

Judson University Athletics ... On the Rise!



Men's & Women's Track



Judson University Athletics ... On the Rise!

NEW START FOR TRACK

Making huge strides in their first year of a new athletic program at Judson, the men's and women's track and field teams vaulted onto the national scene. The men's team sent several athletes to the NCCAA National Track Meet while the women had great success at the NCCAA National Track Meet and advanced to the NAIA National Track Meet.

Six athletes participated in the NCCAA Indoor National Meet while two took part in the NCCAA Outdoor National Meet. The men placed 13th out of 13 teams at the indoor meet as they received one point for their eighth place finish in the distance medley relay made up of Kyle Julian, Luke Kierys, Josh Angliss, and Scott McCracken. The men's team did not pick up any points at the outdoor meet.

Having success in their first year in track and field, the women's team produced a NCCAA National Champion, three NCCAA All-Americans, and sent two athletes to the NAIA National Outdoor Meet. The women's team finished 10th out of 16 teams with 22.5 points at the NCCAA Outdoor Meet and Sarah Dede became Judson's first-ever individual national champion as she leaped 36'8.5" in the triple jump. Dede joined teammates Rachel Dean and Lauren Strohmaier as NCCAA All-Americans for their places at the outdoor meet as Dean was third in the 1,500 meter run and Strohmaier placed fifth in the high jump. Dede and Dean then both competed at the NAIA National Outdoor Meet amongst the best in the nation.

The indoor season was just as successful as both Dede and Dean were named NCCAA All-Americans. Judson finished 10th of 14 teams with 26 points. Dean then ran at the NAIA Indoor National Meet finishing seventh in the 3,000 meter run and just missing NAIA All-American status.

NEW WOMEN'S COACH FOR 2010

With the addition of track and field, Judson University split the head coaching positions into two positions - one for the men and one for the women. Joel Cotton was hired to take over the women's cross country team and start the women's track and field team. Rich Weinhandl will stay with the men's cross country team and start the men's track and field team. Cotton has a background in running as he ran at NCAA Division I Indiana University. He was an All-Big Ten academic selection while he was there.

NCCAA NATIONAL CHAMPION

Judson had their first-ever NCCAA Individual National Champion in 2010 at the outdoor meet. Freshman Sarah Dede claimed Judson's first national championship in track in the triple jump. She leaped 36'8.5" for the title and to become a NCCAA All-American.

NCCAA ALL-AMERICANS

Three women's track athletes gained NCCAA All-American status. Both Rachel Dean and Sarah Dede were named NCCAA Indoor/Outdoor All-Americans for their performances while Lauren Strohmaier earned the award at the outdoor track meet. All three are a first for the women's program.

NAIA NATIONAL MEET - WOMEN

Both Rachel Dean and Sarah Dede participated in the NAIA National Meet. Dean ran at both the NAIA Indoor and Outdoor National Meet while Dede jumped at the Outdoor National Meet. Dean was just one position short of becoming an All-American in the indoor meet as she finished seventh in the 3,000 meter run. At the outdoor meet, Dean ran in the 1,500 meter run while Dede participated in the triple jump.

NAIA Indoor Meet

Rachel Dean - 7th (3,000 meter run-10:07.56)

NAIA Outdoor Meet

Rachel Dean - 4:47 (seeded 26th of 31 runners)

Sarah Dede - 17th (37'3.75")

ALL-CCAC - WOMEN

Sarah Dede was the lone athlete from Judson to receive All-CCAC. She won the triple jump with 34'11.75". Only first place finishers received All-CCAC. She placed second in the long jump and scored a total of 23 points for Judson.

NCCAA NATIONAL MEET - MEN

The men's track team competed at both the NCCAA Indoor and Outdoor National Meet. In the indoor meet, they finished 13th of 13 teams. They scored one point in the distance medley relay. At the outdoor meet, they had two runners compete that did not score.

