

# COACHING STAFF

# SOUTH CAROLINA





# Curtis Frye

## South Carolina Head Coach

14th Season // East Carolina '74

In 14 years 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, 108 SEC champions and more than 415 NCAA All-Americans during his career, including 35 in 2009.

Frye currently serves as President of the United States Track & Field and Cross Country Coaches Association. In October 2008, Frye was bestowed the Order of Ikkos 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.

Frye has coached an NCAA champion in all but one year since taking over the program in 1996, including coaching LaKya Brookins to the indoor 60-meter dash title last season. In 2008, Frye coached Jason Richardson to the 110-meter hurdles outdoor title after coaching six national champions the year before. All six national champions in 2007 were on the women's side with Natasha Hastings sweeping the 400m indoor and outdoor titles along with the mile relay team of Hastings, Krystal Cantey, Brandi Cross and Stephanie Smith. In addition, Frye has coached an SEC champion every year 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 11 SEC Athletes of the Year, the most recent being Nadonna Rodrigues, who was named the 2009 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 and Field News while the United States Track & Field and 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 three 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 three 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 an SEC Scholar-Athlete of the Year award. 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. In 2009, the men's team was named Scholar Team of the Year.

### 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 Ikkos medallion in 2008, the highest honor a track and field coach can earn in the world
- ✓ Current President of the United States Track & Field and Cross Country Coaches Association (USTFCCA)
- ✓ 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 10 Olympic medalists
- ✓ Coached 25 Olympians
- ✓ Coached over 60 NCAA champions
- ✓ Coached over 415 NCAA All-Americans
- ✓ Coached over 100 SEC champions
- ✓ Coached over 75 ACC champions

In his career, Frye has coached 25 Olympians who have won 11 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 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).

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. He also has four grandchildren.

## 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, Miki Barber, Lashinda Demus, Leroy Dixon, 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 and grandchildren.



**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

**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

**MEN'S NCAA CHAMPIONS UNDER FRYE**

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

**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

**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	—



# Delethea Quarles

## South Carolina Assistant Head Coach 13th Season // Liberty '89

Delethea Quarles is in her 13th year with the South Carolina program and her 21st year as a collegiate coach entering the 2010 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 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.

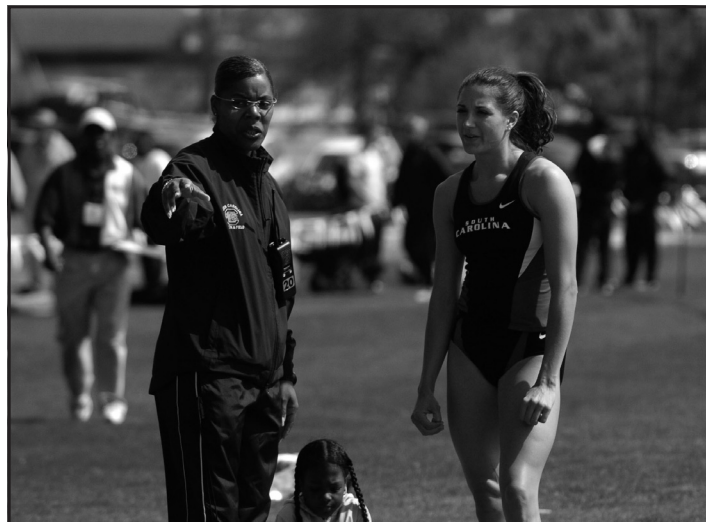
Academically, Quarles has guided three student-athletes to national Scholar Athlete of the Year honors. Jason Richardson became the first Gamecock to sweep indoor and outdoor honors as he was awarded by the USTFCCA for both seasons in 2008 as the male Scholar Athlete of the Year. Shalonda Solomon was 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.

Quarles has coached her student-athletes to 21 All-America honors and four 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.

Quarles has coached 10 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 ¼. 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 ½ as runner-up in the triple jump at the 2007 SEC Outdoor Championships, a mark that was less than four inches off the oldest field record in Carolina track history (Ron Adams, 52-2 in 1975).

