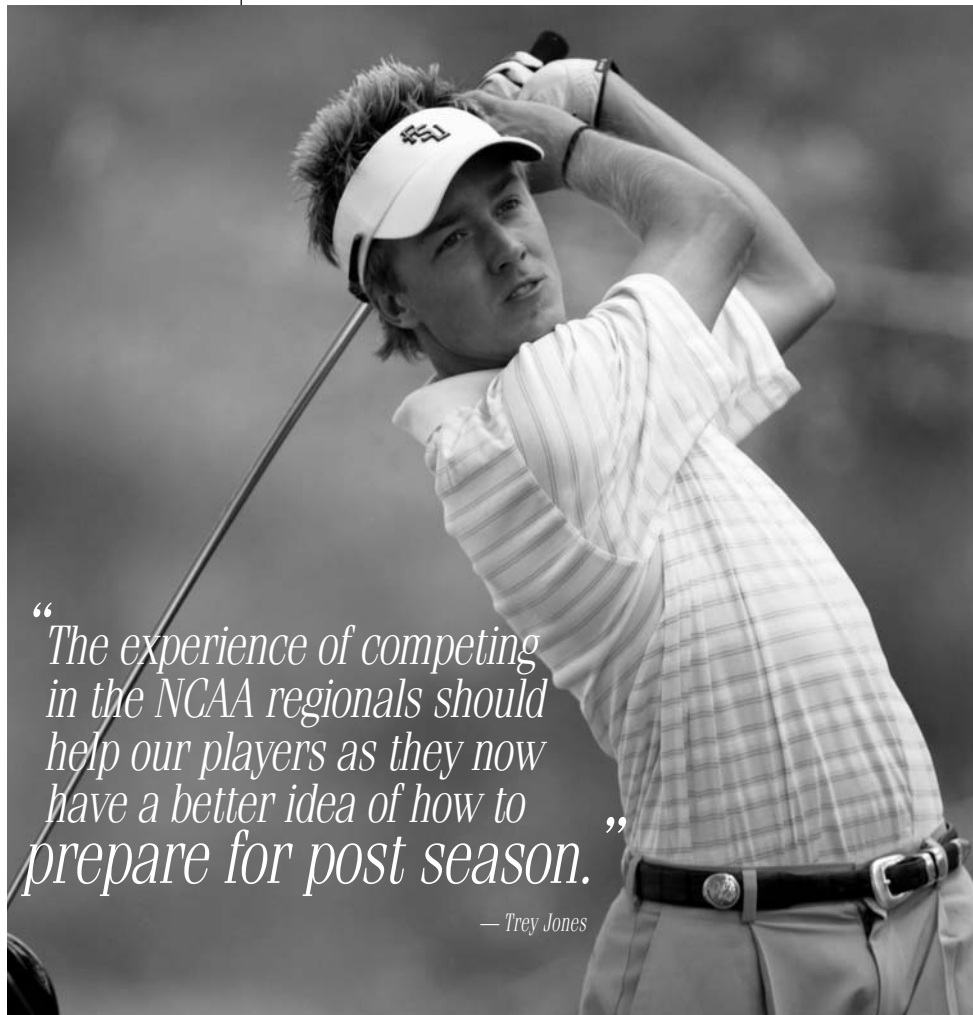


FSU Seminoles MEN'S GOLF 2006-07 **REVIEW**

Florida State Men's Golf Season Review



“The experience of competing in the NCAA regionals should help our players as they now have a better idea of how to prepare for post season.”

—Trey Jones

Jonas Blixt led the Seminoles with a 73.19 stroke average during the 2005-06 season.

Florida State Men's Golf Team Enjoys Finest Season In Nearly A Decade With 14th Place Finish At NCAA East Regional Championship.

Seminoles Finish Strong Season With NCAA Regional Appearance

Florida State earned nine top-10 team finishes and finished 14th in the NCAA East Regional Championship during the fall 2005 and spring 2006 seasons as it enjoyed its best year under third-year head coach Trey Jones and its best year since 1998 – the last time the Seminoles

appeared in the NCAA Tournament. The Seminoles finished in second place at the spring 2006 Lexus/Naples Intercollegiate for their best team finish of the year and finished in third place at both the fall 2005 Tennessee Tournament of Champions and spring 2006 Gator Invitational. Junior Torstein Nevestad led the Seminoles with two top-10 finishes – tied for sixth at the Gator Invitational and sixth at the

Lexus/Naples Intercollegiate to claim the top individual finishes of the year for the Seminoles.

Ranking The Seminoles

Florida State finished the 2005-06 year ranked 42nd in the final GolfStat rankings and 45th in the final *GolfWeek/Sagarin* poll. The Seminoles earned their highest ranking of the year – 24th – in the *GolfWeek/Sagarin* rankings of Oct. 5, 2005.

