



# Seminoles

# ATHLETIC Administration

**Dr. Thomas Kent**  
**"T.K." Wetherell**  
 President, Florida State University



**Dr. Thomas Kent**  
**"T.K." Wetherell** was appointed president of Florida State University by the Florida State University Board of Trustees on Dec. 18, 2002, and he took office on Jan. 6, 2003.

Wetherell, an FSU alumnus, served as president of Tallahassee Community College from 1995 until 2001. Under his leadership, the college doubled its enrollment and the gross square footage of the main campus. He pioneered innovative academic programs, led the college into the top 25 community colleges in the nation awarding associate's degrees and solicited the college's first \$1 million scholarship donor. After stepping down as TCC president, he served as a lobbyist with the Southern Strategy Group.

Before assuming the presidency at TCC, he was president of Independent Colleges and Universities of Florida and was responsible for coordinating and promoting post secondary higher educational opportunities and programs in Florida's private colleges.

He previously served in a number of capacities at Daytona Beach Community College, including provost and dean of instruction, vice president and president of academic and university transfer programs, vice president of district planning and development and executive assistant to the president. Before that, he served as associate professor of education at Bethune-Cookman College in Daytona Beach. He began his career as an academic counselor for student-athletes at FSU before going to Florida Technological University in Orlando where he was assistant to the deans of housing and then director of housing and administrative assistant to the vice president.

He served in the Florida House of Representatives from 1980 to 1992, the last two years as House Speaker. During his tenure in the House, he served as chairman of the appropriations committee and the higher education committee, and the Miami Herald named him one of the Top Ten Legislative Leaders in the House each year from 1987 through 1992.

Born Dec. 22, 1945, in Daytona Beach, Wetherell attended Port Orange Elementary School and Mainland Senior High School, where he was active in service clubs, student government and athletics. He attended Florida State University on a football scholarship and played on the 1963-67 football teams. He earned his bachelor's and master's degrees in social studies education from FSU in 1967 and 1968 respectively. He earned a doctoral degree in education administration from FSU in 1974.

He has been inducted into Florida State University's Hall of Fame and was a recipient of the

## UNIVERSITY ADMINISTRATION

President .....	Dr. T.K. Wetherell
Provost .....	Lawrence G. Abale
Dean of the Faculties & Deputy Provost .....	Dr. Anne Rowe
Vice President for Research .....	Dr. Kirby Kemper
Vice President for Student Affairs .....	Mary Coburn
Vice President for Finance & Administration .....	John R. Camaghi
Vice President for University Relations .....	Lee Hinkle

prestigious Moore-Stone Award, as well as the university's Distinguished Service Award.

Wetherell is married to Virginia B. Wetherell, who served as Secretary of the Florida Department of Environmental Protection from 1991 to 1998 and previously served as a state legislator representing Pensacola. She currently is president of Wetherell Consulting Services. They are the parents of three children, Kent, Bokely and Page, and have two grandchildren. Wetherell's personal interests include athletics, outdoor recreation, travel and aviation.

**Dave Hart, Jr.**  
 Director of Athletics



**His peers use terms and words such as** class, integrity, respect, visionary and national leader to describe Dave Hart, Jr. Bolstered by his leadership and vision, the current and future state of a still young athletics program at Florida State University is vibrant and

inspiring. Hart is widely viewed as one of the nation's top athletics directors. It is a reputation he has earned.

Dave Hart is in his 11<sup>th</sup> year as Florida State's Athletics Director. Hart has led the FSU athletics program since 1995 with comprehensive success in mind. The athletics department budget has doubled from 20 to 40 million dollars since Hart arrived, with a high percentage of that increase going towards the growth and development of women's athletics programs at FSU. Student-athletes have reached new heights in academic performance within University, Conference and national circles. Community service participation by student-athletes is at an all-time high with every team giving back to the community throughout the year. Florida State student-athletes, coaches, administrators and teams are being recognized nationally on a regular basis for honors and awards. Excellence in competition is evidenced across the board with the Seminoles finishing 22<sup>nd</sup> nationally in the Directors' Cup last year. Facility enhancements are remarkable and serve as a collective point of pride for current and former student-athletes, coaches, staff, alumni and fans.

