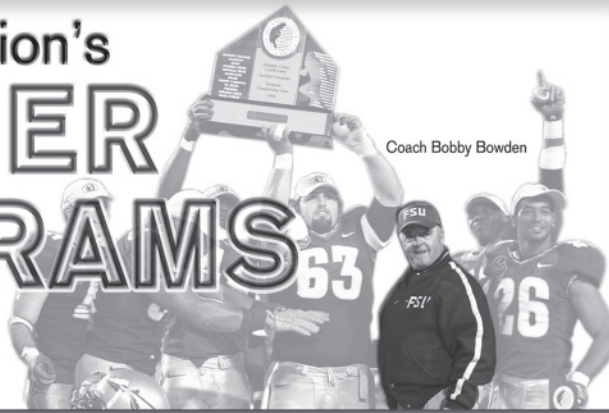




## One of the Nation's PREMIER PROGRAMS



Coach JoAnne Graf



Coach Bobby Bowden

### COACHES OF THE YEAR

National – 13  
Regional – 34  
Atlantic Coast Conference – 35  
Metro Conference – 12

### ACTIVE COACH LISTING – DIVISION I

Bobby Bowden – 366 victories (1st all-time)  
JoAnne Graf – 1,180 victories (2nd all-time)  
Mike Martin – 1,484 victories (4th all-time)



Coach Bob Braman

### 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 in NCAA history.

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 3,030 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. Track and field and cross country head coach Bob Braman capped off another spectacular season as he guided the Seminoles to their second consecutive men's outdoor track and field national championship in 2007. Braman, the ACC Indoor and Outdoor Coach of the Year, was also recognized on the men's side as the Co-Coach of the Year in the South District, while being honored as the East Region and National Coach of the Year during the outdoor season. Jennifer Hyde collected South Region Wilson/ITA Coach of the Year accolades as she led the women's tennis team to one of the finest turn-a-rounds in school history. After leading the women to their first conference championship a season ago, swimming and diving head coach Neil Harper guided the men to their first league title en route to being named the ACC Coach of the Year. Martin's legacy was secured as he was enshrined into the American Baseball Coaches Association Hall of Fame on January 5, 2007. He would round out the accolades in 2006-07 claiming his fifth ACC Coach of the Year honor.



Coach Jennifer Hyde



Coach Mark Krikorian

### IN THE COMMUNITY...

Seminole student-athletes are committed to making a positive impact on the community, serving over 5,500 hours of community service during the 2006-07 school year. They help to raise thousands of dollars in direct support to charities.

The National Consortium for Academics and Sports honored FSU Athletics for the most successful outreach and community service program in which FSU student-athletes impacted the lives of over 150,000 youths

Student-Athletes have volunteered their time to work with elementary, middle, and high school students within the Leon County School system. In addition, Seminole student-athletes have participated in projects such as Kids' Day (hosted by the Boys and Girls Club), Bowl for Kids' Sake (fundraiser for Big Brothers Big Sisters), The Heart Ball (fundraiser for the American Heart Association), Relay for Life, and Special Olympics to name a few.



Coach Mike Martin





### 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 joined the prestigious academic program in 2006. The program's criteria are based on academic success, leadership potential, personal integrity and physical vigor.

Florida State athletes have earned over \$350,000 in post-graduate scholarships in the past 13 years as well as other numerous academic honors and awards. They have also received 33 post-graduate scholarships from the ACC since 1993 including Sarah Griffin (volleyball), Alex Kennon (swimming and diving), Tom Lancashire (track and field) and Kelly Rowland (soccer) who were among 45 recipients of the scholarship awards in 2007. In addition, Garrett Johnson (track and field) earned the ACC Scholar Award in 2006.

In 1996, Seminole senior 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 winner in the last seven years. The scholarship, which was originated in 2001, grants \$10,000 scholarships to its recipients.



Andrew Diakos



Lacy Jansen



Football's Chris Hope received the 2002 NACDA Postgraduate Scholarship.



