

# CURTIS FRYE

## SOUTH CAROLINA HEAD COACH

## 18TH SEASON // EAST CAROLINA '74

Entering the 2014 track season in his 18th year as head track & field and cross country coach at South Carolina, Curtis Frye has established a program that is regarded as one of the nation's elite. Frye has coached or overseen over 60 NCAA champions, 115 SEC champions and more than 435 NCAA All Americans.

In December of 2013, Frye's significant impact on the history of track and field at the collegiate, national and international levels through his coaching and the legacies of his student-athletes was recognized as he was enshrined in the U.S. Track & Field and Cross Country Coaches Association (USTFCCCA) Hall of Fame. Earlier in the fall, Frye was also inducted into the Sandhills Community College Hall of Fame in Pinehurst, N.C.

In October 2008, Frye was bestowed the Order of Ikko Medallion, presented by the United States Olympic Committee. A special order reserved for the coach of an Olympic or Paralympic medalist, Frye received the honor after coaching Jerome Singleton Jr. to a silver medal in the men's 100-meter dash at the 2008 Paralympic Games in Beijing. He is also a former President of the United States Track & Field and Cross Country Coaches Association and is currently a non-voting member of the USTFCCCA Board of Directors.

Frye has coached an NCAA champion in all but four years since taking over the program in 1996, including coaching LaKya Brookins three years ago to the 60-meter dash indoor title in 2009 en route to being named USTFCCCA Southeast Region Athlete of the Year for both the indoor and outdoor seasons. Brookins followed up her performance in 2009 with a second 60-meter dash indoor title in 2011. In addition, Frye has coached an SEC champion in 16 of the 17 seasons he has been at South Carolina.

One of the most well-respected coaches in the country, Frye brought South Carolina its first team NCAA championship in any sport when his women's team captured the 2002 NCAA Outdoor Championship crown. Frye is a three-time United States Track Coaches Association (USTCA) National Coach of the Year, taking home the 1999 and 2002 women's outdoor honors and the 1999 men's indoor honors. In taking home the men's indoor and women's outdoor coach of the year honors in 1999, he became the first person in the history of the USTCA to win the award indoors and outdoors in the same year. In 2001, he earned the prestigious Nike Coach of the Year award and was also named the 1997 USOC Track & Field Coach of the Year. Frye is also a three-time SEC Coach of the Year with the honor coinciding with his three women's outdoor conference championships in 1999, 2002 and 2005.

During his tenure at South Carolina, Frye has coached 12 SEC Athletes of the Year, the most recent being Erica Rucker, who was named the 2012 SEC Freshman Runner of the Year (indoor). He has also coached five national athletes of the year in Hastings (2007-overall), Demetria Washington (2002-indoor), Lashinda Demus (2002-overall), Terrence Trammell (2000-outdoor) and Miki Barber (2000-outdoor). Demus was acknowledged by Track & Field News while the United States Track & Field & Cross Country Coaches Association (USTFCCCA) honored the other four recipients.

On the women's side, Frye's teams have placed in the top 10 nationally outdoors in all but five of his seasons at Carolina. In addition to the team title in 2002, his teams earned the silver medal in 2005 and took home the bronze in 2003 and 2006. On the men's side, Frye's team placed in the top 25 nationally indoors in all but six of his seasons.

Along with continued success on the track, Frye has produced winners in the classroom on a consistent basis. Frye's athletes have earned four USTFCCCA National Scholar-Athlete of the Year honors in addition to two SEC Scholar-Athlete of the Year awards. Jason Richardson swept the indoor and outdoor national honors in 2008, following awards earned by 2006 National Indoor Scholar Athlete of the Year Shalonda Solomon and 2002 National Scholar Athlete of the Year Otukile Lekote. Marvin Reitze earned the 2012 SEC Scholar-Athlete of the Year award last season. In 2009, the men's team was named Scholar Team of the Year.

In his career, Frye has coached 25 Olympians who have garnered 13 medals at the Olympic Games. Nine of his former student-athletes competed at the 2008 Olympic Games in Beijing, six of them as first-time Olympians. At the Games, Natasha Hastings earned a gold medal as a member of the USA 4x400m relay

### CURTIS FRYE COACHING HIGHLIGHTS

*One of USA's best coaches*

- ✓ Enshrined in the USTFCCCA Hall of Fame in 2013.
- ✓ During the summer of 2013, served as Team USA men's head coach for World University Games and men's sprint and hurdle coach for the 2013 IAAF World Championships.
- ✓ Named to USA's Olympic track and field staff for Athens 2004, serving as a USA women's assistant coach for sprints and hurdles; Saw three former athletes win gold medals
- ✓ Head coach of an NCAA champion team (2002 women's outdoor)
- ✓ Bestowed with Order of Ikko medallion in 2008, the highest honor a track and field coach can earn in the world
- ✓ Former President of the United States Track & Field and Cross Country Coaches Association (USTFCCCA), current non-voting member of the USTFCCCA Board of Directors
- ✓ Head coach of three SEC Championship Teams (1999 women's outdoor, 2002 women's outdoor, 2005 women's outdoor)
- ✓ 1999 and 2002 USTCA Women's Outdoor National Coach of the Year
- ✓ 1999 USTCA Men's National Indoor Coach of the Year
- ✓ 1999, 2002 and 2005 SEC Women's Outdoor Coach of the Year
- ✓ In 2002, coached athletes who won seven NCAA titles and four gold and one silver medal at the World Junior Championships; In addition, had two named National Athletes of the Year and one named Men's National Scholar-Athlete of the Year
- ✓ 2001 Nike Coach of the Year, 2000 USTCA Women's Outdoor Region Coach of the Year
- ✓ 2001 Goodwill Games USA men's head coach
- ✓ 1999 assistant coach for the USA at the World Track and Field Championships
- ✓ 1997 USOC Track and Field Coach of the Year
- ✓ 1980 North Carolina HS Coach of the Year
- ✓ Assistant coach for 18 ACC championship teams & over 75 ACC champions
- ✓ Coached 25 Olympians and 11 Olympic medalists
- ✓ Coached over 60 NCAA champions
- ✓ Coached over 435 NCAA All-Americans
- ✓ Coached over 115 SEC champions

team. Frye served as an assistant coach for the 2004 USA Olympic women's track team with responsibilities that included working with the sprinters and the relays. He also accompanied his former athletes to the 2000 Sydney Olympics. Frye's athletes won three gold medals in 2004 by Tonique Williams-Darling (Bahamas-400m), Otis Harris (USA-4x400m relay) and Aleen Bailey (Jamaica-4x100m relay). In London this past summer, the total increased by two as Demus (400m hurdles) and Richardson (110m hurdles) claimed silver for the United States.

