



The Coyote Corner

Cuyamaca College
Athletic Department

Volume I, Issue I
September 1, 2011

Making a difference...

Editors Note: This section is dedicated to the people on our campus who continually make a difference in the lives of student-athletes. The people featured in this section are nominated by student-athletes.

In the fall of 1978, Dr. Teresa McNeil started at Cuyamaca in a part-time role. In 1998 she joined the college in a full-time capacity.

Her involvement with student-athletes began eight years ago. At the time, counselors took turns being assigned to athletics. When the previous counselor's time was up, she volunteered for the gig. Her background is in physical education so she thought she would be able to relate to the students.

Little know facts about Teresa

Throughout her career, Teresa has participated in many sports; including tennis,

racquetball, volleyball, and swimming. While she does not claim to be very good at sports, she says she always has had fun participating in them. And, she still likes to swim today when she can find the time.

Teresa's favorite sport to watch is football. She especially enjoys watching it while eating "plain old vanilla ice cream!"

According to Teresa, the best part of her role in counseling athletes is when they are able to transfer and compete at the next level. Teresa said, "My greatest experience just occurred, and that was receiving a Thank You Card from Jywrell Wilson, who recently transferred to Northern Arizona University. He took the time to come on campus and deliver it, and it really made my day."

When asked about Teresa, student-athletes responded with, "Fabulous," "could not

Dr. Teresa McNeil



have done it without her," "helpful," "nice," "irreplaceable," "like my mom," and "caring."

I am sure if you have ever had any kind of relationship with Teresa that you have had the same experience. It is one of the reasons she was just recognized as the outstanding faculty member of the year. The student-athletes thank her for her tremendous work and dedication to our program.

Inside this issue:

| | |
|---|---|
| <i>Making a difference</i> | 1 |
| <i>Coyotes in the Classroom</i> | 1 |
| <i>Inaugural Cuyamaca Invite</i> | 2 |
| <i>Coyotes in the Classroom</i> | 2 |
| <i>Leaders of the Pack, Tim Seaman</i> | 3 |
| <i>Leaders of the Pack, Milena Glusac</i> | 3 |
| <i>Calendar of Events</i> | 4 |

Coyotes in the Classroom...

Cuyamaca student-athletes continue to excel in the classroom and on the field. Of the 114 student-athletes competing during the spring semester, 48% (55) made a 3.00 GPA or higher. 28 student athletes had a GPA higher than 3.50 and 11 with a perfect 4.00. Let's meet a few of these students.

Name: Andrew Sauls

Sport: Men's Soccer

Major: Civil Engineering

GPA: 3.49

Favorite Actor: James Franco

Favorite Book: The Five People You Meet In Heaven.

Favorite Musician: Bob Marley.

I decided to play at Cuyamaca because: My friend said the coach was really cool and knew a lot about the game of soccer.

Cuyamaca soccer is: Always striving to improve its' player's skill on the soccer field and in the classroom.

Favorite childhood memory:

The first time I ever rode a bike.

Part of my game I focused on this summer: My fitness.

What I think about before stepping on the field: The things I need to do in order to help the team win.

If I had to survive on one food, it would be: A cheeseburger with everything.

Food I refuse to eat: Lima beans.

I can't leave home without: My phone.

I'm inspired by: My dad.



Above: Andrew Sauls, Men's Soccer

Inaugural Cuyamaca Cross Country Invite



Above: Namer Yousif sprints towards the finish line with a winning time of 16:19.

Below: Laura Delgado sets a blistering pace while capturing 1st place.



The inaugural Cuyamaca Cross Country Invite took place at Morley Field Sports Complex in San Diego on Friday, August 28.

Both the men's and women's teams placed first while also having individual champions. The men picked up right where they left off last season, placing 7 runners in the top 10. Namer Yousif led the way for the Coyotes and finished the 5 kilometer course with the best time of the day: 16:19.