Leading the women's team, Quarles coached Kemesha Whitmire, Tacita Bass and Erin Narzinski to SEC titles. 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

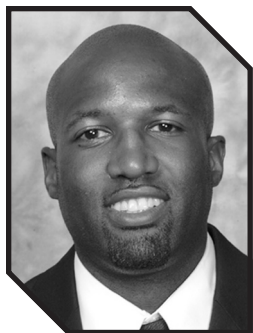
**Notable Athletes Coached:** Tony Allmond, Tacita Bass, Greg

Cryer, Chelsea Hammond, Erin Narzinski, Fred Townsend, Kamesha

Whitmire, Antoinette Wilks

### DELETHEA QUARLES COACHING HIGHLIGHTS

- ✓ 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 // Sprints

### 1st Season (5th Overall) // North Carolina '94

Kevin Brown returns to South Carolina in 2010 for his second stint with the Gamecocks after spending four seasons in Columbia from 2000-04. His primary responsibility is assisting with the sprinters and jumpers. He returns to Columbia after working as President of B.I.G. Sports Management in Keller, Texas.

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, 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.

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.

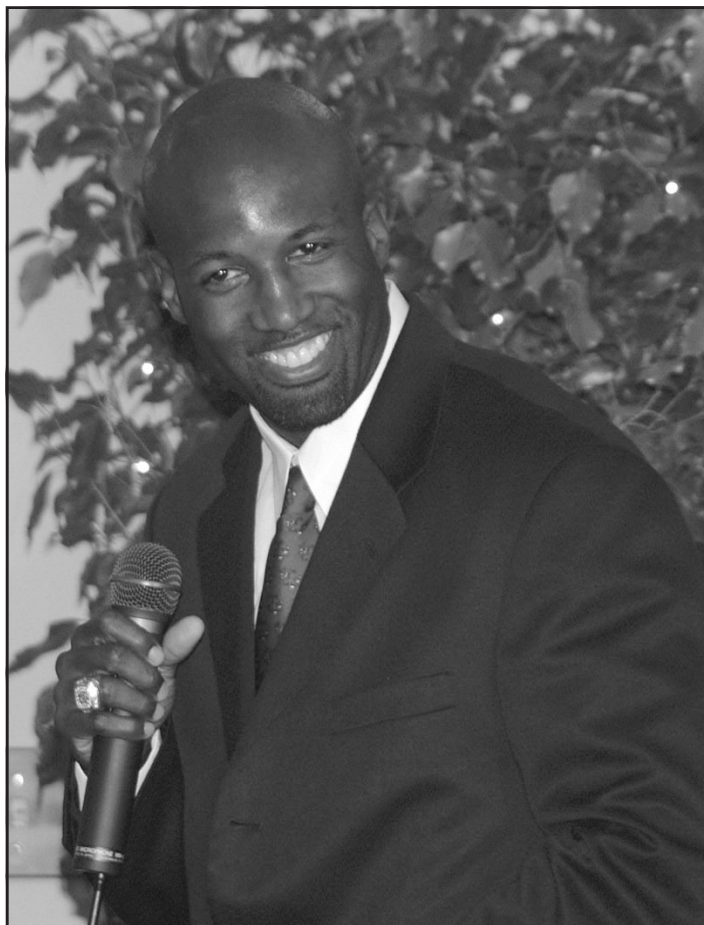
Brown began his coaching career in 1995 as an assistant coach at his alma mater, the University of North Carolina, where he left as the most decorated vaulter in school history.

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.



#### 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





# Lawrence Johnson

Assistant Coach // Pole Vault  
3rd Season // Tennessee '96

Lawrence Johnson is in his third season as a member of the Gamecocks' coaching staff with primary responsibilities that include coaching the pole-vaulters and coordinating recruiting efforts. Johnson came to South Carolina as one of the most decorated pole-vaulters in American history. He competed professionally from 1996 to 2004 as a representative of the United States, adidas and Oakley.

In his second season at South Carolina in 2009, Johnson coached his men's and women's pole vaulters to seven NCAA Regional bids and a program-best three NCAA Outdoor Championship bids. His vaulters earned two medals at the SEC Championships, and freshman Marvin Reitze became the first Gamecock to earn All-America honors in seven seasons after claiming fourth at outdoor nationals.

