



CURTIS FRYE

SOUTH CAROLINA HEAD COACH

17TH SEASON // EAST CAROLINA '74

Entering the 2013 track season in his 17th 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 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 USTFCCA Board of Directors.

Frye has coached an NCAA champion in all but three 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 USTFCCA 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 15 of the 16 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 (USTFCCA) honored the other four recipients.

On the women's side, Frye's teams have placed in the top 10 nationally outdoors in all but four 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 five 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 USTFCCA 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 won 13 medals at the Olympic Games. Nine of his former student-athletes competed at the 2008 Olympic Games in Beijing,

CURTIS FRYE COACHING HIGHLIGHTS

One of USA's best coaches

- ✓ 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 (USTFCCA), current non-voting member of the USTFCCA 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
- ✓ 2001 Goodwill Games USA men's head coach
- ✓ 2000 USTCA Women's Outdoor Region Coach of the Year
- ✓ 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
- ✓ Coached 11 Olympic medalists
- ✓ Coached 25 Olympians
- ✓ Coached over 60 NCAA champions
- ✓ Coached over 435 NCAA All-Americans
- ✓ Coached over 115 SEC champions
- ✓ Coached over 75 ACC champions

six of them as first-time Olympians. At the Games, Natasha Hastings earned a gold medal as a member of the USA 4x400m relay 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 Deums (400m hurdles) and Richardson (110m hurdles) claimed silver for the United States.

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 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 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



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

THE GAMECOCKS UNDER COACH FRYE

NCAA FINISHES UNDER FRYE

Year	MEN		WOMEN	
	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

SEC FINISHES UNDER FRYE

Year	MEN		WOMEN	
	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

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

Year	MEN		WOMEN	
	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

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

SEC CHAMPIONS UNDER FRYE

Year	MEN		WOMEN	
	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	—	—	—	—

TEAM CHAMPIONSHIPS IN THE FRYE ERA

COACHING STAFF



2002 NCAA OUTDOOR CHAMPIONS



1999 SEC OUTDOOR CHAMPIONS



2002 SEC OUTDOOR CHAMPIONS



2005 SEC OUTDOOR CHAMPIONS





DELETHEA QUARLES

SOUTH CAROLINA ASSISTANT HEAD COACH

16TH SEASON // LIBERTY '89

Delethea Quarles is in her 16th year with the South Carolina program and her 23rd year as a collegiate coach entering the 2013 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 and worked with USA international teams for two consecutive summers in 2010 and 2011. Most recently, 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.

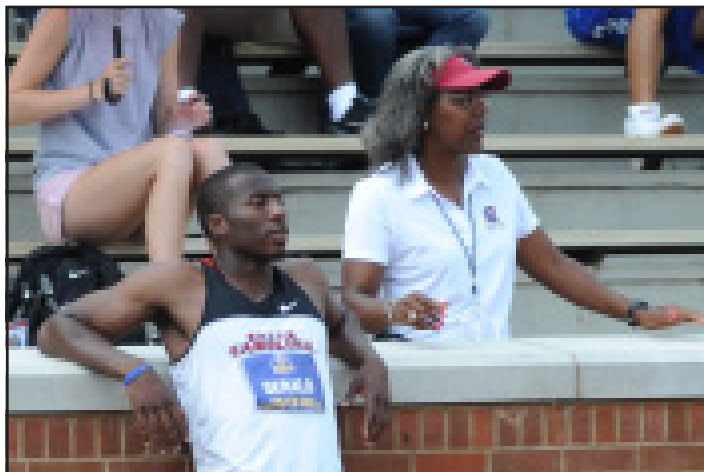
Academically, Quarles has guided three student-athletes to national Scholar Athlete of the Year honors. Jason Richardson became the first Gamecock to sweep indoor and outdoor honors as he was awarded by the USTFCCCA for both seasons in 2008 as the male Scholar Athlete of the Year. Shalonda Solomon was 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 21 All-America honors and five 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. Last season Jeanelle Schaper was the first Gamecock to ever earn an All-American certificate in the high jump, doing so in both the indoor and outdoor season.

Quarles has coached 11 of the 14 school record holders in the events for which she is responsible at South Carolina. Most recently, 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.

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.



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, Fred

Townsend, Kemesha Whitmire, Antoinette Wilks

DELETHEA QUARLES COACHING HIGHLIGHTS

- ✓ Team USA assistant coach at 2011 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



KEVIN BROWN

ASSISTANT COACH // POLE VAULT, SPRINTS

4TH SEASON (8TH OVERALL) // NORTH CAROLINA '94

Kevin Brown enters the fourth year of his second stint with the Gamecocks in the 2013 season. His primary responsibility is working with the pole vaulters in addition to working with South Carolina's well-respected relay teams and sprinters.

