

egendary Florida State football coach Bobby Bowden begins his 28th season at Florida State in 2003 trailing only Joe Paterno in college coaching victories. When he took the FSU job following Larry Jones back in 1976, he likened his new association with FSU to a marriage even adding the familiar phrase of "letting no man put asunder," which surely reassured even the most downtrodden Seminole fan. And most of the fans were disheartened because 28 years ago, Bowden inherited a program far from the dynasty that he now commands. In fact, FSU had only won four games over the previous four seasons combined and there was talk that perhaps the school should shelve the program unless it was more successful. The most optimistic of FSU fans could not possibly have predicted what Bowden would accomplish over the next three decades.

The coach himself hints that he was not sure he could turn the program into a national power. "When we started winning I started to get some interest from other schools and from some NFL teams," Bowden has admitted on several occasions. "Ihad some chances to move to other schools with great football tradition. LSU was a job that I looked at long and hard. We were playing them that season and I told Ann that if we go over to Tiger Stadium and lose maybe I should go to LSU. When we went to their place and won, I realized that maybe we could get it done right here at FSU. And I've never regretted is "

Bowden's loyalty has meant the world to Florida State University and the athletics program. He has developed the most consistently successful program in the history of college football and with his win over lowa State in the season opener last season, he passed Bear Bryant to become the second all-time winningest coach in college football history.

"I feel great physically," said Bowden who will turn 74 this season. "I've always enjoyed getting to know people, so the recruiting is still a lot of fun for me. I like going into a player's home and meeting his parents and family. I don't have any desire to slow down on all the elements outside of the

BOWDEN MILESTONE VICTORIES AT FSU

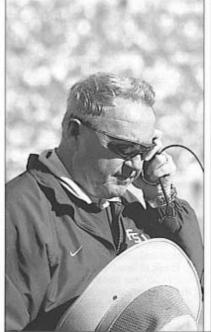
WIN	DATE	SITE	OPPONENT	SCORE
1	10/02/76	Tallahassee, FL	Kansas State	20-10
50	10/31/81	Tallahassee, FL	Western Carolina	56-31
63*	10/20/83	Tallahassee, FL	Louisville	51- 7
100	11/28/87	Gainesville, FL	Florida	28-14
150	10/31/92	Charlottesville, VA	Virginia	13- 3
200	9/20/97	Clemson, SC	Clemson	35-28
250	1/01/02	Jacksonville, FL	Virginia Tech	30-17

*Surpassed former FSU Head Coach Bill Peterson (1960-70) as the all-time winninges coach at Florida State.

BOWDEN MILESTONE VICTORIES OVERALL

WIN	DATE	SITE	OPPONENT	SCORE
1	09/19/59	Maryville, TN	Maryville	14- 0
50	10/07/72	Morgantown, WV	William & Mary	49-34
100	09/29/79	Blacksburg, VA	Virginia Tech	17-10
150	09/21/85	Tallahassee, FL	Memphis State	19-10
200	10/27/90	Tallahassee, FL	Louisiana State	42- 3
250	09/02/95	Orlando, FL	Duke	70-26
275	10/11/97	Durham, NC	Duke	51-27
300	10/23/99	Clemson, SC	Clemson	17-14



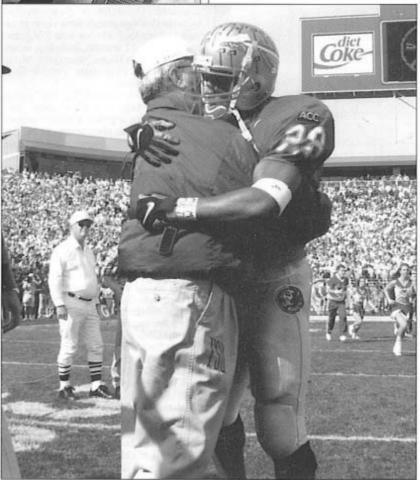


actual game that some people find hard. I understand why it grinds away at some people, but it just doesn't on me. I guess I've always been able to put football in its place."

While Bowden will be in his familiar garnet and gold to start the 2003 season, it will be an unusual start as the Seminoles are coming off their first two "down" years in 15 years of winning 10 or more games. "We weren't satisfied with our season last year," said Bowden. "When you've got players who have talent and will give you effort, you've got a chance to be successful. We've got that combination going into 2003."

The Seminoles' winover Virginia Tech in the 2002 Gator Bowl gave Bowden his 323rd career coaching victory tying him with Bear Bryant. A thrilling goal line stand at the end of the Eddie Robinson Classic played in Kansas City against Iowa State gave Bowden second place on the all-time college football list. Bowden would rank second only to Eddie Robinson in total career wins, ahead of Bryant and Paterno, if his 22 wins as South Georgia College were included.

"To be honest, it doesn't really feel like



BOWDEN RECORD

SAMFORD	W	L	T	PCT
1959	9	T	0	.900
1960	8	1	0	.889
1961	7	2	0	.778
1962	7	2	0	.778
Total (4 years)	31	6	0	.838
WEST VIRGINIA	W	L	T	PCT
1970	- 8	3	0	727

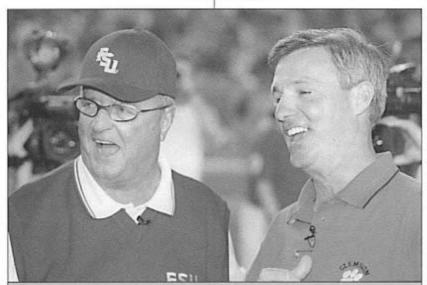
WEST VIRGINIA	W	L	T	PCT
1970	8	3	0	.727
1971	7	4	0	.636
1972 (Peach)	- 8	4	0	.667
1973	- 6	5	0	.545
1974	4	7.	0	.364
1975 (Peach)	9	3	0	.750
Total (6 years)	42	26	0	.618

7.00	20	V	,010
W	L	Т	PCT
- 5	6	0	.455
10	2	0	.833
- 8	3	0	.727
	1	0	.917
10	2	0	.833
6	5	0	.545
9	3	0	.750
		0	.605
	3	2	.667
		0	.727
7	4	1	.625
11	1	0	.917
11	1	0	.917
10	2	0	.833
	2	0	.833
11	2	0	.846
	T	0	.917
12	1	0	.923
10	1	1	.864
	2	0	.833
	-1	0	.923
11	1	0	.923
11	2	0	.846
12	0	0	1.000
- 11	2	0	.846
8	4	0	.667
9	5	0	.692
259	65	4	.796
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CAREER TOTAL 332 96 4 .773

I should be there," said Bowden of the feat. "It's not something that I sat down 40 years ago and said 'you know if I coached long enough and was successful maybe I could get there.' That type of thought never entered my mind. I don't really think about it. Maybe when I'm done I'll look back on everything."

While Bowden hasn't spent much time looking back, most of the nation has spent time looking at the extraordinary success of his program. Just imagine a college basket-ball program advancing to the Final Four for 14 years in a row. Even more startling is the thought of playing in the national title game



NCAA ALL-TIME BOWL WINNING PERCENTAGE

	COACH	APP	W	L	T	PCT
1.	BOBBY BOWDEN*	25	18	7	1	.740
2,	Bobby Dodd	13	9	4	0	.692
3.	Don James	15	10	5	0	.667
4.	Terry Donahue	13	8	4		.654
5.	Joe Paterno®	31	20	10	1	.645
6.	Barry Switzer	13	8	5	0	.615
7.	Bill Yeoman	11	6	4		.591
8.	Earle Bruce	12	7	5	0	.583
9.	Johnny Majors	16	9	7	0	.563
10.	John Vaught	18	10	8	0	.556
W 4 44	dates.					

BOWDEN IN THE BOWLS (18-7-1)

YEAR	TEAM	BOWL	OPPONENT	SCORE
1972	West Virginia	Peach	NC State	13-49
1975	West Virginia	Peach	NC State	13-10
1977	Florida State	Tangerine	Texas Tech	40-17
1979	Florida State	Orange	Oklahoma	7-24
1980	Florida State	Orange	Oklahoma	17-18
1982	Florida State	Gator	West Virginia	31-12
1983	Florida State	Peach	North Carolina	28- 3
1984	Florida State	Citrus	Georgia	17-17
1985	Florida State	Gator	Oklahoma State	34-23
1986	Florida State	All-American	Indiana	27-13
1987	Florida State	Fiesta	Nebraska	31-28
1988	Florida State	Sugar	Auburn	13- 7
1989	Florida State	Fiesta	Nebraska	41-17
1990	Florida State	Blockbuster	Penn State	24-17
1991	Florida State	Cotton	Texas A&M	10- 2
1992	Florida State	Orange	Nebraska	27-14
1993	Florida State	Orange*	Nebraska	18-16
1994	Florida State	Sugar	Florida	23-17
1995	Florida State	Orange	Notre Dame	31-26
1996	Florida State	Sugar*	Florida	20-52
1997	Florida State	Sugar	Ohio State	31-14
1998	Florida State	Fiesta*	Tennessee	16-23
1999	Florida State	Sugar*	Virginia Tech	46-29
2000	Florida State	Orange*	Oklahoma	2-13
2001	Florida State	Gator	Virginia Tech	30-17
2002	Florida State	Sugar	Georgia	13-26

five times in eight seasons. But that's just what the Seminoles have done over the last few years. FSU set an NCAA record with 14 straight Top Five finishes and the 2001 Orange Bowl was the Tribe's third straight national title game and fifth in eight years.

Gracious in both victory and defeat, Bowden is a man at peace with himself. His rock-solid character and firm coaching principles date back more than 49 years. As if the fact that his coaching numbers have reached legendary proportions is not enough, he also gives Florida State University a proud, moral leader, a family man of the first order, a caring disciplinarian, and a calming voice in the face of the turbulence surrounding college football. Perhaps the best tribute to the man is that he is not afraid to change with the times adapting brilliantly to new ways of winning games, as well as dealing with young student-athletes. From a sense of discipline and control, to a bold switch to the Fast Break offense, he has proven that he would rather stay one step ahead of the rest of the field than rest on the status quo.

