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Quick Facts

Location: Columbia, South Carolina
Enrollment: 27,065
Founded: 1801
Nickname: Gamecocks
Colors: Garnet and Black
Conference: Southeastern
President: Dr. Andrew Sorensen
Athletics Director: Eric Hyman
Head Track and Field Coach: Curtis Frye (East Carolina, 1974)
Years at USC: 11th season
Cross Country Coach: Stan Rosenthal (Indiana University of Pennsylvania, 1975)
Years at USC: Sixth season
Rosenthal Email: stanrosenthal@hotmail.com
Cross Country Office Phone: (803) 777-7925
Letterwinners Returning/Lost: 8/2
Top Returnees: Nicki Breves, Rebecca Chain and Karen Wigal
Top Newcomers: Lisa McKinney, Emily Hartley and Jessica Nichols
2005 SEC Finish: 11th Place
Cross Country SIDs: Miquel Jacobs/Michelle Schmitt
SID Email: MiquelJacobs@aol.com
SID Work Phone: (803) 777-5204
SID Fax: (803) 777-2967
Website: www.uscsports.com
Mailing Address: Track Office, Athletic Dept., Rex Enright Center, 1300 Rosewood Dr., Columbia, SC 29208



Shay Shelton, a four-year letterwinner on the Gamecock cross country team, won the 800m title at the 2006 SEC Indoor Championship posting a season-best time of 2:06.05. Shay also received All-America honors running on the 4x400m relay indoors and outdoors.

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Credits

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Gamecocks Post 11 Straight Top 10 NCAA Outdoor Finishes!

South Carolina's track and field programs are among the nation's elite. The USC women join the Texas women and Arkansas men as the only three programs to finish in the top 10 at the NCAA Outdoor Championships the past 11 years, beginning with its ninth place finish in 1996. USC won the NCAA title in 2002, finished as the runner-up in 2005 and was third in 2006.

At the 2006 NCAA Outdoor meet, USC crowned the 100m champion (Amberly Nesbitt) and the 200m champion (Shalonda Solomon). Solomon, the 2006 SEC Indoor Athlete of the Year, also won the 200m title indoors at the NCAA Championship.

The SEC Championships have provided the Gamecocks an excellent springboard for the NAAs. USC's women have won three SEC titles in the last eight years and have finished as the runner-up three times since 1996 as well. In addition, the USC women have finished in the top three nine of the last 11 years.

USC has done exceptionally well at the NCAA East Region Championships, winning it in 2005 and 2006.

Academically, five USC athletes were named to the District III Academic All-American team (more than any other team in the SEC or ACC) and Solomon was named the National Scholar Athlete of the Year.



2006 USC NCAA CHAMPIONS: Shalonda Solomon (indoor and outdoor 200M), Head Coach Curtis Frye and Amberly Nesbitt (100m).

2006 Roster/Schedule

2006 Roster

| | | | |
|-------------------|-----------|-----------------------|--------------------------|
| Amanda Barrett | Freshman | New Orleans, La. | Sacred Heart Acad. |
| Nicki Breves | Senior | Ridgefield, Conn. | Ridgefield HS |
| Kelsey Bristol | Sophomore | Grandville, Mich. | Grandville HS |
| Katarina Cap | Freshman | Hilton Head, S.C. | Hilton Head HS |
| Rebecca Chain | Junior | Ridgefield, Conn. | Ridgefield HS |
| Katie Daly | Freshman | Tampa, Fla. | Plant HS |
| Danielle Franklin | Sophomore | Greer, S.C. | Greer HS |
| Casey Gale | Sophomore | Pickens, S.C. | Charleston Southern |
| Emily Hartley | Freshman | Naperville, Ill. | Neuqua Valley HS |
| Lisa McKinney | Freshman | Downingtown, Penn. | West HS |
| Christine Mudd | Senior | Upper Arlington, Ohio | Upper Arlington HS |
| Jessica Nichols | Freshman | Moncks Corner, S.C. | Berkeley HS |
| Anna Petrov | Sophomore | Albuquerque, N.M. | Eldorado HS |
| Callie Rabun | Sophomore | Alpharetta, Ga. | Milton HS |
| Laura Regensburg | Sophomore | Alexandria, Va. | West Potomac HS |
| Megan Robers | Sophomore | Cincinnati, Ohio | Archbishop McNicholas HS |
| Alyse Shayer | Sophomore | Bakersfield, Calif. | Stockdale HS |
| Jess Smith | Junior | Warrenton, Va. | Fauquier HS |
| Theresa Verostek | Sophomore | Rock Hill, S.C. | Northwestern HS |
| Jackie Vignos | Senior | Charlotte, N.C. | South Meck HS |
| Karen Wigal | Junior | Morgantown, W.V. | Morgantown HS |
| Becky Woods | Sophomore | Galway, N.Y. | Galway HS |

Coach: Stan Rosenthal **Graduate Assistant:** Grace Wetzel **Volunteer Asst.:** Emily Vall

2006 Schedule

| | | | |
|----------------|------------------------------------|---------------------------|---------------|
| Sept. 1 | South Carolina Invitational | Fort Jackson, S.C. | 6 p.m. |
| Sept. 9 | Clemson Invitational | Clemson, S.C. | 9 a.m. |
| Sept. 16 | Winthrop-B | Winthrop, S.C. | 10 a.m. |
| Sept. 23 | Great American XC Festival | Birmingham, Ala. | 10 a.m. |
| Sept. 30 | Auburn Invitational | Auburn, Ala. | 9 a.m. |
| Oct. 14 | NCAA Preview | Terre Haute, Ind. | 10 a.m. |
| Oct. 14 | Furman | Greenville, S.C. | 9 a.m. |
| Oct. 28 | SEC Championship | Baton Rouge, La. | 9 a.m. |
| Nov. 11 | NCAA Regionals | Louisville, Ky. | 10 a.m. |
| Nov. 20 | NCAA Championship | Terre Haute, Ind. | 10 a.m. |

2006 Outlook

Two words best describe the 2006 Gamecock cross country team: *potential* and *experience*. This year's South Carolina team is one of the deepest Carolina has fielded in the past 10 years and Coach Stan Rosenthal's most veteran squad in his six years at the helm. Eight of the top 10 runners return from the 2005 team and a former No. 1 runner will suit up to hit the road again after a redshirt season.

Prior to their departure for summer break, the team set some lofty goals. During the summer hiatus they vowed to turn their training up a notch in hopes of reaching their goal of a top half SEC finish. During the summer each runner worked hard to reach their individual training totals, dedicating themselves to achieving both individual and team goals.

This year's USC tri-captains, senior Nicki Breves and juniors Rebecca Chain and Karen Wigal, give USC outstanding experience as harriers as well as key leaders. A young team, Carolina will need the tri-captain's voices of experience as 15 of the 21 members are freshmen and sophomores. Based on their 5K personal bests, Breves, Chain and Wigal are slated to hold down the top three positions.

Fighting to fill the next two scoring positions are runners from a large group. The competition should make the team stronger, as no one should be able to settle into one spot. Callie Rabun, Kelsey Bristol, Anna

Petrov, Laura Regensburg and Megan Robers, plus newcomers Casey Gale, Pennie Nichols, Emily Hartley and Lisa McKinney have track or cross country times that indicate they can be in the top five positions. Their personal bests range from the 18:30's to the very low 19's for 5K.

The schedule, competing in the always-tough SEC, will be challenging. The squad will open the season with the Gamecock Invitational on their home course on Sept. 1. In-state rival Clemson will come to Columbia for what is always a tough challenge for both teams.