Most recently, Frye spent the majority of his summer in Russia. First, the Gamecock traveled to Kazan as the Team USA men's head coach for the World University Games. A short time later, he traveled to Moscow as an assistant coach for the IAAF World Championships to work with the men's sprints and hurdles. The sprint and hurdle group medaled in every event of the meet, capturing three gold medals.

Never one to sit on the sidelines, Frye established the Frye Foundation after his family was devastated by diabetes. The foundation is dedicated to assisting those dealing with diabetes and mental illness. Each year, they host a 5K run/walk as well as a golf tournament and silent auction.

Hired at South Carolina on July 29, 1996, Frye came to Columbia after serving as assistant head coach at North Carolina for four years. During his tenure at UNC, he was a part of 13 ACC championship teams.

Prior to his stint with the Tar Heels, Frye was an assistant coach at Florida from 1988 to 1992. While with the Gator program, he coached three NCAA individual champions and one relay champion team. In total, 29 All-America certificates were earned while Frye was in Gainesville.

From 1984 to 1988, Frye was an assistant coach for N.C. State, aiding the Wolfpack to four conference championships. He was instrumental in leading State to 27 All-America honors, four individual NCAA second-place finishes and 37 conference champions.

Frye began his coaching career as an assistant at his alma mater, East Carolina, in 1974. He also served as head coach for the men's soccer team and was director of

## THE CURTIS FRYE FILE

**Born:** Oct. 20, 1951, Vass, N.C.

**High School Education:** Union Pine High School, Cameron, N.C.

**College Education:** Bachelor of Science, physical education, East Carolina, 1974

**High School Athletics:** Lettered in track, football and baseball

**College Coaching Career:**

1974-79, Assistant Coach, East Carolina

1984-88, Assistant Coach, N.C. State

1988-92, Assistant Coach, Florida

1992-96, Assistant Coach, North Carolina

1996-Present, Head Coach, South Carolina

**High School Coaching Career:**

1979-84, Douglas Byrd High School

**Wife:** Wilma

**Children:** Daughters Crystal and Curtrell; Son Curtis, II

**Notable Athletes Coached:** Aleen Bailey, Lisa & Miki Barber, LaKya Brookins, Lashinda Demus, Leroy Dixon, Johnny Dutch, Otis Harris, Natasha Hastings, Mechelle Lewis, Rodney Martin, Jason Richardson, Shalonda Solomon, Terrence Trammell, Tonique Williams-Darling

facilities. Frye took a break from the collegiate ranks from 1979 to 1984 when he was head track and field coach for Douglas Byrd High School in Fayetteville, N.C.

Frye and his wife, Wilma, have three children: Crystal, C.J. and Curtrell.



The Frye Family: C.J., Crystal, Wilma, Curtrell, Curtis and grandchildren.

# THE GAMECOCKS UNDER COACH FRYE

## NCAA FINISHES UNDER FRYE

	MEN		WOMEN	
Year	Indoor	Outdoor	Indoor	Outdoor
1997	7th	T-40th	4th	7th
1998	T-7th	T-11th	T-11th	7th
1999	4th	T-6th	T-18th	7th
2000	T-8th	T-11th	2nd	T-6th
2001	T-16th	T-19th	2nd	4th
2002	6th	6th	4th	1st
2003	4th	10th	T-2nd	3rd
2004	14th	T-31st	T-10th	T-7th
2005	9th	T-26th	5th	T-2nd
2006	T-33rd	T-30th	T-10th	3rd
2007	25th	34th	T-10th	12th
2008	30th	18th	T-53rd	22nd
2009	T-20th	6th	T-12th	40th
2010	8th	11th	19th	51st
2011	57th	NP	23rd	40th
2012	26th	NP	67th	NP
2013	NP	NP	31st	45th

## SEC FINISHES UNDER FRYE

	MEN		WOMEN	
Year	Indoor	Outdoor	Indoor	Outdoor
1997	4th	5th	4th	3rd
1998	4th	5th	4th	2nd
1999	2nd	6th	3rd	1st
2000	8th	8th	3rd	2nd
2001	T-7th	8th	3rd	3rd
2002	9th	7th	4th	1st
2003	3rd	T-6th	2nd	4th
2004	7th	10th	5th	4th
2005	7th	9th	5th	1st
2006	5th	5th	T-3rd	3rd
2007	10th	8th	5th	5th
2008	7th	7th	9th	8th
2009	T-4th	4th	5th	8th
2010	4th	3rd	7th	8th
2011	8th	11th	7th	7th
2012	9th	9th	10th	9th
2013	12th	13th	6th	8th

