



Foreign Biles  
All-American

Quentin Moore

Erik Haymann

Brandi Cross  
All-American

Travis Young

# NCAA<sup>®</sup> QUALIFIERS

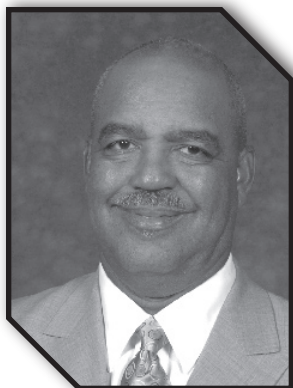
Roy Wiley  
All-American

Juan Holmila

Jamil James  
All-American

Derron Flood  
All-American

*Gamecocks Staff*



# CURTIS FRYE

## South Carolina Head Coach

### 12th Season at Carolina

Coaches &amp; Staff

In his 12th 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 almost 60 NCAA champions and more than 370 NCAA All-Americans during his career.

In 2007, the South Carolina women were 12th outdoors – finishing out of the top 10 for the first time in 12 years – and the men were 34th. They collected 12 All-American honors with Natasha Hastings claiming the NCAA 400m title. Hastings was named the National Track Athlete of the Year by the USTFCCCA and finished as the runner-up at the USA Championships where she broke the collegiate record, running a 49.84. Seven current or former Gamecocks made the USA World Championship team with former NCAA champions Terrence Trammell (110m hurdles) and Tiffany Ross-Williams (400m hurdles) winning their first USA titles. Five Gamecocks advanced to the Pan American Junior Championships as well.

Dan McKenzie was named to the CoSIDA Academic All-American Second team nationally and McKenzie, Hastings, Thomas Hilliard and Jussi Heikila were named to the CoSIDA Academic All-American All-District team. Hastings was also named the SEC Co-Scholar Athlete of the Year and Krystal Cantey was named the South Carolina's Rookie of the Year.

During the 2007 indoor season, South Carolina collected 12 All-America honors and two NCAA titles. The women finished tied for 10th at the NCAA meet - it's seventh straight year in the top 10 indoors. Region Athlete of the Year Natasha Hastings not only won the 400m NCAA title, but also set the collegiate record in the event (50.80). Hastings ran the anchor leg of USC's NCAA champion 4x400m relay which also featured Stephanie Smith, Krystal Cantey and Brandi Cross. The men finished 25th at the NCAA Indoor meet. Thomas Hilliard finished sixth in the 60m hurdles. In addition, Hilliard ran a leg on the bronze-medal winning 4x400m relay along with Ray Miley, Quenten Moore and Keith Hinnant.

In 2006, the women's team placed third at the NCAA Outdoors and saw Amberly Nesbitt (100m) and Shalonda Solomon (200m) win NCAA titles. It was the 11th straight year the women finished in the top 10 — matched only by Arkansas' men and Texas' women. The men were 30th behind the third-place finish of Jason Richardson in the 110m hurdles. The two teams collected 18 All-America honors in 2006, and the women won the NCAA East Region title for the second straight year. Academically, five USC athletes were named to the CoSIDA District III Academic All-America team (the most of any team in the SEC or ACC), and Shalonda Solomon was named the USTFCCCA National Indoor Scholar-Athlete of the Year along with being tabbed SEC Indoor Runner of the Year. As a team, the women were named USTFCCCA National All-Academic Outdoor Team of the Year.

Frye coached nine athletes, including four freshmen athletes - Richardson for the men's team and Hastings, Nesbitt and Solomon for the women - to All-America honors at the 2005 NCAA Indoor Championship. Leading the men to a 19th overall finish, Richardson earned third place in the 60m hurdles, while Rodney Martin broke the school indoor record in the 200m with a third-place finish. Hastings and Nesbitt's semifinal performances in the 400m and 60m earned them All-America honors, while Solomon finished fifth in the 200m and anchored the women's 4x400m relay to another national title. The women's team finished fifth overall.

Outdoors in 2005, the USC women won the SEC title for the third time in the program's history. The Gamecocks continued on to New York City where they claimed the NCAA East Regional Championship for the first time since the meet was established. Carolina ended its season with the second best finish in the program's history, finishing runner-up at the NCAA meet. The men and women combined for 18 All-America honors, including a school record-breaking performance by Martin in the 200m and the first All-America honor in the 100m since Trammell in 1999, also earned by Martin. Frye was named SEC, USTCA Southeast District and East Region Women's Coach of the Year, while Tiffany Ross-Williams was named USTCA Southeast District Athlete of the Year.

He coached nine athletes to the USATF Junior and Senior Championships, where two

freshmen athletes, Hastings (400m champion) and Nesbitt (100m runner-up), made the Junior National Team, and Stephanie Smith and Solomon were selected for the relay pools for the World Championship. Shevon Stoddart made the Jamaican National Team and competed in Helsinki as well.

In 2004, Frye served as an assistant coach for the USA Olympic women's track team. His responsibilities included working with the sprinters and the relays. Nine Gamecocks, currently and formerly coached by Frye, were among the Olympians, three of whom received gold medals. Among the medalists were Otis Harris (USA), who won a silver in the men's 400m and a gold as part of the 4x400m relay. Former athletes Aleen Bailey (Jamaica) and Tonique Williams-Darling (Bahamas) won gold medals in the 4x100m and 400m, respectively. Adrian Durant (Virgin Islands), Stoddart (Jamaica) and Lashinda Demus (USA) also represented USC track and field in Athens.