The following week, South Carolina returns the favor by competing at the Clemson Invite. This year's schedule has two races designed to help those not yet on the varsity squad to gain experience. In late September the B-team travels to Winthrop and in October they are scheduled to travel to Charlotte.

The varsity will travel twice to the state of Alabama, once near Birmingham for the Great American Cross Country Festival race and also to Auburn to take on several SEC foes. If the team stays on track with its goals, expect a trip to Indiana for the NCAA Preview race in October, before flying to LSU for the SEC Championships. The team will compete at the NCAA Southeast Region Championships in Louisville with hopes of qualifying for the NCAA Cross Country Championships Nov. 20 in Terre Haute, Ind.



2006 Gamecock Cross Country Team: (front row, l to r): Theresa Verostek, Anna Petrov, Casey Gale, Lisa McKinney and Amanda Barrett; **(second row, l to r):** Jess Smith, Nicki Breaves, Rebecca Chain, Karen Wigal and Kelsey Bristol; **(back row, l to r):** Becky Woods, Katie Daly, Danielle Franklin, Megan Robers, Katarina Cap, graduate assistant Grace Wetzels, Christine Mudd, cross country coach Stan Rosenthal, Jackie Vignos, Alyse Shayer, Emily Hartley, Laura Regensburg, Callie Rabun and Jessica Nichols.

Meet the Gamecocks



NICKI BREVES

Senior
Ridgefield, CT
Ridgefield HS

EXERCISE SCIENCE

Nicki should be a top three runner for the Gamecocks in 2006 ... She had her best track season last year, running 10:15 for 3K indoors and 18:22 for 5K ... During most of last year's cross country season, she was the teams No. 2 or No. 3 runner ... Nicki stayed in Columbia this summer and worked an internship and trained everyday with Karen Wigal. The training should help her continue her improve ... Coach Rosenthal expects Nicki to race in the 17's this fall ... While in high school, Nicki earned All-American honors twice as a member of Ridgefield's 4 x 800 Relay ... She was an eight-time all-state runner and two-time All-New England honoree in high school ... She was born Nov. 8, 1985 to Peter and Pamela Breves.

WHY CAROLINA?

"The opportunity to be a part of a great track and cross country program, while pursuing a degree in exercise science. The warm weather, friendly people and teammates."

GOALS THIS SEASON?

"An under 18 minute 5K and a top half SEC finish for the team."



KELSEY BRISTOL

Sophomore
Grandville, MI
Grandville HS

MCKISSICK SCHOLAR

EXERCISE SCIENCE

Kelsey had a good freshmen year, running under 19 minutes for 5K and improving her mile time from 5:20 to 5:07 ... During cross country, Kelsey ran consistently on the varsity team and was in the top five several times ... She competed at the SEC Track Championship, running the 800m indoors and the 1500m outdoors ... With her improvement during the spring, Coach Rosenthal has high hopes of Kelsey developing into a good cross country runner, racing consistently in the mid to low 18's for 5K ... While in high school, Kelsey placed 15th in the Michigan DI State XC championships ... Her 5K PR is 18:41 ... Kelsey was born Oct. 27, 1986 to Dave and Mary Bristol.

WHY/HOW DID YOU START RUNNING?

"My uncle ran in college and he convinced me to join the team in middle school."

FAVORITE PLACE TO RUN?

"Any dirt trails through the woods."



REBECCA CHAIN

Junior
Ridgefield, CT
Ridgefield HS

HONORS COLLEGE
COOPER SCHOLAR

EXERCISE SCIENCE

Rebecca will be one of the top runners for the Gamecocks in 2006. She has proven to be one of the toughest competitors on the team ... Last year, she was the No. 1 runner for almost every race ... Rebecca has run several races in the low 18's, with a best of 18:02. This year Coach Rosenthal expects Rebecca to run in the 17's ... During track season, she ran the 3K and the 5K, with bests of 10:11 and 18:02, respectively ... While at Ridgefield HS, she was twice an All-American while running on the 4 x 800 relay. She was also seven-time all-state and four-time All-New England in high school ... Rebecca was born June 16, 1986 to Mark and Deb Chain.

WHY CAROLINA?

"The weather, the academics and the track team."

FAVORITE MOVIE?

"Back To The Future"



DANIELLE FRANKLIN

Sophomore
Greer, SC
Greer HS

POLITICAL SCIENCE

Danielle was red-shirted during track last season to allow her to build the strength needed to compete at the SEC level ... Competed in several cross country meets ... Hard training this summer will give her the chance of climbing the team depth chart and making the varsity squad ... While at Greer HS, Danielle was part of three consecutive state championship teams and was named South Carolina's All-State Runner in 2004 ... Danielle's 5K PR is 19:56 ... Danielle was born July 29, 1987 to Danny and Teresa Franklin.

WHY CAROLINA?

"I was born and raised a Gamecock. There was just no other option for me!"

WHY/HOW DID YOU START RUNNING?

"My Spanish teacher in the eighth grade just so happened to be the high school's cross country coach. He annoyed me so much about joining the team that I finally just gave in and came out to run."

Meet the Gamecocks



CHRISTINE MUDD

Senior
Upper Arlington, OH
Upper Arlington HS
HONORS COLLEGE
MCKISSICK SCHOLAR

MARKETING / FINANCE

Christine has battled injuries her entire career at USC ... As a freshman she was running in the 19's when Compartment Syndrome struck her down. It has continued to be difficult to recover. This past summer, for the first time, Christine has been able to train injury free ... Christine and Coach Rosenthal have high hopes that she will be able to pick up where she left off as a freshmen ... In high school, Christine was a state qualifier in cross country and track. She was on the 4 x 400m relay that placed second at the Ohio state meet where she also ran the 300m hurdles ... Her 5K PR is 19:34 ... Christine was born July 26, 1985 to Michael and Deborah Mudd.

WHAT DO YOU THINK ABOUT WHEN RUNNING?

"Sometimes I listen to music, and other times I think about anything that just comes to mind."

WHY/HOW DID YOU START RUNNING?

"My mom was a coach so I would go to practice with her, and I ended up running."



ANNA PETROV

Sophomore
Albuquerque, NM
Eldorado HS
MCKISSICK SCHOLAR

EARLY CHILDHOOD EDUCATION

Anna made the varsity cross country team as a freshman ... She was in the top five several times in races during the season ... Anna was red-shirted during track season ... This summer she built a good base while training at the mile high altitude in Albuquerque ... Coach Rosenthal expects Anna to be one of the most improved team members this year and run in the mid to low 18's ... In high school, Anna placed eighth in the New Mexico State XC Championships. She also was state champion in the 800m in 2004, and an All-American selection in 2003 ... Anna's 5K PR is 18:58 ... Anna was born Sept. 11, 1986 to David and Susan Petrov.

FAVORITE TUNES TO LISTEN TO WHEN RUNNING?

"Switchfoot, Vertical Horizon and the Dave Matthews Band. Really just anything that makes me passionate about the task at hand."

WHAT DO YOU THINK ABOUT WHEN RUNNING?

"I try to focus on form, breathing and pace, but most of all staying relaxed and comfortable."



