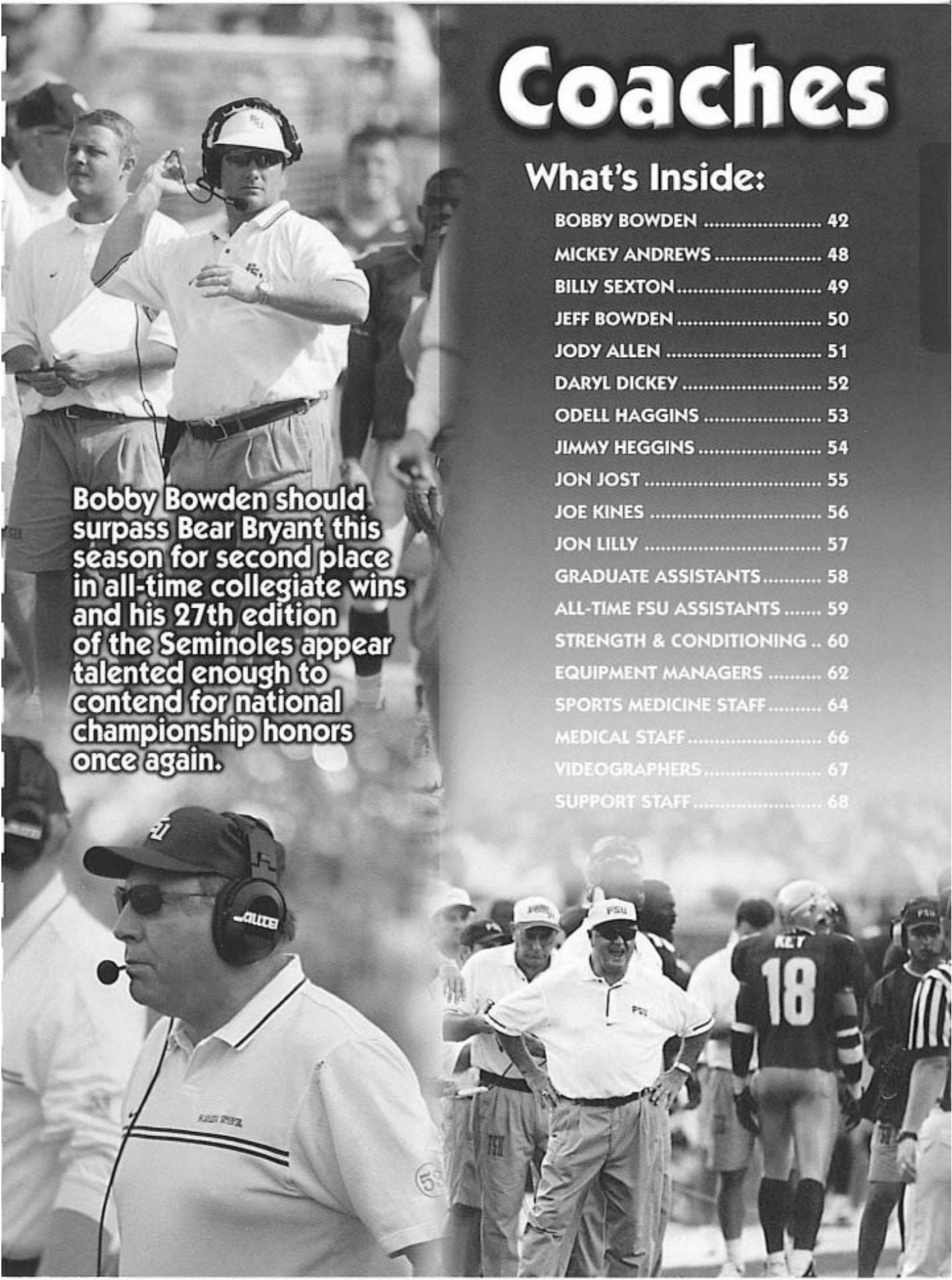


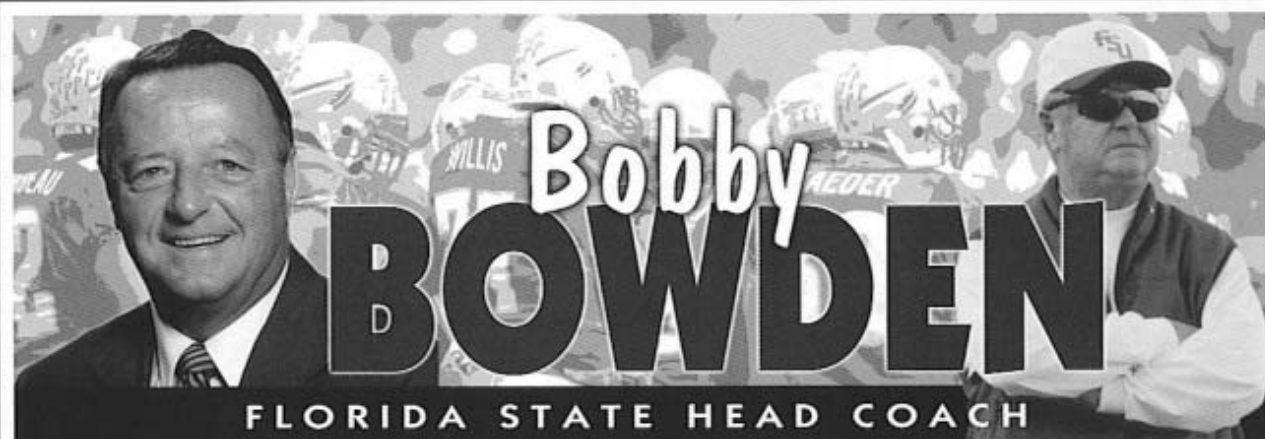
# Coaches

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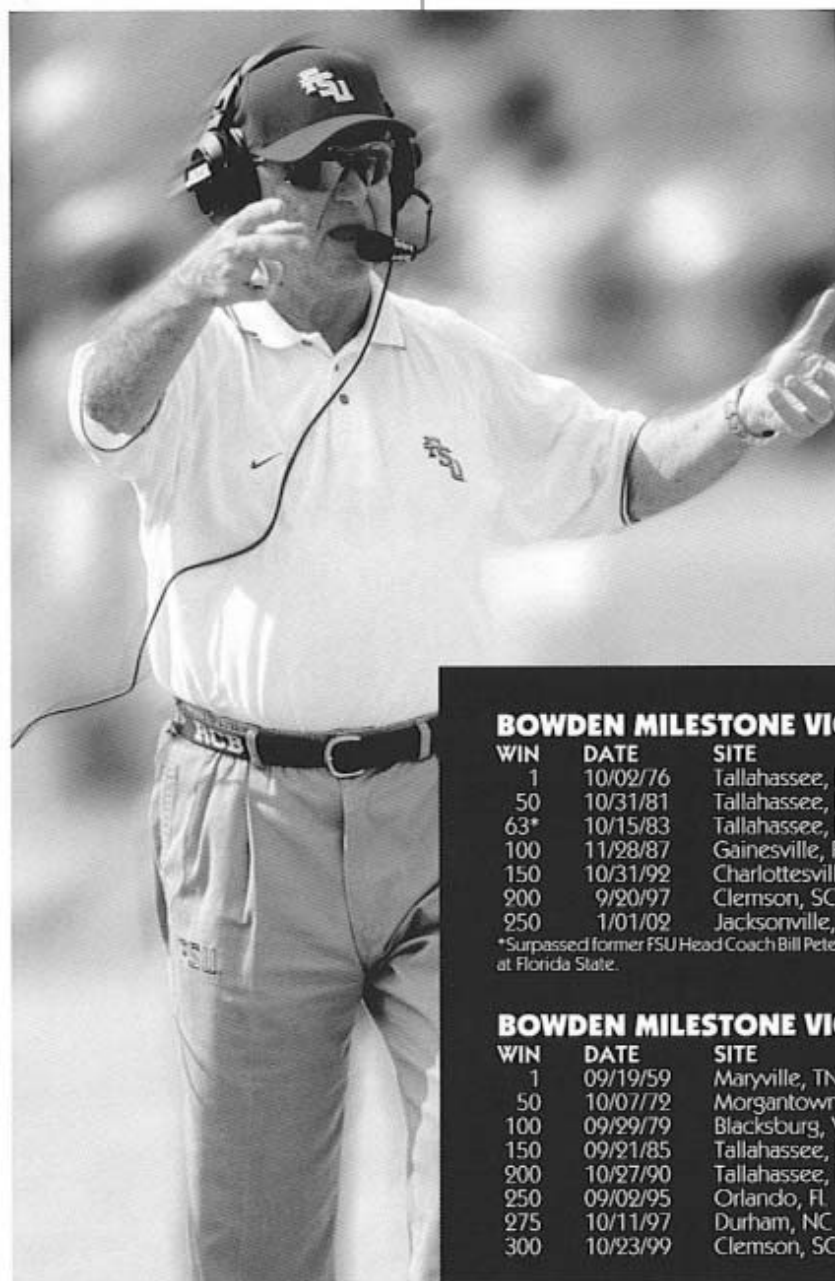


**Bobby Bowden should surpass Bear Bryant this season for second place in all-time collegiate wins and his 27th edition of the Seminoles appear talented enough to contend for national championship honors once again.**



# Bobby BOWDEN

FLORIDA STATE HEAD COACH



**L**egendary Florida State football coach Bobby Bowden begins his 27th season at Florida State in 2002. When he took the job back in 1976, he likened his new association with FSU to a marriage even adding the familiar phrase of "letting no man put it asunder", which surely reassured even the most downtrodden Seminole fan. And most of the fans were disheartened because 27 years ago, Bowden inherited a program far from the dynasty that he now commands. In fact, FSU had only won four games over the previous four seasons combined and there was serious talk that perhaps the school should shelve the program unless it was more successful. The most optimistic of FSU fans could not possibly have predicted what Bowden would accomplish over the next three decades.

