

2006 TRACK AND FIELD MEDIA GUIDE

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INSIDE FRONT COVER - 2006 FSU Senior Class



2006 Florida State Women's Track and Field

2005 INDOOR REVIEW

Seminoles Take Sixth at ACCs...

The Florida State women's track team finished in sixth place at the 2005 ACC Indoor Track and Field Championships, tallying 52 points. Senior Lacy Janson won her third indoor Atlantic Coast Conference Championship taking the pole vault crown and 6th overall conference championship in as many tries. Junior Deanna Lane, who finished in the top five in five events, improved on her 2004 outing with a second-place performance and a provisional-qualifying 3751 points, contributing nine points towards the team finish. Kim Walker was the runner-up in the 60m dash, running a career-best 7.53 for All-ACC honors and eight of the Seminole's team points. Junior Deanna Lane placed second in the pentathlon to earn conference honors. Sophomore Lindsey Nelson (Jacksonville, Fla./Mandarin) and junior LaToya LeGree finished in fifth place in the shot put and triple jump, respectively. Junior Evelyne-Cynthia Niako's sixth place finish in the 400m dash was sparked by a season-best mark for the All-American, who ran a 56.04 in the prelims and a 56.14 in the finals.



Deanna LANE



Barbara PARKER

Third Time's a Charm...

Senior pole vaulter Lacy Janson picked up her third Atlantic Coast Conference Pole Vault Championship becoming the first woman to win three conference pole vault crowns. After a one-year hiatus, she opened the season with an automatic qualifying mark at the 2005 Florida Intercollegiate Championships. The 2003 NCAA Indoor National Champion vaulted to a height of 13'9.25" (4.20m) in her season-debut in winning the pole vault. She earned Atlantic Coast Conference Performer of the Week honors for her first vault since winning the indoor national pole vault championship in 2003. The four-time All-American won four of five meets she competed and posted a season-best of 14'1" (4.30m) at the Gator Invitational.

Talented Group Takes the Track...

Included on the roster for the 2005 FSU track and field season are eight people who have amassed a combined total of 20 All-American honors. Leading the way is five-time All-American senior Natalie Hughes (Grand Junction, CO/Palisade) who earned accolades for her performances during the indoor and outdoor track season as well as cross country. Hughes also was awarded two for her finishes during the 2002 and 2003 outdoor campaigns in the 1500m.

Conference Top Ten Full of Seminoles...

Ten individuals combined for 17 spots on the season-ending women's top performances list, published by the Atlantic Coast Conference. Senior Kimberly Walker led the way with marks in three events — 55m, 60m and the 200m. Junior Evelyne Cynthia Niako held a spot in the 400m and as a leg of the fifth-fastest women's 4x400m relay in the league. Senior Lacy Janson was the top vaulter by almost two feet while sophomore shot putter Lindsey Nelson had the conference's third farthest mark. Deanna Lane, Lakendra McColum and Barbara Parker all held spots in multiple events while McColum joined Niako and juniors Kim Adams and Marla Jackson on the 4x400m on the track. One person was in the top ten in 14 events with two Seminole in the 55m high hurdles and the pentathlon.

Lane In A Class All By Herself...

Junior Deanna Lane quietly made a splash on the conference scene. The ACC runner-up in the pentathlon also had a top mark in the 55m high hurdles. She was one of two Seminole provisional qualifiers and narrowly missed making the cut for nationals. In the hurdles, she ran a career-best 8.07 in the hurdles.

2005 OUTDOOR REVIEW

Fourth-Place Just Fine for FSU...

In a conference known for its talented women's programs, the Florida State women's team is right in the mix with the top programs on the Atlantic Coast. FSU took fourth with 82 points and top performances from the 4x100m and 4x400m relays. Celebrating on the podium were senior Sharneka Brown, junior Evelyne-Cynthia Niako, senior Olympian Kimberly Walker and junior LaKendra McColum after running a season-best 45.03 on their home track.

Senior Olympian Concludes Four-Year Career at the Top...

