

**B**obby Bowden's place in the College Football Hall of Fame was probably assured some time ago, but in a remarkable gesture his place will be insured this December when he will join Joe Paterno in the rare role of inductees who will still be actively coaching. In fact, both will receive a double honor with the organization's very highest distinction when they join the likes of Dwight D. Eisenhower, John F. Kennedy and H. Norman Schwarzkopf as Gold Medal Recipients.

Bowden's resumé is startling and begins with the fact that no coach in major college football history has won more games. Bowden became the all-time winningest coach in 2003 and currently has 359 career wins. He is the winningest bowl coach by percentage and is just two 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 overwhelm-



**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
<b>Total (4 years)</b>	<b>31</b>	<b>6</b>	<b>0</b>	<b>.838</b>

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
<b>Total (6 years)</b>	<b>42</b>	<b>26</b>	<b>0</b>	<b>.618</b>

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
2005 (Orange)	8	5	0	.615
<b>Total (30 years)</b>	<b>286</b>	<b>75</b>	<b>4</b>	<b>.789</b>

**CAREER TOTAL:  
359-107-4 (.769) · 40 YEARS**

ing has Bowden's influence been on college football and, in particular, at Florida State, that the field at Doak Campbell Stadium was named after him in 2004 and a national award given by the Fellowship of Christian Athletes also bears his name.

While the list of former players whom Bowden has coached reads like a who's who, it is important that his players have won as many awards for academic and community service accomplishments as feats on the field. Bowden has coached eight players who won NCAA Postgraduate Scholarships, 11 first or second team academic All-Americans, 42 academic All-ACC selections and two players, Derrick Brooks and Warrick Dunn, who



# THE COACHES

## BOWDEN'S MILESTONE VICTORIES

### AT FSU:

WINDATE	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.*

### 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

were named NFL Man of the Year. Bowden has also coached a pair of Heisman Trophy Winners, and two winners of the Thorpe, Butkus, Groza, O'Brien and Lombardi Trophies, in addition to three Johnny Unitas winners. A total of 25 Seminoles have earned first-team *Associated Press* All-American honors under Bowden and 145 of his FSU players have been drafted by the NFL.

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 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 ranks second all-time in bowl victories (19) and third all-time in bowl winning percentage. The 2006 Orange Bowl marked the 24th straight season that the Seminoles reached a bowl game, and was the 15<sup>th</sup> consecutive "New Year's Day" bowl. FSU's bowl streak ranks second nationally only to Michigan while the streak of "New Year's Day" bowls leads the country. 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. That was recognized by the school in 2004 with the dedication of a statue of him 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 286-75-4. The totals include a 150-22-2 record in Tallahassee, 33-9-1 record at neutral sites and 103-44-1 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 30 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 2006 Orange Bowl marked the Seminoles' 27th since his arrival and is the 20th "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 14 years, Florida State has played in the Atlantic Coast Conference. FSU is 101-11 since joining the league in 1992 and has claimed 12 ACC championships, including 2005 in the first-ever ACC Championship game. The Seminoles won 100 games faster than any team in conference history and also 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 77 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. 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 19 seasons since, Florida State has won 204 games and lost just 42 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 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.

## NCAA ALL-TIME BOWL WINNING PERCENTAGE

	COACH	APP	W	L	T	PCT
1.	Joe Paterno*	31	21	9	1	.694
2.	Bobby Dodd	13	9	4	0	.692
3.	<b>Bobby Bowden*</b>	<b>29</b>	<b>19</b>	<b>9</b>	<b>1</b>	<b>.672</b>
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

## NCAA ALL-TIME BOWL WINS

	COACH	NO	RECORD
1.	Joe Paterno*	21	21-10-1
2.	<b>Bobby Bowden*</b>	<b>19</b>	<b>19-9-1</b>
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

## BOWDEN IN THE BOWLS (19-9-1)

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
2005	Florida State	Orange	Penn State	(ot) 23-26

\*National Championship Game



## 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 359 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 (1987-2000)
- 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 third all-time in bowl winning percentage with a 19-9-1 record (.672)
- Has guided FSU to 27 bowl appearances in 30 seasons, including 24 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 six 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 in 2004

### 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

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 50<sup>th</sup> 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 that hit the *Wall Street Journal*’s best seller list. His youngest son, Jeff, has been on the FSU staff for 12 years and has served as the offensive coordinator for the last five seasons. His oldest daughter Robyn is married to Clemson assistant coach Jack Hines and his youngest daughter Ginger is an attorney.





