



WASHINGTON TRACK AND FIELD

April 11, 2006

//For Immediate Release//

Contact: Brian Beaky

UW Rolls Into Regular Season's Final Month

Huskies make final California trip for split-squad action at Cal, Mt. SAC Relays

On the Track: Washington's track and field teams will be making the most of their final visit to the state of California this season, competing Wednesday through Saturday at three different venues across the state. The Huskies' multi-eventers will kick off the whirlwind weekend Wednesday at the California Invitational at Azusa Pacific University, which continues Thursday. That's when the team's jumpers and vaulters will pick up the competitive reins for three days of action at the 48th-Annual Mt. SAC Relays in Walnut, Calif., before passing the figurative baton to the UW's sprinters, throwers and men's distance runners for the Brutus Hamilton Invitational at Cal. For complete event schedules and entry lists, visit the respective websites of each host institution:

California Invitational Multi Events: www.apu.edu/athletics

48th-Annual Mt. SAC Relays: www.mtsacrelays.com

Brutus Hamilton Invitational: www.calbears.com

Meet Results: Full recaps of each day's competition at Azusa, Mt. SAC and Cal, including quotes, records and UW results, will be posted to GoHuskies.com immediately following the conclusion of competition at each meet. Fans of UW's jumpers and vaulters who want to follow the action at Mt. SAC live can do so via the following link: <http://www.mtsacrelays.com/archives/2006/results/index.htm>. Results from each of the other two meets will be posted to the host sites of the respective institutions, listed above, at the end of each day.

Record Relay Clinches Win: Needing a win in the final event to clinch UW's first-ever victory at Oregon's Pepsi Invitational last Saturday, Washington's 4x400-meter relay squad of **Jordan Boase**, **Shane Charles**, **Ryan Brown** and **Bruce Jackson** went one better, setting a meet record in a four-second victory. The foursome's win in 3:07.73 — the nation's 12th-fastest this year — gave the Huskies 178 2/3 team points, just enough to edge No. 7 Oregon (176) and Minnesota (172 1/3). The UW's win was its first-ever at the meet, and marked the team's first win over Oregon in a scoring competition since 2001. The host's women's team fared better, winning its 12th-straight Pepsi Invite title with 203 points, ahead of second-place Penn State (199) and the third-place Huskies (152). Junior **Ashley Lodree** posted times among UW's all-time best at 100- (11.3h) and 200 meters (24.56), but was denied a Regional qualifying mark in the former when the meet's timer malfunctioned. The Huskies did, however, get Regional marks from sophomore **Amanda Miller** (800m), senior **Amy Lia** (1,500m), senior **Juan Romero** (javelin), and the aforementioned 4x400-meter squad, while sophomore **Norris Frederick** set a regional qualifier and a personal best with a 25-foot, 5 1/4-inch effort in the long jump.

Dawg Bites

- UW's 26 All-Americans over the past 12 months equal its total from the previous five years combined.
- UW's 10 All-Americans at the NCAA Indoor meet equaled a UW meet record set just last year.
- The three MPSF titles won by UW's men's athletes this year equaled the third-most ever for a UW men's team, while its MPSF team title was its first conference crown of any kind since the 1928 Pacific Coast Conference Championships.

2006 Husky Track Schedule

Indoor

Date	Meet	Location
Jan. 14	UW Indoor Preview	Seattle
Jan. 15	UW Open #1	Seattle
Jan. 27-28	Nat'l Pole Vault Summit	Reno, Nev.
Jan. 27-28	UW Indoor Invitational	Seattle
Jan. 29	UW Open #2	Seattle
Feb. 11	The Husky Classic	Seattle
Feb. 12	UW Open #3	Seattle
Feb. 24-25	MPSF Championships	Seattle
Mar. 4	Last Chance Qualifier	Seattle
Mar. 10-11	NCAA Champ's	Fayetteville, Ark.

Outdoor

Date	Meet	Location
Mar. 18	UW Outdoor Preview	Seattle
Mar. 25	ASU Invitational	Tempe, AZ
Mar. 31-Apr. 1	Stanford Invitational	Palo Alto, CA
Apr. 8	Pepsi Invitational	Eugene, OR
Apr. 12-13	Calif. Invite Multis	Azusa, CA
Apr. 13-15	Mt. SAC Relays	Walnut, CA
Apr. 15	Brutus Hamilton Invite	Berkeley, CA
Apr. 20-22	Oregon Invitational	Eugene, OR
Apr. 29	UW-WSU Dual	Seattle
May 6	Ken Shannon Invitational	Seattle
May 6-7	Pac-10 Multi Events	Eugene, OR
May 13-14	Pac-10 Champ's	Eugene, OR
May 26-27	NCAA West Regional	Provo, UT
June 7-10	NCAA Champ's	Sacramento, CA
June 22-25	USATF Jr./Sr. Nat'l's	Indianapolis, IN

Bold font indicates Husky home meet, at either Dempsey Indoor (indoor) or Husky Stadium (outdoor).

Hot off the Presses ...

- Washington's 26 All-Americans in the last 12 months equal the team's total over the previous five seasons combined, **p2**
- Former Husky **Brad Walker** won a gold medal in the pole vault at the World Indoor Championships, **p3**
- Three UW relays have earned All-America honors in **LaMonte Vaughn's** two years as relay coach, a feat accomplished by just three UW relays in the previous 30 years, **p3**
- **Ryan Brown** of Renton has become a Pac-10 champion and four-time All-American, after walking away from the sport for a year, **p4**
- Converted gymnast **Carly Dockendorf** is the ninth-ranked pole vaulter in Pac-10 history, **p6**
- Roosevelt HS alum **Norris Frederick** ranks No. 3 nationally in the long jump, **p7**

Husky Track Quick Facts

University of Washington
Athletic Department, Box 354070
Seattle, WA 98195-4070

Enrollment: 42,000 (31,474 undergraduate)
Founded: Nov. 4, 1861
President: Mark Emmert
Director of Athletics: Todd Turner
Home Facility: Dempsey Indoor/Husky Stadium
Press Row Phone: (206) 227-5709
Conference: Pacific-10
Head Coach: Greg Metcalf (4th year)
Asst. Coach (Vault/Jumps): Pat Licari (9th year)
Asst. Coach (Throws): Reedus Thurmond (1st year)
Asst. Coach (Sprints/Hurdles): LaMonte Vaughn, Jr. (2nd year)
Asst. Coach (Distances): David Bazzi (5th year)
Asst. Coach (Distances): Kelly Strong (4th year)
Volunteer Assistants: Duncan Atwood (javelin), Kate Carlson (vault), Rob Minniti (javelin), Jacob Predmore (multi-events), Aretha Thurmond (throws)
Track Office Phone: (206) 221-2625
Website: www.gohuskies.com