In recognizing Hart's position within intercollegiate athletics, ACC Commissioner John

Swofford said, "Dave Hart is one of the best and most respected athletics directors in the business. He thoroughly understands the nuances of major college athletics, and he has superb values to go along with his vast experience in the field. He is a proven leader within our conference as well as at the national level."

Hart has served on several prestigious committees at conference and national levels during his career in athletics admin. He has been a member of the NCAA Co Honors and Awards Committee a Special Events and Postseason Board as well as a consultant to the NCAA Advisory Council.

Hart has also held positions of influence within conference and served as President of both the National Collegiate Directors of Athletics Division I-A Athletics Directors' Association. He has been recognized by his peers as Athletics Director of the Year in the Region in 2000 and 2005. In the existence of the AD of the Year Award only three athletics directors in Division I receive the regional award twice. Hart received the Robert R. Neyland Achievement in his profession as Athletics Directors' Award for advancement and progress of student-athletes and the athletics program while at Florida State. He currently is a member of the NCAA Football Board of Directors where he represents NACDA and serves with commissioners of Division I-A conferences as well as NCAA President, Myles Brand. He is also one of six athletics directors nationally who serve as an advisory group to presidents and conference commissioners in ongoing meetings and discussions regarding BCS format options and related issues. In addition to serving in prominent leadership roles nationally, Hart has been directly involved in the renegotiations of the ACC's football and basketball television contracts, which are considered to be the nation's best. He has chaired the ACC Television Committee as well as the ACC Men's Basketball and Football committees. A long-time advocate of conference expansion, Hart played an instrumental role in the Atlantic Coast Conference expansion process which resulted in the addition of three new members in Miami, Virginia Tech and Boston College while immediately elevating the national profile of the ACC.

A popular speaker at the national level, Hart has made numerous speaking presentations nationally and presented seminars on such topics as student-athlete welfare, marketing, gender equity, facility master planning, negotiation skills and personnel transition. He was an instructor at the National Association of Collegiate Directors of Athletics Management Institute for ten years and currently is an annual presenter at the Division I-A Athletics Directors' Institute sharing with peers his knowledge and experiences relating to athletics administration.

Since his arrival at Florida State, Hart has negotiated unprecedented multi-million dollar contracts for the department totaling in excess of 90 million dollars while planning and guiding the development and implementation of an extensive and comprehensive facilities master plan for athletics totaling more than 100 million dollars. He initiated a multi-faceted Student Development/Life Skills program for all student-athletes at FSU, which has been recognized nationally as a "Program of Excellence" by the Division I-A Athletics Directors' Association. He also spearheaded the rewriting of the department's mission statement to put the student-athlete at the core of everything the athletics department does in its goal to build comprehensive excellence throughout the many components of the department.

Hart took a leadership role in the athletics department's first major Capital Campaign, in concert with Seminole Boosters, which raised over 75 million dollars for athletics facilities and endowed athletics scholarships for all sports at Florida State. Within the Facilities Master Plan, the Soccer/Softball facility was the first new facility to be built and remains one of the nation's finest. Major renovations to the Tennis and Volleyball facilities have also been completed. The state-of-the-art Golf Facility and Teaching Center and the Basketball Training Center are now in place. The Dick Howser Baseball Stadium project, as well as the new Moore Athletics Center, were completed within the past year. A new aquatic facility and completion of the renovation to the Mike Long Track building are ongoing priorities. The planned "Legacy Walk" will ultimately showcase FSU tradition and Athletics heritage around the University Center.

Hart has made major hires within coaching and administrative areas of the department, while dramatically increasing exposure for all Seminole Athletics since his arrival at FSU. Through the negotiation of television contracts with Sun Sports as well as ACC contracts with regional sports carriers and ABC and ESPN, Florida State enjoys outstanding visibility in all sports on an annual basis.

