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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.
Sept. 15	Navy Invitational	Annapolis, Md.	10 a.m.
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 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
TOTALS	1968-present	41	11	1	.783	40

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

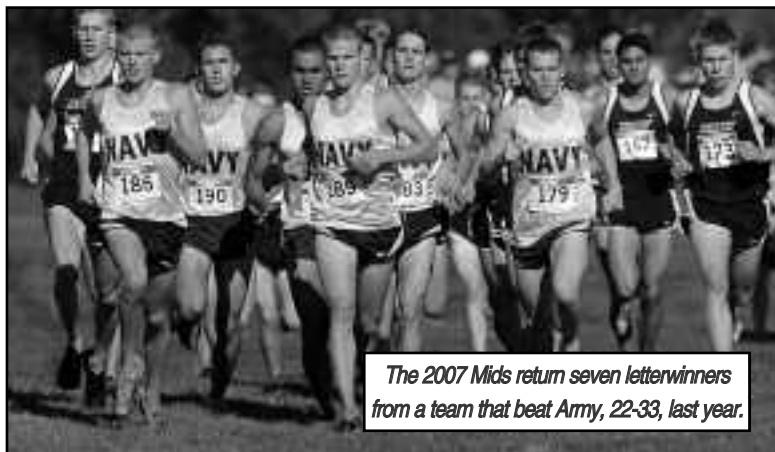
Chris Horel, 18th place, 26:54.1

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.



John Kress

Team Captain
Senior
5-7
Colorado Springs, Colo.
Liberty

Kress' Career Honors:

- 2006 First-Team All-Patriot League
- 2005, '06 Patriot League Academic Honor Roll

Cantello on Kress: "John is as steady a runner as whoever laced a shoe for Navy. 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."

2006: Competed in all of the team's final-seven races of the year ... boasted the team's fastest time on five occasions and twice was the second-quickest runner ... registered four top 10 finishes, three of which were among the top-five places ... paced all competitors during the Star Meet against Army with a blistering 24:33.22 showing, nearly 20 seconds faster than Army's top runner ... two weeks on hilly, mud-covered trails at the Patriot League Championship, he placed sixth (25:57.3) ... at the NCAA Mid-Atlantic Region Championship, he led all Navy runners with a 27th-place time (31:21.5) over the 10k course ... he opened his junior year with a fourth-place finish out of 180 runners at the Fordham Invitational ... one week later, his 25:07.27 effort in the Navy Invitational was good for third place.

2005: Raced in each of Navy's final-seven meets of the year ... registered three top 20 performances ... scored or served as a placeholder in every meet he ran in ... fourth runner to cross the finish line in the Navy Invitational (25:32.45) ... two weeks later, he posted Navy's second-fastest time at the Notre Dame Invitational (25:15) ... finished fifth at Army in the Star Meet (28:01.07) ... placed 22nd at the Patriot League Championship (25:24).

2004: Ran in two meets ... crossed the finish line with a time of 16:03.39 at the Mount St. Mary's Invitational ... competed in the Patriot League Championship.

At Navy: Two-time letterwinner with the track & field team during his career in Annapolis ... qualified for the IC4A Championship in the indoor 5,000-meter run in 2007 ... posted the team's top-two times in the event last season ... recorded a 14:37.61 clocking at the Penn State National Open on Jan. 26 ... also posted an IC4A qualifying mark in the 3,000-meter run with a 8:28.16 showing against Army during the indoor Star Meet.

High School: Attended Liberty High School ... earned four letters in cross country and three in wrestling and track ... cross country team won the Colorado State Championship in 2003 and 2004 ... earned All-City honors in cross country and track in 2004.

Personal: Son of John and Dinah Kress ... born Aug. 7, 1986, in Concord, Mass. ... majoring in aerospace engineering.



Lucas Burke

Senior
5-11
Bakersfield, Calif.
Stockdale

Burke's Career Honors:

- 2006 Patriot League Academic Honor Roll

Cantello on Burke: "Each year, Lucas has stretched his 'turnover' to longer and longer distances. As a senior, this should be his best cross country season. He's our 'go to' guy in times of trouble. Why? Because he delivers."

2006: Ran in all eight races for the Mids during his junior year ... scored in three meets and was a place-holding runner four other times ... produced three top 15 efforts ... opened the year with a fourth-place time of 25:52 at the Sea Gull Opener ... against Army in the Star Meet, he was Navy's third-fastest runner and fifth overall with a 25:05.16 clocking ... that time was nearly 50 seconds better than his 14th-place time of 25:53.73 one month prior on the USNA Cross Country Course during the Navy Invitational ... rounded out the squad's scoring five at the Notre Dame Invitational (25:27).

2005: Participated in six races ... opened the year by finishing second out of 103 runners at the Sea Gull Opener (25:53) ... posted a 26:22.72 showing at the Greater Louisville Classic ... followed with a 26:24 effort at the Notre Dame Invitational.

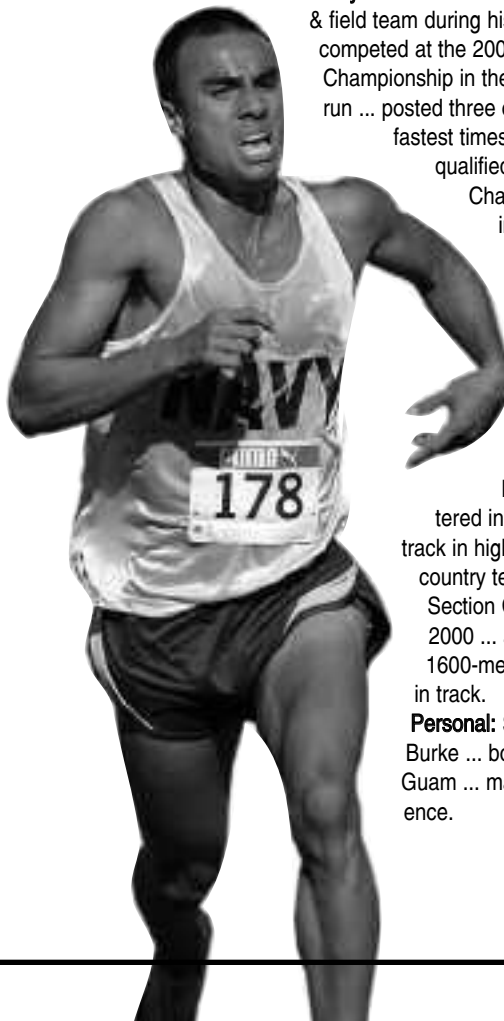
2004: Competed in three meets ... placed seventh out of 59 runners at the Mt. St. Mary's Invitational (15:54.11) ... posted an 8K season-best time of 26:55.8 at the Iona Invitational, finishing 75th of 187.

At Navy: Five-time letterwinner with the track & field team during his career with Navy ... competed at the 2007 IC4A Championship in the indoor 1,000-meter run ... posted three of the team's four fastest times in that event ... also qualified for the IC4A

Championship in the indoor 800-meter run last season ... partook in the 800-meter and 1,500-meter events during the 2007 outdoor slate.

High School: Attended Stockdale High School ... lettered in cross country and track in high school ... cross country team won Central Section Championships in 2000 ... also a 800-meter and 1600-meter league champion in track.

Personal: Son of Steve and Eva Burke ... born July 4, 1985, in Guam ... majoring in political science.





Ben Kozy

Senior
6-0
Houston, Texas
Jersey Village

Cantello on Kozy: "In early May, Ben was diagnosed with a minor heart valve condition which has been surgically rectified. This year is the year he should blossom into a pure cross country runner."

2006: Saw action in seven meets during the year ... either scored or was a place-holding scorer for the Mids four times ... posted three top 20 performances ... began his season by winning the Sea Gull Opener (25:43), a race that had a field of 117 runners ... was Navy's sixth-fastest runner at the Notre Dame Invitational (25:44) ... completed his season with a 21st-place showing at the Patriot League Championship (26:59.1).

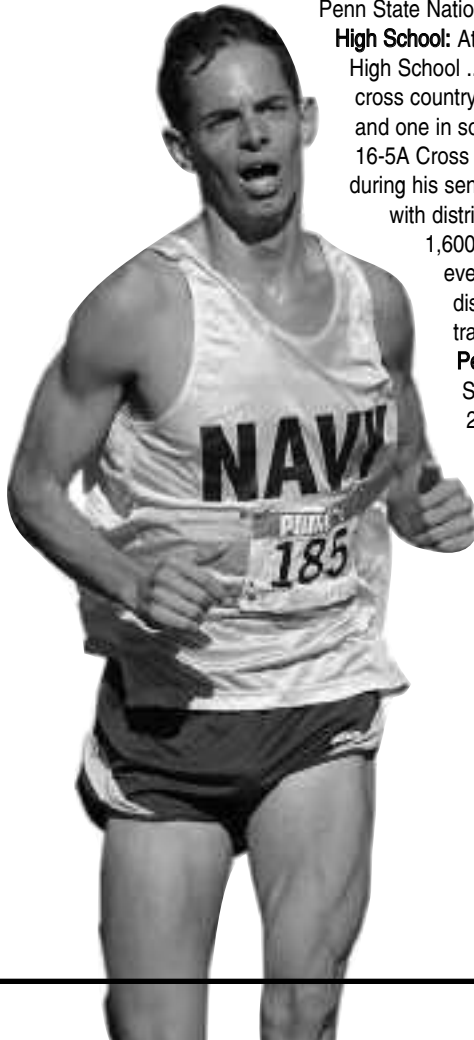
2005: Competed in six meets ... finished fifth out of 103 runners during the season-opening Sea Gull Opener (26:06) ... served as a placeholder in the Navy Invitational by crossing the finish line in 18th-place (26:41.14) ... placed 58th overall at the Patriot League Championship (26:46).

2004: Ran in one race ... finished 84th of 187 competitors at the Iona Invitational (27:02.4).

At Navy: Five-time letterwinner with the track & field team during his career in Annapolis ... posted the team's fastest outdoor marks in the 1,500-meter run (3:51.57) and 5,000-meter run (14:44.04) last season ... registered an IC4A qualifying time in the mile run (4:09.15) during the 2006-07 indoor slate ... owner of the 10th-fastest indoor 1,000-meter run time in program history (2:25.13), which he set at the 2006 Penn State National Open.

