

LBSU COACHING STAFF

HEAD COACH ANDY SYTHE

Six-Time Big West Men's Coach of the Year



ANDY SYTHE

Head Coach • 27th Year



THE SYTHE FILE

Alma Mater

San Diego State (1987)
Bachelor's Degree
Physical Education

Athletic Career

1984-87
San Diego State

Coaching Career

1990-Present
Long Beach State
Head Coach

1988-89

Long Beach State
Assistant Coach

COACHING HIGHLIGHTS

ATHLETIC ACCOMPLISHMENTS

- 1 National Champion
- 1 USTFCCCA West Region Men's Field Athlete of the Year
- 6 Big West Men's Track and Field Championships
- 13 Big West Athletes of the Year
- 4 Big West Freshman of the Year awards
- 6-Time Big West Men's Coach of the Year
- Highest Finish of 16th at NCAA Championships (men)
- 48 All-America Performances
- 94 NCAA Individual Qualifiers
- 3 NCAA Qualifying Relay Teams
- 244 NCAA Regional Qualifiers
- 132 Conference Champions
- 476 All-Conference Performances
- 85 Indoor, 47 Outdoor School Records Established

ACADEMIC ACCOMPLISHMENTS

- 44 USTFCCCA All-Academic Teams
- 65 USTFCCCA All-Academic Athletes
- 7 CoSIDA Academic All-Americans
- 434 Academic All-Conference selections
- 159 perfect 4.0 semester GPAs achieved

Andy Sythe's tenure as head coach at Long Beach State has been characterized by individual and team success as well as scholar-athlete achievement in both track & field and cross country.

A six-time Big West Men's Track & Field Coach of the Year (2006, 2008, 2011, 2013-15), Sythe is now in his 27th season at the helm of the cross country and indoor/outdoor track & field teams at the Beach. He has developed a combined program that is among the best in the Big West Conference as well as at the regional and national level. Sythe has guided his student-athletes to 48 All-America performances and 13 conference athlete of the year awards. He has also had four Big West Freshman of the Year award winners.

In 2015, the 49er men's team successfully defended their Big West team title to secure the first three-peat in school history. With the win, the Beach became just the third men's program in conference history, and the only current member of the Big West, to claim three championships in a row. In addition, LBSU pushed its total to nine Big West titles, marking the most among the league's active members and one shy of tying the conference record set by Fresno State in 1992.

The Long Beach State men finished with eight individual Big West titles and 18 all-conference performances. The 49ers thrived in the field events where they scored 116 of their 185 points. They had five conference champions in Kody Robison (Hammer), Jacob Fraser (Discus), Willie Alexander (Long Jump), Ryan Sanders (Triple Jump) and Michael Montgomery (Pole Vault). Alexander was also the runner-up in the triple jump as he was named the 2015 Big West Men's Field Athlete of the Year. Cameron Glasgow, who was tabbed the Big West Men's Track Athlete of the Year, led the Beach in the running events as he won the 400m, while also joining forces with Dylan McCloskey, Michael Perez-Rogers and Jahmani Lockett to defend their title in the 4x400 relay. Chris Low was also a back-to-back champion in the 800m.

LBSU continued to lead the conference in the postseason where it sent 17 athletes to the NCAA West Preliminary and a school-record seven to the NCAA Championships. Glasgow finished his career as a two-time All-American (400m, 4x400), while Perez-Rogers (4x400), McCloskey (4x400), Lockett (4x400), Alexander (Triple Jump), Low (800m) and Montgomery (Pole Vault) also garnered honorable mention All-America honors. Adding to an award-filled season, the Beach was ranked 15th in the final *Track & Field News* Dual Meet Rankings.

In 2014, the men cruised to the Big West title with nine individual champions and a school-record 218.5 points. Sythe's pole vaulters gave the Beach a huge boost with a 26.5-point outburst as all five of the team's entrants finished in scoring position (1st-2nd-4th-6th-8th). The women's squad also took fourth overall with Fatima Vergara claiming top honors in the hammer throw. The men and women had 22 athletes qualify for the NCAA West Preliminary Rounds, including a program-record 16 individuals on the men's side. Willie Alexander, Chris Low and Chris Enriquez also advanced to the NCAA Outdoor Track & Field Championships, where they combined to post a 24th-place team finish. Alexander was the national runner-up in the long jump, while Low took seventh in the 800m. Low was the 49ers' first-ever first-team All-American in the 800m. In addition, the Beach men went undefeated in dual meets as they were 37-0 in scoring opportunities. The 2014 squad closed out the year ranked ninth in the *Track & Field News* dual meet rankings, while the women came in at No. 21. The men were also ranked as high as No. 5 in the USTFCCCA West Region Rankings.

