

Coaches



The Seminole Coaching Staff

“I think they (Florida State) are starting to become consistent; Leonard Hamilton is a really good coach and an outstanding recruiter. Hamilton’s making a dent and bringing some really quality kids into Tallahassee and they’re going to see a quantum leap.”

— Jay Bilas
ESPN College Game Night
January 18, 2005

Shooting for

Leonard Hamilton works to ensure that each of his players is achieving at his highest level and encourages them to reach greater heights than even they thought could be achieved.



Head Coach

Austin Peay State '73

Tennessee-Martin '71

**Fourth Season at
Florida State
(45-48, .484)**

**18th Season as
a Collegiate
Head Coach
(245-258, .487)**



Leonard Hamilton is a winner who displays his incredible range of abilities with each task he faces during a given day. Those tasks range from coaching his players to recruiting future All-Americans to overseeing his players' academic progress. He works to ensure that each of his players is achieving at his highest level and encourages them to reach greater heights than even they thought could be achieved.

He has approached his job the same way since becoming a collegiate coach more than 30 years ago and continues to achieve incredible success with every challenge he accepts.

Now in his fourth season as the head coach at Florida State and 18th as a collegiate head coach, Hamilton relies on the knowledge he has gained as a coach in the nation's top three conferences and continues to work tirelessly to build the Seminoles into a program of significance both in the Atlantic Coast Conference and across the nation.

With improvements to every aspect of Florida State's program – talent, depth, recruiting and commitment to the overall excellence of the team and its players – coming under his leadership, the Seminoles have become one of the most talked about teams in the nation.

Hamilton led the Seminoles to the second round of the NIT in 2004, improved the team's victory total in two of his first three seasons, recruited and coached only the second All-ACC First-Team selection in school history, landed three of the nation's top recruiting classes (including the consensus No. 1-ranked class in the nation in 2003) and defeated six nationally ranked teams since his arrival at Florida State. Hamilton has made Seminole basketball an event in Tallahassee and returned the pride to Florida State alumni and fans across the nation.

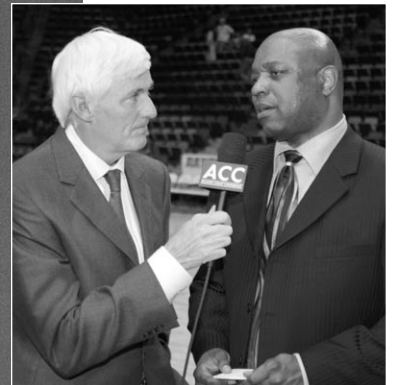
Hamilton was hired on March 19, 2002 to return the Seminole men's basketball program to the glory it had earned when it played for the 1972 national championship and regularly competed for, and won, conference championships during the 1980's and early 1990's.

Hamilton was the Washington Wizards' head coach in 2001 and the head coach at the University of Miami for 10 years prior to that (1991-00) when he became the eighth head coach in Florida State men's basketball history.

In his final season at Miami, Hamilton guided the Hurricanes to their second straight 20-win season, a share of the Big East regular season championship and the school's first trip to the Sweet 16 of the NCAA Tournament. The Hurricanes finished 23-11, including a 13-3 conference record, and were ranked 23rd in the nation in the final Associated Press poll and 20th in the final *USA Today*/ESPN poll. Miami's 23 wins matched the team's 1998-99 total and, at the time, tied the school record for victories in a season.

Under Hamilton's leadership, Miami became one of the nation's top programs, advancing to postseason play five times in his final six seasons including three consecutive NCAA Tournament appearances from 1998-2000. Miami's winning records in his final six seasons meant the Hurricanes joined Syracuse and Connecticut as the only Big

the TOP



Leonard Hamilton and the Seminoles are one of the most popular teams in the ACC with nearly all of their games slated for television during the 2005-06 season.



Leonard Hamilton works with one of the most experienced coaching staffs in basketball.





Leonard Hamilton is an acclaimed teacher of the game who gets the most out of every one of his players on and off the court.

At the conclusion of the 1995 season, Hamilton was named the United Press International National Coach of the Year.

East schools to have an overall winning record from 1995-2000. The Hurricanes' 48-22 Big East mark over his last four seasons tied Connecticut for the best conference record over that period. Over his last two seasons, Miami registered a league-best 28-6 conference record for a .824 winning percentage.

In his final season with Miami, Hamilton's Hurricanes recorded three wins over ranked teams including a 74-70 home win over No. 18 St. John's, marking the sixth straight season Miami had defeated a ranked opponent in Miami Arena.

In the 40 seasons prior to Hamilton's arrival, the Hurricanes reached the postseason just four times including one NCAA tournament appearance (1960). In his 10 seasons at Miami, Hamilton led the Hurricanes to five postseason appearances.

Along with the rise of the Hurricanes' program, Hamilton's players also continued to develop and win individual awards. In 1999-2000, guard Johnny Hemsley earned Second-

Team All-Big East honors while center Mario Bland was named to All-Conference Third-Team.

