's, when a congenital back problem flared up and cut short her season.

Laura had her best track season in 2009 and last season overcame her family history of back injury to equal her best marks from 2009. She lowered her PR in the 800 to 2:16 and her PR in the 1500 to 4:50, lowering her previous bests by four seconds and 15 seconds respectively. Coach Rosenthal has high hopes her improvement during the track season means big things for Laura this fall and the track seasons.

Laura is leading member in a business fraternity (Alpha Kappa Psi) at South Carolina. She works a part-time internship at Innovation in Insurance, a leading risk management firm in Columbia. Laura has earned five academic scholarships over the past two years due to her very high performance in the classroom.

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 was born to Michael and Anna Pramstaller.



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

Nicole joined the Gamecocks as a freshman with a passion for running and competing in cross country. In high school, she was an eight-letter varsity athlete, competing in swimming, cross country, and track. She was a member of the Cross Country League and Regional Championship Teams in 2006 and 2007. She was also on the 2006 Michigan Cross Country State Championship Team. She placed seventh individually for Cross Country Academic All-State in 2007 and was a three-time state qualifier on the 4x800 relay team. She was awarded the Cross Country Coach's Award her senior year. Nicole was a Scholar-Athlete and a member of the National Honor Society and the National Germany Honor Society. She was named Scholar-Athlete of the Year at her high school and received the Michigan Honor Girl Award. She also graduated as Valedictorian.

During cross country in 2009, Nicole was in the team's top seven the entire season. After redshirting indoor track, Nicole made big strides in the 5K in outdoor track, improving her PR by 32 seconds to 18:32. Coach Rosenthal expects Rheinlander to be one of the top runners this fall after a good summer of training in Michigan. She was selected to be a team captain for 2010, where her leadership is expected to help the team continue its climb up the SEC rankings.

Nicole is a world traveler, having traveled throughout North America, Europe, and Thailand. In high school she participated in a month-long student exchange program in Bad Neustadt, Germany. She has kept her love for travel in college, studying in Europe each summer. This summer she took a Maymester course touring around Italy. Last summer Nicole was in Germany for two months, where she studied at the university in Wittenberg and then taught English at a German elementary school. She also volunteers her time doing community service, where her efforts earned her a spot on the 2009 SEC All-Conference team, one of only eight SEC athletes.



Megan Rother
Sophomore • Langhorne, Pa.
Biology
Woodrow Scholar

Rother is entering her second year on the team. During the Gamecock's 2009 cross country season, she ran her personal best in the 5K. She also bettered her high school 800m time during the Gamecock's 2010 Indoor season.

During her time at Villa Joseph Marie High School, she was captain of her Cross Country, Indoor, and Outdoor Track teams. Throughout her four years, she qualified in multiple events for both Indoor and Outdoor States. She was an Outdoor State Bronze Medalist her sophomore year after anchoring the 4x400m relay. During her senior year, Megan helped her 4x400m relay team receive a 6th place medal at the Indoor State Championship Meet. This marked the first time that Villa Joseph Marie had a relay team achieve an Indoor State Championship Medal. Also during her senior year, Megan led her team in winning the Outdoor District Championship. During that same season, Megan led off the 4x800m relay and anchored the 4x400m relay and earned two Outdoor State silver medals. She holds Villa Joseph Marie's Indoor records for the 600m, 800m, and 1000m run, as well as the mile.

She was also a member of the school record holding SMR, DMR, 4x800m relay, and 4x400m relay teams. Megan was a four-time competitor at the Penn Relays in the 4x400m relay and a one-time competitor in the 4x800m 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 Buck County Courier Times' Golden Team for both Indoor and Outdoor Track. In 2009, she was an AAU Junior Olympic Silver Medalist in the 3000m run.

During her four years at Villa Joseph Marie, she was a member of the Latin Club and the Science National Honor Society. She also served as Parliamentarian and Vice-President of the National Honor Society. The Kiwanis Club named her Villa Joseph Marie High School's Scholar Athlete and she graduated in the top ten 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 3 years.



Amina Smith
Freshman • Brookland, N.Y.
Broadcast Journalism

Amina has been competing as a student-athlete for about 10 years. She started off running with her Junior Olympic club team in Brooklyn, N.Y., 'the Kenyan Runners', and for her high school team, Townsend Harris, where she earned 12 varsity letters competing as a track & field and cross country athlete.

