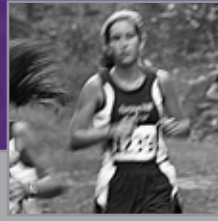


2010 MEN & WOMEN'S



CROSS COUNTRY



GENERAL FACTS:

Name of School: Spring Hill College
 City/State/Zip: Mobile, AL 36608
 Founded: 1830
 Enrollment: 1,504
 Nickname: Badgers
 School Colors: Purple, white
 Home Facility: Arthur R. Outlaw Recreation Center
 Capacity: 2,000
 Affiliation: NAIA
 Conference: Southern States Athletic
 Division: West
 President: Rev. Richard P. Salmi, 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
 Athletics Web Site: www.shcbadgers.com
 Facebook: SHCAthletics
 Twitter: SHCBADGERS

COACHING STAFF:

Head Coach: Joe H. Williams
 Alma Mater (Year): Central State University, 1979
 Record at school/years: 1-6/2nd year
 Career record/years: 1-6/2nd year
 Office Phone: (251) 380-4464
 Email: jowilliams@shc.edu
 Assistant Coach: Angelo Harris
 Athletic Trainer: Jake Jefcoat, ATC
 Office Phone: 251-380-3493

MEN'S TEAM INFORMATION:

2009 GCAC Finish: 2nd out of 7 teams
 No. of runners returning/lost/new: 7/8/4

WOMEN'S TEAM INFORMATION:

2009 GCAC Finish: 2nd of 7 teams
 No. of runners returning/lost/new: 9/2/10

SPRING HILL COLLEGE

Mobile, Alabama

Spring Hill College is ranked once again in the top 20 Southern universities and colleges, according to the 2011 edition of U.S. News & World Report's "America's Best Colleges."

Spring Hill is ranked 17th among the Southern colleges and universities granting master's degrees. 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 11th 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.



HEAD COACH



JOE WILLIAMS of Mobile is in his second season as head coach of the Spring Hill College Men's & Women's Cross Country teams. He has served as the Director of Physical Education at St. Luke's Episcopal School in Mobile where he also coaches track, volleyball and soccer. While at St. Luke's, he

played an instrumental role in establishing cross country as a CMSAA sport and organized the school's first track club.

From 2004 to 2008, Williams was an assistant track coach at McGill-Toolen Catholic High School where he also served as the junior varsity track coach. He was an Activities Therapist with Mobile Mental Health from 1993 to 1999, and prior to that career, he was an assistant track coach at the University of South Alabama in 1986-87 where he worked primarily with sprinters, hurdlers and jumpers.

Williams holds a BS in Biology from Central State University in Edmund, Okla., and an MS in Physical Education from Northwest Missouri State University in Maryville, Mo. He ran both track and cross country at CSU. Upon graduation, he began his coaching career as a graduate assistant in Track & Field at NMSU in 1981.

ASSISTANT COACH



ANGELO HARRIS is in his second season as a volunteer assistant coach with the men's and women's cross country teams.

ON THE COVER:
Senior Class of 2011
PHOTOS BY:
Seth Laubinger

PREVIEW 2010

Spring Hill College's Head Cross Country Coach Joe Williams finds himself entering uncharted terrain for the 2010 season. "This is a season of unknowns," he says. "We're moving to the Southern States Athletic Conference (SSAC) so it's hard to say how we'll match up against the new competition."

Williams also faces numerous changes to his men's roster with half of his squad consisting of new faces. "I guess the phrase I would use is 'cautiously optimistic' to describe how I feel about this season," he says. "Junior Will Kirkikis from Kenner, La. will be our leader, but our two freshmen, Fritz Boudreaux from Pensacola, Fla., and Brennan Gaffney of St. Louis, Mo., should appear in our top five finishers consistently."

"I'm pleased with the positive energy the men have shown in the early workouts," says Williams. "They are ready to race and it's been hard to hold them back. My job so far this year has been keeping them from wearing themselves out."

Williams, now in his second season as the SHC coach, also expects big results from his two team captains, senior Sean Christie of New Orleans, La., and sophomore Thomas Kinsey of Fairhope, Ala. Both runners were chosen All-Conference in 2009 and Williams sees them continuing to improve with every event.

As for the Spring Hill women's team, Williams is confident. "We're looking good," he says. "As I look at last year's times for across the SSAC, we should finish in the top three of our new conference. We will definitely be in the mix at the conference meet."

Junior Kate Imwalle from Mobile's McGill-Toolen Catholic, the 2008 Conference Female Runner of the Year and a two-time All-Conference selection, will once again be a key to the Badgers' success. "We need Kate to run consistently between 18 and 19 minutes [over five kilometers] for us to be where we want to be," says Williams. "If she runs in the 18s and then if we have two or three others run in the low 19s, we will win meets this year."

