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**2007 Schedule**

| Date            | Opponent                       | Site                  | Time           |
|-----------------|--------------------------------|-----------------------|----------------|
| Sept. 1         | at Sea Gull Opener             | Salisbury, Md.        | 10 a.m.        |
| Sept. 8         | at Fordham Invitational        | Bronx, N.Y.           | 10:30 a.m.     |
| <b>Sept. 15</b> | <b>Navy Invitational</b>       | <b>Annapolis, Md.</b> | <b>10 a.m.</b> |
| Sept. 22        | at Iona Meet of Champions      | Bronx, N.Y.           | 10:15 a.m.     |
| Sept. 29        | at Roy Griak Invitational      | Falcon Heights, Minn. | 1:10 p.m.      |
| Oct. 12         | at Army (Star Meet)            | West Point, N.Y.      | 4 p.m.         |
| Oct. 27         | at Patriot League Championship | Easton, Pa.           | 11 a.m.        |
| Nov. 10         | at NCAA Mid-Atlantic Regional  | Bethlehem, Pa.        | TBA            |
| Nov. 19         | at NCAA Championship           | Terre Haute, Ind.     | TBA            |

Home meets in **bold**, at USNA Cross Country Course...all times Eastern, subject to change

**2006 Results**

| Date     | Meet/Opponent                  | Result           | Navy's Top Finisher         |
|----------|--------------------------------|------------------|-----------------------------|
| Sept. 2  | at Sea Gull Opener             | 1st of 11 teams  | Ben Kozy (1st, 25:43)       |
| Sept. 9  | at Fordham Invitational        | 1st of 21 teams  | John Olsen (3rd, 26:00)     |
| Sept. 16 | Navy Invitational              | 2nd of 8 teams   | John Kress (3rd, 25:07.27)  |
| Sept. 23 | at Roy Griak Invitational      | 19th of 34 teams | John Kress (29th, 25:25.95) |
| Sept. 29 | at Notre Dame Invitational     | 15th of 20 teams | John Olsen (52nd, 24:54)    |
| Oct. 14  | Army (Star Meet)               | W, 22-33         | John Kress (1st, 24:33.22)  |
| Oct. 28  | at Patriot League Championship | 2nd of 8 teams   | John Kress (6th, 25:57.3)   |
| Nov. 11  | at NCAA Mid-Atlantic Regional  | 9th of 28 teams  | John Kress (27th, 31:21.5)  |

**General Information**

|                       |                                  |
|-----------------------|----------------------------------|
| Location              | Annapolis, Md.                   |
| Founded               | October 10, 1845                 |
| Enrollment            | 4,000                            |
| Nickname              | Midshipmen, Mids                 |
| Colors                | Navy Blue and Gold               |
| Conference            | Patriot League                   |
| Superintendent        | Vice Adm. Jeffrey L. Fowler, USN |
| Director of Athletics | Chet Gladchuk                    |
| Athletics Website     | www.navyports.com                |

**Navy Men's Cross Country**

|                               |                            |
|-------------------------------|----------------------------|
| Head Coach (Alma Mater)       | Al Cantello (La Salle '55) |
| Office Phone                  | (410) 293-5574             |
| E-mail                        | cantello@usna.edu          |
| Record at Navy (Years)        | 237-68-1 (40th)            |
| Career Record (Years)         | 237-68-1 (40th)            |
| Home Course                   | USNA Cross Country Course  |
| Course Distance               | 8,000 meters               |
| Officer Rep.                  | Lt. Justin Mikolay, USN    |
| Faculty Rep.                  | Prof. Daniel Masterson     |
| 2006 Dual Meet Record         | 1-0                        |
| Letterwinners Returning/Lost  | 7/2                        |
| Team Captain                  | MIDN 1/C John Kress        |
| First Year of Program (Years) | 1922 (85th)                |
| All-Time Record               | 397-170-3 (.699)           |

