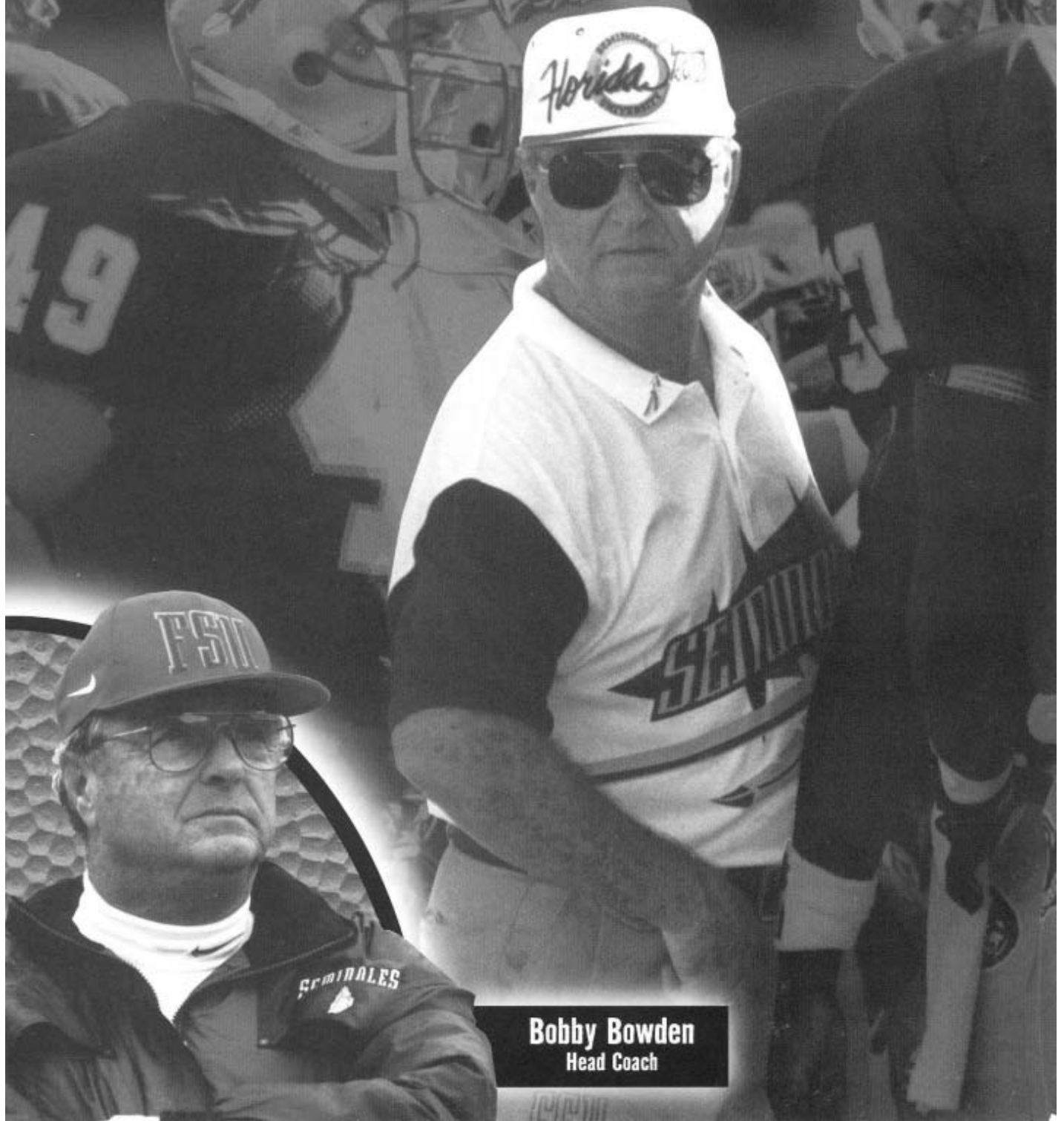


COACHES



Bobby Bowden
Head Coach



Head Coach Bobby Bowden

In 1942, Robert Clecker Bowden laid in a Birmingham hospital room for six months as a 13-year-old suffering from rheumatic fever. An outstanding young athlete who literally grew up in the shadow of Legion

Field, Bowden was subjected to a frustrating 18 months of confinement with a full year of recuperation needed following his hospital stay.

"The world's not like it used to be," said Bowden. "It was a year of staying in your room with no television, no video games, no computer, just me and my radio." And most of what a young Bobby Bowden listened to on his radio were news accounts of a terrible war being fought seemingly far away. He would listen for hours on end for reports from battles fought in tiny German towns. He would listen to the sounds of planes taking off from airports he'd never seen with names he'd never heard.

"I basically listened to a play-by-play of World War II for a year," said Bowden. "I would imagine what every place looked like. What the terrain of the battlefield was like, what the army units looked like and how the sounds and smells of the war must have been. I had a pretty good map in my head of where things were in Europe and I even began to learn which generals were leading which units.

"I've never lost my fascination for World War II and I read as much about it as I can. The similarities between leading troops in battle and coaching a team are well documented. You face similar tasks of motivation, preparation, teamwork, discipline — most of it really relates.

"I'm sure my interest in coaching, in the real X's and O's coaching, probably stems a lot from listening to those accounts of the war and trying to imagine the movements of the battles. I've not lost one bit of my enthusiasm for putting together a game plan. I still believe that winning is the greatest feeling there is in coaching, but I probably get the most satisfaction out of putting in the strategies and watching them play out."

Now, 55 years after recreating the war with just a radio and

BOWDEN RECORD

SAMFORD	W	L	T	PCT
1959	9	1	0	.900
1960	8	1	0	.889
1961	7	2	0	.778
1962	7	2	0	.778
Total (4 years)	31	6	0	.838

WEST VIRGINIA	W	L	T	PCT
1970	8	3	0	.727
1971	7	4	0	.636
1972 (Peach)	8	4	0	.667
1973	6	5	0	.545
1974	4	7	0	.364
1975 (Peach)	9	3	0	.750
Total (6 years)	42	26	0	.618

FLORIDA STATE	W	L	T	PCT
1976	5	6	0	.455
1977 (Tangerine)	10	2	0	.833
1978	8	3	0	.727
1979 (Orange)	11	1	0	.917
1980 (Orange)	10	2	0	.833
1981	6	5	0	.545
1982 (Gator)	9	3	0	.750
1983 (Peach)	8	4	0	.667
1984 (Citrus)	7	3	2	.667
1985 (Gator)	9	3	0	.727
1986 (All-American)	7	4	1	.625
1987 (Fiesta)	11	1	0	.917
1988 (Sugar)	11	1	0	.917
1989 (Fiesta)	10	2	0	.833
1990 (Blockbuster)	10	2	0	.833
1991 (Cotton)	11	2	0	.846
1992 (Orange)	11	1	0	.917
1993 (Orange)	12	1	0	.923
1994 (Sugar)	10	1	1	.864
1995 (Orange)	10	2	0	.833
1996 (Sugar)	11	1	0	.923
Total (21 years)	197	50	4	.795

CAREER TOTAL	270	82	4	.765
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NCAA ALL-TIME BOWL WINS

COACH	NO	RECORD
1. Joe Paterno*	18	18- 8-1
2. BOBBY BOWDEN*	15	15- 4-1
Paul "Bear" Bryant	15	15-12-2
4. Lou Holtz	11	11- 8-2
Tom Osborne*	11	11-13-0
6. Don James	10	10- 5-0
John Vaught	10	10- 8-0
8. Bobby Dodd	9	9- 4-0
Johnny Majors*	9	9- 7-0
10. Terry Donahue	8	8- 4-1
Barry Switzer	8	8- 5-0
Darrell Royal	8	8- 7-1
Vince Dooley	8	8-10-2

MOST VICTORIES BY ACTIVE COACHES

(Minimum 150 wins)

COACH	SCHOOL	WINS
1. Joe Paterno	Penn State	290
2. BOBBY BOWDEN	FLORIDA STATE	270
3. Tom Osborne	Nebraska	242
4. Hayden Fry	Iowa	222
5. Jim Sweeney	Fresno State	200
6. LaVell Edwards	BYU	217
7. Johnny Majors	Pittsburgh	185
8. Don Nehlen	W. Virginia	176
9. Bill Mallory	Indiana	170

ALL-TIME COACHING VICTORIES#

COACH	WINS
1. Paul "Bear" Bryant	323
2. Amos Alonzo Stagg	314
3. Glenn "Pop" Warner	313
4. Joe Paterno*	290
5. BOBBY BOWDEN*	270
6. Woody Hayes	248
7. Bo Schembechler	234
8. Tom Osborne*	242
9. LaVell Edwards*	227
10. Hayden Fry*	222

#Division I-A only; *Active

his imagination, Bobby Bowden is one of the true legends of college football as he prepares his 22nd edition of the Seminoles for the 1997 season.

Consider the fact that the Seminoles' undefeated regular season and third place finish in the Associated Press poll last year preserved a stack of records that will likely never be equaled in college football history.

Never before has a school finished in the AP's Top Four for 10 consecutive seasons. No program has ever come close to FSU's 10 straight seasons of 10 or more wins. Not to mention FSU's record 11 straight bowl wins.

Florida State is the winningest program in the '90s and has been ranked preseason number one four times in the last nine years. With the addition of an incredible recruiting class, and the prospect of entering the season yet again ranked among the nation's best, it's easy to see why Bowden is so eager for fall drills to get started. It also means and that the Seminoles are poised to make another run at a title in 1997.



Bobby Bowden is a man so closely tied with the phenomenal success of his program that he, as much as Renegade and the war chant, is Florida State football. Gracious in both victory and defeat, Bowden is a man at peace with himself, a man with rock-solid character and firm coaching principles that date back more than 37 years. It's not enough that his coaching numbers have reached legendary proportions. Bowden also gives Florida State University a proud moral leader, a family man of the first order, a caring disciplinarian, and a calming voice in the face of the turbulence surrounding college football.