Under Hart's direction, FSU formalized a varsity club to encourage the participation of former student-athletes in athletics department activities and a new focus has been placed on the growth of women's athletics at FSU. That commitment is reflected in the increased allocation of funding and facility improvements, such as the Soccer/Softball Complex. Also during Hart's tenure, FSU has been home to the inaugural National Student-Athlete of the Year as well as the NCAA's State of Florida Woman of the Year. A record number of FSU student-athletes have made the ACC Academic Honor Roll, been recipients of NCAA post-graduate scholarship awards and obtained degrees during the past ten years. Student-athlete community service involvement has

become a priority since Hart's arrival. Student-athletes at FSU contributed over 4,700 recorded hours this past year to community outreach projects with the women's golf team winning the Athletics Director's Cup for community service.

Football and baseball continue to compete at the highest level nationally during Hart's tenure as both the football and baseball programs have played in national championship games while continuing to excel in conference play. The commitment to build men's and women's basketball into a conference and national contender is very tangible. A 20 million dollar renovation to the Leon County Civic Center and a new 10 million dollar Basketball Training Center are a source of pride for the men's and women's basketball programs.

A 1971 graduate of Alabama, Hart played basketball for the Crimson Tide and earned a master's degree in 1972 while serving as a graduate assistant basketball coach. He coached and taught at the high school level before joining the East Carolina athletics program in 1983 where his vision and leadership enabled that program to reach goals thought to be unattainable.

Hart met his wife, the former Pam Humble, while at Alabama and they have three children, Rick, Jamie and Kelly. The Harts' also have three grandchildren, Trevor, Caroline and McKinley.

## Dr. Dianne F. Harrison

Vice President for Academic Quality and External Programs and Dean of Graduate Studies

### As Chair of the Athletics Committee,



Dr. Dianne F. Harrison, Vice President for Academic Quality and External Programs at Florida State University, is a vital link with the National Collegiate Athletic Association and the Atlantic Coast Conference as the NCAA Faculty Representative for FSU.

Dr. Harrison has been a member of the FSU faculty since 1976. She received her doctoral degree from Washington University in St. Louis, The George Warren Brown School of Social Work and The Graduate School of Arts and Sciences, and her MSW degree from the University of Alabama Graduate School of Social Work. Her undergraduate degree is also from the University of Alabama, School of Arts and Sciences where she majored in American Studies and minored in English.

As Vice President for Academic Quality and External Programs, Dr. Harrison is the chief administrator for all academic program reviews at the undergraduate through doctoral levels, including seventeen different colleges and schools, on-line degree programs, international course and degree offerings, and all branch campuses. She is the institutional liaison to the Southern Association of Colleges and Schools (SACS), FSU's regional accrediting body. She has served as the FSU Title IX Coordinator and chair of the Equity in Athletics Committee. Dr. Harrison currently serves on the NCAA Division I Championships/Competition Cabinet and the NCAA Region 3 Postgraduate Scholarship Committee. She serves on the ACC Committees on Sportmanship, Postgraduate Scholarships, and Infractions and Penalties.

From 1994-2000, Dr. Harrison served as

Dean and Professor of the FSU School of Social Work. Her experience in the social work field spans over 30 years. Her areas of teaching and research specialization include: social work education, negotiation and conflict resolution, intervention research and HIV prevention. She recently completed her ninth year of NIH funding focused on HIV prevention approaches with culturally diverse women and couples. Under the auspices of the School of Social Work, she helped to found the nationally known Boys' Choir of Tallahassee. In 2000, she was awarded the "Making a Difference" Award by the Jesse Ball DuPont Fund and was the NASW Big Bend Unit Social Worker of the Year.

Dr. Harrison has published books and numerous journal articles for social work and related research journals. Recent books focused on cultural diversity in social work practice and on academic job searches. She has served on the boards and committees of over 50 organizations and community groups. She frequently serves as an expert grant reviewer for the National Institutes of Health.

Dr. Harrison has two children, Melissa and John Paul Montgomery. The fifth of seven children, she grew up in Mobile, Alabama and Short Hills, New Jersey.