CALLIE RABUN

RS-Sophomore
Alpharetta, GA
Milton HS
HONORS COLLEGE
MCKISSICK SCHOLAR

EXERCISE SCIENCE

Callie was red-shirted in the fall of 2005 while she recovered from mono ... She improved greatly during the track season, running 18:33 for 5K at the Spec Towns Invitational ... Her summer training has been very good as she put in over 600 miles ... Based on her spring improvement, Coach Rosenthal projects Rabun to be battling for a team top five spot ... While in high school, Rabun placed 15th at the Georgia State XC Championships and currently holds three records at Milton HS ... Her 5K PR is 18:33 ... Callie was born March 2, 1986 to Kenneth and Karen Rabun.

WHY CAROLINA?

"The academics, location, athletics and the people on the cross country and track teams are very nice and welcoming."

WHY/HOW DID YOU START RUNNING?

"I wanted to join a sports team when I started high school, and cross country seemed like the most fun."



LAURA REGENSBURG

Sophomore
Alexandria, VA
West Potomac HS
MCKISSICK SCHOLAR

SPORT/ENTERTAINMENT/MARKETING

Laura was a consistent member of USC's varsity team ... She had a hip problem that flared up at the end of the season. During track, she was red-shirted to rehab her hip and make sure it would be 100% healed for the fall ... During the summer, Laura has slowly built her base and should be once again in the varsity. With good health all fall, Laura should battle for a team top five spot ... At West Potomac High School, she was a state qualifier in cross country and track and was named Female Athlete of the Year in 2005 ... Her 5K PR is 19:15 ... Laura was born May 20, 1987 to Rick and Annalee Regensburg.

WHY CAROLINA?

"I thought the campus was beautiful. I loved the coach and girls on the team when I first met them. I just knew it was the place for me the first time I saw the University."

GOALS THIS SEASON?

"To improve my times from last year; hopefully running somewhere in the mid 18's and as a team finish near the top 5 in SEC's."

Meet the Gamecocks



MEGAN ROBERS

**Sophomore
Cincinnati, OH
Archbishop McNicholas HS
HONORS COLLEGE
MCNAIR SCHOLAR**

BUSINESS

Megan improved her 5K cross country time by almost one minute as a freshman. During the season, she climbed the team depth chart, until she ended the season in the top five ... Megan red-shirted track season so she could work on building her strength for continued improvement this fall ... With another big drop in time, Megan will stay in the team's top five ... One of two McNair Scholars on the team, USC's top academic award, Megan has a 4.0 GPA ... Her 5K PR is 19:12 ... Megan was born Feb. 3, 1987 to Bob and Barb Robers.

FAVORITE PLACE TO RUN?

"Back shaded country roads – there's a route that I run in Cincinnati that winds through towering trees and brings a huge sense of serenity and calm."

WHAT DO YOU THINK ABOUT WHEN RUNNING?

"I like to organize the thousands of thoughts running through my head, and I occasionally hum a good song."



ALYSE SHAYER

**Sophomore
Bakersfield, CA
Stockdale HS
CAPSTONE SCHOLAR**

MATHEMATICS

Alyse was a varsity runner in every meet for the Gamecocks in 2005. Her best placing was at the Gamecock Invitational, where she placed sixth overall ... She was in and out of the top five during the season ... With a strong training base this summer, Alyse should once again challenge for a spot on the varsity squad ... While at Stockdale High School, Alyse was a four time qualifier for the California State Championships ... Her 5K PR is 19:21 ... Alyse was born Sept. 14, 1987 to Steve and Karla Shayer.

GOALS THIS SEASON?

"My goal this season is to PR by 30 seconds so that I will be under 19 minutes."

WHY/HOW DID YOU START RUNNING?

"I started running cross country to keep in shape for soccer and track. Then I just realized that I enjoyed cross country much more than soccer (though I had played soccer for 12 years)."



JESSICA SMITH

**Junior
Warrenton, VA
Faquier HS
MCKISSICK SCHOLAR**

ART STUDIO

Jessica was in and out of the varsity last year, and she plans on consistently staying there in 2006 ... She has had a fine summer build up and should be greatly improved ... During track Jessica competed in the steeplechase, where she improved almost 30 seconds last season ... While at Faquier High School, Jessica claimed a District 300m hurdle title in track and was also all-state in the 4x400 relay ... Her 5K PR is 19:52 ... Jessica was born March 17, 1986 to Stephan and Leslee Smith.

WHY/HOW DID YOU START RUNNING?

"I used to race the boys in elementary school and beat them. In high school that changed, but I had grown to love racing against myself, so here I am!"

FAVORITE TUNES TO LISTEN TO WHEN RUNNING?

"Anger management music - hard rock."



JACKIE VIGNOS

**Senior
Charlotte, NC
South Meck HS
MCKISSICK SCHOLAR**

PUBLIC RELATIONS

Jackie has shown good improvement in her training last spring, and it has carried over to this summer. As a result, Coach Rosenthal has high expectations for her this fall ... Based on her spring and summer work, he thinks she will run in the mid to low 18's this season ... Jackie was a four year letter winner in cross country, track and swimming at South Meck High School in Charlotte. She was named All-Conference all four years she competed in both cross country and track ... Her 5K PR is 19:56 ... Jackie was born Aug. 8, 1984 to Richard and Suzanne Vigns.

FAVORITE MOVIE?

"Fight Club"

WHY/HOW DID YOU START RUNNING?

"In middle school, I ran track. I was talked into running cross country in high school by my coach, Brian Zelk."

Meet the Gamecocks

Gamecock Newcomers



KAREN WIGAL

Junior
Morgantown, WY
Morgantown HS
HONORS COLLEGE
MCNAIR SCHOLAR

CHEMICAL ENGINEERING

Karen has improved greatly since arriving on campus. Her 5K PR has dropped from 19:10 in high school to 17:47 ... Last year an old high school basketball knee injury flared up, and Karen was red-shirted. She reached full recovery during the spring and has had a good summer of training ... Karen and Coach Rosenthal have high expectations for this season ... While in high school, Karen won the West Virginia state cross country championships as a senior and led her team to the state title. She also won the 2 mile during track season ... Her class valedictorian, Karen is one of two McNair Scholars on the team, USC's highest academic honor ... Won the bronze medal at the National Chemical Engineers Conference for her undergraduate research project on catalysis ... Karen was born May 15, 1985 to Gary and Grace Wigal.

WHY CAROLINA?

"The academic and athletic opportunities as well as the weather during the winter months."

WHAT DO YOU THINK ABOUT WHEN RUNNING?

"Everything. There is a lot of time to think during a long run."



BECKY WOODS

Sophomore
Galway, NY
Galway HS

CAPSTONE SCHOLAR

MARINE BIOLOGY

Becky spent the summer running 60 to 70 mile weeks, getting ready for the 2006 season. This strength training should allow her to drop her times into the 18's and be a competitive member of the team ... In high school, Becky accumulated many individual honors, ranging from Most Impressive Newcomer to MVP while on the varsity cross country team. She was also named Most Outstanding Runner, team captain and was a Western Athletic Conference First Team All-Star in 2003 ... Her 5K PR is 20:04 ... Becky was born Dec. 4, 1986 to Dennis and Laurie Woods.

WHY/HOW DID YOU START RUNNING?

"To keep in shape for soccer and basketball."

FAVORITE MOVIE?

"Gone in 60 Seconds"



AMANDA BARRETT

Freshman
New Orleans, LA
Sacred Heart Academy

EXERCISE SCIENCE

Amanda spent the summer at a camp in Colorado, giving her a good training base at altitude ... Pre-season training will determine if she is to be a red-shirted this fall ... While at Sacred Heart Academy, Amanda was a state qualifier in cross country ... Her senior year of track and cross country were both disrupted by Hurricane Katrina ... Her 5K PR is 20:50 ... Amanda was born July 7, 1987 to Wayne and Eve Barrett.

