

Quick Facts 1

Media Information 2

Flames Ablaze..... 3

2008-09 Season in Pictures 4

Head Coach Brant Tolsma..... 6

Assistant Coaches 8

Women’s Team Roster 11

Women’s Season Overview 12

Women’s Head Shots/Profiles 14

Men’s Season Overview 26

Men’s Team Roster 28

Men’s Head Shots/Profiles 29

Program Chronology..... 41

All-Americans List 46

NCAA Division I All-Americans..... 47

Individual/Team Honors 53

Facility Records..... 59

Track Facilities..... 61

2008-09 Top Performances 62

All-Time Top Performances 63

Big South Conference 70

Academic Affairs for Athletics..... 71

Athletics Excellence 72

Liberty University 74

University/Athletics Administration 77

Sports Medicine 80

2010 Liberty Track & Field Quick Facts

General Information

Name of School..... Liberty University
City/Zip..... Lynchburg, Va. 24502
Founded 1971
Enrollment 11,928
Nickname Flames/Lady 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

Track & Field Information

Head Coach Brant Tolsma
Alma Mater, Yr. Newark College of Engineering, '71
Years at Liberty 24
Associate Head Coach..... Lance Bingham (Texas Tech, '85)
Assistant Coach Andrew McFadden (Liberty, '98)
Assistant Coach Clendon Henderson (Liberty, '08)
Assistant Coach Heather Zealand (Liberty, '02)
Graduate Assistant Josh McDougal (Liberty, '08)
Track Office Phone (434) 582-2135
Indoor Track Tolsma Indoor Track Center
Outdoor Track Matthes-Hopkins Track Complex
Women’s Big South Championships/Last..... 18/2007
Men’s Big South Championships/Last..... 26/2009

Athletics Communications Information

Asst. A.D. - Communications Todd Wetmore
Ath. Communications Office Phone (434) 582-2292
Cell Phone (434) 841-8974
Email Address twetmore@liberty.edu
Asst. Ath. Comm. Dir./Track & Field Contact Paul Carmany
Cell Phone (434) 221-5575
Email Address pjcarmany@liberty.edu
Assoc. Athletics Communications Dir. Ryan Bomberger
Email Address rbomberger@liberty.edu
Asst. Athletics Communications Dir. Eric Brown
Email Address eqbrown@liberty.edu
Ath. Communications Grad. Asst. Jennifer Shelton
Email Address jbshelton2@liberty.edu
Ath. Communications Fax (434) 582-2076
Mailing Address 1971 University Blvd., Lynchburg, VA 24502
Athletics Website LibertyFlames.com

This publication has been produced by the Liberty Office of Athletics Communications.

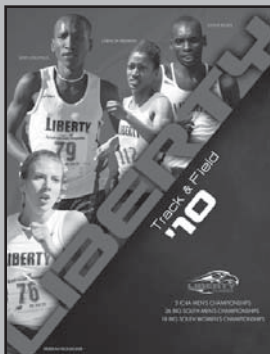
Editor: Paul Carmany

Assistant Editors: Todd Wetmore, Ryan Bomberger, Vincent Briedis, Eric Brown and Jennifer Shelton

Photography: Les Schofer, Kevin Giedd, Jamie Hall, Dennis Hubbard, Arkansas Athletic Media Relations, Kirby Lee/Image of Sport, Sideline Sports, WG Sports Photos, PhotoRun and LU Archives

Cover Design: Brian Wallace, Ryan Bomberger and Paul Carmany

Printing: MultiAd, Inc., Peoria, Ill.



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.

MEET PRESS SERVICES

The staff of the Office of Athletics Communications will be at your service throughout the meet. All members of the media will be provided with a meet schedule, performance lists, heat sheets, meet notes, media guides, results and any other pertinent information before and after each meet. Full results will be available at the conclusion of the meet.

INTERVIEW POLICY

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

REACHING COACH TOLSMA

To speak with Liberty Head Coach Brant Tolsma, please contact the Athletics Communications Office to make arrangements.

DAILY PRACTICE SESSIONS

Practices 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 student-athletes are available for comment after a brief 10-minute cooling period, following the meet's conclusion, or the student-athlete's final event.

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 noon, followed by comments from various coaches. Following the luncheon, at approximately 1:30 p.m., Coach Tolsma is usually available for interviews.



LIBERTY UNIVERSITY OFFICE OF ATHLETICS COMMUNICATIONS

Phone: (434) 582-2292 | Fax: (434) 582-2076



TODD WETMORE
ASSISTANT AD FOR COMMUNICATIONS



RYAN BOMBERGER
ASSOCIATE ATHLETICS COMMUNICATIONS DIRECTOR



ERIC BROWN
ASSISTANT ATHLETICS COMMUNICATIONS DIRECTOR



PAUL CARMANY
ASSISTANT ATHLETICS COMMUNICATIONS DIRECTOR/
TRACK & FIELD CONTACT



JENNIFER SHELTON
ATHLETICS COMMUNICATIONS GRADUATE ASSISTANT

2010 LIBERTY TRACK & FIELD MEDIA OUTLETS

Flames Sports Network - TV

Bruce Carey, Producer
LBN
1971 University Blvd. | Lynchburg, VA 24502
Phone: (434) 582-2708 | Fax: (434) 582-2895

