



# QUICK FACTS, TABLE OF CONTENTS

## General

School: Belmont University  
 City/Zip: Nashville, TN 37212  
 Founded: 1951  
 Enrollment: 5,936  
 Nickname: Bruins  
 Colors: Navy Blue, Red and White  
 Affiliation: NCAA Division I  
 Conference: Atlantic Sun  
 President: Dr. Robert C. Fisher  
 Alma Mater, Yr.: Henderson State, 1970  
 Athletics Director: Mike Strickland  
 Alma Mater, Yr.: Georgia Southern, 1971  
 Athletic Department Phone: (615) 460-6420

## Coaching Staff

Head Coach: Seth Sheridan  
 Alma Mater, Yr.: Belmont, 1992  
 Office Phone: (615) 460-6163  
 Best Time to Reach: Mornings  
 Assistant Coach: Cameron Harvey (Marquette, 2002)  
 Assistant Coach: Josh McMillian (Lindenwood, 2003)

## Media Relations

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## MEDIA GUIDE CREDITS

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 Photos: Atlantic Sun Conference, Glenn Gregory,  
 Nashville Chamber of Commerce

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Find out about the  
 latest scores, statistics,  
 and up-to-date news on  
 Belmont Athletics at

[www.belmontbruins.com](http://www.belmontbruins.com)



# MEDIA INFORMATION

The Belmont Media Relations Office is located on the mezzanine level of Belmont's Curb Event Center. The 2010-11 indoor and outdoor track and field media guide is published by the Athletic Media Relations Office and is designed to assist print and electronic media, other schools, and interested persons in getting acquainted with the program.

## INTERVIEWS

Interviews with Belmont players and coaches can be arranged by calling Kenisha Rhone, men's and women's track and field contact at (615) 460-5990. Players and coaches are available before and after most practices, so please let us know in advance that you are coming, and we will help facilitate the interview. *Please do not contact players personally.*

## DIRECTIONS TO THE CURB EVENT CENTER

**From the west via I-40:** Exit onto I-440 and continue east. Take exit 3 onto 21st Avenue and proceed to Blair Boulevard. Take a right onto Blair. Blair deadends into Belmont Boulevard. Take a left and follow to Bernard Avenue (1/4 mile). Take a right at Bernard and go up the hill. Take a left into the parking garage and park in the garage. Go to the 3rd floor of the garage and follow the covered walkway to the Curb Center entrance, which is on the east side of the building.

**From the east via I-40:** At the I-40 split, bear left to I-24/I-440, then right to I-440 west. Take exit 3 onto 21st Avenue and proceed to Blair Boulevard. Take a right onto Blair. Blair deadends into Belmont Boulevard. Take a left and follow to Bernard Avenue (1/4 mile). Take a right at Bernard and go up the hill. Take a left into the parking garage and park in the garage. Go to the 3rd floor of the garage and follow the covered walkway to the Curb Center entrance, which is on the east side of the building.

**From the north via I-65 or I-24:** Just north of Nashville, I-24 merges with I-65. Travel east on I-24. After passing downtown, take I-40 west ramp towards Memphis. Follow I-40 to I-65. Take I-65 South towards Huntsville. Follow I-65 South to exit 81, Wedgewood Avenue. Take right at the bottom of the ramp onto Wedgewood. Follow Wedgewood to the first entrance to Belmont on your left, which is just after 15th Avenue. Follow that road back to the parking garage. Park in the garage and go to the 3rd floor of the garage

and follow the covered walkway to the Curb Center entrance, which is on the east side of the building.

**From the south via I-65:** Follow I-65 north to exit 81. Turn left at the off-ramp onto Wedgewood Avenue. Follow Wedgewood to the first entrance to Belmont on your left, which is just after 15th Avenue. Follow that road back to the parking garage. Park in the garage and go to the 3rd floor of the garage and follow the covered walkway to the Curb Center entrance, which is on the east side of the building.

**From the southeast via I-24:** Take I-440 west towards Memphis. Take exit 3 onto 21st Avenue and proceed to Blair Boulevard. Take a right onto Blair. Blair deadends into Belmont Boulevard. Take a left and follow to Bernard Avenue (1/4 mile). Take a right at Bernard and go up the hill. Take a left into the parking garage and park in the garage. Go to the 3rd floor of the garage and follow the covered walkway to the Curb Center entrance, which is on the east side of the building.

### Belmont Athletics Office of Media Relations

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# 2010-11 ROSTER



<u>Name</u>	<u>ITF/OTF</u>	<u>Event</u>	<u>Hometown (Last School)</u>	<u>Academic Major</u>
Courtney Bishop	So./So.	Distance	Nashville, Tenn./Brentwood Academy	Undeclared
Megan Bradley	R-Fr./R-Fr.	Hurdles/Sprints	Nampa, Id./Nampa Christian	Exercise Science
Elizabeth Codrington	Sr./Sr.	Jumps	Gretna, La./West Jefferson	Business Administration
Fallon Dickens	So./So.	Mid-Distance	Nashville, Tenn./Brentwood Academy	Undeclared
Jessica Duble	So./So.	Distance	Lookout Mountain, Ga./Chattanooga Christian	English
Katelyn Eberhardt	So./So	Distance	Mishawaka, Ind./Mishawaka	Exercise Science
Marissa Hollingsworth	Fr./Fr.	Pole Vault	Libertyville, Ill./Libertyville	Social Entrepreneurship
Jillian Linklater	Fr./Fr.	Jumps/Hurdles	Lake Orion, Mich./Lake Orion	Songwriting
Erin Mankin	Sr./Sr.	Distance	Nashville, Tenn./Father Ryan	Accounting
Ester Mellado	Jr./Jr.	Javelin	South Barrington, Ill./Fremd	International Business/Honors
Kimberly Muldowney	So./So.	Distance	Hoover, Ala./Hoover	Mathematics
Nicole Muldowney	Jr./Jr.	Distance	Hoover, Ala./Hoover	Mathematics
Ge'Cobi Pittman	Fr./Fr.	Sprints	Long Beach, Calif./Woodrow Wilson	International Economics
Kara Sephel	Sr./Jr.	Distance	Nashville, Tenn./David Lipscomb HS	Spanish/European Studies
Caitlin Standifer	Jr./Jr.	Distance	Plano, Texas/Plano West	Entrepreneurship
Shannon Titus	Jr./Jr.	Distance	Bowling Green, Ohio/Bowling Green HS	English
Brittany Woods	Fr./Fr.	Jumps	Franklin, Tenn./Independence	Nursing
Sarah Wrieden	Fr./Fr.	Jumps/Multi	Middletown, Md./Middletown	Nursing

Head Coach: Seth Sheridan (Belmont, 1992)  
 Assistant Coach: Cameron Harvey (Marquette, 2002)  
 Assistant Coach: Josh McMillian (Lindenwood, 2003)



# ATHLETE PROFILES



## Elizabeth Codrington

Senior/Senior  
Jumps/Sprints  
Gretna, Louisiana  
(West Jefferson)

**2009-10:** Competed at three indoor meets ... At Indiana Relays, took second in a field of 23 in the long jump with a mark of 17' 11.5" ... Won the triple jump at the MT Valentine Invitational with a school record 38' 4.25" ... Competed at six outdoor meets ... Opened season with second-place finish in long jump (5.45m) at APSU Spring Fling ... Took second in triple jump at Vanderbilt Black and Gold Invitational ... One of only two Bruins to compete at SeaRay Relays, taking 10th in deep triple jump field (11.77m) ... Finished third in long jump at Boston-Moon Classic with season-best 5.52m ... At Vanderbilt Invitational took fourth in triple jump and nine in long jump ... At Atlantic Sun Outdoor Championships finished fourth in triple jump and seventh in long jump.

**2008-09:** Did not compete due to injury.

**2007-08:** Three Top 5's in five indoor season starts ... Second in triple jump at Ed Temple Classic with a distance of 37-09.54 ... Fourth in triple jump at A-Sun Indoor Championships (37-07.18) ... Fourth in triple jump at MTSU Invitational.

**2006-07:** Recorded six top-15 finishes during the outdoor season ... Finished fifth in the triple jump at the Ed Temple Indoor Classic with a distance of 36-0.125, setting a school record ... Placed fourth in the triple jump at the Boston-Moon Classic where she broke the school record with a distance of 36-07.50 ... Finished fifth in the triple jump at the A-Sun Outdoor Championships with a distance of 37-07.25 ... Placed sixth in triple jump at the A-Sun Indoor Championships with a distance of 35-11.25.

**Prior to Belmont:** Prepped at West Jefferson High School ... At the 2006 Louisiana State Indoor Championships, placed second in the triple jump and third in the long jump ... Posted top team marks in 400m indoors, triple jump, and long jump ... Earned All-State honors three times ... Also lettered in volleyball, where she earned All-State honors, and soccer.

**Personal:** Majoring in Business Administration ... Favorite book is *To Kill A Mockingbird* ... Likes to listen to the music of Aaliyah and Whitney Houston ... Favorite food is lasagna ... Favorite vacation spot is The Bahamas ... Has seven sisters and three brothers ... Daughter of Charlotta Jones ... Born December 15, 1987 in Harvey, Louisiana.



Indoor Personal Bests		Outdoor Personal Bests	
TJ	38' 4.25"*	TJ	37' 10"
LJ	17' 0.5"	LJ	17' 1.5"
		100m	13.02
		200m	27.62
			* Belmont record



# ATHLETE PROFILES



## Erin Mankin

Senior/Senior  
Distance  
Nashville, Tennessee  
(Father Ryan HS)

**Indoor 2010:** Competed at three meets ... At Indiana Relays finished 28th in deep 3000m field ... Finished 22nd in 3000m at MTSU Valentine Invitational ... At Atlantic Sun Indoor Championships took 27th in 5000m.

**2009-10:** Competed in three indoor meets ... Finished seventh in 3000m at Blue Raider Invitational with season-best 11:05.72 ... Took 27th at Indiana Relays in 3000m ... At Atlantic Sun Indoor Championships finished 19th in 3000m ... Competed in four outdoor meets ... Took 15th in 1500m at APSU Spring Fling ... At Vanderbilt Black and Gold Invitational finished ninth in 3000m ... Finished 20th in 5000m at Vanderbilt Invitational with career-best 18:57.55 ... At Atlantic Sun Outdoor Championships took 18th in 5000m ... Earned All-Academic Atlantic Sun honors.

**2008-09:** Competed in two indoor meets ... Competed in six outdoor meets ... Best finish was 13th (11:09.44) in 3000m at Boston-Moon Invitational ... Ran career-best 19:22.55 in 5000m at Jesse Owens Track Classic ... Finished 15th in 1500m at Hilltopper Invitational ... Received Atlantic Sun All-Academic honors.

**2007-08:** Two race appearances during indoor season ... Ninth in Mile Run at MTSU Invitational ... 14th in 3000m at Atlantic Sun Indoor Championships ... Earned Atlantic Sun All-Academic honors.

**Prior to Belmont:** Attended Father Ryan High School in Nashville ... First Team All-State, First Team All-Metro and team captain for district and region team champions ... Lead runner ... Set school record in 4x1600m at Doug Hall Relays ... Honor Roll and Perfect Attendance student.

**Personal:** Majoring in Accounting ... High school teammates Laura Stewart and Andrea Kalmanek also running collegiately ... Cites winning region championship as biggest sports thrill ... Lists Michael Jordan and Michael Johnson and favorite athletes ... Lists A Time to Kill among favorite books ... Enjoys pasta, pizza, ice cream and grilled cheese ... Listens to Rascal Flats and Nickelback among others ... Daughter of Jay and Suzanne Bingham ... One brother, Corey ... Born November 2, 1988 in Nashville, Tennessee.



Indoor Personal Bests		Outdoor Personal Bests	
800m	2:53.34	1500m	5:19.44
3000m	11:05.72	3000m	11:09.44
5000m	19:36.42	Mile	5:25
Mile	5:32.37	5000m	19:22.55



# ATHLETE PROFILES



## Kara Sephel

Junior/Sophomore  
Distance  
Nashville, Tennessee  
(David Lipscomb HS)

**Indoor 2010:** Competed at four indoor meets ... Finished seventh in the Mile at the Blue Raider Invitational ... Second-best Bruin finisher at Indiana Relays in 3000m ... Took eighth in 800m at MTSU Valentine Invitational ... Also finished eighth in the Mile at same meet ... At Atlantic Sun Indoor Championships took 17th in 800m and 16th in the Mile ... Helped Belmont to fifth-place finish in DMR at Championships.

**2009-10:** Competed at four indoor meets ... Took eighth in Mile Run at the Blue Raider Invitational ... In deep Mile Run field finished 29th at Indiana Relays with season-best 5:29.67 ... Was top Belmont finisher, 10th, in 3000m at MT Valentine Invitational ... At Atlantic Sun Indoor Championships took 17th in 800m ... Competed in two outdoor meets ... At APSU Spring Fling took 13th in 1500m ... Finished third in 2000m Steeplechase (7:31.27) at Vanderbilt Black and Gold Invitational ... Earned Atlantic Sun All-Academic Team distinction.

**2008-09:** Competed at four indoor meets ... Finished fifth in the Mile (5:35.88) at the Blue Raider Invitational ... At Atlantic Sun Indoor Championships, took 10th in 800m with season-best time of 2:24.74 ... Helped Belmont to a silver (12:18.12) in Distance Medley at same meet ... Competed in two outdoor meets ... Took eighth in the 1500m at the APSU Spring Fling with a time of 4:52.55 ... Finished seventh in the 3000m Steeplechase (11:39.43) at the Raleigh Relays ... Received Atlantic Sun All-Academic recognition.



**2007-08:** Did not start in the indoor season ... Finished 12th in 800m at Atlantic Sun Outdoor Championships ... Earned A-Sun All-Academic Team honors.

**Prior to Belmont:** Prepped at David Lipscomb High School ... Tabbed Female Athlete of the Year in 2007 ... Named Runner of the Year in 2003 and 2004 ... Named cross country team's MVP all four years ... Named to All-Metro and All Mid-State cross country teams five times (2002-2006) ... Helped DLHS cross country team to state championship title three years in a row (2002-04) ... Tabbed Most Valuable Distance Runner five consecutive years (2003-07) ... Three-time Region Individual champion ... Three event (3200m, 1600m, 800m) state qualifier in 2005 and 2007 ... Was state champion in 1,600m in 2005 ... Freshman city champion in the one and two mile events (2004) ... Participated in Music City Track USATF Junior Olympics in 2004 and 2005.

