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### Practice Attendance & Interviews

All practices are open to the media, and interviews may be conducted 15 minutes prior to or at the completion of practice. The cross country team practices daily from 3-6 p.m. at the Ashton Cross Country Course. The track team practices daily from 1:30-6 p.m. at the Recreation Building during the indoor season. The team's outdoor practice time and location will be determined at a later date. All interviews should be coordinated by either Chris Brewer or Nathan Sheehan in the Sports Information Office so the interview time does not interfere with the student-athlete's schedules.

### Athletics Department Mission Statement

The mission of the Department of Athletics is to provide the administrative and coaching support, facilities, resources and equipment necessary for student-athletes to graduate from The University of Iowa while participating in broad-based championship-caliber athletic competition. The overall well-being of the participant and the integrity of the program will be paramount in all that we do.

### UI Nondiscrimination Statement

The University of Iowa prohibits discrimination in employment, educational programs, and activities on the basis of race, national origin, color, creed, religion, sex, age, disability, veteran status, sexual orientation, gender identity, or associational preference. The University also affirms its commitment to providing equal opportunities and equal access to University facilities. For additional information, contact the Office of Equal Opportunity and Diversity, (319) 335-0705.

### 2009 Cross Country Schedule

<b>Sept. 4</b>	<b>Hawkeye Invite *</b>	<b>Iowa City, IA</b>
Sept. 26	at Roy Griak Invite *	Minneapolis, MN
Oct. 2	at Notre Dame Invite *	South Bend, IN
Oct. 3	at Wisconsin Inter Regional *	Madison, WI
Oct. 17	at Pre-NCAA Invite *	Terre Haute, IN
Nov. 1	at Big Ten Championships *	University Park, PA
Nov. 14	at NCAA Midwest Regional *	Springfield, MO
Nov. 23	at NCAA Championships *	Terre Haute, IN

### 2010 Indoor Track and Field Schedule

Jan. 9	at Illinois #	Champaign, IL
<b>Jan. 16</b>	<b>Iowa Open *</b>	<b>Iowa City, IA</b>
Jan. 23	at Razorback Invite *	Fayetteville, AR
	at Jack Johnson Classic *	Minneapolis, MN
Feb. 5-6	at Meyo Invite *	South Bend, IN
Feb. 6	at Husker Invite *	Lincoln, NE
Feb. 12-13	at Cyclone Classic *	Ames, IA
Feb. 13	at Husky Classic *	Seattle, WA
<b>Feb. 19</b>	<b>Iowa Invitational *</b>	<b>Iowa City, IA</b>
Feb. 27-28	at Big Ten Championships #	Minneapolis, MN
	at Big Ten Championships &	University Park, PA
Mar. 6	at Alex Wilson Invite *	South Bend, IN
	at NCAA Last Chance Meet *	Ames, IA
Mar. 12-13	at NCAA Championships *	Fayetteville, AR

### 2010 Outdoor Track and Field Schedule

Mar. 19-20	at Coastal Carolina Spring Invite *	Conway, SC
Mar. 26-27	at Stanford Invite *	Stanford, CA
Apr. 2-3	at Auburn Classic *	Auburn, AL
Apr. 2	at Central Invite *	Pella, IA
Apr. 9-10	at Sun Angel Classic *	Tempe, AZ
Apr. 9	at Mesa Classic *	Mesa, AZ
Apr. 10	at Lee Calhoun Memorial *	Macomb, IL
<b>Apr. 17</b>	<b>Iowa Invitational *</b>	<b>Iowa City, IA</b>
Apr. 22-24	at Drake Relays *	Des Moines, IA
Apr. 23	at Kip Janvrin Open *	Indianola, IA
Apr. 30	at Forest Rittgers Open *	Cedar Rapids, IA
<b>May 1</b>	<b>Iowa Musco Twilight XI *</b>	<b>Iowa City, IA</b>
May 6-7	at North Central Invite *	Naperville, IL
May 14-16	at Big Ten Championships	Bloomington, IN
May 28-29	at NCAA Midwest Regional	TBA
June 9-12	at NCAA Championships	Eugene, OR

Home meets in bold.

# - Men's Event, & - Women's Event, \* - Co-Ed Event

### Credits

The University of Iowa men's track and field and cross country media guide was written, designed and edited by Assistant Sports Information Director Traci Wagner. Editorial assistance provided by Assistant Sports Information Director Matt Weitzel. Photographs provided by Chris Donahue, Darren Miller and University of Iowa CMP Photo Services. Cover artwork designed by Mindy Heidgerken. Printing done by University of Iowa Printing.