The women are off to a fast and much improved start under first

year coach, Milena Glusac. Laura Delgado was top dog of the day, finishing with a time of 23:15. The women also placed 3 other runners in the top 10; Kate Leidiger, Brittany Corley, and Taylor Beck.

The inaugural 2011 Cuyamaca Invite was a huge success and the Cross Country program is already planning for next year's 2nd Annual Cuyamaca Invite.

Male Top 10 Finishers

| Name | Place | Time |
|------------------|-------|-------|
| Namer Yousif | 1st | 16:19 |
| Lee McAllister | 2nd | 16:25 |
| Ryan Lawler | 3rd | 16:45 |
| Emmanuel Corvera | 4th | 16:50 |
| Tamru Aleghen | 6th | 17:08 |
| Manny Alvarez | 8th | 17:19 |
| Tanner Perfect | 10th | 18:06 |

Female Top 10 Finishers

| Name | Place | Time |
|-----------------|-------|-------|
| Laura Delgado | 1st | 23:15 |
| Kate Leidiger | 2nd | 23:36 |
| Brittany Corley | 6th | 26:52 |
| Taylor Beck | 7th | 27:50 |

Coyotes in the Classroom...

Name: Tanis Bernier

Sport: Soccer

Major: Civil Engineering

GPA: 3.60

After my time at Cuyamaca

I plan to: Transfer to a 4 year university so that I can complete the classes and steps required to earn a degree in Civil Engineering.

Favorite Movie: Remember the Titans

Favorite Actor: Will Smith

Favorite Book: The Harry Potter Series

Favorite TV Show: Family Guy

Favorite Musician: Lil Wayne

I decided to play at Cuyamaca because: I love to play soccer and I like the friendships that I'm developing with my teammates. Also, I really like Brett's coaching style, because he has high expectations of his players and he encourages creativity. I wanted to take on the challenge of playing at the college level.

Cuyamaca soccer is: incredibly fun, competitive, and demanding.

Favorite childhood memory:

In junior high, my club soccer team and I won 1st place in our league, so my dad invited the whole team over to my house for a soccer party. Everyone came over around 6p.m. on a Saturday night and stayed the night. We all enjoyed pizza, soda, ice cream and popcorn while we watched "The Longest Yard" and then had a HUGE Fifa tournament. Most of us stayed up until 6a.m., then we slept for about an hour, and then we all got up, ate breakfast, played some more Fifa and played outside. Coolest and most legit Soccer Party Ever!

Part of my game I focused on this summer: Making decisions quicker and adjusting to the increase in the speed of play.

What I think about before stepping on the field: Getting focused and what I can do to help my team win.

Favorite sport besides soccer: Snowboarding

Below: Tanis Bernier, Men's Soccer



If I had to survive on one food, it would be: Strawberries

Food I refuse to eat: Beets

I can't leave home without: My wallet

Magazine cover I want to be on: Eurosport Magazine

I'm inspired by: Brett Williams, my Cuyamaca soccer coach. He truly loves the game and his enthusiasm makes soccer enjoyable to play.



Leaders of the Pack...

Tim Seaman, Head Coach Men's Cross Country

Tim Seaman enters his second year as the Men's Cross Country coach. In his first season, the team qualified for the State Championship and had three members make the All-Conference team. His #1 runner went on to break three school records during track season and earned a scholarship to St. Mary's.

Tim is America's most dominate active race-walker. Tim represented the United States at the 2000 Olympic Games in Sydney and the 2004 Olympic Games in Athens. He is a 43-time National Champion and

Milena Glusac, Head Coach Women's Cross Country

First year women's cross country coach, Milena Glusac, brings a wealth of experience to Cuyamaca.

In 2001 alone, she won three major road titles. With U.S. titles at 20 km, 25km and half marathon, Glusac made her marathon debut in November 2001 at the New York City Marathon. She finished 13th overall (2:34:46) and was the runner-up to U.S. Marathon champion Deena Drossin. She showed further marathon pro-

is also a twelve-time U.S. record holder.

