

2007-08 SEASON PREVIEW



KEYDETS UNDERGO YOUTHFUL RESURGENCE



Last year's season left a bad taste in head coach Mike Bozeman's mouth. A depleted Keydets team saw lack of depth got the best of them as the indoor and outdoor teams failed to finish in the top four spots at the conference championships for just the first time since joining the Big South.

Promising that would never happen again, coach Bozeman and his staff went out and brought in a large crop of talented freshmen, and lost only a handful of members to graduation. This year, Bozeman is ready to get right back in the championship hunt.

"This is probably the largest men's recruiting class we've ever had, and has the potential to be one of the best," said Bozeman. "It leaves us with a fairly exciting outlook because we have a nice blend of seasoned veterans to provide the leadership we need, but also the talent we have seen from the young kids indicates they have a lot of upside potential. If that can come to fruition by the end of February, and improve throughout the outdoor season, we should improve our finish considerably in the indoor and outdoor meets."

Sprints & Relays:

The sprint corps is probably one of the best the team has had in quite some time. Looking to lead the group once again will be junior's **Taili Evans** and **Jasper Watkins**. Evans returns this season and is the team's top performer in the short sprints (55m & 60m). Furthermore, freshman **James**

Alexander is an all-state relay performer, and should be an immediate contributor in the 100m.

In the 200m and 400m, Watkins continues to improve each season for VMI. Watkins has scored for the Keydets in both events, and is a four-time IC4A participant. Junior **Hamid Abdurrahim** has also continued to improve throughout his time at VMI, and will compete in sprints as well as the hurdles. Freshman **Jared Balsor** is looking to jump in an immediately make an impact in both the 200m and 400m as well.

The relay teams have the best potential to big things for the Keydets this season. Both the Distance Medley Relay team and 4x400 have a large crop of talent to compete for an IC4A Championship as well as qualify for NCAA Regionals. Last year's DMR team, which posted the second best time in school history, will feature freshman **Felix Kitur**, junior's **Jasper Watkins** and **Donnie Cowart**, and senior **Anthony Harris**. Meanwhile, the 4x400 team of Watkins, Balsor, Abdurrahim and Evans has the chance to be one of the best in school history.

Hurdles:

Abdurrahim and sophomore **Keith Gaines** will look to replace the void of Joey Robinson in the hurdles. Abdurrahim posted an all-conference time in the

400m Intermediate Hurdles at last year's outdoor championships, and set personal bests in five separate events throughout the year. Gaines should be in the mix for conference points in the 60m HH and 110m HH throughout the year. Coach Bozeman noted the improvement of the two throughout the offseason, and is excited of the potential they bring to the team. Freshman **Michael Munson** will also look to add immediate depth to the hurdles unit.

Middle Distance:

The middle distance and distance corps will once again feature two of the top runners in the conference. Harris, a redshirt senior, is back for his final season and will compete for a Big South title in both the mile and 800m events. Cowart, a red-shirt junior, is coming off last year's season in which he turned in all-conference indoor performances in the 800m and mile, finishing second in both events before redshirting the outdoor season.

Adding immediate help in both those events will be Kitur, who was a member of the 2006 Kenyan National team. Kitur also ran cross country this season for the first time, and was the Keydets top finisher in all three meets that he raced in. Fellow freshman **Ermin Mujezinovic** will also look to compete in the mile, and is a nine-time All-State track performer from the state of Virginia. Adding depth to the unit will be junior **Jared Klajnbart** and

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A pair of newcomers, **Terrance Green** and **Michael Munson**, will also be immediate impact performers in both the long and triple jump, as well as junior **Evan Gallagher**. Also look for freshman **Dennis James**, who is primarily a high-jumper but will give the triple jump a shot.

In the high jump, senior conference scorer **Chi Chi Ezekwe** has raised his personal best up nearly one meter from the previous season, and will receive competition from talented freshmen James and Munson. James finished ninth in the event at the VHSL Group AAA State meet while Munson provides the Keydets with a solid option in the high jump as well as the hurdles.

In the pole vault and multis, junior **Tyler Tucker** has consistently been one of the team's overall best performers. In his first two seasons, Tucker has finished second in the heptathlon and decathlon three times, and last season won both the indoor and outdoor championship in the pole vault. Also competing this year should be freshman **Austin Orchard**, while Munson and Gaines will probably add depth for Tucker in the multi events.

The throwing units underwent a complete overhaul this past season, but in a good way. The Keydets brought in three of the best throwers they've have had at one time in **Erik Kuster**, **Chad Lawson**, and **Cody Davis**. While the coaching staff thinks their true value will be seen one or two years from now as they adjust to heavier men's collegiate implements, they all should compete for points at the conference championships. Furthermore, junior **Sean Thompson** and senior **Tim Beckley** both add important depth for the unit in the throwing events.



senior's **Ben Switzer** and **Corey Houck**, as well as freshmen **Andrew Duty** and **Leo Walker**.

Distance & Steeplechase:

Most of VMI's runners in the 3k, 5k and 10k events return this season, and will once again have solid depth. Senior **Kurt Able** and redshirt sophomore **Andrew Rademaker** will bring the most experience to this year's unit. Able and Rademaker will both compete in the mile, 3k and 5k events, while Able should also contend in the 10k. Sophomore **Matt Sagar** and senior **Kevin Sullivan** will also provide needed depth in the distance events.

In the 3,000m steeplechase, VMI should continue to pick up a lot of points at the conference championships, with all of its top members returning this year. Last year, Rademaker, Able and sophomore **Matt Satterwhite** each picked up team points for the Keydets at the outdoor championships, while Sagar finished ninth. Meanwhile, Cowart has two top-five finishes in the event and could return to the steeplechase and be a leading contender.

Jumps, Throws & Multi's:

The jumps and throws units this season will have the most depth they've had in a long time. In the horizontal jumps, 2006 Big South long jump champion Evans will once again spearhead the unit while Gaines will also be one of the team's top performers in the long jump.

