

Florida State Athletics...An Elite Program

*In 2007-08,
13 Seminole student-athletes
garnered District Academic
All-America honors.*

*Florida State student-athletes have earned over \$390,000 in
postgraduate scholarships, including 36 from the ACC,
over the last 14 years as well as other numerous academic honors and awards.*

IN THE CLASSROOM

*In 2005, Garrett Johnson became the first FSU student-athlete
selected a Rhodes Scholar*

*All of FSU's athletic teams achieved scores above the required 925 in the
Academic Progress Rate data based on the last four years. Softball and
Men's Golf earned Public Recognition Awards for earning high marks.*

*170 Seminole student-athletes were named to the 2008 ACC Academic Honor Roll
while six of Florida State's athletic teams had a 3.0 or better cumulative GPA.*



Five coaches with 10 or more years at FSU, including two coaches of 30 or more years of service

COACHING EXCELLENCE

*14 National Coaches of the Year
37 ACC Coaches of the Year
37 Regional Coaches of the Year*

Two coaches who rank in the top three among current coaches for career victories

Congratulations #1
1500
CAREER WINS

IN THE COMMUNITY

Student-Athletes perform more than 5,000 hours of community service annually.

Two-time National Consortium of Academics and Sports Outreach Program of the Year for Division I for reaching over 150,000 youth.

UNIVERSITY



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 evolved into an internationally recognized research institution. Committed to preparing graduates for the ever-expanding opportunities of a global society, FSU is celebrated not only for its world-class research but also for its teaching and record of public service.

Florida State University enrolls about 41,000 undergraduate, graduate and professional students, of which nearly 30 percent are minorities and 57 percent are women. FSU students come from every county in Florida, all 50 states and the District of Columbia, and more than 128 countries.

The university offers an impressive breadth of academic degree programs, including 99 at the bachelor's degree level; 112 at the master's level; 26 at an advanced master's/specialist's level; 73 at the doctoral level; and two at a professional degree level. 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.

Florida State is a Carnegie Doctoral/Research Extensive institution, awarding more than 2,000 graduate and professional degrees each year. Doctoral faculty in five academic areas have been 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

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

At Florida State, 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; Guggenheim Fellows; a Nobel laureate; and other globally recognized teachers and researchers, including faculty who lead several scholarly fields in citations of published work. Students can choose 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. They can participate in interdisciplinary work across campus through programs that integrate economics, geography, climate forecasting, law and other environmental courses and programs; or work alongside 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; and London, England are considered by many to be among the nation's best.





The university logged many noteworthy achievements in 2007-2008:

- Alan G. Marshall, FSU's Robert O. Lawton Professor of Chemistry and Biochemistry and director of the Ion Cyclotron Resistance Program at the National High Magnetic Field Laboratory, received the 2008 Ralph and Helen Oesper Award from the Cincinnati Section of the American Chemical Society — eight of the past 26 awardees of the prestigious Oesper award went on to win the Nobel Prize.
- Professor Kathleen Yancey, director of the English department's graduate program in Rhetoric and Composition, became president of the National Council of Teachers of English.
- Max Gunzburger, a Francis Eppes Professor and director of the School of Computational Science, earned the distinguished W.T. and Idalia Reid Prize in Mathematics from the Society for Industrial and Applied Mathematics (SIAM) for his work in computational mathematics and his mathematical models of science and engineering problems.
- FSU Student Government President Joe O'Shea became one of just 32 U.S. college students selected for a 2008 Rhodes Scholarship, the oldest and most prestigious international study award bestowed on American students. O'Shea, who won a Truman Scholarship in 2007, also was one of just 20 undergraduates named to USA Today's 2007 All-USA College Academic First Team.
- FSU Film School student Paul Seetachitt crafted a 30-second public service announcement that took first place in a national competition sponsored by the Center for International Disaster Relief. Honors won by other Film School students over the past year included a Student Academy Award; two collegiate-level "Emmy" awards; and two Directors Guild of America awards for the nation's best minority and female student filmmakers.



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

■ Over the past year, the university has won research grants totaling more than \$196 million.