A Recap Of The 2006 NCAA East Regional

Seminole freshman Matt Savage carded a career-best seven-under par 65 in the final round of the NCAA East Regional Men's Golf Championship to finish tied for 44th in the individual standings. The Seminoles played their best team round of the tournament in the third round and finished in 14th in the team standings as they played in their first regional championship since 1998. Savage and the Seminoles played their best rounds of the three-round event in the final round. They began the day in 19th place and moved themselves up five positions to finish in 14th place. They finished third of the four ACC teams who played in the regional at the Lake Nona Golf and Country Club. Wake Forest won the regional team championship while Kevin Chappell of UCLA won the regional individual championship.

Florida State's Spring Season

Florida State earned three top five team finishes (tied for second at the Lexus/Naples Intercollegiate, third at the Gator Invitational and tied for fourth at the General Jim Hackler Invitational), earned three top-10 individual finishes (Torstein Nevestad tied for sixth at the Gator Invitational and sixth at the Lexus/Naples Intercollegiate and Matt Savage tied for 10th at the Linger Longer) and finished with a cumulative stroke average of 73.11 in a total of 144 rounds.

Florida State's Fall Season

Florida State earned four top-10 team finishes and was led individually by

FSU Seminoles

sophomore Jonas Blixt who finished the season with a 73.00 stroke average. The Seminoles finished third at the Tennessee Tournament of Champions to earn their best finish of the fall season. Blixt carded 50 percent of his individual rounds (six of 12) at par or better while junior Torstein Nevestad led the team with 11 of his 12 rounds with scores at 75 or better.

Blixt Named To All-Academic ACC Men's Golf Team

Sophomore Jonas Blixt was named to the 2006 All-ACC Academic Golf Team. To be eligible for consideration, a student-athlete must have earned a 3.0 grade point average or better for the spring semester and maintained a cumulative 3.0 average during his or her academic career. The multi-national business major was named to the 2005 and 2006 ACC honor roll and

2006 seasons combined. Blixt led the team as he counted 32 of 36 rounds (.889) played to the Seminoles' team score.

Player	Rnds	Cntd	Pct.
Jonas Blixt	36	32	.889
Torstein Nevestad	39	32	.821
Tommy Rymmer	21	17	.810
Nicholas Smith	36	29	.806
Matt Savage	33	25	.757
Song Jeon	23	16	.695
Bradley Ruch	9	5	.556

Seminoles' Top Finish Comes At Lexus/Naples

Florida State earned its best team placing of the 2005-06 year as it earned a second place finish at the inaugural Lexus/Naples Intercollegiate during the spring season. Junior Torstein

Nevestad finished sixth and sophomore Jonas Blixt finished in a tie for seventh in the individual standings to lead the Seminoles in the event played at the Hammock Bay Country Club. Baylor University, ranked 20th nationally, carded a team score of 279 in the third round and defeated Florida State by four strokes. The Seminoles finished with a 278 team score in the final round but were unable to catch the Bears. Nevestad finished only six strokes out of the lead. He finished the event with a career-low tying five under par score of 211. He carded a career-best single-round score of 65 in the first round and closed the event with an even par score of 72.

Torstein Nevestad ranked among the Seminoles' leaders in every statistical category as a junior.

In Trey Jones' First Three Years

Year	NR	T10	T25	Stroke Avg.
2004	71	8	18	74.23
2005	71	5	16	74.79
2006	42	9	26	73.21

NR=National Ranking/T10=Top 10 team finishes/T25=Top 25 individual finishes/Stroke Avg.=fall and spring seasons combined

has been named to the Dean's List once during his first two years as a student at Florida State.

Seminoles Display Marked Improvement

Florida State finished the 2005-06 fall and springs seasons with a 73.21 stroke average – the lowest of the Trey Jones era at Florida State. The Seminoles have taken more than one full stroke off their overall team scoring average in Jones's first three years at Florida State. In addition to lowering their overall stroke average, the Seminoles earned a pair of Jones-era best nine top 10 finishes and 26 top-25 individual finishes during the fall 2005 and spring 2006 seasons.

Seminoles Making Their Rounds Count

Sophomore Jonas Blixt led the Seminoles and was one of three team members who had at least 80 percent of their individual rounds counted toward the team total for the fall 2005 and spring



Matt Savage played in 11 events as a Seminole freshman.



FSU Seminoles

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Nicholas Smith finished in the top-20 of the individual standings at the 2006 NCAA East Regional Championship.



Song Jeon played in eight events as a sophomore.



since All-American Christian Raynor also shot a 65 in the first round of the Imperial Lakes Classic during the fall of 1993. Raynor was an All-American in 1995 and an All-ACC First-Team selection in 1994.

