

2004 CROSS COUNTRY HEAD COACH

BOB BRAMAN UNIVERSITY OF FLORIDA (80')



In just two seasons on the women's side and three on the men's side, head cross country coach Bob Braman has accomplished one of the many goals he set for the Florida State cross country program – make it to the national

championships. The 2003 ACC Men's Cross Country Coach of the Year, entering his fifth season at the helm of the Seminole program has great expectations for a program, that returns many talented young stars.

During the 2003 season, both cross country squads went to the NCAA National Championship meet, held in Cedar Falls, Iowa. Senior Vicky Gill and junior Natalie Hughes earned All-American status, en route to an 18th place finish, up ten spots from last year's team that finished 28th. In addition to earning All-America honors, Gill won her second NCAA South Region meet and NCAA South Region Athlete of the Year honors. On the men's side, FSU qualified as a team for the first time since 1981 after a record-setting second-place finish at the ACC Championships and another runner-up spot at the NCAA Regionals.

Braman has coached eight distance runners to All-American honors in cross country and track and in 2002, Braman's men's cross country squad placed fifth at the ACC Championships and fourth in the South Region, narrowly missing an automatic bid to the NCAA Championships. Under Braman's guidance, then sophomore Joep Tigchelaar earned his second consecutive trip to the NCAA Championships with the last coming as an automatic bid. Tigchelaar is the first Seminole to earn All-ACC Cross Country honors three times.

Among the outstanding Florida State student-athletes that have come through Tallahassee, Braman coached the best female distance runner in FSU history. He guided five-time All-America Vicky Gill through three years of track and field and cross country. The 2002 and 2003 NCAA South Region Athlete of the Year is the only female two-time cross country All-American and one of two Lady Seminoles to earn the honors in both track and field and cross country in Florida State history. Gill owns the school records for the indoor 3000m record, the outdoor 10k record and both 5000m school records.

In 2004, the Seminoles broke or tied ten track and field records,

finishing the outdoor season in the top 20 on the men's side and 28th on the women's side. The indoor season ended with a 24th place finish for the women behind All-Americans Natalie Hughes and Vicky Gill while the men repeated as Atlantic Coast Conference Indoor Champions. Braman coached 32 student-athletes to 41 NCAA East Regional qualifying marks and brought home four All-Americans and one All-American relay in his first trip to the NCAA Outdoor Track and Field National Championships as head Tribe coach. The All-American men's 4x100m relay finished first during the preliminary race, tying the fastest collegiate time of the season, 38.92.

Braman took over the FSU track and field program when longtime head coach Terry Long retired at the end of the 2003 season. During Long's last season as head coach, the Seminoles won many honors on the track including seven record setting performances during the season, capturing the men's ACC Outdoor title, finishing as the conference runner-up on the women's side, earning three Coach of the Year honors, the men's ACC Outdoor and Indoor Rookie of the Year awards and the men's ACC Outdoor Performer of the Year. The Seminoles entered the NCAA Outdoor Championships with a total of 23 athletes, the most to qualify for the NCAA's from Florida State since the early '80s. The Seminoles ended the season with seven All-Americans and setting three school records during the championships.

The FSU women enjoyed one of the most successful seasons in cross country history under Braman in 2002. The 2002 season included a sixth place finish at the ACC Championships, the NCAA South Region runner-up and the Tribe's first-ever appearance in the NCAA Championships. Senior Vicky Gill finished 15th overall out of 254 runners at the National Championships and became FSU's first ever NCAA All-American in cross country.

In 2001, Braman's second season in Tallahassee, both the men's and women's cross country teams earned national rankings. The men finished the season in third place at the South Region, missing the NCAA qualifier by one point. During that season, both squads posted their best finishes at the NCAA South Regional in school history. Then freshman Natalie Hughes was the top freshman in the country at 1500 meters and earned All-American status.

Braman's distance runners have achieved unparalleled heights on the track as well. Every women's school record from the 1500m to the 10,000m events have been set during his tenure. On the men's side, distance runners have won seven ACC individual titles, with Joep Tigchelaar shattering a 30-year

old record and leading the nation with a 28:33 time in 2003 and a 22-year old mark in the 5000m run (13:46.01) in 2004. Freshman Tom Lancashire erased a 25-year old record in the indoor mile run with a 4:04.33 at the Adidas Invite during the 2004 indoor season.

Braman began his coaching career at USF in 1983 as a men's cross country assistant. He was promoted to head coach in 1985 and initiated the women's cross country program in 1987. When South Florida began its track program in 1991, Braman assumed head coaching duties for that sport as well. Under Braman's guidance the USF men's cross country team won the last three Conference USA titles (1997, 1998, 2000) while the women's team was the two time defending Conference USA champion (1998 – 1999). Braman also coached both men's and women's cross country teams to a top 30 finish in 1999.

While at USF, Braman's men's cross country teams also won six straight conference titles between 1988 and 1993, three in the Sun Belt Conference and three in the Metro Conference. Braman was honored as coach of the year 14 times. His men's cross country teams earned national rankings in ten of his last 12 years, including a No. 5 national ranking in 1991, while the women's teams were ranked four of his last six years. Braman coached 41 national qualifiers on the track, including two-time NCAA champion Jon Dennis (5000m 1992 and 1993).

