

American culture seems obsessed at times with crowning the best and greatest. One could certainly make that observation of sports fans. Countdown shows have whittled away at great people and events to arrive at THE greatest ever. Boxers and tight ends have even declared themselves the greatest. And by just about any measure available, Bobby Bowden, who will lead the Seminoles for the 30th time in 2005, has put up the numbers suggesting he should be called the greatest college football coach in history.

The statistics are startling. Bowden became the all-time winningest coach in major college history in 2003 and currently has 351 career wins. He is the winningest bowl coach by percentage and is just one shy of tying for the most bowl wins ever by a college coach. He is the only coach to lead his team to 14 straight seasons that ended with a ranking among the *Associated Press* Top five. He's coached two national championship teams including the 1999 squad that was the first ever to go through a season from start to finish as the *AP* No. 1. So overwhelming has Bowden's influence been on college football and, in particular, at Florida State, that the field at Doak Campbell Stadium was named for him last season and a national award given by the Fellowship of Christian Athletes now bears his name.

Bowden's interest in the sport of football began while watching his neighborhood high school team practice just on the other side of his

backyard fence in Birmingham, Alabama. His love and talent for the game grew from playing with friends on the same fields everyday and later practicing with high school teammates. His knowledge of the game grew as a quarterback at Samford and from watching and listening to the legendary Bear Bryant. His skill and creativity were



Bowden's 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*	10/20/83	Tallahassee, FL	Louisville	51- 7
100	11/28/87	Gainesville, FL	Florida	28-14
150	10/31/92	Charlottesville, VA	Virginia	13- 3
200	09/20/97	Clemson, SC	Clemson	35-28
250	01/01/02	Jacksonville, FL	Virginia Tech	30-17
275	10/23/04	Winston-Salem, NC	Wake Forest	20-17

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

Bowden's 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
325	09/31/02	Tallahassee, FL	Virginia	40-19
350	11/11/04	Raleigh, NC	NC State	17-10



Defensive end Derrick Alexander joined the late Bob Hope as a member of the Associated Press All-America team.



honed on the coaching staffs at South Georgia College, FSU and West Virginia. But it has been his combination of leadership, vision, talent and magnetic personality that have flourished over 30 years at Florida State, raising the program from perhaps its lowest point to the national powerhouse it is today.

Bowden's latest addition to his long list of accomplishments came in last year's Gator Bowl. The win over West Virginia, ironically, gave Bowden a 19-8-1 record in bowl games allowing him to retake his position as college football's most successful bowl coach in terms of winning percentage. He trails the overall record of 20 career bowl wins held by Penn State's Joe Paterno by just one. FSU's Gator Bowl trip marked the 23rd straight season that the Seminoles reached a bowl game, and was the 14th consecutive "New Year's Day" bowl. Bowden is the only coach in NCAA history to win 11 consecutive bowl games (1985-95) and the only coach ever with 14 consecutive bowl appearances (1982-95) without a loss (FSU tied Georgia 17-17 in the 1984 Citrus Bowl).

Bowden's remarkable career numbers are even more impressive considering the fact that he took over an FSU program in 1976 that had won just four games over the previous three seasons. He has remained at FSU despite offers from NFL teams and several other prestigious college football programs. Bowden's loyalty has meant the world to Florida State University and its athletics program. Part of that was recognized by the school this past season with the dedication of a statue of his likeness that sits in front of the Moore Athletic Center and with the official proclamation of Bobby Bowden Field at Doak S. Campbell Stadium.

Bowden's record at Florida State is 278-70-4. The totals include a 144-22-2 record in Tallahassee, 31-8-1 record at neutral sites and 103-40-1 on an opponent's field. 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, including a 31-6 record at his alma mater Samford University between 1959 and 1962, and a 42-26 mark at West Virginia from 1970-75. But what he has done at FSU is simply phenomenal. Eighteen times in 29 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 2005 Gator Bowl marked the Seminole's 26th since his arrival and was the 19th "New Year's Day" trip. 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

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
2002 (Sugar)	9	5	0	.643
2003 (Orange)	10	3	0	.769
2004 (Gator)	9	3	0	.750
Total (29 years)	278	70	4	.795
CAREER TOTAL	351	102	4	.772

2000. No team in college football history can match the run.

Over the past 13 years, Florida State has played in the Atlantic Coast Conference. Since joining the league, FSU is 102-10 and has claimed 11 ACC championships and set the league record for consecutive victories. Bowden picked up ACC Coach of the Year titles in 1993 and 1997.

Part of the reason for 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, and press responsibilities, come easily for Bowden.

"I feel great physically," said Bowden who will turn 76 in November. "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."

He has developed the most consistently successful program in the history of college football. FSU won more games in the decade of the 1990s than any other program. The win over Wake Forest on October 25, 2003 allowed him to become the all-time winningest major college coach.

"To be honest, it doesn't really feel like I should be there," said Bowden at the time of the 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 has not spent much time looking back, most of the nation has spent time looking in at his program's 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. 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.

Like few other coaches before him, Bowden has created unreal expectations for his program.

He has coached his Florida State teams so very close to perfection that for some, anything short of another national championship is a down year. The last time FSU did not finish the season ranked was following a 7-4-1 record in 1986. Over the 18 seasons since, Florida State has won 196 games and lost just 37 with one tie.

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 he has always

Jeff Bowden is in his 19th year as a collegiate coach and his 12th at FSU. He has coached 12 wide receivers at FSU who were drafted.



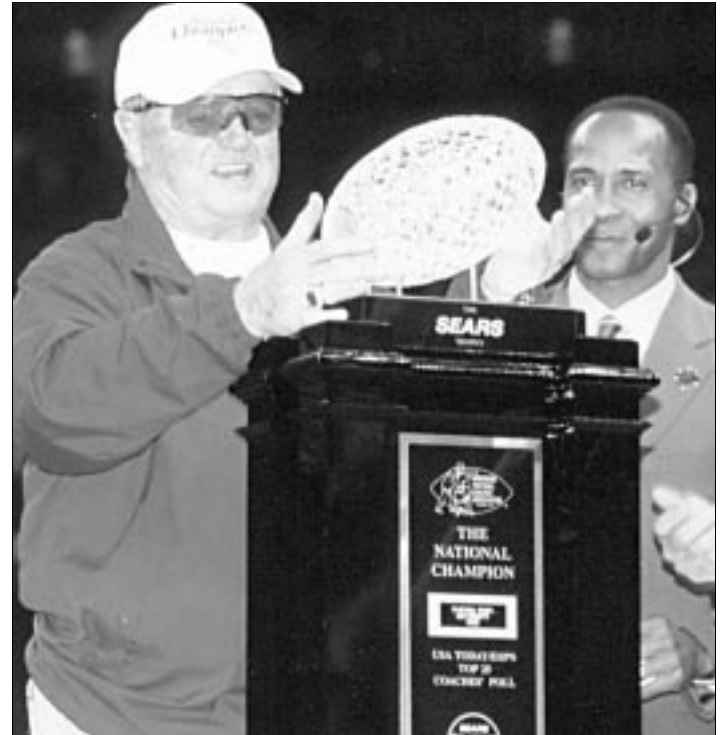


pointed to the fact that there are more important things in life. He makes time for charity and to give to his church. He has never passed an admiring child without a wink and a smile. He greets total strangers. He listens and he cares.