Alex Kennon



### IN THE CLASSROOM...

Florida State named a school-record 204 student-athletes to the Atlantic Coast Conference Honor Roll in 2007. At the conclusion of the 2006-07 school year, seven of Florida State's athletic teams had a 3.0 or better cumulative grade point average. In the spring 2007 semester 10 Seminole teams had at least a 3.0 semester GPA while the average team semester GPA was a 2.80.

Since joining the ACC in 1991, Florida State has had seven National Football Foundation and College Hall of Fame National Scholar Athlete Award winners.

In 2001, Heisman Trophy winning quarterback Chris Weinke was the recipient of the inaugural ACC Scholar Award which is presented annually to an excellent athlete and top scholar who plans to pursue a professional athletic career. Since 2001, football's Chris Hope (2002), baseball's Matt Lynch (2003) and track and field's Garrett Johnson (2006) have also earned the award.

Six Seminole student athletes earned the prestigious Arthur Ashe Junior Sports Scholar Award including FSU football player Myron Rolle. 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.

Florida State had 13 student-athletes garner District Academic All-American honors in 2006-07 including Drew Weatherford (Football), Mami Yamaguchi and Katrin Schmidt (Soccer), Sarah Griffin (Volleyball), Nikki Anthony and Alicia Gladden (Women's Basketball), Melissa May (Softball), Roomy Altman (Swimming), Caroline Westrup (Women's Golf), Jonas Blitz (Men's Golf), Alex Kennon (Swimming) and Javier Garcia-Tuning, Tom Lancashire and Andrew Lemoncello (Track & Cross Country).

Florida State has more all-time ACC Academic Honor Roll selections (2,412) than all-time All-ACC honorees (1,783). Since 1970, 32 FSU student-athletes have earned National Academic All-American honors. Florida State boasted one NCAA Postgraduate Scholarship winner (Alex Kennon - Swimming) in 2007 as well.



Kelly Rowland



Sarah Griffin



Jonas Blitz



Alicia Gladden



Caroline Westrup



# THIS IS FLORIDA STATE

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, 28 percent are minorities. Students are from all 50 states and the District of Columbia, as well as 133 foreign countries.

Florida State offers an impressive breadth of academic degree programs. Students may take courses of study leading to a baccalaureate degree in 99 programs, a master's degree in 112 degree programs, a doctorate in 73 degree programs, a specialist certification in 26 degree programs, and a professional designation in two degree programs. Courses are offered through 16 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 led several scholarly fields in citations of published work.

