

2007 Track and field Media Guide

Florida State University

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Location: Tallahassee, Florida
 Founded: 1851
 Enrollment: 39,652
 Symbol: Seminoles
 School Colors: Garnet and Gold
 President: Dr. T.K. WETHERELL

Florida State Athletics

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Florida State Track and Field

Home Facility: **Mike Long Track**

Head Coach: **Bob BRAMAN**
 (Florida '80, 4th season)

Associate Head Coach: **Harlis MEADERS**
 (UNC '92, 13th season)

Assistant Coaches: **Dennis NOBLES**
 (FSU '80, 22nd season)

Pole Vault, Javelin, Jumps
Ken HARNDEN
 (UNC '95, 8th season)

Men's Sprints & Relays, Hurdles
Jackie RICHARDS
 (New Mexico '98, 5th season)

Sprints & Hurdles
Tim VAUGHT
 (Western Carolina '01, 1st season)

Recruiting Coordinator, Multi's

Volunteer Assistant Coach: **Sean McMANUS**
 (Notre Dame '01)

Graduate Assistants: **Lisa GROSSMAN**
 (Florida International '00)
Althea BELGRAVE
 (Idaho '97)
Joey ZINS
 (Georgia Tech '03)



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 President
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Covering the Seminoles

A NOTE TO THE MEDIA AND OPPONENTS

The Florida State Sports Information Office is available to assist in your media coverage needs. The office is open from 8 a.m. to 5 p.m. on a daily basis with extended hours during the regular and post-season. For information on student-athletes, coaches and support staff, please contact SID Katy Wolfe by phone (850) 645-7683 or email klwolfe@mailers.fsu.edu.

PLAYER AND COACHES INTERVIEWS

Head coach Bob Braman is available for interviews between 1:00 p.m. and 3:30 p.m. on weekdays and as scheduled through the FSU sports information office. Interviews with assistant coaches, student-athletes and support staff can be handled by the SID office as well. Please let us know if we can be any assistance to you in your coverage of Florida State Athletics.

HOW TO COVER THE SEMINOLES

Members of the media are supplied with media guides, weekly press releases, including updated individual and team statistics, as well as conference and national rankings. This information may be obtained via email, fax or mail through the Sports Information Office or online at the official Florida State Athletics website www.seminoles.com.

HOME MEET INFORMATION

Track and field meets are held at Mike Long Track and Field Complex on the campus of Florida State University. Members of the media may be seated in the press facility at the entrance of the track. The SID staff will provide complete results and fax service at all home events. If any assistance is needed in covering the Seminoles at home, FSU sports information director Katy Wolfe is available at (850) 645-7683. For information on upcoming home meets, please visit the 'Home Meet Information' box on the track and field front-page at www.seminoles.com.



Established in 1987, Seminole Productions handles virtually every video production need for Florida State Athletics. Under the direction of Mark Rodin, Seminole Productions produces the television shows for head coaches as well as the Seminole Sports Magazine and Seminole Uprising shows, programs designed for every varsity sport, including track and field. In addition to producing in-game entertainment for almost 80 events every season, Seminole Productions utilizes their 6,000 square foot communication center to teach students in the College of Communication's media production program. Since one of the department's missions is to teach students the art of television design, production and performance to help students with a professional experience. Seminole Productions continually gets recognized for excellence and has received 17 national and international awards in the last year.

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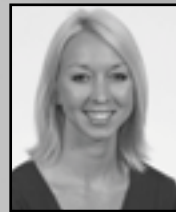
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Track and Field Team Schedule

Indoor Scheule

Date	Opponent	Site
Jan 13	University of Florida Inter Collegiate meet	Gainesville, FL
Jan 26-27	Clemson Multi Meet	Clemson, SC
Jan 27	University of Florida Diet Pepsi Challenge	Gainesville, FL
Feb 2-3	New Balance Collegiate Invitational	New York, NY
Feb 9-10	University of Arkansas Tyson Invite	Fayetteville, AR
Feb 22-23-24	ACC Indoor Championships	Clemson, SC
March 2-3	Iowa State Last Chance	Ames, IA
March 9-10	NCAA Indoor Championships	Fayetteville, AR

Outdoor Shedule

March 2-3	SNOW BIRD INVITATIONAL	TALLAHASSEE, FL
March 16-17	FAMU Relays	Tallahassee, FL
March 15-7	Hurricane Invitational	Coral Gables, FL
March 23-24	Disney Track and Field Showcase	Orlando, FL
March 29-31	FLORIDA STATE RELAYS	TALLAHASSEE, FL
March 30-31	Stanford Invitational	Palo Alto, CA
April 5-6-7	Florida Relays	Gainesville, FL
April 5-6-7	Texas Relays	Austin, TX
April 13-14	SEMINOLE INVITATIONAL	TALLAHASSEE, FL
April 19-20-21	ACC Outdoor Championships	College Park, MD
April 26-27-28	Penn Relays Philadelphia	Philadelphia, PA
April 29	Cardinal Invitational	Palo Alto, CA
May 6,	Georgia Invitational	Athens, GA
May 11-12	Georgia Tech-Reebok Invite	Atlanta, GA
May 25-26	NCAA Regional Championships	Gainesville, FL
June 6-7-8-9	NCAA Championships	Sacramento, CA
June 21-24	USA SR & JR Track and Field Championships	Indianapolis, IN

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2007 Florida State University Men's Track and Field



2007 Season Preview

The 2006 season was a “Dream Season” for Florida State, but in 2007 it’s time to move forward and focus on winning another national championship.

The key to a successful track and field season is staying healthy and avoiding injuries. This year the Seminole men lack the depth of the 2006 team with the loss of two event scorers, Rafeeq Curry and Garrett Johnson, which is a big reason maintaining healthy athletes is a number one priority for Head Coach Bob Braman.

“This year we don’t have the depth that we had last year in terms of our national level performers,” Head Coach Braman said. “We won 67 to 51 last year, and we could have a few injuries or a miscue here and there and still win. But I don’t think we’re in that position as we look at this year.”



Ricardo Chambers

Despite the loss of points from Curry and Johnson, Florida State still has the most returnees than any school in the country and are projected to score points in the 4x100m relay this season.

“I feel like we can score at least 50 points,” Braman said. “Maybe nowhere close to the 67 points we put up last year, but I’m not sure if any other school can do it either.”

The Seminoles are in a position to repeat last year’s successes and maybe take home the first indoor national championship as well. The only double scorer to return is junior sprinter Walter Dix, who scored in the 100 and 200 meters.

The December 2006 issue of *Track and Field News* predicts the Seminoles will be repeat national champions this season and forecasted the men to earn 57 points overall. The magazine also lists Walter Dix (100m & 200m), Ricardo Chambers (400m) and Tom Lancashire (1500m) as favorites in their respective events and favors FSU’s 4x100m relay team to take the gold in 2007.

“We have to cultivate depth from the new athletes rather than the same athletes,” Braman said. “We’ve got to find new sources of points like we did last year.”



Greg Bolden

Last season, even though he wasn’t projected to score, freshman Michael Ray Garvin surprised everyone by scoring one point in the 200m with his eighth place finish and becoming an All-American. This season he is expected to become a bigger force on the team and has the potential to move up and score higher at the national level.

