



2004 COUGAR

COACHES

2004 TRACK & FIELD COACHING STAFF



Rick Sloan

HEAD COACH

BORN: November 10, 1946

HOMETOWN: Anaheim, California

HIGH SCHOOL: Anaheim High, 1964

COLLEGE: Fullerton College, 1964-66; UCLA, 1966-69 (BS); WSU, 1978 (MS)

WIFE: Sandy

CHILDREN: Kim 34, Scott 27

COACHING EXPERIENCE: California Institute of Technology and Pasadena City College, 1972; Mt. San Antonio Junior College, 1972-73.

WSU APPOINTMENTS: 1973 - Assistant track and field coach; 1982 - Associate track and field coach; 1994 - Head coach men's track and field; 1995 - Head coach men's and women's track and field.

“At Washington State University our number one objective is the education of our student-athletes. We have an outstanding staff who are motivated and dedicated to the success of our students in the classroom. Our objective is to recruit talented, competitive people who are willing to work hard and with our outstanding coaching staff, develop to their potential. All of our energy is put into developing our student-athletes educationally, athletically and personally.”

—Head Coach, Rick Sloan

The resurgence of the men's and emergence of the women's track and field programs at Washington State University can be directly attributed to head coach Rick Sloan.

A dynamic coach and skilled technician, Sloan and his Cougar coaching staff have searched far and wide to bring the best student-athletes to Pullman, Washington, and then have worked tirelessly to have each one reach their greatest potential.

Proof of the programs' rise to success is evident in the accomplishments in the recent seasons including a 12th-place NCAA Outdoor Championship finish for the Cougar women in 2003, and three consecutive years of top 20 finishes. WSU brought home 11 All-America certificates during the 2003 indoor and outdoor seasons with the women's 1600m relay earning All-America honors with their seventh place indoor finish, the first national honors for any women's relay squad.

Whitney Evans won the women's high jump title at the 2003 NCAA Outdoor Championships with a career-best leap of 6-feet, 1 1/4-inches, and earned her eighth All-America honor making her the most-decorated woman athlete in Washington State history.

Recognized internationally as a highly successful multi-event coach, Sloan directed two Cougars to NCAA top finishes last year: senior Ellannee Richardson was runner-up in the heptathlon and freshman Darion Powell finished fourth in the decathlon.



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Sloan has successfully coached 40 athletes to NCAA outdoor All-American status 67 times, and also directed 19 athletes to 33 indoor All-America honors. During Sloan's tenure as head coach at Washington State, All-American honors have come to the school 41 times in men's events and 27 times in women's events.

In his nine years as the WSU Track Program's mentor, Sloan has seen Cougar men set 10 school records and Cougar women set 26 school records. Additionally, 11 men's freshmen and 24 women's freshman records have been rewritten in this time frame.

When Sloan was named the head track and field coach at Washington State in June of 1994, he had already invested 21 years of service to the program and the university as an assistant coach.

From 1973 until the summer of 1994, he was an assistant coach, directing WSU athletes in field events, hurdles, sprints, and decathlon.

Sloan came to coach at Washington State after a highly successful competitive career. An outstanding athlete while at UCLA, Sloan became the first Bruin to clear 7-0 in the high jump and was an All-American in the pole vault as an undergraduate.

He captained the Bruin track team as a senior and became the fourth American to surpass 8,000 points in the decathlon. As a 21-year-old, Sloan finished seventh in the decathlon at the 1968 Olympics in Mexico City. A year later he toured Europe with the U.S. National team.

While competing, Sloan held world decathlon records in the pole vault with a height of 16-7, and the high jump with a leap of 6-11 3/4. As a decathlete, he was ranked second in the United States in 1968 and 1969, and ranked 10th in the world in 1969. Sloan's 8,051 points was the fourth best mark in the world in 1969.

This Cougar mentor began his coaching career at California Institute of Technology and at Pasadena City College in 1972. Sloan also coached at Mt. San Antonio Junior College, home of the respected Mt. SAC Relays in Walnut, Calif., before coming to WSU in 1973.

In September of 1994, USA Track and Field accorded Sloan the title of Master Coach, the highest recognition in coaching education.