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

It has been well chronicled how the Birmingham, Alabama native left snowy West Virginia to come to Florida State and save the program. Three seasons after he first walked across the campus, he had taken FSU to within one game of a national championship.

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

Bowden served as an assistant football coach and head track coach at Howard College (now Samford) from 1954-55. He left his alma mater to serve as athletics director and head coach at South Georgia Junior College from 1956-58. He returned to Samford as head coach from 1959-62. He joined the Florida State coaching staff under head coach Bill Peterson as wide receivers coach from 1963-65. During that time, he coached Seminole receiver T.K. Wetherell who is now president of FSU. Bowden moved on to West Virginia, serving as offensive coordinator from 1966-69 before taking over as the Mountaineers' head coach from 1970-1975. He was named FSU's head coach in January 1976.

Bowden's faith and family have always been most important to him. The nation can follow son Tommy's career as head coach at Clemson as well as Terry, who is a college football analyst for ABC. The Bowden's oldest son, Steve, co-wrote a book entitled "The Bowden Way" with his dad. Youngest son, Jeff, is in his 13th season on the FSU staff and his fifth as offensive coordinator. His oldest daughter Robyn is married to Clemson assistant coach Jack Hines and his youngest daughter Ginger is an attorney.

NCAA All-Time Bowl Winning Percentage

COACH	APP	W	L	T	PCT
1. Bobby Bowden*	28	19	8	1	.696
2. Bobby Dodd	13	9	4	0	.692
3. Joe Paterno*	30	20	9	1	.683
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. Lou Holtz	22	12	8	2	.591
Bill Yeoman	11	6	4	1	.591
9. Earle Bruce	12	7	5	0	.583
10. Johnny Majors	16	9	7	0	.563

*Active

Bowden In The Bowls (19-8-1)

YEAR	TEAM	BOWL	OPPONENT	SCORE
1972	West Virginia	Peach	NC State	13-49
1975	West Virginia	Peach	NC 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
2002	Florida State	Sugar	Georgia	13-26
2003	Florida State	Orange	Miami	14-16
2004	Florida State	Gator	West Virginia	30-18

*National Championship Game



Senior linebacker Marcello Church is a testament to the depth at the position at FSU. He will enter 2005 as an experienced reserve.



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, Steve, Tommy, Terry, Ginger, 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 Inducted – Florida Sports Hall of Fame
- 1986 Inducted – Alabama Sports Hall of Fame
- 1987 Region II Coach of the Year
- 1991 National Coach of the Year (Walter Camp)
- 1992 Neyland Trophy Winner
- 1993 ACC Coach of the Year
- 1996 National Coach of the Year (Home Depot)
- 1997 ACC Coach of the Year
- 1999 National Coach of the Year (Home Depot)
- 1999 National Coach of the Decade Finalist (Home Depot)
- 1999 ESPN College Team of the Decade (any sport)

COACHING ACCOMPLISHMENTS

- The winningest coach in major college football history with 351 career coaching victories (passed Penn State's Joe Paterno into first place with a 48-24 victory over Wake Forest in Tallahassee on October 25, 2003)
- The only coach in the history of Division I-A football to compile 14 straight 10-win seasons (1987-00)
- Coached the Seminoles to consensus National Championships in 1993 and 1999
- His 1999 National Championship team is the first in college football history to go wire-to-wire as the *Associated Press*' No. 1 ranked team
- Set NCAA records with 11 consecutive bowl victories (1985-95) and 14 straight bowl trips without a loss (1982-95)
- Ranks best all-time in bowl winning percentage with an 19-8-1 record (.696)
- Has guided FSU to 26 bowl appearances in 29 seasons, including 23 straight
- Since 1993, Florida State has played in the national championship game five times (1993 Orange vs. Nebraska, 1996 Sugar vs. Florida, 1998 Fiesta vs. Tennessee, 1999 Sugar vs. Virginia Tech, and 2000 Orange vs. Oklahoma)
- Since the inception of the BCS in 1998, FSU has reached one of the BCS bowl games five times
- Patriarch of the first father-son duo to lead Division I-A programs, let alone to lead them at the same time
- National Citizenship Award (Fellowship of Christian Athletes) named after Bobby Bowden

COACHING STOPS

- 1954-55 Assistant Football Coach/Head Track Coach at Howard (now Samford)
- 1956-58 Head Football Coach and Athletic Director at South Georgia Junior College
- 1959-62 Head Football Coach at Samford College
- 1963-65 Assistant Coach (Receivers) at Florida State
- 1966-69 Offensive Coordinator at West Virginia
- 1970-75 Head Coach at West Virginia
- 1976- Head Coach at Florida State

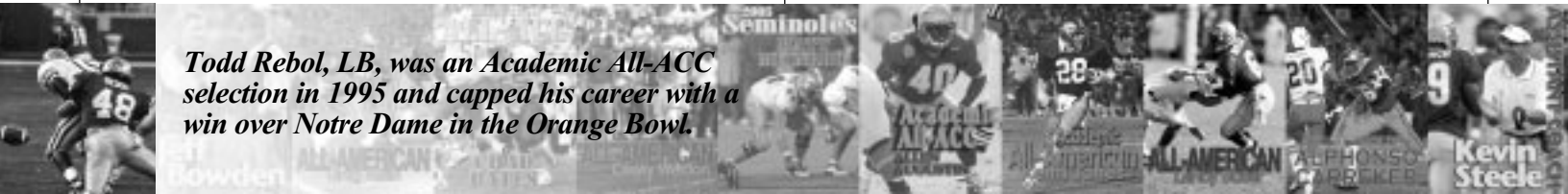


BOWDEN BY THE DECADE

(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
2000-04	47-17-0	.734

Todd Rebol, LB, was an Academic All-ACC selection in 1995 and capped his career with a win over Notre Dame in the Orange Bowl.





