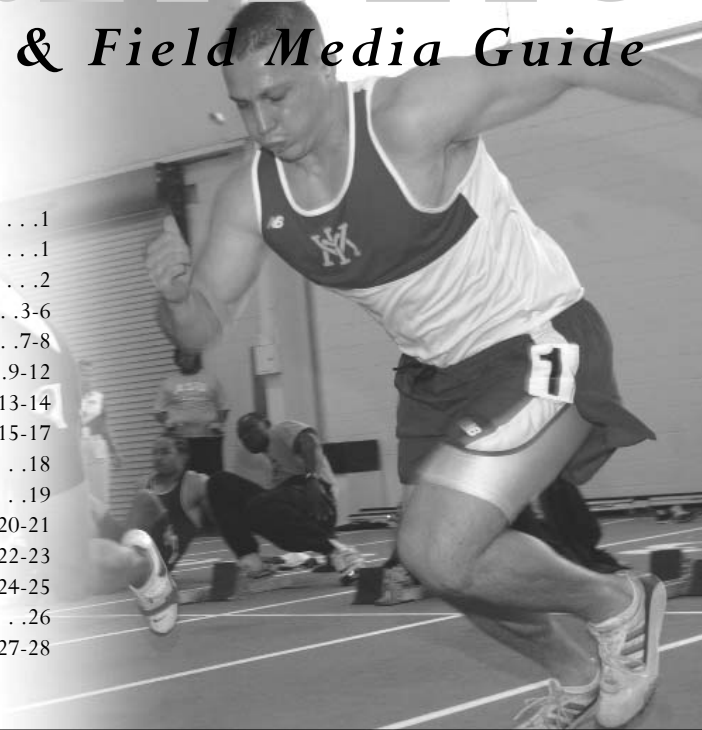


VMI KEYDETS

2006-07 Track & Field Media Guide

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GENERAL INFORMATION:

Name of School Virginia Military Institute
 City/Zip Lexington, Va./24450
 Founded 1839
 Enrollment 1,300
 Nickname "Keydets"
 Mascot Kangaroo
 School Colors Red, White, and Yellow
 Affiliation NCAA Division I
 Conference Big South Conference
 Superintendent Gen. J.H. Binford Peay, III
Alma Mater/Yr. (VMI '62)
 Athletics Director Donny White
Alma Mater/Yr. (VMI '65)
 Athletic Dept. Phone (540) 464-7251

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 Vol. Asst. Coach Michael Decker (Liberty '01)



Media Guide Credits:

The 2006 Virginia Military Institute Track & Field media guide is a publication of the VMI Sports Information Office.
 Written & edited by Joel Balthaser, Assistant SID. Layout & cover design by Joel Balthaser. Special assistance by Wade Branner, Sports Information Director and Christian Hoffman, Assistant SID.

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Chuck Steenburgh
 VMI Communications & Marketing
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The 2006 Virginia Military Institute Track & Field media guide was compiled and written for the benefit of all interested in learning detailed information regarding the Institute, coaches, staff, and student-athletes of the Keydet track & field program. Requests for any additional information should be directed to Joel Balthaser, Assistant SID.

ABOUT VMI TRACK & FIELD:

Main Track Office Phone (540) 464-7324
 Indoor Facility Cormack Field House
Surface: (200 meter banked track - APS TARTAN)
 Outdoor Facility H.M. "Son" Read '16 Mem. Track
Surface: (400 meter, 8 lane track - Polyurethane)
 Conference Championships 36
 Cross Country Titles 5 (SoCon)
 Indoor Track Titles 17 (SoCon)
 Outdoor Track Titles 14 (SoCon)
 Cross Country Trainer Keith Silcox
 Noelle Parent
 Track & Field Trainer Micaela Kelso

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 Lexington, Va. 24450
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2005-06 Season Review



Brandriff named ESPN the Magazine Academic All-America® First Team

2006 graduate Chris Brandriff was selected to the 2006 ESPN the Magazine Academic All-America® First Team in the University Division. Brandriff had a remarkable senior season for the Keydets, becoming the fifth Big South Scholar-Athlete of the Year selection in the past six track & field seasons for VMI. In the javelin, Brandriff broke his own school record twice in 2006, and qualified for the IC4A Championships and NCAA Regionals for the second straight year. Brandriff was a four-year Dean's List selection, the recipient of VMI's prestigious Three-Legged Stool Award, and held a 3.91 GPA in his final year in Civil Engineering.



