

## 2006-07 BULLDOG TRACK & FIELD PREVIEW

Year in and year out, the Ferris State University men's and women's track and field programs have made significant progress during the tenure of head coach **Jeff Kavalunas**.

Expect the 2006-07 campaign, which will be Kavalunas' 11th season at the helm, to be no different.

Kavalunas welcomes back a talented group of returnees and is excited about the addition of several incoming recruits, all of which helps fuel the Bulldog cause as both programs attempt to climb in the Great Lakes Intercollegiate Athletic Conference (GLIAC) indoor and outdoor standings.

"It should be a great year and we're excited for it all to begin," Kavalunas said. "We've got a good group of returnees and some new faces in several areas that have the ability to score points for us."

In order for Ferris to continue its recent league climb, Kavalunas continues to place a focus both on daily individual development and improvement throughout the campaign.

### SPRINTS/HURDLES

The Bulldog women's program returns a number of individuals capable of producing points in the sprints/hurdles area, according to Kavalunas.

Senior sprinter **Ashley Farr** will anchor the Bulldogs' 4x400-meter relay and has the ability to compete near the top every time out in both the 200 and 400 meters.

Sophomore **Krystle Wilson** had a solid rookie campaign in 2005-06 and will be expected to provide added scoring punch in both the 200 and 400-meter events.

Senior **Chandra Robinson**, who attained indoor All-America accolades as a member of the school's distance medley relay team last year, also has the potential to place well in the longer sprints.

"We have a good core group of women in this area," Kavalunas said. "We'll also have the luxury of using many of them to help field competitive relay teams."

Freshman **Emily Cross** earned Michigan prep all-state honors as a hurdler and will help add depth in the sprints as well.

The men's team returns junior sprinter **Brian Williams**, who along with fellow junior **Phil Doyle** headline what should be an improved area.

### DISTANCE EVENTS

The Bulldogs almost always rank among the conference's top units in the distance area and little drop off is expected this year despite the loss of consensus All-America performer Jenny Irwin, who was honored as one of the nation's top ten candidates for the prestigious NCAA Woman of the Year Award in 2006.

Seniors **Kristen Balla** and **Julia Viel** provide established veteran leadership and will contend for all-league recognition in the longer events.

Sophomore **Mikinzie Stuart**, who was an All-GLIAC honoree in cross country, scored points for Ferris last year in both the 1,500 meters and the mile run at the league championships. Those three should help form yet another competitive women's distance group under Kavalunas' tutelage.

"Our girls had a successful fall season and hopefully that will carry over to the spring," said Kavalunas. "A number of them have been part of our program for several years and have gained significant experience."

On the men's side, junior **Jared Kelsh** has the ability to compete with the region's best in the mile run and 1,500 meters.

"Jared's healthy again and coming off a good cross country season," said Kavalunas. "There's no doubt he'll be able to compete for those top spots in the middle distance races."

Much like Kelsh, junior **Ray Rollet** is another middle distance type runner with significant experience under his belt. Freshman **Matt Jozwiak** and sophomore **Dan Volk**, among others, will help provide ample depth.

In addition, Kavalunas expects this year's men's squad to field extremely competitive distance medley and 4x400-meter relay teams.

### FIELD EVENTS

In the field events, the Bulldogs have one of the nation's top throwers in junior **Kamitra Carroll**. A returning conference indoor champion in the shot put, Carroll has also proved to be a valuable scoring threat in several of the other weight events during her career.

"Kamitra's been one of the best in the shot put nationally and we expect big things from her once again this season both on the conference and national levels," Kavalunas said.

Fellow junior **Sonya White** and sophomore **Rebecca Shields** have made tremendous strides in the Bulldog program and will help round out the Bulldogs' throwing contingent.

Sophomore **Greg Turrell**, a team captain, anchors the Bulldog men's unit in the throws area. Sophomore **Justin Paquette** is another consistent performer with the ability to score in the weight events.

Although there's always an adjustment period for any newcomer, freshman thrower **John Calvert** could add an additional scoring spark based on his past results at the prep level.

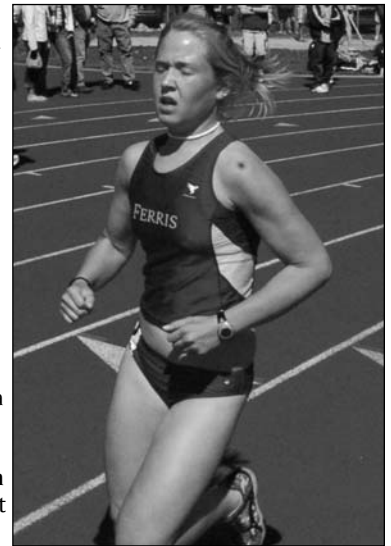
Versatile junior **Dia Price** gives Ferris an experienced high jumper on the women's side with the ability to compete for additional points in the horizontal jumps. Cross was highly-successful in the high jump as a prepster and together the duo should help form one of the GLIAC's top tandems in the event.

While the jumps may be a thin area for the men's squad, sophomore **Joe Myers** has the ability to compete for points. Freshman **Conner McGaffey** also has potential, according to Kavalunas, and will help fill out the Bulldog lineup.

Another team captain, junior **Adam Brown**, continues to improve significantly in the pole vault and will likely figure into the scoring mix at the conference meet provided he stays healthy.

While the Bulldogs won't have the opportunity to host the GLIAC Outdoor Championships as they did a year ago, Kavalunas believes there is enough talent to score additional points this time around despite the loss of the home-track advantage.

"We have a nice nucleus of individuals back and some talented newcomers, which gives us reason for optimism this year," he said. "It's always tough to score points in our conference, but we're motivated to compete for those additional scoring spots and should be able to score in a variety of different areas."



**Julia Viel**

### 2006-07 FSU TEAM CAPTAINS

#### MEN TRACK AND FIELD

Adam Brown  
Ray Rollet  
Greg Turrell

#### WOMEN'S TRACK AND FIELD

Kristen Balla  
Kamitra Carroll  
Jennifer Walsh