## MEN'S NCAA CHAMPIONS UNDER FRYE

**Clint Crenshaw (1)**  
1999 ..... 4x100m (O)

**Johnny Dutch (1)**  
2010 ..... 400mH (O)

**Jonathan Fortenberry (1)**  
2002 ..... 4x400m (O)

**Otis Harris (1)**  
2002 ..... 4x400m (O)

**Otukile Lekote (4)**  
2001 ..... 800m (O)  
2002 ..... 800m (I)  
2002 ..... 800m (O)  
2002 ..... 4x400m (O)

**James Law (1)**  
2002 ..... 4x400m (O)

**Shah Mays (1)**  
1999 ..... 4x100m (O)

**Jamie Price (1)**  
1999 ..... 4x100m (O)

**Jason Richardson (1)**  
2008 ..... 110mH (O)

**Brad Snyder (3)**  
1998 ..... Shot Put (I)  
1999 ..... Shot Put (O)  
1999 ..... Shot Put (I)

**Terrence Trammell (6)**  
1999 ..... 60mH (I)  
1999 ..... 110mH (O)  
1999 ..... 4x100m (O)  
2000 ..... 60m (I)  
2000 ..... 60mH (I)  
2000 ..... 110mH (O)

## WOMEN'S NCAA CHAMPIONS UNDER FRYE

**Aleen Bailey (3)**  
2002 ..... 4x100m (O)  
2003 ..... 100m (O)  
2003 ..... 200m (O)

**Lisa Barber (1)**  
2000 ..... 4x400m (O)

**Miki Barber (5)**  
2000 ..... 200m (I)  
2000 ..... 400m (O)  
2000 ..... 4x400m (O)  
2001 ..... 4x400m (I)  
2002 ..... 4x100m (O)

**Tacita Bass (3)**  
2001 ..... 4x400m (I)  
2002 ..... 4x400m (I)  
2002 ..... 4x400m (O)

**LaKya Brookins (1)**  
2009 ..... 60m (I)  
2011 ..... 60m (I)

**Krystal Cantey (1)**  
2007 ..... 4x400m (I)

**Brandi Cross (1)**  
2007 ..... 4x400m (I)

**Lashinda Demus (4)**  
2002 ..... 400mH (O)  
2002 ..... 4x400m (I)  
2002 ..... 4x400m (O)  
2003 ..... 400m (I)

**Dawn Ellerbe (2)**  
1997 ..... Hammer (O)  
1997 ..... 20lb Weight (I)

**Sheneka Griffin (1)**  
2001 ..... 4x400m (I)

**Natasha Hastings (3)**  
2007 ..... 4x400m (I)  
2007 ..... 400m (I)  
2007 ..... 400m (O)

**Lisa Misipeka (2)**  
1998 ..... Hammer (O)  
1998 ..... 20lb Weight (I)

**Amberly Nesbitt (1)**  
2006 ..... 100m (O)

**Tiffany Ross-Williams (2)**  
2002 ..... 4x400m (O)  
2005 ..... 4x400m (I)

**Stephanie Smith (2)**  
2005 ..... 4x400m (I)  
2007 ..... 4x400m (I)

**Shalonda Solomon (3)**  
2005 ..... 4x400m (I)  
2006 ..... 200m (I)  
2006 ..... 200m (O)

**Shevon Stoddart (2)**  
2002 ..... 4x400m (I)  
2005 ..... 4x400m (I)

**Demetria Washington (6)**  
2000 ..... 4x400m (O)  
2001 ..... 400m (I)  
2001 ..... 4x400m (I)  
2002 ..... 4x100m (O)  
2002 ..... 4x400m (I)  
2002 ..... 4x400m (O)

**Erica Whipple (1)**  
2002 ..... 4x100m (O)

**Ellakisha Williamson (1)**  
2000 ..... 4x400m (O)

## ALL-AMERICANS UNDER FRYE

	MEN		WOMEN	
Year	Indoor	Outdoor	Indoor	Outdoor
1997	5	5	5	6
1998	4	6	3	7
1999	5	6	5	5
2000	1	4	5	7
2001	4	5	5	6
2002	6	8	7	9
2003	6	6	7	8
2004	3	1	7	8
2005	2	3	8	8
2006	2	3	7	8
2007	5	7	5	5
2008	1	6	5	5
2009	6	14	6	9
2010	5	11	6	2
2011**	0/2	0/10	1/1	2/4
2012**	1/2	0/6	1/2	0/7
2013**	0/1	0/1	1/7	2/10

\*\* - First Team/Second Team. Beginning in 2011, All-Americans are separated between first team and second team.

## SEC CHAMPIONS UNDER FRYE

	MEN		WOMEN	
Year	Indoor	Outdoor	Indoor	Outdoor
1997	3	2	1	3
1998	3	2	2	4
1999	3	2	2	6
2000	1	1	1	4
2001	1	2	6	6
2002	1	4	4	6
2003	4	4	4	2
2004	—	—	—	1
2005	—	—	—	9
2006	—	—	1	4
2007	—	—	1	3
2008	1	1	—	—
2009	1	4	1	—
2010	1	2	2	1
2011	—	—	1	—
2012	—	—	—	—
2013	—	—	1	—

# TEAM CHAMPIONSHIPS IN THE FRYE ERA



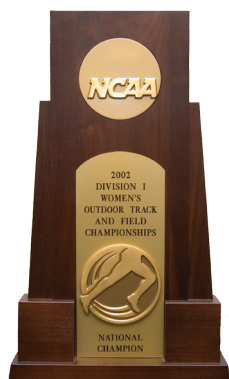
**2002 NCAA OUTDOOR CHAMPIONS**



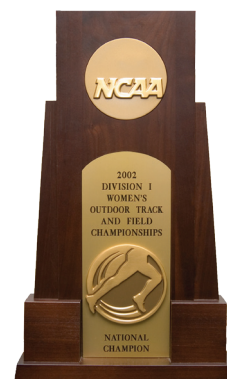
**1999 SEC OUTDOOR CHAMPIONS**



**2002 SEC OUTDOOR CHAMPIONS**



**2005 SEC OUTDOOR CHAMPIONS**



**2014 SOUTH CAROLINA TRACK AND FIELD**



# FRYE ENSHRINED IN USTFCCCA HALL OF FAME

ORLANDO, Fla. – South Carolina track and field head coach Curtis Frye earned one of the highest honors of his career on Dec. 16, 2013, as he was enshrined into the U.S. Track & Field and Cross Country Coaches Association (USTFCCCA) Hall of Fame.