# BOWDEN vs. THE OPPOSITION

OPPONENT	W-L-T	SAMFORD	WEST VIRGINIA	FLORIDA STATE	Oklahoma	0-4-0	—	—	0-4
Alabama-Birmingham	2-0-0	—	—	2-0	Oklahoma State	3-0-0	—	—	3-0
Arizona State	3-0-0	—	—	3-0	Penn State	1-7-0	—	0-6	1-1
Auburn	4-5-0	—	—	4-5	Pittsburgh	4-7-0	—	3-3	1-4
Brigham Young	2-0-0	—	—	2-0	Richmond	4-2-0	—	4-2	—
Boston College	5-2-0	—	2-2	3-0	San Diego State	0-1-0	—	—	0-1
California	1-1-0	—	1-1	—	Sewanee	2-0-0	2-0	—	—
Carson Newman	2-0-0	2-0	—	—	South Carolina	9-1-0	—	—	9-1
Central Florida	1-0-0	—	—	1-0	Southern California	2-0-0	—	—	2-0
The Citadel	1-0-0	—	—	1-0	Southern Illinois	1-0-0	—	—	1-0
Chattanooga	1-0-0	1-0	—	—	Southern Methodist	1-0-0	—	1-0	—
Cincinnati	6-0-0	—	—	6-0	Southern Miss	9-2-0	—	—	9-2
Clemson	14-4-0	—	—	14-4	Southwestern	3-0-0	3-0	—	—
Colorado	1-0-0	—	—	1-0	Stanford	0-1-0	—	0-1	—
Colorado State	1-0-0	—	1-0	—	Syracuse	8-2-0	—	4-2	4-0
Delta State	2-1-0	2-1	—	—	Temple	3-2-0	—	2-2	1-0
Duke	14-2-0	—	0-2	14-0	Tennessee	0-1-0	—	—	0-1
East Carolina	9-0-0	—	2-0	7-0	Tenn-Chattanooga	1-0-0	—	—	1-0
Florida	17-14-1	—	—	17-14-1	Tennessee Tech	1-0-0	1-0	—	—
Furman	2-1-0	1-1	—	1-0	Texas A&M	2-0-0	—	—	2-0
Georgetown	2-0-0	2-0	—	—	Texas Tech	2-0-0	—	—	2-0
Georgia	0-1-1	—	—	0-1-1	Toledo	1-0-0	—	—	1-0
Georgia Southern	2-0-0	—	—	2-0	Troy State	3-0-0	3-0	—	—
Georgia Tech	12-0-0	—	—	12-0	Tulane	11-2-0	—	1-2	10-0
Gordon Military	1-0-0	1-0	—	—	Tulsa	2-0-0	—	—	2-0
Houston	0-1-0	—	—	0-1	UTMB	1-0-0	1-0	—	—
Illinois	1-0-0	—	1-0	—	Villanova	1-0-0	—	1-0	—
Indiana	3-1-0	—	2-1	1-0	Virginia	14-2-0	—	2-0	12-2
Iowa State	1-0-0	—	—	1-0	Virginia Military	3-0-0	—	3-0	—
Kansas	3-0-0	—	—	3-0	Virginia Tech	15-0-0	—	3-0	12-0
Kansas State	2-0-0	—	—	2-0	Wake Forest	14-0-0	—	—	14-0
Kent State	1-0-0	—	1-0	—	West Virginia	2-0-0	—	—	2-0
Kentucky	1-0-0	—	1-0	—	Western Carolina	2-0-0	—	—	2-0
Livingston	2-0-0	2-0	—	—	Western Michigan	1-0-0	—	—	1-0
Louisiana College	1-0-0	1-0	—	—	Wichita State	1-0-0	—	—	1-0
Louisiana State	7-1-0	—	—	7-1	William & Mary	3-0-0	—	3-0	—
Louisiana Tech	2-0-0	—	—	2-0	Wofford	2-0-0	2-0	—	—
Louisville	9-1-0	—	—	9-1					
Maryland	15-1-0	—	2-0	13-1					
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.)	13-20-0	—	1-1	12-19					
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					
NC State	11-5-0	—	1-1	10-4					
N. Texas State	2-0-0	—	—	2-0					
Notre Dame	4-2-0	—	—	4-2					
Ohio State	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
2000-05	55-22-0	.714