- FSU was ranked No. 1 in the nation among top research universities in graduation rates for African-Americans.
- FSU is currently developing, designing, breaking ground for or constructing about \$500 million worth of facilities, and the new Chemical Sciences Laboratory and the James E. "Jim" King Life Sciences Building are world-class examples that herald the dawn of a new era for Florida State's science community.
- The FSU track and field team won its third-in-a-row NCAA championship.
- Thirteen FSU student-athletes and coaches from three sports represented the Seminoles and eight different countries at the 2008 Summer Olympic Games in Beijing, China. And, closer to home, a commitment to community service put FSU student-athletes at the top of the Outreach Honor Roll from the National Consortium for Academics and Sports.
- Two leaders in medicine, Florida State University and Mayo Clinic, signed an agreement to work as research partners in the quest to improve health care outcomes for Floridians and all Americans. The agreement calls for interaction and collaboration between researchers at FSU and Mayo Clinic in Jacksonville, Fla., the establishment of joint research programs, and the exchange of scientific and educational literature and research — and opens up unique opportunities to turn basic science into new cures for a variety of diseases, from cancer to Alzheimer's.

- The collective strength of biomedical research at Florida State and the scientists who lead it has earned an extremely competitive \$2 million High-End Instrumentation grant from the National Institutes of Health. The grant and an additional \$2.8 million in FSU matching funds will be used to purchase a state-of-the-art robotic electron microscope that will place the university among the very top imaging centers in the world. FSU scientists will use the unique robotic microscope to advance their cutting-edge research on HIV/AIDS, heart disease, hypertension and cancer.
- FSU is bringing together researchers with expertise in a variety of fields to develop new strategies for dealing with Florida's energy challenges. The new Florida Energy Systems Consortium is a collaborative effort among the state's 11 public universities to address key issues pertaining to energy, climate and the environment — with a particular focus on promoting renewable energy. Florida Gov. Charlie Crist signed into law a comprehensive energy bill establishing the consortium and providing a total of \$50 million in funding, to be divided among four core institutions — FSU (with \$8.75 million), the University of Central Florida, the University of Florida and the University of South Florida.
- The university has been selected as the lead institution for the new Florida Center for Advanced Aero-Propulsion, a collaborative project featuring the state's premier researchers in aerospace and aviation. Of \$14.57 million in funding appropriated to create the center, FSU will get the largest portion — nearly \$6 million — to oversee center operations and develop research and policy that unites scholars from various disciplines and universities.

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. The university 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 and rank among those at the nation's top 30 public research universities. Collectively, the FSU libraries belong to the Association of Research Libraries, whose membership is comprised 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 41,065 in the Fall Semester 2007.

ENROLLMENT (FALL, 2007): Total, 41,065...76.7% undergrad, 20.8% grad, 2.5% unclassified...80.7% in-state...93.7% from the United States... students from all 50 states and the District of Columbia are in attendance...18 states contributed over 100 students each...21 foreign countries contributed over 25 students each...female, 55.7%... male, 44.3%...minority, 25.1%...international, 3.1%.

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 1,545.5 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 101 degree programs, to the master's degree in 114 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 (2007-08): \$1,093,306,080

DEGREES AWARDED FOR 2007-08: Bachelor, 7,189... Masters, 1,989 Doctorate, 350...Medical Doctorate, 48... Specialist, 54...Judge Doctorate, 233... Total, 9,863

ENTERING FRESHMAN FACTS (FALL, 2007): The middle 50 percent High School GPA, 3.3-3.9; SAT score 1110-1260, ACT score 23-28. There were 55 National Merit Scholars, 12 National Achievement Scholars, and 15 Hispanic Scholars enrolled as undergraduate students during the Fall 2007 term.

RETENTION RATE: First year, 100%...second year, 88.1%... third year, 80.9%...fourth year, 76.1%.

FACULTY/STAFF: Total 2,359...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. Zwillich 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 was 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 80% of major classes have less than 50 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 (2007-08): \$201,569,624

LIBRARY HOLDINGS: The University Library System contains over 3.4 million volumes, of which more than 451,000 are available electronically as e-books. The libraries subscribe to more than 107,000 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 350 databases. The FSU Libraries include 8 libraries on campus: The Robert Manning Strozler 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	33,154
Georgia	882
Virginia	409
New York	311
Texas	267
North Carolina	265
Pennsylvania	246
New Jersey	212
Maryland	206
California	194

FLORIDA STATE BOARD OF TRUSTEES



JIM SMITH
Chairman
Tallahassee, FL



HAROLD KNOWLES
Vice Chairman
Tallahassee, FL



DERRICK BROOKS
Tampa, FL



SUSAN BUSCH-TRANSOU
Midway, FL



EMILY FLEMING DUDA
Oviedo, FL



DAVID FORD
New York, NY



MANNY GARCIA
Winter Springs, FL



WILLIAM ANDREW HAGGARD
Coral Gables, FL



RICHARD MCFARLAIN
Tallahassee, FL



JAMES E. KINSEY, JR.
Myers, FL



LESLIE PANTIN, JR.
Miami, FL



LAYMON A. HICKS
Student Govt. Assoc. Pres.