Joining Frye in the Class of 2013 are: Ron Allice, Al Cantello, Dennis Craddock, Jim Hunt and Paul Olsen.

Many of Frye's former athletes and staff members were on hand to celebrate the accomplishment with the coach, including Olympic gold medalists Aleen Bailey, Allen Johnson, along with Olympians Shalonda Solomon and Lisa Misipeka. Jim Bibbs, former Michigan State coach and one of Frye's oldest and most important mentors, was also on hand for the event.

Started in 1995, the USTFCCCA Coaches Hall of Fame exists to recognize coaches who have brought great distinction to themselves, to their institutions and to the sports of cross country and track & field. Each of the honorees exemplifies the qualities of dedication to the sport, leadership and passion for their profession that serve as an inspiration to coaches everywhere in the sport.

Frye joins Weemie "Weems" Baskin as one of two Gamecocks included in the USTFCCCA Hall of Fame. Baskin was the track & field head coach at the University of South Carolina from 1948-69 and the University's outdoor track is named in his honor.



COACHING STAFF



# DELETHEA QUARLES

## SOUTH CAROLINA ASSISTANT HEAD COACH 17TH SEASON // LIBERTY '89

Delethea Quarles is in her 17th year with the South Carolina program and her 24th year as a collegiate coach entering the 2014 season. Promoted to assistant head coach in 2005, her primary responsibilities include coaching the multi-event performers and jumps. Quarles also oversees eligibility and is the team's academic liaison.

Quarles has extensive international experience. The Gamecock has been appointed to the Team USA staff for the last two IAAF World Championships. Most recently in Moscow at the 2013 IAAF World Championships, Quarles served as the jumps and multis coach for the women's team. The group claimed a gold (Brittney Reese - long jump) and two silvers (Jennifer Suhr - pole vault and Brigetta Barrett - high jump) to win medals in three of their five events. Quarles served as assistant coach for Team USA at the 2011 IAAF World Championships in Daegu, South Korea, with responsibility for the jumping events.

In 2007 Quarles was the head coach of the USA Pan American Junior Championship women's team that competed in Brazil in July. While the head coach she was responsible for all jumps and multi events. The men's and women's teams combined to win 48 medals at the meet. Quarles worked as an assistant coach on the all-star squad of coaches for the 2006 USA World Cup team in Athens, Greece, with the responsibility of coaching all the jumps. Quarles ended the 2005 season as an assistant coach for Team USA at the Pan American Championships held in Windsor, Ontario, Canada. With her assistance, the USA team earned 57 medals, the second-highest of all time.

Academically, Quarles has guided three student-athletes to national Scholar Athlete of the Year honors. Jason Richardson became the first Gamecock to sweep indoor and outdoor honors as he was awarded by the USTFCCA for both seasons in 2008 as the male Scholar Athlete of the Year. Shalonda Solomon was named 2006 Indoor Scholar Athlete of the Year, and Otukile Lekote picked up the accolade in 2002. The South Carolina women's team was honored by the organization as the 2006 Academic National Champion, and the men's team was named the 2009 Academic National Champion. In addition, Natasha Hastings was named the 2006 SEC Scholar-Athlete of the Year and Marvin Reitze earned the honor in 2012.

Quarles has coached her student-athletes to 22 All-America honors and six SEC championships. In addition, former Gamecock Chelsea Hammond became the first multi-event student-athlete in South Carolina history to qualify for the Olympic Games. Coached by Quarles from 2002 to 2005, Hammond competed for Jamaica at the 2008 Olympic Games in the long jump. In 2012, Jeanelle Schaper became the first Gamecock to earn an All-America certificate in the high jump, doing so in both the indoor and outdoor season. She added another pair of All-America honors in 2013 to go with an indoor SEC title, the NCAA Championships indoor silver and the SEC outdoor bronze, all firsts for a Gamecock. Schaper also qualified for the 2013 IAAF World Championships.

Quarles has coached 11 of the 14 school record holders in the events for which she is responsible at South Carolina. Greig Cryer finished a career-high third in the long jump at the 2006 NCAA Indoor Championships after setting the indoor school record in the triple jump, crossing the board at 52-5 1/4. The mark was a foot longer than the record that had stood for 12 years. Derek Pressley, a 2008 graduate, jumped a career-best 51-10 1/2 as runner-up in the triple jump at the 2007 SEC Outdoor Championships. Schaper holds the indoor and outdoor high jump records and continues to raise the bar.

Leading the women's team, Quarles coached Kettiany Clarke, Kemesha Whitmire, Tacita Bass and Erin Narzinski to SEC titles. Clarke became Carolina's first pentathlon winner with the title at the 2010 SEC Indoor Championships. Whitmire jumped a 43-7 in 2005 to take the long jump title while Bass and Narzinski combined for three heptathlon titles. In her first year, Quarles saw Narzinski shatter the school record in the heptathlon, finishing fifth at the NCAA Championships, second at the SEC Championships and eighth at the USATF Junior Nationals. Narzinski earned her second heptathlon title in 1999.

Prior to coming to South Carolina, Quarles was an assistant coach at her alma mater, Liberty, for eight years. A three-time All-American, Quarles has a bachelor's degree in psychology and is a native of Covington, Va.



