

WOMEN'S CROSS COUNTRY 2006 SCHEDULE

DATE	MEET	LOCATION	TIME
09/16/06	USA Azalea City Classic	USA Campus, Mobile, Ala.	8:00 AM
09/23/06	Great American Cross Country Festival	Spain Park, Hoover, Ala.	12:10 PM
09/30/06	NCAA Div II Pre-Nationals	UWF Campus, Pensacola, Fla.	8:00 AM
10/14/06	Mississippi College Invitational	Choctaw Trails, Clinton, Miss.	8:00 AM
10/21/06	GCAC Conference Championship	Choctaw Trails, Clinton, Miss.	8:00 AM



NAIA National Championship qualifiers (left to right) Amy Lyon, Ross Parrish, and Patrick Aucoin after the NAIA Region XIII Cross Country Championship at Berry College in Rome, Ga. Lyon placed fifth overall at the regional meet with a time of 20:06. Aucoin finished seventh overall in 28:19 and Parrish placed 10th with a season best 29:22.

SPRING HILL COLLEGE

4000 Dauphin Street ♦ Mobile, Alabama 36608 ♦ 251.380.4000 ♦ Fax 251.460.2196 ♦ www.shcbadgers.com

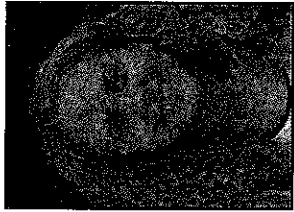
WOMEN'S CROSS COUNTRY

SPRING HILL COLLEGE

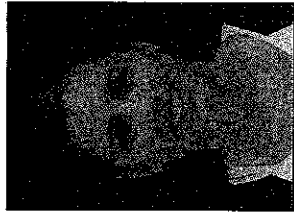
2006



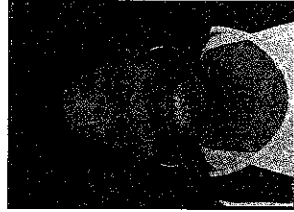
2006 LADY BADGERS



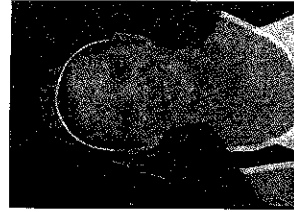
Amy Lyon



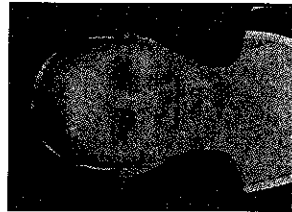
Anne Couvillon



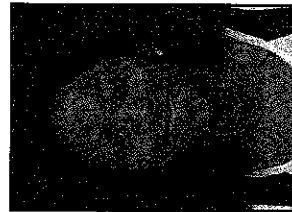
Candice Wilson



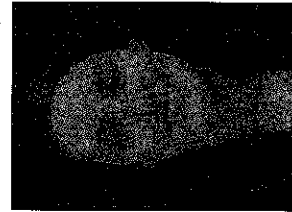
Emily Shaffer



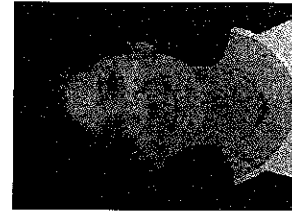
Gussie Altman



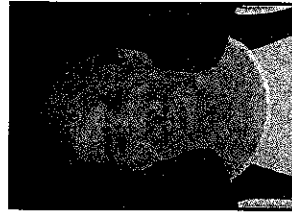
Jessica Goins



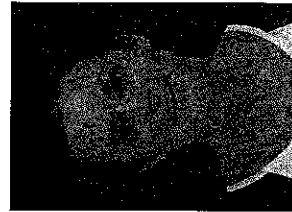
Kayte Henderson



Megan Kaiser



Sarah Dickson



Shannon Ward



Stephanie Hoffmann



Tiffani Shuman

2006 ROSTER

PLAYER

Emily Shaffer (captain)
 Amy Lyon (asst captain)
 Katie Goodwin
 Gussie Altman
 Anne Couvillon
 Jessica Goins
 Stephanie Hoffmann
 Meghan Kaiser
 Tiffani Shuman
 Shannon Ward
 Candace Wilson
 Sarah Dickson
 Kayte Henderson