Sloan is still well-known internationally in the decathlon circuits through his work with three-time world champion and American record-holder Dan O'Brien. O'Brien, the 1996 Olympic Champion, lives in nearby Moscow, Idaho, and trains at Washington

State where he is a volunteer assistant coach.

Sloan is a much sought-after clinician who is the author of *Track and Field Techniques and Training*, and has produced nine instructional video tapes. He served as the head coach of the U.S.A. decathlon team which competed in the USSR in 1983. In 1988, he conducted clinics for the International Amateur Athletic Federation (IAAF) in Georgetown, Guyana.

In the fall of 2002, Sloan served as an assistant men's coach for the United States team competing at the International Association of Athletics Federation (IAAF) World Cup in Madrid, Spain.

COUGAR HIGHLIGHTS under Head Coach Rick Sloan

1994 - Named Head Coach for the Washington State men's Track & Field Team.

1995 - Named Head Coach for the combined Washington State men's and women's Track & Field Program.

1996 - Dominique Arnold won the men's 110m high hurdles title at the NCAA Outdoor Championships.

1998 - Men's team won the Mountain Pacific Sports Federation Indoor Championships title...Men's team earned third place at the NCAA Indoor Championships with the distance medley relay team winning that event with a world record time... Sloan named MPSF Coach of the Year for both men and women, selected District 8 Men's Coach of the Year.

1999 - Women's team won the Mountain Pacific Sports Federation Indoor Championships...Sloan named MPSF Women's Coach of the Year...Men's team finished 10th at the NCAA Indoor Championships as Bernard Lagat won both the mile and 3000m...Lagat named Male Athlete of the Year...Women's team finished third at the Pac-10 Conference Championships and went on to place 20th at the NCAA Outdoor Championships...Men's team finished seventh at the Pac-10 Championships but rebounded with an 11th place finish at the NCAA Championships...Lagat won the men's NCAA men's 5000m title...Sloan selected United States Track Coaches Association (USTCA) Region VIII Women's Coach of the Year.

2000 - Women's team repeats as the Mountain Pacific Sports Federation Indoor Champions...Sloan selected USTCA Region VIII Women's Coach of the Year.

2001 - Men's team won the Mountain Pacific Sports Federation Indoor Championships title...Sloan named MPSF Men's Coach of the Year...Women's team finished fourth at the Pac-10 Championships and went on to an 18th place finish at the NCAA Outdoor Championships...Sloan named USTCA Men's West Region Coach of the Year.

2002 - Women's team finished tied for 15th at the 2002 NCAA Outdoor Championships...Ellannee Richardson and Anson Henry named Mondo West Region Outdoor Track Athletes of the Year...Sloan named United States Track Coaches Association (USTCA) Men's West Region Coach of the Year.

2003 - Women's team earns 12th place at NCAA Outdoor Championships with Whitney Evans winning high jump title and Ellannee Richardson national runner-up in heptathlon... Darion Powell (decathlon) and Eric Dudley (intermediate hurdles) earn All-America.

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Debra Farwell *Associate Coach*

BORN: June 29, 1961
HOMETOWN: Renton, Washington
COLLEGE: Washington State University (B.A., 1983)
HUSBAND: George
COACHING EXPERIENCE: Washington State University, 1983-86, graduate assistant coach; University of Iowa, 1987-91, assistant coach; Penn State, 1994-95, assistant coach.

WSU APPOINTMENT: 1995 - Assistant track and field coach; 1998 - Associate coach

Debra Farwell is a 1983 Washington State University graduate who joined the Cougar coaching staff in the fall of 1995 after a successful stint at Penn State University. Farwell coaches the men and women throwers and during her coaching stint at WSU, 11 school throwing records have been set.

Farwell coached six-time All-American thrower Ian Waltz throughout his collegiate career as Waltz rewrote Cougar history in the shot put and discus events. In 1999, Farwell had two athletes win championships at the Pacific-10 Conference Meet with Waltz taking the men's discus event and Molly Monroe winning the women's javelin crown. Andrea Thornton achieved All-America status in both the outdoor discus and hammer events in 2001.

