



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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 Track Facility..... George Rider Track
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 TF Letterwinners Returning/Lost..... 17/6

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Printing: A&B Printing, Fort Laramie, OH

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2007 CROSS COUNTRY SCHEDULE

Sat., Sept. 1..... Dayton Invitational..... Dayton, Ohio
 Sat., Sept. 8..... Cincinnati Invitational..... West Chester, Ohio
 Sat., Sept. 15..... Cedarville Invitational..... Cedarville, Ohio
 Fri., Oct. 5..... All-Ohio Championship (Ohio Wesleyan)..... Delaware, Ohio
 Sat., Oct. 13..... Bowling Green Invitational..... Bowling Green, Ohio
 Sat., Oct. 27..... MAC Championships (Central Michigan)..... Mt. Pleasant, Mich.
 Sat., Nov. 10..... NCAA Regional Championships (Indiana)..... Bloomington, Ind.
 Mon., Nov. 19..... NCAA Championships (Indiana State)..... Terre Haute, Ind.

2007-08 INDOOR TRACK AND FIELD SCHEDULE

Sat., Dec. 1..... Findlay Open..... Findlay, Ohio
 Sat., Jan. 12..... Bowling Green/Western Michigan/Ohio..... Bowling Green, Ohio
 Sat., Jan. 19..... Eastern Illinois Invitational..... Charleston, Ill.
 Fri.-Sat., Jan. 25-26..... Bowling Green Open..... Bowling Green, Ohio
 Fri.-Sat., Feb. 1-2..... Kentucky Invitational..... Lexington, Ky.
 Fri.-Sat., Feb. 8-9..... Notre Dame Invitational..... South Bend, Ind.
 Fri.-Sat., Feb. 15-16..... All-Ohio Championships..... Findlay, Ohio
 Fri., Feb. 22..... Ball State/Western Michigan..... Muncie, Ind.
 Fri.-Sat., Feb. 29-Mar. 1..... MAC Indoor Championships (Eastern Michigan)..... Ypsilanti, Mich.
 Fri.-Sat., Mar. 14-15..... NCAA Indoor Championships (Arkansas)..... Fayetteville, Ark.

2008 OUTDOOR TRACK AND FIELD SCHEDULE

Thur.-Sat., Mar. 19-22..... Coastal Carolina/Shamrock Invitational..... Conway, S.C.
Sat., Mar. 29..... Cincinnati/Ohio/Xavier/Northern Illinois/Central State..Oxford, Ohio
 Fri.-Sat., Apr. 4-5..... Duke Invitational..... Durham, N.C.
Fri.-Sat., Apr. 11-12..... Miami Invitational..... Oxford, Ohio
 Fri.-Sat., Apr. 18-19..... All-Ohio Championships..... Cincinnati, Ohio
 Sat., Apr. 26..... Butler Twilight..... Indianapolis, Ind.
 Fri.-Sat., May 2-3..... Ohio State Invitational..... Columbus, Ohio
 Fri., May 9..... Indiana/Billy Hayes Invitational..... Bloomington, Ind.
 Thu.-Sat., May 15-17..... MAC Outdoor Championships (Bowling Green)..Bowling Green, Ohio
 Fri.-Sat., May 30-31..... NCAA Regional (Arkansas)..... Fayetteville, Ark.
 Thu.-Sat., June 11-14..... NCAA Outdoor Championships (Drake)..... Des Moines, Iowa

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

2007-08 MIAMI CROSS COUNTRY/TRACK AND FIELD

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 24 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—61 Mid-American Conference gold medals have been won under Ceronie—but also academic all-conference athletes, as 84 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 12-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."

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



DR. RICHARD CERONIE "BY THE NUMBERS"

- 1—NCAA Track & Field Champion
- 1—NCAA Regional Coach of the Year Award
- 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
- 12—Miami Female Athletes of the Year
- 12—NCAA Track and Field All-Americans
- 12—WICCCA All-American Cross Country Teams (Academic)
- 57—MAC Track and Field Champions
- 80—School Records Set
- 84—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 (18) and Lauren (16).

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 61 MAC Champions, 12 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 twice in the last five 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 NCAA 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 five seasons, Ceronie has overseen unparalleled success in track and field, as the RedHawks have produced 10 national qualifiers. Beginning in 2003, two Miamians qualified for the national meet in three straight seasons (2003-05), while high jumper Kristina Bolterstein served as Miami's most recent qualifier in 2007.

During the 2006-07 season, Ceronie sent three Miamians to the national meet, with high jumper Kristina Bolterstein qualifying both indoors and outdoors. After tying a MAC indoor record with a leap of 6-1 1/2, she won her second straight MAC indoor title, finished 17th at the NCAA Championships and was tabbed as the NCAA Great Lakes Region Indoor Field Athlete of the Year. She then followed that up by becoming Miami's first high jump All-American during the outdoor season, as she was the eighth American finisher at the national meet.