Perhaps the best tribute to the man is that he is not afraid to change with the times — adapting brilliantly to new ways of winning games, as well as dealing with young student athletes. From a sense of discipline and control, to a bold switch to the Fast Break offense, Bowden proves you're only as old as you feel.

Like other coaches before him, Bowden has created something of a monster that sits squarely on his shoulders. He has coached his Florida State teams so very close to perfection that the fans expect nothing less. He has won 117 games over the last 11 seasons, including monumental wins over Miami, Notre Dame, Michigan, Nebraska, Penn State, Clemson and others.

In the fickle world of "big-time" college sports, some forget what it is all about. Sure, Bobby Bowden is proud of his national championship, his place among the all-time greats, and a chance at a second national title. But as Bowden well understands at this stage of his career, there are things more important in life. That's what makes him "our" Bobby Bowden.

One of Bowden's greatest coaching achievements revolves around bowl games and his team's success in the post season. Bowden guided the Seminoles to an unheard of record of 11 consecutive bowl wins which ended at the 1997 Sugar Bowl. He also set an NCAA record with his 14 straight bowls without a loss. His 15-4-1 record and .775 bowl winning percentage rank first all-time. Only

Bobby Bowden ranks fifth on the all-time coaching victories list behind legends Bear Bryant, Amos Alonzo Stagg, Pop Warner and Joe Paterno. As a matter of fact, the US Postal Service in Tallahassee will use a special cancellation stamp in the fall featuring Bobby Bowden to promote its College Football Legends stamps.

BOWDEN MILESTONE VICTORIES AT FSU

WIN	DATE	SITE	OPPONENT	SCORE
1	10/02/76	Tallahassee, FL	Kansas State	20-10
50	10/31/81	Tallahassee, FL	Western Carolina	56-31
63*	10/15/83	Tallahassee, FL	Cincinnati	43-17
100	11/28/87	Gainesville, FL	Florida	28-14
150	10/31/92	Charlottesville, VA	Virginia	13- 3

*Surpassed former FSU Head Coach Bill Peterson (1960-70) as the all-time winningest coach at Florida State.

BOWDEN MILESTONE VICTORIES OVERALL

WIN	DATE	SITE	OPPONENT	SCORE
1	09/19/59	Maryville, TN	Maryville	14- 0
50	10/07/72	Morgantown, WV	William & Mary	49-34
100	09/29/79	Blacksburg, VA	Virginia Tech	17-10
150	09/21/85	Tallahassee, FL	Memphis State	19-10
200	10/27/90	Tallahassee, FL	Louisiana State	42- 3
250	09/02/95	Orlando, FL	Duke	70-26

BOWDEN BY THE DECADE

(Overall Head Coaching Wins)

DECADE	RECORD	PCT.
1959	9-1900
1960-62	22-5815
1970-79	76-38667
1980-89	88-28-3752
1990-97	74-10-1876



Joe Paterno (18) has won more bowl games.

The list of coaches who have won more games than Bowden is also getting smaller. Only four names remain ahead of him on the all-time Division 1-A coaching list — Bryant, Stagg, Warner, Paterno. Indeed, Florida State's eighth head coach has inked his name on the list of legends over 31 seasons at Samford, West Virginia and FSU. When Bowden first arrived in Tallahassee in 1976, he described his relationship with the school as "a marriage" and was determined to let "no man put it asunder." True to his word, he completed his 21st season at FSU with an undefeated regular season in 1996.

What Bobby Bowden means to Florida State University off the playing field cannot be measured. Respect, sincerity, class, honesty, charisma, charm and humor. Those are the words that describe and define this man — not wins, losses, or coaching records.

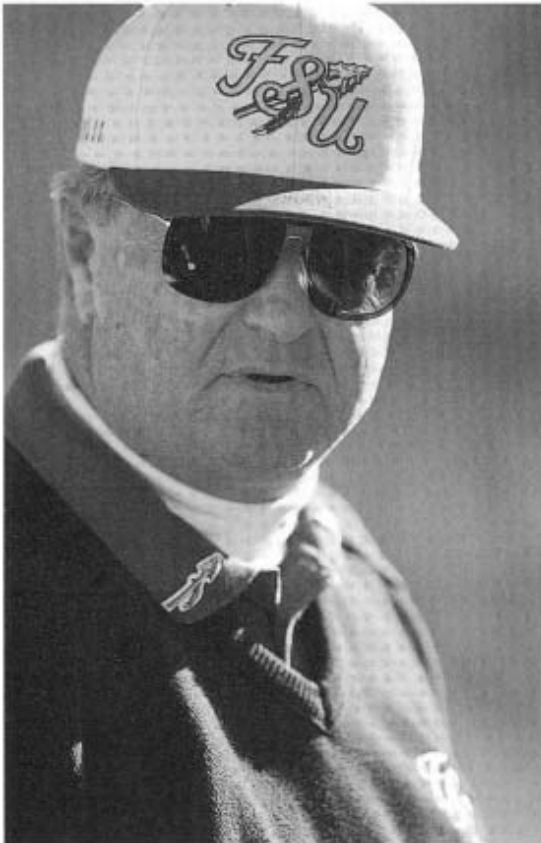
As if his character isn't enough, his coaching style draws admirers nationwide. A wide-open, gambling style makes Bowden teams a treat to watch, a pleasure to play on and a delight to cover. Reverses, flea-flickers, laterals — you name it, here it comes.

A look at the record shows he's done it both ways. The flashy wins may get all the attention, but for every one of those, there are dozens of others spawned from sound fundamental football.

By now it's been well-chronicled how the Birmingham native left the snow and ice of West Virginia to come to Florida State and save the program. Three seasons after he walked on campus, he had taken one of the worst football teams in the country to within one game of a national championship.

Bowden's record at Florida State is 197-50-4. That includes a 104-15-2 record in Tallahassee and a 93-36-2 mark away from home. He has built those numbers against some of the nation's





toughest schedules, earning respect for his team, attracting top players to his program and establishing his reputation as a competitor in the process.

Bowden achieved impressive numbers in his previous coaching stops (31-6 at Samford University in Birmingham between 1959 and 1962, and 42-26 at West Virginia from 1970-75), but what he has done at FSU is simply phenomenal. Thirteen times in 21 years, his Seminoles have won 10 or more games in a season. Florida State had been to eight bowls in the 29 years before him. Last year, the Seminoles played their 18th bowl game since his arrival, including a string of 15 in a row and 11 "New Year's Day" trips. He is, by far, the winningest coach ever at Florida State as his win total is greater than the previous seven Seminole head coaches combined.

In his 21 years, the Seminoles have become a mainstay in the Associated Press Top 20. FSU has been ranked in all but two of the last 163 polls. Over the last 10 years, Florida State has spent 41 weeks as the nation's number one team, and nearly every poll among the Top Five. The Tribe has spent 42 straight weeks in the Top 10 and 129 straight in the Top 15.

Florida State is the only school to finish among the Associated Press Top Four for 10 consecutive seasons. The Seminoles' 11-1 record last season, and third place ranking in the polls, kept alive the staggering streak. The 'Noles have finished 1st (1993), 2nd twice (1987, 92), 3rd three times (1988, 89, 96), and 4th four times (1990, 91, 94, 95) since 1987.

No team in college football history can match the run.

Over the past five years, the coach and his teams have adjusted to life as a conference member with Florida State's addition to the Atlantic Coast Conference. Over five seasons, FSU is 39-1 and has claimed five ACC championships and set the league record for consecutive victories. Bowden picked up his only ACC Coach of the Year title in 1993.

Above all, Bowden's coaching accomplishments, though, are his credentials as a man. Friendly and outgoing, he is a devoted Christian and family man. He loves people. His personality and charm are bigger than life. He has become somewhat of a folk hero in the south. A polished speaker, Bowden is constantly in demand. His busy coaching schedule curtails many speaking engagements, but any free evening will find him on the speaking circuit. His off-season travel schedule would exhaust anyone. Every free Sunday morning will find him in the pulpit of a church somewhere in the south.

Bowden was an outstanding football player at Woodlawn High School in Birmingham, Ala., and went on to Alabama as a freshman quarterback, fulfilling a

Bobby Bowden was honored as the 1996 Home Depot College Football Coach of the Year following the 1996 season. It's the fourth time that Bowden has been honored as a national coach of the year.

NCAA ALL-TIME BOWL WINNING PERCENTAGE

COACH	APP	W	L	T	PCT
1. BOBBY BOWDEN*	20	15	4	1	.775
2. Bobby Dodd	13	9	4	0	.692
3. Joe Paterno*	29	18	8	1	.685
4. Don James	15	10	5	0	.667
5. Barry Switzer	13	8	5	0	.615
6. Terry Donahue	14	8	5	1	.607
7. Bill Yeoman	11	6	4	1	.591
8. Earle Bruce	12	7	5	0	.583
9. Lou Holtz*	21	11	8	2	.571
10. Johnny Majors*	16	9	7	0	.563

*Active

BOWDEN IN THE BOWLS (15-4-1)

SEASON	TEAM	BOWL	OPPONENT	SCORE
1972	West Virginia	Peach	N.C. State	13-49
1975	West Virginia	Peach	N.C. State	13-10
1977	Florida State	Tangerine	Texas Tech	40-17
1979	Florida State	Orange	Oklahoma	7-24
1980	Florida State	Orange	Oklahoma	17-18
1982	Florida State	Gator	West Virginia	31-12
1983	Florida State	Peach	North Carolina	28- 3
1984	Florida State	Citrus	Georgia	17-17
1985	Florida State	Gator	Oklahoma State	34-23
1986	Florida State	All-American	Indiana	27-13
1987	Florida State	Fiesta	Nebraska	31-28
1988	Florida State	Sugar	Auburn	13- 7
1989	Florida State	Fiesta	Nebraska	41-17
1990	Florida State	Blockbuster	Penn State	24-17
1991	Florida State	Cotton	Texas A&M	10- 2
1992	Florida State	Orange	Nebraska	27-14
1993	Florida State	Orange	Nebraska	18-16
1994	Florida State	Sugar	Florida	23-17
1995	Florida State	Orange	Notre Dame	31-26
1996	Florida State	Sugar	Florida	20-52

ABOUT BOBBY BOWDEN

BORN • November 8, 1929 in Birmingham, Ala.