## Charlie Carr

Senior Associate Athletics Director

### Charlie Carr enters his 11th year as



senior associate athletics director at Florida State in 2006. FSU athletics director Dave Hart named his longtime associate shortly after he accepted the job in 1995.

Prior to coming to FSU, Carr served under Hart as an associate athletics director at East Carolina University for four years and was executive director of ECU's educational foundation from 1988 until his elevation to associate AD.

Carr's responsibilities since coming to Florida State include assisting in managing all phases of the department's operation. He serves as the department's spokesman in the AD's absence and acts as the athletics department's contact and liaison for campus and community organizations. He recently finished his tenure as Chairman of the NCAA's Baseball Committee.

Carr also is charged with overseeing departmental personnel in addition to the administration of the Seminole baseball, cross country, golf, track and volleyball programs.

A well-known member of the college athletics scene in North Carolina as a player, coach and administrator, Carr was athletics director at Mississippi State from 1985-87.

Carr played football and baseball at North Carolina where he earned his master's degree in 1970. He played two years of professional baseball in the N.Y. Mets organization before becoming an assistant football coach at his alma mater from 1971-75 under Bill Dooley. He then coached at Rice University from 1975-78.

He returned to UNC in 1978 to begin administrative work as senior associate athletics director until his appointment at Mississippi State.

Carr and his wife, Dee, have one daughter Caitlin (21).



# Seminoles

# ACADEMIC SUPPORT

## ATHLETIC ACADEMIC SUPPORT MISSION STATEMENT

The primary focus of the Athletic Academic Support Program is to provide an environment which facilitates the academic success of each student-athlete. Student success is encouraged through competent academic counseling, study skills development, individualized assessment and support, and a wide array of tutorial services.

## AN OVERVIEW OF AN AWARD-WINNING ACADEMIC SUPPORT PROGRAM

### ACADEMIC, PERSONAL AND PROFESSIONAL SUPPORT

is essential to college success. At The Florida State University, an outstanding support program has been developed that enables student-athletes to reach their full potential.

Florida State Athletic Academic Support Program Director, Mark Meleney states, "Our philosophy is to offer an academic support program integrated with the total University that will assist all student-athletes with the transition into college and provide continued support in all phases of academic and professional development, culminating with graduation, job placement or graduate school."

FSU's program operates on a "proactive" rather than "reactive"

approach. The academic staff does not wait for crises to occur. They gather important background information on each entering student-athlete, build an academic profile, and develop individualized support programs which are tailored to the unique needs of each student-athlete. They also stay informed on the daily progress of the student-athletes through consistent communication with the Florida State faculty.

Over the past several years, the academic support unit had been housed in the \$126 million dollar, state-of-the-art University Center Complex which included private study carrels, a tutorial study area, and a computer lab outfitted with 20 IBM compatible computers and laser jet printers. Over the summer, however, academic support, along with several other departments, moved into their new home, the newly constructed Moore Athletic Center. The multi-million dollar structure, which is located in the north end

zone of Doak Campbell Stadium, is the new home of Florida State athletics. Some of features of the new academic support area include a 32-station computer lab for student-athletes, 10 private tutorial rooms and a five-station "Learning Center" for student-athletes with learning deficiencies and/or disabilities. The compliance, student services, business, sports information and athletics marketing offices are also housed in the facility, providing a more efficient and functional department, thus allowing student-athletes an opportunity for balance and improved time-management.

The academic support staff is comprised of a director, an administrative assistant, six academic counselors, several graduate assistants, individualized learning specialists and a cadre of approximately 50 tutors and mentors.

Meleney was named the program's Director in 1997 and brings 19 years of advising experience to the position. Over the past nine years, Meleney has played an integral role in the development of a comprehensive program of student-athlete support, which in 1996 won the "Program of Excellence" award from *Athletic Management Magazine*.