## ALL-TIME DIVISION 1A COACHING VICTORIES

RANK/COACH	WINS-LOSS-TIES	WIN PCT	YEARS
1. Bobby Bowden*	359-107- 4	.769	40
2. Joe Paterno*	354-117- 3	.750	40
3. Paul "Bear" Bryant	323- 85-17	.780	38
4. Glenn "Pop" Warner	319-106-32	.733	44
5. Amos Alonzo Stagg	314-199-35	.605	57





Florida State's rise to become the most consistently successful program in the history of college football directly correlates with the arrival of Mickey Andrews as defensive coordinator. It has been Andrews' ability to build a top defense that has made the Seminole program the powerhouse that 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 13 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. Andrews' 2004 unit was third nationally against the run, fourth nationally in scoring defense and seventh in the country in total defense. The 2005 defense checked in at No. 14 in total defense and No. 18 in rushing 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 stop 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 Baltimore Ravens. Bryant McFadden was selected in the second round by the Pittsburgh Steelers a year ago and went on to win a Super Bowl ring along with former FSU safety Chris Hope. Andrews added two more defensive backs to the NFL in this year's draft with cornerback Antonio Cromartie selected in the first round by San Diego and safety Pat Watkins going in the fifth round to Dallas.

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 *American Football Coach's Magazine*. In 2000, Andrews was listed as the nation's top assistant coach by the All-American Football Foundation.

The Alabama native, who was born in Daleville and raised in Ozark, has been inducted into three halls of fame. Andrews was selected into the Livingston (now University of West Alabama) Hall of Fame in 1994, the Wiregrass Hall of Fame (Dothan, Ala.) in 1996, and the State of Alabama Hall of Fame in May of this year.

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 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. In addition to his football honors, 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: 40

Coaching Stops:

- Eastern Kentucky — Offensive Backs (1966-67)
- Livingston — Assistant Coach (1967-1970); Head Coach (1970-72)
- North Alabama — Head Coach/Athletic Director (1972-76)
- Clemson — Defensive Coordinator (1976-80); Assistant Head Coach (1980)
- Florida — Defensive Backs (1981-82)
- Arizona Wranglers (USFL) — Defensive Coordinator (1983)
- Florida State — Defensive Coordinator/Defensive Backs (1984-2001); Associate Head Coach/Defensive Coordinator/Defensive Backs (2002-present)

Florida State head coach Bobby Bowden's addition of former Baylor head coach Kevin Steele to his coaching staff in January of 2003 drew immediate praise from college football experts coast-to-coast, and the results of his efforts both on the field and on the recruiting trail have been dramatic. Steele quickly earned the respect of both the players and his coaching peers. His linebackers sing his praises and Bowden's confidence in his abilities as he added the title of executive head coach to Steele's list of responsibilities.

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.

Back for a third-year in the starting lineup is senior Buster Davis, who will be one of the defense's leaders at either middle or outside linebacker. Steele must replace Ernie Sims, who was drafted No. 9 overall by the Detroit Lions, at strongside linebacker. Stepping in for Sims will be hard-hitting junior Lawrence Timmons, who won the Hinesman Award as the team's most dominant player this spring. 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 earlier in February of 2005 for his work in helping Florida State land a 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 the Carolina Panthers. Under head coach Dom Capers, the Panthers reached the NFC Championship game in their second season of existence (1996). After four years with Carolina, Steele was hired as head coach at Baylor in 1999.

The 48-year old Steele is a native of Dillon, SC. He and his wife, Linda, have a 19-year-old son (Gordon) and a 17-year-old daughter (Caroline). Gordon is a redshirt freshman offensive lineman at Valdosta State University.