South Carolina athletes gathered 27 All-America honors, four NCAA runner-up finishes, a first-team academic All-American and a second-team academic All-American. Frye guided his women's team to its ninth consecutive top-10 outdoor finish, while his men's team finished in the top-15 indoors. Tony Allmond and Demus were both runner-ups in the long jump and the 400m hurdles, respectively at the NCAA Outdoor Championship.

During the 2003 indoor season, the Carolina women placed second at the NCAA Championships, finishing in the top-five for the fourth consecutive season. The Gamecock men's team finished fourth, its highest finish since a fourth-place showing in 1999. Individually, Frye had three women win NCAA titles in 2003: Bailey in both the 100m and 200m outdoors, and Demus in the 400m indoor. A pair of USC athletes combined to collect three U.S. Junior Championships (Kenneth Ferguson, 110m hurdles and 400m hurdles; Tawana Watkins, 400m hurdles) and both represented Team USA in the Junior Pan American Games. Bailey went on to earn SEC Outdoor Athlete of the Year, and Ferguson was named the conference's Freshman of the Year.

Continuing to build a program on the national and international level, Frye saw years of hard work pay off in 2002. The women carried home the national championship trophy from the NCAA Outdoor Championships, South Carolina's first national team championship in any sport. The Gamecock women also carried home the championship trophy from the SEC outdoor meet that same year. The men placed in the top 10 indoors and outdoors in 2002, finishing sixth in both.

The two programs crowned three NCAA champions in Demus (400m hurdles outdoors) and Otukile Lekote (800m, indoors and outdoors) and also saw the women's 4x400m relay set the collegiate outdoor record with its national title victory. The women's 4x400m indoor

#### 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:**

1974-79, Assistant Coach, East Carolina

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

1988-92, Assistant Coach, Florida

1992-96, Assistant Coach, North Carolina

1996-Present, Head Coach, South Carolina

**High School Coaching Career:**

1979-84, Douglas Byrd High School

**Wife:** Wilma

**Children:** Daughters Crystal and Curtrell; Son Curtis, II

relay and 4x100m outdoor relay teams, as well as the men's 4x400m outdoor relay team also won national championships. The two teams combined to collect over 52 All-America honors and put 33 athletes on the SEC Academic Honor Roll.

Frye earned 2002 National Coach of the Year and SEC Women's Outdoor Coach of the Year honors. In addition, Washington was named the National Indoor Female Athlete of the Year, while Track and Field News tabbed Demus as its National Female Athlete of the Year. Lekote was named National Scholar-Athlete of the Year.

Frye entered the 2002 season with the best recruiting class the Carolina women's track and field program has ever seen, including nine stars who made an immediate impact on the success of the team. The class was heralded by Track & Field News as the No. 1 class in the country.

Frye and the elite athletes he coached in 2001 had an extraordinary year, which earned Frye the prestigious 2001 Nike Coach of the Year Award. Allen Johnson won his third World Championship gold medal in the 110m hurdles, his fourth U.S. Outdoor crown in the event, as Frye sent a total of 11 athletes to the 2001 World Championships. Adding more coaching honors to his distinguished list, Frye was the men's coach for the United States at the 2001 Goodwill Games. He coached Johnson and Trammell to championships in their respective events. Johnson won the 110m hurdles and Trammell claimed the 60m hurdles at the World Indoor Championships.

The 2000 season was another stellar year for Frye, as the women's indoor team finished the season with an unprecedented second-place finish at the NCAA Championships. The outdoor women's team finished runner-up at the SEC meet and also went on to finish sixth at the NCAA Championships. The men's outdoor team finished the season with an 11th-place showing at the NCAA meet. Indoors, behind Trammell's 20 points, the men finished eighth.

To conclude the 2000 season, USC standouts Trammell and Miki Barber were both named National Outdoor Track and Field Athletes of Year. For his efforts, Frye was named the women's regional Coach of the Year.

Frye was not done yet, as he accompanied 12 former USC athletes and coaches to the Sydney Olympics. His athletes brought home four medals: a gold to former volunteer coach Monique Hennagan (USA, 4x400m relay); a silver for alum Charmaine Howell (Jamaica, 4x400m relay); a silver for Trammell (USA, 110m hurdles) and a bronze for volunteer coach Melissa Morrison (USA, 100m hurdles).

In 1999, Frye took the Gamecocks to unprecedented success, with the women winning the SEC Outdoor Championship. The women were a school-best third at the SEC Indoor Championship. After finishing fourth indoors, the women were seventh at the NCAA Outdoors. The men finished in the top-six both indoors and outdoors. Bringing home a trophy for its fourth-place finish at the NCAA Indoor Championships, the men finished sixth outdoors. The men ended a school-best second at the SEC Indoor Championships and were sixth outdoors.