2005 Men's Pac-10 Finish: 5th
2005 Men's NCAA Finish (Outdoor/Indoor): DNS/28th (tie)
Men's NCAA Competitors Returning/Lost: 9/2
Best Men's Conference Finish: 2nd (1976)
Best Men's NCAA Finish: 2nd (1929, 1930)
2005 Women's Pac-10 Finish: 8th
2005 Women's NCAA Finish (Outdoor/Indoor): 15th (tie)/16th (tie)
NCAA Women's Competitors Returning/Lost: 5/2
Best Women's Conference Finish: 4th (1995, '96, '98)
Best Women's NCAA Finish: 10th (1988)

Husky Athletic Communications

Brian Beaky, Track and Field SID
E-mail: bbeaky@u.washington.edu
Office Phone: (206) 543-2230 / Fax: (206) 543-5000
Mobile Phone: (206) 227-5709

2006 Trackwire 25 National Collegiate Rankings

Men		Women	
1. Florida State	60	1. Texas	65
2. Arkansas	49	2. USC	45
3. Texas	48	3. Miami	41
4. LSU	47	4. Nebraska	40
5. UTEP	46	5. Arizona State	36
6. Arizona	42	6. LSU	35
t7. Oregon	28	7. Georgia	32
t7. Texas Tech	28	8. No. Carolina	31
9. Va. Tech	25	9. Auburn	29
t10. Florida	23	10. UCLA	24
t10. BYU	23	11. Stanford	23
12. No. Carolina	22	12. So. Carolina	22
13. Tennessee	20	13. Oregon	19
14. Nebraska	19	14. Texas A&M	17
t15. TCU	18	t15. Florida State	16
t15. Texas A&M	18	t15. Michigan	16
17. USC	14	17. Alabama	15
t18. Baylor	13	18. Tennessee	14
t18. Kansas	13	t19. Four tied at	11
t18. So. Carolina	13	NR. Washington	1

* - Current rankings released Apr. 11.

Rankings Report: Washington's track and field teams went unranked in this week's Trackwire 25, which predicts team scoring at the NCAA Championships by projecting the top-12 finishers in each event. The UW women scored one point in the ranking, on a projected eighth-place hurdles finish for junior **Ashley Lodree**, while senior **Carly Dockendorf** ranked ninth in the pole vault. The UW men went scoreless this week but could move up soon, with long jumper **Norris Frederick** earning a No. 9 national ranking and discus thrower **Will Conwell** debuting in 10th. Hammer thrower **Martin Bingisser** and the 4x400-meter squad have also been ranked as high as 10th this year, before falling out of this week's rankings despite strong performances at Oregon. Texas' women continue to lead USC on the women's side by a comfortable 65-45 margin, while Florida State leads Arkansas, 60-49, atop the men's rankings. The first release of the USTCA Dual Meet Power Rankings, which simulate head-to-head competition between the nation's top college teams, is due later this month.

Bound for Provo: With four weeks remaining in the collegiate regular season, Washington has already qualified 18 athletes for the 2006 NCAA West Regional, including a pair of qualifying marks in the high jump and long jump for sophomore **Norris Frederick**, and marks in the 400- and 4x400-meters for senior **Bruce Jackson**. This year's NCAA West Regional, May 26-27 at BYU, is one of four regionals nationwide at which athletes will seek automatic NCAA Championships berths, while also seeking to improve their marks on the NCAA's descending order list, from which provisional qualifiers will be selected (see note below). The 2005 Regional was history-making for UW, which crowned its first two Regional champions — **Kate Soma** in the pole vault and **Ryan Brown** at 800 meters — and saw 11 Huskies earn automatic NCAA berths, more than the team's total from the previous three Regionals, combined. For a complete list of UW's 2006 regional qualifiers, see the box on page three.

NCAA Selection Process: Automatic NCAA Championships berths will be granted to the top-five finishers in each individual event, and top-three relay teams from each of the four Regional Championships contested nationwide, May 26-27. Athletes qualify for Regionals by meeting pre-determined NCAA standards, or by winning their conference title. The NCAA will then supplement the Championships field with the highest-ranking competitors (roughly 6-7 per individual event and 5-6 per relay) from the national performance lists, provided the athlete competed at a Regional competition and was not among the finishers to earn automatic NCAA berths. The lone exceptions are the 10,000-meter and multi-events, in which athletes qualify directly for the NCAA Championships by meeting pre-determined provisional and automatic standards.

Amazing All-Americans: Washington's track and field teams are piling up All-America honors at a record pace. The Huskies combined for 10 All-America honors at March's NCAA Indoor Championships, and have earned a stunning 26 such honors since the start of the 2005 season — as many as UW athletes accumulated in the preceding five seasons *combined*. The UW's 10 such honors at the 2006 indoor championships tied the school's single-meet record set at last year's indoor meet, while the nine such honors by UW men were an all-time single-meet high. Thw UW has never had more All-Americans in a single year, total, than the 16 who achieved the accolade in 2005, while no more than 10 UW men have ever earned All-America honors in a single competitive season. Both records could be in serious jeopardy in 2006 — Washington enters the outdoor season with a record 12 All-Americans on its current roster, including seven UW men.

Washington's 2006 NCAA West Regional Championships Qualifiers*

Men					Women				
Name	Event	Mark	Regional Ranking	National Ranking	Name	Event	Mark	Regional Ranking	National Ranking
Norris Frederick	Long Jump	25-5 1/4w	1st	3rd	Ashley Lodree	100m HH	13.20	3rd	5th
Austin Abbott	800m Run	1:49.47	2nd	10th	Amanda Miller	800m Run	2:09.63	3rd	29th
Boase/Charles/Brown/Jackson	4x400m	3:07.73	3rd	12th	Amanda Miller	1,500m Run	4:23.11	4th	12th
Martin Bingisser	Hammer	212-4	3rd	11th	Tiffany Zahn	Javelin	153-5	8th	31st
Bruce Jackson	400m Dash	47.25	4th (tie)	42nd (tie)	Carly Dockendorf	Pole Vault	12-6	13th (tie)	29th (tie)
Norris Frederick	High Jump	6-10 3/4	4th (tie)	13th (tie)	Amy Lia	1,500m Run	4:27.42	15th	36th
Sam Roberts	Pole Vault	17-0 3/4	5th (tie)	14th (tie)	Brianna McLeod	5,000m Run	16:51.96	15th	57th
Will Conwell	Discus	185-5	6th	14th					
Brad Liber	Steeplechase	9:05.25	9th	29th					
Juan Romero	Javelin	209-9	11th	30th					
Jeremy Mineau	10,000m Run	28:49.69	N/A*	10th					
Kevin Peters	10,000m Run	29:22.47	N/A*	24th					

* - The 10,000m and multi-events will not be contested at the NCAA Regional Meet; athletes in those events qualify directly for the NCAA Championships.