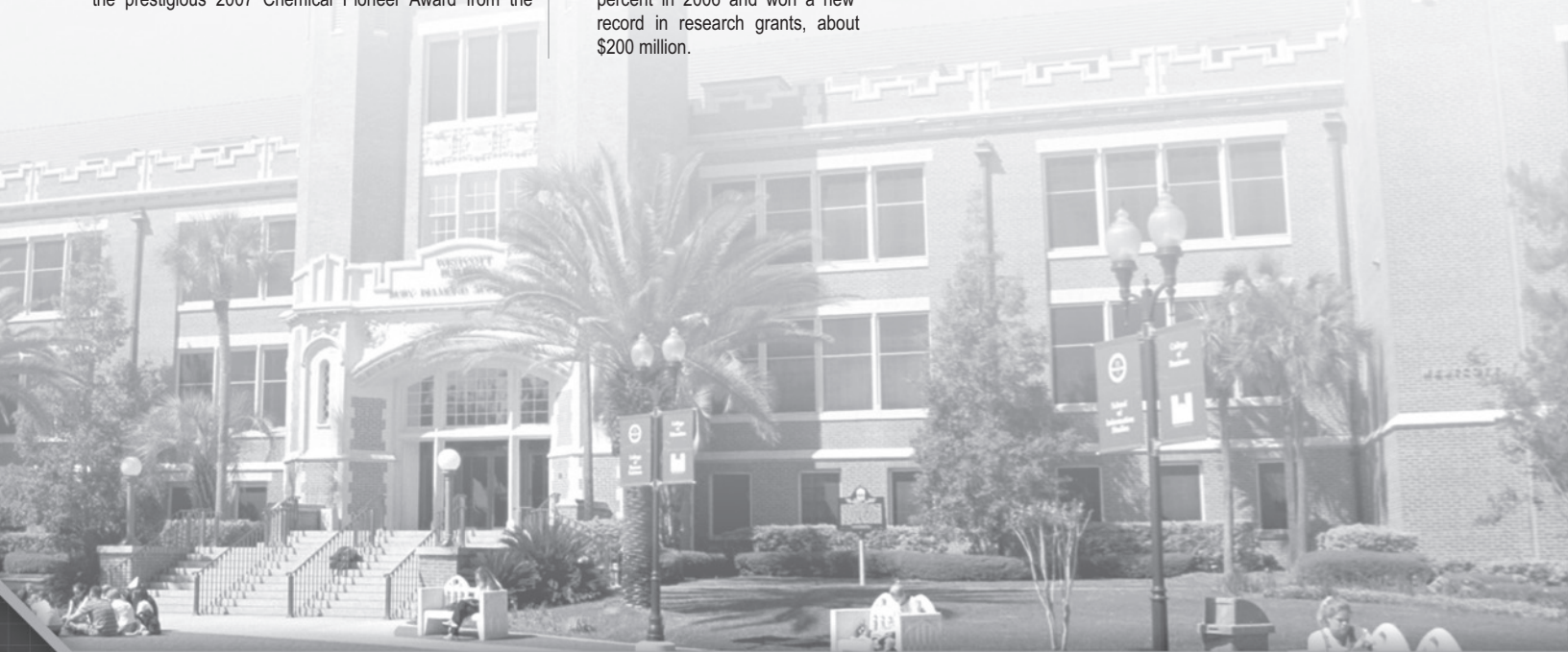
Several members of the Florida State faculty were recognized with major awards in 2007. Trailblazing chemistry Professor Alan G. Marshall, who has won worldwide acclaim for contributions to the field of analytical chemistry, received the prestigious 2007 Chemical Pioneer Award from the

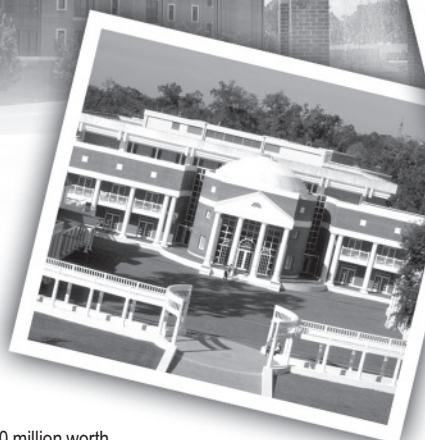
American Institute of Chemists, and Eliza Dresang, the Eliza Atkins Gleason Professor in the College of Information, won the 2007 Scholastic Library Publishing Award.

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 in 2006-07. Among them:

- Florida State hired clusters of stellar professors, national and international leaders in their fields, in one of the most ambitious, innovative hiring plans in the United States — part of the Pathways of Excellence Initiative, the university's effort to become one of the nation's top research and graduate education universities.
- FSU doctoral faculty in five academic areas was ranked among the tops in the nation according to the Faculty Scholarly Productivity Index: social work -- #4; Spanish -- #4; marketing -- #5; oceanography -- #8; and atmospheric sciences -- #10.
- FSU was ranked No. 1 in the nation among top research universities in graduation rates for African-Americans.
- The university increased its production of Ph.D.s by 18 percent in 2006 and won a new record in research grants, about \$200 million.





*Dr. T.K. Wetherell congratulates Garrett Johnson on winning the Rhodes Scholarship*

- FSU had a building boom with \$500 million worth of facilities under design or construction. Officials broke ground on a new facility that could vault Florida State to the top of the list of American universities specializing in research into new materials. The \$17-million building will house the Center of Excellence in Advanced Materials.
- The first groups of College of Medicine students arrived at newly established Regional Medical School campuses in Fort Pierce and Daytona Beach.
- FSU Student Government President Joe O'Shea won a prestigious Truman Award. O'Shea also was one of just 20 undergraduates named to USA Today's elite 2007 All-USA College Academic First Team.
- The Florida State track and field team won its second-in-a-row NCAA championship and was honored at the White House.

