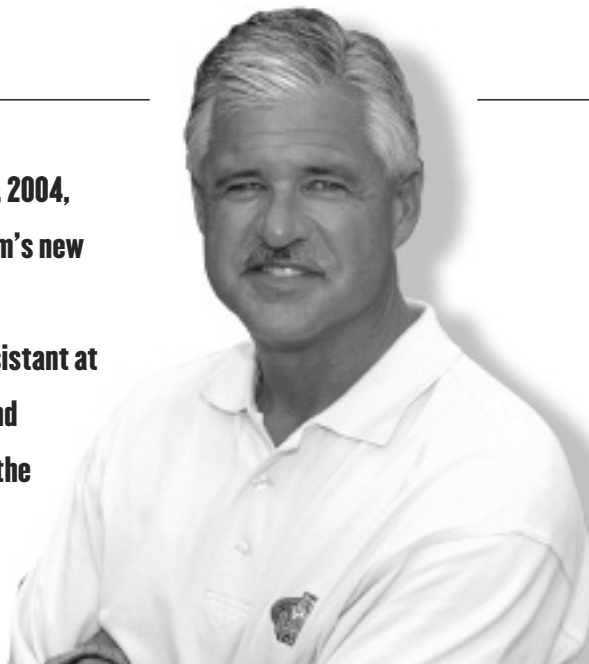


CHAMPIONS Coaches



LSU track and field ushered in a new era on July 22, 2004, with the announcement of Dennis Shaver as the program's new head coach.

Shaver, who has spent the last nine years as an assistant at LSU, will now oversee the direction of both the men's and women's programs, while concentrating his work with the Tiger and Lady Tiger sprinters and hurdlers.



Dennis Shaver

HEAD COACH • FIRST SEASON • SEASON AT LSU - 10TH • TEXAS-ARLINGTON, 1979

Widely regarded as one of the premier sprint coaches in all of track and field, Shaver has already enjoyed nine tremendously successful years with the Tiger program. During his time at LSU, Shaver has directed 18 individual NCAA champions and seven national champion relay teams, while guiding his athletes to 144 All-America awards.

2004 was yet another remarkable year for athletes under Shaver's tutelage as sprint sensation Muna Lee became just the fourth athlete in NCAA history, and the first Lady Tiger, to win back-to-back titles in the 60-meter dash. Under Shaver's watch, Lee then anchored the Lady Tigers to their third straight NCAA title in the 4x100 relay, while the foursome of Neisha Bernard-Thomas, Hazelann Regis, Monique Hall and Nadia Davy captured the national title in the 4x400 relay in NCAA meet record time, adding to the NCAA records set by LSU in the 4x100 and the 4x200 during Shaver's tenure. The 4x100, 4x200, and 4x400 meter relays have all set NCAA records during Shaver's tenure at LSU. After the conclusion of the NCAA Championships, Shaver focused on his athletes training for the Olympic Trials, where a total of six LSU athletes made their respective Olympic teams and competed in Athens.

In 2003, Shaver coached Muna Lee to a sweep of the 60 and 200-meter dash titles at the NCAA Indoor Championships, en route to shattering the 21-year old collegiate record in the 200 meters. In addition, hurdler Lolo Jones was crowned the NCAA champion in the 60-meter hurdles. At the NCAA Outdoors, Shaver guided the Lady Tigers to their second 4x100 NCAA title in three years, while also leading Lee to runner-up honors in both the 100 and 200-meter dashes. Not to be overlooked was the performance of Nadia Davy as she finished a very close third in the 400 with a time of 50.66. In addition, LSU dominated the sprints at the prestigious Penn Relays, winning the 4x100, 4x200, sprint medley and shuttle hurdle relay titles. The Lady Tigers' 4x200 also became the

first and only women's relay to ever clock a sub-1:30:00 second performance in the event. The collegiate record time of 1:29.78 still ranks as the third fastest time ever recorded in the world.