Walker Wins World Gold: While his former teammates were making history at the NCAA Indoor Championships in March, former Husky **Brad Walker** was making history of his own at the 2006 IAAF World Indoor Track and Field Championships in Moscow, Russia. The 2004 UW grad lived up to his No. 1 world ranking with a gold-medal winning performance, the first of his international career. Walker's win wasn't without drama — the Spokane native suffered a head injury during qualifying-round warmups, and then went to his final attempt before 19-0 1/2 for the win. The 24-year-old Walker won his second-straight U.S. indoor title in February, and has won three straight U.S. crowns overall, including the 2005 U.S. outdoor title. Walker set a Pac-10 record and won two NCAA indoor championships at Washington from 2000-04, and has since excelled professionally, winning three U.S. titles and two world-championships medals. His lifetime best of 19-6 1/2 in the vault ranks sixth in U.S. history, and was the world's leading mark last season.

Relay Rewards: There's never been a better time to run on a UW relay than right now. Currently ranked 12th nationally, the Huskies 4x400-meter squad is seeking to do something never before accomplished at UW: qualify for three-straight NCAA Championship events. Two Husky foursomes earned All-America honors at March's NCAA Indoor Championships — the first time in UW history that has happened — including a third-place finish for Washington's 4x400-meter relay that was the best-ever for a UW relay indoors, and the best by a UW 4x4, indoors or out, since winning the 1976 NCAA outdoor championship. In fact, since **LaMonte Vaughn, Jr.**, took over UW's relay program in 2005, five of the Huskies' six relays have qualified for the NCAA Championships, with the sixth — the 2005 indoor 4x400-meter squad — falling just one spot shy on the NCAA's provisional-qualifying list. Of those five, three have earned All-America honors — a feat accomplished by just three UW relays in the previous 30 years — including back-to-back fifth-place finishes for UW's distance medley relay. Washington has had multiple relays at back-to-back NCAA Championships — something that had not occurred even once previously in 85 years of NCAA competition — and has put three of its four relays atop the UW record books, with the fourth (the 4x100-meter relay) clocking UW's second-fastest time ever, and the fastest by a UW sprint relay in 22 years.

Elite Company: In leading both UW's 4x400-meter and distance medley relay squads to All-America honors at March's NCAA Indoor Championships, junior **Ryan Brown** and senior **Bruce Jackson** became two of just 10 Huskies ever to earn multiple All-America honors at one meet. Sprinter **Ja'Warren Hooker**, UW's most prolific All-American with 10 career honors, holds the UW meet record with three All-America awards at the 1998 NCAA Indoor Championships, and is the only Husky ever to accomplish the All-America double more than once. Brown's honors, furthermore, were the third and fourth of his career, a total matched by just nine men in UW history, and exceeded by only four — Hooker (10), **Scott Neilson** (7), **Rick Noji** (6) and **Steve Anderson** (5). History is also in the making on the women's side, where junior **Ashley Lodree's** three All-America honors are tied for the fourth-most ever by a UW woman. Like Brown, Lodree has potentially three NCAA meets remaining to break the UW women's record (5), set by pole vaulter **Kate Soma** from 2002-05.

Passing the Baton: Washington's homegrown 4x400-meter squad - featuring three runners from the Seattle area - was electric at the 2006 NCAA Indoor Championships, breaking a storied UW record with a time of 3:07.03 to finish third overall, the best-ever finish for a Washington relay indoors. That the relay should have success should come as no surprise, considering that the Huskies return three of the four competitors from last year's squad which broke a 30-year-old UW outdoor record with a 3:03.85 at Pac-10s - including a 44.8-second anchor by returnee **Bruce Jackson** - and ran 11th at the NAAs, after a 14th-place finish in 2004. Joining returnees Jackson (Seattle/Nathan Hale HS), **Ryan Brown** (Renton/Renton HS) and Grenada's **Shane Charles** are Seattle-area natives **Jordan Boase** of Bothell, an NCAA 4x100-meter participant in 2005 and an All-American on the 4x4 indoors this season; junior transfer **Alex Harcourt** of Kent, whose lifetime best of 46.57 tops any current Husky; and senior **Phil McCary** of Kirkland, the team's alternate in 2005 and an NCAA Championships participant in 2004. Those latter three vie for the spot vacated by Lake Washington alum **Sean Williams**, who ran on nine of Washington's 20 top-10 4x4s, indoors and outdoors, before graduating in 2005.

Brown is Back: Less than two years ago, **Ryan Brown** was out of track and field, having walked away from a promising career. Barely a year after returning to the sport last January, however, Brown is a Pac-10, West Regional and MPSF Champion, and is one of just 10 athletes in UW history to earn four-career All-America honors. Brown's turnaround began in last year's Pac-10 800-meter final, as the Renton native outkicked Pac-10 favorite Jon Rankin of UCLA down the homestretch to win in 1:47.31, the second-fastest in UW history and the eighth-best by a collegiate athlete in 2005. Just two weeks later, Brown outkicked Rankin again to win the same event at the NCAA West Regional, and capped the year with matching 10th-place finishes in the 800- and 4x400 meters at the NCAA Championships. In February, Brown made it two straight in conference championship finals, winning the MPSF Conference 800-meter crown in 1:50.35 to lift the UW men to their first-ever indoor conference title, before capping his indoor campaign with a pair of All-America honors in the 4x400 (3rd) and distance medley (5th) relays. Brown competed just one year at Renton High School, going undefeated at 800 meters as a senior. He walked on to the UW squad in 2002-03 and was terrific indoors, before leaving the team in the summer, stating a desire to focus on school over sports. Brown returned to the track in 2005, leading UW's DMR to a fifth-place finish at the NCAA Indoor Championships and breaking UW's indoor 800-meter record, before embarking on his epic outdoor campaign. The junior enters the 2006 outdoor season with the nation's sixth-fastest returning mark at 800 meters, and will also run on UW's school-record 4x400m relay.