Senior sprinter Kimberly Walker ended her four-year campaign in Tallahassee on a high note. An integral leg of the 4x100m relay, Walker ran the third leg of the fifth-fastest regional qualifying relay during the final, up two spots from the seventh speediest advancing time in the prelims. The All-ACC honoree ran personal best 100m (11.59) and 200m (24.21) times to earn a spot among the league elite. At regionals, Walker finished with the 11th-fastest 100m clip.

Parker Steeple Mark Second All-Time...

Junior Barbara Parker ran the second fastest time in school history in winning the 3000m steeplechase at the Georgia Tech Invitational. Her mark of 10:23.90 was just 14 seconds behind the 2004 NCAA East Region Steeple Champion and FSU school record holder Helen Hofstede. She capped off the year with a top personal best time of 10:20.82 in her first appearance at the NCAA Outdoor Track and Field Championships.

Niako Lone Returning All-American...

Junior Evelyne-Cynthia Niako, the prominent sprinter, who has added leadership and depth to the 2005 sprinting corps, was one of four returning All-Americans from 2003 but the only female in the group. During her freshman year, she ran a leg of the outdoor 4x400m relay team that finished in seventh with a time of 3:34.37.

Seminole Women Move Up in Top 10 List...

In 2005, nine female Tribe members bettered their prior seeding on FSU's all-time list or joined the exclusive group. Junior transfer Barbara Parker is one of the newcomers to the top ten list, sitting in second place in the 3000m steeplechase and ninth in the 1500m. Junior heptathlete Deanna Lane, a staple in the event since her freshman

year, is also second in her area and added the 110m hurdles to her resume with the third-best time in Florida State school history. Classmate LaToya LeGree and Lakendra McColum improved their marks in the triple jump and 400m hurdles. Lindsey Nelson has the second and seventh best marks in the discus and shot put.

Bowerman Best Rookie on Team, In Conference...

Freshman Laura Bowerman earned the spotlight after the ACC Outdoor Track and Field Championships for her stellar performance at the league title meet. The only rookie regional qualifier on the 2005 list, Bowerman was rewarded for her third place, 10K finish and a sixth place finish in the 5000m run being named the 2005 ACC Outdoor Rookie of the Year. The 2005 All-ACC team member earned the first conference award since 2000 when NCAA National Champion Tonya Carter was named ACC Performer of the Year. She is the first female Seminole to be named outstanding freshman.

Thrower Is Good By Herself...

Sophomore Lindsey Nelson carried the weight, literally, of the 2005 throwing corps. She boasted regional qualifying marks in the shot put and discus. Nelson is no stranger to being at the top - in just under two seasons, she has two top ten marks on FSU's all-time lists. Her career-best throw of 163'3" is second best among Seminole discus throwers while her 47'6.5" distance is seventh best all time in the shot put.

McColum is the Heart of the Hurdlers...

Junior captain LaKendra McColum was one

of the best hurdlers on the team, in the conference and seeded at regionals. The All-ACC team member posted regional qualifying times in the 100m hurdles and the 400m hurdles. She set career-best in both events at home, running a 13.73 and a 57.85, respectively. McColum is seventh all-time in the quarter-hurdles, just .13 seconds off the next closest Seminole, 1995 ACC Performer of the Year Radhiya Teagle.

LeGree Getting Closer to the Top...

Junior triple jumper LaToya LeGree moved closer to the top two spots on FSU's all-time list when she recorded a distance of 43'3.25 (13.19m) at the league title meet. Competing against the best triple jumpers in the nation, the two-time NCAA qualifier more than held her own, jumping 13-meters in the competition. She sits at number three, just barely two feet short of the top slot. LeGree is in good company, as she is chasing national champions Esmeralda Garcia (1985) and Teresa Bundy (2002) for the best mark in Seminole history. She led the Seminole triple jump event with the top six distances in 2005.

Lane On the Fast Track to a Record-Breaking Career...

Junior Deanna Lane is well on her way to being one of the best hurdlers and multi's student-athletes in Florida State history. The All-ACC honoree is second all-time in the heptathlon and third in the 110m hurdles, behind All-Americans Kim Batten and Kim Jones. She provisionally qualified during the outdoor season when she won the heptathlon at the Florida Relays with a career-high, 5,391 points. She ran her 13.34 clip in the heptathlon, 100m hurdles event.