Smith Leads Seminoles At NCAA Championship

Freshman
Nicholas Smith

(Ocala, Fla.) was the Seminoles' top individual finisher at the 2006 NCAA East Regional Championship as he finished tied for 18th in the individual standings. He finished with scores of 74-74-71 for a total of three-over par 219 in the event at the Lake Nona Golf and Country Club in Orlando, Fla. During his first year as a Seminole, Smith played in 12 events (tied for second on the team), recorded 10 rounds with scores of par or better (tied for second), totaled 23 rounds with scores of 75 or better (third) and averaged 74.42 strokes per round (fourth). He recorded at least one score of 72 or below in 10 of 12 events during his first year and earned seven top-25 individual finishes and four top-20 individual finishes. Smith's best single-round score of 68, best 36-hole score of 139 and best tournament score of his career came at the Fall 2005 Tennessee Tournament of Champions – the first event of his career. He closed the season with a 74.42 stroke average in 36 rounds during 12 events.

Nevestad And Savage Card Scores of 65

Junior Torstein Nevestad carded a seven-under par score of 65 in the first round of the Lexus/Naples Intercollegiate and freshman Matt Savage carded a seven-under par score of 65 in the third round of the NCAA East Regional to earn the low round scores of the year for the Seminoles. The scores of 65 achieved by Nevestad and Savage (both career-best scores) were the best single-round scores by a Seminole

Torstein Nevestad shot his career low round score of 65 in the spring 2005 Lexus/Naples Intercollegiate.

Florida State men's Golf Statistics (Fall 2005 Spring 2006 Combined)

Name	Tourn.	Rounds	Par	-75	Low	Strokes	Avg.
Jonas Blixt	12	36	16	27	69	2,635	73.19
Matt Savage	11	33	10	21	65	2,434	73.76
Torstein Nevestad	13	39	8	28	65	2,890	74.36
Nicholas Smith	12	36	10	23	68	2,679	74.42
Tommy Rymer	7	21	3	14	67	1,571	74.81
Song Jeon	8	23	5	12	69	1,731	75.26
Bradley Ruch	3	9	2	6	72	686	76.22

Men's Golf '05-'06

Results

18th Annual Tennessee Tournament of Champions/ Sept. 12-13, 2005

Holston Hills Country Club/Knoxville, Tenn./Par 71

3/14.	Florida State	286	285	282	853
T18.	Matt Savage	70	72	72	214
T18.	Nicholas Smith	68	71	75	214
T22.	Jonas Blixt	74	71	70	215
T25.	Torstein Nevestad	74	74	68	216
T44.	Song Jeon	77	71	72	220

Shoal Creek Intercollegiate/Sept. 26-27, 2005

Shoal Creek Golf Club/Birmingham, Ala./Par 72

8/15.	Florida State	295	284	299	878
T14.	Torstein Nevestad	74	70	74	218
T25.	Song Jeon	77	69	74	220
T32.	Jonas Blixt	71	74	77	222
T38.	Matt Savage	74	71	78	223
T57.	Nicholas Smith	76	79	74	229

Gary Koch-Cleveland Golf Invitational/Oct. 10-11, 2005

Old Memorial Golf Course/Tampa, Fla./Par 72

8/12.	Florida State	289	293	288	870
T17.	Matt Savage	70	77	70	217
T20.	Jonas Blixt	72	74	72	218
T27.	Bradley Ruch	72	72	75	219
T35.	Torstein Nevestad	75	73	73	221
T46.	Tommy Rymer	79	74	73	226

Bank of Tennessee at The Ridges Intercollegiate/ Oct. 15-16, 2005

The Ridges Golf and Country Club/Jonesborough, Tenn./Par 72

T10/15.	Florida State	290	297	303	890
T22.	Jonas Blixt	72	75	74	221
T22.	Nicholas Smith	70	75	76	221
T43.	Torstein Nevestad	75	74	76	225
T56.	Matt Savage	77	73	77	227
78.	Bradley Ruch	73	80	86	239

2006 Gator Invitational/Feb. 18-19, 2006

University of Florida Golf Course/Gainesville, Fla./Par 72

3/14.	Florida State	291	286	292	869
T6.	Torstein Nevestad	72	71	72	215
T11.	Nicholas Smith	72	70	74	216
T21.	Tommy Rymer	73	73	73	219
T46.	Bradley Ruch	74	72	82	228
T46.	Matt Savage	76	79	73	228

Lexus/Naples Intercollegiate/Feb. 27-28, 2006

Hammock Bay Country Club/Naples, Fla./Par 72

2/12.	Florida State	286	285	278	849
6.	Torstein Nevestad	65	74	72	211
T7.	Jonas Blixt	71	70	71	212
T15.	Tommy Rymer	75	73	67	215
T20.	Nicholas Smith	75	69	73	217
T26.	Matt Savage	79	73	68	220

Seminole Intercollegiate/March 5-7, 2006

Golden Eagle Country Club/Tallahassee, Fla./Par 72

11/13.	Florida State	295	292	297	884
T25.	Nicholas Smith	72	73	74	219
T37.	Torstein Nevestad	77	70	75	222
T37.	Tommy Rymer	73	75	74	222
T44.	Jonas Blixt	73	78	74	225
51.	Matt Savage	77	74	76	227