Half-Mile Madness: Don't be surprised to see Washington athletes litter the Pac-10's 800-meter rankings in 2006. In addition to Pac-10 and Regional champion **Ryan Brown**, Washington put a school-record four runners under 1:50 in the event last year, each of whom return in 2006. Sophomore **Austin Abbott** and seniors **Bruce Jackson** and **Shane Charles** joined Brown under the 1:50 mark in 2005, including a mark of 1:49.59 by Charles that is a UW record indoors, and a best of 1:47.31 by Brown that is UW's second-fastest outdoors. The foursome each rank among the Pac-10's top-11 returnees in 2005, and are joined by a freshman class boasting outstanding talent in the middle-distance events. Prior to the 2005 season, Washington had only boasted one other year, 1992, in which as many as three men's runners broke the 1:50 mark, while prior to 2005, no two Huskies had done so in the same season since 1998.

The 'Lo' Down: Finally, **Ashley Lodree** can get back to business. The junior from Richmond, Calif., was on fire when the 2005 season came to an end, clocking the seven-fastest hurdles times of her life in her final seven races of the year, including a 13.17-second effort in the semifinals of the USA Championships that tied the UW record she set two weeks prior in the NCAA final. Nine months later, Lodree picked up right where she left off with a 13.20 posting in her season debut at March's ASU Invite, good for the No. 3 spot in the current NCAA rankings. Lodree enters 2006 looking to improve upon her fifth-place finish at last year's NAAs, while adding to the three All-America honors she has already earned, including two indoors in the 60-meter hurdles (10th, 2005; 9th, 2006) and last year's outdoor effort. With a year-and-a-half remaining in her collegiate career, Lodree has the chance to surpass **Kate Soma's** UW record of five All-America honors, while also seeking UW's first-ever NCAA hurdles title. Lodree boasts top-10 all-time marks in 10 of the 11 events she has attempted in her UW career, including four school records — no other woman in UW history has ever ranked on as many of Washington's all-time lists, while just one, distance runner **Regina Joyce**, has held as many UW records.

Monster PR of the Week: Senior **Shane Charles** may set the bar for Washington in the 400-meter hurdles, but sophomore **Kyle Still** is rapidly closing in. A 54-58-second quarter-hurdler throughout the 2005 season, Still has clocked season-bests in each of his three races at the distance this year, culminating with a lifetime-best 53.28-second posting at Saturday's Pepsi Invitational. Still's time, and second-place finish, scored six crucial team points for UW in a two-point upset of No. 7 Oregon — points made all the more crucial when favorite Charles false-started off the line. Still's best was less than a second shy of the NCAA Regional qualifying mark in the event, and is just over a second shy of UW's all-time top-10.

2006 Husky Track and Field Statistical Leaders

Women's		
100m Dash	Ashley Lodree	11.3h
200m Dash	Ashley Lodree	24.42i
400m Dash	Lauran Dignam	55.46i
800m Run	Amanda Miller	2:07.64i
1500m Run	Amanda Miller	4:23.11
Steeplechase	Karen Schwager	11:37.22
5000m Run	Brianna McLeod	16:51.96
10000m Run	No competitors	
100m Hurdles	Ashley Lodree	13.20
400m Hurdles	Lauran Dignam	1:03.87
4x100m Relay	Steward/Lodree/ Dignam/Nash	46.21
4x400m Relay	Dignam/Steward/ Leonhardt/Martin	3:44.90i
High Jump	Daria Pavlov	5-7 3/4i
Pole Vault	Carly Dockendorf	13-7 3/4i
Long Jump	Daria Pavlov	19-0 1/2i
Triple Jump	Daria Pavlov	38-7 1/2i
Shot Put	Sheree Ellis	45-11 3/4i
Discus	Arlecier West	147-8
Hammer	Arlecier West	152-6
Javelin	Tiffany Zahn	153-5
Heptathlon	No competitors	

Men's		
100m Dash	Isaiah Stanback	10.70
200m Dash	Jordan Boase	21.19i
400m Dash	Bruce Jackson	47.25
800m Run	Austin Abbott	1:49.47
1500m Run	Ryan Brown	3:49.86
Steeplechase	Brad Liber	9:05.25
5000m Run	Carl Moe	14:14.59
10000m Run	Jeremy Mineau	28:49.69
110m Hurdles	Michael Mateljan	15.35W
400m Hurdles	Kyle Still	53.28
4x100m Relay	Boase/Stnback/ Harcourt/McCary	40.77
4x400m Relay	Boase/Brown/ Charles/Jackson	3:07.03i
High Jump	Norris Frederick	7-0 1/4i
Pole Vault	McKane Lee	17-4 1/2i
Long Jump	Norris Frederick	25-5 1/4w
Triple Jump	No competitors	
Shot Put	Will Conwell	55-1 1/2i
Discus	Will Conwell	185-5
Hammer	Martin Bingisser	212-4
Javelin	Juan Romero	209-9
Decathlon	No competitors	

10,000-Meter Talent: Those who only follow UW track and field outdoors may not have heard of redshirt freshman **Jeremy Mineau**, but they certainly have now. Making his outdoor debut in March before a hometown crowd at Stanford, the Menlo Park, Calif., native obliterated UW's freshman record in the 10,000 meters and climbed to second on UW's all-time list. Mineau's time of 28:49.69 — tops this year by a collegiate freshman and 10th in the nation overall — was just the third sub-29 minute 10K in UW history, and was just 15 seconds shy of **David Bazzi's** school record. Mineau had already made a name for himself during the indoor and cross country seasons, where he has been one of UW's top competitors since the start of 2004-05. Mineau broke a storied UW indoor record at 5,000 meters this season, clocking a 13:54.03 in February, and was UW's top finisher, in 93rd, at the 2005 NCAA Cross Country Championships. Should Mineau earn his first NCAA track berth this season (the top 23-25 athletes in the final 10,000-meter rankings will be selected to the Championships field in June), he will have history on his side — both of UW's other sub-29 minute runners, Bazzi in 2001 (28:34.54) and **Curt Corvin** in 1986 (28:58.2h) went on to earn All-America honors in their sub-29 seasons.