Originally from Renton, Wash., Farwell held the WSU women's outdoor shot put record of 14.70m/48-2 3/4 from 1981-86. She was an AIAW national qualifier in the shot put in 1982.

Farwell was also a pioneer in the woman's hammer thrower as one of four Cougars competing against two women from the University of Montana in the first collegiate women's dual meet hammer throw event in Pullman on March 27, 1982. She threw a 35.74m/117-3 on that day and the following week set an unofficial collegiate women's world record of 38.34m/125-9 in Eugene, Ore. In 1994, the NCAA added the women's hammer throw as an official event for the 1995 season.

Farwell was a graduate assistant coach for the WSU track and field program from 1983-86 under head coaches Jessica and Rob Cassleman. She also was a teaching assistant in the WSU physical education department in 1985, instructing beginning weight training and conditioning, and field event classes.

From 1987-91, Farwell served as an assistant track and field coach at the University of Iowa where she was responsible for coaching the throwers along with the multi-event athletes and developing a strength and conditioning program for all track athletes. She received her USATF certification for levels I and II in 1990 at the U.S. Olympic Training Center in Colorado.

Farwell was the assistant track and field coach and exercise science and sport activity instructor at Penn State University in 1994-95.



Kris Grimes *Assistant Coach*

BORN: October 5, 1966
HOMETOWN: Jefferson City, Missouri
COLLEGE: Abilene Christian University (B.S., 1989), University of Missouri (M.S., 1992)
WIFE: Tami Micham Grimes
CHILDREN: Kristofor James (12/6/97), Anna Kay (10/17/00), James Harrison (12/1/02)

COACHING EXPERIENCE: Abilene Christian University, 1989, assistant coach; University of Missouri, 1990-91, graduate assistant coach; University of Louisiana at Monroe, 1992-96, assistant track coach; Michigan State University, 1996-97, assistant men and women and interim head women's track and field coach, 1997-98, interim director women's track and field and cross country.

WSU APPOINTMENT: 1998 - Assistant track and field coach

Kris Grimes has made the WSU jumping corps a program not to be overlooked by opponents. After joining the Cougar Track & Field coaching staff in August of 1998, Grimes began working with the men and women high, triple and long jumpers as well as the pole vaulters. He is also responsible for working with the recruiting and media guide materials.

During his 15-year career, Grimes has coached numerous NCAA qualifiers but highlighting his first five years at WSU were the six Cougars who achieved All-America honors. Demetrius Murray leaped 54-0 in the triple jump for second at the 2000 NCAA Outdoor Championships and won the Pacific-10 Conference triple jump title. Women's triple jumper Cicely Clinkenbeard earned All-America honors and set the school record of 42-10 1/4 in 2000. In 2001, Jeannette Martus earned All-America honors with her sixth place finish at the NCAA Outdoor Championships and cleared a WSU record of 13-3 in the pole vault. Agneta Rosenblad was the Pac-10 long jump champion with a school record leap of 21-4 3/4. Tamara Diles had a memorable beginning to her collegiate career, winning the 2002 Pole Vault Summit with a school record clearance of 14-3 1/4, and then placing third at the NCAA Indoor Championships. Kurtiss Dille finished fifth in the men's high jump at the 2003 NCAA Indoor Championships with a leap of 7-1 1/2.

A native of Jefferson City, Missouri, Grimes was a three-time All-American pole vaulter at Abilene Christian and a member of four NCAA Division II National Championship teams.

Grimes served as an assistant coach at Abilene Christian in 1989 before graduating that same year with a bachelor's degree in education concentrating on psychology/physical education. From 1990-91, Grimes was as a graduate assistant coach at the University of Missouri in Columbia, as he continued his education and went on to earn his master's degree in education with concentrations in sport psychology/biomechanics in 1992.

Grimes spent four years (1992-96) as an assistant coach at Northeast Louisiana, where he worked primarily with the jumpers and multi-events athletes. He was also an instructor of health and human performance at the Monroe, Louisiana, school.

East Lansing, Michigan, became his home in 1996 when he was named assistant men and women and interim head women's track and field coach at Michigan State University. In his first year with the Spartans, Grimes coach three All-Americans and five All-Big Ten performers.

