



MIAMI QUICK FACTS

Address..... 230 Millett Hall
 Location.....Oxford, Ohio 45056
 Population..... 18,937
 Founded.....1809
 Enrollment..... 16,300
 Nickname.....RedHawks
 Colors..... Red and White
 Affiliation..... NCAA Division I
 President.....Dr. David Hodge

CC/TRACK AND FIELD INFO

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 XC Letterwinners Returning/Lost..... 7/4
 TF Letterwinners Returning/Lost..... 20/4

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2006 CROSS COUNTRY SCHEDULE

Sat., Sept. 2..... Dayton Flyer Invitational..... Dayton, Ohio
Sat., Sept. 9..... Miami Invitational..... Oxford, Ohio
 Fri., Sept. 29..... Notre Dame/Adidas Invitational..... Notre Dame, Ind.
 Fri., Oct. 6..... All-Ohio Championship (Ohio Wesleyan)..... Delaware, Ohio
 Sat., Oct. 14..... Pre-NCAA Invitational (Indiana State)..... Terre Haute, Ind.
 Sat., Oct. 28..... MAC Championship (Buffalo)..... Buffalo, N.Y.
 Sat., Nov. 11..... NCAA Regional Championship (Bowling Green)..... Bowling Green, Ohio
 Mon., Nov. 20..... NCAA Championship (Indiana State)..... Terre Haute, Ind.

2006-07 INDOOR TRACK AND FIELD SCHEDULE

Sat., Dec. 2..... Findlay Open..... Findlay, Ohio
 Sat., Dec. 9..... Ball State Pentathlon..... Muncie, Ind.
 Sat., Jan. 13..... Bowling Green/Western Michigan..... Bowling Green, Ohio
 Fri.-Sat., Jan. 19-20..... Kentucky Invitational..... Lexington, Ky.
 Fri.-Sat., Jan. 26-27..... Findlay Classic..... Findlay, Ohio
 Fri.-Sat., Feb. 2-3..... Notre Dame Invitational..... Notre Dame, Ind.
 Sat., Feb. 10..... All-Ohio Championships (Bowling Green)..... Bowling Green, Ohio
 Fri., Feb. 16..... Ball State/Western Michigan..... Muncie, Ind.
 Fri.-Sat., Feb. 23-24..... MAC Indoor Championships (Akron)..... Akron, Ohio
 Fri.-Sat., Mar. 9-10..... NCAA Indoor Championships (Arkansas)..... Fayetteville, Ark.

2007 OUTDOOR TRACK AND FIELD SCHEDULE

Thur.-Sun., Mar. 22-25..... Alabama Relays..... Tuscaloosa, Ala.
 Sat., Mar. 31..... Cincinnati/Ohio..... Athens, Ohio
 Fri.-Sat., Apr. 6-7..... Duke Invitational..... Durham, N.C.
Sat., Apr. 14..... Miami Invitational..... Oxford, Ohio
 Sat., Apr. 21..... Vanderbilt Invitational..... Nashville, Tenn.
 Thu.-Sat., Apr. 26-28..... Hillsdale Relays..... Hillsdale, Mich.
 Fri., May 4..... Indiana Invitational..... Bloomington, Ind.
Thu.-Sat., May 10-12..... MAC Outdoor Championships (Miami)..... Oxford, Ohio
 Fri.-Sat., May 25-26..... NCAA Mideast Regional (Missouri)..... Columbia, Mo.
 Thu.-Sat., June 6-9..... NCAA Outdoor Championships (Sacramento State)..... Sacramento, Calif.

MIAMI UNIVERSITY, PLEASE

When referring to Miami, please use Miami University, Miami University (Ohio) or Miami (Ohio) University. Please do not use Miami of Ohio, University of Miami of Ohio, etc. The latter are not the proper names for our institution. Also, in 1997, the University began using its new nickname, the RedHawks. It is one word with a capital H. Thank you.