Braman, 46, is married to the former Debbie Turner and has two sons, Steven (16) and Tyler (14). Braman graduated from the University of Florida in 1980 with a bachelor's degree in broadcasting. He was the captain of the Gator's cross country team for three seasons and garnered All-SEC honors in cross country (1979 and 1980) and indoor track (1979). He was also the University of Florida's record holder in the indoor three-mile run.



2004 CROSS COUNTRY ASSISTANT COACHES



JACKIE RICHARDS
ASST. COACH • NEW MEXICO ('98)

Jackie Richards begins her third season as an assistant coach for the Florida State cross country and track and field programs after much success during her first two years. In addition to Richards responsibilities as assistant cross country coach, she works with the women's jumps, men's and women's multi's during the track season . She was

instrumental in leading both cross country teams to national berths last season. Her responsibilities include working with athletes in the fall speed development program, recruiting, team travel and equipment.

Prior to joining the Seminoles, Richards was the head horizontal jumps coach for the men's and women's squad at Sacramento State University, as well as the assistant coach for cross country. During her first season, she had eight Big Sky Conference finalists, and two All –Conference team members. Prior to her position at Sacramento State, Richards served as the assistant coach for the men's and women's track and field and cross country programs at the University of Idaho. Richards also helped guide the men's and women's track teams to first-place finishes at the 2001 Big West Conference Championships. After a successful NCAA finish, the Vandal women ranked 14th in the nation while the men finished 23rd.

Richards' coaching career began in 1994 with the Prince George Track and Field Club in British Columbia where she served as the head junior development coach. After her fifth year with the club, she was recognized in Canada for excellence in coaching. Richards ran for the Prince George Track and Field Club and competed nationally for Canada including a three-medal performance at the Canadian Junior Championships. She was a several-time provincial champion in her native British Columbia.

Richards went on to compete for the University of New Mexico earning All-Western Athletic Conference scholar-athlete honors from 1995-98. She graduated summa cum laude from New Mexico with her bachelor's degree in exercise science. In 2002, Richards received her master's degree in physical education with a concentration in sport science from the University of Idaho. Richards is a USATF Level 2 track and field certified coach.



ALTHEA BELGRAVE
GRADUATE ASSISTANT • IDAHO ('97)

Althea Belgrave is returning for her second season as a graduate assistant with the Seminoles cross country and track and field staffs. In addition to her responsibilities in the office as recruiting and compliance coordinator, Belgrave oversees the Seminoles Strider program. Belgrave spent four seasons running track and two running cross country at the University of Idaho. The three time Barbadian

national 800 meter and 1500 meter champion earned All Big West Conference team honors in 1997 in the 800 meters. Belgrave held the national Barbadian record in the 1500 meter event. Belgrave spent two seasons running cross country during her freshman and senior years racing in the 5000-meter event. During her senior season, Belgrave led all women at University of Idaho with the fastest time in the 5000-meter event. After her graduation in 1997, Belgrave worked as a volunteer coach and then as a graduate assistant. As a graduate assistant coach, Belgrave worked with middle distance to long distance runners for the 2003 Big West women's championship track and field team. She also helped with meet management for indoor and outdoor home jumps events. Belgrave earned her master's in education at the University of Idaho in counseling of human services. Belgrave is a native of St. John, Barbados.



KEITH BATTEN
GRADUATE ASSISTANT • USF ('94)

Batten joins the Seminole coaching staff this season as a graduate assistant pursuing a masters degree in Recreation & Leisure Administration. The former USF standout will assist the cross country and track and field coaching staff with administrative duties, coordinating travel and assisting with home meet management. Batten spent three and a half seasons with current Seminole head coach Bob Braman at the USF before he took over the cross country program. Batten, a former walk-on for the Bulls, was an NCAA 10K National Qualifier in addition to a two-time Metro Conference Champion (3K and 10K). He earned All-Metro Conference honors in cross country and on the track en route to NCAA All-South Region honors. The native of Clearwater, Fla., was an integral part of the three-time Metro Conference Cross Country Champion USF Bulls.



PETER ORMSBY
ADMINISTRATIVE ASSISTANT • ELON ('98)

Peter Ormsby enters his fourth season on the Tribe's coaching staff, assisting the cross country and track and field teams with practice, training and administrative duties. He serves as the home meet director for the Florida Intercollegiate meet. The first two years with the Tribe, the Annapolis, Md. native worked with the team as the head performance enhancement consultant.

He is pursuing a doctoral degree in sports psychology. Ormsby received his master's degree in sport psychology from the University of Tennessee-Knoxville. Ormsby was a four-year letter winner at Elon University in cross country helping to lead the Phoenix to the South Atlantic Conference Championships in 1994 and 1996. He went on to coach at Godby High School in Tallahassee where he coached the school's first female state qualifier to a top 30 finish as a freshman. Ormsby is a USATF Level 1 track & field certified coach.