In 2013, the Long Beach State men won their fourth Big West championship in eight years. They had 15 athletes produce 21 all-conference honors, including four individual Big West titles. The women added eight all-conference awards. The LBSU men and women also had 16 athletes advance to the NCAA West Preliminaries. Willie Alexander, who was named the Big West Men's Freshman of the Year, punched his ticket to the NCAA Championships where he garnered All-America honorable mention recognition in the long jump.

In 2012, the 49er track & field team posted 28 All-Big West performances, with five individual conference titles. Long Beach State also had a Big West-leading 17 entries in the NCAA West Preliminary Round. Two athletes, Katrina Graves-Johnson (high jump) and Ben Woodruff (javelin) qualified for the NCAA Outdoor Championships, where they both earned honorable mention All-America distinction. Graves-Johnson and Matt Maldonado (mile) were also second-team All-Americans during the indoor season. In addition, Woodruff was tabbed the Big West Men's Field Athlete of the Year, while Jahmani Lockett was named the Co-Big West Men's Freshman of the Year.

In 2011, the men claimed 23 all-conference awards, including seven individual championships, en route to their third Big West title under Sythe's direction. Three athletes also advanced to the NCAA Outdoor Championships where they earned All-America recognition. Randi Hicks was a first-team performer in the women's javelin, while Colin Dunbar garnered second-team honors in the hammer and honorable mention in the discus. Nicholas Armstrong was also an honorable mention All-American in the decathlon. In addition to earning All-America status, Dunbar was tabbed the 2011 USTFCCCA West Region Men's Field Athlete of the Year and the 2011 Big West Men's Field Athlete of the Year. He personally accounted for 29 points at the conference championships as he became just the second individual in league history to score in all four throwing events.

In 2010, Kenneth Medwood (400 Hurdles) and Randi Hicks (Javelin) won the individual conference title in their respective events. Seventeen 49ers also qualified for the NCAA West Preliminary meet, with three athletes moving on to the national championships. Hicks highlighted the group, earning All-America honors in the javelin.

Medwood went on to compete in the 2012 London Olympic Games, representing his native country of Belize. He was selected by his nation as the flag bearer at the opening ceremonies and would advance to the semifinals of the 400m hurdles. Sythe also had four of his athletes compete at the 2012 U.S. Olympic Trials.

The men's squad won the Big West title in 2008, compiling 185 total team points. The 49ers had 21 individuals qualify for the NCAA Regionals, with six advancing to the national championship meet where Sythe saw two of his athletes, Brent Gray and Chris Richardson, earn All-America honors for the second time in their careers.

The men's team also finished ahead of the pack at the Big West Championships in 2006, while placing 16th at the NCAA Championships, their highest team finish since 1998 when the Sythe-led team took 17th.

Since the inception of NCAA track and field regional qualifying in 2003, Long Beach State has sent over 200 qualifiers to the postseason meet. Over the last three years, Sythe sent more qualifiers to the NCAA Regionals than any other combined program in the Big West Conference. While under his direction, the LBSU track and field program has also been consistently ranked among the top 20 percent of over 320 NCAA Division I schools.

Sythe has also directed the cross country squad to a number of top performances. In the fall of 2013, Chris Enriquez earned an individual berth to the NCAA Cross Country Championships. He was the first 49er to qualify for the event in the modern era of NCAA cross country (since 1980). Enriquez advanced to the national meet after placing 10th at the NCAA West Regional, the highest finish in school history. In 2011, Rosa Del Toro won the individual conference title and was the first 49er in school history to be tabbed the Big West Women's Cross Country Athlete of the Year.

Since Sythe's arrival, the Beach has rewritten the record books. In his 26 seasons at the helm, 85 indoor and 47 outdoor school records have been established by Sythe-coached athletes. In 2011-12, the 49ers established 13 school records in a single season.

Strong academic performance has also been a common theme in Sythe's career as a coach and athlete. Sythe was an outstanding student-athlete at San Diego State where he graduated in 1987 with honors and a bachelor's degree in physical education.