In 2002, Shaver guided Lee to the first individual NCAA title of her career as she captured the indoor 200-meter crown, breaking the NCAA meet record previously held by former Lady Tiger Peta-Gaye Dowdie. In addition, sprinter Stephanie Durst and hurdler Lolo Jones also made considerable improvements that year. Improving her 200 meter time by nearly a full second, Durst captured the SEC title as well as a third-place finish at the NCAA meet, while Jones just missed her first NCAA crown, finishing second in the 100-meter hurdles at the outdoor nationals. In all, the Lady Tiger sprinters accounted for 12 All-America accolades and seven SEC titles over the course of the season.

In 2001, Shaver developed a young and inexperienced sprinting corps into one of the hottest up-and-coming groups in the nation. Muna Lee exploded onto the scene and became only the second freshman to ever sweep the sprint titles at the SEC Outdoor Championships and just the second freshman to ever win the 100-meter dash at the prestigious Penn Relays. Lee went on to post a trio of top-five finishes in individual competition at the NCAA Championships and anchored the Lady Tigers to their third NCAA 4x100-meter relay title in six years under Shaver.

In 2000, he guided Peta-Gaye Dowdie to the NCAA title in the 200 meters, in addition to runner-up honors in both the 60 and 100-meter sprints. Dowdie finished her career as a 19-time All-American, the third highest total of any woman in LSU history.

That same year, he also helped Joyce Bates to her second individual national title, winning the 100-meter hurdles to become the third different Lady Tiger to win that NCAA title under Shaver's guidance.

Shaver joined the LSU staff in August of 1995 after serving four



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"Dennis Shaver was instrumental in building and shaping this national championship program at LSU, and his leadership abilities and coaching experience are the tools that will carry on the LSU championship tradition. He is well-respected in the track and field community for his work ethic and his ability to relate to his student-athletes. I know he will be successful in his transition to head coach of the Tigers."

-- Skip Bertman, LSU Director of Athletics



seasons as an assistant coach at Auburn. There he designed training programs for the field and multi-event athletes.

Prior to his tenure at Auburn, Shaver served as head coach for the men and women's track and field programs at Barton County Community College in Great Bend, Kan. In his six years at Barton, Shaver's men's and women's teams captured all 12 of the conference's indoor and outdoor titles. He led the Barton women's team to eight national championships, three indoor, three outdoor and two cross-country crowns.

During the 1990-91 season, Shaver's women's team captured the first "National Triple Crown" in junior college history, winning the cross-country, indoor and outdoor track titles that year.

Shaver has earned national recognition for his many accomplishments throughout his coaching career. In 2003, he was recognized by his peers as the first USTCA Assistant Coach of the Year for Women's Sprints/Hurdles. In addition, he has received seven National Coach of the Year awards, six Kansas Collegiate Coach of

the Year honor, and 12 Regional Coach of the Year awards.

A native of Salina, Kan., Shaver earned a Bachelor of Arts degree in physical education in 1979 from the University of Texas-Arlington. In 1981, he added a Master's in education with an emphasis on administration from Stephen F. Austin State.

Shaver is certified as a Level I, Level II, and Master Coach by USA Track and Field and is a regular instructor for the USA Track and Field Coaching Education Program on the sprint and hurdle events.

Dennis and his wife Connie have two children, Dale (21) and Lindsay (18), a freshman at LSU.

THE SHAVER FILE

FULL NAME: Dennis Gene Shaver

BIRTHDATE: Oct. 28, 1956

HOMETOWN: Salina, Kansas

WIFE: Connie

CHILDREN: Dale (21), Lindsay (18)

EDUCATION: Texas-Arlington, 1979

COACHING EXPERIENCE

1981-82	Hutchinson (Kan.) CC (Asst. Track and Field Coach/Asst. Football Coach)
1982-85	Hutchinson (Kan.) CC (Head Track and Field Coach/Asst. Football Coach)
1986-91	Barton (Kan.) Country CC (Head Track and Field Coach)
1992-95	Auburn (Asst. Track and Field Coach)
1995-2004	LSU (Asst. Track and Field Coach)
2004-Present	LSU (Head Track and Field Coach)



Mark Elliott

ASSISTANT COACH • 12TH SEASON • LSU, 1991

A fixture at LSU for more than a decade, first as an athlete and now as a coach, Mark Elliott begins his 12th season as an assistant coach working with the LSU's distance corps and the cross country teams in the fall.