In 1998-99,

Hemsley and forward Tim James were named All-Big East First-Team. The Hurricanes joined Syracuse (eight times), Georgetown (twice), Pittsburgh, St. John's and Villanova as the only schools to have two players named All-Big East First-Team in the same season. In 10 seasons under Hamilton, the Hurricanes had 13 All-Conference selections.

In 1998-99, Tim James was named Big East Co-Player of the Year, along with Connecticut's Richard Hamilton, and Johnny Hemsley was selected as the league's Most Improved Player.

The Hurricanes' nine-win conference increase tied Louisiana Tech for the best in the nation. Miami's eight-win overall improvement tied for the third best single season increase in school history.

At the conclusion of the 1995 season, Hamilton was named the United Press International National Coach of the Year.

His peers also recognized Hamilton as the league coaches tabbed him Big East Conference Coach of the Year for the first time.

Hamilton took home even more hardware at the end of the 1999 season. He was named Big East Coach of the Year for the second time joining Jim Calhoun, Lou Carnesecca, Jim Boeheim, John Thompson and P.J. Carlesimo as the only coaches to win the award more than once. Hamilton was later honored as the *Eastern Basketball Coach of the Year*. In 2000, he was named the Black Coaches Association (BCA) Coach of the Year.

Hamilton understands that defense wins championships. Under his tutelage the Hurricanes became one of the nation's top defensive teams. Miami ranked nationally in field goal percentage defense in each of his last four seasons including a No. 1 national ranking in 1997-98. In his final season, the Hurricanes ranked 22nd in the nation in field goal percentage defense holding teams to 39.4 percent shooting. In 1998-99, the Hurricanes ranked 13th in the nation holding teams to 38.4 percent shooting. Since his arrival at Florida State, the Seminoles have become the toughest team to score against in the ACC and led the league in scoring defense in 2003.

Hamilton has continued that tradition since coming to Florida State. The Seminoles ranked seventh in the nation in field goal percentage defense and 16th nationally in steals per game in 2002-03. Tim Pickett, a Hamilton recruit and All-ACC First-Team selection, led the conference in steals with 82 during the 2003 season. He became only the third player in school history to lead the ACC in steals. During the 2003-04 season, the Seminoles finished eighth nationally in 3-point field goals made per game and 21st in field goal percentage defense. In addition, Pickett finished 10th in 3-point field goals made per game and 18th nationally in steals per game.

Despite all his success on the court, Hamilton never lost sight of his No. 1 priority: the student-athlete. His number one goal is to help prepare his players for the challenges they will encounter in life. In his 10 seasons at Miami, 28 of Hamilton's 31 seniors received their degrees. In three seasons at Florida State, he has helped 12 of 12 seniors earn their degrees including Pickett, a 2004 NBA second round draft selection of the New Orleans Hornets.

For his work both on and off the court, Coach Hamilton was honored as one of four finalists for the 2000 Coach Wooden "Keys to Life" Award. The award is given annually to a coach who best exemplifies Coach John Wooden's philosophy of emphasizing the fact that impacting the life of a student is more significant than any winning percentage. He was named one of Tallahassee's Top 33 citizens in 2004 by the *Tallahassee Democrat*.

Hamilton arrived at Miami from Oklahoma State where he spent four years rebuilding the Cowboys' program. He led them to consecutive appearances in the NIT, the first back-to-back postseason appearances for OSU since 1953-54.

Prior to his tenure at Oklahoma State, Hamilton was on the staff at the University of Kentucky where he spent 12 seasons with one of the top programs in the country. From 1974-80, he served as an assistant coach, and in 1980 he was honored by being named the first associate head coach in Kentucky basketball history.

During his 12 seasons at Kentucky, the Wildcats registered a 296-83 (.781) record, won eight SEC regular season championships, two SEC tournament titles, went to three Final Fours and won the national title in 1978.

Hamilton's coaching career began at Austin Peay State University where he served as a graduate assistant from 1971-73 and then as a full-time assistant from 1973-74. The Governors won back-to-back Ohio Valley Championships in Hamilton's last two seasons at the school. Hamilton recruited and



coached James "Fly" Williams, the 1974 conference Player of the Year and two-time all-conference selection. Williams was a two-time consensus All-America in 1973 and 1974, the only two-time All-America in school history. The Governors won the OVC Championship and played in the NCAA Tournament in 1973.

He played at Gaston (NC) Community College where he set a school record by scoring 54 points in a game, and later at the University of Tennessee-Martin where he is a charter member of the school's hall of fame. At both schools he served as a team captain. Additionally, while at Tennessee-Martin, Hamilton received both the team Most

Valuable Player Award and the Best Defensive Player Award his senior season.

He earned his Bachelor of Science degree in physical education from Tennessee-Martin in 1971, and received a master's degree in physical and health education from Austin Peay State in 1973.

