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Spring Hill College

CROSS COUNTRY



## 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 basketball, men's and women's soccer, men's and women's cross-country, volleyball, baseball, softball, men's and women's tennis, and men's and women's golf.

### GENERAL FACTS:

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  
 Athletics Web Site: www.shcbadgers.com

### COACHING STAFF:

Head Coach: Emily Shaffer  
 Alma Mater (Year): Spring Hill College (2007)  
 Record at school/ years: 0-0-0/1st year  
 Career record/ years: 0-0-0/1st year  
 Office Phone: (251) 380-3204  
 Email: eshaffer@shc.edu  
 Assistant Coach: Jerry Reynolds (1st year)  
 Athletic Trainer: Joe Baya, ATC  
 Office Phone: 251-380-3493

### MEN'S TEAM INFORMATION:

2007 GCAC Finish: 2nd out of 5 teams  
 2007 NAIA Region XIII Finish: 5th out of 10 teams  
 Runners returning/lost/new: 8/1/3

### WOMEN'S TEAM INFORMATION:

2007 GCAC Finish: 2nd of 5 teams  
 2007 NAIA Region XIII Finish: 8th of 11 teams  
 Runners returning/lost/new: 4/9/6

# 2007 SEASON RESULTS

## Men's Results

Sept. 7 – USM Cross Country Invitational hosted by the University of Southern Mississippi in Hattiesburg, Miss. (4-miles). Team: Spring Hill College, 6th of 12 teams (150 points). **Individuals:** (79 runners) 6, Patrick Aucoin 22:57.78; 13, Austin Fox 23:42.44; 33, Mark Kirkikis 26:01.71; 49, Ben Lauber 27:44.09; 58, Alex Coppejans 28:46.83; 60, Colton Biro 28:51.62; 67, Jeff Jules 32:23.32.

Sept. 15 – Azalea City Classic hosted by the University of South Alabama in Mobile, Ala. (8,000 meters). Team: Spring Hill College, 2nd of 3 teams (38 points). **Individuals:** (19 runners) 3, Patrick Aucoin; 5, David Otero; 7, Austin Fox; 11, Ben Lauber; 12, Mark Kirkikis; 18, Colten Biro; 19, Alex Coppejans.

Sept. 29 – ARGOS Invitational Cross Country Meet hosted by the University of West Florida in Pensacola, Fla. (8,000 meters). Team: Spring Hill College, 5th of 7 teams, total time 2:33:32, avg. 30:43 (137 points). **Individuals:** (64 runners) 5, Patrick Aucoin 27:30.0; 25, David Otero 29:21.0; 29, Austin Fox 29:48.0; 35, Mark Kirkikis 32:09.0; 43, Colten Biro 34:44.0; 44, Ben Lauber 35:21.0.

Oct. 13 – Watson Quality Ford Invitational hosted by Mississippi College in Clinton, Miss. (8,000 meters). Team: Spring Hill College, 2nd of 4 teams, total time 2:33:09.45, avg. 30:37.89 (58 points). **Individuals:** (23 runners) 1, Patrick Aucoin 26:56.03; 9, Austin Fox 29:15.24; 11, David Otero 30:12.95; 16, Mark Kirkikis 32:06.10; 21, Ben Lauber 34:39.13; 22, Colten Biro 35:04.47.

Nov. 3 – GCAC Championships hosted by Berry College in Mt. Berry, Ga. (8,000 meters). Team: Spring Hill College, 2nd of 5 teams, total time 2:32:35.29, avg. 30:31.06 (65 points). **Individuals:** (35 runners) 1, Patrick Aucoin 27:02.05; 8, Austin Fox 29:24.43; 16, Mark Kirkikis 31:25.90; 18, David Otero 31:52.80; 22, Ben Lauber 32:50.11; 30, Colten Biro 35:23.12; 33, Jeff Jules 36:55.35.

Nov. 3 – NAIA Region XIII Championships hosted by Berry College in Mt. Berry, Ga. (8,000 meters). Team: Spring Hill College, 5th of 10 teams, total time 2:32:35.29, avg. 30:31.06 (166 points). **Individuals:** (83 runners) 7, Patrick Aucoin 27:02.05; 33, Austin Fox 29:24.43; 51, Mark Kirkikis 31:25.90; 54, David Otero 31:52.80; 59, Ben Lauber 32:50.11; 74, Colten Biro 35:23.12; 79, Jeff Jules 36:55.35.

Nov. 17 – NAIA National Championships hosted by the Kenosha Area Convention and Visitor's Bureau in Kenosha, Wis. (8,000 meters). **Individual:** (258 runners) 251, Patrick Aucoin 28:27.2.

