

head coach bob braman



BOB BRAMAN

**HEAD COACH • FLORIDA ('80)
2ND SEASON**

**2003 ATLANTIC COAST CONFERENCE MEN'S
CROSS COUNTRY COACH OF THE YEAR**

Taking the reigns of a Florida State track and field program that has seen national prominence, head coach Bob Braman finished his first year as promised – with teams on the rise and ready to contend with the best in the country. In 2004, the Seminoles broke or tied ten records, finishing the outdoor season in the top 20 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. Senior Vicky Gill spent the season in the top two spots in the 10K. Senior Brian Dzingai, a 2004 Olympic qualifier, at one point held the fastest collegiate time in the country in the 200m while sophomore triple jumper Rafeeq Curry, juniors 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.

Among the outstanding Florida State student-athletes that have come through Tallahassee, Braman coached the best female distance runner in FSU history. He guided five-time All-America 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.

Braman has coached six distance runners to All-American 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 Tribe leader to take both cross country squads to nationals in the same year (2003). Under the former USF head coach, the Seminoles women's team was the first in program history to travel to nationals in consecutive seasons.

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 Beevor 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.

Braman took over a program that won many honors on the track in 2003 including seven record setting performances during the season, capturing the men's ACC Outdoor title, finishing as the conference runner-up on the women's side, earning three Coach of the Year honors, the men's ACC Outdoor and Indoor Rookie of the Year awards and the men's ACC Outdoor Performer of the Year. The Seminoles entered the NCAA Outdoor Championships with a total of 23 athletes, the most to qualify for the NCAA's from Florida State since the early '80s. The Seminoles ended the season with seven All-Americans and setting three school records during the championships.

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-America 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.

After 17 years of national success at the University of South Florida and three years turning Florida State cross country into one of the fastest rising programs in the nation, Bob Braman was named head track and field coach at Florida State on June 10, 2003. Braman began his coaching career at USF in 1983 as a men's cross country assistant. 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, 46, is married to the former Debbie Turner and has two sons, Steven (16) and Tyler (14). 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.

assistant coaches



HARLIS MEADERS

**ASSOCIATE HEAD COACH
NORTH CAROLINA ('92) • 11TH SEASON
MASTERS DEGREE • WESTERN CAROLINA ('94)**

THROWS

Harlis Meaders enters his 11th season on the Florida State coaching staff and second 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 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 coached multiple Southern Conference champions.

At Florida State, Meaders has developed a nationally respected throws program. Florida State was one of two schools that had multiple athletes compete in the 2003 NCAA Men's Indoor Track and Field shot put championship. All Americans Garrett

Johnson and Dorian Scott redshirted in 2004, with Scott training for the Jamaican Olympic team, successfully defending his national title. In their absence, Kate Purcell and Lindsey Nelson qualified for the NCAA Regional Championships and looking to make a splash on the national stage. Newcomer John Fallone improved upon his marks and nearly joined the 60-foot club while Andrew Diakos climbed to number two on the FSU all-time top performers list in the men's hammer. Dan Royal and Marqus Johnson helped lead the men's team to another ACC Indoor Championships in 2003.

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, Cathy Erickson is the throws coach at the University of Tennessee and Gregg Jack is the throws coach at Virginia Tech.



DENNIS NOBLES

**ASSISTANT COACH • FLORIDA STATE ('80)
20TH SEASON
MASTERS DEGREE • FLORIDA STATE ('83)**

POLE VAULT, JAVELIN, MULTI-EVENTS

Entering his 20th 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.

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 2004, he guided Lacy Janson to become the first female student-athlete in the ACC to win three consecutive outdoor pole vault titles and helped her capture her first NCAA indoor title in the pole vault during the 2003 season. He also guided Rafeeq Curry to his fourth All-American honor in two 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 multi-event duties at FSU include coaching athletes in the high jump, long jump, triple jump and pole vault events. Nobles is the proud parent of daughter Sally, age 20.



assistant coaches



JACKIE RICHARDS

ASSISTANT COACH • NEW MEXICO ('98)
3RD SEASON
MASTERS DEGREE • IDAHO ('02)

CROSS COUNTRY, JUMPS, MULTI-EVENTS

Jackie Richards begins her third season as an assistant coach for the Florida State track and field program after much success during her first two years. Richards works with the women's jumps, men's and women's multi-events and is the assistant cross country coach. She helped lead both cross country teams to national berths last season. Her responsibilities include working with athletes in the fall speed development program, recruiting and team travel.

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 outdoor National Championships with four earning All-American status.

Prior to joining the Seminoles, Richards was the head horizontal jumps coach for the men's and women's squad 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 two All-Conference team members. 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. 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.



MAICEL MALONE

ASSISTANT COACH • ARIZONA STATE ('95)
5TH SEASON

SPRINTS, HURDLES, RELAYS

Maicel Malone begins her fifth season as an assistant track and field coach for the Seminoles. Malone was instrumental in leading the women's team to its third place Atlantic Coast Conference finish at the outdoor track and field meet. Malone's squad is coming off a season during which senior Vicky Gill and junior Natalie Hughes brought home All-American honors for outstanding indoor and outdoor performances at the NCAA Track and Field Championships. Malone coached her first Olympian in returning senior Kimberly Walker, who earned a spot on the 400m relay from Trinidad & Tobago.

Aside from her on-the-track coaching duties, Malone is instrumental in Florida State's recruiting process, supporting the academic staff in monitoring the team's progress in the classroom and dispersing and ordering team equipment. In addition, she also coordinates recruit and team travel and community service programs.

