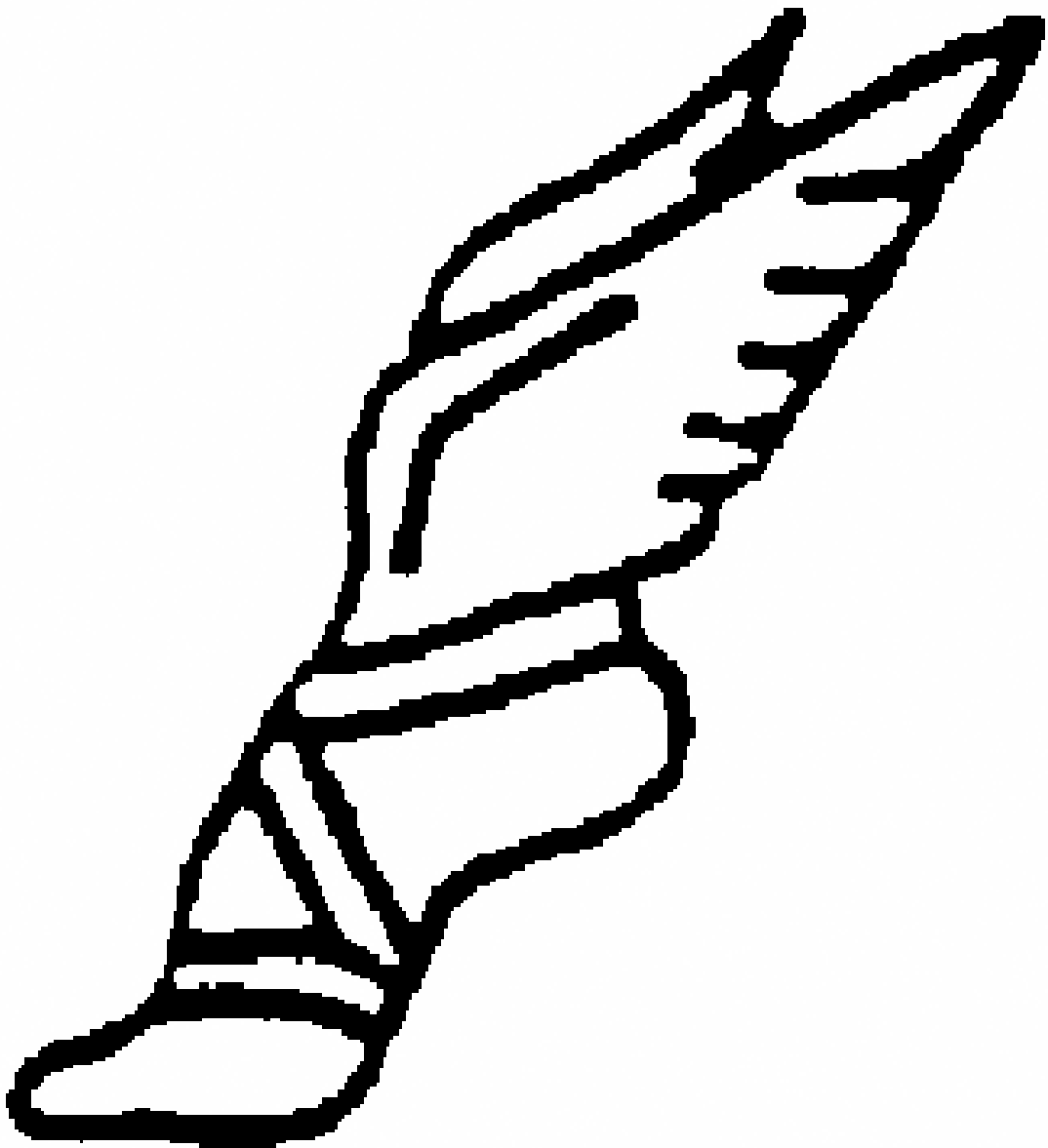


Stephens College

Cross Country

2011 Media Guide



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**STEPHENS COLLEGE
MEDIA GUIDE CREDITS**

The 2011 Stephens College Cross Country Media Guide is a production of the Stephens College Sports Information Office.