The 4x100m relay was ranked No. 2 last year and is favored this year to win the gold. In order to fulfill that goal, they’ve got to come in, stay healthy and run in sync together all year. Greg Bolden, Ronald Wright, Michael Ray Garvin and Cedric Nabe all return this season as the 4x100m relay team.

2007 Season Preview

4 x 400m Relay Team



Mark Buckingham and Luke Gunn, two new recruits from England, come into the season as potential scorers in the 3,000m steeplechase along with seasoned veteran Andrew Lemoncello.

“We need Buckingham and Gunn to come in and put new points on the board,” Braman said.

“Our new 800m runner from Australia, Andrew Krumins, is also projected to be a scorer and we need him to come in and execute that.”

Another focus for this year is getting the guys who qualified but didn't score last year, like junior Elliott Wood and redshirt sophomore Javier Garcia-Tunon, to step it up a notch and put up some new points for Florida State.

In 2006, the 4x400m relay team qualified for the national meet, but did not compete. This year, the relay team hopes to qualify again, continue on to compete in the championship finals and score points.

“We qualified in the 4x400m relay last year but didn't run it since Ricardo was also running the 400m,” Braman said. “We've got to be good enough with the 400m hurdlers and our quarter milers to put together a 4x400m relay that can make it through the first round without using Ricardo Chambers to get to the final. If we need Ricardo in the finals, it's the last event and it gives us the chance of 'do we need the points to win or do we not need the points?' and that will decide whether we run Ricardo or we put the other four in there and get it done.”

Another area for breakthrough points would be Greg Bolden in the 100 meters. Bolden qualified individually in 2006 and made it to the second round but didn't make it to the finals.

“We feel like Greg, an All-American indoors who finished seventh in the 60 meters and a former two-time Division II 100m National Champion at Albany State, can come in and put those points on the board,” Braman said.

The 2007 season brings back a strong team of returnees as well as some powerful newcomers. The main focus for the Seminoles is to stay healthy so they can take home the titles in hopes of becoming the No. 1 men's track and field program in the country.



Tom Lancashire

Men's 2007 Roster

NAME	YEAR	EVENT	HOMETOWN	PREVIOUS SCHOOL
Kennieth Allen	Sr	Sprints	Colorado Springs, CO	Rampart
Trey Andrews	RS Fr	Distance	Titusville, FL	Astronaut
Alvaro Bada	RS So	Throws	Punta Gorda, FL	Charlotte
Andrew Bachelor	Fr	Pole Vault	Palm Beach, FL	
Luke Beavor	RS Jr	Distance	Luton, Bedfordshire, England	Icknield
Jonathan Blocker	Fr	Distance	Tallahassee, FL	Chiles
Greg Bolden	Sr	Sprints	Morrow, GA	Albany State
Jordan Bradshaw	RS Fr	Mid-distance	Bradenton, FL	Lakewood Ranch
Drew Brunson	Jr	Hurdles/Jumps	Snellville, GA	Tennessee
Tywayne Buchanan	So	Hurdles	Greater Portmore, Jamaica	Wolmer's Boys' School
Mark Buckingham	Jr	Distance	Huddersfield, England	Sheffield
Sean Burris	RS Sr	Distance	Rockledge, FL	USF
Darius Carter	So	Hurdles	Jacksonville, FL	Mandarin
Ricardo Chambers	Jr	Sprints	Palm Beach Gardens, FL	Dwyer
Madanha Brian Chibudu	Fr	Jumps	Zimbabwe	St. John's
Sean Conrecode	RS Fr	Throws	Naples, FL	Gulf Coast
J.P. Cook	RS Jr	Distance	Stuart, FL	Stuart-Martin County
Kevin Cook	RS Sr	Distance	Fern Park, FL	Lyman
Charlie Cotton	Sr	Pole Vault	Gainesville, FL	Gainesville
Javier Cruz	RS So	Distance	Miami, FL	Belen Jesuit
Travis Dane	RS Jr	Throws	Naples, FL	Barron Collier
Walter Dix	Jr	Sprints	Coral Springs, FL	Coral Springs
John Fallone	RS Sr	Throws	Rochester, NY	Virginia Tech
Mike Fingado	RS Fr	Hurdles	Lake Orion, MI	Lake Orion
Matt Frith	Jr	Multi's	Jacksonville, FL	Bolles
Willie Gaines	So	Sprints/Relays	West Palm Beach, FL	American Heritage
Javier Garcia-Tunon	RS So	Sprints/Hurdles	Miami, FL	Belen Jesuit
Michael Ray Garvin	So	Sprints	Upper Saddle River, NJ	Don Bosco Prep
Sam Gibbons	RS Fr	Distance	Tampa, FL	Plant
Luke Gunn	Jr	Distance	Forest Gate, England	Birmingham
Warren Harper	Fr	Pole Vault	Tallahassee, FL	Chiles
Matt Hurley	Sr	Pole Vault	Tallahassee, FL	Chiles
Kenny Jesensky	RS Sr	Distance	Orlando, FL	Coastal Carolina
Tony Krock	RS Fr	Distance	Avilla, IN	East Noble
Andrew Krumins	Jr	Mid-distance	Melbourne, Australia	Swinburne
Jason Lakritz	RS Fr	Distance	New Windsor, NY	Newburgh Free Acdmy
Tom Lancashire	Sr	Mid-distance	Bolton, England	Turton
Andrew Lemoncello	RS Sr	Distance	St. Andrews, Scotland	Stirling
Collin Lomagistro	Fr	Hurdles	Miami, FL	St. Thomas Aquinas
Christian Minor	RS So	Distance	Rockledge, FL	Rockledge
Hubert Mitchell	Jr	Sprints	West Palm Beach, FL	Palm Beach Lakes
Cedric Nabe	Sr	Sprints	Geneva, Switzerland	Lycee St. Joseph
Chris Nickinson	RS Jr	Distance	Pensacola, FL	Booker T. Washington
Tommy Noyes	RS Jr	Mid-distance	North Canton, OH	Hoover
Rod Owens	Fr	Hurdles	Jacksonville, FL	Wolfson
Jacob Peacock	Sr	Pole Vault	Pensacola, FL	Washington
Chris Potter	RS Sr	Mid-distance	Port St. Lucie, FL	Lincoln Park Academy
Tim Reen	So	High Jump	Jupiter, FL	Jupiter
Sharif Small	Fr	Throws	Kingston, Jamaica	Jamaica
Antone Smith	So	Sprints	Pahokee, FL	Pahokee
Michael Snowden	So	Hurdles	Coopersburg, PA	Southern Lehigh
Matt Wernke	Jr	Throws	Tallahassee, FL	Chiles
Stephen Wilson	RS Fr	Mid-distance	Brandon, FL	Riverview
Elliott Wood	Jr	Hurdles	Sydney, Australia	Narrabeen Sports
Ronald Wright	Sr	Sprints	Baltimore, AD	Barton County

Head Coach Bob Braman



Bob BRAMAN
Head Coach
Florida '80
4th Season

Braman Quick Facts:

Hometown: Tampa, Florida
Education: University of Florida Class of 1980 Bachelor's degree in Broadcasting
Personal: 48 years old... Married to the former Debbie Turner... Father to two sons, Steven (18) and Tyler (16).