*Quarles has developed Jeanelle Schaper into one of the nation's finest high jumpers.*

### THE DELETHEA QUARLES FILE

**Born:** Feb. 2, 1966, Clifton Forge, Va.

**High School Education:** Allegheny High School

**College Education:** Bachelor of Science, psychology, Liberty, 1989

**High School Athletics:**

Four-year letterwinner in track, band and basketball

Four-year state qualifier in track

First female in school history to score over 1,000 points in basketball

Inducted into Allegheny High School Hall of Fame in 2002

**College Track:**

Three-year letterwinner at Liberty

Three-time All-American

Penn Relays champ in 1989

Team won six conference titles

**Coaching Career:**

1989-97, Assistant Coach, Liberty

1997-2005, Assistant Coach, South Carolina

2005-Present, Assistant Head Coach, South Carolina

**Notable Athletes Coached:** Tony Allmond, Tacita Bass, Kettiany Clarke, Greg Cryer, Chelsea Hammond, Erin Narzinski, Jeanelle Schaper, Fred Townsend, Kamesha Whitmire, Antoinette Wilks

### COACHING HIGHLIGHTS

- ✓ Team USA assistant coach at 2011 and 2013 IAAF World Outdoor Championships
- ✓ Three times has worked with USA international teams as head coach of the 2007 USA Pan American Junior women's team and as an assistant for the 2006 USA World Cup team in Athens, Greece and the 2005 Pan American Championships team
- ✓ Coached four Scholar Athletes of the Year
- ✓ Coached Kemesha Whitmire to South Carolina's first SEC jumping title in 2005 and added another in 2013 with Jeanelle Schaper's indoor high jump crown.



# KEVIN BROWN

## ASSISTANT COACH // POLE VAULT, SPRINTS

## 5TH SEASON (9TH OVERALL) // NORTH CAROLINA '94

Kevin Brown enters the fifth year of his second stint with the Gamecocks in the 2014 season. His primary responsibility is working with the pole vaulters in addition to working with South Carolina's well-respected relay teams and sprinters. Brown is also the program's recruiting coordinator.

While in his first stint at Carolina, Brown was named to the Team USA coaching staff for the 2003 Junior Pan American Games and served as an assistant coach during the competition in Barbados. In December 2002, he was voted to the Team USA staff by the USATF Coaches Championship Selection Committee, a group that selects national coaching staffs for international competition including the Pan American Games and Goodwill Games. Brown became the second USC assistant coach to serve as a part of a Team USA staff.

Under Brown's tutelage as pole vault coach in his first stint at South Carolina, pole vaulter Chris Steddum earned three first-place finishes during the 2003 outdoor season, including a meet record 17-0 3/4" to win the Orange and Purple Classic at Clemson, a vault that earned him SEC Athlete of the Week honors. Steddum finished second at the SEC Indoor Championships. In 2002, Steddum finished fourth at the NCAA Outdoor Championships in 2002 and was named All-American. He also finished fourth at the SEC Indoor Championships, second at the SEC Outdoor Championships and eighth in the NCAA Indoor Championships in the pole vault, garnering All-American honors.

In 2001, Brown coached Jared Farabee and Steddum to a one-two finish at the SEC Outdoor Championships. Steddum also qualified for the NCAA Indoor Championships and set a school record with a height of 17'-8". Farabee posted a first place finish in the pole vault at the Penn Relays.

In 2011, Brown coached Lakya Brookins to a NCAA record in the 60-meter dash at 7.09. Brookins won the 2009 60m NCAA title as a sophomore and capped her senior indoor season with a second title in 2011 where she tied the record in the finals to win the championship.

Marvin Reitze also reached national prominence under Brown as she was the runner up in the pole vault in the SEC and NCAA Indoor Championships. Reitze vaulted 18'1" to become the Penn Relay's Pole Vault Champion and was named Field Event Athlete of the Meet. In addition to his athletic accomplishments, Reitze was also a NCAA Academic All-American.

Prior to coming to South Carolina in 2000, Brown spent two years as assistant coach at the University of Akron. While at Akron, Brown assisted with the sprints on the track and field team and specialized as the team's field events and jumps coach.

Brown began his coaching career in 1995 as an assistant coach at his alma mater, the University of North Carolina, where he left as the most decorated vaulter in school history.

A pole vault All-American in 1994, Brown placed fourth for the Tar Heels at the NCAA meet, clearing 18-0 1/2. Brown was the only college vaulter in the state of North Carolina to clear 18-0 in 1994. He was an Atlantic Coast Conference scorer in five different events including the pole vault, long jump, triple jump, 4x400 and the 4x100. He still holds the UNC indoor and outdoor records in the pole vault.

A native of Richmond, Va., Brown attended Henrico High School where he was the 1989 Virginia state high school champion in the pole vault. Brown also was a Junior Olympic Regional Champion while he lettered in football, wrestling and track and field.

A 2000 and 1996 Olympic Trials qualifier, his personal best in the pole vault is 18-6.

Brown graduated from North Carolina with a Bachelor of Arts degree in recreational administration. He and his wife Ebonic have four children, Dymonic, Daija, Dorien and Daila, and reside in Columbia.



COACHING STAFF

### THE KEVIN BROWN FILE

**Born:** Aug. 15, 1971, Richmond, Va.

**High School:** Henrico High School, Richmond, Va.

**High School Athletics:** Lettered in football, track and wrestling

**College Education:**

Bachelor of Arts, Recreation Administration, North Carolina, 1994

**College Athletics:**

Four-year letterwinner

Two-time All-American

Eight-time All-ACC in pole vault

All-ACC in long jump, triple jump, 4x100m and 4x400m relays

**Coaching Career:**

1995, Assistant Coach, North Carolina

1998-2000, Assistant Coach, Akron

2000-04, Assistant Coach, South Carolina

2010-Present, Assistant Coach, South Carolina

**Wife:** Ebonic (Nikki)

**Children:** Dymonic, Daija, Dorien, Daila



# MIKE SERGENT

## ASSISTANT COACH // THROWS 17TH SEASON // VIRGINIA TECH '92

Mike Sergent enters his 17th season with the Gamecock track and field program in 2014. His primary responsibilities are coaching the throwers and coordinating the strength and conditioning program. Sergent has coached 26 All-Americans, 41 NCAA qualifiers, 14 SEC champions and five NCAA champions at South Carolina.

