



2009 Liberty Cross Country Quick Facts

General Information

Name of School.....	Liberty University
City/Zip.....	Lynchburg, Va. 24502
Founded.....	1971
Enrollment.....	11,311
Nickname.....	Flames
School Colors.....	Red, White and Blue
Affiliation.....	NCAA Division I
Conference.....	Big South
Founder.....	Dr. Jerry Falwell
Chancellor.....	Jerry Falwell, Jr.
Vice Chancellor.....	Dr. Ronald Godwin
Director of Athletics.....	Jeff Barber
Athletic Dept. Phone.....	(434) 582-2100
Ticket Office Phone.....	(434) 582-SEAT

Cross Country Information

Head Coach.....	Brant Tolsma
Alma Mater.....	Newark College of Engineering, '71
Years at Liberty.....	24
Assistant Coach.....	Heather Zealand (Liberty, '02)
Years at Liberty.....	8
Graduate Assistant.....	Josh McDougal (Liberty, '08)
Years at Liberty.....	First year
First Season of Cross Country.....	1976
2008 Conference Finish (Women's).....	2nd
Women's Big South Championships/Last.....	5/2007
Women's Highest Regional Finish/Year.....	Seventh/2007
2008 Conference Finish (Men's).....	First
Men's Big South Championships/Last.....	10/2008
Men's Highest Regional Finish/Year.....	Fifth/2007 & 2008
Cross Country/Track Office Phone.....	(434) 582-2135

Athletics Communications Information

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Athletics Website.....	www.LibertyFlames.com

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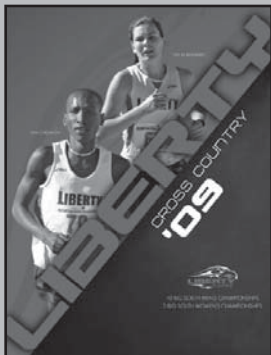
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MEDIA INFORMATION

Please assist us in providing you with the most accurate information possible by observing the media guidelines listed below when dealing with any Liberty University athletics program.

MEDIA CREDENTIALS

Working press credentials for Liberty home meets may be obtained by contacting the Office of Athletics Communications. Please give ample notice if you intend to cover the Flames. Only requests from accredited print and electronic media outlets will be honored. Media and parking credentials are distributed on a season or meet basis. Requests should be made at least two days prior to an event.

MEDIA PARKING

Media parking for Liberty home cross country meets is located at the end of Liberty Mountain Drive, adjacent to the Campus East intramural fields. Please call the Office of Athletics Communications with any parking questions or concerns you may have.

INTERVIEW POLICY

All interview requests must be coordinated by a member of the Office of Athletics Communications staff. Athlete interviews will not conflict with classes, meetings or practice times. Athletes are generally available after workouts. Interviews are not permitted in the locker room or training room.

REACHING COACH TOLSMAN

To speak with Liberty Head Coach Brant Tolsma, please contact the Athletics Communications Office to make arrangements. The best time to reach Coach Tolsma on non-race days is in the morning.

DAILY WORKOUTS

Workouts are conducted at either the Matthes-Hopkins Track Complex or on the roads and trails adjacent to campus. Workouts are generally open to the media, unless otherwise announced. Please contact a member of the Athletics Communications staff if you plan to attend a workout.

POST-MEET POLICY

Contact a member of the Athletics Communications staff for specific information regarding the post-meet policy. Liberty Head Coach Brant Tolsma and requested runners are available for comment after a brief 10-minute cooling period after the meet's conclusion.

FLAMES CLUB LUNCHEONS

At various times during the season, the Flames Club hosts a luncheon in the Donor Room of the Williams Football Operations Center. Lunch begins at 11:55 a.m., followed by comments from various coaches. Following the luncheon, Coach Tolsma is usually available for interviews.

LIBERTYFLAMES.COM

LibertyFlames Online, located at LibertyFlames.com on the World Wide Web, is an interactive online site offering information for all Flames cross country fans. From updated results, player and coach profiles, to meet previews and press releases, LibertyFlames.com is the first place to check for the latest news.

Online also provides comprehensive coverage of Liberty's 19 intercollegiate athletic programs, as well as a compete look at the Liberty University Athletics Department.