**Personal:** Majoring in Spanish/European Studies ... Hobbies include skiing, reading, biking and the Tour de France ... Favorite athletes are Lance Armstrong, Steve Prefontaine and Tom Boonen ... Favorite movies are the *Harry Potter* series, *The Holiday*, *Pride and Prejudice* and *Sahara* ... Has an older sister Alysse and a twin sister, Erin ... Daughter of Greg and Stephanie

Sephel ... Born on February 3, 1989 in Nashville, Tennessee.

Indoor Personal Bests	Outdoor Personal Bests
800m ..... 2:24.74	1500m ..... 4:52.55
Mile ..... 5:22.62	3000m SC ..... 11:39.43
3000m ..... 10:48.51	Mile ..... 5:18
DMR ..... 12:34.35	
4x400 ..... 4:11.56	



# ATHLETE PROFILES



## Katelyn Eberhardt

Junior/Junior  
Distance  
Mishawaka, Indiana  
(Mishawaka HS)

**Indoor 2010:** Competed at three meets ... Finished 29th in deep field in 3000m at Indiana Relays ... Second-best Bruin finisher in 3000m at MTSU Valentine Invitational ... At Atlantic

Sun Indoor Championships finished 19th in 3000m.

**2009-10:** Competed in four indoor meets ... Finished 12th in 800m at Blue Raider Invitational ... Took 23rd in 3000m at Indiana Relays with season-best 10:59.83 ... Finished 20th in 3000m at MT Valentine Invitational ... At Atlantic Sun Indoor Championships took 20th in 3000m ... Competed in three outdoor meets ... Took 13th in 1500m at Vanderbilt Black and Gold Invitational ... Finished seventh in 3000m at Vanderbilt Invitational ... At Atlantic Sun Outdoor Championships took 17th in 5000m ... Earned Atlantic Sun All-Academic honors.

**2008-09:** Competed in three indoor meets ... Finished fourth in the Mile at Blue Raider Invitational with season-best 5:26.10 ... Took sixth in the Mile at the MTSU Christmas Invitational ... At Indiana Relays competed in 800m ... Competed in two outdoor meets ... Notched season-best time of 4:56.92 in 1500m at Raleigh Relays ... Also ran at APSU Spring Fling ... Received Atlantic Sun All-Academic honors.



**Prior to Belmont:** Standout performer at Mishawaka High for coach Chris Kowaleski ... Three-time First Team All-Conference N.I.C. ... Indiana State Qualifier in cross country ... Also State Qualifier in outdoor track events, 3200m and 4x800m relay ... Two-time conference champion in 3200m ... Part of high school record-setting 4x800m relay team ... Earned Frank M. Steele Mental Attitude Award.

**Personal:** Majoring in Exercise Science ... Interests include being outdoors and hanging out with friends ... Lists cheeseburgers and ribs among favorite foods ... Lists Chris Brown as favorite musical artist ... National Honor Society ... Has three siblings - Mary Beth, Christopher, and Ryan ... Daughter of Thomas and Christine Eberhardt ... Born March 16, 1990 in South Bend, Indiana.

### Indoor Personal Bests

800m ..... :2:28.44  
3000m ..... :10:43.97  
Mile ..... :5:26.10

### Outdoor Personal Bests

800m ..... :2:35.38  
1500m ..... :4:56.92  
5000m ..... :19:22.55  
4x400 ..... :4:25.20



## Ester Mellado

Junior/Junior  
Javelin  
South Barrington, Illinois  
(Fremd HS)

**Indoor 2010:** Competed at one meet ... Finished second in shot put (8.49m) at Indiana Relays.

**2009-10:** Walked on to team just prior to outdoor season ... Competed in six outdoor meets ... Placed sixth in javelin at APSU Spring Fling ... Finished second (29.95m)

at Vanderbilt Black and Gold Invitational ... Took third (33.44m) at Boston-Moon Classic in deep field ... Finished third at Vanderbilt Invitational ... Took 13th at highly competitive Mississippi Open ... At Atlantic Sun Outdoor Championships set a Belmont record (36.88m) with event's fourth best throw ... Received Atlantic Sun All-Academic honors.



**Personal:** Daughter of Jim and Leanne Mellado ... Also a member of Belmont volleyball team ... Father, Jim, competed in the 1988 Olympic Games in Seoul, South Korea in decathlon ... 18 former teammates playing college volleyball ... Represented U.S.A. in international volleyball competition in Moscow, Russia ... Majoring in International Business and Honors ... Highly decorated for service and academics ... Born January 6, 1989 in Downers Grove, Illinois.

### Indoor Personal Bests

SP ..... :8.49m

### Outdoor Personal Bests

Javelin ..... :36.88m



# ATHLETE PROFILES



## Nicole Muldowney

Junior/Junior  
Distance  
Hoover, Alabama  
(Hoover HS)

**Indoor 2010:** Competed at four meets ... Took third in the Mile at Blue Raider Invitational to open the season ... In deep field was top Belmont finisher, 11th, in 3000m ... Finished second in the Mile at the MTSU Valentine

Invitational ... At Atlantic Sun Indoor Championships took ninth in the Mile, 10th in 3000m and 16th in 5000m.

**2009-10:** Competed at four indoor meets ... Second-best Belmont finisher, fifth, in Mile Run at Blue Raider Invitational ... Finished 18th in 3000m at Indiana Relays ... Finished 19th in 800m at MT Valentine Invitational ... At Atlantic Sun Indoor Championships was top Belmont finisher in 800m, taking 16th with season-best time of 2:25.87 ... Competed in four outdoor meets ... Took 11th in 1500m (4:58.15) at APSU Spring Fling ... Top Belmont finisher in 3000m, fourth (10:28.20), at Vanderbilt Black and Gold Invitational ... Finished eighth in 5000m at Vanderbilt Invitational ... At Atlantic Sun Outdoor Championships was the top Belmont runner in 5000m, taking sixth with a season-best 17:54.84 ... Earned Atlantic Sun All-Academic honors.



**2008-09:** Competed in four indoor meets ... Won first collegiate race at Blue Raider Invitational in Mile, taking first of nine runners... Took 11th in the Mile at Indiana Relays ... Ran career-best 5:15.96 in the Mile at the Atlantic Sun Championship ... Competed in five outdoor meets ... Best finish was sixth (4:48.13) in the 1500m at the APSU Spring Fling ... Finished 26th at Jesse Owens Track Classic in 5000m with time of 18:07.27 ... Finished ninth at Atlantic Sun Outdoor Championships in 5000m ... Received Atlantic Sun All-Academic honors.

**Prior to Belmont:** A highly-decorated runner from Hoover High program for coach Devon Hind ... Four-time Alabama All-State honoree ... Two-

time All-South Team honoree ... Four-time All-Metro Team ... Hoover Top Runner Award 2004-2007 ... Four-time letterwinner ... Member of 2006 Alabama 6A Indoor Track State Champions ... Three-time State Runner-up in Cross Country ... Two-time State Runner-up in Indoor Track ... 2005 State Runner-up in Outdoor track ... Holds numerous Hoover High school records: 1600m indoor, 3200m Indoor, 1600 Outdoor, 3200m Outdoor, 4 x 800 Indoor relay, 4 x 1600m Outdoor relay and Outdoor Distance Medley relay ... Four-time letterwinner.

**Personal:** Majoring in Mathematics ... Interests include playing soccer and watching movies ... Twice named Midfield Player of the Year as part of Hoover High soccer team ... Ten former high school teammates playing collegiately ... National Honor Society ... Mu Alpha Theta Math Honor Society ... Spanish National Honor Society ... Hoover High Community Service Award; 2005, 2006, 2008 ... Lists Tiger Woods among favorite athletes ... Daughter of Ken and Teresa Muldowney ... Has two sisters, Michelle and Kimberly, the latter of which isher twin and also on the Belmont team ... Born June 13, 1990 in Staten Island, New York.



## Caitlin Standifer

Junior/Junior  
Distance  
Plano, Texas  
(Plano West HS)

**Indoor 2010:** Competed at four meets ... Opened season winning the Mile (5:09.81) at Blue Raider Invitational ... In deep field at Indiana Relays took 17th in the Mile with season-best 5:08.07 ... At MTSU Valentine Invitational was second in 3000m ... At

Atlantic Sun Indoor Championships finished 19th in the Mile and was top BU finisher, 15th, in 5000m with time of 18:34.20.

**2009-10:** Competed in four indoor meets ... Finished second at Blue Raider Invitational in 3000m (10:28.14) ... At highly competitive Indiana Relays was top BU finisher, 14th, in the Mile (5:12.36) ... At MTSU Valentine Invitational finished third in the Mile and 11th in 800m (2:25.19) ... At Atlantic Sun Indoor Championships took sixth in 3000m (10:17.71) and seventh in Mile (5:17.45) ... Competed in four outdoor meets ... Opened season winning 1500m (4:41.97) at APSU Spring Fling ... At highly competitive Raleigh Relays, finished 7th in 10,000m (36:24.38) ... Finished second in 5000m (17:38.42) at Vanderbilt Invitational ... At Atlantic Sun Outdoor Championships tied for fourth in 10,000m (11:32.36) ... Named Atlantic Sun All-Academic.

**2008-09:** Competed in three indoor meets ... Won her section of the 800m at the Blue Raider Invitational with a time of 2:30.34 ... Finished eighth (5:15.25) in Mile at Indiana Relays ... Took 11th in 3000m at Atlantic Sun Indoor Championships with a time of 10:46.17 ... Competed in six outdoor meets, with five top-10 finishes... Won the 3000m (10:21.93) at the APSU Spring Fling to open the season ... Took third in her section of the 5000m (18:18.08) at the Raleigh Relays ... Finished third in the 1500m at the Hilltopper Invitational with a time of 4:54.63 ... Second-best Belmont finisher (21st) in the 5000m at the Jesse Owens Track Classic.



**Prior to Belmont:** Two-time Regional Qualifier in the 4x400 ... Helped Plano West team to appearances at District and Regional Championships and two fourth-place finishes at 5A State.

**Personal:** Majoring in Entrepreneurship ... Interests include cooking, music, philosophy, being outside and adventurous and seeing movies ... Greatest sports thrill was completing her first half marathon and Dallas Cowboys football ... Lists favorite athletes as Michael Phelps, Lance Armstrong, Kara Goucher, Deana Kastur and Paula Radcliffe ... Favorite movies are Little Miss Sunshine, Good Will Hunting, Night at the Roxbury, Fight Club and Monty Python ... Daughter of Steve and Sheryl Standifer ... Born on February 11, 1989 in Plano, Texas.

Indoor Personal Bests		Outdoor Personal Bests	
800m	2:25.87	1500m	4:48.13
Mile	5:14.77	5000m	18:07.27
3000m	10:29.13	4x400	4:25.20
5000m	18:35.19		
DMR	12:18.12		

Indoor Personal Bests		Outdoor Personal Bests	
800m	2:25.19	1500m	4:50.31
3000m	10:17.71	3000m	10:21.93
Mile	5:08.07	5000m	17:56.72
5000m	18:24.32		



# ATHLETE PROFILES



## Shannon Titus

Junior/Junior  
Distance  
Bowling Green, Ohio  
(Bowling Green HS)

**Indoor 2010:** Did not compete.

**2009-10:** Competed in four indoor meets ... Top Belmont finisher, seventh (2:28.83), in 800m at Blue Raider

Invitational ... At Indiana Relays in deep 3000m field took 13th (10:37.04) ... Finished 15th in the Mile (5:26.71) at the MT Valentine Invitational ... At Atlantic Sun Indoor Championships finished ninth (10:27.84) in 3000m ... Did not compete in outdoor season ... Earned Atlantic Sun All-Academic honors.

**2008-09:** Competed in four indoor meets ... Finished 29th at Indiana Relays in the 800m with a season-best time of 2:28.44 ... Took 13th in 3000m (10:59.30) at Atlantic Sun Indoor Championships ... Competed in five outdoor meets ... Top Belmont finisher, eighth, at APSU Spring Fling in 800m with time of 2:31.05 ... Took 29th of 79 runners in her section of 1500m at Raleigh Relays ... Finished ninth at Hilltopper Invitational in 1500m ... Raced at Jesse Owens Track Classic, competing in 1500m ... Earned Atlantic Sun All-Academic honors.

**Prior to Belmont:** Decorated product of tradition-rich Bowling Green HS program for coach Brian Tucker ... Four-time Ohio State Cross Championships Qualifier ... Member of two Ohio State Cross Country Team Championships at BGHS ... Personal-best time of 18:44 in the 5K senior year ... Attended Nike Team Nationals.

**Personal:** Major is English and Social Entrepreneurship ... Enjoys Harry Potter series of books and movies ... Lists Dave Matthews Band as favorite musical group ... Lists The Office and Project Runway among favorite TV shows ... Five high school teammates running collegiately, including sister Christy at Boston College ... Also a standout high school swimmer, part of All-Ohio 400m free relay ... Three siblings; Ben, Christy, and Kelly ... Daughter of Phil and Jeanne Titus ... Born March 8, 1990 in State College, Pennsylvania.

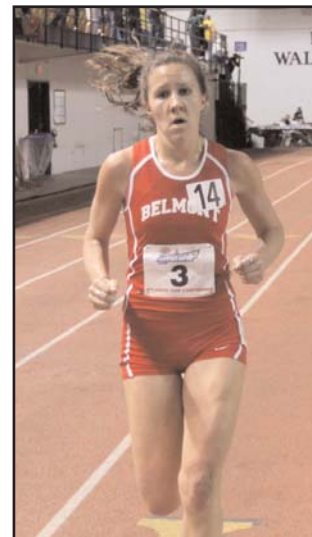


## Courtney Bishop

Sophomore/Sophomore  
Distance  
Nashville, Tennessee  
(Brentwood Academy)

**Indoor 2010:** Competed at four meets ... Opened season at Blue Raider Invitational with 12th place finish in the Mile ... In deep field at Indiana Relays took 29th in the Mile in season-best 5:31.21 ... Finished 14th in 3000m (10:52.86) ... At Atlantic Sun Indoor Championships finished 23rd in 5000m.

**2009-10:** Competed in three indoor meets ... Finished ninth in the Mile at the Blue Raider Invitational (5:37.87) ... At Indiana Relays took 31st in Mile with a season-best 5:32.13 ... Finished 14th in 3000m at MT Valentine Invitational (10:51.76) ... Competed in four outdoor meets ... Third-best Belmont finisher, eighth, in 1500m (4:57.11) at APSU Spring Fling ... Finished seventh in 3000m (10:42.54) at the Vanderbilt Black and Gold Invitational ... Took 12th in 5000m (18:33.03) at Vanderbilt Invitational ... At Atlantic Sun Outdoor Championships, finished eighth in 5000m with a season-best 18:07.56 ... Received Atlantic Sun All-Academic honors.