They will certainly be pushed by sophomore **Tim Maypray**, who was an All-State performer in high school. Maypray's athletic abilities were quite obvious this year as the two-sport standout was named First Team All-Big South Conference as a kick returner on the VMI football team and was also the 2006 Big South Freshman of the Year selection.



2007-08 MEN'S ROSTER

Name:	Event(s):	Class:	Hometown:	Previous School:
Hamid Abdurrahim	Hurdles, 400m, Relays	Junior	Hampton, Va.	Hampton
Kurt Able	Distance	Senior	Wesley Chapel, Fl.	Wesley Chapel
James Alexander	Sprints, Relays	Freshman	Suffolk, Va.	Kings Fork
Jared Balsor	Sprints, Relays	Freshman	Suffolk, Va.	Nanesmond River
Tim Beckley	Throws	Senior	Carroll Valley, Pa.	Fairfield
Chad Bowman	Distance	Freshman	Carmel, Ind.	Carmel
Joseph Brennan	Mid-Distance	Junior	Hillsborough, N.J.	Hillsborough
Donnie Cowart	Mid-Distance	Junior	Rustburg, Va.	Rustburg
Cody Davis	Throws	Freshman	Woodstock, Ga.	Woodstock
Andrew Duty	Mid-Distance	Freshman	Midlothian, Va.	Manchester
Taili Evans	Sprints, Jumps, Relays	Sophomore	Stafford, Va.	Brooke Point
Chi Chi Ezekwe	High Jump	Senior	Vicksburg, Miss.	Warren Central
Keith Gaines	Hurdles, Jumps	Sophomore	Salem, Va.	Salem HS
Garland Gray	Cadet Assistant	Sophomore	Williamsburg, Va.	Walsingham Academy
Terrance Green	Relays, Long Jump, Triple Jump	Freshman	Fredericksburg, Va.	Thomas Dale
Anthony Harris	Distance	Senior	Orlando, Fl.	Cypress Creek
Corey Houck	Mid-Distance	Senior	Columbia, S.C.	Spring Valley
Dennis James	Jumps	Freshman	Chesapeake, Va.	Indian River
Felix Kitur	Mid-Distance, Relays	Freshman	Eldoret, Kenya	Digital Advisory & Learning Centre
Jared Klajnbart	Mid-Distance	Junior	Colorado Springs, Colo.	Cheyenne Mountain
Erik Kuster	Throws	Freshman	Bedford, Va.	Liberty HS
T.J. Laird	Distance	Sophomore	Pittsburg, Penn.	Trinity Christian
Chad Lawson	Throws	Freshman	Richmond, Va.	Mills Godwin
Tim Maypray	Long jump, Sprints, Relays	Sophomore	Front Royal, Va.	Randolph-Macon Acad.
Geophery Mills	Distance	Freshman	Chesapeake, Va.	Oscar F. Smith
Ermin Mujezinovic	Distance	Freshman	Herndon, Va.	Herndon
Michael Munson	Hurdles, Long Jump, Relays	Freshman	Bealeton, Va.	Liberty
Austin Orchard	Pole Vault, Multi's	Freshman	Burke, Va.	Lake Braddock
Andrew Rademaker	Distance	Junior	McLean, Va.	Fork Union
Geoff Ranowsky	Mid-Distance	Freshman	Forest, Va.	Jefferson Forest
Matt Sagar	Distance	Sophomore	Alexandria, Va.	Bishop Ireton HS
Matt Satterwhite	Distance	Sophomore	Western Albermarle, Va.	Western Albermarle
Kevin Sullivan	Distance	Senior	Nokesville, Va.	Brentsville
Ben Switzer	Mid-Distance	Senior	Lexington, Va.	Rockbridge County
Sean Thompson	Throws	Junior	Waldorf, Md.	McDonough HS
Tyler Tucker	Pole Vault, Multi's	Junior	Burke, Va.	Robinson Secondary
Leo Walker	Mid-Distance	Freshman	Springfield, Va.	West Springfield
Jasper Watkins	Sprints, Relays	Junior	Severn, Md.	Eleanor Roosevelt

Director of Track & Field: Mike Bozeman (The Citadel '67)
Associate Head Coach: Darrin Webb, Syracuse '94)
Head Cross Country Coach: Paul Spangler (Alabama '98)
Assistant Coach: Zack Scott (VMI '89)
Assistant Coach: Jackie Tugman (VMI '02)
Film Manager: David Kosecki

ROSTER BREAKDOWN

Keydets by State:		New Jersey	1
Virginia:	31	South Carolina	1
Maryland:	3	Kenya	1
Pennsylvania	2		
Florida	2	Keydets by Class:	
Colorado	1	Senior:	7
Georgia	1	Junior:	8
Indiana	1	Sophomore:	8
Mississippi	1	Freshman:	17

PRONUNCIATIONS:

Hamid AbdurrahimAbb-DURE-ra-HEEM
 Corey HouckHOWK
 Jared KlajnbartKLINE-bart
 Eric KusterKOOSE-terr
 Ermin MujezinovicMOO-yez-IN-ovich
 Taili EvansTIE-lee



MEET THE KEYDETS

HAMID ABDURRAHIM

Sophomore - Hampton, Va. (Hampton)
Major: Economics & Business
Event(s): Hurdles, 400m, Relays



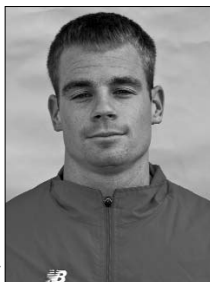
2006-07: All-Conference performance in the 400m IH at the Big South Outdoor Championships, finishing third at 55.25...Also finished third at the 2007 Military Championships with a personal best time of 54.99 in the 400m IH. **2005-06:** Was only able to compete in a few events due to injury. **High School/Personal:** Won state title in the 300m IH...Lettered two years in track at Hampton...2005 State qualifier in the 4x100m Relay and 4x400m Relay team...AAU National Champion in the 4x400m and 5th in the 400m IH...Full name is Hamid Khalil Abdurrahim...son of Sophronia E. Spicer.