At FSU, students 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 among professions, including medicine, the physical sciences, engineering, business and law.

Students at Florida State 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 Valencia, Spain; Florence, Italy; London, England; and the Republic of Panama are considered by many to be among the nation's best.

FSU'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. In addition, Academic & Professional Program Services provides non-credit professional outreach, online academic degree programs, support for faculty and students in the campus.fsu.edu teaching and learning environment, faculty development and assessment services. APPS also hosts seminars for organizations from all over the country, and organize faculty conferences and special campus events.

Florida State also operates the Ringling Center for the Cultural Arts in Sarasota, which includes the John and Mable Ringling Museum of Art, the largest museum/university complex in the nation.

Library holdings at Florida State include 2.9 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 main library facility, the Robert M. Strozler 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...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 40,474 in the Fall Semester 2006.

**ENROLLMENT (FALL, 2005):** Total, 40,474...76.7% undergrad, 20.2% grad, 3.1% unclassified...79.9% in-state...93.8% from the United States... students from all 50 states and the District of Columbia are in attendance...18 states contributed over 100 students each...19 foreign countries contributed over 25 students each...female, 56.4%...male, 43.6%...minority, 24.9%...international, 3.2%.

**ACREAGE:** Main Campus: 451.6 acres in Tallahassee, Leon County (main campus)...Panama City Branch: 25.6 acres in Panama City, Bay County...The university owns a total of 1,530.4 acres in Leon, Bay, Franklin, Sarasota, & Gadsden counties...Sites are leased in Marion and Leon counties in Florida, and other locations overseas.

**COLLEGES/DEGREE PROGRAMS:** With 16 colleges and schools, students may take courses of study leading to the baccalaureate degree in 99 degree programs, to the master's degree in 112 degree programs, to the advanced master's degree in one program, to the specialist degree in 26 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.

**OPERATING BUDGET (2006-07):** \$1,011,736,496  
**DEGREES AWARDED FOR 2005-06:** Bachelor, 6,938... Masters, 1,821...Doctorate, 325...Medical Doctorate, 36...Specialist, 51...Judge Doctorate, 240... Total, 9,411

**ENTERING FRESHMAN FACTS (FALL, 2006):** The middle 50 percent High School GPA, 3.3-3.9; SAT score 1090-1240, ACT score 23-27. There were 46 National Merit Scholars, 17 National Achievement Scholars, and 16 Hispanic Scholars enrolled as undergraduate students during the Fall 2006 term.

**RETENTION RATE:** First year, 100%...second year, 88%... third year, 77%...fourth year, 74%.

**FACULTY/STAFF:** Total 2,291...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: 12 members elected to National Academy of Sciences...10 members of the American Academy of Arts and Sciences...and two Pulitzer Prize winners Ellen T. Zwilich and Robert Olen Butler.

**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 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 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 meeting general and liberal studies requirements. International Programs also offers study programs, some general and some major specific, in: Cairns, Australia; Salvador, Brazil; Tianjin, China; San Jose, Costa Rica; Dubrovnik, Croatia; Prague, Czech Republic; Napo, Ecuador; London, England; Paris, France; Dublin, Ireland; Tokyo, Japan; 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 over 400 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.

**STUDENT/FACULTY RATIO:** 18-1... 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 2.9 million volumes, of which more than 334,000 are available electronically as e-books. The libraries subscribe to more than 51,000 current serials including academic journals, professional and trade journals, and major newspapers from around the country and the globe in both paper and electronic 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)

Florida	32,326
Georgia	935
Virginia	426
New York	324
Texas	267
Pennsylvania	264
North Carolina	259
New Jersey	209
Maryland	206

## FLORIDA STATE BOARD OF TRUSTEES



**JIM SMITH**  
Chairman  
Tallahassee, FL



**HAROLD KNOWLES**  
Vice Chairman  
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**DERRICK BROOKS**  
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**LESLIE PANTIN, JR.**  
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**JOE O-SHEA**  
Student Govt. Assoc. Pres.