**Prior to Belmont:** Led Brentwood Academy to a second-place team finish in the 2008 Cross Country State Championship ... A four-time All Mid-State selection ... Earned All-State track honors in 2009 ... Cross country team captain junior and senior years ... Qualified for the cross country state meet all four years ... Finished second at the state cross country meet as a senior ... Coached by Cathy Cheeseman.

**Personal:** Majoring in Spanish ... Parents are Robert and Annette Bishop ... Mother graduated from Belmont in 1982 ... Father is a family practice M.D. ... Uncle, Rob Parrish, also graduated from Belmont ... Has an older sister, Brooke, and a younger sister, Grace ... Born Courtney Mae Bishop on May 20, 1990 in Pensacola, Florida,

### Indoor Personal Bests

800m ..... 2:28.83  
3000m ..... 10:27.84  
Mile ..... 5:26.71

### Outdoor Personal Bests

800m ..... 2:31.05  
1500m ..... 4:54.22  
4x400m ..... 4:25.20

### Indoor Personal Bests

3000m ..... 10:51.76  
5000m ..... 18:58.01  
Mile ..... 5:31.21

### Outdoor Personal Bests

1500m ..... 4:57.11  
3000m ..... 10:42.54  
5000m ..... 18:07.56



# ATHLETE PROFILES



## Fallon Dickens

Sophomore/Sophomore  
Distance  
Nashville, Tennessee  
(Brentwood Academy)

**Indoor 2010:** Competed at all five indoor meets ... Opened season with second-place finish in 800m (2:23.70) at Saluki Fast Start ... Took fourth in

800m at Blue Raider Invitational ... At Indiana Relays finished 10th in 600m, 31st in 800m and helped Bruins to 17th-place finish in 4x400m ... Was top Belmont finisher in 400m (59.83) at MTSU Valentine Invitational ... At Atlantic Sun Indoor Championships took 15th in 800m and helped BU to fifth-place finish in DMR (12:35.40) and seventh-place finish in 4x400m.

**2009-10:** Competed in four indoor meets ... Second-best Belmont finisher in 800m, ninth (2:31.25), at Blue Raider Invitational ... Took seventh in 600m (1:40.67) at Indiana Relays ... Top BU finisher in 800m, sixth with a season-best 2:23.87, in deep field at MT Valentine Invitational ... At Atlantic Sun Indoor Championships took 18th in 800m ... Competed in three outdoor meets ... Finished seventh in 800m to open the season at APSU Spring Fling ... Took fourth in 400m (1:01.99) at Vanderbilt Black and Gold Invitational ... At Vanderbilt Invitational finished 11th in 800m with season-best 2:21.40 and 18th in 1500m ... Received Atlantic Sun All-Academic team honors.

**Prior to Belmont:** Prepped at Brentwood Academy under head coach Cathy Cheeseman ... Qualified for state all four years ... Great 8 Conference Champion as a junior in the 800m race ... Lists greatest sports thrill as advancing from fourth- to first-place in the last leg of the distance medley relay at the Doug Hall Relays during senior year ... All Mid-State selection.

**Personal:** Born Fallon Elizabeth Dickens on June 8, 1991 in Pasadena, California ... Parents Matthew Dickens and Alisa Gyse both work in the music industry ... Major is undeclared.



## Jessica Duble

Sophomore/Sophomore  
Distance  
Lookout Mountain, Ga.  
(Chattanooga Christian HS)

**Indoor 2010:** Did not compete.

**2009-10:** Competed in four indoor meets ... Finished 13th in 800m at

Blue Raider Invitational ... In deep field at Indiana Relays took 28th in Mile Run ... At MT Valentine Invitational finished 19th in Mile Run ... Took 10th in Mile Run at Atlantic Sun Indoor Championships with season-best 5:26.24 ... Competed in three outdoor meets ... Opened season with 10th-place finish in 1500m at APSU Spring Fling ... Top Belmont finisher, ninth, in 1500m at Vanderbilt Black and Gold Invitational ... Took fifth in 5000m at Vanderbilt Invitational ... Earned Atlantic Sun All-Academic honors.

**Prior to Belmont:** Prepped at Chattanooga Christian School under head coach Mike Fingerle ... Graduated from CCS holding three records in cross country and track ... 5K record of 18:47 ... 3200m record of 11:18 ... 1600m record of 5:14 ... Named cross country team MVP all four years and track MVP two years ... Three-time All-State selection ... A three-time TSSAA Class A-AA State Champion ... Captured first cross country state title as a sophomore with a 5K time of 19:31 ... Repeated as a junior with a time of 18:59 ... Also won the 1600m state championship on the track as a junior with a time of 5:14.

**Personal:** Born Jessica Rhey Duble on June 30, 1991 in Chattanooga, Tennessee ... Parents are Greg and Debbie Duble ... Chattanooga Christian School valedictorian for the Class of 2009 with a 4.22 GPA ... National Merit Scholar Finalist ... Malone Scholar ... Has two younger siblings, Ryan and Rebecca ... Majoring in English.

Indoor Personal Bests	Outdoor Personal Bests
400m . . . . . 59.83	400m . . . . . 1:01.99
600m . . . . . 1:39.64	800m . . . . . 2:21.40
800m . . . . . 2:23.70	1500m . . . . . 5:00.89
DMR . . . . . 12:35.40	
4x400 . . . . . 4:11.15	

Indoor Personal Bests	Outdoor Personal Bests
800m . . . . . 2:32.90	1500m . . . . . 4:57.15
Mile . . . . . 5:26.24	3000m . . . . . 10:40.64



# ATHLETE PROFILES

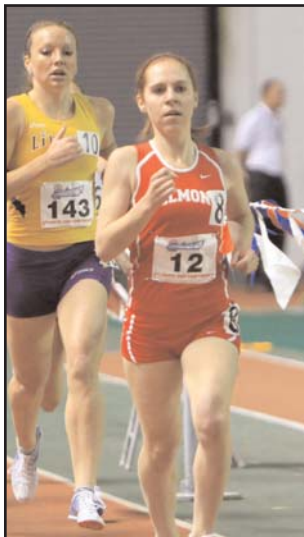


## Kimberly Muldowney

Sophomore/Sophomore  
Distance  
Hoover, Alabama  
(HooverHS)

**Indoor 2010:** Competed at four meets ... Finished fourth at Blue Raider Invitational in Mile ... At Indiana Relays took 21st in Mile (5:18.73) ... Won Mile at MTSU Valentine Invitational with season-best 5:13.24 ... At Atlantic Sun Indoor Championships finished eighth in Mile and 17th in 5000m.

**2009-10:** Competed in four indoor meets ... Finished sixth in 3000m at Blue Raider Invitational ... At highly competitive Indiana Relays took 25th in Mile Run ... Took 17th in Mile Run at MT Valentine Invitational ... At Atlantic Sun Indoor Championships finished eighth in Mile Run with season-best 5:20.42 ... Competed in one outdoor meet ... Finished 11th in 1500m at Vanderbilt Black and Gold Invitational ... Earned Atlantic Sun All-Academic honors.



**2008-09:** Did not compete ... Received Atlantic Sun All-Academic honors.

**Prior to Belmont:** A highly-decorated runner from Hoover High program for coach Devon Hind ... Four-time Alabama All-State in Cross Country ... Four-time All-Metro ... 2006 All-South selection ... Member of 2006 Alabama 6A High School State Champions in Indoor Track ... Also three-time State Runner-up in Cross Country

... Two-time State Runner-up in Indoor Track and 2005 State Runner-up in Outdoor Track ... Holds school record in Indoor 800m at 2:22.20 ... Also part of school record relay teams in Indoor 4 x 800, Outdoor 4 x 1600m, and Outdoor Distance Medley ... Four-time letterwinner.

**Personal:** Major is Mathematics ... Interests include shopping, listening to music and hanging out with friends ... Lists pasta and chocolate as favorite foods ... Lists *Gossip Girl* among favorite TV shows ... Also named 2004 Defensive Player of the Year as part of Hoover High soccer team ... Eight high school teammates playing collegiately ... National Honor Society ... Mu Alpha Theta Math Honor Society ... Spanish National Honor Society ... Honor Roll ... Lists David Beckham among favorite athletes ... Daughter of Ken and Teresa Muldowney ... Has two sisters, Michelle and Nicole, the latter of which is her twin and also on the Belmont team ... Born June 13, 1990 in Staten Island, New York.

Indoor Personal Bests	Outdoor Personal Bests
3000m . . . . . 11:03.38	1500m . . . . . 5:02.29
Mile . . . . . 5:13.24	
5000m . . . . . 18:35.24	



## Megan Bradley

R-Freshman/R-Freshman  
Hurdles/Sprints  
Nampa, Idaho  
(Nampa Christian HS)

**Indoor 2010:** Competed at all five meets ... Made season debut at S a l u k i

Fast Start in the 400m ... Took 17th in 400m at Blue Raider Invitational ... At Indiana Relays helped BU to 17th-place finish in 4x400m ... Finished 13th in 400m at MTSU Valentine Invitational ... At Atlantic Sun Indoor Championships took 20th in 400m and helped BU to seventh-place finish in 4x400m.

**2009-10:** Did not compete ... Earned Atlantic Sun All-Academic honors.

**Prior to Belmont:** Prepped at Nampa Christian under coach Eric Lacy ... Helped NCHS to four state track championship titles ... Helped team to first place finishes in 4x400 relay as a sophomore and senior ... As a senior earned sixth place finish in distance medley and fifth place finish in long jump.



**Personal:** Born Megan Kay Bradley on July 5, 1991 in Slidell, Louisiana ... Daughter of Evan and Julie Bradley ... Has two sisters: Olivia and Alexa ... Favorite athletes are Derek Jeter, Jorge Posada and Eli Manning ... Lists favorite movies as *The Guardian* and *Walk The Line* ... Favorite singers are Brad Paisley and Eric Church ... Lists greatest sports thrill as winning four state track championships ... Majoring in Mathematics.

Indoor Personal Bests	Outdoor Personal Bests
400m . . . . . 1:02.94	
4x400m . . . . . 4:09.09	



# ATHLETE PROFILES



## Marissa Hollingsworth

Freshman/Freshman  
Pole Vault  
Libertyville, Illinois  
(Libertyville HS)

Indoor 2010: Did not compete.

**Prior to Belmont:** Prepped at Libertyville High for coach Tom Briosky ... Named All-Sectional ... Served as team captain for two years ... Broke the record in the 4x200 twice ... Helped LHS win conference and county.

**Personal:** Born Marissa Lyn Hollingsworth on November 26, 1991 in Hoffman Estates, Illinois ... Daughter of Mark and Michelle Hollingsworth ... Has two siblings Marshall and Mia ... Hobby is photography ... Lists *A Walk to Remember* and *Shutter Island* as favorite movies ... Favorite books are *The Outsiders* and *Redeeming Love* ... Lists favorite musical groups as O.A.R., The Band Perry and Steel Magnolia ... Greatest sports thrill was breaking the school record ... Majoring in Social Entereprenuership.



## Jilian Linklater

Freshman/Freshman  
Jumps/Hurdles  
Lake Orion, Michigan  
(Lake Orion HS)

Indoor 2010: Competed at all five indoor meets ... In collegiate debut at Saluki Fast Start finished 13th in

60m Hurdles (9.96) ... Also tied for sixth in high jump (1.60m) at meet ... At Blue Raider Invitational finished third in high jump (1.57m) ... Top BU finisher at Indiana Relays in high jump (1.58m), taking sixth ... At MTSU Valentine Invitational notched season-best 1.62m in high jump for third place finish



... Finished tied for 11th at Atlantic Sun Indoor Championships in high jump.

**Prior to Belmont:** Prepped at Lake Orion High under coach Orne Mitchell ... Earned All-State honors in high jump ... Also played basketball at LOHS ... Helped team win District in 2010 and make an Semi-State Finals appearance in 2009.

**Personal:** Born Jilian Marie Linklater on August 19, 1992 in Sylvan Lake, Michigan ... Daughter of Joe and Jacqueline Linklater ... Has two brothers, Jacob and Jack ... Hobbies include playing guitar and ukulele, writing songs and being outside ... Lists favorite athlete as Tayshaun Prince ... Favorite movie is *Across the Universe* ... Lists favorite singers as John Mayer and Jason Reeves ... Favorite books are all Tedd Dekker books ... Lists greatest sports thrill as watching her high school team beat the 4x4 relay record ... Interested in majoring in songwriting.

### Indoor Personal Bests

### Outdoor Personal Bests

55m Hurdles . . . . . 9.20  
60m Hurdles . . . . . 9.77  
HJ . . . . . 1.62m



# ATHLETE PROFILES



## Ge'Cobi Pittman

Freshman/Freshman  
Sprints  
Long Beach, California  
(Woodrow Wilson HS)

**Indoor 2010:** Competed at three meets ... Made collegiate debut at Blue Raider Invitational in 55m and 200m ... At MTSU Valentine Invitational took 15th in 55m and 16th in 200m ... At Atlantic Sun Indoor Championships was 17th in 60m and 24th in 200m.

**Prior to Belmont:** Finished high school career at Woodrow Wilson Classical ... Four-time team captain ... US Track and Field and AAU national qualifier ... CIF All-State and All-Southern Section honoree ... While at West Valley HS broke one of their sprints records ... Also played volleyball.



**Personal:** Born Ge'Cobi A. Pittman on May 19, 1992 ... Daughter of Greg and Lisa Pittman ... Has one sibling, G ... Favorite athletes are Alyson Felix and Pau Gasol ... Lists favorite movies as *Lord of the Rings* trilogy, *O Brother Where Art Thou...* and many others ... Lists favorite books as *Gulliver's Travels*, *The Bible* and *The Great Gatsby* ... Favorite singers are Alicia Keys, Mint Condition, Stevie Wonder and Enya ... Greatest sports thrill was taking league

(Baseline League - top in California) in the 100m, 200m, 4x100m, and 4x400m her freshman year ... Was Valedictorian of class and CIF Scholar Athlete ... Majoring in International Economics.