General Jim Hackler Invitational/March 12-13, 2006

TPC of Myrtle Beach/Murrells Inlet, S.C./Par 72

T4/13.	Florida State	292	296	300	888
T11.	Nicholas Smith	71	71	77	219
T29.	Jonas Blixt	70	80	75	225
T34.	Matt Savage	76	77	73	226
T41.	Tommy Rymer	77	75	75	227
T46.	Torstein Nevestad	75	73	80	228

Hootie at Bulls Bays Invitational/March 26-28, 2006

Bulls Bay Golf Club/Awendaw, S.C./Par 71

11/15.	Florida State	293	293	295	881
T26.	Jonas Blixt	69	78	72	219
T42.	Torstein Nevestad	78	75	69	222
T53.	Song Jeon	75	72	77	224
T58.	Tommy Rymer	71	74	80	225
T71.	Nicholas Smith	83	72	77	232

United States Collegiate Championship/April 10-11, 2006

Golf Club of Georgia/Alpharetta, Ga./Par 72

13/13.	Florida State	306	299	311	916
T10.	Jonas Blixt	72	70	75	217
T48.	Torstein Nevestad	75	72	79	230
T59.	Song Jeon	80	78	76	234
T63.	Tommy Rymer	81	75	81	237
69.	Nicholas Smith	79	86	84	249

53rd Annual Atlantic Coast Conference Championship/ April 21-23, 2006

Old North State Club at Uwharrie Point/ New London, N.C./Par 72

6/11.	Florida State	285	287	291	863
T12.	Matt Savage	67	71	74	212
T19.	Jonas Blixt	71	73	70	214
T35.	Torstein Nevestad	74	74	72	220
41.	Nicholas Smith	73	74	75	222
-	Song Jeon	D	69	75	-

Linger Longer Invitational/May 14-15, 2006

Reynolds Plantation Oconee Course/Greensboro, N.C./Par 72

6/12.	Florida State	290	298	299	887
T10.	Matt Savage	71	74	72	217
T19.	Jonas Blixt	75	70	75	220
T25.	Nicholas Smith	69	77	76	222
T51.	Torstein Nevestad	76	78	76	230
T58.	Song Jeon	75	77	80	232

2006 NCAA East Regional Championship/May 18-20, 2006

Lake Nona Golf and Country Club/Orlando, Fla./Par 72

14/27.	Florida State	302	308	283	893
T18.	Nicholas Smith	74	74	71	219
T44.	Matt Savage	74	84	65	223
T74.	Jonas Blixt	75	76	76	227
T103.	Torstein Nevestad	79	80	73	232
T120.	Song Jeon	84	78	74	236

This is

Students have the opportunity to work and study alongside members of the prestigious National Academy of Sciences, members of the American Academy of Arts and Sciences, winners of the Pulitzer Prize and a Nobel laureate. Florida State faculty also lead several scholarly fields in citations of published work.

Several members of the Florida State faculty were recognized with major awards in the 2005-2006 academic year, including two new members elected to the prestigious National Academy of Sciences; four Fulbright fellowships; two new fellows of the American Physical Society; the 2006 Medalist Award from the Florida Academy of Sciences; a Sloan Research Fellowship; and one professor, the legendary ballerina Suzanne Farrell, rewarded with Kennedy Center Honors.