At the end of his first season, Grimes was promoted to Interim Director of Women's Track and Field and Cross Country at MSU where he served until joining the WSU staff in 1998.

He is a United States Track and Field Coaching Education Certified Instructor and is presently pursuing Level III Certification.

Grimes spent 11 years working at the Don Hood World Class Pole Vault Camps.

He is married to Tami Micham Grimes, a record-holder and former distance runner at Northeast Louisiana University. They have two sons, Kristofor James and James Harrison, and one daughter, Anna Kay.

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Mark Macdonald *Assistant Coach*

BORN: April 15, 1969

HOMETOWN: Spanaway, Washington

COLLEGE: Washington State University (B.A., 1992; M.A., 1993)

COACHING EXPERIENCE: Washington State University, 1992-94, graduate assistant coach, 1994-95, assistant track and field coach.

WSU APPOINTMENT: 1994 - Assistant track and field coach

Mark Macdonald was an outstanding Cougar track and field student-athlete who returned to coach at his alma mater where he works with the hurdlers and sprinters. Macdonald also serves as the recruiting coordinator for the Washington State University track and field program.

Macdonald is credited with bringing in back to back women's recruiting classes ranked among the top ten nationally by *Track & Field News*. He also helped to sign five prep athletes for the 1999 Cougar season that finished among the top five performers in their respective events. The recruiting class for the 2004 season includes 14 state champions.

Recent Cougar graduate Eric Dudley followed closely in his coach's footsteps, earning two All-America certificates with a fifth place in 2001 and a sixth place finish in 2003 in addition to being named the CoSIDA/Verizon Academic All-American of the Year for 2003 Track & Field.

At the 2001 NCAA Outdoor Championships, Macdonald had Cougars competing in all four hurdles events - the only Division I program to accomplish that feat.

After a successful prep career as a multi-sport athlete at Bethel High School where his father Mike was the track and field coach, Macdonald achieved All-America status as an intermediate hurdler at Washington State. A four-year letterwinner, Macdonald's 400m hurdles seventh place finish in the 1992 NCAA Championships at Austin, Texas, was his third appearance at a national championship.

He served as the team captain of WSU's 1992 National Dual Meet Champion squad. Macdonald also competed in the 400m hurdles at the 1992 U.S. Olympic Trials.

An accomplished scholar, Macdonald was twice named to the All-Pac-10 Academic Track and Field Team. He was honored as WSU's Pac-10 Conference Medal Winner in 1992.

Macdonald coached Cougar Dominique Arnold to the men's 110m high hurdles title at the 1996 NCAA Outdoor Championships and freshman Arend Watkins to sixth place at the 1998 NCAA Indoor Championships and eighth place at the 1999 national meet. He also directed the school's record-holders in the women's 4x100m relay team - Attrina Higgins, LaTroya Mucker, Ellannee Richardson and Francesca Green - to a 44.50 time to win the title at 1999 at the Pac-10 Conference Meet and advance to the NCAA Outdoor Championships. The 2003 4x400m relay team of Tiffany Giles, Monique Jessie, Angelita Green and Ellannee Richardson set the school indoor record of 3:35.49 and finished seventh at the NCAA Championships. Giles, Jessie, Tamara Gulley and Richardson combined for the WSU 1600m relay outdoor time of 3:33.65 for second place at the NCAA West Regional and a trip to the national meet.

Macdonald protégé Randi Smith finished second in the women's 400m hurdles at the 2000 USATF Junior National Championships and went on to compete at the World Junior Championships in Santiago, Chile. Smith's time of 57.07 seconds is a WSU school record and was the fifth-fastest time in the world that year for a junior competitor (ages 14-19).

Macdonald graduated from WSU with a B.A. in Social Studies Education in 1992. He completed his master's degree in Athletic Administration in 1993.



Jason Drake *Assistant Coach*

BORN: May 30, 1971

HOMETOWN: Gillette, Wyoming

COLLEGE: University of Colorado (B.S., 1994)

COACHING EXPERIENCE: University of Colorado, 1995-2002, assistant track and cross country coach; recruiting coordinator, 2000-02.