Like few other coaches before him, Bowden has created something of a monster that sits squarely on his shoulders. He has coached his Florida State teams so very close to perfection that people have come to expect nothing less. He has won 176 games over the last 17 seasons, including monumental wins over Miami, Notre Dame, Michigan, Nebraska, Penn State, Virginia Tech, Florida and others.

In the fickle world of "big-time" college sports, some forget what it is all about. Sure, Bobby Bowden is proud of his two national championships, his place among the all-time greats, and a football program that is the model for the entire country, but as Bowden well understands at this stage of his career, there are things more important in life.

He has time for charity and to give to his church. He has never walked past an admiring child without a wink and a smile. He greets total strangers. He listens and he cares. He is a father figure in the traditional sense.

One of Bowden's greatest coaching achievements revolves around bowl games and his team's success in them. Bowden's 18-7-1 record and .710 bowl winning percentage rank first all-time. Only Paterno (20) has won more bowl games and his is the only name ranking ahead of Bowden on the all-time Division 1-A coaching list. Indeed, Florida State's eighth head coach has inked his name on the list of legends over 38 seasons at Samford, West Virginia and FSU.

What Bobby Bowden means to Florida State University off the playing field cannot be measured. Respect, sincerity, class, honesty, charisma, charm and humor; just a few of the words that describe and define this man better than wins, losses or coaching records.

As if his character isn't enough, his coaching style draws admirers nationwide.



A wide-open offensive style makes Bowden teams a treat to watch, a pleasure to play on and a delight to cover. Reverses, flea-flickers, laterals, you name it, here it comes.

By now it's been well chronicled how the Birmingham native left snowy West Virginia to come to Florida State and save the program. Three seasons after he first walked on campus, he had taken one of the worst football teams in the country to within one game of a national championship.

Bowden's record at Florida State is 259-65-4. That includes a 138-19-2 record in Tallahassee and a 121-44-2 mark away from home. He has built those numbers against some of the nation's toughest schedules, earning respect for his team, attracting top players to his program and establishing his reputation as a competitor in the process.

Bowden achieved impressive numbers in his previous coaching stops (31-6 at Samford University in Birmingham between 1959 and 1962, and 42-26 at West Virginia from 1970-75), but what he has done at FSU is simply phenomenal. Seventeen times in 27 years, his Seminoles have won 10 or more games in a season. Florida State had been to just eight bowls in the 29 years before him. The 2003 Sugar Bowl marked the Seminoles' 24th since his arrival, including a string of 21 in a row and 17 "New Year's Day" trips. He is, by far, the winningest coach ever at Florida State as his win total is greater than the previous seven Seminole head coaches combined.

Florida State is the only school to finish among the (Associated Press) Top Five for 14 consecutive seasons. The Seminoles finished first twice (1993, 1999), second twice (1987, 92), third, four times (1988, 89, 97, 99), fourth, five times (1990, 91, 94, 95, 96) and fifth in 2000. Noteam in college football history can match the run.

Over the past 11 years, Florida State has played in the Atlantic Coast Conference. Since joining the league in football, FSU is 83-5 and has claimed (either outright or shared) 10 ACC championships and set the league record for consecutive victories. Bowden picked up ACC Coach of the Year titles in 1993 and 1997.

Rising above Bowden's coaching accomplishments, though, are his credentials as a man. Friendly and outgoing, he is a deeply religious man who believes strongly in the strength of the family. He loves people. His personality and charm are bigger than life and he has become somewhat of a folk hero. An engaging speaker, Bowden is constantly in demand and most free evenings will find him on the speaking circuit. His off-season travel schedule would exhaust anyone. Sunday morning will usually find him in the pulpit of a church somewhere in the south. Outside of football, Bowden has an intense interest in World War II history and he is a voracious reader on the subject. He traced his ancestry to parts of

NCAA	ALL-TIME	BOWL	WINS

COACH	NO	RECORD
Joe Paterno*	20	20-10-1
BOBBY BOWDEN*	18	18- 7-1
Paul "Bear" Bryant	15	15-12-2
Tom Osborne	12	12-13-0
Lou Holtz*	11	11- 8-2
Don James	10	10- 5-0
John Vaught	10	10- 8-0
Bobby Dodd	9	9- 4-0
Johnny Majors	9	9- 7-0
Terry Donahue	8	8- 4-1
Barry Switzer	8	8- 5-0
Darrell Royal	8	8- 7-1
Vince Dooley	8	8-10-2
	BOBBY BOWDEN* Paul "Bear" Bryant Tom Osborne Lou Holtz* Don James John Vaught Bobby Dodd Johnny Majors Terry Donahue Barry Switzer Darrell Royal	Joe Paterno* 20 BOBBY BOWDEN* 18 Paul "Bear" Bryant 15 Tom Osborne 12 Lou Holtz* 11 Don James 10 John Vaught 10 Bobby Dodd 9 Johnny Majors 9 Terry Donahue 8 Barry Switzer 8 Darrell Royal 8

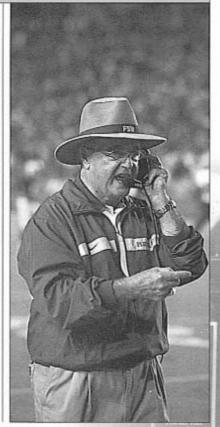
ALL-TIME COACHING VICTORIES*

COACH	WINS
Joe Paterno*	
BOBBY BOWDEN*	
Paul "Bear" Bryant	323
Glenn "Pop" Warner	319
Amos Alonzo Stagg	
I SUSTINIA STATE OF THE STATE O	259
Tom Osborne	
Woody Hayes	238
Bo Schembechler	
Hayden Fry	232
vision I-A only; *Active	
	Joe Paterno* BOBBY BOWDEN* Paul "Bear" Bryant Glenn "Pop" Warner Amos Alonzo Stagg LaVell Edwards Tom Osborne Woody Hayes Bo Schembechler

Germany and has visited the country several times.

Bowden was an outstanding football player at Woodlawn High School in Birmingham, Ala., and went on to Alabama as a freshman quarterback, fulfilling a lifelong dream to play for the Crimson Tide. He lasted one semester in Tuscaloosa before high school sweetheart Ann Estock lured him back to Birmingham. They soon married and Bobby transferred to Howard College (now Samford University) in Birmingham. The two celebrated their 50th wedding anniversary in the same year (1999) that FSU won its second national championship and Bowden coached his only undefeated team, which was the first team ever to go wire-to-wire as the AP No. 1.

Bowden's family has always been most important to him. The nation can follow son Tommy's career as head coach at Clemson as well as son Terry, who is ABC's top college football studio analyst. The Bowden's oldest son, Steve, is in private business in Birmingham and co-wrote a book entitled "The Bowden Way" with his dad that hit the Wall Street Journal's best seller list. Youngest son, Jeff, begins his 10th season on the FSU staff and his second as offensive coordinator. The four boys, daughters Robyn Hines (who is married to Clemson linebacker coach Jack Hines) and Ginger Madden, and 21 grandchildren make up the Bowden clan.





About Bobby Bowden...

BORN • November 8, 1929 in Birmingham, Ala.

HIGH SCHOOL . Woodlawn High, Birmingham, Ala.

COLLEGE • Howard (now Samford) 1953

COLLEGIATE FOOTBALL EXPERIENCE • University of Alabama (QB), freshman, Howard (QB), sophomore-senior

GRADUATE DEGREE • Peabody College

WIFE • The former Julia Ann Estock

CHILDREN • Robyn Hines, Steve, Tommy, Terry, Ginger Madden, Jeff

HEAD COACHING HONORS • 1977 Southern Independent Coach of the Year...1979 National Coach of the Year (ABC-Chevrolet ...1979 Southern Independent Coach of the Year...1980 National Coach of the Year (Bobby Dodd)...1983 Florida Sports Hall of Fame...1986 Alabama Sports Hall of Fame...1987 Region II Coach of the Year...1991 Walter Camp Coach of the Year...1992 Neyland Trophy...1993 Bear Bryant Award finalist...1993 ACC Coach of the Year...1996 Home Depot National Coach of the Year...1997 Home Depot National Coach of the Year Finalist...1999 Football News Coach of the Year Semifinalist...1999 Home Depot Coach of the Year...1999 Home Depot

COACHING ACCOMPLISHMENTS • The only coach in the history of Division I-A football to compile 14 straight 10-win seasons (1987-2000)...Won his first national championship in 1993 while setting a school record for victories in a season with 12... Nation's second-winningest active head coach with 332, which is tied for second all-time (Division IA)...Holds the NCAA record with 11 consecutive bowl victories and 14 straight bowl trips without a loss...With a 18-7-1 record in bowl games, his winning percentage of .740 is the best mark, all-time, in college football...Owns the third-best winning percentage (.777) among active coaches with a career record of 323-91-4...Has guided FSU to 23 bowl appearances in 26 years, including 17 straight, with 14 "New Year's Day" bowl trips...His 250 wins at Florida State over the last 26 years are more than the previous seven FSU head coaches compiled in over 29 seasons...Patriarch of the only father-son duo ever to lead Division I-A programs, let alone to lead them at the same time.





