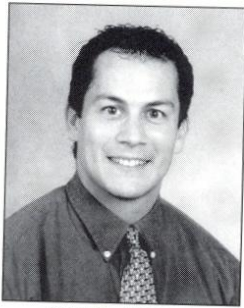


STRENGTH & CONDITIONING



DAVE PLETTL
Strength and Conditioning
Coach



DIANA CARUSO
Strength and Conditioning
Coach



TULLY WEIGHT ROOM

Strength/Conditioning

"The Strong Shall Survive" is the motto of the strength and conditioning staff at Florida State. It is also this philosophy that has made Seminole athletes in all sports among the strongest, fastest and fittest anywhere. At Florida State, the strong not only survive, they win too!

Strength training, conditioning, medical care and treatment are vital aspects of an athlete's performance on the court. At Florida State, a specially designed program is developed for the men's tennis team, emphasizing the objectives along with the proper medical attention and injury prevention.

Strength coach Dave Plettl, who is in his third year on the Florida State strength and conditioning staff, individually customizes programs for each of the athletes beginning with pre-conditioning before the season gets underway.

Plettl, a native of Bailey, Colorado, is a 1991 graduate of the University of Colorado, where he earned a Bachelor's degree in political science and history. He came to Florida State from the University of Texas where he served two years as an assistant strength and conditioning coach with the football, men's tennis, women's golf and rowing programs.

While at Colorado, Plettl worked as a student assistant athletic trainer his first year and then moved to the strength and conditioning staff in 1987 where he spent the next 10 years. Plettl was a student assistant/graduate assistant from 1987-92, the interim coach from 1992-93 and associate strength and conditioning coach from 1993-97. He worked primarily with the football, men's basketball, volleyball and soccer programs at Colorado.

Plettl, who is a certified Level II specialist in sports conditioning, works with both the men's and women's basketball programs at Florida State University while adding women's tennis this season. He is married to the former Christa Miller. The couple had their first child, Lydia in April of 2001.

Weight Room

The Tully Gymnasium weight room took on a whole new look following a complete renovation in 1996 and additional improvements have been made to the facility every year since. The weight room went from 1,500 square feet to 3,500 square feet in size in 1996, fresh with a new stereo system, drop ceiling, lighting and mondo rubber flooring. Over \$140,000 worth of new exercise

equipment was added to the Lady Seminole weight room, including 16 cardio-vascular pieces such as Life Fitness, Stairmaster and Textrix. The facility was expanded to 4,500 square feet this past summer with a new squat rack and platform.

Medical Care and Treatment

An athlete can expect to receive the best care and treatment possible from the athletic training staff at Florida State University. Prior to competition, all FSU student-athletes undergo screening in order to detect any potential injuries. If a problem is detected, the athlete may be placed on a prevention care system which may include any kind of treatment from icing to exercising.

Diana Caruso joined the Florida State Athletic Training staff in July of 2002 and is in her first season of handling the athletic training duties for the men's and women's tennis teams.

Caruso is a 2002 graduate of West Virginia University where she received a Bachelor of Science degree in athletic training. While at West Virginia, Caruso served as a student athletic trainer for three years while working with women's basketball, track, soccer and tennis teams.

Upon graduation, Caruso is continuing her education at Florida State serving as a Graduate Assistant Athletic Trainer while earning her master's degree in Sport Administration. Some of Caruso's responsibilities include designing, implementing and supervising the rehabilitation programs for the men's and women's tennis teams and assisting with other sports where needed.

A native of Harrisburg, Pa., Caruso is a certified member of the National Athletic Trainers Association and is also Red Cross CPR and First Aid certified.

Though the prevention of injuries is the main objective, some injuries are unavoidable. Rehabilitation is another component of the Florida State training room. The FSU athletic training staff will work with the athlete and provide an intense rehabilitation schedule that will allow the athlete to successfully rehabilitate after an injury. Some injuries and illnesses may be referred to the Seminole team physicians at the Tallahassee Orthopedic Center, who, for many years, have worked in conjunction with the FSU athletic training staff in successfully rehabilitating athletes after an injury.

