



# Women's Cross Country

## 2009 Quick Facts

### General

**Name of School:** Xavier University of Louisiana  
**City/Zip:** New Orleans LA 70125  
**Founded:** 1925 by the Sisters of the Blessed Sacrament  
**Enrollment:** 3,236 (fall 2008 semester)  
**Nickname:** Gold Nuggets (women), Gold Rush (men)  
**School Colors:** Gold and white  
**Affiliation:** NAIA Division I  
**Conference:** Gulf Coast Athletic ([www.gcaconf.com](http://www.gcaconf.com))  
**President:** Dr. Norman C. Francis  
**Alma Mater, Year:** Xavier, 1952  
**Athletics Director:** Dennis Cousin  
**Alma Mater, Year:** Southern University, 1967  
**Administrative Assistant II:** Alma Henderson  
**Administrative Assistant:** Lauren Alexis  
**Athletics Department Phone:** (504) 520-7329  
**Athletics Trainer:** Melvin Wallis  
**Alma Mater, Year:** Nicholls State, 2005

**SID Mailing Address:** 1 Drexel Drive, Campus Box 92, New Orleans LA 70125 (same address for overnight shipping)  
**Athletics Web Site:** [www.xula.edu/athletics](http://www.xula.edu/athletics)  
**Women's Cross Country Site:** [www.xula.edu/athletics/wcc](http://www.xula.edu/athletics/wcc)

### Team Information

**2008 Overall Record:** 29-69  
**2008 GCAC Finish:** 1st place out of 5 schools  
**2008 NAIA National Championships Finish:** 32nd place out of 32 schools  
**GCAC Championships Won:** 4 — 2008, 2007, 2006, 2002  
**NAIA Region XIII Championships Won:** 1 — 2002  
**NAIA National Championships Appearances:** 4 — team in 2002 and 2008, individuals in 2001 and 2003  
**Letterwomen:** 6 returning, 1 lost

### Sports Information

**Sports Information Director:** Ed Cassiere  
**SID Office Phone:** (504) 520-5707  
**Home Phone:** (504) 888-4004  
**Cell Phone:** (504) 256-5380  
**E-Mail:** [ecassier@xula.edu](mailto:ecassier@xula.edu)  
**Alternate E-Mail:** [ecassiere@yahoo.com](mailto:ecassiere@yahoo.com)  
**SID Fax:** (504) 520-7934

### Cross Country Staff

**Head Coach:** Joseph Moses, fifth season  
**Alma Mater, Year:** LSU, 1994  
**Record at School (Years):** 113-195 (4 years)  
**Career Record (Years):** 113-195 (4 years)  
**Cross Country Office Phone:** (504) 520-5007  
**Cross Country Fax:** (504) 520-7934  
**Head Coach E-Mail:** [jmoses@xula.edu](mailto:jmoses@xula.edu)  
**Best Time to Reach Coach:** Weekday mornings  
**Student Assistant Coach:** Ashley Broden  
**Student Manager:** Christian Thomas

### Runner Information

Letterwomen Returning	Ht.	Wt.	Cl.	Exp.	Meets	5K Career Best	Other
Ebony Harding	5-1	110	Sr.	3L	8	19:48.84	All-Louisiana and All-GCAC three times; holds 5K school record
Anna D'Souza	5-3	100	So.	1L	8	20:58.31	All-GCAC; Louisiana co-Freshman of the Year
Stacey Windon	5-2	115	Jr.	2L	8	21:16.22	All-GCAC twice
Ashley Taylor	5-2	110	So.	1L	8	21:33.28	All-GCAC
Jennifer Garcia	5-6	130	Sr.	1L	8	22:02.51	
Brittany Everett	5-6	130	Jr.	1L	0	23:51.62	Did not run in 2008 because of injury

Letterwomen Lost	Ht.	Wt.	Cl.	Exp.	Meets	5K Career Best	Other
Ashley Broden	5-5	142	Sr.	4L	3	20:24.38	All-GCAC three times; XU student assistant coach in 2009

Newcomers	Ht.	Wt.	Cl.	Exp.	Hometown	Most Recent School
Rubeneisha Cooper	5-3	127	Fr.	HS	Pearland, Texas	Pearland High School
Brianna Dekine	5-8	145	Fr.	HS	Culver City, Calif.	Culver City High School
Sabrina Vargas	5-2	108	Fr.	HS	Brookshire, Texas	Royal High School
Dominique Webb	5-3	105	Fr.	HS	Carson, Calif.	St. Mary's Academy (Inglewood, Calif.)