HIGH SCHOOL • Woodlawn High, Birmingham, Ala.

COLLEGE • Howard (now Samford) 1953

COLLEGIATE FOOTBALL EXPERIENCE • University of Alabama (QB), freshman; Howard (QB), sophomore-senior

GRADUATE DEGREE • Peabody College

WIFE • The former Julia Ann Estock

CHILDREN • Robyn Hines, Steve, Tommy, Terry, Ginger Madden, Jeff

HEAD COACHING HONORS • 1977 Southern Independent Coach of the Year...1979 National Coach of the Year (ABC-Chevrolet ...1979 Southern Independent Coach of the Year...1980 National Coach of the Year (Bobby Dodd)...1983 Florida Sports Hall of Fame...1986 Alabama Sports Hall of Fame ...1987 Region II Coach of the Year...1991 Walter Camp Coach of the Year...1992 Neyland Trophy...1993 Bear Bryant Award finalist...1993 ACC Coach of the Year...1996 Home Depot National Coach of the Year

COACHING ACCOMPLISHMENTS • The only coach in the history of Division I-A football to compile 10 straight 10-win seasons (1987-present)...Won his first national championship in 1993 while setting a school record for victories in a season with 12...Nation's second-winningest active head coach with 270, which ranks fifth all-time (Division IA)...Became the only coach in college football history to lead his team to 10 straight finishes among the Associated Press' top four...Holds the NCAA record with 11 consecutive bowl victories and 14 straight bowl trips without a loss...With a 15-4-1 record in bowl games, his winning percentage of .775 is the best mark, all-time, in college football...Owns the fifth-best winning percentage (.765) among active coaches with a career record of 270-82-4...Has guided FSU to 18 bowl appearances in 21 years, including 15 straight, with 11 "New Year's Day" bowl trips...His 197 wins at Florida State over the last 21 years are more than the previous seven FSU head coaches compiled in over 29 seasons ...Part of the only father-son trio ever to lead Division I-A programs, let alone to lead them at the same time.



lifelong dream to play for the Crimson Tide. During one semester in Tuscaloosa, he found his sweetheart, Ann Estock, and she was enough to lure him back to Birmingham. He soon married Ann and transferred to Howard College (now Samford University) in Birmingham.

As one writer put it while attending an FSU press conference; "You can't swing a golf club in the south without hitting a football coach named Bowden with it." Indeed, Bobby Bowden can claim another record which will likely never be broken. He and son Terry at Auburn were already the only father-son coaching combo in the history of Division I-A football. Now with Tommy's hiring as the new head coach at Tulane, there are three top flight football programs led by Bowdens. Steve Bowden, the oldest of the children, is now in private business, but youngest son Jeff begins his fourth year of coaching the wide receivers at FSU. The four boys, daughters Robyn Hines and Ginger Madden, and their families make up the Bowden clan. With the addition of a brand new daughter for Jeff Bowden this spring, the list of Bowden grandchildren has grown to 21.

Bowden vs. The Opposition

OPPONENT	W-L-T	SAMFORD	WEST VIRGINIA	FLORIDA STATE				
Arizona State	3-0-0	—	—	3-0	Millsaps	2-0-0	2-0	—
Auburn	4-5-0	—	—	4-5	Mississippi College	1-3-0	1-3	—
Brigham Young	1-0-0	—	—	1-0	Mississippi State	1-1-0	—	1-1
Boston College	4-2-0	—	2-2	2-0	Navy	1-0-0	—	1-0
California	1-1-0	—	1-1	—	Nebraska	6-2-0	—	6-2
Carson Newman	2-0-0	2-0	—	—	North Carolina	7-0-1	—	7-0-1
Central Florida	1-0-0	—	—	1-0	N. Carolina State	6-1-0	1-1	5-0
Chattanooga	1-0-0	1-0	—	—	N. Texas State	2-0-0	—	2-0
Cincinnati	6-0-0	—	—	6-0	Notre Dame	3-1-0	—	3-1
Clemson	6-2-0	—	—	6-2	Ohio State	2-0-0	—	2-0
Colorado State	1-0-0	—	1-0	—	Oklahoma	0-3-0	—	0-3
Delta State	2-1-0	2-1	—	—	Oklahoma State	3-0-0	—	3-0
Duke	5-2-0	—	0-2	5-0	Penn State	1-6-0	0-6	1-0
East Carolina	9-0-0	—	2-0	7-0	Pittsburgh	4-7-0	3-3	1-4
Florida	12-10-1	—	—	12-10-1	Richmond	4-2-0	4-2	—
Furman	2-1-0	1-1	—	1-0	San Diego State	0-1-0	—	0-1
Georgetown	2-0-0	2-0	—	—	Sewanee	2-0-0	2-0	—
Georgia	0-0-1	—	—	0-0-1	South Carolina	9-1-0	—	9-1
Georgia Southern	2-0-0	—	—	2-0	Southern Illinois	1-0-0	—	1-0
Georgia Tech	5-0-0	—	—	5-0	So. Methodist	1-0-0	1-0	—
Gordon Military	1-0-0	1-0	—	—	Southern Miss	9-2-0	—	9-2
Houston	0-1-0	—	—	0-1	Southwestern	3-0-0	3-0	—
Illinois	1-0-0	—	1-0	—	Stanford	0-1-0	0-1	—
Indiana	3-1-0	—	2-1	1-0	Syracuse	7-2-0	4-2	3-0
Kansas	3-0-0	—	—	3-0	Temple	3-2-0	2-2	1-0
Kansas State	2-0-0	—	—	2-0	Tenn.-Chatta.	1-0-0	—	1-0
Kent State	1-0-0	—	1-0	—	Tenn. Tech	1-0-0	1-0	—
Kentucky	1-0-0	—	1-0	—	Texas Tech	2-0-0	—	2-0
Livingston	2-0-0	2-0	—	—	Toledo	1-0-0	—	1-0
Louisiana College	1-0-0	1-0	—	—	Troy State	3-0-0	3-0	—
Louisiana State	7-1-0	—	—	7-1	Tulane	11-2-0	1-2	10-0
Louisiana Tech	1-0-0	—	—	1-0	Tulsa	2-0-0	—	2-0
Louisville	8-0-0	—	—	8-0	UTMB	1-0-0	1-0	—
Maryland	7-0-0	—	2-0	5-0	Villanova	1-0-0	1-0	—
Maryville	2-0-0	2-0	—	—	Virginia	6-1-0	2-0	4-1
McNeese State	0-1-0	0-1	—	—	Virginia Military	3-0-0	3-0	—
Memphis Navy	1-0-0	1-0	—	—	Virginia Tech	12-0-0	3-0	9-0
Memphis State	8-1-1	—	—	8-1-1	Wake Forest	5-0-0	—	5-0
Mexico	1-0-0	1-0	—	—	West Virginia	1-0-0	—	1-0
Miami (Fla.)	9-14-0	—	1-1	8-13	Western Carolina	2-0-0	—	2-0
Michigan	1-1-0	—	—	1-1	Western Michigan	1-0-0	—	1-0
Michigan State	2-0-0	—	—	2-0	Wichita State	1-0-0	—	1-0
Middle Tenn. State	1-0-0	—	—	1-0	William & Mary	3-0-0	3-0	—
					Wofford	2-0-0	2-0	—

When Terry Bowden took over as head coach at Auburn, it marked the first time in NCAA history that a father and son coached at Div. 1 schools - let alone at the same time. The duo is now a trio as Tommy Bowden (second oldest son) left his position as Auburn's offensive coordinator to become Tulane's new head coach.





Chuck Amato

Assistant Head Coach • Linebackers
Alma Mater: NC State '69 • 16th Season at FSU

Chuck Amato enters his 12th season as assistant head coach to Bobby Bowden in 1996. A 16-year veteran of the coaching staff at Florida State, Amato begins his second season coaching the Seminole linebackers after coaching the defensive line since joining the staff in 1982 from Arizona. The transition to that spot was smooth last year as Amato produced a Butkus Award semifinalist (Daryl Bush) and two NFL Draft picks (Henri Crockett and Vernon Crawford).

Since joining the Florida State staff, the Eaton, Pa., native has seen the Tribe defense lead the program to unprecedented national prominence. Florida State's defense has ranked among the Top 10 in the nation against the run four of the last five years.

Amato's linebacker corps in 1997 will be one of the deepest in school history. All-America and Butkus Award candidate Daryl Bush will anchor the group returning for his fourth season as the starter at middle linebacker. Sam Cowart, the team's leader in tackles in 1995 and an All-America and Butkus candidate in his own right, returns at will linebacker after sitting out the 1996 campaign while rehabilitating a knee injury. Lamont Green, the nation's top high school prospect in 1993, will man the same linebacker position.