In just three short seasons as head coach of the Florida State track and field program, Bob Braman has guided the Seminoles to national prominence. Both the men's and women's programs have enjoyed record-breaking seasons, capped off by the men earning the 2006 National Championship – a feat no other men's track and field team had done before at Florida State. Not only was it a first for Florida State, but also a first in Atlantic Coast Conference history.

Braman took over a program that was respectable in the ACC and nationally, having won many honors on the track in 2003 including the men's indoor and outdoor ACC title, setting seven school records, capturing the men's ACC Outdoor title, finishing as the conference runner-up on the women's side and earning three Coach of the Year, the men's ACC Outdoor and Indoor Rookie of the Year and the men's ACC Outdoor Performer of the Year awards. Florida State participated in the 2003 NCAA Outdoor Championships with a total of 23 student-athletes, the most Seminoles to qualify for the NCAA's since the early '80s, and concluded the season with seven All-Americans. At the conclusion of the 2003 season, longtime-coach Terry Long retired after 19 seasons as the program's head coach.

"It's quite an honor to be selected to succeed a legend like Terry Long here at FSU," Braman said upon his hiring. "My goal is to continue on the path of excellence that he has set for us, and I'm pleased that we will be able to keep our entire staff together in that quest. I want to thank Coach Long for bringing me to FSU."

The program had a solid foundation but craved the leadership that would springboard the Seminoles to the next level and to conference and national dominance. As head coach of the FSU cross country program since 2000, now one of the fastest rising programs in the nation, and an assistant with the track and field program since 2003.

"Our search process produced three outstanding finalists, which put us in an enviable position," said Dave Hart, FSU Athletics Director in June 2003 when Braman was named head coach. "We're pleased that Bob (Braman) is our head coach and that he will keep an excellent staff together as we continue to strive to excel in track and field."

Under Braman's leadership, Florida State track and field has enjoyed many accolades as All-America awards and individual National Champions have become somewhat of a norm for Florida State over the past three years. A total of 54 All-American honors have been handed out to FSU track and field athletes and seven have been crowned best in the nation in their respective event. FSU has also celebrated five ACC men's titles and the school's first team national championship in any sport since 1999. The women's team, which enjoyed national acclaim in the 1980s, has shown signs resurgence under Braman's and his staff's guidance and with dramatic improvement in the last few years, finished as runner-up at the 2006 ACC Outdoor Championships and ranked 14th nationally – the squad's highest finish as a member of the ACC.

Braman's efforts with the Florida State program have been well-recognized. The 2004 and 2005 NCAA South Region Coach of the Year for cross country, Braman was also named the 2005 and 2006 indoor and outdoor ACC Coach of the Year as well as garnering region Coach of the Year honors for both sports. In 2006, Braman became the latest Florida State coach to be recognized with National Coach of the Year honors after he led the Seminoles to the 2006 National Championship. With just 10 other National Coach of the Year honors to Florida State athletics' credit, this puts Braman in an elite and most celebrated category.

Among the outstanding Florida State student-athletes Braman has coached include the best female distance runner in school history. Braman guided five-time All-American Vicky Gill through three years of track and field and cross country. The 2003 NCAA South Region Athlete of the Year is the only female two-time cross country All-American and one of two Lady Seminoles to earn the honors in both track and field and cross country in Florida State history. Gill owns the school records for the indoor 3000m record, the outdoor 10k record and both 5000m school records.

Overall, Braman has coached six distance runners to All-America honors in cross country and track and field. He is the only head coach in Florida State cross country history to coach multiple All-Americans. Additionally, he is the first coach to lead the FSU women's cross country team to the national championship meet and the only FSU coach to take both Braman's direction, the FSU women's team was the first in program history to travel to nationals in consecutive seasons.

Before joining the Florida State family, Braman enjoyed 17 years of national success at the University of South Florida where he began his coaching career as a men's cross country assistant in 1983. He was promoted to head coach in 1985 and initiated the women's cross country program in 1987. When South Florida began its track program in 1991, Braman assumed head coaching duties for that sport as well. Under Braman's guidance, the USF men's cross country team won the last three Conference USA titles (1997, 1998, 2000) while the women's team was the two-time defending Conference USA champion (1998 - 1999). Braman also coached both men's and women's cross country teams to a top 30 finish in 1999.

While at USF, Braman's men's cross country teams also won six straight conference titles between 1988 and 1993, three in the Sun Belt Conference and three in the Metro Conference. Braman was honored as coach of the year 14 times. His men's cross country teams earned national rankings in ten of his last 12 years, including a No. 5 national ranking in 1991, while the women's teams were ranked four of his last six years. Braman coached 41 national qualifiers on the track, including two-time NCAA champion Jon Dennis (5000m 1992 and 1993).

Braman, 48, is married to the former Debbie Turner and has two sons, Steven (18) and Tyler (16). Braman graduated from the University of Florida in 1980 with a bachelor's degree in broadcasting. He was the captain of the Gator's cross country team for three seasons and garnered All-SEC honors in cross country (1979 and 1980) and indoor track (1979). He was also the University of Florida's record holder in the indoor three-mile run.

FLORIDA STATE TRACK AND FIELD UNDER BOB BRAMAN...

2006...

While several Seminoles scored valuable points at the 2006 NCAA Outdoor National Championship, catapulting the team to success were Walter Dix in the 200m, Garrett Johnson in the shot put, each outdoor national champions, and Rafeeq Curry, who added another national title in the outdoor triple jump.

There was also great success on the women's side in 2006. The Lady Seminoles finished 14th at the NCAA Outdoor National Championships with the help of senior pole vaulter Lacy.

Braman had the men's team destined for greatness beginning with the indoor season as the Seminoles finished in third place at nationals, also the highest in FSU history. In addition to the three first-place honors, Dix and Tom Lancashire added runner-up finishes in the 100m and 1500m, respectively. Leading the way and earning individual titles were Dix in the 200m dash and Rhodes Scholar Garrett Johnson in the shot put. The men added championships at the ACC Indoor Championships and NCAA East Region Championships as well.

Earning a back-to-back indoor team championship in the ACC, Braman also coached six athletes to earn eight individual honors. Among those were Ricardo Chambers earning two titles in the 200m and 400m and Andrew Lemoncello also taking home two in the 3000m and 5000m. For the outdoor team, the fifth consecutive ACC championship title was won and five athletes came home with six individual titles. Chambers and Lemoncello added another individual honor in the 400m and 3000m steeplechase, respectively and Curry earned two titles in the triple jump and long jump.

The women's team capped off a successful season with a 14th place finish at the NCAA Outdoor National Championships. Six-time All-American Lacy Janson led the way for the women's team as she won a national championship in the pole vault while seven-time All-American Natalie Hughes set a new all-time FSU record in the 1500m with her third place time of 4:15.72. During the season the women's team finished fifth at the NCAA East Region Championships, second at the ACC Outdoor Championships, 15th at the NCAA Indoor National Championships and third at the ACC Indoor Championships. With a second place finish in the 3,000m steeplechase at the ACC Outdoor Championships, Lydia Willemse was named the ACC Outdoor Freshman of the Year.

Head Coach Bob Braman

2005...

