



# CROSS COUNTRY

2013-2014



# SPRING HILL COLLEGE

*Mobile, Alabama*

Spring Hill College is ranked once again in the top 20 Southern universities and colleges, according to the 2012 edition of U.S. News & World Report's "America's Best Colleges."

Spring Hill is ranked 17th among the Southern colleges and universities offering a full range of undergraduate majors and master's programs. 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 10th 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.

Forbes Magazine also ranks Spring Hill among its

"America's Best Colleges" with SHC ranked No. 32 in the nation among similar institutions.

Forbes also ranks Spring Hill among the "Best Colleges in the South" and among the top 25 percent of the "Best Private Colleges" nationwide according to Forbes.



## GENERAL FACTS

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*Institution:* Spring Hill College

*City/State/Zip:* Mobile, AL 36608

*Founded:* 1830

*Enrollment:* 1,400

*Nickname:* Badgers

*School Colors:* Purple, white

*Home Facility:* Arthur R. Outlaw Recreation Center

*Capacity:* 1,600

*Affiliation:* NAIA Division I

*Conference:* Southern States Athletic

*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

*Athletic Web Site:* www.shcbadgers.com

*Facebook:* SHCAthletics

*Twitter:* SHCBADGERS

## COACHING STAFF

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*Head Coach:* Craig McVey

*Alma Mater (Year):* Kansas State University, 1979

*Record at school/years:* 0-0 (1st year)

*Office Phone:* (251) 380-4081

*Email:* cmcvey@shc.edu

*Athletic Trainer:* Brian Gronwold, ATC

*Office Phone:* 251-380-3493

## MEN'S TEAM INFORMATION

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*2012 SSAC Finish:* 7th of 11 teams

*No. of runners returning/lost/new:* 8/6/4

## WOMEN'S TEAM INFORMATION

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*2012 SSAC Finish:* 7th of 12 teams

*No. of runners returning/lost/new:* 5/5/5

# HEAD COACH



## CRAIG MCVEY

Craig McVey takes over the Badger Cross Country teams in 2013 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

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.

# PREVIEW 2013

Spring Hill College Men's & Women's Cross Country enters a new era this year as Craig McVey assumes the reins as head coach of both teams after a successful debut in 2012-2013 as the first Outdoor Track & Field head coach in school history. He enters his first cross country season at SHC with confidence. "Everyone did well with training at our preseason camp this summer and through the start of regular practice sessions," he says. "We are a very young team on the men's side, but our freshmen will add depth to our squad especially as we transition into a NCAA Division II program [in 2014]."

The Badger men's team will be paced by sophomore Jordan Travis of Poplarville, Miss., who won accolades as a member of both the Southern States Athletic Conference All-Conference and All-Freshman teams last season. Sophomore Brennan McLean of Baton Rouge, La., and juniors John Russell from Cullman, Ala., and Conner Kirkikus of Kenner, La., will also be top performers for SHC this season.

Sophomores Conner Bueche of Baton Rouge, Patrick Lameka of Chicago, Ill., and Phillip Travis all ran well in their premier seasons in 2012 and look to make major strides this season. The freshmen class is four runners deep and has been impressive in the early workouts with newcomers Andrew Pettus of New Orleans, La., Seamus Russell of Cullman, Brennan Sique from Lafayette, La., and Alex Vaporciyan of Houston, Texas, each have promising careers in front of them.

On the other side of the coin, the Badger women's team is deep in experience with seniors runner Emily Dolan of Mobile, Anna DeWine from Cedarville, Ohio, and Claire Stewart of Mt. Juliet, Tenn., each having run in 20 or more events for Spring Hill over the past three seasons. Dolan earned SSAC All-Conference Team honors as a junior in 2012.

