

# SPRING HILL COLLEGE CROSS COUNTRY 2021

NCAA Division II  
**MAKE SHC YOURS**



# CROSSCOUNTRYPREVIEW2021



As Spring Hill College McVey likes what he has seen out of his runners in the early stages. "Preseason camp has been great," he says. "Our women and men get it. They know what we expect to do. Our returning people know the standard that we expect and our new people get it, too. "Everyone is excited to set a new standard of where we want to be as a program."

"We had a solid year of training last year," McVey continues. "Having a track season in the spring helped, but to race great cross country you have got to run cross country races."

Recognizing the youth of his squads, McVey admits to taking a different tact with his coaching. "Some years with a more experienced squad, you would focus a bit differently, but this fall with coming off just a one-race mini-season in February and with so many freshmen, I have to use similar teaching concepts as always, but at different levels."

With his women's team being the two-time defending SIAC Champions and his men taking SIAC Runner-Up in 2019, McVey knows that his teams are no longer the unknowns of the conference. "Being the hunted is actually ok," he says. "It actually keeps everyone in the saddle every day. They all know that if we do what we do, the way we can do it, then we will have a great shot in our conference meet and in the NCAA Regional. That's all we can ask for - to be in it. We won't race looking over our shoulders, but we'll race the way we need to race by knowing our best will have been left out there in every, single meet."

When it comes to his individual runners, McVey plays his cards close to his vest. "I can't name names because week-in-and-week-out we're going to have great surprises in performance on each squad. Everyone on our roster knows that we need them at their best and striving for the season we know they can have. Obviously, those returning on both

squads from our last full season in 2019 will have major impacts for us again, but we also have three freshmen women and a transfer along with three freshmen men. That gives us more depth that we've ever had, so we will be able to 'team run' [in groups] for really the first time since I've been here."

On the men's side, veteran competitors Brian Pempel, Will Tate, Aaron Foster, and TJ Gennari will team with first-year runners Kyle Capo, Ridge Chautin, Myles Cook, Curtis Laurent, Thomas Monier, and Harrison Weisinger.

For the women, returners Marley Bright, Katie Collura, Cat Dulle, Olivia Freeman, Madeline Knightly, Shelby Noble, Mary Elizabeth Shelton, Meredith Tuttle, and Caroline Weisinger look forward to defending their SIAC crowns. Newcomers Ava Courtney, Cassidy Dilks, Grace Forbes, Fae Fox, Jordan Jernigan, Victoria Morera, and Claire Morgan look to continue the era of Badgers championships well into the future.

McVey knows the obstacles in front of his runners, but his confidence is apparent. "In October, it will be two years since we raced for a conference title, so we're focusing now on how we do things, how we think, and shaking off the dust and rust to race at the level we know we can reach. Each day we honestly review what we do and if we are at the level that we need to be. We are helping the new faces get it for the first time.

"Everyone is just excited for the opportunity to train together at last and to do something really special," he summarizes. "We are excited to have the opportunity to compete and for that we are grateful. One thing I know: With the two squads we have put together, they will race hard every inch of a race. They won't concede one place or one point and when we're done this fall, even with the pandemic continuing, there will have been more than a few "WOW" moments to look back on."

# COACHINGSTAFF

## Craig McVey - Head Coach

Craig McVey returns for his eighth season as the head coach of the Badger Track & Field teams 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.



At SHC, his women's team won consecutive Southern Intercollegiate Athletic Conference (SIAC) titles in 2018 and 2019 while his men qualified for their first NCAA South Regional team appearance with an SIAC runners-up finish in 2019.

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.

## Donald Cooper - Assistant Coach

Donald Cooper joined the Badger staff in October 2015. A 2012 graduate of Samford University in Birmingham, he competed in the Decathlon, High Jump and 400-meters while earning All-Southern Conference honors all four seasons of his career. Cooper began his coaching career in 2012 as an Assistant Track & Field Coach at Neosho (Kan.) Community College where he coached Multi events along with Hurdles and Throws. He coached one National Championship winner in the women's 60-meter hurdles and eight All-Americans in Throws and Heptathlon. In 2014, he was an Assistant Track Coach at the University of Montevallo where he coached Men's and Women's Throws, Jumps, Multis and Sprints. He, his wife Abigail, and their daughter live in Mobile.



## GENERAL FACTS

Name of School: Spring Hill College  
City/State/Zip: Mobile, AL 36608  
Founded: 1830  
Enrollment: 1,500  
Nickname: Badgers  
School Colors: Purple, white  
Affiliation: NCAA Division II  
Conference: Southern Intercollegiate Athletic  
Interim President: E. Joseph Lee II, Ph.D.  
Athletic Director: Joe Niland  
Alma Mater: SUNY Buffalo (1981)  
Deputy AD for Compliance: Chad LeBlanc  
Assistant Athletic Director: Craig Kennedy  
Senior Woman Administrator: Emily Marcouiller  
Faculty Athletic Representative: Steven Aldridge, Ph.D.  
Athletic Department Phone: 251-380-3485  
Assistant AD for Athletic Communications: Jim Stennett  
SID Phone: (251) 380-4468  
SID Email: [jstennett@shc.edu](mailto:jstennett@shc.edu)  
Athletics Web Site: [www.shcbadgers.com](http://www.shcbadgers.com)  
Facebook: SHCBADGERS  
Twitter: SHCBADGERS  
Instagram: SHCBADGERS

## COACHING STAFF:

Head Coach: Craig McVey (8 years)  
Alma Mater: Kansas State University (1979)  
Office Phone: (251) 380-4081  
Email: [cmcvey@shc.edu](mailto:cmcvey@shc.edu)  
Assistant Coach: Donald Cooper (6 years)  
Athletic Trainers: Laura Beth Wright, ATC;  
Ian Rogol, ATC; Cheyne Bush, ATC  
Office Phone: 251-380-3493