BOWDEN VS. THE OPPOSITION

OPPONENT	W-L-T	SAMFORD	WEST VIRGINIA	FLORIDA STATE	Sewanee	2-0-0	2-0	—	—
Alabama-Birmingham	2-0-0	—	—	2-0	South Carolina	9-1-0	—	—	9-1
Arizona State	3-0-0	—	—	3-0	Southern California	2-0-0	—	—	2-0
Auburn	4-5-0	—	—	4-5	Southern Illinois	1-0-0	—	—	1-0
Brigham Young	2-0-0	—	—	2-0	Southern Methodist	1-0-0	—	1-0	—
Boston College	4-2-0	—	2-2	2-0	Southern Miss	9-2-0	—	—	9-2
California	1-1-0	—	1-1	—	Southwestern	3-0-0	3-0	—	—
Carson Newman	2-0-0	2-0	—	—	Stanford	0-1-0	—	0-1	—
Central Florida	1-0-0	—	—	1-0	Syracuse	7-2-0	—	4-2	3-0
Chattanooga	1-0-0	1-0	—	—	Temple	3-2-0	—	2-2	1-0
Cincinnati	6-0-0	—	—	6-0	Tennessee	0-1-0	—	—	0-1
Clemson	14-3-0	—	—	14-3	Tenn-Chattanooga	1-0-0	—	—	1-0
Colorado	1-0-0	—	—	1-0	Tennessee Tech	1-0-0	1-0	—	—
Colorado State	1-0-0	—	1-0	—	Texas A&M	2-0-0	—	—	2-0
Delta State	2-1-0	2-1	—	—	Texas Tech	2-0-0	—	—	2-0
Duke	13-2-0	—	0-2	13-0	Toledo	1-0-0	—	—	1-0
East Carolina	9-0-0	—	2-0	7-0	Troy State	3-0-0	3-0	—	—
Florida	17-13-1	—	—	17-13-1	Tulane	11-2-0	—	1-2	10-0
Furman	2-1-0	1-1	—	1-0	Tulsa	2-0-0	—	—	2-0
Georgetown	2-0-0	2-0	—	—	UTMB	1-0-0	1-0	—	—
Georgia	0-1-1	—	—	0-1-1	Villanova	1-0-0	—	1-0	—
Georgia Southern	2-0-0	—	—	2-0	Virginia	14-1-0	—	2-0	12-1
Georgia Tech	12-0-0	—	—	12-0	Virginia Military	3-0-0	—	3-0	—
Gordon Military	1-0-0	1-0	—	—	Virginia Tech	14-0-0	—	3-0	11-0
Houston	0-1-0	—	—	0-1	Wake Forest	13-0-0	—	—	13-0
Illinois	1-0-0	—	1-0	—	West Virginia	2-0-0	—	—	2-0
Indiana	3-1-0	—	2-1	1-0	Western Carolina	2-0-0	—	—	2-0
Iowa State	1-0-0	—	—	1-0	Western Michigan	1-0-0	—	—	1-0
Kansas	3-0-0	—	—	3-0	Wichita State	1-0-0	—	—	1-0
Kansas State	2-0-0	—	—	2-0	William & Mary	3-0-0	—	3-0	—
Kent State	1-0-0	—	1-0	—	Wofford	2-0-0	2-0	—	—
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	9-1-0	—	—	9-1					
Maryland	14-1-0	—	2-0	12-1					
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.)	12-20-0	—	1-1	11-19					
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	14-1-1	—	—	14-1-1					
N. Carolina State	11-4-0	—	1-1	10-3					
N. Texas State	2-0-0	—	—	2-0					
Notre Dame	4-2-0	—	—	4-2					
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					

NCAA All-Time Bowl Wins

COACH	NO	RECORD
1. Joe Paterno*	20	20-10-1
2. Bobby Bowden*	19	19- 8- 1
3. Paul "Bear" Bryant	15	15-12- 2
4. Tom Osborne	12	12-13- 0
Lou Holtz	12	12- 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. John Robinson	8	8- 1- 0
Terry Donahue	8	8- 4- 1
Barry Switzer	8	8- 5- 0
Darrell Royal	8	8- 7- 1
Vince Dooley	8	8-10- 2

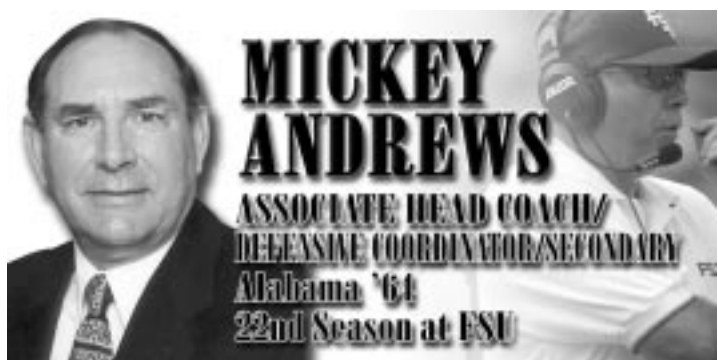
All-Time Coaching Victories#

COACH	WINS
1. Bobby Bowden*	351
2. Joe Paterno*	343
3. Paul "Bear" Bryant	323
4. Glenn "Pop" Warner	319
5. Amos Alonzo Stagg	314
6. LaVell Edwards	259
7. Tom Osborne	255
8. Lou Holtz	249
9. Woody Hayes	238
10. Bo Schembechler	234

#Division I-A only; *Active



Consensus All-American Peter Warrick led FSU to the national title in 1999 and his 207 career receptions rank second in FSU history.



MICKEY ANDREWS
 ASSOCIATE HEAD COACH/
 DEFENSIVE COORDINATOR/SECONDARY
 Alabama '64
 22nd Season at FSU



BILLY SEXTON
 ASSISTANT HEAD COACH/
 RUNNING BACKS
 Florida State '74
 29th Season at FSU

Florida State's rise to consistently success directly correlates with the arrival of Mickey Andrews as defensive coordinator. FSU's offense has long been national championship caliber, but it was Andrews' ability to catch the defense up with the offense that made the Seminole program the powerhouse it is today. So it was fitting that Andrews added the title of Associate Head Coach just prior to the 2002 season.

Andrews' status as perhaps the nation's finest coordinator is not just shared by Bowden and every FSU fan as he was recognized in 1996 as the nation's top assistant coach when he received the first-ever Frank Broyles Award. 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 seven of the last 12 seasons. His 1998 defensive unit ranked No. 1 nationally in total defense and pass defense and ranked a close second nationally in rushing defense and scoring defense. Last season, Andrews' unit was third nationally against the run, fourth nationally in scoring defense and seventh in the country in total defense.

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 eventual All-Pro cornerback Samari Rolle of the Washington Redskins. Two more cornerbacks joined the NFL ranks in this year's draft when Bryant McFadden was selected in the second round by the Pittsburgh Steelers and Leroy Smith signed a free agent contract with the Chicago Bears.

Andrews' defenses feature an attacking style up front. 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 *American Football Coach's Magazine*.

A star in football and baseball at the University of 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. Andrews was an All-SEC choice in baseball. In 1964, he received the Hugo Friedman Award as Alabama's best all-around athlete.

Andrews and his wife, Diane, have two grown children Ronnie and Shannon, and five grandchildren.

Andrews' Quick Facts
 Years as a Collegiate Coach: 39
 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 — Associate Head Coach/Defensive Coordinator/Defensive Backs (2002-present); Defensive Coordinator/Defensive Backs (1984-2001)

Billy Sexton has been a familiar fixture on the sidelines of Florida State football games since 1973 and three years ago he added 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.