Richard Ceronie

Miami University Head Coach

While more than two decades have passed since **Dr. Richard Ceronie** took over the reins of the Miami University women's cross country and track and field program, Ceronie's passion for working with student-athletes remains the same as it was when he was first hired 23 years ago. Since taking over as the RedHawks' mentor, Ceronie's enthusiasm for developing successful student-athletes has not waned, and his vision of creating a program that is nationally-recognized in both athletics and academics has been realized.

"I wake up every morning excited to go to work and continue to build our program to the highest level it can achieve," Ceronie said. "We have shown that it is possible to balance outstanding academics and athletics here at Miami."

One of the trademarks of Ceronie's cross country and track and field program has been the ability to produce not only conference champions—58 Mid-American Conference gold medals have been won under Ceronie—but also academic all-conference athletes, as 81 athletes have been such honored during Ceronie's tenure.

"It is great to watch the young people around me grow and develop academically, athletically and socially," Ceronie said. "There can be no greater reward than watching young athletes struggle with the challenges they face, then see them win a conference championship and walk across the stage to receive their Miami diploma."

LEADERSHIP

In addition to developing student-athletes, Ceronie is an active leader in the track and field and Miami communities, having served in numerous leadership positions. Ceronie became the first MAC coach elected to the NCAA Division I Track and Field Committee in November 2005, and as part of the sport's top governing body, Ceronie and the 13-member committee provide a legislative agenda for cross country and track and field. His term runs through 2009.

Ceronie also spent two years (2004-06) as the president of the Women's Intercollegiate Cross Country Coaches Association (WICCCA) after previously serving two years as the vice president of the seven-member council. Additionally, Ceronie has twice been elected to serve as cross country representative from the Midwest Region, was selected as the secretary of the NCAA women's cross country executive sub-committee and chaired Miami University's Unclassified Personnel Advisory Committee, which worked with the president's office on advancements for Miami's 1,200 unclassified staff members.

"Miami University has been very good to me, and I've been blessed to work with some outstanding student-athletes in the cross country and track and field programs," Ceronie said. "My service is a way of giving back to the community and a sport I love, and it provides me an opportunity to invest in the advancement of Miami and its athletic programs."

CRADLE OF COACHES

As head coach of the RedHawks, Ceronie prides himself on hiring talented assistant coaches who help student-athletes reach their potential, and during his tenure, the Miami cross country and track and field program has morphed into a "Cradle of Coaches." While Miami is best known as the "Cradle of Coaches" for producing nationally-acclaimed coaches in both football and basketball, Ceronie's cross country and track and field program has helped numerous assistant coaches advance their careers. Former Miami assistants Paul Orchard (Cedarville University head coach), John Melnick (Rhode Island assistant coach), Laurie-Feit Melnick (Rhode Island head coach), Kathleen Raske (Former Central Michigan and current Sacramento State head coach), Scott Swain (former Xavier University head coach) and Chris

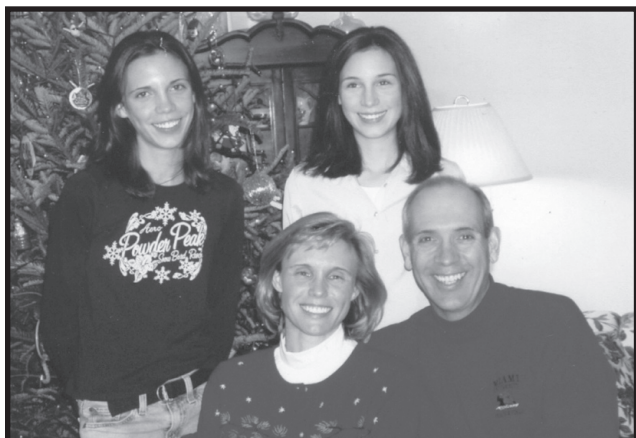
Bostwick (Michigan State assistant coach) are products of Ceronie's own coaching cradle.

"Each of those coaches came to Miami with great skills and talent, and Miami allowed them to expand on those talents and use our program as a springboard for their professional advancement," Ceronie said. "All of those coaches had a positive impact on the student-athletes, and I'm sure I learned more from them than I could have possibly given to them."