"I'm proud of what our upperclassmen ladies are accomplishing as we prepare, but our freshmen are also providing us the depth that we lacked last year on the women's side," says McVey. The three seniors will be joined by two sophomore runners in Katie Dolan and Anna Gable both hailing from McGill-Toolen Catholic High School in Mobile who saw limited action last season, but are ready to contribute in 2013. The freshmen consist of four racers in Jayde Frichter of Mobile, Holly Gibbens from Hendersonville, Tenn., Amie Gilbert of Baton Rouge and Alexis Mogil of Oxford, Ala.

"We have a great opportunity to send two women and two men to the NAIA National Championships at the University of Kansas this year," says McVey. "Quite frankly, we are in a building mode for the next two years, but our effort and mentality are great. While we have some growing to do as teams and as individuals, we'll race hard and we'll race smart."



# 2012 RESULTS

## WOMEN'S RESULTS

- Sept. 8** Wolf Pack Invitational hosted by Loyola University (La.) at Lafreniere Park, Metairie, La. (5,000 meters). Team: Spring Hill College, 5th of 9 teams (126 points). Individuals: (66 runners) 25, Melissa Menendez 23:02.08; 27, Payton Tanner 23:08.84; 30, Emily Dolan 23:33.71; 37, Kiearstan Carter 24:15.91; 47, Claire Stewart 26:03.90.
- Sept. 15** Azalea City Classic hosted by the University of South Alabama at Brookley Field in Mobile, Alabama (6,000 meters). Team: Spring Hill College, 14th of 15 teams (374 points). Individuals: (115 runners) 65, Emily Dolan 26:11.25; 80, Payton Tanner 27:10.20; 90, Melissa Menendez 28:02.77; 97, Kiearstan Carter 28:58.06; 104, Claire Stewart 30:06.91.
- Sept. 22** Gulf Coast Stampede hosted by the University of West Florida at Escambia Co. Equestrian Center, Pensacola, Florida (5,000 meters). Team: Spring Hill College, 9th of 12 teams (237 points). Individuals: (105 runners) 26, Makena Lidie 20:33.40; 51, Emily Dolan 21:32.10; 53, Payton Tanner 21:35.10; 89, Katie Dolan 24:47.10; 92, Kiearstan Carter 25:41.90.
- Oct. 6** ESPN WWS Cross Country Classic hosted by Walt Disney World at EWWS Complex, Orlando, Florida (5,000 meters). Team: Spring Hill College, 21st of 27 teams (556 points). Individuals: (232 runners) 69, Emily Dolan 21:15.50; 99, Payton Tanner 22:07.80; 144, Melissa Menendez 23:25.00; 165, Anna DeWine 24:08.90; 167, Kiearstan Carter 24:20.70; 180, Claire Stewart 24:59.30.
- Oct. 18** Badger Brawl 2012 hosted by Spring Hill College at Spring Hill Golf Course, Mobile, Alabama (5,000 meters). Team: No Team Score. Individuals: (16 runners) 1, Emily Dolan 21:54.32; 5, Kiearstan Carter 24:29.66; 6, Claire Stewart 24:41.19; 10, Katie Dolan 26:25.28.
- Nov. 3** SSAC Championships hosted by Belhaven University at Choctaw Trails, Clinton, Mississippi (5,000 meters). Team: 7th of 12 teams (189 points). Individuals: (91 runners) 9, Emily Dolan 19:57.31; 12, Payton Tanner 20:12.00; 55, Melissa Menendez 22:30.42; 63, Kiearstan Carter 23:00.89; 68, Claire Stewart 23:27.57; 71, Katie Dolan 23:42.87.
- Nov. 17** NAIA National Championships presented by Nike at Fort Vancouver National Historic Site, Vancouver, Washington (5,000 meters). Team: No Team Score. Individuals: (320 runners) 281, Emily Dolan 21:35; 311, Payton Tanner 22:27.