# IOWA HAWKEYE TRACK & FIELD

## 2010 Men's Track Team Roster & Pronunciations

Name	Event	Yr.	Hometown (Last School)
Sam Bailin	Distance	So.	Urbandale, IA (Valley HS)
Matt Banse	Throws	So.	Strawberry Point, IA (Starmont HS)
Chris Barton	Sprints	Jr.	Sherman Oaks, CA (Notre Dame HS)
Mark Battista	Distance	Jr.	New Lenox, IL (Lincoln Way Central HS)
Josh Bean	Jumps	Jr.	Highland Park, IL (Highland Park HS)
Stephen Bee	Sprints	So.	South Elgin, IL (Larkin HS)
Zack Braff	Middle Distance	So.	Marion, IA (Linn-Mar HS)
Nick Brayton	Throws	So.	Iowa City, IA (West HS)
Matt Byers	Throws	Fr.	Wichita, KS (Wichita East)
Brendan Camplin	Distance	Sr.	Batavia, IL (Batavia HS)
Paul Chaney, Jr.	Sprints	Sr.	St. Louis, MO (University HS)
Will Cranford	Hurdles/Jumps	*Fr.	Redford, MI (Inkster HS)
Kevin Dibbern	Sprints	Fr.	Iowa City, IA (City HS)
Connor Elmitt	Hurdles/Mid. Distance	So.	Johnston, IA (Johnston HS)
Adam Hairston	Middle Distance	Sr.	Cedar Rapids, IA (Kennedy HS)
Jeffery Herron	Jumps	So.	Richmond, TX (Univ. of Texas-San Antonio)
Ethan Holmes	Hurdles	Fr.	Clinton, IA (Clinton HS)
Nick Holmes	Distance	*Fr.	Peoria, IL (Limestone HS)
Chase Kadlec	Distance	So.	Wheaton, IL (North HS)
Weston Ketelson	Hurdles/High Jump	Fr.	DeWitt, IA (Central Clinton DeWitt HS)
Dan Kuhlman	Middle Distance	Jr.	Glen Ellyn, IL (Glenbard South HS)
Nick Kuczwar	Middle Distance	Jr.	Elmhurst, IL (Eastern Illinois)
Ryan Lamparek	Throws	So.	Fairfax, IA (Cedar Rapids Prairie HS)
Jesse Luciano	Distance	Sr.	Villa Park, IL (Willowbrook HS)
Mark Mankivsky	Pole Vault	Sr.	Naperville, IL (Waubonsie Valley HS)
Mike Marbach	Distance	*Fr.	Orland Park, IL (Carl Sandburg HS)
Brian Marchese	Distance	Jr.	Elmhurst, IL (College of DuPage)
Brandon McSkimming	Sprints	Jr.	West Des Moines, IA (Valley HS)
Jordan Mullen	Hurdles	Fr.	Atlantic, IA (Atlantic HS)
Matt Newman	High Jump	Fr.	Arlington Heights, IL (Buffalo Grove HS)
James Paul	Middle Distance	Jr.	Queenston, Canada (Churchill S.S.)
Frank Prill	Combined Events	Sr.	Chicago, IL (St. Patrick HS)
Matt Rammelsberg	Hurdles	Jr.	Atkins, IA (Benton Community HS)
Kyle Reid	Combined Events	Fr.	Schaumburg, IL (James B. Conant HS)
Jay Renaud	Distance	Sr.	Mt. Prospect, IL (Prospect HS)
Thomas Reynolds	Throws	*Fr.	Coralville, IA (Iowa City West HS)
Patrick Richards	Sprints	So.	Colorado Springs, CO (Widefield HS)
D'Juan Richardson	Hurdles/Sprints	So.	Indianapolis, IN (Warren Central HS)
Keaton Rickels	Sprints/Mid. Distance	Fr.	Iowa Falls, IA (Iowa Falls-Alden HS)
Cameron Rieger	Distance	Fr.	Mundelein, IL (Carmel Catholic HS)
Dan Rolling	Combined Events/High Jump	Sr.	Milford, IA (Okobojo HS)
Zeke Sayon	Sprints	Jr.	Rockford, IL (University of Illinois Chicago)
Zachary Schimp	Throws	Sr.	Marietta, PA (West Chester)
Erik Sowinski	Middle Distance	So.	Waukesha, WI (West HS)
Zach Splan	Sprints	Sr.	Naperville, IL (Neuqua Valley HS)
Ben Stancombe	Throws	Fr.	Bloomington, IN (South HS)
Trey Stross	High Jump	Sr.	Avon Lake, OH (Avon Lake HS)
Tommy Tate	Distance	Sr.	Galesburg, IL (Galesburg HS)
Jeffrey Thode	Distance	Fr.	Schaumburg, IL (James B. Conant HS)
Graham Valdes	High Jump	Jr.	Moline, IL (Central City HS)
Ray Varner	Hurdles	Sr.	Wadsworth, IL (Warren Township HS)
Steven Willey	Middle Distance	Jr.	Onawa, IA (West Monona HS)
Nick Young	Distance	Fr.	Bettendorf, IA (Bettendorf)
Alex Zona	Pole Vault	Sr.	Dyer, IN (Lake Central HS)

### Pronunciation Guide

Name	Pronunciation
Matt Banse	BANS
Mark Battista	bah-TEE-stuh
Chase Kadlec	KAD-lehck
Nick Kuczwar	KOOZ-wahr-uh
Dan Kuhlman	COOL-muhn
Ryan Lamparek	lam-PAHR-ik
Jesse Luciano	lou-CHEE-ahn-oh
Mark Mankivsky	man-KIV-skee
Mike Marbach	MARR-bach
Brian Marchese	Marr-KAY-zee
Matt Rammelsberg	rahm-ELLS-burg
Cameron Rieger	REE-guhr
Jay Renaud	ruh-NO
D'Juan Richardson	duh-WAHN
Zeke Sayon	ZEEK SAY-on
Zachary Schimp	SCHIMP (sounds like Shrimp)
Jeffrey Thode	THO-dee
Graham Valdes	val-DEZ
Head Coach Larry Wiecezorek	wuh-ZOR-ik
Steven Willey	WILL-ee

\* -- indicates redshirt freshman

# IOWA HAWKEYE TRACK & FIELD

## 2010 Women's Track Team Roster & Pronunciations



Name	Event	Yr.	Hometown (Last School)
Lindsay Anderson	Distance	So.	Leeds, ND (Leeds HS)
Caleigh Bacchus	High Jump	Sr.	Cascade, Trinidad & Tobago (Bishop Anstey)
Danielle Berndt	Distance	So.	Bloomington, MN (Kennedy HS)
Sarah Boyd	Distance	Fr.	Ottawa, Canada (All Saints Catholic HS)
Rachel Curry	Throws	Fr.	Homestead, IA (Williamsburg HS)
Brittany Dlh	Distance	So.	West Branch, IA (West Branch HS)
Jennie Docherty	Middle Distance	Sr.	St. Paul, MN (Cretin-Derham Hall HS)
Alissa Duffy	Distance	Jr.	West Des Moines, IA (Iowa State)
Brooke Eilers	Distance	So.	Holland, MI (Holland Christian HS)
Katie Ellis	Distance	Sr.	Barrington, IL (Wauconda HS)
Nicole Erickson	Sprints	So.	Cedar Rapids, IA (Kennedy HS)
Fionna Fallon	Distance	Sr.	Des Moines, IA (Portland State University)
Karessa Farley	Hurdles	Jr.	Bridgetown, Barbados (Queen's College HS)
Besty Flood	Middle Distance	So.	Des Moines, IA (Dowling HS)
Megan Glisar	High Jump/Sprints	Fr.	Sergeant Bluff, IA (Sergeant Bluff-Luton HS)
Kara-Aretha Graham	Sprints	Jr.	London, United Kingdom (Forest Girls School)
Eva Greenwalt	High Jump	Fr.	Fitchburg, WI (Verona HS)
Ashlyn Gulvas	Throws	Fr.	Standish, MI (Standish-Sterling HS)
Amanda Hardesty	Distance	Jr.	Valparaiso, IN (Valparaiso HS)
Lauren Hardesty	Distance	Jr.	Valparaiso, IN (Valparaiso HS)
Kelsey Hart	Distance	Fr.	West Branch, IA (West Branch HS)
Tiffany Hendricks	Hurdles/Combined Events	Jr.	Burlington, IA (Burlington HS)
Nia Hermansen	Hurdles/Mid. Distance	Fr.	Minnetonka, MN (Minnetonka HS)
Courtney Johnson	Combined Events/Sprints	So.	Marion, IA (Linn-Mar HS)
Jacqueline Jordan	Sprints	Fr.	Waterloo, IA (Cedar Falls HS)
Mariah Jordan	Hurdles/Sprints	Fr.	Iowa City, IA (City HS)
Susan Kuhl	Distance	So.	Beaman, IA (BCLUW HS)
Kelsey Labs	Hurdles/Sprints	Fr.	Marion, IA (Marion HS)
Jackie Laesch	Distance	So.	Wheaton, IL (North HS)
Megan Lessard	Distance	Gr.	Manchester, NH (Columbia University)
Tiffany Medenwaldt	Throws	So.	Lake Mills, WI (University of South Alabama)
McKenzie Melander	Distance	So.	Apple Valley, MN (Eastview HS)
Emily Messerly	Throws	Fr.	West Des Moines, IA (Waukee HS)
Missy Miller	High Jump/Combined Events	Fr.	Tipton, IA (Tipton HS)
Kelsey Mims	Sprints	So.	Iowa City, IA (City HS)
Emily Moore	Jumps/Sprints	Fr.	Gillette, WY (Campbell County HS)
Raven Moore	Sprints	Fr.	Atlanta, GA (Sandy Creek HS)
Sophia Poncé	Sprints/Mid. Distance	Sr.	Rockton, IL (Hononegah HS)
Bethany Praska	Sprints/Mid. Distance	Jr.	Longmont, CO (Longmont Christian HS)
Megan Ranegar	Distance	Fr.	Valparaiso, IN (Valparaiso HS)
Hannah Roeder	Distance	Jr.	Des Moines, IA (UCLA)
Alicia Rus	Sprints	Fr.	Eldridge, IA (North Scott HS)
Leia Scott	Jumps	Fr.	Downers Grove, IL (Downers Grove North HS)
Hannah Simonson	Hurdles	Fr.	Jefferson, IA (Jefferson-Scranton HS)
Jasmine Simpson	Throws	Fr.	Wheaton, IL (Glenbard South HS)
Kelsey Stueland	Middle Distance	Sr.	Tipton, IA (Tipton HS)
Kelsey Taylor	Throws	Fr.	Camp Point, IL (Camp Point Central HS)
Katie Truedson	Pole Vault	Fr.	Oak Brook, IL (Hinsdale Central HS)
Rhonda-Kaye Trusty	Sprints	Sr.	Brampton, Ontario (St. Marguerite D'youville HS)
Majesty Tutson	Throws	Fr.	Iowa City, IA (City HS)
Kirsten Weismantle	Pole Vault	Fr.	Oak Park, IL (Oak Park River Forest HS)
Jordan Williams	Distance	So.	Glenwood, IA (St. Albert HS)