WSU APPOINTMENT: 2002 - Head coach cross country, assistant track and field coach

Jason Drake is in his second season as the WSU cross country and distance coach. Drake joined the Cougar staff in July of 2002, after eight years as a distance coach and the recruiting coordinator at the University of Colorado.

After implementing his training program with the Cougar distance runners, Drake happily watched the success of the program as WSU senior Anna Blue earned All-America honors at the 2003 NCAA Track & Field Championships. Blue broke four school records her senior year on the track (indoor 3000m and 5000m, and outdoor 5k and 10k) and qualified for the 2003 NCAA Cross Country Championships.

Drake is used to hitting the trails hard and he hit none harder than the recruiting trail last year, enticing state champions from four different states to join the Cougar cross country program for the 2003-04 seasons.

Born in Aberdeen, S.D., Drake had a stellar prep career at Campbell County High School, in Gillette, Wyoming. He is a 1994 graduate of Colorado, where he was a middle distance runner for the Buffalos and earned seven letters while competing in cross country, indoor and outdoor track. He earned All-America honors as a member of CU's 1994 indoor distance medley relay team. Drake earned several Academic All-Big Eight Conference accolades on his way to earning a bachelor of science degree in environmental conservation.

Drake became the recruiting coordinator for Colorado's cross country and track and field programs in 2000, in addition to his long and middle distance coaching duties. He recruited and assisted in coaching all members of the Colorado women's 2000, and men's 2001 national championship cross country teams.

In 1999, Drake founded the Colorado Elite Track Club, a nonprofit club for post-collegiate female middle and long distance runners. Among the professional members are several outstanding runners: Shayne Culpepper (2000 Olympic team 1500m and two World Cross Country teams), Janet Trujillo (2002 World Cross Country team and fifth place in 2001 USATF 1500m Outdoor Championships), and Sarah Toland (2002 World Cross Country team).

Drake has also worked part time as a geographic information systems (GIS) consultant and has created databases for the U.S. Department of Energy and private firms, including serving as a technical project manager for two enhanced 9-1-1 systems. He is an avid outdoorsman who enjoys mountain biking, water and snow skiing in addition to running.

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**Ellannee
Richardson**
Assistant Coach

BORN: March 18, 1980
HOMETOWN: Gladstone, Oregon
COLLEGE: Washington State University (B.A., 2002)
WSU APPOINTMENT: 2003 - Assistant track and field coach

Ellannee Richardson joined the Washington State University Track & Field coaching staff as a fulltime assistant August 1, 2003, replacing former WSU All-American and assistant coach Francesca Green, who left to train for the 2004 Olympic Trials.

Richardson was a five-time All-American heptathlete and sprinter. She is a four-time All-America heptathlete taking second place at the 2003 and 2002 NCAA Championships. Richardson also earned an All-America certificate at the 2003 NCAA Indoor Championships anchoring the women's 4x400m relay to seventh place with a school-record time of 3 minutes, 35.49 seconds. She also anchored the 1600m relay to a school record outdoor time of 3:33.65 for second place at the NCAA West Regional and a trip to the national meet for teammates and current WSU runners Tiffany Giles, Monique Jessie, and Tamara Gulley.

Richardson currently holds school records in the 400m relay (44.50), 1600m relay for indoor and outdoor races, and the heptathlon (5,839 points) but during her career also reached school records in the 100m hurdles and the indoor 400m dash. In the WSU all-time records, Richardson's performances are in the top five in eight different events and eighth in the long jump. A three-time Pac-10 heptathlon champion, Richardson was ranked as the third-best heptathlete (top collegiate) in the United States in 2003 by *Track & Field News*.

In the classroom, Richardson also excelled, graduating from Washington State with a B.A. in sociology in August 2002. She is currently working on her master's degree in criminal justice. She was the recipient of these awards in 2003: WSU's Pac-10 Medal Winner, Cougar Pride Academic Salute Trophy, Senior Excellence in Academics, Pac-10 Postgraduate Scholarship, Arthur Ashe Jr. Sports Scholar First Team, NCAA Postgraduate Scholarship, nominee for NCAA Woman of the Year, and Verizon/CoSIDA National Academic All-American second team.