## Brittany Woods

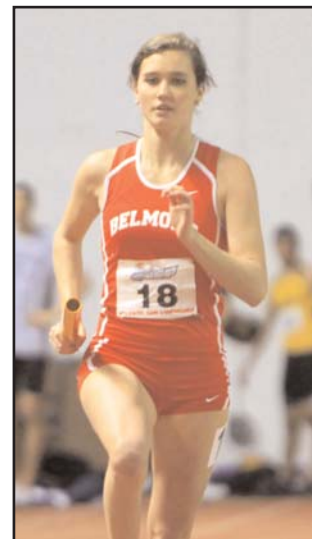
Freshman/Freshman  
Jumps  
Franklin, Tennessee  
(Independence HS)

**Indoor 2010:** Competed at all five indoor meets ... Made collegiate debut at Saluki Fast Start, tying for

13th in high jump (1.55m) and helping Belmont to seventh-place finish in 4x400m (4:11.15) ... At Blue Raider Invitational took fourth in high jump ... At Indiana Relays helped BU to 17th-place finish in 4x400m with season-best 4:09.09 ... Also took 10th in high jump at meet ... Finished sixth in high jump at MTSU Valentine Invitational ... At Atlantic Sun Indoor Championships helped BU to fifth-place finish in DMR (12:35.40) and seventh-place finish in 4x400m ... Also tied for 11th in high jump.

**Prior to Belmont:** Prepped at Independence High under coach Mike Winstead ... Served as team captain her senior year ... At State, finished seventh in Pentathlon (2822) and sixth in high jump (5'2") ... Also cheered for varsity football.

**Personal:** Born Brittany Leigh Woods on July 28, 1992 ... Daughter of Keith and Donna Woods ... Has one sibling, Lindsey ... Favorite athletes are Chris Johnson and Tyson Gay .. Lists favorite TV shows as *24*, *House*, and *Pretty Little Liars* ... Lists greatest sports thrill as winning meets as a team, setting new personal records and new team records ... Majoring in Nursing.



### Indoor Personal Bests

55m . . . . . 7.84  
60m . . . . . 8.22  
200m . . . . . 27.20

### Outdoor Personal Bests

### Indoor Personal Bests

4x400m . . . . . 4:09.09  
DMR . . . . . 12:35.40  
HJ . . . . . 1.55m

### Outdoor Personal Bests



# ATHLETE PROFILES



## Sarah Wrieden

Freshman/Freshman  
Jumps/Multi  
Middletown, Maryland  
(Middletown HS)

**Indoor 2010:** Competed in all five events ... In collegiate debut at Saluki Fast Start Meet, took 12th in 60m Hurdle prelims (9.78) ... At Blue Raider Invitational finished 12th in 55m Hurdles prelims (9.25) ... At highly competitive Indiana Relays was top Belmont finisher in 60m Hurdles prelims (9.62) ... Also finished 23rd in long jump (4.99m) ... Took 7th in 55m Hurdles prelims (9.02) at MTSU Valentine Invitational ... At Atlantic Sun Indoor Championships took 15th in 60m Hurdles prelims (10.07) ... Also finished 14th in long jump (5.40m).

**Prior to Belmont:** Prepped at Middleton High under coach Frank Davis ... Served as team captain for three years ... Selected All-Area six times ... All-State

Honorable Mention ... State, Region and County champion ... Also played field hockey, indoor track, outdoor track and tournament softball ... Captain and MVP of tournament softball team.



**Personal:** Born Sarah Ann Wrieden on November 1, 1991 ... Daughter of Karl and Tina Wrieden ... Has two brothers, Kristopher and Jonathan ... Lists favorite athletes as Chipper Jones, Usain Bolt and Chris Cooley ... Favorite movies are *Harry Potter*, *The Patriot*, and *Major League*:

*Back to the Minors* ... Lists favorite singers as Keith Urban, Rascal Flatts, Jason Aldean, Brad Paisley, and Britney Spears ... Lists greatest sports thrill as winning State in long jump and being a part of a seven-person team winning State four times in a row ... Majoring in Nursing.

### Indoor Personal Bests

55m Hurdles . . . . . 9.02  
60m Hurdles . . . . . 9.62  
60m . . . . . 9.78  
4x400m . . . . . 4:09.09  
LJ . . . . . 5.22m

### Outdoor Personal Bests



# COACHING STAFF



## Seth Sheridan

Head Coach  
Women's Cross Country/Track and Field

Seth Sheridan is entering his 14th year as the head coach of the Belmont women's cross country and track and field programs.

Sheridan has brought much attention to Belmont's cross country program, through sustained excellence on the running course and in the classroom. Eight times Atlantic Sun Conference Coach of the Year, Sheridan has directed the Bruins to seven conference cross country championships in the program's nine year history in the league.

This past fall, senior Brittany Thune defended her Atlantic Sun Conference Individual Title and status as league Runner of the Year. Thune also was named to the USTFCCCA All-South Region Team, the 12th time since 1999 a Bruin female runner has been so honored. Thune also was Atlantic Sun All-Conference, extending the Bruins' staggering total of all-league performers to 30 since joining the A-Sun in 2001.

Moreover, Thune was showered with academic honors. Among her numerous awards, Thune was named ESPN The Magazine Academic All-American, Academic All-District, Atlantic Sun Female Student-Athlete of the Year, Belmont University Presidential Scholar of the Year and the fifth Belmont student-athlete in program history to receive an NCAA Postgraduate Scholarship.

In 2008, Lauren Williams Weaver became the first Bruin to win the A-Sun Individual title and Runner of the Year honors in consecutive years. Weaver went on to finish fifth at the NCAA South Region meet and 45th at Nationals - the best-ever performance by a Bruin runner, eclipsing Keely Weaver who qualified for the 2000 NCAA Cross Country Championship. Weaver paced three Bruins earning All-Conference honors, joined by Brittany Thune and Elizabeth Smothers.

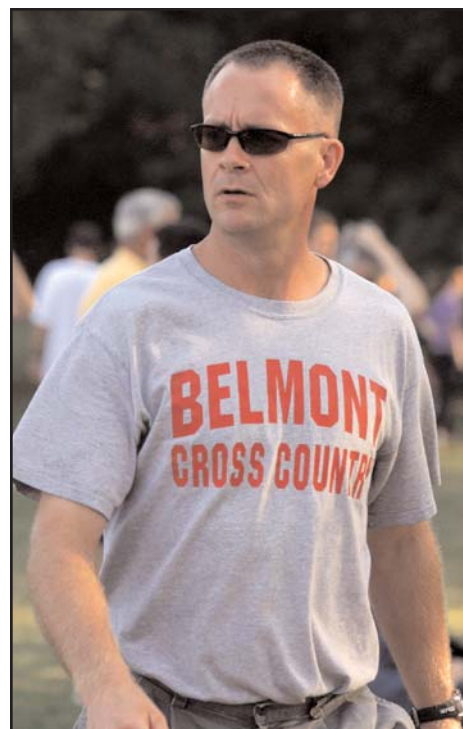
The program's success has also permeated into unparalleled national academic distinction. Lauren Williams-Weaver was named to the 2007 NCAA Division I U.S. Track & Field and Cross Country Coaches Association (USTFCCCA) All-Academic team. Furthermore, Belmont's team GPA ranked in the Top 10 nationally a remarkable nine consecutive years, including leading the nation in 1999 and 2001. The Bruins' team GPA of 3.77 in 2007 ranked second nationally. All told, a Belmont runner has received Academic All-Conference honors 93 times since 2001. In other words, roughly 94 percent of Sheridan's runners since joining the Atlantic Sun Conference have held a GPA of 3.0 or higher.

His track and field teams have also taken overwhelming strides. The Bruins finished a strong second place in the A-Sun Championships in 2007 and 2008. Moreover, a record five student-athletes participated in the 2007 NCAA Regional meet in Columbia, Mo. - Lynette Rives, Lizz Pollock, Jessica Giles, Khalia Turner and Christa Coppin. School and conference records continue to fall daily.

Prior to coming to Belmont, Sheridan served on the track coaching staff at Nashville's Montgomery Bell Academy in 1996. From 1993-1994 Sheridan was an assistant coach for Elvis Ford at Austin Peay State University. While at Peay, he was instrumental in the development of the distance runners. Before his stint in Clarksville, he served as the boys' track coach at the University School of Nashville in 1993.

A native of Mansfield, Pa., Sheridan was an all-district performer and two-time national qualifier during his collegiate career at Belmont. He is married to the former Beth Tallent, a former All-American runner at Vanderbilt University. The couple has two sons, Brennen and Brooks.

The Sheridans reside near Franklin, Tennessee.





# COACHING STAFF



## Cameron Harvey

Assistant Coach

Cameron Harvey joined the Belmont women's track and field program for his first year in August 2008. He will use his experience and expertise to help the sprinters, jumpers and hurdlers move to the next level as well as assist with recruiting for the program.

Harvey joins the Bruins after a two year stint at his alma mater Marquette University as a graduate assistant. While with the Golden Eagles, he was responsible for designing and implementing workouts for all sprinters and hurdlers as well as handling scouting, recruiting and scheduling. While with the UM program, Harvey assisted in the development of two NCAA Division I qualifiers in the decathlon and indoor 800m and three USATF Junior National Qualifiers in the 100m, 200m and high jump.

The program also saw an amazing 17 school records established in events ranging from the 60m to the outdoor pole vault on both the men's and women's side under Harvey's tutelage.

Before beginning his career with the Golden Eagles, he served as assistant coach at Rufus King High in Milwaukee. Harvey, who helped oversee over 150 student-athletes at RKHS, once again pushed athletes to excel on the championship level. In 2005, a student-athlete claimed the state title in both the long and triple jumps.

Harvey got his coaching start at Catholic Memorial High in Waukesha, Wisc., as assistant men's hurdles and sprints coach. Over the course of his tenure, he helped the program earn the WIAA State Championship and the men's 4x400 relay team to back-to-back championships (2003, 2004). In addition, CMHS became the team indoor state champions in 2004.

Harvey, who earned both his bachelor's and master's degrees from Marquette, was a four-year member of the track and field team. MU's record holder in the 110 hurdles, he was also a two-time Conference USA finalist in both the 60m hurdles and 110m hurdles.

A native of Oshkosh, Wisc., Harvey resides in Nashville.



## Josh McMillian

Assistant Coach

Josh McMillian begins his second season as Strength and Conditioning Head Coach and second year as an assistant coach with the women's cross country/track and field programs in 2010-11.

Highly respected and dedicated to the safety and development of Belmont's student-athletes, McMillian served as an assistant coach with Belmont men's cross country/track and field program for the last two years. He worked extensively with the program's field event athletes. From 2003-2005, McMillian served as a graduate assistant with the cross country/track program.

The native of St. Peter's, Missouri, McMillian is a 2003 graduate of Lindenwood University in St. Charles, Missouri with a Bachelor of Arts degree in Physical Education/Health. He earned his Master's degree in Sports Administration from Belmont. In addition, Josh is certified USATF Level II in both the throws and jumps and also certified USAW level I.

While at Lindenwood, McMillian was a thrower for the university's track and field team. He was a NAIA National Indoor Track Qualifier in the weight throw and shot put the last two years, finishing 11th in the shot-put in 2003. McMillian was also a NAIA National Outdoor Qualifier in the shot-put in both 2003 and 2004 and finished seventh in 2003. In addition to his exploits nationally, he also was a six-time conference indoor and outdoor champion in both the shot and weight throw events.

Josh, his wife and daughter reside in Nashville.

# 2009-10 BELMONT WOMEN'S INDOOR TRACK AND FIELD RESULTS

**Saluki Fast Start Meet**  
 Host: Southern Illinois  
 Carbondale, Ill.  
 December 5, 2009

**200 Meter Dash**  
 (7/33) Khalia Turner 26.08

**400 Meter Dash**  
 (4/20) Khalia Turner 58.57

**Long Jump**  
 (9/18) Jessica Pesut 5.16m

**Blue Raider Invitational**  
 Host: MTSU  
 Murfreesboro, Tenn.  
 January 23, 2010

**55 Meters Prelims**  
 (17/17) Anna Chappell 8.08

**200 Meters**  
 (13/17) Anna Chappell 28.85

**Mile Run**  
 (4/12) Brittany Thune 5:16.61  
 (5/12) Nicole Muldowney 5:21.30  
 (8/12) Kara Sephel 5:33.09  
 (9/12) Courtney Bishop 5:37.87

**400 Meters**  
 (2/13) Khalia Turner 59.24

**800 Meters**  
 (7/18) Shannon Titus 2:28.83  
 (9/18) Fallon Dickens 2:31.25  
 (12/18) Katelyn Eberhardt 2:32.84  
 (13/18) Jessica Duble 2:32.90

**3000 Meters**  
 (2/13) Caitlin Standifer 10:28.14  
 (6/13) Kimberly Muldowney 11:03.38  
 (7/13) Erin Mankin 11:05.72  
 (13/13) Aubrey Alexander 11:43.95

**Long Jump**  
 (6/9) Jess Pesut 5.01m

**Indiana Relays**  
 Host: Indiana University  
 Bloomington, Ind.  
 January 30-31, 2010

**60 Meter Prelims**  
 (35/35) Anna Chappell 8.85

**200 Meters Seeded**  
 (17/25) Khalia Turner 25.87

**200 Meters Unseeded**  
 (19/19) Anna Chappell 29.05

**400 Meters**  
 (7/31) Khalia Turner 57.72

**600 Meters**  
 (7/18) Fallon Dickens 1:40.67

**Mile Run**  
 (14/36) Caitlin Standifer 5:12.36  
 (25/36) Kimberly Muldowney 5:23.25  
 (28/36) Jessica Duble 5:28.73  
 (29/36) Kara Sephel 5:29.67  
 (31/36) Courtney Bishop 5:32.13

**3000 Meters**  
 (5/30) Brittany Thune 10:19.90  
 (13/30) Shannon Titus 10:37.04  
 (18/30) Nicole Muldowney 10:47.97  
 (23/30) Katelyn Eberhardt 10:59.83  
 (27/30) Erin Mankin 11:11.91  
 (28/30) Aubrey Alexander 11:12.02

**Distance Medley**  
 DNS Dickens, K. Muldowney,  
 Mankin, Duble

**Long Jump**  
 (2/23) Elizabeth Codrington 5.47m  
 (12/23) Jess Pesut 5.14m

**Triple Jump**  
 (12/22) Elizabeth Codrington 11.20m

**MT Valentine Invitational**  
 Host: MTSU  
 Murfreesboro, Tenn.  
 February 13, 2010

**200 Meters**  
 (13/32) Khalia Turner 26.28  
 (27/32) Anna Chappell 27.98  
 DNS Aubrey Alexander

**400 Meters**  
 (2/17) Khalia Turner 57.06  
 DNS Anna Chappell

**800 Meters**  
 (6/30) Fallon Dickens 2:23.87  
 (11/30) Caitlin Standifer 2:25.19  
 (15/30) Aubrey Alexander 2:28.43  
 (19/30) Nicole Muldowney 2:31.12  
 DNS Kimberly Muldowney