During the year, Reitze earned indoor and outdoor SEC All-Freshman team honors and earned SEC bronze medalist honors, while junior Elliott Haynie was the SEC outdoor silver medalist. Both advanced to the NCAA Championships, Haynie finished the season ranked No. 5 in the nation with a school-record jump of 17-10 1/2 and Reitze was also the NCAA East Region silver medalist. On the women's side, Liza Todd earned an NCAA outdoor berth, the first Gamecock since 2006.

In the 2008 season, his first season at South Carolina, Johnson coached all of his women's vaulters to personal bests while guiding Sallie Gurganus to a seventh place finish at the SEC Outdoor Championships. In just one season at South Carolina, Johnson led the Gamecock women to two of the top three outdoor heights in program history. He also guided freshman Matt Shuler to a ninth place finish at the SEC Indoor Championships.

A two-time Olympian, Johnson's strongest year came in 2001 when he brought home a gold medal at the IAAF World Indoor Championships in Portugal at 5.95m (19-6.25). The same year he also took first place at the U.S. Indoor and Outdoor Championships. He ended the year ranked second in the United States and fourth in the world, his highest spot in both rankings.

In 2000, Johnson earned the silver medal with a clearance of 5.90m (19-4.25) at the Olympic Games in Sydney, Australia. He also placed first at the U.S. Trials and the U.S. Indoor Championships. In 1997, Johnson earned his first U.S. championships, taking gold at both the indoor and outdoor championships in addition to being a silver medalist at the World Indoor Championships in his first full year as a professional. Turning professional after a stellar collegiate career at the University of Tennessee, Johnson finished eighth at the 1996 Olympic Games in Atlanta, Ga., after taking first at the U.S. Olympic trials. Earlier that same year, Johnson set an American and NCAA record at 5.98m (19-7.50) at Tom Black Track in Knoxville on May 25, 1996. He went on to become the 1996 SEC Indoor and Outdoor champion, the SEC and NCAA record holder, an NCAA All-American and Athlete of the Year as well as NCAA outdoor champion.

Throughout his career, Johnson is a seven-time U.S. national champion, four-time NCAA champion, six-time conference champion, six-time All-American and seven-time All-SEC selection. He was a three-time SEC All-Academic team member and a Student Athlete Advisory Committee member.

Johnson holds a bachelor's degree in sport management from the University of Tennessee. He has a wife, Christina, and four daughters.



## THE LAWRENCE JOHNSON FILE

**Born:** May 7, 1974, Norfolk, Va.  
**High School:** Great Bridge High School, Chesapeake, Va.  
**High School Athletics:** Lettered in track  
**College Education:** Tennessee, 1992-96, 2004-05  
**College Athletics:** Track and field  
**Coaching Career:**  
 2007-Present, Assistant Coach, South Carolina  
**Professional Career:**  
 1996-2004, adidas and Oakley  
**Wife:** Christina

## LAWRENCE JOHNSON CAREER HIGHLIGHTS

- ✓ Two-time Olympian and silver medalist at 2000 Sydney Games
- ✓ Seven-time US national champion, one-time World champion, four-time NCAA champion, six-time SEC champion, six-time All-American and seven-time All-SEC selection
- ✓ Broke the SEC and NCAA pole vault record at 5.98m in 1996, earning NCAA Athlete of the Year honors
- ✓ Ranked fourth in the World in 2001 final rankings



# Stan Rosenthal

Assistant Coach // Distances

9th Season // Indiana University (Pa.) '75

As head cross country coach, Stan Rosenthal is in his ninth 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 during its twelfth consecutive NCAA indoor top-12 finish in 2009.

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 eight SEC champions between Lekote and Shay Shelton. Lekote earned seven titles from 1998 to 1999, and in 2006 Shelton added to Rosenthal's total by claiming the indoor league crown in the 800m. 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, Beatrice Biwott qualified for the NCAA East Region meet in the 3,000m steeplechase after taking fourth at the SEC Outdoor Championships. Indoors, Dani Barnes claimed fifth in the mile run.

The year prior, 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 finish. Rosenthal also coached the distance medley relay team to a second-place finish 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 USTFCCCA 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.

Seven 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 95 percent of the student-athletes he has recruited and coached have graduated. Many later earned graduate level degrees, including five 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 Spotylvania, 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.