WRITERS: Keener Tippin

PHOTOGRAPHY: Lisa Holt

**STEPHENS COLLEGE
GENERAL INFORMATION**

- **Address:** 1200 E. Broadway Columbia, MO 65215
- **Phone:** 800-876-7207; 573-876-7212 Athletics
- **Web address:** www.stephens.edu
- **Founded:** 1833
- **Enrollment:** 650
- **Affiliation:** NAIA
- **Conference:** American Midwest Conference
- **Colors:** Maroon & Gold
- **Mascot:** Stars
- **President:** Dr. Dianne Lynch
- **Athletic Director:** Deb Duren
- **Faculty Athletic Representative:** James Walter
- **Champions of Character Representative:** Tony Coleman
- **Sports Information Director:** Keener Tippin

Stephens College Mission Statement

“Historically committed to meeting the changing needs of women, Stephens College prepares students to become leaders and innovators in a rapidly changing world. Stephens engages lifelong learners in an educational experience characterized by intellectual rigor, creative expression and professional practice, in an environment supported by accomplished faculty and dedicated alumnae. Graduates of Stephens are educated in the liberal arts, professionally prepared and inspired by our tradition of the *Ten Ideals* as core values that enrich women’s lives.”

— *Adopted November 2010*

Ten Ideals

Inherent in the culture at Stephens College is the tradition of the Ten Ideals, which originated in 1921. Each year, 10 students whose activities represent the overall ideals of Stephens College are selected as personifications of individual Ideals.

1983 through today:

- **Respect** for our own dignity and the dignity of others, embodied in a sense of social justice
- **Courage** and persistence
- **Independence**, autonomy and self-sufficiency
- **Support** for others through the willingness to take and give criticism, acceptance and love
- **Sensitivity** to the uniqueness and fragility of the natural world of which we are part
- **Responsibility** for the consequences of our choices
- **Belief** in our changing selves and in our right to change
- **Creativity** in the spiritual and aesthetic dimensions of life
- **Intelligence** that is informed and cultivated, critical yet tolerant
- **Leadership** which empowers others

2011 Stephens College Cross Country

LETTER FROM THE PRESIDENT...

Welcome to Stephens

Stephens College was established in 1833. For more than 175 years, we have been educating women to become leaders as well as valuable contributors toward the betterment of our society. I am delighted to be a part of this fine institution, to celebrate her history and to work to create a future of unlimited possibilities.



Stephens offers a variety of programs at the undergraduate level for women, as well as distance-learning and on-campus programs in our Graduate and Continuing Studies division for both men and women. We take pride in the strong bonds we've developed within our local community of Columbia, Missouri, and within the vast network of Stephens graduates we have across the country.

Our commitment to the performing arts, pre-professional programs and the liberal arts is evident in our mission statement. So is our commitment to each student's success at Stephens. Our campus culture offers a values-driven living and learning environment close interaction with faculty and student peers; hands-on experience in the major beginning the student's first year at Stephens; and resources inside and outside the classroom that build students' skills, knowledge and confidence. Our extensive network of alumnae assists students in finding internships and employment after graduation. You can even bring your pet to campus to live with you in a residence hall.

Sincerely,

Dianne Lynch, Ph.D.

2011 Stephens College Cross Country

LETTER FROM THE ATHLETIC DIRECTOR...

Welcome to Stephens Athletics!!

We at Stephens College look forward to every athletic event. Star athletes work hard as do members of the athletic community to bring you an event that is fun and exciting to watch. Not only are our athletes striving to be the best they can be at their sport but Star athletes are also leaders in the classroom and in the community. Please join our athletic community as we demonstrate what hard work, dedication, perseverance and commitment to the Champions of Character Core Values of Respect, Integrity, Responsibility, Servant Leadership and Sportsmanship can do for young women and their respective teams.

Deb Duren
Director of Athletics

2011 Stephens College Cross Country

LETTER FROM COACH BIXON...

Cross country has many new faces this year. Along with returning runners Kelsi Simpson and Ariel Christman we have added Lindsey Jo Martin, Tara Chronister, Jenny Thompson, Emily Mendoza and Ivi Lewis. This group will be young but much improved. All have run competitive times throughout their high school running days.



We are looking forward this year to being a consistent competitor in all our races. The schedule this season is once again highlighted by the Loyola Lakefront Invitational in Chicago, IL. It is a great chance to compete against runners from across the Midwest. We conclude the season with AMC Conference race in which we hope to be poised to make a statement and have a chance to go to the NAIA national meet!

We are very excited about the upcoming season! The program has a solid foundation on which to build with the addition of the new runners. They mix well with the experience of the upper classmen. This is a year we look to establish the program and build upon so that for years to come the Stephens College Cross Country Program is one that will be a force in the AMC!

Go Stars!

Coach Bixon

2011 Stephens College Cross Country

SEASON PREVIEW

Bill Bixon is like a kid on Christmas morning.