**The Frye Family: Crystal, Wilma, Tyler, Curtis and Curtrell**  
*Not Pictured: C.J.*

## CURTIS FRYE HIGHLIGHTS

*One of USA's Best Coaches*

- ✓ Named to USA's Olympic track and field staff for Athens 2004, serving as a USA women's assistant coach for sprints and hurdles; Saw three former athletes win gold medals
- ✓ Head coach of an NCAA champion team (2002 women's outdoor)
- ✓ Head coach of three SEC Championship Teams (1999 women's outdoor, 2002 women's outdoor, 2005 women's outdoor)
- ✓ 1999 and 2002 USTCA Women's Outdoor National Coach of the Year
- ✓ 1999 USTCA Men's National Indoor Coach of the Year
- ✓ 1999, 2002 and 2005 SEC Women's Outdoor Coach of the Year
- ✓ In 2002, coached athletes who won seven NCAA titles and four gold and one silver medal at the World Junior Championships; In addition, had two named National Athletes of the Year and one named Men's National Scholar-Athlete of the Year
- ✓ 2001 Nike Coach of the Year
- ✓ 2001 Goodwill Games USA men's head coach
- ✓ 2000 USTCA Women's Outdoor Region Coach of the Year
- ✓ 1999 assistant coach for the USA at the World Track and Field Championships
- ✓ 1997 USOC Track and Field Coach of the Year
- ✓ 1980 North Carolina High School Coach of the Year
- ✓ Founder of Speed Elite, formerly South Carolina Elite, a track and field club for serious athletes with the goal of making the 2000 Sydney Olympics and the 2004 Athens Olympics
- ✓ Assistant coach for 18 ACC championship teams
- ✓ Coached nine Olympic medalists
- ✓ Coached 25 Olympians
- ✓ Coached over 60 NCAA champions
- ✓ Coached over 370 NCAA All-Americans
- ✓ Coached over 85 SEC champions
- ✓ Coached over 75 ACC champions

Coaches & Staff

The two programs combined to set 35 school records. USC won three individual NCAA titles, an NCAA relay title, 14 SEC titles and crowned 29 All-Americans. For the efforts of Frye and his staff in 1999, Frye was named the Men's Indoor National Coach of the Year and the Women's Outdoor National Coach of the Year. Frye also snatched the SEC Women's Outdoor Coach of the Year title. It was the first time in the history of the USTCA a coach won the award indoors (men) and outdoors (women).

In 1998, Frye led the Gamecocks to national prominence. Indoors, the Gamecock men were seventh and the women finished 11th at the NCAA Championships. Outdoors, the two teams flipped places, as the women finished seventh and the men 11th at the NCAA Outdoor Championships. For his work, Frye was named the Outdoor USTCA Region Coach of the Year. Individually, Carolina won four NCAA titles, 13 SEC titles and garnered 23 All-America honors indoors and outdoors.

In his first season at Carolina in 1997, Frye hit the ground running and the fruits of his labors paid off as the women's team finished fourth at the NCAA Indoor Championships and fifth outdoors. The men also had an impressive track and field season, finishing seventh indoors with a team that had no seniors. Frye was named both the 1997 USATF and USOC Track and Field Coach of the Year.

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.

## USC NCAA FINISHES UNDER FRYE

Year	MEN		WOMEN	
	Indoor	Outdoor	Indoor	Outdoor
1997	7th	T-40th	4th	7th
1998	T-7th	T-11th	T-11th	7th
1999	4th	T-6th	T-18th	7th
2000	T-8th	T-11th	2nd	T-6th
2001	T-16th	T-19th	2nd	4th
2002	6th	6th	4th	1st
2003	4th	10th	T-2nd	3rd
2004	14th	T-31st	T-10th	T-7th
2005	9th	T-26th	5th	T-2nd
2006	T-33rd	T-30th	T-10th	3rd
2007	25th	34th	T-10th	12th

## USC SEC FINISHES UNDER FRYE

Year	MEN		WOMEN	
	Indoor	Outdoor	Indoor	Outdoor
1997	4th	5th	4th	3rd
1998	4th	5th	4th	2nd
1999	2nd	6th	3rd	1st
2000	8th	8th	3rd	2nd
2001	T-7th	8th	3rd	3rd
2002	9th	7th	4th	1st
2003	3rd	T-6th	2nd	4th
2004	7th	10th	5th	4th
2005	7th	9th	5th	1st
2006	5th	5th	T-3rd	3rd
2007	10th	8th	5th	5th

## USC MEN'S NCAA CHAMPIONS UNDER FRYE

- Clint Crenshaw (1)**  
..... 1999 - 4x100m (O)
- Jonathan Fortenberry (1)**  
..... 2002 - 4x400m (O)
- Otis Harris (1)**  
..... 2002 - 4x400m (O)
- Otukile Lekote (4)**  
..... 2001 - 800m (O)  
..... 2002 - 800m (I)  
..... 2002 - 800m (O)  
..... 2002 - 4x400m (O)
- James Law (1)**  
..... 2002 - 4x400m (O)
- Shah Mays (1)**  
..... 1999 - 4x100m (O)
- Jamie Price (1)**  
..... 1999 - 4x100m (O)

- Brad Snyder (3)**  
..... 1998 - Shot Put (I)  
..... 1999 - Shot Put (O)  
..... 1999 - Shot Put (I)

- Terrence Trammell (6)**  
..... 1999 - 60mH (I)  
..... 1999 - 110mH (O)  
..... 1999 - 4x100m (O)  
..... 2000 - 60m (I)  
..... 2000 - 60mH (I)  
..... 2000 - 110mH (O)

## USC WOMEN'S NCAA CHAMPIONS UNDER FRYE

- Aleen Bailey (3)**  
..... 2002 - 4x100m (O)  
..... 2003 - 100m (O)  
..... 2003 - 200m (O)

- Lisa Barber (1)**  
..... 2000 - 4x400m (O)

- Miki Barber (5)**  
..... 2000 - 200m (I)  
..... 2000 - 400m (O)  
..... 2000 - 4x400m (O)  
..... 2001 - 4x400m (I)  
..... 2002 - 4x100m (O)

- Tacita Bass (3)**  
..... 2001 - 4x400m (I)  
..... 2002 - 4x400m (I)  
..... 2002 - 4x400m (O)

- Krystal Cantey (1)**  
..... 2007 - 4x400m (I)

- Brandi Cross (1)**  
..... 2007 - 4x400m (I)

- Lashinda Demus (4)**  
..... 2002 - 400mH (O)  
..... 2002 - 4x400m (I)  
..... 2002 - 4x400m (O)  
..... 2003 - 400m (I)