Smith was a member of her school's 4x800m team that competed at the 2007 National Scholastic Indoor Championship meet and in the invitational 4x800m race at the 2007 Penn Relays. She was a two-time cross country state qualifier in 2006 and 2007. In 2009 she placed 2nd in the 2000m Steeplechase at the AAU Club Nationals which was held in Orlando, FL. In 2010, she received the Cross Country MVP award and a Senior Athlete award.

Smith graduated high school with all honors and an advanced regents diploma. In her free time, she tutors middle school students who struggle in reading, writing and math in order to better their academic skills and prepare them for high school.



Tara Tae
Junior • Oak Ridge, Tenn.
Pre-Med
McNair Scholar/Honors College

Tara enters the season after redshirting last year due to a reoccurring back injury from high school. As a freshman, Tara competed in five meets, including the NCAA Southeast Regional where she finished fifth for the Gamecocks. Tae improved her 5K PR from 20:30 to 19:00 before her back injury slowed her. In 2010 Tara is finally healthy. She has been able to log consistent training weeks of 50 and 60 miles pain-free. She and Coach Rosenthal are very excited about her comeback.

Tae participates in community service as a volunteer at the Free Medical Clinic and a local elementary school. Last summer she received a Magellan Research Scholarship to study the diets of South African women while living in a township for four weeks. Tara found the experience immensely rewarding and inspiring. She is a member of Phi Beta Kappa. Tara's hobbies include hiking and playing frisbee.

Her experience in high school played a role in her success as a freshman. She lettered in cross country all four years. Her team earned the title of AAA TSSAA State Runner-Up in 2006.



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

Shannon's second season as a Gamecock harrier was another successful one. Once again, she was a top seven runner of the team, competing in all of team's races in 2009.

Shannon had a great start to her freshman cross country season in 2008, running a PR 18:58 in her first race as a Gamecock and equaling her efforts in the team's second race on a hilly course. She was then hampered by severe cramping during workouts and races with what turned out to be several internal cysts, one of which ruptured. With her health problems behind her, Walls should continue with the great improvement she showed last year in the early season.

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

The summer before her freshman year, she went on her fourth mission trip to Mon Valley, Pennsylvania. She is the daughter of Dan and Michelle Walls.

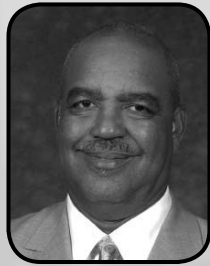


Caitlin Williams
R-Freshman • Goose Creek, S.C.
Nursing

Caitlin joins the cross country team as a redshirt freshman after sitting out last year. 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.

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

Coaching Staff



Curtis Frye

*Head Track Coach
15th Season at South Carolina*

Entering the 2011 track season in his 15th year as head track & field and cross country 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, 114 SEC champions and more than 415 NCAA All Americans.

In October 2008, Frye was bestowed the Order of Ikko Medalion, presented by the United States Olympic Committee. A special order reserved for the coach of an Olympic or Paralympic medalist, Frye received the honor after coaching Jerome Singleton Jr. to a silver medal in the men's 100-meter dash at the 2008 Paralympic Games in Beijing. He also currently serves as President of the United States Track & Field and Cross Country Coaches Association.

Frye has coached an NCAA champion in all but one year since taking over the program in 1996, including coaching Johnny Dutch to the 400m hurdle title last season. 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 Rodriguez, who was named the 2009 SEC Freshman Runner of the Year (indoor). 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 was acknowledged by Track & Field News while the United States Track & Field & 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 2009, the men's team was named Scholar Team of the Year.

In his career, Frye has coached 25 Olympians who have won 11 medals at the Olympic Games. Nine of his former student-athletes competed at the 2008 Olympic Games in Beijing, six of them as first-time Olympians. At the Games, Natasha Hastings earned a gold medal as a member of the USA 4x400m relay team. 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

Coaching Staff



Stan Rosenthal

*Head Cross Country Coach
10th Season at South Carolina*

Stan Rosenthal enters his 10th season as cross country coach at South Carolina in 2010. 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 have been ranked in the NCAA Southeast Region top 15 teams. The distance runners have also done well on the track. In 2010, Beatrice Biwott won the school's first 3,000-meter steeplechase SEC title when she won the event at the SEC Outdoor Championships.