Leonard Hamilton's Coaching Record

COLLEGIATE COACHING RECORD

Year	School	Record	Winning Pct.	Postseason
1986-87	Oklahoma State	8-20	.286	
1987-88	Oklahoma State	14-16	.467	
1988-89	Oklahoma State	17-13	.567	NIT 2nd Round
1989-90	Oklahoma State	17-14	.548	NIT 2nd Round
1990-91	Miami	9-19	.321	
1991-92	Miami	8-24	.250	
1992-93	Miami	10-17	.370	
1993-94	Miami	7-20	.259	
1994-95	Miami	15-13	.536	NIT 1st Round
1995-96	Miami	15-13	.536	
1996-97	Miami	16-13	.552	NIT 1st Round
1997-98	Miami	18-10	.643	NCAA 1st Round
1998-99	Miami	23-7	.767	NCAA 2nd Round
1999-00	Miami	23-11	.676	NCAA Sweet 16
2002-03	Florida State	14-15	.483	
2003-04	Florida State	19-14	.576	NIT 2nd Round
2004-05	Florida State	12-19	.387	
Totals		245-258	.487	8 Postseason Appearances
At Oklahoma State		56-63	.471	2 Postseason Appearances
At Miami		144-147	.495	5 Postseason Appearances
At Florida State		45-48	.484	1 Postseason Appearance

PROFESSIONAL COACHING RECORD

2000-01 Washington Wizards (NBA)	19-63	.232
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EXPERIENCE AS A COACH

- 2002-Present Head Coach, Florida State University
- 2000-01 Head Coach, Washington Wizards
- 1990-00 Head Coach, University of Miami
- 1986-90 Head Coach, Oklahoma State
- 1980-86 Associate Head Coach, University of Kentucky
- 1974-80 Assistant Coach, University of Kentucky
- 1973-74 Assistant Coach, Austin Peay State
- 1971-73 Grad. Assistant, Austin Peay State

AS A PLAYER

- 1969-71 Two-year letterman, University of Tennessee-Martin
- 1966-68 Two-year letterman, Gaston Community College

EDUCATION

- 1973 M.A. Physical and Health Education, Austin Peay State
- 1971 B.S. Physical Education, University of Tennessee-Martin

PERSONAL

Full Name: J. Leonard Hamilton

Leonard Hamilton's NBA Players

Name	Round	Year	Team	College
"Fly" Williams	9th	1976	Philadelphia	Austin-Peay
Kevin Grevey	1st	1975	Washington	Kentucky
Jimmy Dan Connor	2nd	1975	Phoenix	Kentucky
Bob Guyette	3rd	1975	Kansas City-Omaha	Kentucky
Mike Flynn	7th	1975	Philadelphia	Kentucky
Larry Johnson	2nd	1977	Buffalo	Kentucky
Rick Robey	1st	1978	Indiana	Kentucky
Jack Givens	1st	1978	Atlanta	Kentucky
James Lee	2nd	1978	Seattle	Kentucky
Mike Phillips	3rd	1978	New Jersey	Kentucky
Kyle Macy	1st	1979	Phoenix	Kentucky
Truman Claytor	6th	1979	Detroit	Kentucky
LaVon Williams	5th	1980	Cleveland	Kentucky
Jay Shidler	9th	1980	Chicago	Kentucky
Fred Cowan	6th	1981	Houston	Kentucky
Chuck Verderber	7th	1982	Chicago	Kentucky
Dirk Minnefield	2nd	1983	Dallas	Kentucky
Derrick Hord	4th	1983	Cleveland	Kentucky
Charles Hurt	6th	1983	Milwaukee	Kentucky
Dicky Beal	4th	1984	Atlanta	Kentucky
Sam Bowie	1st	1984	Portland	Kentucky
Jim Master	6th	1984	Atlanta	Kentucky
Melvin Turpin	1st	1984	Washington	Kentucky
Kenny Walker	1st	1986	New York	Kentucky
Roger Harden	5th	1986	Los Angeles	Kentucky
James Blackmon	5th	1987	New Jersey	Kentucky
Rex Chapman	1st	1988	Charlotte	Kentucky
Rob Lock	3rd	1988	L.A. Clippers	Kentucky
Ed Davender	3rd	1988	Washington	Kentucky
Winston Bennett	3rd	1988	Cleveland	Kentucky
John Starks	Free Agent	1990	Golden State	Oklahoma State
Richard Dumas	2nd	1991	Phoenix	Oklahoma State
Byron Houston	1st	1991	Chicago	Oklahoma State
Corey Williams	2nd	1992	Chicago	Oklahoma State
Joe Wylie	2nd	1991	L.A. Clippers	Miami
Constantin Popa	2nd	1995	L.A. Clippers	Miami
Tim James	1st	1999	Miami	Miami
John Salmons	1st	2002	San Antonio	Miami
James Jones	2nd	2003	Indiana	Miami
Tim Pickett	2nd	2004	New Orleans	Florida State
Von Wafer	2nd	2005	L.A. Lakers	Florida State

TOTAL PLAYERS: 41

Stan Jones

ASSOCIATE HEAD COACH • UNIV. OF MEMPHIS '84, '90
FOURTH SEASON AT FSU



Stan Jones is in his fourth season as the associate head coach at Florida State and in his 10th season as a coach on the collegiate level. He has helped guide six teams into the post-season and coached eight all-conference players in his first nine years at the collegiate level. Considered to be one of the pre-eminent coaches and recruiters in the nation, Jones helped Florida State advance to the second round of the NIT in 2004, has attracted three consecutive top-15 recruiting classes to Tallahassee and coached only the second All-ACC First-Team selection in school history during his first three years at Florida State.