Academic, personal and professional support are essential to college success. At the Florida State University, we have developed an outstanding support program which enables student-athletes to reach their full potential. 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."

To accomplish this goal we have developed an academic environment which facilitates the academic success of student-athletes. Student success is encouraged through competent academic counseling, career exploration, planning and placement and academic assistance through tutorial programs.

Our program operates on a "proactive" rather than "reactive" approach. At Florida State, our academic staff does not wait for academic crises to occur. We gather important background information and build an academic profile on all student-athletes to assess their needs in advance. We also stay informed on the daily progress of each student-athlete.

The academic support services are located in the state-of-the-art University Center and are on the sixth floor of the \$126 million facility. It includes private study carrels, a tutorial study area and a computer lab outfitted with 20 IBM computers and laser printers. In addition, athletic sky boxes are utilized for group in individual tutorial instruction.

FSU offers 17 Schools and Colleges with 300 undergraduate and graduate degrees.

MARK MELENY

Mark Meloney became Florida State's Director of Athletic Support Programs in 1997 and brings 14 years of advising experience to the position. Over the past eight years, Meloney has played an integral role in development of a comprehensive program of student athlete support, which in 1996 won the "Program of Excellence" award from Athletic Management Magazine.

A native of Iowa, Meloney began his college education at Buena Vista College, where he earned varsity letters in football and baseball. Upon transferring to Florida State, he

earned Bachelor's degree's in Management and Finance in 1986 and received a Master's in Athletic Administration from FSU in 1997. Meloney oversees an academic staff comprised of five academic counselors, an administrative assistant, several graduate assistants, individualized learning specialists and a cadre of about 70 tutors and mentors.

Meloney and his wife Sarah are the parents of a nine year old daughter, Montana Shea.



Mark Meloney
Director, Athletic
Academic Support
Programs

KEVIN WHITE

Kevin White is in his fifth year as a member of Florida State's academic support staff and serves as the tennis program's academic counselor. White is responsible for coordinating and monitoring completion of degree requirements as well as overseeing study hall and tutorial services while watching over academic progress of the Seminole student-athletes. In addition, he assists the department in the recruitment of prospective student-athletes when they come to campus.

A native of Seat Pleasant, Md., White attended James Madison University on a football scholarship. He was a three-year letterwinner for the Dukes and received his bachelor's degree in sociology in communication in May of 1991.



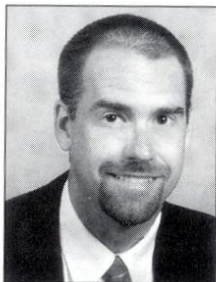
Kevin White
Men's Tennis
Academic Counselor

LIFE SKILLS

& STUDENT DEVELOPMENT



Associate Athletics Director For Student Services Pam Overton was presented with the first annual Dr. Gene Hooks Award for the outstanding CHAMPS program coordinator as chosen by the Division I-A Athletics Directors.



JOHN LATA
Coordinator



AMY MAGNUSON
Sports Nutritionist

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.

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.

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 are the Seminole Leadership Institutes that are held four times a year. These Institutes offer student-athletes the opportunity to learn skills that will benefit them as students, as athletes, and as they pursue their goals after leaving Florida State. The Institutes are based on building communication skills. Students have the opportunity to use the values and work ethic taught by athletic participation as the framework for their leadership development. The Institutes attract outstanding guest speakers who challenge Seminole student-athletes to achieve their greatest potential and use their leadership skills to positively influence others.

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 SAAC hosts the annual Golden Nole banquet and plans such events as orientation for incoming student athletes and the back-to-school picnic.

USTA CHALLENGER

For the third straight year, Florida State University hosted the USTA Tallahassee Tennis Challenger at the Scott Speicher Tennis Center. The tournament, which is presented by Meridian Healthcare Group, has been a complete success for everyone involved. The event again raised money to benefit the D. Mark Vogter M.D. Memorial Endowment for the Neuro-Intensive Care Unit at Tallahassee Memorial Hospital, as well as having top class tennis action with a 64-player pool.