While the 2002 season was special because of the addition of administrative responsibilities that go along with his new title, it would already have been memorable as his son, Wyatt, joined the team as a freshman quarterback. Wyatt started seven games in 2004 and will enter fall drills atop the depth chart at quarterback.

This season will be Sexton's 29th as a staff member at the school and his 23rd as the Seminoles' running backs coach, where a slew of pros have learned and refined their skills under the former FSU quarterback. Among the greats that Sexton coached is Warrick Dunn, who became Florida State's all-time leading rusher in 1996 and finished his career with 3,989 yards. Sexton has seen 13 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. Travis Minor was a four-year starter at tailback and was selected by the Miami Dolphins in 2001. Greg Jones added his name to the FSU alums in the NFL with his selection by the Jacksonville Jaguars in the second round in 2004.

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 22 seasons. In addition, 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 backs the following year.

A standout at Leon High School in Tallahassee, Sexton played his first three years of college football at Alabama. He was one of the south's biggest recruits, but a coaching change with the Crimson Tide shifted their offense away from the passing game and he transferred to FSU. 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.

Sexton's Quick Facts
 Years as a Collegiate Coach: 28
 Coaching Stops:
 Leon High School (Tallahassee, FL) — Assistant Coach (1974-76)
 Florida State — Graduate Assistant/Tight Ends (1977); Quarterbacks (1979-81); Junior Varsity Coach/Scouting Coordinator (1982); Running Backs (1983-2001); Assistant Head Coach/Running backs (2002-present)



New Orleans Saints standout Montrae Holland earned first team All-ACC honors as a senior for the ACC Champions in 2002.

Kevin Steele



Jeff Bowden enters his fifth season as the offensive coordinator for the Seminoles in 2005. He took over for Mark Richt in February of 2001 when Richt left to become head coach at Georgia. Bowden had been wide receivers coach for the Seminoles for the seven years leading up to his elevation to offensive coordinator and retained those position coaching duties when he took over the offense.

The 2005 season will see the Seminole offense open fall practice with a junior under center in Wyatt Sexton. Pushing Sexton will be redshirt freshmen Drew Weatherford and Xavier Lee, who both made solid progress in their first spring practice at Florida State. Sexton, who started seven games a year ago, will have two new starting wide receivers in 2005 with Willie Reid and Chris Davis expected to step in. While Bowden's receiving corps is young and lacks a great deal of game experience, the talent and athletic ability is there to make it one of the strengths on this year's team.

Bowden enjoys a challenge and has a straight forward approach both on and off the field. He is confident in both the system and the staff, and 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. In 1995, Green teamed with Andre Cooper to become the first duo in FSU and ACC history to each register over 1,000 receiving yards. In 1994, Kez McCorvey finished a career that made him the second most prolific receiver in school history. The 1999 national championship season saw Peter Warrick break 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. Four years ago, Javon Walker topped an excellent two-year career with FSU with the MVP trophy from the 2002 Gator Bowl win over Virginia Tech, and followed that with his selection in the first round of the NFL draft by Green Bay. Craphonso Thorpe was drafted in the fourth round by the Kansas City Chiefs in 2005 while Chauncey Stovall and Dominic Robinson signed free agent contracts with Philadelphia and St. Louis, respectively. In the four years since adding coordinator duties, the Seminoles have appeared in four New Year's Day bowl games, won two ACC championships and earned bids to two BCS bowls.

As a player, Bowden was a member of three FSU bowl teams. Following his playing career, he moved immediately into coaching at Salem College in West Virginia, where he coached receivers for two seasons under head coach Terry Bowden. He was promoted to offensive coordinator in his third season at Salem.

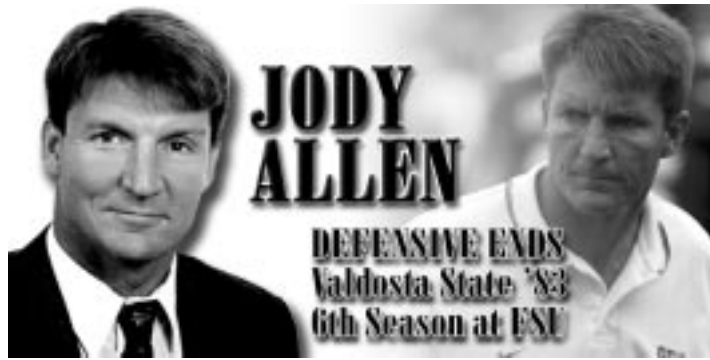
Jeff is married to the former Cindi Smith and they have five children, Haley, Hunter, T.J., Robert and Julia Elizabeth.

Bowden's Quick Facts

Years as a Collegiate Coach: 20

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 — Offensive Coordinator/Wide Receivers (2001-present); Wide Receivers (1994-2000)



Jody Allen begins his fourth year as the defensive ends coach at Florida State in 2005. He moved into the full-time role prior to the 2002 season replacing Jim Gladden who had been an assistant at FSU for 27 years. While he was the newest member of the defensive staff, Allen, 44, was no stranger to the coaches or players when he was promoted to a full-time post, having served as a graduate assistant at FSU for the previous two seasons working with the defensive backs.

Allen's coaching resume goes much deeper than FSU as he brought 10 years of experience on the Division IA level with him to the Seminole program. A 1983 graduate of Valdosta State, Allen was an assistant there in 1999. He coached at Griffin (Ga.) High School in 1998 and Murray State 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 was elevated to offensive coordinator in 1993. 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's defensive ends performed well last season behind the play of seniors Chauncey Davis and Eric Moore, as well as junior Kamerion Wimbley. Davis and Moore were selected in this year's NFL Draft in the fourth and sixth rounds, respectively. Wimbley is set to start at one of the end positions this season and the other spot will be up for grabs when fall practice starts. Wimbley earned the Hinesman Award at halftime of the spring game, which is given to the most dominant player of spring practice.



Allen's Quick Facts

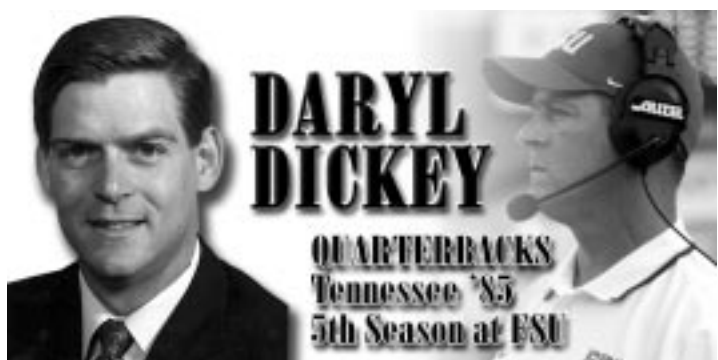
Years as a Collegiate Coach: 15

Coaching Stops:

Marion Military Institute — Offensive Line (1983)
 Alabama — Graduate Assistant (1984, 1985), Receivers (1986)
 Ole Miss — Receivers (1987, 1988, 1989), Running Backs (1990, 1991)
 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, 2001), Defensive Ends (2002 – present)



Bobby Bowden coached two Heisman Trophy winners in quarterbacks Chris Weinke and Charlie Ward and the runner-up in 1992, Casey Weldon.



