



2007-08 VMI TRACK & FIELD MEDIA GUIDE

The 2007-08 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.

Credits:

The 2007 Virginia Military Institute Track & Field media guide is a publication of the VMI Sports Information Office. Written & edited by Joel Balthaser, Assistant Sports Information Director. Layout & cover design by Joel Balthaser. Special assistance by Wade Branner, Sports Information Director, Christian Hoffman, Assistant Sports Information Director and the VMI track and field coaching staff.

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VMI KEYDETS 2007-08 TRACK & FIELD MEDIA GUIDE

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
Athletics Director . . . . . Donny White
Athletic Dept. Phone . . . . . (540) 464-7251

COACHING STAFF:

Head Coach . . . . . Mike Bozeman (The Citadel '67)
Email: . . . . . bozemanml@vmi.edu
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Assistant Coach . . . . . Jackie Tugman (VMI '02)
Email . . . . . tugmanj@vmi.edu

GENERAL INFORMATION:

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 . . . . . Micaela Kelso
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Lexington, Va. 24450

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VMI Mission Statement

The Virginia Military Institute believes that the measure of a college lies in the quality and performance of its graduates and their contributions to society. Therefore, it is the mission of the Virginia Military Institute to produce educated, honorable men and women, prepared for the varied work of civil life, imbued with love of learning, confident in the functions and attitudes of leadership, possessing a high sense of public service, advocates of the American Democracy and free enterprise system, and ready as citizen-soldiers to defend their country in time of national peril.

To accomplish this result, the Virginia Military Institute shall provide to qualified young men and women undergraduate education of highest quality -- embracing engineering, science, and the arts -- conducted in, and facilitated by, the unique VMI system of military discipline.



## 2006-07 SEASON IN REVIEW

### TOP OUTDOOR TIMES/MARKS

Event	Athlete	Year	Time/Mark	Event	Athlete	Year	Time/Mark
100m	Gaines, Keith	Fr.	11.30	100m	Sellers, Shannon	So.	14.37
200m	Watkins, Jasper	So.	22.03	200m	Williams, Chandale	Fr.	26.77
400m	Watkins, Jasper	So.	48.09	400m	Williams, Chandale	Fr.	59.43
800m	Klajnbart, Jared	So.	1:55.14	800m	Najda, Ania	Jr.	2:18.0
1,500m	Sullivan, Kevin	Jr.	4:04.85	1,500m	Najda, Ania	Jr.	4:50.9
5,000m	Able, Kurt	R-So.	15:26.30	5,000m	Clifford, Hatley	Sr.	18:54.7
10,000m	Able, Kurt	Jr.	32:10.58	10,000m	Fritts, Emily	Fr.	42:08.5
110m HH	Robinson, Joey	So.	15.15	55m HH	West, Ashley	Jr.	8.37
400m IH	Abdurrahim, Hamid	So.	54.99	100m HH	West, Ashley	Jr.	15.25
3,000m Steeple	Rademaker, Andrew	Fr.	9:29.21	3,000m Steeple	Stafford, Kelsey	So.	11:42.6
4 x 100m Relay	---	x	42.48	4x400m Relay	---	x	4:10.05
4 x 400m Relay	---	x	3:24.09	Long Jump	West, Ashley	Jr.	18' 5.25"
Pole Vault	Tucker, Tyler	So.	14' 7.25"	Shot Put	Alexander, Ketra	Sr.	35' 5.25"
Long Jump	Gaines, Keith	Fr.	22' 5"	Discus Throw	Alexander, Ketra	Sr.	122' 11"
Shot Put	Beckley, Tim	Jr.	40' 4.75"	<b>Hammer Throw</b>	<b>Alexander, Ketra</b>	<b>Sr.</b>	<b>162' 3" * (S.R.)</b>
Discus Throw	Beckley, Tim	Jr.	115' 10"	<b>Javelin</b>	<b>Feole, Michelle</b>	<b>Fr.</b>	<b>124' 2" * (S.R.)</b>
Hammer Throw	Beckley, Tim	Jr.	123' 8"				
Javelin	Hoddsden, Bridger	So.	163' 10"				
Decathlon	Tucker, Tyler	So.	5,347 pts.				