During his tenure at LSU, Elliott has been responsible for several standout distance runners at both the collegiate and international level. Just a few of those top athletes include David Kiptoo, Joseph Tengalei, and Passmore Furusa. Kiptoo finished sixth in the men's 800 meter final at the 1996 Olympic Games in Atlanta, while Tengalei was ranked fifth in the world in the 800 meters in 1995. Furusa went on to earn All-America honors five times while competing for the Tigers.

At the 2004 Olympic Games in Athens, Elliott served as the head coach for the Guyana track and field team. In that capacity he helped former Lady Tiger Marian Burnett to a berth in the semifinals of the women's 800 meters.

In addition, Elliott has guided the efforts of half milers Neisha Bernard-Thomas and Jeffrey Fisher. Bernard-Thomas, the school record holder in the 800 meters, won the 2004 NCAA title in the event after claiming top honors at the Central American and Caribbean Championships in 2003. Under Elliott's tutelage, Fisher shattered a school record of his own, setting the Tigers' indoor 800-meter mark (1:48.98) at the 2003 SEC Championships.

In 2002, Elliott guided the efforts of NCAA champion Marian Burnett. Burnett took home the 800-meter crown with an impressive time of 2:05.16 at the indoor national meet. That same season Burnett recorded a new personal-best in the event posting a blistering mark of 2:01.71 while competing in Zagreb.

In 2000, Elliott helped Likhaya Dayile become the first man since Furusa in 1994 to qualify for the NCAA Cross Country Championships. Elliott also guided LSU's men's cross country team to a fourth-place finish at the SEC Championships, marking the Tigers best finish at the event since a second-place showing in 1989, when Elliott himself donned the purple and gold. That same year Susanne Strunz developed into one of the nation's premier 3,000-meter steeplechase threats, finishing second in the event at the SEC Championships and later qualifying for the NCAA Championships.

Dayile and Strunz were not the first athletes to achieve success under Elliott's tutelage. In the mid-1990s, he helped transform former Lady Tiger Charlotte Mayock into one of the nation's top distance runners. Under Elliott's guidance, Mayock became the first-ever Lady Tiger to earn All-America honors in a distance better than 1,000 meters, placing seventh in the mile at the 1997 NCAA Indoor Championships. Mayock later advanced to the finals in the 3,000 meters at the 1997 NCAA Outdoor Championships and again qualified for the mile finals at the 1998 NCAA Indoor



Championships.

In the fall of 1996, Elliott helped direct Mayock to the NCAA Cross Country Championships, as she became the first-ever Lady Tiger to accomplish the feat. That same season his women's team placed fifth at the SEC Cross Country Championships, marking the Lady Tigers best ever finish at that event.

A 1991 graduate of LSU, Elliott brings to the table a wealth of personal experience. A four-time NCAA All-American while competing for the Tigers, Elliott was a member of four consecutive national outdoor championship teams (two at LSU in the NCAAs and two at Blinn College in the NJCAAs).

Individually, Elliott earned runner-up honors in the 3,000 meters at the 1989 NCAA Indoor Championships and was a top-five finisher on three different occasions in a variety of other distance events, including the 5,000 and the 10,000-meter races.

At the conference level, Elliott won the 1989 SEC Championship in the 10,000 meters, as well as the 1990 SEC Indoor crown in the 5,000 meters.

Prior to his career at LSU, Elliott was a 14-time junior college All-American at Blinn College in Brenham, Texas.

A native of Spanish Town, Jamaica, Elliott earned his bachelor of science degree from LSU in 1991 and his associate of arts degree from Blinn College in 1988. Elliott later added a master's degree in kinesiology to his resume in August of 2000.

Born October 21, 1966 in Kingston, Jamaica, Elliott is the father of two children, Breanna and Ashley.

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Irving "Boo" Schexnayder

ASSISTANT COACH • 10TH SEASON • NICHOLLS STATE, 1983

Irving "Boo" Schexnayder begins his 10th season as the jumps and multi-event coach at LSU. The South Louisiana native arrived in Baton Rouge in 1995 after spending three years as a valuable member of the University of Southwestern Louisiana (now Louisiana-Lafayette) coaching staff.

