

FLORIDA SOUTHERN COLLEGE WOMEN'S CROSS COUNTRY



**MARISSA
SENZAMICI**



2015 INFORMATION GUIDE

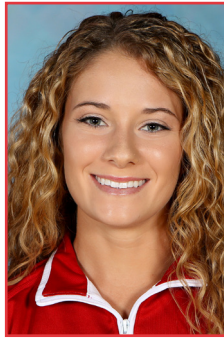
2015 FLORIDA SOUTHERN "MOCCASINS"



**HALEY
BLEM**



**HAYLEY
BRAHAM**



**RYANN
CALE**



**ASHLEY
DUDMAN**



**EMILIE
FLAMENT**



**ALEKSA
GUERRA**



**SUMMER
HEPP**



**REBECCA
LEVY**



**ASHLEY
MONTANO**



**MOLLY
PRICE**



**JULIE
ROGGE MAN**



**EMILY
SCHONDER**



**MARISSA
SENZAMICI**



**AMANDA
SLATTERY**



**ALEXA
STREJECK**



**SARAH
SWALLOW**



**JOLENE
VERGAUWEN**



**KASSIDY
WATKINS**



**EMILY
WILLIAMS**



**BEN
MARTUCCI
HEAD COACH**



**STEPHANIE
BYLANDER
ASSISTANT COACH**



FLORIDA SOUTHERN 2015 "MOCCASINS"

Standing (L-R): Hayley Brahm, Aleksa Guerra, Kassidy Watkins, Summer Hepp, Sarah Swallow, Ashley Montano, Haley Blem, Amanda Slattery, Molly Price, Alexa Strejeck, Rebecca Levy

Seated (L-R): Assistant Coach Stephanie Bylander, Jolene Vergauwen, Ryann Cale, Emily Schonder, Marissa Senzamici, Ashley Dudman, Julie Roggeman, Emilie Flament, Emily Williams, Head Coach Ben Martucci

2015 FLORIDA SOUTHERN COLLEGE "MOCCASINS"

NAME	CL.	HGT.	HOMETOWN	PREVIOUS SCHOOL(S)
Haley Blem	Fr.	5-4	Englewood, FL	Lemon Bay HS
Hayley Brahm	Fr.	5-5	St. Petersburg, FL	Northeast HS
Ryann Cale	Fr.	5-4	Valrico, FL	East Bay HS
Ashley Dudman	Sr.	5-5	Geneva, IL	Geneva Community HS
Emilie Flament	Jr.	5-10	Orlando, FL	Olympia HS
Aleksa Guerra	Fr.	5-3	Naples, FL	Palmetto Ridge HS
Summer Hepp	Fr.	5-4	Centennial, CO	St. Mary's Academy
Rebecca Levy	Sr.	5-5	Mahopac, NY	Mahopac HS
Ashley Montano	Jr.	5-4	Colorado Springs, CO	Air Academy HS
Molly Price	Jr.	5-2	Miami, FL	Our Lady of Lourdes Academy
Julie Roggeman	Jr.	5-4	Valrico, FL	Bloomington HS
Emily Schonder	So.	5-4	Tampa, FL	Chamberlain HS
Marissa Senzamici	Gr.	5-3	Lakeland, FL	George Jenkins HS
Amanda Slattery	Fr.	5-3	Tampa, FL	Wharton HS
Alexa Strejeck	Jr.	5-3	Bradenton, FL	Pickerington North HS
Sarah Swallow	So.	5-6	Palm Harbor, FL	Palm Harbor University HS
Jolene Vergauwen	Fr.	5-6	Longwood, FL	Lake Brantley HS
Kassidy Watkins	Fr.	5-7	Wichita, KS	Maize Senior HS
Emily Williams	Fr.	5-4	Virginia Beach, VA	Kellam HS

Head Coach: Ben Martucci (Florida Southern, '11)

Assistant Coach: Stephanie Bylander (Adams State, '05)



Holloway Park, located off Lakeland Highlands Road in Lakeland, will be the site of the Moccasin Invitational as well as the 2015 Sunshine State Conference Meet.



WHY MOCCASINS? ...

Florida Southern College first used the nickname Moccasins in 1926, shortly after the college’s move to Lakeland in 1922. The water moccasin, or cottonmouth snake, was abundant in the nearby lakes and since the moccasin is one of the fiercest of all snakes, one that will attack unprovoked, so the college adopted the moniker for its athletic teams.



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FLORIDA SOUTHERN COLLEGE

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COACHING STAFF

TEAM INFORMATION

Abby Farrow (Jr.)	Molly Price (Jr.)
Ashley Dudman (Sr.)	Julie Roggeman (Jr.)
Emilie Flament (Jr.)	Emily Schonder (So.)
Rebecca Levy (Sr.)	Marissa Senzamici (Sr.)
Ashley Montano (Jr.)	Sarah Swallow (So.)
Runners Lost	6
Caitlyn Hollinger (Fr.)	Alec Slamal (Sr.)
Jessica Krystek (Sr.)	Laura Wichmann (Grad.)
Ashley Murray (So.)	Jenna Williams (Fr.)
Newcomers	10
Haley Blem (Fr.)	Amanda Slattery (Fr.)
Hayley Brahm (Fr.)	Alexa Strejeck (Jr.)
Ryann Cale (Fr.)	Jolene Vergauwen (Fr.)
Aleksa Guerra (Fr.)	Kassidy Watkins (Fr.)
Summer Hepp (Fr.)	Emily Williams (Fr.)



MOCCASINS YEAR-BY-YEAR

Year	Coach	SSC	Reg.	NCAAs	MVP
1980	Ed Plowman	1st	-	-	Judy Klingensmith
1981	Ed Plowman	3rd	-	-	Angie Cicanese
1982	Ed Plowman	3rd	11th	-	Angie Cicanese
1983	Ed Plowman	3rd	10th	-	Janet Gray
1984	Ed Plowman	6th	-	-	Angie Cicanese
1985	Ed Plowman	5th	-	-	Molijane Wahl
1986	Ed Plowman	2nd	-	-	Laura Zimmerman
1987	Ed Plowman	5th	-	-	Molijane Wahl
1988	Ed Plowman	5th	-	-	Jennifer Barnholth
1989	Michael Way / Thomas Kelly	4th	-	-	Julie Esper
1990	Michael Way / Thomas Kelly	3rd	4th	-	Dianna Campbell
1991	Michael Way / Thomas Kelly	4th	-	-	Caroline Albertsma
1992	Michael Way	4th	-	-	Jennifer Poole
1993	Michael Way	2nd	11th	-	Jennifer Poole
1994	Thomas Kelly	3rd	12th	-	Jennifer Poole
1995	Buck Dawson	3rd	NTS	-	Kathy Rusher
1996	Buck Dawson	2nd	6th	-	Taryn Peters
1997	Buck Dawson	1st	5th	-	April Booe
1998	Buck Dawson	1st	2nd	-	Michelle Solan
1999	Buck Dawson	1st	2nd	11th	Alli Tatangelo
2000	Buck Dawson	1st	3rd	-	Alli Tatangelo
2001	Buck Dawson	1st	2nd	21st	Judy Tubei
2002	Buck Dawson	2nd	6th	-	April Avery
2003	Buck Dawson	2nd	6th	-	Jael Koech
2004	Buck Dawson	2nd	5th	-	Jael Koech
2005	Buck Dawson	2nd	5th	-	Jael Koech
2006	Buck Dawson	1st	3rd	15th	Jael Koech
2007	Rick Moody	2nd	4th	-	Carolyn Kwambai
2008	Jamie Moreno	2nd	8th	-	Carolyn Kwambai
2009	Jamie Moreno	2nd	5th	-	Carolyn Kwambai
2010	Jamie Moreno	5th	14th	-	Emily LaBarbera
2011	Jamie Moreno	5th	11th	-	Emily LaBarbera
2012	Rebecca Marsh	5th	13th	-	Emily LaBarbera
2013	Ben Martucci	5th	10th	-	Alec Slamal
2014	Ben Martucci	4th	12th	-	Jessica Krystek

**MOCCASIN TRADITION**

- 1** Sunshine State Conference Hall of Fame Honoree
- 1** Polk County Hall of Fame Honoree
- 1** Sunshine State Conference Freshman of the Year
- 1** CoSIDA Academic All-District Honoree
- 2** All-Americans
- 3** NCAA National Meet Appearances
- 6** SSC Runners of the Year
- 6** SSC Champions
- 7** SSC Team Titles
- 8** SSC All-Championship Team Honorees
- 8** SSC Coach of the Year Honorees
- 9** Runners named to SSC Silver Anniversary Team as well as the Top Runner of the First 25 Seasons
- 10** SSC Team Runner-Up Finishes
- 10** USTFCCA Scholar-Athletes
- 15** NACDA Academic Achievement Award Recipients
- 18** All-South Honorees
- 18** Meet Team Championships
- 22** Meet Individual Championships
- 25** NCAA Postseason Appearances
- 80** All-Conference Honorees
- 123** Runners named to SSC Commissioner's Honor Roll



2014 SCHEDULE / RESULTS

Date	Event	Location	Distance	Team Finish	Top Individual	Finish	Time
Sept. 5	USF Invitational	Tampa, Fla.	5K	5th	Caitlyn Hollinger	61st	20:35.58
Sept. 12	UT Early Bird	Dover, Fla.	5K	5th	Emily Schonder	29th	21:10.80
Sept. 20	UF Mountain Dew Invite	Gainesville, Fla.	5K	9th	Emily Schoner	31st	20:04.86
Oct. 3	FLrunners.com Invitational	Titusville, Fla.	5K	12th	Ashley Dudman	63rd	21:59.33
Oct. 10	Florida State Invitational	Tallahassee, Fla.	5K	13th	Jessica Krystek	57th	20:33.07
Oct. 25	Valdosta St. XC Challenge	Valdosta, Ga.	5K	5th	Jessica Krystek	21st	20:14.90
Nov. 8	SSC Championships	Dover, Fla.	6K	4th	Jessica Krystek	24th	25:11.00
Nov. 22	NCAA South Regionals	Huntsville	6K	12th	Ashley Montano	58th	25:05.64

USF INVITATIONAL
Sept. 5, 2014 • Tampa, Fla.
5,000 meters

NON D-I TEAM RESULTS

1. Tampa	31
2. Saint Leo	49
3. Embry-Riddle	61
4. Nova Southeastern	112
5. Florida Southern	135
6. Florida Tech	162

FSC INDIVIDUAL RESULTS

61. Caitlyn Hollinger	20:35.58
65. Ashley Montano	20:39.92
77. Emilie Flament	20:55.46
80. Emily Schonder	20:57.50
87. Laura Wichmann	21:09.84
91. Jessica Krystek	21:16.27
98. Marissa Senzamici	21:23.82
106. Alec Slamal	21:38.28
114. Molly Price	21:50.10
119. Ashley Dudman	21:55.46
133. Rebecca Levy	22:31.52
134. Ashley Murray	22:31.95
135. Julie Roggeman	22:34.25
140. Jenna Williams	22:54.25
146. Sarah Swallow	23:34.96

UT EARLY BIRD INVITATIONAL
Sept. 13, 2014 • Dover, Fla.
5,000 meters

TEAM RESULTS

1. South Florida	30
2. Tampa	48
3. Saint Leo	75
4. Nova Southeastern	92
5. Florida Southern	143
6. Pasco-Hernando CC	190
7. Lynn	194
8. Palm Beach Atlantic	233
9. Warner	280