-BOLD indicates new school record

### TOP INDOOR TIMES/MARKS

Event	Athlete	Year	Time/Mark	Event	Athlete	Year	Time/Mark
55m	Jasper Watkins	So.	6.59	55m	Chandale Williams	Fr.	7.86
60m	Jasper Watkins	So.	7.07 (55m)	60m	Chandale Williams	Fr.	8.38 (55m)
200m	Jasper Watkins	So.	22.66	200m	Chandale Williams	Fr.	27.44
400m	Jasper Watkins	So.	50.63	400m	Chandale Williams	Fr.	1:00.85
800m	Donnie Cowart	R-So.	1:54.94	800m	Ania Najda	Jr.	2:20.69
1,000m	Donnie Cowart	R-So.	2:28.31	1,000m	Ania Najda	Jr.	3:05.4
1 Mile	Donnie Cowart	R-So.	4:13.83	1 Mile	Ania Najda	Jr.	5:30.96
3,000m	Andrew Rademaker	R-Fr.	8:42.35	3,000m	Hatley Clifford	Sr.	10:43.44
5,000m	Andrew Rademaker	R-Fr.	15:13.86	5,000m	Hatley Clifford	Sr.	18:50.45
55m HH	Joey Robinson	So.	7.94	<b>55m HH</b>	<b>Ashley West</b>	<b>Jr.</b>	<b>8.29* (S.R.)</b>
60m HH	Joey Robinson	So.	8.40	60m HH	Ashley West	Jr.	8.86 (55hh)
4 x 400m Relay	Klajnbart, Yerger Gaines, Abdurrahim	---	3:24.09	4 x 400m Relay	---	---	---
D.M.R.	Harris, Watkins Klajnbart, Cowart	---	9:56.07	D.M.R.	---	---	13:06.62
High Jump	Chi Chi Ezekwe	Jr.	6' 0.75"	Long Jump	Ashley West	Jr.	18' 2.5"
Pole Vault	Tyler Tucker	So.	14' 7.25"	<b>Triple Jump</b>	<b>Ashley West</b>	<b>Jr.</b>	<b>34' 10.25" * (S.R.)</b>
Heptathlon	Tyler Tucker	So.	4,152 pts.	Shot Put	Alexander, Ketra	Sr.	39' 10"
Long Jump	Taili Evans	So.	22' 0.25"	<b>Weight Throw</b>	<b>Alexander, Ketra</b>	<b>Sr.</b>	<b>56' 11.5" * (S.R.)</b>
Triple Jump	Chris Alderman	Jr.	44' 2.75"				
Shot Put	Tim Beckley	Jr.	42' 11.75"				
Weight Throw	Tim Beckley	Fr.	46' 6.75"				

-BOLD indicates new school record



Michele Feole



Tyler Tucker



Chandale Williams

## 2006-07 SEASON IN REVIEW



### Cowart Captures Meet Record at Fifth Annual Great Dane Classic

VMI junior Donnie Cowart blazed to a first place finish in the 1,000m with a time of 2:28.31, eclipsing the meet record of 2:29.62 (2006) at the Fifth Annual Great Dane Classic at the New Balance Track and Field Center in New York City's Armory. Cowart posted one of the top times of note in recent years in a venue that has played host to hundreds of top-level meets since the early 1920's. Cowart's time was also a mere half-second off VMI's school record of 2:27.8, a 23-year old record set by Jud Springer back in 1984.

### Alexander & West Set ECAC Qualifying Marks at VMI Winter Relays

Senior Ketra Alexander and junior Ashley West both qualified for the 2007 ECAC Indoor Championships with their performances at the VMI Winter Relays, and were among six Keydets to win events on the day. Alexander won the weight throw, while West qualified in the 55m hurdles (8.29) and won the triple jump (10.62m), breaking a pair of school records along the way. On the day, VMI ended up with 28 top-five finishes at Cormack Field House.