The coach himself hints that he was not sure he could turn the program into a national power. "When we started winning I started to get some interest from other schools and from some NFL teams," Bowden has admitted on several occasions. "I had some chances to move to

## BOWDEN MILESTONE VICTORIES AT FSU

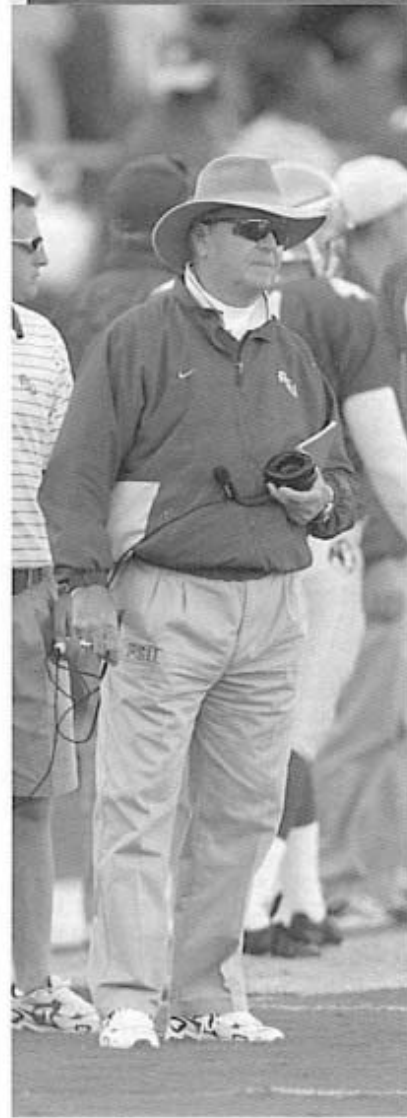
WIN	DATE	SITE	OPPONENT	SCORE
1	10/02/76	Tallahassee, FL	Kansas State	90-10
50	10/31/81	Tallahassee, FL	Western Carolina	56-31
63*	10/15/83	Tallahassee, FL	Cincinnati	43-17
100	11/28/87	Gainesville, FL	Florida	28-14
150	10/31/92	Charlottesville, VA	Virginia	13-3
200	9/20/97	Clemson, SC	Clemson	35-28
250	1/01/02	Jacksonville, FL	Virginia Tech	30-17

\*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
275	10/11/97	Durham, NC	Duke	51-27
300	10/23/99	Clemson, SC	Clemson	17-14





other schools with great football tradition. LSU was a job that I looked at long and hard. We were playing them that season and I told Ann that if we go over to Tiger Stadium and lose maybe I should go to LSU. When we went to their place and won, I realized that maybe we could get it done right here at FSU. And I've never regretted it."

Bowden's loyalty has meant the world to Florida State University and its athletics program. He has developed the most consistently successful program in the history of college football and is poised to pass Bear Bryant with his first win this season to become the second all-time winningest coach in college football history.

Part of the secret to Bowden's success in his long run at FSU is that the elements of the job that seem to turn into chores over the years for most coaches — recruiting, speaking engagements, public functions, press responsibilities — come easily for Bowden.

"I feel great physically," said Bowden who will turn 73 this season. "I've always been a people person. I enjoy getting to know people, so the recruiting is still a lot of fun for me. I like going into a player's home and meeting his parents and family. I don't have any desire to slow down on all the elements outside of the actual game that some people find hard. I understand why it grinds away at some people, but it just doesn't on me. I guess I've always been able to put football in its place."

While Bowden will be in his familiar gamut and gold to start the 2002 season, it will be a distinctly unusual start as the Seminoles are coming off their first "down" year in 15 years of winning 10 or more games. "We weren't satisfied with our season last year, but people are surprised when I tell them that I really enjoyed

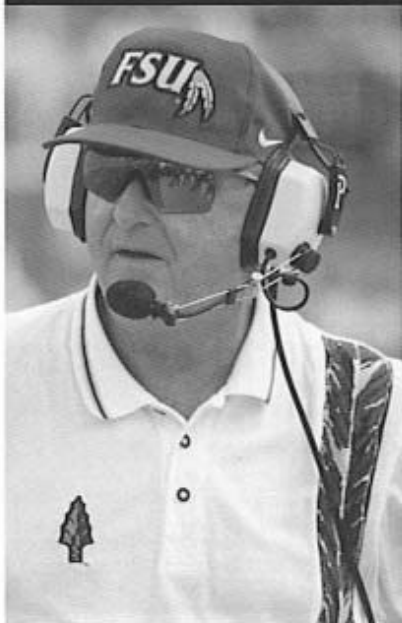
## BOWDEN RECORD

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

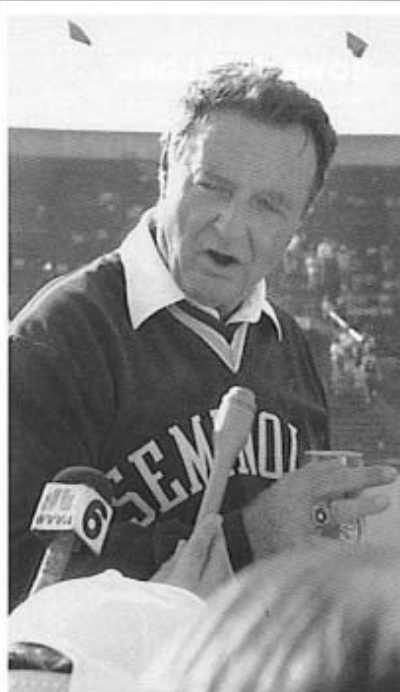
WEST VIRGINIA	W	L	T	PCT
1970	8	3	0	.727
1971	7	4	0	.636
1972 (Peach)	8	4	0	.667
1973	6	5	0	.545
1974	4	7	0	.364
1975 (Peach)	9	3	0	.750
Total (6 years)	42	26	0	.618

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
1997 (Sugar)	11	1	0	.923
1998 (Fiesta)	11	2	0	.846
1999 (Sugar)	12	0	0	1.000
2000 (Orange)	11	2	0	.846
2001 (Gator)	8	4	0	.667
Total (26 years)	250	59	4	.805

**CAREER TOTAL** 323 91 4 .777



2002 COACHES



coaching that team last year," said Bowden. "The mistakes we made were usually because of youth and not lack of effort. When you've got players who have talent and will give you effort, you've got a chance to be successful. We've got that combination going into 2002."

The Seminoles' win over favored Virginia Tech in the Gator Bowl on January 1st finished the 2001 season on a positive note. The win also gave Bowden his 323rd career coaching victory and tied him with another legend, Bear Bryant, for second all-time in college football wins. FSU's next win will set up a chase between he and Penn State's Joe Paterno to reach the all-time mark. Bowden would rank second only to Eddie Robinson in total career wins, ahead of Bryant and Paterno, if his 22 wins as South Georgia College were included.

"To be honest, it doesn't really feel like I should be there," said Bowden of the potential feat. "It's not something that I sat down 40 years ago and said 'you know if I coached long enough and was successful maybe I could get there'. That type of thought never entered my mind. I don't

really think about it. Maybe when I'm done I'll look back on everything."

While Bowden hasn't spent much time looking back, most of the nation has spent time looking in at his program, which has had such extraordinary success. Just imagine a college basketball program advancing to the Final Four for 14 years in a row. Even more startling is the thought of playing in the national title game five times in eight seasons. But that's just what the Seminoles have done over the last few years. FSU set an NCAA record with 14 straight Top Five finishes and the 2001 Orange Bowl was the Tribe's third straight national title game and fifth in eight years.

Gracious in both victory and defeat, Bowden is a man at peace with himself. His rock-solid character and firm coaching principles date back more than 48 years. As if the fact that his coaching numbers have reached legendary proportions is not enough, he 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, he has proven that he would rather stay one step ahead of the rest of the field rather than rest on the status quo.

Like few 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 people have come to expect the moon. He has won 167 games over the last 16 seasons, including monumental wins over Miami, Notre Dame, Michigan, Nebraska, Penn State, Virginia Tech, Florida 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 two national championships, his place among the all-time greats, and a football program that is the model for the entire country, but as Bowden well understands at this stage of his career, there are things more important in life.

He has time for charity and to give to his church. He has never walked past an admiring child without a wink and a smile. He greets total strangers. He listens and he cares. He is a father figure in the traditional sense.

One of Bowden's greatest coaching achievements revolves around bowl games and his team's success in them. Bowden's 18-6-1 record and .740 bowl winning percentage rank first all-time. Only Paterno (20) has won more bowl games and his is the only name ranking ahead of Bowden on the all-time Division 1-A coaching list. Indeed, Florida State's eighth head coach has inked his name on the list

### NCAA ALL-TIME BOWL WINNING PERCENTAGE

COACH	APP	W	L	T	PCT
1. BOBBY BOWDEN*	24	18	6	1	.740
2. Bobby Dodd	13	9	4	0	.692
3. Joe Paterno*	30	20	9	1	.672
4. Don James	15	10	5	0	.667
5. Terry Donahue	13	8	4	1	.654
6. Barry Switzer	13	8	5	0	.615
7. Bill Yeoman	11	6	4	1	.591
8. Earle Bruce	12	7	5	0	.583
9. Johnny Majors	16	9	7	0	.563
10. John Vaught	18	10	8	0	.556

\*Active

### BOWDEN IN THE BOWLS (18-6-1)

YEAR	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
1997	Florida State	Sugar	Ohio State	31-14
1998	Florida State	Fiesta*	Tennessee	16-23
1999	Florida State	Sugar*	Virginia Tech	46-29
2000	Florida State	Orange*	Oklahoma	2-13
2001	Florida State	Gator	Virginia Tech	30-17

\*National Championship Game

## NCAA ALL-TIME BOWL WINS

COACH	NO	RECORD
1. Joe Paterno*	20	20- 9-1
2. <b>BOBBY BOWDEN*</b>	18	18- 6-1
3. Paul "Bear" Bryant	15	15-12-2
4. Tom Osborne	12	12-13-0
5. Lou Holtz	11	11- 8-2
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

## ALL-TIME COACHING VICTORIES#

COACH	WINS
1. Joe Paterno*	327
2. Paul "Bear" Bryant	323
<b>BOBBY BOWDEN*</b>	<b>323</b>
4. Glenn "Pop" Warner	319
5. Amos Alonzo Stagg	314
6. LaVell Edwards*	259
7. Tom Osborne	255
8. Woody Hayes	238
9. Bo Schembechler	234
10. Hayden Fry	232

#Division 1-A only; \*Active

of legends over 37 seasons at Samford, West Virginia and FSU.

What Bobby Bowden means to Florida State University off the playing field cannot be measured. Respect, sincerity, class, honesty, charisma, charm and humor; just a few of the words that describe and define this man better than 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. Re-

verses, flea-flickers, laterals — you name it, here it comes.

By now it's been well chronicled how the Birmingham native left snowy West Virginia to come to Florida State and save the program. Three seasons after he first 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 250-59-4. That includes a 133-18-2 record in Tallahassee and a 117-41-2 mark away from home. He has built those numbers against some of the nation's toughest sched-

ules, 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. Seventeen times in 26 years, his Seminoles have won 10 or more games in a season. Florida State had been to just eight bowls in the 29 years before him. The 2002 Gator Bowl marked the Seminoles' 23rd since his arrival, including a string of 20 in a row and 16 "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.

Florida State is the only school to finish among the (Associated Press) Top Five for 14 consecutive seasons. The Seminoles finished first twice (1993, 1999), second twice (1987, 92), third, four times (1988, 89, 97, 99), fourth, five times (1990, 91, 94, 95, 96) and fifth in 2000. No team in college football history can match the run.

Over the past 10 years, Florida State has played in the Atlantic Coast Conference. Since joining the league in football, FSU is 76-4 and has claimed nine ACC championships and set the league record for consecutive victories. Bowden picked up ACC Coach of the Year titles in 1993 and 1997.

Rising above Bowden's coaching accomplishments, though, are his credentials as a man. Friendly and outgoing, he is a deeply religious man who believes



Terry, Jeff, Bobby and Tommy Bowden

# 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...1997 ACC Coach of the Year...1997 Home Depot National Coach of the Year Finalist...1999 *Football News* Coach of the Year Semifinalist...1999 Home Depot Coach of the Year...1999 Home Depot Coach of the Decade Finalist.