Bowden vs. The Opposition

OPPONENT	W-L-T	SAMFORD	WEST	FLORIDA STATE
Alabama-Birmingham	1-0-0	JAMEOND	TINGHAM	1-0
Arizona State	3-0-0			3-0
Auburn	4-5-0			4-5
Brigham Young	2-0-0	_	_	2-0
Boston College	4-2-0	_	2-2	2-0
California	1-1-0	_	1-1	_
Carson Newman	2-0-0	2-0		_
Central Florida	1-0-0	_	_	1-0
Chattanooga	1-0-0	1-0	_	
Cincinnati	6-0-0	_	_	6-0
Clemson	13-2-0	_	_	13-2
Colorado State	1-0-0	-	1-0	_
Delta State	2-1-0	2-1	_	_
Duke	11-2-0	-	0-2	11-0
East Carolina	9-0-0	_	2-0	7-0
Florida	16-12-1	-	-	16-12-1
Furman	2-1-0	1-1	_	1-0
Georgetown	2-0-0	2-0		_
Georgia	0-1-1		_	0-1-1
Georgia Southern	2-0-0	-	_	2-0
Georgia Tech	11-0-0	-	_	11-0
Gordon Military	1-0-0	1-0	-	_
Houston	0-1-0	-	-	0-1
Illinois	1-0-0	-	1-0	_
Indiana	3-1-0	-	2-1	1-0
Iowa State	1-0-0	777	_	1-0
Kansas	3-0-0	-	_	3-0
Kansas State	2-0-0	-	_	2-0
Kent State	1-0-0		1-0	_
Kentucky	1-0-0	-	1-0	_
Livingston	2-0-0	2-0	_	_
Louisiana College	1-0-0	1-0	_	
Louisiana State	7-1-0	-	_	7-1
Louisiana Tech	2-0-0	-	_	2-0
Louisville	9-1-0		_	9-1
Maryland	13-0-0	7.0	2-0	11-0
Maryville	2-0-0	2-0	_	_
McNeese State	0-1-0	0-1	_	_
Memphis Navy	1-0-0	1-0	\equiv	8-1-1
Memphis State Mexico	8-1-1 1-0-0	1-0	_	0-1-1
	12-17-0	1-0	1-1	11-16
Miami (Fla.) Michigan	1-1-0	_	1-1	1-1
Michigan State	2-0-0			2-0
Middle Tenn. State	1-0-0	_		1-0
Millsaps	2-0-0	2-0		1-0
Mississippi College	1-3-0	1-3	_	_
Mississippi State	1-1-0	1.3	8=3	1-1
Navy	1-0-0	_	-	1-0
Nebraska	6-2-0		_	6-2
North Carolina	12-1-1	_	_	12-1-1
N. Carolina State	9-4-0	_	1-1	8-3
N. Texas State	2-0-0	_	_	2-0
Notre Dame	3-2-0	_	_	3-2
Ohio State	3-0-0	_	_	3-0
Oklahoma	0-4-0	_	_	0-4
Oklahoma State	3-0-0	_	_	3-0
Penn State	1-6-0	_	0-6	1-0
Pittsburgh	4-7-0	-	3-3	1-4
Richmond	4-2-0	_	4-2	_
San Diego State	0-1-0	_	_	0-1

Sewanee	2-0-0	2-0	-	_
South Carolina	9-1-0	_	_	9-1
Southern California	2-0-0	_	_	2-0
Southern Illinois	1-0-0	-	_	1-0
Southern Methodist	1-0-0	_	1-0	_
Southern Miss	9-2-0			9-2
Southwestern	3-0-0	3-0	-	_
Stanford	0-1-0	-	0-1	_
Syracuse	7-2-0	_	4-2	3-0
Temple	3-2-0	-	2-2	1-0
Tennessee	0-1-0	_	_	0-1
Tenn-Chattanooga	1-0-0	-	-	1-0
Tennessee Tech	1-0-0	1-0	-	_
Texas A&M	2-0-0	_	-	2-0
Texas Tech	2-0-0	-	-	2-0
Toledo	1-0-0		-	1-0
Troy State	3-0-0	3-0	-	_
Tulane	11-2-0	_	1-2	10-0
Tulsa	2-0-0	_	_	2-0
UTMB	1-0-0	1-0	-	-
Villanova	1-0-0	_	1-0	-
Virginia	12-1-0	_	2-0	10-1
Virginia Military	3-0-0	_	3-0	-
Virginia Tech	14-0-0	-	3-0	11-0
Wake Forest	11-0-0	_	-	11-0
West Virginia	1-0-0	-	-	1-0
Western Carolina	2-0-0	_	100	2-0
Western Michigan	1-0-0	_	-	1-0
Wichita State	1-0-0	_	_	1-0
William & Mary	3-0-0	·	3-0	-
Wofford	2-0-0	2-0	_	_



17.	The second line of the second	
BOWDEN	BY TH	E DECADE

(Overall Head Co	(aching Wins)	
DECADE	RECORD	PCT
1959	9- 1-0	
1960-62	22- 5-0	
1970-79	76-38-0	
1980-89	88-28-3	
1990-99	109-13-1	
2000-02	28-11-0	

1993 & 1999 NATIONAL CHAMPIONS





MICKEY ANDREWS

Associate Head Coach/ Defensive Coordinator/Secondary

ALABAMA %4 - 20TH SEASON AT FSU

lorida State's rise to its current position as the most successful program in the history of college football directly correlates with the arrival of Mickey Andrews as defensive coordinator. FSU's offense has long been national championship caliber, but it has been Andrews' ability to catch the Tribe defense up with the offense that has made the Seminole program the powerhouse that it is today. So it is fitting that Andrews will add the title of Associate Head Coach when he takes the field this fall.

Andrews' status as perhaps the nations finest coordinator is not just shared by Bowden and every FSU fan. Andrews was named the recipient of the first-ever Frank Broyles Award, which is given to the nation's top assistant coach, in 1996. Andrews directed the nation's top rated rushing defense in 1996 and his units have been among the top five nationally against the run in six of the last nine seasons. His 1998 defensive unit ranked No. 1 nationally in total defense and pass defense. In addition, the Seminoles ranked a close second nationally in rushing defense and scoring defense. In 2000, FSU ranked among the country's top 15 in every major defensive statistical category.

Under Andrews' direction, Florida State has become the top producer of All-America and NFL caliber cornerbacks in the nation. He has coached two players — Deion Sanders (1988) and Terrell Buckley (1991) — who have won the Jim Thorpe Trophy, given annually to college football's top defensive back. LeRoy Butter joined those two as a consensus All-America pick in 1989. Clifton Abraham was an All-American in 1994 and Corey Sawyer in 1993 — which means the Semineles had an All-American at cornerback leach year from 1987-94. Tay Cody was a consensus All-America selection as a semior in 2000 and he was preceded by All-Pro cornerback Samari Rolle of the Tennessee Titans.

Andrews' defenses feature an attacking style up front that puts pressure on the opposing offense. He is also a big believer in creating depth and uses as many as 40

ANDREWS QUICK FACTS

YEARS AS A COLLEGIATE COACH: 37 COACHING STOPS:

Erwin High School (Birmingham, AL)

Assistant Coach (1965-66)
Eastern Kentucky

Livingston

Assistant Coach (1967-1970); Head Coach (1970-72)
North Alabama

Head Coach/Athletic Director (1972-76)
Clemson

Defensive Coordinator (1977-80); Assistant Head Coach (1980)
Florida

Defensive Backs (1981-82)
Arizona Wranglers (USFL)

Defensive Coordinator (1983)

Florida State Defensive Coordinator/Defensive Backs (1984-present)

Associate Head Coach (2002-present)

players a game. In 1991, Athlon's Magazine named him the Assistant Coach of the Year and in 1998 he was named the national Defensive Coordinator of the Year by the American Football Coach's Maga-

Andrews came to Florida State from the Arizona Wranglers of the old United States Football League (USFL), where he spent one season as defensive coordinator after having spent the previous 17 years coaching in the collegiate ranks.

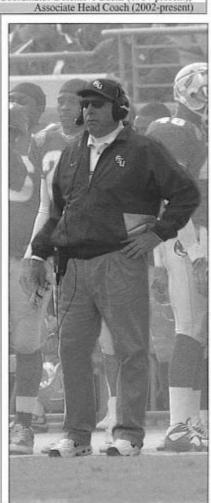
Andrews' coaching resume includes stints at Eastern Kentucky, Livingston, North Alabama and two of the teams that appear on the Seminoles' 2002 schedule. He was Clemson's defensive coordinator from 1977-80 and was an assistant at Florida in 1981-82.

From 1972-76, Andrews was the head coach and athletic director at North Alabama. He was the head coach at Livingston University from 1970-72 where he won the NAIA national championship.

A star on the football field and the baseball diamond for Alabama from 1961-64, Andrews earned second team All-America honors as a wide receiver and defensive back. During his career, the Crimson Tide won a pair of national championships (1961, '64) and played in three New Year's Day bowl games.

In addition to his football honors, Andrews was an All-SEC choice in baseball. In 1964, he received the Hugo Friedman Award as the Tide's best all-around athlete.

Andrews and his wife, Diane, have two children — Ronnie and Shannon and four grandchildren.





SEXTON OVICK FACTS

YEARS AS A COLLEGIATE COACH: 27

COACHING STOPS:

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

illy Sexton has been a familiar sight on the sidelines of Florida State football games since 1973 and last year he added the title of Assistant Head Coach to his coaching resume. The Tallahassee native started his career at FSU as a player for the Seminoles and went on to become a graduate assistant coach in 1977 and then a full-time coach in 1979. With the departure of 27-year veteran Jim Gladden from the coaching staff prior to the 2002 season, Sexton is now the veteran among FSU assistants. While last season was special because of the addition of administrative duties that go along with his new title, it would already have been memorable as his son Wyatt joined the team as a freshman quarterback. Wyatt is currently running third team at quarterback after redshirting last season.

This season will be Sexton's 27th as a

staff member at the school and his 21st as the Seminoles running backs coach, where a slew of pros have learned and refined their skills under the former FSU quarterback. Among the greats that Sexton coached is Warrick Dunn who became Florida State's all-time leading rusher in 1996 and finished his career with 3,989 yards.

Sexton has seen 12 of his pupils taken in the draft since 1988, including first rounders Dunn, William Floyd (San Francisco 49ers, 1994), Dexter Carter (San Francisco 49ers, 1990) and Sammie Smith (Miami Dolphins, 1989). Also among Sexton's former pupils are All-American Greg Allen, who broke 26 school records during his FSU career and Edgar Bennett, of the Green Bay Packers. Travis Minor was a four-year starter at tailback and was selected by the Miami Dolphins in 2001.