Three new runners should be just the trio to fill the role that Williams describes. Walk-on sophomore Melissa Menendez of Miami, Fla., has impressed her coach and freshmen Emily Dolan from McGill-Toolen and Anna DeWine of Cedarville, Ohio, have both shined in workouts. "We have four or five runners that are pacing right behind Imwalle," Williams says. "Menendez is running in the low 19s and Dolan and DeWine should finish in our top five to seven. I'm expecting some good things out of our women's team this year."

"Right now, I want to keep everyone healthy," says Williams. "We've kept the training room full with our aches and pains so far, but having 14 runners on the women's roster helps."

Team captains senior Ceci Venker of St. Louis and junior Emily Stewart from Mt. Juliet, Tenn., proved to be leaders on and off the course last season and Williams sees them as being a positive influence in 2010. "Our captains will be asked to take on a big role with so many newcomers, but I know they are up to the challenge."



Brandon Arquette
JR.



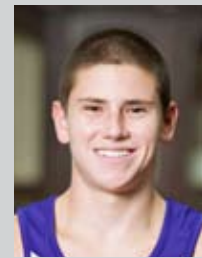
Fritz Boudreaux III
FR.



Christian Boyer
JR.



Sean Christie
SR.



Brennan Gaffney
FR.



Kiearstan Carter
SO.



Anna DeWine
FR.



Emily Dolan
FR.



Lynne Fritscher
JR.



Emily Hill
FR.



Kate Imwalle
JR.

2009 RESULTS

Men's Results

Sept. 5 – Troy University Invitational hosted by Troy University in Troy, Alabama (5,000 meters). Team: Spring Hill College, 4th of 7 teams (125 points). **Individuals:** (50 runners) 23, John Redman 18:32.64; 26, Will Kirkikis 18:47.23; 31, Sean Christie 19:05.45; 32, Mark Kirkikis 19:13.83; 33, Garrett Schumacher 19:23.05; 34, Thomas Kinsey 19:29.60; 38, Ben Pace 20:20.31; 40, Brian Otero 20:35.04; 43, Christian Boyer 21:38.29; 44, Bryan Dulong 22:35.06.

Sept. 19 – Azalea City Classic hosted by the University of South Alabama in Mobile, Alabama (5,000 meters). Team: Spring Hill College, 4th of 7 teams (105 points). **Individuals:** (59 runners) 17, Austin Fox 18:04.4; 18, Will Kirkikis 18:07.2; 22, Thomas Kinsey 18:51.7; 28, Mark Kirkikis 19:45.8; 29, Sean Christie 19:50.9; 33, Ben Pace 20:29.2; 35, Garrett Schumacher 20:44.7; 36, Brian Otero 20:51.0; 37, Christian Boyer 20:58.4; 43, Matthew Mayeaux 21:51.7; Bryan Dulong 23:20.0.

Oct. 3 – Gulf Coast Stampede hosted by the University of West Florida in Pensacola, Florida (8,000 meters). Team: Spring Hill College, 8th of 11 teams (240 points). **Individuals:** (94 runners) 48, Will Kirkikis 28:57.00; 55, Christian Boyer 30:05.00; 60, Ben Pace 30:13.00; 61, Mark Kirkikis 30:17.00; 62, Brian Otero 30:20.00; 66, Thomas Kinsey 30:33.00; 74, Garrett Schumacher 31:45.00; 86, Bryan Dulong 36:38.00; 89, Rob Farrell 39:16.00.

Oct. 16 – USM Open hosted by the University of Southern Mississippi in Hattiesburg, Mississippi (4 miles). Team: Spring Hill College, 3rd of 5 teams (47 points). **Individuals:** (37 runners) 4, Will Kirkikis 22:55.69; 9, Thomas Kinsey 23:35.94; 12, Brian Otero 24:06.90; 13, John Redman 24:09.22; 14, Mark Kirkikis 24:14.65; 17, Ben Pace 24:18.61; 20, Christian Boyer 25:06.63; 21, Brandon Arquette 25:07.84; 24, Garrett Schumacher 25:28.38; 35, Rob Farrell 31:26.71.

Oct. 24 – Spring Fever Chase hosted by the University of Mobile in Mobile, Alabama (5,000 meters). Team: 1st of 5 teams (19 points). **Individuals:** (37 runners) 1, Will Kirkikis 17:11.43; 3, John Redman 17:29.09; 4, Christian Boyer 17:33.63; 5, Brian Otero 17:40.79; 6, Mark Kirkikis 17:51.41; 7, Ben Pace 17:52.49; 12, Garrett Schumacher 18:21.89; 16, Brandon Arquette 18:26.81; 33, Rob Farrell 22:23.99.

