Coach Mike Martin

Coach JoAnne Graf

COACHING EXCELLENCE...

When it comes to legendary head coaches, it is hard to argue anyone has been as fortunate. The Seminoles have had three coaches who have established records that rank them with the greatest coaches ever to roam an NCAA sideline.

Florida State is the only NCAA school with three coaches in the top five for all-time victories in their respective sport and in the top five in wins and winning percentage among active coaches. Bobby Bowden (football), JoAnne Graf (softball) and Mike Martin (baseball) have combined for 3,149 wins and each coach appears in the top four for active winning percentage, active wins or all-time victories.

The caliber of coaches at Florida State is second to none and year after year, these coaches are recognized for excellence nationally, regionally and at the conference level. For the second straight season, Bob Braman was recognized for his stellar year in both cross country (2004 & 2005 NCAA South Region Coach of the Year) and both indoor and outdoor track and field when he was named the 2005 & 2006 ACC Coach of the Year as well as region Coach of the Year honors for both sports. He capped off the banner season with National Coach of the Year honors after leading the Seminoles to the 2006 Men's Track and Field Outdoor National Championship. Neil Harper earned Women's Swimming ACC Coach of the Year honors in 2006 while first year soccer coach Mark Krikorian made an immediate impact at FSU earning ACC Coach of the Year honors as well as National Coach of the Year honors by both Soccer America and Soccer Buzz.

WINNINGEST ACTIVE D-I COACHES

By Victories

- 1. Bobby Bowden
- 2. JoAnne Graf
- 4. Mike Martin

By Percentage

- 2. Mike Martin
- 3. Bobby Bowden
- 4. JoAnne Graf

WINNINGEST D-I COACHES ALL-TIME

By Victories

- 1. Bobby Bowden
- 2. JoAnne Graf
- 5. Mike Martin



IN THE COMMUNITY...

Seminole student-athletes are committed to making a positive impact on the community, serving almost 5,000 hours of community service during the 2005-06 school year. They also helped to raise thousands of dollars in direct support to charities.

FSU student-athletes have volunteered their time working with students from every elementary and middle school in Leon County as well as schools in nearby Wakulla and Gadsden counties. In addition, the Seminoles have participated in projects such as Habitat for Humanity, Relay for Life, Special Olympics, and Tallahassee Sports Ability, just to name a few.











POSTGRADUATE SCHOLARSHIPS...

In November 2005, two-time All-American shot putter Garrett Johnson became just the second FSU student and first FSU student-athlete to be selected a Rhodes Scholar when he was chosen as one of 32 college students from throughout the United States to study at the University of Oxford and one of less than 100 from around the world who will join the prestigious academic program in October of 2006. The program's criteria is based on academic success, leadership potential, personal integrity and physical vigor.

Florida State student-athletes have earned over \$350,000 in post-graduate scholarships over the past 12 years. They have also received 29 post-graduate scholarships from the ACC since 1993 including David Castillo (football), Andrew Diakos (track & field) and LaKendra McColumn (track & field), who were among the 36 Atlantic Coast Conference scholarathletes to be named recipients of the ACC Weaver James Corrigan Postgraduate Scholarship in 2005-06. In addition, Garrett Johnson (track & field) earned the ACC Scholar Award.

In 1996, Seminole Daryl Bush was the first ever recipient of the State Farm National Scholar Athlete of the Year award, now given annually.

Florida State boasts two NACDA Post-Graduate Award winners in the last six years. The scholarship, which was originated in 2001, grants \$10,000 scholarships to its recipients.



Garrett Johnson



LeKendre McColumn



Andrew Diakos



Jones Blat

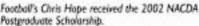




IN THE CLASSROOM...

Florida State named a record 194 student-athletes to the 2006 Atlantic Coast Conference Honor Roll in 2005-06. At the conclusion of the school year, eight of Florida State's athletic teams had a 3.0 or better cumulative grade point average. In the spring 2006 semester, 202 Seminoles achieved a minimum 3.0 semester GPA while the average team semester GPA was a 2.941.

Since joining the ACC in 1991, FSU has had seven National Football Foundation and College Hall of Fame National Scholar Athlete Award winners — a figure that ranks nationally in the past 14 years.





In 2001, former Seminole quarterback Chris Weinke was the recipient of the first ever ACC Scholar Award which is given annually to an excellent athlete and top scholar who plans to pursue a professional athletic career. Since then, football's Chris Hope (2002), baseball's Matt Lynch (2003) and track & field's Garrett Johnson (2006) have also earned the distinction.