## TUTOR & MENTOR PROGRAM

The athletics department at Florida State University has made a commitment to providing the student-athletes with one of the finest and most comprehensive tutorial and mentor programs in the nation. The tutorial program is just one of several key support services that is available to all student athletes as they progress towards their ultimate goal of obtaining a college degree. FSU hires approximately 50 tutors a year, from a variety of academic departments, who are committed to providing a proactive, individualized approach in assisting student-athletes with course comprehension and study skills. In addition, mentors are academic role models who have demonstrated the ability to teach and give guidance in areas of academic developmental skills. They are responsible for providing assistance in the development of skills such as note taking, test preparation and communication with faculty. In essence, mentors become an extension of the academic counselor as they keep the





academic performance of their student-athletes under close observation and report to the academic counselors each week. The tutors and mentors are usually seniors or graduate level students who have outstanding academic backgrounds.

### STUDY HALL

In an effort to help ensure the academic success of the student-athletes, professionally supervised study sessions for each athletic team are organized. The main focus of the study hall program is to help students develop consistent and appropriate study patterns by providing a structured setting to work on class assignments and to provide tutorial assistance before academic problems arise. Although the criteria for study hall is left to the discretion of each academic counselor, typically most freshmen, first year transfers, and upperclassmen who have not yet achieved a satisfactory cumulative grade point average are asked to attend study hall.

### ACADEMIC HONORS & AWARDS

Florida State University student-athletes have achieved great success in obtaining recognition for academic excellence. More than \$260,000 in Postgraduate monies have been granted to FSU student-athletes over the past eight years, as well as numerous other academic honors and awards.

Florida State University named 172 student athletes to the 2004 Atlantic Coast Conference Honor Roll. In the 2003-04 academic year alone, Florida State boasted three ACC Weaver James Corrigan Postgraduate Scholarship winners, one NCAA Women's Enhancement Scholarship Winner and several Academic All-Americans.

The Academic Support Program is committed to recognizing the academic success of all student-athletes. The athletics department, in conjunction with Seminole Boosters, Inc., puts on the annual "Golden Torch Gala," a black-tie academic awards banquet, each fall. The ACC Honor Roll student-athletes, as well as the individuals with the highest GPA on their respective teams, and the men's and women's teams with the highest GPA are recognized at this event.

Team meetings are held each year, during which time student-athletes are notified of potential honors and awards and are encouraged to apply. Combining a strong grade point average with athletic accomplishments, community service activities and leadership experiences make for a student-athlete capable of obtaining unlimited academic honors, awards and postgraduate opportunities.

## ACADEMIC SUPPORT STAFF



### Mark P. Meleney

**M**ark Meleney begins his tenth year as the Director of the Athletic Academic Support Program. He brings to the position 19 years of advising experience at FSU. Over the past ten years, Meleney has played an integral role in the development of a comprehensive program of student-athlete support, which in 1996 won an "Award of Excellence" (from Athletic Management Magazine). Meleney directs a staff of six professional counselors, two graduate assistants, and an administrative assistant.

In addition to his duties directing the Academic Support Program, Meleney evaluates all recruits for their academic potential, monitors academic progress and eligibility for student athletes, and serves as a liaison to the academic community. He also serves as a member of the administrative team for both the Athletic Department and the Division of Undergraduate Studies.

A native of Iowa, Meleney began his college education at Buena Vista College, where he earned varsity letters in football and baseball. Upon transferring to Florida State University, he earned bachelor's degrees in management and finance in 1986 and received his M.S. degree in athletic administration in April 1997. A member of the National Association of Academic Advisors for Athletics (N4A), Meleney is married to the former Sarah Cawthon and they have an 12-year-old daughter, Montana Shea.



### Dr. Brenda Monk

**D**r. Brenda Monk begins her fifth year with the Athletic Academic Support Program. Dr. Monk serves as an Assistant Director of the Academic Support Program. As a learning specialist, she works hands-on with student-athletes with individualized learning needs. Dr. Monk has implemented an Educational Services Program that is designed to meet the needs of student-athletes diagnosed with moderate academic deficiencies and assist with their progress towards graduation.