High School: Attended Jersey Village High School ... earned four letters in cross country, three in track and field and one in soccer ... won the District 16-5A Cross Country Championship during his senior year ... followed that with district track titles in the 1,600- and 3,200-meter run events ... helped team to a district championship in track as a senior.

Personal: Son of Tom and Sharon Kozy ... born May 2, 1986, in Houston, Texas ... majoring in systems engineering.



John Olsen

Senior
5-10
Staten Island, N.Y.
Curtis

Olsen's Career Honors:

- 2006 Second-Team All-Patriot League
- 2006 Patriot League Runner of the Week (Sept. 12)
- 2004, '06 Patriot League Academic Honor Roll

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

2006: Saw action in each of Navy's last-seven races of the year ... recorded the team's best time twice ... squad's second-quickest runner on four occasions during his junior campaign ... registered four top 15 efforts ... opened his season by pacing the team and finishing third out of 180 runners at the Fordham Invitational (26:00) ... finished sixth in the Navy Invitational one week later (25:15.60) ... led the team with a 52nd-place effort at the Notre Dame Invitational (24:54) ... finished third with nearly an identical 24:54.11 clocking against Army ... placed 11th at the mud-covered Patriot League Championship (26:30.3).

2005: Ran in five races ... landed among the top-15 performers in two meets ... in his first meet of the season, he finished ninth at the Fordham Invitational (25:49) ... served as a placeholder at the Notre Dame Invitational (25:40) ... placed 34th at the Patriot League Championship (25:43).

2004: Competed in seven meets ... posted four top-20 finishes ... ran a third-place time of 15:49.33 in his first collegiate race at the Mount St. Mary's Invitational ... followed with an eighth-place performance (25:51.84) at the Indiana State Invitational ... ran a time of 25:53.73 to finish in 14th-place at the Navy Invitational ... placed 13th (26:08.69) in the Star Meet versus Army to help lead Navy to a 25-34 win ... also competed in the Patriot League Championship and the NCAA Mid-Atlantic Regional.

At Navy: A six-time letterwinner with the track & field team during his first-three seasons ... recorded a NCAA regional qualifying mark in the 3,000-meter steeplechase as a junior (9:05.75) ... earned 2006 Second-Team All-Patriot League honors in the 3,000-meter steeplechase ... also saw action in the mile, 3,000-meter and 5,000-meter events during his career.

High School: Attended Curtis High School ... letterwinner in cross country ... won the Staten Island Cross Country championship in 2004.

Personal: Son of John and Mary Olsen ... born Jan. 17, 1986, in Staten Island, N.Y. ... majoring in systems engineering.





Andrew Grant

Junior
5-9
Athens, Ga.
Oconee County

Cantello on Grant: "Andrew has the greatest tolerance for pain among any of his teammates. When you think he's ready to die, he will surge! He's the team's catalyst."

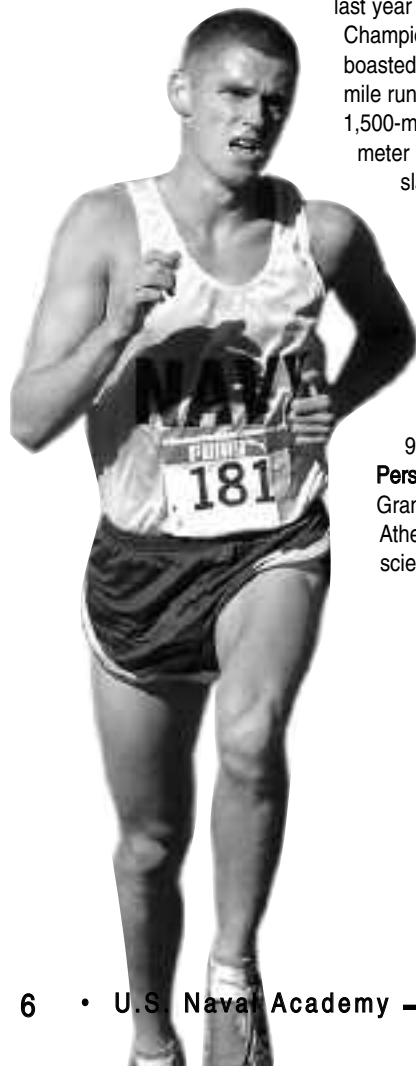
2006: Raced in each of the team's final-seven meets of the year ... scored in five races and served as a displacing scorer in another ... registered four top 20 efforts ... placed 10th out of 180 runners at the Fordham Invitational (26:35) ... posted season-best seventh-place performance in the Navy Invitational (25:22.10) ... notched Navy's fourth-fastest time at the Roy Griak Invitational (26:36.05) ... rounded out the team's scoring-five at the Patriot League Championship, a 20th-place showing (26:58.3) ... fourth runner on the team to cross the finish line at the 10k NCAA Mid-Atlantic Region Championship (32:10.3).

2005: Only Midshipman to compete in all eight meets ... finished among the top-20 in three races ... in his first collegiate race, he won the Sea Gull Opener (25:44) ... registered a place holding time in five meets ... raced to a 31st-place finish at the Patriot League Championship (25:40) ... landed 76th out of 195 runners at the NCAA Mid-Atlantic Regional Championship (32:23.4).

At Navy: Three-time letterwinner with the track & field team ... posted team's best time in the 3,000-meter run (8:23.32) last year ... competed at the IC4A Championship in that event ... also boasted an IC4A qualifying mark in the mile run (4:11.69) ... participated in the 1,500-meter, 5,000-meter and 10,000-meter events during the outdoor slate.

High School: Went to Oconee County High School ... earned four letters in cross country and track ... named Northeast Georgia Runner of the Year ... set the school record in the two-mile run with a time of 9:36.

Personal: Son of Jake and Marisa Grant ... born July 3, 1985, in Athens, Ga. ... majoring in political science.



Bill Prom

Junior
5-9
Berlin, Wis.
Eisenhower

Prom's Career Honors:

- 2006 Patriot League Academic Honor Roll

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

2006: Saw action in six races ... served as a displacing scorer in three of those meets ... recorded three top 20 performances ... placed 19th out of 180 runners at the Fordham Invitational (27:13) ... came back the following week and finished 18th in the Navy Invitational (26:04.07) ... rounded out Navy's scoring-seven in the Star Meet against Army (25:58.27).

2005: Raced in four meets during rookie season ... finished 19th out of 103 runners at the Sea Gull Opener (26:58) ... recorded season-best 8k time at the Patriot League Championship with a 26:34 showing.

At Navy: Competed on the track & field team ... primarily saw action in the 3,000-meter and 5,000-meter events during the 2006-07 campaign.

High School: Attended Eisenhower High School ... earned three letters with both the cross country and track teams ... served as team captain of the cross country during his junior and senior years ... named all-conference in 2004 ... helped cross country team to a conference championship in 2002.

Personal: Son of Jeffery and Gerianne Prom ... born Oct. 1, 1985, in Kettering, Ohio ... majoring in history.





Chris Horel

Sophomore
 6-0
 Belford, N.J.
 Christian Brothers Academy

Horel's Career Honors:

- 2006 Patriot League Rookie of the Year

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

2006: Ran in all-eight races during his freshman year ... finished among team's top-six runners in each meet, scoring seven times ... totaled five top 20 efforts ... opened the year with a second-place finish at the Sea Gull Opener (25:43) ... placed 12th out of 180 runners at the Fordham Invitational (26:45) ... followed with an 11th-place showing in the Navy Invitational (25:50.13) ... recorded team's third-fastest time at the Notre Dame Invitational (25:25) ... came in 18th place at the Patriot League Championship (26:54.1), the highest finish by a freshman runner in the league ... boasted squad's second-fastest time, 48th overall, at the 10k NCAA Mid-Atlantic Region Championship (32:01.4).

At Navy: Competes on the track & field team ... partook in the 3,000-meter and 5,000-meter events during the indoor slate last year.

High School: Attended Christian Brothers Academy ... lettered in both cross country and track and field ... named to the All-New Jersey Team during his junior and senior years in cross country.

Personal: Son of Steven and Teresa Horel ... born May 5, 1988, in Red Bank, N.J. ... majoring in ocean engineering.



James Adair

Freshman
 6-3
 Birmingham, Ala.
 Oak Mountain

Cantello on Adair: "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."

High School: Attended Oak Mountain High School ... earned three letters in cross country, indoor track and outdoor track ... all-state cross country, indoor track and outdoor track runner as a senior ... captained all three squads during his senior campaign ... indoor (9:33) and outdoor (9:36) state champion in the 3,200-meter run ... won the indoor state championship in the mile run (4:24) ... member of the National Honor Society.

Personal: Son of Douglas and Nina Adair ... born April 19, 1989, in Birmingham, Ala.



Robert Alvarado

Freshman
 5-6
 San Francisco, Calif.
 St. Ignatius College Prep

Cantello on Alvarado: "Robert could be our 'diamond in the rough.' Rugged and ready, he could be the surprise of the season. His early season enthusiasm is more than an indication that he wants it."

High School: Attended St. Ignatius College Preparatory School ... two-time letterwinner with the cross country and track teams ... member of cross country team that finished third at the state championship during his senior year ... qualified for the state championship in track in 2006.

Personal: Son of Paul and Linda Alvarado ... born July 13, 1987, in San Francisco, Calif. ... brother, Andrew, is a 2004 graduate of the U.S. Naval Academy.

MIDSHIPMEN BIOS

2007 NAVY MEN'S CROSS COUNTRY



Aaron Foote

Freshman
6-0
Niagara Falls, N.Y.
Niagara Wheatfield

Cantello on Foote: "Aaron is an unknown resource at this point, but with that impressive of a high school resume, he should be a contributor."

High School: Attended Niagara Wheatfield High School ... lettered four times in track, twice in cross country and twice in basketball ... claimed four league and two sectional titles during his career with the track team ... two-time All-Western New York and all-league selection in cross country and track ... twice named All-Western New York Track & Field Scholar-Athlete of the Year ... member of the National Honor Society.

Personal: Son of Henry and Karen Foote ... born March 25, 1989, in Lewiston, N.Y.