Braman helped Florida State dominate at the outdoor championships meet on its home turf, the Mike Long Track and Field Complex. The Seminoles won ten of 12 running event finals and placed at least one person in the top four of eight of nine field event finals. FSU picked up its sixth title in seven attempts dating back to its first championship of the streak at the 2002 ACC Outdoor Championships. It was the third outdoor championship in four years. This marks the second time an FSU coach has won the indoor and outdoor honor in the same season.

He coached the ACC Indoor and Outdoor Performer of the Year Tom Lancashire and the ACC Indoor and Outdoor Rookie of the Year Walter Dix. It marked the first time a school has won all accolades indoor and outdoor as well as winning with the same trio. FSU swept outdoor honors in 2003 behind then-head coach Terry Long, Craphonso Thorpe and current Seminole Garrett Johnson.

The women's squad finished in fourth place at the outdoor ACC Championships with 82 points. During the 2005 campaign, Lacy Janson, LaToya LeGree, Deanna Lane and Barbara Parker qualified for the NCAA Track and Field Championships and freshman Laura Bowerman was named Atlantic Coast Conference Outdoor Rookie of the Year.

2004...

In Braman's first season (2004), the Seminoles broke or tied 10 records, finishing the outdoor season 20th on the men's side and 28th on the women's side. The indoor season ended with a 24th place finish on the women's side behind All-Americans Natalie Hughes and Vicky Gill while the men repeated as Atlantic Coast Conference Indoor Champions.

Braman coached 32 student-athletes to 41 NCAA East Regional qualifying marks and brought home four All-Americans and one All-American relay in his first trip to the NCAA Outdoor Track and Field National Championships as head Tribe coach. The All-American men's 4x100m relay finished first during the preliminary race, tying the fastest collegiate time of the season, 38.92. Comprised of sophomore Derrick Baker, junior Rhoan Sterling, senior Olympian Brian Dzingai and freshman Cedric Nabe, the quartet finished third in the nation in 39.14, becoming the first and fastest All-American relay since 1996. The relay bested the 27-year old school record of 39.26 three times this season, including the 39.02 posted at the NCAA East Regional meet.

Over the course of the season, a number of Florida State student-athletes were amongst the best in the nation. Vicky Gill spent the season in the top two spots in the 10K. Brian Dzingai, a 2004 Olympic qualifier, at one point held the fastest collegiate time in the country in the 200m while triple jumper Rafeeq Curry, 1500m runner Natalie Hughes and pole vaulter Lacy Janson were staples in the top five in the nation. Joep Tigchelaar, Willie Johnson, Tom Lancashire, Rachel Evjen and Helen Hofstede rounded out the corps of Florida State student-athletes who were amongst the top 25 student-athletes in the country.

Against competition in the conference, the 2004 season saw the Seminole men place second in the outdoor conference meet to Clemson, ending their consecutive championship string. The women's team finished third behind UNC and Georgia Tech.

The level of success for outdoor was equal to the level for indoor with Vicky Gill, Natalie Hughes and Rafeeq Curry earning All-America honors at the indoor meet in Fayetteville, Arkansas. During the regular season, the men's squad won the ACC Indoor Championships for the second consecutive time behind four individual wins and one relay win. The conference title was the fourth straight team title including the 2002 Outdoor, 2003 Indoor and Outdoor championships. The women's team took fifth place at the conference meet.

Cross Country...

In 2003, the women's cross country team set a new standard, raising the level of talent on the team and the success the program achieved in competition. The most important finish from the 2003 campaign was the 28th place mark earned at the 2002 NCAA Cross Country National Championship. The Tribe moved up ten spots at nationals to complete the course in 18th place. Important individual finishes included Vicky Gill's national race finish of 15th to 11th and Natalie Hughes' prior season mark of 197th and this year's 34th. Gill and Hughes' 2003 finishes garnered All-American honors for the Seminoles.

During the same season, the men's cross country squad posted its highest place in conference history, taking second to perennial champion N.C. State, earning Braman the 2003 ACC Men's Cross Country Coach of the Year. He also has the highest regional team finish on the men's side (2nd place). Individually, Joep Tigchelaar missed first place and regional athlete of the year by .06 seconds but helped FSU earn its first automatic bid to the national championship meet in 22 years. For the first time in program history, FSU placed two student-athletes on the All-ACC team - Tigchelaar and junior transfer Ian Hornabrook. They joined teammates sophomore Kevin Cook, junior Eddie Rodriguez and rookie Luke Beever on the All-South Region team. Tigchelaar became the first Seminole to earn All-ACC honors three times.

The men's and women's teams also took home the Atlantic Coast Conference Sportsmanship awards for the conference team that has conducted themselves with a high degree of character and good sportsmanship.

In 2002, Braman's men's cross country squad placed fifth at the ACC Championships and fourth in the South Region, narrowly missing an automatic bid to the NCAA Championships. Under Braman's guidance, Tigchelaar earned his second consecutive trip to the NCAA Championships with the latest coming as an automatic bid.

The FSU women enjoyed one of the most successful seasons in cross country history during the 2002 season including a sixth place finish at the ACC Championships, the NCAA South Region runner-up and the Tribe's first-ever appearance in the NCAA Championships. Vicky Gill finished 15th overall out of 254 runners at the National Championships en route to an NCAA All-American honors in cross country.

In 2001, Braman's second season in Tallahassee, both the men's and women's teams earned national rankings. The men finished the season in third place at South Region, missing the NCAA qualifier by one point. During that season, both squads posted their best finishes at the NCAA South Regional in school history. Natalie Hughes was the top freshman in the country at 1500 meters earning All-American status.

Braman's distance runners have achieved unparalleled heights on the track as well. Every women's school record from the 1500m to the 10,000m events have been set during his tenure. On the men's side, distance runners have won seven ACC individual titles, with Joep Tigchelaar shattering a 30-year old record and leading the nation with a 28:33 time in 2003 and a 22-year old mark in the 5000m run (13:46.01) in 2004. Freshman Tom Lancashire erased an 18-year old record in the 1500m with his 3:42.48 run at the World Junior Championships during the 2004 summer season.

Coaching Career:

Tampa Catholic High School
Head Cross Country Coach 1981-1983

University of South Florida
Asst. Cross Country Coach 1983-1985
Head Cross Country Coach 1985-1999
Head Track & Field Coach 1992-2000

Florida State
Head Cross Country Coach 2000-present.
Asst. Track & Field Coach 2001-2003
Head Track & Field Coach 2004-present.