### Pronunciation Guide

Name	Pronunciation
Brittany Dlh	duh-LIE
Jennie Docherty	DOCK-ir-tee
Brooke Eilers	EYE-Ierrz
Fionna Fallon	FEE-own-uh
Megan Glisar	GLY-shur
Ashlyn Gulvas	GULL-vus
Amanda/Lauren Hardesty	har-des-TEE
Jackie Laesch	LEHSH
Tiffany Medenwaldt	MAID-en-walt
McKenzie Melander	MEE-land-err
Sophia Poncé	POHN-see
Megan Ranegar	ran-UH-gurr
Hannah Roeder	RAY-derr
Kirsten Weismantle	WHYS-man-tull



# IOWA HAWKEYE TRACK & FIELD

## 2010 Track & Field Team Photo



### 2010 University of Iowa Track & Field Team

**Front Row (l-r):** Volunteer Assistant Coach Evelyn Ross, Alicia Rus, Kelsey Hart, Megan Ranegar, Nia Hermansen, Nicole Erickson, Jackie Laesch, Jacqueline Jordan, Raven Moore, Courtney Johnson. **Second Row (l-r):** Hannah Roeder, Katie Ellis, Brittany Dlh, Jennie Docherty, Katie Truedson, Lindsay Anderson, Mariah Jordan, Kirsten Weismantle. **Third Row (l-r):** Leia Scott, Tiffany Medenwaldt, Ashlyn Gulvas, Kelsey Taylor, Susan Kuhl, Fionna Fallon, Megan Glisar, Kelsey Mims, Sophia Poncé. **Fourth Row (l-r):** Jasmine Simpson, Rachel Curry, Alissa Duffy, Kelsey Labs, Amanda Hardesty, Missy Miller, Karessa Farley, Jordan Williams, Tiffany Hendricks, Sarah Boyd. **Fifth Row (l-r):** Majesty Tutson, Emily Messerly, Danielle Berndt, Megan Lessard, Lauren Hardesty, Patrick Richards, Hannah Simonson, Bethany Praska, Rhonda-Kaye Trusty, Caleigh Bacchus, Volunteer Assistant Coach Jeff Randall. **Sixth Row (l-r):** Zeke Sayon, Cameron Rieger, D’Juan Richardson, Brian Marchese, James Paul, Mark Battista, Brendan Camplin, Kyle Reid, Jeffrey Thode, Sam Bailin, Chase Kadlec, Kevin Dibbern. **Seventh Row (l-r):** Jay Renaud, Nick Kuczvara, Erik Sowinski, Nick Holmes, Tommy Tate, Ben Stancombe, Zachary Schimp, Thomas Reynolds, Matt Banse, Brandon McSkimming, Keaton Rickels. **Eighth Row (l-r):** Zach Splan, Frank Prill, Dan Kuhlman, Mike Marbach, Ethan Holmes. **Back Row (l-r):** Jordan Mullen, Matt Newman, Matt Byers, Zack Braff, Nick Young, Adam Hairston, Nick Brayton, Connor Elmitt, Ryan Lamparek, Jeffery Herron, Will Cranford, Josh Bean, Ray Varner. **Not Pictured:** Chris Barton, Stephen Bee, Paul Chaney, Jr., Brooke Eilers, Betsy Flood, Kara-Aretha Graham, Eva Greenwalt, Weston Ketelsen, Jesse Luciano, McKenzie Melander, Emily Moore, Matt Rammelsberg, Dan Rolling, Trey Stross, Kelsey Stueland, Graham Valdes, Alex Zona.



Throughout the years, student-athletes from all parts of the United States and the world have worn the Iowa Hawkeye black and gold with pride. Following is a list of the 2009-10 Hawkeyes and where they are from:

**Barbados - 1**

Karessa Farley - Bridgetown

**California - 1**

Chris Barton - Sherman Oaks

**Canada - 3**

Sarah Boyd - Ottawa  
James Paul - Queenston  
Rhonda-Kaye Trusty - Brampton

**Colorado - 2**

Bethany Praska - Longmont  
Patrick Richards - Colorado Springs

**Georgia - 1**

Raven Moore - Atlanta

**Illinois - 31**

Mark Battista - New Lenox  
Josh Bean - Highland Park  
Stephen Bee - South Elgin  
Brendan Camplin - Batavia  
Katie Ellis - Barrington  
Nick Holmes - Peoria  
Chase Kadlec - Wheaton  
Nic Kuczwarra - Elmhurst  
Dan Kuhlman - Glen Ellyn  
Jackie Laesch - Wheaton  
Jesse Luciano - Villa Park  
Mark Mankivsky - Naperville  
Mike Marbach - Orland Park  
Brian Marchese - Elmhurst  
Matt Newman - Arlington Heights  
Sophia Poncé - Rockton  
Frank Prill - Chicago  
Kyle Reid - Schaumburg  
Cameron Riegler - Mundelein  
Jay Renaud - Mt. Prospect  
Zeke Sayon - Rockford  
Leia Scott - Downers Grove  
Jasmine Simpson - Wheaton  
Zach Splan - Naperville  
Tommy Tate - Galesburg  
Kelsey Taylor - Camp Point  
Jeffrey Thode - Schaumburg  
Katie Truedson - Oak Brook  
Graham Valdes - Moline  
Ray Varner - Wadsworth  
Kirsten Weismantle - Oak Park