- Dawn Ellerbe (2)**  
..... 1997 - Hammer (O)  
..... 1997 - 20lb Weight (I)

- Sheneka Griffin (1)**  
..... 2001 - 4x400m (I)

- Natasha Hastings (3)**  
..... 2007 - 4x400m (I)  
..... 2007 - 400m (I)  
..... 2007 - 400m (O)

- Lisa Misipeka (2)**  
..... 1998 - Hammer (O)  
..... 1998 - 20lb Weight (I)

- Amberly Nesbitt (1)**  
..... 2006 - 100m (O)

- Tiffany Ross-Williams (2)**  
..... 2002 - 4x400m (O)  
..... 2005 - 4x400m (I)

- Stephanie Smith (2)**  
..... 2005 - 4x400m (I)  
..... 2007 - 4x400m (I)

- Shalonda Solomon (3)**  
..... 2005 - 4x400m (I)  
..... 2006 - 200m (I)  
..... 2006 - 200m (O)

- Shevon Stoddart (2)**  
..... 2002 - 4x400m (I)  
..... 2005 - 4x400m (I)

- Demetria Washington (6)**  
..... 2000 - 4x400m (O)  
..... 2001 - 400m (I)  
..... 2001 - 4x400m (I)  
..... 2002 - 4x100m (O)  
..... 2002 - 4x400m (I)  
..... 2002 - 4x400m (O)

- Erica Whipple (1)**  
..... 2002 - 4x100m (O)

- Ellakisha Williamson (1)**  
..... 2000 - 4x400m (O)

## USC ALL-AMERICANS UNDER FRYE

Year	MEN		WOMEN	
	Indoor	Outdoor	Indoor	Outdoor
1997	5	5	5	6
1998	4	6	3	7
1999	5	6	5	5
2000	1	4	5	7
2001	4	5	5	6
2002	6	8	7	9
2003	6	6	7	8
2004	3	1	7	8
2005	2	3	8	8
2006	2	3	7	8
2007	5	7	5	5

## USC SEC CHAMPIONS UNDER FRYE

Year	MEN		WOMEN	
	Indoor	Outdoor	Indoor	Outdoor
1997	3	2	1	3
1998	3	2	2	4
1999	3	2	2	6
2000	1	1	1	4
2001	1	2	6	6
2002	1	4	4	6
2003	4	4	4	2
2004	—	—	—	1
2005	—	—	—	9
2006	—	—	1	4
2007	—	—	1	3



# DELETHEA QUARLES

## South Carolina Assistant Head Coach

### 11th Season at Carolina

Delethea Quarles is in her 11th year with the USC program and her 19th 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 academic liaison.

For the second straight summer Quarles worked with USA international teams. This past summer Quarles was the head coach of the USA Pan American Junior Championship women's team which competed in Brazil this past 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 Pan Am Junior meet and two Gamecocks, Brandi Cross (selected as team captain) and Brehanna Jacobs, were on the USA's gold medal-winning 4x400m relay. Johnny Dutch also received the double crown in winning both golds in the 110 hurdles and 400m hurdles. He was also on the silver medalist men's 4x400m relay.

Quarles guided Derrick Pressley to a career-best 51' 10 1/2 when he finished as the runner-up in the triple jump at the 2007 SEC Outdoor Championships. Pressley hit the pits at 51' 10 1/2 - less than four inches off the oldest field record in Carolina track history (Ron Adams, 52' 2 in 1975) - for the second best jump in school history. He was also a regional qualifier as was sophomore Brittany James who finished sixth at the NCAA regional at 20' 4. In the classroom, Quarles helped mentor four Gamecocks to the CoSIDA District III Academic All-America list with Dan McKenzie picking up Academic All-American second team honors nationally. In addition, Natasha Hastings was named the SEC Scholar-Athlete of the Year.

South Carolina saw five men and women on the 2006 CoSIDA District III Academic All-America list -- the most of any team in the SEC or ACC. Shalonda Solomon was named the 2006 UTFCCCA National Indoor Scholar-Athlete of the Year. In addition, the women's team was honored by the organization as the Academic National Champions, claiming a first claiming a first-time academic victory over Stanford.

Quarles saw graduate Greig Cryer finish a career-high third in the long jump at the 2006 NCAA Indoor Championship with a leap of 26-0. He set the indoor school record in the triple jump, crossing the board at 52-5 1/4. The record had stood for 12 years (Marcus Sutton, 1993, 51-4 1/2). He also picked up All-America honors outdoors.

Last September, Quarles worked as an assistant coach on the all-star squad of coaches for the USA World Cup team in Athens, Greece. Her responsibilities included coaching all the jumps. The previous few years, she coached at the USA versus Netherlands Heptathlon in Holland.

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. Natasha Hastings qualified for the junior team for the 5th time as one of the most decorated athletes, was selected as team captain and the flag bearer. Also in 2005, South Carolina's men's and women's jumps program experienced great success under Quarles' guidance. While almost all of her jumpers improved their marks during the season, Cryer, Chelsea Hammond and Kemesha Whitmire proved that with Quarles' leadership the sky is the limit.

On the men's team, Cryer who struggled with a hamstring injury throughout the indoor season, returned outdoors, determined to fight through his injury and make significant improvements throughout the season. Under the guidance of Quarles, Cryer ended the year with his season-best performance, claiming the NCAA East Regional long jump title. Also showing great improvements and qualifying for Junior Nationals was jumper Derek Pressley.