But the August date on the calendar and near-100 degree temperatures dispel any idea that the Yuletide holiday is anywhere close.

Nonetheless, the second year coach is giddy about the Stephens College cross country team's 2011 season.

"We've got some great girls; we did a great job of recruiting," Bixon excitedly said. "We have five girls that all run under 22 minutes; and that's going to help us."

"There are five freshmen, they're dedicated runners, they all ran in high school, and had good times. We've got MSHSAA qualifiers; girls that are dedicated to improving, aware of where we are with the building process in the program and they're all on board."

Those five freshmen – Tara Chronister, Dani Kelly, Ivi Lewis, Emily Mendoza and Lindsey Jo Martin – and one sophomore – Jenny Thompson – will do more than help, they will provide depth to a squad that in all but the American Midwest Conference meet competed as individuals rather than as a team because of only four runners on the roster. This season only two of those runners – seniors Kelsi Simpson and Ariel Christman – return.

"It's a good foundation to build the

cross country program," Bixon said.

With such a young squad, Bixon said Simpson and Christman will play an important role.

"I think it is really important to have their leadership," he said. "They have been here with the program through the ups and downs of last year with just having 4 people and sticking with it."

Both Simpson (22:41.48) and Christman (25:22.43) ran their best times of the year at the AMC conference meet and Bixon is looking to build upon the team's sixth-place finish in 2010.

(Cont. on Pg 8)



STAR Brights



Stars cross country runner Kelsi Simpson was named American Midwest Conference Runner of the week, September 13-20, 2010.



Kelsi Simpson was named to the 2010 AMC Academic All-Conference Team

2011 Stephens College Cross Country

SEASON PREVIEW

(Cont. from Page 7)

“If we can get Lindsey Jo to qualify at the time she’s capable of qualifying for, she will finish in the top 10,” Bixon said. “Her best time is 19:55 right now and that would put her in the top 10 of the conference meet finishers from last season.

“The average time for (conference champion) Park University was between 19-20 minutes. If everybody just runs the average times that they are capable of running we can place 4th in the conference based on the standings of last year’s AMC meet. That would be a two-place improvement and put us about two minutes off the pace of last year’s champions. If Lindsey Jo can emerge and Kelsi and Tara can emerge as kind of our 3 top runners and we don’t quite get there as a team we might be able to qualify a couple of them as individuals.”

The Stars’ schedule is mostly a carbon copy of last season’s schedule – The Maryville University Invitational in St. Louis; Central Methodist University’s Gary Stoner Invitational; and the St. Louis Fall Country Club Classic and AMC Conference Championship, both in St. Louis’ Forest Park. Qualifiers will also compete in the NAIA National Championships in Vancouver, Wash.

The slate of meets will be highlighted by a trip to Chicago on October 1 to run in the Loyola Lakefront Invita-

tional.

“We will go up there for a couple of days and spend some time in downtown Chicago,” Bixon said. “It’s a good meet, well run, right there on the harbor. As long as it is a nice day we should have a good time running.”

One change will be the season-opening meet. In 2010 the Stars opened the season at the Missouri Cross Country Challenge but found themselves a bit over matched against three D-I teams – University of Missouri, University of Kansas and University of Missouri-Kansas City. This season they will open the season on September 9 at the Mule Run University of Central Missouri. “We thought that was thought was going to be a bigger meet but didn’t end up that way,” Bixon said, so this year we will go to CMU because of the diverse number of teams and more on par with our level rather than a D-I meet.”



2011 Stephens College Cross Country

SPORTS INFORMATION

The Stephens College Sports Information Office welcomes your interest in our athletic programs and will make every effort to make your coverage of the Stars an enjoyable experience.

For information, interviews, photo shoots and/or file photos, please call, stop by our office or fax a request.

MEDIA CREDENTIALS

All requests for working press, photo and broadcast credentials to Stephens College home meets should be submitted on official letterhead, either by mail or e-mail, to:

Stephens College Sports Information
1200 E. Broadway
Columbia, MO 65215
adiyb06@yahoo.com

Or call Keener Tippin, Stephens College SID at:

573-289-6536

GENERAL INTERVIEW POLICIES

Interviews with Stephens College athletes and coaches must be arranged through the sports information office. **Please contact the sports information director to arrange an interview with a student athlete or coach.**

Home phone numbers for student-athletes will **not** be given to the media under any circumstances, although players will grant phone interviews by other means.