**COACHING ACCOMPLISHMENTS** • The only coach in the history of Division I-A football to compile 14 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 323, which is tied for second all-time (Division IA)...Holds the NCAA record with 11 consecutive bowl victories and 14 straight bowl trips without a loss...With a 18-6-1 record in bowl games, his winning percentage of .740 is the best mark, all-time, in college football...Owns the third-best winning percentage (.777) among active coaches with a career record of 323-91-4...Has guided FSU to 23 bowl appearances in 26 years, including 17 straight, with 14 "New Year's Day" bowl trips...His 250 wins at Florida State over the last 26 years are more than the previous seven FSU head coaches compiled in over 29 seasons...Patriarch of the only father-son duo ever to lead Division I-A programs, let alone to lead them at the same time.



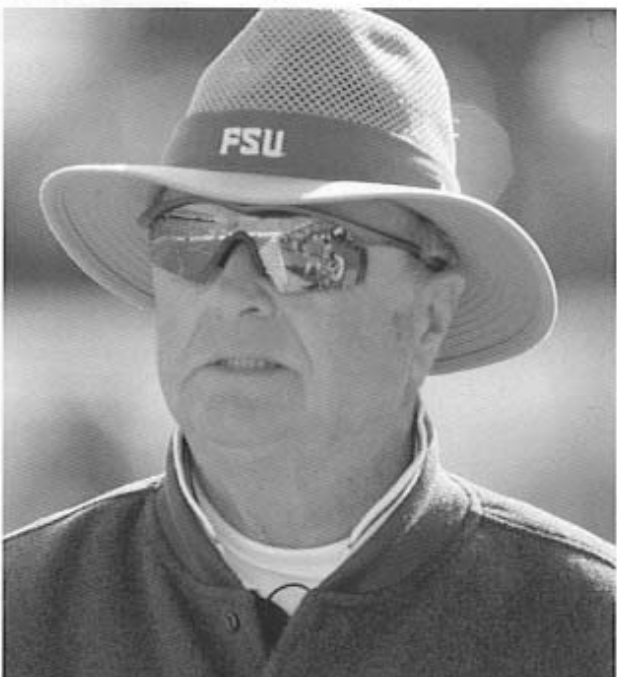
strongly in the strength of the family. He loves people. His personality and charm are bigger than life and he has become somewhat of a folk hero. An engaging speaker, Bowden is constantly in demand and most free evenings will find him on the speaking circuit. His off-season travel schedule would exhaust anyone. Sunday morning will usually find him in the pulpit of a church somewhere in the south. Outside of football, Bowden has an intense interest in World War II history and he is a voracious reader on the subject. He traced his ancestry to parts of Germany and has visited the country several times.

Bowden was an outstanding football player at Woodlawn High School in Birmingham, Ala., and went on to Alabama as a freshman quarterback, fulfilling a lifelong dream to play for the Crimson Tide. He lasted one semester in Tuscaloosa before high school sweetheart Ann Estock lured him back to Birmingham. They soon married and Bobby transferred to Howard College (now Samford University) in Birmingham. The two celebrated their 50th wedding anniversary in the same year (1999) that FSU won its second national championship and Bowden coached his only undefeated team, which was the first team ever to go wire-to-wire as the AP No. 1.

Bowden's family has always been most important to him. The nation can follow son Tommy's career as head coach at Clemson as well as son Terry, who is ABC's top college football studio analyst. The Bowden's oldest son, Steve, is in private business in Birmingham and co-wrote a book entitled "The Bowden Way" with his dad that hit the *Wall Street Journal's* best seller list. Youngest son, Jeff, begins his seventh season on the FSU staff and his second as offensive coordinator. The four boys, daughters Robyn Hines (who is married to Clemson linebacker coach Jack Hines) and Ginger Madden, and 21 grandchildren make up the Bowden clan.

# BOWDEN VS. THE OPPOSITION

OPPONENT	W-L-T	SAMFORD	WEST VIRGINIA	FLORIDA STATE	Stanford	0-1-0	—	0-1	—
Alabama-Birmingham	1-0-0	—	—	1-0	Syracuse	7-2-0	—	4-2	3-0
Arizona State	3-0-0	—	—	3-0	Temple	3-2-0	—	2-2	1-0
Auburn	4-5-0	—	—	4-5	Tennessee	0-1-0	—	—	0-1
Brigham Young	2-0-0	—	—	2-0	Tenn-Chattanooga	1-0-0	—	—	1-0
Boston College	4-2-0	—	2-2	2-0	Tennessee Tech	1-0-0	1-0	—	—
California	1-1-0	—	1-1	—	Texas A&M	2-0-0	—	—	2-0
Carson Newman	2-0-0	2-0	—	—	Texas Tech	2-0-0	—	—	2-0
Central Florida	1-0-0	—	—	1-0	Toledo	1-0-0	—	—	1-0
Chattanooga	1-0-0	1-0	—	—	Troy State	3-0-0	3-0	—	—
Cincinnati	6-0-0	—	—	6-0	Tulane	11-2-0	—	1-2	10-0
Clemson	12-2-0	—	—	12-2	Tulsa	2-0-0	—	—	2-0
Colorado State	1-0-0	—	1-0	—	UTMB	1-0-0	1-0	—	—
Delta State	2-1-0	2-1	—	—	Villanova	1-0-0	—	1-0	—
Duke	10-2-0	—	0-2	10-0	Virginia	11-1-0	—	2-0	2-1
East Carolina	9-0-0	—	2-0	7-0	Virginia Military	3-0-0	—	3-0	—
Florida	15-12-1	—	—	15-12-1	Virginia Tech	14-0-0	—	3-0	11-0
Furman	2-1-0	1-1	—	1-0	Wake Forest	10-0-0	—	—	10-0
Georgetown	2-0-0	2-0	—	—	West Virginia	1-0-0	—	—	1-0
Georgia	0-0-1	—	—	0-0-1	Western Carolina	2-0-0	—	—	2-0
Georgia Southern	2-0-0	—	—	2-0	Western Michigan	1-0-0	—	—	1-0
Georgia Tech	10-0-0	—	—	10-0	Wichita State	1-0-0	—	—	1-0
Gordon Military	1-0-0	1-0	—	—	William & Mary	3-0-0	—	3-0	—
Houston	0-1-0	—	—	0-1	Wofford	2-0-0	2-0	—	—
Illinois	1-0-0	—	1-0	—					
Indiana	3-1-0	—	2-1	1-0					
Kansas	3-0-0	—	—	3-0					
Kansas State	2-0-0	—	—	2-0					
Kent State	1-0-0	—	1-0	—					
Kentucky	1-0-0	—	1-0	—					
Livingston	2-0-0	2-0	—	—					
Louisiana College	1-0-0	1-0	—	—					
Louisiana State	7-1-0	—	—	7-1					
Louisiana Tech	2-0-0	—	—	2-0					
Louisville	9-0-0	—	—	9-0					
Maryland	12-0-0	—	2-0	10-0					
Maryville	2-0-0	2-0	—	—					
McNeese State	0-1-0	0-1	—	—					
Memphis Navy	1-0-0	1-0	—	—					
Memphis State	8-1-1	—	—	8-1-1					
Mexico	1-0-0	1-0	—	—					
Miami (Fla.)	12-16-0	—	1-1	11-15					
Michigan	1-1-0	—	—	1-1					
Michigan State	2-0-0	—	—	2-0					
Middle Tenn. State	1-0-0	—	—	1-0					
Millsaps	2-0-0	2-0	—	—					
Mississippi College	1-3-0	1-3	—	—					
Mississippi State	1-1-0	—	—	1-1					
Navy	1-0-0	—	—	1-0					
Nebraska	6-2-0	—	—	6-2					
North Carolina	11-1-1	—	—	11-1-1					
N. Carolina State	9-3-0	—	1-1	8-2					
N. Texas State	2-0-0	—	—	2-0					
Notre Dame	3-1-0	—	—	3-1					
Ohio State	3-0-0	—	—	3-0					
Oklahoma	0-4-0	—	—	0-4					
Oklahoma State	3-0-0	—	—	3-0					
Penn State	1-6-0	—	0-6	1-0					
Pittsburgh	4-7-0	—	3-3	1-4					
Richmond	4-2-0	—	4-2	—					
San Diego State	0-1-0	—	—	0-1					
Sewanee	2-0-0	2-0	—	—					
South Carolina	9-1-0	—	—	9-1					
Southern California	2-0-0	—	—	2-0					
Southern Illinois	1-0-0	—	—	1-0					
Southern Methodist	1-0-0	—	1-0	—					
Southern Miss	9-2-0	—	—	9-2					
Southwestern	3-0-0	3-0	—	—					

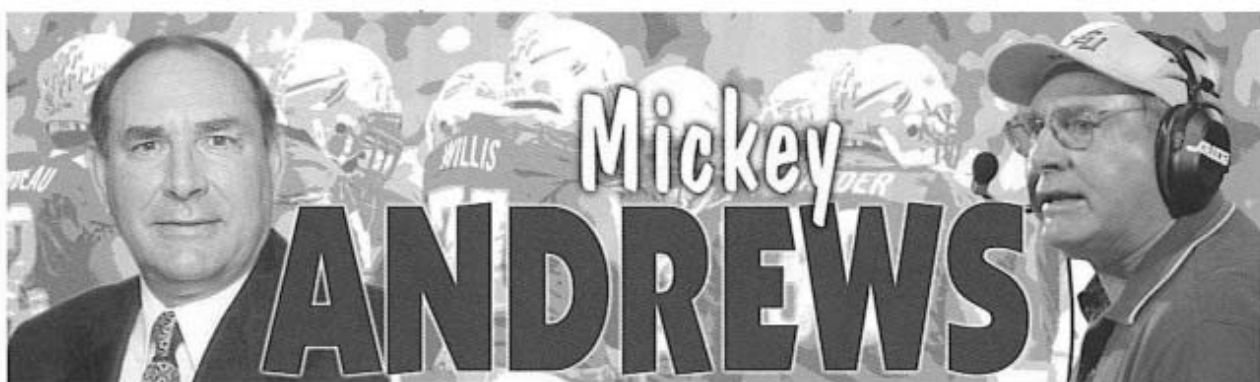


## BOWDEN BY THE DECADE

(Overall Head Coaching Wins)

DECADE	RECORD	PCT.
1959	9- 1-0	.900
1960-62	22- 5-0	.815
1970-79	76-38-0	.667
1980-89	88-28-3	.752
1990-99	109-13-1	.890
2000-01	19- 6-0	.760

2002 COACHES



ASSOCIATE HEAD COACH • DEFENSIVE COORDINATOR • SECONDARY • Alabama '64 • 19th Season at FSU

Florida State's rise to its current position as the most successful program in the history of college football directly correlates with the arrival of Mickey Andrews as defensive coordinator. 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. So it is fitting that Andrews will add the title of Associate Head Coach when he takes the field this fall.