Career Accolades:

- 2006 NCAA Division I Men's National Outdoor Track Coach of the Year
- Atlantic Coast Conference Men's Indoor Coach of the Year: 2005, 2006
- Atlantic Coast Conference Men's Outdoor Coach of the Year: 2005, 2006
- NCAA East Region Men's Outdoor Track Coach of the Year: 2005, 2006
- 2006 NCAA East Region Men's Indoor Track Coach of the Year
- 2005 NCAA South Region Indoor Track Coach of the Year
- NCAA South Region Men's Cross Country Coach of the Year: 2005, 2006
- 2003 Atlantic Coast Conference Men's Cross Country Coach of the Year

FSU Team Accomplishments as Head Coach:

NCAA National Outdoor Track Champions 2006
ACC Indoor Track Champions: 2004, 2005, 2006
ACC Outdoor Track Champions: 2005, 2006
NCAA East Region Outdoor Track Champions: 2005, 2006

Top Athletes Coached:

Jon Dennis (USF) 1991-1993
1992 & 1993 NCAA 5,000m Champion
Personal Records: 5K - 13:46, 10K - 28:52,
Steeplechase - 8:42

Jan-Erik Salo (USF) 1998-2000
NCAA All-American
Personal Records: Steeplechase - 8:39

Dror Vaknin (USF) 1987-1991
1991 NCAA 10,000m Finalist
Personal Records: 10K - 29:08

John Bowden (USF) 1989-1993
1992 NCAA 1500m Finalist
Personal Records: 1500m - 3:39

Joep Tigchelaar (FSU) 2001-2004
2003 NCAA All-American in 10,000m
Personal Records: 5K - 13:45, 10K - 28:33

Tom Lancashire (FSU) 2003-present
2006 NCAA 1500m Runner-up
Four-time All-American
Five-time ACC Champion

Personal Records: 1500m - 3:38

Andrew Lemoncello (FSU) 2004-present
Three-time All-American
Seven-time ACC Champion
Personal Records: 5K - 13:45, 10K - 28:32,
Steeplechase - 8:30

Vicky Gill (FSU) 2001-2004
2004 NCAA 10,000m Runner-up
Five-time All-American
Personal Records: 1500m - 4:20,
5K - 15:42, 10K - 32:41

Natalie Hughes (FSU) 2001-2006
2006 NCAA Indoor Mile Runner-up
Seven-time All-American
Personal Records: 1500m - 4:15

Helen Hofstede (FSU) 2003-2004
2003 NCAA Region Steeplechase Champion
Personal Records: 1500m - 4:20,
Steeplechase - 10:09

Maria Otto (USF) 1996-1999
NCAA 10,000m Qualifier
Personal Records: 5000m - 16:34,
10,000m - 34:09

Minna Rasimus (USF) 1995-1999
NCAA Region Cross Country Champion
Three-time NCAA Qualifier
Personal Records: 5000m - 16:16

Rachel Evjen (FSU) 2003-2004
NCAA Indoor and Outdoor Qualifier
Personal Records: 5K - 16:19, 10K - 34:01

Assistant Coaches Bios



Harlis MEADERS

Associate Head Coach . North Carolina '93 . 13th Season

Master's Degree . Western Carolina '94

Throws

Harlis Meaders enters his 13th season on the Florida State coaching staff and third as Associate Head Coach. A high school All-American from Monroe, N.C., he competed at the University of North Carolina in the shot put, the 35-lb. weight throw and the discus. While at UNC, he was a three-time individual ACC champion and a key member of the 1992 ACC Outdoor Championship team. An NCAA qualifier in the discus and 1992 Olympic trial qualifier, Meaders held the school record in the discus throw at North Carolina for 11 years and is currently ranked second in Tar Heel history.

Meaders came to Florida State by way of Western Carolina University where he served as the assistant track and field coach for three years and obtained his master's degree in physical education. While at Western Carolina, Meaders instructed courses in the physical education department and coached multiple Southern Conference champions.

At Florida State, Meaders has developed a nationally respected throws program. All-American Rhodes Scholar Garrett Johnson anchored the throwing corps for FSU, setting FSU, ACC, and NCAA East Regional records in the shot put. Johnson finished his senior campaign by claiming NCAA championships in both the indoor and outdoor shot put.

Redshirt senior Sarah Reed made her first appearance at the 2006 NCAA Outdoor Championships in the shot put. En route to nationals, Reed helped her team finish second at the ACC Outdoor Championships with her third place finish in the shot put. In 2007 Gatorade All-American Allyn Laughlin joins the women's throws groups.

Two-time Regional Qualifier senior John Fallone will lead the men's throwing squad this season. Returners Matt Werneke, Travis Dane, Avalro Bada and Sean Comorco are all expected to make contributions. Jamaican National Junior record holder Sharif Small is the newest addition to the group.

Former thrower Dorian Scott competed professionally in 2006 and won the silver medal in shot put with a 19.75m throw at the Commonwealth Games in Australia. At the 2006 IAAF World Cup held in Athens, Greece in September of 2006, Scott placed fifth overall and broke his own Jamaican National Record in the shot put with a throw of 66'3.75".

Meaders has not only had success producing top athletes but helping student-athletes become successful coaches. B.J. Linnenbrink currently coaches at the University of Notre Dame, Gregg Jack is the throws coach at Virginia Tech, Karen Rademeyer at Mississippi State, and Makiba Batten is at Chadron University.

Dennis NOBLES

Assistant coach . Florida State '80 . 22nd Season

Master's Degree . Florida State '83

Pole Vault, Jumps

Entering his 22nd year on the Florida State track and field staff, Dennis Nobles is widely considered one of the top assistant coaches in the country. The USA Track and Field Coaches Association awarded him with the first-ever Women's National Assistant Coach of the Year award in the jumps/vaults category at the conclusion of the 2003.

In 2006, Nobles coached Lacy Janson to a National Championship title in the outdoor pole vault, as well as dual championship honors in the ACC outdoor and indoor pole vault. He also coached eight-time All-American Rafeeq Curry to his first national champion title in the triple jump with a distance of 54'9.5".

Nobles graduated cum laude from Florida State's School of Physical Education while also starring on the Seminole track team as a pole vaulter from 1979-81. He went on to obtain his master's degree from FSU in exercise physiology in 1983 and is currently an instructor with the FSU physical education department.

During his time as a Seminole, Nobles has coached 18 All-Americans and 10 ACC champions on the women's side, in both indoor and outdoor competition. In 2006, Lacy Janson became the first female student-athlete in the ACC to win four outdoor and four indoor pole vault titles. Coach Nobles helped Janson capture her first NCAA indoor title in the pole vault during the 2003 season. He also guided Rafeeq Curry to his sixth All-American honor in three seasons in the triple jump, helped Kim Jones to an ACC Outdoor long jump title in 2003 and Teresa Bundy to an NCAA National Championship in the triple jump in 2002.

Nobles began his coaching career at Wayland Baptist College, an NAIA track powerhouse in Plainview, Texas. While at Wayland, he coached 17 All-Americans, two national champions, a pair of Olympic qualifiers and a national record holder. He also led the school to a national championship and two-runner up finishes. He returned to his alma mater in 1985 to accept a position as an assistant coach. At Florida State, Nobles has coached several All-Americans, an Olympian and a world record holder.

His duties at FSU include coaching athletes in the high jump, pole vault, long jump, and triple jump events.

Nobles is the proud father of daughter Sally, age 22.



Assistant Coaches Bios

Ken HARNDEN

Assistant Coach . North Carolina '95 . 8th Season



Sprints, Hurdles, Relays

Ken Harnden enters his eighth year with the FSU program and his fourth as the assistant sprints, hurdles and relays coach. The 2005 NCAA National and East Region Assistant Sprint Coach of the Year had one of the best seasons of his coaching career in Tallahassee. The 2006 NCAA National Championship win brought the Seminole men the first ever national title for the program as well as a first in Atlantic Coast Conference history. Under his tutelage, sophomore Walter Dix won the NCAA indoor and outdoor 200m National Championships, became a five-time All-American, a two-time NCAA East Region title holder in the 100m and 200m, six-time individual ACC Championship winner, and holds six All-ACC accolades in addition to shattering numerous school, league and world records. Fellow rookie sprinter Ricardo Chambers broke Harnden's longstanding Mike Long Track Record in

the 400m while his 4x100m relay earned All-American honors for the second consecutive season. In his first two seasons, his 400m relay squads have finished in the top three on FSU's all-time list.