Leading the women, Quarles coached Whitmire to the program's first SEC title at the conference outdoor championship in Nashville, Tenn. Whitmire's jump of 43-8 just missed the school record but was enough to claim the No. 2 spot on the all-time list, take the conference title and contribute significantly to the Gamecocks' third SEC Championship title.

Hammond, who claimed her fourth consecutive Penn Relays long jump title, qualified for the NCAA Outdoor Championship in both the high and long jumps. Also stepping up over the course of the season was jumper Monica Bozenski, who experienced great improvements in the high jump. Quarles led Cryer and Hammond to the NCAA Championships, where Hammond's points contributed to the women's NCAA runner-up finish. In 2004, Fred Townsend and Tony Allmond were named Regional Indoor and Outdoor Athletes of the Year. Allmond also placed second in the NCAA Outdoor Championships with a leap of 27-4 in the long jump. Quarles coached Hammond to a then-PR of 20-0 1/2 and was later appointed coach for the 2005 Junior Pan-Am Games.

The year prior, long jumper Antoinette Wilks finished third at both the SEC Outdoor Championships and the NCAA Indoor Championships. Wilks also finished second in the pentathlon at the SEC indoor meet. She placed second in the long jump at the 2002 SEC Outdoor Championships and led the SEC with a jump of 21-8 in 2001. During the 2000 season, she placed third in the long jump at the USA Indoor Nationals and competed at the U.S. Olympic trials. She also participated in the NCAA Indoor and Outdoor Championships.

At the 2002 NCAA Outdoor Championships, Tacita Bass finished third in the heptathlon. Bass also won the heptathlon at the SEC Outdoor Championships. In 2000, she competed in the heptathlon and earned All-America honors in the 4x400m relay at the NCAA Championships.

All-American Rodena Barr recorded a personal record of 44-2 in the triple jump, and competed at the 2002 NCAA Indoor and Outdoor Championships. Also that season, Townsend finished third in the decathlon at the SEC Outdoor Championships.

At the 1999 SEC Championships, heptathlete Erin Narzinski won her second title in three years. Bass was the runner-up at the Penn Relays and scored in the heptathlon and the 400m hurdles at the SEC meet while running a leg of the NCAA qualifying 4x400m relay. 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.

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.

### THE DELETHEA QUARLES FILE

**Born:** Feb. 2, 1966, Clifton-Forge, Va.

**High School Education:** Allegheny High School

**College Education:** Bachelor of Science, psychology, Liberty, 1989

**High School Athletics:**

Four-year letterwinner in track, band and basketball

Four-year state qualifier in track

First female in school history to score over 1,000 points in basketball

Inducted into Allegheny High School Hall of Fame in 2002

**College Track:**

Three-year letterwinner at Liberty

Three-time All-American

Penn Relays champ in 1989

Team won six conference titles

**Coaching Career:**

1989-97, Assistant Coach, Liberty

1997-2005, Assistant Coach, South Carolina

2005-Present, Assistant Head Coach, South Carolina



# STAN ROSENTHAL

## South Carolina Assistant Coach

### 7th Season at Carolina

Coaches &amp; Staff

As cross country coach, Stan Rosenthal enters his seventh year at South Carolina, looking to continue building upon the success he began in 2001. Rosenthal also coaches the distance runners during track and field season and was instrumental in coaching the South Carolina women's team to its 11th consecutive NCAA outdoor top-10 finish in 2006.

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 800 as well. Baez qualified for the NCAA East Regional meet and Cunningham was an SEC finalist and scorer.

The year prior, Rosenthal coached Jenny Lake to a record-breaking 3,000m performance at the SEC Indoor Championship. Lake, who ran 9:41, broke the school indoor record she set in 2003 with a fourth-place finish. Rosenthal also coached the DMR team to a second-place finish at the SEC Championships.

With Rosenthal's assistance, the 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. Two other runners competed in the USA Olympic trials. Many of his runners have qualified for the NCAA Track and Field Championships, while numerous athletes won individual conference cham-

pionships. During his seven years as a high school coach in Virginia, two runners qualified for the Kinney/Foot Locker National Cross Country Championships.

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

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

Four of the women's cross country teams coached by Rosenthal were ranked in the NCAA Division I top-20, and seven athletes were selected as conference Scholar-Athletes of the Year. During his coaching career, over 90 percent of the athletes he has recruited and coached have graduated. Many later earned graduate level degrees, including three who are currently in medical school.

In addition to his coaching stint at UNC Asheville, Rosenthal coached at Long Beach State, Georgia, South Alabama and was a graduate assistant coach at Tennessee. He also coached at Albemarle High School in Charlottesville, Va., and in Spotsylvania, Va., where he started his coaching career in 1976.

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 letterwinner. In 1973, Rosenthal competed in the six-mile run at NCAAs. He also was a member of two national-qualifying cross country teams for IUP in 1970 and 1972.

### THE 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 NCAAs in 1973

Member of the two-time qualifying cross country team in 1970 and 1972

**Coaching Career:**

1982-83, Graduate Assistant, Tennessee

1984-87, Head Coach, South Alabama

1988-89, Assistant Coach, Georgia

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

1993-00, Head Coach, UNC Asheville

2001-Present, Assistant Coach, South Carolina

**Wife:** Gayle



The Rosenthal Family: Stan and Gayle



# MIKE SERGENT

## South Carolina Assistant Coach

### 11th Season at Carolina

Mike Sergent enters his 11th season with the Gamecocks' track and field program. His primary responsibilities are coaching the throwers and coordinating the strength and conditioning program.

This past season Sergent again saw his athletes perform at peak times. At the SEC Outdoor Championship Precious Akins won the discus adding to her All-American honors from the past season. Akins later finished fourth at the NCAA East Region meet to qualify for the NCAA Championships.