Since 1983, Sexton's running backs have become one of the most effective components of the FSU offense, averaging nearly six yards per carry and over 10 yards per catch during those 20 seasons. Florida State's backs have earned a reputation for being sure-handed receivers.

Sexton joined the Florida State staff as a graduate assistant in 1977, Bobby Bowden's second year as the FSU mentor. He became a member of the full-time staff in 1979 and worked with the Seminole quarterbacks for three seasons until 1982, when he became the head junior varsity coach and handled scouting duties. He took over the running backs position the following year.

A standout at Leon High School in Tallahassee, Sexton played his first three years of college football at Alabama. He was one of the south's biggest recruits and a coaching change with the Crimson Tide shifted their offense from passing style to run oriented during his junior year. He was the Seminoles's starting quarterback for the opening half of the 1973 season.

Sexton earned a bachelor's degree in business from FSU and began his coaching career as an assistant coach at Leon High before returning to Florida State as a coach.

He and his wife, Joy, have three children — Wyatt, Leslie and Taylor.







JEFF BOWDEN

Offensive Coordinator/Wide Receivers

FLORIDA STATE '88 0 10TH SEASON AT FSU

leff Bowden enters his second season as the offensive coordinator for the Seminoles after guiding a very young offensive unit last year. Bowden took over for Mark Richt in February of 2001 when Richt left to become head coach at the University of Georgia. The task of getting the offense together looked daunting enough without a coaching change as the Seminoles would have to replace Heisman Trophy winner Chris Weinke, four-year starting tailback Travis Minor and five other starters. But the job got even more challenging in the preseason when both starting wide receivers Anquan Boldin and Robert Morgan were lost for the year. In addition, Bowden would ask a redshirt freshman to run the quarterback position for the first time in his dad's 26 vears at FSU. Given those circumstances, the 2002 season would appear to have fewer potential potholes than did last year.

Bowden was tabbed as the new offensive coordinator after coaching the wide receivers at FSU for the previous six years. He continues to coach the wide receivers in addition to his coordinator duties.

Bowden is his dad's equal in terms of welcoming a challenge. His confidence is justified as his work has been fruitful since he first began at FSU. Under Bowden's direction in 1997, E.G. Green earned second team Associated Press All-America status and he finished with more receiving touchdowns (29) over his career than any previous FSU receiver. Four years ago, Green teamed with Andre Cooper to become the first duo in FSU and ACC history to each register over 1,000 receiving yards. Six years ago, Kez McCorvey finished a career that made him the second most prolific receiver in school history. Just three years ago, Peter Warrick broke Green's FSU record and set a new ACC record with 31 career TD catches. In 2000, Snoop Minnis earned consensus All-America honors and was selected in the third round by the Kansas City Chiefs. Last year, Javon Walker topped off an excellent two-year career with FSU with the MVP trophy from the 2002 Gator Bowl win over Virginia

Bowden's transition to Florida State was a smooth one nine years ago when he left

BOWDENS QUICK	FACTS
YEARS AS A COLLE	GIATE COACH: 20
COACHING STOPS:	
Salem College	
Samford	
	Offensive Coordinator/Assistant Head Coach (1988-90)
Southern Mississippi	
Florida State Wi	de Receivers (1994-present), Offensive Coordinator (2001-present)

a Southern Mississippi program where he had served as receivers coach for three years.

As a player, his FSU teams played in three bowl games. Following his playing career, Bowden moved immediately into coaching at Salem College in West Virginia upon graduation from FSU. He was the receivers coach for two seasons under brother Terry and was promoted to offensive coordinator in his third year.

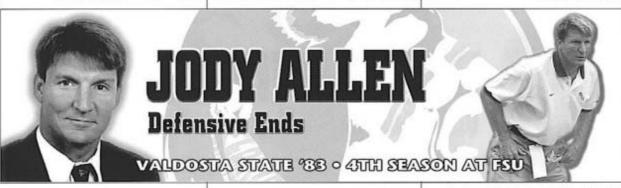
After a year back at FSU as a graduate assistant, Jeff rejoined Terry at Samford University in Birmingham, Ala. He was the Bulldogs' offensive coordinator in 1987 and added the title of assistant head coach from 1988-90. He is credited with guiding the career of Division III All-America quarterback Jimbo Fisher at Samford.

Associate Head Coach (2002-present)

He moved from Samford to Southern Mississippi and coached the receivers for three years before coming to Tallahassee.

Jeff'is married to the former Cindi Smith and they have five children, Haley, Hunter, T.J., Robert and Julia Elizabeth.





ALLEN QUICK FACTS	
YEARS AS A COLLEGIATE	COACH: 14
COACHING STOPS:	
Marion Military Institute	Offensive Line (1983)
Alabama	
Ole Miss	Receivers (1987-89), Running Backs (1990-91)
	eivers (1992), Offensive Coordinator Quarterbacks (1993)
Shreveport Pirates (CFL)	
Murray State	
Griffin (GA) High School	Offensive Coordinator (1998)
Valdosta State	
Florida State Gra	duate Assistant (2000-01), Defensive Ends (2002-present)

ody Allen begins his second year as the defensive ends coach at Florida State in 2003 and he has a wealth of talent at his position. He moved into the full-time role prior to the 2002 season replacing Jim Gladden who had been an assistant at FSU for 27 years. While he was the newest member of the staff, Allen, 42, was no stranger to the

coaches or players having served as a graduate assistant at FSU for the previous two seasons working with the defensive backs.

Allen's coaching resume goes much deeper than FSU as well as he brings 10 years of experience on the Division IA level. A 1983 graduate of Valdosta State University, Allen was an assistant there in 1999. He coached at Griffin (GA) High School in 1998 and Murray State University in 1997. Prior to those stints, he coached two years in the Canadian Football League with the Shreveport Pirates in 1995 and BC Lions in 1994. He was wide receivers coach at Arkansas State in 1992 and in 1993 became the offensive coordinator. He coached receivers and running backs at Ole Miss during his tenure there from 1987-91. Allen was a graduate assistant at Alabama in 1984-85 before coaching the wide receivers for the Crimson Tide in 1986.

"I prefer to hire from within when I can as I did in the past with Jim Gladden, Brad Scott, Mark Richt, John Lilly and others," said Bowden. "They all came up through our ranks. Jody has a great relationship with the players he coaches and brings a lot of enthusiasm to his position. He's a veteran coach who knows what it takes to be successful at our level. He did a fine job with the defensive ends last year and that was challenging because we lost Charles Howard right out of the gate and he had to hustle some young players in there. For our defense to be successful we, ve got to have good play from our defensive ends and I think you, Il see that in 2003."

Allen's charge for this season will be to develop leadership among a talented group of defensive ends. The entire FSU defense lost only one starter a year ago and it was Alonzo Jackson who had held down the right defensive end spot for most of three years. Kevin Emanuel enters his senior campaign as the most likely leadership candidate and he should start at left end. Junior college transfer Chauncey Davis had a terrific spring in his first work with FSU and should be an immediate help in the fall. Sophomores Willie Jones and Kamerion Wimbley also had exceptional springs to make left end one of the deepest positions on the field. Junior Eric Moore showed flashes of brilliance at right defensive end, but he will have his hands full with experienced junior Charles Howard chomping at the bit for starting honors. Freshman Darrell Burston used his first-ever spring training to show Allen that he could be counted on for playing time in the fall as well.



1993 & 1999 NATIONAL CHAMPIONS





DARYL DICKEY

Quarterbacks

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wasted little time following FSU's National Championship game at the 2001 Orange Bowl to name Daryl Dickey to his coaching staff to handle the quarterbacks. Dickey filled the position vacated by Mark Richt who was named head coach at Georgia in December of 2000. Dickey stepped into a unique situation in terms of FSU football as he would be forced to get a redshirt freshman ready to go as the starter for the first time in 28 years at FSU. Not only that, but the rookie would have to follow four-year starter and Heisman Trophy winner Chris Weinke.

Dickey's work with Chris Rix in 2000 was outstanding as Rix finished the year as the ACC's Rookie of the Year, the National Offensive Rookie of the Year and the nation's

eighth-rated passer.

Dickey's charge in 2003 will be to establish the depth chart at quarterback and he has expressed the determination to get moreconsistency out of the position. Coaches had hoped for a battle during spring between Rix and talented junior Fabian Walker, but off-scason surgery kept Walker from full participation. He should be healthy in the fall and ready to push for starting duties. Dickey is also working with redshirt freshman Wyatt Sexton, converted wide receiver Lorne Same and David Koral who all need experience before getting a chance with the first team.

Dickey, 41, came to FSU after four seasons as the head coach at Presbyterian College in South Carolina. The 2000 season, Dickey's last as head coach, was a special one for the Blue Hose as they posted an 8-2 record and finished second in the Atlantic Conference. It marked the second time in three years that a Dickey-led Blue Hose team finished second in the league regular season and posted an eight-win season. The overall record in 2000 was the best for a Blue Hose squad since 1979 when PC finished the regular season ranked No. 1 in the NAIA and posted an 11-2 record. Dickey's 1999 and 2000 teams provided the best two-year span in football (15-6) for the Blue Hose since the 1978-79 seasons. Preschyterian finished 7-4 in 1999, 8-3 in 1998 and 5-6 in Dickey's first season with the

DICKEY QUICK FA	CTS
YEARS AS A COLLEC	GIATE COACH: 18
COACHING STOPS:	
Tennessee	
Florida State	
Kentucky	Quarterbacks Coach (1990-93), Offensive Coordinator (1993-95
Georgia Southern	Offensive Coordinator/ Quarterbacks Coach (1995-96

Florida State Blue Hose (1997).

Presbyterian ..

A Tennessee graduate, Dickey quarterbacked the Volunteers who finished 9-1-2 during his senior season in the fall of 1985. He led the Southeastern Conference in passing efficiency that year and the Vols were unbeaten in the seven games that he started. He was named Most Valuable Player of the 1986 Sugar Bowl when he led the Vols to a 35-7 win over Miami.