DR. RICHARD CERONIE "BY THE NUMBERS"

- 1—NCAA Track & Field Champion
- 1—Mid-American Conference Track and Field Championship
- 2—Mid-American Conference Coach of the Year Awards
- 2—Cross Country All-Americans
- 2—Top 50 team finishes at NCAA Track & Field Championship
- 3—U.S. Olympic Trials Qualifiers
- 4—Mid-American Conference Cross Country Individual Champions
- 4—Mid-American Conference Athletes of the Year
- 4—All-America Individual Awards For Academics
- 5—Leann Grimes Davidge Award Recipients
- 7—NCAA Cross Country Individual Qualifiers
- 8—Miami Scholar-Athlete Award Recipients
- 10—Miami Female Athletes of the Year
- 11—NCAA Track and Field All-Americans
- 12—WICCCA All-American Cross Country Teams (Academic)
- 54—MAC Track and Field Champions
- 76—School Records Set
- 81—Mid-American Conference Academic All-Conference Honorees
- 70%—Percentage of meets won in last 20 years



Rich Ceronie with his wife, Karen, and daughters Katelin (17) and Lauren (15).



THE MIAMI FAMILY

If one word can define the Miami cross country and track and field program, it is "family." Ceronie has created an environment that challenges student-athletes to maintain academic and athletic balance while excelling both on and off the track.

"We strive to create a family atmosphere," Ceronie said. "The overall growth and development of the student-athletes is our number one priority, and from the top to the bottom, we work to foster a positive environment where success can be attained."

ATHLETIC SUCCESS

Since Ceronie's hiring, the women's cross country and track and field teams have enjoyed overwhelming success, compiling a winning percentage of nearly .700.

Under Ceronie's tutelage, Miami has garnered numerous team and individual accolades, producing 54 MAC Champions, 11 all-Americans and three Olympic trial qualifiers. Additionally, three RedHawk track and field athletes currently rank in the top 50 of the all-time United States listing in their event. As a team, the RedHawk track and field program has been ranked among the top 30 of the USTCA NCAA Division I Power Rankings in two of the last four years.

Ceronie's efforts have been recognized with team and personal accolades. He coached Miami to its first MAC track and field title in 1986 and was named Ohio's Coach of the Year in 1993. Recently, Ceronie was named the Mondo Great Lakes Coach of the Year and MAC Coach of the Year in 2003.

Ceronie also is one of only four MAC coaches to produce an NCAA outdoor champion. In 1986, Karen Bakewell ran what was then the fastest 800-meter time in college history (2:00.85) and finished the year ranked among the world's elite. Another highlight of Ceronie's career was guiding Melissa Mayers, who became Miami's first cross country all-American in 1996.

As one of Ceronie's standout pupils, Andrea Kremer (2001-04) became the only Miami athlete to earn all-America status in each of her first three years. A three-time Miami Female Athlete of the Year honoree, Kremer was named the 2001 MAC Women's Track and Field Outstanding Performer, placed 10th in the steeplechase at the NCAA Championships and became the first freshman female to be named the Miami Athlete of the Year. Kremer also was a cross country all-American in 2001 and a steeplechase all-American in 2003.

During the past four seasons, Ceronie has overseen unparalleled success in track and field, as the RedHawks have produced seven national qualifiers. Beginning in 2003, two Miamians qualified for the national meet in three straight seasons (2003-05), while two-time defending MidEast Regional Pole Vault Champion Sarah Landau served as Miami's most recent NCAA qualifier in 2006.

Ten Miami Athletes of the Year also have come from Ceronie's program during his tenure, more than any other program at Miami.

ACADEMIC SUCCESS

While the athletic honors have been well received, Ceronie is equally as proud of the team's continued academic successes. "The environment provided by Miami is ideal for an athlete to excel on the field, as well as off," Ceronie said.