Tim began his track career as a miler on his high school team. His coach, however, soon realized he could score more points for the team by excelling at the race walk event. As a junior in high school, Tim initially disliked the idea of race walking, but grew more fond of it as he became more successful.

Tim attended college at the University of Wisconsin-Parkside, where he set three Junior National records.

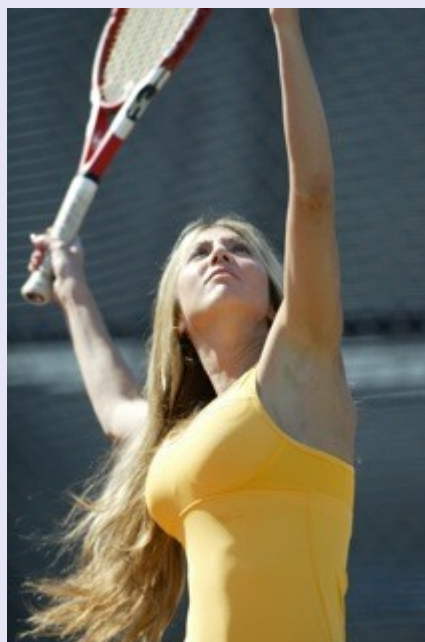
ess at the 2002 New York City Marathon, where she led briefly and finished in ninth place with a personal best of 2:31:14.

She was a 7-time All-American in college and earned a Master's Degree in Psychology from Oregon. Also at the University of Oregon, Milena was a member of the tennis team. Previously, she spent two years teaching and coaching women's cross country at Palomar.



Above: Winner of the 2009 Outdoor Nationals, Men's Cross Country Coach, Tim Seaman.

Below: Not just a runner...Women's Cross Country Coach, Milena Glusac



Staff Directory

Patricia Bailey
Admin. Assistant
660.4505

Linda Greer
Athletic Trainer
660.4515

Rob Wojtkowski
Men's Basketball
660.4506

Patrick Thiss
Track and Field
660.4518

Pam Farmer
Women's Tennis
660.4519

Dan Codina
Women's Soccer
660.4469

Brett Williams
Men's Soccer
660.4469

Scott Strange
Women's Volleyball
660.4501

Louise Parks
M & W Golf
916.6237

Tim Seaman
M Cross Country
660.4611

Milena Glusac
W Cross Country
660.4626

Steven Contreras
Facility Technician
660.4503

Scott Herrin
Assoc. Dean, Athletics
660.4505



Mark Your Calendars!! Coyote Athletics September Home Schedule

| September 2011 | | | | | | |
|----------------|--|---|---|----------|--|--|
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| | | | | 1 | 2 Women's Volleyball vs. College of the Desert 4:00 p.m. | 3 |
| 4 | 5 | 6 | 7 | 8 | 9 Women's Volleyball vs. Yavapai CC 5:00 p.m. | 10 Women's Volleyball 8th Annual Coyote Classic 8:00 a.m. |
| 11 | 12 | 13 Men's Soccer vs. Riverside CC 3:00 p.m. | 14 | 15 | 16 | 17 |
| 18 | 19 Women's Golf Invitational (location) Cottonwood Golf Course All Day | 20 Men's Soccer vs. College of the Desert 3:00 p.m. | 21 Women's Golf vs. Fullerton & Irvine Valley Cottonwood All Day | 22 | 23 Women's Soccer @ 3:15 Women's Volleyball @ 5:00 p.m. | 24 |
| 25 | 26 | 27 Men's Soccer vs. City College 3:15 p.m. | 28 | 29 | 30 Women's Soccer @ 3:15 Women's Volleyball @ 5:00 p.m. | |

Cuyamaca Athletic Department Mission

To provide all student-athletes quality intercollegiate sports that will complement the college's instructional programs, enhance student life on campus, and foster community interest and support.