### ON THE COVER:

Seniors Alex Coppejans, Ben Lauber, Patrick Aucoin, Stephanie Hoffman and Gussie Altman

### PHOTOS BY:

Seth Laubinger and Keith Necaice

## Women's Results

Sept. 7 – USM Cross Country Invitational hosted by the University of Southern Mississippi in Hattiesburg, Miss. (5,000 meters). Team: Spring Hill College, 5th of 12 teams, total time 2:01:51.69, avg. 24:22.34 (159 points). **Individuals:** (90 runners) 19, Blakely Duhé 22:48.42; 32, Katie Goodwin 24:26.01; 34, Amy Lyon 24:35.47; 36, Ashley Kovaleski 24:50.52; 43, Lizzie Coppejans 25:11.26; 44, Kayla Fox 25:14.16; 45, Maggie Meier 25:27.02; 57, Emilie Meier 26:31.43; 60, Stephanie Hoffman 27:08.07; 67, Mary "Gussie" Altman 28:02.09.

Sept. 15 – Azalea City Classic hosted by the University of South Alabama in Mobile, Ala. (5,000 meters). Team: Spring Hill College, 2nd of 2 teams (37 points). **Individuals:** (15 runners) 5, Blakely Duhé 22:53.64; 7, Katie Goodwin 23:36.62; 9, Maggie Meier 23:49.92; 10, Lizzie Coppejans 23:57.41; 11, Kayla Fox 24:13.67; 12, Ashley Kovaleski 24:14.32; 13, Melanie Ferry 24:37.15; 14, Mary "Gussie" Altman 25:48.28; 15, Emilie Meier 25:55.55.

Sept. 29 – ARGOS Invitational Cross Country Meet hosted by the University of West Florida in Pensacola, Fla. (5,000 meters). Team: Spring Hill College, 4th of 5 teams, total time 1:52:01, avg. 22:25 (100 points). **Individuals:** (48 runners) 16, Blakely Duhé 21:25.0; 24, Katie Goodwin 22:11.0; 26, Maggie Meier 22:27.0; 28, Kayla Fox 22:58.0; 29, Emilie Meier 23:00.0; 30, Stephanie Hoffman 23:21.0; 32, Lizzie Coppejans 23:47.0; 33, Ashley Kovaleski 24:04.0; 35, Sarah Dickson 24:15.0; 40, Mary "Gussie" Altman 25:18.0; 44, Jessica Goins 29:38.0.

Oct. 13 – Watson Quality Ford Invitational hosted by Mississippi College in Clinton, Miss. (6,000 meters). Team: Spring Hill College, 4th of 6 teams, total time 2:19:42.65, avg. 27:56.53 (95 points). **Individuals:** (44 runners) 18, Kayla Fox 27:37.63; 19, Blakely Duhé 27:54.84; 20, Katie Goodwin 28:00.58; 21, Lizzie Coppejans 28:04.56; 22, Maggie Meier 28:05.04; 28, Emilie Meier 28:45.97; 29, Ashley Kovaleski 28:52.13; 30, Stephanie Hoffman 29:00.33.

Nov. 3 – GCAC Championships hosted by Berry College in Mt. Berry, Ga. (5,000 meters). Team: Spring Hill College, 2nd of 5 teams, total time 1:51:24.31, avg. 22:16.87 (50 points). **Individuals:** (30 runners) 6, Maggie Meier 21:40.64; 8, Blakely Duhé 22:02.28; 10, Katie Goodwin 22:22.57; 12, Lizzie Coppejans 22:33.34; 14, Kayla Fox 22:45.48; 16, Amy Lyon 23:01.44; 17, Ashley Kovaleski 23:01.97; 18, Emilie Meier 23:23.79; 19, Stephanie Hoffman 23:38.28; 29, Candace Wilson 27:11.04.

Nov. 3 – NAIA Region XIII Championships hosted by Berry College in Mt. Berry, Ga. (5,000 meters). Team: Spring Hill College, 8th of 11 teams, total time 1:51:24.31, avg. 22:16.87 (199 points). **Individuals:** (83 runners) 27, Maggie Meier 21:40.64; 33, Blakely Duhé 22:02.28; 39, Katie Goodwin 22:22.57; 45, Lizzie Coppejans 22:33.34; 49, Kayla Fox 22:45.48; 51, Amy Lyon 23:01.44; 52, Ashley Kovaleski 23:01.97; 58, Emilie Meier 23:23.79; 60, Stephanie Hoffman 23:38.28; 75, Candace Wilson 27:11.04.

# 2008 ROSTER

## Men

Name	Class	Ht.	Hometown
Patrick Aucoin	SR	6'0"	River Ridge, La.
Colten Biro	SO	5'9"	Lafayette, La.
Christian Boyer	FR	6'0"	Mobile, Ala.
Alex Coppejans	SR	5'9"	Mobile, Ala.
Jeff Jules	JR	5'9"	Lawrenceville, Ga.
Mark Kirkikis	JR	5'9"	Kenner, La.
Will Kirkikis	FR	5'4"	Kenner, La.
Ben Lauber	SR	6'0"	St. Louis, Mo.
Neilson Lea	JR	6'2"	Baton Rouge, La.
Brian Otero	FR	5'8"	Miami, Fla.
David Otero	SO	5'6"	Miami, Fla.

