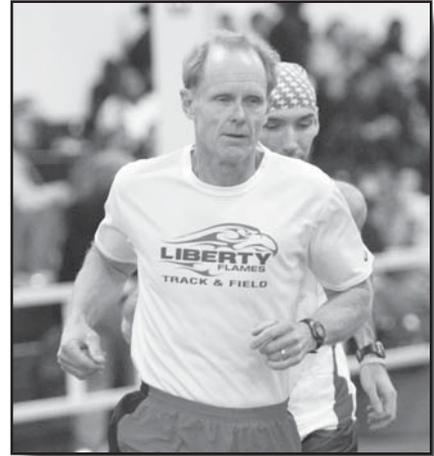




Brant TOLSMA
 Head Coach
 24th Year at Liberty
 Newark Coll. of Engineering, '71
*28-Time Big South
 Track & Field
 Coach of the Year*



Now in his 24th year at Liberty, Brant Tolsma is the head coach of the men's and women's cross country and track and field teams. He was brought to Liberty in 1986 by former Liberty track and field coach, Jake Matthes, to serve as the head men's track and field coach. By 1991, Tolsma had assumed each of the coaching positions he still holds today.

Under Tolsma's guidance, the Liberty program has enjoyed considerable success. The cross country and track and field teams have won 77 conference titles (including Big South, IC4A and Mason-Dixon) since his arrival on campus.

Tolsma has won 41 Big South Coach of the Year honors and twice was named the NCAA District Coach of the Year. His athletes have earned 39 All-America honors since the program moved to the NCAA Division I level in 1989.

Three of his student-athletes have captured individual national titles. Heather (Sagan) Zealand won the mile at the 2002 NCAA Division I Indoor Track & Field Championships. Flames have also captured two of the last three national titles at the NCAA Division I Cross Country Championships, including Josh McDougal in 2007 and Sam Chelanga in 2009.

Tolsma's student-athletes have also excelled in the classroom during his tenure at Liberty. Last season, senior decathlete Daniel Newell was a third team ESPN The Magazine Academic All-American. Newell became the seventh Liberty cross country or track and field athlete to earn Academic All-America status under Tolsma's direction.

Tolsma's coaching career began at Campbell in Buies Creek, N.C. He served as the head cross country and track and field coach there for seven years.

Tolsma completed his undergraduate work with summa cum laude distinction in 1971 at Newark College of Engineering, since renamed New Jersey Institute of Technology. He went on to earn a master's degree in hydraulic engineering from Michigan and a Ph.D. in the biomechanics of sport from Indiana. Tolsma's doctoral dissertation was entitled Leg Dynamics of Maximum Speed Sprinting.

Tolsma has published several articles about track and field training and released a book, *The Surrendered Christian Athlete*, which expounds the role of the Christian faith in athletics. He has also designed several athletic training devices.

When he can find time, Tolsma still actively trains and competes in track and field. He won his age group in the World Double Decathlon Championship in 2005, as well as the Masters National Decathlon Championship in both 1993 and 2003. He placed second

at the World Veterans Games decathlon in 1995 and at the 2002 World Double-Decathlon Championship in Finland.

Tolsma twice held the world record for men over 50 in the double decathlon, a two-day, 20-event competition which includes all of the track and field disciplines. In October 2007, Tolsma broke his age group's world record for the one-day double decathlon, at the Matthes-Hopkins Track Complex. Tolsma also set an age group (55-60) world record for the double heptathlon in December 2008, while competing at Liberty's indoor track and field facility bearing his name. He is currently training for a shot at the age 60 world record at the 2010 World Double Decathlon Championship, to be held Sept. 24-25 at the Matthes-Hopkins Track Complex.

The former president of the International Association of Ultra Multi-events, Tolsma has raced nearly every competitive distance from 50 meters to 50 miles. The latter he did to celebrate reaching age 50, about a decade ago.

Tolsma enjoys a number of sports and fitness activities, especially water-skiing. Nancy, his wife of 35 years, is the mother of his six children, Michelle, who is married to former Liberty tennis player Matthew Schley, Rachel, Brenda, who is married to current assistant track and field coach Clendon Henderson, Regina, Joey and Tami, a sophomore on the Liberty women's track and field team. Tolsma has two grandsons, Jacob and Bradon, as well as a granddaughter, Eliana.