Sergent had a memorable first season as he coached Lisa Misipeka and Brad Snyder to a total of four NCAA individual championships. Misipeka took home titles in the 20-pound weight and the hammer, while Snyder swept the indoor and outdoor titles in the shot put. Snyder repeated in 1999 when Sergent coached him to the indoor shot put title for the second-consecutive year.

In 2011, Michael Zajac brought home All-America honors in the weight throw and hammer throw. Five throwers qualified for the NCAA Preliminary, and his athletes earned 22 points at SEC Championship events.

On the men's side, Zajac was the SEC bronze medalist in the weight throw and earned All-America honors by taking 7th in the weight throw at the NCAA Indoor Championships and 15th in the hammer throw at the NCAA Outdoor Championships. He concluded his career with 46 points in SEC competition and as one of two Gamecocks to score in both the hammer and weight throw in all four of his seasons.

On the women's side, four Gamecocks scored at the SEC Outdoor Championships to continue Sergent's streak of having a thrower score at the meet every season since he has been at Carolina. Four throwers qualified for NCAA Regionals: senior Aimee Kodat, juniors Stacey Roberts and Katie Vuckovich, and freshman Breanna Radford.

Sergent has also seen success in coaching his student-athletes on the international stage. In 2003, former Gamecock and NCAA champion Dawn Ellerbe reached the World Championships in Paris under Sergent's tutelage. He also worked with Ellerbe in 2002 to help her become the USATF national runner-up in both the weight and hammer throws. She finished the year ranked seventh in the world in the hammer, set the American record in the hammer, and finished ranked eighth nationally in the discus throw.

In 2001, two of Sergent's former student-athletes, Snyder and Misipeka, along with Ellerbe, traveled to Edmonton, Canada, for the 2001 World Championships. In his third year at South Carolina, Sergent coached Candy Mitchell, Bert Sorin and Ryan Harrison through the U.S. Olympic trials. At the 2000 Olympic Games, Snyder, Misipeka and Michelle Fournier all competed.

In 1999, Sergent's student-athletes won four SEC titles. Fournier, an academic All-American and NCAA runnerup, was awarded an NCAA Post-Graduate Scholarship. Misipeka also won a bronze medal at the 1999 World Championships - the school's first in a major international meet.

Prior to coaching at Carolina, Sergent was an assistant coach at his alma mater, Virginia Tech, for five years. At Tech, he assisted in one Metro and four Atlantic 10 Conference championship teams from 1993 to 1997.

Sergent holds a bachelor's degree in exercise science and a master's degree in sports management from Virginia Tech. He was a 1992 All-American and Olympic trials qualifier in the hammer. In the fall of 2012, Sergent was inducted into the Virginia Tech Sports Hall of Fame in his first year of eligibility.

Sergent and his wife, Karen, have a 22-year-old daughter named Kelsey.



Mike Sergent coaching Katie Vuckovich

### THE MIKE SERGENT FILE

**Born:** Sept. 5, 1969, Alexandria, Va.

**High School Education:** Brentsville High School, Nokesville, Va.

**College Education:**

Bachelor of Science, exercise science, Virginia Tech, 1992

Master of Science, sport management, Virginia Tech, 1994

**High School Athletics:**

Lettered in track and field and football three times; wrestling twice

Three-time state champion in the discus (twice) and shot put (once)

Still holds district and region discus records

All-district and all-county in football

**College Track:**

Lettered in track and field four years at Virginia Tech

All-American in the hammer

Won Metro Conference titles in the discus and hammer in 1992

1992 U.S. Olympic trials participant in the hammer

Inducted into Virginia Tech Sports Hall of Fame in 2012

**Coaching Career:**

1992-97, Assistant Coach, Virginia Tech

1997-Present, Assistant Coach, South Carolina

**Wife:** Karen; **Child:** Kelsey

**Notable Athletes Coached:** Precious Akins, Crystal Brownlee, Jason Cook, Dawn Ellerbe, Michelle Fournier, Ryan Harrison, Lynette Keppler, Lisa Misipeka, Candy Mitchell, Brad Snyder, Bert Sorin, Michael Zajac



# ANDREW ALLDEN

## ASSISTANT COACH // DISTANCES

### 1ST SEASON // EMORY '86

A 24-year veteran of distance coaching, Andrew Allden returns to South Carolina as the assistant track coach for distance and cross country for the 2013-14 season.

Allden spent five years at the Palmetto state's flagship institution as its head cross country and distance coach from the fall of 1996 through the spring of 2001, helping head coach Curtis Frye's teams to new heights. The women's track team finished fourth or better in the Southeastern Conference all five years with Allden on staff, including winning the 1999 outdoor championship. Twice, the team finished second in the NCAA Indoor Championships. He coached four-time All-American Charmaine Howell (800m) as well as 1998 10,000m All-American Tanya Povey. On the men's side, Marvin Watts (once) and Otukile Lekote (twice) both earned All-America honors in the 800m during Allden's tenure, with Lekote winning the first of his two outdoor 800m titles under Allden's guidance.

In his five years as the Gamecocks' head cross country coach, he led the team to its best finish in the SEC in 1999. That season, Allden had two pupils, Sara Hadwin and Joyce Peebles, earn All-SEC accolades, the only year the Gamecocks have had two runners earn that distinction. Both Hadwin and Peebles were South Carolina natives.

After his stint in Columbia, Allden moved to Coastal Carolina to take over the Chanticleers' men's program. His stint as the men's coach at Coastal Carolina still stands out as some of the best years for the Chanticleers. His 2003 team won the Big South Conference title, ending a dynasty by Liberty. Three student-athletes made the NCAA Championships that he coached, including top distance pupil Terak Kipchiris. The Big South Coach of the Year and Southeast Region Coach of the Year in 2003, Allden helped Kipchiris win the Big South Cross Country Championships individual title twice and earn all-region honors two times as well. Kipchiris became the first CCU male to compete in an NCAA Championship in cross country or track, earning an individual spot in the cross country field twice in 2002 and 2003 and in the 3000m steeplechase in 2004.