After a brief stint with the San Diego Chargers in the NFL and the Memphis Showboats in the USFL, Dickey returned to Knoxville to serve as a graduate assistant coach for the Volunteers. He was assistant quarterback coach at Tennessee before being named a volunteer assistant at Florida State. During his stint with the Seminoles, Dickey helped guide quarterback Peter Tom Willis to the seventh-best total offense ranking in the nation during the 1989 season as Willis passed for 3,124 yards and 20 touchdowns.

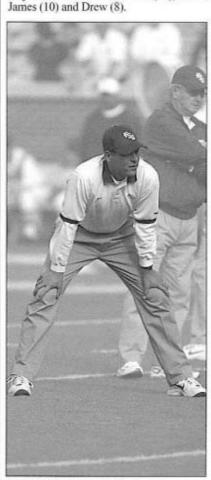
Dickey served as quarterbacks coach at Kentucky from 1990-93 and then was promoted to offensive coordinator for the Wildcats, a position he held for another two years. Three of Dickey's quarterbacks at Kentucky Pookie Jones, Freddie Maggard, and Brad Smith all finished their careers ranked among the top 15 passers in Wildcat history. Jones finished with the second-best career total offensive numbers in school history.

From March of 1995 until December of 1996, Dickey served as offensive coordinator and quarterbacks coach for Georgia Southern, a Division I-AA member of the Southern Conference.

Dickey is the son of former Tennessee and Florida head coach, and retired Director of Athletics at Tennessee Doug Dickey. He played high school football at Buchholz Highin Gainesville, Fla., but graduated from Fairview High in Boulder, Colo. He is married to the former Kendall George and they have three children: Karis (13), Dallas James (10) and Drew (8)

Quarterbacks Coach (2001-present)

Head Coach (1997-2000)





HAGGINS OUICK FACTS

YEARS AS A COLLEGIATE COACH: 9

COACHING STOPS:

Florida State Tight Ends/Offensive Line (1994-95); Defensive Tackles (1996-present)

n nine years as an assistant coach at Florida State, Odell Haggins has proven that the enthusiasm and dedication he displayed as an All-American noseguard for the Seminoles has transferred into great suc-

cess as a football coach. Haggins has made FSUis interior defensive front one of the most respected units in all of college football. This season, he and defensive ends coach Jody Allen welcome back three returning starters and along with talented underclassmen to a position which should be the backbone of the defensive unit. Haggins came to FSU in 1994 when

Haggins came to FSU in 1994 when Brad Scott was named head coach at South Carolina and took fellow FSU assistants John Eason and Wally Burnham with him. When the decision came as to who would be hired to complete the "new" FSU coaching staff, Bowden turned to one of his own and selected Haggins. The decision has proven fruitful for both Florida State and Haggins.

"I'm really enjoy coaching the defensive tackles,' said Haggins. "I feel like I've come home. I know what it takes to be successful at the position and I know how important the defensive line is in the overall scheme. I've learned techniques that will work at the NFL level and those same principles should make you a better college player."

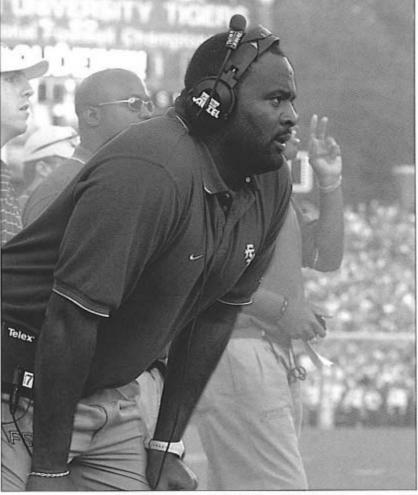
In addition to his success in terms of coaching, Haggins has emerged as one of the top recruiters in the country pouring the energy and enthusiasm he has for his alma mater into the all important job of making sure there are talented Seminoles on the depth chart.

A native of Bartow, Fla., Haggins was a four-year letterwinner and popular team leader for the Seminoles from 1986-89. He earned Kodak, Walter Camp and UPI All-America honors as a senior in 1989 and was a second team Associated Press selection as a junior in 1988. The 1987 FSU team finished the season ranked second in the nation and the Seminoles were third in the country in his junior and senior seasons.

Following his standout collegiate career, Haggins was drafted by the San Francisco 49ers and played two years, earning a Super Bowl ring in 1990. He spent the 1991 season with the Buffalo Bills.

Haggins earned a degree in criminology from Florida State and was working with the state attorney's office in Jackson-ville before he joined the FSU staff. He worked with the rehabilitation of juvenile offenders while with the state attorney and continues to make working with young people a priority.

Haggins is married to the former Robin imbrough.





immy Heggins begins his ninth season as offensive line coach at Florida State and his 17th overall on the FSU staff in 2002. The Seminole offensive front is expected to be a strength in 2002 as all five starters return including All-America candidate Brett Williams at offensive tackle.

Heggins was an outstanding nose-guard on Bobby Bowden's FSU teams in the mid 70s. He returned to his alma mater in 1986 as a full-time coach after a year at Southwestern Louisiana where he coached USL's defensive ends. Prior to his stint with the Ragin' Cajuns, Heggins was running backs coach at Eastern Michigan for two years and at Western Illinois for a year. He coached the tight ends and then the noseguards at FSU prior to taking over the offensive line duties in 1994.

The Seminoles have produced a number of NFL caliber offensive linemen and have had two offensive linemen selected in the first round of the NFL draft over the last four years. Seattle selected Walter Jones No. 6 overall four years ago and he started for the Seahawks as a rookie. Tra Thomas was selected with the 11th pick of the 1999 draft by Philadephia. In fact, FSU's 1996 offensive line produced three NFL players with Clay Shiver starting at center for the Dallas Cowboys in 1997 and Todd Fordham signing with the Jacksonville Jaguars. Heggins has coached five players over the last three years alone who have been drafted by the NFL. Tarlos Thomas and Milford Brown were selected in 2000 and a supplemental to 2002, while Brett Williams, Todd Wiliams and Montrae Holland were all selected this spring. In addition to his offensive line protegés, Heggins coaches a pair of tight ends who enjoyed solid NFL careers in Reggie Johnson and Lonnie Johnson.

Heggins' challenge in 2002 is in stark contrast to last year. Prior to the 2001 season, PSU returned just two starters on the offensive front (Brett Williams and Montrae Holland). All five starters return for this season although Williams missed some of sorting drills after offseason knee survery.

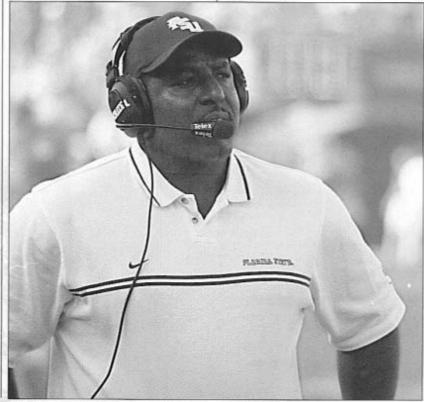
spring drills after offseason knee surgery. A native of Salisbury, N.C., Heggins began his collegiate coaching career as a graduate assistant at East Carolina in 1980. He filled the

HEGGINS QUICK FACTS	THE R. P. LEWIS CO., LANSING, MICH.
YEARS AS A COLLEGIATE COACH: 23	
COACHING STOPS:	
South Miami High School (Miami, FL)	Head Track and Field Coach (1978-80)
East Carolina	
Florida State	Graduate Assistant (1981-82)
Western Illinois	
Eastern Michigan	
Southwestern Louisiana	Defensive Ends (1985)
Florida State	Recruiting Specialist/Noseguards (1986-89);
Tight En	ds (1990-91); Offensive Line (1992-present)

same role at FSU in 1981 and '82.

Heggins came to Tallahassee to begin his playing career in 1974 as a running back after gaining 1,670 yards and earning allstate honors in North Carolina in 1973. A fullback his first two seasons with the Seminoles, he made the switch to noseguard in 1976 (Bowden's first year) and was named the squad's outstanding defensive player following the season. As a senior, he led Florida State to a 10-2 record and a win over Texas Tech in the Tangerine Bowl.

Heggins has two daughters — Andrea and Lauren.





	JOST QUICK FACTS	
Г	YEARS AS A COLLEGIATE COACH: 15	
	COACHING STOPS:	
	Nebraska	5)
	Holy Cross Strength & Conditioning Coach (1995-96	9)
Г	SMU Strength & Conditioning Coach (1996-01)
	Florida State	

ne of the most important aspects of any successful athletic department is the strength and conditioning of its student-athletes. FSU's commitment to its program is tangible both in the quality of the individuals who run the programs and the

strength and conditioning of its sulindividuals who run the programs and the

improvements being made to the facilities and training areas. That was reinforced this summer when Jon Jost was presented with certification of Master Strength and Conditioning Coach, which makes him one of only 36 individuals in the world who have earned the distinction.

Jost, 34, came to SMU in 1996 via the College of Holy Cross where he was the head strength and conditioning coach for two years. He started his career as a strength and conditioning coach at the University of Nebraska where he served as an assistant for seven years (two years student assistant, five years full time assistant) and earned certification as a strength and conditioning specialist. During that time, Jost worked closely with Boyd Epley, the Nebraska Director of Athletic Performance and founder of the National Strength and Conditioning Association.

Jost worked extremely hard his first year to develop staff of experts dedicated to improving athletic performance. He and his staff of six full-time assistant strength coaches and four graduate assistant strength coaches are committed to providing the best athletic performance enhancing program in the nation to FSU athletes. Jost and his staff implement a comprehensive strength and conditioning program designed to reduce the risk of injury and to train the complete athlete. Each program is tailored to each individual athlete and addresses agility, endurance, flexibility, power, speed and strength. The goal of the program is to maximize the on-field performance of each athlete, while reducing the risk of injury.