**JAYNE M. STANDLEY**  
Tallahassee, FL



**DR. T.K. WETHERELL**  
FSU President



# PROMINENT ALUMNI

## 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." She is currently featured as "Natalie" in the series "Monk" on the USA Network.

## JOHN MARKS

John Marks, Mayor of the City of Tallahassee, is the managing partner of the Tallahassee office of Adorno & Yoss. 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 is currently on Faculty at FSU in the College of Engineering.

## OTHER DISTINGUISHED ALUMNI

- Jason Altmore, U.S. Congressman from Pennsylvania
- 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
- Charlie Crist, Governor of Florida
- Davis Gaines, performer, "The Phantom of the Opera"
- Jane Geddes, professional golfer
- Paul Gleason, actor, "Trading Places," "The Breakfast Club"
- Parris Glendening, former Governor of Maryland
- Hubert Green, professional golfer
- Tara Dawn Holland Christensen, Miss America 1997
- Linda Keever, Editor in Chief Florida Trend Magazine
- Jeff Kottkamp, Florida Lt. Governor
- Tony LaRussa, Manager, St. Louis Cardinals
- Doug Marlette, Pulitzer Prize winner for editorial cartooning
- Mel Martinez, U.S. Senator - Florida
- 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 Zwillich, first woman to win Pulitzer Prize in music
- Linda Zoghby, opera singer



Rita Coolidge



Paul Gleason



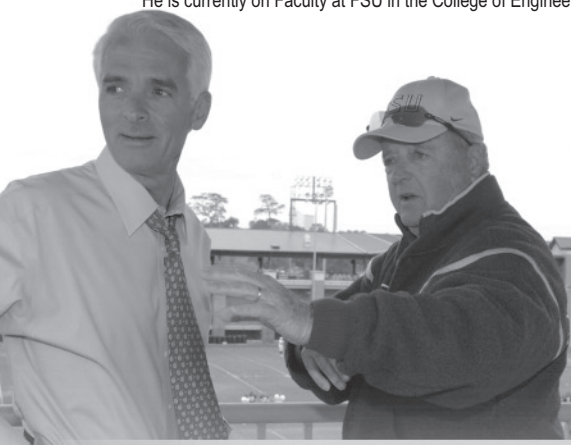
Traylor Howard



Gabrielle Reece



Dr. Tonea Stewart



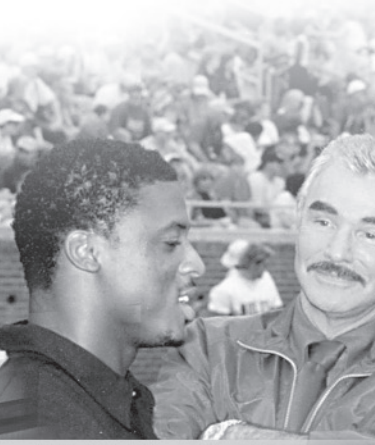
Head football coach Bobby Bowden with Florida Governor Charlie Crist