### STEELE'S QUICK FACTS

Years As A Collegiate Coach: 22; NFL: 4

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 (2003-2004); Executive Head Coach/Linebackers (2005-present)



**B**illy Sexton has been a familiar fixture on the sidelines of Florida State football games since 1973 and four years ago he added the title of Assistant Head Coach to his coaching resumé. 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.

This season will be Sexton's 30th as a staff member at the school and his 24th 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 has coached is All-Pro Warrick Dunn, who became Florida State's all-time leading rusher in 1996 and finished his career with 3,989 yards. Sexton has seen 14 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). Sexton's pupils also include 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 2004 second round and Leon Washington did the same as a fourth round pick of the New York Jets in April.

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 23 seasons. In addition, Florida State's backs have earned a reputation for being sure-handed receivers and dangerous returners on special teams.

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:** 29

**Coaching Stops:**

Leon High School (Tallahassee, FL) — Assistant Coach (1974-76)  
 Florida State — Graduate Assistant/Tight Ends (1977-78); Quarterbacks (1979-81); Junior Varsity Coach/Scouting Coordinator (1982); Running Backs (1983-2000); Assistant Head Coach/Runningbacks (2002-present)

**J**eff Bowden enters his sixth season as the offensive coordinator for the Seminoles in 2006. 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. Under Bowden, Florida State has been one of the nation's best in terms of sending talent to the NFL. In his 12 years as position coach, 15 FSU receivers have been selected in the NFL Draft including at least one in each of the last seven years.

The 2006 season will see the Seminole offense return freshman All-American Drew Weatherford as the starter at quarterback. Weatherford will have Chris Davis back at receiver along with De'Cody Fagg and 6-6 Greg Carr, who led the team with nine touchdown catches a year ago as a freshman. Bowden's group of receivers are relatively young, but most gained valuable experience last year that should carry over into the fall. Despite working with a first-year quarterback, FSU's 2005 offense led the ACC in plays of 20 or more yards with 100 and ranked first in the conference in passing.

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 was selected in the first round of the NFL draft by Green Bay and has since gone on to earn a spot in the Pro Bowl. Craphonso Thorpe was drafted in the fourth round by the Kansas City Chiefs and New England selected P.K. Sam in the fifth round in 2005, while Willie Reid joined the Super Bowl Champion Pittsburgh Steelers this spring as a third round pick.

Four of Bowden's wideouts have gone on to earn bowl MVP honors (Cooper - 1996 Orange Bowl, Warrick - 2000 Sugar Bowl, Walker - 2002 Gator Bowl & Reid - 2006 Orange Bowl). In the five years since adding the coordinators duties, the Seminoles have appeared in five New Year's Day bowl games, won three ACC championships and earned bids to three 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.

After a year back at FSU as a graduate assistant, Jeff again joined his older brother at Samford University in Birmingham, Ala. He was the Bulldogs' offensive coordinator in 1987 and added the title of assistant head coach for the 1988-90 seasons. He is credited with guiding the career of Division III All-America quarterback Jimbo Fisher at Samford. In 1991, he moved from Samford to Southern Mississippi and coached receivers for three years before coming to Florida State.

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

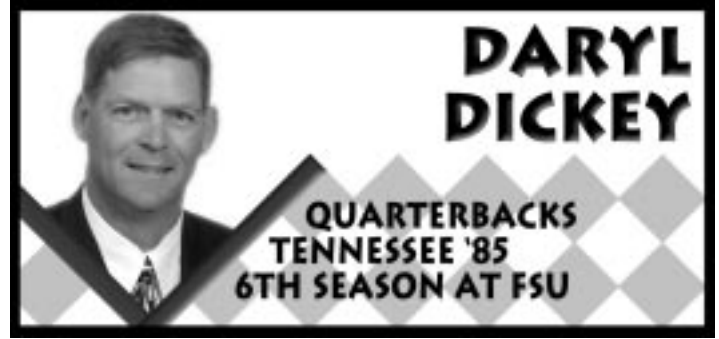
**Years as a Collegiate Coach:** 21

**Coaching Stops:**

Salem College — Wide Receivers (1983-84); Offensive Coordinator (1985)  
 Florida State — Graduate Assistant (1986)  
 Samford — Offensive Coordinator (1987); Offensive Coordinator/Assistant Head Coach (1988-1990)  
 Southern Mississippi — Wide Receivers (1991-93)  
 Florida State — Wide Receivers (1994-2000); Offensive Coordinator/Wide Receivers (2001-present)



# THE COACHES



**J**ody Allen begins his fifth year as the defensive ends coach at Florida State in 2006. Allen moved into the full-time role prior to the 2002 season replacing Jim Gladden who had been an assistant at FSU for 27 years. 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 resumé 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.