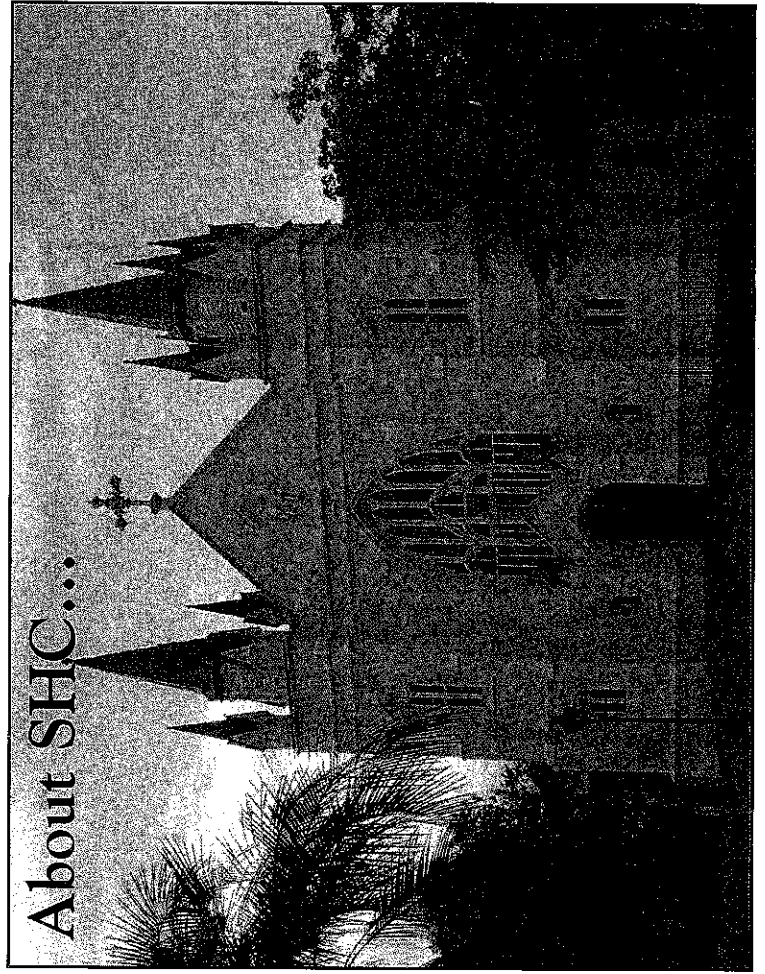
CLASS

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HOMETOWN

Schriever, La.
 Mobile, Ala.
 Mobile, Ala.
 Biloxi, Miss.
 Metairie, La.
 Metairie, La.
 Belleville, Ill.
 Lexington, Okla.
 New Orleans, La.
 St. Louis, Mo.
 Baton Rouge, La.
 Columbus, Ga.
 Atlanta, Ga.

About SHC...



Location

Founded in 1830, Spring Hill College, a Catholic, Jesuit liberal arts college, is located in Mobile, Ala., the state's third largest city. The campus rests on a 381-acre site and features and huge oaks, azalea-lined walkways and an 18-hole golf course.

Academic Life

The College enrolls more than 1,400 students and more than one-third of graduates continue their education at select graduate and professional schools throughout the nation. Other graduates begin work at prestigious businesses and corporations. Ninety percent of our faculty members hold doctorates or the highest degrees in their field. Our student-faculty ratio is 14-1, and our average class size is 18.

Campus Life

Beyond the classroom, students have opportunities to participate in numerous organizations offering co-curricular and extra-curricular activities. Special interest clubs, student government, sororities and fraternities, music and drama groups and other organizations enable the students to enjoy and contribute to campus life.

Residence Life

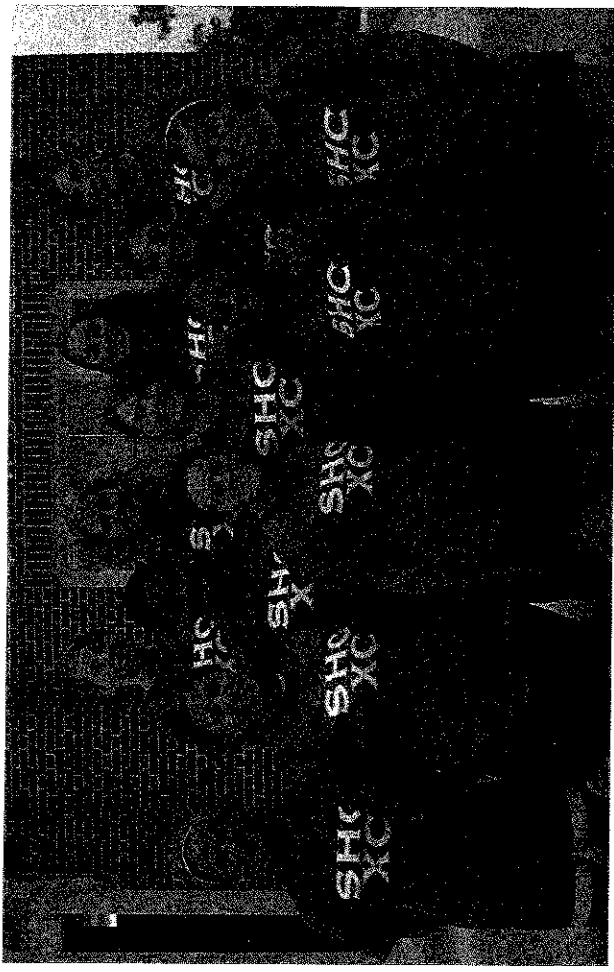
SHC offers many different kinds of housing. Apartments, suites, singles and pods are available on campus. Laundromats, outdoor recreational areas and student lounges contribute to an efficient living environment that has proven overwhelmingly popular with students. A meal plan is available in the school cafeteria.