Florida State had six student-athletes garner National Academic All-American honors in 2005-06 when football senior David Castillo, softball senior Natasha Jacob and track and field's Garrett Johnson, Tom Lancashire, Javier Garcia-Tunon and Lacy Janson earned such status. It marked the first time that six FSU student-athletes earned the honor in the same academic year.

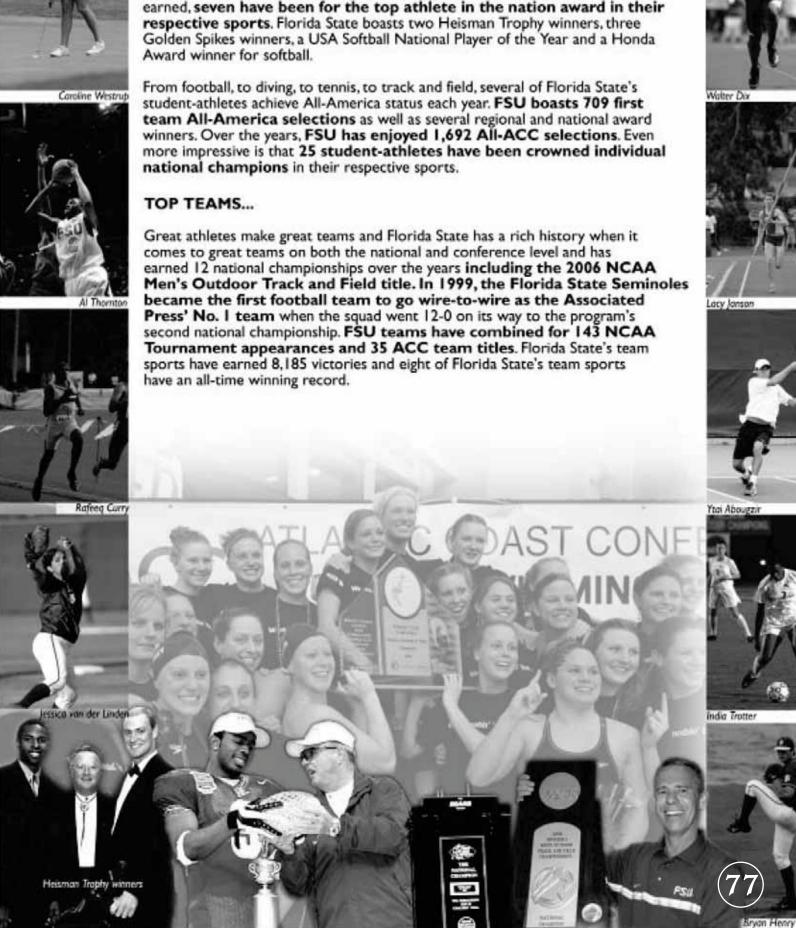
Florida State has more all-time ACC Academic Honor Roll selections (2,208) than all-time All-ACC honorees (1,692). Since 1970, 32 FSU student-athletes have earned National Academic All-American honors and 2006 marked the second straight year three or more FSU student-athletes earned the honor in the same season.

In 2006, eight Seminole student athletes earned the prestigious Arthur Ashe Junior Sports Scholar Award and football's David Castillo was named the Arthur Ashe Junior National Male Scholar Athlete of the Year. The Arthur Ashe Jr. Sports Scholar Awards were established in 1992 and serve to honor minority student athletes who exhibit academic excellence and community activism, as well as athletic prowess.



TOP ATHLETES...

When you consider the top athletes who don the Garnet and Gold, it's easy to see why Florida State has enjoyed such success over the years. Of the 36 national awards for athletic achievements Florida State student-athletes have earned, seven have been for the top athlete in the nation award in their







THIS IS FLORIDA STATE UNIVERSITY

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 and a professional designation in 28 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.

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 multitiered 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.
- * 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 work-





ings 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.