**Sports Information**

|                         |                                          |
|-------------------------|------------------------------------------|
| Men's Cross Country SID | Jonathan Maggart                         |
| Office Phone            | (410) 293-8771                           |
| Office Fax              | (410) 293-8954                           |
| E-mail                  | maggart@usna.edu                         |
| SID Mailing Address     | 566 Brownson Road<br>Annapolis, MD 21402 |

**2007 Roster**

| Name               | Yr. | Ht.  | Hometown / High School                            |
|--------------------|-----|------|---------------------------------------------------|
| James Adair        | Fr. | 6-3  | Birmingham, Ala. / Oak Mountain                   |
| Robert Alvarado    | Fr. | 5-6  | San Francisco, Calif. / St. Ignatius College Prep |
| Jerrold Anderson   | Fr. | 6-1  | Holts Summit, Mo. / Jefferson City                |
| Jonathan Bach      | Sr. | 5-11 | New York, N.Y. / Collegiate School                |
| Lucas Burke        | Sr. | 5-11 | Bakersfield, Calif. / Stockdale                   |
| Matthew De Villers | Fr. | 5-10 | Menomonee Falls, Wis. / Brookfield Academy        |
| Aaron Foote        | Fr. | 6-0  | Niagara Falls, N.Y. / Niagara Wheatfield          |
| Billy Garland      | So. | 5-9  | Virginia Beach, Va. / Kellam                      |
| Matlack Gillin     | So. | 5-10 | Oreland, Pa. / Springfield Township               |
| Alec Gragg         | So. | 5-6  | El Dorado Hills, Calif. / Jesuit                  |
| Andrew Grant       | Jr. | 5-9  | Statham, Ga. / Oconee County                      |
| Ricky Griffith     | So. | 5-10 | Piedmont, Calif. / Piedmont                       |
| Andrew Hanko       | Fr. | 6-1  | Montville, N.J. / Trinity Christian School        |
| Stephen Honan      | Fr. | 6-0  | Fairfax, Va. / W.T. Woodson                       |
| Chris Horel        | So. | 6-0  | Belford, N.J. / Christian Brothers Academy        |
| John Kipper        | So. | 5-10 | Cape Girardeau, Mo. / Central                     |
| Ben Kozy           | Sr. | 6-0  | Houston, Texas / Jersey Village                   |
| John Kress         | Sr. | 5-7  | Colorado Springs, Colo. / Liberty                 |
| Matthew Leyndyke   | Jr. | 6-1  | Traverse City, Mich. / Otsego                     |
| Nathan Liversedge  | Fr. | 6-1  | Wilmore, Ky. / West Jessamine                     |
| Gavin MacGarva     | Jr. | 5-8  | Bellevue, Wash. / Bellevue                        |
| Tyler Morrison     | So. | 6-4  | Okemos, Mich. / Okemos                            |
| John Olsen         | Sr. | 5-10 | Staten Island, N.Y. / Curtis                      |
| Bill Prom          | Jr. | 5-9  | New Berlin, Wis. / Eisenhower                     |
| Patrick Quinn      | So. | 6-0  | Stafford, Va. / North Stafford                    |
| Calum Ramm         | Fr. | 5-9  | Lansing, Mich. / Grand Ledge                      |
| Jeff Sarchione     | Sr. | 6-0  | Alliance, Ohio / West Branch                      |
| Andrew Shellgren   | Fr. | 5-11 | Yarmouth, Maine / Yarmouth                        |
| Chad Shroy         | Fr. | 6-0  | Carson City, Nev. / Carson                        |
| Patrick Sullivan   | Fr. | 5-8  | Somerville, Mass. / Somerville                    |
| Stephen Usery      | Fr. | 5-7  | Easley, S.C. / Easley                             |
| Tim Whitney        | So. | 5-10 | Pine Brook, N.J. / Montville Township             |

**Head Coach:** Al Cantello (40th season, La Salle '55)

**Team Captain:** MIDN 1/C John Kress

# HEAD COACH AL CANTELLO

## 2007 NAVY MEN'S CROSS COUNTRY



### Al Cantello

**Head Coach  
La Salle '55  
45th Year at Navy  
40th Year as Head Coach  
Career Record: 237-68-1 (.776)**

Since Navy head coach Al Cantello's arrival at the Naval Academy 45 years ago, the Midshipmen have been one of the most consistent men's cross country programs, both regionally and nationally.