ABDURRAHIM'S PERSONAL BESTS

Indoor:		Outdoor:	
200m	23.44	400m	48.69
400m	51.29	110m HH	15.96
55m HH	8.34	400m IH	54.99
60m HH	8.60		

KURT ABLE

Senior - Wesley Chapel, Fla. (Wesley Chapel)
Major: Psychology
Event(s): Distance & Steeplechase



2006-07: Ran personal best time of 15:26.30 in the 5,000m at 2007 Military Championships...Finished seventh in the 10,000m with a personal best time of 32:10.58 at the Colonial Relays. **2005-06:** Posted the eighth best outdoor mark in the Big South with a time of 32:34.60 in the 10,000m. **2004-05:** Placed 8th at the Indoor Big South Championships in the 5000m and 5th at the Big South Outdoor Championships in the 10,000m as a freshmen. Has a personal best of 15:30 for 5000m, 32:19 for 10,000m and 25:55 for 8k cross country. **High School/Personal:** 2004 Cross Country Runner-of-the-Year by the St. Petersburg Times...A 2004 Sunshine Athletic Conference Cross Country Champion...Holds his high school record in the 4x800 meters (8:17), 1,600m (4:29), and 3,200 meters (9:45)... Full name is Kurt Matthew Able.

ABLE'S PERSONAL BESTS

Indoor:		Outdoor:	
3,000m	8:53.97	5,000m	15:26.30
5,000m	15:51.32	10,000m	32:10.58
Cross Country:		3,000m steeple	9:48.63
8k	25:56		

DONNIE COWART

Junior (Redshirt) - Rustburg, Va. (Rustburg HS)
Major: Civil Engineering
Event(s): Mid-Distance



2006-07: Turned in a second-place finish in the mile (4:13.83) and 800m (1:55.62) at the Big South Indoor Championships...Set a new Great Dane Classic meet record at the Army in the 1,000m with his time of 2:28.31...Anchored VMI's 3rd-place DMR team at the IC4A Championships with a 1600m split time of

4:07...Named Big South Athlete of the Week on January 24...Redshirted the 2007 Outdoor season...In cross country, was VMI's top finisher in five straight races, including a team-best 14th place finish at the Big South Championships. **2005-06:** Led the Keydets to a school-best second place finish at the 2005 Cross Country Championships...Finished seventh place overall with a 25:52 time...Redshirted the 2005-06 indoor season...Placed 4th in the 3,000m Steeplechase at the Big South Outdoor Championships...Was an IC4A qualifier as a member the 4x800m relay team (7:43.31). **2004-05:** Placed 3rd in the mile (4:17) and seventh in the 3,000m (8:50.59) at the Big South Indoor Conference Championships...Finished 3rd in the mile and 7th in the 3000m at Big South Indoor Championships. **High School/Personal:** Named 2003 and 2004 State of Virginia AA State Champion in the mile and runner-up in the two mile...Posted high school personal best times in the mile (4:22), two mile (9:37), 800 meters (1:59), and 5k cross country (16:05)...Recorded a personal best time (26:21) for 8k in 2004...Full name is Donald Ray Cowart.

COWART'S PERSONAL BESTS

Indoor:		Outdoor:	
800m	1:54.94	800m	1:54.71
1 Mile	4:13.83	1,500m	3:56.99
3,000m	8:50.59	3,000m Steeple	9:23.56
Cross Country:		4x800m Relay	7:39.12
8k	24:45		



Donnie Cowart



Kurt Able



TAILI EVANS

Sophomore (Redshirt) - Stafford, Va. (Brooke Point HS)
Major: Economics and Business
Event(s): Sprints, Jumps, Relays

2006-07: Redshirted the Indoor and Outdoor seasons. **2005-06:** Named Big South Freshman of the Year for the indoor season...won the Long Jump at the 2006 Big South Indoor Championships (7.10m) and placed fifth in the Triple Jump (13.47m)...had the conference's second best indoor long jump mark, third-best indoor 55m (6.67) time and fifth best indoor Triple Jump mark (13.47)...finished seventh at the 2006 IC4A Championships...won the Long Jump at the 2005 VMI Invitational. **High School/Personal:** Holds four high school records at Brooke Point High School in the 200m (22.21), long jump (22' 10-1/2"), 300m (35.99) and the 55m (6.70)...Received All-State honors in 2004 and 2005...received the Coaches Award five times (four in track and one in football)...full name is Taili Malik Evans...son of Edward and Cathy Evans.



MEET THE KEYDETS

EVANS' PERSONAL BESTS

<u>Indoor:</u>		<u>Outdoor:</u>	
55m	6.67	100m	11.15
60m	7.13	Long Jump	6.58m
200m	22.59		
Long Jump	7.10m		
Triple Jump	13.47m		

KEITH GAINES

Sophomore - Salem, Va. (Salem)
Major: Economics & Business
Event(s): Hurdles, 400m, Relays

2006-07: Scored at the 2007 Big South Indoor Championships in the Long Jump (7th-6.67m) and 60m hurdles (7th-8.63)...turned in a personal outdoor best jump of 6.83m in the long jump at the Colonial Relays. **High School/Personal:** 2006 VHSL AA State Outdoor Champion in the 110HH, posting a time of 14.32...Selected as the 2005-06 Timesland Male Football and Track Athlete of the Year...State runner-up in the 300 IH, missing the title by just .28 seconds with his time of 39.90...At the indoor championship, Gaines finished second in the 55HH at 7.66...Holds personal bests in the high jump (6'0") and the long jump (21'10")...majoring in Economics & Business...Full name is Keith Evan Gaines.