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ATHLETICS COMMUNICATIONS GRADUATE ASSISTANT/ CROSS COUNTRY CONTACT

2009 LIBERTY CROSS COUNTRY MEDIA OUTLETS

Flames Sports Network

Jamie Hall, Station Manager
WWMC - 90.9 FM "The Light"
1971 University Blvd. | Lynchburg, VA 24502
Phone: (434) 582-3691 | Fax: (434) 582-7461

WDBJ-TV/Channel 7

Travis Wells, Sports Director
2807 Hershberger Rd. NW | Roanoke, VA 24017
Phone: (540) 344-7000 | Fax: (540) 344-5097

WSLS-TV/Channel 10

John Appicello, Sports Director
P.O. Box 10 | Roanoke, VA 24022
Phone: (540) 981-9126 | Fax: (540) 343-2059

WFXR/WJPR-TV/Channel 21/27

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The Roanoke Times

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Track & Field News

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Associated Press

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Since its founding in 1983, the Big South Conference has matured into a competitive leader in college athletics, actively pursuing excellence on the field of play and in the classroom. The League's growing presence as an NCAA Division I athletic conference is evident by athletic accomplishments on the national stage, innovative marketing and media partnerships, increased television packages, and quality athletic competition while intentionally fostering the academic, personal, social, athletic and leadership development of each student-athlete. This has evolved into the Conference's mission of "Developing Leaders Through Athletics."

The Big South Conference was formed on August 21, 1983, when Charleston Southern (then Baptist College) Athletic Director Howard Bagwell and Augusta President George Christenberry began recruiting members into the Big South, receiving initial commitments from Augusta, Charleston Southern, Campbell, Coastal Carolina and Winthrop. One month later, Dr. Edward M. Singleton was selected as the League's first Commissioner and continued to solicit new members. His efforts led to the additions of Armstrong State, Radford and UNC Asheville, giving the Big South more than the required six members to constitute an official conference. The Big South's first year of competition was in the Fall of 1984, and in September 1986, the Big South Conference was granted full-fledged NCAA Division I status.

During its infancy and prior to securing automatic bids to NCAA Championships, the Big South made early strides in earning at-large berths in several national post-season events, including volleyball, women's basketball and women's golf. In 1989, George F. "Buddy" Sasser replaced the retiring Dr. Singleton as Commissioner, and in 1990, the League received its first automatic bid – receiving an automatic qualifier to the NCAA Baseball Championship. Under Sasser's seven years of leadership, the Conference implemented its public relations and compliance programs, and introduced its first-ever men's basketball television package, featuring the Big South competing among some of the finest teams in the nation.

In August 1996, Kyle B. Kallander replaced Sasser as the League's third Commissioner, and in his 13 years

at the helm of the Big South, Kallander has been instrumental in aggressively promoting the Conference to new levels. The Conference has enjoyed record levels in marketing revenue during the past several years, he has brought television coverage to Big South women's basketball, baseball and softball for the first time in Conference history, as well as increased national television exposure to the League as a whole through aggressive and unique television packages.

Under Kallander's leadership, the Big South developed and initiated its first long-range strategic plan, re-affirming the League's vision as a distinctive athletic Conference committed to the quality of institutional life through athletic competition. He also spearheaded the efforts to add football as a championship sport, which came to fruition in 2002, and has solidified Conference membership with the additions of High Point, Gardner-Webb and Presbyterian, and in 2011-12, the return of charter member Campbell University. Kallander's long range vision has also included technological advancements, as the Conference introduced its first live event video streaming in 2005 and has since expanded its video offerings to more than 600 events annually through a partnership with the member institutions, as well as the creation of several online and social media platforms.

In the last 15 years alone, the Big South Conference has experienced monumental growth and success in nearly every sport. During this time, the Conference has had two individual National Champions, more than 200 All-Americans, has reached the "Sweet 16" in men's soccer, women's basketball and baseball, has received national Top 25 rankings in men's soccer, men's basketball, women's basketball, baseball, men's outdoor track & field, and men's golf, had an individual selected to play in the NCAA Singles Championship four times in addition to the first men's tennis doubles at-large selection, had the No. 1 ranked men's golfer in the country, has had the nation's top scoring men's basketball team three consecutive years as well as the national men's basketball scoring leader twice, received an at-large playoff berth in the Football Championship Subdivision in 2006, and had an institution finish fifth in the NCAA Men's Golf Championships – the Conference's highest-ever team finish in an NCAA event.

In 2006-07 alone, the Big South was the only Conference nationwide to have an at-large participant in the football playoffs (Coastal Carolina), a team in the Second Round of the NCAA Men's Basketball Tournament (Winthrop) and a No. 1 seed in the NCAA Baseball Regionals (Coastal Carolina). In fact, Coastal Carolina's baseball program has been a No. 1 seed three out of the last five years, while its FCS playoff berth in 2006 came in just the fifth-year of the Big South's football existence.

The Conference's tagline, "Developing Leaders Through Athletics" was unveiled in 2008-09 in conjunction with the Conference's 25th Anniversary. The League also honored its heritage with the Top 25 "Best of the Best" moments in League history from 1983-2008, with Liberty University's 10-year women's basketball championship run from 1996-2007 being crowned the No. 1 moment in the Big South's first 25 years. The Conference's on-field accomplishments have been duplicated in the classroom. Annually, more than 40 percent of Conference student-athletes are named to the Big South's Presidential Honor Roll for maintaining a cumulative 3.0 grade-point average, and the League has had more than 95 Academic All-Americans in its quarter-century of existence.