Nathan Liversedge

Freshman
6-1
Wilmore, Ky.
West Jessamine

Cantello on Liversedge: "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."

High School: Attended West Jessamine High School ... earned four letters with the cross country and track teams ... won the state championship in cross country as a senior ... claimed the mile and two-mile run state title in track during his senior year ... named 2006 Kentucky AA Cross Country Runner of the Year ... honored as the state's cross country sophomore and junior runner of the year in 2004 and '05, respectively ... Kentucky Track & Field Sophomore of the Year in 2005 ... served as Vice President of the National Honor Society.

Personal: Son of Stephen and Lorrie Liversedge ... born August 29, 1988, in Longview, Wash. ... lived in Africa for nine years while parents served as missionaries.



Andrew Hanko

Freshman
6-1
Montville, N.J.
Trinity Christian School

Cantello on Hanko: "Andrew is a quiet, but resolute runner who had the 'pick of the litter' when it came to college choices. Thankfully, he chose Annapolis. Our contract with him is to allow this outstanding young man to flourish as a future officer and a runner."

High School: Attended Trinity Christian School ... lettered in cross country, track and soccer ... outdoor track All-American in the 5,000-meter run ... all-state member in the outdoor 3,200-meter run ... three-time state champion in the 1,600-meter run ... twice claimed the state title in the 3,200-meter run ... all-county indoor and outdoor track runner in 2006 and '07 ... selected all-county in cross country during his senior year ... finished second in the 3,000-meter run at the 2007 Penn Relays with a time of 8:29.02 ... competed against Navy teammates Chris Horel and Tim Whitney during his career.

Personal: Son of Steven and Beverly Hanko ... born Oct. 7, 1988, in Englewood, N.J.

Sea Gull Opener

Sept. 2, 2006 ♦ Salisbury, Md. ♦ 8,000 meters

11 teams, 117 runners competed

1. Navy 1 2 3 4 5 (8) (10) --- 15

Navy Top-Seven Runners

1. Ben Kozy	25:43
2. Chris Horel	25:43
3. Matlock Gillin	25:48
4. Lucas Burke	25:52
5. Matthew Leyndyke	25:55
8. Jonathan Bach	26:26
10. Gavin MacGarva	26:27

Average Time: 25:48 **Spread:** 0:12

Fordham Invitational

Sept. 9, 2006 ♦ Bronx, N.Y. ♦ 8,000 meters

21 teams, 180 runners competed

1. Navy 3 4 7 10 12 (19) (21) --- 36

Navy Top-Seven Runners

3. John Olsen	26:00
4. John Kress	26:03
7. Michael Niemi	26:20
10. Andrew Grant	26:35
12. Chris Horel	26:45
19. William Prom	27:13
21. Matthew Leyndyke	27:15

Average Time: 26:21 **Spread:** 0:45

Navy Invitational

Sept. 16, 2006 ♦ Annapolis, Md. ♦ 8,000 meters

8 teams, 67 runners competed

2. Navy 3 6 7 10 11 (14) (18) --- 37

Navy Top-Seven Runners

3. John Kress	25:07.27
6. John Olsen	25:15.60
7. Andrew Grant	25:22.10
10. Michael Niemi	25:44.73
11. Chris Horel	25:50.13
14. Lucas Burke	25:53.73
18. William Prom	26:04.07

Average Time: 25:27.97 **Spread:** 0:42.86

Roy Griak Invitational

Sept. 23, 2006 ♦ Falcon Heights, Minn. ♦ 8,000 meters

34 teams, 301 runners competed

19. Navy 27 39 113 135 150 (159) (163) --- 464

Navy Top-Seven Runners

29. John Kress	25:25.95
42. John Olsen	25:39.65
119. Michael Niemi	26:23.65
146. Andrew Grant	26:36.05
166. Chris Horel	26:46.00
177. Lucas Burke	26:53.55
181. Ben Kozy	26:58.05

Average Time: 26:10.26 **Spread:** 1:20.05

Notre Dame Invitational

Sept. 29, 2006 ♦ Notre Dame, Ind. ♦ 8,000 meters

20 teams, 165 runners competed

15. Navy 51 72 95 96 99 (110) (118) --- 413

Navy Top-Seven Runners

52. John Olsen	24:54
73. John Kress	25:05
98. Chris Horel	25:25
99. Michael Niemi	25:26
102. Lucas Burke	25:27
120. Ben Kozy	25:44
130. Andrew Grant	25:50

Average Time: 25:15 **Spread:** 0:31

Army (Star Meet)

Oct. 14, 2006 ♦ Annapolis, Md. ♦ 8,000 meters

2 teams, 24 runners competed

1. Navy 1 3 5 6 7 (13) (14) --- 22

Dual-Meet Score: Navy 22, Army 33

Navy Top-Seven Runners

1. John Kress	24:33.22
3. John Olsen	24:54.11
5. Lucas Burke	25:05.16
6. Michael Niemi	25:14.12
7. Adam Craig	25:17.21
14. Chris Horel	25:47.65
15. William Prom	25:58.27

Average Time: 25:00.76 **Spread:** 0:43.99

Patriot League Championship

Oct. 28, 2006 ♦ Hamilton, N.Y. ♦ 8,000 meters

8 teams, 82 runners competed

2. Navy 6 11 14 18 20 (21) (23) --- 69

Navy Top-Seven Runners

6. John Kress	25:57.3
11. John Olsen	26:30.3
14. Michael Niemi	26:39.3
18. Chris Horel	26:54.1
20. Andrew Grant	26:58.3
21. Ben Kozy	26:59.1
23. Lucas Burke	27:13.1

Average Time: 26:35.9 **Spread:** 1:01.0

NCAA Mid-Atlantic Region Championship

Nov. 11, 2006 ♦ Lock Haven, Pa. ♦ 10,000 meters

28 teams, 178 runners competed

9. Navy 26 47 48 53 59 (63) (81) --- 233

Navy Top-Seven Runners

27. John Kress	31:21.5
48. Chris Horel	32:01.4
49. Michael Niemi	32:04.0
54. Andrew Grant	32:10.3
61. Adam Craig	32:23.2
65. John Olsen	32:29.4
83. Lucas Burke	32:47.3

Average Time: 32:00.1 **Spread:** 1:01.7

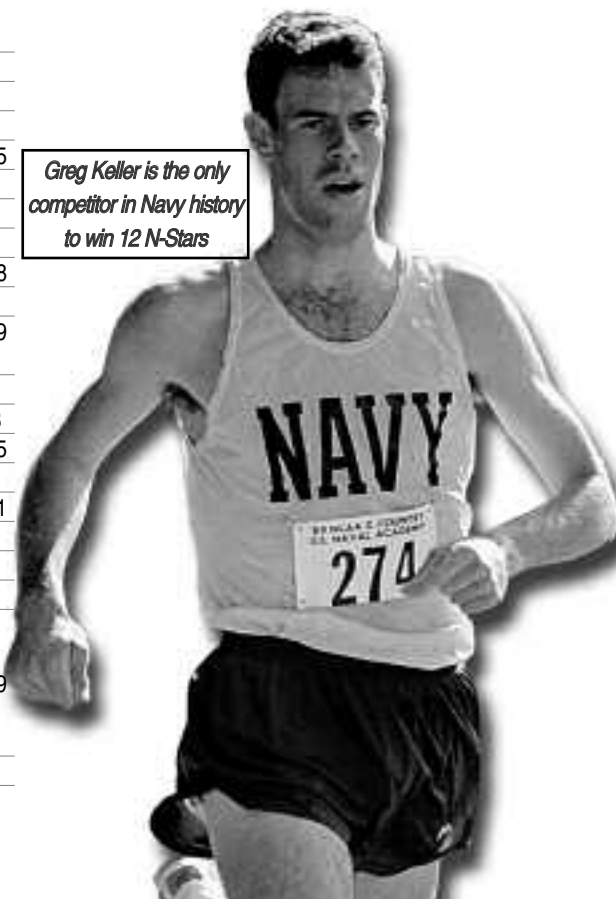
THE RECORD BOOK

2007 NAVY MEN'S CROSS COUNTRY

Top Times at the USNA Course

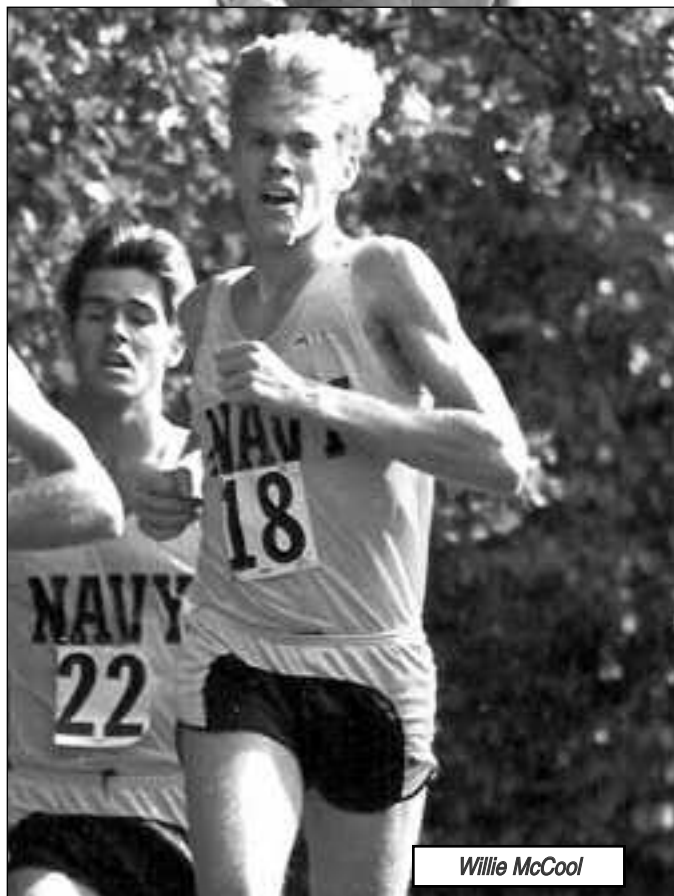
Pl.	Name	School	Time	Date
1.	Jim O'Connell	Syracuse	23:42.6	Oct. 2, 1982
2.	Ron Harris	Navy	23:47.8	Oct. 25, 1986
3.	Ron Harris	Navy	23:50.8	Oct. 19, 1985
4.	Sean Nicholl	Georgia	23:51.0	Sept. 28, 1985
5.	Hillary Tuwell	Richmond	23:56.4	Oct. 22, 1977
6.	Steve Holman	Georgetown	23:58.6	Oct. 6, 1990
7.	Tim Cummins	Navy	24:02.8	Oct. 14, 1978
8.	Kris Herdt	Virginia	24:04.1	Sept. 24, 1988
9.	Steve Holman	Georgetown	24:05.0	Oct. 12, 1991
10.	Alberto Salazar	Oregon	24:07.0	Sept. 22, 1979
	Mica Comstock	Army	24:07.0	Oct. 25, 1986
12.	Tyno Carter	Army	24:08.0	Oct. 25, 1986
13.	Steve Gilmore	Navy	24:09.5	Nov. 24, 1973
14.	Ron Harris	Navy	24:10.0	Sept. 28, 1985
15.	Dan Rincon	Maryland	24:11.0	Oct. 21, 1972
16.	Sosthenes Bitok	Richmond	24:11.4	Sept. 26, 1981
17.	Dan Rincon	Maryland	24:11.8	Oct. 21, 1972
18.	Greg Keller	Navy	24:12.0	Oct. 17, 1992
19.	Tim Barkdoll	Navy	24:12.4	Oct. 14, 1988
20.	Claude Barron	Navy	24:13.0	Oct. 30, 1976
	Tim Cummins	Navy	24:13.0	Oct. 30, 1976
	William McChesney	Oregon	24:13.0	Sept. 22, 1979
	Bill Kovach	Navy	24:13.0	Oct. 11, 1980
	Frank McConville	Georgetown	24:13.0	Oct. 2, 1982
25.	Greg Keller	Navy	24:13.8	Oct. 6, 1990