As a coach, Sythe's student-athletes have achieved perfect 4.0 semester grade-point averages 159 times. Through his guidance 434 athletes have also been named to the academic all-conference team. On the national level, Sythe's athletes have produced 44 USTFCCCA All-Academic Teams in cross country and track & field. The women's track and cross country squads have earned the honor every year since 1997, while the men's track & field team has received the recognition three seasons in a row.

Individually, Sythe has also helped guide his student-athletes to attain the highest level of academic achievement with seven CoSIDA Academic All-Americans, two Phi Beta Kappas and one Rhodes Scholar.

Sythe was hired in the fall of 1989 as the head coach at Long Beach State. At age 23, he was the youngest NCAA Division I coach in the United States.

Sythe has had the very best mentors in the sport throughout his high school and college career. As an athlete under Dixon Farmer at San Diego State (1984-87), Sythe captained his team that ranked among the top-10 in the nation.

As an assistant for Ralph Lindeman at LBSU (1988-89), Sythe furthered his skills under the tutelage of another of the nation's most respected coaches. In 1989, his mentor Lindeman was tabbed the Big West Coach of the Year. Both Farmer and Lindeman also served on Olympic staffs for the United States.

Track & field and cross country are a passion for Sythe, and his dedication to the sport is reflected by his involvement beyond the scope of the University. Sythe has served on national committees with USA Track & Field and the U.S. Track Coaches Association. He has served on the Executive Committee for Men's Development with USATF, been co-meet director for the 1999 USATF Senior Cross Country National Championships, and has completed over 10 years of service as Men's Track & Field Chair and board member for the Southern California Association of USA Track & Field. Sythe also completed four years of service with the Executive Committee and Rules Committee for the USTFCCCA.

Sythe has coached at clinics throughout the U.S. and worked with the Amateur Athletic Foundation of Los Angeles in its coaching instructional program. Recognized for his success and his dedicated work on the national level, Sythe was selected by his peers to be the head coach for the men's West team at the 1995 United States Olympic Festival, held in Colorado Springs, Colo. Prior to that, he was an assistant coach for the champion West team at the 1993 Olympic Festival in San Antonio, Texas.

A native of Los Gatos, Calif., Sythe and his wife, Maribeth, reside in Long Beach with their two daughters, Sierra and Callie June.

2015 Highlights

NCAA Outdoor All-Americans (7)

Cameron Glasgow (HM - 400m; HM - 4x400), Willie Alexander (HM - Triple Jump), Jahmani Lockett (HM - 4x400), Chris Low (HM - 800m), Dylan McCloskey (HM - 4x400), Michael Montgomery (HM - Pole Vault), Michael Perez-Rogers (HM - 4x400)

NCAA Outdoor Qualifiers (17)

Willie Alexander (Long Jump, Triple Jump), Jacob Fraser (Shot Put, Discus), Cameron Glasgow (400m, 4x400), Victor Martin (Shot Put, Discus), Michael Perez-Rogers (400m, 4x400), Devin Hickey (110H), Jahmani Lockett (4x400), Chris Low (800m), Dylan McCloskey (4x400), Michael Montgomery (Pole Vault), Conner Rouse (Pole Vault), Ryan Sanders (Triple Jump), Kody Robison (Hammer), Jasmine Askew (400m), Jasmine Bass (Triple Jump), Taylor Jackson (Long Jump), Marina Shelton (Hammer)

Big West Champions (8)

Willie Alexander (Long Jump), Jacob Fraser (Discus), Cameron Glasgow (400m), Chris Low (800m), Michael Montgomery (Pole Vault), Kody Robison (Hammer), Ryan Sanders (Triple Jump), 4x400 Relay (Glasgow, Perez-Rogers, McCloskey, Lockett)

All-Big West Performers (23)

Willie Alexander, Jasmine Askew, Jasmine Bass, Madison Carney, Ashleigh Chambers, A.J. Elam, Jacob Fraser, Cameron Glasgow, Kayla Goosby, Kristina Goosby, Hollie Harris, Devin Hickey, Jahmani Lockett, Chris Low, Victor Martin, Dylan McCloskey, Michael Montgomery, Michael Perez-Rogers, Kody Robison, Conner Rouse, Ryan Sanders, Marina Shelton, Brianna Wilson