In 2004, Harnden coached the fastest All-American relay in the 56 years of the men's program. On the legs of sophomore Derrick Baker, junior Rhoan Sterling, senior Olympian Brian Dzingai and freshman Cedric Nabe, the quartet finished third in the nation in 39.14, after tying the fastest collegiate time of the season, 38.92, during the preliminary race. The relay bested the 27-year old school record of 39.26 three times that season, including both national championship times and the 39.02 posted at the NCAA East Regional meet. Under Harnden's tutelage, Dzingai broke the Zimbabwe national record and met the Olympic 'A' standard to secure his trip to Athens to represent his native country as well as earned his first individual All-America honor in the 200m.

Harnden was a two-year letter winner at the University of North Carolina, where he won an NCAA Championship in the 400m hurdles and was a member of the 4x400m relay team that won the NCAA title in 1995. Harnden was a two-time Olympian for his native country of Zimbabwe in 1996 and 2000, a three-time participant and two-time finalist at the World Championships. He also garnered a bronze medal at the Commonwealth Games in the 400m hurdles in 1998.

In addition to his responsibilities with the men's sprinters, hurdlers and relay teams, Harnden assists with home meet management at Mike Long Track.

Jackie RICHARDS

Assistant Coach . New Mexico '98 . 5th Season

Sprints, Hurdles

Jackie Richards begins her fifth season with the Florida State track and field program and second as coach of the women's sprints and relays. During her first year, she had great success leading the team to a 3rd place finish at the ACC Indoor Championships and a 2nd place finish at the ACC Outdoor Championships. At the Regional Meet, the ladies placed fifth, greatly improving from their number 18th spot in 2005.

Richards had a lot of her athletes make the FSU all time top-ten list. The 4 X 400m relay team qualified to the NCAA Outdoor Championships with an FSU top-ten time of 3:31.43. She also coached All-American Alyce Williams in the triple jump with a distance of 43'5.75 and LaToya LeGree with a jump of 44'1.35" to be top 3 and 4 respectively in the FSU all time top-ten list. Cynthia Niako also made the all-time top ten list with a time of 11.34 and 22.99 and also qualifying for NCAA's in both events and the relay. Niako went on to compete at the African Championships where she placed sixth overall in the 200m dash, while representing the Ivory Coast in West Africa. Niako has also qualified for the 2007 World Championships in Japan.

In addition to coaching, Richards serves as the women's coordinator. Her off the track responsibilities includes international recruiting, supporting the academic staff in monitoring the team's progress in the classroom, working with the student services department to facilitate community service and team building activities, ordering and distributing team apparel and coordinating team travel for the year.

During the 2005 track season, Richards coached three athletes to the NCAA Championships. Two-time All-ACC honoree Deanna Lane was a first time qualifier in the heptathlon and Latoya LeGree was a two-time qualifier in the women's triple jump, ranking as high as 12th in the nation. Barbara Parker qualified in the steeple chase with a time of 10:13.

Richards also had great success during the 2003-04 season as assistant jumps coach while working alongside Dennis Nobles, the 2003 USATF's Women's National Assistant Coach of the Year in the jumps/vaults. Several Seminole athletes had outstanding performances including Lacy Janson who won the Indoor National Championship and Rafeeq Curry was ACC Rookie of the Year and earned indoor All-American honors in the triple jump. As well, there were three ACC indoor champions in the vertical and horizontal jumps.

For the 2003 outdoor season Florida State jumpers received three gold medals at the ACC Championships, two gold medals at the NCAA East Regionals and qualified seven for the outdoor National Championships, four of which earned All-American status.

As an assistant coach with cross country from 2003-2005, Richards has helped lead both men and women's cross country teams to national berths. During her time in Tallahassee, senior Vicky Gill and junior Natalie Hughes earned cross country All-American honors and the women's team recorded its highest team finish at the NCAA's. In 2005, the men's team made history by earning its first National berth since 1985.

Prior to joining the Seminole, Richards was the head horizontal jumps coach for the men's and women's squads at Sacramento State University, as well as the assistant coach for cross country. During her first season, she had eight Big Sky Conference finalists and four All-Conference team members. As well, she helped lead the women's cross country team to a sixth place finish at the 2001 Big Sky Conference Championships.

Prior to her position at Sacramento State, Richards served as the assistant coach for the men's and women's track and field and cross country programs at the University of Idaho. The women's cross-country team placed second at the Big West Conference Championships, having one all regional team member, and a team ranking of 31st in the nation. Richards also helped guide the men's and women's track teams to first-place finishes at the 2001 Big West Conference Championships. After a successful NCAA finish, the Vandal women ranked 14th in the nation while the men finished 23rd.

Richards' coaching career began in 1994 with the Prince George Track and Field Club in British Columbia where she served as the head junior development coach. After her fifth year with the club, she was recognized in Canada for excellence in coaching. Richards ran for the Prince George Track and Field Club and competed nationally for Canada including a three-medal performance at the Canadian Junior Championships. She was a several-time provincial champion in her native British Columbia.

Richards went on to compete for the University of New Mexico earning All-Western Athletic Conference scholar-athlete honors from 1995-98. She graduated summa cum laude from New Mexico with her bachelor's degree in exercise science. In 2002, Richards received her master's degree in physical education with a concentration in sport science from the University of Idaho. Richards is a USATF Level 2 track and field certified coach.



Assistant Coaches Bios



Timothy VAUGHT
Assistant Coach . Western Carolina '01 . 1st Season

Recruiting Coordinator, Multi-events

Vaught enters his first season with the Seminoles as recruiting coordinator for both the men's and women's track and field programs and will coach multi-events while assisting with sprints, hurdles and jumps as well.

Vaught comes to Florida State after four seasons as the assistant men's and women's track and field coach at Coastal Carolina University, where he worked with the sprinters, jumpers and hurdlers. During his time at Coastal, Vaught coached numerous athletes to all-conference and NCAA Southeast Regional qualifying honors. Additionally, more than 64 new school records were set during his tenure.

While at Coastal, Vaught helped produce 33 Big-South Conference Champs, 83 All-Big South Conference performers in both men and women's 4x1's and 4x4's and trained four national qualifiers and two All Americans.

He also had three athletes that received the Scholar Athlete of the Year Award. Vaught coached the Big South Female Athlete of the Year in 2005.

Vaught spent the 2001-02 season at Western Carolina as a graduate assistant with both the men's and women's track programs. During his time with the Catamounts, he helped coach 11 All-Southern Conference performers, including one 4x100 and two 4x400 relay squads. He also worked with six conference champions, one of which was a national provisional qualifier. Additionally, his team posted seven school records and two SoCon records.

A 2001 graduate of Western Carolina, Vaught earned a bachelor's degree in sociology with a minor in criminal justice. As a member of the track team, he served as team captain as senior and earned a Conference Champion title in the 4x100 and 4x400 relays and was part of the Catamounts' 4x400 NCAA Championship qualifying relay team. Additionally, his 4x400 team won the Olympic Development section at the Penn Relays in 2001 and set a new school record in the event. He also lettered twice in football at WCU, both as a running back and defensive back.