Founded in 1881, the USTA is a not-for-profit organization with more than 530,000 individual members and more than 6,000 organizational members. As the national governing body for the sport of tennis in America, the USTA uses its \$154 million annual budget to promote and develop the growth of tennis, from the grass roots to the professional levels. The USTA owns and stages the US Open and also selects the teams that compete in Davis Cup, Fed Cup, the Pan American Games and the Olympic Games.

A 128 player pre-qualifying tournament was held at FSU with the top qualifier participating in the 64 player qualifying tournament, which was held on June 2 and 3.

A pro-am tennis round robin was played on Monday, June 3, 2002. The event allowed local amateurs paired with touring professionals to play against another pro-am team in a round robin doubles format.

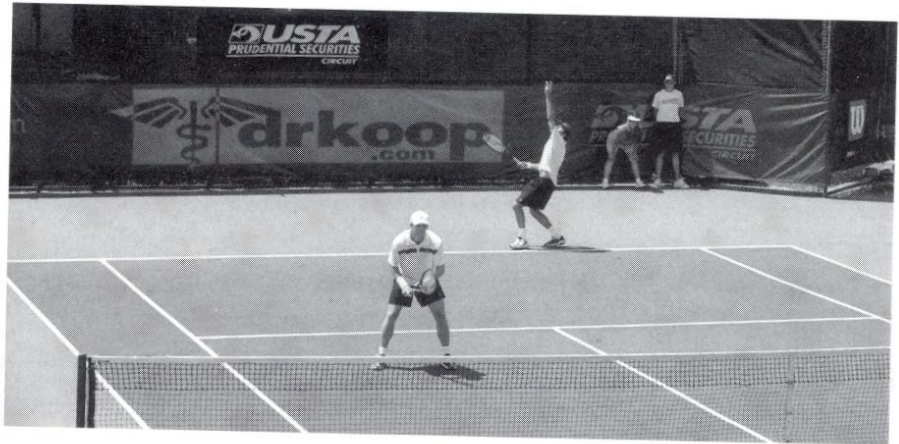
The main draw which began on Tuesday, June 4 and included a 32-player singles draw and a 16-player doubles draw. The final for both the singles and doubles was on Sunday, June 9, 2002.

No. 2 seed Brain Vahaly of Atlanta, GA upset Justin Gimelstob of Miami, FL in straight sets to win the Singles Championship in the Tallahassee tournament. Vahaly would have to settle for second as the unseeded duo of Levar Harper-Griffith and Jeff Williams, both representing the US, defeated Vahaly and his doubles partner Huntley Montgomery for the doubles championship. Gimelstob was the runner-up of the 2001 Tallahassee Challenger.

This year's event was more than just an opportunity for Seminole tennis players to play a few extra matches. Rodrigo Laub's appearance was his first chance to play in a tournament since back in January of 2002, when he went down with a stress fracture in his right hand. Luscan used the tournament to launch his professional career in serious fashion.

Five Seminoles played in the pre-qualifying round while Xavier Luscan earned a wild-card berth in the following week's field of 32

This marked the third time both Laub and Luscan entered in the tournament. They both played in the doubles competition, but with separate partners.



Several professional and a few other local players were entered in the singles pre-qualifying tournament. Only one from the field of 42 advanced to the qualifying round. That makes for a tough road to the main draw, but Laub was optimistic about his chances after having good workouts prior to the tournament.

Each year the USTA Tallahassee Challenger provides the opportunity to see world class tennis in the only professional tennis event in Tallahassee. The USTA provides a unique opportunity for local tennis players to participate in a pro-am event with professionals playing on the ATP tour. This event features players ranked in the 100-200s in the world. The Challenger is the sole event for local children to participate as "ball kids" in a professional tennis event. Tallahassee is given the chance to showcase the community and to house professional players and umpires during the event. The Tallahassee Challenger gives the opportunity to improve health care in the community by contributing to the endowment.