## MEN'S RESULTS

- Sept. 8** Wolf Pack Invitational hosted by Loyola University (La.) at Lafreniere Park, Metairie, La. (5,000 meters). Team: Spring Hill College, 6th of 8 teams (127 points). Individuals: (72 runners) 14, John Russell 18:06.21; 26, Conner Kirkikis 18:48.93; 28, Michael Anderson 18:59.37; 33, Ben Fleming 19:24.21; 38, Brennan McLean 19:44.58; 43, Conner Bueche 19:54.24; 44, Ben Pace 19:58.29; 49, Patrick Lameka 20:10.00; 50 Eric Mooney 20:18.65.
- Sept. 15** Azalea City Classic hosted by the University of South Alabama at Brookley Field in Mobile, Alabama (8,000 meters). Team: Spring Hill College, 11th of 13 teams (273 points). Individuals: (105 runners) 33, Jordan Travis 27:47.81; 51, John Russell 28:40.44; 60, Conner Kirkikis 29:28.99; 71, Brennan McLean 30:08.59; 73, Ben Redman 30:15.70; 74, Ben Fleming 30:16.28; 79, Michael Anderson 30:35.11; 82, Eric Mooney 30:50.88; 83, Ben Pace 31:07.97; 89, Conner Bueche 31:47.84; 90, Fritz Boudreaux 31:54.07; 92, Phillip Travis 31:57.58.
- Sept. 22** Gulf Coast Stampede hosted by the University of West Florida at Escambia Co. Equestrian Center, Pensacola, Florida (8,000 meters). Team: Spring Hill College, 7th of 9 teams (205 points). Individuals: (93 runners) 30, Jordan Travis 28:00.30; 59, John Russell 29:48.90; 71, Brennan McLean 30:59.90; 76, Conner Kirkikis 31:35.00; 77, Ben Fleming 31:44.50; 78, Patrick Lameka 31:46.60; 81, Michael Anderson 32:14.90; 82, Ben Pace 32:16.40; 84, Conner Bueche 33:02.10.
- Oct. 6** ESPN WWS Cross Country Classic hosted by Walt Disney World at EWWS Complex, Orlando, Florida (8,000 meters). Team: Spring Hill College, 14th of 23 teams (416 points). Individuals: (190 runners) 50, Jordan Travis 28:31.37; 91, John Russell 29:55.68; 95, Brennan McLean 30:02.30; 111, Patrick Lameka 30:47.34; 127, Conner Kirkikis 31:53.84; 135, Ben Fleming 32:17.17; 148, Phillip Travis 33:42.39; 160, Fritz Boudreaux 35:15.40.
- Oct. 18** Badger Brawl 2012 hosted by Spring Hill College at Spring Hill Golf Course, Mobile, Alabama (4 Mile Run). Team: 1st of 2 (18 points). Individuals: (15 runners) 1, Travis Jordan 22:30.51; 2, Brennan McLean 23:07.54; 3, John Russell 23:08.26; 5, Patrick Lameka 23:41.43; 7, Ben Pace 24:48.31; 8, Phillip Travis 25:09.50; 10, Conner Kirkikis 25:38.10; 11, Conner Bueche 25:48.85; 12, Fritz Boudreaux 26:37.97.
- Nov. 3** SSAC Championships hosted by Belhaven University at Choctaw Trails, Clinton, Mississippi (8,000 meters). Team: 7th of 11 teams (196 points). Individuals: (89 runners) 12, Jordan Travis 27:04.66; 31, Brennan McLean 28:36.51; 53, John Russell 29:33.01; 65, Phillip Travis 30:35.53; 66, Conner Bueche 30:38.15; 68, Ben Fleming 30:44.64; 74, Conner Kirkikis 31:35.87; 76, Fritz Boudreaux 32:03.97.