Four-Minute Man: Sophomore **Austin Abbott** ran into the history books at February's Husky Classic, becoming just the third UW runner ever to break four minutes in the mile. Abbott's time of 3:59.47 was UW's third-fastest ever, and one of just 10 four-minute miles by collegiate athletes indoors this year. A graduate of W.F. West High School in Chehalis, Wash., Abbott enjoyed a banner freshman season in 2005, capturing All-America honors in the distance medley relay, and placing third in the Pac-10 1,500-meter final. Abbott also set UW freshman records in the 800 meters indoors, and the 1,500 outdoors, including a half-mile best of 1:49.64 that was briefly a UW record. While his four-minute mile and subsequent second-place MPSF Championships finish earned him fame this winter, Abbott unselfishly chose to forgo the mile in favor of the DMR at March's NCAA Indoor meet, ultimately anchoring the team to a second-straight fifth-place NCAA finish.

Brains And Brawn: In just two-plus years, junior **Martin Bingisser** has already captured an indoor conference title and posted UW's best marks in a decade in the hammer and weight throws — but it's his accomplishments outside the cage that truly set him apart. A two-time third-place hammer finisher at the Pac-10 Championships and the 2006 MPSF champion in the weight throw, Bingisser earned his bachelor's degree in philosophy in June after just three years of college, and is currently enrolled in the UW School of Law. The Interlake High School graduate, who plans to use his final two years of eligibility while pursuing his J.D., has been on a tear since transferring from Cal State Northridge in 2004, culminating with a 64-foot, 8 3/4-inch toss at March's indoor conference meet — just the second weight throw competition of his UW career. Bingisser's throw, UW's best since 1985, echoed his success in the hammer, where the Bellevue native ranks third in UW history — and 11th in the nation this year — with a lifetime-best of 212-4, set at Auburn in March. In addition to his academic and athletic prowess, Bingisser is among the country's leading hammer scholars — his website, HammerCenter.com, provides comprehensive coverage of the hammer at the prep and college level, plus videos and other instruction tools.

Remember Me?: To the casual Husky fan, senior **Will Conwell** may have fallen off the radar in 2003 when he gave up a career as a UW linebacker to throw the discus. After redshirting the 2003 season with two broken wrists, Conwell burst back onto the scene in 2004, taking fourth place at the Pac-10 meet, before adding a fifth-place finish in 2005. The Kent native — once expected to follow his uncle, UW legend Ernie Conwell, to football glory — has picked up in 2006 right where he left off last spring, improving his indoor bests in the shot put and weight throw by more than four feet each, while climbing to 14th in the national collegiate rankings with a lifetime best of 185-5 in the discus. Though he gave up football three years ago, Conwell is still following in his famous uncle's footsteps — a five-year track letterwinner at Washington, Ernie Conwell ranks fourth in UW history in the shot put, and placed fifth in the event at the 1996 NCAA Championships.

Stanback on Track: Husky football fans looking for a spring fix should keep an eye on the track — Washington's track and field team includes three members of the UW football team, with one more planning to join the squad at the conclusion of spring football. The most accomplished of the three is junior **Isaiah Stanback**, the second-place finisher in the 60-meter dash at March's MPSF Championships, and an 11-game starter at quarterback in 2005. Joining him are junior wide receiver **Corey Williams**, UW's top sprint hurdler indoors, and freshman linebacker **Daniel Te'o-Nesheim**, a 58-foot prep shot-putter; junior defensive end **Brandon Ala** is also expected to toss the discus outdoors. Washington also boasts the talents of former UW gymnast and pole vault All-American **Carly Dockendorf**, while basketball players **Jill Bell**, **Cheri Craddock** and **Angie Jones** have each competed in track and field in recent seasons. Perhaps to repay their debt, the UW track team loaned senior **J.R. Wolfork**, a 2005 NCAA Championships qualifier in the long jump, to the Husky football squad in the fall; Wolfork appeared in all 11 games and forced a fumble on special teams.

You Might Recall: The practice of mining talent from other UW programs has unearthed countless gems for the Husky track program in the past. A glance at UW's career top-10s reveals several such performers, including 110m hurdles record-holder **Spider Gaines**, a tailback for the UW football team in the 1970s, and sprinter **Ja'Warren Hooker**, the UW record-holder at 100m, 200m, and 400m and a Husky wide receiver from 1997-98. Others on the list include football players **Ernie Conwell** (No. 5, shot put), **Dana Hall** (No. 3, 110m HH), **Sterling Hinds** (No. 3, 100m/200m), **Pete Kaligis** (No. 6, shot put), **Orlando McKay** (No. 2, 400m), **Brent Merritt** (No. 6, 400m) and **Tony Parrish** (No. 5, triple jump), basketball players **Tara Davis** (No. 1, triple jump; No. 2, long jump) and **Heather Reichmann** (No. 2, javelin) and All-American volleyball star **Makare Desilets** (No. 5, high jump). UW's two-sport stars have excelled on the world stage, too — **Herman Brix** and **Paul Jessup**, stars of UW's football teams in the 1920s, each competed at the Olympics, and set world records in the shot put, and discus. Among current Huskies, football players **Isaiah Stanback** (No. 8, 60m), **J.R. Wolfork** (No. 9, long jump), and **Shelton Sampson** (No. 3, 200m) and former footballer **Will Conwell** (No. 7, weight throw; No. 10, discus) each rank among UW's all-time best, as does former gymnast **Carly Dockendorf** (No. 2, pole vault).