Indoor Track & Field School Records (2)

Fatima Vergara (Weight Throw), Men's 4x400 Relay (Perez-Rogers, Glasgow, Lockett, McCloskey)

Outdoor Track & Field School Records (1)

Men's 4x400 Relay (McCloskey, Glasgow, Perez-Rogers, Lockett)

26
NCAA
CHAMPIONSHIP
TEAM APPEARANCES UNDER
COACH SYTHE'S DIRECTION

44
USTFCCCA
NATIONAL
ALL-ACADEMIC
TEAMS

- 1989 ● 1990 ● 1991 ● 1992 ● 1994 ● 1995 ● 1996 ● 1997 ●
1998 ● 1999 ● 2000 ● 2001 ● 2002 ● 2003 ● 2004 ● 2005 ● 2006
● 2007 ● 2008 ● 2009 ● 2010 ● 2011 ● 2012 ● 2013 ●
2014 ● 2015

- Women's Track & Field (19):** 1997-2015
Women's Cross Country (19): 1997-2015
Men's Track & Field (3): 2013-2015
Men's Cross Country (3): 1998, 2012-2013

LATANYA SHEFFIELD

Sprints/Hurdles/Relays • 4th Year

LaTanya Sheffield, a former Olympian and American record holder, enters her fourth year as an assistant coach at Long Beach State. She works with the sprints, hurdles and relays.

Sheffield has made an immediate impact at the Beach as the men's team has won a Big West championship in each of her first three seasons. During that stretch, she has mentored five All-Americans, 21 NCAA West Preliminary qualifiers, 35 all-conference performers and one Big West Men's Track Athlete of the Year.



Last year, Sheffield's sprinters broke onto the national stage, earning multiple All-America honors. Cameron Glasgow, who was the 2015 Big West Men's Track Athlete of the Year, advanced to the NCAA Championships in the 400m and the 4x400 relay. He was joined by Michael Perez-Rogers, Dylan McCloskey and Jahmani Lockett in the relay event.

The quartet also defended their Big West title and ran a school-record 3:06.2 to finish third in their heat (11th overall) at the NCAA West Preliminaries. In addition, Glasgow and Perez-Rogers took first and second in the 400m, while running on the third-place 4x100 relay team at the Big West Championships. Both of the women's relay teams earned all-conference honors as well.

In 2014, Sheffield's sprints and hurdles squad played a key role in the men's second-straight Big West championship. She helped Davon Wilson-Angel defend his 110-meter hurdle title, while Perez-Rogers took top honors in the 400m. The quartet of Perez-Rogers, McCloskey, Glasgow and Lockett also finished ahead of the pack in the 4x400 relay. On the women's side, the 4x100 and 4x400 relay teams both placed among the top-three at the conference meet. The 4x400 squad also established a school record for the second time under Sheffield's tutelage, clocking in at 3:39.65 at the Baldy Castillo Invitational. Overall, Sheffield saw 11 of her athletes earn 19 All-Big West honors, while 10 went on to qualify for the NCAA West Preliminary Round.

In her first season at LBSU, Sheffield had 12 individuals combine for 16 all-conference honors, including Wilson-Angel, who claimed the Big West title in the 110 hurdles. Sheffield led three of the 49ers' four relay teams to top-three finishes at the conference championship with the women's 4x400 squad registering a then school-record 3:41.24.

Outside of Long Beach State, Sheffield has been very involved with USA Track & Field. She was recently selected to Team USA's coaching staff for the 2016 Olympic Games in Rio de Janeiro, Brazil, where she will work with the women's sprinters and hurdlers. Sheffield previously served as an assistant coach for the U.S. women's team at the 2013 World Championships in Moscow, Russia.

In addition, Sheffield was in charge of the sprints, hurdles and relays at the World Indoor Championships in 2008 (Valencia, Spain) and 2006 (Moscow, Russia), as well as at the Pan American Games in 2011 (Guadalajara, Mexico) and 2007 (Rio de Janeiro, Brazil). Sheffield has also served on the USA Track & Field Development Committee as the event chair for women's hurdles since 2007.

As an athlete, Sheffield was an Olympic finalist in the 400m hurdles at the 1988 Games in Seoul, South Korea, and represented the United States at the 1987 World Championships. She was also a two-time gold medalist at the Olympic Sports Festival (1987, 1993) and won a bronze medal at the 1987 Pan American Games.