Twelve 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 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 2006 cross country squad posted a team grade-point average of 3.51, the highest of any Miami team last season, and was named as a Women's Intercollegiate Cross Country Coaches Association Academic All-America team for the 13th consecutive season. Juniors Sarah Henize and Jennie Stoll also garnered Academic All-MAC honors.

Ceronie's track and field athletes also compiled an impressive academic resume in 2006-07, finishing with a 3.32 GPA, only



Rich Ceronie and his wife, Karen, have been fixtures at the finish line of the Miami Invitational for the past 23 years.

trailing cross-country for best team GPA at Miami, the 20th-best nationally for Division I women's programs, and tops in the Mid-American Conference. Of the 330 Division I institutions that sponsor women's cross country and track and field, only 97 were recognized nationally by the 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, junior Kristina Bolterstein placed on the CoSIDA/ESPN the Magazine Academic All-District IV Second Team for the second consecutive year and was named to the Academic All-MAC Team.

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 (18), who is a first-year student at Miami, and Lauren Marie (16).

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.



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 demanding responsibilities involved with being a Division I athlete within a team structure. We want to attract outstanding student-athletes who are able to represent Miami with both class and a fierce competitive nature.

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

A: We expect our team members to be focused on their long and short-term individual and team goals. Reaching these goals can only transpire through long yet efficient hours of physical and mental training, preparedness, and a desire to absorb and use the technical and strategic knowledge given to them by their event coaches. Improvement in sport is a continual year-long 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 responsibilities that are 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 that can bond together in pursuit of a common goal. Almost every single member of our teams placed in the top six of her state track meet with 11 of them coming in either first or second at the state meet. We search relentlessly 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 cross country/track and field isn't enough. To be successful, an athlete needs to love it. We look for someone who is mentally tough, an athlete who can deal with the peaks and valleys of athletic competition and thrives in pressure situations. We put more emphasis in recruiting athletes that can contribute to our team goals in more than just one season or more than one event (i.e. shot put, discus and javelin).

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 not only balance outstanding academics with high-level athletics, but can also achieve even greater success both during and beyond their collegiate experience because of this balance.

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

A: As I've looked back over the last 23 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 so we can boast being 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 and where that would place in the MAC, how many seasons they can contribute to, how many events they can contribute to, the need on the team for their event area(s), and the funding available that year through graduation turnover. We also have a good record of rewarding walk-on athletes that score at the MAC Championships with financial aid or upgrading scholarship athletes that improve throughout their career. Over the last 23 years, we have provided new financial aid to 52 walk-on team members and upgraded athletes 108 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 six 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. Dr. Bates introduced the "Culture of Champions" concept and plan to Miami Athletics programs. Basically, there is now a great deal more accountability and emphasis on each sport winning not only in the MAC, but also in representing our sports nationally. With the addition of our new, but highly-experienced staff, and with a new philosophy of recruiting and training, we intend to be in the forefront of a new area of winning in Miami Athletics.



Rich Ceronie is in his 24th season at the helm of the Miami program.

Mark Rodriguez/Shawn Meinecke

Mark Rodriguez

Years at Miami: First Season
Alma Mater: Manchester College '94
Events: Throws



Assistant Coach

Shawn Meinecke

Years at Miami: Second Season
Alma Mater: Luther College '01
Events: Sprints, Jumps, Pole Vault



Assistant Coach

Mark Rodriguez enters his first season as the throws coach for the Miami University women's track and field program.

Over his career, Rodriguez has coached an NCAA National Champion, seven Olympic Trial qualifiers, 18 All-Americans, 31 Academic All-Americans, 77 NCAA Championships qualifiers, 35 US Championship qualifiers, 38 NCAA Regional qualifiers, 131 school record breakers, 190 all-conference performers and 88 conference champions.

MU head women's track and field coach Dr. Richard Ceronie raved about Rodriguez's accolades. "I was delighted when Mark applied for the position this summer as I had known of his body of work for a long time. I had always considered Mark to be one of the top throwing coaches in the country, who had shown a remarkable ability to take good high school throwers, and make them into national-caliber athletes. His expertise in the bio-mechanics and strength development areas is extensive, and our athletes at Miami will benefit greatly from his teaching and coaching. Better yet, Mark is an outstanding person of high character who was the right person at the right time for Miami. We have designs on taking our program to the next level, and his background meshes well with that goal. With Mark Rodriguez we have someone who can assist our program to become the model of excellence we all desire."

Rodriguez served most recently as an assistant coach at Buena Vista University, Iowa, where he mentored student-athletes that set eight school records and earned Academic All-American Team recognition.

Prior to his time at BVU, Rodriguez was the throws coach at the University of Louisville. He helped build the Cardinals into a top four Midwest Regional team and a nationally-ranked team. His throwers became a dominant force in the Big East, capturing nine individual conference titles, setting 25 school records and nine meet records. His throwers also placed at the Big East Championships 40 times, earned 29 all-conference accolades, and qualified for NCAA Regionals 17 times and NCAA Championships nine times. On the national and international level, his Cardinal throwers finished on Tilastopaja's World Rankings 31 times, earned eight individual and two team Academic All-American honors, and appeared in the U.S., Canadian, and U.S. Junior National Championships. Coach Rodriguez resigned unexpectedly to take care of a family emergency.