Jones was instrumental in attracting the nation's No. 1 recruiting class to Florida State in 2003. Four different college basketball outlets – Rivals.com, the Official College Sports Network, Hoopmasters.com and the



Louisville Courier Journal – ranked the Seminoles' recruiting class as the nation's best. It marked the first time in Florida State men's basketball history that the Seminoles had recruited the nation's top class. He was named one of college basketball's top 25 recruiters in 2004.

The Seminoles ranked seventh nationally and second in the ACC in field goal percentage defense in 2003, first in the ACC in scoring defense in 2003 and first in the ACC and third in the nation in 3-point shots made in 2004.

Jones was also instrumental in the development of Pickett during the 2003 and 2004 seasons. Pickett earned All-America Honorable Mention and All-ACC First-Team selection during his two-year career at Florida State. In 2004, Pickett became only the second player in school history to earn All-Conference First-Team honors.

Jones has coached four teams in the NCAA Tournament in his first nine years as a coach on the collegiate level. Jones helped coach Miami into the NCAA Tournament during three consecutive seasons (1998-2000) and coached Mississippi State into the NCAA Tournament during the 2002 season. In both instances, at Miami and

Mississippi, Jones helped both programs return to the NCAA Tournament after lengthy absences. In 1998, the Hurricanes made their first tournament appearance since reviving the program in 1985. Mississippi State, which also won the Southeastern Conference Tournament championship in 2002, had not been to the NCAA Tournament since 1996, a span of six years.

Jones was also an assistant coach to Leonard Hamilton with the Washington Wizards in 2001.

Jones began his collegiate assistant coaching career at Miami under Hamilton in 1996. During his career at Miami, he helped guide the Hurricanes to a 95-54 record for a .638 winning percentage. The 95 wins (19.0 wins per season) were the most in a five-year period for the program since the 1959 through 1964 seasons. Miami won 23

Considered to be one of the pre-eminent coaches and recruiters in the nation, Jones helped Florida State advance to the second round of the NIT in 2004.

games in both 1999 and 2000 to mark only the third time in program history (and first time since 1964) the program had won at least 20 games in consecutive seasons.

Jones, who will turn 46 during the 2005-06 season, is married to the former Olga Campos. The couple has a daughter, Shannon (23), and a son, Adam (21).

The Jones File

College Coaching Experience

Assistant Coaching Positions

Year	School	Overall Record/ Conference Record	Accomplishments
1995-96	Miami	15-13/8-10 Big East	Big East Tournament, Quarterfinals
1996-97	Miami	16-13/9-9 Big East	Big East Tournament, Quarterfinals; NIT
1997-98	Miami	18-10/11-7 Big East	NCAA South Region, First Round
1998-99	Miami	23-7/15-3 Big East	NCAA East Region, Second Round
1999-00	Miami	23-11/13-3 Big East	NCAA South Region Semifinals
2001-02	Mississippi State	27-8/10-6 SEC	SEC Tournament Championship/ NCAA Midwest Region
2002-03	Florida State	14-15/4-12 ACC	ACC Tournament Quarterfinals
2003-04	Florida State	19-14/6-10 ACC	NIT Second Round
2004-05	Florida State	12-19/4-12 ACC	Defeated No. 3-Ranked Wake Forest



ike Jaskulski is in his fourth season as a member of Leonard Hamilton's staff at Florida State. He brings nearly 30 years of collegiate

coaching experience and knowledge of the game to the Seminoles' staff. Jaskulski is a winning coach who has recruited and developed winning basketball players throughout his career. In his seven years as a coach in the Big East (at Miami) and the ACC (at Florida State) – two of the nation's most highly rated conferences on an annual basis – he has consistently recruited the nation's most talented players and helped mold them into winners on collegiate basketball's biggest stages.

Since arriving at Florida State in 2002, Jaskulski has had his recruiting and coaching talents put to the test and has responded brilliantly. His teaching abilities helped the Seminoles advance to the second round of the NIT and win 19 games in 2004 while his recruiting expertise and coaching roots have helped the Seminoles attract three top-15 ranked recruiting classes. Florida State's recruiting class was ranked as the nation's best for the first time in the history of the program in 2003.

Jaskulski's expertise has helped the Seminoles become one of the nation's most improved defensive teams in the last three years. The Seminoles finished seventh in the nation and second in the ACC in field goal percentage defense and 16th in the nation and second in the ACC in steals per game in 2003. In 2004, the Seminoles were 21st nationally and second in the ACC in field goal percentage defense. The Seminoles were unranked nationally and in the bottom half of the ACC statistics prior to Jaskulski's arrival.

Jaskulski was a member of Hamilton's staff at Miami from 1994-97 when the Hurricanes made two postseason NIT appearances and played in the quarterfinal round of the Big East Tournament three times. Miami's

invitation to the NIT in 1995 was the school's first postseason tournament invitation in 31 years. In addition, Miami ranked among the nation's leaders in numerous statistical categories and increased their victory total by nine over the four-season span.