FSC INDIVIDUAL RESULTS

29. Emily Schonder	21:10.80
31. Ashley Montano	21:11.90
33. Emilie Flament	21:17.30
37. Caitlyn Hollinger	21:26.40
39. Laura Wichmann	21:28.80
40. Jessica Krystek	21:31.40
51. Alec Slamal	21:50.10
54. Marissa Senzamici	21:54.40
63. Molly Price	22:23.50
68. Julie Roggeman	22:33.50
69. Ashley Dudman	22:39.20
70. Rebecca Levy	22:41.60
71. Ashley Murray	22:42.60
79. Jenna Williams	23:07.90
81. Sarah Swallow	23:16.00

UF MOUNTAIN DEW INVITE
Sept. 20, 2014 • Gainesville, Fla.
5,000 meters

NON D-I TEAM RESULTS

1. Tampa	38
2. Saint Leo	58
3. Embry-Riddle	121
4. West Florida	122
5. Southeastern	123
6. Flagler	157
7. Florida Tech	171
8. Florida Running Club	172
9. Florida Southern	196
10. Ava Maria	298
11. Edward Waters	336

FSC INDIVIDUAL RESULTS

31. Emily Schonder	20:04.06
43. Emilie Flament	20:34.69
46. Caitlyn Hollinger	20:40.94
47. Marissa Senzamici	20:41.47
51. Jessica Krystek	20:51.78
52. Ashley Montano	20:52.96
56. Laura Wichmann	20:57.26
60. Alec Slamal	20:59.90

FLRUNNERS.COM INVITATIONAL
Oct. 3, 2014 • Titusville, Fla.
5,000 meters

TEAM RESULTS

1. Central Florida	28
2. Florida A&M	47
3. Saint Leo	73
4. Stetson Univ.	112
5. Southeastern Univ.	149
6. Jacksonville Univ.	162
7. Rollins	235
8. Pasco-Hernando CC	265
9. Florida International	266
10. BC Running	275
11. Florida Running Club	283
12. Florida Southern	300
13. Palm Beach Atlantic	336
14. Johnson & Wales	432

FSC INDIVIDUAL RESULTS

63. Ashley Dudman	21:59.33
67. Molly Price	22:05.71
74. Ashley Murray	22:18.03
85. Sarah Swallow	22:42.28
89. Rebecca Levy	22:50.67
104. Jenna Williams	24:00.98
107. Julie Roggeman	24:37.06

FLORIDA STATE INVITATIONAL
Oct. 10, 2014 • Tallahassee, Fla.
5,000 meters

NON D-I TEAM RESULTS

1. Tampa	78
2. Saint Leo	96
3. North Georgia	111
4. West Florida	160
5. Alabama-Huntsville	179
6. Southeastern	183
7. Point	191
8. Nova Southeastern	195
9. Flagler	199
10. Young Harris	235
11. Embry-Riddle	240
12. Valdosta State	254
13. Florida Southern	341

14.	Florida Tech	357
15.	Southern Wesleyan	390
16.	Mobile	453
17.	Webber International	517
18.	Fort Valley State	590

FSC INDIVIDUAL RESULTS

57.	Jessica Krystek	20:33.07
59.	Ashley Montano	20:38.00
70.	Marissa Senzamici	20:56.91
97.	Caitlyn Hollinger	21:25.74
106.	Alec Slamal	21:32.84
117.	Molly Price	21:55.04
123.	Ashley Murray	22:02.21
129.	Ashley Dudman	22:18.10
145.	Julie Roggeman	22:38.54
162.	Jenna Williams	23:29.97

VALDOSTA STATE CHALLENGE**Oct. 25, 2014 • Valdosta, Ga.****5,000 meters****TEAM RESULTS**

1.	Tampa	27
2.	Flagler	59
3.	West Florida	66
4.	Valdosta State	83
5.	Florida Southern	119

FSC INDIVIDUAL RESULTS

21.	Jessica Krystek	20:14.90
22.	Ashley Montano	20:16.50
27.	Alec Slamal	20:34.70
28.	Emilie Flament	20:36.30
31.	Emily Schonder	20:50.10
33.	Rebecca Levy	20:57.90
35.	Laura Wichmann	21:02.30
37.	Molly Price	21:17.50
40.	Ashley Dudman	21:23.70
41.	Ashley Murray	21:33.70
42.	Julie Roggeman	21:40.00
43.	Jenna Williams	21:47.70
45.	Sarah Swallow	21:54.60

Jessica Krystek was the top finisher for the Moccasins in the Sunshine State Conference Meet, placing 24th with a time of 24:11.0 over the 6K race. ➤

SUNSHINE STATE CONF. CHAMPIONSHIPS**Nov. 8, 2014 • Saint Leo, Fla.****8,000 meters****TEAM RESULTS**

1.	Saint Leo	36
2.	Tampa	37
3.	Nova Southeastern	75
4.	Florida Southern	136
5.	Florida Tech	145
6.	Lynn	149
7.	Rollins	171

FSC INDIVIDUAL RESULTS

24.	Jessica Krystek	25:11.00
29.	Ashley Montano	25:30.70
30.	Alec Slamal	25:34.60
38.	Emilie Flament	25:55.50
39.	Emily Schonder	25:58.20
41.	Laura Wichmann	26:07.20
47.	Marissa Senzamici	26:41.00
48.	Rebecca Levy	26:44.40
52.	Ashley Dudman	26:58.20
53.	Molly Price	27:10.50

**NCAA D-II SOUTH REGIONALS****Nov. 22, 2014 • Huntsville, Ala.****10,000 meters****TEAM RESULTS**

1.	Tampa	63
2.	Saint Leo	73
3.	Union (TN)	82
4.	Alabama-Huntsville	140
5.	West Alabama	161
6.	Valdosta State	178
7.	Nova Southeastern	181
8.	West Georgia	189
9.	North Alabama	218
10.	Shorter (GA)	223
11.	Florida Tech	289
12.	Florida Southern	307
13.	Christian Brothers	320
14.	Palm Beach Atlantic	434

FSC INDIVIDUAL RESULTS

58.	Ashley Montano	25:05.64
67.	Jessica Krystek	25:32.44
72.	Alec Slamal	25:46.20
74.	Rebecca Levy	25:58.64
78.	Laura Wichmann	26:12.02
80.	Marissa Senzamici	26:21.33
93.	Emilie Flament	27:36.04



▲ *Ashley Montano was the top finisher for FSC in the NCAA South Regional Meet, placing 58th with a time of 25:05.64 in the 6K race.*

2014 TOP INDIVIDUAL TIMES BY DISTANCE

ASHLEY DUDMAN

5K - PR: 20:48.21 / 2013 (USF Bulls Invite)

21:55.46	USF Invite	9/05	119th
22:39.20	UT Early Bird	9/12	69th
21:59.33	Flrunners.com	10/03	63rd
22:18.10	FSU Invite	10/10	129th
21:23.70	VSU Challenge	10/25	40th

6K - PR: 26:58.20 / 2014 (SSC Championships)

26:58.20	SSC Championships	11/08	52nd
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EMILIE FLAMENT

5K - PR: 20:14.32 / 2013 (USF Bulls Invite)

20:55.46	USF Invite	9/05	77th
21:17.30	UT Early Bird	9/12	33rd
20:34.69	UF Invite	9/20	43rd
20:36.30	VSU Challenge	10/25	28th

6K - PR: 25:55.50 / 2014 (SSC Championships)

25:55.50	SSC Championships	11/08	38th
27:36.04	South Regionals	11/22	93rd

CAITLYN HOLLINGER

5K - PR: 20:35.58 / 2014 (USF Invite)

20:35.58	USF Invite	9/05	61st
21:26.40	UT Early Bird	9/12	37th
20:40.94	UF Invite	9/20	46th
21:25.74	FSU Invite	10/10	97th

6K - PR:

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JESSICA KRYSTEK

5K - PR: 19:46.76 / 2011 (FSU Invitational)

21:16.27	USF Invite	9/05	91st
21:31.40	UT Early Bird	9/12	40th
20:51.78	UF Invite	9/20	51st
20:33.07	FSU Invite	10/10	57th
20:14.90	VSU Challenge	10/25	21st

6K - PR: 24:03.20 / 2012 (SSC Championships)

25:11.00	SSC Championships	11/08	248th
25:32.44	South Regionals	11/22	67th

REBECCA LEVY

5K - PR: 20:56.52 / 2013 (USF Invite)

22:31.52	USF Invite	9/05	133rd
22:41.60	UT Early Bird	9/12	70th
22:50.67	Flrunners.com	10/03	89th
20:57.90	VSU Challenge	10/25	33rd

6K - PR: 25:27.10 / 2012 (SSC Championships)

26:44.40	SSC Championships	11/08	48th
25:58.64	South Regionals	11/22	74th

ASHLEY MONTANO

5K - PR: 19:26.81 / 2013 (USF Invite)

20:39.92	USF Invite	9/05	65th
21:11.90	UT Early Bird	9/12	31st
20:52.96	UF Invite	9/20	52nd
20:38.00	FSU Invite	10/10	59th
20:16.50	VSU Challenge	10/25	22nd

6K - PR: 24:24.00 / 2013 (SSC Championships)

25:30.70	SSC Championships	11/08	29th
25:05.44	South Regionals	11/22	58th

ASHLEY MURRAY

5K - PR: 21:14.38 / 2013 (USF Invite)

22:31.95	USF Invite	9/05	134th
22:42.60	UT Early Bird	9/12	70th
22:18.03	Flrunners.com	10/03	74th
22:20.21	FSU Invite	10/10	123rd
21:33.70	VSU Challenge	10/25	41st

6K - PR: 26:33.00 / 2013 (SSC Championships)

-

MOLLY PRICE

5K - PR: 21:17.50 / 2014 (VSU Challenge)

21:50.10	USF Invite	9/05	114th
22:23.50	UT Early Bird	9/12	63rd
22:05.71	Flrunners.com	10/03	67th
21:55.04	FSU Invite	10/10	117th
21:17.50	VSU Challenge	10/25	37th

6K - PR: 27:10.50 / 2014 (SSC Championships)

27:10.70	SSC Championships	11/08	53th
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JULIE ROGGE MAN

5K - PR: 21:13.61 / 2013 (USF Invite)

22:34.25	USF Invite	9/05	135th
22:33.50	UT Early Bird	9/12	68th
24:37.06	Flrunners.com	10/03	107th
22:38.54	FSU Invite	10/10	145th
21:40.00	VSU Challenge	10/25	42nd

6K - PR:

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EMILY SCHONDER

5K - PR: 20:04.86 / 2014 (UF Invite)

20:57.50	USF Invite	9/05	80th
21:10.80	UT Early Bird	9/12	29th
20:04.86	UF Invite	9/20	31st
20:50.10	VSU Challenge	10/25	31st

6K - PR: 25:58.20 / 2014 (SSC Championships)

25:58.20	SSC Championships	11/08	38th
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MARISSA SENZAMICI

5K - PR: 20:41.47 / 2014 (UF Invite)

21:23.82	USF Invite	9/05	98th
21:54.40	UT Early Bird	9/12	54th
20:41.47	UF Invite	9/20	47th
20:56.91	FSC Invite	10/10	70th

6K - PR: 26:21.33 / 2014 (NCAA South Regionals)

26:41.00	SSC Championships	11/08	47th
26:21.33	South Regionals	11/22	80th

ALEC SLAMAL

5K - PR: 18:57.02 / 2013 (USF Invite)