Ceronie's 2005 cross country squad posted a team grade-point average of 3.38—the highest of any Miami varsity team during the 2005-06 school year—and was named as a Women's Intercollegiate Cross Country Coaches Association Academic All-America team for the 12th consecutive season. Carol Eckerly and Jennie Stoll also garnered Academic All-MAC honors.

Ceronie's track and field athletes also compiled an impressive academic resume in 2005-06, finishing with a 3.17 GPA, the 35th-best nationally for Division I women's programs. Of the 330 Division I institutions that sponsor women's cross country and track and field, less than 10 percent are recognized nationally by the



Rich Ceronie and his wife, Karen, have been fixtures at the finish line of the Miami Invitational for the past 22 years.

United States Track and Field and Cross Country Coaches Association as a Scholar All-American Program, something Miami also accomplished in the 2005-06 season.

Additionally, Landau and Kristina Bolterstein were honored by the USTFCCCA as Scholar All-Americans, and Bolterstein also placed on the CoSIDA/ESPN the Magazine Academic All-District IV Second Team. Multi-event standout Taryn Nye also earned Miami Scholar Athlete of the Year honors, the eighth athlete under Ceronie to earn Miami Athletics' highest academic honor. The program's eight scholar-athlete awards are tops of any varsity team at Miami.

THE CERONIE FILE

Prior to Miami, Ceronie spent two years as the assistant men's track and field coach and strength coach at Cincinnati (1982-84) where he coached 10 All-Metro Conference performers, five individual conference championships and one NCAA qualifier.

In 1979, Ceronie was appointed to the faculty at Geneseo State University (N.Y.), where he took over the men's track and field program and established the women's cross country and track program. The women's team went undefeated for three years and sent a cross country runner to the NCAA Championships for the first time in the university's history. Ceronie also produced the first men's conference champion.

Before joining the staff at Geneseo State, Ceronie taught sixth grade and coached in the Canton (N.Y.) school system. Having gone without a state qualifier since the establishment of the cross country and track and field program, Canton sent 40 athletes to the New York state meet during Ceronie's four years (1975-79).

As a runner at Brockport State University (N.Y.), Ceronie won three straight sprint championships and led his team to the 1974 conference championship.

An example to his athletes in the classroom, Ceronie earned two bachelor's degrees in health education (1974) and elementary education (1975) from Brockport State. Ceronie then earned a graduate degree in elementary education from Geneseo State (1982) before earning a master's in sports administration (1989) and Ph.D. in educational leadership (1993) from Miami.

Ceronie resides in Oxford with his wife, Karen, a chemical engineer at Proctor & Gamble, and their daughters, Katelin Elizabeth (17), and Lauren Marie (15).

CERONIE QUICK FACTS: **Education:** Bachelor's degree in health education (Brockport State, 1974) ... bachelor's in elementary education (Brockport State, 1975) ... graduate teaching certificate in elementary education (Geneseo State, 1982) ... master's in sport organization (Miami University, 1989) ... Ph.D. in educational leadership (Miami University, 1993.) **Coaching:** Head coach at Miami University (1984-present) ... (1982-84) assistant track and field coach and strength coach at University of Cincinnati ... (1979-82) head coach at Geneseo State University ... (1975-79) head coach at Canton H.S. **Running:** Helped Brockport State to 1974 conference track and field championship ... three-time conference sprint champ.



Track and Field Q&A

Q&A With Richard Ceronie

Q&A WITH HEAD CROSS COUNTRY AND TRACK AND FIELD COACH RICH CERONIE

Q: What is the philosophy behind your program?

A: To be successful, our program needs athletes who are committed to pursuing excellence and have the ability to accept the responsibility of being a Division I athlete within a team structure. We want to attract outstanding student-athletes who are able to represent Miami with class.

Q: What do you as a coach expect from your athletes?