Evans wins long jump at 2006 Big South Indoor Championships

VMI freshman Taili Evans won the conference long jump championship with a career-best distance of 7.10 meters on the first day of the 2006 New Balance Big South Conference Indoor Championships. Evans was the only Keydet to earn his team ten points at the event, and his mark was also good enough to qualify him for the 2006 IC4A Championships. The freshman was named Big South Freshman of the Year for his performance. Evans consistently got better throughout the season in the event, with jumps of 6.76, 6.90, 6.90 and 6.99 in succession before landing at 7.10 to claim the title for the Keydets.



VMI Awarded Men's Indoor & Outdoor Team Sportsmanship Award

VMI was awarded the Big South Conference's Team Sportsmanship Award for both the 2006 men's indoor and outdoor track & field seasons. The honor is part of the Big South's new individual, team and institutional sportsmanship awards for the 2005-06 seasons. The selection was VMI's fourth team sportsmanship award of the year, as the Keydets' men's cross country squad and men's basketball team student-athletes were also honored as well. The Keydets would later receive the overall Sportsmanship Award for the entire season.

Top Men's Times & Marks

2005-06 Top Indoor Performances

Event	Athlete	Year	Mark
55m	Evans, Taili	Fr.	6.67
60m	Taili Evans	Fr.	7.13
	Sean Mizzer	Sr.	
200m	Watkins, Jasper	Fr.	22.31
400m	Watkins, Jasper	Fr.	48.63
800m	Bush, Mark	Sr.	59.61
1,000m	Mikels, Donnie	So.	2:29.86
1 Mile	Mikels, Donnie	So.	4:16.69
3,000m	Forbes, Graham	Jr.	8:48.65
5,000m	Forbes, Graham	Jr.	15:27.98
55m HH	Robinson, Joey	Fr.	7.87
60m HH	Robinson, Joey	Fr.	8.40
4x400m Relay	Behney, Bush, Evans, Greer	x	3:21.08
D.M.R.	Hernandez, Greer, Bush, Forbes	x	10:35.77

High Jump	Brickner, Garrett	Sr.	2.10m
Pole Vault	Tucker, Tyler (hept.)	Fr.	4.20m
Long Jump	Evans, Taili	Fr.	7.10
Triple Jump	Evans, Taili	Fr.	13.47m
Shot Put	Beckley, Tim	So.	12.25m
Weight Throw	Beckley, Tim	So.	12.92m

2005-06 Top Outdoor Performances

Event	Athlete	Year	Mark
100m	Obuon, Paulvince	Jr.	10.49
200m	Watkins, Jasper	Fr.	22.78
400m	Obuon, Paulvince	Jr.	48.39
800m	Harris, Anthony	Jr.	1:53.56
1,500m	Harris, Anthony	Jr.	3:50.59
5,000m	Eggleston, Patrick	Fr.	15:14.65
10,000m	Forbes, Graham	Jr.	32:30.03
110m HH	Robinson, Joey	Fr.	15.04

400m IH	Yerger, Bryan	Sr.	55.75
3,000m St.	Mikels, Donnie	So.	9:23.94
4 x 100m	Behney, Watkins, Evans, Obuon	x	41.68
4 x 800m	Bush, Harris, Mikels, Houck	x	7:39.12
4 x 1600m	Mikels, Sullivan, Harris, Eggleston	x	17:44.63
Sprint Medley	Watkins, Harris, Robinson, Greer	x	3:29.70
Decathlon	Tucker, Tyler	Fr.	5,181 pts
High Jump	Brickner, Garrett	Sr.	2.10m
Long Jump	Evans, Taili	Fr.	6.58m
Shot Put	Beckley, Tim	So.	12.75m
Discus Throw	Beckley, Tim	So.	36.49m
Hammer	Gede, Nathan	So.	34.78m
Javelin	Brandriff, Chris	Sr.	64.54m