21:38.28	USF Invite	9/05	106th
21:50.10	UT Early Bird	9/12	51st
20:59.90	UF Invite	9/20	60th
21:32.84	FSU Invite	10/10	106th
20:34.70	VSU Challenge	10/25	27th

6K - PR: 24:04.00 / 2013 (SSC Championships)

25:34.60	SSC Championships	11/08	30th
25:46.20	South Regionals	11/22	72nd

SARAH SWALLOW

5K - PR: 21:54.60 / 2014 (VSU Challenge)

23:34.96	USF Invite	9/05	146th
23:16.00	UT Early Bird	9/12	81st
22:42.28	Flrunners.com	10/03	85th
22:19.41	FSU Invite	10/10	131st
21:54.60	VSU Challenge	10/25	45th

6K - PR:

-

LAURA WICHMANN

5K - PR: 20:57.26 / 2014 (UF Invite)

21:09.84	USF Invite	9/05	87th
21:28.80	UT Early Bird	9/12	39th
20:57.26	UF Invite	9/20	56th
21:02.30	VSU Challenge	10/25	35th

6K - PR: 26:07.20 / 2014 (SSC Championships)

26:07.20	SSC Championships	11/08	41st
26:12.02	South Regionals	11/22	78th

JENNA WILLIAMS

5K - PR: 21:47.70 / 2014 (VSU Challenge)

22:54.28	USF Invite	9/05	140th
23:07.90	UT Early Bird	9/12	79th
24:00.98	Flrunners.com	10/03	104th
23:29.97	FSU Invite	10/10	162nd
21:47.70	VSU Challenge	10/25	43rd

6K - PR:

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Division II

MAKE YOURS™

2014 TOP TIMES BY DISTANCE

5,000 METERS

Time	Name	Event	Date
20:04.86	Emily Schonder	UF Invite	Sept. 20
20:14.90	Jessica Krystek	VSU Challenge	Oct. 25
20:16.50	Ashley Montano	VSU Challenge	Oct. 25
20:33.07	Jessica Krystek	FSU Invite	Oct. 10
20:34.69	Emilie Flament	UF Invite	Sept. 20
20:34.70	Alec Slamal	VSU Challenge	Oct. 25
20:36.30	Emilie Flament	VSU Challenge	Oct. 25
20:38.00	Ashley Montano	FSU Invite	Oct. 10
20:39.92	Ashley Montano	USF Invite	Sept. 5
20:40.94	Caitlyn Hollinger	UF Invite	Sept. 20
20:41.47	Marissa Senzamici	UF Invite	Sept. 20
20:52.96	Ashley Montano	UF Invite	Sept. 20
20:55.46	Emilie Flament	USF Invite	Sept. 5

6,000 METERS

Time	Name	Event	Date
25:05.64	Ashley Montano	South Regionals	Nov. 22
25:11.00	Jessica Krystek	SSC Championships	Nov. 8
25:30.70	Ashley Montano	SSC Championships	Nov. 8
25:32.44	Jessica Krystek	South Regionals	Nov. 22
25:34.60	Alec Slamal	SSC Championships	Nov. 8
25:46.20	Alec Slamal	South Regionals	Nov. 22
25:55.50	Emilie Flament	SSC Championships	Nov. 8
25:58.20	Emily Schonder	SSC Championships	Nov. 8
25:38.64	Rebecca Levy	South Regionals	Nov. 22
26:07.20	Laura Wichmann	SSC Championships	Nov. 8



The Kenyan Connection. Two-time All-American Jael Koech (left) from Nairobi, Kenya, ran for the Mocs from 2003-06 and was the Mocs' MVP in each season as well as the 2006 SSC Champion, and four-time All-South runner Carolayne Kwambai (right) from Eldoret, Kenya, ran for FSC from 2006-09 and was the Mocs' MVP her final three seasons.



SUNSHINE STATE CONFERENCE



ED PASQUE
Commissioner

Founded in 1975, the Sunshine State Conference has risen from a single sport organization to the Division II "Conference of Champions." Since its inception, the conference has grown steadily in sports played, membership and national prominence.

Sunshine State Conference member schools have won NCAA national titles (94 total) in baseball, softball, men's basketball, men's and women's golf, men's and women's tennis, men's and women's soccer, rowing and volleyball, and are nationally recognized in men's and women's cross country, men's and women's swimming and women's basketball. The first NCAA Division II national championship won by an SSC school was in the spring of 1978 as the Florida Southern baseball team captured its fourth of its nine national titles that year.

The SSC sponsors championships in baseball, men's and women's basketball, men's and women's cross country, men's and women's golf, men's and women's lacrosse, women's rowing men's and women's soccer, softball, men's and women's swimming, men's and women's tennis, women's volleyball. The first women's SSC championships began in 1981-82.

The SSC has led all 24 Division II conferences in the NCAA Academic Success Rate every year it has been measured. Each year, over 1,000 student-athletes are named to the Commissioner's Honor Roll with GPA's over 3.20 on a 4.00 scale. Through a wide range of initiatives, the SSC, its member institutions and student-athletes are actively involved in the Florida community. On a conference-wide basis, the SSC SAAC participates in an annual community service project at Give Kids the World Village in Kissimmee, Florida in addition to fundraising efforts conducted annually for the Make-A-Wish Foundation.

SSC members include: Barry University (Miami Shores); Eckerd College (St. Petersburg); Florida Tech (Melbourne); Florida Southern College (Lakeland); Lynn University (Boca Raton); Nova Southeastern University (Ft. Lauderdale); Rollins College (Winter Park); Saint Leo University (Saint Leo); and the University of Tampa (Tampa). Embry-Riddle (Daytona Beach) and Palm Beach Atlantic (West Palm Beach) are in their second year of provisional membership in the league.

For more information, please contact:

Ed Pasque, Commissioner

Maryanne Simkulak, Assistant Commissioner (Membership Services)

Robert Brennecke, Assistant Commissioner (Strategic Communications)

400 South Park Avenue, Suite 150

Winter Park, FL 32789 • 321-972-1803; Fax: 321-972-1805

www.sunshinestateconference.com

2014 SUNSHINE STATE CONFERENCE

SUNSHINE STATE CONFERENCE CHAMPIONSHIP MEET

November 8, 2014
Dover Trails (Seffner, FL)
Host: University of Tampa

WOMEN'S 6K RESULTS

TEAM	TTL	1	2	3	4	5	*6	*7
1 Saint Leo	36	1	3	4	13	15	19	20
Total Time: 1:56:48.50								
Average: 23:21.70								
2 Tampa	37	2	5	7	11	12	16	17
Total Time: 1:57:27.60								
Average: 23:29.5								
3 Nova Southeastern	75	8	9	14	18	26	30	34
Total Time: 2:02:35.40								
Average: 24:31.08								
4 Florida Southern	136	22	24	25	32	33	35	q38
Total Time: 2:08:10.00								
Average: 25:38.00								
5 Florida Tech	145	21	23	28	36	37	39	40
Total Time: 2:08:44.80								
Average: 25:44.96								
6 Lynn	149	6	27	31	42	43	44	
Total Time: 2:15:22.80								
Average: 27:04.56								
7 Rollins	171	10	29	41	45	46		
Total Time: 2:25:25.70								
Average: 29:05.14								

TOP 20 INDIVIDUAL RESULTS

NAME	YR	SCHOOL	FINALS	PTS
1 Rampf, Colett	FR	Saint Leo	22:20.20	1
2 Blundell, Chantell	JR	Tampa	22:24.80	2
3 Tancic, Jelena	SO	Saint Leo	22:45.40	3
4 Grippo, Kari	FR	Saint Leo	22:45.90	4
5 Cancelli, Claudia	SO	Tampa	23:02.10	5
6 Northup, Sarah	SO	Lynn	23:27.00	6
7 Kissel, Danielle	JR	Tampa	23:44.00	7
8 Zachar, Rachel	SR	Nova Southeastern	23:49.80	8
9 Howell, Rose	SR	Nova Southeastern	23:52.90	9
10 Jones, Mollie		Rollins	23:54.70	10
11 Sroczynski, Aislinn	FR	Tampa	24:02.10	11
12 Cancelli, Elaina	SO	Tampa	24:14.60	12
13 Fagan, Kylie	SO	Saint Leo	24:20.40	13
14 Sims, Aimee	SR	Nova Southeastern	24:27.60	14
15 Milian, Anet	SO	Saint Leo	24:36.60	15
16 Yovetich, Marissa	SR	Tampa	24:40.40	16
17 Sullivan, Kayla	FR	Tampa	24:44.10	17
18 Hernandez, Emily	FR	Nova Southeastern	24:49.30	18
19 McCormick, Natalie	SO	Saint Leo	24:49.60	19
20 Epps, Aimee	JR	Tampa	24:51.60	20
— — —				
24 Krystek, Jessica	SR	Florida Southern	25:11.00	22
29 Montano, Ashley	SO	Florida Southern	25:30.70	24
30 Slamal, Alec	SR	Florida Southern	25:34.60	25
38 Flament, Emilie	SO	Florida Southern	25:55.50	32
39 Schonder, Emily	FR	Florida Southern	25:58.20	33
41 Wichman, Laura	SR	Florida Southern	26:07.20	35
47 Senzamici, Marissa	SR	Florida Southern	26:41.00	38
48 Levy, Rebecca	JR	Florida Southern	26:44.40	
52 Dudman, Ashley	JR	Florida Southern	26:58.20	
53 Price, Molly	SO	Florida Southern	27:10.50	



SUNSHINE STATE CONFERENCE 2014 ALL-CHAMPIONSHIP TEAM

Colett Rampf	FR	Saint Leo
Chantell Blundell	JR	Tampa
Jelena Tancic	SO	Saint Leo
Kari Grippo	FR	Saint Leo
Claudia Cancelli	SO	Tampa
Sarah Northup	SO	Lynn
Danielle Kissel	JR	Tampa
Rachel Zachar	SR	Nova Southeastern
Rose Howell	SR	Nova Southeastern
Mollie Jones	SR	Rollins

SUNSHINE STATE CONFERENCE 2014 ALL-CONFERENCE TEAM

Colett Rampf	FR	Saint Leo
Chantell Blundell	JR	Tampa
Jelena Tancic	SO	Saint Leo
Kari Grippo	FR	Saint Leo
Sarah Northup	SO	Lynn
Danielle Kissel	JR	Tampa
Claudia Cancelli	SO	Tampa