Andrews' status as perhaps the nation's finest coordinator is not just shared by Bowden and every FSU fan. Andrews



### ANDREWS' QUICK FACTS

**YEARS AS A COLLEGIATE COACH:** 36

#### 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 (1977-80); Assistant Head Coach (1980)  
 Florida - Defensive Backs (1981-82)  
 Arizona Wranglers (USFL) - Defensive Coordinator (1983)  
 Florida State - Defensive Coordinator/Defensive Backs (1984-present); Associate Head Coach (2002-present)

was named the recipient of the first-ever Frank Broyles Award, which is given to the nation's top assistant coach, in 1996. Andrews directed the nation's top rated rushing defense in 1996 and his units have been among the top five nationally against the run in six of the last nine seasons. His 1998 defensive unit ranked No. 1 nationally in total defense and pass defense. In addition, the Seminoles ranked a close second nationally in rushing defense and scoring defense. In 2000, FSU ranked among the country's top 15 in every major defensive statistical category.

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. Tay Cody was a consensus All-America selection as a senior in 2000 and he was preceded by All-Pro cornerback Samari Rolle of the Tennessee Titans.

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 a game. In 1991, *Athlon's Magazine* named him the Assistant Coach

of the Year and in 1998 he was named the national Defensive Coordinator of the Year by the *American Football Coach's Magazine*.

Andrews came to Florida State from the Arizona Wranglers of the old United States Football League (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' 2002 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 where he 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 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 four grandchildren.





**B**illy Sexton has been a familiar sight on the sidelines of Florida State football games since 1973 and this year he adds the title of Assistant Head Coach to his coaching resume. The Tallahassee native started his career at FSU as a player for the Seminoles and went on to become a graduate assistant coach in 1977 and then a full-time coach in 1979. With the departure of 27-year veteran Jim Gladden from the coaching staff, Sexton is now the veteran of the Bowden assistants. He will add a number of administrative duties in his newly expanded role. The 2002 season already appeared to likely be special to Sexton, however, as his son Wyatt joins the team as a freshman quarterback.

This season will be Sexton's 26th as a staff member at the school and his 20th as the Seminoles running backs coach, where a slew of pros have learned and refined their skills under the former FSU quarterback. Sexton coached Warrick Dunn who became Florida State's all-time leading rusher in 1996 and finished his career with 3,989 yards.

Sexton has seen 12 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 Green Bay Packers. Travis Minor was a four-year starter at tailback and was selected by the Miami Dolphins in 2001.

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 19 seasons. Florida State's backs have earned a reputation for being sure-handed receivers.

Sexton joined the Florida State staff as a graduate assistant in 1977, Bobby Bowden's second year as the FSU mentor. He became a member of the full-time staff in 1979 and worked with the Seminole quarterbacks for three seasons until 1982, when he became the head junior varsity coach and handled scouting duties. He took over the running

**SEXTON QUICK FACTS**  
**YEARS AS A COLLEGIATE COACH:** 26  
**COACHING STOPS:**  
 Leon High School (Tallahassee, Fla.) - Assistant Coach (1974-76)  
 Florida State - Graduate Assistant/Tight Ends (1977); Quarterbacks (1979-81);  
 Junior Varsity Coach/Scouting Coordinator (1982); Running Backs (1983-present);  
 Assistant Head Coach/ Running Backs (2002-present)

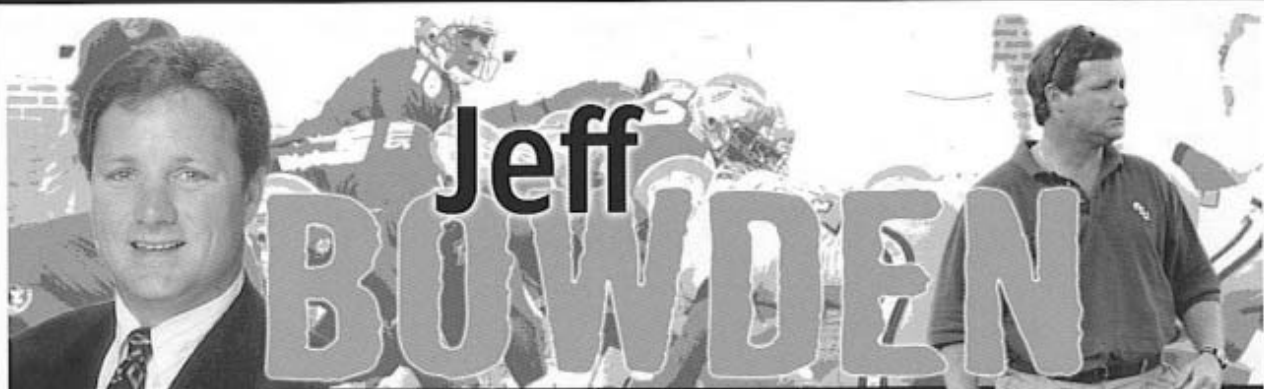
backs position the following year.

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 High before returning to Florida State as a coach.

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





OFFENSIVE COORDINATOR • WIDE RECEIVERS • Florida State '83 • 9th Season at FSU

### BOWDEN'S QUICK FACTS

YEARS AS A COLLEGIATE COACH: 19

#### 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 (1988-90)

Southern Mississippi - Wide Receivers (1991-93)

Florida State - Wide Receivers (1994-present), Offensive Coordinator (2001-present)

Jeff Bowden enters his second season as the offensive coordinator for the Seminoles after guiding a very young offensive unit last year. Bowden took over for Mark Richt in February of 2001 when Richt left to become head coach at the University of Georgia. The task of getting the offense together looked daunting enough without a coaching change as the Seminoles would have to replace Heisman Trophy winner Chris Weinke, four-year starting tailback Travis Minor and five other starters. But the job got even more challenging in the preseason when both starting wide receivers Anquan Boldin and Robert Morgan were lost for the year. In addition, Bowden would ask a redshirt freshman to run the quarterback position for the first time in his dad's 26 years at FSU. Given those circumstances, the 2002 season would appear to have fewer potential potholes than did last year.

Bowden was tabbed as the new offensive coordinator after coaching the wide receivers at FSU for the previous six years. He continues to coach the wide receivers in addition to his coordinator duties.

Bowden is his dad's equal in terms of welcoming a challenge. His confidence is justified as his work has been fruitful since he first began at FSU. Under Bowden's direction in 1997, E.G. Green earned second team Associated Press All-America status and he finished with more receiving touchdowns (29) over his career than any previous FSU receiver. Four years ago, Green teamed with Andre Cooper to become the first duo in FSU and ACC history to each register over

1,000 receiving yards. Six years ago, Kez McCorvey finished a career that made him the second most prolific receiver in school history. Just three years ago, Peter Warrick broke Green's FSU record and set a new ACC record with 31 career TD catches. In 2000, Snoop Minnis earned consensus All-America honors and was selected in the third round by the Kansas City Chiefs. Last year, Javon Walker topped off an excellent two-year career with FSU with the MVP trophy from the 2002 Gator Bowl win over Virginia Tech.

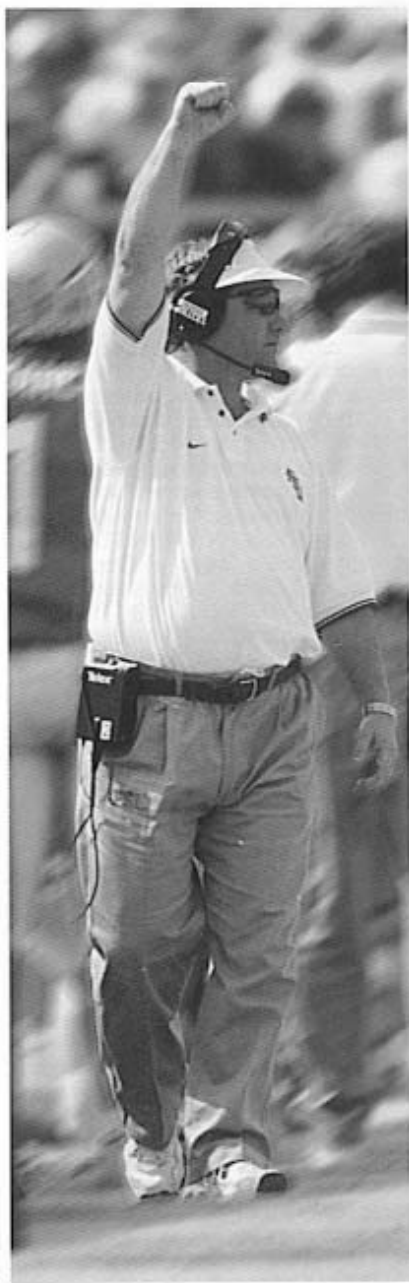
Bowden's transition to Florida State was a smooth one nine years ago when he left a Southern Mississippi program where he had served as receivers coach for three years.

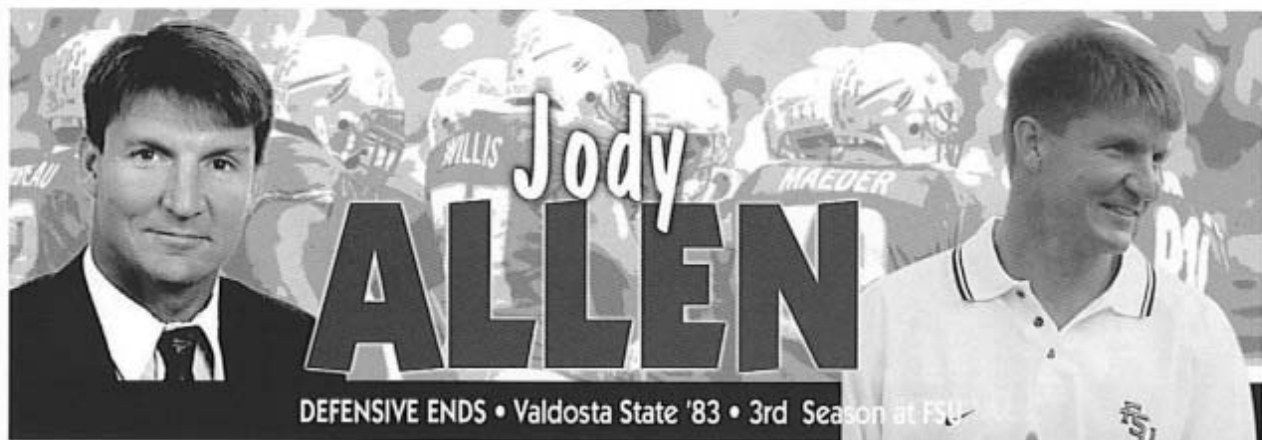
As a player, his FSU teams played in three bowl games. Following his playing career, Bowden moved immediately into coaching at Salem College in West Virginia upon graduation from FSU. He was the receivers coach for two seasons under brother Terry and was promoted to offensive coordinator in his third year.

After a year back at FSU as a graduate assistant, Jeff rejoined Terry at Samford University in Birmingham, Ala. He was the Bulldogs' offensive coordinator in 1987 and added the title of assistant head coach from 1988-90. 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.





DEFENSIVE ENDS • Valdosta State '83 • 3rd Season at FSU

**W**hen 27-year assistant coach Jim Gladden moved into a different role in athletics, Florida State head coach Bobby Bowden, using his own blueprint for success, wasted no time elevating graduate assistant Jody Allen into a full-time role as defensive ends coach. The move was not as extreme as it might look as Allen is a very experienced assistant at the Division IA level and with the Canadian Football League.