Keith Gaines



Anthony Harris

GAINES' PERSONAL BESTS

<u>Indoor:</u>		<u>Outdoor:</u>	
60m	7.28	100m	11.30
55m HH	8.14	200m	23.27
60m HH	8.56	110m HH	15.66
Long Jump	6.67m	Long Jump	6.83m

ANTHONY HARRIS

Senior - Orlando, Florida (Cypress Creek HS)
Major: Biology
Event(s): Mid-Distance

2006-07: Finished fifth in the mile at the 2007 Big South Indoor Championships (4:19.81)...Member of the DMR team that posted a third-place finish at the 86th Annual IC4A Championships...Redshirted the 2007 outdoor season. **2005-06:** Redshirted the indoor season...Posted team-best outdoor marks in the 800m (1:53.56) & 1,500m (3:50.59)...Won three straight 1,500m events...Finished fourth in the 1,500m and seventh in the 800m...Selected to Big South Presidential Honor Roll. **2004-05:** Big South All-Conference team with a personal record of 3:54 in the 1500m...Had a shortened season due to a broken toe...Took part in VMI's 2005 Big South cross country runner-up team with a personal record of 25:14 for the 8k. **2003-04:** Placed 3rd at the conference indoor championships in the mile and fifth place with a pr in the 1,500m of 3:58 during the conference outdoor championships...Led VMI during the 2004 cross country season to a fourth place finish at the conference championships. **High School/Personal:** Had personal best times in high school for the mile (4:20) and 3,200 meters (9:42) were the eighth fastest times in Florida...Full name is Anthony David Harris.



HARRIS' PERSONAL BESTS

<u>Indoor:</u>		<u>Outdoor:</u>	
800m	1:55.06	800m	1:53.56
1 mile	4:16.50	1,500m	3:50.59
Cross Country:		800m Relay	1:51.5
8k	25:15	(split)	

JARED KLAJNBART

Junior - Colorado Springs, Colo.
 (Cheyenne Mountain HS)
Major: Biology
Event(s): Mid-Distance



2006-07: Scored for the Keydets with a fifth place finish at the Big South Indoor Championships in the 800m (1:58.75)...Came in second in the 800m at the Great Dane Classic (Great Dane Classic)...Was the Keydet's top finisher in the VMI Season Cross Country Opener, posting a 5k time of 16:28. **2005-06:** Redshirted the indoor season...Posted a personal best time of 26:35 at the Paul Short Invitational (cross country). **High School/Personal:** Captured state title as part of the Cheyenne Mountain 4x800m relay team...Was a four sport athlete; lettering three years in track and soccer, as well as one year in football and basketball...Was a 3-time MVP...holds the school record in the 4x800m relay... full name is Jared Meier Klajnbart...son of Jorge and Tammi Jo Klajnbart.

KLAJNBART'S PERSONAL BESTS

<u>Indoor:</u>		<u>Outdoor:</u>	
800m	1:56.03	800m	1:55.14
1,000m	2:34.76	1,500m	4:07.80

ANDREW RADEMAKER

Junior - McLean, Va. (Fork Union)
Major: International Studies
Event(s): Distance & Steeplechase



2006-07: Scored twice at the Big South Indoor Championships-6th in the 5,000m (15:13.86) and eighth in the 3,000m (8:42.35)...Won the 3,000m at the Liberty Quad...Took third in the steeplechase at the Military Championships...Scored and placed fourth in the steeplechase at the Big South Outdoor Championships. In Cross Country, led the Keydets at the 10,000-meter NCAA Regional Championships with a time of 32:36.55...was the team's second finisher at the 2007 Big South Championships (27:21). **2005-06:** Redshirted the 2006 track & field and cross country seasons. **High School/Personal:** State Champion 2005 Virginia Independent Schools Outdoor

MEET THE KEYDETS

Championships 3200m run...State runner-up 2004 Virginia Independent Schools Cross Country Championships...Prep League Indoor Championships Most Valuable Athlete Award...personal bests were: 3200m-9:25 and 1600m-4:27...Full name is Andrew Robert Rademaker...Son of Danielle and Stephen Rademaker.

RADEMAKER'S PERSONAL BESTS

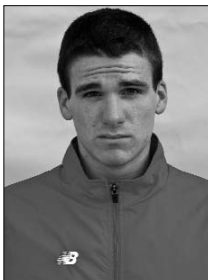
Indoor:		Outdoor:	
Mile	4:33.12	5,000m	15:47.98
3,000m	8:50.77	3,000 steeple	9:29.21
5,000m	15:03.40	Cross Country:	
		8k	27:21
		10k	32:36

KEVIN SULLIVAN

Senior - Nokesville, Va.
(Brentsville)

Major: Computer Science
Event(s): Distance

2006-07: Big South Men's Indoor and Outdoor Scholar-Athlete of the Year...named to ESPN the Magazine Academic All-America and All-District III Team...earned first conference point by finishing eighth in the 1,500m at Big South Outdoor Championship...posted second place times at VMI Winter Relays (Mile), Liberty Quad (3,000m) and at the Liberty Kickoff (5,000m). **2005-06:** Big South Men's Indoor Scholar-Athlete of the Year...first place finish in the 3,000m at the VMI Winter Relays. **High School/Personal:** Full name is Kevin Michael Sullivan.



SULLIVAN'S PERSONAL BESTS

Indoor:		Outdoor:	
Mile	4:27.66	1,500m	4:04.85
3,000m	8:55.94	5,000m	15:31.10
5,000m	15:54.35		

TYLER TUCKER

Junior - Burke, Va. (Robinson Secondary)

Major: History
Event(s): Pole Vault, Multis

2006-07: Won the conference championship in the pole vault at both the Big South Indoor and Outdoor Championships...Finished second in the heptathlon and fourth in the decathlon...Was the Keydets leading conference scorer with 33 points...Automatic qualifier for the indoor and outdoor IC4A Championships...Posted the conference's best indoor and outdoor mark in the pole vault (4.45m). **2005-06:** Finished second in the heptathlon (3,957) at the Big South Indoor Championships as a freshman...Pole vault mark (4.20m) ranked as the second best in the conference for the season...Took second in the decathlon (5,181) and fourth in the pole vault (4.10m) at the Big South Outdoor Championships. **High School/ Personal:** Won Virginia state title in the Pole Vault...A three-sport athlete at Robinson, lettering in Football, Lacrosse and Track and Field...Selected as an All-State Pole Vaulter...All-District in Discus...Full name is Tyler Wilson Tucker...Son of Robert Tucker and Patty Daso.