Runner of the Year: Colett Rampf, Saint Leo

Freshman of the Year: Colett Rampf, Saint Leo

Coach of the Year: Melissa Miller, Saint Leo

SUNSHINE STATE CONFERENCE RUNNERS OF THE WEEK

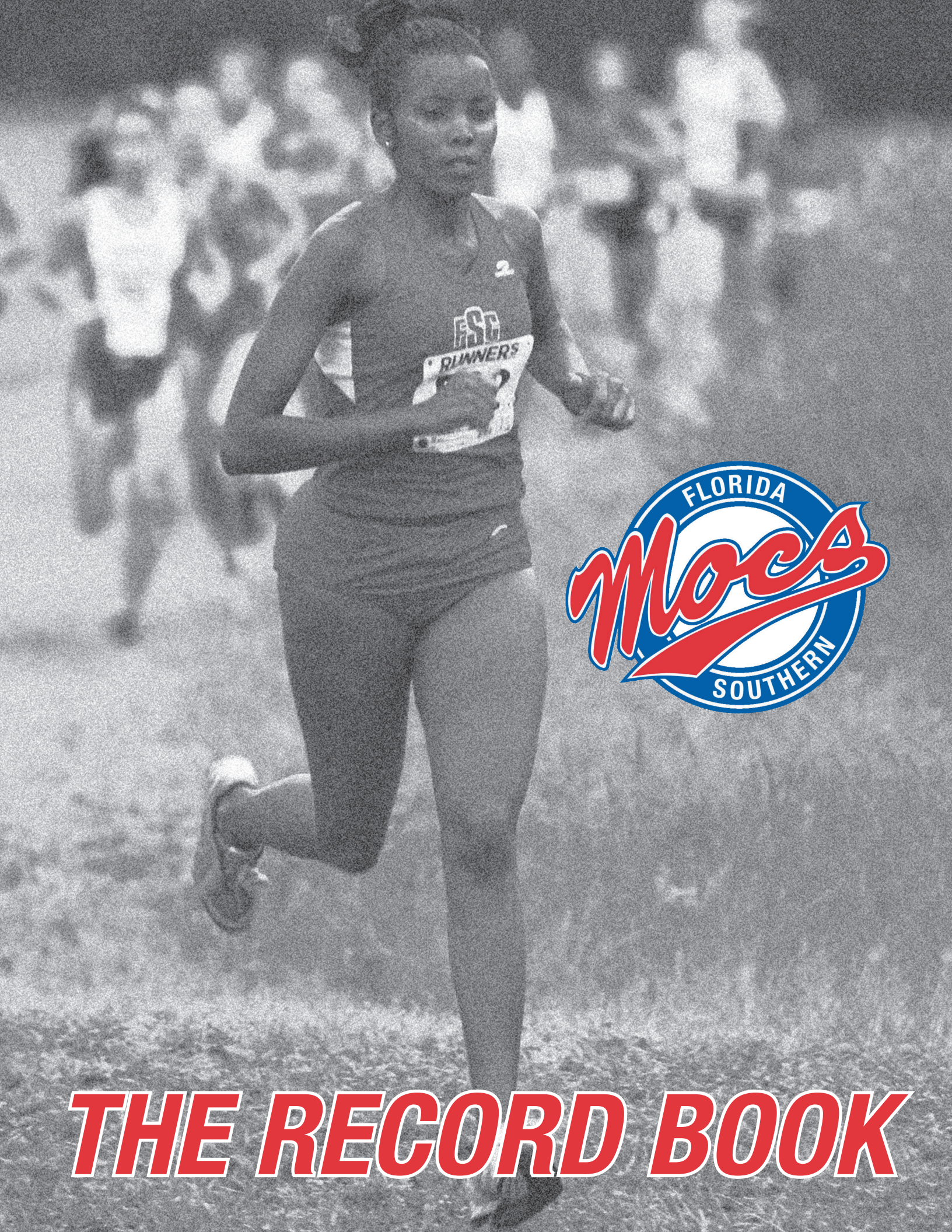
9/08	Chantell Blundell	JR	Tampa
9/15	Colett Rampf	FR	Saint Leo
9/22	Colett Rampf	FR	Saint Leo
10/06	Chantell Blundell	JR	Tampa
10/13	Colett Rampf	FR	Saint Leo
10/27	Colett Rampf	FR	Saint Leo

SUNSHINE STATE CONFERENCE YEAR-BY YEAR WOMEN'S CROSS COUNTRY CHAMPIONS

Year	Champion (score)	Runner-Up (score)	Individual Champion	Host (Distance)
1980	Florida Southern (39)	Central Florida (48)	Jackie Nations (Central Florida), 23:30	Central Florida (5K)
1981	Rollins (33)	Biscayne (45)	Lisa English (Biscayne), 18:13	Biscayne (3 miles)
1982	Biscayne (54)	Central Florida (65)	Lisa English (Biscayne), 17:49	Saint Leo (3 miles)
1983	Rollins (45)	Central Florida (60)	Carol Schultze (Rollins), 18:16	Saint Leo (3 miles)
1984	St. Thomas (19)	Florida Tech (33)	Ema Guerera-Mora (St. Thomas), 17:00.4	Florida Tech (3 miles)
1985	St. Thomas (17)	Eckerd (63)	Ema Guerera-Mora (St. Thomas), 17:27	Florida Tech (5K)
1986	Florida Tech (53)*	Florida Southern (53)	Paige Dempsey (Florida Southern), 19:10	Florida Tech (5K)
1987	Florida Tech (51)	Tampa (53)	Melanie Theborge (Florida Tech), 19:25	Florida Tech (5K)
1988	Tampa (38)	Rollins (62)	Jodi Washburn (Rollins), 19:15	Florida Tech (5K)
1989	Barry (49)	Eckerd (53)	Maureen Fusco (Tampa), 18:24	Eckerd (5K)
1990	Eckerd (23)	Barry (64)	Kim Fagen (Eckerd), 17:43	Eckerd (5K)
1991	Eckerd (20)	Barry (64)	Kim Fagen (Eckerd), 18:05	Florida Tech (5K)
1992	Eckerd (28)	Tampa (69)	Diane Daley (Barry), 19:57	Florida Tech (5K)
1993	North Florida (15)	Florida Southern (68)	Aimee Kagel (North Florida), 17:58	Saint Leo (5K)
1994	North Florida (15)	Eckerd (88)	Kim Pawelek (North Florida), 18:14	North Florida (5K)
1995	North Florida (15)	Eckerd (79)	Kim Pawelek (North Florida), 18:11	Florida Tech (5K)
1996	North Florida (20)	Florida Southern (37)	Suzanne Ernst (North Florida), 18:53.21	North Florida (5K)
1997	Florida Southern (18)	Rollins (76)	April Booe (Florida Southern), 19:35.5	Florida Southern (5K)
1998	Florida Southern (15)	Rollins (70)	Michelle Solan (Florida Southern), 23:17	Florida Tech (6K)
1999	Florida Southern (15)	Rollins (48)	Alli Tatangelo (Florida Southern), 22:35	Rollins (6K)
2000	Florida Southern (17)	Rollins (52)	Alli Tatangelo (Florida Southern), 23:22	Saint Leo (6K)
2001	Florida Southern (28)	Tampa (42)	Tracy Buxton (Tampa), 22:29	Tampa (6K)
2002	Tampa (21)	Florida Southern (43)	DeeDee Haefling (Tampa), 22:06	Eckerd (6K)
2003	Tampa (26)	Florida Southern (36)	Allison Macsas (Tampa), 21:58	Florida Southern (6K)
2004	Tampa (21)	Florida Southern (34)	Allison Macsas (Tampa), 20:35.73	Florida Tech (6K)
2005	Tampa (32)	Florida Southern (38)	Allison Macsas (Tampa), 21:56.5	Rollins (6K)
2006	Florida Southern (36)	Tampa (40)	Jael Koech (Florida Southern), 22:29	Nova Southeastern (6K)
2007	Tampa (18)	Florida Southern (53)	Laura Woznicki (Tampa), 21:38.75	Saint Leo (6K)
2008	Tampa (21)	Florida Southern (76)	Jessica Forrester (Tampa), 21:33.00	Tampa (6K)
2009	Tampa (21)	Florida Southern (69)	Sara Trane (Florida Tech), 21:10.32	Florida Southern (6K)
2010	Tampa (27)	Nova Southeastern (72)	Heather Nicolisi (Tampa), 20:39.98	Florida Tech (6K)
2011	Tampa (29)	Nova Southeastern (69)	Tereza Novotna (Saint Leo), 21:44.60	Nova SE (6K)
2012	Tampa (27)	Nova Southeastern (68)	Alexandria Palm (Nova Southeastern), 21:51.80	Rollins (6K)
2013	Tampa (31)	Nova Southeastern (42)	Alexandria Palm (Nova Southeastern), 21:50	Saint Leo (6K)
2014	Saint Leo (36)	Tampa (37)	Colett Rampf (Saint Leo), 22:20.20	Tampa (5K)

*Won championship on tie-breaker (sixth runner)

Six freshmen have won the SSC meet: Lisa English (1981), Aimee Kagel (1993), Suzanne Ernst (1996), April Booe (1997), Michelle Solan (1998) and Tereza Novotna (2011)



THE RECORD BOOK

ALL-TIME LETTERWINNERS

Albertsma, Caroline (<i>Midden-Beemster, Netherlands</i>) ..	1992
Anderson, Rachel (<i>Collierville, TN</i>) ..	2003, 2004, 2005, 2006
Asbee, Courtney (<i>Lakewood, CA</i>) ..	1992
Avery, April (<i>Fort Myers, FL</i>) ..	2001, 2002, 2003, 2004
Barnhart, Erica (<i>Springfield, MA</i>) ..	1997
Barnholth, Jennifer (<i>Edgewood, MD</i>) ..	1987, 1988, 1989, 1990
Barrese, Katie (<i>Temecula, CA</i>) ..	2009
Bemman, Krystal (<i>Winter Haven, FL</i>) ..	2007
Booe, April (<i>Lehigh Acres, FL</i>) ..	1997, 1998, 1999, 2000
Bowen, Kelly (<i>North Fort Myers, FL</i>) ..	2000, 2001, 2002
Brown, Jessica (<i>Naples, FL</i>) ..	1996, 1997
Brown, Lauren (<i>Orlando, FL</i>) ..	2005
Campbell, Dianna (<i>Lakeland, FL</i>) ..	1990, 1991
Carr, Barbara (<i>New Port Richey, FL</i>) ..	2001, 2002, 2003, 2004
Cassario, Corin (<i>Melbourne, FL</i>) ..	2010, 2011
Cicanese, Angie (<i>Punta Gorda, FL</i>) ..	1982, 1983, 1984
Clarke, Krystal (<i>Smithfield, RI</i>) ..	2011
Clark, Rebecca (<i>Lakeland, FL</i>) ..	1997, 1998, 1999, 2000
Clary, Dawn (<i>Brockport, NY</i>) ..	1992, 1993
Colbert, Alyssa (<i>Cocoa, FL</i>) ..	2006
Colina, Gina (<i>Aruba</i>) ..	1984
Combes, Kelsey (<i>Winter Springs, FL</i>) ..	2005
Cooks, Leda (<i>Lakeland, FL</i>) ..	1982
Cox, Marcella (<i>Santa Clara, CA</i>) ..	1983, 1984
Crane, Sherrie ..	1980
Crocker, Debbie (<i>Ft. Lauderdale, FL</i>) ..	1980, 1981
Currier, Christine ..	1985
Davis, Jessica (<i>Dundee, FL</i>) ..	2004, 2005
Dean, Tracy (<i>Sarasota, FL</i>) ..	1986
Deck, Heidi (<i>Winter Haven, FL</i>) ..	1992
Dempsey, Paige (<i>Cocoa Beach, FL</i>) ..	1986, 1987, 1988
DeNeve, Danielle (<i>Bellair, FL</i>) ..	2001
Downey, Amy (<i>North Palm Beach, FL</i>) ..	1982
Dudman, Ashley (<i>Geneva, IL</i>) ..	2012, 2013, 2014
Dunn, Kelsey (<i>Daytona Beach, FL</i>) ..	2007, 2009, 2010
Echols, Jessica (<i>Moore Haven, FL</i>) ..	2009
Esper, Julie (<i>Mentor, OH</i>) ..	1989, 1990
Evans, Alejandra (<i>Hudson, FL</i>) ..	1984
Farina, Paula (<i>Keystone Heights, FL</i>) ..	1982
Farrow, Abby (<i>Auburn, AL</i>) ..	2013
Figlesthaller, Beth (<i>Sarasota, FL</i>) ..	2003, 2004
Flagg, Debra (<i>Omaha, NE</i>) ..	1989, 1990
Flament, Emilie (<i>Orlando, FL</i>) ..	2013, 2014
Flanagan, Kelly (<i>Port Richey, FL</i>) ..	1992
Flight, Susan (<i>Plantation, FL</i>) ..	1981
Ford, Laurie (<i>Kissimmee, FL</i>) ..	1982
Fussell, Katie ..	2000
Galica, Kelley (<i>Sarasota, FL</i>) ..	1989, 1990
Garcia, Elizabeth (<i>Medellin, Columbia</i>) ..	2004, 2005
Garcia, Tanya (<i>Orange Park, FL</i>) ..	2000, 2001
Gardino, Ali (<i>Naples, FL</i>) ..	2006, 2007, 2008, 2009
Gearlds, Kassandra (<i>Indianapolis, IN</i>) ..	2009
Geiger, Alex (<i>Huntington Valley, PA</i>) ..	2012, 2013
Germ, Amanda (<i>Oviedo, FL</i>) ..	2007
Gesche, Michelle (<i>Largo, FL</i>) ..	1988
Goodell, Katrina (<i>Lakeland, FL</i>) ..	1997, 1998
Goppert, Katie (<i>Lake Winnebago, MO</i>) ..	2003
Gray, Carlie (<i>Port St. Lucie, FL</i>) ..	2010, 2011, 2012, 2013

