

2005-06 BULLDOG TRACK & FIELD PREVIEW

The Ferris State University men's and women's track and field programs should have no trouble staying motivated this year as the Bulldogs will conclude the campaign by hosting the 2006 Great Lakes Intercollegiate Athletic Conference (GLIAC) Outdoor Championships.

Overall, Ferris returns a number of experienced letterwinners and talented individuals for the 2005-06 campaign.

Head coach **Jeff Kavalunas**, who's entering his 10th season at the women's helm and seventh as the squad's men's coach, believes the opportunity to host the league meet in early May will help his programs continue their climb up the GLIAC leaderboard and remain focused on the task at hand.

"We're excited to host the outdoor meet and feel like we have an outstanding facility to showcase for the event," Kavalunas said. "It's a great opportunity to compete in our own stadium with the support of family and friends. That fact alone should make this a tremendous season for us."

SPRINTS/HURDLES

The FSU women's team won't be as experienced in the sprints as they were a year ago, but Kavalunas believes the group has plenty of potential.

Junior **Ashley Farr** returns to spearhead the young unit, which will also welcome the addition of freshman sprinter **Krystle Wilson**. Farr came on strong in the 200 meters at the end of last season while Wilson was an all-state pick as a prepster who's expected to focus on both the 200 and 400 meters.

Juniors **Larenda Hintz**, **Jennifer Walsh** and **Elizabeth Engle** give the Bulldogs a solid veteran lineup in the hurdle events.

"We're expecting those three to make more of a significant contribution in terms of scoring points for us this year," said Kavalunas. "They're further along than last year at this point so that will be a plus for our team."

Junior sprinter/jumper **Kyle Schuberg** will be the leader on the men's side in this area. He attained All-GLIAC honors in both the 200 meters and long jump during the 2004-05 outdoor campaign.

Sophomore hurdler **Chad Menefee** along with freshman sprinter **Joe Myers** will be other key contributors for the FSU men's squad.

DISTANCE EVENTS

There's no doubt the Bulldog distance group will have to lead the way if FSU hopes to contend in the league race this season.

Senior All-American **Jenny Irwin** headlines a list of talented performers in the distance area. She placed fourth overall in the 1,500 meters at last year's national outdoor championships and currently holds a total of six school records.

"Jenny's the leader of our women's program and has had an outstanding career thus far," said Kavalunas.

Senior **Leanna Wolf** is listed among the school's all-time top performers in the 800 meters and should battle for league medal recognition this season.

Freshman **Mikinzie Stuart** will join the lineup for Ferris this spring. Stuart received second-team All-Great Lakes Region Cross Country accolades as a rookie during the fall 2005 campaign and should provide an added spark in both the 1,500 and 3,000 meters upon completing her transition to the track.

A young Bulldog men's distance crew will feature a pair of sophomores in local product **Jared Kelsh** along with **Ray Rollet**. Kelsh missed all of this fall's cross country campaign due to

injury but is expected to fully recover by the time the outdoor season rolls around. Rollet is coming off a productive fall campaign.

FSU also returns junior **Barrington Dykes** and sophomore **Nate Penny**, who will help provide ample depth in the area.

FIELD EVENTS

Over the years, the Bulldogs have always scored a significant number of points in the field events and this season should be much the same.

The women's squad has plenty of returning experience in the throws, including sophomore **Kamitra Carroll**. As a freshman, Carroll ranked among the GLIAC's top performers in the shot put and reached the national meet in both the indoor and outdoor campaigns.

"Kamitra's one of the best in the shot put at the Division II level and we're expecting big things from her this year," Kavalunas said.

The tandem of senior **Jessica Gladding** and junior **Sonya White** help compliment Carroll in the other throwing events such as the discus, weight throw and hammer with sophomore **Anna Barrington** also expected to figure into the mix.



Sonya White

The high jump, too, should be a strong event for the women's team as senior **Sarah Duesing** along with sophomores **Dia Price** and **Stephanie Root** provide FSU with three established competitors in the event. Price could also move into scoring position within the league this campaign in her other event, the triple jump.

"All three of those individuals can make great contributions this year if they remain consistent," Kavalunas said.

On the men's side, the jumps should be an extremely solid and versatile area. Schuberg has been a consistent performer in the long jump throughout his career. Sophomore **Joe Mielke** made tremendous strides in the offseason and should rank as one of the conference's top high jumpers as well as give Ferris State a legitimate NCAA championship type performer.

In the pole vault, sophomore **Adam Brown** posted several clearances last year over 14-feet and will help provide an added scoring punch this season.

"The men's jumping area doesn't have a lot of depth, but we do have several outstanding performers who have the ability to score a lot of points for us," said Kavalunas.

Sophomore **Greg Turrell** will lead a young and somewhat inexperienced contingent in the men's throwing events.

Overall, Kavalunas expects the Bulldogs to show marked improvement throughout the 2005-06 campaign, which hopefully will allow both the men's and women's programs to continue their ascent up the league standings once the GLIAC Championships come around.

"While our men's program still continues to add depth, we do have a number of solid athletes in each area now and kids who can score points for us," he said. "Some of them will also have the ability to compete for spots in the national meet as well."

"The women's team will have a pretty good mixture of experience and youth. The veterans will have to continue to step up and lead us if we hope to do well at the GLIAC and NCAA meets."

2005-06 FSU TEAM CAPTAINS

MEN TRACK AND FIELD

Ray Rollet
Kyle Schuberg

WOMEN'S TRACK AND FIELD

Sarah Duesing
Larenda Hintz
Jenny Irwin
Leanna Wolf