Prior to attending WCU, Vaught attended Brevard College, getting his associates in arts degree in 1999. He was a two-time qualifier for the NJCAA Track and Field Championships in four different events, the 200 and 400 meter dashes and the 4x100 and 4x400 relays. He was named team captain his final year at Brevard and also earned the Most Valuable Athlete award there.

A native of Sunset Beach, N.C., Vaught was a two-sport standout at West Brunswick High School, earning all-state and all-conference honors in football and track and was the team MVP in track. As a senior in 1996, he earned the Eastern North Carolina "Toast of the Coast" Regional Runner of the Year award. During his high school career, he qualified in five different events for the state track meet, while also being a part of two consecutive state football titles.

Vaught is USA Track and Field Level I certified and a member of the United States Coaches Association.

Vaught's pride and joy in life is his one-year old son, Xavier Santana Vaught.



Sean McMANUS
Volunteer Assistant Coach . Notre Dame '01
2nd Season

Sean McManus joins the Seminole coaching staff this season as an assistant coach for the cross country program. In addition to McManus' responsibilities as assistant cross country coach, he will assist with recruiting, coordinating travel and home meet management.

Prior to joining the Seminoles, McManus was an assistant cross country and track coach at Notre Dame from 2001-02 and 2003-05. McManus oversaw training for student-athletes competing in mid to distance and cross country events. He was instrumental in recruiting top local, national and international student-athletes to a highly competitive academic institution. During his time at Notre Dame, McManus coached student-athletes earning 25 All-American, 64 All-Big East and 22 All-Great Lakes Region honors as well as four Academic All-Americans. He helped produce thirteen individual Big East champions and two Big East Athletes of the Year. McManus is no stranger to the NCAA

National Championships scene as he helped guide the men's and women's cross country squads to multiple appearances. During McManus' tenure the men's team finished 6th (2001) and 11th (2004) and the women's team finished 19th (2001), 10th (2003) and 4th (2004). The Fighting Irish grad was an integral part of a Notre Dame staff that earned two Big East coaching staff of the year honors.

From 2002-03, McManus served as a volunteer assistant at the University of Florida where he assisted the men's and women's cross country and distance programs. He helped to produce six All-SEC, five All-South Region, one All-American and one Academic All-District award winner. McManus earned his masters in exercise science with a specialization in sports pedagogy with an emphasis on athlete motivation.

As an undergraduate, McManus attended the University of Notre Dame from 1996 to 2001 where he earned his bachelor's in civil engineering. He competed four years in cross country and track, in the 10,000m and cross country events. He helped his cross country team to four, top-12 team finishes at the NCAA Championships, while running for the Fighting Irish.

Lisa GROSSMAN
Graduate Assistant . Sports Psychology Consultant
Florida International '00 . 3rd Season

Lisa Grossman begins her third season with the cross country and track & field programs, serving as the sport psychology consultant. A 2000 graduate of Florida International, the Exercise & Sports Science major went on to Temple University to complete her Master's in Kinesiology with an emphasis in Sport Psychology in 2003.

The fourth year Doctoral student currently serves as a graduate assistant in the Office of Student Services within the Department of Athletics at Florida State. Grossman previously taught the undergraduate level Sport Psychology class from Fall 2004 through Spring 2006. In addition, Grossman is a certified and licensed Athletic Trainer serving as the Head Athletic Trainer & teacher at John Paul II Catholic High School in Tallahassee from Fall 2003 through Spring 2006.

Grossman provides sport psychology services to specific groups, as well as on an individual basis and continued



Assistant Coaches Bios

to travel throughout the season continuing her work on the road. During the 2006 indoor & outdoor season, Grossman work with a number of ACC and NCAA Regional champions & medalists. Her responsibilities carried through the season traveling to the NCAA Outdoor National Championships where she continued her work with qualifiers, as well as medalists.

Sport psychology services introduced and utilized by the student athletes cover psychological skills training, performance enhancement techniques, life skills and time management. Grossman's responsibilities will continue with the program providing services at Florida State's facilities, as well as on the road.



Joey ZINS
Graduate Assistant . Georgia Tech '03 . 3rd Season

Joey Zins is entering his third season on the Seminoles' cross country and track and field staffs. He joined Florida State's program after an outstanding career at Georgia Tech as a distance runner. At Georgia Tech, he competed on the cross country team and in the 5000m and 10000m events. The Atlanta, Ga., native earned All-NCAA South Region honors in 2001 in cross country and was a member of the Yellow Jacket squad that finished in second place in 1998. Since graduation, Zins has competed in a number of running events with the Atlanta Track Club, including the U.S. Half Marathon Championships in Boulder, Colo., where he finished 11th overall. Zins helps the FSU coaching staff with home meets and practices.

Althea BELGRAVE
Graduate Assistant . Idaho '97 . 4th Season

Althea Belgrave enters her fourth season as a graduate assistant with the Seminoles, continuing to oversee the compliance and recruiting responsibilities for the women's cross country team and head of the Seminoles Strider program. In the spring, she works with the track and field team in the steeplechase and middle distance events.

Belgrave spent four seasons running track and two running cross country at the University of Idaho. The three time Barbadian national 800m and 1500 meter champion earned all Big West Conference team honors in 1997 in the 800 meters. Belgrave held the national Barbadian record in the 1500 meter event. Belgrave spent two seasons running cross country during her freshman and senior years racing in the 5000-meter event. During her senior season, Belgrave led all women at University of Idaho with the fastest time in the 5000-meter event.

After her graduation in 1997, Belgrave worked as a volunteer coach and then as a graduate assistant. As a graduate assistant coach, Belgrave worked with middle distance to long distance runners for the 2003 Big West women's championship track and field team. She also helped with meet management for indoor and outdoor home jumps events.

Belgrave earned her master's in education at the University of Idaho in Counseling of Human Services. Belgrave is a native of St. John, Barbados.



Athletic Training/Strength & Conditioning



Eunice HERNANDEZ
Athletic Trainer

Eunice Hernandez enters her fourth season with the Florida State Track and Field program. She is also responsible for the care of the Cross Country and Women's Golf teams at Florida State. During Hernandez's three year tenure, the men's track and field team has won three indoor conference championships, two outdoor conference championships, two East Region titles and the 2006 Outdoor Track and Field National Championship. In addition, the women's squad has produced multiple NCAA qualifiers and All-ACC honorees and finished the 2005-2006 outdoor season ACC runner-ups. When FSU hosted the 2005 ACC Outdoor track and Field Championships and the 2005 ACC Cross Country Championships, Eunice acted as the site medical coordinator. In addition to working with the athletes, she also manages the Tully Gym athletic training facility.

Injury prevention is integral to Hernandez's practice as she has instituted pre-season strength ratio screenings of the lower extremity and subsequent "prehabilitation" protocols. During the 2005-2006 season she contributed to the ACC Sports Sciences website with an article on hamstring injury prevention.