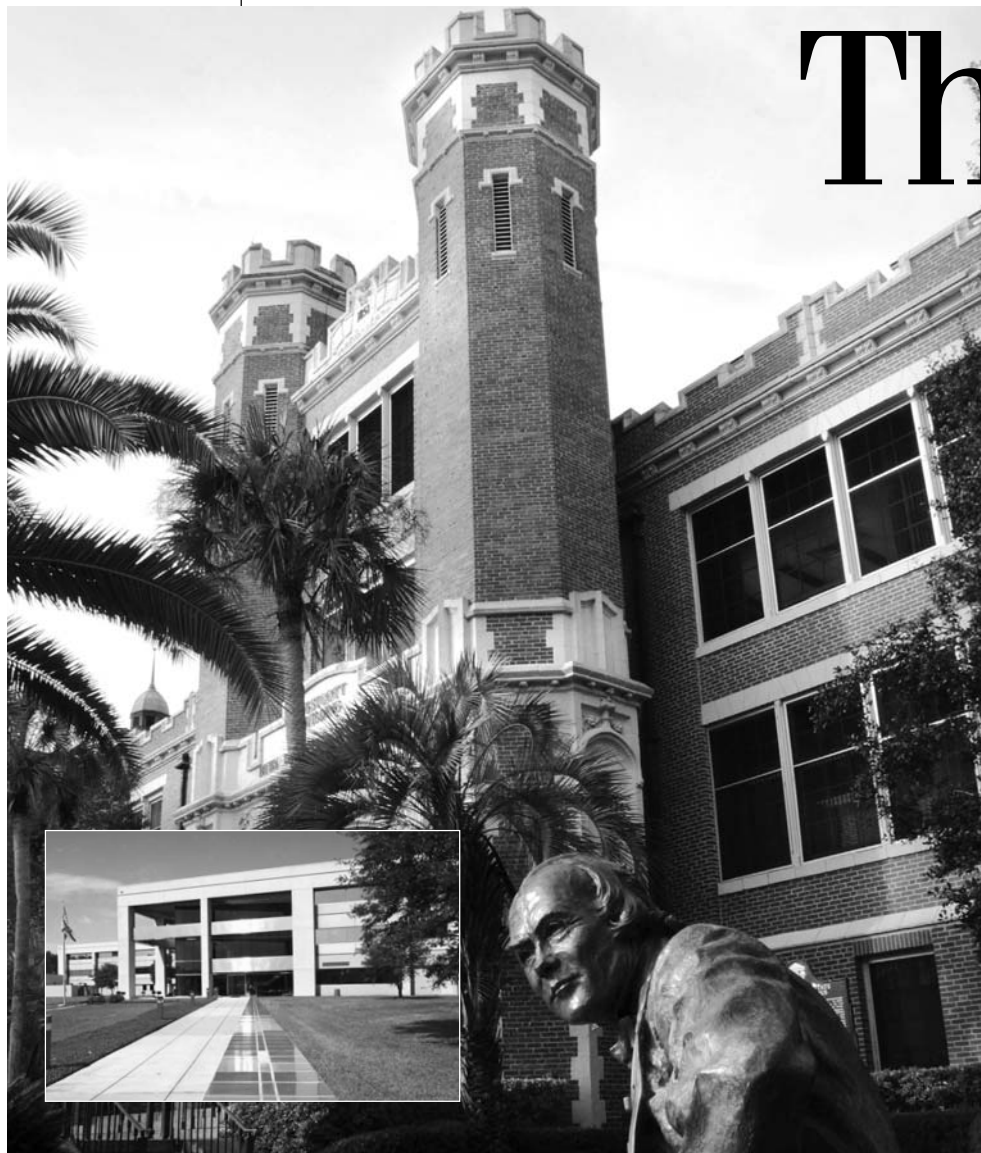
Florida State has many academic programs that consistently rank among those at the nation's top 25 public universities, including programs in business, chemistry, creative writing, criminology, ecology and evolutionary biology, information, law, meteorology, oceanography, physics, political science, psychology, public policy, sociology and statistics.

The university had many noteworthy achievements during the 2005-2006 academic year. Among them:

Florida State launched the Pathways to Excellence Initiative, which takes advantage of the university's unique strengths with significant new investments in research and graduate education. It is designed to target and hire 200 top faculty members who are national and international leaders in their respective fields to complement FSU's highly respected faculty, and to bring added value to the university's world-class research groups and centers through substantial investments in new facilities and enhancements to graduate education, particularly Ph.D. programs.

The FSU CONNECT Campaign, launched in October 2001, officially concluded, having raised more than \$630 million to support the university.

Sarasota philanthropist Dr. Helga Wall-Apelt's multi-tiered gift devoted to Asian art is the largest yet received by the John and Mable Ringling Museum of Art and the largest single gift to FSU, expected to exceed a total value of \$50 million.



Florida State University has been called one of five "hot and trendy" schools in the entire nation.

The Mag Lab at Florida State (above, inset) is one of the great research institutions in the world. The lab's magnets can produce fields one million times greater than the earth's magnetic field and are instrumental in a variety of research areas. It is the only facility of its kind in the Western Hemisphere.

From its pre-Civil War beginnings as the Seminary West of the Suwannee to a nearly four-decade stint as the Florida State College for Women to its return to coeducational status as a university, Florida State University has developed into an internationally acclaimed research institution with excellence in teaching, research and public service.

The university enrolls almost 40,000 undergraduate, graduate and professional students. Of these, 24.5 percent are minorities. Students are from all 50 states and the District of Columbia, as well as 137 foreign countries.

Florida State offers an impressive breadth of academic degree programs. Students may take courses of study leading to a baccalaureate degree in 94 programs, a master's degree in 107 degree programs, a doctorate in 73 degree programs, a spe-

cialist certification in 28 degree programs and a professional designation in two degree programs. Courses are offered through 16 schools and colleges – Arts and Sciences; Business; Communication; Criminology and Criminal Justice; Education; Engineering; Human Sciences; Information; Law; Medicine; Motion Picture, Television and Recording Arts; Music; Nursing; Social Sciences; Social Work; and Visual Arts, Theatre and Dance.

Florida State

U.S. News & World Report ranked the College of Information master's program 10th in the nation; the College of Arts and Sciences' nuclear physics program was 13th, as was its analytical chemistry program; and the College of Law's environmental law program was 14th, as was the higher education administration program in the College of Education. In addition, *Hispanic Business* magazine again ranked the law school among the Top 10 in the nation for Hispanics.