Erik Heymann, who had Tommy John surgery on his elbow in 2006, threw a 10-foot personal best at 223' 7 on his final throw to finish with the bronze medal. Joe Schroeder hit 207' 6 to finish sixth. Heymann's throw was the second-best ever in school history and Schroeder's throw was the fourth-best in school history. Heymann later advanced to the NCAA Championships as one of the youngest competitors.

In addition, Tyler Trout threw life-time bests in the hammer (fourth) and the discus (eighth) at the SEC Championship and later followed up with a fifth place finish at the NCAA East Region Meet to qualify for the NCAA Championships for the first time.

In 2006, USC saw the fruits of Sergent's labors pay off. Akins was fourth in the discus at the NCAA Outdoor Championships after winning the regional title. Earlier in the outdoor season, she threw 185-9 to shatter former NCAA champion Dawn Ellerbe's school record. Akins was one of seven men and women to qualify for the NCAA Regional. At the SEC Championships, Sergent saw his throwers score in the men's javelin, hammer, shot put and discus. Brook Antonio was third in the discus and the hammer at the SEC Outdoor Championship -- the highest finishes by a Gamecock male in eight years. On the women's side, the ladies scored in the shot put and discus.

Under Sergent's leadership in 2005, Akins' highlights of the season included her third-place finish in the discus with a throw of 174-8 and fifth place in the shot put at the SEC Outdoors.

Sergent also tutored Tyler Trout and Joseph Schroeder, two walk-ons, to big SEC outdoor finishes. Trout, who put the first points on the board for the Gamecocks, finished eighth in the hammer, while Schroeder, who showed improvement in the javelin all season, finished sixth with a throw of 197-0.

In 2004, Sergent guided Akins to a 25-foot improvement in the discus throw, as she made a significant impact at the SEC (fourth) and NCAA East Regional Championships (second). She was the U.S. junior leader in the discus and had the top throw for a freshman in the NCAA. Adam Bishop, Antonio, and India Odum were all NCAA qualifiers, and Katie Desin had a personal-best in the javelin throw at the SEC Championships to win a bronze medal.

2003 was another memorable year, as Sergent helped guide Nicole Kendrick to a second-place finish in the shot put at the SEC indoor meet and an NCAA Championships berth. During the outdoor season, Bishop (shot put), Antonio (hammer and discus), Scott Alsop (javelin), Odum (shot put and discus) and Keri Groover (discus) all were NCAA qualifiers. Former Gamecock Ellerbe reached the World Championships in Paris under Sergent's tutelage as well.

In 2002, Odum placed third at the SEC Championships in the shot put and Mamee Groves was 19th in the weight throw nationally. Groover threw a personal-best at the SEC Championships to place fifth and move her to No. 3 on the all-time list at South Carolina. Sergent worked with Ellerbe and helped 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, Sergent coached Lynette Keppeler to an SEC championship in the shot put, while Alana Robinson was the SEC runner-up in the discus. Also that year, two of Sergent's former athletes, Brad Snyder and Lisa Misipeka, along with Ellerbe, traveled to Edmonton, Canada, for the 2001 World Championships.

In his third year, Sergent coached Candy Mitchell, Bert Sorin, and Ryan Harrison through the U.S. Olympic trials. At the 2000 Olympic Games, the Gamecocks were represented by Snyder, Misipeka, and Michelle Fournier.

In 1999, Sergent's athletes won four SEC titles, with Snyder winning the NCAA indoor shot put title and finishing as the runner-up outdoors. Fournier, an academic All-American and NCAA runner-up, 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.

In his first year at USC, Snyder and Misipeka led the way, each winning two NCAA titles. The USC throwers also accounted for 10 All-America honors and seven SEC championships in 1998.

Prior to coaching at USC, 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 16-year-old daughter named Kelsey.



The Sergent Family: Mike, Karen and Kelsey

### THE MIKE SERGENT FILE

**Born:** Sept. 5, 1969, Alexandria, Va.

**High School Education:** Brentsville High School, Nokesville, Va.

**College Education:**

Bachelor of Science, exercise science, Virginia Tech, 1992

Master of Science, sport management, Virginia Tech, 1994

**High School Athletics:**

Lettered in track and field and football three times; wrestling twice

Three-time state champion in the discus (2) and shot put (1)

Still holds district and region discus records

All-district and all-county in football

**College Track:**

Lettered in track and field four years at Virginia Tech

All-American in the hammer

Won Metro Conference titles in the discus and hammer in 1992

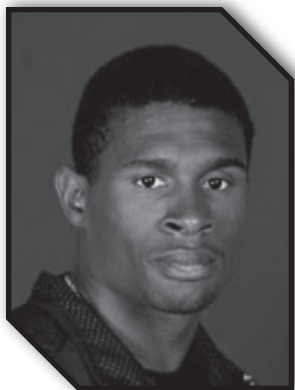
1992 U.S. Olympic trials participant in the hammer

**Coaching Career:**

1992-97, Assistant Coach, Virginia Tech

1997-Present, Assistant Coach, South Carolina

**Wife:** Karen; **Child:** Kelsey



# LAWRENCE JOHNSON

## South Carolina Assistant Coach

### *1st Season at Carolina*

Coaches &amp; Staff

Lawrence Johnson is in his first season as a member of the Gamecocks' coaching staff. His primary responsibilities include coaching the pole-vaulters and coordinating recruiting efforts.