Nov. 7 – GCAC Championships hosted by Xavier University (La.) in Clinton, Mississippi (8,000 meters). Team: 2nd of 7 teams (43 points). **Individuals:** (53 runners) 6, Will Kirkikis 29:31.30; 7, Christian Boyer 29:50.11; 9, John Redman 29:57.49; 10, Thomas Kinsey 30:10.90; 11, Brian Otero 30:13.56; 12, Austin Fox 30:16.89; 19, Ben Pace 31:03.17; 22, Sean Christie 31:19.75; 23, Mark Kirkikis 31:21.09; 25, Garrett Schumacher 31:38.29.

Nov. 21 – NAIA National Championships hosted by Cascade Collegiate Conference and Concordia (Ore.) University in Vancouver, Washington (8,000 meters). **Individuals:** (323 runners) 311, Will Kirkikis 30:11; 316, John Redman 31:06; 317, Christian Boyer 31:15.

Women's Results

Sept. 5 – Troy University Invitational hosted by Troy University in Troy, Alabama (3,200 meters). Team: Spring Hill College, 5th of 7 teams (127 points). **Individuals:** (52 runners) 10, Kate Imwalle 12:28.88; 18, Blakely Duhé 12:58.75; 31, Lynne Fritscher 14:45.34; 34, Ceci Venker 15:03.34; 38, Emily Stewart 15:23.81; 40, Kiearstan Carter 15:30.46; 42, Lizzie Coppejans 15:46.23; 44, Ashley Derenbecker 16:33.39; 48, Julie Sellers 16:44.59; 51, Davanne Piccini 18:17.75.

Sept. 19 – Azalea City Classic hosted by the University of South Alabama in Mobile, Alabama (5,000 meters). Team: Spring Hill College, 5th of 6 teams (131 points). **Individuals:** (46 runners) 11, Kate Imwalle 20:59.8; 22, Kayla Fox 23:34.9; 31, Lynne Fritscher 24:17.8; 33, Kiearstan Carter 24:27.6; 37, Ceci Venker 25:06.5; 40, Emily Stewart 27:22.1; 44, Ashley Derenbecker 29:16.7; 45, Davanne Piccini 29:54.9; 46, Julie Sellers 30:14.1.

Oct. 3 – Gulf Coast Stampede hosted by the University of West Florida in Pensacola, Florida (5,000 meters). Team: Spring Hill College, 10th of 13 teams (262 points). **Individuals:** (99 runners) 16, Kate Imwalle 19:21.00; 61, Kayla Fox 22:13.00; 67, Kiearstan Carter 22:34.00; 69, Ceci Venker 22:41.10; 76, Emily Stewart 23:05.00; 77, Lynne Fritscher 23:25.00; 80, Ashley Derenbecker 24:03.00; 90, Julie Sellers 26:42.00; 91, Davanne Piccini 27:00.00.

Oct. 16 – USM Open hosted by the University of Southern Mississippi in Hattiesburg, Mississippi (5,000 meters). Team: Spring Hill College, 4th of 5 teams (85 points). **Individuals:** (39 runners) 9, Kate Imwalle 19:44.90; 14, Blakely Duhé 21:15.43; 19, Kayla Fox 22:19.13; 23, Lynne Fritscher 22:48.27; 27, Kiearstan Carter 23:41.55; 28, Ceci Venker 23:45.85; 32, Emily Stewart 24:27.56; 33, Ashley Derenbecker 25:08.81; 34, Davanne Piccini 26:28.66.

Oct. 24 – Spring Fever Chase hosted by the University of Mobile in Mobile, Alabama (5,000 meters). Team: 1st of 4 teams (32 points). **Individuals:** (31 runners) 1, Kate Imwalle 19:19.53; 2, Blakely Duhé 19:23.81; 6, Kayla Fox 21:40.98; 10, Lynne Fritscher 21:57.37; 13, Kiearstan Carter 22:57.18; 14, Ceci Venker 23:19.98; 15, Emily Stewart 23:24.12; 17, Ashley Derenbecker 25:08.24; 21, Davanne Piccini 26:11.67; 22, Lizzie Coppejans 26:39.16; 26, Julie Sellers 27:26.99.