**Mile**  
 (3/25) Caitlin Standifer 5:17.00  
 (12/25) Nicole Muldowney 5:22.29

(15/25) Shannon Titus 5:26.71  
 (17/25) Kimberly Muldowney 5:28.83  
 (18/25) Aubrey Alexander 5:29.25  
 (19/25) Jessica Duble 5:29.69  
 (20/25) Erin Mankin 5:32.37  
 DNS Brittany Thune

**3000 Meters**  
 (10/28) Kara Sephel 10:48.61  
 (14/28) Courtney Bishop 10:51.76  
 (20/28) Katelyn Eberhardt 11:07.17

**Long Jump**  
 (5/15) Elizabeth Codrington 5.39m  
 (14/15) Jessica Pesut 4.79m

**Triple Jump**  
 (1/11) Elizabeth Codrington 11.69m\*

**Atlantic Sun Championships**  
 Host: ETSU  
 Johnson City, Tenn.  
 February 26-27, 2010  
 BU finish: 7th of 8 teams

**200 Meters**  
 (8/15) Khalia Turner 25.63  
 (15/15) Anna Chappell 27.77

**400 Meters**  
 (4/140) Khalia Turner 57.56

**800 Meters**  
 (16/22) Nicole Muldowney 2:25.87  
 (17/22) Kara Sephel 2:26.08  
 (18/22) Fallon Dickens 2:28.74  
 (22/22) Aubrey Alexander 2:33.02

**Mile**  
 (6/13) Brittany Thune 5:12.46  
 (7/13) Caitlin Standifer 5:17.45  
 (8/13) Kimberly Muldowney 5:20.42  
 (10/13) Jessica Duble 5:26.24  
 (12/13) Aubrey Alexander 5:30.87

**3000 Meters**  
 (3/23) Brittany Thune 10:09.55  
 (6/23) Caitlin Standifer 10:17.71  
 (9/23) Shannon Titus 10:27.84  
 (19/23) Erin Mankin 11:10.41  
 (20/23) Katelyn Eberhardt 11:18.44

**5000 Meters**  
 (5/21) Brittany Thune 17:53.27  
 (8/21) Caitlin Standifer 18:24.32

**Distance Medley**  
 (5/8) Belmont 12:34.35  
 (Sephel, Turner, Dickens, Thune)

# 2009-10 BELMONT WOMEN'S INDOOR/OUTDOOR TRACK AND FIELD RESULTS

**4x400 Relay**  
 (6/7) Belmont 4:11.56  
 (Chappell, Sephel,  
 Dickens, Turner)

**Long Jump**  
 (10/13) Jess Pesut 16-11.25  
 (11/13) Elizabeth Codrington 16-10.75

**Triple Jump**  
 (8/10) Elizabeth Codrington 36-00.75

**APSU Spring Fling**  
 Host: Austin Peay  
 Clarksville, Tenn.  
 March 20, 2010

**200 Meters**  
 (2/5) Khalia Turner 26.11

**400 Meters**  
 (7/7) Anna Chappell 1:03.99

**800 Meters**  
 (7/12) Fallon Dickens 2:31.74

**1500 Meters**  
 (1/24) Caitlin Standifer 4:41.97  
 (5/24) Brittany Thune 4:51.03  
 (8/24) Courtney Bishop 4:57.11  
 (9/24) Aubrey Alexander 4:57.28  
 (10/24) Jessica Duble 4:57.89  
 (11/24) Nicole Muldowney 4:58.15  
 (13/24) Kara Sephel 5:00.84  
 (15/24) Erin Mankin 5:03.11  
 DNF Katelyn Eberhardt

**Long Jump**  
 (2/5) Elizabeth Codrington 5.45m  
 (3/5) Jessica Pesut 4.93m

**Javelin Throw**  
 (6/9) Ester Mellado 27.53m

**Vanderbilt Black and Gold Invitational**  
 Host: Vanderbilt  
 Nashville, Tenn.  
 March 26-27, 2010

**200 Meters**  
 (5/13) Khalia Turner 25.39  
 (9/13) Anna Chappell 27.56

**400 Meters**  
 (1/6) Khalia Turner 56.90  
 (4/6) Fallon Dickens 1:01.99  
 (5/6) Anna Chappell 1:02.09

**1500 Meters**  
 (9/18) Jessica Duble 4:57.15  
 (11/18) Kimberly Muldowney 5:02.29  
 (13/18) Katelyn Eberhardt 5:100.71

**3000 Meters**  
 (4/17) Nicole Muldowney 10:28.20  
 (7/17) Courtney Bishop 10:42.54  
 (9/17) Erin Mankin 10:57.42

**2000 Meter Steeplechase**  
 (3/5) Kara Sephel 7:31.27  
 (4/5) Aubrey Alexander 7:47.67

**Long Jump**  
 (3/6) Jessica Pesut 5.17m (3.3)  
 (4/6) Elizabeth Codrington 5.10m (0.6)

**Triple Jump**  
 (2/4) Elizabeth Codrington 11.69m (2.1)

**Javelin Throw**  
 (2/5) Ester Mellado 29.95m

**Raleigh Relays**  
 Host: NC State  
 Raleigh, N.C.  
 March 26-27, 2010

**5000 Meters Section 2**  
 DNF Brittany Thune

**10,000 Meters**  
 7/25 Caitlin Standifer 36:24.38

**Governors Invitational**  
 Host: Austin Peay  
 Clarksville, Tenn.  
 April 3, 2010

**Javelin Throw**  
 (3/12) Ester Mellado 104'11"

**SeaRay Relays**  
 Host: University of Tennessee  
 Knoxville, Tenn.  
 April 10, 2010

**200 Meters**  
 (39/53) Khalia Turner 25.35

**400 Meters**  
 (28/44) Khalia Turner 57.52

**Triple Jump**  
 (10/30) Elizabeth Codrington 11.77m

**Boston-Moon Classic**  
 Host: Tennessee State  
 Nashville, Tenn.  
 April 10, 2010

**200 Meters**  
 (19/28) Anna Chappell 27.34

**400 Meters**  
 (13/24) Anna Chappell 1:01.75

**Javelin Throw**  
 (3/19) Ester Mellado 33.14m  
 (15/19) Jessica Pesut 20.20m

**Long Jump**  
 (3/22) Elizabeth Codrington 5.52m  
 (12/22) Jessica Pesut 4.85m

**Vanderbilt Invitational**  
 Host: Vanderbilt  
 Nashville, Tenn.  
 April 16-17, 2010

**200 Meters**  
 (9/19) Khalia Turner 25.27  
 (18/19) Anna Chappell 27.24

**400 Meters**  
 (2/12) Khalia Turner 55.75  
 (12/12) Anna Chappell 1:02.17

**800 Meters**  
 (11/24) Fallon Dickens 2:21.40

**1500 Meters**  
 (18/23) Fallon Dickens 5:00.89

**3000 Meters**  
 (5/15) Jessica Duble 10:40.64  
 (7/15) Katelyn Eberhardt 10:52.05

**3000 Meter Steeplechase**  
 (7/9) Aubrey Alexander 11:50.29

**5000 Meters**  
 (2/24) Caitlin Standifer 17:38.42  
 (8/24) Nicole Muldowney 18:20.53  
 (12/24) Courtney Bishop 18:33.03  
 (20/24) Erin Mankin 18:57.55

**Long Jump**  
 (9/14) Elizabeth Codrington 5.41m  
 (11/14) Jessica Pesut 5.21m

**Triple Jump**  
 (4/8) Elizabeth Codrington 11.61m

**Javelin Throw**  
 (3/11) Ester Mellado 34.43m

# 2010 BELMONT WOMEN'S OUTDOOR TRACK AND FIELD RESULTS

## Howard Wood Dakota Relays

Host: Howard Wood Dakota Relays  
Sioux Falls, S.D.  
April 30-May 1, 2010

3000 Meters  
(6/25) Brittany Thune 10:21.49

## Triple Jump

(4/8) Elizabeth Codrington 11.63m (4.0)

## Javelin Throw

(4/13) Ester Mellado 36.88m\*  
(13/13) Jess Pesut 19.47m

*\*Belmont record*

## Jesse Owens Track Classic

Host: Ohio State  
Columbus, Ohio  
April 30-May 1, 2010

3000 Meter Steeplechase  
(26/27) Aubrey Alexander 11:42.53

## Mississippi Open

Host: Ole Miss  
Oxford, Miss.  
May 1, 2010

## Javelin Throw

(13/19) Ester Mellado 30.37m  
Jessica Pesut FOUL

## Atlantic Sun Championships

Host: UNF  
Jacksonville, Fla.  
May 14-15, 2010  
BU finish: 7th out of 8 teams (38 points)

200 Meters  
(10/11) Khalia Turner 26.09

400 Meters  
(3/14) Khalia Turner 56.44

1500 Meters  
Aubrey Alexander DNS  
Jessica Duble DNS

5000 Meters  
(6/21) Nicole Muldowney 17:54.84  
(8/21) Courtney Bishop 18:07.56  
(17/21) Katelyn Eberhardt 19:20.04  
(18/21) Erin Mankin 19:28.49  
Brittany Thune DNS

10,000 Meters  
(4/6) Brittany Thune 38:11.76  
Caitlin Standifer DNF

3000 Meter Steeplechase  
(1/10) Aubrey Alexander 11:32.36

## Long Jump

(7/13) Elizabeth Codrington 5.26m (0.1)  
(8/13) Jess Pesut 5.15m (2.0)



# TEAM RECORDS



Keely Weaver



Lynette Rives



Christy Csorna

## Cross Country Records

<u>Event</u>	<u>Athlete</u>	<u>Year</u>	<u>Mark</u>	<u>Meet</u>
5K Cross Country	Keely Weaver	2001	17:05	Auburn Invitational
6K Cross Country	Keely Weaver	2000	20:47	NCAA South Regional

## Outdoor Track and Field Records

<u>Event</u>	<u>Athlete</u>	<u>Year</u>	<u>Mark</u>	<u>Meet</u>
100m	Lynette Rives	2009	11.66 (1.2)	NCAA Midwest Regionals
200m	Lynette Rives	2008	23.21	NCAA Midwest Regionals
400m	Lynette Rives	2006	54.84	Coach O Invitational
800m	Debb Arneson	2000	2:14.20	Vanderbilt Invitational
1500m	Lauren Williams	2007	4:29.35	Alabama Relays
3000m	Keely Weaver	2000	9:52.32	Willie Williams Classic
3000m SC	Allison Mills	2002	10:52	Georgia Tech Last Chance
5000m	Christy Csorna	2004	16:13.71	Cardinal Invitational
10,000m	Keely Weaver	2000	34:21.38	NCAA Championship
Marathon	Donna McKennon	1992	3:03	NAIA Championships
100m hurdles	Lizz Pollock	2009	14.05	Mississippi Open
400m hurdles	Lizz Pollock	2009	59.02	Raleigh Relays
4x100m relay	Rives, Giles, Pollock, Turner	2007	45.64	A-Sun Championships
4x400m relay		2008	3:42.32	Alabama Relays
Shot Put	Amy Walters	2000	43'1.5"	Mountain Laurel Relays
Hammer	Josie DiGuilio	2004	100'07"	Boston/Moon Classic
Discus	Amy Walters	1999	150'05"	Alabama Relays
Javelin	Ester Mellado	2011	124' 6"	Austin Peay Spring Fling
Pole Vault	Katie Curtis	2002	11'6.5"	A-Sun Championships (Finals)
Long Jump	Carla Peters	1985	19'1"	Vanderbilt Invitational
Triple Jump	Elizabeth Codrington	2007	36'7.50"	Boston-Moon Classic
High Jump	Tiffany Gerloff	1999	5'6"	Commodore Classic
Heptathlon	Tiffany Gerloff	1999	4587 points	SeaRay Relays

## Indoor Track and Field Records

<u>Event</u>	<u>Athlete</u>	<u>Year</u>	<u>Mark</u>	<u>Meet</u>
50m	Audie Nodell	2002	6.99	Ed Temple Classic
55m	Lynette Rives	2008	6.99	Ed Temple Classic
55m hurdles	Lizz Pollock	2009	8.15	Blue Raider Invitational
60m	Lynette Rives	2008	7.59	Indiana Invitational
200m	Lynette Rives	2008	23.96	Iowa State NCAA Qualifier
300m	Khalia Turner	2009	40.12	Meyo Invitational
400m	Lynette Rives	2006	56.21	A-Sun Indoor Championships
600m	Mary Holliday	2002	1:42.05	Saluki Invitational
800m	Mollie Schlarman	2009	2:19.40	Blue Raider Invitational
1000m	Courtney Laughead	2003	3:21.46	TSU Invitational
Mile	Lauren Williams	2007	4:56.92	Indiana Indoor Relays
3000m	Christy Csorna	2004	9:51.29	Indiana Invitational
5000m	Christy Csorna	2004	16:42.18	UNC Last Chance Meet
4x400 relay		2008	3:47.34*	A-Sun Indoor Championships
Distance Medley		2009	12:18.12	A-Sun Indoor Championships
Shot Put	Tiffany Gerloff	2000	38'0"	Sewanee Invitational
Weight	Josie DiGuilio	2004	28'01.5"	Indiana Invitational
High Jump	Tiffany Gerloff	2000	5'1.75"	Tennessee Indoor Classic
Long Jump	Lynette Rives	2007	18'10"	Saluki Booster Invitational
Triple Jump	Elizabeth Codrington	2011	39'0.5"	Indiana Relays
Pole Vault	Christa Coppin	2007	10'6"	Indiana Indoor Relays

\* denotes banked track or track over 200m/220 yards

# denotes wind velocity



# TEAM AWARDS

## INDOOR TRACK AND FIELD HONORS AND AWARDS

### Atlantic Sun Individual Champions 2008

200 Meters                    Lynette Rives  
Distance Medley Relay  
Pole Vault                    Christa Coppin

### 2007

3,000 Meters                Lauren (Williams) Weaver

### 2006

400 Meters                    Lynette Rives

### All-Atlantic Sun Conference

2010: *Third Team*: Brittany Thune (3,000m)

2009: *Second Team*: Lynette Rives (200m), Lizz Pollock (60mH)

*Third Team*: Lizz Pollock (400m), Dominique Roy (800m and mile)

2008: *First Team*: Lynette Rives (200m), Christa Coppin (pole vault)

*Second Team*: Brittany Thune (mile)

*Third Team*: Khalia Turner (400m), Mollie Schlarmann (mile), Lynette Rives (long jump)

2007: *First Team*: Lauren (Williams) Weaver (3,000m)