### Alexander Breaks School Record in Weight Throw at Liberty Quad

Senior Ketra Alexander lowered former Keydet standout Mildred Cooper's list of school throwing records to four as she recorded a toss of 56' 11-1/2" at the Liberty Quad on Friday. Alexander turned in the conference's third best mark in the event this season and she bettered her seed for the upcoming ECAC Championships with her record-setting mark. Alexander finished second behind Radford's senior All-American Tiffany Evans.

### Men's Team Finishes Fifth at 2007 New Balance Big South Indoor Track & Field Championships

The VMI men's track & field team finished fifth at the 2007 New Balance Big South Indoor Track & Field Championships. Despite posting ten top-five finishes on day two, including second place performances by junior Donnie Cowart and sophomore Tyler Tucker, team depth got the best of the Keydets as they failed to finish in the top four spots for just the first time since joining the Big South.

After helping guide the men's DMR team to a second place finish yesterday, Cowart turned in the hat trick by finishing second in both the 800m and 1-mile events. In the 800m, Cowart finished at 1:55.62, finishing a mere .06 seconds behind Liberty senior Travis Campbell. In the mile, Cowart bettered his personal best by nearly 3 seconds (4:13.83) as he finished a respective second to seven-time All-American Josh McDougal from Liberty. Tucker finished the two-day event as the team's highest individual scorer after winning the Pole Vault (4.35m) and a runner-up finish in the heptathlon.

### Sullivan Named 2007 Big South Men's Indoor Scholar-Athlete of the Year

For the fourth consecutive year since joining the Big South, VMI has featured the recipient of the conference's men's indoor track & field scholar-athlete of the year. last year, junior Kevin Sullivan claimed the prestigious honor by winning the award for the second straight season. Sullivan collected Big South Men's Scholar-Athlete of the Year honors by posting a 3.99 GPA in Computer Science, while also serving as a key member of the VMI distance corps.

### Men's DMR Qualifies/Competes at 2007 IC4A Championships

The men's Distance Medley Relay (DMR) team qualified for the IC4A Championships in Boston after posting a time of 10:08.78 at Vince Brown Track on the campus of Christopher Newport University. At the event, .01 seconds was the difference between second and third place at the 86th Annual IC4A Championships as Georgetown edged out the Keydets for the runner-up spot. VMI re-set the school's second best ever time in the event (from the day before) with a time of 9:56.07, and finished third behind the Hoyas and William & Mary.

### Academies Shine at Inaugural Track & Field Military Championships

At the first-ever Track & Field Military Championships, Air Force held off Army to capture the men's title with 246 points, while Navy captured the women's crown by earning 209 points on the day at H.M. "Son" Read '16 Memorial Track in Foster Stadium. The U.S. Military Academy (234) finished 12 points behind Air Force in the men's competition, followed by Coast Guard (87), The Citadel (72), VMI (64) and the Merchant Marine Academy (13). For the women, Navy beat out Air Force (190), and was followed by Army (175), The Citadel (69), Coast Guard (42) and VMI (34). For VMI, senior Ketra Alexander broke the school hammer throw record (162' 3") and qualified for the ECAC Championships.

### Sullivan Named Big South Men's Scholar-Athlete of the Year and ESPN the Magazine Academic All-America Second Team

For the second straight season and third time overall, junior Kevin Sullivan was selected as the Big South Men's Track & Field Scholar-Athlete of the Year. Sullivan maintained a 3.99 GPA as a Computer Science major while serving as a valuable member of the VMI track & field team. And after being selected to the Academic All-District Team for the second straight year, Sullivan was chosen to the CoSIDA/ESPN the Magazine Academic All-America Team for the first time. He was the second Keydet to earn All-America status for the 2006-07 season, joining junior wrestler Tommy Cunningham, who was earlier selected to the Academic All-America Third Team.