Jost has also been busy with the design of the new Strength and Conditioning Complex that will be completed in 2003.

Jost earned a master's degree in education administration with an emphasis in postsecondary education and athletic administration from Nebraska in 1994 and a bachelor's degree in exercise science with an emphasis in strength and conditioning from Nebraska in 1990. Jost is married to Marianella Baez.





ohn Lilly, who has established himself as one of the finest recruiting coordinators in the country, begins his eighth season with the Florida State football program in 2002. Lilly is in his fifth year as tight ends coach and recruiting coordinator.

Lilly was named a full-time assistant coach in January of 1998 and has headed the efforts in recruiting the last four classes at Florida State, which have all been ranked among the nation's best. His 2001 recruiting class was a near-unanimous choice as the very best in the nation, and this year's recruiting class is equally as talented.

Lilly's transition from coaching the defensive backfield with Mickey Andrews as a graduate assistant to working with the Seminole tight ends was an easy one. He served as a graduate assistant in 1996 and 1997 under Andrews, after coming to FSU as the defensive videographer in 1995.

In 2002, Lilly will have a battle on his hands for the vacant starting position at tight end. Carver Donaldson graduated, leaving veteran Patrick Hughes and sophomore Paul Irons competing for the job. Also hoping to get into the mix will be true freshman Lonnie Davis, who has been ranked among the top three tight end prospects in the country as a high school senior at White High in Jackson-

A 1990 graduate of Guilford College, Lilly was a Dean's List student all four years while playing quarterback, wide receiver and special teams for the Quakers from 1986-89. He was named the winner of the Golden Helmet Award as the ideal Guilford College football player as a senior and was a team captain at the North Carolina school.

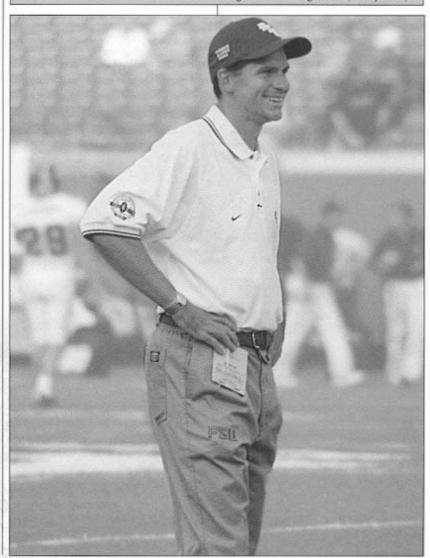
team captain at the North Carolina school.
Anative of Beckley, W.V., Lilly graduated from Woodrow Wilson High where he played quarterback for one of the state's top high school programs.

Lilly joined the Florida State football family in 1995 after coaching and teaching at Northwest Guilford High in Greensboro, N.C., from 1991-94.

LILLY QUICK FACTS

YEARS AS A COLLEGIATE COACH: 8

COACHING STOPS:





STEELE QUICK FACTS	
YEARS AS A COLLEGIATE CO	DACH: 19; NFL: 4
COACHING STOPS:	
Tennessee	Student Coach/Graduate Assistant, OLBs (1980-82)
	Linebackers/Recruiting Coordinator (1983)
Oklahoma State	Outside Linebackers/Tight Ends (1984-86)
Tennessee	
	Linebackers (1989-94)
Carolina Panthers	Linebackers (1995-1998)
Baylor	

lorida Stateheadcoach Bobby Bowden's addition of former Baylor head coach Kevin Steele to his coaching staff in January of 2003 has drawn praise from college football experts coast-to-coast. Steele replaces Joe Kines who left the FSU staff to become defensive coordinator at Alabama after last season.

Steele comes to FSU after spending the 1999-2002 seasons at Baylor. A 1981 Tennessee graduate, Steele coached the linebackers for the Carolina Panthers before taking the head coaching position Baylor in 1999. He has also served as an assistant coach at Nebraska, Tennessee, Oklahoma State and New Mexico State.

"We are very fortunate to bring in Kevin Steele," said head coach Bobby Bowden in announcing the hiring. "Anytime you hire a coach with his knowledge and experience, your program benefits. I know he will do an outstanding job with our defense and especially our linebackers." That praise of Steele proved only the beginning as current FSU linebackers have been very vocal in their admiration for their new coach after just one spring.

Steele inherits a veteran group on the defensive side with young talent that has FSU fans very excited. Seniors Michael Boulware and Kendyll Pope should contend for All-America honors in 2003 and former walk-on Allen Augustin will return in the middle. A bevy of young talent will compete for playing time throughout the 2003 season at the position.

"The opportunity to be a part of the Florida State program is a special one," said Steele in January. "It is an honor to work for a man like Coach Bowden and be a part of what he represents."

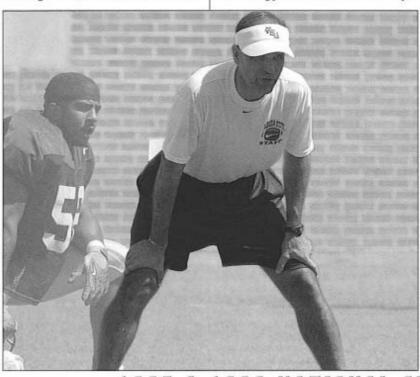
Steele spent his freshman year at Furman before transferring to Tennessee and playing linebacker for Johnny Majors from 1978-79. He stayed on as a student assistant in 1980 and then as a graduate assistant in 1981. He was promoted to outside linebackers coach in 1982.

Steele then moved to New Mexico State, where he served as recruiting coordinator and linebackers coach in 1983. From 1984-86, he coached linebackers and tight ends at Oklahoma State. He returned to his alma mater in 1987 and spent two years as the defensive backs coach.

From 1989-94, Steele coached the linebackers under Nebraska legend Tom Osborne. During his six years in Lincoln, the Cornhuskers went 60-11, appeared in six bowl games, won four conference championships and captured the 1994 national championship with a 13-0 record.

In 1995, Steele made the jump to the NFL as the linebackers coach for the Carolina Panthers. Under head coach Dom Capers, the Panthers reached the NFC Championship game in their second season of existence (1996). After four years with Carolina, Steele was hired as head coach at Baylor in 1990.

The 45-year old Steele is a native of Dillon, SC. He and his wife, Linda, have a 16-year old son (Gordon) and a 14-year old daughter (Caroline).



Graduate Assistants

JOE OSTASZEWSKI

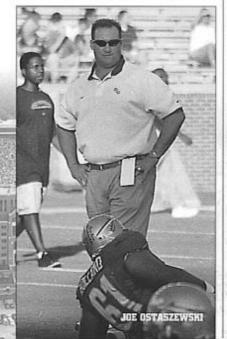
(Florida State '92)

Ostaszewski will assist offensive tackle Joe Ostaszewski will assist offensive coordinator Jeff Bowden and work closely with offensive line coach Jimmy Heggins as he pursues a graduate degree in sports management again this season. He was in the same role last year. He came to FSU after serving as an assistant coach at Williston High School in north Florida where he helped coach the offensive and defensive lines, which prompted him to return to field at the collegiate level.

Östaszewski assists in various football team operations for the Seminoles, including organizing and coaching the scout team, breaking down film of opponents and assisting with monitoring the academic progress of the student-athletes.

Ostaszewski completed his bachelor's degree in criminal justice in 1992. After attending training camps with the Miami Dolphins in 1992 and the Las Vegas Posse of the Canadian Football League in 1993, he returned to school and earned degrees with the State of Florida Fire College, Emergency Medical Technician Academy and Law Enforcement Academy. He served as a public safety officer in Ocean Ridge, Fla., from 1995-98 before working in sales and marketing in Georgia from 1998-2001.

A four-year letter winner for Florida State from 1988 to 1991, Ostaszewski played



defensive line for the Seminoles along with his twin brother Henry. Over his five years at FSU, the Seminoles went 53-8 and never lost a bowl game.

A native of Boynton Beach, Fla., Ostaszweski was a standout player at Santaluces High School where he earned first team all-county honors and honorable mention all-state and All-America honors. Named to the Sporting News Top 100 list, Ostaszweski also competed in Florida-Georgia All-Star game.

KIRBY SMART

(Georgia '98)

irby Smart will assist Defensive Coordinator Mickey Andrews and work primarily with the defensive backs for the second straight season in 2003. Smart joined the FSU staff prior to the 2002 season after coaching at Valdosta State where he worked with the defensive secondary his first year and then served as defensive coordinator in 2001. Smart's defense at Valdosta State ranked second in the nation in scoring in 2001 as the Blazers went a perfect 11-0 in the regular season. Smart was also responsible for monitoring the academic progress of the players at VSU and for coordinating the summer camps.

A four-year lettermen at Georgia, Smart played defensive back for the Bulldogs. He was a two-time all-SEC selection, including first team honors as a senior, and was among the top secondary players in the league with 11 interceptions in his final two seasons. He was named Georgia's team captain and outstanding defensive player in 1998. After participating in preseason with the Indianapolis Colts in 1999, Smart returned to Athens and worked with the Bulldog football program assisting with the film breakdown of the opponents' offense and scout team offense.

A native of nearby Bainbridge, Ga., Smart was a standout athlete at Bainbridge High School where he lettered in football, basketball and baseball. As a senior in 1993, he earned all-state honors and was chosen the Region I 4A defensive player of the year.

An outstanding student, Smart maintained a 3.5 grade point average and graduated Cum Laude from Georgia with a degree in finance. He was a four-time National Football Foundation Scholar Athlete and was the recipient of Georgia's Joel Eaves Award, given to the scholar-athlete with the highest academic average entering their senior year. A member of the Sigma Alpha Epsilon fratemity, Smart, a three-time GTE Academic All-America honoree, was also involved in several honor societies.