"I came to USC because of the opportunity to participate in the promotion and development of the USC track and field team," Johnson said. "I am very familiar, eager and excited about the competitive level present with the SEC and very impressed by the devotion to academics and athletics displayed within the USC staff, team, and culture. I look forward to being an active participant in the continued promotion and development of the USC pole vaulters and track and field team."

Johnson comes to South Carolina as one of the most decorated pole-vaulters in American history. He competed professionally from 1996-2004 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, NCAA All-American and Athlete of the Year as well as NCAA outdoor champion.

Johnson is a seven-time US 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 selection.

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

### THE LAWRENCE JOHNSON FILE

**Born:** May 7, 1974, Norfolk, Va.  
**High School:** Great Bridge High School, Chesapeake, Va.  
**High School Athletics:** Lettered in track  
**College Education:** Tennessee, 1992-96, 2004-05  
**College Athletics:** Track and field  
**Coaching Career:**  
 2007-Present, Assistant Coach, South Carolina  
**Professional Career:**  
 1996-2004, adidas and Oakley  
**Wife:** Christina







## CHARLES WADDELL

Associate Athletics Director

Charles Waddell joined the South Carolina staff as an associate athletics director in February 2006. Prior to his appointment, Waddell served as vice chancellor of advancement at Fayetteville State.

Waddell oversees the athletics department's policies and procedures, travel and the sports medicine program and coordinates special projects. Additionally, he serves as an administrator to women's basketball, track and field, and swimming and diving.

Waddell, a former three-sport standout at North Carolina, boasts an impressive and wide-ranging résumé. At Fayetteville State, he was responsible for all development- and fundraising-related matters and for the planning and organization of university relations and public affairs programs. He worked in close partnership with the chancellor and members of the Board of Trustees on all development efforts, including the cultivation of individual donors, foundations and corporate sponsors.

Waddell spent nearly 10 years of his professional career as director of marketing and sponsorships for Richardson Sports in Charlotte, N.C., where he was responsible for the advertising and corporate sponsorships for the Carolina Panthers Football Club. He helped generate over \$100 million of revenue for the 1995 through 2002 NFL seasons.

Prior to joining the Carolina Panthers, Waddell was the president and co-owner of Waddell Distributors, Inc., where he managed and funded a bottled water franchise for a three-year period.

Waddell served as an assistant commissioner for the Big Ten Conference from December 1990 to July 1994, where he created and supervised Big Ten Conference marketing and licensing programs. He also served as a representative to the Big Ten Conference compliance committee, minority advisory commission, sports medicine committee and the promotions and public relations committee. He served as the conference liaison to athletics directors, head football coaches and track and field coaches.

Waddell is a 1975 graduate of North Carolina at Chapel Hill with a bachelor's degree in industrial relations. He is the last three-sport letterman at UNC, earning letters in football (1972-74), track (1973) and basketball (1973-74). He was an All-ACC football player and earned All-America honors from *The Sporting News* in 1974. He also received The Patterson Medal in 1975, which is the highest athletic award at UNC. Waddell played professional football with the Tampa Bay Buccaneers, Seattle Seahawks and San Diego Chargers. He earned his master's degree in business from UNC in 1984.

Waddell and his wife, Sandra, have three grown children: Christa, Cassandra and Cortez.



## JOHN KASIK

Director of Sports Medicine

John Kasik was named director of sports medicine for the University of South Carolina on July 3, 2007. Kasik has 28 years of athletic training experience and came to Columbia from Stanford University, where he served as the head athletic trainer during the 2006-07 school year. A native of Baltimore, Md., Kasik has ties to the region as he was the head athletic trainer for the Carolina Panthers from 1994 through 2002.

As director of sports medicine, Kasik assists in the overall management and coordination of South Carolina's athletic training/sports medicine program. He also helps coordinate all phases of health care for Gamecock student-athletes.

During his time at Stanford, Kasik managed the athletic training department with a staff of up to 10 full time athletic trainers and eight part-time graduate assistants. He coordinated health physicals, treatment, training, injury reports and rehabilitation of Cardinal athletes and staff. He determined the budget for supplies and oversaw ordering for department facilities.

Before taking the job at Stanford, he was the athletic trainer and set medic for the NBC television series "The Biggest Loser 3" in 2006. His primary function on the set was the day-to-day healthcare and treatment of the cast and the crew that worked on location during the filming of the show.

Kasik's résumé includes stops with three NFL teams, highlighted by an eight-year tenure as head athletic trainer for the Carolina Panthers, where he managed a staff that included two full-time athletic trainers, six part-time athletic trainers and assistants. He coordinated health physicals, treatment, training and rehabilitation and developed a computerized team injury reporting and tracking system in addition to designing health history, medication recording and coach's injury report forms.

He began his healthcare career in 1979 as an assistant athletic trainer for the Baltimore Colts. He stepped out of the NFL for a year to serve as a graduate assistant athletic trainer and earn his master's degree from the University of Miami during the 1980-81 school year before returning to the Colts for two more seasons. His time with the Colts was followed by 11 years as the assistant athletic trainer for the Seattle Seahawks from 1983 through 1994, where the Seahawks made the playoffs four times, making it to the AFC championship game in 1984. During his 22 years in the NFL, Kasik served as an athletic trainer for two Pro Bowl games. During his time with the Seahawks, Kasik was a member of the NFL Training Staff of the Year in 1988.

A 1980 graduate of West Virginia with a degree in secondary education, social studies, Kasik earned a master's in physical education, athletic training, from the University of Miami in 1981. He is married to the former Sally Grace. The couple has a son, John, Jr., and two daughters, Kathleen and Caroline.