A: We expect our team members to be focused on learning about their event and optimizing their ability. That can only come from a relentless pursuit of hard training and the long hours associated with that concept. Improvement in sport is a continual process, and our athletes need to be able to handle all the aspects that come with that: strength training, off-season training, rehab, etc. Successful athletes put a lot of time into their sport, and we expect our team members to work toward that process. Just showing up for practice each day is not enough. There must be a willingness to do the extra little things that allow a person to grow and develop to their fullest athletically. We really expect our athletes to be able to handle the responsibility that is inherent in Division I athletics.

Q: What do you look for in a cross country or track and field recruit?

A: The first thing we start with is whether she is a good person who will fit within our team structure. In our sport we are together the entire academic year, spending an inordinate amount of time together, so we want positive athletes who are great to have around on a daily basis. We also look for athletes that have reached a high level of success in the state championship meets and are tough competitors—those who really love competition. Just liking track and field isn't enough. To be successful, an athlete needs to love track and field. We look for someone who is mentally tough, an athlete who can deal with the peaks and valleys of athletic competition.

Q: What do you see as top priority for a student-athlete in your program?

A: Obviously, our student-athletes come to Miami to receive an outstanding academic education and graduate within four years—that is always their number one priority. But I also believe competing in intercollegiate athletics provides learning outside the classroom, which is valuable for a person in finding out about his or her strengths and weaknesses as well. We want our team to balance the learning process gained inside the classroom with those experiences gained outside. Together, I think it assists the individual to leave Miami a more well-rounded person than when she entered. I have a firm belief that students can successfully balance outstanding academics with high-level athletics.

Q: What does a student-athlete need to do to be successful in your program?

A: As I've looked back over the last 22 years at Miami, I think there are a few things that all the highly successful student-athletes had. They all had talent, but that really was a small piece of their success. All had an insatiable drive, a burning desire for success that permeated everything they did. Each of them was willing to sacrifice for success, doing the extra things that add up to better performances. All of them had an enthusiasm for success and were willing to challenge themselves to achieve at the highest levels.

Q: What type of scholarships are available through the Miami cross country or track and field team?

A: Miami has done a great job of getting us more financial aid, and we are a fully-funded program. With 21 events in collegiate track and field, we typically split our scholarships into different percentages of aid. Our goal is to have a well-balanced team with good athletes in each event. Some of the scholarships are smaller and some larger, depending on the ability and achievements of the high school athlete. We also have a good record of assisting walk-on athletes who score at the MAC Championships or upgrading athletes who improve throughout their career. Over the last 22 years, we have provided new financial aid to 50 walk-on team members and upgraded athletes 112 times. I am very proud of that fact.

Q: What is a typical track practice like?

A: The practices are very intense. If athletes want to run well on Saturday, they need to challenge themselves Monday through Friday. We attempt, through the training that we do, to put our athletes under the same physiological and psychological demands that they find in meets. In the fall track program, much of our focus is on improving the foundational strength and fitness of the athletes. During the indoor season, we are focused on refining the technique of the athletes. In the spring, we are focused more on high-level performance. If we are on the track, we spend about 20 minutes doing a warm-up and flexibility routine. We then have about a 60- to 90-minute block of time working on their specialty areas, whether it be interval training or technical training. We then spend another 20 minutes or so cooling down and getting to the training room for preventative measures. If we are scheduled for strength training, we spend about 60 minutes on the track followed by 60-90 minutes in the strength and conditioning facility.

Q: How committed is Miami to the women's cross country and track and field program?


A: Our Director of Athletics, Dr. Brad Bates, has been here almost four years, and in that time, he has restructured the entire department and has renewed the commitment to be the best overall athletic program in the Mid-American Conference. Dr. Bates brings a high level of enthusiasm to our department and is a tireless worker for our coaching staff and athletes. He has been able to bring fund-raising for our department to record levels, and over the last several years, there have been many positive changes for our cross country and track program. We have a solid budget, have spent hundreds of thousands of dollars renovating both the indoor and outdoor track facilities, and are now positioning ourselves for the future. We continue to be at the top of the conference in producing nationally-ranked athletes, and we continue to aspire to be the very best in the conference. I am convinced our athletic department wants us to be as successful as we can be.