## MEN'S TEAM INFORMATION:

2020-21 SIAC Finish: SIAC opted out of 2020-21 season  
Final 2020-21 NCAA Ranking: n/a  
Return/Lost/New: 7/5/3  
Returning Letters: 4

## WOMEN'S TEAM INFORMATION:

2020-21 SIAC Finish: SIAC opted out of 2020-21 season  
Final 2020-21 NCAA Ranking: n/a  
Return/Lost/New: 11/8/5  
Returning Letters: 8

# WOMEN'S 2021 ROSTER



Player	Class	Exp.	Hometown/Previous School(s)
Marley Bright	Sr.	2L	Sardis City, Ala. / Sardis HS
Katie Collura	Jr.	SQ	Covington, La. / St. Scholastica Academy
Ava Courtney	Fr.	HS	Chicago, Ill. / Mother McAuley Liberal Arts HS
Cassidy Dilks	So.	TR	Altoona, Iowa / Southeast Polk HS / Grand View
Cat Dulle	Sr.	1L	Saint Charles, Mo. / Ursuline Academy
Grace Forbes	Fr.	HS	Franklin, Tenn. / Father Ryan HS
Fae Fox	So.	HS	Mobile, Ala. / Murphy HS
Olivia Freeman	Jr.	1L	Mobile, Ala. / Baker HS
Jordan Jemigan	So.	RS	Saraland, Ala. / Saraland HS
Madeline Knightly	Jr.	1L	Chicago, Ill. / Mother McAuley Liberal Arts HS
Victoria Morera	Fr.	HS	Redlands, Fla. / Immaculate La-Salle HS
Claire Morgan	So.	RS	Mobile, Ala. / Baker HS
Shelby Noble	Jr.	1L	Fairhope, Ala. / Fairhope HS
Mary Elizabeth Shelton	Sr.	2L	Jacksonville, Ala. / Jacksonville HS
Meredith Tuttle	Sr.	2L	Baton Rouge, La. / Parkview Baptist HS
Caroline Weisinger	Sr.	2L	Mandeville, La. / Saint Scholastica Academy





Marley Bright  
Senior



Katie Collura  
Junior



Ava Courtney  
Freshman



Cassidy Dilks  
Sophomore



Cat Dulle  
Senior



Grace Forbes  
Freshman



Fae Fox  
Sophomore



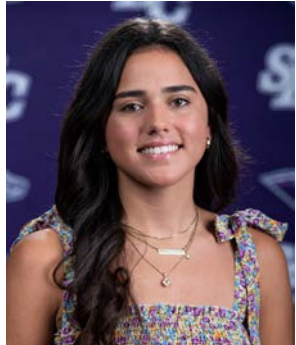
Olivia Freeman  
Junior



Jordan Jemigan  
Sophomore



Madeline Knightly  
Junior



Victoria Morera  
Freshman



Claire Morgan  
Sophomore



Shelby Noble  
Junior



Mary Elizabeth Shelton  
Senior



Meredith Tuttle  
Senior



Caroline Weisinger  
Senior

# 2021 PROSPECTER



# MEN'S 2021 ROSTER

Player	Class	Exp.	Hometown/Previous School(s)
Kyle Capo	So.	RS	Diamondhead, Miss. / St. Stanislaus HS
Ridge Chautin	So.	RS	Slidell, La. / Pope John Paul II Catholic HS
Myles Cook	So.	RS	Spanish Fort, Ala. / Bayside Academy
Aaron Foster	Jr.	1L	Wetumpka, Ala. / Wetumpka HS
TJ Gennari	Jr.	1L	Chelsea, Ala. / Pelham (Ala.) HS
Curtis Laurent	Fr.	HS	New Orleans, La. / Holy Cross
Thomas Monier	Fr.	HS	Belle Chasse, La. / Archbishop Shaw HS
Brian Pempel	Sr.	2L	Spanish Fort, Ala. / Spanish Fort HS
Will Tate	Jr.	1L	Edgewood, Ky. / Covington Catholic HS
Harrison Weisinger	Fr.	HS	Mandeville, La. / St. Paul's School





Kyle Capo  
Sophomore



Ridge Chautin  
Sophomore



Myles Cook  
Sophomore



Aaron Foster  
Junior



TJ Gennari  
Junior



Curtis Laurent  
Freshman



Thomas Monier  
Freshman



Brian Pempel  
Senior



Will Tate  
Junior



Harrison Weisinger  
Freshman

# 2021 PROSPECTER



# 2021 SCHEDULE



Date	Event	Site	Time
Fri., Sept 10	Loyola Wolf Pack Invitational	New Orleans, La. / City Park	6 p.m.
Fri., Sept 17	University of Montevallo Falcon Classic	Montevallo, Ala. / UM XC Course	8 a.m.
Sat., Oct 2	NCAA DII National Preview hosted by Saint Leo University	Saint Leo, Fla. / Abbey Golf Course	8:15 a.m. (east)
Sat. Oct 9	Watson Ford Invitational at Mississippi College	Clinton, Miss. / Choctaw Trails	8 a.m.
Fri., Oct 22	2021 SIAC Men & Women's Cross Country Championships	Rock Hill, S.C. / Winthrop University	8:30 a.m. (east)
Sat., Nov 6	2021 NCAA South Region Men & Women's XC Championships	Saint Leo, Fla. / Abbey Golf Course	7:30 a.m. (east)
Sat., Nov 20	2021 NCAA Men & Women's XC National Championships	Saint Leo, Fla. / Abbey Golf Course	8:30 a.m. (east)



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