Gray, Janet (<i>Frederick, MD</i>) ..	1982, 1983
Griffith, Angie ..	1985
Guglielmo, Joanna (<i>Cape Coral, FL</i>) ..	2007, 2008
Hale, Debbie (<i>St. Augustine, FL</i>) ..	1985
Haralson, Staci (<i>Naples, FL</i>) ..	1989
Hardee, Valerie (<i>Winter Haven, FL</i>) ..	1996, 1997, 1999
Harrison, Lisa (<i>Oberlin, OH</i>) ..	1983
Hitchcock, Kellie (<i>Lake Wales, FL</i>) ..	1997
Hollinger, Caitlyn (<i>Goodard, KS</i>) ..	2014
Honeycutt, Amber (<i>Lincoln, NE</i>) ..	2006
Hoon, Yee Lim (<i>Butterworth, Malaysia</i>) ..	1990, 1991
Hoyt, Jennifer (<i>Washington, IL</i>) ..	1989, 1990
Huerkamp, Natalie (<i>St. Augustine, FL</i>) ..	1986
Hunt, Dorothy (<i>Fort Myers, FL</i>) ..	1980, 1981
Huzar, Melissa (<i>Milford, NJ</i>) ..	2011
Jack, Robin (<i>Miami, FL</i>) ..	1987
Jennings, Janae (<i>New Port Richey, FL</i>) ..	1983, 1984
Joyner, Cynthia (<i>Prince George, VA</i>) ..	1991
Kennedy, Kathryn (<i>Cape Coral, FL</i>) ..	1996
Klingensmith, Judy ..	1980
Koech, Jael (<i>Nairobi, Kenya</i>) ..	2003, 2004, 2005, 2006
Kozlowski, Dawn (<i>Largo, FL</i>) ..	1992, 1993
Krevas, Jamie ..	1998
Krystek, Jessica (<i>Ringoes, NJ</i>) ..	2011, 2012, 2013, 2014
Kucharik, Andrea (<i>Wyoming, DE</i>) ..	2000
Kucharik, Kimberly (<i>Wyoming, DE</i>) ..	2000
Kwambai, Carolyne (<i>Eldoret, Kenya</i>) ..	2006, 2007, 2008, 2009
LaBarbera, Emily (<i>Cape Coral, FL</i>) ..	2009, 2010, 2011, 2012
Langford, Megan (<i>Austin, TX</i>) ..	2002
Lazansky, Lori (<i>Darien, IL</i>) ..	1995, 1996
Lemoine, Shannon (<i>Orlando, FL</i>) ..	1991
Levesque, Nicole (<i>Durham, NC</i>) ..	2005
Levy, Rebecca (<i>Mahopac, NY</i>) ..	2012, 2013, 2014
Little, Keshia (<i>Palm Bay, FL</i>) ..	1995, 1996
Longhini, Amanda (<i>Lake Worth, FL</i>) ..	1995
Mangus, Eva ..	1980
McKenzie, Kim (<i>Charleston, SC</i>) ..	1991
McLaughlin, Linda (<i>Bonita Springs, FL</i>) ..	2000, 2001, 2002
McMahon, Cathy (<i>Toms River, NJ</i>) ..	1995, 1996
Michael, Justine (<i>Gainesville, FL</i>) ..	2009
Mikesh, Miranda (<i>Seattle, WA</i>) ..	2000
Mitchell, Arden (<i>Gainesville, FL</i>) ..	2004
Montano, Ashley (<i>Colorado Springs, FL</i>) ..	2013, 2014
Mrkic, Linda (<i>South Oakleigh, Australia</i>) ..	2004
Mulford, Julie ..	1985
Murphy, Amanda (<i>Naples, FL</i>) ..	2000
Murray, Ashley (<i>Plant City, FL</i>) ..	2013, 2014
Musick, Michelle (<i>Lakeland, FL</i>) ..	1987
Neale, Renae (<i>Zephyrhills, FL</i>) ..	1998, 1999, 2000, 2001
Nealy, Barbara (<i>Holiday, FL</i>) ..	1986
Necciai, Julia (<i>Gibsonia, FL</i>) ..	2011
Neely, Lisa (<i>Auburndale, FL</i>) ..	1994
Orgielewicz, Laurie (<i>Brookfield, CT</i>) ..	1986
Paradis, Pamela (<i>Quebec City, Quebec</i>) ..	2011
Parker, Kelly (<i>Saco, ME</i>) ..	2005
Penney, Cindy (<i>Cedra Key, FL</i>) ..	1993, 1994
Peoples, Liz (<i>Natrick, MA</i>) ..	1988
Peters, Katie (<i>Macunie, PA</i>) ..	2002, 2003
Peters, Taryn (<i>Hudson, WI</i>) ..	1996, 1997, 1998, 1999
Pfundtner, Allison ..	1998

Poidevant, Lauren (<i>Green Cove Springs, FL</i>) ..	2009
Poole, Jennifer (<i>Seekonk, MA</i>) ..	1992, 1993, 1994
Porter, Amy (<i>St. Petersburg, FL</i>) ..	1984, 1985
Postigo, Samantha (<i>Miami, FL</i>) ..	2003, 2004, 2005
Price, Molly (<i>Miami, FL</i>) ..	2013, 2014
Pugh, Debra (<i>Haines City, FL</i>) ..	1989
Ramsay, Callie (<i>Orlando, FL</i>) ..	2007, 2008
Rhoades, Carolyn (<i>Lake Worth, FL</i>) ..	1982
Rhoades, Marolyn (<i>Lake Worth, FL</i>) ..	1982, 1983
Rideout, MacKenzie ..	2012
Rinn, Birgit (<i>Narbug, Germany</i>) ..	1994
Roggeman, Julie (<i>Valrico, FL</i>) ..	2013, 2014
Rucks, Kimi (<i>Okeechobee, FL</i>) ..	2002, 2003, 2004
Rusher, Kathy Jo (<i>Bokeelia, FL</i>) ..	1993, 1994, 1995
Ryschka, Corinna (<i>Bielefeld, Germany</i>) ..	1987
Saunders, Julie (<i>Huntington, WV</i>) ..	1988
Savignac, Lindsay (<i>Taftville, CT</i>) ..	2011
Sawicki, Mary (<i>Lake Hamilton, FL</i>) ..	1993, 1995
Schonder, Emily (<i>Tampa, FL</i>) ..	2014
Senzamici, Marissa (<i>Lakeland, FL</i>) ..	2014
Shannon, Cindy (<i>Eaton, OH</i>) ..	1994
Shaul, Nicole (<i>Bradenton, FL</i>) ..	2009, 2010
Shimer, Danielle (<i>Lutz, FL</i>) ..	2004, 2005, 2006, 2007
Shuey, Alyssa ..	2012
Siamal, Alec (<i>Temecula, CA</i>) ..	2011, 2012, 2013, 2014
Solan, Michelle ..	1998
Springer, Barbara (<i>East Longmeadow, MA</i>) ..	1990, 1991
Stewart, Kim (<i>Fort Meade, FL</i>) ..	1990
Stratton, Tammy (<i>Morrow, OH</i>) ..	1988, 1989, 1990, 1991
Strauss, Sarah (<i>Englewood, FL</i>) ..	2013
Sullivan, Shirley (<i>Farmington, MA</i>) ..	1992, 1993, 1994
Swallow, Sarah (<i>Palm Harbor, FL</i>) ..	2014
Swann, JoEllen (<i>Maitland, FL</i>) ..	1988, 1990
Swartz, Jillian (<i>Hernando, FL</i>) ..	2007, 2008, 2009, 2010
Tatangelo, Alli (<i>Tampa, FL</i>) ..	1998, 1999, 2000, 2001
Tatangelo, Beth (<i>Tampa, FL</i>) ..	2000
Thomas, Katie (<i>Strongsville, OH</i>) ..	1999, 2000, 2001, 2002
Thuer, Lisa (<i>Imperial, MO</i>) ..	2000
Timm, Sara (<i>Apple Valley, MN</i>) ..	2005
Tubei, Judy (<i>Kenya</i>) ..	2001
Urrego, Diana (<i>Medellin, Columbia</i>) ..	2001
Vall, Emily (<i>Sanibel, FL</i>) ..	1996, 1997, 1998, 1999
Vazquez, Janissa (<i>Palm Coast, FL</i>) ..	2005
Vickers, Kim (<i>Sebring, FL</i>) ..	1990
Vignali, Kristy (<i>Hudson, WI</i>) ..	1997, 1998, 1999
Wahl, Molijane (<i>Bedford, NY</i>) ..	1985, 1986, 1987, 1988
Wallace, Alston (<i>Tampa, FL</i>) ..	2002
Walsh, Joy (<i>Temple Terrace, FL</i>) ..	1994
Ward, Sonia (<i>Simsbury, CT</i>) ..	1991
Welker, Noelle (<i>Ft. Myers, FL</i>) ..	2003
Wheat, Felicia (<i>Kenmore, NY</i>) ..	1990, 1991
Whitehead, Karys (<i>Terra Ceia, FL</i>) ..	2007, 2009, 2010
Wichmann, Laura (<i>Waldshut-Tiengen, Germany</i>) ..	2014
Williams, Jenna (<i>Honeyoye Falls, NY</i>) ..	2014
Williams, Kimberly (<i>Sarasota, FL</i>) ..	1996
Wixson, Morgan (<i>Weldman, MI</i>) ..	2011
Zelonis, Tabitha (<i>Sarasota, FL</i>) ..	1999, 2000
Zimmerman, Laura (<i>Lakeland, FL</i>) ..	1986
Zimmerman, Pam (<i>Crawfordville, FL</i>) ..	1984