## Women

Name	Class	Ht.	Hometown
Gussie Altman	SR	5'3"	Biloxi, Miss.
Ashley Derenbecker	FR	5'0"	Bay St. Louis, Miss.
Melanie Ferry	SO	5'6"	Mobile, Ala.
Lynne Fritscher	SO	5'5"	Covington, La.
Stephanie Hoffman	SR	5'6"	Belleville, Ill.
Kate Inwalle	FR	5'3"	Mobile, Ala.
Maggie Meier	SO	5'7"	St. Louis, Mo.
Emily Stewart	FR	5'8"	Mt. Juliet, Tenn.
Ceci Venker	SO	5'6"	St. Louis, Mo.
Kari Wolfe	JR	5'7"	Cottonwood, Ala.

# COACHES



## Emily Shaffer

Emily Shaffer begins her first season as the Spring Hill College men's and women's cross country coach. She is a 2007 graduate of SHC with a degree in Communications and ran for the Lady Badgers squad for four years as an undergraduate. Shaffer appears on several of Spring Hill's Top 10 finishes lists. Most notably, she holds the school's second best time in the women's 6k with a time of 26:11.3. The Lady Badgers finished as runners-up at the GCAC Championships in her junior year.

Shaffer is a native of Thibodeaux, La., and currently lives in Mobile where she also serves as Alumni Program Coordinator at Spring Hill College.



## Jerry Reynolds

Jerry Reynolds begins his first year as a volunteer coach with the Spring Hill College cross country teams.



Patrick Aucoin • SR



Alex Coppejans • SR



Jeffery Jules • JR



Marrk Kirkikis • JR



Will Kirkikis • FR



Ben Lauber • SR



Nielson Lea • JR



Brian Otero • FR



David Otero • SO

# PREVIEW 2008

First year head coach Emily Shaffer is confident that the 2008 Spring Hill College cross country teams will once again compete for the Gulf Coast Athletic Conference titles. A second place Spring Hill finish in both the men's and women's divisions in 2006 and 2007 along with a solid core of veteran runners seems to support her confidence.

On the men's side, GCAC Male Runner of the Year senior Patrick Aucoin of River Ridge, La., won the men's individual conference crown last year and has qualified for the NAIA National Championship Meet in two of his three seasons at SHC. Aucoin is joined by junior Mark Kirkikis of Kenner, La., sophomore David Otero of Miami, Fla., sophomore Colten Biro from Lafayette, La., senior Alex Coppejans from Mobile, junior Jeff Jules of Lawrenceville, Ga., senior Ben Lauber of St. Louis, Mo., and junior Neilson Lea from Baton Rouge, La., to form one of Spring Hill's most experienced cross country squads in several years.

The men's team will be further strengthened by the addition of freshman Christian Boyer of Mobile and two freshmen that will join their older brothers on the roster, Will Kirkikis and Brian Otero, who are already threatening to be two of the top Badgers in 2008.

On the women's side, senior team captains Gussie Altman of Biloxi, Miss., and Stephanie Hoffman of Belleville, Ill., have committed themselves to finding the right mix to finally capture the illusive GCAC championship. The key this year might be in the form of a newcomer to the Lady Badgers squad, freshman Kate Imwalle of Mobile who has already impressed the coaches and upperclassman with her early season workout times.

Sophomores Melanie Ferry of Mobile and Maggie Meier of St. Louis, Mo., each played important roles on the 2007 Lady Badgers as freshmen and look to do so again. Sophomore Lynne Fritscher from Covington, La., who also plays on the Lady Badgers tennis squad, will join a cast of talented young rookies in junior Kari Wolfe of Cottonwood, Ala., sophomore Ceci Venker of St. Louis, and freshmen Ashley Derenbecker from Bay St. Louis, Miss., and Emily Stewart of Mt. Juliet, Tenn.



Gussie Altman • SR



Ashley Derenbecker • FR



Melanie Ferry • SO



Lynne Fritscher • SO



Stephanie Hoffman • SR



Kate Imwalle • FR



Maggie Meier • SO



Emily Stewart • FR



Ceci Venker • SO



Kari Wolfe • JR

# 2008 BADGERS CROSS COUNTRY



## 2008 Spring Hill College Men's Cross Country Schedule

Date	Event	Site
Sept. 13	South Alabama Azalea City Classic	Mobile, Ala.
Oct. 11	Great American Cross Country Fest	Hoover, Ala.
Oct. 18	Mississippi College Choctaw Open	Clinton, Miss.
Oct. 25	University of Mobile Invitational	Mobile, Ala.
Nov. 8	GCAC Championships	Clinton, Miss.
Nov. 22	NAIA National Championships	Kenosha, Wis.



## 2008 Spring Hill College Women's Cross Country Schedule

Date	Event	Site
Sept. 13	South Alabama Azalea City Classic	Mobile, Ala.
Oct. 11	Great American Cross Country Fest	Hoover, Ala.
Oct. 18	Mississippi College Choctaw Open	Clinton, Miss.
Oct. 25	University of Mobile Invitational	Mobile, Ala.
Nov. 8	GCAC Championships	Clinton, Miss.
Nov. 22	NAIA National Championships	Kenosha, Wis.