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. established as the Seminary West of the Suwannee by an act of the Florida Legislature in 1851 and first offered instruction at the postsec-ondary level in 1857...Its Tallahassee campus has been the allanassee 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 Fernale College...In 1909, it was renamed Florida State College for Women...In 1947, the school returned to co-education. 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%

ACREAGE

Main Campus: 451.2 acres in Tallahassee, Leon County (main campus)...Panama City Branch: 25.6 acres in Panama City, Bay County...The university owns a total of 1,521 acres in Leon, Bay, Franklin, Sarasota, & Gadsden counties...Sites are leased in Marion and Leon counties in Florida, and other locations

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 mas-ter'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

OPERATING BUDGET (2005-06)

\$970,714,026

DEGREES AWARDED FOR 2004-05

Bachelor, 6,856...Masters, 1,681...Doctorate, 276...Specialist, 44...Judge Doctorate, 274, Total,

ENTERING FRESHMAN FACTS (FALL, 2005)

The middle 50 percent High School GPA, 3.3-3.9; SAT score 1070-1250, ACT score 23-27. There were 55 National Merit Scholars, 24 National Achievement Scholars, and 58 Hispanic Scholars enrolled as undergraduate students during the Fall 2005 term.

RETENTION RATE

First year, 100%...second year, 86.2%...third year, 75.7%...fourth year, 71.8%

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

EDUCATIONAL ADVANTAGES

Florida State University has a uniqueness in providing programs that are consistent in excellence across the board, from fine arts and humanities to the hard humanities to the hard sciences...The balance of programs

is based on FSU's long tradition as a leading liberal arts institution combined with its position as one of the top 10 universities in generating research-based revenues...FSU is the most wired campus in Florida, and was recently ranked 18th most connected university in the nation by Yahoo! Internet Life.

EDUCATIONAL OPPORTUNITIES ABROAD

FSU offers a variety of overseas study opportunities for students during the regular academic year. FSU ing the regular academic year. FSD has study centers located in Florence, Italy; Panama City, Republic of Panama; Valencia, Spain; and London, England. Courses at the study centers are offered each semester and cover a wide range of subject areas perfect for most grand libral, trud. for meeting general and liberal studrise requirements. International Programs also offers study programs, some general and some major specific, in: Tianjin, China; San Jose, Costa Rica; Dubrovnik, Croatia; Prague, Czech Republic; London, England; Paris, France; Dublin, Ireland; Moscow, Russia; and Leysin, Switzerland. A summer Law program is offered in Oxford, England. There is one Linkage Institute, FLORICA, in Costa Rica, and Beyond Borders programs in Turrialba, Costa Rica, Kingston, Jamaica, and Dresden, Germany.

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 meritbased...Over \$160 million is given away for financial assistance each

STUDENT/FACULTY RATIO

23-1... Many of the general education classes are large, lecture classes; however, over 70 percent of major classes have less than 40 students.

RESEARCH

The Florida State University has built a reputation as a strong research center in both the sciences and the

humanities. It is expected that more than \$100 million in external funds will be generated this year by the university faculty and administration as supplements to state funds used for research. These external funds are in the form of contracts and grants from private foundations, industries, and government agencies, and are used to support research, improve research facilities, and provide stipends for graduate students

SPONSORED RESEARCH (2005-06) \$173,605,359

LIBRARY HOLDINGS

The University Library System contains over 2.8 million volumes, of which more than 245,000 are available electronically as e-books. The libraries subscribe to more than 42,000 current serials including academic journals, professional and trade journals, and major newspapers from around the country and the globe in both paper and elec-tronic formats. The libraries also subscribe to more than 300 databases. The FSU Libraries include 8 libraries on campus: The Robert Manning Strozier Library, Paul A. M. Dirac Science Library, Mildred and Claude Pepper Library, Warren Allen Music Library, Harold Goldstein Library and Information Science Library, College of Law Library, College of Medicine Medical Library, and the College of Engineering Library. Library materials and services are also available at the FSU Panama City Campus, as well as International Programs study centers in London, Florence, and Panama, and a collection of art and related materials at the John and Mable Ringling Museum of Art in Sarasota, Florida.

10 Leading States of Origin (Enrollment) .31,259 Florida . Georgia Virginia ... New York 339 303 Texas Pennsylvania North Carolina 249 Maryland .. 217 New Jersey Illinois

Emily Fleming Duda

Florida State Board of Trustees









Derrick Brooks Tampa, FL



Richard McFarlan







Jim Cobbe Tallahassee, FL



Leslie Pantin, Jr.







Rita Coolidge - Rita Coolidge, a two-time Grammy Award winner, has worked with Joe Cocker on his "Mad Dog and Englishman" tour and also toured and recorded with the likes of Eric Clapton, Jimi Hendrix, Bob Dylan, Leon Russell and Stephen Stills.