## COACHING STAFF



# head coach MIKE BOZEMAN

Director of Track & Field & Cross Country ■ 23<sup>rd</sup> Season ■ Brigadier General, USAR (Retired) ■ The Citadel '67

Heading into his 23rd 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 23+ seasons have achieved all-conference status, including two NCAA All-Americans, and have added their names to the conference and school record lists.

A 1967 graduate of The Citadel, Bozeman took over the VMI program in July, 1985. During his 23 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.

One of his most challenging assignments has been to help build a viable women's athletic program at

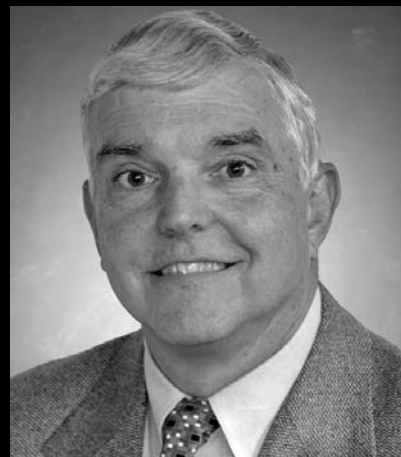
VMI. The first women's sport was cross country which started in 1997. A year later, indoor track was added, and in 1999 outdoor track began competition. In 2002, Mildred Cooper became the first female Conference Champion at VMI, winning the shot put at the SoCon outdoor championships.

Bozeman's efforts were also instrumental in getting VMI membership into the prestigious Intercollegiate Association of Amateur Athletes of America (IC4A) Conference, where the team has had outstanding success since joining.

In 2004, the VMI's Paulvince Obuon (200m & 400m) and Garrett Brickner (high jump) each captured IC4A Championships, while Obuon's time in the 200m was the fastest recorded in the 83-year history of the meet. The following year, Obuon and Brickner would each once again win their respective events at the meet. Bozeman also helped initiate the VMI women's team acceptance into the Eastern College Athletic Conference (ECAC).

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.

### THE BOZEMAN FILE



#### COACHING CREDENTIALS

- 2005 Big South Conference Co-Coach of the Year
- 12-time SoCon Coach (or Co-Coach) of the Year
- 12 Southern Conference Championships
- 37 years of coaching experience

#### PROFESSIONAL TIMELINE

- Assistant Coach, Univ. of South Carolina (1970-73)
- Spring Valley High School (1974-79)
- Assistant Coach, Univ. of Florida (1979-85)
- VMI Commandant: 1994 - 1996
- Interim Athletic Director: Jan.-May, 1998
- VMI Head Coach: 1985-present

#### EDUCATION

- B.S. Business Admin. (The Citadel '67)
- M.Ed. (University of South Carolina '73)

#### PERSONAL

- Wife: Carol
- Children: Gioia and Robert



- 12-time SoCon Coach (or Co-Coach) of the Year
- 12 Southern Conference Championships



# COACHING STAFF



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 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. He is also a 1992 graduate of the U.S. Army War College.

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 four grandchildren (Luke, Wade, Caroline and Reilly).

head coach  
**MIKE BOZEMAN**





## COACHING STAFF



### DARRIN WEBB

- Associate Head Track & Field Coach ▪ 14<sup>th</sup> Season
- Sprints, Vertical Jumps & Relays ▪ Syracuse '94

Darrin Webb begins his 14th 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 sprints, jumps and hurdles.

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 14 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 61 conference champions throughout his 13 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 more than eight athletes that have scored at the IC4A championships, in events ranging from the hepthalon, 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 six-year old daughter, Savannah Louvier. The couple currently resides in Lexington.