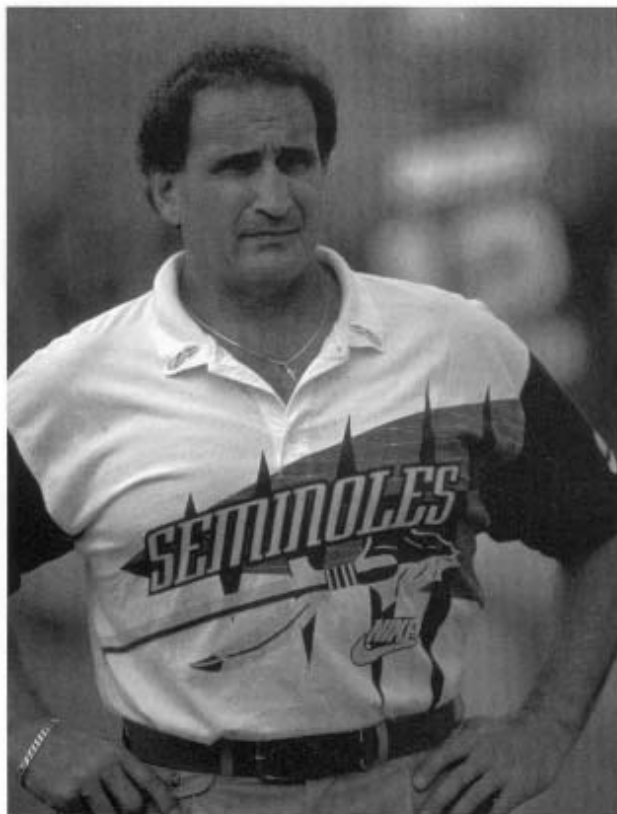
Over 10 years of coaching the defensive line at FSU, Amato proved he could produce some of the nation's top players. Most



recently, Derrick Alexander was selected in the first round of the 1995 draft and he has turned into one of the NFL's top young defensive linemen with the Minnesota Vikings. A number of Amato protégés are starting in the NFL including: Dan Footman (Baltimore), Carl Simpson (Chicago) and Sterling Palmer (Washington). In addition, Amato coached All-American noseguard Odell Haggins, who is now in his fourth season as an assistant coach at FSU, along with recently retired Denver Bronco great Alphonso Carreker.

Prior to his stint at Arizona, Amato coached at his alma mater, NC State, where he was a three-year letterman in football and wrestling. He earned both his bachelor's and master's degrees from NC State and started his coaching career there by serving as a student assistant in 1968. He was named to a full-time position in 1972 and remained with the Wolfpack for the next 12 years coaching the secondary and then inside linebackers. He was promoted to defensive coordinator in 1974 and held the position for six years.

He and his wife, Peggy, are the parents of twin daughters—LuGina and Selena.



AMATO QUICK FACTS

YEARS AS A COLLEGIATE COACH: 26

COACHING STOPS:

NC State — Secondary/Inside Linebackers/Defensive Coordinator (1971-1980)

Arizona — Linebackers/Defensive Coordinator (1980-82)

Florida State — Defensive Line/Assistant Head Coach (1982-1995); Linebackers (1996-present)



Mickey Andrews

Defensive Coordinator • Defensive Backs
Alma Mater: Alabama '64 • 14th Season at FSU

Florida State's rise to its current position as the most consistently successful program in the history of college football directly correlates with Mickey Andrews' arrival to tutor the Seminole defense. FSU's offense has long been national championship caliber, but it has been Andrews' ability to catch the Tribe defense up with the offense that has made the Seminole program the powerhouse that it is today.

"I've got the finest defensive coordinator in the nation and I just let him coach," said Bowden. "I've got confidence in the defensive staff's ability to get it done. They scare me sometimes with all the players they are running in and out of there, but I've never really cared much for sticking my nose in the defensive huddle."

Bowden's confidence in Andrews was backed up last year when Andrews was named the recipient of the first Frank Broyles Award. The award, presented by the Major Sports Association of Little Rock, Ark., for the first time last year, is given to the nation's top assistant coach. Andrews directed the nation's top-rated rushing defense and its third-ranked total defense last season.

Under Andrews' direction, Florida State has become the top producer of All-America and NFL caliber cornerbacks in the nation. He has coached two players—Deion Sanders (1988) and Terrell Buckley (1991)—who have won the Jim Thorpe Trophy, given annually to college football's top defensive back. LeRoy Butler joined those two as a consensus All-America pick in 1989. Clifton Abraham was an All-American in 1994 and Corey Sawyer in 1993, which means the Seminoles had an All-American at cornerback each year from 1987-94.

Andrews' defenses feature an attacking style up front that puts pressure on the opposing offense. He is also a big believer in creating depth and uses as many as 40 players in one game. In 1991, *Athlon's Magazine* named him the Assistant Coach of the Year and he is on top of every list of the country's top defensive coaches.

Andrews came to Florida State from the Arizona Wranglers of the old USFL, where he spent one season as defensive coordinator after having spent the previous 17 years coaching in the collegiate ranks.

Andrews' coaching resume includes stints at Eastern Kentucky, Livingston, North Alabama and two of the teams that appear on the Seminoles' 1997 schedule. He was Clemson's defensive coordinator from 1977-80 and was an assistant at Florida in 1981-82.

From 1972-76, Andrews was the head coach and athletic director at North Alabama. He was the head coach at Livingston University from 1970-72 and won the NAIA national championship.

A star on the football field and the baseball diamond for Alabama from 1961-64, Andrews earned second team All-America honors as a wide receiver and defensive back. During his career, the Crimson Tide won a

ANDREWS QUICK FACTS

YEARS AS A COLLEGIATE COACH: 32

COACHING STOPS:

Erwin High School (Birmingham, AL) — Assistant Coach (1965-66)
 Eastern Kentucky — Offensive Backs (1966-67)
 Livingston — Assistant Coach (1967-1970); Head Coach (1970-72)
 North Alabama — Head Coach/Athletic Director (1972-76)
 Clemson — Defensive Coordinator (1976-80); Assistant Head Coach (1980)
 Florida — Defensive Backs (1981-82)
 Arizona Wranglers (USFL) — Defensive Coordinator (1983)
 Florida State — Defensive Coordinator/Defensive Backs (1984-present)

pair of national championships (1961, '64) and played in three New Year's Day bowl games.

In addition to his football honors, Andrews was an All-SEC choice in baseball. In 1964, he received the Hugo Friedman Award as the Tide's best all-around athlete.

Andrews and his wife, Diane, have two children — Ronnie and Shannon, and three grandchildren.



Defensive Coordinator Mickey Andrews won the inaugural "Frank Broyles Award" following the 1996 season. The award recognizes the top assistant coach in all of college football. Andrews' 1996 defense was the best in the nation against the run and the Seminole stoppers, under Andrews, have become one of the most dominating units in the country.



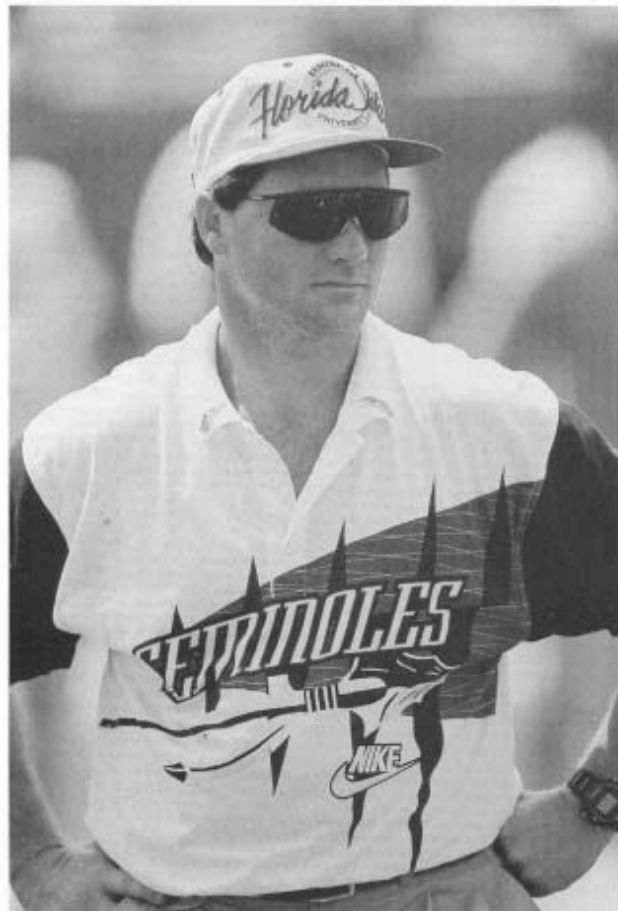
Jeff Bowden

Wide Receivers • Alma Mater: Florida State '83
4th Season at FSU

The old expression about the apple not falling far from the tree certainly applies to the youngest son in the Bowden clan. Since Bobby Bowden heads the nation's most prominent, and well branched, family tree in coaching it should have come as no surprise that he chose one of his sons to join his staff in 1994.

Jeff Bowden begins his fourth year on the staff with perhaps the most talented group of receivers in the nation. His work in his first three years with the Seminoles has been extremely successful. Under Bowden's direction last year, Andre Cooper (first team) and E.G. Green (second team) earned All-ACC honors for the second consecutive season. Two years ago, the duo became the only tandem in ACC and FSU history to record 1,000 receiving yards each in a season and Cooper set a new school record for touchdowns in a season. Three years ago, Kez McCorvey finished a career that made him the second most prolific receiver in school history.

Bowden's transition to Florida State was a smooth one four years ago when he left a Southern Mississippi program where he had served as receivers coach for three years.



He played in three bowl games on Seminole teams coached by his father and moved immediately into coaching at Salem College in West Virginia upon graduation from FSU. He was the receivers coach for two seasons under older brother Terry (now the head coach at Auburn) and was promoted to offensive coordinator the third year.

After a year at FSU as a graduate assistant, Jeff joined Terry at Samford University in Birmingham, AL. He was the Bulldogs offensive coordinator in 1987 and added the title of assistant head coach for the 1988-90 seasons. He is credited with guiding the career of Division III All-America quarterback Jimbo Fisher at Samford.

