



# Head Coach



## 2004 Track & Field



**Bob Braman**  
Head Coach  
(Florida '80)

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. In

taking on the larger role, which includes heading both the cross country and track and field programs, Braman wants to further the achievements and accomplishments of the Florida State squad. Braman follows Terry Long, who retired after 19 seasons of coaching the Tribe and whose family has been associated with the Florida State track program for 50 years.

In the past two years, Braman has coached six distance runners to All-American honors in cross country and track and 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, then sophomore Joep Tigchelaar earned his second consecutive trip to the NCAA Championships with the latest coming as an automatic bid. Tigchelaar is the first Seminole to earn All-ACC honors twice.

Braman takes over the reins of a program that won many honors in 2003. Last season, the Garnet and Gold set seven school records, captured the men's ACC Outdoor title, finished as the conference runner-up on the women's side, earned 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 last year. The 2002 season included 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. Senior Vicky Gill finished 15th overall out of 254 runners at the National Championships en route to an NCAA All-America honors in cross country.

In 2001, Braman's second season in Tallahassee, both the men's and women's teams earned national rankings. The men finished the season in third place at South Region, missing the NCAA qualifier by one point. During that season, both squads posted their best finishes at the NCAA South Regional in school history. Then freshman 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.

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, 45, is married to the former Debbie Turner and has two sons, Steven (15) and Tyler (13). 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.



*The 2004 Florida State Track & Field Coaching Staff*

# Assistant Coaches



## 2004 Track & Field



**Harlis Meaders**  
Associate Head Coach  
(North Carolina '92)

Harlis Meaders enters his 10th season on the Florida State coaching staff as the throws coach and his first season as associate head coach. Meaders was named to his newly appointed position in the offseason after head coach Terry Long retired

after 19 seasons at Florida State University.

A high school All-American from Monroe, N.C., Meaders competed at the University of North Carolina. His collegiate track experience includes the shot put, the 35-lb. weight throw and the discus. While at UNC, Meaders was a three-time individual ACC champion and a key member of the 1992 ACC Outdoor Championship team. Meaders was also an NCAA qualifier in the discus and qualified for the 1992 Olympic trials. Meaders held the school record in the discus throw at North Carolina for 11 years and is currently ranked second.

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

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

Under Meaders guidance, last year was one of the most successful seasons in FSU history. Freshman Garrett Johnson was named 2003 ACC Outdoor Freshman of the Year due to his outstanding performances in the discus and the shot put. Junior Dorian Scott posted a mark of 63'9" (19.43m) at the 2003 Penn Relays, which broke the Florida State record set earlier by Johnson and helped Scott qualify for the Jamaican National Championships.



The throw also set the Jamaican national record. During the summer, Johnson won the USA Junior Track and Field Championships, the Pan American Junior National Championship and set the junior national record with a throw of 19.95 meters.

Meaders hasn't only had success producing top athletes, one of his greatest accomplishments is how many of his former athletes have become successful coaches. B.J. Linnenbrink currently coaches at the University of Notre Dame, Cathy Erickson is working with the program at the University of Tennessee and Gregg Jack is the throws coach at Virginia Tech.



**Dennis Nobles**  
Assistant Coach - Pole Vault  
High, Long, Triple Jump  
(Florida State '80)

Entering his 19th 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 in 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. Last year, he guided Lacy Janson to back-to-back indoor and outdoor conference titles in the pole vault and helped her capture her first NCAA indoor title in the pole vault. He also helped Kim Jones to an ACC Outdoor long jump title in 2003 and Teresa Bundy to an NCAA national championship in the triple jump in 2002.

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

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

Nobles is the proud parent of daughter Sally, age 18.



# Assistant Coaches

## 2004 Track & Field



**Maicel Malone**  
Assistant Coach - Women's Sprints  
(Arizona State '95)

Now beginning her fourth season as an assistant track and field coach for the Seminoles, Maicel Malone coached the Florida State University's women's team to its second runner-up finish at the 2003 Outdoor ACC Championships. Additionally, she assisted with the men's ACC indoor and outdoor teams which

captured ACC titles. Malone built a championship-caliber team as she watched the women's 4 x 400 meter relay team move on through regionals to the National Championships where they earned a 7th place finish.

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

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

Highlights of Malone's track career include one Olympic gold medal (4x400m relay, 1996), three World Championship gold medals (4x400m relay and 400m, 1993), two World University Games gold medals (400m and 4 x 400m relay, 1991) and one Pan Am Games gold medal (4x400m relay, 1991). On top of her seven career gold medals, Malone has three silver medals (Goodwill Games, 1990; U.S. Olympic Festival, 1990; World Championships, 1997) and a bronze medal at the 1990 U.S. Olympic Festival. She has also set two American records in the indoor 400m and the indoor 4x400m relay, both in 1991.

During her time at Arizona State, Malone captured seven NCAA titles, 11 All-American honors, two TAC/USA Championships and 10 PAC-10 titles. Currently, she holds the indoor collegiate record in the 400 meters. Additionally, she was named the "Most Outstanding Athlete" of the 1990 Penn Relays after running the fastest 400m relay split in the meet's 96-year history, and also named "Hanes Her Way Woman of the Year" for the state of Arizona in 1991. Malone was the first ever female to win NCAA indoor and outdoor 400m titles and the TAC 400m title in the same season.