The National High Magnetic Field Laboratory unveiled two world-record magnets that offer potential for scientific breakthroughs in a variety of fields. Standing 16 feet tall and weighing more than 15 tons, a 900-megahertz, superconducting NMR magnet was brought online following 13 years of design, development and testing. Science performed using this magnet will help scientists understand the workings of biological molecules, as well as the workings of the cell and the brain. In addition, a 35-tesla magnet, the highest field "resistive" magnet in the world, was unveiled. It will be used primarily for physics and materials science research.

An international reputation of excellence earned the Learning Systems Institute a \$6.2 million grant from the U.S. Department of Homeland Security to develop national performance standards and a training curriculum for port security and other personnel to prevent, deter and respond to terrorist acts along the 95,000 miles of U.S. shoreline.

Student-athlete Garrett Johnson, an outstanding graduate student studying public administration and one of the best shot putters in the world, won a Rhodes Scholarship — just one of many FSU students furthering their educations through prestigious academic awards.

Students at Florida State have the opportunity to conduct research in specialized interdisciplinary centers, such as the National High Magnetic Field Laboratory, the Institute of Molecular Biophysics, and the School of Computational Science; to participate in interdisciplinary work across campus, such as programs that integrate economics, geography, climate forecasting, law and

other environmental courses and programs; and to work with faculty to forge new relationships between disciplines, including medicine, the physical sciences, engineering, business and law.

Students also are encouraged to participate in international education through the university's programs in England, Italy, Switzerland, France, Panama, China, Costa Rica, Spain, Russia, the Czech Republic, Greece, Croatia, Germany, Ireland and the Caribbean. The university's study sites in London, the Republic of Panama, Valencia, Spain, and Florence, Italy, are considered by many to be among the nation's best. In 2006, Florida State signed a cooperative agreement with the newly formed International Valencian University in Spain, becoming its North American partner — another example of Florida State's growing prominence in the international academic community.

Florida State's main campus is spread over 450.5 acres in Tallahassee. Within the state, the university maintains facilities in Panama City, at its Coastal and Marine Laboratory on the Gulf of Mexico, and at the Asolo Performing Arts Center in Sarasota. Also in Sarasota, Florida State operates the Ringling Center for the Cultural Arts, which includes the John and Mable Ringling Museum of Art, the largest museum/university complex in the nation.

Extensive credit and non-credit continuing education programs are offered statewide via Academic and Professional Program Services, housed in the Augustus B. Turnbull III Florida Conference Center on the edge of the Florida State campus. In addition, library holdings at Florida State include 2.8 million book titles and 9.1 million microforms. The university's library holdings rank among the top 30 public research universities in the United States.

The university's main library facility, the Robert M. Strozier Library, is linked by computer to other state university and national research libraries. Florida State also maintains science, music, library and information science, medicine, engineering and law libraries, as well as the Mildred and Claude Pepper Library, which houses

the papers, photographs, audio recordings, video recordings and memorabilia of the longtime congressman from Florida. Library materials and services also are available at the university's Panama City campus, as well as at the international study centers, and a collection of art and related materials is on display at the John and Mable Ringling Museum of Art in Sarasota. Collectively, the Florida State libraries are a member of the Association of Research Libraries, an association of the top research university libraries in the United States.

To learn more about Florida State University, visit www.fsu.com.

10 Leading States of Origin (Enrollment)

Florida	31,259
Georgia	965
Virginia	414
New York	339
Texas	303
Pennsylvania	278
North Carolina	249
Maryland	217
New Jersey	206
Illinois	194

University Facts

BACKGROUND: The Florida State University is one of eleven units of the Division of Colleges and Universities of the Florida Board of Education ... It was established as the Seminary West of the Suwannee by an act of the Florida Legislature in 1851 and first offered instruction at the postsecondary level in 1857 ... Its Tallahassee campus has been the site of an institution of higher education longer than any other site in the state ... In 1905, the Buckman Act reorganized higher education in the state and designated the Tallahassee school as the Florida Female College ... In 1909, it was renamed Florida State College for Women ... In 1947, the school returned to co-educational status, and the name was changed to The Florida State University ... It has grown from an enrollment of 2,583 in 1946 to an enrollment of 39,652 in the Fall Semester 2005.

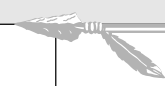
ENROLLMENT (FALL, 2005): Total, 39,652 ... 76.7% undergrad, 20.0% grad, 3.0% unclassified ... 78.8% in-state ... 93.4% from the United States ... students from all 50 states and the District of Columbia are in attendance ... 19 states contributed over 100 students each ... 22 foreign countries contributed over 25 students each ... female, 56.6% ... male, 43.4% ... minority, 24.6% ... international, 3.4%.