Top Women's Times & Marks

2005-06 Top Indoor Performances

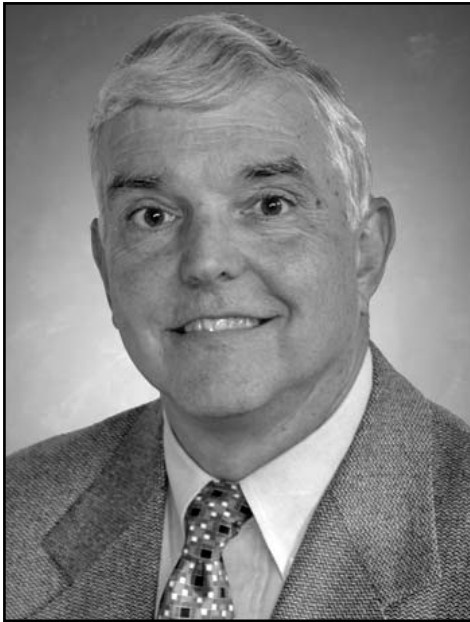
Event	Athlete	Year	Mark
55m	Mackall, Shelly	Sr.	7.33
60m	Mackall, Shelly	Sr.	7.85
200m	Mackall, Shelly	Sr.	26.48
400m	Fain, Amanda	Fr.	66.79
800m	Najda, Ania	So.	2:20.40
1000m	Najda, Ania	So.	2:59.02
1 Mile	Najda, Ania	So.	5:23.56
3,000m	Stafford, Kelsey	Fr.	10:44.88
5,000m	Stafford, Kelsey	Fr.	18:41.58
55m HH	West, Ashley	So.	8.43
60m HH	West, Ashley	So.	8.96
4 x 400m	Najda, Fain, Moore, Franck	x	4:21.26

D.M.R.	Najda, Mackall, Moore, Stafford	x	12:51.81
Long Jump	West, Ashley	So.	5.60m
Shot Put	Alexander, Ketra	Jr.	11.50m
Weight Throw	Alexander, Ketra	Jr.	15.19m

2005-06 Top Outdoor Performances

Event	Athlete	Year	Mark
100m	Mackall, Shelly	Sr.	12.46
200m	Mackall, Shelly	Sr.	26.64
400m	Moore, Amanda	Fr.	1:02.69
800m	Najda, Ania	So.	2:20.15
1,500m	Najda, Ania	So.	4:53.71
3,000m	Stafford, Kelsey	Fr.	11:23.45
5,000m	Resetar, Kathleen	Jr.	19:32.12

100m HH	West, Ashley	So.	14.71
3,000m St.	Stafford, Kelsey	Fr.	11:47.75
4 x 100m	West, Moore, Parsons, Mackall	x	51.21
4 x 400m	Moore, Najda, Fain, Franck	x	4:22.04
4 x 1600m	Ward, Resetar, Franck, Clifford	x	22:32.65
Sprint Medley	Parsons, Pritchett, Giacologne, Blain	x	4:48.99
Heptathlon	Mackall, Shelly	Sr.	3,718 pts
Long Jump	West, Ashley	So.	5.65m
Discus	Alexander, Ketra	Jr.	37.09m
Hammer	Alexander, Ketra	Jr.	43.44m
Shot Put	Alexander, Ketra	Jr.	11.37m



Mike Bozeman

- Director of Track and Field/Cross Country
- Brigadier General, USAR (Ret.)
- 22nd Season
- The Citadel '67
- 2005 Big South Conference Co-Coach of the Year

A 1967 graduate of The Citadel, Bozeman took over the VMI program in July, 1985. During his 21 years at VMI, Bozeman's diverse skills and expertise have been called upon by the Institute in many ways. He was Commandant of the Corps of Cadets from June, 1994 to July, 1996, and he was VMI's interim athletic director from January through May, 1998.

named All-American including Ernest Marvin, who in 1978 was the number four high school triple jumper of all time.

Bozeman is heavily involved in numerous activities promoting the development of amateur track and field on all levels. He helped start the South Carolina High School Track Coaches Association and edited the track and field honor roll for many years. He is a charter instructor in the Athletic Congress Certification Program for coaches and has conducted many clinics throughout the country. He has been a leader in decathlon development in the U.S. and has led U.S. squads to international competitions in Cuba, Japan, and Germany. One of his former athletes, Jim Wooding, was a member of the 1984 Olympic team.