## 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 in 1973

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

**Coaching Career:**

1976-82, Coach, Albemarle High School (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

13th Season // Virginia Tech '92

Mike Sergent enters his 13th season with the Gamecock track and field program in 2010. His primary responsibilities are coaching the throwers and coordinating the strength and conditioning program.

Sergent has coached 20 All-Americans, 21 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 2009, Jason Cook won the SEC title in the shot put with a throw of 19.32m to become the first Gamecock to win the title in 11 years. In addition, he had six throwers qualify for the NCAA East Region meet and two, Cook and Michael Zajac, earned All-America honors. On the men's side, Zajac was the SEC silver medalist in the weight throw en route to earning his first All-America citation. Cook earned shot put silver indoors before claiming the title outdoors en route to his first All-America citation. Erik Heymann (javelin), a three-time NCAA qualifier, and Jeff Merkt (discus) also qualified for NCAA Regionals.

On the women's side, Aimee Kodat finished seventh at the SEC Outdoor Championships in the discus to continue Sergent's streak of having a thrower score at the meet every season since he has been at Carolina. Freshman Stacey Roberts scored in the shot put and qualified for Regionals along with Kodat.

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 and 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 physiology and a master's degree in sports management from Virginia Tech. He was a 1992 All-American and Olympic trials qualifier in the hammer.

Sergent and his wife, Karen, have a 19-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

**Coaching Career:**

1992-97, Assistant Coach, Virginia Tech

1997-Present, Assistant Coach, South Carolina

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

**Notable Athletes Coached:** Jason Cook, Dawn Ellerbe, Michelle Fournier, Ryan Harrison, Lisa Misipeka, Candy Mitchell, Brad Snyder, Bert Sorin

## COACHING STAFF



**Charles Waddell**

**Associate Athletics Director**  
**4th 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.

## SUPPORT STAFF



**John Kasik**

**Director of Sports Medicine**  
**3rd Year // West Virginia '80**

John Kasik was named director of sports medicine for the University of South Carolina on July 3, 2007. Kasik has 29 years of athletic training experience and came to Columbia from Stanford University, where he served as the head athletic trainer during the 2006-07 school year. A native of Baltimore, Md., Kasik has ties to the region as he was the head athletic trainer for the Carolina Panthers from 1994 through 2002.

As director of sports medicine, Kasik assists in the overall management and coordination of South Carolina's athletic training/sports medicine program. He also helps coordinate all phases of health care for Gamecock student-athletes.

During his time at Stanford, Kasik managed the athletic training department with a staff of up to 10 full time athletic trainers and eight part-time graduate assistants. He coordinated health physicals, treatment, training, injury reports and rehabilitation of Cardinal athletes and staff. He determined the budget for supplies and oversaw ordering for department facilities.

Before taking the job at Stanford, he was the athletic trainer and set medic for the NBC television series "The Biggest Loser 3" in 2006. His primary function on the set was the day-to-day healthcare and treatment of the cast and the crew that worked on location during the filming of the show.

Kasik's résumé includes stops with three NFL teams, highlighted by an eight-year tenure as head athletic trainer for the Carolina Panthers, where he managed a staff that included two full-time athletic trainers, six part-time athletic trainers and assistants. He coordinated health physicals, treatment, training and rehabilitation and developed a computerized team injury reporting and tracking system in addition to designing health history, medication recording and coach's injury report forms.

He began his healthcare career in 1979 as an assistant athletic trainer for the Baltimore Colts. He stepped out of the NFL for a year to serve as a graduate assistant athletic trainer and earn his master's degree from the University of Miami during the 1980-81 school year before returning to the Colts for two more seasons. His time with the Colts was followed by 11 years as the assistant athletic trainer for the Seattle Seahawks from 1983 through 1994, where the Seahawks made the playoffs four times, making it to the AFC championship game in 1984. During his 22 years in the NFL, Kasik served as an athletic trainer for two Pro Bowl games. During his time with the Seahawks, Kasik was a member of the NFL Training Staff of the Year in 1988.

A 1980 graduate of West Virginia with a degree in secondary education, social studies, Kasik earned a master's in physical education, athletic training, from the University of Miami in 1981. He is married to the former Sally Grace. The couple has a son, John, Jr., and two daughters, Kathleen and Caroline.