DARYL DICKEY

QUARTERBACKS
Tennessee '85
5th Season at FSU

Daryl Dickey enters his fifth season as the Florida State quarterbacks coach in 2005. Dickey, who played quarterback at Tennessee, had spent one season in Tallahassee as a volunteer assistant in 1989 before making the return trip back to FSU over a decade later in 2001 to coach the quarterbacks.

Dickey will have three talented signal callers under his watch this season in junior Wyatt Sexton and redshirt freshmen Drew Weatherford and Xavier Lee. Sexton, who will enter fall drills atop the depth chart, looks to take over as the starter as Florida State looks to return to the tradition of having an upperclassman under center. He will be pushed by Weatherford and Lee, who both made strides in their first spring in Tallahassee.

Dickey, 44, 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 to a 9-1-2 finish 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 the 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. From March of 1995 until December of 1996, Dickey served as offensive coordinator and quarterbacks coach for Georgia Southern.

Dickey is the son of former Tennessee and Florida head coach 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 (15), Dallas James (12) and Drew (10).

Dickey's Quick Facts
Years As A Collegiate Coach: 20
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)



ODELL HAGGINS

DEFENSIVE TACKLES
Florida State '93
12th Season at FSU

In 11 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 respected units in all of college football.

Haggins had a busy spring and it will be an intense fall as he must replace first round draft pick Travis Johnson at noseguard. Back at defensive tackle is Brodrick Bunkley, who started seven games last season. Andre Fluellen gives Haggins another viable option inside and will take over the other starting spot. Some of the younger talent will be asked to step up and contribute early.

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 FSU coaching staff, Bowden turned to one of his own and selected Haggins. The decision has proven fruitful for both Florida State and Haggins.

In addition to his success in terms of coaching, Haggins has emerged as one of the top recruiters in the country pouring the energy and enthusiasm he has for his alma mater into the all important job of making sure there are talented Seminoles on the depth chart. He switched recruiting territories last year and now has more responsibilities in talent-rich south Florida.

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, which started the 14-year run of 10-win seasons and top four finishes, earned a final national ranking of No. 2 and the Seminoles were third in the country in his junior and senior seasons.

Following his outstanding 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.

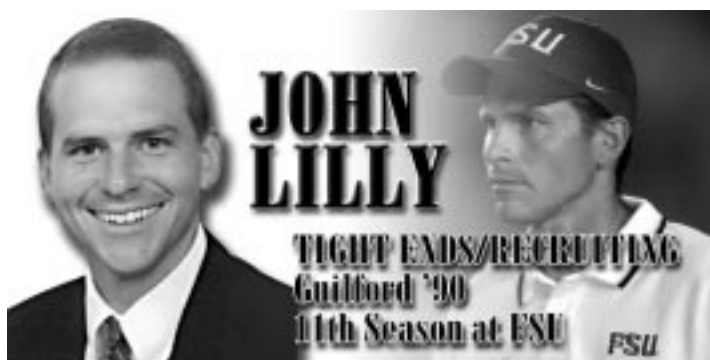
Haggins earned a degree in criminology from Florida State and was working with the state attorney's office in Jacksonville before he joined the FSU staff. He worked with the rehabilitation of juvenile offenders while with the state attorney and continues to make working with young people a priority.

Haggins is married to the former Robin Kimbrough.

Haggins' Quick Facts
Years as a Collegiate Coach: 11
Coaching Stops:
 Florida State — Tight Ends/Offensive Line (1994-95); Defensive Tackles (1996-present)



Senior defensive end Kameron Wimbley entered FSU early from high school and will be one of the leaders of the young FSU defense in 2005.



JOHN LILLY

TIGHT ENDS/RECRUITING
 Guilford '90
 11th Season at FSU

John Lilly begins his eighth year as coach of FSU's tight ends and the man in charge of coordinating the recruiting efforts. Over that span of time, he has established himself as one of the finest recruiting coordinators in the country in addition to his on-field success in tutoring the tight ends. While he is in his eighth year in his current role, Lilly's experience with the Seminoles goes back a decade when he joined the staff as a videographer in 1995.

Lilly was named a full-time assistant coach in January of 1998 and has headed the efforts in recruiting the last seven 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 was ranked as high as No. 1 by some recruiting services.

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 2005, Lilly will have three very good prospects to work with at tight end. Donnie Carter returns from a knee injury that sidelined him during the 2004 season. Carter will battle Matt Henshaw and Matt Root for starting honors at the position. Henshaw has proven to be a reliable receiver while Carter brings a good combination of blocking and pass catching. Matt Root, who transferred from Notre Dame two years ago, saw a significant amount of playing time last year and is a solid run blocker.

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.

Lilly's Quick Facts
Years as a Collegiate Coach: 10
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)



MARK MCHALE

OFFENSIVE LINE
 Shepherd '73
 First Season at FSU

Mark McHale, the newest member of the FSU staff, was hired by head coach Bobby Bowden as offensive line coach in February. McHale spent the last five seasons at Marshall, serving as the offensive line coach from 2000-2001 before taking on additional responsibilities as the offensive coordinator and assistant head coach from 2002-2004. He has been promoted from offensive line coach to offensive coordinator at three different schools over his career.

During his five-year stint at Marshall, the Thundering Herd boasted one of the top offenses in the country. Marshall ranked among the nation's top three in total offense in 2001 and 2002, and ranked third nationally in passing offense in both of those seasons. The Thundering Herd ranked 18th nationally in total offense in 2003.

While at Marshall, McHale worked with current Jacksonville Jaguars quarterback Byron Lettwich. The list of players coached or recruited by McHale goes well beyond those two quarterbacks and includes three-time NFL MVP Brett Favre (Southern Miss), Steve Sciuillo (Marshall), Mark Dixon (Virginia), James Dexter (South Carolina), Jerry Crafts (Louisville), Corey Louchie (South Carolina), Marcus Spears (Amsterdam Admirals) and Kipp Vicker (Frankfurt Galaxy).

McHale was a three-year starter on the offensive line at Shepherd College before graduating in 1973. He was an All-West Virginia Intercollegiate Athletic Conference selection as a senior and was selected as a team captain, helping to lead his team to a conference title and a No. 19 national ranking in NAIA. McHale was honored this year as a member of the Shepherd Hall of Fame.

McHale earned a master's degree from West Virginia in 1975 while serving as a graduate assistant on the football staff. He was named offensive coordinator at Shepherd later that year and coached there until leaving to coach the offensive line at Appalachian State in 1980. McHale also had coaching stops in the World League (Amsterdam, Frankfurt and Montreal) and another in the CFL (Shreveport). In helping to guide the Frankfurt Galaxy to the World Bowl Championship, he coached for Ernie Stautner, who is in the NFL Hall of Fame after serving as Tom Landry's defensive coordinator at Dallas. McHale also coached for a second NFL Hall of Famer when he worked under Forrest Gregg at Shreveport. McHale worked for Bob Pruett at Marshall, who ranked among the top 10 active winningest coaches in college football before he retired this year.

