The “Seminoles” is the official designation of Florida State University (FSU) men’s and women’s athletic teams. The symbol of university athletics is Osceola. The official colors are Garnet and Gold. FSU competes in the Atlantic Coast Conference (ACC) for all sports except Beach Volleyball.

Florida State University Seminoles

**2022-23 ACC and NCAA Team Results**

Director’s Cup Final Ranking (Michael Alford – A.D.) 17th

Baseball (Link Jarrett): ACC – 14th

Basketball - Men (Leonard Hamilton): ACC – 12th

Basketball - Women (Brooke Wyckoff): ACC – 4th; NCAA 1st Round

Beach Volleyball (Brooke Niles): CCSA 2nd; NCAA Semifinals

Cross Country - Men (Bob Braman): ACC – 9th; NCAA – 27th

Cross Country - Women (Bob Braman): ACC – 5th; NCAA – 18th

Football (Mike Norvell): Coaches Poll – 10th; AP – 11th

Golf - Men (Trey Jones): ACC – 5th; NCAA Championship – 3rd

Golf - Women (Amy Bond): ACC – 5th; NCAA – 5th

Soccer (Brian Pensky): ACC – 1st; NCAA Semifinalist

Softball (Lonni Alameda): ACC – 1st; NCAA – 2nd

Swimming & Diving - Men (Neal Studd): ACC – 6th

Swimming & Diving - Women (Neal Studd): ACC – 7th

Tennis - Men (Dwayne Hultquist): ACC – 3rd; NCAA 2nd Round

Tennis - Women (Jennifer Hyde): ACC – 5th; NCAA 2nd Round

Track & Field – All coached by Bob Braman

  - Indoor Men: ACC – 2nd
  - Outdoor Men: ACC – 2nd; NCAA – 15th
  - Indoor Women: ACC – 6th
  - Outdoor Women: ACC – 4th; NCAA – 37th

Volleyball (Chris Poole): ACC – 5th; NCAA 1st Round

**2022-23 ACC Team Champions: Women’s Soccer, Softball**

All-time Team National Championships (21) (NCAA champion except where noted)


Golf - Women (1981*)

Gymnastics - Men (1951, 1952)


Track Women - (1984 - Outdoor, 1985 - Indoor)

* Awarded by the Assoc. of Intercollegiate Athletics for Women

** Championship was vacated by the NCAA

*** Awarded by the US Volleyball Association (USVA)

**Lonni Alameda (Softball)**

**2022-23 Coach of the Year Honors**

**2022-23 National Player of the Year/ Freshman of the Year**

Soccer: Jenna Nighswonger – National Player of the Year (MAC Hermann Finalist)

Track and Field: Trey Cunningham – National Player of the Year (Bowerman Winner)

Women’s Basketball: Ta’Nyia Latson – National Freshman of the Year (The Athletic, USBWA, WBCA)

Women’s Golf: Lottie Woad – National Freshman of the Year (WGCA, Co National Freshman of the Year)

**2022-23 Rookie of the Year Honors**

Football: Patrick – Defensive Rookie of the Year

Women’s Basketball: Ta’Nyia Latson

Women’s Golf: Lottie Woad
2022-23 ACC Player/Performer of the Year (POY) Honors

Football: Patrick Payton – Defensive Rookie of the Year; Dillan Gibbons – Jim Tatum Award
Soccer: Cristina Roque – Goalkeeper of the Year
Softball: Kathryn Sandercoc – Pitcher of the Year
M. Indoor Track and Field (Track): Jeremiah Davis – Men’s Field Performer of the Year
M. Outdoor Track and Field (Track): Jeremiah Davis – Men’s Field Performer of the Year
W. Outdoor Track and Field (Track): Dajaz DeFrando – Women’s Track Performer of the Year, 2023 Outdoor Women’s Freshman of the Year

2022-23 All-American Honors (athletes mentioned on any team by any publication are listed)

Football (5): Jared Verse (The Athletic – First Team; Phil Steele – Third Team); Jammar Robinson (Senior Bowl – First Team; The Athletic – Second Team; Phil Steele – Fourth Team); Shyheim Brown (College Football News – Honorable Mention Freshman); Joshua Farmer (College Football News – Honorable Mention Freshman); Patrick Payton (College Football News – Honorable Mention Freshman)

W. Basketball: Ta’Niya Larson (Associated Press HM; USBWA HM, WBCA HM)
W. Golf (2): Charlotte Heath (1st/WGCA; 1st/Golfweek); Lottie Woad (1st/WGCA; 2nd/Golfweek)
M. Golf (5): Brett Roberts (2nd/PING; 2nd/Golfweek); Cole Anderson (3rd/PING; 2nd/Golfweek); Frederik Kjettrup (HM/PING; HM/Golfweek); Luke Clanton (HM/PING); Jack Bigham (HM/Golfweek)

Soccer (4): Jena Nghswonger (United Soccer Coaches – First Team; TopDrawerSoccer Best XI – First Team); Jody Brown (United Soccer Coaches – Third Team); Cristina Roque (United Soccer Coaches – Third Team; TopDrawerSoccer Best XI – Third Team); Lauren Flynn (TopDrawerSoccer Best XI – Second Team)

Softball (2): Kathryn Sandercoc (1st/D1 Softball; 2nd/NFCA); Makenna Reid (Freshman All-American)