*Second Team*: Lynette Rives (60m and 200m), Lauren (Williams) Weaver (mile), Christa Coppin (pole vault)

*Third Team*: Lizz Pollock (60mH)

2006: *First Team*: Lynette Rives (400m)

*Second Team*: Lynette Rives (200m)

*Third Team*: Kia White (long jump); Jessica Giles, Lizz Pollock, Lynette Rives, Kia White (4x400m relay)

## OUTDOOR TRACK AND FIELD AWARDS AND HONORS

### Track and Field All-American

Lynette Rives -- 2008

Keely Weaver -- 2000

### NCAA Championship Participant

2009 -- Lynette Rives (200m - 20th)

2008 -- Lynette Rives (200m - 14th),  
          Lauren (Williams) Weaver (5,000m - 25th)

2004 -- Christy Csorna (5,000m - 12th)

2000 -- Keely Weaver (10,000m - 8th)

### NCAA Regional Qualifier

2009 -- Lynette Rives (100m and 200m), Brittany Thune (5,000m)

2008 -- Lynette Rives (100m and 200m), Lizz Pollock (400mH), Lauren (Williams) Weaver (5,000m), Brittany Thune (5,000m)

2007 -- Lynette Rives (100m and 200m, 4x100, 4x400), Lizz Pollock (400m, 4x100, 4x400), Christa Coppin (pole vault), Jessica Giles (4x100, 4x400), Khalia Turner (4x100, 4x400)

2006 -- Lynette Rives (400m)

2005 -- Lauren (Williams) Weaver (5,000m)

2004 -- Christy Csorna (5,000m)

### ATLANTIC SUN INDIVIDUAL CHAMPIONS

#### 2010

3,000 Meter SCAubrey Alexander

#### 2008

100 Meters	Lynette Rives
200 Meters	Lynette Rives
1,500 Meters	Lauren (Williams) Weaver
5,000 Meters	Brittany Thune
10,000 Meters	Brittany Thune
400 Meter Hurdles	Lizz Pollock

#### 2007

Pole Vault	Christa Coppin
200 Meters	Lynette Rives
4x100, 4x400 Relays	Lynette Rives, Lizz Pollock, Jessica Giles, Khalia Turner

#### 2006

400 Meters	Lynette Rives
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#### 2005

5,000 Meters	Lauren (Williams) Weaver
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#### 2002

3,000 Meters	Keely Weaver
5,000 Meters	Allison Mills
10,000 Meters	Keely Weaver
Discus	Tiffany Gerloff
Pole Vault	Katie Curtis



# TEAM AWARDS

## ALL-ATLANTIC SUN CONFERENCE

2010:

*First Team:* Aubrey Alexander (3,000m SC)

*Third Team:* Khalia Turner (400m)

2009:

*Second Team:* Brittany Thune (5,000m), Lynette Rives (200m), Lizz Pollock (60mH)

*Third Team:* Lizz Pollock (400m), Dominique Roy (400m and 800m)

2008:

*First Team:* Lynette Rives (100m and 200m), Lauren (Williams) Weaver (1,500m), Brittany Thune (5,000m and 10,000m), Lizz Pollock (400mH)

*Second Team:* Dominique Roy (800m), Lauren (Williams) Weaver (5,000m), Elizabeth Smothers (3,000mSC); Quina Fortune, Lizz Pollock, Khalia Turner, Lynette Rives (4x100m)

*Third Team:* Lizz Pollock (100mH), Christa Coppin (pole vault), Lynette Rives (long jump), Liz Codrington (triple jump)

2007:

*First Team:* Lynette Rives (200m), Christa Coppin (pole vault)

*Second Team:* Lynette Rives (100m), Brittany Thune (1,500m), Lizz Pollock (3,000m, 100mH, 400mH)

*Third Team:* Whitney Thurman (10,000m)

2006:

*First Team:* Lynette Rives (400m)

*Second Team:* Lynette Rives (long jump); Jessica Giles, Lizz Pollock, Lynette Rives, Kia White (4x400 relay)

*Third Team:* Lizz Pollock (400mH)

2005:

*First Team:* Lauren (Williams) Weaver (5,000m)

*Second Team:* Lisa Crampton (10,000m)

2004:

*Second Team:* Christy Csorna (5,000m)

*Third Team:* Lisa Crampton (3,000m)

2003:

*Third Team:* Katie Chinn (3,000m)

2002:

*First Team:* Keely Weaver (3,000m, 10,000m), Allison Mills (5,000m), Tiffany Gerloff (discus), Katie Curtis (pole vault)

*Second Team:* Margaret Elliott (3,000m and 5,000m)

*Third Team:* Tiffany Gerloff (pole vault)

## Atlantic Sun Conference All-Academic - Indoor

(\*Separate distinction for 2006 only)

Ashley Lofton (2006)

Kelsey Reed (2006)

Lynette Rives (2006)

Megan Saunders (2006)

Mollie Schlarman (2006)

Abbie Sumrall (2006)

Lauren Walker (2006)

Lauren (Williams) Weaver (2006)

## Atlantic Sun Conference All-Academic - Outdoor

Elizabeth Benson (2003, 2004, 2005)

Courtney Bishop (2010)

Megan Bradley (2010)

Anna Chappell (2010)

Katie Chinn (2003, 2004, 2005)

Christa Coppin (2007, 2008)

Lisa Crampton (2005)

Sarah Damen (2003, 2004, 2005)

Fallon Dickens (2010)

Jessica Duble (2010)

Katelyn Eberhardt (2009, 2010)

Margaret Elliott (2002)

Elaine Fowler (2005, 2006)

Kristin Furman (2003, 2004, 2005)

Krysta George (2005)

Anna Giles (2004)

Mary Holiday (2002)

Lindsay Honea (2003, 2004, 2005, 2006)

Eurie Jennings (2002)

Constance Key (2002, 2003)

Courtney Laughead (2002, 2003)

Lauren Linton (2006)

Erin Mankin (2008, 2009, 2010)

Kristin McKnight (2003, 2005)

Ester Mellado (2010)

Allison Mills (2002)

Molley Moody (2003)

Brooke Morgan (2002, 2003)

Kimberly Muldowney (2009, 2010)

Nicole Muldowney (2009, 2010)

Audie Nodell (2002, 2003)

Jessica Pesut (2009, 2010)

Ashley Pickett (2008)

Lizz Pollock (2006, 2007, 2008, 2009)

Kelsey Reed (2002, 2005, 2006)

Jena Rickards (2009, 2010)

Lynette Rives (2006)

Lynn Roessner (2002, 2003)

Dominique Roy (2008, 2009)

Megan Saunders (2005, 2006, 2007, 2008)

Mollie Schlarman (2006, 2007, 2008, 2009)

Kara Sephel (2008, 2009, 2010)

Emily Sheffer (2002)

Elizabeth Smothers (2005, 2006, 2007, 2008)

Caitlin Standifer (2010)

Abbie Sumrall (2006, 2007)

Emily Tanner (2002)

Brittany Thune (2007, 2008, 2009, 2010)

Whitney Thurman (2007)

Shannon Titus (2009, 2010)

Khalia Turner (2007)

Amy Violette (2005)

Keely Weaver (2002)

Catherine Williams (2006)

Lauren (Williams) Weaver (2004, 2005, 2006, 2007, 2008)

Katie Wood (2009)



# ATLANTIC SUN CONFERENCE

## THIS IS THE ATLANTIC SUN



For more than 30 years the Atlantic Sun Conference has stood for achievement with integrity in both the academic and athletic arenas with a focus on the balance between the two for its student-athletes. The A-Sun boasts a blend of the most dynamic and prestigious private and public institutions in the region, with all

committed to the conference goal of Building Winners for Life.

### BUILDING

Continuing a tradition of academic achievement, a record 60 percent of all student-athletes earned All-Academic status during the 2009-10 academic year. Lipscomb edged out Belmont, the seven-time winner of the All-Academic Trophy, to win its first such trophy with close to 72 percent of its the student-athletes achieving All-Academic status with grade point averages of a 3.00, or better.

Several Bisons teams received national recognition for their success in the classroom. Both the men's and women's track & field teams posted team GPAs among the top five in the nation - the only school in the country to boast that distinction. Jacksonville's women's track team received their ninth straight USTFCCCA All-Academic honor. Lipscomb's women's basketball team posted the ninth best GPA in the country and the conference champion volleyball team led five A-Sun schools in receiving an AVCA Team Academic Award.

The Stetson men's tennis team led the nation with nine student-athletes earning the honor of Scholar Athlete from the Intercollegiate Tennis Association. A total of five A-Sun schools and 24 student-athletes received recognition from the ITA. Stetson and Belmont joined only 16 other Division I schools considered an All-Academic squad in both men's and women's tennis.

For the first time the NCAA released single-year APR for Division I head coaches in six sports dating back to 2003-04, the beginning of the program. All 11 A-Sun schools produced a coach who had a year of a perfect score of 1000 and the league produced a total of 25 seasons with scores of 1000. Seven of the conference's men's and women's basketball recorded at least one score of 1000 and five teams had a score of 1000 in 2008-09, the most recent year recorded by the NCAA.

### WINNERS

Four A-Sun teams received Division I-AAA Athletics Directors Association All-Sports Trophies in recognition of their performances in NCAA postseason play. Lipscomb's softball team, ETSU's men's tennis squad plus UNF's men's golf team and women's tennis carried the conference to the third-highest total by any one conference.

Golf continued to boom in the conference as three league members on the women's side advanced to NCAA play for the first time in conference play. Women's golf became the first sport in the conference to produce three NCAA participants since baseball in 2003. At the NCAA Regionals, ETSU's Nina Muehl opened with an 8-under 64, the single lowest round carded in all of Division I golf and became just the second golfer from the A-Sun to earn a spot in the NCAA Championships

The Ospreys' men's golf team spent the year ranked among the top programs in the country alongside ETSU. Both advanced to NCAA postseason play and the Ospreys made the nationals for the first time as a conference member. Sophomore Sean Dale earned All-America

honors and qualified for the US Amateur, as did his teammates Kevin Alywin and Kevin Phelan. Phelan opened his summer by qualifying for the US Open at Pebble Beach. ETSU's Rhys Enoch tied for the individual title at the NCAA East Regional and his play carried into summer as he made his second Palmer Cup team and advanced all the way to the quarterfinals of the British Amateur.

Individual performances stood out on the diamond as FGCU's Chris Sale became a consensus All-America en route to becoming the conference's fourth first-round pick in the last two years. ETSU's Paul Hoilman contended for the national triple crown and burst onto the national scene by winning the first-ever home run derby competition - contested at historic Rosenblatt Stadium in Omaha, Neb. Mercer's Jacob Tanis finished one RBI shy of the national lead in pacing the Bears back to the top of the A-Sun for the first time in more than 25 years.

In softball, two hurlers established themselves among the best in the nation. Lipscomb's Whitney Kiihnl and USC Upstate's Morgan Childers each topped the 30-win mark - a first for the conference. The two traded the national lead in ERA throughout the season and when the year came to a close, Kiihnl finished with the best mark in the nation with Childers taking a close second. Kiihnl and Childers ranked second and third in the country in fewest hits allowed per seven innings.

For the first time in league history, the conference's last remaining charter member, Mercer, hosted the General Shale Brick Basketball Championships. The hosts advanced to the final of the men's event setting up a standing-room-only event at the University Center against ETSU. In the end the Buccaneers won back-to-back titles. Jacksonville advanced to the NIT for the straight second year and provided the league's first win in the event since 1996 when Ben Smith connected on a game-winning 3-pointer in the final seconds to stun top-seeded Arizona State.

On the women's side, ETSU became the third A-Sun school to win three straight titles, FGCU advanced to the WNIT for a third consecutive year and USC Upstate registered its first 20-win season as a Division I program.

### FOR LIFE

Alums from the Atlantic Sun, both recent and historic continued to excel at the highest levels. Within the span of three days, FGCU produced its first two major league baseball players. Two pitchers of the Eagles' 2008 A-Sun Championship squad, Casey Coleman and Sale, took their talents to Chicago as Coleman broke in with the Cubs and Sale soared through the White Sox system after spending less than two months in the minors. In late June, former Stetson All-American Chris Johnson returned to the Astros lineup and hit over .380 his first two months as a regular.

On the links, former ETSU star Rhys Davies has posted a solid rookie season on the European Tour. In the spring he picked up his first win and added back-to-back runner-up finishes to move into the top 50 in the world for the first time as a professional. One of his second-place showings occurred at the Wales Open where he closed with a record nine-under-par round 62 on the Ryder Cup course at the Celtic Manor. His stellar play placed Davies eighth on ESPN's "Top 25 Golfers Under 25" list. The conference will have representation at the Ryder Cup as former league individual champion Colin Montgomerie (1985 with former member Houston Baptist) will captain the European team. Montgomerie will be the second conference alum to lead a Ryder Cup squad. Hal Sutton (Centenary) served as captain for the United States in 2004.



# BELMONT UNIVERSITY

Belmont University sits on 75 historic acres two miles southwest of downtown Nashville, Tenn., a thriving metropolis known worldwide as Music City USA. In the mid-1800s, the land the university now occupies was known as the Belle Monte estate, the Victorian home of one of Tennessee's wealthiest couples, Joseph and Adelicia Acklen. Their antebellum mansion remains today, flanked by university buildings separated in age by more than a century.

The first educational institution on the estate was the original Belmont College (1890-1913), offering elementary school through junior college education to young ladies. The school merged with Ward Seminary to become the prestigious Ward-Belmont School for Women (1913-1951), and in 1951, with the support of the Tennessee Baptist Convention, the school became the coed Belmont College. Since becoming Belmont University in 1991, Belmont has grown not only in size but in quality. The mansions, gardens and statues of Belmont's historic past now sit side-by-side with state-of-the-art facilities equipped with the best technology and teachers to train today's students with the right tools for real world success.

Belmont University is among the fastest growing Christian universities in the nation with 5,400 students hailing from every state and 29 countries. Since 2000, enrollment has risen from just under 3,000 to 5,424 students for the 2009-10 school year, marking an increase of 80 percent. As enrollment steadily increases, so does the quality and diversity of each new class. Incoming 2009-10 freshmen represented 45 states and eight foreign countries and scored an average of 26 on the ACT.

## ACADEMICS

Intent on being a leader among teaching universities, Belmont brings together the best of liberal arts and professional education in a Christian community of learning and service. Belmont was ranked seventh on the U.S. News & World Report listing of "Best Universities" in the South in the master's category for the 2010 edition of America's Best Colleges, making Belmont the highest ranked university in Tennessee in this category. In addition, Belmont was named a most cited "School to Watch," a high honor that indicates the strength of the university's reputation and innovations.

