



CROSS COUNTRY

2014



SPRING HILL COLLEGE

Mobile, Alabama

Spring Hill College is ranked once again in the top 20 Southern universities and colleges, according to the 2012 edition of U.S. News & World Report's "America's Best Colleges."

Spring Hill is ranked 17th among the Southern colleges and universities offering a full range of undergraduate majors and master's programs. The U.S. News rankings are based on several quality measures including academic reputation, graduation and retention rates, faculty resources, student selectivity, peer assessment and graduation rate performance. Colleges and universities are listed in various categories depending on their size, location and other factors.

The college is ranked 10th among only 15 schools listed in the South's "Great Schools, Great Prices" category, colleges that offer quality academic programs, affordable tuition and significant financial aid. Spring Hill College is also listed in the region's "A-Plus Schools for B Students" category, campuses where B students thrive in an engaged student body.

Forbes Magazine also ranks Spring Hill among its

"America's Best Colleges" with SHC ranked No. 32 in the nation among similar institutions.

Forbes also ranks Spring Hill among the "Best Colleges in the South" and among the top 25 percent of the 'Best Private Colleges' nationwide according to Forbes.



GENERAL FACTS

Institution: Spring Hill College

City/State/Zip: Mobile, AL 36608

Founded: 1830

Enrollment: 1,300

Nickname: Badgers

School Colors: Purple, white

Home Facility: Spring Hill Golf Course

Affiliation: NCAA Division II

Conference: Southern Intercollegiate Athletic

President: Rev. Gregory Lucey, S.J.

Athletic Director: Jim Hall

Alma Mater: Grinnell College (1995)

Faculty Athletic Representative: David Dean, Ph.D.

Athletic Department Phone: 251-380-3485

Athletic Department Fax: 251-460-2196

Sports Information Director: Jim Stennett

Alma Mater: Mississippi State (1990)

SID Phone: (251) 380-4468

SID Email: jstennett@shc.edu

Athletic Web Site: www.shcbadgers.com

Facebook: SHCAthletics

Twitter: SHCBADGERS

COACHING STAFF

Head Coach: Craig McVey

Alma Mater (Year): Kansas State University, 1979

Record at school/years: 0-6 (2nd year)

Office Phone: (251) 380-4081

Email: cmcvey@shc.edu

Assistant Coach: Ethan Mignard

Athletic Trainer: Brian Gronwold, ATC

Office Phone: 251-380-3493

MEN'S TEAM INFORMATION

2012 SSAC Finish: 4th of 11 teams

No. of runners returning/lost/new: 5/5/4

WOMEN'S TEAM INFORMATION

2012 SSAC Finish: 7th of 12 teams

No. of runners returning/lost/new: 4/5/6

HEAD COACH



CRAIG MCVEY

Craig McVey returns for his second season as the head coach of the Badger cross country teams in 2013 after joining SHC as the first head coach of the Badger men's and women's outdoor track & field programs in the summer of 2012. McVey came to Spring Hill after enjoying 15 years as the associate head track & field coach at the University of Albany where he was part of 28 America East Conference (AEC) championships and three Intercollegiate Association of Amateur Athletes of America

(IC4A) titles

McVey, who also served as the head coach of the Albany men's and women's cross country teams, saw his men's squad win the AEC title in 2011 while his women's team won back-to-back ECAC University Division (I) titles in 2010 and 2011. Previously the men's and women's cross country coach at the College of Saint Rose (N.Y.) during the 1996-97 season, his women's team won the New York Collegiate Athletic Conference (NYCAC) championship and the men finishing as the runner-up with Golden Knight runners claiming both individual titles.

McVey began his collegiate coaching career in cross country and track & field at Kansas State in 1983. His athletes captured 18 Big Eight Conference titles and ranked as the top NCAA combined men's and women's program. He became the head men's and women's cross country and track coach at Hartwick College (N.Y.) in 1988 where his teams eclipsed 83 school records while producing 22 New York Collegiate individual champions during his tenure.

McVey earned his bachelor's and master's degrees from Kansas State University. As an undergraduate student, McVey was a member of two Big Eight Conference indoor track & field championship teams and a Big Eight cross country championship team.

He and his wife, Bette, have four children: Luke, Kirsten, Maggie and Tyler.

ASSISTANT COACH

ETHAN MIGNARD

A native of Andover, Minn., Mignard joins the Badgers after spending the 2013-14 season as a Graduate Assistant Coach for Sprints and Hurdles at Central Methodist University in Fayette, Mo. He previously served as an Assistant Coach for Sprints and Hurdles at St. Gregory's University in Shawnee, Okla., in 2012-13 and as a Volunteer Coach for Sprints at Oklahoma Baptist University (OBU) in Shawnee during the 2011-12 season.