TUCKER'S PERSONAL BESTS

Indoor:		Outdoor:	
Heptathlon	4,123 pts	Decathlon	5,347 pts
High Jump	1.73m	Pole Vault	4.45m
Pole Vault	4.45m		



Andrew Rademaker



Jasper Watkins



JASPER WATKINS

Junior - Severn, Md. (Eleanor Roosevelt)

Major: Economics & Business
Event(s): Sprints & Relays

2006-07: Was a member of the third-place DMR team at the 2007 IC4A Indoor Championships...At the 2007 Big South Outdoor Championships, finished sixth in the 400m (48.42) and was a member of the fifth place 4x400m relay team...Captured third place in the 200m and 400m at the 2007 Military Championships. **2005-06:** Had the conference's second-best indoor 200m time (22.31) and fifth-best indoor 400m time (49.63)...Scored twice at the Big South Indoor Championships with a sixth place finish in the 400m (50.33) and fourth place finish in the 200m finals (22.31)...Placed 19th in the 400m at the 2006 IC4A Indoor Championships...Scored in the 4x400 Meter Relay at the Big South Outdoor Championships...**High School/ Personal:** Was a three-year letter-winner in track and two-year letterwinner in football at Eleanor Roosevelt High School...holds school records in the 300m, 4x100, 4x200, 4x400 and SMR Relays...ranked #3 in Maryland in 2005 for the 300m and 400m...full name is Jasper Willie Watkins, IV...son of Jasper and Felicia Watkins.

WATKINS' PERSONAL BESTS

Indoor:		Outdoor:	
60m	7.07	200m	22.03
200m	22.31	400m	48.09
400m	48.63		

MEN'S NEWCOMERS

**JAMES ALEXANDER***(Suffolk, Va./Kings Fork HS) - Sprints/Relays*

Finished third as a member of the 4x100m relay team at the VHSL Group AAA State Outdoor Championships... Majoring in Computer Science at VMI.

Alexander's PR's: 60m: 7.09 - 100m: 11.07 - 200m: 21.95 - 300m: 36.14

**JARED BALSOR***(Suffolk, Va./Nanesmond River High School) - Sprints*

Member of the All-State 4x400m Relay team and was All-State participant in the 500m...National qualifier in both events.

Balsor's PR's: 200m: 22.39 - 400m: 49.16 - 500m: 1:06.34

**CODY DAVIS***(Woodstock, Ga./Woodstock HS) - Throws*

Was the Georgia 5A State Shot Put Champion after a personal best toss of 52' 6.5"...majoring in Psychology with a minor in Business...Army ROTC cadet.

Davis' PR's: Shot Put: 52' 6.5" Discus: 148' 7" Weight (25lbs) 62' 7"

**ANDREW DUTY***(Midlothian, VA/Manchester HS) - Cross Country, Mid-Distance & Distance*

Two-time All-American in the indoor & outdoor sprint medley...All-State performer in 4x100m relay and 800m...6th place finish at Central Regional Championship Meet (16:14).

Duty's PR's: 800m: 1:54 400m: :49 1000: 2:36 5K - 16:12

**TERRANCE GREEN***(Fredericksburg, Va./Thomas Dale) - Sprints, Relays, Long Jump*

At the 2007 Central District Meet, finished seventh in the 400m, eighth in the long jump, tenth in the 200m, and was part of the third-place 4x100m relay team.

Green's PR's: 100m: 11.59 200m: 23.51 400m: 2.99 Long Jump: 21' 5" Triple Jump: 42' 2"

**DENNIS JAMES***(Chesapeake, Va./Indian River HS) - Jumps*

Set a personal best mark in the high jump at the Eastern Region Meet, where he finished first...Finished ninth in the high jump at the VHSL Group AAA State Meet...majoring in Mechanical Engineering.

James' PR's: High Jump: 6' 9" (collegiate)

**FELIX KITUR***(Eldoret, Kenya/Digital Advisory and Learning Centre) - Long Sprints*

Member of the 2006 Kenyan National Jr. Trials in the 400m...holds school records in the 400m and 800m...Father (David) is three-time Olympic performer in the 400m and Uncle was 400m Olympic Bronze medalist.

Kitur's PR's: 400m: 47.8 - 800m: 1:50.4

**ERIK KUSTER***(Bedford, VA/Liberty HS) - Throws*

Captured Seminole District, Region II, and Virginia AA State Shot and Discus Championships...AA State record holder in the discus...Finished fourth in the discus at the 2006 AAU Junior Olympics (47.95m/157' 4")Fifth place at the 2006 AA Virginia State Meet...Naval ROTC cadet.

Kuster's PR's: Shot Put: 57'7.5" Discus: 179'

**CHAD LAWSON***(Richmond, Va/Mills Godwin HS) - Throws*

2006 Central Regional Champion in the discus...fourth place finish (48.54m) at the 2006 Nike Outdoor National meet in Greensboro, N.C...Took first place at the Milestat Elite Track gala in the discus...Marine ROTC cadet.

Lawson's PR's: Discus: 176' 10 - Shot Put: 44' 4" Weight Throw - 47' 5"

**ERMIN MUJEZINOVIC***(Herndon, Va./Herndon HS) - Distance*

Nine-time All-State track performer-four indoor and five outdoor...Two-time member of the All-American 4x800m and DMR teams...Two-time state champion in the 4x800m relay...Three-time All-State performer in cross country.

Mujezinovic' PR's: 1600m: 4:14 3200m: 9:22

**MIKE MUNSON***(Bealeton, Va./Liberty HS) - Hurdles, Jumps*

Finished tenth in the 300m hurdles (42.26) and 11th in the high jump (5-10) at the Virginia District II Meet. At the Northwestern District Meet, won the high jump and finished third in the long and triple jump.