"I prefer to hire from within when I can as I did in the past with Jim Gladden, Brad Scott, Mark Richt, John Lilly and others," said Bowden. "They all came up through our ranks. Jody Allen will coach our defensive ends and he has shown in his two years here that he is more than capable. I've given him responsibilities here that I had never left to a graduate assistant before. He did a superb job last season and our defensive staff all endorsed him strongly."

Allen, 41, was a graduate assistant on the FSU staff for the last two seasons working with the defensive backs and brings 10 years of experience on the Division IA level. A 1983 graduate of Valdosta State University, Allen was an assistant there in 1999. He coached at Griffin (GA) High School in 1998 and Murray State University in 1997. Prior to those stints, he coached two years in the Canadian Football League with the Shreveport Pirates in 1995 and BC Lions in 1994. He was wide receivers coach at Arkansas State in 1992 and in 1993 became the offensive coordinator. He coached receivers and running backs at Ole Miss during his tenure there from 1987-91. Allen was a graduate assistant at Alabama in 1984-85 before coaching the wide receivers for the Crimson Tide in 1986.

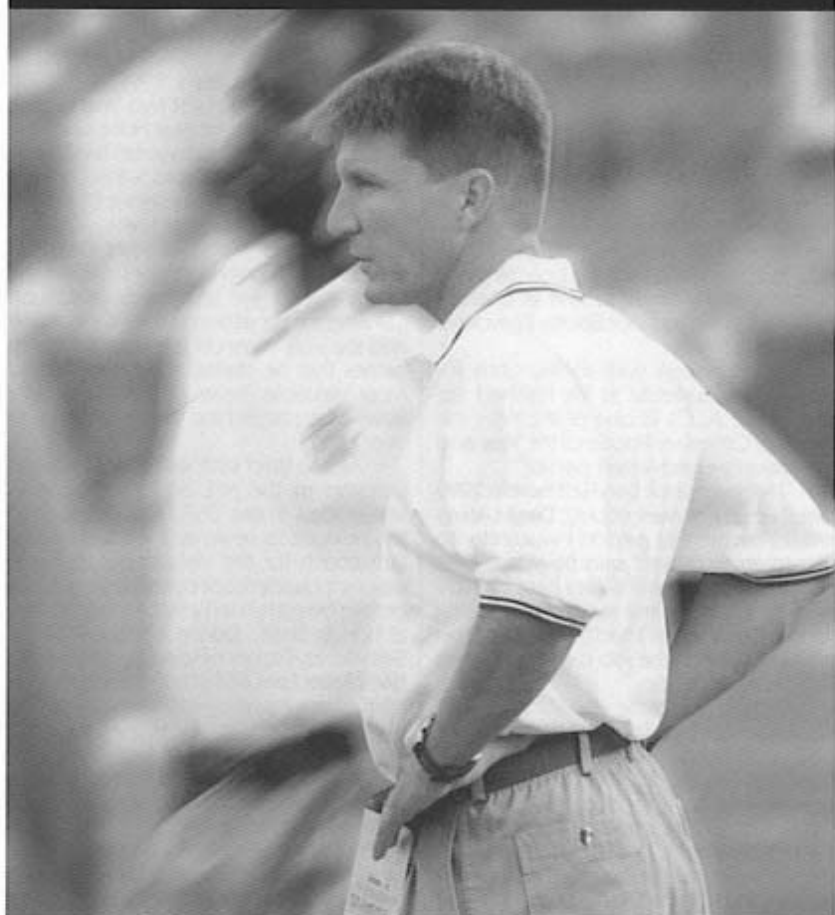


### ALLEN QUICK FACTS

**YEARS AS A COLLEGIATE COACH:** 13

#### COACHING STOPS:

- Marion Military Institute - Offensive Line (1983)
- Alabama - Graduate Assistant (1984-85), Receivers (1986)
- Ole Miss - Receivers (1987-89), Running Backs (1990-91)
- Arkansas State - Receivers (1992), Offensive Coordinator/Quarterbacks (1993)
- B.C. Lions (CFL) - Receivers/Special Teams Coordinator (1994)
- Shreveport Pirates (CFL) - Receivers/Special Teams Coordinator (1995)
- Murray State - Receivers (1997)
- Griffin (GA) High School - Offensive Coordinator (1998)
- Valdosta State - Receivers (1999)
- Florida State - Graduate Assistant (2000-01), Defensive Ends (2002-present)





**QUARTERBACKS • Tennessee '85 • 2nd Season at FSU**

### DICKEY QUICK FACTS

**YEARS AS A COLLEGIATE COACH: 17**

**COACHING STOPS:**

- Tennessee - Graduate Assistant (1987-88)
- Florida State - Volunteer Assistant Quarterbacks Coach (1989)
- Kentucky - Quarterbacks Coach (1990-93), Offensive Coordinator (1993-95)
- Georgia Southern - Offensive Coordinator/ Quarterbacks Coach (1995-96)
- Presbyterian - Head Coach (1997-2000)
- Florida State - Quarterbacks Coach (2001-present)

Florida State head coach Bobby Bowden wasted little time following FSU's National Championship game in the 2001 Orange Bowl to name Daryl Dickey to his coaching staff to handle the quarterbacks. Dickey filled the position vacated by Mark Richt who was named head coach at Georgia in December of 2000. However, coaching the position would be quite different in 2001 as Heisman Trophy winner Chris Weinke was giving up the helm of the FSU program for the first time in four years and Dickey's first stint at FSU would include coaching the first redshirt freshman to start at quarterback for the 'Noles since Bobby Bowden's arrival in 1976.

Dickey's work with rookie Chris Rix was truly remarkable as Rix finished the year as the ACC's Rookie of the Year, the National Offensive Rookie of the Year and the nation's eighth-rated passer.

"I felt ever since Daryl left here in 1990 that if I ever lost Mark (Richt), Daryl Dickey would be the first person I would try to hire to replace him," said Bowden. "He coached Peter Tom (Willis) here in 1989 and he broke nearly all of our passing records in that year. I had three people on a short list when the job came open and Daryl was at the top."

Dickey, 40, came to FSU after four seasons as the head coach at Presbyterian College in South Carolina. The 2000 season, Dickey's last as head coach, was a special one for the Blue Hose as they posted an 8-2 record and finished second in the Atlantic Conference. It marked the second time in three years that a Dickey-led Blue Hose team finished second in the

league regular season and posted an eight-win season. The overall record in 2000 was the best for a Blue Hose squad since 1979 when PC finished the regular season ranked No. 1 in the NAIA and posted an 11-2 record. Dickey's 1999 and 2000 teams provided the best two-year span in football (15-6) for the Blue Hose since the 1978-79 seasons. Presbyterian finished 7-4 in 1999, 8-3 in 1998 and 5-6 in Dickey's first season with the Blue Hose (1997).

A Tennessee graduate, Dickey quarterbacked the Volunteers who finished 9-1-2 during his senior season in the fall of 1985. He led the Southeastern Conference in passing efficiency that year and the Vols were unbeaten in the seven games that he started. He was named Most Valuable Player of the 1986 Sugar Bowl when he led the Vols to a 35-7 win over Miami.

After a brief stint with the San Diego Chargers in the NFL and the Memphis Showboats in the USFL, Dickey returned to Knoxville to serve as a graduate assistant coach for the Volunteers. He was assistant quarterback coach at Tennessee before being named a volunteer assistant at Florida State. During his stint with the Seminoles, Dickey helped guide quarterback Peter Tom Willis to the seventh-best total offense ranking in the nation during the 1989 season as Willis passed for 3,124 yards and 20 touchdowns.

Dickey served as quarterbacks coach at Kentucky from 1990-93 and then was promoted to offensive coordinator for the Wildcats, a position he held for another two years. Three of Dickey's quarterbacks at Kentucky — Pookie Jones,

Freddie Maggard, and Brad Smith all finished their careers ranked among the top 15 passers in Wildcat history. Jones finished with the second-best career total offensive numbers in school history.

From March of 1995 until December of 1996, Dickey served as offensive coordinator and quarterbacks coach for Georgia Southern, a Division I-AA member of the Southern Conference.

Dickey is the son of former Tennessee and Florida head coach, and current Director of Athletics at Tennessee Doug Dickey. He played high school football at Buchholz High in Gainesville, Fla., but graduated from Fairview High in Boulder, Colo. He is married to the former Kendall George and they have three children — Karis (12), Dallas James (9) and Drew (7).





**DEFENSIVE TACKLES • Florida State '93 • 9th Season at FSU**

In eight years as an assistant coach at Florida State, Odell Haggins has proven that the enthusiasm and dedication he displayed as an All-American noseguard for the Seminoles has transferred into great success as a football coach. Haggins has made FSU's interior defensive front one of the most feared units in all of college football. This season, Haggins and defensive ends coach Jody Allen welcome back all four returning starters and juniors Darnell Dockett and Jeff Womble will be the backbone of the defensive unit.

Haggins came to FSU 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 Haggins. The decision has proven fruitful for both Florida State and Haggins.

"I'm really enjoy coaching the defensive tackles," 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 letterwinner and popular team leader for the Seminoles from 1986-89. He earned Kodak, Walter Camp and UPI 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.

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 he joined 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 is married to the former Robin Kimbrough.

#### **HAGGINS' QUICK FACTS**

**YEARS AS A COLLEGIATE COACH:** 8

**COACHING STOPS:**

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





OFFENSIVE LINE • Florida State '78 • 17th Season at FSU

### HEGGINS QUICK FACTS

YEARS AS A COLLEGIATE COACH: 22

#### 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)

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 has two daughters — Andrea and Lauren.

Jimmy Heggins begins his ninth season as offensive line coach at Florida State and his 17th overall on the FSU staff in 2002. The Seminole offensive front is expected to be a strength in 2002 as all five starters return including All-America candidate Brett Williams at offensive tackle.

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. He coached the tight ends and then the noseguards at FSU prior to taking over the offensive line duties in 1994.

The Seminoles have produced a number of NFL caliber offensive linemen and have had two offensive linemen selected in the first round of the NFL draft over the last four years. Seattle selected Walter Jones No. 6 overall four years ago and he started for the Seahawks as a rookie. Tra Thomas was selected with the 11th pick of the 1999 draft by Philadelphia. In fact, FSU's 1996 offensive line produced three NFL players with Clay Shiver starting at center for the Dallas Cowboys in 1997 and Todd Fordham signing with the Jacksonville Jaguars. In addition to his offensive line proteges, Heggins coaches a pair of tight ends who enjoyed solid NFL careers in Reggie Johnson and Lonnie Johnson.

Heggins' challenge in 2002 is in stark contrast to last year. Prior to the 2001 season, FSU returned just two starters on

the offensive front (Brett Williams and Montrae Holland). All five starters return for this season although Williams missed some of spring drills after offseason knee surgery.





**STRENGTH & CONDITIONING • Nebraska '90 • 2nd Season at FSU**

One of the most important aspects of any successful athletic department is the strength and conditioning of its student-athletes. When Florida State was faced with their first opening in the position of Director of Strength and Conditioning in 18 years in 2001, the position was considered of the utmost importance. After a national search, Jon Jost was named to the position on February 9, 2001 marking a new era in the training and conditioning of Florida State athletes. Jost, who came to FSU from Southern Methodist University, took over for Dave Van Halanger who had held the position for the previous 18 years before leaving to join Mark Richt's staff at the University of Georgia.