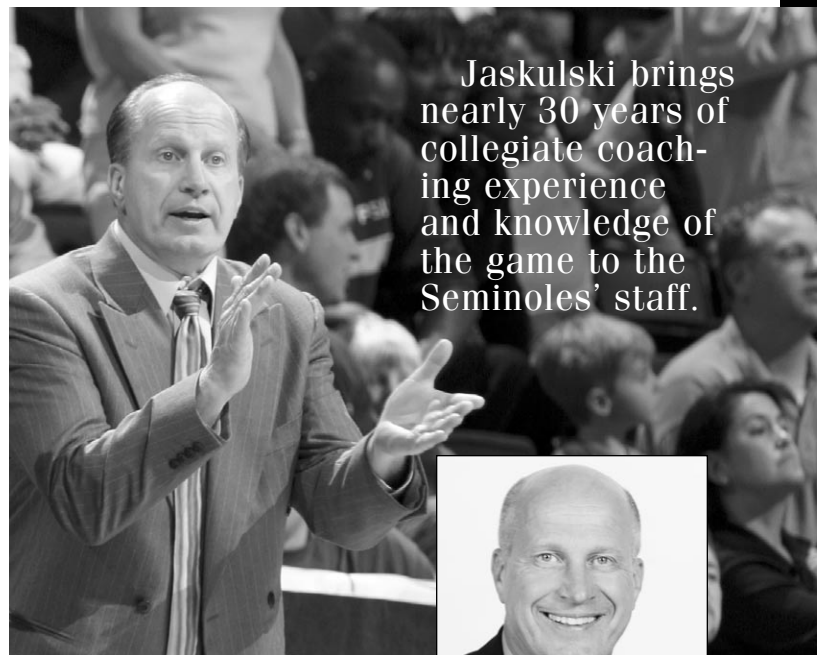
While serving as an assistant to Hamilton at Miami, Jaskulski helped the Hurricanes to the fifth best win-loss record in the Big East Conference. Miami advanced to postseason play in two of his final three years.

During the 1995 season, the Hurricanes engineered the greatest single season win-loss turnaround in school history and greatest in the nation during that season. Miami finished with a 15-13 record after finishing with a 7-20 record the year before.

Jaskulski, who will turn 52 during the 2005-06 season, is married to the former Marcia Anne Hendricks, a registered nurse. The couple has two daughters: Katie (14) and Carly (9).

Mike Jaskulski

ASSISTANT COACH • ST. NORBERT COLLEGE '76
UNIV. OF WISCONSIN '84 • FOURTH SEASON AT FSU



Jaskulski brings nearly 30 years of collegiate coaching experience and knowledge of the game to the Seminoles' staff.



The Jaskulski File

College Coaching Experience

Head Coaching Positions

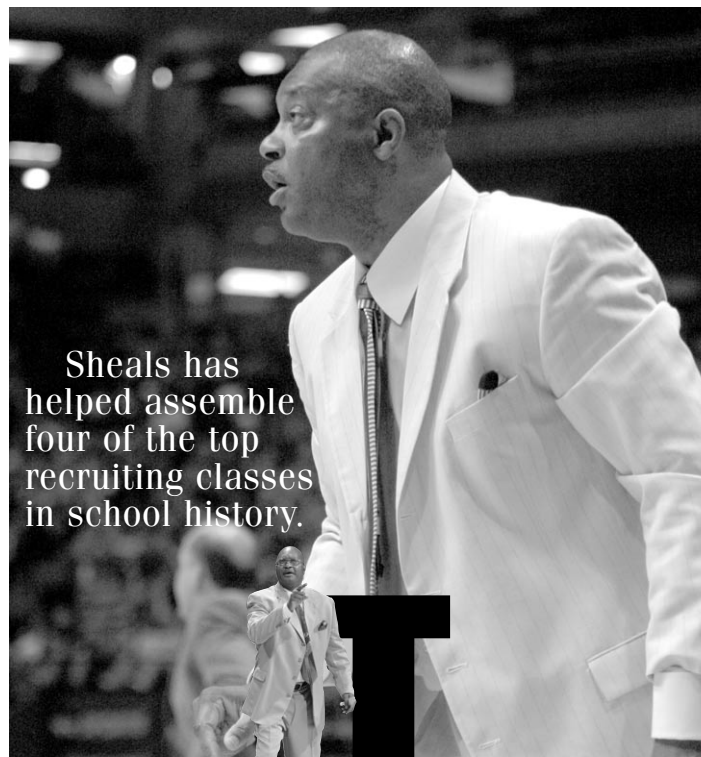
Year	School	Overall Record/ Conference Record	Accomplishments
1984-85	Loras College	19-10/Independent	4th place finish National Catholic Basketball Tournament
1985-86	Loras College	17-12/Independent	4th place finish National Catholic Basketball Tournament
1986-87	Loras College	11-15/5-11 Iowa Intercollegiate A.C.	4th place finish National Catholic Basketball Tournament
1987-88	Loras College	15-11/9-7 Iowa Intercollegiate A.C.	3rd place finish National Catholic Basketball Tournament
1997-98	Towson University	8-20/5-15 America East	No. 1 recruiting class in America East Conference
1998-99	Towson University	6-22/4-14 America East	No. 1 recruiting class in America East Conference
1999-00	Towson University	11-17/7-11 America East	
2000-01	Towson University	12-17/6-12 America East	