McHale was born on August 29, 1950, in Winchester, Va., where he attended James Wood High School. He is married to the former Beverly Smith of Hattiesburg, Miss. and the couple has one son (Brandon, 26).

McHale's Quick Facts
Years as a Collegiate Coach: 28
Coaching Stops:
 Warren County HS — Assistant Coach (1973-74); West Virginia — Graduate Assistant (1974-75); Shepherd College — Offensive Coordinator (1975-79); Appalachian State — Offensive Line (1980-84); Offensive Coordinator (1984-85); East Carolina — Offensive Line (1986); Southern Miss — Offensive Line (1986-90); Offensive Coordinator (1989-91); Montreal Machine (WIAF) — Offensive Line (1992-93); South Carolina — Offensive Line (1993-94); Shreveport Pirates (CFL) — Offensive Line (1994-95); Frankfurt Galaxy (WIAF) — Offensive Line (1995-96); Amsterdam Admirals (WIAF) — Offensive Line (1995-96); Southern Miss — Offensive Line (1996-97); Louisville — Offensive Line (1997-98); Warren County HS — Head Coach (1998-99); Marshall — Offensive Line (2000-01); Offensive Coordinator/Asst. HC/Offensive Line (2002-2004); Florida State — Offensive Line (present)



Tight End Ryan Sprague won a national title at FSU as a senior along with Academic All-ACC honors as senior in 1999.



Florida State head coach Bobby Bowden's addition of former Baylor head coach Kevin Steele to his coaching staff in January 2003 drew immediate praise from college football experts coast-to-coast, and the results of his effort both on the field and on the recruiting trail has been dramatic. Steele quickly earned the respect of both the players and his coaching peers. Bowden added the title of executive head coach to Steele's list of responsibilities this spring.

Steele was the head coach at Baylor from 1999-2002 and came to FSU prior to the 2003 season. A 1981 Tennessee graduate, Steele coached the linebackers for the NFL's Carolina Panthers from 1995-98 before taking the head coaching position at Baylor. He has also served as an assistant coach at Nebraska, Tennessee, Oklahoma State and New Mexico State.

This year, Steele's linebacking corps has been rated the best in the country by *The Atlanta Journal-Constitution*. All three starters return in A.J. Nicholson, Ernie Sims and Buster Davis along with a group of reserves that would start at most schools. Michael Boulware, who was a linebacker under Steele in 2003, was a finalist for NFL Rookie of the Year honors in his first professional season with the Seattle Seahawks.

Steele has also earned a reputation as an outstanding recruiter. He was named the Rivals.com National Recruiter of the Year in February for his work in helping Florida State land a 2005 signing class ranked No. 1 nationally by some recruiting services.

Steele spent his freshman year at Furman before transferring to Tennessee, where he was a member of Johnny Majors' 1978 and 1979 squads. He stayed on as a student assistant in 1980 and then as a graduate assistant in 1981. He was promoted to outside linebackers coach in 1982.

Steele then moved to New Mexico State, where he served as recruiting coordinator and linebackers coach in 1983. From 1984-86, he coached linebackers and tight ends at Oklahoma State. He returned to his alma mater in 1987 and spent two years as the defensive backs coach for the Volunteers.

From 1989-94, Steele coached the linebackers under Nebraska legend Tom Osborne. During his six years in Lincoln, the Cornhuskers went 60-11, appeared in six bowl games, won four conference championships and captured the 1994 national championship with a 13-0 record.

In 1995, Steele made the jump to the NFL as the linebackers coach for Carolina. Under head coach Dom Capers, the Panthers reached the NFC Championship game in their second season (1996). After four years with Carolina, Steele was hired as head coach at Baylor in 1999.

The 47-year-old Steele is a native of Dillon, S.C. He and his wife, Linda, have a 18-year-old son (Gordon) and a 16-year-old daughter (Caroline).

Florida State's commitment to its strength and conditioning program is tangible both in the quality of the individuals who run the programs and the improvements that have been made to the facilities and training areas. Head Strength and Conditioning Coach Jon Jost, who is in his fifth season at FSU, worked feverishly to design the Champions Training Complex and his efforts have resulted in the completion of one of the nation's best training environments. Striving for excellence is not uncommon for Jost, who in the summer of 2003, was presented with certification of Master Strength and Conditioning Coach. At that time, he was one of only 36 individuals in the world to have earned the distinction.

Jost, 37, was named Head Strength and Conditioning Coach at Florida State on February 9, 2001, marking a new era in the training and conditioning of Seminole athletes. Prior to heading to Tallahassee, Jost headed the strength and conditioning programs at both Southern Methodist University (1996-2001) and the College of Holy Cross (1995-1996). 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 has worked extremely hard in developing a staff of experts dedicated to improving athletic performance. He and his staff of six full-time assistant strength coaches and three 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 earned a bachelor's degree in exercise science with an emphasis in strength and conditioning from Nebraska in 1990 and went on to receive a master's degree in education administration with an emphasis in post-secondary education from the school in 1994. He is married to the former Marianella Baez.

Steele's Quick Facts

Years As A Collegiate Coach: 21

Coaching Stops:

- Tennessee — Student Coach/Graduate Assistant, OLB's (1980-82)
- New Mexico State — Linebackers/Recruiting Coordinator (1983)
- Oklahoma State — Linebackers/Tight Ends (1984-86)
- Tennessee — Defensive Backs (1987-88)
- Nebraska — Linebackers (1989-94)
- Carolina Panthers — Linebackers (1995-1998)
- Baylor — Head Coach (1999-2002)
- Florida State — Linebackers (2003-present)

Jost's Quick Facts

Years as a Collegiate Coach: 17

Coaching Stops:

- Nebraska — Assistant Strength & Conditioning Coach (1989-95)
- Holy Cross — Strength & Conditioning Coach (1995-96)
- SMU — Strength & Conditioning Coach (1996-01)
- Florida State — Strength & Conditioning Coach (2001-present); Master Strength & Conditioning Coach Certification (2003)

In 1994, Clifton Abraham became FSU's fifth consecutive Consensus All-American at cornerback. He had four career TDs on blocked punts alone.