**Indiana - 6**

Amanda Hardesty - Valparaiso  
Lauren Hardesty - Valparaiso  
Megan Ranegar - Valparaiso  
D'Juan Richardson - Indianapolis  
Ben Stancombe - Bloomington  
Alex Zona - Dyer



**Iowa - 42**

Sam Bailin - Urbandale  
Matt Banse - Strawberry Point  
Zack Braff - Marion  
Nick Brayton - Iowa City  
Rachel Curry - Homestead  
Kevin Dibbern - Iowa City  
Brittany Dlhy - West Branch  
Alissa Duffy - W. Des Moines  
Connor Elmitt - Johnston  
Nicole Erickson - Cedar Rapids  
Ben Evans - Iowa City  
Fionna Fallon - Des Moines  
Besty Flood - Des Moines  
Megan Glisar - Sergeant Bluff  
Adam Hairston - Cedar Rapids  
Kelsey Hart - West Branch  
Tiffany Hendricks - Burlington  
Ethan Holmes - Clinton  
Courtney Johnson - Marion  
Jacqueline Jordan - Waterloo  
Mariah Jordan - Iowa City  
Weston Ketelson - DeWitt  
Susan Kuhl - Beaman  
Kelsey Labs - Marion  
Ryan Lamparek - Fairfax  
Brandon McSkimming - W. Des Moines  
Emily Messerly - Waukee  
Missy Miller - Tipton

**Iowa - 42 (Continued)**

Kelsey Mims - Iowa City  
Jordan Mullen - Atlantic  
Matt Rammelsberg - Atkins  
Thomas Reynolds - Coralville  
Keaton Rickels - Iowa Falls  
Hannah Roeder - Des Moines  
Dan Rolling - Milford  
Alicia Rus - Eldridge  
Hannah Simonson - Jefferson  
Kelsey Stueland - Tipton  
Majesty Tutson - Iowa City  
Steven Willey - Onawa  
Jordan Williams - Glenwood  
Nick Young - Bettendorf

**Kansas - 1**

Matt Byers - Wichita

**Michigan - 3**

Will Cranford - Redford  
Brooke Eilers - Holland  
Ashlyn Gulvas - Standish

**Minnesota - 4**

Danielle Berndt - Bloomington  
Jennie Docherty - St. Paul  
Nia Hermansen - Minnetonka  
McKenzie Melander - Apple Valley

**Missouri - 1**

Paul Chaney, Jr. - St. Louis

**New Hampshire - 1**

Megan Lessard - Manchester

**North Dakota - 1**

Lindsay Anderson - Leeds

**Ohio - 1**

Trey Stross - Avon Lake

**Pennsylvania - 1**

Zachary Schimp - Marietta

**Texas - 1**

Jeffery Herron - Richmond

**Trinidad & Tobago - 1**

Caleigh Bacchus - Cascade

**United Kingdom - 1**

Kara-Aretha Graham - London

**Wisconsin - 3**

Eva Greenwalt - Fitchburg  
Tiffany Medenwalt - Lake Mills  
Erik Sowinski - Waukesha

**Wyoming - 1**

Emily Moore - Gillette



# IOWA HAWKEYE TRACK & FIELD

## 2009-10 Season Preview

For women's Head Coach **Layne Anderson**, this season is all about adding depth and filling the gaps for an already established foundation of talent. The sum of that talent should add up to a formidable team that Anderson would like to see become a fixture near the top of the Big Ten standings.

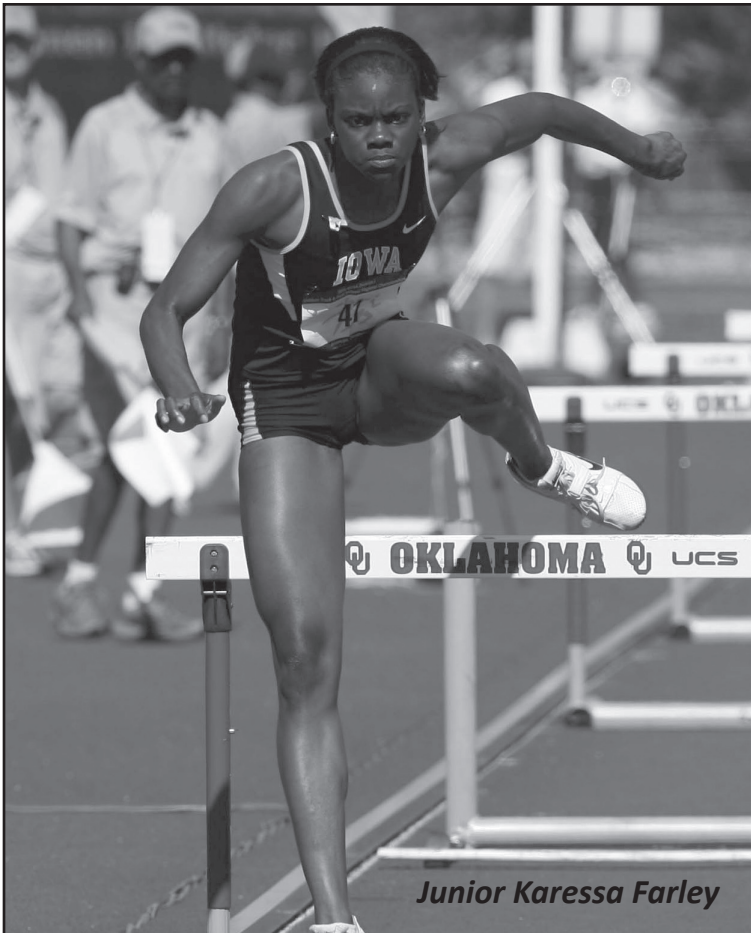
The women's track and field team will have nearly 30 newcomers, many of which will be expected to contribute immediately. Anderson is looking for this recruiting class to fill in the gaps for events the Hawkeyes could not compete in last season.

"Last season, **Renee White** would be our only long and triple jumper, **Mandy Chandler** would be our only thrower, we wouldn't have any javelin throwers or pole vaulters. We suffered because of our lack of depth in many areas. We basically forfeited certain events and potential points because we didn't have anybody there. This season, I think we'll be able to compete in a lot more events, which will give us more opportunities."