MEET VICTORIES - TEAM

1980	Sunshine State Conference Championship
1983	FSC Invitational
1992	vs. Tampa in dual meet.
1994	Warner Southern Invitational
1997	FSC Invitational; Sunshine State Conference Championship
1998	Florida Tech Invitational; Sunshine State Conference Championship
1999	Rollins Invitational; FSC Invitational; Sunshine State Conference Championship
2000	Rollins Invitational; FSC Invitational; Sunshine State Conference Championship
2001	FSC Invitational; Sunshine State Conference Championship
2004	Saint Leo Invitational
2006	Sunshine State Conference Championship

MEET VICTORIES - INDIVIDUAL

INDIVIDUAL	DATE	MEET	SITE/HOST
Paige Dempsey	9/20/86	Monarch Classic	Saint Leo (Saint Leo)
Paige Dempsey	9/27/86	Fla. Southern Inv.	Lakeland (Fla. Southern)
Paige Dempsey	10/11/86	SSC Championship	Melbourne (Fla. Tech)
Jennifer Poole	10/21/92	Tampa dual meet	Lakeland (Fla. Southern)
Kristy Vignalli	9/27/97	Fla. Southern Inv.	Lakeland (Fla. Southern)
April Booe	10/25/97	SSC Championship	Lakeland (Fla. Southern)
Alli Tatangelo	9/19/98	Fla. Tech Inv.	Melbourne (Fla. Tech)
Michelle Solan	10/24/98	SSC Championship	Melbourne (Fla. Tech)
Kristy Vignalli	9/17/99	Rollins Inv.	Winter Park (Rollins)
Alli Tatangelo	9/25/99	Fla. Southern Inv.	Lakeland (Fla. Southern)
Alli Tatangelo	10/23/99	SSC Championship	Winter Park (Rollins)
Alli Tatangelo	9/23/00	Fla. Southern Inv.	Lakeland (Fla. Southern)
Alli Tatangelo	10/21/00	SSC Championship	Saint Leo (Saint Leo)
Judy Tubei	10/13/01	Fla. Southern Inv.	Lakeland (Fla. Southern)
Jael Koech	9/10/04	Saint Leo Inv.	Dade City (Saint Leo)
Jael Koech	10/01/05	flrunners.com Inv.	Dade City (Saint Leo)
Jael Koech	9/08/06	Tampa Inv.	Tampa (Tampa)
Jael Koech	9/30/06	NCAA Pre-National	Pensacola (West Fla.)
Jael Koech	10/07/06	Disney Classic	Orlando
Jael Koech	10/21/06	SSC Championship	Sunrise (Nova SE)
Carolyn Kwambai	9/13/08	Florida Tech Inv.	Melbourne (Fla. Tech)
Alec Slamal	9/20/13	Jim Ryun Invitational	Lakeland (floridarunners.com)

TOP 10 BEST TIMES FOR A 5K RACE

Time	Runner	Event	Date
17:41.43	Jael Koech	flrunners.com Invitational	10/01/05
17:52.03	Jael Koech	Disney Classic	10/07/06
17:54.38	Jael Koech	Gator Invitational	9/16/06
17:55.52	Jael Koech	Walt Disney Classic	10/08/05
17:59.20	Jael Koech	Mountain Dew Inv. (Univ. Florida)	9/09/05
18:02.62	Jael Koech	Walt Disney Classic	10/09/04
18:05.00	Jael Koech	Great American Festival	9/24/05
18:07.21	Rachel Anderson	Mountain Dew Inv. (Univ. Florida)	9/09/05
18:15	Jael Koech	Georgia State Invitational	9/20/30
18:16.01	Jael Koech	Florida Intercollegiate (Fla. State)	9/17/05

TOP 10 BEST TIMES FOR A 6K RACE

Time	Runner	Event	Date
20:32.1	Jael Koech	NCAA Division II National	11/18/06
20:59.01	Jael Koech	Sunshine State Conference Champ.	10/23/04
21:34	Jael Koech	NCAA Division II South Regional	11/05/05
21:35.29	Rachel Anderson	Sunshine State Conference Champ.	10/23/04
21:42	Jael Koech	NCAA Division II South Regional	11/20/06
21:50	Jael Koech	NCAA Division II South Regional	11/08/03
21:50.5	Jael Koech	NCAA Division II National	11/19/05
22:00	Jael Koech	NCAA Division II South Regional	11/06/04
22:01.26	Linda Mrkic	Sunshine State Conference Champ.	10/23/04
22:05	Carolyn Kwambai	Sunshine State Conference Champ.	10/25/08

TOP 10 TIMES IN NCAA REGIONAL MEET (6K)

Time	Runner	Event	Date
21:34	Jael Koech	NCAA Division II Southeast Regionals	11/5/05
21:42	Jael Koech	NCAA Division II South Regionals	11/4/06
21:50	Jael Koech	NCAA Division II South Regionals	11/8/03
22:00	Jael Koech	NCAA Division II Southeast Regionals	11/6/04
22:08.4	Carolyn Kwambai	NCAA Division II South Regionals	11/3/07
22:18.64	Allie Tatangelo	NCAA Division II Southeast Regionals	11/6/99
22:21	Carolyn Kwambai	NCAA Division II South Regionals	11/7/09
22:26	Carolyn Kwambai	NCAA Division II South Regionals	11/8/08
22:28	Rachel Anderson	NCAA Division II Southeast Regionals	11/5/05
22:32	Carolyn Kwambai	NCAA Division II South Regionals	11/4/06

TOP TIMES IN NCAA REGIONAL MEET (5K)

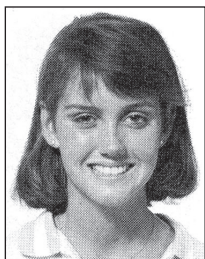
Time	Runner	Event	Date
20:05.70	Kristy Vignalli	NCAA Division II Southeast Regionals	11/8/97
20:22.60	April Booe	NCAA Division II Southeast Regionals	11/8/97
20:34.90	Taryn Peters	NCAA Division II Southeast Regionals	11/8/97
20:36	Cathy McMahon	NCAA Division II Southeast Regionals	11/5/95
20:49	Jessica Brown	NCAA Division II Southeast Regionals	11/8/97
20:49	Cathy McMahon	NCAA Division II Southeast Regionals	11/9/96

TOP 10 TIMES IN NCAA REGIONAL MEET (5K)

Time	Runner	Event	Date
20:32.1	Jael Koech	NCAA Division II Championships	11/18/06
21:27.2	Carolyn Kwambai	NCAA Division II Championships	11/18/06
21:50.5	Jael Koech	NCAA Division II Championships	11/19/05
22:07.1	Rachel Anderson	NCAA Division II Championships	11/18/06
22:07.7	Carolyn Kwambai	NCAA Division II Championships	11/17/07
22:33.3	Allie Tatangelo	NCAA Division II Championships	11/13/99
22:34.5	Rebecca Clark	NCAA Division II Championships	11/13/99
22:41.6	Jael Koech	NCAA Division II Championships	11/22/03
23:01.3	Danielle Shimer	NCAA Division II Championships	11/18/06
23:01.6	April Booe	NCAA Division II Championships	11/13/99



SSC CHAMPIONS FROM FSC



PAIGE DEMPSEY
1986



APRIL BOOE
1997



MICHELLE SOLAN
1998



ALLI TATANGELO
1999 & 2000



JAEK KOECH
2006



▲ Alli Tatangelo won back-to-back Sunshine State Conference championships in 1999 and 2000.



NCAA NATIONAL APPEARANCES

1999 (11th), 2001 (21st),
2006 (15th), 2011 (11th),
2012 (13th)

NCAA REGIONAL APPEARANCES

1982 (11th), 1983 (10th), 1980 (4th),
1993 (11th), 1994 (12th), 1996 (6th),
1997 (5th), 1998 (2nd), 1999 (2nd),
2000 (3rd), 2001 (2nd), 2002 (8th),
2003 (6th), 2004 (5th), 2005 (5th),
2006 (3rd), 2007 (4th), 2008 (8th),
2009 (5th), 2010 (14th), 2012 (13th),
2013 (10th)

SSC TEAM CHAMPIONSHIPS

1980, 1997, 1998,
1999, 2000, 2001, 2006

SSC INDIVIDUAL CHAMPIONS

1986 - Paige Dempsey
1997 - April Booe
1998 - Michelle Solan
1999 - Alli Tatangelo
2000 - Alli Tatangelo
2006 - Jael Koech



POSTSEASON HONORS**ALL-AMERICAN**

2005	Jael Koech (12th at NCAA-II Championship)
2006	Jael Koech (6th at NCAA-II Championship)

ALL-SOUTH REGION

1990	Dianna Campbell
1998	Rebecca Clark, Michelle Solan, Alli Tatangelo
1999	Taryn Peters, Alli Tatangelo, Kristy Vignalli
2001	Judy Tubei
2003	Jael Koech
2005	Rachel Anderson, Elizabeth Garcia, Jael Koech
2006	Rachel Anderson, Jael Koech, Carolyne Kwambai
2007	Carolyne Kwambai
2008	Carolyne Kwambai
2009	Carolyne Kwambai

**SUNSHINE STATE CONFERENCE
RUNNER OF THE YEAR**

1997	April Booe
1998	Michelle Solan
1998	Michelle Solan
1999	Alli Tatangelo
1999	Alli Tatangelo
2006	Jael Koech

SSC MEET INDIVIDUAL CHAMPIONS

1986	Paige Dempsey
1997	April Booe
1998	Michelle Solan
1999	Alli Tatangelo
1999	Alli Tatangelo
2006	Jael Koech

**SUNSHINE STATE CONFERENCE
FRESHMAN OF THE YEAR**

2008	Kelsey Dunn
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**SUNSHINE STATE CONFERENCE
ALL-CHAMPIONSHIP TEAM**

2007	1st Team: Carolyne Kwambai 2nd Team: Kelsey Dunn, Danielle Shimer
2008	1st Team: Carolyne Kwambai
2009	Katie Barresse; Carolyne Kwambai
2010	Emily LaBarbera
2011	Emily LaBarbera

**SUNSHINE STATE CONFERENCE
COACH OF THE YEAR**

1986	Ed Plowman
1993	Michael Way
1996	Buck Dawson
1997	Buck Dawson
1998	Buck Dawson
1999	Buck Dawson
2000	Buck Dawson
2006	Buck Dawson

ALL-SUNSHINE STATE CONFERENCE

1982	2nd Team: Angie Cicanese, Janet Gray
1983	1st Team: Janet Gray Hon. Mention: Angie Cicanese
1984	Hon. Mention: Angie Cicanese
1985	Hon. Mention: Molijane Wahl
1986	1st Team: Paige Dempsey, Laura Zimmerman 2nd Team: Laura Orgielewicz, Molijane Wahl
1987	1st Team: Michelle Musick
1990	1st Team: Caroline Albertsma, Dianna Campbell
1991	1st Team: Caroline Albertsma
1992	1st Team: Jennifer Poole
1993	2nd Team: Jennifer Poole
1994	2nd Team: Jennifer Poole
1996	1st Team: Jessica Brown 2nd Team: Valerie Hardee, Taryn Peters, Emily Vall
1997	1st Team: April Booe, Rebecca Clark, Taryn Peters, Kristy Vignalli 2nd Team: Jessica Brown, Kelly Hitchcock, Emily Val
1998	1st Team: Rebecca Clark, Taryn Peters, Michelle Solan, Alli Tatangelo, Kristy Vignalli 2nd Team: April Booe, Jamie Krevas, Emily Vall
1999	1st Team: April Booe, Rebecca Clark, Taryn Peters, Alli Tatangelo, Kristy Vignalli 2nd Team: Renae Neale, Emily Vall
2000	1st Team: April Booe, Rebecca Clark, Linda McLaughlin, Alli Tatangelo, 2nd Team: Kelly Bowen, Tanya Garcia, Renae Neale
2001	1st Team: Linda McLaughlin, Judy Tubei 2nd Team: April Avery, Kelly Bowen, Renae Neale, Katie Thomas
2002	1st Team: April Avery 2nd Team: Kelly Bowen, Linda McLaughlin, Kimi Rucks
2003	1st Team: Jael Koech 2nd Team: Rachel Anderson, April Avery, Kimi Rucks
2004	1st Team: Rachel Anderson, Jael Koech 2nd Team: Elizabeth Garcia, Linda Mrkic, Danielle Shimer
2005	1st Team: Rachel Anderson, Elizabeth Garcia, Jael Koech 2nd Team: Danielle Shimer
2006	1st Team: Rachel Anderson, Jael Koech; Carolyne Kwambai 2nd Team: Danielle Shimer
2007	1st Team: Carolyne Kwambai
2008	1st Team: Carolyn Kwambai
2009	1st Team: Carolyne Kwambai

