

2007 BADGERS CROSS COUNTRY



2007 SPRING HILL COLLEGE MEN'S CROSS COUNTRY SCHEDULE

DATE	OPPONENT	SITE	TIME	HOST
Sept. 7	USM Cross Country Invitational	Hattiesburg, Miss.	5:00 p.m.	Southern Mississippi
Sept. 15	Azalea City Classic	Mobile, Ala.	9:00 a.m.	South Alabama
Sept. 29	Gulf Coast Stampede	Pensacola, Fla.	8:00 a.m.	West Florida
Oct. 13	Watson Quality Ford Invitational	Clinton, Miss.	9:15 a.m.	Mississippi College
Oct. 20	GCAC Championships	Baton Rouge, La.	10:00 a.m.	Xavier University
Nov. 3	NAIA Region XIII Championships	Mount Berry, Ga.	7:30 a.m.	Berry College
Nov. 17	NAIA National Championships	Kenosha, Wis.	10:30 a.m.	Kenosha Area Convention and Visitor's Bureau



2007 SPRING HILL COLLEGE WOMEN'S CROSS COUNTRY SCHEDULE

DATE	OPPONENT	SITE	TIME	HOST
Sept. 7	USM Cross Country Invitational	Hattiesburg, Miss.	4:30 p.m.	Southern Mississippi
Sept. 15	Azalea City Classic	Mobile, Ala.	8:30 a.m.	South Alabama
Sept. 29	Gulf Coast Stampede	Pensacola, Fla.	7:30 a.m.	West Florida
Oct. 13	Watson Quality Ford Invitational	Clinton, Miss.	8:30 a.m.	Mississippi College
Oct. 20	GCAC Championships	Baton Rouge, La.	9:00 a.m.	Xavier University
Nov. 3	NAIA Region XIII Championships	Mount Berry, Ga.	7:00 a.m.	Berry College
Nov. 17	NAIA National Championships	Kenosha, Wis.	11:45 a.m.	Kenosha Area Convention and Visitor's Bureau



SPRING HILL COLLEGE
CROSS COUNTRY
2007

SPRING HILL COLLEGE

MOBILE, ALABAMA

Spring Hill College is the first Catholic college in the Southeast, the third oldest Jesuit college and the fifth oldest Catholic college in the United States. The College is ranked among the top 15 Southern colleges and universities in U.S.



News & World Report's "America's Best Colleges." The campus is home to approximately 1,400 students and rests on 400 acres in one of Mobile's most noted neighborhoods. It is naturally landscaped and features huge oaks, azalea-lined walkways and an 18-hole golf course. Several campus buildings are listed in the National Register of Historic Places.

Spring Hill has a long-standing record of excellence and a deep tradition in intercollegiate athletics. It is a member of the NAIA Gulf Coast Athletic Conference, which has schools in Alabama, Louisiana and Mississippi. The GCAC holds conference championships in these sports: men's and women's soccer, men's and women's cross-country, volleyball, men's and women's basketball, baseball, softball, men's and women's tennis, and men's and women's golf.

GENERAL INFORMATION

Name of School: Spring Hill College

City/State/Zip: Mobile, AL 36608

Founded: 1830

Enrollment: 1,400

Nickname: Badgers (men), Lady Badgers (women)

School Colors: Purple & White

Home Facility: Arthur R. Outlaw

Recreation Center

Capacity: 2,000

Affiliation: NAIA

Conference: Gulf Coast Athletic

President: Rev. Gregory Lucey, S.J.

Athletic Director: Scott Westbrook

Faculty Athletic Representative: Dr. David Dean

Athletic Department Phone: 251-380-3485

Athletic Department Fax: 251-460-2196

Sports Information Director: Jim Stennett

SID Phone: (251) 380-4468

SID Email: jstennett@shc.edu

Athletic Web Site: www.shcbadgers.com



COACHING STAFF

Head Coach: Griggs Covington

Alma Mater (Year): University of Arkansas (2007)

Record at school/years: 0-0-0/ first season

Career record/years: 0-0-0/ first season

Office Phone: (251) 380-3485

Athletic Trainer: Sean Lovvorn

Office Phone: 251-380-3493

MEN'S TEAM INFORMATION

2006 GCAC Finish: 2nd of 5 teams

2006 NAIA Region XIII Finish: 3rd of 8 teams

Runners returning/lost/new: 6/4/3

WOMEN'S TEAM INFORMATION

2006 GCAC Finish: 2nd of 5 teams

2006 NAIA Region XIII Finish: 7th of 8 teams

Runners returning/lost/new: 8/6/7

ON THE COVER: 2007 Co-Captains Candice Wilson, Katie Goodwin, Patrick Aucoin, and Amy Lyon. Photos: Seth Laubinger

HEAD COACH



GRIGGS COVINGTON A native of Eureka Springs, Ark., Griggs Covington comes to Spring Hill from the University of Arkansas where he completed his B.Ed. in 2007. Covington played basketball at Spring Hill during the 2004-05 campaign after a successful two-year career at Grayson County (Ark.) Junior College. During his prep career, Covington was a three-year All-Conference performer at Eureka Springs High School and was a McDonald's All-American nominee in his senior year. He was also All-Conference in Track/Cross Country.