In 2004, Allden also served as a men's assistant coach for distance in the IAAF World Indoor Championships in Hungary.

For the past nine years, Allden has run AA Elite Coaching in North Carolina, coaching many professional and amateur athletes in the Raleigh-Durham area. Karjuan Williams ranks as his most prominent charge in recent years, as he finished fifth in the 2010 USA Track & Field Outdoor Championships in the 800-meter run. He also serves as the USATF East Coast Coordinator for Level I Coaching Education, directing more than a dozen coaching schools per year on the eastern seaboard. In his over 14 years of coaching education, he's helped educate over 3,000 coaches.

Earlier in his career, he coached at Tulane, taking over as the interim head coach in 1995. During that season, his team set nine school records, won seven individual conference titles and saw 19 performers earn All-Conference USA accolades.

This will be the third time Allden has worked with Coach Frye, after serving on his staff at North Carolina from 1989-93 as well as his 1996-2000 stint at South Carolina in this same capacity. His 1993 women's cross country team with the Tar Heels advanced to the NCAA Championships, ranking eighth nationally, while his 1991 men's team also made the national finals. He also guided one ACC individual men's cross country champion, one runner-up

and seven All-ACC cross country harriers.

Allden earned his bachelors from Emory University in English in 1986 and holds a masters in sports administration from Georgia in 1991. Allden helped Emory's cross country team to one of its three NCAA Championship berths during his time there. He is also a USATF Level I and II certified coach as well as a Level I and II endurance instructor.

Allden is married to Tara Disy Allden, and they have one daughter, Kathleen, who already is a national qualifier in the junior Olympics in track and cross country.



COACHING STAFF

#### THE ANDREW ALLDEN FILE

##### College Education:

Bachelor of Arts, English, 1986

Master of Sport Administration, Georgia, 1991

##### Coaching Career:

1989-93, Assistant Coach, North Carolina

1995, Interim Head Coach, Tulane

1996-00, Cross Country and Distance Coach, South Carolina

2000-04, Men's Head Coach, Coastal Carolina

2004-12, Head of AA Elite Coaching in North Carolina

2013-Present, Assistant Coach, South Carolina

Wife: Tara



# JAMES DANIELS

## ASSISTANT COACH // SPRINTS, HURDLES 1ST SEASON // HAMPTON

James Daniels joins the Gamecocks after spending a year rebuilding the Central State (Ohio) track and field program in NCAA Division II. In the 2012-2013 season, he led the Marauders to third and fourth-place finishes in the Great Midwest Athletic Conference (G-MAC) cross country championships as well as leading the men and women to their first highest team GPA Award. The program also saw its first track and field student-athletes named to the G-MAC All-Academic Team.

Prior to his stint with Central State, Daniels spent 11 years at North Carolina A&T. During his time in Greensboro, he coached 12 All-Americans, and his athletes posted 122 NCAA Preliminary Round qualifying marks. His teams also posted significant success in the Mid-Eastern Athletic Conference (MEAC). Daniels saw 18 different Aggies clinch 39 MEAC Championship individual titles, while seven relay teams take home a title. Two current MEAC conference records and 32 school records were set by Daniels' charges. In the classroom, 120 Aggies were named to the MEAC All-Academic Team. Five of Daniels' athletes were named Athlete of the Year at North Carolina A&T, and he also saw Loreal Smith (2009) and Jared Baldwin (2012) named MEAC Woman and Man of the Year.

As an assistant track coach for Division III power Christopher Newport, Daniels was a part of four NCAA championship teams and two runner-up finishes. At that level, he also oversaw two NCAA record holders and six individual NCAA champions, with his athletes earning 117 All-America citations.

In addition to working with the track program, Daniels served as assistant women's basketball coach at Christopher Newport as well. The Lady Captains were 45-11 in conference play and 89-44 overall during his stint on staff. In 1992, the team advanced to the school's first-ever Division III Sweet 16. In addition, he also worked with Karen Barefoot, the first player in NCAA history - male or female - to score 2000 points and have 1000 assists in a career.

Coaching at all levels of track and field, Daniels is certified USATF Level II coach in sprints, hurdles and relays. Numerous athletes Daniels has consulted have represented USA Track & Field on national teams. He is also a regarded lecturer and has spoken at the South Carolina-hosted Elite Summit and Coaches Clinic several times.

Daniels graduated cum laude from Hampton University. In addition, he earned Golden Key National Society Scholar Honors and was an Alpha Kappa Delta Sociology Honor Society Inductee. He and his wife Tonya have three children, Naryah, Jameson, and Nathalya.

### THE JAMES DANIELS FILE

#### Coaching Career:

1995-00, Assistant Coach, Christopher Newport  
2000-12, Assistant Coach, North Carolina A&T  
2012-13, Head Coach, Central State (Ohio)  
2013-Present, Assistant Coach, South Carolina

Wife: Tonya

### JAMES DANIELS CAREER HIGHLIGHTS

- ✓ Five Athletes of the Year at NC A&T and a MEAC Woman and Man of the Year
- ✓ Coached 12 All-Americans at NC A&T
- ✓ Coached 122 NCAA Preliminary Round Qualifiers at NC A&T
- ✓ Coached athletes to 39 individual and seven MEAC Championships
- ✓ Oversaw 120 Aggies who were named to the MEAC All-Academic Team.
- ✓ A part of four NCAA championship teams and two runner-up finishes at Christopher Newport.
- ✓ Oversaw two NCAA record holders, six NCAA individual champions and had athletes earn 117 All-America citations at Christopher Newport.



## **CHARLES WADDELL**

**ASSOCIATE ATHLETICS DIRECTOR  
7TH YEAR // NORTH CAROLINA '75**

Charles Waddell joined the South Carolina staff as an associate athletics director in February 2006. Prior to his appointment, Waddell served as vice chancellor of advancement at Fayetteville State. Waddell, a former three-sport standout at North Carolina, boasts an impressive and wide-ranging résumé.