Richardson will work with assistant coach Mark Macdonald in both the sprints and hurdles as well as take on administrative duties of assisting with recruiting, team travel, meet management, and equipment orders.

In addition to her continuing education and coaching duties, Richardson is training for the 2004 Olympic Trials.

"We are excited to have Ellannee still in the program after five years," Cougar Head Coach Rick Sloan said. "To be able to have her influence and her understanding of the sprints and the hurdles as well as providing technical instruction for those events will be great. Plus, just having someone of her stature and accomplishment around to provide an influence on the athletes on the team will be great."



Dan O'Brien
*Volunteer
Assistant Coach*

The former world record-holder and Olympic champion in the decathlon, Dan O'Brien makes his home in the Palouse, living in Moscow, Idaho, and training at Washington State University where

Cougar head coach Rick Sloan is his coach.

In between competing in national and international events and flying around the country making personal appearances and commercial endorsements, O'Brien spends his time training and coaching at the WSU campus.

O'Brien grew up in Klamath Falls, Oregon, and attended Henley High before taking a track scholarship at the University of Idaho in 1984. He still holds numerous school and Big Sky Conference track and field records and frequently competes in the indoor meets in the area.

A three-time world decathlon champion, O'Brien established the world record of 8,891 points at the DecaStar Meet in Talence, France, in September 1992. For seven years O'Brien was ranked number one in the world in the decathlon.



Michael Friedberg
*Volunteer
Assistant Coach*

Michael Friedberg volunteered to work with the Washington State distance runners when cross country coach Jason Drake joined the staff in the summer of 2002.

Originally from Columbia, Maryland, Friedberg was a three-time cross country All-American at the University of Colorado.

During his collegiate career, he finished 27th as a senior, 43rd as a junior and 35th as a sophomore at the NCAA Cross Country Championships. Friedberg also grabbed three top five finishes at the Big XII Cross Country Championships while competing for the Buffaloes.

On the track, Friedberg won the Big XII indoor 5000m crown as a sophomore and was an NCAA automatic qualifier in the 10k as a junior.

Friedberg was the captain of the Colorado cross country team and a member of the Colorado student-athlete advisory committee. He was a three-time selection to Big XII All-Academic first team and graduated from Colorado in spring of 2001 with a bachelor's degree in finance.

A member of the 1996 USA Triathlon Junior National Team, Friedberg has served as an assistant coach of the Triathlon Junior Olympic Camp at Roswell, NM, in both 1995 and 1996.

He is currently working on his masters degree at Washington State.

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Andrea Thornton **Volunteer** **Assistant Coach**

Andrea Thornton is a two-time All-American Cougar thrower who joins the Washington State Track & Field coaching staff as a volunteer assistant coach for the 2004 season.

Thornton came to Washington State after a stellar career at Shelton High in Shelton, Washington. During her four years at WSU, Thornton set the school hammer record and still holds it with a toss of 195-feet even in 2001. In WSU all-time top marks, Thornton's indoor 20-pound weight throw of 61-4 1/4 is second, shot put mark of 49-1 3/4 is third, and discus mark of 172-1 is fourth in school history.

At the 2001 NCAA Outdoor Championships at Eugene, Oregon, Thornton threw the discus 168-8 for eighth place, and placed 11th in the hammer throw with a throw of 192-10, both earning All-America honors. Her previous NCAA participation came in 2000 with a 19th place finish in the hammer.

In Pac-10 Conference Championship meets, Thornton grabbed a third place finish in the discus and fourth place finish in the hammer in 2001, an eighth in the shot put in 2000, and sixth place in the hammer in 1999.

She was selected the WSU Student-Athlete Advisory Council 2001 Female Athlete of the Year. Thornton earned her bachelor of science degree in kinesiology with a minor in strength training in 2001. She is a certified strength and conditioning coach and worked in WSU Athletics Physical Development after graduation.

Thornton is continuing to compete at the national level. At the USA National Track & Field Championships last summer, Thornton placed 11th in the discus with a throw of 172-11, and 12th in the hammer with a toss of 196-7.