(L-R): Nancy, Tami and Brant Tolsma



Coach Tolska poses with Coastal Carolina Head Coach Alan Connie, after winning one of his many Big South Coach of the Year awards.

Tolsma By The Numbers

3

Number of NCAA Division I national champions he has coached.

6

Number of children he and his wife of 35 years, Nancy, have raised.

15

Number of NCAA Division I All-Americans he has coached at Liberty.

20

Number of events he will compete in on Sept. 24-25, in the 2010 World Double Decathlon Championship.

41

Number of Big South Coach of the Year awards he has won, including cross country and track & field.

Liberty Athlete Improvements

<u>Name</u>	<u>H.S. Best</u>	<u>Liberty Best</u>	<u>Name</u>	<u>H.S. Best</u>	<u>Liberty Best</u>
Willie Parker	200-22.90	200-21.10	Clendon Henderson	Disc-172-2	Disc-204-3
	400-50.00	400-46.50		Shot-43-6	Shot-61-10.5
Mike Decker	400-49.10	400-45.59	Jon Hart	Ham-DNA	Ham-222-4
Johnny Prettyman	800-2:03	800-1:50.7	Shad Bolen	Jav-DNA	Jav-216-1
Chuck Lyngaas	800-1:57	800-1:49.60	Elliot Galeone	Jav-DNA	Jav-206-7
Travis Campbell	800-1:59.23	800-1:51.37	Brandon Hoskins	Dec-DNA	Dec-7,800
Heather Sagan	1,600-5:12	1,500-4:14.71	Danielle McNaney	Hep-4,600	Hep-5,504
	3,200-11:36	3K-9:34.54			
Ashley Osborne	5K (XC)-19:50	5K-16:42.79			
Carol Jefferson	5K (XC)-19:40	10K-34:37.27			
Josh McDougal	5K (XC)-14:07	5K-13:20.43			
Delethea Quarles	100H-15.1	100H-13.5			
Kevin Coley	LJ-23-0	LJ-25-5.5			
Michael Prettyman	PV-DNA	PV-17-2.75			
Andrea Wildrick	PV-DNA	PV-14-3.25			
Arlene Zelinskas	HJ-DNA	HJ-5-8.75			
Jonisha Saunders	TJ-DNA	TJ-40-7			

Code:

DNA = Did not attempt

XC = Cross Country

LJ = Long jump

PV = Pole vault

HJ = High jump

TJ = Triple jump

Dec = Decathlon

Hep = Heptathlon



Lance BINGHAM
 Associate Head Coach
 12th Year at Liberty
 Texas Tech, '85
**2008 USTFCCA SE Region
 Men's Asst. Coach of the Year**

Lance Bingham has served two different stints on the Liberty track and field coaching staff, totaling 12 years. Most recently, he rejoined the team as Associate Head Coach on the Flames' staff in 2004-05. In the last five seasons, he has helped guide the Liberty men's and women's track and field teams to a combined 12 conference titles. Bingham has been a part of the Liberty coaching staff for all three IC4A championship seasons (1996, 2007 & 2008).

Last season, Bingham helped coach senior decathlete Daniel Newell to the NCAA Division I Outdoor Track & Field Championships. It marked the fifth consecutive year Liberty has been represented in the decathlon at the NCAA national meet. Flames decathletes also swept the top three places at the Big South meet for the first time in program history, and Newell and Geren Woodbridge finished 1-2 at the IC4A Championship.

Bingham, who primarily works with the field event and multi-event athletes, saw three of his charges (Jon Hart, Clendon Henderson and Brandon Hoskins) qualify for the 2008 NCAA Division I Outdoor Track & Field Championships. Additionally, Henderson took part in the U.S. Olympic Trials.

As a result, Bingham was duly recognized as the 2008 U.S. Track & Field and Cross Country Coaches Association (USTFCCA) Southeast Regional Men's Assistant Coach of the Year.