Assistant Coaching Positions

Year	School	Overall Record/ Conference Record	Accomplishments
1976-77	St. Norbert College	10-14/Independent	
1977-78	St. Norbert College	5-19/Independent	
1978-79	St. Norbert College	10-14/Independent	
1979-80	St. Norbert College	14-11/Independent	Defeated Division II Northern Michigan (ranked No. 5)
1980-81	St. Norbert College	16-11/Independent	
1981-82	St. Norbert College	11-11/Independent	
1982-83	Loras College	29-6/Independent	NAIA District 15 Champion
1983-84	Loras College	20-10/Independent	4th place finish National Catholic Basketball Tournament
1988-89	Maine	9-19/7-11 NAC	
1989-90	Maine	11-17/6-6 NAC	
1990-91	Maine	13-16/7-3 NAC	Title Game, North Atlantic Conference Tournament
1991-92	Maine	17-15/8-6 NAC	Tied school record for most wins at the time
1992-93	Maine	10-17/4-10 NAC	
1993-94	Miami	7-20/0-18 Big East	
1994-95	Miami	15-13/9-9 Big East	Big East Tournament, Quarterfinals, NIT
1995-96	Miami	15-13/8-10 Big East	Big East Tournament, Quarterfinals
1996-97	Miami	16-13/9-9 Big East	Big East Tournament, Quarterfinals, NIT
2002-03	Florida State	14-15/4-12 ACC	Defeated No. 5-ranked Duke, 75-70
2003-04	Florida State	19-14/6-10 ACC	NIT Second Round
2004-05	Florida State	12-19/4-12 ACC	Defeated No. 3-ranked Wake Forest, 91-83

Tony Sheals

ASSISTANT COACH • BETHUNE-COOKMAN '80
FOURTH SEASON AT FSU



Sheals has helped assemble four of the top recruiting classes in school history.

Tony Sheals is in his fourth season as an assistant coach at Florida State and in his 14th as a coach

on the collegiate level. He has helped assemble four of the top recruiting classes in school history during his first four years in Tallahassee and has begun helping those talented players develop into a solid foundation for the future of Seminole basketball.

In his first three years as a member of the Leonard Hamilton staff at Florida State, Sheals helped the Seminoles advance to the second round of the NIT in 2004, he increased its victory total in both 2003 and 2004, attracted three top-15 ranked recruiting classes and improved every aspect of the program. Sheals' basketball expertise, recruiting knowledge and ability to communicate with players has helped the Seminoles continue to display the characteristics of becoming one of the finest all-around programs in the nation.



Sheals has enjoyed an outstanding career and has found success at every level of basketball with tenures in the Atlantic Coast, Big East, America East and Mid-Eastern Athletic conferences. Sheals' accomplishments include recruiting the nation's No. 1 recruiting class to Florida State in 2003, recruiting and coaching the MEAC Rookie of the Year at Delaware State in 2000 and attracting the No. 1 recruiting class in the America East Conference to Towson University in both 1998 and 1999.

Sheals has been a tireless coach and recruiter since coming to Tallahassee in 2002. His efforts have paid huge dividends for the Seminoles since his arrival.

Florida State advanced to the second round of the NIT in 2004 to mark the first time since 1998 the Seminoles had played in the postseason. The Seminoles' 19 wins in 2004 were the most since 1997 and marked the second consecutive season the team had improved its victory total. The Seminoles have defeated six nationally ranked teams with Sheals on the coaching staff. Sheals helped Florida State defeat No. 3-ranked Wake Forest in 2005, No. 7-ranked North Carolina, No. 10-ranked Wake Forest, No. 10-ranked and NCAA Tournament finalist Georgia Tech, No.

24-ranked Maryland in 2004, and No. 5-ranked Duke in 2003.

His hard work on the recruiting trail has helped the Seminoles attract a pair of top-15 ranked classes including the nation's No. 1-ranked class in 2003. That class included one McDonald's All-American (Von Wafer) and one who earned All-America Honorable Mention Freshman and All-ACC Freshman Team honors (Alexander Johnson). The Seminoles' class of 2004 included two of the top-30 ranked prep players in the nation (Jason Rich and Isaiah Swann) while the program's 2005 class had four extremely talented players who all ranked among the top 40 high school players during their prep careers.

Sheals coached All-America Honorable Mention and All-ACC First-Team selection Tim Pickett during the 2003 and 2004 seasons. In 2003, Pickett became the first Seminole to lead the ACC in steals since Charlie Ward in 1994 and ranked third nationally in 3-point field goals made during the 2004 season. He was the New Orleans Hornets' second round choice in the 2004 NBA Draft.

Sheals, who will turn 48 at the end of the 2005-06 season, and his wife, Marian, have two children: a son, Drew (16), and a daughter, Marissa (10).