Rich Ceronie is in his 23rd season at the helm of the Miami program.

Assistant Coaches

Jennifer Hardesty/Shawn Meinecke

Jennifer Hardesty

Years at Miami: Ninth Season
Alma Mater: Ashland University
Events: Throws

Assistant Coach

Jennifer Hardesty enters her ninth season as an assistant coach at Miami after beginning her coaching career at Springfield College (Mass.) in 1997-98. Hardesty's responsibilities include coordinating the fall track and field program, serving as the recruiting coordinator and coaching all the throwing events.

"Jen has established a throwing program that exhibits consistency and high-level achievement," head coach Rich Ceronie said. "Our throwers receive the daily instruction and advice they need in order to improve."


During Hardesty's eight-year stint, Miami's throwers have enjoyed sustained success, including her top pupil Lauren Collins. As one of the most decorated throwers in program history, Collins won Mid-American Conference titles in both 2003 and 2004 that included back-to-back championships in the hammer throw. The Miami record holder in both the shot put (49-1 1/2) and hammer throw (193-7), Collins also set two conference records in the hammer throw (193-7; 2003) and weight toss (63-0 1/4; 2004), with her hammer throw distance besting the previous MAC standard by nearly 20 feet. An academic all-American several times over, Collins also won two events at the 2003 Outdoor MAC Championships, accounted for 28 points and was named the MAC's Most Valuable Performer.

In the past two seasons, Hardesty's throwers have excelled in the conference and the region. The 2006 season saw Lindsey Arundel and Quekan Ibiidunni score at the MAC Outdoor Championships, while in 2005, Ibiidunni (discus) and junior Joanna Borawski (javelin) earned bids to the NCAA MidEast Regional. Additionally, Hardesty's throwers have reset four of the six school throwing records in her tenure.

"Jen has been able to take throwers of all ability levels and get them to perform at a much higher level," Ceronie said. "Our throwing program is in the best shape ever."

A seven-time all-Ohio high school athlete, Hardesty went on to earn All-America honors at Ashland University, where she qualified for the NCAA Championships in all four throwing events (javelin, hammer, shot put and discus). She earned a bachelor's degree in secondary education at Ashland and has completed part of the requirements for a master's degree in education.

Hardesty resides in Hamilton with her husband, Dan, who is a network engineer. The couple have one child, three-year old Sydney Grace.

Shaun Meinecke

Years at Miami: First Season
Alma Mater: Luther College
Events: Sprints, Jumps, Pole Vault

Assistant Coach

Shaun Meinecke begins his first season as an assistant coach with the Miami track and field program. Meinecke handles the sprints, jumps and pole vault, and he comes to Oxford after spending the past two seasons as the Eagles' head women's track and field coach.

"I am delighted Shaun accepted our invitation to coach at Miami," head coach Rich Ceronie said. "He is an outstanding young coach, and we are fortunate to have him as a member of our track and field family. He has had excellent success in helping athletes win conference titles, and I am positive that our student-athletes will benefit from his coaching."

Entering his fifth season in the college coaching ranks, Meinecke compiled an impressive resume while at Georgia Southern, winning back-to-back Southern Conference Outdoor Coach of the Year honors in 2005 and 2006. In his two seasons at the helm, Meinecke mentored seven conference champions, 13 regional qualifiers and one NCAA qualifier. Meinecke also helped the Eagles to back-to-back runner-up finishes at the Southern Conference Outdoor Championships, including the highest conference point total in program history at the 2005 conference meet.

"Shaun has received numerous accolades from his coaching peers in the Southern Conference, and I am looking forward to having him assist us in the pursuit of a Mid-American Conference Championship," Ceronie said.

Prior to his head coaching tenure, Meinecke was an assistant coach at Georgia Southern (2001-03) and was in charge of the horizontal jumps, vertical jumps, sprints and heptathlon. In between coaching stints in Statesboro, Ga., Meinecke started and ran his own business (2003-04) specializing in speed training and strength and conditioning.