During the 2002 season, Malone helped coach the women to an impressive second place finish at the ACC outdoor championship. Malone coached two individual ACC champions and a championship 4x100m relay team. She also assisted with the men's 2002 ACC Championship team. Malone had two individual NCAA qualifiers and assisted in the development of sprinter Teresa Bundy. She entered the 2003 season with one of the best recruiting classes in over a decade at Florida State University and is counted on to help develop the talented group.

Highlights of Malone's track career include one Olympic gold medal (4x400m relay, 1996), three World Championship gold medals (4x400m relay and 400m, 1993), two World University Games gold medals (400m and 4 x 400m relay, 1991) and one Pan Am Games gold medal (4x400m relay, 1991). On top of her seven career gold medals, Malone has three silver medals (Goodwill Games, 1990; U.S. Olympic Festival, 1990; World Championships, 1997) and a bronze medal at the 1990 U.S. Olympic Festival. She has also set two American records in the indoor 400m and the indoor 4x400m relay, both in 1991. During her time at Arizona State, Malone captured seven NCAA titles, 11 All-American honors, two TAC/USA Championships and 10 PAC-10 titles.

Until recently, she held the indoor collegiate record in the 400 meters for 13 seasons which was broken in 2004 by Olympian Sanya Richards from the University of Texas. Additionally, she was named the "Most Outstanding Athlete" of the 1990 Penn Relays after running the fastest 400m relay split in the meet's 96-year history, and also named "Hanes Her Way Woman of the Year" for the state of Arizona in 1991. Malone was the first ever female to win NCAA indoor and outdoor 400m titles and the TAC 400m title in the same season.

Malone's coaching career began as a volunteer coach at the University of Florida, where she coached eight years, before moving to Tallahassee to be part of the Seminole program. Malone works with the sprinters

Ken Harnden enters his sixth year with the Seminoles and second as an assistant sprints, hurdles and relays coach. Harnden is coming off a 2004 season in which his sprint group took two individuals and both relays to the outdoor national championships in addition to an Olympic qualifier.



assistant coaches



KEN HARNDEN

**ASSISTANT COACH • NORTH CAROLINA ('95)
6TH SEASON**

SPRINTS, HURDLES, RELAYS

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 this 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.



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 at the World Championships and a two-time finalist in the 400m hurdles. 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.



JOEY ZINS

**VOLUNTEER COACH • GEORGIA TECH ('03)
1ST SEASON**

Joey Zins joins the Seminole program this season after an outstanding career at Georgia Tech as a distance runner and a brief stint on the professional level. While a student-athlete in Atlanta, Ga., he competed in the cross country, 5000m and 10000m events. The Atlanta, Ga., native earned All-NCAA South Region honors in 2001 in cross country and a member of the Yellow Jacket Squad that finished in second place in 1998. After graduating, Zins 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 will help the FSU coaching staff with home meets and practices.



VICKY GILL

**ADMINISTRATIVE ASSISTANT
FLORIDA STATE ('04) • 1ST SEASON**

Vicky Gill, the best cross country runner in Florida State school history, returns for the 2004 season to Tallahassee to work with the cross country and track and field staff. The five-time All-American, who is expected to graduate in the spring, will help the Seminoles coaching staff in the office including sending information to respective recruits and organizing program fundraisers. During Gill's time on the cross country course, she earned NCAA South Region Athlete of the Year twice in addition to three-time All-ACC and All-NCAA South Region team. She holds the fastest all-time 6K time with a mark of 19:48.04, recorded at the 2004 regional meet. On the track, Gill has been just as impressive, setting the Florida State school bests in the indoor 3000m and 5000m events and outdoor 5000m and 10000m races.



graduate assistants



KEITH BATTEN

**GRADUATE ASSISTANT • USF ('94)
1ST SEASON**

Batten joins the Seminole coaching staff this season as a graduate assistant pursuing at masters degree in Recreation & Leisure Administration. The former USF standout will assist the cross country and track and field coaching staff with administrative duties, coordinating travel and assisting with home meet management. Batten spent three and a half seasons with current Seminole head coach Bob Braman at the USF before he took over the cross country program. Batten, a former walk-on for the Bulls, was an NCAA 10K National Qualifier in addition to two Metro Conference Championships (3K and 10K). He earned All-Metro Conference honors in cross country and on the track in addition to NCAA All-South Region honors. The native of Clearwater, FL was an integral part of the three-time Metro Conference Champion USF Bulls.



ALTHEA BELGRAVE

**GRADUATE ASSISTANT • IDAHO ('97)
2ND SEASON
MASTERS DEGREE • IDAHO ('01)**

Althea Belgrave is returning for her second season as a graduate assistant with the Seminoles. She will continue assisting the women's cross country serving as the compliance and recruiting contact 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 800 meter 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.



PETER ORMSBY

**VOLUNTEER COACH
ELON UNIVERSITY ('98) • 3RD SEASON
MASTERS DEGREE ('00)**

Peter Ormsby begins his third season on the Seminole coaching staff and first as a volunteer coach. Ormsby assists the cross country and track and field distance teams. Prior to becoming a volunteer coach, the Annapolis, Md. native worked with the team in a sports psychology role. He is pursuing a doctoral degree in sports psychology.

Ormsby was a four-year letter winner at Elon University in cross country helping to lead the Phoenix to the South Atlantic Conference Championships in 1994 and 1996. He went on to coach at Godby High School in Tallahassee where he coached the school's first female state qualifier to a top 30 finish as a freshman. Ormsby is a USATF Level 1 track & field certified coach.