Nov. 7 – GCAC Championships hosted by Xavier University (La.) in Clinton, Mississippi (5,000 meters). Team: 2nd of 7 teams (55 points). **Individuals:** (44 runners) 3, Kate Imwalle 19:52.46; 5, Blakely Duhé 20:35.35; 12, Kayla Fox 21:53.50; 14, Lynne Fritscher 22:09.24; 21, Ceci Venker 22:56.05; 23, Emily Stewart 23:38.84; 26, Ashley Derenbecker 23:56.03; 37, Julie Sellers 27:50.14.

Nov. 21 – NAIA National Championships hosted by Cascade Collegiate Conference and Concordia (Ore.) University in Vancouver, Washington (5,000 meters). **Individual:** (330 runners) 239, Kate Imwalle 20:59.



Thomas Kinsey
SO.



Will Kirkikis
JR.



Eric Mooney
FR.



Ben Pace
SO.



Alec Rawlings
SO.



Melissa Menendez
SO.



Devanne Piccini
SR.



Rebecca Pol
SO.



Claire Stewart
FR.



Emily Stewart
JR.



Payton Tanner
SO.



Ceci Venker
SR.



2010 ROSTER

MEN

NAME

BRANDON ARQUETTE
FRITZ BOUDREAUX III
CHRISTIAN BOYER
SEAN CHRISTIE
BRENNAN GAFFNEY
THOMAS KINSEY
WILL KIRKIKIS
ERIC MOONEY
BEN PACE
ALEC RAWLINGS

CLASS

JR.
FR.
JR.
SR.
FR.
SO.
JR.
FR.
SO.
SO.

HOMETOWN

GREENVILLE, S.C./ST. JOSEPH'S CATHOLIC
PENSACOLA, FLA./PENSACOLA CATHOLIC HIGH
MOBILE, ALA./MCGILL-TOOLEN CATHOLIC
NEW ORLEANS, LA./JESUIT HIGH
ST. LOUIS, MO./CHRISTIAN BROTHERS HIGH
FAIRHOPE, ALA./FAIRHOPE HIGH
KENNER, LA./BROTHER MARTIN HIGH
WILLOUGHBY HILLS, OHIO/ST. IGNATIUS HIGH
DALLAS, TEXAS/JESUIT COLLEGE PREP
DECATUR, ALA./DECATUR HIGH

WOMEN

NAME

KIEARSTAN CARTER
ASHLEY DERENBECKER
ANNA DEWINE
EMILY DOLAN
LYNNE FRITSCHER
EMILY HILL
KATE IMWALLE
MELISSA MENENDEZ
DEVANNE PICCINI
REBECCA POL
CLAIRE STEWART
EMILY STEWART
PAYTON TANNER
CECI VENKER

CLASS

SO.
JR.
FR.
FR.
JR.
FR.
JR.
SO.
SR.
SO.
FR.
JR.
SO.
SR.

HOMETOWN

MOBILE, ALA./MURPHY HIGH
BAY ST. LOUIS, MISS./OUR LADY ACADEMY
CEDARVILLE, OHIO/CEDARVILLE HIGH
MOBILE, ALA./MCGILL-TOOLEN CATHOLIC
COVINGTON, LA./ST. SCHOLASTICA ACADEMY
PENSACOLA, FLA./PENSACOLA CATHOLIC HIGH
MOBILE, ALA./MCGILL-TOOLEN CATHOLIC
MIAMI, FLA./OUR LADY OF LOURDES ACADEMY
GRAND BAY, ALA./MCGILL-TOOLEN CATHOLIC
ALPHARETTA, GA./BLESSED TRINITY CATHOLIC
MT. JULIET, TENN./FATHER RYAN HIGH
MT. JULIET, TENN./FATHER RYAN HIGH
FAIRHOPE, ALA./FAIRHOPE HIGH
ST. LOUIS, MO./COR JESU ACADEMY

2010 SPRING HILL COLLEGE CROSS COUNTRY



2010 SCHEDULE

Date	Event	Location	Time (Men's / Women's)
Sept. 11	Radisson Hotel Wolfpack Classic	Metairie, La.	8:35 a.m. / 8:00 a.m.
Sept. 18	South Alabama Azalea City Classic	Mobile, Ala.	9:55 a.m. / 10:30 a.m.
Sept. 25	University of West Florida Stampede	Pensacola, Fla.	8:00 a.m. / 7:30 a.m.
Oct. 8	Miss. College Watson Ford Invitational	Clinton, Miss.	5:15 p.m. / 4:30 p.m.
Oct. 23	Oakville Cherokee Trails	Oakville, Ala.	10:00 a.m. / 9:00 a.m.
Nov. 6	SSAC Championships	Gulfport, Miss.	8:00 a.m. / 8:45 a.m.
Nov. 20	NAIA National Championships	Vancouver, Wash.	11:45 a.m. / 10:30 a.m.