Flames Sports Network - Radio

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

WSET-TV/Channel 13

Dennis Carter, Sports Director
2320 Langhorne Rd. | Lynchburg, VA 24501
Phone: (434) 528-1313 | Fax: (434) 847-8800

Liberty Champion

Sports Editor
1971 University Blvd. | Lynchburg, VA 24502
Phone: (434) 582-2124 | Fax: (434) 582-2420

Lynchburg News and Advance

Chris Morris, Sports Editor
Chris Lang, Beat Writer
101 Wyndale Drive | P.O. Box 10129
Lynchburg, VA 24506
Phone: (434) 385-5554 | Fax: (434) 385-5538

Richmond Times-Dispatch

Sports Editor
P.O. Box 85333 | Richmond, VA 23293
Phone: (804) 649-6554 | Fax: (804) 775-8085

The Roanoke Times

Sports Editor
P.O. Box 2491 | Roanoke, VA 24010
Phone: (540) 981-3100 | Fax: (540) 524-4698

Track & Field News

E. Garry Hill, Editor
2570 El Camino Real, Suite 606
Mountain View, CA 94040
Phone: (650) 948-8188 | Fax: (650) 948-9445

Associated Press

Sports Desk
600 East Main St. | Richmond, VA 23219-2684
Phone: (800) 552-9935 | Fax: (800) 357-8525

This media guide has been prepared to help you know more about Liberty University's unique track & field program. Thank you for taking the time to review this material.

The distinctiveness of Liberty athletics is based on our motivation and mission. As a team of college students and coaches who love the Lord Jesus Christ, we desire to represent Him and to honor Him in everything that we do. We want to multiply and use our talents for the glory of God.

In John 15:8 Jesus said, "This is to my Father's glory, that you bear much fruit, showing yourselves to be my disciples." At Liberty we strive for success to increase our opportunities to show ourselves to be His disciples. In Matthew 5:16 Jesus said, "Let your light so shine before men, that they may see your good works and give glory to your father, who is in heaven." We deeply desire to shine for Him.

It is a wonderful privilege and awesome responsibility to represent Liberty, because in representing Liberty we represent Jesus Christ. We

have been instructed to "shine like stars as we hold out the Word of Life." (Philippians 2:15-16) This is our call and this is our passion. We are available to God to be used for His glory. We have the greatest purpose. We have the greatest motivation. Can we do any less than become a great track team? Is the tremendous success of this young team any surprise?

Certainly our team and our school are not for everyone, but for those athletes who share our Biblically-based faith and our desire to be all we can be for the glory of God, what opportunity could be more exciting? We are looking for talented athletes who share our passion for this wonderful mission. God has already blessed us in so many wonderful ways and surely the best is yet to come. To run for Liberty is to run for the Lord, the Creator and Sustainer of life. We have been set on fire, and the Flames are Ablaze.

- Coach Brant Tolsma



2009 Liberty Track & Field



Sam Chelanga got his Liberty track & field career off to a fast start, with two All-America honors and a collegiate 10K record. (See page 58.)



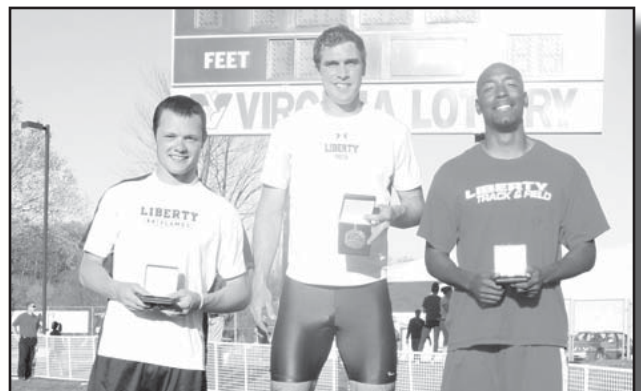
Senior Marie Williams won the Big South heptathlon but did not stop there, completing 13 disciplines in three days and tallying 33 team points.



Jaime Watson captured the fifth Big South 800-meter title of her career.



Anthony Bryant is seen above competing at the Big South Outdoor Track & Field Championships, where he won the high jump, long jump and triple jump.



Daniel Newell (center), Geren Woodbridge (left) and Clarence Murray (right) finished 1-2-3 in the decathlon at the Big South meet.

Year in Pictures



The Liberty men's squad celebrates its 12th straight team title at the Big South Indoor Track & Field Championships.



Ashley Osborne was voted Big South Women's Outstanding Track Performer at the indoor conference meet.



When sprinter Andrea Beckles graduated, she was ranked among the top two performers in program history in seven different events.



Daniel Newell, the Big South and IC4A decathlon champion, made his first appearance at the NCAA Division I Outdoor Track & Field Championships.



Senior Matt Parker captured the IC4A outdoor high jump title and qualified for the NCAA national meet.



John Talbert was one of only two true freshmen to throw the discus at the NCAA Division I Outdoor Track & Field Championships.