Greg Keller is the only competitor in Navy history to win 12 N-Stars



Top Navy Times at the USNA Course

Pl.	Name	Time	Year
1.	Ron Harris	23:47.8	1986
2.	Ron Harris	23:50.8	1985
3.	Tim Cummins	24:02.8	1978
4.	Steve Gilmore	24:09.5	1973
5.	Ron Harris	24:10.0	1985
6.	Greg Keller	24:12.0	1992
7.	Tim Barkdoll	24:12.4	1988
8.	Claude Barron	24:13.0	1976
	Tim Cummins	24:13.0	1976
	Bill Kovach	24:13.0	1980
11.	Greg Keller	24:13.8	1990
12.	Ron Harris	24:14.0	1985
13.	Ron Harris	24:16.0	1984
14.	Louis Poore	24:17.7	1985
15.	Greg Keller	24:20.0	1990
16.	Jeff Leuenberger	24:21.0	1993
	Mark Donahue	24:21.0	1980
18.	John Lesniak	24:22.0	1986
	Steve Gilmore	24:22.0	1972
20.	Bruce Frame	24:23.0	1992
21.	Sean Roskey	24:23.0	1982
22.	Greg Keller	24:24.4	1991
23.	Steve Giorgis	24:25.3	1974
	Bill Kovach	24:25.3	1981
25.	Claude Barron	24:26.0	1976
26.	Willie McCool	24:27.0	1982



Willie McCool

Top Navy Times at Van Cortlandt Park (N.Y.)

Pl.	Name	Time	Finish	Meet
1.	Ron Harris	24:09.0	1st	Heps 1986
2.	Bill Kovack	24:31.8	7th	Heps 1981
3.	Greg Keller	24:33.0	1st	Heps 1991
4.	Claude Barron	24:38.3	9th	IC4As 1976
5.	Steve Gilmore	24:41.0	12th	IC4As 1973
6.	Jonathon Clemens	24:42.3	1st	Heps 1996
7.	John Mentzer	24:46.2	2nd	Heps 1996
8.	Tim Cummins	24:46.5	1st	Heps 1976
9.	John Lawlor	24:47.5	1st	Heps 1985
10.	Mark Donahue	24:53.0	2nd	Heps 1980
11.	Ron Harris	24:54.4	3rd	Heps 1985
	Bruce Frame	24:54.4	3rd	Heps 1992
13.	Steve Gilmore	24:55.0	15th	IC4As 1972
14.	Bill Kovack	24:56.4	1st	vs. Colgate 1981
15.	Greg Keller	25:00.0	5th	Heps 1990
	Richard Salazar	25:00.0		1970
17.	Bill McCormack	25:01.9		1981
18.	Chris Tipton	25:02.2	3rd	Heps 1989
19.	Bob Centero	25:06.1		Heps 1981
20.	Luis Molina	25:11.7		1992
21.	Willie McCool	25:12.2		Heps 1981
22.	Todd Washburn	25:13.7	9th	Heps 1993
23.	Claude Barron	25:14.0	16th	Heps 1976
24.	Jeffrey Leuenberger	25:15.2	11th	Heps 1992
25.	Aaron Lanzel	25:16.1	15th	Heps 2002



*Ron Harris,
1985 All-American*



*John Lawlor,
1966 All-American*

Navy's Men's Cross Country All-Americans

Name	Year	Championship Site
John Lawlor	1966	Lawrence, Kan.
Ron Harris	1985	Milwaukee, Wis.
Greg Keller	1992	Bloomington, Ind.
Jon Clemens	1996	Tucson, Ariz.

Cross Country & Distance All-Americans in Track

Name	Year	Events
James Dare	1968	3,000-meter steeplechase
	1972	3,000-meter steeplechase
Ron Harris	1987	3,000-meter and 5,000
Greg Keller	1992	Mile and Steeplechase
	1993	Mile and Steeplechase
Todd Washburn	1993	5,000 (Indoor) and 10,000 (Outdoor)
Jon Clemens	1997	3,000 and Steeplechase
John Mentzer	1997	5,000 (Indoor) and 10,000 (Outdoor)
	1998	10,000 (Outdoor)
Michael Ryan	1999	Mile
Erik Schmidt	2004	Mile

YEAR-BY-YEAR RESULTS

2007 NAVY MEN'S CROSS COUNTRY

Year	Record	Pct.	vs. Army	Championships	Finish	Head Coach	Captain(s)
1922	2-0	1.000	n/a	n/a	n/a	L.H. Mang	
1924	1-2	.333	n/a	n/a	n/a	L.H. Mang	
1925	2-1	.667	n/a	n/a	n/a	L.H. Mang	
1926	2-2	.500	n/a	n/a	n/a	L.H. Mang	
1927	2-1	.667	n/a	n/a	n/a	Earl Thompson	
1928	2-2	.500	n/a	n/a	n/a	Earl Thompson	
1929	4-0	1.000	n/a	n/a	n/a	Earl Thompson	
1930	4-0	1.000	n/a	n/a	n/a	Earl Thompson	
1931	2-2	.500	n/a	n/a	n/a	Earl Thompson	
1932	3-1	.750	n/a	n/a	n/a	Earl Thompson	
1933	3-1	.750	n/a	n/a	n/a	Earl Thompson	
1934	1-2	.333	n/a	n/a	n/a	Earl Thompson	
1935	1-3	.250	n/a	n/a	n/a	Earl Thompson	
1936	4-0	1.000	n/a	n/a	n/a	Earl Thompson	
1937	4-2	.667	W, 19-42	n/a	n/a	Earl Thompson	
1938	4-2	.667	L, 23-32	n/a	n/a	Earl Thompson	
1939	3-3	.500	L, 25-30	n/a	n/a	Earl Thompson	
1940	7-0	1.000	W, 24-31	n/a	n/a	Earl Thompson	
1941	2-2	.500	L, 25-30	Heptagonals	5th	Earl Thompson	
1942	3-1	.750	L, 24-31	Heptagonals	7th	Earl Thompson	
1943	5-1	.833	W, 22-34	IC4A	1st	Earl Thompson	
1944	5-0	1.000	W, 26-29	IC4A	2nd	Earl Thompson	
1945	4-1	.800	L, 19-36	IC4A	2nd	Earl Thompson	
1946	4-1	.800	W, 20-37	Heptagonals/IC4A	1st/5th	Earl Thompson	
1947	0-4-1	.100	L, 20-38	Nonagonals	7th	Earl Thompson	
1948	3-4	.429	L, 15-35	Heptagonals	8th	Earl Thompson	James Oberholtzer
1949	1-5	.167	L, 15-50	Heptagonals	8th	Earl Thompson	James Marsh
1950	3-3	.500	L, 15-48	Heptagonals	9th	Earl Thompson	Thomas Trout
1951	3-4	.429	L, 15-48	Heptagonals	3rd	Earl Thompson	Raymond Tacke
1952	4-6	.400	L, 15-44	Heptagonals	3rd	Jim Gehrdes	Charles Cooke
1953	4-4	.500	L, 20-40	Heptagonals	5th	Jim Gehrdes	Jonathan Hurt
1954	3-4	.429	L, 22-33	Heptagonals	3rd	Jim Gehrdes	William Smith
1955	4-3	.571	L, 24-31	Heptagonals	5th	Jim Gehrdes	Vincent Roper
1956	2-7	.222	L, 24-33	Heptagonals	4th	Jim Gehrdes	Walter Meukow
1957	6-1	.857	W, 24-32	Heptagonals	2nd	Jim Gehrdes	Richard Winter
1958	4-3	.571	L, 17-38	Heptagonals	3rd	Jim Gehrdes	Richard Winter
1959	6-1	.857	W, 25-30	Heptagonals/IC4A	3rd/8th	Jim Gehrdes	Robert Kunkle Kenneth MacLeod
1960	5-4	.556	L, 21-36	Heptagonals	7th	Jim Gehrdes	William Kiggins
1961	3-5	.375	L, 22-37	Heptagonals	5th	Jim Gehrdes	Stephen Simpson
1962	5-2	.714	W, 23-38	Heptagonals/IC4A	1st/10th	Jim Gehrdes	Joel Heine
1963	7-2	.778	W, 22-33	Heptagonals	3rd	Jim Gehrdes	James Howard
1964	8-1	.889	W, 17-45	Heptagonals/IC4A	1st/5th	Jim Gehrdes	Forrest Horton
1965	5-5	.500	L, 20-40	Heptagonals/IC4A	2nd/10th	Jim Gehrdes	Gregory Williams
1966	5-2	.714	W, 23-33	Heptagonals/IC4A	1st/9th	Jim Gehrdes	John Lawlor
1967	5-2-1	.688	W, 21-35	Heptagonals/IC4A	2nd/3rd	Jim Gehrdes	James Dare
1968	3-5	.375	W, 26-29	Heptagonals/IC4A	6th/19th	Al Cantello	Stephan Hanvey
1969	4-5	.444	W, 19-44	Heptagonals/IC4A	5th/17th	Al Cantello	Michael Frick
1970	5-5	.500	L, 26-29	Heptagonals/IC4A	4th/13th	Al Cantello	Vernon Graham
1971	6-2	.750	W, 21-40	Heptagonals/IC4A	3rd/8th	Al Cantello	Bob Monahan