Lee Corso - Lee Corso, a college football analyst for ESPN, joined the network in 1987 after 28 years of football coaching experience at the college and professional levels. He is a game analyst for Thursday night telecasts and is a studio analyst for College GameDay.

Barbara Harris - Barbara Harris is the Editor-In-Chief of SHAPE Magazine, the largest national monthly health and fitness publication for women in the United States. She lettered in volleyball at FSU from 1974-77.

Traylor Howard - Traylor Howard is an actress best known for her role as "Sharon" in the ABC TV Series "Two Guys and a Girl." Her feature film credits include "Me, Myself & Irene," with Jim Carey (2000), "Dirty Work," and "Confessions of a Sexist Pig."

John Marks - Mayor of the City of Tallahassee, is the Managing Partner of the Tallahassee Office of Adorno & Yoss. He is on the Board of Directors of Fringe Benefits Management Company, a privately held financial services company. He currently serves on the Board of Directors of the Florida League of Cities, the Tallahassee Economic Development Council, the Tallahassee/Leon County Civic Center Authority, the Sunshine State Governmental Financing Commission, and the Economic Club of Florida. He received his B.S. degree in 1969 from the Florida State University School of Business and his Juris Doctor degree in 1972 from the FSU College of Law. Mr. Marks also served four years in the U.S. Air Force as a Judge Advocate.

Gabrielle Reece - Gabrielle Reece began modeling in 1989 and has appeared on numerous magazine covers. She is internationally recognized as a top fashion model and spokesperson for several companies, including Nike. Reece co-wrote a book with Karen Karbo (July 1997) about her life as a pro volleyball player "Big Girl in the Middle."

Burt Reynolds - Burt Reynolds, who has as enjoyed enormous success as an actor and director in feature films, television and stage productions, is a Golden Globe winner, Oscar nominee, Emmy Award winner, winner of 12 People's Choice Awards including five for favorite motion picture actor and three for favorite all-round male entertainer.

Dr. Tonea Stewart - Dr. Tonea Stewart is a professional actress, tenured Professor and Director of Theatre Arts at Alabama State University. As an actor, she is best known for her recurring role in "In the Heat of the Night" as Aunt Etta Kibbe.

Norm Thagard - Former NASA Astronaut, Norm Thagard, logged over 140 days in space during five space flights. He was a mission specialist on STS-7 in 1983 on Orbiter Challenger, the flight engineer on STS-51B in 1985, aboard Challenger and STS-30 in 1989, on Orbiter Atlantis, the payload commander on STS-42 in 1992, aboard the Shuttle Discovery and was the cosmonaut researcher on the Russian Mir 18 mission in 1995. He is currently on Faculty at FSU in the College of Engineering.

hape Magazine Editor-in-Chief

Other Distinguished Alumni

Reubin Askew, former Governor of Florida

Paul Azinger, professional golfer

Alan Ball, award-winning writer, received the 1999 Academy Award for Best Original Screenplay for "American Beauty"

John W. Bradley, actor, "The New Adventures of Robin Hood"

Clifton Campbell, playwright

Davis Gaines, performer, "The Phantom of the Opera"

Jane Geddes, professional golfer

Paul Gleason, actor, "Trading Places," "The Breakfast Club"

Parris Glendenning, former Governor of Maryland

Hubert Green, professional golfer

Tara Dawn Holland Christensen, Miss America 1997

Linda Keever, Editor in Chief Florida Trend Magazine

Tony LaRussa, Manager, St. Louis Cardinals

Doug Marlette, Pulitzer Prize winner for Editorial Cartooning

DeLane Matthews, actress

Michael Piontek, actor

Henry Polic, actor

Charles G. Rex, New York Philharmonic

Victor Rivers, actor and spokesperson for The National Network To End Domestic Violence

Stephen J. Rothman, theatre director

Winston Scott, former NASA astronaut

Steven Sears, writer and producer

Randy Ser, theatrical director

Sonny Shroyer, actor, "The Dukes of Hazard"

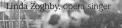
Richard Simmons, Diet and Exercise guru

Robert Ulrich, actor, "Vega\$," "Spencer For Hire"

Dr. Valint Vazsonyi, international concert pianist

Claudia Waite, award-winning soprano

Ellen Taaffe Zwilich, first woman to win Pulitzer Prize in music



ESPN Game Day's Lee Corso





Dr. Tonea Stewart







THIS IS TALLAHASSEE

Among low, rolling hills, down moss-draped canopy roads, within picturesque historical districts, and across seas of flowering azaleas lies a magical part of the Sunshine State —Tallahassee — Florida's capital city.