Vault Supremacy: The 2005 season left little doubt that Washington reigns supreme in the world of collegiate women's vaulting. An NCAA-record five UW women's vaulters competed at the NCAA Championships in 2005 — including four each indoors and out — while three earned All-America honors, and senior **Kate Soma** brought home the 2005 NCAA outdoor title. The story should be much the same in 2006, as four of the five return, including senior All-Americans **Ashley Wildhaber** (5th, indoors) and **Carly Dockendorf** (6th, outdoors), junior **Stevie Marshalek** and sophomore **Kelley DiVesta**. All five, including the departed Soma, boast bests above 13 feet, a feat never before accomplished by any NCAA quintet, while three of the five — including Soma, Wildhaber and Dockendorf — rank among the 10-best vaulters in Pac-10 history:

All-Time Pac-10 Pole Vault Top-10

Name	School	Year	Mark
1. Chelsea Johnson	UCLA	2004	15-0
2. Amy Linnen	Arizona	2002	14-10 1/4i
3. Becky Holliday	Oregon	2003	14-8
4. Tracy O'Hara	UCLA	2000	14-7 1/4
5. Kate Soma	Washington	2005	14-3 1/2i
6. Tamara Diles	Wash. State	2002	14-3 1/4i
7. Nikki McEwen	Oregon	2003	14-1 1/4
8. Connie Jerz	Arizona	2003	14-1 1/4
9. Carly Dockendorf	Washington	2005	13-9 1/4
Ashley Wildhaber	Washington	2005	13-9 1/4i
Andrea Dutoit	Arizona	2001	13-9 1/4

Double-Duty Dockendorf: There is no doubt that pole vaulter/gymnast **Carly Dockendorf** — the nation's No. 2 returning vaulter — is one of the finest two-sport athletes in Washington sports history. The Port Moody, B.C., native added to her legend last March with a 17th-place finish in the vault at the NCAA Indoor Championships in Arkansas, just 19 hours after competing in Utah for the Husky gymnastics team. Dockendorf then closed the 2005 campaign with a sixth-place finish at the NCAA Outdoor Championships, her vault of 13-9 1/4 equal to the ninth-best mark in Pac-10 history, and the fifth-best mark ever by a Canadian citizen. Balancing two sports is nothing for Dockendorf — as a prep, Dockendorf competed in volleyball, wrestling, rugby and soccer, in addition to gymnastics. The UW senior scaled back to just two sports in college, earning back-to-back NCAA gymnastics berths in 2003 and 2004, and four-straight NCAA track berths from 2004-06, including an All-America performance outdoors last season. Amazingly, Dockendorf has been pole vaulting for less than four years, having begun the sport only after watching Husky vaulters train during her freshman gymnastics season in 2002. Dockendorf began her two-sport double on a full-time basis in 2003, winning All-America honors on the gymnastics floor while placing eighth in the pole vault at the Pac-10 Championships. She completed her gymnastics eligibility in 2005 with the most perfect 10s (six) of any UW gymnast all-time, and has one full year of track eligibility remaining in 2006.

Athletics Canada All-Time Women's Pole Vault Rankings

Name	Year	Mark
1. Dana Buller	2005	14-9 1/2
2. Kelsie Hendry	2005	14-7 1/2
3. Stephanie McCann	2004	14-5 1/4
4. Ardin Tucker-Harrison	2002	13-9 3/4
5. Carly Dockendorf	2005	13-9 1/4
6. Sue Kupper	2005	13-7 1/4
6. Trista Bernier	1998	13-7 1/4
8. Jackie Honey	2001	13-6 1/4
8. Adrienne Vangool	2004	13-5 3/4
10. Gabriella Duclos	2006	13-3 1/2i

2006 Revisions to UW's All-Time

Top-10 Outdoor Lists

Men's 10,000 Meters

Record: 28:34.54, David Bazzi, 2001

2. 28:49.69	Jeremy Mineau	2006
5. 29:22.47	Kevin Peters	2006

Men's 4x400-Meter Relay

Record: 3:03.85, S. Williams/Charles/Brown/Jackson, 2005

7. 3:07.73	Boase/Charles/Brown/Jackson	2006
------------	-----------------------------	------

Men's Long Jump

Record: 27-4, Phil Shinnick, 1963

4. 25-5 1/4	Norris Frederick	2006
-------------	------------------	------

Men's Discus

Record: 214-7, Borys Chambul, 1976

10. 185-5	Will Conwell	2006
-----------	--------------	------

Men's Hammer

Record: 238-7, Scott Neilson, 1978

3. 212-4	Martin Bingisser	2006
----------	------------------	------

Women's 100 Meters

Record: 11.47, Zeld Johnson, 1985

3. 11.54h	Ashley Lodree	2006
-----------	---------------	------

Women's 200 Meters

Record: 23.40, Donna Dennis, 1983

10. 24.56, Ashley Lodree, 2006

Women's 1,500 Meters

Record: 4:10.93, Courtney Inman, 2003

10. 4:23.11	Amanda Miller	2006
-------------	---------------	------

Women's Pole Vault

Record: 14-2, Kate Soma, 2004

8. 12-1 1/2	Myrriah Swango	2006
9. 11-9 3/4	Ali Moore	2006

Women's Hammer

Record: 189-9, Kameko Gay, 2003

7. 152-6	Arlecier West	2006
----------	---------------	------

Women's Javelin

Record: 173-7, Megan Priestersbach, 2004

5. 122-8	Kaisa Keranen	2006
----------	---------------	------

Rare Double: From the first time she entered a vault competition — going 12-1 1/2 at Husky Stadium in 2002 — it was obvious that senior **Carly Dockendorf**, already a decorated UW gymnast, was in an elite class of athletes. In 2004, though, Dockendorf moved into a class all her own, qualifying individually for the NCAA Championships in both track and field and gymnastics. While it is not uncommon for an athlete to compete in multiple NCAA Championships in one year, to do so in two unrelated sports in which qualification is based on individual, not team, performance is extremely rare. She nearly repeated the feat in 2005, qualifying for the NCAA Track Championships indoors and out, but falling just one-tenth of a point shy of qualifying for the NCAA gymnastics meet in April.

Dazzling Debut: Sophomore **Norris Frederick** has done everything he could to back up the hype that accompanied his signing with UW. After earning All-America honors indoors with a sixth-place finish in the long jump, Frederick went outdoors and broke UW's freshman long jump record, qualified for the NCAA Championships in the high jump, and nabbed top-five Pac-10 finishes in both. In 2006, Frederick hasn't slowed a bit, clearing 25 feet, 2 1/2 inches to win the MPSF Conference long jump crown, capturing a second-straight indoor All-America honor, and clearing a lifetime outdoor-best 25-5 1/4 (wind-aided) to climb to third in the current NCAA rankings. The 20-year-old Roosevelt High School alum is already the only UW athlete ever to long jump 25 feet and high-jump seven feet in his career, boasting career bests of 25-6 1/4 and 7-0 1/2, respectively. Frederick launched six long jumps over 25 feet indoors in 2005, the best a 25-foot, 6 1/4 inch leap that led all NCAA freshmen indoors, and ranked eighth in the IAAF World Junior rankings. Frederick placed sixth in the long jump at the 2005 NCAA indoor meet — tops by a UW long jumper since 1965 — and is one of just 12 Huskies ever to clear seven feet in the high jump. As a prep, Frederick ranked second among U.S. prep high jumpers in 2004 with a best of 7-1, and fourth among U.S. prep long jumpers at 24-10 1/2. Frederick literally jumped out of his shoes at the 2004 World Junior Championships, tearing apart the footwear which guided him to five state prep titles. With borrowed shoes, he placed 19th in both events, and closed 2004 ranked among the top-35 under-20 athletes in the world.