This year's group of defensive ends are led by senior Darrell Burston and junior Alex Boston, who split time in the starting lineup a year ago opposite Kamerion Wimbley. Junior D.J. Norris will also make a push for starting honors in the fall while promising redshirt freshman Everette Brown and sophomore Neefy Moffett should also see plenty of playing time as FSU's defensive coaches substitute freely along the defensive front.

The hard-working Wimbley improved each year at FSU under Allen and capped off an outstanding career as one of four Seminoles selected in the first round of the 2006 NFL Draft. Wimbley was the 13<sup>th</sup> overall pick by the Cleveland Browns. Allen's 2004 starters at defensive end both moved on to the professional ranks as Chauncey Davis and Eric Moore were selected in the 2005 NFL Draft in the fourth and sixth rounds, respectively. Prior to that, Alonzo Jackson was chosen in the second round of the 2003 draft by the Pittsburgh Steelers. As the graduate assistant in 2000 and 2001 under Mickey Andrews and the secondary, three Florida State defensive backs went on to be selected in the NFL Draft.

**D**aryl Dickey enters his sixth season as the Florida State quarterbacks coach in 2006. 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 one of the nation's top young quarterbacks under his watch in 2006 as Drew Weatherford returns for his sophomore season after starting all 13 games a year ago. Weatherford broke Philip Rivers' ACC passing record for a freshman and will look for an even more impressive season with a year of experience under his belt. Behind Weatherford on the depth chart is talented sophomore Xavier Lee, who saw some time during the 2005 season, but was forced to sit out spring practice as he recovered from shoulder surgery.

Dickey, 45, 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. Three of Dickey's quarterbacks at Kentucky (Pookie Jones, Freddie Maggard, and Brad Smith) 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 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 (16), Dallas James (13) and Drew (11).

## ALLEN'S QUICK FACTS

Years as a Collegiate Coach: 16

### 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)

## DICKEY'S QUICK FACTS

Years As A Collegiate Coach: 21

### 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)





In 12 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. Many of those players have gone on to the professional ranks and made their mark as well, most recently with first round picks Travis Johnson in 2005 and Brodrick Bunkley this spring.

Haggins will again be busy when practice resumes in August as he must replace a first round pick at defensive tackle for the second straight year. After Johnson went in the first round to the Houston Texans a year ago, Bunkley followed suit as a first round pick of the Philadelphia Eagles in 2006. In addition to Johnson and Bunkley, Haggins has prepared many Seminoles for the NFL including first round picks Andre Wadsworth and Corey Simon, as well as Larry Smith (2<sup>nd</sup> round), Greg Spires (3<sup>rd</sup> round), Darnell Dockett (3<sup>rd</sup> round), Jerry Johnson (4<sup>th</sup> round) and Julian Pittman (4<sup>th</sup> round).

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, Bobby 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 Robin Kimbrough.

**HAGGINS' QUICK FACTS**  
**Years as a Collegiate Coach:** 12  
**Coaching Stops:**  
 Florida State — Tight Ends/Offensive Line (1994-95); Defensive Tackles (1996-present)

John Lilly begins his ninth 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 ninth year in his current role, Lilly's experience with the Seminoles goes back more than 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 eight 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, the 2005 recruiting class was ranked as high as No. 1 by some recruiting services, while this year's class again was rated among the top five.

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.

With three seniors graduating, including co-starters Matt Henshaw and Donnie Carter, Lilly will have his work cut out for him in 2006. Both Henshaw and Carter signed free agent NFL contracts following the draft. Charlie Graham is the only returning scholarship player at tight end and he redshirted last year as a true freshman. Help is on the way this August as two of the nation's top prep tight ends — Brandon Warren and Caz Piurowski — report to campus.