During his time as a student-athlete, Meinecke was a two-time NCAA Division III All-America decathlete at Luther College. Meinecke also was a three-time national qualifier and won a national championship as a member of the distance relay team. In addition, Meinecke excelled post-collegiately, finishing as the 2003 USA Double Decathlon Champion and 2004 World Double Decathlon Champion.

Meinecke earned his bachelor's degree in management from Luther College in 2001 and went on to earn his master's degree in sports management from Georgia Southern in 2003.

"I am grateful to Miami and Coach Ceronie for giving me the opportunity to join such a successful program," Meinecke said. "The enthusiasm and support of the athletes, the coaching staff and the administration at Miami has been wonderful, and I look forward to making my best contribution to the institution."



Miami Support Staff

Lindsay Fenton/James Carsey

ACADEMIC SERVICES

Miami's athletic department strongly emphasizes that its student-athletes succeed not only in their athletic pursuits but also in their academic endeavors. Realizing the unique demands placed on the student-athlete, Miami feels a responsibility to provide the best possible academic support.

Miami's Comprehensive Academic Support Program began during the 1987-88 academic year. The program's main focus is to monitor and track student-athlete's progress toward graduation while staying in compliance with Miami University, Mid-American Conference, U.S. Figure Skating Association, Central Collegiate Hockey Association and NCAA guidelines.

The Academic Support Program is comprised of three full-time academic coordinators, including Cindy Veraldo, Lindsay Fenton and Ryan Miller. Fenton works directly with the women's cross country and track and field teams.

"Lindsay has certainly done a stellar job for us when it comes to advising," head coach Rich Ceronie said. "She is passionate about ensuring each and every athlete on our team is receiving the correct advising. She is very important to our program, and I feel lucky to have her working with the team."

The offices of the academic coordinators are located in the Walter L. Gross Jr. Family Student Athlete Development Center. The coordinators have the responsibility of implementing and coordinating all aspects of the academic support program for both the men's and women's varsity teams. Miami's academic coordinators assess the academic needs of incoming freshmen and map out appropriate course work, study time and other support based on each individual student-athletes' needs. The staff assists with registration concerns and monitors the student-athlete's academic performance in each class through a course performance evaluation which involves all faculty members.



Lindsay Fenton

STRENGTH AND CONDITIONING

In today's highly-competitive world of intercollegiate athletics, the guidance and training a student-athlete receives in their strength and conditioning program is every bit as important as the direction they receive on the field. At Miami University, the strength and conditioning program is a source of pride and tradition.

Heading Miami's strength and conditioning program is James Carsey, who enters his sixth season at Miami and second year as head strength and conditioning coach. A former football standout at Ashland University, Carsey understands the direct link between success in the weightroom and success on the field.

"While the coaching staff is able to provide more direction during the season, it is limited by NCAA regulations as to how much time it can spend with the team at other times of the year," Carsey said. "The strength and conditioning staff works with the team all year long and has the opportunity to aid in each student-athletes' physical and mental development. Our role in maintaining an individual's drive throughout the year is key in getting the most out of that individual's potential."

Carsey succeeds long-time strength and conditioning coach Dan Dalrymple, who was named head strength coach for the New Orleans Saints last winter after spending 17 years building Miami's strength and conditioning program from the ground up. Assisting Carsey are full-time assistant Ryan Faehnle, who joined the staff this past summer, second-year intern Matt Cady and a group of well-trained student assistants.

"Coach Dalrymple's philosophy was always that student-athletes come to Miami to be champions, and it's our obligation to provide those student-athletes with the tools to reach their full potential," Carsey said. "We still embrace that mindset, while also working to instill qualities such as pride, integrity, loyalty and dedication."



James Carsey



Dedicated in 2001, Miami's impressive Walter L. Gross Jr. Family Student-Athlete Development Center is central to the strength and conditioning and academic advising programs. The \$5 million facility houses a computer lab (left), a study lounge, private tutoring offices and the two-level strength and conditioning center (right).