A 2011 graduate of OBU, Mignard holds a B.A. in News and Information and competed for the Track & Field team as a sprinter where he earned nine NAIA All-American honors.

PREVIEW 2014

For the Spring Hill College men's and women's cross country teams, 2014 will be a tale of two teams. The men's team enters the year heavily weighted with veteran collegiate runners while the women's squad is stocked with young underclassmen that are learning the ropes of college competition. "Both teams face far different challenges," says head coach Craig McVey. "We'll run a schedule of six of the top events in the Southeast, so every meet will be important. It's an overused expression that you run each race one at a time, but it's particularly true for us this year. We have to focus on the task at hand."

The Badger men will be led by senior John Russell from Cullman, Ala., and junior Jordan Travis of Poplarville, Miss., who set the top two 8-kilometer times in SHC men's history at the 2013 Southern States Athletic Conference (SSAC) Championships in Clinton, Miss., with times of 26:42.99 and 26:47.73 respectively. Junior Patrick Lameka Chicago, Ill., rejoins Russell and Travis along with Jordan's brother junior Phillip Travis and John's brother sophomore Seamus Russell to solidify the core of the Badger lineup. Junior Terence Hinton of Daphne, Ala., and freshman Kent Cheramie of Harahan, La., also move to cross country after a season with the Badger Track & Field team.

Three freshmen newcomers add to the Spring Hill depth this season with Carlos Rodriguez-Fierro from New Orleans, La., already showing considerable promise along with Chance Martinelli of Saucier, Miss.

Youth is the keyword for the Badger women in 2014 as the 10-person squad features six freshmen runners. Anna DeWine of Cedarville, Ohio, returns for a final graduate school season where she will be rejoined by teammates junior Anna Gable from McGill-Toolen Catholic High School in Mobile and sophomores Holly Gibbens of Hendersonville, Tenn., and Amie Gilbert of Baton Rouge, La. The six freshmen who look to build the future of SHC cross country are Gaby Hantak of St. Louis, Mo., Chelsea James from New Orleans, Elizabeth Kilpatrick of Crested Butte, Colo., Nicole Kotval of Baton Rouge, Kori Lackey from Slidell, La., and Anastasia Walloga of Houston, Texas.

"We've had a good summer and we're looking forward to the challenge of moving from the NAIA and the SSAC into NCAA Division II and the Southern Intercollegiate Athletic Conference (SIAC)," says McVey. "It's a whole new landscape that is even more competitive, but we are getting to a place where we can compete for the conference title every year. There will be a huge learning curve this year, but we are stressing learning with every race and racing together. Our ability to do those two things will determine the outcome of the year and how we do at the conference championships."



Division II

Spring Hill College is a Division II Candidacy Member

2013 RESULTS

WOMEN'S RESULTS

- Sept. 7** Wolf Pack Invitational hosted by Loyola University (La.) at Lafreniere Park, Metairie, La. (5,000 meters). Team: Spring Hill College, 5th of 7 teams (112 points). Individuals: (50 runners) 12, Emily Dolan 22:55.37; 15, Katie Dolan 23:10.22; 25, Anna DeWine 24:20.29; 34, Claire Stewart 24:56.18; 48, Jayde Frichter 33:10.17; 50, Alexis Mogil 34:33.86.
- Sept. 11** Gulf Coast Stampede hosted by the University of West Florida at Escambia Co. Equestrian Center, Pensacola, Fla. (5,000 meters). Team: Spring Hill College, 9th of 12 teams (241 points). Individuals: (98 runners) 51, Katie Dolan 21:34.20; 43, Emily Dolan 21:34.60; 56, Anna DeWine 22:09.30; 68, Claire Stewart 23:03.50; 73, Amie Gilbert 23:28.40; 83, Holly Gibbens 25:23.80; 95, Jayde Frichter 29:13.00; 96, Alexis Mogil 30:04.90.
- Oct. 4** 2013 Watson Ford Invitational hosted by Mississippi College at Choctaw Trails, Clinton, Miss. (6,000 meters). Team: Spring Hill College, 8th of 11 teams (192 points). Individuals: (83 runners) 16, Emily Dolan 26:07.94; 26, Katie Dolan 26:51.54; 47, Claire Stewart 28:42.79; 56, Anna DeWine 30:08.97; 64, Holly Gibbens 32:45.00; 66, Amie Gilbert 33:25.33; 78, Alexis Mogil 40:04.29.
- Oct. 12** Falcon Classic hosted by University of Montevallo at Montevallo, Ala. (6,000 meters). Team: Spring Hill College, 6th of 7 teams (150 points). Individuals: (55 runners) 17, Emily Dolan 25:54.08; 29, Anna DeWine 27:11.00; 29, Katie Dolan 27:18.82; 36, Claire Stewart 28:20.45; 45, Amie Gilbert 32:20.16; 46, Holly Gibbens 32:44.45.
- Oct. 19** 2013 Choctaw Open hosted by Mississippi College at Choctaw Trails, Clinton, Miss. (5,000 meters). Team: 6th of 9 teams (149 points). Individuals: (72 runners) 12, Emily Dolan 20:11.75; 28, Anna DeWine 21:04.48; 30, Katie Dolan 21:09.17; 52, Claire Stewart 22:32.65; 59, Amie Gilbert 24:40.51; 61, Holly Gibbens 25:20.55; 68, Alexis Mogil 28:55.20.
- Nov. 9** SSAC Championships hosted by Belhaven University at Choctaw Trails, Clinton, Mississippi (5,000 meters). Team: 7th of 12 teams (215 points). Individuals: (101 runners) 22, Emily Dolan 20:00.29; 29, Anna DeWine 20:22.22; 37, Katie Dolan 20:40.25; 60, Claire Stewart 22:06.63; 90, Holly Gibbens 24:59.08; 94, Amie Gilbert 25:19.61.