WHY CAROLINA?

"It's a really pretty part of the country, and it seemed like a good size. I wanted to go to a bigger school since I have gone to the same small school for 14 years."

GOALS THIS SEASON?

"I want to PR and prepare to be a stronger runner."



KATARINA CAP

Freshman
Hilton Head, SC
Hilton Head

PHARMACY

Katarina has been running the beaches and bike paths on Hilton Head, working on getting as close to her goal of 800 miles this summer ... Pre-season training will determine if she will be a red-shirt this fall ... During her high school career, she was a state qualifier in cross country and track ... Her 5K PR is 21:25 ... Katarina was born Nov. 23, 1987 to Ludovit and Helma Cap.

WHY/HOW DID YOU START RUNNING?

"I started running after my sister ran for a year. I really admire her and she inspired me to run."

FAVORITE PLACE TO RUN?

"I love running on trails, at the beach (in the morning) and in the mountains."

Meet the Gamecocks



KATIE DALY
Freshman
Tampa, FL
Plant HS

NURSING

Katie has had a good summer of base building running 600 miles .. Pre-season training will determine if Katie will red-shirt this fall At Plant she was a state qualifier in cross country ... Her sister Margaret also competes in cross country at Plant High School ... Her 5K PR is 20:30 ... Katie was born Sept. 4, 1987 to Thomas and Eileen Daly.

WHAT DO YOU THINK ABOUT WHEN RUNNING?

"Whatever happened that day or something I'm mad about."

WHY/HOW DID YOU START RUNNING?

"My mother was the coach of the middle school I attended, and she was my ride home."



CASEY GALE
Sophomore
Pickens, SC
Pickens HS/
Charleston Southern

SPANISH / ENGLISH

Casey transferred to USC in January 2006, after her freshmen season of cross country at CSU ... Her best cross country times would have placed her in USC's top seven last year ... She has run 60 miles per week this summer to prepare for her first USC cross country season ... While at Pickens High School, Casey was All-State in the mile and 3200 meters ... Her 5K PR is 19:15 ... Casey was born Dec. 29, 1986 and is the daughter of Glenda Collins and Byron Gale.

FAVORITE PLACE TO RUN?

"My hometown sidewalks. It's a small town, and I always see people I know, which keeps my runs interesting."



EMILY HARTLEY
Freshman
Naperville, IL
Neuqua Valley HS

McKISSICK SCHOLAR

BUSINESS

Emily is recovering from ACL surgery this spring. Her rehab has gone well this summer ... Pre-season training will determine if she will be red-shirted this fall ... If Emily is fully recovered from her ACL injury, she predicts to be in the battle for a team top seven spot ... While

at Neuqua Valley High School, Emily placed 12th in the Illinois State 2A cross country Championships and was a two-time All-State selection. She was also a state qualifier in the 800 and the 4x800 relay during track season ... Her three mile PR is 18:03 ... Emily was born Aug. 27, 1987 to JoAnn and David Hartley.

GOALS THIS SEASON?

"To participate competitively on the team."

FAVORITE TUNES FOR A LONG RUN?

"Black Eyed Peas"



LISA MCKINNEY
Freshman
Downington, PA
West HS
HONORS COLLEGE
COOPER SCHOLAR

BIOLOGY / PRE-MED

Lisa could be a surprise top five runner this fall for the Gamecocks ... Her two mile PR of 11:20 predicts possible times in the low 18's during the cross country season ... She has had a good summer of training, building her weekly miles to 50 and holding that level of training ... While at West High School, Lisa was a state qualifier in track ... Lisa was born Nov. 27, 1987 to Chris and Debbie McKinney.

WHY/HOW DID YOU START RUNNING?

"My grandfather was a track coach and encouraged me to run when I was in middle school."

WHY CAROLINA?

"I came to visit and knew it was the school for me."



JESSICA NICHOLS
Freshman
Moncks Corner, SC
Berkeley HS

BIOLOGY

"Pennie", as Jessica's friends call her, is the South Carolina State Meet record holder for 800 meters, and she has also been All-State in the mile ... Last summer she was a finalist in the USATF Junior Olympics in both the 800 and 1500 meters ... Coach Rosenthal believes with her ability to run the mile, she will develop into a very good cross country runner for the team ... Her PR's are 2:14 for 800 and 5:10 for 1600 ... Jessica was born Sept. 20, 1988 and is the daughter of Colleen Mitchell ... She has a nine year old sister Simone D. Mitchell.

WHY CAROLINA?

"The longevity of team experience and accomplishments. Also, the coaching commitment and dedication. With that insight, I know Carolina will develop me into the runner and champion I'm supposed to be."

Meet the Coaching Staff



Curtis Frye

Head Coach

Entering his 11th year as head cross country and track and field coach at USC, Curtis Frye has established a program that is regarded as one of the nation's elite. Frye has coached or overseen over 53 NCAA champions and almost 350 NCAA All-Americans during his career.

Last season the women's team had the highest finish of any team in the state of South Carolina when it finished third at the NCAA

Outdoor Championships with Greenville native Amberly Nesbitt (100m) and Shalonda Solomon (200m) both winning NCAA titles. It was the 11th straight year the women have been 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. All told, the two teams collected 18 All-American 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 District III Academic All-American team (the most of any team in the SEC or ACC) and Shalonda Solomon was named the National Scholar-Athlete of the Year along with being named the SEC Indoor Female of the Year.

With the No. 2 (women) and No. 5 (men) ranked recruiting classes in 2005, Frye coached nine athletes, including four freshmen athletes, Richardson for the men's team and Natasha Hastings, Nesbitt, and Shalonda for the women, to All-American honors at the 2005 NCAA Indoor Championship. Leading the men to a 19th overall finish, Richardson, the 2004 Gatorade Athlete of the Year, earned third place in the 60m hurdles, while senior Rodney Martin broke the school indoor record in the 200m with a third place finish. Hastings and Nesbitt's semifinal performances in the 400m, 60m, respectively, earned 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.

The Gamecocks ended their season with the second best finish in the program's history, finishing second at the NCAA meet. The men and women combined for 18 All-American honors, including a school record-breaking performance by senior Rodney Martin in the 200m and the first All-American honor in the 100m since Terrence Trammell in 1999, also earned by Martin. Coach Frye was named SEC, USTCA Southeast District and East Region Women's Coach of the Year, while Ross-Williams was named USTCA Southeast District Athlete of the Year.

Also in 2005, Coach Frye 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 sophomore Stephanie Smith and Solomon were selected for the relay pools for the World Championship in Helsinki. Senior Shevon Stoddart made the Jamaican National Team and competed in Helsinki.

In 2004, Coach Frye served as an assistant coach for the USA Olympic women's track and field team in Athens, Greece. His responsibilities included working with the sprinters and the relays. Nine Gamecocks, currently and formerly coached by Frye, were among the Olympians, three of which received gold medals. Among the medalists were USC senior 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. Seniors Adrian Durant (Virgin Islands), Shevon Stoddart (Jamaica) and Lashinda Demus (USA) also represented USC track and field in Athens.

During the season, USC athletes gathered 27 All-American 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, a claim that can only be made by two other schools, while his men's team finished in the top-15 indoors. During the 2004 season, the men's team finished a high-water mark 14th indoors while the women's highest finish was outdoors when they finished seventh. 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, their highest finish since its fourth-place finish in 1999.