With its intriguing combination of power-play politics and classic character splashed with a twist of beauty and charm, Tallahassee is a genteel Southern belle with good manners, old plantation homes and y'all-come hospitality — a side of Florida few expect to find.

With the Gulf of Mexico just 25 miles south and the Georgia border only 14 miles north, Tallahassee rests between the foothills of the Appalachian Mountains and the juncture of Florida's panhandle and peninsula in an area known as "The Big Bend." Nearer in miles to Atlanta than to Miami, Tallahassee more closely resembles its' Georgia neighbor than Florida in topography, climate and lifestyle.

Like the city itself, the story of how Tallahassee was chosen as the state capital is rich in history. In 1823, two explorers set out — one on horseback from St. Augustine and the other by boat from Pensacola — to establish a permanent, central location for the seat of government. The two met at a beautiful site that the Creek and Seminole Indians called "tallahassee" — derived from

seminole Indians called "tallahassee" — derived from the words "talwa," meaning town, and "ahassee," meaning old. This historic meeting place remains Florida's capital today.

The New Capitol building rises at the center of Tallahassee's downtown as a sleek modern structure, juxtaposed next to the Old Capitol, built in the more classic domed style. A gallery atop the 22-story New Capitol provides a sweeping view of the hilly city and its tree-lined streets. From it, you can see all the way to Georgia, 20 miles away.

Around the capitol complex, a 10-block historic district spreads, preserving the town's gracious old homes along a linear park and holding a historic inn, bars and restaurants patronized by Senators and sophomores alike.

With no shortage of culture, downtown also offers museums, theater and art galleries. Artists have turned the old warehouses of Downtown Industrial Park into the studios and cafes of Railroad Square. The Museum of Florida History, nearby, is highly acclaimed for its scan of the state's past, and The Mary Brogan Museum of Art & Science, along with changing art exhibits, brings learning to a kid's level with hands-on exhibits. Other sightseeing favorites include the floral masterpiece of Alfred B. Maclay State Gardens; Bradley's Country Store; FAMU Black Archives; and the Tallahassee Antique Car Museum.

The area surrounding Tallahassee reveals numerous other historic and archaeological treasures, such as De Soto State Archaeological and Historical Site, Lake Jackson State Archaeological Site, Mission San Luis, Natural Bridge Battlefield and San







Donald L. Tucker Center The Donald L. Tucker Center is a multi-purpose convention and entertainment facility featuring a 12,100 seat arena, Luxury Suites and Club Seats and over 52,000 sq. ft. of meeting and exhibition space plus an arena view restaurant. Spotlight Grille. The Civic Center hosts a wide variety of concerts, family shows, Broadway shows, ice shows and sporting events including FSU basketball. It is easy to understand why over one million people a year flock to the Donald L. Tucker Center, what with the varied array of attractions it offers. Some people go to the Tucker Center to enjoy the sounds of rock, country, pop and urban concerts. Some go for the thrills of basketball, rodeos and three-ring spectaculars. While others come for conventions, banquets, expositions, or consumer and trade shows. Located downtown on Pensacola Street, the Tucker Center is only two blocks from the Capitol building.



Marcos de Apalache. Visitors can explore prehistoric Florida at the Museum of Florida History, where they are greeted by a giant 12,000-year-old mastodon pulled from nearby Wakulla Springs.

On the shores of Wakulla Springs, alligators still laze under the watchful eyes of "snake birds" perched on twisted cypress trees. The site of many underwater scenes in "Tarzan" movies, it's one of the world's deepest freshwater springs. Glass-bottomed boat tours across these mystical waters are available.

Nearby small towns offer fascinating excursions to places such as Pebble Hill Plantation, Florida Caverns State Park, Monticello Opera House and St. George Island.

Climate

Tallahassee has the mild, moist climate characteristics of the Gulf States and experiences a subtropical summer similar to the rest of Florida. In contrast to the Florida peninsula, however, the panhandle, of which Tallahassee is a part, experiences four seasons.