With a 237-68-1 career record in 39 seasons, Cantello has coached several standout runners during his years in Annapolis. Jon Clemens received All-America honors during the 1996 cross country season, while John Mentzer was named a 1997 All-American in both indoor (5,000 meters) and outdoor (10,000 meters) track. Michael Ryan earned similar honors during the 1999 indoor track season for his 4:01.57 time in the mile, and Erik Schmidt took fifth place in the mile at the NCAA Indoor Championship in March 2003.

In addition, two of Navy's distance relay teams were ranked among the nation's top 15 during the 1999 outdoor campaign. The mile relay team of Eric Adams, John McNamara, Ryan Runge and Ryan was fourth in the nation, while the distance medley relay team of Adams, Torrance Chaplin, Karlton Holston and Ryan was nationally ranked, as well.

Last year's team finished in third place at the Patriot League Championship and claimed 11th at the NCAA Mid-Atlantic Regional Championship.

As a result of his teams' success, Cantello has been amply recognized, including being named the NCAA Mid-Atlantic Regional Coach of the Year three times (1984, '85 and '92). In 1997, the Naval Academy Alumni Association awarded Cantello the Distinguished Athletic Leadership Award

### The Cantello File

#### Coaching Record

- Owns a 237-68-1 (.776) career record in 39 seasons, including a 30-8-1 (.782) mark against Army.
- Has won 40 combined N-Star victories as the head coach of the men's cross country and track & field programs (has a combined 74 N-Star victories as a coach).
- His 29 N-Star victories in cross country are the most in one sport for any coach in Navy history.

#### Coaching Accomplishments

- Has coached three NCAA All-Americans in cross country.
- Named NCAA Mid-Atlantic Regional Coach of the Year three times (1984, '85 and '92).
- Received The Naval Academy Alumni Association's Distinguished Athletic Leadership Award in 1997.
- Awarded the inaugural Tom Hamilton Teaching/Coaching Award in 1997.

#### Hometown

- Norristown, Pa.

#### Education

- B.A., Education, La Salle, 1955; M.A., Counseling, Bowie State, 1975

#### Family

- Jackie (wife); Karla McMahon and Karen O'Kane (daughters); and Albert Jr. (son); seven grandchildren

for a coach or faculty member who did the most for the physical development of the Midshipmen in physical education. Cantello also received the inaugural Tom Hamilton Teaching/Coaching Award, as voted by his peers that same year.

From 1981-88, Cantello held a dual coaching role, guiding Navy's men's indoor and outdoor track squads while maintaining his cross country duties. As Navy's head track coach, Cantello led the Mids to a 67-9-1 dual meet record. During the 1986-87 academic year, his combined record in cross country, indoor and outdoor track was a remarkable 23-1.

Cantello's all-time head coaching record in cross country, indoor and outdoor track is 304-77-2, good for a .796 career winning percentage. Among his victories are 40 N-Stars, including 29 as the head coach of the cross country program – more than any other Navy mentor in one sport.

### Cantello vs. Army

| Team          | Years               | W         | L         | T        | Pct.        | N-Stars   |
|---------------|---------------------|-----------|-----------|----------|-------------|-----------|
| Cross Country | 1968-present        | 30        | 8         | 1        | .782        | 29        |
| Indoor Track  | 1982-88             | 4         | 3         | 0        | .571        | 4         |
| Outdoor Track | 1982-88             | 7         | 0         | 0        | 1.000       | 7         |
| <b>TOTALS</b> | <b>1968-present</b> | <b>41</b> | <b>11</b> | <b>1</b> | <b>.783</b> | <b>40</b> |

Cantello has authored the Mids to a 30-8-1 mark against Army, prior to which Navy held a 12-19 record against the Black Knights.