Individually, Frye had three women win NCAA individual titles in 2003: Aleen Bailey in both the 100 and 200m outdoors and Lashinda 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. Additionally, Bailey went on to earn SEC Outdoor Athlete of the Year while Ferguson was named the conference's Freshman of the Year.

Frye also coached athletes to international success in 2003 at the World Championships in Paris. Allen Johnson won an unprecedented fourth title in the 110m hurdles while Trammell placed second in the event. Former Gamecocks Lisa Barber and Demetria Washington

helped Team USA claim the 4x400 relay crown.

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 championship in any sport. This finish made the USC women one of three programs, nationally, to finish in the top 10 for the past seven years. The women also carried home the championship trophy from the 2002 SEC Outdoor Championships.

In 2002, the men were in the top 10 indoors and outdoors, finishing sixth in both, tying their best finish in school history. The two programs crowned three NCAA champions in Demus (400m Hurdles, Outdoors) and Otukile Lekote (800m, Indoors and Outdoors); and also saw its women's 4x400m relay set the collegiate outdoor record with its national title victory. The women's 4x400m indoors relay team, the women's 4x100m outdoors relay team, and the men's 4x400m relay team also won national championships. The two teams combined to collect over 52 All-American honors and put 33 on the SEC Academic Honor Roll, as well.

Frye also earned 2002 National Coach of the Year and SEC Women's Outdoor Coach of the Year honors. In addition, Demetria 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. Otukile Lekote was named National Scholar Athlete of the Year.

Frye was also named the 1999 SEC Women's Outdoor Coach of the Year. Recognized as one of the top sprint coaches in the country, Frye was a US assistant coach at the 1999 World Championships in Seville, Spain. Frye was named the women's regional Coach of the Year in 2000. This follows up his 1999 Men's Indoor National Coach of the Year and the 1999 Women's Outdoor National Coach of the Year.

For his efforts, he also was named the Outdoor U.S.T.C.A., Region Coach of the Year in 1998 and the 1997 USATF and USOC Track and Field Coach 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. This 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 this event, as Frye sent a total of 11 athletes to the 2001 Worlds. Adding more coaching honors to his distinguished list, Coach Frye was the men's coach for the United States at the 2001 Goodwill Games. He coached Johnson and Terrence Trammell to Championships in their respective events. Johnson won the 110m hurdles, while Trammell won 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 successfully finished second 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, the men behind Trammell's 20 points, finished eighth. The Gamecock men and the Arkansas Razorbacks are the only two teams nationally to finish in the top 10 four straight years at the NCAA Indoor Championships.

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

But, Frye wasn't done yet as he accompanied 12 current or former USC athletes and coaches to the Sydney Olympics. His athletes brought home four medals: a gold to volunteer coach Monique Hennagan (USA 4x400m relay); a silver for alum Charmaine Howell (Jamaica 4x400m relay); a silver for Terrence Trammell (USA 110m hurdles) and a bronze for volunteer coach Melissa Morrison (USA 100m hurdles). In 1999, Frye took the Gamecocks to unprecedented success as the women won 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.

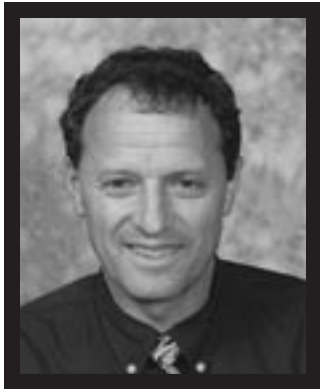
The men finished in the top-six both indoors and outdoors. Bringing home a trophy for its fourth place finish at the NCAA Indoor Championships, the men finished sixth outdoors. The men finished a school-best second at the SEC Indoor Championships and were sixth outdoors. The two programs combined to set 35 school records. The Gamecocks won three individual NCAA titles, an NCAA relay title, 14 SEC titles and crowned 29 All-Americans. USC also featured two Academic All-Americans in Keith Hall and Michelle Fournier. Hall went on to Emory Medical School. Fournier was granted an NCAA Postgraduate scholarship. 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 was also named the SEC Women's Outdoor Coach of the Year. It is the first time in the history of the U.S.T.C.A. a coach has won the award indoors (men) and outdoors (women).

In 1998, his second year at Carolina, Frye led Carolina 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 efforts he was named the Outdoor U.S.T.C.A. Region Coach of the Year in 1998. Individually, Carolina won four NCAA titles, 13 SEC titles and garnered 23 All-American honors indoors and outdoors.

In his first season at Carolina, 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.

Frye was hired on July 29, 1996. Frye and his wife, Wilma, have three children- Crystal, C.J. and Curtell.

Meet the Coaching Staff



Stan Rosenthal

Distance

As cross country coach, Stan Rosenthal enters his sixth year at 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's women's team to its 11th consecutive NCAA outdoor

top 10-finish in 2006. In 2006, Shay Shelton added to his total of SEC Champions by claiming the Indoor league crown at 800 meters. Johnny Baez and Shawn Cunningham both found success in the 800m as well. Baez qualified for the NCAA East Regional meet and Shawn Cunningham was an SEC finalist and scorer.

In 2005, Coach Rosenthal coached senior 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 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 title, NCAA East Regional Championship title and finishing runner-up at the NCAA Outdoor Championship.

In 2002, South Carolina's women finished fourth at the NCAA Indoor Championships and won the SEC Outdoors and NCAA Outdoor Championships, giving the Gamecocks their first national 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.

Prior to coming to USC, 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, they finished as the runner-up. The men's cross country teams were Big South Conference runners-up in three of his last four years.

Coach 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. Two other runners competed in the USA Olympic Trials. Many of his runners have qualified for the NCAA Track and Field Championships, while numerous runners won individual conference championships. 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. He also 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 also served as the Southeast Region Representative. He earned the USA Track and Field Level I and II certification for the endurance events.

Academic success is very important to Rosenthal. His athletes have achieved individually and as a team. Last year Rosenthal's cross country team placed four runners on the SEC Academic Honor Roll and three on the President's List. The 2005 cross country team had a cumulative GPA of 3.58. Also in 2005, senior Jenny Lake was named USC Scholar Athlete of the Year, a McWhorter Scholar and the recipient of a NCAA Postgraduate Scholarship. The first team Academic All-American graduated with a 4.0 GPA in mathematics, with honors from South Carolina's Honor College.

Two of the women's cross country teams coached by Rosenthal were ranked in the NCAA Division I Top 20, posting a 3.46 GPA. Seven athletes were selected as Conference Scholar-Athletes of the Year. During his coaching career, over 90% 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 Spotsylvania, Va., where he started his coaching career in 1976. Coach Rosenthal earned his master's degree in education from the University of 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.



Delethea Quarles

Multis, Jumps

Delethea Quarles is in her 10th year with the USC program and her 18th year as a collegiate coach. Promoted to Assistant Head Coach in 2005, her primary responsibilities include coaching the multi-event performers and the jumps.

Quarles also oversees eligibility and is the academic liaison. USC saw five men and women on the District III Academic All-American list – the most of any team in the SEC or ACC. Off the track, Shalonda Solomon was named the national scholar athlete of the year by the USTFCCA. In addition, the women's team was honored by USTFCCA as the Academic National Champions, claiming a 1st time academic victory over Stanford University.

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

In September, she will work as assistant coach on all-star squad of coaches for the USA World Cup team in Athens, Greece on Sept. 15-16. Responsibilities include coaching all the jumps (long jump, triple jump, high jump).