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, Dorian and Daila, and reside in Columbia.



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, Dorian, Daila



RON GARNER

ASSISTANT COACH // SPRINTS

2ND SEASON // CHRISTOPHER NEWPORT '82

Embarking on his second season in Columbia, Garner brought over 25 years of experience at the collegiate level to the Gamecocks last season as well as a 30-year long personal and professional relationship with head coach Curtis Frye. The addition of Garner brought together three coaches (Frye, Brown and Garner) who have all developed sprinters who have competed on the international stage.

Garner has served as head coach at Clemson and as an assistant at Virginia, James Madison, Illinois and Christopher Newport. As head coach at Clemson from 1998-99, Garner coached the Tigers to the ACC team title and earned ACC Coach of the Year honors.

Garner has coached 88 All-Americans, 189 national qualifiers, six NCAA champions and 77 conference champions in his time in the collegiate ranks. His coaching expertise has spanned all areas of the sport between field events and track events. He assisted in the development of an Olympic gold medalist (Kim Graham) and a bronze medalist (Tonja Buford-Bailey).

His coaching accomplishments include working with Buford-Bailey, Graham and Tonya Williams. During that period, Bailey posted a career-best 52.62 in the 400-meter hurdles, the fourth-fastest women's time ever recorded. Williams earned two gold, one silver and one bronze medal at the NCAA Championships in a two-year span and won 20 Big Ten championships in her collegiate career.

As recruiting coordinator at Illinois, Garner brought in three top-three nationally ranked recruiting classes, helped the Illini win six Big Ten team titles and coached Collinus Newsome to the 1995 USATF Junior National championship in the shot put. He began his career as an assistant at Christopher Newport University in 1982.

An alum of Christopher Newport University in Newport News, Virginia, Garner was inducted into the school's Hall of Fame in February 1999. He is married to former James Madison University head volleyball coach Disa Garner.

THE RON GARNER FILE

Born:

High School:

High School Athletics:

College Education: Christopher Newport, 1979-82

College Athletics: Track and field

Coaching Career:

1982-86, Assistant Coach, Christopher Newport

1987-90, Assistant Coach, Clemson

1991-97, Assistant Coach, Illinois

1998-99, Head Coach, Clemson

2002-04, Assistant Coach, Virginia

2004-05, Assistant Coach, James Madison

2006-XX, Head Coach, Christopher Newport

2011-Present, Assistant Coach, South Carolina

Wife: Disa

RON GARNER CAREER HIGHLIGHTS

- ✓ 1999 ACC Coach of the Year
- ✓ Inducted into the Christopher Newport Athlete Hall of Fame
- ✓ Coached six NCAA champions
- ✓ Coached 88 All-Americans
- ✓ Coached 189 national qualifiers
- ✓ Coached 77 conference champions
- ✓ Coached Collinus Newsome to the 1995 USATF Junior National championship in the shot put



STAN ROSENTHAL

ASSISTANT COACH // DISTANCES

12TH SEASON // INDIANA UNIVERSITY (PA.) '75

As head cross country coach, Stan Rosenthal is in his 12th year at South Carolina. Rosenthal also coaches the distance runners during track and field season and was instrumental in coaching the South Carolina women's team to 13 consecutive NCAA indoor top-20 finishes in his tenure.

At South Carolina, Rosenthal has coached his athletes to 11 All-America honors and three NCAA championships. In 2002, he coached Otukile Lekote to two NCAA titles (800m indoors & outdoors) and on the second leg of USC's NCAA champion 4x400m relay team. Additionally, Rosenthal's men's sprint medley relay team was ranked No. 1 in the United States and the NCAA that year. His 2005 women's squad accomplished the same feat.

Rosenthal has also coached nine SEC champions between Lekote, Shay Shelton and Beatrice Biwott. Lekote earned seven titles from 1998 to 2002, and in 2006 Shelton added to Rosenthal's total by claiming the indoor league crown in the 800m. Biwott won the 2010 SEC Steeplechase title, the first in Gamecock history. Johnny Baez and Shawn Cunningham found success in the 800m as well. Baez qualified for the NCAA East Regional meet, and Cunningham was an SEC finalist and scorer. William Emase was a three time SEC scorer and a two time NCAA qualifier. On the women's side, Biwott qualified for the NCAA East Region meet in the 3,000m steeplechase four consecutive seasons.

In 2005, Rosenthal coached Jenny Lake to a record-breaking 3000m performance at the SEC Indoor Championship. Lake, who ran 9:41, broke her own school indoor record, originally set in 2003, with a fourth-place SEC finish. Rosenthal also coached the distance medley relay team to several second-place finishes at the SEC Championships.