JAYNE M. STANDLEY
Tallahassee, FL



DR. T.K. WETHERELL
FSU President



FAMOUS ALUMNI



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



Former NASA Astronaut **Norm Thagard**



Major League Baseball Manager **Tony LaRussa**



Tallahassee Mayor **John Marks**



Rita Coolidge

Paul Gleason

OTHER DISTINGUISHED ALUMNI

ASTRONAUTS

- Carolyn S. Griner
- Winston Scott

ENTERTAINERS

- Daniel Bakkedahl
- Faye Dunaway
- Davis Gaines
- Cheryl Hines
- Christine Lahti
- Sonny Shroyer
- Robert Ulrich

FITNESS EXPERT

- Richard Simmons

JUDICIARY

- Kenneth B. Bell
- Susan H. Black
- Raoul G. Cantero, III

MILITARY LEADERS

- Ron J. Friedman
- Jay Garner
- Franklin L. Hagenbeck
- Paul David Miller
- Kenneth Minihan

MISS AMERICA

- Tara Dawn Holland Christensen

MUSICIANS

- Rita Coolidge
- Ray Key
- Sean Mackin
- Jim Morrison
- Charles G. Rex
- Claudia Waite
- David Ward-Steinman
- Dr. Valint Vazsonyi

POLITICAL LEADERS

- Jason Altmire
- Reubin Askew
- Jim Bacchus
- Allen Boyd, Jr.
- Kathy Castor
- Parris Glendening
- Jeff Kottkamp
- Mel Martinez
- Jim Towey

PULITZER PRIZE WINNERS

- Doug Marlette
- Ellen Taaffe Zwillich

WRITERS

- Alan Ball



Traylor Howard

Gabrielle Reece

Dr. Tonia Stewart

UNIVERSITY



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.

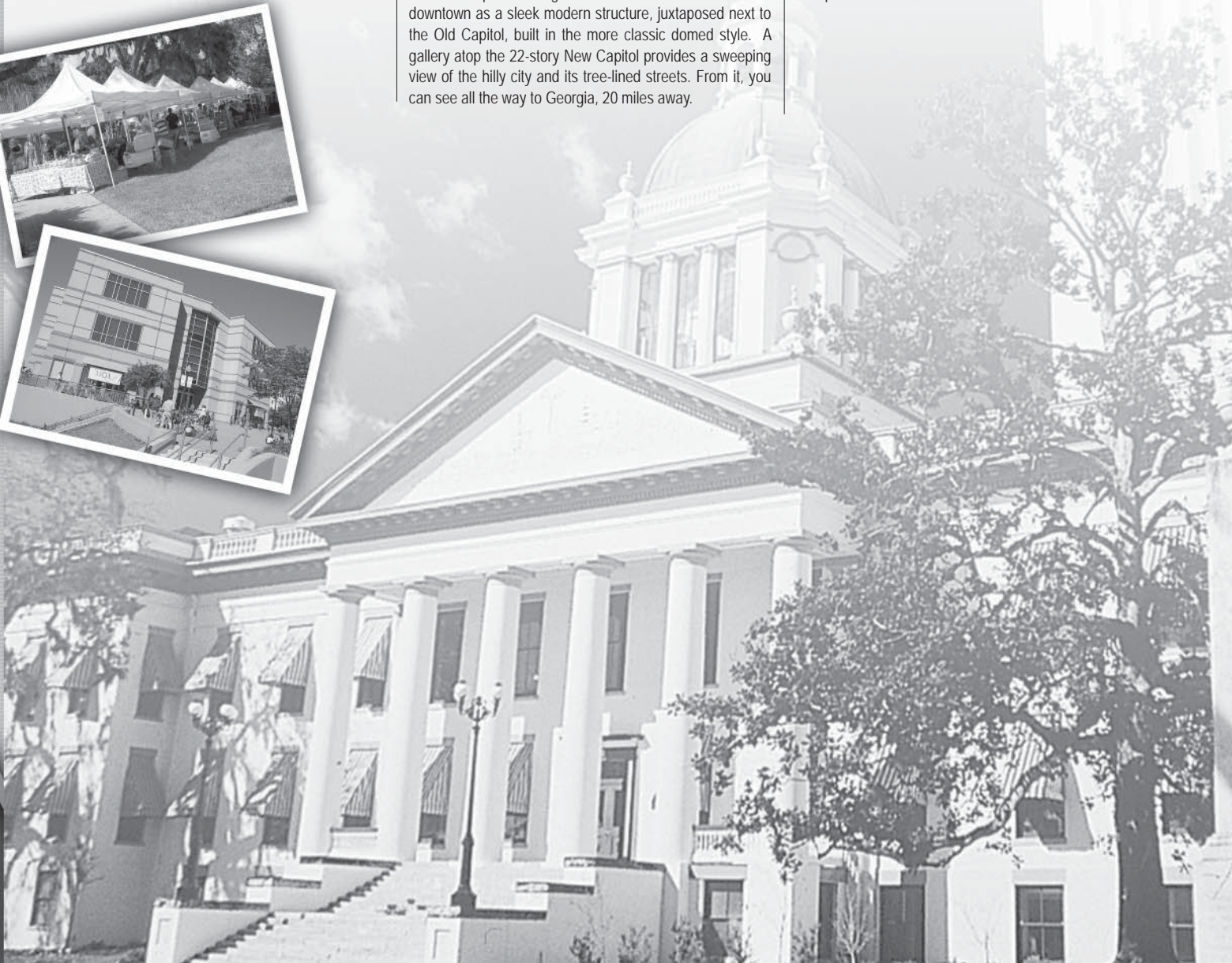
With the Gulf of Mexico just 25 miles south and the Georgia border only 14 miles north, Tallahassee rests between the foothills of the Appalachian Mountains and the juncture of Florida's panhandle and peninsula in an area known as