Munson' PR's: 110m H: 15.70 300m HH: 41.60 High Jump: 6'1 Long Jump: 19' 5" Triple Jump: 40'5

**AUSTIN ORCHARD***(Burke, Va./Lake Braddock Secondary School) - Pole Vault*

Finished third in the pole vault at the Virginia Northern Region Outdoor Track and Field Championship.

Orchard's PR's: Pole Vault: 12' 6"

**LEO WALKER***(Springfield, Va./West Springfield HS) - Mid-Distance*

Two-time All-American Distance Medley Relay member...All-State member in the 1000m and 4x800m relay...All-Region performer in the 1600m...team captain for XC and track teams...plans on commissioning in the U.S. Army.




Walker's PR's: 800m: 1:56 1000m: 2:34 1600m: 4:27



2007-08 SEASON PREVIEW



KEYDET WOMEN LOOK FOR STRENGTH BY NUMBERS



The 2007-08 women's team heads into the season with more numbers that it has seen in the program's history, benefiting from losing just three members from a year ago. Not only are the numbers up, but so is the talent level. Coach Bozeman's staff continues to bring in very good talent despite the challenges of recruiting women to a military school. Slowly but surely, the results are being produced and should continue its upward spiral once again this season.

"This is definitely the most women that we have had on our team, and certainly the most talented," said Bozeman. "While I don't know if it will improve our overall finish by that much, it will definitely increase our point total and hopefully can qualify some more people to the ECAC Championships this year. I do think we have the ability to move up a place in the indoor and outdoor seasons."

Sprints, Relays & Hurdles:

Once again, VMI's top scorer and senior **Ashley West** returns and will look to cap off an impressive career this year on the track. West is the current holder of six school indoor and outdoor records in the hurdles, long jump and triple jump, and should once again garner some big points for the women's team this season. West will compete primarily in the hurdles (55m, 60m HH and 100m HH), but should also contribute in the sprints and on the relay teams. She will also have a chance to compete in the pentathlon for the first time in her career. West will be joined in both the pentathlon and hurdles by freshman **Alisha Jenkins**.

Following behind West will be sophomore **Chandale Williams**, West' former teammate at Northwestern HS in Miami. Williams continues to improve in the 200m and 400m events, and has produced times close to the current school records in both.

She will also be utilized as a member of the 4x100m and 4x400m relay teams. Junior **Shannon Sellers** rounds out the sprinting unit, where she will likely compete in the 55m, 60m, 100m, and 200m events.

Distance/Middle Distance:

Also trying to round out a solid career for the Keydets is senior **Ania Najda**, who currently holds five school records. Najda, who also is one of VMI's top cross country runners, will look to score in 800m and the mile events. Standout freshman **Hannah Granger** will also likely compete in the mile, despite her strength lying in the distance events.

Granger will also likely be the team's top performer this season in the 3k and 5k events, following a record-breaking cross country season in which the Wayne, Pa. native set three new records. Junior's **Kelsey Stafford** and **Christina Mowatt-Larsen** will also help anchor the 3k and 5k events, with Stafford also competing in the 3,000m steeplechase where she earned all-conference honors two years ago. Also providing depth in the distance events will be freshman **Erin Hawes**.

Jumps & Throws:

West will be the team's most experienced performer in both the long jump and triple jump, but will receive help from freshman **Zipporah McCann** in both the jumps and relay teams.

The throws unit will have to replace Ketra Alexander, who set a trio of school records a year ago, but sophomore **Michelle Feole** did well last season by breaking a school record of her own in the javelin. Feole will also try her hand in the weight/hammer throw. She will be joined this season by **Laura Resetar** (javelin, weight and hammer), **Hope Hackemeyer** (javelin, weight and hammer) and **Aquisi Harris** (javelin, weight and hammer).



2007-08 WOMEN'S ROSTER

Name:	Event(s):	Class:	Hometown:	Previous School:
Danielle Dove	Relays	Freshman	Chesterfield, Va.	Lloyd C Bird
Michelle Feole	Throws/Javelin	Sophomore	Raleigh, N.C.	Farragut HS
Hannah Granger	Distance	Freshman	Wayne, Pa.	Home School
Hope Hackemeyer	Throws	Freshman	Forest, Va.	Jefferson Forest/JMU
Aquisi Harris	Throws	Freshman	Salem, Va.	Salem HS
Erin Hawes	Distance	Freshman	Chesterfield, Va.	Manchester
Alisha Jenkins	Jumps, Hurdles, Relays	Freshman	Staunton, Va.	Buffalo Gap
Zipporah McCann	Jumps, Relays	Freshman	Chesapeake, Va.	Greenbriar Christian Academy
Christina Mowatt-Larssen	Distance	Junior	Chantilly, Va.	Westfield
Ania Najda	Mid-Distance, Steeple	Senior	Olsztyn, Poland	Common Europe V
Laura Resetar	Throws	Freshman	Arlington, Va.	Bishop Ireton
Shannon Sellers	Sprinter	Junior	Riverdale, Ga.	Our Lady Mercy Cath.
Kelsey Stafford	Distance	Junior	Charlottesville, Va.	Western Albermarle
Ashley West	Sprints, Relays, Hurdles	Senior	Miami, Fla.	Northwestern
Chandale Williams	Sprints, Relays	Sophomore	Miami, Fla.	Northwestern

Director of Track & Field: Mike Bozeman (The Citadel '67)
Associate Head Coach: Darrin Webb, Syracuse '94
Head Cross Country Coach: Paul Spangler (Alabama '98)

Assistant Coach: Zack Scott (VMI '89)
Assistant Coach: Jackie Tugman (VMI '02)
Film Manager: Sara Hanson

ROSTER BREAKDOWN:

Keydets by Class:

Senior	2
Junior	3
Sophomore	4
Freshman	8

Keydets by State:

Virginia	10
Florida	2
Georgia	1
North Carolina	1
Pennsylvania	1
South Carolina	1
Other: Poland	1

PRONUNCIATION GUIDE:

Name

Michelle Feole	FEE-ole-EEE
Hannah Granger	Honn-uh Granger
Zipporah McCann	zip-ORE-uh
Mowatt-Larssen	Moe-WATT-larr-SUN
Ania Najda	ON-nea NIYE-duh



MEET THE KEYDETS

MICHELLE FEOLE

Sophomore
Raleigh, N.C. (Farragut HS)
Major: Mechanical Engineering
Event(s): Throws/Javelin



CHRISTINA MOWATT-LARSSEN

Junior
Chantilly, Va. (Westfield HS)
Major: International Studies
Event(s): Distance

2006-07: Broke the school record in the javelin three times, with the final one coming at the Liberty Twilight Qualifier (37.86m) in which she placed first...Was an All-Conference performer with a third-place finish in the javelin (37.68m) at the 2007 Big South Outdoor Championships. **High School:** Was a letterwinner in softball at Farragut High School...Leader of high school Navy JROTC team that won Area 9 Championship and went to Navy Nationals NAS Pensacola, Fla...Full name is Michelle Paige Feole...seeking commission in the Navy as a Naval Aviator.

2006-07: Placed fourth in the mile and 800m at VMI Indoor Winter Relays...Scored as a member of the 4x400 Meter Relay team at the Big South Outdoor Championships...Finished fourth for the Keydets and 39th overall at the 2007 Big South Cross Country Championships (20:06). **2005-06:** Finished 15th in the 1,500m at the Big South Outdoor Championships (5:10.86)...Was the Keydet's second finisher in all six cross country meets. **High School/Personal:** Lettered all four years in cross country, indoor and outdoor track...a two-time MVP of the Westfield cross country team...school records in the 3200m (indoor) and 4x800 (outdoor)...posted personal bests in the 3200m indoor (11:52), 1600m (5:19) and the 3200 outdoor (11:42)...Full name is Christina Rosi Mowatt-Larsen...daughter of Rolf and Rosi Mowatt-Larsen.

FEOLE'S PERSONAL BESTS

<u>Indoor:</u>	<u>Outdoor:</u>
Weight Throw10.66m	Javelin37.86

MOWATT-LARSSEN'S PERSONAL BESTS

<u>Indoor:</u>	<u>Outdoor:</u>
800m 2:30.31	800m 2:25.58
Mile 5:48.24	1,500m 5:10.86
3,000m 11:55.05	<u>Cross Country:</u>
	5k 20:06
	6k 24:08

ANIA NAJDA

Senior
Olsztyn, Poland (Common Europe V)
Major: Civil Engineering
Event(s): Mid-Distance, Steeplechase



2006-07: All-Conference performance (3rd place) in the women's 800m at the Big South Indoor Championships...Finished fifth in the 800m at the Big South Outdoor Championships...member of the 4x400 Meter Relay team that scored at the outdoor championships...Finished second in four of VMI's six cross country meets. **2005-06:** Posted the conference's sixth best indoor 800m time (2:20.40) and seventh best outdoor time (2:20.15)...Fifth place finish at the Big South Indoor and Outdoor Championships in the 800m...Broke school record in the 1,000m (2:59.02) at Virginia Tech Challenge...Won 800m at Cape Fear Classic...Was one of VMI's top-two finishers in all four races she competed in. **2004-05:** Set school outdoor records in the 800m (2:19.32), 1,500m (4:47.63), and 3,000-meter steeplechase (11:21.36). Set school indoor record in the 800-meter run with a 2:18.10 time...Finished second at Big South Outdoor Championship in the 3,000-meter steeplechase...Ran a personal best time of 19:13 during the 2004 Big South Cross Country Championships. **High School/Personal:** Native of Poland and was ranked in the top 10 in the world in 2004 for the 1,500 meter junior women's steeplechase...Was an accomplished middle distance runner with personal bests of 2:12 in the 800 meters and 4:38 in the 1,500 meters...Full name is Ania Matgorzata Najda.

NAJDA'S PERSONAL BESTS

<u>Indoor:</u>	<u>Outdoor:</u>
800m 2:18.10	800m 2:19.32
1 Mile 5:17.22	1,500m 4:47.63
<u>Cross Country:</u>	3,000m Steeple 11:21.36
5k 19:01	
6k 23:22	



Ania Najda



Christina Mowatt-Larsen



MEET THE KEYDETS

KELSEY STAFFORD

Junior
 Charlottesville, Va. (Western Albermarle)
Major: International Studies
Event(s): Distance & Steeplechase



2006-07: Second place finish in the mile at 2007 VMI Indoor Winter Relays (5:44.17)...Took third at the Auburn Sprintime Invite in the steeplechase...Fifth place in the steeplechase at the Military Championships...All-Conference (third place) performance in the steeplechase (11:42.68)...Was one of VMI's top three finishers in five of the six events this season...Best finish came at 2007 Big South Cross Country Championships where she finished 29th overall. **2005-06:** Registered the conference's seventh-best time in the 3,000m steeplechase (11:47.75)...Set school record in the 5,000m (18:41.58) to score for the Keydets at the Big South Indoor Championships...Scored in the 3,000m steeplechase at the Big South Outdoor Championships, while also finishing 11th in the 1,500m...Finished 10th at the 2005 Big South Cross Country Championships for VMI...First Keydet freshman to receive All-Conference in cross country. **High School/Personal:** Lettered four years in cross country and indoor/outdoor track at Western Albermarle...All-State honors in all three sports...Named Women in Sports Athlete of the Year...Team was state champion in cross country (three years) and indoor track (three years)...Full name is Kelsey Leigh Stafford.

