



This Week in Cavalier Athletics

OCTOBER 17, 2007

VOLUME 1, NUMBER 5

Upcoming Events

Soccer:- 10/17/2007

@Middle Georgia;
5pm – Wom, 7pm – Men

Baseball - 10/18/2007

scrimmage TCC @ Tallahassee, Fl, 3:00

Cross Country:- 10/20/2007

Region XVII Championships @ Cleveland, GA,

Soccer: Men - 10/20/2007

Georgia Perimeter @ Darton College; 2:00 pm

Basketball - 10/20/2007

Darton College Jamboree @ Cavalier Arena, 10:00 AM

Baseball - 10/21/2007

Darton College Women's Soccer #1 in Nation

The Darton College women's soccer team is the number one ranked team in the country this week following the weekly poll release by the NJCAA and NSCAA/Adidas soccer rankings committees. The Lady Cavaliers take over the top spot from region rival and defending national champion Young Harris College. DC improved their record to 15-0-1 with recent victories over Shelton State, Abraham Baldwin, and Andrew College. Darton is led by the high scoring tandem of Stephanie Daniels (38 goals, 17 assists, 93 points) and Cherrelle Albert (34 goals, 17 assists, and 85 points). Daniels and Albert are the nation's first and second leading scorers respectively. Lindsey Warner and Lauren Wheatley are also amongst the top 50 scorers nationally. Sophomore goalkeeper Liana Miller's 0.73 goals against average rank her as the 17th best goalkeeper in the country.

The Lady Cavaliers are back in action Wednesday traveling to Middle Georgia College for their final regular season match. Having already clinched a bye in the first round of the NJCAA Region XVII playoffs, the team will next play in the semi finals October 26 at Young Harris, Georgia against an opponent yet to be determined.

NJCAA Division I Women's Soccer Poll 10-16-07

Place	College	Location	Record	Points
1	Darton College	Albany, GA	15-0-1	0
2	CCBC-Catonsville	Catonsville, MD	14-1-0	0
3	Schoolcraft College	Livonia, MI	12-1-0	0
4	Pima Community College	Tucson, AZ	12-0-1	0
5	Monroe Community College	Rochester, NY	11-2-0	0
6	Paradise Valley Community College	Phoenix, AZ	11-1-1	0
7	Iowa Western Community College	Council Bluffs, IA	14-1-1	0
8	Laramie County Community College	Cheyenne, WY	12-2-1	0
9	Polk Community College	Winter Haven, FL	11-4-0	0
10	Young Harris College	Young Harris, GA	13-2-1	

*scrimmage Andrew @
Georgia Univ,
Milledgeville, Ga, 1:00*

Baseball - 10/21/2007
*scrimmage GPC @
Georgia Univ,
Milledgeville, Ga, 4:00*

Golf - 10/21/2007
*Andrew College Fall
Tournament @
Meadow Links Golf
Course Ft. Gaines, GA*

Region Championships Next For Cross Country

The Darton College Men's and Women's Cross Country teams are quickly preparing for the biggest meet of the season, the NJCAA Region XVII Championships, to be held October 20th at Cleveland, GA. Below are a few comments from Coach David Mann as his team looks forward to its biggest competition to date.

What do you know about the course that the team will be running?

This course is extremely challenging. It consists of very steep, rolling hills in the North Georgia mountains. About a mile of it is a newly cut trail on hillsides, so the ground underfoot is not very compact, making it difficult to grip when ascending and descending. It's the toughest course in the state. David ran our 8K course in 28 minutes a week before we traveled to Truett for our first meet. He ran about a 33 there and won it, if that tells you anything. We can't try for a best time there by any means; the objective is just to beat the other runners.

What type of team does the course favor?

I feel that Truett McConnell, who is the reigning region champion for both men and women, is going to have some advantage since they get to train on this course. We have been running a steep hill in Lee County for weeks now, which I feel has strengthened our anaerobic systems well enough to push us up these hills and recover going downhill. The training has also helped prepare them mentally. When we first ran this course we went into it blind, I mean we didn't arrive in time to walk over it the night before due to some travel difficulties. When we fought these hills that morning, we were shocked at the course's difficulty. Now we are better prepared and we've ran the course before, so I feel that despite what this race means to us, we will be in a sense more relaxed.

What are your expectations going into this competition?

I haven't been over this completely with the team, but honestly, they have already exceeded my expectations. I planned on putting this program together this season and having one or two runners on each team that were competitive. Now I have six runners in the region's top ten and twelve trophies in our lobby. These runners go to class and study hall and when they train, they work hard. I'm very proud of what they've accomplished already this season. Anything they do this weekend could just be the icing on the cake.

What do you expect from your opponents going into this race?

They'll be looking at the backs of our shirts Saturday. Just kidding. I think that Truett will be a lot tougher than most people expect. They are a team that seems to come around at the end of the season and this is their course. Our girls beat Young Harris by only three points last time we were there, so it's going to be neck and neck with them. And then, on the men's side, Chattahoochee Tech recently brought two Kenyans in, and they are tearing it up.