Mark Meleney, Program Director, describes Dr. Monk's contribution as one that, "greatly enhances our student-athlete retention rates." Florida State University is one of a handful of schools nationally to have a learning specialist on staff within the Athletic Academic Support Program. Florida State University continues to lead the nation in its services to students with learning difficulties.

A native Mississippian, Dr. Monk served in a variety of educational positions throughout her career. She came to Florida State after serving as a principal, special education teacher and supervisor and school psychologist in the Rankin County School District in Brandon, Mississippi. She earned her bachelor's and master's degrees in education from the University of Mississippi. Dr. Monk also earned an educational specialist degree in 1986 from Jackson State University, and in 1993, earned a Ph.D. in education administration from Mississippi State University.

Dr. Monk is a member of the Association of Supervision and Curriculum Development, Association on Higher Education and Disability, and the National Association of Academic Advisors for Athletics. She has three children, Julie (Scott) Loftin, Josh and Allison, and grandson Will Loftin.



### Amy Lord

**A**my Lord (formerly Amy White) is in her eleventh year with the FSU Athletic Academic Support Program where she serves as the Assistant Director of the program and is the academic counselor for the Florida State baseball team, among other sports. Lord is responsible for coordinating support services for these student-athletes, monitoring their academic progress and counseling them on academic issues such as course and major selection, study habits and eligibility requirements. She also assists in the recruiting process for these programs.

In addition to her counseling duties, Lord is the Academic Honors, Awards and Scholarship Coordinator. She also serves as the coordinator for the Golden Torch Gala, a black-tie event, which recognizes student-athletes for academic achievements. On top of those duties, Lord serves as the sports psychology consultant for all FSU student-athletes.

A native of Pensacola, FL, Lord is a 1993 graduate of the University of West Florida, where she earned a bachelor's degree in psychology. She received a master's degree in sports psychology from Florida State University in 1995 and is currently a Ph.D. candidate in sports psychology. Lord is a member of the National Association of Academic Advisors for Athletics (N4A) and currently serves on the executive board of that organization. She is married to Justin Lord, a pitcher with the Pittsburgh Pirates organization.



# Seminole

# NCAA COMPLIANCE

The following information is provided by the Florida State Office of Compliance for prospective student athletes. It is intended as a guideline to introduce some of the rules governing NCAA athletic involvement.

## WHO IS PERMITTED TO RECRUIT FOR FSU?

Only Florida State University coaches who have successfully completed the NCAA Recruiting Rules Examination on an annual basis may be involved in the recruitment process. Representatives of our athletics interests may not make any recruiting



**BOB MINNIX**  
Associate Athletics  
Director for Compliance

contacts. This includes letters, telephone calls or face-to-face contact on or off campus with a prospect or the prospect's parents.

## KEY TERMS YOU SHOULD KNOW

**Prospective student-athlete** if you have started classes for the ninth grade. Before the ninth grade, you become a prospective student-athlete if the college provides you (or your relatives or friends) any financial aid or other benefits that the college does not provide to prospective students generally.



**HEATHER McATEE**  
Compliance Coordinator

**Contact** is any face-to-face encounter between a prospect or the prospect's legal guardian and an institutional staff member or athletic representative during which any dialogue occurs in excess of an exchange of greeting.

**NOTE:** At the Division I level, athletic representatives (boosters) may not contact you for the purpose of recruiting. A college coach may contact you in person off the college campus beginning July 1 after completion of your junior year in high school.

**Evaluation** is any off-campus activity designed to assess your academic qualifications or athletic ability, including any visit to your high school (during which no contact occurs) or the observation of any practice or competition in which you participate.

During your senior year, you can have one expense-paid **official visit** to a particu-

lar campus. You may receive no more than five visits. During your official visit, which may not exceed 48 hours, you may receive round-trip transportation between your home and the campus, and you (and your parents) may receive meals, lodging and complimentary admission to campus athletics events.