Indoor Meet Points

Distance Medley Relay - 8th (11:21)

(Kyle Julian, Luke Kierys, Josh Angliss, and Scott McCracken)

Indoor Meet Participants

Josh Angliss - long jump

Zach Adams - mile

Nate Nevius - 3,000 meter run

Kyle Julian - DMR, 4x400 meter relay

Luke Kierys - DMR, 4x400 meter relay

Scott McCracken - DMR, 4x400 meter relay

Outdoor Meet Participants

Zach Adams - 1,500 meter run

Kyle Julian - 800 meter run

NCCAA NATIONAL MEET - WOMEN

The women's track team made the most of their team at both the indoor and outdoor national meets. In the indoor meet, they finished 10th out of 14 teams and then were 10th of 16 at the outdoor meet.

Indoor Meet Places

Rachel Dean - 3rd (mile), 4th (3,000 meter)

Sarah Dede - 3rd (long jump)

Lauren Strohmaier - 5th (high jump)

4x800 meter relay - 5th (Garcia, Stephanie Belokon, Sandra Hubbard, and Morgan Kimball)

Distance Medley Relay - 8th (Sandra Hubbard, Kristal Pitts, Garcia, Kimball)

Indoor Participants

Rachel Dean - mile, 3,000 meter run

Sarah Dede - long jump, 55 meter hurdles

Kristal Pitts - DMR, 800 meter run

Sandra Hubbard - DMR, 4x800 meter relay

Morgan Kimball - DMR, 4x800 meter relay

Ana Garcia - DMR, 4x800 meter relay

Stephanie Belokon - 4x800 meter relay

Outdoor Meet Places

Sarah Dede - 1st (triple jump), 8th (long jump)

Rachel Dean - 3rd (1,500 meter)

Lauren Strohmaier - 3rd (high jump)

Outdoor Participants

Sarah Dede - triple jump, long jump

Rachel Dean - 1,500 meter, 800 meter run

Lauren Strohmaier - high jump

Kim Peek - 400 meter hurdles

Kristal Pitts - 800 meter run

Morgan Kimball - 3,000 meter steeple chase

ACADEMICS

Sharon Hubbard earned two academic awards for her work in the classroom. She was a NCCAA scholar-athlete and CCAC All-Academic member. She also picked up both awards for cross country.

Judson University Athletics ... On the Rise!

R O S T E R



Internationals
Stine Pflaum - Zambia

Women's Roster

<u>Player</u>	<u>Yr</u>	<u>Ht.</u>	<u>Hometown/High School</u>
Stephanie Belokon	Fr.	5-5	Crystal Lake, IL/Crystal Lake South HS
Rachael Dean	So.	5-5	Lindenhurst, IL/Lakes HS
Sarah DeDe	Fr.	5-8	Wheaton, IL/Wheaton Academy
Abbie DuPont	So.	5-4	Springfield, IL/Southeast HS
Ana Garcia	Fr.	5-4	Maywood, IL/Walter Lutheran HS
Sandra Hubbard	Sr.	5-4	Hickory Hills, IL/Moraine Valley CC
Sharon Hubbard	Sr.	5-4	Hickory Hills, IL/Moraine Valley CC
Morgan Kimball	Fr.	5-4	E. Grand Rapids, MI/E. Grand Rapids HS
Murphy Kurth	Fr.	5-9	Batavia, IL/Batavia HS
Shannon McNab	Fr.	5-4	Waterford, MI/Waterford Mott HS
Kim Peek	So.	5-7	Springdale, AR/Har-Ber HS
Eva Pflaum	So.	5-6	Chingola, Zambia/Rift Valley Academy
Kristal Pitts	Fr.	5-5	Arlington Heights, IL/Palatine HS
Aubree Redmond	So.	5-1	Lombard, IL/College of DuPage
Lisa Reitz	Sr.	5-4	Oak Lawn, IL/Moraine Valley CC
Katie Rose	Fr.	5-4	Waterford, MI/Waterford Mott HS
Lauren Strohmaier	Fr.	5-10	Genoa, IL/Genoa Kingston HS

Head Coach: Joel Cotton (1st season)

