



# Knights Athletics

"I do not agree with what you have to say, but I'll defend to the death your right to say it." - Voltaire

## St. Andrews Cross Country Finishes Strong

Danielle Heider

The St. Andrews Men's and Women's Cross Country teams ended their season in December finishing strong within the Southeastern Division.

"This was definitely the best season to date for the St. Andrews Cross Country team," stated Coach Gary Aycock. While the men's season began with an accident to one of their key runners, Adam Vicks and the loss of two freshmen recruits, team members overcame obstacles to win their first ever Southeast Regional Championship title qualifying for the



2006 Men's Cross Country team at Nationals. Some of the Women's Cross Country team came to root them on. Picture courtesy of Gary Aycock.

On September 21, 2006 Adam Vicks, the number five runner for the Men's cross country team and team co captain, was running the normal route when he was hit by a car that sent him 55 feet in the air. Vick's accident had a heavy impact on the team. "We were trying to keep thoughts positive," said Aycock.



St. Andrews 2006-2007 Cross Country Team. Back Row (Left to Right): Head Coach Gary Aycock, Ryan Janes, Brad McKee, Mitchell Cooper, James Lloyd, Patrick Hogan, Adam Vick, Tim Bourke, Perry Morris, Pedro Tapia Jr., Assistant Coach Jim Walters Bottom Row: Veronica Gobeyn, Alyson Trovato, Tessa Franz, Heather Woodard, India Hill, Jordan Copp, Leah Nicholson, Bonnie MacDonald, Rachael Ambrosia, Lauren Crabb. Picture courtesy of Rooney Coffman.

"Adam Vicks accident was a huge psychological obstacle."

Despite the hurdles, the men's team pulled through and demonstrated what they were capable of. Mitch Cooper was named the 2006 Runner of the Year after winning the CVAC Championship and Pedro Tapia Jr. was awarded CVAC Freshmen of the Year. Additionally, the men's team traveled to the University of West Florida where they participated in the 2006 NCAA Division II National Championships where they placed 23<sup>rd</sup> in the

final poll. The team spent four days in Florida where they not only competed but helped build a house for Habitat for Humanity. The team also received national recognition when CBS did a feature story on the men's cross country team.

The St. Andrews Women's Cross Country team also had a breakthrough season as they completed the season with a seventh place finish out of 19 teams within the CVAC Southeast Regional. The seventh place finish is a large improvement from the '05 season and is the best finish within

the program history. Furthermore, Sophomore Alyson Trovato was recognized as the Runner of the Week within the CVAC conference.

While Cross Country is not a mainstream sport, not very many people know the effort that is put forth in training for the events. 2005 Freshmen of the Year and 2006 Runner of Year, Mitch Cooper stated, "Not to many of the faculty, staff and students know about what comes into the training process." Cross Country team members are dedicated to training year round. While members of the Men's Cross Country team run 70 miles a week, members of the Women's team run 50 miles a week. "In addition to the running that team members do, we cross train doing range of motion exercises in the pool and working out in the gym," stated Aycock.

"I'm really proud of how the Cross Country team stuck together and for their hard work," stated Coach Gary Aycock. With a strong recruiting, Aycock feels that the upcoming '07 season will have further accomplishments. Cross Country team members train on a year round basis to prepare for the following season.

\*\*\*\*\*For further information about the Cross Country teams please contact Gary Aycock at [Aycockgp@sapc.edu](mailto:Aycockgp@sapc.edu).\*\*\*\*\*

## March 2007 Sports Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Notes:				1	2	3
					T vs. Queens (3:30) CVAC Basketball Tourney	WG @ Limestone (All Day) BB vs. Barton (12:00) ML @ Mercyhurst (12:00) CVAC Basketball Tourney
4	5	6	7	8	9	10
WG @ Limestone (All Day) BB vs. Barton (1:00)	MG @ Florida Tech (All Day) WG @ Limestone (All Day)	MG @ Florida Tech (All Day) BB vs. N. Greenville (1:00) SB @ Francis Marion (1:00)	BB @ Lander (3:00)	SB vs. West Va. Tech (1:30)	SB @ N. Greenville (2:00) ML @ N.Y.I.T. (3:00) WL vs. Regis (3:00)	BB vs. Belmont Abbey (12:00)
11	12	13	14	15	16	17
WL vs. Nazareth (12:00) BB vs. Belmont Abbey (1:00) SB vs. Greenville State (1:00) ML @ Bryant (1:00)		T vs. Lafayette (2:30) WL vs. New Haven (4:00)	SB @ Limestone (2:00) ML vs. Belmont Abbey (3:30) BB @ UNC-Pembroke (6:00)	SB vs. Mount Olive (2:00) MT vs. Chowan (3:00)		T vs. Erskine (11:00/1:00) BB @ Mount Olive (12:00) WL vs. Belmont Abbey (1:00) ML vs. Wingate (3:00) T&F @ UNCP (All Day)
18	19	20	21	22	23	24
BB @ Mount Olive (1:00) BB @ Coker (2:00)	Golf hosts SA Invite (All Day)	Golf hosts SA Invite (All Day) BB vs. Catawba (2:00)	T @ Pfeiffer (3:00) ML vs. Queens (4:00)	BB vs. Wingate (2:00)	T&F @ UNC-W. (All Day) T @ North/South (TBA)	BB @ Anderson (12:00) SB vs. Belmont Abbey (1:00) WL vs. Lees-McRae (3:00) T&F @ UNC-W. (All Day) T @ North/South (TBA)
25	26	27	28	29	30	31
ML vs. Adelphi (12:00) BB @ Anderson (1:00) SB vs. Fayetteville St. (2:00) WL vs. Quccas (3:00) T @ North/South (TBA)		BB @ Chowan (1:00) SB vs. St. Aug's (2:00)	SB vs. Chowan (2:30) WL vs. NC Wesleyan (4:30)		MG @ Camp Lejeune (All Day)	MG @ Camp Lejeune (All Day) BB vs. Coker (12:00) T @ Limestone (1:00) ML @ Presbyterian (2:00)

WBB - Women's Basketball  
 MBB - Men's Basketball  
 Wr. - Wrestling  
 BB - Baseball  
 SB - Softball  
 ML - Men's Lacrosse  
 WL - Women's Lacrosse

### Schedule Key

MG - Men's Golf  
 WG - Women's Golf  
 MT - Men's Tennis  
 WT - Women's Tennis  
 T - Both Men's & Women's Tennis  
 T&F - Track & Field