A 1955 graduate of La Salle, Cantello was a two-time All-American in the javelin throw. He was enshrined as a charter member of La Salle's Hall of Athletes in 1961.

A former world-class competitor in the javelin, Cantello once held every national and international record in the event. In 1959, he set a world record in the javelin and competed for the U.S. Olympic Team the following year in the 1960 Games in Rome. In 1964, *Sport* magazine named Cantello to its all-time track & field team and voted him the world's greatest competitor in the javelin.

Cantello and his wife, Jackie, are the parents of three adult children – Karla McMahon (46), Albert Jr. (44) and Karen O'Kane (41) – and seven grandchildren.



If the past is the best indicator of future actions, then the 2007 Navy men's cross country team is primed for success this year. The Midshipmen are just a season removed from two invitational victories, a N-Star win over Army, a second-place finish at the Patriot League Championship and ninth-place showing at the NCAA Mid-Atlantic Region Championship.

While returning seven letterwinners from that squad one year ago would be cause for enough optimism, the 2007 team will be infused with a deep collection of talent from this year's freshman class.

With the promise that lies within this season's team, there still needs to be a coaching influence to help shape the runners for this year and those beyond. Throughout the past four decades, there has been one constant with the Navy men's cross country program – head coach **Al Cantello**. Heading into his 40th season at the helm and his 45th year at Navy, Cantello has compiled a record of 237-68-1 (.776), totaled 29 N-Star victories over Army and made 10 NCAA Championship appearances as a team.

Collegiate experienced runners teamed with several capable freshmen looking to make an immediate impact and success that has been synonymous throughout the entirety of Cantello's storied career, the elements are in place for the 2007 Midshipmen to have a memorable season.

Among the top of this year's returning class and selected by his peers to serve as the team captain is senior **John Kress**. As a junior, Kress boasted the team's fastest time in five of his seven meets and produced four top-10 finishes. The native of Colorado Springs, Colo., earned First-Team All-Patriot League honors following a sixth-place performance at the league championship and nearly achieved all-region status with a 27th-place time at the NCAA regional championship.

"John is as steady a runner as whoever laced a shoe for Navy," stated Cantello. "His quiet demeanor instills that expectation level of a team captain. This season, the real John Kress will surface as one of the top runners in the East."

Sharing the spotlight with Kress as last year's top runner in two meets and the squad's second-fastest time on four occasions is senior **John Olsen**. Olsen registered four top-15 performances and was a Second-Team All-Patriot League runner in 2006 after finishing in 11th place at the rain-soaked league championship.

"Every team has one and John is ours -- the free spirit," commented Cantello. "Don't let that fool you. When the gun goes off, he has the tenacity of a cheetah."

Seniors **Lucas Burke** and **Ben Kozy** join Kress and Olsen as runners with significant collegiate cross country experience. Burke ran in all eight races a year ago and finished among the team's top seven on seven occasions. The native of Bakersfield, Calif., came through with Navy's third-fastest time in a N-Star win over Army. Kozy, who has recovered from a minor heart valve condition in the spring, topped the field of over 100 runners at the Sea Gull Opener and raced in seven meets.

"Lucas has stretched his 'turnover' to longer and longer distances. He's our 'go to' guy in times of trouble," said Cantello. "This year is the year

Ben should blossom into a pure cross country runner."

A pair of juniors that have provided for the Mids during their first two seasons in Annapolis are **Andrew Grant** and **Bill Prom**. Grant, who has competed in 15 races during his career, finished among the team's top seven six times and scored in both the league and regional championships. Prom emerged as a sophomore to provide valuable depth last season, recording three top-20 efforts and three top seven times among the team.

"Andrew has the greatest tolerance for pain among any of his teammates. He's the team's catalyst,"

Cantello stated. "Bill is a testimony to our developmental program. Work, maturation and experience all played into his improvement as a Navy varsity cross country runner."

Sophomore **Chris Horel** made an immediate splash with the team during his rookie campaign, scoring or displacing in seven of the eight meets. The product of Belford, N.J., totaled five top-20 performances, highlighted by an 18th-place finish at that Patriot League Championship that earned him the league's rookie-of-the-year honors.