**SUNSHINE STATE CONFERENCE
RUNNER OF THE WEEK**

1990	Dianna Campbell (9/17)
1995	Cathy McMahon (10/9)
1996	Taryn Peters (9/23)
1998	Michelle Sloan (10/5, 10/26, 11/8) Alli Tatangelo (9/14)
1999	Alli Tatangelo (9/27, 10/4, 10/18, 10/25, 11/8) Kristy Vignali (9/13, 9/20)
2000	Rebecca Clark (9/11) Linda McLaughlin (10/16)

	Alli Tatangelo (9/18, 9/25, 10/9, 10/23)
2001	Judy Tubei (9/17, 10/15)
2003	Jael Koech (9/21)
2004	Jael Koech (9/12)
2005	Jael Koech (10/2)
2006	Jael Koech (9/10, 9/17, 10/1, 10/8)
2008	Carolyne Kwambai (9/15)

SSC SILVER ANNIVERSARY TEAM*(Announced Feb. 2, 2007)*

Rachel Anderson.....	Florida Southern
April Booe.....	Florida Southern
Rebecca Clark.....	Florida Southern
Paige Dempsey.....	Florida Southern
Kim Fagen.....	Eckerd
Elizabeth Gracia.....	Florida Southern
Jael Koech.....	Florida Southern
Allison Macsas.....	Tampa
Taryn Peters.....	Florida Southern
Michelle Solan.....	Florida Southern
Alli Tatangelo.....	Florida Southern

TOP RUNNERS

Jael Koech.....	Florida Southern
Allison Macsas.....	Tampa

TOP COACH

Jarrett Slaven.....	Tampa
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**SUNSHINE STATE CONFERENCE
HALL OF FAME**

2008	Buck Dawson
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**FLORIDA SOUTHERN COLLEGE
HALL OF FAME**

2006	Buck Dawson
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**POLK COUNTY SPORTS
HALL OF FAME**

2004	Buck Dawson
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▲ Michelle Solan was a two-time SSC Runner of the Year in 1998 and 1999 and was the conference champion in 1998.

★ **ACADEMIC AWARDS** ★**CoSIDA ACADEMIC ALL-DISTRICT**2003 **1st Team:** April Avery**USTFCCA SCHOLAR-ATHLETE**

2005 Elizabeth Garcia
 2008 Ali Gardino, Carolyne Kwambai
 2009 Ali Gardino, Carolyne Kwambai
 2010 Kelsey Dunn, Karys Whitehead
 2013 Ashley Dudman, Rebecca Levy,
 Ashley Montano

USTFCCA ALL-ACADEMIC TEAM

2008

NACDA ACADEMIC ACHIEVEMENT AWARD

2008-09 Karys Whitehead
 2009-10 Karys Whitehead
 2010-11 Karys Whitehead
 2012-13 Mackenzie Rideout, Alyssa Shuey,
 Alec Slamal
 2013-14 Ashley Dudman, Rebecca Levy
 2014-15 Ashley Dudman, Emilie Flament,
 Rebecca Levy, Ashley Montano,
 Ashley Murray, Molly Price,
 Marissa Senzamici

SSC COMMISSIONER'S HONOR ROLL

1987 Paige Dempsey
 1988 Jennifer Barnholth, Paige Dempsey,
 Julie Saunders
 1990 Julie Esper, Tammy Stratton
 1992 Caroline Albertsma
 1993 Cindy Penney, Kathy Jo Rusher,
 Shirley Sullivan
 1994 Cindy Poole, Kathy Jo Rusher,
 Jennifer Poole, Cindy Shannon,
 Shirley Sullivan
 1995 Katrina Goodell, Kathryn Kennedy,
 Emily Vall, Kimberly Williams
 1997 Katrina Goodell, Valerie Hardee,
 Kelly Hitchcock, Taryn Peters,
 Kristy Vignali
 1998 Katrina Goodell, Valerie Hardee,
 Renae Neale, Taryn Peters,
 Kristy Vignali
 1999 Renae Neale, Taryn Peters,
 Sarah Plotner, Kristy Vignali,
 Tabitha Zelonis
 2000 Kelly Bowen, Rebecca Clark,
 Andrea Kucharik, Amanda Murphy,
 Renae Neale, Alli Tatangelo,
 Katie Thomas, Kristy Vignali,
 Tabitha Zelonis
 2001 April Avery, Kelly Bowen, Barbara Carr,
 Tonya Garcia, Renae Neale,
 Kim Rucks, Alli Tatangelo,
 Katie Thomas, Tabitha Zelonis
 2002 Kelly Bowen, Barbara Carr, Katie Peters,
 Alston Wallace
 2003 April Avery, Barbara Carr, Katie Goppert,
 Katie Peters
 2004 April Avery, Barbara Carr, Arden Mitchell
 2005 Lauren Brown, Jessica Davis,
 Elizabeth Garcia, Kelly Parker

2006 Rachel Anderson, Alyssa Gilbert,
 Ali Gardino, Jael Koech
 2007 Krystal Bemman, Kelsey Dunn,
 Ali Gardino, Joanna Guglielmo,
 Carolyne Kwambai, Danielle Shimer,
 Jillian Swartz
 2008 Ali Gardino, Joanna Guglielmo,
 Carolyne Kwambai, Callie Ramsay,
 Karys Whitehead
 2009 Katie Barrese, Kelsey Dunn, Ali Gardino,
 Emily LaBarbera, Karys Whitehead
 2010 Jillian Swartz, Karys Whitehead
 2011 Julie Necciai, Pamela Paradis
 2012 Ashley Dudman, Carlie Gray,
 Emily LaBarbera, Rebecca Levy,
 MacKenzie Rideout, Alyssa Shuey,
 Alec Slamal
 2013 Ashley Dudman, Abby Farrow,
 Emilie Flament, Alex Geiger,
 Carlie Gray, Rebecca Levy,
 Ashley Montano, Ashley Murray,
 Molly Price, Laura Wichmann
 2014 Ashley Dudman, Rebecca Levy,
 Ashley Montano, Ashley Murray,
 Molly Price, Marissa Senzamici,
 Laura Wichmann
 2015 Ashley Dudman, Rebecca Levy,
 Ashley Montano, Ashley Murray,
 Molly Price, Marissa Senzamici,
 Laura Wichmann

**FSC ATHLETIC DIRECTOR'S
WOMEN'S CROSS COUNTRY
SCHOLAR-ATHLETE OF THE YEAR**

2000-01 Kristy Vignali
 2001-02 Renae Neale
 2002-03 Babara Carr
 2003-04 April Avery
 2004-05 Barbara Carr
 2005-06 Jessica Davis
 2006-07 Rachel Anderson
 2007-08 Ali Gardino
 2008-09 Karys Whitehead
 2009-10 Karys Whitehead
 2010-11 Karys Whitehead
 2011-12 Alyssa Shuey
 2012-13 Alyssa Shuey
 2013-14 Ashley Murray
 2014-15 Ashley Murray



▲ In 2005, Elizabeth Garcia became FSC's first women's cross country runner to be named a USTFCCA Scholar-Athlete

FSC TEAM MOST VALUABLE PLAYER

1980 Judy Klingensmith
 1981 Angie Cicanese
 1982 Angie Cicanese
 1983 Janet Gray
 1984 Angie Cicanese
 1985 Molijane Wahl
 1986 Laura Zimmerman
 1987 Molijane Wahl
 1988 Jennifer Barnholth
 1989 Julie Esper
 1990 Dianna Campbell
 1991 Caroline Albertsma
 1992 Jennifer Poole
 1993 Jennifer Poole
 1994 Jennifer Poole
 1995 Kathy Rusher
 1996 Taryn Peters
 1997 April Booe
 1998 Michelle Solan
 1999 Alli Tatangelo
 2000 Alli Tatangelo
 2001 Judy Tubei
 2002 April Avery
 2003 Jael Koech
 2004 Jael Koech
 2005 Jael Koech
 2006 Jael Koech
 2007 Carolyne Kwambai
 2008 Carolyne Kwambai
 2009 Carolyne Kwambai
 2010 Emily LaBarbera
 2010 Emily LaBarbera
 2012 Emily LaBarbara
 2013 Alec Slamal
 2014 Jessica Krystek



▲ April Avery was a 1st Team CoSIDA Academic All-South Region honorre in 2003.

FLORIDA SOUTHERN COLLEGE



Florida Southern College

Frank Lloyd Wright's "Child of the Sun"



Annie Pfeiffer Chapel, completed in 1941, was the first of Wright's designs at Florida Southern College.

FSC is home to the world's only Frank Lloyd Wright-designed planetarium.



Frank Lloyd Wright often visited Florida Southern College during his 20-year relationship with the college.



The Esplanades, totaling 1.5 miles, line the west campus of Florida Southern College. The "covered walkways" connect the structures, actually weaving in and out, providing the pattern for the complex.



The William H. Danforth Chapel is one of two chapels on campus designed by Frank Lloyd Wright.



Founded by the United Methodist Church, Florida Southern College is one of the oldest private colleges in the state, tracing its beginnings to a small seminary in Orlando in 1883. The tie to its founding church has remained constant and is today, a proud part of the College's heritage and a bright beacon for the future.

Florida Southern moved to Lakeland in the heart of Florida's citrus belt in 1922 and began the construction of a campus that would eventually become a national landmark. The beautiful 100-acre campus, on the north shore of Lake Hollingsworth, includes the world's largest collection of buildings by master architect Frank Lloyd Wright.

Florida Southern's West Campus, now known throughout the world, actually had its inception in the mind of Dr. Ludd M. Spivey, president of the college from 1925-1957.

In 1935 he conceived the idea of an ultra-modern campus, designed by the world's leading architect. Ground was broken two years later for the first building in the Wright collection, the Annie Pfeiffer Chapel.

In 2014, the college continued the Wright with the construction of the Usonian House (pictured above) which was based on Wright's original plans for faculty housing.

What Frank Lloyd Wright created on the campus is amazing. His original work is still as modern and exciting as the newest buildings still on many architect's drawing boards. It is, perhaps, symbolic that the greatest concentration of his genius should be located at a small, private institution of higher learning. Perhaps he describes it best, "...out of the ground and into the light, a child of the sun...the college of tomorrow."