Annual January temperature: 40-63° F Annual July temperature: 40-65° F Annual July temperature: 72-91° F Yearly average maximum temperature: 78.7° Yearly average minimum temperature: 55.7° Yearly average days above 90 degrees: 91.0 Yearly average days below 32 degrees: 35.7

Population

City of Tallahassee: 153,658 Leon County: 244,208 Metropolitan Area: 327,869





SUPPORT SERVICES

Medical Care & Treatment

An athlete can expect to receive the best care and treatment possible with the athletic training team at Florida State. 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.

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 conjuction with the FSU athletic training staff in successfully rehabilitating athletes after an injury. Nutrition counseling and drug testing are also responsibilities of the athletic training team which is dedicated to providing the best care possible for all FSU student-athletes.

Head Women's Athletic Trainer Robin Gibson and Associate Athletic Trainer Sam Lunt oversee the athletic training duties for the swimming and diving programs. Gibson, a 1985 graduate of San Diego State, is in her 16th year at Florida State. She was elevated to the Head Women's Trainer in 1990 and became the Associate Director of Sports Medicine in 1998.

Gibson is a licensed athletic trainer in the state of Florida and is a long-time member of the National Athletic Trainers' Association. Lunt is in his 17th year with the Florida State athletics department. Lunt originally came to FSU as a graduate assistant after receiving his bachelor's degree in athletic training from the University of Miami. Lunt is the head trainer for the men's basketball team and oversees all men's spring sports.



Robin Gibson Head Women's Athletic Trainer



Sam LuntAssociate
Athletic Trainer

Weight Room

The Florida State swimming and diving programs have the luxury to train in two top-notch facilities. The Tully Gymnasium weight room recently 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. The facility has been expanded to 4,500 square feet with a new squat rack and platform.

Over \$140,000 worth of new exercise equipment was added to the Seminole weight room, including 16 cardiovascular pieces such as Life Fitness, Stairmaster and Teyrrix



STUDENT SERVICES AND PERSONAL DEVELOPMENT

Life Skills

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

Florida State University Department of Athletics is committed to developing programs of excellence that foster leadership development. The foundation of the leadership development program is 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 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 recom-

THE STUDENT ATHLETE ADVISORY COUNCIL

Tory Allen,
Track & Field
Kandia Batchelor
Track & Field
Luke Beevor, Cross Country
Greg Bolden
Track & Field
Laura Bowerman
Cross Country

Everette Brown Football

Football LaShaun Davis Softball

Tanae Davis-Cain Women's Basketball

Miranda Foley Women's Tennis

Graham Gano Football

Javier Garcia-Tunon Track & Field Alicia Gladden

Women's Basketball Sarah Griffin Volleyball – President

Carissa Hanna Swimming & Diving

Kenny Jesensky Cross Country Ashley Kemp Women's Golf

Alex Kennon Swimming & Diving

Christie Lautsch Women's Basketball

Latoya Legree Track & Field Tapiwa Marobela Women's Tennis Melissa May Softball Tiffany McDonald Softball Ali Mims

Soccer

Mark Nicholls Swimming & Diving Ruairi O'Connor Baseball

Stacy Rademacher Swimming & Diving

Jason Rich Men's Basketball Myron Rolle Football

Katie Ronan Swimming & Diving Kelly Rowland

Soccer Bradley Ruch Men's Golf Matt Savage

Matt Savage Men's Golf Jessica Skower Volleyball Michelle Snyder

Softball Michelle Steakin

Women's Golf Isaiah Swann Men's Basketball Tony Thomas Jr. Baseball

Alex Tilbrook Swimming & Diving

Meredith Urban Cross Country





Pam Overton Associate Athletics Director/Senior Woman Administrator



John Lata Director of Student Services



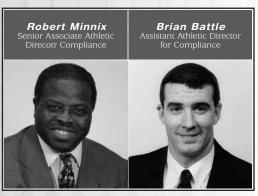
WIMMING & DIVIN



NCAA COMPLIANCE

Florida State University Compliance Office

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 to be a member of an agency or organization promoting the institution's intercollegiate athletics program;
- Have made financial contributions to the athletics department of to 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

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 & 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
- Media Guide
- Schedule cards
- Official academic, admission and student services publications and videotapes produced by the institution and are available to all students

After a prospect signs a National Letter of Intent, a coach could provide:

- Pre-enrollment information
- A Student-Athlete Handbook (could also be provided on an official or unofficial visit)

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.