Both *Rolling Stone* and *Time* magazines have hailed Belmont's Mike Curb College of Entertainment & Music Business as one of the best music business programs in the country. The Jack C. Massey Graduate School of Business has been named the best MBA program in the region, while Belmont's business administration and accounting programs have been accredited by AACSB International, the premier accrediting agency in that arena. Moreover, for the second year in a row, Belmont University's undergraduate School of Business achieved a Top 100 national ranking in BusinessWeek's annual report on the "The Best Undergrad B-Schools" in the U.S. In 2008, Belmont's Entrepreneurship major was even named National Model Undergraduate Program of the Year by the United States Association of Small Business and Entrepreneurship.

Located in the heart of Music City USA (Nashville, Tenn.), one of Belmont's consistent success stories is its world-renowned music and music business programs. Several big names in the music industry started their careers at Belmont including "American Idol" finalist Melinda Doolittle, Christian recording artists Ginny Owens and Steven Curtis Chapman, and country stars Trisha Yearwood, Lee Ann Womack, Brad Paisley and Josh Turner. The annual "Christmas at Belmont" concert showcases performing ensembles from many different genres and has been broadcast nationwide on PBS five years in a row. The University recently added a songwriting major to its offerings, one of only a few such programs in the country.

Students who have passions outside of the music industry also have a home at Belmont. From international business and accounting to education, sport administration, nursing, journalism and the humanities, Belmont provides avenues of learning for almost any interest. Recent program additions include interdisciplinary studies in Social Entrepreneurship and Asian Studies as well as a doc-

toral degree in Pharmacy, a program that is already gaining acclaim for its four-pillared approach to educating pharmacists for an ever-evolving health care environment. Belmont's also received attention for its innovative, year-long programming around the university's hosting of the 2008 Town Hall Presidential Debate. A variety of speaker series, visual and performing arts programs, and special events occurred on campus, all around the central theme "The Art of Being Free."

Belmont faculty members display a consistent commitment to excellence as well. Multiple professors have been awarded Fulbright awards, including a nursing professor who'll spend 2009-10 in Uganda as a guest lecturer while conducting research on how standards of nursing are adapted to austere conditions. Also, four Belmont professors from four different schools--Finance, Psychology, Spanish and Philosophy--have been chosen as Tennessee Professor of the Year by CASE/Carnegie Foundation since 2000.

Belmont's boundaries extend beyond the Nashville campus through its Cool Springs campus and organized programs such as the Washington Center program and music business' Belmont West in Los Angeles and Belmont East in New York City. Study-abroad programs place students in China, Costa Rica, Great Britain, France, Germany, Italy, Russia, South Africa and Spain, among other foreign nations. Also, Belmont serves as a regional site for the East-West Center for the Development of Asian Studies and is the host institution for the Cooperative Center for Study Abroad, a higher education consortium of 24 colleges and universities.

## CAMPUS GROWTH

As Belmont's academic program offerings grow, so too does the physical campus. Recent additions include the 2003 opening of a \$52 million entertainment and student life complex which houses the Curb Event Center arena, the Beaman Student Life Center and the Maddox Grand Atrium. In 2005, Belmont opened the first university-based electronic financial trading center, which includes a digital stock ticker, data wall, TV monitors and workstations.

The Gordon E. Inman Center opened in 2006, providing a state-of-the-art \$22.5 million facility that houses Belmont's nursing, social work, occupational therapy and physical therapy programs and also serves as the temporary home of the School of Pharmacy. The School of Nursing was recognized by Laerdal Medical Corporation as a Center of Educational Excellence in part due to the advanced training the school's multiple simulation models offer to its students. In fall 2010, the university will open a second Health Sciences building adjacent to the first. The \$30 million structure will be a model, 21st century academic facility, providing a venue where students and faculty resources can intersect to help meet the needs of the community and the world. The 90,000-square-foot building will emphasize integrated, "hands-on" experiential learning components through medical simulation spaces and a licensed, state-of-the-art pharmacy.

Belmont's intimate theater complex opened in 2007, featuring the 350-seat Bill and Carole Trout proscenium theater, a Black Box theater and scene shop. The complex now plays host to numerous student productions as well as collaborative efforts with local professional ensembles, including the Nashville Children's Theatre, Actors Bridge Ensemble, Nashville Shakespeare Festival and the Nashville Ballet. In 2008, the university opened Maple Hall, a residence facility to accommodate 190 freshmen students. Next door to Maple is a new 103,000 square foot residence hall that will provide housing for an additional 400 freshmen in fall 2010, creating a unique living-learning community for first-year students in the heart of campus.

## ATHLETICS

In addition to celebrating academic excellence and phenomenal growth, Belmont boasts 17 intercollegiate sports teams. The Belmont Bruins men's basketball team won its third consecutive Atlantic Sun Conference Tournament Championship in 2008 and made its third appearance in the NCAA National

Tournament, losing a heartbreaking game 71-70 to perennial powerhouse Duke.

Both Belmont cross country teams and the volleyball team earned 2006 Atlantic Sun Conference titles, and the cross country teams repeated with 2007 Atlantic Sun Conference titles. In 2007, the teams also won both Coach of the Year awards, both individual titles, two Runner of the Year awards and a Freshman of the Year trophy. Belmont student-athletes excel in the classroom, too, as the university is the only school in league history to win the Atlantic Sun All-Academic Trophy seven times, most recently in 2009. The award is given annually to the conference school with the greatest percentage of student-athletes who earned a GPA of 3.0 or higher.



## A CHRISTIAN COMMUNITY OF LEARNING AND SERVICE

In 2007, the university's formal relationship with the Tennessee Baptist Convention ended. In recent years, Belmont broadened its mission and can now include on its Board of Trustees members of all Christian denominations. In addition, Belmont joined the Lilly Fellows Program's National Network of Church-Related Colleges and Universities, a collective that also includes Baylor University, Boston College, Villanova and Notre Dame, among others.

Belmont is a student-focused, Christian community of learning and service where students hear from their first visit to campus until the day they graduate that they are created for a purpose in life. The Belmont faculty and staff dedicate themselves to preparing and empowering students to find their passion and use it to change the world. The university seeks to show every student how the love of Christ can compel them to lead lives of disciplined intelligence, compassion, courage and faith.

In fact, Belmont students, faculty and staff are consistently challenged to look at the hardest circumstances and ask, "What can we do?" Students are encouraged to engage and transform the world, locally and globally, by participation in disaster relief trips to everywhere from the tsunami-stricken areas of Southeast Asia to the Gulf Coast after Hurricane Katrina. Students serve locally at various relief and community organizations in Nashville throughout the year, and student-athletes take part annually in sports evangelism mission trips to South Africa, Ukraine and Brazil. Others have taken advantage of what they're learning at Belmont, incorporating their major studies into various service projects around the world, including working with orphans in India and assisting with physical therapy needs in Guatemala.

With more than 75 areas of study, 20 master's programs and three doctoral degrees, there is no limit to the ways Belmont University can expand an individual's horizon.



# UNIVERSITY ADMINISTRATION



## Dr. Robert Fisher President

Dr. Robert (Bob) Fisher serves as President of Belmont University, a position he has held since April 2000.

During his tenure the university's enrollment has risen by nearly 70 percent while the campus itself has expanded significantly with the additions of

the Curb Event Center and Beaman Student Life Center, the Gordon E. Inman Center, the Troutt Theater complex and several new residence halls and parking garages. But Dr. Fisher's greatest sense of accomplishment comes not from new campus structures, stronger endowments or a larger student body. Rather, he measures achievement through witnessing education's impact on each individual student.

"The student is the focus of all our efforts here at Belmont," Fisher said, "and our top priority is meeting the needs of those students. My life's mission is to help create experiences that transform people, especially students, in ways that enable them to become all they were created to be."

Prior to his appointment at Belmont, Fisher was vice president for academic affairs at Arkansas State University for four years and was dean of the School of Business at Henderson State University, his alma mater, for 10 years. Fisher earned a B.S.B.A. from Henderson State, an M.B.A. from the University of Memphis and a Ph.D. from the University of Arkansas.

In addition to his success as both faculty member and higher education administrator, Fisher is also an accomplished author with his most recent work, *Life Is a Gift: Inspiration from the Soon Departed*, released in 2008. Co-authored with his wife Judy, *Life Is a Gift* features a collection of lessons learned from interviews with 104 terminally ill patients of Alive Hospice in

Nashville. Dr. Fisher previously co-authored *Real Dream Teams: Seven Practices Used by World-Class Team Leaders to Achieve extraordinary Results*, published by St. Lucie Press, with Belmont's Vice President of University Advancement Dr. Bo Thomas.

Dr. Fisher has published numerous articles on management and leadership and has consulted with a wide variety of organizations on human resource and strategic planning issues, including Kimberly-Clark Corporation, Alltel, Arkla Gas and the U.S. Department of Transportation, among others. In 1992, Fisher served in Kuala Lumpur, Malaysia, as a Fulbright Scholar, conducting research and consulting with the National Institute of Public Administration. He also provided a keynote address at the Arabian Society for Human Resource Management Conference in Bahrain in 1998.

Active in his community, Fisher has served on the Board of Directors for the Greater Nashville Area Chamber of Commerce, United Way of Metropolitan Nashville, the Country Music Foundation, the Boy Scouts of Middle Tennessee, the Nashville Symphony, the PENCIL Foundation, the YMCA of Middle Tennessee, the Nashville Alliance for Public Education, TICUA, Cumberland Region Tomorrow, Fifth Third Bank and the NCAA Division I Board of Directors and Executive Committee. He is an active member of the Rotary Club of Nashville, participates in Nashville's Agenda, and is a 2001 graduate of Leadership Nashville. He also serves as a member of the Board of Directors for the Arkansas Enterprise Group, a division of Southern Development Bank.

Married for 38 years, Dr. Fisher and his wife Judy share in their commitment to Belmont University. The Fishers are the proud parents of three grown children and have two wonderful sons-in-law and four perfect grandsons.



## Mike Strickland Director of Athletics

Now entering his 14th year as Director of Athletics, Mike Strickland has led Belmont's Department of Athletics through its infancy stages as a new NCAA Division I program to become one that sees annual success on the field and in the classroom. During his tenure at Belmont, the program has expanded

the number of teams it fields, joined the Atlantic Sun Conference, enhanced its facilities, and established a reputation producing winning teams and distinguished student-athletes.

Since arriving in Nashville in 1996, Strickland has overseen the inception of six new sports at Belmont: women's soccer, women's golf and men's and women's indoor and outdoor track and field. In addition, the University has built the Frances Bond Davis Tennis Courts and the Whitten Soccer Complex, as well the most recent partnership with Metro Parks for athletic fields at Rose Park. This exciting new venture will house Belmont baseball, softball, soccer, and track & field. Two of the most important achievements of his tenure at Belmont are the acceptance of Belmont into the Atlantic Sun Conference and the opening of the Curb Event Center. During his tenure, Strickland has overseen a program expansion from 11 to 17 teams of competition, spearheaded membership into the Atlantic Sun Conference, spurred athletic facility enhancement and forged a reputation of producing winning teams and distinguished student-athletes. In 2008, Belmont became the first school in Atlantic Sun Conference history to represent the league in three consecutive NCAA Men's Basketball Championships. Adding conference championships in women's cross country, women's soccer and volleyball during the past academic year, Belmont Athletics has won a staggering 26 Atlantic Sun Conference Championships since becoming a member institution in 2001-02 - far and away the league standard. In addition, the school has hosted nine conference championships over the past five years, most recently the 2006

A-Sun Volleyball Championship. Strickland has taken a leadership role in the A-Sun serving as chairman of the tournament committee and presently serves as a member of the conference's membership committee. As well as the program's success on the field, his tenure has seen the building of the exquisite Curb Event Center. The \$52 million facility, which opened in the fall of 2003, has become the centerpiece of the athletics program. The complex houses a new 5,000-seat arena for basketball and volleyball, locker rooms for all sports, a training facility and weight room, as well as administrative offices for the Athletic Department. Off the field, the athletic department has made academic achievement the cornerstone of its definition of success.

Belmont has won the Atlantic Sun Academic Trophy seven of the past eight years. The Bruins boasted over two-thirds of their student-athletes with a grade-point average of 3.0 or better on a 4.0 scale during the past academic year. Belmont is the only school to win the trophy five straight times (2002-2006). Also of significance, Belmont has earned distinction from the NCAA in each of their Academic Progress Rate (APR) reports. Strickland brings varied years of experience to the program, including nine years as athletics director at Murray State University prior to coming to Belmont. While at Murray State, Strickland served on numerous Ohio Valley Conference committees as well as serving on the NCAA IAA football advisory committee and the NCAA rifle committee. Prior to serving at Murray State, Strickland was an Associate Athletics Director at Wichita State University from 1983-87, where he was responsible for all business operations for the department.

Strickland earned his bachelor's degree in political science from Georgia Southern University and a master's degree in public administration from the University of Georgia. In June of 2009, Strickland received the Under Armour National Association of Collegiate Directors of Athletics (NACDA) Division I Southeast Region A.D. of the Year Award. Strickland was honored at the annual NACDA convention in Orlando, Fla. Strickland is married to the former Martha Thomas, an English instructor at Nashville State Community College. The couple has two children - Leanna Elizabeth, an undergraduate student at the University of Tennessee, and Sara Grace, a Belmont University graduate who is married to Jared Vaughn - and one grandchild, Jacob.