2007 ROSTER

MEN'S ROSTER

Name	Class	Hometown
Patrick Aucoin	JR	River Ridge, La.
Colten Biro	FR	Lafayette, La.
Alex Coppejans	JR	Mobile, Ala.
Austin Fox	SO	Dothan, Ala.
Jeff Jules	SO	Lawrenceville, Ga.
Mark Kirkikis	SO	Kenner, La.
Ben Lauber	JR	St. Louis, Mo.
Neilson Lea	SO	Baton Rouge, La.
David Otero	FR	Miami, Fla.



WOMEN'S ROSTER

Name	Class	Hometown
Mary Altman	JR	Biloxi, Miss.
Lizzie Coppejans	FR	Mobile, Ala.
Sarah Dickson	SO	Columbus, Ga.
Blakely Duhé	FR	Mobile, Ala.
Melanie Ferry	FR	Mobile, Ala.
Kayla Fox	SO	Dothan, Ala.
Jessica Goins	JR	Metairie, La.
Katie Goodwin	JR	Mobile, Ala.
Stephanie Hoffman	JR	Belleville, Ill.
Ashley Kovaleski	FR	Mobile, Ala.
Amy Lyon	SR	Mobile, Ala.
Emilie Meier	FR	St. Louis, Mo.
Maggie Meier	FR	St. Louis, Mo.
Tiffani Shuman	SR	New Orleans, La.
Candace Wilson	SR	Baton Rouge, La.

2006 SEASON RESULTS

MEN'S RESULTS

Sept. 16 – Azalea City Classic hosted by the University of South Alabama in Mobile, Ala. (4-miles) Team: Spring Hill, 2nd (35 points) Individuals: n/a

Sept. 23 – Great American Cross Country Festival held in Hoover, Ala. (8,000 meters) Team: Spring Hill, 10th of 15 teams, total time 2:37:26.70 (261 points) Individuals: 34, Patrick Aucoin 29:42.50; 45, Randy Givens 30:30.90; 70, Ross Parrish 32:04.70; 73, Jimmy Newman 32:13.10; 84, Brad Bergan 32:55.60; 87, Ben Lauber 33:23.60; 97, Mark Kirkikis 35:24.30

Oct. 14 – Watson Quality Ford Invitational hosted by Mississippi College at Choctaw Trails Cross Country Course in Clinton, Miss. (8,000 meters) Team: Spring Hill, 6th (146 points) Individuals: 12, Ben Lauber 30:15.41; 25, Patrick Aucoin 31:16.04; 32, Randy Givens 31:40.12; 42, Ross Parrish 32:31.47; 44, Jimmy Newman 32:32.75; 45, Brad Bergan 32:39.89; 48, Mark Kirkikis 32:48.50

Oct. 21 – GCAC Championships hosted by Belhaven College at Choctaw Trails Cross Country Course in Clinton, Miss. (8,000 meters) Team: Spring Hill, 2nd out of 5 teams (38 points) Individuals: 3, Patrick Aucoin 28:10.61; 6, Randy Givens 29:11.61; 8, Ben Lauber 29:45.95; 10, Brad Bergan 30:06.10; 11, Jimmy Newman 30:07.90; 14, Ross Parrish 30:20.92; 15, Mark Kirkikis 30:59.45; 18, Alex Coppejans 32:34.30; 24, Jeff Jules 35:54.10; 27, Neilson Lea 41:13.94

Nov. 4 – NAIA Region XIII Championships hosted by Belhaven College at Choctaw Trails Cross Country Course in Clinton, Miss. (8,000 meters) Team: Spring Hill, 3rd out of 8 teams (103 points) Individuals: 12, Patrick Aucoin 27:40.00; 21, Randy Givens 28:57.00; 26, Ross Parrish 29:48.00; 27, Brad Bergan 29:51.00; 34, Jimmy Newman 30:38.00

WOMEN'S RESULTS

Sept. 16 – Azalea City Classic hosted by the University of South Alabama in Mobile, Ala. (5,000 meters) Team: Spring Hill, 3rd (62 points) Individuals: n/a

Sept. 23 – Great American Cross Country Festival held in Hoover, Ala. (5,000 meters) Team: Spring Hill, 17th of 20 teams, total time 2:01:24.70 (414 points) Individuals: 57, Amy Lyon 22:35.10; 75, Emily Shaffer 23:08.00; 123, Mary Altman 25:25.10; 129, Meghan Kaiser 26:22.00; 131, Shannon Ward 26:32.50; 144, Sarah Dickson 28:57.40