Waddell oversees the athletics department's policies and procedures, travel and the sports medicine program and coordinates special projects. Additionally, he serves as an administrator to women's basketball, track and field, and swimming and diving.

At Fayetteville State, he was responsible for all development- and fundraising-related matters and for the planning and organization of university relations and public affairs programs. He worked in close partnership with the chancellor and members of the Board of Trustees on all development efforts, including the cultivation of individual donors, foundations and corporate sponsors.

Waddell spent nearly 10 years of his professional career as director of marketing and sponsorships for Richardson Sports in Charlotte, N.C., where he was responsible for the advertising and corporate sponsorships for the Carolina Panthers Football Club. He helped generate over \$100 million of revenue for the 1995 through 2002 NFL seasons.

Prior to joining the Carolina Panthers, Waddell was the president and co-owner of Waddell Distributors, Inc., where he managed and funded a bottled water franchise for a three-year period.

Waddell served as an assistant commissioner for the Big Ten Conference from December 1990 to July 1994, where he created and supervised Big Ten Conference marketing and licensing programs. He also served as a representative to the Big Ten Conference compliance committee, minority advisory commission, sports medicine committee and the promotions and public relations committee. He served as the conference liaison to athletics directors, head football coaches and track and field coaches.

Waddell is a 1975 graduate of North Carolina at Chapel Hill with a bachelor's degree in industrial relations. He is the last three-sport letterman at UNC, earning letters in football (1972-74), track (1973) and basketball (1973-74). He was an All-ACC football player and earned All-America honors from The Sporting News in 1974. He also received The Patterson Medal in 1975, the highest athletic award at UNC. Waddell played professional football with the Tampa Bay Buccaneers, Seattle Seahawks and San Diego Chargers. He earned his master's degree in business from UNC in 1984.

Waddell and his wife, Sandra, have three grown children: Christa, Cassandra and Cortez.



## **DR. RAYLENE ROSS**

**DIRECTOR OF TRACK OPERATIONS  
2ND YEAR**

Dr. Raylene Ross is in the second year of her second stint at the University of South Carolina. Currently, Ross holds the title of Director of Operations.

Ross began her first stint at South Carolina by after serving as coordinator of academics and administrative aid for the Gamecock track and field program from 2004-2006. She then moved into the role of assistant coach at South Carolina (2006-2007), working primarily with men's and women's sprinters. Ross then returned to the academic side, working as an assistant advisor at South Carolina's Academic Enrichment Center (AEC) from 2008 to 2010.

Prior to returning to South Carolina, Ross served at University of Albany in the position of Assistant Cross Country/Track and Field Coach with a focus on sprint and hurdles. In September of 2012, she was promoted to Associate Director of Track and Field/Associate Head Coach.

Before moving to Albany, Ross was the sprint coach and recruiting coordinator at West Point.

Ross also worked as an assistant coach under a graduate assistantship at Northwest Missouri State from 2003 to 2004 where she coached the men's and women's jumpers, sprinters and hurdlers. In her brief stint at NWMSU, she coached seven Division II NCAA qualifiers and All-American Alisha Samuel.

Before NWMSU, Ross worked as an assistant cross country and track and field coach at Swarthmore College in Pennsylvania from 2000 to 2001, where she received a bachelor's degree in sociology and anthropology in 2000.

Ross earned her doctorate in philosophy from South Carolina with emphasis in physical education concentrating on developmental foundations and sports psychology. She received a master's degree from Springfield College. While at Springfield, she worked as an athletic counselor with the men's basketball, football and wrestling teams, as well as the New England Junior Coyote Hockey Team in Connecticut. Ross also worked as an assistant track and field coach at Westfield State College in Westfield, Mass., from 2002 to 2003.

On top of Ross' coaching resume, she has been an adjunct professor for Midlands Technical College (2005-2010) and National University.

Ross is a certified USATF Level I and II Coach, as well as a USATF Level I Instructor.



## **SCOTT GARDNER**

### **ATHLETIC TRAINER**

**5TH YEAR // KENTUCKY '85**

Scott Gardner is in his fifth year as head athletic trainer responsible for the medical care for the South Carolina track and cross country programs.

Gardner came to South Carolina after spending 11 seasons at Ohio University where he served as the Assistant Director of Sports Medicine Services his final three years. His sport responsibilities included baseball, women's field hockey, women's soccer and wrestling.

Prior to his time at Ohio, Gardner spent 10 years as an athletic trainer at Sports Medicine and Rehabilitation clinics in Nashville, Tenn. He also spent one year from 1995-96 as an athletic trainer at the U.S. Olympic Training Center in Colorado Springs, Colo., covering team practices and events.

Over the course of his career, Gardner has served as an on-site athletic trainer at 11 United States and world championships. In February 1997, he served as the Medical Site Coordinator at the U.S. Figure Skating National Championships in Nashville.

In 1987, Gardner earned his MS in physical education with a focus on exercise science from Louisiana State University. He worked with football, baseball and track and field in his time at LSU.

Gardner is a 1985 graduate of the University of Kentucky with a degree in recreation and leisure studies.



## **MEGAN HARTSELL**

### **MEDIA RELATIONS**

**2ND YEAR // N. CAROLINA '09, S CAROLINA '11**

Megan Hartsell is in her second year at South Carolina as a media relations assistant after working in the office as a student assistant for a year and a half while attending graduate school. In addition to working with track and field, she is also the primary contact for men's soccer and is the secondary contact for women's basketball.

Prior to returning to USC, Hartsell worked at *Sports Business Journal* as a marketing assistant. Her efforts were concentrated on the publication's annual Forty Under 40 event, the IMG World Congress of Sport and the 5th Annual Sports Business Awards.

A native of Albemarle, N.C., Hartsell completed coursework for a Bachelor of Arts degree in sports administration in May 2009 at the University of North Carolina at Chapel Hill and a master's degree in sport management in 2011 at the University of South Carolina.