Shape Magazine Editor-in-Chief, Barbara Harris



ESPN Game Day's Lee Corso



Actor Burt Reynolds with former Seminole Warrick Dunn



# 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.

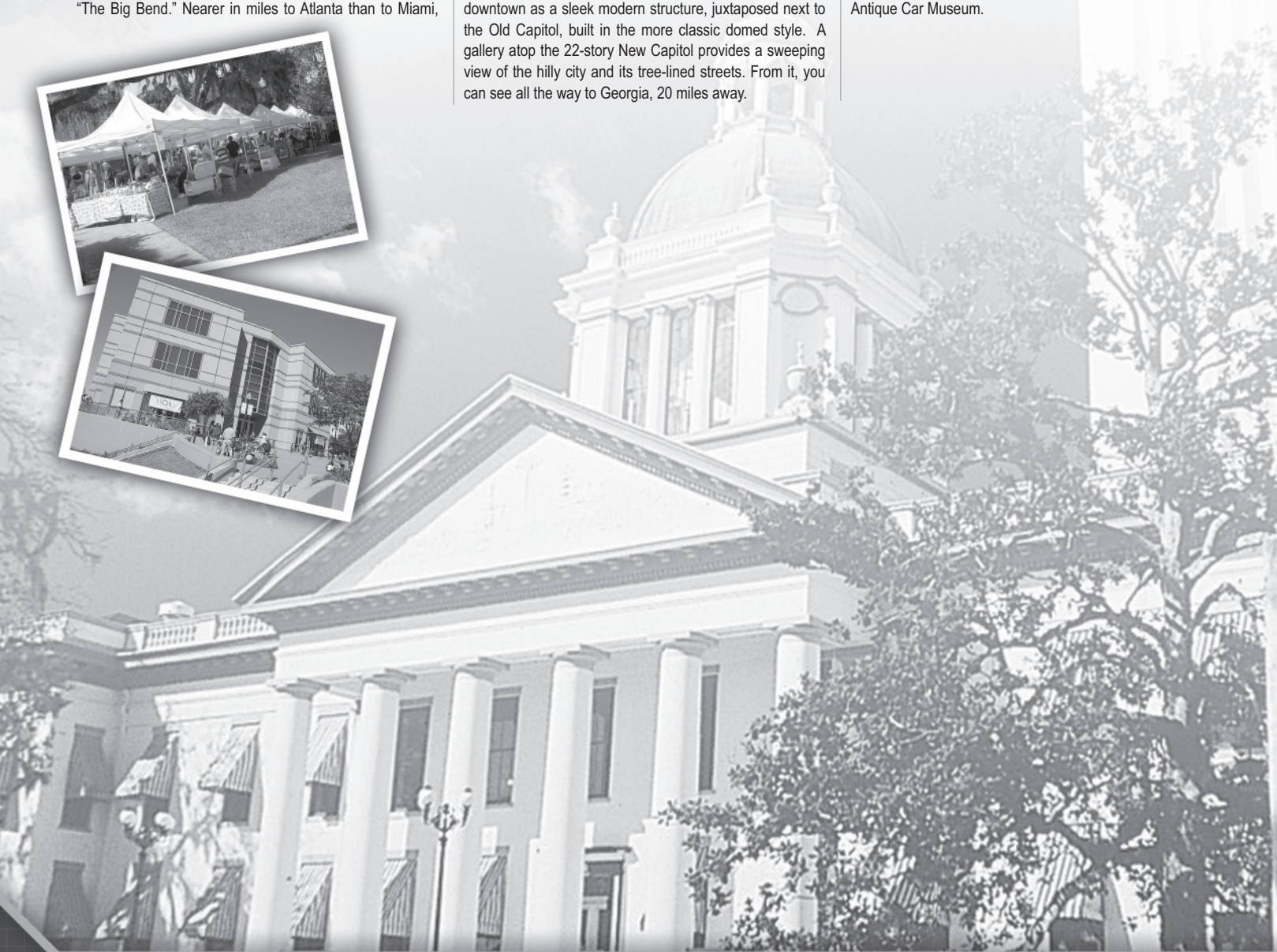
With the Gulf of Mexico just 25 miles south and the Georgia border only 14 miles north, Tallahassee rests between the foothills of the Appalachian Mountains and the juncture of Florida's panhandle and peninsula in an area known as "The Big Bend." Nearer in miles to Atlanta than to Miami,

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 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.





## 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.

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 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.