Individually, who do you expect to stand out this weekend?

David Marley will lead the men's team. Nick Felder is due for a big race and I think he will turn it on Saturday. William West has been doing very well. Devin Simpson got a PB Saturday so he's getting stronger. Terence Boyd is healthy again and Wes Bowen is running well too. So I can't tell who will finish second, third, fourth, fifth or sixth with us and that's a good thing. I expect Michael Cue to surprise some folks as well.

On the women's side, Brittney continues to get faster. She has been number-one in the state for weeks now. Tabitha Payne is on her heels and has been number-two in the state for weeks as well, and I expect good things from both of them. They've had a great season. Then

Danielle Sumner and walk-on Catherine Pirro are ranked seventh and eighth, so they'll do well too. Rekita Landy and Raquel Moon have held rankings, and they want to get back on the charts so I think they'll be really tough on Saturday. Juawana Stringer has improved immensely and should surprise some folks too.

What will it take to win the region?

If this was a fast course, I think I could pick how each team would place. That is not a luxury, oddly, and anything can happen at this vicious race. To win, I think we have to prepare as well as we can this week. That means for the individuals, sleeping well and eating right. My job is to keep everything as smooth as possible as far as travel and other preparations, and to choose the right training to keep them focused and feeling good by Saturday. Once we get to the starting line, they'll know what to do. These athletes are winners and they've already proven that.

A special thanks to Coach Mann for spending the time to answer the questions. Best of luck to the team at Regional's.

Recent Results

Baseball

Cavalier Field
scrimmages
4 wins, 1 loss, 1 tie

Basketball

So. Ga Tech
Jamboree
2wins, 1 loss

Soccer: Women - 10/14/2007

Andrew College 7-0W

Soccer: Men - 10/14/2007

Andrew College 3-2
W

Soccer: Women - 10/11/2007

ABAC 6-0W

Soccer: Women - 10/08/2007

Shelton State 6-1W

Men's and Women's Region XVII Top 10

Georgia - Men's Cross Country Rankings

- 1.Nicolas Kering, Chattahoochee Tech
- 2.Meshack Koyiaki, Chattahoochee Tech,
- 3.David Marley, Darton,**
- 4.Johnny Jimenez, Treutt-McConnell
- 5.Kyle Ingram, Young Harris
- 5T.Jeremiah Boozer, Truett McConnell
- 7.Jonathan Horn, Chattahoochee Tech
- 8.Winston Dangler, Young Harris
- 9.Anthony Hamre, Young Harris
- 10.Nicholas Felder, Darton**

Women's Cross Country Rankings

- 1.Brittney Skiles Darton**
- 2.Tabitha Payne, Darton**
- 3.Megan Barnes, Gordon,
- 4.Stella Snowden, Young Harris
- 5.Sady Alvarado, Young Harris
- 6.Amy Davidson, Chattahoochee Tech,
- 7.Danielle Sumner, Darton**
- 8.Catherine Pirro, Darton**

DC Baseball Defeats Defending National Champ in Fall Scrimmage

The Darton Cavaliers defeated Wallace-Dothan, Okaloosa-Walton, Chipola, and Southern Union last weekend at Cavalier Field. DC tied Tallahassee Community College and was defeated by CVCC. The scrimmages were filled with many potential top 20 teams, including defending National Champion Chipola.

Head Coach Glenn Eames stated, "To win four games against those types of teams in a three day stretch really shows you the effort our kids played with. We got better this weekend."

The Cavs are back in action Thursday as they travel to Tallahassee before hitting the road again to Milledgeville on Sunday.

Cavalier Soccer Defeats Andrew, Prepares for Stretch Run

The Darton College Men's Soccer team improved their record to 9-5 overall following a 3-2 defeat of Andrew College on Sunday. The victory improves the Cavalier's region record to 5-5 with 2 region contests remaining. The Cavaliers, who have already clinched a playoff birth, now find themselves looking to win their remaining two games in hopes of hosting a first round playoff game. The stiffest challenge of the remaining schedule will be when Georgia Perimeter College comes to town on Saturday. Currently Georgia Perimeter is the #1 ranked team in the country with a 14-0-1 record.

Darton College Basketball Host Albany State Saturday

The Darton College Lady Cavalier basketball team traveled to South Ga. Tech for a jamboree last weekend. The Lady Cavaliers were victorious in two of three contests. Shannon Coleman and Charlotte Styles led DC in scoring while Dashia Williams was a force on the boards.

The Lady Cavaliers are back in action this weekend at home in Cavalier Arena at 10:00 am to face cross town rival the Albany State Lady Rams in a scrimmage. Admission is free.

Following the game, the Darton College Basketball and Softball teams are co-hosting a 3 on 3 tournament as a fundraising event. For more information contact Coach Blackwell or Coach Dews.

For up to date schedules, scores, and news in Darton College Athletics visit:

<http://cavs.darton.edu/>

TUNE IN TO CATCH THE LATEST IN DARTON COLLEGE ATHLETICS ON THURSDAY'S AT 5:00 PM on WSRA 1250 AM.