COLLEGES/DEGREE PROGRAMS: With 16 colleges and schools, students may take courses of study leading to the baccalaureate degree in 95 degree programs, to the master's degree in 109 degree programs, to the advanced master's degree in one program, to the specialist degree in 27 degree programs, to the doctorate degree in 73 degree programs, and to the professional degree in two degree programs. The academic divisions are the Colleges of Arts and Sciences, Business, Communication, Criminology and Criminal Justice, Education, Engineering, Human Sciences, Information, Law, Medicine, Music, Social Science, Social Work and Visual Arts, Theatre and Dance; and the Schools of Motion Picture, Television and Recording Arts, and Nursing.

FACULTY/STAFF: Total 2,239 ... FSU's faculty includes some past graduates, such as former astronauts Dr. Norm Thagard, who teaches Electrical Engineering, and Winston Scott who serves as Vice President of Student Affairs ... FSU's faculty has included six dynamic Nobel Laureates: 11 members elected to National Academy of Sciences ... 10 members of the American Academy of Arts and Sciences.

EXTRACURRICULAR ACTIVITIES: FSU has nearly 300 student organizations that allow students to find their own niche.

FINANCIAL AID: FSU offers two types of financial assistance: need-based and merit-based ... Over \$160 million is given away for financial assistance each year.



Florida State University Compliance Office



ROBERT MINNIX
Senior Associate
Director of Athletics
for Compliance



BRIAN BATTLE
Associate Director
of Athletics for
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 you to some of the rules governing NCAA athletics.

Key Definitions You Should Know

Representative of Athletics Interests: A representative of the institution's athletics interests (AKA Booster) is an individual who is know (or should have been known) by a member of the institution's athletic department to:

Have participated in or be a member of an agency or organization promoting the institution's intercollegiate athletics program;

Have made financial contributions to the athletics department of an athletics booster organization of that institution;

Be assisting or to have been requested (by the athletics department staff) to assist in the recruitment of prospects;

Be assisting or to have assisted in providing benefits to enrolled student-athletes or their families; or

Have been otherwise in promoting the institution's athletics program.

Once an individual is identified as a representative, the person retains that identity forever

Prospective Student-Athlete: A prospective student-athlete ("prospect") is a student who has started classes for the ninth grade, regardless whether he or she participates in athletics. A prospective student-athlete maintains his or her identity as a prospect, even after he or she signs a National Letter of Intent or financial aid agreement, until he or she attends the first day of practice or participates in an official team practice, whichever is earlier.

Contact: A contact is any face-to-face encounter between a prospect or the prospect's parents, relatives or legal guardian(s) and an institutional staff member during which any dialogue occurs in excess of an exchange of a greeting. In the sport of golf, a coach can contact you once in the month of April at your school and three more times after July 1 before your senior year in high school.

Evaluation: An 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.

Phone Calls and Letters

During the month of March during your junior year in high school, a coach may make one phone call to you. After that, phone calls from faculty members and coaches (but not boosters) are permitted beginning July 1 before your senior year in high school. A coach or faculty member is limited to one phone call per week except that unlimited phone calls may be made:

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 National Letter of Intent signing date through the two days after the signing date and after a National Letter of Intent or scholarship agreement is signed.

A Prospect of Any Age Could Receive the Following From a Coach

- Questionnaire
- Camp brochure
- NCAA educational information

After September 1 of A Prospect's Junior Year, A Coach Could Provide

- Written correspondence, including letters, e-mails, instant messages and text messages
- Game programs (only on an official or unofficial visit)
- Media Guide
- Official academic, admission and student services publications and videotapes produced by the institution and are available to all students
- Any other information may be provided via the institution's web site.

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. Boosters may not make any recruiting contacts. This includes letters, telephone calls or face-to-face contact on or off campus with a prospect or the prospect's parents.

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 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 prearranged 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 athletic 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 Compliance Office.

** For more information, please contact the Florida State Compliance Office at (850) 644-4272.*

Student Development/Life Skills

New Opportunities for Leadership, Education and Service (N.O.L.E.S.)

Developed by the Florida State University Department of Athletics, the N.O.L.E.S. 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 and career development and community service.

Personal Development

Fostering the development of personal growth is a fundamental component of the N.O.L.E.S. program. These support programs ensure that the student-athlete will be provided with opportunities to focus on personal growth 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.

Career Development

Preparing for life after college is a major focus of the N.O.L.E.S. program. The program is designed to work in cooperation with Florida State's career center 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 the 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 a lifelong commitment to volunteerism. The Seminole Spirit Student-Athlete Speakers Bureau enables student-athletes to improve their speaking skills 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. One of the foundations of building leaders is the Athletic Ambassadors program.



JOHN LATA
Director of Student Services



Adam Wallace earned the Golden Nole for academics athletic achievement for the men's golf team in 2006.



FSU Seminoles

MEN'S GOLF 2006-07
STRENGTH AND CONDITIONING



MICHAEL BRADLEY
Strength and
Conditioning Coach

Strength And Conditioning

Michael Bradley directs the strength and conditioning program for the Florida State University men's golf team. Under Bradley's direction, the program identifies six elements of fitness: strength training, cardiovascular conditioning, flexibility, nutrition, skill development and rest. Each element is addressed separately to insure complete development of all players.