Sheffield, who established an American record in the 400m hurdles in 1985, also excelled at San Diego State where she was a two-time All-American and 1985 NCAA Champion (400H). She was inducted into the SDSU Athletics' Hall of Fame in 1993.

Prior to her arrival at the Beach, Sheffield was an assistant coach at Canyon del Oro High School and the head coach of the POPS Track Club in Tucson, Ariz. She helped lead Canyon del Oro's girls' team to two state championships, while the boys' squad had a pair of state runner-up finishes during her tenure. Sheffield also coached the 2012 ESPN High School Gatorade Player of the Year.

Under her guidance, Sheffield saw a number of her POPS Track Club team members qualify for the Junior Olympic National Championships, including a 2011 champion in the 400 hurdles, a 2011 junior national record holder in the long jump and a 2010 finalist in the steeplechase.

Sheffield is also a professional motivational speaker and is the founder and president of Sports Extravaganza, Inc., a non-profit organization that focuses on fighting childhood obesity. She was named one of the 25 Most Influential People in Tucson in 2012. Sheffield has also been honored with the USATF Youth Division President's Award (2010), Sam Lacy Sports Pioneer Award (2010) and NAACP Community Service Recognition Award (2008).

Sheffield earned her bachelor's degree in sports management from the United States Sports Academy in 2011.

TOM WALSH

Distances • 2nd Year

Tom Walsh is in his second year as the cross country and distance coach at Long Beach State.

In his first season at the Beach, Walsh helped the 49er men win the 2015 Big West Track & Field championship. He worked closely with Chris Low, guiding him to his second-straight Big West title and All-America honor in the 800m. Walsh also mentored Catherine Martinez, who scored at the conference meet with a seventh-place finish in the 1500m.



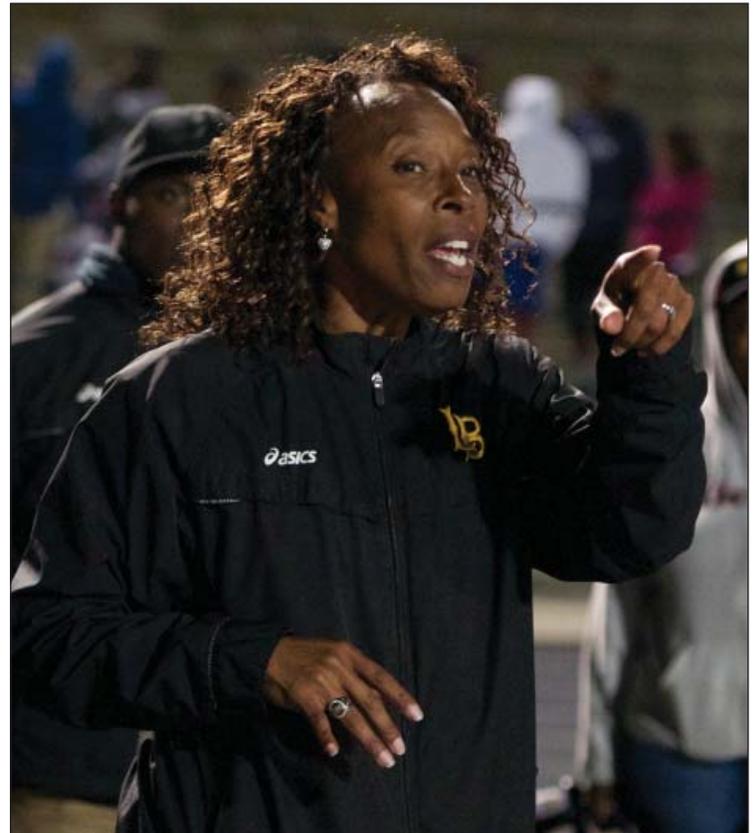
Walsh previously spent 19 years as the head cross country and assistant track & field coach at USC. During his time with the Trojans, he coached 23 individual All-Americans in a number of events, including the 800m, 1500m and steeplechase, as well as in cross country. He also mentored an NCAA champion in the 800m and two Olympic finalists.

In addition, Walsh saw his student-athletes set school records in every women's distance event, from the 800m through the 10000m. He also developed many of the nation's top NCAA male middle distance runners despite not having a men's cross country squad.