During his time away from Liberty, Bingham spent three years as the head coach at South Plains Junior College in Levelland, Texas, where he was named the 2004 National Junior College Outdoor Coach of the Year.

At South Plains Junior College, Bingham's athletes won 13 individual national championships and earned 33 All-America honors in track and cross country, while the 2002 women's marathon squad won the national championship. On two separate occasions, his men's teams earned a third-place finish at the national championship meet.

Prior to his tenure at South Plains, he served as an assistant coach at Liberty for six seasons, where he was primarily responsible for assisting with multi-event athletes and field events. During that time, he coached seven Division I All-Americans.

During his competitive days, Bingham was an All-America decathlete at South Plains Junior College, finishing second at nationals in 1982 and 1983 with a personal best of 7,510 points. He went on to compete at Texas Tech, where he also played football.

Bingham graduated cum laude from Texas Tech with a bachelor's degree in physical education and earned his masters of education from Sul Ross State University in Alpine, Texas.

Bingham and his wife of 22 years, Kelly, have two children, Brittany (20) and Cody (17). Brittany is a freshman heptathlete on this year's Liberty track & field team.

Notable Coaching Honors



2004 National Junior College
 Outdoor Track Coach of the Year



2008 USTFCCA Southeast Region
 Men's Assistant Track Coach of the Year



Andrew "Pete" McFADDEN

Assistant Coach
Fourth Year at Liberty
Liberty, '98

Andrew "Pete" McFadden is a part of the Liberty track & field coaching staff for the fourth straight year. After serving in a part-time role during the 2007 season, he is working full-time with the Flames' sprinters for a third season in 2010.

Since McFadden joined the coaching staff, the Flames have won seven Big South team championships and the men's squad captured back-to-back IC4A outdoor titles (2007 & 2008).

Last season, McFadden oversaw Liberty's successful women's 4 x 100 relay quartet. The team posted the second-fastest time in program history (46.05) and capped off its year with a fourth-place finish at the ECAC meet.

He was a standout sprinter for the Flames in the mid to late 90s and still holds the Big South Championship meet record at 100 meters with his 10.32 effort in 1996. The same season, he led off for Liberty's victorious 4 x 100 meter relay squad at the IC4A Championship, helping the Flames capture the team title.

McFadden also excelled on the football field at Liberty. He played for the 1995 Flames who went 8-3 and were ranked 19th nationally. That season, McFadden returned two kickoffs for touchdowns and averaged a school-record 37.8 yards per return. His 93-yard punt return against Delaware State is still a school record. At season's end, he was named a first-team All-American as a return specialist by the Football Gazette and the Sports Network.

McFadden participated in the Indianapolis Colts' 1998 pre-season training camp, but was released just before the team's last cut. He then spent the 1999 season with the Portland Forest Dragons of the Arena Football League.

In addition to his position on the Flames' coaching staff, he works part-time with troubled youth in Lynchburg, as a home-based therapist. He also works with an inner-city youth group at Power of God Deliverance Church in Lynchburg.



Clendon HENDERSON

Assistant Coach
Second Year at Liberty
Liberty, '08

Clendon Henderson begins his second year on the Liberty track & field staff as an assistant coach, after becoming the second Flames track & field athlete ever to become both an All-American and an Academic All-American. The other double honoree, Heather Zealand, is also a part of the current Liberty track & field coaching staff.

Henderson, who works primarily with Liberty's throwers, helped guide John Talbert to the 2009 NCAA Division I Outdoor Track & Field Championships in the discus. Talbert was one of only two true freshmen to throw the discus at the national meet.

Henderson earned an All-America certificate during his final college meet, the 2008 NCAA Division I Outdoor Track & Field Championships in Des Moines, Iowa. The senior recorded a third-place finish in the discus final, becoming the first thrower in Liberty history to win All-America recognition. He ended his career with three Liberty and Big South records, including indoor shot put (61-10.5), outdoor shot put (61-3) and discus (204-3).

Henderson, who graduated with a 3.72 grade-point average in kinesiology in May 2008, garnered many academic awards, headlined by a first-team ESPN The Magazine Academic All-American notation.