"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.



UNIVERSITY

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.



UNIVERSITY

TALLHASSEE UP CLOSE

- Tallahassee is home to more than 60,000 college students between Florida State University, Florida A&M University and Tallahassee Community College.
- Nearly sixty percent of Tallahassee's population is between the ages of 18-44.
- 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.
- The Gulf of Mexico is just 20 miles south of Tallahassee and the Georgia border is just 14 miles to the north.



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.

If the coaching staff is the engineer that fine-tunes the automobile, then Strength and Conditioning coach Dwan Riggins is the mechanic that builds the strong machine. Riggins is responsible for designing and implementing training programs for the Women's Soccer team as well as the Swimming and Diving squad. She began working with the Swimming and Diving team upon her arrival at Florida State in 2004.



DWAN RIGGINS
Strength Coach

A native of Tallahassee, Riggins received her undergraduate degree in 2003 from the University of Florida (UF) in Exercise and Sport Science and a Master's degree in Sport Management from FSU (2008).

Riggins served as a volunteer for the Gator's Strength and Conditioning staff, working with volleyball, soccer, and women's basketball. Her final season in Gainesville she worked as a fitness trainer at the Living Well Facility on the UF campus.



JESSE COLLINS
Strength Coach

Riggins began as an intern for FSU's Strength and Conditioning department and later took the role as full-time coach. She is Strength and Conditioning Coach Certified through the CSCCa and is pursuing the CSCS certification with the National Strength and Conditioning Association.

In his third year at Florida State, Jesse Collins continues to build a top-notch weight room program for the swimming and diving teams. After two years as a graduate assistant with the Seminoles Collins now joins the FSU strength and conditioning staff on a full time basis.

Collins graduated from Central College (Ia.) with a B.A. in Exercise Science. While attending Central College, he volunteered in the weight room and was a member of their football team. Collins is also a Certified Strength and Conditioning Specialist (CSCS) through the NSCA.

After graduation, he joined the University of Iowa Strength and Conditioning staff as an Intern. Collins assisted Head Strength Coach Chris Doyle and his staff with the off-season training of the Iowa Hawkeye Football team.

FLORIDA STATE

SEMINOLES



UNIVERSITY



STUDENT SERVICES

NEW OPPORTUNITIES FOR LEADERSHIP, EDUCATION AND SERVICE (N.O.L.E.S)

Developed by the Florida State University Department of Athletics, the N.O.L.E.S. program represents a commitment to the total growth and development of 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



BRANDI STUART

Assistant Athletics Director for Student Services



JOHN LATA

Director of Student Services



YASHIVA EDWARDS

Assistant Director of Student Services

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.