Paul Irons, who started at tight end in 2004, signed as a free agent with the Cleveland Browns last spring and was added to the active roster late in the season. Florida State had more players on NFL rosters last season than any other school.

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.Va., 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:** 11  
**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)



# THE COACHES



**M**ark McHale became the newest member of the Florida State staff when he was hired by head coach Bobby Bowden as offensive line coach in February of 2005. McHale spent the previous five seasons at Marshall, serving as the offensive line coach there 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.

McHale returns three starters from 2005 in senior Cory Niblock, junior Jacky Claude and junior David Overmyer. Niblock was forced to play tackle last season, but will switch back to guard this fall. Overmyer started at right tackle last year saw some time at guard during spring drills. Mario Henderson is the likely candidate to start at left tackle after finishing the season there for Niblock, who was lost with a knee injury. Junior college All-American Shannon Boatman will battle Overmyer for the job at right tackle. At center, John Frady and Dumaka Atkins will try to replace three-year starter David Castillo.

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 18<sup>th</sup> nationally in total offense in 2003.

While at Marshall, McHale worked with current Jacksonville Jaguars quarterback Byron Leftwich. The list of players coached or recruited by McHale 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 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. Since that time, McHale has coached on the college level at East Carolina, Southern Miss, South Carolina, Louisville and Marshall. He has served as the offensive coordinator at Appalachian State, Southern Miss and Marshall. 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 last 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:** 29

### 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 (WLAFL) — Offensive Line (1992-93); South Carolina — Offensive Line (1993-94); Shreveport Pirates (CFL) — Offensive Line (1994-95); Frankfurt Galaxy (WLAFL) — Offensive Line (1995-96); Amsterdam Admirals (WLAFL) — 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 (2005-present)

**O**ne of the most important aspects of any successful athletic department is the strength and conditioning of its student-athletes. When Florida State officials were faced with their first opening in the position of Director of Strength and Conditioning in 18 years during the winter of 2000, 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, is now firmly established at FSU and his impact has been tremendous not only within the football program but throughout the athletics programs at FSU. He was elevated to the title of Master Strength and Conditioning coach three years ago, placing him among the top echelon in his field.

Jost and his staff now work in the new strength and training facility which was the first portion of the new Moore Athletics Building to be completed. The 20,000 square foot area features 24 powerlifting stations, 12 Olympic lifting platforms, aerobic and cardio machines along with over 20,000 pounds of free weights. Jost supervises a staff of six full-time assistants and four graduate assistants.

Jost's Seminole strength and speed program is designed to improve athletic performance through individualized workouts each addressing: strength, speed, power, acceleration, agility, conditioning, flexibility and nutrition. The goal of the program is to maximize the on-field performance of each athlete, while reducing the risk of injury. The motto "Where The Elite Become Champions" is emblazoned on one wall of the facility.

Following the bowl game, one of Jost's responsibilities is setting up Florida State's pro day where more than 200 NFL coaches and scouts have over the last two years. A total of four Seminoles were selected in the first round of the NFL Draft this spring, which tied a school record.

Jost, 38, 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 (five in a full-time capacity) and earned certification as a strength and conditioning specialist. During that time, Jost worked closely with Boyd Epley, the Nebraska Associate Athletic Director who is recognized as the pioneer of strength and conditioning.

Jost earned a master's degree in education administration with an emphasis in post-secondary education and athletic administration from Nebraska in 1994. He received his bachelor's degree in exercise science with an emphasis in strength and conditioning from Nebraska in 1990.

Jost is married to Marianella Baez.

## 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)



# 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
- Monk Bonasorte ..... 1982-83 (GA)
- 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
- Ron Dugans ..... 2006-present (GA)**
- 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

## 2006 GRADUATE ASSISTANTS



**JAMES COLZIE**  
*(Florida State '96)*



**RON DUGANS**  
*(Florida State '99)*

- 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 ..... 2004-05 (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), 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**



# THE COACHES



*“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.