ALL-TIME 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)
 Joe Avezzano 1968
 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
James Colzie **2004-present (GA)**
 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 Grouwinkel 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), 1986-2004
 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 2000-02
 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
Mark McHale **2005-present**
 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)
Ben Odom **2004-present (GA)**
 Paul Odom 1955 (GA), 1956
 Joe Ostaszewski 2002-03 (GA)
 Mike Owens 1989-90 (GA)
 Bill Parcels 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),

2005 GRADUATE ASSISTANTS



JAMES COLZIE
(Florida State '96)



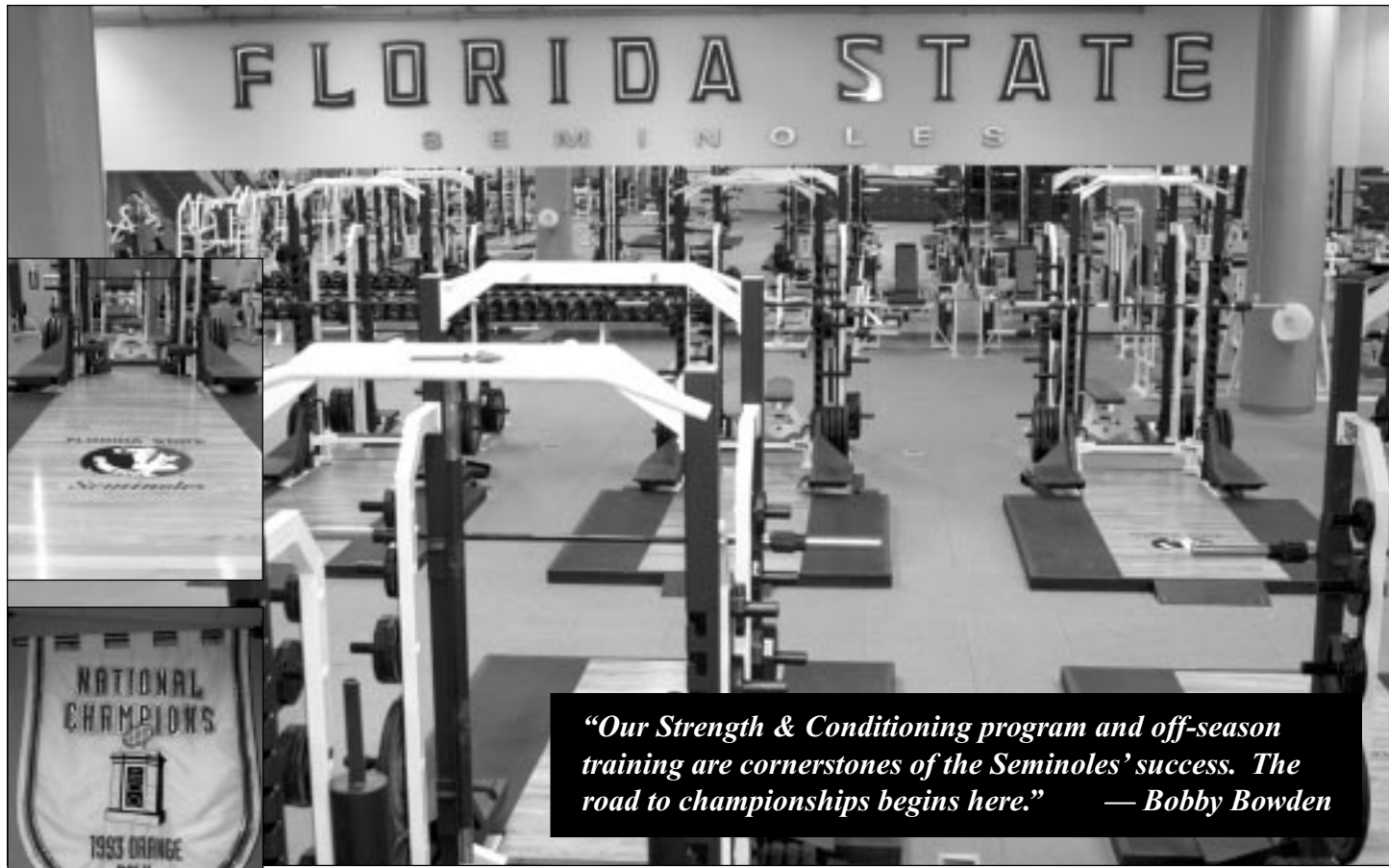
BEN ODOM
(Florida State '01)

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
 Kirby Smart 2002-03 (GA)
 Moyer Smith 1973
 David Snell 1976 (GA)
 Mike Spencer 1989-90 (GA)
 Phil Spooner 1970
 Winston Siegfried 1953-54
 Kirby Smart 2002-2003 (GA)
 David Stallworth 1992 (GA)
 Jack Stanton 1973, 1976-83
Kevin Steele **2003-present**
 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



Corey Simon, an All-American defensive tackle on FSU's 1999 national championship team, won the NFC Championship last year with the Philadelphia Eagles.



“Our Strength & Conditioning program and off-season training are cornerstones of the Seminoles’ success. The road to championships begins here.” — Bobby Bowden



The Roger Holler CHAMPIONS TRAINING COMPLEX

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 designed for 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. Head Strength and Conditioning 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.

FSU’s athletics department is committed to excellence in every area. This includes providing its athletes with the most state-of-the-art facility and equipment. Florida State’s Champions Training Complex provides the best platform to train its athletes to their full athletic potential.



Josh Hingst

FLORIDA STATE’S STAFF OF TRAINED EXPERTS
Strength & Speed Assistant Coaches

Mike Bradley Men’s Basketball, Women’s Tennis
 Josh Hingst Football, Nutrition
 Russell Orr Cross Country, Baseball, Football
 Charlie Melton Volleyball, Soccer, Track & Field, Football
 Dave Plett Women’s Basketball, Men’s Tennis
 Dwan Riggins Softball, Swimming & Diving

Graduate Assistants
 Eric Gramza • Tyler Peacock • Zac Conner



Defensive ends coach Jody Allen is in his sixth year as a coach with Florida State. He must replace both starters from last season.



Acceleration & Speed
Acceleration & Speed are two of the most important aspects of football. They are so important to our success as a team, that they are addressed on a daily basis. Antonio Cromartie is not only the fastest player on the team but one of the fastest in the nation.

Body Wt. 211 lbs.
 10 yd sprint 1.56 sec.
 40 yd sprint 4.32 sec.

Strength & Speed Program

The Seminole strength and speed program is designed to improve athletic performance through individualized workouts each addressing:

Strength

Defined as Mass x Distance.

Agility

The ability to change direction without the loss of speed.

Speed

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

Power

Defined as Mass x Distance ÷ by Time. In other words, it is the combination of strength and speed.

Flexibility

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

Acceleration

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



Strength & Power

Strength & Power are two cornerstones to the program that are critical to developing an individual's speed and being a physically dominating football team. Matt Meinrod is pound for pound one of the strongest and most powerful on the team.

Body Wt. 305 lbs.
 Bench 505 lbs.
 Squat 630 lbs.
 Clean 430 lbs.

The Roger Holler CHAMPIONS TRAINING COMPLEX

The Nation's Best Training Environment

- 20,000 sq. ft. of functional training space
- Custom built FSU equipment, platforms, and weights
- 24 self-contained Powerlift workstations
- 12 Olympic lifting platforms
- Concert quality sound system
- 8 x 8 video board
- Body composition and nutrition area
- Aerobic area including 12 cardio machines
- Over 50 weight machines
- More than 20,000 pounds of free weight



Offensive tackle Jesus Hernandez earned first team All-ACC honors as a senior in 1995, a year in which FSU finished fourth nationally.