ACADEMIC SERVICES

MISSION STATEMENT

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

SERVICES AND PROGRAMS

ACADEMIC ADVISING

The advisors in Academic Support serve as the lower-division advising unit for all student-athletes. The staff advises students through the Liberal Studies curriculum and degree prerequisites. The advisors work with the students in a number of areas related to the academic experience at Florida State University, but with a primary emphasis in advising and monitoring the progress toward the selected degree program, taking into consideration, all variables, which would enhance or impede each student's progress toward the goal of graduation.

STUDY HALL

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

TUTOR AND MENTOR PROGRAM

The tutorial program is available to all student-athletes as they progress towards their ultimate goal of obtaining a college degree. Approximately, 65 tutors are hired a year, from a variety of academic departments. Each tutor is committed to providing a proactive, individualized approach in assisting student-athletes with course comprehension and study skills. The tutors are graduate level students or undergraduates that excel in a specific area of study. All mentors are graduate or PhD level students who have outstanding academic backgrounds.

Mentors are academic role models who have demonstrated the ability to teach and give guidance in areas of academic developmental skills. They are responsible for providing assistance in the development of skills such as note taking, test preparation, and communication with faculty. In essence, mentors become an extension of the academic counselor as they keep the academic performance of their student-athletes under close observation and report to the academic counselors each week.

COMPUTER LAB

The Athletic Academic Support Computer Lab is located in the Athletic Academic Support wing at the Moore Athletics Center. It is outfitted with 30 PC compatible computers and several laser printers. The computer lab is available to student-athletes six days a week with extended hours during finals week. The entire Athletic Academic Support wing is also equipped with wireless internet.



BILL SHULTS

Director of Athletic Academic Support Program



SAMANTHA SWEENEY

Swimming & Diving Academic Program Specialist

ACADEMIC HONORS AND AWARDS PROGRAM

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

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

SUMMER BRIDGE PROGRAM

Athletic Academic Support, in conjunction with Athletic Student Services and the University, offers incoming student-athletes a "Summer Bridge Program" to aid in the transition from high school to college. The program is a week long intensive orientation that incorporates the University orientation with the athletics department orientation. This orientation highlights many different topics that are important for student-athlete success. In addition to introducing the student-athlete to academic policies and procedures, other topics covered include nutrition, student life, community service, technology on campus, media training and compliance.

ATHLETIC ACADEMIC SUPPORT



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

Representatives of Athletics Interests are commonly called "boosters". Under NCAA rules, a representative of the institution's athletics interest is any individual who is known (or should have been known) by a member of the institution's athletic department that has ever:

- Contributed to the athletics department or to its booster club.
- Joined the institution's booster club or any sport specific support group
- Provided benefits to enrolled student-athletes or their families
- Assisted in any manner in the recruitment of prospective student-athletes
- Promoted the institution's athletics program.
- Purchased season tickets.

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

Prospective Student-Athlete: A prospective student-athlete is any student who has started classes for the ninth grade regardless of his/her athletics ability and/or participation. Any student younger who receives any benefit from an institution or representatives of athletics interests immediately becomes a prospective student-athlete. In addition, student-athletes enrolled in preparatory school or two-year colleges are considered prospective student-athletes.

A prospective student-athlete remains a prospect even after he or she has signed a National Letter of Intent or accepts an offer of financial aid to attend an institution. The prospect remains a prospect until he/she reports for the first day of classes for a regular term (fall or spring) or the first official day of practice (whichever comes first).

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.



BRIAN BATTLE
Associate Athletics Director for Compliance



JODY SMITH
Assistant Athletics Director for Compliance



ELIZABETH BOOKWALTER
Compliance Coordinator



BRET COWLEY
Compliance Assistant



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.

Graduate Assistant Emmylou Philmon enters her first season in charge of Florida State swimming and diving team. Philmon graduated from FSU in the fall of 2007 with a degree in athletic training.

As a student she gained valuable experience working with the men's and women's cross country teams, women's soccer and softball. Philmon was also part of the training staff for swimming and diving in 2006 and was with the women's team in 2006 when they won their first ACC Championship.