It didn't take Schexnayder long to establish himself as one of the nation's premier field event coaches. At LSU alone, Schexnayder has coached nine different athletes to a total of 18 NCAA National Championship titles.

2004 was a year of unprecedented success for athletes under Schexnayder's watch as his jumpers combined to win three individual NCAA titles and earn 12 All-America awards. Schexnayder guided the efforts of SEC Field Athlete of the Year, John Moffitt, who swept the NCAA Indoor and Outdoor long jump titles before winning a silver medal in the event for Team USA at the Olympic Games.

In addition, Schexnayder's athletes proved to be the catalyst for the Tigers indoor national championship run as the trio of LeJuan Simon, Moffitt and Willie Bradley went 1-2-3 the triple jump, just one day after Moffitt and Simon finished first and eighth, respectively in the long jump.

Schexnayder's athletes earned All-America honors six times during the 2003 season, a year in which he was also selected to serve as the Jumps/Multis coach for Team USA at the Pan Am Games in Santo Domingo, Dominican Republic.

In 2002, he guided Olympian Walter Davis to one of the finest careers in LSU track history. Named the 2002 SEC Male Athlete of the Year, Davis won both the NCAA Indoor and Outdoor national titles in the triple jump in 2001 and 2002. Davis then added the 2002 NCAA Outdoor long jump title to his already impressive resume bringing his national championship and All-America title counts to five and nine, respectively, under Schexnayder's tutelage.

Davis wasn't the only athlete to flourish under Schexnayder's supervision in 2002, Nicole Toney and Claston Bernard each won national championships of their own as Toney took home gold in the triple jump at the NCAA Indoor Championships and Bernard won the decathlon at the NCAA Outdoor Championships.

In 2000, Schexnayder boasted two NCAA champions in Russ Buller and Keisha Spencer. Buller put together a tremendous season, winning the SEC and NCAA Indoor and Outdoor titles, the Penn and Texas Relays and the USTCA National Championship in the pole vault, while Spencer won the SEC and NCAA Indoor and Outdoor titles in the triple jump. Spencer later won the Honda Award, recognizing the nation's premier women's collegiate athlete in the sport of track and field.

1999 saw Schexnayder help LeVar Anderson to a national championship in the triple jump as he won gold in the event at the NCAA Outdoor meet.

Prior to Anderson's success Schexnayder assisted as LadyTiger Suzette Lee shattered the NCAA record in the triple jump and captured outdoor national titles in both 1996 and 1997. Lee also won the NCAA Indoor triple jump crown in 1997, in addition to finishing second in the long jump.

In all, Schexnayder has been responsible for at least one national champion in seven of his nine seasons at LSU, while he has also guided the efforts of 53 All-America athletes during his tenure with the Tigers.

Prior to arriving at LSU, Schexnayder served on the track and field staff at USL from 1993-95. There he oversaw the jumps, multi-event athletes and the women's weight events. During his three-year stint at USL, the Cajuns won five Sun Belt Conference team titles on the men's side (three outdoor, two indoor) and one outdoor conference title on the women's side.

While serving on the Cajuns' staff, Schexnayder helped Ndabe Mdhlongwa become just the second athlete in USL history to ever win a national championship as she topped the triple jump field at the 1995 NCAA Outdoor Championships.

Schexnayder got his start in collegiate athletics in 1991 when he served one year as the field events coach at Blinn College in Brenham, Texas. From the very beginning his athletes were champions as Blinn College won both the NJCAA indoor and outdoor team national championships the year Schexnayder was on staff.

Before joining the college ranks Schexnayder served as the track and cross country coach at St. James (La.) High School for eight seasons.

As impressive as Schexnayder's accomplishments are on the track he has been just as successful off the track. He is certified at Level I, II, and III, in addition to owning a Master Coach Designation from USA Track and Field. Schexnayder also serves as Chair of the Jumps program of USA Track and Field Coaching Education, and is the former national chair of USATF's Coaching Education Committee and Biomechanics Subcommittee.

Schexnayder has also lectured nationally and internationally on jumps, combined events and speed/power training programs, as well as authored several publications covering the same topics.