He moved from Samford to Southern Mississippi and coached the receivers for three years before coming to Tallahassee.

Jeff is married to the former Cindi Smith and they have five children, Haley, Hunter, T.J., Robert and Julia Elizabeth.

BOWDEN QUICK FACTS

YEARS AS A COLLEGIATE COACH: 14

COACHING STOPS:

Salem College — Wide Receivers (1983-84); Offensive Coordinator (1985)

Florida State — Graduate Assistant (1986)

Samford — Offensive Coordinator (1987); Offensive Coordinator/Assistant Head Coach (1988-1990)

Southern Mississippi — Wide Receivers (1991-93)

Florida State — Wide Receivers (1994-present)



Ronnie Cottrell

Tight Ends/Recruiting Coordinator
Alma Mater: Troy State '83 • 8th Season at FSU

Florida State's recruiting successes have reached the point where the fans wait almost as anxiously for signing day in February to arrive as they do for the season-opener each year. For the past seven years, Ronnie Cottrell has been in charge of the Seminoles' recruiting efforts, which have landed top five classes in each of the last seven years.

His 1997 class has been regarded as the nation's best on nearly every expert's ballot and featured an amazing one-two punch. For just the second time in history, FSU signed *USA Today's* Offensive and Defensive Players of the Year. Running back Travis Minor of Baton Rouge, La., and defensive end David Warren of Tyler, Texas, joined 1991 Seminole signees Marquette Smith and Derrick Brooks as that publication's only players of the year to attend the same school.

On the field, Cottrell will coach Florida State's tight ends for the second year after directing the inside linebackers in 1994 and 1995. Cottrell will have the luxury of coaching an experienced group in 1997. Senior Melvin Pearsall, a two-year starter at the position, returns and will be challenged by junior Myron Jackson and Pooh Bear Williams, who is making a move from fullback.

Cottrell has been with Bobby Bowden since the 1989 season when he came in as a graduate assistant. He was promoted to a full-time job as the Seminoles' top recruiter after assisting Brad Scott with the 1990 recruiting class.

A native of Brewton, AL, Cottrell came to FSU after two years as an assistant at Troy State while attending school there in 1981 and 1982. He also held high school head coaching jobs in Alabama at Kinston, Flomaton and East Brewton high schools. He led Flomaton to back-to-back perfect seasons in 1986 and 1987.

Cottrell has two children, Meredith and Kevin. He married the former Jean Lee of Tallahassee in 1995.



For the second time in the history of *USA Today's* high school All-America teams, both the offensive and defensive players of the year chose to attend the same school. Travis Minor and David Warren propelled FSU's recruiting class to No. 1 in the nation. The last time both *USA Today's* Player of the Years attended the same school was when Derrick Brooks and Marquette Smith chose FSU in 1991.



COTTRELL QUICK FACTS

YEARS AS A COLLEGIATE COACH: 7

COACHING STOPS:

- T.R. Miller High School (Brewton, AL) — Assistant Coach (1980)
- Troy State — Assistant Coach (1981-82)
- Kinston High School (Kinston, AL) — Head Coach (1983-84)
- Flomaton High School (Flomaton, AL) — Head Coach (1985-87)
- W.S. Neal High School (East Brewton, AL) — Head Coach (1988)
- Florida State — Graduate Assistant Coach (1989); Recruiting Coordinator (1990-present); Middle Linebackers (1994-95); Tight Ends (1996-present)

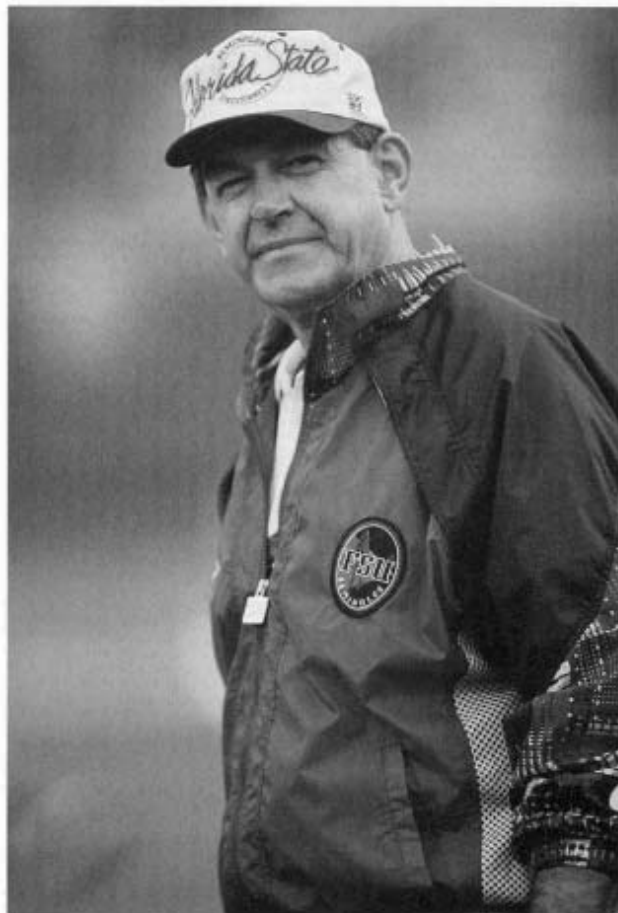


Jim Gladden

**Defensive Ends • Alma Mater: William Jewel '62
23rd Season at FSU**

Jim Gladden is the senior member of Florida State's coaching staff and his 23 years with the program is longer even than Bobby Bowden. He was elevated to a full-time coach by Bowden when he came to Tallahassee in 1976 after serving as a graduate assistant on the 1975 FSU team that finished 3-8 and was coached by Darrell Mudra. Gladden, Bowden and Florida State have had 20 straight winning seasons and have set NCAA records for bowl games won and consecutive top four finishes.

After coaching outside linebackers at FSU for 20 years, Gladden moved to defensive ends last year. He made a smashing debut as he helped Reinard Wilson and Peter Boulware to All-America status last season. Wilson had 13.5 sacks in 1996 and was FSU's leading tackler with 105. He finished his career as the program's all-time leader in sacks with 35.5 and was the 14th overall selection in last April's NFL Draft by the Cincinnati Bengals. Boulware set a school record for sacks in a season and led the nation with 19. He was the ACC's Defensive Player of the Year, finished with 34



sacks in his career and was the fourth pick in the NFL Draft by the Baltimore Ravens. Over his 22-year stint at FSU, Gladden has produced some of the Seminoles top talent including former Oakland Raider star Willie Jones. Sterling Palmer starts for the Washington Redskins and, more recently, he coached All-American Derrick Brooks, who has developed into one of the NFL's top young linebackers with the Tampa Bay Buccaneers.

In addition to his position coaching duties, Gladden is one of the nation's best when out on the recruiting trail. Whichever area the affable coach has been assigned has produced some of the top talent on the FSU squad. A keen evaluator and champion recruiter, Gladden's players have earned all-star status both in college and the pros.

Gladden also coaches the punt block unit for FSU. Last year, the Seminoles blocked five and in 1984, the Seminoles blocked a school record eight punts during the regular season and added a crucial block in the Citrus Bowl to give FSU a 17-17 tie with Georgia. Since 1976, Florida State has blocked 69 kicks, but the numbers are deceiving since the Tribe shifted its effort to returning punts with the likes of Deion Sanders and Terrell Buckley back on the receiving end.

Gladden was an all-conference selection as a player at William Jewel College in Missouri where he graduated in 1962. Over the next 15 years, Gladden coached in the high school ranks. He spent four years in Kansas City and St. Louis as an assistant high school coach before moving into head coaching positions in Tennessee and Kentucky, where he was the high school coach of the year in 1970. After two years as head coach at Hernando High in Brooksville, Fla., Gladden came to FSU.

Born in Springfield, Mo., Gladden and his wife, Patty, have two children — Julie and John.

GLADDEN QUICK FACTS

YEARS AS A COLLEGIATE COACH: 22

COACHING STOPS:

- Pleasant Hill High School (Pleasant Hill, KS) — Assistant Coach (1962-63)
- NW St. Louis High School (St. Louis, MO) — (1964-66)
- Paducah High School (Paducah, KY) — Head Coach (1967-69)
- Russellville High School, KY — Head Coach (1970-71)
- Springfield High School (Springfield, TN) — Head Coach (1972)
- Hernando High School (Brooksville, FL) — Head Coach (1972-74)
- Florida State — Graduate Assistant (1975); Outside Linebackers (1976-1995); Defensive Ends (1996-present)



Odell Haggins

**Defensive Line • Alma Mater: Florida State '93
4th Season at FSU**

Florida State head coach Bobby Bowden was faced with a rare vacancy on his coaching staff in 1994 when Brad Scott was named head coach at South Carolina and took fellow FSU assistants John Eason and Wally Burnham with him. When the decision came as to who would be hired to complete the "new" FSU coaching staff, Bowden turned to one of his own and selected former FSU All-American defensive linemen Odell Haggins.

"Odell was one of the best players and finest leaders we've ever had at Florida State," said Bowden. "He was dependable and accountable and he has the qualities you look for in a coach. His name just kept popping into my head and once I made the decision I knew it was right."

The decision has indeed been right for Florida State and the fourth-year coach has proved it by producing an outstanding defensive line in 1996, his first year at the position. Haggins' troops helped FSU lead the nation in rushing defense a year ago and ranked third nationally in total defense. His prized pupil last year, second team All-ACC pick Andre Wadsworth, will move to defensive end this season but Haggins will have an array of young talent to work with, including senior all-star candidate Julian Pittman.