Men's Roster

<u>Player</u>	<u>Yr</u>	<u>Ht.</u>	<u>Hometown/High School</u>
Zach Adams	Fr.	6-6	Lake Geneva, WI/Badger HS
Robert Altenburger	So.	6-0	West Salem, OH/Black River HS
Josh Angliss	Jr.	5-10	Centerville, OH/Dayton Christian HS
Tim Ciochon	Fr.	5-11	Fremont, NE/Fremont HS
Steve Cooksey	Fr.	6-0	Pekin, IL/Pekin Community HS
Matt DeBall	So.	6-1	DeKalb, IL/DeKalb HS
Ethan Hahn	So.	6-1	Lake Villa, IL/Lakes Community HS
Thomas Jarrett	So.	5-11	St. Louis, MO/Westminster Christian Academy
Kyle Julian	Jr.	5-11	Marathon, WI/Marathon HS
Luke Kierys	Fr.	5-8	Palatine, IL/Palatine HS
Scott MacCracken	Fr.	6-2	Lenexa, KS/Maranatha Academy
Nate Nevius	Fr.	6-3	Fremont, NE/Fremont HS
Nate Ray	Jr.	5-8	Arlington Heights, IL/Harper CC
Josiah Smith	Fr.	6-0	Lancaster, MA/Nashoba Regional HS
Dakota West	Sr.	6-3	Lindenhurst, IL/College of Lake County
A.J. Woodyard	So.	5-9	Urbandale, IA/Des Moines Christian HS

Head Coach: Rich Weinhandl (1st season)

2010 RESULTS/AWARDS

Women's Results

Indoor Track

Date	Meet	Place
Jan. 23	UWisconsin-Whitewater	6th of 9
Jan. 30	UWisconsin-Whitewater Invitational	4th of 16
Feb. 12	University of Chicago-Chicagolands Invitational	9th of 20
Feb. 20	NCCAA National Indoor Championships	10th of 14
Mar. 4	NAIA Indoor National Championships	No Team Score

Outdoor Track

Date	Meet	Place
Mar. 27	Wisconsin Lutheran - Warrior Invitational	1st of 8
Mar. 31	Trinity Christian College - Troll Relays	3rd of 5
Apr. 9	Lewis University - Chicagolands Invitational	14th of 22
Apr. 17	CCAC Championships - Bourbonnais, IL	5th of 6
Apr. 24	UWisconsin-Whitewater Meet	10th of 11
May 6	NCCAA National Championships	10th of 16
May 13	North Central College	No Team Score
May 20	North Central College - Last Chance Meet	No Team Score
May 27	NAIA National Championships	No Team Score

Men's Results

Indoor Track

Date	Meet	Place
Jan. 23	UWisconsin-Whitewater Invitational	8th of 9
Jan. 30	Carthage College - Tadd Metzger Invitational	11th of 16
Feb. 13	University of Chicago-Chicagolands Invitational	No Team Score
Feb. 20	NCCAA National Indoor Championships	13th of 13

Outdoor Track

Date	Meet	Place
Mar. 27	Wisconsin Lutheran - Warrior Invitational	4th of 8 results
Mar. 31	Trinity Christian College - Troll Relays	5th of 6 results
Apr. 10	University of Chicago-Chicagolands Invitational	No Team Score
Apr. 17	CCAC Championships - Bourbonnais, IL	5th of 6
Apr. 24	UWisconsin-Whitewater Meet	11th of 12 results
May 6	NCCAA National Championships (May 6-8)	No Team Score



Rachael Dean

NCCAA All-American
Indoor/Outdoor
NAIA Qualifier
Indoor/Outdoor



Sarah Dede

NCCAA
National Champion
Outdoor Triple Jump
NCCAA All-American
Indoor/Outdoor
NAIA Qualifier
Outdoor
All-CCAC



Lauren Strohmaier

NCCAA All-American
Outdoor



Sharon Hubbard

NCCAA
Scholar-Athlete
CCAC All-Academic

2010 NCCAA INDOOR PARTICIPANTS