ROBIN GIBSON
Associate Director of Sports Medicine



EMMYLOU PHILMON
Graduate Assistant

Philmon took advantage of the opportunity to step away from Florida State and work a rotation at Chiles High School in Tallahassee. During her time there she worked with football, soccer and basketball. She also spent two summers at a physical therapy clinic in Rockledge, Ill.

Philmon is a nationally certified NATA-BOC athletic trainer and is certified in CPR and first aid. She is continuing her education in Florida State's sport management master's program.





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	:19.35	20.02	:21.60	:22.25	:22.51	:23.29
100 Freestyle	42.26	:43.73	:47.17	:48.58	:48.97	:50.68
200 Freestyle	1:33.61	1:36.88	1:44.48	1:47.61	1:48.22	1:52.01
500 Freestyle	4:15.68	4:24.62	3:43.70	3:50.41	3:51.39	3:59.48
1,650 Freestyle	14:51.15	15:22.34	14:48.49	15:15.14	15:23.48	15:55.80
100 Butterfly	:46.04	:47.65	:51.39	:52.93	:53.05	:54.90
200 Butterfly	1:42.95	1:46.55	1:54.90	1:58.34	1:58.88	2:03.04
100 Backstroke	:46.69	:48.32	:52.11	53.68	:55.92	:57.88
200 Backstroke	1:41.53	1:45.08	1:53.32	1:56.71	1:59.59	2:03.78
100 Breaststroke	52.87	:54.72	:59.01	1:00.78	1:01.77	1:03.93
200 Breaststroke	1:54.25	1:58.24	2:07.52	2:11.33	2:13.16	2:17.82
200 Individual Medley	1:44.13	1:47.77	1:56.22	1:59.70	2:01.51	2:05.76
400 Individual Medley	3:44.88	3:52.75	4:10.99	4:18.51	4:19.98	4:29.08
200 Freestyle Relay	1:17.69	1:20.40	1:26.71	1:29.31	1:30.34	1:33.49
400 Freestyle Relay	2:52.47	2:58.50	3:12.49	3:18.26	3:19.85	3:26.84
800 Freestyle Relay	6:23.26	6:36.67	7:07.75	7:20.58	7:22.06	7:37.53
200 Medley Relay	1:25.66	1:28.65	1:35.61	1:38.47	1:39.84	1:43.33
400 Medley Relay	3:08.22	3:14.80	3:30.07	3:36.37	3:39.89	3:47.58
1-Meter Diving Points—Dual 290/300***						
3-Meter Diving Points—Dual 310/320***						
Platform Diving Points—Dual 290/300***						

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

WOMEN'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	:21.93	:22.80	:24.48	:25.45	:25.18	:26.18
100 Freestyle	47.84	:49.75	:53.40	:55.53	:54.74	:56.93
200 Freestyle	1:44.02	1:48.18	1:56.10	2:00.74	1:59.02	2:03.78
500 Freestyle	4:38.46	4:49.59	4:03.63	4:13.36	4:10.42	4:20.43
1,650 Freestyle	15:53.38	16:31.51	15:50.53	16:28.55	16:17.83	16:56.94
100 Butterfly	:52.02	:54.10	:58.06	1:00.39	:59.32	1:01.69
200 Butterfly	1:54.95	1:59.54	2:08.30	2:13.42	2:10.48	2:15.69
100 Backstroke	:53.01	:55.13	:59.17	1:01.53	1:02.15	1:04.64
200 Backstroke	1:53.37	1:57.90	2:06.53	2:11.59	2:12.29	2:17.58
100 Breaststroke	:59.99	1:02.38	1:06.96	1:09.63	1:08.96	1:11.71
200 Breaststroke	2:10.32	2:15.53	2:25.45	2:31.27	2:28.43	2:34.37
200 Individual Medley	1:56.13	2:00.77	2:09.61	2:14.79	2:13.95	2:19.30
400 Individual Medley	4:07.33	4:17.22	4:36.04	4:47.08	4:42.35	4:53.64
200 Freestyle Relay	1:28.35	1:31.88	1:38.61	1:42.55	1:41.44	1:45.49
400 Freestyle Relay	3:14.93	3:22.72	3:37.56	3:46.26	3:43.04	3:51.95
800 Freestyle Relay	7:02.07	7:18.95	7:51.07	8:09.91	8:02.92	8:22.24
200 Medley Relay	1:37.81	1:41.72	1:49.17	1:53.53	1:52.56	1:57.06
400 Medley Relay	3:32.56	3:41.06	3:57.24	4:06.72	4:03.21	4:12.94
1-Meter Diving Points—Dual 255/265***						
3-Meter Diving Points—Dual 270/280***						
Platform Diving Points—Dual 260/225###						

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

###qualifying point total when using five optional dives with standard D.D.