"I'm really enjoying coaching the defensive line," said Haggins. "I feel like I've come home. I know what it takes to be successful at the position and I know how important the defensive line is in the overall scheme. I've learned techniques that will work at the NFL level and those same principles should make you a better college player."

A native of Bartow, Fla., Haggins was a four-year letter-winner and popular team leader for the Seminoles from 1986-89. He earned Kodak, Walter Camp and UPI



Nine former FSU assistants are currently head coaches in professional or college football highlighted by: Bill Parcells—New York Jets, Terry Bowden—Auburn, Mack Brown—North Carolina, Jim Donnan—Georgia and Brad Scott—South Carolina.

All-America honors as a senior in 1989 and was a second team Associated Press selection as a junior in 1988. The 1987 FSU team finished the season ranked second in the nation and the Seminoles were third in the country in his junior and senior seasons. Any Florida State fan can remember his trademark of crossing his arms over his head after a big play as a symbol of his role in FSU's "Say No to Drugs" campaign.

Following his standout collegiate career, Haggins was drafted by the San Francisco 49ers and played two years, earning a Super Bowl ring in 1990. He spent the 1991 season with the Buffalo Bills.

Haggins earned a degree in criminology from Florida State and was working with the state attorney's office in Jacksonville before joining the FSU staff. He worked with the rehabilitation of juvenile offenders while with the state attorney and continues to make working with young people a priority.



HAGGINS QUICK FACTS

YEARS AS A COLLEGIATE COACH: 3

COACHING STOPS:

Florida State — Tight Ends/Offensive Line (1994-95); Defensive Line (1996-present)



Jimmy Heggins

Offensive Line • Alma Mater: Florida State '78
12th Season at FSU

Jimmy Heggins begins his fourth season as offensive line coach at Florida State and his 12th overall on the FSU staff. Heggins coached the tight ends and tutored the noseguards prior to taking over the offensive line duties in 1992.

Heggins was an outstanding noseguard on Bobby Bowden's FSU teams in the mid '70s. He returned to his alma mater in 1986 as a full-time coach after a year at Southwestern Louisiana where he coached USL's defensive ends. Prior to his stint with the Ragin' Cajuns, Heggins was running backs coach at Eastern Michigan for two years and at Western Illinois for a year.

Florida State must replace All-ACC selections Chad Bates, Todd Fordham and Walter Jones from last year's offensive line. Jones, was the sixth overall selection in last April's NFL Draft by the Seattle Seahawks. Among Heggins Florida State protégé's are current NFL players Clay Shiver, a center with the Dallas Cowboys, and tight ends Reggie Johnson and Lonnie Johnson. During his time as noseguard coach at FSU, Heggins coached current FSU defensive line coach Odell Haggins who was an All-American in 1989.

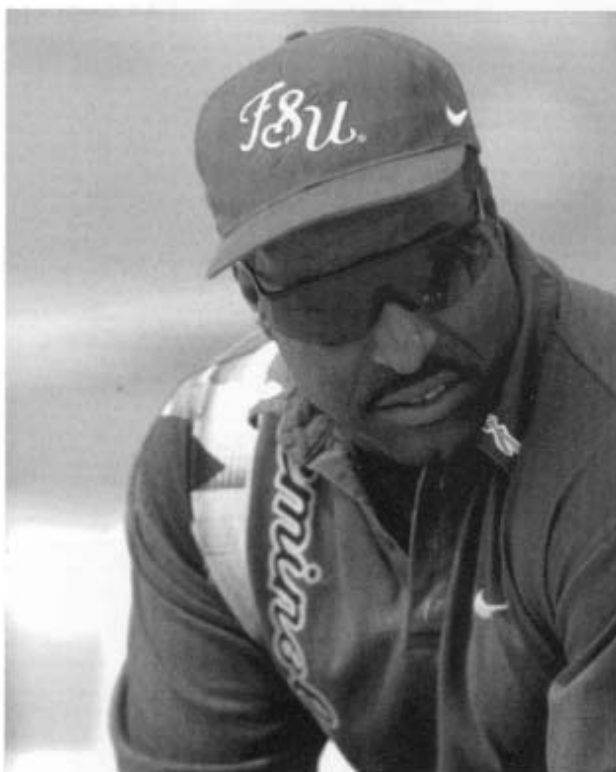
A native of Salisbury, N.C., Heggins began his collegiate coaching career as a graduate assistant at East Carolina in 1980. He filled the same role at FSU in 1981 and '82.

Heggins came to Tallahassee to begin his playing career in 1974 as a running back after gaining 1,670 yards and earning all-state honors in North Carolina in 1973. A fullback his first two



seasons with the Seminoles, he made the switch to noseguard in 1976 (Bowden's first year) and was named the squad's outstanding defensive player following the season. As a senior, he led Florida State to a 10-2 record and a win over Texas Tech in the Tangerine Bowl.

Heggins and his wife, the former Winifred Parker, have two daughters — Andrea and Lauren.



HEGGINS QUICK FACTS

YEARS AS A COLLEGIATE COACH: 17

COACHING STOPS:

- South Miami High School (Miami, FL) — Head Track and Field Coach (1978-80)
- East Carolina — Graduate Assistant (1980)
- Florida State — Graduate Assistant (1981-82)
- Western Illinois — Running Backs (1982)
- Eastern Michigan — Running Backs (1983-85)
- Southwestern Louisiana — Defensive Ends (1985)
- Florida State — Recruiting Specialist/Noseguards (1986-89); Tight Ends (1990-91); Offensive Line (1992-present)



Mark Richt

Offensive Coordinator/Quarterbacks

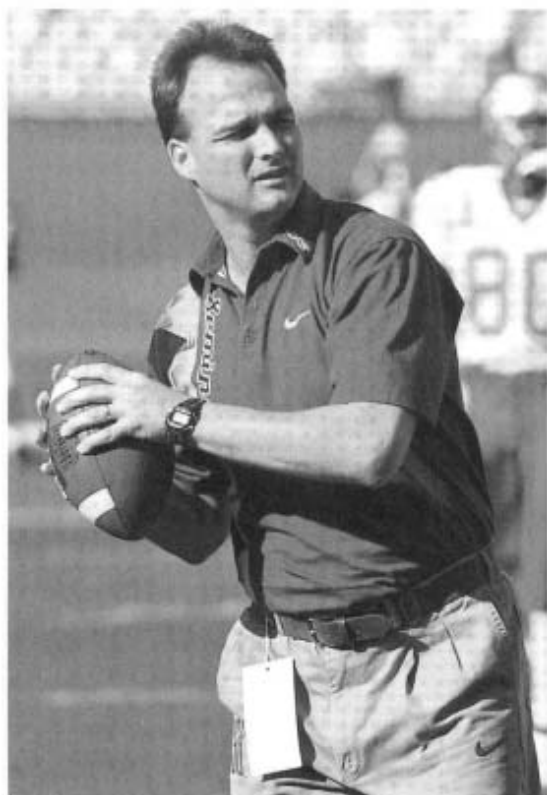
Alma Mater: Florida State '82 • 12th Season at FSU

Florida State offensive coordinator Mark Richt begins his fourth season as the man in charge of the Seminole offense and his 11th overall as the quarterbacks coach at FSU. Richt's offenses have been among the most productive in college football history and he has become one of the most respected young coaches in the country. The Seminoles' "Fast Break" offense was tailored around 1993 Heisman Trophy winner Charlie Ward, but Richt has maintained the Tribe's attacking offensive style for the past three years.

Richt's notoriety has been gained through an innovative and exciting offensive style and a long list of excellent quarterbacks. Naturally, Richt's most famous protégé is Ward, who is the most decorated player in the history of college football. Richt has sent four quarterbacks into the NFL since 1989. Former Tampa Bay Buccaneer Casey Weldon was the runner-up for the Heisman Trophy in 1991 and Brad Johnson is now the starting quarterback for the Minnesota Vikings. Most recently, Danny Kanell earned ACC Player of the Year honors in 1995 and is now with the New York Giants. While former Chicago Bears quarterback Peter Tom Willis has retired, Richt pupil Danny McManus has had



Florida State's 1997 assistant coaching staff has a combined 129 years of coaching experience at FSU alone. The staff has accumulated 144 total years of coaching experience at the collegiate level.



an outstanding career as the starting quarterback for Winnipeg in the Canadian Football League.

Richt has logged 11 years as quarterbacks coach at Florida State, and this season will mark his eighth straight in that role, since returning from a one year stint as the offensive coordinator at East Carolina in 1989. Richt had served as a graduate assistant and then volunteer quarterbacks coach for the Seminoles from 1985-88.

A native of Boca Raton, Fla., Richt came to Tallahassee with an astute knowledge of the passing game after playing the position at Miami under Howard Schnellenberger. Richt was the backup to former Buffalo Bills star Jim Kelly during his last three seasons with the Hurricanes.

Richt is married to the former Kathy Francis, who is from Tallahassee. The couple has two children — Jonathan and David.

RIGHT QUICK FACTS

YEARS AS A COLLEGIATE COACH: 12

COACHING STOPS:

Florida State — Graduate Assistant (1985-86); Volunteer Assistant (1987-88)

East Carolina — Offensive Coordinator (1989)

Florida State — Quarterbacks (1990-present); Offensive Coordinator (1994-present)



Billy Sexton

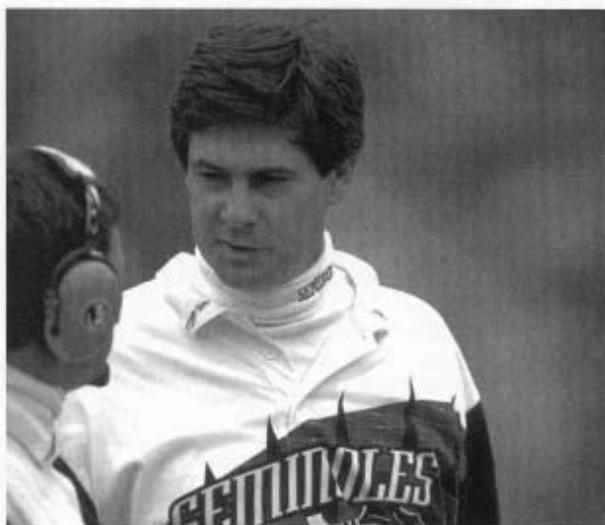
**Running Backs • Alma Mater: Florida State '74
22nd Season at FSU**

Billy Sexton has been a familiar sight on the sidelines of Florida State football games since 1973.

