

## BULLDOG COACHING STAFF



### JEFF KAVALUNAS HEAD COACH (GRAND VALLEY STATE, 1987)

Jeff Kavalunas enters his 10th year as head coach of the Ferris State University men's and women's cross country and track and field programs.

Year in and year out, Kavalunas has developed competitive teams and standout athletes in

both cross country and track. Through his guidance, the Bulldogs are quickly emerging as one of the up and coming programs in both athletics and academics. The reputation of Kavalunas' teams precedes them both on the field and in the classroom.

Kavalunas was named the "Coach of the Year" in the Great Lakes Intercollegiate Athletic Conference (GLIAC) for Women's Indoor Track for two consecutive years (1998-99). He knows what it takes to build a program and his professional demeanor works well with the student-athletes on his squad.

Recently, he was selected as the GLIAC's 2004 Women's Cross Country Coach of the Year after leading FSU to a third place league finish and the school's first national ranking in his tenure.

Prior to Ferris, Kavalunas spent five seasons (1991-96) as head coach of both the men's and women's cross country and track programs at conference member Northwood University in Midland, Mich. During that period, Kavalunas guided NU to five GLIAC championships along with coaching the 1993 NAIA National Long Jump Champion.

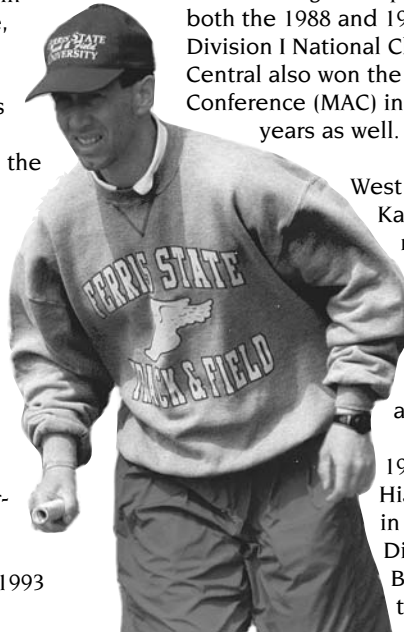
Kavalunas assisted with the Central Michigan University men's cross country and track programs from 1988-91 before his Northwood appointment. While at CMU, he played an integral role in helping the Chippewas' cross country squad finish among the top 20 teams at both the 1988 and 1989 NCAA Division I National Championships. Central also won the Mid-American Conference (MAC) in each of those years as well.

A native of West Branch, Mich., Kavalunas

received a

Bachelor of Science degree in physical education at Grand Valley State University in 1987 and went on to earn a masters' degree in exercise physiology at Central Michigan in 1990. He competed in both cross country and track and field at GVSU.

Kavalunas began his coaching career in 1988 at his prep alma mater, Ogemaw Heights High School in West Branch, Mich. He resides in Big Rapids and is a member of the NCAA Division II Track and Field Coaches Association Board. He also serves as Vice President of the U.S. Track Coaches Association.



### Bulldog Head Coaches

#### MEN'S CROSS COUNTRY

JEFF KAVALUNAS	1999-05
DAVE WOOD	1983-93
RAY HELSING	1968-82

#### WOMEN'S CROSS COUNTRY

JEFF KAVALUNAS	1996-05
DAVE WOOD	1983-95
BONNIE BELL	1980-82

#### MEN'S TRACK

JEFF KAVALUNAS	2000-06
DAVE WOOD	1983-95
MARK PITTMAN (INTERIM)	1983
GEORGE MCGINNIS	1980-83
RAY HELSING	1976-80
GEORGE MCGINNIS	1971-75
NORM BENNETT	1956-71

#### WOMEN'S TRACK

JEFF KAVALUNAS	1996-06
DAVE WOOD	1984-95
BONNIE BELL	1981-83
DEB HUNT	1980



### LISA ROLLEFSTAD ASSISTANT COACH (MARY, 1998)



Lisa Rollefstad is in her fourth season as the assistant men's and women's track and field/cross country coach at Ferris State after being appointed to her current position.

Rollefstad, who previously worked as a graduate assistant coach at NCAA Division II-member Bemidji

(Minn.) State University during the 2001-02 athletics season under head coach Craig Hougen, serves as Ferris' field events coordinator along with coordinating the track and field program's conditioning and weight training areas.

A certified USA Track and Field coach, Rollefstad helped lead Bemidji State to a third-place men's finish and a fifth-place women's ranking at the 2002 Northern Sun Intercollegiate Conference (NSIC) Outdoor Track and Field Championships (May 10-11) in Duluth, Minn. The Beavers also placed second in men's indoor track and field, fifth in women's cross country and sixth in women's indoor track and field at their respective conference championship meets last season.

Prior to Bemidji State, Rollefstad was the girls basketball head

coach and assistant track and field coach in 2000-01 at Lakota (N.D.) High School. From 1998-2000, she assisted with the track and field programs at the University of North Dakota in Grand Forks, N.D. While with the NCAA-II North Central Conference (NCC) institution, Rollefstad coached the sprints, hurdles, pole vault and relay events.

Rollefstad was a two-time National Association of Intercollegiate Athletics (NAIA) All-America track and field performer in the sprinting events at the University of Mary in Bismarck, N.D., where she competed in track and field from 1994-97. She graduated from Mary in 1998 with a bachelor's degree in physical education and obtained her master's degree in sports studies at Bemidji State in 2002.

As a prepster, Rollefstad claimed North Dakota's 1992 100-meter state championship and was a three-time athlete-of-the-year at Cavalier (N.D.) High School. The four-time state track and field meet qualifier garnered volleyball and track team Most Valuable Player Award recognition as a senior. Rollefstad also was a two-time Best Defensive Player Award winner for the Tornadoes' girls basketball team.

A 1993 Cavalier High School graduate, Rollefstad is the daughter of Kermit and Ruth Rollefstad.