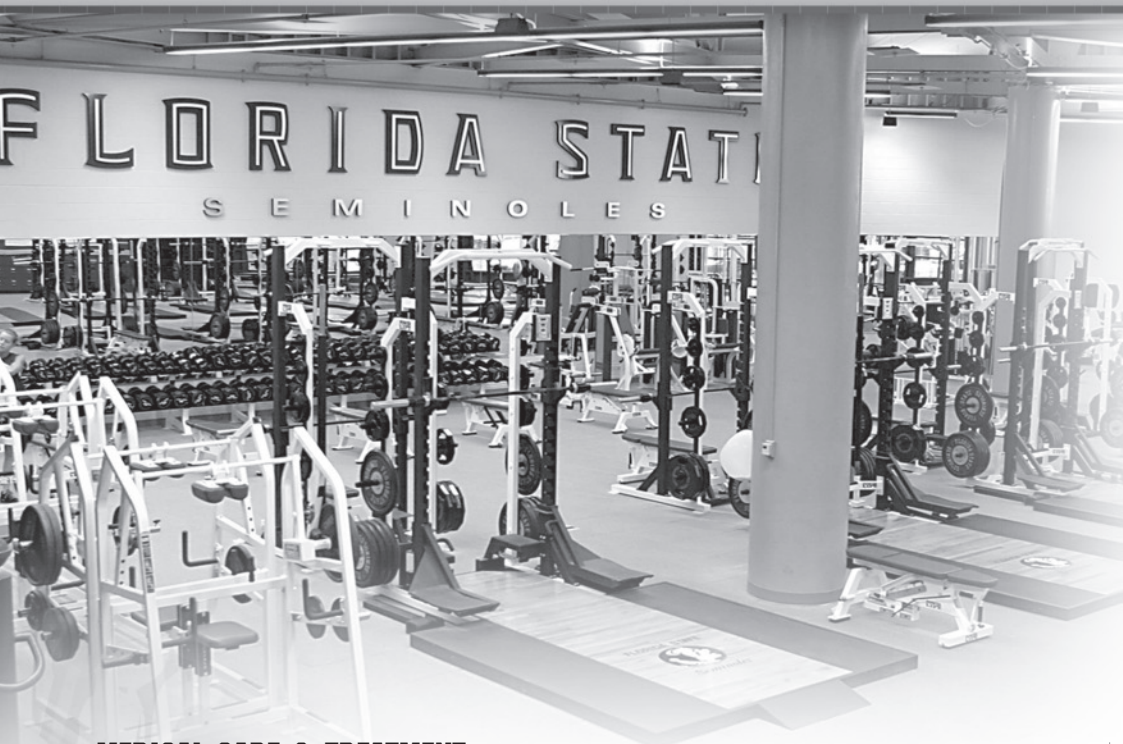
### TALLAHASSEE UP CLOSE

- Tallahassee is home to more than 60,000 college students between Florida State University, Florida A&M University and Tallahassee Community College.
- Thirty percent of Tallahassee's population is 18-24 years old.
- The average maximum temperature in Tallahassee is 78 degrees and almost twenty-five percent of the year the temperature is above 90 degrees.
- There are over 150,000 people living in the Tallahassee area and over 300,000 in the metropolitan area.
- The capital of the State of Florida has been located in Tallahassee since 1823.





# MEDICAL CARE & TREATMENT/ STRENGTH & CONDITIONING



## STRENGTH & CONDITIONING

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

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

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

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

## 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 conjunction 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.

## TRAINING ROOM

Florida State Athletic Training has experienced a very exciting time as construction on the brand new Don Fauls Athletic Training Room was completed in the spring of 2005. The 15,000 square foot athletic training room is housed off Doak Campbell Football Stadium and is used by all 19 Seminole varsity teams.