The Tallahassee native started his career at FSU as a player for the Seminoles and went on to become a graduate assistant coach and then a full-time coach in 1977. Only defensive ends coach Jim Gladden has logged more time on the Seminole coaching staff than Sexton.

The 1997 season will be Sexton's 15th as the Seminoles running backs' coach, where a slew of pros have learned and refined their skills under the former FSU quarterback. Sexton's professional protégés increased when Warrick Dunn was taken with the 12th pick in last April's NFL Draft by the Tampa Bay Buccaneers. Dunn became Florida State's all-time leading rusher last season and finished his career with 3,989 yards.

Sexton has seen nine of his pupils taken in the draft since 1988, including first-rounders Dunn, William Floyd (San Francisco 49ers, 1994), Dexter Carter (San Francisco 49ers, 1990) and Sammie Smith (Miami Dolphins, 1989). Also among Sexton's former pupils are All-American Greg Allen, who broke 26 school records during his FSU career, and Edgar Bennett, of the Super Bowl champion Green Bay Packers.



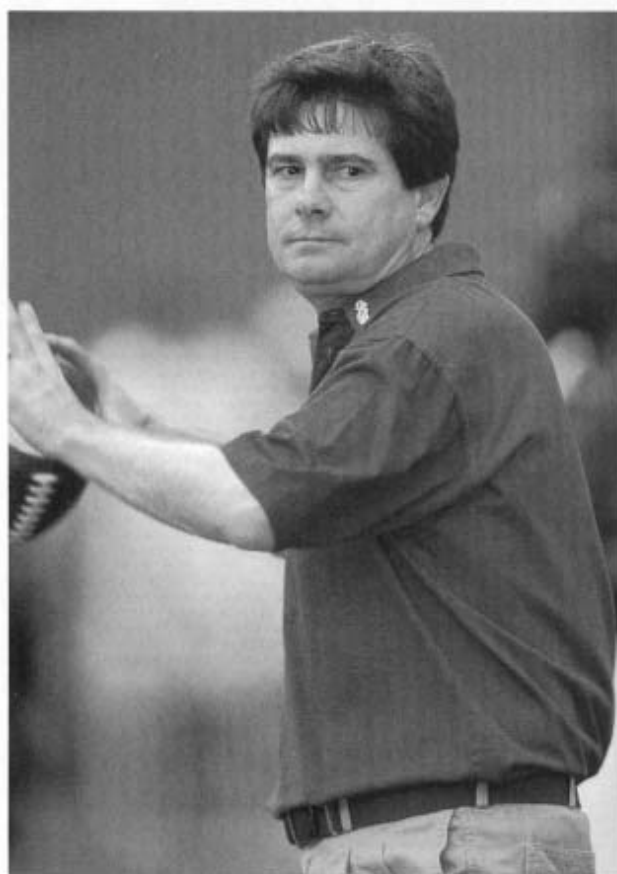
Since 1983, Sexton's running backs have become one of the most effective components of the FSU offense, averaging nearly six yards per carry and over 10 yards per catch during those 13 seasons. Florida State's backs have also earned a reputation for being sure-handed receivers and are renowned for their pass-catching abilities.

Sexton joined the Florida State staff as a graduate assistant in 1976, Bobby Bowden's first year as the FSU mentor. He became a member of the full-time staff in 1977 and worked with the Seminole quarterbacks for five seasons until 1982, when he became the head junior varsity coach and handled scouting duties. He took over the running backs position the following year.

A standout at Leon High School in Tallahassee, Sexton played his first three years of college football at Alabama before transferring to Florida State. He was the Seminoles' starting quarterback for the opening half of the 1973 season.

Sexton earned a bachelor's degree in business from FSU and began his coaching career as an assistant coach at Leon before returning to Florida State.

He and his wife, Joy, have three children — Wyatt, Leslie and Taylor.



SEXTON QUICK FACTS

YEARS AS A COLLEGIATE COACH: 21

COACHING STOPS:

Leon High School (Tallahassee, Fla.) — Assistant Coach (1974-76)

Florida State — Graduate Assistant/Tight Ends (1976); Quarterbacks (1977-81); Junior Varsity Coach/Scouting Coordinator (1982); Running Backs (1983-present)

Seminole Strength & Conditioning

"THE STRONG SHALL SURVIVE"

It is the motto of Florida State Strength and Conditioning Coach Dave Van Halanger and his staff in the FSU weight room facility. It's also the philosophy that has made Seminole athletics in all sports among the strongest, fastest and fittest anywhere.

At Florida State, the strong not only survive, they win too! That is why the Seminole football team is dedicated to year-round conditioning and weight training as the only way to improve their physical gifts.

The newly-renovated Seminole weight room is complete with a rubberized floor surface, drop-ceilings with enhanced lighting, stereo sound system, cooled water fountains and a mirrored area which includes exercise systems by Cybex Eagle as well as free-weight equipment. A variety of exercise bicycles, rowing machines and Stairmasters complete both the strength conditioning and cardiovascular experience.

"To become a champion, you must first train like a champion."

Florida State athletes achieve their goals in a state-of-the-art facility at the Coyle E. Moore Athletics Center, located in the same building as the coaches' offices, football locker, film projection and meeting rooms. The weight room used by the Seminole football team is a spacious area encompassing over 7,000 square feet. Banners commemorating FSU's bowl victories hang from the rafters and inspirational slogans cover the walls. A variety of music blares from the stereo system and words of encouragement are supplied as superior athletes strive to reach their peak performances.

The words of encouragement and guidance come from Coach Van Halanger, and the rest of the Florida State Strength and Conditioning staff, who take a personal interest in each and

every Seminole student-athlete. Van Halanger and staff work with each individual to tailor a custom weight program specific to their needs and goals. His office is conveniently located within the weight room, where he is close to the action at all times.

He is assisted by five graduate assistants who help maintain the weight room, work with basketball and olympic-sport program athletes, and also assist with the football team. Van Halanger will be assisted by Scott McDonald, Russ Barbarino and Don Acosta in 1997.

"DESIRE! DEDICATION! DETERMINATION!"

Florida State student-athletes begin the strength and conditioning process the minute they step on campus. In addition to the physical work, Van Halanger and his staff believe in a three-pronged approach.

"The mental aspect of conditioning, combined with a solid spiritual base, is vital for our athletes to perform at the peak of their physical potential," says Van Halanger.

Since Van Halanger's arrival in Tallahassee 14 years ago, Florida State athletes have improved strength, speed, flexibility, quickness and explosiveness each year. They are always among the fittest in college football, which helps both endurance and injury prevention.

The 1997 Seminole football team follows the standard set by great Florida State teams of the past. The '97 squad boasts at least 10 players with 40-yard dash times of 4.5 seconds or better. Along with the team's outstanding speed, 23 players benched pressed over 400 pounds in spring testing with two over 500 pounds. Redshirt sophomore Dan Kendra, one of the most

dedicated athletes in the Seminole weight room, broke the leg press record in '96 with a mark of 1,335 pounds continued his phenomenal efforts with an above 700-pound squat. Twenty-two football players have also increased their vertical jumps to above 35 inches. Under the guidance of Van Halanger, expect to see the '97 team enhance already impressive weight room results.

"PERFORMANCE NOT PROMISES"

Superior strength and conditioning, just one more reason the Seminole football team has become a mainstay at the top.





Dave Van Halanger

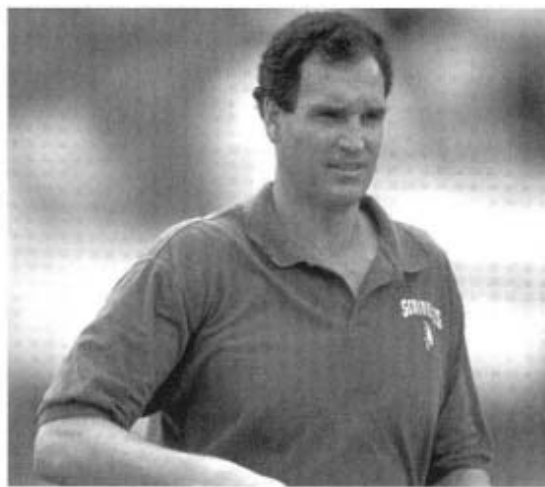
Strength & Conditioning
Alma Mater: West Virginia '76 • 15th Season at FSU

In the competitive environment of college football, games are often won because of strength and speed. Part of the reason for Florida State's success on the field is a year-round weight-room program run by strength and conditioning coach Dave Van Halanger. The 15-year veteran of the Seminole coaching staff has helped thousands of FSU athletes get stronger, faster and more flexible.

Under Van Halanger's direction, the average student-athlete gains 20-25 pounds, adds 100 pounds to his bench press and 200 pounds to his squat during his years at FSU. Each athlete can knock about two-tenths of a second off his 40 time and can jump four to five inches higher when he leaves Florida State, thanks in part to the work of Van Halanger and his staff. He was named the 1993 Strength Coach of the Year by the NFL Coaches.

In addition to work in the weight room, Van Halanger works closely with the FSU trainers to keep players in shape as they recover from injury.