A retired Brigadier General in the U.S. Army Reserve, his awards and decorations include the Silver Star, Bronze Star, Legion of Merit, Air Medal, Meritorious Service Medal, the Combat Infantryman's Badge, and the Ranger Tab.

After commissioning in 1967, he spent three years on active duty including a year in Vietnam, where he served with distinction as a platoon leader and commanded a Long Range Reconnaissance Patrol Unit.

He is married to the former Carol Kennon. They have two children (Gioia and Robert) and five grandchildren (Luke, Wade, Caroline, Reilly and MaKayla).

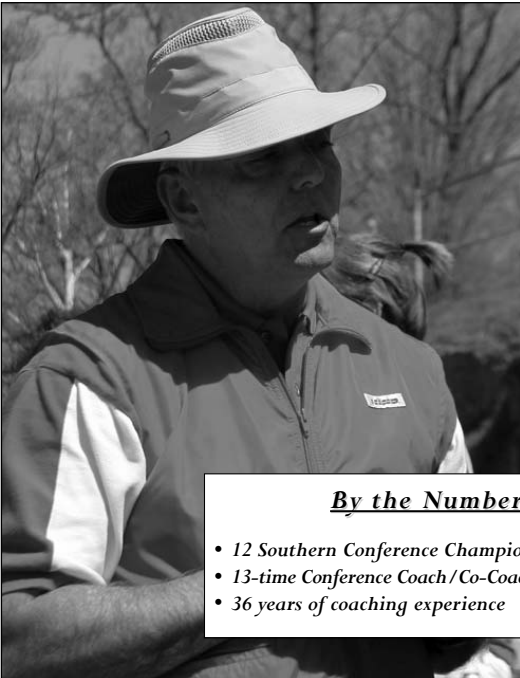
Heading into his 22nd season at the helm, head coach Mike Bozeman continues to build upon the rich tradition of the VMI Track and Field program in the 21st century with a continued excellence and knowledge of the sport.

Under Bozeman's tutelage, the Keydets have captured 12 conference crowns and Bozeman has been named Conference Coach-(or Co-Coach)-of-the-Year 13 times. In 2005, Bozeman was selected as the Big South Conference Co-Coach of the year for the first time in the new league.

Numerous athletes who have donned the red, white, and yellow in competition over the last 20 seasons have achieved all-conference status and have added their names to the conference and school record lists.

One of his most challenging assignments has been to help build a viable women's athletic program at VMI. The first women's sport was cross country which started in 1997. A year later, indoor track was added, and in 1999 outdoor track began competition. In 2002, Mildred Cooper became the first female Conference Champion at VMI, winning the shot put at the SoCon outdoor championships.

Before his arrival at VMI, Bozeman spent the previous six seasons as the field events coach for the University of Florida. Sixteen Gator athletes were named All-SEC during Bozeman's tenure and 15 participated in the NCAA Championships with four attaining All-American status. He coached previously on the collegiate level at South Carolina where he was an assistant coach from 1970-73 while earning his Master's degree at USC. He also headed the men's and women's track program at Spring Valley High School in Columbia, S.C., where he was twice named Coach-of-the-Year. Four of his athletes were



By the Numbers:

- 12 Southern Conference Championships
- 13-time Conference Coach/Co-Coach-of-the-Year
- 36 years of coaching experience





Darrin Webb

- Associate Head Track and Field Coach
- (Sprints, Vertical Jumps & Relays)
- 13th Season
- Syracuse University '94

Darrin Webb begins his 13th season with the Virginia Military Institute track and field program, where he currently holds the position of Associate Head Track and Field Coach.

Webb received a Bachelor of Science Degree from Syracuse University in the Exercise Science Department in 1994. While at Syracuse he participated in the pole vault, javelin, and multi events, and is still the current indoor pole vault record holder. He was also the team captain during the 1993-94 season. He also attended the University of Albany during the 1990-91 academic year where he participated in both track and field and football.

Webb holds his USATF Level I certification, as well as USATF Level II certifications in the jumps, sprints, hurdles, and relays. His main area of work is in the sprints, relays, and vertical jumps, and is also responsible for the fall conditioning program for all of those events.