## PHONE CALLS AND LETTERS

Phone calls from faculty members and coaches (but not boosters) are permitted beginning July 1 after completion of your junior year. A college coach or faculty member is limited to one telephone call per week except when it is:

- During the five days immediately before your official visit to the university
- On the day of a coach's off-campus contact with you
- During the time beginning with the initial National Letter of Intent signing date in your sport through the two days after signing date

Letters from coaches and faculty members (but not boosters) are not permitted until September 1 at the beginning of your junior year in high school. A Division I university may provide you with the following printed materials:

- General correspondence, including letters, U.S. Postal Service post cards and institutional note cards
- Game programs, which may not include posters and one Student Athlete Handbook, can be provided only during official or unofficial visits to the university's campus
- NCAA educational information
- Pre-enrollment information subsequent to signing a National Letter of Intent with the university
- One athletic publication which may include only one color of printing inside the covers
- Official academic, admissions and student services publications published or videotapes produced by the institution and available to all students
- Schedule cards
- Questionnaires that may be provided prior to your junior year
- Summer camp brochures, which may be provided prior to your junior year.

## ALUMNI AND BOOSTERS DO'S AND DON'TS

**You may** forward information about prospective student-athletes to the appropriate coaches.

**You may** have contact with a prospect regarding permissible pre-enrollment activities such as summer employment, provided the prospect has already signed a National Letter of Intent and the Compliance Office is aware that you are making these contacts in regard to employment.

**You may** have a telephone conversation with a prospect only if the prospect initiates the call. Such a call may not be pre-arranged by an institutional staff member and you are not permitted to have a recruiting conversation, but may exhibit normal civility. You must refer any questions about our athletics programs to an athletics department staff member/coach.

**You may** view a prospect's contest at your own initiative provided you do not contact the prospect or his/her parents. In addition, you may not contact a prospect's coach, principal, or counselor in an attempt to evaluate the prospect.

**You may** continue established family relationships with friends and neighbors. Contacts with sons and daughters of these families are permitted as long as they are not made for recruiting purposes or encouraged by Florida State University coaches.

**You may not** become involved in making arrangements to receive money or financial aid of any kind for a prospect or the prospect's family and friends.

**You may not** make contact with a prospective, student-athlete and his/her parents when the prospect is on campus for an official or unofficial recruiting visit.

**You may not** transport, pay or arrange for payment of transportation costs for a prospect, and his/her relatives or friends to visit campus (or elsewhere).

**You may not** pay or arrange for payment of summer camp registration fees for a prospect.

**You may not** provide anything to a prospect, the prospect's family or friends without prior approval from the athletics' Compliance Office.



# STUDENT SERVICES

## THE N.O.L.E.S PROGRAM: NEW OPPORTUNITIES FOR LEADERSHIP, EDUCATION AND SERVICE

Developed by the Florida State University Department of Athletics, the NOLES program represents a commitment to the total growth and development of the student-athlete. This program establishes an administrative commitment to academic and athletic excellence. Those efforts will be supported with programs and services in personal development, career development and community service.



**PAM OVERTON**  
Associate Athletics  
Director/Senior  
Woman  
Administrator

## PERSONAL DEVELOPMENT

Fostering the development of personal growth is a fundamental component of the NOLES program. These support programs ensure that the student-athlete will be provided opportunities to focus on personal growth issues such as values clarification, goal setting, fiscal planning, decision making and personal responsibility. Programming focuses on helping student-athletes develop a healthy lifestyle while they are at Florida State and habits that will benefit them for life.



**JOHN LATA**  
Director

## CAREER DEVELOPMENT

Preparing for life after college sports is a major focus of the NOLES Career Development program. The program is designed to work cooperatively with the University's Career Services to acquaint students with the job search process, provide networking opportunities and ultimately assist with job placement. This program places a priority on the development of the total person, with the goal of developing individuals who will have rewarding careers and productive

lifestyles after they leave Florida State.

## COMMUNITY SERVICE

Serving the community is the focus of our Seminole Spirit program. Student-athletes are challenged to give service to our community and individuals who are in need. With a clearly defined program of service, student-athletes are given the opportunity to develop the foundation for a lifelong commitment to volunteerism. The Seminole Spirit Student-Athlete Speakers' Bureau enables student-athletes to improve their speaking skills, develop effective communication and impact the lives of others through their service as role models in our community.