Lacy JANSON

HEAD COACH BOB BRAMAN

Bob BRAMAN
HEAD COACH
FLORIDA '80
3RD SEASON



2005 ACC Men's Outdoor Coach of the Year
2005 ACC Men's Indoor Coach of the Year
2005 USTCA Indoor South Region Coach of the Year
2004 NCAA South Region Men's Cross Country Coach of the Year
2003 Atlantic Coast Conference Men's Cross Country Coach of the Year

At the beginning of the 2005 season, then second-year head coach Bob Braman was positive that this was the year that the Florida State Seminoles track and field program made its presence felt on the national scene. The 2005 Atlantic Coast Conference Indoor and Outdoor Coach of the Year could not have been more accurate, as the Seminole men won both conference championships, the NCAA East Region title, brought home 14 All-American honors and placed among the top ten programs in the nation during the indoor and outdoor season for the first time in 24 years.

The indoor squad finished in eighth place while the outdoor team tied for fourth at nationals. Newcomer Walter Dix was successful through the entire season, winning the NCAA 100m National Championships, finishing second in the 60m dash, accumulating five All-American awards, league Indoor and Outdoor Rookie of the Year honors, four ACC individual crowns and breaking two world records.

Braman led the '05 squad successfully defended the indoor men's title, earning back-to-back championships, in the closest con-

ference finish since 1996. The title came down to the final event where the 4x400m relay successfully defended the title, bringing home the honor for the third consecutive year, edging Clemson by 2.5 points.

At the NCAA East Region Championships, the men's team edged Florida 96-94 to pick up the first regional title in program history. The group was led by three Seminoles who picked up multiple East Region crowns—Rafeeq Curry added a second triple jump crown while Garrett Johnson (2005 Discus and Shot Put) and Dix (2005 100m and 200m) earned two this year.

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.

In Braman's first season (2004), the Seminoles broke or tied ten 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



HEAD COACH BOB BRAMAN

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 Na-

tional 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 '93
12TH SEASON
Master's Degree
Western Carolina '94



THROWS

Harlis Meaders enters his 12th 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. All-Americans Garrett Johnson and Dorian Scott anchored the throwing corps for FSU, earning ACC Championships, NCAA East Region crowns and All-American honors during the 2005 campaign. Experienced javelin thrower Kate Purcell and rising junior Lindsey Nelson continue to improve on their FSU all-time top ten marks and advance to the NCAA Regional Championships. Redshirt junior John Fallone with rejoin the squad after practicing with the football team during the spring and fall semesters, looking to better his marks. Redshirt senior Andrew Diakos continues his ascension to the top of the FSU record books and is expected to make a big contribution during his final year with the Garnet and Gold.

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
21ST SEASON
Master's Degree
Florida State '83



POLE VAULT . JAVELIN
MULTI'S . HIGH JUMP

Entering his 21st 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 2005, Lacy Janson became 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 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, heptathlon, pentathlon and decathlon.

Nobles is the proud father of daughter Sally, age 21.

KEN HARNDEN

ASSISTANT
COACH
NORTH CAROLINA '95
7TH SEASON



MEN'S SPRINTS
& RELAYS . HURDLES

Ken Harnden enters his seventh year with the FSU program and his third 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. Under his tutelage, freshman Walter Dix won the NCAA 100m National Champi-



ASSISTANT COACHES

onship, five All-American honors, two NCAA East Region titles, four individual Atlantic Coast Conference Championships, six All-ACC accolades and shattered numerous school, league and world records. Fellow rookie sprinter Ricardo Chambers tied 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 as a full-time assistant coach, 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 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.



of the Year and earned indoor All-American honors in the triple jump. For the 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 with four earning All-American status.

As an assistant coach with cross country from 2002-2004, Richards 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. The men's team in 2004 won their first ever NCAA South Region title and placed 17th at the NCAA Championships.

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 four All-Conference team members. 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. Richards guided 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.

**Jackie
RICHARDS**

**ASSISTANT
COACH
NEW MEXICO '98
4TH SEASON**

**WOMEN'S SPRINTS
& RELAYS
LONG & TRIPLE JUMPS**



Jackie Richards begins her fourth season with the Florida State track and field program and first as coach of the women's sprints and relays. Richards works with the women's horizontal jumps, combined events and women's sprints and relays. In addition to coaching, her off the track responsibilities include 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, and ordering and distributing team apparel for the year.