The Sheals File

College Coaching Experience

Head Coaching Positions

Year	School	Overall Record/ Conference Record	Accomplishments
1990-91	South Florida C.C.	18-14	Ranked eighth in the state of Florida
1991-92	South Florida C.C.	19-13	Conference Tournament Finals
1993-94	Bethune-Cookman	9-18/8-8	Tied the best conference record in school history
1994-95	Bethune-Cookman	12-16/9-7	School record conference finish and winning percentage
1995-96	Bethune-Cookman	12-15/8-8	Conference Tournament Semifinals
1996-97	Bethune-Cookman	12-16/9-9	Conference Tournament Semifinals
1999-00	Delaware State	6-22/5-13	Recruited and coached the MEAC Rookie of the Year

Assistant Coaching Positions

Year	School	Overall Record/ Conference Record	Accomplishments
1992-93	Bethune-Cookman	3-24/2-18	
1997-98	Towson University	12-17/5-15	No. 1 recruiting class in America East Conference
1998-99	Towson University	11-17/4-14	No. 1 recruiting class in America East Conference
2002-03	Florida State	14-15/4-12	Defeated No. 5-ranked Duke, 75-70
2003-04	Florida State	19-14/6-10	NIT Second Round
2004-05	Florida State	12-19/4-12	Defeated No. 3-ranked Wake Forest, 91-83



Seminole Basketball Support Staff

Sam Lunt

Head Basketball Trainer

Miami, 1983

22nd Season at Florida State

Sam Lunt is in his 22nd season as a member of the Florida State University athletic staff and is in his 17th as the head trainer for the men's basketball team. He is the associate director of sports medicine and teaches classes in the athletic training curriculum. Lunt handles all of the medical needs for the men's basketball and Olympic sports teams throughout the year.

Lunt began working with the men's basketball team in 1988 and is the longest tenured member of the Florida State basketball staff. The Seminoles have appeared in five NCAA Tournaments, the 2004 NIT and won the 1991 Metro Conference Tournament with Lunt on the sidelines.

Lunt came to Florida State in 1983 after receiving his bachelor's degree in athletic training from the University of Miami. While at Miami, he worked as a student trainer in the Hurricane athletic department and served as an assistant trainer with the Miami Dolphins of the NFL during the summer of 1985. As a graduate assistant at Florida State, Lunt worked with the Seminole football team while earning his master's degree in sports psychology. During the 1995 spring football season, he worked for the Jacksonville Bulls of the USFL.

Lunt was a member of the training staff at the 1989 World University Games in Duisburg, Germany, the 1987 U.S. Olympic Festival and 1991 AAU Junior Olympics that were held in Tallahassee.

Lunt was named the Professional Outreach Athletic Trainer of the Year by the Athletic Trainers' Association of Florida in 2004. He became the first recipient of the award given by the ATAF to the trainer who has done their best to advance the profession and the association.

Lunt, 44, is married to the former Agnes Bundick. The couple has three children:

Ryan (8), and five-year-old twins, Sean and Erin. He is a certified member of the National

Athletic Trainers Association.

Michael Bradley

Strength and Conditioning Coach

San Diego State, 1989

UC-Santa Barbara, 1990

Fourth Season at Florida State

Michael Bradley, an integral part of head coach Leonard Hamilton's coaching staff, is in his fourth season at Florida State. Bradley is considered to be one of the top strength and conditioning coaches in Division I basketball and is credited by the Seminole players with helping them achieve extraordinary levels of performance in the weight room during his first three seasons in Tallahassee.

Bradley designed and equipped the state-of-the-art weight room in the Seminoles' Basketball Training Facility that opened in 2002. The weight room is considered to be one of the best and most complete in all of Division I sports.

Bradley also worked at the University of Miami under Hamilton from 1995-98 where he worked with eight teams, which included one NCAA Tournament and one NIT appearance by the men's basketball team.

Bradley came to Florida State from Stanford where the athletes he worked with achieved tremendous success in the weight room and on the field. At Stanford, Bradley worked directly with the men's basketball, men's swimming and field hockey teams. In addition, he assisted with the strength and conditioning efforts for the nationally ranked football, women's basketball, women's swimming and softball teams.

Stanford played in the NCAA Tournament each of the four years Bradley worked with the men's basketball team. In 2002, the Cardinals were 31-3 and led the nation in victories. He has also worked at the U.S. Military Academy (1994-95), South Carolina (1993-94), and Southern Methodist (1990-93)

and was an assistant football coach at UC-Santa Barbara (1989-90).

Bradley earned a bachelor's degree in chemistry from San Diego State in 1989 and a master's in chemistry from UC-Santa Barbara in 1990.

Shaun Downey

Equipment Manager

Towson, 2000

Fourth Season at Florida State

Shaun Downey is in his fourth season as the equipment manager for the men's basketball team at Florida State. He joined the equipment staff in 2002 and works with both the men's and women's basketball teams.