Jost, 34, came to SMU in 1996 via the College of Holy Cross where he was the head strength and conditioning coach for two years. He started his career as a strength and conditioning coach at the University of Nebraska where he served as an assistant for seven years (two years student assistant, five years full time assistant) and earned certification as a strength and conditioning specialist. During that time, Jost worked closely with Boyd Epley, the Nebraska Director of Athletic Performance and founder of the National Strength and Conditioning Association.

Jost worked extremely hard his first year to develop staff of experts dedicated to improving athletic performance. He and his staff of six full-time assistant strength coaches and four graduate assistant strength coaches are committed to providing the best athletic performance enhancing program in the nation to FSU athletes. Jost and his staff implement a comprehensive strength and conditioning program designed to reduce the risk of injury and to train the complete athlete. Each program is tailored to each individual athlete and addresses agility, endurance, flexibility, power, speed and strength. The goal of the program is to maximize the on-field performance of each athlete, while reducing the risk of injury.

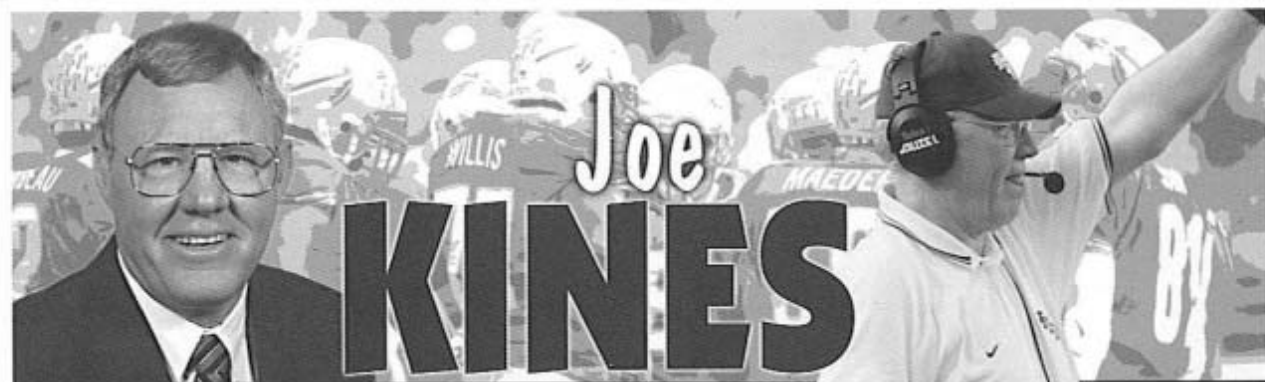
Jost has also been busy with the design of the new Strength and Condi-

tioning Complex that will be completed in 2003.

Jost earned a master's degree in education administration with an emphasis in post-secondary education and athletic

administration from Nebraska in 1994 and a bachelor's degree in exercise science with an emphasis in strength and conditioning from Nebraska in 1990. Jost is





LINEBACKERS • Jacksonville State '65 • 3rd Season at FSU

One of the top defensive minds in college football coaches the FSU linebackers. Joe Kines, who was head coach at Arkansas in 1992, begins his third year on the Florida State staff where he has coached the linebackers since his arrival. Kines came to Tallahassee after a five-year stint at Georgia. He served as the Bulldogs' defensive coordinator from 1995-98 and as assistant head coach in 1999. He coached the defensive ends while at Georgia.

The long association between FSU defensive coordinator Mickey Andrews and Kines, who coached together at Clemson in the late '70s and at Florida in the early '80s, has payed great dividends for the Seminoles. FSU's defensive staff had their work cut out for them entering the 2001 season with just four starters returning. Kines' job was especially tough last year as he lost two of his three starting

### KINES QUICK FACTS

**YEARS AS A COLLEGIATE COACH:** 29

#### COACHING STOPS:

Jacksonville State - Graduate Assistant (1972-73); Defensive Coordinator (1974-75); Assistant Head Coach (1974-76)  
 Clemson - Linebackers (1977-78)  
 Florida - Linebackers (1979-80), Defensive Coordinator (1981-84), Assistant Head Coach (1984)  
 Alabama - Defensive Coordinator/Inside Linebackers (1985-86)  
 Tampa Bay Buccaneers (NFL) - Linebackers (1987-90)  
 Arkansas - Defensive Coordinator (1991); Head Coach (1992); Assistant Head Coach/Defensive Coordinator (1993-94)  
 Georgia - Defensive Coordinator/Defensive Ends (1995-98); Assistant Head Coach/Defensive Ends (1999)  
 Florida State - Linebackers (2000-present)

linebackers. Tommy Polley and Brian Allen were both drafted by the St. Louis Rams last year and Polley started the Super Bowl game against New England as a rookie.

However, FSU settled on a scheme and developed into a strong unit as the season progressed.

A 1967 graduate of Jacksonville State in Jacksonville, Ala., Kines was a three-year letterman from 1963-65. He earned his master's degree there and began his college coaching career at his alma mater in 1972. Kines served as assistant head coach and defensive coordinator through 1976.

Kines' path crossed with Andrews during his next coaching stop at Clemson in 1977. He was the Tigers' linebackers coach from 1977-78 while Andrews served as defensive coordinator. Kines moved on to Florida in 1979. He was the Gators' defensive coordinator from 1981-84 and was elevated to assistant head coach in 1984.

In 1985 and 1986, Kines was the defensive coordinator and inside linebackers coach at Alabama before leaving with Crimson Tide head coach Ray Perkins to the NFL's Tampa Bay Buccaneers. Kines was the Buc's linebacker coach from 1987-90.

Kines returned to college coaching in 1991 as the defensive coordinator at Arkansas and was promoted to head coach of the Razorbacks in 1992. He was Arkansas' assistant head coach and defensive coordinator from 1993-94 before moving on to Georgia.

Kines and his wife, Rubye, have a daughter, Susan, and a grandson.







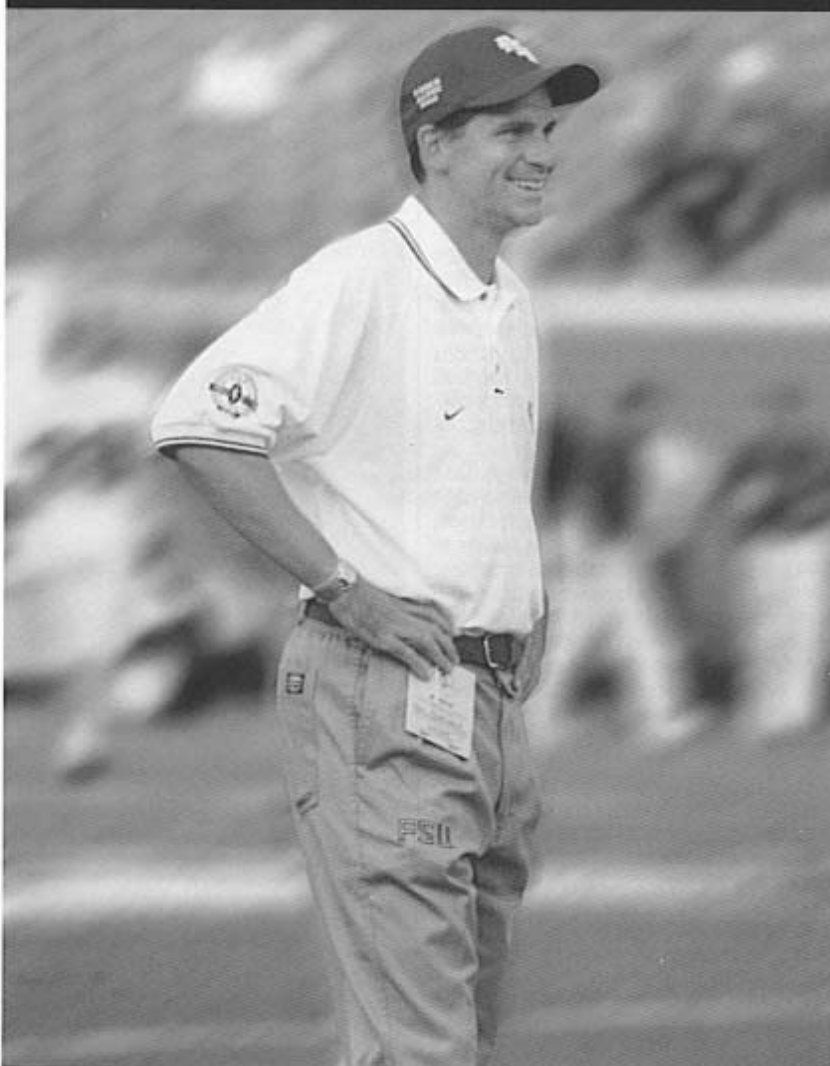
TIGHT ENDS • RECRUITING COORDINATOR • Guilford '90 • 8th Season at FSU

### LILLY QUICK FACTS

YEARS AS A COLLEGIATE COACH: 8

#### COACHING STOPS:

Northwest Guilford High School (Greensboro, NC) - Assistant Coach (1991-94)  
Florida State - Videographer (1995), Graduate Assistant (1996-97); Recruiting Coordinator/Tight Ends (1998-present)



John Lilly, who has established himself as one of the finest recruiting coordinators in the country, begins his eighth season with the Florida State football program in 2002. Lilly is in his fifth year as tight ends coach and recruiting coordinator.

Lilly was named a full-time assistant coach in January of 1998 and has headed the efforts in recruiting the last four classes at Florida State, which have all been ranked among the nation's best. His 2001 recruiting class was a near-unanimous choice as the very best in the nation, and this year's recruiting class is equally as talented.

Lilly's transition from coaching the defensive backfield with Mickey Andrews as a graduate assistant to working with the Seminole tight ends was an easy one. He served as a graduate assistant in 1996 and 1997 under Andrews, after coming to FSU as the defensive videographer in 1995.

In 2002, Lilly will have a battle on his hands for the vacant starting position at tight end. Carver Donaldson graduated, leaving veteran Patrick Hughes and sophomore Paul Irons competing for the job. Also hoping to get into the mix will be true freshman Lonnie Davis, who has been ranked among the top three tight end prospects in the country as a high school senior at White High in Jacksonville.

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 winner of the Golden Helmet Award as the ideal Guilford College football player as a senior and was a team captain at the North Carolina school.

A native of Beckley, W.V., Lilly graduated from Woodrow Wilson High where he played quarterback for one of the state's top high school programs.

Lilly joined the Florida State football family in 1995 after coaching and teaching at Northwest Guilford High in Greensboro, N.C., from 1991-94.

# GRADUATE ASSISTANTS

## JOE OSTASZEWSKI GRADUATE ASSISTANT (FLORIDA STATE '92)

Former Seminole Joe Ostaszewski has returned to his alma mater and will assist offensive coordinator Jeff Bowden and work closely with offensive line coach Jimmy Heggins as he pursues a graduate degree in sports management.

Ostaszewski spent the past year as an assistant coach at Williston High School in north Florida where he helped coach the offensive and defensive lines and assisted with organizing team practices, which prompted him to return to field at the collegiate level.