The Vacherie, La. native earned both his bachelor's and master's degrees at Nicholls State. He graduated cum laude with a BS in physical education in 1983 and later added a master's degree in administration and supervision in 1988, also earning cum laude honors.





Dana Boone

ASSISTANT COACH • FIRST SEASON • VIRGINIA, 1991

Dana Boone begins her first season as an assistant with the LSU track and field program after spending the previous five years at the University of Texas.

Boone will assist with the women's sprints and hurdles, while also overseeing recruiting, academics and the team's involvement with the CHAMPS program.

"I am very excited about Dana joining our staff," said Shaver. "She brings with her a wealth of recruiting experience. With her background in the Big 12 and the SEC she understands the level at which we compete and the caliber of athlete we need to bring into our program."

Boone had worked with the Longhorn program since the 2000 season where she oversaw the field events and

assisted with the sprints and hurdles.

Field events at Texas flourished under Boone's watch, as 15 athletes earned All-Big 12 honors, six athletes qualified for the NCAA Championships and four new school records were established.

Prior to her time at Texas, Boone enjoyed successful stints as an assistant at Tulane, Middle Tennessee and South Carolina where she coached the sprints, hurdles and jumps at each stop.

At Tulane, Boone was responsible for coaching more than 15 men and women to all-conference honors, accolades that led to the Green Wave's first-ever C-USA team championship in 1998.

Boone also worked with the Green Wave football team, helping them to develop their speed and flexibility program.

From 1994-97 Boone served as an assistant at Middle Tennessee State. During that time the Blue Raiders captured three Ohio Valley Conference team championships and Boone was responsible for 22 individual OVC champions, five NCAA qualifiers and one All-America performer.

Prior to her time at MTSU, Boone spent one season at South Carolina where athletes under her tutelage established several new school records and the Gamecocks enjoyed their highest finish at a conference meet since joining the SEC.

A native of Springfield, Va., Boone graduated from Virginia in 1991 with B.A. in communication studies. She was also an accomplished jumper for the Cavaliers, winning seven ACC titles and earning All-America honors six times. Boone then went on to earn her M.S. in physical education from Middle Tennessee State in 1995.



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John Woosley

ASSISTANT COACH • FIRST SEASON • LSU, 1997

Former Tiger thrower John Woosley begins his first season with the LSU track and field program as its throws coach.

"John brings with him a wealth of technical understanding of all the throwing events, as well as a highly accomplished academic background," said Shaver. "He also has strong national and international connections which should prove useful in recruiting top athletes to LSU."

Upon graduating from LSU in 1997, Woosley began working with several of the nation's top javelin throwers, a list that includes former American record holder Tom Pukstys and former LSU standout Delyle Woods; athletes he coached to top finishes at the 1999 and 2001 USATF Championships and the 2000 Olympic Trials.

At the collegiate level, Woosley has been a volunteer

throws coach at both LSU and UL-Lafayette. In addition, he has served as the assistant director of the Louisiana Throws Camp since 1997, offering technical and training instruction to high school throwers and track coaches around the state.

A three-year letterwinner for the Tigers, Woosley specialized in the hammer and the weight throw, events in which he still ranks third and sixth respectively on LSU's all-time lists. Also a two-time Academic All-SEC selection, Woosley was a four-time recipient of LSU's Athletic Director's Cup.

Woosley, a native of Baton Rouge, completed his bachelor's degree in kinesiology in 1997 and has earned a pair of master's degrees from LSU in motor behavior and information systems and decision sciences (ISDS).



Support Staff



Laurie Cannon
Associate SID



Shantelle Dunn
Coordinator



Drew Shea
Senior Associate Athletic Trainer

Volunteer Assistant Coaches



Claston Bernard



Walter Davis



Marvin Gibson



Debbie Parris-Thymes



Mike Young

Athletic Trainers



Mike Nicola
Graduate Assistant



John Riviere
Student



Mindy Roussel
Student



Pammy Wheatley
Graduate Assistant

Managers



Adam Bailey



Matt Carroll



Jarel Francis



Patrick Hensgens



Blair Herrington



Mohamed Mokrani

Student Workers



Sareda McPhee



Staci Miller

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