**Keener
Tippin**

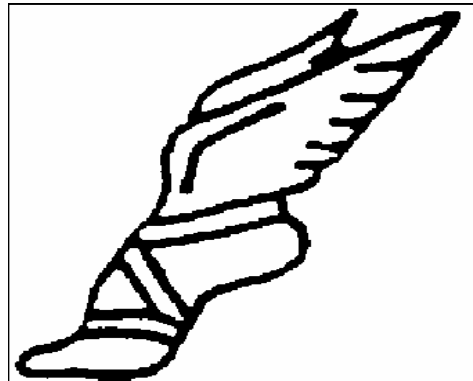
Sports
Information
Director

**Tony
Coleman**

Director of Security,
Champions of
Character Rep

**James
Walter**

Faculty
Athletic
Representative



STEPHENS COLLEGE CROSS COUNTRY QUICK FACTS

GENERAL INFORMATION

Name: Stephens College
Address: 1200 E. Broadway,
Columbia, MO 65215
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Founded: 1833
Enrollment: 650
President: Dr. Dianne Lynch
Athletic Director: Deb Duren
Athletic Department Phone: 573-876-7212
Faculty Athletic Representative: James Walter
Champions of Character Representative: Tony Coleman
Athletic Trainer: Peak Performance
Affiliation: NAIA
Conference: American Midwest Conference
Colors: Maroon & Gold
Mascot: Stars
Stadium: Silverthorne Arena

HISTORY

First Year of Cross Country2007

SPORTS INFORMATION

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Facebook: [https://www.facebook.com/#!/pages/
Stephens-College-Athletics/100858526645311](https://www.facebook.com/#!/pages/Stephens-College-Athletics/100858526645311)
Twitter: twitter.com/Keener_Tippin

COACHING INFORMATION

Head Coach: Bill Bixon
Office Phone: 573-876-2342
Cell Phone: 314-757-1490
E-Mail: bbixon@stephens.edu

TEAM INFORMATION

Runners Returning/Lost: 2/2
Letter Winners Returning/Lost:2/2
2010 Conference Finish: 6th Place

TOP RETURNERS

- Kelsi Simpson, Senior
AMC Academic All-Conference
- Ariel Christman, Senior

KEY NEWCOMERS

- Dani Kelly, Sophomore
- Jenny Thompson, Sophomore
- Lindsey Jo Martin, Freshman
- Tara Chronister, Freshman
- Ivi Lewis, Freshman
- Emily Mendoza, Freshman



2011 STEPHENS COLLEGE STARS CROSS COUNTRY SCHEDULE

DATE	EVENT	PLACE	TIME
FRI 9/9	UMC Mule Run <i>University of Central Missouri</i>	Warrensburg, MO	5:30 PM
SAT 9/17	<i>Maryville University Invitational</i>	St. Louis, MO	9 AM
SAT 10/1	<i>Loyola Lakefront Invitational</i>	Chicago, IL	TBD
SAT 10/8	<i>Gary Stoner Invitational</i> <i>Central Methodist University</i>	Fayette, MO	9 AM
SAT 10/22	<i>St. Louis Fall XC Classic</i> <i>Forest Park</i>	St. Louis	TBD
TBD	<i>AMC Conference Championships</i>	TBD	TBD
11/19	<i>NAIA National Championships</i>	Vancouver, WA	TBD



STARS CROSS COUNTRY

**Ariel
Christman**



YEAR: Senior

MAJOR: Biology

HOMETOWN: Los Angeles, CA

**Tara
Chronister**



YEAR: Freshman

MAJOR: Pre-Vet

HOMETOWN: DeSoto, MO

**Dani
Kelley**



YEAR: Sophomore

MAJOR: Fashion

Communication

HOMETOWN: Sycamore, IL

STARS CROSS COUNTRY

Ivi Lewis



YEAR: Freshman

MAJOR: Integrated Media

HOMETOWN: St. Louis, MO

Lindsey Jo Martin



YEAR: Freshman

MAJOR: Digital Film

**HOMETOWN: Lee's Summit,
MO**

Emily Mendoza



YEAR: Freshman

MAJOR: Undeclared

HOMETOWN: Iowa City, IA

Kelsi
Simpson



YEAR: Senior

MAJOR: Theatre

HOMETOWN: LaGrange, KY

Jenny
Thompson



YEAR: Sophomore

**MAJOR: Business/
Special Events**

HOMETOWN: Columbia, MO

Bill
Bixon



POSITION: Head Coach

YEAR: 2nd Year

COLLEGE: SIU-Edwardsville,

2006

**STARS
CROSS
COUNTRY**