Before joining the Cardinal staff, Rodriguez built an impressive body of work at Indiana State University where he helped the Sycamore throwers set 51 school records, 37 meet records and 13 all-time Missouri Valley Conference marks, while capturing 35 individual conference championships with 93 All-Conference athletes, 8 MVC Field Athletes of the Meet and nine Academic All-Americans. At ISU, Rodriguez helped build six MVC championship teams, four NCAA top 20 teams and had four squads named Academic All-American teams ranked as high as 2nd & 6th in the nation. His throwers qualified for six Olympic Trials, 32 U.S. Championships, 21 NCAA Regionals and 14 NCAA Championships and have finished ranked on Tilastopaja's World Rankings 62 times with the highest finishing 5th and 8th in the world.

Rodriguez began his coaching career at Manchester College, Indiana, where he helped the Spartans set 30 school records and 11 conference marks, qualified for nationals 19 times with 14 Academic All-Americans and helped one former Spartan qualify for the Olympic Trials. MC placed as high as fifth and sixth at the NCAA Championships, had four Academic All-American Teams ranked as high as 2nd and 6th in the nation. Prior to his coaching career, Rodriguez competed as a thrower at Purdue University.

A former Georgia Southern head coach Shawn Meinecke is entering his second season as an assistant coach with the RedHawks' track and field program. Meinecke handles the sprints, jumps and pole vault for the Red and White.

In his first season at Miami, Meinecke produced three national qualifiers and three Mid-American Conference Champions. During the indoor season, Kristina Bolterstein (high jump) and Sarah Landau (pole vault) each qualified for the NCAA Championships, while Bolterstein and Lashonda Davis (long jump, 60 meters) won MAC indoor titles. Bolterstein was perhaps the most impressive Miamian, as she tied an all-time MAC record with a clearance of 6-1 1/2 and was named the USTFCCA Great Lakes Region Field Athlete of the Year. Meinecke's athletes also totaled 51 team points at the MAC indoor meet.

Coach Ceronie commented on Meinecke's ability, "My first year in working with Shawn was a fantastic experience. It is always nice to work with someone who has actually sat in the same position, and fully understands the dynamics of what it takes to be successful. Shawn knows every facet of how to run a program, and this has assisted us to lay the foundation for great things to come. He has a passion and energy for the sport of track & field which is boundless. He is innovative, creative, and provides our athletes with a training environment that is simply put, outstanding. As coordinator of our recruiting effort he has developed it into more than it ever has been in the past. We have more top-level athletes interested in Miami University than ever before. Shawn has been able to translate our vision and desire into an excitement on the part of high school students and their parents. I feel very lucky to have someone of Shawn's expertise as he makes me a much better coach."

Meinecke's athletes continued their impressive performances during the outdoor season, as he produced three regional qualifiers including Bolterstein, who finished as the MAC high jump runner-up. Bolterstein went on to earn an at-large bid to the NCAA Championships where she was the eighth American finisher and became the first high jump All-American in program history. Bolterstein also tied the outdoor school high jump record in the national high jump preliminaries where she cleared 5-10 3/4.

Now in his sixth 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 Golden 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 meet.

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-medley relay team. In addition, Meinecke also excelled post-collegiate, finishing as the 2003 USA Double Decathlon World Champion and 2004 World Double Decathlon Champion.

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



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 and Craig Bennett. Their offices 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. The staff works to provide Miami student-athletes with the tools to succeed in the classroom and beyond.

Other responsibilities of the office include meeting with potential student-athletes when they visit on recruiting trips. 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.

The staff also works in conjunction with the Rinella Learning Center to provide student-athletes with appropriate academic support for any individual who has special needs or desires tutoring help. In addition, the coordinators serve as a referral source to offices around campus including the Student Counseling Center, the Office of Career Services, appropriate academic advising offices and registration and financial assistance offices.



Craig Bennett

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. Carsey understands the direct link between success in the weightroom and success on the field.

Head coach Rich Ceronie states, "Coach Faehnle has brought an intense sense of enthusiasm and work ethic to our women's track and field program. He pushes each athlete to be the very best they can be, and has designed intricate, but adaptable, strength training programs for our team. We are very lucky to have someone with Ryan's dedication and interest in our program."

"While the team coaching staff is able to provide more direction during the season, they are limited by NCAA regulations as to how much time they 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."

Assisting Carsey are full-time assistants Ryan Faehnle (track & field) and Matt Cady, intern Cindi Merrill, and a group of student assistants.

The home of Miami's strength and conditioning program is the 10,000-square foot Walter L Groves Center, which is described in-depth below.

Central to the philosophy behind Miami's strength and conditioning program for track and field is a focus on developing strength in the areas that are key to an athlete's power, explosiveness and stability. With this premise in mind, priority is given to lifts and movements that develop the hips and upper legs (quadriceps, hamstrings) and back and abdominals. The focus for XC/distance is geared toward endurance, flexibility and injury prevention.



Ryan Faehnle



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).