At Meadow High School, also the alma mater of Liberty associate head track & field coach Lance Bingham, Henderson starred in both track & field and six-man football. He then began his collegiate career under Bingham's tutelage at South Plains College. As a sophomore at South Plains in 2005, Henderson was a junior college All-American, after placing second in the discus.

Henderson married Coach Brant Tolsma's daughter Brenda in June 2007, and the couple resides in the Lynchburg area. He is still training, with the aim of competing in the 2012 U.S. Olympic Trials. Last year, Henderson placed fifth in the discus at the USA Outdoor Track & Field Championships.



Heather ZEALAND

Assistant Coach
Eighth Year at Liberty
Liberty, '02

Heather Zealand is in her eighth year on Liberty's cross country and track and field coaching staff. The native of Warrenton, Va., joined the staff after becoming the most prolific women's cross country and track and field athlete in program history.

Since Zealand has been on staff, the Liberty men's and women's cross country squads have combined to win seven Big South titles, including both championships this past fall.

2002 was Zealand's finest year as a runner. She became Liberty's first NCAA Division I national champion, capturing the national title in the mile at the indoor track and field championship meet. Her time of 4:38.52 set Liberty and Big South Conference records.

Zealand was undefeated in the 800 meters, the 1500 meters and the mile in 2002 until finishing as the national runner-up in the 1,500 at the NCAA Division I Outdoor Track & Field Championships. Along the way, she became the first collegiate winner of the Penn Relays Olympic Development mile since Vicki Huber in 1987.

The exceptional senior year brought numerous accolades, including USTFCCCA Division I Track & Field Scholar-Athlete of the Year, Big South Women's Student-Athlete of the Year, Big South Track & Field Athlete of the Year and First-Team Verizon Academic All-American. Zealand also was selected as the 2001-02 Rock Royer/Mac Rivera Award honoree.

After graduating from Liberty with a bachelor's degree in Teaching English as a Second Language in 2002, Zealand began to compete professionally for Adidas. She traveled to the 2003 World Cross Country Championships, where she was the second American to finish.

In 2004, Zealand made the finals of the U.S. Olympic Trials in the 1,500 meters. She ran a 4:10.37 in the prelims at the event.

Zealand is married to former Flames runner Josh Zealand and the couple has a daughter, Alyssa (3) and a son, William (1). The Zealands are expecting their third child in September.



Josh McDOUGAL

Graduate Assistant
Second Year at Liberty
Liberty, '08

Josh McDougal, the 2007 NCAA National Cross Country Champion and a 14-time All-American, is in his second year as part of the Liberty track & field coaching staff as a graduate assistant.

McDougal helps coach the distance runners at his alma mater, headlined by 2009 NCAA National Cross Country champion Sam Chelanga. Chelanga has won four All-America certificates and set the NCAA 10K record at 27:28.48 in 2009.

During his own career, McDougal earned four All-America honors in cross country, seven in indoor track & field and three in outdoor track & field. When he graduated, he owned Liberty's 8K and 10K cross country records, as well as every indoor and outdoor track & field school record from 1,500 meters through 10,000 meters. His outdoor 5,000-meter personal best (13:20.43) made him the sixth-fastest collegiate performer of all-time.

The pinnacle achievement of the Peru, N.Y., native's college career came on Nov. 19, 2007, when he outkicked Oregon's Galen Rupp to capture the NCAA Division I National Cross Country title

by one second. McDougal became the first men's athlete in Liberty history to capture a NCAA Division I national championship.

McDougal also won numerous Big South Conference honors during his career, including a trio of Big South Howard Bagwell Male Athlete of the Year distinctions. A 17-time Big South individual champion, McDougal helped the Flames win 10 Big South team championships during his four years with the Flames.

McDougal enjoyed success at the IC4A meet as well, capturing seven individual event titles. At the 2007 IC4A Outdoor Track & Field Championships, McDougal swept the men's 1,500, 5K and 10K championships for the first time in the meet's 132-year history. His efforts enabled the Flames to capture the IC4A team championship for the first time since 1996.

McDougal, who now competes professionally for Nike, lives and trains in the Lynchburg area. He graduated with a bachelor's degree in kinesiology in May 2008 and is currently pursuing a master's degree in human services at Liberty.