During his tenure at VMI, Webb's responsibilities have ranged from recruiting coordinator, budget management for travel, home meet management, and coordination with academic services, the admissions office and the sports information office for all publications regarding the VMI track and field program.

Webb has had a positive impact on the VMI program over the last 12 years. Since joining the Keydet staff, he has been part of five Southern

Conference team championships, and has coached the Big South Indoor/Outdoor Field or Running Event Athlete of the Year five times in the past three years. Webb has trained and coached 58 conference champions throughout his 12 seasons, as well as more than 90 athletes that have achieved All-Conference honors in the Big South Conference and Southern Conference.

Webb also has to his credit a 2004 Indoor NCAA All-American in the 200m, five NCAA qualifying marks in the 100m, 200m, high jump, and a 1996 provisional qualifier in the decathlon. He has coached five IC4A champions, in the high jump (2), 55m dash, and the 200m (2).

The 2004 Indoor IC4A champion also holds the meet record of 20.85 in the 200m. Webb has also coached eight-plus athletes that have scored at the IC4A championships, in events ranging from the heptathlon, decathlon, pole vault, high jump, long jump, and 110HH.

Since arriving at VMI, Webb has worked with athletes that have recorded over 70 top-10 performances in the history of the VMI program, added nine new men's school records, and 20 women school records.

Webb and wife, Michelle, have a five-year old daughter, Savannah Louvier. The couple currently resides in Lexington.



Coaching Credentials:

2004 Indoor All-American (200m)
5 NCAA qualifying marks
5 IC4A champions
12 Years of Coaching Experience



Paul Spangler

- Head Cross Country Coach
- Asst. Track & Field Coach
- 5th Season - Alabama '98

Paul Spangler begins his fifth season as Head Cross Country Coach and Assistant Track & Field coach at VMI.

Spangler is a 1998 graduate of the University of Alabama with a BS in Education. He later went on to receive a Master's from Florida State University in Sports Administration.

During his time at Florida State, he helped to develop 13 NCAA All-South Region performers, had three NCAA individual qualifiers in cross country, ten All-ACC track and field athletes, and two athletes qualify to the World Junior Track and Field Championships.

In his four seasons at VMI, his athletes have established 15 new school records. In 2005, the men's cross country team finished runner-up at the Big South Conference Championships, the highest finish for the program since 1980. Spangler has also helped improve the team's finish at the conference championships from ninth (first season), to seventh (second season), to fourth (third season) and all the way to a runner-up finish at the 2005 Big South Championships.

That same year, the women's cross country team posted its highest conference finish in the history of the program, and Spangler coached the program's first-ever female All-Conference performer.

Spangler was a 1996 and 1997 NCAA qualifier in cross country and made the All-Southeastern Conference team in his senior year at the University of Alabama.

Spangler and his wife Cynthia were married in July 2002. The couple resides in Lexington.



Zack Scott

- Asst. Track & Field Coach
- (Throwing Events)
- 3rd Season - VMI '89

Zack Scott enters his 3rd season at his alma mater. In his three-year tenure in the college ranks, he has had an immediate impact with the program and has already helped establish women's school records in the weight throw, outdoor shot, discus, hammer and men's javelin.

Scott has coached All-Big South men and women performers in every throwing event, highlighted by Chris Brandriff who finished second in the Javelin at the 2006 Penn Relays, and also earned ESPN Academic All-American honors.

Coach Scott is a USATF Level I and Level II certified coach in the throws and jumps, and is currently studying for his CSCS certification from the National Strength and Conditioning Coaches Association test in December 2006.

Coach Scott brings to VMI eight years of experience as a high school football and throws coach from James Robinson Secondary in Fairfax, Va. At Robinson, Scott coached high school All-Americans in the shot put and hammer.

Coach Scott was also a member of head coach Mark Bendorf's staff which won two AAA Division 6 Virginia State Football Championship titles, and trained Northern Virginia men and women athletes at his Speed and Agility Camps. Scott also assisted Steve Francese in developing one of Virginia's top Power Lifting programs.

An All-Southern Conference athlete in the shot put, discus and hammer, Scott was a member of two of VMI's twelve Southern Conference Championship teams. Coach Scott is a 1989 graduate from VMI with a degree in International Politics, and spent time as a Defense Contractor working in Intelligence before returning to VMI.