WHERE THE ELITE BECOME CHAMPIONS



Conditioning

The Seminoles pride themselves as being the best-conditioned team on the field. FSU's conditioning program addresses linearly, change of direction and resistance training to ensure each of the energy systems are developed. The goal is for Florida State to be the most physical and conditioned team in the nation.

SPORTS NUTRITION — Optimizing Performance

The Florida State Sports Nutrition program is dedicated to helping student-athletes optimize their potential through proper nutrition by —

- Providing athletes with the fuel and nutrients their bodies need to perform on the field and speeding recovery in-between practices and games;
- Providing education through one-on-one counseling; and
- Providing each student-athlete with a plan that specifically outlines their needs for calories, protein, vitamins, minerals and serving of the significant food groups.

Florida State's Training Table is another new addition to the Moore Athletic Center. The training table provides quality meals with carefully prepared menus designed to meet the needs of each student-athlete at Florida State. The training table encourages the student-athletes to optimize their performance by optimizing their nutritional habits.

Jacky Claude has used proper nutrition and hard work to lower his body fat and increase his lean body mass.

CATEGORY	AUGUST 2004	APRIL 2005
% of Body Fat	33.70	27.90
Body Weight	316.6	293.3
Lean Body Mass	210.0	211.3
Fat Mass	81.90	111.80

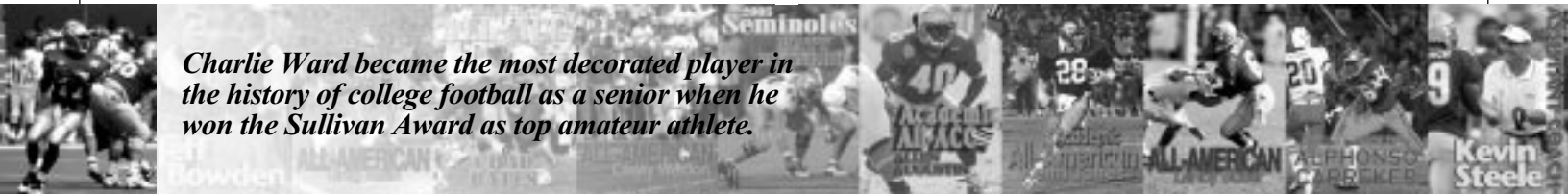


Nutrition

Nutrition is a key component in physical development. Nutritionist Josh Hingst works closely with players to assist with nutritional needs.

During the course of Kamerion Wimbley's career at Florida State, he has increased his body weight from 209 pounds to 255 pounds while reducing his body fat.

All athletes have their body composition measured in the Bod Pod.



Charlie Ward became the most decorated player in the history of college football as a senior when he won the Sullivan Award as top amateur athlete.

Kevin Steele



THE DON FAULS ATHLETIC TRAINING ROOM

Florida State Athletic Training has experienced a very exciting time as construction on the brand new Don Fauls Athletic Training Room was completed two years ago. The 15,000 square foot athletic training room is housed off Doak Campbell Football Stadium and is used by all 19 Seminole varsity teams. This facility is adequately equipped with the latest advances that the field of sports medicine has to offer.

Some of the attractions include an in-house pharmacy, x-ray machine and two physician evaluation rooms. There is also a 4,000 square foot rehabilitation room with the latest version of a Biodex isokinetic testing machine. The treatment area includes 24 treatment tables with various modalities, computer injury tracking devices, and 18 taping benches.

Florida State's athletes have amply accessibility for aquatic therapy as the Don Fauls Athletic Training Room includes a 8' x 40' in-ground workout pool, a 9' x 16' in-ground cold whirlpool, a 9' x 16' in-ground warm whirlpool, and nine extremity whirlpools.

SPORTS MEDICINE STAFF



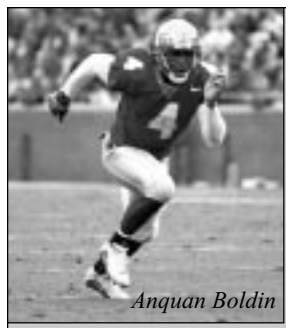
RANDY ORAVETZ
Director of
Sports Medicine
(Florida State '79)
27th Season at FSU



DAVID WALLS
Assistant Trainer
(West Virginia '87)
Tenth Season at FSU



AL SOUMAH
Assistant Trainer
(Howard University '99)
Fourth Season at FSU



Anquan Boldin

Piccolo Award

The Atlantic Coast Conference has selected a football player to receive the Brian Piccolo Award since 1971. The award is named after the former Wake Forest football star who was drafted by the Chicago Bears, but whose death and courage has inspired athletes for over 25 years. The story was made into a popular movie. The award is given to "the most courageous" player in the ACC and five Seminoles have won the award. Dan Footman in 1992, Sam Cowart in 1997, Corey Simon shared the award with Virginia's Anthony Poindexter in 1998, Chris Weinke in 1999 and Anquan Boldin in 2002. The award is a tribute to not only the hard work

and character of the recipients, but also the professionalism and dedication of the trainers and medical staff who assist the players in the rehabilitative efforts. FSU's honorees have been particularly successful as Footman had a long career with the Chicago Bears and Simon, Weinke, Cowart and Boldin, the 2003 NFL Rookie of the Year, are all on NFL rosters.

Bobby Bowden considered an offer from LSU to become their head coach in 1979 but a win over the Tigers convinced him to stay.





FOOTBALL SUPPORT STAFF



MATT AYER
Recruiting Assistant



KEVIN BICKERS
Videographer
(Defense)



DR. EMORY CAIN
Team Dentist



CRAIG CAMPANOZZI
Videographer



DAVE DELEGAL
Equipment Manager



KEITH GRAHAM
Assistant Equipment
Manager



DR. TOM HANEY
Team Physician



**DR. DOUG
HENDERSON**
Team Physician



**DIANNE
HENDRICKS**
Defense Secretary



SHERYL JACOBS
Offense Secretary



NICK MENACOFF
Dorm Supervisor/
P.A. Announcer



CAROL MOORE
Football Operations



DR. BOB ORSILLO
Team Optometrist



CHARLA PHINNEY
Recruiting Program
Assistant



CLINT PURVIS
Team Chaplain



**MAJOR BILLY
SMITH**
Team Security



DR. KRIS STOWERS
Team Physician



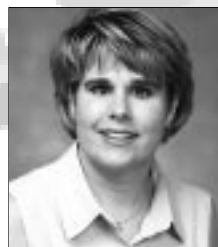
**DR. JOHN VAN
TASSEL**
Team Chiropractor



BRANNON TIDWELL
Videographer
(Offense)



BILLY VIZZINI
Video Coordinator



STACI WILKSHIRE
Administrative
Assistant



Offensive guard Chad Bates joined six teammates on the 1996 All-ACC First Team unit, however he was the only offensive lineman.