W. Swimming and Diving (2): Samantha Year (1-Meter – 2nd Team); Edith Jernstedt (200 Fly – 2nd Team)
M. Indoor Track and Field (3): Jeremiah Davis (Long and Triple Jump – 1st Team); Ismael Kone (600m – 1st Team; 200m – 1st Team)
W. Indoor Track and Field: Dajaz DeFrando (600m and 200m – 2nd Team)
M. Outdoor Track and Field (8): Jeremiah Davis (Long and Triple Jump – 1st Team); Amir Willis (100m and 200m – 2nd Team); Milton Ingraham (Discus – 1st Team); Ismael Kone (200m – 2nd Team; 4x100 relay – 2nd Team); Taylor Banks, Amir Willis, Ismael Kone, Denzell Feagin (4x100 relay – 1st Team)
W. Outdoor Track and Field (4): Dajaz DeFrando (100m – 1st Team); Caisa-Marie Linsfors (Discus – 1st Team); Stella Weinberg (Javelin – 2nd Team); Alyston Churchill (5000m – 2nd Team)

Beach Volleyball (2): Maddie Anderson & Paige Kalkhoff (1st Team – AVCA)

2022-23 Academic Highlights for Student Athletes

ACC Weaver-James-Corrigan Postgraduate Scholarship Award (4): Nick Mason (Men’s Swimming and Diving), Maddie Anderson (Beach Volleyball), Kyle Mudge (Softball), Vic Allen (Women’s Tennis)

CSC Academic All-Americans (2): Jena Nghswonger – 2nd Team (Soccer); Paige Kalkhoff – 3rd Team (Beach Volleyball)

CSC Academic All-District (26): Emma Bissel, Maria Alagoa, Jena Nghswonger, Lauren Flynn, Beata Olsson, Kaitlyn Zipay (Soccer); Jenny Halden, Maddie McDonald, Anna Metzler, Izzy Gregersen (W. Swimming and Diving); Arijus Pavlidi, Tajzman Abramowicz, Jesco Helling, Nick Mason (M. Swimming and Diving); Alice Hodges, Kaylah Williams (W. Golf); Alyson Churchill, Agnes McTighe, Caisa-Marie Linsfors, Cooper Schroeder (Track and Field/Cross-Country); Maddie Anderson, Paige Kalkhoff, Anna Long (Beach Volleyball); Audrey Koenig, Sydney Conley, Emery Dupes (Volleyball)

ACC Scholar-Athlete of the Year (2): Dillan Gibbons – Jim Tatum Award Winner (Football); Frederik Kjettrup (M Golf)

Academic All-ACC (146): Ben Barrett, David Barrett, Jackson Baumeister, Jaime Ferrer, McGwire Holbrook, Tian Kamaka, Brennen Oxford, Treyton Rank, DeAmez Ross, Cam Smith, James Tibbs III, Brandon Walker, Conner Whittaker (Baseball); Anderson Ball, Zach Cloud, Gabe Curtis, Samuel Field, Jacob Holmes, Matthew Newland, Cooper Schroeder (M. Cross Country); Yasmine Abbas, Riley Bahr, Alyson Churchill, Marit Griep, Agnes McTighe, Rebecca Pottorff (Clark), Dani Thompson, Emmy Van den Berg, Caitlyn Wilkey (W. Cross Country); Dillan Gibbons, Ryan Fitzgerald, Brian Courtney, Preston Daniel, Ji’Khi Douglas, D’Mitti Emmanuel, Joshua Farmer, Kevin Knowles II, Azare’yeh Thomas, James Rosenberry Jr. (Football); Tazman Abramowicz, Tommaso Baravelli, Ian Cooper, Marcos Egitto-Martins, Jsen Hummelen, Utu Kurtdere, Nick Mason, Darwin Nolasco, Arijus Pavlidi, David Quirie, Zach Smith, Cam Tadddion, Peter Varjasi, Carlos Vasquez (M. Swimming and Diving); Jessica Buntman, Sarah Evans, Arynna Fardandes, Isabel Gregersen, Phoebe Griffiths, Jenny Halden, Jaden Herbet, Zoofia Kurlt, Julia Mansson, Maddie McDonald, Anna Metzler, Gloria Muzito, Tania Quiaglieri, Sydney Van Overmeeren (W. Swimming and Diving); O’Mariah Gordon, Maitya Tiimpson, Erin Howard, Valeria Meyer, Mariana Valenzuela, Taylor O’Brien, Brianna “Snook” Turnage (W. Basketball); Tom House, Baha Miller (M. Basketball); Alice Hodges, Kaylah Williams, Lottie Woad (W. Golf); Frederik Kjettrup (M. Golf); Maria Alagoa, Emma Bissel, Lauren Flynn, Olivia Garcia, Heather Gillchrist, Ran Iwai, Leilanni Nesbeth, Sophia Nguyen, Jenna Nghswonger, Beata Olsson, Clara Robbins, Cristina Roque, Kaitlyn Zipay (Soccer); Autumn Belviy, Ali DuBois, Devyn Flaherty, Bethaney Keen, Jahn Kerr, Mack Leonard, Kyle Mudge, Makenna Reid, Amya Ross, Allison Royalty, Kathryn Sandercoc, Hallie Wacaser (Softball); Alex Bulte, Jamie Connel, Lottie Woad (1st/WGCA; 2nd/Golfweek); Charlotte Heath (1st/WGCA; 1st/Golfweek); Lottie Woad (1st/WGCA; 2nd/Golfweek)

2022-23 All-American Honors (athletes mentioned on any team by any publication are listed)