## SUPPORT STAFF

## COACHING STAFF



**Renia Edwards**

Academic Advisor  
6th Year // Shaw '95

Renia Edwards is in her sixth year as academic advisor for the men's and women's track and field team while also working with the men's and women's swimming and diving programs.

Under Edwards' guidance, three Gamecocks have earned SEC Scholar Athlete of the Year honors in six seasons. In addition, the men's track team was named the USTFCCA Scholar Team of the Year. She also guided four Academic All-Americans at South Carolina.

Edwards came to Carolina after working as assistant director of the student-athlete academic support services at Virginia Tech for three and a half years. While at Virginia Tech, Edwards worked with the football, men's and women's soccer, volleyball, wrestling and lacrosse teams. In addition, she coordinated the SAASS tutorial program.

Prior to her experience at Virginia Tech, Edwards served as academic counselor for Iowa.

The Rembert, S.C., native received her bachelor's degree in business management from Shaw in 1995. At Shaw, she was an All-CIAA catcher and third baseman on the softball team and made the All-CIAA Academic Team.

She then went on to earn her master's in sport management from Northern Illinois, where she received the NCAA Minority Enhancement Scholarship in 1995.



**Miquel Jacobs**

Media Relations  
3rd Year // South Carolina '07

Miquel Jacobs is in his third year at South Carolina and first as media relations assistant after spending two years as a graduate assistant. He is the primary contact for women's soccer, track & field and cross country.

While at USC, Jacobs has successfully nominated six Academic All-Americans and coordinated media relations efforts for USC athletes and alums participating at the 2008 Olympic Games. Jacobs previously served as a student assistant for two years at USC, coordinating publicity efforts for cross country and women's golf in 2006. Prior to working in media relations, Jacobs worked as a sports staff writer at The Daily Gamecock newspaper, serving as beat writer for women's soccer, volleyball and women's basketball.

A native of Columbia, S.C., and a member of CoSIDA, Jacobs graduated with a Bachelor of Arts degree in public relations in May 2007 and a master's degree in sport management in 2009.



**Scott Gardner**

Athletic Trainer  
1st Year // Kentucky '85

Scott Gardner is in his first 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.



**Jenny Hill**

Sports Dietitian  
2nd Year // Virginia Tech '04

Jenny Hill is in her second year with the University of South Carolina as its sports dietitian. Prior to USC, Hill was the director of sports nutrition at the University of South Florida, where her primary responsibilities were football, team education and establishing nutrition as an essential component in performance as well as overall health.

Originally from Holland, Mich., Hill completed her undergraduate degree in human, food, nutrition, and exercise along with dietetics at Virginia Tech. While at Tech, she competed as a scholarship student-athlete with the volleyball team and worked as a summer intern with Tech's sports dietitian.

She also received her master's degree from the University of Florida, gaining experience as a graduate intern in the sports nutrition department. Upon completion of her master's, she obtained her RD (registered dietitian credential).



## COACHING STAFF



**Ben Yocum**

---

**Team Manager**  
2nd Year // South Carolina '03

Ben Yocum is in his second season as team manager for the men's and women's track and field programs after graduating from the program in December 2003.

Prior to South Carolina, Yocum spent three years at Benedict College coaching field and multi events. During his time with the Tigers, he coached two regional and six conference champions, in addition to 12 all-conference performers from 2006-08. Yocum spent the 2005 season at Hammond School.

Yocum was a decathlete at South Carolina from 2001-03 after transferring from Appalachian State where he placed third at the SOCON championships.

Yocum, a 2003 graduate from the University of South Carolina with a B.S. in experimental psychology, is pursuing a master's degree in exercise science, specializing in motor control.

## TEAM MANAGERS



**Kayla Parker**

---

**Team Manager**  
2nd Year // Senior

Kayla Parker is in her second season as team manager for the men's and women's track and field programs.

Parker is a senior at the University of South Carolina pursuing a degree in broadcast journalism. Parker spent three years as a multi-event athlete on the track and field team before ending her career prior to the 2009 season due to recurring injuries.

She is a native of Tallahassee, Fla., and participated in volleyball and track and field at Florida High School.