Ostaszewski will assist in various football team operations for the Seminoles, including organizing and coaching the scout team, breaking down film of opponents and assisting with monitoring the academic progress of the student-athletes.

Ostaszewski completed his bachelor's degree in criminal justice in 1992. After attending training camps with the Miami Dolphins in 1992 and the Las Vegas Posse of the Canadian Football League in 1993, he returned to school and earned degrees with the State of Florida Fire College, Emergency Medical Technician Academy and Law Enforcement Academy. He served as a public safety officer in Ocean Ridge, Fla., from 1995-98 before working in sales and marketing in Georgia from 1998-2001.

A team captain and four-year letter winner for Florida State from 1988 to 1991, Ostaszewski played defensive line for the Seminoles along with his twin brother Henry. In his five seasons at FSU, after redshirting his freshman year, the Seminoles went 53-8 and never lost a bowl game.

A native of Boynton Beach, Fla., Ostaszewski was a standout player at Santaluces High School where he earned first team all-county honors and honorable mention all-state and All-America honors. Named to the *Sporting News* Top 100 list, Ostaszewski also competed in Florida-Georgia All-Star game.

## KIRBY SMART GRADUATE ASSISTANT (GEORGIA '98)

First year graduate assistant Kirby Smart, a four-year letterman and 1998 graduate of the University of Georgia, will assist Defensive Coordinator Mickey Andrews and work primarily with the defensive backs. Smart comes to FSU after coaching the past two seasons at Valdosta State where he worked with the defensive secondary his first year and then served as defensive coordinator in 2001. Smart's defense at Valdosta State ranked second in the nation in scoring defense in 2001 as the Blazers went a perfect 11-0 in the regular season. Smart was also responsible for monitoring the academic progress of the players at VSU and for coordinating the summer camps the past two years.

At Georgia, Smart played defensive back for four seasons for the Bulldogs. A two-time all-SEC selection, including first team honors as a senior, Smart was among the top secondary players in the league with 11 interceptions in his final two seasons. He was named Georgia's team captain and outstanding defensive player in 1998. After participating in preseason practice and games with the Indianapolis Colts in 1999, Smart returned to Athens and worked with the Bulldog football program, assisting with the film breakdown of the opponents' offense and scout team offense.

A native of nearby Bainbridge, Ga., Smart was a standout athlete at Bainbridge High School where he lettered in football, basketball and baseball. As a senior in 1993, Smart was named the team captain and outstanding defensive back on the state semi-finalist team. He earned all-state honors and was chosen the Region I 4A defensive player of the year.

An outstanding student, Smart maintained a 3.5 grade point average and graduated Cum Laude from Georgia with a degree in finance. He was a four-time National Football Foundation Scholar Athlete and was the recipient of Georgia's Joel Eaves Award, given to the scholar-athlete with the highest academic average entering their senior year. A member of the Sigma Alpha Epsilon fraternity, Smart, a three-time GTE Academic All-America honoree, was also involved in several honor societies.



Joe Ostaszewski



Kirby Smart



Joe Ostaszewski



Kirby Smart

# ALL-TIME FSU ASSISTANT COACHES

Hugh Adams ..... 1955 (GA), 1956  
**Jody Allen** ..... **2000-01 (GA), 2002-present**  
 Chuck Amato ..... 1982-1999  
**Mickey Andrews** ..... **1984-present**  
 Charlie Armstrong ..... 1948-51  
 Ned Ashton ..... 1976 (GA)  
 Art Baker ..... 1984  
 Don Blackwelder ..... 1970  
 Bobby Bowden ..... 1963-65  
**Jeff Bowden 1986 (GA), 1994-present**  
 Terry Bowden ..... 1982 (GA)  
 Tommy Bowden ..... 1982 (GA)  
 Billy Joe Breakhouse ..... 1974  
 Don Breaux ..... 1966-67  
 Mack Brown ..... 1974  
 Jerry Bruner ..... 1976-78  
 Wally Burnham ..... 1985-93  
 Billy Canty ..... 1971-73  
 Aaron Carter ..... 1984 (GA)  
 Doug Carter ..... 1984 (GA)  
 John Coatta ..... 1958-64  
 John Coatta, Jr. .... 1984  
 John Conlin ..... 1972-73  
 Al Conover ..... 1966-67 (GA), 1968-70  
 Lee Corso ..... 1958-59  
 Ronnie Cottrell ..... 1989 (GA), 1990-97  
 Billy Cox ..... 1970  
 Bill Crutchfield ..... 1964-66  
 Dave Darovec ..... 1975 (GA)  
 Frank DeBord ..... 1974-75  
 Chris Demarest ..... 1998-99 (GA)  
 John Devlin ..... 1971-72  
**Daryl Dickey** ..... **1989 (Vol.), 2001-present**  
 Jim Donnan ..... 1972-73  
 John Eason ..... 1981-93  
 Sam Elliott ..... 1974  
 Ed Feely ..... 1973-74  
 Jeff Ferrington ..... 1984 (GA)  
 Dick Flowers ..... 1959-62  
 Scott Fountain ..... 1996 (GA)  
 Mike Fox ..... 1980 (GA)  
 Steve Gabbard ..... 1997-99 (GA)  
 Joe Gibbs ..... 1967-68  
 Vince Gibson ..... 1956-57 (GA), 1958-63  
 Jim Gladden ..... 1975 (GA), 1976-2001  
 Jake Gonos ..... 1980 (GA), 1982  
 Gary Grouwinkler ..... 1975  
 J.E. Gundersheimer ..... 1975 (GA)  
 Greg Guy ..... 1991 (GA)  
 George Haffner ..... 1976-78

Doug Hafner ..... 1967-68  
 Franklin Hagenbeck ..... 1977-78 (GA)  
**Odell Haggins** ..... **1994-present**  
 Owen Hale ..... 1954  
 Doug Hanlon ..... 1991 (GA)  
 Bob Harbison ..... 1948-72, 1974-85  
 Steve Hardin ..... 1977 (GA)  
**Jimmy Heggins** ..... **1981-82 (GA), 1986-present**  
 Gene Henderson ..... 1971-73  
 Dan Henning ..... 1968-70, 1974  
 George Henshaw ..... 1976-82  
 Clark Herman ..... 1992 (GA)  
 Jack Hines ..... 1985-86 (GA)  
 Pat Hodgson ..... 1971  
 Larry Holton ..... 1972  
 Skip Holtz ..... 1987-88 (GA)  
 Dick Hopkins ..... 1980 (GA)  
 Max Howell ..... 1988 (GA)  
 Bobby Jackson ..... 1965 (GA), 1966-69  
 Don James ..... 1959-65  
 Bobby Johns ..... 1985 (GA)  
 Cal Jones ..... 1974-75  
 Willie Jones ..... 1988 (GA)  
 Steve Kalenich ..... 1954 (GA)  
**Joe Kines** ..... **2000-present**  
 Nick Kish ..... 1976-78 (GA), 1979-82  
 Mike Kruczek ..... 1982-83  
 Charlie LaPradd ..... 1956 (GA), 1957-61  
 Clint Ledbetter ..... 1988-89 (GA), 1990-91  
 John Lies ..... 1975 (GA)  
**John Lilly** ..... **1996-97 (GA), 1997-present**  
 Mike Long ..... 1953-54  
 Vaughn Mancha ..... 1951-56  
 Dana Martin ..... 1983-84 (GA)  
 Gene McDowell ..... 1965-66 (GA), 1967-69, 1974-84  
 Wayne McDuffie ..... 1971-72 (GA), 1973, 1983-89  
 Bubba McGowan ..... 1959-63  
 John McGregor ..... 1968 (GA), 1969  
 Ken McLean ..... 1951-52, 1963-67  
 Ken Meyer ..... 1959-62  
 Jimmy Messinese ..... 1954 (GA)  
 Pat Milligan ..... 1987-88 (GA)  
 John Mooney ..... 1975 (GA)  
 Roger Mosure ..... 1975 (GA)  
 Paul Odom ..... 1955 (GA), 1956  
**Joe Ostaszewski** ... **2002-present (GA)**  
 Mike Owens ..... 1989-90 (GA)  
 Bill Parcells ..... 1970-72

Larry Pecatiello ..... 1970  
 Larry Pendleton ..... 1973-74 (GA), 1975  
 Jay Perkins ..... 1985-87 (GA)  
 Jim "Red" Phillips ..... 1972-73  
 Donald "Deek" Pollard ..... 1974-75  
 Mike Pope ..... 1970 (GA), 1971-74  
 Don Powell ..... 1959 (GA), 1964-66  
 Bill Proctor ..... 1962 (GA), 1963-65  
 Bill Ragans ..... 1993-95 (GA)  
 Vince Ragunas ..... 1953-54  
 Barry Rice ..... 1980-82 (GA)  
 Mark Richt ..... 1985-86 (GA), 1987-88 (VA), 1990-2001  
 Gerald Riopelle ..... 1987 (GA)  
 Pete Rodriguez ..... 1974-75  
 Mark Salva ..... 1990-93 (GA)  
 Bob Sanders ..... 1972-73  
 Neil Schmidt ..... 1964-67  
 Rick Schachner ..... 1974-75  
 Jeff Schaum ..... 1985 (GA)  
 Kent Schoolfield ..... 1976-80  
 Brad Scott ..... 1984 (GA), 1985-93  
**Billy Sexton** .. **1977 (GA), 1979-present**  
 Bill Shaw ..... 1972-74 (GA), 1979-81  
 Kenneth Shipp ..... 1959  
 Stan Shiver ..... 1991-92 (GA)  
 Steve Sloan ..... 1971  
 Hank Small ..... 1972  
 Moyer Smith ..... 1973  
 David Snell ..... 1976 (GA)  
 Mike Spencer ..... 1989-90 (GA)  
 Phil Spooner ..... 1970  
 Winston Siegfried ..... 1953-54  
**Kirby Smart** ..... **2002-present (GA)**  
 David Stallworth ..... 1992 (GA)  
 Jack Stanton ..... 1973, 1976-83  
 Bob Stinchcomb ..... 1985-86 (GA)  
 Hugh Taylor ..... 1956  
 Mark Thomas ..... 1980 (GA)  
 Frank Toomey ..... 1953-56  
 Bob Vogt ..... 1964-67  
 Frank Vohun ..... 1976 (GA)  
 Will Walls ..... 1959  
 Tom Wheeler ..... 1991-92 (GA)  
 Bud Whitehead ..... 1969-70  
 Oscar Williams ..... 1994-95 (GA)  
 David Wilson ..... 1992 (GA)  
 Eddie Wilson ..... 1975  
 Kyle Wilson ..... 2000-01 (GA)  
 Charlie Wright ..... 1969  
 Gary Wyant ..... 1966 (GA), 1967-69  
**Bold - Current Assistant Coaches**

# FSU STRENGTH & CONDITIONING BUILDING CHAMPIONS

*"At Florida State we are always striving to improve – building bigger and better athletes and facilities."*

The FSU strength and conditioning program is designed to improve athletic performance through an individualized regimen of stretching, lifting, speed, power, agility and conditioning drills. The goal of the program is to maximize the on-field performance of each athlete, while reducing the risk of injury.

