Michael London

On December 7, Mike London was named the head football coach at the University of Virginia after serving in the same capacity the previous two years at the University of Richmond. London heads up a Cavalier program where he twice previously served stints as an assistant coach. He is the 39th coach in the program's history.

In two seasons at Richmond, London led the Spiders to a 24-5 record.

His first year at the helm his team went 13-3 and won the Football Championship Series national title. The 2009 Spider team, ranked nine consecutive weeks at No. 1 in the FCS polls, went 11-2 and reached the quarterfinals of the FCS playoffs. His teams were 13-4 in the Colonial Athletic Conference during the 2008 and 2009 campaigns.

He quickly defined the culture for the football team by prescribing three basic tenets for his players:

• Go to Class

• Show Class

• Treat People with Dignity and Respect

His philosophy and the respect he has garnered from his players, students, coaches and peers earned him the title of ACC Coach of the Year 2011.

London's efforts in 2008 earned him FCS National Coach of the Year honors from both the American Football Coaches Association and Schutt Sports/ American Football Monthly magazine. London was also honored as the Black Coaches Association Male Coach of the Year in 2008, beating out Mike Tomlin of the Super Bowl Champion Pittsburgh Steelers for the award. In addition to the national honors, London was tabbed the State Coach of the Year from both VaSID and the Peninsula Sports Club.

Under London's watch, 16 Spiders were named to the All-CAA Football Team in 2009 after placing 12 in 2008. His first year at UR, nine Spiders garnered 15 All-America awards and six were recognized on the Academic All-Conference Team. DE Lawrence Sidbury was a fourth-round NFL draft pick by the Atlanta Falcons, while RB Josh Vaughan was a free-agent signee by the Tampa Bay Buccaneers.

Before returning to coach his alma mater, London spent six of seven seasons coaching for Al Groh at Virginia. In 2001 London joined the UVa staff for the first time as the defensive line coach. He took over the responsibilities as recruiting coordinator in 2002. In 2005 London left

UVa to work as the defensive line coach for the NFL's Houston Texas. He returned to Virginia in 2006 as the defensive coordinator and defensive line coach.

During his tenure with the Cavaliers, he saw five defensive players (Chris Long, Marcus Hamilton, Chris Canty, Andrew Hoffman and Monsanto Pope) drafted by NFL teams. Long was the ACC Defensive Player of the Year in 2007, earned unanimous All-America honors, was the Ted Hendricks Award winner as the nation's top defensive end and the second overall selection in the 2008 NFL Draft.

A native of Hampton, Va., London played defensive back at Richmond from 1979-82. Under head coach Dal Shealy, he led the Spiders with six interceptions as a senior captain in 1982. In addition to earning all-state honors, he was chosen the team's MVP and received the Spiders' Coaches Award. In 1982, the Virginia Peninsula Sports Club selected him as the male in-state Athlete of the Year.

London graduated from Richmond in 1983 with a bachelor's degree in sociology and a year later received a degree in law enforcement from the Richmond Police Academy, serving as a detective for the street crimes unit from November of 1984 to July of 1989. The Dallas Cowboys signed him as a free agent in 1983.

London broke into the collegiate coaching ranks in 1989, spending two seasons with Richmond as the outside linebackers coach and admissions liaison, followed by four seasons (1991-94) as the defensive line coach at William & Mary.

He returned to Richmond for two more years (1995-96) as the outside linebackers coach and recruiting coordinator, coaching All-America LB Shawn Barber, who was a fourth-round draft pick by the Washington Redskins in 1998 and played 10 years in the NFL. London served as defensive line coach at Boston College for the 1997-2000 seasons, where he helped lead the Eagles to two bowl appearances.