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

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





# STUDENT SERVICES

## STUDENT-ATHLETE ADVISORY COUNCIL

Allen, Tori - Track & Field  
 Barry, Brianna - Volleyball  
 Batchelor, Kandia - Track & Field  
 Bowerman, Laura (SEC) - Cross Country  
 Boyajian, Ryan - Men's Tennis  
 Breeden, Casaan - Men's Basketball  
 Brown, Everette - Football  
 Buckelew, Tiffany - Women's Basketball  
**Burke, Brendan - Swimming & Diving**  
**Carr, Jessie - Swimming & Diving**  
 Clark, Charles - Track & Field  
 Cruz, Javo - Cross Country  
 Deye, Bobby - Men's Tennis  
 Echefu, Uche - Men's Basketball  
 Edwards, Becky - Soccer  
**Erickson, Shawn - Swimming & Diving**  
 Freshour, Mara - Women's Basketball  
 Gano, Graham - Football  
 Garcia-Tunon, Javier (Pres.) - Track & Field  
 Gianeskis, Elizabeth - Soccer  
**Hanna, Carissa - Swimming & Diving**  
 Kemp, Ashley - Women's Golf  
 Marobela, Tapiwa - Women's Tennis  
 May, Melissa - Softball  
 McDonald, Tiffany - Softball  
 Moore, Cayla - Women's Basketball  
 O'Connor, Ruairi - Baseball  
**Rademacher, Stacy - Swimming & Diving**  
 Rolle, Myron (Vice-Pres) - Football  
 Ruch, Bradley - Men's Golf  
 Rynarzewska, Ania - Women's Tennis  
 Savage, Matt - Men's Golf  
 Snyder, Michelle - Softball  
 Thomas Jr., Tony - Baseball  
 Thompson, Makini - Volleyball  
**Tilbrook, Alex - Swimming & Diving**  
 Urban, Meredith - Cross Country  
 Westrup, Caroline - Women's Golf



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



**JOHN LATA**  
 Director of  
 Student Services



**BRANDI STUART**  
 Assistant Director  
 of Student Services

## LIFE SKILLS

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 each student-athlete. The program establishes an administrative commitment to academic and athletic excellence. Those efforts will be supported with programs and services in personal and career development service.

## PERSONAL DEVELOPMENT

Fostering the development of personal growth is a fundamental component of the N.O.L.E.S. program. The support programs ensure that the student-athlete will be provided with opportunities to focus on personal growth areas such as value clarification, goal setting, fiscal planning, decision making and personal responsibility. Programming focuses on helping the student-athlete 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. The 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. The newest addition to the Career Development program is the Senior Transition Seminar offered through the Office of Student Services. The course is offered to all senior student-athletes with exhausting eligibility and is designed to assist with resume building, networking with former student-athletes, and tips on transitioning from intercollegiate athletics into the working world.

## COMMUNITY SERVICE

Serving the community is the focus of the Seminole Spirit program. Student-athletes are challenged to provide 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 lifelong commitment to volunteerism. Over the years, the commitment to community service has grown leaps and bounds. The FSU athletic department was recently recognized by the National Consortium for Academics and Sports for the most successful outreach and community service program in which FSU student-athletes impacted the lives of over 150,000 youths.

## LEADERSHIP DEVELOPMENT

The Florida State University Department of Athletics is committed to developing programs of excellence that foster leadership development. The Student-Athlete Advisory Council (SAAC) has been in place in the Florida State University Athletic Department for ten years, and consists of a fantastic group of motivated student-athletes. The SAAC consists of 42 student-athletes, at least two from every team, and they meet every two weeks to discuss issues confronting student-athletes, here at FSU, as well as in the Atlantic Coast Conference and across the nation. The SAAC at FSU has many responsibilities: they take the lead on a variety of events, starting with the New Student-Athlete Orientation, Peers Helping Athletes Transition (PHAT) Tuesdays with freshmen student-athletes, the Culture Fest (student-athletes celebrating diversity within the athletic department), the Welcome Back Picnic and culminating with the Golden Nole Awards year ending banquet where seniors from each team are honored and student-athletes who have excelled in the area of community service are awarded.





# 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 known (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.

\*\*\* 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.

**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

Phone calls from coaches (but not boosters) are permitted beginning July 1 before your senior year in high school. A coach 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
- \* Business Card
- \* None-athletics institutional publications

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

- \* Written correspondence, including letters and e-mails
- \* 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 FLORIDA STATE?

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.



**BOB MINNIX**  
Senior Associate Athletics  
Director for Compliance



**BRIAN BATTLE**  
Associate Athletics Director  
for Compliance



**ELIZABETH BOOKWALTER**  
Compliance Coordinator



# FSU ON THE WEB SEMINOLES.COM

## THE OFFICIAL WEBSITE OF FLORIDA STATE ATHLETICS

Seminole.com has a completely new look for the 2007-08 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 Seminole.com your first stop for all your FSU athletic news and features.



# www.seminoles.com