Navy Coaching History

Name	Years	Seasons	Overall	Pct.	vs. Army	Pct.	Titles	NCAA Championship Team App.
L.H. Mang	4	1922, 1924-26	7-5	.583	0-0	n/a	n/a	n/a
Earl Thompson	25	1927-51	77-45-1	.630	5-10	.333	1 Heps, 1 IC4A	n/a
Jim Gehrdes	16	1952-67	76-52-1	.593	7-9	.438	3 Heps	n/a
Al Cantello	39	1968-present	237-68-1	.776	30-8-1	.782	5 CAA, 4 Heps, 2 ECAC	10 (1972, 1974, 1975, 1976, 1984, 1985, 1988, 1989, 1992, 1997)
TOTALS	84	1922-present	397-170-3	.699	42-27-1	.607	8 Heps, 5 CAA, 2 ECAC, 1 IC4A	10 (1972, 1974, 1975, 1976, 1984, 1985, 1988, 1989, 1992, 1997)

YEAR-BY-YEAR RESULTS
2007 NAVY MEN'S CROSS COUNTRY

Year	Record	Pct.	vs. Army	Championships	Finish	Head Coach	Captain(s)
1972	5-3	.625	L, 21-34	Heptagonals/IC4A NCAA	t-1st/4th 21st	Al Cantello	Richard Elliott
1973	5-2	.714	W, 17-46	Heptagonals/IC4A	2nd/2nd	Al Cantello	Steve Gilmore
1974	6-3	.667	W, 20-43	Heptagonals/IC4A NCAA	1st/3rd 15th	Al Cantello	Dale Bateman
1975	7-3	.700	W, 25-36	Heptagonals/IC4A NCAA	2nd/7th 25th	Al Cantello	Steve Giorgis
1976	6-5	.545	W, 26-29	Heptagonals/IC4A NCAA	5th/7th 25th	Al Cantello	James Kelly
1977	10-1	.909	W, 24-37	Heptagonals/IC4A	4th/13th	Al Cantello	Kevin Walsh
1978	5-0	1.000	n/a	Heptagonals NCAA Regional	2nd 7th	Al Cantello	Tim MacNeil
1979	8-2	.800	W, 16-47	Heptagonals NCAA Regional	2nd 8th	Al Cantello	Mark Donahue
1980	8-0	1.000	W, 15-50	Heptagonals NCAA Regional	2nd 6th	Al Cantello	Mark Donahue
1981	5-3	.625	W, 15-49	Heptagonals NCAA Regional	2nd 5th	Al Cantello	Bill Kovach
1982	5-0	1.000	W, 15-50	Heptagonals NCAA Regional	3rd 7th	Al Cantello	Willie McCool
1983	5-1	.833	W, 15-50	Heptagonals/ECAC NCAA Regional	2nd/1st 8th	Al Cantello	Mark Patterson
1984	8-2	.800	W, 15-50	Heptagonals/ECAC NCAA Regional/NCAA	2nd/1st 3rd/18th	Al Cantello	Bill Stone
1985	11-0	1.000	W, 21-36	Heptagonals/Colonial NCAA Regional/NCAA	2nd/1st 6th/7th	Al Cantello	Jim Foley
1986	8-2	.800	W, 26-30	Heptagonals/Colonial IC4A/NCAA Regional	2nd/1st 6th/4th	Al Cantello	Ron Harris
1987	12-1	.923	L, 23-32	Heptagonals/Colonial NCAA Regional	6th/1st 8th	Al Cantello	Lance Davidson
1988	8-1	.889	W, 24-32	Heptagonals/Colonial NCAA Regional/NCAA	5th/1st 2nd/21st	Al Cantello	Robert Packowski
1989	7-2	.778	W, 20-42	Heptagonals/Colonial NCAA Regional/NCAA	2nd/1st 3rd/21st	Al Cantello	Tim Barkdoll
1990	11-1	.917	W, 24-34	Heptagonals/Colonial NCAA Regional	3rd/2nd 11th	Al Cantello	Don Brown
1991	8-2	.800	W, 20-41	Heptagonals/IC4A	4th/10th	Al Cantello	Greg Keller
1992	10-0	1.000	W, 19-37	Heptagonals NCAA Regional/NCAA	1st 4th/7th	Al Cantello	Luis Molina
1993	12-3	.800	L, 24-35	Heptagonals/IC4A NCAA Regional	5th/13th 10th	Al Cantello	Jeff Leuenberger
1994	6-7	.462	L, 20-38	Heptagonals/IC4A	7th/14th	Al Cantello	Jesse Kemp
1995	10-1-1	.875	W, 23-35/T, 28-28	Heptagonals/IC4A	2nd/8th	Al Cantello	Jon Clemens
1996	4-2	.667	L, 21-37	Heptagonals/IC4A	1st/6th	Al Cantello	Scott Barnacle
1997	6-1	.857	W, 27-31	Heptagonals NCAA Regional/NCAA	2nd 2nd/21st	Al Cantello	John Mentzer
1998	5-1	.833	W, 20-41	Heptagonals NCAA Regional	5th 6th	Al Cantello	Michael Ryan
1999	3-0	1.000	W, 22-41	Heptagonals NCAA Regional	4th 4th	Al Cantello	Aaron Nichols
2000	3-0	1.000	W, 23-36	Heptagonals NCAA Regional	6th 11th	Al Cantello	Justin Mikolay
2001	6-0	1.000	W, 25-30	Heptagonals NCAA Regional	2nd 8th	Al Cantello	Michael French
2002	1-0	1.000	W, 15-46	Heptagonals NCAA Regional	4th 5th	Al Cantello	Aaron Lanzel
2003	0-1	.000	L, 25-30	Patriot League NCAA Regional	2nd 6th	Al Cantello	Eric Eckstrand
2004	4-0	1.000	W, 25-34	Patriot League NCAA Regional	2nd 10th	Al Cantello	Barry Carmody
2005	0-1	.000	L, 27-28	Patriot League NCAA Regional	3rd 11th	Al Cantello	Ty Rose
2006	1-0	1.000	W, 22-33	Patriot League NCAA Regional	2nd 9th	Al Cantello	Adam Craig

ALL-TIME LETTERWINNERS

2007 NAVY MEN'S CROSS COUNTRY

-A-

Abitante, George	1979
Adams, D.H.	1937-38
Adams, J.P.	1934
Adams, Samuel	1996-99
Aldenderfer, William	1955
Ali, Maksudul	2004-05
Anderson, David	1962
Anderson, J.L.	1945
Andrews, J.D.	1943
Ascherfeld, Theodore	1927

-B-

Bailey, Leonard	1926
Barkdoll, Timothy	1986, 88-89
Barnacle, Scott	1994-96
Barron, Claude	1973-76
Barry, R.F.	1938
Barry, V.W.	1942, 44
Bateman, Dale	1971-74
Beam, P.E.	1943
Bennett, T.M.	1936
Bennette, Donald	1971
Bisselle, Robert	1948
Blessman, Edward	1930
Blouin, F.J.	1932
Boener, Joseph	1984-85
Bolam, C.A.	1935-37
Bonnette, Jonathan	1997-99
Booker, Ray	1971
Bourke, Robert	1959
Bowers, Charles	1960
Bowling, William	1950
Boyum, J.H.	1939
Brantigan, Richard	1964-66
Bridgman, Charles	1950
Brown, Brady	1992-94
Brown, Donald	1988-90
Brown, Noel	1961
Brummer, J.W.	1944-45
Brummit, Gerald	1948
Brus, Henry	1976
Buckwalter, E.E.	1940-41
Burke, Lucas	2006
Burrill, J.C.	1937
Buszta, Kevin	2001-02

-C-

Carlton, F.B.	1945
Carmody, Barry	2003-04
Carpenter, Lester	1926
Carter, J.E.	1943
Casey, Daniel	1999
Centeno, Robert	1979-81
Chavez, Jose	1959
Chester, Scott	1954-55
Christensen, Daniel	2000-02
Clancey, Brian	1977
Clancy, A.H.	1938-39
Clemens, Jonathan	1994-96
Clopeck, John	1982
Cochrane, Richard	1993
Coe, David	1997
Connelly, Thomas	1971
Conover, Michael	1989-90



Coogan, R.F.	1942
Cook, Christopher	1992-93
Cook, Jesse	1926
Cooke, Charles	1950-52
Costigan, Richard	1971
Coyne, Donald	1953, 55
Craig, Adam	2004-05
Creamer, J.J.	1941-42
Crumblish, Mark	1982-84
Cuff, F.A.	1945
Cummins, Timothy	1975-76, 78
Cvrk, Charles	1972-73

-D-

Dare, James	1965-67
Davidson, Lance	1985-87
Davis, T.F.	1943
Dempsey, C.D.	1942
Detrich, Ernest	1960-62
Doherty, James	1973-75
Donahue, Mark	1977-80
Donaldson, Paul	1964-65
Driscoll, Raymond	2002
Dunham, George	1968
Dunkle, Robert	1958

-E-

Eckert, Richard	1950
Eckstrand, Eric	2001-03
Edwards, William	1999
Eisele, Donn	1951
Elliott, Richard	1970, 72