20 Years of Spear Success: From **Fred Luke** and **Duncan Atwood** to **Darryl Roberson** and **Helena Uusitalo**, Washington has a long-standing tradition of excellence in the javelin. Since 1982, when women's track and field joined the NCAA, the Huskies have sent at least one javelin thrower to all but four NCAA Championships, including All-American performances by **Megan Priestersbach** in 2004, and **Heather Reichmann** in 2003. The list of Washington's javelin greats includes four Pac-10 Champions (Uusitalo, '87; Roberson, '88-89; **Troy Burkholder**, '96), three NCAA champions (Uusitalo, '86, **Tom Sinclair**, '79 **Cary Feldman**, '71) and three U.S. Olympians (Atwood, '80, '84; **Rod Ewaliko**, '80; **Fred Luke**, '72). In UW history, only the four NCAA titles won in the hammer — all by **Scott Neilson** — eclipse the Huskies' national-championship prowess in the spear, which includes a UW-record 27 All-Americans all-time. Senior **Tiffany Zahn**, a three-time top-five Pac-10 Championships finisher, has already taken steps to preserve that tradition on the women's side with a Regional-qualifying 153-foot toss in her season debut, while senior **Juan Romero** has launched a regional qualifier on the men's side.

Former Husky Returns: One new face on the Husky squad will be familiar to all who follow Washington track and field — former Husky **Aretha (Hill) Thurmond** returns to Montlake this year as a volunteer assistant throws coach, working alongside her husband, first-year UW assistant coach **Reedus Thurmond**. A four-time All-American during her time at Washington, the former Aretha Hill has made an even bigger name for herself since graduating from the UW in 1998, winning back-to-back U.S. discus titles in 2003 and 2004, and representing the United States at the 1996 and 2004 Olympic Games. Thurmond, who was elected captain of the U.S. team at the 2005 World Championships, boasts a discus best of 216-1 that is the third-best in U.S. history, while her collegiate best of 215-3 is Pac-10 record, and is the second-best ever by a U.S. collegian. Interestingly, Thurmond is one of five former Huskies on the UW coaching staff, including head coach **Greg Metcalf** (UW, '93), assistant coach **David Bazzi** (UW, '01) and volunteer assistants **Duncan Atwood** (UW, '78), and **Jacob Predmore** (UW, '00).

Ridiculous Records: Washington's athletes certainly kept the team's indoor record-keepers busy in 2006, combining for 51 marks among the Huskies' all-time top-10 indoors, including five school records — two by junior **Ashley Lodree**. Washington's highly-acclaimed indoor facility, Dempsey Indoor, has certainly had an effect on the Huskies' indoor list, with 27 school records and an eye-popping 234 marks among UW's all-time top-10 having been achieved since the start of the 2002 season, UW's first in the facility. For a complete list of the top-10 indoor marks set in 2006, see the box on page 8.

2006 MPSF Champions: The Husky men defeated seven of the other eight Pac-10 teams for the 2006 MPSF indoor conference title at Dempsey Indoor in March, the Huskies' first-ever indoor conference crown and first conference title of any kind since 1928. The three individual titles, won by sophomore **Norris Frederick** (long jump) and juniors **Martin Bingisser** (weight throw) and **Ryan Brown** (800 meters), equaled the third-most conference titles in UW history — indoors or out — and continued a string of three-straight years with at least one indoor conference winner. The Huskies saw a 30-point day-two lead dwindle to just seven by meet's end, after scratches in the pole vault and triple jump and a dropped stick in the 4x400-meter relay. Still, UW's 107 points were enough to hold off Stanford (100) and four-time defending champ UCLA (88).

NCAA Indoor Championships Redux: Washington's track and field teams combined for 10 All-America honors at the 2006 NCAA Indoor Championships, equaling a UW single-meet record set just last year. An all-time best nine of those honors went to UW men, including top-five finishes in the 4x400-meter and distance medley relays, and a 12th-place effort in the long jump for sophomore **Norris Frederick**. Washington's 4x4 — including sophomore **Jordan Boase**, junior **Ryan Brown** and seniors **Shane Charles** and **Bruce Jackson** — earned a third-place finish, best-ever by a UW relay indoors, while the distance medley relay squad of Brown, Jackson and sophomores **Carl Moe** and **Austin Abbott** matched the 2005 DMR's fifth-place NCAA finish. The UW women were also outstanding, with junior **Ashley Lodree** netting her third-career All-America honor (9th, 60m hurdles), and pole vaulters **Carly Dockendorf** (12th) and **Stevie Marshalek** (14th) each earning top-15 finishes.