Van Halanger spent five years as the head strength coach at his alma mater, West Virginia, prior to his



FSU strength and conditioning coach Dave Van Halanger lists Reinard Wilson, and current Seminoles Tra Thomas, Andre Wadsworth and Dan Kendra as the strongest all-around players throughout his 14 years with the FSU program.

arrival at FSU in July of 1983. He is credited with starting West Virginia's first organized weight training program.

A four-year letterman under Bowden at West Virginia, Van Halanger was co-captain of the 1975 West Virginia Peach Bowl team. An offensive tackle, he earned All-East honors his junior and senior seasons and was an honorable mention All-America selection as a senior. He played professionally with the Atlanta Falcons in 1976 before returning to WVU as a graduate assistant and head junior varsity coach. He became the full-time strength coach at WVU in 1978.

Van Halanger is currently serving a five-year term as a member of the National Board of Ethics for the National Strength and Conditioning Association. He teaches several classes on strength training and conditioning available to FSU students and the Tallahassee community. Van Halanger leads FSU's Fellowship of Christian Athletes group.

Some of Van Halanger's former assistants at Florida State currently hold positions as strength coaches with professional and collegiate teams across the country, including the Florida Marlins, St. Louis Cardinals, Milwaukee Brewers, Notre Dame, Ohio State, Syracuse, Samford and Maryland.

Van Halanger, a native of Turtle Creek, Pa., and his wife, Michele, have three children — Danielle, Julie and Matthew.



VAN HALANGER QUICK FACTS

YEARS AS A COLLEGIATE COACH: 18
 West Virginia — Graduate Assistant (1976-77); Strength Coach (1978-82)
 Florida State — Strength Coach (1983-present)

Graduate Assistants, Trainers & Managers

JOHN LILLY

Graduate Assistant • Guilford College '90



John Lilly begins his third season with the Florida State football program, but his second as a graduate assistant coach with the Seminole defense. A cinematographer for the defense in 1995, he will assist Mickey Andrews with coaching the defensive backs.

A 1990 graduate of Guilford College, Lilly was a dean's list student all four years while playing quarterback, wide receiver and special teams for the Quakers from 1986-89. He was named the "ideal Guilford football player" as a senior and was a team captain at the North Carolina school.

A native of Beckley, W.V., Lilly is a graduate of Woodrow Wilson High where he played quarterback for one of West Virginia's top high school programs. He was also selected to be profiled in a brochure on the combination of athletics and academics.

Lilly joined the Florida State football family after coaching at Northwest Guilford Senior High in 1993.

STEVE GABBARD

Graduate Assistant • Florida State '88



ASeminole defensive tackle from 1984-88, Steve Gabbard returns to his alma mater in a coaching capacity for the 1997 season. Gabbard was a three-year starter for the Tribe, earning *Football News* All-America honors as a junior and second team All-South Independent and honorable mention AP All-American as a senior.

Professionally, Gabbard spent time with the Philadelphia Eagles in 1989 and 1990 as an offensive lineman. As the first player selected by the London Monarchs of the World League in the spring of 1991, Gabbard earned first team All-World and helped the Monarchs to the World League Championship in its inaugural season. He spent the remainder of the 1991 season with the Green Bay Packers before his last NFL stint as a plan B free agent signee with the Washington Redskins. Gabbard wound up his professional career in the CFL with the Sacramento Gold Miners in 1993-94.

A native of Charlotte, N.C., Gabbard attended Independence High School with future Seminole quarterback Chip Ferguson in Concord, North Carolina. He graduated with a degree in economics and business management from Florida State in 1988. Gabbard is married to the former Kimberly Shalley, and has three children — Jacqueline, Ava and Stephen, Jr.

RANDY ORAVETZ

Head Trainer • Florida State '79
19th Season at FSU



One of the most important aspects of a top athletic program is the training staff and Florida State's training operation is headed by one of the best in the country in Randy Oravetz. In fact, Oravetz was honored in July by the National Association of Athletic Trainers as the winner of the National Service Award. Oravetz begins his 12th season in his post as the

director of sports medicine at FSU in 1997. He oversees the training room operation for all 18 intercollegiate sports offered at Florida State. Before being elevated to the head trainer's position in 1986, Oravetz served as the number one assistant trainer at FSU for seven years.

Oravetz leads a staff of six full-time assistant trainers and a large group of student trainers. He is the primary liaison between the Florida State team doctors and the coaching staff. Oravetz is directly responsible for the everyday care and treatment of the FSU football players. He and his staff deal with both the treatment and prevention of athletic injuries.

Oravetz served as a student trainer for four years as an undergraduate at FSU under legendary FSU athletic trainer Don Fauls. He was elevated to a full time assistant under Fauls, who passed away last year and after whom the current training facility is named, immediately following graduation in 1979. During his tenure as an assistant trainer, Oravetz served as the head trainer for FSU baseball team as well as assisting with the basketball, track, swimming and tennis squads.

He and his wife, Linda, have two sons, Jonathan and Thomas.

DAVID WALLS

Assistant Trainer • West Virginia '87
2nd Season at FSU



David Walls begins his second year as an assistant athletic trainer on the Florida State staff. Walls works directly with the Seminole football team and coordinates the rehabilitation programs for FSU's student-athletes.

Walls came to Florida State after working for the Penn State University Orthopedic & Sports Medicine Center and Tallahassee Orthopedic & Sports Physical Therapy where he was mainly responsible for implementing a sports medicine outreach program to area high schools and junior colleges.

Walls received his master's degree from Penn State University in Health Education where he served as a graduate assistant

athletic trainer for two years. His duties included working with Nittany Lions football track teams and supervising the Indoor Sports Complex. In addition, Walls has worked as an assistant trainer for the Indianapolis Colts.

A 33-year-old native of Craigsville, W.V., Walls received his undergraduate degree from West Virginia University in 1987.

DUANE BROOKS

**Assistant Trainer • Florida A&M '94
4th Season at FSU**



Duane Brooks enters his fourth season on the Florida State training staff and his second as an assistant athletic trainer. Brooks previously served as a graduate assistant in the FSU training room for two years.

Brooks' main responsibilities are with the Seminole football team, but he also works closely with the FSU baseball squad. Brooks' duties also include the supervision of the student trainer education program and the maintenance of insurance claims for all male sports.

A 28-year-old native of Tampa, Fla., Brooks graduated from Florida A&M University in 1994 with a bachelors' degree in Applied Physical Education. Brooks worked with the Rattlers' football team, as well as other sports, as FAMU's head student athletic trainer from 1991 to 1993.

Brooks received his masters' degree in April of 1996 from Florida State University in sports administration. He has also served as a summer assistant athletic trainer for the Tampa Bay Buccaneers and the Tallahassee Sports Council. Brooks is a member of the National Athletic Trainers Association, Athletic Trainers Association of Florida and the Ethnic Advisory Council.

JIMMIE CALLAWAY

Equipment Manager • 21st Season at FSU



A 21-year veteran of the Florida State athletic staff, Jimmie Callaway enters his eighth season as the head equipment manager for the football team. Callaway served as assistant equipment manager at FSU for 13 years before taking over the head position.

In addition to the huge task of ordering and directing the upkeep of the football team's equipment, he handles ground transportation arrangements for all of Florida State's athletic teams and assists in the coordination of security of the Moore Athletic Center on football game days.

Callaway supervises the everyday distribution of football gear and maintenance of the practice fields. He oversees team facilities in the Moore Athletic Center. When the Tribe goes on the road, he directs the transfer of all equipment and baggage to the site of the game. A

large staff of student managers, supervised by Callaway, assists him in these duties.

In addition to his duties with the Seminoles, Callaway also serves on the World Sporting Goods Advisory Board and the Nike Shoe Advisory Board.

A Tallahassee native, Callaway came to the athletic staff after 20 years with the Department of Highway Safety and Motor Vehicles.

He and his wife, Donna, have two daughters — Connie and Leanne, and a grandson, Cody.

DAVE DELEGAL

Asst. Equipment Manager • Florida State '93



Dave Delegal returns to Florida State as the Seminoles' assistant equipment manager after a two-year stint with the NFL's Jacksonville Jaguars.

Delegal's duties include the supervision of the student managers and practice facilities, as well as fitting and repairing protective equipment for the Seminole football team. He is also responsible for inventory and ordering of protective equipment. A 31-year-old native of Jacksonville, Delegal is a 1993 graduate of Florida State, where he was a student manager for the football team. Delegal then served as the Seminoles' assistant equipment manager for two seasons (1993-94) before filling the same role with the Jaguars.

Delegal is a certified member of the American Equipment Managers Association. He has also worked at Sunbelt Athletic, Inc., and for the Houston Oilers. Most recently, Delegal was a member of the 1997 AFC Pro Bowl Staff.



Senior Greg Spires moves into one of the nation's most glamorous positions as he will line up at one of the defensive end spots vacated by an All-American.

Just nine teams have started a football season ranked as the preseason No. 1 team and gone on to finish as national champions. The Seminoles were the eighth team to start and finish No. 1 when they did it in 1993. Nebraska did it the following year.

Football Support Staff



Dr. Tom Haney
Team Physician



Dr. Doug Henderson
Team Physician



Dr. Kris Stowers
Team Physician



Dr. Emory Cain
Team Dentist



Dr. Bob Orsillo
Team Optometrist



Major Billy Smith
Team Security



Mark Rodin
*Seminole Productions
General Manager*



Billy Vizzini
Video Coordinator



Nick Menacof
*Dorm Supervisor/
P.A. Announcer*



Clint Purvis
Team Chaplain



Bettye Gibson
Dietician



Sue Hall
*Administrative
Assistant*



Debra Crews
Offense Secretary



Carol Moore
*Recruiting Program
Assistant*



Diane Walker
Defense Secretary



Caroline Scott
Football Operations