-F-

Fahy, E.J.	1932-33
Falgoust, Jean	1951
Farrell, John	1980-82
Finneran, J.G.	1943

Fisher, Mark	1974-75
Fladeboe, Jan	1968-69
Fleming, Bernard	1959-60
Flores, Francis	1989-91
Foley, James	1982-85
Foulsham, Charles	1966-67
Fowler, C.A.	1947
Foy, Brian	1982
Frame, Bruce	1991-93
French, Michael	1997, 00-01
Frick, Michael	1968-69
Froelich, Chad	1994
Furer, A.B.	1934

-G-

Gaffney, Paul	1966-67
Galluccio, Joseph	1969-70
Gamble, Peter	1981
Gatto, Ryan	2000
Gebel, Matthew	1978
Gibson, Scott	1929-31
Gilmore, Mark	1988-89
Gilmore, Steve	1971-73
Ginter, Howard	1962
Giorgis, Steve	1972-75
Glaser, Benjamin	2001-03
Gluf, Wayne	1979
Goode, W.M.	1941
Goodenough, John	1998-99
Graff, Paul	1956
Graham, Vernon	1968-70
Grant, Andrew	2005-06
Griffith, W.T.	1932-33
Grimsey, R.J.	1944
Gustin, J.R.	1936

-H-

Hackett, Donald	1962-63
Hailey, E.J.	1932
Hall, R.N.	1944-46
Halpin, Douglas	1980
Hammer, P.L.	1946
Hansen, Henry	1929
Hanvey, Stephan	1967-68
Harby, J.D.	1936-37
Hardman, W.F.	1932
Harkins, R.J.	1940
Harper, Norman	1952-54
Harrington, Brian	2000, 02
Harris, Randall	1972
Harris, Ron	1983-86
Hauck, P.F.	1933
Haugen, Jon	1980
Hautau, Charles	1976-77
Hayes, Jonathan	1999-00
Heath, R.J.	1938-39
Heerde, F.C.	1933
Heine, Joel	1960-62
Heller, N.	1943
Highley, Frank	1929
Hilles, Frederick	1929
Hinsman, Donald	1967
Hoffman, Robert	1952
Holyfield, James	1982, 85
Hommel, R.E.	1933

Horel, Chris	2006
Horton, Forrest	1962-64
Houley, William	1958
Houten, Daniel	1960
Howard, James	1961-63
Howe, John	1948
Hubbard, Stephen	1971, 73-74
Hudson, Lewis	1929-30
Hume, John	1970
Hunter, D.T.	1944
Hurt, Jonathan	1951-53
Hutchinson, G.	1932-34
Hyde, J.M.	1932

-I-

Ikard, Keith	1991
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-J-

Jackson, Guy	1984-86
Johnson, Kevin	1979
Johnston, R.H.	1941
Jones, Lawrence	1974-75
Jones, Allan	1966

-K-

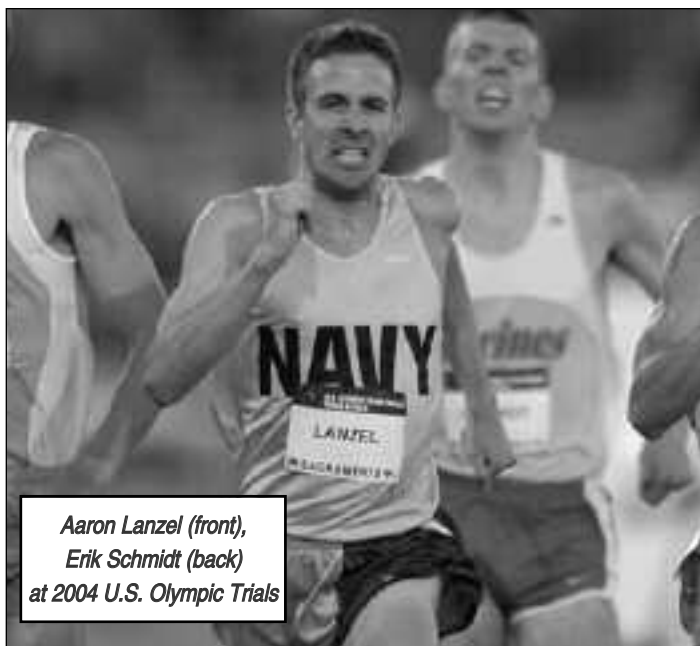
Kauffman, Carl	1965
Keefer, Thomas	1993
Keller, Greg	1989-92
Kellogg, Robert	1986
Kelly, James	1973-76
Kemp, Jesse	1992-94
Kennedy, Colin	2000
Kenney, Paul	1969
Khoury, Eli	1977
Kiggins, William	1959-60
Kimble, Kenneth	1969
Kirk, Bradley	1986
Knode, Ronald	1966-67
Kohrs, Michael	1980, 82
Koons, James	1963-65
Kovach, William	1979-81
Kozy, Ben	2006
Kramer, James	1971-73
Kramer, Jeffrey	1971-73
Kramer, Richard	1977, 79
Kress, John	2005-06
Kunkle, Robert	1957-59
Kurz, Kenneth	1996, 98

-L-

Lakis, Nicholas	1969-71
Langen, Thomas	1931
Lanzel, Aaron	2000-02
Lapham, David	1961
Laverghetta, Thomas	1989
Lawlor, John	1964-66
Ledford, Christopher	1995
Leehey, P.	1941
Lesniak, John	1983-84, 86
Leuenberger, Jeffrey	1991-93
Lewellen, R.S.	1942
Limberty, Timothy	1997
Lippert, Frederick	1954-55
Loman, Michael	1977, 79
Long, William	1968-70

ALL-TIME LETTERWINNERS

2007 NAVY MEN'S CROSS COUNTRY



Aaron Lanzel (front),
Erik Schmidt (back)
at 2004 U.S. Olympic Trials

Lowman, Bruce 1972
Lundblad, Peter 1989, 91

-M-

Mackenzie, C.J. 1933
MacLeod, Kenneth 1958-59
MacNeil, Timothy 1976-78
Mahon, Brendan 1995-97
Marsh, James 1949
Martin, Ramon 1991
Martin, Richard 1967-68
Mason, J.D. 1936-37
Massie, Thomas 1926
McCann, Joshua 2002, 04
McCarter, James 1986
McCool, Willie 1980-82
McCormack, William 1980-81
McCoy, James 1955
McGillick, Brian 2000
McKeon, Simon 1995-96
McLean, Bradley 1989
McNamara, John 1998
Mentzer, John 1995-97
Messer, Robert 1990
Meukow, Walter 1954-56
Mikolay, Justin 1999-00
Mitchell, Gary 1973-75
Mobley, Jerry 1973-75
Molina, Luis 1990-92
Monaghan, Thomas 1956-57
Monahan, Robert 1969-71
Moore, Jared 1999
Moore, Richard 1965-66
Morris, Benjamin 2000-02
Morrison, J.L. 1943
Morton, R.C. 1935
Myers, Andrew 1987

-N-

Naughton, Daniel 2004
Nelson, W.M. 1933
Newman, Mark 1981, 83

Nibblelink, Kevin 1982, 84-85
Nichols, Aaron 1997-99
Nichols, Frank 1927
Niemi, Michael 2004-06

-O-

Oberholtzer, David 1969
Oberholtzer, James 1946-49
O'Flaherty, Sean 1987
O'Grady, John 1949
Oldfield, J.C. 1937-38
Olmstead, Rudyard 2002
Olsen, John 2004, 06
Orr, William 1969

-P-

Packowski, Robert 1986-88
Palm, J.W. 1940
Palmer, Leslie 1957
Parbel, Peter 1996-98
Pass, Christopher 1988
Patterson, Mark 1981-83
Paul, Andrew 1983
Paul, Christopher 1978-81
Paul, Philip 1969-70
Peterson, A.A. 1937
Phillips, Charles 1929
Pickens, J.R. 1945-46
Piganelli, Joseph 2003, 05
Poore, Louis 1983-86
Porter, Michael 1978-80
Prom, Bill 2006

-R-

Raab, Frank 1947, 49
Rea, Michael 1999-00
Richards, R.M. 1941
Richardson, Gill 1926
Rick, Matthew 1991
Ricketts, Max 1961-62
Roach, Francis 1952
Roak, J.B. 1940
Rodriguez, Bert 2000

Roper, Vincent 1954
Rose, Ty 2002-05
Roskey, Sean 1980-83
Rouse, Leon 1928-29
Runge, Richard 1999
Russell, Kurt 2003
Russo, Joseph 2004
Ruth, Richard 1954
Ryan, Michael 1997-98

-S-

Salazar, Richard 1973-75
Sansom, A.R. 1943
Schmidt, Erik 2000-01, 03
Schreiber, James 1986
Scofield, Jeffrey 1991-92
Scott, Alan 1980
Scrima, Glenn 1988, 90
Sermier, Robert 1962-64
Sharp, J.W. 1946
Shelley, Alexander 1994-95
Shetehelm, P.E. 1934
Simmons, W.E. 1941
Simpson, Stephen 1960-61
Sink, Joshua 2003-05
Sisson, J.A. 1946
Sleight, R.C. 1934
Smith, Bradley 1956-58
Smith, Conrad 1979
Smith, Douglas 1974-76
Smith, Frederic 1948
Smith, J.H. 1938
Smith, H.P. 1944
Smith, William 1953-54
Smusyn, N.W. 1944-46
Starkey, Robert 1962-63
Stevenson, James 1977-78
Stone, William 1982-84
Stratton, Michael 1984-85
Strauss, A.E. 1946
Stromback, Philip 1930
Suggs, Joseph 1977, 79

-T-

Tacke, Raymond 1950-51
Tamblyn, Joseph 1987
Tate, William 1962
Tatro, Peter 1976-78
Taveras, Davidson 2004
Taylor, Jonathan 1990-91
Tedeschi, Anthony 1929
Tenne, Timothy 1989
Terry, William 1977
Thomas, Raymond 1964
Thompson, Wells 1928
Tipton, Christopher 1987, 89
Tompkins, Scott 1995-96
Triebes, Carl 1957
Trout, Thomas 1948, 50
Turner, Matthew 1989
Turner, T. 1939-41