Downey was an assistant equipment manager at his alma mater, Towson University, during the final two years of his collegiate academic career. He assisted in the equipment support for 23 varsity sports and helped maintain team uniforms, equipment and inventory. Downey was the clubhouse manager for the Aberdeen Ironbirds (owned and operated by former Baltimore Oriole great Cal Ripken) in the New York Penn League during the spring of 2002. Downey also worked in the clubhouses of the Orioles and their class AA Bowie (Md.) Baysox farm club for five years.

Downey was the head manager for the men's basketball team at Towson from 1997-2000. As the team manager at Towson, he was responsible for pre- and postpractice and game equipment organization. He also served as the team's practice and game film coordinator. Downey arranged for the Tigers' game-day meals. Downey worked for current Seminole assistant coach Mike Jaskulski at Towson.

Downey earned a bachelor's degree in sports management from Towson in 2000. He is a certified equipment manager by the Athletic Equipment Managers Association.

Hillard Goldsmith, III

Academic Advisor

Florida State, 1992; 1995

Second Season at Florida State

Hillard Goldsmith is in his second season as an academic advisor for the Florida State University men's basketball program. A key



Sam Lunt
Head Basketball Trainer



Michael Bradley
Strength and Conditioning
Coach for Men's Basketball



Shaun Downey
Equipment Manager
for Men's Basketball



HILLARD GOLDSMITH, III
Academic Advisor
for Men's Basketball



DAN SPAINHOUR
Director of Operations

component in the overall success of the program, Goldsmith is responsible for coordinating and monitoring each student-athlete as they work towards the completion of their degree requirements. He also oversees the study hall and tutorial services for each member of the team.

Goldsmith is a former student-athlete who earned four varsity letters as a member of the Seminole men's track and field team. Goldsmith was a sprinter on the Seminoles' track and field team from 1988-92 and helped lead Florida State to four consecutive Metro Conference championships. Goldsmith served as team captain from 1999 through 1992 and was the conference runner-up in the 400 meter run during the 1990 season.

Goldsmith is a member of the National Association of Academic Advisors for Athletes (N4A). He received his bachelor's degree from Florida State in criminology in 1992 and earned a master's degree in criminology in 1995.



MARTIN UNGER
Video Coordinator
for Men's Basketball

Dan Spainhour

Director of Operations

Miami, 1982

First Season At Florida State

Dan Spainhour is in his first season at Florida State as the Director of Basketball Operations. He is involved in all phases of the day-to-day operations of the men's basketball office. He handles the office and team fiscal matters, team travel, academic development, dining and housing contracts and serves as the director of the annual Leonard Hamilton Basketball Camp for Boys.

Before coming to Florida State, Spainhour worked in the world of athletic business. He is the founder of Educational Coaching and Business Communications, a company that specializes in informational manuals for educators, parents, coaches and athletes. Spainhour was the founder and director of the East Coast Basketball Camp, which is now one of the largest and most renowned basketball camps in the Mid-Atlantic within the last seven years.

Spainhour also served as athletic director of West Stokes High School from 1998-2003, he managed 32 athletic teams including scheduling, budgeting, hiring of staff, travel arrangements, academic enforcement and facilities coordinator. He also organized, directed and established funding and sponsorship for the formation of a new high school athletic program. Spainhour was also the head men's basketball coach at West Stokes High School where he was named the 2001-2002 Conference Coach of the Year. He led the team to the state playoffs in the school's first year of existence, as well as the sectional semifinals in the third year.

A North Carolina native, Spainhour is married to the former Cara Giese.

Martin Unger

Video Coordinator

Western Carolina, 1997

Fifth Season at Florida State

Martin Unger, who is in his fifth season as the video coordinator for men's basketball at Florida State, has helped the Seminoles become one of the most technologically

advanced programs in the nation during his tenure. Unger initiated Florida State's move from a video tape based system to an all digital network which allows the Seminole players and coaches to instantaneously study all game and practice footage in order to utilize that information as a learning tool and to better prepare for upcoming opponents.

Unger works directly with the men's basketball team and manages the multi-million dollar video production office in the Florida State Basketball Training Facility. He works directly with the Seminole players and coaches during the competitive season and the offseason in the areas of scouting and evaluation. He is also responsible for the videotaping of Florida State's opponents throughout the season for scouting purposes and preparing the coaching staff for their individual scouting assignments. He is also the co-director of the Leonard Hamilton Basketball Camp for Boys.

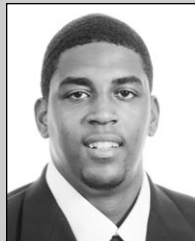
A native of Richmond, Va., Unger is married to the former Heather Kepley. The couple has two daughters: Kelsey Morgan (6) and Katherine Nicole (1), who was born just before the beginning of the 2005 basketball season. He earned a bachelor's degree in sociology (with a minor in history) from Western Carolina in 1997.



Judy Kyle
Assistant to
Head Coach
Leonard Hamilton



Brooke Etzel
Assistant to
Assistant Coaches



Terrell Baker
Graduate Manager



Jacob Ridenhour
Graduate Manager



Steve Treffiletti
Graduate Manager



Erick Castro
Manager



Dan Connelly
Manager