### THE WEBB FILE



#### COACHING CREDENTIALS

- 2004 Indoor All-American (200m)
- 5 NCAA qualifying marks
- 5 IC4A champions
- 61 Big South & Southern Conference Champions
- 13+ Years of Coaching Experience

#### PROFESSIONAL TIMELINE

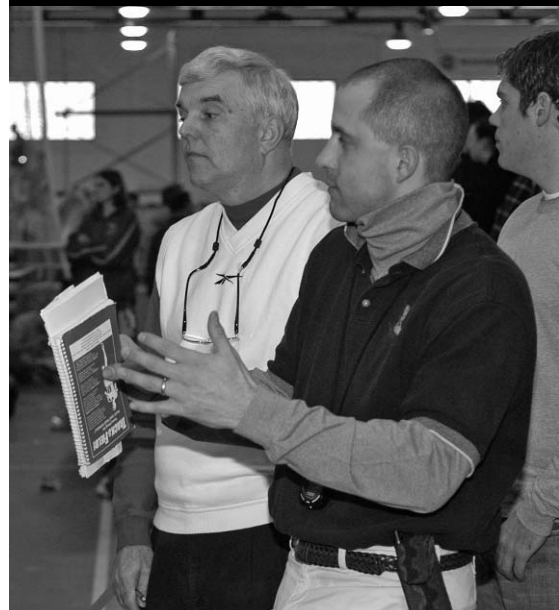
- VMI Assoc. Head Coach: 2000-present
- VMI Assistant Coach: 1994-2000

#### EDUCATION

- B.A. Exercise Science (Syracuse '94)

#### PERSONAL

- Wife: Michele
- Children: Savannah Louvier



# COACHING STAFF



## PAUL SPANGLER

- Cross Country Head Coach
- Assistant Track & Field Coach
- 6th Season
- Alabama '98

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

In his five seasons at VMI, his athletes have established 21 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.

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. His program would later equal that performance at the 2007 Big South Conference Championships.

The 2007 men's team also tied the best ever finish for a Keydet program at the NCAA Regional Championships, finishing 19th overall out of approximately 40 teams in the Southeast Region. This past summer, Spangler was invited to deliver the keynote speech on racing tactics at Virginia Tech's High Performance Academy.

Spangler is a 1998 graduate of the University of Alabama with a BS in Education. 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.

He later went on to receive a Master's from Florida State University in Sports Administration, and coached the Seminoles cross country and track & field programs.

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.

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



## ZACK SCOTT

- Assistant Track & Field Coach
- Throwing Events
- 4th Season
- VMI '89

Coach David "Zack" Scott enters his 4th season at his alma mater, VMI with the track and field program. Coach Scott is a United States of America Track and Field Association (USATF) Level I and Level II certified Coach in the Throws and Jumps.

In his four-year tenure in the college ranks, Scott has had an immediate impact with VMI's Division I program establishing new school records in every throwing event for the women's team, as well as a new men's javelin record. Coach Zack Scott was selected this summer by the USATF as an Emerging Elite Coach and was invited to attend a training seminar and Coaches symposium at the Olympic Training Center in San Diego, CA.

Highlighting Scott's three seasons at VMI has been Division I All-Big South men's and women's performers in every throwing event. Furthermore, Scott coached Chris Brandriff, who in just two years finished in second place in the Javelin at the 2005 and 2006 Penn Relays.

Scott returned to VMI after eight years of experience as a high school football and throws coach from James W. Robinson Secondary in Fairfax, VA. At Robinson, Scott developed Steve Huntzinger one of Virginia's few high school men throwers to record over 63' in the shot put and 185' in the discus. Also Coach Scott had the fortunate opportunity to have developed high school All-American men and women athletes in the shot put and hammer.

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 during the summer. While at Robinson, Scott also assisted Coach Steve Francese in developing one of Virginia's top Power Lifting programs.

An All-Southern Conference athlete in the shot, discus and hammer, Scott was a member of two of VMI's twelve Southern Conference Championship track and field teams under Head Coach Mike Bozeman. Coach Scott is a graduate from VMI with a degree in International Politics, and before returning to VMI worked 9 years as a Defense Contractor specializing in Intelligence.

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