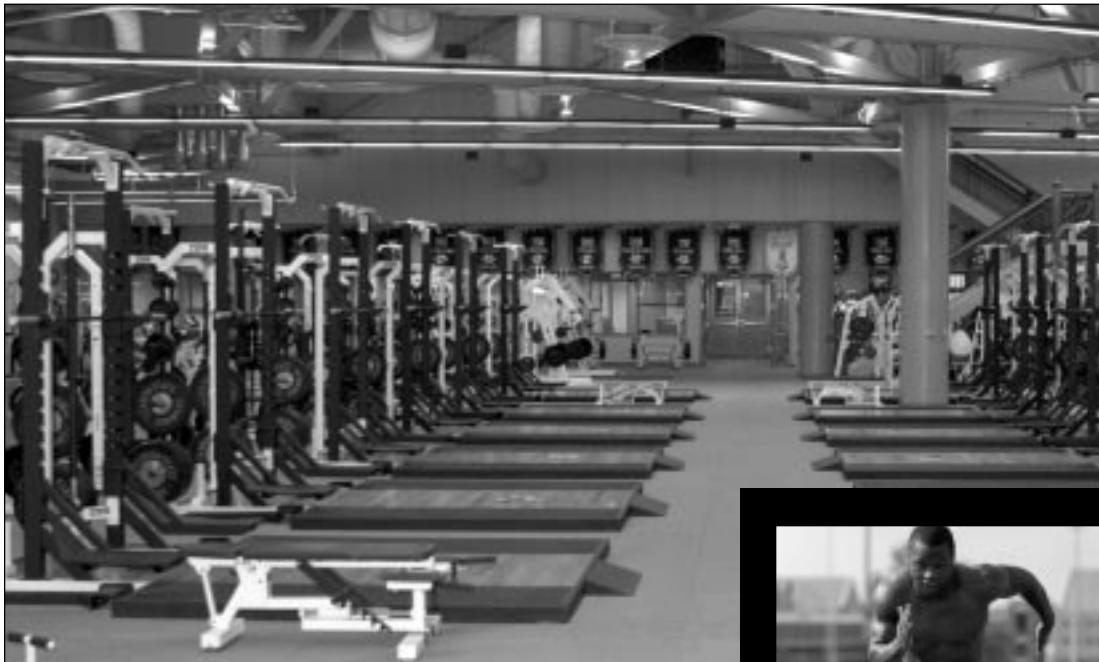
**FLORIDA STATE'S STAFF OF TRAINED EXPERTS STRENGTH & SPEED ASSISTANT COACHES**

Mike Bradley .....	Men’s Basketball, Golf
Josh Hingst .....	Football, Nutrition
Russell Orr .....	Baseball, Football, Volleyball
Tyler Peacock .....	Track & Field, Cross Country, Football
Dave Plettl .....	Women’s Basketball, Tennis
Dwan Riggins .....	Soccer, Softball, Swimming & Diving

**GRADUATE ASSISTANTS**

Zac Conner • Jesse Collins • Jason Benguche • Sarah Snyder





## 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.*



### 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. Antone Smith is not only the fastest player on the team but one of the fastest in the nation.*

Body Wt. .... 187 lbs.  
10 yd sprint ..... 1.52 sec.  
40 yd sprint ..... 4.34 sec.



### 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. Lorenzo Booker is pound for pound one of the strongest and most powerful on the team.*

Body Wt. .... 195 lbs.  
Bench ..... 400 lbs.  
Squat ..... 505 lbs.  
Clean ..... 360 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







# WHERE THE ELITE BECOME CHAMPIONS

## 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 servings of each significant food group.



Josh Hingst

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 practicing sound nutritional habits.