Quarles ended the 2005 season as an assistant coach for Team USA at the Pan American Championship held in Windsor, Ontario, Canada. With her assistance, the USA team earned 57 medals, the second highest in all-time. Also in 2005, USC's men and women's jumps program experienced great success under Quarles guidance. While almost all of her jumpers improved their marks this season, jumpers Greig Cryer, All-American senior Chelsea Hammond and All-American junior Kemesha Whitmire proved that with Coach Dee's 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 National was freshman jumper Derrick 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, claim the conference title, and contribute significantly to the Gamecocks' third SEC Championship title.

Senior All-American Chelsea Hammond also experienced great improvements last season. 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 this season was junior jumper Monica Bozenski, who experienced great improvements in the high jump.

Quarles led Cryer and Hammond to the NCAA Championship, 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, respectively. Allmond also placed

Meet the Coaching Staff

second in the NCAA outdoor championships with a jump of 27'4 in the long jump. Quarles coached Chelsea Hammond to a PR of 21.05 last season and was also appointed as coach for the 2005 Junior Pan-Am Games.

In 2003, Long Jumper Antoinette Wilks finished third in both the SEC Outdoor Championships and the NCAA Indoors. Wilks also finished second in the Pentathlon at the SEC Indoor Championships. In 2002, Wilks was named the SEC MVP, finishing sixth in the long jump and 13th in the triple jump at the NCAA Championships. In 2001, Wilks led the SEC with a jump of 21'8. During the 2000 season Wilks placed third in the long jump at the USA Indoor Nationals and competed at the U.S. Olympic trials. She also competed at the Indoor and Outdoor NCAA Championships. Wilks also placed second in the long jump at the 2002 SEC 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, junior Tacita Bass competed in the heptathlon, as well as earned All-American 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 NCAA Indoor and Outdoor Championships. Also in 2002, Fred 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. Freshman Tacita Bass was the runner-up at the Penn Relays. Bass also scored in the heptathlon and the 400m hurdles at the SEC meet and ran 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's.

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



Mike Sergent

Throws

Mike Sergent enters his 10th season with the Gamecocks track and field program. His primary responsibilities are coaching the throwers and coordinating the strength and conditioning program.

Last season saw the fruits of Sergent's labors pay off. Junior Precious

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, who graduated in May after a successful stint with the garnet and black 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 made great improvements, especially during the outdoor season. 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 2005 SEC Outdoor Championship. Akins' performance significantly contributed to the Gamecocks' conference championship and earned her a trip to New York City for the NCAA East Regional Championship.

Coach Sergent also led sophomore Tyler Trout and freshman 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. Schroeder, who showed improvements in the javelin all season, finished sixth with a throw of 197.

In 2004, Sergent guided Akins to a 25-foot improvement in the discus throw as she made a significant impact at the SEC (4th) and NCAA Eastern Region Championships (2nd). She was the US 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.

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

In 2002, India Odum placed third at the SEC Championships in the shot put and Mamee Groves was 19th in the weight throw nationally. Freshman Keri Groover threw a personal best at the SEC Championships to place fifth and move her to number three on the all-time list at Carolina. On the professional level, Sergent worked with Gamecock alum Dawn Ellerbe. She was the USATF National runner-up in both the weight and hammer throws. She finished her year ranked seventh in the world in the hammer and also ranked eighth nationally in the discus throw.

In 2001, Sergent coached Lynette Keeper to an SEC Championship in the shot put. Alana Robinson was the SEC runner-up in the discus. Also in 2001, two of Sergent's former athletes (Brad Snyder and Lisa Misipeka), along with USC Volunteer Assistant Dawn Ellerbe, traveled to Edmonton, Canada for the 2001 World Championships.

In 2000, Sergent coached Candy Mitchell, Bert Sorin, and Ryan Harrison through the U.S. Olympic Trials. At the 2000 Olympic Games in Sydney, Australia, the Gamecocks were represented by Brad Snyder, Lisa Misipeka, and Michelle Fournier.

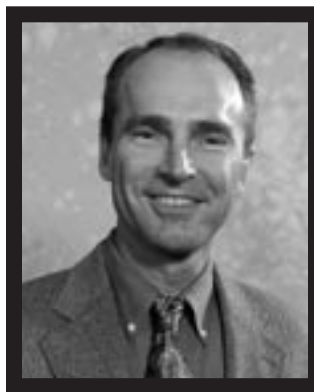
In 1999, Sergent's athletes won four SEC titles, with Brad Snyder winning the NCAA indoor shot put title, finishing as the runner-up outdoors. Fournier, an Academic All-American and NCAA runner-up, was awarded an NCAA Post-Graduate Scholarship. Misipeka also won a bronze medal at the 1999 World Championships -- 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-American honors and seven SEC champions 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 was a 1992 All-American and Olympic Trials qualifier in the hammer.

Sergent holds a bachelor's degree in Exercise Physiology and a master's degree in Sports Management from Virginia Tech.

Sergent's wife, a graduate of USC's School of Nursing, is Karen and they have a 15-year-old daughter named Kelsey.



Rusty Shealy

Pole Vault

Rusty Shealy enters his third year as pole vault Coach with USC's track & field program. During this time he has achieved great success with both the men's and women's teams. His primary responsibility is focused on developing vaulters.

Indoors in 2006, senior pole vaulter Cheryl Terrio earned All-American honors with a sixth place finish at the NCAA Indoor Championships, held in Fayetteville, AR. She also established a new indoor school record of 13' 6.25". Outdoors, she broke the school record during the SEC Championships at 13' 4.5" to qualify for the NCAA Outdoor Championship, in Sacramento, CA. She then eclipsed that record at the NCAA Championships during qualifying, for a new outdoor school record of 13' 5.25". Also on the women's side, the freshman duo of Vica Shobe and Liza Todd showed significant improvement. Vica had a personal best of 12' 5.5" finishing in ninth place at both the SEC Indoor and SEC Outdoor Championships, and Liza had a personal best of 12' 1.5". Sophomore Emily Pease had a

Meet the Coaching Staff/Administration

personal best of 12' 0" at the SEC Outdoor Championships.

Junior Dan McKenzie, who has improved dramatically during college, vaulted 17' 0.75 at the 2006 Sea Ray Relays in Knoxville, TN. McKenzie also finished third at the 2005 SEC Indoor Championships, hitting 16' 6.25". Senior Trey Bell finished as the runner-up at the SEC Outdoor Championships. Bell, just back from an injury, equaled his season and personal best vault of 16' 6.75".

Shealy continues to coach a number of high profile vaulters. Spencer Stephens finished in second place at the 2004 NCAA Eastern Regional, qualifying for NCAA Championships, and had a season best vault of 17' 8.5". Stephens also finished 10th at 2003 NCAA Indoors with a season best of 17' 9.75". In 2004, Chase Shealy was the #1 ranked USA Junior vaulter, #7 World Junior, and #1 ranked junior college vaulter, with a season best of 17' 7". Additionally in 2004, Mitch Greeley vaulted 16' 9" for the #2 high school vault nationally. Greeley was a member of the 2003 World Youth Championship, "Team USA". This was Shealy's second vaulter in a many years to make the World Youth team. USC vaulter Trey Bell was on the 2001 World Youth Championship "Team USA".