Oct. 14 – Watson Quality Ford Invitational hosted by Mississippi College at Choctaw Trails Cross Country Course in Clinton, Miss. (5,000 meters) Team: Spring Hill, 12th (280 points) Individuals: 31, Amy Lyon 25:52.05; 48, Emily Shaffer 25:55.14; 59, Katie Goodwin 27:27.89; 79, Mary Altman 29:25.32; 87, Sarah Dickson 30:31.56; 93, Anne Couvillon 32:11.26

Oct. 21 – GCAC Championships hosted by Belhaven College at Choctaw Trails Cross Country Course in Clinton, Miss. (5,000 meters) Team: Spring Hill, 2nd out of 5 teams (57 points) Individuals: 4, Amy Lyon 21:35.74; 10, Emily Shaffer 22:37.06; 11, Katie Goodwin 22:42.90; 14, Mary Altman 24:06.87; 18, Shannon Ward 24:37.41; 20, Stephanie Hoffman 24:47.75; 21, Sarah Dickson 25:28.05; 23, Tiffani Shuman 25:48.44; 26, Candace Wilson 26:16.70; 33, Kayte Henderson 28:25.98; 34, Jessica Goins 29:39.01

Nov. 4 – NAIA Region XIII Championships hosted by Belhaven College at Choctaw Trails Cross Country Course in Clinton, Miss. (5,000 meters) Team: Spring Hill, 7th out of 8 teams (160 points) Individuals: 12, Amy Lyon 20:45.00; 29, Emily Shaffer 22:12.00; 33, Katie Goodwin 22:40.00; 41, Mary Altman 23:45.00; 50, Candace Wilson 24:30.00



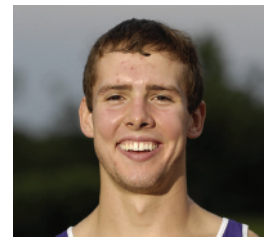
PATRICK AUCOIN
Junior • River Ridge, La.



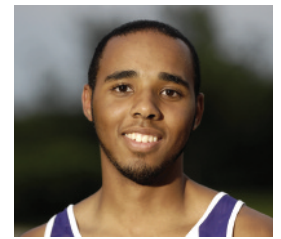
COLTEN BIRO
Freshman • Lafayette, La.



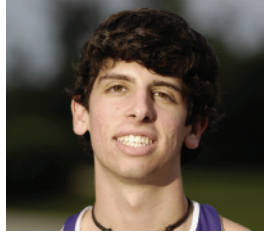
ALEX COPPEJANS
Junior • Mobile, Ala.



AUSTIN FOX
Sophomore • Dothan, Ala.



JEFF JULES
Sophomore • Lawrenceville, Ga.



MARK KIRKIKIS
Sophomore • Kenner, La.



BEN LAUBER
Junior • St. Louis, Mo.



NEILSON LEA
Sophomore • Baton Rouge, La.



DAVID OTERO
Freshman • Miami, Fla.

2007 PREVIEW

First year Head Coach Griggs Covington and his 2007 editions of the Spring Hill College Cross Country teams look to improve upon a strong showing in 2006 when both teams finished second at the Gulf Coast Athletic Conference Championships. "Overall both the men's and the women's teams look strong," comments Covington regarding the preseason work outs, "We have a lot of talented runners returning and some impressive new team members, as well."

This year the men's squad looks particularly solid with the return of junior Patrick Aucoin of River Ridge, La. In 2006, Aucoin finished in third place at the Gulf Coast Athletic Conference Championships by a matter of steps with a time of 28:10.61 while pacing his team to a second place conference finish and third place NAIA Region XIII showing. Covington is not shy

about his confidence in his team captain stating, "Patrick is one of the top runners in the conference. He's a strong asset for our team."

Covington also points to newcomers sophomore Austin Fox of Dothan and freshman David Otero of Miami, Fla., as two of his latest additions that will have immediate impact on the team's fortunes in 2007.

For the women runners, senior captain Amy Lyon from Mobile leads the charge of top returning runners from the 2006 team that finished second at the GCAC Championships at Clinton, Miss. Junior Katie Goodwin of Mobile will also provide the Lady Badgers with experience and leadership. Covington has several freshmen joining his women's team in '07 including Mobile native Blakely Duhé of McGill-Toolen Catholic High School who enjoyed a noticeably strong preseason showing.



MARY ALTMAN
Junior • Biloxi, Miss.



LIZZIE COPPEJANS
Freshman • Mobile, Ala.



SARAH DICKSON
Sophomore • Columbus, Ga.



BLAKELY DUHÉ
Freshman • Mobile, Ala.



MELANIE FERRY
Freshman • Mobile, Ala.



KAYLA FOX
Sophomore • Dothan, Ala.



KATIE GOODWIN
Junior • Mobile, Ala.



STEPHANIE HOFFMAN
Junior • Belleville, Ill.



ASHLEY KOVALESKI
Freshman • Mobile, Ala.



AMY LYON
Senior • Mobile, Ala.



EMILIE MEIER
Freshman • St. Louis, Mo.



MAGGIE MEIER
Freshman • St. Louis, Mo.



CANDACE WILSON
Senior • Baton Rouge, La.