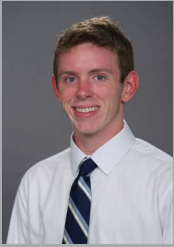
MEN'S RESULTS

- Sept. 7** Wolf Pack Invitational hosted by Loyola University (La.) at Lafreniere Park, Metairie, La. (5,000 meters). Team: Spring Hill College, 4th of 7 teams (74 points). Individuals: (49 runners) 7, Travis Jordan 17:49.15; John Russell 18:16.36; Seamus Russell 18:49.45; 19, Alex Vaporciyan 18:49.65; 21, Patrick Lameka 18:58.92; 24, Brennan McLean 19:07.58; 26, Phillip Travis 19:26.61; 28, Conner Kirkikis 19:45.63; 33, Conner Bueche 20:27.87.
- Sept. 11** Gulf Coast Stampede hosted by the University of West Florida at Escambia Co. Equestrian Center, Pensacola, Fla. (8,000 meters). Team: Spring Hill College, 9th of 10 teams (211 points). Individuals: (100 runners) 29, Jordan Travis 27:55.90; 45, John Russell 28:30.60; 54, Patrick Lameka 29:06.10; 57, Alex Vaporciyan 29:18.20; 67, Brennan McLean 29:49.20; 71, Conner Kirkikis 30:09.20; 74, Seamus Russell 30:22.50; 83, Andrew Pettus 31:07.30; 88, Conner Bueche 32:16.80.
- Oct. 4** 2013 Watson Ford Invitational hosted by Mississippi College at Choctaw Trails, Clinton, Miss. (8,000 meters). Team: Spring Hill College, 3rd of 9 teams (106 points). Individuals: (73 runners) 10, Jordan Travis 28:09.05, 12, John Russell 28:20.98; 17, Patrick Lameka 28:55.03; 39, Brennan McLean 31:14.90; 40, Seamus Russell 31:19.81; 44, Conner Kirkikis 31:55.82; 48, Phillip Travis 32:21.19; 52, Conner Bueche 32:50.68; 55, Brennan Sigue 33:31.76; 62, Alex Vaporciyan 36:12.65.
- Oct. 12** Falcon Classic hosted by University of Montevallo at Montevallo, Ala. (8,000 meters). Team: Spring Hill College, 3rd of 7 teams (80 points). Individuals: (49 runners) 6, John Russell 28:43.90; 9, Jordan Travis 28:54.06; 14, Patrick Lameka 29:27.21; 24, Seamus Russell 30:37.77; 27, Conner Kirkikis 30:55.43; 35, Phillip Travis 31:34.55; 36, Brennan McLean 31:50.05; 41, Brennan Sigue 34:47.38.
- Oct. 19** 2013 Choctaw Open hosted by Mississippi College at Choctaw Trails, Clinton, Miss. (8,000 meters). Team: 4th of 9 (99 points). Individuals: (70 runners) 9, Travis Jordan 27:20.07; 14, John Russell 27:33.50; 22, Patrick Lameka 28:12.25; 28, Seamus Russell 28:47.86; 36, Conner Kirkikis 29:22.65; 40, Phillip Travis 29:33.64; 46, Brennan McLean 30:26.21; 48, Conner Bueche 30:54.07.
- Nov. 9** SSAC Championships hosted by Belhaven University at Choctaw Trails, Clinton, Mississippi (8,000 meters). Team: 4th of 11 teams (121 points). Individuals: (93 runners) 13, John Russell 26:42.99; 14, Jordan Travis 26:47.73; 24, Patrick Lameka 27:32.03; 36, Seamus Russell 28:14.29; 40, Andrew Pettus 28:21.90; 45, Conner Kirkikis 28:36.04; 53, Phillip Travis 29:12.74; 65, Brennan McLean 29:44.95; 77, Conner Bueche 30:52.57.