Prior to USC (1998-2004), Coach Shealy had much success as the pole vault coach at Brookland Cayce High School in Cayce, SC., and as director of Carolina Extreme Pole Vault. During the past nine years, forty-nine of his athletes have qualified for the USATF National Junior Olympic Championships. Awards included four National Champions, three Silver Medalist and three Bronze medalists, with sixteen All-Americans and twenty-one "Top Ten" finishes. As well as two USATF Youth Athletic National Champions in 2006. Shealy has coached five different vaulters to become national champions, winning a combined seven national championships.

In 2003, Shealy coached the USA Junior National second place finisher and World Junior "Team USA" Pan American Junior Championships qualifier at 17' 0.75". Shealy also coached the Adidas Outdoor Championships pole vault champion with a national meet record vault of 17' 0.25" and the Nike Indoor Championships second place finisher at 17' 0.75", which tied the national meet record at the time.

Over nine years through weekly clinics, and his camps, Shealy has helped coach thirty-six South Carolina High School League State Champion pole vaulters, including numerous boys and girls state and school record holders with a girls best of 12' 8" and a boys best of 17' 1". Coach Shealy has also coached the only three South Carolina high school vaulters to clear 15' as sophomores. Additionally, three vaulters have achieved the rarity of jumping their age, which only a few people accomplish worldwide each year. One vaulted 15' as a fifteen year old, another 15' at fifteen years, 16' at sixteen, and then 17' at seventeen years of age. And in 2006 another, a fourteen year old jumped 14'.

Shealy and his wife Midgett have four children: Chase (21), Conrad (18), Caitlyn (14) and Colton (11).



Emily Vall

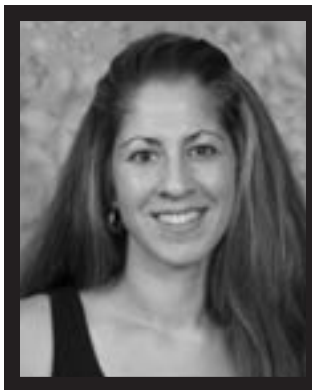
Volunteer Coach

A former collegiate harrier, Emily Vall, a volunteer coach with cross country, is working on her a Ph.D in Physical Education Pedagogy at USC.

A doctoral teaching assistant, Vall earned her master's degree in 2001 from the University of South Florida.

She earned her Bachelor's degree in Physical Education in 2000 from Florida Southern College while running cross country for the Moccasins. Vall was named all-conference all four years she competed, and she helped lead her team to three consecutive Southern State Conference titles. Vall also helped lead her team to its first appearance in the Division II Championships in 1999 when the team claimed 11th place.

Vall, 28, resides in Columbia and is single.



Grace Wetzel

Graduate Asst./ Manager

Grace Wetzel is in her second season with the Gamecocks cross country program. She is working on a PhD in English at USC.

A native of Crofton, Md., Wetzel, 24, is a 2004 graduate of Loyola College in Baltimore, where she earned two 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 lead her team to the conference title.

Wetzel is a 2000 graduate of Archbishop Spalding High School in Severn, Md. She is single and resides in Columbia.



Dr. Andrew Sorensen

University President



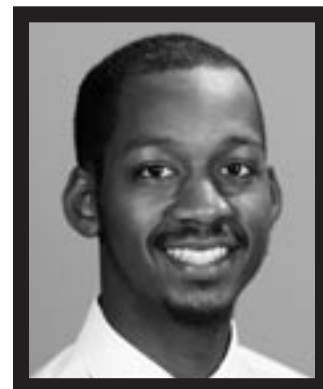
Eric Hyman

Athletics Director



Charles Waddell

Associate Athletics Director



Miquel Jacobs

Cross Country SID

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2005 Cross Country

Arkansas led all SEC teams at the 2005 NCAA Men's Cross Country Championships, placing second to national champion Wisconsin. The Razorbacks were led by Josphat Boit, who finished seventh, earning All-America honors. Arkansas' Peter Kosgei (12th) and Kenny Cormier (28th) as well as Tennessee's Zach Sabatino (23rd) earned All-America honors as well. Three other SEC teams placed in the top 30, led by Alabama (21st), Florida (23rd) and Tennessee (28th). Arkansas also earned its 15th consecutive men's SEC title with Boit claiming his second consecutive conference individual crown.

Tennessee won its third straight SEC women's championship and placed 28th in the NCAA Championships. Auburn's Angela Homan captured her third straight women's SEC individual title and was the SEC's top finisher in the women's NCAA championships, placing ninth, and earning All-America honors. Arkansas was the SEC's top finisher at the NCAA Championships, placing 19th.

2006 SEC Men's Indoor Track & Field

Arkansas scored 53 points to clinch its 19th indoor national crown and its 42nd national championship overall. LSU finished off the pace in second with 45 points. Arkansas' claimed its 13th SEC Indoor championship in 15 tries since entering the league in 1992. LSU's Xavier Carter claimed SEC Men's Runner of the Year. Florida's Mike Morrison was named the SEC Men's Field Event Athlete of the Year, as his Gator teammate, Willie Perry, was tabbed as the SEC Men's Freshman Runner of the Year. Arkansas' Nkosinza Balumbu earned the SEC Men's Freshman Field Event Athlete of the Year, while John McDonnell of Arkansas was named SEC Men's Indoor Track and Field Coach of the Year.

2006 SEC Women's Indoor Track & Field

The SEC had three teams finish in the top 10 at the NCAA Indoor Championships with Georgia finishing fifth, LSU seventh, Auburn eighth and South Carolina in 10th. Georgia won its first SEC Indoor title in school history. South Carolina's Shalonda Solomon was named the SEC Women's Runner of the Year after winning the NCAA 200m title and Florida's Shannon Leinert was tabbed SEC Women's Freshman Runner of the Year. Georgia's Jenny Dalhgren was tabbed as the SEC Women's Field Event Athlete of the Year, while teammate Levern Spencer was named SEC Women's Freshman Field Event Athlete of the Year. Georgia's Wayne Norton was named SEC Women's Indoor Track and Field Coach of the Year.

2006 SEC Men's Outdoor Track & Field

LSU was the national runner-up at the NCAA Championships. Arkansas and Tennessee posted top-10 finishes, with the Razorbacks taking fifth and the Vols sixth. LSU sophomore Xavier Carter was honored in four events on the NCAA Division I Men's Outdoor Track and Field All-America Team and was also named the 2005-06 Roy F. Kramer SEC Male Athlete of the Year. Arkansas won its fourth straight SEC outdoor title. The Razorbacks have claimed 13 SEC Outdoor titles out of 15 since joining the conference in 1991-92.

2006 SEC Women's Outdoor Track & Field

Auburn women's track and field team won its first ever national title at the NCAA Outdoor Track and Field Championships. The Tigers posted All-American performances in nine events, including two individual national champions and three second-place finishers, and broke two school records during the four-day event. Tiger Coach Ralph Spry was named the NCAA Division I Outdoor Track and Field Coaches of the Year. South Carolina finished third at the NCAA Championships, while LSU and Georgia posted top 10 finishes at seventh and ninth respectively. Georgia claimed the SEC Outdoor title, holding off an Auburn rally to finish one point ahead of the Tigers.

CROSS COUNTRY

Men - Eight national championships, two individual titles, 79 All-Americans since 1984, 34 teams have finished among the Top 20 since 1984.

Women - One team championship in 1988, 51 All-Americans since 1981, 40 teams have finished among the top 25 since 1982.

INDOOR TRACK

Men — Fourteen national championships since 1992 and 124 NCAA individual champions; 49 individuals earned All-American status in 2006 with Arkansas winning the NCAA title.

Women — Thirteen national championships since 1987 and 90 NCAA individual champions; 41 All-Americans in 2006.