Coach Scott is a Marine Corps Gulf War Veteran and resides in Lexington, Va. His primary duties include recruiting as well as strength training for VMI's track and field program.





Jackie Tugman

- Asst. Track & Field Coach
- (Middle Distance)
- 3rd Season - VMI '02

Jackie Tugman begins her third season with the VMI track & field program. Tugman is a 2002 graduate of VMI, where she received a bachelor's degree in History with honors and distinction.

At VMI, Tugman was also a scholarship cross-country and track athlete who set numerous school records, earned MVP honors, and served as the co-captain during her first class year. She also participated in the VMI Theater and served as a cadet bugler.

Before returning to VMI to work in the Admissions Office, she coached the men's and women's cross country team at Virginia Wesleyan College and was a sales representative for a screen printing company.

Tugman became the first VMI alumna to work on the Admissions staff, and currently coordinates all aspects of the Institute's female recruitment effort. Her efforts have resulted in an increase in the number of female admission applicants over the past few years.

She is also one of the assistant track and field coaches at VMI and works primarily with the distance runners. She finished as the eighth overall woman in Virginia Beach's 2004 Shamrock Marathon with a time of 3:07 and qualified for the 2004 World Championships in the duathlon.



Tim Sykes

- Volunteer Asst. Coach
- 200m/400m & Cross Country
- 3rd Season - Ohio '05

Sykes is an assistant coach for the VMI track & field and cross country programs, working primarily with distance runners. His main responsibilities include assisting head cross country coach Paul Spangler with everyday coaching duties including practice operations, meet set-up, and travel.

Sykes, a Circleville, Ohio native, is a full-time staff member in the VMI Physical Education department, where he works as a lecturer and instructor while also serving as a Rat Challenge Supervisor and Endurance Club Head Coach.

He attended the University of Rio Grande, receiving a Bachelor's of Physical Education degree in 2003. At Rio Grande, Sykes was a member of both the track & cross country programs, where he was honored twice as an NCAA All-American (academic and athletic) for track. Sykes also earned his Master's Degree in Recreation and Sport Sciences (Coaching Education) at Ohio University in 2004.

Currently, Sykes is also enrolled part-time at Virginia Tech in the PhD Education Curriculum and Instruction with emphasis in Health Promotion.

Sykes spends a lot of his free time training for and running marathons. Most notably, he placed 14th (out of 5,000) in the 2005 Columbus Marathon, and an incredible 160th (out of 22,000) in the 2006 Boston Marathon.



Joel Balthaser

- Assistant Sports Information Dir.
- 2nd Season
- University of Dayton '02

Balthaser begins his second season with the Keydets after joining the VMI Sports Information Department in the fall of 2005.

At VMI, Balthaser has served as the media contact for several Keydet sports including men's soccer, men's and women's indoor/outdoor track and field, and men's lacrosse. Balthaser's duties also include assisting in the promotion of football and basketball and assisting with in-game operations and post-game interviews.

Balthaser received his Bachelor's degree in Sport Management from the University of Dayton, with minors in journalism and general business in 2002. While at Dayton, Balthaser worked for three years with the Miami Valley Golf Association as media relations coordinator, and interned with the Illinois Junior Golf Association in Chicago as communications manager.

Prior to coming to VMI, Balthaser spent three years as the National Director of Media Relations for Pop Warner football, in charge of website maintenance, publications and all related media initiatives. He was the primary media contact for three Pop Warner Super Bowls, and planned and coordinated three national scholar banquets for the company.

Balthaser is a member of the College Sports Information Directors of America (CoSIDA), and recently received a Fred Stabley Writing Award for a feature on the VMI lacrosse program. At Pop Warner, Balthaser also published an image series book entitled "Images of America: Pop Warner" for the company in the spring of 2004.

Track & Field Support Staff:



Col. Thomas Baur
Faculty Athletic Representative



Sherry Baucom
Ath. Academic Advisor/SWA



Stephen Ross
Athletic Academic Advisor



Cliff Wade
Assoc. AD (Compliance)



Lance Fujiwara
Assist. AD (Sports Medicine)