

Football Staff

Todd Stroud

STRENGTH AND CONDITIONING
FLORIDA STATE '85
FIRST SEASON AT FSU

- Former Seminole football player returns to Tallahassee to take over the strength and conditioning for the Florida State football program
- Has been coaching for 21 years including seven seasons as a member of Chuck Amato's staff at NC State
- Was the Assistant Head Coach/Defensive Line coach from 2004-07 for the Wolfpack
- Coached the only ACC player to ever go No. 1 overall in the NFL Draft when defensive lineman Mario Williams was taken first overall by the Houston Texans in 2006
- Has previously been the strength and conditioning coach at Memphis (1997-99), Auburn (1993) and Samford (1987-93)
- Was the head coach at West Alabama (1994-96) and coached the defensive line at Samford (1987-93) and at UCF (1986)
- Named the 2000 National Strength and Conditioning Association's Conference USA Professional of the Year
- Played nose guard for the Seminole football team from 1983-85
- Captained the 1985 squad that earned a trip to the Gator Bowl. He also helped lead the Seminoles to the 1983 Peach Bowl and the 1984 Citrus Bowl
- Earned a bachelor's degree in movement science from Florida State in 1985 and a master's degree in athletic administration from Alabama-Birmingham in 1988
- A native of St. Petersburg, Fla., Stroud is married to the former Marianne Sylvers and the couple has three daughters, Jessica (18), Alexandria (16) and Chelsea (15) and a son, Stone, who is one



Bob LaCavita

DIRECTOR OF PLAYER PERSONNEL
INDIANA UNIVERSITY OF
PENNSYLVANIA '71
FIRST SEASON AT FSU

- LaCavita comes to Florida State after spending the last seven years as the director of player personnel at NC State and Florida
- Will oversee all administrative duties relating to recruiting with Seminole football as well as assisting with other administrative activities on a day-to-day basis in the FSU football office
- Oversaw the overall coordination of recruiting as well as assisting with other administrative duties for the Florida football program since February 2005
- Served in the same capacity at NC State from July 2000 until February 2005 under current FSU executive head coach Chuck Amato
- At NC State, LaCavita was in charge of the overall coordination of recruiting for the Wolfpack as well as directing the coaches clinics and assisting with various daily activities
- Worked with three other Division 1-A football programs in the past 26 years, including Akron, Auburn and Pittsburgh
- Assisted with all administrative functions within the football program throughout the 1996-98 seasons at Auburn
- Between April 1986 and February 1996, he coordinated all ticket operations for Akron's athletics program and assisted in the campaigns for promotion and marketing
- Developed and perfected most of his current recruiting duties at Pitt, where he served as recruiting coordinator in the 1984-85 seasons under head coach Serafino Fazio.
- Graduated from Indiana University of Pennsylvania in 1971 with a B.A. in psychology. In 1977, he earned a Master's of Public Health from Pittsburgh and in 1984, he received his doctorate
- He and his wife Michelle have one son, Bryan (12)



Andy Urbanic

ASSOCIATE ATHLETIC DIRECTOR FOR
FOOTBALL OPERATIONS
AND SPECIAL PROJECTS
19TH SEASON AT FSU

- Urbanic is in his 19th season in charge of the football operations for Florida State
- Elevated to the position of Associate Athletic Director in 2000
- Coordinates post-season logistics and travel for all Seminole teams
- Supervises the equipment, training room and strength and conditioning staffs
- Member of the Pennsylvania Sports Hall of Fame
- Has nearly 50 years of experience at the collegiate and high school levels
- Assistant head football coach and offensive coordinator from 1987-88 at the University of Akron
- Offensive backfield coach and recruiting coordinator at Akron from 1986-87
- University of Pittsburgh's offensive backfield coach from 1980-86
- He and his wife Dorothy have two grown daughters



All-Time Assistant Coaches

Hugh Adams 1955 (GA), 1956
Jody Allen ... 2000-01 (GA), 2002-present
Chuck Amato ... 1982-1999, 2007-present
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), 1994-06
 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)
Dexter Carter 2007-present
 Doug Carter 1984 (GA)
 John Coatta 1958-64
 John Coatta, Jr. 1984
 James Colzie 2004-06 (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)
Lawrence Dawsey 2007-present
 Frank DeBord 1974-75
 Chris Demarest 1998-99 (GA)
 John Devlin 1971-72
 Daryl Dickey 1989 (Vol.), 2001-06
 Jim Donnan 1972-73
 Ron Dugans 2006 (GA)
 John Eason 1981-93
 Sam Elliott 1974
 Ed Feely 1973-74
 Jeff Ferrington 1984 (GA)
Jimbo Fisher 2007-present
 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 2005-06
 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 Odum 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 Ragnas 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), 1979-06
 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

2007 GRADUATE ASSISTANTS



CHRIS ST. JOHN
(Florida State '06)



JASON WOODMAN
(Fairmont State '03)

Winston Siegfried 1953-54
 Kirby Smart 2002-2003 (GA)
 David Stallworth 1992 (GA)
 Jack Stanton 1973, 1976-83
 Kevin Steele 2003-06
 Bob Stinchcomb 1985-86 (GA)
Chris St. John 2007 (GA)
 Hugh Taylor 1956
 Mark Thomas 1980 (GA)
 Frank Toomey 1953-56
Rick Trickett 2007-present
 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)
Jason Woodman 2007 (GA)
 Charlie Wright 1969
 Gary Wyant 1966 (GA), 1967-69

Bold – Current Assistant Coaches



Bill Parcels