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



**Ken Harnden**  
Assistant Coach - Men's Sprints  
(North Carolina '95)

Ken Harnden enters his fifth year with the Seminoles and first as an assistant coach. Harnden spent four years as a volunteer assistant coach and was instrumental in the Seminoles' run to a title at the 2002 ACC Championships.

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.

Harnden works with the men's sprinters, hurdlers and relay teams as well as assisting with home meet management at Mike Long Track.



**Jackie Richards**  
Assistant Coach - Women's Jumps,  
Multi's and Cross Country  
(New Mexico '98)

Jackie Richards begins her second season as an assistant coach for the Florida State track and field program after much success during her first year working alongside the 2003 USATF's Women's National Assistant Coach of

the Year in the jumps/vaults area, Dennis Nobles. Several Seminoles had outstanding seasons including Lacy Janson, who won the Indoor National Championship in the women's pole vault and indoor All-American status, Rafeeq Curry, the Indoor Rookie of the Year and Indoor All-American in the men's triple jump and three ACC indoor champions in both jump areas. 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 outdoor National Championships with four earning All-American status.

Richards will lead the Seminoles to new heights as this year as she will serve as the assistant women's jumps and multi's coach in addition to her role as the women's cross country coach. Some of Richards' responsibilities include working with athletes in the fall speed development program and acting as the recruiting coordinator.

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 indoor/outdoor season, she had eight Big Sky Conference finalists, and two All-Conference team members.

Before working at Sacramento State, Richards served as the assistant coach for the men's and women's track and field and cross country programs at the University of Idaho. Richards also helped guide the men's and women's track teams to first-place finishes at the 2001 Big West Conference Championships. After a successful NCAA finish, the Vandal women ranked 14th in the nation while the men finished 23rd. Richards' coaching career began in 1994 with the Prince George Track and Field Club in British Columbia where she served as the head junior development coach. After her fifth year with the club, she was recognized in Canada for excellence in coaching. She 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 Idaho. Richards is a USATF Level II Track and Field certified.

# Grad Assistants / Volunteers



## 2004 Track & Field



**Peter Ormsby**  
Volunteer Coach  
(Elon University '98)

Peter Ormsby begins his third season on the Seminole coaching staff and first as a volunteer coach. Ormsby assists the cross country and track and field distance teams. Prior to becoming a volunteer coach, the

Annapolis, Md. native worked with the team in a sports psychology role. He is pursuing a doctoral degree in sports psychology.

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



**Althea Belgrave**  
Graduate Assistant  
(University of Idaho '97)

Althea Belgrave is in her first season as a graduate assistant with the Seminoles. She will assist the women's track and field team in the steeplechase and middle distance events. Belgrave spent four seasons running track and two running cross country at the

University of Idaho. The three-time Barbadian national 800 meter and 1500 meter champion, earned All Big West Conference team honors in 1997 in the 800 meters. Belgrave held the national Barbadian record in the 1500 meter event. Belgrave spent two seasons running cross country during her freshman and senior years. During her senior season, Belgrave led all women at the University of Idaho with the fastest time in the 5K event at the conference championships.

After her graduation in 1997, Belgrave worked as a volunteer coach and then as a graduate assistant at Idaho. 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. She is a native of St. John, Barbados.



**John Guarino**  
Graduate Assistant  
(Georgia Tech '93)

John Guarino enters his first year at Florida State University coming from St. Thomas Aquinas High School in Ft. Lauderdale, Fla., where he was the head cross country coach for eight years and track and field for six.

Over his tenure at St. Thomas Aquinas, Guarino led the track team to six consecutive 3A state titles, tying a state record. In six years, he coached state champions in nine different events, as well as coaching a national title team in the 4x200m relay and junior American record holder, Sanya Richards, in the 400-meter event. Among his coaching accolades, Guarino is a five-time Broward County Track and Field Coach of the Year, six-time Broward County Cross Country Coach of the Year and three-time 3A Florida State Coach of the Year. His 2000 girl's track and field squad finished the season ranked No. 2 in the nation.

The Ft. Lauderdale native ran two years of track as a walk-on at Georgia Tech earning a degree in engineering. Guarino is a USATF Level 2 track and field certified coach in sprints and is pursuing a master's degree in sport administration. Guarino assists both the cross country and track teams. He is responsible for administrative coaching duties and home meet management. He will also assist in recruiting student-athletes.



**Wade Brett**  
Volunteer Assistant  
(Florida State University '01)

Wade Brett joins the Seminoles staff as a volunteer assistant working in an administrative role with the track and field and cross country programs at Florida State.

Prior to becoming an assistant, Brett spent four years as a middle distance runner for the Garnet and Gold, competing in the 800m and 1500m events. The Port Lavaca, Texas native earned All-ACC honors his junior season with a second place finish at the 2001 ACC Indoor Championships. Brett received his bachelor's degree in mechanical engineering in 2001.