Kirby Smart





All-Time FSU Assistant Coaches

Hugh Adams 1955 (GA), 1956
Jody Allen 2000-01 (GA),
2002 present
Chuck Amato
Mickey Andrews 1984-present
Charlie Armstrong 1948-51
Ned Ashton 1976 (GA)
Joe Avezzano1968
Art Baker
Don Blackwelder
Bobby Bowden 1963-65
Jeff Bowden 1986 (GA), 1994-present
Term Pounder 1900 (GA), 1994-present
Terry Bowden
Billy Joe Breakhouse
Don Breaux 1966-67
Mack Brown1974
Jerry Bruner
Wally Burnham 1985-93
Billy Canty 1971-73
Aaron Carter 1984 (GA)
Doug Carter 1984 (GA)
John Coatta 1958-64
John Coatta, Jr1984
John Conlin
Al Conover 1966-67 (GA), 1968-70
Lee Corso
Ronnie Cottrell1989 (GA), 1990-97
Billy Cox1970
Bill Crutchfield 1964-66
Dave Darovec 1975 (GA)
Frank DeBord 1974-75
Chris Demarest 1998-99 (GA)
John Devlin 1971-72
Daryl Dickey 1989 (Vol.),
2001-present
Jim Donnan 1972-73
John Eason
Sam Elliott

Ed Feely 1973-74
Jeff Ferrington
Disk flavors
Dick Flowers 1959-62
Scott Fountain
Mike Fox 1980 (GA)
Steve Gabbard 1997-99 (GA)
Joe Gibbs
Vince Gibson 1956-57 (GA), 1958-63
Jim Gladden 1975 (GA), 1976-2001 Jake Gonos
Jake Gonos 1980 (GA), 1982
Gary Grouwinkel1975
J.E. Gundersheimer 1975 (GA)
Grea Guy 1991 (GA)
George Haffner 1976-78
Doug Hafner 1967-68
George Haffner 1976-78 Doug Hafner 1967-68 Franklin Hagenbeck 1977-78 (GA)
Odell Haggins 1994-present
Owen Hale1954
Doug Hanlon 1991 (GA)
Bob Harbison 1948-72, 1974-85
Steve Hardin 1977 (GA)
Jimmy Heggins 1981-82 (GA),
1986-present
Gene Henderson
Dan Henning 1968-70, 1974
George Henshaw 1976-82
Clark Herman
Jack Hines 1985-86 (GA)
Pat Hodgson1971
Larry Holton1972
Skip Holtz
Dick Hopkins
Max Howell
Bobby Jackson 1965 (GA), 1966-69
Don James 1050 65
Don James 1959-65
Bobby Johns 1985 (GA)
Cal Jones 1974-75
Willie Jones 1988 (GA)
Steve Kalenich 1954 (GA)
413



1964 Coaching Staff — Back Row: Don Powell, Bob Harbison, Bill Proctor, Y.C. McNeese; Front Row: Bobby Bowden, Don James, Head Coach Bill Peterson, Bill Crutchfield, John Coatta

8	Time	。 超過了是 E
Ine Kin	es	2000-2002
Nick Ki	sh	1976-78 (GA) 1979-82
Mike K	mezek	1982-83
Charlie	LaPradd	1956 (GA), 1957-61
Clint Le	dbetter	
John Li	es	1975 (GA) 1996-97 (GA),
		1997-present
Mike L	ong	1953-54
Vaughr	Mancha .	1951-56
Cana N	Aartin	1983-84 (GA) 1965-66 (GA),
Gene n	acoowen	1967-69 1974-84
Wayne	McDuffie .	1967-69, 1974-84 1971-72 (GA), 1973, 1983-89 1959-63 1968 (GA), 1969
	The areas and a second	1973, 1983-89
Bubba	McGowan	1959-63
Ken Me	Lean	1951-52 1963-67
Ken Me	eyer	1951-52, 1963-67 1959-62
Jimmy	Messinese	1954 (GA)
Pat Mil	ligan	1987-88 (GA)
Roger !	Mosure	1975 (GA) 1975 (GA)
Paul Or	dom	1955 (GA) 1956
Joe Ost	taszewski	2002-present (GA) 1989-90 (GA)
Mike O	wens	1989-90 (GA)
Larry P	cens ecatiello	1970-72
Larry P	endleton	1970 1973-74 (GA), 1975
lay Perl	kins	1985-87 (GA)
Jim "Re	d" Phillips	1972-73
Mike P	"Deek" Po	ollard 1974-75 1970 (GA), 1971-74
Don Po	well	
Bill Pro	ctor	1962 (GA), 1963-65
Bill Rag	ans	1959 (GA), 1964-66 1962 (GA), 1963-65 1993-95 (GA)
Vince R	agunas	1953-54 1980-82 (GA)
Mark R	icht	1980-82 (GA)
Gerald	Riopelle	1987 (GA)
Pete Ro	odriguez	1974-75 1990-93 (GA)
Rob Sa	aiva nders	1990-93 (GA)
Neil Sc	hmidt	1964-67
Rick Sc	hachner	1974-75
Jeff Sch	aum	1985 (GA)
Brad Sc	noomeia	1976-80 1984 (GA), 1985-93 1977 (GA), 1979-present 1972-74 (GA), 1979-81
Billy Se	xton	1977 (GA), 1979-present
Bill Sha	w	1972-74 (GA), 1979-81
Kennet	n Snipp	1959 1991-92 (GA)
		1991-92 (GA)
Hank S	mall	1972
Mover	Smith	1973
David S	inell	1976 (GA) 1989-90 (GA)
Phil Sp	pencer	1989-90 (GA)
Winstn	n Significad	1053.54
Kirby S	mart	2002-present (GA)
David S	stallworth .	2002-present (GA) 1992 (GA) 1973, 1976-83 1985-86 (GA)
Rob Sti	nchcomb	1985.86 (CA)
Hugh T	avior	
Mark T	homas	1980 (GA)
Frank T	oomey	
Frank V	gt ohun	1964-67 1976 (GA)
Will Wa	ills	1959
Tom W	heeler	
Bud Wi	nitehead	1969-70
David V	Villiams	1994-95 (GA)
Eddie V	Vilson	
Kule W	ilson	2000-01 (CA)
Charlie	Wright	1969
Bold	yant	

FSU Strength & Conditioning BUILDING CHAMPIONS



Bryan McCall, Assistant Director

he FSU strength and conditioning program is designed to improve athletic performance through an individualized regimen of stretching, lifting, speed, power, agility and conditioning drills. The goal of the program is to maximize the on-field performance of each athlete, while reducing the risk of injury.

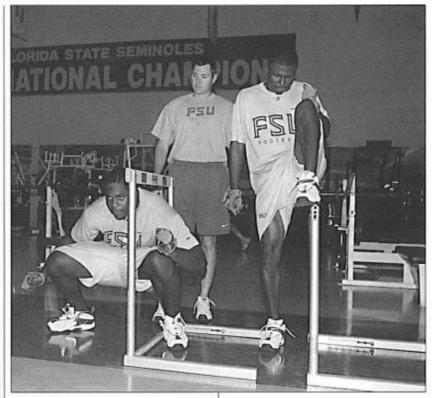
Before a strength program is designed for an athlete, they are put through a series of physical tests to evaluate their speed, power, strength, agility, and body composition. Once the testing is completed, a program is assigned to each student-athlete that will specifically address his weaknesses and enhance his strengths.

The computerized workout programs show in detail the exercise, the number of sets, repetitions and amount of weight prescribed for each workout. Coach Jon Jost and his staff of experts closely monitor progress to assure each student-athlete is on schedule to reach their goals. Physical development is critical in order to excel at the collegiate level.

The strength and conditioning staff is continuously researching and following the most scientifically sound and up-to-date principles of strength training to safely maximize the athletic potential of FSU's players.

players.

The 2001 season marked the start of a new era for FSU's strength and condition-



ing program. FSU was excited to welcome Jon Jost as the new director of strength and conditioning. Jost started his coaching career at Nebraska, under the guidance and mentoring of Nebraska strength and conditioning legend Boyd Epley. Prior to joining FSU, Jost spent two years at Holy Cross and the last five years at Southern Methodist University.

While at SMU, he established a very solid strength and conditioning program and completed the design of one of the nation's top-notch weight room facilities contained within the new Gerald Ford Stadium in Dallas, Texas.

Jost's focus at Florida State continues to revolve around building — building stronger and better athletes as well as new facilities.

This is an exciting time for the strength and conditioning program, where the goal is to provide the best athletes in the nation with the best resources and tools in the nation. FSU's athletic department is committed to excellence in every area, this includes providing the athletes with the most state of the art facility and equipment. The new facility will give FSU the best platform to train its athletes to their full athletic potential.

HIGHLIGHTS OF THE NEW FACILITY:

- 14,000 square foot strength complex
- 20 self-contained Olympic Power Platforms
- 20 elite sets of competition bumper plates
- State of the art aerobic equipment
- 2000 square foot complex training area
- Football-specific weight training equipment
- State of the art sound system

SCIENTIFIC PRINCIPLES FOLLOWED BY THE FLORIDA STATE STRENGTH & CONDITIONING PROGRAM Ground-Based Exercises

Ground-based or closed-chain movements mean that the activity is be-

ASSISTANT DIRECTORS

Bryan McCall	Football, Golf
Mike Bradley	Men's Basketball, Women's Tennis
Kevin Fitzgerald	Cross Country, Baseball
Charlie Melton	Soccer, Track & Field
Dave Plettl	Women's Basketball, Men's Tennis
Janna Walkup	Volleyball, Softball

GRADUATE ASSISTANTS

Josh Hingst • Matthew Ray • Jeff Smith

STUDENT ASSISTANT

Tyler Peacock

ing performed with the athlete's feet on the ground. The more force you can exert against the ground, the faster you can run, and the higher you can jump. Our athletes training requires the majority of exercises to be ground based in order to develop their position specific skills and muscular recruitment patterns from the ground up.

Multiple Joint Movements

All athletic skills require multiple joint actions timed in the proper neuromuscular recruitment patterns. At FSU we maximize the efficiency of each workout by prescribing multiple joint movements as much as possible.