With Rosenthal's assistance, the women's team finished fifth indoors at the NCAA Championships, while capturing the SEC outdoor and NCAA East Regional titles and finishing runner-up at the NCAA Outdoor Championships in 2005. Rosenthal also coached the 2002 South Carolina team that finished fourth at the NCAA Indoor Championships and won the SEC and NCAA Outdoor Championships for Carolina's first national team title in any sport.

Rosenthal's runners have achieved success from the conference level to the world championship level. Two of his freshman runners earned spots on the USA Junior Team and competed in the IAAF World Cross Country Championships, where they placed 40th and 43rd. Three other runners competed in the USA Olympic trials. Many of his runners have qualified for the NCAA Track and Field Championships, while numerous student-athletes won individual conference championships. During his seven years as a high school coach in Virginia, two runners qualified for the Kinney/Foot Locker National Cross Country Championships.

Rosenthal has served on several USA international coaching staffs. He coached on three USA staffs for the IAAF World Cross Country Championships and was a coach at the USA Olympic Festival. In 2001, he was appointed to the NCAA Track and Field Committee. As a member of the Executive Committee for the Women's Cross Country Coaches Association, Rosenthal acted as the Southeast Region representative. He earned USA Track and Field Level I and II certifications for the endurance events.

Academic success is very important to Rosenthal. His student-athletes have achieved individually and as a team. In 2008, Rosenthal's cross country team had the nation's top team GPA at 3.767, earning the team USTFCCA All-Academic Team honors. Also in 2005, Lake was named the university's Scholar

Athlete of the Year, a McWhorter Scholar and the recipient of an NCAA Post-Graduate Scholarship as a first-team Academic All-American who graduated with a 4.0 GPA from the Honor College.

Ten of the women's cross country teams coached by Rosenthal were ranked in the NCAA Division I top 20, and seven student-athletes were selected as conference Scholar-Athletes of the Year. During his coaching career, over 98 percent of the student-athletes he has recruited and coached have graduated. Many later earned graduate level degrees, including seven who are currently in medical school or doctors.

Prior to joining the South Carolina staff, Rosenthal was the head men's and women's cross country and track and field coach at UNC Asheville. During his seven-year tenure, the women won four Big South Conference championships. In the three years the women did not win, UNC Asheville finished as runner-up. The men's cross country team was Big South Conference runner-up in three of his last four years.

In addition to UNC Asheville, Rosenthal coached at Long Beach State, Georgia, South Alabama and was a graduate assistant coach at Tennessee. He also coached at Albemarle High School in Charlottesville, Va., and in Spotsylvania, Va., where he started his coaching career in 1976.

Rosenthal earned his master's degree in education from Tennessee in 1983 and his undergraduate degree from Indiana University of Pennsylvania in 1975. At IUP, Rosenthal competed in the six-mile run at NAIA and was a member of two national-qualifying cross country teams for IUP Championships.

THE STAN ROSENTHAL FILE

Born: Feb. 21, 1952, Philadelphia, Pa.

High School Education: Pennsbury High School, Levittown, Pa.

College Education:

Bachelor of Arts, history and elementary education, Indiana University of Pennsylvania, 1975

Master of Education, Tennessee, 1983

High School Athletics: Lettered in track & cross country for two years

College Track:

Four-year letterwinner

Competed in six-mile race at NAIA National Championships in 1973

Member of two-time national qualifying cross country team ('70, '72)

Coaching Career:

1976-82, Coach, Albemarle High School (Va.)/Spotsylvania, Va.

1982-83, Graduate Assistant, Tennessee

1984-87, Head Coach, South Alabama

1988-89, Assistant Coach, Georgia

1990-91, Assistant Coach/Cross Country Coach, Long Beach State

1993-00, Head Coach, UNC Asheville

2001-Present, Assistant Coach, South Carolina

Wife: Gayle



MIKE SERGENT

ASSISTANT COACH // THROWS

16TH SEASON // VIRGINIA TECH '92

Mike Sergent enters his 16th season with the Gamecock track and field program in 2013. His primary responsibilities are coaching the throwers and coordinating the strength and conditioning program. Sergent has coached 25 All-Americans, 40 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

SUPPORT STAFF



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, which is 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

Dr. Raylene Ross is in the first 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 Enrichment Center (AEC) from 2008 to 2010.

Prior to returning to South Carolina, Ross served as 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 received 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.

SUPPORT STAFF



SCOTT GARDNER

ATHLETIC TRAINER

4TH YEAR // KENTUCKY '85

Scott Gardner is in his fourth 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 MABRY

MEDIA RELATIONS

1ST YEAR // N. CAROLINA '09, S CAROLINA '12

Megan Mabry is in her first 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. She is the primary contact for women's soccer and track & field.

Prior to returning to USC, Mabry 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., Mabry 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.