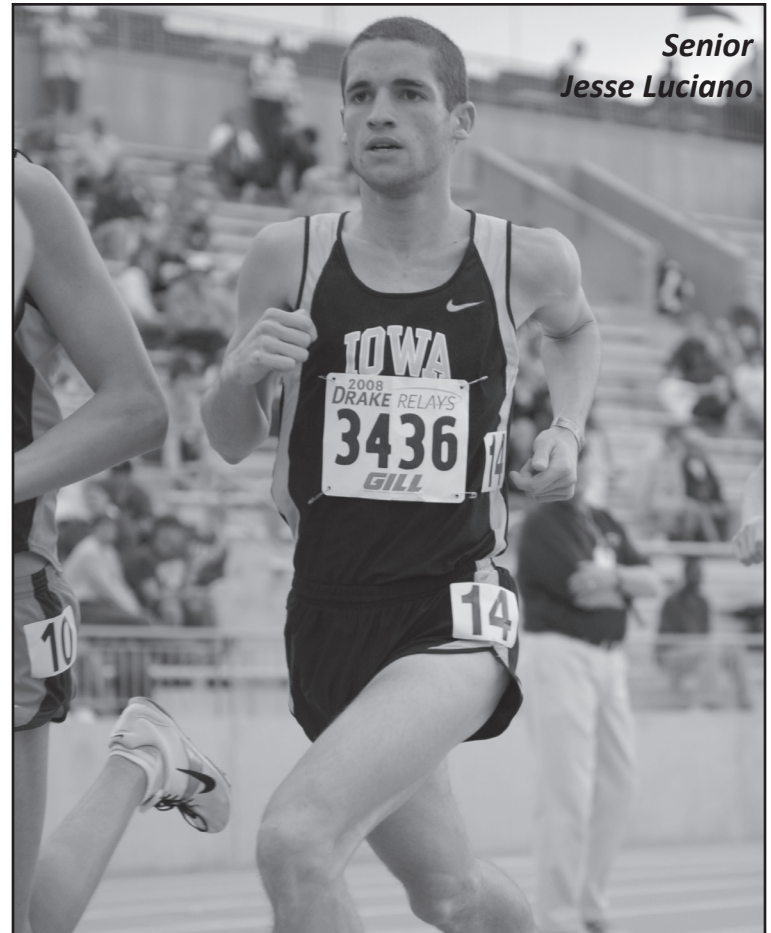
The program will lose a seasoned veteran in **Renee White**, who had a stellar 2009 season to close her Iowa career. White was the 2009 Big Ten outdoor triple jump champion, setting a school and conference meet record on her last attempt (43-10 3/4). In her career at Iowa, White was a two-time Big Ten Champion in the triple jump and set the school indoor and outdoor triple jump records. Other losses include thrower **Mandy Chandler**, and distance runners **Racheal Marchand**, **Krista Anderson** and **Rachel Hawks**.

Despite these losses, returning student-athletes are looking to build on numerous successes from last season. The women's program is coming off a season where they qualified six student-athletes for the NCAA Championships, with sophomore **Betsy Flood** and junior **Karessa Farley** automatically qualifying in the 1,500 meters (4th, 4:25.98) and 100-meter hurdles (3rd, 13.34), respectively. Sophomore **McKenzie Melander**, along with Flood, were a one-two punch in the distance events, finishing neck-and-neck for many of the top spots. Melander was a formidable foe, ending the season with a seventh place finish in the 1,500 meters at the NCAA Midwest Regional, earning all-region honors. Junior **Hannah Roeder** was consistently strong in the 3,000-meter steeplechase during the 2009 outdoor season, earning points at the Big Ten Championships with a time of 10:35.26 that ranks third all-time at Iowa. In the 2009 indoor season, junior **Bethany Praska** secured three spots in the Iowa record books, ranking third in the 600 meters (1:31.33), fourth in the 600 yards (1:23.12), and 10th in the 400 meters (56.42). Anderson is pleased with this solid group of returners and will look to them to set a good example for the newcomers.

Despite numerous individual successes, the team scores did not meet expectations, with the team finishing 21st at the NCAA Midwest Regional, and 10th at the indoor and outdoor Big Ten Championships.



*Junior Karessa Farley*



*Senior Jesse Luciano*



“Overall, I think we’re moving towards being a more complete team,” Anderson said. “We’re going to be an improved team and we will be more competitive in the Big Ten. It’s going to be a lot of work, but it will be a lot of fun as well.”

Men’s head coach **Larry Wieczorek** is looking for the momentum of a very positive 2009 finish to carry over into this season.

“I think last season’s NCAA Regional meet should be a sign of things to come. Everyone had personal bests that weekend, and there were some school records set. The thing that stands out about that meet is how many underclassmen stepped up. Having those solid athletes returning this year is very exciting.”

Among those returners will be senior **Adam Hairston**, whose mark of 1:48.53 in the 800 meters at the NCAA Championships ranks third all-time at Iowa. Arguably more memorable though was Hairston’s emotional diving finish at the NCAA Midwest Regional that earned him a bid to the national meet. Senior **Ray Varner’s** regional performance in the 400-meter hurdles (6th, 51.21) ranks fifth all-time at Iowa, and earned him all-region honors and an at-large bid to the NCAA Championships. He eventually advanced to the NCAA semi-finals. Senior **Paul Chaney, Jr.**, ran team-leading season best performances in the 100 (3rd, 10.59) and 200-meter dash (4th, 21.17) at Regionals. It capped a stellar season for the two-sport athlete. Chaney also anchored the 400-meter relay team that finished fifth (40.33) at the NCAA Midwest Regional.

So indeed, if regionals does encapsulate what this season has in store, Wieczorek has reason to be optimistic.

The returning talent should compensate for the loss of some key athletes, including throwers **A.J. Curtis**, **John Hickey** and **Mark Schaapveld**, distance runners **Eric MacTaggart** and **Andy Napier**, and high jumper **Ryan Kelly**.

As a team the men finished ninth at the indoor Big Ten Championships, and saw Hickey become an all-American. In the outdoor season, they improved their Big Ten finish to seventh as seven athletes earned all-region honors.

Last year’s consolidation of the men and women’s track and field programs was praised by both Anderson and Wieczorek.

“I feel we can give a lot more individualized attention to the student-athletes,” says Wieczorek. “We can cater more efficiently to everyone’s specialties and they get the benefits of all the coach’s advice and experience.”

### Team Roster By Event

#### Men’s Sprints

Chris Barton  
Stephen Bee  
Paul Chaney, Jr.  
Kevin Dibbern  
Connor Elmitt  
Ben Evans  
Brandon McSkimming  
Patrick Richards  
D’Juan Richardson  
Zeke Sayon  
Zach Splan

#### Women’s Sprints

Nicole Erickson  
Megan Glisar  
Kara-Aretha Graham  
Courtney Johnson  
Jacqueline Jordan  
Mariah Jordan  
Kelsey Labs  
Kelsey Mims  
Emily Moore  
Raven Moore  
Sophia Poncé  
Bethany Praska  
Alicia Rus

#### Men’s Hurdles

Will Cranford  
Ethan Holmes  
Weston Ketelsen  
Jordan Mullen  
Matt Rammelsberg  
D’Juan Richardson  
Keaton Rickels  
Ray Varner

#### Women’s Hurdles

Karessa Farley  
Tiffany Hendricks  
Nia Hermansen  
Mariah Jordan  
Hannah Simonson