Walsh is a coach known for showing great care and respect for his student-athletes. One aspect has been his efforts to promote a successful academic environment. In his 19 years at USC, Walsh's cross country team held the top grade-point average of all the school's athletic programs a total of seven times. His athletes were also frequently recognized by the United States Track & Field and Cross Country Coaches Association for individual academic achievement.

Walsh was directly involved in the operations of all home meets at USC and has additional experience in public relations, sports media and sponsorship acquisitions for nationally televised events. These attributes will directly benefit the continued growth of the annual Beach Invitational and promotion of the new track facility which was completed in 2015.

Walsh graduated from USC with a bachelor's degree in journalism in 1987.



CORY LOEBL

Throws • 10th Year

Cory Loebel enters his 10th year as an assistant coach at Long Beach State. During his time working with the 49er throwers, Loebel has coached 10 NCAA national qualifiers and 45 NCAA regional qualifiers. Under his guidance, the LBSU throws squad has also had 17 Big West individual champions, one MPSF indoor champion, 49 All-Big West performances and six All-Americans. In addition, Loebel's athletes have posted five school records and 65 performances in the all-time top 10.

Since Loebel took over as the team's throws coach, Long Beach State has led the Big West in individual titles and top-three performances at the conference championships in men's and women's throws combined.

In 2015, Jake Fraser extended LBSU's winning streak in the men's discus at the Big West Championships to five years in a row as he earned his second career title in the event. Kody Robison also took top honors in the hammer throw, while Victor Martin was the runner-up in the shot put and discus. Overall, the men's throwers totaled 54 points en route to the team's third consecutive Big West championship. Marina Shelton led the women with a third-place finish in the hammer. All four athletes qualified for the NCAA West Preliminary Round.



In 2014, the men's throwers contributed 57 points to the 49ers' school-record total of 218.5 for their second-straight Big West title. Jason Harrell took top honors in the discus, while Adam Bianchessi was the individual champion in the javelin. Fraser added a pair of runner-up finishes in the shot put and discus. On the women's side, Fatima Vergara won the hammer throw. Harrell, Bianchessi, Fraser, Vergara, Tiffany Forbito and Robison all advanced to the NCAA West Preliminary Round.

In 2013, the Beach had two Big West champions and six NCAA West Preliminary qualifiers in the men's throwing events. At the conference meet, Fraser claimed the title in the discus, while Harrell was the runner-up. Josh Villalobos also threw a lifetime best in the hammer to take top honors, and Christopher Yates contributed solid performances in his events, taking second in the shot put and seventh in the hammer. Robison had an inspiring meet, coming away with two personal records and scoring in each of his three events. Robison's weekend was highlighted by a third-place showing in the javelin.

The women's throwers were anchored by senior team captain Alex Cervantes, who established a personal record and took third in the hammer. Linda Rueff, who wasn't able to train during the 2012 season, improved her personal best in the discus and came away with a seventh-place finish at the Big West Championships. Shelton had an impressive first year in the hammer throw, placing seventh at the conference meet. She went on to gain valuable national experience by competing at the USA Junior Championships.

Loebel has also continued to mentor some of his former athletes; most notably the 2011 NCAA West Regional Men's Field Athlete of the Year and two-time All-American Colin Dunbar. Most recently, Dunbar won silver in the hammer throw at the 2015 NACAC Senior Area Championships in Costa Rica. In 2013, he competed indoors for the first time in two years and came away with a bronze medal in the weight throw at the USA Indoor Championships. He also placed sixth in the hammer at the USA Outdoor Championships in 2013 and 2015. Dunbar is one of the most decorated throwers in Long Beach State history as he scored in all four events to account for 29 points at the 2011 Big West Championships. He won the hammer and discus, and was named the Big West Men's Field Athlete of the Year. The 49er men went on to win the conference title in 2011 as they swept the throwing events. In addition to Dunbar's victories, Cesar Puga won the shot put and Ben Woodruff took top honors in the javelin.

Loebel was a two-year letterwinner at LBSU, competing in the javelin, discus, hammer throw and shot put from 2002-03. He was a three-time NCAA qualifier and a four-time all-conference performer. He also competed in the discus at the 2002 USA Track & Field Championships.