WOMENS

MENS



John Russell
Senior



Terence Hinton
Junior



Patrick Lameka
Junior



Jordan Travis
Junior



Phillip Travis
Junior



Seamus Russell
Sophomore



Kent Cheramie
Freshman



Chance Martinelli
Freshman



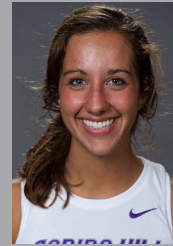
Carlos
Rodriguez-Fierro
Freshman



Anna DeWine
Graduate



Anna Gable
Junior



Holly Gibbens
Sophomore



Amie Gilbert
Sophomore



Gaby Hantak
Freshman



Chelsea James
Freshman



Elizabeth Kilpatrick
Freshman



Nicole Kotval
Freshman



Kori Lackey
Freshman



Anastasia Walloga
Freshman

MEN

NAME

JOHN RUSSELL
TERENCE HINTON
PATRICK LAMEKA
JORDAN TRAVIS
PHILLIP TRAVIS
SEAMUS RUSSELL
KENT CHERAMIE
CHANCE MARTINELL
CARLOS RODRIGUEZ-FIERRO

CLASS HOMETOWN/PREVIOUS SCHOOL

SR. CULLMAN, ALA./ST. BERNARD PREP
JR. DAPHNE, ALA./DAPHNE HS
JR. CHICAGO, ILL./NOTRE DAME HS
JR. POPLARVILLE, MISS./POPLARVILLE HS
JR. POPLARVILLE, MISS./POPLARVILLE HS
SO. CULLMAN, ALA./ST. BERNARD PREP
FR. HARAHAH, LA./BROTHER MARTIN HS
FR. SAUCIER, MISS./CHRISTIAN COLLEGIATE ACADEMY
FR. NEW ORLEANS, LA./METAIRIE PARK COUNTRY DAY


WOMEN

NAME

ANNA DEWINE
ANNA GABLE
HOLLY GIBBENS
AMIE GILBERT
GABY HANTAK
CHELSEA JAMES
ELIZABETH KILPATRICK
NICOLE KOTVAL
KORI LACKEY
ANASTASIA WALLOGA

CLASS HOMETOWN/PREVIOUS SCHOOL

GR. CEDARVILLE, OHIO/CEDARVILLE HIGH
JR. MOBILE, ALA./MCGILL-TOOLEN CATHOLIC HIGH
SO. HENDERSONVILLE, TENN./POPE JOHN PAUL II HS
SO. BATON ROUGE, LA./ST. JOSEPH'S ACADEMY
FR. ST. LOUIS, MO./ROSARI-KAIN HS
FR. NEW ORLEANS, LA./ACADEMY OF THE SACRED HEART
FR. CRESTED BUTTE, COLO./CRESTED BUTTE COMMUNITY
FR. BATON ROUGE, LA./ST. JOSEPH'S ACADEMY
FR. SLIDELL, LA./SLIDELL HS
FR. HOUSTON, TEXAS/INCARNATE WORD ACADEMY



DATE	EVENT	LOCATION	START TIMES (M/W)	
Sept	Sat. 6	Martin Epps Classic	Clinton, Miss.	8 a.m./8:30 a.m.
	Sat. 13	UAH/Earl Jacoby Memorial	Huntsville, Ala.	10 a.m./9 a.m.
	Fri. 26	Spring Hill College Cross Country Classic	Mobile, Ala.	5:30 p.m./4:30 p.m.
Oct.	Sat. 4	Jacksonville State Foothills Invitational	Oxford, Ala.	10:00 a.m./9:15 a.m.
	Sat. 11	Disney Cross Country Classic	Orlando, Fla.	7:40 a.m./8:20 a.m.
	Sat. 25	Mississippi College Division II Challenge	Clinton, Miss.	10:00 a.m./9:00 a.m.