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

In 2009, Dani Barnes was a top five finisher in the mile at the SEC Indoor meet. 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
14th Season at South Carolina*

Delethea Quarles is in her 14th year with the South Carolina program and her 21st 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 five 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, Erin Narzinski and Kettiany Clarke 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. Clarke won the 2010 pentathlon title. 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
14th Season at South Carolina*

Mike Sergent enters his 14th 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 22 All-Americans, 23 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. Zajac then earned All-America honors in 2010 in both the weight throw and hammer throw.

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.



Lawrence Johnson

*Assistant Coach
Fourth Season at South Carolina*

Lawrence Johnson is in his fourth 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.



Kevin Brown

*Assistant Coach
Fifth Season at South Carolina*

Kevin Brown returned to South Carolina in 2010 for his second stint with the Gamecocks after spending four seasons in Columbia from 2000-04. His primary responsibility is assisting with the sprinters and jumpers. He returns to Columbia after working as President of B.I.G. Sports Management in Keller, Texas.

While in his first stint at Carolina, Brown was named to the Team USA coaching staff for the 2003 Junior Pan American Games and served as an assistant coach during the competition in Barbados. In December 2002, he was voted to the Team USA staff by the USATF Coaches Championship Selection Committee, a group that selects national coaching staffs for International competition including the Pan American Games and Goodwill Games. Brown became the second USC assistant coach to serve as a part of a Team USA staff.

Under Brown's tutelage as pole vault coach, pole vaulter Chris Stedum earned three first-place finishes during the 2003 outdoor season, including a meet record 17-0 3/4" to win the Orange and Purple Classic at Clemson, a vault that earned him SEC Athlete of the Week honors. Stedum finished second at the SEC Indoor Championships. In 2002, Stedum finished fourth at the NCAA Outdoor Championships in 2002 and was named All-American. He also finished fourth at the SEC Indoor Championships, second at the SEC Outdoor Championships and eighth in the NCAA Indoor Championships in the pole vault, garnering All-American honors.

In 2001, Brown coached Jared Farabee and Stedum to a one-two finish at the SEC Outdoor Championships. Stedum also qualified for the NCAA Indoor Championships and set a school record with a height of 17'-8. Farabee posted a first place finish in the pole vault at the Penn Relays.

Prior to coming to South Carolina in 2000, Brown spent two years as assistant coach at the University of Akron. While at Akron, Brown assisted with the sprints on the track and field team and specialized as the team's field events and jumps coach.

Brown began his coaching career in 1995 as an assistant coach at his alma mater, the University of North Carolina, where he left as the most decorated vaulter in school history.

A pole vault All-American in 1994, Brown placed fourth for the Tar Heels at the NCAA meet, clearing 18-0 1/2. Brown was the only college vaulter in the state of North Carolina to clear 18-0 in 1994. He was an Atlantic Coast Conference scorer in five different events including the pole vault, long jump, triple jump, 4x400 and the 4x100. He still holds the UNC indoor and outdoor records in the pole vault.

A native of Richmond, Va., Brown attended Henrico High School where he was the 1989 Virginia state high school champion in the pole vault. Brown also was a Junior Olympic Regional Champion while he lettered in football, wrestling and track and field.

A 2000 and 1996 Olympic Trials qualifier, his personal best in the pole vault is 18-6.

Brown graduated from North Carolina with a Bachelor of Arts Degree in Recreational Administration. He and his wife Ebonic have four children, Dymonic, Daija, Dorien and Daila, and reside in Columbia.

Gamecock Cross Country Administration and Staff



Dr. Harris Pastides
South Carolina President



Charles Waddell
Associate Athletics Director



Eric Hyman
South Carolina Athletics Director



Maulies Pettaway, Jr.
Academic Counselor



Miquel Jacobs
Media Relations Contact



Scott Gardner
Cross Country and Track and Field
Athletics Trainer



Sarah Mahoney

Manager

Sara Mahoney is in her fourth 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 seventh 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.