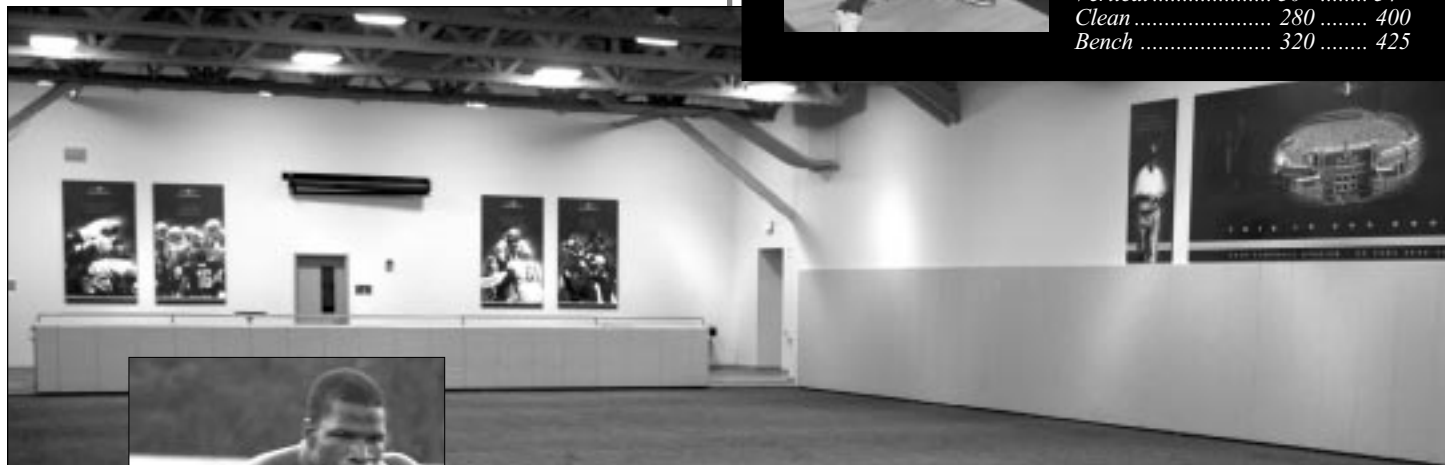
Joe Surratt has used proper nutrition and hard work to lower his body fat and increase his lean body mass.

CATEGORY	JANUARY 2006	JUNE 2006
% of Body Fat .....	25.70	17.40
Body Weight .....	264.3	254.4
Lean Body Mass .....	196.3	210.2
Fat Mass .....	68.0	44.1

**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. Pictured is Lawrence Timmons conditioning in the sand pit.*

**IMPROVEMENT**  
*Physical development is critical in improving as a football player. FSU players make tremendous progress during their careers as Seminoles. Andre Fluellen's data is one example of a player gaining muscle, improving speed and developing strength.*

	PRE	POST
Weight .....	260	291
10 .....	1.84	1.72
40 .....	5.26	4.98
Agility .....	4.40	4.79
Vertical .....	30"	34"
Clean .....	280	400
Bench .....	320	425



*“The Florida State strength and speed program enabled me to get stronger, gain 40 pounds of muscle, and improve my speed. It is the best program in the nation.”*

— KAMERION WIMBLEY  
2006 FIRST ROUND DRAFT PICK OF THE CLEVELAND BROWNS

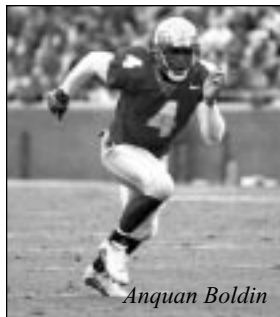


## THE DON FAULS ATHLETIC TRAINING ROOM

**F**lorida State Athletic Training has experienced a very exciting time as construction on the brand new Don Fauls Athletic Training Room was completed three 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.



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.*



**RANDY ORAVETZ**  
Director of Sports Medicine  
(Florida State '79)  
28th Season at FSU



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

### SPORTS MEDICINE STAFF



**DAVID WALLS**  
Assistant Trainer  
(West Virginia '87)  
11th Season at FSU





# FOOTBALL SUPPORT STAFF



**MATT AYER**  
*Recruiting Assistant*



**MARION S. COOPER, D.M.D.**  
*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*



**DR. STEVE JORDAN**  
*Team Physician*



**NICK MENACOF**  
*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*



**STACI SUTTON**  
*Head Cheerleading Coach*



**DR. JOHN VAN TASSEL**  
*Team Chiropractor*



**BILLY VIZZINI**  
*Video Coordinator*



**STACI WILSHIRE**  
*Assistant to Head Coach Bobby Bowden*