-U-

Urquhart, John 1927

-V-

VanMetre, Robert 1960
Vogele, T.R. 1932

-W-

Waggoner, Steven 1997
Walker, T.T. 1938-40
Wallace, David 1965-67
Walsh, Kevin 1974-77
Ward, James 11968
Washburn, Todd 1989, 91-92
Weber, Gerald 1963
Wegner, Lynn 1962
Wesson, R.W. 1944
Weymouth, R. 1937
Whatley, James 1953
White, H.C. 1939
Whitsett, Jeffrey 2004
Wilhelm, John 1968
Williams, Greg 1963-65
Windheim, J. 1942
Winter, Richard 1956-58
Woodruff, Dwight 1981-83, 85
Woolley, Herbert 1951-52
Wright, William 1964

-Y-

Young, Frank 1956-58
Young, H.M. 1935

-Z-

Zael, Mark 1987-89

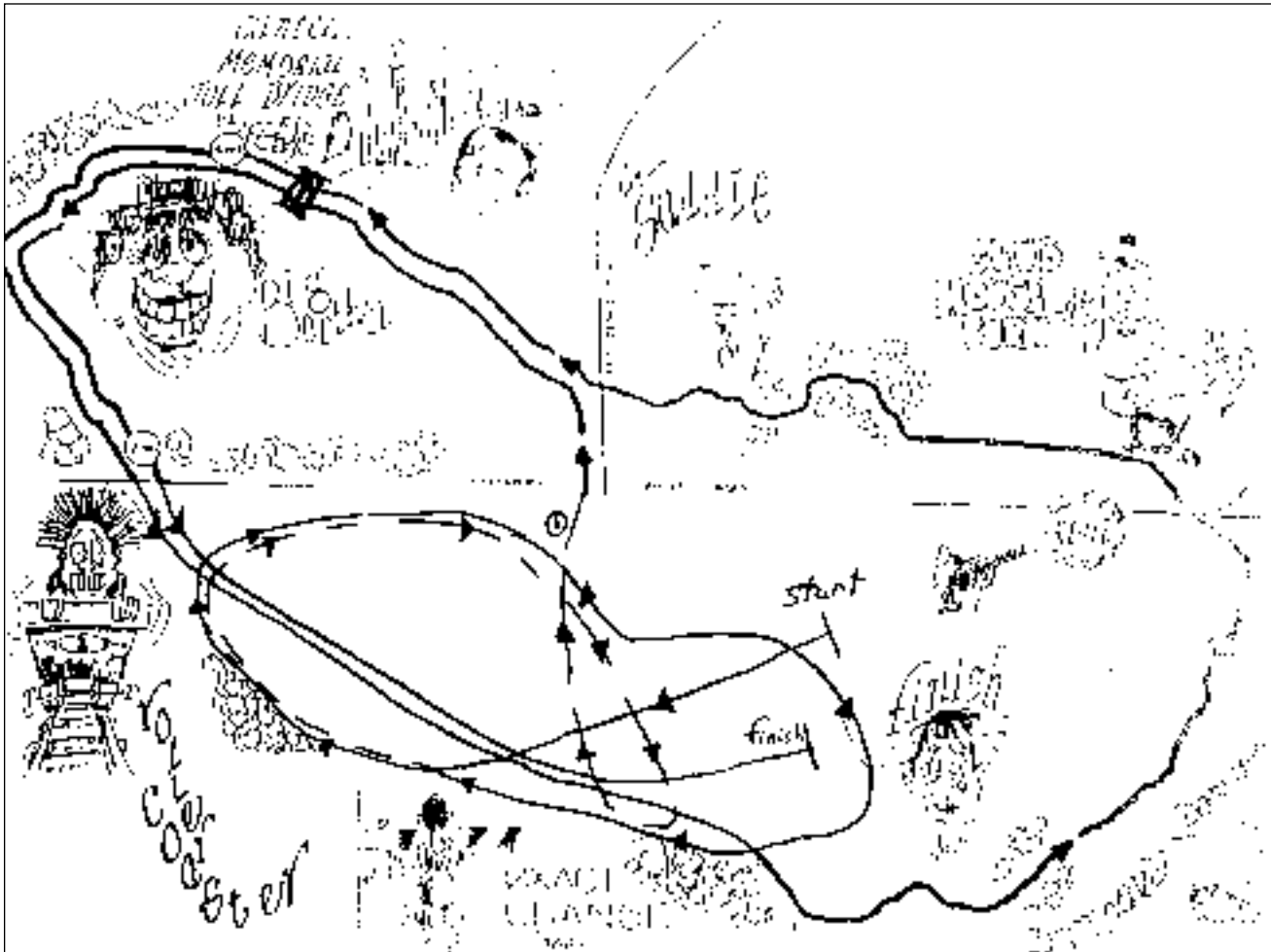
USNA CROSS COUNTRY COURSE

2007 NAVY MEN'S CROSS COUNTRY

Serving as the home of the Navy men's cross country team for the 55th-consecutive season, the United States Naval Academy Cross Country Course will host one home meet during the 2007 campaign. The course, one of the oldest and most historic venues in the country, has been the host of 27 Army-Navy meets and the 1989 NCAA Championship.

All-Time Results CD

A CD with a complete listing of every meet's results and times held on the USNA Cross Country Course has been compiled by Jeffrey Whitsett, Class of 2006, and can be attained by contacting head coach Al Cantello at (410) 293-5574, or by e-mail at cantello@usna.edu.



Midshipmen Memorial

NAVAL ACADEMY CROSS COUNTRY COURSE

IN MEMORY OF MIDSHIPMEN
ROBERT PACKOWSKI
DONALD LACKEY
WILLIAM DONOVAN
ANDREW MYERS
AUGUST 1989

"THEY RAN AND COMPETED ON THESE CHALLENGING HILLS AND WINDING TRAILS AND THEIR PERSEVERANCE AND DILIGENCE NEVER WANED - THEIR LIVES EXEMPLIFIED THE COMPETITIVENESS OF GENERATIONS OF MIDSHIPMEN. MAY THIS COURSE CONTINUE TO SERVE THE ENDURING NAVAL ACADEMY SPIRIT WHICH IT REPRESENTS."

NAVAL ACADEMY ATHLETIC ASSOCIATION



The memorial is dedicated to the lives of the four Midshipmen listed on the plaque, who were killed in a car accident on August 13, 1989, on their way to Captain's Practice in Pennsylvania. The mound behind the memorial signifies the hills on the course and this fall, the team will plant four trees around the memorial in honor of the four Midshipmen.

In Memoriam of Willie McCool

1982 Navy Men's Cross Country Captain

On Feb. 1, 2003, the Space Shuttle Columbia and its entire crew, including NASA Astronaut Cmdr. William C. McCool, was scheduled to land at 9:15 a.m. (ET) in Houston, Texas. The last audible transmission from Columbia before the tragedy occurred was received at 8:59 -- 16 minutes from the shuttle's scheduled landing.

The Midshipmen honored McCool, the 1982 cross country team captain, on Nov. 1, 2003, with a memorial at the U.S. Naval Academy Cross Country Course. The memorial, which coincided with the Class of 1983's 20-year reunion, was held at the spot where McCool would have been 16 minutes from the finish line on the day he set his best time of 24:27 in 1982.

A monument to honor McCool is in the planning stages and is being designed to inspire generations of Navy runners, who, like Willie, endured the resolute pursuit of being an exemplary Midshipman.

McCool, 41, was a former test pilot in the Navy and served that role for the STS-107 (Space Shuttle Columbia). He received a bachelor of science degree in applied science from the U.S. Naval Academy in 1983, a master of science degree from the University of Maryland in 1985, and a master of science degree in aeronautical engineering from the U.S. Naval Postgraduate School in 1992. McCool, as a member of the Blue Team, worked with the following experiments: European Space Agency (ESA) Advanced Respiratory Monitoring System (ARMS); ESA Biopack (eight experiments); Mediterranean Israeli Dust Experiment (MEIDEX); and the Physiology and Biochemistry Team (PhAB4) suite of experiments, which included Calcium Kinetics, Latent Virus Shedding, Protein Turnover and Renal Stone Risk. He was also responsible for maneuvering Columbia as part of several experiments mounted in the shuttle's payload bay.

Selected by NASA in April 1996, McCool was making his first spaceflight.



NAVAL ACADEMY

ANNAPOLIS

The City of Annapolis has been home to the Naval Academy for all but four years since the founding of the school in 1845 on the grounds of what originally was the Army's Fort Severn. The Academy moved its location to Newport, Rhode Island, from 1861-1865 during the Civil War.

ANCHORS AWEIGH

"Anchors Aweigh" was written by Lt. Charles Zimmerman, musical director of the Naval Academy, in 1906, with the lyrics provided by Alfred H. Miles '06 as a fight song for the 1907 graduating class. The song made its debut at the 1906 Army-Navy game and when the Mids won, the song became traditional at the contest.

Stand Navy down the field,
Sails set to the sky,
We'll never change our course,
So Army you steer shy.
Roll up the score, Navy,
Anchors Aweigh,
Sail Navy down the field,
And sink the Army,
And sink the Army Grey

BANCROFT HALL

Named after the former Secretary of the Navy (1845-46) and founder of the Naval Academy George Bancroft, Bancroft Hall serves as the dormitory for the entire Brigade of Midshipmen. Its 33 acres of floor space and nearly five miles of hallways makes it one of the largest dorms in the world.

BRIGADE OF MIDSHIPMEN

The 4,200-member student body at the Naval Academy is called the Brigade of Midshipmen.

The Brigade is organized into ...

- 2 regiments
- 6 battalions
- 30 companies

BILL THE GOAT

The first recorded use of a goat as the mascot for Navy teams was in 1893 when an animal named El Cid (the Chief) was presented to the Brigade by officers of the USS New York. El Cid helped Navy to a 6-4 win over Army that year and a goat became the permanent mascot of the Academy in 1904.



BLUE & GOLD

Now, colleges from sea to sea
May sing of colors true;
But who has better right than we
To hoist a symbol hue?
For sailors brave in battle fair,
Since fighting days of old,
Have proved the sailor's right to wear
The Navy Blue and Gold

CLASS RANKS

First-year students at the Naval Academy are referred to as "plebes" during their initial or "Fourth Class" year in school, while sophomores at Navy, members of the "Third Class," are called "youngsters." Juniors at the school are designated as "Second Class," with seniors called "Firsties" in reference to their "First Class" year.

CO-ED

Women were first admitted to the Naval Academy during the summer of 1976. Today, women comprise roughly 15 percent of the student body.