NEIL HARPER & PATRICK JEFFREY 10 YEARS AT FLORIDA STATE

HEAD COACH NEIL HARPER

Why did you come to Florida State?

"I had been here as an assistant, I put in three years of recruiting and I left to take my first head coaching job at Ohio State which was a lot of fun, but I had some kids that I had recruited and sort of walked out on and there was a big contingency of those swimmers that wanted me to come back to Florida State again so that was the main thing. As a coach, I aspired to be a conference champion and to move up in the NCAA rankings. I thought that FSU had the university, academic programs, athletic department and facilities to let that happen. I think back then there was an excitement to get back to FSU and pick up where I left off."

What has been your most memorable moment on the women's side?

"When the women won it had been six years and we had worked hard to get the team where we wanted it to be. When it all came together it seemed like the hard work had really paid off. To get to the culmination of the ACC's and do go through a three and a half day meet and for everyone to pour in their blood, sweat and tears and for us to come out on top is just a great achievement."

What has been your most memorable moment on the men's side?

"On the men's side it was just one of those things where the women did it the year before and we were wondering if the men were ever going to do it. That year everyone believed, bought in and being in the locker room by ourselves staring each other down, no words needed to be said it was one of those things where emotions took over and you were on cloud nine."

Who is the best male athlete you have coached not currently on the roster?

"Stephen Parry was probably the best athlete simply because he was not only an NCAA Champion and an Olympic bronze medalist, but apart from breaststroke he could do it all. He held numerous school records in different events and strokes and he was your go to guy. He was FSU's equivalent to having a Michael Phelps. He was your trump card because you could put him in any event if you needed a win."

Who is the best female athlete you have coached not currently on the roster?

"I'd have to go with Emma Dutton because she could do it all. She was an ACC Champion in the breaststrokes and the 50 free and she could swim the 100 and 200 free as well the 200 IM. She had the ability to swim all five relays at ACC's or be in six or seven events if the rules allowed it."

When you look back at your first nine years at Florida State what do you think about?

"To come full circle and to put in basically 9-10 years of hard work and a lot of recruiting talking kids into coming here without our own pool, it is very gratifying to see the support of the boosters, alumni and administration has made this happen. Thanks to their support and generous donations, the kids today have a great facility and their options of what they can do and where they can be is phenomenal. I'm going to make sure everyday that I appreciate what we have and I realize where we have come from and we need to make the most of it."

DIVING COACH PATRICK JEFFREY

Why did you come to Florida State?

"I was ready to move on from the age-group level to the collegiate level and Florida State has a great tradition of athletics so this was a wonderful place to land. Another big factor for coming here was Neil Harper. He's very supportive of diving and many swimming and diving programs are not and he has always told me he will be supportive and he's really backed that up during the last 10 years."

What has been your most memorable moment on the men's side?

"On the men's side it was definitely Terry [Horner] winning the National Championship. That was a huge accomplishment for us as a program to get a kid out of Florida to win a title for us. With so many schools recruiting internationally now I think it says a lot we were able to do that with someone from Florida."

What has been your most memorable moment on the women's side?

"When our girls went 1-2-3-4-5 at the conference meet in 2004. Everything came together just how we had trained and a couple of those girls went on to be All-Americans. That particular day was a great accomplishment for me as a coach and us as a program. That day also changed the complexion of diving in our conference. A bunch of swim coaches went out and got new diving coaches because of that and now the ACC is a much more competitive diving conference."

Who is the best athlete you have coached not currently on the roster?

"I just really feel like we've gotten better and better and I feel like I'm working with the best athletes that I have had. The kids that came before were integral to get us to where we are now so it has been a building process with every athlete that I've coached."

When you look back at your first nine years at Florida State what do you think about?

"Our program is growing culturally where our kids now are more serious about diving. Our program has gone from being in old facilities while our athletic department has really rallied around our team with the new facility and everything that we have available to us through the strength and conditioning center, the training room, academic support and the expanded coaching staff. Our facilities are state-of-the-art and one of the best in the world so I think we have worked very hard to put everything in place and within the next several years you're going to see a huge jump in our results."