OUTDOOR TRACK

Men — Seventeen NCAA titles and 15 of 17 national championships since 1989 and 163 NCAA individual champions; 39 All-Americans in 2005.

Women — Eleven consecutive NCAA titles by LSU from 1987-97 and again in 2000, 100 NCAA individual champions since 1982; 72 All-Americans in 2006 with Auburn winning the title.

The University of South Carolina

Founded in 1801, the University of South Carolina campus offers the best of both worlds -- a scenic academic oasis situated in the midst of a vibrant capital city.

More than 200 years of history and tradition

:: The University of South Carolina's graduate program in international business is the top-ranked public university program in the country and No. 2 among all institutions, according to U.S. News & World Report. The ranking marks the 17th consecutive year that the program at the Moore School of Business has been ranked either No. 1 or 2.

:: Since the Office of Fellowships and Scholar Programs was established in 1994, University students have won 305 national awards earning more than \$8.6 million for advanced academic study.

:: USC has been designated a research institution of "very high research activity" by the Carnegie Foundation for the Advancement of Teaching. It is the foundation's rating and places USC in the same research category with Harvard, Duke, Emory, Johns Hopkins and Vanderbilt universities, as well as the universities of North Carolina and California at Berkeley. USC is the only university in South Carolina to have this designation, granted to 62 public and 32 private research institutions.

:: A \$6 million grant from the Centers for Disease Control and Prevention will support a program at USC's Arnold School of Public Health to tackle the growing HIV/AIDS epidemic among minorities. The award to Dr. Donna Richter, USC's dean of public health and a leading HIV/AIDS educator, will support the Institute for HIV Prevention Leadership (IHPL).



Home of the Gamecocks

The Princeton Review's 2005 ranking of institutions of higher education -- The 357 Best Colleges -- names the University of South Carolina as the top public university for academics in the Southeastern Conference.

: : The university libraries house many comprehensive, valuable collections, including the papers and letters of Ernest Hemingway and related materials, Gen. William C. Westmoreland, the world's most comprehensive collection of F. Scott Fitzgerald research materials, the literary archive of writer Joseph Heller, the archive of James Ellroy and a collection of books, stamps, letters and material associated with the Italian patriot Giuseppe Garibaldi. Most recently, the university broke ground on the South Carolina Political Collection wing, which will house the papers and memorabilia of more than 70 leading South Carolinian political leaders.

: : The university's West Quadrangle Living Learning Center, known as the "green dorm," is the largest green residential hall in the world. The residential hall, which includes a 9,000 square-foot Learning Center in fall 2004.

: : The Strom Thurmond Wellness & Fitness Center is a world-class facility dedicated to healthy lifestyles and physical fitness and is one of the most comprehensive in the United States.

: : The College of Hospitality, Retail and Sport Management has received a gift of \$250,000 from the Coca-Cola Foundation to fund approximately 30 individual scholarships in 2006 - 07 for students interested in careers in event management.

: : The Wachovia Foundation presented a gift of \$1 million to help under-represented students earn degrees in business at USC's Moore School of Business.

: : The economic impact of USC's eight campuses and its alumni on the state of South Carolina is more than \$4 billion, according to a report compiled by a USC economist.

Degree Programs

College of Arts & Sciences

Arts:

African-American Studies
Anthropology
Art Education
Art History
Art Studio
Classics
Comparative Literature
Criminology & Criminal Justice
Dance
Economics
English
European Studies
Film Studies
French
Geography
German
History
International Studies
Italian
Latin American Studies
Media Arts
Philosophy
Political Science
Psychology
Religious Studies
Russian
Sociology
Spanish
Theatre & Speech
Women's Studies

Sciences:

Biological Sciences
Cardiovascular Technology
Chemistry
Geology
Geophysics
Marine Science
Mathematics
Physics
Statistics

Moore School of Business

Accounting
Business Economics
Finance
Insurance & Risk Management
International Business
Management
Management Science
Marketing
Real Estate

College of Education

Early Childhood Education
Elementary Education
Middle Level Education
Physical Education

College of Engineering and Information Technology

Biomedical Engineering
Chemical Engineering

Civil Engineering
Computer Engineering
Computer Information Systems
Computer Science
Electrical Engineering
Mechanical Engineering

School of the Environment

Environmental Studies minor

College of Hospitality, Retail and Sports Management

Business & Technology Education
Hotel, Restaurant & Tourism Management
Interdisciplinary Studies
Retailing (emphasis in Retail Management or Fashion Merchandising)
Sport & Entertainment Management
Technology Support & Training Management

School of Journalism & Mass Communication

Advertising
Broadcast Journalism
Journalism (Print)
Public Relations
Visual Communications

School of Music

Music
or
Music with emphasis in choice of one of the following: Composition, Jazz Studies, Education (Band, Strings, or Vocal), Theory, Performance (Brass, Guitar, Organ, Percussion, Piano, Strings, Voice, or Woodwinds); Piano Accompaniment; Piano Pedagogy

College of Nursing

Nursing

South Carolina College of Pharmacy

Pre-Pharmacy
Pharmacy Doctorate

Arnold School of Public Health

Exercise Science

The South Carolina Honors College

- Relevant to all undergraduate majors
- Graduate with honors and major in any other undergraduate major, or pursue the Honors College degree

The University of South Carolina

Alumni and fans hold a deep love for the Gamecocks. You won't find more passionate and loyal fans any place in the country.

You're a Gamecock for life.

2001

The University of South Carolina features perhaps the most unique and electrifying pregame entrance in all of college football. The Gamecocks assemble in the southeast corner of Williams-Brice Stadium, and as more than 82,000 fans begin to roar in anticipation, the theme song from "2001 - A Space Odyssey" begins to blare over the stadium sound system. At the music continues, the excitement builds and the sound of the crowd grows deafening. At the precise moment, in perfect coordination with the music, the Gamecocks storm onto the field.

The theme "2001" corresponds with the University's Bicentennial, which was celebrated six years ago.

Cocky

South Carolina's official mascot, Cocky, appears at many Gamecock Athletics events. Known for his zany antics and widely-recognized around the country, Cocky has been a member of Capital One's Mascot All-America team for three straight years.

Alma Mater

"We Hail Thee Carolina"

We hail thee, Carolina, and sing thy high praise
With loyal devotion, remembering the days
When proudly we sought thee, thy children
to be: Here's a health, Carolina, forever to thee!

Since pilgrims of learning, we entered thy walls
And found dearest comrades in thy classic halls
We've honored and loved thee as sons
faithfully; Here's a health, Carolina, forever to thee!

Generations of sons have rejoiced to proclaim
Thy watchword of service, thy beauty and fame;
For ages to come shall their rallying cry be:
Here's a health, Carolina, forever to thee!

Fair shrine of high honor and truth, thou shalt still
Blaze forth as a beacon, thy mission fulfill,
And crowned by all hearts in a new jubilee:
Here's a health, Carolina, forever to thee!

Fight Song

"The Fighting Gamecocks Lead the Way"

Hey, Let's give a cheer, Carolina is here,
The Fighting Gamecocks lead the way.

Who gives a care, If the going gets tough,
And when it is rough, that's when the 'Cocks get going.

Hail to our colors of garnet and black,
In Carolina pride have we.

So, Go Gamecocks Go - FIGHT! Drive for the goal - FIGHT!
USC will win today - GO COCKS!
So, let's give a cheer, Carolina is here. The Fighting Gamecocks All The Way!