Before a strength program is designed for an athlete, they are put through a series of physical tests to evaluate their speed, power, strength, agility, and body composition. Once the testing is completed, a program is assigned to each student-athlete that will specifically address his weaknesses and enhance his strengths.

The computerized workout programs show in detail the exercise, the number of sets, repetitions and amount of weight prescribed for each workout. Coach Jon Jost and his staff of experts closely monitor progress to assure each student-athlete is on schedule to reach their goals. Physical development is critical in order

to excel at the collegiate level.

The strength and conditioning staff is continuously researching and following the most scientifically sound and up-to-date principles of strength training to safely maximize the athletic potential of FSU's players.

The 2011 season marked the start of a new era for FSU's strength and conditioning program. FSU was excited to welcome Jon Jost as the new director of strength and conditioning. Jost started his coaching career at Nebraska, under the guidance and mentoring of Nebraska strength and conditioning legend Boyd Epley. Prior to joining FSU, Jost spent two years at Holy Cross and the last five years at Southern Methodist University.

While at SMU, he established a very solid strength and conditioning program and completed the design of one of the nation's top-notch weight room facilities contained within the new Gerald Ford Stadium in Dallas, Texas.



Jon Jost,  
Director

Bryan McCall,  
Assistant Director

## ASSISTANT DIRECTORS

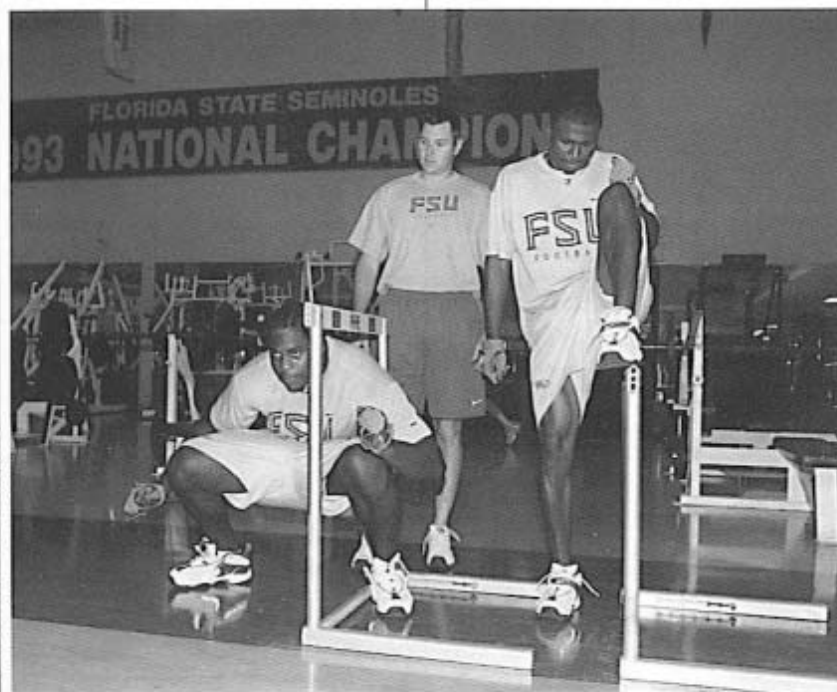
Bryan McCall ..... football, golf  
 Mike Bradley ..... men's basketball,  
 women's tennis  
 Kevin Fitzgerald ..... cross country,  
 baseball  
 Charlie Melton ..... soccer, track & field  
 Dave Plettl ..... women's basketball,  
 men's tennis  
 Janna Walkup ..... volleyball, softball

## GRADUATE ASSISTANTS

Craig Acker • Josh Hingst  
 Jake Moore • Matthew Ray

Jost's focus at Florida State continues to revolve around building — building stronger and better athletes as well as new facilities.

This is an exciting time for the strength and conditioning program, where the goal is to provide the best athletes in the nation with the best resources and tools in the nation. FSU's athletic department is committed to excellence in every area, this includes providing the athletes with the most state-of-the-art facility and equipment. The new facility will give FSU the best platform to train its athletes to their full athletic potential.



## HIGHLIGHTS OF THE NEW FACILITY:

- ◆ 14,000 square foot strength complex
- ◆ 20 self-contained Olympic Power Platforms
- ◆ 20 elite sets of competition bumper plates
- ◆ State of the art aerobic equipment
- ◆ 2000 square foot complex training area
- ◆ Football-specific weight training equipment
- ◆ State of the art sound system

## SCIENTIFIC PRINCIPLES FOLLOWED BY THE FLORIDA STATE STRENGTH & CONDITIONING PROGRAM Ground-Based Exercises

Ground-based or closed-chain movements mean that the activity is being performed with the athlete's feet on the ground. The more force you can exert against the ground, the faster you can run, and the higher you can jump. Our athletes training requires the majority of exercises to be ground based in order to develop their position specific skills and muscular recruitment patterns from the ground up.

### Multiple Joint Movements

All athletic skills require multiple joint actions timed in the proper neuromuscular recruitment patterns. At FSU we maximize the efficiency of each workout by prescribing multiple joint movements as much as possible.

### Explosive Training

This is the most critical training aspect for football. Training explosive, quick muscular contractions with free weights allows more fast twitch muscle fibers to be recruited which results in power.

### Progressive Overload

The load of weight lifted for each exercise is a very fundamental component of strength training. Overload happens when the body responds to training loads greater than normal. This causes muscle tissue to go into a catabolic state or to break down. The body then adapts, through good nutrition and rest. By compensating repeatedly over and over, the muscle develops more strength and endurance.

## THE PROGRAM

The primary objective of conditioning is to improve the energy capacity of an athlete to improve performance on the field. Football is defined as a power sport, an activity with work bouts of high intensity and short duration. There are physiological reasons why a football player trains differently than a distance runner. FSU athletes improve football specific conditioning by primarily training at the cor-

rect work to rest ratio and training the ATP energy system.

### ACCELERATION

The ability to reach top speed in the shortest period of time. Number one tested indicator of performance

#### Training Focus:

- ◆ Developing leg strength
- ◆ Increasing lower body explosive power
- ◆ Performing resisted running and training the ATP energy system

### FLEXIBILITY

The range of movement in a joint and its surrounding muscle. This is a key component of improving athletic performance and avoiding injuries.

#### Training Focus:

- ◆ Using passive and active static stretching
- ◆ Addressing the importance of warm ups
- ◆ Practicing dynamic (Full range of motion) flexibility drills

### SPEED

The combination of stride length (the amount of ground covered between steps) and stride frequency (the number of steps per second).

#### Training Focus:

- ◆ Developing leg strength with ground based power movements
- ◆ Improving running mechanics
- ◆ Training the ATP energy system

### AGILITY

The ability to change direction without the loss of speed.

#### Training Focus:

- ◆ Performing both programmed (cone, line and bag drills) and reaction (visual stimulus directed movements) agility drills
- ◆ Improving acceleration and lower body power

### STRENGTH

Strength is defined as  $Mass \times Distance$ . Research shows that there is a positive correlation between improvement in strength and improvement in athletic performance.

#### Training Focus:

- ◆ Following a program that includes a carefully monitored progressive overload and a variety of multiple joint exercises.

### POWER

Defined as  $Mass \times Distance \div by Time$ . In other words, it is the combination of strength and speed.

#### Training Focus:

- ◆ Performing Olympic lifts
- ◆ Employing plyometrics



# EQUIPMENT MANAGERS



Dave Delegal



Keith Graham



## DAVE DELEGAL

EQUIPMENT MANAGER (FLORIDA STATE '93)  
EIGHTH SEASON AT FSU

**D**ave Delegal begins his third year as the Seminoles' head equipment manager and his sixth consecutive after returning to FSU following 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 36-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 Jacksonville 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. Delegal was a member of the 1997 AFC Pro Bowl Staff.

## KEITH GRAHAM

ASSISTANT EQUIPMENT MANAGER  
(FLORIDA STATE '97)  
FIFTH SEASON AT FSU

**K**eith Graham begins his third season as the Seminoles' assistant equipment manager and his 10th year overall with the Seminole football team. Graham returns to Florida State after a one-year stint with the NFL's Seattle Seahawks.

A 32-year-old native of Savannah, Ga., Graham is a 1997 graduate of Florida State. He earned a degree in Sport Management while serving as a student manager for the football team from 1992-1996. Graham spent the 1997 and 1998 seasons working in the equipment room prior to becoming the assistant equipment manager for the Seattle Seahawks during the 1999 season.

Graham's duties include the supervision of the student managers and practice facilities, as well as fitting, preparing and inventorying protective equipment for the Seminole football team.



# SPORTS MEDICINE STAFF



Randy Oravetz



Duane Brooks



David Walls



Randy Oravetz

## **RANDY ORAVETZ** DIRECTOR OF SPORTS MEDICINE (FLORIDA STATE '79) 24TH SEASON AT FSU

One of the most important aspects of a top athletic program is the training staff and Florida State's athletic training operation is headed by one of the best in the country in Randy Oravetz. In fact, Oravetz was honored in 1998 by the National Association of Athletic Trainers as the winner of the National Service Award.

Oravetz begins his 17th season in his post as the director of sports medicine at FSU in 2002. He oversees the training room operation for all 17 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 eight 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 the prevention, treatment and rehabilitation of all 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 in 1979 under Fauls, who passed away in 1997 and after whom the current training facility is named, immediately following graduation from FSU.

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.

## **DUANE BROOKS** ASSISTANT TRAINER (FLORIDA A&M '94) NINTH SEASON AT FSU

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

Brooks works closely with the FSU football squad. Brooks has distinguished himself in baseball circles as he has overseen the rehabilitation of three pitchers

who have recovered from "Tommy John" surgery at FSU.

A 33-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 1996 from Florida State 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 and the Athletic Trainers Association of Florida.

He married the former Natasha Palmer in 1999.

## **DAVID WALLS** ASSISTANT TRAINER (WEST VIRGINIA '87) SEVENTH SEASON AT FSU

David Walls begins his seventh 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 responsible for implementing a sports medicine outreach program to area high schools and junior colleges.

Walls received his master's degree from Penn State in Health Education where he served as a graduate assistant athletic trainer for two years. His duties included working with Nittany Lions football and track teams and supervising the Indoor Sports Complex. In addition, Walls has worked as an assistant trainer for the Indianapolis Colts.

A 37-year-old native of Craigsville, W.Va., Walls received his undergraduate degree from West Virginia in 1987.





# MEDICAL 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*



**Dr. John Van Tassel**  
*Team Chiropractor*



# VIDEOGRAPHERS



**Mark Rodin**  
*Seminole  
Productions  
General Manager*



**Billy Vizzini**  
*Video Coordinator*



**Craig  
Campanozzi**  
*Videographer*



# SUPPORT STAFF



**Matt Ayer**  
*Recruiting Assistant*



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



**Clint Purvis**  
*Team Chaplain*



**Major Billy Smith**  
*Team Security*



**Staci Wilkshire**  
*Administrative Assistant*



**Carol Moore**  
*Recruiting Program Assistant*



**Karen Strawn**  
*Defense Secretary*



**Charla Phinney**  
*Offense Secretary*



**Caroline Scott**  
*Football Operations*