#### Men’s Middle Distance

Zack Braff  
Adam Hairston  
Nick Kuczvara  
Dan Kuhlman  
James Paul  
Erik Sowinski  
Steven Willey

#### Women’s Middle Distance

Jennie Docherty  
Betsy Flood  
Nia Hermansen  
Sophia Poncé  
Bethany Praska  
Kelsey Stueland

#### Men’s Distance

Sam Bailin  
Mark Battista  
Brendan Camplin  
Nick Holmes  
Chase Kadlec  
Jesse Luciano  
Mike Marbach  
Brian Marchese  
Jay Renaud  
Cameron Riegar  
Tommy Tate  
Jeffrey Thode  
Nick Young

#### Women’s Distance

Lindsay Anderson  
Danielle Berndt  
Sarah Boyd  
Brittany Dlhy  
Alissa Duffy  
Brooke Eilers  
Katie Ellis  
Fionna Fallon  
Amanda Hardesty  
Lauren Hardesty  
Kelsey Hart  
Susan Kuhl  
Jackie Laesch  
Megan Lessard  
McKenzie Melander  
Megan Ranegar  
Hannah Roeder  
Jordan Williams

#### Men’s High Jump

Weston Ketelsen  
Matt Newman  
Dan Rolling  
Trey Stross  
Graham Valdes

#### Women’s High Jump

Caleigh Bacchus  
Megan Glisar  
Eva Greenwalt  
Missy Miller

#### Men’s Long/Triple Jump

Josh Bean  
Will Cranford  
Ben Evans  
Jeffery Herron

#### Women’s Long/Triple Jump

Emily Moore  
Leia Scott

#### Men’s Pole Vault

Alex Zona

#### Women’s Pole Vault

Katie Truedson  
Kirsten Weismantle

#### Men’s Throws

Matt Banse  
Nick Brayton  
Matt Byers  
Ryan Lamparek  
Thomas Reynolds  
Zachary Schimp  
Ben Stancombe

#### Women’s Throws

Rachel Curry  
Ashlyn Gulvas  
Tiffany Medenwalt  
Emily Messerly  
Jasmine Simpson  
Kelsey Taylor

#### Men’s Combined Events

Frank Prill  
Kyle Reid  
Dan Rolling

#### Women’s Combined Events

Tiffany Hendricks  
Courtney Johnson  
Missy Miller



# IOWA HAWKEYE TRACK & FIELD

## 2009-10 Season Preview

"It's a definite benefit to the team and program as a whole," says Anderson. "To have the assistance of all of the coaches makes our job easier and gives the student-athletes advantages they might not have in separate programs. We can focus our attention and provide very specific coaching."

Anderson is in his seventh year as the head coach of the women's cross country team and his second as head coach of the women's track and field team. Wiecek is in his 23rd season as the head coach of the men's cross country team, and his 14th as the head coach of the track team. Anderson and Wiecek are joined by Assistant Coaches **Scott Cappos** (throws, 14th year), **Joey Woody** (men's short sprints/short hurdles/relays, women's long sprints/hurdles, 4th year), **Clive Roberts** (women's short sprints/hurdles/relays, horizontal jumps, 2nd year), and **Christi Smith** (multi-events, vertical jumps, 2nd year).

The 2009 Iowa cross country schedule begins with the Hawkeye Invitational (Sept. 4) at the Ashton Cross Country Course. The men's track team will open the indoor season Jan. 9 at Illinois, while both teams will host the Iowa Open Jan. 16 at the Iowa Recreation Building. The Hawkeyes will celebrate the reopening of Francis X. Cretzmeyer Track at the 11th annual Musco Twilight meet May 1.

Here is an event-by-event look at the 2009-10 Hawkeye cross country and track and field teams:

### Sprints/Relays/Hurdles

Senior **Rhonda Kaye-Trusty** will return after leading the women's team in both the 100 (11.85) and 200 meters (23.83), finishing fourth at the Big Ten Championships in both events. Freshman **Raven Moore** is a four-time state champion from Athens, GA, earning two titles in each the 100 and 200-meters during high school and will be one of the new faces to help out Anderson's sprinting squad. Junior **Karessa Farley** returns as the team's premiere 60 and 100-meter hurdler, after leading the team in both events last season. Farley earned all-America status in the 60-meter hurdles, the first in Iowa women's history to do so in that event. Her season best time of 8.21 is a school record. Her best time in the 100-meter hurdles of 13.34 ranks second all-time at Iowa and earned her all-region honors and an automatic bid to the NCAA Championships. For the longer sprint events, juniors **Tiffany Hendricks** and **Bethany Praska** will return after leading the team in the 400 meters during the indoor and outdoor seasons. Hendricks and Praska will also contribute in the longer relays, while Farley and Trusty will be in the mix for shorter relays.

The men's team will retain a very deep and talented squad from last year, headed by senior **Paul Chaney, Jr.** He led the team in the 100 and 200-meter dash with a season-best 100-meter dash time (10.46) that ranks 10th in school history. The young, but experienced,



Sophomore Betsy Flood



Senior Ray Varner





talent behind Chaney Jr. includes juniors **Zeke Sayon** and **Stephen Bee**, and sophomores **D’Juan Richardson** and **Patrick Richards**. In the longer sprints, look for versatile runners such as Richards and junior **Steven Willey** to improve upon their 2009 success in the 400 meters. The entire regional qualifying 400-meter relay team of Richardson, Sayon, Chaney and Bee return. Their season-best time of 39.94 at the NCAA Regional prelims ranks third all-time at Iowa. The entire provisional and regional qualifying 1,600-meter relay team returns as well, with Willey, Richards, junior **Chris Barton** and senior **Ray Varner**. Their indoor season-best 3:09.62 ranks 10th all-time at Iowa.

Varner is set to be Iowa’s premiere 400-meter hurdler after a dominant season in that event. Along with Varner, Richardson and junior **Connor Elmitt** will round out a talented squad of hurdlers. All three scored points for Iowa in the Big Ten Championships in the 400-meter hurdles. Richardson also has some experience in the 60 and 110-meter hurdles.

### Middle Distance

Like many areas of the women’s track team, the core of the middle distance runners will be young. The proven duo of Flood and Melander will be the mix, as well as junior **Lauren Hardesty** and sophomore **Brittany Dlhly**. Hardesty led the team in the 800

meters during the indoor season (2:12.39), while Dlhly was in the 800 meters for both the indoor and outdoor seasons.

The men’s middle distance squad will be centered around Hairston, who is a consistent 800-meter competitor in what Wiecek calls one of the toughest events in the Big Ten. Alongside Hairston will be sophomore **Erik Sowinski**, who is coming off an excellent freshman campaign. In the indoor season, Sowinski led the team in the 600 meters (1:18.05), setting the school record in that event. His season-best 800 meter time of 1:51.39 ranks fifth all-time at Iowa.