Branscomb Memorial Auditorium



The Hollis Wellness Center



Dr. Sarah D. and L. Kirk McKay, Jr., Archives Center



An aerial view of the campus looking northwest.



The Marshall and Vera Lea Rinker Technology Center



Barnett Residential Life Center



DIRECTIONS TO FSC

FROM THE NORTH & WEST FOR TRAVEL ALONG I-75/I-275

Take I-75 or I-275 south to I-4 east. Follow I-4 to Exit 27 (570E, Polk Parkway). Follow Polk Parkway east to Exit 7 (South Florida Avenue/North). Turn left at South Florida Avenue to Beacon Avenue. Go right on Beacon to Lake Hollingsworth Drive. At the lake, turn left onto Lake Hollingsworth Drive and follow the perimeter of the lake. Turn left onto Johnson Avenue and then right onto Frank Lloyd Wright Way. The parking lot for Jenkins Field House is the second entrance on your right.

FROM THE EAST COAST FOR TRAVEL ALONG I-95

Take I-95 south to Exit 260B (I-4). Follow I-4 west to Exit 41 (570E, Polk Parkway). Follow Polk Parkway west to Exit 7 (South Florida Avenue/North). Turn left at South Florida Avenue to Beacon Avenue. Go right on Beacon to Lake Hollingsworth Drive. At the lake, turn left onto Lake Hollingsworth Drive and follow the perimeter of the lake. Turn left onto Johnson Avenue and then right onto Frank Lloyd Wright Way. The parking lot for Jenkins Field House is the second entrance on your right.

FROM ORLANDO FOR TRAVEL ALONG I-4

Take I-4 west to Exit 41 (570E, Polk Parkway). Follow Polk Parkway west to Exit 7 (South Florida Avenue/North). Turn left at South Florida Avenue to Beacon Avenue. Go right on Beacon to Lake Hollingsworth Drive. At the lake, turn left onto Lake Hollingsworth Drive and follow the perimeter of the lake. Turn left onto Johnson Avenue and then right onto Frank Lloyd Wright Way. The parking lot for Jenkins Field House is the second entrance on your right.

FROM THE SOUTHEAST FOR TRAVEL ALONG THE FLORIDA TURNPIKE

Take the Florida Turnpike north to the Yeehaw Junction (Route 60). Follow 60 west toward Tampa. Once in Bartow, follow the signs for Highway 98 North. Watch for Grove Park Shopping Plaza on your left. Just past the shopping center, turn left onto North Crystal Lake Drive. Continue on Crystal Lake Drive until it ends. Turn left on Lake Hollingsworth Drive and follow around the perimeter of the lake. Turn right onto Ingraham Avenue and then left onto Frank Lloyd Wright Way. The parking lot for Jenkins Field House is the first entrance on your left.

Please note: because of our central location, online web sites may offer various options for getting to Florida Southern College.

FLORIDA SOUTHERN COLLEGE MISSION STATEMENT

Florida Southern College is committed to educational excellence and is a selective, comprehensive, private, United Methodist college with a strong liberal arts core and signature programs. The College enrolls a talented student body and includes an accomplished faculty who are dedicated to teaching excellence. Outstanding opportunities for engaged learning, student-faculty collaborative research and performance, service learning, study abroad, and honors study are distinctive features of the academic program at Florida Southern. The College offers exceptional student life programs, including a championship athletic program.

MAJORS AND FIELDS OF STUDY

Florida Southern College offers a bachelor of science or bachelor of arts degree in over 50 programs and offers master's degrees in business administration, education and nursing as well as a Doctor of Education degree. For more information, call the FSC admissions office at (863) 680-4131 or 1-800-274-4131. The following is a list of undergraduate majors offered at Florida Southern:

ART & ART HISTORY

Advertising Design ‡
Art Education
Art History
Graphic Design
Studio Art

BIOLOGY

Biochemistry & Molecular Biology
Biology
Biotechnology
Environmental Studies
Marine Biology

BUSINESS

Accounting
Business Administration
Finance ◇
International Business ◇
Management ◇
Marketing ◇
Business And Free Enterprise
Finance And Economics
Healthcare Administration
Integrated Marketing Communication ‡
Political Economy
Sport Management

CHEMISTRY, BIOCHEMISTRY & PHYSICS

Biochemistry & Molecular Biology
Chemistry
Pre-Engineering

COMMUNICATION

Advertising Design ‡
Advertising & Public Relations
Broadcast, Print, & Online Journalism
Integrated Marketing Communication ‡
Interpersonal & Organizational
Communication
Political Communication
Sports Communication & Marketing

COMPUTER SCIENCE

Computer Science

CRIMINOLOGY

Criminology

DANCE

Dance

EDUCATION

Art Education
Elementary Education
Music Education
Secondary Education

ENGINEERING

Pre-Engineering

ENGLISH & MODERN LANGUAGES

English
Spanish

HISTORY & POLITICAL SCIENCE

History
Latin American Studies ‡
Political Communication
Political Science
Pre-Law ‡
Social Sciences
Women's Studies ‡

HORTICULTURAL SCIENCE

Citrus

LAW

Pre-Law ‡

MATHEMATICS & COMPUTER SCIENCE

Computer Science
Mathematics

MILITARY SCIENCE & LEADERSHIP

ROTC

MUSIC

Music
Music Education
Music Management
Music Performance

NURSING & HEALTH SCIENCES

Athletic Training
Exercise Science
Nursing

PSYCHOLOGY

Psychology

RELIGION & PHILOSOPHY

Humanities
Philosophy
Religion
Youth Ministry ◇

THEATRE ARTS & DANCE

Dance
Dance Performance & Choreography
Musical Theatre
Theatre
Theatre Performance
Technical Theatre/Design

SELF-DESIGNED MAJOR

ACCELERATED PROGRAM OPTIONS

INTERDISCIPLINARY MINORS ‡

Advertising Design ‡
Integrated Marketing Communication ‡
Latin American Studies ‡
Pre-Law ‡
Women's Studies ‡

PRE-PROFESSIONAL STUDIES

Pre-Dentistry
Pre-Engineering
Pre-Law ‡
Pre-Medicine
Pre-Pharmacy
Pre-Physical Therapy
Pre-Theology
Pre-Veterinary Medicine

Icon Legend:

‡ Interdisciplinary Minor
◇ Career Track Focus

Visit
www.flsouthern.edu/Academics.aspx
For More Information.

FLORIDA SOUTHERN COLLEGE ALL-SPORTS SCORECARD

28	NCAA National Championships
19	NCAA National Runner-Up Finishes
16	NCAA National Third-Place Finishes
7	NCAA National Fourth-Place Finishes
57	NCAA Regional Championships
289	NCAA Postseason Appearances
22	NCAA Individual National Champions
58	NCAA Individual Postseason Appearances
141	Sunshine State Conf. Reg. Season Championships
46	Sunshine State Conf. Tournament Championships
11	National Players of the Year
1065	All-America Certificates
422	1st Team All-America
95	2nd Team All-America
51	3rd Team All-America
199	Honorable Mention All-America
8	Freshman All-America
53	Academic All-Americans
237	All-American Scholars or All-Academic honorees
6	SSC Female Athletes of the Year
16	SSC Male Athletes of the Year
3	SSC Female Scholar-Athletes of the Year
3	SSC Scholar-Athletes of the Year
1,325	All-Sunshine State Conference honorees



LEARFIELD DIVISION II SPORTS DIRECTORS' CUP

The Learfield Division II Sports Director's Cup is a program that honors institutions maintaining a broad-based program, achieving success in many sports, both men's and women's. Each institution is awarded points in a pre-determined number of sports for men and women. Expanded in 1995-96 to include the NCAA Division II, the Cup is awarded to the institution that records the highest number of points in their division's Directors' Cup standings. The competition for Division II is based on 14 sports – seven men's and seven women's.

Florida Southern placed fourth in the Cup standings in back-to-back years in 1998-99 and 1999-2000—the highest finish for the Moccasins.

Season	Place	Points	Season	Place	Points
2014-15	27th	466.00	2004-05	13th	445.50
2013-14	44th	374.50	2003-04	26th	385.50
2012-13	22nd	468.25	2002-03	40th	310.50
2011-12	14th	516.00	2001-02	24th	344.00
2010-11	19th	456.00	2000-01	30th	310.00
2009-10	23rd	450.00	1999-00	4th	473.00
2008-09	36th	375.50	1998-99	4th	320.00
2007-08	39th	351.50	1997-98	5th	320.00
2006-07	10th	554.00	1996-97	27th	283.50
2005-06	15th	404.00	1995-96	13th	328.00



SUNSHINE STATE CONFERENCE MAYORS' CUP

The Sunshine State Conference's all-sports award is sponsored by the mayors of the nine communities in which SSC schools are located.

The Mayors' Cup recognizes competition in nine sports for women: basketball, cross country, golf, rowing, soccer, softball, swimming, tennis and volleyball; and seven sports for men: baseball, basketball, cross country, golf, soccer, swimming and tennis. Points in each sport are awarded by the number of schools sponsoring teams in the respective sports.

The 2013-14 academic year marked the 28th year of the Mayors' Cup competition. FSC has captured 13 Mayors' Cups in the men's divisions and 11 in the women's division.

FSC MEN			FSCWOMEN		
Season	Place	Place	Season	Place	Place
2014-15	T-2nd	6th	1999-00	1st	2nd
2013-14	2nd	6th	1998-99	1st	1st
2012-13	T-1st	4th	1997-98	1st	1st
2011-12	T-1st	4th	1996-97	1st	2nd
2010-11	T-2nd	1st	1995-96	1st	2nd
2009-10	2nd	2nd	1994-95	6th	1st
2008-09	T-1st	2nd	1993-94	3rd	2nd
2007-08	1st	3rd	1992-93	3rd	2nd
2006-07	2nd	1st	1991-92	2nd	2nd
2005-06	3rd	4th	1990-91	3rd	2nd
2004-05	2nd	1st	1989-90	5th	1st
2003-04	2nd	2nd	1988-89	1st	1st
2002-03	2nd	4th	1987-88	1st	1st
2001-02	1st	5th	1986-87	2nd	1st
2000-01	1st	1st			

2015 FLORIDA SOUTHERN COLLEGE "MOCCASINS" CROSS COUNTRY SCHEDULE

Fri. Sept. 4	at Univ. of Tampa Invitational	Dover <i>(Sydney Dover Trails)</i>	5:30 p.m.
Sat. Sept. 19	at UF Mountain Dew Invitational	Gainesville <i>(UF Golf Course)</i>	7:30 a.m.
Fri. Sept. 25	Moccasin Invitational	Lakeland <i>(Holloway Park)</i>	5:15 p.m.
Fri. Oct. 2	at Florida State Invitational	Tallahassee <i>(Apalachee Regional Park)</i>	6:30 p.m.
Sat. Oct. 10	at Disney Cross Country Classic	Lake Buena Vista <i>(ESPN Wide World of Sports)</i>	7:30 p.m.
Sat. Oct. 17	at USF Invitational	Tampa <i>(The Claw at USF)</i>	6:00 p.m.
Sat. Oct. 24	Sunshine State Conf. Championships	Lakeland <i>(Holloway Park)</i>	7:45 a.m.
Sat. Nov. 7	at NCAA South Regionals	Dade City <i>(Abbey Golf Course)</i>	9:00 a.m.
Sat. Nov. 21	at NCAA National Championships	Joplin, MO <i>(Tom Rutledge XC Course)</i>	TBA