2006 Updates to UW Indoor Top-10 Lists

Men					Women				
Name	Event	Mark	All-time UW Rank	School Record	Name	Event	Mark	All-time UW Rank	School Record
Blake Bidleman	Heptathlon	5,126	1st	Same	Ashley Lodree	60m Dash	7.38	1st	Same
Jeremy Mineau	5,000 Meters	13:54.03	1st	Same	Ashley Lodree	200 Meters	24.42	1st	Same
Boase/Brown	4x400 Meters	3:07.03	1st	Same	Lauran Dignam	400 Meters	55.46	2nd	55.11
Charles/Jackson					Daria Pavlov	Pentathlon	3,854	2nd	3,915
Abbott/Jackson	DMR	9:35.35	1st (tie)	Same	Anita Campbell	5,000 Meters	16:33.27	3rd	16:22.13
Brown/Moe					Carly Dockendorf	Pole Vault	13-7 3/4	3rd	14-3 1/2
Norris Frederick	High Jump	7-0 1/4	2nd (tie)	7-5	Dignam/Steward	4x400m	3:44.90	3rd	3:44.00
Harcourt/Brown	4x400 Meters	3:07.86	3rd	3:07.03	Leonhardt/Martin				
Charles/Jackson					Amy Lia	Mile Run	4:44.34	4th	4:40.24
Austin Abbott	800 Meters	1:50.59	3rd	1:49.59	Brynne Steward	60m Hurdles	8.55	4th	8.15
Austin Abbott	Mile Run	3:59.47	3rd	3:58.93	Anita Campbell	3,000 Meters	9:36.21	5th	9:32.28
Martin Bingisser	Weight Throw	64-8 3/4	3rd	71-5 1/2	Lia Fuller	Pentathlon	3,610	5th	3,915
Jordan Boase	200 Meters	21.19	4th	20.56	McLeod/Dignam	DMR	11:38.61	5th	11:23.12
Carl Moe	Mile Run	4:03.76	4th	3:58.93	Miller/Lia				
J.R. Wolfork	Long Jump	23-9 1/2	5th	25-6 1/2	Annaliese Chapa	Mile Run	4:50.09	6th	4:40.24
McKane Lee	Pole Vault	17-4 1/2	6th	19-0 1/4	Kelley DiVesta	Pole Vault	12-7 1/4	6th	14-3 1/2
Abbott/Harcourt	DMR	9:44.54	7th	9:35.35	Daria Pavlov	High Jump	5-7 3/4	6th	6-2
Brown/Moe					Liz Fuller	High Jump	5-7	6th (tie)	6-2
Will Conwell	Weight Throw	58-0 1/4	7th	71-5 1/2	Myrriah Swango	Pole Vault	12-6	7th	14-3 1/2
Bruce Jackson	400 Meters	47.82	7th	46.45	Tori Tyler	5,000 Meters	17:07.58	8th	16:22.13
Kevin Peters	5,000 Meters	14:16.62	7th	13:54.03	Dani Schuster	800 Meters	2:12.70	9th	2:06.76
Harcourt/Charles	4x400m	3:11.64	8th	3:07.33	Myrriah Swango	Pole Vault	12-0	9th	14-3 1/2
McCary/Boase					Kaisa Keranen	Pentathlon	3,213	10th	3,915
Jon Harding	3,000 Meters	8:06.86	8th	7:54.13	Schuster/Martin	DMR	11:47.95	10th	11:23.12
Mike Sayenko	5,000 Meters	14:18.07	8th	13:54.03	Chapa/McLeod				
Davaon Spence	200 Meters	21.64	8th	20.56					
Isaiah Stanback	60m Dash	6.80	8th	6.55					
Boase/Brown	4x400 Meters	3:11.94	9th	3:07.33					
McCary/Jackson									
Jon Harding	5,000 Meters	14:22.59	9th	13:54.03					
Moe/McCary	DMR	9:51.03	10th	9:35.35					
Abbott/Liber									
Sam Roberts	Pole Vault	17-0 3/4	10th	19-0 1/4					
Liber/McCary	DMR	9:51.60	11th*	9:35.35					
Freeman/Harding									

* Was 10th when achieved; since moved down to 11th.

NCAA Championships By the Numbers: At least one UW athlete has won an NCAA title in each of the last three seasons, the team's longest such streak since **Scott Neilson's** string of four-straight NCAA hammer crowns from 1976-79. Twenty-four UW athletes have combined for 29 NCAA titles overall, a total which ranks 22nd among NCAA institutions all-time. Additionally, the Huskies have placed 295 athletes on the All-America stand, including at least one in each of the last 14 years, and 44 of the last 46 years. Washington posted a UW single-meet record 10 All-Americans at the 2005 and 2006 NCAA Indoor Championships, while the team's 16 total All-Americans in 2005 crushed the previous single-season UW best. A regular top-five finisher in the 1920s, Washington's men have placed among the top-15 at the NCAA meet nine times since 1970, including a high of fifth (tied) in 1979. The Husky women, meanwhile, boast five top-25 finishes, including a high of 10th in 1988, and a tie for 15th last year.

Head Coach Greg Metcalf: Former Husky All-American **Greg Metcalf** is in his fourth year as Washington's head coach of track and field and cross country, and his ninth year overall on the UW staff. Metcalf was recently named the 2006 MPSF Men's Coach of the Year, after leading the UW men to three individual conference crowns and the Huskies' first-ever indoor team title. In his first three-plus seasons at the helm, Metcalf has led the UW women to three top-20 finishes at the NCAA Championships, and has guided the Husky men to three-consecutive top-30 indoor finishes, including a tie for 19th in 2006. Individually, 15 UW distance runners have earned NCAA berths, with six grabbing All-America accolades, a list which does not include the team's All-America distance medley relays in 2005 and 2006. In addition, Metcalf has led the Huskies' women's cross country team to the NCAA meet eight of his first nine

years at the helm. In eight years atop Washington's distance program, Metcalf has coached 17 All-Americans, six Pac-10 champions, 13 school-record setters and 74 NCAA Championships competitors. A 1993 UW graduate, Metcalf was a two-time All-American in the steeple, and ran in the 1996 U.S. Olympic Trials.

Star-Studded Staff: Washington's assistant coaching staff in 2006 is in no way short on accolades. Ninth-year vaults/jumps coach **Pat Licari** has coached 12 All-Americans, including NCAA champions **Brad Walker** and **Kate Soma**. Second-year sprints/hurdles coach **LaMonte Vaughn, Jr.**, meanwhile, has had a banner first year-and-a-half, mentoring **Ashley Lodree** to three All-America honors and guiding five of UW's six relays to NCAA berths, including three to All-America honors. First-year throws coach **Reedus Thurmond** was a three-time All-American at Auburn, and captured the SEC discus title as a senior, while fifth-year distance coach **David Bazzi**, a Washington alum, was the 2001 Pac-10 champion at 10,000 meters, and still holds three all-time school records. Rounding out the all-star cast is fourth-year distance coach **Kelly Strong**, who graduated from Arizona State in 2002 with five All-America honors and three Pac-10 titles, and is largely credited with putting together recruiting classes annually ranked among the nation's best. Ironically, the most accomplished members of the Husky coaching staff are two of the team's volunteer assistants — former Huskies and U.S. Olympians **Aretha (Hill) Thurmond** and **Duncan Atwood**. A four-time All-American, two-time Olympian and two-time U.S. champion, Thurmond enters her first year at UW, assisting husband Reedus Thurmond with the UW throwers. Atwood, meanwhile, was a two-time Olympian and three-time U.S. champion, and has helped UW javelin throwers earn two All-America honors in his three years working with the team.