# BELMONT ATHLETICS AND ACADEMICS

## INDIVIDUAL ACADEMIC HONORS

The following Belmont student-athletes have received distinguished conference and national recognition for their academic accomplishments:

### NCAA ESPN The Magazine Academic All-America Team (Team, Year)

- Josh Brumett -- Baseball (3rd, 2002; 1st, 2004)
- Wes Burtner -- Men's Basketball (3rd, 2001; 1st, 2002)
- Marcos Cabrera -- Men's Soccer, Tennis (3rd, 2001; 3rd, 2002)
- Justin Hare -- Men's Basketball (2nd, 2007; 1st, 2008)
- Meggan Harris -- Women's Soccer (2nd, 2000; 2nd, 2001)
- Adam Mark -- Men's Basketball (2nd, 2002; 1st, 2003; 1st, 2004)
- Dan Soukup -- Baseball (3rd, 2004)
- Brittany Thune -- Women's Cross Country (3rd, 2010)
- Andy Wicke -- Men's Basketball (3rd, 2009)

### NCAA Postgraduate Scholarship Winner

- Justin Hare -- Men's Basketball (2008)
- Adam Mark -- Men's Basketball (2004)
- Andy Wicke -- Men's Basketball (2009)
- Brittany Thune -- Women's Cross Country (2010)

### Division I-AAA Basketball Scholar-Athlete of the Year

- Adam Mark -- Men's Basketball (2004)
- Justin Hare -- Men's Basketball (2008)

### Division I-AAA Basketball Scholar-Athlete Team

- Justin Hare -- Men's Basketball (2007, 2008)

### CollegeInsider.com Student-Athlete of the Year

- Wes Burtner -- Men's Basketball (2002)

### Creamland Dairies Collegiate Basketball Award of Excellence

- Adam Mark -- Men's Basketball (2004)

### Atlantic Sun Conference Male Student-Athlete of the Year

- Wes Burtner -- Men's Basketball (2002)
- Justin Hare -- Men's Basketball (2007, 2008)
- Adam Mark -- Men's Basketball (2003, 2004)
- Andy Wicke -- Men's Basketball (2009)

### Atlantic Sun Conference Female Student-Athlete of the Year

- Candice Mitchell -- Women's Basketball (2002)

### Atlantic Sun Conference Postgraduate Scholarship Winner

- Sarah Brandt -- Women's Soccer (2008)
- Andy Wicke -- Men's Basketball (2009)
- Brittany Thune -- Women's Cross Country (2010)

### National Golf Coaches Association All-American Scholar Team

- Lauren Oeser -- Women's Golf (2007, 2008)
- Laura Dyson -- Women's Golf (2008)

### Cleveland Golf All-America Scholar Team

- Danny Amundson -- Men's Golf (2008, 2009)

### National Golf Coaches Association (NGCA) Scholar Team

- Laura Dyson -- Women's Golf (2009)
- Lauren Oeser -- Women's Golf (2009)

### NSCAA/adidas All-South Scholar Team

- Annie Musacchio -- Women's Soccer (2008)



## Colette Keyser

Asst. Director of Compliance,  
Academic Support Services

Colette Keyser enters her eighth year with Belmont University's Department of Athletics. Keyser serves as the primary liaison to the Belmont campus regarding issues related to student-athlete eligibility.

Keyser is responsible for reporting all Academic Progress Rate and Graduation Success Rate data to the NCAA. Her duties also include academic advising and monitoring student-athletes' academic progress to meet NCAA requirements for continuing academic eligibility and University requirements for timely graduation and good academic standing. She works closely with coaches in the recruitment of prospective student-athletes and manages the department's Academic Enhancement Fund.

Keyser earned her Bachelor's degree in Mass Communication from Kentucky Wesleyan College and her Master's in Communication from Western Kentucky University. She serves on various campus committees, including the Sport Administration Advisory Council, the Scholarship and Awards Nomination Committee, and the Academic Integrity Review Committee. She also holds memberships in various professional organizations, including N4A (National Association of Academic Advisors for Athletics) and NACADA (National Academic Advising Association).

A native of Benton, Kentucky, Keyser spends much of her leisure time sailing on Kentucky Lake with her husband, Jerome Terrell.

She and her husband have two sons, and the family resides in Brentwood, Tennessee.



## Renee Schultz

Academic Coordinator

Renee Schultz enters her fifth year as Academic Coordinator for Belmont's Department of Athletics.

She coordinates the extensive academic support programs offered to Belmont student-athletes which include weekly, one-on-one academic counseling sessions for new student-athletes, academic advising and class scheduling, tutoring, team-assigned laptops, and monitoring class performance. She also manages the student-athlete academic center located within the athletic offices in the Curb Event Center. The academic center provides study tables and computers in a quiet, monitored study environment exclusively for Belmont student-athletes.

Schultz earned her Bachelor's degree in Sociology and a M.Ed. in Sports Administration from Belmont University. While at Belmont, she was a part of the Women's Soccer Program and helped Captain the team in both 1999 and 2001. Schultz served as the Assistant Coach for the Women's Soccer team from 2003-2004. She also holds memberships in various professional organizations, including N4A (National Association of Academic Advisors for Athletics) and NACADA (National Academic Advising Association).

A native of University Place, Washington, Schultz spends most of her time away from work on the soccer field, coaching her club team, BWSC Real Madrid.

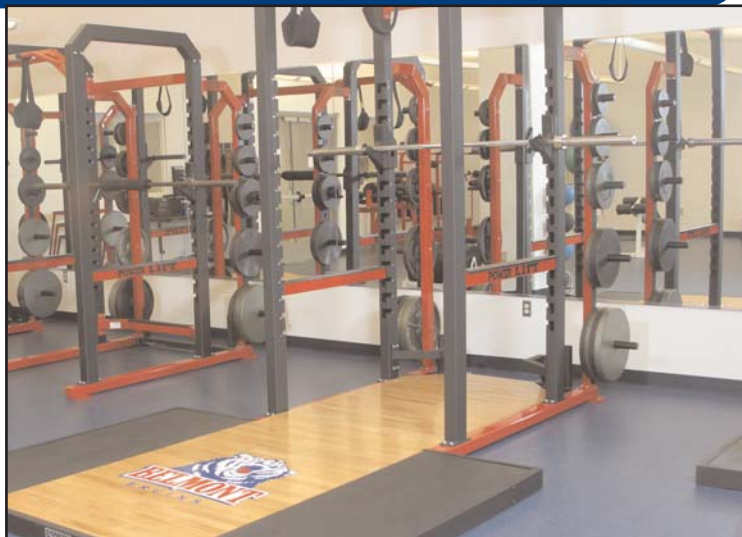
She currently resides in Nashville with her husband, Donovan, and newborn daughter, Brynn.



# STRENGTH AND CONDITIONING

One of the busiest places in the Curb Event Center on a daily basis is the athletic department's state of the art weight room. The 1600 square foot facility offers several amenities for use by Belmont and its student-athletes. The facility has equipment including:

- Three power stations with customized platforms.
- Customized dumbbells from 5-to-150 pounds.
- A variety of free weight equipment and machines.
- A variety of speed, agility, & plyometric equipment.



## Strength and Conditioning Mission

By means of teamwork, experience, current research, and education, the staff of the Belmont Athletic Department challenges each athlete in order for them to participate at the highest level of competition.

In order to promote a positive atmosphere, the strength and conditioning staff provide the athlete with a safe, clean, professional environment. We strive to challenge our athletes by way of free weights, multi-joint exercises, and multiple sets.

While keeping the athlete's sport in mind, we individualize the programs as much as possible, focusing on weaknesses in order to prevent injuries and help them stay as competitive as possible for as long as possible.



## Josh McMillian Strength & Conditioning Coach

Josh McMillian begins his third season as Strength & Conditioning Head Coach in 2010-11.

Highly respected and dedicated to the safety and development of Belmont's student-athletes, McMillian served as an assistant coach with Belmont men's cross country/track and field program for the last two years. He worked extensively with the program's field event athletes. From 2003-2005, McMillian served as a graduate assistant with the cross country/track program. He currently is an assistant coach with the men's and women's track programs focusing on the throwing events.

The native of St. Peter's, Missouri, McMillian is a 2003 graduate of Lindenwood University in St. Charles, Missouri with a Bachelor of Arts degree in Physical Education/Health. He earned his Master's degree in Sports Administration from Belmont last May. In addition, Josh is certified USATF Level II in both the throws and jumps and also certified USAW Level I.

While at Lindenwood, McMillian was a thrower for the university's track and field team. He was a NAIA National Indoor Track Qualifier in the weight throw and shot put the last two years, finishing 11th in the shot-put in 2003. McMillian was also a NAIA National Outdoor Qualifier in the shot-put in both 2003 and 2004 and finished seventh in 2003. In addition to his exploits nationally, he also was a six-time conference indoor and outdoor champion in both the shot and weight throw events.

Josh and his family reside in Nashville.

Strength and Conditioning Graduate Assistants:  
Nathan Dine and Stephanie Cushing



# ATHLETIC TRAINING



*Rehab Area in Training Room*

The Belmont athletic training department is housed in an 1860 square foot state-of-the-art modern, athletic training facility. The facility is equipped with a hydroroom, taping area, treatment and rehabilitation area as well as a doctor's office. Servicing 200 athletes participating in 17 Division I varsity sports, the facility is staffed by five National Athletic Training Association Certified Athletic Trainers.

- Two whirlpools
- Separate doctors office
- Separate rehabilitation area
- Five training tables
- Office space for the staff of five

## Mission Statement

The Belmont Athletic training staff is primarily responsible for the delivery of quality healthcare to all student athletes participating in intercollegiate athletic programs at Belmont University. This care will be provided by the guidelines of the NATA through prevention, treatment, and rehabilitation of injuries and illnesses sustained during any practice or game.

## SERVICES PROVIDED BY VANDERBILT SPORTS MEDICINE



*Taping Area in Training Room*

## ATHLETIC TRAINING STAFF



**Paul Malloy**  
Head Athletics Trainer  
*Men's Basketball,  
Men's and Women's  
Cross Country and  
Track*



**Kimberly Anderson**  
Assistant Athletics  
Trainer  
*Women's Basketball*



**Tim Lee**  
Assistant Athletics  
Trainer  
*Men's Soccer,  
Men's and Women's  
Tennis*



**Kelly Bacchus**  
Assistant Athletics  
Trainer  
*Softball,  
Women's Cross Country  
and Track*



**Jon DeMarie**  
Assistant Athletics  
Trainer  
*Baseball*



**Megan Goerlinger**  
Graduate Assistant  
*Women's Soccer*



**Haley Brochu**  
Graduate Assistant  
*Softball*



**LeighAnne Schlichte**  
Graduate Assistant  
*Cross Country, Tennis*



# NASHVILLE - MUSIC CITY U.S.A.



Nashville is the capital of Tennessee and the entertainment, cultural, and commercial center of the Mid-South. With a metropolitan population more than 1.5 million, Nashville is one of the fastest growing markets in the country. In the past decade alone, the population of the Nashville area has grown by nearly 30 percent.

'The Music City' can best be described as a pleasant mix of big city entertainment and "down home" friendliness. Nashville is located in the heart of our nation's bustling core. Major cities such as St. Louis, Cincinnati, Memphis, Atlanta, and Birmingham can all be reached by car within 3-5 hours.

And when going from work to play, Nashville has it all. The city offers a multitude of sporting events, recreational opportunities, restaurants, parks, and shopping malls.

The sports landscape in Nashville has changed dramatically over the past decade with the introduction of major professional sports into the area. The arrival of the NFL's Tennessee Titans in 1998 brought instant credibility and excitement to the Mid-State. The Titans have won two division titles and one conference championship under longtime Head Coach Jeff Fisher. Tennessee represented the AFC in Super Bowl XXXIV, playing the St. Louis Rams in one of the most memorable games in NFL history. Home for the Titans is LP Field, a 68,000 seat, state-of-the-art facility located on the east bank of the Cumberland River across from downtown. Aside from the NFL, LP Field also plays host to several major concerts and international sporting events.

Not to be outdone, the Nashville Predators have introduced the thrills of the National Hockey League to Middle Tennessee. In 2008, the Predators advanced to the Stanley Cup Playoffs for a fourth consecutive season. The Preds skate in one of Nashville's downtown landmarks, the Sommet Center. The 18,000 seat Sommet Center is a regular venue for touring groups.

Another constant among Nashville professional sports over the past two decades has been the Nashville Sounds. The Sounds, who have called Music City home since 1978, compete in the Pacific Coast League as the Class AAA affiliate of the Milwaukee Brewers. In recent years, players like Ryan Braun, Prince Fielder, and Ricky Weeks have called Nashville home. The 2006 PCL Champion Sounds play at Greer Stadium, located just minutes from downtown and the longtime home of Belmont Baseball.

The Nashville Superspeedway has become the area's top racing venue, hosting NASCAR and IRL events for the past six summers.

Furthermore, Nashville has established itself as the ideal place to host a major sporting event. In the past decade alone, the city has hosted events such as the U.S. Figure Skating Championships, the U.S.

Gymnastics Championships, the NCAA men's and women's basketball tournament, the SEC men's and women's basketball tournaments, numerous AAU national championships, and the U.S. Swimming Championships. Each year, Nashville hosts the highly-popular Country Music Marathon and the Music City Bowl - which now pits teams from the Atlantic Coast Conference and Southeastern Conferences each December at LP Field.

Recreation is second-to-none in Nashville. Located in the picturesque hills of Middle Tennessee, Nashville boasts thousands of acres of public parks and offers a variety of outdoor activities like golf, boating, fishing, and hiking.

Known as "Music City USA", Nashville is a city whose musical tastes range from country to rock to gospel. The city has several major concert venues and many big-name concert tours consider Nashville a "must-stop." The city also serves as home to the Grand Ole Opry, the nation's longest running weekly radio show, and the Country Music Hall of Fame. Nashville has long been the mecca of the country music industry and is one of the top recording centers in the world. All of the music industry's major recording labels have a presence in Music Row, just north of the Belmont campus.

The nightlife in downtown Nashville offers something for everyone. Amidst the savory sights and sounds of historic Second Avenue sit some of the most venerable hot spots anywhere. From Wildhorse Saloon and Hard Rock Cafe to Famous Dave's BBQ and The Pancake Pantry, it is not uncommon to bump into stars of stage and screen in Nashville.

Nashville's cultural environment earned the city its other nickname, the "Athens of the South." Nashville is well known as a major education center. The area's 10 accredited four-year and postgraduate institutions, including Belmont, are an integral part of the economic and cultural identity of the area. In addition to its educational institutions, the city offers numerous cultural and artistic venues. It is home to nine performing arts facilities, including the Tennessee Performing Arts Center. TPAC is the home to a wide range of events, including Broadway musicals and performances by the Nashville Ballet, Nashville Opera, and the Nashville Symphony. The city is also home to seven art galleries, including the Frist Center for the Visual Arts. The Frist Center, housed in the city's old main post office, presents a wide assortment of visual arts exhibitions. Nashville boasts 25 museums (including the Tennessee State Museum), numerous historic sites (like The Hermitage - home of President Andrew Jackson, an exact replica of the Parthenon, and the Natchez Trace Parkway), and an upgraded public library system that includes a new \$50 million downtown library.

Lastly, Nashville is the cornerstone of the Mid-South economy. It has become a leader in printing and publishing, music and entertainment, finance and insurance, healthcare management, automobile and other related industry, manufacturing and tourism. Internationally known companies like Bridgestone/Firestone, Caterpillar Financial, Dell, Dollar General, HCA, Nissan, and Saturn have significant operations in the city.

Sporting a mild climate with distinct changes in season - warm summers, colorful autumns, brisk winters, and beautiful springs - no two days are alike in Nashville.