Financial Aid

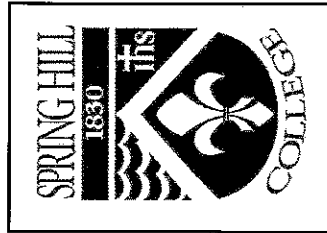
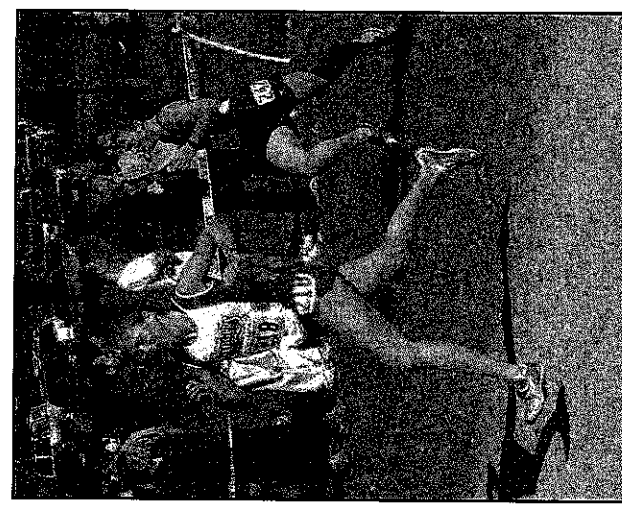
Spring Hill College provides financial assistance to students through grants, student loans and on-campus employment. Scholarships are also available for academics, athletics and community service.

Spring Hill College Quick Facts

Location	Mobile, Ala.
Founded	1830
Enrollment	1-415
Nickname	Badgers/Lady Badgers
Colors	Purple & White
Conference	Gulf Coast Athletic
Affiliation	NAAIA Division I
Athletic Director	Scott Westbrook



2006 Team



2006 LADY BADGERS

2006 LADY BADGERS

2006 SHC WOMEN'S CROSS COUNTRY PREVIEW

Chris Hughes begins his third season as head coach for the Lady Badgers.

The Lady Badgers finished fourth in the region in 2005, up from eighth in the previous season. Eight SHC Women's All-Time Records were set in 2005.

Conference rivals Loyola and Xavier will be back in action after missing the end of the 2005 season due to Hurricane Katrina. The Lady Badgers like their chances in the GCAC this year and expect to make a strong run at Conference titles.

Hughes expects conference-leading performances from his top runners, juniors **Amy Lyon** and **Katie Goodwin** and senior **Emily Shaffer**.

Lyon is a native Mobilian who has led the Lady Badgers since her fresh-

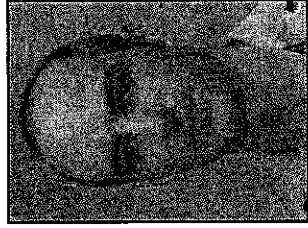
man year. She qualified for the 2005 NAIA National Tournament in Louisville, Ky.

The 2006 cross country team will face competition not only from NAIA opponents but also NCAA Division I and II teams, including the University of South Alabama, Jackson State and Mississippi College. The Lady Badgers ran well against NCAA teams last season.

All of the freshmen Hughes recruited last year are returning. The 2005 freshman squad helped to get the program back on solid ground. No seniors graduated from the program in 2005 and several upperclassmen have walked on, giving the teams a solid base. Two talented freshmen have joined the team.

WOMEN'S CROSS COUNTRY COACH CHRIS HUGHES

Chris Hughes begins his third season with the Spring Hill College men's and women's cross country program.



In the 2005 season, Hughes led the men's and women's teams to third and fourth place finishes in the NAIA Region XIII Championships. Three Badger runners qualified for the NAIA National Tournament.

Eight of the top 25 Lady Badgers' all-time race times and six of the Badgers' top 25 times were set in 2005.

"We made a lot of progress over the last two seasons," Hughes said. "We moved up significantly in conference and regional standings, and team unity and morale is at an all-time high. I have an amazing group of student athletes, and I expect the 2006 team will be just as strong and dedicated to the sport."

A native of Mobile, Ala., Hughes competes as a member of Team Spiridon, a competitive road racing team, in local and regional races where he is consistently a top finisher. He is a recent graduate of Spring Hill College.

For the past seven years, Hughes has served as a personal running coach. He also works for the Spring Hill College communications department as the Web developer.