"Seminoles.com has a completely new look for the 2006-07 Academic Year. The new site utilizes state-of-the-art functions to provide our fans with the most up-to-date information on Seminole Athletics. Some of the new features include: enhanced multi-media presentation, rotating stories on the home page, online auctions, individual sports mastheads and the redesigned website has been optimized to 1280x1024 screen resolution. With all its new features combined with everything you loved about the site before, make Seminoles.com your first stop for all your FSU athletic news and features."









2006-07 NCAA QUALIFYING STANDARDS

	MEN'S								
EVENT	25-Yard Course		25-Meter Course		50-Meter Course				
	A STANDARD	B STANDARD	A STANDARD	B STANDARD	A STANDARD	B STANDARD			
50 Freestyle	:19.74	:20.33	:22.04	:22.70	:22.69	:23.37			
100 Freestyle	:43.53	:44.83	:48.59	:50.04	:50.04	:51.54			
200 Freestyle	1:36.19	1:39.07	1:47.36	1:50.58	1:49.94	1:53.23			
500 Freestyle	4:19.63	4:27.41	3:47.15	3:53.96	3:54.96	4:02.00			
1,650 Freestyle	15:05.87	15:33.04	15:03.17	15:30.25	15:29.10	15:56.97			
100 Butterfly	:47.25	:48.66	:52.74	:54.31	:53.39	:54.99			
200 Butterfly	1:44.93	1:48.07	1:57.11	2:00.62	1:59.24	2:02.81			
100 Backstroke	:47.43	:48.85	:52.94	:54.53	:54.52	:56.16			
200 Backstroke	1:44.02	1:47.14	1:56.10	1:59.58	1:59.57	2:03.16			
100 Breaststroke	:54.00	:55.62	1:00.27	1:02.08	1:02.43	1:04.31			
200 Breaststroke	1:57.35	2:00.87	2:10.98	2:14.91	2:15.67	2:19.74			
200 Individual Medley	1:46.69	1:49.89	1:59.08	2:02.65	2:03.35	2:07.05			
400 Individual Medley	3:47.29	3:54.10	4:13.68	4:21.28	4:21.26	4:29.09			
200 Freestyle Relay	1:18.47	1:20.82	1:27.58	1:30.21	1:30.20	1:32.90			

3:14.44

7:10.90

1:36.79

3:34.69

25-Meter Course

3:20.26

7:23.82

1:39.69

3:41.13

3:26.25

7:34.47

1:42.32

3:46.96

3:20.25

7:21.24

1:39.34

3:40.35

50-Meter Course

8:07.75

1:53.40

4:07.81

8:22.37

1:56.79

4:15.24

3:12.36 1-Meter Diving Points—Dual 290/300*** / Championship 465

2:54.21

6:26.08

1:26.72

400 Freestyle Relay

800 Freestyle Relay

200 Medley Relay

400 Medley Relay

800 Freestyle Relay

200 Medley Relay

400 Medley Relay

3-Meter Diving Points—Dual 310/320*** / Championship 480

Platform Diving Points—Dual 290 / 10 dives 430 / 14 dives 620

25-Yard Course

2:59.43

6:37.66

1:29.32

3:18.13

EVENT	A STANDARD	B STANDARD	A STANDARD	B STANDARD	A STANDARD	B STANDARD
50 Freestyle	:22.88	:23.56	:25.54	:26.30	:26.01	:26.78
100 Freestyle	:49.78	:51.27	:55.56	:57.23	:56.57	:58.27
200 Freestyle	1:47.61	1:50.83	2:00.11	2:03.70	2:01.60	2:05.24
500 Freestyle	4:45.46	4:54.02	4:09.75	4:17.24	4:14.88	4:22.52
1,650 Freestyle	16:23.54	16:53.04	16:20.60	16:50.01	16:43.62	17:13.72
100 Butterfly	:53.75	:55.36	:59.99	1:01.79	1:00.40	1:02.21
200 Butterfly	1:58.11	2:01.65	2:11.82	2:15.78	2:12.71	2:16.69
100 Backstroke	:54.47	:56.10	1:00.80	1:02.62	1:01.55	1:03.40
200 Backstroke	1:58.24	2:01.78	2:11.97	2:15.92	2:13.61	2:17.61
100 Breaststroke	1:02.00	1:03.86	1:09.20	1:11.28	1:11.27	1:13.41
200 Breaststroke	2:14.25	2:18.27	2:29.84	2:34.33	2:32.56	2:37.13
200 Individual Medley	2:00.67	2:04.29	2:14.68	2:18.72	2:17.13	2:21.24
400 Individual Medley	4:15.93	4:23.60	4:45.64	4:54.20	4:49.19	4:57.86
200 Freestyle Relay	1:31.01	1:33.74	1:41.58	1:44.63	1:43.43	1:46.53
400 Freestyle Relay	3:18.95	3:24.91	3:42.05	3:48.70	3:46.08	3:52.86