# WOMENS

# MENS



Ben Fleming  
Junior



Conner Kirkikus  
Junior



John Russel  
Junior



Conner Bueche  
Sophomore



Patrick Lameka  
Sophomore



Brennan McLean  
Sophomore



Jordan Travis  
Sophomore



Phillip Travis  
Sophomore



Andrew Pettus  
Freshman



Seamus Russell  
Freshman



Brennan Sigue  
Freshman



Alex Vaporciyan  
Freshman



Anna DeWine  
Senior



Emily Dolan  
Senior



Claire Stewart  
Senior



Katie Dolan  
Sophomore



Anna Gable  
Sophomore



Jayde Frichter  
Freshman



Holly Gibbens  
Freshman



Amie Gilbert  
Freshman



Alexis Mogil  
Freshman

## MEN

### NAME

BEN FLEMING  
CONNER KIRKIKUS  
JOHN RUSSELL  
CONNER BUECHE  
PATRICK LAMEKA  
BRENNAN MCLEAN  
JORDAN TRAVIS  
PHILLIP TRAVIS  
ANDREW PETTUS  
SEAMUS RUSSELL  
BRENNAN SIGUE  
ALEX VAPORCIYAN

### CLASS

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

### HOMETOWN/PREVIOUS SCHOOL

METAIRIE, LA./METAIRIE PARK COUNTRY DAY  
KENNER, LA./BROTHER MARTIN HIGH  
CULLMAN, ALA./ST. BERNARD PREP  
BATON ROUGE, LA./CATHOLIC HIGH  
CHICAGO, ILL./NOTRE DAME HIGH  
BATON ROUGE, LA./CATHOLIC HIGH  
POPLARVILLE, MISS./POPLARVILLE HIGH  
POPLARVILLE, MISS./POPLARVILLE HIGH  
NEW ORLEANS, LA./JESUIT HIGH  
CULLMAN, ALA./ST. BERNARD PREP  
LAFAYETTE, LA./ST. THOMAS MOORE CATHOLIC  
HOUSTON, TEXAS/STRAKE JESUIT COLLEGE PREP

## WOMEN

### NAME

ANNA DEWINE  
EMILY DOLAN  
CLAIRE STEWART  
KATIE DOLAN  
ANNA GABLE  
JAYDE FRICHTER  
HOLLY GIBBENS  
AMIE GILBERT  
ALEXIS MOGIL

### CLASS

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

### HOMETOWN/PREVIOUS SCHOOL

CEDARVILLE, OHIO/CEDARVILLE HIGH  
MOBILE, ALA./MCGILL-TOOLEN CATHOLIC HIGH  
MT. JULIET, TENN./FATHER RYAN HIGH  
MOBILE, ALA./MCGILL-TOOLEN CATHOLIC HIGH  
MOBILE, ALA./MCGILL-TOOLEN CATHOLIC HIGH  
MOBILE, ALA./MCGILL-TOOLEN CATHOLIC HIGH  
MOBILE, ALA./MCGILL-TOOLEN CATHOLIC HIGH  
HENDERSONVILLE, TENN./POPE JOHN PAUL II HIGH  
BATON ROUGE, LA./ST. JOSEPH'S ACADEMY  
OXFORD, ALA./OXFORD HIGH

<b>DATE</b>	<b>EVENT</b>	<b>LOCATION</b>	<b>START TIMES (M/W)</b>	
Sept	Sat. 7	Loyola Wolf Pack Invitational	Lafreniere Park; Metairie, La.	8:25 a.m./7:50 a.m.
	Sat. 14	UWF Gulf Coast Stampede	Escambia Co. Equestrian Ctr.; Pensacola, Fla.	8 a.m./7:30 a.m.
Oct.	Fri. 4	Miss. College Watson Ford Invitational	Choctaw Trails; Clinton, Miss.	4:45 p.m./5:15 p.m.
	Sat. 12	Montevallo Falcon Classic	University of Montevallo; Montevallo, Ala	9:15 a.m./8:30 a.m.
	Sat. 19	Mississippi College Choctaw Open	Choctaw Trails, Clinton, Miss.	9:15 a.m./8:30 a.m.
Nov.	Sat. 9	SSAC Cross Country Championships	Choctaw Trails; Clinton, Miss.	8 a.m.
	Sat. 23	2013 NAIA National Championships	Rim Rock Farm; Lawrence, Kan.	TBA