Loebel was selected as the Big West Male Athlete of the Year in 2003 after scoring a school-record 30 points at the conference championships. Loebel earned all-league honors in three events while claiming the title in the discus. Over his two years, Loebel tallied an unmatched total of 44 points in two conference championship meets. The former team captain left Long Beach State ranked among the top-10 in six events, including No. 2 marks in the indoor shot put and weight throw.

Loebel also excelled in the classroom, earning both MPSF and Big West all-academic honors in 2003. In addition, he was named Long Beach State's BWC Male Scholar-Athlete of the Year in 2004 and was a two-time USTFCCA All-Academic selection.

Prior to the Beach, Loebel was a two-time NWAACC champion in the discus and hammer at Clackamas Community College in Oregon. Loebel graduated from Long Beach State with a bachelor's degree in kinesiology and went on to earn his master's in coaching and athletic administration from Concordia University, Irvine. Loebel is currently teaching at Carmenita Middle School in Cerritos.

Loebel and his wife, Melissa, reside in Long Beach with their son, Kaian, and daughter, Kalea.





COLIN *DUNBAR*

Assistant Throws Coach • 3rd Year

Colin Dunbar begins his third season as an assistant throws coach at Long Beach State.

Dunbar was a member of the 49er track & field team from 2009-11, and is one of the most decorated throwers in school history. He helped lead the men's squad to the 2011 Big West championship by personally accounting for 29 points. Dunbar claimed the conference title in the hammer and discus, while he also finished third in the shot put and sixth in the javelin. He went on to

earn All-America honors in both the hammer and discus. In addition, Dunbar won the weight throw at the 2011 MPSF Indoor Championships.

Dunbar was named the 2011 USTFCCA West Region Men's Field Athlete of the Year, making him an automatic candidate for the National Athlete of the Year award. He was also the Big West Men's Field Athlete of the Year as a senior.

Dunbar has continued to succeed in his post-collegiate career as he won a silver medal as a member of Team USA at the 2015 NACAC Senior Area Championships in Costa Rica. He qualified for the meet with a sixth-place finish at the U.S. Outdoor Championships. Dunbar also medaled at the indoor (Weight Throw, 3rd) and outdoor (Hammer, 6th) national championships in 2013. In addition, he took fifth in the weight throw at the 2015 USA Indoor Championships.

Dunbar graduated from Long Beach State in 2011 with a bachelor's degree in economics and a minor in entrepreneurship.



BRANDON *HIERHOLZER*

Assistant Pole Vault Coach • 2nd Year

Brandon Hierholzer is in his second year as the assistant pole vault coach at Long Beach State.

In 2015, Hierholzer helped mentor Michael Montgomery and Conner Rouse, who finished first and second, respectively, at the Big West Championships. The duo combined to post a first-place finish among collegiate competitors in every regular season meet. They also advanced to the NCAA West Preliminary Round with Montgomery qualifying for the NCAA Championships where he

garnered All-America honorable mention recognition.

Hierholzer competed in the pole vault at the Beach in 2012 and 2014 after transferring from American River College in Sacramento. As a senior and co-captain, he was the Big West runner-up and advanced to the NCAA West regional. Hierholzer established a personal-best 17-00.75 at the conference meet and ranks 10th in school history. He also scored in the pole vault at the Big West Championships as a junior in 2012.

Hierholzer graduated from Long Beach State in 2014 with a bachelor's degree in kinesiology with an option in K-12 physical education.



CHRIS *LAWSON*

Assistant Sprints/Hurdles Coach • 1st Year

Chris Lawson enters his first year as the assistant sprints and hurdles coach at Long Beach State.

Lawson was a four-time NCAA qualifier and All-Big West performer at LBSU from 2008-12. He was the 2012 Big West champion in the 400-meter hurdles and was also the runner-up in the 110m hurdles. Lawson advanced to the NCAA West Regional in both events.

As a junior, he qualified for the NCAA regional meet with a then personal-record 51.70 in the 400m hurdles. Lawson also garnered All-Big West honors in the 400m. As a freshman in 2008, he was an NCAA regional qualifier and conference runner-up in the 400H.

Lawson established personal bests of 14.07 in the 110H and 50.66 in the 400H. Both marks rank among the top-10 in school history. In addition, he is fourth in the program's indoor record books in the 60m hurdles (8.16).

Lawson graduated from Long Beach State in 2012 with a bachelor's degree in human development.