STAFFORD'S PERSONAL BESTS

<u>Indoor:</u>		<u>Outdoor:</u>	
Mile	5:33.99	1,500	5:02.49
3,000m	10:41.18	5,000	19:37.15
5,000m	18:41.58	3,000 Steeple	11:42.60
<u>Cross Country:</u>			
5k	19:01		
6k	23:22		

ASHLEY WEST

Senior
 Miami, Fla. (Northwestern HS)
Major: Biology
Event(s): Sprints, Relays & Hurdles



2006-07: ECAC Championships Indoor Qualifier in the 55m hurdles...Set new school marks in the 55m hurdles (8.29) and triple jump (10.62m) at the VMI Winter Relays...Earned fourth-place finishes in the 60m hurdles and long jump at Big South Indoor Championships...Took third in the long jump (5.51m) at the Military Championships...Scored for the women's team with a seventh place finish in the 100m hurdles (15.48) at the Big South Outdoor Championships. **2005-06:** Posted the conference's top time in the indoor 55m hurdles (8.43), fourth best mark in the indoor long jump (5.60m), and the fifth best mark in the outdoor long jump (5.65)...Scored for the Keydets at the Big South Indoor Championships in the long jump (fifth place) and the 60m hurdles (fourth place)...Re-broke school record in the long jump (5.65m) and 100m hurdles (14.71) at the Big South Outdoor Championships... Picked up wins at the VMI Invitational (12/3/2005), Bison Open (1/27/06), and VMI Winter Relays (2/4/06)...Broke four school records on the year. **2004-05:** Had a phenomenal freshman season, breaking five school records...Broke indoor

records in the 55m Hurdles (8.59), 60m High Hurdles (8.88) and Long Jump (18' 1")...Also set outdoor school records in the triple jump (36' 5-1/2") as well as in the 100m High Hurdles (15.06)...Finished second at the VMI Invitational in the long jump in her first meet as a Keydet. **High School/Personal:** Named 2004 Northwestern High School Scholar Athlete-of-the-Year...A 2004 All-Dade County second team selection for track and field...2004 State of Florida Runner-Up in the 100-meter high hurdles...Part of a team that was the state runner-up in the 2004 Florida State Championships...Full name is Ashley Nicole West.

WEST'S PERSONAL BESTS

<u>Indoor:</u>		<u>Outdoor:</u>	
60m	8.15	100m	12.90
55m HH	8.29	100m HH	14.71
60m HH	8.88	Long Jump	5.65m
Long Jump	5.60m	Triple Jump	11.11m



Ashley West



Chandale Williams



CHANDALE WILLIAMS

Sophomore
 Miami, Fla. (Northwestern)
Major: Biology
Event(s): Sprints, Relays

2006-07: Captured a season-best second place finish in the 200m at the VMI Winter Relays (27.89)...Finished fifth in the 400m at the Liberty Quad...Scored in the 400m (7th place-59.95) at the Big South Outdoor Championships. **High School/Personal:** Williams finished in sixth place at the 2006 Golden South Meet in the 400m (57.44)...Pulled in a second place finish at the Florida 4A Region IV meet in the 400m (57.20)... Finished fifth in the 400m at the 2006 3A-4A Florida State Championships (57.72).

WILLIAMS' PERSONAL BESTS

<u>Indoor:</u>		<u>Outdoor:</u>	
55m	7.86	200m	26.77
200m	26.58	400m	59.43
400m	59.35		

WOMEN'S NEWCOMERS



Ashley West



Michelle Feole



Chandale Williams



HANNAH GRANGER

(Wayne, PA/Home Schooled) - Cross Country/Distance

Three-time All-State Cross County performer and five-time All-State track performer...Currently holds six school records at Chimacum High School in Northwest Washington...Set a new school mark in 4xmile and DMR at Radnor High School...member of the 2006 State Championship Cross Country Team.

Granger's PR's:

3200m: 10:55 - 3,000m: 10:09 - 5,000m: 17:31 - Mile: 5:05 - XC: 5k: 18:26 - 6k: 21:56



AQUISI HARRIS

(Salem, Va./Salem High School) - Throws

Harris is the River Ridge District Meet champion and current record holder in the Discus (113-00)...finished first at the Region III Meet at Liberty before finishing sixth in the discus at the VHSL Group AA State Outdoor Championships with a throw of 117-7...Harris plans on majoring in Chemistry and Spanish at VMI.

Harris' PR's: Weight throw: 12.59m



ERIN HAWES

(Manchester, Va./Manchester) - Cross Country/Distance

Ran cross country and track at Manchester High School...turned in a personal best time of 20:28 at the 2007 Big South Cross Country Championships.

Hawes' PR's:

XC (college): 5k: 20:28 - 6k: 25:08

ALISHA JENKINS

(Staunton, VA/Bufalo Gap) - Jumps & Discuss

Will compete in the long jump, triple jump, high jump, discus, and multi events...scored multiple times in different events at the Virginia A State Track and Field Championships...posted a pair of top-six finish at the prestigious Dogwood Invitational in 2006, finishing fifth in the long jump (17' 11-1/2") and sixth in the triple jump (36' 7-1/2"). Jenkins holds personal bests of 5' in the high jump and 110' 1" in the discus.

Jenkins' PR's:

Long Jump: 17' 11" - Triple Jump: 37' 5" - High Jump: 5'



ZIPPORAH MCCANN

(Chesapeake, Va./Greenbriar Christian) - Jumps, Relays

2006 Virginia Independent School (VIS) State Outdoor Champion in both the long jump (18' 2-1/4") and the triple jump (36' 7-1/4")...holds a personal record of 5 feet in the high jump...collected three state championships in the long jump, and a pair of state championship titles in the triple jump...selected as the State of Virginia Independent School MVP in 2006.

McCann's PR's:

100m: 12.98 - Long Jump: 18' 1" - Triple Jump: 36' 7"



LAURA RESETAR

(Arlington, VA/Bishop Ireton) - Throws

Earned varsity letters in softball, swimming, cross country and track & field at Bishop Ireton HS...will be an asset for the women's team in the weight, hammer and javelin...majoring in English at VMI...sister of former VMI track/cross country runner Kathleen Resetar.

Resetar's PR's: Weight Throw: 9.59m