### Distance

The core of a talented distance group will return with even more weapons available this season. Flood and Melander look to carry the momentum from last season into this one. There’s a solid group of runners to back them up. Roeder will look to build upon the success she found in the 2009 season with the 3,000 meter steeplechase, eventually making it to the NCAA Regional. Junior **Amanda Hardesty** scored points for Iowa with an eighth-place finish at the Big Ten Championships in the 3,000 meters (9:50.76) with a time that ranks tenth all-time at Iowa. A trio of newcomers, **Sarah Boyd**, **Megan Lessard**, and **Megan Ranegar** should add more talent to the group.



Sophomore  
McKenzie Melander



Senior  
Adam Hairston



# IOWA HAWKEYE TRACK & FIELD

## 2009-10 Season Preview

The men's distance squad lost two valued members in **Eric MacTaggart** and **Andy Napier**, but the group of underclassmen have established themselves as formidable replacements. Senior **Jesse Luciano** led the team in the mile (4:07.29) and the 5,000 meters (14:20.99) indoors and the two times rank sixth and seventh all-time at Iowa. Sophomore **Chase Kadlec** ran a collegiate-best 4:09.47 mile at the Big Ten Championships, and led the team in the 1,500 meters (3:51.01). He also placed sixth in the men's 1,500 meters (3:53.31) at the USATF Outdoor Junior National Championships. A pair of inexperienced newcomers - redshirt freshman **Nick Holmes** and freshman **Jeffrey Thode** - were highly touted recruits out of Illinois and bring a lot of potential and expectations.

### Throws/Jumps/Multi-Events

The bulk of the women's field events will include newcomers. One veteran in this group is senior high jumper **Caleigh Bacchus**, who is looking to bounce back from a 2009 season in which she was hampered by injuries. Freshman **Megan Glisar** is the only student-athlete in Iowa high school track and field history to win four high jump titles at the state meet. Freshman **Emily Moore** is a 15-time state champion out of Gillette, WY, winning four titles in the long jump, 100 and 200 meters, and three titles in the triple jump. Three new throwers are looking to provide an impact as well. Freshman **Ashlyn Gulvas** is a two-time state champion from Michigan in the

discus and shot put and she was named all-state and all-conference four times. Sophomore **Tiffany Medenwalt** set the school record at South Alabama University in the weight throw and hammer throw. Freshman **Rachel Curry** won the 3A Iowa state meet in the discus and placed second in the shot put her senior year.

The men's throwers were hit hard by graduation. The loss of Curtis, Hickey and Schaapveld will be felt, but the program proves it's depth with many talented returners. Sophomore **Matt Banse** led the team in the hammer throw with a regional qualifying mark of 187-7 that ranks seventh in school history. He also led the team in the weight throw during the indoor season. Sophomore **Nick Brayton** led the team in the discus, qualifying for the NCAA Regional with a season-best 180-11 that ranks sixth in school history. They will be joined by sophomore **Ryan Lamparek**, who's collegiate best marks in the indoor shot put (56-8 3/4) and discus (177-3) rank 10th all-time at Iowa.

In addition to the throwers, the men return talent in other field events. Senior javelin thrower **Zachary Schimp** is coming off his first competitive season after redshirting his first year as a transfer student. Schimp broke out early in the outdoor season, throwing a 206-3 that ranks third all-time at Iowa. Junior **Josh Bean** holds two spots in the Iowa record books for the triple jump, ranking fourth indoors (48-10) and seventh outdoors (48-9 1/2). Combined event participants **Dan Rolling** and **Frank Prill** return for their senior



Senior  
Hannah Roeder



Senior  
Paul Chaney, Jr.



**The 2009 Iowa Cross Country teams prepare for their first races of the season at the Hawkeye Invitational.**

seasons to help Iowa in the heptathlon and decathlon. Rolling's collegiate-best heptathlon from last season (4,909) ranks second all-time at Iowa, and his collegiate-best decathlon (6,811) ranks third. Alongside Rolling in the record books is Prill, whose collegiate-best heptathlon (4,902) ranks third all-time at Iowa, while his decathlon (6,429) ranks sixth.

### Cross Country

The women's cross country team hopes to continue the success it's experienced under Anderson, having made three consecutive trips to the NCAA Championships. The biggest loss to the team would be perennial all-star **Racheal Marchand**. A team that was youthful last year is now a little more experienced, and there are a few newcomers that should hasten improvement.

"I don't think we'll be able to rely on one workhorse to earn all our points, like Marchand and **Diane Nukuri** or others in the past," Anderson said. "There's no one, at this point, that stands out as that type of runner. That isn't to say that person doesn't exist. I think a lot of people on our team have all-Big Ten potential, but I don't think there will be that constant front-runner."

Not having a clearly dominant runner might sound like a bad thing, but this plays into the strategy that Anderson has for the team. The Hawkeyes will be emphasizing a pack-running mentality that should translate to better team scoring.

"In the past, there would sometimes be a two-minute gap between our first and fifth runners, and I don't think there should

be that kind of discrepancy. If we can run as a tighter group that should help push everyone to run harder."

Anderson's squad will have a strong group of returning athletes that includes Flood, Melander, Roeder, and sophomores **Brooke Eilers** and **Lindsay Anderson**. Some newcomers could provide an immediate impact, notably Boyd, Lessard, and Ranegar.

For Wiczorek, he is looking forward to bouncing back from a season he believes his team underachieved.

"Our cross country team has qualified for NCAA's four times in the past seven seasons, with the last time being in 2006. I think making it back would be a challenging, but realistic goal for the season."

Although the cross country squad loses long-time stars MacTaggart and Napier, there is a very strong group of returnees and newcomers. After last year's trip to the NCAA's, senior **Jesse Luciano** will look to continue his success. Seniors **Brendan Camplin** and **Tommy Tate**, juniors **Sam Bailin** and **Mark Battista**, and sophomore **Chase Kadlec** are also expected to contribute. Last year's highly-touted recruit, redshirt freshman **Nick Holmes** is ready to go. Holmes started off his 2008 debut season with a bang, finishing first in the season's opening meet, but was hampered by injuries for the rest of the season and redshirted the 2009 track season. Joining him this season will be Thode, a 2008 cross country state champion and another prized recruit out of Illinois.

"I think it's all starting to come together," said Wiczorek. "We have a great mix of experience and raw talent. We're putting the pieces together to be the NCAA team that we want to be."