Explosive Training

This is the most critical training aspect for football. Training explosive, quick muscular contractions with free weights allows more fast twitch muscle fibers to be recruited which results in power.

Progressive Overload

The load of weight lifted for each exercise is a very fundamental component of strength training. Overload happens when the body responds to training loads greater than normal. This causes muscle tissue to go into a catabolic state or to break down. The body then adapts, through good nutrition and rest. By compensating repeatedly over and over, the muscle develops more strength and endurance.

THE PROGRAM

The primary objective of conditioning is to improve the energy capacity of an athlete to improve performance on the field. Football is defined as a power sport, an activity with work bouts of high intensity and short duration. There are physiological reasons why a football player trains differently than a distance runner. FSU athletes improve football specific conditioning by primarily training at the correct work to rest ratio and training the ATP energy system.



ACCELERATION

The ability to reach top speed in the shortest period of time. Number one tested indicator of performance

Training Focus:

- ♦ Developing leg strength
- Increasing lower body explosive power
- Performing resisted running and training the ATP energy system



FLEXIBILITY

The range of movement in a joint and its surrounding muscle. This is a key component of improving athletic performance and avoiding injuries.

Training Focus:

- Using passive and active static stretching
- Addressing the importance of warm ups
- Practicing dynamic (Full range of motion) flexibility drills



SPEED

The combination of stride length (the amount of ground covered between steps) and stride frequency (the number of steps per second).

Training Focus:

- Developing leg strength with ground based power movements
- Improving running mechanics
- ◆ Training the ATP energy system



AGILITY

The ability to change direction without the loss of speed.

Training Focus:

- Performing both programmed (cone, line and bag drills) and reaction (visual stimulus directed movements) agility drills
- Improving acceleration and lower body power



STRENGTH

Strength is defined as Mass x Distance. Research shows that there is a positive correlation between improvement in strength and improvement in athletic performance.

Training Focus:

 Following a program that includes a carefully monitored progressive overload and a variety of multiple joint exercises.



POWER

Defined as Mass x Distance + by Time. In other words, it is the combination of strength and speed.

Training Focus:

- Performing Olympic lifts
- Employing plyometries



1993 & 1999 NATIONAL CHAMPIONS

Equipment Managers



Keith Graham

DAVE DELEGAL

Equipment Manager (Florida State '93) Ninth Season at FSU

ave Delegal begins his fourth year as the Seminoles head equipment manager and his seventh consecutive after returning to FSU following a two-year stint with the NFL's Jacksonville Jaguars.

Delegal's duties include the supervision of the student managers and practice facilities, as well as fitting and repairing protective equipment for the Seminole football team. He is also responsible for inventory and ordering of protective equipment.

A 37-year-old native of Jacksonville, Delegal is a 1993 graduate of Florida State where he was a student manager for the football team. Delegal then served as the Seminoles' assistant equipment manager for two seasons (1993-94) before filling the same role with the Jacksonville Jaguars.

Delegal is a certified member of the American Equpiment Managers Association. He has also worked at Sunbelt Athletic, Inc., and was a member of the 1997 AFC Pro Bowl Staff.

KEITH GRAHAM

Assistant Equipment Manager (Florida State '97) Sixth Season at FSU

eith Graham begins his fourth season as the Seminole's assistant equipment manager and his 11th year overall with the Seminole football team. Graham returns to Florida State after a one-year stint with the NFL's Seattle Seahawks.

A 33-year-old native of Savannah, Ga., Graham is a 1997 graduate of Florida State. He earned a degree in Sport Management while serving as a student manager for the football team from 1992-1996. Graham spent the 1997 and 1998 seasons working in the equipment room prior to becoming the assistant equipment manager for the Seattle Seahawks during the 1999 season.

Graham's duties include the supervision of the student managers and practice facilities, as well as fitting, preparing and inventorying protective equipment for the Seminole football team.









1993 & 1999 NATIONAL CHAMPIONS



Videographers

SU Athletic video is another state of the art video area within FSU athletics. Athletic Video staff provide virtually every FSU coach with game and practice footage as well as that of upcoming opponents. Using

state of the art coaching stations and media storage, an FSU coach has instant access to video usually within only minutes of completion of a game or practice. FSU's Athletic video staff are recognized among the very best in the nation. Coordinator Billy Vizzini has been instrumental in the implementation of the systems within Seminole athletics including assisting with the design of the new Moore Athletic Center to make the entire structure video connected. Craig Campanozzi's value to the overall program at FSU is huge and he also brings a wealth of experience, including a stint with the Atlanta Falcons of the NFL, to his position. The hard work of the Video staff insures that student-athletes and coaches at FSU have access to the very best in video breakdowns.







Support Staff

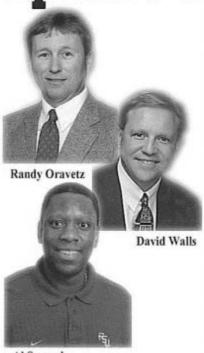






Sheryl Jacobs Offense Secretary

Sports Medicine Staff



Al Soumah

RANDY ORAVETZ

Director of Sports Medicine (Florida State '79) 25th Season at FSU

ne of the most important aspects of a top athletic program is the training staff and Florida State's athletic training operation is headed by one of the best in the country in Randy Oravetz. In fact, Oravetz was honored in 1998 by the National Association of Athletic Trainers as the winner of the National Service Award.

Oravetz begins his 18th season in his post as the director of sports medicine at FSU in 2003. He oversees the training room operation for all 17 intercollegiate sports offered at Florida State. Before being elevated to the head trainer's position in 1986, Oravetz served as the number one assistant trainer at FSU for seven years,

Oraveiz leads a staff of eight full-time assistant trainers and a large group of student trainers. He is the primary liaison between the Florida State team doctors and the coaching staff. Oravetz is directly responsible for the everyday care and treatment of the FSU football players. He and his staff deal with the prevention, treatment and rehabilitation of all athletic injuries.

Oravetz served as a student trainer for

four years as an undergraduate at FSU under legendary FSU athletic trainer Don Fauls. He was elevated to a full-time assistant in 1979 under Fauls, who passed away in 1997 and after whom the current training facility is named, immediately following graduation from FSU.

During his tenure as an assistant trainer, Oravetz served as the head trainer for FSU baseball team as well as assisting with the basketball, track, swimming and tennis squads.

He and his wife, Linda, have two sons

— Jonathan and Thomas.

DAVID WALLS

Assistant Trainer (West Virginia '87) Eighth Season at FSU

avid Walls begins his eighth year as an assistant athletic trainer on the Florida State staff. Walls works directly with the Seminole football team and coordinates the rehabilitation programs for FSU's student-athletes.

Walls came to Florida State after working for the Penn State University Orthopedic & Sports Medicine Center and Tallahassee Orthopedic & Sports Physical Therapy where he was responsible for implementing a sports medicine outreach program to area high schools and junior colleges.

Walls received his master's degree from Penn State in Health Education where he served as a graduate assistant athletic trainer for two years. His duties included working with Nittany Lions football and track teams and supervising the Indoor Sports Complex. In addition, Walls has worked as an assistant trainer for the Indianapolis Colts.

A 39-year-old native of Craigsville, W.Va., Walls received his undergraduate degree from West Virginia in 1987.

AL SOUMAH

Assistant Trainer (Howard University '99) Second Season At Florida State

I Soumah begins his second season as an assistant athletic trainer on the Florida State staff. He works directly with the Seminole football team and also coordinates Florida State's graduate assistant program.

Soumah brings a wealth of varied experiences to the Seminole training staff. He was a rehabilitation technician at Sunspectrum Matrix Rehabilitation immediately prior to his arrival at Florida State.

While there, he provided patient treatment and assisted in the implementation and supervision of therapeutic exercises for patients. Soumah was an intern with the San Diego Chargers in 1999 and 2000 and the Washington Redskins in 1999. He was involved in all aspects of preparation and rehabilitative duties with both NFL teams.

He began his athletic training career as a student-trainer at Howard from 1996-99. He worked with the Bison's football, wrestling, men's basketball, women's lacrosse and men's and women's swimming and track teams as a student. Soumah was the athletic trainer at Morgantown High School while working towards his master's degree at West Virginia. He organized and initiated a rehabilitation program and issued protective equipment to the student-athletes. Soumah earned his bachelor's degree in physical education from Howard University in 1999 and his master's degree in athletic training from West Virginia in 2001.









First Game
'50 at Doak
Campbell
Stadium

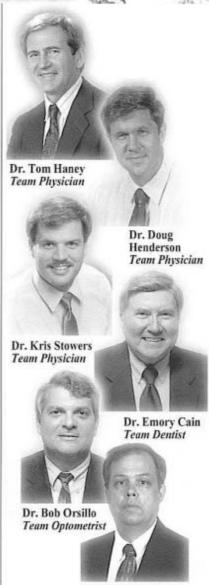


64 Consensus
All-American

76 Era
Regins

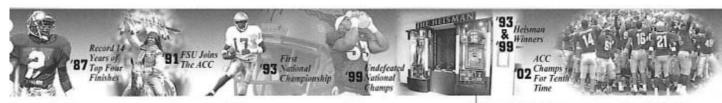
Medical Staff











DAN FOOTMAN

The Atlantic Coast Conference has selected a football player to receive the Brian Piccolo Award since 1971. The award is named after the former Wake Forest football star who was drafted by the Chicago Bears, but whose death and courage has inspired athletes for over 25 years. The story was made into a popular movie. The award is given to "the most courageous" player in the ACC and five Seminoles have won the award. Dan Footman in 1992, Sam Cowart in 1997, Corey Simon shared the award with Virginia's Anthony Poindexter in 1998, Chris Weinke in 1999 and Anguan Boldin last year. The award is a tribute to not only the hard work and character of the winners, but also the professionalism and dedication of the trainers and medical staff who assist the players in the rehabilitative efforts. FSU's honorees are particularly successful as Footman had a long career with