Hernandez attended graduate school at the University of Miami (FL) and worked with the men's and women's swimming and diving teams as a graduate assistant athletic trainer. While there, she had the opportunity to collaborate with Olympic athletes: Jenny Keim - USA (1996, 2000), Michelle Davison - USA (2000), Manon van Rooijen - Netherlands (2000), Stefan Ahrens - Germany (2000), Imre Lengyel - Hungary (2000), and Kyle Prandi - USA (2004). The Miami, Fla., native assisted with the Hurricanes football program during their 2001 BCS National Championship Rose Bowl title season and spent time working as an assistant athletic trainer with the semi-professional Miami Tropics football team. She received her bachelors in athletic training from Barry University in Miami Shores, Fla., in 1999.

General Weight Room Info:

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 performance of each athlete, while reducing the risk of injury.

FSU 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.

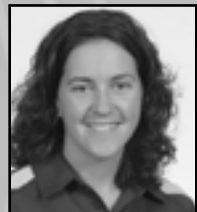


Tyler PEACOCK
Strength and Conditioning Coach

Tyler Peacock enters his second year as Strength Coach for the Florida State Track and Field Program. He will take on the Cross Country team this year as well. Tyler joined the Florida State Strength Staff in January 2003 as a Student Volunteer. Shortly after Tyler became a Student Assistant working with Track & Field, Swimming & Diving, and Football. In August 2005, after being selected as a Graduate Assistant with Florida State he was promoted to full time overseeing the development of the Track & Field Team.

Tyler attended Florida State University as an undergraduate where he graduated with a degree in Exercise Science with an emphasis in Fitness. During this time Tyler also competed in Olympic Style Weightlifting through Team Florida.

Tyler has attained the C.S.C.S certification through the NSCA as well as being a certified club level coach through USA Weightlifting. In addition to his duties as Strength Coach, Tyler is responsible for the maintenance of the facilities and equipment in the various Florida State Weight Rooms.



Kelly HALEY
Athletic Training Graduate
Assistant
Western Illinois '04

Kelly Haley is in her second year of her graduate assistantship working with Florida State's Track and Field/Cross Country program. She is a 2004 graduate of Western Illinois University where she received a Bachelors of Science in Physical Education with an emphasis in Athletic Training. After graduation, she took a job with Orlando Regional Hospital in central Florida providing athletic training coverage for Ajax Orlando, a premier youth soccer club. While there, she also worked at Disney's Wide World of Sports Complex and for numerous other tournaments in the central Florida area. She currently is pursuing a master's degree in Sports Administration and hopes to continue athletic training at the collegiate level.



Mike Long Track

Mike Long Track Will See Vast Improvements This Spring

Construction is slated to begin in the spring of 2007 to make some much needed improvements to the office/locker room building at Mike Long Track. The \$5.5 million project should take one year to complete and will be ready for the 2008 track season. Plans include utilizing the existing structure and connecting a new building to its east side. During the renovation period, the track facility will remain fully functional and all 2007 home events will occur as scheduled.

New Additions to the Facility Will Include:

- Brand new locker room and shower area.
- Each athlete will have his or her own full-length oak locker.
- Expanded team meeting space.
- New coaches' and staff office space.
- A 1,000 sq. ft athletic training room and 1,000 sq. ft strength and conditioning area.
- Student-athlete study and meeting lounge.
- The second floor of the current building will transform back into a functional press box.



What's Next?

Future endeavors for Mike Long Track include the addition of a 2-3,000 sq. ft. weight training room and an expansion of the athletic training room. These improvements would not only benefit track and field and cross country athletes but volleyball, soccer, tennis and softball student athletes as well.

1957 -

Varsity Track and Field is constructed on campus at the current site of Mike Long Track and field lights were installed. The surface was a 50/50 mixture of the natural clay base and fine grain granite slag. It had its own watering system to wet it down like a baseball infield in order to drag and roll it. The surface was widely recognized as the best in the southeast and teams loved to run at Florida State because the track was so appealing. The seating capacity was 1,250 wooden seats.

1963 -

Stands (an additional 1,250) were added on the back stretch and all seat boards were replaced with aluminum. The seats were just ground level, ten rows with a short rise so not very conducive to viewing on the track. The seating capacity was now 2,500.

1974 -

The track was completely renovated. The layout was widened to accommodate 8-42" lanes all the way around. An asphalt base was installed to support a long awaited state of the art polyurethane synthetic surface, putting FSU back at the top of the list of facilities that teams loved to compete on.

1977 -

Crowd control had become an issue, with some home meets bringing out between 3,000 and 4,000 spectators. The athletic department and the university began receiving letters from fans and alumni concerned with the situation and shortly thereafter crowd control fencing was installed.



Mike Long Track

1978 -

Three additional sets of bleachers (15 rows high, 500 seats each) became available from the baseball field and were added to the southwest end of the track near the finish line. Although beginning at ground level again the seating capacity was now increased to 4,000.

1979 -

Athletic Director John Bridgers, along with Head Track Coach Dick Roberts and University President Bernard Sliger officially commemorate the facility to be known as "Mike Long Track."

1980 -

A beautiful combination time/temperature and fully automatic running display clock was donated by the "Gulf Winds Track Club" bearing the "Mike Long Track" commemoration at the top and was installed by the university.

1984 -

Mike Long Track goes through another restoration. The now 10 year old polyurethane surface was transformed with the newest surfacing from Germany called "Rekortan." The entire facility is completely renovated, this time taking out the existing curbing in favor of a state of the art (the first one in the USA) perimeter trench drainage system and converting the layout to 400 meters. Men's and women's restrooms were constructed at this time and are the first restrooms ever installed at the facility since its original conception in 1957. The existing 3,000 bleacher seats on the homestretch were removed and a new elevated section with a higher rise was installed with a seating capacity of 1,800. The total seating capacity was reduced by 1,000 seats but the seating was much more functional. Total capacity was now 3,000. Early 1990's - The McIntosh building was constructed at the south end of the facility.

1993 -

The "Rekortan" surface received a refurbishing (a reapplication of the top layer) which lasted for another 10 seasons. Some additional field event renovations were accomplished at this time.



Artist Rendering of The Future Mike Long Track Complex

2002 -

The entire facility was again renovated to its current status. The oval was widened to very close to the IAAF radius, all lanes were widened to 48" and all field events were relocated and redesigned. New, much needed, restrooms were constructed. The existing concessions building was removed and was not replaced. All existing seating was removed and a small section was reconstructed across from the finish line to hold 1,200 spectators. Total seating capacity is now 1,200.

2006 -

Plans begin to renovate the building on the south end of the track. Construction is slated to begin in spring of 2007 and be completed by the next track season. New additions include another building to the east of the existing structure, brand new locker rooms, larger meeting area and state of the art athletic training space.



Stuart PEARCE

Assistant Director of Event Management

Stuart Pearce begins his sixth year with the Facilities Operations/Event Management Department working with the Mike Long Track Complex, and the Training Center. Pearce coordinates home events for cross country, track and field and men's and women's basketball while supervising the maintenance and upkeep of the track and basketball facilities on a daily basis.

The Tallahassee, Fla., native started his tenure at Florida State as an undergraduate seeking a bachelor's degree in Sport management. Pearce went on to earn his masters in Sport Administration from Florida State while working with the event management department as well as facilities. Upon graduation, Pearce spent a year working part time before being hired as the assistant director of event management. Pearce has been married to his wife Kerri for five years and they are proud parents of Elizabeth Grace, 2 and Bryant Thomas, 10 mos.