COMMISSIONED OFFICERS

When a student graduates from the Naval Academy, they have the option to enter either the Navy or the Marine Corps as an officer. If they choose to join the Navy, they are commissioned as Ensigns, while those entering the Marine Corps are given the rank of Second Lieutenant.

JOHN PAUL JONES

The crypt of John Paul Jones, considered America's first naval leader and hero, is located below the Naval Academy Chapel.

The native of Scotland was born in 1747, and travelled to the colonies to assist America during the Revolutionary War. His ship never lost a battle as he reached a rank of captain in the Continental Navy.

Jones died in 1792 in Paris, France, and was buried there. His remains were returned to the United States in 1905 and he was interred at the Naval Academy eight years later.

MARINE CORPS

Those officers entering the Marine Corps have the choice of service selecting one of the following fields ...

- Aviation -- air command and control, anti-air warfare, aviation maintenance, aviation supply, pilot, naval flight officer.
- Ground -- armor, artillery, communications (information systems), engineering, financial management, infantry*, logistics, military police



MIDSHIPMAN

The original 17th Century meaning of the word "midshipmen" designated those men who stood watch "amidships", or in the middle portion of a ship. The middle "s" was later dropped to give the current form of the word.

Midshipmen were originally young boys who were apprenticed to sea captains to learn the trade.

In the early days of the Navy, midshipmen were trained aboard ship until they were commissioned as ensigns.

NAVY

Graduates of the Naval Academy entering the Navy have the following service options available to them ...

- Aviation -- flight officer, pilot
- Nuclear Propulsion -- ships, submarines
- Restricted Line and Staff Corps -- civil engineering, cryptology, intelligence, maintenance, medicine, meteorology/oceanography, supply
- Special Operations -- explosive ordinance disposal, explosive ordinance management, mine countermeasures, operational diving and salvage,
- Navy SEALs
- Surface Warfare -- conventional, nuclear powered
- Submarines



NICKNAME

The official nickname for all of Navy's athletic teams is Midshipmen. "Mids" is an appropriate nickname, while "Middie" is inappropriate.

N-STAR

Members of varsity teams who qualify for the varsity letter receive an N-Star for their letter sweaters if they participate in a victory over Army in any sport-designated Star Game.

The varsity N and corresponding N-Star were initiated during the early 1890s.

SCHOOL COLORS

Each class at the Naval Academy produced their own set of class colors until 1892 when Navy Blue and Gold were established as the official colors for the entire Naval Academy.

NAVAL ACADEMY LEADERSHIP



VICE ADM.
JEFFREY FOWLER, USN
Superintendent



CAPT.
MARGARET KLEIN, USN
Commandant of Midshipmen

SUMMER TRAINING

Summers remain a busy and challenging time of year for midshipmen. Their initial tenure at the Naval Academy begins around July 1 prior to the start of the freshman year at the school with "Plebe Summer." Instead of taking academic classes, plebes receive military indoctrination and learn basic seamanship and sailing.

The summer following plebe year is spent aboard various ships to gain knowledge and experience of the workings of the Navy. Included in this time is a three-week cruise aboard either a 44-foot Naval Academy sailboat or a Yard Patrol craft traveling on the East Coast.

Portions of the summer before the start of a second-class year is spent visiting bases of both the Navy and the Marine Corps. That leads up to the next summer when midshipmen join an operational unit of the Navy or Marine Corps for several weeks. In addition, rising firsties also begin to accept leadership roles at either the Naval Academy for plebe summer, the Naval Academy Prep School (Newport, R.I.) or aboard a yard patrol or sailing cruise.

TECUMSEH

Tecumseh is the Native American figurehead which has been facing Bancroft Hall since 1866.

The statue originally was the figurehead of the USS Delaware and named after Tamanend, a Delaware chief. The name was later changed to Tecumseh after a Shawnee chieftain who lived from 1768-1813.

The original wooden statue was replaced after 50 years by the current bronze version.

Tecumseh is painted prior to football games and during Commissioning Week he is adorned with the shoulder boards of a Navy ensign on one side and that of a Marine Corps second lieutenant on the other.

THE YARD

"The Yard" is another name for the grounds of the Naval Academy. Originally just 10 acres, The Yard has grown to a size of 338 acres.





**Today's Scholar-Athletes,
 Tomorrow's Leaders**

American University ★ Bucknell University ★ Colgate University
 College of the Holy Cross ★ Lafayette College ★ Lehigh University
 United States Military Academy ★ United States Naval Academy

Executive Director: Carolyn Schlie Femovich
 3773 Corporate Pkwy., Ste. 190, Center Valley, PA 18034
 Phone: (610) 289-1950 ★ www.patriotleague.com

In its second decade of combining academic and athletic excellence, the Patriot League sponsors 23 sports – 11 for men and 12 for women. Initially started as a NCAA Division I-AA football conference in 1986, the Patriot League became an all-sport conference in 1990 and includes American, Army, Bucknell, Colgate, Holy Cross, Lafayette, Lehigh and Navy as full members, and Fordham and Georgetown as associate members in football. These institutions are among the oldest and most prestigious in the nation and their alumni have, and continue to play leadership roles in shaping our country.

Since 1998, the Patriot League has ranked first each year among all Division I conferences awarding athletic aid in the NCAA Graduation Success Rate report. In addition, the Patriot League finished as one of the nation's leaders in the NCAA Academic Progress Report (APR) among all Division I conferences awarding athletic aid. The APR is used to measure academic eligibility, retention and graduation of student-athletes.

Patriot League student-athletes and teams continue to enjoy success at the national level, with opening round victories coming in several NCAA Championships, including wins in men's basketball during the 2005 and 2006 seasons, a championship game appearance in both football and men's lacrosse, and a sixth-place individual finish at the NCAA Cross Country Championship.

The Patriot League's mission is simple, to provide successful competitive athletic experiences while maintaining high academic standards, and to prepare its student-athletes to be leaders in society.

During the 2006-07 year, Patriot League student-athletes and teams accomplished the following:

- Fourteen Patriot League student-athletes were named *ESPN The Magazine* Academic All-Americans, including Navy's **Lizzie Barnes** (women's soccer), **Kari Weniger** (women's soccer), **Chris Renninger** (golf), **Kelly Zahalka** (women's swimming and diving), **Michael Niemi** (men's cross country/track and field) and **Kirsten Andrews** (women's cross country/track and field).
- The Patriot League had two teams win a game in the NCAA Men's Soccer Tournament for the first time in its history (Bucknell and Lehigh), with 2006 being the second year it sent multiple teams to the postseason.
- **Navy women's soccer** owned the longest winning streak among NCAA Division I schools, posting 19-straight victories, and advanced to the second round of the NCAA Tournament for the first time in program history.
- **Navy goalkeeper Lizzie Barnes** posted the seventh-longest shutout streak in NCAA women's soccer history.
- The Patriot League had two post-season participants in the sport of women's basketball for the first time since 2002 with Holy Cross playing in the NCAA Tournament and Bucknell in the WNIT.
- Holy Cross' **Keith Simmons** was named All-America Honorable Mention by the Associated Press in the sport of men's basketball.
- **Navy's Paul Harris** earned All-America status after finishing sixth in the 800 meters at the NCAA Indoor Track and Field Championship.
- Four different men's lacrosse teams spent time in the national polls, including Army, Bucknell, Colgate and **Navy**. Navy ended the year ranked a Patriot League-best eighth in the nation.
- Three Patriot League student-athletes were chosen in the Major League Lacrosse Draft including **Navy's Billy Looney** (first round, fifth pick), Colgate's **Colin Hulme** (second round, 16th pick) and **Navy's Ian Dingman** (third round, 30th pick). Looney became the highest drafted Patriot League student-athlete into MLL.
- Four Patriot League student-athletes were named USILA All-Americans including **Navy's Billy Looney** on the first team and **Navy's Jordan DiNola** and Colgate's **Colin Hulme** and **Brandon Corp** as Honorable Mention selections.
- Five Patriot League student-athletes were selected in the MLB draft including Army's **Nick Hill** and **Milan Dinga**, Bucknell's **Jason Buursma** and **Navy's Mitch Harris** and **Jonathan Johnston**.
- **Navy's Kevin Teague** became the first male diver in Patriot League history to win four consecutive 1-meter and 3-meter Patriot League Championship titles and to be named Patriot League Diver of the Meet four times.



Mallory Dietrich

Conference Championships
 Women's Soccer
 Men's Swimming and Diving
 Women's Swimming and Diving
 Men's Lacrosse
 Tennis

Rookie of the Year
 Cassie Barbaresi - Women's Soccer, Co-Chris Horel - Men's Cross Country
 > Mallory Dietrich - Women's Swimming
 Ramsey Lemaich - Tennis



Lizzie Barnes

Coach of the Year
 > Carin Gabarra - Women's Soccer
 Joe Suriano - Men's and Women's Diving
 John Morrison - Women's Swimming
 > Richie Meade - Men's Lacrosse
 John Officer - Tennis



Carin Gabarra

Scholar-Athlete For Sport
 > Kelly Zahalka - Women's Swimming & Diving
 Kirsten Andrews - Women's Indoor Track & Field
 > Chris Renninger - Golf
 Colin Finnegan - Men's Lacrosse
 Kirsten Andrews - Women's Outdoor Track & Field

Scholar-Athlete of the Year
 FEMALE - Kirsten Andrews - Women's Track & Field
 > MALE - Chris Renninger - Golf

Player of the Year
 Meggie Curran - Women's Soccer, Offensive POY
 > Lizzie Barnes - Women's Soccer, Goalkeeper of the Year
 Shelly Moeller - Women's Soccer, Co-Defensive POY
 Kevin Teague - Men's Diving
 > Kelly Zahalka - Women's Swimming
 Katie Griffin - Women's Diving
 Lori Forsythe - Women's Indoor Track & Field
 Kirsten Andrews - Women's Indoor Track & Field
 > Nate Nelms - Tennis
 > Paul Harris - Men's Outdoor Track & Field
 Justine Whipple - Women's Outdoor Track & Field
 Kirsten Andrews - Women's Outdoor Track & Field



Kelly Zahalka



Paul Harris



Chris Renninger



Nate Nelms



Richie Meade