Coaches & Staff



## JACKIE MADISON

Assistant Coach



## CHARLIE EMERSON

Graduate Assistant Athletic Trainer



**RENIA EDWARDS**

Academic Counselor

Renia Edwards is in her fourth year as academic advisor for the men's and women's swimming and diving teams and first with track and field.

Edwards came to Carolina after working as assistant director of the student-athlete academic support services at Virginia Tech for three and a half years. While at Virginia Tech, Edwards worked with the football, men's and women's soccer, volleyball, wrestling and lacrosse teams. In addition, she coordinated the SAASS tutorial program.

Prior to her experience at Virginia Tech, Edwards served as academic counselor for Iowa.

The Rembert, S.C., native received her bachelor's degree in business management from Shaw in 1995. At Shaw, she was an All-CIAA catcher and third baseman on the softball team and made the All-CIAA Academic Team. She then went on to earn her master's in sport management from Northern Illinois, where she received the NCAA Minority Enhancement Scholarship in 1995.



**DANNY HOLLAND**

Massage Therapist

Danny Holland, who has worked with the South Carolina track and field program for over a decade, is founder and former director of South Carolina Massage Institute in Columbia, S.C. Holland also works with Gamecock men's and women's soccer.

Holland has been in the massage business since 1987 and been nationally certified since 1995. He has been a member in good standing with the Associated Massage & Bodywork Professionals since 1995 as well. He also is a licensed CEU instructor for the state of South Carolina.

Holland has worked with several high-profile Olympic athletes, including Allen Johnson, Melissa Morrison and Roland McGhee. He also has worked with NFL and NBA players.



**ANNETTE HUNT**

Administrative Assistant

Annette Hunt is in her 12th year at USC as the administrative assistant with the South Carolina track and field program. Her primary responsibilities include all clerical work, administrative meet manage-

ment and assisting with home meets.

Hunt has worked at USC for 32 years, with 29 of those years in the athletics department. A dedicated employee, she began working at the University in 1975. She was born and raised in Columbia, S.C.

Hunt has two sons, Keith and Kevin, and three grandsons (Devin, Brandon and Kristofer) and one granddaughter (Miranda).

Recently remarried, Hunt, her husband, Todd, and stepson, Dylan, reside in West Columbia, S.C.



**MIQUEL JACOBS**

Media Relations Graduate Assistant

Miquel Jacobs is in his first year as media relations graduate assistant working in the South Carolina Media Relations Department.

Jacobs is the primary contact for women's soccer, equestrian and indoor track and field.

Jacobs previously served as a student assistant for two years at USC, coordinating publicity efforts for cross country and women's golf in 2006. His responsibilities also included game day duties for football, volleyball, men's and women's basketball, baseball, softball and soccer.

Prior to working in media relations, Jacobs worked as a sports staff writer at The Daily Gamecock student newspaper, serving as the beat writer for women's soccer, volleyball and women's basketball.

A native of Columbia, S.C., Jacobs graduated with a Bachelor of Arts degree in public relations in May 2007. He is currently pursuing a master's degree in sport management.



**MICHELLE SCHMITT**

Assistant AD/  
Assistant Media Relations Director

Michelle Schmitt is in her 15th year on the South Carolina staff and her fifth as an assistant director of athletics. In her fifth year as the men's basketball media contact, she also oversees outdoor track and field, cross country, works with a number of sports in their recruiting efforts and assists in enhancing the Gamecocks' public relations efforts nationally.

As the publications coordinator, she won more than 55 CoSIDA publications awards. In addition, she successfully coordinated USC's media relations efforts at the 2004 Athens Olympics where USC-affiliated athletes won seven medals, including four gold medals. She also worked at the 2000 Sydney Olympics, promoting USC with former athletes and volunteer coaches winning five Olympic medals.

Most recently, she was the director of planning

and special projects. Prior to that position, Schmitt was assistant SID for three years before taking over duties as director of publications and special events.

She came to USC in 1993 from the Big Ten Conference, where she was the publications and special projects assistant.

A native of Elmhurst, Ill., and a graduate of Mascoutah H.S., Schmitt, 40, is a 1990 graduate of Illinois State, where she received her bachelor's degree in public relations. She earned her master's degree in sport administration from Illinois State in 1991. She is a 1998 graduate of the Sports Management Institute and a 2002 graduate of Leadership Columbia.

Entering her 17th year in the SID field, Schmitt worked in the SID offices at ISU and Illinois Wesleyan and was the media relations director for the Springfield (Ill.) Cardinals in 1991.

In the Army from 1985 to 1988, Schmitt worked in the White House Telecommunications Center in the White House Communications Agency. She won the White House Service Award, the U.S. Army Commendation Medal and the prestigious Presidential Service Award.



**DEBORAH ZIPPEL**

Sports Dietitian

A former collegiate swimmer at Iowa State University, Deborah Zippel is entering her second year as the athletic department's Sports Dietitian. Prior to working at South Carolina, Zippel worked in cardiac nutrition counseling for McLeod Regional Medical Center in Florence, S.C.

"I have longed to return to the sports nutrition field for years and am passionate about the importance of proper diet and hydration for performance and health," Zippel said.

Prior to working in Florence, she has worked in cardiac wellness and sport nutrition for 15 years, including time at the University of Iowa as the sports dietician. Dietician dietician. She has also taught sport nutrition at several universities including the University of Iowa and Sacred Heart (Conn.).

Lettering in swimming four years, including her senior year where she was the team captain at Iowa State University, Zippel won the Big 8 Academic Athlete Award. Zippel graduated from Dubuque High School in Iowa in 1986.

Zippel, 39, has two kids: Daniel (9) and Erica (7).