VICTOR *MARTIN*

Assistant Throws Coach • 1st Year

Victor Martin enters his first season as an assistant throws coach at Long Beach State.

Martin concluded a standout two-year career at the Beach in 2015. He was a two-time All-Big West performer with a runner-up finish in the shot put and discus as a senior. He advanced to the NCAA West Preliminaries in both events.

Martin was also a two-time Big West Men's Field Athlete of the Week and picked up three individual victories during the 2015 regular season.

He left LBSU ranked third all-time in the outdoor shot put (60-06.75) and sixth in the indoor shot put (56-00).

Prior to his arrival at Long Beach State, Martin competed two years at El Camino College where he was the South Coast Conference Field Athlete of the Year. He also won the shot put at the 2012 So Cal Community College Championships and finished third at the state meet.

Martin graduated with a bachelor's degree in journalism and is currently working toward his master's in sport management at Long Beach State.



JAKE PACHECO

Director of Operations • 2nd Year

Jake Pacheco is in his second year as the director of operations for the Long Beach State track & field team. He works primarily with the social media and promotions involved with the program.

Pacheco also mentors and tutors student-athletes on campus while he is pursuing his master's degree in sport management at Long Beach State.



DOMINIC MAH

Undergraduate Assistant • 4th Year

Dominic Mah begins his fourth season at Long Beach State, and third as an undergraduate assistant working primarily with the jumps program.

Mah, who came to LBSU from Modesto, Calif., was a three-sport athlete at Fred C. Beyer High School. He lettered three years in track & field, three years in soccer and one year in basketball. As a high jumper, Mah earned All-Modesto Metro Conference honors, establishing a lifetime-best 6-02.

Mah, who also served as a team manager for the 49er track & field team in 2013, is expected to graduate from Long Beach State with a bachelor's degree in aerospace engineering in 2016.



JAMIE HIEGEL

Strength & Conditioning • 7th Year

Jamie Hiegel enters his seventh year as the Long Beach State athletic department's head strength and conditioning coach.

Hiegel came to LBSU from Temple where he spent four years as the head strength and conditioning coach for Olympic sports. While at Temple, he was responsible for the design and implementation of strength and conditioning, speed/agility and testing programs for all 22 of the Owl's men's and women's Olympic sports teams.

Hiegel spent two seasons (2003-05) at his alma mater, San Jose State, working as an assistant strength and conditioning coach. He was responsible for designing and implementing the strength and conditioning programs for eight men's and women's Olympic sports team and also assisted in the strength training for the Spartan football team.

In addition to his work at the collegiate level, Hiegel has spent time working in professional baseball, the National Hockey League and the National Football League. He served as an assistant strength and conditioning coach for the Wichita Wranglers, the Kansas City Royals AA team, between his time at San Jose State and Temple. He also spent time as a volunteer strength and conditioning coach for the San Jose Sharks and as a strength and conditioning intern for the Oakland Raiders.

Hiegel played baseball at San Jose State where he graduated with a degree in human performance/kinesiology in 2003. He also earned his master's in sport and recreation administration at Temple.



JARROD SPANJER

Head Athletic Trainer • 4th Year

Jarrod Spanjer is in his fourth year as the head athletic trainer at Long Beach State where he oversees the coverage of 19 Division I sports. Spanjer works directly with men's basketball, women's water polo and men's and women's golf.

In his capacity as head athletic trainer, Spanjer supervises five certified athletic trainers and two athletic training rooms, while overseeing policy and procedures development for the athletic training room in collaboration with staff,

administration and physicians.

Spanjer came to Long Beach State after spending nearly seven years at Arizona State where he served as the primary athletic trainer for the men's basketball and men's and women's golf teams, as well as working with the Sun Devils' track team from 2005 to 2006.

Spanjer started his athletic training career as a graduate student at San Diego State where he spent two years (2000-02). While at SDSU he was the head athletic trainer for the women's crew team, while assisting with the football program.

After graduating from San Diego State, Spanjer spent one season (2002-03) at St. Joseph's College of New York where he worked directly with women's soccer, women's basketball and softball, and two years (2003-05) at LIU Brooklyn where he served as the primary athletic trainer for women's basketball, men's and women's track and field, and men's and women's soccer.

In addition to earning a Master of Arts from San Diego State in 2002, Spanjer graduated with a bachelor's degree in kinesiology in 1999.



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