8:01.76

1:51.50

4:03.67

8:16.20

1:54.84

4:10.97

WOMEN'S

7:11.65

1:39.90

3:38.32

7:24.59

1:42.89

3:44.86

^{*}qualifying point total when using six optional dives with standard D.D.

¹⁻Meter Diving Points—Dual 255/265*** / Championship 375

³⁻Meter Diving Points—Dual 270/280*** / Championship 425

Platform Diving Points—Dual 260 / 9 dives 365

^{*}qualifying point total when using six optional dives with standard D.D.

2005-06 Swimming and Diving Accolades

NCAA National Championships

Women's Team

16th (84) highest in school history

Men's Team

33rd (12)

All-American Women

200 Medley Relay, 3rd place (Christie Raleigh, Lauren Brick, Lauren Sparg, Carrie Ellis)

100 Breast, 8th (Lauren Brick)

Honorable Mention All-Americans

Women

400 medley relay, 9th (Romy Altmann, Lauren Brick, Christie Raleigh, Carrie Ellis)

400 free relay, 10th (Georgia Holderness, Romy Altmann, Carrie Ellis, Christie Raleigh)

100 fly, 9th (Christie Raleigh)

Men

200 free relay, 15th (Joel Roycik, Alex Kennon, Ed Denton, Jarryd Botha)

400 free relay, 14th (Stephan Connor, Joel Roycik, Alex Kennon, Ed Denton)

1650 free, 15th (Steve Roof)

NCAA Qualifiers

Womer

Carrie Ellis, Lauren Brick, Romy Altmann, Lauren Sparg, Abbie King, Christie Raleigh, Georgia Holderness

Men

Joel Roycik, Alex Kennon, Steve Roof, Jarryd Botha, Ed Denton, Kyle Young, Scott Derner

Atlantic Coast Conference Championships

Women's Team

1st (596.5) first time in school history

Men's Team

2nd (685.5)

Women's ACC Coach of the Year

Neil Harper

Women's ACC Freshman of the Year

Christie Raleigh

ACC Champions

Women

200 medley relay (Christie Raleigh, Lauren Brick, Lauren Sparg, Carrie Ellis)

400 medley relay (Romy Altmann, Lauren Brick, Christie Raleigh, Carrie Ellis)

200 free relay (Abbie King, Carrie Ellis, Lauren Sparg, Christie Raleigh)

400 free relay (Lindsay Kenney, Georgia Holderness, Carrie Ellis, Christie Raleigh)

50 free (Christie Raleigh)

100 fly (Christie Raleigh)

100 breast (Lauren Brick)

200 breast (Georgia Holderness)

100 free (Carrie Ellis)

200 free (Romy Altmann)

Men

200 free relay (Alex Kennon, Jarryd Botha, Ed Dentor Joel Roycik)

400 free relay (Alex Kennon, Jarryd Botha, Ed Denton Joel Roycik)

200 back (Jarryd Botha)

All-ACC Team

Women

Carrie Ellis, Lauren Brick, Romy Altmann, Lauren Sparg, Abbie King, Lindsay Kenney, Christie Raleigh, Georgia Holderness

Men

Joel Roycik, Alex Kennon, Jarryd Botha, Ed Denton, Kyle Young, Paul Erben, Danny Keeling, Carl Marais

All-ACC Academic Team

Women

Romy Altmann, Georgia Holderness, Abbie King, Stacey Rademacher

Men

Peter Crane, Paul Erben, Alex Kennon, Steve Roof, Michael Rice, Kyle Young, Scott Derner

ACC Performers of the Week

Womer

Romy Altmann (10/4), Carrie Ellis (11/14, 11/21), Lauren Brick (1/16)

Men

Steve Roof (10/24), Joel Roycik (12/5)

Paul Erben

Abbie King

Michael Rice



Lindsay Kenney