"Getting a golfer stronger and fitter is not that difficult anymore," said Bradley. "We have a very systematic and reproducible method of training that always produces results. The challenge and satisfaction are in the coaching, motivation and administration of the program. I believe that supervision and motivation determine the results of a conditioning program. Our system is different than others in that we do not give our players a workout to do. We put them through that workout. Proper supervision ensures that the athlete is using correct technique, training at a high enough intensity level, and making progression in weight and repetitions. Accountability for me as a coach and for the athletes is a corner stone of our system. Everything that our players do is documented by me and stored in a computer. Progress is measured on a workout to workout basis."

"We draw a distinction between weight lifting and strength training," continued Bradley. "Our players are golfers, not

weightlifters. The purpose of a strength training program is to develop muscle, prevent injuries and push back fatigue. The purpose of the conditioning program is not necessarily to develop 400-pound bench pressers. If a player has been blessed with the genetic potential to do that, great, but we are just as concerned with the strength of his hamstrings, shoulder capsule, flexibility and cardiovascular conditioning."

The Seminole golf team receives additional assistance from Athletic Director Dave Hart and Associate Athletic Director Charlie Carr, who are committed to ensuring that the Seminoles have the best equipment and facilities in the country. "The administrative support and commitment have been fantastic," said Bradley.

No one cares more about conditioning than Trey Jones who is one of the most progressive coaches in the country with regards to training. It is his belief that strength training and conditioning is every bit as important as the practice and playing time. Jones is committed to the health and development of his players.

"I am fortunate in that I work for the

best head coach in the country," said Bradley. Coach Jones' work ethic and commitment to training creates a culture of hard work that

envelops the team. It is what we do. It is our identity. A strength coach could not ask for a better coaching staff and a better group of athletes to work with."

The most important time of the year to be strong, fit and injury free is during the season.

"We train year round, but we take significant pride in the way we train in-season. Just as we expect our skills to improve throughout the year, we expect our strength and conditioning to improve as the season moves into the tournament. Coach Jones is committed to allowing the time for proper strength training during the season. We are stronger in May than we are in October. While some teams are physically breaking down that time of year, we are improving."

"I determine the success of a strength and conditioning program by the player's attitude toward training. This is a very motivated and intelligent group of young men. They take a great deal of pride in their conditioning. I look at the weight room as a part of a university education. Our players can apply fundamentals of conditioning and understand the subtleties of training. They can discuss different sides of training issues and ask intelligent questions. I like to think of this as the only Florida State class that you can take four years in a row. The things our athletes learn here will be applicable to life beyond Seminole Golf," said Bradley.



The men's golf team works as hard as any team at Florida State on its conditioning throughout the entire academic year.

Athletic Academic Support

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 Meloney 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."

Florida State'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.

In the summer of 2004, the Academic Support Program moved into their new home, a state-of-the-art facility in 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 features of the new academic support area include a 32-station computer lab for student-athletes, 10 private tutorial rooms, the use of two 50-seat classrooms, 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 the opportunity for balance and improved time-management.

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

Meloney was named the program's Director in 1997 and brings 20 years of advising experience to the position. Over the past 10 years, Meloney has played an integral role in the development of a comprehensive program of student-athlete support, which has 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 upper-classmen 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 \$350,000 in post-graduate scholarship has been granted to FSU student-athletes over the past 12 years, as well as numerous other academic honors and awards. During the 2005-06 academic year, six Seminole student-athletes were named National Academic All-Americans – David Castillo (football), Natasha Jacob (softball), Garrett Johnson (track), Tom Lancashire (track and cross country), Javier Garcia-Tunon (Track), and Lacy Janson (track). This is the first time ever that six Seminoles have been bestowed this honor in the same academic year. In addition, Garrett Johnson was named *ESPN The Magazine* Academic University Player of the Year.

Florida State University named a record 194 student-athletes to the 2006 Atlantic Coast Conference Honor Roll.



AMY LORD
Associate Director
of Athletic
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 skill development, individualized assessment and support and a wide array of tutorial services.

SCHOOLS AND COLLEGES

Arts and Sciences	Engineering	Motion Picture,	Social Sciences
Business	Human Sciences	Television and	Social Work
Communication	Interdisciplinary	recording Arts	Theatre
Criminology	Medical	Music	Visual Arts and Dance
Education		Nursing	

ACADEMIC ALL-AMERICANS

1986 Steve Greek	1994, 95 Christian Raynor	2006 Jonas Blixt
1989 Roger Winchester	2003 Brad Lusenhop	
1990 Christian Williams	2004 Matt Adcock	

2005-06 ACC HONOR ROLL

Jonas Blixt	Tornstein Nevestad	Adam Wallace
Jacob Davis	Matt Savage	

ALL-ACC ACADEMIC GOLF TEAM