During the 2005 track season, Richards coached three athletes to the NCAA Championships. Two-time NCAA qualifier Deanna Lane earned her second all-ACC honor with a second place finish at the league championships and Latoya LeGree advanced to nationals for the second time in her career, ranking as high as 12th in the nation. Barbara Parker qualified in the steeplechase 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 Seminoles had outstanding performances including Lacy Janson who won the Indoor National Championship and Rafeeq Curry who was ACC Rookie

ASSISTANT COACHES

**Sean
McMANUS**
ASSISTANT
COACH
NOTRE DAME '01
1ST 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**
VOLUNTEER
COACH
FLORIDA
INTERNATIONAL '00
2ND SEASON



Lisa Grossman begins her second season with the cross country and track and field programs, serving as a sport psychology consultant to the team. A 2000 graduate of Florida International, the exercise and sports science graduate went to Temple University to complete her master's in kinesiology and sport psychology in 2003.

The third year doctoral student serves as the head athletic trainer at John Paul

II in Tallahassee as well as a teaching assistant to undergraduate sport psychology students. She is a certified athletic trainer.

Her responsibilities with the track and field program include providing sport psychology services to all athletes including psychology skills training, performance enhancement techniques and life skills.

**Joey
ZINS**
VOLUNTEER
COACH
GEORGIA TECH '03
2ND SEASON



Joey Zins is entering his second 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
3RD SEASON



Althea Belgrave enters her third 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.

ASSISTANT COACHES

**Keith
BATTEN**
GRADUATE
ASSISTANT
USF '94
2ND SEASON



**Vicky
GILL**
ADMINISTRATIVE
ASSISTANT
FLORIDA STATE '04
2ND SEASON



Keith Batten enters his second season with the Florida State coaching staff, as a graduate assistant pursuing a masters degree in Recreation & Leisure Administration. The former USF standout assists the cross country and track and field coaching staff with administrative duties, coordinating travel and home track and cross country meet management. Batten spent three and a half seasons with current Seminole head coach Bob Braman at 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.

Vicky Gill, the best cross country runner in Florida State school history, returns for her second year as the administrative assistant with the track and cross country programs. The five-time All-American helps 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 was just as impressive, setting the Florida State school bests in the indoor 3000m and 5000m events and outdoor 5000m and 10000m races.



2006 Florida State COACHING STAFF

SEASON PREVIEW

Q The 2006 group that steps on the track this year has the talent and experience to be one of the top 10 national programs this year. Can you talk about the level of competition that FSU will put on the track?

A This is the best team I've seen in four or five years. The big three — Lacy Janson, Natalie Hughes and Alyce Williams — are returning from redshirt seasons to lead our women's team. All are possible and probable tens at conference, regionals and even nationals. This year, there's more depth and balance across the board. The point the women are at now is the same place the men were at a few years back. We see the same thing in the women's program and that motivates our team like nothing else. Being on a team that is in contention is huge and that fuels special things.

Q The spotlight seems to be on seniors this year. What goals do you have for this group?

A The senior class brings the same consistency and balance to the women's squad that they have brought for the last few years. For a lot of them, this is their last shot at scoring points at nationals and that alone excites them and pushes them to perform at their best. We're aiming for the national level. There are points that are up for grabs in the league and if we have our squad performing at their best then we're right in the mix at the top. We've rebuilt but this is the same team that was carried by six or seven people last year. This year, they all return but we double that number with those that have the potential to score and do well for us. We have tons of veterans who can have breakout years.

Q Evelyne-Cynthia Niako leads the sprinting group while Deanna Lane and Lakendra McColum are the heart of the hurdles corps. This year a good recruiting class has restocked the depth chart in this area. Who stands out the most in this area?

A Obviously, Alcyia Williams, Alyce's twin sister, brings an NCAA qualifier to the mix. Junior Dana Massiah has another year of experience under her belt and is right at the edge of having a break out performance. The Richmond sisters, DeDe and KayKay, are New York state champions who can pull double duty in the relays and the sprints as well as mid-distance events. They are the next level of scorers that are being brought along with our veteran group. They won't have to carry the load but are expected to rise to the challenge when it is their time.