# IOWA HAWKEYE TRACK & FIELD

## 2009-10 Quick Facts

### General Information

Location: .....Iowa City, IA  
 Founded: ..... 1847  
 Enrollment: ..... 30,328  
 Conference: ..... Big Ten  
 School Colors: ..... Black and Gold (PMS 116)  
 President: ..... Sally Mason  
 Director of Athletics: ..... Gary Barta  
 Nickname/Mascot: ..... Hawkeyes/Herky the Hawk  
 Cross Country Facility: .....Bill and Jim Ashton Cross Country Course  
 Indoor Track & Field Facility: ..... UI Recreation Building  
 Outdoor Track & Field Facility: ..... Francis X. Cretzmeyer Track

### Coaching & Staff Information

Head Men's Coach (Year at Iowa):..... Larry Wiecezorek (23rd)  
 Events: .....Cross Country, Distance  
 Alma Mater, Year: .....Iowa, 1969  
 E-Mail Address: ..... larry-wieczorek@uiowa.edu  
 Head Women's Coach (Year at Iowa):..... Layne Anderson (7th)  
 Events: .....Cross Country, Distance  
 Alma Mater, Year: ..... The Citadel, 1989  
 E-Mail Address: ..... layne-anderson@uiowa.edu  
 Assistant Coach (Year at Iowa): .....Scott Cappos (14th)  
 Events: .....Throws  
 Alma Mater, Year: ..... Indiana, 1992  
 E-Mail Address: .....scott-cappos@uiowa.edu  
 Assistant Coach (Year at Iowa): ..... Clive Roberts (2nd)  
 Events: . Horizontal Jumps; Women's Short Sprints, Hurdles & Relays  
 Alma Mater, Year: ..... Central Michigan, 2003  
 E-Mail Address: .....clive-roberts@uiowa.edu  
 Assistant Coach (Year at Iowa): ..... Christi Smith (2nd)  
 Events: ..... Multi-Events, Vertical Jumps  
 Alma Mater, Year: ..... Akron (2002)  
 E-Mail Address: ..... christi-smith@uiowa.edu  
 Assistant Coach (Year at Iowa): ..... Joey Woody (4th)  
 Events: Men's Sprints, Hurdles & Relays; Women's Long Sprints & Hurdles  
 Alma Mater, Year: ..... Northern Iowa, 1997  
 E-Mail Address: ..... joey-woody@uiowa.edu  
 Cross Country/Track Administrator: .....Paula Jantz  
 Men's Cross Country/Track Secretary:..... Joyce Rossie  
 Men's Office Phone: .....(319) 335-9743  
 Women's Cross Country/Track Secretary: ..... Kristi Higby  
 Women's Office Phone: .....(319) 335-9257  
 Office Address: ..... Carver-Hawkeye Arena, Iowa City, IA 52242

### Media Information

Cross Country SID: .....Nathan Sheehan  
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 Track & Field SID: .....Chris Brewer  
 E-Mail Address: .....christopher-brewer@hawkeyesports.com  
 Sports Information Phone: .....(319) 335-9411  
 Sports Information Fax: .....(319) 335-9417  
 Office Address: ..... 157 Carver-Hawkeye Arena, Iowa City, IA 52242  
 Web Site: ..... www.hawkeyesports.com

### Men's Track & Field Team Information

2009 Big Ten Indoor Championships Place (Points): .....9th (43)  
 2009 Indoor All-Americans Returning/Lost: .....0/1  
 2009 NCAA Indoor Championships Qualifiers Returning/Lost: .....6/1  
 2009 Big Ten Outdoor Championships Place (Points): .....7th (69)  
 2009 NCAA Midwest Regional Place (Points): .....19th (14)  
 2009 Regional Qualifiers Returning/Lost: .....13/2  
 2009 NCAA Outdoor Championships Qualifiers Returning/Lost: .....2/1  
 2009 Outdoor All-Americans Returning/Lost: .....0/1  
 Academic All-Big Ten Returning/Lost: .....7/5  
 2009 Letterwinners Returning/Lost: .....30/11

### Men's Track & Field Historical Information

Highest Big Ten Indoor Team Place (Yrs.):..... 1st (1926, 1929, 1963)  
 Highest NCAA Indoor Champ's Team Place (Yrs.): .....11th (1967, 1998)  
 Highest Big Ten Outdoor Champ's Team Place (Yrs.): .. 1st (1963, 1967)  
 Highest NCAA Regional Team Finish (Pts., Yr.): .....12th (25, 2008)  
 Highest NCAA Outdoor Champ's Team Place (Yr.): .....7th (1967)  
 NCAA Champions: ..... 10 champions, 12 titles  
 All-Americans: ..... 46 student-athletes, 84 honors  
 NCAA Regional Champions/Qualifiers: .....1/105  
 All-Region Honorees: ..... 25 student-athletes, 34 honors  
 Big Ten Indoor Champions: ..... 78 champions, 104 titles  
 Big Ten Outdoor Champions: ..... 133 champions, 167 titles  
 All-Big Ten Honorees: ..... 46 student-athletes, 77 honors  
 Academic All-Big Ten Honorees: ..... 68 student-athletes, 142 honors

### Women's Track & Field Team Information

2009 Big Ten Indoor Championships Place (Points): .....10th (25)  
 2009 Indoor All-Americans Returning/Lost: .....1/1  
 2009 NCAA Indoor Championships Qualifiers Returning/Lost: .....4/2  
 2009 Big Ten Outdoor Championships Place (Points): .....10th (31)  
 2009 Big Ten Outdoor Champions Returning/Lost: .....0/1  
 2009 NCAA Midwest Regional Place (Points): ..... 21st (13)  
 2009 Regional Qualifiers Returning/Lost: .....4/1  
 2009 NCAA Outdoor Championships Qualifiers Returning/Lost: .....2/1  
 2009 Academic All-Big Ten Returning/Lost: .....7/3  
 2009 Letterwinners Returning/Lost: .....19/6

### Women's Track & Field Historical Information

Highest Big Ten Indoor Team Place (Pts., Yr.):...3rd (65, 1981; 89, 2004)  
 Highest NCAA Indoor Champ's Team Place (Pts., Yr.): ...14th (10, 1993)  
 Highest AIAW Indoor Champ's Team Place (Pts., Yr.): ....10th (15, 1982)  
 Highest Big Ten Outdoor Champ's Team Place (Pts., Yr):.3rd (75, 1981)  
 Highest NCAA Regional Team Finish (Pts., Yr.): .....8th (34.5, 2007)  
 Highest NCAA Outdoor Champ's Team Place (Pts., Yr.): 19th (12, 1992)  
 Highest AIAW Outdoor Champ's Team Place (Pts., Yr.):.10th (21, 1982)  
 NCAA Champions: ..... 4  
 All-Americans: ..... 30 student-athletes, 56 honors  
 NCAA Regional Champions/Qualifiers: .....3/95  
 All-Region Honorees: ..... 20 student-athletes, 35 honors  
 Big Ten Champions (Indoor/Outdoor): .....36/33  
 All-Big Ten Honorees: ..... 40 student-athletes, 61 honors  
 Academic All-Big Ten Honorees: ..... 93 student-athletes, 170 honors



**2010 University of Iowa Cross Country & Track & Field Coaching Staff**

**Front Row (l-r):** Assistant Coach Scott Cappos, Head Women's Coach Layne Anderson, Student Assistant Coach Renee White, Head Men's Coach Larry Wiecezorek. **Back Row (l-r):** Assistant Coach Clive Roberts, Volunteer Assistant Coach John Raffensperger, Volunteer Assistant Coach Jason Wakenight, Assistant Coach Joey Woody, Assistant Coach Christi Smith.