

2005 SEMINOLES HEAD COACH



Bob Braman is entering his sixth season at the helm of Florida State's cross country program. Braman has reached the first platform in his plan to take FSU to the top of the natural cross country scene. He is the only coach in FSU history to take both the men's and women's team to the NCAA National Championships.

In 2004, Braman coached the men's team to their second consecutive NCAA National Championships where they finished in 17th place. The men's squad also won their first ever NCAA South Region title earning Braman the regional men's cross country coach of the year honor. Junior Andrew Lemoncello won the Seminoles' first individual ACC 10K Championship and the men's



team finished in second-place, just one point shy of first. Four members of the men's team received All-ACC honors, which set a school record for most conference cross country selections.

On the women's side, Braman coached them to a fourth place finish at regionals where Laura Bowerman and Natalie Hughes each earned All-South Region honors. Bowerman barely missed an individual berth to nationals by two spots as she ran a collegiate best 6K of 20:19, which was the third fastest 6K in FSU history.

During the 2003 season, both cross country squads went to the NCAA National Championship meet, held in Cedar Falls, Iowa. Vicky Gill and Natalie Hughes earned All-American status en route to a 18th-place finish, the best finish in program history and up ten spots from last year's team — the first ever to qualify for nationals — that finished 28th. In addition to earning All-American honors, Gill won her second NCAA South Region meet and NCAA South Region Athlete of the Year honor. 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.

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, Joep Tigchelaar earned his second consecutive trip to the NCAA Championships with the last coming as an automatic bid. Tigchelaar was the first Seminole to earn All-ACC Cross Country honors twice.

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 and NCAA runner-up in the 10,000m ('04), Vicky Gill through three years of track and field and cross country. The 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.

On the track in 2005, the men's team had its best season in over 20 years tying for fourth place at the NCAA Outdoor Track and Field Championships. Walter Dix became the first Seminole since 1980 to win an outdoor national title as he won the 100m and seven other Seminoles earned All-American honors. The women's team sent three qualifiers to nationals, including cross country standout Barbara Parker who competed in the 3000m steeplechase. The women's program finished 4th at the ACC Outdoor Championships. Braman earned multiple coaching honors during the 2005 track season including ACC Men's Indoor and Outdoor Coach of the Year and USTCA Indoor South Region Coach of the Year.

In 2004, the Seminoles broke or tied ten 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 dur-

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ing the preliminary race, tying the fastest collegiate time of the season, 38.92.

Braman took over the FSU track and field program when long-time 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, 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 ended the 2003 outdoor track season with seven All-Americans and three school record setting performances at the national championships.

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 female NCAA All-American in cross country.

In 2001, Braman's second season in Tallahassee, both the men's and women's 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. Natalie Hughes was the top freshman in the country at 1500 meters and earned All-American status.

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 USF 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, 47, is married to the former Debbie Turner and has two sons, Steven (17) and Tyler (15). 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 NCAA South Region Men's Cross Country Coach of the Year
2003 Atlantic Coast Conference Men's Cross Country Coach of the Year
2005 ACC Men's Outdoor Track Coach of the Year
2005 ACC Men's Indoor Track Coach of the Year
2005 USTCA Indoor South Region Track Coach of the Year



Sean McManus joins the Seminole coaching staff this season as an assistant coach for the cross country program. In addition to McManus' responsibilities as assistant cross country coach, he will assist with recruiting, coordinating travel and home meet management.

Prior to joining the Seminoles, McManus was an assistant cross country and track coach at the University of Notre Dame from 2001-02 and 2003-05. McManus oversaw training for student-athletes competing in mid to distance and cross country events. He was instrumental in recruiting top local, national and international student-athletes to a highly competitive academic institution. During his time at Notre Dame, McManus coached student-athletes earning 25 All-American, 64 All-Big East and 22 All-Great Lakes Region honors as well as four Academic All-Americans. He helped to produce 13 individual Big East champions and two Big East Athletes of the Year. McManus is no stranger to the NCAA National Championships scene as he helped guide the men's and women's cross country squads to multiple appearances. During McManus' tenure the men's team finished 6th (2001) and 11th (2004) and the women's team finished 19th (2001), 10th (2003) and 4th (2004). The Fighting Irish grad was an integral part of a Notre Dame staff that earned two Big East coaching staff of the year honors.

From 2002-03, McManus served as a volunteer assistant at the University of Florida where he assisted the men's and women's cross country and distance programs. He helped to produce six All-SEC, five All-South Region, one All-American and one Academic All-District award winner. McManus earned his masters in exercise science with a specialization in sports pedagogy with an emphasis on athlete motivation.

As an undergraduate, McManus attended the University of Notre Dame from 1996 to 2001 where he earned his bachelors in civil engineering. He competed for four years in cross country and track, in the 10,000m and cross country events. He helped his cross country team to four top 12 team finishes at the NCAA Championships, while running for the Fighting Irish.



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Althea Belgrave is returning for her third season as a graduate assistant with the Seminoles. She will continue assisting the women's cross country serving as the compliance and recruiting contact and head of the Seminoles Strider program. In the spring, she works with the track and field team in the steeplechase and middle distance events.

Belgrave spent four seasons running track and two running cross country at the University of Idaho where she held school records in the 800m and mile. The three time Barbadian national 800m and 1500m champion earned all Big West Conference team honors in 1997 in the 800 meters. Belgrave currently holds the Barbadian national 3000m Steeple record.

After her graduation in 1997, Belgrave worked as a volunteer coach and then as a graduate assistant. As a graduate assistant, 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 is entering his second season as a graduate assistant with the Seminoles' cross county and track and field programs. The former USF standout will continue to 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 USF before Braman took over the cross country program at FSU. 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 in addition to NCAA All-South Region honors. The native of Clearwater, FL was an integral part of the three-time Metro Conference Champion USF Bulls. He is currently pursuing a master's degree in recreation & leisure administration.



Joey Zins is entering his second season on the Seminoles' cross country and track and field staffs. He joined Florida State's program after an outstanding career at Georgia Tech as a distance runner. At Georgia Tech, he competed on the cross country team and in the 5000m and 10000m events. The Atlanta, Ga., native earned All-NCAA South Region honors in 2001 in cross country and was a member of the Yellow Jacket squad that finished in second place in 1998. Since graduation, Zins has competed in a number of running events with the Atlanta Track Club, including the U.S. Half Marathon Championships in Boulder, Colo., where he finished 11th overall. Zins will help the FSU coaching staff with home meets and practices.



Vicky Gill, the best cross country runner in Florida State school history, returns for her second season as an administrative assistant with the Seminole program. The five-time All-American will continue to help the Tribe's coaching staff in the office. During Gill's time on the cross country course, she was a two-time NCAA South Region Athlete of the Year in addition to three-time All-ACC and All-NCAA South Region team. She holds the fastest all-time 6K time with a mark of 19:48.04, recorded at the 2004 south regional meet. On the track, Gill was just as impressive, setting the Florida State school bests in the indoor 3000m and 5000m events and outdoor 5000m and 10,000m races. In 2004, Gill was the NCAA runner-up in the 10,000m.

