

BULLDOG COACHING STAFF



JEFF KAVALUNAS HEAD COACH (GRAND VALLEY STATE, 1987)

Jeff Kavalunas enters his 11th 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.

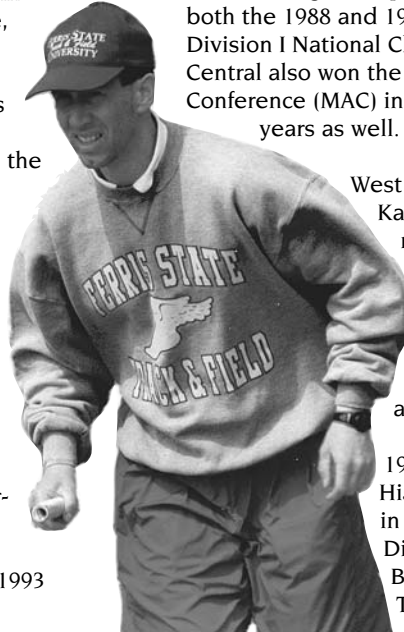
Kavalunas assisted with the Central Michigan University men's cross country and track programs from 1988-91 before his Northwood appointment. While at CMU, he played an integral role in helping the Chippewas' cross country squad finish among the top 20 teams at both the 1988 and 1989 NCAA Division I 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 President of the U.S. Track/Cross Country D2 Coaches Association.



Bulldog Head Coaches

MEN'S CROSS COUNTRY

JEFF KAVALUNAS	1999-06
DAVE WOOD	1983-93
RAY HELSING	1968-82

WOMEN'S CROSS COUNTRY

JEFF KAVALUNAS	1996-06
DAVE WOOD	1983-95
BONNIE BELL	1980-82

MEN'S TRACK

JEFF KAVALUNAS	2000-07
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	1996-07
DAVE WOOD	1984-95
BONNIE BELL	1981-83
DEB HUNT	1980



JOSH STRYKER ASSISTANT COACH (NORTHWOOD, 2006)

Josh Stryker begins his first season as Ferris State's assistant men's and women's track and field/cross country coach in 2006-07.

The 26-year old Stryker, who previously worked as an assistant coach the last three seasons at Northwood University, assists in all phases of the Bulldog men's and

women's track/cross country program including coaching, training, recruiting and administrative functions.

As an assistant coach at NU, Stryker worked primarily with Northwood's sprinters and jumpers where he helped the squad's student-athletes establish 16 new school records in those events. Among the athletes he coached at NU were NCAA Division II Men's All-Americans Josh Weber and James Morley. He also coached NU's Danielle Miller, who was ranked as high as second nationally in the 200 meters and selected to compete in three events at the national championships. During his tenure, the Timberwolves qualified student-athletes to the NCAA-II Championships in 16 different sprint, relay and hurdle events. The squad claimed seven league individual titles in those areas.

A Grand Rapids, Mich., native, Stryker was a two-time NCAA Division II All-America selection in the 800 meters and the 4x400-meter relay during his collegiate career at Northwood. While competing in track and cross country for the Timberwolves, he won back-to-back conference championships in the 800 meters and was a member of the school's 4x400-meter relay squad, which also claimed a GLIAC title. The GLIAC All-Academic Team honoree also served as a team captain and posted multiple top three finishes in conference championship competition.

Stryker still competes nationally in both track and field along with road racing for the Front Line Racing Team. He took part in the 2005 USA Track and Field Indoor National Championships as a member of the program's distance medley relay team.

A 2006 graduate of Northwood with a bachelor's degree in economics/management, Stryker competed in football, basketball and track during his prep career at Byron Center High School. The 1998 BCHS graduate attained all-conference, all-area and Grand Rapids Press Second Team laurels as a football player for the Bulldogs in 1997. He also qualified for the Michigan State Track and Field Championships in 1998.

The son of John and Laura Stryker, Josh has two brothers, John and Jesse. He is single and resides in Big Rapids.

