



Sherod Holmes

Assistant Coach

Fifth Season

(Youngstown State, 2005)

Former Penguin defensive back Sherod Holmes is in his fifth year as an assistant coach. Holmes, who joined the staff in August 2005, coaches YSU's defensive backs.

Holmes has worked extremely hard the past two seasons with the group, which has undertaken new coverage schemes.

In 2008, Jarvis Richards, Lenny Wicks, De'Angelo Wilson and Randy Louis saw the bulk of the coverage responsibilities out on the so-called island.

The group responded by combining for seven interceptions and 10 pass breakups last year. YSU took a hit when Richards went down in the fourth game with an injury, but the unit regrouped behind Wilson and Wicks.

In 2007, Richards, Wicks and Wilson took over as corners for the Penguins. The trio combined for 12 pass breakups and five interceptions. Wicks and Wilson had never played for the Guins while Richards was in his first year as a full-time starter.

In 2006, both Guins corners were first-team All-Gateway Conference selections. Jason Perry and Codera Jackson both earned first-team all-league accolades. Perry became just the second player in school history to return two interceptions for touchdowns in a career. He returned interceptions for scores against UC Davis and Missouri State. Both players intercepted four passes on the year.

In 2005, Jackson burst on the scene to earn first-team all-conference laurels and second-team All-America honors. Jackson had six interceptions for the season, including a return for a touchdown at Liberty.

A two-year starter at corner, Holmes played at Youngstown State in 2002 and 2003 after transferring from Butte Community College. In his YSU career, he recorded 59 total tackles, 15 pass breakups and had four interceptions.

As a senior, he was named honorable-mention All-Gateway for his efforts. He finished the season with 27 tackles, including 19 solo stops. He led the team with eight pass breakups and recorded an interception against Kent State. For his efforts, he was named YSU's John Delserone Most Valuable Player. As a junior, he was named to the Gateway Conference's All-Newcomer team. For the year he tied for the team lead with three interceptions and led the squad with seven pass breakups. He finished the year with 32 total tackles, including 25 solo stops.

Holmes also spent two years as a member of the track and field squad. In 2003, he helped YSU earn the Horizon League men's indoor championship by placing second in the 60-meter dash and fifth in the 200-meter dash. In the outdoor league meet, he finished second in the 100-meter dash with a time of 10.83 seconds. In 2004, he was the Horizon League Champion in the 60-meter dash with a time of 6.93 seconds.

He came to Youngstown State after two seasons at Butte Community College in Oroville, Calif. At Butte, he was named first-team All-Northern California as a sophomore defensive back. He also played wide receiver as his team won two conference championships.

A native of Stockton, Calif., Holmes is a graduate of Edison High School where he played tailback and defensive back.

He graduated from Youngstown State with a degree in Criminal Justice in 2005.