

2004-05 BULLDOG TRACK & FIELD PREVIEW

The Ferris State University men's and women's track and field programs hope to continue their climb in the Great Lakes Intercollegiate Athletic Conference (GLIAC) during the 2004-05 campaign.

Head coach **Jeff Kavalunas**, who's entering his ninth season at the women's helm and sixth as the squad's men's coach, believes both teams have the potential and depth this season to move up the league list.

"The women have an opportunity to place among the top three teams in the conference," he said. "However, our scoring will be more spread out than in years past. The fourth, fifth and sixth place finishes all add up and will be important for our success towards the end of the season.

"Our men's team has the ability to score more points at the league championships than we've totaled the last couple of years," he said. "We're slowly rounding out our depth and talent in each event."

SPRINTS/HURDLES

The FSU women's team returns an experienced and talented group of sprinters in the senior trio of **Jennifer Delamater**, **Crystal Kuzma** and **Sharon Smith**.

Smith posted school record times in both the outdoor 100 and 200 meters last season. She attained All-GLIAC kudos in addition to provisionally qualifying for the national meet.

Kuzma and Delamater also rank among the school's top five all-time performers in the sprinting events.

"The women's sprints will be a strong area for us," Kavalunas said. "All three of them are healthy right now and have been competitive for us in the past at the conference level."

Sophomores **Larenda Hintz** and **Elizabeth Engle** have the ability to provide scoring punch in the hurdles.

The men's team welcomes back two talented sophomores in hurdler **Darryl Glashauser** and sprinter **Kyle Schuberg**.

Kavalunas expects both to challenge for scoring spots at the league championships this season.

Senior **Curtis Long** adds additional experience in the sprints.

DISTANCE EVENTS

Traditionally, the Bulldogs have had one of the GLIAC's best long distance units. Expect the 2004-05 campaign to be the same.

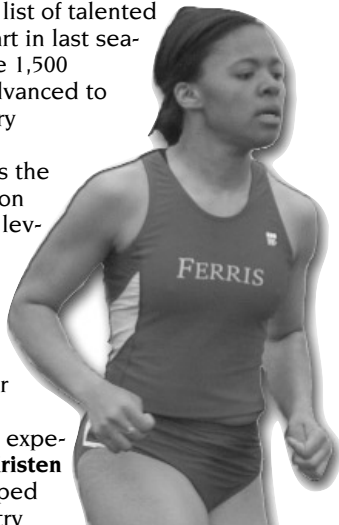
Junior **Jenny Irwin** headlines a list of talented women's performers. She took part in last season's national outdoor meet in the 1,500 meters. This past fall, she also advanced to the NCAA-II National Cross Country Championships as an individual.

"Jenny's a leader for us and has the opportunity to compete for titles on both the conference and national levels," said Kavalunas.

Senior **Mary Miller** had a productive 2003-04 campaign as evidenced by her moving into the school's top five all-time charts in both the indoor 5,000 and outdoor 10,000 meter races.

The Bulldogs also return three experienced juniors in **Leanna Wolf**, **Kristen Balla** and **Geneva Jones**, who helped lead the FSU women's cross country team to an eighth-place national ranking during the fall 2004 season.

Sophomore **Julia Viel**, a Big Rapids native, supplies ample depth while freshman **Ashley Sholl** is expected to make an immediate contribution.



Geneva Jones

The men's distance crew will most likely be paced by freshman **Jared Kelsh**, who was the squad's top runner in six cross country outings in 2004. Fellow freshman **Nate Penny** also had a solid initial cross country campaign, which Kavalunas hopes will carry over to the spring track and field season.

In the middle distance events, sophomore **J.L. Ball** and junior **Corey Peyerk** could contend for all-conference recognition. Junior **Chase Gibson** of Big Rapids is a versatile performer who's likely to see action in both the middle and longer distance events this time around.

FIELD EVENTS

The Ferris State women's team has always had one of the region's top pole vault groups. While Kavalunas doesn't figure the Bulldogs will score as many points in the event this season due to several significant losses, he does believe FSU has the potential for a more well-rounded field events unit this campaign.

"We've rounded out our jumps area this season," he said. "Last year, a majority of our points came in the vault but hopefully we can spread it out this year. We have a group capable of doing that this season."

Junior **Sarah Duesing**, who's also an all-conference basketball player, returns after sitting out last season. An all-league long jumper two years ago, Duesing has the potential to contend for conference accolades in both the long and high jump this campaign.

The addition of freshmen **Stephanie Root** and **Dia Price** gives Kavalunas a much more talented group of jumpers than in years past.

While the Bulldogs did lose school record holder Kristyn Buck among others in the vault, the cupboard isn't entirely empty. Senior **Michele Vanderhyde** is back after climbing into the school's top five all-time list during both the indoor and outdoor campaigns a year ago.

"Michele continues to improve and will be extremely competitive in the vault," Kavalunas said. "She's a valuable weapon who'll do well with consistency."

The throws area should also provide a marked improvement over years past for the women's team. Freshman **Kamitra Carroll** established state record marks in the throwing events while in high school. Her previous performances make her a legitimate threat to compete for conference title and NCAA qualifying performances.

Junior **Jessica Gladding** and sophomore **Sonya White** both gained tremendous experience last season and have made significant progress entering the 2004-05 season.

Kavalunas is excited about the men's throws area where the Bulldogs return a team captain in junior **Tom Swartwood** and two veteran performers in sophomore **Chad Hansen** and junior **Bryan Dyer**.

"This area is a great place for us to score additional points this season," Kavalunas said. "As a group, they're picking up where they left off last season."

Seniors **Kurt Peterson** and **Ryan Rouse** along with junior **Brent Harkness** give FSU one of the league's best men's pole vault groups. Kavalunas also noted Schuberg appears to be on the verge of making a major contribution in the jumps area while freshman **Joe Mielke** is a solid all-around athlete with outstanding jumping ability.

2004-05 FSU TEAM CAPTAINS

MEN TRACK AND FIELD

Tom Swartwood
Ryan Rouse

WOMEN'S TRACK AND FIELD

Jennifer Delamater
Mary Miller
Michele Vanderhyde