Q All-American Natalie Hughes returns for her final year as well as NCAA qualifier Barbara Parker and ACC Outdoor Rookie of the Year Laura Bowerman. How will the young members of the distance group benefit from their experience and how will the veterans contribute to this year's team goals?

A Having Hughes back helps this area in that she's a proven scorer and All-American. Parker also adds to the depth in that she has experience in a number of mid-distance areas as well as at the national level. Bowerman is the number one returning long distance runner in the league and training alongside her is Lydia Willemse, the Canadian junior record holder in the steeplechase, both have the potential to be NCAA qualifiers. This area should pick up a ton of points for the squad.

Q One of the Seminoles' all-time best throwers, Lindsey Nelson, finished the season as one of the top performers in the conference and the region. Is this her year to get to the national level? Who else is expected to back her in the throws area this year?

A Nelson is the heart and soul of our throws squad. Seniors Sarah Reed and Kate Purcell and sophomore Erin Voss will back her up on the field. Reed is ready for a break out year while Purcell has the talent to get back to the level she competed at two seasons ago when she was just shy of qualifying for NAAs.

Q NCAA qualifier Latoya Legree will lead the jumping corps this year, coming off one of the best seasons in her career and an appearance at the USA Senior Championships. Add to that mix Charlene Walker, who has had two strong years and is ready to become a threat on the conference level. Will the jumps area be an area to contend with?

A Legree anchors the triple jump event. She can be a scorer on the national level and that is something we are looking for her to do. She had a strong, healthy season last year and achieved career bests. If Legree stays healthy and focused, she could be right there at the top particularly with Alyce training right by her side. Marla Jackson will return from injury to score in the high jump at ACCs and we will look to Charlene Walker, again to score in the long jump. She has done a good job of improving every year and this year should be no exception.