## LEADERSHIP DEVELOPMENT

The Florida State University Department of Athletics is committed to developing programs of excellence that foster leadership development. The foundation of the leadership development program will be the two councils that represent the student-athletes at the University. The Student-Athlete Advisory Council (SAAC) serves as the advisory board to the NOLES program and the athletics administration. The prestigious board, comprised of two representatives of each athletic team at FSU, also recommends programming and serves as a liaison between student-athletes and the athletics administration. The Advisory Council plans and implements various events for student-athletes and serves as the department's most visible ambassadors.

## The 2005-06 Student Athlete Advisory Council

Shawn Allen, Track & Field  
Luke Beevor, Cross Country  
Laura Bowerman, Cross Country  
Carly Brieske, Softball  
James Coleman, Football  
Pete Crane, Swimming & Diving  
Lashoun Davis, Softball  
Miranda Faley, Tennis  
Rodney Gallon, Football  
Sarah Griffin, Volleyball  
Natasha Jacob, Softball  
Garrett Johnson, Track & Field  
Alex Kannon, Swimming & Diving  
Latoya Lagree, Track & Field  
Christie Lautsch, Basketball  
Hannah Linquist, Basketball  
Tapiwa Marobela, Tennis  
Courtney McClow, Swimming & Diving  
Lakendra McColum, Track & Field  
Ali Mims, Soccer  
LaQuinta Neely, Basketball  
Mark Nichalis, Swimming & Diving  
Stacy Rademacher, Swimming & Diving  
Jason Rich, Basketball  
Katie Ronan, Swimming & Diving  
Kelly Rowland, Soccer  
Bradley Ruch, Golf  
Stefab Shaw, Tennis  
Jessica Skower, Volleyball  
Kristin Sordel, Golf  
Michelle Steakin, Golf  
Isaiah Swann, Basketball  
Maciek Sykut, Tennis  
Meredith Urban, Cross Country  
Adam Wallace, Golf





# Seminoles

## STRENGTH & Athletic Training

**THE FSU STRENGTH AND CONDITIONING PROGRAM** is designed to improve athletic performance through an individualized regimen of stretching, lifting, speed, power, agility and conditioning drills. The goal of the program is to maximize the on-field performance of each athlete, while reducing the risk of injury.

Before a strength program is designed for an athlete, they are put through a series of physical tests to evaluate their speed, power, strength, agility, and body composition. Once the testing is completed, a program is designed for each student-athlete that will specifically address his weaknesses and enhance his strengths.

The computerized workout programs show in detail the exercise, the number of sets, repetitions and amount of weight prescribed for each workout. Head Strength and Conditioning Coach Jon Jost and his staff of experts closely monitor progress to assure each student-athlete is on schedule to reach their goals. Physical development is critical in order to excel at the collegiate level.

FSU's athletics department is committed to excellence in every area. This includes providing its athletes with the most state-of-the-art facility and equipment. Florida State's Champions Training Complex provides the best platform to train its athletes to their full athletic potential.



### THE DON FAULS ATHLETIC TRAINING ROOM

**FLORIDA STATE ATHLETIC TRAINING HAS** experienced a very exciting time as construction on the brand new Don Fauls Athletic Training Room was completed two years ago. The 15,000 square foot athletic training room is housed off Doak Campbell Football Stadium and is used by all 19 Seminole varsity teams. This facility is adequately equipped with the latest advances that the field of sports medicine has to offer.

Some of the attractions include an in-house pharmacy, x-ray machine and two physician evaluation rooms. There is also a 4,000 square foot rehabilitation room with the latest version of a Biodex isokinetic testing machine. The treatment area includes 24 treatment tables with various modalities, computer injury tracking devices, and 18 taping benches.

Florida State's athletes have ample accessibility for aquatic therapy as the Don Fauls Athletic Training Room includes a 8' x 40' in-ground workout pool, a 9' x 16' in-ground cold whirlpool, a 9' x 16' in-ground warm whirlpool, and nine extremity whirlpools.