"As a plebe last season, Chris gained valuable experience at the Division I level," Cantello said. "Totally unintimidated, this could be his breakout year. He provides depth and dependability."

Freshmen **Andrew Hanko** and **Nathan Liversedge** are among a group of talented newcomers featured on this year's team. Hanko was a high school All-American in the 5,000-meter run, all-state and a three-time state champion in the 1,600-meter run. Liversedge was named the 2006 Kentucky AA Cross Country Runner of the Year and won the state championship in cross country, the mile and two-mile run in track.

"Andrew is a quiet, but resolute runner who had the 'pick of the litter' when it came to college choices. Thankfully, he chose Annapolis," Cantello said. "Nathan is one of a bevy of talented and solid plebes who can only provide more depth and critical mass to an already consistent East Coast top contender."

Also figuring to compete for scoring slots in their first season on The Yard are **James Adair**, **Robert Alvarado** and **Aaron Foote**. Adair was an all-state runner for the cross country and track teams during his senior year in high school. Alvarado advanced to the state championship in track and Foote was a two-time All-Western New York selection in cross country and track.

"Just like a high school transcript being the best prediction for doing college work, James has the resume to break into our top seven as a freshman," Cantello commented. "Robert could be our 'diamond in the rough.' Rugged and ready, he could be the surprise of the season. Aaron is an unknown resource at this point, but with that impressive of a high school resume, he should be a contributor."

2006 Patriot League Championship

| Pl. Team      | Points | Top-Seven Returners/Lost |
|---------------|--------|--------------------------|
| 1. American   | 25     | 3/4                      |
| 2. Navy       | 69     | 6/1                      |
| 3. Bucknell   | 80     | 6/1                      |
| 4. Army       | 99     | 3/4                      |
| 5. Lehigh     | 119    | 3/4                      |
| 6. Colgate    | 169    | 5/2                      |
| 7. Lafayette  | 203    | 6/1                      |
| 8. Holy Cross | 205    | 5/2                      |

Returning from the 2006 Mids...

First-Team All-Patriot League

John Kress, sixth place, 25:57.3

Second-Team All-Patriot League

John Olsen, 11th place, 26:30.3

Patriot League Rookie of the Year

Chris Horel, 18th place, 26:54.1

Patriot League Academic Honor Roll

John Olsen, 3.53 GPA, History

Lucas Burke, 3.41 GPA, International Relations

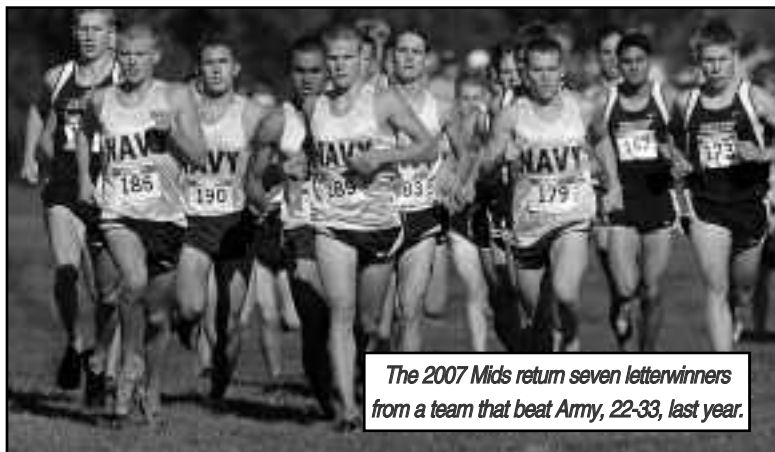
Bill Prom, 3.40 GPA, History

John Kress, 3.32 GPA, Aerospace Engineering

Letterwinners

Lucas Burke, Andrew Grant, Chris Horel, Ben

Kozy, John Kress, John Olsen, Bill Prom



The 2007 Mids return seven letterwinners from a team that beat Army, 22-33, last year.