WOMEN'S ROSTER

Name	Yr.	Event	Hometown	Previous School
Kimberly Adams	Sr.	Sprints	Stone Mountain, GA	Stone Mountain
Nakeisha Adams	Jr.	Sprints	Miami, FL	Miami Northwestern
Tori Allen	Fr.	Pole Vault	Indianapolis, IN	Lawrence Central
Jacintha Anderson	So.	Pole Vault	Seminole, FL	Seminole
Ashley Andress	Jr.	Distance	Ft. Lauderdale, FL	Archbishop McCarthy
Domonique Andrews	So.	Hurdles/Sprints	Brandon, FL	Bloomingtondale
Pamela Arnedos	So.	Distance	West Palm Beach, FL	Cardinal Newman
Kandia Batchelor	So.	Sprints	Hillsborough, FL	Hillsborough
Stefanie Bechler	Jr.	Distance	Libertyville, IL	Libertyville
Tina Biedenharn	Jr.	Distance	Orange Park, FL	Ridgeview
Porsche Bonnett	So.	Sprints	Tallahassee, FL	Leon
Laura Bowerman	So.	Distance	Temple Terrace, FL	King
Leilani Caraballo	So.	Pole Vault	Miami, FL	Lourdes Academy
Shannon Coates	So.	Distance	Delray Beach, FL	Spanish River
Jessica Crate	Jr.	Distance	Bright's Grove, Ontario	Arizona State University
Bernetta Davis	So.	Sprints	Ft. Lauderdale, FL	Piper
Abbie Day	Jr.	Distance	Winter Park, FL	Lake Howell
Raquel Espinosa	Fr.	Distance	Longwood, FL	Bishop Moore
Tracy Friedlander	Sr.	Distance	Miami, FL	Ransom Everglades
Kirsten Hagen	So.	Distance	Blacksburg, VA	Christiansburg
Amanda Hahn	So.	Distance	Gainesville, FL	Gainesville
Audrey Hand	So.	Distance	Virginia Beach, VA	Kellam
Naikeya Heath	So.	Hurdles	Killeen, TX	Killeen
Quiana Holsey	So.	Hurdles/Sprints	Gainesville, FL	Gainesville
Natalie Hughes	Sr.	Mid-distance	Grand Junction, CO	Palisade
Sarah Hughes	Fr.	Distance	Maitland, FL	Winter Park
Marla Jackson	Sr.	Sprints/Jumps	Jacksonville, FL	Stanton College Prep
Brittany Janson	Fr.	Pole Vault	Sarasota, FL	Cardinal Mooney
Kristin Janson	Jr.	Pole Vault	Sarasota, FL	Cardinal Mooney
Lacy Janson	R-Sr.	Pole Vault	Sarasota, FL	Cardinal Mooney
Meredith Kelly	Fr.	Distance	Clermont, FL	East Ridge
Deanna Lane	Sr.	Hurdles/Multi's	Marietta, GA	Pope
Danielle Laramée	Fr.	Distance	Margate, FL	Coral Springs
Courtney Laster	Fr.	Distance	Woodbridge, VA	Hayfield
Heather Leblanc	So.	Multi-events	Live Oak, FL	Suwannee
LaToya LeGree	Sr.	Sprints/Jumps	Lithonia, GA	Stephenson
Adrienne Lufkin	Jr.	Distance	St. Petersburg, FL	Lakewood
Mary Magee	Fr.	Distance	Seminole, FL	Seminole
Dana Massiah	Jr.	Sprints	Trinidad and Tobago	Bishop Aenesty
Kaley Matthews	Fr.	Distance	St. Petersburg, FL	Largo
LaKendra McColum	Sr.	Hurdles/Sprints	Lithonia, GA	Southwest Dekalb
Leah McNaughton	So.	Pole Vault	Bradenton, FL	Lakewood Ranch
Ashley Montagnese	Fr.	Distance	Tallmadge, OH	Tallmadge
Lindsey Nelson	Jr.	Throws	Jacksonville, FL	Mandarin
Kara Newell	R-Jr.	Distance	Tallahassee, FL	Boston University
Evelyn-Cynthia Niako	Sr.	Sprints	Stone Mountain, GA	Stephenson
Barbara Parker	Sr.	Mid-distance	Norfolk, England	Loughborough
Jennifer Patterson	So.	Distance	Valparaiso, FL	Niceville
India Pettus	Jr.	Mid-distance	Cleveland, OH	Trinity
Mesra Phanord	Jr.	Mid-distance	Miami, FL	FIU
Kate Purcell	Sr.	Throws	West Point, PA	Southern Ill. - Edwardsville
Brittany Raffa	Fr.	Distance	Tampa, FL	Chamberlain
Angelina Ramos	So.	Distance	New Fairfield, CT	New Fairfield
Sarah Reed	Sr.	Throws	Port Charlotte, FL	Illinois
Hshkeni Richmond	Fr.	Sprints	Suffern, NY	Suffern
Rheindie Richmond	Fr.	Sprints	Suffern, NY	Suffern
Jessica Rushing	Jr.	Pole Vault	Jacksonville, FL	Bishop Kenny
Keyla Smith	So.	Sprints	Daytona Beach, FL	Mainland
Shannon Stuckman	Fr.	Hurdles	Gainesville, FL	P.K. Yonge Laboratory
Ashley Thompson	So.	Hurdles	Coconut Creek, FL	Coral Springs
Meredith Urban	Jr.	Distance	Davie, FL	Green Hope (N.C.)
Julia Vola	So.	Distance	Boca Raton, FL	Spanish River
Erin Voss	So.	Throws	Port Charlotte, FL	Charlotte
Charlene Walker	Jr.	Jumps/Sprints	Orlando, FL	Edgewater
Candace Walls	Sr.	Distance	Boynton Beach, FL	Atlantic
Kristin Walls	Sr.	Distance	Boynton Beach, FL	Atlantic
Lydia Willemse	Fr.	Distance	Forest, Ontario	St. Christopher
Alyce Williams	R-Jr.	Jumps	Palm Coast, FL	George Mason University
Alycia Williams	Sr.	Sprints/Jumps	Palm Coast, FL	George Mason University
Abbie Wilshire	Jr.	Distance	Bristol, England	Birmingham University
Christina Woytalewicz	Fr.	Distance	Brandon, FL	Riverview